

# *Shabbat Shalom*

Favorite Recipes of  
Ruth Reingold  
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# *Love, Ima*

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*Shabbat Shalom, Love, Ima*

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# Ruth's Kitchen

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## INTRODUCTION FROM RUTH

## INTRODUCTION TO MY KITCHEN FROM MY OLDEST DAUGHTER, LEAH GORDON

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[IMAGE] **Appetizers**

[IMAGE] **Soups**

[IMAGE] **Meats and Poultry**

[IMAGE] **Side Dishes**

[IMAGE] **Miscellaneous**

[IMAGE] **Pareve Dishes**

[IMAGE] **Breads**

[IMAGE] **Fish**

[IMAGE] **Vegetarian Main Dishes**

[IMAGE] **Desserts**

[IMAGE] **Passover**

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Having trouble with a recipe? Contact Ruth.  
B'tayavon from Ruth and her family.

## An Introduction from Ruth

It's a real challenge today to maintain family closeness as children grow up, move away, and start families of their own. The family dinner table, which bound all of us at the close of each day, is replaced with phone calls, e-mail, and cross-country visits. When Leah, my oldest daughter, was a student at MIT she tried to create a bit of home by preparing a few family recipes each week for Shabbat (the Jewish Sabbath). Thursday night she would invariably call for advice and I would give her recipes over the phone or by e-mail. Soon, my second daughter, Deborah, was doing the same thing at Harvard. I had been keeping a semi-portable collection of family recipes for our sabbatical years in Israel, but these were dog-eared and worn. With the advent of the World Wide Web in 1993, I learned to develop web pages. It was a logical step then, to take my collection of recipes and turn them into a web site for Leah and Deborah (and for my own use). What began as a few dozen recipes soon turned into several hundred recipes, a metric converter, and a recipe advisor. A hard copy of the website accompanied my younger daughter, Rachel, first to Cornell where she was an undergraduate, and later, a fresh copy went with her when she got married. As our youngest, Eve, prepares to leave home, I'm sure she'll take a hard copy and use the website.

Keeping kosher means following a detailed set of strictures, set down by Jewish law, which govern the ingredients, the preparation method, the implements, and the subsequent handling and eating of everything that we eat. These strictures originate in the Bible and are explained and elaborated on in the Talmud (the oral and written commentaries). In the Bible, the basic rules are laid out: the allowed foods (meat from animals that chew their cud and have split hooves, particular fowl, fish that have both fins and scales, fruits, vegetables, dairy products, and grain) and the forbidden (meat from animals such as the pig, camel, etc., certain birds of prey, amphibians, insects, shell fish, and many more). In addition, even allowed animals and fowl need to be slaughtered properly, all the blood must be removed by a special salting process and discarded, and certain parts are even then, not allowed. For example, the sciatic nerve and certain types of fat, either must be removed or the lower portion of the animal is unkosher. Several times in the Bible, we are cautioned against cooking a "kid in it's mother's milk." This is expanded to mean that no dairy products can ever be prepared with, eaten with, or stored with any meat products.

On top of these basic rules are additional obligations to tithe certain foods or abstain from certain foods during the festival of Passover. During the eight (seven if you are living in Israel) days of Passover, leavened foods are forbidden. The consequence of this prohibition means that only particular grain products are allowed during Passover - those which have been watched from the growing stage through packaging - to insure that no fermentation or leavening has taken place. The Jews of Eastern European origin have added to this a prohibition against any food that takes on a flour or grain-like appearance, such as corn, peanuts, or mustard.

Eating and food preparation are part of the larger religious legal framework with strictures surrounding the celebration of the Jewish Sabbath and Festivals. This framework imposes serious limitations on the type of food preparation that can be done on the Sabbath (Friday evening through Saturday night) or Festivals. Because one is not allowed to light fires or "create" anything on the Sabbath, all actual cooking is forbidden. Food can be kept warm on special warming trays that are put in place before the Sabbath and not adjusted or moved until after the Sabbath is over. On Festivals, one is allowed to cook, but not to use electric appliances or certain other implements or to carry out certain specific tasks, so that the cooking is quite limited.

The enjoyable side of all of this is that there is a serious and delicious tradition of Sabbath and festival foods, each of which has been successfully prepared and joyously eaten by generations of observant Jews. In addition, the observant household revolves around the Jewish calendar-the Sabbath and Festivals, the celebration as well as the strictures. The centrality of the kosher framework produces a cohesive community and a tightly knit family.

Keeping kosher or preparing kosher food are relatively straightforward if you've either grown up that way or studied the details and you live in a city with a significant Jewish presence. The challenge comes when you try to find kosher ingredients or prepared items in areas with few or no other committed Jews. Keeping kosher is not something one does occasionally - everything that goes into your mouth has to be kosher. In 1970 my husband and I moved to Champaign-Urbana, IL. The community includes a few observant families but the closest bakery, butcher, or kosher store is in Chicago, 150 miles away. Early on I decided that I would try to prepare everything possible to make ours a fully stocked kosher table. I had studied under the best, my mother and her mother, known for their fine cooking and baking. I made all the traditional Ashkenazi dishes (food in the Eastern European Jewish tradition) including challah, gefilte fish, and kugels. Soon, though, we began to travel and take sabbaticals. In each place we sampled as many new kosher foods as we could, bringing many into our diet. We were also fortunate to have several orthodox Jewish families come to Champaign-Urbana (the home of the University of Illinois) on their sabbaticals from Israel. Each family taught us their recipes and traditions.

We've always tried to taste whatever foods we could in our travels. I've tried to prepare kosher versions of appealing dishes in cookbooks, cooking magazines, or food articles. Our rule of thumb, though, has been to only use really good ingredients and to forget about recipes that necessitated heavy chemical substitutions to make them kosher. For example, veal Parmesan is out-there is no way that artificial cheese makes a palatable dish. Similarly, most recipes that rely heavily on the taste of butter or cream should not be converted to pareve (no milk or meat products) versions with artificial substitutes because the quality sacrificed is too great.

If we had been in a larger Jewish community, I wouldn't have had to learn to make my own bread, pizza, bagels, or marshmallows. But I wanted our family to enjoy being kosher. I wanted my girls to develop sophisticated palettes and to have a ready source of the foods they saw around them (kosher version, of course). So our family gradually became kosher "foodies." In a sense we were just one of the many culturally distinct families within a small, but diverse community. Food is one of the defining elements in such a community, and there are many families there who focus on the preparation and preservation of their particular food heritage. Although we moved to Skokie, IL in 2000, where kosher food is readily available, we've continued in the same serious "foodie" tradition. Now, though, we have a wide circle of compatriots with similar requirements and interests.

Thirty years ago, when we arrived in central Illinois, there were few ethnic foods available - kosher or non-kosher. Thus we've always known other families who needed to bring in prized ingredients or who have needed to learn to prepare complex ethnic dishes that their parents might have purchased, already prepared, in their native country or community. When we travel, we bring back ice chests full of imported kosher cheese or pâté de fois gras. We order dried mango and exotic dried dates, maple syrup, wild rice, and other items from distant distributors. We also take advantage of the local availability of a wide range of wonderful fresh produce, Middle-Eastern ingredients, and many Asian products (all with kosher certification). The result is an eclectic diet with a traditional, yet International Jewish focus - almost all of which is prepared in our own kitchen.

## Special Ingredients

**An Introduction to Ruth's Kitchen from my oldest daughter, Leah Reingold Gordon (written in 1995 after she had graduated from MIT and was married, living in California).**

On a typically frantic Thursday evening at MIT, I would take a break from my problem set to plan the Shabbat cooking. Invariably I would realize that the recipe I wanted could be found or remembered only by Ima.

I would call the house hoping she hadn't gone to sleep yet, or write her a frantic email asking for the recipe. Every time, Ima happily emailed me the recipe, including important additions for the case,

if very hungry....

And every recipe was signed:

Shabbat Shalom. Love, Ima.

I printed out all of those recipes--I took them with me to buy vegetables and meat, spices and cookware. I always worried that if I didn't bring the recipe, then I would need to run out again to buy some forgotten special ingredient. Those dog-eared pages led to wonderful Shabbat meals for my friends and me, at MIT and beyond.

Thanks to the accurate and delicious recipes, I never forgot key ingredients or made serious errors. The special ingredients, of course, were the Shabbat Shalom and Love from my Ima. We send those on to you.

---

Love, Leah

## Appetizers

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## Antipasto Reingold

One night in 1975, my husband and I decided to create our own antipasto. We opened cans of tomato paste and fish (anchovies and tuna and sardines), cut up olives and other pickled vegetables, and got out most of our spices. The following is the result of a lot of tasting and testing. We enjoy eating this with crusty bread or crackers as a first course before pasta or roast veal.

### ***Ingredients***

- 1 (6 oz.) can tomato paste
- 1/4 tsp. dry mustard
- 1 T. olive oil
- 1/4 tsp. salt
- 2 T. red wine vinegar
- 1/4 tsp. pepper
- 2 tsp. lemon juice
- 1/2 tsp. oregano
- 1 can flat anchovies, including oil
- 1/4 tsp. marjoram
- 10 sliced black olives (Calamata are best)
- 1/2 tsp. basil
- 12 stuffed green olives
- 4 T. chopped green pepper
- 2 tsp. chopped parsley
- 2 chopped shallots
- 1 can tuna (6.5 ounces)
- 6 quartered artichoke hearts
- 4 sliced pimentos
- pickled cauliflower and gherkins to taste

Yield: 6-8 servings

Mix together, arrange nicely with sardines, on a platter.

Any antipasto that is left over should be tightly sealed and refrigerated. It keeps for several days.

## Asparagus, Corn, and Mixed Greens with Tarragon Dressing

This is a wonderful first course salad. Save this recipe for the best corn on the cob season, and only use fresh tarragon. You can prepare everything beforehand, but wait to dress the vegetables and compose the salad at the last minute. This is a modification of an asparagus and mesclun salad from *Cook's Illustrated*.

### ***Ingredients:***

- 5 T. extra virgin olive oil
- 2 T. red wine vinegar
- 2 tsp. Balsamic vinegar
- 1/2 tsp. salt, or to taste
- 1 small shallot, diced
- 1 tsp. capers
- 2 tsp. chopped fresh tarragon (if you don't like tarragon, use basil)
- 1/2 tsp. freshly ground black pepper, or to taste
- 1 pound asparagus, trimmed and cut diagonally into 1 inch pieces
- kernels cut from 1 cooked ear of corn
- 3 ounces (6 cups) mesclun
- 3 ounces (6 cups) baby romaine
- 3 hard cooked eggs, sliced

Whisk together 4 T. olive oil, vinegars, and salt. Add shallot, capers, tarragon, and pepper to taste. Heat remaining tablespoon of olive oil in a large frying pan. Add asparagus to pan, cover, and shake pan while quickly searing asparagus. After 1 minute, remove from heat, and let sit for 2 minutes. Remove from pan, drain, and chill. Season to taste with a bit of salt and fresh pepper. Remember that this will be dressed, so don't overseason. To serve, in a very large bowl, mix corn and asparagus with half the dressing. Add mesclun and baby romaine, add the remaining dressing and toss well. Divide the salad into 4 portions on salad plates. Decorate the edges with slices of hard cooked eggs. Serves 4 as a first course.

## Bourekas

Bourekas belong to the delicious group of small, stuffed, savory pastries served around the world, including sambousak, peirogen, knishes, etc. Bourekas are served in the Middle East as appetizers, at Bar Mitzvahs and weddings as hors-d'oeuvres, and even as street food. They can be filled with meat, potatoes, spinach, or salty cheese. My friend, Sarah Choueka makes thousands of bourekas each year as a regular appetizer for sabbath, holiday and other company meals. This is Sarah Choueka's recipe with a few of my own touches.

### ***Ingredients:***

- 1 pound lean ground beef
- 1 medium onion, chopped finely
- 1 T. olive oil
- 1-2 cloves of garlic, minced
- 1/2 cup water
- 1/2 tsp. allspice
- 1/2 tsp. tumeric
- 2 pounds puff pastry sheets
- 1 egg, beaten
- 2 T. sesame seeds

Yield: 36 pastries, approximately 1 1/2 " in diameter

Brown beef and onions in oil. Add garlic and brown a little. Add about 1/2 cup water, and simmer until all the red is out of the beef, about 10 minutes. Drain the water, add the spices. Roll the dough slightly, and cut into 3" squares. Fill each square with about 1 T. meat mixture, shape into closed, circular bourekas, and place seam down on foil covered pans. Brush with beaten egg, and sprinkle with sesame seeds. Bake at 400° Fahrenheit for 30 minutes, or until golden brown. Pour extra fat off. Serve immediately or cool, refrigerate. To serve, warm in an open pan at 350° until crispy.

When cool, these can be frozen. Be sure to wrap them well, either loosely in freezer bags, or closely packed in one layer enclosed in foil. Once defrosted, they should be warmed in a 350° oven until crispy.

## Carrots with Caraway

Tunisian meals begin with an array of small dishes and some good pita. I've always thought of this course as a time to settle into the dinner atmosphere with family or friends, eating slowly, savoring the colors and flavors of the many dishes, and preparing for the main course, be it a couscous or tagine or pkaïla. Pair this carrot dish with Potatoes with Cumin, some good black cured olives, some pistachios or boiled almonds, zaatar and olive oil, extra harissa, and pita. I've based this particular version on a recipe from Andrée Zana-Murat, *La Cuisine Juive Tunisienne*.

### **Ingredients**

- 1 pound carrots, cleaned and sliced 1/2 inch thick
- 3 T. olive oil
- 5 cloves of garlic, peeled and crushed
- 1/2 tsp. paprika
- 1/2 tsp. harissa\*
- 1/2 tsp. caraway
- 1 T. vinegar
- salt to taste

Yield: 6 servings

Cook the carrots in salted water (just enough water to cover) until just tender. Drain over a bowl, but save the cooking liquid. In a frying pan, warm the olive oil, remove from flame, and add the garlic, paprika and harissa. Replace the pan on the flame, add the drained carrots, and stir for 5 minutes. Add the reserved cooking liquid, and increase the flame. Stir constantly, and cook until all the water is gone. Add the caraway and vinegar, bring just to a boil, and remove from heat. Adjust the salt. Serve warm or cool.

\*Harissa is a North African condiment, available in many Middle-Eastern or French specialty shops. It is a mixture of hot peppers, garlic, salt, and usually oil. Occasionally coriander or other herbs are added to the mixture.

## Cheese Kreplach

Kreplach are another type of small, filled, savory pastry, usually boiled instead of being fried or baked. They are similar in form to won-tons, but the flavor is quite different. Kreplach are typically filled with meat and served in chicken or beef broth. These kreplach, in contrast, still have a triangular shape, but are filled with cheese and are baked. Cheese kreplach are the ideal appetizer for the dairy meals served on Shavuoth, the Feast of Weeks, or during the three weeks between the 17th of Tammuz and the Fast of Av. They can be served cold or warm and are also perfect picnic food.

In 1977 I worked as a recipe tester for the book *So eat, my darling*, by Naf Avnon. This recipe was one that I tested and modified for my family.

### ***Dough***

- 3 cups flour
- 3 tsp. baking powder
- 1 tsp. salt
- 1 cup sour cream
- 2 eggs, lightly beaten
- 4 T. melted butter
- Filling

### ***Filling***

- 1/4 pound cottage cheese
- 1/4 pound cream cheese, softened
- 1 egg, lightly beaten
- 1 T. melted butter

Yield: 18, 4" triangles

Combine all filling ingredients.

Mix flour, baking powder, and salt. Mix sour cream, eggs, and butter. Combine two ingredient mixtures. Preheat oven to 350°. Roll dough on floured surface to 1/8 inch. Cut into 4 inch squares, put 1 T. filling on each, fold and pinch edges. Place kreplach on greased sheet, and bake 30-35 minutes until golden brown.

## Gefilte Fish

The Jewish Sabbath is honored and enhanced with meals of delicious and abundant food. Challah, fish, meats, and sumptuous side dishes are served both Friday night and Saturday noon. Among Eastern-European Jews, gefilte fish is the traditional fish appetizer served on the Sabbath, the New Year, and Passover. Originally the ground fish mixture was actually put back into the skin of the fish for cooking, giving rise to the name "filled" or gefilte fish.

To improve on the traditional carp or carp and whitefish mixture, I experimented for several years with pike, trout, salmon, cod, and even halibut. I serve this gefilte fish recipe at Passover and the less ambitious gefilte fish loaf during the rest of the year.

Every Passover we recall an amusing gefilte fish incident in our house. Rachel, our third daughter was two month's old, sitting in an infant seat near the table. Deborah, our second daughter, age 5, was serving the gefilte fish course. After everyone was served (a group of 25 people), one of the guests asked why his plate was empty. Rachel was sitting non-plussed in her seat with a piece of gefilte fish on her head.

### Stock Ingredients:

- Fish bones, heads, divided between two 10-12 quart pots
- 3 quarts water in each of two pots
- 8 carrots, sliced, divided between two pots
- 1 celery root, cleaned and divided between two pots
- 2 large onions, sliced, divided between two pots
- 1 1/2 T. salt in each of two pots
- 1 1/2 T. black or white pepper in each of two pots

### Fish Ingredients:

- 7 pounds, boneless and skinless filets of cod (bones and heads in stock)
- 3 pounds, boneless and skinless filets of salmon (bones and heads in stock)
- 2 very large onions
- 6 slices of good challah (or on Passover, 1.5 cups matzo meal)
- 4 carrots
- 1 cup water
- 1-2 T. white or black pepper
- 2 T. salt
- 8 eggs
- 1/2 cup olive oil

Yield: 60 large pieces, you can generally get 5-6 servings per pound of fish fillet

Combine all stock ingredients in the two pots, and bring to a boil. Simmer at the lowest heat, covered, while preparing fish. Grind the fish in batches, then grind onions (quite finely), challah or matzo meal, and carrots.

## Gefilte Fish

I use a food processor to grind the fish, but you can also chop it in a chopping bowl or have the fish monger grind it for you. Put all ingredients, as they are ground, in a very large bowl or tub. (For Passover, I use a perfectly clean dish tub. It's the only thing large enough for all the ingredients to be thoroughly mixed.)

Beat water, pepper, salt, eggs and oil in a mixer or in the food processor--this should be almost mousse consistency. Add this to the fish mixture in the large bowl or tub and mix thoroughly. (If you prefer, you can do all of this in batches in a food processor.)

With moist hands, shape 1/3 to 1/2 cup of mixture into balls, and carefully place in the simmering stock. Be cautious that you don't disturb existing pieces, but you can crowd and fill the stock with fish balls. Distribute fish in the two pots, cover, and simmer for 1.5 hours.

Let the fish cool a bit, covered. Then carefully remove fish and vegetables to storage containers. Strain the liquid over the fish. Remove the carrot pieces and onions and add to the fish. Throw away the bones, and enjoy a "lunch" of the bits of fish in the strainer.

Store the fish for up to 7 days, well refrigerated. Serve mild or hot prepared horseradish on the side.

## Gefilte Fish Loaf

When I don't have the time to make individual gefilte fish balls, I make this loaf. It is a bit more flavorful than traditional gefilte fish because of the horseradish and dill. It has become traditional in our home to serve the loaf of gefilte fish at Rosh Hashanah and the individual pieces at the Passover seders.

### *Ingredients*

- 3 lb. mixture of skinless salmon and cod fillets
- 1 cup coarsely chopped onions
- 1 cup coarsely chopped carrots
- 1/3 cup ice water
- 1 T. kosher salt
- 2 large eggs
- 1 tsp. granulated sugar
- 1 tsp. ground black pepper
- 1/4 cup matzoh meal
- 2 T. freshly grated horseradish or 1 T. prepared white horseradish
- 2 T. chopped fresh dill or 2 tsp. dried dill weed

Yield: 1 9x5x3 inch loaf; you can count on 5-6 servings per pound of fish fillet

Preheat oven to 325° F.

In a food processor fitted with the metal blade, chop the carrots and onions. Put them in a microwave-proof dish and cover with plastic. Microwave on high for about 2 minutes or until the vegetables are just tender. Run a bit of ice cold water over the vegetables and drain to stop the cooking process. Put the fish in the food processor. Purée until just smooth. Add eggs and ice water, kosher salt, sugar, and ground pepper. Pulse until the mixture is uniform. Add the matzo meal, horseradish, dill, and reserved vegetables. Pulse until completely mixed.

Take a tiny amount of fish mixture and cook it just until it turns color in the microwave. Then taste this tiny sample for seasoning. This is a safe method of seasoning gefilte fish, unlike our grandmothers or great grandmothers who sometimes tasted raw fish mixtures. Adjust the seasonings.

Spray a 9x5x3 inch loaf pan with vegetable oil spray. Cut some parchment paper to line the bottom. Spray the paper. Spoon the fish mixture into the pan, put the pan in a bain marie (hot water bath) in a 325° F. oven. Bake for 1 hour until fish is firm. Remove from the oven, cool for 10 minutes, loosen from the pan with a sharp knife, and unmold onto a large dish. Cool in refrigerator, well wrapped. Serve in slices with additional horseradish.

## Indian Potato Bourekas

This form of boureka is particularly suited to vegetarian meals. The flavors coordinate well with both Indian and Tunisian foods such as Potato and Pea Curry or Pkaïla. The amount of red pepper can be varied according to your taste.

### *Dough*

- 1 tsp. dry yeast
- 1 tsp. honey
- 3/4 cup warm water (about 110°F.)
- 1 T. canola oil
- 1/2 tsp. salt
- 1 cup whole wheat flour
- 1.5 cups unbleached white flour

Dissolve yeast and honey in warm water. When the mixture begins to bubble (1-2 minutes), add the oil, salt, and flours. Knead well, either by hand or in a food processor, until the dough is smooth and elastic, the texture of your earlobe. Put the dough in an oiled bowl, cover with plastic wrap, and let rise for 40 minutes. Meanwhile, prepare the filling:

### *Filling*

- 4 medium potatoes
- 1/2 tsp. red pepper
- 1 tsp. cumin
- 1 tsp. coriander
- 1 1/4 tsp. kosher salt
- extra red pepper to sprinkle on tops

Yield: 20 small bourekas

Preheat oven to 450°.

Cook the potatoes until the skin and flesh are easily pierced with a fork (about 20 minutes in boiling water or about 4 minutes per potato in the microwave). Peel the potatoes, and mix the flesh with the remaining ingredients, mashing with a fork. Divide the dough into 20 pieces. Roll each piece of dough into a circle, or press it into a circle with a tortilla press; place a heaping teaspoon of filling on half of the circle. Fold the other half of the circle over, and seal along the edges with a fork. This creates a crescent. Sprinkle each filled crescent with red pepper, and place on an oiled cookie sheet. Cover lightly with plastic wrap, and let rise for 10 minutes. Bake for 10-15 minutes until the bourekas are slightly brown but not dry.

These bourekas can be prepared as large, family-sized bourekas instead of the small individual appetizers. After the initial rising of the dough, separate into 4 pieces. Roll each portion of dough into a large circle, and fill with 1/4 of the potato filling. Bake for 20 minutes.

## Jamaican Beef Bourekas

These moist and spicy hors d'oeuvres have become the favorite in the Reingold family. The unusual step of simmering the meat in water, then adding bread crumbs with the spices, removes any excess fat from the meat but develops the moist and fragrant filling.

### *Ingredients*

- Pastry
  - 4 cups all-purpose flour
  - 1 T curry
  - 1 tsp. salt
  - 1 cup solid vegetable shortening
  - 8-12 T ice water
- Filling
  - 1 T. oil
  - 1 large onion, minced
  - 1 pound lean ground beef
  - 1/2 cup water
  - 2 jalapeno peppers, seeded and chopped or 2 T. jarred jalapenos (hot), chopped
  - 1/2 tsp. thyme
  - 1 T. curry powder
  - black pepper to taste
  - 1.5 cup dried bread crumbs

Yield: 24

Preheat oven to 400° F.

Put flour, curry, and salt in the work bowl of a food processor fitted with the steel blade. Add shortening, cut into several portions, and pulse 5 times. With the motor running, add ice water slowly through the top of the processor. Continue to pulse the processor on and off until the dough forms a ball on the blade. If necessary, add a teaspoon or two of additional water if the dough is too dry to form a ball on the processor blade. Wrap the dough in plastic, and refrigerate for at least 1 hour or as long as overnight.

Heat the oil in a small frying pan, and sauté the onion and beef in the oil. Cook until there is no more red showing in the meat (about 5 min.). Stir in 1/2 cup water and the jalapeno peppers. Cover and slowly simmer over very low heat for 30 min. Drain the water from the meat and onion mixture. Add the spices and bread crumbs.

Bring the pastry to room temperature for about 10 minutes. Divide the pastry into 24 pieces, and roll each piece into a circle, either with a rolling pin or with your fingers, or even better, with a tortilla press. Fill each circle with 1/24 of the filling, and close, pressing the edges together, and then smoothing the entire pastry between the palms of both hands. This forms a rounded half-moon shape. Place the bourekas on a baking sheet, and bake 25-30 minutes at 400°.

## Ingredients

In hot weather, these bourekas are terrific with a cold, sweet soup such as Mango-Melon Soup. During the winter, they form a hearty first course with Lentil or Split Pea Soup.

## Kibbeh from Sarah Choueka

Since tasting stuffed kibbeh on my first visit to Israel in 1971, I had been looking for someone to teach me to make these small, torpedo-shaped delicacies. Renowned in Syrian and Lebanese cuisine, stuffed kibbeh are made from a bulghur wheat shell, filled with a fragrant meat mixture, and deep fried. The skill of making stuffed kibbeh has been one of those legendary arts passed from mother to daughter, each with a secret method for stuffing the fragile shell, closing it properly, and frying it without breakage. Sarah Choueka, my close friend and excellent cook with Syrian Jewish origins, taught me to prepare stuffed kibbeh during a visit with her family while they were on sabbatical in New Jersey, Shavuoth (the Feast of Weeks), 1987. She also passed on her modern method of using a kibbeh shell attachment for my KitchenAid mixer, thereby making the process accessible to those of us without a long family kibbeh tradition.

### *Ingredients*

- Filling
  - 1 lb. ground beef
  - 1 chopped onion
  - 1/2 tsp. finely minced garlic
  - 1/2 tsp. ground allspice
  - 1/2 tsp. ground black pepper
  - 1/2 tsp. cinnamon
  - 1/2 cup water
- Dough
  - 3.5 cups bulghur, rinsed and drained, saving the rinse water
  - 3/4 cup matzo meal
  - 1 cup flour
  - 2-3 T oil
  - salt, cumin to taste

Yield: 70 kibbeh

Brown the meat and onions in a small sauce pan, add the spices and water, and simmer for 20 minutes. Drain the meat and allow to cool while preparing the dough. Taste and adjust the seasonings.

Mix dough ingredients, adding water if needed for a firm, not dry, consistency. Put dough in kibbeh machine, cut 4" lengths, close at 1 end, use a bit of water to seal. Fill with meat, and close the other end with a damp finger. Freeze well in a single layer, covered tightly, on a cookie sheet. To serve, heat oil in a deep pot, and fry kibbeh until brown and crisp.

Machine and parts: The kibbeh attachments are available at Mansura, in Brooklyn, New York, between 2nd and 3rd on King's Highway.

## Ingredients

If you do not have a kibbeh attachment or machine, you can try your luck at the traditional method. The object is to prepare a shell as narrow and as even as possible, about the length of your forefinger. Take an egg-sized piece of the kibbeh dough in the palm of your left hand. Using your right forefinger, make a hole in the dough, and slowly mold the dough around the right forefinger with the left hand to make a torpedo-shaped hollow shell, closed at one end (where the right forefinger tip is). Use a moistened finger to smooth any cracks. Fill with the assistance of a small, narrow spoon, and close the end of the kibbeh with a moistened finger, smoothing the entire length. Freeze and fry as above.

Serve kibbeh arranged in neatly layered rows on a large tray, accompanied by humous, tehina, and Israeli tomato/cucumber salad.

## Lahma Bi Ajeen

These are tiny pizzas covered with meat instead of cheese. They are elegant enough to serve as warm hors-d'oeuvres at a cocktail party but can also serve as a savory accompaniment to a bean or lentil soup. My daughters Rachel and Eve and I learned to make lahma bi ajeen from my friend Sarah Choueka when she visited Urbana from Jerusalem in May, 1996. Sarah made the whole process seem quite simple as she converted our kitchen table (6 feet by 3 feet) into a production line. Sarah prepares large batches of lahma bi ajeen and freezes them in stacks, rolled like coins for a bank deposit, and well-wrapped in plastic or foil.

### ***Ingredients:***

#### **Dough**

- 4.5 cups flour
- 1/2 cup solid vegetable shortening
- 3 T. yeast
- 3/4 tsp. salt
- 1.5 T. oil
- 1-1.5 cups warm water (about 100°F.)

#### **Filling**

- 1 pound lean ground beef
- 1 cup catsup
- 3 ounces tomato paste
- 1/2 tsp. salt
- 1 large white onion, finely chopped
- 1 tsp. ground allspice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground black pepper

Yield: about 80

Mix all dough ingredients well. Knead for a few moments. Set aside to rest while preparing filling. Mix all the filling ingredients. Preheat the oven to 400°F.

Since you will be preparing a large number of these, it makes sense to work on a large, clean surface. The kitchen table is perfect. Roll half the dough to 1/8 inch thickness on a clean table. Use a glass, 2-2.5 inches in diameter to cut circles of dough. Place these circles on a well oiled baking sheet. Work the remaining dough into a ball, and roll it out to cut more circles. Keep combining the circle cutouts until you have used all the dough. Place 1.5 tsp. filling on each circle. With a fork, carefully smooth filling to the edge of the circle. It's fine for the lahma bi ajeen to touch each other in the pan, but they cannot overlap.

Ingredients:

Bake for about 20 minutes, or until dough is just firm but not crisp.

Serve with tehina [page 29] and soup or salad for a first course.

## Meat Sambusaks

Sambusaks, like bourekas belong to the delicious group of small, stuffed, savory pastries served around the world. Sambusaks, either filled with meat or cheese, are the most popular Syrian-Sephardic pastries. Cheese filling is typical at Channukah; meat is typical for Shabbat. Sambusaks freeze well; be sure to wrap them tightly in several layers of foil or plastic.

### ***Ingredients:***

- 1 pound lean ground beef
- 1 medium onion, chopped finely
- 2 T. olive oil
- 1 tsp. allspice
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 cup pine nuts (optional)
- Dough
  - 3 cups all-purpose flour
  - 1 1/2 tsp. salt
  - 8 ounces crisco
  - 1/2 cup water
  - 1/2 cup sesame seeds

Yield: 60 pastries, approximately 1" in diameter

Combine the flour and salt for the dough. In a food processor, mixer, or with a pastry blender, mix the crisco with the flour until crumbly. Add the water and mix until the dough forms a ball. Let the dough rest while you prepare the filling.

Sauté the onion in oil until soft and translucent. Add the ground beef and brown it gently, breaking it up with a large spoon or fork to avoid lumps. Continue to brown for about 15-20 minutes so that all the red is gone. Drain the fat, let the meat cool, and then add the spices and optional pine nuts. Preheat the oven to 400°.

Spread the sesame seeds on a cutting board. Separate the dough into 60 small, round balls. Dip each ball into the sesame seeds, and then roll into a 3 " round or use a tortilla press to press into a round. Put 1 teaspoon of filling in the center of the round, fold over, and then, beginning with one corner of the half-moon, make tiny overlapping folds to seal the dough, around the edge of the half-moon. Bake the pastries for 20-25 minutes at 400° F. When cool, these can be frozen. Be sure to wrap them well, either loosely in freezer bags, or closely packed in one layer enclosed in foil. Once defrosted, they should be warmed in a 350° oven until crispy. If you prefer to freeze them before baking, the frozen pastries should be baked without defrosting.

## Mushroom and Potato Bourekas

This variation of bourekas is for vegetarians and meat-eaters alike. I developed the recipe after eating bourekas of all flavors, combining several different recipes.

### ***Ingredients:***

- 1 medium onion, chopped finely
- 2 T. olive oil
- 6 baby portobello mushrooms, brushed clean and thinly sliced
- 1-2 cloves of garlic, minced
- 3-4 medium red potatoes, boiled or microwaved until just tender
- 1/2 tsp. sweet paprika
- 1/2 tsp. ground black pepper
- 1/2 tsp. salt
- 1/2 tsp. tumeric
- 1/4 tsp. hot pepper flakes, optional
- 1 pound puff pastry sheets
- 1 egg, beaten
- 2 T. sesame seeds

Yield: 18 pastries, approximately 1 1/2 " in diameter

Brown onions in oil. Remove to a small dish, and add mushrooms to the pan. Cook the mushrooms until just tender. Add garlic and brown a little. Remove from the heat, add onions back to the pan. Mash the potatoes, and add the potatoes and spices to the onion/mushroom mixture. Taste the mixture and adjust the seasoning, if needed, adding the optional hot pepper flakes. Roll the dough slightly, and cut into 3" squares. Fill each square with about 1 T. filling mixture, shape into closed, circular bourekas, and place seam down on foil covered pans. Brush with beaten egg, and sprinkle with sesame seeds. Bake at 400° Fahrenheit for 15-20 minutes, or until golden brown. Pour extra fat off. Serve immediately or cool, refrigerate. To serve, warm in an open pan at 350° until crispy.

When cool, these can be frozen. Be sure to wrap them well, either loosely in freezer bags, or closely packed in one layer enclosed in foil. Once defrosted, they should be warmed in a 350° oven until crispy.

## Potatoes with Cumin

A very common Tunisian first course, Potatoes with Cumin can be found with two or three other dishes to begin every meal in French-Tunisian (Jewish) restaurants. It should be served with dishes that complement each other both in flavor and in color. Good choices are Carrots with Caraway, assorted olives (both green and black, cured in oil), and almonds or pistachios.

### ***Ingredients***

- 1 pound potatoes, cleaned and cooked until just soft (20 minutes)
- 3 hard boiled eggs (cook with potatoes), chopped
- juice from one lemon
- 1/2 tsp. harissa\*
- 1 level T. cumin
- 2 T. olive oil
- salt to taste
- 3 hard boiled eggs

### **Yield: 6 servings**

Peel and slice cooked potatoes. Salt lightly. Mix the lemon juice, harissa, cumin and oil (in that order). Mix the potatoes with the seasonings, taste for salt. This may need more seasoning as the potatoes cool. Serve over a bed of chopped hard-boiled eggs at room temperature.

\*Harissa is a North African condiment, available in many Middle-Eastern or French specialty shops. It is a mixture of hot peppers, garlic, salt, and usually oil. Occasionally coriander or other herbs are added to the mixture. The word harissa comes from the Arabic word for "to break into pieces." Traditionally, the hot peppers would be broken into pieces with a mortar and pestle.

## Potato Knishes

Knishes are to the Eastern European Jewish diet what bourekas are to the Sephardic or Middle-Eastern Jewish diet. Knishes are both street food and a first course or appetizer. They can be small and elegant at a cocktail party or slightly larger as a first course or even one large knish, sliced into portions. Knishes, depending upon the country of origin and the family, can be filled with potatoes, cabbage, meat, or cheese. Today there are more exotic variations. The knish seasonings tend to be more Eastern European and subdued than boureka seasonings. Serve these potato knishes hot as an appetizer or first course, or take them on a picnic at room temperature.

### *Dough*

- 2 cups flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 2 T. canola oil
- 2 eggs
- 1/4 cup water, room temperature
- additional 1 T. canola oil

### *Potato Filling*

- 2 cups mashed, cooked potato (two large or three small)
- 2 T. canola oil
- 2 large onions, chopped
- salt, black pepper, and garlic to taste

Yield: 24

Put all dough ingredients in food processor, pulse a few times, and then continue to process until the dough forms a ball. Put a tablespoon of oil on your hands, coat the ball of dough with the oil, and wrap the dough in plastic. Refrigerate the wrapped dough for 1 hour. Meanwhile, preheat the oven to 350° F. Bake the potatoes in a microwave or conventional oven, or boil in water. Peel and mash well. Fry onions in oil until golden. Mix onions, potatoes, spices.

Divide dough into 3 parts, and roll into 10x6 inch rectangles. One inch from the edge, along the longer edge of each piece of dough, place 1/3 of the filling in a narrow, high row. Spread the filling evenly, and then, beginning with the edge closer to the filling, roll the dough around the filling, finally sealing the dough along the long edges. Place the long knishes on a large greased cookie sheet, and bake for about 40 minutes. Slice each of the knishes into 8 pieces before serving. Alternatively, the dough can be separated into 24 small pieces, and each piece can be individually filled and baked.

Any uneaten knishes should be refrigerated or frozen and reheated. Be sure to wrap them well so they don't absorb other flavors from the freezer.

## Pot Stickers

Pot stickers are pan-fried dumplings, one of the Chinese varieties of savory small filled appetizers. The name comes from the fact that the crisp bottoms of the dumplings tend to stick to each other and to the frying pan, and thus you need to use a spatula to carefully remove them from the pan. The trick is to use the right length of time initially to fry them, the right amount of steaming liquid, and the right length of time to evaporate the liquid so that the dumplings stick to each other and to the pan but don't end up burned or as a soggy mess.

You can make your own wrappers for these, which I've done when I cannot find kosher wonton skins, but the store-bought wrappers work quite well. I've used both the square and round wrappers, perhaps untraditionally, but both work well. The timing of pot stickers is also critical. Before you begin the process, set the table, prepare the remaining dishes for the meal, and then begin.

### *Dumplings*

- 2-4 T. canola oil
- 1/2 cup chopped red or yellow onion
- 1 T. each chopped ginger and garlic, mixed
- 1 cup chopped shiitake mushrooms - from reconstituted dry or fresh mushrooms
- 1.5 cups chopped white cabbage
- 1 cup chopped carrots
- 1/2 cup chopped scallions
- 1 T. freshly ground pepper
- 1 tsp. sesame oil
- 1 tsp. soy sauce
- 1 package wonton skins
- 1/2 cup chicken stock or vegetable stock

### *Dipping Sauce*

- 1/3 cup thin soy sauce
- 1/3 cup rice wine vinegar
- 1/3 cup sliced scallions
- 1 tsp. sesame oil
- 1 tsp. harissa or hot pepper paste

Sauté onions and ginger/garlic in 2 T. oil. Add the mushrooms and stir. Add cabbage, carrots, and scallions. When the mixture is soft, remove from heat and put in a colander to drain. Add the pepper, sesame oil and soy sauce.

Mix the dipping sauce ingredients and put aside. You won't have time to mix this later because the frying and steaming of the pot stickers takes your complete attention. You should also have an attractive serving plate ready and warn the family that they have about 10 minutes before these are ready. Pot stickers are best eaten immediately upon completion.

## Dipping Sauce

In one hand, put a single wrapper. Put a rounded spoonful of filling in the wrapper. Make triangular or half-moon (if you are using circular wrappers) pocket shaped dumplings and pleat the closure to form a curve, closing with a bit of water. As you are forming dumplings, place on a plate coated with corn starch to keep them dry.

Heat a large frying pan until it is hot enough to evaporate a bead of water on contact. Add 1-2 T. canola oil, and place dumplings in so that they are touching each other. Cook over high heat until the bottoms of the dumplings are very brown but not burned. Carefully add 1/2 cup of stock to the pan, pouring around the edges. The pan will almost "explode" with steam and sizzling, but this is what you need. Lower the heat to low, and cover the pan tightly to steam the dumplings. Carefully watch to completely evaporate the stock, brown the dumplings, but stop before they burn, about 5 minutes. With the help of a spatula, remove immediately to a large round plate, and serve with the dipping sauce.

## Salmon Mousse

On a trip to Baltimore in 1970, we were guests of my husband's cousin Freddie Saxon. She served a marvelous salmon "dip." Freddie was apologetic about the failure of her salmon mousse, turned dip. The flavor was wonderful, and we never would have known that this was a failure. She agreed to send me her recipe, warning that I should be sure to use the right amount of gelatin and prepare the mousse at least three days prior to serving. I've never had to serve this as a dip or spread, but I know that if it did not gel, it would still be a success. Kosher unflavored gelatin is very hard to find. I keep a stash in the kitchen that I bought in Israel about 10 years ago. I occasionally ask friends who are going to Israel to bring back some additional envelopes in their baggage.

Salmon mousse can be made either dairy (with cream) or pareve (with pareve creamer). We like to eat it as a first course on Shavuot, the Feast of Weeks.

### *Ingredients*

- 1 small and 1 large (1 pound) can of red salmon
- 1 medium onion
- 1/2 cup boiling water
- 1.5 T. unflavored gelatin
- 2 T. lemon juice
- 1/2 cup mayonnaise
- 1/4 tsp. paprika
- 1/2 tsp. dill weed
- 1 cup table cream or pareve creamer

Drain salmon, and discard the liquid, but keep the bones and skin. In the food processor fitted with the metal blade, blend onion, water, gelatin, and lemon juice. Add mayonnaise, paprika, dill, salmon. Blend. Add cream, and continue to blend. Pour into greased 6-cup mold. Refrigerate for 3 days.

When ready to serve, loosen the edge of the mousse with a knife, hold a warm damp cloth under the mold for a minute, and then invert on a serving plate. If you have a "fish" shaped mold, this is very attractive, decorated with olives and pimentos for eyes and scales, placed on a bed of lettuce.

## Smoked Salmon and Romaine Salad

In small servings, this salad is an excellent appetizer. Alternatively, it can be an entrée for a light supper or luncheon. Try to get high quality smoked salmon instead of just lox.

### ***Ingredients:***

#### Dressing

- 1/4 cup mayonnaise
- 3 T. sugar
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 T. chopped green onion, more for garnish
- 1 T. chopped parsley, more for garnish
- 1-2 tsp. Dijon or Bournibus mustard or other French mustard
- 1/2-1 tsp. fresh lemon juice or more to taste
- 12 ounces hearts of romaine lettuce, washed and spun dry
- 1 pound thinly sliced strips of smoked salmon
- 1/4 cup shredded carrot
- salt and pepper to taste

Whisk together all ingredients for dressing and chill in the refrigerator, tightly covered.

Tear the romaine into bite-sized pieces, add carrots and salmon. Toss with dressing and season to taste with salt and freshly ground black pepper. Serve in attractive mounds, and garnish with chopped green onion and parsley.

Serves 8-12 as an appetizer.

## Tehina

Tehina is as common in the middle-east as catsup is in the United States. It's a dip, a garnish, a sauce, or in combination with hummous, it's a first course. This is Sarah Choueka's recipe, enjoyed countless times at the Choueka Friday night or Saturday noon table. Each family has its own preference for the consistency and the amount of salt and other seasonings, but the recipe below should give you a reasonable base.

### ***Ingredients:***

- 4 ounces ground sesame paste
- 5 cloves garlic, crushed
- juice from 1-2 lemons
- 1 tsp. cumin
- 1/2 tsp. salt, or to taste
- sufficient water to mix to thin consistency

Before measuring the sesame paste, stir the separated oil back into the solids. Mix all ingredients well, and thin with water. Tehina should be made just before eating. As mentioned above it is omnipresent in the middle-eastern diet, but I serve it with salads, breads, bourekas, or lahma bi ajeen.

## Vegetarian Spring Rolls

### *Ingredients*

Yet another filled savory appetizer is the Chinese spring roll. This recipe is for a vegetarian version, served in quantity as a main dish, or just one or two as an appetizer. Try to fry them at the last minute so they remain crunchy and crisp. The "bad news" about this recipe is that it takes about 1 hour to prepare them and another hour to clean up the mess on the stove. The "good news," however, is that they are so terrific that you'll get a lot of help from everyone eating. I serve them either before Beef and Broccoli on a Bird's Nest or Hot and Sour Hunan Chicken.

- Canola oil for frying
- 2 cups shredded leeks
- 3 cups clean and dry bean sprouts
- 1 T. minced fresh ginger
- 1 T. minced fresh garlic
- 5 dried mushrooms (soaked and cleaned and chopped)
- 1 1/2 cups shredded carrots
- 3/4 pound Napa cabbage, shredded
- 4 T. soy sauce
- 2 tsp. cornstarch
- 1 tsp. sesame oil
- 2 T. rice wine or sherry
- 16 spring roll or lumpia wrappers
- egg yolk, 1 tsp. water, 1 tsp. flour mixture to seal rolls

Yield: 16 large spring rolls

Heat a wok or frying pan until a bead of water evaporates immediately on contact. Add 1 T. oil, and sauté leeks. Add bean sprouts, and fry 30 seconds. Transfer this mixture to a colander to drain. Reheat pan, add more oil, and sauté ginger and garlic, 10 seconds. Add chopped mushrooms and carrots. Stir-fry 1 minute. Add cabbage, and fry 30 seconds. Add soy (mixed with cornstarch and sesame oil) and rice wine. Stir constantly until slightly thick (30 seconds). Cool mixture on cookie sheet. Combine with beansprout mixture.

Fill the wrappers as for blintzes or grape leaves, that is, place a few spoons of the filling near but not at the shorter edge of the wrapper. Roll slightly, fold in the outer edges, and continue to roll to the end. Seal with a mixture of egg yolk, water and flour. Deep fry in canola oil until golden brown.

## Breads

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## Bagels

Bagels have become ubiquitous in American cuisine. They are available in every grocery store and many fast food establishments. Most of these bagels, however, are fairly soft and lack the character of what I like to think is the more authentic or old-fashioned bagel. The earliest printed evidence of bagels seems to be in 1610, in the Community Regulations of Cracow, Poland (see the *Joys of Yiddish* by Leo Rosten). Bagels in Cracow were to be given as a gift to women in childbirth. My recipe is based on one from Bernard, Clayton Jr.'s book, *The Breads of France*, which he got from Jo Goldenberg's, a well known delicatessen in Paris. These bagels have a crunchy crust and a chewy interior. They are superb right out of the oven, but keep up to a day at room temperature, and freeze well for up to 3 months.

Bagels are as close as you can get to instant gratification in yeast baking. From start to finish it's less than a 2 hour process, much of which can be spent on other activities. With very little effort you can have all the benefits of homemade bread - the flavor, the texture, and the marvelous aroma.

### ***Ingredients:***

- 3 cups warm water (110°F.)
- 4 T. dry yeast
- 7 1/2 cups bread flour
- 6 T. sugar
- 2T. salt
- a large (12") frying pan filled with boiling water and 1 T. malt syrup or sugar

### **glaze:**

- 1 egg white, beaten with a fork until frothy
- 2-4 T. sesame or poppy seeds to decorate

Yield: 12-18 bagels, depending on how large you like them

Preheat oven to 425°F.

Mix warm water and yeast in a measuring cup. Let it sit 1 minute until creamy. Put flour, sugar and salt in the bowl of a food processor fitted with the plastic blade (or in a large bowl if you are doing this by hand), turn on the motor, and add the yeast mixture. If the liquid is not quickly incorporated, turn off the motor, scrape down the sides of the bowl, and continue to process. Process (knead) the dough until smooth and elastic (about 8 minutes by hand or 2 minutes in food processor). Put the dough in a clean bowl, covered with plastic, to rise for about 1 hour.

Meanwhile, prepare a large frying pan with boiling water and sugar or malt, let simmer. It's worthwhile trying to find the barley malt syrup. It gives a darker color and nutty flavor to the crust of the bagels.

When the dough has risen, turn it onto a flour-dusted surface, punch down, and divide into 12-18 pieces (depending on the size you want). Shape each of these pieces into a bagel as follows: roll the piece of dough into a smooth ball, press a hole with your thumb through the center of the ball, with thumb and forefinger, smooth the rough edges, pulling the dough slightly away from the hole to form a torus.

By the time you are done forming all the bagels, the first ones will be ready to boil. Have a slotted spoon or Chinese skimmer ready. Put 3 or 4 bagels at a time into the boiling water, and leave them for 30 seconds. If they don't immediately rise to the top of the water, use a spatula to release them from the bottom of the pan. Turn them carefully with the skimmer or spoon, and continue to boil on the other side for 15 seconds. Remove from the pan, using the skimmer or spoon, drain briefly, and put on a greased baking sheet. When all the bagels have been boiled, brush them with the glaze and sprinkle generously with seeds.

Bake at 425° for 25-30 minutes, turning at the half-way point, until brown but not overdone. Place on a rack to cool. Freeze if bagels are to be kept longer than a day.

## Banana Blueberry Buttermilk Muffins

Whenever I have some over-ripe bananas in the house, I put them in the refrigerator until I have a chance to bake with them. They can stay in the refrigerator for up to a week; they'll just turn very dark on the outside, but the fruit remains good to bake with. I developed this recipe one day when I had a few ripe bananas, some buttermilk, and some frozen blueberries to use up. This is a really quick, easy recipe that does not require a mixer or other equipment, just a bowl and spoon. I put on the streusel topping as a special touch.

### *Ingredients*

- 4 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 tsp. baking powder
- 1 1/2 tsp. salt
- 1 tsp. baking soda
- 2 large eggs
- 2 cups fresh buttermilk
- 1/2 cup canola oil
- 3 ripe bananas (1 cup mashed)
- 3/4 cup blueberries - fresh or frozen
- 1 1/2 cup all-purpose flour
- 1/3 cup butter, softened
- 1/2 cup sugar
- 1/2 tsp. ground cinnamon
- 1 tsp. pure vanilla extract

Oven Temp: 400° bake in lower middle of oven, 25 minutes Yield: 24 large muffins,

Preheat the oven to 400° F. Spray the bottoms of the (medium to large) muffin pans with vegetable oil spray.

Put the flour, sugar, baking powder, salt, and soda in a mixing bowl. Add the eggs, buttermilk, and oil, and stir until just mixed. Add the mashed bananas and blueberries and stir until just mixed. Pour the batter into the prepared pans. Mix the flour, softened butter, sugar, cinnamon, and vanilla in a small bowl. Mix well with a spoon or your fingers until the topping is very crumbly. Sprinkle the topping over each muffin. Bake for 25 minutes until the muffin just springs back to a light touch.

## Bob's Bread

This bread is the invention of my friend, Bob Halperin, a Professor of Accountancy at the University of Illinois. It is dense and has an interesting collection of flavors and textures. It stays fresh for 3-4 days after baking and, of course, freezes well.

### ***Ingredients***

- 1 cup Wheatena cereal, directly from the box
- 1 cup white or yellow cornmeal
- 1 1/2 cups whole wheat flour
- 2-3 cups *King Arthur Special for Machines* bread flour
- 1 T. salt
- 1 1/2 T. instant yeast
- 1/4 cup oil (canola)
- 1/4 cup molasses
- 2 cups very warm water (115°F.)

Oven Temp: 375°

Yield: 2 loaves.

Put all the ingredients except for the water in a food processor fitted with the plastic blade. With the motor running, slowly add the water. Adjust the bread flour as needed for a smooth, elastic dough. Remove to a large bowl, cover, and let rise for about 45 minutes. Punch down and form into two loaves in greased loaf pans. Cover and let rise for 45 minutes. Bake for 35 minutes.

## Buttermilk Banana Bread

What do you do with bananas that are starting to turn black? I usually make banana bread or banana cake. This is a particularly moist bread, easy to prepare, and perfect to take on a trip or send in lunch boxes. It's nutritious and satisfying, and it keeps really well at room temperature. Make several loaves, and freeze them either whole or in slices to put in your child's lunch box.

### *Ingredients*

- 4 cups all-purpose flour
- 4 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1/2 cup butter
- 1 cup granulated sugar
- 4 large eggs
- 4 medium ripe bananas, mashed
- 1 cup fresh buttermilk
- 2 tsp. vanilla
- 1 cup pecans or walnuts, chopped

Oven Temp: 350° bake in upper middle of oven, 55-60 minutes

Yield: 2 loaves (8.5"x3")

Mix the flour, baking powder, soda, and salt, and put aside. It's important to mix the dry ingredients separately to avoid clumps of baking soda or baking powder and the resulting bitter taste in the finished loaf.

In the large bowl of an electric mixer, cream the butter and sugar, and beat until fluffy. At low speed, add the eggs and mashed bananas. At low speed, add the buttermilk alternately with the flour mixture. After each addition, beat just until all the ingredients are fully incorporated. Add the vanilla and nuts, and mix at low speed only until all the nuts are incorporated. Don't overbeat at any time or the bread will be too dry.

Pour the batter into two greased loaf pans. Bake for 55 minutes to 1 hour until a toothpick inserted in the middle of the loaf comes out dry. Cool on a rack. These loaves keep quite well for up to 5 days at room temperature or 3 months in the freezer.

## Buttermilk Biscuits

Buttermilk biscuits are easy enough to make with your small children. They can be a last minute completion to a light dairy meal when you've run out of bread. By tripling the sugar, they can also be served as the shortcake for strawberry or peach shortcake. If you don't have fresh buttermilk, you can substitute powdered buttermilk and water; the result is slightly less fluffy, but still quite good.

### *Ingredients*

- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 cups flour
- 1 tsp. salt
- 2 tsp. sugar
- 1/3 cup butter
- 2/3 cup buttermilk

Preheat oven to 450° F.

Thoroughly mix the dry ingredients. With a pastry blender or two knives, cut in the butter until the mixture is the consistency of coarse meal. Add the buttermilk, and mix gently with a fork until the dough forms a ball. Knead for about 30 seconds. Roll or pat out to 1/2 inch thick dough. Cut into 12 biscuits. Bake 10-12 minutes on an ungreased cookie sheet.

## Challah

Leo Rosten says in *The Joys of Yiddish*, "If you have never tasted *challa*, stop reading and repair to a Jewish bakery." I would say, if you've never tasted *challah*, read ahead and then start baking. You are in for a real treat!

Bread transforms a collection of food into a traditional Jewish meal, and challah, the bread of Shabbat, is the crown jewel of traditional Jewish breads. I learned to bake challah from my mother and her mother, but I didn't really become an accomplished challah baker until I had the right recipe. We spent the summer of 1975 in Los Alamos, NM. There we enjoyed a Shabbat dinner at the home of Phyllis and Jim Frank, including the best challah we'd ever eaten. They graciously gave me the recipe, which I've modified over the years. The success of this challah inspired me to make nearly all the bread we eat. Whenever one of our daughters travels to a new place, I pack a loaf of challah to ease the separation and to give them sustenance until they find a new source of kosher food.

I quote from Philologos *On Language, Forward*, 1/23/2004: *...it is difficult to determine whether the Hebrew root h-l-l [het, lamed, lamed], from which [c]hallah and m'holot derive, originally had to do with roundness and then also came to indicate hollowness, or originally had to do with hollowness and then also came to indicate roundness...Challah bread originally was halled [c]hallah in Hebrew because it was baked -- as it sometimes still is -- in the form of a round loaf.* According to Philologos, the meaning *portion*, often ascribed to the word challah, as in taking challah (and then burning the portion to remember the bread-offering made to the priests in the Temple in ancient times), is a secondary meaning of the word.

Source: Adapted from *Second Helpings, Please*, Mt. Sinai Chapter #1091, Montreal B'nai Brith Women, District 22, 1968.

### Ingredients

- 2 pkg. dry yeast
- 1 cup water, about 110°F.
- 1 tsp. + 1/4 cup sugar
- 4 cups bread flour, more as needed
- 2 tsp. salt
- 1/2 cup oil (canola oil is best)
- 3 whole eggs (2 for dough, 1 for glaze)
- poppy or sesame seeds to decorate

Oven Temp: 365°F.

Yield: 2 loaves, (alternatively, this yields 40 ounces of dough to make 20-2 ounce rolls, which should be baked 20 min. at 375°F.)

This recipe can easily be doubled, but if you want to make more than a double recipe, I'd mix and knead several batches in succession, putting the dough together to rise. It's just too hard to properly knead a larger amount of dough. It can be made entirely by hand, in a heavy-duty mixer, or in a food processor. The easiest method is with a food processor; choose one that is rated for bread making and has a bowl that is at least 1.5 times the volume of all the ingredients you are using. If you use a mixer or work by hand, be

sure to knead the dough for at least 10 minutes.

Bread flour, with its higher gluten content gives a better texture than all-purpose flour.

Dissolve yeast in water, add 1 tsp. sugar, and set this aside for about 5 minutes to become foamy (proofing the yeast). Put all the flour in the bowl of a food processor fitted with the plastic (dough) blade. Add the remaining sugar and salt. Turn on the processor, and add water/yeast mixture, oil, and 2 eggs all at once. If the liquid is not immediately incorporated into the flour, turn off the motor, scrape down the sides, and turn the motor back on. Knead the dough in the food processor for a total of two or three minutes (or by hand for at least 10 minutes), incorporating more flour, in 1/4 cup portions, until the dough feels like your ear lobe. Rub the inside of a large glass or stainless steel bowl with a bit of oil. Put the dough in the bowl, covered, and let rise for 1.5 hrs or until the dough has doubled.

Try to keep the dough in a reasonably warm (65-70°) part of your kitchen. In the winter, when my house is fairly cool, I put the rising dough on the counter above my dishwasher, and run a load of dishes while the dough is rising. If your kitchen is too cold, you'll just need to wait a bit longer for the dough to double.

(If you don't have time to complete the entire process at once, you can refrigerate the kneaded dough for up to 24 hours, leaving plenty of room to rise in a well covered bowl. Then punch down the dough, cover, and bring it to room temperature. Continue with the recipe.)

Each time you punch down the dough or when you form the loaves, use your palms, not your finger tips. If you use your palms, the dough remains elastic and smooth. If you use your finger tips, the dough becomes stringy and sticky and difficult to manage.

Punch down dough, cover, and let double again. Punch down dough, divide into 2 parts, then into 3 braids each. Roll the braids back and forth on the counter with your hands until they are about 10 inches long. Braid each set of three into a loaf. Press the braided loaf gently with your whole hand into a log-shape to get rid of any air pockets. Spray two loaf pans with vegetable oil. I use steel (either black or natural) 4.5"x9"x2.5" pans from the Bridge Company, N.Y. Put the loaves in the prepared pans, and cover with warm damp towels.

Preheat the oven at this time, so it's at the correct temperature when the loaves are ready to bake.

Let the loaves rise until nearly double, about 30 minutes. Brush with beaten egg, sprinkle with seeds.

Bake loaves for 30-35 minutes.

If you have room, it's better to use only the upper third of the oven. If you need to use both oven racks, be sure to rotate the loaves after 15 minutes. This is particularly important if you are using black steel pans, which work beautifully on the upper oven rack but brown too quickly on the lower rack. Cool 15-20 minutes on a cooling rack before serving.

If you bake more than you can finish in a day or two, freeze the completely cool loaves in a double layer of aluminum foil or double-bag them in freezer bags. If you have a freezer that is NOT frost-free, use this for baked goods to avoid excessive drying. Challah will keep for a month or two in the freezer. Defrost at room temperature, in the foil or freezer bags, but discard the wrapping after defrosting because of the buildup of condensation. It's always worth extra care when wrapping your baked goods so they don't pick

Ingredients

up flavors from the freezer or become dried out.

## Cinnamon Bread

This sweet, almost cake-like bread is based on the Classic Sweet Dough recipe. I like to prepare one recipe of the Classic Sweet Dough late Saturday night and put it in the refrigerator overnight. I wake up Sunday morning, bring the dough to room temperature, and prepare the Cinnamon Bread, Pecan Rolls, and Cinnamon Rolls. The whole house smells like a pastry shop; everyone wakes up in a good mood. Leftovers freeze quite well or go into lunch boxes during the week.

### *Ingredients*

- 1/3 of recipe of Classic Sweet Dough [page 43]
- 1/4 cup sugar
- 2 1/2 tsp. cinnamon
- 3 T. softened butter

Oven Temp: 375°

Yield: 1 loaf.

Roll the dough into a 12 inch by 7 inch rectangle. In a small dish, thoroughly mix the sugar and cinnamon. Spread the rectangle with 2 T. butter, and sprinkle with most of the cinnamon-sugar mixture, saving 1 T. for topping. Make sure that you spread the butter and sugar mixture to the edges so that you don't end up with "empty" parts of dough. Roll the dough into a cylinder, starting at the narrow end. Pinch the long edge of dough into the roll to seal. Place the cylinder, sealed edge down, in a 3"x8.5" buttered loaf pan. Brush the top with the remaining 1 T. butter, and sprinkle with the remaining cinnamon-sugar mixture. Cover the pan, and let rise until almost doubled (45 minutes). Bake for 30-35 minutes. Cover with foil if the loaf seems to be browning too fast.

