

**THE ROSH  
HASHANAH SEDER:  
LATINX EDITION**

**EL SEDER DE  
ROSH HASHANÁ:  
EDICIÓN LATINA**

BROUGHT TO YOU BY:



# WELCOME

Rosh Hashanah is one of the many Jewish holidays that calls for a celebratory meal. As we begin the new year, it is in our tradition to eat *simanim* (symbolic foods), say blessings, and make wishes for the year ahead.

While Rosh Hashanah Seders are more typically celebrated in Sephardi and Mizrahi homes, more Jews from around the world are starting to incorporate this practice into their New Year celebrations. This year, we want to invite folks preparing a Rosh Hashanah Seder to do so Latinx style. In this guide, we will introduce the traditional *simanim*, their corresponding blessings, and a traditional Latin American recipe that features the symbolic food. Carefully selected for maximum flavor, we guarantee these foods will sweeten your new year.



# BIENVENIDOS

Rosh Hashaná es una de las muchas fiestas judías que requiere una comida de celebración. Al comenzar el nuevo año, es tradición comer *simanim* (alimentos simbólicos), decir bendiciones y pedir deseos para el año que viene.

Si bien los seders de Rosh Hashaná se celebran más típicamente en hogares sefardíes y mizrajíes, cada vez más judíos alrededor del mundo están comenzando a incorporar esta práctica en sus celebraciones de Año Nuevo. Este año, queremos invitar a la gente que está preparando un Seder de Rosh Hashaná a hacerlo al estilo Latino. En esta guía, presentaremos los tradicionales *simanim*, sus correspondientes bendiciones y una receta tradicional latinoamericana que conmemora la comida simbólica. Seleccionados cuidadosamente para obtener el máximo sabor, garantizamos que estos alimentos endulzarán su nuevo año.



# CANDLES - VELAS

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל  
(שַׁבָּת וְשֶׁל) יוֹם טוֹב

Baruch atah Adonai, Eloheinu melech ha'olam, asher  
kidishanu b'mitzvotav, vitzivanu l'hadlik ner shel (Shabbat  
v'shel) yom tov.

*Baruj atah Adonai, Elojeinu melej ja'olam, asher kidishanu  
b'mitzvotav, vitzivanu l'jadlik ner shel (Shabat v'shel) yom tov.*

Blessed are You Eternal our God, Sovereign of the Universe,  
who makes us holy through the mitzvot and commands us to  
light the candles of (Shabbat and) Yom Tov.

*Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, que  
nos santifica a través de las mitzvot y nos ordena encender las velas  
de (Shabat y) Yom Tov.*



# KIDDUSH

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרָא פְּרִי הַגֶּפֶן  
בְּרוּךְ אַתָּה ה' מֶלֶךְ עַל כָּל הָאָרֶץ מְקַדֵּשׁ הַשַּׁבָּת וְיִשְׂרָאֵל וְיוֹם הַזִּכְרוֹן

Baruch atah, Adonai, Eloheinu Melech ha'olam, borei p'ri  
hagafen. Baruch atah, Adonai, Melech al kol ha'aretz,  
mikadesh (haShabbat v') Yisrael v'yom hazikaron.

*Baruj atah, Adonai, Elojeinu Melej ja'olam, borei p'ri jagafen. Baruj  
atah, Adonai, Melej al kol ha'aretz, mikadesh (jaShabbat v') Yisrael  
v'yom jazikaron.*

Blessed are You, Eternal our God, Sovereign of the Universe,  
who creates the fruit of the vine. Blessed are You, Ruler over  
all the earth, who sanctifies (the Sabbath and) Israel and the  
Day of Remembrance.

*Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, que  
creas el fruto de la vida. Bendito eres Tú, Gobernante de toda la  
tierra, que santifica (el Sábado y) Israel y el Día del Recuerdo.*



# CLEANSE - LIMPIAR

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Baruch atah, Adonai, Eloheinu melech ha'olam, asher  
kidishanu b'mitzvotav, vitzivanu al netillat yada'im.

*Baruj atah, Adonai, Elojeinu melej ja'olam, asher kidishanu  
b'mitzvotav, vitzivanu al netilat yada'im.*

Blessed are You, Eternal our God, Sovereign of the Universe,  
who makes us holy through the mitzvot and commands us to  
wash our hands.

*Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, que  
nos santifica a través de las mitzvot y nos manda a lavarnos las  
manos.*



# CHALLAH - JALA

ברוך אתה ה' אלהינו מלך העולם המוציא לחם מן הארץ

Baruch atah, Adonai, Eloheinu melech ha'olam, hamotzi  
lechem min ha'aretz.

*Baruj atah, Adonai, Eloheinu melej ja'olam, jamotzi lejem min  
ja'aretz.*

Blessed are You, Eternal God, Sovereign of the Universe, who  
brings forth bread from the Earth.

*Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, que  
saca el pan de la tierra.*



# SHECHECHIYANU

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁחַיֵּינוּ וְקִיָּמנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה

Baruch atah, Adonai, Eloheinu melech ha'olam, shehechianu  
v'kiyimanu, v'higianu laz'man hazeh.

*Baruj atah, Adonai, Elojeinu melej ja'olam, shejejiyanu v'kiyimanu,  
v'jigianu laz'man jازه.*

Blessed are you, Eternal our God, sovereign of the universe,  
who has kept us alive and sustained us and brought us to this  
time.

*Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, que  
nos ha mantenido con vida, nos sostuvo y nos trajo a este tiempo.*





# FRUIT - FRUTA - PERI

Before we begin commemorating the *simanim*, we take a moment to bless the fruits that come from trees. With this blessing, we pray for a sweet new year.

*Antes de comenzar a conmemorar los "simanim", nos tomamos un momento para bendecir los frutos que provienen de los árboles. Con esta bendición, rezamos por un dulce año nuevo.*

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ

Baruch atah, Adonai, Eloheinu melech ha'olam, borei pri haetz.

*Baruj atah, Adonai, Elojeinu melej ja'olam, borei pri haetz.*

Blessed are you, Eternal our God, sovereign of the universe,  
Creator of the fruit of the tree.

*Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo,  
Creador del fruto del árbol.*



# DATE - DÁTIL - TAMAR

Dates symbolize the strengthening of relationships, as well as minimizing those who wish us harm. With this blessing, we wish for peace and calm in the year to come.

*El dátil simboliza el fortalecimiento de las relaciones y la minimización de aquellos que desean hacernos daño. Con esta bendición, deseamos paz y tranquilidad en el próximo año.*

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂיִתְמוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ  
וְכָל מְבַקְשֵׁי רַעֲתָנוּ

Yehi ratzon milfanecha Adonai Eloheinu v'elohei avoteinu, she'yitamu oyveinu v'soneinu v'kol m'vaskshei ra'ateinu.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'yitamu oyveinu v'soneinu v'kol m'vaskshei ra'ateinu.*

May it be Your will, Eternal our God and the God of our ancestors, that enmity will end and this new year will bring peace for us and the entire world.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados, que la enemistad termine y este nuevo año nos traiga paz a nosotros y al mundo entero.*





# JAROSSET BITES

*Symbolic tamar dish inspired by Rita Sasso (Panamá)*

## INGREDIENTS

- 4 ounces pitted dates
- 4 ounces prunes
- 4 ounces raisins
- 1 ½ cups almond butter
- 2-3 cups brown sugar
- ½ cup sweet wine
- Cinnamon, chopped nuts or shredded coconuts - enough to cover balls of charoset

## PREP TIME

- Prep | 30 m
- Ready in | 30 m
- Duration | 5 days
- Yields | 24-28 pieces

## DIRECTIONS

01

Place the dried fruits in a processor work bowl and process the dried fruits until a relatively smooth paste is formed.

02

Add the almond butter and sugar to the food processor and pulse a few times to begin combining ingredients. This will only begin the process!

03

Remove mixture to a bowl and continue to combine the ingredients kneading with your hands. Little by little add the wine to the mixture.

04

Wet your hands with cold water and form small balls of charoset about the size of a small walnut. Place balls on a cookie sheet and put in the freezer until frozen, and then serve.

