

Tehillim Inspired Recipes #3

Tehillim 81:

For the leader; on the *gittith*. Of Asaph.

Sing joyously to G-d, our strength;
raise a shout for the G-d of Jacob.

Take up the song,
sound the timbrel,
the melodious lyre and harp.

Blow the horn on the new moon,
on the full moon for our feast day.

For it is a law for Israel,
a ruling of the G-d of Jacob;

He imposed it as a decree upon Joseph
when he went forth from^a the land of Egypt;
I heard a language that I knew not.

I relieved his shoulder of the burden,
his hands were freed from the basket.

In distress you called and I rescued you;
I answered you from the secret place of thunder^b
I tested you at the waters of Meribah. *Selah*.

Hear, My people, and I will admonish you;
Israel, if you would but listen to Me!

You shall have no foreign god,
you shall not bow to an alien god.

I the L-rd am your G-d
who brought you out of the land of Egypt;
open your mouth wide and I will fill it.

But My people would not listen to Me,
Israel would not obey Me.

לְמַנְצֵחַ | עַל־הַגִּתִּית לְאַסָּף:

הֲרַנִּינוּ לַאלֹהִים עֲזָרָנוּ הָרִיעוּ לַאלֹהֵי יִשְׂרָאֵל:

שִׂאוּ־מִרְהַ וְתִנְו־תֶּרֶף כְּנֹר נְעִים עִם־נְבֻל:

תִּקְעוּ בַחֲדָשׁ שׁוֹפָר בְּכֹסֶה לַיּוֹם חַגְנוּ:

כִּי חֹק לְיִשְׂרָאֵל הוּא מְשֻׁפֵּט לַאלֹהֵי יִשְׂרָאֵל:

עֲדוּת | בִּיהוֹסֵף שָׁמוּ בְצֵאתוֹ עַל־אֶרֶץ מִצְרַיִם שִׁפְתַי לֹא־תִדְעָתִי אֲשַׁמֶּע:

הַסִּירוֹתֵי מִסְבֵּל שְׁכֹמוֹ כְּפִיו מִדוּד תַעֲבֹרְנָה:

בְּצָרָה קָרָאתָ וְאֲתִלַּצְךָ אֲעֲנֶךָ בְּסֶתֶר רַעַם אֲבַחֲנֶךָ עַל־מַי מְרִיבָה סֵלָה:

שָׁמַע עַמִּי וְאֲעִידָה בְךָ יִשְׂרָאֵל אִם־תִּשְׁמַע־לִי:

לֹא־יִהְיֶה בְךָ אֱלֹהִים זָר וְלֹא תִשְׁתַּחֲוֶה לְאֵל נָכָר:

אֲנֹכִי | ד' אֱלֹהֵיךָ הִמְעֵלָה מִצְרַיִם מִצְרַיִם הִרְחַב־פִּיךָ וְאִמְלֵאֵהוּ:

וְלֹא־שָׁמַע עַמִּי לְקוֹלִי יִשְׂרָאֵל לֹא־אָבָה לִי:

וְאֲשַׁלַּחֵהוּ בַשְּׂרִירוֹת לִבָּם יִלְכוּ בְּמוֹעֲצוֹתֵיהֶם:

So I let them go after their willful heart
that they might follow their own devices.

לֹא עָמִי שָׁמַע לִי יִשְׂרָאֵל בְּדַרְכֵי יְהוָה כִּי:

If only My people would listen to Me,
if Israel would follow My paths,

בְּמַעַט אוֹיְבֵיהֶם אֶכְנַע וְעַל צָרֵיהֶם אֲשִׁיב יָדַי:

then would I subdue their enemies at once,
strike their foes again and again.

מִשָּׁנְאֵי ד' יִכְחָשׁוּ-לוֹ וְיְהִי עֲתָם לְעוֹלָם:

Those who hate the L-rd shall cower before Him;
their doom shall be eternal.

וַיֹּאכִילֵהוּ מִחֶלֶב חֲטָה וּמִצֹּר דְּבַשׁ אֲשֶׁבִיעָד: {פ}

He fed them the finest wheat;
I sated you with honey from the rock.

Inspiration

I recognize in this chapter of Tehillim there is a deep sense of instruction and praise for what G-d can truly do for us if we call out to Him in prayer. What stood out to me in this Tehillim where verses 13 through 15.

וַאֲשַׁלְחֵהוּ בְּשָׂרֵירוֹת לִבָּם יִלְכוּ בְּמוֹעֲצוֹתֵיהֶם:

So I let them go after their willful heart
that they might follow their own devices.

לֹא עָמִי שָׁמַע לִי יִשְׂרָאֵל בְּדַרְכֵי יְהוָה כִּי:

If only My people would listen to Me,
if Israel would follow My paths,

בְּמַעַט אוֹיְבֵיהֶם אֶכְנַע וְעַל צָרֵיהֶם אֲשִׁיב יָדַי:

then would I subdue their enemies at once,
strike their foes again and again.

Rashi commentary explains these verses as even those who go after their hearts desire, if they have a desire to return, they can hearken to G-d and be received.

While the verse verbiage speaks to Israel; as a nation that is to be the light on to all nations there is something for all creation to learn from the abundant mercy of the Almighty.

The Tehillim ends with

וַיֹּאכִילֵהוּ מִחֶלֶב חֲטָה וּמִצֹּר דְּבַשׁ אֲשֶׁבִיעָד: {פ}

He fed them the finest wheat;
I sated you with honey from the rock.

Which has inspired a recipe with honey and a refined take on the tradition of the finest wheat with the use of a wheat alternative.

Recipe

Almond Flour Muffins

Ingredients

Coconut oil, Vegetable oil, Olive oil (for greasing pan)

3 cups almond Flour

*Substitution: Whole wheat flour

½ teaspoon baking soda

¼ teaspoon salt

1 tsp ground cinnamon

½ teaspoon ground cardamon

1 cup blueberries, fresh or frozen

*Substitution: Apples, Pears, Cranberries

½ tsp vanilla extract

½ cup honey or agave

3 eggs

2 Tbsp chia seeds

Instructions

Preheat oven to 325 degrees Fahrenheit (162 degrees Celsius)

Oil a muffin pan with coconut oil or vegetable oil

In a large mixing bowl combine almond flour, baking soda, salt, cinnamon, and cardamon

In a separate bowl combine honey, vanilla, and eggs, mix together well

Add blueberries (or chosen fruit) to the egg mixture

Add egg mixture to flour mixture, mix together well

Fill each section of the muffin pan evenly close to the top of each cup

Sprinkle each muffin with a pinch of chia seeds

Bake for 18 to 20 minutes

*To check muffins, stick with toothpick or butter knife to check for wet batter

References

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