

Venture into Rosh Hashanah



Rosh Hashanah Food Around the World

Would you try any of these Rosh Hashanah foods from across the globe?

Bene Israel Jews in **India** eat *halwa*, a traditional milk custard made with wheat gluten, coconut milk, almonds, pistachios, and cardamom



Moroccan

Jews eat couscous and seven vegetables for luck in the new year. The grains of couscous represent countless blessings.



Beets are a traditional Rosh Hashanah food eaten to ward off evil. Jews in **Persia** eat meatballs with a sauce that's made with beets, tamarind, and pomegranate molasses.



Jews in **Portugal** eat rodanchas, savory pumpkin-filled pastries as part of their traditional Sephardic Rosh Hashanah seder.



Greek Jews eat fasolakia, a green bean, tomato, onion, and potato stew also served on Sukkot. Some recipes also include olives and feta.



Jews in **Ethiopia** eat drink *tej*, a honey mead, which is made by fermenting honey and water, sometimes along with gesho, a native buckthorn plant. Spices like ginger, cinnamon and cardamom are also added.

