

**Sharsheret in the Kitchen –
Shabbat Around the World
with Naomi Nachman**

National Webinar Transcript

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Presented by:



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Jessica Jablon:

Welcome everybody. We're so excited to have you join us today, for Sharsheret in the Kitchen, Shabbat Around The World with Naomi Nachman. I'm Jessica Jablon, the California Program Coordinator 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.

Jessica Jablon:

One of our goals through 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.

Jessica Jablon:

Before we begin, a few housekeeping items. Today's webinar is being recorded and will be posted on Sharsheret's website along with the transcript. Participants' faces and names will not be in the recording as long as you remain muted. If you would like to remain private, you can turn off your video and rename yourself, or you can call into the webinar. Instructions are in the chat box now for both options. You may have noticed all participants were muted upon entry. Please keep yourself on mute throughout the call. If you have questions for Naomi, please put them in the chat box, either publicly, or click on Sharsheret in the chat box to submit a private question, and I will ask them throughout the program. And we will send out a follow-up email with tips and recommendations from today's webinar with the recording in the next week or so.

Jessica Jablon:

We are very excited to be continuing with our Sharsheret in the Kitchen series, 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. We've had wonderful guests for the series on healthier cooking, and we invite you to check out our prior Sharsheret in the Kitchen webinars on our website at the link in the chat. You should have received the recipes for today's program in advance, but my colleague will be putting the link in the chat box so that you can download and print it or see it on your screen.

Jessica Jablon:

We want to thank our generous sponsors, Cedars-Sinai, the cooperative agreement DP 19-1906 from the Centers for Disease Control and Prevention, Merck, and the Sigmund and Edith Blumenthal Memorial Fund. It is because of their generous support that we have been able to continue to provide our series of webinars throughout the pandemic.

Jessica Jablon:

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, a free, virtual nutrition assistant who helps guide and inspire those facing cancer with personalized nutrition tips, recipes, and answers to your questions. Communicate with Ina 24/7 to receive personalized, clinically appropriate and on demand nutrition support and guidance, based on scientific evidence and the training of oncology-credentialed, registered dietitians, nurses and doctors who are experts in the needs of cancer patients. You can access Ina through our website at the link that is being put in the chat. If you are interested in finding out more about your Sharsheret's free, confidential, and personalized services, please email us at info@sharsheret.org or visit our website at sharsheret.org. Now, before we start cooking, I want to introduce Janet, who will be sharing her story with us.

Janet:

Good morning or good afternoon. My name is Janet Klein and I am a stage IV breast cancer survivor. I was diagnosed with stage IV in 2009 and was cancer-free in 2010. I wasn't totally surprised by my diagnosis, as my mother had been diagnosed twice and my sister once. My cancer was found on a routine mammogram, which I did according to my doctor's recommendations. At the time of my diagnosis, annual screenings were recommended. Things have changed a great deal since my experience. Today, my daughters go to a high-risk gynecologist at UCLA and get either an MRI or a mammogram every six months. 12 years later, I am still cancer-free. The biggest reason I'm alive and cancer-free is because some wonderful doctors saw a drug on a shelf in a laboratory, which was designated for another illness entirely, and asked the question, why not?

Janet:

I was offered a space in the phase one of the clinical trial for Ibrance. It worked. Just in case you're not familiar with Ibrance, it's the revolutionary discovery in breast cancer treatment since Herceptin in the 1970s. It treats the most common type of breast cancer, which accounts for 65% of all women diagnosed. A few things I learned on my cancer journey that I would like to share with other patients and their families are that clinical trials for cancer patients do not give placebos.

Janet:

I was given the same standard of care as any other woman diagnosed and not in the clinical trial, as well as exceptional monitoring. It is very important to be a part of your team. Do not just sit on the sidelines and listen. It's ultimately your life being discussed, and you should assemble a team that you can work with. Today, I am a happy and healthy wife, mother, grandmother, who leads a crazy busy life; Pilates, needlepoint, cooking, and playing with our beautiful grandson, just to name a few. I appreciate the opportunity to share my story of survival and joy through the wonderful Sharsheret organization, which can guide and support women on their journey, just like mine. Thank you.

Jessica Jablon:

Thank you, Janet, for sharing your story with us today. You have been such a wonderful volunteer for us here in Los Angeles and have helped us by speaking or tabling at local events, and we're just so appreciative of your involvement and your support, and just thank you for being here with us today. If you're participating in a clinical trial, Sharsheret social workers can offer support, and if you're interested in getting involved with Sharsheret, please fill out the survey at the end of our webinar or email us at info@atharsharet.org.

Jessica Jablon:

So now I'm excited to introduce our guest. Naomi Nachman was born and raised in Sydney, Australia, and moved to New York 30 years ago. In 2004, Naomi started her own kosher personal chef business, The Aussie Gourmet, to cater weekly and Shabbat Yom Tov meals for families and individuals within the five towns and neighboring communities. She has grown her brand on social media, with a strong presence on Instagram, Facebook, WhatsApp status, and has become known as a kosher food media influencer, and has represented many brands on social media.

Jessica Jablon:

She also has her own cooking show, Sunny Side Up, on the Kosher.com Network, and also hosts her own weekly show, *Table for Two* with Naomi Nachman on the Nachum Segal Network, in which she discusses all food related and travel topics. In addition, she writes a monthly column, *Off the Eaten Path*, for the Mishpacha Magazine, covering food and travel, and as a contributing editor to the Jewish Home Newspaper, providing weekly recipes. In 2017, Naomi published her debut cookbook, *Perfect for Pesach*, and in November 2018, she published her second cookbook, *Perfect Flavors*, which she's holding up right now, both with ArtScroll Publications.

Jessica Jablon:

And just a quick note, please stay tuned to the end of our webinar and make sure to fill out our evaluation, as we are excited to give away one copy of Naomi's cookbook, *Perfect Flavors*, and one copy of *Perfect for Pesach*. When Naomi is not traveling, she can be found with her husband and family in Long Island, New York, and her motto in life is, "See the world one bite at a time," which is the perfect quote for today's program, Shabbat Around the World.

