

The Charlotte JEWISH news

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Gastro Jews: A Jewish Journey Through Food

What comes to mind when you think of Jewish food? You probably think gefilte fish, stuffed cabbage, and matzah ball soup. You might reminisce about Bubbe's kugel or Aunt Ruth's ruggelah. You probably don't think of Chanie Apfelbaum's gluten-free Green Eggs and Latkes with kale and a fried egg. Or Michael Twitty's Matzah Meal Fried Chicken. Or Mandy Silverman's Tequila Gedola challah with tequila honey and margarita mix!

But all that's about to change. Gastro Jews: A Journey Through Food virtual culinary series offers a diverse, eclectic perspective on Jewish cooking, culture, and history. The series, presented by the Jewish Federation of Greater Charlotte's Education and Engagement Department, brings together award-winning authors and chefs from around the world to share their unique spin on tradition, infusing each recipe with their own unique family, cultural, and geographic history.

Breaking bread and connecting through food has always been a way for communities to gather to support each other. Food, like language, exists as a vehicle for expressing culture.

It has the power of being both a biological necessity as well as a deeply symbolic cultural artifact. Food plays a crucial role in Jewish life, with recipes telling the stories of how Jewish people live and love, how they celebrate and mourn. These recipes carry with them the marrow of who we are as individuals, as families, and as a people.

Since the beginning of the pandemic, people have been spending most of their time at home and many are using it as an opportunity to take up a new hobby or learn a new skill. Early on, the items that became the hardest to find (after toilet paper and hand sanitizer) were flour and yeast, suggesting that cooking and baking are not only a source of comfort, but also a passion for some to discover or rediscover. In the months that followed, virtual programming blossomed to bring educational and entertaining programming directly into people's homes.

Gastro Jews series will capture this passion by bringing world-famous chefs right into your kitchen in a way that wouldn't have been possible before. Each month will feature a different chef sharing their recipes and stories. Participants will



GASTRO Jews

A JEWISH JOURNEY THROUGH FOOD

Join NextGen as we kick off our FREE monthly virtual series celebrating the history, diversity, and excitement of Jewish food.

For more information visit <https://www.nextgencharlotte.org>

Jewish Federation OF GREATER CHARLOTTE | NEXTGEN Charlotte

have the opportunity to discover the rich scope and diversity of Jewish cuisine and, in so doing, learn more about Jewish history and traditions. Online platforms created for this initiative will also allow participants to share recipes and stories and to build connections through their com-

mon interest in Jewish cooking and food. You can register for one or all of the sessions at www.jewishcharlotte.org

The series is designed for all cooking levels and interests. Whether you're an experienced cook or a novice who's just getting started in the kitchen, you

are welcome. Just please make sure to wash your hands before you sit down for a meal. Looking forward to breaking bread with you.

See schedule on page 2.

Celebrating Civic Engagement: Judy Seldin-Cohen Honored for Her Work



By Rabbi Judy Schindler

Judy Seldin-Cohen is the latest to join a long line of Charlotte Jews recognized by the non-Jewish community for their active civic engagement. On October 29, Seldin-Cohen received the 2020 Lifetime Advocate Award from the YWCA Cen-

tral Carolinas for advancing social justice in the Charlotte community and exemplifying the Y's mission of eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all people.

Kirsten Sikkelee, CEO of YWCA Central Carolinas, says, "The YWCA's mission is advanced by people of all faith traditions, and Judy Seldin-Cohen is a shining beacon of hope, demonstrating faith in action of the Jewish tradition."

For nearly 150 years, Jews have made it their priority to lead and to lift up the city of Charlotte. In 1879, Samuel Wittkowsky was the first Jewish president of Charlotte's Chamber of Commerce. In the 1940s, I.D. Blumenthal brought Brotherhood Week, a program of the National Conference of Christians and Jews, to Charlotte and along with his brother, Herman, purchased and dedicated the mountaintop retreat of Wilda-

(Continued on page 2)

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