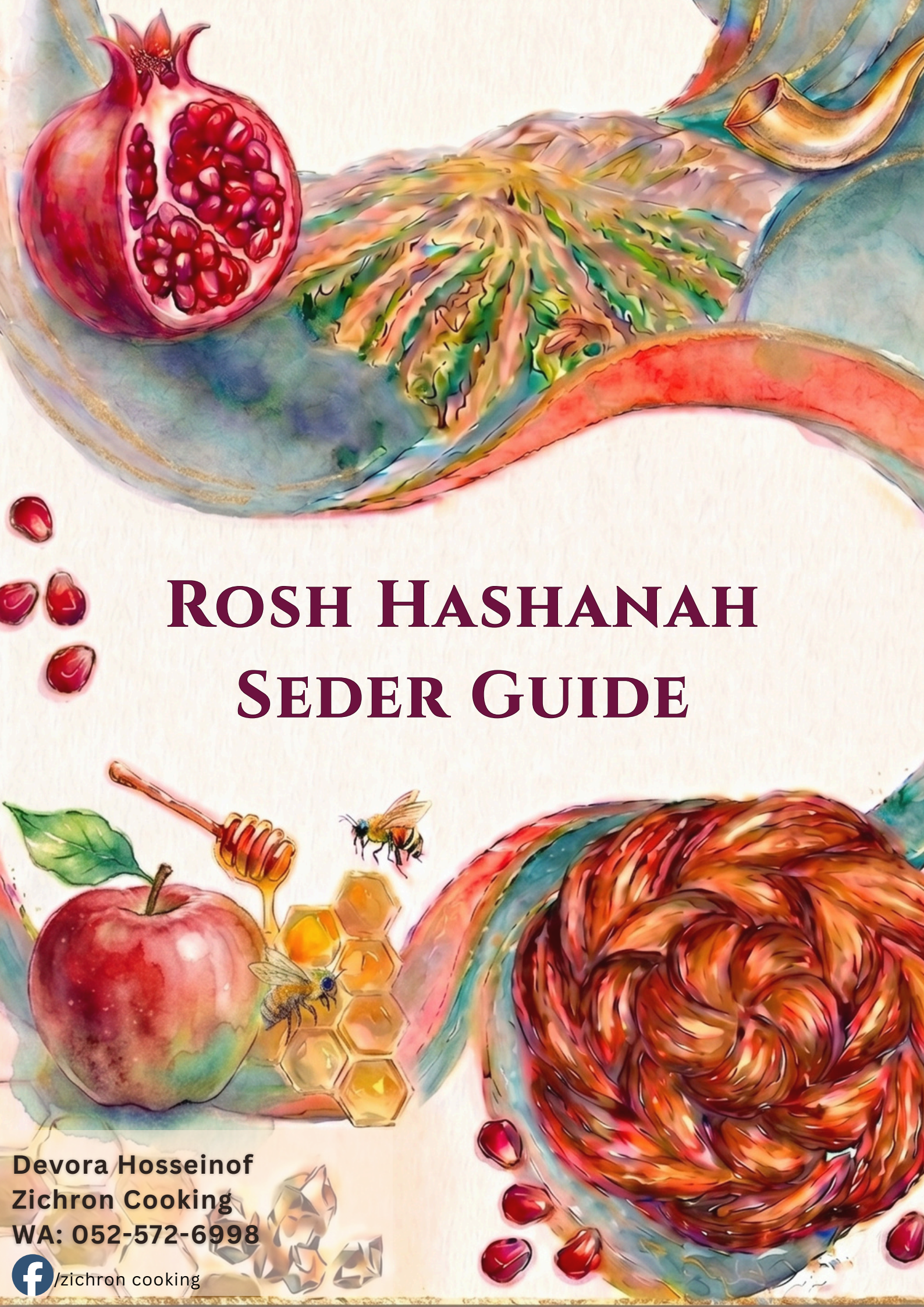


A vibrant watercolor illustration featuring various Rosh Hashanah symbols. At the top left is a large, open pomegranate showing its red seeds. To its right is a colorful, abstract shape resembling a rainbow or a stylized landscape. Below the pomegranate are several loose pomegranate seeds. In the bottom left, there is a red apple, a honey dipper with honey dripping, a honeycomb with two bees, and some small, clear, crystalline objects. In the bottom right is a large, braided challah. The background is a soft, textured white.

