

**Sharsheret in the Kitchen:
A Healthy Modern Twist on Shabbat Dinner
with Jake Cohen**

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A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jessica Jablon:

We are so excited to have you join us today for “A Healthy Modern Twist on Shabbat Dinner” with Jake Cohen. I'm Jessica Jablon. I'm the Valley Outreach Program Coordinator for Sharsheret out of our California regional office. For those of you who don't know about Sharsheret, we help women and families facing breast and ovarian cancer, as well as those who are at elevated genetic risk through free, confidential, and personalized support and resources. We also provide health education throughout the country.

One of our goals during COVID is to make sure that we are offering healthy living and cancer prevention information to you during this hard time and giving you what support you need. In addition to our virtual services that can be found on our website or by emailing us, you can also access prior webinars on a range of cancer-related topics, as well as access our calendar of upcoming virtual programs through our website.

Before we get started, I want to quickly review some Zoom housekeeping items. Everyone on this call has been muted. Please keep your mute button on for the remainder of the program. If you have any questions about the recipes Jake is cooking today, please ask them in the chat box and I'll ask them during the program. So you can just type them into the chat. If you would like to remain anonymous, you can turn off your video in the bottom left hand corner of your screen by clicking stop video, or you can call in. And we're providing the call-in number in the chat box.

This program is going to be recorded and we will be sending it with our email follow-up and it will be living on our website. The only people who will be showing on the webinar will be the speakers. So this is the third program in our Sharsheret in the kitchen series. It's an initiative and the partnership with Cedar Sinai here in Los Angeles to incorporate healthy meals into our Jewish holidays.

The first Sharsheret in the kitchen recordings are on our website. The first one was Rosh Hashanah with Dini Klein from Prep + Rally. And then we did a Hanukkah program with Nicole Dayani from Nicole's Kitchen LA. Our next program will be on March 17th as we talk about Passover with Ilana Muhlstein, a registered dietician, nutritionist, and founder of 2B Mindset. You should have received the recipes for today's program in advance. My colleague is going to put the link into the chat box so you can download it and print it or see it on your screen. We want to thank our generous sponsors, Cedar- Sinai, and the Cooperative Agreement DP 19-1906 from the Centers for Disease Control and Prevention. We are so grateful to our sponsors for helping make this program so successful.

Whether you're at risk, recently diagnosed or living with a breast or ovarian cancer diagnosis, eating a healthy diet can help you feel better and maintain your strength during and after treatment. That's why we want to let you know about Ina your personal intelligent nutrition assistant brought to you by Sharsheret and Savor Health. It's a free virtual nutrition assistant who helps guide and inspire those facing cancer with personalized nutrition tips, recipes, and answers to your questions. And you can access Ina through our website and the link for that is being put in the chat right now. If you're interested in finding out more about Sharsheret's free, confidential, and personalized services, please email us or visit us our website at sharsheret.org. Now I want to take a moment to introduce one of our wonderful California advisory committee members, Miriam, who will be sharing her story with us.

Miriam:

Thank you so much, Jessica. And I'm so excited to be here today. I just wanted to start by saying, I really think of Sharsheret and I think of Shabbat, and two things come to mind when that happens. In fact, it takes me back to my journey with breast cancer. Having witnessed my identical twin sister who lives in New York and I live in LA. Her journey, I witnessed it firsthand, I flew in for every one of her lumpectomies and her surgery and her mastectomy. I knew that when I got back I was going to have to take sincere control over the situation, and of course I was in high risk.

For seven years, I was high risk and seeing a doctor and I knew that other shoe may drop eventually, and sure enough, it did seven years later. I had a hunch that day that I got my bad mammogram as I call it my

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

bad mammogram results that I was heading down that same path is right. In fact, she texted me as I was in the room waiting to hear, and everyone gets cleared out and I'm just waiting and waiting and waiting. All of a sudden, they say, "Miriam, can you come back?" And this was the third time for the redo of the mammogram.

And I texted my sister, I call her sis, and she said, "Yeah, that's what that means, it is in fact what happened to me." Well, fast forward to two lumpectomies later and still no clear margin. I was left with very little choice, but to proceed with a mastectomy. My sister actually had the exact same case and outcome as me and had also at that time been involved with Sharsheret. And my close friends had said, Miriam, you have to call Sharsheret, they're really a great resource for so many women just like you.

I decided that's okay, I don't need help, I'm okay, let's just start. You want me to start here? It'll be okay. Once the mastectomy was over I was recuperating at home and I quickly realized that those heroic efforts they were valiant and all, but I probably needed to stop being a martyr and maybe make the call. Well, in the meantime, the first Shabbat rolled around post-surgery and I barely recall the stupor I was in post anesthetic, but I knew I was surrounded by my family. They were there to support me and they were there to feed me, of course. You see, if you ask my kids about the most formative Jewish experience in their life, it is Shabbat dinner. There's no Shabbat that goes without being part of a family, in fact, it's now a Zoom Shabbat with my parents who live in Chicago.

And knowing that it was so truly going to be important that we be together they surrounded me. I remember laying on the couch, having my chicken soup while they sat at the table and they did the prayers over the candles and the wine and the challah, and they proceeded to have their dinner. At that point, a close friend stopped by to drop off dessert, and again, reminded me, Miriam you really need to call Sharsheret.

So that Monday I finally picked up the phone and I called and I set up an appointment under the auspices of maybe I could use the information for my clients because I work in the healthcare field. And in the end, I found out that my conversation with Amy, the California Social Worker, was extremely soothing and comforting and actually just what I needed. She listened; she gave me permission to feel the grief that I had been suppressing. And before I knew it, Sharsheret became my place, the place where I could channel my need to serve and help others.

I remember that I had a meeting scheduled then within three months of my surgery with the California Regional Director, Jenna, at a coffee shop. And we discussed the various ways that I could get involved. And now that I'm a new board member, I'm really, really excited to pay it forward to those who so desperately need the services of Sharsheret and what they offer, of course, they're insurmountably affective for all the women that I've come to know and men, by the way.

So when I heard that short shirt was hosting the Shabbat dinner kitchen event with Jake, I was like whoa, my favorite pastime during the pandemic has been cooking and baking, no doubt. And I realized that I just couldn't miss this opportunity to participate and an event that really does combine my love of cooking Shabbat dinners and being with my family and my commitment to serve other women through Sharsheret. Knowing that Sharsheret means the chain, and I realized we are all linked and that some way we are all linked and the intertwining of those links, and that makes us one big chain. And thank you.

Jessica Jablon:

Thank you. That was just so powerful. And we just appreciate you so much at Sharsheret. You've made such an impact and you continue to make such an impact. And I'm really excited to have you as one of our newest California advisory committee members.

Miriam:

Thank you.

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jessica Jablon:

Shabbat means something different to everyone and is celebrated or experienced in a way that works for you, whatever that means for you. In my family, we would occasionally have a Friday night Shabbat dinner, but it wasn't weekly practice until COVID. And since March we've been celebrating Shabbat each week, we've even been making challah from scratch each week. And it's been kind of a nice way for us to kind of reset and end our week. And we look forward to the smell of challah throughout our home. And it's no surprise that there are these amazing, delicious foods that we associate as Jews with holidays and particularly Shabbat.

And though often on Shabbat, we eat the same recipes from week to week. So now I'm really excited to change up my menu and for you to change up yours by adding the new dishes that Jake is going to be showing us how to make today. And we are so excited to welcome Jake Cohen to Sharsheret in the kitchen. Jake is a bright new star in the food world, a former food staffer at Saveur and then food editor of Tasting Table, and Timeout in New York. And most recently the editorial and test kitchen director of social media juggernaut, The Feedfeed. When he isn't writing about food for publications, including Food52, Food & Wine, and Real Simple, he's posting challah braiding videos and recipes on his Instagram and TikTok @jakecohen. He lives in New York City with his husband, Alex. And Jake's first cookbook, JEW-ISH. A Cookbook: Reinvented Recipes from a Modern Mensch is coming in March 2021. Jake, I'll turn it over to you.

