

Tehillim Inspired Recipe #9

Tehillim 126

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְהוָה אֶת־שִׁבְתָּ צִיּוֹן הָיִינוּ כְּחֻלְמִים:

A song of ascents.

When the L-RD restores the fortunes of Zion
—we see it as in a dream^a—

אִזׁ יִמְלֵא שְׂחֹק פִּינוֹ וְלִשְׁנֵינוּ רִנָּה אִזׁ יֹאמְרוּ בְּגוֹיִם הַגְּדִיל יְהוָה לַעֲשׂוֹת עִם־אֲלֹהֵי:

our mouths shall be filled with laughter,
our tongues, with songs of joy.

Then shall they say among the nations,
“The L-RD has done great things for them!”

הַגְּדִיל יְהוָה לַעֲשׂוֹת עִמָּנוּ הֵינּוּ שְׂמֵחִים:

The L-RD will do great things for us
and we shall rejoice.

שׁוּבָה יְהוָה אֶת־[שְׁבִיתָנוּ] (שְׁבוּתָנוּ) כְּאֶפְיָקִים בְּנֶגֶב:

Restore our fortunes, O L-RD,
like watercourses in the Negeb.

הַזֹּרְעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ:

They who sow in tears
shall reap with songs of joy.

הָלֹדֶד יִלְדֵּד | וּבִכְהֵן נִשְׂא מִשְׁדֵּה־הַגֶּרֶע בְּאֶזְבֵּי בְּרִנָּה נִשְׂא אֶלְמִתָּיו: {פ}

Though he goes along weeping,
carrying the seed-bag,
he shall come back with songs of joy,
carrying his sheaves.

Inspiration

To rejoice in restoration is what I have found inspirational in this Tehillim. Zion can be a reference to Jerusalem or the land of Israel. Artscroll commentary states that the exile of Israel will be like a bad dream and the weeping of tears will turn to bountiful goodness. This Tehillim reflects that among all the nations it will be proclaimed “Then shall they say among the nations, The LORD has done great things for them”. This is a reminder that the fortunes of Israel restored is a blessing for the entire world and something that all will rejoice in, restating the consistent need for hope in Hashem for the good that is yet to come. Joy is sweet as is rejoicing in the restoration of Israel to impart this in food I think of rugelach; a sweet pastry fitting for songs of joy.

Recipe

Chocolate-Walnut Rugelach

(Makes 2 dozen)

Ingredients

2 sticks (1 cup) unsalted butter, softened

8 ounces cream cheese, softened

2 cups all-purpose flour

Filling

½ cup chopped walnuts

Substitute: fruit jams, raisins, or cinnamon

¼ cup sugar

¼ cup unsweetened cocoa powder

Topping:

2 tablespoons sugar

2 tablespoons unsweetened cocoa powder

½ stick (1/4 cup) melted butter

Instructions

- Heat oven to 350 ° F degrees (176 ° C)
- Using a mixer, combine butter and cream cheese mix on medium speed until smooth
- Add flour gradually until formed into a coarse crumb form
- Flour a surface and gather dough into a ball on that surface
- Divide dough into 3 equal pieces, cover in clear plastic wrap, and let chill for 1 hour
- Let chilled dough stand until it is workable at room temperature
- Mix chopped walnuts, sugar, and unsweetened cocoa powder
*Substitute: Prepare fruit jams, raisins, or cinnamon filling of your choice
- Using a floured surface roll out one dough section with a rolling pin into an 8-inch circle that is 1/8 inch thick
- Add 1/3 of the filling over the circle then cut the circle into 8 wedges
- Take each wedge and roll up starting at opposite side points
- Place each rugelach on an ungreased baking sheet 2 inches apart
- For topping mix together sugar and cocoa powder and sprinkle over each rugelach
- Bake for 15 minutes then brush with melted butter and bake another 5 to 10 minutes or until lightly brown
- Cool on a wire baking rack

Reference:

<https://www.sefaria.org/Psalms.126.5?lang=bi&with=Rashi&lang2=en>

International Masters Publishers Incorporated. (1993). *Great American home baking* (1st ed.).