

TASTE & SEE



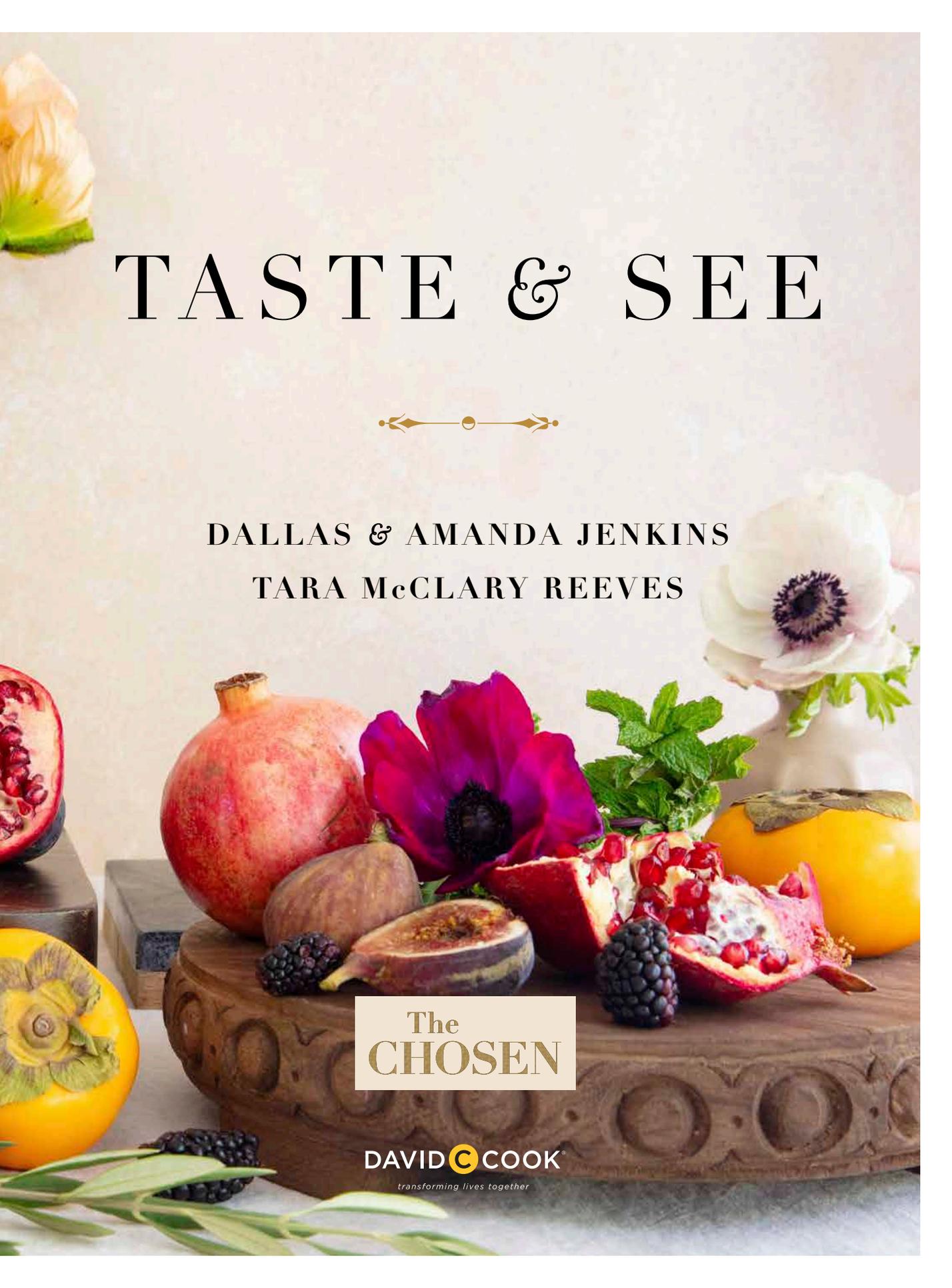
DALLAS & AMANDA JENKINS

TARA McCLARY REEVES

The
CHOSEN







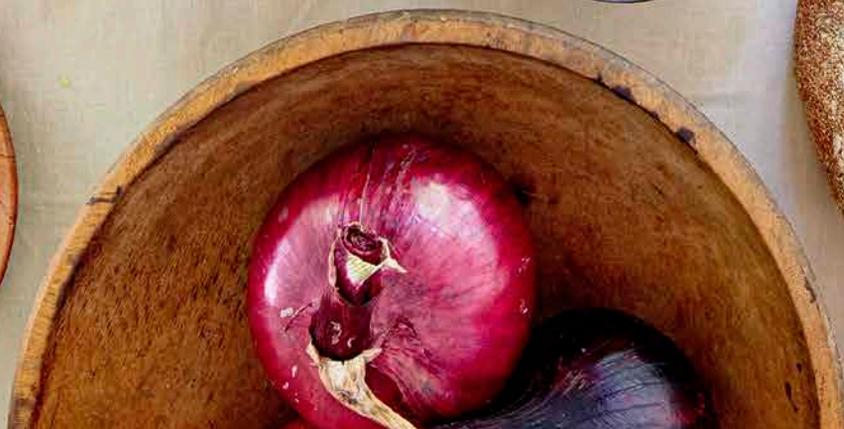
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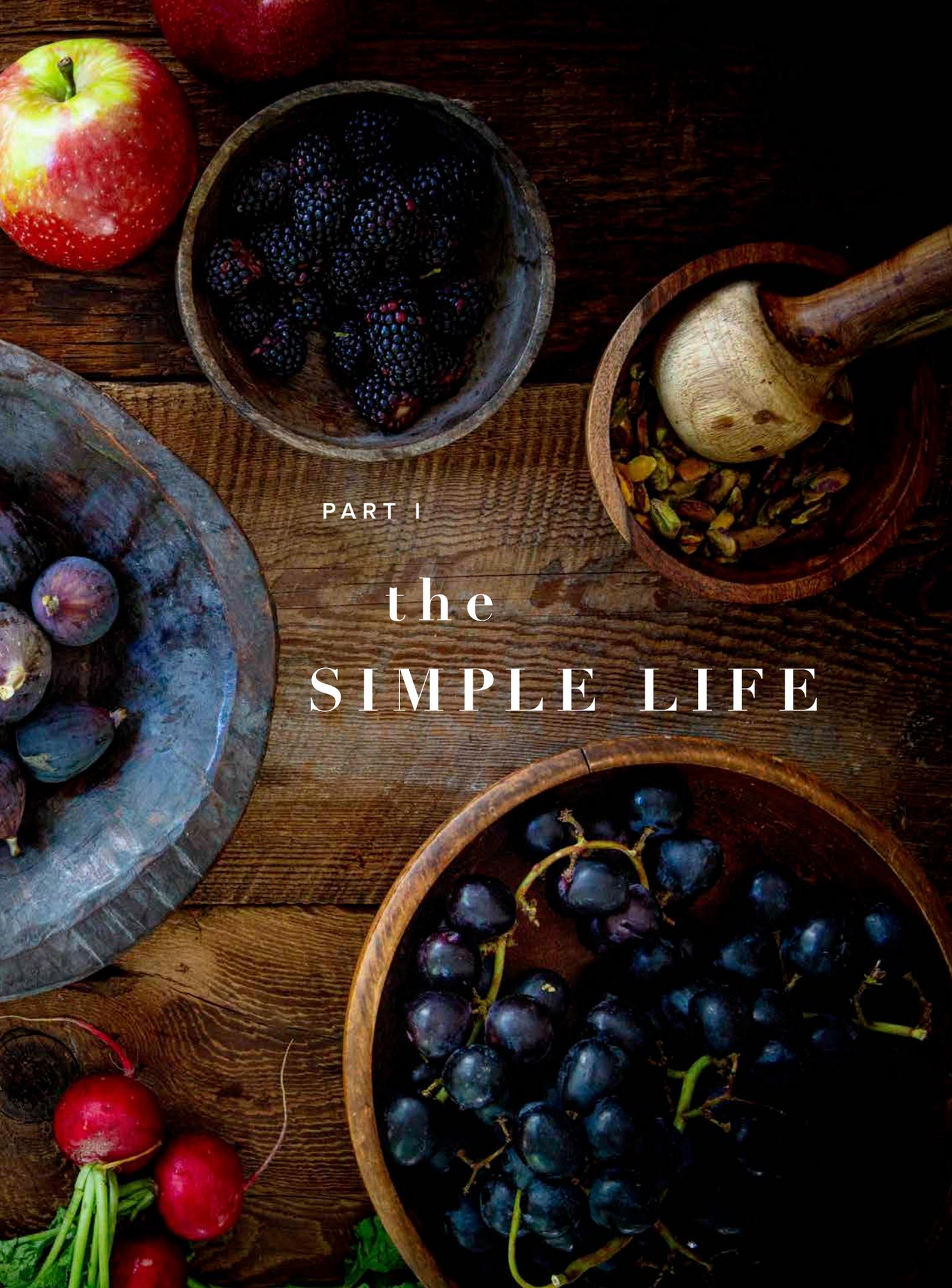
The
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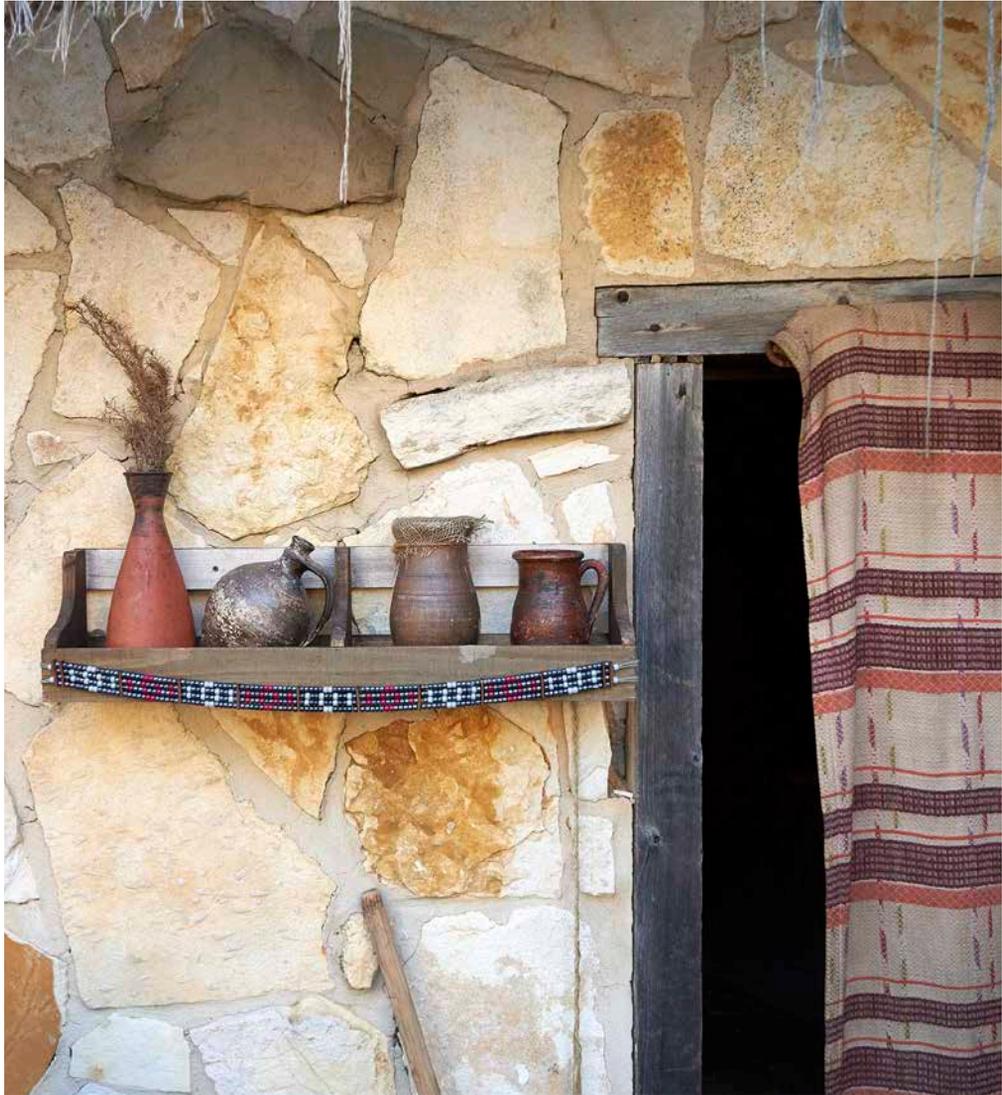




PART I

the
SIMPLE LIFE









KOSHER VS. NON-KOSHER



Kosher (כַּשְׁרִית, *kasher*) is a Hebrew word that literally means “fit,” “proper,” or “appropriate.” In Jewish tradition, when food is called *kosher*, it means that it meets the requirements of **kashrut**, the set of Jewish dietary laws laid out in the Torah (especially in Leviticus and Deuteronomy) and expanded upon in the Talmud and later rabbinic writings.