Jake Cohen:

Hi, thank you so much. I'm so excited to be here. This is honestly just what I love to do is cook and share my love for Shabbat. And it was such an incredible powerful story, Miriam. I honestly felt like I was about to start crying as we got into that, but I'm going to try not to because we got to get through these recipes. These are three recipes two, for dinner, and then one dessert. The two savory recipes are from my new book, I just got the first copy, it's called Jew-ish, hyphen on the ish, obviously.

And the whole idea behind it is really surrounding Shabbat, and it's something that I didn't grow up doing. I grew up in a very secular household marvelous, Mrs. Maisel, Seinfeld-esque, High Holiday Jew. And it wasn't until I was a young adult living in the city, I met my husband and we had to figure out what Judaism meant to us. I'm very, like I said, traditional Ashkenazi. My husband is an Iraqi Persian Jew. So we didn't have any common ground. He had no idea what babka was, he never had any of the dishes I grew up on. And likewise, I knew nothing about all the cuisine and dishes that are inherently Jewish to him.

And it became this really interesting exploration that the two of us did. And as we were doing that, we were trying to figure out what Judaism was going to be for us. And we kept trying like different synagogues around the city and we just weren't vibing with it. And then we discovered one table, which is an incredible nonprofit for people in their '20s and '30s to create a sustainable and powerful Shabbat practice, and we never looked back.

Neither of us grew up hosting Shabbat, and now it's something that we do every week religiously and it's become super important and pretty much the whole focus of this book. The whole book surrounds dishes that are important to my upbringing, his upbringing, or there are things that I have made during these past few years of exploring Shabbat. So it's about entertaining Jewish hospitality and ritual in modern sense.

A lot of the recipes are not so healthy as you can imagine with a lot of shuttle foods that are having on the smalls. But I have a lot of recipes that also are kind of again, modernized, twists on a lot of classics, even if it's like Jewish adjacent because there's so many foods that have become integrated in our communities. And even though they're not inherently Jewish, they're things that Jews love to eat, and I think that makes it a little bit Jewish.

Today we're going to be making a Iraqi roasted salmon, this is a recipe I learned from my mother-in-law that her mother used to make, and it's so, so incredible. She's someone who says I hate fish, she won't eat

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

fish, she never touches fish, this is the only fish she will eat. And what you do is we're going to make this mixture of caramelized onions with lemon, tomato paste and a whole bunch of spices. And then pretty much like this is a master sauce, you're going to make this paste and you just spread it on salmon and roast it. That being said, I'm going to show you everything. You can use this on anything. You can rub it on tofu and roast it from tofu for a vegetarian option. You could put it on chicken, you can put it on mushrooms, you could really, really do anything with it.

And then to go with that, we're going to do a really, really awesome carrot dish. I have like jumbo carrots we'll get into so that in a second. It's inspired by time I spent working at a restaurant in New York called ABC Kitchen. They're really well known for this roasted carrot salad. And I've been obsessed with it ever since, and it uses a lot of orange and cumin seed. And it's really easy to make all on one sheet pan, but it gets a little bit sweet, little bit spiced, super tender and golden. Really great combo to kind of just switch up your roasted root vegetable game.

And then last but not least, we're going to do a really easy one-bowl apple cake. It's something that I started making for Rosh Hashanah, became super popular and my family, and now they want it all fall, all winter. And I'm going to make a few swaps from the recipe that you got, just because obviously healthy in the recipe where you take a stick of butter and brown it. Today, we're going to use all olive oil because I'm really into baking with olive oil. And I think everyone really should just like use olive oil in their baking exclusively. I think there's really nothing that olive oil won't be good in terms of the bacon.

But anyway, let's get cooking. Any question throw it in the chat, Jessica will scream it out to me and I'm very good at multitasking. And let's get going. So over here in my kitchen, you have a giant thing, I got a Jewish bakery sending a whole bunch of popcorn stuff, so ignore that because that's not healthy. But we have two pounds of carrots here. This is from a local farm in New York, they happen to be huge. So I'm going to quarter them. Typically, I like to use baby carrots, especially if the rainbow ones, I think they're super pretty. This is about the size that we're looking for. I typically say anything that's thicker than three quarters of an inch, cut it in half, anything that's as thick as this, cut it in quarters. I'm going to start throwing this onto a sheet pan and I'll show you how we're going to season this up.

Jessica Jablon:

Jake, we have a question about baking with coconut oil instead of butter?

Jake Cohen:

Of course, you can bake with anything. I have been really into avocado oil recently. I think that coconut oil is great. Again, it's also a saturated fat. And at the same time when you're working with coconut oil, there are definitely some neutral ones, but it tends to impart some flavor. So it's great in many instances when coconut would be a flavor that goes well with it. And then there are other times when I don't want coconut in it. A perfect example is in my book, I do these date roasted Brussels sprouts. And to me, it uses a combo of date syrup and chopped dates. And I think it's really nice because it gives it like that, sweet and salty combo. But I use coconut oil just because I think the coconut oil mixed with the roasted dates, it gives it this smoky delicious, rich flavored, almost mimics a foie gras.

Jessica Jablon:

We have a couple of questions about the carrots, are the carrots peeled?

Jake Cohen:

No, I love to keep the skin on. I scrubbed my carrots, you want to make sure they're super clean, but at the end of the day, the skin it's so delicious, it's got tons of nutrients. And as long as you also clean out the tops, keep the tops on too, I love all of it. The most important thing is that you're just washing and

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

scrubbing everything. I have a little vegetable scrubber that I just really go to town with all my root vegetables, but I try not to honestly peel anything when I cook except for potatoes for mashed potatoes.

Jessica Jablon:

That's great. And if you use baby carrots, do you have to quarter them?

Jake Cohen:

No. If there anything that's three-quarters of an inch thick or thinner is good to just keep whole. That's in though the recipe in the book uses the photo, and I'll show you. It's actually one of my favorite photos in the book. Use this just a really nice local baby carrots. And to me, that is the best call because they get super, nice and golden and roasted and the tips get really crispy. So to me, that's always the best. The skin gets blistered, and in this case, it's still going to be absolutely delicious. You really can't go wrong, that's typically my thing. And I'm doing these wedges. You could also do them in coins; let's say you want it to speed up the process, not having to go so long. Great, cut them into slices, it'll roast a lot faster.

Jessica Jablon:

And there was a question about the olive oil; do you recommend any particular olive oil, extra virgin olive oil? Doesn't it impart a flavor?

Jake Cohen:

Always, extra-virgin. I'm going to show you two brands that I really love. This is the one that I use a lot. It's La Tourangelle, it's an organic olive oil based out of France, I believe. I don't know where they got their, I believe it's a French product. A product of Spain. There you go. French packers, Spanish olive oil. But I really love it. Also love these containers. They also make sprayable versions. Let me reach in my cabinet. They make a spray version, which I really love because instead of using pam to spray or even baking pams, you can just use a little olive oil spray, or if you just want like an even coating on vegetables, that works really well. That being said, for this for tossing it together, so it's not really an issue. This other brand, one of Oprah favorite things this year, EXAU, it's based out of Italy. It is an incredible woman, black-owned company making olive oil, and it's so absolutely delicious.

Jessica Jablon:

And just for everybody watching, we will make a list of the products that Jake recommends so that we will send them in a follow-up to you so that you can have those at your hands, at your fingertips. Somebody wanted to know if this method would work with parsnips or other root vegetables?

Jake Cohen:

100%, when I tell you most of the time, pretty much every Shabbat is a different kind of root vegetable. At least since I live in New York, I am using root vegetables half of the year because we got to cook and source locally. So it's carrots, it's a combination, sometimes I'll even do just a little bit of carrots and throw in parsnips, throw in radish. I love roasting radishes. People don't roast radishes enough. They're great raw, but they're also really great in peppering roasted. Same thing with... Generally what other vegetables I throw in? Literally anything, any root vegetable? You're good. Kohlrabi, that's been pretty much my obsession.

So I'm going to go with three tablespoons of olive oil. I'm a big fan of never enough olive oil. What we're going to do is we're going to throw on the tablespoon of cumin seeds. I use the whole seeds just because they get nice and toasty, they impart a great flavor. While at the same time, you get the carrot. You can taste the roasted carrot and the cumin almost infuses in the oil and still stays kind of separate. You could definitely use ground cumin, but I think the seeds are just so, so fragrant and delicious.

