

SAY CHEESE! AND CELEBRATE SHAVUOT AND THE FEAST OF WEEKS WITH THESE DELICIOUS DAIRY RECIPES!



“I shall bring you up from your affliction of Egypt... to a land flowing with milk and honey.” Exodus 3:17

The connection between the redemption from Egypt, the revelation at Mt. Sinai (giving of the Torah/Commandments), and God’s vow to deliver the Israelites to the Promised Land, **a land flowing with milk and honey**, were all a part of God’s glorious plan.

Immediately after the exodus, God established the biblical practice known as **“Sefirat HaOmer-The Counting of the Omer”** (Leviticus 23:10-22). This commandment required the Israelites to bring an **“Omer”** which is a daily measurement of wheat to the Holy Temple, marking the 49 days between the second day of **Passover** and the holiday of **Shavuot** (often referred to as **Pentecost** by Christians). **Shavuot**, which literally means **Weeks**, occurs on the 50th day from the time the Israelites left Egypt, to the day of God’s Revelation and the giving of the **Torah** (Commandments) at Mt. Sinai. The **Omer Counting** has two aspects: One, to mark the start of the agricultural season which begins at **Passover**, and the final harvesting of the wheat at Shavuot time.

The second is spiritual in nature. Each day is used as a means of personal and communal preparedness prior to God’s Revelation at Sinai. The 49 days are steps of transformation and spiritual growth. Tradition teaches us that being made in “the image of God” means that we have been given **50 “Sefrot” divine attributes; aspects of divine consciousness and manifestations of divine light from God**. When the Israelites left Egypt, not only did they physically “journey” to get to Mt. Sinai, but each day was a step up, elevating themselves to receive the **Torah**. Counting **49 days/seven weeks** brought them to the 50th **Sefirah/realm**; ready to receive God’s Word.

Traditions associated with **Shavuot** include: reading the *Book of Ruth* (the Moabite princess that became Jewish and is the great grandmother of King David), decorating synagogues and homes with flowers and fruit celebrating the first fruit of the season and studying Torah/Scripture all night. A few delicious customs include eating dairy foods to remind us that no matter where we are in the world, Israel, *the Land Flowing with Milk and Honey* is waiting for us! Another reason is that a mother’s milk is the first food a baby receives. It is full of all the necessary nutrients, vitamins and love that sustains a child in infancy. So, too, does the Torah/God’s Word sustain each and every one of us!

Israel is blessed with wonderfully rich, creamy cheeses and milk. Two of our favorite cheese recipes are: Cheese Blintzes (a type of crepe) and heavenly Cheesecake. Try one, if not both!



COTTAGE CHEESE BLINTZES



Blintzes are one of the tastiest breakfast foods known to man. They combine crepes with a slightly sweet cheese filling, so what's not to like? Topped with a little honey, berries, or powdered sugar, they're all at once crispy and sweet and creamy and soft. They may be simple, but they're simply delicious.

"Blintzes" is the Yiddish name for these little filled pancakes, but they're known by many others. They originally hail from Central Europe – think Hungary, Slovakia, Poland – but they gained popularity throughout the rest of Europe around the turn of the 19th century.

COTTAGE CHEESE BLINTZES

By KRISTY NORRELL

<https://12tomatoes.com/cottage-cheese-blintzes>



PREP: 30 Mins
COOK: 6 Minutes Each
TOTAL: 30 Mins
SERVINGS: 4-6 Servings
YIELD: 4-6 Servings

STEPS TO MAKE IT

- 1** In a medium bowl, mix together the 3 eggs, 1 cup milk, melted butter, flour, and salt until well combined.
- 2** Coat the bottom of a small pan with oil or butter and heat over medium-high heat. Spoon a few tablespoons of batter into the pan and tilt and rotate so that batter coats the entire bottom. Cook until golden brown on the bottom, and the center of the top is dry to the touch, about 2 minutes. Set cooked crepes aside, separated by wax or parchment paper.
- 3** In a medium bowl, mix together the cottage cheese, 2 eggs, sugar, vanilla, and salt until well combined.
- 4** To fill crepes, place browned side up on a work surface and spoon 2 tablespoons of filling near the edge closest to you. Roll the crepe around the filling, folding in ends as you go.
- 5** Melt 2 tablespoons butter in the pan over medium-low heat and place rolled blintzes back in skillet. Pan fry until golden brown on each side, about 2 minutes per side. Serve with berries or powdered sugar. Enjoy!

INGREDIENTS

3 eggs
1 cup milk
3/4 cup all-purpose flour
2 tablespoons butter, melted
1/2 teaspoon salt
Butter, as needed, for cooking
For the filling:
2 containers (16 oz each) cottage cheese, drained
2 eggs
1/4 cup granulated sugar
2 teaspoons vanilla extract
1/2 teaspoon salt

PHILADELPHIA New York-Style Sour Cream-Topped Cheesecake



PHILADELPHIA New York-Style Sour Cream-Topped Cheesecake

By KRAFT HEINZ

<https://www.myfoodandfamily.com/recipe/104996/philadelphia-new-york-style-sour-cream-topped-cheesecake>



PREP: 15 Mins
COOK: 4 hours 50 Minutes
TOTAL: 5 Hours 5 Mins
SERVINGS: 16 Servings
YIELD: 16 Servings

STEPS TO MAKE IT

- 1** Heat oven to 325°F.
- 2** Line 13x9-inch pan with foil, with ends of foil extending over sides. Combine graham crumbs, butter and 2 Tbsp. sugar; press onto bottom of prepared pan.
- 3** Beat cream cheese, 1 cup of the remaining sugar and 1 tsp. vanilla in large bowl with mixer until blended. Add 1 cup sour cream; mix well. Add eggs, 1 at a time, beating on low speed after each just until blended. Pour over crust.
- 4** Bake 40 min. or until center is almost set. Mix 1/4 cup of the remaining sugar, remaining sour cream and remaining vanilla until blended; carefully spread over cheesecake. Bake 10 min. Cool completely. Refrigerate 3 hours.
- 5** Use foil handles to lift cheesecake from pan before cutting to serve. Toss blackberries with remaining sugar; spoon over cheesecake.

INGREDIENTS

1/2 cups graham cracker crumbs
1/4 cup butter, melted
1-1/2 cups sugar, divided
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
2 tsp. vanilla, divided
1 container (16 oz.) sour cream, divided
4 eggs
2 cups fresh blackberries



For more than 80 years, Emunah Israel has helped transform the lives of those that have found themselves impoverished and destitute, often unsure where their next meal would come from, or where they could live in safety. Whether refugees from war and the Holocaust, persecution from anti-semitism or, a victim of domestic violence, Emunah has helped hundreds of thousands of individuals transform their lives through the power of love, healing and prayer.

EMUNAH is one of Israel's leading social service and humanitarian aid NGO's. Established in 1935 to provide emergency housing and care for Jewish refugee children from Europe and Arab countries, **EMUNAH** has grown into a diverse network of over 160 programs including: child care centers; residential youth villages and homes; schools; trauma counseling centers and, family advocacy services. **EMUNAH** is the proud recipient of the "Israel Prize" awarded by the Israel Government in recognition for our "Impact on the people and society of Israel."