

GRAPE JUICE



In India, the eldest daughter's role is to make grape juice fresh each Thursday for the Sabbath meal. When dark grapes are not available, she uses dried black raisins that are soaked in water, then boiled. In India, hal-lah is more like our matzah, and the Sabbath meal more often than not includes a spicy lamb or chicken curry.

Wherever you live, the following prayer is said over the wine every Friday night. To children in Israel at the time of the Bible, this meant grape juice—not apple or other fruit juices.

*Baruch atah Adonai Eloheinu melech ha-olam,
borei p'ri ha-gafen.*

*Blessed art Thou, O Lord our God, King of the universe,
who createst the fruit of the vine.*

INGREDIENTS

4 cups Concord, Thompson,
or Ribier grapes
 $\frac{1}{3}$ cup water
1 cup sugar, or to taste

EQUIPMENT

Measuring cups
2 large pots, 1 with a lid
Large spoon for each child
Colander
Serving pitcher

**MAKES
ABOUT
6 CUPS**

Child: Wash the grapes and remove the stems. Place the grapes and the water in a large pot. Cover and cook over low heat, stirring occasionally, until the fruit is softened, about 20 minutes.

Adult: When the fruit is squeezable, place it in a large colander over an empty pot.

Child: Press the fruit with a spoon to squeeze the juice out. To every 6 cups grape juice, add 1 cup sugar, or make it as sweet as you like. Stir until the sugar dissolves and the juice cools. Serve cold in a pretty pitcher.