

Simchat Torah Recipes

Meat Stuffed Cabbage Rolls (Courtesy of My Jewish Learning)

On Simchat Torah it is customary to eat foods that are rolled, just like the Torah. Stuffed cabbage rolls are a traditional Simchat Torah food because two of the little rolls side by side look like a Torah scroll. Like soup, stuffed cabbage rolls taste just as good (if not better) the next day. So this recipe can be made the day before and it also freezes well, so it can be made well in advance if desired.

Ingredients

- 1 sprig fresh rosemary plus 1 tsp. minced rosemary
- 3 sprigs fresh thyme plus 1 tsp. minced thyme
- 4 large ripe plum tomatoes or 3 ripe beefsteak tomatoes
- 2 1/2 C water
- 3 cloves garlic
- 1 28oz. can crushed tomatoes
- 1/4 C red wine (sweet or dry, your preference)
- Salt and pepper to taste
- 1 6 oz. can tomato paste
- 2 eggs
- 4 yellow onions
- 1 green cabbage, leaves intact
- 2 lbs. ground beef
- 1 C short grain brown rice
- 4 Tbs. grape seed oil



Directions

Make the Filling

Place the rice and 1 3/4 C of water in a saucepan. When the water boils reduce the heat to medium and cook the rice until all the water has been absorbed. Al dente is ideal.

Meanwhile, mince the onions and saute in grape seed oil in a large heavy-bottomed, oven-proof pot until soft.

In a large bowl, combine half the sauteed onion with the ground beef, eggs, rice, 2 Tbs. tomato paste, minced thyme and rosemary, and salt and pepper to taste. Mix with your hands until all ingredients are fully combined.

Prepare & Stuff the Leaves



Remove the first few outer leaves of the cabbage, then place the entire cabbage in a pot, cover with water, and bring to a boil. Let boil for 10 minutes to loosen the leaves. (Alternatively, you can put the cabbage in the freezer for three days prior to beginning the dish, which also loosens its leaves.)

Remove the cabbage from the pot and start peeling off leaves, making sure not to tear them. Be careful not to burn yourself from the steam. If you're having trouble removing leaves without tearing them, put the

cabbage back in the pot and boil for another 5-10 minutes to loosen the leaves even more.

Once the soft leaves and filling are both ready to go, start placing spoonfuls of the filling inside each cabbage leaf. Roll each leaf up like a burrito, carefully tucking in the sides of the cabbage as you go. As each roll is finished, set it aside.



Preheat the oven to 300 F.

Sauce

Peel the garlic cloves, slice thinly, and add them to the pot with the second half of the cooked onions. Cube the fresh tomatoes and saute them with the garlic and onions for a few minutes. Add the crushed tomatoes, water, and the rest of the tomato paste. Add the sprigs of thyme and rosemary, lots of freshly cracked pepper, and a bit of salt. Finally, add the wine.

Place the cabbage rolls one at a time in the pot of sauce, making sure all the rolls are completely covered in sauce. You can certainly add some water to make the sauce go further to cover all. Put the lid on and place in the oven. Cook for at least 3.5 hours, and up to 8.



Vegetarian Stuffed Cabbage Rolls

(Courtesy of My Jewish Learning)



Rather than using the traditional lamb or beef mixtures that often fill cabbage leaves these vegetarian fillings can be substituted:

The **lentil-mushroom filling** mimics the look and texture of the traditional meat-filled cabbage leaves that you might remember from your mother's or grandmother's kitchen.





The **zesty garbanzo filling** is inspired by the combination of mashed chickpeas and curry that fills the pocket pastries known as sambusaks or sambuskas. Based on a Middle-Eastern recipe. This next filling is adapted from soogood.org.

Ingredients

- 2 15-oz. cans garbanzo beans, partially drained
- 1 tsp. curry powder, or to taste
- 2 cloves garlic, minced
- 1/2 bunch parsley, rinsed and chopped (about 1C loosely packed)
- 2 Tbs. olive oil
- 1 small onion, chopped
- Salt and pepper to taste
- 2 tsp. balsamic vinegar or 3 Tbs. red wine (or to taste)
- 1 medium carrot, grated
- 3-4 C cooked green (brown) lentils (use 2 cans, or cook 1 C dry lentils and reserve some of the liquid)
- 1 8-oz package white mushrooms or 3-4 portabella mushrooms, including stems, chopped
- 1/4 C olive oil
- 1 small onion, chopped
- One 28-oz. can crushed fire-roasted tomatoes, left chunky or puréed, if desired
- 3 C of your favorite simple tomato sauce (3 8-oz. cans) or tomato juice, or
- 1 to 2 Tbs. tomato paste mixed with 1/2 C water
- Salt and pepper to taste
- 1 medium-large head green cabbage
- 1 Tbs. lemon juice

Directions

Cabbage and Sauce

Follow directions from previous (Meat Stuffed Cabbage Recipe) to prepare the cabbage.