## Cinnamon Rolls

These rolls and the pecan rolls based on the Classic Sweet Dough are the best possible accompaniment to a good cup of coffee. I like to prepare one recipe of the Classic Sweet Dough late Saturday night and put it in the refrigerator overnight. I wake up Sunday morning, bring the dough to room temperature, and prepare the Cinnamon Bread, Pecan Rolls, and Cinnamon Rolls. The whole house smells like a pastry shop; everyone wakes up in a good mood. Leftovers freeze quite well or go into lunch boxes during the week.

### ***Ingredients***

- 1/3 of recipe of Classic Sweet Dough [page 43]
- 1/4 cup granulated sugar
- 2 1/2 tsp. cinnamon
- 2 T. softened butter
- 2 cups confectioner's sugar
- a few T. milk
- 1 tsp. vanilla

Oven Temp: 375°

Yield: 16 rolls

Roll the dough into a 16-inch by 9-inch rectangle. Mix the granulated sugar and cinnamon. Spread the rectangle of dough with 2 T. butter, and sprinkle with the cinnamon-sugar mixture. Make sure that you spread the butter and sugar mixture to the edges. Roll the dough into a cylinder, starting at the wide end. Pinch the long edge of dough into the cylinder to seal. Cut the roll into 16 slices. Place the slices evenly in a greased 13-inch by 9-inch pan. Cover and let rise until almost doubled (45 minutes). Bake for 25-30 minutes. Immediately frost with a mixture of the confectioner's sugar, milk and vanilla (enough milk added to make an icing consistency).

## Classic Sweet Dough

This rich dough forms the basis for several sweetroll and coffeecake recipes. It seems richer in flavor than it is in calories because it uses buttermilk instead of sour cream. Be sure to try the buttermilk powder option if you have trouble finding fresh buttermilk.

### *Ingredients*

- about 9 cups all-purpose flour
- 1/2 cup granulated sugar
- 2 tsp. salt
- 2 T. instant dry yeast
- 1/2 cup softened butter
- 2 large eggs
- 1/2 cup very warm water (120° - 130°F.)
- 2 cups fresh buttermilk at room temperature (you can substitute 1/2 cup buttermilk powder and 2 cups of water)

Oven Temp: 375°

Yield: Dough for Pecan Rolls [page 54] , Cinnamon Rolls [page 42] , and Cinnamon Bread [page 41] , one recipe each.

Mix 3 cups of flour, sugar, salt, and yeast in the bowl of a food processor or mixer. (If you are using buttermilk powder, you should add it now.) Add butter and eggs. With motor running, add the warm water and then the buttermilk, and continue mixing for about 1 minute. Add the remaining flour, cup by cup, until the dough is smooth and elastic - the texture of your ear lobe. Coat the inside of a large bowl with butter or oil, put the ball of dough in the bowl, and turn the dough to coat it with the butter or oil. Cover and let rise until double, about 1 hour. Use 1/3 of this dough for each of Pecan Rolls [page 54] , Cinnamon Rolls [page 42] , and Cinnamon Bread [page 41] .

## English Muffin Bread

This is a moist bread resembling English muffins. It tastes best when toasted just before eating. When my husband and I were first married, living in Urbana, we would drive to Chicago to buy enough bread to stock our freezer. We would typically buy Challah and English muffin bread and carefully ration it until our next trip to Chicago. Our habits changed considerably when I discovered how easy it was to bake my own English muffin bread and how satisfying it was to bake my own Challah.

As a reminder to the kosher consumer, all milk-containing breads need to be carefully distinguished by their shape or some marking so that you don't confuse them with pareve breads and serve them in error with meat meals.

### *Ingredients*

- 6 cups all-purpose or bread flour
- 1 T. sugar
- 2 tsp. salt
- 1/4 tsp. baking soda
- 1/2 cup warm water
- 2 T. dry yeast
- 2 cups fresh buttermilk

Yield: 3 small loaves

Preheat oven to 400°F.

Combine half of the flour, all of the sugar, salt, and baking soda in the work bowl of a food processor fitted with the plastic blade. In a small bowl, combine the warm water and yeast. Add the water/yeast mixture to the work bowl with the motor running. Then add the buttermilk to the work bowl. Mix for 30 seconds. Open the work bowl and add the remaining flour. Mix until the dough forms a smooth ball on the blade. Add additional flour if necessary.

Spray 3 loaf pans (8.5"x3") with Pam or other vegetable spray. Divide the dough into 3 elongated balls, and place in prepared pans. Cover with plastic, and let rise for 30 minutes. Bake for 25 minutes.

## French Bread and Rolls

Without a brick-lined bread oven, it's difficult to achieve the crumb and crust of a real French bread. This recipe, however, with unglazed quarry tiles in a regular home oven, produces a very good loaf. The outside is crusty and golden and the inside, although a bit heavier than bakery baguettes, is still airy.

### ***Ingredients:***

- 1/4 cup warm water (95°F.-100°F.)
- 2 T. dry yeast
- 7 1/2 cups all-purpose or bread flour
- 1 T. salt
- 3 cups warm water (95°F.-100°F.)

Yield: 4 18-inch baguettes or 24 4-inch rolls

Preheat oven to 450°F., and line the upper shelf with unglazed quarry tiles. If you don't have quarry tiles, grease 4 baguette pans with vegetable oil spray.

Mix 1/4 cup warm water and yeast in a mixing cup and leave for about 1 minute. Put flour, salt, and yeast mixture into the bowl of a food processor fitted with the plastic blade. With the motor running, add the 3 cups of warm water. Knead for about 2 minutes, adding flour if needed to end up with a very smooth, elastic dough, the texture of your earlobe. Put the dough in a large bowl, covered, in a warm (70°F.-85°F.) place. Allow the dough to double in size.

Punch down the dough, cover again, and allow it to rest for 15 minutes. Cut the dough into 24 small balls or 4 large pieces. Form each piece of dough into a smooth ball; cover and let rise another hour.

To shape the rolls or loaves, work on a lightly floured surface, and roll the balls of dough back and forth, using the fingers of both hands, to achieve an elongated bread with slightly tapered ends - 4 inches long for rolls and 18 inches long for baguettes. If you are baking directly on tiles, have the rolls rise on a floured surface. For the baguettes, rub flour into a large dish towel, and fashion a *couche* or bed for the loaves by gathering the towel into channels to loosely hold the loaves. Loosely cover with plastic wrap, and let rise about 45 minutes. If you don't have quarry tiles, you can have the loaves or rolls rise and bake in greased baguette pans or on greased cookie sheets.

Put a shallow container of water on the lower rack of the oven. With a sharp paring knife (or lame) make 1/4 inch slits lengthwise on roll or diagonally, every 2 inches, on each baguette. Bake at 450° for 20-25 minutes (10-15 minutes for rolls). Place on a rack to cool. Freeze if bread is to be kept longer than a day.

## Golden Corn Bread

To quote Mark Twain, *Perhaps no bread in the world is quite so good as Southern corn bread and perhaps no bread in the world is quite so bad as the Northern imitation of it.* - Chapter 2 in *The Autobiography of Mark Twain*. When my children were small, this particular corn bread was a favorite, served with a spanish-rice casserole and a salad. They studied old American recipes in school and were really pleased to help me prepare corn bread, corn muffins and hush puppies. It's easy and fast and gets its moist texture from the buttermilk.

### ***Ingredients***

- 1/4 cup canola oil
- 1 cup yellow corn meal
- 1 cup all-purpose flour
- 2 T. sugar
- 3 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup buttermilk
- 1 egg, beaten

Preheat oven to 400°F. and put the 9-inch square, greased pan into the oven while mixing the batter.

Combine all ingredients in a mixing bowl, stir with a fork, and pour into the hot pan. Bake 20-25 minutes until a toothpick inserted in the center comes out clean. This also works well for 12 muffins, baked 15-20 minutes.

## Granary Bread Coolrise©

Bernard Clayton, one of the great bread cookbook authors of today, has developed a method for making bread where all the rising and proofing are in the refrigerator. He calls this the Coolrise© method. This recipe for a honey wheat bread and another for white bread use this method. They are great breads to bake at the last minute for dinner or another occasion, having gotten the messy work and preparation out of the way the night before. For further explanations of his method, see Clayton, Bernard, *The Complete Book of Breads*, p. 155.

### ***Ingredients***

- 3-4 cups bread flour
- 2 pkgs. dry yeast
- 1 tablespoon salt
- 3 T. honey
- 3 tablespoons oil
- 2 1/2 cups hot tap water (120°-130°)
- 2 1/2 cups whole wheat flour
- 1 teaspoon oil to brush loaves

Method: Oven: 400° F. , 30-40 minutes

Yield: 2-9 inch loaves

Measure 2 1/2 cups flour, yeast, salt, honey, and oil into the work bowl of a food processor fitted with the plastic blade. Pour in the water, and mix for 1-2 minutes. Add 1 cup of whole wheat flour, and beat for 1-2 minutes. Add remaining whole wheat flour and 1 cup bread flour (or more, if needed), and proceed to mix until "ear-lobe" consistency. Cover with towel or plastic wrap and rest for 20 minutes. Shape into 2 round loaves, put into 9" cake pans, brush with oil, cover with plastic, and refrigerate for 2-24 hours. Remove, and bring to room temperature for 10 minutes. Cut graceful curves on top; bake for 30-40 minutes.

## Irish Soda Bread

Irish Soda Bread is a "quick" bread, that is it uses baking soda or baking powder for leavening instead of yeast (which takes much longer). Because the leavening agent in this case needs to neutralize the sour buttermilk, baking soda is used instead of baking powder. I have based this recipe on one from Mel London, *Bread Winners*, Rodale Press, 1979.

### ***Ingredients***

- 4 cups buttermilk
- 2 eggs
- 1/2 tsp. baking soda
- 7 to 8 cups unbleached flour
- 2 cups raisins
- 3 T. honey
- 1/2 cup caraway seeds
- 2 T. plus 2 tsp. baking powder
- 1 T. salt

Preheat oven to 375°. Combine buttermilk, eggs, and soda. Stir vigorously. Combine flour, raisins, honey, caraway, baking powder, and salt. Pour buttermilk mixture into flour mixture and stir well. Divide batter into two. Place in 2 buttered and floured loaf pans. Bake 1 hour and 15 minutes, until cake tester comes clean. Cool 15 minutes in pan. This freezes very well when completely cool.

## Jewish "Corn" Bread (Rye Bread)

Years ago my husband and I ate some corn-rye bread in Los Angeles. Corn-rye bread doesn't have cornmeal in the bread itself, but the outside is coated with cornmeal. The texture of the bread should be dense without being dry, and the crust should be crisp and crunchy. For many years I tried to duplicate the recipe, but rye breads are tricky. They can be too dry and heavy or too light and airy. The rye bread in most supermarkets would never pass muster in a delicatessen. I was overjoyed to find this corn-rye bread recipe in Helen Witty and Elizabeth Colchie's, *Better than Store-Bought*, Harper & Row, 1979.

### ***Rye Sourdough Starter***

48 hours before beginning rye bread, make this starter: Mix 1 T. dry yeast in 2 cups of tepid water. Beat in 2 cups of rye flour. Add a small onion, peeled and halved. Cover the bowl with plastic wrap. Let stand at room temperature for 24 hours. Remove onion. Beat in 1 cup tepid water and 1.5 cups rye flour. Cover and let stand for 24 hours longer. This can be used immediately or refrigerated for 24 hours. This preparation makes about 4 cups of starter (a bit more than required for the bread).

### ***Corn Rye Bread***

Yield: 2 very large loaves

- 1.5 cups warm water (110°)
- 1 pkg (1 T.) dry yeast
- 1/2 tsp. sugar
- 4 tsp. kosher salt
- 3 cups Rye Sourdough Starter, measured after stirring down
- 2 cups high gluten flour
- 3.5 cups all-purpose flour
- cornmeal
- 1 egg white beaten with 2 T. water for glaze
- 2 tsp. caraway seeds for topping and more for inside, if desired

The following directions are for hand kneading. If you have a heavy duty food processor, put all dough ingredients in work bowl after you have made the yeast starter. Add starter and combine. Dough will be fairly sticky. Don't use a food processor unless it is quite durable; this is a very heavy dough.

Combine 1/2 cup warm water, yeast, sugar, and let stand until double (10 min.). Dissolve salt in remaining water. Mix in sourdough starter, then yeast mix. Add gluten flour and 2 cups of all-purpose flour and optional caraway seeds; make a soft dough. Spread 1.5 cups flour on kneading surface and turn dough out on it. Knead, adding more flour, to make a soft dough. Do not overknead. The dough should be only slightly elastic, even a bit sticky. Form dough into a ball, and put in an ungreased bowl. Cover with plastic, and let rise until double (1.5 hours). Knead, cover with towel, and let rest for 15 minutes. Divide into 2 parts. Form each into 12 inch loaf. Pinch seam, and place seam down on cornmeal-dusted sheet. Cover and let rise until 3/4 proof. Put a large pan with 2 inches water in oven. Preheat to 400 °. Place quarry tiles on upper shelf of oven. Brush loaves with egg-white glaze, slash with knife. Sprinkle seeds on top. Bake for 30 minutes on tiles. Brush again with glaze; bake an additional 20 to 30 minutes.

## Lemon Poppyseed Yogurt Muffins

My husband is especially fond of muffins. He loves them for breakfast, for a snack, or particularly, to munch on during long car trips. This recipe is an unusually moist muffin with a strong lemon flavor and a slight crunch from the poppyseeds.

### *Ingredients*

- carefully removed peel from 1 lemon
- 1 cup minus 1 T. sugar
- 10 T. softened butter
- 2 large eggs
- 3 cups all-purpose flour
- 1 T. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 4 T. fresh poppyseeds
- 1 1/2 cups plain yogurt (low-fat is fine)
- vegetable cooking spray
- 1/3 cup lemon juice
- 1/3 cup sugar

Oven Temp: 375° bake in lower middle of oven, 25-30 minutes Yield: 12 large muffins,

Use a very sharp carrot peeler to remove only the yellow portion of the lemon peel. Put the lemon peel and sugar in the bowl of a food processor fitted with the metal blade. Process until the sugar is lemon-colored and there are no more large pieces of peel. Add the butter and process for 45 seconds.

Add eggs, one at a time, processing just a few seconds to incorporate them after each addition.

Mix flour, baking powder, baking soda, salt, and poppyseeds. Add the yogurt into the butter/sugar/egg mixture. Process for 30 seconds. Add the dry ingredients, and pulse on and off until the flour is completely incorporated.

Divide the batter equally into 12 vegetable-cooking-sprayed muffin cups. Don't use paper muffin liners. Bake until muffins are golden, brush with syrup (see below), and cool on rack.

Syrup: While muffins are baking, heat the extra 1/3 cup sugar with the lemon juice until the sugar dissolves and the mixture forms a light syrup (about 3 minutes). This is easily done in the microwave, but watch carefully to avoid boiling over.

Variation: Instead of adding poppyseeds to dry ingredients, add 1 1/2 cups blueberries to the second half of the dry ingredients, and fold them in instead of beating them.

## Ruth's Oatmeal/Oatbran Bread

I've always loved oatmeal and oatmeal cookies, but when oatbran started becoming fashionable as a diet supplement, I started to bake this bread. It's a favorite of mine and my daughters, particularly as the base for an open-faced toasted tunafish sandwich topped with cheddar cheese. It has a lingering molasses flavor and is very moist. Because of the buttermilk, this bread keeps for nearly a week at room temperature. Enjoy it for both the flavor and the healthy ingredients.

As a reminder to the kosher consumer, all milk-containing breads need to be carefully distinguished by their shape or some marking so that you don't confuse them with pareve breads and serve them in error with meat meals.

### *Ingredients*

- 1 T. yeast
- 1/8 cup warm water (95°F.)
- 1 tsp. salt
- 2 1/2 cups bread flour
- 1/8 cup canola oil
- 1/6 cup dark molasses
- 3/4 cup old-fashioned oatmeal
- 1/2 cup oat bran
- 1 cup fresh buttermilk at room temperature or 4 T buttermilk powder with 1 cup water
- 1 T. canola oil

Preheat the oven to 375°F.

Yield: 1 loaf in a 9" by 5" loaf pan

Soften the yeast in 1/8 cup warm water and add with the next 6 ingredients to the bowl of a food processor fitted with the plastic blade. Turn on the motor, and mix well while adding the buttermilk or water. Knead briefly until the dough begins to lose its stickiness. If needed, add more water or flour until the dough forms a ball on the blade and is beginning to have a smooth, not dry texture. Grease a large bowl with 1 T. oil, put the dough in the bowl, and turn to coat it in oil. Cover the bowl with plastic wrap. Let the dough rise for 1.5 hrs. Punch down, and shape the dough into a smooth loaf to fit into the prepared pan. Cover the pan with plastic wrap, and allow to rise for 40 min. Bake for 35-40 minutes. Remove from the pan, and cool 15-20 min. on a rack before serving.

## Onion Rolls

Onion rolls, with rye bread and kaiser rolls, are one of the most popular breads for Eastern European Jewish sandwiches. I used to leave off the onion topping on a few of these rolls so that my small children (who didn't want strange things in their food) wouldn't complain. Otherwise, they'd trade a *yucky* top with one of the grownups for the *safer* bottom. My husband loved to have two onion halves, so he readily cooperated. Now that the girls are grown, I put onions on all the rolls.

### ***Ingredients***

- 3 T. dry yeast
- 1 1/2 cup water (100°F.)
- 1 tsp. sugar
- 6 cups bread flour
- 6 T. canola oil
- 1/2 cup sugar
- 1/2 T. salt
- 3 large eggs
- 2 cups chopped white or yellow onion (one huge or 3 medium)
- 1 large egg, beaten
- 5 T. black poppy seeds

Oven Temp: 400°F.; change to 375°F. when rolls go into the oven.

Spray two cookie sheets with vegetable oil spray.

Yield: 14 rolls

Dissolve yeast in water, add 1 tsp. sugar and let the mixture sit for 1 minute to become creamy.

Put flour, 3 T. oil, sugar, salt, and 3 eggs in the workbowl of a food processor fitted with the plastic blade. With the motor running, add the yeast/water mixture. Continue kneading in the processor until the dough is smooth and elastic, the texture of your earlobe. Grease a large bowl with 1 T. oil; put the dough in the bowl, cover with plastic wrap, let rise for 1 1/2 hours or until the dough is doubled in size.

Meanwhile, heat 2 T. oil with 2 T. water in a small saucepan. Add the chopped onions, and cook slowly for 2 minutes until the onions are just beginning to appear translucent. Cover the pan, and remove it from the heat. By the time the rolls are ready to bake, the onions will be perfect.

Punch down the dough; divide into 14 pieces. Form smooth balls of dough and place on greased cookie sheets. With your fist, make indentations first in one direction, then turned 90°. Cover the rolls with plastic wrap and let rise 20 min. With your fist, make the indentations again; fill the indentations with the cooked onions; brush with beaten egg; sprinkle with seeds.

Put a shallow pan with cold water on the bottom rack of the oven; turn the temperature down to 375°F., and bake rolls for 20-25 minutes.

You probably won't have room for both cookie sheets on the upper rack of your oven. If you don't have two ovens, you can bake these in succession in the same oven, or if you can fit a small container of water on the bottom of the oven, you can bake two sheets in the same oven, but rotate them midway through the baking. Cool 15-20 minutes on a rack before serving.

## Pecan Rolls

These rolls and the cinnamon rolls based on the Classic Sweet Dough are the best possible accompaniment to a good cup of coffee. I like to prepare one recipe of the Classic Sweet Dough late Saturday night and put it in the refrigerator overnight. I wake up Sunday morning, bring the dough to room temperature, and prepare the Cinnamon Bread, Pecan Rolls, and Cinnamon Rolls. The whole house smells like a pastry shop; everyone wakes up in a good mood. Leftovers freeze quite well or go into lunch boxes during the week.

### *Ingredients*

- 1/3 of recipe of Classic Sweet Dough [page 43]
- 1/2 cup packed brown sugar
- 1/2 cup butter
- 2 cups pecan halves
- 1/4 cup granulated sugar
- 2 1/2 tsp. cinnamon
- 2 T. softened butter

Oven Temp: 375°

Yield: 16 rolls

Melt 1/2 cup butter in a 9-inch by 13-inch pan. Sprinkle the butter with brown sugar, and cover with pecan halves. Roll the dough into a 16-inch by 9-inch rectangle. Mix the granulated sugar and cinnamon. Spread the rectangle of dough with 2 T. butter, and sprinkle with the cinnamon-sugar mixture. Make sure that you spread the butter and sugar to the edges of the dough. Roll up, starting at the wide end. Pinch the long edge of dough into the cylinder to seal. Cut the roll into 16 slices. Place evenly over the pecans in the prepared pan. Cover and let rise until almost doubled (45 minutes). Bake for 25-30 minutes. Immediately invert the pan over a cookie sheet, and allow the remaining topping to drizzle over the rolls.

## Pita

Pita, large and flat, or smaller with a pocket, is the staple bread of the Middle-East. Probably few people in Middle-Eastern countries would dream of making pita at home, but it's a recipe that is fairly simple and always amazes me when I watch the small loaves balloon up in the oven to magically form a pocket. Of course, home-baked pita is much better than any of the packaged ones available in the supermarket, and they can rival the ones purchased in the markets in the Middle-East.

### *Ingredients*

- 1 T. dry yeast
- 1/2 cup warm (95°F.) water
- 3 1/2 cups bread flour
- 2 tsp. salt
- 1 T. canola or olive oil
- 1 cup warm (95°F.) water

Dissolve the yeast in 1/2 cup water. In the work bowl of a food processor fitted with the plastic blade, combine the yeast mixture with the remaining ingredients, and knead for 2 minutes, until the dough is smooth and elastic and has the texture of your earlobe. Put the dough in a large bowl, cover with plastic, and let rise 2 hours. Punch down the dough, and let rise again, 1 1/2 hours.

Cut the dough into 12 pieces, form into balls, and roll into flat disks (about 1/4 inch thick) on a floured surface.

Preheat the oven to 500°F. with unglazed quarry tiles covering the upper rack. After the rolled out disks have rested for 15-20 minutes, bake them (3 or four at a time) on the hot tiles, 1 minute per side. The finished pitot are only barely beginning to color, having a bit of flour still clinging to the surface. Cool on a rack, and store in plastic bags, or freeze.

## Pletzel

Pletzel, a traditional Jewish delicatessen specialty, is an onion and seed covered cracker, similar to, but less airy than a lavash cracker. The dough for pletzel resembles challah dough, but it is rolled very thin and not allowed to rise. This pletzel recipe was adapted from a recipe of George Greenstein's *Secrets of a Jewish Baker* by way of my good friend and Jewish baker, Bob Halperin.

### **Topping:**

- 3/4 cup yellow onions, chopped
- 1-2 tsp. poppy seeds (more to sprinkle on pletzel)
- 1-2 tsp. olive or canola oil
- salt to taste (about 3/4 tsp.)

Mix all topping ingredients in a bowl and set aside.

### **Dough:**

- 1 1/2 T. dry yeast
- 1/4 cup warm water
- 3/4 cup ice water
- 2 large eggs
- 4 cups bread flour
- 2 1/4 tsp. salt
- 2 T. canola oil
- 2 T. sugar
- 2 T. malt syrup

In the work bowl of a food processor fitted with the plastic blade, sprinkle the yeast over the warm water, stir. Add remaining ingredients and pulse until smooth and dough forms a ball, cleaning the sides of the processor. Add additional flour if needed. Processing should be at most 2-3 minutes. Let the dough rest for 15-30 minutes.

Spray vegetable oil spray on two large cookie sheets. Divide dough in two, and roll as thin as possible, letting dough rest if it is hard to roll. Place dough on the cookie sheets. Brush with canola oil. Stipple all over with a fork, spread with onion topping, sprinkle with additional poppyseeds, and bake at 400° (with a pan of water for steam in the oven) for 20-30 minutes until brown. These will be cracker-like and can be served with appetizers or a main course, or just a hearty bowl of soup.

## Rustic Country Bread

For a big, hearty, earthy bread, try this. The mixture of whole wheat, rye and white flour is incredibly good. It's worth getting some unglazed quarry tiles to bake this on so that you can enjoy the authentic professional bakery crust. As with all breads based on a fermented sponge, the flavor becomes more intense as the sponge ferments longer. However, the sponge will die if left too long. I recommend leaving this sponge for 12-24 hours (longer in cold weather). This recipe was suggested by one in Cook's Illustrated, Jan/Feb. 1995.

### *Ingredients*

- Sponge
  - 1 cup water
  - 1/2 tsp. yeast
  - 1 cup bread flour
  - 1 cup whole wheat flour
- Bread
  - 3 1/2 cups bread flour
  - 1/2 cup rye flour
  - 1 T honey
  - 1 T Kosher salt
  - 1 1/2 cup tap water, 70-80° F.
  - coarse corn meal

Oven Temp: 450°

Yield: 1 large loaf

Mix all sponge ingredients, and let sit for 12-14 hours. Put first 4 bread ingredients and sponge in the work bowl of a food processor fitted with the plastic blade. Mix well while adding water. Knead well until the dough is smooth and the texture of your earlobe. You might need to add additional bread flour. Grease a large bowl with 1 T oil, put the dough in the bowl, and turn to coat with oil. Let the dough rise for 3 hrs. Punch down dough, and shape into a round loaf. Place in muslin (flour coated) lined basket with the less attractive side up. Cover with foil, allow to rise for 45 min. Arrange the oven shelves so that the oven is divided into thirds. Put a pan with cold water on the bottom shelf of the oven, cover the upper shelf with tiles. Turn loaf unto a peel, coated with corn meal. Transfer the loaf to the hot tiles, slit the top in 3 or 4 lines, and bake 35-45 min. until the bread internal temperature is 210°. Turn off oven, crack door, leave 10 minutes. Cool 15-20 min. on rack before serving.

## Sourdough French Bread

Many sourdough breads are made from starters without yeast. Those starters get their leavening power from yeasts in the room which grow over a period of hours or days. The baker has little control over this type of starter, and thus the bread varies from batch to batch in flavor and texture. It's also possible to purchase sourdough starters. We began eating sourdough bread during the summer of 1982 when we lived in Palo Alto, California and were introduced to the delicious breads of San Francisco.

The recipe below makes a fairly mild sourdough from a controlled starter. If you'd like to develop a stronger flavor, leave the starter for 24-36 hours instead of 12. You can even leave it longer, but you'll need to "feed" it with a small amount of additional water and flour after the first day. The recipe is a modification of one from Bernard Clayton Jr.'s book, *The Complete Book of Breads*.

### **Starter**

- 1/2 cup bread flour
- 1/3 cup warm water (100°)
- 1/4 tsp. salt
- 1 tsp. dry yeast

12 to 36 hours before baking begins, mix starter ingredients. Cover with plastic wrap, and put in a warm place (70° - 85°) where it will develop bubbles and become soft and sponge-like.

### **Dough**

- 6 cups bread flour or all-purpose unbleached flour
- all of the starter
- 2 1/3 cups cool water
- 2 tsp. dry yeast
- 1 T. salt
- 1 T. water

Put the bread flour and all of the starter in the bowl of a food processor fitted with the plastic blade. Pulse once or twice to mix. Add the yeast to the water, then pour into the processor with the motor running. Keep the processor turned on to knead the dough until all of the liquid is incorporated and the dough begins to form a ball on the blade. If needed, add more flour until the dough starts to form a ball and is no longer sticky. If, perhaps, the dough is too dry and crumbly, add a few tablespoons of cool water and mix. Knead in the processor until the dough is fairly smooth and elastic (about 2 minutes). Dissolve the salt in the tablespoon of water, and pour into a depression in the dough. Turn on the processor, and knead another minute. The final dough should feel cool (don't over-knead) and should feel quite elastic. Form into 3 smooth balls by rolling the dough on a clean and dry surface, and let rest.

Line 3 mixing bowls or other round containers with a floured, clean dish towel or pastry cloth. Round each of the balls of dough in one of the prepared containers. Choose containers for this rising that leave several inches above the ball of dough for rising. Cover with plastic wrap, and leave undisturbed at 70° for 3-4 hours.

About 30 minutes before baking, preheat the oven to 500°F., and line the upper rack of the oven with quarry tiles. The oven racks should be at the lower and upper third of the oven. Put a pan of water on the bottom rack of the oven. Gently invert the loaves onto a piece of parchment paper on a pizza peel. Don't worry that there will be flour residue on the top of the loaves, this adds a more rustic and toasted flavor to the crust. With a paring knife, cut 1/4 inch slashes in a cross hatch pattern on the loaves. Carefully slide the bread (on the parchment paper) onto the hot tiles. As the bread bakes, the parchment paper will get very dark, but don't worry. It's a good way to place the breads on the tiles and to keep them from sticking to either the peel or the tiles. Bake 30 minutes or until the loaf sounds hollow when tapped on the bottom. Cool on racks for at least 15 minutes before slicing.

This is a fairly dense bread, and it keeps well for a few days, wrapped tightly at room temperature. To freshen the bread, warm for about 10 minutes at 350°F. If you'd like to freeze this bread, double-wrap it and freeze for a few weeks. It does not keep well for longer periods in the freezer; the crust tends to separate from the inside.

## Sprouted Wheat Bread

Once in awhile, you really want a hearty, crunchy wheat bread - unlike the crusty french breads or bagels or rye. This sprouted wheat bread is moist and hearty without weighing a ton. Be sure to start it 3 or 4 days before you want to bake because you need to grow the sprouts first. I originally got this idea from Bernard Clayton, Jr., *The Complete Book of Breads*, Simon and Shuster, 1973.

### Early Preparations

3 days prior to baking, put 1/4 cup whole wheat seeds or berries in a 1-quart jar. Cover the mouth of the jar with cheesecloth, fastened with a rubber band. Soak seeds in warm water. Pour off the water (save), and place jar on its side, in a dark place. Twice a day, rinse the berries in tepid water (80°-85°) poured through the cheesecloth. Each time drain and reserve the water for a total of 2 cups rinsing water. Store the rinsing water in the refrigerator.

### Ingredients

- 1/4 cup wheat seeds or berries (see above)
- 2 cups tepid water for rinsing (see above)
- 2 pkgs. dry yeast
- the same 2 cups of rinsing water, heated to 100°F.
- 1/4 cup each brewer's yeast and honey
- 3 T. oil
- 5 cups whole wheat flour
- 1 T. salt

When the sprouts are as long as the seed, bake the bread. Sprinkle the yeast over 1/2 cup of the reserved liquid (heated to 100°). Put remaining ingredients (except for 1 cup of flour and sprouts) in bowl of food processor. Add yeast mixture, and mix until smooth. Leave in food processor to rise for 1 hour. Stir down; add sprouts and 1 additional cup of whole wheat flour. Mix until fairly smooth, adding flour if needed. Place dough in greased bowl, cover, and let rise until double. Punch down, knead 30 seconds, and divide into two. Shape into balls, and let rest for 5 minutes. Form loaves by making an oval, folding in half, and pinching seam. Put in greased loaf pans to rise. Cover, and allow to double. Preheat oven to 375°F. Bake loaves for 25 minutes, lower heat to 300°F., and bake an additional 35 minutes. Finished loaves should give a hollow sound when tapped on the bottom. Bake an additional 5-10 minutes if loaves are not done. Cool on rack. These freeze quite well. Yield: 2 loaves.

## White Bread Coolrise©

I bake all the bread we eat as a family. I personally prefer crusty, hearth-baked breads, but my daughters quickly found out that this is not what goes on in most homes. They always wanted to eat plain American white bread, the type they saw on all their friends sandwiches at school. There has never been any kosher white bread available in our local stores, so I promised to find a recipe for white bread that would satisfy my standards and yet approximate the oblong, white, thin-crust American bread. The following recipe has satisfied both the girls and my culinary demands. It's a simple and convenient white bread that uses the method developed by Bernard Clayton and written about in his *The Complete Book of Breads*. Essentially the method allows you to prepare the bread dough a few hours or a day in advance, have the dough rise in the refrigerator, and bake it just when you need it for a meal.

### ***Ingredients***

- 6-7 cups bread flour
- 2 pkgs. dry yeast
- 1 tablespoon salt
- 2 T. sugar
- 4 tablespoons oil
- 2 1/4 cups hot tap water (120°-130°)
- 1 teaspoon oil to brush loaves

Method: Oven: 400° F. , 35-40 minutes

Yield: 2 medium loaves

Measure 2 cups flour, yeast, salt, sugar, and oil into Cuisinart. Pour in the water, and mix for 1-2 minutes. Add remaining bread flour (or more, if needed), and proceed to mix until "ear-lobe" consistency. Cover with towel or plastic wrap and rest for 20 minutes. Shape into 2 round loaves, put into loaf pans, brush with oil, cover with plastic, and refrigerate for 2-24 hours. Remove, and bring to room temperature for 10 minutes. Bake for 35-40 minutes.

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## Arugula Soup

Arugula, also called rocket or roquette, is a green, leafy Mediterranean plant used for soups and salads. Although arugula is often wild, and nearly a weed in Mediterranean countries, it is a luxury item in grocery stores in the U.S. This simple, yet satisfying soup was adapted from Marcella Hazan's *More Classic Italian Cooking*, Knopf, 1978. I serve this soup as the first course before a sautéed fish or a simple roasted veal or chicken entrée. Arugula is most readily available in late summer and early fall. Look in the fresh herb section of the produce department.

### **Ingredients**

- 4 medium potatoes, peeled and quartered (about 2 cups)
- 3 cups water
- 2 cups (packed) cleaned arugula leaves, torn up
- Salt to taste
- 2 cups cut-up stale French or other crusty bread
- freshly ground black pepper
- 1/4 cup extra virgin olive oil

Yield: 4-6 servings

Boil the potatoes in salted water for about 15 minutes. Wash the arugula, making sure that all the sand is gone. Add the arugula and about a tablespoon of salt to the potatoes. Cover the pot. Cook for an additional 15 or 20 minutes at low heat until the potatoes are fork tender. Add the bread to the pot. Remove from heat, and cover the pot. Let stand for 10 minutes. Add a liberal grinding of pepper and the olive oil. Stir well, and taste for salt and pepper. Serve immediately.

Leftovers, although not as perfect in texture, are great heated in the microwave for a quick lunch.

## Artichoke Soup

I got the idea of this soup from the *New York Times*, 2/8/2004. I have left out the butter and the cream to keep it pareve. I've also used frozen artichoke hearts instead of fresh artichokes, but either would be fine. This is sort of an artichoke vichyssoise. Although the original recipe calls for straining the soup and avoiding browning the vegetables (to maintain a white color), I like it with slightly browned vegetables, and I don't strain it.

### ***Ingredients:***

- 4 T. olive oil
- 400 grams (about 14 ounces) frozen artichoke bottoms - this is equivalent to about 6 large artichoke hearts - sliced
- 1 medium leek, white and light green part only, cleaned and sliced
- 6 chopped garlic cloves
- 1 1/2 cup sliced yellow onion
- 3 shallots, sliced
- 1/2 pound peeled and sliced Yukon Gold potatoes
- 10 cups vegetable broth
- 1 bay leaf
- 2 sprigs fresh thyme or 3/4 tsp. dried thyme
- 4 sprigs fresh parsley or 3/4 tsp. dried parsley
- 1/2 tsp. freshly ground black pepper and salt, to taste

In a large pot, warm the olive oil. Cook the artichoke bottoms, leek, garlic, onion, and shallots gently until they begin to brown. Add the potatoes and cook for about 1 more minute. Add the stock, bay leaf, thyme, parsley, and pepper. Simmer, uncovered, 1 hour. Discard the bay leaf and fresh herbs (if you have used whole sprigs). With an immersion blender, purée the soup. Adjust the salt and pepper. Serve immediately or refrigerate and reheat later. When reheating, be careful not to burn the soup.  
Serves 8.

## Bean Soup

When we lived in Rehovot, Israel in 1976-1977, I worked as a recipe tester for Naf Avnon's *So eat, my darling*. Mr. Avnon hired Americans, familiar with the ingredients and kitchens in the U.S., but living in Israel, to test his recipes so that he could sell his cookbook in the U.S. Each of us prepared the recipes, gave suggestions for changes and adaptations, and also suggested comments to be inserted for the U.S. market. One of the recipes I worked on was the following Bean Soup. The recipe has lots of room for changes in quantity and method. If you are in a hurry, you can serve it the same day, with or without puréeing. If you like a tomato base, you can add a can of tomato paste. However, my favorite way to prepare this soup is to start a two days ahead, soak the beans over the first 24 hours, after cooking the soup, purée it, and refrigerate it overnight. Before serving, I remove any accumulated fat, and heat it slowly, almost to a boil.

This soup can be a meal on its own, served with some good bread and, perhaps, a salad. However, I usually serve it as the first course in the winter, for Friday night (Sabbath) dinner, followed by roasted meats, kugels, and salads.

### ***Ingredients***

- 3/4 cup dried white beans
- 2 pounds short ribs
- 5 quarts water
- 3 small potatoes, peeled
- 2 medium carrots, peeled and sliced
- 1 medium onion, peeled and halved
- 1 small celery root, peeled
- salt and pepper to taste

Soak the beans in water overnight. Rinse and drain.

Put beans, short ribs, and 5 quarts of cold water in a large pot. Bring to a rolling boil, and skim foam from the surface as it forms. Reduce the heat, cover, and simmer 2-3 hours.

Add the vegetables and spices. Bring the soup to a boil again, and simmer 1-2 hours until vegetables are quite soft. Discard the bones, slice the meat, and puree the soup in a blender or food processor. Return the meat to the soup, and carefully reheat.

## Beef, Barley, and Bean Soup

This soup is the all-time favorite of my youngest daughter, Eve. It's a rich, thick, filling dish that can make an entire meal or can be served in smaller quantities as a first course. Using a crockpot overnight, this soup makes a wonderful first course for a Shabbat lunch. The key to combining all the flavors is to brown each of the ingredients, including the spices, in turn, in the oil. I try to use many varieties of dried beans to add a bit of variation in color, texture, and flavor.

### *Ingredients*

- 1.5-2 cups assorted beans (navy, black-eyed peas, lima, kidney, pink, or some of the "heirloom" dried beans), rinsed and soaked overnight, then rinsed again
- 3 T. olive oil
- 2 pounds beef stew or beef short ribs
- 1 very large onion, chopped
- 2 stalks of celery, sliced thinly
- 4 carrots, sliced thinly
- 2 bay leaves
- 2 cloves garlic, minced
- 2 T. salt
- 3/4 cup pearl barley
- 1 T. paprika
- 1 T. parsley flakes or 3 T. chopped fresh parsley
- 1 tsp. dill weed or 2 sprigs fresh dill
- black pepper
- other vegetables (not sweet) if desired, including tomatoes or tomato paste

Yield: 12 servings

Heat oil in large soup pot, sauté onion and beef until brown, add vegetables and continue to sauté for 2 minutes, add remaining spices and barley. Stir and sauté another 2 minutes. Add remaining vegetables (optional) and tomato paste (optional) and enough water to bring volume to about 6 quarts. Bring to a slow simmer and simmer for 12 hours. Remove fat. This can be eaten after 4 or 5 hours, but it improves with longer cooking.

If you make the soup in advance, refrigerate for several hours and remove the congealed fat before reheating to serve.

## Bissara

This is a classic Tunisian soup, spiced with harissa, one of the most popular condiments in the Middle East and North Africa. We became interested in Tunisian food on our many trips to Paris. A significant number of the kosher restaurants in Paris are Tunisian or Moroccan because of the large number of North African Jews who have made their home in France. This soup is simple, but with an extra "kick" from the hot harissa. It is an excellent first course before a tagine or pkaïla or couscous. In central Illinois, I usually cannot find baby fava beans, so I use lentils. This is an excellent substitution.

### *Ingredients*

- 1 pound lentils or baby fava beans
- 5 cloves of garlic, peeled and crushed
- 4 T. olive oil
- 2 T. tomato paste
- 1 level T. cumin
- 1/2 tsp. harissa\*
- water or vegetable broth to make 4 quarts total soup
- salt and pepper to taste

Put beans or lentils in a stock pot. Cover with water, bring to a boil. Lower the heat and cover; cook slowly for 30 minutes. Purée the beans.

Peel the garlic. In a clean pot, warm the oil, cook the garlic, and add the tomato paste, cumin, and harissa. Add the bean purée, add water or broth to a soup consistency, and season with salt and pepper. Heat to just below boiling. Serve with extra harissa on the side.

\*Harissa is a North African condiment, available in many Middle-Eastern or French specialty shops. It is a mixture of hot peppers, garlic, salt, and usually oil. Occasionally coriander or other herbs are added to the mixture.

## Blueberry-Peach Soup

When blueberries and peaches ripen in the summer, this is a favorite of the Reingold family. It's wonderfully refreshing, coming home from synagogue on a hot-weather sabbath. I like to pair fruit soups with a small savory appetizer like Bourekas or Jamaican Beef Patties. The cold and sweet soup contrasts and complements the hot, savory, slightly crunchy appetizer.

I have adapted this recipe from one by Margaret Woolfolk, *Cooking with Berries*, Clarkson N. Potter, 1979.

### ***Ingredients***

- 2 cups water
- 1 cup dry white or red wine
- 2 cups grape juice
- 2 T. lemon juice
- 1/3 cup quick-cooking tapioca
- 1 pound peaches or nectarines, peeled and thinly sliced (about 1/4" slices)
- 2 2-inch sticks cinnamon
- nutmeg to taste
- 1 quart blueberries, stemmed and washed
- honey to taste (about 1/2 cup)

Serves 8-10

Combine water, wine, grape juice, lemon juice, and tapioca. Heat to boiling, stirring constantly. Add peaches or nectarines, cinnamon, and nutmeg. Simmer over low heat until peaches are soft (about 30 minutes). Add blueberries and simmer 10 minutes. Remove from heat. Add honey to taste. Serve very cold.

Although this soup is best when the fruit is fresh from the market, I've made it successfully from home-frozen or store-bought frozen fruit. On a warm fall day it reminds us of summer's bounty.

## Broccoli Soup with Buttermilk

When I was a child, my mother made a spinach, potato, and sour cream soup, which she served either hot or cold. This soup is similar, but I use buttermilk instead of the sour cream, and broccoli instead of the spinach. I've added the hot pepper and cayenne to fulfill my constant craving for spicy pepper dishes.

I like to serve this soup on Shavuot, the Festival commemorating the giving of the Ten Commandments, when it is traditional to eat dairy foods.

### ***Ingredients:***

- 1-2 bunches broccoli or broccolini, about 1 3/4 pounds
- 2 firm-fleshed potatoes, totaling 3/4 pound
- 2 T. butter
- 1 cup finely chopped onions
- 1/2 tsp. garlic, minced
- 7 cups (pareve) chicken broth or vegetable broth
- 3 cups fresh buttermilk
- 1/2 tsp. grated nutmeg
- 1/4 tsp. hot pepper flakes
- 1/4 tsp. cayenne pepper (optional)
- 1/2 cup finely chopped fresh dill.

Cut the broccoli flowerets and reserve them. Scrape or trim the stems. Cut the stems into 1/2 inch slices. Par-boil about 1 cup of the smallest flowerets. Peel and cut the potatoes into 1/4 inch thick slices. Heat the butter, brown the onions and garlic, add the potatoes and broccoli. Stir until lightly brown. Add the broth, salt, and pepper, and simmer 20 minutes or until potatoes are tender. With a food processor, process the soup until smooth. Return to pot, add buttermilk, nutmeg, and peppers. Heat just until hot, serve sprinkled with flowerets and dill. Serves 8-12.

## Bulgarian Red Pepper Stew

When we read the story of Jacob and Esau from the bible (the bible portion is Toledoth in Hebrew), I serve this red pepper and bean stew. It lends credulity to Esau swapping his birthright for a bowl of red porridge. I adapted this recipe from *Sundays at Moosewood Restaurant*, The Moosewood Collective, Fireside, 1990. This is an excellent soup to serve to vegetarian guests; aside from being vegetarian, it is both nutritious and interesting.

### ***Ingredients***

- 1/2 cup dried brown lentils
- 1/2 cup dried navy or kidney beans
- 2 large onions, chopped
- 3 T. olive oil
- 6 medium red bell peppers, seeded and chopped
- 2 tsp. dried basil
- 1 tsp. dried marjoram
- 1/4 tsp. dried thyme
- 1/2 tsp. ground cayenne pepper
- 1 tsp. salt
- 1/8 tsp. ground black pepper
- 4-6 cups vegetable stock or water
- 3/8 cup dry red wine
- 6 ounces tomato paste
- 2 T. chopped fresh parsley

Cover the lentils and navy beans with plenty of cold water, and soak them for at least 4 hours or overnight. Drain and set them aside. In a large, deep sauce pan, sauté the onions in the oil until golden. Stir in the bell peppers, and sauté them for about 5 minutes more. Add the basil, marjoram, thyme, cayenne, salt, and pepper, and continue to sauté for another minute or two. Pour in 4 cups of stock and all of the wine. Add the drained lentils and beans. Bring to a boil, then lower the heat and simmer gently, covered, for about 2 hours. The lentils need to thicken, and the beans need to be tender. Mix in the tomato paste, and cook for several minutes longer. Add stock or water if the soup is too thick. Garnish each bowl with parsley.

Serves 8-10.

## Sweet-and-Sour Cabbage Borscht, Mel Markon's

When my husband and I were dating in the late '60's, we often ate a late dinner at Mel Markon's Delicatessen in the South Shore neighborhood of Chicago, and later in Lincoln Park, Chicago. I have always loved cabbage soup, particularly the version at Mel Markon's, so I was delighted to find their recipe in *Gourmet Magazine*, Volume XL, December 1980. I make this frequently during the winter, either as a one dish meal or as a first course on Friday nights (Shabbat dinner). It gets better as it sits for awhile and makes a wonderful snack while watching a late night movie!

### ***Ingredients***

- 12 cups water
- 1.5 pounds beef short ribs
- 1 head cabbage, cleaned and sliced
- 1 onion, chopped
- 1 cup each of ketchup and chopped tomatoes
- 1/2 cup sugar
- 1/3 cup lemon juice
- 2 T paprika
- 2 T salt

Yield: 8-12 servings

In a stainless pot, bring water and beef to boil, skim froth, simmer 1 hour. Add remaining ingredients, cook until tender (2-3 hours). Skim fat, slice meat, remove excess gristle or fat, remove bones. Return the meat to the pot, and reheat.

This can be frozen in individual portions or an entire pot to later warm in the microwave or on the stove.

## Chinese Meat Ball and Cabbage Soup

This is the favorite soup of my third daughter, Rachel. In fact, it's one of the first things she learned to cook on her own. The Asian flavors are a great change of pace in our generally Ashkenazi or European repertoire of soups. You can vary the number of mushrooms depending on your taste. It's a good idea to keep either fresh peeled ginger in the freezer or a jar of fresh, chopped ginger in the refrigerator for this type of dish.

### Meat Ball Ingredients

- 1 pound ground beef
- 3 T. cornstarch
- 3 T. water
- 1 T. soy sauce
- 2 tsp. fresh chopped ginger
- 1 T. dry sherry or rice wine
- 1 T. canola oil

Mix all ingredients except oil, and knead well. Form into 1 inch balls. Heat the canola oil in large pot. Fry meat balls until brown on outside. This frying step can be eliminated to cut down on time and oil, but the meat balls will not taste as good, and they won't hold together as well.

### Soup Ingredients

- 1/2 head Chinese cabbage (1 pound)
- 1 small onion
- 4 dried mushrooms, soaked, cleaned, and chopped
- 2 T. canola oil
- 2 ounces bean threads (cut into 4 inch pieces with a scissor by putting the bean threads in a paper bag, cutting, and separating)
- 8-10 cups soup stock (add more if soup is too thick)
- 2-4 T. soy sauce, to taste
- 1 tsp. sugar
- salt and pepper to taste

Cut cabbage into large pieces. Chop onion. Heat 2 T. oil in the pot used for the meat balls (put meat balls on plate to wait). Stir-fry vegetables (cabbage, onion, mushrooms) until partly browned. Soak bean threads in warm water for 5 minutes. Pour remaining soup ingredients over vegetables, add meatballs and bean threads. If broth does not cover ingredients, add more broth, and heat for 30 minutes over low flame.

Serve this soup with additional soy sauce, hot pepper sauce, or hoisin sauce on the side.

## Cold Sour Cherry Soup

When we first moved to central Illinois, our good friends Cindy and Paul Saylor invited us to dinner. Cindy, who later taught me many wonderful recipes, served this easy and refreshing Cherry Soup. It has been a staple of our hot-weather diet for 30 years. You can make the soup with fresh, frozen, or canned cherries. Once the soup is made, it keeps for about a week in the refrigerator or can be frozen in individual portions. I like to serve it in bowls that have been chilled for a few hours in the freezer. Although Cindy Saylor occasionally serves the soup with sour cream, I never have. The arrowroot, also optional, makes it a thicker soup, but I find it unnecessary.

### *Ingredients*

- 3 cups water
- 1 cup sugar
- 1 cinnamon stick
- 4 cups pitted sour cherries
- 1 T. arrowroot (optional)
- 1/4 cup sour cream (optional)
- 3/4 cup chilled red wine

Yield: 6 servings

In a 2 quart pan, combine water, sugar, cinnamon stick. Bring to boil, and add the cherries (drain if canned, and use liquid as part of water). Partially cover and simmer over low heat for 35-40 minutes for fresh or frozen cherries and 10 minutes for canned cherries. Mix arrowroot and 2 T. water into a paste. Beat into soup, stirring constantly. Reduce heat, and simmer 2 minutes until clear. Remove from heat, cool, add wine, and chill. Serve with sour cream, if desired.

## Cold Strawberry Soup

For Shavuot, the festival to commemorate the giving of the Ten Commandments, it is traditional to serve only dairy dishes. This Cold Strawberry Soup is perfect for Shavuot, which usually falls in mid-June, when you need a refreshing first course. I've adapted this recipe from Gloria Greene, *The Jewish Holiday Cookbook*, Times Books, 1985. To follow Cold Strawberry Soup, serve a salmon mousse, tomato basil and corn salad, and Tel Aviv noodle kugel.

### ***Ingredients***

- 1 cup cold water
- 1 cup fresh orange juice
- 1/4 cup sugar, or more to taste
- 1/2 tsp. ground allspice
- 1/2 tsp. ground cinnamon
- 6 cups cleaned fresh strawberries
- 1 T. cornstarch
- 3/4 cup dry red wine
- 1 1/4 cups very fresh buttermilk

Yield: 4-6 servings

Combine water, juice, sugar, allspice, and cinnamon. Bring to boil. Add the strawberries and cover the pot. Lower the heat and simmer for 5 minutes. Transfer to a food processor, and process until completely puréed.

Return the purée to the pot. Dissolve the cornstarch in the wine, and stir the wine mixture into the strawberry purée. Stir over medium high heat until the soup thickens slightly and comes to a boil. Simmer for 1 minute. Remove from heat, and let the mixture cool to tepid. Stir in the buttermilk.

Refrigerate the soup, covered, for at least 5 hours. Serve chilled.

## Curried Pumpkin Soup

In the fall, when your body seems to need more vitamin A, I serve plenty of squash and pumpkin dishes. This soup is particularly good for vegetarian meals and blends nicely with Indian or Middle-Eastern foods. If you prefer to use fresh pumpkin or variety squashes, go ahead. You will need to cook the raw vegetable in the broth until it is tender, and then you'll need to purée the mixture before proceeding.

### *Ingredients*

- 1/4 cup olive oil
- 1 medium onion, finely chopped
- 1 medium tart apple or quince, peeled and finely chopped
- 1 T. curry powder
- 2 cups vegetable stock or chicken stock
- 1 pound can pumpkin purée
- 3 T. flour
- 600 ml. milk or pareve creamer (depending upon whether vegetable stock or chicken stock is used)
- salt and pepper to taste
- 1/3 cup toasted pine nuts to serve as a garnish

Yield: 4-6 servings

Heat half of the oil in a large pot, and gently sauté the onion until translucent but not brown. Add the apple and sauté until soft. Add the curry powder and cook for 2 minutes. Add the stock and pumpkin. Simmer for 5 minutes.

In another pot, heat the remaining oil, stir in the flour, and cook for a minute. Then whisk in the milk or pareve creamer. Cook until the mixture thickens slightly. Blend the two mixtures, adjust the seasoning, and serve with the toasted pine nuts. You can add more curry or some hot paprika if this is not spicy enough for you.

## Fish Soup

When I make gefilte fish, I reserve the stock in large zippered plastic bags in the freezer. Then, it's always a treat to make a fish soup with the rich, flavorful stock. The frozen stock keeps for about 6 months. For this Fish Soup, you can use cod, tuna, or salmon, but my family prefers salmon.

### *Ingredients*

- 1.5 lb. firm, skinless fish fillets
- 3 T. olive oil
- 1/2 cup finely chopped onions
- 1 cup finely chopped celery
- 1 T. finely chopped garlic
- 1 cup diced red pepper
- 2 tsp. turmeric
- 1/4 tsp. saffron stems
- 1 cup dry red wine
- 3 cups canned diced tomatoes
- 1 bay leaf
- 2 sprigs fresh thyme or 1 tsp. dried
- 1/2 tsp. dried red pepper flakes
- 4-6 cups fish broth
- salt and freshly ground pepper
- 1/2 cup very small pasta (orzo is good)
- croutons

Yield: 4-6 servings

In a stainless pot, heat oil, onion, celery, garlic, and pepper. Cook, stirring, over medium heat, about 5 minutes. Add turmeric, saffron, wine, tomatoes, bay leaf, thyme, pepper flakes, and broth. Add salt and pepper to taste. Bring to boil, and simmer for 5 minutes. Add the pasta, stir well, and simmer for 7-8 minutes. Add the fish, stir, bring to boil, and simmer for 3 minutes. Remove the bay leaf, and sprinkle in the fresh herbs. Serve with croutons.

## Gazpacho

According to Alan Davidson, in *The Oxford Companion to Food*, gazpacho originally derived from the Arabs in Spain (8th to 13th century), and contains the essential ingredients: bread, garlic, olive oil, vinegar, salt, and water. The Andalusian gazpacho we eat today contains, in addition, tomatoes, peppers, and cucumber. Gazpachos can be eaten either hot or cold, and range in consistency from very liquid to the consistency of salsa. We started eating gazpacho in 1974 when we lived briefly in Boulder, Colorado. My passion for spicy, peppery food was just beginning. In June, 1987, I came across this particular gazpacho recipe in the *NY Times*, and it has become our favorite. It's a great dish to use the abundant vegetables in July and August in central Illinois.

According to Mr. Davidson, the garlic should remain the dominant flavor; the bread provides thickness and heartiness, and the vinegar is to provide refreshment, according to the Roman custom. I usually prepare several bottles of gazpacho to keep in the refrigerator during hot weather. You can add hot sauce or other hot pepper, if desired.

### ***Ingredients***

- 2 medium cucumbers, peeled
- 5 medium tomatoes, peeled
- 1 large onion, peeled
- 1 medium green pepper, seeded and cut in pieces
- 2 tsp. garlic
- 4 cups crumbled French or Italian bread, trimmed of crust (make croutons from the crust)
- 4 cups water
- 1/4 cup red wine vinegar
- 4 tsp. salt
- 4 T. olive oil
- 1 T. tomato paste
- additional olive oil and garlic for croutons

Yield: 6-8 servings

Combine vegetables in Cuisinart, in batches; chop finely. To the vegetables, add and pureé bread, vinegar, salt, tomato paste, and oil. Put pureed material into a storage container. Add the water to the Cuisinart bowl to dissolve the remaining pureé. Add this aqueous material to the storage container. Refrigerate for several hours. Sauté croutons in olive oil and garlic.

Serve this very cold, with or without the croutons.

## Lentil Soup

I adapted this tasty, thick, vegetarian soup from *Cooks Illustrated*, January and February 2004. Although *Cook's* does not recommend using red lentils, I find the rose color and delicate flavor very appealing. I like to serve it partially puréed, you can either leave the lentils whole or make the whole batch very smooth, according to your taste.

### *Ingredients*

- 2 tablespoons olive oil
- 1 large onion, chopped fine (about 1 ½ cups)
- 2 medium carrots, peeled and chopped medium (about 1 cup)
- 3 medium garlic cloves, minced or pressed through garlic press (about 1 tablespoon)
- 1 can (14 ½ ounces) diced tomatoes, drained
- 1 bay leaf
- ½ teaspoon minced dried thyme leaves
- 1 cup (7 ounces) red lentils, rinsed and picked over
- 1 teaspoon salt
- Ground black pepper
- ½ cup dry white wine
- 4 ½ cups vegetable broth (I use homemade or boxed)
- 1 ½ cups water
- 1 ½ teaspoons balsamic vinegar
- 3 tablespoons minced fresh parsley leaves

(makes about 2 quarts, serves 4 to 6)

Heat olive oil in large stockpot or Dutch oven over medium-high heat. Add onions and carrots; cook, stirring occasionally, until vegetables begin to soften, about 2 minutes. Add garlic and cook until fragrant, about 30 seconds. Stir in tomatoes, bay leaf, and thyme; cook until fragrant, about 30 seconds. Stir in lentils, salt, and pepper to taste; cover, reduce heat to medium-low, and cook until vegetables are softened, about 10 minutes. Uncover, increase heat to high, add wine, and bring to simmer. Add vegetable broth and water; bring to boil, cover partially, and reduce heat to low. Simmer until lentils are tender but still hold their shape, 30 to 35 minutes; discard bay leaf.

Purée 3 cups soup in blender (or in the same pot, partially puré with an immersion blender) until smooth, then return to pot; stir in vinegar and heat soup over medium-low until hot, about 5 minutes. Stir in 2 tablespoons parsley and serve, garnishing each bowl with some of remaining parsley. The soup can be made in advance. After adding the vinegar, cool the soup to room temperature and refrigerate it, covered, for up to 2 days. To serve, heat it over medium-low heat until hot, then stir in the parsley.

## Honeydew and Mint Soup

We first enjoyed this soup at Jan and Stan Shapiro's 4th of July Barbecue in Skokie, 2002. I immediately added it to my summer repertoire as a refreshing first course or dessert. There is a lot of freedom to adjust the mint, sugar, and lime to taste. It's a very easy, but elegant dish.

### ***Ingredients:***

- 2 medium honeydew melons, peeled and cut into 1-2 inch chunks
- 2 cups loosely packed fresh mint leaves, rinsed and spun dry
- 4-6 T. freshly squeezed lime juice, or to taste
- 1-2 T. sugar
- pinch of salt
- small cantaloupes (optional) to halve and use as serving bowls

In a food processor, purée the honeydew, the mint leaves, the lime juice, the sugar to taste, and a pinch of salt until the mixture is smooth. Transfer the soup to a large bowl or wide-mouth jar, cover tightly, and chill for at least 1 hour or overnight. The soup may be made 2 days in advance and kept in the refrigerator, tightly covered.

If you are using the cantaloupes, decoratively halve them, remove the seeds, cut a small slice from the bottom to allow them to sit firmly on a plate, and chill before serving. Ladle the soup into the cantaloupe halves or bowls, and optionally garnish with additional mint leaves.

Serves 8-12 depending on whether you use the cantaloupes to serve the soup.

## Leek, Parsnip, and Ginger Soup

This vegetarian and unusual soup is light and delicious. It is based on a recipe from *The Soup Bible*, Barnes & Noble Books, edited by Debra Mayhew, 2004.

### ***Ingredients:***

- 2 T. olive oil
- 2 cups sliced leeks
- small onion, chopped
- 2 T. peeled and grated fresh ginger root
- 6 cups peeled and chopped parsnip (1/2 inch pieces)
- 1 1/2 cups dry white wine
- 6 cups vegetable stock
- salt and freshly ground black pepper to taste
- paprika or pepper relish to garnish

Yield: 6 servings

Heat the olive oil in a large soup pot. Add the leeks, onion, and ginger. Cook slowly for 3 minutes until the leeks and onions are translucent but not brown. Add the parsnips and cook for 10 minutes until they begin to soften. Pour in the liquids and bring to a boil. Lower the heat and simmer for 30 minutes, until the vegetables are all tender. With an immersion blender or food processor, purée until smooth. Season to taste and serve hot or warm, garnished with paprika or pepper relish.

