



**SHAMAYIM**  
Jewish Animal Advocacy

# 2025/5786 Vegan Holiday Guide

Rosh Hashanah, Yom Kippur, Sukkot,  
Shemini Atzeret, and Simchat Torah

THE HOLIDAYS AND THEIR CONNECTION TO  
ANIMAL WELFARE, RECIPES, AND MORE.





# How can we relate the holidays to animal advocacy and celebrate in new ways?

As we head into Rosh Hashanah and the upcoming Jewish holidays, it is a time of hope, deep thought, and we are praying for new beginnings. We focus on all that we have done and rededicate ourselves to our mission of bringing about a more just, compassionate, and equitable world.

On Rosh Hashanah, the anniversary of the creation of Adam and Eve, the first conversation between G-d and humankind occurred. Humans were told to Eat Plants!

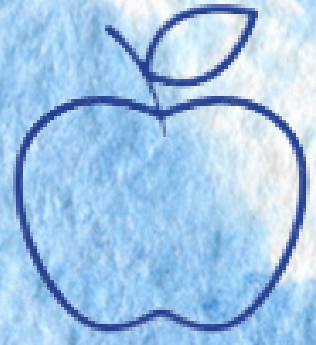
And God said: *"Behold, I have given you every herb yielding seed which is upon the face of all the earth, and every tree that has seed-yielding fruit -- to you it shall be for food."* (Genesis 1:29)

On Yom Kippur we atone for our sins, including the destruction of our environment and climate brought about by our food system, along with other destructive systems. The many hours we enjoy outside while observing Sukkot, is a great time to acknowledge that our land is precious and it was entrusted to us to care for.

On Shemini Atzeret, we pray for rain, another reminder that we are tied to our climate and planet and require it to be healthy to sustain us. The joyousness with which we celebrate Simchat Torah and the gifts of learning contained within causes us to think about the many Jewish values that encourage us to care for animals (Tzaar Baalei Chayim), our planet (Ba'al Tashchit and Tikkun Olam), and our personal health (Shmirat Ha Guf) with the hopes that this year sees a continued growth in the vegan movement leading to a kinder world for all.

## SHANA TOVA U METUKA!





## ROSH HASHANAH

- Rosh Hashanah is the Jewish New Year. It is the birthday of the universe and is celebrated as the Head of the Jewish year. Rosh HaShanah meals traditionally include round challah and apples dipped in date honey, as well as other foods that symbolize our wishes for a sweet year.



EVENING OF MONDAY SEPTEMBER 22 - WEDNESDAY SEPTEMBER 24



## YOM KIPPUR

Yom Kippur, also known as the Day of Atonement, is the holiest day of the year. On this day we are instructed to separate ourselves as much as possible from the mundane world in which we live so that we can devote ourselves to our relationship with the Divine. Jews traditionally observe this holy day by fasting and in prayer.



EVENING OF WEDNESDAY OCTOBER 1, - THURSDAY OCTOBER 2

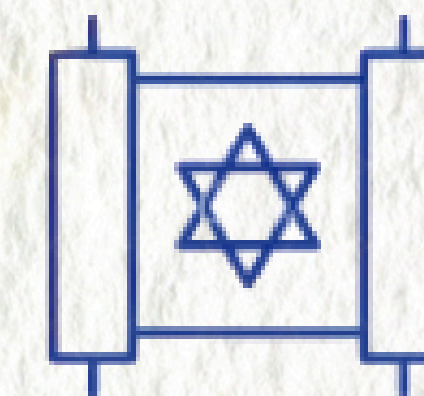


## SUKKOT

Sukkot (Feast of Booths or Tabernacles) is an agricultural festival. Sukkot are hut-like structures that the Jews lived in during the 40 years of travel through the wilderness after the exodus from Egypt. Sukkot is celebrated by building a sukkah. Traditionally, people will eat in the sukkah for eight days. They are decorated with plants and foliage. The rabbis dictated that arbat ha'minim (four species) should be held together and waved during the holiday. These are based on four plants mentioned in the Bible, and the rabbinic version includes the following: etrog (fruit of the citron tree), lulav (palm frond), hadas (leaves from the myrtle tree), and aravah (leaves from the willow tree).



SUNSET MONDAY OCTOBER 6 -  
NIGHTFALL MONDAY OCTOBER 13



## SHEMINI ATZERET / SIMCHAT TORAH

After seven days of Sukkot, we celebrate Shemini Atzeret and then Simchat Torah. During Shemini Atzeret we still dwell in the sukkah. This day also features the prayer for rain, officially commemorating the rainy season in Israel. On Simchat Torah, we complete and immediately begin the annual Torah reading cycle. This is joyfully marked by dancing and marching with the Torah scrolls.



