From Challah to Havdalah
One bank does more than support its clients.

Investec is proud to partner with ShabbatUK.
Have you ever wondered why in Hebrew, the days of the week are simply identified by a number? In other languages, each day has its own separate identity. But, in Hebrew, Sunday is ‘Yom Rishon’ (first day), Monday is ‘Yom Sheni’ (second day) and so on. Each day is described and experienced according to its proximity to Shabbat! Indeed, for millennia, Shabbat has been the spiritual anchor of the Jewish people.

For many, life throughout the week is often hectic and fast paced. So much time is spent focusing on the ‘what’ and the ‘how’ of our lives, without ever finding time for the ‘why’.

Shabbat is the tool that permits us to do just that. Together with our families and communities, we break from our busy weekday routines and remind ourselves of what really matters. For 25 hours, we refocus on our relationships with family, friends and, of course, with Hashem.

In recent years, while technology has brought us closer together in such an extraordinary way, it has also caused many to feel more alone than ever. While social media may have increased the quantity of our connections, the quality of those connections has surely suffered. Observing Shabbat provides the space to relinquish the use of such technology, allowing us to develop more intimate relationships with our loved ones.

From Challah to Havdalah, as you enjoy yourselves amongst families and communities across the UK, consider how fortunate we are to have this day every week. Take advantage of all the great opportunities the gift of Shabbat has to offer. A lifetime of continued celebration of this day will provide for a lifetime of growth and happiness.

Shabbat Shalom

Chief Rabbi Ephraim Mirvis
The partners of **OGR Stock Denton** are delighted to support **ShabbatUK**
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ShabbatUK is the largest mass participation event organised for the Jewish community in the UK.

Inspired by the International Shabbat Project, ShabbatUK is tailored specifically for the UK Jewish community. Our aim is to encourage Shabbat observance throughout the UK. By coordinating extraordinary, transformative events, which are supported centrally and delivered locally, we plan to unify British Jewry. Showcasing the beauty of Shabbat on a national level, we hope that ShabbatUK will act as a springboard for Shabbat observance throughout the year.

In previous years, supported by a national marketing campaign which taps into a desire to be part of something bigger, the quality and level of engagement from local communities has been unprecedented. Right across the UK, countless communities have found something in ShabbatUK events and projects which they could integrate into their own local programming.

**ShabbatUK’s Mission**

ShabbatUK’s primary goal is to connect people with Shabbat, and this is achieved in 3 ways:

- Encouraging increased engagement with Shabbat observance.
- Unifying the largest possible number of British Jews.
- Empowering communities to stage remarkable events on ShabbatUK with impressive follow-up throughout the year.

...And why it’s important
ShabbatUK 2019

- Dome Experience
- Challah Makes
- Lighting the Candles
- Kabbalat Shabbat Service
- Lecha Dodi in Schools
- Eishet Chayil/Blessing the Children
- Shalom Aleichem
- Kiddush
- Hamotzi
- Wash
- Eat
- Shacharit/Mussaf
- Mincha
- Maariv
- Havdalah
- Torah Reading
- Seudah Shlishit
- Lecha Dodi
- Wash
- Kiddush
- Eat
We have a special mitzva (commandment) to enjoy Shabbat. The prophet Isaiah (58:13–14) asks the Jewish people to proclaim Shabbat “a delight” (oneg), which will in turn cause them to delight in God.

But what is oneg Shabbat? We should enjoy the physical pleasures that God created, so we eat delicious food, wear our best clothes to honour Shabbat and enjoy it to the full. But oneg should have a spiritual dimension too.

• **Sing** – Singing can unite us and make us happy in a unique way, helping us get beyond thoughts or words.

• **See friends and family** – As well as fulfilling mitzvot such as hachnasat orechim (hospitality) and chesed (kindness), spending time with lovely people is also enjoyable!

• **Sleep** – Shabbat is a day for catching up on our rest. As one of the zemirot (Shabbat songs) declares: “sleep on Shabbat is a pleasure”.

• **Learn Torah** – Make time on Shabbat to learn something new. It can expand the heart and feed the soul.

• **Treat every Shabbat like it’s the first** – Shabbat is not about recreation; rather it’s about re-creation. If Shabbat marks the Creation, then every Shabbat is like the world was created anew – a chance to start all over again.

Text from the United Synagogue’s ‘Shabbat Shalom!’ book.
Challah Makes
The History of Challah

The first appearance of the word “challah” is in the Book of Bamidbar: “….from the first of your dough you shall give to God an offering throughout your generations”. This is called the mitzvah of “hafrashat challah” – separating the challah. The prayers and customs that accompany this mitzvah are the same the world over and they link us back to our forebears more than 3,500 years ago.

When does the Mitzvah apply?

The mitzvah only applies when challah is made from one of the five fundamental grains which our Rabbis designated as providing sustenance.

Why we take Challah

The Mitzvah of taking challah (a small piece of the dough which is then burnt or disposed of) serves a number of purposes.

