

the Shabbos



project of

JOI
a program of
Aish of the Rockies

Shabbat Box Crate



Shabbat Box
& Challah Making

Watch our
VIDEO
TUTORIAL

Scan this code



GO TO:
JIY.family



What's Included:

stickers & gems



JOI of Shabbat book*



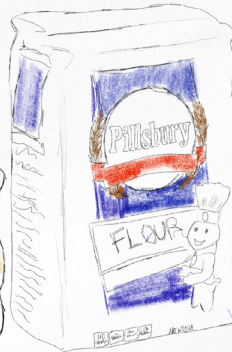
grape juice & tea lights



honey



flour



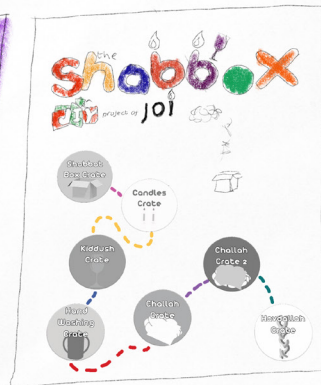
salt



challah recipe card



The Shabbat Box book



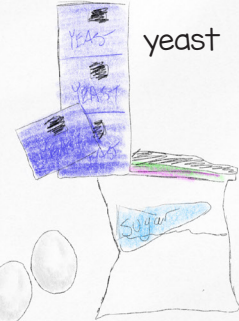
The Shabbox crate chart



water colors



oil

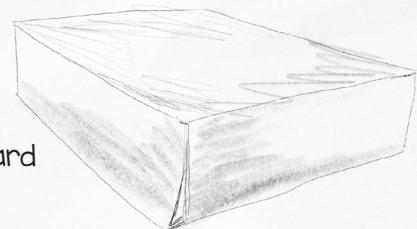


yeast



eggs

sugar



cardboard box

You'll also need:

small bowl



large bowl



measuring cup



water



Optional: Extra sugar, flour and an egg for an egg wash and crumb topping

Scan this code

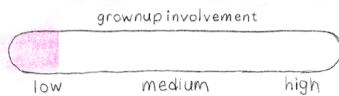
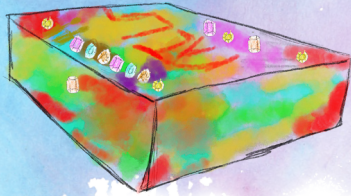


*The JOI of Shabbat book has information all about Shabbat as well as all your favorite songs and prayers we sing at JOI Shabbat programs.

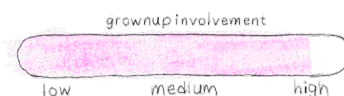
For more resources, to hear audio versions of the blessings and songs and to download or purchase copies visit joidenver.com/shabbat or scan the QR code.

In this crate...

Shabbat Box



Challah Baking



Get Ready For Shabbat!

This week we learn about the importance of getting ready for Shabbat. The sages would spend all week preparing for Shabbat so that every day would be special. Whenever they saw something delicious instead of eating it, they would save it for Shabbat. If they found something even better later in the week they would eat the previous thing and save the better one for Shabbat.

The Talmud (Shabbat 119a) tells us the story of a great sage who loved Shabbat so much they called him Yosef Moker Shabbat (Yosef who cherishes Shabbat.) There was a very wealthy man in his city. The astrologers said to the wealthy man that all of his property will be taken by a rabbi.

Being paranoid, he went and sold all of his property, and with the money he received he bought a brilliant gem and sewed it into his hat so that all of his wealth would be with him at all times. One day, as he was

crossing a river, a strong gust of wind blew his hat and cast it into the water where it was swallowed by a big fish.

The fish was later caught and removed from the water and brought to shore right before nightfall on Friday evening.

It was so close to Shabbat so he couldn't find anyone to buy the large fish because everyone already had the food they needed for their special Shabbat dinners. The townspeople said to the fishermen: Go bring it to Yosef Moker Shabbat, as he regularly purchases delicacies in honor of Shabbat. They brought it to him and he was so excited to buy it. When he cut the fish open he found the magnificent gem inside. He sold it for a huge sum of money. An elderly man saw him and said: One who lends to Shabbat, Shabbat repays him.

We learn from this story how important it is to prepare for Shabbat to show how much we love it! This week we will prepare for Shabbat by making a beautiful Shabbat Box and delicious challah.



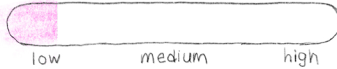
Shabbat Box

You will need:



messiness

grownup involvement



low

medium

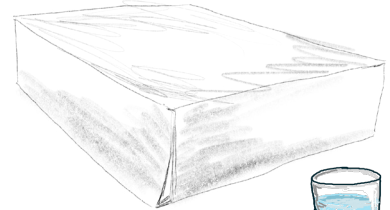
high



stickers
& gems



water
colors



cardboard
box



water

STEP 1

Remove all items from the box being especially careful with fragile items like eggs.



STEP 2

Close box again, placing center flap inside and set down on a table.



STEP 3

Dip paintbrush in water and wipe the sides of the brush against the cup.