This guide provides a simple overview of what makes food kosher or non-kosher according to Jewish dietary law (*kashrut*). TABLE ONE

CATEGORY	KOSHER (Allowed)	NON-KOSHER (Forbidden)	BIBLICAL BASIS
Land Animals	Must chew cud AND have split hooves (cows, sheep, goats, deer)	Pigs, camels, rabbits, horses, etc.	Leviticus 11:2–3; Deuteronomy 14:6–8
Seafood	Fish with fins & scales (salmon, tuna, cod)	Shellfish (shrimp, lobster, crab), catfish, shark, eel	Leviticus 11:9–12; Deuteronomy 14:9–10
Birds	Non-predatory, traditionally accepted (chicken, turkey, duck, goose)	Birds of prey (eagles, hawks, owls, bats)	Leviticus 11:13–19; Deuteronomy 14:11–18
Insects	Certain winged insects with jointed legs (locusts, crickets, grasshoppers)	All other swarming or crawling insects	Leviticus 11:20–23, 41–44
Plants	All fruits, veggies, grains, nuts, seeds (after bug check)	None (except if contaminated with insects or non-kosher additives)	Leviticus 19:23–25*
Processed Foods	With kosher certification	Without certification	

*Disclaimer: Many kosher charts blend biblical commands with later Jewish traditions. The above chart gives a general overview, but is not exhaustive.



SPICY LENTIL AND VEGETABLE STEW

1. Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery; cook 6–7 minutes until softened. Stir in garlic and cook 1 more minute.
2. Add in the spices: Stir in cumin, coriander, turmeric, oregano, cinnamon, and crushed red pepper. Toast for about 1 minute until fragrant.
3. Add lentils, diced tomatoes, broth, honey (if using), bay leaf, salt, and black pepper. Bring to a boil, then reduce to a gentle simmer. Cook uncovered 30–35 minutes, stirring occasionally, until lentils are tender and stew thickens.
4. Remove the bay leaf and stir in lemon juice. Add salt to taste (if needed). Garnish with fresh cilantro.

NOTES

- ✦ This hearty lentil stew brings together the timeless ingredients of the biblical world with the rich, savory flavors we know and love today. While tomatoes weren't present in the biblical era, their addition here creates a flavorful, warming broth that pairs beautifully with the earthy lentils, vegetables, and fragrant spices common to the Middle East and Mediterranean.
- ✦ Lentils were a staple food in ancient times and mentioned throughout Scripture as a humble yet nourishing part of daily life.
- ✦ Packed with onion, celery, carrots, and warming seasonings, this stew is both simple and deeply satisfying. Serve it with warm flatbread or rice for a nourishing dish that's perfect for both weeknights and gatherings.

MAKES: 6 servings
PREP TIME: 10 minutes
COOK TIME: 45 minutes

2 tablespoons olive oil
1 large onion, diced
2 carrots, diced
2 celery stalks, diced
4 cloves garlic, minced
1½ cups dried lentils (green or brown), rinsed
1 can (28 ounces) diced tomatoes
6 cups vegetable broth
2 tablespoons honey (optional, for subtle sweetness)
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
1 teaspoon dried oregano
½ teaspoon ground cinnamon
1–2 teaspoons crushed red pepper flakes (adjust for heat)
1 bay leaf
1 teaspoon sea salt + more to taste
½ teaspoon black pepper
Juice of 1 lemon (to finish)
Cilantro for garnish

Nutrition Information Estimated Totals Per Serving | Calories: 295 kcal | Protein: 14 g | Fat: 5 g | Carbohydrates: 47 g | Fiber: 14 g







MARTHA'S DIVINE DESSERT

1. Preheat the oven to 350°F. Arrange for the baking rack to be in the center of your oven. Line a 9-inch cake pan or springform pan with parchment paper and generously grease the pan. Set aside.
2. Pit the peaches and thinly slice the peaches into half-moon shapes. Starting in the center of the pan, layer the peaches all over the bottom in a spiral, ensuring to completely cover the bottom of the pan.
3. In a large bowl or stand mixer, beat together the butter and sugars for a few minutes until light and fluffy. Add in the eggs and vanilla extract and continue to beat until smooth, pausing and using a rubber spatula to scrape down the sides.
4. In another bowl, stir together the flour, baking powder, and sea salt. Slowly add in ½ the dry mixture to the wet, and mix until well combined.
5. Now pour in the buttermilk, yogurt, and lemon zest. Continue mixing, then add in the remaining dry mixture. The batter is ready when it's smooth and no flour pockets remain.

(continued)

MAKES: 8 servings
PREP TIME: 25 minutes
COOK TIME: 30 minutes

3 ripe peaches
½ cup unsalted butter at room temperature
½ cup granulated sugar
½ cup dark brown sugar
2 large eggs at room temperature
1 teaspoon vanilla extract
¼ cups all-purpose flour
½ teaspoons baking powder
½ teaspoon sea salt
⅓ cup buttermilk
⅓ cup whole milk Greek yogurt
1 tablespoon lemon zest
½ cups fresh blackberries
¼ cup slivered almonds
2 tablespoons raw honey

Jesus: “Hospitality will always matter and I’m grateful for what you have done.”

Martha: “It’s what You deserve, and more.”

Jesus: “Your intention is well-meaning, but only one thing is truly necessary. The best way to serve Me is to pay close attention to My words.”

—JESUS AND THE DISCIPLES, SEASON 4, EPISODE 5

6. Pour the mixture on top of the peaches; batter will be thick! Smooth the top of the batter and transfer to the oven.
7. Bake for right around 30 minutes. The top should be lightly browned and firm to the touch. A toothpick inserted to the center should come out clean. Remove from the oven and let cool for about 30 minutes.
8. Run a knife around the edge of the pan to ensure the cake is not sticking to the sides. Place a cake stand or plate on top of the pan and flip over. Remove the parchment paper.
9. Top the peaches with blackberries, slivered almonds, and a drizzle of honey.

Nutrition Information Estimated Totals Per Serving | Calories: 430 kcal | Protein: 7.5 g | Fat: 18 g | Carbohydrates: 65 g | Fiber: 2.5 g

“I don’t want you distracted from being able to be present with Me and the friends that I have brought. I am inviting you to something better: to sit at My feet, listen carefully to My words, and devour them as a meal more nourishing than actual food.

**That said, I definitely don’t want to waste Martha’s amazing food.
So if you all got the lesson, let’s thank her and eat!”**

—JESUS, SEASON 4, EPISODE 5



TOOLS OF THE TRADE



In Jesus's day, common household items would've included clay or stone jars for carrying and storing grain, oil, and water, and trips to the well were a daily routine assigned primarily to women. But this chore was a morning or evening task to avoid the hot sun. Genesis 24:11 tells us it was an errand made after sunset "... [to] the well of water at the time of evening, the time when women go out to draw water."

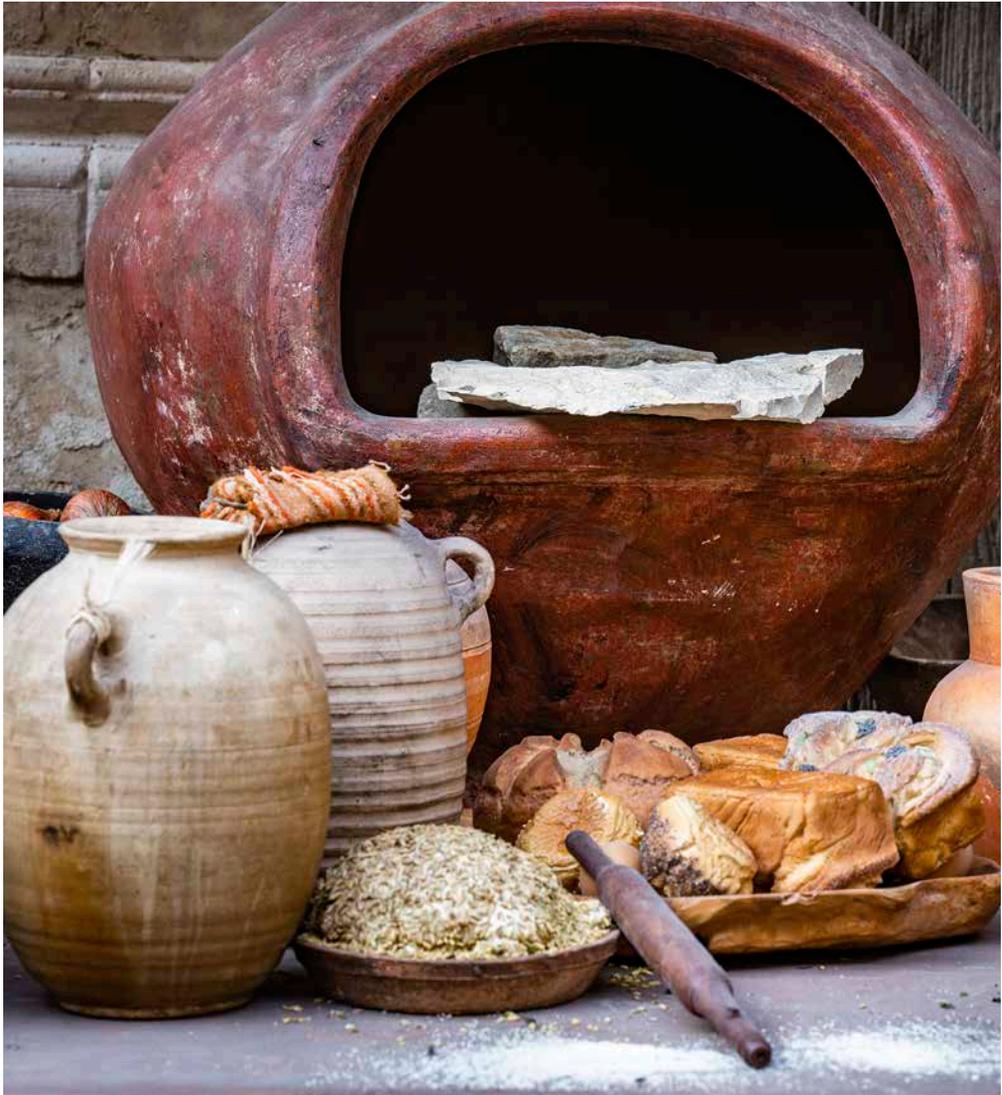
WEIGHTS AND MEASURES (TABLE TWO)

BIBLICAL UNIT	MODERN EQUIVALENT
Talent	75 pounds
Mina	1¼ pounds
Shekel	⅔ ounces or 11.5 grams
Cubit	18 inches
Handbreadth	3 inches
Ephah	22 liters
Omer	2 quarts











SIMPLE CHALLAH BRAIDED BREAD

1. In a large mixing bowl, activate the yeast by adding in warm water. Give it a little stir and let sit for 5 minutes. Now add the honey and oil. Beat 2 eggs in a separate dish on the side.
2. Gradually add the flour, 1 cup at a time, and the sea salt. After 2 cups of dough, stir in the beaten eggs. Continue adding in remaining flour, gently stirring until a soft dough forms.
3. Place the dough on a lightly floured surface and begin to knead for 6–8 minutes, or until the dough is smooth and elastic.
4. Lightly grease the large bowl with olive oil, and place the dough into the bowl. Cover with a kitchen towel and let it rise in a warm place for 60–90 minutes.
5. Punch down the dough and shape it into 3 equal ropes. Roll each rope out to a similar length and braid them together on a parchment-lined baking sheet. Pinch at the ends to seal the bread.
6. Cover the loaf with a kitchen towel and let it rise for another 45 minutes or until it puffs.
7. Preheat the oven to 375°F. Beat the final egg with a dash of water, and brush over the top of the braided bread.
8. Bake for 30–35 minutes or until the bread is golden brown and lightly hollow when tapped. If the bread becomes too browned while baking, cover with foil during the final 10–15 minutes of baking.
9. Let the challah loaf cool completely on a wire rack before slicing and serving.

