

**SUKKOT GUIDE:
LATINX EDITION**

**GUÍA DE SUCOT:
EDICIÓN LATINA**

BROUGHT TO YOU BY:



WELCOME

Each year, in preparation for the seven-day festival of *Sukkot*, Jews all around the world build open-air structures in their community centers, synagogues, and homes to remember the ancient huts (*sukkot*) that once sheltered our ancestors.

Throughout these seven days, people of all ages welcome friends and new guests into their *sukkah* and invite them to eat, rest and connect. This radically hospitable practice, known as *hachnasat orchim*, is one of the many defining values of the Jewish people. What makes *Sukkot* so special is that it is a marathon - one that requires you to emerge from your comfort zone and be vulnerable, compassionate and empathetic (by showing up to neighboring *sukkot* without an invitation, and by welcoming guests into your own) for an entire week.

The practice of welcoming the stranger, dates back to our first matriarch and patriarch, Sarah and Abraham, who would sit outside of their own *sukkah* in the land of Babylon and patiently wait for the opportunity to invite dusty wayfarers into their tent. They would nourish anyone in need with food, water, and shade; offer human connection; and ask for nothing in return except that they show the same compassion towards others. Today, this value remains a cornerstone of any Jewish home.

As we enter a week dedicated to welcoming others, this guide is meant to support you in elevating Jewish and Latino/x culture during the *Sukkot* festival, as well as inspire you to think about the ways in which you and the communities you are a part of, can be more hospitable, compassionate and loving towards others in need throughout the year.



BIENVENIDOS

Cada año, en preparación para el festival de *Sucot*, los judíos de todo el mundo construyen estructuras al aire libre en sus centros comunitarios, sinagogas y hogares para recordar las antiguas chozas (*sucot*) que alguna vez albergaron a nuestros antepasados.

Durante estos siete días, personas de todas las edades dan la bienvenida a sus amigos y nuevos invitados a su *sucá* y los invitan a comer, descansar y conectarse. Esta práctica radicalmente hospitalaria, conocida como *hachnasat orchim*, es uno de los muchos valores que definen al pueblo judío. Lo que hace a *Sucot* tan especial es que es un maratón que requiere que uno salga de tu zona de confort y sea vulnerable, compasivo y empático (presentándose en *sucot* ajenos y dando la bienvenida a los otros en la suya) durante la semana entera.

La práctica de dar la bienvenida al extranjero viene de nuestra matriarca y patriarca, Sara y Abraham, quienes se sentaban afuera de su propia *sucá* en la tierra de Babilonia y esperaban pacientemente la oportunidad de invitar a los viajeros a su tienda. Ellos alimentaban a los que necesitaban comida, agua y sombra, sin pedir nada a cambio excepto que muestren la misma compasión en el futuro hacia los demás. Hoy, este valor sigue siendo el principio que define cualquier hogar judío.

A medida que comenzamos un festival dedicado a dar la bienvenida a otros, esta guía existe para ayudarlo a elevar la cultura judía y latina durante *Sucot*, e inspirarlo a pensar en las formas en que usted y sus comunidades pueden ser más hospitalario, compasivo y amoroso con los extranjeros durante el resto del año.



LULAV + ETROG

The traditional ritual of shaking the *lulav* and *etrog* begins with standing and facing east. Place the *lulav* (with the spine facing you, myrtle on the right and the willows on the left) in your right hand and the *etrog* in your left hand. Bring your hands together so that the *lulav* and *etrog* are side by side and recite the following prayer.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת לולב

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

Blessed are You, Adonai our God, sovereign of the universe,
who has sanctified us through Your mitzvot and ordained the
taking of the lulav.

El ritual tradicional de sacudir el lulav y el etrog comienza de pie y mirando hacia el este. Coloque el lulav (con la columna hacia usted, el mirto a la derecha y los sauces a la izquierda) en su mano derecha y el etrog en su mano izquierda. Junte las manos para que el lulav y el etrog estén uno al lado del otro y recite la siguiente oración.

