Jewish Cooking P-180

Objective:
In Jewish Cooking students will explore that art of the deliciously crafted meals from Jewish communities past and present. Food will be used a method to explore Jewish communities around the world and the Jewish connection to food throughout Jewish history. Jewish foods from the various Jewish Holidays will also be taught. Student will learn about Jewish communities, history, and memory that will connect them to Jewish communities past and present. They will learn about Ashkenazic/ Sephardic Judaism and Jewish dietary laws. Food will be used as a medium to learn about various Jewish holidays, customs, and traditions.

Schedule

1/29 My Jewish memory and cooking
- Students will learn about Jewish communities around the world and various Jewish customs and traditions in relationship to food.

2/5- Challah
- What makes a Challah Kosher? Explore the customs to make a Kosher Challah. Discuss what Role Sabbath plays in Jewish life and how challah and other symbols relate to the Sabbath.
- Regular braided challah versus round challah for Rosh Hashanah.

2/12- Matzah Ball Soup and Keeping a Kosher Kitchen
- Students will explore Jewish dietary laws and the role that they have played in Jewish life, past and present.

2/19- Kugel
- Various Jewish foods will be prepared over the next several weeks as students learn about the Sabbath.

2/26- Chicken and Brisket

3/5- Cholent and Carrot Tzimmes

3/12- Mandelbrodt pg. 98 and Apple Cake pg. 72 (Miriam’s Kitchen by Elizabeth Ehrlich)

3/26- Latkes
- Students will now begin learn about the various Jewish holidays through the foods that are associated with them. This week students will learn about Hanukkah and the associated stories both popular and true.
4/2- Hamentashen and Honey Cake

- This week students will learn about the Jewish holidays Rosh Hashanah/ Yom Kippur and Purim

4/4- Tentative date to help cook Shabbat dinner.

- Each student must help cook 2 hours at Hillel and attend shabbat dinner that evening.

4/9- Passover Cookies and Charoset to introduce keeping Kosher on Passover

- In this class students will be learning about the Passover Seder and the Seder plate meanings and symbols as well as the Jewish dietary laws surrounding Passover.

4/16- No class- Passover

4/30- Israeli foods Day

- Students will learn how to make various Israeli dishes such as hummus, falafel, and tehina.