

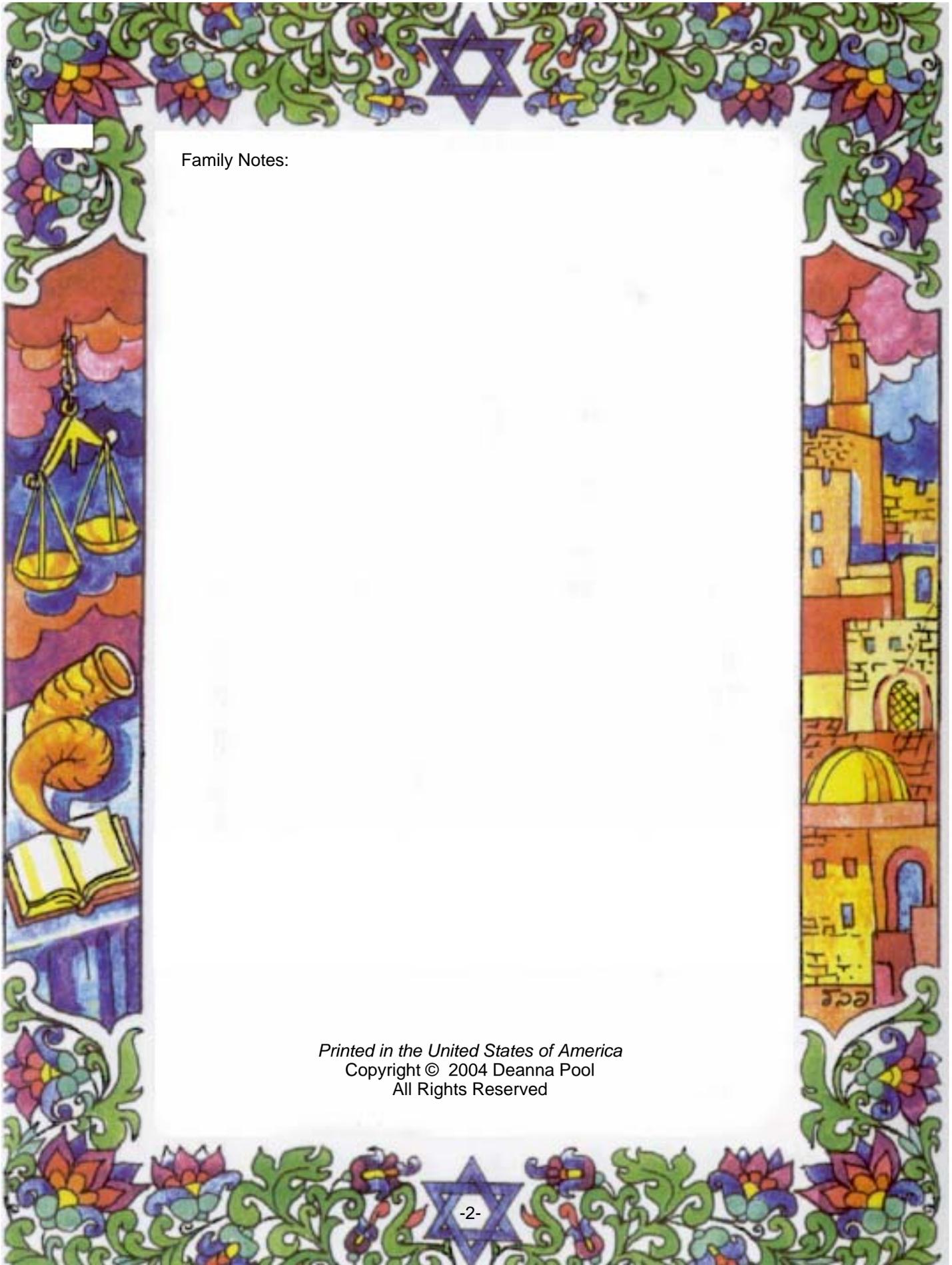
תחל שנה וברכותיה

*"Let the year begin
with its blessings"*

Rosh Hashanah

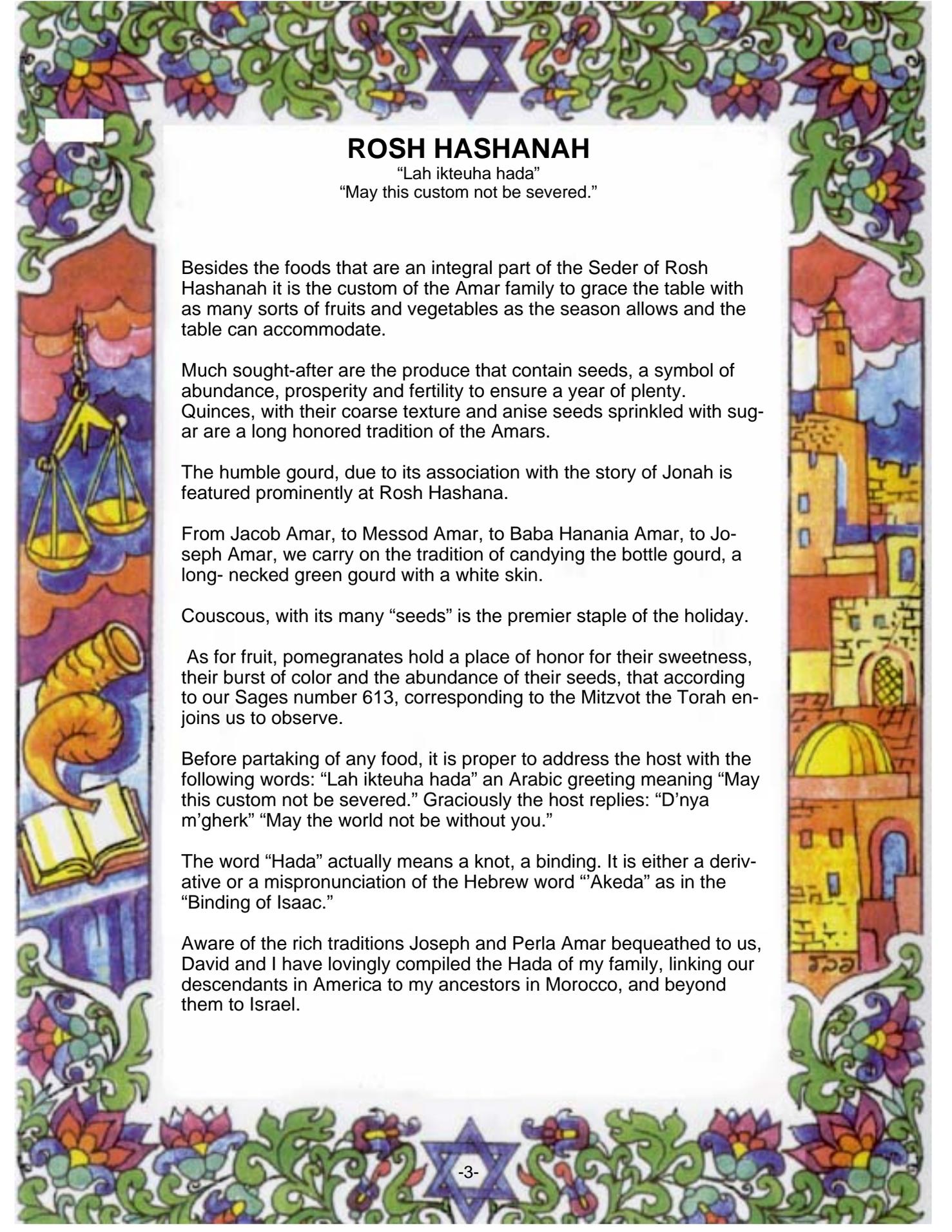
Our Customs and Traditions

Compiled by David & Deanna Pool



Family Notes:

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ROSH HASHANAH

“Lah ikteuha hada”
“May this custom not be severed.”

