

# Day of Rest

As the story goes, on the seventh day He rested. No reason you shouldn't do the same with this simple menu perfect for the onset of summer.

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THIS FUSS-FREE MEAL CAN WORK as either a warm-weather lunch or dinner and is sure to get you into the spirit of our "day off." The Shabbat laws prohibiting physical labor have led to many classic slow-cooked dishes prepared before sundown on Friday and just waiting to be eaten the next day. And what could be easier than starting with a store-bought rotisserie chicken and a loaf of challah? All the dishes here are designed to be prepared in advance and require no reheating, so they're ready to be served whether your Sabbath meal is around the dinner table or out in the backyard. »



PEPPERS *vinaigrette*



**SHABBAT MENU**

*chilled carrot-ginger soup*

*roast chicken and  
asparagus sandwiches*

*peppers vinaigrette*

*gingerbread-cookie*

*sorbet sandwiches*



 **ROAST CHICKEN AND ASPARAGUS  
sandwiches**





## FUN WITH *the sun*

Turn your kids into artists on a sunny day. Send them outside to make their own unique t-shirts, napkins, or artwork harnessing the sun as a printer. Using special coated fabrics or paper, any object can become a motif. Instructions come with each pack of treated material, but it's pretty simple.

**1** Choose objects such as flowers, leaves, toys, even computer-generated images or photo negatives.

**2** Place the objects on the fabric or paper and expose to the sun (watch that wind doesn't move the object and blur the image). Exposure usually takes less than 20 minutes.

**3** Rinse the fabric/paper in water, then let dry. A hair dryer or clothes dryer may help.

**4** Soak the material in common solutions (soda, tea, etc.) to create different color effects. You can make the coating for fabric and paper (search "cyanotype instructions") or buy ready-made materials from, among others, [www.blueprintsonfabric.com](http://www.blueprintsonfabric.com) or [www.bluesunprints.com](http://www.bluesunprints.com).

## Chilled Carrot-Ginger Soup

SERVES 8

*This soup can also be served hot, though we prefer it cold. If you like an extra-spicy snap, add an additional tablespoon of chopped ginger.*

**PREP TIME:** 30 MINUTES

**COOK TIME:** 15 MINUTES

**CHILL TIME:** 45 MINUTES TO COOL FOR BLENDING, 2 HOURS TO CHILL COMPLETELY

- 1** tablespoon extra-virgin olive oil
  - 1** large onion, roughly chopped (about 2 cups)
  - 2** large cloves garlic, chopped
  - ¼** cup chopped fresh ginger
  - 6** cups chopped carrots (about 5 carrots)
  - 4** cups low-sodium chicken broth or vegetable broth
  - 1** tablespoon honey
  - 1½** teaspoons salt, plus more to taste
  - ½** cup plain soymilk (not vanilla), plus more for thinning
- Thinly sliced chives for garnish

- 1.** Heat oil in a 4-to-6-quart heavy-bottomed saucepan over medium heat. Add onions and cook, stirring, until translucent, about 8 minutes. Add garlic and ginger and cook until garlic softens, about 3 minutes longer. Add carrots and cook, stirring, until carrots are slightly softened, about 5 minutes. Add broth, bring to a boil, reduce heat, and cook until carrots are tender, about 8 minutes. Remove from heat. Add honey and salt and stir to dissolve. Add soymilk. Cool to room temperature, about 45 minutes.
- 2.** Working in batches as necessary, transfer soup to a blender and blend until very smooth (you can also use an immersion blender). Chill soup in refrigerator about 2 hours. Remove from refrigerator, thin with additional soymilk if desired, and season with additional salt as needed.
- 3.** Divide soup among 4 bowls and garnish with chives.

## Peppers Vinaigrette

SERVES 8

*This dish actually tastes better when made a day in advance.*

**PREP TIME:** 15 MINUTES

**COOK TIME:** 13–15 MINUTES

- ¼** cup olive oil
- 4** cloves garlic, thinly sliced
- 2** red bell peppers, seeded and sliced into ½-inch strips
- 2** yellow bell peppers, seeded and sliced into ½-inch strips
- 2** orange peppers, seeded and sliced into ½-inch strips

- 2** tablespoons apple cider vinegar
- ½** teaspoon salt
- ¼** teaspoon pepper
- 1** tablespoon chopped parsley

Heat olive oil in a 12-inch skillet over medium heat. Add garlic and cook until soft but not browned, 1 to 2 minutes. Add peppers and cook, stirring occasionally, until tender, 12 to 15 minutes. Stir in vinegar, salt, and pepper and cook 1 more minute. Remove from heat and let cool. Sprinkle with parsley and serve.

