

Regional Cooks' Meeting

Naomi: There are two subjects that we will talk about today, a community cookbook and our youth.

Cookbook

Ruth: I was looking for any teachings we had on food. I ran across this cookbook that Miriam started. I was reading over it and thought that there were good things in it. I am sure Miriam is open to whatever we have to say.

Miriam: I would rather be wrong together than right alone. I worked on it for a while but when I did not get any feedback I stopped. I knew I had grown up some because when I was younger I would have just continued on.

At this point, Ruth read the cookbook to us.

Bread

Abigail R.: Why do we put sweetener in bread?

Different answers: To help it rise, the yeast eats the sweetener. Yoneq promoted a sweeter bread. Some breads do not have sweetener — rye, French, pita. The recipe in this cookbook is not real sweet because it was for sandwiches.

Shomerit: Some people have come to me asking about yeast. I have heard too much is bad for you, I do not know why. Do we know? Does it explain in the next section?

Sourdough

Yemima: I wish in our cookbook we would explain things about ingredients, why we do what we do, like in *Joy of Cooking*.

Eshet: It is evident in some of our youth that they do not have vision about why we do what we do and if it is a “rule” to them they just cannot wait to break it.

Shifrah: Does all whole wheat flour have this chemical in it and unless you break it down ? Is it there — in cakes, etc. quick breads?

MaAminah: Yes. It is also in rice, millet. All grains and beans.

Someone interjected: That is why we soak beans overnight.

MaAminah: No, 24 hours.

Ruth: It is called Phytic acid? So it is good to soak your grains before you cook them. The grains will soak in some water so whatever you pour off is only what you need to replace to cook it. Not the regular amount.

Hannah: So it is not the yeast that is bad for you but the Phytic acid?

MaAminah: No, the yeast is also bad for you.

Yemima R.: When you bake with yeast there is a reaction which produces air, an enzyme, and a by-product (I think it is some kind of acid). The by-product gives it the yeasty taste and that by-product is what is not good for you.

Ruth: The statement in the cookbook about not eating so much cakes, crackers, etc. makes it sound like it is bad to eat these things. I do not know if we should be so extreme. We just need to judge ourselves.

Miriam: I guess what I was trying to say is that if we eat those things we should try to eat Vitamin C with it. Phytic acid looks for Calcium and binds it. So your body cannot use it. When you eat Vitamin C it helps unlock it. This does not mean we should take Vitamin C.

Rebecca: With cakes and things that are moist maybe the process will continue. Does the process stop when you stop baking , or if you let it sit for a few days does it continue?

Ruth: It would be good if someone would look into it and see if this process does take place in quick breads, when it sits.

Eshet: I have felt there is a momentum with women of trying to hurry up and get out of the kitchen quick, rather than thinking of spending your day in the kitchen. It could be that we have more children and responsibilities, but also we have new people coming in with the modern mind of quick cooking.

We have to help people by continually bringing the right mind.

Ruth: It really is a responsibility we have as heads of the kitchen to bring in the right mind. We are responsible for how our brother's health is according to how we eat. We should want to have the utmost care in how we make things and the mind we bring in. Sometimes we hear things and take it to extremes, but He wants us to have common sense, a good balance.

Naomi: We need to know why we do not do things and be able to pass it on. We do not want the cookbook to pass these things on because there is a spirit that needs to be passed on with the information.

Ruth: The cookbook should be a tool for us to help us remember the facts to pass it on to our children and new disciples.

Eshet: This is a little different subject. Have you seen the Tasajara Bread Book? The lay out is nice. Starts out with a simple recipe and you can add or take away for other recipes. I have found it really useful.

Aiyelet Hashachar: We have started making sourdough in Rutland. It is not that hard like we thought. On Friday night we make yeast bread and all the rest of the week we eat sourdough. Some of us have had hair growing back in, we are encouraged.

Yogurt

At this point Eshet read about "yogurt" from the cookbook.

Miriam: There is someone in our household, a younger disciple, who was taught to put it on and get a little skim on top, turn it off and do not stir it.

Reaction from different people: That is right. Found that if you do not stir it, it really works good.

Eshet: If you stir, it seems to burn more often. Why? Maybe because of opening the lid and stirring cools it down and then it scorches on bottom. But if you keep the lid on it heats up faster — burner on high.

MaAminah: I really support that about clean utensils! We should not feel you have to put sweetener in yogurt to make it taste good. We should not promote that or our children will think yogurt always has to be sweetened.

Shiphrah: Do you have to boil or scald?

Yemima: I looked it up, do not let it boil, just bring it to a point of boiling which is scalding. You see little bubbles not a rolling boil.

Ruth: We want to go on and we will be appointing a group of people to go over cookbook.

Desserts

At this point, Elishevah read about desserts.

Shiphrah: Atarah said if she had pastry flour available she could make as good a cake without eggs as one with eggs.

Miriam: Oil alone does not make nice cakes. Most of the time people overcook cakes and it has lots of oil and still comes out dry, because it is overcooked.

