TZEVAYIM

a kosher recipe booklet

presented by Jews of color

by Alana Chandler

TZEVAYIM

HEBREW: צבעים

ENGLISH: COLORS

Orange candle flames casting dancing shadows on a Friday evening, a silver yad on the cream parchment of a Torah, purple Manichewitz staining lips and lemon tablecloths. "Tzevayim" is the title of this booklet because Judaism is vibrant. And most importantly, so are its people.

This booklet contains kosher recipes of traditional Jewish noshes blended with ethnic, non-European cultures. All recipes are original, either made by a featured Jew of color or adapted by the author.

ACKNOWLEDGMENTS

I can thank RTI, the Research Training Internship hosted by the Jewish United Fund, for pushing me to pursue this project. During sessions, we dissected topics that I formerly considered "forbidden" to discuss in a Jewish setting—rape culture, social injustices, racial inequities. I realized that us Jewish girls cannot succumb to the stereotype of modesty and submissiveness, but must instead stand against the oppressions that we encounter. Therefore, I thank my RTI mentors, Stephanie Goldfarb and Rebecca Johnson, as well as my fellow RTI interns, for teaching me this invaluable lesson.

I also say "arigatou" to my mother for cleaning the many dishes I *might* have avoided cleaning, my father for photographing many of the glam shots of food, and my sister, whom I pestered countless times, nagging her to help me transcribe interviews I conducted for this booklet.

Blogs such as "Unruly," "Pop Chassid," "MaNishtana" and "Memoirs of a Jewminicana," as well as "The Jewish Channel," "Be'chol Lashon" and "Jewish Multiracial Network" provided key insights into the experiences of various Jews of color, allowing me to present narratives other than my own.

And finally, a huge "toda raba" to the women who allow me to share their Judaism, their culture, and their food in this booklet: from order of appearance, Molly Yeh, Tamar Fasja, Janie Wolf, Sahai Redleaf, and Lauren Monaco. These women possess roots in Chicago and Judaism, along with a unique upbringing—whether it be within a different country, immigrant family, or other religion—that shape their beautiful identities.

JEWS OF COLOR

Jews of racially and ethnically diverse backgrounds including African, African American, Latino, Hispanic, Asian, Native American, Sephardic, Mizrahi, and mixed-race Jews by heritage, adoption and marriage (Be'chol Lashon)

"It's important for Jews to become more aware of their white privilege"
—Lacy Schwartz, filmmaker

"Before I got married, when people tried to set me up, they would often set me up with another Jew of color, without considering if we might have anything else in common"
—Zehava Arky

"As a Jew of color, you're this mythical creature that supposedly doesn't exist"
—Gulienne Rollins-Rison

"My friend Ari, a mono-racial black man, was running alongside a group of his white, Jewish friends, and all of them were late to Torah study one day, when it was only Ari who was plucked out of the crowd by the security officer to be asked if he knew where he was going. It was racism that pulled Ari out of the crowd and not one of his white friends. It was racism that made that Saturday morning the last Saturday morning Ari ever davened in Shul"
—Ilana Kaufman, JCRC Civic Engagement Director

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COOKING TIP

Read recipes in their entirety before cooking. Some ingredients may not be in your pantry and other recipes require patience. (a.k.a. rising time, freezing time, napping time...Zzz)

GREEN TEA COCONUT MACAROONS

APPETIZERS

SCALLION PANCAKE CHALLAH

“

Great is eating, for it distances those who are near and brings close those who are far.

”

—Talmud, Sanhedrin 103

ALANA CHANDLER

Jewish tradition that makes you proud:
Chanting Torah on High Holidays. When practicing my Aliyah, I wonder, who else's eyes absorbed these words? I imagine notes and words swirling from a stone-walled temple and carried through thousand-year-old desert heat to the Hebrew letters Xeroxed onto the page in my hand.

Favorite Jewish food:
Smoked salmon, not lox. To me, lox can be a little too slimy, but smoked salmon captures its spiced and salty nature in a tender, flakey manner.

Least favorite Jewish food:
Pickles. They are the epitome of revulsion. Along with their sickly green color, the smell that wafts from an open jar of murky brine is that of human sweat.

A Japanese family traditional food:
三色弁当 (Sannshoku bento). Translated to English, tricolor lunch box or, for me, a three-stripe flag of culinary happiness. It consists of a bed of rice topped with three colorful toppings: vegetables, meat, and eggs.

An ingredient that describes your personality:
Broccoli. For both the vegetable and I, one must simply dig in to discover our refreshing, bubbly (or bud-y) natures.

