

Tehillim Inspired Recipe #8

Tehillim 91

O you who dwell in the shelter of the Most High  
and abide in the protection of Shaddai—

I say of the LORD, my refuge and stronghold,  
my G-d in whom I trust,

that He will save you from the fowler's trap,  
from the destructive plague.

He will cover you with His pinions;  
you will find refuge under His wings;  
His fidelity is an encircling shield.

You need not fear the terror by night,  
or the arrow that flies by day,

the plague that stalks in the darkness,  
or the scourge that ravages at noon.

A thousand may fall at your left side,  
ten thousand at your right,  
but it shall not reach you.

You will see it with your eyes,  
you will witness the punishment of the wicked.

Because you took the LORD—my refuge,  
the Most High—as your haven,

no harm will befall you,  
no disease touch your tent.

For He will order His angels  
to guard you wherever you go.

They will carry you in their hands  
lest you hurt your foot on a stone.

You will tread on cubs and vipers;  
you will trample lions and asps.

יָשָׁב בְּסִטְרֵי עֲלִיוֹן בְּצִלְ שָׁדַי יִתְלוֹנֵן:

אֲמַר לַיהוָה מַחְסֵי וּמְצוּדֹתַי אֱלֹהֵי אֲבֹתַי:

כִּי הוּא יִצִּילֵךְ מִפֶּה יְקוּשׁ מִדְּבַר הַוֹּת:

בְּאַבְרָתוֹ | יִסַּף לְךָ וּתְחַת־כַּנְפָּיו תִּחְסֶה צִנְה וְסַחֲרָה אֲמָתוֹ:

לֹא־תִירָא מִפֶּחַד לַיְלָה מִחֵץ יְעוֹף יוֹמָם:

מִדְּבַר בְּאִפְלֵ יְהִלֵּךְ מִקְטָב יִשׁוּד צְהָרִים:

יִפֹּל מִצִּדְּךָ | אֶלֶף וּרְבָבָה מִיְמִינֶךָ אֵלֶיךָ לֹא יִגָּשׁ:

רַק בְּעֵינֶיךָ תִּבְיֵט וְשִׁלְמַת רְשָׁעִים תִּרְאֶה:

כִּי־אֲתָה יְהוָה מַחְסֵי עֲלִיוֹן שְׁמֹת מְעוֹנֶיךָ:

לֹא־תֵאָנֶה אֵלֶיךָ רָעָה וְנִגַּע לֹא־יִקְרַב בְּאִתְּךָ:

כִּי מִלְאָכָיו יִצְוֶה־לְךָ לְשָׁמְרֶךָ בְּכָל־דְּרָכֶיךָ:

עַל־כַּפְּיָם יִשְׁאוּנֶךָ פְּו־תִגָּף בְּאַבְנֵי רִגְלֶךָ:

עַל־שַׁחַל וְנִתְּנוּ תִדְרֹךְ תִּרְמָס כַּפִּיר וְתַנִּין:

כִּי כִי תִשָּׁק וְאִפְלֹטָהוּ אֲשַׁגְּבֶהוּ כִּי־יִדַע נְשָׁמִי:

“Because he is devoted to Me I will deliver him;  
I will keep him safe, for he knows My name.

קראני וואפענהו עמו־אנכי בצרה אסלצהו ואכבדהו:

When he calls on Me, I will answer him;  
I will be with him in distress;  
I will rescue him and make him honored;

ארוך ימים אשביעהו אראהו בישועתי: {פ}

I will let him live to a ripe old age,  
and show him My salvation.”

### Inspiration

This Tehillim describes a sense of the many situations in which one can always trust in Hashem whether it is a trap or just a call of distress Hashem provides what is needed to overcome. The words “trust” and “will” denote a finality in finding all things in Hashem. A shelter, a tent, and a haven are all a reminder of safety. A trust in the Hashem will bring refuge and protection from all things. Rashi's commentary elaborates on this stating trust in Hashem can help to eliminate fear. Artscroll commentary notes that after verse fourteen we are reading a response from Hashem bringing a confirmation that no conventional protection is equivalent to refuge and protection from Hashem. In this, I am inspired to think of what is given to sustain us something basic yet full of the ability to change into a multitude of things. Grains, in particular rice grains, are a diverse food crop coming in different sizes and colors working not only as a side dish but incorporated into a main dish.

### Recipe

#### Black Rice Curried Meatloaf

##### Ingredients

½ cup Black rice or long-grain brown or wild rice  
1 cup water  
1 medium zucchini, largely shredded  
1 tablespoon walnut oil or olive oil  
1 tablespoon minced ginger root  
2 cloves garlic, minced  
1 yellow onion, chopped  
2 stalks of celery, finely chopped  
1 tablespoon curry powder  
2 teaspoons Worcestershire sauce

1 teaspoon salt  
2 pounds of lean ground meat of your choosing (i.e., ground beef, turkey, or chicken)  
1/3 cup mango chutney or red pepper jelly

### Instructions

In a small saucepan over high heat bring rice and water to a boil, then cover and reduce heat to low, simmer till rice is tender and water is absorbed, about 30 to 50 minutes (depending on the rice used) let stand for 10 minutes removed from heat  
Remove moisture from shredded zucchini using a strainer or cheesecloth  
In a large pan heat oil over medium heat, add ginger and garlic and stir for 30 seconds, then add onions, celery, and zucchini and let cook till tender (about 5 minutes)  
Add curry powder and stir for one minute  
Stir in Worcestershire sauce and salt and stir till ingredients are well combined  
Remove from heat and transfer to a large bowl to cook for 15 minutes  
Heat over to 350 ° F degrees (176 ° C)  
Prepare a baking dish or broiler pan by coating it with cooking spray  
On a cutting board, add spoons of rice and chop them into smaller pieces and add to the bowl with vegetables  
Add ground meat and egg, and mix until well blended  
Place mixture in a baking dish and form into a loaf  
Spread mango chutney or red pepper jelly on top  
Bake for 1 hour or 75 minutes depending on the meat used  
Let cool for 10 minutes, then slice and add additional mango chutney or red pepper jelly

### References

<https://www.sefaria.org/Psalms.91.1?lang=bi&with=Rashi&lang2=en>

[www.lifescrpt.com/food/healthy\\_recipes/recipe\\_collections/ingredient\\_focus/10\\_creative\\_curry\\_recipes/8.aspx?p=1](http://www.lifescrpt.com/food/healthy_recipes/recipe_collections/ingredient_focus/10_creative_curry_recipes/8.aspx?p=1)