

KITCHEN CORNERSTONES

Kitchen Cornerstones is CJA's way of giving you the basics, the cornerstone techniques you really need to know, to be able to cook anything with us! By going through these seven workshops, you will not only build a strong foundation in the kitchen, but also a strong foundation for Jewish living that you can take into your everyday life!



WORKSHOP 1: KEEPING CLEAN RECIPE: CJA'S STRAWBERRY BANANA SHAKE



COOKING CONNECTION

Before you cook or eat, you first need to wash your hands! Not only that, but you have to make sure your ingredients, utensils, surfaces, and everything else in the kitchen is clean and ready to go.



JEWISH CONNECTION

In Judaism, the act of keeping clean has been around for so long that it is even commanded in the Torah. By keeping clean in holy spaces, we can show respect to G-d and the Torah.



EVERYDAY CONNECTION

Today, we all know that washing our hands thoroughly with soap and water helps to keep us clean and healthy. Beyond that, keeping clean in general is a way of showing respect, which we can take to heart and use in all aspects of our lives.



WORKSHOP 2: BEAR CLAW RECIPE: CJA'S QUICK TOMATO SAUCE



COOKING CONNECTION

You must learn how to properly use knives in order to be safe while cooking, and the best way to do that is with CJA's bear claw technique! By using bear claw, you are giving yourself the gift of independence in the kitchen.



JEWISH CONNECTION

The Talmud teaches us that parents are actually obligated to not only keep their children safe, but to also teach them a set of very specific tools to live a successful life.



EVERYDAY CONNECTION

It's not just a parent or caregiver's job to teach children how to do things. It's important to take it upon yourself to learn new skills so you can be responsible and independent.



WORKSHOP 3: "NO THANK YOU BITE" RECIPE: CJA'S HUMMUS



COOKING CONNECTION

When you see a food that you think you won't like or didn't like last time you tried it, give it another shot! The CJA "No Thank You Bite" lesson teaches the biology of our mouths and will give you the chance to like these foods by really trying them many times before deciding whether or not you like it.



JEWISH CONNECTION

In Judaism, we're always finding the importance of being challenged with opportunities for growth. This comes up in the Torah (when Joshua fails and tries again) and in prayers (like the daily Yotzer Ohr prayer).



EVERYDAY CONNECTION

The "No Thank You Bite" mentality, gives you the opportunity to start each day with a clean slate. This provides us with the chance to grow, change, and try new things, regardless of our prior experiences.



WORKSHOP 4: TEAM TASTE RECIPE: CJA'S ISRAELI COUSCOUS SALAD



COOKING CONNECTION

When you eat food, there's a team of players that you need in order to taste: your eyes, nose, taste buds, and saliva. All four of these play a huge role in how we taste!



JEWISH CONNECTION

Havdalah is a great example of Jewish "teams." Team #1 is actually our Team Taste, and Team #2 is made up of the ritual objects of candle, spices, and wine. Together these teams help us be present and to more deeply experience the Havdalah ritual.



EVERYDAY CONNECTION

When you're actually experiencing something with your senses, whatever activity you're doing becomes more meaningful. Interacting and participating is often more fun than just watching it occur in front of you!



WORKSHOP 5: DIFFERENT WAYS TO COOK RECIPE: CJA'S FRESH CORN, ONION, GREEN BEAN HERB POTATO SALAD



COOKING CONNECTION

There are so many ways to prepare food, including grilling, roasting, steaming, boiling, sauteing, baking, and more! Different methods of cooking change how your food tastes and looks, but they all have the same intended result--to cook delicious food.



JEWISH CONNECTION

There are so many different kinds of prayer and ways to pray! Whether silent, spoken, or sung or standing still or in motion, prayers are designed to create a dialogue. Sometimes with G-d, sometimes with others, and sometimes even with yourself.



EVERYDAY CONNECTION

Intention matters, in cooking, in prayer, and in life. This self-reflection is what makes you the best possible version of you, so that you, today, can make the world the best possible place it can be.



WORKSHOP 6: LAYERS OF FLAVOR RECIPE: CJA'S ROASTED GRAPE AND RICOTTA CROSTINI



COOKING CONNECTION

Crunchy and smooth, salty and sweet -- different flavors and textures can go together in the same dish and complement each other. Layering flavors within a recipe can help us expand our palette and heighten the eating experience!



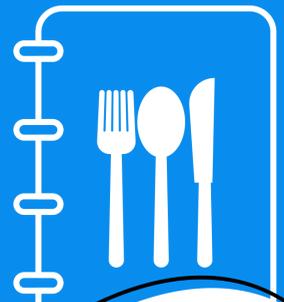
JEWISH CONNECTION

Each and every year we celebrate the same holidays and read the same text in Torah from beginning to end. But are they really always the same? As good recipes have complex layers, so too do our Jewish experiences.



EVERYDAY CONNECTION

As we grow and mature we can deepen our understanding of the familiar experiences we have. By noticing the rich layers to our experiences everything can take on new meaning.



WORKSHOP 7: BUILDING FOUNDATIONS RECIPE: CJA'S GARLIC PARMESAN FLATBREAD



COOKING CONNECTION

It's graduation day! All six workshops up to this point have prepared you to cook any upcoming CJA recipe. Now, with your strong foundational cooking skills, you are able to become a more confident and independent chef.



JEWISH CONNECTION

The 40-year journey wandering through the desert allowed the Jews to develop the strong foundation G-d required of them before entering Israel. This journey, along with manna to sustain them, helped them become independent and ready to build a nation.



EVERYDAY CONNECTION

Today, you may not get manna from the heavens, but metaphorically you can think about what gives you sustenance. What qualities, experiences, or relationships help to define and sustain you? Then it's time to share yourself with others.

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