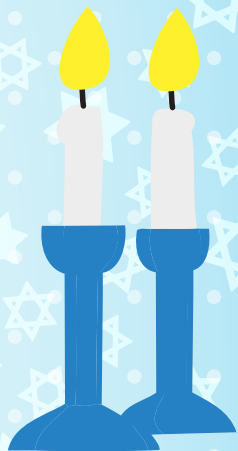


PJ LIBRARY *Shabbat* Guide FOR FAMILIES



Shabbat is the seventh day of the Jewish week and a day of rest in Judaism. In traditional homes, *Shabbat* is observed from a few minutes before sunset on Friday evening until a few minutes after the appearance of three stars in the sky on Saturday night. The exact times differ from week to week and from place to place, depending on the time of sunset at each location. On *Shabbat*, Jews recall the biblical creation account in Genesis, describing G-d creating the heavens and the earth in six days and resting on the seventh. It also recalls the giving of the *Torah* at Mount Sinai, when G-d commanded the Israelite nation to observe the seventh day and keep it holy.

Shabbat is considered a festive day, when we are freed from the regular labors of everyday life, can contemplate the spiritual aspects of life, and can spend time with family. There are so many ways to make *Shabbat* special for your family and we hope the resources below will inspire you!



There is a traditional order to the *Shabbat* ritual that can be adapted to help make *Shabbat* a special experience for your family.

BLESSING OVER CANDLES

BLESSING OVER CHILDREN

BLESSING OVER WINE

BLESSING OVER WASHING HANDS

BLESSING OVER CHALLAH

SINGING SHABBAT SONGS

BLESSING OVER CANDLES

The lighting of *Shabbat* candles has many meanings. One of the most beautiful is the weekly opportunity to bring light into the world. One custom, after lighting candles, is to circle your hands over the candles three times to welcome the Sabbath Queen and then cover your eyes before saying the blessing:



*Baruch atah, Adonai Eloheinu, Melech haolam, asher
kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.*

Blessed are you, *Adonai*, Ruler of the Universe, who hallows us with His commandments and commanded us to kindle the light of *Shabbat*.

BLESSING OVER CHILDREN

Shabbat offers a great opportunity to bless the members of our family. One of the blessings the liturgy offers is for the parents to bless their children. Take a moment to connect with your children by placing your hands on the child's head and saying the blessing below. Feel free to add a personal blessing here or whisper to the children something special:

*Y'simeich Elohim k'Sarah, k'Rivkah, k'Rachel, v'Leah.
Y'simcha Elohim k'Efrayim v'chi-Menasheh.
Y'varechecha Adonai v'yish'm'recha.
Ya-er Adonai panav eilecha vichuneka.
Yisa Adonai panav eilecha
v'yaseim l'cha shalom.*

May G-d make you like Sarah, Rebecca, Rachel and Leah. May G-d make you like Ephraim and Menasheh. May G-d bless you and keep you. May G-d's light shine upon you, and may G-d be gracious to you. May you feel G-d's Presence within you always and may you find peace.

BLESSING OVER WINE

We say a blessing over the wine (or grape juice) because it is a symbol of joy just as the Sabbath is a day of joy.

Baruch atah, Adonai Eloheinu, Melech haolam, boray p'ri hagafen.

Blessed are you, *Adonai*, Ruler of the Universe, who creates the fruit of the vine.



BLESSING OVER WASHING HANDS

Before blessing and eating the *challah*, it is traditional to perform *Netillat Yadayim*, ritual hand-washing. It's a simple step that slows us down just a bit before we dig in, and it reminds us that the meal we're about to have is special. Many have the custom not to speak between hand-washing and eating bread, and on *Shabbat*, those few moments of silence can be magical, filled with anticipation and togetherness.

Pour clean water over your hands (3 splashes on each) from a pitcher or glass and then dry your hands and recite the blessing:

Baruch atah, Adonai Eloheinu, Melech haolam, asher kidshanu b'mitzvotav vitzivanu al n'tilat yadayim.

