



Celebrating Traditions Cookbook

Compiled by the Staff of the Jewish Pavilion of Central Florida



Transitioning to an independent, assisted or skilled nursing home facility can be challenging for many seniors, as it is never easy to lose a lifetime of independence. However, Jewish seniors face a host of additional challenges. Like their neighbors, they lose their independence, their homes, and access to friends, **but they also lose ties to their cultural heritage, their community, and their faith, just when they need them the most.**



Imagine a lifetime of Jewish living heritage erased in a “home” where no one understands your culture. Like many American institutions, the bulk of senior facilities follow a “Christmas and Easter” calendar. **While caregivers may receive training on the physical needs of their residents, very few have been schooled in meeting the cultural and emotional needs of a diverse and growing senior population.**

This is where the Jewish Pavilion steps in as a “mobile community center on wheels.” We have been bringing community, culture and companionship to the doorsteps of senior living communities since 2001, serving as a resource that provides room visits, festive holiday celebrations, intergenerational and memorial programs, and cultural and community support to 400 Jewish residents in more than 70 facilities for seniors in long-term care. The Jewish Pavilion promotes inclusion as loneliness knows no cultural borders, and thousands of seniors of all faiths attend and are welcomed into our programs each year.

Our Senior Help Desk has been an additional resource since 2012. The “Help Desk’s” Senior Resource Specialist has helped hundreds of callers navigate their way through the daunting senior maze, alleviating caregiver stress while giving advice on all types of elder issues.

The chefs in senior facilities are unfamiliar with our culture. Fortunately, we have found that they are eager to learn and willing to experiment. When our staff provides them with holiday menus and recipes, they usually prepare delicious meals that their residents thoroughly enjoy and appreciate. Activities Directors have learned to set a gorgeous table for the Jewish holidays complete with a tablecloth, flowers, candlesticks, a kiddish cup and a challah plate. Over time, we have learned that when the directions our staff provide are unclear, mistakes are made. My favorite memory is of a chef who prepared a dinner for our board of directors and made every Jewish food he could think of at one meal—gefilte fish, apples and honey, matzah ball soup, brisket, potato latkes, challah, tzimmas, matzah and hamantashen.... I like this story the best, because it depicts the wonderful relationships we have formed with the staff in facilities all over Central Florida. We applaud their caring and their efforts, even when every meal is not perfect!

Nancy Ludin,

Executive Director, The Jewish Pavilion of Central Florida Inc.

About this Book

Thank you for helping to support The Jewish Pavilion of Central Florida. This book has been compiled from a variety of sources. We appreciate our members and volunteers who donated recipes as well as the websites that have open sourced their information.

We hope that this will act as a guide to planning holiday meals as well as creating your own traditions and recipes. There is an index of recipes at the end for your convenience.

There is enough information for each meal to have a soup and/or salad, an extra item, a main dish, a side dish or two and a desert. We hope you will mix and match appropriately for your meal and situation. Not all recipes are kosher/parev. Please be aware when you make your choices. Dairy should not be served with meat for more traditional and orthodox diners. Sample menus do not necessarily include all the recipes from a specific holiday. Please look for additional recipes in the holiday sections or from the index.

Table of Contents

Forward by Nancy Ludin.....	1
About this Book.....	2
Sample Menus	
Shabbat Sample Menus.....	4
Rosh Hashana Sample Menus.....	5
Yom Kippur Sample Menus.....	6
Hanukkah Sample Menus.....	7
Purim Sample Menus.....	8
Passover Sample Menus.....	9
Shabbat Recipes.....	10
Rosh Hashana Recipes.....	30
Yom Kippur Forward and Recipes.....	47
Hanukkah Recipes.....	61
Purim Recipes.....	79
Passover Recipes.....	90
Index of Recipes by Name.....	108
Index of Recipes by Type.....	113

Sample Menus

Shabbat Sample Menu 1

Traditional Soft, Fluffy Challah for Shabbat

**Andrew Zimmerman's – Zimmerman Family
Chopped Chicken Liver**

Marian's Chicken Soup

Nancy's Brisket

Deluxe Noodle Kugel

Susan Orshan's Mandel Bread

Shabbat Sample Menu 2

Traditional Soft, Fluffy Challah for Shabbat

Beef and Mushroom Barley Soup

Beet Salad

Stuffed Cabbage

**Sammy's Famous Romanian Mashed Potatoes
with Gribenes**

Apricot Strudel

Sample Menus

Rosh Hashana Sample Menu 1

Cinnamon Raisin Challah

Chopped Liver

Mrs. Ludwig's Apple Cinnamon Noodle Pudding (Kugel)