Best Chicago restaurant:
As a lover of breakfast foods, I would say Wheat's End on Broadway in Lakeview. I recommend their popovers; it’s like eating warm cloud.

GREEN TEA COCONUT MACAROONS

""I created this recipe inspired by my love of healthy foods, Japanese matcha, and the best part of Passover: macaroons"—Alana

INGREDIENTS
8 oz. fine coconut flakes
1 ½ - 2 tbsp of matcha green tea powder
½ cup maple syrup
1 tsp vanilla
¼ tsp salt
1 egg white
4 oz. white chocolate, chopped
2 tsp black sesame seeds (optional)

1. Preheat the oven to 325°F and line a tray with parchment paper.

2. In a large bowl, combine coconut flakes, green tea powder, maple syrup, vanilla, salt and egg white, and mix until fully incorporated.

3. Using a circular tablespoon, press mixture firmly into the mold, and arrange the shaped mix onto the tray about one inch apart from one another.

4. Bake for 25 minutes, or until a crisp exterior is developed.

5. Meanwhile, microwave white chocolate for 30 second intervals until melted, mixing between intervals. Stir in ground or whole black sesame seeds.

6. Once macaroons cool, drizzle with chocolate. Refrigerate for 30 minutes or until chocolate has solidified. Store in airtight container.

MOLLY YEH

Harmony of Chinese + Jewish culture:
Both cultures blend themselves well to being combined. For example, you will very rarely find dairy in Chinese cooking. And then for a lot of the meat dishes in Jewish cooking, you wouldn't find dairy dishes as well. A lot of the flavors of Chinese food go quite well with some of the homier flavors of Ashkenazi Jewish comfort food.

Experiences as a Jew of color:
I got a lot of comments like, "She's not Jewish enough," or, "She's not fully Jewish." I was thinking, "No, okay! I do as many holidays as all of you do. If I was completely Eastern European and had thick, black hair, you would never say that to me." Growing up, it was weird because there just wasn't enough conversation about racial differences.

Jewish tradition that makes you proud:
The whole culture of expressing love for your family by cooking for them is something that I really picked up on from my Jewish side: spending time with my Jewish family and learning how food weaves into the culture. I love the practice of making challah every Friday.

Favorite Jewish food:
Matzo ball soup or challah since the day I was born. I used to be more of a fluffy matzo ball person, but these days I like them a little bit denser. I love a freshly baked loaf of challah with butter and salami on it.

Least Jewish food:
Gefilte fish. I'm kind of scarred by the jarred gefilte fish and the jelly.

A Chinese family traditional dish:
Pot stickers. Because my mom didn't let us have pork products, we always grew up having chicken pot stickers with lots and lots of ginger, scallions, and soy sauce.

An ingredient that describes your personality:
Sprinkles. I tend to be widely optimistic even in times when I should probably have more reason.

Best Chicago restaurant:
Lou Malnati's for their deep dish pizza. Also, this Israeli place in Highland Park called Mizrahi Grill has really fluffy Israeli pita that are amazing.

SCALLION PANCAKE CHALLAH

"When I was growing up, I got the best of both worlds. I get Chinese dumplings and dim sum, and then I got matzo balls and challah, just tons of carbs"
—Molly

INGREDIENTS—FILLING
1 tbsp toasted sesame oil
3 scallions, minced
kosher salt and black pepper
crushed red pepper

INGREDIENTS—DOUGH
1 envelope active dry yeast
3/4 cup warm water
6 ½ tsp sugar
3 ¼ cup flour, more for dusting
1 tsp kosher salt
2 large eggs
1/3 cup flavorless oil
6 tsp honey

INGREDIENTS—EGG WASH
1 large egg yolk
1 tbsp water
toasted sesame seeds

1. Mix yeast, warm water, and ½ tsp sugar in a bowl. Set aside for 5 minutes until the yeast foams.

2. Meanwhile, in a large bowl or stand mixer fitted with a dough hook, mix together flour, salt, and remaining 6 tsp sugar.

3. In a separate medium bowl, whisk together eggs, oil, and honey.

4. Once the yeast has foamed, add it to the dry mixture, immediately followed by the egg mixture. Knead by hand or in the stand mixer until smooth and slightly sticky, about 7 to 10 minutes.

5. Transfer dough to an oiled bowl, cover it with plastic wrap, and let sit until size has doubled, about 2 hours.

6. Preheat oven to 375°F. Line a tray with parchment paper.

7. Divide the dough into 3 logs, about 12 inches long. Flatten each log, brush with sesame oil, and sprinkle with salt, pepper, crushed red pepper, and scallions to taste.

