

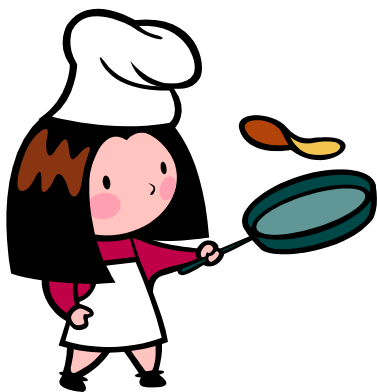
GG cookbook



As the 5774 school year finally winds down, we have so much to reflect upon and celebrate. We have learned important halachic skills such as how to ask a halachic question, where to turn to for answers, and how to break down a ברכה and how to identify a מצוה ברכה. Our learning included looking at many halachic works firsthand such as the שלחן ערוך and the משנה תורה. We are nearly experts in determining the ברכות ראשונות of nearly any foods! We studied interesting ברכות cases like saying העץ on chocolate and האדמה on candy. While we strive to always say the appropriate ברכה לכתחילה, we also know many of the frequent cases of ברכה בדיעבד or even when no ברכה should be said at all (lest it be a לבטלה). Beyond simply knowing what ברכה to make on a food eaten in its normal form, we can even identify irregular ways to eat specific foods and what ברכה is appropriate for them. Rabbi Ploni and his friends gave us excellent examples of determining what the הלכה is in specific cases when eating a סעודה קביעת and anything remotely related to the הלכות of עיקר וטפל (honey wine, anyone?).

And so we reach the culmination of all of our efforts and hard work... the Pièce de résistance.

In your hands you hold a collaborative project of your final recipes and ברכות reasonings. Your creativity and thoughtful halachic reasoning has made this cookbook what it is. I am so proud of you and truly enjoyed learning together this year.



בהוקרה רבה,
מירה מוראח
מירה מוראח



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Some Bracha Tips from 6G:

- Before making a *bracha* stop doing anything that may detract from your *kavanah* (example: turn off the TV. Not an example: no need to stop walking since that doesn't really require much concentration)
- Make sure you know what *bracha* you are making before you begin saying the words.
- Have the food ready to be eaten as soon as you make the *bracha* (for example: it shouldn't still be heating up in the microwave).
- If you will also be eating foods that require different *brachot*, make sure to say the *brachot* in the correct order.
- *Hagafen* has the power to cover other drinks and *hamotzi* has the power to cover other foods as well as drinks that are part of that meal.
- Hold the food you are making the *bracha* on in your "mitzvah hand." This can help increase your focus on what you are about to do.
- Have in mind any other food that might be covered by this *bracha*.
- A class favorite tip to help focus our *kavanah* while saying a *bracha* is to think about everything that went into you being able to enjoy what you are about to eat.
- Make sure to say your *bracha* out loud and annunciate each sound. This can help increase *kavanah* as well as give others the opportunity to answer *amen* to it.
- If the *bracha* that you're making is *hamotzi*, make sure to distinguish between the "mmm" sound that ends the word "*lechem*" and starts the word "*min*" so that it doesn't sound like one big word.
- If you aren't sure whether or not you already said a *bracha rishona* you should not say it [again]. This might be a case of *bracha l'vatala* since saying a *bracha rishona* is not a mitzvah from the Torah.
- Before leaving the place where you eat, say the *bracha achrona*.



סלטים

Fabulous Fruit Salad

Chef [redacted] and [redacted]

A great dairy salad or snack

ברכה ראשונה: העץ

ברכה אחרונה: על העץ

Ingredient	ברכה
$\frac{1}{4}$ cup of chobani yogurt*	שהכל
2 diced mangos*	העץ
$\frac{1}{2}$ a cut banana*	האדמה
1 tsp. of orange juice*	שהכל
2 cut peaches*	העץ
2 handfuls of cut grapes	העץ
1 handful of blueberries	העץ
1 strawberry	האדמה
1 drizzle of honey	שהכל

1. Blend the Chobani, banana, strawberry, and Orange juice, (for the dressing) and put it in a bowl
2. Take the remaining ingredients and put them on a plate.
3. Dip the fruit in the dressing.
4. Make a העץ and enjoy!

Reasoning on next page



Why Make an "Ha'Etz" or Fabulous Fruit Salad?

Some people might think that a fruit salad with dressing would be מזונות, because of the dressing. The ברכה would really be העץ because the עיקר, the main part, is the fruit, and the ברכה on the fruit is העץ. If you wanted to eat the salad because of the dressing, you would make 2 ברכות. Also, there is only a little bit of dressing. The ברכה אחרונה would be על העץ because there are a lot of grapes, which are one of the שבעת המינים.

Bon appetit!

Chef [REDACTED]

Taco Salad

By Chef [REDACTED]

Bracha Rishona- Ha'adama
Bracha Achrona- Borei Nefashos

Ingredients:

1. 1 Head of Romaine Lettuce- Ha'adama
2. 1 Cucumber- Ha'adama
3. 1-1 Half Cup of Corn- Ha'adama
4. 5 String Cheeses- Shehakol
5. 3 Taco Shells-Shehakol
6. 1 Avocado-Haetz
7. 2 Hearts of Palm-Ha'adama

Directions:

1. Check and wash lettuce for bugs
2. Rip lettuce up into a bowl
3. Rip your string cheese and put it into a bowl for later
4. Crush Taco shells and put it into the same bowl as string cheese
5. Cut the Cucumber and avocado up and add to salad bowl
6. Cut hearts of palm and add to the salad bowl
7. Add the taco shells and string cheese on top of salad
8. Add either salad dressing of your choice or taco sauce

Enjoy!

