

Lincolnwood Jewish Congregation AG Beth Israel Bulletin

עם ישראל חי



July-August 2026 Issue 4

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Rabbi: Yehuda Meyers

Rabbi Emeritus: Joel Lehrfield, PhD רב"ל

LJCAGBI Bulletin

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Lincolnwood Jewish Congregation

A.G. Beth Israel

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Rabbi Meyers' Message

The New Old Normal

It seems like so long ago.

October 7th 2023 was almost three years ago. That first Tisha B'Av after October 7th, in the summer of 2024, we were still so raw. The hostages were still being held in Gaza. Israel was still fighting a terrible war. The explosion of anti-Israel and anti-Jewish hatred, especially from the left, was everywhere. On college campuses, in the media, in politics, online, and even in the streets here in Chicago. Suddenly, Tisha B'Av did not feel distant anymore. It was not just a day commemorating tragedies from a different time and world. It was part of our reality.

Then last year, Tisha B'Av of 2025, things felt like they had only gotten darker. The antisemitism from the left had not gone away. Instead, the anti-Jewish sentiment from the right also reared its ugly head. People and spaces that many Jews thought of as safe, or at least safer, were suddenly giving a platform to the same old hatred, just dressed up in a different language. From the left and from the right, from academia and politics, from influencers and regular people online, the Jewish people and the Jewish state were once again pushed to the margins.

And now here we are, just a few weeks away from Tisha B'Av 2026.

This year, G-d willing, will be the first Tisha B'Av since October 7th where there are no hostages being held in Gaza. It seems like so long ago, but it was less than a year ago, on

Rabbi Meyers' Message—continued on page 4

President's Perspective

Summertime, and here's to the SemiQuinCentennial (capital letters just to ease the reading), 250 years of our constitutional republic! (Yes, I'm aware the Constitution came about 13 years after independence.) And our summer is similar to how it has been for close to 2000 years. The 17th of Tammuz, when we fast over the Romans breaching the walls of Jerusalem and the other events ascribed to that day. Three weeks of mourning, growing more intense with the start of the month of Av and its first 9 days up to the Fast of the 9th of Av.



I don't have to tell any of you, this year is different. As we are all aware, Mashiach is coming! The Scion of the House of David is coming, and instead of fasting, we will feast on these days! We will enjoy some barbecue preparing for National Barbecue at the Temple in Jerusalem. We even have a Cohain of our very own to help us out.

In the meantime, let's keep meeting together. Shabbat at shul, weekdays at shul. There's always room for more at our prayers, and all are welcome. Come see us, come pray with us, and join us as well for our other events. We always have a good time together, and there is always something to learn. Often the learning is part of the good time, and if you know our Rabbi you know it's true.

See you in shul!

Daniel Gutstein

President

LJCAGBI SUMMER PICNIC!

Sunday, July 12, 2026
12:00 PM – 2:00 PM
at Hamlin Park (7651 Hamlin Ave), Skokie

MENU (KOSHER)

Kosher Hot Dogs
Hamburgers
& Vegetarian Options

COST:

Adults: **\$12**
Children (over 3): **\$5**
Children (3 & under): **FREE**

JOIN US FOR FOOD, FUN, & COMMUNITY!

RSVP by July 5th to: Shul office: (847) 676-0491 or officeljc@att.net www.ljcagbi.org



Announcements

Mazal Tov

- To Ilana & Moshe Goldson on Yoel's Bar Mitzvah Anniversary
- To Leah & Alex Goldstein on the marriage of their granddaughter Estee to Dov Solomon
- To Leah & Alex Goldstein on the graduation of their granddaughter Estee from Hartman Woman's College of Touro University and to her husband Dov Solomon who graduated from Dunlap Stone University

- To Alana & Dovid Lehrfield on the graduation of their son Noah Yehuda Lev from Ida Crown Jewish Academy
- To Anna & Myron Moscovitch on the graduation of Charles Moscovitch from Loyola University and the graduation of Lex Bersson from 8th grade

Refuah Shelema

- Bobbie Fink
Yael Groner
Berta Kalman
Ceil Klein
Edith Sokol

Condolences to the family of:

- Harriet Snyder



Monthly Ladies Shiur
w/ Rabbi Meyers
After Kiddush, Shabbat Mornings

SHABBAT NACHAMU
PARSHAT VA'ETCHANAN, JULY 25TH

PARSHAT SHOFTIM, AUG 15TH

Contact the Shul office to sponsor a week



October 13, 2025, that the last remaining 20 living hostages were released. And it was only six months ago, on January 26, 2026, that the remains of Ran Gvili were recovered and brought back to Israel. After so many tefillot and tears, they were finally all home. And for that we have tremendous gratitude.