*Baruj atá Adonai, Elojeinu mélej ja'olam, asher kidishanu
b'mitzvotav, vitzivanu al netilat lulav.*

Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, quien nos ha santificado mediante Tus mitzvot y ha ordenado la toma del lulav.



SHECHECHIYANU

On the first day of the festival, add the Shehecheyanu.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁהַחֲיֵנוּ וְקִיַּמְנוּ וְהַגִּיעְנוּ לְזֶמַן הַזֶּה

Baruch atah, Adonai, Eloheinu melech ha'olam, shehechyanu
v'kiyimanu, v'higiyanu laz'man hazeh.

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

El primer día del festival, recite el Shejejiyanu.

*Baruj atá, Adonai, Elojeinu mélej ja'olam, shejejiyanu v'kiyimanu,
v'jigiyanu laz'man jazeh.*

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



SHAKE - SACUDE

Shake the *lulav* and *etrog* in all directions – east, south, west, north, then up, and down, while reciting the following:

הוֹדוּ לַאֲדוֹנָי כִּי טוֹב טוֹב לְעוֹלָם חַסְדּוֹ

Hodu l'Adonai ki tov ki l'olam chasdo.

Give thanks to God, for God is good, for God's loving-kindness endures forever.

Sacude el lulav y el etrog en todas las direcciones: este, sur, oeste, norte, luego hacia arriba y hacia abajo, mientras recita lo siguiente:

Jodu l'Adonai, ki tov l'olam jasdo.

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



MOTZI

It is a *mitzvah* to eat meals in the *sukkah*, especially on the first night of *Sukkot*. Whenever this happens, it is traditional to recite the *Motzi*, the prayer over bread, and add a special blessing.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ
בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לִישֵׁיב בַּסּוּכָה

Baruch atah, Adonai, Eloheinu melech ha'olam, hamotzi lechem min ha'aretz. Baruch atah, Adonai, Eloheinu melech ha'olam, asher kidishanu b'mitzvotav, vitzivanu leisheiv b'sukah.

Blessed are You, Eternal God, Sovereign of the Universe, who brings forth bread from the Earth. Blessed are You, Eternal God, Sovereign of the Universe, who has sanctified us through your mitzvot and commanded us to dwell in the sukkah.

Es una mitzvá comer en la sucá, especialmente en la primera noche de Sucot. Cuando esto sucede, es tradicional recitar el Motzi, la oración sobre el pan, y agregar una bendición especial.

Baruj atá, Adonai, Eloheinu mélej ja'olam, jamotzi léjem min ja'aretz. Baruj atá, Adonai, Elojeinu mélej ja'olam, asher kidishanu b'mitzvotav, vitzivanu leisheiv b'sucá.

Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, que saca el pan de la tierra. Bendito eres Tú, Eterno Dios nuestro, Soberano del Universo, quien nos ha santificado a través de tus mitzvot y nos ha mandado vivir en la sucá.



USHPIZIN: THE SEVEN GUESTS

During *Sukkot*, we recreate the traditional *ushpizin* ceremony in which biblical figures - and their corresponding divine attributes - are symbolically invited into the sukkah, each day commemorating a new set of figures and attributes.

Day 1:

We welcome Abraham and Sarah + *hesed*, loving kindness.

Day 2:

We welcome Issac and Miriam + *gevurah*, strength.

Day 3:

We welcome Jacob and Deborah + *tiferet*, splendor.

Day 4:

We welcome Joseph and Avigail + *netzah*, eternity.

Day 5:

We welcome Moses and Hannah + *hod*, glory.

Day 6:

We welcome Aaron and Huldah + *yesod*, foundation.

Day 7:

We welcome David and Esther + *malkhut*, royalty.