Blessed are you, *Adonai*, Ruler of the Universe, who has sanctified us with Your commandments, and commanded us concerning the washing of the hands.

BLESSING OVER CHALLAH

Traditionally, a *challah* cover is placed over the *challah* when the table is set and removed when blessing the *challah*. Many use two *challot* to symbolize the double portion of *manna* the Children of Israel were given on Friday when wandering in the desert. This blessing connects us to the source of our food.

Baruch atah, Adonai Eloheinu, Melech haolam, hamotzi lechem min ha'aretz.

Blessed are you, *Adonai*, Ruler of the Universe, who brings forth bread from the earth.



SINGING SHABBAT SONGS

שבת שלום

We sing Shabbat, We sing Shalom

We sing Shabbat, we sing Shalom
Shabbat Shalom, Shabbat Shalom

L'hadlik ner shel Shabbat, we bless the Sabbath lights (2)

We sing Shabbat, we sing Shalom
Shabbat Shalom, Shabbat Shalom

Borei p'ri hagafen, we bless the Sabbath wine (2)

We sing Shabbat, we sing Shalom
Shabbat Shalom, Shabbat Shalom

Hamotizi lechem min ha-aretz, we bless the Sabbath bread (2)

We sing Shabbat, we sing Shalom
Shabbat Shalom, Shabbat Shalom

I've Got that Shabbat Feeling

I've got that Shabbat feeling up in my head (3 times)

I've got that Shabbat feeling up in my head, and it's up in my head to stay.

Repeat with different parts of body (deep in my heart, right in my hands, down in my feet etc.), pointing to each place throughout the song.

Shabbat Shalom

Shabbat Shalom umevorach (repeat)

Heiveinu Shalom

Heiveinu Shalom aleichem (repeat)

Put a Chicken in the Pot - To the tune of "London Bridges is Falling Down"

Put a chicken in the pot. Stir it up, nice and hot.

Get it ready for Shabbat. For Shabbat.

Add other ingredients as children dictate (carrot, onion, some salt... use stirring motions for "stir it up.")

Bim Bam

Bim Bam Bim bim bim bam Bim bim bim bim bim bam

Shabbat Shalom (2) Shabbat (4) Shalom

(kids can place one fist over the other when singing the words "bim bam")

Chiribim

Chiri-bim, Chiri-bam Chiri- bim bam bim bam bim bam Ay chiri chiri chiri
bim bam bam Ay chiri biri biri bam

Hiney Mah Tov

Hiney mah tov umah naeem Shevet achim gam yachad

Rise & Shine

A Challah-Day Tale Challah Recipe

Bread Machine Challah

From Rise & Shine A Challah-Day Tale



Ingredients

½ cup oil
¾ cup water
2 eggs save a tablespoon for glaze
1 tsp salt
¼ cup flour
1 package quick rise yeast



Directions

Place ingredients in bread machine in the order listed. Set to “dough”.

When ready remove from machine. *Oil hands and knead a bit. Divide in two, and divide each half into three (or more) sections to braid. Place on cookie sheet. Cover lightly with plastic wrap and let rise until doubled. Mix saved egg with 1 Tbsp water and brush on top. Add seeds if desired. Bake at 350 degrees for 20-25 minutes until brown.

Challah by hand

Mix the yeast, water, and sugar in a bowl and let bubble. Add rest of ingredients and knead until smooth. Place in oiled bowl, cover, and let rise until doubled in size (about 1 hours). Punch down and proceed from * above.



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Challah French Toast Skewers

A Colorful Way To Eat French Toast!



Ingredients (serves 4-6)

1 cup of milk
3 eggs
¼ tsp salt
2 tbsp honey
4 tbsp butter
Vanilla 2 tsp
Cinnamon 1 tsp
leftover challah bread

Directions

Take some leftover challah and slice into medium squares.

