

From Wheat to Roast Beef A Culinary Journey

Tractate Shabbat 127a

Great is hospitality; greater even than early attendance at the house of study or than receiving the Divine Presence.

Genesis 18:3-8

And he said, "My lords, if only I have found favor in your eyes, please do not pass on from beside your servant.

Please let a little water be taken, and bathe your feet, and recline under the tree.

And I will take a morsel of bread, and sustain your hearts; after[wards] you shall pass on, because you have passed by your servant." And they said, "So shall you do, as you have spoken."

And Abraham hastened to the tent to Sarah, and he said, "Hasten three seah of meal [and] fine flour; knead and make cakes."

And to the cattle did Abraham run, and he took a calf, tender and good, and he gave it to the youth, and he hastened to prepare it.

And he took cream and milk and the calf that he had prepared, and he placed [them] before them, and he was standing over them under the tree, and they ate.

Exodus 16:35

And the children of Israel ate the manna for forty years until they came to an inhabited land. They ate the manna until they came to the border of the land of Canaan.

Numbers 11:4-8

But the multitude among them began to have strong cravings. Then even the children of Israel once again began to cry, and they said, "Who will feed us meat? We remember the fish that we ate in Egypt free of charge, the cucumbers, the watermelons, the leeks, the onions, and the garlic. But now, our bodies are dried out, for there is nothing at all; we have nothing but manna to look at." Now the manna was like coriander seed, and its appearance was like the appearance of crystal. The people walked about and gathered it. Then they ground it in a mill or crushed it in a mortar, cooked it in a pot and made it into cakes. It had a taste like the taste of oil cake.

Deuteronomy 8:8

"a good land... a land of wheat and barley, of vines, figs, and pomegranates, a land of olive trees and honey."

Leviticus 19:9-11

When you reap the harvest of your land, you shall not reap all the way to the corner of your field, or gather the gleanings of your harvest. You shall not pick your vineyard bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger; I the Lord am your God.

Sifrei on Parshat Re'eh.

To one for whom bread is suitable, give bread; to the one who needs dough, give dough; to one for whom money is required, give money; to one for whom it is fitting to put the food in that one's mouth, put it in.

Passover Haggadah.

This is the bread of affliction, which our fathers ate in the land of Egypt. All who are hungry, come and eat. All who are in need, come and partake in the Pesach offering. Now we are here, next year we will be in the Land of Israel; now we are slaves, next year we will be free.