



ecojudaism

OUR FAITH IN THE PLANET

Kinder for the Climate Kiddush

For EcoShabbat 2023, we would like to persuade you to try something different – A kiddush that's kinder to the planet.

- Vegetarian and vegan options
- Sourcing ingredients locally, to reduce our carbon footprint
- Making snacks from scratch, to reduce packaging and save money
- Using leftovers creatively, to reduce food waste

eco 
shabbat

DIPS

- Green Bean Pate
- Chatzilim (Aubergine dip)
- Beetroot and Walnut Dip
- Egg and Onion Mayonnaise
- Hummus

NIBBLES

- Crudités
- *Crackers (consider Rakusen's vegan or gluten-free varieties)*
- *Pitta strips*
- *Crisps (consider non-potato vegetable varieties)*

SCRUMPTIOUS SAVOURIES

- Devilled Eggs
- Crispy Vegetable Balls
- Stuffed Dates
- Mushroom Pie
- Courgette Pakoras

SWEET TREATS

- Whiskey Bread Pudding
- No-Bake Chocolate Squares
- Pastry Pudding
- Chocolate Chip Cookies

DRINKS



This EcoShabbat, try saying no to fizzy drinks in plastic bottles! There is a cheaper and even more environmentally friendly option you could experiment with. Offer jugs of water with slices of lemon/lime/mint. Use cordials which are widely available in a variety of delicious flavours with just a small amount going a long way!

SET UP AND CLEAN UP

- Consider investing in easycare polyester tablecloths which can be washed over and over and dry super quickly
- Think about establishing a 3 month tablecloth washing rota with friends/volunteers from your shul.
- Swap to an [eco-washing-up liquid](#)
- Experiment with replacing foil and clingfilm with [beeswax and vegan zero-waste wraps](#)
- [Reduce the amount of plastic](#) you use. If you can't refuse, try to reuse
- Shop locally
- Avoid single-use plastic [disposables](#) - china and glass are always the best option
- [Buying food locally](#) and buying [seasonally](#) means less food miles, support for the local economy and farmers and regional variety
- Always remember to consider your leftovers, soups, dips, stews, salads and quiches are always a great way to use up leftovers for another meal.

See more at: ecojudaism.org.uk/ecoshabbat-set-up-clean-up

RECIPES

Green Bean Pate

Ingredients:

- 4 onions, finely chopped
- 4 celery sticks, finely chopped
- 120g non-dairy margarine e.g. Tomor (butter can be used)
- 8 hard-boiled eggs
- 680g green beans, finely diced and cooked
- Sea salt and freshly ground black pepper
- Oregano

Method:

1. Brown the chopped onion and celery in the margarine.
2. Mash the hard-boiled eggs.
3. Process together onion, eggs, celery, beans and seasonings.

Chatzilim (Aubergine dip)

Serves 8

Ingredients:

- 1 eggplant
- ½ onion, finely chopped
- Salt and pepper
- Juice of 1 lemon
- 2 tbs olive oil and/or mayonnaise

Method:

1. Roast eggplant in oven or place above an open flame. Allow to burn on all sides until soft.
2. Peel when cool. Mash pulp with fork until it is like a paste.
3. Add onion, salt, pepper and lemon juice.
4. Stir in 2 tbs mayonnaise or oil or 1 tbs of each.
5. Mix well.

To serve: Bowl of baby tomatoes, cucumber sticks etc.

Beetroot and Walnut Dip



Serves 4-6

Ingredients:

- 50g walnuts
- 1 tbs cumin seeds
- 15g bread, no crusts cut into chunks
- 200g cooked beetroot (not pickled), cut into chunks
- 1 tbs tahini
- 1 large crushed garlic
- Juice of 1 lemon
- A little olive oil
- Sea salt and freshly ground black pepper

Method:

1. Toast the walnuts for 5-7 minutes in oven – 180 degrees/gas mark 4.
2. Dry fry the cumin seeds, shaking the pan, until they start to darken (less than a minute). Crush them while warm with a pestle and mortar or spice grinder.
3. Process or blend the bread and walnuts till fine crumbs. Add beetroot, tahini, most of the garlic, cumin, juice of ½ lemon, ½ tbs oil, a little salt and pepper.
4. Blend till a thick paste. Adjust to taste by adding a little more cumin, garlic, lemon, salt and/or pepper and blend again. If necessary, add a dash more oil.
5. Keep in fridge till ready to serve. It will keep a few days.