Jessica Jablon:

Naomi, welcome to Sharsheret in the Kitchen today, and thank you so much for being here. I'm going to turn it over to you.

Naomi Nachman:

Okay. Thank you, Jessica. I feel like I have a new friend, we've been talking for months, right? Thanks so much. Usually when you start off a demo you introduce yourself, but I don't have to now, because you did such a great job of introducing me. Thank you so much, and it's so exciting to be here. I'm actually currently in Florida. I live in New York.

I'm here for the weekend, and I thought I would come down Thursday morning and do my event because of the beauty of Zoom. One thing we learned about Corona, you can be anywhere in the world, you log into Zoom, and you have your office. So I'm at a friend's house. She has a much nicer kitchen than mine, much better lighting.

Naomi Nachman:

So I'm going to be doing the Zoom class from Florida, and I guess you guys are from around the world or around the United States. If anybody wants to put in the chat and they can read it out to me. Jessica, you're doing the chat, right? It's you?

Jessica Jablon:

Yes.

Naomi Nachman:

So you can tell me where you're from. I love hearing about it. So as Jessica said, I love to travel and I love to experience different foods and incorporate it into my own family's repertoire. So a lot of that is in my book, *Perfect Flavors*. But as you see, everything here is so easy to make. The ingredients are easy to find. If you can't buy it in your local supermarket, I'm saying, Amazon's got them all. There's nothing that we can't get these days. You just type in kosher miso paste and either your supermarket will have it, or it'll come to you the next day on Amazon. So I really try to make everything very accessible. I'm trying to change up the flavor profiles. So that's what we're going to try to do today.

Naomi Nachman:

By taking a trip a little bit around the world, we're kind of, with this class, we're going to go start off with something Peruvian. We're going to make ceviche, which is so clean, and with fresh ingredients, takes minutes to make, and we're always looking for something quick and easy to make, especially Friday night dinner, for Shabbat lunch. And then, we're going to find ourselves, after that, in the Thailand area, Southeast Asia, and we're going to do two Thai recipes, because I love Thai food.

Naomi Nachman:

If this webinar was four hours, I could keep you occupied for all four hours, because I love to talk. I especially love to talk about food. I see all these really cool names of places coming up. I saw Dallas. I saw Seattle. I saw New York City. I'm not sure, I didn't catch them all popping up on the screen, but thank you all for joining in today. All right, let's get started.

Jessica Jablon:

I was just going to share this, even a Canada.

Naomi Nachman:

Canada! Oh, we've gone international. I like that.

Jessica Jablon:

Right?

Naomi Nachman:

Okay. So I don't know how, when I look at the screen, right, if I'm looking at you, it looks like I'm looking off the corner, but I'm trying to look directly at the camera. So Chicago, hey Chicago. So, I'm trying to have eye contact, but I think these iPads are a little bit not aligned. Also, we're not in actually in the same room, but we try to make it as close as possible.

Naomi Nachman:

Let's get started with our ceviche. I'm going to be moving the camera. You're going to see a lot of my hands. See, I had my nails done. That's part of my job. I told my husband on Sunday, "I've got to get my nails done. I have two Zoom classes."

Naomi Nachman:

He's like, "Really?"

Naomi Nachman:

I'm like, "Yeah, I really have to get my nails done. It's for my job." He's laughing at me.

Jessica Jablon:

You did Sharsheret pink-

Naomi Nachman:

Yeah, exactly. You're right. I did. I did. I thought of that, yes. I thought of that as I'm getting it, actually. I was going to put the little ribbon on the ring fingers. But the woman didn't know what I was talking about.

Naomi Nachman:

Okay, we're going to start off with ceviche, delicious. This is tuna. I've already cut it into cubes. You can use all tuna, all salmon or a little bit of both, okay? So here it's just little cubes of tuna. My actual supermarket sells it already cubed up, but it's very easy to slice and cube. You want to get at your fish. Just no skin, and ask your fish manga to cut it into cubes or do it yourself. There is nothing like having a good, sharp knife at home. So I'm just going to set that onto the side here.

Naomi Nachman:

So now, ceviche is Peruvian, and what it does, is we're going to cook it in its own citrus juices, and that's where all the flavor's going to come from. You know what? Something I'm missing is salt. Yeah.

Sruly:

Salt in the drawer.

Naomi Nachman:

Here? I'm going to pull that drawer? I just realized-

Sruly:

Behind here.

Naomi Nachman:

Because- Here?

Sruly:

Yeah.

Naomi Nachman:

Okay. Okay, you have to have kosher salt on hand?

Sruly:

I have all salt.

Naomi Nachman:

Okay, this'll do. Okay, so I've got my salt here on the side. I've got my juices. So what we want to do is we want to cook the fish in the citrus, okay? That is where all the flavor's going to come together. Okay, so no bottled lemon juice, guys. We're never, ever, ever allowed to use bottled lemon juice. There is a huge difference. And I just take a fork. My next mani will be Sharsheret.

Jessica Jablon:

Sharsheret teal. Teal for our ovarian cancer patients.

Naomi Nachman:

Oh, that's cool. I did not know that. Okay, so here we go. Just taking out the bits. You'll see, the tuna will actually change color a little bit.

Jessica Jablon:

Naomi, there was a couple of questions about what to ask for at the...

Naomi Nachman:

You want-

Jessica Jablon:

Are we asking for sushi grade?

Naomi Nachman:

Sushi grade tuna.

Jessica Jablon:

Okay, sushi grade, and then is it in one inch cubes or-?

Naomi Nachman:

Yeah, in two, I would say- It's funny. I'm Australian. I still call it a centimeter. Half inch cubes. I'm just grabbing out those pits. I also love limes. I think it just gives it a floral-y note. So we're going to do our lemons. We want to do some lime as well. And is anyone making this alongside me or everyone's just watching?

Jessica Jablon:

I think most people are watching.