But are we as a nation better off this Tisha B'av than last?

Hardly.

The war in Israel looks different. The headlines are no longer as fixated on Israel (for now). But the world has not suddenly become safer for Jews. This past year, Jews were targeted, attacked, and in many cases killed for the simple reason of being Jewish, including in Australia, England and Canada. Here in America, more anti-Israel, which so often just means anti-Semitic, candidates have won races and primaries across the country. And the explosion of anti-Jewish and anti-Israel sentiment from influential voices online has not improved either.

So what has changed?

I think, more than anything else, what has changed is us. We have gotten used to it.

And that is truly frightening. What once shocked us no longer does. What once made us ask, "how can this be happening here?" now barely surprises us. Another politician says something outrageous and antisemitic. Another protest or rally somehow devolves into open Jew hatred. Another Jew is harassed, threatened, and attacked. And somehow, in the sick way that we learn to live with terrible things, this too has begun to feel like a new normal.

Or perhaps, more accurately, the new old normal.

After all, isn't it historically normal for the Jew to be scapegoated? Isn't it normal for the Jew to be blamed for the problems of the world? Isn't it normal for the Jew to be treated as the "other"? Hasn't it happened time and time again throughout history? Isn't it normal?

And perhaps it is precisely due to this twisted voice inside all of us, that Tisha B'Av is so crucial. Because it comes to remind us that it is NOT normal.

It may be familiar and old. It may be the story we have lived again and again as a people throughout the generations. But it is NOT normal. It is NOT how life for a Jew is supposed to be. It is NOT how the WORLD is supposed to be. As we read in Parsha Balak just a few weeks ago, Hashem's vision for the Jewish people is one of dignity, blessing, and security, not fear, persecution, and isolation.

On Tisha B'Av we don't only remember that our Batei Mikdash were destroyed. On Tisha B'Av we remind ourselves that this depraved and disturbed reality, where Jews are blamed and persecuted, is a byproduct of living in a fractured world. A world where G-d's presence is hidden. A world where evil can flourish. A world where Jews can so easily and quickly find themselves alone and exposed.

And so we mourn.

We mourn what we lost. We mourn the Beit HaMikdash. We mourn the closeness to G-d that we no longer experience openly. We mourn the pain of the Jewish people, in Israel and in exile. And we mourn the fact that we have become numb to things we should never have accepted as normal.

But we also hope and pray.

We pray for safety for Jews around the world. We pray for healing for the soldiers who continue to get injured protecting the Holy Land. We pray for strength for all of us to continue living proudly as Jews. We pray that the world should finally become what it is meant to be. And we pray that this year, Tisha B'Av should no longer be a day of fasting and mourning, but a day of celebration.

May we merit the coming of the Geula Sheleima speedily in our days.



July-August 2026 Calendar of Events

Thursday, July 2	Fast of 17 Tammuz
Saturday, July 4	Independence Day
Sunday, July 12	LJCAGBI Summer Picnic
Wednesday, July 15	Rosh Chodesh Av
Thursday, July 23	Tisha B'Av
Wednesday, July 29	Tu B'Av
Thursday, August 13	Rosh Chodesh Elul- Day 1
Friday, August 14	Rosh Chodesh Elul- Day 2

Please note that this bulletin is online at www.ljcagbi.org

To print calendars, flyers or order forms, go to the bulletin page needed, and print the page(s) you would like. Perfect for refrigerator door decor.

Your presence is greatly needed: please attend

Lincolnwood Jewish Congregation A G Beth Israel, our Shul, has always maintained two daily minyanim for Shacharit and for Mincha/Maariv (or just Maariv during the winter months). It continues to be difficult to guarantee that 10 men will be present for davening. **Your help is urgently needed to ensure that a full minyan is present for everyone, especially those who have Yahrzeit or are in their year of mourning. Please attend whenever you are able.**



