Zariz: 100 Easy, Breezy, Tel Aviv-y Recipes with Adeena Sussman and Sharon Wieder

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Jessica Jablon: Welcome, everyone, and thank you for joining us this special Sunday morning for our Sharsheret in the Kitchen webinars Zariz: 100 Easy, Breezy, Tel Aviv-y Recipes with Adeena Sussman and Sharon Wieder.

I'm Jessica Jablon, West Region Director of Sharsheret. For those of you who are not familiar with Sharsheret, we provide free virtual support, lifesaving education, financial assistance, and genetic counseling to empower those faced with or at increased genetic risk of breast cancer and ovarian cancer.

For everyone on this call facing a breast or ovarian cancer diagnosis, please know that Sharsheret is here for you during October's Breast Cancer Awareness Month and throughout the year as you navigate your cancer.

As part of this month's Breast Cancer Awareness Month, Sharsheret is bringing you our annual marquee event, Sharsheret Summit, which runs from September 18th through October 23rd. You can join our national virtual symposiums on the latest hot topics in breast cancer and ovarian cancer, attend or host in-person education and awareness raising programs with community partners around the country, learn about the latest screening guidelines and access the most up-to-date data and materials in our digital resource packet.

My colleagues are putting information about the Sharsheret Summit into the chat now. Don't forget to register for our amazing lineup of virtual programs from menopause to GLP-1s and cancer. We've got your questions answered. However you choose to participate, the Sharsheret Summit is the source for the latest information on breast cancer and ovarian cancer in the Jewish community. My colleague has put the information in the chat. Thank you.

We also want to thank our 2026 Sharsheret Summit sponsors, including AstraZeneca, ASI, GSK, Lilly, Pfizer, SMART/STATE, and Weill Cornell Medicine Department of Genetics and Personalized Cancer Prevention, and the Cooperative Agreement 24-0061 of the Centers for Disease Control and Prevention. And thank you to all of our national summit partners who you saw on our opening slide. Without their support, we wouldn't be able to bring you this important information.

Today's webinar is being recorded and will be posted on Sharsheret's website along with a transcript. Participants' faces and names will not be in the recording. If you would like to remain private, you have the option to turn off your video and rename yourself, or you can call into the webinar. We also have closed captioning available to display live captions on the bottom bar, click on captions, and then click on show captions.

You may have noticed that you were muted upon entering the Zoom. Please stay muted during the call. And if you have any questions, please type them in the chat box and we will get to as many as we can.

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I want to remind you that Sharsheret is a not-for-profit cancer support and education organization and does not provide any medical advice or perform any medical procedures, and our full medical disclaimer is in the chat.

Now, to start us off this morning, I'd like to welcome Jessica to share her story.

Jessica: Thank you, and thanks so much for having me today, and I want to thank Sharsheret for all of the support that they've provided to my family and me since my diagnosis. The support that this organization provides to those diagnosed with breast and ovarian cancer and their families is tremendous. A cancer diagnosis is so isolating and that support helps all of us.

I was diagnosed with breast cancer in June of 2022 after my first mammogram at age 41. I went for my initial mammogram, they saw a distortion and asked me to return in six months. It was still there and that led to my diagnosis. I have no family history and no significant risk factors. Early on, I thought, "Why me?"

But why not me? One in eight women will be diagnosed with breast cancer in their lifetime, and that statistic is changing with the unfortunate increase in the number of women under 40 being diagnosed and at more advanced stages.

When I went in for my lumpectomy, I expected to have minor surgery and radiation. My life changed when my imaging was inaccurate. A larger than expected tumor and multiple positive lymph nodes meant chemo, radiation, and more surgery. I had eight rounds of intense AC-T chemo, 30 rounds of radiation, and I ultimately decided to have a mastectomy because I was not able to handle regular screenings without serious panic attacks.

During all of this, I maintained a job, a home, and was parenting a young child, and I was thrust into medical menopause. But here I am, and as Taylor Swift said, "Long story short, I survived."

Now in survivorship, life is different. The fear of recurrence is relentless, and I know many of you can understand how that feels. How do I quiet these voices and how do I try to take control of my future in ways that might reduce my risk of recurrence? To me, the things that are within my control include how much I exercise and what I eat.

While I handle my exercise routine, Sharsheret has been a huge support in the kitchen. I was lucky enough to participate in Sharsheret's nutrition education programs such as Rachel Beller's online program that Sharsheret supports, as well as having one-on-one support meetings with the fantastic dietician, Tamar Rothenberg, to help me navigate my weight

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loss goals. With this support, I feel like I have the tools to be able to enjoy the foods that I love in ways that help support my survivorship.

Thank you all for joining this wonderful event today as part of the Sharsheret Summit. You are in for a treat this morning. I personally have all of Adeena Sussman's cookbooks and love watching her trips to the Shuk on Instagram. She always does such a beautiful job of showing the diverse cultures that coexist within Israel, and I cannot wait to see what she has in store for us.

Jessica Jablon: Thank you, Jessica, for sharing your story so beautifully. And we know that it really makes a difference when people share their stories and we hear them and you feel less alone, so we really appreciate you being here today.

If you have questions about our nutrition education program, please, you can reach us on our website, sharsheret.org, and find out more information there.

Now I'm so excited to introduce Adeena Sussman and Sharon Wieder.

Adeena Sussman is a cookbook author, writer, and proud home cook whose work explores the intersection of Jewish and Israeli and culinary cultures. Her new cookbook, *Zariz: A 100 Easy, Breezy, Tel Aviv-y Recipes* was released in April, and her last cookbook, *Shabbat: Recipes and Rituals From My Table to Yours* released in September 2023 and was an instant New York Times bestseller and was the followup to *Sababa: Fresh, Sunny Flavors from My Israeli Kitchen*, which was named a Best Fall 2019 cookbook.