*chilled* CARROT-GINGER soup



## *ginger's* JEWISH ROOTS

Ginger, which appears in two of the recipes here, has a Jewish connection going back thousands of years. The Babylonian Talmud and Rabbi Maimonides refer to it several times. In one debate, the rabbis wonder if ginger is a spice or a food, thus determining the punishment for consuming it on Yom Kippur; in another, they ask whether eating ginger requires a blessing—because historically, foods do, spices don't. (The verdict? It's a spice.)

Originally from Asia, ginger factors prominently in both savory and sweet Sephardic dishes from countries such as Morocco and Yemen. It's also a great option for Havdalah, the ritual that marks the end of the Sabbath, when it is customary to inhale the scent of fragrant spices to

mark the difference between the holy and the everyday.

For a spicy-sweet treat, try ginger syrup. It's great on pound cake and fruit salad and stirred into seltzer or cocktails.

### GINGER SYRUP | MAKES ABOUT 2 CUPS

1. Combine  $\frac{1}{2}$  cup peeled, chopped fresh ginger with 2 cups sugar and 1 cup water in a small pot. Bring to a boil.
2. Reduce heat, and simmer vigorously until liquid is clear, about 5 minutes.
3. Remove from heat and let cool completely (the longer the ginger steeps, the stronger the flavor).
4. Strain out the ginger and store syrup in an airtight container. Refrigerated, it keeps for one month.

### GINGERBREAD-COOKIE *sorbet sandwiches*

(RECIPE ON PAGE 94)



## Roast Chicken and Asparagus Sandwiches with Tarragon Mayonnaise

MAKES 4 SANDWICHES

*These sandwiches are like a taste of springtime. They're large, so a half-sandwich may very well be enough for one serving. If you've got 8 hungry people, double the recipe. Of course, you can also use leftover homemade roast chicken for this recipe.*

**PREP TIME:** 24 MINUTES

**COOK TIME:** FOR ROASTING ASPARAGUS  
10 MINUTES

- ½ cup mayonnaise (regular or reduced-fat)
- 1 tablespoon chopped fresh tarragon

- 1½ teaspoons Dijon mustard
- ½ teaspoon ground black pepper, divided
- teaspoon kosher salt, divided
- 1 2-to-3-pound store-bought rotisserie chicken, cut into eighths
- 1 tablespoon olive oil
- 1 pound asparagus spears (about 25 spears), trimmed
- 8 ½-inch slices challah bread (white or whole wheat) from a long, braided loaf
- 4 large leaves red lettuce, rinsed and patted dry

1. Combine mayonnaise, tarragon, mustard, ¼ teaspoon of the pepper, and ⅛ teaspoon of the salt in a bowl and stir well. Refrigerate at least ½ hour or up to 4 hours so that flavors blend.
2. Remove skin from chicken and discard. Remove wings and put aside for

another use. Using your hands, remove bones from chicken breasts, thighs, and drumsticks, leaving meat as intact as possible. Using a sharp knife, slice meat into ¼-inch slices.

3. Heat oven to 500°F. Place asparagus spears on a baking sheet, drizzle with olive oil, and season with the remaining ¼ teaspoon each salt and pepper. Roast until asparagus is tender and edges are charred, about 10 minutes total, tossing once after 5 minutes. Remove from oven and cool to room temperature.

4. Spread each slice of challah with 1 tablespoon tarragon mayonnaise. Top each of 4 pieces with one lettuce leaf. Layer each sandwich with half of a chicken breast and about ½ cup dark-meat chicken, then asparagus spears. Place remaining challah slices on top to make sandwiches. Slice in half diagonally and serve.