# POMEGRANATE - GRANADA - RIMON

One of the seven fruits of Israel, the pomegranate, or *rimon* in Hebrew, is believed to also have 613 seeds, symbolizing the 613 *Mitzvot*, or deeds, we are commanded to achieve in our lifetime. With this blessing, we ask for a year of good deeds.

*Una de las siete frutas de Israel, la granada, o "rimon" en hebreo, tiene 613 semillas, simbolizando las 613 "Mitzvot", o hechos, que se nos ordena lograr en nuestra vida. Con esta bendición, pedimos un año de buenas obras.*

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁנֵהֲיָה מְלֵאִים מִצְּוֹת כְּרִימוֹן

Yehi ratzon milfanecha Adonai Eloheinu v'elohei avoteinu,  
she'nihiyeh m'lei'im mitzvot ka'rimon.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'nijiyeh  
m'lei'im mitzvot ka'rimón.*

May it be Your will, Eternal our God and the God of our ancestors, that we be filled with mitzvot like a pomegranate (that is filled with seeds).

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados,  
que seamos llenos de mitzvot como una granada (que está llena de  
semillas).*





# POMEGRANATE MOJITO

*Symbolic rimon dish inspired by Femina Travel  
(Cuba)*

## INGREDIENTS

- ¼ cup pomegranate seeds
- 4 cups pomegranate juice
- 2 cups of lemonade
- 3 cups of white rum
- A big bunch of mint
- 2 limes, quartered, plus slices to garnish

## PREP TIME

- Prep | 10 m
- Ready in | 20 m
- Duration | 3 days
- Yields | 6-7 cups

## DIRECTIONS

01

A day before the party, freeze some pomegranate seeds along with water in an ice cube tray.

02

Setting aside half the mint for garnish, tear the rest into a large jug with the lime quarters. Muddle the mint and lime to release the flavors.

03

Pour the pomegranate juice, lemonade and white rum into the jug. Put ice cubes into each glass, strain the pomegranate mix through a sieve. Garnish with lime and mint.

# GREEN BEANS - VAINITAS - RUBIA

Green beans are a symbolic food mentioned in the Talmud, related to the Hebrew words *rav* (many) and *lev* (heart). With this blessing, we wish for success and the chance to remember those who are less fortunate.

*Las vainitas son un alimento simbólico mencionado en el Talmud, relacionado con las palabras hebreas "rav" (muchos) y "lev" (corazón). Con esta bendición, deseamos el éxito y la oportunidad de recordar a los menos afortunados.*

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂיִרְבוּ זְכוּתֵינוּ וְתִלְבְּנוּ

Yehi ratzon milfanecha Adonai Eloheinu v'elohei avoteinu,  
she'yirbu zakiyoteinu u't'leibevenu.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'yirbú zakiyoteinu u't'leibevenu.*

May it be Your will, Eternal our God and the God of our ancestors, that our merits shall increase and that You hearten us.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados, que nuestros méritos aumenten y que nos animes.*





# CHIMICHURRI CHICKEN & GREENS

*Symbolic rubia dish inspired by Olivia Ribas  
(Argentina)*

## INGREDIENTS

- 1 pound green beans washed and trimmed
- 2 medium boneless chicken thighs or breasts
- 3 garlic cloves, minced
- 1 cup parsley
- ¼ cup red onion — chopped
- ½ teaspoon dried oregano
- ⅓ cup + 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 2 tablespoons red wine vinegar
- Salt and pepper to taste

## PREP TIME

- Prep | 10 m
- Ready in | 10 m
- Duration | 4 days
- Yields | 4 portions

## DIRECTIONS

01

Bring a pot of water to a boil. Add green beans and allow boiling for 4-5 minutes. Drain green beans and set aside.

02

In a skillet heat olive oil on medium heat. Add garlic and cook for 30 to 60 seconds. Add green beans and cook for 3-5 minutes. Season with salt & pepper. Set aside.

03

While you are cooking the green beans, add all the Chimichurri ingredients in a food processor and process on low for about 1-3 minutes. Set it aside.

04

Place chicken on a greased skillet and cook over medium heat for 3-4 minutes on each side, or until the chicken is cooked. Pour the sauce over chicken and bring the green beans back to the skillet.