## Magali Soup

I like to balance our Sabbath meals so we don't overdo the meat and rich dishes. Consequently, I often serve a vegetarian or other light soup as a first course. I've taken the idea for this soup from Julia Child, *Mastering the Art of French Cooking V.2*, Knopf, 1973. It's important to really clean the leeks well and to cook this soup for a minimum amount of time - it loses its fresh tomato and herb flavor after awhile.

### ***Ingredients***

- 1 cup leeks, cleaned and sliced thinly
- 1/2 cup onions, sliced thinly
- 3 T. olive oil
- 3 cups canned crushed tomatoes
- 4 large cloves of garlic, minced
- 5 cups water or chicken stock
- 1/4 cup raw white rice
- 1 T. parsley, 1 bay leaf, 1/4 tsp. thyme, 6-10 fresh basil leaves
- 1/2 tsp. saffron
- salt and black pepper to taste
- 1 pinch sugar
- additional fresh herbs for garnish, if desired

Cook leeks and onions in oil until translucent. Add tomatoes and garlic. Stir over moderate heat for 5 minutes. Add liquid and rice, and bring to boil. Add herbs and saffron, season to taste. Simmer, covered for 45 minutes. Garnish with additional fresh herbs. Serves 6.

## Marmitako (Basque Tuna Soup)

To use the frozen broth left from my gefilte fish at Passover, I make this Basque Tuna Soup. It has a strong pepper flavor, and stands alone as a meal with a crusty loaf of French bread and a salad. Great tuna is easy for us to get in central Illinois, but you could also use salmon for this recipe.

### *Ingredients*

- 3-4 dried sweet red peppers (ancho)
- 3 T. olive oil
- 1 pound fresh tuna steak, cut into cubes
- 3 medium onions, finely chopped
- 4 cloves garlic, minced
- 4 green or red peppers, chopped
- 2 T. parsley
- 4 tsp. paprika
- 2 T. brandy
- 1 1/2 pounds potatoes, cubed
- 14 ounces canned diced tomatoes
- 6 cups fish stock or water
- 1 large carrot, cut into thin slices
- 1 medium leek, washed very well, diced
- 1/2 tsp. hot pepper flakes
- salt and pepper to taste
- croutons

Remove stem and seeds from dried sweet pepper. Soak in water for 20 minutes and drain. Remove the flesh from the peppers, and discard the peel and seeds. Heat oil in a large casserole. Stir-fry the tuna for 1 minute. Remove the tuna and reserve. Lower the heat and add onion, garlic, green or red pepper, and parsley. Sauté for five minutes, then cover and cook for 30 minutes at low heat. Uncover and stir in paprika. Raise heat, add brandy, and flame. When flame dies, stir in the potatoes, and sauté for a minute. Add tomato, and cook for 2 minutes. Pour in fish stock, carrot, leek and hot pepper. Add the ancho pepper flesh to the soup. Add salt and pepper, bring to a boil, then simmer for 30 minutes until potatoes are tender. Add tuna, adjust seasoning, and simmer for 3 minutes. Cover and let sit for 5 minutes. Serve in bowls with croutons.

## Meatball Soup

Thirty years ago, when we first met our dear friends, Howie and Elaine Jacobson, Elaine served us meatball soup for Shabbat lunch. She had gotten the recipe from a cookbook put together at the Yeshiva of Flatbush, New York. I've made this soup now for thirty years, and I always remember it as the beginning of a long, endearing and beautiful friendship.

You can put all the ingredients in a crockpot just before Shabbat, and cook it on the lowest setting until lunch on Saturday. If you make it in advance, let it cool in the refrigerator and remove the excess congealed fat before reheating.

### ***Meatballs:***

- 1 pound lean ground beef
- 1 egg
- 1/4 cup bread crumbs
- 1/2 tsp. minced garlic
- 1/2 tsp. dried basil

Mix well, and form into 1 inch meatballs.

### ***Soup:***

- 3 quarts water
- 2 cups crushed tomatoes
- 1 large onion, cut in eighths
- 1 1/2 cups sliced carrots
- 1 cup sliced celery
- 1/4 cup white rice, raw
- 1/4 cup macaroni, raw
- 1-2 T. salt
- 5 black peppercorns
- 1/2 tsp. dried dill
- 1/2 tsp. dried basil
- 1 tsp. minced garlic

Mix all soup ingredients, bring to a slow boil, add meatballs, and cover. Simmer for 3-4 hours. Stir this often; the high starch content can lead to scorching. You can easily change the proportion of vegetables and tomatoes according to your taste.

## Melon Mango Soup

In August, when melons are plentiful, and mangoes are readily available in Illinois, this soup is a delight. The recipe is quite flexible in terms of the proportion of mango and melon. I like to use a lot of fresh lime. Since we try to keep a large supply of Canadian hard cider in the house, we use hard cider in the recipe. If you don't have hard cider, you can try either a light white wine or sparkling wine.

### *Ingredients*

- 4-6 cups ripe canteloupe
- 2 cups (about 3) peeled ripe mango
- 1/4 cup fresh lime juice, more to taste
- 3 cups hard cider (dry, sparkling) or champagne
- 1/4 cup chopped fresh mint

Yield: 4-6 servings

Pit, peel, and coarsely cut mangoes. Peel and remove seeds from canteloupe. Puree the fruit, add the lime, and refrigerate the mixture for 2 hours. Just before serving, stir in the sparkling dry cider. Garnish with chopped fresh mint.

## Minestrone

Minestrone is a wonderful, hearty vegetarian bean soup. I serve it either at dairy meals, with some Parmesan cheese, or plain with a meat meal. You can vary the amounts of the vegetables to your taste, but be sure to add enough bouillion or water to have a soup, not stew, consistency. This soup freezes quite well and keeps about a week in the refrigerator.

- 1/3 cup olive oil
- 2 medium onions, sliced thinly
- 1 carrot diced
- 1 stalk celery, diced
- 2 medium zucchini, sliced
- 1-2 cups shredded red cabbage
- 1 pound fresh red beans (unshelled weight) or 1 cup canned beans or 3/4 cup dried, then soaked beans
- 14 ounces crushed tomatoes
- salt
- freshly ground black pepper
- 6 cups or more bouillion or water
- grated Parmesan cheese at the table (optional)

Brown onion in oil. Add all diced vegetables, cabbage, and fresh beans. If you are using canned beans, put them in at the end. Stir vegetables in the hot oil. Add the tomatoes, salt, and pepper. Stir and add broth. Cover the pot, simmer for 2 hours. Correct the seasoning, and serve with Parmesan. You can add additional broth during the simmering time if the vegetables are not covered with liquid, but this is a very thick soup.

## Nectarine Soup

Nectarines and peaches, or a combination, are equally good in this cold, smooth, sweet soup. When our girls were little, though, we only served them small amounts, because the soup is quite alcoholic. You can even serve this soup as a light dessert, sprinkled with toasted pistachios or pecans.

### *Ingredients*

- 8-10 nectarines or peaches, or a combination
- 3 cups dry white wine
- 1/4 cup honey, more to taste
- 1/4 cup fresh lemon juice
- 1/4 tsp. ground cinnamon
- 2 T. chopped toasted pistachios or pecans (optional)

Yield: 4-6 servings

Pit, peel, and halve the fruit. Add wine, honey and lemon; cover and boil on stove or in microwave for about 30 minutes. Puree in food processor, season to taste with additional honey and/or cinnamon. Serve cold.

## Pineapple Cider Soup

In July, 1989, we read about a pineapple-champagne soup in the *N. Y. Times* . Since we bring back dry Canadian apple cider each time we drive to visit our daughters in New York or Boston, I adapted the recipe for dry Canadian apple cider instead of Champagne. It's a great refreshing and light first course before spicy or heavy foods. Don't add the cider until just before serving.

### ***Ingredients***

- 2 fresh sweet pineapples
- 1.5 cup plus 2/3 cup water
- 2/3 cup granulated sugar
- 1/2 tsp. cinnamon
- 2 T brandy or Cognac (optional)
- 1 large bottle (750 milliliters) dry alcoholic cider
- 3/4 cup mint leaves (optional)

Yield: 12 servings

Peel and core pineapples. Put cores, 1.5 cups water in microwave dish and heat for 10 minutes. Combine sugar and remaining water, boil for 5 minutes until it is a thin syrup. Cook chunks of pineapple with two liquids (discard cores) and cinnamon for 30 minutes in microwave dish. Purée (include in the batch the optional mint leaves). Add the optional Cognac. Chill overnight; add cider. Decorate with optional mint leaves.

## Split Pea Soup

This is a great soup to cook in a crockpot while you are at work. Add a salad and some good bread, and your dinner is waiting for you at the end of a long day. The soup freezes well in a zippered plastic bag. You can reheat it in the microwave or on the stove. If you don't have hard salami, add some cut up frankfurters or other cured meat.

### ***Ingredients***

- 2 cups dried split peas, yellow or green
- 2 quarts water
- 1 cup cubed hard salami
- 1 large onion, finely chopped
- 2-3 carrots, sliced
- 1 bay leaf
- 1/2 tsp. thyme
- 1 T. or more salt
- black pepper to taste

Wash and sort peas. Add water, bring to boil with other ingredients. Simmer for 2-3 hours (covered) or for 8-10 hours at low in a crockpot. Mash the peas in the pot, or pureé the soup (not the salami or bay leaf). Adjust seasoning. This recipe works just as well with lentils instead of split peas.

## Sweet Potato and Pear Bisque

This delicious, smooth, flavorful soup came from our friends, the Greenlands. Our dear friend, Aviva Greenland, got the recipe from her sister, Ronit (Wolff) Hanan. Ronit started making the soup many years ago from a recipe for *Spiced Sweet Potato Bisque*, in a now-forgotten publication.

However, Aviva significantly modified the recipe and recently her daughter Shira added pears and carrots when she made it for us. I decided to make it vegetarian and to use canola oil in place of the original margarine. The soup is equally good with chicken stock. Aviva and Shira, whose presentation of beautiful food makes it even more enjoyable, garnish the soup with cumin seeds. To complement the spice combination, you can serve it with Moroccan or Indian foods, such as the Indian Potato Bourekas and Moroccan Chicken.

### ***Ingredients:***

- 4 T. canola oil
- 4 cups chopped onions (about 3 large onions)
- 2 tsp. ground coriander
- 1 1/2 tsp. curry powder
- 1/2 tsp. ground cumin
- 3 pounds sweet potatoes, peeled and cut into 1" cubes
- 1 pound carrots, peeled and cut into chunks
- 2 medium pears, peeled and cut into pieces
- 8-10 cups vegetable broth

Yield: Serves 10-12

In a large pot, heat oil. Add onion and cook about 5 minutes until the onions are translucent. Add the spices and stir for 30 seconds. Add the potatoes, carrots, pears, and broth. Bring to a boil and simmer until the potatoes are tender, about 20 minutes. Using an immersion blender, purée the mixture. Serve hot.

This soup freezes well. Reheat slowly to avoid scorching.

## Tomato and Wild Rice Soup

This is a light, vegetarian, quick soup to prepare for either an all-vegetarian meal or to offset a heavy meat meal. The recipe originates with Wendy London of Mrs. London's Bakeshop and Restaurant, Saratoga Springs, New York. You can vary the amount of broth or water to your desired consistency. Don't cook this soup too long, or you will miss out on the fresh herb and tomato taste.

### *Ingredients*

- 5 T. olive oil
- 1 large onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 4 cups crushed tomatoes
- 4 or more cups vegetable broth or chicken stock
- 1/2 cup wild rice
- 1 T. salt
- 1 tsp. black pepper
- pinch sugar
- 2 T. fresh herbs (basil, parsley, tarragon)

Heat oil in large pot. Add onion, carrot and celery. Cook until vegetables are translucent, stirring. Pour in tomatoes, stock and rice. Bring to boil, cover, and reduce heat to a simmer. Add salt, pepper, sugar, and herbs. Stir often, and cook until rice fluffs, about 1.5 hour. Serves 4.

## Traditional Chicken Soup with Matzo Balls

Chicken soup, legendary in many parts of the world as "Jewish Pennicillin," is also as varied as the cooks who prepare it. Even in a single kitchen, the recipe may vary with the season or with the occasion. I add a beef bone when I have one available, or if I am also preparing a turkey, I add the turkey giblets to the chicken soup. Either of these additions gives a much richer broth. When I got married, my husband told me that he hated chicken bones in his soup. I complained about this to my grandmother, Lillian Braude. She quickly replied that she had boned my grandfather's chicken for 40 years and only wished she could have had the opportunity to do it for another 40 years. I've carefully removed all the bones and other debris from the soup (and from many other poultry dishes) for the past 30 years, and I hope to do so for many, many more.

Source: *Many generations of women, most recently my mother, Charlotte Braude Nothmann*

### ***Soup Ingredients***

- 12 cups water
- 1 large, clean soup chicken with gizzard, neck
- 3 stalks of celery, cleaned and cut into 1/2 inch pieces
- 2 onions, halved
- 4 carrots, cleaned and cut into 1/2 inch pieces
- dill
- 1/2 tsp. garlic
- 6 peppercorns
- 2 T salt
- 1/2 tsp. nutmeg
- bunch of fresh parsley or 2 T. dry parsley

### ***Soup method***

In a stainless pot, bring water and remaining ingredients to a boil. Turn down to a simmer, and cook until chicken is tender (2-3 hours). Remove chicken to a cutting board, and bone chicken, discarding the fat, skin, and bones. Return chicken meat to soup. Refrigerate soup. When cool, either discard the congealed fat, or use it for matzo balls. For matzo balls, see below, or prepare Kreplach [page 93] .

### ***Matzo Balls***

After soup has cooled (see above), remove the fat from the top of the soup and mix with 5 beaten eggs, 1/2 tsp. salt, 1/2 tsp. pepper, and enough matzo meal to make a loose dough (about 1 1/2 to 2 cups). Refrigerate this mixture, covered, for at least 2 hours or up to 8 hours. During this time, the loose dough will become firm as the matzo meal absorbs the soup. One hour before serving, heat soup to a boil. Form balls of about 1 inch in diameter, and arrange on a plate until all the dough has been used up. Then gently place all the matzo balls into the soup, cover the pot immediately, and turn down the flame so that the soup is gently simmering. Cook undisturbed for 45 minutes to 1 hour.

Matzo Balls

Yield: 12-15 servings

## Kreplach

Kreplach are the soup dumplings of Ashkenazic Jews. They were originally made from leftover meat but can be equally good from freshly prepared ground beef. The noodle dough is rich and soft and not too difficult to make. These are traditionally served on the day before Yom Kippur (the Day of Atonement) or on Hashanah Rabba (the 7th day of the Festival of Booths) or on Purim (the Feast of Lots).

### *Dough*

- 2 cups all-purpose flour
- 1/2 tsp. salt
- 2 eggs, beaten
- 1/4 cup cold water

Process flour, salt, eggs in food processor with the metal blade. With the machine running, add water. The mixture needs to form a ball. Knead for 30 seconds, adding either more water or more flour to get correct consistency. Wrap dough in plastic while preparing meat.

### *Meat Filling*

- 1 pound ground beef or 1 pound leftover brisket
- 1 onion
- 1 clove garlic
- 1 large egg
- salt and black pepper to taste

If you are using raw meat, cook it with onion and garlic in a frying pan. Otherwise cook onion and garlic in a small amount of oil. Put cooked meat, onion and garlic in food processor and process until just smooth. Add egg, salt, and pepper.

Divide the dough into 2 or 3 parts so that it does not dry out while filling. Roll each portion into a very thin rectangle, and cut into 3-inch squares. On each square, put a tablespoon or so of filling, and close into a triangle, wetting the edges and pressing them tightly. Put finished kreplach on a floured surface to wait. To cook the kreplach, bring a large pot of salted water to a rolling boil. Drop the kreplach into the water, and simmer for 15 minutes. Drain well. Serve in traditional chicken soup. The parboiled kreplach can be frozen or refrigerated before using. If you have more kreplach than will fit in a single layer, separate with oiled paper or foil so they don't stick.

Quantity, about 30 kreplach.

## Fish Dishes

- List of Kosher Fish from the OU [page 95]
- Beijing Salmon [page 107]
- Cashew-Crusted Tuna [page 109]
- Cedar Planked Salmon [page 111]
- Garlic pasta with Tuna Nicoise [page 112]
- Gefilte Fish Loaf [page 13]
- Halibut with Roasted Peppers and Cream [page 113]
- Salmon Patties [page 114]
- Sauteed Fish (Salmon or Sole) [page 115]
- Smoked Fish Potato Salad [page 116]
- Steamed Hunan Salmon with Vegetables [page 117]
- Midwest Summer Halibut [page 118]
- Tuna Steaks, Moroccan Style [page 119]

## Kosher Fish

**Albacore** See: Mackerels  
**Alewife** See: Herrings

**Amberjack** See: Jacks

**Anchovies** (Family Engraulidae). Including: European anchovy (*Engraulis i encrasciolus*), North of California anchovy.

**Angelfishes and butterfly fishes** (Family Chaetodontidae). Including: Angelfishes (*Holacanthus* species, *Pomacanthus* species).

**Atlantic Pomfret or Ray's Bream** (*Brama brama*)

**Ballyhoo** See: Flyingfishes

**Barracudas** (Family Sphyraenidae) Including: Barracudas and kakus (*Sphyraena* species).

**Bass, Sea Basses. Temperate basses, Sunfishes, Drums**

**Bigeyes** (Family Priacanthidae). Including: Bigeyes or aweoweos (*Priacanthus* species).

**Blackfish** See: Carps, Wrasses

**Blacksmith** See: Damsel-fishes

**Blueback** See: Flounders, Herrings, Trouts

**Bluefish or snapper blue** (*Pomatomus saltarix*)

**Bluegill** See: Sunfishes

**Bocaccio** See: Scorpionfishes

**Bombay duck** (*Harpadeon nehereus*)

**Bonefish** (*Albula vulpes*)

**Bonito** See: Cobia, Mackerels

**Bowfin Freshwater dogfish, or grindle** (*Amia calva*)

**Bream** See: Carps, Atlantic pomfret, Porgies

**Brill** See: Flounder

**Buffalo fishes** See: Suckers

**Burbot** See: Codfishes

**Butterfishes** (Family Stromateidae), Including: Butterfish (*Peprilus tracanthus*); Pacific pompano (*Peprilus similimus*); harvestfishes (*Peprilus* species)

**Butterfly fish** See: angelfish

**Cabrilla** See: Sea Basses

**Calico bass** See: Sunfishes

**Capelin** See: Smelts

**Carp and minnows** (Family Cyprinidae), Including: the carp, leather carp, mirror carp (*Cyprinus carpio*); Crucian carp (*Carassius carassius*); Goldfish (*Carassius auratus*); tench (*Tinca tinca*); Splittail (*Pogonichthys macrolepidotus*); Squawfishes (*Ptychocheilus* species); Sacramento backfish or hardhead (*Orthodon microlepidotus*); Freshwater breams (*Abramis* species, *Blicca* species); Roach (*Rutilus rutilus*).

**Carosucker** See: Suckers

**Caviar** (Must be from a kosher fish) See: Trouts and whitefishes (salmon), Lumpsuckers (non kosher), Sturgeons (non kosher).

**Cero** See: Mackerels

**Channel bass** See: Drums Char See: Trouts

**Chilipepper** See: Scorpionfishes

**Chinook salmon** See: Trouts

**Chup** See: Trouts, Sea chubs Cichlids (Family Chichilidae), Including: Tilapias (*Tilapia* species); Mozambique mouthbrooder (*Tilapia mossambica*); Cichlios (*Cichlasoma* species); Rio Grande perch (*Cichlasoma cyanoguttatum*)

**Cigarfish** See: Jacks

**Cisco** See: Trouts

**Coalfish** See: Codfishes

**Cobia, cabio, or black bonito** (*Rachycentron canadum*) Cod, cultus, black, blue, or ling. See: Greenlings, Sablefish

**Codfishes** (Family Gadidae), Including: Cod (*Gadus morhua*), Haddock (*Melanogrammus aegiefinus*); Pacific cod (*Gadus macrocephalus*); Pollock, saithe, or coalfish (*Pollachius virens*); Walleye pollock (*Theragra chalcogramma*); Hakes (*Urophycis* species); Whiting (*Merlangius merlangus*); Blue whiting or poutassou (*Micromesistius poutassou*); Burbot, lawyer, or freshwater ling (*Lota lota*); Tomcods or

frostfishes (*Microgradus* species).

**Coho salmon** See: Trouts

**Corbina or Corvina**, See: Drums

**Cottonwick** See: Grunts

**Crapplie** See: Sunfishes

**Creville** See: Jacks

**Croacker** See: Drums

**Crucian carp** See: Carps

**Cubbyu** See: Drums

**Cunner** See: Wrasses Dab See: Flounders

**Damselfishes** (Family Pomacentridae). Including: Blacksmith (*Chromis punctipinnis*); Garibaldi (*Hypsypops rubicunda*).

**Doctorfish** See: Surgeonfishes

**Dolly Varden** See: Trouts

**Dolphin fishes or mahimahis** (*Coryphaena* species) Not to be confused with the Mammal called Dolphin or Porpoise, which is non kosher.

**Drums and croakers** (Family Sciaenidae), Including: Seatrouts and carvinas (*Cynoscion* species); Weakfish (*Cynoscion nebulosus*); White seabass (*Cynoscion nobillis*); Croakers (*micropogon* species, *Bairdiella* species, *Odontoscion* species); Silver perch (*Bairdiella chrysura*); White or King croaker (*Genyonemus lineatus*); Black croaker (*Cheilodactylus saturnum*); Spotfin croaker (*Roncadorstearnsi*); Yellowfin croaker (*Umbrinaroncador*); **Drums** (*Pogonias* species, *Stellifer* species, *Umbrina* species); Red drum or channel bass (*Sciaenops ocellata*); Freshwater drum (*Aplodinotus grunniens*); Kingfishes or king whittings (*Menticirrhus* species); California corbina (*Menticirrhus undulatus*); spot or Lafayette (*Leiostomus xanthurus*); Queenfish (*Seriphys politus*); Cubbyu or ribbon fish (*Equetus umbrosus*).

**Eulachon** See: Smelts

**Flounders** (Families Bothidae and Pleuronectidae). Including: Flounders (*Paralichthys* species, *Liopsetta* species, *Platichthys* species, etc.); Starry flounder (*Platichthys stellatus*); Summer flounder or fluke (*Paralichthys denatus*); Yellowtail flounder (*Limanda ferrugina*); Winter flounder, lemon sole or blackback (*Pseudopleuronectes americanus*); Halibuts (*Hippoglossus* species); California halibut (*Paralichthys Californicus*); Bigmouth sole (*Hippoglossina stomata*); Butter of scalyfin sole (*Isopsetta isolepis*); "Dover" sole (*Microstomus pacificus*); "English" sole (*Parophrys vetulus*); Fantail sole (*Xystreurus liolepis*); Petrale sole (*Eopsetta jordan*); Rex sole (*Glyptocephalus zichirus*); Rock sole (*Lepidopsetta bilineata*); Sand Sole (*Psettichthys melanostictus*); Slender sole (*Lyopsetta exillis*); Yellowfin sole (*Limanda aspera*);

Pacific turbot (*Pleuronichthys* species); Curlfin turbot or sole (*Pleuronichthys decurrens*); Diamond turbot (*Hypsopsetta guttulata*); Greenland turbot or halibut (*Reinhardtius hippoglossoides*); Sanddabs (*Citharichthys* species); Dabs (*Limanda* species); American plaice (*Hippoglossoides platessoides*); European plaice (*Pleuronectes platessa*); Brill (*Scophthalmus rhomus*). But not including: European turbot (*Scophthalmus maximus* or *Psetta maximus*).

**Fluke** See: Flounders

**Flyingfishes and halfbeaks** (Family Exocoetidae); Flyingfishes (*Cypselurus* species, and others); Ballyhoo or balao (*Hemiramphus* species). Frostfish See: Codfishes

**Gag** See: Sea basses

**Garibaldi** See: Damsel-fishes

**Giant kelpfish** (*Heterostichus rostratus*)

**Gizzard shad** See: Herrings

**Goatfishes or surmulletts** (Family Mullidae). Including: Goatfishes (*Mullus* species, *Pseudupeneus* species); Wekes or goatfishes (*Mulloidichthys* species, *Upeneus* species); Kumu (*Parupeneus* species); Red mullet (*Mullus surmuletus*).

**Gobies** (Family Gobiidae), Including: Bigmouth sleeper or guavina (*Gobiomorus dormitor*); Sirajo goby (*Sicydium plumieri*)

**Goldeye and mooneye** (*Hiodon alosoides* and *Hiodon tergisus*).

**Goldfish** See: Carps

**Grayling** See: Trouts

**Graysby**: See: Sea basses

**Greenlings** (Family Hexagrammidae), Including: Greenlings (*Hexagrammos* species); Kelp greenling or seatrout (*Hexagrammos decagrammus*); Lingcod, cultus or blue cod (*Ophiodon elongatus*); Atkamackerel (*Pleurogrammus monoptyerygius*).

**Grindle** See: Bowfin

**Grouper** See: Sea basses

**Grunion** See: Silversides

**Grunts** (Family Pomadasylidae), Including: Grunts (*Haemulon* species, *Pomadasys* species); Margate (*Haemulon album*); Tomtate (*Haemulon aurolineatum*); Cottonwick (*Haemulon melanurum*); Sailors choice (*Haemulon parral*); Porkfish (*Anisotremus virginicus*); Black margate (*Anisotremus surinamensis*); Sargo (*Anisotremus davidsoni*); Pigfish (*Orthopristis chrysoptera*).

**Guavina** See: Gobies

**Haddock** See: Codfishes

**Hake** See also Codfishes

**Hakes** (Family Merlucciidae), Including: Hakes (Merluccius species); Silver hake or whiting (Merluccius bilinearis); Pacific hake or merluccio (Merluccius productus)

**Halfbeak** See: Flying fish

**Halfmoon** See: Sea chubs

**Halibut** See: Flounders

**Hamlet** See: Sea basses

**Hardhead** See: Carps

**Harvestfish** See: Butterfishes

**Hawkfishes** (Family Cirrhitidae). Including: Hawkfishes (Cirrhitus species).

Herrings (Family Clupeidae), Including: Atlantic and Pacific herring (Clupae harengus subspecies); thread herrings (Opisthonema species); Shads (Alosa species); Shad or glut herring, or blueback (Alosa aestivalis); Hickory shad (Alosa mediocris); Alewife or river herring (Alosa pseudoharengus); Gizzard shads (Dorosoma species); Menhadens or mossbunkers (Brevoortia species); Spanish sardines (Sardineila anchovia); European sardine or pilchard (Sardina pilchardus); Pacific sardine or pilchard (Sardinops sagax); Spart (Sprattus sprattus)

**Hind** See: Sea bass

**Hogchocker** See: Soles

**Hogfish** See: Wrasses

**Horse mackerel** See: Jacks

**Jack Mankerel** See: Jacks

**Jacks and Pompanos** (Family Charangidae) Including: Pompanos, palometas, and permits (Trachionotus species); Amberjacks and yellowtails (Seriola species); California yellowtail (Seriola dorsalls); Scads and cigarfish (Decapterus species, Selar species, Trachurus species); Jack mackerel or horse mackerel (Trachurus symmetricus); Jacks and uluas (Caranx species, Carangoides species); Crevalles (Caranx species); Blue runner (Caranx crysos); Rainbow runner (Elagatis bipinnulata); Moonfishes (Vomer species); Lookdown (Selene vomer); Leatherback or lae Scomberoides sanctipetri); BUT NOT INCLUDING: Leatherjacket (Oligoplites saurus).

**Jacksmelt** See: Silversides

**Jewfish** See: Sea basses.

**John Dory** (*Zeus faber*)

**KelpFish** See: Giant Kelpfish

**Kingfish** See: Drums, mackerels Ladyfish, or tenpounder (*Elops saurus*)

**Lafayette** See: Drums

**Lake Herring** See: Trouts

**Lance or Launce** See: Sand lances

**Largemouth bass** See: Sunfishes

**Lawyer** See: Codfishes

**Leatherback** See: Jacks

**Lingcod** See: Greenlings

**Lizardfishes** (Family Synodontidae)

**Lookdown** See: Jacks

**Mackerel** See also: Jacks

**Mackerels, Atka** See: Greenlings

**Mackerels and tunas** (Family Scombridae), Including: Mackerels (*Scomber* species, *Scomberomorus* species, *Auxis* species); Spanish mackerels, cero, and sierra *Scomberomorus* species); King mackerel or kingfish (*Scomberomorus cavalla*); Bonitos (*Sarda* species); Wahoo (*Acanthocybius solanderi*); tunas (*Thunnus* species, *Euthynnus* species); Skipjack tunas (*Euthynnus* or *Katsuwonus* species); Albacore (*thunnus lalunga*) But not including: Snake mackerels

**Mahimahi** See: Dolphin fishes

**Margate** See: Grunts

**Menhaden** See: Herrings

**Menpachii** See: Squirrelfishes

**Merluccio** See: Hakes

**Milkfish or awa** (*Chanos chanos*)

**Mojarras** (Family Gerreidae) including: Mojarras (*Eucinostomus* species, *Gerres* species, *Diapterus* species)

**Monkeyface prickleback or eel** (*Cebidichthys violaceus*)

**Mooneye** See: Goldeye Moonfish See: Jacks

**Mossbunker** See: Herrings

**Mouthbrooder** See: Cichlids

**Mullet** See: Goatfishes

**Mullets** (Family Mugilidae) including: Mullets and amaamas (*Mugil* species); Uouoa (*Neomyxus chaptalii*); Mountain mullets or dajaos (*agonostomus* species)

**Muskellunge** See: Pikes

**Mutton hamlet** See: Sea basses

**Muttonfish** See: Snappers

**Needlefishes** (Family Beslonidae) Needlefishes or marine gars (*strongylura* species, *Tylosuru* species)

**Opaleye** See: Sea clubs

**Palometa** See: Jacks

**Parrotfishes** (Family Scaridae) including: Parrotfishes and uhus (*Scarus* species, *Slparisoma* species)

**Perch** See also: Temperate basses, Drums, Cichlids, Surfperches, Scorpionfishes; Perches (Family Percidae) including: Yellow perch (*Perca flavescens*); Walleye, pike perch, or yellow or blue pike (*Stizostedion vitreum*); Saugnet (*Stizostedion canadense*)

**Permit** See: Jacks

**Pickerel** See: Pike

**Pigfish** See: Grunts Pike See also: Perches

**Pikes** (Family Esocidae) including; Pike (*esox lucius*); Pickerels (*Esox* species); Muskellunge (*esox masquinongy*)

**Pikeperch** See: Perches

**Pilchard** See Herrings

**Pinfish** See: Porgies

**Plaice** See: Flounders

**Pollock.** See: Codfishes

**Pomfret.** See: Atlantic pomfret

**Pompano** See: Jack, Butterfishes

**Porgies and sea breams** (Family Sparidae). Including: Porgies (Calamus species, Diplodus species, Pagrus species); Scup (Stenotomus chrysops); Pinfish (Lagodon rhomboides); Sheepshead (Archosargus probatocephalus)

**Porkfish** See: Gruntts

**Poutassou** See: Codfishes

**Prickleback** See: Monkeyface prickleback, Rockprickleback (non kosher).

**Queenfish** See: Drums

**Quillback** See: Suckers

**Rabalo** See: Snooks

**Ray's bream** See: Atlantic pomfret

**Red snapper** See: Snappers Redfish See: Scorpionfishes, Wrasses

**Roach** See: Carps Rock bass See: Sunfishes

**Rockhind** See: Sea basses

**Rockfish** See: Scorpionfishes. Temperate basses

**Rosefish** See: Scorpionfishes

**Rudderfish** See: Sea chubs

**Runner** See: Jack

**Sablefish or black cod** (Anoplopoma fimbria)

**Sailors choice** See: Grunts Saithe See: Codfishes

**Salmon** See: Trouts

**Sand lances, launces, or eels** (*Ammodytes* species)

**Sardine** See: Herrings

**Sargo** See: Grunts

**Sauger** See: Perches

**Scad** See: Jacks

**Scamp** See: Sea basses

**Schoolmaster** See: Snappers

**Scorpionfishes** (family Scorpaenidae), Including: Scorpionfishes (*Scorpaena* species); California scorpionfish or sculpin (*Scorpaena guttata*); Nohus (*Scorpaenopsis* species); Redfish, rosefish, or ocean perch (*Sebastes marinus*); rockfishes (*Sebastes* species, *Sebastes* species); Pacific ocean perch (*Sebastes alutus*); Chilipepper (*Sebastes goodel*); Bocaccio (*Sebastes paucipinus*); Shortspine thornyhead or channel rockfish (*Sebastes alascanus*)

**Scup** See: Porgies

**Sea bass** See also: Temperate basses, drums, Sea basses (Family Serranidae) including: Black sea basses (*Centropristis* species); Groupers (*Epinephelus* species, and *Mycteroperca* species); Rockhind (*Epinephelus adscensionis*); Speckled hind (*Epinephelus drummondhayi*); Red hind (*Epinephelus guttatus*); Jewfish (*Epinephelus itajara*); Spotted cabrilla (*Epinephelus analogus*); Gag (*Mycteroperca microlepis*); Scamp (*Mycteroperca phenax*); Graysby (*petrometopon cruentatum*); Mutton hamlet (*Alphistes afer*) Sand bass, kelp bass, and spotted bass (*Paralabrax* species)

**Sea bream** See: Porgies

**Sea chubs** (Family Kyphosidae) including: Bermuda chug or rudderfish (*Kyphosus sectatrix*); Opaleye (*Girella nigrican*); Halfmoon (*Medialuna californiensis*)

**Seaperch** See: Surfperches

**Searobins** (Family Triglidae); Searobins (*Prionotus* species)

**Seatrout** See: Drums, Greenlings, Steelhead

**Shad** See: Herrings

**Sheepshead** See: Porgies, Wrasses Sierra See: Mackerels

**Silversides** (Family Atherinidae) including: Whitebait, spearing, or silversides (*Menidia* species); California grunion (*Leurustes tenuis*); Jacksmelt (*Atherinopsis californiensis*); Topsmelt (*Atherinops affinis*)

**Sirajo goby** See: Gobies

**Skipjack** See Mackerels

**Sleeper** See Gobies

**Smallmouth bass** See Sunfishes

**Smelts** (Family Osmeridae) including: Smelts (*Osmerus* species); Capelin (*Malotus villosus*); Eullachon (*Thaleichthys pacificus*)

**Snapper blue** See: Bluefish

**Snappers** (Family Lutjanidae) including: Snappers (*Lutjanus* species); Schoolmaster (*Lutjanus apodus*); Muttonfish or mutton snapper (*Lutjanus analis*); Red snapper (*Lutjanus campechanus*); Yellowtail snapper (*Ocyurus chrysurus*); Kalikali (*Pristipomoides sieboldi*); Opakapaka (*Pristipomoides microlepis*); Onaga (*Etelis carbunculus*)

**Snooks** (Family Centropomidae) including: Snooks orrabalos (*Centropomus* species)

**Sockeye salmon** See: Trouts

**Sole** See also: Flounders

**Soles** (Family Soleidae), Including: Sole or true sole (*solea solea*); Lined sole (*Achirus lineatus*); Hogchoker (*Trinectes maculatus*).

**Spadefishes** (Family Ephippidae). Including: Spadefishes (*Chaetodipterus* species)

**Spanish mackerel** See: Mackerels

**Spearing** See: Silversides

**Splittail** See: Carps

**Spot** See: Drums

**Sprat** See: Herrings

**Squawfish** See: Carp

**Squirrelfishes** (Family Holocentridae), Including: Squirrelfishes (*Holocentrus* species); Menpachii (*Myripristis* species).

**Steelhead** See: Trouts

**Striped bass** See: Temperate basses

**Suckers** (Family Catostomidae). Including: Buffalo fishes (Ictiobus species); Suckers (Catostomus species, Moxostoma species); Quillbacks or carpsuckers (Carpoides species)

**Sunfishes** (Family Centrarchidae). Including: Freshwater basses (Micropterus species); Largemouth bass (Micropterus salmoides); Smallmouth bass (Micropterus dolomieu); Sunfishes (Lepomis species); Bluegill (Lepomis macrochirus); Warmouth (Lepomis macrochirus); Rock bass or red eye (Ambloplites rupestris); Crappies or calico basses (Pomoxis species)

**Surfperches** (Family Embiotocidae). Including: Surfperches (Amphistichus species, Hyperprosopon species);

**Seaperches** (Embiotoca species, Hypsurus species, Phanerodon species, Rhacochilus species); Blackperch (Embiotoca jacksoni); Pile perch (Rhacochilus vacca); Shiner perch (Cymatogaster aggregata).

**Surgeonfishes** (Family Acanthuridae). Including: Surgeonfishes and tangs (Acanthurus species, Zebrasoma species); Doctorfish (Acanthurus chirurgus); Unicornfishes or kalas (Naso species).

**Tang** See: Surgeonfishes

**Tarpon** (Megalops atlantica)

**Tautog** See: Wrasses

**Temperate basses** (Family Percichthyidae). Including: Striped bass or rockfish (morone saxatilis); Yellow bass (Morone mississippiensis); White bass (Morone chrysops); White perch (Morone americana); Giant California sea bass (Stereolepis gigas)

**Tench** See: Carps

**Tenpounder** See Ladyfish

**Threadfins** (Family polynemidae) including: Blue bobo (Polydactylus approximans); Barbu (Polydactylus virginicus); Moi (Polydactylus sexfilis)

**Tilapia** See: Cichlids

**Tilefishes** (Family Branchiostegidae) including: tilefish (Logholatilus chamaeleonticeps) Ocean whitefish (Caulolatilus princeps)

**Tomcod** See: Codfishes

**Tomtate** See: Grunts

**Toms melt** See: Silversides

**Tripletail** (Lobotes surinamensis) Trouts and whitefishes (Family Salmonidae) including: Atlantic salmon (Salmo salar); Pacific salmon (Oncorhynchus species); Coho or silver salmon; sockeye, blueback or red salmon; chinook, king or spring salmon; pink or humpback salmon; chum, dog or fall salmon, Trouts (Salmo species) Brown trout, rainbow trout or steelhead, cutthroat trout, golden trout, Chars (Salvelinus

species); Lake trout, brook trout, Arctic char, Dolly Varden, Whitefishes and ciscos (*Coregonus* species and *Prosopium* species); Cisco or lake herring (*Coregonus artedii*); chubs (*Coregonus* species); graylings (*Thymallus* species)

**Tuna** See: Mackerels

**Turbot** See Flounder (some non kosher)

**Unicornfish** See: Surgeonfishes

**Wahoo** See: Mackerels

**Walleye** See: Perches

**Walleye pollock** See: Codfishes

**Warmouth** See: Sunfishes

**Weakfishes** See: Drums

**Whitefish** See: Trouts, Tilefishes

**Whiting** See: Codfishes, Hakes, Drums

**Wrasses** (Family Labridae) including: Hogfishes and aawas (*Bodianus* species); Hogfish or capitaine (*Lachnolaimus maximus*); Tautog or blackfish (*Tautoga onitis*); California sheephead or redfish (*Pimelometopon pulchrum*); Cunner, chogset, or bergall (*Tautogolabrus adspersus*)

**Yellowtail** See: Jacks

**Yellowtail snapper** See Snappers

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## Beijing Salmon

When my husband traveled to Beijing on business, he enjoyed the hospitality of Rabbi Shimon and Dini Freundlich at the Chabad House of Beijing. He sampled a tasty salmon dish there, and Dini Freundlich was kind enough to share the approximate (no quantities) recipe with us. It's an easy recipe, equally delicious warm or cool. I serve it to small groups, but at Chabad it is served to groups of 50 or more. I serve it with stir-fried baby bok choy [page 108] .

### *Ingredients*

- 1 very large (or two medium) onions, thinly sliced and sautéed in canola oil until light brown.
- 1 pound salmon filet, skin on and boned
- 1/4 cup soy sauce
- 1 large clove garlic, freshly pressed
- 20 grinds black pepper
- 1 tsp. brown sugar
- 1 tsp. honey

Preheat oven (375° F.).

Sauté the onions and set aside. Put the salmon in an oven-proof dish. Mix the remaining ingredients, spread on the salmon, and bake, uncovered for 25 minutes in the preheated oven.

Serves 2 as a main course or 4 as a first course.

The salmon can be served either warm or cold. If chilling before serving, bring to room temperature, and place the filet on a large serving tray, and baste with any residual cooking juices.

## Stir Fried Baby Bok Choy

This is an easy side dish to serve with fish or meat, particularly with other Asian flavors in the meal. Try it with Beijing Salmon and Rice Salad Sushi Style.

### *Ingredients*

- 1-2 tsp. toasted sesame seeds
- 1 T. canola oil
- 1 tsp. freshly grated ginger
- 1 large clove garlic, freshly pressed
- 12 heads baby bok choy, wash well and trim the stems
- 2 T. soy sauce

Toast the sesame seeds in a large, dry frying pan. Remove to a dish and set aside. Heat the oil in the same pan, and add the ginger and garlic. Stir-fry for 30 seconds. Add the baby bok choy and stir-fry for about 1 minute. Add the soy sauce, mix well, and cover for another 1-2 minutes. Remove from the heat, toss with sesame seeds, and serve.

Serves 6.

## Cashew Crusted Tuna

This tuna has a spicy and crunchy crust with a moist, just done interior. I suggest serving along-side a mixed green salad with fines herbes dressing. Accompany this with a baked potato with butter for a fairly quick but elegant meal.

### *Ingredients*

- 20 ounces tuna, Ahi grade, cut into 10 pieces
- seasoning mixture:
  - 1 tsp. Rosemary
  - 1 tsp. Curry
  - 1 tsp. Paprika
  - 1 tsp. Cayenne
  - 1 tsp. Coriander
  - 1 tsp. Thyme
  - 1 tsp. Cumin
  - 1 tsp. Garlic
  - 1 tsp. Sage
  - 1 tsp. Ginger
  - 1 tsp. Chili Powder
  - 1 tsp. Dry Mustard
  - 1 tsp. Salt
  - 1 tsp. Pepper
- 1/4 cup all-purpose flour
- 1 large egg, beaten
- 1/2 cup ground cashew nuts
- 1/4 cup mustard seed
- 1/2 cup olive oil, for frying
- 2 tablespoon shallots, chopped
- 1 cup heavy cream
- 1 cup well washed watercress, blanched
- juice of one lime

Set up three large dinner plates and two soup bowls. On one large plate, combine the seasoning mixture with flour. Sprinkle the other large plate with a bit of flour. Cover the third large plate with paper towels, and set aside. Put the beaten egg in one soup bowl, and the mustard seed and cashews in the other bowl. Roll the tuna pieces first in the flour mixture. After rolling in the flour, dip the fish into the beaten egg, and then roll in the cashew and mustard seed mix. Place the prepared fish pieces on the second floured plate.

Heat a large frying pan with the olive oil. Pan fry the fish in the hot olive oil until golden in color. Don't overcook, as you want the interior of the tuna to remain just pink. Set aside on the towel-covered clean plate.

## Ingredients

In the same pan, discard excess oil and add shallots. Cook until transparent. Add the heavy cream, and cook until reduced to desired consistency, about 6 minutes. Finish with lime juice chopped watercress and salt and pepper. Serve tuna on top of sauce.

## Cedar Planked Salmon

Cedar planked salmon can be prepared either on the grill, for a nice smokey taste, or in the oven. In either case be sure to pre-soak the cedar plank in water for about 30 minutes, only use the freshest fish and cook it just until the fish is opaque throughout. Please don't overcook. If you are using a smaller piece of salmon, just adjust the amount of other ingredients and use a smaller plank.

### *Ingredients*

- cedar plank, long enough to hold fish
- 3 pound salmon filet, skin on and boned
- 1 T. black peppercorns
- 1/2 tsp. cayenne pepper (optional)
- 1/2 tsp. hot paprika (optional)
- 1/2 tsp. sweet paprika
- 1 tsp. herbs de provence
- 1/2 tsp. sea salt
- 1 freshly minced garlic clove
- 1/4 cup honey
- 1/4 cup rice vinegar or balsamic vinegar, depending on taste

Soak the plank in tap water for about 30 minutes.  
Preheat barbecue or oven (350° F.).

Grind the peppercorns, cayenne pepper, paprikas, herbs, and sea salt in a mortar and pestle. Add garlic, and rub into the salmon flesh. Let this sit, up to 30 minutes, until the plank has been soaked. Mix the honey and either rice vinegar or balsamic vinegar (either is really good), and set aside.

If you are using the oven, put the plank on a cookie sheet or piece of foil, and heat the plank for 5 minutes in the oven. Then, in either case, put the salmon, skin side down, on the plank. Brush the vinegar-honey mixture on the salmon, and place in the oven or on the preheated grill. Cook about 10 minutes. Check for doneness by cutting into the thickest part of the salmon. Cook until the fish is barely opaque all the way through. Please do not overcook. You can serve the salmon on the plank or on a serving tray.

If you use the grill, the plank will be charred, and cannot be re-used. If you use the oven, the plank can be washed and used again 3 or 4 times. If the plank catches fire in the grill, just splash with a bit of water.

The salmon can be served either warm or cold. If chilling before serving, keep the salmon on the plank, wrapped well in foil. Just before serving, place the filet on a large serving tray, and baste with any residual cooking juices.

## Garlic pasta with Tuna Nicoise

There are endless pasta dishes, and almost endless pasta and tuna dishes, but this one is particularly delicious and moist. Please use only fresh high-quality tuna, and don't overcook the tuna. You can vary the amount of hot pepper to match your taste, but I always serve it with extra hot pepper on the side. Accompany this dish with a loaf of crusty bread, either sour dough or French and a mixed green salad.

### Ingredients

- roasted garlic linguine or fettucine, 1 pound
- 3 T. extra virgin olive oil
- 1 pound fresh tuna with skin left on
- freshly ground black pepper
- 1 small onion, peeled and thinly sliced
- 8 anchovies packed in olive oil
- 1/2 tsp. dried hot red pepper flakes
- 2 bay leaves
- 2 tsp. minced garlic
- 1 cup dry red wine
- 2-14.5 ounce cans diced tomatoes
- 4 ounce can of tomato paste
- 3/4 cup calamata black olives, pitted and halved
- 2 T. chopped fresh or 1 T. dried parsley

Bring 6 quarts of water to boil, and add 2 T. salt.

In a large sauté pan, heat oil over medium heat and sear tuna well on both sides (about 3 minutes per side), sprinkling with black pepper. Remove tuna to a plate, discard the skin, and cut into 1/2" by 1/2" pieces. Add onion, anchovies, and red pepper flakes to oil, and stir until anchovies and onion slices are soft. Add garlic and bay leaves and cook, stirring for 30 seconds. Add wine and bring to a simmer. Stir in canned tomatoes and tomato paste. Add olives and tuna and stir until well mixed. Bring just to a boil, and immediately cover, and remove from the heat. At this point, put the pasta in to boil. Cook until just *al dente*. Drain the pasta, check the sauce for pepper and salt. Add the pasta to the sauté pan and quickly toss. Serve immediately.

## Halibut with Roasted Peppers and Cream

This recipe is based on a recipe from Rick Bayless, and Deann Broen Bayless, *Authentic Mexican Regional Cooking from the Heart of Mexico*, Morrow, 1987. It's a wonderful combination of the hot peppers, smooth cream, and firm flesh of the halibut. Be sure to only use the freshest fish and to cook it only until it flakes. Never overcook fish.

### ***Ingredients***

- 1.5 pound halibut filets
- freshly squeezed lime juice
- 2 T. olive oil
- 1 small onion, sliced
- 2 cloves garlic, peeled and minced
- 1-2 large pablano chiles, roasted, peeled, seeded, and sliced
- 1 1/4 cups heavy cream
- 1/3 cup flour
- 1 T. butter

Sprinkle fish with lime, cover, and refrigerate for 1 hour. Heat 1 T. oil in a saucepan, add onion, and cook until brown. Add garlic and chili, and cook 2 minutes. Stir in cream, and simmer for a few moments. Dredge the fish with flour. Heat butter and remaining oil in a large skillet. Fry fish for about 2 minutes per side (or until flesh just flakes--don't overcook). It's better to slightly undercook the fish, turn off the skillet, cover, and let sit for a few minutes while preparing sauce, rather than overcooking the fish. Serve fish, napped in sauce. This dish goes well with pita, other soft breads, and the Potato, Corn, and Cherry Tomato Salad with Basil Dressing.

## Salmon Patties

Salmon patties are one of childhood's comfort foods. Even kids who claim to hate fish usually will eat many canned tuna and salmon dishes. Salmon patties have the advantage of including the bones and nutrients of the entire fish. Adults are also satisfied with salmon patties as long as the flavoring is carefully adjusted and they are served with interesting side dishes.

### *Ingredients*

- 1 small onion
- 2 cans red salmon (16 ounces each), or you can use 3-4 cups cooked fresh salmon
- 2 large eggs
- 1 cup good bread crumbs (or matzo meal for Passover)
- 1-2 tsp. lemon juice
- 1/2-1 1/2 tsp. freshly ground black pepper
- 1/2 tsp. dried dill or 2 sprigs fresh dill
- 3/4 tsp. paprika
- 3 sprigs fresh parsley
- canola or olive oil

Peel onion and coarsely chop in food processor with steel blade. Drain salmon, and add to food processor (including bones, skin, etc.). Pulse three or four times. Add eggs, 1/2 cup bread crumbs, lemon juice, pepper, dill, paprika and parsley. Pulse until you have a uniform mixture, but do not over-process. Put the remaining bread crumbs on a plate, and heat the oil in a large frying pan while you are preparing the patties. Form the mixture into patties (3 inches in diameter and about 1/2 inch thick). Coat the patties with the bread crumbs, and put into the hot oil to brown. Brown on each side for about 4 minutes per side. Serve hot or cold with a good tartar sauce or mustard sauce.

## Sautéed Fish in Butter

Few main dishes can compete with fresh, beautifully prepared fish for taste, simplicity, health, and elegance. When our daughters were very young, my husband and I started a tradition of having a meal alone once a week or once every two weeks. Because there are no kosher restaurants within 150 miles of our home, we wanted to make this like a "night out" but in our own home. The best way I could think of implementing the plan was to plan meals that would feel and taste elegant but not take hours of preparation and cleanup. We put the girls in bed, set an elegant table with candlelight, and proceeded to open a good bottle of wine, heat some excellent bread, and quickly sauté a fresh piece of fish. To complete the meal, I added some young asparagus or broccoli, a small salad, and a simple chocolate dessert.

### *Ingredients*

- 1 pound salmon, dover sole, sand dabs, or other firm fish
- 2 T. olive oil
- 1 T. butter
- 1/3 cup flour
- 1/2 tsp. paprika
- 1/2 tsp. garlic, minced

This works very well with any firm fish, cut about 1/2 inch thick, with or without skin and bones. The idea is to cook the fish to perfect doneness without overcooking and without losing the moisture. If the fish is very different in thickness, adjust the timing overall. Use the "Canadian" timing method of about 10 minutes direct heat cooking time per inch of fish.

Wash fish well, and pat dry. Dredge with a mixture of flour, paprika, and garlic. Heat the olive oil and butter in a large heavy skillet at medium high heat. When the butter foams with a speck of flour added, carefully lay the fish in the skillet. Sauté the fish on one side until crispy and brown. Turn the fish, cook for 1 minute and cover the skillet. Remove the skillet from the heat. The residual heat in the pan will cook the other side of the fish in about 5 minutes. Check the fish for doneness (see that it flakes with a fork) before removing from pan.

## Smoked Fish and Potato Salad

Smoked whitefish is usually served as one of several types of smoked fish with assorted cheeses and vegetables. This salad is an unusual variation, combining some of the common vegetable garnishes, the whitefish, and a tangy dressing. As part of a brunch or luncheon buffet, this salad can be accompanied by bagels, rye bread, onion rolls, smoked salmon, assorted hot and cold vegetables, and a hot or cold pasta dish. As part of a simple supper, this salad simply needs to be served on a bed of lettuce with good bread, and some fresh seasonal fruit.

### ***Ingredients:***

- 1 1/2 pounds smoked whitefish, skinned, boned, and flaked
- 2 cups peeled, sliced cooked potatoes
- 1 cup thinly sliced, peeled cucumber
- 1/2 cup sliced ripe olives or Calamata olives
- 1/4 cup thinly sliced carrot
- 1/4 cup finely chopped onion
- 2 T. freshly chopped parsley
- 1/2 cup mayonnaise
- 1 T. prepared mustard, either Dijon or American
- 1 tsp. lime or lemon juice
- 1 tsp. wine vinegar
- 1/2 tsp. salt
- pepper to taste

Combine the fish and vegetables in a large bowl. Mix the parsley, mayonnaise, mustard, lime or lemon juice, vinegar and seasonings. Blend thoroughly, and add the dressing to the fish and potato mixture. Toss lightly. Serve chilled with lettuce and tomatoes. Serves 4-6.

## Steamed Hunan Salmon with Black Beans and Carrots

I submitted this recipe and won first prize in the first JUF News and La Misada restaurant contest in Chicago, IL, April 1992. It's an Asian style steamed salmon with crisp carrots and salty black beans.

### *Ingredients*

- 1 1/2 pound salmon filets or steaks
- 5 dried black mushrooms
- 1/4 tsp. sesame oil
- 3 tsp. Chinese black beans (salted but not seasoned with 5-spice powder)
- 1 T. Japanese or Chinese rice wine or kosher sherry
- 1 tsp. sesame oil
- 1 T. minced garlic
- 2 T. shredded fresh ginger
- 1/4 tsp red chili flakes
- 3 scallions, cut into 2" julienne pieces
- Carrots
  - 4 carrots, julienned
  - 2 T. canola oil
  - 2 T. rice wine or kosher sherry
  - 2 T. dark soy sauce
  - 1 T. granulated sugar
  - 1/4 tsp. red chili flakes

Soak dried mushrooms in warm water for 45 minutes. Clean carefully, and discard stems; slice thinly. Rinse the salmon, and dry it carefully. Put the salmon in a sesame oil-coated dish (this dish needs to fit into a fish steamer or pot that will be used as a steamer). Prepare a marinade of chopped black beans, sesame oil, wine, garlic, ginger, and red pepper flakes. Let the marinade sit for 20 minutes. Spread this on one side of the fish. Bring the water in the steamer to a boil, put in the plate of fish, add mushrooms and scallions to the fish, and cover tightly. Steam for 10 minutes. Do not overcook. Serve with hot rice garnished with the carrots below:

Cut the carrots into thin julienne pieces, 2" long. Heat a frying pan to stir-fry temperature, add oil, and stir fry the carrots for 1-2 minutes. Add wine, soy, and sugar. Continue to stir until the liquid is gone. Sprinkle with pepper flakes.

## Midwest Summer Halibut

Pair the bounty of the summer farmer's market with fresh halibut to give a light and colorful summer meal. All you need with this dish is a loaf of crusty bread and a glass of white wine.

### *Ingredients*

- Sweet Corn and Summer Squash
  - 10 ears of very fresh sweet corn
  - 1/3 cup water
  - 4-6 small summer squash, a mixture of yellow and green
  - 1 T. canola oil
  - salt, pepper to taste
- Halibut with Fresh Herbed Tomatoes
  - 28 ounces fresh halibut steaks or filets
  - 1 T. canola oil
  - 1 T. butter
  - 1/2 tsp. salt
  - 1/2 tsp. ground black pepper
  - 3 large ripe tomatoes, diced with the peel on
  - 1/4 cup chopped fresh parsley
  - 1/4 cup chopped fresh chives

Remove the husks and silk from the corn. With a cheese grater, grate the kernels from 5 ears of corn into a small sauce pan. With a paring knife, cut the kernels from the other 5 ears of corn into a microwave-proof bowl. Add the water to the kernels, cover with plastic wrap, and microwave for 2-4 minutes until just tender. Bring the water and grated corn to a slow boil in the sauce pan, and simmer for 5 minutes. Be careful that the corn does not dry out. Remove from the heat immediately if the mixture becomes dry. Combine the microwaved and simmered corn, and season with salt and pepper.

Slice the summer squash lengthwise to give thin, long strips. Heat the canola oil in a small frying pan, and sauté the squash until just tender. Sprinkle with salt and pepper and put aside until the fish is ready.

Rinse the fish and dry with paper towels. Heat the oil and butter in a large frying pan. Sauté the fish, 2-3 minutes on each side. Sprinkle the fish with the salt and pepper and gently slide it to one side of the frying pan, and add the diced tomatoes and herbs. Remove from the heat, and stir the tomatoes so that all sides have been slightly cooked.

On each dinner plate, arrange a bed of corn surrounded with slices of squash. On top of the corn, place a piece of halibut, and garnish the halibut with the tomato and herb mixture. Drizzle the entire dish with the remaining sauce in the fish pan.

Serves 4.

## Tuna Steaks, Moroccan Style

This broiled tuna is generously spiced with a mixture of traditional Moroccan spices, served on a bed of couscous. Accompany the fish with a cucumber and tomato salad and serve with fresh pita.

### *Ingredients*

- 1 tsp. paprika
- 1 tsp. cumin
- 1 tsp. turmeric
- 1/2 tsp. ginger
- 1/8 tsp. cinnamon
- 1/4 tsp. or more red pepper flakes
- salt and pepper to taste
- 4 tuna steaks, each about 5 ounces, with or without the bone
- 1 T. fresh lemon juice
- 2 T. olive oil
- 2 T. melted butter

Combine spices, and blend. Rub each steak with spice mixture. Sprinkle with lemon and oil. Cover with plastic, and let stand until ready to cook, about 15-30 minutes. Either broil (4 minutes per side) or pan fry with no additional fat, about 3-4 minutes per side. Place on warm plates, brush with melted butter. Serve on a bed of couscous, and pour any pan juices over the fish.

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## Abba's Chicken

Abba is the Hebrew word for father. My daughters always refer to this chicken recipe as *Abba's Chicken* because my husband really doesn't like chicken, but enjoys it if it is well seasoned and thoroughly cooked without being dry. I started making this chicken with what I called *Scarborough Affair* spices: parsley, sage, rosemary, and thyme, but soon decided that herbes de Provence included a more interesting collection of herbs. Each vendor has its own proportion of herbs for herbes de Provence, but the most common compounding is of equal amounts of oregano leaves, savory leaves, thyme leaves, 2/3 the amount of lavender flowers, and 1/6 the amount of basil leaves, rosemary leaves, and sage leaves. When possible, I add some sprigs of fresh rosemary.

### Ingredients

- one large, clean, roasting chicken (about 4 pounds)
- 3 very large onions, quartered
- 5 medium russet potatoes, peeled and quartered
- 1 tsp. ginger
- 2 tsp. chopped or minced garlic
- 1 1/2 tsp. paprika
- 1 tsp. herbes de Provence
- several sprigs of fresh rosemary

Make a bed of onions and potatoes on the bottom of a roasting pan, just large enough to hold the ingredients. If the pan is too large, the juices will dry and the flavor will not be intense. Rub the inside of the chicken with ginger and half of the garlic. Rub the outside of the chicken with paprika. Place the chicken, breast up, on the bed of vegetables; sprinkle with the remaining garlic and herbs. Tuck fresh rosemary under the wings and legs of the chicken and under the edges of the vegetables.

Roast at 375°F. for about 1.5 to 2.0 hours, just until the leg begins to move freely. Past this point the breasts will be too dry. Carve the chicken into breast slices, legs, and thigh joints. Surround the chicken with the potatoes and onions, and pour the defatted pan juices over the entire dish.

### Chicken Pot Pie from Roasted Chicken

My family loves chicken pot pie made from roasted chicken. In fact they enjoy the pot pie more than the original chicken, so I often roast an extra chicken for just this purpose. It's not a dietetic dish, but occasionally it's worth the calories.