MAKES: **12 servings**

PREP TIME: **25 minutes**

COOK TIME: **35 minutes**



4 cups all-purpose flour (plus extra for kneading)

1½ cups warm water

1 package instant yeast

3 eggs, divided

2 tablespoons honey

2 tablespoons olive oil

1½ teaspoons sea salt

←
Challah is pronounced HAH-luh, with the emphasis being placed on the first syllable.
←

Nutrition Information Estimated Totals Per Serving | Calories: 200 kcal | Protein: 5.5 g | Fat: 1.5 g | Carbohydrates: 41 g | Fiber: 1 g







CINNAMON PULL-APART BREAD

1. In a small bowl, combine the yeast with warm water and 1 tablespoon of sugar. This will activate the yeast to be used in the bread and creates a better result.
2. In a large mixing bowl (or stand mixer), whisk together flour, remaining sugar, and salt.
3. In a separate bowl, whisk warm milk, melted butter, eggs, and vanilla.
4. Add the activated yeast and half of the milk/egg mixture to the flour and begin to knead (by hand or by mixer). After a few minutes, add in the remaining milk/egg mixture. Knead until smooth and elastic.
5. Place dough in a greased bowl, cover, and let rise in a warm spot until doubled, about 1 hour.
6. Prepare the cinnamon sugar. In a small bowl, mix together sugar and cinnamon. Set aside melted butter for brushing.
7. Punch down dough and roll into a large rectangle (about 12 x 20 inches).
8. Brush with melted butter and sprinkle cinnamon sugar evenly over the surface.
9. Cut dough into 6 long strips. Stack the strips, then cut the stack into 6 even squares.
10. Assemble the loaf by greasing a 9 x 5 loaf pan. Stack dough squares upright in the pan (like filing cards).
11. Cover loosely and let rise until puffy, about 30–40 minutes.
12. Preheat the oven to 350°F.
13. Bake the bread for 30–35 minutes until golden brown on top. If it browns too quickly, tent with foil for the last 10 minutes.

MAKES: 12 servings

PREP TIME: 40 minutes

COOK TIME: 35 minutes



DOUGH

3 cups all-purpose flour (plus more for kneading)

½ teaspoon salt

¼ cup granulated sugar, divided

2¼ teaspoons (1 packet) instant yeast

¼ cup warm water (110°F)

⅓ cup (5 tablespoons) unsalted butter, melted

⅓ cup warm milk (110°F)

2 large eggs, room temperature

1 teaspoon vanilla extract

CINNAMON SUGAR FILLING

1 cup granulated sugar

1 tablespoon ground cinnamon

4 tablespoons unsalted butter, melted

Nutrition Information Estimated Totals Per Serving | Calories: 320 kcal | Protein: 5 g | Fat: 12 g | Carbohydrates: 47 g | Fiber: 1 g

NOTES

This cinnamon bread is a great staple for special occasions. It's an amazing addition to any holiday brunch or can be served as dessert. The honey butter is optional but really elevates the whole experience!

WHIPPED HONEY BUTTER

½ cup (1 stick) unsalted butter, softened to room temperature

3 tablespoons honey

¼ teaspoon cinnamon

Pinch of sea salt

1. Place softened butter in a mixing bowl. Using a hand mixer (or stand mixer with whisk attachment), beat on medium speed until light and fluffy, about 2 minutes. You can also use a food processor.
2. Add honey, cinnamon (if using), and pinch of salt. Whip again for 1–2 minutes until creamy, pale, and airy.
3. Transfer to a small serving bowl or ramekin. Spread generously on warm cinnamon pull-apart bread.







LEMON MINT SCONES

1. Preheat oven to 350°F and position the rack in the center. Lightly grease a large baking sheet and set aside.
2. Mix dry ingredients: In a large mixing bowl, whisk together the flour, baking powder, sugar, chopped mint, and lemon zest.
3. Add the butter pieces to the bowl. Using a pastry cutter, fork, or food processor, cut the butter into the flour mixture until it resembles coarse crumbs.
4. Pour in the buttermilk and stir until a thick dough forms. Gently knead a few times to incorporate any dry bits.
5. Fold in the raisins until evenly distributed. The dough should be soft and smooth with no dry pockets.
6. On a lightly floured surface or parchment paper, roll dough to about 1-inch thickness. For round scones, use a biscuit cutter to cut circles. For wedge scones, shape dough into a large circle, then cut into wedges.
7. Transfer to the prepared baking sheet. Bake for 15–17 minutes, or until lightly golden on top.
8. Let scones rest on the baking sheet for 3–5 minutes before serving. Enjoy warm or at room temperature with butter.

NOTES

These versatile scones can be enjoyed as a companion to a holiday meal, or alongside a breakfast plate! They're also perfectly paired with a cup of tea or coffee. Store them in the freezer so they maintain their freshness. (It takes 30 minutes to thaw to room temperature.)

MAKES: 6 scones (wedges)

PREP TIME: 15 minutes

COOK TIME: 15 minutes



2 cups all-purpose flour

1 tablespoon baking powder

1 tablespoon granulated sugar

3 tablespoons chopped fresh mint

2 teaspoons lemon zest

1 stick of unsalted butter, cut into small pieces

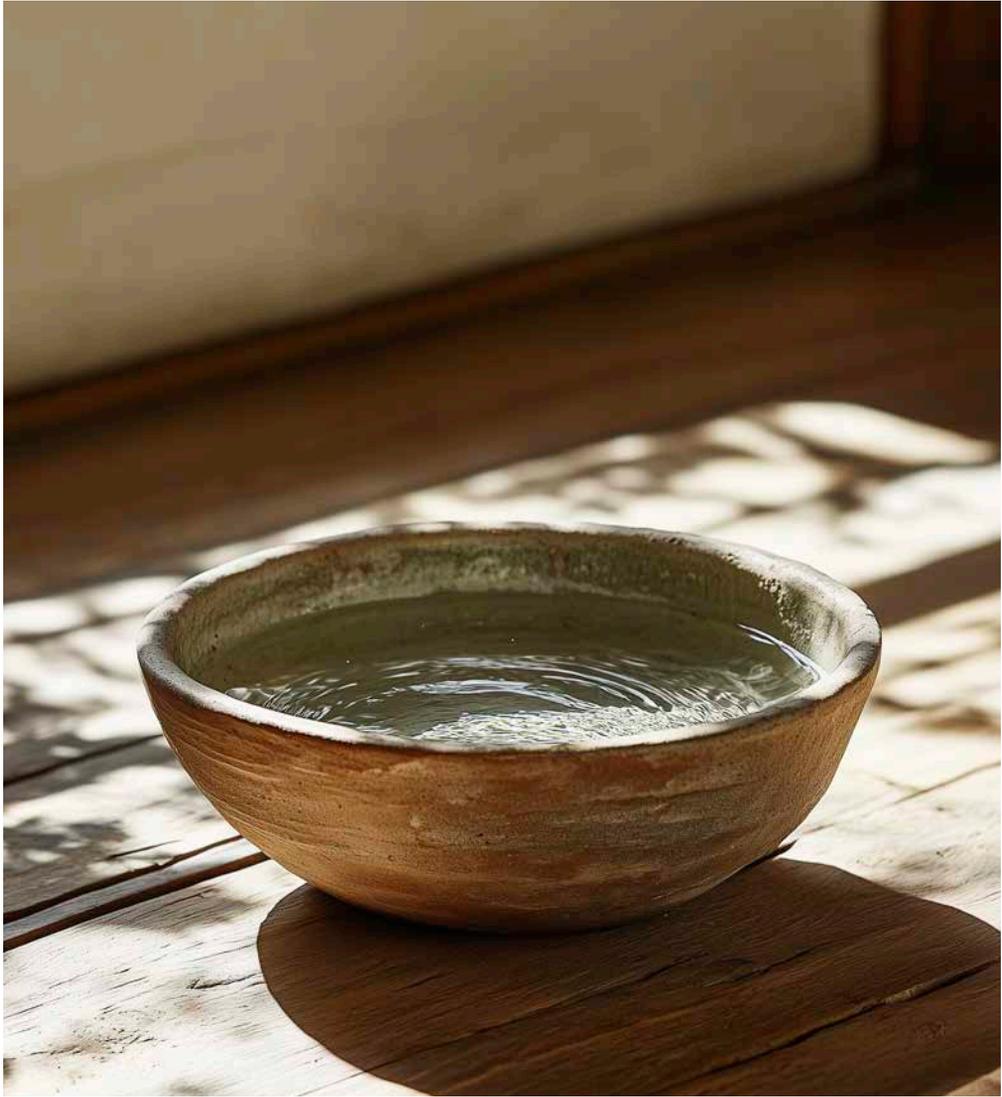
$\frac{3}{4}$ cup buttermilk

$\frac{1}{2}$ cup raisins

Nutrition Information Estimated Totals Per Serving | Calories: 300 kcal | Protein: 5 g | Fat: 12 g | Carbohydrates: 42 g | Fiber: 1.5 g











HOW TO CUT A POMEGRANATE (WITHOUT THE MESS!)



1. Fill a large bowl with water. This will help contain the juice and reduce splatter while you work.



2. Score the pomegranate. Using a sharp knife, make a shallow cut around the middle of the fruit, just deep enough to slice through the skin. Avoid cutting all the way through.



3. Break it apart underwater. Submerge the pomegranate in the bowl of water and gently pull it apart into halves along the scored line.



4. Quarter the halves. While still underwater, make shallow cuts in each half, then break them into quarters. You should now have four manageable sections.



5. Remove the seeds. With the pieces still submerged, use your fingers to gently loosen the seeds (arils) from the peel and membrane. The seeds will sink, while the white pith will float.



6. Strain and separate. Skim off the floating pith, then pour the contents through a strainer to collect the seeds.

Matthew: “Philip, how do you eat a pomegranate?”

Philip: “Pomegranate ... oh, you need a knife. So, you start at the top and you cut off the head. Okay?”

Peter: “You know, you can just cut it in half and pick the seeds out with your fingers.”

Nathanael: “Cut a pomegranate in half? Were you raised by wolves?”

Peter: “Yeah, you might say that.”

Andrew: “Peter—they did their best.”

Peter: “Did they?”

Eden: “Don’t start, you two.”

Philip: “So, look, there are five sections, you’re supposed to score through the white parts, and then peel it open. Like orange peel.”

Andrew: “No one ever taught me that.”

Peter: “Case in point.”

Nathanael (incredulous): “So you’ve just been wasting pomegranate seeds your whole life?”

Peter: “Am I on trial here?”

Andrew (sarcastically): “Oh, pomegranate seeds being wasted ... our whole lives!”

Nathanael: “What did I do? I’m just trying to help you.”

—THE DISCIPLES, SEASON 4, EPISODE 4



SKILLET POMEGRANATE CHICKEN

with Sticky Balsamic Glaze

1. Heat a large skillet to medium-high heat and add 1 tablespoon oil. Pat dry the chicken and season with salt and pepper. Sear chicken on each side for 4–6 minutes. Remove chicken and set aside (may not be cooked through).
2. In the same skillet, reduce the heat to medium. Add another tablespoon of olive oil if needed, add garlic, and sauté for 1 minute. Stir in pomegranate juice, honey, vinegar, cumin, coriander, and thyme. Simmer for 5–7 minutes until the mixture is slightly thickened.
3. Return the chicken to the pan, spooning glaze over each breast. Cover and cook for 10–15 minutes over medium-low heat, basting occasionally, until chicken internal temperature reaches 165°F.
4. Remove from heat and scatter pomegranate seeds over the chicken. Garnish with thyme, season with salt and pepper, and enjoy with couscous or rice.

NOTES

Because of the beautiful colors, this recipe works great during the holiday season! It also pairs nicely with the Farro Salad (page 185) for a deliciously balanced dinner that is loaded with fiber and protein. You can replace chicken breasts with chicken thighs, and fresh thyme can be replaced with sage, rosemary, or even mint.

MAKES: 4 servings

PREP TIME: 10 minutes

COOK TIME: 35 minutes

4 medium-sized chicken breasts

1–2 tablespoons olive oil

Salt and black pepper + more to taste

2 garlic cloves, minced

1 cup 100% pomegranate juice

2 tablespoons honey

2 tablespoons balsamic vinegar

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon dried thyme

½ cup pomegranate arils (seeds)

Fresh thyme, for garnish

Nutrition Information Estimated Totals Per Serving | Calories: 330 kcal | Protein: 50 g | Fat: 10 g | Carbohydrates: 20 g | Fiber: 1 g



POMEGRANATE ORANGE SMOOTHIE

1. Place pomegranate seeds, orange, banana, yogurt, zest, chia seeds (optional), and ice into the blender.
2. Pour in orange juice and blend until smooth!

