My new project: Dr Linda Greenwall 

Cooking with my family

Introduction

During Lockdown we have had precious time with my most cherished people-my children and husband. As we have spent a large proportion of the time in the kitchen preparing meals (21 meals a day), we realised that we needed to expand our weekly and daily repertoire of what we make to eat. My greatest joy is to be able to book meals with my boys and daughter in law. Each one has made a contribution in a different way. As it is soon approaching my 60th birthday, I thought that we should compile a book of the recipes that we eat often and also a book to cover the food we eat now and our traditional food to pass to the next generation. I thought about the food recipes travelling from Lithuania, South Africa, the UK, Australia, Israel and all the places that our families have dispersed.

I have been fortunate to travel to many countries with my family giving lectures around the world. I always tried to take my family with me on these trips so we could share these experiences together. Recently Rayno and I visited my sister in Auckland, New Zealand as part of my lecture tour to Australia. At the Auckland museum, I picked up a book on the holocaust survivors who fled war torn Europe and ended up in New Zealand. The stipulation of them being permitted in the country was that they had to go to work as farmers in remote parts of New Zealand. It was difficult for these survivors to move to a new country and even more difficult to practice their Judaism. The book documents their journeys and what stayed key in their memories, was the recipes for the Jewish food they ate in Europe as part of their jewish traditions. They carried these memories and recipes in their hearts’ and this helped them to survive in a new country. Our family have emigrated from many countries and collated recipes from all over the world. Each country had an influence on the way we prepare meals and cook. These recipes also remind us of the family times with parents and grandparents and the precious times we spend at family gatherings, shabbat, yomtovs and simchas. I wanted to collect these before they fade into distant memories.

I have asked my family from around the world to contribute to gather these up. There is a common thread- the food we eat when we sit down at the table together.

 We have our documented our family contribution

During Lockdown,

Edward set up rotas and chores for everyone to follow.

Rayno prepares lunch and clears up after dinner, each one makes their own breakfast

Edward like to bake at 4 pm

Andrew and Deborah like to make the shabbat meals

Joseph has prepared his individual healthy meals.

Different Diets.

Our family keep kosher. That means we do not mix meat and dairy foods in the same meal. Each son has a slightly different diet. This is due to allergies, food intolerances and food preferences. I have tried to add these into this book. Two sons are allergic to nuts, cashews and pistachio nuts, we have tried to formulate recipes that are nut free. You can add nuts to any recipe.

All the children want to eat healthily. Through the work with the Dental Wellness Trust, the charity that I founded 10 years ago, we have tried to restrict and reduce the sugar intake in the family food and drink. We have managed to completely cut the sugar in coffee and tea for everyone. We banned soft drinks except fizzy water (though occasionally diet coke has been sneaked into the house). I banned sugar cordials. I banned sweets in the house long ago as my father Ryno a dentist, refused to permit us to have sweets in the house growing up- we had alternative snacks growing up. My husband, Henry, had a different view on sweets consumption and he introduced the Shabbat Sweets concept limiting the sugar to once a week after Friday night meal. (Does it work? Sometimes? As much as possible- I check their teeth regularly with dental examination, hygienist appointments, fissure sealants and fluoride varnishes, and whitening treatments, retainers and bite plates and ensure they keep their teeth healthy and cavity free.)

My diet is low salt, meat free, fish, gluten free kosher. As I like to eat a wheat free (where possible diet). Joseph is currently into protein powder and building his muscle strength. During Lockdown he managed to lose 4 kilos on the first month, once he had ordered the gym equipment to the house. He was fully prepared for exercise his way. He has cooked inventive meals and snacks using protein powders and sugar substitutes.

