

Tehillim Inspired Recipe #6

Tehillim 34

לְדָוִד בְּשׁוֹנוֹתָיו אֶת־טַעְמוֹ לִפְנֵי אַבִּימֶלֶךְ וַיִּגְרָשׁהוּ וַיֵּלֶךְ:

Of David, when he feigned madness in the presence of Abimelech, who turned him out, and he left.<sup>a</sup>

אַבְרָכָה אֶת־ד' בְּכָל־עֵת תְּמִיד תְּהַלְתּוּ בְּפִי:

I bless the L-rd at all times;  
praise of Him is ever in my mouth.

בִּיהִנֵּה תִתְהַלֵּל נַפְשִׁי יִשְׁמְעוּ עֲנָנִים וַיִּשְׁמְחוּ:

I glory in the L-rd ;  
let the lowly hear it and rejoice.

גִּדְלוּ לִד' אֶתִּי וּגְרוֹמְמָה שְׁמוֹ יִתְהַדּוּ:

Exalt the L-rd with me;  
let us extol His name together.

דַּרְשֵׁתִי אֶת־ד' וַעֲנֵנִי וּמִכָּל־מַגּוּרוֹתַי הֲצִילֵנִי:

I turned to the L-rd , and He answered me;  
He saved me from all my terrors.

הִבִּיטוּ אֵלָיו וַנְּהַרְוּ וּפְנֵיהֶם אֵל־יִתְחַפְּרוּ:

Men look to Him and are radiant;  
let their faces not be downcast.

זֶה עֲנֵי קְרָא וּד' שָׁמַע וּמִכָּל־צָרוֹתָיו הוֹשִׁיעָו:

Here was a lowly man who called,  
and the L-rd listened,  
and delivered him from all his troubles.

חֲנֹה מִלֹּאֲדָד' סֹבִיב לִירְאָיו וַיִּסְלַצֵם:

The angel of the L-rd camps around those who fear Him  
and rescues them.

טַעְמוּ וַרְאוּ כִי־טוֹב ד' אֲשֶׁר־יִהְיֶה לְיָדָיו יִחְסֶה־בּוֹ:

Taste and see how good the L-rd is;  
happy the man who takes refuge in Him!

יִרְאוּ אֶת־ד' קְדוֹשָׁיו כִּי־צִיָּן מִחֶסֶד לִירְאָיו:

Fear the L-rd , you His consecrated ones,  
for those who fear Him lack nothing.

כְּפִירִים רָשׁוּ וַרְעִבוּ וְדָרְשׁוּ ד' לֹא־יִחְסְרוּ כָל־טוֹב:

Lions have been reduced to starvation,  
but those who turn to the L-rd shall not lack any good.

לְכוּ־בָנִים שְׁמְעוּ־לִי יִרְאֵת ד' אֲלֵמֶדְכֶם:

Come, my sons, listen to me;  
I will teach you what it is to fear the L-rd .

מִי־הָאִישׁ הַקָּפֵץ חֲגִים אֲהַב יָמִים לְרְאוֹת טוֹב:

Who is the man who is eager for life,  
who desires years of good fortune?

נִצָּר לְשׁוֹנֵה מַרְעֵ אִשְׁפֹּתָיִךְ מִדַּבֵּר מִרְמָה:

Guard your tongue from evil,  
your lips from deceitful speech.

סור מרע ועשה טוב בקש שלום ורדפהו:

Shun evil and do good,  
seek amity and pursue it.

עיני ד' אל־צדיקים ואזניו אל־שונעתם:

The eyes of the L-rd are on the righteous,  
His ears attentive to their cry.

פני יד' בעשי רע להקרית מארץ זכרם:

The face of the L-rd is set against evildoers,  
to erase their names from the earth.

צעקו נד' שמע ומפל־צרותם הצילם:

They cry out, and the L-rd hears,  
and saves them from all their troubles.

קרוב יד' לנשבר־לב ואת־דכאי־רוח יושיע:

The L-rd is close to the brokenhearted;  
those crushed in spirit He delivers.

רבות רעות צדיק ומפלם יצילנו ד':

Though the misfortunes of the righteous be many,  
the L-rd will save him from them all,

שמר כל־עצמותיו אתת ממה לא נשברה:

Keeping all his bones intact,  
not one of them being broken.

תמותת רשע רעה ושאני צדיק יאשמו:

One misfortune is the deathblow of the wicked;  
the foes of the righteous shall be ruined.

פדה ד' גפש עבדיו ולא יאשמו כל־החסיים בו:

The L-rd redeems the life of His servants;  
all who take refuge in Him shall not be ruined.

### Inspiration

This Psalms is a reminder that all our hope should be in Hashem. In this Psalms King David proclaims from aleph to tav all should be dedicated to Hashem (Tanach, Artscroll). The verses tell of the ways in which we can trust we are saved from many evils and terrors when our trust is in Hashem, “The L-rd is close to the brokenhearted; those crushed in spirit He delivers”. In this trust there is also the duty of doing good in servitude of Hashem which is uttered in the following verses, “Guard your tongue from evil, your lips from deceitful speech” and “Shun evil and do good, seek amity and pursue it”. Rashi commentary interprets this as the seeking of peace in our place for the pursuit of it elsewhere, this is a reminder of how our actions in servitude to Hashem can impact our surroundings. The Psalms ends with a statement of reassurance that states, “all who take refuge in Him shall not be ruined”. The dedication of hope in Hashem is a comfort that inspire warmth like that of comfort food something hearty that can be both nostalgic of providing a deeper nourishment. To me that represent a classic chicken soup a well-known recipe that

signifies comfort. In this recipe we deepen the flavors in the way that King David proclaims in the Psalms a deep dedication to Hashem.

### Recipe

#### Chicken Curried Squash Soup

##### Ingredients:

1 10-ounce package of pureed winter squash or 1 large or 2 medium size winter squash

½ cup coconut milk (from refrigeration)

½ cup chicken broth

8 ounces boneless, skinless chicken breast

Tip: cut in thin slices, cubs, or put in whole and shred

1 bunch baby spinach (about 6 ounces)

2 teaspoons brown sugar

½- 1 red curry paste

¼ teaspoon salt

##### Instructions:

1. In a medium skillet sauté chicken (cut in strips) in one to two tablespoons of olive oil, stir occasionally till full cooked and set aside
2. If using fresh winter squash clean and roast or boil till tender, scoop out squash and mash to puree consistency
3. Combine squash puree, coconut and water in a saucepan cook on medium heat, and occasionally stir for about 10 minutes
4. Stir in spinach, lime juice, sugar, curry paste, and salt
5. Add in cooked chicken and reduce heat to simmer, for about 3 minutes
6. Remove from heat and serve

##### Reference

[www.lifescrypt.com/food/healthy\\_recipes/recipe\\_collections/fast\\_and\\_easy/10\\_dinners\\_in\\_20\\_minutes\\_or\\_less/4.aspx?p=1](http://www.lifescrypt.com/food/healthy_recipes/recipe_collections/fast_and_easy/10_dinners_in_20_minutes_or_less/4.aspx?p=1)  
<https://www.sefaria.org/Psalms.34.1?lang=bi&with=Rashi&lang2=en>