



THE TENT

Congregation Beth Jacob's Monthly Newsletter
June, 2024



CBJ Calendar of Upcoming Events:

June 7, 7:00 pm: Hadassah Shabbat Service in observance of Yom Yerushalayim - (Zoom)

June 10, 7:00 pm: Sisterhood Meeting (Zoom)

Tuesday, June 11, 8:00 pm through June 12, 9:00 am: **Virtual Tikkun Leil Shavuot (See the article for details and registration)**

June 12: Dine & Donate Event at Red Robin, 269 Colony Place, Plymouth (See the article)

June 14, 7:00 pm: Shavuot Erev Shabbat Service (Hybrid) Potluck supper at 6:00 pm, followed by Shavuot service at 7:00 pm.

June 17, 7:00 pm: Brotherhood Meeting - Harry Shamir will speak to us about the future of the Middle East, in view of current events

June 21, 7:00 pm: Erev Shabbat Service (Zoom)

June 28, 7:00 pm: Outdoor Erev Shabbat Service at Nora & Jack Luftman's home (Hybrid) RSVP to Nora at nluftman1@gmail.com to let her know that you will be coming and to get the address and driving instructions, if needed.

Saturday, June 22, 7:00 pm: CBJ Annual Meeting (potluck supper at 6:00 and Havdalah service)

[To see the complete CBJ Calendar on our website, click here.](#)



Save the Date!

June 12th! All day!

**CBJ's Next Dine & Donate Event
at Red Robin, 269 Colony Place, Plymouth.**

Burgers, wraps, fries, salads, pizzas, entrees. To see the menu, [click here](#).

Dine in or order online. CBJ will receive 20% of your food order as a donation from CBJ!

[To see the flyer, with instructions on how to order online, click here.](#)

Help CBJ By Supporting the Gift Card Program!



Some of the popular restaurants that participate in our program and the discount that our temple will earn are: Outback -10%, Longhorn -10%, Texas Roadhouse-10%, Panera -8%, Chipotle -10%,Olive Garden-8%,Fridays -9%,I Hop-8%, Chili's 11%, 99 -13%, Sweet Frog,10%, Dunkin Donuts- 3.5%. Many other firms participate also. Use of Temple Gift Cards help contribute to our Temple General Fund. [Check out this link to get a partial listing.](#) Ed Sore is our tireless Gift Card Chairman. Please send Ed a note at esoreproducts@gmail.com and he will deliver cards to your home. Checks should be made out to Congregation Beth Jacob.

How to Order Gift Cards Online!

There is a new, very convenient way to order gift cards online, Download the Raiseright app to your Smart Phone. Go to www.raiseright.com and set up your method of payment. You may pay by credit card (3% surcharge) or by direct debit from your bank account (\$0.29 for each transaction.) Or, if you prefer, you may pay by check and have Ed Sore deliver your cards to you. Enter CBJ's Enrollment Code 3477L3C988L9 which will designate Congregation Beth Jacob as your organization. You can then order and pay for the gift cards that you need and they will be mailed to you or, if you prefer, they will be available instantly in digital form. Gift cards can also be refilled online. How convenient is that! Are you planning a house improvement, plane trip or cruise? Please consider ordering gift cards for these high priced items online. You can receive them immediately, and apply them to your purchases. All of this boosts CBJ's fundraising efforts and helps our bottom line!



Why not consider purchasing a gift card for Red Robin (8% donated back to CBJ) before you go to Red Robin's Dine & Donate event on June 12th. CBJ will receive 20% from your food order, in addition to the 8% gift card donation.



CBJ Annual Meeting!

Saturday. June 22nd at 7:00 pm

Potluck Supper at 6:00 pm and Havdalah Service

In Person and by Zoom

Look for information in The Weekly Update.

Shavuot (June 11-June 12, 2024)



Shavuot is the Hebrew word for “weeks,” and the holiday occurs seven weeks after Passover. Shavuot, like many other Jewish holidays, began as an ancient agricultural festival that marked the end of the spring barley harvest and the beginning of the summer wheat harvest. In ancient times, Shavuot was a pilgrimage festival during which Israelites brought crop offerings to the Temple in Jerusalem. Today, it is a celebration of Torah, education, and the choice to participate actively in Jewish life.

