Shabbos Chanukah in an Hour (or Two)

A practical shortcut menu, shopping list & quick recipes

GIFT OF CHATZOS • 2026 / 5787

The menus

Friday night

- Challah
- Pesto
- Chicken soup with croutons
- Rice medley with sliced mushrooms
- Roasted mini peppers & onions
- Brisket
- Broccoli, craisin & cashew salad
- Cranberry-pear crisp

Shabbos lunch

- Challah
- Baba ganoush & matbucha
- Spinach-topped salmon
- Cholent or soup
- Grilled pargiot
- Purple cabbage salad
- Israeli salad
- Sundaes with granola & gelt

The shortcut philosophy These are shortcut ideas to leave you more time to enjoy the chag. If you have time and enjoy cooking, go fully homemade! The dips are store-bought, and I'm not giving anyone cholent advice. ;)

Shopping list

PRODUCE

- 4 yellow onions; 1 small red onion
- Red cabbage (whole or pre-shredded)
- 3 lb mini peppers
- 8–10 pears; 2 navel oranges
- 1 bag fresh cranberries
- 8 firm Roma tomatoes; 1 English cucumber; 1 lemon
- Checked parsley; chives
- Potatoes (for cholent)

FRIDGE / FREEZER

- Earth Balance or coconut oil
- Pareve ice cream
- 1 box Trader Joe's frozen rice medley

KOSHER / SPECIALTY

- Pesto, baba ganoush, matbucha
- Pareve chocolate gelt
- Frozen broccoli and spinach
- Pargiot (dark chicken cutlets); side of salmon
- Cholent meat; brisket or London broil

GROCERY

- Sliced green and black olives; cashews; craisins
- Marinara or marinade for brisket; cabbage vinaigrette
- Sliced mushrooms; pareve granola; chocolate syrup
- Pine nuts; low-sodium boxed soup; croutons

PANTRY CHECK

- Oats; brown sugar; whole-wheat flour
- Mayonnaise; spices; barley and cholent ingredients

How to make it happen | Leil Shabbos meal

Seven easy preparations, designed to save hands-on time.

Challah

Take it from your freezer or a bakery—unless you have time to bake on Friday morning.

Soup

Start with low-sodium boxed soup and add vegetables. Try corn chowder with canned corn, vegetable soup with frozen peas and carrots, or leek soup topped with French's fried onions. (Trader Joe's sells a few pareve varieties.)

Rice medley

Use Trader Joe's frozen rice medley. Microwave for 3 minutes; repeat for as many servings as needed. Add canned sliced mushrooms and season.

Roasted mini peppers & onion

Rinse the mini peppers and slice red onion into wedges. Season, spray with olive oil, and roast for 20 minutes or until the edges are browned.

Broccoli, craisin & cashew salad

Defrost a bag of frozen broccoli and pat dry. Mix with cashews, craisins, thinly sliced purple onion, a few spoonfuls of mayo, a splash of vinegar, garlic powder and honey.

Brisket

Slice 2 onions and lay the brisket over them in a heavy-bottomed pan. Pour half a bottle of marinade or marinara over it, cover tightly and bake at 250°F for 4 hours. Cool, slice, and bake another 2 hours or until tender.

Cranberry-pear crisp

Slice 8–10 pears into a 9 × 13-inch pan with ½ bag of cranberries. Mix 1 cup oats, 1 cup whole-wheat flour, ½ cup brown sugar, ½ cup Earth Balance or coconut oil, and cinnamon into crumbs. Add a drizzle more oil if dry. Sprinkle over fruit; bake at 350°F for 40 minutes.

How to make it happen | Shabbos lunch

Simple dishes and fresh finishing touches.

Spinach-topped salmon

Mix a defrosted bag of spinach with a few spoonfuls of mayonnaise, juice of ½ lemon, salt and pepper. Pat over a side of salmon and bake at 375°F for 25 minutes, or until cooked through.

Pargiot

Place chicken pieces on a parchment-lined baking pan. Sprinkle with Israeli grill seasoning, or a mix of sumac, garlic powder, salt, pepper, cumin and paprika. Bake at 350°F for 15 minutes, or until cooked through.

Purple cabbage salad

Remove outer cabbage leaves and slice, or use pre-shredded cabbage. Dress with vinaigrette; top with snipped chives, pine nuts and orange segments. For segments: cut off each orange's top and bottom, cut away the peel and white pith, then slice.

Israeli salad

Juice the lemon before Shabbos and store in a small container. Shabbos morning, dice the tomatoes and cucumber. Add sliced olives, parsley, lemon juice, salt and pepper. Ask your Rav how to prepare this salad on Shabbos, or make it Friday afternoon.

Sundaes with granola & gelt

Scoop pareve ice cream into individual cups or small bowls. Top with granola and/or chocolate syrup, and add a piece of (unwrapped) chocolate gelt in the center.

Challah, dips & cholent

Keep it simple: use challah from the bakery or freezer, serve store-bought baba ganoush and matbucha, and prepare your usual cholent or soup.

More time for the chag. More room to welcome Shabbos with calm and joy!