Three Weeks-Nine Days LUNCH AND LEARN @ Shallots Bistro

**TUESDAY
JULY 7
12:15PM**

**SPECIAL DISCOUNTED MENU
FOR ALL PARTICIPANTS!**

**NEW LUNCH MENU
OPTIONS AVAILABLE!**

**PRIOR REGISTRATION
NOT REQUIRED!**

Schedule for Services &

JULY 2026/TAMMUZ-AV 5786						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
			1 S: 7:00am M/M: 8:15pm	2 FAST OF THE 17TH OF TAMMUZ Fast begins: 4:07am S: 7:00am M/M: 8:15pm Fast Ends: 9:04pm	3 S: 7:00am CL: 8:11pm M/M: 7:15pm	4 PINCHAS S: 9:15am M/M: 8:05pm H: 9:11pm
5 S: 8:30am M/M: 8:15pm	6 S: 7:00am M/M: 8:15pm	7 S: 7:00am M/M: 8:15pm	8 S: 7:00am M/M: 8:15pm	9 S: 7:00am M/M: 8:15pm	10 S: 7:00am CL: 8:09pm M/M: 7:15pm	11 MATTOT-MASEI S: 9:15am M/M: 8:00pm H: 9:08pm
12 S: 8:30am M/M: 8:10pm	13 S: 7:00am M/M: 8:10pm	14 S: 7:00am M/M: 8:10pm	15 ROSH CHODESH AV S: 7:00am M/M: 8:10pm	16 S: 7:00am M/M: 8:10pm	17 S: 7:00am CL: 8:05pm M/M: 7:15pm	18 DEVARIM S: 9:15am M/M: 8:00pm H: 9:04pm
19 S: 8:30am M/M: 8:05pm	20 S: 7:00am M/M: 8:05pm	21 S: 7:00am M/M: 8:05pm	22 EREV TISHA B'AV S: 7:00am Fast Begins: 8:19pm M/M: 8:05pm	23 TISHA B'AV S: 8:00am M/M: 8:05pm Fast Ends: 8:51pm	24 S: 7:00am CL: 7:59pm M/M: 7:15pm	25 VA'ESCHANAN S: 9:15am M/M: 7:55pm H: 8:58pm
26 S: 8:30am M/M: 8:00pm	27 S: 7:00am M/M: 8:00pm	28 S: 7:00am M/M: 8:00pm	29 TU B'AV S: 7:00am M/M: 8:00pm	30 S: 7:00am M/M: 8:00pm	31 S: 7:00am CL: 7:52pm M/M: 7:15pm	KEY: S - Shacharit M - Maariv M/M - Mincha/Maariv CL - Candle Lighting H - Havdalah

Please get your articles in for the shul bulletin

If you have a program, announcement or event, please get your information to the Shul *Bulletin* so everyone will know about it! Send your electronic submissions to the editor at: bulletin@ljcagbi.org or submit a hard copy to the Shul office before the deadline, **September-October 2026 issue, Sunday, August 23 2026**. All material is subject to approval by the editor and may be modified for space or content. Inserts must also be approved by the editor before inclusion in the *Bulletin*. Please email bulletin@ljcagbi.org for further details.

Candlelighting Times

AUGUST 2026/AV-ELUL 5786						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
KEY: S - Shacharit M - Maariv M/M - Mincha/Maariv CL - Candle Lighting H – Havdalah						1 EKEV S: 9:15am M/M: 7:45pm H: 8:51pm
2 S: 8:30am M/M: 7:50pm	3 S: 7:00am M/M: 7:50pm	4 S: 7:00am M/M: 7:50pm	5 S: 7:00am M/M: 7:50pm	6 S: 7:00am M/M: 7:50pm	7 S: 7:00am CL: 7:44pm M/M: 7:00pm	8 RE'EH S: 9:15am M/M: 7:35pm H: 8:42pm
9 S: 8:30 am M/M: 7:40pm	10 S: 7:00am M/M: 7:40pm	11 S: 7:00am M/M: 7:40pm	12 S: 7:00am M/M: 7:40pm	13 ROSH CHODESH ELUL-DAY 1 S: 7:00am M/M: 7:40pm	14 ROSH CHODESH ELUL DAY-2 S: 7:00am CL: 7:34pm M/M: 7:00pm	15 SHOFTIM S: 9:15am M/M: 7:25pm H: 8:33pm
16 S: 8:30am M/M: 7:30pm	17 S: 7:00am M/M: 7:30pm	18 S: 7:00am M/M: 7:30pm	19 S: 7:00am M/M: 7:30pm	20 S: 7:00am M/M: 7:30pm	21 S: 7:00am CL: 7:24pm M/M: 7:00pm	22 KI SEITZEI S: 9:15am M/M: 7:15pm H: 8:22pm
23 S: 8:30am M/M: 7:20pm	24 S : 7:00am M/M: 7:20pm	25 S: 7:00am M/M: 7:20pm	26 S: 7:00am M/M: 7:20pm	27 S: 7:00am M/M: 7:20pm	28 S: 7:00am CL: 7:12pm M/M: 7:00pm	29 KI SAVO S: 9:15am M/M: 7:05pm H: 8:11pm
30 S: 8:30am M/M: 7:10pm	31 S: 7:00am M/M: 7:10pm					

Minyan times are subject to change. To confirm minyan time please check the shul website under the worship services tab or call/text Paul Kramer at 312.343.2200.