It connects the mundane act of food preparation to God. It reminds us that, when endowed with blessings such as wisdom, wealth or good health, our first step is to remember that these blessings come from the Almighty and we should put them to good use for our society.

Over the centuries, women have embraced the mitzvah of Hafrashat Challah (separating Challah) as a God-given opportunity to uplift the regular and sanctify the mundane, while nourishing their families both physically and spiritually. The separation of the dough and recitation of the Bracha is an auspicious time to connect to God and to offer heartfelt prayers.

For guidelines on how to 'Take Challah' please turn to Page 14.

Story by Allegra

In the Challah Mummy Kitchen, we love getting ready for Shabbat as much as we love Shabbat day itself.

My children and I make our challah dough together before they go to school on Friday morning and then they think about the special challah shape they would like for Shabbat. My son, Zekey (5), loves all things transport-related so he usually asks for train, plane, boat or rocket ship challah. We’ve even made challah in the shape and colours of a Paris Metro train! My daughter, Neroli (3), likes animals and flowers so usually asks for turtle, squirrel, tulip or blossom tree challah, always covered in sprinkles. When
they get home from school, we plait and shape our challah together and it’s fabulous. We are covered in flour, the floor is covered in flour and it’s not just the dough which gets egg washed! We love creating something together with our hands - no technology needed - to eat and enjoy together during Shabbat. Shabbat gives us quality family time.

Two for Shabbat. The two Challot on our Shabbat tables represent the double portion of manna that fell on Friday, the Heavenly bread that fed the Israelites during their 40 year sojourn in the wilderness. They remind us, as well, of the simultaneous commandments to remember and observe Shabbat (“Shamor” and “Zachor”).

Go Round on Rosh Hashana. Round loaves on Rosh Hashanah symbolise continuity.

The Twelve Tribes. Some like to have twelve humps on their Challahs to recall the miracle of the 12 loaves for the 12 tribes of Israel that occurred in the Temple.

Ladders for Yom Kippur. Ladder shapes, which some bake before the Yom Kippur fast, represent our aspirations to ascend great heights.

Sprinkles for Purim. On Purim, some have hamantashen-shaped triangular loaves, while others like to have multi-coloured Challah with coloured sprinkles.

Tablets for Shavuot. On Shavuot, two oblongs side by side resemble the Tablets of the Law.
Separating Challah

Separate a golf ball sized piece of dough and say:

Baruch ata Adonai Elo-hai-nu Melech ha’olam asher keed-sha-nu b’mitz-vo-tav v’tzi-vanu l’haf-reesh challah.

Blessed are You, Lord our God, King of the universe, Who has sanctified us with His commandments, and commanded us to separate challah.
May it be your Will, our God, the God of our fathers, that the mitzvah of separating Challah be considered as if I had performed it with all its details and intricacies. May my elevation of the Challah be considered as the sacrifice that was offered on the altar, which was willingly accepted. Just as giving the Challah to the Kohen in the past served to atone for sins, so may it atone for my sins, and I shall be like a person reborn, clear of sins. May it enable me to observe the Holy Shabbat (or Festival of…) (with my husband) (and our children) and be nourished from the holiness of these days. (May the spiritual influence of the mitzvah of Challah enable our children to be constantly sustained by the hands of the Holy One, blessed be He, with His abundant mercy, loving kindness and great love). Consider the mitzvah of Challah as if I have given my share. And now, as I am fulfilling the mitzvah of Challah with all my heart, so may the compassion of the Holy One, Blessed be He, be aroused to keep me from sorrow and pain always, Amen.
How to ‘Take’ Challah

**The Mitzvah**

In Temple times, the challah was given to the Kohanim. Although we can no longer do this today, it is still a mitzvah to separate a small quantity of dough. By doing this we elevate the bread spiritually, thereby nourishing our souls and bodies when we eat it. (Sefer Hachinuch)

**The Separation**

Take off a piece of dough roughly the size of a golf ball. Burn or wrap up this dough, before disposing of it.

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**When to separate**

If the dough contains

2lbs | 10oz | 1.2kg

or more of flour from one of the five grains:

wheat, barley, oats, spelt and rye.

**When to say the blessing**

If more than

4lbs | 5oz | 2.25kg

of flour is used to make the dough, then a bracha must be made before separating the challah and disposing of this bit of dough.
**Ingredients**
1.5kg strong white flour
3x7g sachets dried yeast
3 eggs
9 tablespoons sugar
3 tablespoons vegetable oil
3 teaspoons salt
750ml water

**Method**
1. Place all the dry ingredients in your bowl. Mix thoroughly.

2. Add one egg and 1 tablespoon of oil and mix.

3. Add another egg and 1 tablespoon of oil and mix.

4. Finally, add the last egg and 1 tablespoon of oil and mix.

5. Start adding the 750ml of water little by little, mixing in as you go, until you have dough with a springy consistency.

