



**Sharsheret in the Kitchen**  
**Simple Summer Dishes**  
**with Nina Safar (@kosherinthekitch)**

National Webinar Transcript

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Presented by:



**SHARSHERET**<sup>®</sup>  
The Jewish Breast & Ovarian Cancer Community

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Jessica Jablon: Welcome, everybody. We are so happy to have you joining us today for Simple Summer Dishes with Nina Safar, Instagram influencer and cookbook author of The Simply Kosher Cookbook. I'm Jessica Jablon, California program coordinator here at Sharsheret. 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 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.

Today's webinar is being recorded and will be posted on Sharsheret's website, along with a transcript. Participants' faces and names will not be in the recording. If you would like to remain private, you can turn off your video and rename yourself, or you can call into the webinar. Instructions for both of those are in the chat now. You may have noticed that all participants were muted upon entry. Please keep yourself on mute throughout the call. If you have questions for Nina, put them in the chat box either publicly, or click on Sharsheret in the chat box to submit a private question, and they will be asked throughout the program.

We are thrilled to be bringing you a new season of Sharsheret in the Kitchen, an initiative in partnership with Cedars-Sinai here in Los Angeles, to empower those of us at risk for breast and ovarian cancer to make healthier diet choices. You should have received the recipes for today's program in advance. My colleague is going to put the link in the chat so you can download it and print it or just see it on your screen. Thank you to our generous sponsors, Cedars-Sinai, the Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, Eisai, GSK, Merck, Seagen, and The Siegmund and Edith Blumenthal Memorial Fund. It is thanks to their support that we are able to continue to provide our series of webinars throughout the pandemic.

Today I want to share a little bit about our caregiver resources available through our Spungen Foundation Family Focus Program. We understand that breast cancer and ovarian cancer are diseases that affect the entire family and community. From the time someone hears that their wife, partner, daughter, sister, mother, or friend has been diagnosed, they may be overwhelmed with a rush of feelings and the flood of information available. And COVID has brought new challenges to caregiving. Our Spungen Foundation Family Focus Program helps you support your loved one. You can speak directly and confidentially with one of our skilled social workers about your personal questions and request a free caregiver information packet that includes resources from Sharsheret and other cancer organizations to help you understand the diagnosis and treatment

of breast and ovarian cancer and the support options available to you. More information about our Spungen Foundation Family Focus Program can be found on our website, and my colleague will put the link in the chat.

Before we get cooking, I want to introduce you to Michelle, who's going to be sharing her personal story with us. (silence) I think, Michelle, you're on mute. Oh, you can't get off of mute? Okay, so let's fix that. Sorry, everybody.

Michelle Weiss:

All right, there we go. All right, hi everybody. Just want to introduce myself. My name is Michelle [Weiss 00:04:03], and I want to tell you a little bit about myself. I'm BRCA negative, and no one in my immediate family has been a victim of any type of cancer, let alone breast cancer. I was never a smoker, I did not abuse alcohol or other substances. I always ate regular and healthy meals, including many fruits, vegetables, lean meats, and fish. I regularly exercise. I've never been obese. I breastfed all four of my children. I always went for annual gynecological exams, which included a manual breast exam. What's also on the list is that I'm a breast cancer survivor. My profile would indicate that I was at a relatively low risk for having breast cancer, and because of this, I neglected to get mammograms for four years. I didn't think I was at risk. My gynecologist would give me the mammogram orders and I stupidly just ignored them.

I went for a mammogram after skipping the four years, and the mammogram discovered a cancerous lump in my breast. This was shocking to me, and I just couldn't believe that it could happen to me. After going through the lumpectomy and biopsy, my breast cancer was staged at 3A. What this meant was that I had to have chemotherapy in addition to radiation. It was very overwhelming. The surgery also discovered that I had LCIS, which is not technically cancerous. It's something that you find ... It's not a disease. It's something that you find in the breast, but it's an indicator that I had a high risk of having breast cancer again and possibly on the other side. Genetics is not the only indicator of breast cancer risk.

The recommendation was for a double mastectomy, which I also went through, along, of course, with major reconstruction. Had I gone for my annual mammograms, the cancer would have been discovered sooner and I could have spared myself the miserable experience of going through chemotherapy. But it's not just me. I also could have spared my family. At the time, my kids ranged in age from 11 to 18. It was difficult for them to see their mother going through cancer treatment, and I had less time to devote to them because of the toll that the treatment took on me. Of course, it also put a burden on and took a toll on my husband, who very fortunately was wonderfully supportive through it all.

I can't emphasize enough how important it is to go for annual mammograms. It frightens me to think how much worse the situation could have been had I skipped another year. Please learn from my mistakes. Don't assume you're not at risk for breast cancer. I encourage you to please go for your annual mammograms and to encourage other women you know to do the same. And thank you for supporting Sharsheret.

Jessica Jablon: Thank you so much, Michelle. We're so grateful that you are sharing your story and it's so important, and we are just ... Such an important reminder to go out and take care of your annual screenings.

We are very excited now to introduce Nina Safar, known on social media as @kosherinthekitch. Nina is a cookbook author, food blogger, and founder of kosherinthekitch.com. She was raised in a big Brooklyn family with nine sisters and two brothers full of love for food and tradition. She now whips up quick and easy recipes full of flavor with her two sons standing by for snacks at her home here in Los Angeles. Nina, welcome to Sharsheret in the Kitchen, and thank you so much for being here today.

Nina Safar: Thank you for that introduction. It's my pleasure and honor to be doing a cooking demo with Sharsheret. I ... cookbook author. I've been writing my food blog for over 10 years now, but really, my journey in the kitchen started a long time before that. When I was a senior in high school, my mother was diagnosed with breast cancer and it was very devastating as a family, my siblings and I and her, to watch her go through that. The best way to describe her is like a cheerleader on speed. She was a kindergarten teacher and there were 11 of us, and every day after school, we would come home to home-baked goods and really wonderful, delicious dinners and every Shabbat, [inaudible 00:08:22]. So for us to go from that to watch her spend the year in chemo and radiation, having takeout or meals from other people ... which was really sweet, but it wasn't our mother's cooking ... it was very depressing and we really felt like cancer had taken over the house.

I remember it was really frustrating for me. I couldn't make my mother feel better and I couldn't take away her pain. But I remember one day, I was 17 and I went into the kitchen and I was like, "I'm going to cook Shabbos." I always spent a lot of time with my mother in the kitchen. I love food. I was always the daughter ... There's nine of us, and I was the one in the kitchen with her. I wanted the food as soon as it came out of the oven. So I kind of was familiar with a lot of the food that she would cook, and I'll never forget that first time, making Shabbat as I had watched her. One ... memory, I remember crying over the chicken soup because she did not have chicken scissors and it was so hard to get the chicken fat off the chicken, and I just remember thinking, "All my friends are celebrating their senior year and I'm trying to get chicken fat off of chicken."