ROSH HASHANAH SEDER GUIDE

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Welcome!

Cooking has always been a core part of my story. Through years of holiday prep, I've learned one big lesson; food should be fun and creative — otherwise, it gets boring!

When I married my Sephardic husband, I felt an immediate connection to the vibrant tradition of the Rosh Hashanah Seder—its rich symbolism, deep meanings, and delicious flavors. Hosting our yearly Seder became a true passion, and I love bringing fresh twists and creative details to the table every year. This recipe collection features the traditional Persian simanim we eat at our Seder table.

Years ago, I created a custom visual guide to help my family navigate the Seder blessings. What started as a personal project to make the holiday come alive, was something I soon started handing out to friends and family. I've included that printable guide here—just download and laminate it to sit right alongside your festive dishes!

People often ask for my recipes, and I'm thrilled to share this collection with you. My dishes are as colorful and flavorful as they are meaningful. And the photo of the Honey-Well Challahs above is a real picture (not AI) of the rolls I baked for our table (with just a little AI touch-up!).

To streamline the recipes for easy planning, every recipe in this guide is scaled for 4 people, and I've included a complete shopping list so you can grab everything you need in one easy trip.

In prayer to Hashem above, I acknowledge that I don't know His plan for the world, but I pray for health, balance, and peace for us all. I'm excited to share this guide with you, so please feel free to pass it along to friends and family and send them my way — I'd love to connect!

Wishing you a sweet, inspiring, and delicious new year!

Devora Hosseinof

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Private cooking classes are available.

INDEX

Guide to the Simanim	1
Dates	2
Herbed Bean Salad	3
Scallion/Leek Pancakes	4
Balsamic Beets with Scallions	5
Butternut Squash Bourekas	6
Butternut Squash with Herbs	7
Jeweled Pomegranate Jelly	8
Honey-Spiced Apple Bites	9
Apricot/Lemon Sauce for Fish/Meat	10



May it be your will, Hashem, our God, and God of our fathers

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂיִתְמוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי
רַעֲתָנוּ. בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הָעֵץ.



May our enemies and our haters be destroyed.
Blessed are you Hashem, Eternal King, for creating fruit.

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂיִרְבוּ זְכוּיוֹתֵינוּ וְיִתְלַבְּבוּ.



May our merits be multiplied and our hearts strengthened.

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂיִכָּרְתוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי
רַעֲתָנוּ.



May our enemies and our haters be cut down in the year to come.

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂיִסְתַּלְקוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל
מְבַקְשֵׁי רַעֲתָנוּ.



May our enemies and our haters and those who have beaten us or
sought us harm, be beaten in the coming year.

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂתִקְרַע רוּעַ דִּינֵנוּ וְיִקָּרְאוּ לְפָנֶיךָ
זְכוּיוֹתֵינוּ.



May the evil of our judgment be torn away and may our merits be
proclaimed before you.

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂנִהֶיָּה מַצּוֹת כְּרֵמוֹן.

May we be filled with many acts of good and piety just as this
pomegranate is richly filled with seeds.



יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂתַחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמִתּוֹקָה.
May we be granted a year from the first day until the last day as
vibrant and juicy as the apple and as sweet as the honey.



יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שְׂנִהֶיָּה לְרֹאשׁ וְלֹא לְזָנָב, וְתִזְכֹּר לָנוּ
עֲקֻדָּתוֹ וְאִילוֹ שֶׁל יִצְחָק אֲבִינוּ עָלֵינוּ הַשְּׁלוֹם, בֶּן אֲבִרָהָם אֲבִינוּ עָלֵינוּ הַשְּׁלוֹם.