# LEEKs - PUEROS - KARTI

*Karti* resembles the Hebrew word *karat* (to cut). With this blessing, we ask that enemies and other people we are in hurtful relationships with, be set free to make room for more positive and loving experiences.

*Karti se parece a la palabra hebrea "karat" (cortar). Con esta bendición, pedimos que los enemigos y otras personas con las que estamos en relaciones dolorosas sean liberadas para dejar espacio para experiencias más positivas y amorosas.*

יְהִי רָצוֹן מִלְפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂיִכַרְתּוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל  
מִבְקָשֵׁי רַעֲתָנוּ

Yehi ratzon milfanecha Adonai Eloheinu v'elohei avoteinu,  
she'yikartu oyveinu v'soneinu v'kol m'vakshei ra'ateinu.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, avoteinu,  
she'yikartu oyveinu v'soneinu v'kol m'vakshei ra'ateinu.*

May it be Your will, Eternal our God and the God of our ancestors, that our enemies, haters, and those who wish evil upon us shall be cut down.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados, que nuestros enemigos, odiadores y aquellos que desean el mal sobre nosotros sean destruidos.*







# PICANTE MATZO BALL SOUP

*Symbolic karti dish inspired by Pati Jínic (México)*

## INGREDIENTS

- 1/4 cup matzo ball mix
- Kosher or sea salt
- 2 tablespoons finely chopped parsley
- 1/4 teaspoon freshly grated nutmeg
- 4 large eggs
- 8 tablespoons vegetable oil
- 2 tablespoons toasted sesame oil
- 2 tablespoons sparkling water
- 1/2 medium white onions, chopped
- 2 medium leeks, sliced into 1/4-inch rounds and thoroughly washed
- 1 garlic clove, finely chopped
- 2 jalapeño chiles, finely chopped (seeded if desired) or to taste
- 8 cups chicken broth
- Sliced avocado for serving

## PREP TIME

- Prep | 15 m
- Ready in | 40 m
- Duration | 5 days
- Yields | 6-8 portions

## DIRECTIONS

01

In a large bowl, combine the matzo ball mix, parsley, nutmeg, and 3/4 teaspoon salt. In another small bowl, lightly beat the eggs with 6 tablespoons of the vegetable oil and the sesame oil. Fold the beaten eggs into the matzo ball mixture with a rubber spatula. Add the sparkling water and mix until well combined. Cover and refrigerate 30 mins.

02

Heat the remaining 2 tablespoons oil in a large pot over medium heat. Add the leeks, onions, garlic, chiles and cook stirring, for 4 to 5 minutes, until they have softened a bit. Remove the lid and cook uncovered until the liquid in the pot evaporates. Add the chicken broth and bring to a simmer.

03

Meanwhile, when ready to cook the matzo balls, bring about 3 quarts salted water to a rolling boil in a large pot over high heat. Reduce the heat to medium and keep at a steady simmer. With wet hands, shape the matzo ball mix into 1- to 1 1/2-inch balls and gently drop them into the water. Reduce heat to low, cover, and simmer for 25-30 mins, until the matzo balls are fully cooked and have puffed up. Remove with a spoon and transfer to the soup. When ready to serve add sliced avocado!

# BEET - BETERAGA - SILKA

The Aramaic word for beet, *silka* (or *selek* in Hebrew), is related to the word *silek* (to retreat). With this blessing, we ask that we be freed from those who wish us harm.

*La palabra aramea para beteraga, "silka" (o "selek" en hebreo), está relacionada con la palabra "silek" (retirarse). Con esta bendición, pedimos que nos liberemos de aquellos que desean hacernos daño.*

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שִׁיִּסְתַּלְקוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל  
מְבַקְשֵׁי רַעֲתָנוּ

Yehi ratzon milfanecha Adonai Eloheinu v'elohei avoteinu, she'yistalku oyveinu v'soneinu v'kol m'vakshei ra'ateinu.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'yistalku oyveinu v'soneinu v'kol m'vakshei ra'ateinu.*

May it be Your will, Eternal our God and the God of our ancestors, that our enemies, haters and those who wish evil upon us shall depart.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados, que nuestros enemigos, odiadores y aquellos que desean el mal sobre nosotros se vayan.*





