SEPHARDIC
ROSH
HASHANAH

THE OTHER SEDER
TODAY’S AGENDA

- Who are Sephardic Jews?
- Rosh Hashana Seder
- Foods and Blessings
- Rosh Hashanah dishes and recipes
WHO ARE SEPHARDIC JEWS?
HISTORY, MIGRATIONS AND PICTURES
WHO ARE SEPHARDIC JEWS?

- Hebrew: סְפָרַד
- Sepharad is the name of a location in the bible and means Spain in modern Hebrew
- Sephardic Jews are descendants of Iberian Jews (Spanish and Portuguese Jews) who lived in the Iberian Peninsula in the late 15th century, immediately prior to the issuance of
  - Alhambra Decree of 1492 by order of the Queen Isabella I of Castile and King Ferdinand II of Aragon (Spain)
  - Decree of 1496 in Portugal by order of King Manuel I (Portugal)
- Jewish population of Israel: 45% Sephardi or Mizrahi, 44% Ashkenazi, 3% Ethiopian Jews, 8% mix & other
Isaie Morali  
Grand-father

Alix Morali  
Grand-mother

Willy and Maurice Morali  
Uncle and Father

Isaac and Julie Haziza Grand-parents with some of their children including my mom
SYNAGOGUE OF ALGIERS & SEPHARDIC SELICHOT
ROSH HASHANA SEDER

ORIGINS, MEANING AND PLATES
ROSH HASHANAH SEDER– ORIGINS

The origins of the ritual date back to the Talmud (Horayot 12a), where Abaye, Rabbi of the Talmud from Babylonia 3rd century CE said:

“Now that you said that an omen is a significant matter, a person should always be accustomed to seeing these on Rosh Hashana: Squash, and fenugreek, leeks, and chard, and dates, as each of these grows quickly and serves as a positive omen for one’s actions during the coming year.”

אomer אביני השחתא דאמרת סימנא מילתא היא [לשהולא] יאה רגיליים ברייך Stunning קריא ורוביאו קריא וסילקא ותמרי.

Additional reading
ROSH HASHANAH – THE OTHER SEDER

- Most people associate a seder plate with the Passover holiday -- and they associate apples dipped in honey with Rosh Hashanah.
- Like the Passover seder, where foods like bitter herbs and matzah symbolize suffering and freedom, at the Rosh Hashanah seder the foods we eat also become vessels for meaning.
- Each food symbolizes a good wish for the coming year, and before each food is consumed there is a special blessing to recite, many of which result from puns on the food’s Hebrew or Aramaic name.
- Rosh Hashanah is one of the few Jewish holidays that focuses not on an event like Passover's celebration of the exodus from Egypt but rather on self-reflection and prayers.
- Each item on the seder plate represents a prayer for the year to come.
ROSH HASHANAH SEDER PLATES
FOODS AND BLESSINGS

SIMANIMS
SIMANIM – SIGNS FOR A GOOD NEW YEAR
THE VEGETABLES ARE ALL PREPARED AND DELICIOUS

- Dates
- Small light colored beans
- Leeks
- Beets
- Gourd
- Pomegranate
- Apple and honey
- Head of a ram (or a fish or a lettuce)
DATES

- **תמרים (tamar)**
- Dates. Related to the word **תゃמ (tam)** to end.
- Take a date and recite:

  בְּרוּךָ אַתָּה מֶלֶךְ הָעָלָמִים בָּרוּךָ אֱלֹהֵינוּ ה’ מֶלֶךְ וָאֱלֹהִים

  *Blessed are You, Lord our G-d, King of the universe, who creates the fruit of the tree.*

- After eating the date, take another one and say:

  יְהֵי רָצוֹן מִלְּפָנֶיךָ אֱלֹהֵינוּ אֱלֹהִים אַבּוֹתֵינוּ שִׁיתֵּם אָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָبوֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָבוֹתֵינוּ וָאָב
SMALL BEANS

- **robia—lobia (lubia or rubia)**
  - Small beans. Related to the words, רָב (rav) many, and לֵב (lev) heart.
- The following blessing over vegetables is only recited if one has not recited the blessing over bread:³
  - בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ בָּרוּ יְהִי רָצוֹן מִלְּפָנֶיךָּ הָאֲדָמָה.