Anavah: If you are eating a cake right away it does not need so much oil. Oil keeps it moist if it is sitting for a couple of days, like for Sabbath pie.

Ruth: This section needs to be rewritten, it does not communicate clearly.

MaAminah: We need to point out about using fertile eggs.

Ruth: We need to help people see we do not have to use so much oil but we would not need to write about the calories. Good to compare recipes, and should talk more about how the fat affects your heart, bloodstream, etc.

Eshet: Could we put more in the cookbook about butter, chocolate, etc.?

Calories

At this point, Ruth read about calories, and commented: Good analogy about the wood heat. We do not necessarily have to point out the calorie comparison, but it is good to dispel the myth that if you are trying to cut down and lose weight that you take out the starch and carbohydrates and increase protein.

Shomerit: Do we have a mind about dieting? Does this represent our mind?

Naomi: The cookbook should be simple and if someone has a problem with cholesterol then we could have a section to help out with that problem.

MaAminah: What do we want in our cookbook? Do we want it to be just recipes or do we want to pass on a mind?

Ruth Brosseau: I have wondered if we should have a separate handbook with our mind for older women to pass on.

Eshet: I really like having a book that passes on a mind about ingredients and why we do what we do like Joy of Cooking does.

Ruth: It seems like we should have a nutrition information book that passes on our mind and another cookbook with basic recipes and ingredient information, and how to prepare.

Shiphrah: Are we saying we cannot pass on information about calories without our children getting a spirit about it? I do not promote counting calories in everything we eat.

MaAminah: Where do our youth get the idea that bread is fattening? From people in the body that think that way.

Shiphrah: I have seen that our children have a wrong idea about calories. That there is something wrong with calories, they are bad. But calories are not bad. They are a way of measuring how food is burned up. They need a concept of what calories are, but they surely do not need to count calories.

Ruth B.: Maybe we could express that men who work out on Woods Crew, or work hard in the weather, need more calories than someone who works around the house or sits still.

MaAminah: We need a simple cookbook with a simple explanation. We cannot even get out a cookbook alone — let alone a cookbook and nutrition book.

Yemimah: We could mention the logs burning and skip the tuna, have the tuna in the diet section. We could mention a balanced meal in a simple way.

Ruth: Our mind about dieting is simple: "Portions." I do not think we need it in our cookbook.

Yael: We need covering in the house holds about dieting, calcium, etc.

Tahorah: I liked what Rebecca said, "Why we eat millet, lecithin." The other day some youth said, "We do not need to eat lecithin. It is so bad. It is so fattening!" They need to know something, short and brief.

Ruth D.: We can bring things to cooks meetings. There are lots of teachings about food (the Immune System) that might need to be considered and brought in.

Naomi: Let us make a decision about what we want and appoint a group to work on it. Then we can go on to another topic.

Eshet: Let us appoint a committee and see if they can do what we are proposing. Then we can go from there.

Ruth: As a basis for a committee I think MaAminah, Miriam, and Deborah Lamb are a good team. They all live here in Boston and are easy to get together.

Naomi: I think Rebecca should be involved; she is only 45 min. to an hour away. I know that Yoneq told me that clothing, like food, cannot have everything written down. It is good that it would be in us and we must pass it on. Our cookbook should be ours, so we do not have to go to these other cookbooks and our young people get frustrated and say I am just going out and get some brown sugar! Because they do not know what to substitute.

Shiphrah: I wish we could have samples of weekly menus.

Eshet: It would have to be seasonal and regional.

Miriam: All this knowledge is a priestly thing. It should be passed on one to one. So we can bond to each other not to the cookbook. The book needs to be simple with explanations and recipes. Recipes could be for small amounts and large amounts. It could also leave lines for you to multiply your own amount.

(At this point, someone mentioned that Shores had written a letter about mono and diglycerides. Caleb also

wrote a letter to Shoresch about lecithin.)

Ruth: These people need to send these letters to Miriam and she can make copies and give them out at our next meeting.

MaAminah: Oseh Shalom sells the best oil, but we should not grumble and complain about the cost. We can get Soy Sauce cheap but it is not so good for you.

Ruth: We are always falling away but we hear these things and they give us vision.

Naomi: This is a teaching from Sus. A Cooks Meeting on April 2, 1990, mainly about raw food. A good mind is passed on, Yowceph is here in Judah now; he was there and passed on alot. We need to each have a copy of it. Go over it at our next meeting.

Ruth: If you are getting oil any cheaper than A to Z then it is not good for you! Oseh Shalom has sincerely researched this.

Eshet: Kharash has really supported me in not giving in to pressure of finances. Remember how we went from margarine to butter to soy oil to canola to sunflower. I have fallen from reading ingredients. I need these reminders, this helps my standard stay high.

Shiphrah: Would be good to explain why the list of ingredients has an order. First ingredient is the largest amount.

Ruth: We need to not be going around correcting one another about the things we talk about food and put each other under a law, but we can help each other come into a mind.

