

Tehillim Inspired Recipe #4

Tehillim 136

Praise the L-rd; for He is good,  
His steadfast love is eternal.

הודו לד' פּי־טוֹב פּי לעוֹלָם חסדו:

Praise the G-d of gods,  
His steadfast love is eternal.

הודו לאלֹהֵי הָאֱלֹקִים פּי לעוֹלָם חסדו:

Praise the L-rd of lords,  
His steadfast love is eternal;

הודו לאֲדֹנֵי הָאֲדֹנָיִם פּי לעוֹלָם חסדו:

Who alone works great marvels,  
His steadfast love is eternal;

לַעֲשֵׂה נִפְלְאוֹת גְּדֹלוֹת לְבָדּוֹ פּי לעוֹלָם חסדו:

Who made the heavens with wisdom,  
His steadfast love is eternal;

לַעֲשֵׂה הַשָּׁמַיִם בְּתַבּוּנָה פּי לעוֹלָם חסדו:

Who spread the earth over the water,  
His steadfast love is eternal;

לְרַקַּע הָאָרֶץ עַל־הַמַּיִם פּי לעוֹלָם חסדו:

Who made the great lights,  
His steadfast love is eternal;

לַעֲשֵׂה אוֹרִים גְּדֹלִים פּי לעוֹלָם חסדו:

the sun to dominate the day,  
His steadfast love is eternal;

אֶת־הַשֶּׁמֶשׁ לְמַמְשֶׁלֶת בַּיּוֹם פּי לעוֹלָם חסדו:

the moon and the stars to dominate the night,  
His steadfast love is eternal;

אֶת־הַיָּרֵחַ וְכּוֹכְבֵי־לַיְלָה לְמַמְשֶׁלֶת בַּלַּיְלָה פּי לעוֹלָם חסדו:

Who struck Egypt through their first-born,  
His steadfast love is eternal;

לְמַכּוֹת מִצְרַיִם בְּבְכוֹרֵיהֶם פּי לעוֹלָם חסדו:

and brought Israel out of their midst,  
His steadfast love is eternal;

וַיּוֹצֵא יִשְׂרָאֵל מִתּוֹכָם פּי לעוֹלָם חסדו:

with a strong hand and outstretched arm,  
His steadfast love is eternal;

בְּיַד חֲזָקָה וּבְזְרוּעַ נְטוּיָה פּי לעוֹלָם חסדו:

Who split apart the Sea of Reeds,  
His steadfast love is eternal;

לְגַת יַם־סוּף לְגַזְרִים פּי לעוֹלָם חסדו:

and made Israel pass through it,  
His steadfast love is eternal;

וַהֲעֵבִיר יִשְׂרָאֵל בְּתוֹכוֹ פּי לעוֹלָם חסדו:

Who hurled Pharaoh and his army into the Sea of Reeds,  
His steadfast love is eternal;

וַיִּזְעַר פַּרְעֹה וְחֵיָלוּ בְנֵי-סֹוֹף בְּיַם סוּף: {פ}

Who led His people through the wilderness,  
His steadfast love is eternal;

לְמִוְלֵיד עַמּוֹ בַּמִּדְבָּר בְּיַם סוּף: {פ}

Who struck down great kings,  
His steadfast love is eternal;

לְמַכּוֹת מְלָכִים גְּדֹלִים בְּיַם סוּף: {פ}

and slew mighty kings—  
His steadfast love is eternal;

וַיַּהַרְג אֲדִירִים בְּיַם סוּף: {פ}

Sihon, king of the Amorites,  
His steadfast love is eternal;

לְסִיחֹון מֶלֶךְ הָאֲמֹרִי בְּיַם סוּף: {פ}

Og, king of Bashan—  
His steadfast love is eternal;

וְיַלְעֹוֹג מֶלֶךְ הַבָּשָׁן בְּיַם סוּף: {פ}

and gave their land as a heritage,  
His steadfast love is eternal;

וַיִּתֵּן אֶרְצָם לְנַחֲלָה בְּיַם סוּף: {פ}

a heritage to His servant Israel,  
His steadfast love is eternal;

גְּחֻלָּה לְיִשְׂרָאֵל עַבְדּוֹ בְּיַם סוּף: {פ}

Who took note of us in our degradation,  
His steadfast love is eternal;

שָׁבַשְׁפָּלָנוּ יָזְכַּר לָנוּ בְּיַם סוּף: {פ}

and rescued us from our enemies,  
His steadfast love is eternal;

וַיִּפְרֹקֵנוּ מִצָּרֵינוּ בְּיַם סוּף: {פ}

Who gives food to all flesh,  
His steadfast love is eternal.

נָתַן לָחֵם לְכָל-בֶּשֶׂר בְּיַם סוּף: {פ}

Praise the G-d of heaven,  
His steadfast love is eternal.

הַיְיָ לְאֵל הַשָּׁמַיִם בְּיַם סוּף: {פ}

### Inspiration

In this Tehillim I am inspired by the blessing of Hashem eternal kindness to Israel and all the world. The Tehillim starts and ends with praises to Hashem “for He is good, His steadfast love is eternal”, the word steadfast is used in every verse and is equivalent to the word unwavering which is similar to faithfulness. Rashi’s commentary explains the repetition of “His steadfast love is eternal” twenty- six times corresponds to the twenty-six generations without Torah in which Hashem kindness is upon all creations ("Tehillim (Psalms) - Chapter 136," 2023). These

twenty-six generations from Adam to Moses include the tenth generation of Noah and the eleventh generation of Shem (Meiliken, 2008).

The steadfast love of Hashem and His enduring kindness generation after generation has inspired the sweetness found in the recipe, I chose for this Tehillim.

### Recipe

#### Summer Parfait with Coconut Whipped Cream

##### Ingredients:

3 cups mixed berries

3 cups peaches, diced

\*Substitute your favorite seasonally available fruit

¼ cup of toasted sunflower seeds or nuts for garnish

##### Coconut Whipped Cream:

2 13oz. cans of coconut milk (refrigerated)

2 Tbsp. maple syrup

1 tsp. vanilla extract

Pinch of Kosher salt

\*Optionally add 3 drops of liquid monk fruit sweetener

##### Instructions:

Add fruits to a large mixing bowl and gently mix together

Open chilled can of coconut milk drain liquid and scoop solid into mixing bowl

Tip: Save liquid for use in sauce or smoothies

Chill metal mixing bowl before using

Mix coconut solid with hand mixer until light and fluffy

Add salt, vanilla and optional sweetener

Continue to mix until thickened

In serving bowls or parfait cups place one cup of fruit mixture

Spoon 1 tablespoon of coconut cream on top of fruit

Garnish with a sprinkle of nuts or seeds

References Psalms 136. (2023). Sefaria: a Living Library of Jewish Texts Online. <https://www.sefaria.org/Psalms.136.17?lang=bi&with=Rashi&lang2=en>  
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