Roasted Brussel Sprouts with Pastrami and Pickled Red Onion

Nancy's Cranberry Chicken

Nancy's Baked Apple Slices for the High Holidays

Rosh Hashana Sample Menu 2

Cinnamon Raisin Challah

Israeli Salad

Butternut Squash Soup

Nancy's Kasha & Bowties

String Bean Casserole

Challah Apple Stuffing

Penny's Spatchcocked (Butterflied) Turkey

Coffee and Spice Honey Cake

Sample Menus

Yom Kippur Sample Menu 1 – Dairy

Bagels with cream cheese and Lox (smoked salmon) - Tray of cucumbers, tomatoes, onions and capers

Israeli Salad

Blintz Soufflé

Cheesecake Bars

Rocky Road Cake in Crockpot

Yom Kippur Sample Menu 2 - Meat

Basic Kreplach - Marian's Chicken Soup

Veggie Chopped Liver

Dee Dee's Chicken

Delicate Salmon Steaks Poached in Lemon Wine

Broiled Asparagus

Pecan Pie Rugelach

Sample Menus

Hanukkah Sample Menu 1

French Onion Soup

Potato Latkes

Applesauce

**Savory London Broil with Sweet Braised Shallots
and Mushrooms**

Green Beans

Sugar and Spice Doughnuts

Hanukkah Shaped Cookies

Hanukkah Sample Menu 2

Potato Latkes with Cranberry Applesauce

Nancy's Apricot Chicken

Half Moon Cookies for Hanukkah

Doughnut Twists

Homemade Gelt

Sample Menus

Purim Sample Menu 1

Thick and Rich Pea Soup

Nancy's Toasted Barley

Short Ribs

Broiled Asparagus

Hamantashen Recipe 1

Spiced Nuts

Purim Sample Menu 2

Sweet Potato Bourbon Noodle Kugel

Roast Beef and Onions

Peas & Carrots

Hamantashen Recipe 2

Sample Menus

Passover Sample Menu 1

Nancy's Colorful and Delicious Charoset

Gefilte Fish

Nancy's Matzo Ball Soup

Braised Chicken and Spring Vegetables

Giora Shimoni's Brisket

Gluten Free Cinnamon Apple Tart w/ Pecan Crust

Gluten Free Nut/Date Fig Brownies – No cooking!

Passover Flourless Chocolate Cake

Passover Sample Menu 2

Nancy's Colorful and Delicious Charoset

Passover Bagels or Rolls

Poached Salmon Salad with Beets

Leg of Lamb from Gloria Newberger

Broiled Asparagus

Gluten Free Healthy Passover Cookies

Passover Flourless Chocolate Cake

Shabbat Recipes

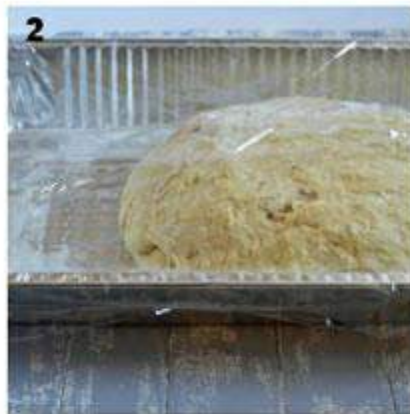
Traditional Soft, Fluffy Challah for Shabbat.....	11
Andrew Zimmerman’s – Zimmerman Family Chopped Chicken Liver.....	17
Marian’s Chicken Soup	18
Beef and Mushroom Barley Soup.....	19
Beet Salad.....	20
Curry in a Hurry – Rotisserie Chicken Salad....	21
Dee Dee’s Chicken.....	22
Nancy’s Brisket.....	23
Stuffed Cabbage.....	24
Deluxe Noodle Kugel.....	25
Sammy’s Famous Romanian Mashed Potatoes with Gribenes.....	26
Almond Horseshoes.....	27
Apricot Strudel.....	28
Susan Orshan’s Mandel Bread.....	29

TRADITIONAL SOFT FLUFFY CHALLAH FOR SHABBAT

Choose a very large bowl. This recipe yields enough dough for six loaves, and the dough needs enough space to double in size while rising.

Pour 2 cups of warm water into the bowl and sprinkle the yeast on top, with 2 tbsp. sugar. Mix briefly until combined (it's okay if it's a little lumpy), and let the mixture sit for about 15 minutes before continuing.

Add the rest of the warm water, oil, honey, eggs and salt. Mix. Start adding the flour, several cups at a time. Mix and watch a loose batter form. Keep adding flour and mixing until the dough begins to come together. You may not need all 18 cups of flour, so go slowly towards the end. Alternatively, you may need slightly more. The dough should be soft but not sticky. Once the dough has enough flour, knead it for a couple of minutes. I do this in the bowl. (You can do this recipe by hand or with a mixer. I prefer to do it by hand, to end up with less cleaning afterwards.)