6. Knead continuously until smooth. The longer it is kneaded the smoother your dough will be.

7. Now form your dough into a large ball.

8. Cover with a clean tea towel and leave somewhere warm to rise for about one hour, or until doubled in size.

9. Plait the dough as per your preference and place on baking parchment on an oven tray.

10. Make an egg wash. Beat one additional egg, a pinch of salt and a teaspoon of water until smooth. Brush over the challah.

11. Allow to rise for another 45 mins.

12. Bake in the oven at 180°C until golden brown so that when you tap the underside it sounds hollow.
The light of the Shabbat candles is a light of ‘Shalom Bayit’ (household peace). The original function of the Shabbat candles was to fill the home with light, so that families could enjoy the Shabbat meal without sitting in darkness. Although we have electric lights the Shabbat candles remain a symbol of family connectedness; some families light one candle for each family member. To share the light of Shabbat – whether with family, friends, or one’s community – is to share a blessing of peace with loved ones.

The light of the Shabbat candles serves as a mark of Jewish continuity through time. The first Friday night lighting, described in The Midrash, took place in the very first Jewish home – of Abraham and Sarah. The Rabbis recount that a special miracle occurred for Sarah’s candles: they remained lit each week from one Friday to the next. After Sarah passed away, the miraculous weeklong lights faded too. The miracle returned for Isaac’s wife, Rebecca, which Isaac understood as a sign that she was the perfect partner with whom to continue the Jewish story.

Just as Rebecca and Isaac took up the Shabbat torch from Sarah and Abraham, Jews throughout history strove to preserve the light of Shabbat from week to week. Even from the darkest periods of Jewish history, there are stories of brave Jews lighting candles despite unspeakable hardship. At each step in the journey of the Jewish people, the lighting of Shabbat candles has represented the continuity of our ancestors’ traditions, and our hopes and prayers to pass these on to the next generation.

“To share the light of Shabbat – whether with family, friends, or one’s community – is to share a blessing of peace with loved ones.”
The Mitzvah of Lighting

The time for lighting candles is approximately twenty minutes before sunset (check the weekly times published by your local synagogue).

Usually, married women light two or more candles. If no women are present, a man can light the Shabbat candles.

The candles should be lit in the room where the Friday night meal will be eaten.

Recite the Bracha

Once the candles are lit, wave your hands in front of the flames three times, as if drawing in the light. Cover your eyes, and say:

בָּרוּך אַתָּה ה' אֱלוֹהֵינוּ מֶלֶךָ הָעֹלָם אַשֶּר קִדְשָנוּ בְּמִצְוָתָיו וְצִוָנוּ לְהַדְלִיק נֵר שֶל שַבָּת

Baruch Atah Adonai Eloheinu Melech haolam, asher kid’shanu b’mitzvotav v’tzivanu l’hadlik neir shel Shabbat

Blessed are You, Hashem our God, King of the Universe, who has made us holy with His commandments and commanded us to light the Shabbat light.
Friday Night
Every Friday as we approach the Ma’ariv prayers, communities gather for the recitation of the Kabbalat Shabbat service. Literally meaning the ‘receiving of Shabbat’, this special service is a real highlight of the week. It consists of six psalms, each representing a day of the week leading up to Shabbat.

Also included is the famous hymn Lecha Dodi. Written in the 16th Century by Rabbi Shlomo Alkabatz, it welcomes Shabbat in as if it were a beautiful bride. At the final stanza of this mystical song, congregants turn around and bow in honour of this special day’s arrival. As communities rejoice in song, the mundane concerns of the week melt away, creating an atmosphere of tranquillity and joy. Kabbalat Shabbat is the perfect way to begin Shabbat.

Israeli rock band Shtar composed an amazing new tune to Lecha Dodi for ShabbatUK 2019. The tune was sent to primary schools across the country and learnt by thousands of children. Many schools were able to sing and dance alongside the Chief Rabbi for a special ShabbatUK launch video which was sent across the world! The culmination of this video was thousands of children singing the ShabbatUK Lecha Dodi in our communities throughout the country, connecting us all in song.
**Lecha Dodi**

Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Shamor v’zachor b’dibur echad, 
Hishmi’anu El ha’meyuchad. 
Adonai echad u’shmo echad; 
L’shem ul’tiferet v’l’tehila. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Likrat Shabbat l’chu v’nelcha, 
Ki hi m’kor ha’bracha. 
Me’rosh mi’kedem n’sucha; 
Sof ma’aseh b’mach’shava t’chila. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Mikdash melech, ir m’lucha, 
Kumi, tze’i mi’toch ha’hafecha. 
Rav lach shevet b’emek ha’bacha; 
V’hu yachmol alai’yichchemla. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Hitna’ari me’afar kumi, 
Livshi bigdei tifartech ami. 
Al yad ben Yishai beit haLachmi; 
Karva el nafshi g’ala. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Hit’oreri, hit’oreri, Ki va orech, 
kumi uri. Uri, uri, shir daber; 
K’vod Adonai alai’yich nigla. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Lo tevoshi v’lo tikalmi, 
Mah tishtochachi uma tehemi. 
Bach yechesu ani’yei ami; 
V’niv’neta ir al tila. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

V’hayu lim’shisa shosai’yich, 
V’rachaku kol m’valai’yich. 
Yasis alai’yich Elohai’yich; 
Kimsos chatan al kala. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Yamin u’smol tifrotzi, 
V’et Adonai ta’aritzi. 
Al yad ish ben Partzi; 
V’nism’cha v’nagila! 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!

