How to Host an Oneg Shabbat
Part IV: Recipes

וְקָרָאתָ לַשַּׁבָּת עֹנֶג.
You shall call Shabbat a delight.

Recipes

Shabbat Candle Fruit Salad

To make these individual fruit salads, you will need:

- Canned pineapple rings (one per person)
- Bananas (half a banana per person)
- Purple grapes or red maraschino cherries (one per person)

Place a pineapple slice on each plate. In the center of the pineapple slice, stand half a banana. On the top of the banana, place half of a cherry or grape to represent the flame.

Kiddush Popsicles

Prepare these delicious popsicles before Shabbat. You will need:

- Bottles of grape juice
- Small paper cups
- Grapes
- Wooden craft sticks
- A cookie sheet

Place paper cups on the cookies sheet. Pour grape juice into each of the cups and insert the tray into the freezer for an hour and a half. Remove from the freezer. Spear a grape onto the end of each craft stick. Place the sticks, grape side down, into each of the partially frozen cups. Replace the tray in the freezer and freeze several more hours (four or more) until they are solid.

Pull and Peel Licorice Challah

Use ropes of Twizzlers Pull-n-Peel licorice to create challah rolls by knotting the strands into round knots. If you prepare the fake challot before Shabbat, you may want to braid the licorice into more traditional loaves.

Chocolate Chip Challah

If you have lots of time before Shabbat, try making the special chocolate chip challah recipe (available at babaganewz.com/tag/recipes).

A Taste of Torah

Create an edible Torah scroll. You will need two pretzel rods for every guest, a block (six squares) of chocolate per person, and frosting. Use the frosting to "glue" the pretzel rods to the chocolate bar to design a delicious Torah scroll.

Israeli Menu

If your oneg focuses on Israel, try serving Israeli salad, hummus, pita chips, and olives.

Holiday Foods

If your oneg is planned near the time of a holiday (Hanukkah, Shavuot, etc.), serve foods associated with the holiday and tailor the games to reflect the themes and events of the holiday.