NOTES

Pomegranates were a prized fruit in biblical times, often symbolizing blessing, abundance, and beauty. Perfect for breakfast or as a special drink at a holiday brunch, this smoothie bridges ancient symbolism with modern nutrition—delicious, energizing, and family friendly. The refreshing blend of pomegranate seeds with orange juice, banana, chia seeds, and creamy Greek yogurt creates a nourishing and vibrant drink. The Greek yogurt provides protein and richness, while the chia seeds, pomegranate, and orange contribute fiber for lasting fullness.

MAKES: 2 servings

PREP TIME: 10 minutes



½ cup pomegranate seeds (arils)

1 medium orange, peeled with white parts removed

1 banana

½ cup orange juice

½ cup Greek yogurt

1 tablespoon orange zest

Ice cubes

1 tablespoon chia seeds (optional)

Nutrition Information Estimated Totals Per Serving | Calories: 190 kcal | Protein: 6 g | Fat: 2.5 g | Carbohydrates: 40 g | Fiber: 6 g





PART II

GATHERINGS









THE CHOSEN CHARCUTERIE

Arranging the Charcuterie

1. Begin by rolling the thinly sliced smoked salmon with a sprig of dill and a slice of lemon. Arrange the rolled salmon in one corner of the board. Place a small bowl or ramekin with feta in one corner of the board. Arrange the goat cheese truffles on the opposite side with the honey jar next to the truffles.
2. Slice the apples and fan them near the salmon. Place grapes around the outside edges of the board. Arrange figs around the board for pops of color.
3. Place flatbread crackers and pita in stacks or a fan. Add handfuls of nuts in small clusters to fill in gaps, or you can also place in small bowls. Olives should also be in 1–2 small bowls to fill in extra spaces. Garnish with thyme or rosemary.

MAKES: 6 servings

PREP TIME: 50 minutes

COOK TIME: 5 minutes



8–12 ounces smoked salmon

1 cup assorted olives

2–4 ounce honey jar

FRUIT

12 ounces green grapes (on vine)

12 ounces red grapes (on vine)

3–4 figs, halved

2 apples, sliced

NUTS

1 cup shelled pistachios

1 cup roasted almonds

CHEESE

Marinated Feta (see recipe below)

Honey Goat Cheese Truffles (see recipe below)

BREAD AND CRACKERS

8 ounces flatbread crackers or wafer crackers

4–5 pita bread pieces cut into triangles

GARNISH

Sprigs of thyme or rosemary

Fresh dill

Lemon, thinly sliced

Nutrition Information Estimated Totals Per Serving | Calories: 430 kcal | Protein: 7.5 g | Fat: 18 g | Carbohydrates: 65 g | Fiber: 2.5 g

MARINATED FETA

8 ounce block feta cheese,
cut into cubes

2–3 garlic cloves, smashed

2 tablespoons lemon juice

Zest of 1 lemon

2 teaspoons red pepper
flakes

1 teaspoon dried oregano

2–3 sprigs fresh thyme

½ cup extra virgin olive oil

1. Place cubed feta in a small bowl and add garlic, lemon juice, lemon zest, red pepper flakes, oregano, and thyme.
2. Cover with olive oil and marinate for at least 2 hours or up to 5 days in the refrigerator.

Nutrition Information Estimated Totals Per Serving (1/6 of batch) | Calories: 100 kcal | Protein: 5 g | Fat: 8 g | Carbohydrates: 1 g | Fiber: 0 g



HONEY GOAT CHEESE TRUFFLES

with ALMOND DATE CRUMBLE

1. Roll goat cheese into 1-inch balls using a small cookie scoop or melon baller.
2. In a food processor, pulse the almonds, dates, and cinnamon until it resembles a coarse crumble. Place into a bowl.
3. Roll each goat cheese ball into the almond mixture and place on parchment paper (it's helpful to place the parchment paper inside a dish that you can store in the fridge for easy transport).
4. Refrigerate for at least 1 hour before setting out to serve. Garnish with chopped fresh mint, if using.

8 ounces honey goat cheese (or 8 ounces plain goat cheese mixed with 1 tablespoon honey)

1 cup almonds, toasted

5–6 medjool dates, pitted

1 teaspoon cinnamon

Chopped fresh mint for garnish (optional)

Nutrition Information Estimated Totals Per Serving | Calories: 268 kcal | Protein: 9 g | Fat: 18 g | Carbohydrates: 20 g | Fiber: 3 g

“Does your friend like goat cheese?”

—DASHA, SEASON 1, EPISODE 8







A GUIDE TO FEASTS



Throughout the Old Testament, as well as the New, God tells His people to remember His actions, and He instituted a number of celebrations to help them do just that—because when God rescues, provides, and leads, it is awe-inspiring and definitely worth remembering!

Listed below are the Jewish holidays depicted in *The Chosen*:

“God wants everyone to come to the party!”

—ANDREW, SEASON 3, EPISODE 7

SPRING

SUMMER

Festival of Purim



Passover





Rosh Hashanah and **Yom Kippur** are ten days apart and make up the “season” of high holy days.

FALL

Hanukkah



WINTER

Sukkot

(Feast of Tabernacles)

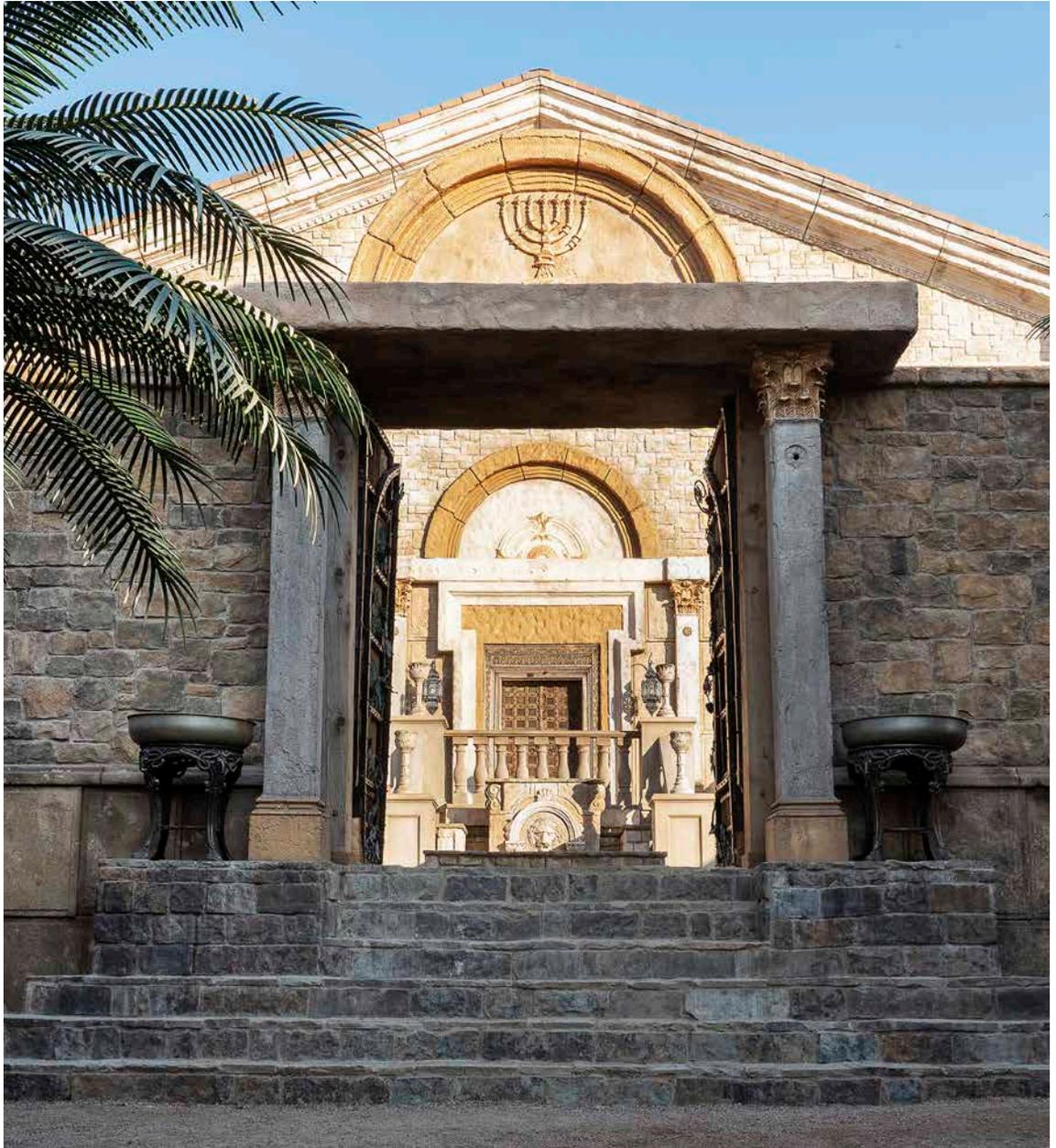


Simon: “We have parties, too.”

Gaius: “From what I can tell, they do not look as fun as ours.”

Simon: “Depends on the definition of fun.”

—SEASON 3, EPISODE 5







85

TASTE AND SEE





SLOW COOKER WINE and APRICOT BRAISED LAMB

1. Pat lamb shoulder dry. Combine the salt, cumin, coriander, and cinnamon in a small bowl. Place this rub all over the lamb. Heat olive oil in a large skillet over medium-high heat. Sear the lamb 3–4 minutes per side until browned (optional but adds depth of flavor).
2. Layer into a slow cooker by placing onion slices and garlic on the bottom. Lay seared lamb on top. Reserve the browned bits and spices in the pan from the seared lamb and pour the wine to de-glaze the pan and pick up any leftover spices. Pour the liquid mixture on top of the lamb. Scatter apricots around the lamb and drizzle honey evenly over the top. Tuck bay leaves on top of the lamb.
3. Cover and cook on low for 7–8 hours, or until the lamb is fall-apart tender.
4. Remove bay leaves. Transfer lamb to a serving platter, spoon over some of the apricot-wine sauce, and garnish with fresh mint. Be sure to pour sauce with smashed and softened apricots on top of your lamb.

NOTES

Lamb is a cherished staple throughout Scripture. It was offered in sacrifice, served at feasts, and shared in fellowship. While home cooks are often hesitant to prepare it, this recipe makes the tradition effortless. By using a slow cooker, you can set it, forget it, and know your lamb will be perfectly tender. The result is a meal that feels both ancient and timeless, reminding us of the food **that brought families and communities around the table.**

MAKES: 6 servings

PREP TIME: 25 minutes

COOK TIME: 7–8 hours

4–5 pounds lamb shoulder,
bone-in if possible

2 tablespoons olive oil

1 large onion, sliced

4 cloves garlic, smashed

1 cup dried apricots (dried
fruits were common
sweeteners)

1 cup red wine (used for
celebration & cooking)

2 tablespoons honey

2 teaspoons ground cumin

1 teaspoon ground coriander

½ teaspoon cinnamon

1–2 bay leaves

1 teaspoon sea salt, or to
taste

Fresh mint, chopped (fresh
herbs to finish)

Nutrition Information Estimated Totals Per Serving | Calories: 830 kcal | Protein: 70 g | Fat: 60 g | Carbohydrates: 27 g | Fiber: 1 g





CHICKEN MARBELLA

with DATES

1. In a large bowl, whisk olive oil, vinegar, Dijon mustard, garlic, oregano, bay leaves, and black pepper. Stir in dates, olives, and capers.
2. Add chicken thighs, tossing to coat. Let marinate for 30 minutes on the counter (or up to overnight in the fridge).
3. Preheat the oven to 375°F.
4. Transfer chicken and marinade mixture into a lightly greased 9 x 13-inch casserole dish, spreading evenly. Be sure each chicken thigh is topped with some dates, capers, and olives.
5. Pour white wine around the chicken and sprinkle each chicken thigh with brown sugar.
6. Bake uncovered for 30 minutes. Increase the temperature to a broil and remove after 5 minutes (35 minutes total).
7. Spoon juices over the chicken and garnish with parsley. Serve with couscous, rice, or potatoes.

NOTES

- ✦ This dish looks beautiful on a serving platter with garnish for a dinner party or special occasion. However, this recipe is easy enough for even a busy weeknight!
- ✦ The dates will soften into the sauce beautifully, lending a natural caramel-like sweetness. Under the broiler, they caramelize to perfection! Dried figs or prunes can also be substituted.
- ✦ Boneless thighs cook more quickly and are more forgiving than breasts. You can also use bone-in chicken thighs with skin, but boneless are a more economical option.
- ✦ Leftovers are even better the next day, after the flavors deepen!