As everyone has slightly different dietary requirements, I thought it would be a useful to compile all these recipes into one book for our family to preserve and treasure. In addition over the many years of making shabbat and yomtov meals I wanted to include the foods that we eat for celebrations and special occasions. As we have had so many meals at our friends in London, they have become family and we have spent so many wonderful times together. It is during this lockdown period that we think of them and thank them and so we have complied all these together for our family and friends. I have also included the menus that we make for shabbat and yomtovs for completeness

 Chapter list

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Blessings for making challah

Chazal say, that the world was created in the merit of three things. One of these is the mitzvah of separating Challah, as it is written בראשית ברא referring to Challah which is called ראשית עריסתיכם הפרשת חלה . , separating the Challah, is one of three mitzvos given especially to women, and brings ברכה (blessing) and שמירה(protection) into the home. It is a special opportunity for tefillah; a time to daven for ourselves and others. תפילה קודם מצות הפרשת חלה Some say the following prayer before the mitzvah of separating Challah

* 1. “May the grace of Hashem, our G-d, be upon us; our handiwork, establish for us; our handiwork, establish it.” May it be Your Will that You bless our dough, just as You blessed the dough of the matriarchs, Sarah, Rivkah, Rachel and Leah. And may it be fulfilled that which is written, “The first of your kneading you shall give to the Kohen, to bring blessing into your home.” וִיְִהי נַֹעם ה' ֶאלִֹקינוּ ָעלֵינוּ וַּמַעֵשה יֵָדינוּ כּוֹנְנָה ָעלֵינוּ וַּמַעֵשה יֵָדינוּ כּוֹנְנֵהוּ. יְִהי ָרצון ְמלְָפנֵיךָ ֶשְתָבֵרךְ ִעָסֵתנוּ כְּמוֹ ֶשָשלְַחָת ְבָרכָה ְבִעיסוֹת ִאמוֵֹתינוּ ָשָרה ִרְבָקה ָרֵחל וְלֵָאה, וְיְקוּיָם ָבנוּ ַהָפסוּק "וְֵראִשית ַעִרסוֵֹתיכֶם ִתְתנוּ לַכֵּהן לְָהנִיַח ְבָרכָה ֶאל ֵביֶתיךָ". ָאֵמן כֵּן יִהי ָרצוֹן. ברכת המצוה Blessed are You, L-rd our G-d, King of the Universe, who has sanctified us with His Commandments and commanded us to separate Challah from the dough. ָברוּךְ ַאָתה ה' ֶאלֵקינוּ ֶמלֶךְ ָהעוָֹלם ַאֶשר ִקְדָשנוּ בִמְצוָֹתיו וְִצוָנוּ ְלַהְפִריש ַחָלה ִמן ָהִעָסה Separate a small piece of dough (which is later burned completely) and once it is detached, say: Behold this is challah! ָהֵרי זוּ ַחלָה
	2. May it be Your Will, Hashem our G-d and G-d of our fathers, that the Holy Temple be rebuilt speedily in our days. Grant us our share in Your Torah and may we serve You there with reverence, as in days of old and in former years. Then the offering of Judah and Jerusalem will be pleasing to Hashem, as in days of old in former years.” יְִהי ָרצוֹן ִמלְָפנֶיךָ ה' ֶאלֵקינוּ וֵאלֵקי ַאבוֵֹתינוּ ֶשיִָבנֶה ֵבית ַהִמְקָדש ִבְמֵהיָרה ְביֵָמינוּ וְֵתן ֶחלְֵקינוּ בתוָֹרֵתךָ וְָשם נַַעָבְדךָ כִּיֵמי עוֹלָם וּכָָשנְים ַקְדמוֹנִיוֹת, וְָעְרָבה לַה' ִמנְַחת יְהוָּדה