May we rise to the head (top) and not be the bottom (tail) in the merit
of the binding of Yitzchak, son of Avraham our father.

Dates

Yield: 4 dates

Medjoul Dates: 4

Tahini (raw): 1/4 cup (60g)

Pistachios: 2 Tbsp. chopped (90g)

Pomegranate Seeds: 3 Tbsp. (45g)

Optional: Sumac, Olive Oil, Flaky Sea Salt



Option 1: Plated Dates in Tahini

1. **Swirl** the tahini onto a shallow plate using the back of a spoon to create grooves.
2. **Chop** the Medjoul dates into bite-sized pieces.
3. **Scatter** the chopped dates, pistachios, and pomegranate seeds evenly over the tahini.
4. **Finish** with a drizzle of olive oil, a dusting of sumac, and flaky sea salt.

Option 2: Stuffed Date Bites

1. **Slice** open each pitted Medjoul date to form a cavity. Remove the pit.
2. **Spoon** 1-2 tsps. of tahini into each date. **Sprinkle** generously with chopped pistachios, pomegranate seeds.
3. **Finish** with a tiny pinch of flaky sea salt.
4. **Arrange** on a plate.



Herbed Bean Salad

Yield: 4 servings

Mixed Beans: 1 can, drained (400g or 15 oz.)*

Olive Oil: 1 Tbsp.

Apple Cider Vinegar: 1 Tbsp.

Salt: 1/4 tsp.

Scallions: 1 stalk, chopped

1. **Place** the beans in a bowl.
2. **Add** oil, salt, and apple cider vinegar.
3. **Mix** well and set aside to marinate.
4. **Add** the scallions shortly before serving.

💡 For maximum flavor, let the salad marinate at room temperature for at least 30 minutes before adding the scallions.



* You can use any beans but mixed beans make the salad look more colorful.

Nutritional Profile per Serving: Calories 93 | Protein: 4g | Fat: 4g | Carbs: 12g | Fiber 3g

Scallion/Leek Pancakes

Yield: 4 servings

Pancakes

Flour: 2 cups (250g)

Boiling Water: 3/4 - 1 cup (180ml - 240ml)*

Sesame Seed Oil: Up to 1/4 cup (56g)

Salt: 1/2 tsp.

Scallions: 2 cups, thinly sliced

Dipping Sauce

Soy Sauce: 2 Tbsp.

Rice Wine Vinegar: 2 Tbsp.

Scallions: 1 Tbsp. thinly sliced

Fresh Ginger: 1/2 tsp. grated

Optional Sugar: 2 tsp.

1. **Knead** flour, salt, and 3/4 cup boiling water on a floured surface until a dough forms (add additional water 1 Tbsp at a time if needed). Knead until smooth.
2. **Cover** and rest for 30 minutes (or overnight in the fridge).
3. **First Roll:** Divide into 4 balls. Roll each ball into a disk, brush with sesame oil, roll up tightly like a log, coil into a spiral, and flatten back into a disk.
4. **Second Roll:** Brush with oil again, sprinkle with 1/2 cup scallions, roll into a log, coil into a spiral, and roll out to a disk again. Repeat for all balls. These are your pancakes.
5. **Heat** oil in a pan over medium-high. Fry each pancake until golden brown, about 2 minutes per side.
6. **Transfer** the pancakes to paper towels to soak up some of the oil.
7. **Slice** into 6 wedges, and serve with dipping sauce.



Balsamic Beets with Scallions

Yield: 4 side servings

Beet: 1 package, parboiled and peeled (300g)

Olive Oil: 1 Tbsp. (14g)

Salt: 1/4 tsp.

Balsamic Vinegar: 3 Tbsp. (42g)

Scallions: 1 thin stalk, finely chopped

1. **Cube** the beets and place in a bowl with their juice.
2. **Add** the vinegar, oil and salt.
3. **Mix** well and set aside to marinate. The longer it marinates the more flavorful it will become.
4. **Add** the scallions shortly before serving.

