

HMI Staff Picks:

WHAT TO COOK AND EAT THIS HOLIDAY SEASON



Recipes from our incredible program staff's kitchen to yours.

+

A High Holy Day playlist to listen to while you cook.

[Click here](#) for the playlist and scroll on for the recipes!



Wine & Thyme-Poached Apples

From: Stephanie Goldfarb, HMI Director of Community Engagement, Chicago

6 servings, Prep time: 5 minutes, Cook time: 35 minutes

Nothing says "Rosh Hashanah" like wine, apples, and honey! And that hit of thyme smells like Jerusalem wilderness to me. This super-easy dessert can be prepared entirely ahead of time, and served at room temp or quickly heated up.

Associated song: Turn! Turn! Turn!/The Byrds. Like the high holidays, this song is all about the specificity of time.

Ingredients:

4 cups red wine (I use an inexpensive, medium-dry wine)
1 ½ cups sugar
2 cups water
1 cup orange juice
¼ cup honey
Peels from 1 orange
2 cinnamon sticks
A small handful of thyme
6 firm but ripe Pink Lady, Golden Delicious, or Braeburn apples, peeled, cored, stems left intact

Steps:

Combine everything, except the apples in a large, heavy saucepan. Stir over medium heat until the sugar dissolves and the mixture begins to simmer. Add apples, and bring everything back up to a simmer.

Reduce heat to medium-low and simmer slowly until apples are tender when pierced with a knife, about 25 minutes. Transfer apples to a plate or platter. Boil liquid in saucepan until reduced to 3 cups, about 10 minutes for a luxurious sauce.

Sometimes I also add a splash of balsamic vinegar to mine for an extra zing! Serve with vanilla ice cream or clouds of freshly whipped cream.



Shakshuka

From: Leah Leaves, HMI Director of Community Engagement, Denver

6 servings, Prep time: 10 minutes, Cook time: 30 minutes

Shakshuka was the first real recipe we brought home from our own HMI trip! When making it during the High Holidays, the warmth it brings into the home reminds us of our HMI family and our greater Jewish community. Prep the ingredients ahead of time for a quick, savory breakfast.

Associated song: Mix Up/Bob Marley. Shakshuka comes from the Arabic "all mixed up" or "a mixture" and the song touches on themes of repentance.

Ingredients:

Extra virgin olive oil
1 large yellow onion, chopped
2 bell peppers, chopped (red or green)
3 garlic cloves, peeled, chopped
1 tsp coriander
1 tsp paprika
1/2 tsp cumin
Salt and pepper to taste
1/2 tsp chili powder (if you like it spicy)
1 28 oz can of fire roasted chopped tomatoes
2 tbsp tomato paste
6 large eggs
1/4 cup chopped fresh parsley leaves

Steps:

Heat a deep, large skillet over medium heat with the olive oil. Cook the onion first, sautéing them for a couple minutes. Add in the garlic, bell peppers, and spices (including the salt and pepper), stirring occasionally, and cook for another 5-7 minutes until all vegetables are softened. Add in the tomatoes and tomato paste, stirring to blend all ingredients thoroughly, and let simmer for 10 minutes. (Taste and adjust seasoning to your liking at this point.) Using a wooden spoon, create six equally spaced indentations in the mix and crack an egg into each one. Cover the pan and cook until the eggs are done (I like them fully set, my husband likes them closer to over easy). Garnish with the parsley and serve warm!



Sweet & Spicy Chicken Thighs With Apricots & Olives

From: Geoff Bleeker Mudd, HMI Applicant Couples Coordinator

4 servings, Prep time: 10 minutes, Cook time: 45 minutes

This is my go-to entree for holiday meals when I'm not in the mood to spend a full day with brisket. Feel free to adjust the levels of spice and sweet to taste.

Associated song: Honey/Robyn. Robyn has always managed to speak to heartbreak and yearning for wholeness all in the same breath, and I can't think of anything better as we approach the high holiday season. "Honey" is all about the comfort we can get if we just look for it, and are willing to dive deeper to get to the sweetness.

