

The Ultimate Babka for Tu Bishvat

A one-of-a-kind dessert featuring all seven species.

BY THE NOSHER | FEBRUARY 8, 2017

It's [Tu Bishvat ★](#) (also spelled Tu B'Shevat) – [the birthday of the trees!](#) And we are celebrating this year with the folks at [Jewish National Fund](#) and a brand new, one-of-a-kind babka made with the “seven species.” The Jewish National Fund is actually the original “tree people” and to date have planted 240 million trees in Israel, making Israel one of only 2 countries to enter the 21st century with a net- tree gain.

The seven species actually comes straight from the Torah: wheat, barley, grapes (or wine), olives (or olive oil), pomegranates, dates and figs. It is traditional in some communities to host a [Tu B'Shevat seder](#), where these foods are enjoyed as part of a Passover-like [seder ★](#).

To participate in Tu Bishvat Across America check out [Jewish National Fund's website](#) and consider planting a tree, hosting a seder or baking up one of these delicious babkas. (It tastes like a sophisticated Fig Newton!) And if you purchase a tree this Tu Bishvat with The Jewish National Fund, you will be entered to win a trip to Israel.

See our short video below about Tu B'Shevat and this special holiday babka.

ADVERTISING

Ingredients

For the dough:

1 Tbsp dry active yeast

1/2 tsp sugar

1/2 cup lukewarm water

3 1/2 – 4 1/2 cups unbleached all-purpose flour

1/2 cup barley flour

1/3 cup sugar

1 tsp vanilla

1 tsp cinnamon

1/2 cup milk or almond milk

3/4 cup olive oil

2 eggs

For the filling:

1 cup dried figs, cut in half

1 cup pitted dates

1 cup water

1/2 cup wine or grape juice

1 Tbsp pomegranate molasses

1/4 tsp salt

1 tsp cinnamon

For the topping: (topping is optional)

date honey (silan)

slivered almonds

Directions

Place yeast and sugar in a small bowl. Add lukewarm water and set aside until foamy, around 5-10 minutes.

In a stand mixer fitted with dough hook or a large bowl, mix together flours, sugar, vanilla and cinnamon. Start with 3 1/2 cups of flour, and add more later if dough seems too sticky. Add milk and olive oil.

Add the eggs one at a time.

When the dough begins to come together, after about 3-5 minutes, turn out onto a floured surface and knead vigorously for 5-10 minutes. Or if using a stand mixer, switch to high and mix another 4-5 minutes. Dough should be shiny, elastic and very soft when it is done. If dough is sticking too much, add more flour 1/4 cup at a time until dough is not longer sticking.

Place dou

While do

Combine
reduced t

*Note: yo

Preheat c

Cut doug
the short

Once the
both the

Place in a
optional)

Bake for :

Top with

d has

ing from

id twist

tep is

Love Jewish food? Join our newsletter!

Sign up to get The Nosh in your inbox.

Enter your email address

SUBSCRIBE

☐ By signing up, you accept [My Jewish Learning and The Nosh's Privacy Policy](#)

Get The Nosh in Your Inbox

Love Jewish food? Sign up for The Nosh newsletter!

your@emailaddress.com

SIGN UP

" "