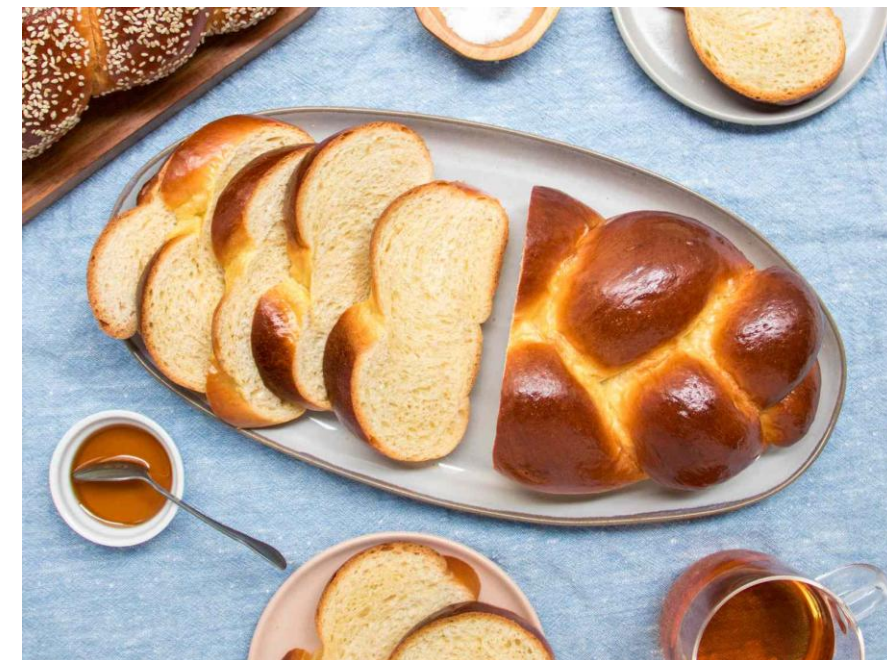




National Jewish Committee on Scouting Jewish Foods



- Challah**
- Braided, sweet egg bread



- Gefilte Fish**
- Poached or fried fish dumplings, made from a mixture of ground deboned fish (carp, whitefish, or pike) with matzo meal, & eggs



- Kugel**
- A baked casserole, most commonly made from egg noodles & sweet cheese, or shredded potato



- Latkes**
- Savory potato pancakes made from grated potatoes & onions, eggs and a binder (flour or matzo meal), pan-fried until crispy and golden brown



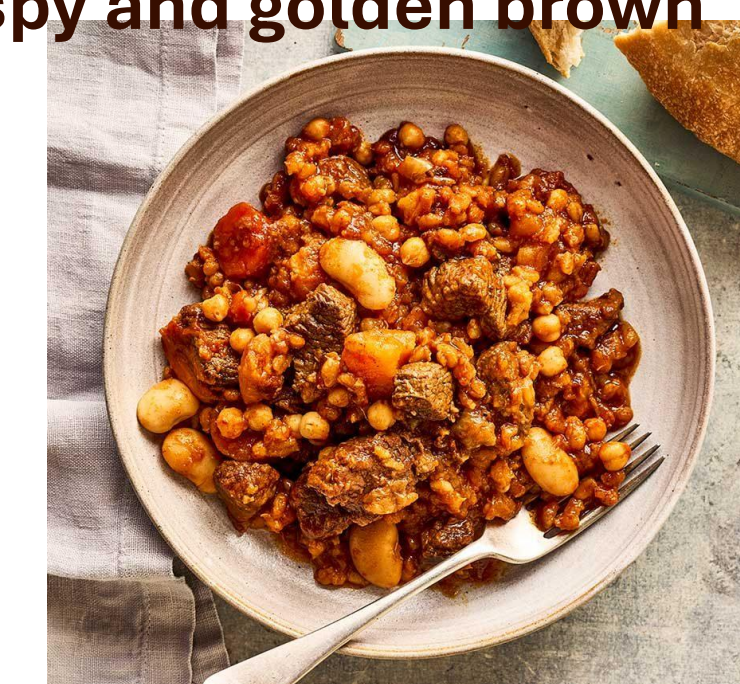
- Kneidlach**
- Matzah ball soup dumplings made from a mixture of matzah meal, beaten eggs, water, and a fat, such as oil, margarine, or chicken fat



- Matzah (or Matzo)**
- Unleavened flatbread traditionally made from only flour and water.
 - Often ground up into Matzah Meal



- Hamantashen**
- Triangular fill pastry filled with sweet fillings like poppy seed, prune, apricot jam, Nutella, chocolate or similar



- Cholent**
- A savory slow-cooked stew for Shabbat (the sabbath) with meat, potatoes, and beans



- Rugelach**
- Crescent-shaped pastries with a rich, cream cheese dough rolled around a sweet filling, typically made with nuts, cinnamon, sugar, and raisins, chocolate, or jam



- Tzimmis**
- Stew typically made from carrots and dried fruits such as prunes or raisins, often combined with other root vegetables



- Bagels**
- Bread roll originating in the Jewish communities of Poland
 - Typically served with Cream Cheese and Lox (smoked salmon)



- Blintz**
- A thin, crepe-like pancake that is filled (sweetened cheese mixture, raisins, or fruit preserves), folded into a small package, and then pan-fried until golden brown