SUNSET MONDAY OCTOBER 13 - NIGHTFALL WEDNESDAY OCTOBER 15



# An Essential Guide to Ethical Kosher for Today

*Adapted from our friend, Kenden Alfond at the Jewish Food Hero*

As we start a new year, we want to share an essential guide to ethical kosher today and five simple ethical kosher actions each of us might implement into our eating and food purchasing patterns this year. In everyday life, it is hard to realize the power of our daily food choices and purchases. What we buy, eat, and throw away has a powerful impact on our environment and our health, for better or for worse. On top of that, we are more distant than ever from the processes of food production. The food we consume today comes from ever-more industrialized production processes. In this context, some Jewish thought leaders suggest expanding our consideration of what “kosher” might mean in modern society. This means, not simply adhering to standard kashruth guidelines, but to a standard of ethics as well. This new approach is “ethical kosher”.

## ECO-KASHRUT, ECO-KOSHER AND ETHICAL KOSHER HISTORY EXPLAINED

The foundation to today’s conception of ethical kosher started in the late 1970s. At that time, Rabbi Zalman Schachter-Shalomi, a founder of the Jewish Renewal Movement, began using the term “eco-kashruth”. He proposed that eco-kashruth could expand traditional kosher laws to include new standards. These would take the human and environmental costs of food production and consumption into account.

## AN EYE ALWAYS ON TRADITION

Ethical kashruth is grounded in a deep wellspring of Jewish tradition. Proper treatment of humans, animals, and the earth have a rich history in Jewish texts. In the Torah, God commands us to steward the earth, to value the image of God in each human being, to not oppress workers and the poor, and to give animals dignity by providing them a Sabbath. *“Six days you shall do your work, but on the seventh day you shall cease from labor, in order that your ox and your ass may rest, and that your bondman and the stranger may be refreshed.”* – Exodus 23:12

## ETHICAL KOSHER TODAY

Eco-Kashruth, also called the Eco-Kosher and Ethical-kosher movement, is a growing movement to extend the Kashruth system, or Jewish dietary laws, to address modern environmental, social, and ethical issues, and promote sustainability.





## FIVE ETHICAL KOSHER ACTIONS

HERE ARE FIVE ETHICAL KOSHER ACTIONS THAT ALLOW US ALL TO HAVE A POWERFUL IMPACT ON OUR ENVIRONMENT.

### 1. OMIT OR REDUCE ANIMAL PRODUCTS FROM YOUR DIET

If we decrease the demand for animal products, it will help us to avoid future pandemics and it can help us with our environmental and climate change goals. There are a multitude of free online resources to find vegan recipes, restaurants, and other support. If you are brand new to veganism, you can try out Meatless Monday or try eating vegan before 6pm everyday.

### 2. USE YOUR MONEY TO SUPPORT ETHICAL PRODUCTS

As consumers, we can buy products that are locally or regionally grown and fair trade. We can buy organic, or products produced through reduced chemical farming. Buying local also means supporting sustainable farming practices that are organic and promote healthy foods and healthy animals. We can also support restaurants and caterers focused on sustainability. You can purchase from restaurants and catering companies that pay a living wage, and buy local, regional and organic food products.

### 3. SUPPORT PRO-AGRICULTURAL AND AGRO-INDUSTRY LABOR POLICIES

Waged agricultural and agro-industry workers (both male and female) all around the world are the heart and hands of the food production system. This workforce is socially vulnerable and often employed under poor safety, health, and environmental conditions. For this reason, it is important to support enforcement of health and wage regulations for these workers. We need to explore additional production measures, particularly as they apply to large agricultural businesses. Here are two organizations that can help you learn about the issues that the workers are facing: Farm Labor Organizing Committee, AFL-CIO and The Food Empowerment Project.



## FIVE ETHICAL KOSHER ACTIONS CONTINUED

### 4. REDUCE CONSUMPTION OF HIGHLY PROCESSED FOODS

Reducing consumption of highly processed foods automatically means you will be eating more minimally processed fruits, vegetables, starchy vegetables, roots/tubers, intact whole grains and legumes. For all of us, whether strictly vegan or not, eating food that is closer to nature can only bring good to our personal and environmental health.

### 5. REDUCE FOOD WASTE AND COMPOST YOUR FOOD WASTE

Tragically, we waste a third of all food available for human consumption. Food waste taken to landfill rots and releases methane into the environment, contributing to global warming. We can reduce the harm of food waste by:

- Cooking and ordering enough food (rather than too much)
- Eating leftovers
- Donating non-perishable and unspoiled items to food banks, soup kitchens and shelters

Some food waste is inevitable. In these cases, composting is a better alternative. It is basically feeding your food waste back into the land. Compost helps soil retain moisture, reduces the need for chemical fertilizer and can promote higher yields of agricultural crops.

