



## Sharsheret in the Kitchen - Shabbat Around the World With Naomi Eisner

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March 10, 2022



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- Recipes from this webinar: <https://sharsheret.org/wp-content/uploads/2022/03/SITK-March-2022-Naomi-Nachman-Recipes.pdf>

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- Website: <https://naominachman.com/>
- Instagram: <https://www.instagram.com/naominachman>
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- Naomi Nachman's Cookbooks published by Artscroll/Mesorah Publications:
  - *Perfect for Pesach: Passover recipes you'll want to make all year:*  
<https://www.amazon.com/Perfect-Pesach-Passover-recipes-youll/dp/1422618676>
  - *Perfect Flavors: Creative, easy-to-prepare recipes inspired by my family and travels:*  
<https://www.amazon.com/Perfect-Flavors-Creative-easy-prepare/dp/142262238X>

### NAOMI'S TIPS:

#### Ceviche

- You can use tuna, salmon, or both. Some markets sell it already cubed. If not, you can ask your fishmonger to cut off the skin and/or cube it for you in half-inch cubes.
- You want to ask for sushi-grade fish.
- Mixing lemon and lime gives it more complex flavor, “a florally note,” and including some pulp is delicious, too.
- You can use a juicer, but you don't need to! Just your hands and a fork work!
- Removing the ribs and seeds will make the jalapeno less spicy.
- Turn your knife over to the dull edge to scrape the seeds off your cutting board.
- If you push it out past your fingertips, you can use your middle finger knuckle as a guide for your knife.
- You can prepare this a few hours before you eat it, or even the day before.

- This is a great dish for Passover, just serve with matzah!
- When picking an avocado, push it and if it has a little bit of give, it's ripe or almost ripe. But avocados are tough to choose, so a little faith helps, too!
- Naomi loved the ceviche at [Sen Sakana](#) in Manhattan and [26 Sushi and Tapas](#) in Surfside, FL.
- You could add a sweet red pepper if you like or instead of the jalapeno.

### Thai Salmon in Ginger Miso Broth


- You could substitute any fish you like and even a thinly cut chicken breast. You can use skinless salmon or salmon with the skin.
- Any kind or color of miso works for this dish.
- You can peel ginger with the back of a small spoon. You can freeze pieces of ginger and when you need, the spoon trick works really well with the frozen piece.
- Naomi recommends wide egg noodles for this recipe, but you could use any noodles (rice noodles work well, too, or even spiralized zucchini).
- Add the shitake mushrooms (you can buy already-sliced) to the broth towards the end of cooking the dish.
- Naomi recommends using both the white and green part of the scallions.
- Salmon is very porous, so it cooks pretty quickly.
- She plated it by starting with the egg noodles, then made a well in the noodles to place the fish, then scattered mushrooms around it. Then pour the broth around the dish and top with the scallions and cilantro.
- You could do this as an appetizer or full dinner.

### Pad Thai


- Rice noodles are cooked quickly in water that's already boiling; you turn off the heat once you add the noodles.
- Tamarind is a tropical fruit. Golchin sells Tamarind paste Kosher NGMO which you can get on Amazon [here](#).
- You can use chili garlic sauce instead of chili paste
- You can substitute coconut sugar for brown sugar. Maple syrup and honey aren't recommended because it will add flavor. If you try date paste, molasses, or honey, please let her know how it turns out!
- Sharp knives help prevent you crying from the chopping of onion. Some people recommend keeping a wet paper towel near the onion or keeping cold water in your mouth while chopping! Let us know what works for you. 😊

- Dorot frozen garlic cubes are recommended above the jars in the fridge because the freezer keeps it fresher. You can even do this yourself; grind it in the food processor and freeze in an ice cube tray.
- Push all the food to one side, then pour scrambled eggs onto the other half. Drag lines with your spatula from the outside edge in to let the egg pour into the empty space. Once you have pieces of egg, incorporate into the dish, then add the sauce, and then the noodles. Don't add all of them at once. You can always add more as you go.
- The noodles will stick at first, but just keep swirling them around and the veggies will incorporate without you needing to cut them. You can also use two wooden spatulas to toss like a salad. Naomi also recommends using hot, fresh noodles. They'll clump more when cooling off.
- You can substitute parsley for the cilantro or just omit it.
- Squeeze lime and include both the squeezed and un-squeezed wedges too.


## CANCER GENETICS FAST FACTS




**EVERYONE** who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.




Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.




**1 IN 40**  
Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.

**Email [info@sharsheret.org](mailto:info@sharsheret.org) to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.**



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