

How To Have A *Paleo Hanukkah*



**A PALEOPLAN
HOLIDAY GUIDE**

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A PaleoPlan Holiday Guide

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The Festival of Lights



Hanukkah, the Festival of Lights, celebrates the Miracle of the Oil. It was in 168 B.C.E. when Syrian-Greek soldiers seized the Jewish Temple in Jerusalem, dedicating it to the worship of Zeus. The Jewish High Priest Mattathias and his five sons led a group of rebels that became known as the Maccabees. After three years of resistance, the Maccabees successfully took back the Temple.

For rededication, it was required to burn ritual oil in the Temple's menorah for eight days. When it was discovered that there was only one day's worth of oil left, the menorah was lit anyway and miraculously, it burned for eight days. To commemorate this miracle, Jews eat fried foods on Hanukkah.

We've included a [Paleo Sweet Potato Latke recipe](#) for you in this Hanukkah cookbook. Also included are delicious Paleo recipes for traditional Jewish dishes that are perfect served together as a family dinner or individually as additions to a Hanukkah party buffet. All of the dishes are free from refined sugar, dairy, grains, vegetable oil, and legumes.

Tips for Making the Most of Your Paleo Hanukkah



Whether you're serving dinner for family or throwing a party, these tips can help you have a successful event.

1. Prep as much as you can ahead of time. Several of the dishes can be completely prepared ahead such as the [Chopped Chicken Liver](#) and [Olive Tapenade](#).
2. If your meal is buffet style, consider serving hot food in chafing dishes or on warming trays that heat to 140° Fahrenheit (°F). Hot foods have to be at 140°F or warmer if they are kept out for 2 hours or longer. Keep cold foods in the refrigerator until serving time. You have a 2 hour safety window for perishables left out at room temperature unless they have been kept hot or cold.
3. Buy fresh produce ahead of time, up to a week or two before you'll need them, like onions, sweet potatoes, and broccolini. Clean them, prep them, and freeze them. This will save you loads of time on your cooking day(s) and make this task so much easier.

4. If friends and relatives are bringing dishes, let them know you're doing a Paleo Hanukkah and provide specific requests or even complete recipes for them to follow so that they don't inadvertently bring non-Paleo items to the feast.

5. Have a wonderful and happy Paleo Hanukkah!



Five 5-minute Workouts for the Busy Holidays



So, you've got limited time, but you still want to get your heart rate up, and feel like you at least put in an effort, even though you don't have time, are traveling, the football game is on, whatever! We've got you covered!

Each of these workouts involves only one movement. That one movement is done for 5 minutes continuously. That's right. You just do one movement for the workout, for 5 minutes.

The trick here is that you should be going pretty much as hard as you can for that 5 minutes. The first minute isn't going to seem that bad. But, starting somewhere around the 2 minute mark, you're going to look up at your clock or stopwatch and think, "Oh no." If you don't have this feeling, then you could push harder.

These workouts are also self-scaling. Meaning that if you've been away from your fitness for a while, it's quite easy to slow these down, and ease up the

pace so that you can still finish. We'll even give a few suggestions below, as well as in the videos that show the movements.

BTW, did you know that we do this stuff for our members every WEEK?

Yeah, we've got a little thing called [PaleoFit](#) where we update you with simple workouts each and every week. They're almost equipment free and get you tied into your body!

Each workout will involve just one movement, performed for 5 minutes. The movement will be one of these five: **jump rope, walking lunges, running, box jumps, or burpees.**

Workout Levels

- **Beginner** - Do 1 minute work, 1 minute rest, 1 minute work, 1 minute rest, 1 minute work (total 5 minutes)
- **Intermediate** - Do 2 minutes work, 1 minute rest, 2 minutes work (total 5 minutes)
- **Advanced** - Do the full 5 minutes, with no scheduled rest time.