Naomi Nachman:

Most people are just watching.

Jessica Jablon:

Yeah.

Naomi Nachman:

You want to get some of the pulp. That's yummy too.

Jessica Jablon:

Do you recommend ever a juicer? Do you think that's-

Naomi Nachman:

At home, I have one of those yellow things that you put the lemon in and you go like this. But there isn't one here, but I just want to show people that you don't even need equipment for it. You've just got to pick out the seeds at the beginning, but it's still worth it not to use bottled lemon juice. It's worth the extra step. We're going to get all those yummy juices out. Okay.

Naomi Nachman:

Next thing we need... Most ceviches that I've had, and I've had them in Panama, and I see wherever I see ceviche on the menu, I order it. There's actually a new restaurant in Manhattan, open maybe a year, that has all different kinds of ceviche. Also, one here in Miami, Surfside in Florida, has a great ceviche menu.

Naomi Nachman:

I have a cut on my finger. I didn't realize, and then it just went into my finger, the acid. I don't often cook with gloves.

Naomi Nachman:

So what we want to do now is, all those ceviches, they usually have some heat. So we're going to take some jalapeno. This is a pretty big jalapeno. We're going to cut it in half, but I don't mind a little bit of heat. So what I do is, I'm going to remove some of this jalapeno, put that off on my side. This is the ribs right here, and you see inside are the seeds. So what I'm going to do is I am just, very carefully, going to remove the ribs and the seeds. So I'll have just a little bit of heat, but it won't be overpowering.

Naomi Nachman:

So look what I'm doing now. I'm going to try to give you as many cooking tips as I can. I want to scrape the seeds away. So I turn my knife over, I don't want to damage the sharp end of my knife, and I just kind of do this. Okay?

Naomi Nachman:

Now we go back to slicing. I'm just holding my hand very carefully, and this middle finger's going to protrude a little bit with a knuckle. See how that knuckle, this middle knuckle's sticking out? The knife will touch the knuckle, not my hands. So I can literally look at the camera. You can't see, but I'm actually not looking at what I'm doing, because I'm letting my hand guide me. So I made long thin strips. Now, again, without clawing it, see this knuckle? It's sticking out. Maybe I'll go this way. Is that better? That way you can see it better?

Jessica Jablon:

Yeah.

Naomi Nachman:

Now I'm looking. Those knuckles are protecting the rest of my hand.

Jessica Jablon:

There was a question that came in. How far in advance can this be prepared?

Naomi Nachman:

So you can do it a good few hours. I make this Friday afternoon for Friday night dinner.

Jessica Jablon:

Great.

Naomi Nachman:

You want to give it a good little marinade. I don't think I've actually ever made this fish up for lunch. I always serve it Friday night for dinner. And I've served it on Pesach. Hello! Let's just talk about Pesach. Pesach is my season, by the way. I am in the middle of catering for Pesach already. I made 300 pots of soup yesterday and I'm not joking. Anyone who follows me on Instagram, you'll see. So this is actually completely Pesach, and you can serve this with some matzo chips, take some matzo, break it up and there

you go. You've got some. So I got very excited about talking about Pesach with everyone, even though it's not prudent, everyone's ready to kill me.

Naomi Nachman:

Now, I'm just cutting it down because we don't want a big bite of cilantro. You just want a little bite. See how I turned my knife over? I'm scooping it up and I'm putting it into my tuna. This is one of those really simple and easy recipes. Avocado. Oh, this feels like such a nice avocado. You have nice avocados in Florida. Our avocados in New York are not so nice right now. They're either really hard- You find that the avocados you're buying, they're raw, raw, raw and like hard, hard, hard, and then they're over-ripe. There's nothing in the middle.

Naomi Nachman:

Look at that. Gorgeous. I'm just going to cut some slices, taking my metal spoon, and see how you do it? Just kind of scoop that right out, right into our ceviche bowl. I was in Panama a couple years ago and I'm telling you, we ate so much ceviche. I thought I was going to grow scales.

Jessica Jablon:

Someone asked if there are any tips you have for choosing a good avocado.

Naomi Nachman:

Oh, I usually make a joke in my classes that I have an avocado prayer that I devine, sometimes after spending two or \$3 on avocado, that it's not black inside. Sometimes you think it might be the perfect one. You never know what's inside, but there's just a little bit of faith there. See, you push it. It has a little bit of give. So if it has a little bit of give, then it's ripe. Then it's going to be ripe much faster. If it's very hard...

Jessica Jablon:

Right.

Naomi Nachman:

Then you've got to give it a couple days. Avocado, it's hard for me to give you a good tip, because they're so random, avocados. Whenever I give a class and I'm front of an audience, I'm like, please Hashem, please go and let this be a beautiful avocado. Because only he knows, right? Okay, so we're almost done with our ceviche. This is a very big red onion. I wouldn't make it too strong. Throw a little bit of red onion in there, and I'm just going to peel a bit off. Peel off that skin. Turn my knife over. Get rid of that garbage. Put that on the side. We're just going to make, again, side, small cuts.

Jessica Jablon:

So somebody had asked, they were curious, which restaurants you were talking about with the ceviche in Manhattan and Florida, if you remember?

Naomi Nachman:

Okay, so Manhattan, great question. Here we go. Look at that. Look at how pretty that's starting to really come together. Okay. I'm going to talk about that when I just- I'm not going to put too much on you. We're making a mini batch here because we're not going to eat it right now, so I don't want to make too much.

Naomi Nachman:

So in Manhattan I went to- Hi. We went to Sen Sakana. It's on 44th, between 5th and 6th. It was amazing! And then, Sushi and Tapas, here in Surfside. Okay, that's to answer that question.

Naomi Nachman:

Okay, so back to the fish, here we go, and our favorite ingredient and the whole wide world is... Salt.

Sruly:

Based on?

Naomi Nachman:

Because it makes everything come together so nicely. So this is fine sea salt, or you could use-

Sruly:

I have more salt.