Besides the foods that are an integral part of the Seder of Rosh Hashanah it is the custom of the Amar family to grace the table with as many sorts of fruits and vegetables as the season allows and the table can accommodate.

Much sought-after are the produce that contain seeds, a symbol of abundance, prosperity and fertility to ensure a year of plenty. Quinces, with their coarse texture and anise seeds sprinkled with sugar are a long honored tradition of the Amars.

The humble gourd, due to its association with the story of Jonah is featured prominently at Rosh Hashana.

From Jacob Amar, to Messod Amar, to Baba Hanania Amar, to Joseph Amar, we carry on the tradition of candying the bottle gourd, a long-necked green gourd with a white skin.

Couscous, with its many “seeds” is the premier staple of the holiday.

As for fruit, pomegranates hold a place of honor for their sweetness, their burst of color and the abundance of their seeds, that according to our Sages number 613, corresponding to the Mitzvot the Torah enjoins us to observe.

Before partaking of any food, it is proper to address the host with the following words: “Lah ikteuha hada” an Arabic greeting meaning “May this custom not be severed.” Graciously the host replies: “D’nya m’gherk” “May the world not be without you.”

The word “Hada” actually means a knot, a binding. It is either a derivative or a mispronunciation of the Hebrew word “Akedah” as in the “Binding of Isaac.”

Aware of the rich traditions Joseph and Perla Amar bequeathed to us, David and I have lovingly compiled the Hada of my family, linking our descendants in America to my ancestors in Morocco, and beyond them to Israel.

ROSH HASHANAH
"To Proclaim God as King of the Universe"

סדר ליל ראש השנה

קדוש

מחזן כוס של יין וטסלו בידו ומברך מעומד
On Sabbath, the Kiddush is preceded by these verses
בשבת מתחילין

יום הששי: ויכלו השמים והארץ. וכל־צבאם: ויכל
אלהים ביום השביעי מלאכתו אשר עשה. וישבת ביום
השביעי מכל־מלאכתו אשר עשה: ויברך אלהים את־יום
השביעי ויקדש אתו. כי בו שבת מכל־מלאכתו. אשר ברא
אלהים לעשות:

On both nights of Rosh Hashana the Kiddush
is chanted as follows.

סְבִרֵי מַרְמָן: בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. בּוֹרֵא
פְּרֵי הַגֶּפֶן:

בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר בָּחַר בְּנוֹ
מִכָּל־עַם. וְרוֹמַמְנוּ מִכָּל־לְשׁוֹן. וְקִדְּשָׁנוּ בְּמִצְוֹתַי. וְתַתְּדַלְּנוּ
יי אֱלֹהֵינוּ בְּאַהֲבָה (בשבת אֶת־יוֹם הַמְּנוּחַ הַזֶּה) אֶת־יוֹם
הַזְּכוּרֹן הַזֶּה. אֵת יוֹם טוֹב מִקְרָא קָדֵשׁ הַזֶּה. (בשבת זְכוּרֹן
תְּרוּעָה) יוֹם תְּרוּעָה. בְּאַהֲבָה מִקְרָא קָדֵשׁ. וְכָר לִיצִיאַת
מִצְרַיִם. וְדִבְרֵךְ מִלְּבָבוֹ אֱמֶת וְקָנָם לְעַד. בְּרוּךְ אַתָּה יי.
מֶלֶךְ עַל כָּל־הָאָרֶץ מִקְדֵּשׁ (הַשַּׁבָּת וְ)יִשְׂרָאֵל יוֹם הַזְּכוּרֹן:

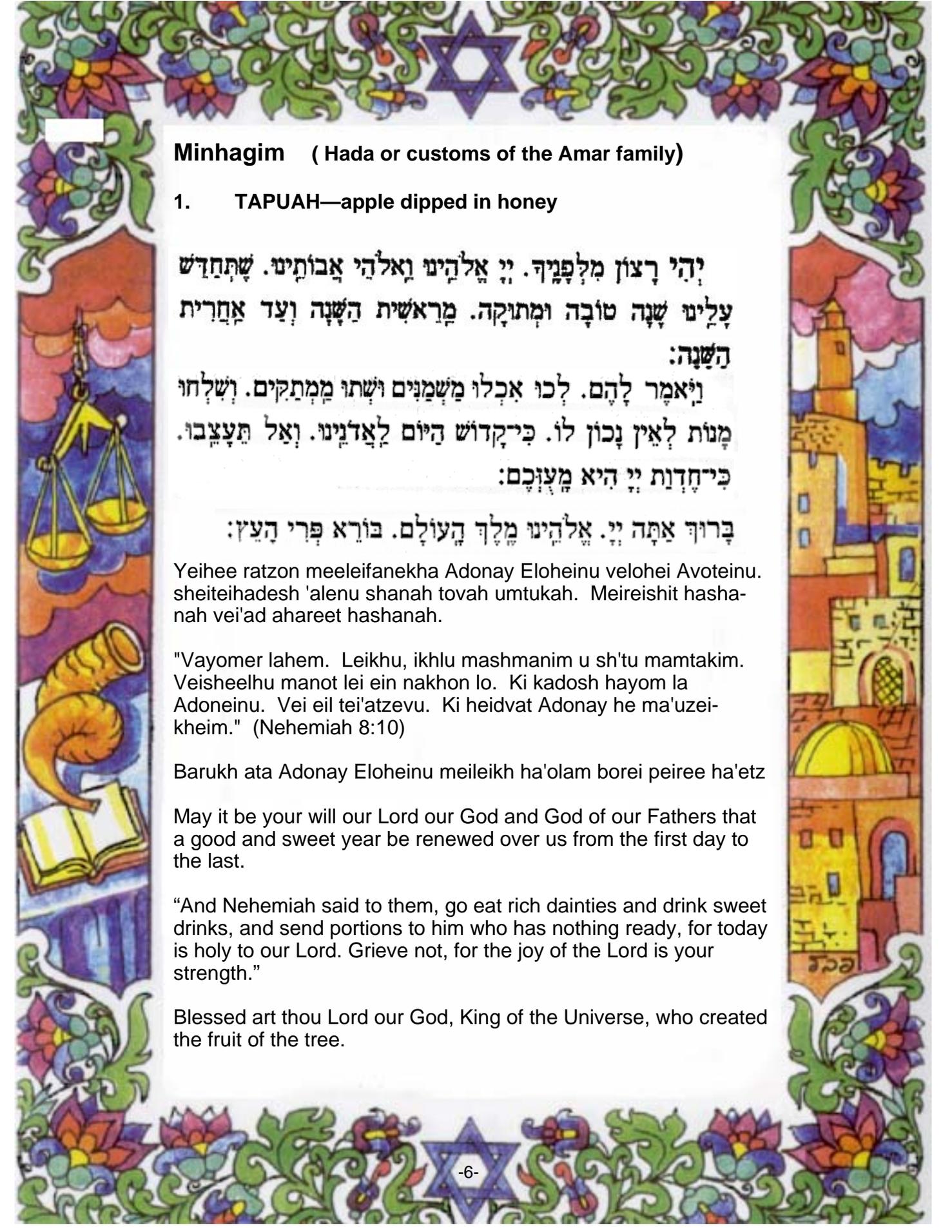
גם בליל שני אומרים שהחייט

בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. שֶׁהַחַיִּט. וְקִנְיָנוּ.
וְהַיְצִיט לְזִמְן הַזֶּה:

On Saturday night the Kiddush is chanted as follows:

במוצאי שבת מתחילין

סְבַרְי מְרַבֵּן: בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. בּוֹרֵא
פְּרִי הַגֶּפֶן: בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר בָּחַר
בָּנוּ מִכָּל־עַם. וְרוֹמַמְנוּ מִכָּל־לָשׁוֹן. וְקִדְּשָׁנוּ בְּמִצְוֹתַי. וְתַחַד
לָנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה. אֶת־יוֹם הַזְּכוּרֹן הַזֶּה. אֶת־יוֹם טוֹב
מִקְרָא קֹדֶשׁ הַזֶּה. יוֹם תְּרוּעָה. בְּאַהֲבָה מִקְרָא קֹדֶשׁ. וְכֵר
לִי־צִיָּאת מִצְרַיִם. וְדִבְרָךְ מִלִּבֵּנוּ אִמַּת וְקָנִים לְעַד. בְּרוּךְ
אַתָּה יי. מֶלֶךְ עַל כָּל־הָאָרֶץ. מִקְדֹּשׁ יִשְׂרָאֵל וְיוֹם הַזְּכוּרֹן:
בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. בּוֹרֵא מְאוּרֵי הָאֵשׁ:
בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. הַמְּבַדִּיל בֵּין קֹדֶשׁ
לְחֹל. וּבֵין אֹר לְחֹשֶׁךְ. וּבֵין יִשְׂרָאֵל לְעַמִּים. וּבֵין יוֹם
הַשְּׂבִיעִי לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה: בֵּין קֹדֶשׁ שַׁבָּת לְקֹדֶשׁת יוֹם
טוֹב הַבְּדִלָּת. וְאֶת־יוֹם הַשְּׂבִיעִי מִשֵּׁשֶׁת יְמֵי הַמַּעֲשֶׂה
הַקֹּדֶשֶׁת. וְהַבְּדִלָּת וְהַקֹּדֶשֶׁת אֶת־עַמּוֹת יִשְׂרָאֵל בְּקֹדֶשֶׁתךָ.
בְּרוּךְ אַתָּה יי. הַמְּבַדִּיל בֵּין קֹדֶשׁ לְקֹדֶשׁ:
בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. שֶׁהַחַיִּט. וְקִיָּמָנוּ.
וְהִיָּעַט לְזִמְן הַזֶּה:



Minhagim (Hada or customs of the Amar family)

1. TAPUAH—apple dipped in honey

יְהִי רָצוֹן מִלְּפָנֶיךָ. יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. שְׁתַּחֲדֵשׁ
עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה. מִרְאשִׁית הַשָּׁנָה וְעַד אַחֲרֵית
הַשָּׁנָה:

וַיֹּאמֶר לָהֶם. לְכוּ אֲכֹלוּ מִשְׁמַנִּים וּשְׁתוּ מִמֵּתְקִים. וְשִׁלְחוּ
מִנּוֹת לְאֵין נָכוֹן לוֹ. כִּי־קֹדֶשׁ הַיּוֹם לְאֲדֹנָינוּ. וְאַל תִּעֲצְבוּ.
כִּי־חֲדוֹת יי הִיא מְעֻכָּם:

בָּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. בּוֹרֵא פְרֵי הָעֵץ:

Yeihee ratzon meeilefanekha Adonay Eloheinu velohei Avoteinu.
sheiteihadesh 'alenu shanah tovah umtukah. Meireishit hashanah
vei'ad ahareet hashanah.

"Vayomer lahem. Leikhu, ikhlu mashmanim u sh'tu mamtakim.
Veisheelhu manot lei ein nakhon lo. Ki kadosh hayom la
Adoneinu. Vei eil tei'atzevu. Ki heidvat Adonay he ma'uzei-
kheim." (Nehemiah 8:10)

Barukh ata Adonay Eloheinu meileikh ha'olam borei peiree ha'etz

May it be your will our Lord our God and God of our Fathers that
a good and sweet year be renewed over us from the first day to
the last.

"And Nehemiah said to them, go eat rich dainties and drink sweet
drinks, and send portions to him who has nothing ready, for today
is holy to our Lord. Grieve not, for the joy of the Lord is your
strength."

Blessed art thou Lord our God, King of the Universe, who created
the fruit of the tree.

2. **KARTEI: Boiled onion dipped in cinnamon and sugar**

יְהִי רָצוֹן מִלְּפָנֶיךָ יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. שְׂיִכָּרְתוּ
אֹיְבֶיךָ וְשׂוֹנְאֶיךָ וְכָל מְבַקְשֵׁי רַעְתָּנוּ: תָּרֹם יָדְךָ עַל צָרֶיךָ.
וְכָל אֹיְבֶיךָ יִכָּרְתוּ:
בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. בּוֹרֵא פְרֵי הָאֲדָמָה:

Yeihee ratzon meeleafanekha Adonay Eloheinu velohei Avoteinu. Sheiyikartu oyveikha veisoneikha veikhol meivakshei ra'ateinu. Tarom yadkha 'al tzareikha. Veikhol oyveikha yikareitu.

Barukh ata Adonay Eloheinu meileikh ha'olam borei peiree ha adamah.

May it be your will our Lord our God and God of our Fathers that your enemies and your abhorrent and all those who seek evil against us be utterly cut off. May your Power be raised against your troublemakers and all your enemies be cut off.

Blessed are thou, Lord our God, Ruler of the universe, who created the fruit of the earth.

3. **SALKA** - Beets

יְהִי רָצוֹן מִלְּפָנֶיךָ. יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. שִׂיסְתַּלְקוּ
אֹיְבֵיךָ וְשׂוֹנְאֵיךָ וְכָל מְבַקְשֵׁי רַעְתָּנוּ:

Yeihee ratzon meeleafanekha Adonay Eloheinu velohei Avoteinu.
Sheiyistaleiku oyveikha veisoneikha veikhol meivakshei ra'ateinu

May it be your will our Lord our God and God of our Fathers that
your enemies and all your abhorrents as well as those who seek
evil against us be utterly removed.

4. **TAMREI** - Dates

יְהִי רָצוֹן מִלְּפָנֶיךָ. יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. שִׂיִּתְמוּ
אֹיְבֵיךָ וְשׂוֹנְאֵיךָ וְכָל מְבַקְשֵׁי רַעְתָּנוּ: יִתְמוּ חַטָּאִים מִן
הָאָרֶץ. וְרָשָׁעִים עוֹד אֵינָם. בָּרְכֵי נַפְשִׁי אֲתֵי:

Yeihee ratzon meeleafanekha Adonay Eloheinu velohei Avoteinu.
Sheiyitamu oyveikha veisoneikha veikhol meivakshei ra'ateinu:
yitamu hataim meen ha aretz. Ursha'im 'od einam. Barkhi
nafshee eit Adonay.