### **THE FOUR MAIN PILLARS OF ETHICAL KOSHER:**

Environmental Concerns

Social Concerns

Ethical Concerns

Sustainability Concerns







# HOLIDAY RECIPE INDEX

## SIDES

Twice-Baked Sweet Potato Tzimmes  
Grilled Eggplant and Chickpea Sephardic Salad  
Root Vegetable Salad  
Sourdough Challah  
Creamy Apple Kugel

## MAINS

*New!* New Year's Moroccan Stuffed Cabbage  
Sweet & Sour Meatball and Pineapple Bites  
Butternut Squash Topped with Zaatar and  
Techina  
Seitan Brisket  
Jewish Neapolitan Stuffed Peppers

## DESSERTS

Apples and "Honey" Semifreddo  
Apple Pie Bites and "Honey" Dip  
*New!* "Honey" Cake

## DRINKS

*New!* Apple & Pomegranate Spritzer





# PLANT-BASED TWICE BAKED SWEET POTATO TZIMMES

*Featured in the upcoming Jewish Food Hero cookbook: Beyond Chopped Liver: 59 Jewish Recipes Get a Vegan Health Makeover*

## INGREDIENTS

Serves 4-6

- 4 large sweet potatoes
- Juice of 2 oranges
- 2 teaspoons cinnamon
- ¼ teaspoon sea salt, or to taste
- ¼ cup raw sugar or maple syrup
- 1 cup prunes, coarsely chopped
- Garnish: 2 green onions

## FOLLOW KENDEN OF JEWISH FOOD HERO

FB/IG/Twitter @JewishFoodHero

[www.jewishfoodhero.com](http://www.jewishfoodhero.com)

## INSTRUCTIONS

01

Preheat the oven to 375 degrees Fahrenheit (190 degrees Celsius). Bake sweet potatoes for 1 hour, or until completely baked. Remove from the oven and set aside to cool.

02

When cool enough to handle, slice the sweet potatoes in half lengthwise. Use a spoon to scoop out the flesh and place it in a large bowl. Reserve the sweet potato skins.

03

Mash the sweet potato flesh with the orange juice, cinnamon, sea salt and raw sugar. Stir in the chopped prunes. Fill the empty sweet potato skins with this mixture and place them on a baking sheet.

04

Bake for 15 minutes, until golden on top. Garnish with thinly sliced green onion before serving.





# GRILLED EGGPLANT AND CHICKPEA SEPHARDIC SALAD

*The charred eggplant with the fresh mint and sweet tomatoes is delicious with the blend of Middle Eastern spices. Tasty with pita chips or all on its own.*

## INGREDIENTS

### For salad:

- 1 large eggplant cut into 1-inch rounds
- Salt
- 2 tbsp extra virgin olive oil
- 3 Roma tomatoes diced
- 1 can 16 oz chickpeas, drained and rinsed or 1 ½ cups cooked chickpeas
- 2 tbsp black olives chopped
- Minced mint for garnish

### For dressing:

- 2 cloves garlic minced
- ¼ tsp cumin
- ½ tsp paprika
- ¼ tsp black pepper
- 1 tbsp white vinegar
- Juice from one lemon
- 1/3 cup extra virgin olive oil
- Salt to taste
- Pita chips for serving

## FOLLOW AMY OF WHAT JEW WANNA EAT

FB/IG/Twitter/Pinterest

@whatjewwannaeat

[www.whatjewwannaeat.com](http://www.whatjewwannaeat.com)

\*Amy has many vegan recipes in her large cache of Jewish recipes

## INSTRUCTIONS

01

Sprinkle eggplant slices with salt and let sit for 30 minutes to remove bitterness. Rinse and dry. Pre-heat grill or grill pan over medium heat.

02

Drizzle eggplant slices in extra virgin olive oil and grill until tender and browned, about 4-5 minutes per side. Let cool and cut into ½ inch cubes. In a bowl, combine the diced Roma tomatoes, chickpeas, black olives and diced eggplant and set aside.

03

In a separate bowl, combine all ingredients for the dressing except for the extra virgin olive oil and salt. Drizzle in olive oil while whisking to create an emulsion. Season with salt to taste taking into account the eggplant is already salted.

04

Toss salad in dressing and garnish with minced mint. Serve with pita chips!





# ROOT VEGETABLE SALAD

*A refreshing, easy to make, raw root vegetable salad to brighten your dinner. If you know how to grate a vegetable, you are qualified to absolutely master this recipe.*

## INGREDIENTS

Serves 8-10

- 3 carrots
- 2 apples (Granny Smith, Pink Lady, whatever kind of apple you like)
- 2 beetroots
- 2 small lemons (or 1 large one)
- 1 orange
- 1/2 of a celeriac root (celery root)
- a copious pinch of salt
- OPTIONAL TOPPINGS: herbs, flakey salt, chive flowers

## FOLLOW CAROLINA GELEN

Instagram

@carolinagelen

[www.carolinagelen.com](http://www.carolinagelen.com)

\*Carolina has many vegan recipes in her large cache of Jewish recipes

## INSTRUCTIONS

01

Wash all the vegetables and fruits. Peel the carrots, beetroot and celery root.

02

Grate the carrots, celeriac, beets and apples and add them into a bowl, using a regular grater, a mandolin, or the grater attachment on a food processor. Squeeze half of the lemon juice (1 small lemon or 1/2 of a large lemon) onto the apples, while grating them, to prevent them from fully oxidizing.