CHALLAH (Cont.)

Cover the bowl with plastic wrap or a damp towel and put it in a warm place to rise for about an hour and a half. In the summertime, I sometimes put the dough outside in a sunny spot. In the winter, I start preheating my oven and put the bowl on the stovetop. The heat comes up and creates a warm space for the dough. After an hour and a half, the dough should be double its original size and ready to work with.

You can see from my pictures that my bowl was not large enough, so after making the dough I transferred it to a large disposable pan to rise.

Punch the dough down and let it rest for 10 minutes before doing the mitzvah of separating challah. Say the blessing, separate a small piece of dough, and set it aside to burn after the challah has finished baking. For more about this mitzvah, and a step-by-step guide, [watch this quick do-it-yourself clip](#).

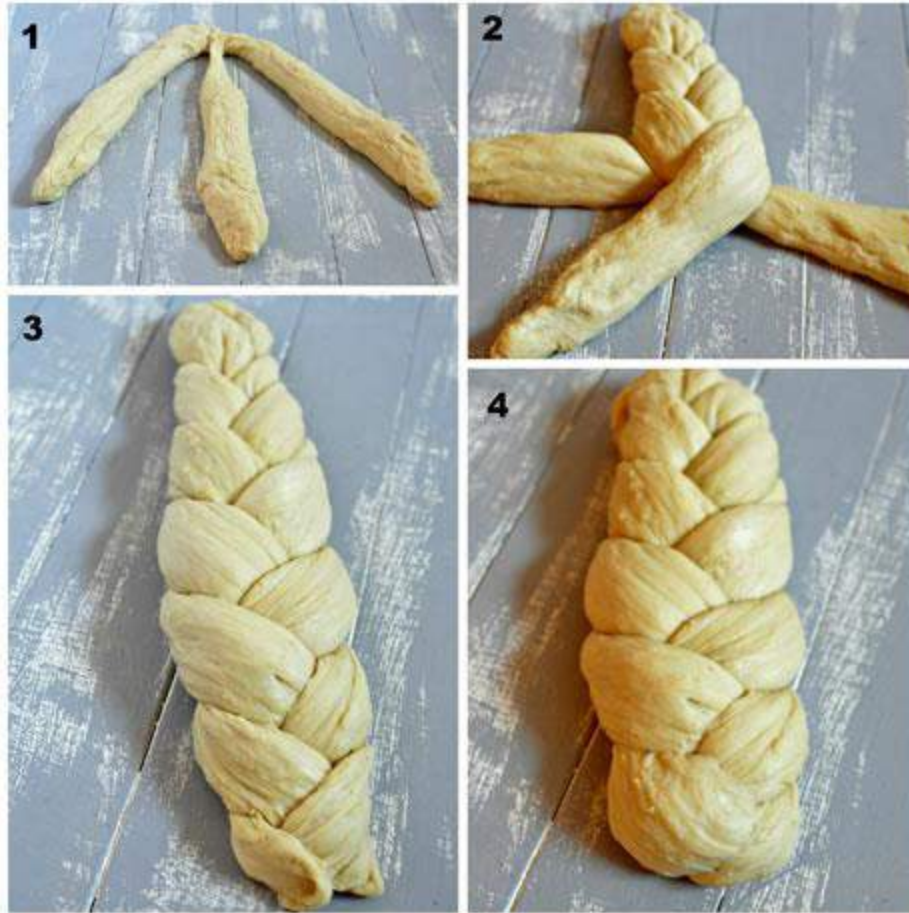
Now divide the dough into six relatively equal pieces. I roll the dough into a line and cut it with a knife. Each of the six pieces will make one challah.

This recipe makes six braided loaves, or you can use some of the dough to make rolls. I made four full-sized challahs and eight rolls.

Ready to start? Pick up one of your chunks of dough, roll it out and cut into three (as pictured). Then roll out each of the three pieces, and you'll be ready to braid.



