



**Cooking Elective: July 6-10**  
**2nd- 5th graders**  
**How to Cook a Shabbat Meal**

Day 1 (July 6): Challah Dough

Materials Needed:

- 6 cups flour
- ½ cup sugar
- 2 teaspoons salt
- 4 ½ teaspoons yeast
- ½ cup oil
- 1 cup warm water
- 4 eggs + 1 for egg wash
- Large bowl
- Wooden spoon
- Small bowl
- Spoon
- Measuring cups and spoons

Day 2 (July 7): Braid Challah

Materials Needed:

- Any fillings/ toppings you want
- Cinnamon filling:
  - 1/4 cup canola oil
  - 3/4 cup brown sugar
  - 1 1/2 teaspoons cinnamon
  - 1 dash salt
- Chocolate chips
- Poppy seeds/ sesame seeds
- Baking sheets
- Parchment paper
- Egg wash brush (if have)
- Dish towels (or something like it to cover challah to rise)

Day 3 (July 8): Apple Turnovers and Coffee Cake

Materials Needed:

- 2 cups small diced apples
- 1 tablespoon brown sugar

- ½ teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 package frozen puff pastry
- 1 egg
- 1 ½ cups flour
- 1 ½ teaspoons baking powder
- 6 tablespoons white sugar
- ½ teaspoon salt
- ⅓ cup + 2 tablespoons margarine
- ½ cup milk (to keep parve replace with 1T oil, 1T sugar, and water to make ½ cup)
- 1 egg
- ½ teaspoon vanilla
- ½ cup brown sugar
- 2 tablespoons flour
- ½ teaspoon cinnamon
- Measuring cups and spoons
- Pastry blender or fork
- Baking sheets
- 9 inch square pan
- Parchment paper
- Large bowls
- Small bowl
- Wooden spoon
- Cutting board
- Knife
- Slotted Spoon
- Fork
- Small bowl of water
- Small bowl with whisked egg
- Egg wash brush (if have)

#### Day 4 (July 9): Chicken Schnitzel and Israeli Salad

##### Materials Needed:

- 1 lb cucumbers
- 1 lb fresh ripe tomatoes
- ⅓ cup minced onion
- ½ cup minced fresh parsley
- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice
- Salt to taste
- 1 tablespoon olive oil
- 6 chicken breasts
- 1 pinch salt and ground pepper
- ¾ cup flour
- 2 eggs
- 2 cups bread crumbs
- Cutting board

- Knife
- Measuring cups and spoons
- Bowl
- Baking sheet
- Aluminum foil
- Tongs
- 3 Plates
- 1 small bowl

#### Day 5 (July 10): Matzah Ball Soup and Potatoes

##### Materials Needed:

- 4 eggs
- ¼ cup oil
- ¼ cup water
- 1 cup matzah meal
- 2 teaspoons salt
- Soup consomme
- water
- Any vegetables you want to put in the soup
  - Carrots
  - Celery
  - Parsnips
  - Onion
- 1 ½ pounds small potatoes
- 2 tablespoons olive oil
- 1 teaspoon dried rosemary leaves
- ½ teaspoon salt
- ½ teaspoon pepper
- Measuring cups and spoons
- Medium bowl
- Spoon
- Pot (with lid preferably)
- Slotted spoon
- Cutting board
- Knife
- Baking sheet