History, Customs and Traditions: Shavuot, like several other Jewish holidays, began as an agricultural festival that marked the end of the spring barley harvest and the beginning of the summer wheat harvest. In ancient times, Shavuot was a pilgrimage festival during which Israelites brought offerings to the Temple in Jerusalem – the “first fruits” of their harvest.

In modern times, Jews can no longer bring agricultural offerings to the Temple in Jerusalem, and thus there are no particular mitzvot, or commandments, associated with Shavuot. There are, however, several rituals that have become popular ways of celebrating the holiday, as we embrace the study of Torah and take inspiration from Jewish teachings.

Customarily, the Book of Ruth, part of the section of the Bible known as Writings, is read during services on Shavuot. Ruth was a young Moabite woman who married an Israelite man. When her husband died, she followed her mother-in-law, Naomi, back to Israel and adopted the Jewish faith and people as her own. To feed herself and Naomi, she gleaned in the field of Boaz, a rich man. Boaz is taken with her, and eventually they marry. Among their descendants is the famed King David.

The theme of Ruth’s conversion to Judaism is central to this story. In Ruth 1:16–17, she states: Do not urge me to leave you, to turn back and not follow you. For wherever you go, I will go. Wherever you lodge, I will lodge. Your people shall be my people, and your God my God. Where you die, I will die, and there will I be buried. Thus and more may God do to me if anything but death parts me from you.

Ruth is often considered to be the archetype of all who choose to convert to Judaism – accepting the Torah, just as Jews accepted the Torah at Mount Sinai – and this passage is generally understood as her conversion statement. To read more about the Book of Ruth, click here. <https://reformjudaism.org/why-do-we-read-book-ruth-shavuot>

The ceremony of confirmation – for high school students who have continued their studies and Jewish involvement beyond b’nei mitzvah – often is held on or near Shavuot. Just as the Jewish people accepted the Torah on Shavuot, so do confirmands reaffirm their commitment to the covenant and adult Jewish life.

The Foods We Eat on Shavuot: Many Jews prepare and eat dairy foods – often cheesecake or blintzes – on Shavuot as a reminder of the sweetness of Torah, and also as a reminder that the Torah calls the land of Israel a land “flowing with milk and honey” (Exodus 3:8). Often families gather together on the holiday to enjoy a meal that features such dishes.