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

The other thing I'm going to do, and this is a perfect example of it calls for a tablespoon of cumin seeds. You can customize this, however you'd like. So any type of whole seeds you want to play with that you have in your pantry, throw a pinch in. I'm going to add a little, whole coriander. Coriander seeds are probably my favorite ingredient just because I find the flavor to be so rich and complex. It can go in both sweet and savory applications. It's very mild, it's a little bit floral, it's a little bit citrusy. And I think it's just really beautiful. Not that recipe, but again, I personally believe, take all my recipes and run with it. One has Jewish matriarch ever written down a recipe, every recipe that I've done in this book that comes from my family, my husband's family, I've had to transcribe because it's just a little bit of this, a little bit of that. And that's how you can treat all my recipes, too.

Jessica Jablon:

Somebody asked there a toaster oven has convection as well as roast as well as bake should, which features should she use for the carrots?

Jake Cohen:

I would start exploring all of them. You won't know until you try them all. I would say typically convection is going to be really, really nice with roasting just because it'll help get a little more air circulation so they get nice and golden and tender. I'm just going to add on a quarter teaspoon of chili flakes. I just think the little bit of peppery spice is really nice. If you are spice averse, you could just do some black pepper, you could make it completely, you could do whatever.

You could omit it completely. You could do whatever. So that, that and that. There's only one real main ingredient left and that's one orange. It's going to be zested and juiced right onto the tray. What that does is the juice is going to help steam, to cook the carrots evenly and then when it completely evaporates all the sugar in the orange juice is going to help the carrots caramelize and get nice and golden.

Jake Cohen:

Today I actually didn't have oranges, but they had really great clementines at the market so I'm going to use two clementines instead. You could use any citrus you really like. Meyer lemons would be great, especially for all the California people. You just want something that's going to be a little bit acidic, a little bit sweet and give a little bit of liquid to the pan. I think that's the main thing, when you're roasting root vegetables. It's typically all around the same timeframe. I roasted at 450 degrees for around 30 minutes and that's typically the sweet spot for really great color, while also getting nice and tender.

A little liquid helps steam and get the process going and it'll evaporate completely, so that you can still get that nice color.

Jessica Jablon:

Jake, can you clarify, was it chili flakes or crushed red pepper or was it-

Jake Cohen:

Oh, crushed red pepper. Crushed red pepper chili flakes. Same, same. But you can use any spice you like. If you'd like cayenne go for some cayenne. I've been really into this Turkish spice called Urfa Biber. It's a type of smoked chili pepper and it's been so, so, so incredible in all of my cooking. So really just anything that's going to add a little bit of spice. So you can go as mild as black pepper to as wild as anything else.

Jessica Jablon:

Do you turn the carrots while you're baking them?

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jake Cohen:

We're going to do it halfway through. I'll give it a little toss and I don't think it's so crucial at the end of the day. I never have an issue if the bottoms have the hard sear from the pan and the rest is just nice and golden and tender. So tossing, it is never a bad thing. The main thing is it's like, you just don't want to do it a lot.

There's this term... What do you call... I was talking to Adeena Sussman and she was saying that one of Chrissy Teigen's thing is like DFWI. Don't F with it, in the sense of like foods, steaks, vegetables, where anything's really building up some flavor and caramelization, let it be because it's going to really continue to get golden. And the more you open the oven, the more heat's going to escape, the less beautiful your carrots will be.

And last but not least, a ton of kosher salt. I like kosher salt just because it's really nice and pinchable and you get a nice little handful. I tend to go heavy on the salt because we have multiple pounds of carrots.

Now I'm just going to toss this all together. My oven is preheated to 450 degrees. You can see all of the juice has pooled at the bottom. It looks nice. And honestly, this is like vinaigrette. It's pretty much carrots tossed in a cumin seed orange vinaigrette. This would be delicious if you just skipped the carrots and put in salad greens in a bowl. But instead we're going to have a really delicious, tangy, complex roasted carrots.

I'm going to pop this into the oven. We'll check on it in 15 minutes. I'll set a timer so we don't forget. And meanwhile, we're going to go straight into our salmon.

Jessica Jablon:

Perfect. Could you line the pan with parchment paper?

Jake Cohen:

No. When you are roasting vegetables, no parchment paper, no tinfoil. I know. You're going to have to do a dish. That's it. But foil, parchment paper, any parchment paper... 450 is fine because like, as Ray Bradbury has shown us, paper burns at 451 and that's really the issue. So if you're doing anything at like 475, broil. Do not use parchment. It will catch on fire. But even tinfoil, you're not going to get the same color and you won't get the same caramelization. The whole point of a sheet pan is you want that direct contact.

I would go so far as saying, if you really wanted to get to take it one step further, oftentimes what I'll do and this is if I have time, because I'm a generally like... Especially since all these recipes have been developed and tested in practice of Shabbat and hosting people. If I do happen to have some time, I'll preheat the sheet pan in the oven, toss the carrots and all that stuff in a bowl, and then you dump it onto the searing hot sheet pan and that really gets the color going. That gets the caramelization going much faster.

Onions. We're going to chop some onions now. So this dish for the salmon, I can't talk it up enough. It's like my mother-in-law's secret sauce because it's just so absolutely delicious and it's just really nice. It's spicy. It's tangy. It's acidic. What they do is they have what they call Iraqi curry powder. And it's a little bit of potential Jewish history for people because I feel like that's something that unfortunately we lose out, is the knowledge and learnings of so many different, incredible Jewish communities throughout the diaspora. And something you might not know is the Iraqi Jews were quintessential in the spice trade with India.

So a lot of Iraqi Jewish cooking is heavily influenced by Indian food. You'll see a lot of tamarind, curry powder and as a result, as they've moved throughout the diaspora that has come with them. So that's why you'll see some families, like after the Farhud in Iraq when all the Jews were expelled, you have instances of Iraqi Jews who ended up in Iran, like my husband's family and they started making a lot of Persian

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

dishes with curry powder. It's non-traditional, but of course now it's become something that so many families do in Iran, both Jewish and not.

So this is kind of an example of something that I learned along the way. I made it into like a simplified combination of spices, in the sense of it is like turmeric, cayenne, coriander, cumin. Really just like delicious, easy to make and good on anything, like I said.

I'm just going to peel two yellow onions and we're going to chop it up. We're going to start cooking that down in some olive oil. And it's very, very easy to customize, depending on what you want. I'm using little onion and some scallions just because I like to just have the greens for garnish later on. So I'll use the whites to caramelize, but you could use any allium you want. So in the spring, you could use to do this whole thing with leeks and it would be so delicious. There is no wrong answer. I'll put you down. Cool.

Jessica Jablon:

Do you have any tips for when you're cutting onions and the tears get in your eyes and it just [crosstalk 00:30:49].

Jake Cohen:

Yeah. I'll tell you, it really comes down to one thing. Everyone looks for a hack. There is only one thing that works and that is the goggles. I will tell you that right now. But the reason that you're crying it's because you need to sharpen your knife. That's it. The sharper your knife is the cleaner the slices, are the less cell walls you break. If you have a dull knife, you end up breaking more cell walls in your onion and as a result, you're releasing more of the compound that makes you cry.

So don't invest in anything. Don't light a candle or put it in the fridge. Just either sharpen your knives yourself, or find an incredible resource at any culinary shop or cutlery shop to sharpen them for you.

Jessica Jablon:

Great.

Jake Cohen:

So I'm going for a pretty fine chop, a nice little mince, if you want this to cook down. It doesn't have to be perfect, of course, because this is all going into the sauce, which is my favorite thing. You even do this in the food processor if you really wanted, to get pretty fine and it will take a little bit longer to caramelize because they will get a little juicier but something you could totally still do.

Jessica Jablon:

Jake, what kind of knives do you recommend?