03

Salt the salad to taste and mix all of the vegetables and apples together. Zest the orange on top of the grated apples and vegetables and juice the orange and the rest of the lemon (1 small lemon or 1/2 large lemon) on top of it all. Toss to coat all the ingredients with the citrus juice.

04

Serve this salad at dinner, as a side, top off your sandwich with it, pop it on some toast and have it for breakfast, the options are endless. You could definitely make this salad ahead and serve the next day. All the fresh vegetables and apples will marinate in the citrusy juices and become more flavorful with time. Store this salad in the fridge up to 5-7 days, in a covered container.





# SOURDOUGH CHALLAH

*This recipe takes everyone's quarantine obsession and improves it. Perfect as a standard braided loaf or braided into a holiday appropriate circle.*

*B'tayavon.*

## INGREDIENTS

### Starter:

- 2 tbsp very active, fully fermented starter
- 1/2 cup warm water
- 1 cup bread flour

### Final Dough:

- 1 2/3 cup warm water
- 2 1/2 tsp salt
- 1 tbsp plus 1 tsp granulated sugar (I used turbinado sugar)
- 1/2 cup vegetable oil (I used olive oil)
- 5-6 cups bread flour (I used a mixture of whole wheat bread flour, spelt and white self rising)

## FOLLOW SARAH OF NEESH NOOSH

Instagram & Twitter

@NeeshNoosh

[www.neeshnoosh.net](http://www.neeshnoosh.net)

## INSTRUCTIONS

01

### Evening before baking:

Knead the starter into the water until partially dissolved and then add the flour. Knead until it is smooth. Remove 3/4 cup starter to use in the final dough and put in a large container.

02

### Baking Day:

In a large bowl, stir together water, salt and sugar until dissolved. Stir in the oil and bread flour all at once and mix with a wooden spoon or your hands. The mixture should become a "shaggy ball". Put it on your work surface or keep in the bowl if it's too sticky. Add the starter and knead the dough until it is fairly smooth. Add more flour if it's wet, water if it's too firm. The dough should be easy to knead.

03

Choose a clean bowl and make sure it is warm (try warming one for 30 seconds in the microwave). Add the dough and cover it. Let it sit for about two hours. It will only slightly rise. The recipe suggests braiding the bread now and leaving on parchment paper lined baking sheets. I prefer to braid just before baking.

Whichever you choose, let the dough rise for three to five hours (if you don't braid now, knead it a tiny bit, equivalent to braiding).

04

Thirty minutes before baking, put the rack on the lower third of the oven. Preheat the oven to 350 degrees for pan breads, 425 degrees for freestanding loaves and 450 degrees for rolls. Braid the breads and place on a parchment lined baking sheet, if you did not do already. If sticky, add a bit of flour to the dough. Bake for 30 to 45 minutes until the loaves have tripled in size and remain indented when pressed with your finger.





# VEGAN CREAMY APPLE KUGEL

*Enjoy this traditional Jewish dish that comes out very creamy without the dairy. Delicious.*

## INGREDIENTS

- 16 oz egg-free pasta
- 8 oz vegan sour cream
- 8 oz vegan cream cheese
- 1 cup cubed apples (skins removed)
- 1.5 tsp cinnamon
- 1 tsp vanilla
- 1/4 cup sugar
- pinch of salt

FOLLOW  
LISA  
APFELBERG

Facebook @lisa.apfelberg

## INSTRUCTIONS

01

Boil your pasta as the box directs until cooked al dente.

02

Preheat oven to 350 and grease an 8/12 inch casserole.

03

Combine all ingredients into a large bowl and mix well. Add cooked noodles after you've drained them and mix until they are coated.

04

Bake for 45 mins. Serve warm.





# NEW YEAR'S MOROCCAN STUFFED CABBAGE

*by debbie adler of sweet debbie's*

## INSTRUCTIONS

**01** Add the cored cabbage to a large pot of boiling water and blanch for about 10 minutes, or until the leaves start to separate. Drain in a colander, let cool and separate the leaves.

**02** To make the filling, heat the shallots in a medium sauté pan over medium heat and stir until fragrant, about 1 minute.

**03** Add the coconut aminos, oats, mushrooms, olives, raisins, and water, stirring occasionally, until the oats are mushy, about 3 minutes.

**04** Add the coconut aminos, oats, mushrooms, olives, raisins, and water, stirring occasionally, until the oats are mushy, about 3 minutes.

**05** To make the sauce, heat the apricot preserves, coconut aminos, green tea, mustard, garlic ginger, and cumin in a large saucepan over medium heat, stirring occasionally, until the ingredients are completely combined, about 1 minute.

**06** Take a leaf of cabbage and fill the end closest to you with about 1 to 2 tablespoons of the filling. Roll the cabbage leaf, while tucking in the sides as you go along, similar to a burrito. Do the same with the remaining cabbage leaves and filling.

**07** Add the stuffed cabbage leaves to the sauté pan with the sauce, seam side down and cover. Cook for about 15 minutes. Spoon some of the sauce from the pan over the cabbage, halfway through cooking.

