



MIZRAHI HERITAGE MONTH

A ONETABLE X JIMENA SHABBAT SUPPLEMENT



Jewish life has been present in the Middle East and North Africa for over a millenia. Between 1948-1980, in the years following World War II and the founding of the State of Israel, approximately 850,000 Jews living in this region were expelled from their home countries and left to resettle in Europe, Israel, and North America. While this history is known among the Mizrahi and Sephardi communities, this history has rarely been documented, and the plight of these people as refugees has largely been ignored by the global community. In 2014, Israel declared November 30 as an annual national day of commemoration for Jewish refugees displaced from Arab countries and Iran in the 20th century. To raise global awareness, November has come to be known as Mizrahi Heritage Month.

In addition to supporting young adults in creating a lifelong Friday night Shabbat practice, OneTable's goal is also to help hosts connect to their Jewish roots and discover the flavors of the greater Jewish diaspora. Over the years, many OneTable community members have hosted and participated in Mizrahi and Sephardi-inspired Shabbats that have introduced their guests to Jewish culture and history from the Middle East, North Africa, and Iran. Loving what we've seen transpire and honoring our commitment to the full inclusion of all Jewish communities, we are excited to announce that we are once again partnering with San Francisco-based nonprofit **JIMENA: Jews Indigenous to the Middle East and North Africa** to create more opportunities for people to explore Jewish diversity.

Throughout the rest of the year, OneTable and JIMENA are encouraging you to honor Mizrahi and Sephardi culture by hosting Mizrahi Heritage Shabbat dinners of your own. To elevate your experience, we have created this Mizrahi Heritage Shabbat supplement to help you plan, frame, and cook for your dinner. We are elated to work together once again and look forward to counting you as allies in holding space for all Jewish histories.



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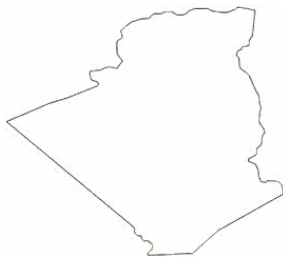


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ALGERIA

Jewish history in Algeria dates back to the 1st century CE. In the 15th century, many Spanish Jews emigrated to Algeria following expulsion from Spain and Portugal; among them were respected Jewish scholars, including Isaac ben Sheshet (Ribash) and Simeon ben Zemah Duran (Rashbatz). Following Algerian independence in 1962, most of Algeria's Jews, having been granted French citizenship in 1870, moved to France. Those who mainly remained lived in Algiers, while some settled in Blida, Constantine, and Oran. In the 1990s, the trials of the Algerian Civil War led most of the remaining Jews to emigrate. In 1994, the rebel Armed Islamic Group's 1994 declaration of war on all non-Muslims in the country was a decisive event for Jews remaining in Algeria. That year, the Algerian Jews abandoned their last synagogue, the Great Synagogue of Algiers. Today, the Jewish-Algerian diaspora can mostly be found in France and Israel.



SPINACH CHOLENT (TRADITIONAL STEW)

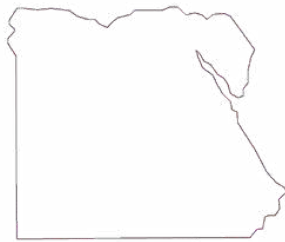
⑤ *(can be made vegan without the lamb)*

- 1 lb lamb stew meat
- 1 ½ lb frozen cut leaves spinach
- ¼ lb dried chickpeas, soaked for 24 hours in cold water with 1 tsp baking soda*
- 1 garlic clove, diced
- 6 Tbsp. canola oil
- 2 tsp. paprika salt
- Salt to taste

1. In a slow-cooker pot, add the oil, garlic, paprika, chickpeas, frozen spinach and lamb meat with 1 cup water.
2. Cook 5 to 6 hours on high heat, then reduce to low heat until most of the water has evaporated.
3. Add salt to taste.