💡 For maximum flavor, let the salad marinate at room temperature for at least 30 minutes before adding the scallions.



Butternut Squash Bourekas

Yield: 4 servings (1 large or 2 small)

Butternut Squash: 1 small, peeled (400g)

Neutral Oil: 1 Tbsp. (14g)

Salt: 1/4 tsp.

Honey: 2 Tbsp. (42g)

Cinnamon: 2 tsp.

Allspice or Nutmeg: 1/2 tsp.

Puff pastry: 1 roll (300g)

Egg: 1, beaten (for glaze)

Optional: Chopped Pistachios: 1 Tbsp.



1. **Cube** the squash into small squares and cook in a pot filled with water to cover the bottom. (Don't add too much water or the squash will become watery and lose its shape and flavor).
2. **Drain** the water from the pot and transfer the squash to a mixing bowl.
3. **Mash** the squash and add the oil, salt, honey, cinnamon and allspice/nutmeg. Mix gently.
4. **Roll** the puff pastry and cut into squares.* Fill the pastry with the mix.
5. **Brush** a thin layer of beaten egg onto the edges of the squares.
6. **Fold** the pastry into a triangle to cover the filling.
7. **Coat** the top of the triangles with egg.
8. **Add** the chopped pistachios for garnish.
9. **Bake** at 400F/200C for 20 minutes or until golden brown on top.

* Decide how big you want the bourekas to be and cut the squares accordingly.

Nutritional Profile per Serving: Calories 547 | Protein: 7 | Fat: 35g | Carbs: 53g | Fiber 2.5g

Butternut Squash with Herbs

Yield: 4 side servings

Butternut Squash: 1 small, peeled

Olive Oil: 1 Tbsp.

Salt: 1/4 tsp.

Fresh Herbs: 1/2 tsp. assorted herbs, finely chopped

Apple Cider Vinegar: 1 Tbsp.

Scallion: 1 thin stalk, finely chopped

Cilantro or Parsley: 1 Tbsp. finely chopped

1. **Cube** the squash into small squares and cook in a pot filled with water to cover the bottom. Don't add too much water or the squash will become watery and lose its shape and flavor.
2. **Drain** the water from the pot.
3. **Transfer** the squash to a mixing bowl.
4. **Add** the oil, salt, apple cider vinegar, scallions, cilantro/parsley, and fresh herbs.
5. **Mix** gently.

💡 Consider using thyme, sage, or rosemary



Jeweled Pomegranate Jelly

Yield: 4 small dessert molds

Water: 1 cup

Honey: 3 Tbsp. (63g)

Lemon Juice: 1 Tbsp. (15g)

Unflavored Gelatin: 1 envelope (2 tsp.)

Pomegranate Seeds: 1 cup (150g)

1. **Pour** the water into a bowl and evenly sprinkle the gelatin powder on top. Let it sit for about 5 minutes until it is softened and is blooming.
2. **Warm** the water and add the honey syrup in a small saucepan until the honey completely dissolves.
3. **Pour** the hot honey water over the bloomed gelatin.
4. **Whisk** continuously until the gelatin completely dissolves and the liquid is clear.
5. **Stir** in the lemon juice.
6. **Pour** the liquid into the mold until half full. Drop half of the pomegranate seeds into each mold.
7. **Chill** in the refrigerator for about 20 minutes to lightly set.
8. **Add** the remaining pomegranate seeds on top of the cold jelly and add the remaining liquid to the top.
9. **Chill** for at least 4 hours in the refrigerator.



Honey-Spiced Apple Bites

Yield: 8-10 cookies bites

Cookies

Butter or **Pareve Option***: 3/4 cup (170g) at room temperature

Sugar: 6 Tbsp. (75g)

Vanilla extract: 1/4 tsp.