- **Blessed are You, Lord our G-d, King of the universe, who creates the fruit of the earth.**
- Take some beans and say:
  - יְהִי אֲבוֹתֵינוּ שֶׁיִּרְבּוּ זָכִיּוֹתֵינוּ וּתְלַבְּבֵנוּ הָאֲדָמָה.
  - May it be Your will, Lord our G-d and the G-d of our fathers, that our merits shall increase and that You hearten us.
LEEPS

- (Karti)
- Leek. Related to the word כרת (karet) to cut down.
- Take a leek and say:

> יִזְכֹּרֵנִי ה' אֱלֹהֵינוֹ ה' אֱלֹהֵי אֲבוֹתֵינוּ וְשִׁמְכָּרָהּ אֱלֹהֵינוּ אֵלֶּיהָ אֵל מְכָּרָהּ לְשֹׁם נַפֶּלֹתָנוּ

> May it be Your will, Lord our G-d and the G-d of our fathers, that our enemies, haters, and those who wish evil upon us shall be cut down.
BEETS

- סלקה (Selek)
- Beets. Related to the word סלק—(selek) to depart
- Take a beet and say:
  יִהְיֶה אֲבוֹתֵינוּ, שֶׁיִּסְתַּלְּקוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ וֵאֵּֽהוּ יְהִי רָצוֹן מִלְּפָנֶיךָ.  
  
- May it be Your will, Lord our G-d and the G-d of our fathers, that our enemies, haters and those who wish evil upon us shall depart.
GOURD

- קרא (kera)
- Gourd. Related to the word קרש (kera) to rip apart, and also קרא (kara) to announce / read.
- Take a gourd and say:


May it be Your will, Lord our G-d and the G-d of our fathers, that the evil of our verdicts be ripped apart, and that our merits be announced before you.
POMEGRANATE

- רימון (rimon)
- Pomegranate.
- Take the pomegranate and say:

  יֵהי אֲבוֹתֵינוּ, שֶׁנִּהְיֶה מְלֵאִים מִצְוֹת כָּרִמּוֹן
  וֹהֵינָו וִיְהִי רָצוֹן מִלְּפָנֶיךָ שֶׁנֶּבֶהֶה מְלֵאִים מִצְוָיו

- May it be Your will, Lord our G-d and the G-d of our fathers, that we be filled with mitzvot like a pomegranate [is filled with seeds].
APPLE AND HONEY

- תפוח בדבש (tapuar bidvash=apple in honey)
- Apple and Honey.
- Dip an apple in honey – some have the custom of using an apple cooked with sugar – and say:
- יֵהיּ אֲבוֹתֵינוּ, שֶׁתְּחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה כַּדְּבָשׁ
- May it be Your will, Lord our G-d and the G-d of our fathers, that You renew for us a year good and sweet like honey.
RAM’S HEAD

- ראש כבש (roch keves)
- Ram’s Head (or the head of another kosher animal or fish or lettuce).
- יְהִי רַגְזֶנוֹ מְלַפְּנִינוּ הָאָלָה הַאֲבֹתָיָּנוּ, שָׁלוֹם לְאַרְאֶה לִבְנֵנוּ
- *May it be Your will, Lord our G-d and the G-d of our fathers, that we be a head and not a tail.*
- The following is added only over the head of a ram:
- וְתִזְכֹּר לָנוּ עֲקֵדָתוֹ וְאֵילוֹ שֶׁל יִצְחָק אָבִינוּ בֶּן אַבְרָהָם אָבִינוּ עַלֵיהֶם הַשָּׁלוֹם
- ...And You shall remember for us the binding and the ram of our forefather Isaac, the son of our forefather Abraham, peace be onto them.
ROSH HASHANAH DISHES