It wasn't a great day, but that night, Friday night dinner, watching my family for the first time since my mom had gotten sick, watching them eat her recipes and her food and passing the food around and seeing them smile, it was the first time that we kind of felt like things were going to be okay. It was in that moment when I realized food is magic. A home-cooked meal and the power it has to connect and heal, it's just magical. I decided then and there to cook until my mom got better, until she was able to cook again. I cooked dinner, I cooked Shabbos, and that is where my love for food and feeding people and posting, that's where it comes from.

Since then, I've experimented a lot in the kitchen. From there, I developed my blog and my cookbooks. But my love for simple, easy cooking ... because I learned how to cook when I was in high school and I was dealing with tests and taking care of my younger siblings ... I didn't have time to fuss around, and that hasn't changed. I'm not going to lie and say since then ... I don't get blissed out moments in the kitchen. I don't like cooking, I just love feeding my family and my loved ones, I love eating good food, and so all of the recipes that I create for my blog, for my cookbook, and the recipes that we're going to cook today, they're all just easy. They're easy and they're delicious, because when I'm creating a recipe, that's what I want. I want it to taste good and I want it to be really easy.

The recipes that we're doing today are perfect. They're easy enough for a weeknight dinner, but they taste really great, and as you see, they'll look really nice, so you're going to want to cook them when you're hosting. Whether it's Shabbat or the holidays that are coming, the ... I don't know which one to start, because we've got three things, but I kind of want to ...

Jessica Jablon: Well, we're-

Nina Safar: ... start with the main, the salmon. Sorry, what was that?

Jessica Jablon: I was going to say, we're very excited to hear about all the different recipes that you're cooking. There's been a little bit in the chat of people having a little bit of difficulty hearing you, so I don't know if ...

Nina Safar: Oh, I'm sorry.

Jessica Jablon: ... maybe a little bit closer to the mic. But [crosstalk 00:11:31]

Nina Safar: [crosstalk 00:11:31] Can they hear me now? Is that better?

Jessica Jablon: I think that's a little bit better, yeah.

Nina Safar: Okay. I have it set further apart because once I start cooking, I'm going to tilt it and I want you to really see the food, but for now, I'll keep it like this. I want to start off with the salmon dish, because I feel like this really will give you an idea of how I create my recipes and how easy it is for you, whoever's cooking, whoever's watching, how easy it is for you to get in the kitchen and put together a really easy, simple meal.

I spent Sukkos by my dad. I was making the holiday for him and cooking the meals for him. A lot of siblings, a lot of grandkids are in the house, and I feel like a real Jewish mama, I was like, "There's not going to be enough food." Even though I made all the traditional gefilte fish ... my fried gefilte fish with onions and the baked ... There was plenty of food, but I was still like, "What if it's not enough?" So I opened up the fridge and I grabbed salmon and lemon, tomatoes,

and dill, and I put together this quick dish that was really meant for in case people were still hungry. The funniest thing is that it was the main hit of the menu. Everyone loved it. They liked it so much, I ended up making it for the second days of Sukkos, and I've been cooking it all year round. It's a really easy, simple weeknight dinner. But again, it looks nice and it tastes great, so you're going to want to serve it when you're hosting. So that random, "I don't know if there's enough food," turned into one of my favorite recipes.

I only see like four people on this side. I'm not sure who's watching, who's actually cooking, but I'm going to pretend that people are cooking with me. If you're not, let me do the work. That's fine. I'm okay with that, too. But I'm just going to pretend that you're cooking and do it step by step, so that if you are cooking with me, you'll see how easy it is.

I have got a large piece of salmon lined on a ... it's on a parchment-lined baking sheet. I'm going to tilt the screen now so you can see the food, and then I'll come back and say hi after. Hold on just a moment. Okay, perfect. Can everyone see? Okay, great. So take a large piece of salmon, place it on a baking sheet with parchment paper. You can also make this dish using individual single pieces of salmon, but if you're hosting a couple of people, I recommend a large piece of fish because you'll see at the end, it looks so pretty and it's so easy. My favorite part is that it's easy.

Okay. So start off with your fish, and then you're just going to drizzle some olive oil on top. You can also use coconut oil or avocado oil if that's what you want. Then you're going to sprinkle some salt and pepper on top, and I just like to brush it to make sure it gets everywhere. You can add any other spices you'd like, but I really like the lemon, dill, tomato topping, and so I don't like to use any other seasoning. I want that to be kind of the main flavor, but you can easily add any other stuff that you like.

Now, this is going to be the really fun part. We're going to layer the ingredients on top, and you'll see, like this. You're just going to take thinly-sliced tomatoes. You want to get them as thin as you can. It will cook better, faster, quicker, evenly, and it also looks really pretty. Then it's easier to eat afterwards. Next up, we're really just lining up tomatoes and lemons, and it's super easy, but it's going to be so flavorful and look nice. We're just going to do that until it's finished. If you want to do this, but let's say you're just cooking for yourself or two people and you don't want a big slice of salmon, if you're going to do individual pieces, I would just alternate lemon and tomato because you're not going to have a big piece of fish. That would also be great. But I really like the way it looks like this, as one large piece.

Okay, so we're just going to finish up layering it. In the meantime, by the way, because I can see the screen, if anyone has any questions, feel free to let me know, or if you have comments.

Jessica Jablon: I just love how easy and beautiful it looks. It's pretty.