Spectacular Chicken Veggie Soup Deluxe

by Chef [REDACTED]

Main-Shehakol Spectacular meal

Bracha Rishona : Shehakol

Bracha Achrona : Borei Nefashot

Ingredients	Bracha Rishona
2 long carrots	Haadama
1 ½ bunches of parsley	Haadama
½ of an onion	Haadama
1 small sweet potato	Haadama
A few sprinkles of garlic powder	Shehakol
Chicken	Shehakol

Directions:

1. Put your stove on high.
2. Get a large pot from your cabinet.
3. Boil the water on the stove for 10 minutes.
4. Smush up all of your vegetables so you can't tell that they are vegetables.
5. Put the smushed up veggies into the pot and using a long spoon, stir well.
6. Put the chicken in the pot.
7. Sprinkle in some garlic powder to add some flavor to the soup.
8. Add some salt or pepper to your liking.
9. Get a ladel to taste the soup
10. Put the soup into a bowl and ENJOY!!!

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Chef Cayla's Spectacular Chicken Veggie Soup Deluxe Bracha Reasoning

My dish is Shehakol because the main thing in it, the ikar, is chicken. You might of thought my dish was haadama because of all of its vegetables, but, the vegetables are simply smushed up into tiny pieces so you can't tell what they are. Chef Cayla's Spectacular Chicken Veggie Soup Deluxe, is chopped up carrots, chopped up onions, chopped up sweet potato, chicken, and a sprinkle of garlic powder. Even with toppings my dish would still be shehakol because the topping would be tafel.

*Hope you love my dish,
Chef Cayla*

Sushi Salad

by Chef [REDACTED]

Category: Salad

Category: parve

Bracha Rishona: haadama

Bracha Achrona: Borei nifashot

Rating by judges: Great for school lunch

INGREDIENTS

- 1 cup brown rice-haadama
- ½ cup water-shehakol
- ¼ rice vinegar-shehakol
- ¼ cup sugar-shehakol
- 1 ½ teaspoons of salt-shehakol
- ¾ tablespoon of sesame seeds-haadama
- 2 tablespoons canola oil-shehakol
- 1 tablespoon chopped pickled ginger-haadama
- 2 green onions-haadama
- 1 medium carrot-haadama
- ½ seedless cucumber, chopped-haadama
- ½ cup shelled edamame-haadama
- 1 sheet of dried seaweed, cut into thin strips-shehakol
- ½ avocado, peeled, pitted, and sliced-haetz
- ½ cup of chopped pineapple-haadama



DIRECTIONS

1. In large pot, combine rice and water. Bring to a simmer. Cover and cook on low for about 45 min. Meanwhile, in a small saucepan, bring ¼ cups of vinegar to boil with sugar and salt, stirring until sugar is dissolved and remove from heat.
2. Transfer rice to a large bowl and stir in vinegar mixture. Cool rice and stir in sesame seeds, oil, ginger, green, onions, carrot, cucumber, edamame, and seaweed strips. Top salad with avocado slices and chopped pineapple.

You may have been wondering why is Sushi Salad Haadama? The reason for that is something called עיקר and טפל. You may think that the bracha would be mezonot but I am using brown rice. You could also think that you would say haetz because of the avocado but that is the טפל. The עיקר is the rest of the ingredients. That is the reason that Sushi Salad is haadama.



עיקריות ותוספות

Super Snacky ‘Sushai’ Two Ways

by Chef 

Snack-pareve

Great snack, it could also work as a party food and lunch

Bracha Rishona: Haadama

Bracha Achrona: Borei Nifashot

ingredient	Bracha Rishona
1/4 of a peeled carrot	Haadama
1/2 of a peeled cucumber	Haadama
1/3 of a cup of mango	Ha'etz
2 sheets of seaweed	Haadama
A sprinkling of white rice	Mezonot
1/2 of one avocado	Ha'etz
Spicy Mayo- OPTIONAL	Shehakol

Directions: (carrot and cucumber)

1. Peel one cucumber, and carrot
2. Place one sheet of seaweed on a sushi mat
- 3 Dab the seaweed with some water so the sushi won't fall apart later.
- 4 Put one slice of cucumber and carrot lying next to each other on the seaweed.
- 5 Roll up the sushi mat with everything in it, but be careful that nothing will fall
- 6 squeeze the sushi, but not too hard for a minute.
- 7 unroll the sushi very carefully
- 8 wet a sharp knife and cut the sushi
- 9 ENJOY!

Cumber, avocado, and mango sushi:

Do the same things as the directions above, just use mango, avocado, and cucumber.

(See *bracha reasoning* on next page)

I made two kinds of sushi. The first kind of sushi is cucumber carrot sushi with a sprinkling of rice, and my second one is a mango avocado cucumber sushi also, with rice sprinkled on top. they are both האדמה because there's just a little bit of rice, and everything else is האדמה. Someone might think that this is מזונות, because it has rice in it, but since there's only a little sprinkling of rice on it, it doesn't really count as מזונות. The rice is Tafel to the fillings of the sushi.

ENJOY!!

Chef Rabbi Kernel Dr. Tali



■'s Award Winning, Finger Licking, Famous Mozzarella Sticks and Dip

Snack/Side/Lunch-Dairy

Great for traveling and at the house!