# BEET AND CITRUS ENSALADA

*Symbolic silka dish by Liliana Fuchs  
(Colombia)*

## INGREDIENTS

- 2 roasted, peeled, and sliced golden beets
- 2 roasted, peeled, and sliced red beets
- 2 avocados, pitted, peeled, and sliced into quarters
- 2 oranges
- 2 blood oranges
- ¼ cup roasted pistachios, chopped
- Extra virgin olive oil
- Sea salt flakes
- Fresh basil leaves

## PREP TIME

- Prep | 2.5 h (beet roasting)
- Ready in | 20 m
- Duration | 5 days
- Yields | 4 portions

## DIRECTIONS

- 01** Preheat the oven to 350°. In a small baking dish, rub the beets with olive oil. Add water and cover tightly with foil and roast for 2.5 hours, or until tender when pierced with a knife.
- 02** When cool, peel the beets and slice them. Transfer to a large bowl.
- 03** Peel oranges with a paring knife to remove any pith. Slice oranges crosswise into 1/4" rounds.
- 04** On a serving plate, arrange beet, orange, and avocado slices. Drizzle with olive oil and sprinkle with a sea salt. Tuck a few basil leaves into the salad. Enjoy!

# GOURD - CALABAZA - KARA

The *Kara* is identified as a pumpkin or a gourd, and is related to the Hebrew words *karaa* (to rip apart), and also *kara* (to announce). With this blessing, we ask that our bad decrees be ripped apart and our good deeds and merits be proclaimed.

*El Kará se identifica como una calabaza, y está relacionado con las palabras hebreas "karaa" (desgarrar), y también "kara" (anunciar).*

*Con esta bendición, pedimos que nuestros malos decretos sean destruidos y que nuestras buenas obras y méritos sean proclamados.*

יהי רצון מלפניך ה' אלהינו ואלהי אבותינו שתקרע רוע גזר דיננו ויקראו  
לפניך זכיותינו

Yehi ratzon milfanecha Adonai Eloheinu v'elohei  
avoteinu, she'tikra roah gezer dineinu, v'yikaru l'fanecha  
zakiyoteinu.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'tikra  
roá gezer dineinu, v'yikarú l'faneja zakiyoteinu.*

May it be Your will, Eternal our God and the God of our  
ancestors, that the evil of our verdicts be ripped, and that our  
merits be announced before you.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados,  
que la maldad de nuestros veredictos sea destruida y que nuestros  
méritos sean anunciados ante ti.*





# STUFFED CALABAZA WITH QUINOA

*Symbolic kara dish inspired by Elvira García (Brasil)*

## INGREDIENTS

- 1 medium sized pumpkin
- 1 cup of quinoa
- 12 oz of shiitake or white mushrooms, chopped
- 1 onion, chopped
- ½ cup of walnuts, chopped
- Extra virgin olive oil
- 2 tablespoons chopped parsley
- Salt and pepper
- 1 teaspoon lemon zest
- 3 cups of water

## PREP TIME

- Prep | 15 m
- Ready in | 30 m
- Duration | 3 days
- Yields | 3-4 portions

## DIRECTIONS

01

Preheat the oven to 350 degrees F. Wash the pumpkin well on the outside and cut it either in half, or, if the shape of the pumpkin allows it, cut around the stem to make it like a bowl). Remove the seeds, and brush the pumpkin with a bit of oil before placing it in a pyrex dish. Place in the oven for 20 minutes.

02

While the pumpkin is baking, wash the quinoa with water. Once clean, drain and toast it in a frying pan without oil until it acquires a nutty flavor. Put it in a saucepan with 3 cups of water. Bring to a boil and then turn heat to low. Cook it over medium-low heat for 15 minutes (or until it appears semitransparent).

03

Mix the hot quinoa with the mushrooms, and finely chopped walnuts. Season with salt and pepper and add a drizzle of oil. Fill the pumpkin with this mixture, sprinkling finely chopped parsley on top, and bake in the oven for another 10-15 minutes. Serve warm.

# CARROT - ZANAHORIA - GEZER

The Hebrew word for carrot *gezer* is similar to *ligzor*, to decree, so we ask that God judge us with a positive decree.