Ingredients:

- 2/3 cup lemon juice
- 2/3 cup honey (if you want it sweeter, increase to 1 c)
- 1 tbsp ground cinnamon
- 1 1/2 teaspoon crushed red pepper flakes (or to taste)
- 1 tbsp kosher salt
- 1 tbsp ground cumin
- 2 tsp smoked paprika
- 1 cup green olives, chopped
- 1 cup dried apricots, chopped
- 1/3 chopped fresh cilantro or parsley
- 3 pounds bone-in, skin-on chicken thighs (8 thighs)

Steps: Whisk together the lemon juice, honey, cinnamon, salt, and spices in a medium bowl. Stir in the olives, apricots, and cilantro. Divide the chicken thighs into two gallon size zip-top plastic bags. Pour half of the mixture over the chicken in each bag, turn the chicken to coat evenly, then refrigerate 4-24 hours (I put this together in the morning, then cook when I get home from work.)

Preheat your oven to 375 degrees. Arrange the chicken thighs into a single layer in a 10 x 13 baking dish. Pour the marinade, apricots, and olives. Bake the chicken for 50-55 minutes, or until the chicken reads 165 on an instant-read thermometer and/or juices run clear when pierced with a fork.



Pomegranate Bark

From: Sarah Pollack, HMI Director of Community Engagement, New York
8 servings (but why limit yourself?!), Prep time: 10 minutes, Chilling time: 30 minutes

As we're on the cusp of fall, not too hot, not too cool, I still find myself looking for something crisp and refreshing during Rosh Hashana. A mixture of sweet, salty and just the right amount of harshness, hearkening to a fruit that can be found growing all over the streets of Jerusalem, this treat hits the spot!

Associated song: Come On-A My House/Rosemary Clooney. A fast moving song about filling up your house with guests and movement and commotion and, as a plus, pomegranate is even in the lyrics!

Ingredients:

- 140 grams dark (bittersweet) chocolate pieces (5 ounces)
- 20 grams minced candied ginger (2 tablespoons)
- 140 grams fresh pomegranate seeds (1 cup)
- 6 grams flaky sea salt (1 teaspoon)

Steps: Fit a heatproof bowl over a pot of simmering water, making sure the water doesn't touch the bottom of the bowl. Place the chocolate in the bowl and stir until fully melted, about 5 minutes.

Line a small baking sheet with parchment paper. Pour melted chocolate onto the sheet. Use a spatula to smooth the chocolate into one even layer about 1/4 inch thick (it does not need to fill the entire sheet). Sprinkle chocolate with pomegranate seeds, sea salt and ginger. Gently press the pieces into the chocolate so they're submerged and will be stuck inside when the chocolate hardens.

Chill for 20 to 30 minutes or until firm. Break or cut into pieces and store in an airtight container, separating the layers with wax paper. This is best served the same day it's made, otherwise condensation may form on the surface.



Apples & Honey-tini

From: Andrea Deck, HMI Director of Community Engagement, Washington DC

2 servings, Prep time: 5 minutes, Cook time: None!

Nothing says "Rosh Hashanah" like wine, apples, and honey! The best way for our family to elevate our experience is with a fancy cocktail, so we bring intention to our time together and our meals for the holidays!

Associated song: One Day/Matisyahu. As we move into the Jewish new year, I often think about what I really want to be working towards in the upcoming year. As we do every year, we pray for the next year to be one of peace and I use this time to recommit to doing what I can as an individual to bring peace into the world.

Ingredients:

2 oz of barrel aged rum
1 oz apple brandy, apple schnapps, something apply that is distilled
½ oz apple cider
1 oz honey syrup (1 pt honey to 1 pt hot water until dissolved)

Steps:

Garnish: dried apple slices, freshly grated cinnamon, or even a honey-sugar rum! Shake with ice and strain into a fancy cocktail glass!