May it be your will our Lord our God and God of our Fathers that
your enemies and all your abhorrents as well as those who seek
evil against us be utterly consumed. May the sinners completely
vanish from the earth and may there be no more wicked ones.
May my soul be blessed in God.

5. KEIRA - Squash

יְהִי רָצוֹן מִלְּפָנֶיךָ יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. שְׁתַּקְרַע
רֵץ עֵר דִּינֵי וַיִּקְרְאוּ לְפָנֶיךָ זְכוּתֵינוּ:

Yeihee ratzon meeleifanekha Adonay Eloheinu velohei Avoteinu.
Sheiteekrah ro'a gueizar deeneinu veiyikar'u leifaneikha zeikhuy-
oteinu.

May it be your will our Lord our God and God of our Fathers that
you should tear up our evil decree and let our merits be read be-
fore you.

6. RUBIA- Garbanzos

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ. שְׂיִירְבוּ זְכוּתֵינוּ

Yeihee ratzon meeleifanekha Adonay Eloheinu velohei Avoteinu.
Sheiyirbu zakheeyoteinu.

May it be your will our Lord our God and God of our Fathers that
our merits be many.

7. **RIMON- Pomegranate (This fruit is saved for the second night so as to recite "Sheiheheyanu")**

יְהִי רָצוֹן מִלְפָנֶיךָ. יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. שְׁנֵהֵיָה
מִלְאֵי מִצְוֹת כְּרִמּוֹן:

בָּרוּךְ אַתָּה יי. אֱלֹהֵי מֶלֶךְ הָעוֹלָם. שְׁהַתִּיט. וְקִיַּמְנִי.
וְהִמְצֵט לְזִמַּן הַזֶּה:

Yeihee ratzon meeEIFanekha Adonay Eloheinu velohei Avoteinu.
Sheineehyei meilei'ei mitzvot kareemon.

Barukh ata Adonay Eloheinu meileikh ha'olam sheiheheyanu
veikeemanu veiheegui'anu lazeiman hazeih.

May it be your will our Lord our God and God of our Fathers that
our merits be many and that we should be replete with good
deeds as the pomegranate is rich and replete with seeds.

Blessed art Thou, Lord our God, King of the universe, that Thou
hast given us life and sustenance, and brought us to this happy
season.

8. **TITLAN - Sesame Seeds mixed with sugar**

Yeihee ratzon meeEIFanekha Adonay Eloheinu velohei Avoteinu.
Sheiyirbu zakheeyoteinu veineehyei meile'im mitzvot katitlan.

May it be your will our Lord our God and God of our Fathers that
our merits be many and that we should be replete with good
deeds as the sesame is rich and replete with seeds.

9. **DAGIM - Fish**

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה וְאֵלֵינוּ אֱלֹהֵינוּ וְאֵלֵהֵי
אֲבוֹתֵינוּ. שְׂנֵפֶרֶה וְנִרְבֶּה כַּדָּגִים וְתִשְׁגַּח
עָלֵינוּ בְּעֵינָא פְּקִיחָא:

Yeihee ratzon meeleifanekha Adonay Eloheinu velohei Avoteinu. Sheinifrei veinirbei kadaguim veiteeshgah 'alan bei'einah peikeeha.

May it be your will our Lord our God and God of our Fathers that we may be fruitful and multiply like the fish and that you watch over us with a mindful eye.

10. **ROSH KEBESS -Head of Lamb**

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה וְאֵלֵינוּ אֱלֹהֵינוּ וְאֵלֵהֵי
אֲבוֹתֵינוּ. שְׂנֵהִיחַ לְרֹאשׁ וְלֹא לְזָנָב. וְתִזְכֹּר
לָנוּ אֵילֹוֹ שֶׁל יִצְחָק

Yeihee ratzon meeleifanekha Adonay Eloheinu velohei Avoteinu. Sheinihyei leirosh veilo leizanav veitizkor lanu eilo sheil Itzhak.

May it be your will our Lord our God and God of our Fathers that we may be on the forefront as the head and not in the background as the tail and that you remember the ram of Isaac on our behalf.

11. DAGIM/ROSH KEBESS - FISH OR LAMB HEAD

יְהִי רָצוֹן מִלְפָּנֶיךָ. יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. שְׁנֵהִיָּה
לְרֹאשׁ וְלֹא לְנֹבֵב: וְנִתְקַדַּךְ יי לְרֹאשׁ וְלֹא לְנֹבֵב. וְהֵייתָ
רַק לְמַעַלָּה וְלֹא תִהְיֶה לְמַטָּה. כִּי תִשְׁמַח עַל מִצְוֹת יי
אֱלֹהֶיךָ אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם לְשָׁמֵר וְלַעֲשׂוֹת:

Yeihee ratzon meeileifanekha Adonay Eloheinu velohei Avo-
teinu. Sheinihyei leirosch veilo leizanav: Untankha Adonay lei-
rosch veilo leizanav. Veihayita rak leimahla veilo teehyei lei-
matah. Ki tishmah eil mitzvot Adonay eiloheikha asher anokhee
meitzaveikha hayom lishmor veila'asot.

May it be Thy will, Lord our God, God of our fathers, that in the
coming year we may go ahead in all we undertake. "And the
Lord will set thee ahead and not back, and thou shalt go only
upwards and not down, when thou wilt hearken to the com-
mandments of the Lord Thy God which I command thee this
day to observe, and to do them."

The hands are washed and the following prayer is said.

יְשׁוּתָהּ בְּרִזּוֹ הַבִּיעִית וְתוֹתָן מִן הַיַּיִן לְכֹל הַמְּסוּבִין לְטַעוֹם. וְכֹל אֶחָד
נוֹטֵל אֶת יָדָיו וּמְבָרֵךְ

בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ עַל גְּטִילַת יְדָיִם:

Immediately thereafter, we do the Hamotzi.

וַיַּבְצַע מִיד. עַל שְׁתֵּי כַכְרוֹת וּמְבָרֵךְ

בְּרוּךְ אַתָּה יי. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. הַמּוֹצִיא לֶחֶם מִן
הָאָרֶץ:



Hada Recipes

ROSH HASHANAH MENU

On the first night of Rosh Hashana

Dinner

Lamb and/or Beef Tagine accompanied by the varied vegetables prepared for the holiday.

On the first day of Rosh Hashana

Lunch

Sweet Potatoes
Couscous
Meatballs with Onions

Dinner

Chickpea and Pumpkin Soup
Chicken with Prunes and Almonds

On the second day of Rosh Hashana

Lunch

Meatballs with Sweet Peas
M'hemmer Omelet

Meatballs and potato omelets are served at every holiday and festive occasions. As finger foods they are offered to the numerous guests, who at the end of the service come to pay a visit.

Over little glasses of "Mahiya," or "Water of Life" a strong drink comparable to the Greek Ouzo, they partake of these delicacies, before rejoining their families.