Adeena has written or been featured in *The Wall Street Journal*, *The New York Times*, *Bon Appétit*, *Food & Wine*, and countless other publications, and she graduated with honors from both Boston's University College of Communications and the Institute of Culinary Education. Adeena cooks and writes in Tel Aviv where she lives in the shadow of that city's Carmel Market with her husband, Jay.

Sharon Wieder is a registered dietitian in private practice in New Jersey. She's the mother of three children and three grandchildren. Sharon is a serial volunteer and her sister, Adeena, who wrote the bio says that she has too many good deeds to her name to list.

In 2005, she was diagnosed with ductal carcinoma while her and Adeena's mother, Steffi, was in final stages of her own cancer battle. Sharon opted for a double mastectomy and had a full recovery. During her cancer journey, she was the beneficiary of Sharsheret's Breast Cancer Support Services.

After Steffi died in February 2006, Sharon and Adeena approached Sharsheret with the idea of expanding their reach to include support for

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women and their families living with an ovarian cancer diagnosis. Soon thereafter, they launched the Pies for Prevention Bake Sale, which raised the seed money to launch Sharsheret's ovarian cancer programming. 16 years later, there are Thanksgiving bake sales in dozens of cities each November, and the Pies for Prevention initiative has raised over $1 million.

To see if there's a Pies for Prevention sale in your neighborhood or if you're interested in learning more about being a pie baker, that link is in the chat.

We're very excited to bring you this Sharsheret in the Kitchen webinar. These programs bring nutritious kosher meal options to empower all of us at risk for breast cancer and ovarian cancer to make healthier diet choices, and today's recipes can be found in the chat.

Adeena and Sharon, I'll turn it over to you.

Adeena Sussman: Hi. Hello, everybody.

Sharon Wieder: Hello, everybody.

Adeena Sussman: Sharon, my resume is longer than yours but mine sounded like a job application.

Basically, I'm just a home cook who got lucky and got to write cookbooks, and we both grew up with an amazing mom who taught us how to cook, and we share that love, wouldn't you say?

Sharon Wieder: Absolutely.

Our joke is always that our mom used to go into the fridge, she'd have a half of a cabbage, some milk, and an egg, and she'd whip up this amazing dinner. So she really-

Adeena Sussman: So true.

Sharon Wieder: She taught us how to be creative and she welcomed us into the kitchen, which was really special.

Adeena Sussman: It's true. I'd say it's no coincidence that both of us ended up working in the food world in different ways but obviously, we ended up here together tonight and it's so nice to be here.

I guess I'm going to get right into my recipe. Were you going to go first or was I going to go first, Sharon?

Sharon Wieder: I think you can go first. Mine takes about 30 minutes to go in, but you tell me you're the chef.

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Adeena Sussman: Yeah. Or we can do them together actually at the same time-

Sharon Wieder: Okay.

Adeena Sussman: ... actually. I think we should do that.

Let's tell everybody what we're making. First of all, you guys, these are recipes from my new cookbook, *Zariz*, which came out in April. Zariz means quick in Hebrew. And the idea was that there would be 10 or fewer ingredients in every recipe. I was hearing a lot on book tours and talks that people were whispering to each other like, "If I see a cookbook where the recipe flips to a second page, I just don't even look at that recipe." And I was shocked and sad for my two and three-page recipes, but I realized that there's a real need out there for faster recipes and so I got about writing a book where every recipe fits on one page.

This book, compared to the telephone book size of *Sababa* and *Shabbat*, it's a lot thinner but it has the same amount of recipes as the other books, and I've been really pleasantly surprised by how many people have really taken to flipping through the book and saying, "I can really make this tonight for dinner."

So I'm going to be making some delicious crackers that are full of nutritious seeds and tahini and other ingredients. And Sharon, you're going to be making?

Sharon Wieder: The smoky tomato and white bean dip, which also is full actually of fiber and lots of filling goodness, olive oil, tomatoes. I'm very excited to make it.

Adeena Sussman: Why don't you tell people what your steps are?

Sharon Wieder: Sure.

First of all, Adeena gave me the easy recipe, so thank you. I appreciate that.

Adeena Sussman: They're both easy.

Sharon Wieder: It's a one pan kind of dip.

Basically, I washed and rinsed three cups of tomatoes and I'm going to put them into a sheet pan. I don't know if you can see, I'm moving a lot, so is my screen. Then I washed one can of cannellini beans, and actually-

Adeena Sussman: Can you turn your camera down a little bit so people can see the counter a little bit more?

Sharon Wieder: Yeah.

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Adeena Sussman: Yeah, that's good. Yeah.

Sharon Wieder: Okay.

Adeena Sussman: Perfect.

Sharon Wieder: You can tell that I don't do this so often.

Adeena Sussman: No, that's great. That's perfect. Yeah.

Sharon Wieder: Then one can of cannellini beans, which I rinse and drain, and actually, I have not really used or been... I haven't seen them so much in recipes, and I actually looked at the can, and there's tons of fiber in these beans and protein, and they're really a wonderful addition to any diet, so I love that.

Adeena Sussman: Now you got to move up a little bit because we can't see your beautiful face.

Sharon Wieder: Okay.

Adeena Sussman: Okay, great.

Amazing. That's perfect.

Sharon Wieder: Okay. Perfect.

Then 10 cloves of garlic. How can you go wrong with garlic? I'll put that in as long as you can.

Adeena Sussman: I know. I'm a big fan of... My new thing is a lot of times you do not have to chop the garlic.

Sharon Wieder: Yeah.

Adeena Sussman: I feel like if you're putting in a stew or a soup even, or something long cooking, or even where you want a roasted caramelized, it saves so much work, it saves prep and dishes, and you can just throw them in whole. And I thought that would work really well in this recipe.

Sharon Wieder: Yeah, especially because at the end, we're just going to smash it with the potato masher, so I think that's about it.

Adeena Sussman: Exactly. Exactly.

