

Tehillim Inspired Recipe #7

Tehillim 27

Of David.

The L-RD is my light and my help;
whom should I fear?
The L-RD is the stronghold of my life,
whom should I dread?

When evil men assail me
to devour my flesh^a—
it is they, my foes and my enemies,
who stumble and fall.

Should an army besiege me,
my heart would have no fear;
should war beset me,
still would I be confident.

One thing I ask of the L-RD,
only that do I seek:
to live in the house of the L-RD
all the days of my life,
to gaze upon the beauty of the L-RD,
to frequent^b His temple.

He will shelter me in His pavilion
on an evil day,
grant me the protection of His tent,
raise me high upon a rock.

Now is my head high
over my enemies round about;
I sacrifice in His tent with shouts of joy,
singing and chanting a hymn to the L-RD.

Hear, O L-RD, when I cry aloud;
have mercy on me, answer me.

In Your behalf^b my heart says:
“Seek My face!”
O L-RD, I seek Your face.

לְדוֹד וְיְהוָה | אֲוִרִי וְיִשְׁעֵי מִמֶּי אֵינְרָא יְהוָה מְעוֹז־חַיִּי מִמֶּי אֶפְקֹד:

בְּקִרְבִּי עָלַי | מְרַעִים לְאַכֹּל אֶת־בְּשָׁרִי צָרִי וְאִיבִי לִי הִמָּה כְּשָׁלוֹ וְנִפְלוֹ:

אִם־תַּחֲנֹה עָלַי | מִחֲנֹה לֹא־יִירָא לִבִּי אִם־תִּקְוִים עָלַי מִלְחָמָה כִּי־אֵת בּוֹטָם:

אֶת־חַד | שְׁאַלְתִּי מֵאֵת־יְהוָה אוֹתָהּ אֲבַקֵּשׁ שְׁבִית־נְיָ הַיְהוָה כָּל־יָמַי חַיִּי לַחַצְזוֹת בְּנֻעַם־יְהוָה וְלִבְקָר בְּהִיקָלוֹ:

כִּי יִצְפְּנֵנִי | בְּסֹכֶה בְּיֹום רָעָה יִסְתַּרְנִי בְּסֹתֵר אֶהְלֹו בְּצוּר יְרוּמָמַנִּי:

וְעַתָּה גָרוֹם רֵאשִׁי עַל אֵיבֵי סְבִיבוֹתַי וְאֲזַבְחֶהּ בְּאֶהְלֹו זִבְחֵי תְרוּעָה אֲשִׁירָה וְאֲזַמְרָה לִי־הַיְהוָה:

שְׁמַע־יְהוָה קוֹלִי אֶקְרָא וְחַנּוּנִי וְעֲנֵנִי:

לֵךְ | אֲמַר לִבִּי בְקִשׁוֹ פָּנֵי אֶת־פָּנֵיךָ יְהוָה אֲבַקֵּשׁ:

אל־תִּסְתֵּר פָּנֶיךָ | מִמֶּנִּי אֵל תִּטְבֹּחַ עֲזָרְתִּי הִגִּיתָ אֶל־תִּטְשֵׁנִי וְאֶל־תִּעַזְבֵנִי אֱלֹהֵי יִשְׁעַי:

Do not hide Your face from me;
do not thrust aside Your servant in anger;
You have ever been my help.
Do not forsake me, do not abandon me,
O G-d, my deliverer.

כִּי־אָבִי וְאִמִּי עֲזָבוּנִי וַיהוָה יִאֲסֶפְנִי:

Though my father and mother abandon me,
the L-RD will take me in.

הוֹרֵנִי יְיָ הַנְּהַי צָרָתִי וְנַחֲמֵנִי בְּאֵרַח מִישׁוֹר לְמַעַן שְׂוֹרְרָי:

Show me Your way, O L-RD,
and lead me on a level path
because of my watchful foes.

אֶל־תִּתְּנֵנִי בְּיַפְשׁ צָרִי כִּי קִמּוּ־בִי עֲדֵי־אֲשָׁקֵר וַיִּפֹּס חַמָּס:

Do not subject me to the will of my foes,
for false witnesses and unjust accusers
have appeared against me.

לֹלְלָא הָאֲמִנְתִּי לְרָאוֹת בְּטוֹבֵי־יְיָ הַנְּהַי בְּאֵרַח חַיִּים:

Had I not the assurance
that I would enjoy the goodness of the L-RD
in the land of the living...

קוֹה אֶל־יְיָ הַנְּהַי חֲזַק וַיִּאֲמֵץ לִבֵּהּ וְקוֹה אֶל־יְיָ הַנְּהַי: {פ}

Look to the L-RD;
be strong and of good courage!
O look to the L-RD!

Inspiration

This Tehillim is a deep reminder of the constancy of the love of Hashem in all situation in life that can lead one on a level path (Tehillim 27:11). The belief in Hashem taking care of all that He has created in all instances, in times of difficulties or of joy. The goal that King David writes of in this Tehillim is “The Lord is the stronghold of my life” (Tehillim 27:1) and this can help everyone to hold on to faith and trust in Hashem. According to the Artscroll commentary verse four encompasses all that is to be embodied which is to serve Hashem and understand His ways (Malbim). The assurance is that when we look to Hashem we grow to understand the goodness in all His works, Rashi commentary describes this as a reinforcing of hope for if not for faith the ups and downs of life can be overwhelming. Tehillim 27 is also recited during the month of Elul before Rosh Hashanah in acknowledgement that Hashem is light and salvation.

I take from this that looking to Hashem is what brings strength and courage which inspires me to think of an egg. A food item that hardens under the pressure of heat but when cracked can be gently folded in to something to make it sweet. The assurance to look to Hashem in every instance of life can be like the egg in which we are the eggs that are sometimes hardened, cracked, or scrambled but always created into something good because when we look to Hashem, we can be strong and of good courage.

Recipe

Spinach Goat Cheese Quiches

Ingredients:

Crust:

3 cups almond meal
3 tablespoons water
¼ cup olive oil
2 cloves of garlic minced
1 teaspoon fresh or dried thyme
¼ teaspoon salt
¼ teaspoon black pepper

Filling:

4 eggs
4 ounces goat cheese, crumbled
¼ cup dairy or non-dairy milk
1 tablespoon olive oil
1 shallot diced
2 cups fresh spinach
½ cup chopped tomatoes or chopped sundried tomatoes

Instructions:

Preheat the oven to 400 degrees Fahrenheit
Grease pie pan or muffin pan (for mini size)
In a large bowl mix almond meal with garlic, thyme, salt, and pepper
Add olive oil and water and mix till dough forms
Take mixture and press into the pie pan or scoop a small amount into each muffin tin, press out to form a crust
In a pan on medium heat add olive oil and shallots and cook till translucent and fragrant then add spinach sauté together till spinach is lightly wilted, about five minutes, then remove from heat and cool
In a bowl whisk eggs, milk, and goat cheese, then add spinach mixture and tomatoes
Pour mixture in pie pan or scoop into muffin tin
Bake for 25 minutes or until the top is golden
Let cool for 15 minutes, slice, or use butter knife to release individual muffin size