



Gratz Insider, May 2017 - Story Continuation

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The Gratz Gourmet

According to the literature on this topic, there are a number of possible reasons for the long-standing tradition of serving dairy on Shavuot. One of the more common explanations is that after the Jews received the Torah from God, they were obligated to follow the laws of kashrut, which set specific guidelines for animal slaughtering and meat preparation. Unable to eat the non-kosher meat they had already cooked and unable to start the process anew because it was Shabbat, the Jews resorted to a dairy meal on Shavuot.

Another explanation parallels the physically nourishing power of milk with the spiritually nourishing power of the Torah. Additional reasons for the dairy tradition on Shavuot are fleshed out in [an article in aish.com](#).

In the Davis household, the Shavuot food of choice is Susan's cheesecake. Prof. Davis says that his wife's cheesecake is much lighter than the traditional variety and describes its consistency as "halfway towards a souffle."

Susan Davis' Shavuot Cheesecake

1 lb. ricotta cheese
8 oz. (1/2 pint) sour cream
8 oz. cream cheese
4 eggs, separated
3/4 cup sugar
2 graham cracker crusts

1. Preheat oven to 350°.
2. Combine ricotta cheese, sour cream, cream cheese, sugar and egg yolks. Mix well.
3. Beat egg whites until stiff and fold into mixture.
4. Divide mixture between the two graham cracker crusts.
5. Bake until tops are lightly browned, approximately 45 minutes to an hour.