Sharon Wieder: Thankfully, I read the recipe because we had to split the salt. I'd say teaspoon of kosher salt that's going on here. And then sage, which I actually don't use very often in my cooking, but I'm very excited about it for this recipe so I just thinly sliced this and I'm going to put it right on top.

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And then a third of a cup of olive oil, which I'm just going to pour right over and save a little bit for at the end of the recipe where we're supposed to top. And then I am just going to mix it all together so you can see what I'm doing.

Adeena Sussman: What are the nutritional benefits of a white bean or they provide fiber? They also have protein, don't they?

Sharon Wieder: Protein. Yeah, fiber and protein. They're jam packed. And so I think it's a really nice addition.

People are always looking for ways to, in small amounts, get bang for your buck. We call it nutrient dense food. I think this, especially combined with the crackers that you're making, is a really wonderful way to get almost like a mini meal, like a mini snack which has protein and fiber and also tastes really delicious.

Luckily, I preheated my oven beforehand so I'm going to pop it in the oven, set the timer for 15 minutes where I'm going to mix it, and then I'll be right back.

Adeena Sussman: Yeah. Okay.

All right, guys, I'm making what I call my super seeded crackers. Basically, everything goes in one bowl. I'm going to start with a half a cup of raw sunflower seeds. I'm going to do a half a cup of pumpkin seeds, also known as pepitas, a third of a cup of sesame seeds, three tablespoons of poppy seeds. I'm now...

Sharon, onion flakes. When you hear onion flakes, what comes to mind from our growing up? What did mom-

Sharon Wieder: She used it all the time.

Adeena Sussman: Yeah. For me, she used to crisp them up and put them in our omelet. And that was my favorite way that she used them. And I love that crunchy, crispiness of the onions in there.

And then I'm using a quarter cup of almond meal. I'm putting in some Nigella seeds.

Nigella seeds kind of look like sesame seeds, but if you look really closely, they look like little chopped up squares and they have a oniony flavor. They're in the onion family actually. You could, of course, swap in black sesame seeds instead.

And then I'm using a quarter cup of ground flaxseed. I actually had whole flaxseed at home. I know that it's not as absorbed as well in your body

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and nutritionally if it's whole, so it's better if it's ground up. Is that correct, Sharon?

Sharon Wieder: Yes, yes.

Also, a little bit, I was curious about, I actually looked up black sesame seeds, and black sesame seeds have three times the fiber of white because the black is actually the hull so when you remove that-

Adeena Sussman: Right. The inner part.

Sharon Wieder: ... you remove a lot of the fiber. Yeah. Yeah.

Adeena Sussman: Oh, cool.

Jessica Jablon: Somebody-

Adeena Sussman: And then I'm putting in... Go ahead.

Jessica Jablon: Somebody asked what you can use instead of almond meal, if there's an allergy.

Adeena Sussman: Honestly, you could use gluten-free flour, a cup for cup gluten-free flour or any nut flour. Coconut flour is excellent in recipes like this. The flour here doesn't have any glutenous properties. It doesn't help it stick together but the flaxseed, when moistened with water, is actually what makes these, excuse me, stick together.

You guys added some chili flakes, and then I was digging around in my fridge, and I found my sumac, and I decided to add some ground sumac to this recipe.

Sumac is a berry that is indigenous to this area, and it has the aroma of a tartness, almost like citrus, and it adds also a beautiful color. It's like a gorgeous purplish red color so I decided to add some of that.

And of course, it rhymes with my name. It's my favorite ingredient, tahini. You guys, almost every recipe that I have, I slip some tahini into one way or another. I'm using Har Bracha, which is a great brand that a lot of you can get in the States, and I'm going to shake it and just not talk for a minute.

Jessica Jablon: There were... Oh, yeah, go ahead.

Adeena Sussman: You can hear a thud. You don't want to hear a splashing oil on the top that means that tahini separated. You want to hear... It almost feels like a thick pancake batter sloshing around, and I want to show you guys a little trick.

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We've always peeled the plastic off of our tahini and then it's just so messy. It's always dripping off the sides. What I learned is that if you take a chopstick and poke it into the top of the paper, you essentially have created a squeeze bottle and the bottle stays immaculately clean. It's like the best trick ever.

I'm putting in three tablespoons of tahini and then I'm going to add a half a cup of boiling water, which I'm just going to pull out of my instant hot water in my sink. You could have this simmering if you wanted to. I'm going to just... As you can see, this literally all goes in one bowl.

Does anyone have any questions while I mix this up here?

Jessica Jablon: Yes. A few different questions came in.

Adeena Sussman: Okay, sure.

Jessica Jablon: One was for Sharon. Was the sage fresh and is it possible to use dry?

Sharon Wieder: It was fresh. My guess is it is possible, but I would say it's probably used maybe a little bit less. Adeena, maybe, with the dry.

Adeena Sussman: Yeah. They can use sage. I think rosemary would also be great. Really, I find herbs are very interchangeable but sage, we didn't grow up using a lot of sage in our kitchen.

Sharon Wieder: That's true.

Adeena Sussman: I find that Sharon and I both end up using a lot of the same things that our mom used. And living in the Middle East, living in Israel, I really expanded my spice palette, but I often find myself going back to the things that I was raised with. And sage and rosemary, fresh rosemary were not things we used a lot, and I've been actually trying to...

I'm writing another cookbook. Sorry, everybody. And you heard it here first. I haven't really announced it yet.

But I'm putting a cookie sheet here, you guys, and I'm going to put a piece of parchment down on the cookie sheet here like this. And then I'm going to take my batter. I have a batch that I made before we started, so you can see how the dough came together. It's really holds together in a ball, and I'm going to just drop it onto this piece of parchment here.

I'm just going to wash my hand for a second.

You wanted to... Both the tahini and the flaxseed really help it pull together. If you find that it's loose, you could maybe add a little more black ground flaxseed to it. If you don't have ground flaxseed, you guys, you could definitely use egg in this. I tried to keep them vegan, but you

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could put an egg in there. It would also help bind them together really nicely. And then I'm going to just...