Jake Cohen:

I love Zwilling. I love Zwilling because I think German knives are more my forte. That's also based on the size of my hand. I'm not very big into Japanese knives because they seem to be a little too small and I end up just like bashing my knuckles into the cutting board. So this is my personal preference. Everyone has their own. So I think it's important to go for quality. So high quality knives are huge, but there are so many different varieties in that field, that you really just have to play around and see what feels right for you.

Jessica Jablon:

Are there any other fish that this recipe works well with?

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jake Cohen:

Any fish. You name it. When I tell you, this sauce is good on everything. If you want to just put it on your face as a skincare routine, it would be just as great. I'm telling you, it's like, you make the sauce and then you let the sauce tell you what it should go on. Any protein you have in your fridge. I'm trying to think of what other things it would be great with. It would be honestly great on like a flatbread, to make a pizza. It would be great on, I said tofu, I said any fish, any chicken, use as a marinade for steak. You could really go wild.

Jessica Jablon:

And I know in the notes you had said that it freezes well too, right?

Jake Cohen:

It freezes beautifully. It's one of those things that if I'm going to make it, if I'm going to cook down all the stuff, I'll often do a double or triple batch because then I have it for next time. And that's something I actually do it a lot with Shabbat because this was such a popular dish for my Shabbats and it's so easy to make because all of the prep is done in advance. You can make this sauce days in advance, keep it in your fridge and then you can just rub it on your protein and throw it in the oven. And if you're doing salmon, it cooks up in 15 minutes. And I'm talking about a three pound plank of salmon, will be ready in 15 minutes. And that feeds a lot of people and you really can't beat that when you're doing Shabbat.

Jessica Jablon:

We had a couple of other questions come in. What brand of spices do you use and where do you buy them?

Jake Cohen:

A whole lot. A, my guess is everyone on this call, think long and hard, when's the last time you bought spices? If it was over a year ago, you should get rid of them. Spices lose... Their half-life is actually quite short in terms of peak quality. That being said, you'll still get the job done. My mother still uses the same spices. They're probably over a decade old. I have no doubt she's still using spices that are a decade old and that's fine because that's the truth she wants to live and she enjoys it. And that to me is all that matters in the kitchen.

For me personally, I'm very, very into Burlap & Barrel. It's single origin spices. So it's something to think about in this modern world of like typically where a spice is coming from. Well, I'll tell you where they're coming from. They're coming from often Third World countries where people are underpaid and it is kind of handled by a large conglomerate that's either blending a whole bunch of spices from a whole bunch of different places. It's not really treating the earth well. It's not really paying the laborers fairly. So finding companies like Burlap & Barrel that go to one place, source everything from one place, pay everyone a fair wage, to me, that's priceless. The quality is top-notch but also ethically I just stand by it so much.

Other ones, Simply Organic is a great one for just basic ones. New York Shuk, they make incredible harissa, but they also make awesome spices. I'm trying to think what else. Those are the main ones. Those are the main ones I stand by.

Jessica Jablon:

If you use chicken, do you leave the skin on the chicken when you're cooking it?

Jake Cohen:

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

I mean, yes. Typically I would say for thighs. For this sauce, goes really well on boneless skinless chicken breasts. I'm not like a big boneless skinless chicken breast person, but in this case it's actually, it's delicious. That's probably like peak boneless skinless chicken breast is with this sauce smothered on top and just roasted in the oven.

Jessica Jablon:

It looks like your cutting board has rubber guards to keep it in place.

Jake Cohen:

Yes.

Jessica Jablon:

Someone was curious what brand of cutting board it is?

Jake Cohen:

OXO. O-X-O. It's pretty standard in terms of silicone cookware. They also make the standard measuring cups. It's a really popular brand. Really great, really easy.

Okay. I'm going to heat three... Let me put this down. Three tablespoons of oil in a little nonstick skillet and I'm going to throw in my onions and start to cook that down. Then we'll throw in some spices and some tomato paste and get it going.

Jessica Jablon:

How long would you roast chicken breasts for, if you were making it with the sauce?

Jake Cohen:

I would... high oven for 450 degrees. I would throw it on a sheet pan, cover it in sauce and I would start with probably 20 minutes and then I would take my thermometer and stick it in and see if it hit 160 degrees Fahrenheit. And if it did I'd pull it and if it didn't, I would throw it back in, in five minute intervals until it did. And I think it's so important that everyone gets a thermometer. It is the number one kitchen tool you need because it's going to help just change your life, in terms of having really juicy protein.

All right. Added this in. And I'm happy to answer literally any question about anything, whether it's about this recipe or anything else your heart desires.

Jessica Jablon:

We did get a question that came in, in the registrations. Somebody was curious what made you choose cooking as a career?

Jake Cohen:

So it was something that I started exploring at a very young age. I was in high school and it became this way that I got to build community. I wasn't very popular. I didn't have a lot of friends and I started throwing these dinner parties and it became this positive feedback loop of the way that cooking for others made them feel, made me feel, and I was really obsessed with it.

So I went straight from high school to the Culinary Institute of America, upstate. From there, I worked in a few restaurants in the city, Danielle and ABC Kitchen and then I switched into media, to start doing recipes for different magazines and websites and TV stuff. And now obviously the book, and this is just

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

kind of where I've been. And I think Shabbat became that equal opportunity to build community and find the power of hospitality that I love.

Jessica Jablon:

Amazing. Thank you so much for sharing that with us.

Jake Cohen:

My pleasure.

Jessica Jablon:

So of course, somebody is interested in which kind of thermometer you recommend. Is there a specific one?

Jake Cohen:

Let's see. Actually mine is... If anyone is subscribed to Food Network Kitchen, the app program through Food Network, I'm currently filming this whole week, a whole series on Jewish baking, which will be coming later this year and that's where my thermometer is, but I also believe it's OXO, the O-X-O make. They make everything. It's standard.

The most important thing is, I like a digital one. It's just going to tell you the number, instant read. Can't beat that. And then there's some fancy ones. There's like a probe. And so you have something in the oven and it tells your phone exactly when it's cooked. That's great. I have one of those too. Do I use it? No, because as long as you have an instant read thermometer, simple. Anything will work.

Jessica Jablon:

Could you use sweet onions with this?

Jake Cohen:

100%. I love using sweet onions. Any alliums work. In the spring, those beautiful spring onions, the little bulbous ones with the long greens, use that. Throw the greens in. Leeks. Do leeks. Combo. Do whatever you want. This whole point is we want nice caramelized onions and that flavor is just like the best. I think it's so funny because it really is integral to Jewish cooking.

If you think of Ashkenazi food, caramelized onions is one of the most pronounced flavors. Given the fact that so much of Ashkenazi food is based on schmaltz and schmaltz itself can't be finished until you add onions to fry in the chicken fat as a flavoring. And then you obviously have the fried onions and the gribenes and it just becomes this kind of crux and base level of everything that we cook. That being said a lot of cultures, including ours love caramelized onions, too, so it's just something that I lean into a lot.

Jessica Jablon:

We are getting a lot of requests about if you have a good challah recipe.

Jake Cohen:

Oh, I have the best challah recipe, personally. That's my personal opinion. I spent a lot of time working on it. It was something that was always a special occasion thing and then with COVID, I started making it every week and I really got into it and actually changed the recipe in my cookbook last minute, because we finished it... It's got sent to printer in the middle of quarantine and I had just switched it up to kind of match a recipe that could be made every Friday and that's just the one that I wanted to go with. And it is in my cookbook and it's incredible. It's very easy to follow.

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

I do a whole step-by-step walkthrough of how to do the six-strand. A lot of videos on my Instagram, but different challah braids because I've gotten into the different strands. And I'll tell you right now, it comes down to three things. You are sticking to your recipe too hard and not adding either enough flour or too much flour because you want your dough to be tacky, but not sticky. You are not kneading your dough enough.

If you were doing your dough completely in a mixer, uh-uh (negative). I typically do my dough, sometimes completely by hand, but oftentimes starting in a mixer, you got to finish it by hand. You need to build up enough of a gluten structure. People are afraid they're going to overwork it. I can tell you right now, you're not going to be able to overwork your dough. And with your KitchenAid or with your hands, not going to happen. So you're not kneading it enough.