Apple & Honey Muffins

From: Sarah Wasser, HMI Director of Community Engagement, Boston

12 muffins, Prep time: 5 minutes, Cook time: 30 minutes

This is a great back pocket recipe that you can easily iterate on. Try it with different spices, fruits, sweeteners, or nut butters (hello tahini!) It's nearly impossible to mess up.

Associated song: Tupelo Honey/Van Morrison. I'd like to wish you all a year as sweet as Tupelo honey. P.S. My Boston peeps, you can find Tupelo honey at Follow The Honey in Harvard Square #savethebees #shopsmall :)

Ingredients:

3 cups old-fashioned oats
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon cardamom
¼ teaspoon salt
2 eggs
½ cup unsweetened applesauce
1½ cups milk (dairy or non-dairy)
⅓ cup honey
½ teaspoon vanilla extract
1-2 large apples, finely chopped (about 1 heaping cup)
½ cup chopped walnuts or pecans (optional, can add extra apple if not using)

Steps: Preheat the oven to 350°F. Grease a muffin pan with butter or non-stick cooking spray. Combine the oats, baking powder, cinnamon, cardamom, and salt in a mixing bowl. Beat the eggs in a large bowl and add the applesauce, milk, honey, and vanilla. Add dry ingredients to the wet ingredients, incorporating as you do. Using a spoon or rubber spatula, fold in the apples and nuts (if using). Scoop batter evenly into muffin cups, filling to the top. Your batter will be liquid-y, so make sure both the solids and liquid are in each cup.

Bake for 25-30 minutes or until the edges are lightly browned and the top is set. These will keep for a couple of days in the refrigerator, but I love them served warm with a schmear of butter.



Grain-Free, Dairy-Free Apple & Honey Cake

From: Monica Boardman, HMI Director of Community Engagement,
San Francisco

8-10 servings, Prep time: 20 minutes, Cook time: 30 minutes

As someone who is gluten intolerant as well as has little to zero experience baking, I know I still don't want to miss out on celebrating the holidays. This recipe is adapted from Coco Morante on SimplyRecipes.com

Associated song: ABC/The Jackson 5. This song always puts me in a good mood and reminds me not to get intimidated by baking. It's as easy as following the recipe, 1, 2, 3.

Ingredients:

1 1/2 cups (6 ounces) almond flour	1/2 cup powdered sugar
1 teaspoon ground cinnamon	2 tablespoons honey
1/4 teaspoon ground nutmeg	1 tablespoon almond milk or water
3/4 teaspoon salt	1/4 cup sliced almonds
3 large eggs	2 tablespoons neutral-tasting oil (I use avocado oil)
1/4 cup honey	
1 medium (7-ounce) Granny Smith apple, peeled and cut into thin matchsticks, or grated coarsely	

Steps: Preheat the oven and prepare a cake pan: Preheat the oven to 325°F. Grease an 8-inch cake pan and place a round of parchment in the bottom of the pan. In a medium mixing bowl, whisk together the almond flour, cinnamon, nutmeg, and salt. Make a well in the center of the flour, then add in the eggs, honey, and oil. Whisk wet ingredients together in the middle, then gradually whisk in the flour from the sides of the bowl. Continue whisking until the batter is smooth. Stir in the julienned or grated apple. Pour the batter into the pan. Bake the cake for 30 minutes, until it is browned around the edges and a toothpick inserted in the middle comes out clean.

While the cake is baking, make the glaze and toast the almonds: In a small bowl, stir together the sugar, honey, and almond milk. Cover the bowl and set it aside until needed. Toast the sliced almonds in a skillet over medium heat until they are lightly browned.

Transfer the cake to a cooling rack: Allow the finished cake rest for 5 minutes, then run a knife around the edge of the pan to and invert the cake to a cooling rack. Peel the parchment off the bottom of the cake and flip it right side up. While the cake is still warm, pour the glaze over the top. Spread the glaze so that it drips over the edges of the cake. While the glaze is still wet, sprinkle the almonds on top. Let the cake cool to room temperature and serve.