Hada Recipes

First night of Rosh Hashanah

LAMB WITH CHICKPEAS AND RAISINS

- 3 lbs lamb shoulder meat, cubed (beef may be substituted)
- 7 oz raisins, soaked for 1 hour
- 8 oz dry chickpeas, soaked overnight or 1 can of chickpeas (16 oz)
- 1 lb onions, chopped
- 2 tbsp parsley, rinsed and chopped
- 5 oz olive oil
- 1 tbsp ground pepper
- 1/2 tsp turmeric
- 1/2 tsp saffron, crushed
- 1 tsp garlic, crushed
- 1 quart water
- salt to taste

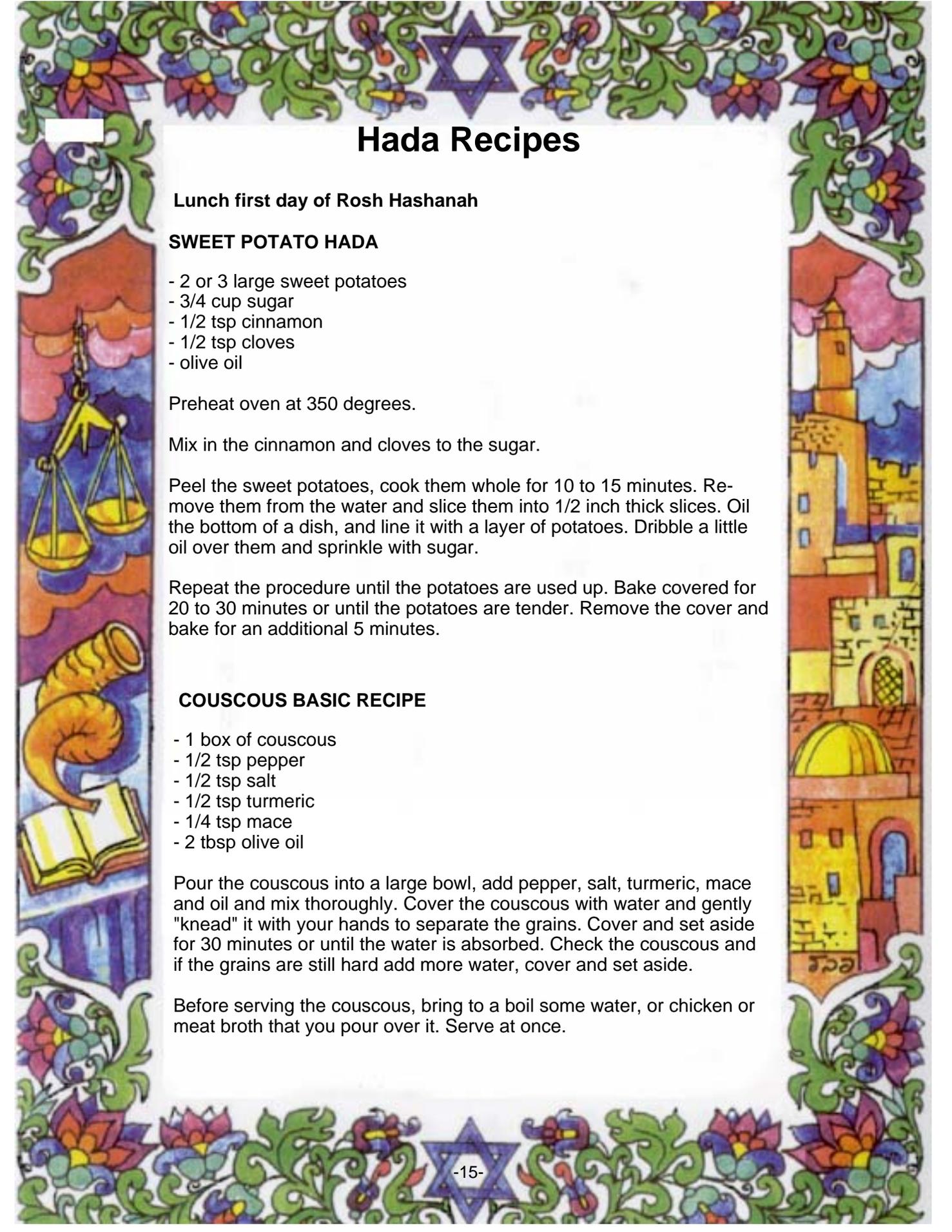
In a heavy saucepan warm the turmeric and saffron in 1/2 the oil, then add and sauté the onions until transparent, add the meat, chickpeas, parsley, rest of the oil, pepper, food coloring, crushed garlic and salt. Cover with water and cook for about 50 minutes.

When the meat is tender, add the raisins and cook for an additional 15 to 20 minutes until the liquid is reduced.

Tagine Method:

Do not presoak the raisins and reduce the water to 1/2 cup. Place all the ingredients in the tagine and bake at 325 degrees until the meat is tender, from 45 to 90 minutes.

Serve with the varied vegetables (steamed onion, carrots, cabbage, leaks, prunes, sweet potatoes and others you like) sprinkled with saffron, turmeric and paprika; over a bed of couscous.



Hada Recipes

Lunch first day of Rosh Hashanah

SWEET POTATO HADA

- 2 or 3 large sweet potatoes
- 3/4 cup sugar
- 1/2 tsp cinnamon
- 1/2 tsp cloves
- olive oil

Preheat oven at 350 degrees.

Mix in the cinnamon and cloves to the sugar.

Peel the sweet potatoes, cook them whole for 10 to 15 minutes. Remove them from the water and slice them into 1/2 inch thick slices. Oil the bottom of a dish, and line it with a layer of potatoes. Dribble a little oil over them and sprinkle with sugar.

Repeat the procedure until the potatoes are used up. Bake covered for 20 to 30 minutes or until the potatoes are tender. Remove the cover and bake for an additional 5 minutes.

COUSCOUS BASIC RECIPE

- 1 box of couscous
- 1/2 tsp pepper
- 1/2 tsp salt
- 1/2 tsp turmeric
- 1/4 tsp mace
- 2 tbsp olive oil

Pour the couscous into a large bowl, add pepper, salt, turmeric, mace and oil and mix thoroughly. Cover the couscous with water and gently "knead" it with your hands to separate the grains. Cover and set aside for 30 minutes or until the water is absorbed. Check the couscous and if the grains are still hard add more water, cover and set aside.

Before serving the couscous, bring to a boil some water, or chicken or meat broth that you pour over it. Serve at once.



Hada Recipes

Lunch first day of Rosh Hashana continued

MEATBALLS WITH ONION

Ingredients for the meatballs:

- 2 lbs ground beef
- 2 slices bread
- 1 cup chicken bouillon
- 3 cloves of garlic, peeled
- 1 bunch parsley, rinsed
- 1 bunch cilantro, rinsed
- 1/2 tsp pepper
- 1/2 tsp salt
- 1/2 tsp cinnamon
- pinch of mace
- 1 egg
- 3 tbsp oil

In a saucepan bring 1 quart of salted water to a boil.

Grind together the parsley, cilantro and garlic.