Movement Modifications

Easier

- do "grade school" jump rope (see video)
- push on your leg to help with the lunges
- run 30 seconds, walk 30 seconds
- step ups instead of box jumps (see video)
- no push-up in the burpee

Harder

- make them all double unders (see video)
- hold a 45lbs plate overhead (or 20lbs dumbbells) for the lunges
- sprint the first minute and last minute as hard as possible
- make the box waist high
- gun for 100 burpees

5 Movement Techniques

[Jump Rope \(full size video link\)](#)



Rope length: step in the middle, the end of the handles should come to your armpit. As you get better go shorter. Keep the body straight, and jump straight up. No excessive kick back to the feet, or knees too high. Keep your hands (and the rope) low and in front of you. It should "tick" the ground about 12 inches (30cm) in front of your feet each time. Relax!

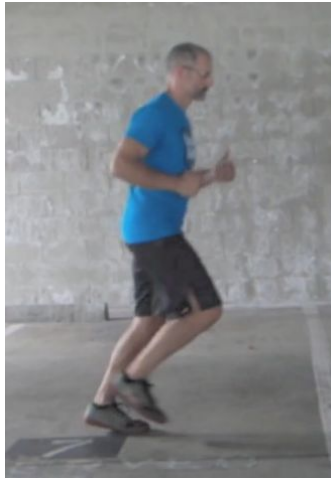
Double Under: two turns of the rope for every one jump, see 1:50 into the video.

[The Lunge \(full size video link\)](#)



Keeping feet shoulder width apart, take a nice long step forward. Bend the front knee, keeping the knee behind the toe, until the back (trailing) knee kisses the ground. Push back up, through the heel to the standing position. Repeat with the other leg. Keep the chest up, the whole movement should happen with a relatively vertical back.

[Running \(full size video link\)](#)



Focus on landing toward the front of the foot. Have a nice easy bounce to your step. Lean forward just enough to move yourself forward. Let gravity do the work, you should feel as if you're being pulled forward or almost "falling" into the run, instead of pushing yourself with a big over-emphasised push toward the back.

[The Box Jump \(full size video link\)](#)



Feet hip width apart. Jump with both feet onto the top of a box, bench, step, or anything else sturdy enough to hold your weight and impact. Stand up to full extension while on top of the box. Jump or step back down to the floor. Repeat.

[The Burpee \(full size video link\)](#)



Standard clap overhead. From a standing position, place hands 18-24 inches in front of feet, kick both feet back, drop to push-up, jump feet back to start, stand and jump while clapping overhead.

Paleo Meal Planning, Made Easy



Did you know that PaleoPlan offers [meal-planning services](#) and [recipes](#) all year long? We aim to make your Paleo lifestyle simple and sustainable by providing weekly meal plans with shopping lists so that you can focus on what's most important: *you*. Meal planning will no longer feel like a full-time job.

Paleo Recipes for Hanukkah



Olive Tapenade



Recipe by PaleoPlan

This savory paste is the perfect appetizer for a Hanukkah meal or party, and is perfectly paired with the [Herbed Focaccia Bread](#). To customize the taste to your flavor palate, experiment with the optional ingredients or even toss in a few of your own!

Serves 6.

PREP TIME: 20 minutes

Ingredients

- Handful fresh, flat leaf parsley (about ¼ cup)
- A few fresh basil sprigs (about ¼ cup)
- 2 cloves of garlic
- 1 oz. sun-dried tomatoes
- 1 cup Kalamata olives, pitted
- 1 cup large green olives, pitted

- 2 Tbsp capers
- Juice of ½ lemon
- 3 Tbsp extra virgin olive oil
- *Optional ingredients: roasted red bell pepper, pine nuts, rosemary, thyme, or artichoke hearts*

Instructions

1. Rough chop the fresh herbs, sun-dried tomatoes and garlic.
2. Add all ingredients to a food processor until blended.

Herbed Focaccia Bread



Recipe by PaleoPlan

For a Paleo version of challah, try this herbed, savory bread that is 100% Paleo. It's crisp, light, and coated with olive oil, perfectly paired with the [olive tapenade](#) or any of your Hanukkah menu items.

Serves 6-8.

