

# “A Taste of Shavuot” Recipes

With Rebbetzin Esther Winner

Good luck preparing this original delicious dairy menu for Shavuot at your home!

## 1) Ladder Challah:

Dough ingredients:

1 tbsp dry yeast  
1 1/3 cup warm water  
1/3 cup sugar or honey  
2 tsp salt  
1 lb. Flour (4 cups)  
1 egg  
1/3 cup oil

Directions:

- In a bowl, dissolve yeast in warm water.
- Add the sugar or honey, let stand for 2 minutes until it starts bubbling.
- Add the salt, oil, eggs and mix well.
- Gradually add flour, 1-2 cups at a time, mixing after each addition.
- As mixture becomes stiff, flour your hands and begin kneading until dough is smooth, elastic but not sticky.
- Let rise and then shape.
- Divide the dough in six, 2 bigger pieces and 4 smaller ones.
- Roll each piece like a rope and place each one to form the shape of the ladder: Two long thin rolls on the edges (bigger pieces) and four steps inside (smaller pieces).
- Allow to rest an additional 20-30 minutes.
- Egg wash and bake at 350F for 20-30 minutes.
- Optional: Add toppings - chocolate chip, shredded cheese, sesame seeds, poppy seeds, onion, garlic etc.

\* WHY LADDER SHAPED?

The ladder-shaped challah, which is served on Shavuot, the holiday that celebrates the giving of the Torah to the Jewish people on Mount Sinai, symbolizes spiritual ascension and Mount Sinai because the Hebrew words for "ladder" and "Sinai" have identical numerical value (as shown in the mystical study of Torah called gematria).

## 2) Cheese Pretzel

Ingredients:

1 1/2 cups flour  
2/3 cup milk  
1/2 cup shredded cheddar cheese  
2 tbsp. Butter or margarine (softened)  
2 tsp. Baking powder  
1 tsp. Sugar  
1 tsp. Salt  
1 Egg  
Coarse Salt  
Parmesan Cheese

Preheat oven to 400F. Use parchment paper. Mix all ingredients except egg and coarse salt in medium bowl with fork until soft dough form. Smooth dough gently into ball on floured board and knead then shape.

Start by shaping the lump of dough into a cigar and then use the palms of your hands to roll back and forth against the counter. Work from the middle of the dough and gently press outward as you roll to lengthen the rope.

Roll the rope of dough as long as you can - at least 18 inches or even a bit more. The dough has a tendency to shrink back on itself, something that really helps it is to roll it out partway, let it rest for a few minutes, and then roll it the rest of the way.

Next, take either end of the rope in your finger tips and draw them together so the dough forms a circle.

Twist the ends of the rope together once or twice, depending on your preference.

Bring the twisted end towards yourself and fold it down onto the bottom curve. Use a bit of water or milk to wet the ends and make them stick them onto the dough.

That's it!

Let the Pretzels rise until they are puffy, give them a quick bath in boiling water, and bake them off!

Brush pretzels with egg and sprinkle lightly with coarse salt and parmesan cheese.

Bake 15 to 20 minutes or until golden brown.

### 3) Cheesy Zucchini Boats

\* Yields about 10.

Ingredients:

5 small zucchinis  
1 large onion  
1 tomato  
1 4-ounce can mushrooms  
1 green pepper  
1 tsp salt  
1/2 tsp garlic powder  
Muenster cheese

Instructions:

- Cook Zucchinis in water with a pinch of salt for 5-7 minutes.
- Drain water.
- Cut Zucchinis in half lengthwise, forming small boats.
- Scoop out zucchini from shell, leaving shells intact.
- Mash squash and sauté with all vegetables and seasonings, until soft.
- Preheat oven to 350 degrees.
- Drain liquid from vegetables and scoop mixture into squash shells.
- Sprinkle Muenster cheese over vegetables as desired.
- Place boats onto cookie sheet.
- Bake 10-15 minutes.

### 4) Cheesy Spinach Salad

Ingredients:

Salad:

1 bag of fresh spinach washed and checked  
1 cup sliced red onion  
2 avocados, diced  
2/3 cup cranberries  
2/3 cup sliced almonds, toasted  
4 oz. goat cheese, soft & crumbled

Citrus Vinaigrette:

1 small orange, juiced  
1 tsp. Orange zest  
1 lemon, juiced  
2 tbsp. Finely minced shallots (May substitute 1 tbsp. minced garlic)  
1 tsp. Yellow mustard  
3/4 cup olive oil  
2 tsp. Fresh thyme, minced (may substitute an equal amount of tarragon, basil, rosemary or oregano or 1 tsp. dried herbs of choice)  
Sea salt and pepper to taste.

- Blend all dressing ingredients together and pour over salad. Sprinkle the cheese on top.

## 5) Chocolate Chip Cheese Squares

Ingredients:

Chocolate chip cookie:

2 eggs  
1/2 cup sugar  
1 cup dark brown sugar  
1 Tab vanilla extract  
3/4 cup oil plus 2 Tab  
2.5 cups flour  
1/8 teaspoon salt  
3/4 teaspoon baking powder  
3/4 teaspoon baking soda  
1.5 cup chocolate chips

Directions:

Beat first 5 ingredients in mixer.  
Add the rest and mix.  
Fold in chocolate chips.  
\* Could be mixed by hand too.

Filling:

16 oz. creme cheese at room temperature  
1/2 cup sugar  
2.5 teaspoons vanilla extract  
2 eggs

Directions:

Beat all filling ingredients (Immersion blender or could be mixed by hand too).

To assemble:

Press half the cookie dough onto the bottom of an ungreased 9x13 pan.

Pour the filling over the cookie dough.

Make small balls with the rest of the cookie dough and flatten each ball, placing them on top of the filling covering as much as possible.

Bake at 350 degrees for 30-35 minutes.

Allow to cool and refrigerate.

Cut into squares and serve with a scoop of ice cream.

Hope you all enjoyed the recipes!

Wishing everyone a happy and meaningful Holiday of Shavuot!

May we all merit to receive the Torah with joy and sincerity.

My best wishes!