USHPIZIN: LOS SIETE INVITADOS

Durante *Sucot* recreamos la ceremonia tradicional de *ushpizin* en la que las figuras bíblicas - y sus correspondientes atributos divinos - son invitados simbólicamente a la *sucá*, cada día conmemorando un nuevo conjunto de figuras y atributos.

Día 1:

Damos la bienvenida a Abraham y Sara + *josed*, bondad.

Día 2:

Damos la bienvenida a Isaac y Miriam + *gevurá*, fuerza.

Día 3:

Damos la bienvenida a Jacob y Deborah + *tiferet*, esplendor.

Día 4:

Damos la bienvenida a José y Avigail + *netzá*, la eternidad.

Día 5:

Damos la bienvenida a Moisés y Ana + *jod*, gloria.

Día 6:

Damos la bienvenida a Aarón y Hulda + *yesod*, fundación.

Día 7:

Damos la bienvenida a David y Esther + *malkhut*, realeza.



HARVEST - COSECHA

Did you know that on Sukkot it is traditional to eat stuffed foods? As a harvest festival we celebrate the years crop by stuffing seasonal veggies into our foods. Luckily, Latin cuisine has several options, making this tradition a tasty one.

To help you get started, we have gathered five Latin recipes that will make your Sukkot meal unforgettable.

¿Sabías que en Sucot es tradicional comer comidas rellenas? Como festival de la cosecha, celebramos añadiendo verduras de temporada a nuestros alimentos. Por suerte, la cocina latina tiene varias opciones, lo que hace que esta tradición sea especialmente sabrosa.

Para ayudarlo a celebrar este año, hemos recopilado cinco recetas latinas que harán que su comida de Sucot sea inolvidable.





EMPANADAS DE PLÁTANO MADURO Y QUESO

By Bezaida Sánchez

INGREDIENTS

- 4 plátanos maduros (plantains)
- 8 cups of water
- 1 egg
- ¼ cup of whole wheat flour
- 1 teaspoon of vanilla
- 1 cup of grated white cheese
- 2–3 cups of vegetable oil to fry
- 1 tablespoon of sugar
- Salt to taste

PREP TIME

- Prep | 15 m
- Ready in | 75 m
- Duration | 5 days
- Yields | 12 pieces

DIRECTIONS

- 01** Wash and cut the bananas in half. Boil them in their peel over medium heat in a large pot with 8 cups of water and salt to taste, until they are fully cooked and tender, about 5 to 7 minutes
- 02** Peel and mash them with a fork until you get a puree; let it cool.
- 03** Add the egg, flour, vanilla and mix well. Refrigerate for half an hour.
- 04** Form 12 balls with the dough, squash and shape it round in the palm of your hand.
- 05** Add the cheese, fold in half and pinch around the corners so that the cheese does not come out.
- 06** Fríelas por ambos lados hasta dorar, sin dejarlas quemar. Escúrrelas sobre papel absorbente y espolvoréalas con azúcar.



GREEN CHILE AND CHEESE VEGETARIAN TAMALES

By Isabelle Eats

DIRECTIONS

INGREDIENTS

- 3¼ cup instant corn masa flour
- 2½ teaspoons of salt
- 1½ teaspoons baking powder
- 1 cup of vegetable oil
- 2¼ cups of veggie broth
- 12 ounces Pepper Jack cheese
- 5 large poblano peppers
- ½ packet corn husks

PREP TIME

- Prep | 30 m
- Ready in | 120 m
- Duration | 10 days
- Yields | 12 pieces

01

Place the corn husks in a large bowl and fill with hot water. Place a heavy mug or something on top of the corn husks to help them stay submerged. Set aside for an hour to soften.

02

In a large bowl, add the instant corn masa flour, salt and baking powder. Mix together with a fork.

03

Add in the oil and broth. Mix everything together using your hands until the mixture forms a wet dough. Cover the dough with kitchen towel and set aside to rest for 30 minutes.

04

Cut the cheese into 24 strips. Set aside.