Ingredient

Bracha Rishona

*2 sheets of puff pastry dough	Mezonot
6 T. of bread crumbs	Mezonot
* 2 Mozzarella cheese sticks	Shehakol
* 1 cup of marinara sauce (tomatoes)	Shehakol
* ¼ of a potato	Adama
* 5 slices of dices onions	Adama

Directions:

1. Preheat oven to 350 degrees.
2. Bake puff pastry dough for about 5 minutes or until golden brown.
3. When finished baking, crumble up pastry dough and add the bread crumbs and any spices you want
4. Mix egg until foamy and dip each cheese stick into the egg, then in the pastry dough mixture, then back in the egg and back in the mixture and place on baking sheet (you may have to pat the crumbs on to make sure they stick.)
5. Spray with cooking spray and bake for 5-6 minutes and you're finished with the sticks so now let's move on to the dip.

6. Take the marinara sauce which is substituted for tomatoes and pour that into a saucepan.
7. Dice up the onion and potato until they are SOOOOOOOOOOOO small and place in the saucepan for 2 minutes and pour into a bowl.
8. FINISHED!!!!!! Place on a plate and you're done!

Dish: ██████'s Award Winning, Finger Licking, Famous Mozzarella Sticks

The bracha on these Mozzarella Sticks is Shehakol. This is the bracha because the cheese is the main part of the dish. You may think that this dish is mezonot because the coating of pastry dough and bread crumbs is mezonot if you were to eat the coating on its own but, you are eating it as a part of the stick. You may also think that the dip on the side made out of tomatoes, potatoes, and onions will cause this dish to be Adama. That is not the case because the dip is the *tafel* and the Mozzarella Sticks are the *ikar* making this dish an *ikar v'tafel* dish. I hope you enjoy this dish and now you will also think Hashem in a proper way.

Puff pastry pastrami chicken.

Chef [REDACTED]

Meat main dish

שהכל - בורא נפשות

My dish is a restaurant dish and a shabbat food. These are the ingredients:

1 Chicken שהכל

1 pound of pastrami שהכל

1 red onion האדמה

3 cups of white rice מזונות

2 mini portobello שהכל

1 cup of puff pastry crumbs מזונות

First preheat the oven to 400 degrees. Then you take the chicken and stuff it with the pastrami. Cut up the mushrooms and the red onion and put them in. After cook three cups of rice for 10 minutes and then let it cool for 5 minutes and then put the rice in the chicken. After you are done put the chicken in the oven and cook it for 40 minutes. When you are done you top it with puff pastry crumbs.

Puff Pastry Pastrami Chicken

The bracha of this dish is שהכל even though most of the ברכות on my ingredients are not שהכל. I am using 3 things in my dish that is really שהכל. People may think it wouldn't be שהכל but the עיקר in the dish is the chicken and the deli and all the other parts are the טפל the not as important part and the part that is there to make the chicken taste better.

Have fun eating, love, Chef [REDACTED]

May 29, 2014

Meat Vegi. Dish~ Shehakol

Onion(Peeled)	Adama
Sweet Potatoes (peeled)	Adama
Carrots (Peeled)	Adama
Meat	Shehakol
Salt	Shehakol
Pepper	Shehakol
Garlic Powder	Shehakol
Fresh Basil	Adama
Honey	Shehakol
Ingredient	Bracha

~Saute the onion. (Must be chopped)

^ In a saucepan with a little bit of oil.

~Add to the pan (That has onions) cut up sweet potatoes and cut up carrots. (Must be peeled.)

~Saute, and let it cook until the veggies are soft.

^ Add chopped meat to this pan.

~Season the meat with:

Salt, Pepper, Garlic Powder, Fresh Basil, Little bit of Honey.

~Let it cook for 15 minutes, on low flame. **BRACHA ACHRONA: BOREH NEFASHOT**

May 22, 2014

Why is my meat dish be שיהקל?

Because meat does not fit into any other bracha.

MEAT

~Adama- Meat does not grow from the ground.

~Haetz- Meat does not grow on a tree

~Hamotzi- Meat isn't made from wheat.

~Hagefen- Meat has nothing to do with grapes.

~Shehakol- Meat does not fit into any other bracha, so it goes into this bracha.

What about the vegetables? Doesn't that make the meat Adama?

NO, because the meat is the main part of the dish, the vegetables are the spices, and the toppings, and seasoning.

Mashed Potatoes with Vegetables

by [REDACTED]

Side Dish-Dairy

Bracha Rishona: Adama

Bracha Acharona: Borei Nefashot

<u>Ingredient</u>	<u>Bracha Rishona</u>
*1 Sheet Baked Puff Pastry	Mezonot
*2 Large Russet Potatoes	Adama
*1 Large Red Tomato	Adama
*1 Medium Onion, chopped	Adama
*2 Large Handfuls of Shredded Mozzarella Cheese	Shehakol
Salt and Pepper to Taste	Shehakol

Directions:

1. Peel potatoes and place them in the oven to bake at 350 degrees for 10-15 minutes.
2. Dice tomato and place on cookie sheet with a little olive oil. Roast in the oven for 10 minutes.
3. Chop onion and sauté in a pan with a little bit of olive oil.
4. Using a small sharp knife, mark of soup crouton size sections on a sheet of raw puff pastry. Bake puff pastry in oven at 400 degrees for around 20 minutes.
5. Take out potatoes and mash them with a fork, a pastry blender or a potato masher.
6. Add tomatoes, onion, and cheese and season with salt and pepper.
7. Remove puff pastry from oven and break along the lines that you made before.
8. Mix croutons into the mashed potatoes.
9. Serve and Enjoy!