### Ingredients

- 3-4 cups leftover roasted chicken removed from the bones, skin removed
- drippings, onions, and potatoes from the chicken roasting pan
- additional onions, peeled and sliced
- 1-2 cups fresh mushrooms (portabello or shitake are best) or 3 ounces dried
- 3/4 cup sliced carrots

- 1/2 cup frozen peas
- 3 T. all-purpose flour
- 2 cups warm chicken broth
- 1/2 tsp. paprika
- 1/2 tsp. pepper
- 1 1/2 cup all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. baking powder
- 10 T. solid vegetable shortening
- 5 T. ice water

Preheat oven to 375°F.

2 quart baking dish

Remove the skin and bones from the chicken, and cut the chicken meat into small bite-sized pieces. Remove the juices, onions, potatoes, and any fat remaining in the roasting pan, putting the fat into a small saucepan, and cutting the onions and potatoes into bite-sized pieces. Slice enough additional onions so that you will end up with 3/4 cup of onions. Warm the chicken fat over medium high heat, and cook the raw onion until brown. Remove the onion to add to the roasted onions and potatoes. Either soak the dried mushrooms to reconstitute or clean the fresh mushrooms. Remove any tough stems, cut into bite-sized pieces, and sauté briefly in the oil. Remove to a plate. Put the carrots and peas in a microwave proof bowl, and cook in the microwave on high for 2-3 minutes until just tender. Heat the oil again, add the 3 T. flour, and stir with a whisk for 1 minute. Slowly add the warm chicken broth, and continue to cook and stir until just thickened. Add the spices, and taste for seasoning. Put all the chicken and vegetables together in a bowl and add the thickened gravy. Stir to mix, and taste to correct the seasonings.

Put the flour, salt, and baking powder into a large bowl or the work bowl of a food processor fitted with the steel blade. Either cut in the shortening by hand, or pulse to cut in the food processor. Add the ice water and mix until a ball of dough is formed. Roll out the dough to a circle just larger than the top of your baking dish. Put the chicken mixture into the baking dish. Cover with the dough. Pinch the edges of the dough to stick to the top of the baking dish and form a nice edge. Cut a small steam hole in the top of the pastry. Bake at 375°F. for 30 minutes.

## Adafina

Adafina is one of many warm, overnight dishes (hamim) prepared for the Jewish sabbath. Jews are prohibited from cooking on the sabbath, but, on the other hand have an obligation to enhance the joy and festivity of the sabbath with warm, abundant food. They have learned to fulfill these potentially conflicting obligations by devising dishes which can slowly cook overnight from Friday afternoon until Saturday noon, when the family returns from synagogue to enjoy sabbath lunch. In the days before each family had adequate cooking facilities at home, such warm dishes were put into a communal bakery oven. Today, each family has a special warming tray or crockpot in their home to prepare such dishes. Each group of Jews has its own special formulation for the sabbath, such as cholent, tzimmes, t'fina, adafina, etc. Generally these include meat or chicken with such starches as potatoes, rice, barley and beans. This particular overnight dish is meant for Passover and uses matzo instead of beans or barley.

### *Ingredients*

- 4.5 pounds first-cut brisket
- 2 medium onions, peeled
- 2 T. salt
- 1 tsp. black pepper
- 5 medium potatoes, peeled
- 5 sweet potatoes, peeled and halved
- 3 large carrots, peeled and cut into 2 inch pieces
- 1/2 tsp. ground saffron (optional, some consider this kitnyot)
- 3 T. honey
- 6 matzas
- other seasonings to your taste

Put brisket in a very large pot. Add water to cover and bring to a boil. Lower heat; cook 15 minutes. Skim fat. Add everything besides matzas. Bring to an even simmer. Just before the sabbath begins, check the liquid level (it should be 1 inch above the solid ingredients), add matzas, and cover securely. Serve on Saturday noon with the soup part first, then the meat and vegetables following on a large serving platter. Adafina needs only some matzo, a green salad and a compote for dessert for a filling and delicious Passover sabbath meal.

## Atlanta Brisket

We were introduced to this recipe in a televised episode about American Jewish Cooking with Joan Nathan. The name comes from the official beverage of Atlanta, Georgia: Coca Cola. This is delicious and can even be made for Passover with kosher for Passover Coke, chili sauce, and onion soup.

### ***Ingredients:***

- 4-5 pounds first cut brisket
- 1 12 ounce can of Coca Cola
- 1 12 ounce bottle of Heinz Chili Sauce (use a kosher for Passover brand for Passover)
- 1 envelope (about 1 ounce) onion soup mix

Yield: Main dish for 10 people

Preheat oven to 325°F.

Put brisket in a large, heavy roasting pan. Pour the coke, chili sauce, and onion soup mix on the brisket. Cover well with aluminum foil, and seal well. Place in the preheated oven and bake for 4 hours or until quite tender.

## Beef and Broccoli on a Bird's Nest

This stir-fried dish is served in a nest made from fried bean threads. Don't hesitate to try it - it's not very difficult, but it tends to be messy, so organize your cooking area, and clean the splashed oil as quickly as possible. It's well worth the extra trouble. I like to serve this with a Vegetarian Spring Roll appetizer and some fresh oranges and banana slices for dessert.

### ***Ingredients (Beef in Marinade)***

- 4 T. soy sauce
- 1/2 tsp. sugar
- 2.5 tsp. cornstarch
- 2 tsp. corn or peanut oil
- 1 pound lean, high-quality beef, sliced very, very, thinly

### **Ingredients (Broccoli, Nest, and Stir-fry)**

- 1 ounce bean threads
- 3-4 cups fresh canola oil
- 1 1/2 pounds broccoli or broccolini
- additional stir-frying oil
- 1 tsp. coarse kosher salt
- 1/2 tsp. sugar
- 1 T. Chinese rice wine
- 3 T. water
- 1-2 tsp. finely minced fresh ginger
- 1/8-1/4 dried red chili flakes
- 2 T. water

### **Preparation**

Mix the beef marinade ingredients and slice the beef. Stir together and put in the refrigerator several hours or up to a day or if you are in a hurry, leave 1 hour at room temperature. I use either a very sharp chef's knife to slice the beef, or I use the food processor fitted with the 3 mm. slicing blade (be sure the beef is nearly frozen). Cut the noodles into 3-4 inch pieces by putting them into a paper bag and cutting them with a sharp kitchen shears. Fry the noodle nest by heating 3-4 cups oil in a deep pot or wok, adding the bean thread pieces all at once. They will immediately explode into a white "nest." Turn the nest over in the oil to briefly cook the second side. Remove immediately and drain on paper towels. Cut the broccoli flowerets in half. Peel the broccoli stems and slice thinly.

### **Stir-frying**

Loosen beef slices in marinade. Prepare a serving platter (choose pleasing colors, and arrange the noodle nest in the middle). Heat a wok until hot enough to evaporate a bead of water. Add 3 T. oil; coat pan. Stir-fry broccoli for 30 seconds. Sprinkle with salt and sugar, toss to coat. Sprinkle wine in pan, wait a second or two, and add water. Stir to coat, raise the heat to simmer, cover pan, and cook 3-4 minutes. Raise heat to evaporate water, and remove broccoli to bowl to keep warm. Wipe the wok clean. Return the

wok to high heat. Add 3 T. oil, and heat until hot enough to sizzle one speck of ginger. Add ginger and chili, and cook 10 seconds. Add beef, toss quickly. When beef is nearly done, add water, stir, and remove from heat.

### **Serving**

Distribute broccoli on nest, arranging flowerets to face outwards. Mound beef in center of broccoli. Leftover beef and broccoli are good, but discard leftover noodles. Serves 4.

## Beef Stew

Beef stew is a great dish to prepare in a kosher kitchen. Almost all ingredients in traditional beef stews are kosher, and the beef for stew is usually chuck, an easily available kosher cut of meat. In addition, the long cooking time and sturdy nature of the dish make beef stew adaptable to keeping it warm on the sabbath. This stew can be modified for the particular preferences in your family by varying the type and proportions of the various vegetables. I serve it with rice and wild rice casserole, a fresh green salad, and challah or french bread.

### *Ingredients*

- 3 pounds beef chuck, cut into 1 inch cubes
- 1 tsp. ground black pepper
- 3-4 T. canola oil
- 2 medium onions, chopped coarsely (2 cups)
- 3 garlic cloves, minced
- 3 T. all-purpose flour
- 2 cups dry red wine (Cabernet Sauvignon or Chianti both work well)
- 1 cup chicken or beef stock
- 2 bay leaves
- 1 tsp. dried thyme
- 2 cups fresh pearl onions, peeled
- 1/2 pound small portabello or brown mushrooms, cleaned
- 1 cup sliced carrots
- 1 cup frozen peas
- 1/4 cup minced fresh parsley leaves

Heat oven to 200°F. Place beef in large bowl. Sprinkle pepper; toss to coat. Heat 2 T. oil over medium-high heat in a large stew pot; add the beef in batches without crowding. Brown the meat on all sides, about 5 minutes per batch, adding 1 T. of oil if needed. Remove the meat and set aside. Add onions; sauté until almost soft. Reduce heat to medium, and add garlic; continue to sauté about 30 seconds longer. Stir in the flour; cook until lightly colored, 1-2 minutes. While stirring, add the wine, scrape any brown bits that have stuck to the pot. Slowly add the stock, bay leaves, and thyme; bring to a simmer. Add the meat; return to simmer. Cover and place in the oven for 3-4 hours. Sauté pearl onions in 1 T. oil until brown. Add mushrooms and carrots, and simmer until just barely tender. Let sit until the beef is tender. Remove beef from oven, add pearl onions, carrots, mushrooms, peas, and allow to stand 5 minutes. Stir in parsley.

The timing of this dish depends on the quality of the beef. It's important to cook it slowly in the oven until fork tender. Don't serve it undercooked.

## Boeuf Bourguignon

This is another hearty beef stew, in the French style that I adapted from Craig Claiborne, *The New York Times Cookbook*, 1961.

### **Ingredients**

- 5 pounds cubed chuck
- flour
- 15 T. olive oil
- salt and pepper
- 1/4 cup cognac
- 3 cloves garlic, coarsely chopped
- 2 carrots, coarsely chopped
- 2 leeks, coarsely chopped
- 3 cups coarsely chopped onions
- chopped parsley
- 1 bay leaf
- 1 tsp. thyme
- 1 bottle Burgundy wine
- 36 small whole white onions, peeled
- sugar
- 36 mushrooms
- juice of half a lemon

Roll the beef cubes in flour, and brown them on all sides in a skillet over high heat in four tablespoons olive oil. Sprinkle the meat with salt and pepper, pour the cognac over it, and ignite. When the flame dies, transfer meat to a 3-quart casserole. Preheat oven to 350° F. In the skillet, add 3 T. olive oil, garlic, carrots, leeks, chopped onions, and 2 T. parsley. Cook until vegetables are lightly browned. Transfer to the casserole with the meat, and add the bay leaf, thyme, Burgundy, and enough water to barely cover the meat. Cover, and bake for 1.5 hours. Prepare a *beurre manié* by blending one T. each oil and flour and stir into the casserole bit by bit. Return the casserole to the oven and continue cooking 3 hours. Brown the onions in 2 T. oil with a dash of sugar. Add a little water, cover, and cook until the onions are tender. Sauté the mushrooms in 2 T. oil until lightly brown. Sprinkle with lemon and brown a bit more. To serve, add onions to casserole and garnish with mushrooms and remaining parsley.

## Brisket au Poivre Vert

Brisket is often the main dish for holidays and special occasions in Eastern-European Jewish homes. Typically it is cooked until quite tender with onions, vegetables, and potatoes, seasoned with salt, paprika, and pepper. This recipe is a more interesting variation with green peppercorns. Green peppercorns are available in brine, freeze-dried, or in vinegar. They have a sharp but very pleasant flavor and paired with the green peppers, help create a special treat from this sometimes bland dish.

### *Ingredients*

- 2 onions, finely chopped
- 2 green pepper, chopped
- 1 small carrot, chopped finely
- 4-5 pound first cut brisket
- 2 tsp. paprika
- 2 T. green peppercorns in brine
- 10 small potatoes, peeled
- 4 large carrots, peeled and cut into 2 inch pieces
- 2 cloves garlic, minced
- 1 tsp. black pepper

Preheat oven to 325°.

Chop the onions and green peppers. Put half of these vegetables with the finely chopped small carrot on the bottom of large roasting pan. Rub the brisket with paprika. Place the brisket over the onion/pepper/carrot mixture; cover with remaining onion and green pepper. Add the peppercorns and spices on top of the brisket. Put the carrots and potatoes around the brisket. Cover the pan with two heavy layers of foil, sealing securely. Bake for 4-5 hours until the meat is very tender.

Serve the brisket in thin slices on a large platter, surrounded by the carrots and potatoes. Put a small amount of the cooked green peppers and onions and peppercorns on top of the brisket, and serve the remainder with the pan juices in a gravy bowl.

This is a hearty but elegant main course. It can stand alone with a green salad, but goes very well with a rice or noodle side dish to absorb some of the delicious gravy. I suggest broccoli and rice, white and wild rice, or a noodle kugel.

## Caribbean Meat Pie

Here is an interesting kosher for Passover recipe, adapted from one which Joan Nathan adapted from Nancy Tuchman Joseph. I originally saw it in the *New York Times* in April, 2003.

### ***Ingredients:***

- 6 large ripe plantains
- olive oil for frying
- 2 large onions
- 1 sweet green pepper
- 3 cloves minced garlic
- 3 T. olive oil
- 2 pounds lean ground beef
- 1/2 cup sliced, pitted green olives
- 1/4 cup dark raisins
- 2 cups tomato puree
- 3/4 cup red wine
- salt, hot pepper flakes, and freshly ground black pepper to taste
- 3 large eggs.

Yield: 15 servings

Preheat oven to 350°F. Peel plantains, slice into 4-5 slices, lengthwise. Heat 1/4 inch oil, and fry as many slices as can fit in pan at once. Fry until golden, drain well on paper towels. Repeat with remaining slices.

Chop onions and green pepper into 1/2 inch pieces. Saute vegetables until tender in a bit of oil. Add garlic and stir-fry for 1 minute. Add ground beef and cook over medium-high heat until meat loses its red color, breaking it up and mashing with a potato masher so mixture is as fine as possible.

Reduce heat to low and add olives, raisins, tomato puree, wine, and salt, hot pepper flakes, and pepper to taste. Simmer 15 minutes, stirring occasionally.

Beat eggs in a small bowl.

Assemble pie in a 9 by 13 foil pan by arranging a layer of plantain slices, meat mixture, and remaining plantain. Slices should touch each other but not overlap. Pour beaten eggs on top, and spread over plantains. Bake 30-40 minutes until top is golden brown.

## Chicken Cacciatora

This is one of the dishes I served to company when I was first married. My chicken cacciatora differs from most because I skin and bone the chicken before serving so that you don't need to contend with any debris in the delicious sauce. Thirty years ago I used to serve this with green beans almondine and white rice, but today I serve an artichoke first course, crusty bread and a small amount of rice with the chicken, and follow it with a crisp green salad.

### *Ingredients*

- 3 T. olive oil
- a 2-3 pound frying chicken cut into 4 or 6 parts
- 1 cup all-purpose flour
- pepper
- 2/3 cup dry red wine
- 1/2 cup thinly sliced onion
- 1 green pepper, cut into thin strips
- 1/2 pound sliced mushrooms
- 1/2 cup thinly sliced carrots
- 1 clove garlic, chopped
- 2/3 cup crushed Italian tomatoes

Heat oil in a large skillet. Put the flour, and pepper in a bag with the chicken, and shake to coat the chicken. Brown the chicken on all sides in the oil. Transfer the chicken to a warm plate. Remove most of the oil from the pan. Deglaze at high heat with the wine, lower the heat to medium, and add the onion. Cook with stirring for about 5 minutes. Add the chicken, pepper, carrots, mushrooms, garlic, and tomatoes. Cover and simmer for about 30 minutes. Remove the chicken pieces as they are done, and put them on a cutting board. Skin and bone the chicken, discard the debris. Slice the chicken into bite sized pieces. If the sauce seems thin, heat the sauce slowly to reduce it before returning the chicken to the pan. Add salt and pepper to taste.

## Chicken Piccata

This is an easy, adaptable chicken breast recipe. It's good for a fast, lovely main course, but it's also great at Passover.

### ***Ingredients:***

- 2 large lemons
- 4 boneless, skinless chicken breasts (about 1 1/2 pounds), cut in half, rinsed, and dried
- salt, ground black pepper, granulated roasted garlic
- 1/2 cup all-purpose flour (or cake meal for Passover)
- 4 T. olive oil
- 1 tsp. dried shallots
- 1 cup good white wine
- 2 T. drained small capers (omit for Passover)
- 2 T. minced fresh parsley
- 1/2 cup pitted, slices calamata olives (optional)
- 2 ounces diced beef frye (beef bacon) (optional, instead of the calamata olives)

Preheat oven to 200°F.

Put a large, heat-proof serving dish in the preheated oven.

Cut the lemons in half. Slice one half-lemon into very thin slices for decoration. Juice the remaining 3 lemon halves. Sprinkle the breasts with salt, pepper, and granulated garlic. Coat with flour or cake meal. Heat a heavy skillet over medium-high heat until hot. Add 2 T. oil and sauté half the cutlets, about 3 minutes per side. Remove the breasts to the serving plate in the oven. Add remaining oil to hot skillet and sauté remaining cutlets. Remove these also to the serving dish. Add shallots (and diced beef frye, optional) to pan. If you are using the beef frye, sauté until crispy and remove from the pan to add back with lemon juice. Add wine and reduce to about 1/3 cup. Add lemon juice, capers, and olives (optional; don't combine with beef frye) or crisped beef frye. Pour over chicken and sprinkle with parsley.

Serves 4.

## Chili Con Carne

On a cold winter night, chili, some crackers, a salad, and a cold beer are all you need to beat the snow and ice. This chili is moderately spicy, but I don't hesitate to double the crushed hot chili pepper or to serve extra hot chili pepper on the side for those with a penchant for spicy food. If you make a large pot of chili, freeze the leftovers in single-serving microwave-proof containers for the kids to heat up as a hearty after school snack.

### *Ingredients*

- 2 pounds lean ground beef
- 4 large onions, finely chopped
- 2 bay leaves
- 4 cloves garlic, crushed or minced
- 2 tsp. ground cumin
- 1 tsp. dried oregano leaves
- 1 tsp. cayenne
- 4 T. chili powder
- 28 ounces crushed tomatoes
- 16 ounces tomato sauce
- 2 pounds canned kidney beans or 4 cups, soaked beans
- 2 tsp. salt, or to taste
- 3 T. vinegar
- 1/2 tsp. or more crushed hot chili peppers

Heat oil in a large, sturdy pot. Brown beef, and drain extra fat. Add onions, and brown slightly. Add bay leaves, garlic, cumin, oregano, cayenne, and chili powder. Stir in tomatoes and sauce. Add beans and remaining ingredients. Stir often, and cook slowly for several hours. Add additional water if sauce thickens too much. Serve with soda crackers.

## Ruth's Cholent

Cholent is comfort food for the Jewish sabbath. It is a long-cooking meat and bean dish that was designed to accommodate the proscription against cooking on the sabbath. Consequently, cholent is begun on Friday afternoon, partially cooked and then put on a *blech* (a specially designed burner cover or warming tray that follows the religious restrictions and allows for food to be kept hot for long periods of time) or in a crock-pot to continue cooking slowly until the sabbath (Saturday) noon meal.

This recipe was originally taught to me by Yehudit Taube in Rehovot, Israel where we were on sabbatical in 1976-77. Mrs. Taube, a Hungarian Jew who survived the Holocaust and lived for many years in Montreal with her husband (a noted cantor), made aliyah in 1976 to Rehovot; she died in March, 2003--may her memory be for a blessing.

Mrs. Taube cooked her cholent slowly in a foil-lined box built by her son, in which he installed a single lightbulb as the heat source. She began the cholent on her stove, brought it to a boil, and then simmered it on the stove for an hour or so until just before the sabbath begins. Before the sabbath, she put the pot into the foil-lined box to continue the slow cooking until lunch on Saturday. I've always been intrigued by her method, but I've never tried it.

### ***Ingredients:***

- 4 T. olive oil
- 4 large onions, peeled and cut in eighths
- 2-4 pounds short ribs of beef
- 2 tsp. parsley
- 1-2 cups barley
- 2 cups assorted dried beans (lima, pinto, kidney, red, etc.), soaked overnight, rinsed, and drained
- 5-8 peeled and halved Idaho russet potatoes
- 3 cloves garlic, peeled and sliced
- 2 tsp. paprika
- 1 bay leaf
- 1 T. honey
- 2 T. all-purpose flour
- 1 T. salt, or to taste
- 1 tsp. pepper, or to taste
- 1 tsp. ginger
- 8-10 inch kishke
- water to cover

Heat oil in a 10 quart enameled pot, as heavy and well-insulated as possible. Sauté onions and meat until lightly browned. Add parsley and barley, stir quickly. Add beans, potatoes, and about 2 cups of water. Stir a few times to be sure that nothing is sticking to the bottom of the pot. Add the remaining ingredients, ending with the kishke. Then cover the mixture with water, up to the top of the cholent. Be sure that you have about 1-1/2 to 2 inches above the mixture at the top of the pot. Heat very, very slowly to a simmer to avoid burning. Cover tightly, and cook for 20-24 hours (on a *blech*). The cholent needs to just bubble to

Ingredients:

maintain a safe temperature.

It's important not to burn the cholent, so additional water can be added if it becomes dry. Serve the cholent either on one large server tray, directly from the cooking pot, or separated into its meat and other components in several serving bowls. Accompany cholent with a green salad, sliced tomatoes, or other salads. This is a very heavy and rich dish and should be served with light, crisp side dishes.

## Crispy Roast Duck with Blueberry Sauce

The sauce for this succulent and crispy duck recipe is from *The New York Times*, January 19, 2005, but the method of cooking the duck comes from my own experimentation based on conversations with chefs on cruises we've taken. Since most of the work is done well before serving, this is perfect for an impressive dinner party.

### **Ingredients:**

- 2 whole ducks, cut into quarters, all the excess fat removed.
- dried shallot and black pepper spice mixture
- fresh or dried garlic
- ground ginger
- 1 Granny Smith apple
- 1/2 onion, peeled
- 2 cups fresh or frozen blueberries
- 1/2 cup packed brown sugar
- 1/4 cup sugar
- 1/2 tsp. ground star anise or 2 whole star anise
- grated zest of 1 lime
- grated zest of 1 orange
- 1/2 cup wine vinegar (white or red)

Yield: 4 generous servings The ducks can be readied for roasting and the sauce can be prepared up to 24 hours before serving.

Quarter the ducks, remove any excess fat, and rub with a mixture of the shallot/pepper mixture, garlic, and ginger in a 1::1::1 ratio. Place the duck, skin side up, on a rack in a roasting pan (you'll probably need two pans for the eight quarters). Cover them with plastic wrap, sealing tightly, and put into the refrigerator until three hours before serving.

Peel, quarter, and core the apple. Put the onion and the apple in a food processor and finely chop. Put them into a saucepan with the blueberries, sugars, star anise, zests, and vinegar. Over high heat, bring the mixture to a boil, then simmer until pulpy and beginning to thicken, about 30 minutes. After 20 minutes, the mixture will appear quite liquid, but after 30 minutes it will begin to thicken. When cool, it will be more of a sauce. Discard any whole star anise, pour the sauce into a sterilized jar, and cover tightly. If you are serving the duck within 24 hours, leave the sauce at room temperature; otherwise refrigerate.

Preheat the oven to 375°F. Approximately 2 1/2 hours before serving, put the duck into the preheated oven. Keep an eye on the pans; you might need to empty some of the fat to avoid spillage. A half hour before serving, raise the temperature to 450°F. The duck should be crispy and tender when done. Serve each quarter with about 1/4 cup of sauce poured over. Serve extra sauce on the side. If you wish, you can remove the rib bones from the duck before serving.

## Ernest's Shabbat Chulent

Every family has its favorite chulent (cholent, hamim, etc.), or long cooking sabbath lunch dish. This recipe is from my son-in-law, Ernest Mandel. Ernest and my daughter Rachel share all the cooking and baking to create a beautiful Shabbat at the end of their long intense weeks - Ernest is soon to be a doctor and Rachel is a lawyer. Ernest makes this chulent in a crock pot, but I use a heavy enameled pot on our blech.

### ***Ingredients:***

for 2-3 person meal

- 1/2 cup dried beans
- 1/2 cup barley
- 3 medium potatoes, peeled and cubed
- 1 large yellow onion, cut in thirds
- 1 pound beef ribs (flanken) on the bone
- 1 T. onion soup mix
- 1 T. salt (or to taste)
- 1 tsp. minced garlic
- 1/4 tsp. black pepper
- 1 1/2 T. paprika
- 2 T. barbeque sauce

for 8-person meal

- 1 cup dried beans
- 1 cup barley
- 6-8 medium potatoes, peeled and cubed
- 2 large yellow onion, cut in thirds
- 2 pounds beef ribs (flanken) on the bone
- 2 T. onion soup mix
- 2 T. salt (or to taste)
- 2 tsp. minced garlic
- 1/2 tsp. black pepper
- 2 T. paprika
- 3-4 T. barbeque sauce

Ernest does not soak his beans. I like the beans to be softer, so I do soak them the previous night, rinsing them on Friday morning. Put the beans, barley, potatoes, onions, and meat into the slow cooker pot (or the heavy enameled pot, if preparing on the blech). Mix all the seasonings and about 2 cups of water in a small bowl and pour over the bean and meat mixture. Fill the pot to the level of the food. It's o.k. if some of the pieces stick out slightly; don't overfill the pot with ingredients above or with too much water - it will be a mess. Slowly cook the mixture on low from Friday afternoon - the total cooking time can be from 22 to 26 hours before serving. You'll need to experiment with your slow cooker or blech. I like to begin the cooking on high until the water starts to boil. Then I turn it down to a bare simmer. Just before

Shabbat, I put the pot on the blech, and by then the mixture is already substantially cooked. With the crock pot you need to insure that the mixture does not sit for too long at too low a temperature. This varies so much from brand to brand that I cannot give any general instructions. Ernest and Rachel have found that the crock pot bags are more trouble than they are worth for a large chulent but can help cut down on cleanup time for a really small chulent.

## Keftes de Prasaa y Carne (Greek Leek and Meat Croquettes)

Years ago my husband read about this type of croquette, so I wrote to Gilda Angel, the author of *Sephardic Holiday Cooking*, who sent me her recipe. I've changed the proportions of the ingredients to match the tastes of our family, but the idea is similar. These are croquettes based on beef and shredded leeks, crisply fried and served either plain or with tomato sauce. I particularly like to serve these in the fall, at the Festival of Booths (Sukkoth). They go well with a moist rice or pasta dish. If the side dish has its own sauce, I do not prepare a tomato sauce for the croquettes; otherwise the tomato sauce can be used on both the croquettes and the side dish. Keftes de Prasaa y Carne are also perfectly suited for Passover, when I serve them with a matzo kugel and tomato sauce.

### ***Ingredients***

- 6 leeks, very well washed
- 2 pounds lean ground beef
- 4 eggs
- 1 tsp. salt
- 1 tsp. pepper
- 1/2 tsp. paprika
- matza meal
- olive oil

Clean leeks very well, and cut them into 1/2-1 inch pieces, discarding the roots and the tough outer leaves. Put the leek pieces in a microwave-proof bowl, and cook in microwave on high until tender. Shred the leeks with a fork. Mix the leek pulp with the ground beef, 3 eggs, salt, pepper, paprika, and about 1/4 cup matza meal. Beat the remaining egg. Form the leek and beef mixture into 2 1/2 inch patties, about 1/2 inch thick. Dip the patties in egg, then in matza meal. Fry in oil until golden. Drain on paper towels.

These can be served plain or with tomato sauce:

### ***Tomato Sauce***

- 14.5 ounces canned crushed tomatoes
- 1/2 tsp. dry minced garlic
- 1/2 tsp. ground black pepper
- pinch of sugar
- optional: 1/4 tsp. crushed red pepper

Place all ingredients in a small saucepan and warm slowly until fully heated through.

## Greek Meat Croquettes in Tomato Sauce (Albondigas al buyor)

This spicy, rich meatball recipe is based on a recipe from Nicholas Stavroulakis, *Cookbook of the Jews of Greece*. I like to serve it with a simple rice dish such as Broccoli and Rice or White and Wild Rice. On Passover, I serve it with a potato kugel.

### **Sauce:**

- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 14 ounce can of diced tomatoes
- 1/4 tsp. ground cinnamon
- 1 T. honey
- 2 T. chopped parsley

### **Croquettes**

- 1 pound ground beef
- 1 small onion, chopped very finely
- 1 tsp. ground cumin
- 2 T. chopped parsley
- 1 egg, lightly beaten
- 1/4 cup matzoh meal or 2 slices of bread soaked in vinegar and squeezed dry
- Olive oil

Put all croquette ingredients, except for the oil, in a large bowl, and mix well. Form small oblong balls, and fry in olive oil until well browned. Remove to a plate, and set aside.

In the same oil, gently sauté the onion and garlic for the sauce. Add salt and pepper to taste. Add the tomatoes, and stir. Add the cinnamon and honey and simmer slowly for 15 minutes, stirring occasionally. If the sauce is very thick, add up to 1/2 cup water to thin the sauce, and add the croquettes. Simmer, tightly covered, for 30–40 minutes. Sprinkle with chopped parsley, and serve. Makes 15 croquettes.

## Grilled Chicken Breasts with Peppers

Try this easy chicken recipe for a light, refreshing main dish that can be as spicy as you like. Even in cooler weather I make this on the backyard grill - as long as I can scrape the snow off the grill cover.

### ***Ingredients:***

- 4 boneless, skinless chicken breasts (about 1 1/2 pounds), cut in half, rinsed, and dried
- salt, ground black pepper
- 3/4 tsp. toasted granulated garlic
- 3/4 tsp. ground cumin
- 2 red bell peppers
- 1 yellow bell pepper
- 1 green bell pepper
- 2-3 large cloves of garlic with peel on (optional)
- 1-3 jalapeno peppers
- 1 T. olive oil

Preheat barbecue grill. Preheat an indoor oven to 250°F.

Put a large, heat-proof serving dish in the preheated oven. Have a brown paper bag or covered glass bowl, large enough to hold the peppers.

Put the salt, pepper, granulated garlic, and cumin in a plastic bag. Add the dry chicken breasts and close the bag. Shake to coat the chicken with the spices. Wash and dry the peppers. If you have a grill that is large enough to accommodate all the chicken and the peppers (and garlic) at once, you can put them all on together. Otherwise grill the peppers (and garlic) first, and continue with preparing the peppers while the chicken is grilling. The idea is to grill the chicken about 6 minutes on each side, just until the breasts are cooked through. Don't allow them to get over done and dried out. As soon as they are ready, put them on the heated serving dish, lightly covered with foil. Grill all the peppers and optional garlic, turning them to blacken all sides of the peppers but just cook the garlic until it is soft. When the peppers and garlic are done grilling, put them in a brown paper bag or covered glass bowl until cool enough to handle. I use rubber gloves to peel the jalapenos. Remove and discard the garlic peel, the blackened pepper peel, the seeds, and any of the liquid from the grilled peppers. Chop the peppers into 1/2 inch pieces, mash the optional garlic, and mix in an attractive serving bowl with olive oil.

Serve the chicken either warm or at room temperature with the peppers on the side. If you have used a lot of jalapenos, this can be quite spicy, so warn your guests!

Serves 4.

## Herbed Rib Roast

This delicious, moist, very flavorful roast recipe was given to us by our great friend Janet Shapiro. I like it rare, but you can adjust the timing to your preference.

### ***Ingredients:***

- 7 pound prime rib roast (standing rib roast) with 3 or 4 ribs
- 1 T. whole black peppercorns
- 2 bay leaves
- 1 T. coarse salt
- 3 garlic cloves
- 1 tsp. chopped fresh thyme
- 1 tsp. chopped fresh rosemary
- 1 T. olive oil

Yield: 8 servings

Preheat oven to 450°F. Trim all but a thin layer of fat from the roast. Grind peppercorns, bay leaves, salt, garlic, thyme, and rosemary with the oil in a small blender jar. Rub this paste all over the roast. Transfer the roast to a rack and set it in a small roasting pan. Marinate, covered and chilled for at least 8 hours.

Let the roast stand at room temperature for 1 hour.

Roast the beef in the middle of the oven for 20 minutes. Reduce the temperature to 350°F. and roast until a thermometer inserted into the center of the meat registers 110°F., about 90-110 minutes more. Transfer the meat to a large platter and let stand, uncovered, 20 minutes.

## Hot and Sour Hunan Chicken

In order to keep stir-fried chicken moist, I learned that you need to first "velvet" the chicken in water, broth or oil. This is a brief precooking step that seals in the juices before the stir-frying. This is a pretty and very fragrant dish using salted Chinese black beans, plenty of garlic and ginger and a touch of hot chili flakes.

### ***Ingredients***

#### **Chicken**

- 3/4 pounds skinless, boneless chicken, cubed
- 1 large egg white
- 1 T. rice wine
- 1 tsp. coarse kosher salt
- 1 T. cornstarch

#### **Vegetables**

- 1 pound zucchini, sliced thinly
- 1/2 pound carrots, sliced thinly

#### **Aromatic Seasonings**

- 2 T. minced fresh ginger
- 4-5 large cloves garlic, smashed and peeled, then minced
- 2 T. Chinese salted black beans
- 3/4 tsp. dried red chili flakes
- 4 T. oil

#### **Liquid Seasonings**

- 1/2 cup chicken broth
- 2-3 T. soy sauce
- 2 T. rice wine
- 2 1/2 T. vinegar
- 1/4 tsp. sugar

#### **Stir-fry thickener**

1 T. cornstarch dissolved in 2 T. cold chicken stock or water

**Preparation**

Blend chicken marinade ingredients, add chicken, seal, and refrigerate for 6-8 hours. Clean and slice vegetables. Mince ginger and garlic. Add black beans, and process in food processor. Add chili flakes. Seal and put aside.

**Velveting the chicken**

Bring a pot of water to a boil. Add marinated chicken, in small batches, and cook for ONLY 20 seconds. Remove to a plate.

**Stir-frying**

Heat heavy skillet or wok until hot enough to evaporate a bead of water. Add 4 T. oil. Reduce heat slightly, and add aromatics. Stir 15 seconds; then add carrots. Stir to separate. Add zucchini, and stir-fry for 2 minutes. Fold in the chicken, and add liquids. Raise the heat to boiling. Stir for 4-5 seconds, and simmer while covered. Cook for 2 minutes. Test vegetables for doneness. Add cornstarch mixture. Stir for 5 seconds until thick and glossy. Serve with rice and crusty bread.

## Korean Grilled Chicken

This easy and light chicken dish comes from our dear friend Susan Jona. It is great warm or at room temperature and keeps fine for Shabbat lunch.

### ***Ingredients:***

- 4 pounds skinless, boneless chicken breasts, cut into 1 1/2 inch strips
- 3/4 cup soy sauce
- 1/4 cup canola oil
- 1 clove crushed garlic
- 1 T. sesame seeds
- 4 sliced green onions
- optional red pepper flakes and freshly grated ginger

Yield: Main dish for 10 people

Slice the chicken breasts into 1 1/2 inch strips. If the chicken is frozen, defrost only until you can handle it. Don't allow the chicken to sit very long at room temperature. Mix all the other ingredients. Use red pepper and ginger to taste = about 1/4 tsp. of red pepper flakes and about 1 tsp. of freshly grated ginger. Marinate the chicken for 4-12 hours, covered in the refrigerator. Just before serving, heat the grill. Grill the chicken for 2-3 minutes per side, turning before the chicken dries out and cooking just until done. Do not overcook. Heat the marinade in a small saucepan. Boil for 1 minute to be sure to kill any microbes from the raw chicken. If serving immediately, put the chicken on a serving plate and pour the cooked marinade over it. If serving later, do the same thing but cover tightly with foil and refrigerate immediately. This is really good with Ralph's Asian Salad.

## **Khoresht Zardaloo (Veal and Apricot Stew)**

Khoresht is a Persian stew. This recipe is a modification of one from Copeland Marks, *Sephardic Cooking*, Donald I. Fine, 1992. The stew is unbelievably easy to prepare, but you absolutely must use the dried limes and either fresh quince or Asian pear to get the marvelous pungent and sour flavor, paired with the sweet and spicy sauce. Serve the stew with plain rice or rice and wild rice casserole. Don't hide the flavors of the stew with a strongly flavored side dish.

Dried limes are about the size of a small walnut. They look positively horrible - black and cracked, like dried seed pods you find in the fall. The flavor, however is truly exceptional when you crack these limes and put them into a stew. You can purchase dried limes in middle-eastern food stores.

### ***Ingredients:***

- 4 dried limes (limoo amoni)
- 1 pound veal stew, carefully trimmed
- 1 cup dried apricots
- 3 cups water
- 1 cup 1/2 inch slices celery
- 1/4 cup tomato paste
- 1/2 tsp. tumeric
- 1 tsp. honey
- 1 tsp. salt
- 1 fresh quince or 1 Asian pear, peeled, cut into 1/4 by 3 inch pieces

Wrap the dried limes in a dish towel. Place this package on a cutting board and use a heavy knife or meat pounder to break the limes in the towel. It's sufficient to break each lime into 2 or 3 pieces. Use all the pieces for the stew. Put the limes and all the other ingredients into a large pan. Bring to a boil, and simmer for about 1.5 hours at very low heat. Serve warm with white rice. Don't try this without the dried limes--they are well worth the search.

## Mamoulaim (Stuffed Vegetables)

During the Choueka family's sabbatical in Urbana in 1974, Sarah taught me to prepare delicious Syrian-Egyptian Sephardic dishes. Sarah prepares stuffed vegetables, both with a variety of vegetables together, as in this recipe, and singly, as in her stuffed artichokes. She uses a special knife to hollow the zucchini, called a *kishouan*, but you can use an apple corer, being careful not to cut the outer wall of the zucchini. The best grape leaves for this recipe are those packed in brine, in a jar, from California.

This dish has a unique and pleasant flavor from the sour apricots and lemon in combination with the salted meat and grape leaves and the sweet wine. Mamoulaim is an impressive main dish for a festive occasion or a Sabbath meal. Be sure to serve the vegetables carefully arranged to display their colors and distinct form.

### ***Ingredients:***

- 4 medium or 8 small zucchini
- 4 medium or 6 small tomatoes
- 4 green peppers
- 1 pound lean ground beef
- 1 cup raw rice
- 1 carrot, grated
- juice of 3 lemons
- 1/2 pound grape leaves, rinsed, stems removed
- salt and pepper to taste
- 4 ounces dried apricots
- 1/2 cup sweet wine

Clean all the vegetables. Using a narrow sharp knife, an apple corer, or a *kishouan* (special middle-eastern knife for this purpose), hollow the zucchini. Reserve the pulp. Remove the stems of the tomatoes, and carefully spoon out and reserve the pulp. Remove the stems and seeds of the peppers, but leave them whole. Mix the beef with the pulp from the zucchini and tomatoes. Combine this with the rice, grated carrot, and juice of 1 lemon (you can combine these in a food processor to give a better texture, but don't grind the rice). Stuff the vegetables (cut the zucchini in two crosswise if you are using medium ones). Fill the grape leaves, and roll them to close. Layer the stuffed vegetables in a large pot with the apricots, wine, remaining lemon juice, and salt and pepper to taste. Cook over a low flame for 20 minutes. Add 1 cup of water, and cook covered for 2 hours, checking frequently to be sure that the vegetables do not dry out.

## Meatballs and Peppers

This variation on meatballs in tomato sauce is an attractive and delicious treat, served with crusty Italian or French bread, perhaps some rice, and a salad of mixed greens with vinaigrette or fines herbes dressing.

### *Meatballs*

- 1 pound lean ground beef
- 1 pound lean ground veal
- 2 eggs, slightly beaten
- 3/4 cup fine white bread crumbs
- salt and freshly ground black pepper to taste
- 1 T. dried parsley flakes
- 1 tsp. crushed garlic
- 1/4 tsp. ground cinnamon
- 1/2 cup fine bread crumbs
- 3 T. olive oil

### *Peppers*

- 2 pounds peppers, use a mixture of green, red, and yellow
- 4 T. olive oil
- 1 large yellow onion, sliced thinly, (about 1 1/2 cup)
- 4 cups crushed tomatoes (canned)
- 1/4 cup dry red wine

In a medium bowl, combine meat, eggs, and bread crumbs; add salt and pepper to taste, parsley, garlic, and cinnamon. Mix well. With oiled hands, shape mixture into 30 elongated balls, and roll them in bread crumbs. Heat 3 T. oil in a large dutch oven or stew pot; add meat balls, and fry in a single layer. Repeat until all balls are fried. Remove the fried meatballs to a plate.

Wash the peppers. Remove the seeds and cores. Cut the peppers into long strips. Place in the pot used to fry the meatballs, with oil, onion, tomatoes, and small amounts of salt and pepper. Add the meatballs back to the pot with the peppers. Cook, covered, over low heat for about 30 minutes. Add the wine and cook over moderately high heat, stirring frequently, 15 minutes longer, or until most of the liquid has evaporated and the sauce is thick.

Be careful to watch the pepper mixture so that it does not burn. Shake the pot every few minutes to keep the peppers, onions, and tomatoes well distributed. Serves 6-8.

## Meatball Sandwiches

My husband and I grew up less religiously observant than we are now. My husband, particularly, was fond of eating in Italian restaurants and loved to order meatball subs (grinders). When he tasted this particular meatball sandwich, 100% kosher in our kitchen, he was reminded of the flavors he used to enjoy. I think it must be the combination of spices and the use of veal or veal and beef for the meatballs. To get these flavors, I was able to adapt a recipe from *Ruggerio To Go*, the TV Food Network.

### Sauce

- 1 T. extra virgin olive oil
- 1 small onion, chopped
- 1 green pepper, seeded, chopped
- 1 red pepper, seeded, chopped
- 2 cloves of garlic, crushed
- 28 ounces Italian plum tomatoes, drained (save juice for a soup) and chopped
- 6 ounce can of tomato paste
- 2 tsp. oregano
- salt and freshly ground pepper to taste
- 1/4 cup chopped parsley

### Meatballs

- 2 pounds ground veal or half beef and half veal
- 1 onion, chopped
- 1 T. minced garlic
- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. fennel seeds
- salt and freshly ground pepper to taste
- 1 egg, lightly beaten
- 2 T. olive oil

### Bread for Sandwich

- 4 medium baguettes [page 45]

Prepare the sauce: heat the olive oil in a sauce pan. Add the onion, peppers, garlic, and cook until softened (about 10 minutes). Add the tomatoes with 1 cup of juice, paste, spices. Cook for 20 minutes until slightly thickened. Stir in the parsley, and taste for salt and pepper.

Prepare the meatballs: place all ingredients (except oil) in a bowl, and mix well. Form into 24 meatballs. Heat oil in a skillet over medium-high heat. Cook the meatballs in batches, browning on all sides. Transfer to paper towels to drain. Add the meatballs to sauce and simmer for about 10 minutes.

Cut the baguettes lengthwise and into 2 horizontally, and remove some of center to create a cavity. Spoon sauce and meatballs in each hollowed section, cover with tops, and serve immediately. Yield: 8 servings.

## Mediterranean Chicken

This recipe is based on one from the March 2004 issue of *Bon Appetit*. I've changed the collection of tomato products and adjusted the fat content. It's a light, refreshing chicken dish, best served with a rice or barley pilaf and a green vegetable.

### ***Ingredients:***

- 4 T. olive oil
- 2 1/2 pounds skinless, boneless chicken breasts, still slightly frozen
- 1 pound crimini mushrooms, sliced
- 2/3 cups pitted Kalamata olives
- 14 ounces chopped tomatoes with juice
- 2 T. dried tomato powder mixed with 4 T. water, or 2 ounces tomato paste
- 3 garlic cloves, minced
- 1 T. chopped shallot
- 1 T. capers
- 2 cups tiny red or red and yellow tomatoes - teardrop or cherry will do
- freshly ground black pepper and salt, to taste
- chopped fresh parsley and/or toasted pine nuts to garnish

In a large pot, warm the olive oil. Brown the chicken over high heat. Sprinkle with freshly ground pepper while browning. Transfer the chicken to a cutting board and slice diagonally. The chicken will still be raw in the middle, but don't worry, it will be put back into the sauce to complete the cooking. Add mushrooms to the same pot, and stir until they are beginning to exude liquid. Add the olives and chopped tomatoes with their juice, the garlic, shallots, and capers. Stir to incorporate the browned chicken residue. Add the sliced chicken, tomato powder in water (or tomato paste), and fresh tiny tomatoes. Stir to mix all the ingredients. Cover and simmer for about 10 minutes. Taste and correct salt and pepper. Continue to slowly simmer until chicken is just cooked through. Don't overcook or the chicken will be dry. Serve with rice or barley pilaf and garnish with parsley and/or toasted pine nuts.

Serves 10.

## Moroccan Chicken

This is a low fat version of classic Moroccan chicken stew. It's based on a recipe from *Bon Appetit*, 2/2004.

### **Ingredients:**

- 4 T. olive oil
- 3 cups chopped onions (about 2-3 large onions)
- 6 minced cloves of fresh garlic
- 1/2 T. sweet paprika
- 1/2 T. sharp paprika
- 1/2 T. coarse salt
- 1 tsp. ground coriander
- 1 tsp. ground turmeric
- 1 tsp. fennel seeds, ground in a mortar and pestle or crushed with a mallet
- 1 tsp. freshly ground black pepper
- 1/2 tsp. ground cumin
- 1/2 tsp. ground ginger
- 1 can (14.5 ounces) diced tomatoes with their juice
- 2 T. dried tomato powder (or 3 ounces tomato paste)
- juice from 1 fresh lemon (3-4 T.)
- 2 1/2 lbs. skinless, boneless chicken breasts
- 1 large eggplant, unpeeled and cut into 1" chunks
- 1/2 cup toasted slivered almonds or toasted pine nuts

Yield: Serves 10

In a large pot, heat 1 1/2 T. oil. Add onion and garlic. Cover and cook about 5 minutes until the onions are translucent. Add the spices and stir for 30 seconds. Add the tomatoes (with their liquid) and lemon juice, and bring to a boil. Fold the chicken breasts in half and place in the sauce. Simmer, basting the chicken occasionally with the sauce, at medium-low, covered, for 10 minutes. Turn the chicken over in the sauce and simmer another 10 minutes.

Meanwhile, preheat an oven to 400° F. Place the eggplant cubes in a plastic bag with the remaining olive oil. Shake until all the pieces are covered with oil. Spread the eggplant on a large cookie sheet and bake for about 25 minutes until soft and a bit brown. The chicken and eggplant can be refrigerated at this point or combined and served immediately.

To serve, slice the chicken breasts into 1" slices, return to the sauce with the eggplant; stir. Serve with rice or couscous. Sprinkle with the toasted almonds or pine nuts.

## Mustard-Baked Chicken

This recipe, from my oldest daughter, Leah Reingold Gordon, is an easy, slightly spicy chicken breast dish. It goes very well with wild rice and broccoli and spicy curried corn salad. I suggest using a French hot mustard for a more interesting, pungent flavor.

### *Ingredients*

- 1.5 lb skinless boneless chicken breasts - for extra moistness, don't defrost
- 1/2 cup prepared mayonnaise
- 1-3 T. mustard, according to taste
- 1/2 tsp. ground black pepper
- 1 tsp. paprika
- 1 tsp. minced onion
- 1 tsp. minced garlic
- 3/4 cup dry, unflavored bread crumbs

Preheat the oven to 375°F.

Mix the mayonnaise and mustard in one bowl; mix all the spices and bread crumbs in another. If you are using defrosted chicken, cut the chicken breasts into serving-sized pieces. If you are using frozen breasts, you can cut them into smaller portions after baking. Dip the chicken pieces into the mayonnaise/mustard mixture and then coat with the spiced crumb mixture. Put the pieces very close together in a greased baking pan, and bake for 30-35 (40-45 for frozen pieces) minutes at 375°F., testing for doneness with a sharp knife (look for white color throughout). If you plan to hold this dish for a long time, to avoid dryness, use about 1 1/2 times the mayonnaise and mustard before coating the chicken. Serves 3-4.

## Meatballs with Apricots and Raisins

These meatballs are an adaptation of Meatballs à la Urpali from Rina Valero, *Delights of Jerusalem*, Nahar Publishing, 1985. Urpa is an area of Turkey occupied by Kurds and Turks. The meatballs are slightly sweet, with a rich and thick tomato sauce. Serve them with a plain rice or pasta dish to soak up the delicious sauce.

### **Ingredients**

- 1 pound lean ground beef
- 1 egg
- 3 T. bread crumbs
- 1/2 tsp. pepper
- 1 onion, finely chopped
- 3 T. canola or olive oil

### **Gravy**

- a small can (6 ounces) tomato paste
- 4 T. lemon juice
- 2 cups water
- 1 T. sugar
- pepper to taste
- 1 cup dried apricots
- 1/2 cup dark raisins

Combine the ground meat and egg, bread crumbs, and pepper. Mix this well, using a food processor if you like a very fine texture for the meatballs. Form about 15 meatballs. Sauté the onion in 3 T. oil. Add the meatballs, cover and steam about 5 minutes. Combine all of the gravy ingredients. Add the gravy to the pan with the meatballs, and cook for about 20 minutes.

## Les Ojja

Ojja and Shakshuka are egg dishes from the North African communities, brought to France and the Middle East. They are typically made with a spicy tomato-based sauce and additions of sausages or other variety meats. This recipe uses Merguez sausage, a highly spiced beef and/or lamb sausage, typical of the Tunisian and Egyptian diet. Other sausages can be substituted with excellent results, or the sausage can be left out for a vegetarian dish.

Ojja makes a quick and filling supper with pita and assorted sliced vegetables, such as cucumbers and peppers. For an extra dish to serve with Ojja, try potatoes with cumin [page 23] .

### ***Ingredients***

- Optional: 1/2 - 1 pound Merguez sausage, broiled, and cut into small pieces
- 6 cloves of garlic, peeled and crushed
- 6 T. olive oil
- 2 T. tomato paste or catsup
- 14 ounces diced tomatoes
- 1 tsp. caraway seed
- 1-2 tsp. harissa\*
- 12 eggs
- salt and pepper to taste

### **Yield: 6 servings**

Broil or grill the sausage, blot with paper towel to remove excess fat, and slice into bite-sized pieces. Put the garlic in a large frying pan. Sprinkle it with oil and cook 2-3 minutes over a low flame. Add the tomato paste, diced tomatoes, caraway, harissa, about 1/2 tsp. salt, and cook over medium heat to thoroughly cook the garlic with the sauce.

Crack the eggs over the sauce, and cook until the whites are firm, but the yolks are still soft. At this moment, add the optional merguez, and mix the entire dish together. Cook just another minute so that the Ojja is neither liquid nor dry. Serve immediately.

\*Harissa is a North African condiment, available in many Middle-Eastern or French specialty shops. It is a mixture of hot peppers, garlic, salt, and usually oil. Occasionally coriander or other herbs are added to the mixture.

## Orange Terriyaki Chicken

This recipe is a slight adaptation of Hong Kong Orange Chicken from Eudice Greenfield of Skokie IL. It's wonderfully easy to make for Shabbat by marinating the chicken on Thursday night and cooking it just before Shabbat begins.

### ***Ingredients:***

- 1 1/2 cups freshly squeezed orange juice
- 1/2 cup honey
- 1/3 cup dark soy sauce
- 1/8 cup toasted sesame oil
- 2 T. minced fresh ginger
- 1/4 tsp. crushed red pepper flakes
- 4 minced cloves of garlic
- 1/2 tsp. freshly ground black pepper
- 2 cut up fryers or 10 leg and thigh portions of chicken

Yield: 10-12 generous servings

Mix all the ingredients except the chicken. Stir well with a fork to be sure the honey is well combined. Either put the marinade and chicken in a large zippered plastic bag or in a the pans you will use to roast the chicken. The point is to get all the chicken covered in marinade and seal it well, in the refrigerator, for at least 4 hours or overnight. Bake uncovered, with the marinade still on the chicken, at 375°F., for 1 hour until the chicken has a brown glaze. Serve with rice and Eudice's Asian Cabbage Slaw

## Osso Buco

This fragrant and rich Italian stew is usually served with rice or polenta (I recommend Portobello Risotto). Have the butcher prepare the 1 1/2 inch pieces of veal shank so that you can enjoy the marrow after eating the delicious, tender meat and rich sauce.

### ***Ingredients:***

- 3/4 cup all-purpose flour
- 5-6 pounds veal shanks cut into 1 1/2 inch pieces, tied with cooking twine
- 1/2 cup olive oil
- 1 very large white or yellow onion, finely chopped
- 6 cloves of garlic, minced
- 1/2 tsp. basil
- 1/2 tsp. oregano
- 28 ounces of canned chopped tomatoes in tomato sauce
- salt and pepper to taste
- 2 cups dry red wine
- chopped fresh parsley to garnish

Dredge veal with flour seasoned with pepper and salt. Heat oil in a Dutch oven over medium-high heat. Add veal, and brown on all sides - about 8-10 minutes. Drain veal on paper towels. Add onion, garlic, basil, and oregano to pan, and cook until onions are translucent. Add wine, and cook until reduced by 1/2. Stir in tomatoes, salt and pepper to taste. Return veal to pan and spoon sauce to cover veal. Cover tightly, and cook at a bare simmer for about 2 1/2 to 3 hours until very tender. Serve with freshly chopped parsley.

Serves 8-10.

## Paulie's Chicken

My dear friend, Paulie Donath, from Minneapolis, Minn. served this at her son Jonathan's Bar Mitzvah to about 50 people. It was both beautiful and delicious with the three colors of peppers, drenched in savory sauce. I've served this recipe many times, both in small and large quantities. It freezes well, can be kept warm on the sabbath *blech* (warming tray), and is even great as a sandwich if you have any leftovers.

### ***Ingredients***

- 8 skinless, boneless chicken breasts
- 1 cup all purpose flour
- 3/4 cup Fines Herbes Dressing or bottled dressing
- olive oil
- 2 each, green, red, and yellow peppers (clean, cut into circles)
- 2 medium onions
- 1 tsp. each liquid basil, oregano, garlic
- 1/2 tsp. ground pepper

Yield: 8 servings

Preheat the oven to 350°F.

Set up two bowls and a large plate, fill one bowl with flour, one with dressing. Dredge the chicken in flour, coat in the salad dressing, dredge again in flour, and place each piece of chicken on the plate to await frying. Heat a large frying pan with about 1/2 inch olive oil. Sauté the chicken in oil until bits of brown appear. Turn the chicken and brown on the other side. Set aside the finished chicken and continue browning all the pieces. You can reuse the plate from the raw chicken to store the browned chicken because you will continue to cook the chicken later. In the same pan, sauté the sliced onions and peppers. When the onions and peppers are lightly sautéed, place them in a large baking dish, top with the browned chicken, add the basil, oregano, garlic, and pepper, and bake uncovered at 350° or 20 minutes. Cover, and bake another 20 minutes.

I like to serve this chicken with side dishes to pick up the color scheme and compliment the flavors. Thus, I serve it with Potato, Corn, and Cherry Tomato Salad in the summer, and Carrot Pudding in the winter.

## Pkaïla

My husband spends a lot of time working on a bi-national grant with France, in Paris and Nancy. A few years ago he returned with wonderful descriptions of a *T'fina* (a warm, slowly cooked sabbath dish in the Sephardic tradition) he had eaten called Pkaïla. *T'fina* is the Sephardic equivalent of the Ashkenazic *cholent*. Another Sephardic term for this type of dish is *hammim*, a warm dish. Pkaïla is a dark, nearly black, stew of spinach, meat, garlic, and white beans. The sauce has a unique aroma and flavor of mint and dill. I prepare Pkaïla without the osbana sausage because I have never been able to find it (and haven't had the inclination to make sausages myself).

Because the only time consuming part of preparing this beautiful dish is the spinach confit, I recommend that you prepare a cup or two of the confit and store it, coated with a layer of oil in the refrigerator. You can even freeze some of the confit if you prepare a really large amount. The flavor of Pkaïla, of course, is very different if you prepare it with lamb instead of beef. I would try it both ways, and then decide which you prefer.

### ***T'fina:***

- 3 pounds brisket, beef pot roast, or lamb
- 2 medium onions, grated or chopped finely in the Cuisinart
- 12 cloves of garlic, peeled and crushed
- 1/2 bouquet flat parsley
- 1/2 bouquet dill
- 1/3 bouquet mint
- 10 ounces or 300 grams dried white beans, soaked overnight and drained
- 1 tsp. harissa\*
- 8 T. confit d'épinards (see below)
- optional: osbana sausage in 4 portions
- salt and pepper to taste

Put all the ingredients (cold) in a very large saucepan. Cover with cold water, just to the top of the ingredients. Bring the mixture to a gentle boil over medium heat, adjust the temperature so that the mixture is just bubbling, keep uncovered for 15 minutes. Turn the temperature down to a simmer, and cover. Cook slowly for 4-5 hours until the meat is soft. You can salt and pepper the mixture any time after the first hour.

Alternatively, and even better, you can serve this as a *T'fina* or Sabbath day dish which is cooked slowly over Friday night. Begin the cooking Friday mid-day. Be sure that the mixture is cooking at a slow simmer, and after two hours of simmering, place the pot on a *blech* (sabbath warming tray), cover with a heavy towel (or use a crock pot), and allow it to cook slowly until Saturday noon.

Serve over couscous with optional extra harissa.

\*Harissa is a North African condiment, available in many Middle-Eastern or French specialty shops. It is a mixture of hot peppers, garlic, salt, and usually oil. Occasionally coriander or other herbs are added to the mixture.

## ***Confit D'Épinards***

- 2 pounds fresh or frozen spinach
- 1 cup olive oil

Wash the fresh spinach, dry well, and coarsely chop. Put the spinach in a large frying pan. Heat over a high flame while constantly stirring. Slowly, the spinach will cook down, and the water will evaporate. When the water is all gone, add the oil. The spinach will begin to fry. As the mass decreases in size, and no further steam is escaping, and the color starts to darken, remove from the heat. The spinach should not burn, but cook slowly for about 40 minutes to 1 hour in all.

If you are using frozen spinach, squeeze as much water from the spinach before beginning. Then proceed as above.

## Pot Roast

Pot Roast is a favorite in many cultures and many locations. This recipe has a thick, tomato-based wine sauce. It is best with fresh rosemary and thyme, but in any case should be well flavored with herbes de Provence. Pot roast is a heavy dish and should be balanced with fresh, crisp vegetables and a side dish of rice, pasta, or potatoes - nothing with a lot of oil or sharp spices. Finish the menu with good bread and a glass of dry red wine.

### *Ingredients*

- 4 T. olive oil
- 1/2 cup all-purpose flour
- 1 tsp. paprika
- 5 pounds boneless chuck eye roast, cut out central layer of fat, and tie the two halves together with kitchen twine
- 1 large onion, chopped
- 6 large carrots (or the equivalent), one chopped, the others in 1 inch pieces
- 1/2 cup chopped celery
- 3 cloves garlic, minced
- 2-3 cups burgundy wine
- 2 tsp. herbes de Provence
- 1 bay leaf
- several sprigs of fresh rosemary and thyme
- 2 cups crushed tomatoes
- 1 T. tomato paste
- 1/2 tsp. ground pepper

Heat oil in heavy pot. Dredge the roast in a mixture of flour and paprika. Brown the roast on all sides in the hot oil. Remove the roast to a plate, and brown onions, chopped carrot, and celery. Add garlic, and stir for 1 minute. Add the wine to the pot, scraping up any brown bits, and cooking at high heat until the wine begins to evaporate. Turn the heat down to medium-low. Add herbs, tomatoes, tomato paste, pepper, and then the browned roast to the pot. Add the sliced carrots, stir once. Either continue to cook at very low simmer for 4 hours or bake at 300°F. for 4 hours. Garnish with fresh rosemary.

## 7-Hour Brisket

This is a recipe I adapted from *Etats-Unis Bistro*, *Gourmet Magazine*, April 1998. To get the best flavor from a cut like brisket, it's best to cook it really slowly at a fairly low temperature. The gravy in this recipe is marvelous - serve it with good bread and either homemade noodles or rice.