05

Turn the oven broiler on high. Place the peppers on a large baking sheet and broil them on the top rack for 3 to 5 minutes per side.

DIRECTIONS (CONT.)

06

Once the skin of the peppers is bubbly and a little charred, remove the baking sheet from the oven and cover with aluminum foil. Set aside to let the peppers "sweat" for 5 minutes.

07

Uncover and carefully peel the skin off of the peppers. Remove the seeds and cut the peppers into thin strips.

08

On a large corn husk with the pointy side facing away from you, spread a heaping spoonful of the prepared masa onto the bottom half of the husk using the back of your spoon. You want to have a thin layer of masa on the corn husk, but not thin enough that it's transparent and rips. If spreading the masa with the back of a spoon is too hard, you can spread and flatten the dough onto the corn husk using your fingers.

09

Fill with 2 or 3 strips of roasted chiles and a portion of cheese. Fold the long edges of the corn husk together like a book. Then fold over the remaining edge once more.

10

Fold in the pointy edge and secure the whole thing with a tie made from a thin strip of corn husk. Repeat with the remainder of the masa.

11

Fill the bottom of the steamer pot with water cover with the steamer insert. Place the tamales in the steamer with the open end facing up, making sure to lean them against the side of the pot so they don't fall down.

12

Cover and place steamer over medium-high heat. Steam for 60 to 90 minutes, until the tamale dough is cooked through. Remove tamales from steamer, let sit for 3 minutes, then serve.





CHILES RELLENOS

By Kentucky Guerra

INGREDIENTS

- 8 ounces of queso asadero (white Mexican cheese), cut into $\frac{3}{4}$ -inch thick strips
- 2 large eggs, separated
- 1 teaspoon baking powder
- $\frac{3}{4}$ cup all-purpose flour
- 1 cup vegetable shortening for frying

PREP TIME

- Prep | 30 m
- Ready in | 45 m
- Duration | 3 days
- Yields | 6 pieces

DIRECTIONS

01

Preheat the oven's broiler. Line a baking sheet with aluminum foil and place peppers onto the prepared baking sheet. Cook under the preheated broiler until the skin of the peppers has blackened and blistered.

02

Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool.

03

Rinse cooled peppers under cold water to peel off the skins, and cut a slit along the long side of each pepper to remove the seeds and core. Rinse the peppers inside and out, and pat dry with paper towels. Stuff the peppers with cheese.

04

Whisk the egg yolks in a bowl with the baking powder. In a second metal bowl, beat the egg whites with an electric mixer until the whites form stiff peaks. Gently fold the beaten egg whites into the yolk mixture. Place flour into a shallow bowl.

05

Heat the vegetable shortening in a skillet over medium heat. Roll each stuffed pepper in flour, tap off excess flour, and dip the peppers into the egg mixture to coat both sides. Gently lay the coated peppers into the hot shortening.

06

Fry peppers until lightly golden brown and the cheese has melted, about 5 minutes per side.



CAUSA RELLENA

By Vera Abitbol

INGREDIENTS

- 3 lbs yellow potatoes
- 2 tablespoons ají amarillo paste
- 3 limes, squeezed
- 1 garlic clove garlic, crushed
- 1 tablespoon mayonnaise
- Salt and pepper to taste
- 10 ounces canned tuna
- 1 tablespoon olive oil
- 3 tablespoons mayonnaise
- 1 scallion, finely chopped
- 10 cilantro leaves, chopped
- 2 avocados, cut into thin strips
- 1 cooked carrot, diced
- ¼ cup of cooked peas
- 2 hard-boiled eggs
- A few black olives
- 1 small red hot pepper

PREP TIME

- Prep | 60 m
- Ready in | 30 m
- Duration | 2-3 days
- Yields | 6 portions

DIRECTIONS

01

Peel the potatoes and boil them in salted water for 20 minutes. They should be cooked but still remain firm.

02

Mash the potatoes while gradually incorporating the lime juice, oil, ají pepper paste, garlic and mayonnaise. Add salt and pepper.