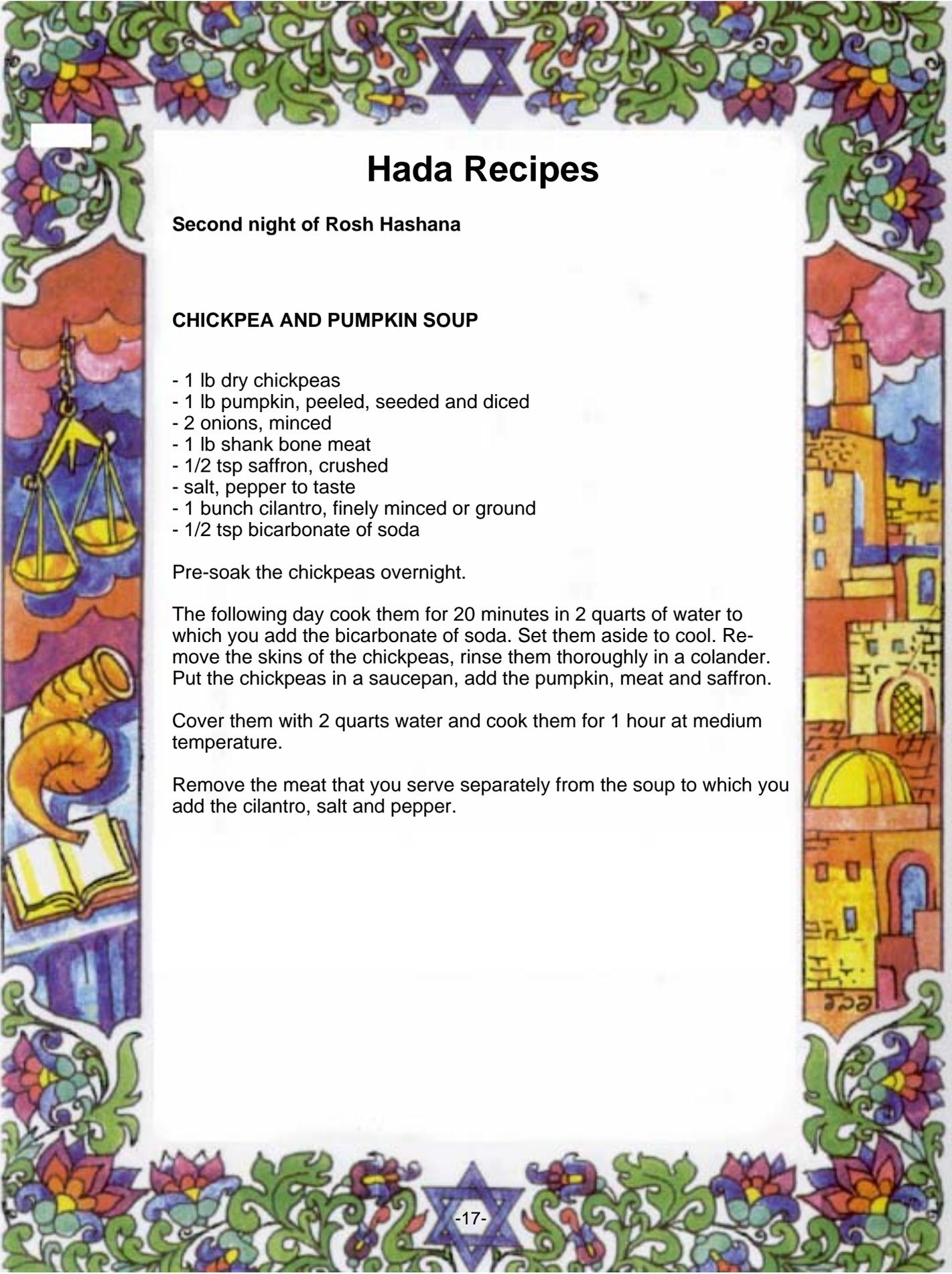
Soak the slices of bread in the chicken bouillon.

In a bowl, mix together the ground beef, parsley mixture, spices and bread. Add the oil and egg. Mix thoroughly adding about 1/2 cup of water or the left over chicken bouillon. Shape the mixture into large meatballs approximately 2 inches in diameter that you drop in the water for 10 minutes. When done, set aside.

Ingredients for the onion sauce:

- 1 large onion, peeled and sliced
- 1 pinch saffron
- 1/4 tsp mace
- 1/4 tsp nutmeg
- 1/4 tsp pepper
- 1/2 tsp salt
- 1 cup water

In a heavy saucepan, saute the onion until it turns golden. Add the spices and water and cook at medium temperature for 20 minutes. Gently set down the meatballs on top of the onion and resume cooking for an additional 20 to 30 minutes. Reduce the liquid if necessary.



Hada Recipes

Second night of Rosh Hashana

CHICKPEA AND PUMPKIN SOUP

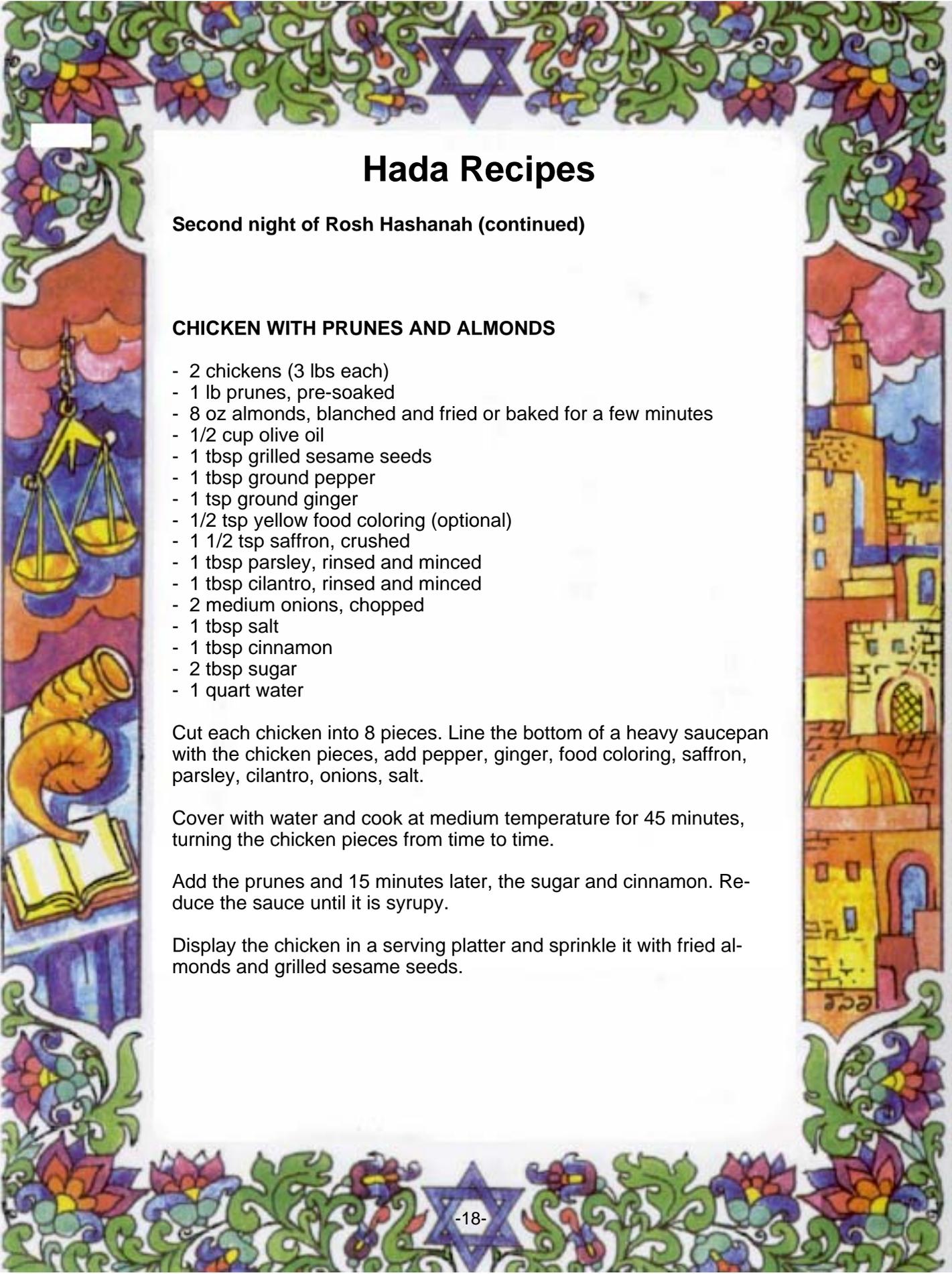
- 1 lb dry chickpeas
- 1 lb pumpkin, peeled, seeded and diced
- 2 onions, minced
- 1 lb shank bone meat
- 1/2 tsp saffron, crushed
- salt, pepper to taste
- 1 bunch cilantro, finely minced or ground
- 1/2 tsp bicarbonate of soda