PREP & COOK TIME: 30 minutes

Ingredients

- 4 large eggs
- ¼ cup coconut cream (skimmed from the top of a can of coconut milk)
- ¼ cup [coconut flour](#)
- ½ tsp sea salt
- ½ tsp [baking soda](#)
- 2 Tbsp fresh chopped herbs of your choice (rosemary, thyme, or oregano)

- Extra virgin olive oil, for brushing
- Coarse sea salt, for topping
- *Optional: toppings of your choice, such as chopped olives, halved cherry tomatoes, roasted garlic cloves, etc.*

Instructions

1. Preheat oven to 375° Fahrenheit.
2. Beat the eggs with the coconut cream until smooth. In a medium bowl, combine the coconut flour, salt, and baking soda.
3. Add the egg mixture to the flour and stir well until thoroughly combined.
4. Line a pie plate or small jellyroll pan with parchment paper and spread the batter in the pan. Drizzle with olive oil and press fingers lightly into the dough to indent.
5. *Optional:* If topping the bread, add toppings evenly.
6. Bake for 15-20 minutes until top is lightly browned. Remove from oven and brush with more olive oil. Let cool before slicing and serving.

Beef Pot Roast



Recipe by PaleoPlan

One of the staples of your Hanukkah menu, this palatable beef roast is everything you want out of a beef dish: tender, flavorful, and well-rounded.

Serves 4.

PREP TIME: 15 minutes

COOK TIME: 3-8 hours

Ingredients

- 2 Tbsp beef tallow (coconut oil may be substituted, but use caution to avoid smoking and burning)
- 2-3 lbs lean beef pot roast, rump roast, or chuck shoulder
- 2 medium yellow onions, sliced
- 3 large carrots, quartered
- 2 celery stalks
- ½ tsp freshly ground black pepper
- 1 bay leaf

- 1 Tbsp thyme
- ½ tsp oregano
- *Optional: sea salt*
- *Optional: green beans*
- 3 cups water

Instructions

1. Mix freshly ground pepper, thyme, oregano, and sea salt (optional) in a small bowl. Rub mixture into meat on all sides of the roast.
2. Heat a medium skillet (if cooking in a crockpot) or heavy bottomed oven-proof pan (if cooking in the oven) over high heat. Add 2 Tbsp tallow or coconut oil when hot. Immediately sear all sides of the roast and set aside.
3. Wash and prepare the vegetables. Put roast in crockpot, add vegetables, bay leaf, and water and cook on high until tender (approx. 6-7 hours). If cooking in oven, preheat oven to 325° Fahrenheit, add the vegetables, bay leaf, and water to the oven-proof pan with the meat. Cover and roast for 2-3 hours or until tender.
4. Serve warm and refrigerate leftovers.

Paleo Chopped Liver



Recipe by [Sally Johnson](#), MA, RDN, LD

Chopped chicken liver is one of those comfort foods that graces many an appetizer table at Jewish holiday gatherings. Schmaltz, or rendered chicken fat, is the most traditional fat to use in chopped chicken liver but rendered duck fat, and coconut oil work just as well. If budget friendly and available, livers and rendered fats from pastured animals are preferred.

Serves 12-16.

PREP & COOK TIME: 30 minutes

Ingredients

- 2 lbs chicken livers
- 4 Tbsp schmaltz, duck fat, or [coconut oil](#), divided (you may need more for cooking)
- 2 large onions, coarsely chopped

- 4 hard boiled [eggs](#), peeled and diced
- *Optional*: sea salt and black pepper

Instructions

1. Add 2 Tbsp schmaltz to a large pan over medium heat. Add chopped onions and sauté until soft and starting to brown. Pour cooked onions and remaining fat into a bowl and set aside.
2. Add the remaining Tbsp of fat to the pan and fry half the chicken livers until brown on the outside and slightly pink on the inside, about 3-5 minutes on each side. Set livers aside when done. If using sea salt and black pepper, season the chicken livers while cooking.
3. Add more fat to the pan if needed and add the remaining livers to the pan. Repeat step #2.
4. Combine chopped eggs, onions, and chicken livers in the bowl or a food processor fitted with a steel blade, and pulse, stirring as needed until a rough paste forms (about 1 minute). Alternately, using a chef's knife, chop all ingredients together on a large cutting board.
5. Chill and serve with crudites or Paleo crackers.

How to Render Chicken or Duck Fat

1. Take 2 cups of reserved chicken or duck skin and fat and combine with ¼ cup of water in a saucepan over medium heat. Cook until the water has boiled off and the skin has darkened (use caution not to overcook). Chicken fat should be clear and yellow, while duck fat should be golden.
2. Remove the browned skin and strain the fat. Store in the refrigerator for up to a week or freeze.