03

Mash the tuna with a fork and mix by incorporating olive oil, scallion, mayonnaise and chopped cilantro leaves.

04

Use a cookie cutter circle and add the first layer of mashed potatoes. Place a layer of thinly sliced avocados, peas and carrots, then another layer of mashed potatoes, then a layer of tuna filling, and end with a last layer of the potato mixture.

05

Decorate the top with boiled eggs and black olives or little red pepper.



BEAN AND CHEESE PUPUSAS

By Marian Blazes

DIRECTIONS

01

In a large bowl, mix the corn flour with the water and salt, stirring well. Add more water if necessary to obtain a soft dough that does not crack around the edges when flattened. Let the dough rest, covered with plastic wrap for 15 minutes.

02

Place beans in a food processor and blend until smooth like a paste.

03

Divide the dough into about 6 pieces. Lightly oil your hands to keep the dough from sticking to them (just a small amount of vegetable oil will do). Form each piece of dough into a ball, then make an indentation in the ball.

04

Place the beans and cheese in the indentation, and carefully wrap dough around the filling to seal.

05

Flatten the ball into a disk, about 1/4-inch thick, being careful to keep the filling from leaking out of the edges. This can take a little practice.

06

Wipe a small amount of oil onto the surface of a heavy skillet. Heat over medium heat, and place the pupusas in the skillet. Once the bottom of the pupusa is browned, flip over and cook the other side.

07

Remove from heat and serve warm with a side of pickled cabbage slaw (curtido) and tomato sauce (salsa roja).

INGREDIENTS

- 3 cups masa harina (corn flour for making tortillas)
- 1 1/2 cups warm water
- 1/2 teaspoon salt
- 1/2 cup refried beans
- 1 cup grated quesillo
- Vegetable oil (for oiling hands and skillet)

PREP TIME

- Prep | 30 m
- Ready in | 15 m
- Duration | 3 days
- Yields | 6 pieces

REFLECTION - REFLEXIÓN

1. What makes me feel welcomed in a new environment? Why?
2. When a guest comes to my house, what do I hope they notice first? Why?
3. What concrete actions can I take to make my home open to others?
4. How could I have been more hospitable to others this past year?
5. What does it mean to be a generous host?
6. What does it mean to be a gracious guest?
7. Which *Ushpizin* and attributes do I connect with the most today?
8. Which *Ushpizin* and attributes do I want to emulate in the future?
9. In what ways can I be a more generous host and gracious guest in the future?
10. What can Sukkot teach us about compassion towards displaced people (immigrants, houseless individuals, refugees and stateless populations)?
11. What are ways in which my community has turned its back to those in need?
12. What are ways in which we can be more compassionate and hospitable towards others in the future?

1. ¿Qué me hace sentir bienvenido en un lugar nuevo? ¿Por qué?
2. Cuando un invitado viene a mi casa, ¿qué espero que noten primero?
3. ¿Qué acciones puedo tomar para que mi hogar sea más abierto a los demás?
4. ¿Cómo pude haber sido más hospitalario con los demás el año pasado?
5. ¿Qué significa ser un anfitrión generoso?
6. ¿Qué significa ser un invitado amable?
7. ¿Con qué *ushpizin* y atributos me conecto más hoy?
8. ¿Qué *ushpizin* y atributos quiero emular en el futuro?
9. ¿De qué manera puedo ser un anfitrión más generoso y un huésped más amable en el futuro?
10. ¿Qué nos puede enseñar Sucot sobre la compasión hacia las personas desplazadas (inmigrantes, personas sin hogar, refugiados, etc.)?
11. ¿Cuáles son las formas en las que mi comunidad ha dado la espalda a los necesitados?
12. ¿Cuáles son las formas en que podemos ser más compasivos y hospitalarios con los demás en el futuro?



CHAG SAMEACH JAG SAMEACH FELICES FIESTAS

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