- Nina Safar: Right? [inaudible 00:15:57] And it's healthy. Just a few ingredients and you have this really beautiful dish. Okay, so once you've got your vegetables lined up ... By the way, if you want, you can also add thinly-sliced squash. Any vegetable that you can slice thin that would cook in the same amount of time would work, but I personally just like the flavors of this and how pretty it looks, the colors. Okay, now afterwards ...
- Jessica Jablon: There's a question-
- Nina Safar: ... we're going to take fresh ... Yeah.
- Jessica Jablon: There was a question that came in. People were admiring how festive the salmon looks, but they were also wanting to know if it's really necessary to drizzle oil on the fish because salmon is a fatty fish as it is.
- Nina Safar: Honestly, it's just how I do it. I've done it that way, but the truth is, if they want, they could leave that out. That's how I've started it and I've kind of done it that way, but they're definitely welcome to skip that if they don't want the extra oil. I just like doing a little bit with the spices as the layer underneath, because I just feel like it kind of locks in that flavor and makes it a little crispy and extra flavorful. But they can definitely, if they want, they can try and leave it out.
- Jessica Jablon: Great.
- Nina Safar: Next up, really simple, we're just going to take freshly chopped dill. Usually, I'll say with certain recipes, you can definitely use frozen, but for this, I really like fresh. And you're just going to put it on top like that. You could put as much as you want. I just really love the smell of fresh dill and I like the way it looks. I kind of go overboard. I do it a lot. And that is it. That's it. That's how easy it is.
- Jessica Jablon: Wow, that's so easy. Somebody was wondering if you can use skinless-
- Nina Safar: See? And I'm going to ...
- Jessica Jablon: Can you use skinless salmon?
- Nina Safar: Yes. Yes. Absolutely. Okay, here, sorry, I'm going to bring my face back up. I'm moving the salmon because I don't want my hair in it. Hold on. You could definitely use that. Honestly, when I'm shopping, often if it's not going to have an effect on the taste, I am always going to go for whatever's cheaper, and so big piece of salmon with the skin on, it's cheaper, and so I go for that. Once it's cooked, it easily comes off. But if you want to do it without the skin, you could definitely do that as well.
- Now, I'm going to show you what it looks like once it's cooked. Then you're just going to literally ... That's it, and you can throw it in the oven, and I'm going to show you what the other one looks like. Hold on. I'm just going back and forth

because I want you to be able to see it. So this one is ready baked and ready, and when I serve it, I like to just put it on a platter with some dill.

Jessica Jablon: It looks [crosstalk 00:18:55]

Nina Safar: Can you guys see that?

Jessica Jablon: Yeah.

Nina Safar: That's it. Then also, I suggest when you serve this, if you want to have it with some lemon sauce, which is just some mayonnaise and fresh lemon juice and fresh dill. So I would serve it on the side, and then people can just take whatever they want and drizzle it on top. But that's it. That's super simple and easy. Hold on. Whoops. Did everyone get a good look?

Jessica Jablon: Yeah. It looks so beautiful all cooked and the colors. Somebody's giving you a thumbs up. Can the salmon be served room temperature?

Nina Safar: Yes. Definitely. If you're serving it during the week, it would ... Usually, when I'm serving it during the week for dinner, it'll be warm, but I have definitely served that leftover Shabbos lunch. I'll take it out of the fridge and keep it on the counter, and it tastes delicious. It works both ways. Kids love it. When I made it for Sukkos, I literally ... it was just a random, "Let's see if there's enough, if there's not enough food." Kids loved it, adults loved it, there were no leftovers. That has become one of my favorite easy ways to make salmon. I'll be making to Rosh Hashanah. It's always a staple. I'm like, "It's on the menu."

Jessica Jablon: That's [crosstalk 00:20:25]

Nina Safar: Next up, we're going to make the salad.

Jessica Jablon: Oh, somebody just wanted confirmation on the time it takes to cook it and the temperature on the-

Nina Safar: Okay. Yeah.

Jessica Jablon: So 350 for 25 minutes?

Nina Safar: [inaudible 00:20:41] Okay, so I cook it on 350. A lot of the times, I know you could cook salmon higher temperature for shorter amount of time. The reason I don't do that is because when I'm prepping, especially if it's for a holiday or Shabbos, I have a lot of stuff in my oven and I will forget it and I'll burn it. So if you like cooking it on a higher temperature, whether it's 450, 500 for a smaller amount of time, go for it. I feel like 350's a safe temperature. Whatever's in the oven, it's not going to burn. I'll cook it anywhere from 18 minutes to 25, 30 minutes, depending on how large the salmon is. What I like is when the outside is slightly crispy and the inside is still really tender and flakes easily, and with



this topping ... Because usually, if I make my salmon spiced without the topping, the topping will get crispy. It's not going to actually get super crispy with this because it has the vegetables, so once the outside looks like this ... Should I show it again? Or whenever it's ready, according to your oven. I'm just going to grab the next dish.

Jessica Jablon: Thank you.

Nina Safar: But also, if anyone has any questions that don't get answered during this demo, my inbox is always open. I say this, but I really mean it. Feel free to email me. If you go to Kosher in the Kitch, I have a contact section. If you're on Instagram, @kosherinthekitch. My inbox is flooded. I get so many messages from strangers. I always tell people when I'm doing a class, I'm so happy to answer your questions because I'm already answering people's questions. I'm already talking about food all day, so never feel bad to just send me a message. I don't always know the answer, and if not, I'll help you figure it out. But one of my favorite things to do, though, is to help people come up with ways to enjoy my recipe in a way that they can adapt to their diet. So if you are grain free or sugar free to whatever it is, I'll help you eat something delicious, because everyone should be able to enjoy good food.

The next dish that we're going to make ... All of these kind of work if you're having one meal together. You can have the salad, which we're doing second, but you can have the salad and the salmon and the dessert, but they also work on their own. This salad, if you're going to serve it for Shabbat or if you're going to serve it with the salmon, keep it as is. If you want to be able to enjoy it on its own as a meal, all you have to do is add grilled chicken, or tofu if you don't want to eat meat. Crumbled feta, goat cheese is delicious. Tuna would be great on top of it. If you're going to have it with the salmon, flake that salmon, add it on top of the salad. It's so yummy. So you could definitely also enjoy this salad as its own, but it's also a great starter to the meal.

I'm going to bring you down again so you can see the food. Hold on just a moment. Okay.

Jessica Jablon: Is there a particular type-

Nina Safar: [inaudible 00:23:42] got everything.

Jessica Jablon: Nina, is there a particular type of salmon that you use? Do you use fresh or wild or ...

Nina Safar: Again, honestly, single mom on a budget. When I'm in the grocery store, I'm like whatever's on sale or whatever's the most affordable. That's how I shop.

Jessica Jablon: It's so great that it's such a simple, easy recipe, that it really sounds like it works for any kind of salmon.

Nina Safar: Oh yeah. You could definitely do that with any type of salmon. Oh, I thought they were asking what I personally buy in the store. If you have a preference for a type of salmon, then go for it. And this salmon recipe is kind of similar to ... In my cookbook, I have a recipe for Greek salad stuffed salmon, and it's very similar, it just has a couple of other ingredients like olives and feta that you stuff the salmon with. You can do that as well. But this one I kept dairy free because I specifically made it for a holiday meal so you can have it with your meat courses, but there are so many ways you can kind of beef it up and make it a whole yummy dish.

Okay, so I just want to show you the ... There you are. Okay, so next up, we are going to make my Mediterranean couscous salad. It's kind of basically just like pumped up Israeli salad. I'm going to show you ... This is everything. That's everything that's inside it, and I'll show you step by step how to make it. I'm going to move everything to the side to kind of keep the ... Oh, it's perfect. I feel like you see it perfect. Okay.