### ***Ingredients:***

- 3-4 pounds beef brisket
- 1 large onion, chopped
- 3 large carrots, chopped
- 10 crushed garlic cloves
- 2 T. crushed black peppercorns
- 1 T. salt
- 2 750-ml. bottles of dry red wine
- 6 large onions, sliced
- 1 t. sugar
- 3 T. olive oil
- 3 large ripe tomatoes, peeled and chopped
- 1 dried ancho chile, seeded and chopped
- 8 crushed garlic cloves
- 1 tsp. freshly ground black pepper
- 1/2 tsp. freshly grated nutmeg

Mix the first onion, carrots, garlic, peppercorns, salt, and wine. Marinate the brisket in the marinade, in the roasting pan you will use, for 48 hours (in the refrigerator), turning once or twice.

Cook the remaining sliced onions and sugar in oil for about 30 minutes, until brown and tender. Cool these and reserve. Use half of the browned onions with the brisket from the start and half to add during the last hour of roasting.

After marinating the meat, remove most of the solids, add the tomatoes, chile, garlic, pepper, nutmeg, and half the reserved onions. Cover the pan with several layers of foil, tightly sealed. Roast at 300°F. for 6 hours. Remove the foil and add the remaining onions. Roast for an additional hour, uncovered.

Serves 6-8.

## Spaghetti and Meat Sauce with Meat Balls

I had Italian apartment mates in college who tried hard to convince me that it would be impossible to follow the kosher laws and prepare good spaghetti and meatballs, both because of the lack of pork and because I would not use milk products in my sauce. I've not tasted their dishes, but I think this recipe is really delicious, and if not "authentic," still worth making and eating.

### *Ingredients*

- 2 pounds lean ground beef
- 1 tsp. crushed garlic
- 1 tsp. dried basil
- 1 large egg
- 4 T. good quality, unflavored, bread crumbs
- 2 T. olive oil
- 1 large onion, finely chopped
- 1 carrot, finely chopped
- 3 stalks celery, finely chopped
- 2 tsp. dried oregano
- 1/2 tsp. black pepper
- 2 T. all purpose flour
- 1-1 1/2 cups dry red wine
- 4 cups crushed tomatoes
- 1 tsp. vinegar
- 1/4 cup chopped parsley
- 1 pound thin spaghetti

Mix 1 pound of ground beef with 1/2 tsp. garlic and 1/2 tsp. basil. Add egg and bread crumbs, and mix well. Heat oil in a large pot. Form meat mixture into 1-inch balls, and fry until golden in the hot oil. Remove meat balls to a plate. Add the onions, carrots, and celery to the pot, and cook until the onion is translucent. Add the remaining ground beef, and stir until the meat has lost its red color. Sprinkle flour over the browning meat, and mix. Add the wine, and cook, while stirring, at high heat for 1 minute. Add the tomatoes, vinegar, and parsley. Return the meatballs to the pot. Check for seasoning (more wine, vinegar, garlic, pepper, etc.) Cook very slowly for about 2 hours, adding a little water if needed. Be sure to stir often because the tomato sauce will burn.

Bring 3-4 quarts of salted water to boil in a large soup pot or pasta pot. Cook the spaghetti according to the package directions. When "al dente," drain the spaghetti, and put back into the large pot. Quickly stir in several tablespoons of the spaghetti sauce to keep the spaghetti from sticking to itself. Serve mounds of the spaghetti with sauce and meatballs on top, according to taste. It's also fine to mix most of the sauce and meatballs directly into the pasta and serve in large bowls.

Be sure not to rinse the spaghetti after cooking. This cools the spaghetti, and makes for a watery dish.

Serves 6-8.

## Stifado (Greek Beef Stew)

I adapted this recipe from *Cookbook of the Jews of Greece*, by Nicholas Stavroulakis, Lycabettus Press, 1986. It's a dish for those who love hot peppers and aromatic spices. I serve it with Turkish pilaf or plain rice, some type of seasonal squash, and crusty bread. Just being in the house when beef stifado is cooking, is a pleasure because of the marvelous aroma.

### ***Ingredients***

- 3 T. olive oil
- 2 medium onions, chopped coarsely (2 cups)
- 3 pounds beef chuck, cut into 1 inch cubes
- 10 or 12 ounces of canned tomato sauce
- 4 garlic cloves, minced
- 3 cups full-bodied red wine
- 1 bay leaf
- 1 tablespoon honey
- 15 whole allspice
- 6-8 small dried hot peppers
- 12 whole cloves
- 3 small sticks of cinnamon
- 1 T. paprika
- 1 tsp. dried rosemary

Sauté onions in 1 T. oil until brown. Remove to a small plate. Heat remaining oil in the same pan and sauté the meat until brown. Stir in the garlic and all the spices except the rosemary. Simmer for 5 minutes. Add the wine; simmer for 10 more minutes. Add the onions, tomato sauce, honey, and rosemary. Add wine if the sauce does not cover the meat. Simmer slowly, covered, for about 2 hours until the meat is fork-tender. Cool, remove any accumulated fat, and reheat to a simmer. Serves 8-10.

## Stuffed Artichokes

This is one of the stuffed vegetable dishes Sarah Choueka taught me during the Choueka family's sabbatical in Urbana in 1974. Although Sarah starts with whole artichokes and removes everything but the bottom, I take a short cut of buying frozen artichoke bottoms - imported from Egypt. The frozen artichoke bottoms are so easy to use and are almost as delicious as the fresh ones. I serve stuffed artichokes either as an appetizer or a main dish, paired with rice, salads, bread, and tehina. The quantities here serve 4 as an appetizer or 2 as a main dish.

### ***Ingredients:***

- 4 fresh artichokes or 4 large frozen artichoke bottoms
- juice of 2 lemons
- 3/4 pound ground beef
- 2 eggs
- 1/4 cup matzo meal
- 1/2 tsp. garlic powder
- salt and pepper to taste
- 2 T. canola or olive oil
- 1 cup water
- 1/2 tsp. salt
- 1/2 tsp. sugar

Cut all the leaves off the artichokes, leaving only the meaty bottom 1/4 inch. Reserve the artichoke stems, peeled for the sauce, below. Remove the small leaves and choke. Cut the artichokes in half and put them in a bowl of water with the juice of 1 lemon. Mix the beef, eggs, matzo meal, garlic powder, and salt and pepper. Fill each artichoke half with the mixture so that the result is ball-shaped with half the ball being artichoke and half meat-mixture. Brown the meat sides in the canola or olive oil.

Add the water, the juice of 1 lemon, salt, and sugar and any artichoke stems that you have saved. Bring to a boil over low flame, cover, and simmer for half an hour.

## Stuffed Cabbage

Leah and Mike Klein, close friends of ours from Jerusalem, ISRAEL, spent several years in Urbana, IL. Leah is a wonderful cook and a kind, generous friend. During the summer of 1985, she brought meals to our home to help us after our youngest daughter, Eve, was born. On one such visit, Leah brought us some great stuffed cabbage. This recipe is my attempt to duplicate her dish. Stuffed cabbage is one of the traditional filled or stuffed dishes served at the fall festival of *Sukkoth* as a symbol of abundance.

### ***Ingredients:***

- 1 head of green cabbage, frozen and thawed (to separate the leaves)
- 2 8-ounce cans tomato sauce
- 1/2 cup tomato catsup
- 1 T. wine vinegar
- 4 ounces dried salami, cut in small chunks
- 2 bay leaves
- black pepper to taste
- 1 tsp. brown sugar
- 1/2 cup water
- 1 T. oil
- 1 onion, finely chopped
- 2 pounds lean ground beef
- 1/2-3/4 cup cooked rice
- 1 large egg
- 1 T. chopped dill weed
- salt to taste

Clean cabbage and separate leaves. Combine tomato sauce, catsup, vinegar, salami, bay leaves, pepper, brown sugar, water and place in bottom of large pot. Sauté onion in 1 T. oil, and combine onion, meat, rice, egg, dill, salt, and mix well. Place 2-3 T. meat mixture on each cabbage leaf, roll up, and place on sauce in pan. Simmer on low heat for 45 minutes. Bake at 325°F. for about 1/2 hour. Serve with bread or rice; serves 6.

This method of separating cabbage leaves allows you to avoid parboiling the cabbage. The only trick is to plan ahead. You can always thaw the cabbage in the microwave after freezing ( if you forget to leave enough defrosting time).

This recipe can be prepared for Passover by substituting matzo meal (1/2 cup) for the rice, tomato paste for the catsup (or you can use Passover catsup if you don't mind the taste), and of course, only Passover certified ingredients for all products.

## Stuffed Onions

Most firm vegetables that are large enough to form a *pocket* can be stuffed. Onions need to be pre-cooked and then separated into the component concentric leaves to form the required pockets. Stuffed onions are very popular in Israel. This recipe has a caramelized sauce that enhances the sweetness of the onions. It can be made all year long because good onions are always available, unlike stuffed tomatoes or zucchini which are more seasonal. Such dishes can either be served in small portions as an appetizer or with several other dishes as a main course. I like to serve stuffed onions and roast chicken together as main dishes to offer the complementary flavors and a choice of entrée.

### ***Ingredients***

- 3 really large onions
- 1 pound lean ground beef
- 1/2 cup raw rice
- 2 T. olive oil
- 2 cloves garlic, crushed
- salt and pepper to taste
- 1/4 cup granulated sugar
- 1 T. beef bouillon powder (optional)
- 1/4-1/2 cup lemon juice

Yield: 8-10 servings

Peel the onions. Cut off about 1/8 inch at each end. Cook the onions in a large glass bowl in the microwave until they are slightly soft, about 8 minutes. This varies with the size of onion and the power of the microwave, so test the onions periodically with a fork. The onions should be just soft enough to insert the fork. Do not cook them to translucence.

In a large bowl thoroughly mix the meat, rice, oil, garlic, salt, and pepper. Separate the onion layers and place the meat filling in each. Don't worry about sealing the edges; you just need to keep the filling inside the onion. Typically in Israel, less meat is used, and the ends are sealed, but it works just as well to have the filling visible. Any extra filling can be cooked in the same pan, as meatballs, with the onions.

In a 10 " frying pan with a lid, carefully melt the sugar to a caramel color; remove it from the flame and let cool slightly. Place the onions over the sugar, closely packed in one layer. Dissolve the soup powder in about a cup of water. Add this, the lemon juice, and enough extra water to come almost to the tops of the onions. Bring to a boil, lower heat, cover, and cook until the water is absorbed.

If you want to serve this as a single unit on a large circular plate, you can invert it onto this plate, but it is easier and less messy to just serve from the frying pan onto whatever serving dish you are using.

## Sweet and Sour Brisket

This is a very traditional brisket, served on the Jewish Sabbath and holidays. I use only the first cut of the brisket to avoid the fatty, tough, top layer. I serve this brisket with a noodle kugel, some lightly sautéed asparagus, a green salad, and, of course, fresh challah.

### *Ingredients*

- 4-5 pound first cut brisket
- salt and freshly ground pepper
- flour to dredge brisket
- 2 T. olive oil
- 4 large onions, sliced
- 2 cloves garlic, minced
- 1 cup dry red wine
- 2 T. tomato paste
- 1 T. honey
- 1 T. thyme
- 1 T. vinegar
- 1 bay leaf

Preheat oven to 325 °F.

Dredge brisket with salt, pepper, and flour. Brown in oil in a large roasting pan. Remove meat to a warm plate. Brown onions and garlic. Return meat to the pan. Add remaining ingredients. Cover with foil, and bake for 4 hours. Deglaze sauce, remove bay leaf, and serve. Yield 12 servings.

## Tagine

Tagine, or stew in Arabic, is to North African Sephardic cooking what Tzimmes is to Ashkenazic cooking. It's a meat, fruit, vegetable, and spice dish, cooked slowly over a long period of time. Such dishes are often served on the sabbath to conform to the proscriptions against cooking on the sabbath. As such, they are begun at high temperatures and then slowly cooked on a sabbath warming tray (*blech*) until Saturday noon. Tagine is more aromatic than tzimmes. It is typically served with couscous. This particular recipe is based on one from Paula Wolfert.

### ***Ingredients:***

- 2 T. olive oil
- 1/8 tsp. ground saffron
- 1/2 tsp. turmeric
- 1/2 tsp. ground black pepper
- 1 tsp. ground ginger
- 1/2 tsp. cayenne pepper
- 1/4 cup finely chopped onion
- 3 pounds lamb shoulder or brisket
- 1 cup thinly sliced onion
- 1 pound pitted prunes
- 2 pounds butternut squash, peeled, seeded, cut in 2-inch pieces
- 1/2 cup honey
- 1/2 cup orange or rose blossom water
- 2 cinnamon sticks
- 2 T. toasted sesame seeds or almonds

Combine the oil, saffron, turmeric, pepper, ginger, cayenne, and onion. Dip the meat in the mixture to coat. Heat a large casserole over moderately high heat. Cook meat until seared on all sides. Add enough water to just barely cover the meat, bring to boil, and simmer, covered for 1 hour. Add sliced onions and simmer another 30 minutes or longer until the meat is quite tender. Add prunes and simmer, uncovered, until the sauce is reduced to about 1 cup. In a saucepan, arrange squash, honey, orange blossom (or rose blossom) water and cinnamon sticks. Simmer 15 minutes. Reduce cooking liquid over high heat until syrupy. Add squash mixture to the meat mixture, combine well, and simmer an additional 5 minutes.

Serve with couscous, sprinkled with either the almonds or sesame seeds.

To prepare this for Shabbat lunch: about two hours before Shabbat, prepare the squash. Then brown the meat in a heavy cast-iron pot or the cooking vessel of a crock-pot. To the meat, add the liquid from the squash, the onions, prunes, and just enough water to barely cover the meat. Then refrigerate the squash (liquid removed), and keep the meat mixture cooking on a blech or in the crock-pot. On Saturday morning, warm the squash on the blech. Just before serving, remove the tagine from the blech, combine the squash with the tagine, and serve over couscous, sprinkled with either the almonds or sesame seeds. 8-12 servings.

## Tzimmes

The word *tzimmes* or *tsimmes*, according to Leo Rosten (*The Joys of Yiddish*) comes from the German words *zum* "to the" and *essen* "eating." It's a dish of cooked vegetables, fruits, and sometimes meat. Because of the many ingredients and the long cooking time, the word has come to mean *a prolonged procedure, an involved business, trouble*, etc. Leo Rosten quotes a newspaper advertisement: "Skip the fuss. Leave the *tsimmes* to us."

Other symbolism of *tzimmes* is in the fruit itself. *Tzimmes* is traditionally served at the Jewish New Year, *Rosh Hashanah*. The carrots in the *tzimmes* symbolize abundance because the Yiddish word for carrot is *mern*, "to multiply." All the fruits and vegetables used tend to be sweet, for a Sweet and Abundant New Year.

### **Ingredients:**

- 3-4 pounds beef brisket or short ribs
- 3 T. olive oil
- 3 medium yellow onions, sliced
- 3 T. browned all-purpose flour
- 1.5 pounds carrots, sliced (as "golden" coins)
- 4 medium sweet potatoes, peeled and quartered
- 1 pound white potatoes, peeled and sliced
- 1 pound pitted prunes, dried apricots, dried peaches, or any combination
- 1/2 cup brown sugar or honey
- 1 tsp. ground cinnamon
- pinch of ground cloves and ground ginger
- 1 1/2 tsp. salt
- ground black pepper to taste

Pat the meat dry. The meat can be whole, on or off bones, or cut up. Heat the oil in a large oven-proof pot or Dutch oven. Add the meat and brown on both sides. Add the onions and enough water to cover. Boil, cover the pot, reduce the heat to low and simmer for 1 hour.

Preheat the oven to 350°.

Brown the flour in an ungreased skillet until it smells "nutty." Do not burn it!

Gradually stir the flour into 1 cup of the cooking liquid. Stir this back with the meat. Add the vegetables, fruit, spices. Cover and bake until tender, at least 3-5 hours. Uncover the pot, and continue to cook until the meat is very tender, about 30 minutes.

Alternatively, once all the ingredients are added, cover and place on a sabbath warming tray *blech* from Friday afternoon until Shabbat lunch.

## Veal Loaf

This is a light, pleasant meatloaf, best served hot or cold on a bed of greens. It's based on a recipe from *Kosher by Design*.

### ***Ingredients:***

- 2 stalks celery
- 2 large onions
- 8 ounces white mushrooms
- 2 T. fresh parsley
- 10 ounces frozen chopped spinach, thawed and squeezed dry
- 3 T. canola oil
- 2 lb. ground veal
- 1 cup dry bread crumbs
- 1/2 tsp. black pepper and shallot seasoning
- 1 tsp. chopped garlic
- 1/2 tsp. paprika
- 2 large eggs
- 1 cup dark brown sugar
- 1 T. red wine vinegar
- 3 ounces ketchup

Yield: 2 loaves, 10 slices each

Preheat oven to 375°F. Lightly spray two loaf pans with nonstick cooking spray. Chop the celery, onions, mushrooms, parsley, and spinach in a food processor with the metal blade (or chop finely by hand). Heat the oil in a large skillet over medium-high heat. Add the chopped vegetables and stir until most of the moisture has evaporated. Remove from the heat and cool for 5 minutes. Put the vegetables back into the food processor and add veal, bread crumbs, eggs, pepper seasoning, garlic and paprika. Mix thoroughly. Divide the mixture between the two loaf pans and smooth the tops. In a small saucepan over medium heat, combine the brown sugar, vinegar, and ketchup. Stir until smooth. Pour the glaze over the two veal loaves. Bake uncovered for an hour or hour and 15 minutes. Serve hot or cool over a bed of greens.

## Veal Roast

Because kosher meat comes only from the fore-quarters of the animal (unless some very specialized and difficult to come by processing is done), there is not a large variety of excellent kosher roasting meats. However, a good boneless veal shoulder or rolled breast of veal, properly prepared, can be truly exquisite. Find a reliable butcher, let him know you are looking for a high-quality piece of meat, and be sure to cook it until tender.

### *Ingredients*

- 5 pounds boneless veal roast, top quality
- 1/4 cup all-purpose flour
- 2 T. olive oil
- 1 tsp. paprika
- 1/2 tsp. black pepper
- 1 tsp. dried or 4 sprigs fresh rosemary
- 1 tsp. herbs de Provence
- 2-3 cups full-bodied, dry, red wine

Mix about 1/4 cup flour, paprika, and pepper. Rub the veal roast with this mixture. Heat oil in large pot. Sauté veal on all sides until golden. Pour wine around veal, scraping browned bits. Lower heat until liquid is just simmering. Add herbs, cover pot, and cook until veal is quite tender (about 4 hours). Serve with a rice dish, a good bread, salad, and fine wine.

## Veal with Herbes de Provence

As my four daughters were growing up, we started a tradition of each girl choosing the menu for the sabbath closest to her birthday. Gradually this expanded into choosing the menu for other sabbaths coinciding with their return from summer camp or the last sabbath before leaving for college, etc. The most frequent request for a main dish was this veal stew. It's simple to prepare, but demands high quality veal. Serve with challah, broccoli and rice and finish the meal with banana chocolate-chip cake, and you'll have a birthday shabbat at your house.

### ***Ingredients:***

- 2 pounds veal stew, carefully trimmed
- 1/4 cup flour
- 1/2 tsp. paprika
- 3 T. extra virgin olive oil
- 3 cloves of garlic, minced
- 2 cups Cabernet Sauvignon
- 1 T. or more herbes de Provence
- fresh rosemary, basil, parsley
- some black pepper and perhaps salt

Roll veal in a mixture of flour and paprika. Heat olive oil in a large pot, brown veal in small enough batches so that the meat is uniformly browned, not burnt, and not crowded. Remove veal, brown garlic. Add wine and scrape the brown bits from the bottom of the pot, stir, and cook on high until a uniform sauce forms. Turn down to a low simmer, add the veal back to the pot. Sprinkle the veal with all the spices, using fresh herbs and pepper and salt to your own taste. Bake at 300° F. for 2 1/2 hours, or until the veal is quite tender. Serve with a side dish such as broccoli and rice, broccoli and wild rice, rice and wild rice, or potato kugel. You can add mushrooms, but sauté the mushrooms separately, and do not dilute the sauce with excess moisture from the mushrooms.

My daughter, Leah, and her husband, Ben, prepare this recipe with cubes of skinless, boneless chicken breasts. It is also delicious.

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## Artichoke Pie in a Flaky Crust

I got the idea for this type of pie from Marcella Hazan, *More Classic Italian Cooking*. Soon, though, I was using Ms. Hazan's dough with different fillings: artichokes, broccoli, carrots, etc. It's a savory, slightly rich pastry which can be served at almost any temperature. Leftovers pack well in lunch boxes and for trips. We love to have this pie, with any of the fillings, for Shavuot, the festival in early summer that commemorates the giving of the Ten Commandments. It's traditional at Shavuot to serve only dairy foods. I serve this pie with a large green salad and cold fruit.

Although the pie was originally intended for fresh artichokes, it's not always possible to get good fresh artichokes in central Illinois. We are, however, fortunate to have a great Middle-Eastern food store here that sells frozen artichoke bottoms from Egypt. These are not like the American frozen artichoke hearts. The Egyptian ones are quite large and have none of the residue from the choke or the leaves, just the smooth bottoms.

### Dough

- 1 1/2 cups flour
- 1/2 tsp. salt
- 8 T. butter
- 3/4 cup ricotta cheese

Preheat oven to 375° F.

Mix flour, butter, ricotta, and salt in a bowl or a food processor fitted with the plastic blade. Knead for 5 or 6 minutes by hand or 1 minute in the food processor. Divide into two parts, one larger than the other. Roll the larger piece to cover the bottom and sides of an 8-inch springform pan. Roll the other to form the top of the pie.

### Filling

- 4-6 artichoke bottoms (frozen from Egypt are the best), sliced
- 4 T. olive oil
- 2 T. chopped onion
- 4 T. chopped carrot
- 1 T. parsley
- freshly ground pepper
- 3/4 cup ricotta
- 1/2 cup freshly grated parmesan cheese
- 2 eggs

Heat oil in pot. Sauté onion, carrot, and parsley. Add artichokes, and cook until lightly golden. Remove from heat, add pepper, ricotta, parmesan, and eggs. Pour into pastry, cover with second pastry sheet, crimp edges, and bake for 45 minutes. Serve hot, lukewarm, or cold to 6-8 persons.

## ***Variations on the filling***

You can substitute 2 small bunches of broccolini for the artichokes, or leave out the artichokes altogether and simply increase the carrots to 1 cup chopped carrot, proceeding with the recipe as above.

## Blintze Soufflé

This soufflé is great for brunch or a dairy buffet. Of course, you can make it with frozen packaged blintzes, but homemade blintzes are well worth the trouble. The texture, flavor, and appearance are very different from the doughy and poorly seasoned packaged variety. I serve the soufflé with fresh berries, a berry sauce, strawberry-rhubarb sauce, or pure maple syrup.

Leftovers can be reheated or served cold. This dish does not freeze well. I suggest freezing the homemade blintzes to save time, then prepare the soufflé at the last minute.

### *Ingredients*

- 12-16 blintzes [page 181] , cheese works best
- 1/4 pound butter
- 4 eggs, beaten
- 1 pint sour cream
- 1/3 cup granulated sugar
- 1/2 tsp. salt
- 2 tsp. pure vanilla extract
- 2 tsp. fresh orange juice
- freshly ground nutmeg and cinnamon, about 1/2 tsp. each

Melt the butter in a 9"by13" casserole. Carefully arrange all the blintzes to cover the bottom of the casserole. Blend all the other ingredients except for the nutmeg and cinnamon. Pour over blintzes. Sprinkle with nutmeg and cinnamon. Bake at 350° F. for about 45 minutes.

## Calzoni Pugliesi

There are many pastries that go by the name calzoni or calsones (meaning "breeches", the Sephardic Jewish half-moon shaped stuffed pasta). This particular dish is Italian and is more of a pizza dough stuffed with cheese and tomatoes. These calzoni make a terrific mess in the oven, so I bake them on unglazed quarry tiles, covered with parchment paper. The paper catches a fair amount of the dripping filling, but it's still a good idea to use only a self-cleaning oven for this dish. We all feel particularly lucky if I've had time to make calzoni before a trip. They are a spectacular meal on a long drive.

### *Dough Ingredients*

- 2 1/2 tsp. dry yeast
- 4 tsp. granulated sugar
- 3-4 T. warm water
- 9 ounces milk
- 1 large egg
- 3-4 cups unbleached all-purpose flour
- 1.5 tsp. salt

Stir yeast and sugar, let proof with warm water. Put remaining ingredients in food processor fitted with the plastic blade. Add yeast mixture, and bring to ball. Let rise in oiled bowl, covered, for 2 hours. Preheat oven to 450 °. Line oven rack (upper) with quarry tiles.

### *Topping Ingredients*

- 1 tsp. minced garlic
- 1/4 cup olive oil
- 12 ounces mozzarella cheese, cut into 7 pieces
- 2 cups chopped seeded fresh tomatoes or canned diced tomatoes
- 2-3 T. grated Parmesan cheese
- 1/4 cup fresh basil, chopped
- 1 T. dried oregano

Warm garlic in oil. Separate dough into 7 pieces, roll into circles. Put mozzarella, tomato, Parmesan, and spices on each piece. Close tightly. Place on a piece of parchment paper, on the hot tiles in oven. Brush with garlic oil. Bake 20-25 minutes, brush again with oil.

## Cheese Blintzes

A blintz is a filled, egg-based pancake, originating with the Russian blin. The pancake for blintzes is similar in texture and flavor to French crepes or Russian blini. In the Ashkenazi Jewish tradition, blintzes can be either sweet (filled with cheese or fruit) or savory (filled with meat, potatoes, or salty cheese). I learned to make blintzes as a young girl watching my mother and grandmother. I remember them using a 6-inch frying pan, each time adding a bit too much batter, pouring the excess back into the batter bowl, cooking the blintz until it was just firm, and then banging the pan, upside-down on a board to release the blintz. It was quite a noisy and dramatic scene. I've played with the pancake recipe and experimented with different fillings, but I still bang the pan hard on a board to release each blintz. The first blintz, as is often the case with the first of a batch of waffles, often sticks, so one of the kibbitzers in the kitchen gets to sample the broken pieces.

### ***Blinis or Crepes***

- 5 egg yolks
- 1 1/4 cup low fat milk
- 1 1/4 cup cold water
- 5 tsp. granulated sugar
- 5 T. Cointreau
- 2 1/2 cups sifted all-purpose flour
- 6 T. melted butter or oil

Beat together all ingredients (this is best done in a blender), cover, and refrigerate for 2 hours or more. Heat a 6 inch pan over high heat. Spray pan with vegetable oil spray, or grease lightly with butter, then add 2 T. batter. Quickly rotate pan to spread batter, pouring any excess back into bowl. Cook until the top is dry, then invert pan, and tap against a board to release. Carefully return the blintz to the pan, and cook very briefly to seal the other side. Cool crepes on a cooling rack. Depending upon the size of your crepes, this recipe makes between 18 and 25 crepes which is sufficient for the filling below.

### ***Filling***

- 1 pound ricotta cheese (part-skim) or if ricotta is not available, use farmer's cheese
- 3 T. granulated sugar
- 2 large eggs
- 1 tsp. pure vanilla extract

Mix all ingredients. Put equal portions in each crepe, roll, fry in butter or oil, and serve with preserves or real maple syrup. Makes about 20 blintzes. Extras freeze well. Put them in a single layer in double layers of foil.

## Chiles Rellenos with Cheese

I have a particular weakness for peppers of all kinds. I particularly love hot peppers. This is a main dish from Mexico which was easy to make kosher without sacrificing quality. I've based it on one from Rick Bayless, and Deann Broen Bayless, *Authentic Mexican Regional Cooking from the Heart of Mexico*, Morrow, 1987. I serve Chiles Rellenos with golden corn bread [page 46], guacamole, chopped lettuce and tomatoes, and cold salsa.

### ***Ingredients***

- 8 large fresh chiles poblanos
- 4 cups grated cheese (mild cheddar, mozzarella, or Monterey Jack)
- 6 large eggs, separated, at room temperature
- 1/2 tsp. salt
- 1/4 cup flour
- canola oil, about 1/2 cup

Roast and peel the chiles, being careful not to break the stems. Remove the seeds carefully. Grate the cheese and form into 8 ovals. Fit one oval into each of the prepared chilis. Add salt to the egg whites, then beat with an electric mixer until stiff enough to hold a peak. Gently beat the egg yolks with the flour. Fold the yolks into the whites. Heat the oil in a very large skillet. Pour half the egg mixture into the hot skillet. Place the eight stuffed chilis on the egg mixture. Pour the remaining egg mixture over the chilis. When brown on the underside, carefully flip the chilis and cook thoroughly on the second side.

## Croatian Vegetable-Cheese Musaka

According to Alan Davidson's *The Oxford Companion to Food*, the word musakka comes from the Arabic word *musaqqa* meaning "moistened." Mr. Davidson continues to explain the dish is not Arabic, but of Turkish origin. The original dish contains both meat and vegetables, with a tomato sauce and often with cheese. Because the mixture of cheese and meat is not allowed in a kosher home, I searched for a vegetarian variation. This is a vegetarian adaptation, more typical of the way mousaka is served in the Balkans. I first found this recipe in *Sundays at Moosewood Restaurant*, The Moosewood Collective, Fireside, 1990. I serve the musaka with a salad as a main meal. I've also used it for an unusual and attractive brunch buffet dish.

### Ingredients

- 2 large onions, chopped
- 3 T. oil
- 1.5 pounds mushrooms, cleaned and sliced
- 1/4 cup dry white wine
- 3 T. soy sauce
- 2 tsp. dried basil
- 2 tsp. dried dill weed
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 3-4 medium yellow or green summer squash, sliced into 1/2-inch rounds
- 2 T. vegetable oil
- 1 1/2 T. cornstarch dissolved in 2 T. water
- 3 cups grated feta cheese (1.25 pounds)
- 6 eggs, beaten
- black pepper to taste
- 1 1/2 cups tomato juice
- 2/3 pound lasagne noodles
- 1/2 cup bread crumbs
- 1 tsp. paprika

Sauté onions in 3 T. oil, until translucent. Add mushrooms, and continue to sauté for several minutes, stirring frequently. Mix in wine, soy, herbs, salt, pepper, and simmer, covered, stirring occasionally, about 20 minutes. Brush squash rounds with oil, and bake uncovered at 450 ° F. for 10 minutes until tender but still firm. When mushrooms have cooked, remove from heat, and stir in cornstarch mixture. Return to heat, stirring, until mixture begins to thicken. Set aside. Combine feta, eggs, and black pepper. Assemble musaka: coat bottom of 12-inch square, deep pan with oil and then 1/2 cup tomato juice. Arrange a layer of raw lasagne noodles, 1/3 cup tomato juice, half of mushroom sauce, layers of squash slices, and all the bread crumbs. Continue to layer 1/3 cup tomato juice, noodles, the rest of the tomato juice, the rest of the mushroom sauce, and top with the feta mixture. Sprinkle with paprika, and bake at 350 ° F. for 45 minutes. Allow the casserole to set for 5-10 minutes. Serves 8.

## Crostata di Pomodoro

In the middle of a busy week, I often try to make a simple pie or pizza and a salad so that we can eat quickly and have some leftovers for lunches the next day. This usually means that I end up with some variation on the ingredients: cheese, tomatoes, other vegetables that I have on hand, and some type of quick crust. I always try to have my pantry stocked with canned tomato products (crushed, paste, diced, sauce, whole), olives of various types, and a full complement of spices and basic pastry ingredients. In fact, this Crostata is intended for fresh tomatoes, but in a pinch can be made with canned, drained, diced tomatoes. The idea for this simple, tasty main-dish pie recipe was taken from *The Vegetarian Table: Italy* by Julia Della Croce.

### ***Ingredients***

- 1 unbaked 10-inch pie shell
- 1/2 pound sliced mozzarella cheese
- 1 pound ripe and firm tomatoes, sliced extremely thinly
- 1 tsp. dried oregano
- 1/4 cup sliced calamata olives
- 1/4 tsp. salt
- freshly ground pepper
- extra-virgin olive oil

Preheat oven to 375°F.

Line a 10 inch tart pan with pastry. Place the cheese in a layer on the pastry. Put the tomatoes in concentric circles on top of the cheese. Scatter the olives on the tomatoes. Sprinkle with salt, pepper, and oil. Bake for 30 minutes. Let cool for 10 minutes.

## Eggplant Parmesan

The first reasonably complex dish that my youngest daughter made on her own was this Eggplant Parmesan. The only tedious part is the frying of the eggplant, but without the frying step, the dish is very dry and certainly not traditional. I make sure that I drain the fried eggplant well on paper towels, so the amount of oil in the final dish is not too high. If you don't have fresh tomatoes, use canned diced tomatoes.

### Ingredients

- 2 medium sized eggplants (about 1.5 pounds, total)
- olive oil
- salt
- 4-6 ripe, beautiful tomatoes, peeled and chopped
- 1 pound mozzarella cheese, sliced
- 1/4 pound Parmesan cheese, grated
- fresh garlic, oregano, basil, and parsley to taste

Preheat oven to 400°F.

Slice eggplants about 1/4" thick. Place the slices on cooling racks, sprinkle with salt on both sides, and let sit for about 30 minutes. Rinse off extra salt, and pat dry with paper towels. Heat about 1/8" olive oil in a large frying pan, and fry the slices on both sides until golden. As each batch is done, drain it on paper towels while the remainder is frying. Place one layer of eggplant in an oven-proof casserole. Cover with slices of mozzarella and half of the herbs and tomatoes. Put remaining slices on top, add the remaining mozzarella, herbs, tomatoes, and the Parmesan cheese.

Bake for 40 minutes or until golden brown.

## Hot-Tossed Noodles with Peanut Sauce

This fast, easy noodle dish has an Asian flavor and is great for a last minute vegetarian menu. I usually add the broccoli to make it both more nutritious and more colorful. The noodles are the soft, fresh noodles available in the produce section of most large grocery stores. I serve this dish with stir-fried carrots and pea pods, followed by a fruit salad.

### *Ingredients*

- 1 1/2 pound fresh Chinese or Japanese noodles
- 4-6 scallions (cleaned and sliced on diagonal)
- small bunch broccoli, cleaned and cut-up (optional, add with scallions)
- 6 T. peanut butter (crunchy variety is best)
- 3 T. canola oil
- 1 T. sesame oil
- 4 T. soy sauce
- 1/4 cup vegetable stock or water
- toasted almonds or pecans as a garnish

Sauté scallions and optional broccoli in 1 T. canola oil. Mix in peanut butter, oils, soy sauce, stock. Boil noodles until just tender. Drain noodles, and toss well with sauce. Garnish with toasted nuts.

## Leek and Tomato Quiche

In a kosher kitchen, Quiche Lorraine is impossible, both because bacon is forbidden and because meat and milk cannot be cooked or eaten together. This vegetarian quiche is a delicious dish with no problems of kashruth. You can prepare the crust days or months in advance (just freeze the prepared dough or the prepared shell), and you have a quick meal. To save time and washing, I first use the food processor for the crust, then change to the steel blade without washing the processor bowl, and then prepare the custard. I serve it with a large salad, followed by a selection of fresh fruit.

### Crust

- 1.5 cups flour
- 1/2 tsp. salt
- 1/2 cup butter, very cold
- scant 1/3 cup ice water

Put the flour, salt, and butter in the food processor fitted with the plastic blade, and process until lumpy. Slowly add the water and process until the dough forms a ball on the blade. Add a bit more water if needed. Refrigerate the dough for at least 1/2 an hour until well chilled. Preheat the oven to 450° F. Roll into a circle 2 inches larger than your quiche dish. Press into quiche dish and crimp the edges. Prick the crust with a fork, and bake blind for 8 minutes (lined with foil and weighted with beans or pie weights). Remove the foil and weights and prick the crust again. Return to bake for another 4 minutes.

### Filling

- 2 cups cleaned and sliced leeks
- 2 T. butter
- salt and pepper to taste
- 1/2 pound Swiss cheese
- 4-5 ounces Parmesan cheese
- 4 large eggs
- 1 3/4 cup milk
- 1 T. all-purpose flour
- 2 thinly sliced tomatoes, sprinkled with pepper

Sauté the leeks in the butter until golden; season with salt and pepper. Grate the cheeses in the food processor, tossing with the flour. Add the eggs, milk, and a bit of salt and pepper. Mix well.

Spread the leeks across the bottom of the crust. Pour the custard over the leeks, and arrange the tomatoes on top of the pie. Bake for 5 minutes at 400° F. and then 30 minutes at 325° F. or until a knife inserted at the center comes out clean. Serve warm or at room temperature.

## Lentil Stew

This is an easy dish to serve your vegetarian family members and guests as a main dish or to serve as a side dish with fish or pasta. It works nearly as well with split-peas.

### *Ingredients*

- 3 T. olive oil
- 1 T. chopped garlic
- 1.5 quarts pareve broth (chicken or vegetable flavor)
- 2 cups dry lentils
- 1/2 cup chopped tomatoes
- 1 pound red potatoes, peeled and cut into 1/2 inch pieces
- 1/4 cup lemon juice
- zest of two lemons
- 12 ounces fresh spinach leaves, cleaned and roughly broken up
- salt and pepper to taste
- 1/2 cup chopped fresh mint
- 1/4 to 1/2 cups crumbled feta cheese
- 1/2 cup chopped fresh parsley

Sauté garlic in 3 T. oil, just 30 seconds. Add stock, lentils, tomatoes, and bring to a boil. Reduce heat, cover, and simmer 10 minutes. Add potatoes, cook 15 minutes. Add lemon juice, zest, spinach. Simmer 2 minutes. Fold in mint and parsley. Serve with crumbled feta.

## Leccsó

While on sabbatical in Rehovot, Israel in 1996-1997, we met with old friends (who had studied and lived in Urbana, IL) Alice and Yitzhak Zilcha at Judith's Restaurant in Gan ha-Ir, Tel Aviv. Judith's is a Hungarian, vegetarian restaurant known for its breathtaking desserts and creative entrées. We soon became regular customers there, and many times enjoyed Leccsó, a Hungarian pepper stew. Judith kindly shared her recipe with us, and I've made some changes on my own. I serve Leccsó over rice. It goes particularly well with Golden Corn Bread [page 46] .

The method below for peeling tomatoes is one I use for many recipes, whenever I need peeled, fresh, raw tomatoes. It saves cleanup rather than using an extra pot for parboiling the tomatoes.

### Ingredients

- 3 large, very ripe tomatoes, peeled and diced (see below)
- 2 T. canola or olive oil
- 1 large yellow onion, sliced
- 1 pound medium to hot Italian or Mexican peppers, thinly sliced
- 1/2 T. sugar
- 1/2 T. salt
- 1 T. paprika

### *Peeling Tomatoes*

To peel ripe tomatoes, place them in a brown paper bag, resting in the kitchen sink. Bring a pot of water to a boil, pour into the bag of tomatoes, and close the top of the bag. By the time the water is cool enough to touch, the skin on the tomatoes will be loose enough to gently press away from the tomatoes.

### Preparing the Leccsó

Heat the oil. Add the sliced onion, and sauté over low heat for 5 minutes. Add the pepper slices, and cook for 10-15 minutes. Add the tomatoes, sugar, salt, and paprika. Cook for an additional 10 minutes. Adjust the salt and sugar to taste.

Serve over rice.

## Macaroni and Cheese

There are few dishes as simple as macaroni and cheese nor are there many as popular among children. In the non-kosher world, boxed macaroni and cheese has been around for decades, but it is a fairly new product in the kosher market. For nearly thirty years I've been preparing this dish for my children, and now they prepare it for their children. Of course, you can perk up the dish with some curry or cayenne if you want to satisfy the adult palette. You can also bake this as a casserole (350° F. for 20 minutes), covered with flavored breadcrumbs and thinly sliced tomatoes.

### *Ingredients*

- 1 pound rigatoni or elbow macaroni
- 1 cup milk
- 1/4 cup flour
- 4 ounces cheddar cheese
- 2 T. butter
- 1/2 tsp. mustard powder
- 1/2 tsp. paprika
- 1/2 tsp. pepper

Boil noodles according to package directions. Meanwhile, heat milk in microwave, just to hot, not boiling. Put flour, cheese, butter, and spices in blender jar. Pulse to mix. Add hot milk and pureé. Drain noodles. Add sauce, and cook for a moment or two until sauce thickens and flour is cooked through.

## Maltagliate with Borlotti, Shallots, and Arugula

This is a fast, robust vegetarian recipe with a slightly nutty flavor from the fresh arugula. If you use canned beans, you can make it at the very last minute. If you need to soak the dried beans and cook them, add about an hour to either cook the beans on the stove or in the microwave.

### Ingredients

- roughly broken lasagne noodles, 1/2 pound
- 4 T. extra virgin olive oil
- 1 medium onion, thinly sliced
- 2 cloves of garlic, thinly sliced
- 2 cups cooked borlotti or pinto beans, drained
- 2 cups dry red wine
- 4-6 ounces grated Parmesan cheese
- 2-3 cups chopped fresh arugula (well washed and dried)

Bring 6 quarts of water to boil, and add 2 T. salt.

In a large sauté pan, heat oil, garlic and onions cook until onions are soft. Add beans and red wine and reduce liquid to half. Add Parmesan, and remove from heat. Cook pasta in boiling water, and drain. Add the cooked pasta to pan with the beans. Return to the heat, and toss quickly. Be careful not to scorch the cheese. At the last minute, add the arugula, toss 20 seconds, and pour into a warm serving dish. Serve immediately.

## Manicotti

Once it became possible for us to find kosher ricotta cheese in central Illinois, I started to prepare many dishes such as stuffed manicotti. Although I've tasted plenty of kosher lasagna and other pasta dishes with cottage cheese substituted for ricotta, I think this is a mistake - it just does not do justice to the dish. So, try to find kosher ricotta, Parmesan, and mozzarella, and enjoy some authentic Italian food. If you live in a small community where you cannot find the kosher commercial ricotta on a regular basis, there is always the possibility of making it yourself from milk and a starter (a bit of some existing ricotta that you've been able to buy in a major Jewish community). Stuffed manicotti freezes quite well. I package it in single serving portions in plastic containers and reheat it in the microwave for after-school snacks.

### *Ingredients*

- 12 ounces Manicotti shells
- Filling
  - 1/2 lb. mozzarella cheese
  - 2 lb. ricotta cheese
  - 2 large eggs
  - 1 cup grated Parmesan cheese, in two portions
  - pepper, salt, parsley
- Sauce
  - 26 oz. crushed tomatoes
  - 1/2 tsp. minced garlic
  - 1/2 tsp. dried oregano
  - 1/2 tsp. dried basil

Oven Temp: 350°, 25-30 minutes

Yield: one 9x13 pan

Cook Manicotti shells for 8-10 minutes. Mix filling ingredients, reserving half the Parmesan to sprinkle on top of filled manicotti. Drain, stuff, lay in rows in the 9x13 dish. Pour sauce over all the filled manicotti. Sprinkle reserved Parmesan cheese on top. Bake, covered for 25-30 minutes, then remove cover, and brown a bit.

## Mushroom Barley Stuffed Cabbage

This vegetarian alternative to classic stuffed cabbage rolls is a favorite of our many young vegetarian guests. It has become more and more common for some of our student guests to be serious vegetarians. My in-laws also became vegetarians over the past 15 years, so I try to keep a variety of substantial and interesting recipes handy for family gatherings. This particular recipe is based on one from Anna Thomas, *The Vegetarian Epicure II*, Alfred Knopf, 1978. I use the same method here as for the meat-stuffed cabbage rolls, that is, I freeze the head of cabbage to denature the leaves and make them easier to separate without par-boiling.

### ***Ingredients***

- 1 large head green cabbage
- Mushroom-Barley Stuffing [page 194]
- 4 T. olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 1/2 tsp. paprika
- 28 ounces canned diced tomatoes packed in their juice
- 1/4 cup red wine
- salt
- pepper

Put the cabbage in the freezer the night before preparing this dish. Then defrost in the microwave, and separate the leaves. Wash each leaf. Put a rounded tablespoon of stuffing in each leaf, and roll from the thick end. Heat the oil in a large skillet, and sauté the onions, garlic, and paprika in it until the garlic is golden. Add the tomatoes and red wine, and salt and pepper. Simmer for 1/2 hour. Oil a 2 quart, shallow baking dish. Put half of the sauce into the dish, arrange the cabbage rolls on the sauce, and cover with the remaining sauce. Bake at 350°F for 40 minutes.

## Mushroom Barley Stuffing

To fill Mushroom Barley Stuffed Cabbage [page 193]

### *Ingredients*

- 2 ounces (dry weight) reconstituted dried black mushrooms
- 1/3 cup barley
- 1/2 pound fresh domestic mushrooms
- 4 T. olive oil
- 1 large onion, chopped
- salt and pepper to taste

Chop the reconstituted (very clean) mushrooms. Wash and chop the fresh mushrooms. Heat the oil, and sauté the onions and mushrooms. Season with salt and pepper. Sauté for another 10 minutes. Cook the barley on the stove or in the microwave. Add the soft barley to the mushroom mixture, and add about 1 cup broth or water. Simmer for 1/2 hour, covered.

## Penne with Tapenade

After watching Mario Batali make a similar dish on the TV Food network, I took a collection of ingredients from my pantry and came up with the following delightful pasta entrée. I happen to love the hot Bournibus mustard from France (with kosher certification), but you can use any strong mustard.

### ***Tapenade***

- 2 ounces anchovy filets packed in olive oil
- 1/2 cup pitted olives (calamata)
- 1/8 cup capers
- 1 T. Bournibus hot mustard (or equivalent)
- 1 T. red wine vinegar
- 1/4 cup extra virgin olive oil
- 1/4 cup chopped yellow or red onion

In a food processor fitted with the steel blade, blend all ingredients until a smooth paste is formed (about 2 minutes). Tapenade may be refrigerated several weeks, well wrapped.

### ***Penne Tapenade, Sun-dried Tomatoes, and Basil***

- 1 cup tapenade
- 1/3 cup sun-dried tomatoes, cut in thin strips, soaked in a small amount of hot water for about 5 minutes
- about 1/2-3/4 cup basil leaves, washed, dried, and chopped
- about 1/4 cup chopped fresh parsley
- 1 pound package of penne or similar pasta

In a large sauté pan, stir together tapenade, sun-dried tomatoes and basil. Do not heat.

Drop pasta into boiling water and cook uncovered until tender. Drain pasta in colander over sink. Pour pasta into sauté pan with sauce over medium heat. Stir gently to coat pasta and warm through about 1 minute. Toss in chopped parsley, toss to mix, pour into warm serving bowl and serve immediately.

## Pizza Margherita

This is a classic, thin crust pizza, baked on unglazed quarry tiles. You can put any vegetables or herbs on the pizzas before putting them in the oven. I cool the baked pizza (remove from the oven with a pizza peel) on regular pizza pans so that you can cut them easily.

### ***Dough***

- 6 cups bread flour
- 1 T. salt
- 2 pkg. dry yeast (2 T.) dissolved in 2 cups lukewarm water
- 4 T. olive oil

Put flour and salt into food processor fitted with the plastic blade, slowly add liquids. Process until dough forms a single ball. Remove from processor, and allow to rise (covered) for 2-3 hours.

### ***Tomatoes***

- 4 cups crushed tomatoes
- 2 T. olive oil
- garlic, basil, oregano, parsley to taste

Mix all ingredients well.

### ***Cheese***

- 24 ounces mozzarella, grated
- 4 ounces parmesan, grated

Preheat oven to 450°F. Tile oven shelves with unglazed quarry tiles at least 30 minutes before baking. Divide dough into four parts. For each pizza, take one part of the dough, roll into a 10-inch circle. Put dough onto a pizza peel, covered with parchment paper. Spread 1/4 of the tomatoes on the dough; cover this with 1/4 of the mozzarella, then 1/4 of the parmesan. Slide the pizza (on the parchment paper) onto the preheated tiles. Bake 20 minutes. Don't do this unless you have a self-cleaning oven. Sauce and cheese inevitably drip on the tiles, racks, and oven floor. The set of tiles can be separated a bit from each other when you are done baking, and they can undergo self-cleaning inside the oven. Makes 4, 10-inch pizzas.

## Pan Pizza

This is medium crust, very cheesy pizza, baked in a jelly-roll (or deeper) pan. I usually cut it into rectangular pieces, about 3-inches by 5-inches. It's a bit messy to take in a lunch box the next day because the crust is relatively flexible. We love this pizza, but I got tired of wasting so much cheese on the bottom of the oven when I baked it in a standard jelly-roll pan. I found a wonderful source of custom made pizza pans, Lloyd Industries, Inc. of Spokane, WA. They made me an 11-inchx15-inchx2-inch pan that is absolutely great!

### **Sauce**

- 1/2 tsp. pepper
- 1/2 tsp. minced garlic
- 1/2 tsp. granulated sugar
- 1/4 tsp. salt
- 1 small can tomato paste (6 oz.)
- 1 small can diced tomatoes (14 oz.)

Combine ingredients and simmer while making dough.

### **Dough and Topping**

- 1 T. dry yeast
- 2 T. lukewarm water
- 2 T. olive oil
- 1 cup boiling water
- 1 1/2 tsp. salt
- 1 tsp. granulated sugar
- 3 cups all-purpose flour
- 2 pounds mozzarella cheese, sliced
- 1 T. dried oregano

Dissolve yeast in lukewarm water. Combine oil and boiling water and salt. Let cool to 110° F. Add yeast mixture, sugar, and flour in the work bowl of a food processor fitted with the plastic blade. Knead until smooth. Let rise (covered) for 1 hour. Spread dough in a 10"x15" jelly roll pan (or special pizza pan as mentioned above, and let rise for 20 minutes.

Put half of the cheese over dough. Spread sauce and any toppings of your choice. Season with oregano. Add the remaining cheese and bake at 300° for 60-75 minutes.

## Pasta Primavera

Pasta primavera is a traditional Italian dish using the best of the spring and summer vegetables in a cream based sauce on pasta. I base my recipe on one from *Cook's Illustrated* although I've changed the ingredients and methods. I also have successfully served this for a Friday night Sabbath meal, and I give my timing and method for that below..

### ***Ingredients:***

- Salt
- 6 ounces haricots verts, cut into 3/4-inch pieces (about 1 1/4 cups)
- 12 thin asparagus spears, tough ends snapped off, cut diagonally into 3/4-inch pieces
- 1 medium zucchini, cut into 1/2-inch dice
- 1 cup frozen peas, thawed
- 6 tablespoons unsalted butter
- 8 ounces brown mushrooms, sliced thin (about 4 cups)
- 1/4 teaspoon red pepper flakes
- 1 1/2 cups heavy cream
- 2 pounds fresh egg fettuccine
- 2 medium garlic cloves, minced
- 1/4 cup shredded fresh basil leaves
- juice of one lemon
- salt and freshly ground pepper to taste
- Parmesan cheese, grated

Bring 3 quarts water to boil over high heat in large saucepan for green vegetables; add 1 tablespoon salt. Fill a large bowl with ice water; set aside. Add green beans to boiling water in saucepan; cook 1 1/2 minutes. Add asparagus; cook 30 seconds. Add zucchini; cook 30 seconds. Add peas; cook 30 seconds. Drain vegetables and immediately plunge them into ice water bath to stop cooking; let sit until chilled, about 3 minutes. Drain well and set aside.

Heat 3 tablespoons butter over medium-high heat until foamy in a saucepan. Add mushrooms and sauté until browned, 8 to 10 minutes. Add red pepper flakes (if using), reduce heat to medium, and add cream. Simmer until slightly thickened, about 4 minutes; cover to keep warm and set aside.

Add 1 tablespoon salt and the pasta to boiling water in large stockpot and cook until pasta is al dente. For fresh pasta, this is only 2-3 minutes. While pasta is cooking, heat remaining 3 tablespoons butter in large skillet until foamy. Add garlic and sauté until fragrant and very lightly colored, about 1 minute. Add blanched vegetables and cook until heated through and infused with garlic flavor, about 2 minutes. Season to taste with salt; set aside.

Meanwhile, bring mushroom sauce back to simmer over medium heat.

Drain pasta and add back to now-empty stockpot. Add mushroom sauce to pot with pasta and toss well to coat over low heat. Add vegetables, basil, and lemon juice; season to taste with salt and toss well. Divide portions among individual pasta bowls. Serve immediately, passing cheese separately.

Serves 8 as a main dish or 10-12 as a first course.

If you are preparing this for a dairy Friday night meal, follow the recipe except for the pasta boiling, any time Thursday evening or Friday, keeping all ingredients cold in the refrigerator after blanching, cooking, etc. Just before candle lighting, warm the sauce and sauteed vegetables (don't cook any further). Then, at the last minute, cook and drain pasta and mix with vegetables. Keep covered, but off the heat. As you serve, toss the warm mushroom sauce with the tepid pasta/vegetables, and serve with grated cheese.

## Potato and Pea Curry

I've always loved vegetarian curries. I particularly love to contrast a hot, spicy curry with a spiced fruit side dish, all served with rice. If you are not as adventurous about the spices, just decrease the amounts or leave out some of the hot pepper altogether. This particular curry is adapted from *Tamales World Tour*, the TV Food Network.

### Ingredients

- 3 large, firm potatoes, peeled and cut into 1/2-inch chunks
- 1/2 cup canola oil
- 2 large onions, chopped
- 1 heaping T. pureed garlic
- 1 heaping T. finely chopped fresh ginger
- 3 T. ground cumin
- 1 tsp. turmeric
- 1/2 T. ground coriander
- 1/2 T. dried red pepper flakes
- 3 tomatoes (see below), peeled, seeded, and diced
- 2 cups water
- 1 T. salt
- 2 cups frozen peas
- 1 T. brown sugar
- 1/4 cup, or more lime juice

### *Peeling Tomatoes*

To peel ripe tomatoes, place them in a brown paper bag, resting in the kitchen sink. Bring a pot of water to a boil, pour into the bag of tomatoes, and close the top of the bag. By the time the water is cool enough to touch, the skin on the tomatoes will be loose enough to gently press away from the tomatoes.

### Preparing the curry

Place the cubed potatoes in a bowl and rinse with cold water until the water is clear (this is to remove the excess starch).

Heat 1/4 cup oil in a saucepan over medium high heat. Sauté onions until brown. At the same time heat the remaining oil in a large pot over moderate heat. Fry the potatoes until golden and add the onions.

Add the garlic and ginger, and stir 1 minute. Remove from the heat and add the spices. Return the pot to the heat and cook 10 minutes, stirring constantly. Stir in the tomatoes, water, and salt.

Simmer, covered, until the potatoes are soft, about 20 minutes. Add the remaining ingredients and cook until the peas are heated through. Adjust the seasonings.

Serve over rice, accompanied by Spicy Apple Chutney [page 202] .

## Spicy Apple Chutney

Chutneys can be chunky or smooth, intended to be served in small quantities as a relish or garnish, or in larger quantities as a major element of a dish. This apple chutney falls into the latter category. I like to place a mound of rice on the plate, surrounded the rice with a circle of this chutney, and top with a generous ladle-full of potato and pea curry.

### Ingredients

- 4 Granny Smith apples
- 2 T. canola oil
- 1 T. black or brown mustard seeds
- 1 medium white or yellow onion, finely diced
- 1 red pepper, cored and finely diced
- 1 tsp. salt
- 2-3 tsp. puréed garlic
- 2 serrano or jalapeno chiles, diced with seeds
- 1 1/2 tsp. finely chopped fresh ginger
- 1 tsp. ground allspice
- 1/4 cup dark raisins
- 1 cup brown sugar
- 3/4 cup red wine vinegar
- 1 cup water

Peel the apples and cut into quarters. Roughly chop in the work bowl of a food processor fitted with the steel blade.

Heat the oil in a large saucepan or frying pan over high heat. Add the mustard seeds, immediately cover (to avoid splashing all over your stove), and cook until the popping stops. Immediately remove the pan from the heat so that the seeds don't burn. Then, reduce the heat to medium high, and add the onion, red pepper, and salt. Cook, uncovered, stirring, until the onions are translucent. Stir in the garlic, chile, ginger, and allspice. Cook 1 minute.

Add the remaining ingredients, including the prepared apples. Cook, uncovered, over medium heat, until soft and aromatic, about 25-30 minutes. Either serve hot or cold, with rice and Potato Pea Curry.

## Ricotta and Spinach Calzones

This relatively straightforward recipe takes about 2 hours, but not much of that time is continuous work. The calzones are good hot or at room temperature, with or without the tomato sauce.

### *Dough*

- 4 cups all purpose unbleached flour
- 1 T. dry yeast
- 1/2 Tbs. salt
- 2 Tbs. extra virgin olive oil
- 1 1/2 cups 110° water

### *Filling*

- 2 cups ricotta - either whole milk or part-skim
- 8 ounces mozzarella, shredded
- 1 cup grated Parmesan
- 1 egg yolk
- 1 tsp. dried oregano
- 1/2 tsp. salt
- 1/4 tsp. freshly ground pepper
- 2 Tbs. extra virgin olive oil plus another 2 Tbs. for brushing calzones for baking
- 1 yellow or red bell pepper cut into small chunks
- 3/4 tsp. garlic powder
- 1/4 tsp. dried red pepper flakes
- 4 cups chopped frozen spinach or 1 pound fresh, washed/dried baby spinach

### *Sauce*

- 1 Tbs. extra virgin olive oil
- 28 ounces crushed tomatoes in puree
- 2 medium crushed garlic cloves
- 1 tsp. dried oregano
- 1/2 cup red wine
- 1/4 tsp. sugar
- 1/2-1 tsp. salt (to taste)
- 1/2 tsp. freshly ground pepper

Oven Temp: 12 minutes at 500°F.

Oven racks should be tiled with unglazed quarry tiles or pizza stones.

## Sauce

Makes 6 - 9 inch calzones

Add yeast to warm water; let it begin to foam. In food processor fitted with plastic blade, mix flour, salt, oil, and yeast mixture. Pulse until dough forms a ball and is smooth and elastic. Put dough aside to rise in a covered bowl for 1 hour. Cut dough into 6 pieces, roll each into a ball, and then cover to keep warm for up to 1/2 hour. Preheat oven to 500°F., lined with quarry tiles.

While the dough is rising, prepare the filling and sauce. For filling, mix the cheeses, egg yolk, oregano, salt, and pepper. Meanwhile, in a large frying pan, heat the oil, then add the peppers and cook for about 3 minutes until they are beginning to soften. Add the garlic, spinach, and dried red pepper flakes. Cook until the spinach is just beginning to dry. Set aside cheese mixture and vegetable mixture.

For sauce, heat oil in a small sauce pan. Add garlic and cook only until fragrant - don't let it brown. Carefully add tomatoes. This will spatter if you add the tomatoes too fast, so guard your clothes and stove. Add oregano and wine, and cook for about 1 minute. Add sugar, salt, and pepper to taste. Continue to cook very slowly to thicken a bit while you finish the calzones.

Roll the balls of dough into 9 inch circles. Keep each of the circles separated from each other with plastic wrap or parchment paper. To form each calzone, cover half a circle with 1/6 of cheese mixture, leaving a 1 inch edge. Cover the cheese with 1/6 of the vegetable mixture. Fold the dough over the filling, this time leaving a 1/2 inch edge, first sealing the top dough to the bottom, then folding the lower edge over the top. Form the remaining 5 calzones in the same way. Cut a few air vents in the top of each calzone, brush with olive oil, and bake for 12 minutes on the quarry tiles.

Serve with the tomato sauce either hot from the oven or after cooling for 30-60 minutes.

## Spaghetti with Broccoli and Tomato Sauce

For years I would try everything to get broccoli and other green vegetables into my husband and daughters. This was one of the more successful attempts, as they all like Italian flavors and pasta. As broccolini has become more popular in the market, I've substituted broccolini for the harsher flavor of the broccoli. You can either serve the pasta, the sauce and the vegetables separately, arranged as directed below, or you can toss them all together in the pasta pot after draining the pasta. The flavor is more intense when they are all mixed together, but it looks prettier when the sauce is arranged in a circle around the broccoli.