Dish: Mashed Potatoes with Roasted Tomatoes, Sautéed Onions, and Cheese, with Puff pastry Croutons on top.

My dish gets the bracha Adama because Ikar of my dish is potatoes, tomatoes, and onions. People might mistake this dish for being Mezonot or Shehakol, because of the croutons and/or cheese, but they are the Tafel part of the dish.

Chef [REDACTED]'s Very Vegetable Stir-Fry Recipe

You will need:	Bracha Rishona
2 carrots	אדמה
1 onion	אדמה
2 sweet potatoes	אדמה
1 bunch of parsley	אדמה
2 pieces of garlic	אדמה
salt and pepper to your liking	שהכול

Directions:

- 1- Chop up 2 carrots and put the pieces in a large sized frying pan
- 2- Shred 1 onion and put the shreds in the same large frying pan
- 3- Chop 2 sweet potatoes and put the pieces in the same large pan
- 4- Chop 2 pieces of garlic and put the pieces in the same large pan
- 5- Set the stove to medium and stir the vegetables for 2-4 minutes
- 6- Let the vegetables sit for 10 minutes
- 7- When the vegetables are fried sprinkle shredded parsley on top
- 8- Sprinkle salt and pepper on top to your liking
- 9- ENJOY!!!

Chef [REDACTED]

Chef [REDACTED]'s Very Vegetable Stir-Fry Bracha Reasoning

The dish Kira's Vegetable Stir-Fry is האדמה. You might of thought it was שוואכס, but it is simply cut up fried vegetables. However, if you choose to add chicken to the stir-fry, make sure it is secondary so the dish will still be האדמה. Most of the vegetables are האדמה and the spices or any other toppings would not affect the bracha, because they are just toppings.

I hope you like it,

Chef [REDACTED]

Meat Boureka and Rice-a-licious

by Chef [REDACTED]

Main - Meat
Restaurant Dish

ברכה אחרונה: בורא נפשות

ברכה ראשונה: מזונות

<u>Ingredients</u>	<u>Bracha Rishona</u>
1 ½ cups of rice*	Mezonot
1 can of mushroom*	Adama
1 onion*	Adama
1 sheet of Puff Pastry*	Mezonot
4 deli slices*	Shehakol
1 egg	Shehakol
Sesame seeds	Shehakol
Oil	Shehakol

Directions for Rice-a-licious:

1. Pour rice into a colander, and wash with water.
2. Pure 1 spoonful of oil into a pan. Let heat up for 30 seconds. Fry the mushrooms for 10-15 minutes.
3. Cut the onion into squares, and fry with two spoons of oil for 15 minutes, until golden-brown edges.
4. Put two spoons of oil into a pot. Put rice in the pot. Add spices. Fry for three minutes. Add three cups of water into the pot, bring to boil, reduce the heat, and cook for seven more minutes.
5. Add the mushroom and onion to the rice.



Directions for Meat Boureka:

1. Take out Puff Pastry one hour before starting to work, so it unfreezes.
2. Heat oven to 356 f.
3. After an hour, cut Puff Pastry into quarters.
4. Break egg. Brush a little egg on quarter of Puff Pastry working with.
5. Put one deli slice folded on the center of Puff Pastry.
6. Close Puff Pastry so a triangle would form. Pat down with a fork. Brush egg on top and quickly sprinkle it with sesame seeds. Bake for about 22 minutes.

(see bracha reasoning on next page)

Bereca with meat and Rice

My dish is Mazonot because Puff Pastry cooked with deli inside it, is Mezonot, and so is rice with chopped up mushroom and onion. The rice is cooked before the mushroom and onion are added, and the rice is the עיקר so the ברכה is Mezonot.

Someone might mistake my dish to be Shehakol, because of the rice that people don't usually eat with mushroom and onion, and so don't they eat puff pastry with deli. The rice is especially tricky because it is not one of the five grains, therefore people might think it's Shehakol.

That ברכה is incorrect, because there are people that eat rice with mushroom and onion. It is the same reason for the Bereca. Rice, even though its not one of the five grains, when it's cooked, its Mezonot.

Bon appetit,

Chef [REDACTED]



██████'s Magnificent Haadama Dish

by ██████

ingredients	<i>bracha rishona</i>
6 potatoes	<i>haadama</i>
2 onions	<i>haadama</i>
5 carrots	<i>haadama</i>
Honey	<i>shehakol</i>
basil spice	<i>haadama</i>

Directions;

1. Chop potatoes into thick slices place in large bowl
2. Chop carrots and place in bowl with potatoes
3. Chop onions and set aside (not in bowl with potatoes and carrots)
4. Glaze carrots and potatoes with honey
5. Pour everything into large baking pan, bake on 350 until potatoes slightly brown
6. Top with basil spice
7. Enjoy!

Bracha Reasoning:

My dish gets the bracha of Haadama. It gets that bracha because the main ingredients are carrots and potatoes. The carrots and potatoes are being baked so it is the normal way to eat it, one might think it is haadama even if the potatoes are raw. It would be shehakol if the potatoes were raw because it is not the normal way to eat potatoes. Therefore my dish gets the bracha of Haadama.

-██████



קינוחים

Super Snazzy Strawberry Ice Cream

Chef [REDACTED]

Dairy - Dessert

Great Snack!

