

A COLLECTION OF SHABBOS MENUS & RECIPES

Brought to you by

The Chatzos
Community
Initiative



Chatzos Shabbos: What & Why?

The Challenge

Across communities, countless individuals and families experience unnecessary stress and anxiety each week as they prepare for Shabbos. Too many essential tasks are saved for Friday, a short, pressured day that rarely offers enough time. As the clock ticks toward candle lighting, calm gives way to chaos, leaving many feeling overwhelmed instead of uplifted.

This strain touches everyone in the household. Adults feel stretched thin. Children sense tension. Over time, this can lead to resentment toward Shabbos, household discord, chronic stress, and a diminished sense of spiritual joy.

When the atmosphere of the home is tense, everyone picks up on it and pays the price.

The Solution

Gift of Chatzos offers a supportive, practical, and spiritually grounded shift: spreading Shabbos preparation throughout the week so that frantic Fridays become calm Erev Shabbos.

We educate and support individuals and families in:

- Making small, sustainable adjustments to weekly routines.
- Shifting practical tasks like shopping, prepping, cooking, etc... to earlier in the week.
- Reducing perfectionism and material pressures around Shabbos.
- Creating space for presence, connection, and love of Shabbos.

Through educational resources and outreach programs, we guide people in bringing in Shabbos peacefully, with excitement and joy.

(See "Rabbinic sources" on our site for the bracha and merit of working toward chatzos Shabbos)



What do Chatzosers Say?

"No more last minute chaos in my house. Preparing for Shabbos by Chatzos gives you a certain attitude and approach that spills over to all of the holidays – yes, even Pesach!"

– **A. J. Teaneck**

"After October 7, I made the decision to close the offices at Chatzos on Fridays. We saw so clearly how Shabbos protected a lot of communities and individuals, and we've seen that anything we've done with kedusha has positively impacted business."

– **B. H. Lakewood**

"Very grateful to be feeling so peaceful going into Shabbos – and I'm heading to the gym shortly! I love remembering when I couldn't even imagine having time for that on Fridays."

-- **J. P. California**

"I went into Shabbos more relaxed because my wife wasn't stressed out. And I got my head out of work because I made a hefsek, which allowed me to feel more in touch with Shabbos coming."

--- **Y.G. Chicago**

"Last week was our first time aiming to be ready by chatzos. I stopped cooking and had time to tidy up the kitchen in a relaxed way. When the children came home from school we were all calm and had fun looking at their projects. It was great – I want to do it again!"

-- **E. C. Tzefas**

"My husband used to dash from the shower to shul moments before shkiya every Friday. Now most weeks he is sitting and learning, ready for Shabbos, long before licht benching. Thank you for empowering me and my family to reinvent Shabbos prep, which extended to Pesach as well."

-- **S.F. Philadelphia**

"I always loved Shabbos, but dreaded the prep. Three things changed once I joined Gift of Chatzos: 1) I feel a stronger sense of purpose because I'm choosing to focus on peace, 2) the stress is gone when you do it in small "bites" throughout the week, and 3) my mindset has shifted to be able to cut down my to do list without feeling like I should be doing more."

--- **R.L.W. Houston**

"I started trying to be ready for chatzos last February and had in mind that I'm doing it in the zchus for a family member waiting for a baby. Three weeks later, I found out that I myself am pregnant bh, and I just had a baby boy. He is my chatzos baby!!"

-- **R.K. England**

Where do Chatzosers Live?



Programs & Partnerships

Chatzos Community Initiative

3-week program of lasting change! In partnership with the Worldwide Shabbos Project.

Learn more at cci.giftofchatzos.org

The Neshama Partnership

Coming soon!

Gift of Chatzos Fireside Chats

Interview & discussion with Sarah Faygie Berkowitz, founder and director of GOC.

Email giftofchatzos@gmail.com to bring the chatzos Shabbos fireside chat to your city!

Kedushas Shabbos

A project of Agudas Yisroel.