Naomi Nachman:

I'm just washing my hands... Or you could use kosher salt, sea salt, Himalayan salt. Now, you want this to sit for a little bit. Look how beautiful this is. It's clean. There's nothing in here. Not even soy sauce. Just God's own creation, Nothing manufactured, produced, just grown. Grown, squeezed, and cut. How about that? Okay?

Naomi Nachman:

Now, when I do a live class, I'll always ask, who here... I don't know if they can put this on the chat, if they have a hand up. Who here loves cilantro? Thumbs up. Who here hates cilantro? Thumbs down. I love cilantro. I think it goes so well in this dish. So I'm just going to add a little bit of green. If you don't like cilantro, maybe you can just do a little bit of parsley, but we are going to add a little bit of that in. How are we doing, everyone?

Jessica Jablon:

You're having a mixed reaction to cilantro. Yeah. It tastes like soap, somebody says.

Naomi Nachman:

Taste like soap. That's what they say. If you don't like it, you think it tastes like soap.

Jessica Jablon:

Yeah.

Naomi Nachman:

I love cilantro. My mom grew up in Israel, so we like cilantro.

Jessica Jablon:

It's a very divisive spice.

Naomi Nachman:

Yeah. Okay. Here we go. Look at this. Beautiful.

Jessica Jablon:

Oh, somebody messaged me that they love cilantro and they even eat it plain.

Naomi Nachman:

Oh really? I got some on my fingers. I can eat that plain. Okay, there you go. One dish, done. How did we do?

Jessica Jablon:

That looks beautiful.

Naomi Nachman:

Looks beautiful, and I like it in this bowl also.

Jessica Jablon:

Yeah. The colors really pop from it.

Naomi Nachman:

Yeah, and you see how the tuna has changed colors because it's being "cooked," air quotes.

Jessica Jablon:

Yeah.

Naomi Nachman:

Someone just wrote that Terry said this never has cilantro.

Sruly:

What's cooking it, the acid?

Naomi Nachman:

Yeah, the acid cooks it.

Sruly:

Interesting.

Naomi Nachman:

Yeah. All right, are we ready for our next recipe? Do we have any other questions? We need a minute to scooch down.

Jessica Jablon:

Yes, there was one more question. If we make it for Shabbat lunch, then would we just have all of the ingredients ready, but not mix it together, until Shabbat morning?

Naomi Nachman:

So, you'd have to make it the night before. You can set it in the fridge, marinating overnight. My friend does that, because it's so complicated to squeeze the lemons and all that. So I would just make everything on Friday. It would be even more delicious. Okay, I'm just scooching down, getting our next station ready.

Jessica Jablon:

Okay. There was one other question about using the pepper instead of a jalapeno. Could you use a sweet red pepper?

Naomi Nachman:

Sure. Sure. Absolutely.

Jessica Jablon:

And then do you serve it chilled?

Naomi Nachman:

Sorry?

Jessica Jablon:

Do you serve it chilled, right, like-

Naomi Nachman:

Yes. It could be room temperature also. I'm just moving you down towards the stove. Okay, we are going to make... It's funny. I always make a joke about this recipe that probably no one has ever made it from my cookbook because it's really unusual and different, but I think it's one of the most fabulous recipes in my book. It is a, here we go, Thai salmon in a ginger miso broth, and I think that sounds so delicious. It's rich and thick and you have with bowl of noodles. I found that, when I made this recipe, it was a

comfort food. It was really yum. But I think people are scared of having hot fish and soup. It's not really soup, it's a broth, but I think it made people nervous, but I hope that you'll enjoy it as much as I and my family does.

Naomi Nachman:

When I was writing this recipe for a book, my family are like, hurry up, practice, practice, practice, write all your notes, mom, because that's what you have to do when you write a book. You write, you change. And then when I gave them the nod, they would come and grab it from me, like they wanted to get their mouth in it. So if kids want to eat fish it's a good thing, right?

Naomi Nachman:

Okay. Just turning the water on. I have broth here. So I'm going to put you at my station. This is my station here, now here. Just going to pull you back a bit so you can see what's going on. Here we go. You can see my hands, right? In here is my broth. We are bringing that to a boil, and what we want to do is we want to add into the boiling broth, we want to add miso. Where's my spoon? I lost my spoon from before.

Sruly:

Right here. Right here.

Naomi Nachman:

Oh, here we go. Okay, so now I'm going to add some miso. Miso looks like this. It's kind of a paste. It's kind of like concentrated hummus. So I'm going to put it right into my boiling water. It's what you have in miso soup it's made with, or any miso ingredients are made with this fermented bean paste, and it's very healthy for you. Salmon, this is my favorite. You make it every week. I know, me too. I love, love, love salmon. I love tuna. I love fish in general. I'm a big fish person.

Jessica Jablon:

Somebody was asking if you could make this recipe with something other than salmon.

Naomi Nachman:

Yes, absolutely. Any fish you like, and there's no reason why you can't do it with chicken, I'm just saying. Okay. All right, so we're going to bring that to a boil. Meanwhile, let's prepare everything else. So we're going to bring the water. We're going to also add into our broth, our soy sauce and again, some lime. You'll see that really love lime flavors. The lighting is a little bit funny here on the board. It lights very glare-y.

Jessica Jablon:

Yeah, at the bottom.

Naomi Nachman:

At the bottom, yeah. I don't know if it's there now. Maybe because it's this light. Maybe we can shut this slide above me?

Jessica Jablon:

Is there a particular brand of miso that you like?

Naomi Nachman:

No. Whatever you can find. Oh, that's better, right?

Jessica Jablon:

A little. Yeah, yeah.

Naomi Nachman:

Yeah. There's a light from the window here.

Jessica Jablon:

Yeah. That's probably what it is.

Naomi Nachman:

Okay. So I'm just squeezing a fresh lime in as well.

Jessica Jablon:

Somebody had said that they wish we had smell-o-vision.

Naomi Nachman:

That's an Emeril Lagasse line.