SHABBAT MEVORCHIM SCHOLAR IN RESIDENCE

Shabbat morning,
July 11
Parshat Matos-Masei

**RABBI
AHARON CARDASH**

**REBBI, FYHS
COMMUNITY EDUCATOR, REACH**



Sponsorship opportunities available

The Most
FABULOUS
Shur in Town!

FOR BOY WOMEN

Parshat Pinchas
July 4th
Alissa Zefren

Parshat Ki Teitzei
August 22
Marilyn Zeller

TO SPONSOR A SHIUR IN MEMORY OF A LOVED ONE, OR IN HONOR OF A SIMCHA PLEASE CONTACT THE SHUL OFFICE

LINCOLNWOOD JEWISH CONGREGATION-AGBI PRESENTS

SHABBAT MEVORCHIM GUEST SPEAKER JUDI SREBRO

Shabbat Morning, August 8th

Judi Srebro, originally from Hollywood, is a speech and dialect coach based in Israel who works with top actors, musicians, and public figures. With a background in Speech and Hearing Communication, she began her career organizing speaking tours, where she discovered her passion for helping people connect through storytelling. After moving to Israel, she quickly became known for empowering clients to speak with clarity and confidence. Her big break came after handing out business cards at a celebrity concert, launching her into the entertainment world. Judi now coaches clients on everything from dialect and audition prep to on-set performance and business presentations. Her work has even landed her on screen, with a cameo in "Greenhouse Academy."

Sponsorship Opportunities Available



THE Ladies SUMMER SEUDAT SHLISHIT

Upcoming Dates:
Parshat Devarim, July 18th
with Georgia Miller
Parshat Re'eh, August 8th
Judi Srebro

**6PM @ THE HOME OF
MARTHA MEYERS**



Off the Subject

Three guys go down to Mexico one night, get drunk and wake up in jail. They find out that they're to be executed for their crimes but none of them can remember what they have done.

The first one is strapped in the electric chair and is asked if he has any last words. He says, "I am a priest and I believe in the almighty power of G-d to intervene on behalf of the innocent." They throw the switch and nothing happens; so they figure G-d must not want this guy to die, and let him go.

The second one is strapped in and gives his last words. "I am an attorney and I believe in the eternal power of Justice to intervene on the part of the innocent." The switch is thrown and again nothing happens. Figuring the law is on this guy's side, they let him go.

The last one is strapped in and says "I'm an electrical engineer, and I'll tell you right now, you'll never electrocute anybody if you don't connect those two wires." G-d rest his soul.

"What's the quickest way to the Dead Sea?"

The falafel owner scratched his head. "Are you walking or driving?" he asked.

"I'm driving," replied Dave.

"That's the quickest way!"

The World.
Judaism.
You.

Through the Lens of One
of the Greatest Jewish
Minds of the 20th Century

SHABBAT 9
MORNINGS AM

The Transformative Thought of Rabbi Joseph B. Soloveitchik



SUMMER SHABBAT AFTERNOON GEMARA SHIUR

JOIN US FOR A GEMARA SHIUR
30 MINUTES BEFORE SHABBAT
AFTERNOON MINCHA

JULY 4, 11, 18, 25
AUGUST 1, 8, 15, 29



CHASSIDIS

AT

SHALASHIDIS

ENLIGHTEN YOUR SOUL
WITH TORAS CHASSIDUS

SHABBOS AFTERNOONS
@ SHALOSHEUDIS

FOR MEN &
WOMEN



GROWING JEWISH
A Journey of Memory, Faith, and Identity—Reflections on Sivan
Alexander Goldstein & AI

The month of Sivan has always held deep meaning in my life. It is the month when we celebrate Matan Torah, the giving of the Torah at Mount Sinai, the foundation of Jewish faith and continuity. Yet for me, Sivan is also a month of remembrance. On the 23rd of Sivan, I observe the Yahrzeit of my beloved family members who were taken during the Shoah and never returned. Their lives, their dreams, and their legacy remain a part of who I am, and each year my family and I pause to remember them.