Sign up at: kedushasshabbos.com/womens-learning-program/

Shabbos Meal Shadchan

Matching hosts and guests for Shabbos and holiday meals. SMS App coming soon!

Whatsapp 678.429.6664 to start this initiative in your city.

Ezras Nashim App

A project of Just One Chased

Daily women's app with beautiful reminders, task lists, and spiritually minded organizational tools.

ezrasnashim.app/

Worldwide Women's Whatsapp Group

Inspiring and motivational chat with women around the world! Subgroup for food and recipe sharing.

Sign up at giftofchatzos.org.

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Please note: These recipes were reviewed, but have not been tested – cook at your own discretion! 😊

You can find tried-and-true recipes on our site!



Classic Comfort Shabbos

Recipes

Chicken Noodle Soup

Servings: 8

INGREDIENTS

2 lb chicken bones or backs
(or leftover roasted bones)
4 carrots, sliced
4 celery stalks, sliced
1 onion, diced
2 cloves garlic
Salt & pepper, to taste
6–8 oz egg noodles (add
later)

DIRECTIONS

1. Simmer chicken, vegetables, garlic, salt & pepper in water for 1½–2 hours.
2. Strain or leave chunky, adjust seasoning.
3. Add noodles and cook in the soup pot, or separately to avoid soaking up all the broth! (if you do plan to cook them in the soup, add extra water to the soup first)

Herb-Roasted Chicken

Servings: 8

INGREDIENTS

2 whole chickens (about 4–
4½ lb each), cut into parts
3 Tbsp olive oil
2 tsp kosher salt
1 tsp black pepper
2 tsp garlic powder
2 tsp paprika
1 tsp dried thyme or
rosemary

DIRECTIONS

1. Coat chicken with oil and all seasonings.
2. Arrange skin-side up in roasting pans.
3. Roast uncovered at 400°F (205°C) for ~75–90 minutes, until golden and cooked through.
4. Can be roasted Thursday and reheated on low on Friday afternoon.

Classic Comfort Shabbos

Recipes

Simple Green Salad

Servings: 6-8

INGREDIENTS

2 romaine heads, chopped
2 cucumbers, sliced
2 tomatoes, chopped
1 avocado, cubed
¼ red onion, thinly sliced
Dressing:
1 tsp olive oil
1 tsp lemon juice
salt, pepper, and garlic to taste

DIRECTIONS

1. Assemble Friday; add avocado and dress with oil and seasoning right before serving.

Honey-Roasted Carrots & Parsnips

Servings: 8

INGREDIENTS

1½ lb carrots, peeled & sliced
1½ lb parsnips, peeled & sliced
3 Tbsp olive oil
2 Tbsp honey
Salt & pepper

DIRECTIONS

1. Toss everything together. Spread onto parchment lined baking pan.
2. Roast at 400°F for 35-45 minutes, turning once.

Classic Comfort Shabbos

Recipes

Roasted Baby Potatoes

Servings: 8

INGREDIENTS

3 lb baby potatoes, halved
3 Tbsp olive oil
2 tsp kosher salt
1 tsp garlic powder
Optional: paprika or
rosemary

DIRECTIONS

1. Toss well.
2. Roast at 425°F for 45–55 minutes until crispy.

Chocolate Babka

Servings: 10

INGREDIENTS

Babka Dough:

- 2 cups flour
- 1 egg
- 2 tsp fast-acting yeast
- 1 Tbsp butter cut into small pieces
- 2 Tbsp granulated sugar
- 1/2 tsp salt
- 3/4 cup milk
- 1/2 tsp olive oil

Chocolate Filling:

- 1/2 cup chocolate chips
- 2 Tbsp cocoa powder
- 1/3 cup butter
- 1/3 cup powdered sugar sieved

Sugar Syrup:

- 1/2 cup water
- 1/2 cup granulated sugar

DIRECTIONS

1. Combine the dough ingredients
2. Set aside to rise for 2 hours
3. Combine the filling ingredients
4. After 2 hours, roll the dough flat. Spread the chocolate filling over the dough
5. Roll the dough into a log and refrigerate for 15 minutes.
6. Cut the log in half lengthwise and twist the 2 parts to form a braid
7. Set aside to rise for 30 minutes
8. Bake in a loaf pan at 350°F for 30 minutes
9. Brush the sugar syrup over the babka while warm

Calm & Cozy Winter Shabbos

Recipes

Vegetable Barley Soup

Servings: 8

INGREDIENTS

1 cup barley
2 carrots, diced
2 celery stalks, diced
1 onion, diced
2 cloves garlic
Salt & pepper

DIRECTIONS

1. Simmer everything together in 4-6 cups water or broth for 1½ hours.
2. Add water, if needed; taste and season, if needed.
3. Freezes beautifully!

Slow-Braised Brisket with Onions

Servings: 10

INGREDIENTS

5-6 lb brisket
4 large onions, sliced
4 cloves garlic, sliced
¼ cup oil
Salt & pepper
1½ cups vegetable broth or
seasoned water

DIRECTIONS

1. Season brisket generously with salt & pepper.
2. Sear in a large roasting pan or pot.
3. Layer onions and garlic on top, add liquid.
4. Cover tightly and cook at 300°F for 3½-4 hours.
5. Cool, slice, and reheat in sauce.

Calm & Cozy Winter Shabbos

Recipes

Asian Coleslaw

Servings: 8

INGREDIENTS

1 bag coleslaw mix (or shredded cabbage & carrots)
3 Tbsp oil
2 Tbsp rice vinegar or apple cider vinegar
1 Tbsp sugar or honey
1 tsp soy sauce
scallions, sliced (optional)
toasted sesame seeds

DIRECTIONS

1. Put coleslaw into a large bowl.
2. Whisk dressing ingredients together and pour over coleslaw.
3. Add scallions and sesame seeds right before serving.

Garlicky Baby Carrots

Servings: 8

INGREDIENTS

2 lb baby carrots
3 Tbsp olive oil
3 cloves garlic, minced
Salt, to taste

DIRECTIONS

1. Roast at 400°F for 30–35 minutes until tender and lightly caramelized.

Calm & Cozy Winter Shabbos

Recipes

Potato Kugel or Mashed Potatoes

Servings: 12

INGREDIENTS

Potato Kugel:

8 medium potatoes, grated
1 onion, grated
6 eggs
3/4 cup oil
1 Tbsp salt

Mashed Potatoes:

4 lb potatoes, cooked
salt & pepper, to taste
½ cup soy or almond milk

DIRECTIONS

1. Mix together all ingredients as quickly as possible so potatoes don't turn brown. Pour into a 9x13 pan.
 2. Bake at 375°F for ~1 hour.
-
1. Mash potatoes, and add a drizzle of pareve milk to make it creamier. Season with salt and pepper. You can also add a cup of fried onions.

Cranberry Pear Crisp

Servings: 6

INGREDIENTS

4 pears, sliced
1½ cups cranberries (fresh or frozen)
½ cup sugar

Topping:

1 cup oats
½ cup flour
½ cup brown sugar
½ cup oil

DIRECTIONS

1. Toss fruit with sugar. Place in baking pan.
2. Mix topping and sprinkle on top.
3. Bake at 350°F for 45–50 minutes.

Lighter & Fresh Shabbos

Recipes

Red Lentil & Sweet Potato Soup

Servings: 8

INGREDIENTS

1½ cups red lentils, rinsed
2 medium sweet potatoes,
peeled & diced
1 onion, diced
2 cloves garlic
Salt, pepper
Optional: cumin or paprika

DIRECTIONS

1. Simmer everything in water or broth for ~35 minutes.
2. Blend partially or fully if desired.
3. Adjust seasoning.

Baked Salmon with Lemon & Dill

Servings: 8

INGREDIENTS

3–3½ lb salmon fillet
3 Tbsp olive oil
Zest + juice of 1 lemon
2 Tbsp fresh dill, chopped
Salt & pepper

DIRECTIONS

1. Place salmon on lined pan, skin-side down.
2. Mix oil, lemon, dill, salt & pepper; spread over fish.
3. Bake at 400°F for 15–18 minutes until just cooked.
4. Can be baked Thursday and served room temp or gently rewarmed.