And then lastly, people don't proof their dough enough. They see the recipe says an hour, hour and a half, but they don't understand that. When I'm in Florida, versus when I'm in New York, challah takes... it could be a two hour time difference, in terms of the proof time because so many factors are at play. The temperature where you are, the humidity of that day. So getting to know the dough, getting to understand what are the visual cues you're looking for is so important.

Jessica Jablon:

You're getting a lot of love in the chat.

Jake Cohen:

Good. I love love.

Jessica Jablon:

How many courses do you usually serve for Shabbat dinner?

Jake Cohen:

It depends. It depends what the vibe is. My husband obviously loves when I do you like a Persian feast. So I'll do one giant stew, a giant thing of tahdig, a crispy Persian rice. And then a few cold sides that I could prep in advance. Like a cucumber yogurt sauce, a Shirazi salad, which is like an Arabic tomato, cucumber salad. Maybe something else.

But typically if I'm making a challah, one main, a big side. Especially during COVID, the typical deal is it is challah, like a full spatchcock chicken, over roasted vegetables and some kind of starch, which is typically like smashed potatoes or mashed potatoes, depending on what they want.

I just saw someone comment that their son follows me on TikTok, which is something that's happening more and more often, which I am of this in between generation, as a millennial, where I have GenXers or people who recognize me from Instagram and then people's kids are now recognizing me from TikTok, which I think is very funny.

But I think that's the most fun of all of this, in terms of the book and everything, of kind of showing a new generation like, not...Jewish pride, because I don't want to make it like so, so, so serious because it really isn't that, but it's something that I talk about in the introduction, that for secular Jews in America. Judaism has become indifference. It is you're Jewish. Yes, we all go to the temple for Yom Kippur. We all go to the bar mitzvahs, but like on a daily basis. Like where is Jewish ritual? And even any of those things, like, what does that mean to you?

A huge part of what I'm doing with the cookbook is for anyone who pre-orders the book, they're going to have access to a digital Haggadah that I wrote. And the whole reason behind it was that I found that every year my family was going through, I mean the classic Maxwell House Haggadah like most people use and it was just being done with like, "All right, we just go through the motions. This is what happened."

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

And it was like, "All right. We just go through the motions. This is what happened." And all of these Jewish rituals are really built as these awesome opportunities to contextualize ethical and moral conversations in the present world. And that never happens. And to me, I think that needs to begin with showing a new generation what they're inheriting and how they get to make it their own. And I've always been a big proponent of making Judaism my own. Some people don't like that, but that's a them problem, not a me problem. And there we go.

Jessica Jablon:

I love that. Is the onion getting brown?

Jake Cohen:

Yes. So I'll show you. We were pretty much there. Going to take about six to eight minutes. I want it to get nice and soft, get some nice color.

Here is something that I'll tell you right now. I love this way where we're doing it at a higher temp and getting a nice char on it. Some pieces are getting darker than others. It's still kind of keeping its shape intact. There is a secret though. If you throw in about a half a teaspoon of baking soda, it destroys the cell walls and your onion will turn to mush. It becomes completely disintegrated and you can cook it down and caramelize it into this really rich onion paste.

So if you are someone who typically hates onions or doesn't like bits of onions in your dishes, if you try that with the baking soda, it comes out so delicious because you get all of that flavor of the sweetness, but you don't get the texture that's often, like... I find when people like, "Oh, I don't like onions." If they didn't... For most dishes or a soup or anything, where it's blended and you don't see it, they love it. They don't know it. So this is the case in which that would happen.

All right. I'm going to throw in some spices now. We're going to start with two teaspoons of coriander. A teaspoon of turmeric. Turmeric gives it such incredible flavor and color, and has great anti-inflammatory benefits. The main thing with turmeric is it's fat soluble though. So you will not get the benefits of turmeric unless you're having it in a dish that has fat in it. So even if you're making a tea, like a turmeric tea, that won't give you as much benefits, if you don't like, I don't know, throwing a little coconut milk. Teaspoon of cumin.

Jessica Jablon:

I'll let you finish with the spices. There's a couple of questions that have come in as well.

Jake Cohen:

Of course. Now I do a quarter teaspoon of cayenne or any chili you like. Boom. I'm using my urfa biber instead of cayenne today. Just because. Just because I'm cooking for myself. And then we are going to get this down. I'm going to actually switch just because I have the turmeric and it will stain my...

So what I'm doing is I'm just blooming the spices. After we cooked our onions, you want to toast the spices. It's going to help bring out a lot of those flavors, the aromatics in terms of the oils that's in there. And just do it for a minute or two until you can really smell it and then we'll add in the tomato paste.

Jessica Jablon:

Someone wanted to know if that hack works for mushrooms? I think they're talking about with the baking soda.

Jake Cohen:

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

I've never tried it. I would be intrigued to see how it would work. I would be, I would say it probably might, but probably not because mushrooms are obviously not; they're a fungus and not a vegetable. So I don't know how the baking soda will react with the walls of the mycelium versus the cellulose walls in a vegetable. So that's an interesting, I would say, experiment.

Jessica Jablon:

All right. Do you have another alternative spice for the turmeric?

Jake Cohen:

Omit it. Use whatever you like. What do you like to cook with? If you like, if you like smoked paprika, throw some smoked paprika in. If you like, if you really love cumin, do a lot more cumin. If you do not like... Make this your own, I think you put a little bit of everything. Start to get to know, what tastes good, what doesn't taste good. What are the combinations you'd like? Until you experiment, you won't know. To me, I would say start to, one spice at a time, start to go outside your comfort zone. Whether that becomes like sumac, which is like my obsession. Or, I don't know, anything else.

Jessica Jablon:

Back to your Haggadah did the... All right. If you order your book on Amazon, do you get to access it? If you get it from an independent bookstore, how do we...

Jake Cohen:

Pre-order it anywhere. And it's going to get released in a few weeks and I'll put, it'll pretty much just end up on my website as a way that you can just plug in your order number from your receipt. And you'll be able to download the Haggadah. So support your local bookstores, get on Amazon, out of convenience, whatever you'd like, you'll still get the Haggadah.

Jessica Jablon:

Right.

Jake Cohen:

I'm throwing in a six ounce can of tomato paste. This is great. I love cooking with tomato paste because it's just super concentrated. It caramelizes really well. And in something like this, where we're making like a sauce, that's going to coat something, it's ideal.

Jessica Jablon:

You are making cookbook sales as we speak.

Jake Cohen:

I love it. I really hope everyone cooks from it and enjoys it, and it's... I think it's... I did a lot of work in terms of the introduction. Has a whole kind of guide to Shabbat with prayers, alternative readings. I have like instant... For example, if someone... For a lot of people, it's like, we're in a new world where people are, I don't know, they might not be comfortable saying prayers in Hebrew. If they can't speak Hebrew, they might not want to say God in a prayer. And to me, every aspect of the ritual of Shabbat is so important for so many different reasons. Whether it be what the meaning of the Kiddush is to the concept of challah and breaking bread with others. So I have some alternative readings that I help kind of curate with the help of OneTable to make a really nice modern guide to hopefully inspire more people to get into Shabbat like I am.

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jessica Jablon:

Somebody was asking if the scallions also went into the pan with the onions.

Jake Cohen:

Yes. But just the whites and the greens, the light greens. So I kept the dark greens, cause this is what we're going to chop. This is really nice for garnish. I'm going to throw this on top of the salmon.

Jessica Jablon:

Are there any substitutes for tomato paste? And then we also had a question about the difference between tomato paste and tomato sauce.

Jake Cohen:

Yes. So tomato paste is super concentrated. Let me show you. It is sauce that's cooked down until it is super, super thick. There really isn't a substitute for it. If you sauce, you could definitely do sauce and then just really cook it down for a long time. I'll tell you, like we've been discussing, we're trying to keep your... We're trying to get you healthy meals without taking all day. Trust me. I love to cook all day. There plenty of recipes that I have no issue cooking all day. That will be one of them if you want to cook down sauce in terms of that. You could pivot and do this same style in a saucier format, which would be really great for a braise. If you want to braise chicken or fish in this oniony, tomatoey, lemony sauce, that'd be delicious. But in terms of something that you could just spread on top of a protein and roast in the oven, tomato paste is your best bet. And you could get it anywhere. Every grocery store in the country sells tomato paste.