Bo’i v’shalom, ateret ba’ala, 
Gam b’simcha uv’ tzhala. 
Toch emunei am segula; 
Bo’i chala, bo’i chala. 
Lecha dodi likrat kala, 
p’nei Shabbat n’kabelah!
There is a beautiful custom for parents to bless their children on Friday night. The act symbolises continuity, but also expresses a love and appreciation of each child in a tangible and moving way. When Jacob blessed his grandchildren, he said: 'Israel will bless [their sons] through you, saying: May God make you like Ephraim and like Menasheh‘ (Bereishit 48:20). The blessing for boys repeats Jacob’s phrase.

The blessing for girls invokes the four ancestral mothers of the Jewish people: Sarah, Rebecca, Rachel and Leah. In both cases, this is followed by the priestly blessing.

Traditionally the parent stands with their hands on the child’s head whilst reciting the blessing, before kissing their child. Some take the opportunity to whisper a special message of appreciation unique for each child.
For boys:

Y’simcha Elohim k’Ephrayim v’chiM’nasheh
May God make you like Ephraim and Manasseh

For girls:

Y’simeich Elohim k’Sara, Rivka, Rachel, v’Le’ah
May God make you like Sarah, Rebecca, Rachel and Leah.

All continue


May the Lord bless you and protect you. May the Lord make His face shine on you and be gracious to you. May the Lord turn His face toward you and give you peace.
Brachot

To begin our meal we make the Hamotzi blessing over Challah!

ברוך אתה ה’, אלוהינו מלך העולם, המופע לך כל המאכל.

Baruch atah A-donai, Elo-heinu Melech Ha’Olam Hamotzi lechem min haaretz.

Blessed are You, Lord our God, King of the Universe, Who brings forth bread from the earth.

Friday Night Kiddush

ויַכַּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָּׂה. וַיְבָרֶךְ אֱלֹהִים אֶת יְמֵי הַשַּׁבָּת וַיְקַדֵּשְׁךָ כִּי בָּרָא אֱלֹהִים לְעָשָׂה

(Savri Maranan, v’rabanan, v’rabotai) Baruch Atah Adonai Eloheinu Melech ha-olam, borei p’ri hagafen.

Vy’chulu hashamayim v’ha-aretz v’chol tz’va-am. Vy’chal Elohim bayom ha’shvi’i m’lachto asher asah, vayishbot bayom ha’shvi’i, mikol m’lachto asher asah. Vay’varech elohim et yom ha’shvi’i vay’kadeish oto, ki vo shavat mikol m’lachto, asher bara Elohim la-asot.

Baruch Atah Adonai Eloheinu Melech ha-olam, asher kid’shanu b’mitzvotav v’ratzah vanu, v’Shabbat kod’sho b’ahavah uvratzon hinchilanu, zikaron l’ma-aseih v’reishit, ki hu yom t’chilah l’mikra’ei kodesh, zeicher litziyat mitzrayim, ki vanu vacharta, v’otanu kidashta mikol ha-amim, v’Shabbat kodsh’cha b’ahavah uv’ratzon hinchalltenu. Baruch Atah Adonai, m’kadeish haShabbat.
Rebbetzen Leanne Binstock’s
Chicken Soup

Preparation Time: 30 minutes
Cooking Time: 5.30 hours

Ingredients
2 turkey legs
2 chicken carcasses
6 carrots, peeled
2 onions
5 celery sticks
1 Turnip
3 Parsnips
1 Celeriac
1 Swede

Fresh parsley to garnish

Method
1. Three-quarters fill a large pot with water. Add the chicken and turkey.

2. Once it has boiled for a few minutes, remove the scum from the surface. Add the vegetables. Simmer for about 5 hours.

3. Strain. Add salt, pepper, paprika, spices to taste. Cool. (Option of cutting the turkey into pieces, without the skin and bones, and putting it back into the soup).

4. Before serving bring to the boil with a few freshly peeled carrots and a chopped onion.
The ‘Shabbas Recipes’ Facebook Group’s Pulled Firecracker Brisket

Method

1. Heat 1 tbsp oil in a large, deep roasting tin (one that can go on the hob) or in your largest flameproof casserole dish. Season the beef well and sear in the tin until nicely browned all over. Lift out and put on a plate or board. Add another 1 tbsp oil and the onions to the tin and sweat for 8-10 mins until really soft. Meanwhile, in a small bowl, mix the paprika, mustard powder, cinnamon, cayenne or chilli, treacle, 2 tbsp vinegar, 2 tbsp sugar and the remaining oil. Brush all over the meat, reserving about 2 tbsp for later. Heat oven to 150C/130C fan/gas 2.