8. Roll logs up lengthwise, and pinch the sides. Braid logs on lined tray, and rest for 30 minutes.

9. Brush with egg wash, sprinkle with sesame seeds, and bake for about 30 minutes, until golden.

BRISKET STEAM BUNS

MAIN COURSES

BERBERE BEET AND CARROT LATKES

“The world can live without wine, but it cannot live without water; the world can live without peppers, but it cannot live without salt.”

—Talmud, Horeyot 3:5

TAMAR FASJA

Jewish community in Mexico:
I'm from Mexico City, and I moved to Chicago about two and a half years ago. There are about 40,000 or 50,000 Jews, mostly in Mexico City. In comparison to the amount of people in Mexico, it's nothing, but it feels like a big community because it is tight.

Women in Mexican and Jewish culture:
In Mexican culture, there is a lot of respect for the "mother figure," but also a lot of looking down on women. And the Jewish tradition is pretty misogynistic too—we are trying to see it in a different light.

Jewish tradition that makes you proud:
Although I hate it and I love it at the same time, Yom Kippur makes me really proud because it is a way Jewish people can ask for forgiveness to the people they actually hurt and not just ask it from G-d. Thinking about what you have done, wrong or right—it's a really good tradition.

Favorite Jewish food:
Everything that my grandmother from my dad's side cooks is amazing. I really like her stuffed leeks with meat and rice with a tamarind sauce and apricots.

Least Jewish food:
I've never gotten to love Ashkenazi food, like gefilte fish and matzo balls and stuff.

A Mexican family traditional dish:
It's still Jewish, but with Kibbeh—ground meat with wheat that you make it into balls—we always put guacamole on there and spicy salsas.

An ingredient that describes your personality:
Za'atar. It's a mix of seven spices. It kind of has all the tastes to it; it's sour and salty and everything. I think it's my ingredient because my personalities vary a lot, and I'm always adapting to my surroundings.

Best Chicago restaurant:
I love Avec in the West Loop. You could call it Neo-American, with a lot of shakes and fancy burgers. I'm Kosher, so when I go out, I don't have any meat or chicken dishes. They have roasted cauliflower and really good focaccia bread.

CHIPOTLE ADOBO SALMON

"The thing I like most about being both Jewish and Mexican is the food"
—Tamar

INGREDIENTS—LEGUMES
1 cup uncooked black lentils
1 bay leaf
3 cups water + 1 carrot + ½ onion
OR
3 cups vegetable stock
salt
lemon juice

INGREDIENTS—PASTE
1 large eggplant
1/4 cup plain yogurt

INGREDIENTS—FISH
2 salmon fillets
1 garlic clove
4 chipotles in adobo sauce
2 tbsp tamari sauce (or soy)
1/4 cup honey, plus more for drizzle
1/4 cup coconut oil

1. Place lentils, bay leaf, and vegetable stock or water with vegetables into a large pot. Bring liquid to a boil over medium-high heat, then reduce heat to maintain a gentle simmer. Cook, uncovered, for 20-30 minutes.

2. Once tender, strain lentils and remove bay leaf (as well as onion and carrot). Return the lentils to pot, and immediately stir in salt and lemon juice to taste, ¼ tsp at a time. (It is best to add acids and salt after cooking to prevent a mushy texture.)

3. For the eggplant paste, cut the eggplant in half, score it, and place it over a gas stove or in an oven on broil to char the skin and soften the inside.

4. Scoop the inside out, and dry it with a paper towel.

5. Pulse eggplant in food processor with salt and yogurt.

6. For the salmon marination, chop garlic and chipotle, and mix with honey, tamari/soy sauce, and melted coconut oil. In a dish, brush mixture then sprinkle salt onto salmon. Place in fridge, covered, for 20 minutes.

7. Put salmon on baking sheet, drizzle with honey, and place in oven with the broiler on high. Let it cook for 5 to 6 minutes. If the top is browning and the inside is not yet ready, turn the oven down to 350°F and cook for another 5 minutes.

8. Serve by placing salmon on the eggplant mixture and a bed of lentils, adding more sauce if needed.

JANIE WOLF

Experiences in Synagogue:
During my conversion process, Anshe Emet Synagogue was so wonderful and welcoming, full of a diverse group. I'm very lucky in that sense. But going to my in-law's synagogue was a little awkward because I stood out. Although they had good intentions, some people assumed that I didn't know what I was doing, like pointing to which prayers we were on.

Being different:
Growing up in Normal, Illinois, I was the "weird" kid, bullied for being Asian. I don't connect with my husband in the sense of feeling like an outsider because he went to a Jewish school. Of course, he's been exposed to anti-Semitism, but he didn't experience discrimination within the Jewish community, so moments like awkwardness at my in-law's synagogue are a shock for him. For me, it's normal because I've grown up in it.