Flour: 1-2/3 cups (200g)

Cornstarch: 1-1/2 Tbsp.

Salt: 1/4 tsp.

Apple: 1 small or 1/2 medium for slices on top



1. **Preheat** the oven to 350F/175C degrees.
2. **Cream** the butter, sugar and extract using a stand mixer with the paddle attachment, until fluffy. Use a rubber spatula to scrape down the sides of the bowl.
3. **Add** the flour, salt and cornstarch. Mix just until combined - do not overmix.
4. **Divide** the dough in half and shape into small circles for easier handling. Wrap each disk tightly in plastic wrap.
5. **Chill** in the fridge or freezer until firm. (If the dough becomes too firm to roll, let it sit on the counter to soften slightly).
6. **Roll** out the dough and cut out an even number of circles.
7. **Cut** a smaller shape or circle out of the center of half the cookies to create the top windows.
8. **Bake** for 10 - 12 minutes or until the edges are lightly golden.
9. **Cool** completely on wire racks before filling and assembling.

Apple Filling

Apples: 1 small or 1/2 medium peeled and diced

Honey: 2 Tbsp. (42g)

Salt: Pinch

1. **Bring** all the ingredients to a boil in a small saucepan.
2. **Simmer** until the apples have softened and no longer have a shape.
3. **Cool** completely.

💡 **Assembly**: Spoon 1 teaspoon of filling onto the center of each bottom cookie. Place a top cookie over the filling to create a sandwich, then gently press a small apple slice upright into the filling showing through the center cutout.

* If using margarine, use 3/4 cup (170g) at room temperature.

* If using coconut oil, use 2/3 cup (135g) + 2-1/2 Tbsp. (35g) neutral oil. (The regular oil is added to the coconut oil to prevent the cookie from becoming brittle when it cools).

* If using neutral oil only, use 1/2 cup + 1 Tbsp. (128g).

יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאַלֵּהֵי אֲבוֹתֵינוּ שְׁנֵהֲיָה לְרֹאשׁ וְלֹא לְזָנָב, וְתִזְכֹּר לָנוּ עֲקֻדָּתוֹ
וְאִילוֹ שֶׁל יִצְחָק אָבִינוּ עָלֵינוּ הַשְּׁלוֹם, בֶּן אֲבִרָהָם אָבִינוּ עָלֵינוּ הַשְּׁלוֹם

Apricot/Lemon Sauce for Fish/Meat

Yield: 4 servings

As part of our Rosh HaShanah seder, our family serves beef tongue to fulfill the symbolic blessing to be 'as the head and not the tail.' Other Jewish traditions use a fish for the same symbolism. The apricot sauce is delicious on both.

Apricot Sauce

Apricot Jam: 1 cup (320g)

Fresh Lemon Juice: 2 Tbsp. (30g)

Neutral Oil: 1 Tbsp. (15g)

Honey: 2 Tbsp. (42g)

Salt: 1/4 tsp.

1. **Heat** all the ingredients in a small skillet so they meld together.
2. **Pour** over the fish/meat before serving.

Preparation for the Tongue

Beef Tongue: 1 lb. (approx 1/2 kilo)

1. **Place** the tongue into a heavy pot.
2. **Cover** with water by 1 inch (3cm).
3. **Bring** to a boil, then reduce heat, cover, and simmer for 2.5 to 3 hours (or until tender when pierced with a fork).
4. **Remove** tongue from liquid and while still warm, peel away the outer skin and trim excess cartilage at the base.
5. **Slice** thinly across the grain* when ready to serve.
6. **Drizzle** with the apricot-lemon sauce.

* Slicing against the grain means to slice perpendicular to the muscle fibers.

Preparation for the Fish

Fish: 4 filets seasoned with salt

1. **Roast** the fish in the oven at 400F/200C or pan-sear the fish fillets in oil on both sides.
2. **Filets** are ready when they are a very light brown on each side. The cooking time depends on the thickness of the fish.