## MAKE IT A “good” summer

DURING SUMMER'S LONG DAYS, the kids are home and their attention spans are short. When they start complaining that there's nothing to do, introduce them to the idea of doing good and the phrase *tikkun olam*, which translates from Hebrew to mean repairing or perfecting the world. This tenet of Jewish social action can be put into practice by children of all ages, and dovetails nicely with the community service requirement at many schools.

An easy first task is to double the recipe on this page for challah sandwiches. Call a local homeless shelter and arrange to donate the food; food banks and kitchens need donations and volunteer help all year long, not just over the winter holidays. The same with nursing and retirement homes; there might even be an “adopt a grandparent” program in your area, which is a great way to give kids a one-on-one experience. Many towns have summer recreation programs that put tweens and teens to work playing with younger children: A call to city hall should point you in the right direction. Contact your temple, as well, to see what's on for summer.

Some other ideas: Write letters to soldiers; collect old cell phones for women's shelters; start a penny drive.

Another way to bring social action home is by opening your own home to an inner-city child.

The Fresh Air Fund ([www.freshair.org](http://www.freshair.org)) has sent more than 1.7 million New York kids to host families in suburban and rural areas nationwide since 1877.

It's not too late to get teenagers and college kids involved with volunteer summer programs at home and abroad, including in Israel. Check out the opportunities through organizations such as the United Jewish Communities ([www.ujc.org](http://www.ujc.org)), American Jewish World Service ([www.ajws.org](http://www.ajws.org)), and Jewish Coalition for Service ([www.jewishservice.org](http://www.jewishservice.org)). A quick cruise on the internet will find many more options near and far. ●



**PERSONAL SHOPPER**  
(Continued from page 21)

## Gingerbread- Cookie Sorbet Sandwiches

MAKES 8 SANDWICHES

*Cookies can be made up to three days ahead and stored in an airtight container. Sandwiches can be made one day ahead, wrapped in plastic wrap, and stored in the freezer. Nondairy frozen desserts can be substituted for sorbet.*

**PREP TIME:** 40 MINUTES

**CHILL TIME IN FREEZER:** 30 MINUTES

**COOK TIME:** 10 MINUTES

- 1½ cups flour, plus extra for shaping dough
- 1½ teaspoons baking soda
- ½ teaspoon ground cinnamon
- 1½ teaspoons ground ginger
- ¾ teaspoon ground cloves
- ½ teaspoon salt
- cup brown sugar
- ½ cup butter-flavored transfat-free all-vegetable shortening\*
- 1 egg

- 3 tablespoons molasses
- 1 tablespoon finely chopped crystallized ginger
- ½ cup turbinado sugar (such as Sugar in the Raw)
- 1 pint each chocolate and coconut sorbet

1. Line 2 cookie sheets with parchment paper. Sift together the flour, baking soda, cinnamon, ginger, cloves, and salt in a bowl. In a stand mixer or using a hand-held electric mixer on high speed, cream together brown sugar and shortening until light and fluffy, about 1 minute, scraping down sides of bowl once if necessary. Add egg, molasses, and crystallized ginger and beat until creamy, scraping down sides once if necessary. With mixer on low speed, add dry ingredients and beat until combined, about 30 seconds. Divide dough into 2 balls, wrap in plastic wrap, and chill in freezer until firm, 20 to 30 minutes.
2. Heat oven to 350°F. Remove dough from freezer, divide it into 16 equal-sized pieces, and roll each between palms into

a round ball. Place turbinado sugar in a bowl and roll each ball in sugar. Arrange 8 balls of dough on each cookie sheet. Scoop a few tablespoons flour into a small, flat saucer. Dip the bottom of a 3-inch-wide glass into flour and press each ball into a 3-inch disc. Bake until cookies are slightly browned but still soft, 9 to 10 minutes. Remove from oven, cool slightly. Transfer to a rack and let cool, about 30 minutes.

3. Remove sorbet from freezer and let stand a few minutes to soften slightly. Place ⅓ cup chocolate or coconut sorbet in the center of one cookie, top with another cookie, and press slightly to spread sorbet out to edges. Repeat with remaining cookies to make 4 sandwiches in each flavor. Wrap each sandwich in plastic wrap, return to freezer, and freeze at least 1 hour.

\*Butter-flavored transfat-free all-vegetable shortening is not dairy but may be made on dairy equipment. If you follow kashrut, you may not want to eat this with a meat dish.

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