

# שֵׁכָב בְּנִי

## Lie Down My Son

### SH'CHAV B'NE

**Lyrics:** EMANUEL HARUSI

**Music:** SHALOM CHERNOV

**Performance:** MAYA BELSITZMAN AND MATAN EPHRAT

**מילים:** עמנואל הרוסי

**לחן:** שלום צ'ריטונוב

**ביצוע:** מיה בליצמן ומתן אפרת

Lie down my son lie down and rest  
Please don't cry  
By your side your mother sits  
Keeping you from harm

Outside the Jackal howls  
And there the wind blows  
But you my little boy  
Lie down and sleep

Night, night, night shadow  
Will quickly fly away  
We mustn't mustn't be lazy  
Tomorrow we have to work

Tomorrow dad will go to plow  
In the furrow in the furrow the father will go  
Grow now lift your head  
And you shall then go to the field together

Sh'chav b'ne sh'chav bim'nucha  
Al na tivkeh marah  
Al yadchah yoshevet imcha  
Shomeret mikol rah

M'yaleil bachutz hatan  
V'noshevet ruach sham  
Ach atah b'ne hakatan  
Numa sh'chav vishan

Lilah lilah lilah tzel  
Ya'oof maher m'od  
Asur asur l'hitatzel  
Machar tzarich la'avod

Machar yeitzeh abba lach'rosh  
Batelem batelem yeilech ha'av  
Hineh tigdal tarim harosh  
Teitzu lasadeh az yach'dav

שֵׁכָב בְּנִי שֵׁכָב בְּמִנוּחָה  
אַל נָא תִבְכֶּה מָרָה  
עַל יָדְךָ יוֹשֶׁבֶת אִמְךָ  
שׁוֹמֶרֶת מִכָּל רָע

מִלַּיִל בַּחוּץ הַתָּן  
וְנוֹשֶׁבֶת רוּחַ שָׁם  
אַךְ אַתָּה בְּנִי הַקָּטָן  
נוּמָה שֵׁכָב וְישָׁן

לִילָה לִילָה לִילָה צֵל  
יַעֲוֹף מַהֵר מְאוֹד  
אָסוּר אָסוּר לְהִתְעַצֵּל  
מָחָר צָרִיךְ לָעֲבֹד

מָחָר יֵצֵא אָבִא לְחֹרֶשׁ  
בְּתֵלִם בְּתֵלִם יֵלֵךְ הָאָב  
הִנֵּה תִגְדַּל תְּרִים הָרֹשׁ  
תֵּצֵאוּ לַשָּׂדֶה אַזְ יַחַדְיוּ

# כחומר ביד היוצר

*Like The Clay in the Hand of the Potter*

**KACHOMER B'YAD HAYOTZER**

**Performance:** MAYA BELSITZMAN AND MATAN EPHRAT

**ביצוע:** מיה בליצמן ומתן אפרת

Like the clay in the hand of the potter  
He expands it at will and contracts it at will  
So are we in Your hand O Preserver of kindness  
Look to the covenant and ignore the Accuser

Like the stone in the hand of the cutter  
he grasps it at will and smashes it at will  
so are we in Your hand, O Source of life and death  
look to the covenant and ignore the Accuser

Ki hineh kachomer b'yad hayotzer  
Bir'tzoto marchiv u'vir'tzoto m'katzer  
Ken anachnu v'yadcha chesed notzer  
La'b'rit habet v'al teifen la'yeitzer

Ki hineh ka'even b'yad hamisateit  
Bir'tzoto ochez u'vir'tzoto m'chateit  
Ken anachnu v'yadcha m'chayeh u'm'moteit  
La'b'rit habet v'al teifen la'yeitzer

כי הנה כחומר ביד היוצר  
ברצותו מרחיב וברצותו מקצר  
כן אנחנו בידך חסד נוצר  
לברית הבט ואל תפן ליצר

כי הנה כאבן ביד המסמית  
ברצותו אוזח וברצותו מכמת  
כן אנחנו בידך מחיה וממותת  
לברית הבט ואל תפן ליצר

# Classic Shakshuka

*The ultimate breakfast dish of seared tomatoes and eggs has variations ranging from Morocco to Yemen. It seems that Israel widely adopted the version that was brought by Jewish immigrants from Tunisia and Libya, including nothing but garlic, hot pepper, and ripe tomatoes.*



## INGREDIENTS

- ¼ cup olive oil
- 5 garlic cloves
- 1-2 spicy Anaheim peppers
- 1 tbsp spicy (or sweet) paprika
- 1 kilo (2.2 lbs) fresh red ripe tomatoes
- 6 organic eggs
- Sea salt

## i INSTRUCTIONS

Heat the oil in a wide skillet.

Slice the peppers thin and add to the oil. When slightly golden, slice and add the garlic. Stir for 1 minute, then add the paprika and stir until a red paste is formed.

Peel the tomatoes (or keep the skin on). Cut into ¼ inch cubes, add to the skillet, and mix with the paprika, garlic, and hot peppers. Season with salt, cover, and simmer over a low heat for 15-20 minutes, stirring occasionally to make sure the tomatoes don't stick to the skillet.

Create six depressions in the mixture. Crack the eggs one at a time and transfer each egg to each of the depressions, repeating the process until you've used up all the eggs.

Cook the mixture uncovered over a low flame for 3-4 minutes, until the whites are almost firm and the edges of the yolks turn a little brighter in color. Remove the skillet from the stove and bring it to the table, along with pitas or freshly baked bread.

# White Shakshuka

*This version is based on Offaim farm produce: White tangy labeneh cheese which they make from their goats' milk, hyssop leaves that they pick in the nearby hills and eggs from their fresh free-range organic chickens. It is so simple to make and makes a fantastic breakfast or light lunch.*



## INGREDIENTS

- ¼ cup olive oil
- 1 medium onion
- Leaves from 6-8 hyssop or oregano stalks
- ½ kilo (1.1 lbs) thick labeneh cheese
- 4 organic eggs
- Sea salt and coarsely ground pepper

## INSTRUCTIONS

Heat the oil in a wide skillet.

Thinly chop the onion and add to the skillet. Simmer until golden and then add the hyssop or fresh oregano leaves.

Add the labeneh and flatten it on top of the onion. Let it get warmer until it starts bubbling a little.

Lower the heat and create four depressions in the mixture. Crack the eggs one at a time, discarding the egg whites, and transfer only the yolks to each of the depressions, repeating the process until you've used up all the eggs.

Cook the mixture uncovered over a low flame for 3-4 minutes until the edges of the yolks turn a little brighter in color. Remove the skillet from the stove and bring it to the table, along with a warm pita.