Jessica Jablon:

And if you're somebody who's not supposed to eat tomatoes, is there a...

Jake Cohen:

That is an excellent challenge. I would say, do the caramelized onions with all of those spices and lemon, and then just cook it down. This would probably be a great time for that baking soda, where it breaks down into a paste and you'll have a much more spreadable sauce and then just have it be a spiced onion sauce on your fish or on your chicken.

Jessica Jablon:

And I know we're running a little bit over because we're having so much fun. So I just wanted to remind people that the webinar is being recorded. It will be emailed to you if you registered for our program, we'll be sending it out in a week or so, and hopefully in the next week. And it will also be on our website. So if there's, if you need to jump off, don't worry, you will be able to access it later.

Jake Cohen:

I'm having fun. So I'm here. I'm here all night. So this is cooking down. What I'm going to do is I'm going to grab out a lemon and I'm going to zest that into this tomato sauce. We're pretty much there. I'm just looking to caramelize it a little bit. By cooking down your tomato paste on this direct flame you just start to bring out some of those natural sugars. Again, you do not want, between the onions and the tomatoes, you're going to get a nice sweetness without adding any sugar. We're just going to use all natural sweeteners.

All right, I'm going to season it up with a little salt. I would say this is a good thing. For example, I'm a young spry boy who does not listen to his mother in the sense of high blood pressure, any of those things,

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

which I don't have, so I can have, I can have salt. I'm not, my doctor hasn't warned me against it. But that being said, this is a perfect sauce for anyone who is looking to cut back on salt, just because you have spice, acidity, tang, you have all of these other flavors that creates a dish that's really powerful without a ton of salt.

Jessica Jablon:

I love there some conversation going on in the chat about what types of substitutions there could be for tomato paste, like possibly pumpkin or red bell peppers.

Jake Cohen:

Actually, it's so funny. That was the first thing that just came to my mind is there's this incredible Spanish sauce called a romesco. And it's one of my favorites. And it's roasted red peppers, and almonds, and typically sometimes apricots. And to me, that's something that you can pivot in this sense. There's also a lot of middle Eastern variations in that same realm. But I would do roasted red peppers, pureed in the food processor into a nice little paste. Throw that into your pan, cook it down a little bit until it's thickened with your onions.

And even, I think this would be really nice with like a butternut squash puree. If you wanted to do that, if you wanted to do sweet potato. But again, now we're going into some other things in terms of what would be really good, like smothered onto a protein. I would stick to either tomatoes, bell peppers, pumpkin, maybe. I would say you could take this whole mixture of the onions and the spices and throw it into anything. Throw it into mashed sweet potatoes, delicious. Anything. And you could use this with anything.

Jessica Jablon:

How much Kosher salt do you think that you used just now?

Jake Cohen:

It's going to be different for everyone to taste. Start with a pinch, taste it, if you want more, add more. If it's good, great. You could always add more, you can't take away. So my guidance always is like, start. There was some baking in which I have true guidelines in terms of... All the baking recipe obviously have guidelines, but in general, I think if you can taste something, you got to just go with your gut and slowly incorporate season as you go. That's a huge part. You're going to add so much more salt if you just season at the end. If you then add a little pinch at every step, as you're cooking on the onions, add a pinch.

Jessica Jablon:

Yeah. Someone made the carrots and said they came out delicious.

Jake Cohen:

Oh, good. I'm so glad. Okay. I'm going to turn this off now. And I'm going to grab out my lemon. And a key part is I'm not actually using the juice. All I'm doing is using the zest here, just because I want to keep this mixture. I want to keep it nice and tangy, but I want to keep it thick because this is going on some salmon and I do not want to it get too juicy because we want it to get nice and golden in the oven.

Beautiful. And what I'll do is I'll save this lemon and then you could chop it up for wedges to serve on the side. And you're looking for about two teaspoons of lemon zest. Hold on, let me grab a little... And this is the sauce I'm talking about. This is the master sauce. Honestly, one day I'm going to sell it in jars and I'm going to make a fortune and I'll be able to retire from everything. Because it's just so delicious, you're going to want to put it on everything. Let me grab it a little tasting spoon.

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jessica Jablon:

Could you use pickled lemon?

Jake Cohen:

Ooh. That is an excellent, excellent point. You 100% could. And I do all the time. The main thing is, A, I'm trying to keep it true to my mother-in-law's recipe. B, this is already so new for some people, if I throw in another ingredient, sometimes they are like, "Oh. Too much. I'm not going to, I'm going to walk away." Which is a whole other issue in terms of people in their adventure in terms of palettes. But yes, preserved lemons are amazing in this. Amazing. Sometimes what I'll do is, I'll just chop it up into chunks and then just sprinkle it on top of the... I'll leave, I'll put lemons zest in this, and then on top of that, I'll put the chunks on top of this sauce when you bake it so they get nice and crispy. For anyone who doesn't know, it's a North African condiment, literally, lemons packed in a jar with salt lemon juice, pickled in its own juices. Absolutely delicious. They become jammy. You can eat the rinds. It's truly, truly next level.

Jessica Jablon:

There were some questions about the olive oil and the heating point of it.

Jake Cohen:

So with extra-virgin, if you're using this... Again, it can go with medium high, not really an issue. You can't fry in it. You shouldn't be pan frying. Shouldn't be doing anything in which is going to be smoking. You just want to get hot and then throw in your stuff. For example, caramelizing onions, it's great because we're not going for... You're not doing that on high, high heat or else you're going to burn your onions. Anything in which your food would burn, so will your olive oil. You want it to go with a really... You're looking to sear something, you're looking to cook steak or chicken or cook fish and get that beautiful golden sear, that's when you want to go into a really neutral oil. I love avocado oil. To me, that's been my absolute favorite. I use it for honestly, everything from my challah, to baking, to fry.

Jessica Jablon:

Speaking of your challah, there were a bunch of people who wanted to know whether or not you approved of bread machines for kneading?

Jake Cohen:

Yeah. To start. You can get it going. Again a lot... And the thing that I try to be really sensitive about, because listen, I'm young and I feel like I'm having carpal tunnel after a while of too much bread kneading. It's a lot on your body. That's why like bread bakers. They just, literal bread bakers, they fall apart. Their body's destroyed from baking bread. I think that you can 100% use those techniques and those appliances to help you. But at the end, a few minutes on the counter. A minute. Give me one minute of kneading it, get to feel your dough, it's going to make the world of difference. You're going to be able to know really, if you need to add more flour or not. I'm telling you that that's it.

All right. Our carrots are looking so incredibly gorgeous. Give them a little toss. They just need a few more minutes. And 'll show you exactly what you're working with. We got some nice color of the orange juice has evaporated and it's becoming this like really beautiful glaze. So the carrots are super shiny and we're getting gorgeous sear. I love crispy, tender carrots. These only need about five more minutes. Feel them, let me see. Yeah, five more minutes.

And meanwhile, we're going to get this on top of our salmon. And I'll finish that up. And then since this is obviously going very over, maybe we'll hold the cake for another time and I can share, I have a video online of me making it just as an extra bonus.

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jessica Jablon:

So we can put the cake in our follow-up, email, the link to your cake demonstration.

Jake Cohen:

100%. Okay. So I'm going... Again, sheet pan. I'm going to use a smaller one just because. Something that I love, love, love is having different size sheet pans for different applications. Half sheet pans are so amazing. And so are quarter sheet pans. Truly the best. You can just use it. You're just doing something small, one or two people, use this.

All right. I'm going to grab this and we're going to line it with tinfoil. For the salmon. Yes. You do not want the skin sticking to your pan, that will be a mess. We're also roasting it. We're not flipping it around. We're not looking for that really hard sear. You're not going to get that. If you want it to sear your fish separately in a non-stick pan, and then top it with this tomato mixture that would work, but I like to roast it altogether.