Counting the Omer with Cereal Boxes

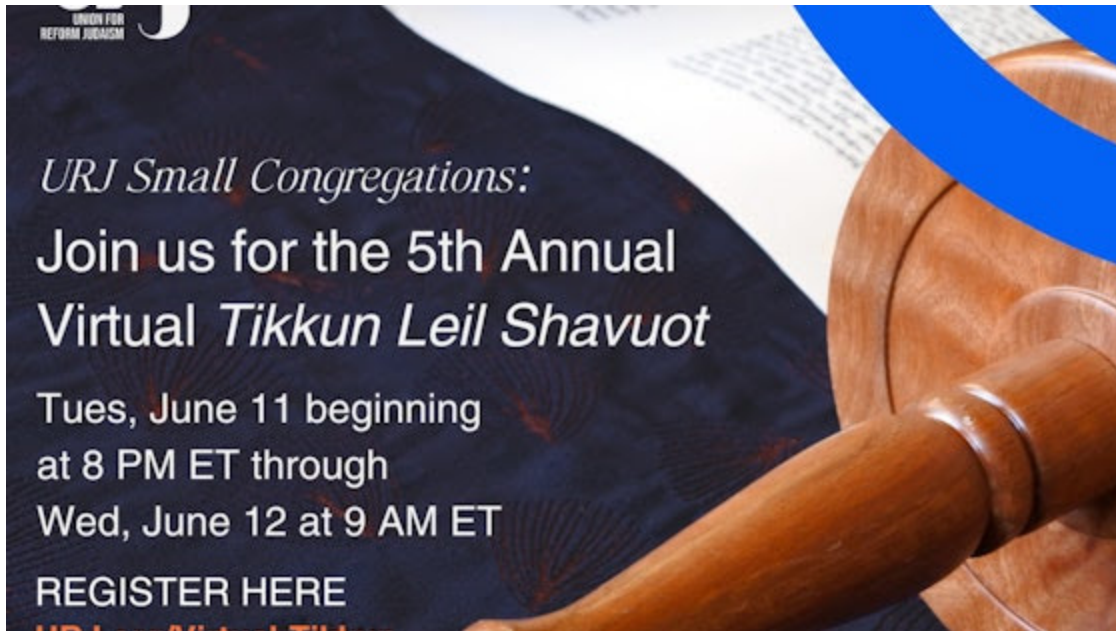
**COUNT THE OMER BY DONATING BOXES OF
WHEAT, OAT, OR BARLEY CEREAL**

**HELP US REACH
50 CEREAL BOXES
TO DONATE TO A
LOCAL FOOD
PANTRY**

**DROP OFF FROM
END OF PASSEVER
UNTIL THE END OF
SHAVUOT: WED
JUNE 12**

THE OMER, AN ANCIENT HEBREW MEASURE OF GRAIN, WAS BROUGHT TO THE TEMPLE DAILY FROM THE SECOND NIGHT OF PASSEVER UNTIL SHAVUOT-- 50 DAYS LATER. WE COUNT THE FIFTY DAYS EACH YEAR AWAITING THE CELEBRATION OF SHAVUOT AND GOD GIVING US THE TORAH
DROP OFF AT TEMPLE OR AT THE TELLES' HOME

Made with PosterMyWall.com



**Virtual Tikkun Leil Shavuot
A Shavuot Study Marathon!
Tuesday, June 11 beginning at 8pm (ET) through Wednesday, June
12 at 9am (ET)
Rabbi Mills will be teaching at the 9:00 pm time slot.**

God gave us Torah at Mount Sinai, but we also receive it every day in each moment that we engage with our tradition.

Join our collaboration of small URJ congregations as we offer a night of free study sessions and service options. Come for one session or stay all night (or join in the morning!) and enjoy teachings on a variety of topics.

[Register at www.urj.org/virtual-tikkun.](http://www.urj.org/virtual-tikkun)

Auschwitz. Not Long Ago. Not Far Away Exhibition
June 23 at 11am
at The Castle, Park Plaza, 130 Columbus Avenue,
Boston

This exhibition will continue until September 2nd, but sell-outs for certain dates are expected.



Rabbi Estelle Mills and the Congregation Beth Jacob community will travel into Boston on June 23rd to experience a group tour of an exhibition entitled Auschwitz. Not long ago. Not far away.

While it is now too late to join our group, you may purchase tickets directly by [clicking here.](#))

This is an acclaimed exhibit that everyone should see.
For more information about this event, click the following link:
<https://theauschwitzexhibition.com/>



The Essential Prayers and Songs for Our Shabbat Evening Services

To access a document with YouTube videos of the prayers and songs that we sing at our Shabbat evening services, [click here](#).



**Limud Torah/Torah Study Group
with Rabbi Emeritus Lawrence Silverman
Monday mornings, from 8:30-9:45 am**

To join the Zoom Meeting, click on the link below:

<https://us02web.zoom.us/j/2947234661?pwd=RVFTQmFFYXBVWHRJQ3RkeDhjTVptZz09>

Meeting ID: 294 723 4661, Passcode: 720299

CBJ Yizkor Book 2024-2025



We must always remember. To remember the members of your family whom you have lost and who continue to hold a precious place in your heart, please consider contributing to the CBJ General Fund by supporting our annual Yizkor Book fundraiser.

Below is the Yizkor Book form so you can fill out the information needed for your memorials.

Please note that we are continuing to offer a new feature that we introduced last year. You can now add up to four photos to the Yom Kippur Yizkor Service powerpoint presentation that is shown at our High Holiday services.

Please send your form with your check to me by the deadline of **June 15**.

