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DINING OUT

Faith & food

Where to get a High Holidays spread

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The Jewish High Holidays are upon us. And as in most religious holidays, food plays a central role.

“Food is huge,” said Danya Shults, 32, who founded the Jewish lifestyle brand Arq earlier this year.

This year, the two-day celebration of Rosh Hashanah, or the Jewish New Year, kicks off Sept. 20, while Yom Kippur, the Day of Atonement, observed Sept. 29-30, is marked by a 25-hour fast.

For both, time is often spent in a synagogue praying. But for a younger generation that “picks and chooses” their practice, they might go to a Jewish foodie event if they’re not visiting family for the holidays, Shults said.

Arq’s food content is one of the most popular sections of the site (thisisarq.com), which explores ways for young people — Jewish or not — to connect with the faith. In NYC, that can translate into a meal at any number of Jewish restaurants and delis.

“There are all these amazing High Holiday menus — Jack’s Wife Freda has done a Rosh Hashanah menu, Mile End Deli has a seasonal family-style supper with cider-braised brisket — but anyone can go,” said Shults, who before launching Arq ran Pop-Up Shabbat, a restaurant inspired by Jewish culture. “Food is definitely a big way for younger generations to connect.”

Whether you’re doing Rosh Hashanah at the last minute, are planning how to break your Yom Kippur fast or just want good babka and brisket, here’s a look at where to find sweets, dinners and catering for the High Holidays.



ELI ZABAR

NEW YEAR DINNERS

Make a reservation for Rosh Hashanah and leave everything to these restaurants and delis.

Jack’s Wife Freda

This popular spot for “Jewish grandmother cuisine” will be serving its special honey-glazed short ribs (\$30), as well as a complimentary plate of apples, honey, pomegranate, dates and challah, at both locations for dinner on Sept. 20 and 21. Reservations accepted for parties of six or more; 224 Lafayette St., 212-510-8550, 50 Carmine St., 646-669-9888, jackswifefreda.com

Eli’s Table

The restaurant, part of the Eli Zabar empire, has signatures like brisket and gefilte fish a la carte for the month. Or get a three-course meal (\$65/person) on Sept. 20 and 21. Call for reservations; 1413 Third Ave., 212-717-9798, elizabar.com

Katz’s Delicatessen

Fill up a la carte on the iconic deli’s brisket, gefilte fish, babka and more, or choose a four-course dinner with your choice of appetizers, meats and sweets (\$32.24/person). Now through Oct. 1; 205 E. Houston St., 212-254-2246, katzsdelicatessen.com

Mile End

Bring the gang for a family-style dinner of the Montreal-style Jewish cuisine on Sept. 20 and 21 (\$75/person, \$35/under 12). The apple-heavy meal includes shaved apple salad, cider-glazed brisket with roasted apples, and apple and honey pudding cake. Call for reservations, 53 Bond St., 646-494-9508, mileendeli.com

BAKED GOODS

Get your challah, babka and more throughout the High Holidays.

Breads Bakery

Holiday challah is plentiful, from raisin (\$10.95), marzipan (\$16.95) and a seeded round challah (\$9.95) to a braided challah that comes with ceramic dipping bowls (\$64.95). Fill those bowls with marzipan honey (\$7.95) or its new cinnamon apple butter (\$7.95). Holiday offerings also include a dairy-free honey cake (\$11.95) and honeybuttons (\$9.95) — bite-sized honey cookies that are also new this year. Of course, there’s always its famed chocolate babka (\$14.95). Seasonal items available through the end of September; 18 E. 16th St., 1890 Broadway, 42nd Street and Sixth Avenue (Bryant Park kiosk), 212-633-2253, breadsbakery.com

Bouchon Bakery

Whether you’re picking up for the whole family, or just want a taste for yourself, you can get challah (\$3.50/slice, \$12/loaf) and honey Bundt cake (\$5.95/slice, \$40/whole) from Bouchon Bakery’s two Manhattan locations throughout Rosh Hashanah. Available through Sept. 22; 10 Columbus Circle, third floor, 212-823-9363, 1 Rockefeller Plaza, 212-782-3890, thomaskeller.com

Noglu

The gluten-free bakery’s special High Holidays menu includes a variety of rugelach (\$3.50/each), chocolate babka (\$16), honey cake (\$12), apple tart (from \$6.50/slice) and two types of challah: plain (\$15) and with raisins (\$17). Limited quantities will be available in-store throughout Rosh Hashanah and Yom Kippur. 1266 Madison Ave., 646-895-9798, noglu.fr



DAVID ESCALANTE