

Gail Beale presenting Jerome Beale's mother
passed down from Mrs. Maither (Sperber)

Noodle Pudding Pareve

Ingredients:

1 pound medium noodles (cooked)

8 eggs

3-4 tablespoons sugar

salt to taste

1 can crushed pineapple

Raisins

½ cup coffee rich

2-3 tablespoons water

Directions:

Line pan with tin foil and hot oil.

Combine all ingredients, bake at 375 degrees for 40 minutes.

Gluten-Free Hallah

Recipe provide by Karen Lovinger

Note: Gluten-free challah cannot be braided. Challah-shaped baking pans are available through Amazon.

Ingredients:

2 packages quick-rise yeast

2 cups warm water (105-115 degrees)

1 tbsp. salt

½ cup sugar (overflowing!)

6 cups gluten-free flour (Jules Gluten Free, Namaste or other brand)

1 large egg

½ cup safflower oil

Gluten-free chocolate chips (optional)

Directions:

Put yeast in bowl of a Kitchen Aid mixer.

Add water, stir with a spoon.

When yeast is dissolved, add sugar and stir.

When sugar is dissolved, add salt and stir again until dissolved.

Add 3 cups gluten-free flour and mix thoroughly with bread dough hook.

Add the egg, oil and last 3 cups of flour.

Mix dough by hand until all is damp (otherwise the flour will fly out) and then mix with bread dough hook.

Put dough on gluten-free flour-covered counter and knead a little. Put in a flour-lined bowl.

Cover with a warm, damp cloth and let rise for 2 hours. (Punch down a couple of times during the two hours.)

Put dough in a mold pan. If desired, sprinkle with gluten-free chocolate chips.

Let dough rise another 2 hours (or more).

Paint dough with scrambled egg.

Bake at 325 for about 30 minutes.

Bread, fresh from the oven, fills the house with a tantalizing aroma, evoking warm feelings of home, hearth and family. Before Shabbat, golden braided challah loaves hint at the culinary and spiritual delights to come.

The busy homemaker will find that challah and bread baking is easier than ever in the modern kitchen. Mixers and dough hooks help cut down the time and effort involved, while a freezer allows you to begin the process in one session and finish it at another. The baking hints that follow provide all the information that both the neophyte and the experienced baker need to produce delicious challahs from the recipes in this section.

Baking bread in a uniquely Jewish way, we perform the special *mitzvah* of *hafrashat challah* - the commandment to separate a small portion of the dough, called *challah*. It recalls the time when this *challah* portion was given to the *Kohanim*, descendants of Aharon who were responsible for the service performed in the *Beit Hamikdash*.

Although we no longer give the *challah* portion to the *Kohanim*, we must still observe the *mitzvah* by removing a piece of the dough before baking. We then burn the piece of dough because it is no longer ours, and we may not derive any benefit from it.

Challah is taken from a dough when several require-

ments are met. These relate to the type and amount of flour used and the liquid content of the dough.

Separating *challah* is one of the three *mitzvot* entrusted especially to Jewish women and cherished by them throughout the generations. It highlights one of the many ways a Jew can serve G-d through physical actions in daily life.

Challah and bread may not be baked with dairy ingredients unless the loaves are formed into a distinctive shape to ensure that they will not be mistakenly used at a meat meal. Bread used at a meat meal should not be served later with dairy foods or vice versa, since bread is often handled and mixed with other foods during mealtime. It is preferable to bake challah and bread in a *pareve* oven.

When eating bread it is necessary to wash the hands ritually and follow with the blessing of *hamotzi* ("Who brings forth bread..."). After eating bread, or a meal including bread, we conclude with the *Bircat Hamazon* (Grace After A Meal).

The Shabbat Loaves

The word *challah* refers to both the portion of dough that is separated and to the special braided loaves eaten at Jewish festive meals. This bread has become symbolic of Shabbat itself. Two loaves, a gleaming candelabra, wine and a silver *Kiddush* cup laid out on an elegant white tablecloth create the timeless setting for the Shabbat and Yom Tov meal.

Why do we use two *challot*? These two loaves remind us of the double portion of *mann*, manna that the Jews received each Friday during the time they wandered in the desert. After the Jews left Egypt, their supply of *matzah* was soon exhausted. Then G-d Himself sent each family a daily portion of manna, "bread from heaven."

Our ancestors were fortunate to receive a powerful reminder each day that man is dependent on G-d for his daily sustenance. On Friday they received a double portion of manna, for on Shabbat they were not allowed to gather any at all.

When the manna (which yielded any taste desired by the person eating it) fell to the ground, it was protected by a layer of dew above and a layer of dew beneath. This is one reason that the challah rests on a tablecloth and

is covered with a special cloth, the *challah deckel*. From the Biblical description of the manna it seems to have resembled whitish poppy seeds. Many people therefore sprinkle the top of their *challot* with poppy seeds before baking them.

The challah loaves are often shaped into six-stranded braids so that the total number of strands equals twelve. This recalls yet another miracle, one which took place both in the *Mishkan*, the Sanctuary, the Jews carried with them in the desert, and later in the *Beit Hamikdash* in Jerusalem. Each week, twelve loaves of bread called "showbread" were placed on special open shelves. A miracle occurred: Despite the fact that every Shabbat when the *Kohanim* removed these loaves from the shelves, they were as fresh and as warm as when they had been placed there a week earlier.

At our own tables, we begin each Shabbat and Yom Tov meal with the recital of *Kiddush*, followed by the blessing of *hamotzi* on two whole loaves of challah. Round *challot* in a spiral shape are often used for Rosh Hashanah.

CHALLAH SHINE

For a beautiful bakery shine on your challah, brush it with egg wash and sprinkle with seeds (if you're using them) about 20 minutes before putting it in the oven. Let it dry, then brush the challah again before baking.

TIP

A 5-pound bag of flour contains about 16-1/4 cups.