Baked Salmon with Rosemary & Pecans



Recipe by PaleoPlan

When cooked right, salmon is extremely tender and flavorful. This sumptuous dish is no exception, and will yield an aromatic, satisfying dish that is sure to be a success at any Hanukkah meal.

Serves 2.

PREP & COOK TIME: 20 minutes

Ingredients

- Coconut oil, for baking pan
- $\frac{3}{4}$ lb salmon fillet, skin on
- 2 Tbsp pecans, chopped
- 1 Tbsp rosemary, chopped
- *Optional:* $\frac{1}{4}$ tsp sea salt

Instructions

1. Preheat oven to 350° F. Lightly grease a baking pan with coconut oil.

2. Lay salmon in the pan, skin side down. Sprinkle with pecans, rosemary, and sea salt (optional).
3. Bake for 12-15 minutes or until salmon flakes easily with a fork.

Broccolini with Hazelnuts



Recipe by PaleoPlan

The tender stalks and florets of broccolini are milder and often sweeter than broccoli, which makes it a more delicate option for this colorful, tasty vegetable side. Topped with the crunch of toasted hazelnuts and flavored by a hint of browned garlic, this impressive holiday recipe is deceptively simple.

Serves 4.

PREP & COOK TIME: 35 minutes

Ingredients

- 1-2 Tbsp [olive oil](#) or [coconut oil](#)
- ½ cup hazelnuts, roughly chopped
- 1 garlic clove, minced or thinly sliced
- 1 lb. broccolini, trimmed (or substitute broccoli florets)

Instructions

1. Heat a large skillet over medium heat. Add the olive or coconut oil.
2. When the pan is hot, add the hazelnuts and brown, stirring constantly to be sure they don't burn (about 4-5 minutes). As soon as you can smell the toasty, nutty aroma of the hazelnuts, remove from pan and set aside.
3. Return the skillet to medium heat and add the garlic and broccolini. Toss to coat with remaining oil in pan. Cover and steam for 5-6 minutes or until bright green and slightly tender.
4. Remove the garlic and broccolini from pan and top with the hazelnuts. Serve immediately.

Sweet Potato Latkes



Recipe by [Sally Johnson](#), MA, RDN, LD

Latkes originated in the Mediterranean and were made from cheese and fried in olive oil. However, today's popular potato latke, whose name in Yiddish means "little oily," comes to us from the Ashkenazi Jews of Eastern Europe in the 1800s. To avoid famine after repeated crop failures in the region, Catherine the Great ordered the planting of potatoes instead of grain. In keeping with the tradition of eating oily foods on Hanukkah, the potato latke was born. Our recipe uses coconut oil for frying but chicken fat (schmaltz), duck fat and olive oil all work wonderfully.

Makes 12 latkes.

PREP TIME: 10 minutes

COOK TIME: 15-20 minutes

Ingredients

- 4 cups sweet potatoes, peeled and shredded
- ¼ cup shredded onion

- 2 eggs
- *Optional:* a few pinches of sea salt
- Coconut oil for frying

Instructions

1. Place all the ingredients (except the coconut oil) in a bowl and mix together.
2. Heat a large skillet over medium heat and add enough coconut oil to fully coat the bottom. (Potatoes easily soak up oil, so be generous here.)
3. When the oil is hot, drop rounded ¼ cups or handfuls of the potato mixture into the pan and press down slightly with spatula to form pancakes.
4. Fry on each side until browned and crispy (about 2-4 minutes). Try not to disturb the pancakes while cooking.
5. Place finished pancakes on paper towels and cover to keep warm.
6. Repeat steps three, four, and five, adding oil to the pan as needed, until all of the mixture has been fried.
7. Serve with Paleo Applesauce and enjoy.

Paleo Applesauce



Recipe by PaleoPlan

Who knew that making your own applesauce could be incredibly simple? The best part about this Paleo applesauce is the richness of flavor without added preservatives or sweeteners. It's the perfect complement to the Sweet Potato Latkes.

Serves 6-8.

