

SUGGESTED MENU ITEMS FOR B'NAI ISRAEL SISTERHOOD SUKKOT LUNCHEON
October, 2017
September 15, 2017

Most Jewish food specialists contend that there are no prescribed foods for Sukkot. However, there is a powerful tradition that meals at Sukkot take advantage of the bounty of the harvest season. This is true regardless of the culinary tradition of the meal planned: Ashkenazi, Sephardic, Mizrahi, Persian, etc.

As a result, Sukkot foods emphasize fresh vegetables and fruits, salads, baked goods, and stuffed vegetables featuring rice and/or grains (or meat, if the meal leans in that direction). For vegetarian meals, an array of cheeses is entirely appropriate, or dishes made with cheese. Desserts emphasize fruits, especially citrus (particularly lemon, lime, and orange), as an homage to the lulav and etrog.

Whatever culinary route is taken, the emphasis must be on freshness, robust flavors, and color. Since meals are taken in the Sukkah, less importance is given to hot dishes than those which can be served at room temperature or even cool.

The following vegetarian (but not always vegan) suggestions are arranged in several categories: chilled soups; less familiar (but delicious) vegetable dishes, salads, pastas; desserts; and drinks. Virtually all of the dishes can be served at room temperature or cool/chilled, including those otherwise often presented warm or hot.

Chilled Soups:

- Spiced apple carrot
- Dairy borscht
- Silky golden gazpacho (from the Levant)
- Chilled roasted red pepper soup
- Zucchini, walnut, and dill soup
- Green pea and asparagus soup, with feta, mint, and pita croutons

Salads

- Lentil and bulgur salad
- Mediterranean tabouli salad
- Pearled barley, pomegranate, apple, and pine nut salad
- Cauliflower, corn, and cucumber salad
- Pear, date, pomegranate and goat cheese salad with pomegranate vinaigrette
- Mujaderra (could also be side dish)

Vegetable and side dishes (including stuffed vegetables)

- Greek roasted eggplants
- Sephardic jeweled rice
- Honey Sriracha roasted carrots
- Yellow peppers stuffed with Israeli couscous and pesto
- Couscous with chickpeas, spinach, and mint
- Lemon pasta (bow ties) with roasted tomatoes, chickpeas, and feta
- Roasted butternut squash and crispy kale

Breads

- Challah
- Pita
- Naan
- Yemeni malawah bread

Desserts

- Mohn (poppy seed) cake
- Apple/honey cakes
- Strudel (in keeping with “stuffed” theme)
- Apple plum pear crisp with prunes and walnuts