God Provides.

Barbara Aharoni

Yizkor Book Chair

4 Horizon, Plymouth, MA 02360

Congregation Beth Jacob
Yizkor Book, We Remember Them
2023-2024 5784

The format of this Yizkor Book requires that memorial listings be by individual names only, without identification of relationship or terms of endearment. If memorializing two people who were life partners, they must be listed as two individual names.

Donation \$9 per name

Example

In Memory of: Remembered by one of the following choices:

John Doe

- 1) John Adams
- 2) Mr. and Mrs. John Adams
- 3) Mr. and Mrs. John Adams and Family
- 4) John Adams and Abigail Smith
- 5) John and Abigail Adams and Family

Jane Doe

TOTAL \$18 for 2 memorials @9 per name

NAMES TO BE REMEMBERED (Please print clearly)

Name: Remembered by:

___ Submit same as last year, no additions, corrections, or deletions

___ Full page- with text and/or photos for family memorials, or the dedication of this edition @ \$180

___ Half page- with up to 12 lines of text and/or photo @ \$ 90

___ Holocaust Remembrance Page- in memory of those who perished @ \$9 per line of text.

___ I would like a copy of "We Remember Them" sent to me.

___ I would like to submit up to 4 photos for \$18 to add to the Yizkor Service powerpoint presentation. (Submit up to 4 photos to cbjplymouthrabbi@gmail.com)

Please use the back of this form for additional names to be listed in the Yizkor book and for the text of the full, or half page(s).

Please accept the enclosed total tax-deductible contribution of \$ _____ to memorialize my loved one(s) in the 2023-2024 Congregation Beth Jacob, We Remember Them.

Name of Contributor: _____

Address: _____

City and zip code: _____

Phone- home or cell: _____

This form must be completed and returned with your check, payable to Congregation Beth Jacob, by the deadline of June 15th.

Please send them to: Barbara Aharoni, 4 Horizon, Plymouth, MA 02360

If you have questions about this form, please call Barbara Aharoni at 774-404-7107.

Brotherhood News



Brotherhood Bowling The 1st and 3rd Wednesdays of the Month at 4:30 pm at Kingston Ten Pins

We'll be bowling the first and third Wednesday of every month at 5:30 pm. We bowl 3 strings and pay only the special rate of \$4.50/string. You don't need to have any equipment, as bowling shoe rental is available for a small additional fee, and there is a large selection of balls to use. This is a great way to get together with other members of Brotherhood, renew old friendships, and make new ones. You don't have to be good at bowling to participate - all you need is a good sense of humor! Contact Seth Teles at scteles@aol.com or Arnold Gladstein at aralglad@verizon.net and let us know if you would like to join us. Is your spouse or significant other welcome? Of course!



Next Brotherhood Meeting Monday, June 17 at 7:00 pm (by Zoom) Harry Shamir will speak to us about the future of the Middle East in view of current events in that region. This will be followed by a discussion period. The meeting will conclude with a regular business/planning session.

To join the Zoom Meeting

<https://us02web.zoom.us/j/82523722189?pwd=VFIXdzRrd0h2M1piTIF1b3o3NjFDU>
T09

Meeting ID: 825 2372 2189 Passcode: 57842024

The Brotherhood has held well-attended meetings for the past several months and has accomplished a great deal in planning upcoming programs and activities. Brotherhood has rescheduled a dinner/discussion meeting on the topic of Security in the Face of the Rise in Anti-Semitic Threats. Plymouth Chief of Police Dana Flynn will address the issue of Anti-Semitic threats, and what the Plymouth Police are doing to keep Plymouth's Jewish Community safe. He will also discuss what we can do to protect our membership and our facility. **Watch for updated information in The Weekly Update.**

Plans are underway for a Brotherhood Breakfast. This event has always been well-received by our congregants, but it requires team cooperation in the kitchen. Workers are needed to purchase bagels, lox, schmear, eggs, potatoes, orange juice; someone has to prepare the eggs and fried onions and potatoes; someone must set up and clean up; we need someone to run the raffle.