I start out pressing these with my hands, but then I'm going to take a rolling pin and I'm going to just roll them out to my desired thickness.

I like them to be on the thinner side. Some people like them thicker. I think people are afraid to roll them really thin, and I think I want to encourage you to really roll these a little thinner.

I'm going to take them off of the sheet just for a minute to get them really thin. And ideally, this will just peel right off of here once I take this off, and it's just so beautiful too. It looks like a Jackson Pollock painting or something, all the colors. There's the red from the chili and there's the black, and the green from the pumpkin seeds.

I did a typically asymmetrical Adeena type job here in my rolling, so it's not exactly in the center of the sheet pan, but that's fine, in the center of the parchment.

But these are looking really good to me. And so now what I'm going to do is I'm going to slide my sheet pan underneath and I'm going to peel off the top layer. Gorgeous. They just look so... They're so nice, and they're just ready to go in the oven.

Some people, by the way, pre... You can score them in advance with a cookie. I like to have them sort of be rustic and I break them by hand when they come out of the oven.

So I'm going to pop these into the oven. And you guys, you saw how simple that was. Obviously, if you don't have any of the seeds, you can swap in more pumpkin seeds. If you don't have white sesame seeds, you don't use black sesame seeds. If you don't have chili flakes, throw in a drop of TABASCO. If you don't have onion flakes, use fresh garlic or garlic chips. My recipes are meant to be very adaptable and forgiving and friendly, and the idea is get you in the kitchen and cook something nutritious.

Sharon, do you want to maybe talk about some of the nutrition of all the ingredients that are in my crackers, all these different seeds and nuts and everything?

Sharon Wieder: Yeah.

Nuts and seeds, they have lots of antioxidants, and they definitely have healthy fats. They have small amounts of protein. They're filling. These are all things we can include in the diet, and the more that we eat that's varied, the better. So I love the fact there are so many different types that are in this one cracker. You really get big bang for your buck. I love it.

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Adeena Sussman: Yeah. And they really are extremely filling, I have to say.

Sharon Wieder: Exactly.

Adeena Sussman: It's not like a wheat thin or something where you eat one and it's full of... Also, by the way, you notice there's no sugar in these.

Sharon Wieder: Right.

Adeena Sussman: Most commercial crackers, even if they're savory, have more sugar than we realize. I always find when making crackers at home, you really have more control over what you put in, and you can customize the recipe to your own dietary needs or your own tastes or whatever, which is what I love about cooking.

Sharon Wieder: Yes. And I think it's so true. There's so much sugar that's hidden in foods that we don't even realize, and we want to-

Adeena Sussman: So much.

Sharon Wieder: ... reduce that sugar to decrease deep inflammation and all the things. So the more we eat that looks like the food that came from the ground, the better. The less processed. Yeah.

Adeena Sussman: Yeah. I saw both-

Sharon Wieder: I think I saw a question come up if you could replace the beans with chickpeas. And my guess is if it's Adeena's recipe, absolutely. I'm sure it comes out great.

Adeena Sussman: 100% you could.

You guys, sometimes the way I develop recipes is I take a big... I have all my ideas and then I zoom out and I look at everything I've already used. If I've used chickpeas in four locations or 40, as the case may be, because I also love chickpeas, and I like to use staples that you guys have around the house, then I'll swap in white beans. And in this case, the white beans do add a nice creaminess because they're very, very creamy. But yeah, chickpeas would work wonderfully.

You could use any kind of canned legume that you wanted to, I think, and it would work really nicely.

I also think it would work well with canned lentils, actually. I've been using a ton of lentils lately. I'm trying to... I know we're all in this protein maxing phase of life, but I really have been finding that the thing that's really getting me through the day and keeping me sustained is fiber.

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Maybe, Sharon, you could talk about fiber a little bit specifically, because I know protein is supposed to be really filling in the morning, but I find that when I eat more fiber in the morning, it actually really sustains me and gives me a lot of really good energy in the early part of the day.

Sharon Wieder: Sure.

I think it's very, very... For everybody, it could be a little bit different, but the thing about fiber is that it slows down the transit time in our stomachs, and it comes to just keep us full for longer.

That being said, the same thing with protein and healthy fats, that combination is really very satisfying and filling and can keep us full for longer. So combinations of those, for sure.

Adeena Sussman: How do you feel about... I eat protein yogurts now. Is the quality of the protein in a protein yogurt the same as the quality of the protein, like in an egg, or a chicken breast, or...

Sharon Wieder: For sure, yes. Animal proteins, they're all pretty much the same. So the protein, yeah, a little bit.

Sometimes with these yogurts, it sometimes tends to be high in sugar and people sometimes don't want that, so it's just something to keep an eye on. But other than that, Greek yogurt, it's very, very high in protein, very filling, very satisfying. Yeah.

Adeena Sussman: Cool. Great.

Sharon Wieder: Oh, I smell my own cooking.

Jessica Jablon: There were some questions that came in if you have... One was, is almond flour the same as almond meal?

Adeena Sussman: Yes. I think they're basically interchangeable, especially in a recipe like this. If you're making a cake, almond flour is going to be a little bit finer.

But I think also the labeling is very inconsistent and most recipes, it doesn't make that much of a difference. I think the rule is if you're baking, you want something that approximates flour more, so look for a product that is a little more powdery and finer. And if you're doing a cracker, I think actually having something that's a little bit chunkier, it actually lends itself to a cracker. But yeah, I think you could use one or the other.

And by the way, you can also... Almond meal is just ground almonds, so you could spend a lot less money and grind some almonds in your food processor, not until you try and avoid getting to that peanut butter stage or butter, not butter stage, but I do that too sometimes in a pinch.

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Jessica Jablon: That's a great tip.

Can you use minced onion instead of onion flakes?