Sylvia's Kugel

From: Curtis Sechrist, HMI Director of Community Engagement,
East Bay

Yield: 1 pan, Prep time: 30 minutes, Cook time: 45 minutes

As a Jew by choice, I have to lean on my extended family knowledge when it comes to traditions. This is the perfect sweet new year recipe. Fresh apples with notes of cinnamon and honey makes for the perfect side dish twist to traditional apples and honey to have a "sweet new year". This is a family recipe. By cooking it, we keep the memory of my husband's grandmother with us at this time of year.

Associated song: Honey/ABBA. What better cooking companion than ABBA?! And they're celebrating sweet honey for the new year.

Ingredients:

1 bag egg noodles	3 tbs cinnamon
4 honeycrisp apples	3 eggs beaten
2 tbs honey	butter slices
2 cups sugar	

Steps: Preheat oven to 350 degree. Bring one large pot full of water to boil. Cook egg noodles in boiling water per instructions on the egg noodle package. While egg noodles cook, dice apples. Put diced apples in bowl, mix in honey, sugar, cinnamon and eggs. Drain egg noodles and add to the bowl of apples and sugar, mix well. Place into baking dish. Top with slices of butter. Bake for 45 minutes, take out and serve!



Grandma Freda's Honey Cake

From: Jenn Green, HMI West Coast Regional Director

A few years back, my mum collected all of our family recipes (mostly handwritten in an old box!), typed them up and printed them, and put together a book for my sister and me. This recipe is one my grandma used to make for Jewish holidays in London, back when my mum was a child.

Associated song: Home Again/Carole King. My mum listens to the album "Tapestry" on repeat, and is usually playing music when she's in the kitchen. Carole King always makes me think of her!

Ingredients:

4 eggs
3 fl oz vegetable oil or sunflower oil
7 oz soft brown sugar
11 oz honey
1 tbs instant coffee
8 fl oz warm water
6 fl oz frozen orange juice concentrate (thawed, not diluted)
10 oz flour
4 oz wholemeal or white flour
1.5 tsp baking powder
2 tsp bicarbonate of soda
1 tsp cinnamon
1 tsp allspice
1/2 tsp salt

Steps: Grease two 2lb loaf tins and line base on shorter sides of each tin with parchment paper. Preheat oven to 325. Mix together flour, spices, and raising agents. Place eggs, oil, sugar, and honey in a large mixing bowl and beat together at medium speed until completely combined. Dissolve instant coffee granules in water and add with remaining ingredients. Beat, scraping down side of bowl for 3 minutes or until batter is very smooth. Divide equally between tins.

Bake for 70 minutes or until a toothpick inserted comes out clean. Cool in tin for 45 minutes. Cool on wire racks after removing from tin; wrap in foil for storage.



Taze Fasulye - Turkish Green Beans

From: Chloe Nassau, HMI East Coast Regional Director

This is a recipe that I learned to make while living in Turkey for a yearlong fellowship with the Jewish community of Izmir. It reminds me of Rosh Hashana because the ingredients come out around that time. I love it over simple white rice. It's a great vegan dinner and I always make enough for lunch too.

Associated song: Kiss Kiss/Tarkan. I love the drama of Turkish music and this is a fun one and since we're all about love at HMI, I went for the "kiss, kiss" song.

Ingredients:

1 pound of fresh green beans (the thinner, the better)
1 big onion, finely chopped
2 cloves of garlic, sliced or chopped
2 big or 4 medium fresh tomatoes, finely chopped, grated, or blended
1 tsp sugar
1/3 cup olive oil
1 cup hot water
salt, to taste
1/8 tsp ground cumin
1 tbs tomato paste

Steps: Clean and trim green beans to 1 to 1 1/2 inch pieces. Heat the olive oil in a heavy pot and cook the chopped onions until soft. Add garlic and sugar, and stir until garlic is fragrant-1 minute. Add the tomato paste, and stir for a minute. Add the beans with cumin and stir them until beans slightly change color, about 4-6 minutes. Add the tomatoes and cook for 3-5 mins and then add water and salt. Water should cover the beans completely, but not too much to make them seem like they're swimming in it. Cover the pan and cook with low to medium heat until the beans are soft. Approximately 25-30 minutes. Serve at room temperature or cold, however we won't judge if you do warm it up. They taste even better the next day.