Men: This is YOUR organization! Please participate! Become involved! Volunteer a few hours of your time and effort to help to make these programs happen. Many hands make light work! The camaraderie and sense of accomplishment are their own rewards.



As we all know, “It takes a village” to make an organization successful. There are many opportunities for congregants to lend their talents to the work that it takes to keep our congregation running smoothly.

Do you enjoy singing? Do you play a musical instrument? A few simple chords played on a guitar or the ethereal sound of a flute can do so much to enhance the beauty of our services. Are you adept with handling computer technology? We need someone in our congregation who is willing to assist with managing Zoom audio and video settings for our Shabbat services and other programs that are being streamed. Are you willing to take over the compilation and editing of our annual Yizkor Book? There are so many different ways that your skills could enhance CBJ!

Please contact our co-Presidents, Devon Fernald and Dianne Bluestein, if you are able to help. president@cbjplymouth.org



Please Volunteer to Sponsor an Oneg!

If you would like to honor a special occasion (birthday, anniversary, etc.) in a very special way, please consider sponsoring an Oneg. A beautiful, welcoming Oneg table of challah, fruit, baked goods, or even ice cream sundaes is a sign of our warm hospitality to our congregants, guests, and prospective members.

Please contact Barbara Aharoni by email (ahabubs@gmail.com) or by phone (774-404-7107) if you would like to host an Oneg following one of our in-person services. Barbara can provide advice about what items are popular, such as fresh fruit, nuts, baked goods (not necessarily homemade), ice cream with toppings, etc. It’s a mitzvah!

MEMBERSHIP NEWS



If you would like to learn more about CBJ and are interested in becoming part of our Jewish community, please contact our Membership Chair, Barbara Aharoni, at ahabubs@gmail.com. [Click here for a link to CBJ's Application Form.](#)



Congregation Beth Jacob is grateful for all donations that are received. The following donations were recently received:

Adeline & Reubin Winokur American Jewish History Prize Fund:

Anne Geller

Donations Made In Memory/Honor of Yahrzeits:

- David Dauer - in loving memory of Sydney Jacobs:, Robert Dauer, and Rose Dauer
- Don and Carol Gilbert - In loving memory of William Lippman
- Jerry and Laura Treppel - In loving memory of Maurice Treppel
- Sherri and Ed Sore - in loving memory of Lily Winter
- Fred and Irene Sarke - in loving memory of Irene's brother, Marc Lipetz
- Lois and Phyllis Klasky - in loving memory of Joseph Van West, Dinah Van West & Philip Van West
- Phyllis Klasky - in loving memory of Hyman J. Klasky & Gertrude B Klasky
- Ronald and Cherilynn Elowitz - In loving memory of Allan Elowitz
- Dr. Fred Wax and Gail Lury Wax - In loving memory of Marion Melville & Nathan Lury

Rose Sherman Geller Fund for Jewish Family Life:

Dr. Fred Wax and Gail Lury Wax - In appreciation for our Mi Shebeirach prayers for Michael Marcus, who is a great advocate for tradition and education where they live in Florida

[Click here for a list of funds where donations may be made.](#)

[Click here to make a donation online.](#)



The Next Sisterhood Meeting Monday, June 10th, at 7:00 pm by Zoom

Regular Monthly Sisterhood Meetings: are held on the second Monday of each month. Your input is important to us! What sorts of programs would YOU like to participate in during the coming months? Future potential events include a mystery ride, game night, a pot luck lunch, a talent show, getting together for a movie/restaurant, and a series of programs focusing on Jewish Women of Action. Please come to the meeting and share your ideas!

The Zoom link for Sisterhood meetings:

<https://us02web.zoom.us/j/81885106141?pwd=dHd6LzMzSTRJZ2J6VmM2WIBZenpXZz09>

Meeting ID: 818 8510 6141 Passcode: 579857

2024 Sisterhood Dues Are Due!



Sisterhood has always been a backbone of CBJ, with its donation to the temple, the sponsoring of onegs and other events, and its various activities. In order for Sisterhood to continue in this vital role, we need you!!! **It is not necessary to be a member of CBJ to be a member of Sisterhood.**

There are 3 levels of dues.