First, we're going to start off with a simple Israeli salad, which is going to be diced as small as you can get it. I always joke with my family. My sister Mushkie ... There's nine of us and we've all got our strengths. She is the queen of Israeli salads because she has the patience to dice them up. If you're watching now, Mushkie, I hope you're proud. I usually don't have the patience to get it super small. I like to make big chunks, but because we're having the demo now, I wanted you to see, so I was like ... If she lived closer, I would have had her prep for me.

So we've got cucumbers, tomatoes. Again, I just really love how each recipe is just a few ingredients and you get something really fresh and tasty. So for this part, we've got the diced onions, tomatoes, cucumber, and some fresh lemon juice, parsley. Here, I'm going to add some chopped parsley. Okay. And a little bit of salt and pepper. Okay. Then we're going to mix that together and I'm going to show you ... So this part is just really just a basic Israeli salad, but when you add the chickpeas and the couscous, it becomes a really full meal. And like I said, if you're not going to have this part of a meal, if it's not going to be at the beginning of a meal but if it's going to be its own dish, then you can definitely add thinly sliced grilled chicken on top, you can add crumbled feta if you want, or goat cheese.

So that's it. Super simple. That's that. Okay. Now, I'm going to show you how pretty it's going to look. I have over here couscous with pine nuts. I really like using the Near East, because like I said, I'm very lazy in the kitchen and I want to avoid as many steps as possible. I just want it to taste good, and so I like using these boxes. They're amazing, and the girl in me that always wants to be on budget, they're really affordable. But you can easily use your own. You can make your own couscous and then add some pine nuts if you want.

Okay, so now I just want to show you. I like to serve this in a larger shallower dish as opposed to just throwing everything together in one bowl and I'll show

you why. It just looks really pretty. Obviously, you can definitely just throw it all in a bowl and it will still taste good, but I really like the way this looks instead. So I'm just going to ... On the base of your dish, you're going to ... Hold on, I just want to ... There you go. Want to make sure you guys can see it.

Okay, so you're just going to kind of spread it out, so that's going to be the base. Next up, I'm going to take chickpeas and layer that on top. It's so simple. It's going to be yummy and it's going to look good, too. Okay, see, you're just going to kind of mix that on top a little bit. So you've got that layer of the couscous, you're going to have the layer of the chickpeas, and next up, we're going to layer this on top. See how pretty that looks?

Jessica Jablon: It looks so pretty and so simple. I'm always looking for recipes that are easy to make that taste good, and I love that these are even ones that you talk about using for entertainment, when you're entertaining people. Are the chickpeas canned?

Nina Safar: Yep. I just used canned chickpeas, but if you have a preference for a different type, you can go for it. I like them, they taste great, and they're easy. Okay, so I just want to show you-

Jessica Jablon: And what about ... Oh, please, please. That looks amazing.

Nina Safar: I'm going to show you how to top it, and the topping's going to make it look even better.

Jessica Jablon: Can you make this with quinoa?

Nina Safar: Oh, absolutely. You could use any grain. You could do brown rice if you want, quinoa, barley. If you have a preference for a specific grain, go for it. You're basically just going to want the base. You want your favorite grain to be the base. Add a layer of chickpeas on top, and then you're going to add a layer of the Israeli salad. I'm going to show you how easy it is to add the dressing, but if you wanted to make this a meal, like I said, with any different type of protein, you can definitely ... I would layer on top the grilled sliced chicken, or you can add hard boiled eggs. I believe in the recipe, I wrote those options. It should be in the recipe. I wrote different options for toppings because I really like when people have options in the kitchen. Yeah, so you can add the grilled chicken, you can do hard boiled eggs. I personally love, love feta on top of this or goat cheese. If you want, cubed tofu would work as well. So many options. Then I would just add that right on top.

Jessica Jablon: Amazing.

Nina Safar: I'm going to show you the dressing. Okay. When it comes to ingredients, there aren't too many brands that I'm particular with. This one I happen to love because it tastes great and it's so easy for serving. I just want to show you. This

is not sponsored, I just really like ... I really like this because it's called the Mighty Sesame Company, and you'll see why. When I show you how I'm going to just literally directly on top of the salad, I'm going to do it, as opposed to having to ... Again, see, this is the lazy part of me. I don't want to have to mix the ingredients in a bowl and then wash that, so I love to go directly on top of the actual salad.

This particular recipe, it's just going to be topped with ... I wrote in the recipe with tahini, but I just want to ... for anyone who's watching, my absolute favorite, favorite salad dressing is tahini drizzled on top of salad, honey drizzled on top, and as long as it's not for people who don't like spice, a little bit of hot sauce on top. Trust me, that combo is sweet and a little bit spicy and it's my favorite dressing, and I do that. I never use mayo. That's what I'll do for all of my dressings for my salads.

Okay, so I want to show you. Literally, you're just going to go over it. Then I'm going to take some zaatar. And the zaatar, it comes with sesame seeds inside. Do you see how pretty that looks? Like I said, that looks so nice and yummy and so [crosstalk 00:32:39]

Jessica Jablon: It does. It looks so good.

Nina Safar: Sorry, I'm trying to get up close. It's hard to [inaudible 00:32:42] to show it to you.

Jessica Jablon: What was the name again of the tahini product?

Nina Safar: Sorry, I'm bringing myself back. Hi. I just wanted to make sure that you guys could see the food. Oh, here, I think the lighting's better this way. So that ... Oh, the tahini is this over here.

Jessica Jablon: Okay. Sesame Company.

Nina Safar: So delicious and it's perfect for drizzling over your salad. I can email you the name. It's Mighty Sesame ...

Jessica Jablon: Perfect.

Nina Safar: And it's just like I said, it's so convenient for dressing your salad because all the other ones, you have to stir it together and sometimes you have to add some water and lemon juice or olive oil to get the right consistency, but this one comes out perfect just as is. I know this particular recipe doesn't have the addition of the honey with the hot sauce, but I really recommend whoever is experimenting in their house, I recommend that you try that because it's such a great combo.

Jessica Jablon: Amazing.

