

IRON SHABBAT CHEF



Rules: Each team will have to make a *Seudah Shlishit* Shabbat meal using specific ingredients and without breaking certain *melachot* and/or other Hilchot Shabbat.

Menu:

- Tuna w/ pita chips
- Leafy Salad with homemade salad dressing

Melachot involved that you need to avoid (see below for full information on these *melachot*):

- Tuna
 - Opening cans on Shabbat
 - Mixing and mashing tuna chunks with mayonnaise
- Salad (including at least 1 peeled vegetable and 1 diced vegetable)
 - Peeling vegetables
 - Dicing vegetables
- Salad dressing
 - Measuring ingredients
- Pita chip bags
 - Opening bags

How points are awarded:

1. Have a **videographer** that videos each step of your project and shows/explains how your team is not being *mechalel* Shabbat as you prepare your *Seudah Shlishit* meal. **(1st: 300 pts, 2nd: 200, 3rd: 100)**
2. Completion of all foods **by the required time (- 100 pts if late)**
3. **Presentation (1st: 300 pts, 2nd: 200, 3rd: 100)**
 - a. Yellow: Presenting on tuna issues, and how to circumvent them
 - b. Blue: Presenting on salad issues, and how to circumvent them
 - c. Red: Presenting on dressing/opening bag issues, and how to circumvent them
4. **Taste**
 - a. Tuna (1st: 300 pts, 2nd: 200, 3rd: 100) **yellow, blue, red**
 - b. Salad (1st: 300 pts, 2nd: 200, 3rd: 100) **blue, red, yellow**
5. **Clean-up** (-300 points if all utensils not washed/lunchroom workspace not clean by 4:53; -300 points if your clean utensils are not put in their correct places by Wednesday's HMC)

Possible Points: 1200 points!

Treifing up the kitchen or its utensils: -1000000 pts



"Wow, I guess Mom was pretty upset about that spoon."

Halachic sources:

MAKING TUNA

- Opening cans

<http://koltorah.org/ravj/OpeningCansonShabbat.htm>

- Mixing tuna with mayo

<http://www.aish.com/jl/jewish-law/shabbat/18-Losh-Mixing-it-Up.html>

<http://www.pidyon.org/audio/shabbos/6.pdf>

MAKING SALAD

- Peeling

<http://dinonline.org/2013/02/03/using-peeler-on-shabbos/>

- Dicing

http://www.amechad.org/classes/RL/Files-RRL/03_10_2012-04-23.pdf - page 1

MAKING SALAD DRESSING

- Measuring

<http://www.torah.org/advanced/weekly-halacha/5766/tetzaveh.html#> - see question 5

PITA CHIP BAG

- Opening bags on Shabbat

http://www.amechad.org/classes/RL/Files-RRL/03_15_2012-06-25.pdf - page 1-2

Other resources - 39 melachot coloring pages!!!! Fun for the whole family!

<http://www.torahtots.com/shabbat/39melachot-coloringpages.htm>

**FEEL FREE TO USE OTHER RESOURCES OUT THERE (be careful what you Google)
OR ASK A LK EXPERT IN KOHELET!**