## INGREDIENTS

- 1 large (3 pound) green cabbage, cored
- Filling
- 1 shallot, minced
- 1/2 cup coconut aminos (or soy sauce)
- 2 cups quick cooking rolled oats
- 2 cups chopped cremini mushrooms
- ½ cup chopped kalamata olives
- ¼ cup raisins
- ½ cup water
- Sauce
- ¾ cup apricot preserves
- ¼ cup coconut aminos
- ¼ cup green tea (or water)
- 2 tablespoons spicy mustard
- 2 cloves garlic, minced
- 2 teaspoon grated ginger
- 1 teaspoon cumin

## FOLLOW DEBBIE ADLER!

FB: @SweetDebbieAdler/

IG: @sweet.debbies

website:

<https://www.debbieadler.tv/>





# SWEET & SOUR MEATBALL AND PINEAPPLE BITES WITH RICE

*We welcome a sweet new year while enjoying sweet & sour meatballs. This quick recipe is a perfect finger food or entree.*

## INGREDIENTS

### Meatballs

- Beyond meat ground or impossible ground meat

### Healthy Sweet & Sour Sauce

- 2 teaspoons arrowroot or cornstarch
- 1 20 oz can pineapple tidbits or chunks in 100% pineapple juice
- 3 tablespoons rice vinegar
- 1/3 cup ketchup
- 1 tablespoon Tamari or soy sauce
- 1 small clove garlic
- 3 tablespoons pineapple juice from the can

## FOLLOW NATASHA OF JEWS EAT VEGGIES

Instagram & Facebook

@JewsEatVeggies

[www.jewseatveggies.com](http://www.jewseatveggies.com)

## INSTRUCTIONS

01

### To make the meatballs

Using Beyond meat ground or impossible ground meat, form into meatballs (approximately 1 tbsp) and bake at 350 for 15 minutes.

02

### To make the sauce

Put all ingredients into a blender (including all juice from can of pineapple) and blend until completely smooth. Pour into a pan and warm over a medium heat, stirring constantly until it is nice and thick. It takes around 10 minutes and makes about 1.5 cups of sauce.

03

Cook meatballs in the sauce for about 5-10 minutes on stovetop.

04

### To serve

You can take individual meatballs and put them onto a toothpick or small kabob stick with a piece of pineapple on either side. Serve over cooked white or brown rice.





# BUTTERNUT SQUASH TOPPED WITH ZAATAR AND TECHINA

*Most of the time Butternut squash ends up smushed, squished and possessed in a variety of soups, sauces, and kugels. No one gets to see your fine handy work. Not anymore. This dish will show off all of your skills.*

## INGREDIENTS

- 1 large or medium Butternut squash
- 1 large red or white onion
- 1/4 cup of olive oil
- Pinch of salt
- Za'atar (Mediterranean spice mix, has a similar taste to oregano)

### Techina

- 3 1/2 tbsp Techina paste
- Juice from half a lemon (about 1 1/2 tbsp)
- 2 tbsp of water
- 1 garlic clove crushed
- 1/4 tsp salt

## FOLLOW BAYLA OF VEG IT OUT

Facebook, Instagram & Tik Tok

@veg.it.out

[www.vegout.com](http://www.vegout.com)

## INSTRUCTIONS

01

Pre-heat oven to 300c/570f. Without removing the skin, open your butternut squash and remove the seeds. To cut down into more manageable sizes, start slicing to get thin crescent moon shapes where the seeds were and triangles shapes everywhere else. The slices should be half a thumb thick. And about a thumb length wide.

02

Place in one layer on a baking sheet lined with paper. Slice onion in half, remove skin and cut into 8ths. Keeping the chunks together. Add this to the butternut squash. Drizzle with the olive oil and sprinkle with salt. Use your hands to mix up and make sure everything is well covered in oil.

03

Cook for about an hour or so. Check after 30 minutes. You want to see some browning on the vegetables. If not browned yet, turn up the heat a little. If already browned turn down the heat a bit and mix up with a large spoon. Return to oven.

## INSTRUCTIONS CONTINUED-->





# BUTTERNUT SQUASH TOPPED WITH ZAATAR AND TECHINA

## INSTRUCTIONS CONTINUED

04

Techina: add techina paste, water, lemon juice, garlic and salt into a small jar. Cover and shake ferociously. The techina should be white and have the consistency of honey. Add more water if too thick

05

After an hour the butternut squash should be cooked through and well, buttery. The skin needs to be super soft, most of the pieces should be browned at least somewhere.

06

Let cool. Plate on a flat serving platter if you have one. Drizzle on the techina and then sprinkle on the Zaatar. You are welcome to garnish with parsley if you have it on hand. The bright green makes the dish look pretty.

07

Only put techina on what you plan on eating at this meal. The techina will make the dish spoil faster. Optional: serve w/ Mediterranean spiced burghul wheat with lentils and Israeli salad.





