



Simplicity, purity and faith can bring you to great joy.
Simplicity - Likki Mohan # 44

shabbos challah

- 18 - 20 cups (4 lbs.) whole grain spelt flour**
- 2 squares (4 oz.) live yeast (Red Star)**
- 1/2 cup rice syrup**
- 2/3 cup grape-seed oil**
- 2 tbsp sea salt**
- 5 - 6 cups spring water**

- Extras:**
- 1 cup yeast scoupan
 - 2 large eggs
 - 1 large mixing bowl
 - 1 wooden paddle or large spoon
 - 1 cooling board
 - 6 5x9 pans (5" x 7")
 - parcheent paper or flour dust (holding pans optional)

Heat water in one quart scoupan until it is slightly warm. Place one square yeast and 1/2 cup rice syrup in each mug. Pour warm water around to top of each mug. Wait about 6 minutes until yeast foams.

Pour 5 pounds of flour into mixing bowl. Add sea salt and mix. Pour yeast mixture from two mugs into mixing bowl and stir with wooden paddle or large spoon. Some women use their hands! Add oil and remainder of flour to mixing bowl and stir. Gradually add more water from the remaining cups of water and stir until the mixture is pliable but not sticky. If mixture becomes sticky at your fingers while kneading dough.

Begin kneading dough in the bowl. Push center of dough away from you, fold dough over itself and repeat. Knead 300 times. Some like to favorite regular while kneading.

to increase kachash. This is an appropriate time to observe for all your heart's desires, for your family friends and the whole world!

Cover your hand with a plastic bag and separate a small piece (approximately 1 oz) from dough. Make the braidish "Tshakh challah min haasash". Wrap the separated piece tightly in aluminum foil and place it in the oven. Some women turn it on top of the above.

Pull out a handful of dough. Roll it into a strand twelve inches long on a cooling board. Do this three times. Take the three strands and braid them to form a challah. To prevent sticking, either line each bread pan with parchment paper or lightly oil each bread pan or sprinkle cornmeal on the bottom of the pan. Place each challah in a bread pan and let rise for approximately 45-60 minutes.

Bake in a 350° oven for 35 to 45 minutes or until browned on top. Remove loaves from pans and cool on cooling racks. When challahs are cool, place in ziplock freezer bags and freeze what you don't need for Shabbos.

- Variations:**
- Instead of spelt flour, use whole wheat flour or half whole grain spelt flour and half spelt flour.
 - For easier challah, add more rice syrup.
 - Before placing challahs in oven, brush tops of loaves with egg white and sprinkle with sesame seeds or poppy seeds.
 - Use the paper and oil and sea water never knead.

lentil-miso soup

- 2 cups french lentils**
- 8 cups water**
- 1 onion, peeled and left whole**
- 2 medium carrots, cut into large chunks**
- 1 tsp sea salt**
- 1/2 cup dark miso**

Cook lentils in water for about two hours in a covered pot, adding water if needed to keep in a soupy consistency. When lentils are done, add onion, carrots and salt. Cook covered until vegetables are soft. Stir in miso and serve.

leek soup

- 12 cups water**
- 1/2 cup white beans**
- 1/2 cup barley**
- 1 1/2 lbs sea salt**
- 3 tbsp olive oil**
- 3 medium onions, chopped**
- 1 basket button mushrooms, sliced**
- 1 small bunch leeks, sliced**
- 1/2 tsp sage**

Cook beans in water for 30 minutes. Add barley and cook for another 20 minutes. Sauté onions and mushrooms in oil until just cooked (5 to 10 minutes). Stir in salt and sage and add to soup pot. Add leeks and cook a few minutes more.

fabulous stew

- 2/3 cup dried aduki beans**
- 1/3 cup barley**
- 1 tbsp kombu water**
- 2 cups butternut squash, cubed**
- 1 onion, chopped**
- 1 carrot, cut into chunks**
- 1 - 1 1/2 lbs sea salt**
- 4 large leaves collard greens, chopped**
- 1 package seitan, chopped into large chunks, plus liquid**

Cook beans, barley, water and kombu together in covered pot for 1 1/2 hours, adding water during cooking. If necessary add squash, onion, carrot and salt. Cover and cook until carrots are tender. Add collard greens and cook 5 more minutes. Add seitan and seitan liquid. Stir over heat until seitan is hot.



Faith, prayer and miracles are essentially cooked in the Land of Israel.
Likki Mohan # 71 panoftheart

seva Puzos

- 4 large sea bass filets**
- 1 large onion**
- 2 carrots**
- 1 fennel**
- 1 1/2 cups shredded cabbage (optional)**
- 1/2 cup raisins**
- juice of 1/2 - 1 lemon**
- 2/3 cup white cooking wine**
- 1/2 cup water**
- grape-seed or olive oil**
- garlic powder (optional)**
- sea salt**

Peel and dice vegetables. Heat a 10 inch skillet, adding a small amount of oil to cook pan. When skillet is hot, add onion and sauté until translucent. Add carrots and fennel and mix together well. Place fish filets on top of the veggies, add lemon juice and sprinkle with salt and garlic powder. Add cabbage and raisins. Pour water and cooking wine into the skillet. Cover and simmer at least 20 minutes. Gravy should be thick and fish soft.