Nina Safar: Now we are going to make my favorite part, the dessert, which I'm most excited for. You see how happy I get with dessert? I have a major sweet tooth and I love dessert. For anyone that hosts meals, fleishig phobia is real. For anyone who's not familiar, on a kosher diet, you don't eat meat and dairy together and people wait various hours, but a lot of times, you're going to have to wait before you can get to that dairy in dessert after the meal, and I love a good creamy cheesecake. It's really hard to get a great dessert that's dairy free, and I was very excited with this particular recipe because it really tastes like this creamy mousse cheesecake. It's dairy free, it's grain free, no refined sugar. I'm using honey, but you can easily swap it for maple syrup. There's a secret ingredient. I don't know who here has already seen the list, but got avocado in it, and a lot of people, they get freaked out, but trust me. It just adds to the creamy texture and it gives it that key lime green color and you don't taste the avocado. It's so good.

This one is the most complicated from all of them, and it's not even complicated. It's pretty easy, but it's so good. I just want to preface it by saying the crust that I'm going to show you how to make, if you really don't like avocado or for some reason you don't like the filling, you can use this for any no-bake cheesecake recipe that you want. I've done this for ... I don't even have it on my blog. If you want it, message me. I'll send it to you privately. I've done a cashew cream cheese with a layer of almost vanilla cheesecake using the cashew base, and then a blueberry layer, all dairy free, over this crust and it's heaven. So this crust is perfect for when you want a grain-free crust.

I'm going to quickly clear all the other stuff away and I'm going to show you how to make it. You can let me know if anyone has questions or if they're writing anything while I clear.

Jessica Jablon: Someone said that they already printed the dessert recipe and it is on for Shabbat, so I'm sure that she's not the only one.

Nina Safar: I'm so happy. Oh my gosh, I'm so happy. I'm so glad you weren't scared by the avocado. A lot of people get freaked out. I actually made this recipe ... I was doing a live with a mindset specialist and at the time, I made a mistake of saying, "Well, what kind of recipe do you want? I'll come up with anything you want," and I kind of got freaked out because he was telling me specific foods and their health benefits and I had to come up with that. But he was very specific. He was like, "I want a dessert and it has to have maybe avocado." And I was like, "Are you kidding me?" Because if you follow me, a lot of my desserts are very traditional, and by traditional, I mean full of sugar. I was very adamant. I was like, "I'm going to do this. I'm going to come up with a delicious dessert using avocado." And I feel like that's the best way to get a healthy dessert that tastes good. Ask a sugar junkie to do it, because I'm not going to lie, I like sugar, and whenever I come up with a recipe that is healthier, it's going to taste good.

Okay, so I'm going to-

Jessica Jablon: Somebody commented that they use mayo or avocado for most desserts instead of all the oil or maybe applesauce. There's some people who like to use applesauce. So we're excited to know that avocado can work, too.

Nina Safar: Yeah. I know. Yeah, you can do a lot with avocado because once you're mixing it with the other stuff, it doesn't really have a very strong flavor on its own, so it's actually really great. Now, if you noticed ... I lined up the ingredients together on a baking sheet for each dish because I want you to see how easy it is. Minimal ingredients. Each recipe that we made fit on a little baking dish like this because it is so easy to cook up a great tasting meal and you don't need a lot of ingredients. You don't have to spend money.

Okay, so first off, we are going to make the crust. Traditional cheesecake crust is going to have a cookie crisp combined with both margarine and sugar, and it's amazing how we're going to get that using this over here. This is a mixture of ... The crust, all it's going to be is pitted dates and pecans. That's it. Now, I'm just trying to move everything around because I want you guys to see it as I do it. Oh there, perfect. Well, actually, I don't know if this is going to ... Oh yeah, it is. Great. I wanted to make sure that it would fit.

Okay, so you're just going to pulse together-

Jessica Jablon: Oh, Nina? There's a little bit of trouble hearing you, and then there's also a question about coconut milk or coconut cream. The recipe, you mention both.

Nina Safar: Oh. Yeah, I'm going to get to that. Hold on. Thanks for reminding ... I'm showing you [inaudible 00:39:18] I just went to my fridge to bring out the coconut to show you what I used. But I'm going to get to that in a minute. I just want to show you first the crust, and then I'm going to show you ... Okay, so I just want to fill it up and ... almost there, guys. Almost there.

Jessica Jablon: We're just so excited.

Nina Safar: Okay, so it's going to get loud. Bear with me. You're just going to pulse it together until it becomes a crumbly texture. Sorry, guys. Should I mute myself? Is it too loud? Okay. I'm going to do it a little bit more, but ... Okay, I'm going to do a little more and then I'm going to show you what it should look like. Sorry. Of course, that has to happen. There you go.

Okay. Perfect. I think that should work. I'm going to show you what it looks like, and then I'm going to talk about the coconut cream. See?

Jessica Jablon: Is that one cup of dates? Because the recipe says that, but it looks like a little bit more than that.

Nina Safar: Oh, it's one cup of dates and one cup of pecans.

Jessica Jablon: Got it. And can you use the-

Nina Safar: [crosstalk 00:41:00]

Jessica Jablon: Can you use a different nut?

Nina Safar: You can use walnuts. I'm trying to think. As of now, I can confirm walnuts and pecans. I never like to say to use something that I haven't actually done before. I've done it with pecans, I've done it with walnuts. I haven't used any other nut, but you could definitely try and let me know. Those two just specifically work.

Okay, so here. I'm using this ... The cup of each is going to fit a small baking dish like this or a round one like the shape that you would use for a traditional cheesecake. If you want to make it into a 9x13, just double it. A 9x13, I would probably do 2 1/2 cups of the dates and 2 1/2 cups of the pecans.

Jessica Jablon: And if you're not a date fan, is there something else that you can use instead of the dates?

Nina Safar: There are other types of grain free ... If you want to do something completely different, you can use any ... Forget the pecans and forget all of that, and you can use any type of grain ... If you want it specifically grain free, you could use any type of grain-free cookie. What I've actually done is [inaudible 00:42:29] Here. You're just going to literally press it down, and then I like to take the edge ... you see like that ... and just kind of press down on it. Or you can just use your hands or a fork, a knife, a spatula.

Jessica Jablon: Could you potentially use figs?

Nina Safar: Yes, potentially. Again, I never like to say use it 100% if I haven't done it in a recipe. Because if I tell someone to make something and it's going to come out, then it's going to for sure come out. If I haven't done it ... I feel like that could work. But what I was going to say is for Passover, when I make something grain free, I've done macaroons crushed up. I have a recipe for that. I mean, once you want to use something else, there are so many different options. For this particular recipe, I use this combo.

So here it is. I'm just going to press it down, and then you're going to put it into the fridge or freezer, let it harden up while you make the filling. Now I'm going to show you how to ... Quickly rinsing that out. I'm going to show you that delicious, creamy key lime filling.