Celebrating Chinese and Jewish culture:
For our wedding, we wanted to make sure both families felt represented, taking both Chinese and Jewish traditions. We had a Conservative Jewish ceremony and Chinese lion dancers during the reception... I wish I could easily adapt to all of Jewish culture and follow all of the rules, but because Chinese culture is so much a part of my life, representing my family's heritage is also important.

Jewish tradition that makes you proud:
Shabbat. The prayer for lighting Shabbat candles was one of the first prayers I learned. When I'm gathered with other Jewish women to light candles, I feel proud to represent the start to Shabbat.

Favorite Jewish food:
Matzo ball soup. Kugel. Hamentashen. I actually really like gefilte fish because I grew up with fish balls in hot pot.

Least Jewish food:
Parsley at Passover.

A Chinese family traditional dish:
Wonton soup because it reminds me of when my grandma, great-grandmother and I would wrap the dumplings together for hours.

An ingredient that describes your personality:
Garlic chili oil. I love condiments that smell and are spicy.

Best Chicago restaurant:
Girl and the Goat. The first woman who won Top Chef on Food Network runs the restaurant.

BRISKET STEAM BUNS

"This recipe represents my Jewish culture because it takes quite a bit of preparation, time, and work, but in the end it's worth it because it provides comfort for the soul"
—Janie

INGREDIENTS—PICKLES

1 medium red onion
1 large carrot
½ tsp sugar
½ tsp salt
¾ cup rice vinegar
5 black peppercorns

INGREDIENTS—BRISKET

3 tbsp vegetable oil
2 lbs of kosher brisket meat
salt + pepper + paprika + onion powder
2 cloves minced garlic
2 ½ cups of tomato juice/V8
1 large yellow onion
2 bay leaves
½ to ¾ cup brown sugar
1 cup beer + 1 cup red wine

INGREDIENTS—BUNS

1 cup warm water
1 ½ tsp yeast
2 tbsp sugar
370 grams flour
1 ½ tsp baking powder
1 tbsp vegetable oil
olive oil for brushing

Buns recipe from "Sea Salt with Food"

1. For the pickled vegetables, boil 2 cups of water on the stove. Meanwhile, chop the red onion into thin moons and the carrots into thin strips.
2. In a jar, stir sugar, salt, vinegar, and peppercorns.
3. Place chopped vegetables in a sieve over the sink, and pour boiling water through sieve. Add onions to jar once drained, and stir.
4. Close the top, and cool before placing into refrigerator for at least 1 hour. (Can be made a few days in advance.)

5. For the brisket, preheat oven to 250°F. Heat a saucepan on high with oil.
6. Rinse meat in sink, pat with paper towels to dry, and trim off the excess fat, leaving a thin layer. Rub meat with a generous amount of salt, pepper and paprika.
7. Place meat into saucepan and quickly brown to caramelize outside for about 3 minutes. Set meat aside in cooking dish once browned, and rub with garlic and onion powder. Pour 1.25 cups tomato juice over meat.
8. Using the same saucepan, place in bay leaves and onions cut in moons, stirring occasionally until soft and lightly browned. Pour in 1/2 cup beer, stirring until dry. Add 1 cup red wine and remaining 1/2 cup beer, stirring until liquid has reduced half in size. Dissolve brown sugar into the liquid, and pour over meat.
9. Cook the meat, covered in foil, in oven for 5 hours ("slow and low"), adding remaining tomato juice halfway through. Once tender, remove bay leaves and slice or mince meat. Refrigerate the meat in its sauce.

10. For the buns, mix water, yeast, and sugar in a small bowl, and rest until frothy, about 10 minutes.
11. Stir together flour and baking powder in a large bowl. Then, pour in yeast mixture and vegetable oil. Knead dough for about 10 minutes until smooth and elastic. Place dough in a lightly oiled bowl, cover, and set aside in a warm place for about 1 hour or until dough has doubled in size.
12. Place dough on a floured board. Divide it into 2 portions; gently roll each portion into logs. Cut logs into clementine-sized pieces. Shape dough pieces into round balls and rest them for another 10 minutes. Flatten each piece of dough with your palm, and then use a rolling pin to roll it out into a 5-inch circle. Brush the surface with olive oil, and fold the dough in half. Place the dough on a square of parchment paper, and let rest for 20 minutes.
13. Set a steamer on high heat, and steam the buns over boiling water for about 10 minutes.

14. Serve by placing meat and pickled vegetables in bun, along with additions such as lettuce or barbecue sauce.

SAHAI REDLEAF

Painting by Sahai. Lions are her favorite animal.