Lighter & Fresh Shabbos

Recipes

Chopped Israeli-Style Salad

Servings: 8

INGREDIENTS

4 cucumbers, finely diced
4 tomatoes, finely diced
½ cup parsley, chopped
Olive oil, lemon juice, salt

DIRECTIONS

1. Mix all ingredients. Drizzle with oil, lemon juice, salt, and pepper.

Roasted Green Beans

Servings: 8

INGREDIENTS

2 lb green beans, trimmed
2 Tbsp olive oil
Salt & pepper

DIRECTIONS

1. Coat green beans with oil and spices and spread out on parchment lined baking sheet.
2. Roast at 425°F for 15-20 minutes, depending how well done you like them.

Lighter & Fresh Shabbos

Recipes

Quinoa Salad

Servings: 6

INGREDIENTS

1½ cups quinoa
⅓ cup dried cranberries
⅓ cup chopped nuts
(walnuts or pecans)
½ cup pomegranate arils
1 shallot, thinly sliced
Olive oil, salt

DIRECTIONS

1. Cook quinoa in 3 cups water. Bring to a boil, and then lower heat and cook until water evaporates – about 15 minutes.
2. Sauté shallot in oil until golden.
3. Fold everything together gently.

Apple Plum Compote

Servings: 8

INGREDIENTS

4 apples, peeled & sliced
4 plums, pitted & sliced
¼ cup sugar
Splash of water

DIRECTIONS

1. Simmer covered 20–25 minutes until soft.

The Go-To Shabbos

Recipes

Tomato Vegetable Soup

Servings: 10

INGREDIENTS

1 large can crushed
tomatoes
2 carrots, diced
2 celery stalks, diced
1 onion, diced
Salt & pepper to taste

DIRECTIONS

1. Add all ingredients to a large pot. Add water to cover.
2. Bring to a boil, and then simmer for 45 minutes to an hour. Blend if desired.

Oven-Baked Chicken Cutlets

Servings: 6-8

INGREDIENTS

3 lb chicken cutlets
 $\frac{3}{4}$ cup breadcrumbs or
panko
2 eggs
Salt, pepper
Oil spray or drizzle

DIRECTIONS

1. Dip cutlets in egg, then crumbs mixed with salt and pepper. Place onto parchment lined baking sheet. Spray or drizzle with oil.
2. Bake at 375°F for 18–20 minutes, flipping once. Be careful not to overbake or the cutlets will be dry. Check inside to see if it's white after 18 minutes by cutting largest cutlet in half.

The Go-To Shabbos

Recipes

Corn, Black Bean & Bell Pepper Salad

Servings: 6

INGREDIENTS

2 cups corn (frozen or
canned)
1 can black beans, rinsed
1 red bell pepper, diced
Olive oil, lemon juice or
vinegar
salt & pepper, to taste

DIRECTIONS

1. Toss all ingredients together and chill.

Roasted Broccoli

Servings: 8

INGREDIENTS

2 bags frozen broccoli
d of olive oil
seasoned salt (Trader Joe's
Green Goddess is great!)

DIRECTIONS

1. Spread frozen florets on a parchment lined
baking sheet.
2. Drizzle with oil and seasonings. Roast at
425°F for 15 minutes, or until desired
doneness is reached.

The Go-To Shabbos

Recipes

Rice with Peas & Dill

Servings: 8

INGREDIENTS

2 cups rice, cooked to yield
about 5-6 cups
1 cup frozen peas
2 Tbsp chopped dill
Salt & pepper, to taste.