ברכה ראשונה: שהכל - ברכה אחרונה: בורא נפשות

Ingredients:

Bracha:

3 c. milk	שהכל
1 Tbsp. vanilla ice-cream	שהכל
1 1/2 c. sugar	שהכל
1/2 tsp. vanilla extract	שהכל
25 strawberries	האדמה
3 Tbsp. watermelon	האדמה
1 c. heavy cream	שהכל
3 c. chocolate chips	שהכל
1 mint leaf	האדמה



Directions:

1. Scoop out inside of watermelon, and cut in half. Set aside rind for later.
2. Mix heavy cream, 2 cups milk, 1 cup sugar, strawberries, watermelon and in blender.
3. Freeze for 2-3 hour.
4. Melt chocolate, 1/2 cup sugar, vanilla extract and 1 cup milk in pot at medium heat.
5. Bring mixture to a boil.
6. Take off stove and cool.
7. Spoon 2 scoops of ice cream into watermelon rind, and drizzle with chocolate.
8. Top with mint leaf, and serve chilled.

Bon Appetite!



(reasoning on next page)

Chef [REDACTED]

Even with all of it's האדמה and העץ ingredients, this ice cream is שהכל. One might have thought this would be האדמה or העץ, for there is watermelon, mint leaves, chocolate, and strawberries. Although strawberries and watermelon ARE האדמה, since they are blended very smoothly, they are שהכל. Similarly, one might have thought this would earn the bracha of העץ because of the chocolate. Cocoa beans originally are from a tree, earning a bracha of העץ, but the chocolate is the טפל, and it is processed, which makes it the bracha of שהכל. The mint leaves are also originally האדמה, but is only a topping, that you might not eat, and a טפל, so it earns the bracha of שהכל. The ברכה אחרונה of this wonderful ice cream is בורא נפשות, for it is not made of rice, wheat or any מזונות food.

ENJOY,

Chef [REDACTED]

Crunch Pocketed

by [REDACTED]

Dessert- Dairy

מזומות ברכה ראשונה

על המחיה ברכה אחרונה

A party Hangout Dessert

ingredient	bracha rishonah
*strawberries to your taste	האדמה
*pineapple to your taste	האדמה
* vanilla pudding a small container	שהכל
*puff pastry (1 sheet for 9 pockets)	מזומות
*whipcream a squirt	שהכל

Directions:

1. Preheat oven to 350 degrees f
2. Thaw puff pastry dough
3. Chop the strawberries and pineapple
4. Blend the strawberries and pineapple
5. Liquify the fruit for 20 seconds
6. Whip the fruit for 45 seconds
7. Pour mixture into bowl and mix pudding into mixture
8. Cut pastry into 9 pieces and scoop mixture onto each piece
9. Fold each piece over mixture (in half)
10. Press ends down
11. Stick in oven for 15-20 minutes (until golden and puffed)

Crunch pocketed [REDACTED]

Crunch pocketed is a מזומות food that someone might make a mistake on the ברכה. In a מזומות crunch pocket, this can happen because of the fruit inside or the whip cream and pudding from the outside. הכל and האדמה are the wrong ברכות because the puff pastry is the main ingredient which refers to the עיקר וטפל.

The ברכה אחרונה on crunch pocketed is על המחיה because the puff pastry is a מבושל דגן and is one of the five special דגנים.

Flying Saucers

by [REDACTED]
dessert - dairy
fun snack

ברכה ראשונה: מזונות

ברכה אחרונה: על המחיה

Ingredients

bracha rishona

*1 package Nestle Toll House Chocolate Chip Cookies	mezonot
*1 Banana	haetz
Confectioners' sugar	shehakol
*Rice Krispies	mezonot
*Edy's chocolate ice cream	shehakol
Chocolate chips	shehakol
Whipped cream	shehakol

Directions:

1. Preheat oven to 350 degrees
2. Insert bananas into one spoonful of cookie dough
3. Place cookie dough in a pan
4. Bake for 15-20 minutes or until golden brown
5. Let cool then freeze the cookies for 30 minutes
6. Mix ice cream, and Rice Krispies in a bowl together
7. Place in between two cookies
8. Dispense whipped cream on to the cookie sandwich
9. Place Rice Krispies on top of the whipped cream
10. Add sugar to your taste

DON'T FORGET TO SAY A BRACHA
BON APETITE!!!!!!!!!!!!!!

WHY A MEZONOT FOR FLYING SAUCERS:

This bracha is מזונות because of the cookie, which is the עיקר. The ice cream inside is טפל. One might think that the bracha is שהכל because of the ice cream inside, but in this specific case you are eating the flying saucer for the enjoyment of the cookie. The bracha אחרונה for this dish is על המחיה because it is made out of one of the five grains.

- [REDACTED]

Shehakol

Eclair by Chef XXXXXXXXXX



Steps:

- **Place the pan on medium heat.** Add the water, then spoon in the butter (Shehakol). Add the salt (shehakol).
- **Bring to a boil.**
- **Preheat the oven to 374 degrees F, gas mark 5.**
- **Make the choux dough.** Once boiling, add the flour (mezonot) to the water (shehakol) and butter. Stir well with the wooden spoon until it forms a smooth dough (mezonot), and set aside to cool.
- **Make the pastry cream.** Add the cream (shehakol) and sugar(shehakol) to a bowl, and whisk continuously until the cream starts to form stiff peaks. Cover the bowl with cling film, and cool in fridge
- **Add the eggs to pastry dough.** When the pastry has cooled, add one egg (shehakol) and combine. Continue to add each of the eggs one by one until the pastry is smooth and elastic.
- **Transfer the dough into the piping bag.** Open the piping bag, and spoon in the pastry. Squeeze dough to the bottom of the bag every once in a while to make room for more. When full, close the bag and squeeze dough down.
- **Pipe the dough.** Cover baking tray with greaseproof paper, and pipe pastry dough into 3 cm by 15 cm log shaped cylinders.
- **Bake.** Place pastry dough into center of the oven, and bake for 25-30 minutes
- **Make the chocolate sauce.** Place pan with water on low heat, and cover the pan with a bowl of chocolate (shehakol) and butter.
- **Allow it to melt by slowly stirring.**