2. Add the garlic, bay leaves and chillies to the softened onions, stir around the pan for 1-2 mins, then pour in the passata, remaining vinegar and sugar. Season the sauce, give a good stir, then put the brisket on top. Wrap the tin tightly in a few sheets of foil, or cover with a lid, and bake for 6 hrs, turning once or twice during cooking, until really tender.

3. Uncover the dish, give the sauce around the meat a little stir and brush the remaining spice paste over the meat. Can be made a day ahead up to this point – cool then chill the meat and sauce; remove from the fridge and scoop off any fat from the sauce before reheating. Increase the temperature to 200C/180C fan/gas 6. Cook for a further 20 mins (or 40 mins from cold, covered for 20 mins) until the meat is dark and sticky. Remove from the oven, cover loosely with foil and leave to rest for 15 mins.

4. To serve, skim any fat off the surface of the sauce, shred the meat with 2 forks, discarding any butcher’s string as you go, and toss the meat through the sauce, discarding the onion and chilli.

Ingredients

- 3 tbsp vegetable oil
- 2-2½ kg beef brisket, rolled
- 2 red onions, chopped
- 1 tbsp sweet smoked paprika
- 1 tbsp English mustard powder
- 2 tsp ground cinnamon
- ½ tsp ground cayenne pepper or 1 tsp chilli flakes (omit if you want to reduce heat)
- 1½ tbsp treacle
- 50ml red wine vinegar, +2 tbsp
- 75g soft light brown sugar, +2 tbsp
- 3 garlic cloves, crushed
- 4-6 bay leaves
- 2-4 fat red chillies, pierced with sharp knife
- 500ml carton passata

Adapted from BBCGoodFood.com
The ‘Shabbas Recipes’ Facebook Group’s
One Pot Chicken and Rice

Method
1. Line the slowcooker.
2. Cover the bottom of the pot with uncooked rice.
3. Add chopped sweet potato/pumpkin/butternut squash.
4. Add sliced onions.
5. Lay chicken pieces on top.
6. Pour a little sweet chilli sauce (or another favourite) over the top (not too much – just a drizzle).
7. Put slow cooker on auto (not high) before Shabbat and this will be perfect for lunchtime.

The ‘Shabbas Recipes’ Facebook Group’s
Sesame Chicken Toasts

Ingredients
1 pack chicken mince
Soy sauce
Chinese five spice
1 Egg
Cornflour
Sliced white bread
Sesame seeds

Method
1. Mix the chicken mince with a small amount soy sauce, a sprinkle of Chinese five-spice, the egg and a little cornflour to bind the mixture together.
2. Spread on slices of bread – the mixture should be enough for 6-7 slices.
3. Put slices chicken-side down onto a plate full of sesame seeds and fry a few mins on each side.

Cut into quarters. Enjoy!
Method

1. Preheat oven to 180C. Grease and line 24cm (9 inch) round springform tin with parchment circle.

2. Break up the chocolate into small pieces and place in a heatproof bowl with the cocoa powder.

3. Pour over hot, freshly brewed coffee and whisk until the mixture is smooth. Set aside while you get on with the rest of the cake.

4. Melt the coconut oil.

5. In another small bowl, whisk together flour, baking powder, bicarbonate of soda and salt. In the bowl of an electric mixer, combine the sugars and whisk to break up any lumps. Add the coconut oil and whisk until combined.

6. Add the eggs one at a time. After the second egg has been added, whisk for 3 minutes until the mixture has thickened and is pale.

7. With the mixer on a slow speed add the chocolate mixture and then the coconut milk, scraping down the bowl until it is all incorporated.

8. Finally add the flour mixture and whisk until it is just incorporated.

Don’t panic, the mixture will be quite wet.

9. Pour into the prepared tin and place in the bottom third of the oven for 35-40 minutes until a toothpick comes out of the centre with a few damp crumbs (not a liquid mixture). Be aware that if you test the cake and it is still quite liquid, it may only take another 3-5 minutes to be done, so keep checking.

10. Place on a cooling rack and cool before removing from the tin.

When you are ready to ice the cake, make the ganache.

11. Break up the chocolate into small pieces and place in a heatproof bowl.

12. Heat the remaining coconut milk and Karo Syrup (if using) until it just comes to the boil and pour over the chocolate.

13. Leave for 2 minutes and then stir until it is a smooth and shiny. Allow to rest and cool a little for 10 minutes before pouring onto the cake.