DIRECTIONS

1. Stir peas and dill into hot rice. Season with salt and pepper.

Peppermint Brownies

Servings: 12

INGREDIENTS

2 cups sugar
1 cup vegetable oil
2 tsp vanilla extract
4 eggs
1 cup all-purpose flour
 $\frac{2}{3}$ cup unsweetened cocoa
powder
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ cup chocolate chips
3 tablespoons peppermint
crunch or crushed candy canes

DIRECTIONS

1. Combine the brownie ingredients (leaving out the chocolate chips and the peppermint crunch)
2. Pour the batter into an 8" square pan lined with parchment paper. Top with the chocolate chips and peppermint crunch.
3. Bake at 350°F for 25 - 35 minutes, depending if you like them fudgy or more firm.

Elevated but Familiar Shabbos

Recipes

Mushroom Barley Soup

Servings: 10

INGREDIENTS

1 cup barley
12 oz mushrooms, sliced
1 onion, diced
2 cloves garlic
3 carrots, sliced
3 stalks celery, sliced
Salt & pepper to taste

DIRECTIONS

1. Put all ingredients in large pot, add 4-5 cups water and bring to a boil. Simmer for 1½ - 2 hours until veggies and barley are soft. You can also use a tablespoon or two of consommé instead of salt and pepper.

Grilled Chicken with Ginger Lime Marinade

INGREDIENTS

3½-4 lb chicken (cutlets or thighs)
¼ cup oil
Juice of 2 limes
2 Tbsp grated fresh ginger
2 cloves garlic
Salt

DIRECTIONS

Servings: 8

1. Mix together oil, lime juice, ginger, garlic, and salt. Place cutlets in a bag and add marinade.
2. Marinate overnight or at least 4 hours.
3. Grill or bake at 375°F for 18 - 20 minutes or until cooked through.

Do not overbake! Cut open the largest piece to check if there's any pink left at the shorter baking time.

Elevated but Familiar Shabbos

Recipes

Spinach Salad

Servings: 6

INGREDIENTS

6 oz bag baby spinach,
checked
Strawberries and mango,
sliced thin
Simple vinaigrette
candied pecans, optional

DIRECTIONS

1. Toss spinach with strawberries and apples or mango.
2. Add vinaigrette and pecans right before serving.

Roasted Zucchini & Squash

Servings: 6

INGREDIENTS

2 zucchini
2 yellow squash
2 red onions
Olive oil
salt, pepper, garlic and
onion powder

DIRECTIONS

1. Slice zucchini, squash and onions. Lay on parchment paper baking sheet in single layer. Season with olive oil, salt, pepper, garlic and onion powder.
2. Roast at 425°F for 30 minutes.

Elevated but Familiar Shabbos

Recipes

Quinoa Salad II

Servings: 8

INGREDIENTS

1½ cups quinoa, cooked
1 can black beans
2 sweet potatoes, cubed
and roasted
3 Tbsp olive oil
seasonings
pareve feta, optional

DIRECTIONS

1. Cook quinoa by mixing it with 3 c. water. Bring to a boil, and then simmer on low until water evaporates, about 10-15 minutes.
 2. Mix with remaining ingredients and season with salt, pepper, garlic, and dried herbs.
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Lemon Pistachio Bundt

Servings: 14

INGREDIENTS

4 large eggs
¾ cup granulated sugar
1 cup olive oil
¾ cup fresh lemon juice
¾ cup water
2 cups all-purpose flour
1 package vanilla instant pudding
1 Tbsp baking powder
1 cup crushed pistachios
Zest of one lemon

Lemon Icing:

1 ½ cups powdered sugar
¼ cup fresh lemon juice
Extra crushed pistachios
Lemon zest

DIRECTIONS

1. Combine the cake ingredients, and pour into a sprayed and floured bundt pan.
2. Bake at 350°F for about an hour or until set.
3. When cake is cooled, drizzle the icing over it, and sprinkle with pistachios.