MAKES: 6 servings

PREP TIME: 15 minutes

COOK TIME: 35 minutes

2 pounds boneless, skinless chicken thighs

⅓ cup olive oil

¼ cup red wine vinegar

1 tablespoon Dijon mustard

6 cloves garlic, minced

¾ cup pitted dates, chopped

¼ cup pitted Kalamata olives

¼ cup capers +

2 tablespoons caper brine

2 tablespoons dried oregano

2 bay leaves

½ teaspoon black pepper

½ cup dry white wine

2 tablespoons brown sugar

Chopped parsley, for garnish

Nutrition Information Estimated Totals Per Serving | Calories: 466 kcal | Protein: 40 g | Fat: 20 g | Carbohydrates: 17 g | Fiber: 2 g



APPLE GALETTE

with FIG JAM

1. Begin by making the crust. In a medium-sized bowl, stir together flour and salt. Cut in the butter until mixture resembles coarse crumbs. Add a bit of the ice water, 1 tablespoon at a time, until dough comes together. Shape the dough into a disc, wrap, and chill in the refrigerator for at least 30 minutes.
2. Combine the cinnamon and nutmeg together in a small bowl. Toss the sliced apples in lemon juice, then coat with the cinnamon mixture.
3. Preheat the oven to 400°F, and arrange a rack in the center of the oven.
4. Roll out the crust on parchment paper to approximately 12 inches in diameter. Transfer the dough along with the parchment paper to a baking sheet. Spread the fig jam around the dough, leaving approximately 1–2 inches around the rim. Place the apples on top of the jam in one layer, overlapping as necessary. Fold the edges of the dough over in a rustic pleat style. Brush the edges with melted butter.
5. Transfer to the oven and bake for approximately 30 minutes (depending on oven) until the apples are tender and golden; it may take up to 35 minutes.
6. Remove from oven and drizzle with honey to serve.

NOTES

This dish is reminiscent of apple pie but takes a more rustic approach that resembles what would've been baked during biblical times.

Sidenote: You can make this recipe even easier by using a store-bought piecrust!

MAKES: 8 servings

PREP TIME: 30 minutes

COOK TIME: 35 minutes



1¼ cups all-purpose flour

½ teaspoon sea salt

1 stick (½ cup) cold, unsalted butter (cut into small cubes)

3–4 tablespoons ice water

3 medium apples, thinly sliced

⅓ cup fig jam

3 tablespoons honey for drizzling

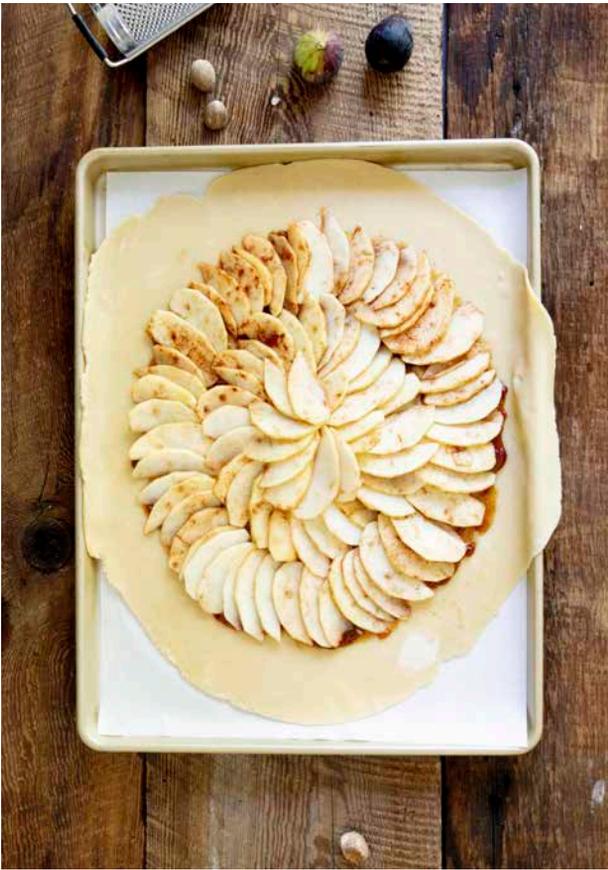
1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1 tablespoon lemon juice

1 tablespoon melted butter (to brush the crust)

Nutrition Information Estimated Totals Per Serving | Calories: 290 kcal | Protein: 2.3 g | Fat: 14 g | Carbohydrates: 36 g | Fiber: 2 g









CONFETTI COUSCOUS

with ROASTED VEGETABLES

1. Preheat the oven to 425°F. Spread zucchini, eggplant, bell pepper, and onion on a large sheet pan. Drizzle with 2 tablespoons olive oil and season with a little bit of sea salt and pepper, then toss the vegetables to coat. Roast for 20–25 minutes, giving it a quick stir about halfway through.
2. Meanwhile, cook the couscous. Heat 1 tablespoon of olive oil in a medium-sized saucepan over medium heat. Add the couscous and sauté for 2–3 minutes until the couscous is lightly golden. Add broth, bring the mixture to a boil, cover, and reduce heat to a simmer. Cook for 8–10 minutes or until the couscous is fluffy and has absorbed the liquid.
3. Make the vinaigrette by combining all ingredients in a small jar or bowl, and whisk or shake until completely smooth and combined.
4. In a large bowl, combine the couscous with roasted veggies and top with vinaigrette. Toss to combine.
5. Serve hot or at room temperature.

NOTES

This dish pairs well with proteins like fish, lamb, or chicken. When serving alongside a main, you may not even need the vinaigrette—the juices or sauce from a pairing will work just fine!

MAKES: 6 servings

PREP TIME: 20 minutes

COOK TIME: 35 minutes



1 medium zucchini, diced

1 small eggplant, diced

1 red bell pepper, diced

1 red onion, diced

3 tablespoons olive oil
(divided)

Salt and freshly cracked
black pepper

1½ cups Israeli couscous
(pearl couscous)

2½ cups vegetable broth (or
water)

RED WINE VINAIGRETTE

⅓ cup olive oil

3 tablespoons red wine
vinegar

1 garlic clove, finely minced

2 teaspoons Dijon mustard

½ teaspoon dried oregano

Salt and pepper, to taste

Nutrition Information Estimated Totals Per Serving | Calories: 351 kcal | Protein: 7 g | Fat: 19 g | Carbohydrates: 40 g | Fiber: 5 g





EEMA'S MINI CINNAMON CAKES

1. Preheat the oven to 350°F. Line a 12-cup muffin tin with paper liners, or generously grease.
2. In a large bowl, stir together the dry ingredients: almond flour, coconut flour, cinnamon, baking powder, baking soda, and salt.
3. In a separate bowl, whisk together the eggs, honey, olive oil, vanilla extract, and almond milk.
4. Combine the wet ingredients into the dry, stirring until smooth and no dry pockets remain.
5. Make the crumble. In a small bowl, mix together the almond flour, walnuts, brown sugar, and cinnamon. Pour in the melted butter and honey, stir until crumbly.
6. Fill each muffin tin about $\frac{1}{2}$ full of cake batter, spoon a bit of the crumble mixture on top. Pour more cake batter on top, until about $\frac{3}{4}$ of the way full. Spoon the remaining crumble mixture on top. This ensures that the crumble mixture is also inside of each baked cake!
7. Bake for 18–22 minutes, or until muffin batter is cooked through. A toothpick inserted should be mostly clean, although the crumble in the center may be wet.
8. Serve warm or at room temperature.

NOTES

This recipe uses almond flour, making it a fantastic gluten-free and Passover option for breakfast or dessert! Almond flour is also an excellent source of protein and fiber. To make this recipe into a larger coffee cake (instead of mini cakes), use an 8 x 8 baking dish. Follow the directions above for mixing the cake and crumble ingredients. Pour half of the batter into the pan, followed by a layer of half of the crumble. Then a layer of the remaining batter, followed by a final layer of the crumble. Bake for 30–35 minutes.

MAKES: 12 servings
PREP TIME: 25 minutes
COOK TIME: 25 minutes

FOR THE COFFEE CAKES

2 cups almond flour
 $\frac{1}{4}$ cup coconut flour
2 teaspoons ground cinnamon
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon sea salt
3 large eggs
 $\frac{1}{3}$ cup honey
 $\frac{1}{4}$ cup olive oil (or melted coconut oil)
1 teaspoon vanilla extract
 $\frac{1}{3}$ cup unsweetened almond milk

FOR THE CRUMBLE TOPPING

$\frac{1}{2}$ cup almond flour
 $\frac{1}{3}$ cup finely chopped walnuts
 $\frac{1}{4}$ cup dark brown sugar
2 teaspoons cinnamon
3 tablespoons melted butter
1–2 tablespoons honey

Nutrition Information Estimated Totals Per Serving | Calories: 225 kcal | Protein: 5 g | Fat: 18 g | Carbohydrates: 16 g | Fiber: 2.3 g













RUSTIC BAKED BEAN CASSOULET with MUSHROOMS and HERBS

MAKES: 6 servings
PREP TIME: 20 minutes
COOK TIME: 1 hour & 10 minutes



1. Preheat the oven to 350°F.
2. Heat a large Dutch oven over medium heat, then add 1–3 tablespoons olive oil. Add onion, potatoes, carrots, and celery. Sauté for 6–8 minutes, or until veggies are softened. Stir in garlic and mushrooms and cook until fragrant.
3. Stir in the beans, broth, bay leaf, rosemary, thyme, smoked paprika, salt, and pepper. Bring to a simmer for 5 minutes. Cover with a lid and transfer to the oven.
4. Bake for about 45 minutes, stirring about halfway through, until the beans are infused with flavor. Remove the lid and return to the oven to bake for another 10 minutes so the mixture can thicken.
5. The last 10 minutes of baking, toast breadcrumbs in a small skillet over medium heat until golden brown. Remove from heat and stir in salt and lemon zest.
6. Remove the cassoulet from the oven and sprinkle it with breadcrumbs and parsley. Serve with some rustic bread.

- 3 tablespoons olive oil, divided
- 1 large onion, diced
- 2 medium-sized Yukon gold potatoes, peeled and diced
- 2 carrots, diced
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 12 ounces cremini or baby bella mushrooms, chopped
- 3 cans (15 ounces each) white beans (cannellini or Great Northern), drained and rinsed
- 2½ cups vegetable broth (or chicken broth for more depth)
- 1 bay leaf
- 2 sprigs rosemary
- 4 sprigs thyme
- ½ teaspoon smoked paprika
- Salt and freshly ground black pepper
- ½ cup fresh parsley, chopped
- 1 cup panko breadcrumbs
- Zest of 1 lemon

NOTES

- Beans and legumes were among the earliest cultivated foods in the Near East. Slow-baking them with olive oil, herbs, and vegetables mirrors the simple, sustaining meals of the biblical era.
- This cassoulet is loaded with fiber and plant-based protein. It can serve as a main or a side dish! Like traditional cassoulet, it tastes even better the next day because the flavors deepen.

Nutrition Information Estimated Totals Per Serving | Calories: 400 kcal | Protein: 15 g | Fat: 10 g | Carbohydrates: 60 g | Fiber: 13 g





BAKED FISH with LEMON and CAPERS

1. Preheat the oven to 400°F. Generously grease a 9 x 13 casserole dish. Pat dry the fish fillets with a paper towel and arrange them in the casserole dish.
2. In a small saucepan, melt the butter over medium heat and add the garlic. Simmer until fragrant and lightly browned (just 1–2 minutes). Remove from heat.
3. Zest and juice one of the lemons and add to the butter-garlic mixture along with the capers and fresh thyme. Slice the other lemon into thin slices.
4. Brush the lemon and garlic mixture over the fish, flip over, and spoon the remaining mixture on the other side. Season with salt and pepper. Layer the lemon slices over the fish.
5. Transfer the dish to the oven and bake for 12–15 minutes or until the fish is opaque and easily flakes with a fork.

NOTES

- ✦ This simple dish is exactly the type of recipe that would've been made during Bible times. Fish was a dietary staple in the region because it was nutritious and abundant. Intentionally, it was central to many Gospel stories.
- ✦ Pairing tilapia with lemon, capers, and butter highlights the Mediterranean flavors experienced alongside the Sea of Galilee. And this particular dish reflects both the humble sustenance of Jesus's day, as well as fish symbolizing provision and fellowship.