STEP 4

Rub the brush on your desired color and begin painting. Make sure to clean the brush between colors.



STEP 5

Paint your masterpiece!
Feel free to use your own markers to outline if you'd like.



STEP 6

Wait for the paint to fully dry before applying stickers and gems.



Advanced Techniques

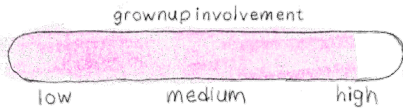
You can control the shade of any color by adjusting the amount of water on your brush. If you want a very light shade, saturate your brush in water and barely touch the brush's tip to the paint. For dark tones, blot the water off your brush with a paper towel before dipping in paint.

Create a gradient by mixing two separate colors side by side. Make sure to use colors that are close together on the color wheel like green and yellow, blue and purple, red and orange, or blue and green.

Using green and yellow as an example, start painting your strip of color using pure yellow paint. Clean your brush. Pick up just a little bit of green paint and mix it into your yellow mixture. Pick up where you left off on your first brushstrokes. The transition from yellow to a slightly greener yellow should be soft and subtle. Try to avoid harsh changes in tone so the gradient doesn't look choppy.

Little by little, keep adding a bit more green to your original yellow mix. By the end of this paint strip, your original mix should completely transformed into pure green and you'll have a beautiful gradient of color!

Challah Dough (part 1)

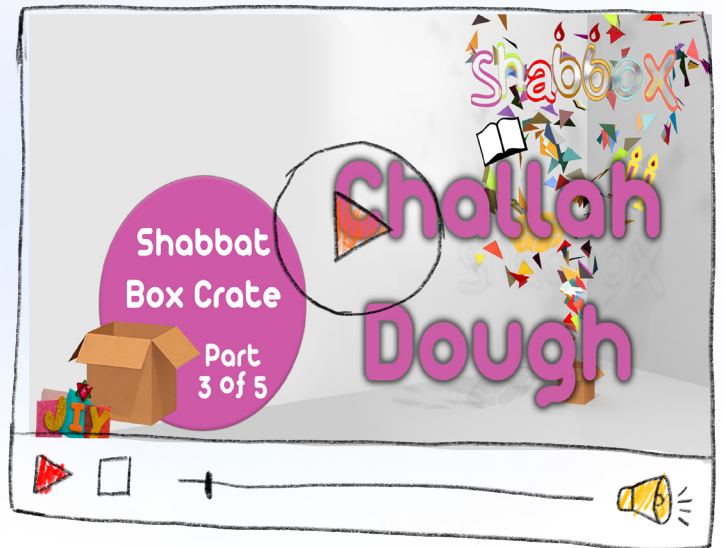


You will need:



Watch our
VIDEO
TUTORIAL

Scan this code



STEP 1

Open yeast packets and pour yeast and sugar into a small bowl with 4 cups of warm water. Set aside.



STEP 2

Place flour, honey, salt and eggs in a large mixing bowl.



STEP 3

Measure 1 1/2 cups of oil and add to the large bowl.

STEP 4

Add proven yeast from the small bowl and scrape the sides into the large bowl.



STEP 5

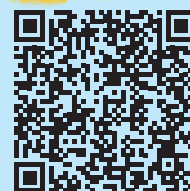
Mix and then knead all ingredients together. When the ingredients form a dough and are thoroughly combined, place the covered bowl in a warm place to rise from 30 minutes to 3 hours.



Separating Challah (part 2)

Watch our
VIDEO
TUTORIAL

Scan this code



What makes 'challah' challah? It isn't the shape or recipe! Challah technically isn't even the bread we eat, its the part we separate. Learn all about this mitzvah with our video tutorial (scan the QR code above)

Once dough is finished rising, recite the blessing below. Then a small amount of dough is separated from the rest. This dough should be wrapped in piece of foil, burned in the oven and then discarded. It should not be eaten. This separation is only done with a blessing when making the full 5lb recipe.

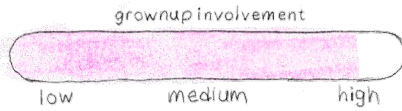
Blessing:

Baruch ata Ado-nai, Elo-heinu
melech ha-olam, asher kideshanu
be-mitzvosav ve-tzivanu lehafrish
challah min ha-isah.

You Ado-nai are the Source of
all blessing, Sovereign of the
world, Who made us holy with His
commandments and commanded us
to separate challah from the dough.

Braiding Challah (part 3)

Check out the video tutorial to learn how to make a traditional 6 braid challah!



Watch our
VIDEO
TUTORIAL

Scan this code



STEP 1

Divide the dough into 3 equal pieces. Roll each of the pieces into ropes and pinch them together on top.



STEP 2

Cross the left section over the middle section. The left section is now in the middle. What used to be the middle section is now on the left.



STEP 3

Cross the right section over the new middle section. The right section is now the middle section. Continue alternating right and left sides.



STEP 4

Place challah on greased pan and let rise again. After it rises, bake at 350 for 28-32 minutes. If you'd like you can brush with an egg wash and top your challah with sprinkles or Sarah's special crumb topping right before baking. See video for details.