*La palabra hebrea para zanahoria "gezer" es similar a "ligzor", decretar, así que le pedimos a Dios que nos juzgue con un decreto positivo.*

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁתַּרְגֵּז עָלֵינוּ גְזֵרוֹת טוֹבוֹת

Yehi ratzon milfanecha Adonai Eloheinu v'elohei  
avoteinu, she'tirgoz aleinu g'zeirot tovot.

*Yehi ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'tirgoz  
aleinu g'zeirot tovot.*

May it be Your will, Eternal our God and the God of our  
ancestors, that you decree for us good outcomes.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados,  
que nos decretes buenos resultados.*





# DIP DE ZANAHORIA ASADA

*Symbolic gezer dish inspired by Carmen Pérez (Venezuela)*

## INGREDIENTS

- 2 pounds of carrots, peeled
- 3 cloves garlic
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ cup tahini
- Juice from 1 lemon
- 1 teaspoon cumin
- 2-3 tbsp almond milk or water
- Optional garnish

## PREP TIME

- Prep | 10 m
- Ready in | 20 m
- Duration | 3 days
- Yields | 2 cups

## DIRECTIONS

01

Preheat the oven to 375 degrees F and cut the carrots into 1 inch sized chunks, toss them in olive oil and salt and place on a baking sheet along with the garlic cloves. Bake in the oven for approximately 20 minutes until the carrots are tender and lightly browned on the edges.

02

In a food processor combine the cooked carrots, garlic, tahini, lemon juice, cumin and liquid and blend until smooth.

03

Serve sprinkled with a pinch of smoked paprika, parsley or pomegranate seeds

# FISH - PESCADO - DAG

A symbol of bounty and fertility, fish is a food often found at Rosh Hashanah Seders. If you're vegetarian or vegan, serve up goldfish crackers with your favorite dip.

*Un símbolo de generosidad y fertilidad, el pescado es un alimento que se encuentra a menudo en los Seders de Rosh Hashanah. Si eres vegetariano o vegano, sirve galletas de pescado con tu salsa favorita.*

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁנַפְרָה וְנִרְבֶּה כְּדָגִים

Yehi ratzon milfanecha Adonai Eloheinu v'elohei  
avoteinu, she'nifreh v'nirbeh c'dagim.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'nifrá  
v'nirbá c'dagim.*

May it be Your will, Eternal our God and the God of our  
ancestors, that we be fertile and multiply like fish.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados,  
que seamos fecundos y nos multipliquemos como peces.*







# CEVICHE A LA GRANADA

*Symbolic dag dish by Analucía Lopezrevoredo (Perú)*

## INGREDIENTS

- 1 ½ pounds fresh white fish fillets (like sole or corvina)
- 1 cup fresh lime juice
- 1 red onion, thinly sliced
- ¼ cup of finely chopped cilantro leaves
- 1 hot pepper, seeded and finely chopped (like ají amarillo)
- ½ cup pomegranate seeds
- Garnish (optional)
- Salt and olive oil to taste

## PREP TIME

- Prep | 20 m
- Ready in | 30 m - 2 h
- Duration | 2 days (max)
- Yields | 4 portions

## DIRECTIONS

- 01** Cut fish into 1/3-inch cubes, put in a ceramic bowl and mix with lime juice. Add pepper, cilantro, red onion, and mix.
- 02** Cover in plastic wrap and keep in the refrigerator for at least 30 minutes and up to 2 hours (this is how/ when the fish is cured by the lime).
- 03** After marination period, add salt to taste and mix in pomegranate seeds. Garnish with additional cilantro and sliced onions.
- 04** Serve cold and with a shotglass of *leche de tigre* (the lime juice from the marination).

# HEAD - CABEZA - ROSH

The head of a fish, lamb or lettuce on the Rosh Hashanah Seder table resembles a commitment to leadership. When we say this blessing, we are wishing to be the head (and not the tail), or a leader (not a follower) in the new year.