- **Remove from oven.** After removing the pastries from the oven, allow them to cool.
- **Fill with cream.** When cooled, slice the length of each of the eclairs with a knife, and make a slight opening.
- **Fill the eclair with smashed Oreos strawberries and put cream inside using a spoon.**
- **Decorate with chocolate.** With a spoon, drizzle the melted chocolate lengthwise over each eclair, and leave it to cool by putting it in the fridge for a few minutes.

Ingredients

Pastry Cream (shehakol)

- 500 ml/18 fl oz. cream
- 250 grams/9 oz. sugar

Chocolate Topping(shehakol)

- 150 grams/5.5 oz. cooking chocolate
- 60 grams/2.25 oz. butter

Things You'll Need

- 2 medium pans
- Piping bag with medium nozzle
- Grease proof paper
- Whisk
- Wooden spoon
- Bowl
- Cling film
- Small knife
- Baking tray

The napoleon is shehakol because, I eat it for the whipped cream and the puff pastry is just there to hold the whipped cream. Therefore, the bracha for the napoleon is shehakol. You might have thought it was mezonot because of the puff pastry sheets but it's not, well at least not for me. But, it may be Mezonot for you if you are eating it for the puff pastry sheets.

Strawberry Fruit Pockets

by Chef [REDACTED]

Delicious Dessert

Bracha: hadama

Bracha achronah: boreh nifashot

Ingredients:

- 1: 6 strawberries- hadaama
- 2: 1 cup of whipped cream- shahakol
- 3: 1 teaspoon of vanilla pudding- shahakol
- 4: 2 cups of frozen strawberries- haadama
- 5: 1 packet puffed pastry dough- mazonot
- 6: 2 tablespoons of sugar- shahakol

Directions:

- 1: pre-heat the oven to 325
- 2: lay the puffed pastry sheets in 2 groups on a tray and sprinkle 1 tablespoon on each group.
- 3: Slice up the strawberries and put 3 strawberries in the center of each group of puffed pastry.
- 4: fold the pastry dough over so that the strawberries are sealed.
- 5: place the tray in the oven for 15-20 minutes

Frozen yogurt directions:

- 1: Take 3 cups of frozen pineapples and put them in a frozen yogurt maker. (I use the brand Yonana)
- 2: Once the fro-yo is finished take a couple of pineapples and chop them up and mix them into the fro-yo to make a delicious haadama treat.

Dip directions:

Take the cup of whipped cream and teaspoon of vanilla pudding and mix them together.

Bracha Reasoning

The main ברכה of my dish is אדמה because the main parts of my dish are strawberries and pineapples which are אדמה. For the fruit pocket, the strawberries are the main parts because the puffed pastries are just to add a crunch, and it's filled with lots of strawberries, and dipped in a whipped cream pudding mix. The frozen yogurt is also אדמה because it has chunks of pineapple, and since you can see the אדמה, the ברכה is אדמה.

Love,

Chef [REDACTED]

██████'s Recipe

5 strawberries	Haadama
5 Oreo cookies	Mezonot
2 Puff Pastry shells	Mezonot
1 Chobani yogurt	Shehakol
1 whipped cream can	Shehakol

Directions:

1. Heat strawberries and Oreos in microwave for 30 sec.
2. Spread the strawberries and Oreo jam onto 2 frozen Puff Pastry shells.
3. Bake Puff Pastry shells in oven, set it to 350.
4. Let the Puff Pastry shells for 5 min.
5. After Puff Pastry shells cool, put the Chobani yogurt onto the Puff Pastry.
6. Put whipped cream onto the yogurt.
7. Eat and enjoy!!!!

My bracha for the dish is Mezonot. It is mezonot because I am baking the puff pastry shells with the strawberry-oreo filling with it. When the puff pastry shell is baked WITH the filling, it makes the dish Mezonot.

-

██████████

Chocolate Banana Crumble Ice Cream

by [REDACTED]

Dessert/ Summer Time Treat: Dairy
Fun Snack

Ingredients	Bracha Rishona
1 Banana	HaEtz
A tub of chocolate ice cream	Shehakol
5 Cups of Chocolate Chips	Shehakol
½- 1 cup of Rice Krispies	Mezonot
4 wafers (crushed)	Mezonot
Pre-made chocolate chip cookies	Mezonot

Directions:

1. Melt the chocolate chips in a melter or over the stove until it drips off your spoon (about 5-10 minutes)
2. Crush your wafers in a small bowl and add the Rice Krispies
3. Pour into the melted chocolate. (Keep flame on low to keep the chocolate from hardening)
4. Stir around for a minute and then spoon out into bowls. Make sure the chocolate does not touch so it is easier to take out of the bowl.
5. Freeze for 15 minutes and take out
6. Microwave for 30 seconds so it softens and start scraping the chocolate out of the bowl.
7. When you get a big chunk out cut it into small 2 by 2 inch chunks.
8. When you finish cutting all of the chocolate into chunks then put it back into the same bowl and freeze until needed.