Ingredients

Cake:
55g dark chocolate
85g good quality cocoa powder
180ml freshly brewed coffee
145g plain flour
1 tsp baking powder
1/2 tsp bicarbonate of soda
1/4 tsp salt
90g coconut oil (or other flavourless oil, but we love the coconut oil in this cake)
200g caster sugar
50g dark muscovado sugar
2 eggs
275ml coconut milk

Ganache topping:
125ml coconut milk
125g dark chocolate
1 tsp Karo syrup (optional, but it gives extra shine)
Judi Rose & Jacqueline Lewis’
Fragrant Chicken

Serves 6-8 people
(Keeps 2 days under refrigeration)

Ingredients
6-8 boneless skinless chicken thighs
2 tbsp flour seasoned with 1 teasp salt and 10 grinds of black pepper
3 tbsp olive oil
75 g /3 oz split blanched almonds, toasted

For the sauce
4 large oranges
150 ml/5 fl oz (2/3 cup) strong chicken stock
275 ml /10 fl oz dry but fruity white wine
finely grated lemon zest of a lemon
1 tbsp runny honey
3 tbsp raisins or sultanas
1 cinnamon stick
2 tsp cornflour or potato flour mixed
to a cream with 1 tbsp water
1-2 tbsp fresh pomegranate seeds

Method
1. Juice two of the oranges. Remove the peel and all the pith of the other 2 then cut into sections or thin slices. Trim any white fat from the chicken, then toss the pieces with the seasoned flour.

2. In a large sauté pan, heat the oil. Add the chicken to the hot oil.

3. Cook on each side for 3-5 minutes, or until deep golden.

4. Remove from the pan and pour off any excess fat whilst retaining the savoury brown bits at the bottom.

5. Now add the wine, if using, to the pan, stirring well, and bubble for 3 minutes, then add the stock, orange juice, lemon zest, honey, raisins and cinnamon stick and stir well. Bring the sauce to the boil, add the chicken breasts in a single layer, spoon the liquid over them, then cover the pan and simmer very gently until the thighs are cooked through, about 10 minutes.

6. Lift the chicken out and arrange on a warm dish then taste the sauce, adding a pinch of salt and pepper if necessary. Spoon the sauce over the chicken and decorate the dish with the orange sections, almonds and pomegranate seeds.

Taken from the forthcoming cookbook TO LIFE! THE FOOD LOVER’S GUIDE TO HEALTHIER JEWISH COOKING by JUDI ROSE & DR JACKIE LEWIS ROSE

© 2019 The Curly Cousins, Judi Rose & Jacqueline Lewis
Denise Phillips’
Berry & Almond Tart

This is really easy and can be made in stages – so just perfect for Shabbat entertaining. You can even freeze the base and bring it out when required.

It is gluten free and vegan so will help with guests who have dietary requirements too!

**Preparation Time:** 15 minutes  
**Cooking Time:** 15 minutes  
Serves 8-10 people

**Ingredients**

**Base:**
350g walnuts  
250g dried figs (stalk removed)

**Filling:**
170g almond butter  
150g soya yoghurt (I liked the coconut flavour)  
1 tsp cinnamon

**Topping:**
500g berries or fruit of your choice eg. blueberries, blackberries, strawberries – or use frozen berries defrosted and well drained.

**Method**

1. To make the base, pulse the walnuts and figs in your food processor until they stick together, forming a rough dough.

2. Press into a 22cm wide and 4 cm deep loose based tart tin.

3. Preheat the oven to 200C/400F/ Gas mark 6.


5. Gently remove the tart from the base and transfer to a plate.

6. To make the filling: Mix all the ingredients together until smooth.

7. Spread into the bottom of your tart base.

8. Top with all the berries, slice and serve!
**The ‘Shabbas Recipes’ Facebook Group’s**

**Self-Saucing Sticky Toffee Pudding**

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**Cooking Time:** 15 minutes  
**Serves 6-7 people**

**Ingredients**

**For the cake**
- 100g dark brown muscovado sugar
- 175g self-raising flour
- 125ml dairy-free milk
- 1 large egg
- 1 tsp vanilla extract
- 50g margarine (melted)
- 200g chopped dates

**For the sauce**
- 200g dark brown muscovado sugar
- 25g margarine (in little blobs)
- 500ml boiling water

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**Method**

1. Preheat the oven to 190°C/170°C Fan/gas mark 5/375ºF and butter a 1½ litre/6 cups capacity pudding dish.

2. Combine the 100g/½ cup of dark muscovado sugar with the flour in a large bowl. Pour the milk into a measuring jug, beat in the egg, vanilla and melted margarine and then pour this mixture over the sugar and flour, stirring - just with a wooden spoon – to combine. Fold in the dates then scrape into the prepared pudding dish. Don’t worry if it doesn’t look very full: it will do by the time it cooks.

3. Sprinkle over the 200g/1 cup of dark muscovado sugar and dot with the marge. Pour over the boiling water (yes really!) and transfer to the oven. Set the timer for 45 minutes, though you might find the pudding needs 5 or 10 minutes more. The top of the pudding should be springy and spongy when it’s cooked: underneath, the butter, dark muscovado sugar and boiling water will have turned into a rich, sticky sauce. Serve with vanilla ice cream, dairy free custard/cream as you wish.