MAKES: 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes



4 (6 ounce) tilapia fillets
(skin removed)

¼ cup unsalted butter

2 medium-sized lemons

3 cloves garlic

2 tablespoons capers

2 tablespoons fresh thyme

1 teaspoon sea salt

½ teaspoon black pepper

Nutrition Information Estimated Totals Per Serving | Calories: 190 kcal | Protein: 27 g | Fat: 8 g | Carbohydrates: 1.5 g | Fiber: 0.5 g





PART III

OPEN HOMES
and
USEFUL
GARDENS







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TASTE AND SEE



PISTACHIO ENERGY BITES

(for the Busy Woman of Valor)

1. In a food processor, pulse pistachios until roughly chopped. Remove ½ cup of the pistachios for coating the energy bites.
2. Add the coconut, dates, chia seeds, coconut oil, honey, lemon zest, and salt. Continue to process and pulse until the mixture begins to form a large, sticky clump. If the mixture is too crumbly, add in another tablespoon of coconut oil.
3. Scoop out 1 tablespoon of dough at a time and form into balls. Roll into pistachio crumbs if desired.

NOTES

Pistachios, dates, lemons, and honey were beloved foods in biblical times—symbols of nourishment, sweetness, and abundance. While coconut adds a modern twist, these energy bites remain true to their roots: fiber-rich, naturally sweet, and perfect as a family-friendly snack for busy days!

MAKES: 12–15 bites

PREP TIME: 10 minutes



1½ cup shelled raw pistachios, divided

½ cup unsweetened shredded coconut

1 cup pitted medjool dates

2 tablespoons chia seeds or hemp seeds

1 tablespoon coconut oil

1 tablespoon honey

1 teaspoon lemon zest

Pinch of sea salt

Nutrition Information Estimated Totals Per Serving | Calories: 107 kcal | Protein: 2.5 g | Fat: 7 g | Carbohydrates: 10 g | Fiber: 1.8 g







BAKED STUFFED EGGPLANT with COUSCOUS

1. Preheat oven to 400°F and lightly grease a large sheet pan. Slice eggplants in half lengthwise, sprinkle with sea salt, and let sit for 15 minutes to “sweat” out any bitterness. Pat dry with a clean towel or paper towel.
2. Scoop out some of the flesh of the eggplant, leaving about ½ inch around the edges to maintain structure. Set the scooped-out flesh aside. Brush the eggplant shells with half of the olive oil and sprinkle with a pinch of sea salt.
3. Place eggplants cut side up on the prepared sheet pan. Roast for 25–30 minutes, or until the skin is browned and the flesh is tender.
4. While the eggplant bakes, heat the remaining olive oil in a large skillet over medium-high heat. Add the chopped mushrooms, reserved eggplant flesh, onion, cumin, and paprika. Sauté for 5–6 minutes until softened and fragrant. Stir in the chickpeas, cook for 1 minute, then remove from heat.
5. Now cook the couscous: In a small saucepan, bring 1½ cups water to a boil. Stir in the couscous, 2 teaspoons olive oil, and a pinch of salt. Cover, remove from heat, and let sit for 5–7 minutes. Fluff with a fork.
6. Assemble the filling by combining the couscous with the sautéed vegetable mixture. Stir in chopped parsley and raisins, and season to taste with sea salt.

(continued)

MAKES: 6 servings
PREP TIME: 30 minutes
COOK TIME: 45 minutes



3 large eggplants
1 teaspoon sea salt
2 tablespoons olive oil, divided
½ red onion, chopped
2 cups baby bella mushrooms, chopped
1 teaspoon ground cumin
½ teaspoon smoked paprika
1 (16 ounce) can of chickpeas, drained
1½ cups dried couscous or quinoa
½ cup golden raisins
¼ cup chopped fresh parsley

Nutrition Information Estimated Totals Per Serving | Calories: 430 kcal | Protein: 7.5 g | Fat: 18 g | Carbohydrates: 65 g | Fiber: 2.5 g

7. Make the tahini sauce. In a food processor or blender, combine all tahini sauce ingredients and blend until smooth. Add water as needed for a pourable consistency.
8. Spoon the couscous mixture generously into each roasted eggplant shell. Top with crumbled feta. Drizzle with tahini sauce just before serving.

NOTES

Just as meals in Bible times combined simple ingredients from the land, this recipe incorporates those same components in a way that feels both timeless and fresh! Rich in fiber, protein, and natural plant-based nutrients, this dish is as wholesome as it is satisfying. It can be served as a beautiful centerpiece for a family dinner or as a vegetarian main course.

½ cup crumbled feta cheese

TAHINI SAUCE

Juice of 2 lemons

⅔ cup tahini

2 cloves garlic

1 teaspoon cumin

¼ teaspoon sea salt

½ cup chopped fresh cilantro

⅓ cup water

Nutrition Information Estimated Totals Per Serving | Calories: 510 kcal | Protein: 17 g | Fat: 22 g | Carbohydrates: 60 g | Fiber: 12 g







LAVENDER HONEY MINI CUSTARDS

1. In a small saucepan, heat milk with lavender over medium-low heat until just steaming (do not boil). Remove from heat, cover, and steep for 10–15 minutes. Strain out lavender.
2. Stir honey into the warm lavender milk until dissolved. Set aside to cool slightly.
3. Preheat the oven to 325°F.
4. In a mixing bowl, whisk together egg yolks, eggs, vanilla, and salt until smooth. Slowly whisk in the lavender-honey milk; be sure the milk isn't hot so the eggs don't scramble.
5. Evenly divide custard mixture into 6 small ramekins. Place ramekins in a baking dish and pour hot water into the dish until it comes halfway up the sides of the ramekins.
6. Bake for 35–40 minutes, or until custards are just set but still slightly wobbly in the center. Remove from the water bath and let cool. Chill for at least 2 hours. Drizzle each custard with some honey and garnish with a few lavender buds to serve.

NOTES

Lavender and other aromatic herbs were cherished in the ancient world for their calming qualities and their role in daily life and worship. Here, the subtle floral notes of lavender infuse the smooth, creamy custard, creating a dessert that feels elegant but also comforting. Honey is used as a natural sweetener, echoing the “land flowing with milk and honey,” while milk and eggs form its simple foundation. Served in small portions, these custards are a sweet reminder that even the humblest ingredients can be transformed into something special enough to share!

MAKES: 6 servings

PREP TIME: 20 minutes

COOK TIME: 40 minutes



2 cups whole milk
2 tablespoons dried culinary lavender
⅓ cup honey, plus more for drizzling
4 large egg yolks
2 large eggs
1 teaspoon vanilla extract
Pinch of salt
Garnish: honey, extra lavender buds, or fresh berries

Nutrition Information Estimated Totals Per Serving | Calories: 157 kcal | Protein: 6 g | Fat: 9 g | Carbohydrates: 15 g | Fiber: 0 g





TOASTED FLATBREAD SALAD with FRESH HERBS and LEMON VINAIGRETTE

1. Begin by toasting the bread. Heat a large skillet to medium-high heat. Toss in the olive oil, then add the bread slices. Let them toast in the skillet for a few minutes per side, possibly working in 2 batches. Remove the bread, and lower the heat to medium.
2. Make the dukkah by adding the pistachios, sesame seeds, fennel seeds, and coriander seeds to the skillet. Toast for 2–3 minutes until fragrant. Transfer to a small bowl and let cool.
3. Add the dressing ingredients to a container or jar with lid. Shake until well combined. Assemble the salad in a large bowl by combining the tomatoes, cucumber, radish, onion, parsley, and mint. Add in the toasted bread, drizzle with the dressing, and toss to combine.
4. Sprinkle the dukkah over the top before serving.

NOTES

Flatbread and fresh herbs like parsley and mint are staples of the Middle Eastern table. While tomatoes weren't commonly used in biblical times, they add a juicy, colorful touch to this modern recipe.

MAKES: 4 servings

PREP TIME: 20 minutes

COOK TIME: 10 minutes



FOR THE SALAD

2 flatbreads or pita breads, cut into bite-sized pieces

1 tablespoon olive oil

1 cup chopped cherry or grape tomatoes

1 cup chopped cucumber

4–5 radishes, thinly sliced and diced

1 small red onion, diced

½ cup chopped fresh parsley

⅓ cup chopped fresh mint

FOR THE DRESSING

⅓ cup olive oil

2 tablespoons fresh lemon juice

1 tablespoon red wine vinegar

1 tablespoon Dijon mustard

1 garlic clove, minced

Salt and pepper to taste

FOR THE PISTACHIO DUKKAH

3 tablespoons finely chopped pistachios

2 tablespoons sesame seeds

2 teaspoons fennel seeds

1 teaspoon coriander seeds

Pinch of sea salt

Nutrition Information Estimated Totals Per Serving | Calories: 440 kcal | Protein: 9 g | Fat: 35 g | Carbohydrates: 27 g | Fiber: 5.5 g



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TASTE AND SEE



MEZZE PLATTER

MAKES: 6 servings

PREP TIME: 1 hour

COOK TIME: 45 minutes



Arranging the Mezze Platter

1. Place small bowls of roasted red pepper cashew dip, whipped feta, and hummus around the board.
2. Arrange the dolmades (grape leaf rolls) in neat rows or a spiral on one side.
3. Fill in with vegetables and olives.
4. Fan slices of pita or flatbread around the dips.
5. For final touches, sprinkle with fresh herbs, and scatter a handful of nuts or pomegranate seeds for a festive finish.

NOTES

The mezze platter is more than just food—it's a tradition of **abundance and hospitality**. Rooted in the Mediterranean and Middle Eastern worlds, mezze brings people together around a shared table, just as meals did in biblical times. This platter includes bold and colorful elements: roasted red pepper cashew dip, whipped feta, an easy homemade hummus, and hand-rolled dolmades. Served with flatbread or crackers and fresh vegetables, it's a feast that celebrates community and flavor. To save time, store-bought dolmades are convenient and typically inexpensive!

Roasted Red Pepper Dip
(page 162)

Whipped Feta (page 163)

Easy Homemade Hummus
(page 164)

Dolmades (page 165)

Colorful fresh veggies
(cucumber slices, cherry
tomatoes, carrot sticks, bell
pepper, or radish)

Pita or flatbread

Fresh herbs

Nuts

Pomegranate seeds

Nutrition Information Estimated Totals Per Serving | Calories: 430 kcal | Protein: 7.5 g | Fat: 18 g | Carbohydrates: 65 g | Fiber: 2.5 g

CASHEW ROASTED RED PEPPER DIP

$\frac{3}{4}$ cup raw cashews

6 ounce jar of roasted red peppers (oil drained)

1 garlic clove

2 tablespoons red wine vinegar

2 tablespoons olive oil

1 teaspoon smoked paprika

$\frac{1}{2}$ teaspoon cumin

$\frac{1}{2}$ teaspoon kosher salt

1–2 tablespoons water if needed!

1. Soak the cashews for at least 30 minutes.
2. Ensure that the cashews and roasted red peppers are drained from liquid. Add to a food processor along with garlic, red wine vinegar, olive oil, paprika, cumin, and salt.
3. Blend until smooth, pausing a few times to scrape the sides of the bowl with a rubber spatula. If the mixture is too thick, add in water, 1 tablespoon at a time. The mixture should be smooth but slightly grainy from the cashews.
4. Spoon mixture into a small bowl to serve. Drizzle with additional olive oil (optional).

Nutrition Information Estimated Totals Per Serving ($\frac{1}{6}$ of batch) | Calories: 125 kcal | Protein: 3 g | Fat: 10 g | Carbohydrates: 7.5 g | Fiber: 1 g



WHIPPED FETA

1. Place feta, Greek yogurt, olive oil, lemon zest, 1 tablespoon honey, and fresh parsley in a food processor and blend until smooth. Pause a few times to scrape the sides of the bowl with a rubber spatula.
2. Spoon the mixture into a serving bowl and top with roasted pistachios. Drizzle with another tablespoon of honey.

8 ounce block of feta
½ cup Greek yogurt
2 tablespoons olive oil
1 teaspoon lemon zest
1 tablespoon fresh parsley
2–3 tablespoons chopped
roasted pistachios
2 tablespoons drizzled
honey (divided)

Nutrition Information Estimated Totals Per Serving (1/6 of batch) | Calories: 120 kcal | Protein: 4 g | Fat: 8.7 g | Carbohydrates: 4.2 g | Fiber: 0.3 g



EASY HOMEMADE HUMMUS

14 ounce can of chickpeas,
liquid drained

1/3 cup tahini

3 tablespoons lemon juice

2 tablespoons olive oil

2 garlic cloves

1/2 teaspoon sea salt

3–5 tablespoons water, as
needed

Fresh parsley, red pepper
flakes, and paprika for
garnish

1. Add chickpeas, tahini, lemon juice, olive oil, garlic, and sea salt to a high-powered blender or food processor. Blend until smooth and your desired consistency. Add in water as needed.
2. Place hummus in a bowl and garnish with parsley, a drizzle of olive oil, sprinkle of paprika, and crushed red pepper flakes.