Okay, so here I've got that lined up. There you go, you see? Okay, so now ... Here, I'm going to move this here so you can see it. Okay, so you're going to clear out that and you're going to put the rest of the ingredients in. So I'm going to put in the avocado. I'm going to show you what I use for the coconut in a minute. I'll do that one last. You've got your honey and vanilla to make it sweet

with a little bit of sweetness. [inaudible 00:44:44] Okay. I'm going to talk about the coconut now. Okay, so to get the coconut cream/coconut milk, what you're going to do is you're going to take a can of coconut milk. This happens to be one ... I use a few, but this is one of my favorites. This one, it's Roland classic coconut milk. You don't want to use the light. That's really important. When you want to get the fat, the coconut cream, on top, you don't want to use the light.

You're going to take this and keep it in your fridge overnight. I, no joke, always have a minimum of like five of these cans in my fridge because if I'm not using it for this dessert, I'm using it to make coconut whipped cream, which by the way, is delicious. So you're going to keep this in your fridge and when you open it the next day, this is what's going to be on top. This. See that liquid hardens overnight in the fridge, and it becomes this coconut cream. You're going to scoop this out. There's going to be a little bit of a water, like coconut water looking, inside the can. You can use that for smoothies so that doesn't go to waste. But this is what you're going to want to use.

Now, while we're on the topic of this, I take this over here and I'll take a blender and whip it up into coconut whipped cream. That's what I use for all my desserts for the holiday season. I have a recipe for apple pie rugelach and I serve it with cinnamon whipped cream. I use this. I whip this, and then you can add some cinnamon. If sugar is not an issue, you can always add some powdered sugar, but if you want to keep it sugar free, whip this up and add some cinnamon. The cinnamon helps to mask that coconut flavor. I'm not going to lie, it still has a coconut flavor, but it's so delicious. I will eat this once it's whipped scooped with a spoon. I'll just eat it like that. So that's what I'm using for this recipe.

Someone had a question, right? Before, about ...

Jessica Jablon: Yeah. Well, they just wanted to know what the difference was in the recipe, because it says coconut milk in one spot, but coconut cream in another. So-

Nina Safar: [inaudible 00:47:02] I'm going to update that. I apologize. Because the can, it's a can of coconut milk, so you're going to want to get one can of coconut milk, and then you're going to want to use that. But I will update that. I'm not sure if I told you. This recipe's not on my blog. The first time I'm sharing it with anyone is with you guys, Sharsheret, so I need to update that.

Jessica Jablon: Well, we are-

Nina Safar: [inaudible 00:47:26] that little mistake. I'm sorry.

Jessica Jablon: Yeah, thank you for-

Nina Safar: Whoever wants the recipe.

Jessica Jablon: We're very excited to be trying it out.



Nina Safar: Okay, so now we're going to get ... This stuff over here, the coconut and the avocado, is going to give it that cream texture. To get that key lime flavor, which I'm obsessed with ... I love key lime anything, but also what I love about adding the key lime is that it masks the coconut and it masks the other ingredients that are in it. So the lime juice and zest of two limes. Now we're going to mix it together until it's smooth and creamy. I'm so excited.

Jessica Jablon: One more question about the coconut milk.

Nina Safar: [crosstalk 00:48:16]

Jessica Jablon: Can you use almond milk instead?

Nina Safar: Okay, so I think you said ... Someone had asked me that before, and I think I gave you that same answer, which is what I always say when people ask questions to change a recipe. I have only made this recipe using coconut milk. It's definitely possible that it'll taste great using maybe oat milk or instead of almond, I would say maybe soy. I feel like it would need a thicker milk. Almond is kind of thinner. I don't know, though. You can try it and let me know. But yeah, because I've done it this way and this way I can say for sure 100% it comes out. I haven't tried it with the other ones. But if you are going to try it with a different one, I would do either oat milk or soy milk. And if you don't want to keep it dairy free, then you could always use heavy cream. But yeah, so this over here ... I just want to make sure you guys see it.

Jessica Jablon: Yes.

Nina Safar: We're going to mix it together until it's nice and creamy. I'm going to add it, and then ... It's going to get loud again. Sorry guys. I'm just going to mix it until it's nice and creamy. Oh my gosh, it looks so good. Okay. I get really excited about dessert. Can you tell? Hold on.

I also have to say I find it strangely satisfying when I use this machine. I love [crosstalk 00:49:59]

Jessica Jablon: What is that called? What's the brand?

Nina Safar: Oh. Let me see if it has ... Oh, this is a ... They have it on Cuisinart. This one's Ovente, actually. But they have it in any Ross or Target or anywhere. I have a really big one that I am extremely lazy and I don't use because there's a lot of stuff to clean with it, so this is so ...

Jessica Jablon: Yeah, I love-

Nina Safar: It's just mini.

Jessica Jablon: I know. It looks like it's the perfect size.

Nina Safar: It really is. If you want to know ... I'm telling you, whoever's not following me, if you want to know how to do things in the kitchen the easiest way, simplest way, follow me. Because as much as I love food ... Hold on, I'm going to bring myself back. I feel like I'm not ... I feel like I'm ... Oh, okay. As much as I love food, I'm not joking when I say I'm lazy in the kitchen, and I will find the easiest way to make it.

Now that we've got the filling, we've got the crust, I'm going to show you how to layer it. Then you're going to put it in the freezer and let it harden. I did that already so I could show you what it looks like, and I'm going to show you how to serve it, which is optional.

Jessica Jablon: Well, a couple of questions before we take that next step. Somebody wanted to know if other fruits could be tried instead of lime.

Nina Safar: You could do lemon if you want to keep it that tart. If not, blueberry ... I feel like blueberry would work. I mean, honestly, you could try it with strawberry, raspberry, any fruit really just blended together. But if you want to stick with the tart, either the lime or the lemon. Yeah, but you can definitely ... I feel like blueberries would work.

Jessica Jablon: And one other question going back to the milk. You had said that the coconut milk becomes solid like a cream after being refrigerated overnight. The almond milk or oat milk wouldn't do that. Is there something that you would do to make it a thicker cream in that case ... use an alternate milk?

Nina Safar: Exactly. That's why I don't honestly ... That's why I was saying I can't honestly say that it would work with the other ones. If you want to experiment with it, you could. But I do think it's important, because this is not using ... Essentially, what we're doing is we're trying to make it like a cheesecake, and so instead of cream cheese and heavy cream, we're going to use the coconut cream combined with the avocado and that gives it that thick consistency. If you really don't like coconut, message me, because like I was saying earlier, I have a recipe for cheesecake where ... Again, it's a different recipe, though. It uses cashews and you pulse that together and that makes it super creamy.