### *Ingredients*

- 1 bunch broccoli, washed and cut into 3/4 inch pieces
- 2 cloves of garlic, sliced
- 3 T. olive oil
- 2 cups crushed tomatoes
- 1 tsp. oregano
- 1 tsp. basil
- 1 tsp. parsley
- 1 pound thin spaghetti
- 4 ounces grated Parmesan cheese
- optional hot pepper flakes

Boil about 1 quart of salted water for the spaghetti. Put broccoli in a microwave proof bowl. Heat olive oil until very hot. Cook garlic quickly until just barely brown. Remove garlic quickly to bowl containing broccoli. Cover broccoli with plastic wrap, and cook until just fork tender in microwave. Begin cooking the spaghetti. Meanwhile, in pot with olive oil, put remaining ingredients except for Parmesan and hot pepper. Gently simmer the sauce while the broccoli is cooking and the spaghetti is cooking. Drain spaghetti. On each plate, place portion of spaghetti, broccoli in center, and sauce around the edge of spaghetti. Pass parmesan and optional hot pepper. Serves 4.

## Spanish Rice Casserole

This is an old family staple, sure to please the children, and easy to prepare with pantry ingredients. Add a simple salad, perhaps some corn bread or biscuits, and a mid-week rush meal is a real success. It's a perfect starting menu for children to prepare by themselves.

### *Ingredients*

- 1 small can tuna, packed in oil
- 1 large onion, finely chopped
- 1 tsp. chopped garlic
- 2 cups raw white rice
- 2 cups crushed tomatoes
- 2 cups water
- 1 tsp. oregano
- 1/2 tsp. dried basil
- 1 tsp. dried parsley
- 1/2 cup good quality bread crumbs
- 4 ounces cheddar cheese, grated or cut in small chunks

Preheat oven to 400°F. Open can of tuna, and drain oil into large pyrex casserole. Put onion and garlic in casserole, cover, and microwave on high for 3 minutes. Add rice, spices, tomatoes, tuna, and water. Cover, and microwave, 5 minutes on high, 20 minutes on low. Stir well, sprinkle bread crumbs and cheese on top, and bake at 400°F. for 30 minutes. Serves 5.

## Spicy Noodles with Peanut Sauce

This is an adaptation by my friend Bob Halperin of *Spicy Sesame Noodles* from *Asian Noodles*, by Nina Simonds, Hearst Books, 1997. This dish is equally good cold or at room temperature, as an appetizer or a main dish with crunch, spice, and intense flavor.

### ***Ingredients***

- 1 pound flat Chinese egg noodles or linguine, cooked until just tender, then rinsed in cold water, drained, and tossed with 1 tsp. sesame oil
- 2 English cucumbers, peeled, seeded, and grated
- 1 red bell pepper, cored, seeded, and thinly sliced
- 1 1/2 cup bean sprouts, rinsed and drained
- 3 T. minced scallion greens
- 2 T. sesame seeds
- Spicy Peanut Dressing
  - 2 cloves garlic, peeled and sliced
  - one 1/2-inch-thick sliced fresh ginger, peeled
  - 8-10 T. peanut butter (Natural or crunchy)
  - 4 T. sesame oil
  - 1/4 cup Chinese rice wine or sake
  - 1 1/2 T. Worcestershire sauce
  - 1 1/2 T. sugar
  - 6 T. water
  - 1/2 tsp. ground red pepper (optional, or more to taste)

In a food processor, fitted with the metal blade, chop the garlic and ginger. Add the remaining dressing ingredients in the order listed, and process to blend. The dressing should be the consistency of heavy cream. Thin, if needed, with water or thicken, if needed, with more peanut butter. Refrigerate, if not using immediately, for up to a week.

Arrange the noodles on a large deep platter or in a pasta bowl. Scatter the cucumbers, red pepper, and bean sprouts over the noodles. Sprinkle with the scallion greens and sesame seeds. Serve lightly dressed with peanut dressing with additional dressing on the side.

## Spinach Lasagne

Lasagne, in the traditional form, is impossible to make kosher because of the combination of meat and milk and because often the meat is pork. I've modified the traditional dish here to use spinach instead of meat. I've also tried to produce a lighter and easier to prepare sauce. To avoid an extra pot to wash, I've used the "no-boil" lasagne noodles.

### Ingredients

- 10 ounces frozen chopped spinach
- 3 cloves garlic, crushed
- 1 T. dried oregano
- 1 T. dried parsley
- 1 pound ricotta cheese
- 8 ounces grated mozzarella cheese
- 2 large eggs, slightly beaten
- 36 ounces chopped or crushed tomatoes
- 1 pound "no-boil" lasagne
- 3 ounces grated Parmesan cheese

Preheat the oven to 375°F.

Put the frozen spinach in the bowl of a food processor fitted with the metal blade, and process until broken up and nearly flaked. Add the garlic, oregano, parsley, ricotta, eggs, and mozzarella. Process briefly until the mixture is uniform. Pour about 1/4 of the tomatoes on the bottom of a 9" by 13" baking pan. Cover the tomatoes with a layer of lasagne noodles (uncooked). Spread 1/3 of the spinach/cheese mixture over the noodles. Repeat with tomatoes, noodles, and cheese, ending with a layer of plain noodles on the top. Pour the remainder of the tomatoes on top of the noodles. Sprinkle with the parmesan cheese. Cover tightly with foil. Bake for 1 hour. Remove the foil, and bake for an additional 15 minutes. If any of the noodles have not softened after the first hour, carefully tuck them under the sauce to be sure that they will soften during the final baking period. Let the lasagne sit for about 10 minutes before serving.

## Stuffed Pizza

Having grown up in Chicago, we missed the stuffed pan pizza of our youth. This recipe approximates those pizzas. I use red pepper, mushrooms, and onions, but you can choose zucchini, eggplant, or many other vegetables. Be sure to keep the vegetables dry so that the crust does not get soggy. In fact, if you are using mushrooms, you might want to use reconstituted dried mushrooms to keep down the moisture.

### ***Ingredients:***

#### **dough**

- 3 packages active dry yeast
- 4 1/2 tsp. sugar
- 2 cups warm water (105-115° Fahrenheit)
- 4 3/4 cups bread flour
- 3 tsp. salt
- 4 T. olive oil

#### **sauce**

- 1 28 ounce can 6-1 brand crushed tomatoes
- 2 T. olive oil
- 1 tsp. oregano
- 2 tsp. basil
- 1 tsp. salt (optional)
- 1 clove garlic, crushed
- 1/4-1/2 cup freshly grated Parmesan cheese

#### **stuffing**

About 1 1/2 cups chopped vegetables (select among zucchini, green or red bell pepper, eggplant, onions, mushrooms), sauteed in olive oil. About 8-12 ounces grated mozzarella cheese

### ***DOUGH:***

Dissolve sugar and yeast in water. Set aside.

You can either mix this dough by hand or use a food processor with the plastic blade. Mix flour and salt in a large 4- to 5-quart mixing bowl. Make a well in the flour; add the yeast mixture and vegetable oil. Mix and knead thoroughly until a rough mass of dough is formed that cleans the sides of the bowl. Turn the dough out onto a floured work surface; knead for 5-6 minutes until the dough is smooth and soft. Dust with flour if the dough sticks to your hands. Dust the dough lightly with flour; place it in a lightly floured mixing bowl. Cover the bowl with plastic wrap and a kitchen towel. Set it in a warm place to rise for 1-1/2 hours, until doubled in bulk.

Punch down the dough; turn it out onto a work surface and knead for about 1 minute. Divide the dough into two unequal pieces. Roll out the larger piece until it is about 3 inches larger than the pan and 1/8 inch thick. (12-inch pizza pan, 2 inches deep). Oil the bottom and sides of the pan. Place the dough in the pan;

Ingredients:

push it into the bottom and sides. The dough should overlap the pan by about 1 inch. Trim off excess overlap with a knife. Set the pan aside. Roll out the second piece of dough until it is about the same size as the pan.

### ***SAUCE:***

Mix all ingredients except cheese.

### ***STUFFING***

Saute vegetables and mix with cheese.

### ***TO ASSEMBLE AND BAKE:***

Preheat the oven to 475°F. Put the stuffing on the bottom layer of dough. Lay the second piece of dough over the vegetable-cheese mixture. Crimp the 2 edges of dough together with your fingers to form a thick border. Press down on the filling with your hand. Cut a 1-inch slit in the center of the top crust to allow steam to escape.

Spread the sauce on the crust. Sprinkle with Parmesan. Bake in preheated oven, on lowest rack, 10 minutes. Move the pizza to an oven rack 2 slots above the lower rack and bake 25-30 minutes, until brown.

## Vegetable Biryani

When we travel, we can often find kosher vegetarian Indian restaurants. We've learned to love the spice combinations and the presentation style. Vegetable Biryani is a layered Indian stew/rice dish, a one-dish meal that is both nutritious and beautiful to serve.

### *Ingredients*

- 1 1/2 cups Basmati rice
- 1 T. canola oil
- generous pinch of saffron
- 1/2 tsp. turmeric
- 1/2 tsp. salt
- 2 1/4 cup hot water
- 1 cup chopped onion
- 2 T. canola oil
- 2 tsp. grated peeled fresh ginger root
- 1 1/2 tsp. ground cumin seeds
- 1 1/2 tsp. ground coriander seeds
- 1/2 tsp. cinnamon
- 1/2 tsp. cayenne (or to taste)
- 1/2 cup water
- 1 small sweet potato diced
- 2 cups cauliflower florets
- 1 medium red pepper, diced
- 1 tomato, diced
- 1/2 cup green peas
- 1/3 cup raisins
- 3/4 cup canned or fresh cooked chick peas
- salt to taste
- garnish of toasted almonds

Sauté rice briefly in 1 T. oil, stir to coat each kernel. Crumble in the saffron, add turmeric, salt, and hot water. Cook rice for about 20-25 minutes. Saute onions in 2 T. in oil for 5 minutes. Mix in ginger, cumin, coriander, cinnamon, and cayenne. Cook for a minute, stirring. Add 1/2 cup water, sweet potato, and cauliflower. Cover pan and cook on low for 3-4 minutes. Stir in bell pepper, tomato, peas, raisins, and chick peas. Continue to simmer until vegetables are barely tender, adding more water if needed. Add salt to taste. Butter a 2.5 quart casserole, and spread half of the rice in the bottom. Top with all the vegetables and then the remaining rice. Cover the dish and bake at 350° for about 30 minutes. Garnish with toasted nuts.

Serves 6.

## Side Dishes

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## Asian Cabbage Slaw

Although we've had several variations of this salad, the best by far is the one from Eudice Greenfield, our dear friend in Skokie, IL. This is a surprisingly refreshing, crisp, and crunchy salad. It's great as a first course or to accompany other Asian flavored dishes. Be sure to prepare the actual salad at the last minute, although you can toast the nuts and seeds and prepare the dressing well in advance. You can wash the cabbage well in advance, but please shred the cabbage and slice the onions at the last minute.

### ***Ingredients:***

#### Salad

- 1 head Napa cabbage, shredded or thinly sliced
- 1/2 red onion, thinly sliced
- 1/4 cup sesame seeds, roasted in a 350°F. oven or in a small frying pan at high heat. Be sure not to burn them.
- 1/2 cup slivered almonds, roasted as with the sesame seeds
- 1/2 can Asian rice noodles

#### Dressing

- 1/2 cup granulated sugar
- 1/4 cup canola or safflower oil
- 1/4 cup white wine vinegar
- 1 T. soy sauce

Yield: 6 generous servings

You can roast the seeds and almonds up to a week prior to serving. Keep at room temperature in a tightly sealed jar. The cabbage can be washed and dried up to a day before serving; keep refrigerated and wrapped in paper towel. The dressing can be prepared up to a week before serving. Combine all the dressing ingredients in a bowl or Ball jar, and store in the refrigerator. Just before serving, shred the cabbage, slice the onion, add the other ingredients and mix well.

## Baby Squash Stuffed with Bulghur Wheat and Cranberries

This is an elegant side dish or vegetarian main dish for fall. The idea comes from *1,000 Jewish Recipes* by Faye Levy.

### ***Ingredients:***

- 6 baby acorn or other fall miniature squash
- stuffing (below)
- 1 large egg, beaten
- salt and freshly ground pepper
- 2 tsp. brown sugar
- 1 T. olive oil

### **stuffing**

- 1/2 cup sliced or slivered almonds
- 2 T. olive oil
- 1 medium onion, finely chopped
- 1 cup medium bulghur wheat
- 2 cups chicken or vegetable stock
- 1 tsp. ground coriander
- 1 tsp. ground ginger
- 1 tsp. ground allspice
- 1 tsp. salt
- 1/2 tsp. ground pepper
- 1 cup dried cranberries

Preheat oven to 400°F.

Toast the almonds for 5 minutes in the oven. Let cool. Cut the squash in half lengthwise and remove the seeds. Cut a thin slice from the bottom of each squash half so that they sit straight when stuffed. Oil a large roasting pan, and place all the squash halves skin side up on the pan. Bake about 35 minutes until fork tender.

Heat 2 T. olive oil in a heavy saucepan over high heat. Add the onion and cook until golden, stirring often. Add bulghur and continue to stir, about 2 minutes. Add stock, coriander, ginger, allspice, salt, and pepper and bring to a boil. Lower the temperature to medium-low and cover. Cook about 10 minutes. Add the cranberries without stirring, turn off the heat, but keep the pot covered and on the burner until liquid is absorbed. Gently stir in the almonds and adjust the seasoning. When stuffing is room temperature, add the beaten egg.

Ingredients:

Reduce the oven temperature to 350°F. Sprinkle each squash half with salt, pepper, and brown sugar. Fill them generously with stuffing. Sprinkle with oil, cover and bake 20-30 minutes. Serves 12 as a side dish, 6 as a main dish.

## Barley-Roasted Pepper Pilaf

In the never-ending search for interesting side dishes, I put together several recipes to come up with this pilaf. It is good either warm or cold, and keeps well for a few days.

### ***Ingredients:***

- 1 T. olive oil
- 1/2 cup finely chopped yellow or white onion
- 3/4 cup medium or fine pearl barley
- 2 cups vegetable or chicken broth
- 1 bay leaf
- 1 carrot, peeled and finely chopped
- 1 roasted red pepper (if you cannot find these already prepared in a jar, roast one under the broiler or on the grill, place in a brown paper bag until cool, and then peel and seed)
- 1 tsp. lemon juice
- salt and freshly ground pepper to taste

Warm the oil in a 10 inch heavy skillet (with lid). Add onion and cook until the onion is translucent. Add barley and cook, while stirring, until the barley is beginning to color, about 2 minutes. Add the remaining ingredients. Bring to a boil while stirring, and then reduce temperature to low, simmering and covered for about 20-25 minutes. Discard the bay leaf and serve immediately or when just warm or even cool.

Serves 8.

## Broccoli and White Rice Casserole

This simple casserole was my favorite childhood side dish. I suppose it was invented by my mother, Charlotte Nothmann, a wonderful cook who rarely if ever needs a cookbook. I now make it with broccolini, a more tender and more delicately flavored vegetable than ordinary broccoli. This dish is wonderful with pot roasts, stews, and other main dishes that have a lot of sauce or gravy.

### ***Ingredients:***

- 1 bunch broccoli or two bunches broccolini, well-cleaned, trimmed, and cut into 3/4 inch pieces
- 2 cups raw white rice
- 1 tsp. salt
- 2 T. olive oil
- 3 1/2 cups water
- 1 egg
- paprika

Preheat oven to 375°. In a 3 quart casserole, mix broccoli, rice, salt, oil, and water. Cook in a microwave oven (5 minutes at high, 20 minutes on medium) until the water is barely absorbed. Beat the egg slightly in a small dish. Add the egg to the rice mixture, and mix quickly and thoroughly with a fork. Sprinkle paprika over the top. Bake at 375° for 45 minutes or until the casserole is brown and crisp.

## Broccoli and Wild Rice

This fresh and crunchy wild rice recipe originated with the Fall River Wild Rice company. It can be served either hot or at room temperature. The proportion of vegetables can be varied with taste and availability.

### *Ingredients*

- 2.5 cups cooked wild rice (2/3 cup uncooked)
- 1/4 cup red pepper, diced
- 1 cup mushrooms, sliced
- 2 cups broccoli, cleaned, peeled, and cut into 1/4 inch pieces
- 6 T olive oil
- 1/4 cup chopped nuts (optional)
- salt and black pepper to taste

Yield: 10 servings

In a large pot or microwave-proof container, cook the rice in about 4 cups of lightly salted water. If you are cooking the rice on a conventional stove, simmer for about 35 minutes; in the microwave, bring the water to a boil, and cook the rice on medium-low for about 30 minutes. The rice should be just tender and starting to open. Drain the water. Sauté the vegetables in the olive oil. Toss the vegetables, rice, and nuts together in a large bowl, and season to taste with salt and pepper.

## Carrot Pudding

Carrot pudding is like having dessert in the middle of your meal. I began making carrot pudding (carrot kugel) from a recipe of Anne London and Bertha Bishov, *The Complete American-Jewish Cookbook*, The World Publishing Company, 1952. I have gradually adapted the recipe to my family's taste. This is a recipe that tastes best when made without any modern implements - that is, hand grated carrots are far superior to those grated in the food processor. I discovered this when we were on sabbatical in Israel, and I did not have a well equipped kitchen. Both carrot kugel and potato kugel taste much better with the more coarsely grated vegetables.

Carrot pudding is a reasonably healthy, fresh accompaniment to pot roasts, stews, and other dishes with sauce or gravy. Because it is sweet, you need to experiment with the flavor combinations. It is excellent with roast chicken or veal.

### ***Ingredients***

- 1 cup grated raw carrots
- 1/2 cup vegetable shortening
- 1/2 cup (packed) brown sugar
- 1 large egg
- 1 1/4 cup sifted flour
- 1/2 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2-3/4 cup seedless raisins
- 1 tsp. lemon juice
- 1-2 tsp. grated orange rind (optional)
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1 T. water

Either grate the carrots with a hand grater or in the food processor. Set aside

In a mixer, food processor, or by hand, cream the shortening with the brown sugar. Add the egg, and mix well. Sift the flour with the baking soda, baking powder, and salt (or mix them well with a fork, if you do not have a sifter). This step removes lumps of baking soda or baking powder, or salt, which might produce bitter or salty spots in the kugel. Add carrots and remaining ingredients. Mix thoroughly, and pour into a greased casserole. Bake in moderate oven (350° F.) until brown, about 1 hour. Serves 6 to 8. This can easily be doubled.

Carrot pudding freezes well. Wrap in heavy foil or in double freezer bags. Thaw at room temperature or in the refrigerator, discard the wrapping, and warm for 15 minutes in a 300° F. oven.

## Carrot Pudding, Version 2

After making Carrot Pudding [page 220] , for many years, my daughter Rachel served this version, from her friend Rachel Roth Novick. According to Rachel Novick's mom, Carole Nobel Roth, the recipe came to her from her old friend Helene Katz Freedman, who shared this recipe with her about 30 years ago. Helene told Carole that she, in turn, got it from Rosie Landowne, another New York West Sider (whom Carole does not know) - a wonderful line of friends for a delicious recipe exchange. It has become the Reingold family's new favorite.

### ***Ingredients***

- 2 cups grated raw carrots
- 1/2 cup canola oil
- 1/2 cup (packed) brown sugar
- 2 large eggs
- 1 1/4 cup sifted flour
- 1/2 tsp. baking soda
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1/2 tsp. ground cinnamon
- 1 T. hot water

Either grate the carrots with a hand grater or in the food processor. Set aside

In a mixer, food processor, or by hand, cream the oil with the brown sugar. Add the eggs, and mix well. Sift the flour with the baking soda, baking powder, and salt (or mix them well with a fork, if you do not have a sifter). This step removes lumps of baking soda or baking powder, or salt, which might produce bitter or salty spots in the kugel. Add carrots and remaining ingredients. Mix thoroughly, and pour into a greased casserole. Bake in moderate oven (350° F.) until brown, about 50 minutes. Serves 6 to 8. This can easily be doubled.

Carrot pudding freezes well. Wrap in heavy foil or in double freezer bags. Thaw at room temperature or in the refrigerator, discard the wrapping, and warm for 15 minutes in a 300° F. oven.

## Carrot Soufflé

I first served this soufflé at the Bat Mitzvah of my youngest daughter, Eve, November 1997. It is the creation of Susan Thomas Caterers, Indianapolis, IN. The soufflé is incredibly light and delicious. I suggest serving this with a simple fish entrée and a green salad as a main course, or as one of many choices for a buffet brunch.

### ***Ingredients:***

- 1 pound carrots
- 4 ounces butter
- 3 eggs
- 1/2 cup sugar
- 3 T. flour
- 1 tsp. baking powder
- 1 tsp. vanilla
- salt to taste

Peel carrots. Cook them in salted water until soft. Drain well.

Melt the butter. In a blender, put eggs, butter, sugar, flour, baking powder, and vanilla. Blend well. Add carrots and blend until the mixture resembles a milkshake. Add salt to taste.

Bake in an 8x8 inch greased glass dish at 275° for 45 minutes, until just firm.

## Carrot Soufflé Ring

This carrot ring is typical of soufflé-like Passover dishes, relying on the beaten egg whites to provide height and a light texture. The recipe can be doubled for a large crowd.

### *Ingredients*

- 3-4 cups carrot slices
- 1 bay leaf
- 1 onion
- salt
- boiling water
- 1 1/2 T. ground cinnamon
- 1 T. ground ginger
- 1 tsp. salt
- 1 tsp. freshly ground pepper
- 5 eggs, separated
- 1 cup granulated sugar
- 1/2 cup matzoh meal
- 1 cup ground almonds or walnuts

Preheat oven to 350°.

Place the carrots in a saucepan. Add bay leaf, onion, salt, and boiling water to cover. Cover and simmer until the carrots are quite tender (20 minutes). This can be done in the microwave.

Remove the onion and bay leaf, drain the carrots and mash thoroughly (since I make this kugel on the same day that I make either the gefilte fish or chicken soup for Passover, I use the carrot cooking water in one of those two recipes). Stir in the cinnamon, ginger, 1 tsp. salt and pepper to taste.

In a bowl, beat the egg yolks with the sugar until very thick and lemon colored. Stir in the carrot mixture.

In another bowl, beat the egg whites until stiff but not dry, and fold into the carrot mixture, alternating with the matzoh meal and nuts.

Turn into a greased 2-3 quart ring mold, set in a bain marie (a boiling water bath). Bake 40 minutes until set. Serves 12.

## Cole Slaw

This method of preparing cole slaw produces a crispy, slightly vinegary salad. As with all cole slaws, it goes beautifully with corned beef, potato salad [page 237] , and a good loaf of rye bread [page 49] . For a change, pair it with Potato, Corn, and Cherry Tomato Salad with Basil Dressing [page 233] .

### *Ingredients*

- 1 head green cabbage, well washed, shredded
- 2 carrots, shredded
- 1 green pepper, shredded
- 1/2 tsp. ground black pepper
- 1 T. salt
- 2 T. granulated sugar
- 1/2 cup wine vinegar
- 2/3 cup water
- 1.5 cups real mayonnaise

Put shredded vegetables into a large bowl. Mix spices, sugar, vinegar, and water. Stir well to dissolve the salt and sugar, and pour this over the vegetables. Cover with plastic wrap and let sit for 1 or 2 hours. Drain well; be sure that all of the liquid is gone or the salad will be watery. Toss with mayonnaise, and chill before serving. Cole slaw keeps, in the refrigerator, for 1-3 days. Be sure that any leftovers are immediately refrigerated.

## Corn and Black Bean Salad

I created this salad to mimic the flavors in quesadillas. There is no cheese in this recipe (the "queso"), but the flavors and the fried tortillas will remind you of the South-West.

### *Ingredients*

- 5 ears of corn, shucked
- 4 T. canola oil, 2 tsp. at first, the rest later
- 1 small red onion
- 1 clove of garlic, freshly pressed
- 1 red pepper, roughly chopped
- 1 tsp. chili powder
- 1 can black beans, drained and rinsed
- juice from 2 limes
- 2 T. minced pickled jalapeno peppers
- salt to taste
- 5 flour tortillas, cut into small wedges
- sea salt or kosher salt to taste

Wrap each ear of corn in microwave-appropriate plastic wrap and microwave until just cooked (about 1.5 minutes per ear). With a sharp knife, cut the kernels off the corn.

Heat a large frying pan over medium-high heat until hot. Add corn and cook, stirring, until kernels begin to brown and pop. Remove the corn to a large serving bowl.

Heat the 2 tsp. oil in the same pan. Add red onion, and cook until translucent, add the garlic and red pepper, and cook just until the pepper begins to soften. Add the onion and pepper mixture to the corn. Mix in the chili powder, beans, lime juice, and jalapenos. Adjust the salt (don't oversalt because you will be adding the salted tortillas later). Cover and chill until ready to serve.

Just before serving, heat the remaining oil in the frying pan. Fry the tortilla wedges, turning, until golden. Blot excess oil on paper towels, and sprinkle with sea salt or kosher salt.

Serve the salad with the tortillas on the side. You can either use the tortilla wedges to scoop up the salad in individual bites, or you can crumble the crisp tortillas over the individual salad servings.

Serves 10.

## Grilled Vegetables, Kamin

This simple and savory method of preparing vegetables comes from our friends Judy and Sam Kamin, January, 1999. Take care not to overcook the vegetables so that they retain their individual flavors and textures. You can adjust the amount of the spice mixture you use depending on your personal taste - it's fairly strong. These vegetables go well with grilled or plain roasted meats and chicken.

### ***Ingredients:***

- 2 T. salt
- 3 T. packed golden brown sugar
- 2 T. paprika
- 1 1/2 T. chili powder
- 1 T. ground black pepper
- 2 1/4 tsp. garlic powder
- 1 1/2 tsp. cayenne pepper
- 1 1/2 tsp. dried basil
- Assorted vegetables (zucchini, bell peppers, red onions, large mushrooms)
- Olive Oil

Combine first 8 ingredients in a food processor. Blend 15 seconds. Transfer to a small jar; cover tightly. Spice mixture can be prepared 2 weeks ahead and stored in the refrigerator. Preheat a barbecue or broiler. Clean and cut all vegetables into 1/2 inch thick slices. Brush with olive oil. Sprinkle generously with spice mixture. Grill until just cooked through, turning occasionally, about 8 minutes.

## Jerusalem Sweet Kugel

Every Ashkenazi (of Eastern European origin) synagogue or caterer in Israel serves Jerusalem kugel. This dark, rich, savory, and sweet dish typifies the Sabbath or festive table in Jerusalem and throughout the Ashkenazi world. On Saturday mornings during our sabbatical in Jerusalem, we all looked forward (as we stood slightly chilled in the under-heated synagogue) to a warm, sweet slice of Jerusalem kugel, passed around after the morning services. It's worth experimenting with the amount of pepper and mace to please your palette. We like it on the peppery side. My recipe is based on one from Rina Valero, *Delights of Jerusalem*, Nahar Publishing House, 1985, p. 84.

### ***Ingredients***

- 1 pound thin egg noodles
- 1/4 cup oil (for caramel)
- 1/4 cup sugar (for caramel)
- 4 eggs
- 1 cup sugar
- 1 tsp. cinnamon
- 1 1/2 tsp. black pepper
- 1/2 tsp. mace

Yield: 15 servings

Cook and drain noodles, after a boiling time of about a minute less than the package directions. Do not rinse the noodles, but keep them warm as you prepare the caramel. Put the sugar and oil for the caramel in small skillet. Cook the caramel over a high flame until the sugar turns dark brown. Be sure to watch the caramel as the sugar melts. It is easy to burn this or to make a horrible mess of your stove. Just let it cook until the sugar is nearly dark brown, turn off the flame, and let the residual heat in the pan complete the cooking. Immediately pour the caramel over the hot noodles, and stir.

Combine the eggs, sugar, and spices in a small bowl. Add to the caramel coated noodles. Toss well. Transfer to a greased 1 1/2 quart casserole (covered). Bake 1 1/2 hours at 325°F.

Serve at home as a side dish to accompany beef, veal, or chicken. This is a sturdy dish and can be eaten hot, warm, or cold. Leftovers are good in lunch boxes during the week.

## Keith's Carrots

These crunchy, curried carrots are from our friend Keith Kanter. They are a great side dish with cold or warm meats, particularly those with curry or Moroccan spices.

### *Ingredients*

- 7-8 large fresh carrots (pick them out at the produce stand, stay away from pre-bagged)
- 1/2 to 2/3 cup regular or light mayonnaise
- 1/2 teaspoon fresh lemon juice
- pinch kosher salt
- 1/3 cup sugar
- small (6 ounce) can of crushed pineapple in its own juice, squeeze pineapple in a clean dish towel
- 1/2 cup seedless raisins
- 1 large clove garlic, minced
- 2 tsp. curry powder (a bit less if you don't love curry)

With a wide-blade vegetable peeler, peel long, wide strips from the carrots - they should resemble noodles. Discard the tough cores. Mix the remaining ingredients in a serving bowl, add the carrot noodles, fold to incorporate all the ingredients. Refrigerate and serve chilled.

## Leek Croquettes

This recipe, also called *prasafuchies* is my adaptation from my favorite sephardic cookbook writer, Gilda Angel, *Sephardic Holiday Cooking*. Every recipe in this easy to follow cookbook is tasty and festive. I serve these croquettes at our second Passover Seder each year. I always sprinkle them with plenty of lemon juice. The only problem with them is that sometimes the serving dish doesn't make it around the whole table, no matter how many I prepare.

### **Ingredients:**

- 12 large leeks
- 3 matzoth or 4 slices of bread (if not Passover)
- 3 eggs
- 1 tsp. salt
- 1/4 to 1/2 tsp. pepper
- matza meal
- olive oil for frying
- juice of 2-3 lemons (about 4-6 T.)

Yield: 30 croquettes

Wash leeks very well to remove sand. Cut off and discard the roots and tough outer leaves. Cut the remaining parts lengthwise to clean more thoroughly, and soak in a large bowl of cold water. Change the water so that no more sand appears. Drain well.

Cook the leeks in the microwave (no additional water), covered, for about 15 minutes (or for about 45 minutes in a covered saucepan in slightly salted water). Drain and set aside until the leeks are cool enough to handle. Squeeze out as much liquid as possible.

Soak the matzoth or bread in cold water for about 5 minutes. Squeeze out as much water as possible.

In the bowl of a food processor, mix the leeks, matzoth (or bread), eggs, salt, and pepper. The mixture should be thick enough to form into patties. If the mixture is too mushy, add some matza meal, one T. at a time.

When the mixture is easy to handle, form into 30 patties, about 2 inches in diameter and 1/2 inch thick. Dip each pattie in matza meal and fry in hot oil until golden on both sides. Drain on paper towels. Serve at once, sprinkled with lemon juice, or refrigerate until ready to serve.

To reheat, place *keftes* in a baking pan and sprinkle with lemon juice. Heat at 250°F. for 30 minutes.

I prepare these about a week ahead of time and freeze them in a disposable foil pan. Defrost them in the pan and reheat as above.

## Lemon Roasted Potatoes

These crispy, lemon infused potatoes are based on a recipe from The Moosewood Collective, *New Recipes from Moosewood Restaurant*. They are crunchy and fill your mouth with lemon and herbs when you bite into them. Don't be put off by the long roasting time. As long as you use a firm potato such as a russet, you won't have any problems. However, if you try this recipe with an Idaho or other fine textured potato, there will be almost nothing left at the end of the roasting time.

### ***Ingredients***

- 6 medium russet potatoes (or other very firm potatoes), peeled, cubed (about 3 pounds)
- 1/2 cup fresh lemon juice -- about 2 1/2 lemons
- 1/3 cup canola oil
- 1 Tablespoon olive oil
- 2 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1 1/2 tsp. mixed herbs such as oregano, basil, parsley, rosemary, thyme
- 2 garlic cloves, minced
- 3 cups hot water

Toss the potatoes, lemon, oils, spices, and garlic in a baking dish (9x12 inch). Add the water. Bake, uncovered for 1.5 hours at 475° F. Stir every 20 minutes, adding more water if necessary to prevent sticking. Be careful not to burn the potatoes during the last 30 minutes. During the final 15 minutes, allow the water to evaporate until only the oil is left. Stir the potatoes every 10-15 minutes during the cooking process to prevent sticking. Garnish with fresh parsley.

These are best prepared just before eating them, otherwise they become soggy. They are great with roast beef or chicken or charcoal grilled hamburgers or steaks.

## Mejadarra

Mejadarra is common table fare in much of the Middle East. We first discovered it in Tel Aviv in 1983 while eating in a well-known Oriental (foods of the Jews from Arab countries) restaurant. Mejadarra was not on the menu, but we saw some of the restaurant staff eating it. My husband asked to taste the dish and immediately asked for a portion. It came as a complete surprise to the waiter that we would prefer this "peasant food" to the more sophisticated fare on the menu. Recently mejadarra has become one of the many instant and prepared foods available in Middle Eastern markets or Middle Eastern sections of American grocery stores. It's well worth preparing your own, however, to avoid the artificial spice mixtures in these prepared mixes. I have adapted a recipe from one of the outstanding authors on Middle Eastern food: Claudia Roden, *A Book of Middle Eastern Food*, Vintage Books, 1974.

### ***Ingredients***

- 2 cups lentils, rinsed and sorted
- 3 onions, sliced and quartered
- 2 T. canola or olive oil
- 2 cups rice
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. turmeric

In the microwave, boil lentils, covered in water, until tender. Meanwhile, fry the onions in 2 T. oil until very golden. Add the fried onions to the lentils along with the rice and spices. Bring the total liquid to about 3 cups of water. Simmer for about 20 minutes in microwave or on stove, until the water is barely absorbed. Stir briefly, and serve hot. Mejadarra can be eaten alone, the main dish of a vegetarian meal, accompanied by a salad or it can be a side dish with meats or chicken. It is very versatile and blends with many types of foods.

## Portobello Risotto

This is a slight variation of the traditional Risotto Milanaise in that it can be baked just before Shabbat to serve fresh on Friday night.

### ***Ingredients:***

- 1/4 cup olive oil or goose fat
- 3 cloves garlic, chopped
- 1 tsp. dried shallots
- 8 ounces chopped portobello mushrooms
- 2 cups Arborio rice
- 2 cups dry white wine
- 2 cups chicken stock

Preheat oven to 350°F. or use time bake to arrange for the rice to be ready as you return from synagogue.

Heat oil or goose fat in a sauce pan over medium heat. Add garlic, shallots, and mushrooms. Sauté for 2 minutes. Add rice and sauté until slightly brown. Set aside until just before candle lighting (or proceed directly if preparing for a non-Shabbat meal). Just before proceeding, combine wine and stock in a saucepan over high heat. Bring to a boil. Combine rice mixture and wine mixture in a lightly greased 3-quart baking dish. Cover tightly and bake 35 minutes.

Serves 12.

## Potato, Corn, and Cherry Tomato Salad with Basil Dressing

By the end of summer, the corn, cherry tomatoes, and basil are at their peak, and this recipe from *Gourmet Magazine*, July 1993, p. 80, is one of those marvelous combinations to keep for just that time. The only tedious part of the recipe is to remove the cooked corn from the cob, but once that's done, the salad just takes a few moments. Serve this with barbecued chicken or hamburgers or cold cuts. It brings out the fresh flavor of the vegetables and looks beautiful on the serving platter.

### ***Ingredients:***

- 2 T. white-wine vinegar
- 1/2 cup olive oil
- 1 cup packed fresh basil leaves - don't substitute dried basil
- 2 1/2 pounds small red potatoes
- kernels cut from 6 cooked ears of corn
- 1/2 pound cherry tomatoes, halved
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper

In a blender or processor, blend the vinegar, oil, basil, salt and pepper until emulsified. In a large saucepan combine the potatoes with enough cold water to cover by 2 inches. Bring to boil, and simmer until tender. Drain, cool, and quarter potatoes. If you prefer to peel the potatoes, you may, but if the potatoes are young and fresh, the skin should be tender and delicious. Combine the corn, potatoes, tomatoes, dressing, and additional salt and pepper to taste. Leftovers can be refrigerated, well covered, for a few days. Serves 8.

## Potato Kugel

Potato kugel, or potato pudding is a standard side-dish in Ashkenazi (Eastern European) Jewish cooking. It resembles potato pancakes, and like potato pancakes, it has evolved over the years with all kinds of variations. For example, some people don't peel the potatoes. Others add additional vegetables such as zucchini or carrots. My family has always enjoyed the traditional potato/onion/garlic version. The only suggestion I would make is that you grate the potatoes by hand, if possible. I had always prepared potato kugel in a food processor until I went on sabbatical and had to make do with a simple kitchen with the minimum of appliances. The family quickly realized that potato kugel, carrot kugel, and other dishes with grated vegetables were much better tasting with hand grated vegetables.

### *Ingredients*

- 6 large potatoes, washed and peeled
- 1 large onion, peeled and halved
- 2-3 large eggs
- 1/4 cup olive oil
- 1/2 cup all-purpose flour
- 1 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. chopped garlic
- 3/4 tsp. freshly ground black pepper
- 1 tsp. paprika, split in two

Preheat oven to 400 °F. Either grate the potatoes and onion by hand or put the potatoes and onion in the bowl of a food processor and process until coarsely chopped. Add eggs, 3 T. oil, and remaining ingredients (except for 1/2 tsp. paprika and one tablespoon of oil). Process or mix by hand only until smooth; don't overdo it. Pour into a 2 quart casserole, sprayed with vegetable oil spray or rubbed with oil. Sprinkle with remaining oil and paprika. Bake for 45 minutes or until puffed and brown. Serve with brisket, roast chicken, or roast veal. Potato kugel can be eaten at room temperature with cold meats, but it is much tastier if slightly warm or hot. Serves 8-10.

## Potato Latkes

Potato Latkes, or pancakes, are traditionally served at Channukah in Ashkenazic Jewish homes. Fried foods of all sorts are served during Channukah, reminiscent of the miracle of the pure olive oil which lasted for eight days. This recipe was adapted by my daughter, Rachel, and her husband Ernest, from one in *Bon Appetit*, December 1995. Our family likes to eat these with homemade applesauce.

### ***Ingredients***

- 5 pounds Yukon gold potatoes, peeled
- 2 large onions, peeled
- 2 eggs
- 7 tablespoons all purpose flour
- 2 1/2 teaspoons salt
- 1 teaspoon freshly ground pepper (or to taste)
- 2 teaspoons baking powder
- 10 tablespoons canola oil (more as needed)

Line a large bowl with a towel (or paper towel). Grate potatoes and onions in the bowl of a food processor, then process potatoes and onion using the metal blade ( until coarsely ground; do not puree). Transfer to the towel. Fold the towel up around mixture; twist the top of the towel, squeezing out all the liquid into the bowl. Let the liquid stand 5 minutes. Pour off the liquid, reserving any potato starch in the bowl. Add the grated potatoes to the bowl. Mix in eggs, flour, salt, pepper and baking powder.

Heat 6 tablespoons oil in a large skillet over medium-high heat. Working in batches, drop 2 to 3 heaping tablespoons of batter per pancake into the hot oil. Using the back of a spoon, spread to 3 to 3 1/2-inch rounds. Cook until brown, about 3 minutes per side. Repeat with remaining batter, spooning off any liquid from the surface of the batter and adding more oil to the skillet by tablespoonfuls as necessary. Serve hot. Makes about 24.

## Potatonik

Potatonik is a cross between a potato kugel and potato bread. It's usually served as a side dish, much like a kugel, but is less dense. It's worth making several at a time and freezing the extras. Double-bag them in freezer bags. Defrost and warm at 350° F. for 15 minutes to refresh. Although this is a common dish, this particular method is based on a recipe in George Greenstein's *Secrets of a Jewish Baker* by way of my good friend and Jewish baker, Bob Halperin.

### **Sponge:**

- 1 cup warm water (110-115° F.)
- 1 1/2 T. active dry yeast
- 1 1/2 cups bread flour

### **Dough:**

- 3/4 pound red potatoes, skin on, cleaned well
- 1 1/2 cups chopped white or yellow onions
- 1 small stale roll or 2 slices old bread
- 1/2 cup bread or all-purpose unbleached flour
- 1 1/2 tsp. salt
- scant 1/2 tsp. baking powder
- 1/3 tsp. or more freshly ground black pepper
- 1/2 cup canola oil
- 2 large eggs

In a medium bowl, dissolve yeast in warm water, and mix in flour for sponge. Let sit (covered) for 20 minutes.

Process the potatoes, onion, and stale roll into a coarse chop in food processor. Stir the sponge into this mixture with quick pulses. Add flour, salt, baking powder, pepper, and pulse until mixed. Add oil and egg and mix well. Pour into well greased loaf pans (3) or casseroles (3), and bake at 360° until the crust is brown and feels firm when gently pressed in the center (about 1 hour). Let cool, covered with a cloth on a wire rack for 5 minutes. Serve warm. You can freeze or refrigerate and then reheat at 350° until crusty and warm (15-30 minutes).

## Potato Salad Reingold

Sometimes you just want a hamburger or hot dog with plain potato salad and cole slaw. This is the closest I've been able to come to typical (but good) restaurant potato salad. My husband and I usually disagree about the amount of mayonnaise (he likes a lot more than I do), but otherwise this dish has no surprises.

### *Ingredients*

- 6 Idaho Russet or other firm potatoes, boiled until tender
- 3 hard boiled eggs (boil with potatoes)
- 1 large kosher dill pickle, chopped
- 1 large carrot, peeled, coarsely chopped
- 2 T. chopped onion or scallion
- 1 tsp. chopped parsley
- 1-2 tsp. vinegar (wine or cider)
- 1 tsp. mustard (ball-park variety)
- 1 tsp. salt, or to taste
- 1/2 tsp. freshly ground pepper, or to taste
- 1 tsp. paprika
- 1/2-3/4 cup mayonnaise

Boil the potatoes and eggs for about 20 minutes or until you can easily pierce the potatoes with a fork. Peel, and cut the potatoes into cubes. Peel the eggs, and cut into small pieces. While the potatoes are boiling, mix together the remaining ingredients except for the mayonnaise. Mix this seasoning and vegetable mixture with the potatoes and eggs. Add mayonnaise to the desired consistency. Check for seasoning. Refrigerate, well covered, until ready to eat. Remember that all mayonnaise-based salads spoil easily, so keep them refrigerated and use them up within 2-3 days.

Serves 12.

## Stuffing (for chicken or turkey)

We all love the stuffing from chicken or turkey. I think that's because I always use home-baked bread and fresh vegetables. At Passover, I substitute matzo for the bread and prepare this stuffing for the seder. Be sure to season the cavity of the chicken or turkey before stuffing. If you have too much stuffing to fit into the bird, just put it into a greased casserole, dribble with some of the chicken or turkey fat while basting, and bake until browned and crusty.

### *Ingredients*

- 6 cups very firm, good quality bread [page 38]
- 3 T. olive oil
- 2 medium onions, chopped finely
- 3 stalks celery, chopped finely
- 8 ounces mushrooms, cleaned, sliced
- 1 tsp. dried basil
- 1/2 tsp. ginger
- 1 tsp. paprika
- 1 tsp. crushed garlic
- 2-3 cups good chicken broth [page 91]
- 1 egg, beaten
- additional bread crumbs (optional)

Break up the bread, and toast it slightly in a warm oven. Heat oil in a large pot. Brown onions, celery, and mushrooms for 5 minutes. Add bread, and stir to avoid burning. When the bread is toasted on all sides, remove from heat. Add all spices, broth and egg. Additional broth or bread crumbs can be added to achieve desired consistency. Remember, however, that stuffing will absorb moisture from the poultry. Keep the stuffing cold until you are ready to stuff the bird. Clean the bird well, and liberally sprinkle additional ginger and garlic in cavity. Fill to capacity, sew the cavity, truss the bird, and roast immediately. Stuffed poultry should be cooked immediately, and the stuffing should be removed immediately upon removing the poultry from the oven. This is a major breeding ground for microbial activity. However, if handled correctly, this is a wonderful, delicious side dish.

## Ralph's Asian Salad

We first had this salad at the home of our friend Ralph Samek. He got the idea from a recipe for braised greens in *The Whole Foods Market Cookbook*. It's fresh, crunchy, and delicious. I serve it with Korean Grilled Chicken.

### ***Ingredients:***

#### Dressing

- 1/4 cup soy sauce
- 1 T. sesame oil
- 2 T. canola oil
- 2 T. sesame seeds
- 1 1/2 T. lime juice
- 1 T. grated fresh ginger
- 1 tsp. minced garlic
- 2 tsp. brown sugar
- 3/4 tsp. crushed red chili flakes
- 2 scallions, chopped
- 4-6 cups mesclun
- 1 avocado sliced
- 1/2 cup sprouts (radish, pea, or other crunchy, delicate sprouts)
- 1 cups sliced pea pods

Yield: Salad for 10 people

Mix all the dressing ingredients and store in refrigerator until ready to use.

Place all salad ingredients in a large bowl. Toss with a portion of the dressing, to taste. This is a very flexible recipe and the dressing can be used for a fish or meat marinade or for cooked vegetables.

## Ratatouille

Ratatouille is a southern French dish made from eggplant, zucchini, onions, peppers, tomatoes, and garlic. There are many different variations, and today you can find ratatouille pies, soups, and quiches. I like this version adapted from Julia Child's *Mastering the Art of French Cooking (Volume 1)*, Knopf, 1971, because it preserves the integrity of each type of vegetable and is moist without being soupy. It has the additional advantage of using a small amount of oil because of the initial roasting of the eggplant and zucchini.

### ***Ingredients***

- 1/2 pound zucchini, scrubbed, and sliced into 1/8-inch slices
- 1/2 pound eggplant, scrubbed, and sliced into thin (3/8-inch) slices, about 4-inches by 1-inch
- 3 T. olive oil
- 1/2 pound thinly sliced yellow onions
- 1 sliced green bell pepper
- 2 cloves mashed garlic
- 1 pound ripe tomatoes, peeled, seeded, and juiced
- 3 T. parsley
- salt and pepper

Preheat oven to 400°F. Spray two cookie sheets with olive oil or another vegetable oil spray. Put the zucchini and eggplant slices on the cookie sheets. Brush very lightly with olive oil, and bake until slightly brown on each side. In a skillet, cook onions and peppers slowly in 2 T. olive oil for about 10 minutes. Stir in garlic, and season to taste. Slice tomato pulp into 3/8-inch strips. Place tomato slices over onions and peppers. Season with salt and pepper. Cover the skillet and cook over low heat for 5 minutes. Uncover, baste with the tomato juices, raise heat, and boil for several minutes, until most of the juice has evaporated. Put 1/3 of tomato mixture in the bottom of a casserole. Sprinkle with 1 T. parsley. Arrange 1/2 of the eggplant and zucchini on top, then half of the remaining tomatoes and parsley. Put the rest of the eggplant and zucchini, and finish with the remaining tomatoes and parsley. Cover and simmer for 10 minutes. Correct seasoning. Raise heat for 15 minutes, basting if dry. Serve cold, warm, or hot.

## Rice Salad-Sushi Style

If you enjoy the flavors of sushi, you'll love this fresh, pretty, and delicious side dish. The recipe comes from the Blivaiss family, our next door neighbors. If you are preparing it more than a few hours before serving, just mix the rice and dressing together while the rice is still hot. Then add the vegetables and toasted seeds just before serving. This is a delicious side dish with fish or chicken.

### ***Ingredients:***

- 1 1/2 cups raw sushi rice
- 2 cups water
- Dressing
  - 1/2 cup rice vinegar
  - 1 T. canola oil
  - 1 T. toasted sesame oil
  - 1-2 T. soy sauce, to taste
  - 1-2 tsp. freshly grated ginger, to taste
  - 1-2 tsp. wasabi powder, to taste
  - 1 clove freshly minced garlic
- 2 grated carrots
- 2 T. toasted sesame seeds
- 3 T. pickled ginger, diced
- 1 seedless cucumber, diced
- 2 avocados, diced

Wash the sushi rice until the water runs almost clear. Cook rice in rice cooker, or alternatively in a saucepan on the stove. After the rice is done, let it sit in the rice cooker for about 15 minutes, then add the Dressing ingredients and mix well. Adjust the seasonings to taste. If you are serving immediately, add the remaining ingredients. Otherwise, cover the rice and refrigerate until serving. Just before serving, mix in the remaining ingredients.

## Roast Asparagus

Of course, this recipe for asparagus can be made at any time of the year, but it is especially welcome at Passover when the asparagus is in season, and everyone wants a fresh and light side dish. It is fast, easy, and healthy. I serve it hot or at room temperature.

### *Ingredients*

- 1 pound fresh young asparagus, trimmed and peeled.
- 2 T. olive oil
- salt
- freshly ground pepper
- 2 T. fresh lemon juice
- 2 T. fresh orange juice

Put asparagus in a single layer in a large frying pan and drizzle with olive oil. Shake pan to coat asparagus. Heat at medium, and cook asparagus, shaking pan to brown evenly. Lower heat and cook slowly until tender, about 10 minutes. Transfer to serving dish. Season with salt and pepper. Combine juices. and sprinkle over asparagus. Mix well.

## Roasted Peppers, Mushrooms, and Onions

This is a simple, adaptable dish to serve during the year or at Passover. It is easily modified to include different vegetables such as root vegetables, eggplant or squash. If you are substituting tougher root vegetables such as rutabaga, turnips, or carrots, these should be sliced thinly and cooked a bit longer. Just put the root vegetables in the roasting dish 15 minutes before adding onions or other soft vegetables.

### *Ingredients*

- 2 T. olive oil
- 3 medium yellow or red onions, thinly sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 pound cleaned, sliced mushrooms
- 1/2 tsp. thyme
- salt and pepper to taste

Preheat oven to 425°F.

Put the oil in a shallow, large roasting dish. Heat for several minutes in the preheated oven. Spread the sliced vegetables in one or two layers over the oil. Turn the vegetables a few times to coat with the warm oil. Sprinkle with thyme, salt, and pepper. Cover dish, and return to oven. Cook for 30 minutes. Remove the cover and return to oven for 15 minutes. Serve with roasted poultry.

## Roasted Potatoes with Herbs and Garlic

For a quick, savory side dish, try these potatoes. They take almost no attention and go beautifully with meat, poultry, or fish. As long as you have young potatoes, don't bother to peel them. For older varieties, be sure to remove any blemishes or discolorations. If you use fresh herbs, the flavor is naturally more intense and more delicious.

### *Ingredients*

- 2 pounds small new red potatoes, cleaned and quartered
- 2 large cloves of garlic, sliced thinly
- 2 T. olive oil
- 1/2 tsp. savory
- 1/2 tsp. thyme
- 1/2 tsp. marjoram
- salt and pepper to taste

Toss the potatoes with the other ingredients. Salt and pepper to taste. Roast in a large baking pan at 500°, stirring once or twice, for 30 minutes.

## Roasted Potato Halves

There are many roasted potato recipes, but this one is particularly easy and keeps well on the warming tray (blech) for Shabbat.

### ***Ingredients:***

- 5 medium red or Yukon Gold potatoes
- 2 T. olive oil
- 1/2 tsp. salt
- 3/4 tsp. ground black pepper
- 1/2 tsp. granulated roasted garlic
- 3/4 tsp. hot or sweet Hungarian paprika according to taste
- 1/2 tsp. dried thyme

Preheat oven to 400°F.

Wash potatoes, leave the skin on, and cut in half lengthwise. Mix remaining ingredients in a 9x13 roasting pan or other roasting dish that will hold all the potato halves in a single layer. Coat the potatoes by turning them in the oil/spice mixture, leaving the potatoes cut side down in the pan. The potatoes should be well coated on all sides with the oil/spice mixture. Place in the preheated oven and roast until the potatoes develop a nice brown crust and pierce easily with a fork, about 30-40 minutes. Serve with meat or fish.

Serves 5.

## Romaine and Arugula Salad

Although this salad calls for romaine and arugula, the dressing is equally good on mesclun or other greens. Be sure to use really good extra-virgin olive oil and fresh lemon juice. This recipe is based on one from *Bon Appetit*, December 2004.

### ***Ingredients:***

- 2 tsp. hulled sesame seeds
- 1 tsp. whole coriander seeds
- 1/2 tsp. sea salt or kosher salt
- 2 T. freshly squeezed lemon juice
- 1 tsp. finely grated lemon peel
- 1/3 cup extra-virgin olive oil
- freshly ground black pepper to taste
- additional sea salt or kosher salt to taste
- 12 ounces romaine lettuce, either baby or torn large romaine
- 12 ounces baby arugula leaves

Yield: 10 servings

In a small heavy skillet combine seeds and salt. Cook over a low flame until the seeds are golden and the mixture is fragrant. Cool the seeds, and coarsely grind in a mortar and pestle. Place lemon juice and peel in a small bowl. Whisk in the olive oil. Add freshly ground pepper and salt, but use a bit less salt than usual because there is salt in the seed mixture. The dressing can be made up to a week in advance and stored in the refrigerator. Bring to room temperature before serving. Combine the romaine and arugula in a large bowl. Add dressing and half of the seeds. Toss to coat. Sprinkle with remaining seeds and serve.

## Root Vegetable Kugel

To add variety to the more typical carrot or matzo kugel, I've added turnips, white potatoes, and sweet potatoes. This is a fast and easy dish which can be made either in a food processor or with a hand grater.

### *Ingredients*

- 1-2 large carrots, peeled
- 1 medium turnip, peeled and quartered
- 1 large white potato, peeled and quartered
- 1 large sweet potato, peeled and quartered
- 1 small onion, peeled
- 2 eggs
- 2 T. matzo meal
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. dried sage leaves
- 1/2 tsp. dried thyme
- 1/4 cup olive oil

In a food processor fitted with the steel blade (or with a hand grater), chop all vegetables. Add the remaining ingredients, and mix for 30 seconds (or mix in a bowl with a large spoon until the mixture is uniform). Pour into an oiled cake pan or casserole, and bake at 350° F. for 1.25 hours. Serves 6.

## Smoked Fish Potato Salad

Source: A. J. McClane, *The Encyclopedia of Fish Cookery*, Holt, Rinehart, and Winston, 1977.

### ***Ingredients***

- 1 pound smoked fish, flaked
- 2 cups diced cooked potatoes
- 1 cup thinly sliced celery
- 1/2 cup sliced peeled cucumber
- 1/2 cup sliced ripe olives
- 1/4 cup grated carrot
- 1/4 cup minced onion
- 2 T. chopped parsley
- 1/2 cup mayonnaise
- 1 T. prepared mustard
- 1 tsp. lime or lemon juice
- 1 tsp. vinegar
- 1/2 tsp. salt
- 1/4 tsp. celery seed
- dash of pepper
- salad greens
- tomato wedges

Combine vegetables and fish in a large bowl. In a separate bowl mix the mayonnaise, mustard, lime juice, vinegar, and seasonings, blending thoroughly. Dress the fish and potato mixture, and toss lightly. Chill for several hours. Serve on a bed of salad greens, garnished with tomato wedges. Serves 6.

## Spa Slaw with Citrus Dressing

This refreshingly light salad, adapted from The New York Times Passover Cookbook, 1999, has been a real hit at our seder table. There are many people who avoid slaws because of the calories or cholesterol in mayonnaise. This is complicated further at Passover because it's impossible to find a good tasting kosher-for-passover mayonnaise unless you make it yourself. Then, of course, there is the salmonella worry in using raw eggs, so making your own mayonnaise becomes not only a calorie but a health-safety issue. This recipe, however, eliminates mayonnaise altogether; it has a wonderful balance of the citrus flavor and the hot and cracked pepper.

### ***Slaw***

- finely chopped green portion of one bunch of scallions
- 4-5 cups shredded Napa cabbage
- 1 red bell pepper, seeded and thinly sliced

Carefully clean and chop vegetables. Toss with citrus dressing just before serving. The dressing and vegetables can be kept separately for several days in the refrigerator, but don't mix them together until you are almost ready to eat.

### ***Citrus Dressing***

- 1 1/2 T. lemon juice
- 2 T. fresh orange juice
- grated rind of one orange
- grated rind of one lemon
- 1 T. olive oil
- 1 T. water
- 1/2 tsp. cracked black pepper
- 1/2 tsp. salt
- 2 crushed hot red pepper pods

Combine all ingredients and whisk well.

## Spicy Curried Corn Salad

We enjoyed this tangy, very pretty salad at the home of our friends Paulie and Max Donath. Paulie is a marvelous, extremely talented, and meticulous cook. Each item is carefully executed. Although I don't have Paulie's patience to cut the peppers, olives, and onions into precisely uniform pieces, my version still tastes good and looks nearly as pretty.

### *Ingredients*

- 30 ounces canned corn
- 2 T. olive oil
- 1 1/2 cups diced red onion
- 1 1/2 cups each green, red, and yellow pepper (clean, diced )
- 1 1/2 - 2 tsp. curry
- 1/2 tsp. dry oregano
- salt and pepper
- 1/2 tsp. turmeric
- 3/4 cup pimento stuffed green olives, sliced
- 1 T. mayonnaise, or to taste

Yield: 8 servings

Heat oil, and sauté onion for 2 minutes. Add peppers, cook an additional 2 minutes. Add spices; combine everything. Stir, adjust seasonings, and refrigerate.

## Squash Kugel (with Pumpkin variation)

Our friend Maxine Wolgin served us this kugel during a visit to Boca Raton, FL, January 1998. Since it's hard to find kosher frozen squash in Urbana, my husband suggested making it with canned pumpkin. The result is great. I will probably always remember this kugel, though, as the first dish I prepared with the help of my oldest granddaughter, Tzipporah, in Boston, December 1999. I was keeping her occupied while my daughter Deborah fed her 8 week old twins.

### ***Ingredients:***

- 2 boxes frozen winter squash
- 1/2 stick margarine
- 1 cup white sugar
- 1 cup unbleached flour
- 4 eggs
- 1/4 cup non-dairy creamer
- ground cinnamon

Cook margarine and squash together over a low flame until squash is soft (this can also be done in the microwave, with occasional stirring). Remove to a bowl, and beat together. Beat in sugar and flour. In a separate bowl, beat the eggs and creamer together. Fold into the squash mixture, and blend thoroughly. Pour into a greased 9-inch square pan or similarly sized quiche dish. Sprinkle with ground cinnamon. Bake at 350° for 45 minutes to 1 hour, or until firm. Serves 8.

### Variation: Pumpkin Kugel

This is also delicious when made with canned pumpkin instead of frozen squash. Since canned pumpkin comes in 16 ounce cans, it's best to make 1 1/2 times the squash kugel recipe, substituting 2-16 ounce cans of pumpkin for the squash. Then bake the kugel in a 9x13 inch pan.

## Stuffed Baby Pumpkins with Rice Pilaf

These sweet and beautiful little squash make an elegant side dish for a fall meal. The spices in the rice are paired with the brown sugar and spices in the pumpkin. You can eat the entire pumpkin, skin and all. I allow one per person.

### *Ingredients*

- 10 baby pumpkins
- 1/4 cup oil
- 1/4 cup brown sugar
- cinnamon, nutmeg, ginger
- 2 Tbsp. oil
- 1 medium onion, finely diced
- 1 1/2 cups long grain white rice
- 1/4 tsp. cinnamon
- 1/4 tsp. black pepper
- 1/4 tsp. allspice
- 2-2 1/2 cups chicken or vegetable broth
- salt to taste
- 1/4 cup toasted pine nuts (optional)

Preheat the oven to 350°F. Yield: 10 servings

Carefully wash the pumpkins. Cut the top (with stem) off, preserve. Remove the seeds and discard. Put about 1 tsp. oil and 1 tsp. brown sugar in each pumpkin. Sprinkle with small amounts of cinnamon, nutmeg, and ginger. Replace the tops. Put about 1/2" water in the bottom of a pyrex baking pan, large enough to hold the pumpkins in a single layer. Cover the pan, and bake only until the pumpkins are tender - don't let them dry out. This usually takes about 35-45 minutes.

Meanwhile, heat the oil in a 3 quart pot. Sauté the onion in the oil until translucent. Briefly sauté the rice with the onion until all grains are coated with oil. Add the spices and slowly add all the broth while stirring. Bring to a boil, and lower the heat to a simmer. Cover the pot, and cook slowly until almost all the liquid is gone, about 20 minutes. Remove from heat, and stir with a fork. Adjust the salt.

To serve, spoon rice into baby pumpkin, sprinkle with toasted pine nuts, and replace pumpkin top.