E G Y P T

Jewish history in Egypt dates back to over three thousand years. In 1956, Egypt took action by encouraging emigration and then forcefully expelling minorities, especially those with free professions and relatives in Israel. During the forceful uprooting of the Jewish community in the twentieth century, expellees were allowed to take only one suitcase and a small sum of cash. They were forced to sign declarations of “donating” their property to the Egyptian government. In addition to losing their homes, their assets, and their communities to repressive governments and ethnic cleansing, the cultural traditions of Egyptian Jews are now in danger of extinction as well. A large percentage of Egyptian Jews have had little choice but to settle into the periphery of mainstream Jewish life in host countries around the world, forgoing their ancient cultural heritage for the sake of assimilation.



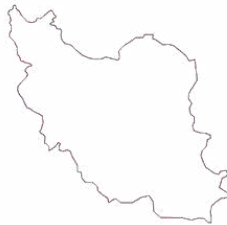
KUSHARI (NATIONAL DISH) |

- 1 cup rice
- 1 cup macaroni pasta (gluten-free preferred)
- 1 cup brown lentils
- 2 Tbsp. vegetable oil
- 1 onion, chopped finely
- 2-3 cloves garlic, minced
- 2 cups tomato sauce
- ½ -1 tsp. pepper flakes
- Oil for frying
- 1 onion, sliced thinly
- Salt and pepper to taste

1. Cook rice in a covered pot with 2 cups of water. Bring to a boil and then bring to low.
2. Cook macaroni according to package directions.
3. Cook lentils in a covered pot with 2 cups of water until tender.
4. In a separate pan, heat the olive oil over medium-high heat and saute chopped onions and garlic until the onions are translucent. Stir in the tomato sauce and pepper flakes.
5. Reduce heat to medium-low for 10-15 mins. and season with salt and pepper.
6. In a heavy skillet, fry sliced onions until they turn brown and crispy.
7. Mix rice, macaroni and lentils together in a large bowl and season with salt and pepper.
8. Serve into individual bowls and spoon some tomato sauce over each portion.
9. Top with crispy fried onions and serve hot or at room temperature.

I R A N

Jews have had a continuous presence in Iran since 330 BCE, with the Biblical Book of Esther even containing references to the experiences of the Jews in Persia. Iranian Jewish culture has been influenced by the many societies that ruled modern-day Iran for centuries. Before the Iranian Revolution of 1979, it is estimated that 80,000 Jews were living in the country. Today, it is believed that about 8,500 remain. With the community's mass exodus, most Iranian Jews now live in Israel and the United States.



KHORESHT FESENJĀN (SHABBAT STEW) |

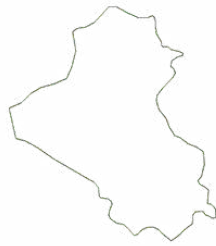


- 8 chicken thigh pieces
- 1 onion
- 2 bay leaves
- 4 cups walnuts (coarsely chopped)
- 1 Tbsp. flour (gluten-free preferred)
- 1 cup pomegranate paste fresh
- Pomegranate seeds (optional for garnish)

1. Toast walnuts in 300 degree oven, making sure they don't burn.
2. Let walnuts cool and when they reach room temperature, grind them up finely.
3. Chop and sauté the onion until it is translucent.
4. Season chicken with salt & pepper, add them to the cooking onions along with bay leaves and a 1/2 cup of water. Cover and cook for 30 minutes.
5. Add 1 Tbsp. of flour to an empty pot and toast on medium heat.
6. Add 2 cups of water and mix well until all lumps are gone.
7. Add ground walnuts and stir until water and walnuts are thoroughly mixed. Cook on low making sure it does not burn.
8. Add pomegranate paste and mix well. Season with salt.
9. Add chicken pieces making sure that each piece is submerged in the stew.
10. Serve over rice and add pomegranate seeds for additional flavor and garnish.

