

From Tehillim to Tasty/ Tehillim Inspired Taste

#1

Tehillim 1 & Tehillim 52

In the first chapter of Tehillim we learn the simple truth that it is a delight to study and learn the teachings of the L-rd. In having these ways, we are like trees that yield fruit, sweet fruit that can be cherished the way we enjoy the nourishment provided to us through trees by G-d. Tehillim 52 speaks to the same thought in verse ten where trusting in G-d makes one like “a thriving olive tree”

Tehillim 1:6

וְהָיָה כְּעֵץ שֶׁתּוֹלַעַל-פְּלִגְיִי-מִיָּמִים אֲשֶׁר פְּרִיָו | יָמֵן בְּעֵתֹו וְעֵלְהוּ

לֹא-יָבֹל וְכֹל אֲשֶׁר-יַעֲשֶׂה יִצְלִיחַ:

*He is like a tree planted beside streams of water,
which yields its fruit in season,
whose foliage never fades,
and whatever it produces thrives.*

Tehillim 1:3

for the Lord cherishes the way of the righteous

Tehillim 52:10

וְאֲנִי | כְּנֹזֵת רֵעֵנוּ בְּבֵית אֱ-לֹהִים בְּטַחַתִּי בְּחֶסֶד-אֱ-לֹהִים עוֹלָם וָעֶד:

But I am like a thriving olive tree in G-d’s house;
I trust in the faithfulness of G-d forever and ever.

Recipes inspired by yields from trees

-Olive Tapenade: French spread from the southern region of Provençal

- 1 cup Pitted black olives
- 1 cup Pitted kalamata olives
- 3 Anchovy
- 6 Tbsp. Olive oil
- 1 Tbsp. Lemon juice
- ¼ cup Parsley leaves
- ¼ tsp. Lemon zest
- 1 Tbsp. Small caper
- 1 tsp. Garlic or 2 Gloves garlic
- ½ tsp. Oregano
- ½ tsp. Thyme

Black pepper to taste

-Directions:

1. Combine all ingredients in food processor
2. Process until all ingredients are finely chopped but not pureed
3. Serve with your favorite cracker or bread

-Cheese Ravioli with Caramelized Figs in Brown Butter

2 (9-ounce) Containers of fresh cheese ravioli

5 Tbsp. unsalted butter

6 Figs

1 Tbsp. Chopped rosemary leaves

Kosher salt

Ground black pepper

Direction

1. Bring a large pot of water with salt to a boil and cook cheese ravioli in accordance with the package instructions
2. In a frying pan on medium heat add butter to melt, then add figs with rosemary
3. Stir occasionally for 3 minutes or figs are caramelized and tender, add salt and pepper to taste
4. Using a slotted or strainer spoon transfer cooked ravioli to frying pan
5. Add ¼ cup ravioli water to frying pan simmer for 1 to 2 minute until thickened tossing gently in sauce.

Sources:

Psalms 1. (n.d.). Sefaria: a Living Library of Jewish Texts

Online. <https://www.sefaria.org/Psalms.1?lang=bi>

Psalms 53. (n.d.). Sefaria: a Living Library of Jewish Texts

Online. <https://www.sefaria.org/Psalms.53?lang=bi>

Recipes adapted from:

Kitchn.com (2016, August) Caramelized Figs and Ravioli with Rosemary Brown Butter

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