Adeena Sussman: Yeah. They're going to add a little extra moisture to the recipe, so I wouldn't do the onions in the food processor because you know how when you grate them or put them in a processor that they get really juicy, but if you mince them by hand, you could.

I think they would impact the texture of the crackers a little bit. Actually, that's a really good question. I'm going to try it the next time.

I might try a shallot because shallots are drier than onions and think could work really well. Or garlic I think would actually work really well too.

Jessica Jablon: Do you have to refrigerate the sumac?

Adeena Sussman: I refrigerate my sumac because it has fragile oils in it and over the years, the quality of sumac is really increasing. If your sumac is bright pink, chances are it's been dyed bright pink and you want to look for sumac that's a deeper burgundy color and actually chunky.

Now brands like Burlap & Barrel and also New York Shuk, which are both kosher spice brands, are selling sumac where they basically just take sumac berries and crush them, and they do have natural oils in them, which are great carriers of flavor, and it is preferable, especially here where I live, things can turn on a dime here because it's so hot. So I keep a lot of things in the fridge.

I also keep my Medjool dates in the fridge, which are something that I use in my homemade almond milk and I snack on all the time and all kinds of things like that.

Yeah, I keep my sumac in the fridge.

Jessica Jablon: There was a couple of people asked if you could repeat the brand of tahini that you like.

Adeena Sussman: Sure.

This one is Har Bracha. It's a Palestinian brand that's the most popular among Israeli Jews in Israel, this one, and Al'ard.

It's an example of... We hear in the news all the time all these false claims about apartheid and all these things going on. I think tahini's a great example of culinary and cultural coexistence commercial that goes on every day. Most of the tahini in Israel is made by Arabs and bought by Jews, and it happens tens of thousands of times a day. Nobody bats an

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eyelash. Everyone has their favorite brand. Half the brands don't even have Hebrew on them. They're in Arabic.

This one is Har Bracha. There's two great American tahini companies. One is called Soom, and there are three Jewish sisters, the Zitelman sisters from Philadelphia, and their tahini is made in Israel, S-O-O-M. It's a great brand. You can get it on Amazon, you can get it at Whole Foods.

And there's another one called Seed + Mill, which is another brand that you can get online in the States that's really, really delicious.

You want to look for tahini... All the best tahini in the world is made from Ethiopian sesame seeds. It's sesame seeds from Ethiopia that are imported to Israel and ground and then made into this beautiful paste, so it's like an international product just by the time it reaches you.

If you look at the tahini and it's a little bit darker in color, that's about how it was roasted. They pretty much all start... Unless it says it's a whole meal tahini, which means they didn't separate the inner hull from outer core. It all starts with white sesame seeds and it's an issue of how deeply they roast the sesame seeds before they grind them.

I like mine darker and deeply roasted.

Jessica Jablon: Thank you.

Sharon, it looks like you took yours out of the oven.

Sharon Wieder: Let me go grab it. I mixed it, but let me bring it to show everybody what it looks like halfway through.

Adeena Sussman: Time is flying over here.

Sharon Wieder: If you can see, the tomatoes are just starting to get shiny and dimpled, and the garlic is yummy. It's crispy up.

Adeena Sussman: What temperature is that? 400?

Sharon Wieder: It said 350.

Adeena Sussman: I think you could crank it up a little.

Sharon Wieder: Okay. I'm going to put it up.

Adeena Sussman: You guys, I'm always adjusting my own recipes. I'll make it later and I'll be like, "I could have done this." "I should have done that." It's like a cookbook is so permanent and that's why I test the recipes so meticulously before they come out, because I want to make sure everything works.

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But that being said, if you're in a rush, increasing a temperature 25 degrees in your oven is not going to probably impact the recipe and as long as you keep an eye on it'll be fine.

And my crackers are starting to smell really, really good too. Yeah.

Jessica Jablon: Somebody suggested using the Trader Joe's Everything but the Bagel Seasoning with the crackers.

Adeena Sussman: I love that idea.

My only caveat is that it has quite a bit of salt in it, so you have to just make sure that you're comfortable with that amount of salt in your bagel seasoning. If I'm not mistaken, it has salt in it. Is that true?

Sharon Wieder: Yes.

Adeena Sussman: Yeah. So if you did that, I would definitely leave out the salt that's in the recipe, but that's a fabulous idea. It has onion flakes in it and garlic flakes in it. They are already toasted, so they might get a little darker in the baking than they would if you just used the ones like the big McCormick ones that you get at Costco or at the supermarket.

Those are freeze-dried, and you'll notice that they're not really a deep dark color because you might think that they've been baked or roasted, but they're actually just freeze-dried. So they do tend to get golden in the baking process, and the ones that are in those mixes are already cooked, but they should work fine.

And also, our mother was a fan of, let's say, well-done food, and I really like things on the verge of socially unacceptably dark brown. So I'm a fan of that idea.

Sharon Wieder: The corners.

Jessica Jablon: I love how much your mom's cooking influenced both of you, and it's just-

Adeena Sussman: Oh, yeah. She was very great cook and very forgiving, easygoing cook, actually. I never felt like she was freaking out.

Sharon, wouldn't you say she was never like, "Oh, I messed this up. It's terrible." She was very-

Sharon Wieder: Never, never.

Adeena Sussman: Somehow we always felt... It felt relaxed in there and a welcoming...

I have friends who left the house and never had been in the kitchen. Our mom worked, so...

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What would she have us do, Sharon, when we would come home from school?

Sharon Wieder: We actually used to make the challah.

Adeena Sussman: Yeah.

Sharon Wieder: That was a lot of baking.

But as we got older, we would participate and help her as... She also was an early morning cook. At 5:00 in the morning, you'd start to smell the roast in the oven and things like that. So she was extremely efficient and also no nonsense, very carefree about everything. People who came...