In a mixing bowl combine eggs, honey, salt, vanilla, and cinnamon to a mixing bowl and whisk. Add milk and whisk until combined. Soak squares of bread in mixing bowl for 15-30 seconds until fully coated. Remove from bowl and set aside.

Heat a skillet to medium heat and add butter.

Place bread in skillet and cook until golden brown, then flip and cook other side.

Add any toppings you'd like! We used fresh strawberries and blueberries, powdered sugar, and maple syrup.

Enjoy!



Aqua-Fabulous Challah

or Vegan Challah

Do you need to do your baking without eggs? Have a guest with dairy allergies? This recipe from PJ Library Engagement Officer, Lori Stiefel, is a snap to prepare, approved by kids of all ages, and is a vegan, allergen-friendly alternative to a traditional challah recipe. Aquafaba, or the water that canned chickpeas are soaked in, is a nutrient-dense, easy way to replace eggs in almost any recipe.

Ingredients

4 ½ teaspoons instant yeast
1½ cup warm water
1 cup sugar
¾ cup oil
3 teaspoons salt
4.5 liquid oz or 9 tbsp aquafaba
9 cups bread flour
Spray oil and toppings (sesame seeds, zaatar, kosher salt, whatever you'd like)

Directions

Preheat oven to 350 degrees.

In the mixing bowl of a stand mixer, add yeast, ½ cup warm water, sugar, oil, salt and aquafaba, and whisk for 1-2 minutes until lightly frothy.

Switch to the dough hook then slowly add in most of the flour, reserving ½ cup.

Slowly add in 1 cup warm water and the rest of the flour. Reserve ½ cup for later.

Knead dough for 4-5 minutes until it's not sticky.

Place the dough in a greased bowl and cover with a clean towel.

Let it rise for 90 minutes in a warm place or until doubled.

Divide the dough into three parts. *Tip: use a kitchen scale to make sure these are even.

Let the dough rise for 30 minutes, then brush with a bit of spray coconut oil or regular oil and sprinkle on your toppings.

Bake for 40 minutes.

Let your bread cool for 30 minutes. If you're not eating your challah right away, put it in an air-tight plastic bag or cover it with foil.



Sweet Challah With Streusel Topping

Total Time: 190 min

Bake Time: 35 min | Prep Time: 15 min

Servings: 60 rolls or 6 loaves



Ingredients

Dough

2 cups plus 1 teaspoon sugar
4 rounded teaspoons or 3 (1/4-ounce) packets active dry yeast
4 cups warm water
6 eggs
1 1/2 cups plus 2 teaspoons canola oil, divided
2 tablespoons salt
14 to 15 cups high-gluten flour

Topping

1 cup sugar
1 cup all-purpose flour
1/2 cup (1 stick) margarine, cut into pieces, or canola oil
1/2 teaspoon vanilla extract
1/2 teaspoon cinnamon (optional)



Directions

To prepare the dough: Place the lukewarm water in a large bowl. (Note: For the yeast to proof, the water must truly be lukewarm. Dip your finger in the water. If it's too hot for your fingers, it's too hot for the yeast as well. If it's cool, it won't work either. Lukewarm is just right.) Add the yeast and 1 teaspoon of the sugar, and stir to dissolve. Wait 5 to 10 minutes to allow the yeast to proof. It will appear foamy.

In a separate large bowl (or a large 6-quart mixer fitted with dough hook), mix remaining 2 cups sugar, eggs, 1 1/2 cups of the oil, and salt. Add proofed yeast and mix. Add flour, 4 cups at a time, mixing after each addition until fully incorporated. Knead dough until smooth and elastic, about 5 minutes by hand or mixer, adding additional flour if dough is too sticky.

Drizzle remaining 2 teaspoons oil in mixing bowl; roll dough in oil to coat. Cover with a towel and let rise until doubled, about 1 hour. While the dough is rising, prepare the topping.

To prepare the topping: Combine sugar, flour, margarine, vanilla, and cinnamon, if using, in a small bowl; mix with a fork until coarse crumbs form.