I would suggest, honestly ... Yeah, I mean, instead of changing this recipe around completely, I would just use a different recipe and I would do something like the cashew recipe, which I have a really great one. Like I was saying earlier, I did a ... using this exact crust ... layered, using cashews and a couple of other ingredients. One was a layer of vanilla and then there was a layer of blueberry on top and it was super delicious and creamy. So message me. I'm not sure who asked the question, but let them know they can message me. I'm happy to share that recipe with them.

That recipe's not even on my blog. I made that recipe for a friend who ... I have a friend who was on a special diet and they weren't allowed to have sugar and

they weren't allowed to have grains and they weren't allowed to have dairy and a bunch of stuff. It was Shavuos and I was like ... Okay, now that I'm back to talking, I'll bring it back up. I keep going back and forth. I was like, "It's Shavuos and everyone deserves to eat a delicious cheesecake," so I made them that cheesecake and really great. I haven't even updated it on the blog yet. Still, feel free to message me and I'm happy to share the recipe with you.

Jessica Jablon: Awesome. Thank you. Thank you. [crosstalk 00:54:15]

Nina Safar: Okay. I'm going to show you the next step now. Oh yeah. Sorry. Yeah?

Jessica Jablon: No, that's it. That's it. We want to see the next step. Go for it.

Nina Safar: I'm going to leave now. Back to the food. We got to figure out next time around a better way of going back and forth. I've never worked so hard before. No, I'm kidding. I'll see you soon.

Okay. I just want to make sure you guys ... You can see it?

Jessica Jablon: Yes.

Nina Safar: Okay. We've got that crust. Now we're going to take the mixture that we just combined and it literally has a smooth ... Oh, I'm going to bring it up close because I want you to see. Do you guys see?

Jessica Jablon: Yeah. It's very creamy.

Nina Safar: It's super creamy and it has this really wonderful lime smell and taste. I'm definitely licking the spoon after. It's so good. Even just like that it's delicious. Okay, so I'm just going to pour it on top. That's it. Here.

Jessica Jablon: Wow. That's amazing. It just comes right out.

Nina Safar: It's super creamy. It's super creamy and it almost tastes like a cheesecake mousse. Here, you're just going to spread it over. I love the lime zest in this. I don't know if anyone here is obsessed with lime like I am, but I love anything lime and tart, and I love it throughout this mixture. Okay, hold on. Okay, so that's it. You're just going to spread that over. Okay. I'm going to taste a little bit now ... Okay, wait, you don't understand. This is so good. Is there anyone actually making this right now?

Jessica Jablon: It doesn't look like it, but-

Nina Safar: No ... Oh my gosh, it's so good. It's literally so good.

Jessica Jablon: But I think they will be after watching you make it.

Nina Safar: I just want to say, I'm not serving anyone right now, which is why I'm licking the spoon, and it's going directly in the sink. I feel like people will be scared now to come over when I'm hosting. I don't generally lick the spoon, but I just want you to see it in case you feel like, "She doesn't actually eat it," or, "It's not really good because there's an avocado in it." It is heaven. Super creamy and you don't taste avocado. You really just taste lemon. Really good lemon zest.

Okay, so you've got this, and now you're going to take this and you're going to put it in the freezer, and that's it. You're going to put it in the freezer, it's going to harden in the freezer until it looks like this.

Jessica Jablon: Oh wow. Look at that.

Nina Safar: See? Here, can you see the layer of ... See, the bottom is the layer of the ... There's such a thick layer. See, that's how thick and creamy it is. It's hard to even see the bottom layer, the crust. But are you able to see how it literally looks and holds up like cheesecake?

Jessica Jablon: Like cheesecake, yeah.

Nina Safar: Okay. I'm going to show you ... Here, I'm just going to ... Sorry, I want to show you. There you go. Okay, so I'm going to show you how you can serve this. You can definitely take this as it is, cut squares, and serve it with coconut whipped cream using this, like I told you before. If you're going to do that, simple and yummy, I would cut it into squares, put a dollop of the coconut whipped cream, and then I would add some lemon zest on top. I would just shave some lemon zest. I'm not going to do that now because I'm showing you a different way, but just anyone watching, I use this at home. I would literally just do that, okay? Well, actually, sorry. Wrong direction. Do that. I got distracted. I was watching the screen. Don't do it the other way. Do it this way. That's all you would do. Just fresh lemon zest, some of the coconut whipped cream. It's super simple and yummy.

But I've got a major sweet tooth. I've got a sweet tooth, and I want to show you how to make it ... just some extra wow factor, especially if you want to make it for Rosh Hashanah or Sukkos when you have a bunch of guests. You're going to take dark chocolate. Now, you can get ... especially because I know we want to be health conscious with the sugar. You can find dark chocolate that's sugar free, dairy free. Melt that. See how nice and creamy it is?

Jessica Jablon: Mm-hmm (affirmative). Yeah.

Nina Safar: When you're going to melt it, add a little bit of oil to the chocolate. If you don't, the chocolate's going to harden right away. You can add some coconut oil if you want, keeping it all healthy. That is the melted chocolate. Okay, this is the fun part. Literally, you're just going to splatter this on top, and then I'm going to add some crushed pecans, because we've got that already in a little bit. You can also

add some raspberries. Shout out to Alana, my friend, who gave me that idea. I was showing this to her earlier and she's like, "That looks delicious." She said, "That would look so pretty with raspberries," and I was like, "You know what, girl? You are right. I'm going to do that next time."

So I'm just going to show you. It's a simple little step, but it makes it look so much prettier. Okay, so you're just going to take the dark chocolate and drizzle it over.

Jessica Jablon: It looks so fancy.

Nina Safar: Right? It makes it look pretty, and then also, it's just going to serve as a way to keep the ... You can put as much or as little as you want. I will dump the whole thing on. Not really, but kind of. Then you're going to add some of the crushed ... You could crush them more if you want and get it super small, but I like having slightly big pieces. I like that texture because the actual mixture, the cheesecake, is super creamy, so I really kind of like the crunch on top. Look at that.

Jessica Jablon: That looks amazing.

Nina Safar: [crosstalk 01:00:49] And that's it. You don't have to do it this way. You can definitely keep it plain and serve it with the coconut whipped cream. That's also really yummy. But this is just ... I feel like this is so yummy and it looks pretty.

Jessica Jablon: [inaudible 01:01:06]

Nina Safar: [crosstalk 01:01:06] bring it to the table ... I recommend if you're going to bring this to the table, don't tell people that it's avocado coconut cheesecake. Say, "Key lime cheesecake. Enjoy," and see if they can spot the healthy ingredient in it. I'm going to see if I could cut it to show you what it looks like. I did have it out because I wanted to have it out in time to show you guys, so it might be slightly melted. In general, you want to keep this in the freezer until right before serving. [crosstalk 01:01:45]

Jessica Jablon: How long do you usually keep it [crosstalk 01:01:50]

Nina Safar: Oh, how long does it last in the freezer?