I R A Q

Although Jews lived in Iraq for over 3,000 years, today, less than ten remain. Indigenous Jewish communities throughout Iraq and the Middle East were all but completely uprooted and destroyed in the twentieth century. In addition to losing their homes, their assets, and their communities to repressive governments and discriminatory laws, the cultural traditions of Iraqi Jews are now in danger of extinction as well. Through the creation of the Talmud, Iraqi Jews helped lay the foundation for modern Jewish life worldwide. Yet, a large percentage of this population has had little choice but to settle into the periphery of mainstream Jewish life in host countries around the world. While Iraqi Jews maintain a connected pride to their rich Jewish history, there is a real danger that the cultural heritage of Jews from Iraq will be forgotten.



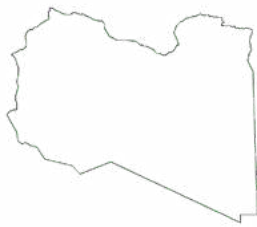
SABICH SALAD (EGGPLANT SALAD) 🌱 (V) *(CAN BE MADE VEGAN IF YOU OMIT THE EGG)*

- 4 hard boiled eggs, peeled and sliced
- 1-2 large eggplants, peeled and sliced
- Oil for frying
- 2 Roma tomatoes, finely diced
- ½ English cucumber, finely diced
- 1 lemon's juice
- Hummus (bought or make your own)
- Prepared tahina (bought or make your own)
- ½ flat leaf parsley
- ½ small white onion minced
- ½ c. pickle, cut into small slices or cubes
- Amba – mango pickle sauce (or other hot sauce)

1. Mix cucumbers, tomatoes and lemon juice together to make a salad. Add salt to taste.
2. Fry eggplant until tender and browned (drain on paper towels and sprinkle with salt).
3. Top salad with fried eggplants.

LIBYA

The history of the Jews in Libya stretches back to the 3rd century BCE when Cyrenaica was under Greek rule. The Jewish population of Libya, a part of the Sephardi-Maghrebi Jewish community, continued to populate the area continuously until the modern times. During World War II, Libya's Jewish population was subjected to antisemitic laws by the Fascist Italian regime and deportations by German troops. After the war, anti-Jewish violence caused many Jews to leave the country, principally for Israel. However, significant numbers remained in Rome, and many later emigrated to various communities in North America. Under Colonel Muammar Gaddafi, who ruled the country from 1969 to 2011, the situation deteriorated further, eventually leading to the emigration of the remaining Jewish population. The last Jew of Libya, 80-year-old Rina Debach, left the country in 2003.



CHRAIME (FISH IN SPICY SAUCE) | 🌶️

- 3 Tbsp. oil
- 1 ½ cups water
- 1 lemon's juice
- 2 Tbsp. tomato paste
- ¼ tsp. salt
- 5 garlic cloves, chopped fine
- 1 tsp. ground cumin seed
- 2-3 tsp. hot red chili, seeded and chopped (optional)
- 1 pound red snapper, sea bass, halibut, or similar white fish, filets
- Lemon wedges

1. Heat oil at low temperature.
2. In a bowl, mix together 1/2 cup water, lemon juice, tomato paste, salt, garlic, cumin seed and optional chili. Add to the oil and simmer over low heat for 10 minutes.
3. Add the fish and the remaining water. Cover the pan and cook over low heat for 15 minutes.
4. Serve warm with lemon wedges.

MOROCCO

Moroccan Jewish culture is diverse in language, history, and culture. Over 2,000 years, Moroccan Jews created a unique and vibrant Jewish heritage that traces its roots to both Sephardic Jews who fled the anti-Jewish persecution which culminated in the Inquisition, and to an indigenous Moroccan Jewish population known as "Toshavim." The Jews of Morocco speak numerous languages, including Arabic, Berber, Spanish, Judeo-Arabic, Judeo-Spanish (Ladino), French, and English. The culinary, musical, and religious traditions of Moroccan Jews are infused with Arabic, French, and Spanish influences yet remain uniquely Moroccan. During the mass exodus of Jews from this region, over 250,000 Moroccan Jews dispersed to France, Venezuela, Israel, Canada, and the United States.