Egg and Onion Mayonnaise

Ingredients:

- 24 eggs hard boiled
- 8 tbs mayonnaise
- 6 spring onions, finely sliced
- Salt and pepper

Method:

1. Peel eggs and mash them in a large bowl
2. Add mayonnaise and onion.
3. Season to taste.

Hummus

Serves 6-8 as a dip with crudités or crackers

Ingredients:

- 420g tin of chickpeas
- 3 cloves garlic, cut into cubes
- 4 tbs lemon juice
- 4 tbs tahini
- 8 tbs olive oil
- Sea salt

To serve: Paprika



Method:

1. Drain the chickpeas, reserving the liquid. Put the chickpeas into a food processor together with 8-10 tablespoons of the drained water, garlic, lemon juice, tahini and half the olive oil. Process until smooth as possible, adding a little more drained liquid if necessary. Season with sea salt and chill mixture.
2. To serve, spoon into a bowl, run a fork over the top. Trickle remaining olive oil over hummus and sprinkle it with paprika.

Crudités

Buy veg loose from your local greengrocer, as opposed to supermarkets which use vast amounts of unnecessary packaging. You will also be supporting a home-grown business at the same time!

Chop carrots, cucumbers and peppers and circle around home-made hummus.

Devilled Eggs

Ingredients:

- 5 eggs
- ¼ tsp favourite mustard
- 2 tbsp mayonnaise
- 1 pinch paprika (to taste)
- 1 tbsp chives, finely chopped
- Salt and pepper

Method:

1. Hard boil eggs. Run under cold water to chill.
2. Peel and slice eggs in half.
3. Scoop out yolks and place in bowl. Mix in mayonnaise, paprika and mustard. Taste and season with salt and pepper.
4. Place mixture into piping bag and pipe into empty whites.
5. Decorate with a dusting of paprika and some chopped chives.

Crispy Vegetable Balls

Ingredients:

- 2-3 medium-sized zucchini, grated
- 2 medium-sized carrot, grated
- 2 medium-sized potato, peeled and grated
- 1 tbsp garlic powder
- 1 cup cornflour
- 2 eggs
- Salt and pepper to season

OPTIONAL GARLIC SAUCE:

- ¼ cup chives, chopped
- 3 garlic, minced
- 1 cup Greek yogurt
- 1 tbsp lemon juice
- ½ tbsp lemon zest
- ½ tbsp olive oil
- Salt and pepper to season

Method:

1. In a bowl, grate carrot, zucchini, and potato. Let it rest for 5 minutes, then squeeze out all the excess water.
2. Combine all the grated vegetables and season with salt and pepper, garlic powder, egg, and cornflour. Mix well and form into 2-tablespoon balls.
3. Heat oil in a deep frying pan over medium heat. Place the vegetable balls into the hot oil and fry until they turn golden brown and crispy. It takes around 8-9 minutes. Fry in batches to avoid overcrowding the pan.
4. Once the vegetable balls are cooked to perfection, remove them from the oil using a slotted spoon and place them on a plate lined with paper towels to absorb any excess oil.

Stuffed Dates

Ingredients:

- 24 blanched almonds
- 24 (about 400g) fresh dates

Method:

1. Preheat oven to 180°C. Scatter the almonds over a baking tray. Bake in the oven for 6-8 minutes or until toasted. Set aside for 5 minutes to cool.
2. Use a small sharp knife to cut a slit in each date. Remove stones. Insert an almond in each date cavity. Arrange on a serving platter to serve.

Mushroom Pie

Ingredients:

- 600g mushrooms
- 375g non-dairy margarine e.g. Tomor (butter can be used)
- 3 small onions
- 75g fresh breadcrumbs
- 300g cream cheese or non-dairy equivalent
- 3 tsp lemon juice
- Pinch of nutmeg
- Salt and pepper

Method:

1. Finely chop mushrooms and onion in food processor.
2. Melt butter and fry vegetables until soft.
3. Make breadcrumbs in processor then add mushroom mixture to the bowl and process together.
4. Allow mixture to cool slightly, add cream cheese or non-dairy equivalent and seasonings and process until smooth.
5. Chill before serving.