Religious background:
I was born in Ethiopia, Africa and came to America when I was seven. In Ethiopia, I was raised Orthodox Christian, and then I came to America. My adoptive parents were Jewish so I practiced one religion at one house and the other whenever I would go back to Ethiopia.

Similarities in Ethiopian and Jewish culture:
The Jewish culture is very similar to the Ethiopian culture, even the words. In Amharic, "ima" is mother, and "beit" is house. I know that the Jewish culture, in a lot of ways, created familiarity to the new world for me. Seeing the similarities between the Ethiopian and Jewish culture—the bridge—was very influential in the way I think, the way I am.

Spirituality:
It's the emotions that highlight my spirituality. I don't really define it by a name; I don't go to church, I don't go to synagogue, but I meditate. I have a very independent connection to G-d, and I think that's from both Ethiopian and Jewish influences, from seeing two completely different cultures have faith for G-d and seeing how sacred G-d is for both. The feeling is what defines it for me.

Assumptions in the Jewish community:
There is a romanticized image of Ethiopians, so I always have to remind people that I'm not like the old, ancient Jew. I don't come from that family. People ask me what Ethiopian Jews are like, what they practice. It's not offensive; I know that they're curious. Once I tell them that my Ethiopian family actually went to church, the conversation becomes, "Oh, you were Christian. When did you convert?"

Favorite Jewish food:
Latkes. They're just delicious.

Least Jewish food:
The pink horseradish from Passover. It's too intense. It's just bite with no flavor.

An Ethiopian family traditional dish:
Shiro. It's a mashed-up chickpea stew that is spiced with paprika, salt, and pepper.

An ingredient that describes your personality:
Berbere spice—basically spiced paprika. I eat it with everything: eggs, sprinkle it on toast with butter, and add it in my pasta sauce. I appreciate it because it's a mix of everything. Similar to me, having had to adapt for my entire life, I've taken bits and pieces of different cultures to create who I am.

BERBERE BEET + CARROT LATKES

"I often fuse my Ethiopian and Jewish traditions to make meals of my desire, this one being one of my favorites. It is not just a tasty meal, but is also very nutritious and revitalizing to the body"
—Sahai

INGREDIENTS

1 raw beet
1 large carrot
1 scallion
½ cup whole wheat/white flour
1 egg
salt + pepper to taste
½ tsp berbere spice*
½ tsp thyme
coconut oil
hummus, sour cream, or aioli sauce (optional)
*can substitute paprika or jalapeño

1. Grate raw beets and raw carrots in a medium-sized bowl. (Do not drain liquid.)

2. Add in chopped scallions, salt, pepper, thyme, and berbere, and mix. Add more seasoning to taste.

3. Mix in egg, then add in flour gradually while stirring, adjusting amount of flour used depending on the size of the vegetables. Add a splash of water if the mixture is dry. Consistency should be a very thick batter.

4. Heat pan on high, and add coconut oil so that it is about 1 cm deep.

5. Spoon in batter the size of a round orange slice, and flip throughout frying process.

6. Once both sides become brown and crispy, place them on a paper towel to release excess oil.

7. Serve with hummus, sour cream, or aioli sauce.

PINEAPPLE TART
RUGELACH

DESSERTS

HALVAH ICE CREAM
WITH POMEGRANATE
DRIZZLE

“Eating is the best of prayers.”

—Avrunin

LAUREN MONACO

Favorite Jewish food:
Matzoh ball soup. It's the ultimate comfort food, and it just makes me feel cozy. Andrew, my fiancé, will often be the one to make it, and he always puts in seltzer water so the matzoh balls end up being really light and fluffy!

Least Jewish food:
I was going to say gefilte fish, but after loving it from a place called the Gefilteria, my new least favorite food might have to be chopped liver. There is a slight aftertaste that I can't really get behind.

Reaction to conversion in your family:
It was uncomfortable at first, but it has since opened up a lot of room for dialogue, and over time my parents became more supportive. They have come with me a few times to the Anshe Emet, and they were there for my first aliyah!

Experiences as a Jew of color:
One time when I was visiting a synagogue in St. Louis with some friends, a woman came up to greet us and pointed out that everyone looked Jewish except for me. I don't think she intended to be offensive, but I thought that was a strange comment.

A Singaporean family traditional dish:
Hainanese Chicken Rice! It's actually the national dish of Singapore. It's made by poaching a whole chicken in a broth with ginger, scallions and pandan leaves. You make the rice using the same poaching broth, which makes it very flavorful. It's served with sliced cucumbers and a bowl of chicken broth on the side. There are also three sauces to dip the chicken rice in: a ginger garlic sauce, a sweet soy sauce, and a bright red chili sauce with lime juice. I try to get all three sauces in one bite.