Our parents hosted hundreds of thousands of people. They never felt her stress. And I think it was one of the greatest gifts she gave to us about just being extremely... Enjoy it, enjoy the food, have to be 20 bowls and a hundred ingredients.

Adeena Sussman: Yeah. She would always say, "There are no mistakes in the kitchen, only happy accidents."

Sharon Wieder: Right.

Adeena Sussman: And that was her attitude towards things.

She used to take the juice from the green beans and use it as the base of her vegetable soup. She was making stock. It wasn't in those terms. I didn't know what my mom was doing, but she was taking the juice from the can of corn and the juice from the can of green beans and throwing different things in there, and making flavor bases and improvising out of things that she had in the house. And I think it really made us always feel, like Sharon said before, that this stone soup concept, that you could take something simple and make something really delicious out of it. And that I think is-

Sharon Wieder: She also-

Adeena Sussman: Yeah.

Sharon Wieder: Sorry. She stir-fry.

Adeena Sussman: No, go ahead.

Sharon Wieder: Well, of course, stir-fry was... Remember?

Adeena Sussman: That's true.

Sharon Wieder: All of it. [inaudible 00:34:40].

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Adeena Sussman: Yeah. She always said that there should be three colors on the plate in every meal. So if she was serving a steak or a lamb chop or something, she would always put, even if it was a frozen vegetable medley, she always would have peppers, cauliflower, and peas or green beans or something on the plate so that there was a vegetable element, which also was an early great lesson actually.

Sharon Wieder: Yeah. And the bake sale is also in memory of our grandma who died a few years later of also ovarian cancer at age 93. And she was the complete opposite cook of our mom.

Adeena Sussman: Yes.

Sharon Wieder: She barely [inaudible 00:35:18] and she had three things that she made wonderfully, but it's very interesting, the contrast between the two of them.

But the bake sale really is a memory of both of them. So it's nice to talk about them. Thank you.

Adeena Sussman: Yeah, it is. It's amazing how this bake sale has just taken on a life of its own.

Someone's sharing something. Oh, there we go. We're talking about the bake sale. Yeah.

Sharon and I, our mom passed away. Of course, we were devastated. She was 62 years old and it just... So tragically young. We wanted to do something both to celebrate her life and also to do a mitzvah and also something useful for the community. Sharon had benefited so much from the breast cancer services that we thought maybe Sharsheret would be willing to do something.

The first year we just baked and solicited donations and raised something like what? $16,000 the first year?

Sharon Wieder: I think so, yeah.

Adeena Sussman: Yeah. Every year since then, then the Wall Street Journal wrote about us and all these different newspapers started covering it, and then people started volunteering on their own.

That's what's been so nice about it is that most of the bake sales have organically sprouted out of people wanting to do something good, or having a personal connection to the cause, or loving to bake. And that's just been such a lovely, lovely part of this initiative.

Sharon Wieder: Yeah. And the beauty about the bake sale is really it is what you make it. It could be 10 pies, it could be a bake sale. There's no pressure. It's more

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also just about bringing Sharsheret to more people so that they know about it and hear about it.

Adeena Sussman: Yeah. Every baked good has written materials about Sharsheret in it. So anyone... Some people literally don't know what they're buying or why, and then they get their pie from a friend or a friend brings it to their Thanksgiving dinner and they'll open it and they'll say, "Oh, my aunt had ovarian cancer. Maybe I should get screened," or, "Oh, what an amazing cause." At the root of it is delicious homemade desserts but it is also a public service and an awareness campaign that I think has...

Maybe Sharsheret, you guys could talk about how many people have been served by the program, or helped, or what's going on with the program.

Jessica Jablon: Well, the Pies for Prevention for this year is, I think all of you here today are among the first to get the link to register and purchase pies.

Adeena Sussman: Amazing.

Jessica Jablon: If you see a location in your neighborhood, please share it with your community. And also, if there isn't a pie sale in your neighborhood and this is something that you're interested in, please reach out because we would love to have more bakers around the country. It's a very...

I don't know specific numbers off the top of my head, but the fact that it's raised over a million dollars in the last 16 years is just incredible.

And it comes from an idea that the two of you had to bring the ovarian cancer program, and we've had so many women who have benefited from the way that you have been able to spread the word about it through baking, which is such a creative thing because it takes that pressure of Thanksgiving desserts off of your plate, but also spreads the information that people need about signs and symptoms and things that they should be aware of to take care of their own health.

Sharon Wieder: Yes. The other thing is you're not alone. We have created a kit and Sharsheret has taken it to the next level. So there's all the recipes and ordering of the boxes and we set up a WhatsApp group for the year's baker. So there's a lot of support that goes along with it and people are also reimbursed for the purchasing of the ingredients, etc. There is a lot of support coming from Sharsheret, which is really, really nice and we appreciate that.

Jessica Jablon: There were a few other questions that came in about the recipes for today. One is how much sumac do you use?

Adeena Sussman: I'm very generous with my spices. I would start with... I think this is a large batch of crackers, you could easily do a teaspoon and then maybe a teaspoon and a half if you like. It has a nice tart citrusy almost vibe.

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You could also put lemon zest if you don't have sumac and you want that citrusy floral flavor. Every lemon that I juice, you guys, I zest first and I actually freeze the zest in ice cube trays or put it in little teaspoon measures and freeze it because I always use it. You can also microwave it. You can spread the zest on a plate and microwave it for 30 seconds at a time until it dries and then put it in jar. I just feel like the lemon zest is such an amazing free benefit of a lemon that most of us just forego because we're just juicing and throwing them away. So try and use lemon, use that lemon zest whenever possible.

I'm now rolling out the batch that I made on camera because I had my Food Network swap in batch, but I just have this one, so I'm going to just roll it out and bake it also.

Jessica Jablon: I see a couple of questions in the chat about the webinar.

We are recording it and we will send out the recording in the next couple of weeks. Additionally, it will live on our website so you can see past are shared in the kitchens on our website, as well as all of our past webinars if you're interested in learning more about the work that we do and the different topics that we've covered in webinars over the years.