Sruly:

Bam!

Naomi Nachman:

Bam!

Jessica Jablon:

Is there a color of miso that you like or just any?

Naomi Nachman:

There are different colors. If somebody asked that, that was a great question. Miso comes in different colors. And when I was writing my book, my editor actually said to me, she's done a lot of the cookbooks, and she said, "I see people doing red and yellow." So the lighter the color, the lighter the flavor. The deeper the color, the deeper the flavor. But, that's not to say that yellow miso is light and flavored. It's very

concentrated also. It's got a fabulous flavor also. So has a slightly different taste, but for me, they're all interchangeable. Did I answer your question?

Naomi Nachman:

Okay, so now we can take some ginger. I always say, when I do an American class, ginger. This is ginger. And we're just going to take a little bit off is, what I always do. I find this very therapeutic. You ready? Right? Smells so good. So I'm just going to take a little bit of ginger off, and did you know you can peel ginger with the back of a spoon? Look.

Jessica Jablon:

Wow.

Naomi Nachman:

This is a very big spoon. I'm going to see if can a smaller spoon. Do we have a smaller spoon? Maybe this one.

Sruly:

Right here.

Naomi Nachman:

That's not working. Here we go. I'm using a slightly smaller spoon, here, like this, and the brown peel just comes right off when you use a smaller spoon. Now I'm peeling the ginger, and what we want to do is we want to make some slices. The more dishes I take out, I realize the more I have to wash. And then I just kind of want to even it out a little bit. I want to take some ginger slices and I want to put it in the soup to just flavor it up. Can you see? Let me just bring you over to the soup pot. See how it's boiling?

Jessica Jablon:

Yeah.

Naomi Nachman:

It smells amazing, and I'm just going to slice up the ginger and we're going to put that in. I think the board is very white also, between the light above me and their white granite. It's a beautiful kitchen. See, I'm just taking some slices of the ginger, and we're just putting that in the soup, in the broth. We're not cutting it up because we're not going to serve it with it. We're just flavoring it. Okay. Does someone have a question?

Jessica Jablon:

No, I was just going to say, somebody said that they freeze pieces of their ginger, and then when she needs it, she uses the spoon trick, and it works really well with the frozen ginger.

Naomi Nachman:

Yeah. I like that idea. I like it. So you freeze the ginger whole and then... Cool. You always learn something new.

Jessica Jablon:

Yeah.

Naomi Nachman:

Okay, so now I'm taking my salmon and I'm going to cook it. Want to just bring this over so you can see what I'm doing. We're going to cook it in this broth. Okay. So we're poaching it almost, and then we eat the broth along with the salmon, but what? We're not done yet.

Sruly:

There's more.

Naomi Nachman:

So that cooks pretty quickly. Just want to bring it back to a boil because we put cold salmon in there. So it lowers the water temperature, so we're going to cook it for a couple minutes. The last few minutes of cooking, what we do is we add some shitake mushrooms. I love shitake mushrooms. I can buy them already sliced up in the store. So in a minute, we're going to add in our mushrooms and... Oh, my noodles. I knew there was something missing. My noodles. Okay, so I use egg noodles. Okay. I love the Manischewitz wide egg noodles, works really good with this recipe.

Naomi Nachman:

So I'm going to grab one of the beautiful bowls that my friend has and I'm going to put it in here. Okay. Okay, so I'm using a wooden bowl because it's very Asian to do that, very Thai. So what I'm going to do is, I'm going to just grab some of my noodles. I'm going to place the noodles at the bottom of my... Oh no, I don't want that one. I'm changing it. You know why? It'll be easier to see it on this. I'm changing it to this bowl. This might be also Asian, low and wide bowls. When I make my Vietnamese soup, I always use a low and wide bowl. I'm going to just move this over so you can see what's happening.

Jessica Jablon:

And the salmon, it's skinless, right?

Naomi Nachman:

Actually, mine has skin on it here. Either way works. What do I always say? Yeah. I was just writing in the notes what you guys have. Mine, it doesn't say skinless. See, I put the noodles at the bottom of the- You would divide all the noodles into four bowls.

Naomi Nachman:

And now we're going to take our mushrooms and we're going to cook the mushrooms now, along with the salmon, in their broth, so they get a little wilted, a little flavor. Okay. Now we're going to prepare our scallions. Cut some scallions up. These are beautiful scallions, by the way. Beautiful Floridian scallions. We're going to just cut some off. Want some green, also. Whoops. A little bit of H. I want a little bit of white, and a little bit of green. Okay. All right. How are we doing for time?

Jessica Jablon:

We're good. We're at 11:40 or 2:40, I guess, depending on where you are.

Naomi Nachman:

Okay. One more recipe to do after this.

Jessica Jablon:

We can do one more recipe after this.

Naomi Nachman:

Okay. But we're going to make it quick, and what I'm going to do now, because the salmon cooks so fast, because remember, salmon cooks fast because its porous. So it cooks very fast, so what we do is we take a nice piece out and put it here. Let's bring that back there. Make a little bed in the noodles, like a well, and let's grab some mushrooms. Put some mushrooms, scatter some mushrooms all around it. This can be an appetizer, definitely for Friday night. This can be a weeknight supper, dinner, all in one. You could do this instead of chicken, soup, and fish. You know how you do chicken soup? First, you do your fish course, and then you do your chicken soup course. But this is like a soup course and a fish course all rolled back into one. That's what I'm trying to say.

Jessica Jablon:

And you said you can actually make this with chicken?

Naomi Nachman:

Yeah. Yeah, absolutely. Why not?

Sruly:

Chicken cutlet.

Naomi Nachman:

Yeah, with a breast, I would do it with a thin thinly cut breast. Okay. Then we take our broth, and we put it all over the noodles. We add some extra mushrooms, also. This is a very big bowl, but it gives you a good picture of what it's going to look like. And then what you want to do, this is a hearty meal, almost. Just put a little bit of green, little bit of cilantro, and look that was really easy to make, right?