Our Youth

Naomi: Now our most important subject — our CHILDREN. What is our mind about scheduling our children, our youth? What are we putting into them as far as giving up their lives? We want them to be healthy — are they ours to serve us? We do not want them to be independent.

Ruth: I want to meet the pressing needs in the household (at my own expense alot). My daughter, Abigail, likes to serve in the household, better than she likes to serve me. She serves in our little children's clothing industry. Naomi has told me that when I have a need feel free to use her. But I also want to be sensitive to the needs around me and the industry. Their direction needs to come from parents but parents need to have the right mind. She might be under pressure — right now she is making clothes for David and Yemima. They are leaving Monday but, when I have a need I have to be sensitive to use her when I need help, and not make her my servant selfishly. David Ishmael added that immas can use their daughters to do things they should be doing themselves. Be careful.

Naomi: ha-Emeq said what are we raising? Someone who is trained to serve the Body, for the Kingdom, to be responsible adults in the Edah. If parents do not see that they hold on, we have to help them cut the cord. There is a woman we are helping. You have to go to her about everything her daughters do — even 18 to 20 year olds. That is not normal. We should be able to schedule them with the other women — but not without input from their parents.

Eshet: With Tamar we see we cannot look at her as “Oh another single woman!” and schedule her tightly so there is no room for her to help her imma. They can become independent and wanting to be out from under their parent's authority. Check that attitude about authority.

Ruth: ha-Emeq said you could put Abigail in kitchen and she could do everything there is to do in there but it would be under Imma's authority. We need to cover them so they do not become arrogant, but they can do the bulk of the work.

Huldah: There have been some girls that you could not put any demands on because their immas say they will get arrogant and it is bad to let them work alone like that. But I cooked full time at the Arbor, but I did not get arrogant. It has to do with their imma's relationships with them. My imma told me exactly what to do and I did it the way she wanted me to.

Naomi: Some girls are wonderful servants but they have been independent from the rest of the household. We need to start when they are young.

Ruth: Do little responsibilities — wipe tables, sweep floors, let the cord loose a little, trust them a little more, give them a little more responsibility.

Drorah: We had some trouble with a daughter who took over covering the kitchen after her imma had a baby. The imma had a little wrong thinking, so the youth would be intimidating — trying to uphold imma's direction. But the key was for the women in the household to have a relationship with the imma. Together they were able to help the youth.

Yemima: I lived with Naomi when Huldah was cooking full time . I testify that it is true that her relationship with her imma is the key. A woman recently told me that she felt these girls were leaving because they had been handled by the Body. I knew that this was not true — Elishevah, Huldah, Yael — have been good fruit. I know being handled by the Body is normal and it brings healing. ha-Emeq told me we have to be careful about this bonding thing. Some women, the only thing that would satisfy them is to give them their own house so they can bond with their children. What do we want them to bond to?

Naomi: To our Master and His body.

Huldah: Bar Mitzvah teaching does not say our children will *have* to serve us but they will *want* to serve us, because of their hearts. If we sit in our rooms and have them do all the work, it will make them bitter. Keli said they will either grow up and leave the community or grow up and be selfish themselves.

Khemdah: Talilah said at a Breaking of Bread we must be filled with the Spirit in raising our children so they can see the difference between the world and our Masters life. They will love His Spirit — if they do not see the difference they will leave.

Yael: I cooked at 9 years old. I had a really good relationship with my imma; she was gone alot, but I felt connected to her.

Eshet: Your parents built you up and respected you — gave you responsibilities, but covered you closely. My boys are that way with Naboth. This is a maturing process — letting go slowly, helping them see how to do things a little differently with different people. Also some people have it backwards and leave the youth with the children and they go to do the work.

Naomi: ha-Emeq said she was shocked to find Hephizibah in such a place that she would leave her with responsibilities but she would come back and find her unfaithful. She may have done what she was supposed to do but it was independent from the rest of the women in the house. The women would try to check her but she would say, "Well ha-Emeq said this..." which was not ha-Emeq's heart.

Yemima: It hits a deep spot within you to trust your children with other faulty humans. This is a high trust.

Ruth: They need tight hands — checking up on them — appreciating them with what they have done. They know they are secure, makes them happy and bonds them to us.

Yael: It is important to check on whether they have obeyed your command, start young.

Naomi: I wonder about youth visiting from community to community .

Sekel: I wanted to pass on that ha-Emeq had passed on that our children should not be spending the night with each other — this is what promotes the underground.

Huldah: It is the same as the youth visiting from community to community. ha-Emeq used to see youth visiting and say what are they doing here? They need to go home — it is distracting from what our youth are doing.

Shomerit: All we talked about today I keep thinking about our children being sent out and us being sent out — it will be a light to the nations. I am so thankful.

Aiyelet: I am so thankful when we pray our Father answers us and He speaks to us! Thankful to be a part of a wonderful purpose and how He is leading us.

AMEN.

Next meeting — youth visiting community to community and more on food. Bring recipes for desserts and Sabbath pie. Meetings about every 2 months.