5. Grease six loaf or challah pans. Punch down the risen dough. Divide into six pieces; divide each piece into at least three, and roll into long ropes about 12 inches long. Braid and place in prepared pans. Cover and let rise in a warm place until doubled, about 1 hour.

6. Preheat oven to 350°F. Sprinkle reserved topping over loaves. Bake until loaves are golden brown and sound hollow when tapped, about 35 minutes. Cool for 10 minutes in the pan, and then remove the challahs to wire racks to cool.

Karen's Khallah

Ingredients

1 ½ teaspoons active dry yeast
1 cup warm water
1/2 cup sugar
5-5 ½ cups flour
4 large eggs
1/3 cup oil
salt – couple of dashes

Directions

In a large bowl, dissolve yeast and sugar in 1-cup warm water.

Throw in all the ingredients (flour, eggs, oil, salt) and mix.
When dough holds together, it is ready for kneading.

Turn dough onto a floured surface and knead until smooth.
(You can also use a mixer with a dough hook for both mixing and kneading.)

Clean out bowl and grease it, then return the dough to bowl.

Cover with plastic wrap and let rise in a warm place for 1-2 hours.

Braid into 1 large loaf or 2 smaller loaves.

Brush braids with egg/water mixture. Sprinkle seeds of your choice on top. You can get creative here!

Let rise 1-2 more hours or place in refrigerator overnight

To bake, preheat over 400 degrees. Bake challah at that temperature for 5 minutes.

Turn the oven down to 350 degrees

Bake for 20-25 more minutes.



Cookie Dough Covered Oreo Stuffed Pull-Apart Challah



This recipe is not for the weak or the dieting. It's disgustingly deliciously decadent. You will love it. Your kids will love it. That judgy mom down the street will hate it but secretly covet it. And, it will disappear before you know it.

Short on time? Buy frozen challah dough and save yourself the trouble of making homemade challah. No one will be the wiser.

Ingredients

One batch challah dough
Or store-bought cookie dough
Oreo cookies (around 12-14) plus extra for topping
1 egg, beaten lightly



Directions

Prepare your preferred challah dough and allow to rise per directions.

Cut challah into 2.5-3 oz pieces. Depending on the size of your challah dough, you may be able to make two pull-apart challahs. Grease a round 8-inch or 9-inch pan (or two pans, again, depending on size of your dough batch).

Roll each section into a ball and then flatten. Cover an Oreo in smallish amount of cookie dough. Place inside flattened ball of challah dough and pinch close. Repeat with remaining challah and place in greased pan.

Allow to rise another 20-30 minutes.

Preheat oven to 350 degrees.

Brush challah with egg wash and sprinkle with crushed Oreo cookies if desired.