9. Get premade chocolate chip cookies (or homemade if you prefer) and break them into chunks in a bowl. Set aside.
10. Cut the bananas into chunks and put into a bowl. Set aside.
11. Scoop out 5 scoops of chocolate ice cream into a blender.
12. Add the cookie and the banana and blend together.
13. Put into a container and freeze until needed
14. When one eats it put the chocolate covered krispies and other desired toppings on and enjoy.

Choc. Banana Cookie Crumble Ice Cream

This dish is Shehakol because the Ikar is the ice cream and the Tafel is the toppings inside. One might think that it is HaEtz because of the bananas, or Mezonot because of the cookies.

The bracha achronah for this dish is Boreh Nefashot because its bracha rishonah is shehakol.

- 

A high-angle photograph of a glass of coffee with a thick layer of white foam on top, dusted with brown powder. The glass is on a white saucer with a white napkin and a silver spoon. The word "חטיפים" is overlaid in the center.

חטיפים

Super Snack “Sushai”

Chef 

Great for a ready to go snack- Pareve

Bracha Rishona: Mezonot

Bracha Achrona: Borei Nefashot

Ingredients	Bracha Rishona
* 1 Cucumber	Haadama
* 1 sheet of Nori	Haadama
* 1 and ½ Cups of Nishiki Rice	Mezonot
* 1 Carrot	Haadama
* 1 medium Avocado	Haadama
⅓ of a cup of Brown rice vinegar	n/a
2 Cups Water	Shehakol
1 small pack of Soy Sauce	n/a

**** Tip:**

- Bamboo mats are great for rolling sushi
- Best Results when eaten fresh

Directions:

Combine 1 ½ of a cup of Nishiki rice and 2 cups of water in a medium pot. Put the pot on the stove and set to simmer. Cover the pot for about 20 minutes. After 20 minutes remove from heat, and let cool uncovered for 10 minutes. When finished, pour the rice into a medium sized bowl and add the Brown Rice Vinegar, then mix with a fork.

If using a Bamboo mat, cover it plastic. Put the Nori shiny side down, then put the rice only in the middle (not the edges), so that way the Rice has something to stick to. Cut the avocado into halves, then, cut the

cucumber and Carrots into half and then into smaller pieces. When finished, put all of the vegetables on one side of the Sushi/ Nori in whatever order you want. Next you are ready to roll! Once your ingredients have been placed, tuck your thumbs underneath the bamboo mat and place your fingers on the opposite side of the ingredients. Then roll your mat and nori towards your fingers and apply pressure. Be sure that the rice rolls completely over the ingredients and there isn't anything sticking out.

Note: When rolling don't squeeze, rather press firmly so it will stick.



Super Snacky “Sushai”

My dish gets the *bracha* of *mezonot* because there is rice in my sushi. Somebody might mistakenly think that the *bracha* is *ha'adama*, because almost everything in it is *ha'adama*, besides the rice. The reason why the *bracha* would be *mezonot* is because no matter what would be in the dish, as long as one of the main parts of the dish is a *mezonot*, that becomes the *ikar*. In the case of this dish, the rice, which is the *ikar*, covers everything and,

therefore, the *bracha* will be *mezonot*. Even though the *bracha rishona* is, *mezonot* the *bracha acharona* is *borei nefashot*.

Enjoy!

- Chef [REDACTED]

Super Smoothie

Chef: 

A couple pieces of Watermelon	האדמה
1 teaspoon of Vanilla	שהכל


1 Vanilla yogurt	שהכל

1/2 Cup Milk	שהכל
1/2 Cup Cream	שהכל
10 Strawberries	האדמה
1/2 Cup Ice Cream	שהכל
Handful Of Ice	שהכל
Chocolate	שהכל
1 Mint Leaf	שהכל

Directions:

1. Melt some chocolate, depending on the size of your cup, and take plastic wrap. Put the plastic wrap inside the cup and put chocolate on plastic wrap. Then freeze until chocolate gets hard and you have a chocolate cup.
2. Cut strawberries into small chunks. You should get about 8 chunks per strawberry. Leave aside.
4. Then, add in milk, cream, ice, ice cream, yogurt, vanilla and watermelon and a couple of strawberries until smooth.
5. After all that is done, add the strawberry "mixture" and mix with spoon.
6. Now, you have to take the chocolate cup of the plastic wrap. Pour the smoothie into it. Add some whipped cream and a mint leave sticking out. Then, take a straw and enjoy!

Over The Top Smoothie

-General Chef
 uel

This special smoothie would get the bracha of האדמה. Unlike some other smoothies, the strawberries will be as chunky as possible. Although it is a שהכל base, the האדמה chunks take over. If you eat this, you will be eating for the chunks, otherwise you would eat a שהכל un-chunky smoothie. For this reason, the chunks are the עיקר, the main food. The secondary food, the טפל, is just there to keep it together. This great dish will be served in some sort of watermelon bowl, extra האדמה! Then, for a nice kick we'll top that with some whipped cream topped with fudge. As a fancy addition, we'll stick in a mint leave in the whipped cream! **Enjoy!**

██████'S RECIPE

What You Need:

~a peach

~a apple

Ice

Jucie

Sauce

~pudding cup

~whipped cream

*and optional graham cracker topping

First you blend the ICE, JUICE, FRUIT, and freeze it

For the sauce you melt the pudding and whipped cream * crush graham cracker and put it on top



My Dessert/ snack is s'mores caramel ice cream with a apple, peach, and strawberry sauce. My food is Shehakol because the sauce even though it is made of fruit it is Shehakol because you can't tell it was fruit. And even though there are graham cracker in the ice cream there is only a little so it does not matter. And everything else is shehakol

Vanilla Smoothie

A dairy snack

Ingredients: Before you start, leave your ice cream out to soften for 5-7 minutes. Take out your
→ blender and plug it in.