*La cabeza de un pescado, cordero o lechuga en la mesa del Seder de Rosh Hashaná se asemeja a un compromiso con el liderazgo. Cuando decimos esta bendición, deseamos ser la cabeza (y no la cola), o un líder (no un seguidor) en el nuevo año.*

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׁנֵהֵיהָ לְרֹאשׁ וְלֹא זָנָב

Yehi ratzon milfanecha Adonai eloheinu v'elohei avoteinu,  
she'nihiyeh l'rosh v'lo zanav.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she'nijiyeh  
l'rosh v'lo zanav.*

May it be Your will, Eternal our God and the God of our  
ancestors, that we be at the head and not at the tail.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados,  
que estemos a la cabeza y no a la cola.*





# CRISPY WEDGE ENSALADA

*Symbolic rosh dish by Jessica Moreno  
(United States)*

## INGREDIENTS

- 2 cans chickpeas drained and rinsed
- 1 tablespoon olive oil
- 2 garlic cloves
- 1 large head iceberg lettuce quartered
- ½ cup diced radish
- Salt and pepper to taste

### Vinaigrette

- ½ cup olive oil
- 2 limes, juiced
- 1 tablespoon lime zest
- 1 cup cilantro, chopped
- 2 garlic cloves
- 1 tablespoon red wine vinegar
- 2 tablespoon plain yogurt
- Red pepper flakes and salt to taste

## PREP TIME

- Prep | 20 m
- Ready in | 45 h
- Duration | 2 days (max)
- Yields | 4 portions

## DIRECTIONS

- 01** Preheat the oven to 425 degrees F, then line a baking sheet with foil or parchment paper. Place the chickpeas on a paper towel and pat them as dry as you can.
- 02** Remove any loose skins. Put the chickpeas on a baking sheet and drizzle with olive oil or the oil of your choice. Sprinkle on the salt, pepper, paprika and garlic powder and toss well to coat. Make sure the chickpeas are in a single layer. Bake for 15 to 20 minutes, toss well and flip, then bake for about 15 to 20 minutes more.
- 03** To make the vinaigrette, add all ingredients except for the yogurt to a food processor and blend until smooth. Add yogurt at the end and pulse until creamy
- 04** To assemble the salads, slice the head of iceberg into quarters. Place each on a plate and cover it with salt and pepper. Drizzle with the vinaigrette. Sprinkle on chickpeas, radishes and serve.

# SWEETNESS - DULZURA - METIKOOT

While you may be accustomed to dipping apples and honey for Rosh Hashanah, any sweet food can represent the wish for a sweet year to come.

*Si bien puede estar acostumbrado a comer manzanas y miel para Rosh Hashaná, cualquier alimento dulce puede representar el deseo de un año dulce por venir.*

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתְּחַדֵּשׁ עֲלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה  
כְּדָבָשׁ

Yehi ratzon milfanecha Adonai Eloheinu v'elohei  
avoteinu, she't'chadesh aleinu shanah tovah u'metukah  
ka'devash.

*Yeji ratzón milfaneja Adonai Elojeinu v'elojei avoteinu, she't'jadesh  
aleinu shaná tová u'metuká ka'devesh.*

May it be Your will, Eternal our God and the God of our  
ancestors, that You renew for us a year good and sweet like  
honey.

*Que sea Tu voluntad, Dios Eterno y Dios de nuestros antepasados,  
que nos renueves un año bueno y dulce como la miel.*





# SEMITA DE PIÑA

*Symbolic sweet dish inspired by Solomon Dueñas (El Salvador)*

## INGREDIENTS

- 1 fresh pineapple (825 g)
- 2 cups of brown sugar
- 1 stick cinnamon
- 6 cloves
- 3 tablespoon cornflour
- $\frac{1}{4}$  cup water
- $\frac{1}{8}$  cup warm water
- 7 g active dry yeast
- $\frac{3}{4}$  cup milk warm
- $\frac{1}{2}$  cup butter melted
- $\frac{1}{4}$  cup white sugar or raw
- 3 cups of plain flour
- $1\frac{1}{4}$  teaspoon salt
- 3 eggs beaten
- 1 egg beaten
- 2 tablespoon white sugar

## PREP TIME

- Prep | 5 m
- Ready in | 15 m
- Duration | 4 days
- Yields | 4 portions

## DIRECTIONS

01

Remove the skin and core from the pineapple. Discard the trimmings and purée the flesh. Transfer the flesh to a saucepan, add the brown sugar, cinnamon and cloves. Heat the saucepan over medium heat, bring to the boil, then reduce to a simmer. Cook the pineapple for 1 hour, stirring until it's thick like apple sauce.