Nutrition Information Estimated Totals Per Serving (1/6 of batch) | Calories: 138 kcal | Protein: 3.3 g | Fat: 10 g | Carbohydrates: 9.2 g | Fiber: 2 g



DOLMADES (Stuffed Grape Leaves)

1. Rinse grape leaves and pat dry.
2. In a skillet, sauté onion and pine nuts in 2 tablespoons olive oil until softened. Stir in rice and cook for 2–3 minutes. Add 1 cup water, ½ the lemon juice, herbs, salt, and pepper. Cook until liquid is absorbed but rice is only half-cooked (it will finish in the leaves). Cool slightly.
3. To assemble: Lay out one grape leaf, vein side up. Place 1 teaspoon filling near the stem end, fold in sides, and roll tightly into a cigar shape. Repeat with remaining leaves.
4. Line the bottom of a large pot with a few extra grape leaves. Arrange dolmades seam-side down, tightly packed in layers.
5. Pour remaining lemon juice, 2 tablespoons olive oil, and enough water to just cover. Place a heavy plate over the dolmades to keep them submerged.
6. Cover and simmer gently 40–45 minutes until rice is tender. Cool slightly before serving.

1 jar grape leaves in brine
(about 60 leaves)

1 cup uncooked rice, short
grain

1 small onion, finely diced

2 tablespoons pine nuts
(optional, but authentic)

3 tablespoons fresh dill,
chopped

3 tablespoons fresh parsley,
chopped

3 tablespoons fresh mint,
chopped

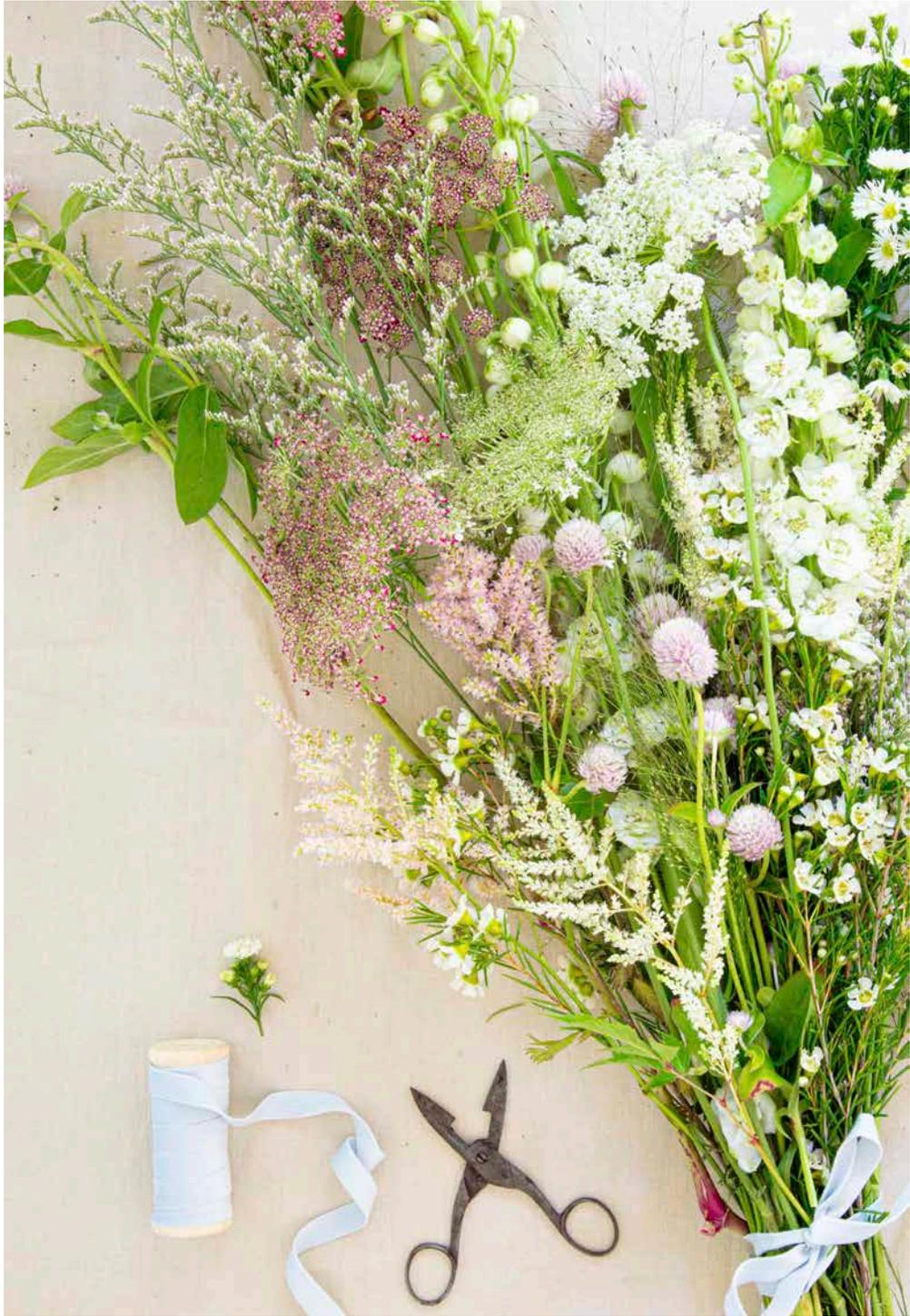
Juice of 2 lemons (divided)

¼ cup olive oil (plus more for
drizzling)

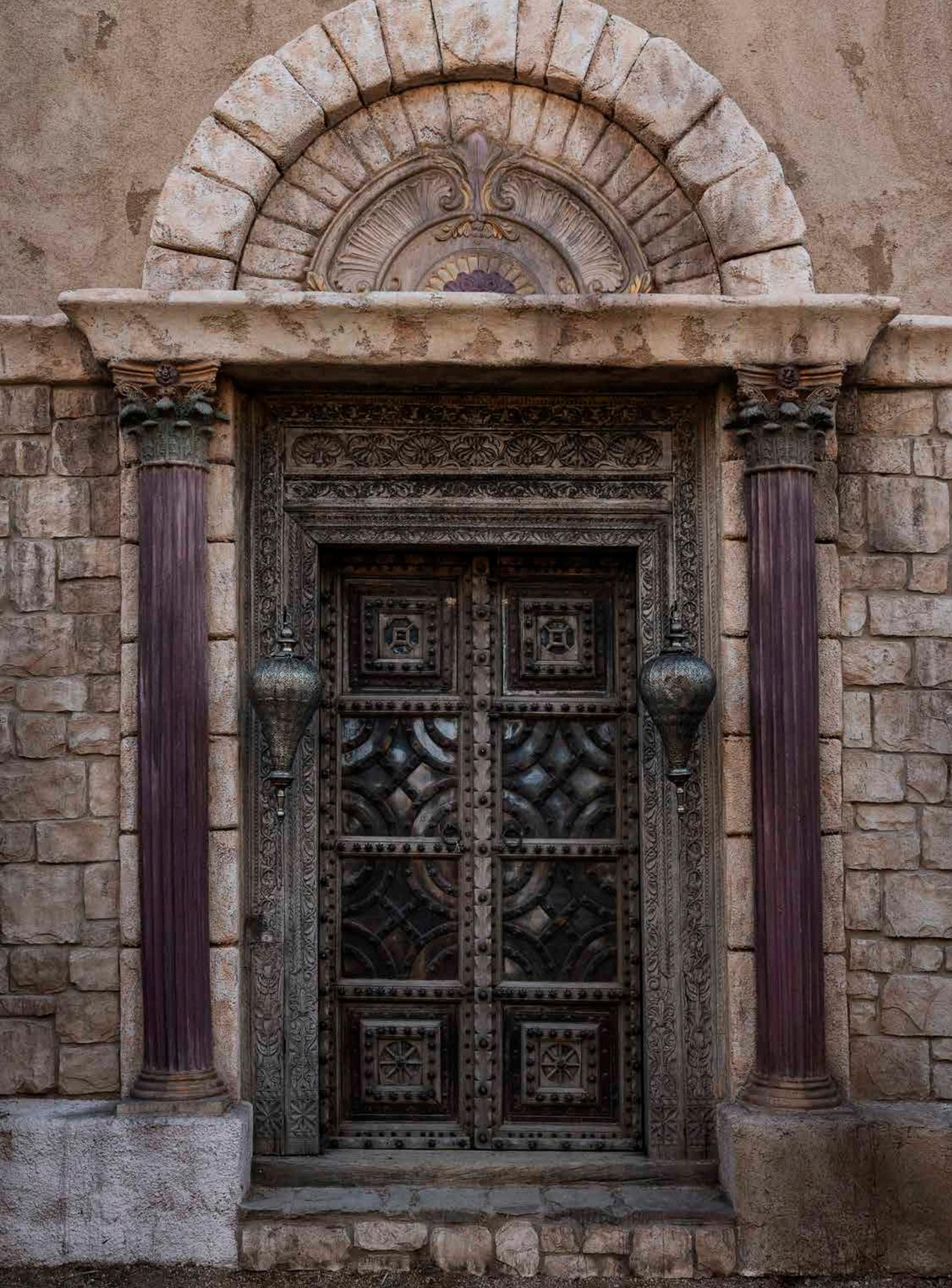
Salt and pepper to taste

Nutrition Information Estimated Totals Per Serving (1/6 of batch) | Calories: 500 kcal | Protein: 8 g | Fat: 16 g | Carbohydrates: 72 g | Fiber: 6 g











CITRUS KALE SALAD with ROASTED CHICKPEAS

1. Begin by roasting the chickpeas. Preheat the oven to 400°F. Lightly spray a baking sheet with olive oil or cooking spray and set aside. Drain and rinse the chickpeas, then place them on a paper towel to dry. Once they are dry, place on the baking sheet and bake “naked” for about 10 minutes. In a small bowl, mix together 1 tablespoon olive oil with the spices and sea salt. Now coat the chickpeas with the oil/spice mixture. Bake for another 15 minutes or until the chickpeas are crispy. Set aside and let cool.
2. Prepare the salad by massaging the kale. Place the kale in a large salad bowl, sprinkle with lemon juice and sea salt. Massage kale for a few minutes with your hands until softened and slightly wilted. This removes any bitterness!

(continued)

MAKES: 6 servings

PREP TIME: 25 minutes

COOK TIME: 25 minutes



FOR THE SALAD

5 cups kale, washed with stems removed and finely chopped

Juice of 1 lemon

½ teaspoon sea salt

2 tangerines or 1 large orange sliced into segments

⅓ cup roasted sunflower seeds

⅓ cup shredded Parmesan cheese (optional)

FOR THE ROASTED CHICKPEAS

1 (15 ounce) can chickpeas, drained and rinsed

1 tablespoon olive oil

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon smoked paprika

½ teaspoon sea salt

3. Make the dressing by combining ingredients into a small bowl or jar. Whisk or shake until smooth.
4. Assemble the salad by adding orange slices, sunflower seeds, and roasted chickpeas. Add the orange vinaigrette and Parmesan if using. Toss to combine!

NOTES

This combination is hearty enough to enjoy as a light meal, yet refreshing and colorful enough to serve alongside roasted meats or fish. It's a modern recipe rooted in biblical tradition that includes chickpeas—a staple legume of the ancient world. Kale is a sturdy green that can last 2–3 days in the fridge unlike other types of lettuce!

FOR THE ORANGE VINAIGRETTE

- Juice of 1 large orange
- 1 teaspoon orange zest
- 2 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 1 small garlic clove, minced
- ½ teaspoon sea salt + more to taste
- ¼ teaspoon black pepper

Nutrition Information Estimated Totals Per Serving | Calories: 240 kcal | Protein: 8.5 g | Fat: 16 g | Carbohydrates: 19 g | Fiber: 4.5 g









CHALLAH CROSTINI

with WHIPPED LEMON RICOTTA and DRIED FIGS

1. Preheat the oven to 375°F. Slice challah bread into ½–1-inch-thick slices. Arrange on a baking sheet and brush with 1–2 tablespoons of olive oil. Transfer to the oven and bake for about 15 minutes or until golden and toasty.
2. Make the whipped ricotta: Place the ricotta cheese, remaining olive oil, lemon juice, lemon zest, and 2 tablespoons of honey in a food processor. Whip and blend until smooth.
3. Spread the ricotta over each slice of crostini and top with figs, chopped walnuts, and fresh mint. Drizzle with honey and serve!