Combine the sauce ingredients and set aside. If using the fire-roasted crushed tomatoes, have on hand.

Lentil-mushroom filling

Heat olive oil in a large skillet (choose one with a lid so you can use the same skillet for simmering the cabbage rolls later). When hot, add onions. Sauté for a few minutes, then add the mushrooms and sauté on medium-high heat until they begin to brown and shrink.



Add the carrot and sauté another minute. Add the lentils, salt, and vinegar or wine, then bring to a simmer for a few minutes. Mash the lentils with a potato masher. Continue to simmer, uncovered, until they are the consistency of moist refried beans. Remove from heat and add additional salt and pepper to taste.

Remove from the skillet and rinse the skillet. Add a little of the sauce to coat the bottom. Then start making the rolls as described after the next filling.

Zesty garbanzo filling

Heat olive oil in a large skillet (choose one with a lid so you can use the same skillet for simmering the cabbage rolls later). When hot, add onions. Sauté for a few minutes, until translucent. Add garlic and continue to sauté until beginning to brown. Add parsley and curry powder, and sauté another minute. Add garbanzo beans, with their liquid, and lemon juice. Simmer and mash with a potato masher. Continue to simmer until the mixture is the consistency of moist refried beans. Remove from



the skillet and rinse the skillet. Add enough of the tomato sauce to coat the bottom. Then start making the rolls.

To assemble and cook the stuffed cabbage rolls

Follow directions from previous (Meat Stuffed Cabbage Recipe) to assemble your cabbage leaves for filling and rolling.

Add 1/4 to 1/3 cup of filling in the bottom of the leaf and roll up like a burrito, carefully tucking in the sides of the cabbage as you go.

When you finish rolling each leaf, place it in the tomato sauce, seam side down, in a single layer in the prepared skillet or pot.



When the rolls are all ready and arranged in the pan, pour in enough sauce to cover the rolls. Bring to a boil and reduce heat.

Simmer on low, covered, for about 25 minutes. If sauce has thickened, heat additional sauce to pour over the rolls before serving. Or allow to cool and then store in a well-sealed container for up to three days. Then reheat.

Serve with a dollop of sour cream or yogurt, if desired, alongside rice pilaf, tabbouleh, or a tossed salad.



Simchat Torah Kid's Cooking

Caramel Apples (My Jewish Learning)



At some point along the way, it became traditional to eat caramel apples on Simchat Torah. Maybe it has to do with the fact that the holiday always takes place in fall, or maybe it's that you can stick the caramel apple on the top of your Simchat Torah flag, but for whatever reason, they're delicious.

Making your own caramel apple is easy enough these days. Many grocery stores sell sheets of caramel that can easily be warmed to wrap around an apple. Then just add peanuts, sprinkles, chocolate chips, shredded coconut, or whatever toppings you choose. The possibilities are endless!

Ingredients

apples

wooden skewers

caramel sheets (also called caramel wraps)

assorted toppings

Directions

Wash and skewer your apples, follow the instructions on the caramel sheets, roll in toppings, and enjoy.

Simchat Torah Kid's Cooking

Edible Torahs (Courtesy of URJ Website)

Recipe 1

Ingredients: Pretzel rods, chocolate kisses, vanilla canned frosting, fruit roll-ups.

Directions

Use two pretzel rods as dowels, or eitz chayim (trees of life) "Glue" on chocolate kisses on the ends of each pretzel for the finials, using chocolate or vanilla canned frosting as the glue. Unroll a fruit roll-up for the scroll (chill them before use so they are less sticky).



Recipe 2



Ingredients: 1 flat tortilla per child 2 pretzel rods per child Soft cheese spread 1 licorice string per child

Directions:

Cut the rounded edge off the top and bottom of the tortilla. Spread a soft cheese mixture over the tortilla. Put a pretzel rod on the left and right edge of the tortilla. Wrap the tortilla around the pretzel rods, starting at each side and meeting in the middle of the tortilla. Use the licorice string to tie around the "Torah."