Jessica Jablon:

That was. It was very quick.

Naomi Nachman:

This is a weeknight supper. This is comfort food, like a nice bowl of noodles and piece of fish. How healthy this recipe is.

Jessica Jablon:

Beautiful.

Naomi Nachman:

Good? All right. Now we're going to head off to our final recipe, but I just need a minute to clean and move everything up.

Jessica Jablon:

Yeah.

Naomi Nachman:

Okay? That's one thing with cooking classes. When you do a few things, you need to get it all ready "mise en place" beforehand, and then you got to just line it all up. Here. You're going to be my photographer.

Sruly:

That's what I've been doing. I agreed to do it.

Naomi Nachman:

And we're going to make Pad Thai. This is the street fruit of Thailand.

Jessica Jablon:

One more question for you about the broth.

Naomi Nachman:

Sure.

Jessica Jablon:

Have you ever used ramen or rice noodles with it or udon?

Naomi Nachman:

Oh yeah, sure. Whatever noodles you like. I just happen to love egg noodles with this, but I've done it with rice noodles. We're actually going to use rice noodles right now. Okay. Are you ready?

Jessica Jablon:

We're ready.

Naomi Nachman:

We're ready for our final recipe? Any questions? Any comments? I'd love to hear back from you. Also, if anybody has any questions ever, I'm very accessible and reachable through my Instagram. You can find me easily. I'm always happy to answer cooking questions, within reason I say, but I'm always happy. I love talking about food, I love talking to people. If you ever tell me that you did a class with me, I'll be like, oh, someone's reaching out.

Naomi Nachman:

Okay, so here I have a little pot. We're going to make a little sauce. Okay, we are taking some tamarind, which is actually a bean. Tamarind is a bean. It's used a lot in Indian cooking, Sephardic cooking and Thai cooking, and they crush it, and they make a sauce out of it. A lot of Syrians use it. And here we have some soy sauce. We're going with a very Asian flavor profile today. Brown sugar, and that's all going in my little pot here. Let see what I'm missing. I make a joke that... It's not really a joke, it's the truth. I only know two recipes by heart; challah and potato kibbeh. Everything else I have to look up, even if it's my own cooking in my own, sorry, in my own class.

Naomi Nachman:

Okay. So I'm, just with the wooden spoon, just mixing the sauce. I just want to make sure I got it all in. The tamarind, the lime juice, the brown sugar, chili paste, adds a little bit more kick, soy sauce. If you want to make it hotter, you can do some sriracha or red pepper flakes. And we are making a base of a sauce. We want to get that sugar to melt in, and once that's melted in, we're going to bring out the next part of the recipe, which is... Oh, it's a white on white on white. This is- You can't see.

Jessica Jablon:

Now we can see.

Naomi Nachman:

There you go.

Jessica Jablon:

There we go.

Naomi Nachman:

It was like, we were all camouflaged for a second.

Jessica Jablon:

Right.

Naomi Nachman:

Okay, so let's go back to that question about tamarind. This is rice noodles. You cook it in already boiled water, okay? So we boiled the water, then we throw it in, and then we shut the heat off. Okay. Our sauce here, see how it's done? It's boiled. I'm going to take it off the heat. Okay, so we need rice noodles. You need the sauce here on the side. Now we're going to make our actual Pad Thai. People love this. It's just very different and a really different flavor profile. Okay, I'm going to give you a bit of a cheater's version, because we all like a good cheat when we are cooking. I'm looking for that knife.

Sruly:

Which one?

Naomi Nachman:

Oh, this one would've been good. Big knife now. All right, my grandmother always used to say, everything starts off- if anyone knows Yiddish here, anyone know Yiddish?

Jessica Jablon:

There's a couple of nods I see.

Naomi Nachman:

Everything starts off with “gepreglt tsibelea” a fried onion. So we're start off by- Oh, can I have the oil?

Sruly:

What kind?

Naomi Nachman:

Canola's good. Big thank you to our friends for hosting us today.

Jessica Jablon:

We have a couple of questions that came in. Can you use chili sauce instead of chili paste?

Naomi Nachman:

The Hines chili sauce?

Jessica Jablon:

I'm not sure.

Naomi Nachman:

Okay. Question back at you.

Jessica Jablon:

Okay. So, while we wait for an answer on that, the question is, what is a healthier sweetener alternative for the brown sugar that might work well with this recipe?

Naomi Nachman:

I'm not big into those things. I'm not a big baker. I don't know. What's a healthy alternative to brown sugar? Coconut sugar? Is that-

Sruly:

Yeah. You could do palm sugar or-

Naomi Nachman:

Well, would coconut sugar count, because that's very Thai also.

Sruly:

Also, brown sugar is [inaudible 00:44:14]

Jessica Jablon:

Coconut sugar or could you use maple syrup?

Naomi Nachman:

Yeah, but that'll give it a different flavor, taste like maple.

Jessica Jablon:

Right.

Naomi Nachman:

So I would go with coconut sugar if you can do it.

Jessica Jablon:

Okay, and then there was another question.

Naomi Nachman:

Yeah.

Jessica Jablon:

Oh, back to the chili sauce. It's Chinese chili sauce or chili garlic sauce.

Naomi Nachman:

Yeah. You could do that. Yes. Yes. I see that going.

Jessica Jablon:

Okay. And then, do you have any tricks to cut onion where it doesn't burn your eyes?

Naomi Nachman:

Nah.

Jessica Jablon:

Paper towel. Paper towel.

Naomi Nachman:

I don't know. They say contact lenses. I happen not to cry. Also, sharp knives. If the edges of your knives don't have little nicks in it, which tears the cell walls of the onions that makes you cry more. That's also a trick. So good equipment also stops you from crying. Okay. Oh, I love that sound. Listen.

Jessica Jablon:

I can hear the sizzles.

Naomi Nachman:

I love that sizzle, right? Let's get the best stuff down.

Jessica Jablon:

Someone wanted to know if you could use date paste.

