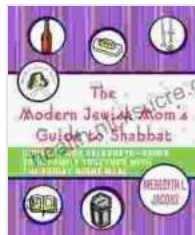


# The Modern Jewish Mom's Guide to Shabbat: Traditions, Activities, and Recipes



**The Modern Jewish Mom's Guide to Shabbat: Connect and Celebrate--Bring Your Family Together with the Friday Night Meal** by Meredith L. Jacobs

★★★★☆ 4.8 out of 5

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Shabbat, the Jewish day of rest, is a special time for families to come together and connect. For many Jewish moms, Shabbat is a time to slow down, enjoy each other's company, and reflect on the week that was. But if you're a modern Jewish mom, you may be wondering how to make Shabbat relevant to your busy family.

Don't worry, you're not alone. Many Jewish families are grappling with the same issues. But there are ways to make Shabbat meaningful and enjoyable for everyone, even if you don't have a lot of time or resources.

Here are a few tips:

- **Start small.** You don't have to do everything all at once. Just start with one or two things that you think your family will enjoy. Maybe you'll light candles and say the blessing, or sing a few songs. As your family gets more comfortable with Shabbat, you can add more traditions.
- **Be flexible.** Shabbat is not about being perfect. It's about spending time with your family and connecting with your Jewish identity. So don't be afraid to break the rules a little bit. If you need to use electricity to cook a meal, or if your kids want to play with toys, that's okay. The important thing is that you're spending time together and enjoying each other's company.
- **Make it meaningful.** Shabbat is a time to reflect on the week that was and to prepare for the week ahead. Take some time to talk with your family about what's going well and what challenges you're facing. You can also read from the Torah or other Jewish texts, or sing songs that have special meaning to you.

Here are some specific activities that you can do with your family on Shabbat:

- **Light candles.** This is a traditional Jewish way to welcome Shabbat. You can say the blessing over the candles, or you can just light them and enjoy the warm glow.
- **Sing songs.** Shabbat is a time for singing and making music. There are many traditional Shabbat songs, but you can also sing any songs that you enjoy.
- **Read from the Torah.** The Torah is the Jewish holy book. You can read from the Torah yourself, or you can listen to a recording of

someone else reading from it.

- **Talk about the week that was.** Shabbat is a time to reflect on the week that was and to prepare for the week ahead. Talk with your family about what's going well and what challenges you're facing. You can also share your hopes and dreams for the future.
- **Eat a special meal.** Shabbat is a time to enjoy a special meal with your family. You can cook a traditional Jewish meal, or you can order takeout from your favorite restaurant.
- **Spend time with friends and family.** Shabbat is a time to connect with your community. Invite friends and family over for dinner, or go for a walk in the park.
- **Take a nap.** Shabbat is a time to relax and recharge. Take a nap, read a book, or just enjoy the peace and quiet.

Here are some recipes for traditional Jewish Shabbat dishes:

- **Challah bread.** Challah is a traditional Jewish bread that is braided and often served on Shabbat. Here is a recipe for challah bread:

1. 1 packet (2 1/4 teaspoons) active dry yeast
2. 1/2 cup warm water (110-115 degrees F)
3. 1/4 cup honey
4. 1 cup warm milk (110-115 degrees F)
5. 1 large egg
6. 1 teaspoon salt

7. 3 1/2 cups all-purpose flour, plus more for dusting

#### Instructions:

1. In a small bowl, dissolve the yeast in warm water. Let stand for 5 minutes, until the yeast is foamy.
  2. In a large bowl, whisk together the honey, warm milk, egg, and salt. Add the foamy yeast mixture and stir to combine.
  3. Gradually add the flour, 1 cup at a time, until the dough comes together and forms a ball. Turn the dough out onto a lightly floured surface and knead for 5-7 minutes, until the dough is smooth and elastic.
  4. Place the dough in a greased bowl, cover with plastic wrap, and let rise in a warm place for 1 hour, or until the dough has doubled in size.
  5. Punch down the dough and divide it into two equal pieces. Shape the dough into two loaves and place them on a greased baking sheet.
  6. Cover the loaves with plastic wrap and let rise in a warm place for 30 minutes, or until the loaves have doubled in size.
  7. Preheat the oven to 350 degrees F (175 degrees C).
  8. Bake the loaves for 25-30 minutes, or until they are golden brown and sound hollow when tapped.
  9. Let the loaves cool on a wire rack before slicing and serving.
- **Matzo ball soup.** Matzo ball soup is a traditional Jewish soup that is often served on Shabbat. Here is a recipe for matzo ball soup:

1. 1 cup matzo meal
2. 1/2 cup warm water
3. 1 large egg
4. 1/4 cup chopped onion
5. 1/4 cup chopped carrots
6. 1/4 cup chopped celery
7. 8 cups chicken broth
8. Salt and pepper to taste

#### Instructions:

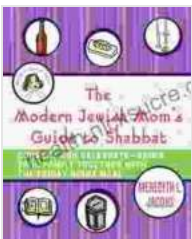
1. In a large bowl, combine the matzo meal, warm water, and egg. Mix well until the ingredients are combined and form a dough.
2. Cover the bowl with plastic wrap and let the dough rest for 30 minutes.
3. In a large pot, combine the chicken broth, onion, carrots, celery, salt, and pepper. Bring to a boil over high heat.
4. Reduce the heat to low and simmer for 10 minutes, or until the vegetables are tender.
5. Wet your hands and form the dough into 1-inch balls. Drop the matzo balls into the simmering broth.
6. Cover the pot and simmer for 30 minutes, or until the matzo balls are cooked through.
7. Serve the soup hot.

- **Chicken noodle kugel.** Chicken noodle kugel is a traditional Jewish casserole that is often served on Shabbat. Here is a recipe for chicken noodle kugel:

1. 1 pound egg noodles
2. 1/2 cup melted butter
3. 1 large onion, chopped
4. 1/2 cup chopped carrots
5. 1/2 cup chopped celery
6. 1/2 cup chopped cooked chicken
7. 6 large eggs
8. 1 teaspoon salt
9. 1/2 teaspoon black pepper

Instructions:

1. Preheat the oven to 3



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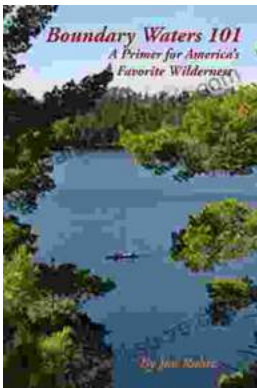
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