



by Chef Shelley Nachum

As the High Holy Days of Rosh Hashanah and Yom Kippur approach, it's a reminder of the end of summer, back to school, and the onset of another new year for Jews around the world.

With these holidays and new season come not only an abundance of certain foods, but also traditions and rituals found in these foods. Typically, sweet foods are eaten to symbolize the sweetness we hope for in the new year ahead.

There are three meals surrounding these two holidays. A large meal is had at sundown the evening before Rosh Hashanah. A small, light meal is had the evening before Yom Kippur to prepare for the day's fast on Yom Kippur. Then a large meal is had after sundown on Yom Kippur to break the fast.

Eating gluten free for the holidays does not have to be a stressful time full of anxiety. If you're the host, check with your guests to see if anyone has allergies/restrictions. If you're the guest, inform your host ahead of time that you have allergies/restrictions. Communication is key so that everyone can celebrate and enjoy the holiday meal(s) with ease.

So what are the traditional holiday foods for Rosh Hashanah/ Yom Kippur that are incorporated into the meals? Apples, honey, pomegranates, carrots, and dried fruits are all enjoyed in the celebration of the New Year.

Apples refer back to the Garden of Eden. Honey symbolizes wealth and good fortune. Pomegranates are said to contain 613 seeds, which symbolize the 613 commandments Jews pledge to practice in the year to come. Carrot "coins" represent money.

The above are all gluten free. However, other traditional foods such as, (round) challah, kugel, honey cake, and other desserts are made with flour and are not gluten free. Therefore there are two options: avoid them completely or make them gluten free.

If you Google "gluten free Rosh Hashanah," you will find a wealth of gluten free recipes for the holidays.

Everything is at your fingertips to make cooking for and celebrating the High Holy Days easy and delicious. 📌



APPLE, FIG, AND HONEY TART (serves 10-12)

Courtesy Sarah Hahn, glutenfreecowgirl.com

You'll need a nonstick 10" tart pan; or butter a regular pan and dust with gluten-free all-purpose flour like Cup4Cup.

CRUST

2 cups walnuts

1/4 teaspoon fine sea salt

2 tablespoons sugar

2 tablespoons cold salted butter, cut into chunks

TOPPING

3 sweet apples, such as Golden Delicious or Fuji, peeled, cored, and thinly sliced

1 1/2 tablespoons lemon juice

2 tablespoons salted butter

1/2 cup dried Mission figs, sliced crosswise

2 tablespoons dry white wine such as Pinot Gris

1/4 cup honey

1 teaspoon finely chopped fresh sage leaves

FILLING

8 ounces cream cheese, at room temperature

1/4 cup honey

1 teaspoon vanilla extract

Make crust: Preheat oven to 350°. In a food processor, pulse nuts with salt to coarsely grind. Add sugar and butter; pulse until mixture clumps. Evenly press up sides and over bottom of a nonstick 10-in. tart pan with a removable rim.

Bake crust until deep golden in center, about 20 minutes. Let cool, then chill until firm, at least 20 minutes.

Meanwhile, make topping: In a bowl, toss apples with lemon juice. Melt butter in a 12-in. frying pan over medium heat. Add apple mixture, figs, wine, and honey. Cook, stirring, until apples are soft and liquid is gone, 18 to 20 minutes. Remove apple mixture from heat, stir in sage, and let cool.

Make filling: In a clean food processor, whirl filling ingredients to blend well.

Spread filling in crust and arrange apple mixture on top, leaving about 1/2 in. of filling uncovered around edge. Carefully push pan from rim.

Make ahead: Through step 4, components chilled separately airtight, up to one day. The finished tart, chilled, up to 2 hours.