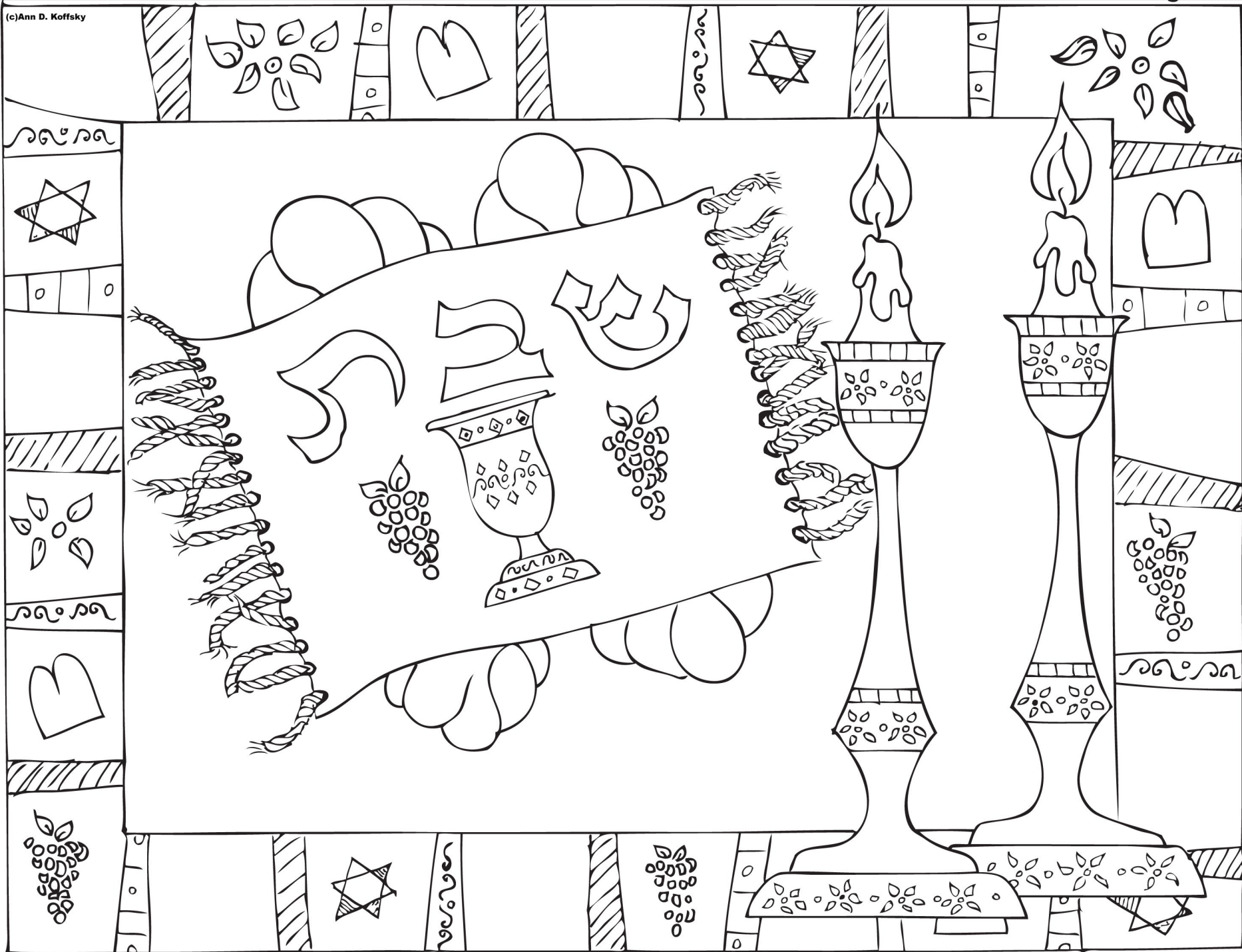
Bake for 20-25 minutes, until golden on top.