Chocolate Chip Challah Bread Pudding

From: Jessica Gisondo, HMI Director of Community Engagement, Los Angeles

Serves a crowd, Prep time: 15 minutes, Cook time: 75 minutes

Rosh Hashanah is a time to break out the sugar - sweet foods are a must for this holiday to symbolize a sweet year to come. This super-easy dessert (or breakfast treat!) can be prepared ahead of time and is best served chilled or at room temperature.

Associated song: Banana Pancakes/Jack Johnson. It's a calming song that isn't too distracting while you're concentrating in the kitchen + it's about sweet banana pancakes!

Ingredients:

4 cups whole milk, warmed
1 stick (8 tablespoons) unsalted butter, melted
1 1/2 cups sugar
6 eggs
1 teaspoon vanilla extract
1 loaf challah bread, cut into 1 1/2-inch slices
1 cup chocolate chips
1/2 cup raisins (optional if you don't like them)
A few sprinkles of cinnamon

Steps: Preheat the oven to 325 degrees F. Combine warmed milk and melted butter with the sugar, eggs, and vanilla in a large mixing bowl. Whisk until incorporated and smooth. Line a large baking dish with roughly two-thirds of the challah slices. Sprinkle with half the chocolate chips and half the raisins. Top with remaining challah slices, layering them one on top of the other, and then remaining chocolate chips and raisins, making sure the chips and raisins get inside the layers created by the challah slices. Pour milk mixture slowly over the top of everything and let stand until the bread has absorbed almost all of the liquid, 5 to 10 minutes. Wrap the baking dish tightly with aluminum foil and bake for 60 minutes. Remove the aluminum foil and cook 10 to 15 minutes longer until set in the middle and lightly browned on top. Remove from the oven and let cool before serving.

Katie's Cinnamon Apple Cake

From: Zach Pellish, HMI Director of One Trip Cities
Serves a crowd, Prep time: 35 minutes, Cook time: 55 minutes

There are many things that remind me that the High Holidays are approaching, but the scent of apple cake cooking truly awakens my soul. Needless to say I sit like an impatient child waiting for my wife to let me try a "test" piece. No refrigeration necessary, ideally consumed in one sitting.

Associated song: I Can't Help Myself/Four Tops. I can't help myself from eating an entire pan, but more importantly it's a love song that always makes me think of my wife.

Ingredients:

4 cups sliced and peeled apples
1 tablespoon fresh lemon juice
2 cups white sugar
3/4 cup coconut oil
2 eggs
2 teaspoons vanilla
2 cups all purpose flour
1 1/2 teaspoons baking soda
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves

Steps: Peel and core the apples. Slice them into about 1/4 inch thick slices and place them into a large bowl. Pour the sugar over the apples and give them a quick toss with your hands and then add the lemon juice. Let the apples and the sugar sit for about 30-45 minutes. This process will soften the apples and the sugar will become liquid.

Preheat oven to 350 degrees F. Add the oil, eggs and vanilla to the apple mixture and stir together with a spoon. In another bowl, combine the flour, baking soda, cinnamon and cloves. Mix together until the baking soda and spices are evenly distributed through the dry ingredients mixture. Add the dry ingredients to the wet ingredients, and combine with a spoon carefully until the dry mixture is just incorporated. Spray a 9x9 baking dish with baking spray and line with parchment paper. Transfer the batter into the baking dish and bake in a preheated oven for 50-55 minutes, or until a knife can be inserted in the center and comes out clean.