Painting by Lauren

An ingredient that describes your personality:
Sesame seeds. I think they are an ingredient that can sometimes get overlooked, but they are prevalent in many different cultures. There are a lot of Asian dishes that use sesame seeds and sesame oil, and it's also the key ingredient in halvah and tahini.

Favorite Chicago restaurant:
It's a tie between Floriole and Spacca Napoli. I love the pastries and bread at Floriole. I try to get something new each time, but my favorite is the Passion Fruit Tart. Spacca Napoli has amazing wood-fired, Neapolitan-style pizza. The crust is perfectly puffy and crispy. I am getting hungry thinking about it!

PINEAPPLE TART RUGELACH

"This cookie is the marriage of a Jewish pastry and a Lunar New Year pineapple tart"
—Lauren

INGREDIENTS—JAM
2 whole pineapples
1 star anise or clove
1 cinnamon stick
2 to 3 pandan leaves, knotted
1 ½ to 2 cups sugar

INGREDIENTS—DOUGH
2 sticks unsalted butter, softened
8 oz. cream cheese, softened
1/4 cup sugar
2 large egg yolks
1 ½ tsp vanilla extract
1 tsp almond extract
½ tsp kosher salt
2 cups all-purpose flour

INGREDIENTS—TOPPING
1 large egg
a splash of cream
sesame seeds
white sugar

1. For the jam, chop pineapple and puree in a blender until smooth. In a large saucepan on medium-high, combine pineapple puree, star anise, cinnamon stick, and knotted pandan leaves. Cook on high heat until almost dry, about 25 minutes. Add sugar and stir until dissolved. Lower heat and continue to cook, stirring occasionally, until jam is thick and caramelized, about another 40 minutes.

2. Let jam cool and store in airtight container. (Can be made a few days ahead.)

3. For the dough, beat together butter and cream cheese until smooth. Add sugar and mix until just combined. Add egg yolks, one at a time. Beat in vanilla, almond extract, and salt. Gradually add flour and stir. Dough will be sticky.

4. Divide dough into two parts and wrap in plastic wrap. Refrigerate for 4 hours or overnight.

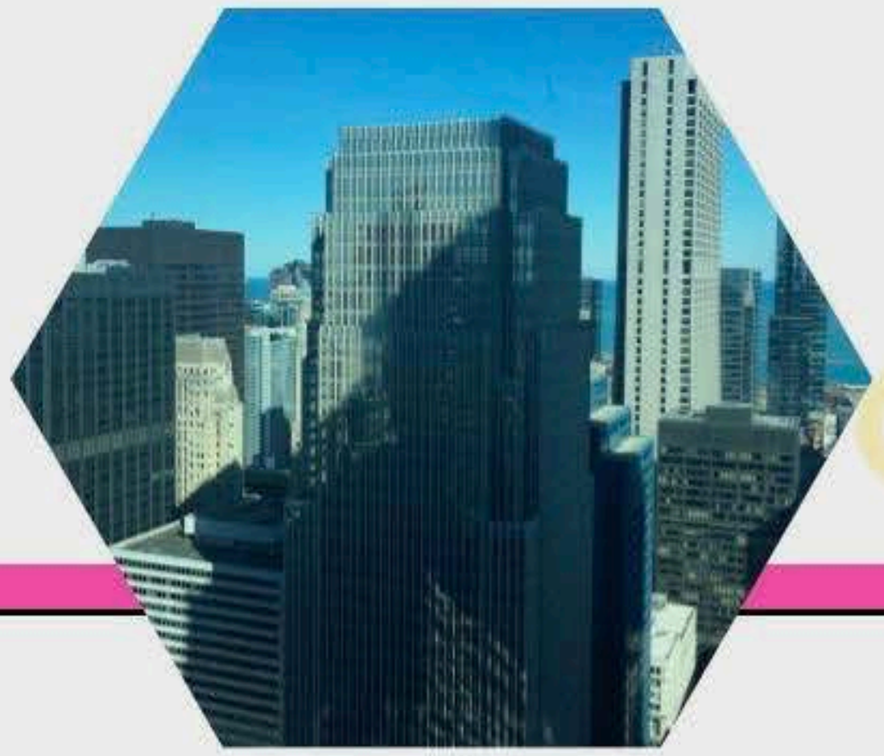
5. Preheat oven to 350°F. Line two large baking sheets with parchment paper. Divide one portion of dough in half. Roll one half of dough on a floured surface into a circle that is 1/8 inch thick and about 8 inches diameter. (Work quickly or dough will get too sticky!)