Put in your ice cream, then the rest of
One pint of vanilla the ingredients. Blend for about ten
ice cream seconds at a time, until your smoothie
(Shehakol) has become smooth. Serve cold, and
One tablespoon of do not forget to say a shehakol on it!
a cup of orange
juice
(shehakol)

One eighth of Do not forget to say Boreh Nefashot for your bracha achrona
banana
(Ha Adama)

One slice of peach
(Ha Eitz)

Half of an apple
(Ha eitz)

Why would my milkshake be shehakol even though it has fruit in it? Because the majority of the drink is Ice Cream which is shehakol. Bananas, peaches, and apples aren't shehakol yet there is so little of them in the smoothie that it's still shehakol. —

Pineapple-Strawberry Smoothie with Whipped Cream and Puff Pastry Dough Topping

Chefs [REDACTED] and [REDACTED]

Dessert - Dairy

מזונות - ברכה ראשונה

בורא נפשות - ברכה אחרונה

Ingredient	ברכה ראשונה
Pineapple	האדמה
(Vanilla) Pudding	שהכל
Puff Pastry Dough	מזונות
Strawberries	האדמה
Whipped Cream	שהכל

Instructions:

1. Thaw the puff pastry dough until you can unfold it. Cut it into small squares, place it on a pan, sprinkle it with cinnamon and sugar, and put it in the oven at 400 degrees until it's golden brown (approximately ten minutes).
2. Blend the pudding and fruit (ice is optional) until it is completely blended and smooth. If it's not blended completely smooth, the ברכה ראשונה will be האדמה.
3. Once the smoothie is blended and the dough bits are baked, pour the smoothie into a glass and top with whipped cream and puff pastry dough.
4. Happy eating!

Great Snack: Tropical Explosion by [REDACTED]

Ingredient:	First Bracha
¼ tablespoon sugar	Shehakol
2 cups ice	Shehakol
frozen mango (to taste)	Haetz
2 squirts lemon	Haetz*
1 cup orange juice	Haetz
(1-3 cups- recommended) frozen strawberries (to taste)	Haadama
2 peaches	Haetz
(1 cup-recommended) pineapple (to taste)	Haadama

BRACHA ACHARONA: boreh nifashot

1. Put in the orange juice, peaches, 1 cup of ice, half of the frozen strawberries, and frozen mango into the blender on mode: ice crush
2. Blend until smooth
3. Add the rest of the ingredients (including the rest of the frozen strawberries)
4. Blend until smooth
5. Enjoy!

serves 3-6 people

***On the one hand, lemons come from trees, and thus deserve the bracha of Ha'etz. Yet, on the other hand, since lemons are bitter and not normally eaten directly, perhaps one shouldn't make any brocha. As for the final halacha, we differentiate between different types of lemons. Lemons that are really bitter and can only be eaten when forced down - wouldn't receive any bracha, since it is considered harmful. Lemons that are mildly bitter and are eaten with some difficulty receive a shehakol. Finally, lemons that are naturally sweet - would receive the bracha of Ha'etz. According to V'Zot Haberacha, almost all the lemons around nowadays fall into the second category. (As a side note, if one put sugar or something similar on the lemon, it would then qualify for Ha'etz.)"

From: <http://www.berachot.org/Q+A/index.html#8>

Apple Slices by Chef [REDACTED]

Snack- Dairy

Bracha Rishon: Ha'etz

Bracha Acharon: Boreh Nefashot

Ingredients:	Bracha Rishona
1. Apples (as much as you want)	Ha'etz
2. Peaches (also, as much as you want to eat!)	Ha'etz
3. Whipped Cream	Shehakol
4. 2 full pieces of Graham crackers	Mezonot
5. 1 cup of Vanilla Pudding	Shehakol

Directions:

1. First you take your apple and cut up vertically, until it's all cut up(into slices)
2. Then Take your peach and do the same thing with the apple
3. Take a spoon, and scoop out 3 spoonfuls of pudding onto the apple
4. Put the graham crackers into a plastic bag and hit it until crushed.
5. Take the whipped cream and put some on top of the pudding (that's also on the apple)
6. Sprinkle the Graham crackers on top of it all
7. Stick a small slice of a peach into the whipped cream at the top

You can also make Peach slices!

And use whatever kind of pudding! (strawberry, chocolate, vanilla etc.)

By the Way this dish looks phenomenal in person

Reasoning [REDACTED]

My dish is called "apple slices", this dishes Bracha is Ha'etz. Apple slices gets the Bracha of Ha'etz because most of the snack is made with apples and peaches. Its toppings include whipped cream, graham crackers, and vanilla pudding. Considering most of this snack is Ha'etz, this delicacy gets that Bracha. Someone might mistaken "apple slices" as the Bracha of Shehakol because besides the fact that the biggest proportion is Ha'etz, whipped cream and pudding is shehakol. However that's not the case, this is called an ikar v'tafel but in this specific snack the apples are the main part, the ikar. In a dish where there is an issue of ikar and tafel, the dish takes on the bracha of the main part of the dish, in this case, the *Ha'etz* apples.





**This delicious and enlightening cookbook was brought to you by
the talented chefs of 6G.**