וִירוָּשלָיִם כִּיֵמי עוֹלָם וּכְָשנִים ַקְדמוֹנִיוֹת Some say the following prayer after the mitzvah of separating Challah May it be Your Will, Hashem, our G-d and G-d of our fathers, that the mitzvah of taking Challah should be considered like the sacrifice that is sacrificed on the alter that is accepted. And like before the Challah was given to the Kohen it was for an atonement for sins, so it should be an atonement for my sins, and I will be as reborn, new, clean from sin. And I can keep the mitzvah of the Holy Shabbos and Holidays (with my husband and children) to enjoy the Holiness of these days. From the influence of the mitzvah of Challah, my children should always receive from the hands of Hashem in his abundant mercy and kindness. Just as I have fulfilled the mitzvah of Challah with all my heart, so should the mercy of Hashem be aroused and protect me from trouble and pain for all my days. Amen. יְִהי ָרצוֹן ִמלְָפנֶיךָ ה' ֶאלֵקינוּ וֵאלֵקי ַאבוֵֹתינוּ ֶשַהִמְצוָה ֶשל ַהְפַרַשת ַחלָה ִתְתַחֵשב כְִּאלוּ ִקיְַמִתיָה ְבכָל ְפָרֶטיָה וְִדְקדוֶּקיָה. וְֵתָחֵשב ַהָרַמת ַהַחלָה ֶשַאנִי ְמִריָמה כְּמוֹ ַהָקְרָבן ֶשֻהְקָרב ַעל ַהִמזְֵבָח ֶשנְִתַקֵבל ְבָרצוֹן. וּכמוֹ ֶשלִָפנִים ָהיָתה ַהַחלָה נְתוּנָה לַכֵּהן וְָהיְָתה זוּ לְכַָפַרת עוֹנוֹת כַּךְ ִתְהיֶה לְכַָפָרה לְַעוֹנוַֹתי. וְָאז ֶאְהיֶה כְִּאלוּ נוֹלַדִתי ֵמָחָדש נְִקיָה ֵמחְטא וְָעוֹן. וְאוּכַל לְַקיֵם ִמְצוַת ַשָבת קוֵֹדש וְַהיִָמים ַהטוִֹבים ִעם ַבַעלִי (וְיְלֵָדינוּ) לְִהיוֹת נִזוֹנִים ִמְקדוַּשת ַהיִָמים ָהֵאלוּ. וֵּמַהְשָפָעָתהּ ֶשל ִמְצוַת ַחלָה יְִהיוּ יְלִָדינוּ נִזוֹנִים ָתִמיד ִמיָָדיו ֶשל ַהָקדוֹש ָברוּךְ הוּא ְברוֹב ַרַחָמיו וְחָסָדיו וְּברוֹב ַאַהָבה. וְֶשִתתַקֵבל ִמְצוַת ַחלָה כְִּאלוּ נַָתִתי ַמַעֵשר. וּכְֵשם ֶשִהנְנִי ְמַקיֶֶמת ִמְצוַת ַחלָה ְבכָל לֵב, כַּךְ יְִתעוְֹררוּ ַרַחַמיו ֶשל ַהָקדוֹש ָברוּךְ הוּא לְשוְֹמֵרנִי ְמַצַער וִּמַמכְאוִֹבים כָּל ַהיִָמים, ָאֵמן.
	3.
	4. Prayer for a Childless Couple May it be Your Will, Hashem our G-d and G-d of our fathers, that in the merit of the mitzvah of taking this Challah (recite the name of the couple) should merit to have children that have permanence, health and completion in ease, in joy and in happiness, quickly and soon. Amen יְִהי ָרצוֹן ִמלְָפנֶיךָ ה' ֶאלֵקינוּ וֵאלֵקי ַאבוֵֹתינוּ ֶשְבזְכוּת ִמְצוַת ַהְפָרַשת ַחלָה זוּ יִזְכּוּ \_\_\_\_\_\_ לְזֶַרע ֶשל ַקיָיָמא ָבִריא וְָשלֵם ְבַקלוּת ְבנַַחת וְּבִשְמָחה ִבְמֵהָרה ְבָקרוֹב ָאֵמן.

**Rebbetzin Kanievsky’s Challah from Caron Katz Serman**

13-14 cups flour (5lb bag)

1½ cups oil

2 tablespoon salt

5 tablespoons dry yeast

11/2 cups sugar

6 cups warm water

Add yeast to 1cup warm water and let bubble (5-10 mins)

Place flour, sugar, salt into bowl. Make a well and pour in oil

Add yeast mixture and 5 cups water.

Mix and knead to form a soft dough. Add flour if sticky.

Cover with a towel and leave to rise for 45 mins to 1 hr.

Shape dough into Challahs (makes 5-6 challahs)

Leave to rise an additional 30 mins

Bake at 350 Degrees for 25-30 mins.

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