Naomi Nachman:

I've never done it. If you do it, let me know. I'll put it- I always say that if somebody asked me a question that I don't know about one of my recipes, if you try it, let me know how it goes. I would like to hear the feedback.

Jessica Jablon:

Well, okay. Somebody suggested possibly using honey. I don't know if that would change the flavor too.

Naomi Nachman:

But I don't like honey, you'll give it a funny flavor.

Jessica Jablon:

Yeah.

Naomi Nachman:

Now I'm popping in some frozen garlic cubes. Frozen garlic cubes do not offend me. Jarred garlic offends me. But I feel like these are frozen right after their process, and they hold their flavors. Jars of garlic just around the fridge daily, losing really good flavors.

Jessica Jablon:

So I love the frozen garlic cubes. They save so much time.

Naomi Nachman:

I actually make my own. You know the Christopher ranch jars in Costco? Some people are Trader Joe's people. I'm a Costco person. So I buy a big thing of garlic at Costco, and I put it in my food processor, I grind it all down, then I make myself little logs in Ziploc bags.

Jessica Jablon:

That's smart.

Naomi Nachman:

Okay. We're going to add a little bit of salt. You want to season in layers. This is called sauteing, right? Saute means "jump," so I'm jumping the onions. Okay. You see my little prep station back here? Everything back here is for the next recipe. Okay, well, now our final recipe.

Naomi Nachman:

So now we're going to add in our Napa cabbage. Now we all love a good cheat, right? Napa cabbage is great, but it's a pain in the neck clean and cut and wash. I discovered, since I wrote this book, that you can use frozen- Not frozen, sorry. You can use fresh shredded cabbage, like the cole slaw kind. Works great. Just don't use the purple one, because it makes everything purple. I see this brand. It's got a little bit of purple shreds in here. We'll turn the eggplant for later.

Sruly:

Where is the eggplant at?

Naomi Nachman:

I'm going to pull out some of this. I'm going to throw out some of the purple shreds. I don't want it messing around with my non-purple eggs. You'll see, we're going to put an egg in here in a minute. What? An egg? Yes. It's amazing.

Naomi Nachman:

So what we're looking to do now, cabbage is very filled with water, and as you cook it, the whole things will shrink down.

Naomi Nachman:

So somebody asked what tamarind was before, I noticed. Tamarind is like a pod, like a vanilla pod, a vanilla bean pod. That's a tamarind bean pod. You can buy it in a lot of Asian stores, Indian stores, your local coastal supermarket. But we use it in this recipe as already concentrated down. They squeeze the pod, make a liquid form of it.

Jessica Jablon:

Oh, there's a lot of interesting suggestions on how to make your eyes not burn with onions in the chat.

Naomi Nachman:

Just have at it. A lot to learn.

Jessica Jablon:

Onion glasses.

Naomi Nachman:

Yeah. I've got those.

Jessica Jablon:

Somebody said, "An old trick someone told me once was to keep some cold water in your mouth while cutting the onion."

Naomi Nachman:

Really?

Jessica Jablon:

She said, "I've tried it and believe it or not, it helps."

Naomi Nachman:

Okay guys, let's all do that when we prepare for Shabbat tomorrow and let's all meet up again. We'll make a virtual meeting to see how that works. That's sounds fascinating.

Sruly:

Some of these are possible.

Jessica Jablon:

Right? Maybe. And then someone said try soaking a paper towel and water and squeeze most of it out-

Sruly:

That's what-

Naomi Nachman:

So my friend Sruly who's a food blogger himself. He said-

Sruly:

I do that. It works a lot of the time.

Naomi Nachman:

... he does that.

Sruly:

You have to keep it close to you right away. You can't put it-

Naomi Nachman:

So it has to be a cup of wet paper towel here on the side.

Sruly:

It's because it goes to the first wet substance. So your eyes are wet. It goes to your eyes. If you put the paper towel, it goes to the paper towel instead.

Naomi Nachman:

Did you guys all hear that?

Jessica Jablon:

Yeah, so interesting, and my colleague is taking notes of everything that's happening today, and so we're going to be sharing them with all of you in another week.

Naomi Nachman:

Okay. Where's that? Where is it not like the lighting? Can you guys see? Is that better?

Jessica Jablon:

That's better.

Naomi Nachman:

Okay. So I'm just going to move the camera to here, in any case, because- Oh no, not so good, right?

Jessica Jablon:

No.

Naomi Nachman:

Because I'm going to everything off in the pan like this. Give one second to figure this out, because this is where everything happens now. That's better, right?

Jessica Jablon:

Yeah. That was better.

Naomi Nachman:

Good? Good, right?

Jessica Jablon:

Yeah.

Naomi Nachman:

What I'm going to do now. So... See, I'm pushing everything to the side. I'm taking four eggs, I'm going to scramble them, and then I'm going to pour them here on the side. Okay?

Naomi Nachman:

What I'm going to build like you would an omelet. You take the edge here of your spatula, and I'm going to push it in, and then it's going to fill in again, and there was a little chunk of egg. See? Called building an omelet. Just gives it texture. See what I'm doing? Just going to crank up the heat on that. See, otherwise you'd end up with a scramble. If you just throw on the eggs on the side, you'd end up with this being coated with egg, as opposed to being just on the side. You understand what I mean, with the difference?

Jessica Jablon:

Yeah. Yeah. You're making everybody hungry.

Naomi Nachman:

So this is a really unusual dish. It's definitely not your typical. I've done this without the egg, though, if people are afraid, or the eggs make them nervous I've done it without the eggs. You see, I'm going to toss it all together in a second.

Jessica Jablon:

Looks really good.

Naomi Nachman:

Okay. Now, so now we have an omelet built, as opposed to my three, four scrambled- Four eggs in it will just coat it. We don't want to coat it. We want pieces of egg. So now we're going to take our sauce. I'm going to throw in our yummy sauce. Now we're going to take our Pad Thai, I mean our noodles. I'm not going to take all of them. We didn't make a full batch, but here we go. We have a good amount of noodles there. And we just-

Naomi Nachman:

Whoa. Sorry. You fell out of the iPad. You guys get hurt in there?

