

JEWISH VALUES

This module will explore seven Jewish Values that anyone at any age can use to bring more meaning into every day and to help those around them.

WORKSHOP 1: GEMILUT CHASADIM – Acts of Lovingkindness RECIPE: CJA'S SUNDRIED TOMATO RISOTTO



COOKING CONNECTION

While “love” may not be literally listed on the ingredients, you must put love and care into your cooking to commit the time and energy to make a dish that will coax the maximum amount of flavor out of ingredients. Today’s recipe in particular requires time, patience, and love!



JEWISH CONNECTION

In this workshop, we explore what it means, looks like, and feels like to practice Gemilut Chasadim or “acts of loving-kindness.” We will look at the origins of the phrase “loving-kindness” in Jewish texts to discover all the different ways we can engage in this sacred responsibility in our lives today.



EVERYDAY CONNECTION

Through acts of loving-kindness, we have the opportunity to see the world through another person’s eyes. We can also choose to act in ways that help uplift each other as well as the world around us.



WORKSHOP 2: SHITUF PEULAH – Cooperation RECIPE: CJA'S VANILLA TRIFLE WITH JAMMY SAUCE



COOKING CONNECTION

Cooperation is a huge part of the cooking experience, especially when cooking for larger amounts of people (either at home or when eating out).



JEWISH CONNECTION

Shituf peulah, literally translates to “participation in activity” or “participation in work,” but can also mean “cooperation.” We will look at the Torah for inspiration and learn how three siblings (Moses, Miriam, and Aaron) used their different strengths to work together and accomplish great things.



EVERYDAY CONNECTION

Cooperation often requires showing up and doing the work! We can show up as our best selves by recognizing where our individual strengths are and working as a team with other people.



WORKSHOP 3: TIKKUN OLAM – Repairing the World RECIPE: CJA'S JALAPEÑO CHEDDAR MONKEY BREAD



COOKING CONNECTION

From a food approach, buying locally is a huge act of Tikkun Olam (environmentally, economically, etc.). By making these conscious food choices locally, we can have a big impact on the world as a whole.



JEWISH CONNECTION

“Tikkun olam” translates to “repair the world” and is an ancient Jewish idea, found all the way back in the Talmud! When we do any mitzvah, we are performing tikkun olam, whether that means volunteering time, reducing our waste, or helping a loved one.



EVERYDAY CONNECTION

You don’t have to repair the world all by yourself, but just by repairing one thing that you notice is broken, you are contributing to creating a more perfect world.



WORKSHOP 4: TZEDAKAH – Justice and Charity RECIPE: CJA'S VEGAN WHITE BEAN SOUP



COOKING CONNECTION

Food justice is our response to those who have limited access to food or nutritious meals. When you deliver home-cooked healthy meals to a local rescue mission, food pantry, or shelter for people who are housing insecure you are helping to balance the scales of justice.



JEWISH CONNECTION

Tzedakah is usually translated as “charity,” but really comes from the root word “tzedek” meaning justice or righteousness. By thinking about tzedakah as a form of justice as well as charity, we recognize that it isn’t a choice but rather a Jewish obligation to help those in need.



EVERYDAY CONNECTION

Think about what you are passionate about personally and where you see inequity. Then consider how you may be able to use your specific skills and knowledge to guide your way towards more justice within that topic!



WORKSHOP 5: HAKARAT HATOV – Recognizing the Good RECIPE: CJA'S PUMPKIN SPICE CRANBERRY SCONES



COOKING CONNECTION

As Americans, we officially celebrate gratitude once a year at Thanksgiving, but we’re giving you a delicious and adaptable pumpkin recipe you may want to use all year long!



JEWISH CONNECTION

Recognizing the good can happen many times from the moment we get up, to the last words of the day. Expressing gratitude for everything we have is fundamental to the Jewish way of life.



EVERYDAY CONNECTION

Expressing gratitude keeps us grounded and humble and allows us to appreciate how truly fortunate we are-- To wake, to eat, to achieve, to be healthy, to love and to live a rich and rewarding life!



WORKSHOP 6: LIMUD TORAH – Torah Study RECIPE: CJA'S ROASTED CHICKPEAS & MEDITERRANEAN DIP



COOKING CONNECTION

While experimenting with new flavors or recipes can be really fun, there are some things we would be better off not experimenting with in the kitchen--particularly if we might get hurt!



JEWISH CONNECTION

Learning from others’ mistakes is one of the biggest reasons we read the Torah over and over again each year. The word Torah means guide - and it is meant to teach us how to improve ourselves and the world around us.



EVERYDAY CONNECTION

There are many lessons that we each have to learn for ourselves, but there are many, many more that we can learn from others.



WORKSHOP 7: BEING A MENSCH – Being A Good Person RECIPE: CJA'S KEY LIME PIE



COOKING CONNECTION

Integrity plays a huge role in cooking. Integrity of the act of cooking itself, good equipment, a clean workspace, and high-quality ingredients.



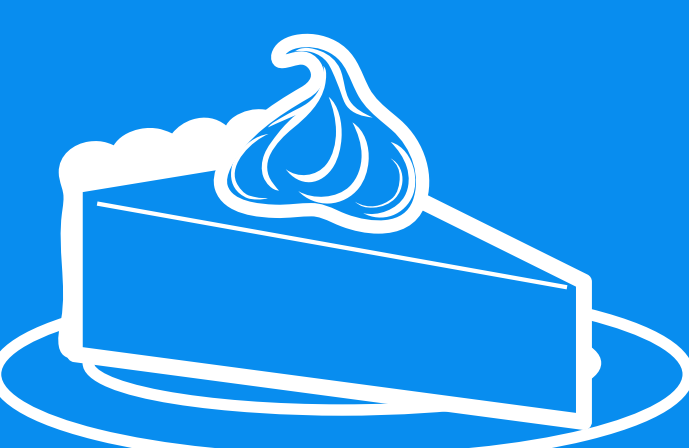
JEWISH CONNECTION

Being a mensch looks different for different people, but at its core, being a mensch is about a few simple things--doing the right thing, in the right way; supporting not only your friends but your whole community; and helping those who cannot help themselves.



EVERYDAY CONNECTION

Doing good, instead of just doing well, means acting with honor and integrity. We have to trust ourselves to make the right decision and to know the difference between right and wrong.



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