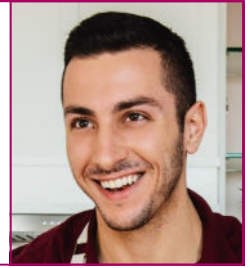




A Healthy Modern Twist on Shabbat Dinner with Jake Cohen @jakecohen

Author of JEW-ISH Cookbook (coming March 2021)

January 21, 2021



YIELD: SERVES 8 TO 10

PREP TIME: 20 MINUTES

COOK TIME: 30 MINUTES

Iraqi Roasted Salmon with Tomato and Lemon

- 3 tablespoons extra-virgin olive oil
- 2 medium yellow onions, minced
- 2 scallions, white and green parts separated and thinly sliced
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- ½ teaspoon cayenne pepper
- 1 (6-ounce) can tomato paste
- 2 teaspoons finely grated lemon zest
- Kosher salt
- 1 (3-pound) whole side of salmon, skin-on (or fillets)
- Lemon wedges, for serving

As this has become a true Shabbat staple in my house, here's how to make your life even easier. Go ahead and make the tomato-onion mixture up to a few days in advance. It also freezes beautifully, so typically, if I'm taking the time to caramelize onions and tomato paste, I'll double the quantities and freeze half so I'm stocked up for the next time I make this salmon. This recipe originally called for an entire fish, but I adapted it to use a whole side of salmon to make it a little more accessible. Now, if you're looking to make less than an entire side of salmon, just use individual fillets and spoon a few tablespoons of the mixture over the top before popping it into the oven. Just be sure to line your pan with foil for easy cleanup.

1. Preheat the oven to 475°F. Line a half sheet pan with aluminum foil.
2. In a medium skillet, heat the olive oil over medium-high heat. Add the onions and scallion whites and cook, stirring often, until softened and lightly caramelized, 10 to 12 minutes. Stir in the coriander, cumin, turmeric, and cayenne and cook, stirring continuously, until fragrant, about 1 minute.
3. Stir in the tomato paste and cook, stirring often, until well incorporated and caramelized to the color of rust, 3 to 4 minutes. Remove from the heat and stir in the lemon zest. Season with salt and let cool slightly.
4. Place the side of salmon on the prepared sheet pan, skin-side down (and arranged diagonally to fit, if necessary), and season with a heavy pinch of salt. Spread the tomato mixture over the top of the salmon in an even layer. Roast for 15 to 20 minutes, until the salmon is golden and reaches an internal temperature of 145°F. (If desired, broil the salmon for 2 to 3 minutes to get more color.)
5. Garnish the salmon with the scallion greens, then serve with lemon wedges.

YIELD: SERVES 6 TO 8

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

Citrusy Cumin-Roasted Carrots

2 pounds small rainbow carrots, scrubbed
3 tablespoons extra-virgin olive oil
1 tablespoon cumin seeds
¼ teaspoon crushed red pepper
Grated zest and juice of 1 navel orange
Kosher salt

If you end up with jumbo carrots (wider than ¾ inch), halve them lengthwise so they cook through evenly. If you happen to get carrots with the tops attached, don't throw out those greens! Rinse them well, since they may be sandy, and throw them in the blender with some olive oil, garlic, lemon juice, and salt for a bright puree to drizzle over the finished platter.

1. Preheat the oven to 450°F.
2. On a half sheet pan, toss together the carrots, olive oil, cumin, crushed red pepper, orange zest, orange juice, and a heavy pinch of salt to coat, then spread into an even layer on the pan. Roast the carrots for 30 to 35 minutes, until golden and tender. Taste and adjust the seasoning with salt, then serve.

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Apples and Honey Snacking Cake

1/2 cup (1 stick) unsalted butter (use olive oil if making parve!)