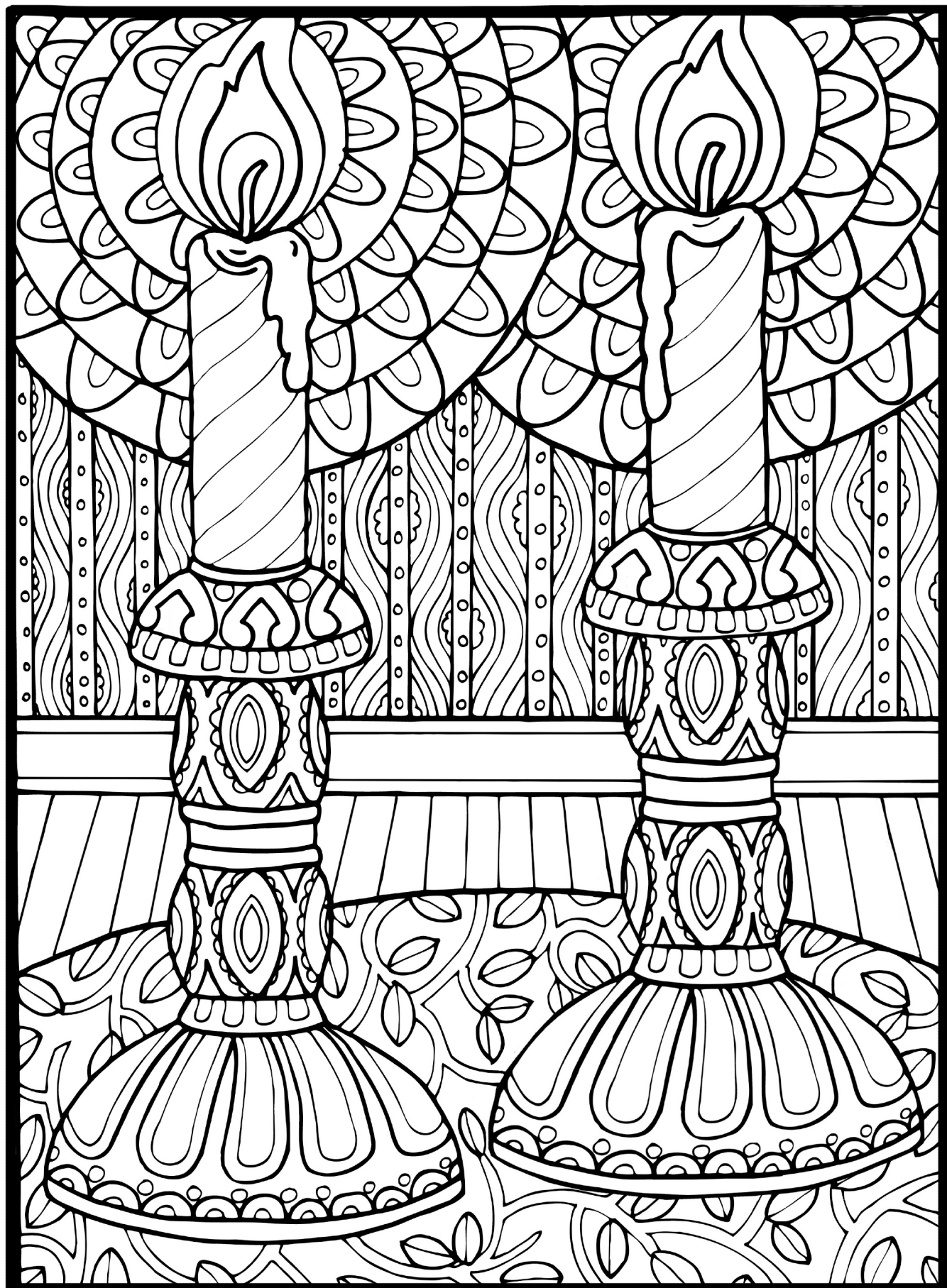
Indulge!











Shabbat

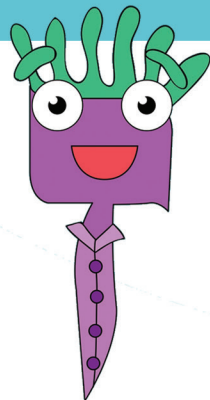


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SHABBAT
CANDLESTICKS
KIPPOT
WINE
PRAYERS
VOICES RISE
EAT AND DRINK
MEZUZAH
KIDDUSH
CHALLAH
SUNDOWN
FAMILY
HAMOTZI

LEARN HEBREW

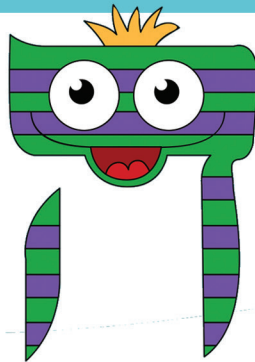
G-d's name is on the placemat,
please treat it with respect.