A FEW FAMILY RECIPES
ROSH HASHANAH DISHES IN MY FAMILY

- Round Challah bread with raisins (Year & Sweetness)
- Cheek meat (Head)
- Spinach with cumin (Beet leaves/Spinach)
- Zucchinis with coriander (Gourd)
- Quince jam (Apple like fruit & Sweetness)
ROSH HASHANAH 2019

It was a very sweet year
RECIPE OF THE CHEEK MEAT (FROM MY MOM FROM ALGERIA)

Ingredients
- 2.2 lb cheek meat (beef)
- 1 lb onion
- 4 tbsp oil
- 1 tbsp paprika
- ½ tbsp cumin
- 4 garlic cloves
- 3 cups of stock with tomato paste and one little cube of sugar
- Cayenne pepper

Method
- Saute the meat and put aside
- Saute the onions until golden
- Add garlic, spices and meat
- Slow cook for about 3 hours – meat should fall apart
SPINACH / BEET LEAVES (RECIPE FROM MY AUNT FROM MOROCCO)

- Boil the spinach first and drain thoroughly
- Heat some vegetable oil and garlic
- Add spinach onto hot oil and garlic
- Salt
- Black pepper
- Chili powder or paprika
- Cumin
- Slow cook and stir from time to time
ZUCCHINIS (RECIPE FROM MY AUNT FROM MOROCCO)

- Oil
- Beef stock
- 1 onion
- 1 tomato
- Zucchinis in disks
- Salt
- Bay leaf
- Turmeric
- Black pepper
- Coriander leaves (cilantro)

Sauté all that covered at the beginning (don’t add water as zucchinis will give away some)
Then uncover
QUINCE JAM

Ingredients
- 3 ou 4 nice quinces
- Weight of the quince, peeled and emptied, in sugar
- Quince seeds and the peel (good parts only)
- Water – enough to cover
- 1/2 lemon

Preparation
- Wash and peel quinces
- Cut quince in cube or pieces and keep the seeds and peel to use in the cooking later
- Boil the quinces until they are soft (check with a knife)
- Place the pre-boiled quince pieces in a pan with the sugar
- Add the quince seeds and peel (in a cheese cloth) - this will give the pectin to the jam
- Add water to cover and the 1/2 lemon squeezed and stir
- Cook on medium heat
- When it’s boiling cook for 30 to 40 m stirring from time to time and skimming the foam
- Be careful not to overcook the quince otherwise it may become too hard (check with a knife)
- The jam will take a red or orange color.
- Pour the jam in pots (previously prepared: boiled and dried earlier)
- Close the jar when still hot.
- After opening the jar keep in the fridge.
BACKUP
SIMANIM AND BLESSINGS
SIMANIM AND BLESSINGS

APPLE DIPPED IN HONEY: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that You renew for us a good and sweet year.”

BEETS or SPINACH: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that our adversaries and prosecutors be removed.”

CARROTS: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that You decree good decrees upon us.”

DATES: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that our enemies be consumed.”

FENUGREEK or BLACK-EYED-PEAS: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that our merits increase.”

FISH: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that we be fruitful and multiply like fish.”

GOURDS: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that the decree of our sentence be torn asunder; and may our merits be proclaimed before You.”

HEAD OF A SHEEP or FISH: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that we be as the head and not as the tail.”

LEEKS or CABBAGE or CHARD: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that our enemies be decimated.”

POMEGRANATES: “May it be Your will, Hashem, our G-d and the G-d of our forefathers, that our merits increase as (the seeds of) a pomegranate.”
Q & A

THANK YOU AND I HOPE YOU’LL TRY IT THIS YEAR!!!