These can be made in advance and reheated. I prefer to heat the rice and pumpkin separately (and very carefully to avoid drying out either one of them), and then I fill the pumpkins.

## Tel Aviv Kugel

We call this "Tel Aviv Kugel" in the Reingold family because we first ate a kugel like this at an event catered by the Tel Aviv grocery in Chicago. Because Jerusalem Kugel is a well-known dish, we thought this was an obvious title. Sweet kugels are omnipresent in Eastern European Jewish cooking. This particular one has a rich combination of sweetness, vanilla, and a bit of tartness from the pineapple and lemon.

The recipe was inspired by kugel from the *Tel Aviv Grocery*, Chicago, IL.

### ***Ingredients***

- 6 eggs
- 1 lb. medium width egg noodles
- 1.5 cups granulated sugar
- 3.2 oz. canola oil
- 3.2 oz. raisins
- 1 tsp. ground cinnamon
- 1.5 tsp. pure vanilla
- 2 tsp. lemon juice
- 15.5 oz. crushed or cut-up canned pineapple
- 1/2 cup chopped almonds (optional)
- 1/2 cup bread crumbs

Oven Temp: 350°, 55-60 minutes

Yield: 9"x13" pan

Beat eggs until slightly foamy. Cook noodles according to package directions, and drain. Mix together the remaining ingredients including nuts, but excluding crumbs. Add the noodles and mix well. Pour into baking dish and sprinkle with crumbs. Bake until brown.

Kugels, savory or sweet, are good side dishes to serve with meats, fish, and substantial salads. Tel Aviv kugel with its moist center and crisp top can be served hot to accompany briskets, roasts, stews, or fish, or it can be served at room temperature with a composed salad. My husband even eats it cold as a quick lunch.

## Tomato Pilaf

This is a simple pilaf that goes well with roasted meats or chicken. The herbs used depend upon the particular dish you serve it with. Match the flavors of the meats with either oregano or herbes de Provence, or even use some cumin and turmeric (leave out the herbs entirely) to accompany middle-eastern grilled meats.

### ***Ingredients:***

- 1/2 pound onions, peeled and chopped
- 4 T. olive oil
- 2 cloves garlic
- 1 tsp. salt
- 2 cups white rice
- 2 pounds canned, crushed tomatoes
- black pepper
- 1 tsp. sugar
- 1 bay leaf
- 1 tsp. oregano or 1 tsp. herbes de Provence

Fry the onions in hot olive oil until soft and golden. Add the garlic, and fry for a few more seconds. Add the tomatoes and season to taste with salt, pepper, and sugar. Sauté lightly, squashing the tomatoes until they have a "fried" taste. Cover with water, and allow to simmer gently for 45 min. Add bay leaf and/or oregano (or herbes de Provence). Add a bit more water while cooking, if the mixture becomes dry. When the sauce is rich in flavor and texture, add water to make about 4 cups of liquid in the pan. Add the rice, bring to a boil, and simmer very gently, covered and undisturbed for 20 minutes. Remove the bay leaf.

## Turkish Pilaf

For Tu B'Shevat (the holiday celebrating the New Year of Trees), it is traditional to serve foods containing fruits and nuts that grow on trees. This pilaf, with the apricots, figs, pine nuts, and almonds is perfect for the occasion. Although it is not traditional, I like to prepare this dish with basmati rice. The texture combines beautifully with the fruit and nuts. This is best made with Mediterranean style apricots and moist dried figs. If the fruit is not moist, soak it briefly in water before beginning the dish. I serve Turkish Pilaf with veal or beef stew, brisket or roast beef or lamb. This pilaf is an adaptation of a recipe originally printed in *The Cook's Magazine*, November/December, 1984.

### ***Ingredients***

- 4 T. olive oil
- 1/4 cup pine nuts
- 1/4 cup sliced almonds
- 1 finely chopped onion
- 1 cup raw basmati rice
- 1/2 cup chopped dried figs
- 1/4 cup chopped dried Mediterranean apricots
- 1 cinnamon stick
- large pinch saffron
- salt, freshly ground black pepper to taste
- 1 1/2 cup hot chicken stock or water

Yield: 10 servings

Preheat oven to 400°. Sauté pine nuts and almonds in oil and remove to a plate. Add onions to the oil, and sauté until soft (1 minute). Add rice, sauté until translucent, stir in reserved pine nuts, almonds, figs and apricots, cinnamon, saffron, salt, pepper, and stock. Bring to boil. Press waxed paper onto rice, cover, and bake 20 minutes. If you prefer, you can cook the rice (after sautéing) in the microwave. Do not overcook, however, because the dish should not be dry.

## Vegetable Tzimmes

Unlike the relatively heavy Tzimmes in the Meat and Poultry section of this book, this is a light, sweet side dish. It is also intended for Rosh Hashanah or Shabbat, to symbolize abundance and sweetness. I like to bake it for a long time to blend the flavors and produce really soft vegetables, however, if you want to maintain the distinct shape and flavor of each vegetable, remove it from the oven as soon as the vegetables are tender.

### *Ingredients*

- 4 large sweet potatoes, peeled and thinly sliced
- 4 large carrots, thinly sliced
- 1 small butternut squash, peeled, seeded, and thinly sliced
- 1/4 cup raisins
- 1/4 cup pitted prunes
- 1/4 cup chopped dates (optional)
- grated rind and juice of one orange
- grated rind and juice of one lemon
- 3 T. brown sugar
- 1/4 cup pure maple syrup

Layer all fruit and vegetables in 9x13 pan. Sprinkle with remaining ingredients. Cover and bake at 350°F. for 1 1/2-2 1/2 hours. Serves 8-12.

## Vegetable Cutlets

In 1975 I started making these vegetable cutlets (and also kugel) after finding the basic recipe in a flyer put out by the Manishevitz company. I've tinkered with the proportions over the years, and it remains a staple of our Passover menu. For seders, I prepare it as a kugel, but for a smaller group I take the time to fry individual cutlets. It's great in combination with leek and beef patties, a tomato-based salad, and some matzo on the side.

### *Ingredients*

- 3 T. olive oil
- 1 chopped green pepper
- 1 large onion, chopped (about 1 1/2 cups)
- 2 1/2 cups chopped carrot
- 3 T. chopped parsley
- 10 ounces chopped spinach (fresh or frozen)
- 3 eggs, beaten
- 1 1/2 tsp. salt
- 1/2 tsp. pepper
- 3/4 cup matzo meal
- additional olive oil for frying

Sauté green pepper, onion, parsley, and carrot in oil for 5 minutes. Cook spinach, drain. Combine all vegetables. Add eggs, salt, pepper, and matzo meal. Drop by heaping spoonful into hot oil. Brown well on both sides. Makes 12-15 cutlets. This can also be made into a kugel and baked at 350°F. for 40 minutes. For a kugel, I double the amounts, put it into a 9x13 pan, sprinkle with paprika, and drizzle with a bit of olive oil.

## White and Wild Rice

If you are looking for a relatively neutral side dish that still has an interesting texture, try this rice dish. The black flecks of wild rice and orange carrot dress up the plate, and there are no strong flavors to detract from a rich stew or other main dish.

### ***Ingredients:***

- 1/2 cup wild rice
- 1/2 cup finely chopped carrot
- 1 T. olive oil
- 1 tsp. salt
- 2 cups white rice
- 3 1/2 cups water
- 1 tsp. dried thyme

Put wild rice in a microwave-proof casserole with 1 cup of water. Cook on high for 3 minutes and then medium-low for 10 minutes. Add the carrot, oil, salt, white rice additional water, and thyme. Stir well. Bring to a boil again, and then continue to cook on medium-low for 20-25 minutes until the water is absorbed, but the mixture is not dry.

## Wild Rice Salad Olivo

Wild rice is an expensive but versatile ingredient. It is delicious cold or warm, al dente, or well-cooked. A bit of wild rice mixed with long grain or basmati rice dresses up the dish, but a recipe based entirely on wild rice is unusual and luxurious. This salad is particularly special because of the other less common ingredients: sun-dried tomatoes, Kalamata olives, and toasted pine nuts. The recipe originates with Jaylyn Olivo of Brookline, MA, and was printed in the July 1993 issue of Gourmet Magazine. The addition of scallions or red onion comes from an email correspondence with Jaylyn Olivo, July 2003.

### ***Ingredients:***

- 1 1/2 cups wild rice, rinsed and drained
- 1 medium red or yellow bell pepper, roasted and diced
- 10 sun-dried tomatoes packed in oil, drained and chopped
- 20 Kalamata or other brine-cured black olives, pitted and chopped
- 2 T. finely chopped fresh herbs such as basil, parsley, and mint
- 1/4 cup pine nuts, toasted lightly
- 1/4 cup olive oil
- 2 T. fresh lemon juice
- 2 T. chopped scallions or minced red onion

In a large saucepan bring 5 cups water to a boil, add the wild rice, and simmer, covered, for 40 minutes. Drain the rice, and transfer it to a large bowl. Toss the rice with the pepper, tomatoes, olives, herbs, pine nuts, oil, lemon juice, and salt and pepper and onions or scallions. Cool. Serves 6.

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## Almond Cookies

These delicate, crunchy cookies are equally good for Passover and throughout the year. The recipe is from Shoshannah Seidman who first served them to us at a Shabbat dinner in Skokie, IL, December 31, 2004. They freeze beautifully.

### *Ingredients*

- 2 egg whites
- 1/2 c. sugar
- 3 cups almonds (slivered or sliced)

Preheat the oven to 375°F.

Slightly beat the egg whites with a fork (until they are blended). Add the sugar and mix until the sugar is incorporated. Add the almonds and mix until the almonds are covered with the egg mixture. Drop by spoonful on a cookie sheet covered with parchment paper. Rotate the cookie sheets during the baking time. Bake for approximately 12-15 min. or until golden brown. Wait for a few minutes before removing the cookies. Cool thoroughly and wrap in two layers of zippered bags for freezing.

## Almond Macaroons

Just before Passover, 1977, we were living in Rehovot, Israel, and visited Jerusalem to buy some Passover foods. We saw an incredibly long line of people outside a bakery. We joined the line when we found out that this particular bakery was renowned for their almond macaroons. Not only did we buy the macaroons that day, but we loved them so much that we returned several times to buy more. I searched for years for a recipe to match the taste of these macaroons - pure almond, no matzo meal filler, chewy, a bit moist. Finally we found this recipe from a convent on the Rue des Soeurs, Nancy, France. The taste is just as we remember from Jerusalem. Don't wait until Passover to try these, they are wonderful year around.

### *Ingredients*

- 1 cup almonds, use up to 1/2 cup more to get a thick enough batter
- 3/4 cup sugar
- 1 to 1 1/2 egg whites
- 1/2 tsp. pure vanilla extract

Preheat oven to 400°F.

Cover two cookie sheets with parchment paper.

Put the almonds and sugar in the work bowl of a food processor fitted with the metal blade. Process just until the mixture is smooth. Don't overprocess! Immediately add the egg whites, before the almonds lose their oil. Pulse about 10 times. Add the vanilla and pulse 2 or 3 times. You should be able to just shape the batter with your hands. The batter should be sticky and quite thick, like rough, sticky clay. The size of the eggs used and the amount of oil in the almonds determines the consistency, so be prepared to add a bit more almonds or egg white.

Shape the batter into balls the size of walnuts. Arrange on the parchment covered baking sheets. Brush each macaroon with a bit of water. For variety, either sprinkle with sugar or put an almond in each, and bake for 16 minutes, or until lightly brown. Remove the cookie sheets from the oven, cool on the parchment, on racks. Cool completely and store, tightly covered, at room temperature for a week. These freeze very well.

## Mother-in-Law Cake (Applesauce Cake)

In 1969, my husband and I were graduate students at Cornell University, Ithaca, New York. We often ate this wonderful applesauce cake at the home of our friends Arlyn and Leslie Kerr. The recipe comes from Leslie's mother, and thus Arlyn called it *Mother-in-Law Cake*. Our oldest daughter, Leah, is quite allergic to all nuts, so I started making this recipe in two batches, one with and one without nuts. Gradually, Leah started asking only for the frosting - her favorite part of the cake.

### ***Ingredients:***

Use only unsweetened Dutch cocoa, pure maple syrup, and fresh eggs.

- 2 cups all purpose flour
- 3/4 tsp. salt
- 1 1/2 tsp. baking soda
- 1/2 cup vegetable shortening
- 1/8 cup cocoa
- 1/2 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. nutmeg
- 1/2 tsp. allspice
- 1 1/2 cups granulated sugar
- 2 large eggs
- 1 1/2 cup applesauce
- 3/4 cups raisins
- 3/4 cups walnuts
- 3/4 cups dates (pitted and chopped)

Preheat oven to 350°.

Spray a 9-inch bundt pan or two 3-inch by 8-inch loaf pans with vegetable oil spray.

Mix all the dry ingredients. In the large bowl of an electric mixer, cream the shortening with the cocoa and spices; gradually add sugar until fluffy. Add the eggs one at a time, mixing just to incorporate them after each addition. At low speed, add the flour mixture, alternating with applesauce. Fold in the raisins, walnuts, and dates. Bake in a greased bundt pan or two loaf pans for 55-60 minutes. Frost with Maple Butter frosting [page 307] .

## Apple Cake

The Jewish New Year, *Rosh Hashanah* is traditionally ushered in with sweet, round-shaped foods. This apple cake is the perfect dessert for both *Rosh Hashanah* and the Sabbath. It is high, round, sweet, and takes on the unique flavor of the variety of apple(s) you choose. I like to use either all Jonathan apples, or a mixture of Jonathan and Granny Smith apples. I was given this recipe by my friend, Cindy Saylor, who originally found the recipe on a bottle of Wesson Oil.

### ***Apples***

- 5 large apples, peeled and sliced thinly (1/8-1/4 inch thick); Granny Smith are best.
- 2 tsp. cinnamon
- 5 T sugar, mixed and set aside while making batter

### ***Batter***

- 3 cups flour
- 1 cup oil
- 3 tsp. baking powder
- 2 1/4 cup sugar
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 4 large eggs
- 2 1/2 tsp. pure vanilla extract
- juice from 1 orange or 1/2 cup prepared orange juice

Oven Temp: 60 minutes at 350°F., then 45 minutes at 300°F.

Prepared pan: A 9-inch tube pan sprayed with vegetable oil spray

Mix apple filling ingredients.

The cake will have a better texture if you precook the apples a bit, but this is optional:

Heat 1 T. oil in a large frying pan. Add the filling ingredients and heat until the sugar is brown and the mixture begins to thicken. Remove from heat.

Put all batter ingredients in the large bowl of a mixer and beat at medium speed for 2 minutes until quite smooth. Layer in 3 batches in a tube pan, each layer beginning with batter and ending with apples. Over the top layer, pour any of the apple juices remaining in the bowl.

Bake for 60 minutes. Then lower the temperature to 300°, and bake an additional 45 minutes. Check with a toothpick or cake tester to be sure the cake is done (tester comes out clean) before removing from the oven.

## Batter

Cool about 30 minutes before removing from pan. Loosen the cake along the side and around the tube with a table knife. Place a small cooling rack over the top of the pan, carefully invert, remove the pan, and invert again onto a serving plate. This takes some practice because the cake is dense and a bit fragile. It will fall apart if you try to unmold it while it is too hot, but it becomes too hard to loosen from the pan if it gets too cold - 30 minutes after baking is a reasonable compromise. When I first started baking this cake, my husband always lent an extra pair of hands for the unmolding.

## Banana Cake

Of all the desserts I make, and there are scores of them, the one most often requested by my children is this banana cake. I began baking this cake in Rehovot, Israel in 1976, when I got the recipe from a book printed by the American Mizrahi Women, Council of Chugim Tel Aviv, ISRAEL. This cake is originally one from Barbara Dershowitz, although I've modified it a bit. It works well either as a large bundt cake or in two loaf pans. I like to serve it in combination with an all-chocolate dessert like brownies or chocolate cake, arranged in alternating rows so that the chocolate in the two cakes complement each other.

### ***Ingredients:***

- 3 cups granulated sugar
- 4 cups all-purpose flour
- 1 tsp. baking powder
- 3 tsp. baking soda
- 6 ripe bananas
- 4 large eggs
- 1 cup canola oil
- 1/2 cup fresh orange juice
- 1 1/2 tsp. pure vanilla extract
- 12 ounces semisweet chocolate chips

Sift all the dry ingredients together into a bowl. Although flour comes presifted, this step is designed to incorporate the soda and baking powder into the flour and thus avoid salty lumps. Put the bananas in the large bowl of an electric mixer, and mash at low speed. Add the eggs, oil, orange juice and vanilla, and mix for about 1 minute at medium speed. Add the dry ingredients; mix until smooth, about 2 minutes. Add the chocolate chips and mix just until well incorporated. Pour into 2 loaf pans (sprayed with vegetable oil spray) or one 9-inch tube or bundt pan.

Bake at 350°F. for 1 1/4 hours, or until a cake tester comes out clean. Cool on a cake rack for 15-20 minutes, and then unmold onto the rack. Allow the cake to come to room temperature before wrapping tightly. Banana cake keeps at room temperature for about 5 days and freezes well for 3 months, well wrapped.

## Blueberry Buckle

This easy and marvelous coffee cake comes originally from a collection of recipes I received from the Saco Food Company in the early 1980's. All their recipes are straightforward and foolproof, using their fabulous powdered buttermilk. If you want to substitute fresh buttermilk, though, just leave out the buttermilk powder and water and replace them with an equal volume (to the water) of fresh buttermilk.

### *Cake*

- 2 cups fresh or frozen blueberries - washed and dried
- 2 cups all-purpose unbleached flour
- 2 Tbs. buttermilk powder
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- 1/2 tsp. salt
- 1 cup sugar
- 1/4 cup butter
- 1 egg
- 1/2 cup water

### *Topping*

- 1/3 cup flour
- 1/2 cup sugar
- 1/2 tsp. cinnamon
- 1/4 cup soft butter

Oven Temp: 45 minutes at 375°F.

Prepared pan: A 9-inch square pan sprayed with vegetable oil spray

Preheat oven. Prepare pan. Sift the flour, buttermilk powder, baking powder, soda, and salt, and set aside. In a separate bowl, cream butter and sugar until fluffy. Add egg and beat thoroughly. Blend water. Add dry ingredients and mix just until smooth. **Do not overbeat.** Fold in blueberries. Spread batter in pan. Mix together all topping ingredients, and sprinkle over batter. Bake 45-50 minutes until tests done with a toothpick. If you use frozen berries, add 10 minutes to the baking time.

## Brownies

Everyone has their favorite brownie recipe. This is a combination of many recipes I've tried, including those from the original *Joy of Cooking* and some from *Cook's Illustrated*. Brownies, of course, are an American favorite. I prepare butter-based brownies for milk meals, particularly to pack in school lunch boxes. I use vegetable shortening for meat meals. Cut into small squares and served in fluted foil cups, these are even elegant enough for a dessert buffet. Use the best quality baking chocolate you can find; it really does make a difference in the final flavor.

### Ingredients

- 1/4 lb. solid vegetable shortening or butter
- 2 ounces unsweetened baking chocolate
- 2/3 cups all-purpose flour
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 cup sugar
- 2 large eggs
- 1 tsp. pure vanilla extract
- 1/2 cup chopped pecans (optional)
- 1/2 cup chocolate morsels

Preheat oven to 350°F.

Yield: 12 bars in an 8" pan, or doubled in a 13"x9" pan

Melt butter (or shortening) and chocolate together, set aside to cool. I melt chocolate in the microwave or in a double boiler. In the microwave, allow about 2 minutes at medium power for every 2 ounces of chocolate - for the combined chocolate and shortening, allow 3 minutes at medium power. In a double boiler, be sure that moisture does not accumulate on the melting chocolate and cause it to form lumps.

Measure the flour, baking powder, and salt, and set aside. Mix the brownies in a large mixing bowl, using a wire whisk and a rubber scraper. This way you'll produce moist, less cakey brownies than with a mixer. With a wire whisk, mix sugar into the cooled chocolate mixture. Whisk in the eggs and vanilla. Then with the rubber scraper, fold in the flour mixture, nuts, and chocolate morsels until just combined. Pour the batter into the pan, sprayed with vegetable oil. If you really like nuts, you can sprinkle extra pecans on the top. Bake about 25-30 minutes until a toothpick inserted halfway between center and edge of pan comes out with a few fudgy crumbs. Cool, cut, and serve.

Note: if you do not have access to high quality baking chocolate, substitute 3 T. Dutch processed cocoa powder and 1 T. butter or margarine for every ounce of unsweetened baking chocolate. Melt the cocoa and fat together just as you would melt the baking chocolate.

If you want to use high quality bittersweet or semisweet chocolate instead of unsweetened, substitute a total of 3 1/3 ounces of bittersweet (Valrhona is my favorite) or semisweet chocolate, melted with the butter or shortening. Then you need to reduce the amount of sugar by 2 T. (for bittersweet) or 8 tsp. (for semisweet). In other words, as a general rule, one ounce of unsweetened chocolate plus 4 tsp. sugar is

## Ingredients

equivalent to  $1 \frac{2}{3}$  ounce semisweet chocolate. One ounce of unsweetened chocolate plus 3 tsp. sugar is equivalent to  $1 \frac{2}{3}$  ounce bittersweet chocolate.

## Carrot Cake

This was one of the first cakes I ever made with a food processor. The recipe is an adaptation of one which came with the Cuisinart instruction booklet. It demonstrates good food processor technique in that the processor is used for several parts of the recipe in an order which allows you to minimize cleanup and maximize processor utility. With the clean, dry processor, you first grate the lemon peel, then shred the carrots, midway along you chop the nuts, and finally, combine all the cake ingredients. The result is a moist cake with an even and light texture. The lemon and spices make it an exceptional pareve cake.

### *Ingredients*

- 2 cups granulated sugar
- peel of one washed and dried lemon
- 3/4 pound carrots
- 2 sticks butter or 1 cup canola oil
- 4 large eggs
- 2 tsp. pure vanilla extract
- 2/3 cup walnuts or pecans
- 2 cups all purpose flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. mace
- 1/2 tsp. nutmeg

Oven Temp: 350°F., 55-60 minutes

Yield: 9" Bundt pan, sprayed with vegetable oil spray

With the metal blade in the work bowl of the food processor, process the lemon peel with the sugar until the sugar is colored yellow and there are no large pieces of peel. Remove the lemon/sugar to a small bowl. Add the carrots to the workbowl, and shred with a few long pulses. Remove the carrots to a small bowl. Return the lemon/sugar to the processor, and add the butter or oil, the eggs, and the vanilla. Add the nuts, and pulse on and off two times. Add the flour, baking powder, soda, salt, cinnamon, mace, and nutmeg. Pulse on and off until the flour just disappears. Scrape down the sides of the bowl with a rubber scraper. Add the carrots, and pulse on and off until the shreds disappear. Put the batter into the prepared pan, and bake for 55-60 minutes, or until a toothpick inserted in the middle of the cake comes clean.

Carrot cake stays fresh for up to 5 days. It's a good dessert to serve after a heavy meal because it doesn't feel as rich as chocolate. If you want to make it particularly pretty, dust the top with confectioner's sugar before serving.

## Carrot Buttermilk Cake

Buttermilk with kosher certification only became available in our community about 10 years ago. Before that time, I did a lot of baking with powdered buttermilk. Because I was so grateful for the convenience of the buttermilk powder, I called the SACO company to thank them for providing kosher certification on their buttermilk powder. They graciously sent me a package of recipes and free samples. This recipe is one that needs no liquid other than the juice from the pineapple, so it wouldn't work with fresh buttermilk, yet it gains a moist and creamy flavor from the buttermilk powder.

### *Ingredients*

- 2 cups shredded carrots
- 2 cups all-purpose flour
- 2 tsp. cinnamon
- 2 tsp. soda
- 1 tsp. salt
- 1/4 cup SACO Buttermilk Powder
- 2 cups sugar
- 3 large eggs
- 1 1/2 cups canola oil
- 2 tsp. pure vanilla extract
- 1 cup coconut
- 1 cup chopped nuts
- 1 cup crushed pineapple and juice

Oven Temp: 350°, 45 minutes

Yield: 9"x13" pan, sprayed with vegetable oil spray

Shred the carrots in the work bowl of a food processor fitted with the steel blade, and set aside. Sift together the flour, cinnamon, soda, and salt. Mix in the SACO powder. In a large bowl or the food processor work bowl, mix the oil, sugar, and eggs. Stir in the dry ingredients. Don't overmix. Add the vanilla, coconut, carrots, nuts, pineapple, and pineapple juice. Pour into the prepared pan, and bake for 45 minutes.

This batter also bakes very well as muffins. I pack carrot muffins for our breakfast when we go on long car trips. They keep really well and let us leave quickly in the mornings without going on a search for breakfast.

# Cheesecake

For several years I owned and operated a small cheesecake bakery supplying restaurants, caterers, and individual customers in Central Illinois. This was the most satisfying and enjoyable work that I've ever done, but it was also the hardest, physically, and the most unpredictable. I chose a type of cheesecake for this business that would be easy to produce in great numbers and require few ingredients, all of which could be kept on hand for long periods of time. I also wanted to have a product that could be easily frozen and transported. I began selling only the plain, chocolate, and nut varieties, but later added flavors such as pumpkin. The original ideas and formulation for this recipe were adapted from Maida Heatter and Craig Claiborne.

## *Ingredients*

- 2 pounds soft cream cheese at room temperature
- 1 2/3 cups granulated sugar
- 4 large eggs at room temperature
- 1 1/2 tsp. pure vanilla extract
- 2 ounces melted unsweetened chocolate (for chocolate and white version)
- 6 ounces melted unsweetened chocolate (for all-chocolate version)
- 5 ounces toasted chopped nuts (for nut version)
- 1/3 cup graham cracker crumbs

Preheat oven to 350°F.

Spray a closed (not springform), 8x3 inch cheesecake pan with vegetable oil spray (Pam), and put about 1 cup of water in a 9-inch round cake pan. Place the larger pan (containing the water) in the oven while you prepare the batter.

Mix the cream cheese at medium speed for several minutes, or until very smooth. Add the sugar, and mix quite well. Add the vanilla. Add the eggs, one at a time, but mix only until smooth. If you are making the all-chocolate or all-nut version, add the chocolate or nuts now, and mix well. Then pour into the prepared pan, and rotate the pan, back and forth, with two hands, on the counter to level the top of the batter.

If you are making the chocolate and white version, remove 1/3 of the batter to a small bowl. Then mix the 2 ounces of melted chocolate into the 1/3 batter, and mix well. Put 5 spoons of chocolate batter in the prepared pan, cover with white batter, put 5 more spoons of chocolate, cover with remaining white batter, and end with 5 or 6 spoons of chocolate on top. Rotate the pan, back and forth, with two hands, on the counter to level the top of the batter.

Bake at 350°F. (in the water bath) for 90 minutes.

Allow the cake to cool to room temperature. Invert onto a rack, cover the bottom with the graham cracker crumbs, and invert back onto a serving plate. Chill until firm. Cover with plastic or foil. This cake freezes well for up to 6 months or keeps in the refrigerator for 1 week. If you are freezing the cake, be sure to wrap it first in plastic wrap, then in heavy duty aluminum foil. Defrost in the refrigerator, discard the wrappings.

## Ingredients

Cut cheesecake with dental floss to avoid breaking it at the edges. Start by cutting a 30" piece of floss, holding it tightly with one end wrapped around each hand, and cutting straight down from the top of the cake to the serving plate. Pull the floss out at the level of the serving plate and repeat with a second cut, perpendicular to the first. Continue to cut each of these wedges into 3 parts. Serves 12.

## Cherry Cobbler

Cobblers, crisps and their variations are easy and satisfying desserts that you can prepare at the last minute. I prepare either a dairy or pareve version of cherry cobbler, depending on the meal. If I make a dairy version (with butter and milk), then I serve it with a bowl of sweetened whipped cream.

### *Ingredients*

- 2/3 cup sugar
- 1 1/2 T. cornstarch
- juice from cherries
- 2 cans (14-15 ounces) sour, pitted cherries
- 1/2 tsp. lemon juice
- 2 T. butter or solid vegetable shortening
- ground cinnamon and nutmeg to taste
- 2 cups unbleached all-purpose flour
- 2-3 T. granulated sugar
- 3 tsp. baking powder
- 1 tsp. salt
- 6 T. butter or solid vegetable shortening
- 1 cup milk or water or orange juice

Preheat the oven to 400°F., 25-30 minutes

Yield: 9" by 13" pan,

Mix sugar and cornstarch. Gradually stir in cherry juice. Bring this mixture to a boil and continue to boil for 1 minute, stirring constantly. Add the cherries and lemon juice. Pour into a 9" by 13" pan; dot with butter or margarine. Sprinkle with cinnamon and/or nutmeg. Measure flour, sugar, baking powder, and salt into a bowl. Cut in shortening until the mixture looks like "meal." Stir in liquid. Drop by large tablespoons over the hot cherries. Bake 25-30 minutes until slightly browned.

Cobblers don't keep very long, and they don't freeze well. They tend to get soggy, so prepare the cobbler the same day that you are going to eat it.

## Chocolate Bourbon Cake

This moist, delicious cake is also pareve. I've made it with Bourbon, Cointreau, and Cognac - all equally wonderful. The recipe is based on one from my favorite dessert author, Maida Heatter, in her *Book of Great Chocolate Desserts*.

### **Ingredients:**

- 5 ounces excellent unsweetened chocolate or 8 1/3 ounces bittersweet chocolate (see adjustment to sugar below)
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1/4 tsp salt
- 1 1/2 cups cool or cold strong coffee (either regular or decaf)
- 1/2 cup bourbon (or cognac or cointreau)
- 1/2 pound solid vegetable shortening
- 1 tsp. pure vanilla extract
- 2 cups granulated sugar (decrease by 6 2/3 T. if you use bittersweet chocolate)
- 3 large eggs

Yield: one 9 inch Bundt cake

Preheat the oven to 325°F.

If you don't have a 9 inch Bundt pan, use any tube pan with a 10 cup capacity. Spray the pan with non-stick vegetable spray, and set aside.

Place the chocolate in a microwave proof dish, and gently melt. Set aside to cool. Put the flour, baking soda, and salt into a sifter and sift into a small bowl. Cream the vegetable shortening with the vanilla and sugar. Add the eggs one at a time, beating just until smooth. Add the melted chocolate and beat until just smooth. On low speed, alternately add the sifted dry ingredients in three additions with the coffee and bourbon in two additions. Be sure to use a splatter shield or turn off the mixer to avoid splattering the liquids. Scrape down the mixing bowl after each addition. This will be a fairly thin batter. Pour into the prepared pan. Rotate the pan from side to side to get rid of air bubbles. Bake for 70-75 minutes until a cake tester comes out dry. Cool in pan for about 20 minutes, cover with a rack and unmold. You can sprinkle the top of the cake with a bit of confectioner's sugar to decorate, but this cake is so moist that it needs no other adornment. It freezes very well; be sure to double wrap it and thaw it at room temperature in the wrapping, discarding the wrapping afterwards.

## Chocolate Carrot Cake

It's difficult to find a pareve chocolate cake that tastes moist and has enough flavor that you don't miss the butter. This chocolate-carrot cake is the exception, and it has the added benefits of staying moist for 3-5 days and freezing well.

### ***Ingredients:***

- 4 medium carrots, shredded coarsely (about 2 cups)
- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 4 large eggs
- 1 1/2 cups canola oil
- 1 cup chopped pecans (optional)
- 1/4 cup sifted confectioner's sugar (optional)

Preheat oven to 350°F.

Spray a 9" Bundt pan with vegetable oil spray.

Using a food processor, blender or hand grater, shred the carrots. Set them aside while you prepare the batter.

Into a small bowl sift together flour, granulated sugar, cocoa powder, salt, baking powder, and baking soda. Although you might be tempted to skip the sifting step, I recommend that you do sift the ingredients together - the texture of the cake will be much smoother.

In the large bowl of an electric mixer, beat together the eggs and oil on low speed until just combined. Add the flour mixture and beat until just combined. Stir in carrots and put the batter in the prepared pan. Bake cake in the middle third of the oven for 50 minutes, or until a tester comes out clean. Cool cake in pan on a rack 10 minutes and invert onto rack to cool completely.

Sprinkle with confectioner's sugar, if desired.

Serves 12-15.

## Chocolate Chip Cookies and Bars

The original Toll House cookies from the recipe on the back of the Nestle Chocolate Chips package is probably the most popular cookie made in American homes. My mother used to have these on hand for us most days when we returned from school. Although I could not afford the calories as I grew up, I ate dozens of them when I was little. I have modified the recipe slightly for our tastes. It's a great cookie or bar to have in the cookie jar, in a lunch box, or on a plate for after-school snacks.

### ***Ingredients:***

- 2 1/4 cups all-purpose flour
- 3/4 cup granulated sugar
- 3/4 cup brown sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 2 large eggs
- 1 cup softened butter or shortening
- 1 tsp. vanilla
- 1 cup chopped pecans (optional)
- 1/2 tsp. water
- 12 ounces chocolate chips

Preheat oven to 375°F.

Sift together flour, soda, salt. Cream butter or shortening, both sugars, vanilla, water. Beat in eggs. Add flour mixture and chips (and optional nuts). Either form into rounded teaspoonful cookies on cookie sheets, or spread in a 9x13x2 inch pan. Bake cookies for 11 minutes. Bake bars for 25 minutes. Makes 48 bars or 50 cookies. Be sure to let the cookies come to room temperature on a rack before you put them in a cookie jar or freeze for later.

## Chocolate Coconut Macaroons

You won't recognize these as macaroons if all you've ever eaten is cookies in a can at Passover. These are light, intensely chocolate flavored, and, of course, very fresh. I make these and almond macaroons as soon as my kitchen is ready for Passover. I put half of them in the freezer (so they don't all disappear), and the rest are out for munching.

### *Ingredients*

- 5 ounces very high quality semisweet chocolate
- 2 egg whites
- pinch of salt
- 1/2 cup granulated sugar
- 1 tsp. pure vanilla extract
- 7 ounces shredded coconut

Preheat oven to 350°F.

Line two cookie sheets with parchment paper.

Melt chocolate. In the large bowl of an electric mixer, beat egg whites with salt until firm. Add sugar, slowly, and beat, adding vanilla, until meringue is stiff (5 minutes). Add cooled chocolate. Stir in coconut. Form 15 cookies on each sheet (30 in all), and bake for 16 minutes. Cool on racks. These freeze well.

## Chocolate French Coffeecake

One of my earliest memories in the kitchen is of my mother's mother, my grandmother Lillian, preparing this rich, chocolate coffeecake. Granny Lil was a terrific baker and cook, renowned for her cooking, her sweet personality, and her lovely voice. She was always preparing special, and highly caloric, dishes for me "to put some meat on those bones." At one of my bridal showers, she included this recipe with several baking pans to help me get started in my own kitchen.

### *Ingredients*

- 1 small can (6 ounces) evaporated milk, divided
- 1 cup granulated sugar
- 1/2 tsp. salt
- 4 large egg yolks
- 3/4 cup soft butter
- 4 1/2 cups sifted all-purpose flour, divided
- 2 T. dry yeast
- 1/2 cup warm water
- 12 ounces semisweet chocolate chips
- 1/2 tsp. cinnamon
- Topping
  - 1/2 cup all-purpose flour
  - 1/3 cup granulated sugar
  - 1 cup semisweet chocolate chips
  - 1/2 cup chopped walnuts
  - 1/4 cup soft butter
  - 1 1/2 tsp. cinnamon

Oven Temp: 350°F., 45 minutes

Yield: 9" Bundt pan

Reserve 1/4 cup evaporated milk. Add water to remaining milk to make 1/2 cup. Combine with sugar, salt, and egg yolks in a large mixer bowl. Beat well. Add butter and 2 cups of flour. Beat until smooth. Sprinkle yeast into warm water; stir until dissolved. Add yeast and 1 more cup of flour to the first mixture. Beat at medium speed for 3 minutes. Blend in remaining 1.5 cups flour. Cover, and let rise until double. Heat reserved 1/4 cup evaporated milk in the microwave, just to boiling. Add chocolate pieces and cinnamon, and stir until smooth. Cool to room temperature. Punch down dough. Turn out on well-floured surface. Knead lightly a few times, and roll into a 10" by 15" rectangle. Spread with chocolate mixture; roll up from long side like a jelly roll. Place roll seam side down in greased pan. Press ends together to seal. Sprinkle with the topping mixture. Cover; let rise in a warm place until double in bulk. Bake for 45 minutes.

This cake freezes quite well and remains fresh at room temperature for about 3 days. It's a beautiful and delicious cake to serve for a brunch.

## Chocolate Fruitcake

This recipe is reminiscent of a cake my grandmother, Lillian Braude always made. Since I don't have her recipe, this one is from *Gourmet Magazine*, Nov. 1978, p121. Unlike the rather dry fruitcakes which abound in the winter months, this one is rich and chocolatey. The proportion and types of glacéed fruit can be varied according to your taste. If you prepare these in disposable foil loaf pans, they make terrific gifts.

### ***Macerated Fruit***

- 1/2 pound each:
  - dark raisins
  - golden raisins
  - glacéed cherries, halved
  - dates
  - glacéed pineapple
- 1/2 cup honey
- 1/2 cup dark rum
- 1/4 cup diced glacéed lemon peel

Mix the fruit, and let it macerate, tightly covered, stirring occasionally for 48 hours.

### ***Cake***

- 1/2 cup dark rum
- 1/2 cup butter
- 3/4 cup brown sugar
- 3 large eggs
- 1 1/2 cup all-purpose flour
- 1/2 cup Dutch processed cocoa powder
- 1/4 tsp salt
- 1/2 tsp. cinnamon
- 1/4 pound walnut pieces
- 1/4 pound pecan pieces
- 1/4 pound almonds

Stir additional rum into macerated fruit. Cream butter and brown sugar. Beat in eggs, 1 at a time. Sift together flour, cocoa, salt, cinnamon. Add this to the butter, alternating with the fruit. Stir in the nuts. Pour into 2 buttered 7.5 by 3.5 inch loaf pans. Bake in a preheated slow oven (250°F.) for 2 hours, until tests done with a cake tester.

Cool the cakes and remove to a rack . Sprinkle with more rum. Store in foil, tightly wrapped.

## Chocolate Pie

When my girls were little, they only wanted chocolate desserts. I started to make this pie for the girls when I made pecan pie for the adults. Soon I discovered that both adults and children were eating both pies. This is simple and very rich tasting. I try to bake pies the same day that I serve them. They taste so much better when they are fresh. You can always prepare the dough for the crust weeks in advance and freeze it; the remaining steps are quite fast.

### *Ingredients*

- 9 inch unbaked pie crust [page 312]
- 3 eggs, slightly beaten
- 1 cup dark corn syrup
- slightly less than 1 cup granulated sugar
- 2 T. melted margarine or butter
- 1 1/2 tsp. vanilla
- 2 ounces melted, unsweetened chocolate

Preheat oven to 350°F. In a large bowl, stir eggs, syrup, sugar, margarine or butter, and vanilla. Stir in chocolate. Pour into pie shell. Bake about 1 hour, or until knife in center comes clean. Cool.

## Chocolate Mousse Torte

Maida Heatter is my favorite dessert cookbook author. She not only has a huge repertoire of desserts, but her recipes are fully reliable, and they are readily reproduced by reasonably competent home bakers. This torte is one I've made for years, both during the year and at Passover (note that it does not require any flour!). The change that I make over the original recipe is that I use 1/4 cup excellent brewed coffee instead of instant coffee and boiling water.

Source: from Maida Heatter's *Book of Great Chocolate Desserts*, Knopf, 1980.

### ***Ingredients***

- 8 ounces semi sweet chocolate
- 1 T. dry instant coffee
- 1/4 cup boiling water
- 8 eggs, separated
- 2/3 cup sugar
- 1 tsp. vanilla extract
- 1/8 tsp. salt
- 1/5 cup heavy cream
- 1.5 tsp. vanilla extract
- 1/3 cup confectioner's sugar

Oven Temp: 350° F.

Preheat oven and butter a 9-inch pie plate. Dust it with fine, dry bread crumbs.

Melt chocolate slightly in a double boiler or microwave. Dissolve coffee in boiling water, and pour it over the chocolate. Stir the mixture until smooth, and set aside.

Beat the egg yolks at high speed for 5 minutes until pale lemon-colored and thick. Gradually add the sugar and continue to beat at high speed for 5 minutes more. Add the vanilla and chocolate, beating slowly.

Add the salt to the egg whites and beat (with clean beaters!) until the whites hold a definite shape but are not stiff and dry.

Gradually fold 1/3 of the whites into the chocolate, and then fold this into the remaining whites. Fold only until no white shows. Gently set aside about 4 cups of mousse and refrigerate.

Put the remaining batter into the pie plate; spread gently. Bake for 25 minutes, turn off the oven, but leave the torte in the oven for 5 minutes more. Remove to a rack to cool. The center will fall while cooling.

When the torte is completely cool, very gently put the reserved cold mousse in the middle. Refrigerate for 2 hours, and spread with the whipped cream, vanilla, and confectioner's sugar mixture.

## Chocolate Sorbet

Simple sorbets are a perfect accompaniment to cakes, pies, and fruit. You need to have an ice-cream maker. It's convenient to freeze sorbet in individual 1 oz. portions in flexible ice cube trays or silicone flexible mini-baking pans.

### ***Ingredients:***

- 1 1/2 cups granulated sugar
- 3 cups water
- 3/4 cup unsweetened cocoa powder, Dutch-process
- 1/4 tsp. salt
- 1 tsp. pure vanilla

Yield: 32 ounces sorbet

Cook sugar in a dry heavy saucepan, slowly, over moderate heat. When it begins to melt, continue to cook, stirring occatrionally with a fork, until it is a deep caramel color. Be careful not to burn the caramel. Add water and continue to cook over moderate to low heat, stirring constantly. The caramel will harden, steam, but then dissolve while stirring.

Add the cocoa and salt, stirring to dissolve. Transfer the hot liquid to a bowl to cool. Stir occasionally, and when the mixture is room temperature, add the vanilla. Chill in a covered container for several hours until very cold. Freeze in an ice cream maker. Transfer to a single airtight container and freeze, or make individual portions in flexible ice cube trays or silicone mini-baking pans.

## Cinnamon Red Wine Sorbet

Simple sorbets are a perfect accompaniment to cakes, pies, and fruit. You need to have an ice-cream maker. It's convenient to freeze sorbet in individual 1 oz. portions in flexible ice cube trays or silicone flexible mini-baking pans.

### ***Ingredients:***

- 3 cups Merlot, Cabernet, or Shiraz wine
- 1 cup sugar
- 1 cinnamon stick

Yield: 32 ounces sorbet

Combine ingredients in a heavy saucepan. Bring to a boil, and continue to heat for about 5 minutes. Remove cinnamon stick. Chill in a covered container for several hours until very cold. Freeze in an ice cream maker. Transfer to a single airtight container and freeze, or make individual portions in flexible ice cube trays or silicone mini-baking pans.

## Dark Chocolate Cake (Beverly's)

This moist, delicious, pareve chocolate cake comes from *Bon Appetit*, March 2004. It is easy, low in saturated fat, and freezes well. I garnish it with fresh berries and a bit of powdered sugar, but it can be frosted if you wish.

### ***Ingredients:***

- 1 1/2 cups sugar
- 3/4 cup unsweetened cocoa powder, I like to use Valhrona
- 3/4 tsp. salt
- 1/3 cup canola oil
- 1 1/2 tsp. baking soda
- 1 1/2 cups hot water
- 1 3/4 cups all purpose flour
- 2 large eggs
- 1 1/2 tsp. vanilla extract
- 1/8 cup sifted confectioner's sugar (optional)

Preheat oven to 350°F.

Spray a 13x9x2 inch pan with vegetable oil spray. (You can make a deeper, smaller version of this cake in a 9x9x2 inch pan, just bake it for 30-35 minutes until cake tester or toothpick comes out nearly clean.)

Put sugar, cocoa, and salt in a large mixer bowl. Add oil, but don't mix yet. In a measuring cup, put baking soda and add the hot water. The mixture will bubble a bit. Add the baking soda/water mixture to the cocoa mixture, and beat until cool, about 1 minute. Beat in flour, then eggs, and vanilla. Transfer the batter to the prepared pan. Bake until toothpick or cake tester comes out nearly clean, about 25 minutes. Cool cake in pan on a rack 10 minutes and invert onto rack to cool completely.

Sprinkle with confectioner's sugar, if desired.

Serves 12-15.

## Deep Dish Brownies

Just when I thought I already had the best brownie recipe (Brownies [page 269] ), my daughter Rachel and her husband Ernest suggested I try this recipe. It's from their good friend Marisa Dolled-Filhart. Marisa got the recipe from her colleague Elayne, a post doc at Johns Hopkins. To quote Elayne, "The recipe is my mom's but I think it originally came from a magazine, but I couldn't tell you when or which one. Actually, my mom was more of a cookie maker. I really don't ever remember eating brownies as a kid. But then I made the recipe in college and it was a huge hit." So thanks to Elayne's mom, we have another marvelous, moist, rich dessert. Marisa says that she doesn't mix the the dry ingredients before adding and she coats the chips in a bit of flour to keep them from sinking to the bottom. She also underbakes them to keep them "moister and yummiier." I still prefer to mix and sift my dry ingredients to make a more uniform mixture - try both ways for yourself.

### *Ingredients*

- 3/4 cups butter or solid vegetable shortening, melted
- 1 1/2 cups granulated sugar
- 1 1/2 tsp. pure vanilla extract
- 3 eggs, lightly beaten
- 3/4 cups unbleached, all-purpose flour
- 1/2 cup cocoa (Dutch processed)
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 cup chocolate chips

Preheat oven to 350°F.

Yield: 16 bars in an 8" by 8" pan.

Spray the pan with non-stick vegetable spray.

Mix the melted butter or margarine with the sugar and vanilla in a large mixing bowl. This can be done by hand or in a mixer; just don't overprocess. Add the lightly beaten eggs and mix just to combine. Combine the flour, cocoa, baking powder, and salt. Sift these dry ingredients to insure an even product (optional). Gradually add the dry ingredients to the egg mixture, mixing well until fully blended, but do not overbeat. Stir in chips. Spread in prepared pan. Bake 30-40 minutes at 350°F. until a toothpick inserted comes out clean. If you prefer these really fudgy, serve them warm from the pan, slightly undercooked - no one will mind the informality.

## Chocolate Stuffed Apricots and Figs

This recipe is based on one from Maida Heatter's *Book of Great Chocolate Desserts*. My four daughters always enjoyed helping me with this dessert because I hate to prepare dishes that take a lot of messy hand-work. The girls, however, loved to work with chocolate, particularly when it came time to clean up and I allowed them to first lick their fingers. These are elegant decorations on a dessert buffet. I serve them in tiny gold-foil paper cups.

### **Ingredients**

- 8 ounces dried figs, 8 ounces dried apricot halves
- 1/4 cup heavy cream
- 1/4 pound semisweet, high-quality chocolate
- 1 T. butter
- 1 egg yolk, beaten slightly
- 6 ounces semisweet high-quality chocolate
- 1 T. solid vegetable shortening

Soften the figs by pressing each one between your fingers. Cut a small slit through the bottom of each fig to make a pocket.

Cover a cookie sheet or tray with foil, and make room for it in the refrigerator.

### **Stuffing**

Put the cream in a large glass microwave container, and bring it just to a boil. Chop the first 1/4 pound of chocolate, and add this to the cream. Stir until the chocolate is melted, heating briefly between stirrings in the microwave. Add the butter, and stir until smooth. Cool for 3 minutes. Stir in the yolk until smooth. Put this bowl in the freezer, removing every five to ten minutes to stir. Remove from the freezer when it is as stiff as chilled cream cheese.

Fill each fig with the stuffing, pressing the edges together. Fill each pair of apricot halves, trying to close the edges. Place the filled fruit on the prepared tray, and refrigerate or freeze while preparing the glaze:

### **Glaze**

Chop the remaining chocolate, and melt in the microwave or over a double-boiler. Add the vegetable shortening, and cover until melted. Take particular care not to allow even a drop of water to get into this mixture. Prepare another tray or plate to hold the dipped fruit. Hold a chilled, stuffed piece of fruit (by the stem for the figs), and dip into the glaze. Don't use too much chocolate because you don't want a heavy layer on the bottom. Place glazed fruit on the fresh tray. Refrigerate until firm.

These can be refrigerated for up to 3 days or frozen. Allow frozen fruit to defrost in the refrigerator for 2 hours). Serve very cold.

## Coconut Macaroons

These simple cookies are great at Passover and all through the year. They are delicate and light enough to accompany a richer dessert such as chocolate mousse or crème brûlée, a fruit dessert such as compote, or they can be served by themselves.

### *Ingredients*

- 3 large egg whites
- 5 1/3 cups sweetened flake coconut
- 1/2 cup granulated sugar
- 1/4 teaspoon pure vanilla extract

Oven Temp: 300°F.,

Line two cookie sheets with parchment paper.

Yield: 30-40 cookies

Beat the egg whites until stiff. Fold all the ingredients together with a large rubber scraper. Drop spoons full, 1/2 inch in diameter, separated by about 1 inch, on paper lined cookie sheets. Bake for 15 minutes.

## Compote

Fruit compote is traditionally served on the Sabbath or at Passover as a light dessert. After the very heavy Passover meals, compote is supposed to aid the digestion while satisfying the sweet tooth. The type and proportion of fruit can easily be varied according to your taste.

### ***Ingredients:***

- 8 oz. dried apple rings
- 8 oz. dried prunes
- 8 oz. dried peaches or pears
- 8 oz. dried apricots
- 8 oz. raisins
- 1 1/2 bottles of dry red wine
- 1 to 1 1/2 cups granulated sugar or honey
- 3 lemons, sliced
- 2 tsp. cinnamon
- blanched almonds (optional)

Soak the dried fruit in the wine for several hours. Add the honey or sugar according to your taste. Add the lemon, and bring to a boil. Then cook gently for about 30 minutes. I do this in two or three batches in the microwave (30 minutes at medium power, or until the fruit just begins to soften), but it works just as well on the stove. With either method, the important thing is to bring the fruit mixture to an initial boil and then reduce the heat or the microwave power so that the mixture simmers until the fruit just begins to soften. Further softening takes place while the mixture is cooling.

Taste for sweetness, and add additional honey, if needed. Add cinnamon. Some people like to eat the lemon rind, so I leave it in. However, if you object to the bitter flavor of the rind, you can discard it before cooling. Add the blanched almonds, and cool the compote in small containers in the refrigerator.

## Espresso Ice

This simple ice dessert is a slightly bitter, crunchy accompaniment to my warm chocolate cake [page 332]

### ***Ingredients:***

- 2 cups strong decaffeinated espresso coffee
- 1/4 cup sugar

Yield: 4-6 servings

Combine the hot decaffeinated coffee with the sugar and stir to dissolve. Pour the mixture into a large bowl and put in the freezer for 20 minutes. Remove bowl, beat mixture. Continue this process every 15-20 minutes until the mixture becomes coarse coffee-ice crystals similar to sorbet. Serve with Warm Chocolate Cake.

## Flourless Chocolate Almond Cookies

These moist and chewy cookies are perfect at Passover or all year. Please use the finest quality cocoa and real vanilla extract.

### ***Ingredients:***

- 2 cups coarsely chopped almonds
- 3/4 cup premium quality unsweetened cocoa powder, such as Valrhona
- 2 1/2 cups confectioner's sugar
- 1/8 tsp. salt
- 1 T. pure vanilla extract
- 4 large egg whites

Preheat oven to 350°F.

Coarsely chop the almonds in a food processor or with a knife. Set aside.

Whisk together the cocoa powder, confectioner's sugar, and salt in the bowl of an electric mixer. Combine the vanilla and egg whites in a measuring cup or bowl, and slowly add to the cocoa mixture, beating at low speed. Increase to medium speed and beat until mixture is glossy, about 2 minutes. Stir in the chopped almonds.

Drop 1/4 cup mounds of batter, 3 inches apart, onto a large baking sheet lined with parchment paper. Immediately reduce the oven temperature to 325°F. Bake until small thin cracks appear in the tops of the cookies and they are nearly firm to the touch, about 16 minutes. Cool cookies on the parchment paper, on a cooling rack, invert, and peel carefully from the paper.

Return the oven to 350°F. and repeat the process with the remaining batter.

When cookies are completely cool, wrap tightly, separated by parchment paper. These freeze well for 3-6 weeks.

Makes 10 large cookies.

## French Chocolate Truffles

In the mid 1980's I taught several classes in chocolate cookery. One of the favorites in those classes was truffles. A real truffle is a fungus (although quite different from mushrooms) that grows just underground. Specially trained pigs are used to ferret out the truffles for harvest. Truffles are prized for sauces and embellishments because of their marvelous fragrance and texture. Chocolate truffles simply share the shape and size of real truffles - about the size of a small walnut with a slightly rough surface and a brown to black color. These particular chocolate truffles are based on a recipe of Maida Heatter, *Book of Great Chocolate Desserts*, Knopf, 1980.

### ***Ingredients***

- 6 ounces semisweet chocolate
- 2 ounces butter
- 2 egg yolks
- 1/4 tsp. peppermint extract
- unsweetened cocoa
- 2 ounces semisweet, ground chocolate

Melt 6 ounces chocolate. Add butter, stir until melted. Stir a bit of chocolate mixture into yolks, then mix into chocolate. Cook over double-boiler for 2 minutes, with stirring. Stir in peppermint, place bowl in ice water, and stir until firm. Divide into 20 mounds on waxed paper or foil. When mixture is firm, roll in cocoa, then ground chocolate. Dry at room temperature overnight. Cover tightly for a day or two, or freeze for longer storage.

## Harvest Loaf Cake

My older sister, Joyce Graham, gave me this recipe as a bridal shower gift in 1968. It has always been one of my most popular cakes for family meals and dessert buffets. It can be made either in loaf pans, sliced thinly, or in a bundt pan, sliced in wedges. It's a nice variation on the usual pumpkin pie for Thanksgiving. If you don't care for nuts, or are allergic to nuts, leave them out and add more raisins and chocolate chips.

### **Ingredients**

- 3 1/2 cups all-purpose flour
- 2 tsp. baking soda
- 1/2 tsp. salt
- 2 tsp. cinnamon
- 1/2 tsp. ginger
- 1 tsp. nutmeg
- 1/2 tsp. cloves
- 1 cup solid vegetable shortening or butter
- 2 cups granulated sugar
- 4 large eggs
- 1.5 cup canned pumpkin (1 14.5 ounce can, solid-pack pumpkin)
- 1.5 cup chopped walnuts
- 1.5 cup chocolate chips
- 1.5 cup raisins

### **Glaze**

- 1 cup confectioner's sugar
- 1/4 tsp. nutmeg and 1/4 tsp. cinnamon
- 4 T. orange juice

Oven Temp: 350°F., 65-75 minutes

Yield: One tube pan or bundt pan or two loaf pans (9"x5")

Spray pan(s) with vegetable oil spray. Combine the dry ingredients in a bowl and put aside. Cream the shortening or butter, adding sugar gradually. Blend in the eggs, beating well. Add the dry ingredients at low speed, alternating with pumpkin, beginning and ending with dry ingredients. Stir in 2/3 of the walnuts, all the chips, and all the raisins. Put in pan(s) and cover with the last third of the walnuts. Bake for 65-75 minutes.

Blend all the glaze ingredients while the cake is baking. In fact, for those who want a moister and sweeter version of this cake, I suggest doubling the glaze. It soaks into the cake and makes it even richer and tastier.

Test the cake with a toothpick. When the toothpick comes out clean, remove the cake from the oven. Place on a rack, in the pan. Drizzle with the glaze, and cool at least 30 minutes before removing from pan. Let the cake stand for 6 hours before eating. This cake freezes very well, or you can keep it for about 4 or 5 days at room temperature.

## Hamantaschen

Hamantaschen are the traditional Eastern-European dessert at Purim, the holiday which is derived from the Book of Esther. This joyous day celebrates the repeal of the death decree against the Jewish inhabitants of ancient Persia. The villain of the holiday is Haman, and thus these pastries are made in the shape of Haman's ears, or hamantaschen. The dough for hamantaschen can be bread-like or thin and cookie-like. Our family prefers the cookie-like texture with a high filling to dough ratio. Many different fillings are used for hamantaschen, but our family particularly likes the poppyseed, chocolate, and prune-apricot fillings. Recently, my daughter Leah started preparing the all apricot filling below. I once forgot the sugar in the chocolate filling. It was still marvelous, so if you are trying to cut down on calories, save a few by leaving out the sugar in the chocolate filling.

### *Dough*

- 2 cups all-purpose flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 3/4 cup granulated sugar
- 1/4 pound butter
- 1 large egg, beaten
- 2 T. milk or orange juice (pair orange juice with rind, milk with vanilla)
- 1 tsp. vanilla or grated orange rind

Mix flour, baking powder, salt, and sugar. Mix butter into flour mixture, as for pastry, until the mixture resembles meal. Add the beaten egg and milk (or orange juice) and vanilla (or rind). If possible, refrigerate for a few hours. Roll out to 1/4-inch thick dough on a lightly greased surface, flouring the top of the dough. This way, when you cut the dough, turn it so that the floured surface sits on your palm, and the greased surface holds the filling and sticks together better. Cut the dough into 3-inch rounds, fill (see below), form triangle. Bake at 375°F. for 15-17 minutes on ungreased baking sheets. One recipe of dough makes about 25 hamantaschen.

I prepare about 5 or 6 recipes worth of dough, then (while the dough is chilling) prepare varying amounts of the fillings below, depending upon the taste of the recipients. The only problem arises with the chocolate filling which hardens almost immediately; so prepare it just before filling and baking. The poppy and fruit filling can sit at room temperature while you are preparing the chocolate ones.

### **Poppyseed Filling (for about 25 hamantaschen)**

- 1 can (10 ounces) poppyseed filling or filling below
- several tablespoons of honey, to taste
- 1/4 cup each, chopped nuts and seedless raisins

Combine all the ingredients, adding honey to taste. Alternatively, prepare homemade poppy:

Dough

- 2 cups poppy seeds
- 1 cup milk
- 1/4 cup sugar
- 1/2 cup honey
- 1 egg

Pour boiling water over seeds; drain. Grind seeds. Combine the remaining ingredients, except for egg. Cook over low flame until thick. Allow to cool, and add egg. Continue as above with canned filling.

### **Prune and Apricot Filling (for about 40-45 hamantaschen)**

- 2 cups dried, pitted prunes (about 8 ounces of fruit)
- 1 cup dried apricots
- 1 cup water
- 1 T. lemon juice
- 1/2 cup honey
- 3/4 cup chopped walnuts

Chop dried fruit. Mix all ingredients, and microwave until thick (20 minutes on high, but this varies with power of microwave).

### **Chocolate Filling (for about 25-30 hamantaschen)**

- 1 cup semisweet chocolate chips
- 1/3 cup sugar
- 1 T. butter
- 1 T. milk
- 1 tsp. vanilla
- 1 egg

Melt chocolate in microwave. Add sugar, butter, milk, and vanilla. Stir, and return to microwave very briefly, just to melt butter. Gradually, stir beaten egg into chocolate. Use this filling immediately before it hardens. See Leah's variations below.

### **My Daughter Leah's Apricot Filling (for about 15 hamantaschen)**

- 1 6 oz. package of dried apricots
- 1/2 cup water
- 1/2 T. lemon juice
- 1/4 cup honey, or to taste

Chop the dried apricots, about 4-6 pieces per apricot half. Microwave all ingredients for about 20 minutes on high (until the foam dies down). Cool to room temperature. Add honey to taste.

Leah also substitutes, measure for measure, cream cheese for the butter in the chocolate filling above. And she has substituted brown sugar for the white sugar in the chocolate filling. She finds this gives a much smoother and richer filling.

## Kataif

Kataif is a traditional Middle-Eastern dessert, in the same family as baklava. The dough is a shredded wheat material, though, and is much easier to use than the filo dough for baklava. The whole house is filled with the marvelous aroma of orange blossom water when you pour the syrup over the kataif. I find several types of dough that are particularly fun to work with. Kataif dough is one, pita is another, and Chinese glass noodle nests are another. In each of these foods, there is a certain magic in the way the raw material behaves during the cooking process. Don't hesitate using your hands to work the shortening into the kataif dough--it's part of the whole experience.