\$25- ruby level

\$36- emerald level

\$54- diamond level

Please send your check, payable to CBJ Sisterhood, to Cindy Teles at 31 Birch Ave. Plymouth, MA 02360. Thank you!

Sisterhood's Trip to the Sandwich Glass Museum

On May 19th, 10 members of Sisterhood visited the Sandwich Glass Museum, where they watched a live demonstration of glassblowing, saw a film about the history of glassmaking in Sandwich, and marveled over the breathtakingly beautiful exhibits of Sandwich glass in the museum. We then enjoyed lunch at the nearby Daniel Webster Inn. [To see a photo, click here.](#)



Sisterhood Dues Notice for 2023-2024

For almost 70 years, CBJ Sisterhood has been an essential part of CBJ, providing the link that binds together long-term members with newer members of our congregation. Being part of Sisterhood provides a great way to be introduced to and get to know the members of CBJ. We pray together, study together and, yes, we have fun together. Although the Covid pandemic had affected our ability to meet for the past 2 years, Sisterhood has resumed holding interesting and informative monthly meetings as we celebrate holidays together and raise funds for the benefit of our synagogue.

In the past, Sisterhood has provided support to our young students in the Beit Sefer program by sponsoring our Pizza in the Hut for Sukkot, as well as the annual Chanukah and Purim Parties. Sisterhood provides all of the supplies for the Temple kitchen; sponsors Onegs throughout the year, and helps us all to celebrate the various holidays in the Jewish calendar by providing appropriate holiday foods for the Oneg table. In addition, as its ongoing tzedakah commitment, Sisterhood supports the Kiva project, an international organization that provides loans for women to open new businesses, purchase livestock to sustain food supplies and become financially independent in countries such as Guatemala, Honduras, Ghana, The Philippines, The Congo, Uganda and Fiji. To learn more about Kiva, click here: <https://www.kiva.org> and <https://www.kiva.org/lend-by-category/women>

Sisterhood donates \$2500.00 to the Temple each year! We can't do it alone. We need your financial support. Please become a member of Sisterhood.

Name _____

Phone _____ (home) _____ (cell)

Email _____

Area of interest _____

Talent you would be willing to share with the group _____

Program suggestions _____ If you prefer to be an inactive member, please indicate that preference here: _____

Dues are a primary source of funds for many projects. Even if you can't participate, please join us and support our important programs and activities.

Ruby Membership: _____ \$25.00

Emerald Membership: _____ \$36.00

Diamond Membership: _____ \$54.00

Make your check payable to Beth Jacob Sisterhood and put "Sisterhood Dues" in the Memo line. Please mail to: Cindy Teles, 31 Birch Avenue, Plymouth MA 02360.



WHY YOU SHOULD JOIN CBJ's BROTHERHOOD

Over the 100 year history of CBJ, Brotherhood has established itself as an essential part of this congregation...this community. Our mantra has been: "to do everything we can to help this synagogue grow and flourish....and have fun doing it."

Under the leadership of Brotherhood's new President, Louis Goldman, we are looking forward to resuming those "sumptuous" Brotherhood Breakfasts with their intriguing and informative guest speakers. Brotherhood is planning monthly Discussion Group meetings and has already revived our Movie Discussion Nights, to which all members of the congregation are invited. Brotherhood has also restarted their bowling nights on the 1st and 3rd Wednesdays of each month. This is an excellent opportunity for members to bond and share the often hilarious experience of what is loosely called "bowling." (You don't have to be an expert bowler to join the fun - just have a sense of humor!)

Brotherhood also provides ¾ of its treasury to our synagogue. Between our fundraisers and your dues, we have been able to contribute \$2,500 to CBJ's General Fund in each of the last few years, with the exception of the Covid pandemic. In addition, CBJ Brotherhood has been the catalyst for providing over \$7,200 in gift cards to the Greater Plymouth Food Warehouse.

Please become a member of CBJ Brotherhood so that we can continue this much needed help for our beloved CBJ as well as our extended Plymouth community.

