



Gratz Insider, October 2014 - Story Continuation

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The Gratz Gourmet

Rabbi Targan has a lot on her plate. She co-founded the Women's Midrash Institute; performs weddings, baby namings and funerals; serves as a national speaker for the The Jewish Federations of North America; teaches adult education courses at Gratz; and - in her spare time - dabbles in the kitchen.

In some of her lectures and discussion groups, Rabbi Targan uses food as a metaphor to stimulate introspection on deeper issues. "The real essence," she says, "is to ask the question what ingredients are needed in our lives to be engaged 'Jewishly.' What feeds the soul for a happy and meaningful life?"

She also considers the topic of food from a text-based perspective. Through her research, she knows that the Bible and its commentary are peppered with references to food - from the Adam and Eve story to discussions of *kashrut*, from holiday food preparation rules to rabbinical theories on the healing power of certain foods.

However, there is one verse that has particular resonance for Rabbi Targan. It is part of Leviticus 25:23, which states that "the land [is] Mine; for ye [are] strangers and sojourners with Me." She quotes this verse to her students to emphasize that we are dependent on G-d for nourishment. G-d created the land and its vegetation prior to creating human beings, and it is the land that will continue to nourish future generations long after we are gone.

With that spirit in mind, Rabbi Targan shares with us her salad recipe below, made with fresh ingredients that are mentioned in the Bible and eaten in Israel. Enjoy!

Pomegranate Power Salad

Mixed greens

1 cup sliced grapes

1 cup chopped figs

1 cup candied walnuts

Crumbled goat cheese

1 cup pomegranate seeds

1 cup plain light Greek yogurt

¼ cup honey

1. Combine greens, grapes, figs, candied walnuts and goat cheese.
2. In a separate bowl, whisk together yogurt, honey and pomegranate seeds.
3. Toss and serve.