### *Syrup*

- 1 1/4 cups sugar
- 1/2 cup water
- 1 T. lemon juice
- 1-2 T. orange blossom water

Stir sugar, water, lemon juice over moderate heat. Simmer until it thickens and coats a spoon. This can be done in the microwave. Be sure to watch it carefully. Stir in the orange blossom water and cook an additional 2 minutes. Cool and chill while preparing the other items.

### *Pistachio Filling*

- 2 1/4 cups pistachios, finely chopped
- 3 T. sugar

Mix the chopped nuts with the sugar.

### *Pastry*

- 1 pound kataif pastry (this usually comes frozen)
- 1/2 pound butter or solid vegetable shortening, melted
- 1 recipe syrup
- 1 recipe filling

Oven Temp: 350°F., 45 minutes, then 450°F., 10 minutes.

Yield: a 13"x9" pan

Put the defrosted kataif pastry in a large bowl. Pull out and separate the strands. Pour melted butter or shortening over the pastry, and work in so that all strands are covered. Put half the pastry in a 13"x9" pan. Spread the filling over, and cover with the remaining pastry. Flatten with your hand. Bake at 350°F. for 45 minutes. Raise the heat to 450°F., and continue to bake until light golden. Remove from the oven and immediately pour the cold syrup over the hot kataif. Serve hot or cold. This gets better after sitting at room temperature for about 3 or 4 days.

## Keith's Lemon Bars

I adore both lemon and chocolate desserts. This recipe from our good friend Keith Kanter is a real challenge for me because I don't know whether to alternate with a favorite chocolate dessert or just keep eating more of these. They are rich, moist, and have a delicious crust.

### *Ingredients*

#### Crust

- 1 cup all-purpose, unbleached flour
- 1/2 cup butter or crisco
- 1/4 cup sugar
- grated rind of one lemon
- pinch of salt

#### Filling

- 2 large eggs
- 3/4 cup plus 1 T. sugar
- 3 1/2 T. fresh, strained lemon juice
- grated rind of 1 lemon
- 2 T. flour
- pinch of salt

Preheat oven to 350°F.

Spray a 9 inch. square baking pan with vegetable oil spray. Mix all crust ingredients, and pat into the prepared baking pan. Bake 18-20 minutes until the surface is lightly browned. Remove from oven and cool.

Meanwhile, prepare the filling. With an electric mixer, beat the eggs until thick, about 2 minutes. Gradually add the sugar and beat another minute until lightly colored and thick. Add the lemon juice, rind, flour, and salt. Mix well. Spread the filling on the cooled crust. Bake until lightly colored, about 18-20 minutes. Remove from the oven and cool completely.

Cutting the bars is the hardest part. Take a knife, a thin spatula, and a glass of hot water. Dipping the knife often into the hot water, cut the bars with the knife, remove them from the pan with the spatula, trying not to tear too much filling. The filling will be quite sticky. Plate and serve.

## Lemon Bars

I've always been partial to tart lemon desserts. These lemon bars are divine, made with butter, but they are quite good as a pareve dessert, substituting pareve vegetable shortening in the crust and non-dairy creamer in the filling. They freeze perfectly.

### ***Crust***

- 1 3/4 cup all-purpose flour
- 2/3 cup confectioner's sugar
- 1/4 cup cornstarch
- 3/4 tsp. salt
- 12 T. unsalted butter or 12 T. pareve vegetable shortening (I use Crisco)

### ***Filling***

- 1 1/3 cups granulated sugar
- peel (yellow only) of 4 lemons
- 4 large eggs
- 3 T. all-purpose flour
- 2/3 cup fresh lemon juice
- 1/3 cup whole milk or 1/3 cup non-dairy creamer
- 1/8 tsp. salt

Preheat oven to 350°F.

Spray a 9 by 13" baking dish with vegetable oil spray. Line with parchment paper

In a food processor fitted with the plastic blade (or by hand with a pastry blender in a large mixing bowl), mix all crust ingredients until the mixture resembles coarse meal. Put the mixture in the prepared pan, roll it (I use a rolling pin that fits exactly into the pan) or press it with your fingers until you have a smooth 1/4 inch layer on the entire bottom and about 1/2 inch up the sides. Chill the pan in the freezer for 15 minutes and then bake for 22 minutes in the preheated oven.

While the crust is baking, prepare the filling: Put the steel blade in the food processor and add the granulated sugar and lemon peel (if you don't have a food processor, you can grate the lemon peel and mix the filling by hand with a whisk); pulse until the sugar is yellow and all pieces of the lemon peel have been finely chopped. Add the remaining filling ingredients and pulse until smooth.

When the crust has finished the first 22 minutes of baking, lower the oven temperature to 325°F., remove the crust, pour the filling over the crust, and return the pan to the oven to bake for 20-25 minutes. You will know that the bars are done when the filling is just firm to a light touch.

Cool the pan on a rack until room temperature. Remove the entire pastry to a cutting board by lifting up on the parchment paper. Sprinkle with confectioner's sugar, if desired. Then cut into bars with a sharp knife or a pizza cutter. To freeze, cut first, then wrap very tightly in several layers of foil.

Makes about 24 2" squares.

## Lemon Buttermilk Cake #2

The only cake that ever failed from Maida Heatter's many collections was this Buttermilk Lemon Cake. I wrote her a letter about the failure, and she graciously sent me an amended recipe. The cake is really a marvelous success with her changes. I recommend it for a special dairy meal. Source: Personal communication from Maida Heatter, 1979.

### ***Ingredients***

- finely grated rind of 2 or 3 large lemons
- 2 T. lemon juice
- 3 cups sifted all-purpose flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 sticks sweet butter
- 2 cups granulated sugar
- 3 eggs, large or extra-large
- 1 cup buttermilk

Preheat oven to 350° F. Prepare glaze. Butter a 9x3 inch tube pan, line with paper, butter paper, dust with bread crumbs.

Mix the lemon rind and juice. Set aside. Sift flour, soda, and salt, and set aside. In a large bowl of an electric mixer, cream the butter and sugar. Add eggs, one at a time, beating well after each addition. On low speed, alternately add dry ingredients in 3 additions and buttermilk in 2 additions, scraping bowl with spatula, beating only until smooth. Remove from mixer, and stir in the lemon mixture. Turn into pan, rotate the pan briskly in opposite directions to level top. Bake 75 minutes until cake tester comes clean. Let cake stand in pan for 5 minutes, invert on rack, and remove paper. Put rack over foil to catch excess glaze. Brush glaze on all sides and top of cake.

### ***Glaze:***

Mix 1/3 cup lemon juice and 1/4 cup granulated sugar.  
Serves 12 generous portions.

## Lemon Cake, French

This is a light, refreshing cake, ideal after a heavy meal or in the middle of the summer when a heavier dessert is just too much. It is particularly delicious served with a scoop of fresh blueberries or raspberries and garnished with a sprig of mint.

### *Ingredients*

- peel from 2 lemons
- 1 cup granulated sugar
- 1/2 lb. vegetable shortening or butter
- 4 eggs
- 1 3/4 cups unbleached, all-purpose flour
- 2 tsp. baking powder
- 3 cups confectioners' sugar
- juice of 2 lemons

Oven Temp: 325°F., 50-55 minutes

Yield: 6 cup ring mold or two 3 3/4 cup loaf pans

Prepare the ring mold or loaf pans by spraying with a vegetable oil spray. With a carrot peeler, remove just the yellow portion of the peel from 2 whole lemons. Cut this peel into 2" pieces, and add it to the work bowl of a food processor fitted with the metal blade. Add the granulated sugar, and combine by pulsing the processor on and off 5 or 6 times. Process until the peel is finely chopped (60 seconds). The sugar will be lightly colored with lemon but have no large pieces of peel. Add shortening or butter, and process until smooth (30 seconds). Add eggs and process 30 seconds. With a rubber spatula, scrape the sides of the work bowl. Stir the flour and baking powder together in a mixing bowl, and add to the work bowl. Pulse on and off, just until the flour disappears. Do not over process or the cake will be dry. Transfer the batter to the prepared pan or pans. Swirl the pan(s) back and forth on the counter a few times to release any trapped air bubbles. Bake in the preheated oven for 50-55 minutes until a toothpick inserted near the center comes out clean. Let cool slightly in pan. Mix confectioners' sugar and juice. Reverse the cake on a wire cooling rack, and place this over a piece of waxed paper or foil. With a pastry brush, glaze the cake until all the glaze is absorbed. Cool cake thoroughly, and wrap tightly.

Lemon cake freezes well for about 2 months. As with all baked goods, be sure to double-wrap it, and try to store in a NON-frost free freezer. Then thaw at room temperature in the freezer wrapping, and dispose of the wrapping as soon as it is defrosted. Rewrap in fresh plastic until you are ready to eat it.

## Lemon Cream Pie

This pie is surprisingly easy to make but looks and tastes very impressive. If you cannot find Petit Buerre cookies, you can use graham crackers.

### ***Ingredients***

#### Lemon Filling

- Peel from one lemon plus 1/2 cup fresh lemon juice
- 4 large egg yolks
- 14 ounces sweetened condensed milk in can or tube
- Cracker Crust
  - 3 T. sugar
  - 5 T. melted butter
  - 1 1/4 cups crumbs from Petit Buerre cookies
- Whipped Cream Topping
  - 3/4 cup heavy cream
  - 1/4 cup confectioner's sugar

Preheat the oven to 325°F.

Put the lemon peel in the work bowl of a food processor fitted with the metal blade. Add the lemon juice and the condensed milk and pulse to mix, set aside to thicken.

Adjust the oven rack to the center height. Mix crust ingredients and press into a 9-inch pie plate. Bake until lightly brown, about 15 minutes. Cool for 20 minutes on rack.

Pour filling into the cooled crust, bake until the center is set. It may still be slightly "wiggly", but firm, about 15-17 minutes. Cool to room temperature on a rack, refrigerate (well-wrapped) until serving time.

Whip cream to soft peaks. Add confectioner's sugar slowly, and continue whipping until just stiff. Refrigerate for up to 2 hours or freeze. Serve dollops of the cream on each slice of pie.

A novel method to produce cracker or cookie crumbs, if you find yourself with few kitchen implements, was devised by my husband: put the crackers or cookies in several zippered, heavy plastic bags. Put this package in front of one of the front wheels of your car (Ed recommends a Toyota Corolla), and drive back and forth over it. Don't worry about a few pieces of cracker or cookie which might not be fully "crumbed."

## Lime or Lemon Sorbet

Simple sorbets are a perfect accompaniment to cakes, pies, and fruit. You need to have an ice-cream maker. It's convenient to freeze sorbet in individual 1 oz. portions in flexible ice cube trays or silicone flexible mini-baking pans. These citrus sorbets are rather sour. I like to serve them with rich chocolate cakes or pies.

### ***Ingredients:***

- 1 1/2 pounds of limes or lemons (or a combination), yielding about 1 cup of strained, fresh juice
- 2 cups Simple Syrup [page 324]
- 1 cup water

Yield: 32 ounces sorbet

Prepare Simple Syrup. Mix together the simple syrup, lime, lemon, or combination of juices, and water. Chill in a covered container for several hours until very cold. Freeze in an ice cream maker. Transfer to a single airtight container and freeze, or make individual portions in flexible ice cube trays or silicone mini-baking pans.

## Macadamia Nut and Cranberry Biscotti

Biscotti are a crunchy, low-fat, sturdy dessert that go well with coffee, tea, or fruit. These may appear commonplace at first glance, but they are a killer-dessert.

### ***Ingredients:***

- 2 T. vodka
- 8 ounces dried cranberries (the slightly sweetened variety)
- 2 cups unbleached all-purpose flour
- 1 cup granulated sugar
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 2 large eggs
- 2 large egg whites
- 2 tsp. pure vanilla extract (I use Bourbon based vanilla for this)
- 2 T. grated orange zest (use a rasp grater to just get the orange, no white)
- 1 cup natural, unsalted macadamia nuts

Yield: 35 biscotti

Preheat oven to 325°F. Line two cookie sheets with parchment paper. Mix the cranberries with vodka and set aside.

Put flour, sugar, baking powder, baking soda, and salt in a mixer bowl. Blend well and then add the eggs, egg whites, vanilla, and orange zest. When the dough is fully mixed, fold in the cranberries and macadamia nuts. Put the dough on a lightly floured board and divide into 3 portions. Shape each portion into a cylinder, about 2" in diameter and about 10-12" long. Put these onto the prepared cookie sheets. Bake for 30 minutes, until firm and just beginning to brown. Remove from oven and cool for 10 minutes. Reduce oven to 300°F. On a cutting board, with a sharp serrated knife, cut each log into 1/2" diagonal slices. Arrange these slices, cut side down, on the cookie sheets and return to the oven. Bake 15 minutes on each side until toasted. Remove the biscotti to a cooling rack and cool completely. It's important to cool absolutely completely before storing these away. They freeze beautifully, double-wrapped, for about 3 months. They will keep at room temperature for several weeks if you keep them in an airtight bag. Do not refrigerate.

## Maple Butter Frosting

This frosting is the perfect finish for Mother-in-law cake. It's also a tasty and slightly different frosting for other fruit-flavored or white cakes. Please use real maple syrup; artificial maple syrup (pancake syrup) is a waste of time and calories!

### *Ingredients*

- 1/3 cup butter or solid vegetable shortening
- 1 pound sifted confectioners' sugar
- 3/8 cup real maple syrup (pure, don't substitute)
- 1 tsp. vanilla (pure, don't substitute)

Blend butter or shortening and sugar in mixer or food processor. Add vanilla and maple syrup, and beat until very smooth. Spread on Mother-in-law cake [page 264] . It also frosts 2 layers or one 13x9 oblong cake.

## Moosehead Gingerbread

If you like gingerbread with character, this is it. The molasses, coffee, and generous quantity and assortment of spices produce a moist, fragrant, deep brown cake. Try it with homemade applesauce or warm apricot jam. I've adapted the recipe from Maida Heatter, *Book of Great Desserts*, Knopf, 1975.

### ***Ingredients***

- 2 1/2 cups sifted all-purpose flour
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1.5 tsp. ginger
- 1/2 tsp. cloves
- 1/2 tsp. dry mustard
- 1/2 tsp. black pepper
- 1/2 cup butter or crisco
- 1/2 cup brown sugar
- 2 eggs
- 1 cup molasses
- 1 cup strong coffee

Preheat oven to 375° F. Butter or Pam a 9 inch square pan. (This can be doubled or otherwise increased to fit 2 9-inch rounds or a bundt pan).

Sift together flour, soda, salt, cinnamon, ginger, cloves, mustard, and pepper. Cream butter and sugar for 1-2 minutes. Beat in eggs, 1 at a time. Add molasses. Beat until smooth. On low speed, alternately add dry ingredients and coffee (still a bit hot), beginning and ending with dry ingredients. Beat until smooth. Pour into prepared pan(s). Bake 35 minutes or until the top springs back. Cool 10 minutes in pan. Remove to plate, and serve with apricot jam or applesauce.

## Nut Crisps Ristorante La Bimba

When I first started giving elegant dinner parties, I would serve these with a mousse or poached fruit dessert. They also lend a pretty and delicate touch to a dessert buffet. The original recipe comes from the Ristorante La Bimba and was printed in 1979 in Gourmet Magazine.

### *Ingredients*

- 2 sticks unsalted butter or margarine
- 1/2 cup confectioner's sugar
- 1 1/2 cups sifted flour
- 2 tsp. vanilla
- pinch of salt
- 2 cups almonds, toasted and chopped

Preheat oven to 325°F.

Cream the butter and sugar until light. Add the flour, vanilla, and salt. Stir in the nuts. roll 1 Tbsp. portions into 2-inch cylinders and put on a buttered cookie sheet. Arrange in rows. Bake for 20-25 minutes until lightly browned. Cool on a rack and sprinkle with sifted confectioner's sugar. Makes about 36 crisps.

## Oatmeal Raisin Cookies

These cookies are one of those standard recipes you find on a box or can, in this case, of Quaker Oats. They are comfort food in the cookie department -- certain to conjure up memories of childhood cookie jars and after-school treats. Let your children help make them with you.

### ***Ingredients:***

- 1 cup butter
- 1/2 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 1/2 cups flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 3 cups Quaker Oats
- 1 cup raisins

Heat oven to 350°F. Beat butter and sugars until creamy. Add eggs and vanilla; beat well. Combine flour, baking soda, cinnamon, and salt; add to butter mixture, mixing well. Stir in oats and raisins; mix well. Drop by rounded tablespoons onto cookie sheets. Bake 10-12 minutes. Cool 1 minute on cookie sheet. Remove to wire rack.

## Peanut Butter Cookies

Everyone has a favorite cookie from childhood. When my husband tasted these peanut butter cookies made by Ruby Livingston, a cook at B'nai Brith Hillel Foundation, Urbana, IL., it brought back wonderful childhood memories. We've added it to our repertoire, and it will probably remind our children of their childhood many years from now.

### ***Ingredients:***

- 1 cup butter or solid vegetable shortening
- 1 cup granulated sugar
- 1 cup brown sugar
- 1 tsp. pure vanilla extract
- 3 cups all-purpose flour
- 2 large eggs
- 1/2 tsp. salt
- 1 1/2 tsp. baking powder
- 1 1/4 cup peanut butter (chunky is best)

Makes 35 large or 17 enormous cookies.

Cream the butter (or shortening), sugar, brown sugar, and vanilla. Add the eggs, flour, salt, baking powder, and peanut butter, and mix well. Measure with an ice cream scoop for very large cookies, or cut the ball in half for more a more manageable cookie; flatten with a fork. Bake at 400°F. for 12-15 minutes, or until set and slightly brown. The baking time depends on the size of the cookie. If you use the lower and upper racks of the oven simultaneously, avoid burning the lower sheet of cookies by switching shelves after 6-7 minutes.

## Pie Crust

Animal shortenings that typically produce a flaky pie crust are not allowed in the kosher diet. This is the best pie crust I've ever come across. Even if you never sift flour for other recipes, it's worth sifting and following this recipe exactly.

I've adapted the recipe from Irma S. Rombauer and Marion R. Becker, *Joy of Cooking*, Bobbs-Merrill, 1964.

### Ingredients:

- 2 cups all-purpose flour, sifted
- 1 tsp. salt, resift with flour
- 1/4 cup water
- 2/3 cup Crisco or other tasteless, hydrogenated shortening

Sift the flour and then sift again with the salt. Take 1/3 of the flour/salt mixture and mix it with the water to form a paste. Cut the shortening into the remaining flour with a pastry blender, two cold knives, or food processor. When the mixture resembles coarse granola, stir in the flour paste. Work quickly and gently to mix until the paste is incorporated and the dough forms a ball. Working by hand with a pastry blender or two cold knives works quite well, but if you prefer to use a food processor, be sure that you do not over-process the dough. Stop processing the second that the dough forms a ball on the blade. Wrap the dough tightly. Chill for at least 1/2 hour or overnight. If you are not going to use the dough for more than a day, you can freeze it. Be sure that it is very well wrapped for the freezer. When you want to use it, defrost in the refrigerator for a day, or at room temperature for about 2 hours. Discard the wrapping as soon as it is defrosted so that the flavors of the freezer are not absorbed by the dough.

This makes enough dough for a double-crust 9-inch pie.

## Pecan Pie

This is a traditional American pecan pie. Made with vegetable shortening and a vegetable shortening pie crust, it fits into the kosher diet with no other modifications. Of course, if you are having a dairy meal, go ahead and enjoy the butter. As with all pies, this is best made at the last minute so that the crust is flaky and the filling has not produced a soggy bottom.

### *Ingredients*

- 9 inch unbaked pie crust [page 312]
- 3 eggs, slightly beaten
- 1 cup dark corn syrup
- slightly less than 1 cup granulated sugar
- 2 T. melted vegetable shortening or melted butter
- 1 1/2 tsp. pure vanilla extract
- 1-1 1/4 cups pecans

Preheat oven to 350°F. In a large bowl, stir eggs, syrup, sugar, margarine or butter, and vanilla. Stir in pecans. Pour into pie shell. Bake about 1 hour, or until a knife inserted in the center comes clean. Cool on a cake rack.

## Plum and Nectarine Galette

We first ate this delicious dessert at Jill Israel and Billy Karp's house, August, 2004, at the occasion of our nephew Jake's Bar Mitzvah. It's a free-form, forgiving dessert. The original recipe is from the *San Francisco Chronicle*, but I've taken some liberties to adapt it.

### **Ingredients:**

- filling
  - 6-8 pieces of soft fruit, preferably sweet plums, freestone nectarines, or freestone peaches
  - 3 T. all-purpose flour
  - 4-5 T. sugar
- dough
  - 1 1/4 cups all-purpose flour
  - 1/2 tsp. salt
  - 6 ounces vegetable shortening (Crisco)
  - ice water
- finishing
  - melted crisco for brushing
  - sugar for sprinkling on crust
  - sorbet (chocolate, mango, or cabernet)

Yield: 1 galette to serve 4-6 persons

Preheat oven to 400°F. Line a cookie sheet with parchment paper or silpat.

Combine the flour and salt for the dough in the bowl of a food processor fitted with the steel blade. Work in the Crisco (this can be done with two knives or a pastry blender; I just prefer the food processor) until the pieces of Crisco are like small pellets. Add ice water a tablespoon at a time and pulse until the dough forms a ball but is not sticky. Wrap the dough in plastic and flatten into a disk. Refrigerate at least 1 hour or up to 5 days.

Halve and pit the fruit. Cut into 5 or 6 slices each.

Roll the dough on parchment paper. Make a 14 inch circle (or approximate circle). Leaving a 2 inch border, sprinkle the center of the dough with the flour and 1 T. of sugar. Arrange the fruit in concentric circles over the flour-sugar mixture, sprinkling each layer with sugar. Draw up and fold over the sides of the pastry to form a rim on top of the edge of the fruit. Brush the edge of the dough with melted Crisco, sprinkle with sugar. Bake until bubbly, about 40 minutes, rotating in the oven to evenly brown. Transfer, still on the parchment paper, to a cooling rack until serving. Top with sorbet.

## Poppyseed Cake

We first enjoyed this cake made by our friend Cindy Saylor. It is best made from a can of Solo poppyseed filling but you can also use plain poppyseeds. The option of preparing the cake with non-dairy creamer makes it pareve, an appropriate dessert to serve after a meat meal. In general I don't like this type of substitution, but the flavor of the non-dairy creamer is masked in this recipe by the sweetness of the poppyseed filling and the pure vanilla.

### *Ingredients*

- 1/2 lb vegetable shortening or butter
- 1.5 cup granulated sugar
- 4 large eggs, separated
- 2.5 oz poppyseeds or 1 can Solo Poppyseed Filling
- 1 tsp. baking soda
- 1 cup non-dairy creamer mixed with 1 T. vinegar or 1 cup sour cream
- 2 cups all-purpose flour
- 2 tsp. pure vanilla extract

Oven Temp: 350°F., 55-60 minutes

Yield: 2 greased 8"x3" loaf pans or one greased 9" tube pan

Cream shortening or butter in the large bowl of an electric mixer. Gradually add the sugar and beat until fluffy. Separate the eggs into two bowls. Briefly whisk the yolks together. Stir seeds or poppy filling into the whisked egg yolks, add to the mixer bowl. Stir the baking soda into the sour cream or the non-dairy creamer mixture, add to mixer. Add the flour and vanilla and mix only until the flour is fully incorporated into the batter. In a separate mixing bowl, beat the egg whites until they hold soft peaks. Fold the egg whites into the batter.

Gently put the batter into the prepared pan(s), and quickly rotate the pan(s) against the counter to remove any large bubbles. Bake for 1 hour or until a toothpick inserted in the middle comes clean.

This cake may be glazed with a mixture of melted butter (1 T.), confectioner's sugar (1 cup) pure vanilla extract (1 tsp.), and water (enough to reach a thin spreading consistency). Place under the broiler until the glaze just melts.

## Poppyseed roll

This recipe was inspired by a similar one in George Lang's *The Cuisine of Hungary*. I use canned poppyseed filling as the base for this pastry, and I add my own flavoring. If you cannot get Solo filling (or prefer to make your own), I have included a recipe. Although this is a yeast dough, it does not rise much at all - the finished product looks a bit like a long wide turtle shell.

### **Ingredients:**

- filling
  - one 12 oz. can of Solo brand poppyseed filling
  - 2 T. honey
  - 1 tsp. lemon juice
  - 1/8 tsp. ground cinnamon
  - 1/8 tsp. ground cloves
  - 2 T. raisins
- dough
  - 2 3/4 T. milk (or soy milk, if pareve preparation)
  - 3/4 tsp. yeast
  - 1/2 pound flour (2 cups)
  - 4 ounces butter (or vegetable shortening, if pareve preparation)
  - 4 T. sugar
  - 1 egg yolk, divided into two parts
  - pinch of salt
  - 1 egg white

Yield: 2 10 inch rolls

Preheat oven to 375°F. Line a cookie sheet with parchment paper or silpat.

Mix together all filling ingredients. Warm milk or soy milk gently to about 95°F. Dissolve yeast in milk. Mix flour, butter or shortening, and sugar until crumbly. Add half of egg yolk, yeast mixture, and salt. Knead the mixture well and divide into two portions. This process can be done in a food processor or by hand. Roll each portion into a thin sheet, approximately 8x10inches. Spread half the filling on each piece of dough. Roll up tightly along the shorter edge, carefully transfer to the lined cookie sheet, seam down, and press the ends to keep the filling from coming out. Beat the remaining half egg yolk with a few drops of water. Brush the rolls with the egg yolk, and let them rise in a warm place for about an hour. Place the cookie sheet in the refrigerator for an additional hour. Finally brush the rolls with the egg white (beaten just a bit). Prick the rolls with a fork in 3 or 4 spots. Bake in the preheated oven for 30-40 minutes until golden. Let cool and either eat that day or freeze (double-wrapped in foil). Optional: poppyseed filling from scratch:

- 1/2 cup sugar
- 2 T. honey
- 2 T. shortening

Ingredients:

- 2 T. lemon juice
- 1/2 tsp. finely grated lemon rind
- 1/4 pound poppyseeds, ground or crushed
- 1/8 tsp. ground cinnamon
- 1/8 tsp. ground cloves
- 2 T. raisins

Mix sugar with 1/4 cup water, and cook gently until syrupy. Add honey, shortening, lemon juice, and rind. Remove from heat and stir in poppyseeds, spices, and raisins.

## Pumpkin Cheesecake

When I had my cheesecake business in the early 1980's, I got a call from a customer to ask for pumpkin cheesecake. I had never prepared such a cake, but was intrigued by the idea because I love pumpkin pies and cakes. The problem with working with pumpkin in cheesecake is that the water content of different cans of pumpkin varies quite a bit, so it's important to drain out the extra liquid. After some experimentation and with the patient taste-testing of family and friends, I came up with the following recipe. It was a very popular fall flavor in my business.

### *Ingredients*

- 2 lb. softened cream cheese
- 2 cups granulated sugar
- 4 large eggs
- 1 lb. canned pumpkin, drained
- 2 T. all-purpose flour
- 1 tsp. ground cinnamon
- 1/2 tsp. ground cloves
- 1/2 tsp. ground ginger
- 1 1/2 tsp. pure vanilla extract
- 1/3 cup graham cracker crumbs

Oven Temp: 325°F.

Yield: 1 round 8"x3" and 1 small loaf pan, 7"x3"

Preheat the oven to 325°F., and spray the two pans with vegetable oil spray.

Drain pumpkin by gently placing the canned pumpkin in an ultra-fine strainer. The liquid will slowly seep through. Be careful that the pumpkin itself does not seep through. If you don't have an ultra-fine strainer, use a coffee filter in a regular strainer, and just let the pumpkin sit for 30-60 minutes in the filter. Discard the liquid.

In the large bowl of an electric mixer, beat the cream cheese until very smooth and soft. Add the sugar and vanilla and beat until well incorporated. Slowly add the eggs, pumpkin, flour, spices, and vanilla. Pour into the two prepared pans, and rotate the pans back and forth against the counter to get rid of trapped air.

Place the pans in the oven in a bain-marie, and bake for for 1.5 hours. A bain-marie is a water bath which provides a more uniform baking temperature than the air of the oven. The reason for using a bain-marie is to prevent cracking of the cheesecake top and to give the cheesecake a smoother texture. For this water bath, use a pan with shorter sides than the sides of the cake pans you are baking using for the cheesecakes. Partially fill the bain-marie with cool water, and place it on the oven rack about 15 minutes before you are ready to bake the cheesecake. The amount of water in the bath should be such that after you put in the cheesecake pan, the water level is nearly at the top of the bain-marie.

Cool to room temperature on a cake rack. Loosen the edges of the cake with a table knife, and invert over a small cake rack. Quickly and gently spread the bottom of the cake with graham cracker crumbs, and invert the cake on a serving platter. Chill for 24 hours before serving. As soon as the cake is firm, cover tightly with plastic wrap. This cake freezes well for about 6 weeks.

## Pumpkin Pie

Pumpkin pie is typically made with milk or cream, rendering it dairy, only to be eaten at the end of dairy or pareve meals. This pareve variation of Libby's Famous Pumpkin Pie is from my friend, Evan Melhado. The non-dairy creamer can, of course, be replaced by half-and-half or heavy cream in case you are looking for a dairy dessert.

### ***Ingredients***

- 1 unbaked 9-inch pie shell [page 312]
- 3/4 cup granulated sugar
- 1/2 tsp. salt
- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1/2 tsp. ground cinnamon
- 2 large eggs
- 15 ounces solid packed pumpkin
- 1 1/2 cups non-dairy creamer

Combine sugar, salt, cinnamon, ginger cloves, and cinnamon. Beat eggs lightly. Stir in pumpkin and sugar mixture. Gradually add creamer. Pour into the prepared pie shell. Bake 15 minutes at 425°F. Reduce heat to 350° F., and bake for an additional 40-50 minutes or until a knife inserted near the center of the pie comes out clean. Cool on a cake rack.

This is an awkward pie to get into the oven because the filling comes to the top of the crust. Use a cookie sheet for stability under the pie pan if you are using a disposable pie pan or a pie pan with a very narrow lip.

## Raspberry-Cherry Pie

Our friend, J. D. Divilbiss, of Champaign, IL devised this recipe to make use of his delicious and bountiful crops of cherries and raspberries. Many years later our daughter, Leah Reingold Gordon, began making the blueberry variation and added her hints for a firmer pie and for smaller portions for the small family. The pies are nearly as good made with canned or frozen cherries and frozen raspberries (blueberries) in the middle of the winter.

### ***Ingredients***

- 3 cups fresh red raspberries
- 1 cup or more sour cherries or a drained 1 lb. can of sour pitted cherries
- 4 T. quick cooking tapioca
- 1 3/8 cup granulated sugar
- lemon juice from 1/2 lemon
- pastry for a double-crust 9" pie
- 1-2 T. butter or solid vegetable shortening

Oven Temp: 400°F., 40-50 minutes

Yield: One 9" pie

Mix the fruit in a large bowl with the tapioca. Add the sugar and lemon, and gently toss to combine. Let this mixture stand at room temperature for 1 hour.

Roll out the bottom crust for the pie, and put into the pie plate. Roll out the top crust and either leave as a plain top crust or cut with a pastry wheel in to lattice strips. Pour the fruit into the pastry [page 312] -lined pie pan. Dot with butter or vegetable shortening. Adjust the top crust and flute the edge (or create a lattice top). Bake for 40-50 min.

### ***Raspberry-Blueberry Pie:***

Substitute fresh blueberries for the cherries, cup for cup.

### ***Hints:***

- a) Put a cookie sheet or foil under the pie in the oven, as it tends to overflow.
- b) If the pie isn't as firm as you like, place it (uncovered) in the freezer for a couple of hours. Either slice and serve...it will keep its shape while slicing and defrost fairly quickly on the plate or wrap tightly and freeze for later consumption.
- c) If you have a small family, bake pie(s) in foil pan(s). Follow the freezing instructions above, and once the pies are the texture of sorbet, slice the whole pie (pan and all) into as many sections as desired and refreeze and store. You can defrost individual sections as needed.

## Rosemary Cashew Biscotti

Biscotti are a crunchy, low-fat, sturdy dessert that go well with coffee, tea, or fruit. These are addictive and very interesting. The rosemary is a surprise, but delicious. I adapted the recipe from one on the *Fine Dining* web site.

### ***Ingredients:***

- 2 cups sugar
- 2 1/2 T. finely chopped dried rosemary (can be chopped in the food processor)
- 4 cups unbleached, all-purpose flour
- 2 tsp. baking powder
- 1/2 tsp. coarsely ground black pepper
- 4 extra large eggs
- 2 tsp. pure vanilla extract (I use Bourbon based vanilla for this)
- 2 cups whole cashews

Yield: 40 biscotti

Preheat oven to 350°F. Line a large cookie sheet with parchment paper. In a food processor, combine the sugar and rosemary. Process until the rosemary is coarsely chopped. If you have a very large food processor, you can continue with the recipe all at once. If you have a smaller food processor, either continue with a large stand mixer, or do the mixing in two batches: Add the flour, baking powder, and pepper. Process until mixed. Break the eggs into a cup with the vanilla. With the processor running, add eggs and vanilla. Process until a stiff dough is formed. Add nuts and pulse several times to combine. Shape the dough into 2 flat logs, each 3 inches wide, about 15 inches long, and 1/2 inch high, and place on the cookie sheet. I cover the logs with plastic wrap and use a rolling pin to help flatten the top of the logs, then turn them on their side to flatten each side, ending with the original top of the log on the parchment paper.

Bake 20 minutes. Remove from the oven and cool slightly.

On a cutting board, with a sharp serrated knife, cut each log into 1/2" diagonal slices. Arrange these slices, cut side down, on the cookie sheet and return to the oven. Bake 15 minutes on each side until toasted. Remove the biscotti to a cooling rack and cool completely. It's important to cool absolutely completely before storing these away. They freeze beautifully, double-wrapped, for about 3 months. They will keep at room temperature for several weeks if you keep them in an airtight bag. Do not refrigerate.

## Sesame Cookies

These crunchy cookies are based on a recipe from *Sunset Magazine*, Oct., 1983, p. 250. I use a lot more sesame seeds to coat the cookies than originally called for because we love sesame seeds. Although this was originally a California recipe, the cookies complement Middle-Eastern menus, and go beautifully with a compote or fresh fruit cup.

### **Ingredients**

- 1/2 cup tahina (sesame paste)
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup butter (or alternatively use all vegetable shortening)
- 1/4 cup solid vegetable shortening
- 1 large egg
- 1 1/3 cup whole-wheat flour
- 3/4 tsp. baking soda
- 1/2 tsp. baking powder
- 4 T. sesame seeds

Beat together the tahina, sugars, butter, shortenings, and egg. If you are preparing a pareve cookie, use 1/2 cup solid vegetable shortening and no butter. In another bowl, combine and mix well, flour, baking soda, and baking powder. Stir into tahina mixture, and mix well. Cover and chill until easy to handle (2 hours or overnight).

Preheat oven to 375°F.

In a 6" frying pan, at medium heat, stir sesame seeds until lightly toasted. Cool.

Shape cookies into 1" balls. Dip into seeds, place on cookie sheets, and press down with a fork. Make a crisscross pattern on each with a floured fork.

Bake for 8-10 minutes. Cool for 2 minutes on hot cookie sheets, then transfer to racks to cool. Store at room temperature for up to a week. Makes about 40 cookies.

## Simple Syrup

This syrup is the basis for sorbet. See Lime or Lemon Sorbet [page 305] .

### ***Ingredients:***

- 3 cups sugar
- 3 cups water

Yield: 4 1/2 cups syrup

In a heavy saucepan bring sugar and water to a boil. Stir constantly and boil until the sugar is completely dissolved. Heat until the mixture begins to stick to the back of a spoon, but before it thickens. Cool the syrup. This keeps for about two weeks in the refrigerator. Store in impeccably clean, glass, covered jars.

## Sour Cream Cheesecake

Little did I know as a new bride in 1969, that I would have a cheesecake business in 1983. I had never made a cheesecake when Kathy Siegal, a friend, gave me her cheesecake recipe. This is the traditional cheesecake with sourcream in the batter, often served with a thick cherry or strawberry glaze. It's still my husband's favorite cheesecake, although it's not the recipe I used in my business because it's not easily mass-produced. Years later I was looking in the *Fannie Farmer Cookbook*, and I found a very similar recipe.

### ***Ingredients***

- 2 cups graham cracker crumbs
- 2 T. granulated sugar
- 1/2 tsp. cinnamon
- 1/2 cup butter
- 4 large eggs at room temperature, separated
- 1 cup granulated sugar
- 1 cup sour cream
- 1 tsp. pure vanilla extract
- 2 T. all-purpose flour
- 1/4 tsp. salt
- 1 pound soft cream cheese at room temperature

Preheat oven to 400°F.

Mix graham crumbs, sugar, cinnamon, and butter. Press around the bottom and sides of a 9" springform pan. Bake 10 minutes.

Change the oven temperature to 325°F.

Beat the egg whites until stiff with 1/4 cup sugar. Set aside.

Beat egg yolks until thick, add sour cream and vanilla. Beat in the additional 3/4 cup sugar, the flour, and salt. Cream the softened cream cheese, and add it bit by bit to the yolk and sugar mixture. Beat until very smooth. Fold in the whites. Spoon into a 9" springform pan (lined with crust, above), and bake until firm. Cool. Chill in the refrigerator.

This cheesecake is best served unmolded on an attractive plate. It's easiest to leave the cake on the removable bottom of the springform pan and to put the whole thing onto the serving plate. Use a very sharp knife to cut all the way through the crust. Then serve with a pie server or pancake turner. Before serving, it's both delicious and pretty to cover the top of the cake with a thick cherry or strawberry glaze. This type of glaze also covers any cosmetic problems, as cheesecake often cracks while cooling.

# Strawberry Shortcake

This is an impressive dessert that even young children can prepare. It doesn't require complicated kitchen equipment or techniques, and it takes very little time. You can prepare individual servings or one large shortcake. If you don't want to whip your own cream, just use whipped cream from a can, but please don't substitute artificial creamers because the taste is really inferior.

## ***Ingredients***

- Strawberries
- Shortcake
- Whipped Cream

## **Strawberries**

About an hour before serving, clean 4 pounds (about 16 cups) of fresh strawberries. Slice the berries, and sprinkle with about 1/2 cup of granulated sugar. Mix, and allow to sit at room temperature.

## **Shortcake**

- 2 cups all-purpose flour
- 4 tsp. baking powder
- 1/4 tsp. salt
- 1/4 cup granulated sugar
- 4 ounces cold butter, cut into 1 inch pieces
- 1 large egg
- 1/3 cup cold milk
- 2-3 T. ice water

Adjust oven rack to middle of oven and preheat to 450°F. Spray two 8-inch layer pans with non-stick spray.

Put all dry ingredients in work bowl of a food processor (fitted with the metal blade) or a large mixing bowl. Process or work with your fingers until the butter is the texture of coarse crumbs. Add the egg, milk, and ice water. Mix well until dough forms a ball on blade (30-45 seconds only), or stir with a large spoon until the mixture forms a loose mass. Spread the dough in the two prepared pans (these are very thin layers). Bake 10-12 minutes until just golden. Remove to cool.

If you prefer individual shortcakes, drop 3" circular portions of dough on a greased cookie sheet, separated by 1". Bake as for single shortcakes.

## **Whipped Cream**

- 2 cups heavy whipping cream
- 1/4 cup granulated sugar
- 1-2 tsp. pure vanilla extract

Chill the mixing bowl and beaters. Put all the ingredients into bowl, and whip until cream just barely holds its shape.

### **Assembly**

On a large, attractive plate, place one layer of shortcake, rough side down. Cover with half of berries, then the other layer (rough side up). Put half of the remaining berries on top, then spoon on the whipped cream. Decorate the top of the whipped cream with the remaining berries and juice, and serve immediately. Serves 8.

## Texas Chocolate Cake

I first ate this cake in 1970 at a large party given for faculty in my husband's department (Computer Science). When I asked for the recipe, I was told it was called *Texas Cake* and was from the Bevier Hall Cafeteria, UIUC, Urbana, IL. This cafeteria is the workplace and teaching facility for young students of food science at the University of Illinois. The cake soon became our traditional birthday cake and special occasion chocolate cake. It's incredibly rich, has a deep chocolate flavor, and keeps for days (if no one discovers that there's still some left). I've made it in a sheet cake or 8 " squares, but it's also wonderful in the character cakes I used to prepare for my girls' birthdays: Holly Hobbie, Cookie Monster, Raggedy Ann, etc.

### ***Ingredients:***

Use only pure vanilla, unsweetened Dutch cocoa, pure butter, and very fresh eggs.

- 2 cups granulated sugar
- 2 cups all-purpose flour
- 1/4 tsp. salt
- 1/2 lb. butter
- 1/4 cup cocoa
- 1 cup water
- 1/2 cup fresh buttermilk
- 2 large eggs
- 1 tsp. pure vanilla extract
- 1 tsp. baking soda

Preheat oven to 400°. Mix sugar, flour, and salt. Bring butter, cocoa, and water to a boil, and pour over the flour mixture. Mix well. Mix together the buttermilk, eggs, vanilla, and baking soda. Add this to the other mixture, and mix very well. Bake in a greased 15 1/2 by 10 1/2 by 1 inch jelly roll pan. Bake 20 minutes. 5 minutes before cake is done, mix the following:

- 1/4 lb. butter
- 1/4 cup cocoa
- 1/3 cup milk

Bring to a boil, remove from heat, and add:

- 1 lb. powdered sugar
- 1 cup nuts (optional)
- 1/4 tsp. pure vanilla extract

Beat, spread on hot cake.

## Thick and Chewy Chocolate Chip Cookies

Everyone loves chocolate chip cookies. These marvelous, large, chewy cookies should satisfy the most serious cookie lover. The recipe originates with *Cook's Illustrated*, Jan/Feb 1996.

### ***Ingredients***

- 2 1/8 cups unsifted all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 12 T. unsalted butter, melted and cooled until warm
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 1 large egg plus 1 yolk
- 2 tsp. vanilla extract (pure, real!)
- 1-2 cups semi-or bittersweet chocolate chips/chunks

Preheat oven to 325°. Mix flour, salt, and baking soda together in a medium bowl. Mix butter and sugars until thoroughly blended. Mix in egg, yolk, and vanilla. Add dry ingredients; mix until just combined. Stir in chips to taste. Form 1/4 cup dough into a ball. Holding dough ball, using fingertips of both hands, pull into two equal halves. Rotate halves ninety degrees and, with jagged surfaces exposed, join halves together at their base, again forming a single cookie, being careful not to smooth dough's uneven surface. Place on parchment paper-lined cookie sheets. Dough can be refrigerated up to 2 days or frozen up to 1 month, shaped or not. Bake until cookies are light golden brown and outer edges start to harden yet centers are still soft and puffy, 15-18 minutes. Cool on cookie sheets. Makes 1 1/2 dozen very large cookies.

# Unihoc Cake

Source: Leah Reingold Gordon. This cake looks like a Unihoc ball (whiffle ball) when done...with a bit of imagination.

## ***Ingredients***

### ***cake***

- 1 and 1/4 blocks (1.25 oz. total) unsweetened baking chocolate (Hershey's is best)
- 3/4 stick butter
- 1 cup sugar
- 2 tsp. vanilla
- 1 egg
- 1 and 1/8 cups all-purpose flour
- 5/8 tsp. baking soda
- 1/4 tsp. salt
- 2/3 cup milk

### ***glaze***

- approximately 1/4 cup milk
- 1 tsp. butter
- 2 tsp. vanilla
- approximately 2 cups powdered sugar
- 3/4 to 1 cup grated coconut
- semi-sweet chocolate chips, about 1/2 cup

Oven Temp: 350°, 35-40 minutes Yield: 1 Unihoc-shaped ball (similar to a whiffle ball). Use an oven-safe round bottom bowl as a baking pan. Pyrex or stainless steel both work fine.

Melt chocolate in microwave; add butter when almost melted and finish melting all together; mix smooth; allow to cool slightly.

Mix egg, vanilla and sugar in another bowl.

Combine chocolate mixture and egg mixture, mixing well.

Add dry ingredients (flour, baking soda, salt) in alternating additions with milk, mixing smooth each time.

Pour into well-greased oven-safe mixing bowl (e.g. Pyrex), and bake for 35 to 40 minutes, or until clean toothpick-test.

Let cool; loosen edges with knife; unmold onto plate.

### ***glaze***

Heat milk in microwave until very hot but not boiling; add butter and stir to melt. Add vanilla. Add sugar, stirring in as much as necessary to achieve a glaze-like consistency and desired sweetness. stir in coconut. Let cool slightly until thick enough to spoon over cake.

Spoon glaze over cake, making sure that coconut covers all exposed areas. it may drip, but that is ok as

long as the cake stays covered with glaze.

Arrange clusters of 3 chocolate chips on cake to look like the 'holes' in a whiffle ball (used for Unihoc).

## Warm Chocolate Cake

This cake is a version of the soft, warm, semi-baked chocolate dessert that is so popular in restaurants today. My version works well with a time-bake oven. I serve it with espresso ice [page 291] so that the crunchy, cold ice complements the warm, soft, rich cake.

### ***Ingredients:***

- 8 T. crisco
- 8 ounces Valrhona Dark Bittersweet chocolate (greater than 60%)
- 4 large eggs
- 1 egg yolk
- 1 tsp. excellent vanilla extract
- 1/4 tsp. salt
- 1/2 cup sugar
- 2 T. all-purpose flour
- confectioner's sugar for decoration

Yield: 1 9 " round single-layer cake

Prepare a 9 " round removable bottom layer pan by spraying with vegetable spray.

Adjust oven rack to center and either preheat to 375 ° F. or set time-bake to bake for 25 minutes at 375 ° F.

Beat eggs, yolk, vanilla, salt, and sugar at high speed for 5 minutes in a stand-mixer until the color is light and the mixture is thick. Meanwhile melt the crisco and chocolate in the microwave until just melted. Let the chocolate cool, then add to the thick egg mixture with the flour. Carefully fold the mixture until uniformly mixed. Either bake right away if you are serving immediately, or refrigerate until about 1 hour until you are serving. Bake at 375 ° F. Serve immediately, sprinkled with confectioner's sugar, with some espresso ice on the side. You can hold the cake for about 30 minutes, but after that, the center will have congealed, and it won't be as delicious.

## Misc.

- Buttermilk Pancakes [page 334]
- Cindy's Poppyseed Dressing [page 335]
- Cranberry Raspberry Sauce [page 336]
- Cranberry Relish [page 337]
- Easy, but delicious Mushroom Gravy [page 338]
- Fines Herbes Dressing [page 339]
- Granola [page 340]
- Kreplach [page 93]
- Special Sauce [page 341]
- Spicy Apple Chutney [page 202]

## Buttermilk Pancakes

Everyone loves to wake up to pancakes or fresh bagels, and pancakes are easier. The other great time to make pancakes is when you just can't figure out what to make for supper, but you have some fresh buttermilk and some fresh blueberries. Get the kids involved by letting them shape the batter into people or funny objects.

### *Ingredients*

- 1 cup fresh buttermilk
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1 cups all-purpose flour
- 1/4 tsp. salt
- 2 tsp. sugar
- 1 large egg
- 2 T. melted butter
- 1/2 cup fresh blueberries (optional)

Put dry ingredients into mixing bowl. Add beaten egg, buttermilk, and butter. Beat until just smooth. Drop from spoon onto a hot buttered griddle. Cook until tiny bubbles form, turn and cook on other side. Serve with pure, real maple syrup.

## Cindy's Poppy Seed Dressing

Another great recipe from my friend Cindy Saylor is this sweet and sour dressing to use on salads. I use it over a mixture of baby romaine lettuce, avocado slices, mandarin orange slices and red onion strips.

### *Ingredients*

- Chop 2 T. onion in a food processor or by hand
- 1 cup oil
- 1/2 cup sugar
- 1 tsp. dry mustard
- 1 tsp. paprika
- 1/4 tsp. salt
- 5 T. tarragon vinegar
- 1 T. lemon juice
- 1/3 cup honey
- 2 T. poppy seeds

Mix all ingredients. Refrigerate for up to 3 months in a tightly sealed bottle.

## Cranberry Raspberry Sauce

When the family gets bored with plain old cranberry sauce, try this variation. It's trivial to make, and the raspberries add a wonderful aroma and flavor. Just be careful not to lose part of the berries if you cook them too quickly or over too high a heat.

### *Ingredients*

- 1 pound (4 cups) fresh or frozen cranberries, washed
- 2 cups fresh or frozen (unsweetened) raspberries
- 1 cup orange juice
- 1 cup water
- 2 cups sugar

Place all the ingredients in a large microwave-usable casserole. Microwave on high for 4 minutes. Stir once. Cover very loosely, and microwave on low for 5-10 minutes. Watch carefully, and discontinue cooking as soon as the berries pop open but before the mixture boils over. This is very much a function of the power of your microwave oven. The sauce also cooks quite well in a saucepan on the stove, but the same danger exists about boiling over.

## Cranberry Relish

If you don't have time to make cranberry sauce from scratch and want to dress up a can of prepared sauce, I recommend this relish, served to us by my friend Maxine Wolgin of Boca Raton, FL, January 1998.

### ***Ingredients:***

- 2 cans whole berry cranberry sauce
- 1 small can mandarin oranges, drained
- 1 small can pineapple tidbits, drained
- 1/2 cup or more coarsely chopped walnuts

Combine all ingredients. Serve chilled. Serves 8-12.

## Easy, but delicious, Mushroom Gravy

Occasionally you find yourself needing a gravy, but you don't have real stock or pan drippings on hand. This is a credible substitute. You can give it even more body by substituting dried mushrooms for the fresh ones, using the strained water from reconstituting the dried mushrooms as part of the boiling water.

### *Ingredients*

- 2 T. minced fresh onion
- 2 T. olive oil
- 2 cups sliced fresh mushrooms
- 1/2 cup red or white dry wine
- 2 T. olive oil
- 2 T. flour
- 1 cup boiling water
- 2 tsp. chicken bouillon
- 1/2 clove garlic
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- 3 drops hot pepper sauce
- 1/2 tsp. dried thyme
- 4 fresh rosemary sprigs

This sauce is prepared in two simultaneous steps. Begin by browning the onion in 2 T. oil. As the onion browns, add the mushrooms, and stir for 1 minute. Add the wine, turn down the heat, and simmer while preparing the remaining sauce. Put the remaining oil and flour into a pyrex dish. Heat in the microwave on high for 1 minute. Stir well. Add the boiling water, in which you have dissolved the bouillon. Stir well. Return the pyrex dish to the microwave, and heat on high for two minutes, stirring every 30 seconds. Add the thickened broth to the wine/mushroom mixture. Stir well, add the remaining herbs and seasonings, and adjust to taste.

## Fines Herbes Dressing

This is an excellent all-purpose salad dressing. It's fast and easy and avoids all the chemical substitutes with their accompanying off flavors in prepared dressings.

### *Ingredients*

- 3/4 tsp. dry mustard
- 2 tsp. salt
- 1 1/2 tsp. paprika
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. dried basil, finely chopped
- 1/8 tsp. dried tarragon
- 2 cups olive oil
- 1/2 cup wine vinegar
- 1/4 cup dry red wine
- 1/2 cup fresh parsley, chopped, or 2 T. dried parsley
- 1/2 tsp. dried minced garlic

Combine all ingredients, and shake well. If you like the flavor of Dijon mustard or blue cheese, these can be whisked into the serving portion of dressing before pouring on the salad.

This dressing is perfect for tossed green salads and composed salads (salad nicoise, for example), and it's also an easy marinade for grilled vegetables, fish, and kebobs. Keep a jar on hand in the refrigerator. It stays fresh for 3 months.

## Granola

In the late '80's, my husband and I had a wonderful vacation in Victoria, British Columbia at The Bedford. We were pleased when the chef agreed to share his granola recipe with us. It's far better than commercial versions and is easily varied and expanded.

### *Ingredients*

- 4 cups rolled oats
- 1 cup whole bran
- 1 cup coconut flakes
- 1 cup nuts (mixture of walnuts, pecans, almonds, hazelnuts)
- 1 cup sunflower seeds

Combine the above, toast for 5-10 minutes at 350°F; stir well, and remove from the oven when just slightly brown. Then add:

- 1 cup raisins
- 3/4 cup canola oil
- 3/4 cup honey
- 1/4 tsp. pure vanilla

Combine the above, allow to cool completely, and store in the freezer or in a tightly sealed jar.

## Special Sauce (poppy seed)

This is a great spreading sauce for sandwiches or for an artichoke dip.

### *Ingredients*

- 1/4 cup canola oil
- 1 T. lemon juice
- 1 T. catsup
- 1 green onion and top, sliced
- 1 clove garlic, minced
- 1 tsp. Dijon mustard
- 1 tsp. sugar
- 3/4 cup mayonnaise
- 2 T. poppy seed
- a few dashes of liquid hot pepper seasoning

Mix all ingredients. Use on artichokes, for sandwiches, etc.

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## Carrot Ring

Most side dishes for Passover have an abundance of matzo meal and/or a lot of nuts as a filler. Since my oldest daughter, Leah, is allergic to nuts, I have collected many recipes which do not have nuts. I've tried to stay away from too much matzo meal as a filler because we simply overdose on matzo products during this time. I've adapted this particular recipe from Frances R. AvRutick, *The Complete Passover Cookbook*, Jonathan David, 1985.

### ***Ingredients***

- 1 pound peeled carrots
- 1/2 cup matzo meal
- 1/4 cup potato starch
- 1/2 tsp. salt
- 1/2 cup granulated sugar
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- juice and grated rind of 1 lemon
- 1/2 cup sweet wine
- 1 large egg
- 1/4 cup raisins
- 1/4 cup olive oil

With a hand grater or in a food processor, grate the carrots. Mix the carrots with all the remaining ingredients. Pour into a greased ring mold, and bake at 350° F. for 1 hour. Unmold onto a serving dish. Serves 6.

## Charoseth Reingold

Charoseth is one of the symbolic foods of the Passover Festive Meal (Seder). The significance of eating charoseth is to remind us today of the mortar used by the Jewish people, when they were enslaved by Pharoah in Egypt. Each group of Jews has its own type of charoseth. The recipe below is Ashkenazic; whereas other charoseth recipes might be made from dates, oranges, raisins, figs, etc., spiced in many different ways. After the seder, my family enjoys charoseth as a spread to use on matzo.

### *Ingredients*

- 6 large apples (Rome, Macintosh, Jonathan, mixed), peeled and cored
- 2 cups walnuts, crushed
- 2 1/2 tsp. ground cinnamon
- 3.5 oz. honey
- 1 cup dry red wine

Blend all ingredients in a food processor or blender until almost smooth. This is enough for 24 persons (one night at the Reingolds' house).

## Chocolate Cake for Passover

Passover is the time for eggs. Almost all side dishes and desserts use huge numbers of eggs. I buy about 12 dozen eggs before I begin my Passover cooking and baking. I almost always need to buy more before I'm done. This cake is fudgy and dark. Use the best quality chocolate you can find, kosher for Passover. The recipe comes from an article in about 1975 by Pierre Franey, *The N.Y. Times*, about Cynthia Zeger, a renowned New York baker.

### ***Ingredients***

- 10 eggs, separated, at room temperature
- 14 T. granulated sugar
- 6 ounces bittersweet chocolate, melted
- 2 cups finely chopped nuts

Preheat oven to 350° F.

Beat egg yolks and sugar until very thick and lemon colored. Stir in the chocolate. Fold in the nuts. Beat egg whites until stiff but not dry, and fold into the chocolate-nut mixture. Turn into a greased 10 inch spring-form pan, and bake 1 hour. The cake is done when the center springs back when lightly touched.

Cool in the pan.

Serves 8-12.

## Lemon Nut Roll

I took a vacation from Passover preparations during our last sabbatical in Jerusalem (1996-1997). Instead we ordered most of our food from Devorah Schechter Catering, Ltd., Jerusalem. This lemon nut roll is one of her recipes that she shared with me. It's good year around, but it's particularly good on Passover when everything else tends to taste like matzo meal. This is just light, lemony and delicious.

### ***Nut Roll***

- 6 eggs, separated
- 3/4 cup sugar
- 1 1/2 cup finely chopped walnuts
- 1 tsp. baking powder

Preheat oven to 350°F.

Grease a jelly roll pan, line with paper, and grease. Beat yolks with sugar until thick. Mix baking powder with nuts and fold into yolks. Whip egg whites until stiff and fold into batter. Spread in prepared pan and bake about 20 minutes. Cover cake with a damp towel, and chill in refrigerator. Turn cake out on the towel, and remove paper. Spread the filling and roll (like a jelly roll). Dust with powdered sugar and chill.

This freezes well or can be kept up to three or four days in the refrigerator. Just be sure that it does not sit at room temperature except briefly when slicing and serving.

### ***Lemon Curd Filling***

- 3/4 cup fresh lemon juice
- 2 T. potato starch
- 1 cup + 2 T. sugar
- 3 large eggs
- 6 large egg yolks
- 2 T. lemon peel

Combine lemon juice and starch in heavy saucepan. Stir until dissolved (bring to a boil to thicken and remove floury taste). Carefully whisk in remaining ingredients. Cook over medium heat until thick and smooth and just beginning to boil. Stir constantly about 7 minutes and transfer to a bowl. Cover the surface with plastic wrap. Chill.

## Passover Cholent

This fantastic cholent comes from Julie Schorr of Silver Spring, Maryland. We discovered this recipe both from the web and from our mutual friend Eudice Greenfield of Skokie, IL. I've added paprika, but this is up to you. It turns out that the Schorr children and my children have many connections - it's a small and wonderful world!

### ***Ingredients:***

- 5 lbs. red potatoes, peeled, grated (in a food processor)
- 5 onions, peeled and grated
- 2-4 pounds Boston Roast or similar lean cut of meat
- 3 lbs. small potatoes, scrubbed but not peeled
- 4 cloves garlic, minced
- salt, pepper, paprika to taste

Yield: cholent for 10-12

Preheat oven to 225°F. Combine grated potatoes and onions. Season with salt, pepper, garlic, and optional paprika. Place mixture in a roasting pan. Nestle the meat in the center of the potato mixture. Surround meat with small scrubbed potatoes. Cover pan with heavy duty aluminum foil. This is not an error; do not add any liquid. Bake overnight (18-24 hours) at 225°F. This is very flexible, both in terms of amounts and spices. The meat will be very tender and a bit brown. The potato/onion mixture will be creamy and the small potatoes are soft and delicious.

## Passover Mandel Bread

Mandel Bread is similar to biscotti; however, there is more shortening used. For the holiday of Passover, when raised dough is forbidden, and regular flour is not allowed, mandel bread is prepared from matzo cake meal and potato starch. This is a dairy recipe because I don't use any of the typical passover shortenings made from cottonseed oil - I just don't like the flavor or health implications. So we eat these at a dairy meal, particularly breakfast.

### ***Ingredients:***

- 2 cups sugar
- 1/2 pound unsalted Passover butter
- 6 large eggs
- 2 1/4 cup matzo cake meal
- 2/3 cup potato starch
- 1/2 tsp. salt
- 1 cup chopped almonds
- 1 cup raisins
- 3 T. sugar
- 1 1/2 tsp. ground cinnamon

Yield: 48 pieces

Preheat oven to 350°F. Line three cookie sheets with parchment paper. Cream sugar and butter in a mixer. Add eggs, one at a time; beat well after each addition. Put cake meal, potato starch, and salt through a strainer. Add this cake meal mixture to the egg/sugar/butter mixture. Beat until the batter is uniform. Fold in the almonds and raisins. Make 3 3-inch logs on the cookie sheets. Sprinkle with the sugar/cinnamon mixture. Bake for 45 minutes. Remove to a cutting board and slice the logs in 3/4 inch slices. Place the pieces cut side up on the baking sheets and return to a 400°F. oven for about 8 minutes or until golden brown. Cool well before packing up. They will keep at room temperature for several weeks if you keep them in an airtight bag. Do not refrigerate.

## Pareve Recipes

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