Jessica Jablon: No, no. How long do you put it into the freezer before you take it out and serve it.

Nina Safar: Oh, it's going to need a couple hours to get hard, to firm up. Then it defrost pretty quickly. We'll see right now. I took this out right before I started this and see, it's already kind of melted. So I'd recommend keeping this in the freezer until right before serving because now it's already ... It defrosts really fairly quickly. It's like ice cream, guys. But I'm just trying to cut it because I want to

show you what it looks like. Okay, hold on. This is making a mess. One second. Here. I'm going to try and bring this up close. Can you guys see? Okay, that made it ... Okay, I'm trying so hard not to ... You know what? I was trying so hard to ... I'm just going to do it with my fingers and show you. Look, see?

Jessica Jablon: Yeah, you can see the thin layer of the crust at the bottom.

Nina Safar: Yeah. It's got a crust and then it's got that cheesecake on top. And like I said, you want to keep it in the freezer right before serving. This is what it looks like when it's out of the fridge for like an hour. So it's still pretty good, but it defrosts fairly quickly. That's dessert.

Jessica Jablon: Amazing. Well, thank you so much, Nina. Those recipes, I loved how simple they were and how easy they are to make and have such a beautiful spread for your table. Just-

Nina Safar: It's really easy.

Jessica Jablon: No, really, just a wonderful addition to our cooking repertoire. I want to remind everybody that you follow Nina @kosherinthekitch on Instagram. Check out her cookbook, The Simply Kosher Cookbook. We're putting links in the chat. I want to thank Nina for sharing her story with us about how she came to cooking and about her mom. It's just really so touching that you shared that with us. I also want to thank Michelle again for sharing her inspirational story and giving us the reminder to go take care of ourselves and get our annual screenings and mammograms.

Please take a moment to fill out a brief evaluation survey that's linked in the chat box now. Evaluations really do inform our future programming, so thank you so much for taking the time to fill it out. It's like a 30-second survey. We'd love for you to stay connected with Sharsheret via social media on Facebook or Sharsheret Official on Instagram where we post about events like these, program updates and fun ways to get involved. Please never forget that Sharsheret is here for you and your loved ones during this time. Sharsheret provides emotional support, mental health counseling, and other programs designed to help navigate you through the cancer experience. All are free, completely private, one on one, and our number is 866-474-2774. You can also email us at [clinicalstaff@sharsheret.org](mailto:clinicalstaff@sharsheret.org). Our social workers and genetic counselor are available to you. Please, you are our priority. Never hesitate to reach out. We're all going to get through this together.

Finally, I want to let you know that we have several exciting webinars on a wide range of topics planned over the next few months. Our next webinar is on August 17th at 8:00 PM Eastern, 5:00 PM Pacific. Please join us for Fertility 101: What You Need to Know About Fertility Before, During, and After Treatment with Dr. Batsheva Lerner Maslow of Extend Fertility. I also want to mention our next Sharsheret in the Kitchen program, A Taste of Autumn with Pamela

Salzman, which will be happening on Monday, September 13th at 11:00 AM Pacific, 2:00 PM Eastern. Please check out our website regularly to see what topics are coming up. The link is in the chat. You can also access the recordings and transcripts of all of our past webinars on our website. From all of us at Sharsheret, thank you so much for joining us today and have a wonderful rest of your night.

Nina, there's so many comments in the chat. I hope that you can see, just people who loved the recipes and ... follow you.

Nina Safar: [crosstalk 01:06:26]

Jessica Jablon: They're really-

Nina Safar: [crosstalk 01:06:28] I didn't even look at them the whole time. I was looking at the food.

Jessica Jablon: There's a lot of people thanking you for the recipes and for being here tonight, so we really appreciate it.

Nina Safar: I feel bad. I'm seeing the messages now [inaudible 01:06:42]

Speaker 4: [inaudible 01:06:44] iPhone.

Nina Safar: Okay. Well also, yeah, I see only the questions now. But just if anyone has any questions afterwards or if anyone messages you, please let them know 100% to feel comfortable to message me on Instagram or email me. If they want a quicker response, Instagram is the best way and I'm so happy to help with any recipe questions that they have.

Jessica Jablon: Awesome. Thank you so much. I know my colleague was busy taking notes throughout the program, so we will be sending out your recommendations and tips along with the recording to everybody tonight. So-

Nina Safar: Awesome. [crosstalk 01:07:33] And I'm going to update them. I feel bad I didn't realize. I'm going to update the milk/cream, because I realize now that that could be confusing. Did I specify in the actual recipe the step about how to put it in the fridge overnight and scoop out that cream part?

Jessica Jablon: No. That part's not in the recipe. So we'll talk. I'll contact you again-

Nina Safar: I'm so sorry.

Jessica Jablon: Oh no, don't worry. We'll ... and we'll add it to the final email that goes out with all of the recording and all of the rest of the information about the recipes in the program.

Sharsheret in the Kitchen – Simple Summer Dishes with Nina Safar (@kosherinthekitch)

Nina Safar: Okay, awesome. And I guess the most important thing is let everyone know they can message me. They shouldn't be shy. If they have any questions, I am here to help.

Jessica Jablon: Well, thank you. We are really ... we're so glad that you were here tonight, so thank you.

Nina Safar: I know. Me too, me too. I'm really happy. Like I told you ... I don't know if I told you, or I think I mentioned to someone my mom, my sister Debby ... Debby spent the last year with my mother. She was her caretaker pretty much, and she said that she would be in bed with my mom resting, and my mom would be scrolling on the Sharsheret group. Do you guys have a Facebook group or support group or something?

Jessica Jablon: Yeah. Yes, we have a-

Nina Safar: Yeah, so she said my mom very much ... yeah. So I feel like she's here enjoying the demo.

Jessica Jablon: Aw. I love that. I love that.

Nina Safar: Okay. Do you guys need anything else from me?

Jessica Jablon: No, I think we're all good. I'll be in contact with you so we can just get all of those materials together, and then we'll send them out to everybody.

Nina Safar: Thank you so much. Thank you [crosstalk 01:09:23]

Jessica Jablon: Thank you, Nina.

Nina Safar: I see you there. Thank you so much.

Jessica Jablon: Thanks, Nina.

Nina Safar: Have a wonderful day. [crosstalk 01:09:30]

Jessica Jablon: You too. Good night. Bye.

Nina Safar: Bye.

Jessica Jablon: Bye everybody.