NAME _____

HOME PHONE _____ CELL PHONE _____

EMAIL _____

AREAS OF INTEREST _____

Talent(s) that you would be willing to share _____

If you have any new ideas for programming or Brotherhood activities for the coming year, we look forward to hearing them. If you prefer being non-participatory, we still welcome and look forward to your membership. We thank you for your generous support.

Basic Membership (\$25)___ Mitzvah Membership (\$36)___ Big Macha (\$54) _____

Make your check payable to: CBJ Brotherhood

Please indicate "Dues Payment" and mail to:

Seth Teles, 31 Birch Avenue, Plymouth, MA 02360



**The Following Yahrzeits Will be Observed This
Month:**

(A memorial candle should be lit on the preceding evening.)

June 2024

- | | |
|------------------------|----------------------------|
| 1 Kalman Aharoni | 15 Solomon Bromberg |
| 1 Irving Bellush | 15 Ralph Jacob Resnick |
| 2 Joseph Epstein | 17 Edith Lipetz |
| 2 Edward L. Greenberg | 19 Benjamin Bailey |
| 3 Abraham Goldberg | 19 Esther Isaacson |
| 3 Ida Portnoy | 19 Jean T. Romanow |
| 4 David Rodman | 20 Walter Kilimnik |
| 5 Lucille Arons | 23 Theodore Strauss |
| 5 Annie F. Goldman | 24 Joseph W. Swartz |
| 6 Jacob Erie | 25 Alfred D. Bryan |
| 9 Rebecca Frim | 25 Hyman David Koblantz |
| 9 Lawrence Geller | 25 William Mitchell Jr. |
| 9 Ada Greenberg | 27 Dora G. Bell |
| 9 Ralph Holler | 27 Ruth Cohen |
| 9 Bessie A. Resnick | 27 Nathan Lury |
| 10 Rae Baron | 27 Jacob William Yutan |
| 10 Rose Sherman Geller | 28 Hattie Resnick Waterman |
| 11 Robert Dauer | 29 Jack Gurwitch |
| 12 Minnie E. Kaplan | 30 Bertram Gersten |
| 13 Rose Dauer | 30 Rachel Resnick |

May their memories be for a blessing and live forever in the hearts of all who knew and loved them.

Recipe for Lemon Ricotta Pancakes (Perfect for Shavuot)

Courtesy of Tina Wasserman, from the URJ website



This recipe Makes 20 silver dollar size pancakes

INGREDIENTS

1 tablespoon unsalted butter
1 cup whole milk ricotta
2 eggs
2 tablespoons light brown sugar
Zest of 1/2 medium lemon, finely minced
1/2 teaspoon vanilla extract
1/8 teaspoon ground nutmeg
1/4 teaspoon salt
2 tablespoons whole-wheat flour
2 tablespoons all-purpose flour
Unsalted butter for frying

DIRECTIONS

1. Place the 1 tablespoon of butter in a 1 1/2-quart glass bowl and microwave on high for 40 seconds or until the butter is melted.
2. Add the ricotta and eggs and mix well with a whisk to thoroughly combine.
3. Add the brown sugar, lemon zest, vanilla, nutmeg, salt, and the two flours and stir well.
4. Heat a griddle over medium-high heat and rub the end of a stick of butter all over the surface of the pan to coat it well.
5. Drop heaping tablespoons of batter onto the griddle and cook for 3 minutes or until the underside of the pancake is golden brown and the top is slightly dry.
6. Gently flip the pancakes over (it might be easier to use 2 small spatulas to do this), and cook for another 2 minutes until the edges are barely crisp and both sides are golden brown.
7. Serve drizzled with additional melted butter, honey, or a dollop of sour cream, if desired.

Notes: These pancakes are as light as air and delicate, so turning is best achieved using two spatulas, one in each hand, to evenly brown both sides.

Whole-wheat flour contains more gluten than white flour, so less is needed in delicate foods to bind ingredients together.

A rasp-type grater is perfect for creating fine shards of lemon zest that will flavor the batter evenly without any bitter white pith from the inner peel.