

# Rosh Hashanah Symbolic Foods

Recipes from the Sephardi-Mizrahi Tradition for the Rosh Hashanah Seder

## Leeks

### Ingredients

1 head of leeks  
5 eggs  
2 tbsp flour  
1 tsp baking powder  
Salt, pepper and turmeric (to taste)  
1 large bowl  
1 large pan  
Oil for frying

### Instructions

*Wash and clean the leeks, slice them into thin rings.*  
*In a large bowl, mix the leeks, eggs, flour, baking powder and spices to form a batter.*  
*In a large pan, heat oil (approx. 1 TBSP is enough). When oil is hot, transfer the batter to the pan and fry until golden on the bottom.*  
*Flip and fry the other side until golden.*  
*Transfer to a serving dish. Enjoy!*



L'shanah tovah!

# Rosh Hashanah Symbolic Foods

Recipes from the Sephardi-Mizrahi Tradition for the Rosh Hashanah Seder

## Beets

### Ingredients

3 medium beets, peeled & cooked  
1 tbsp lemon juice  
1 tbsp oil of your choice  
Handful of fresh cilantro  
Handful of fresh parsley  
Salt, pepper and cumin - to taste  
1 large bowl

### Instructions

*Dice cooked beets and put in mixing/serving bowl.*  
*Chop finely parsley and cilantro then add to the bowl.*  
*Add lemon juice, oil and spices.*  
*Mix well and serve. Enjoy!*



L'shanah tovah!

# Rosh Hashanah Symbolic Foods

Recipes from the Sephardi-Mizrahi Tradition for the Rosh Hashanah Seder

## Pumpkin

### Ingredients

1 medium size butternut squash  
1-2 tbsp oil of choice  
1 tbsp sesame oil (optional)  
2-3 tbsp sesame seeds  
1 baking sheet  
1 baking brush

### Instructions

*Peel and slice butternut squash into round slices.*

*Organize slices on a greased baking sheet.*

*Brush each slice with oil (and sesame oil if desired), sprinkle on sesame seeds and bake at 425 F for 15-20 minutes until golden brown.*

*Cool and serve. Enjoy!*



L'shanah tovah!

# Rosh Hashanah Symbolic Foods

Recipes from the Sephardi-Mizrahi Tradition for the Rosh Hashanah Seder

## Beans

### Ingredients

1 bag of string beans, cooked  
1 medium onion, sliced  
1 tbsp oil of choice  
honey, to taste  
2-3 tbsp slivered almonds  
2-3 tbsp dried cranberries/raisins  
1 frying pan  
1 serving bowl

### Instructions

*Cook string beans in your preferred method and add to serving bowl/dish.*

*In a frying pan, heat oil and add sliced onion, then fry until golden brown.*

*Remove from heat and add honey. Mix and let cool.*

*In a serving bowl, add cooked beans, almonds and cranberries.*

*Pour over fried onions with oil and honey, mix well.*

*Enjoy!*



L'shanah tovah!