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Adapted from Nigella.com
Shabbat: An Exercise in Anticipation Mikey Lebrett

There is nothing quite like the feeling of heady excitement after clicking ‘Book Now’ on those holiday flights, counting down the days until a show or concert, or eagerly awaiting the end of the workday so that you can dash home to finish that novel. Several studies have shown that anticipation is not just a nice emotion; it can seriously benefit our wellbeing, as well as make the long-awaited experience more enjoyable!

Shabbat can either be viewed as a day to be stumbled into as we frantically attempt to get more done before the restrictions of the day come into force, or as a day to be anticipated. Rabbi JB Soloveitchik often spoke nostalgically about ‘erev (eve of) Shabbat Jews’, those who ‘go out to greet Shabbat with beating hearts and pulsating souls.’ A Shabbat enjoyed after six days of anticipation and preparation is an incomparable experience.

This idea goes deeper. Shabbat is called “me’ein olam haba” – a taste of the world to come. Shabbat itself is intended as an anticipatory exercise, giving us the tiniest glimpse into what the experience of the ‘next world’ will be like. Just as each week we toil and create, reaping the satisfaction of all we have achieved on Shabbat, so too we spend a lifetime creating and doing, anticipating the ultimate enjoyment of all we have achieved in olam haba.

What can we do to really anticipate Shabbat? In our Friday night tefilot we refer to Shabbat as “tachlit maasei shamayim va’aretz” – the purpose of the creation of heaven and earth. We need to view Shabbat not as a necessary break from the activities of the week, but as the purpose of the week. We can become cognisant of this by doing little things throughout the week to remind us that Shabbat is coming: cooking or buying something for Shabbat on each day of the week, setting the table and cleaning the house nice and early, or attending a Shabbat UK Challah Bake! Small and practical activities such as these, which the whole family can get involved in, can transform not only our Shabbat, but the whole tone and atmosphere of our day-to-day lives.

Mikey is an ambassador of the Chief Rabbi’s Ben Azzai Programme. Whilst studying for his PHD, Mikey and his wife Rivka are Youth and Families Directors at Prestwich Hebrew Congregation, Manchester.
Shabbat Day Section
We begin the Shabbat Shacharit service by reciting morning blessings as well as the pesukei D’zimra, psalms which praise and acknowledge the greatness of God. This is followed by the recitation of the Shema and the silent Amida. Whereas the weekday Amida consists of nineteen blessings, the Shabbat Amida consist of only seven. This is because our sages thought it improper to be requesting so much of Hashem on a day of such joy and contentment. The Torah is then taken out of the Ark and a portion of it is read aloud for all to hear followed by the reading of a section from the book of Prophets known as the Haftarah. The final element of our morning prayers is a short Mussaf (additional) service which concludes with further songs of praise. At the conclusion of prayers, communities gather for Kiddush – a blessing over wine, usually accompanied by other refreshments.

Kiddush

When saying for others, add:

ֶּֽלֶךְ הָשָּׁמַֽיִם וְאֶת הָאָֽרֶץ אֶת הַיָּֽם וְאֶת כָּּל אֲשֶׁר בָּם, וַיָּֽנַח בַּיּוֹם הַשְּׁבִיעִי (סַבְרִי מָרָנָן וְרַבָּנָן וְרַבּוֹתַי)

If making on wine or grape juice, say:

ברוך אתה ה’ אלהינו מלך העולם, בורא פורי נפש

If making on any other drink, say:

ברוך אתה ה’ אלהינו מלך העולם, י сделал נינה בברבר

V’sham’ru v’nei yisrael et haShabbat, la-asot et hashabat l’dorotam b’rit
The children of Israel must keep the Sabbath, observing the Sabbath in every generation as an everlasting covenant. It is a sign between Me and the children of Israel for ever, for in six days God made the heavens and the earth, but on the seventh day He ceased work and refreshed Himself.

(When saying Kiddush for others add the words in brackets: (Please pay attention, my teachers, colleagues and friends) Blessed are You, Lord our God, King of the Universe, Who creates the fruit of the vine.

Seuda Shlishit

Our code of Jewish law requires us to eat three meals over the course of Shabbat. Therefore on Shabbat afternoon, usually following the Mincha prayers, Jews gather for Seuda Shlishit, the third and final meal of Shabbat. The Zohar explains that the time of Shabbat afternoon is the deepest and highest part of the Shabbat experience. Since it can be difficult to muster up an appetite for yet more food(!) Seuda shlishit is commonly a much smaller meal. Rather than focusing on the physical pleasures of food, this is our last opportunity of Shabbat to engage with the spiritual. Through song and words of Torah we can use the remaining hours of Shabbat to nourish our souls with wisdom and inspiration to be taken into the week ahead.
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Abi is a Ma’ayan and Assistant Rebbetzen at Edgware United Synagogue. She also works as a Social Worker at Norwood.

As I sat in a dark room alone, it suddenly occurred to me that this was the first time in my life I had ever spent a Friday night completely and totally by myself.