Pre-soak the chickpeas overnight.

The following day cook them for 20 minutes in 2 quarts of water to which you add the bicarbonate of soda. Set them aside to cool. Remove the skins of the chickpeas, rinse them thoroughly in a colander. Put the chickpeas in a saucepan, add the pumpkin, meat and saffron.

Cover them with 2 quarts water and cook them for 1 hour at medium temperature.

Remove the meat that you serve separately from the soup to which you add the cilantro, salt and pepper.



Hada Recipes

Second night of Rosh Hashanah (continued)

CHICKEN WITH PRUNES AND ALMONDS

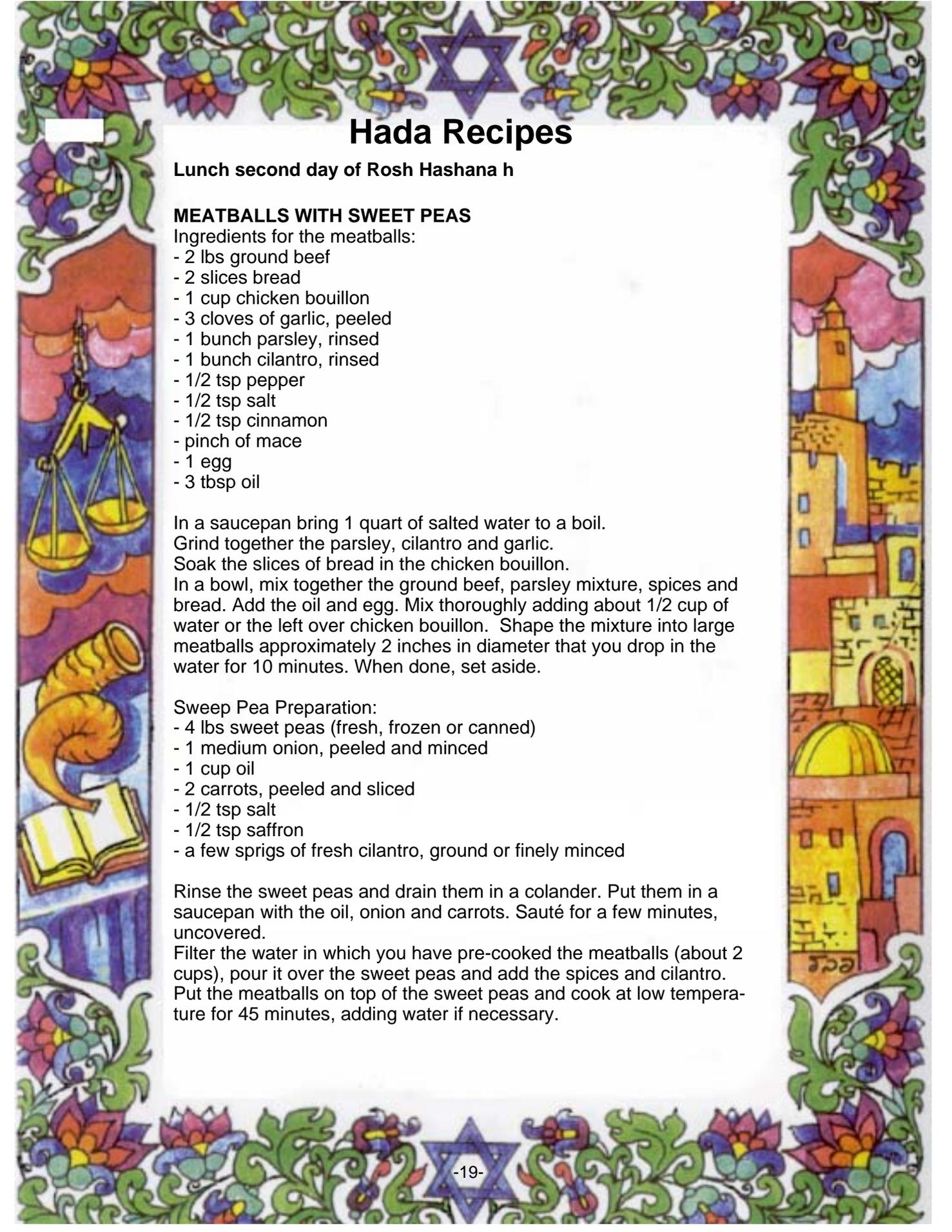
- 2 chickens (3 lbs each)
- 1 lb prunes, pre-soaked
- 8 oz almonds, blanched and fried or baked for a few minutes
- 1/2 cup olive oil
- 1 tbsp grilled sesame seeds
- 1 tbsp ground pepper
- 1 tsp ground ginger
- 1/2 tsp yellow food coloring (optional)
- 1 1/2 tsp saffron, crushed
- 1 tbsp parsley, rinsed and minced
- 1 tbsp cilantro, rinsed and minced
- 2 medium onions, chopped
- 1 tbsp salt
- 1 tbsp cinnamon
- 2 tbsp sugar
- 1 quart water

Cut each chicken into 8 pieces. Line the bottom of a heavy saucepan with the chicken pieces, add pepper, ginger, food coloring, saffron, parsley, cilantro, onions, salt.

Cover with water and cook at medium temperature for 45 minutes, turning the chicken pieces from time to time.

Add the prunes and 15 minutes later, the sugar and cinnamon. Reduce the sauce until it is syrupy.

Display the chicken in a serving platter and sprinkle it with fried almonds and grilled sesame seeds.



Hada Recipes

Lunch second day of Rosh Hashana h

MEATBALLS WITH SWEET PEAS

Ingredients for the meatballs:

- 2 lbs ground beef
- 2 slices bread
- 1 cup chicken bouillon
- 3 cloves of garlic, peeled
- 1 bunch parsley, rinsed
- 1 bunch cilantro, rinsed
- 1/2 tsp pepper
- 1/2 tsp salt
- 1/2 tsp cinnamon
- pinch of mace
- 1 egg
- 3 tbsp oil

In a saucepan bring 1 quart of salted water to a boil.