DAFINA (SHABBAT STEW)

- 2 lbs flanken (short ribs cut across on the bone)
- 4 pieces of chicken, on the bone
- 12 large red potatoes, peeled
- 2 cans of chickpeas, rinsed
- 4 eggs (in the shell)
- 4 pitted dates
- 1 tbsp salt
- 1 tsp pepper
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp of honey
- 1 tsp cinnamon
- 3-4 garlic cloves
- 2 Tbsp of olive oil

1. Arrange the chickpeas on the bottom of the crockpot. Add the potatoes around the interior walls of the crockpot. Place the meat, chicken, eggs, and pitted dates in the center.
2. Add all of the spices and mix very well but gently to keep each ingredient in its place. Pour in enough water to cover everything. The top of the water should hit around 1/4" above the ingredients.
3. Set the crockpot at a medium temperature and set to cook for 24 hours. Sephardic tradition is to not add any water, even boiling, to the crockpot on Shabbat.

TUNISIA

Jews have lived in Tunisia for over 2,600 years. Before World War II, almost every Tunisian town and city had a Jewish community and neighborhood. Today, only about 200 Jews remain in the country, with the Jewish communities of Hara Seghira and Hara Kabira (on the Tunisian island of Djerba) being two of the last places in the Arab world where the Jewish community is young, and new members are still being born. Home to the oldest Synagogue in Africa, El Ghriba, Djerba is also the annual Lag BaOmer pilgrimage destination. Many Tunisian Jews pride themselves on an ancient heritage that embraces the ideals of cultural coexistence and respect. During the mass exodus from this region, Tunisian Jews settled in France, Israel, and the United States.



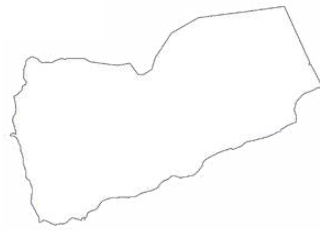
SHAKSHUKA |

- 3-4 eggs
- 3-4 tomatoes, chopped
- 1 red bell pepper, finely chopped
- 1 onion, finely chopped
- 3-4 cloves of garlic, finely chopped
- 1 Tbsp. tomato puree
- 2-3 Tbsp. parsley
- 1 Tbsp. brown sugar
- Oil for cooking
- 1 Tbsp. harissa (optional)
- 1 Tbsp. paprika
- 2 tsp. turmeric
- 1 ½ tsp. cumin
- 1 tsp. cinnamon
- ½ tsp. black pepper
- salt to taste

1. In a large pan heat oil and chopped onion. Fry it until it becomes soft and golden.
2. Add chopped pepper and continue frying and stirring on medium heat for another 5 minutes or until pepper has soften completely. Add chopped garlic.
3. Add chopped tomatoes and tomato puree to pan. Stir in sugar, salt, black pepper, spices and harissa (only if you want it spicy).
4. Add half of the chopped parsley. Mix well and cook for another 5-7 min.
5. When tomato has reduced to half, add eggs and make sure they sit on tomato sauce (do not mix in and do not let them touch the pan). Cover and cook for 5 minutes on medium.
6. Serve hot and garner with the rest of the chopped parsley.

Y E M E N

Jews have lived in Yemen for nearly 3,000 years. Today, fewer than 50 Jews remain in the country, as indigenous Jewish communities have emigrated in waves, sighting various reasons for their departure. The unique culture of Yemenite Jews has been carried to countries around the world. It exists today in its delicious culinary traditions, its beautiful filigree silverwork, and its ancient spiritual and artistic Jewish practices. Despite cultural relics that Yemenite Jews have been able to preserve and share, with displacement came the endangerment of the authentic heritage of Yemenite Jews.



SKHUG (HOT SAUCE) | 🌶️ (V)

- 1 ½ cups of fresh coriander (cilantro) leaves
- 5 medium hot green peppers (with seeds)
- 4 cloves of garlic
- ½ tsp. of cumin
- 2 Tbsp. of olive oil
- Salt to taste

1. Ground all ingredients in a food processor until you have a sauce like consistency.
2. Enjoy as a topping on all foods.