

Cheering the Tummy After Atoning: Breaking the Yom Kippur Fast

By Jamie Geller

(JTA) - Yom Kippur, the most somber day of the Jewish year, is also called the Day of Atonement and reminds us that we are all accountable for our actions. The concept of New Year's resolutions that mark our secular New Year's Day comes from the Jewish idea of repentance at the start of a new year.

As we reflect on the mistakes we've made over the past year, we resolve to be better people. One element of repentance is fasting, so Jews are not permitted to eat or drink on Yom Kippur. But boy do we prepare ourselves for the fast! We serve full, balanced meals - light on the salt and thirst-inducing spices - just before the fast. When it's over, we give thanks and dig in once again.

The post-Yom Kippur meal may not contain every dish you fantasized about during the fast, but it's sure to be satisfying.

Smoked Salmon Omelet

This recipe only makes one omelet because you really can't make more than one at a time. If you are serving several for brunch, make them all beforehand and keep them whole. Warm the prepared omelets on a greased sheet pan in the oven, warming drawer or on a hot plate. Then, cut in half just before serving.

Servings: 2

Ingredients:

- 1 T. olive oil
- 1 sm. red onion, thinly sliced
- 5 lg. eggs, beaten
- 1/2 t. kosher salt
- Freshly ground black pepper
- 2 T. chopped chives
- 1 T. capers
- 3 oz. thinly sliced smoked salmon
- 1 everything bagel, cut in half
- 4 T. cream cheese

Preparation:

Heat olive oil in a 10" skillet over med.-high heat. Add onions and cook 4-6 min. or till tender. Add eggs, salt, and pepper, and cook 3-4 minutes or till just set in the center, tilting the skillet and lifting the edges of omelet with a spatula to let uncooked portion run

out to edges. Sprinkle with chives and capers and lay salmon over half of the omelet. Using a spatula, fold the omelet half without the salmon over the half with salmon to enclose it, and slide the omelet onto a plate. Cut in half crosswise and serve on an open faced bagel with cream cheese.

Sweet Kugel with Dried Fruit

Servings: 12

Ingredients:

- 1 lb. wide egg noodles
- 3/4 c. dried cherries
- 3/4 c. dried apricots, diced
- 2 c. plain soy milk
- 5 lg. eggs, beaten
- 3/4 c. plus 3 T. sugar, divided
- 1 T. vanilla extract
- 2 c. cornflake cereal, crushed
- 3 T. margarine, melted

Preparation:

Preheat oven to 350 degrees. Bring a large pot of water to a boil and cook noodles according to package directions. Drain well and let cool. In a lg. bowl, combine cherries, apricots, soy milk, eggs, 3/4 c. sugar, and vanilla. Add noodles and stir to combine. Pour the mixture into a greased 9" x 13" baking dish. In a med. bowl, combine crushed cereal with margarine and remaining 3 T. of sugar. Scatter the mixture over the noodles. Bake 45 min. or till set and the topping is golden.

Roasted Pepper Panzanella

Servings: 6

Ingredients:

- 1 med. loaf whole wheat rustic bread, crust removed and cut into 1" cubes
- 1 c. sliced cucumber
- 1/2 c. sliced red onion
- 1 roasted red bell pepper, thinly sliced
- 1 roasted yellow bell pepper, thinly sliced
- 1 lg. tomato on the vine, cut into wedges
- 1 ball fresh mozzarella, cubed (8-oz.)
- 12 lg. leaves basil, torn
- 1/4 c. olive oil
- 3 T. red wine vinegar
- 1 t. kosher salt
- 1/2 t. freshly ground black pepper

Preparation:

Preheat oven to 400 degrees.

Spread out cubed bread on a lg. sheet pan in a single layer and bake for 15- 20 min. or till dried out and crispy. Let cool. In a lg. bowl, combine cucumbers, onions, peppers, tomatoes, mozzarella, and basil and toss to combine. Add bread, olive oil, vinegar, salt, and pepper and stir to coat well. Serve immediately or let sit up to 30 min. so bread soaks up the dressing.

Orange Ginger Poached Pears

Poached pears are a great lighter alternative to a rich heavy dessert but still have loads of flavor to satisfy the most discerning sweet tooth. Serve with your favorite non-dairy ice cream and experiment poaching different kinds of fruit.

Servings: 4

Ingredients:

- 2 c. orange juice
- 1 c. water
- 2 T. sugar
- 2" piece of ginger, peeled and sliced
- 1/8 t. salt
- 2 Anjou pears, peeled, halved and cored
- 2 c. vanilla soy ice cream

Preparation:

In a saucepan, combine orange juice, water, sugar, ginger, and salt, and bring to a boil. Reduce to a simmer and add pears. Simmer till just tender, about 8 min. Remove pears and set aside. Bring mixture to a boil and reduce until a little thicker, about 10 min. Strain sauce through a fine mesh sieve. Serve each pear half with a scoop of ice cream and a few tablespoons of sauce. ☆

(Jamie Geller was "The Bride Who Knew Nothing" - until she found her niche as everybody's favorite kosher cook next door. She is the author of the best-selling "Quick & Kosher" cookbook series, creator of the Joy of Kosher with Jamie Geller magazine and host of the popular Quick & Kosher cooking show online at youtube.com/joyofkosher and on-air on JLTV. Join Jamie and the world's largest kosher food community on joyofkosher.com to discover 5,000 FREE kosher recipes, inspiring menu ideas, how-to videos, and more.)

Days of Reflection by Rabbi Groner

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all by Divine Providence to bring us closer to the intended purpose of our being on earth.

Recognizing that life is about purpose brings out the best in us, in our productivity, in our care for others and how we deal with life's challenges.

Which this brings us to our new year resolution. We resolve to make our world a better and kinder place. We aspire to have a better relationship with God by thanking God daily for the blessings we have and praying for those in need. We resolve to seek our mission in life through study of Torah. We actualize our study by observing Mitzvot. And most of all, we reach out to our fellow human beings with deeds of benevolence and kindness which can have a domino effect by infusing others in our sphere of influence to do the same.

May we all be inscribed in the book of life, health and prosperity. L'Shana Tovah. ☆

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May the year ahead be filled with the blessings of health, happiness, and peace.



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