6. Spread 2 to 3 tbsp of jam evenly over top of dough, leaving a ¼-inch uncovered border around the edge. Cut dough into 8 wedges. Starting from the outer, wider edge, roll wedge in on itself until you reach the center. Place on prepared baking sheets ½ inch apart. Repeat process with remaining dough and filling. Refrigerate cookies for about 30 minutes before baking.

7. Whisk together egg and cream. Brush tops of cookies with egg wash, and sprinkle with sesame seeds and sugar. Bake for about 25 minutes, until golden brown.

8. Transfer cookies to wire rack to cool. Store in an airtight container.

CHICAGO



This is a city where all of the women in this booklet possess connection. Why not celebrate it with a recipe?

From Jeni's in Wicker Park to Bobtail's in Lakeview, Scooters in Lincoln Park to Margie's in Bucktown—ice cream flavors Chicago. The skyline is a sprinkled scoop of classic Chocolate Chip; Lake Michigan is a dripping cone of Blue Moon. And another flavor, marking a Jewish pride as persistent as loyalty to the Cubs, is added to this list: Halvah Ice Cream.

No churn!

HALVAH ICE CREAM

The Israeli flavors of pistachio halvah and juicy pomegranate combined with a creamy dessert, echoing memories from Chicago summers.

INGREDIENTS—ICE CREAM

2 cups heavy cream
1 ½ tsp vanilla extract
1 can (14 oz.) sweetened condensed milk
1/3 cup tahini
honey, to taste
1/3 cup roasted pistachios

INGREDIENTS—TOPPING

1 cup pomegranate juice
½ cup honey
roasted pistachios, unsalted

1. Pour cold heavy cream and vanilla into a large bowl, and beat with an electric mixer on high-speed until stiff peaks form, no longer liquid. (Do not over-beat, or else butter will form!)

2. Fold condensed milk into whipped cream with a spatula, followed by the tahini. Add more tahini or honey to taste. (Tahini flavor in ice cream usually diminishes once frozen.) Mix in chopped pistachios.

3. Transfer the creamy mixture into a dish, cover, and freeze until hardened, about 3 hours.

4. For the drizzle topping, boil the pomegranate juice in a pot over high heat, stirring occasionally to prevent burning. Reduce the juice until it become viscous.
5. Quickly pour the pomegranate reduction into a bowl and pour in honey, stirring constantly. (The reduction and honey must be mixed immediately, or else reduction will solidify due to high sugar content.) Cool and refrigerate.

6. To serve, scoop ice, drizzle with pomegranate honey and sprinkle with chopped pistachios.

AFTERWORD

I am a high schooler, teammate, and a lover of almost anything involving broccoli. I am also Jewish and Japanese. Attending a Jewish middle school and a Japanese Saturday school, I often felt torn between my dual identity: Jewish or Japanese? I remember jokingly being called "Arana" and "Sushi" by a classmate at my Jewish school. On the flipside, I recall a Japanese friend asking what religious cult I was a part of. Some of my high school peers are surprised when they find out I am Jewish: "You don't look Jewish." Despite being part of two loving communities, at such moments, I feel like the yellow and white-spotted "sheep" wearing a Star of David on my fur—peculiar and misunderstood. Nevertheless, Judaism is my home, filled with age-old tradition, comforting food, and bronzed menorahs adorned with holiday wax.

Yet I ask myself, can a home with a mezuzah on its door and kugel wafting cinnamon steam also house ukiyo-e (woodblock printed) demons and pungent, soy sauce-charred fish? In this house's dining room, beneath the Shabbos placemat, below the modestly stockinged legs of a Jewish woman, under the ancient floorboards squeaking Rabbinic debate, a basement slowly floods. A broken pipe of ignorance, not malice, leaks racism into the house's foundation, a sediment sludgy and subtle, overlooked and ignored.

Although one out of five American Jewish people are of color, such Jewish identities are superimposed by the equal sign that lies between "Jew" and "white skin, black hair." Jewish Community Relations director and Jew of color Ilana Kaufman points out that the most recent Pew Research census on Jews in 2013 offers no discussion about non-white Jews. "How can it be that we have come to accept as standard the absence of 20% of our community?"

Potential to mend the broken pipe lies in the core values of Judaism: kavod (respect), rachamim (compassion), and kehilah (community). Congregations, rabbis, youth leaders, and Jewish community members have shown increasing support for social justice causes, specifically in fostering welcoming environments for Jews with various backgrounds. Yet, progressive congregations cannot do this work alone. All Jewish communities must acknowledge the intersectionality of one's Jewish and ethnic culture so we, as a community, may gain the strength to challenge the idea that "Jew" is synonymous for "Ashkenazi," both in and outside of the Jewish community.