Adeena Sussman: Yeah, you guys can also ask general cooking questions or nutrition questions to myself or my sister. They don't have to be related to the recipes that we're making right now but of course happy to answer those questions as well.

Jessica Jablon: Somebody said that [inaudible 00:42:04] makes a salt-free version of Everything but the Bagel Seasoning.

Adeena Sussman: Ooh, love that. That's wonderful.

Sharon Wieder: Adeena, can these crackers be frozen?

Adeena Sussman: Yeah, they can. They probably for about, if you do it in airtight container, three months. I would warm them in the oven a little bit after you defrost them because they're seeds, they probably do acquire some moisture again in the oven. But yeah, you could definitely freeze them.

Our mom was a big proponent of freezing lots of things.

Sharon Wieder: Yeah.

Adeena Sussman: And generally the rule with freezing food is it's better if you freeze stews and things, it's suspended in liquid, they're going to... My mom always was freezing soups and stews and those freeze great, but if you just throw a piece of cooked chicken in the oven without any kind of protection, it's probably going to not freeze quite as well so if you're...

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I always tend to make extras of soups and stews and throw them in the oven because...

And I think this batch of crackers, by the way, I'm going to sprinkle some flaky sea salt, like Maldon salt, on the tops before I bake them just for a little extra saltiness because I love salt. And I maybe also add some freshly cracked black pepper to this one too, just to vary it up a little bit.

We have people always popping over. This is a great thing just to serve people with this dip. It's a perfect combination.

Sharon Wieder: Speaking of the dip-

Jessica Jablon: Oh, sorry. How long do the crackers stay fresh on the shelf?

Adeena Sussman: They will last for five to six days, I would say, if they're really stored in an airtight container.

Sharon Wieder: Okay. I can eat it just like that, but I know we have to smell it.

Adeena Sussman: Oh, good. How does it look? It looks great.

Sharon Wieder: It looks amazing. It smells wonderful and it looks beautiful. I don't know if you can see the tomatoes are brown. Everything's caramelized. And the sage smells really delicious. Yum.

Adeena Sussman: I know. It's this unsung hero. It's a little bit of a...

And sage is also great because it lasts a really long time in the fridge. It's not like these winter herbs, like rosemary and sage, and even thyme lasts so much longer than parsley, cilantro, basil, and mint. If you wrap your sage in a paper towel and then put a rubber band around it and put it in the produce drawer, it'll last you for a couple of weeks, which is, I think, a huge benefit of those kind of more hearty wintery herbs.

Sharon Wieder: I'm putting it all in a bowl, and I'm going to add the last ingredients.

Let me see if you guys can see. So sorry about this.

Adeena Sussman: You're fine. It looks great. You can see everything.

Sharon Wieder: This is a smoked paprika, the last half teaspoon of kosher salt, and then harissa, which I've actually never cooked with, so I'm very excited about this.

Adeena Sussman: Yeah. Harissa is a Tunisian and Moroccan spice paste. It's made with different types of hot peppers and garlic and some spices.

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And it's replaced in my house. We don't really have sriracha, TABASCO, Cholula, all those. Harissa appears in so many of my recipes. I also stir it into soups and dips. It just adds a really bright fruity spiciness that's a little bit less intense than some traditional hot sauces. So I just think it's very, very versatile and lasts forever in the fridge.

You guys, I pulled down my crackers out of the oven. How do those look?

Jessica Jablon: Those look delicious.

Adeena Sussman: They smell incredible. I'm going to let them cool a little bit and then I'm going to snap... Let me do an Instagram style knife scraping so you can see how crispy they are.

They're just super crisp, super... I can tell that they're done because the outside is darker than the center, which is normal. Maybe even bordering on, not burnt, but dark and toasty. That's going to be my favorite part of the tray. But I'll break off a piece or two in a couple of minutes after Sharon shows her dip.

Also, it is really fun dramatic party thing to you could take this whole thing out whole and then break it into a bowl with your guests over. I love that kind of stuff.

Another thing, memory of our mom, is that she often was inviting people to help her finish, whether it was set the table, or fill the water, or... And I try and bring that into my own entertaining by asking someone to... I'll put all the salad dressing ingredients in the bowl and just be like, "Can you whisk this for me?" Or, "Will you break up the crackers and put them in a bowl?" Or all those kind of things. She always said, "People feel most at home when they have something to do." It breaks down the barrier between guest and host, and I think that's just a really lovely way to entertain.

Jessica Jablon: That's so true.

Sharon Wieder: And she always let people bring something. Always.

Okay, so here's the dip. Adeena said to keep a few tomatoes, and so I kept a few whole, and I drizzled olive oil on. I don't know if you can see. It smells amazing. I don't have the crackers here, but I'm going to...

Adeena Sussman: You're going to taste it?

Sharon Wieder: Delicious.

Adeena Sussman: Okay. And I'm going to break off a piece of cracker here. You're supposed to let them cool completely, but the edges are definitely nice and crisp.

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Oh my gosh. So good. I'm virtually dipping, Sharon, through the screen.

Yeah, you saw how simple these recipes are.

Sharon Wieder: So easy

I saw someone mentioned something about spicy food just as I was mashing, and I'm not a huge lover of spice. This actually, it catches you a tiny bit, but it's not overly spicy at all, and it just gives it wonderful flavor. I would tell you if it was spicy because that's not my thing, but it's really delicious.

Jessica Jablon: Somebody also asked about the difference between red and green harissa.

Adeena Sussman: Usually, a schug is red or green, the Yemenite hot sauce. I typically experience harissa as a red product. There's no real green harissa in Israel.

Schug, which is a Yemenite hot sauce that's made with cilantro and parsley and garlic and cumin usually and black pepper and salt and lemon, the color usually depends on the type of pepper that's used, fresh pepper that's used.