02

Remove cinnamon and cloves and discard them. Dissolve cornflour in the water and mix it well through the cooked pineapple. Turn off heat and set aside until cooled completely before storing in a sealed container in the fridge.

03

Combine warm water, yeast and 1 teaspoon of the sugar. Stir well and set aside for 5-10 minutes.

## DIRECTIONS (CONT.)

- 04** In a separate bowl, dissolve the remaining  $\frac{1}{4}$  cup of sugar into the warm milk and butter. Set aside.
- 05** In a large mixing bowl, combine flour and salt and whisk to aerate. Make a well in the centre then pour in the yeast mixture, milk mixture and 3 beaten eggs. Stir ingredients together, transfer dough to a lightly floured surface, then knead for 5-10 minutes until smooth and elastic.
- 06** Wipe out the large mixing bowl, lightly grease it with oil, then put the dough into it. Cover with plastic and set aside in a warm place until doubled in size. It could take up to two hours.
- 07** Preheat the oven to 180°C. Line a flat or shallow tray with baking paper and set aside.
- 08** Take risen dough, punch it down and cut it in half. Roll one of the halves into a rectangle about 7 mm thick. Transfer rolled pastry onto the lined baking tray. Trim sides so that they're straight, reserving the trimmings.
- 09** Spread the pineapple jam evenly over the rolled pastry, leaving about 2 centimeters of space on the edges. The jam needs to be about 5 mm thick.
- 10** Lightly brush a little of the remaining beaten egg on the edges of pastry. Roll the other half of the dough to the same size as the first, carefully lay it over the first half of pastry and jam, then trim the sides to match the first layer of pastry. Add the trimmings to the reserved ones.
- 11** Using a fork, press down the edges to seal. To make cross pattern - Knead remaining offcuts of pastry together, then roll to the same length as your baking tray. Cut the pastry into 5 mm strips. Brush the top of the prepared semita with the beaten egg, then carefully lay the strips of pastry diagonally over the top, pressing them down gently and trimming to size as needed.
- 12** Lay more strips on top, this time to cross over in the other direction to form a diagonal lattice. Press these down gently, then lightly brush the strips with beaten egg. Scatter over remaining sugar and bake for 30 minutes, or until golden.
- 13** Cool completely in the tray before cutting into portions. Store the semita in a sealed container. If storing for a couple of days, do so in the fridge.

# TABLE TALK - CHARLA DE MESA

1. Is there something that I wish I had done differently this past year?
2. What are three things I accomplished that I am proud of?
3. What did I learn about myself? How will I apply these learnings next?
4. What is one thing that I'd like to achieve by this time next year? Why?
5. How will I simplify my life in the new year?
6. What is a fear that I have and how has it limited me? How do I plan to overcome this in the new year?
7. What kind of leader do I want to be in the new year?
8. How do I want to be supported in the new year? How will I support others?
9. How will I ensure my personal wellness in the new year?
10. What brings me the most joy and how am I going to do more of it?

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1. ¿Hay algo que desearía haber hecho de manera diferente el año pasado?
2. ¿Cuáles son las tres cosas que logré de las que estoy orgulloso?
3. ¿Qué aprendí sobre mí? ¿Cómo aplicaré estos aprendizajes en el nuevo año?
4. ¿Qué es algo que me gustaría lograr a esta altura del próximo año? ¿Por qué?
5. ¿Cómo simplificaré mi vida en el nuevo año?
6. ¿Qué es un miedo que tengo y cómo me ha limitado? ¿Cómo planeo superar esto en el nuevo año?
7. ¿Qué tipo de líder quiero ser en el nuevo año?
8. ¿Cómo quiero ser apoyado en el nuevo año? ¿Cómo apoyaré a los demás?
9. ¿Cuál será mi plan para asegurar mi bienestar en el nuevo año?
10. ¿Qué me trae más alegría y cómo voy a hacer más de eso en el nuevo año?





SHANAH  
TOVAH  
HAPPY NEW  
YEAR  
FELIZ AÑO  
NUEVO

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