# SEITAN BRISKET

*Juicy, tender, and satisfying, this Vegan Brisket is a perfect dinner main or holiday centerpiece. Slow roasted so it's fork-tender, this seitan brisket will have vegans and non-vegans raving.*

## INGREDIENTS

### Seitan

- 2–1/4 cups vital wheat gluten
- 1–15 oz can or 1.5 cups black beans, drained and rinsed (see note 1)
- 1/2 cup vegan chicken or vegetable broth (or water) (see note 2)
- 1/3 cup reduced sodium soy sauce
- 1 tbsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp dried thyme

### Roast

- 1 large onion, sliced
- 3–4 cloves garlic, minced
- 28 oz diced tomatoes (canned or fresh)
- 3 cups vegan chicken or vegetable broth (see note 2)

### Optional Sauce (see note 3)

- 6 oz tomato paste
- 3 tbsp apple cider vinegar
- 2 tbsp reduced sodium soy sauce (or Less Sodium NoSoy if soy-free)
- 1 tbsp maple syrup or agave
- 2 tsp garlic powder
- 2 tsp onion powder

## INSTRUCTIONS

01

Add beans, soy sauce if using (if not, use the same amount of broth and a pinch of salt), spices, and broth to your food processor and blend until mostly smooth. Some black specs of the bean skin may remain and that's OK. Now add the vital wheat gluten and pulse until mostly combined. It may still be a little powdery. We'll fix that.

02

Add the dough to a medium bowl. You should be able to pick it up. Press it into one lump that kind of looks like meat. Make it about 2 to 2 + 1/2 inches thick. If it looks a little powdery still, wet your hands and smooth the areas. Don't knead the dough.

03

Place the Instant Pot steaming basket in the pot and add 1 cup of water. Add the seitan into the basket, close the lid, set the pressure valve to “sealing” and cook on high pressure or manual for 45 minutes. After the cooking is done, let the pressure naturally release for 10 minutes, then carefully switch the pressure valve to venting and release the remaining pressure, which shouldn't be very much. Preheat your oven to 400 degrees Fahrenheit (or 205 degrees Celsius) and skip to the “Searing the Seitan” section.





# SEITAN BRISKET CONTINUED

## INSTRUCTIONS

04

If you do not have an electric pressure cooker, you can easily make this on the stovetop. Grab a large pot with a large steaming basket and a lid. Add 2 inches of water to the pot, then insert the steaming basket. Place the seitan into the basket, add a lid to the pot, and steam it on high for about 1 hour. When it's done, preheat your oven to 400 degrees Fahrenheit (or 205 degrees Celsius).

05

Saute your sliced onions and garlic in a large skillet over medium high heat until they become translucent. Garlic is more likely to burn, so I like to saute my onions first for about 3 minutes, then I add the garlic and saute for another minute. Move the onions and garlic to the sides and place your seitan directly in the middle. Allow it to sear for about 3 minutes. If the onions and garlic are sticking in the meantime, you can deglaze them with a tablespoon or two of water. Mix them around after you pour on that water and they should un-stick themselves.

06

To a dutch oven or deep casserole type dish, first add the onions and the garlic. Then plunk the seitan on top of them. Add the broth to the dish. It should come about halfway up the seitan. If you are using a much wider dish, you may need a bit more broth. Now dump the tomatoes straight on top of the seitan. No need to mix it. The moisture from the tomatoes will impart into the seitan.

07

Pop the lid on (or some aluminum foil if you don't have a lid for your dish) and bake it for 45 minutes to an hour. You can remove it at any time if you need to. It's actually fully edible once steamed, and pretty dang good. But if you want it tender, juicy, and amazing, bake it for a full hour.

08

If you don't want to bake it, you can simmer it in a large pot instead. Add your onions and garlic to a large pot, then add the seitan followed by the tomatoes. Cover the entire thing in broth (you may need a bit more than if you were just braising it). Now add a lid if desired (will add more moisture since it won't be able to evaporate) and cook it on a low simmer for about an hour. Test it with a fork or knife. You should be able to very easily sink the fork or knife into the seitan.





# SEITAN BRISKET

## INSTRUCTIONS CONTINUED

**09** The sauce on top is optional but ridiculously delicious. You can make it while the seitan is cooking. It only takes 2 minutes to mix up, so I highly recommend it. This is a more tomato-based option. If you'd prefer BBQ sauce, either use your favorite.

**10** For the tomato-based brisket sauce, add the sauce ingredients to a small bowl or measuring cup. Stir until smooth. Add the sauce to your seitan by just pouring it or you can brush it on with a basting brush if you prefer.

## NOTES

Note 1: I add black beans to make seitan a complete protein (vital wheat gluten lacks lysine, an essential amino acid) and to make it more tender. You can use canned or cooked from dry black beans. Any beans will work, of course, the black beans add to the brown color of the seitan.

Note 2: I prefer vegan chicken broth because it tastes... I don't know, more Jewish? I hope that makes sense, lol. But vegetable broth will work fine. If using vegan chicken broth, I love using Better Than Bouillon No Chicken Base mixed with some hot water. It's much more convenient and more economical as well.