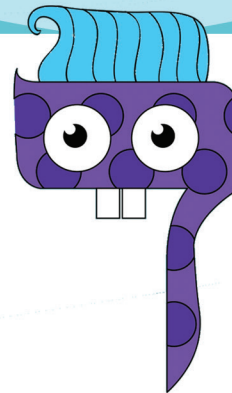
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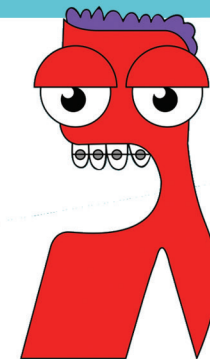
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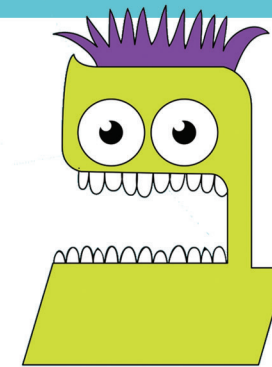
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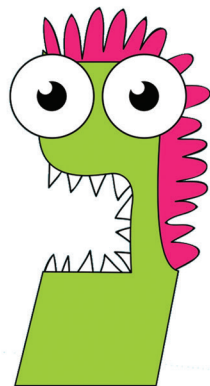
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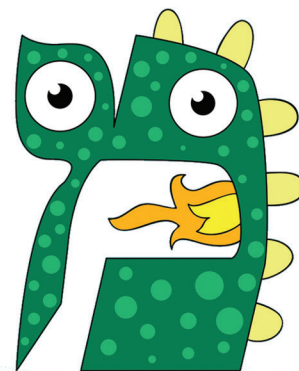
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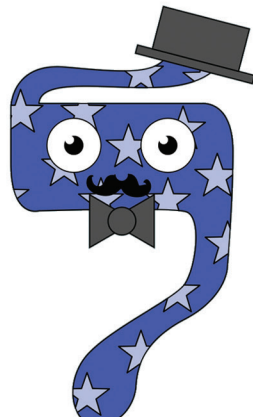
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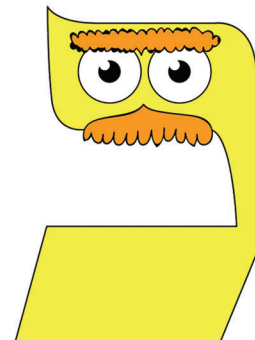
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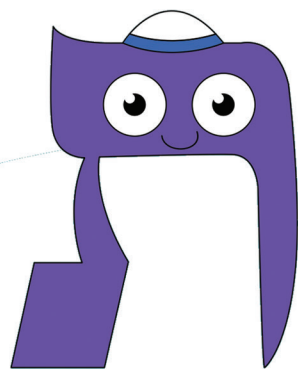
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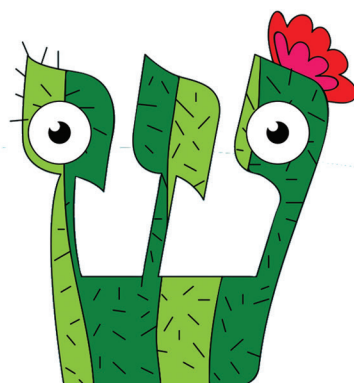
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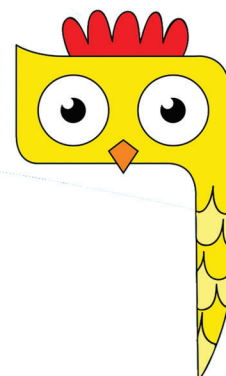
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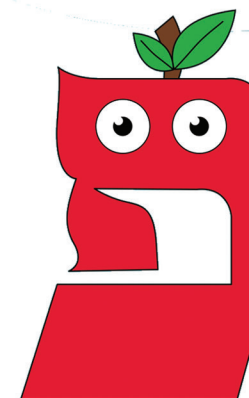
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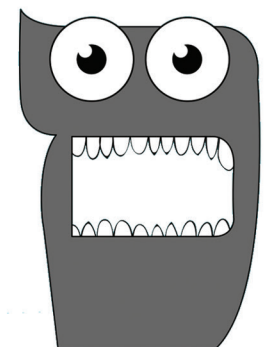
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