I was taking a school group on a trip to Odessa when one of the girls was suddenly taken unwell an hour before Shabbat began. While the rest of the group went out to enjoy a beautiful Shabbat with the community, I stayed in the hotel to be available should she need help. It was an early winter Shabbat and I had an entire afternoon and evening ahead of me. With half an hour to go before Shabbat, I had no food, no Shabbat candles and no plan – I was completely unprepared! But Shabbat doesn't wait for anyone and with 10 minutes to go a taxi rolled up outside with a package for me from the local Chabad house complete with wine and challah. With 5 minutes to go I managed to convince the hotel to ignore all potential health and safety protocols, and provide me with 2 candles, candle holders and matches to use in my hotel room. In fact, they were probably the fanciest candles I have ever lit for a Shabbat! With just a few minutes to spare I ran into my hotel room, and realised that in order to be able to sleep later on, and because turning on and off the lights on Shabbat is prohibited, I was going to have to turn my bathroom light on and keep my bedroom light off, leaving me in the dark, with a long evening ahead.

I lit my candles, said the blessing, and reached for my siddur to begin the traditional Friday night davening. As I read and sang out loud, the sun continued to set, and soon I was sitting alone in a completely dark hotel room by the light of flickering candles. Using the candlelight I managed my way through the davening. I made Kiddush and hamotzi and had my meal. During my meal I sang zemirot (traditional songs sung on a Friday night), and after I finished my meal I bentched. It was still only around 6pm.

I sat with the candles. It was quiet. There were no distractions. There was no one to talk to and so I talked some more to Hashem. I opened my mind and my heart and davened in my own words and my own language. Suddenly, in the quiet and stillness I felt a shift, that my inner voice was able to be heard, in a deeper way than I had ever felt before. In some ways I was experiencing the loneliest Friday night of my life, but in other ways I had never felt closer to Hashem whose presence I felt stronger than ever. It is an experience I have never been able to recreate.

On a practical level, this experience taught me first-hand how hard it can be to spend Shabbat alone. I resolved to make a greater effort to invite those I know who live alone to spend Shabbat together. On a spiritual note, it taught me a lesson that has stayed with me ever since. Sometimes it is only by being alone and embracing that quiet, that we can hear our own inner voice and truly connect to Hashem.
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Havdalah
Introductory Reading

Behold, God is my saviour, I will trust God and not be afraid, for my strong faith and song of praise for God will be my salvation. You will draw water joyously from the wellsprings of salvation. Salvation is the God’s; may Your blessing rest upon Your people. God of the heavenly armies is with us; the Lord of Ya’akov is a fortress protecting us. God of the heavenly armies, happy is the individual who trusts You. God, redeem us! The King will answer us on the day we call God. The Jews had light, happiness, joy and honor; may we have the same. I will raise the cup of salvation and call out in the name of the God.

The Blessing over Wine or Grape Juice

Baruch atah, Adonai, Elohaynu melech ha’olam, boray pri hagafen.

Blessed are You, God, our Lord, King of the universe, Creator of the fruit of the vine.

The Blessing over Spices

Baruch atah, Adonai, Elohaynu melech ha’olam, boray minay vesamim.

Blessed are You, God, our Lord, King of the universe, Creator of the different spices.

The Blessing over the Candle

Baruch atah, Adonai, Elohaynu melech ha’olam, boray me’oray ha’aysh.

Blessed are You, God, our Lord, King of the universe, Creator of the fire’s lights.

The Blessing over Havdalah
It’s never easy to say goodbye

As Shabbat departs and we transition into another work week, we feel a tinge of sadness that we are letting go of something special.

Shabbat provides us with an oasis of tranquillity in an otherwise hectic and frenetic world, but like all good things it has to come to an end.

However we don’t just let it go without marking the occasion. The Havdalah ceremony is one of the most rich and beautiful mitzvot and is the perfect bridge between Shabbat and the coming week.

We start off with a selection of verses beginning with “Hinei E-l yeshuati”, “Behold God is my salvation, in Him I shall trust and not be afraid.” The subsequent verses continue in a similar vein, as we place our trust in Hashem. These verses are meant to provide us with a sense of confidence and to imbue us with strength and confidence to face the new week ahead.

We continue with a multi-sensory experience, making blessings on wine, spices and the candle. The blessings correspond to our mouth (wine), noses (spices) and eyes (light), rising up through the body, and then reaching the peak with the final blessing that describes the difference between that which is holy and mundane - between Shabbat and the rest of the week. These subtle differences which are not readily apparent to the untrained mind, are things we can only perceive after a Shabbat where we have experienced that difference.
After Havdalah many have the custom to hold a Melava Malka; singing songs of faith and longing for the coming of Elijah the Prophet and the Messianic era. Also, as we usher out Shabbat, we acknowledge that this is not the only world – our souls will continue to exist in the spiritual bliss of the World to Come, which we call ‘Yom shekulo Shabbat’ – the day of everlasting Shabbat.
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