**11** After removing from heat, let the seitan rest for 10 minutes to finish soaking up all that goodness. Using a fork and serrated-edge knife, carefully slice the seitan as thick or thin as you'd like.

**12** Serve it up with some vegetables, pasta, rice, potatoes, anything you'd like! I love to eat my seitan brisket with vegan spinach noodle kugel, personally. Leftovers are awesome on a sandwich, too.

**13** Refrigerate leftovers in an airtight container separate from leftover sauce for up to 5 days. Add more sauce each time you reheat. Cooked seitan can be frozen in an airtight freezer-safe container for up to 3 months.

## FOLLOW LIZ & PAUL OF ZARDY PLANTS

Facebook, Instagram & Pinterest

@zardyplants

[www.zardyplants.com](http://www.zardyplants.com)





# JEWISH NEAPOLITAN STYLE STUFFED PEPPERS

*Brought by Sephardic exiles to Southern Italy, this stuffed pepper recipe is now a staple of Neopolitan and Italian Cuisine. We can see why.*

## INGREDIENTS

- 250g bread, slightly toasted if fresh, or a few days old, and ripped up in small pieces
- 30g prunes, chopped or 50g sultanas/raisins
- 30g sun dried tomatoes, chopped
- 2 Tablespoons capers, whole
- 50g pine nuts
- 25g black olives
- 25g green olives
- 2 Tablespoons apple cider vinegar
- ¼ teaspoon oregano
- 30g fresh parsley, roughly chopped
- olive oil

## FOLLOW EMILIA OF EMI'S GOOD EATING

FB/IG/Twitter

@EmisGoodEating @ThinkLikeAVegan

[www.emisgoodeating.com](http://www.emisgoodeating.com)

[www.thinklikeavegan.com](http://www.thinklikeavegan.com)

## INSTRUCTIONS

**01** Preheat oven to 225C. In a food processor, combine bread, sun dried tomatoes, olives, prunes/raisins/sultanas and pine nuts. Pulse a few times to get a chunky consistency and not too smooth. If you don't have a food processor, just make sure your bread is chopped up well, roughly chop the olives and pine nuts. Then transfer the mix to a large bowl and add the rest of the ingredients. Drizzle olive oil onto the mixture and mix well. Set aside the mixture to soak up the flavours and start preparing the peppers.

**02** Line a baking dish with parchment paper. Slice the top of each pepper and set aside. You will need the tops later. I like to keep track of which top goes with which pepper because it makes it easier later. Remove the seeds from the inside of the pepper.

**03** Now, stuff the peppers. Use the back of a spoon and/or your fingers to really cram as much in there of the stuffing mixture as you can.  
Before transferring the peppers to the baking dish, drizzle a bit of olive oil into each stuffed pepper. Place a small drop of olive oil in the palm of your hand. Coat the exterior of each pepper and its top.

**04** Arrange in the baking dish, covering each pepper with its top. Bake the peppers for 40 minutes or more if you like them more well done and softer.





# APPLES AND “HONEY” SEMIFREDDO

*Dressed to impress, with a quick drizzle of “honey” and a handful of candied almonds, this stunning dessert is almost shockingly simple.*

## INSTRUCTIONS

### INGREDIENTS

#### Apple-Ginger Compote:

- 1 Pound Apples (About 2 Fuji), Peeled, Cored, and Roughly Chopped
- 2 Tablespoons Finely Diced Candied Ginger
- 1 Tablespoon Fresh Lemon Juice
- 2 Tablespoons Dark Brown Sugar, Firmly Packed
- 1/4 Teaspoon Ground Cinnamon
- Pinch Salt

#### Semifreddo Base:

- 1 14 – 16-Ounce Carton Vegan Whipping Creme
- 1 Cup Cashews, Soaked
- 1 6-Ounce Container Vanilla Soy or Coconut Yogurt
- 1/2 Cup Honey-Flavored Agave, or Amber Agave
- 1 Tablespoon Limoncello, Apple Brandy, or Vodka
- 1/2 Vanilla Bean, Split and Scraped, or 1 Teaspoon Extract

#### To Serve:

Additional Honey-Flavored Agave

Caramelized Almonds, Roughly Chopped

### FOLLOW HANNAH KAMINSKY

Instagram @Bittersweet\_

[BitterSweetBlog.com](http://BitterSweetBlog.com)

[HannahKaminsky.com](http://HannahKaminsky.com)

01

In a medium skillet, toss all of your ingredients for the apple compote. Cook over medium-low heat for 20 – 30 minutes, stirring occasionally, until the apples are tender and there’s no excess liquid remaining at the bottom of the pan. Let cool completely before proceeding.

02

To make the base, begin by whipping up your carton of creme as the box instructs, and set aside. Place your nuts and non-dairy yogurt in a blender or food processor, and puree on the highest setting. Be patient, as it may take up to 10 minutes for the average food processor or blender to completely puree the cashews. Once completely smooth, add in the “honey,” liqueur of choice, and vanilla bean seeds. Blend to combine.