Jessica Jablon:

It adds the motion to the cooking.

Naomi Nachman:

Like, everyone's okay, right? I'm okay too. No, I'm trying to be funny. So let me have a look, show you what's going on. See, now the brown sauce...

Jessica Jablon:

Those rice noodles really reflect the light.

Naomi Nachman:

Right? Look how great this looks.

Jessica Jablon:

So the noodles look all stuck together. How do you prevent that from happening?

Naomi Nachman:

Yeah, it does. It does. So once you throw it in the pan, you kind of just- See how I'm unsticking them? It does get a bit sticky. Also, I make a lot of rice noodles for Shabbat. I do like rice noodles, Here, grab a pan or you'll hear on the live. Half a cup of soy sauce, half a cup of sesame oil, a third of a cup of sugar, and, if you want, a tablespoon of peanut butter. And then you throw that over hot, drained rice noodles. Delicious. But I always try to work with the noodles while they're still hot. That way they also don't get sticky. Look how good this looks so far. I'm just now going to take two, and we're going to toss it. We're almost done. We're going to finish it with two things. Break up that egg a little bit.

Jessica Jablon:

It's amazing how quickly we were... Three recipes in less than an hour.

Naomi Nachman:

Right? Well, I could be here all day. Keep your eye on the thing, and I'm going to just show you how I finish it. I'm taking it over here. Some cilantro, or you can do parsley. Okay? We take a lime, again with the limes. So see, all these flavors are part of the Thai profile. So I'll take some lime and I squeeze it around the top. And then I kind of take this and I just leave it in there. But then I also decorate it with some wedges of lime, and we sprinkle it with some... Look how good that looks, some fresh cilantro or fresh herbs.

Naomi Nachman:

Now we take some peanuts, and peanuts are very much used in Vietnamese and Thai cooking. We're just going to take some peanuts out and we're just going to rock chop. Let's chop them a little bit here, like that. This is called a rock chop, by the edge of my knife. Note the tip of my knife never leaves the board, move it side on that way. So you can see, it's always down. Just Rock back and forth. Grab a handful, throw it on. Ta da!

Jessica Jablon:

Wow.

Naomi Nachman:

Something a little bit different.

Jessica Jablon:

Yeah.

Naomi Nachman:

So how was that guys?

Jessica Jablon:

Amazing. Amazing.

Naomi Nachman:

I sped that last one up a little bit. I hope it didn't go too fast for everyone. I just was mindful of the timeframe. Now we have time for questions. If anyone has questions about the recipes or anything, anything food, I can try to help you with. I'm here for you.

Jessica Jablon:

There was one question that came in with the registration and somebody wanted to know; what are your favorite world cuisines?

Naomi Nachman:

Well, Thai's pretty much one of them.

Jessica Jablon:

Right.

Naomi Nachman:

I love Indian food. So I've been to Thailand, but I liked Thai food before I went. I love Indian food. I love Indian food, and I was very blessed to be able to go India a few years ago on a trip. There's a lady called Miriam Schreiber, and she hosts tours around the world. So I worked on her India trip and I gave Indian cooking classes. I happen to love Israeli food, modern Israeli cuisine. I do a lot of that. I love simple street food. I love a good burger. Yum. I'm not a big dessert person also. So I'm a foodie over a dessert person.

Jessica Jablon:

There's a lot of people in the chat who are just thanking you for your time.

Naomi Nachman:

Thank you.

Jessica Jablon:

Someone said that, I never like every recipe made in a class, but I can't wait to make all of these.

Naomi Nachman:

Oh, thank you. I hope you'll all get my cookbook, *Perfect- Here*, let me grab it. *Perfect Flavors*, if you don't win it, buy it. And I'm from Australia, so I think I just saw a comment there. All the recipes are in my book, actually, the ceviche recipe is in my Pesach cookbook.

Jessica Jablon:

Well, thank you. We're so grateful for you for being here today, and we recommend that you follow Naomi on social media and check out her cookbooks. We're going to put the links in the chat as well as in our follow up email.

Jessica Jablon:

I also want to give a special thanks to Janet again for sharing her inspirational story with us. Please take a moment to fill out the brief evaluation that's linked in the chat box.

Jessica Jablon:

Now, as I mentioned, we are giving away one copy of *Perfect Flavors* and one copy of *Perfect for Pesach*. So if you're interested, please fill out the evaluation to enter the giveaway, and evaluations really do inform our future programming. So thank you so much for taking the time to fill it out.

Jessica Jablon:

Please never forget that our social workers and genetic counselor are here for you and your loved ones. Sharsheret provides emotional support, mental health counseling, and other programs designed to help you navigate through the cancer experience. All of them are free, completely private one on one. Our phone number is (866) 474-2774, and you can also email us at clinicalstaff@Sharsheret.org.

Jessica Jablon:

Finally, I want to share a couple of the exciting webinars that are happening over the next few weeks. First, we have Boosting Bone Health Through Nutrition, on March 15th at 8:00 PM, Eastern 5:00 PM Pacific, with Tamar Rothenberg, a registered dietician specializing in recovery after breast cancer.

Jessica Jablon:

And then we have a chance for you to learn the latest tips and tricks in skincare with our At-home Facial 101 webinar, with Beauty Bus on March 23rd at 10:30 Pacific, 1:30 Eastern.

Jessica Jablon:

And finally, save the date for our next Sharsheret in the Kitchen with A Simply Sephardic Passover with the Sephardic Spice Girls, who will be sharing some simple and flavorful Passover recipes for your table, on April 4th at 11:00 AM Pacific, 2:00 PM Eastern.

Jessica Jablon:

Please check out our website regularly to see what topics are coming up. The link for that is in the chat. You can also access all of our recordings and transcripts from all of our past webinars on our website. From all of us at Sharsheret, thank you for joining us, and we hope to see you soon.

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
- 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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