This booklet cannot solve these problems, but aims to raise awareness of the complexities of Jewish identity through a hands-on (and aprons-on) immersion into the various cultures that intertwine with the threads Judaism. Food is a means of communication through tongue that no language can achieve: rich, harmonic, ever-changing.

Perhaps the first step we can take is adding to the menu of Jewish tradition, mingling it with the multi-faceted identities of our Jewish community, fostering understanding by taking a bite into this challenge together.

LAST TIDBITS

I had so much fun making these recipes, taking photos of the food, speaking with the women featured, and of course, tasting the final results, full of "tzevayim." I hope you test them out as well! The recipes are accredited to the people below. (I adapted some of these recipes and their instructions.)

Green Tea Coconut Macaroons by Alana Chandler (Alana's blog on Instagram: chow.by.chandler)

Scallion Pancake Challah by Molly Yeh (Molly's blog: mynameisyeh.com)

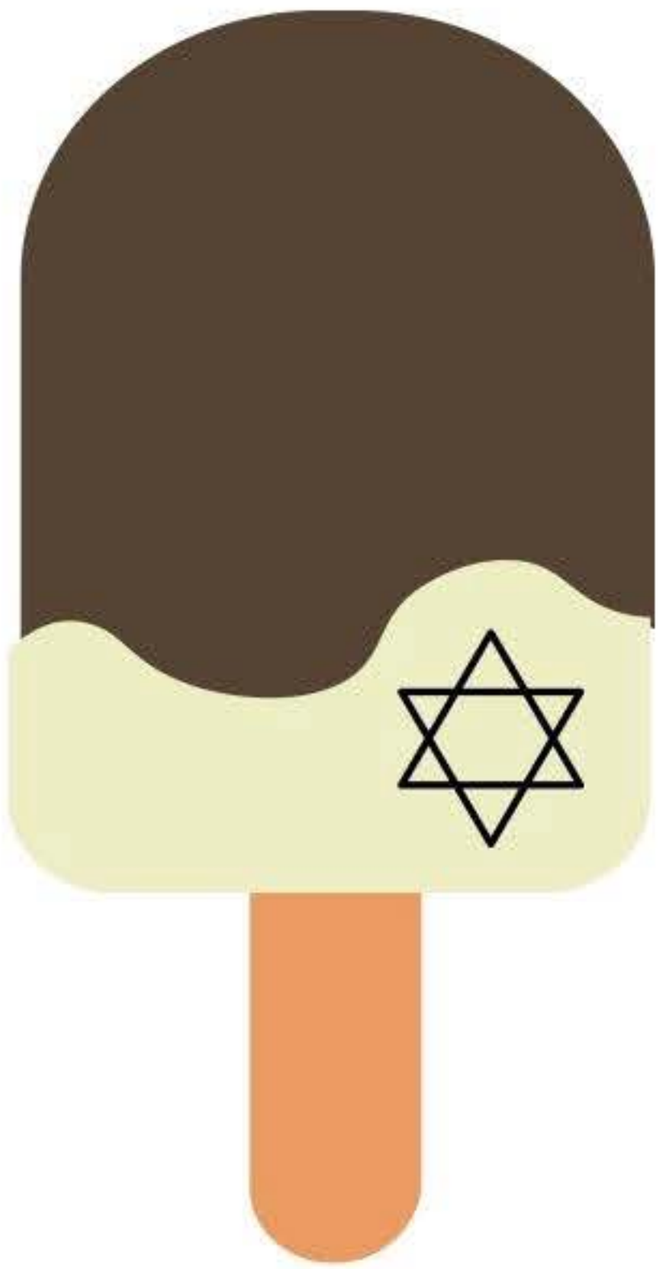
Chipotle Adobo Salmon by Tamar Fasja (Tamar's blog: ssugarpill.com)

Brisket Steam Buns by Janie Wolf, Brisket by Alana, Buns by Sea Salt with Food (seasaltwithfood.com)

Berbere Beet and Carrot Latkes by Sahai Redleaf

Pineapple Tart Rugelach by Lauren Monaco (Lauren's blog: mintystable.com)

Halvah Ice Cream with Pomegranate Drizzle by Alana



Please email me at alanasatsuki@gmail.com for any recipe tips, questions, or concerns.

Websites Referenced:
alizahausman.com
bechollashon.org
elitalks.org
jocsm.org
jewishmultiracialnetwork.org
manishtana.net
popchassid.com
tjctv.com

June 2017, Chicago

Oy,
take a
peek!