As the son of Holocaust survivors, remembrance was not merely an annual observance in our home; it was woven into the fabric of everyday life. The stories that were told, the silences that spoke volumes, and the memories carried by my parents helped shape my understanding of what it means to be part of the Jewish people.

I was born and raised in a kosher home rooted in Jewish tradition. While we did not belong to a congregation, Judaism was woven into the fabric of daily life through the example of my parents, the observance of mitzvot, and the values they lived by. My Jewish identity was not formed in a single place or by a single institution. Rather, it grew through family memories, personal experiences, and encounters with remarkable teachers who helped illuminate my path.

Along that journey, three rabbis stood out as guiding lights. Each influenced a different dimension of my Jewish growth, helping me better understand not only Jewish practice and learning, but also what it means to be a Jew. Their teachings strengthened my connection to my heritage, deepened my faith, and shaped the person I am today.

As I reflect each year during the month of Sivan—between the memory of Sinai and the memory of my family lost in the Shoah—I find myself thinking about the teachers who helped shape my Jewish life. Though my path was not formed within a single congregation, it was illuminated by remarkable rabbis whose lessons continue to guide me. Each one taught me something essential: who I am, where I come from, and who I can become.

The first and perhaps earliest influence was Rabbi Yisroel Katz, ר"י whom we lovingly called Sruli bácsi—a Hungarian expression that carried warmth, familiarity, and deep respect. He was more than a rabbi; he was a survivor of the Holocaust, a living link to a world that had been nearly destroyed. His presence alone spoke volumes, but his message was always clear and focused: identity.

He taught me to ask a simple yet profound question—Who am I.

And the answer, he showed me, begins with the words of Shema Yisrael.(שמע ישראל).

This central declaration of Jewish faith—"Hear O Israel, the Lord is our G-d, the Lord is One"—was not just a prayer to be recited. It was a statement of existence. For him, especially as a survivor, these words carried the weight of history, sacrifice, and unwavering belief. Through him, I began to understand that being Jewish starts with identity—knowing where I stand and to whom I belong.

The second major influence in my life was Rabbi Joel Lehrfield ר"י of the Lincolnwood Jewish Congregation. If the first rabbi taught me about identity, the second taught me about memory.

What left the deepest impression on me was his recitation of Yizkor—the memorial prayer said on the holiest days of the year. There was something profoundly moving in the way he said those words. It was not only about remembering those who had passed; it was about connection—to family, to history, and to generations before us.

Through Yizkor, I learned that Judaism is not only lived forward—it is also carried backward. We remember, we honor, and through acts of tzedakah and reflection, we elevate the souls of those who came before us. Memory became not just a feeling, but a responsibility.

The third rabbi, Rabbi Yehuda Meyers, continues to shape my life today. His influence is different—it is more personal, more inward. From him, I learned about growth.

The prayer that captures his impact is Ya'aleh V'Yavo—(יעלה ויבוא) a request that our remembrance should rise and come before G-d with favor and mercy. Recited during special times—new months and holidays—it carries a quiet but powerful message: we are always in the process of becoming.

Through this, I began to reflect more deeply on my own life—how I can improve, how I can strengthen my belief, and how I can live more meaningfully as a Jew.

It taught me that Judaism is not static. It asks us to grow, to return, and to reconnect—again and again. Looking back, I see that my Jewish journey has been shaped in three stages: identity, memory, and growth.

From Rabbi Yisroel Katz, I learned who I am.

From Rabbi Joel Lehrfield, I learned where I come from.

From Rabbi Yehuda Meyers, I am learning who I can become.

As I remember my family each year on the 23rd of Sivan and celebrate the giving of the Torah during this sacred month, I recognize that Judaism is both inheritance and responsibility. It is the legacy we receive and the legacy we pass on.

My parents gave me a Jewish home. My teachers gave me direction. Together they helped shape a life rooted in faith, memory, and continual growth.

When I look back on this journey, I see a clear path: Sivan and remembrance, family and tradition, teachers and learning, identity and growth. Each link strengthens the next, forming a chain that continues to guide my life.

And so my journey of growing Jewish continues—step by step, prayer by prayer, memory by memory.