Harissa is something that's made typically with rehydrated dried peppers, and schug is something that's made with fresh hot peppers, which are extremely hot in this country.

Jessica Jablon: Sharon, somebody wanted to know about bone health and protein and also how vegetarians can sneak in protein throughout the day.

Sharon Wieder: Sure.

Obviously, none of this is medical recommendation or anything like that, but we're supposed to get between 0.8 to 1.2 grams of protein. So it really depends on your weight. I'm a big proponent of protein throughout the day to keep you full and satisfied.

Everything in moderation, obviously. Like Adeena said, there's a whole kick for going crazy with protein, but everyone has different needs and I just feel things in moderation, absolutely.

Did you say vegetarians or did you say vegans? I'm sorry.

Jessica Jablon: Oh, vegetarians.

Sharon Wieder: Okay.

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Obviously, if you eat eggs, then that's a great source of protein. If you're a pescatarian, fish, and otherwise, there are grains and beans are a very good source of protein. Quinoa, farro, those are grains that are higher in protein and higher in fiber as well. So you can't... And tofu, of course. Those are ideas where vegetarians can get those throughout the day.

There are some non... Sorry. Plant-based milks.

Adeena Sussman: Sources.

Sharon Wieder: Yogurts and sources of cheeses, but you have to look at those labels and see how much protein is actually in them.

Jessica Jablon: Thank you.

There's a question that leads right in about Adeena, you had mentioned making your own plant-based milk. Somebody asked you, "Do you use a nut milk maker or not, and can you make it without a nut milk maker?"

Adeena Sussman: I don't. I'll show you what I use to make my almond milk. This is called a nut milk bag. It's like $10 on Amazon. I've had this one for probably two, three years already. It's a very strong kind of woven material and basically...

Someone gave me a nut milk maker five, six years ago as a gift, a very expensive, fancy one, and I sold it or gave it to someone within a few weeks because it's just another gadget taking up space on my counter, and I actually find that I really like making it by hand.

Basically, I soak the almonds in the fridge overnight and then usually, for me, I like a thicker almond milk. I almost treat it like a treat in my coffee, like a creamer. So I do two parts of water to one part of almond. So if I soaked one cup of almonds, I do two cups of water, but that makes a really thick, rich almond milk. You could do two and a half or three cups per cup of almonds.

And then I sweeten mine with a bit of Medjool date that I blend in, and then I just load everything in here, and I squeeze it into a big pitcher, and then I add a drop of vanilla and a teeny dash of salt.

I just made a batch today actually and I'll show you. The byproducts of it are interesting. Here's the milk itself. It actually is in a milk carton that I keep in the fridge. I keep it really airtight and I keep it in the back of the fridge because it doesn't have any preservatives, and so you really want to make sure to keep it cold.

And then this is the pulp from the almond meal. I could have used these in my cookies, by the way, in my cracker. This is a perfect... You can freeze this. I usually put a tape label on it and I say, "One cup of almond meal from almond milk," and then I also have a recipe on my Instagram

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for a cookie that I made using the byproduct of almond milk, using this almond meal with very few ingredients, some egg, some brown sugar, demerara sugar, I don't know, they're gluten-free, tahini to help bind them together.

They're chocolate chips. They're really, really delicious. I don't like to use the word healthy because I don't really know what that means, but they're clean. They're made just with ingredients from home and they're really, really good.

So like you asked, and this is literally what was happening in my kitchen today.

Jessica Jablon: Well, thank you. Thank you for sharing. Thank you for both being here and making these delicious recipes. We hope everybody had fun.

We recommend that you follow Adeena on social media @adeenasussman and her website, adeenasussman.com. You can purchase Zariz and Adeena's other cookbooks on Amazon and other bookstores. Links are going in the chat for you to learn more. And please-

Adeena Sussman: And my sister is a dietician in private practice. She's not one to promote herself, but she's amazing in New Jersey.

Jessica Jablon: Yes. Yes, for sure. And if you're interested in reaching Sharon, please let us know and we can make the connection.

Please take a moment to fill out the brief evaluation survey that is being put into the chat. It really does inform our future programming.

Thank you again to our 2026 Sharsheret Summit sponsors, including AstraZeneca, ASI, GSK, Lilly, Pfizer, SMART/STATE, and Weill Cornell Medicine Department of Genetics and Personalized Cancer Prevention, and Cooperative Agreement 24-0061 of the Centers for Disease Control and Prevention.

The Sharsheret Summit is running through October 23rd. Don't forget to register for our amazing lineup of virtual programs from menopause to GLP-1s and cancer. We've got your questions answered, and my colleagues are putting the information about the summit into the chat now. However you choose to participate, it's the source of the latest information on breast cancer and ovarian cancer in the Jewish community.

As we come to a close, we are putting the evaluation link into the chat once more.

I want to thank Sharon and Adeena for being here and for just being so fun. I feel like you guys could have your own little talk show, and I know I would watch.

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And thank you again to Jessica for sharing her personal story.

Most importantly, if you're facing a breast or ovarian cancer diagnosis currently, please remember that Sharsheret is here for you. We provide emotional support, mental health counseling, and other programs and resources designed to help you navigate the cancer experience. Everything is completely free and confidential, and our contact information is going into the chat box now.

Thank you so much for being here and we will hopefully see you at our next webinar.

About Sharsheret

Sharsheret, Hebrew for “chain”, is an international non-profit organization, that improves the lives of Jewish women and families living with, or at increased genetic risk for, breast or ovarian cancer through personalized support and saves lives through educational outreach.

With regional offices in the Midwest, Northeast, Southeast, West, and Israel, Sharsheret serves 275,000 women, families, health care professionals, community leaders, and students. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, approximately 25% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC) and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

The Link Program

Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences

- Embrace™, supporting women living with advanced breast cancer
- Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors
- Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer
- Sharsheret Supports™, developing local support groups and programs

Education and Outreach Programs

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- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

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