03

Add about 1/3rd of the cashew mixture to your whipped creme, and with a wide spatula, very gently fold the two together, being careful not to knock too much air out of the creme. Don’t fuss too much about streaks yet. Once it’s mostly combined, add another 1/3rd of the cashew mix, and fold again. Repeat with the remainder, stirring until the mixture is all one even color. Very gently fold in the cooked and cooled apple compote.

04

Pour the semifreddo base into either a 9 x 5 loaf pan lined with plastic wrap, a silicon loaf pan. Smooth down the top with a spatula, and place on a level surface in your freezer. Let sit until frozen solid, 8 hours or overnight. You can also make this dessert up to a week in advance. Just make sure you keep it well wrapped and covered.

**To serve,** simply unmold on a decorative plate, slice, and garnish with a drizzle of “honey” and crushed caramelized almonds as desired.





# APPLE PIE BITES AND 'HONEY' DIP

*Celebrate with a classic Rosh Hashanah taste pairing in a new way. And leave the honey for the bees.*

## INGREDIENTS

### Apple Pie Bites

- 1.5 cups medjool dates, pitted
- 1 cup dried apple (rings or chips)
- ½ cup raw almonds (can sub more cashews)
- ½ cup raw cashews (can sub more almonds)
- ½ cup whole flax seeds (optional)
- 2 tsp cinnamon
- 

### Honey Dip

- ½ cup vegan honey or agave
- ½ cup natural peanut butter
- ½ vegan cream cheese, room temperature
- ½ tsp cinnamon

## FOLLOW EVA OF THINK LIKE A VEGAN

FB/IG/Twitter @ThinkLikeAVegan

[www.thinklikeavegan.com](http://www.thinklikeavegan.com)

## INSTRUCTIONS

01

To make apple pie bites: Begin by soaking dates in warm water for a couple of minutes. Once softened, drain and add to a food process with apple rings. Blend until they come together to form a paste.

02

Then, incorporate almond, cashews, flax seed and cinnamon. Allow to process for a few minutes until a dough ball forms. You may have to stop and scrape down the sides with a spatula a few times.

03

Then, use your hands to roll balls with about a tablespoon of dough at a time (I made about 30). Place in a single layer (stacking will cause them to stick together) and freeze for an hour, allowing them to firm up. They can be stored in an airtight container in the freezer for a few months.

04

To make dip: blend all the ingredients together in a food processor until smooth. Refrigerate for 12 or more hours before serving. Serve apple pie bites together with the dip. Enjoy!





# “HONEY” CAKE

*For the Jewish High Holidays, or High Holy Days, here's my vegan twist on a traditional honey cake. I make honey cake for Rosh Hashanah (Jewish New Year) is because it symbolizes the sweetness we hope to find in the new year.*

## INGREDIENTS

- A2 egg equivalents (I use Ener-G egg replacer)
- 3/4 cup agave
- 1 cup sugar
- 1/2 cup plus 1 Tbsp oil
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp cocoa
- 1 tsp cinnamon
- 1/2 cup chopped walnuts
- 2 cups sifted flour
- 1 cup strong coffee; I suggest Turkish. (I literally make one pot of coffee a year, just for this cake!)

## FOLLOW MAYIM BIALIK

FB/IG/Twitter @missmayim  
@bialikbreakdown  
<https://linktr.ee/Mayimbialik>

## INSTRUCTIONS

01

Combine egg replacer, agave, sugar, and oil.

02

Mix in dry ingredients, alternating with coffee. Beat 5 minutes.

03

Pour into greased pan (I like 9" round—usually makes enough batter for two 8-inch round)

04

Bake at 375 degrees until done. I generally check it after 20 minutes, then every 10 minutes until a toothpick inserted in the middle comes out clean—roughly 40 minutes.





# APPLE & POMEGRANATE SPRITZER

## INGREDIENTS

### Drink ingredients

- 3 ounces 100% apple juice
- 3 ounces 100% pomegranate juice
- 2 teaspoons agave or favorite syrup
- 1 lime, juiced
- Sparkling water

### Garnish

- Fresh mint sprigs (or rosemary sprigs)
- Pomegranate arils and/or apple slices (to float in drink)

BY EMMA  
GOLDBLATT  
OF  
SHAMAYIM

\*Photo by [@naae\\_botanicalsau](#) on ig

## INSTRUCTIONS

01

in a cocktail shaker filled with ice cubes. Shake apple juice, pomegranate juice, agave syrup and lime juice.

02

Pour half way into two large glasses filled with ice cubes. Top off with sparkling mineral water and stir gently with a spoon.

03

Garnish with fresh cranberries, fresh pomegranate seeds and fresh mint (or fresh rosemary sprigs). Enjoy!

04

BONUS: it could be fun to add a sugar rim to your drink! Wet the rim with the lime wedge, then dip the rim into your sugar of choice!