

Tehillim Inspired Recipe #5

Tehillim 55

למנצח בנגינת משקל לדוד:

For the leader; with instrumental music. A *maskil* of David.

הֲאֵינִי אֱלֹקִים תִּפְלֹתִי וְאֵל־תַּתְּעַלֵּם מִתַּחֲנֹתַי:

Give ear, O G-d, to my prayer;
do not ignore my plea;

הִקְשִׁיבָה לִי וְעֲנֵנִי אֲרִיד בְּשִׁיתִי וְאֶהֱמָה:

pay heed to me and answer me.
I am tossed about, complaining and moaning

מִקּוֹל אוֹיֵב מִפְּנֵי עֶקֶת רָשָׁע כִּי־יִמְטוּ עָלַי אֲנִי וּבָאֵף יִשְׁטָמוּנִי:

at the clamor of the enemy,
because of the oppression of the wicked;
for they bring evil upon me
and furiously harass me.

לִבִּי יִתֵּיל בְּקִרְבִּי וְאִימוֹת מָוֶת נָפְלוּ עָלַי:

My heart is convulsed within me;
terrors of death assail me.

וְרָאָה וְרָעַד גִּבּוֹר כִּי יִתְכַסֵּנִי פֶלַצוֹת:

Fear and trembling invade me;
I am clothed with horror.

וְאָמַר מִי־יִתְּנוּ־לִי אֶבֶר כִּי־וְנָה אֶעֱוֹפָה וְאֶשְׁכָּנָה:

I said,
“O that I had the wings of a dove!
I would fly away and find rest;

הֲנֵה אֲרִתִּימ נָגִיד אֵלַיִן בַּמִּדְבָּר סֵלָה:

surely, I would flee far off;
I would lodge in the wilderness; *selah*

אֲחִישָׁה מִפֶּלֶט לִי מְרוֹם סֶעָה מִסָּעַר:

I would soon find me a refuge
from the sweeping wind,
from the tempest.”

בִּלְעָא־דָּנִי פֶלַג לְשׁוֹנָם כִּי־רָאִיתִי חֲמָס וָרִיב בְּעִיר:

O L-rd, confound their speech, confuse it!
For I see lawlessness and strife in the city;

יוֹמָם וָלַיְלָה יִסּוּבְבֶה עַל־חֹמֹתֶיהָ וְאָנֹן וְעַמֶּל בְּקִרְבָּהּ:

day and night they make their rounds on its walls;
evil and mischief are inside it.

הַיּוֹת בְּקִרְבָּהּ וְלֹא־יִמִּישׁ מִרְחֻבָּהּ תָּדָר וּמִרְמָה:

Malice is within it;
fraud and deceit never leave its square.

כִּי לֹא־אוֹיֵב יִחַרְפֵּנִי וְאֶשָּׂא לֹא־מִשְׁנָאִי עָלַי הַגִּדִיל וְאֶסְתֵּר מִמֶּנּוּ:

It is not an enemy who reviles me
—I could bear that;
it is not my foe who vaunts himself against me
—I could hide from him;

ואתה אנוש בערכי אלוףי ומידעיי:

but it is you, my equal,
my companion, my friend;

אשר יחדו נמתיק סוד בבית אלקים נהלך ברגש:

sweet was our fellowship;
we walked together in G-d's house.

(ישימות) [נשי מנות ו] עלימו יחדו שאול חיים כירצות במגורם בקרבם:

Let Him incite death against them;
may they go down alive into Sheol!
For where they dwell,
there evil is.

אני אל-אלקים אקרא נד' יושיעני:

As for me, I call to G-d;
the L-rd will deliver me.

ערב ובקר וצהרים אשיחה ואהמה וישמע קולי:

Evening, morning, and noon,
I complain and moan,
and He hears my voice.

פדה בשלום ונפשי מקרב-לי כירבים הני עמדי:

He redeems me unharmed
from the battle against me;
it is as though many are on my side.^a

ישמע א אל וינעם וינשב קדם סלה אשר אין חליפות למו ולא יראו אלקים:

G-d who has reigned from the first,
who will have no successor,
hears and humbles those who have no fear of G-d. *Selah*.

שלח גדיו בשלמיו חלל בריתו:

He harmed his ally,
he broke his pact;

חלקו מחמאת פיו וקרב-לבו רבו דבריו משמן ותמה פתחות:

his talk was smoother than butter,
yet his mind was on war;
his words were more soothing than oil,
yet they were drawn swords.

השלך על- ד' ויהבה והוא יכלכלך לא-יתן לעולם מוט לצדיק:

Cast your burden on the L-rd and He will sustain you;
He will never let the righteous man collapse.

ואתה אלקים ו תורדם ו לבאר שחת אנשי דמים ומרמה לא-יחצו מיהם ואני אבטח-בה: {פ}

For You, O G-d, will bring them down to the nethermost Pit—
those murderous, treacherous men;
they shall not live out half their days;
but I trust in You.

Inspiration

“Give ear, O G-d, to my prayer”, this is a powerful start to a Psalm that is plea to Hashem but also an acknowledgement of having trust in His faithfulness. It declares a hope forever in Hashem when faced with grief and strife it says “As for me, I call to G-d; the L-rd will deliver me”. What continues to allow thriving is the faithfulness in Hashem in action and in prayer, “Evening, morning, and noon, I complain and moan, and He hears my voice”. Rashi’s commentary explains that if together is in the Torah and in the House of G-d, Hashem will bear our burden (I Kings 8:27) and it is through the many who pray; “He redeems me unharmed from the battle against me; it is as though many are on my side,” and “He will never let the righteous man collapse”.

This inspires a recipe that is hearty and filling in reflection of how our hearts should be filled always with faithfulness in the good of Hashem, Blessed be He.

Recipe

Lamb Stew

Ingredients:

2 tablespoons vegetable oil

2 pounds boneless lamb chunks, trimmed

Optional: Substitute lamb for beef or meat of your choosing, or leave the meat out and double the vegetables

2 to 3 onions, sliced

Tips: Yellow onions bring a stronger flavor to the stock for a lighter onion flavor use white onions

2 carrots, peeled and sliced

1 small turnip, peeled and sliced

Tips: Replace turnips with parsnips or yucca

2 to 3 large baking potatoes or sweet potatoes, thickly sliced

2 tablespoons minced fresh parsley

1 tablespoon fresh thyme minced, ground, or powder

1 ½ cups vegetable stock

Instructions:

Place a large stovetop pot on medium heat, heat vegetable oil

Add lamb and brown on all sides

Remove brown lamb from pot, set aside

In the same pan make alternative layers of onions, carrots, turnips, lamb and potatoes

Sprinkle salt and pepper, thyme, and half parsley on each layer

Add vegetable stock and cover until meat is tender 1 ½ to 2 hours

Check pan periodically adding additional vegetable stock as needed

Serve and garnish with remaining parsley

Sources

Johnson, M. M. (1999). *The Irish heritage cookbook*. Chronicle Books (CA).

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