Do I use non-stick foil? Not really. Sometimes when I'm at my in-laws, my in-laws always have it so that's what I do. I actually use, I love, If You Care, because it's 100% recycled foil, which just makes me feel a little bit better about myself. Not much, but a little. The key part is with any foil, you always want to be using the matte size.

Jessica Jablon:

A couple of questions about your pan.

Jake Cohen:

Yeah.

Jessica Jablon:

Well, can we use parchment paper?

Jake Cohen:

So for this one, technically, no, because the recipe calls to roast it at 475. You want a high temp because we want that nice golden color without over-cooking your fish. Fish cooks really quickly in the oven. Really quickly. I love broiled salmon. Your salmon is done in five minutes. We're roasting at 475, I say for a full three pound plank, it's going to be 15 minutes to 20 minutes. Today I'm going to be doing individual fillets, just because, like I said, because the sauce is so versatile. You could do it on a whole salmon. You could do it on individual fillets. You could do it on tofu, vegetables, chicken. So really parchment's not a good call. Foil is better in terms of preventing any risk of burning. But yeah, there are not buts. I don't know what I was going to say. But, just that.

Jessica Jablon:

There's amazement in how clean your pans are. Is there anything special that you do?

Jake Cohen:

You scrub them. You clean them. That's a thing. My husband's always like, "Oh, leave it for tomorrow. I'll clean it in the morning." Which, A, he wouldn't, I would just have to clean it in the morning. And at the end of the day, the main issue with that is that I just want to get everything clean as soon as it's... As soon as I'm done cooking, everything has to be clean because the longer it sits, the grease, it stains your pans, it stains everything and then it just becomes impossible to get off.

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

That being said, I am me. I'm a lunatic. I want to make sure everything is nice and clean. Other people are not like that. And that's okay too. Some really great options for pans, I've just gotten the two, Great Jones, a friend of mine's company, she makes really awesome Dutch ovens and cooking pans as well as sheet pans. They're really pretty and stylish. Or Nordic Ware. Nordic Ware for the classic sheet pans are great.

Jessica Jablon:

Someone's asked me about aluminum pans and if they're okay to use for cooking?

Jake Cohen:

I don't know. I've never used them. I've never used the aluminum. I would recommend Googling it. I am sorry. Yeah. I can't help you with that one. I think in general I tend to go with whatever is the most... I just looked for the highest quality that's the most streamlined and to me that's a lot of these other stainless steel pans or whatever the hell they're made of.

All right. I got my fillets. I got four fillets. It's a little late in New York City so we already had dinner so this is now going to be meal prep for the week, which is really great with this recipe. Is that the, A, we're not going to overcook it, which is a huge part. Between having fresh fish and not overcooking it, is the number one thing to prevent your fish from tasting fishy.

The second part is the tomatoes and the onions are such a strong flavor, especially with the lemon, that it almost preserves the salmon. It stays fresh for a day or two and still tastes so delicious. Not like it's old at all.

All right. What I'm going to do... So one of the bad things about my apartment building is the vent fan will automatically turn on. I have no control over that, but I'll just speak up a little louder. I'm going to spoon the tomatoes-

...I'll just speak up a little louder. I'm going to spoon the tomato onion mixture directly onto our salmon.

Jessica Jablon:

About how many ounces is that?

Jake Cohen:

What?

Jessica Jablon:

About how many ounces are each filet?

Jake Cohen:

Eight ounces. I love a good eight ounce filet, just in terms of meal prep. Again, there's also no harm in getting a giant plank, roasting the whole thing up, and then just having it in the fridge for a day or two of eating. I'm just going to use a spoon and spread it into a nice even layer and this way it's going to roast up and get nice and golden.

Jessica Jablon:

Lots of questions about the salmon. People are curious whether farm-raised salmon is okay, whether you think it's okay to have skinless salmon.

Jake Cohen:

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

I try to only use wild salmon. Farm-raised is fine, especially organic farm-raised salmon. But the end of the day, the salmon is still... It's salmon that's eating grain. It's not necessarily natural. There are a lot of aquaponics farms that I actually love for a farm-raised fish. Typically, it's not salmon. I don't know of a ton of aquaponics that are doing salmon, but there are definitely some. And aquaponics, if you're unfamiliar with this, is the process of farm-raising fish, as well as doing hydroponic gardening, so vegetable farming, and then they have it be like a closed ecosystem in which the oxygen that comes out of the greenhouses is used to oxygenate the water, the waste from the fish is then used as the nutrients for the vegetables. It just becomes this really incredible future of farming and sustainable everything. So I'm really into any aquaponics farms, but in general, I think wild. As long as it's a fish that's sustainably caught, go for it.

Jessica Jablon:

[inaudible 01:11:14] whether it's fine to do. However you [inaudible 01:11:20].

Jake Cohen:

Say that one more time.

Jessica Jablon:

If it's skinless, that's fine. Or you recommend to have the skin on?

Jake Cohen:

You could do it either way. I keep the skin on for this just because I'm not really worried about it. It's going to come right off. It's going to stick to the foil and it just becomes this holder for the fish that I can just lift up so that the... If it was skin off, then the fish would stick to the foil. This way, the skin sticks to the foil and I can lift up the salmon fillet super easily. Okay. And the last thing, optional, another little sprinkling of salt. We obviously seasoned this, but we didn't season the salmon itself. We want to make sure everything is nice and flavorful.

Jessica Jablon:

Can you add harissa paste to the tomato sauce if you want?

Jake Cohen:

Let me get my headphones since my vent fan is getting in the way of me hearing everything super clearly. Perfect. Say that one more time for me.

Jessica Jablon:

Would you add harissa paste to the tomato sauce if you wanted to get...

Jake Cohen:

One more time.

Jessica Jablon:

Hello. Harissa. Would it be okay to add harissa paste to the tomato sauce?

Jake Cohen:

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100%. Oh my God. I'm going to show you this brand I'm really obsessed with right now. I love New York Shuk. I mentioned that, but it's this one called The Hamsa Brand and it's really absolutely delicious smoky hot harissa. If you're unfamiliar, it's a Tunisian chili flake paste, came up to Asian Jews to Israel, entered the diaspora of Israeli food. And it's super, super delicious. Okay. I'm going to swap, throw this into the oven and then pull out the carrots.

I'm going to set a timer for 10 minutes and that's going to be more than enough for that salmon. If I check it, a little bit less. I have the most gorgeous tray of carrots now. You have the beautiful color, the cumin seeds that stick to it, the glaze from that orange juice in the oil, it looks greasy, but it's not actually like oil because we only added a few tablespoons. It's that produced orange juice, which is so great. How do you keep the carrots hot while the salmon cooks? These carrots are burning hot. They'll say hot for a while and then just flash them back in the oven. So let's say if the salmon has 10 minutes, maybe in seven minutes, I'll throw the carrots back in for a few.

This is honestly my... It's such a sleeper hack. It's such a simple recipe, not a lot of ingredients, but such care and attention to carrots make it taste so much better. I grew up... My mother, literally, I kid you not, she has her dishes. She makes incredible latkes. So many things she does really well, but she would always throw baby carrots in a bowl with a little bit of water and microwave them until they were tender and then just season them and put them on the table. And that's what we grew up knowing was carrots as a side. And that's obviously, looking back, was very sad versus these, which are very full of love and care and attention.

Jessica Jablon:

When you put the carrots back in, do you do it at 475?

Jake Cohen:

I bumped it up to 475. You could do this at any temp. For example, let's say you're doing something else at a different temperature that's more important, do it at 450, keep it at 450, and then it's just going to take a little bit longer. Might not get as golden, so when you're done, when it's finished cooking, you just turn on the broiler for a few minutes to get a little more color. There are really ways that you can customize whatever you would like into your meal. So make every recipe work for you, do not work for the recipe. There are obviously recipes one follow to a T, but in general, you can make adjustments.

Jessica Jablon:

If you don't have cumin seeds how much of ground cumin would you use?