Suggested Methods for Contributing to our Shul:

- ZELLE is the most cost-effective way to make a payment as no fees are applied.
Use our email address for your payment: officeljc@att.net
- Checks are always acceptable.
- Credit card payments are accepted, however we must pay a processing fee.
- Givebutter payment fees can be paid by you or us, however, please limit those payments to small charges.
- Israel Bonds may be purchased for your payments as a double mitzvah.
Visit israelbonds.com to view the current interest rates and view valuable information
Setup an account at: online.israelbonds.com/login
To donate your bond purchase to LJCAGBI, select “non-profit organization” and enter “Lincolnwood”
- For those over the age of 70, we strongly suggest that you consider using your IRAs as the source of your funds.
Direct your payments called Qualified Charitable Donations (QCDs) to LJCAGBI with no income tax liability.
If you make a QCD by December 31, it will also count towards your required minimum distribution for this year.

Contact your plan administrator and the LJCAGBI office with information regarding your QCD plans.

Tisha B'Av 2026

WE PRAY THAT THIS YEAR, TISHA B'AV
WILL BE TRANSFORMED INTO A DAY OF
CELEBRATION. BUT IF WE ARE STILL IN A
STATE OF MOURNING, THEN LET US
COME TOGETHER TO GRIEVE THE
HORRIFIC TRAGEDIES THAT CONTINUE
TO BEFALL OUR PEOPLE.

TISHA B'AV NIGHT - JUL 22

MINCHA: 7:25

FAST BEGINS: 8:19PM

MA'ARIV AND EICHA @ 8:35PM

TISHA B'AV DAY - JUL 23

SHACHARIT AND KINOT @ 8:00AM

TISHA B'AV MOVIE @ 6:15PM

MINCHA FOLLOWED BY KUMZITZ @ 7:45PM

FAST ENDS: 8:54PM



TISHA B'AV KUMZITZ

Join us as we uplift the waning
moments of Tisha B'Av.



After 7:45pm Mincha, Tisha B'Av day (July 23rd)





Tu B'Av (15th of Av)

The 15th of Av (known as Tu B'Av) is a most mysterious day, celebrated this year on **July 29, 2026**. A search of the Shulchan Aruch (Code of Jewish Law) reveals no observances or customs for this date, except for the instruction that the *tachanun* (confession of sins) and similar portions should be omitted from the daily prayers (as is the case with all festive dates), and that one should increase one's study of Torah, since the nights are beginning to grow longer, and "the night was created for study."

The Talmud tells us that many years ago the "daughters of Jerusalem would go dance in the vineyards" on the 15th of Av, and "whoever did not have a wife would go there" to find himself a bride. And the Talmud considers this the greatest festival of the year, with Yom Kippur (!) a close second!

As the "full moon" of the month of Av, it is the festival of the future Redemption, marking the end of the tragedy that marred the first part of the month. Until this day, many held *siyumim* and gave charity each day to mitigate our sadness and hasten the Redemption. But on the 15th of Av, this is no longer. Forty-five days before Rosh Hashanah, this is also the first day on which we begin to wish each other a *ketivah vachatimah tovah*, to be signed and sealed for a good year.

Chabad.org

Sticky Miso Glazed Salmon

This Asian-inspired salmon has become a favorite in my kitchen for good reason: it's deeply flavorful, effortless to prepare, and elegant enough for Shabbos or Yom Tov. The combination of miso, ginger, garlic, and sesame creates a rich glaze that caramelizes beautifully in the oven.

Serve with jasmine rice, roasted broccoli, or crisp cucumbers for a fresh and modern meal, whether it's the Nine Days or any time of the year.



Ingredients: (serves 4-6)

- 2 lbs salmon fillet or portions
- 2 tablespoons white miso paste (*I buy this on Amazon or Whole Foods*)
- 3 tablespoons soy sauce
- 2 tablespoons maple syrup or honey
- 1 tablespoon toasted sesame oil
- 1 tablespoon rice vinegar
- 2 teaspoons fresh ginger, grated
- 3 cloves garlic, grated
- 1 teaspoon sriracha or chili garlic sauce (optional) - *I'm not shy with the sriracha!*
- 2 scallions, sliced
- Sesame seeds, for garnish (mix black and white seeds for drama)

Instructions:

- Preheat oven to 400°F.
- In a bowl, whisk together miso paste, soy sauce, maple syrup, sesame oil, rice vinegar, ginger, garlic, and sriracha.
- Place salmon in a parchment-lined baking dish and spoon the glaze generously over the fish.
- Bake for 12–15 minutes, depending on thickness, until the salmon flakes easily.
- For extra caramelization, broil for 1–2 minutes at the end.
- Sprinkle with scallions and sesame seeds before serving.

This salmon is delicious hot, room temperature, or straight from the refrigerator the next day — which may explain why it disappears so quickly around here!