Grind together the parsley, cilantro and garlic.

Soak the slices of bread in the chicken bouillon.

In a bowl, mix together the ground beef, parsley mixture, spices and bread. Add the oil and egg. Mix thoroughly adding about 1/2 cup of water or the left over chicken bouillon. Shape the mixture into large meatballs approximately 2 inches in diameter that you drop in the water for 10 minutes. When done, set aside.

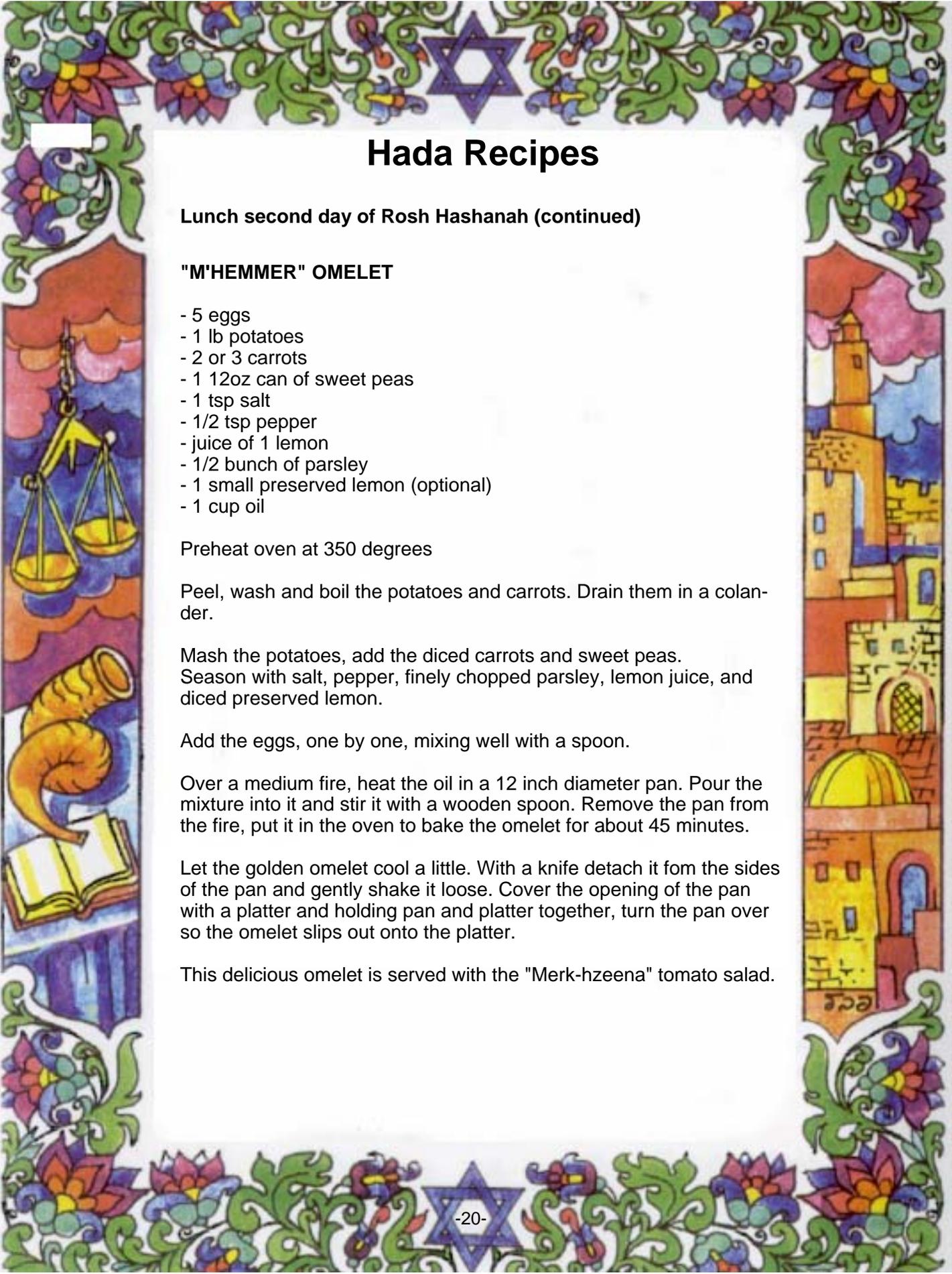
Sweep Pea Preparation:

- 4 lbs sweet peas (fresh, frozen or canned)
- 1 medium onion, peeled and minced
- 1 cup oil
- 2 carrots, peeled and sliced
- 1/2 tsp salt
- 1/2 tsp saffron
- a few sprigs of fresh cilantro, ground or finely minced

Rinse the sweet peas and drain them in a colander. Put them in a saucepan with the oil, onion and carrots. Sauté for a few minutes, uncovered.

Filter the water in which you have pre-cooked the meatballs (about 2 cups), pour it over the sweet peas and add the spices and cilantro.

Put the meatballs on top of the sweet peas and cook at low temperature for 45 minutes, adding water if necessary.



Hada Recipes

Lunch second day of Rosh Hashanah (continued)

"M'HEMMER" OMELET

- 5 eggs
- 1 lb potatoes
- 2 or 3 carrots
- 1 12oz can of sweet peas
- 1 tsp salt
- 1/2 tsp pepper
- juice of 1 lemon
- 1/2 bunch of parsley
- 1 small preserved lemon (optional)
- 1 cup oil

Preheat oven at 350 degrees

Peel, wash and boil the potatoes and carrots. Drain them in a colander.

Mash the potatoes, add the diced carrots and sweet peas. Season with salt, pepper, finely chopped parsley, lemon juice, and diced preserved lemon.

Add the eggs, one by one, mixing well with a spoon.

Over a medium fire, heat the oil in a 12 inch diameter pan. Pour the mixture into it and stir it with a wooden spoon. Remove the pan from the fire, put it in the oven to bake the omelet for about 45 minutes.

Let the golden omelet cool a little. With a knife detach it from the sides of the pan and gently shake it loose. Cover the opening of the pan with a platter and holding pan and platter together, turn the pan over so the omelet slips out onto the platter.

This delicious omelet is served with the "Merk-hzeena" tomato salad.

Hada Recipes



Deanna's Shabbat Bread

- 1 cup warm water
- 1 tablespoon yeast
- 3 cups bread flour
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 tablespoon anise seeds

Preheat oven at 350 degrees

Dissolve the yeast in warm water. Place all the ingredients in the food processor or mixer and blend the flour mixture until it no longer adheres to the sides of the bowl. Remove the dough from the food processor or mixer and knead it until it is soft and elastic.

Let it raise for 30 minutes in a warm place, then knead it for a few minutes. Take the challah. Split the dough into two halves and roll out each half until it is the size of a pie pan.

With a pair of scissors cut vertical slits around the edge of the dough every inch or so, then cut each section horizontally. With a fork prick the surface of the dough that you set in greased pie pans.

Let it rise for an additional 30 minutes. Then bake it for approximately 20 minutes or until golden.