NOTES

- ✦ This recipe brings together several ingredients that are deeply rooted in biblical tradition. Challah, a rich braided bread, is symbolic of Sabbath and celebration. Figs and honey (which were among the foods of the Promised Land) often represent abundance, sweetness, and God’s provision. Walnuts and fresh herbs echo the flavors of daily sustenance in the ancient Mediterranean.
- ✦ Ricotta creates a decadent appetizer but can easily be exchanged with whipped cottage cheese for a lighter variation, which is higher in protein and delicious!

MAKES: 8 servings
PREP TIME: 15 minutes
COOK TIME: 15 minutes



Simple Challah Bread (either homemade, see page 39, or store-bought)

16 ounces whole milk ricotta cheese

3 tablespoons olive oil, divided

1 tablespoon lemon juice

2 teaspoons lemon zest

4 tablespoons honey, divided

2 tablespoons chopped fresh mint

2 cups dried figs, chopped

½ cup chopped walnuts

Nutrition Information Estimated Totals Per Serving | Calories: 387 kcal | Protein: 8 g | Fat: 17 g | Carbohydrates: 53 g | Fiber: 4 g



FARRO SALAD with LEMON HONEY TAHINI DRESSING

1. Begin by making your farro: Boil a pot of water with sea salt, toss in farro, and cook for 25–30 minutes or until tender. Drain and set aside to cool.
2. Make the dressing by combining ingredients into a mason jar or bowl with a lid. Give it a good shake until the ingredients are smooth and well incorporated. You can also put the ingredients in a food processor, but it shouldn't be needed.
3. In a large bowl, combine the cooled farro with pomegranate, chopped figs, chopped pistachios, fresh mint, and arugula. Drizzle with the honey tahini dressing and toss to serve.

NOTES

This recipe works well as a side dish to the main proteins and would also be the perfect companion to pomegranate chicken. Farro is an excellent source of fiber and known as an ancient grain with roots in the Middle East. You can easily substitute it with quinoa or couscous, but the chewy and firm texture in this salad pairs beautifully with the pomegranate and pistachios. Farro also holds up well for a salad and can be made a day or two in advance. If making ahead, do not add the arugula or dressing until ready to serve.

MAKES: 6 servings

PREP TIME: 20 minutes

COOK TIME: 30 minutes



FOR THE SALAD

1½ cups dried farro

Pinch of sea salt

½ cup pomegranate arils

⅓ cup dried chopped figs

⅓ cup chopped roasted pistachios

¼ cup chopped fresh mint

2 cups arugula

FOR THE DRESSING

⅓ cup tahini

Juice of 1 lemon

1 tablespoon honey

2 tablespoons olive oil

1 clove garlic, minced

1 teaspoon crushed red pepper

¼ teaspoon sea salt

1–2 tablespoons water, to thin out as needed

Nutrition Information Estimated Totals Per Serving | Calories: 367 kcal | Protein: 10 g | Fat: 16 g | Carbohydrates: 50 g | Fiber: 7 g













FLOWERS NATIVE TO CAPERNAUM



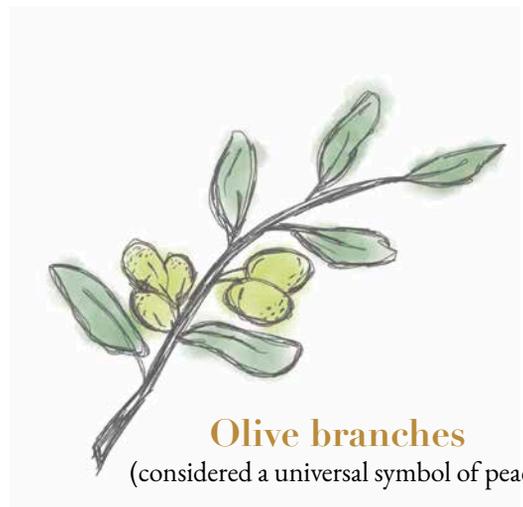
Poppies
(most commonly red)



**Almond
blossoms**



Winter crocus
(most commonly white)



Olive branches
(considered a universal symbol of peace)



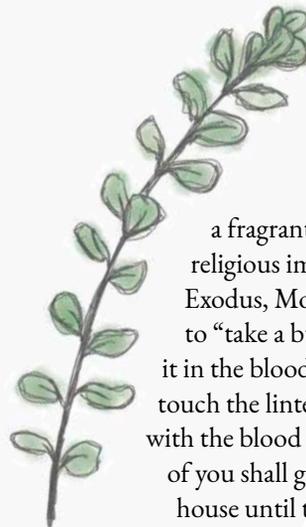
Scarlet anemones,
which some believe to be the
“lilies of the field” in the Sermon
on the Mount (Matthew 6:28).



Sea daffodil,
which some believe to
be the “rose of Sharon”
mentioned in Song of
Solomon 2:1.



**Madonna
lilies**



Hyssop,
a fragrant foliage, held significant
religious importance. In the book of
Exodus, Moses instructed the people
to “take a bunch of hyssop and dip
it in the blood that is in the basin, and
touch the lintel and the two doorposts
with the blood that is in the basin. None
of you shall go out of the door of his
house until the morning” (12:22).
Today, hyssop is still used in Passover
traditions and is a common herb in modern
Middle Eastern cuisine.

SIMPLE FLOWER ARRANGING



1. Select your container

Choose a vessel made of stoneware or pottery (perhaps even a bowl or pitcher) that looks historically appropriate and can accommodate the shorter stems of the flowers more commonly found in ancient Israel.



2. Create a support structure

Greens are good. Start by using a grid of greenery inside your container. Use sturdy, woody branches from plants like almond blossoms or olive trees and cross them over one another (using a variety of greenery creates depth and interest). This lattice-like framework will keep flowers in position without any modern mechanics like foam or wire—but you can opt to use those too! Continue to build out the shape with softer greenery, like hyssop.



3. Place color

Add your focal flowers. Think of these as the stars of the show; they're often your largest or most impressive blooms, but can be any flower you want to highlight. By placing them first, you'll create a clear shape and establish the anchor points of your design, giving you a strong base to build the rest of your arrangement around.



4. Add filler

With your primary shape and focal flowers in place, continue to build your arrangement with filler flowers. Use smaller blooms to complement your main flowers, or add larger filler flowers underneath them for a fuller, more dynamic look.





ARRANGING TIP

When placing blooms, remember that arrangements reflecting ancient Israel inspiration should emulate creation. The style should be airy, loose, and reminiscent of a garden. Allow each flower its own space. Avoid clustering blooms to close together.





PART IV

A CHOSEN GATHERING

















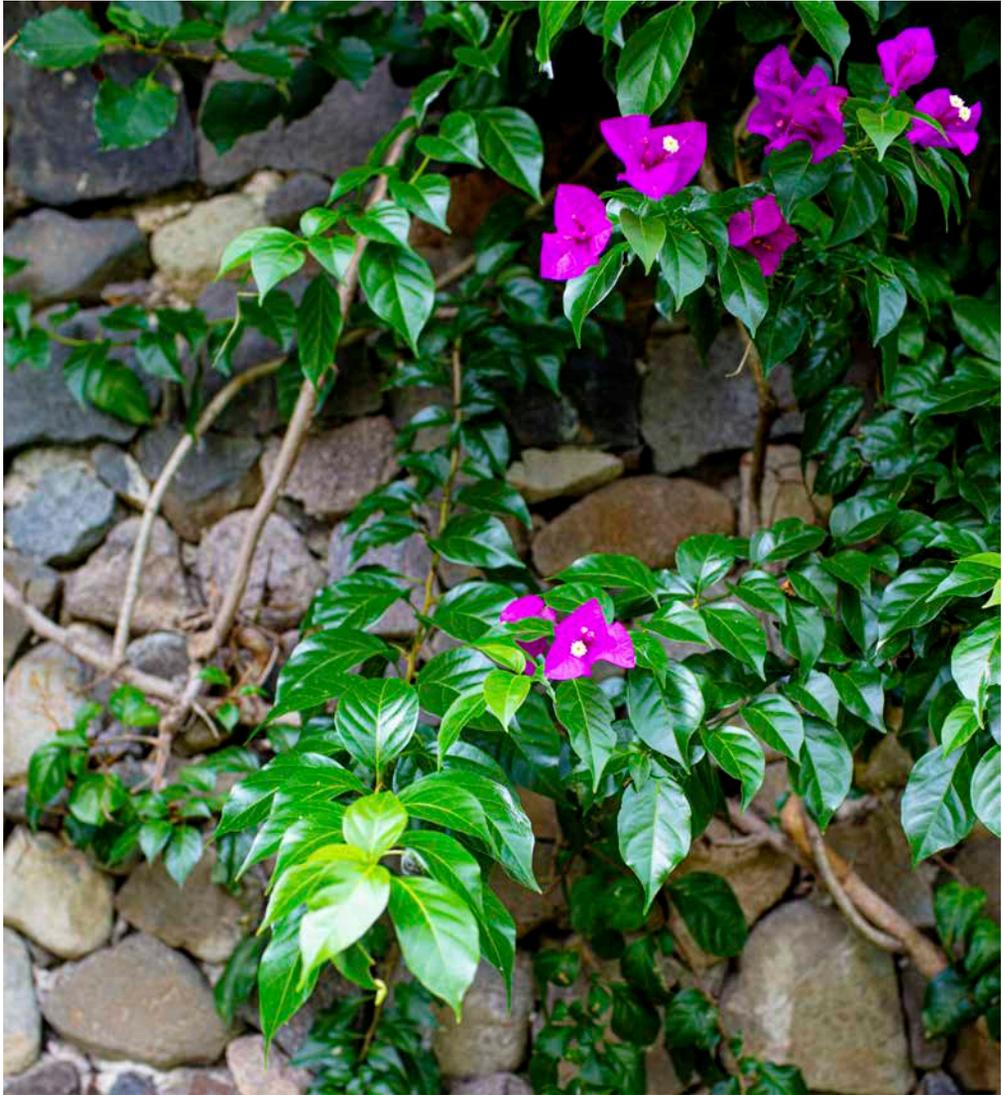












MASTER GROCERY LIST



Protein

chicken breasts
chicken thighs
eggs
eggs, large
lamb shoulder
smoked salmon
tilapia fillets

Dairy

butter
buttermilk
feta cheese
Greek yogurt
honey goat cheese
Parmesan cheese, shredded
whole milk
whole milk Greek yogurt
whole milk ricotta cheese

Produce

apples
apricots, dried
bell pepper, red

blackberries
carrots
celery stalks
cilantro
coconut, unsweetened & shredded
cremini or baby bella mushrooms
cucumber, whole or chopped
dates, medjool
dates, pitted
eggplants
figs, dried
figs, dried & chopped
garlic cloves
grapes, green, on vine
grapes, red, on vine
kale
lemons
olives, assorted
olives, pitted Kalamata
onion, red
onion, small
orange
peaches
pomegranate arils

pomegranate juice
potatoes, Yukon gold
radishes
tangerines
tomatoes
zucchini

Nuts

almonds
almonds, slivered
cashews, raw
pine nuts
pistachios
walnuts

Seasonings

arugula
bay leaves
cinnamon
coriander
cumin
dill, fresh
mint, fresh
nutmeg, ground
oregano, dried
paprika
paprika, smoked
parsley, fresh
pepper, black
pepper, crushed red
pepper flakes, red
peppers, roasted red

rosemary
salt
salt, kosher
salt, sea
thyme, fresh dried
thyme, sprigs
turmeric, ground

Oils, Cooking Liquids, and Condiments

coconut oil
Dijon mustard
honey
olive oil
tahini
vegetable broth
vinegar, apple cider
vinegar, balsamic
vinegar, red wine
wine, dry white

Whole Grains

breadcrumbs, panko
chickpeas
couscous, Israeli, pearl couscous
couscous or quinoa, dried
crackers, flatbread or wafer
farro, dried
grape leaves in brine
lentils, dried, green or brown
pita bread
rice, uncooked

Pantry Staples

baking powder

baking soda

beans, white, cannellini or Great

Northern, dried

capers

flour, all-purpose

flour, almond

flour, coconut

lavender, culinary

lavender buds

raisins

raisins, golden

seeds, chia or hemp

seeds, coriander

seeds, fennel

seeds, sesame

seeds, sunflower, roasted

sugar, brown

sugar, dark brown

sugar, granulated

vanilla extract

yeast, instant





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