1/2 cup olive oil

1 cup granulated sugar

1/2 cup honey

1/2 cup applesauce

1/4 cup Greek yogurt (if making parve replace with more applesauce)

1 teaspoon vanilla extract

2 eggs

2 1/4 cups all purpose flour

1 teaspoon ground cinnamon

1 teaspoon ground nutmeg

1 teaspoon kosher salt

1/2 teaspoon baking soda

1/2 teaspoon baking powder

2 Honeycrisp apples, cored and chopped

Confectioners' sugar, for dusting

1. Preheat the oven to 350°F and line a 8-inch square cake pan with parchment paper.
2. In a small saucepan, melt the butter over medium-high heat. Cook, stirring constantly, until browned and nutty in aroma, 6 to 8 minutes. Let cool slightly.
3. In a large bowl, whisk together the brown butter, olive oil, granulated sugar, honey, apple sauce, yogurt, vanilla, and eggs until smooth. Add the flour, cinnamon, nutmeg, salt, baking soda, and baking powder and stir until just combined. Fold in the apples and pour into the prepared cake pan.
4. Bake, rotating halfway through, for 40 to 45 minutes until golden brown and a toothpick inserted in the center of the cake comes out clean. Remove from the oven and let cool completely, then dust with confectioners' sugar. Slice and serve.

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**Follow up for
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JEW-ISH Cookbook: <https://bit.ly/2KEzePa>

Jake's Recommendations & Tips

- Scrub the carrots and don't peel, it's okay to leave the tops on. This recipe would work with any root vegetable (parsnips, radishes, kohlrabi, etc.).
- Always use extra virgin olive oil for cooking (he also loves it for baking instead of butter). Jake's favorite is [La Tourangelle](#) oil which comes in a spray version as well. He also loves [EXAU](#) olive oil, which is owned by a woman of color and is one of Oprah's recent favorite things!
- Play with the recipes and make them your own, use the spices you like or omit ones you don't like; feel free to use any citrus when a citrus fruit is mentioned in a recipe. For a more spicy spice, it's okay to use crushed red pepper, cayenne, or even black pepper; whichever you like!
- Jake says don't use parchment paper or tinfoil when roasting vegetables because you won't get the same color and caramelization as you would when roasting directly on the pan. Preheating the sheet pan in the oven makes the caramelization even better if you can!
- Onions can also be interchanged (white, red, sweet onions, scallions, even leeks or a combo of any of these).
- If your knife is sharp, onions will make you cry less than if your knife is dull.
- Jake recommends [Zwilling](#) knives, thinks German knives are best for his hand size. He finds Japanese knives small for his larger hand. He suggests going for anything that's high quality, but that it might take some testing them out.
- Any fish can be substituted for salmon with this sauce. This sauce could even be good on a flatbread, tofu, steak, chicken, or anything! It also freezes really well, so he often makes a double batch so he can make it again. It's also okay in the fridge for a few days, so you can prepare it before Shabbat and then cooking just takes about 15 minutes!
- If you make chicken (especially thighs), he suggests keeping the skin on. This sauce would also be great for chicken breast, which he would cook at 450 degrees, start with 20 minutes, check with thermometer, take it once it reaches 160 degrees.

- He suggests everyone get a cooking thermometer. It helps you get the juiciest protein when cooking. He has the [OXO](#) brand thermometer. He prefers a digital one, no need to get a super fancy one that connects to your phone.
- Any spices over a year old should be thrown away. They'll still get the job done, but after a year, they have less flavor. He likes [Burlap & Barrel](#) brand spices, which are all single-origin, which is much more sustainable and ethical (pay their workers a living wage). [Simply Organic](#) and [New York Shuk](#) are great too. Jake suggests [Hamsa brand harissa sauce](#).
- [OXO](#) brand cutting board with the silicone to keep it in place is his choice.
- If you pre-order [Jake's cookbook](#) from any bookstore, you can receive his digital Haggadah! Just save your order form/receipt and you can enter it onto his [website](#) soon.
- Jake suggests for those who don't love the texture of onions, they can throw in ½ tsp of baking soda into the onions which will destroy the onion cell wall. The onion becomes mush and disintegrates, and you can cook it down and caramelize it and you get a really rich onion paste.
- Jake suggests [If You Care](#) foil and reminded us to use the matte side. You can't use parchment paper because this recipe asks for too high a heat.
- Because this meal is spicy, he suggests a white wine like a sauvignon blanc, something sweet, or something sparkling.
- Jake recommends [Great Jones](#) for really awesome Dutch ovens and cooking pans as well as sheet pans. He also says [Nordic Ware](#) for the classic sheet pans is great.

Please click this [link](#) to view the full recording of the webinar and view the transcript.

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