PREP TIME: 10 minutes

COOK TIME: 4-6 hours

Ingredients

- 3 lbs of apples (honeycrisp, gala, or fuji), peeled, cored, and sliced
- 1 tsp ground [cinnamon](#)
- ¼ tsp ground cardamom
- ¼ tsp ground ginger
- Juice of 1 medium lemon (about 2 Tbsp)

Instructions

1. Add all ingredients to a medium slow cooker. Using a wooden spoon, stir the apples until evenly coated with the spice mixture.
2. Cover, and cook 4 to 6 hours on low heat, or until apples are soft and fall apart when stirred.
3. Place cooked apples into a food processor (or use an immersion blender right in the slow cooker) and pulse or blend into a smooth sauce.
4. Serve warm or chilled.

Strawberry & Hazelnut Salad



Recipe by PaleoPlan

This simple salad combines peppery arugula with sweet strawberries, buttery avocado and crunchy hazelnuts for a crowd pleasing side that will complement the other dishes on your Hanukkah menu.

Serves 6.

PREP TIME: 15 minutes

Ingredients

- 2 cups arugula, washed and air-dried
- 6 cups baby spinach or chopped spinach
- 1 avocado, diced
- 5-8 oz. fresh strawberries, sliced
- $\frac{3}{4}$ cup hazelnuts, chopped (substitute any kind of chopped nuts)

- *Optional:* pinch of sea salt
- 3 Tbsp [Simple Salad Dressing](#)

Instructions

1. Combine arugula and baby spinach in a large bowl. Drizzle with 3 Tbsp salad dressing and pinch of sea salt (optional) and toss to coat the greens.
2. Top with strawberries, avocado, and hazelnuts. Serve immediately or chill.

Vanilla Pound Cake



Recipe by PaleoPlan

This sweet cake is the dense and moist, the perfect dessert for any Hanukkah meal or party. This versatile cake can also be served with our [Coconut Whipped Cream](#) or fruit toppings, or enjoyed on its own.

Serves 12.

PREP & COOK TIME: 50 minutes

Ingredients

- 2 cups almond flour
- ½ cup [coconut flour](#)
- ¼ tsp sea salt
- 1 tsp baking soda
- 4 eggs
- ⅔ cup grade B maple syrup or [raw honey](#)
- ⅔ cup solid [coconut oil](#)
- ½ cup + 3 Tbsp full fat coconut milk (canned)

- 2 Tbsp pure vanilla extract

Instructions

1. Preheat oven to 350° F. Coat a 9 x 5 inch loaf pan with coconut oil.
2. In a medium mixing bowl, combine and sift almond flour, coconut flour, sea salt, and baking soda.
3. Add eggs to a large mixing bowl and beat lightly. Add maple syrup (or honey), coconut oil, coconut milk, and vanilla. Stir just until combined, and be careful not to over mix (some small clumps of coconut oil are fine; it will melt while baking).
4. Add dry ingredients to the wet mix until just combined, using caution not to over mix.
5. Pour batter into the prepared pan and bake for 35-40 minutes, or until a toothpick inserted in the center comes out clean.

Ginger Brownies



Recipe by PaleoPlan

These chocolatey brownies are spiced up by the added kick of ginger, making this dessert one that's likely to impress the palate of Hanukkah diners.

Serves 9.

PREP & COOK TIME: 35 minutes

Ingredients

- 3 cups [almond flour](#)
- $\frac{3}{4}$ cup [raw honey](#)
- 2 eggs
- $\frac{1}{4}$ cup coconut oil
- $\frac{1}{2}$ cup cocoa, cacao, or carob powder, unsweetened
- 1 tsp nutmeg, freshly grated
- 1 tsp fresh ginger, finely minced

- ¼ tsp sea salt

Instructions

1. Preheat oven to 350° F. Lightly grease a 9 x 9 baking pan with coconut oil.
2. In a small saucepan, warm the honey and oil over medium heat. Set aside.
3. Sift the flour, salt, cocoa, and spices together.
4. Place warm honey in a large mixing bowl and add eggs, ginger, and vanilla extract. Gradually add in the flour mixture and stir until well blended.
5. Transfer the mixture to a baking pan and bake 20-25 minutes or until a toothpick inserted into the center comes out clean.