Jake Cohen:

I would use... I'd probably do two teaspoons. You're going to get... Since it's ground, you're packing in a lot more. Remember, it's the same deal with kosher salt versus table salt. We measure imperial in America, so by volume versus everywhere else, which is by grams. Ground cumin, you're able to pack in a lot more into a tablespoon than whole seeds. So therefore I would probably just do two teaspoons, mix it in. And you could also do... Again, if you're not using the whole seeds or you don't have cumin seeds, what whole seeds do you have? Do you have caraway? Do you have fennel? Do you have coriander? Play around with this, season this however you'd like. I really think that the texture of whole spices make such a difference.

Jessica Jablon:

[inaudible 00:07:58].

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

Jake Cohen:

You're just like me. We're hanging out. We're having dinner.

Jessica Jablon:

I feel like, because you're here in my kitchen, or I'm in your kitchen.

Jake Cohen:

That's how it should be. That's how I always like it to be. Yeah, this is it. I mean, when I tell you the whole goal of my book, the whole goal of that whole process was making sure that everything was accessible, attainable and delicious. And it's my job, so I can attest to the fact that the recipes all work, they're all understandable and they are all Jewish. There you go.

Jessica Jablon:

A couple more questions. What's been the most surprising or fun part of becoming more well known?

Jake Cohen:

Of becoming what?

Jessica Jablon:

Of becoming recognized.

Jake Cohen:

Okay. Oh my God. <Name edited out> I know your son, I believe. I think we went to high school together.

So I mean, it's the celebrities. I'm not going to lie. I don't consider myself anything. I'm just someone. I like to be a very... I don't want huge, huge levels of fame. I just like where I'm at right now and I'm just going to hover here for as long as I can.

But I posted this video last night of surprising my mother with the first copy of my book. And it was very sweet and she saw it and she was freaked out, she starts hysterically crying, and Sarah Jessica Parker follows me and commented a really sweet note on it and has sent me some sweet messages. I'm doing a whole bunch of Instagram lives to celebrate the book, so starting February 25th, which is the first night of Purim, I'm doing a chai's worth of Instagram giveaways and Lives. So from February 25th, 18 days later, takes me through book launch and the first week of my book coming out. So every day is going to be a different celebration with giving away everything from cookware, knives, spices, halva, everything you can imagine.

But also I'm going to do an Instagram Live with different people who I love and respect. And if you love Katie Couric, she's going to be cooking with me one day. If you loved Crazy Ex-Girlfriend, Rachel Bloom is going to be cooking with me. And I think that idea of having the ability to connect with other people, and I think social media does that really well in the sense that everyone's just a person, everyone loves to eat, especially the people who are Jewish. They have some connection to Judaism and that's really nice. Even if it's little or big or anything, it just becomes something that you get to connect on and it makes everyone feel a little bit more human and the world feel a little bit smaller. And that, I would say, is a nice thing. Not the celebrity in the sense of, "Oh, celebrities!" But in the sense of really just making everyone know that we're all just human.

Jessica Jablon:

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

A lot going on in the chat. You have a lot of new fans here. [inaudible 01:20:41] The chat box is going crazy. People are saying it's the best cooking demo ever.

Jake Cohen:

It's my favorite. I like chatting, answering questions. I don't like to just do demos. Doing demos it's fun, but it's not the same. This is pretty much there. I like to take it out... Of course, you can't see it. But you get beautiful little golden color from the tomato and the onions. I'm going to put those in for a few more minutes, but I like my salmon medium. But now I have these individual fillets I can throw in the fridge and just pull out for lunch throughout the week. Especially since I'm filming again tomorrow. Now I get to know that my husband will be fed and I can go do my own thing.

Jessica Jablon:

Can I ask, how long can you keep the sauce?

Jake Cohen:

I would say keep it in the fridge for up to four days. And then in the freezer for up to six months. I'm telling you, these are the best carrots ever. I mean, I'm just going to eat this pan alone in my apartment.

Jessica Jablon:

You're making us all hungry.

Jake Cohen:

It takes no time. It took 30 minutes. You throw it all on a tray, you throw it in the oven, you forget about it.

Jessica Jablon:

We're having trouble hearing you because of the oven vent.

Jake Cohen:

I'm going to turn off my oven and then hopefully it should turn off. And if anything, I can just also move away. So why don't we go over here, we'll let that keep going.

Jessica Jablon:

Perfect.

We just had a couple of last questions while the salmon finishes up, or are we finished with the salmon?

Jake Cohen:

Yeah, it's going to come out. I've got a few more minutes and then I'll just pull it out of the oven. Again, it only takes 10 minutes. It's super fast, super easy and you get to customize it however you want. So take the sauce, spread it on whatever you'd like, go wild.

Jessica Jablon:

And I love seeing some of the suggestions in the chat like adding some pomegranate seeds. There's a question about what wine you'd recommend.

Jake Cohen:

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So this is all spicy food and it's seafood, so I would actually go with a super fruit-forward white wine. A Sauvignon Blanc from New Zealand would be really nice with it. Even dessert wine, you typically don't think of that as something you would have with a savory dinner, but with spicy food, sweet wine is so good. Or bubbles. Anything sparkling is going to be great.

Jessica Jablon:

While Jake is getting his salmon, I'm going to ask my colleague Aimee to put the evaluation for this program in the chat. Your feedback really helps us a lot. We really appreciate knowing your thoughts and it informs future programming. I also want to let you know about some upcoming programs. We have a program coming up on Monday called Navigating Difficult Conversations with loved ones and family. It's Monday January 25th at 1:00 PM Eastern and it's focused on providing you with concrete tools to navigate difficult conversations with family, friends, and loved ones. And save the date for our next Sharsheret in the Kitchen program on March 17th with Ilana Muhlstein at 11:00 Pacific / 2:00 PM Eastern on March 17. And I think Jake's back.

Jake Cohen:

Hello.

Jessica Jablon:

Yes. So Aimee has put the information about some of our upcoming webinars in the chat. We're just so excited that you could be here with us today and we have so many people who are just new fans of yours and hopefully will be ordering your cookbook and getting the Haggadah and just, we're really excited to have you be a part of Sharsheret.

Jake Cohen:

Truly my pleasure, like I said. Always, always, always loved to just bring people in the kitchen and have fun, make it very clear that cooking is no fuss, just have fun with it.

Jessica Jablon:

Thank you. We are going. I saw a question about the cake. Oh, thank you, Amy. Because we went over time, we're not going to be making the cake today, but we are going to send you a video of Jake making the cake as a part of our follow-up email, which will have this recording as well as other information regarding the different spices and tools that Jake recommended throughout the program.

Jake Cohen:

It's so easy. It's one bowl. You can't mess it up. It's truly, truly, truly so easy.

Jessica Jablon:

So, great. Well thank you everybody for coming. We are thrilled that you were here to join us today. And I think Jake is going to show us our finished product. And we are just thrilled to have Jake here tonight with us, sharing these fun stories and just really wonderful ways to put a modern twist on our Shabbat dinner. And again, thank you to Miriam for sharing her story with us. We're so grateful to all of you for being here. Please, if you need to reach us for our support and find more about our free resources, Amy's put the information, our email address as well as our website and phone number, in the chat box. So please feel free to contact us. We are here for you.

Jake Cohen:

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So here is the finished salmon. Again, only took 10 minutes. Take a bite first. You can see it's still super juicy, just cooked through. The tomato and onion mixture starts to get some nice color. Seasoned well. It's the best way to eat salmon. I'm telling you, you'll never go back. Really, it's very Ashkenazi. Spread some honey, some whole grain mustard on it, throw it under the broiler. Once you start doing this you're not going to look back.

Jessica Jablon:

It looks amazing. And we are so, so excited. I feel like my mouth is just watering. I can smell it through the screen, practically. So just thank you so much. We recommend that you follow Jake on Instagram, that you look into his book. We are huge fans here and are just really excited to see how everything goes for you and just we're excited for you.

Jake Cohen:

Of course, truly my pleasure. So happy to be here tonight. I had a lot of fun.

Jessica Jablon:

Thank you. And lastly, thank you all for joining us. We wish you a wonderful weekend and a peaceful Shabbat, and keep a look out for our email with the follow-up information. And if you haven't already, please fill out the survey so that we can better inform our future programming.

About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret’s Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences

A Healthy Modern Twist on Shabbat Dinner with Jake Cohen

- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

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