Courgette Pakoras

Ingredients:

- 2 medium courgettes (about 500g), grated
- 1 red onion, grated
- 175g gram (chickpea) flour
- 1 red chilli finely chopped or ¼ tsp chilli powder
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground ginger
- ½ small bunch of coriander, finely chopped
- Sunflower oil

To serve: Mango chutney (optional)

Method:

1. Put all the ingredients, except the oil, in a bowl with $\frac{1}{2}$ tsp salt, and mix them all together well. The mixture should be sticky but not overly wet.
2. Fill a heavy based saucepan with third of oil and set over a medium heat. Test it is ready by dropping in a pinch of the pakora mixture. It should turn golden brown after 10-20 secs.
3. Drop tablespoons of the mixture into oil. Fry for about 2 mins before turning and cooking for a further 2-3 mins until golden brown, crisp and cooked through.
4. Drain on kitchen paper. Keep warm in a low oven while rest of batches are cooking.
5. Serve with chutney.



Whiskey Bread Pudding

Ingredients:

- 4-6 slices of challah (the staler the better)
- 1 egg
- 150 ml non-dairy milk
- A little sugar
- Some dried fruit
- Whiskey

Method:

1. Mix and beat egg, milk, sugar and a few tablespoons of whiskey.
2. Cut bread and spread the slices with marmalade (you may lightly butter it first).
3. Layer the bread in ovenproof dish with fruit, and make sure top layer is upside down.
4. Pour liquid over the bread and let it soak in. Sprinkle sugar for a crispy coating.
5. Bake half an hour in oven at 150 to 200 degrees.
6. Serve with another glass of whiskey.



No-Bake Chocolate Squares

Ingredients:

- 50g non-dairy margarine e.g Tomor (butter can be used)
- 125g plain chocolate, chopped
- 2 tablespoons golden syrup or honey
- 125g biscuits, crumbled (plus any nuts, chopped)
- 25g dates
- 25g desiccated coconut
- Half an orange

Method:

1. Melt the margarine and chocolate in a pan with the syrup (try melting it in a glass dish in the microwave and checking every 10 or so seconds).
2. Stir in biscuits, nuts, dates and coconut.
3. Spoon into a greased 15cm tin lined with baking paper.
4. Press down firmly, using the cut side of the orange. Leave to set (best overnight).
5. When set, leave out at room temperature for a couple of hours, then remove from tin and cut into small squares.

Pastry Pudding

Ingredients:

- Leftover pastries
- ½ pint of non-dairy milk
- 1 egg

Method:

1. Cut up left over donuts, hamentashen, danish, etc.
2. Mix half a pint of milk with an egg.
3. Pour over the cut-up pastries and leave to soak for half an hour.
4. Bake at 175 for 30 to 45 minutes.

Chocolate Chip Cookies



Makes 70

Ingredients:

- 300g non-dairy margarine e.g. Tomor (butter can be used)
- 300g brown sugar
- 4 small eggs
- A few drops of vanilla essence
- 600g self-raising flour
- A pinch of salt
- 400g plain chocolate, chopped OR 400g chocolate chips

Method:

1. Cream the margarine and sugar.
2. Beat in the egg and essence.
3. Stir in the flour, salt and chocolate.
4. Roll into walnut sized balls, flatten and place on baking parchment on trays.
5. Bake in a moderate oven 350 F or 180 C, gas mark 4 for about 10-15 minutes.

CREDITS

- *Courgette Pakoras adapted by Edinburgh Hebrew Congregation from "Be-Ro Home Recipes Cookbook"*
- *Stuffed Dates adapted by Edinburgh Hebrew Congregation from "Evelyn Rose's International Cookbook"*

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<https://www.barnetshul.com/leftovers>) for generously sharing their recipes for this resource.

Any products mentioned are suggestions to start your search. There are other great options available.