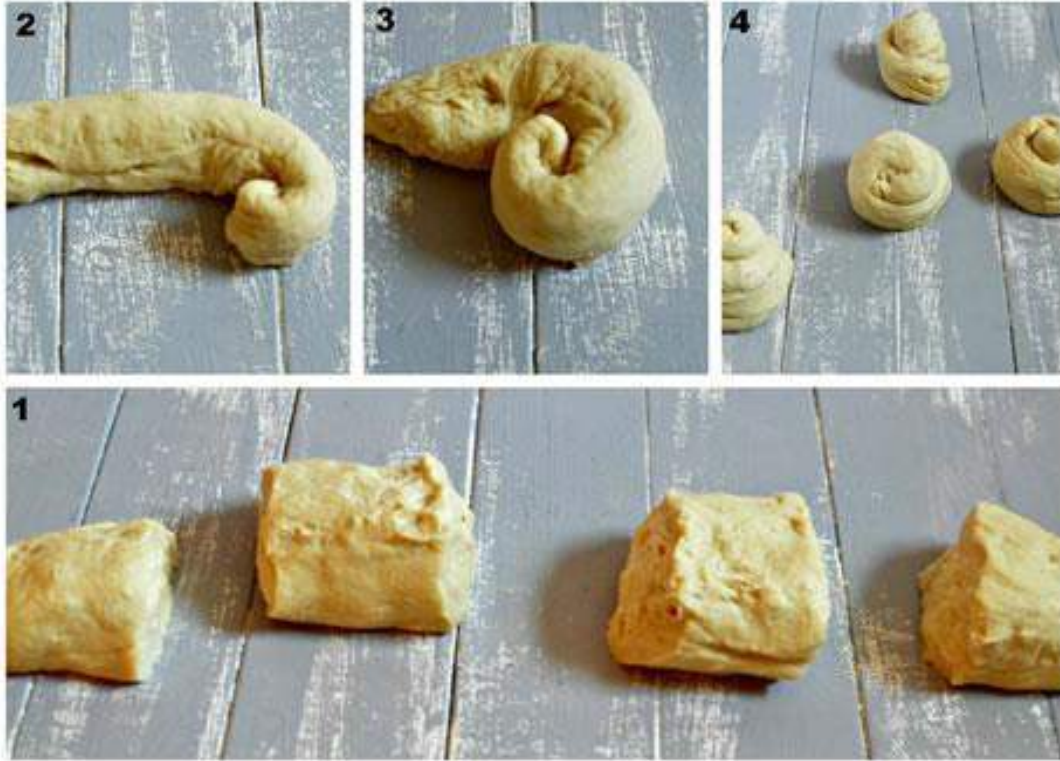
CHALLAH (Cont.)



Pinch the three strands together at one end and begin to braid. If you've ever braided hair, you know how to braid challah. It's exactly the same. It's a repetitive motion of crossing the outer strands over the middle strand. Start with the right strand and pull it over the middle so it's now in the center. Now pull the left strand over the new center strand, and again pull the right strand over the middle. Repeat until the loaf is fully braided, then pinch the ends together tightly. For a neater, rounder look, tuck both ends under the loaf (see the difference in the picture).

Making challah rolls is a bit simpler. Instead of cutting the dough into three pieces, cut it into four. Roll each one up individually as pictured. Tuck the ends under when done—this will stop them from unrolling.

CHALLAH (Cont.)



If you're finding the braiding tricky, you can use the roll technique to make large round challahs as well. Simply roll one of the original six chunks of dough into a line, roll up as pictured and tuck the end underneath.

Place the challahs on lightly greased pans, and make sure to leave space around them, because they will spread and grow while baking.

Put the pans in a warm place and let the challah rise a second time, for about 40 minutes.

CHALLAH (Cont.)



Combine the egg wash ingredients and brush over the loaves. If you don't have a brush, you can use the back of a spoon. Bake for approximately 45 minutes at 375° F. You'll know they're ready when the bottoms of the loaves feel hard and the tops appear golden brown. The rolls need much less time—about 20–25 minutes. For best results, let the loaves sit for about 10 minutes, then transfer them to a cooling rack until fully cooled.

CHALLAH (Cont.)

Dips and spreads are delicious on challah. My favorites are hummus, olive spread or some of this spinach dip. It's easy to whip up while the dough is rising or while the challahs are in the oven.

Dough Ingredients:

- 4 tbsp. dry yeast
- 2 tbsp. sugar
- 5 cups very warm water
- 5 large eggs
- 1¼ cups honey
- 1 cup oil (canola or light olive oil)
- 2 tbsp. salt
- Approximately 18 cups flour



For the egg wash:

1. 1 egg
2. 2 tbsp. honey
3. 1 tbsp. oil

Directions:

1. In a very large bowl, dissolve yeast and sugar in 2 cups warm water and let sit about 15–20 minutes until thick and frothy.
2. Add the rest of the ingredients and half the flour. Mix until a loose batter forms. Add the rest of the flour a couple of cups at a time until the dough is soft but not sticky.
3. Cover the dough with a wet towel or plastic wrap and put it in a warm place to rise for about 1½ hours. Dough should double in size.
4. Punch the dough down and let it rest for 10 minutes. Divide into 6 equal pieces.
5. Braid according to pictures and directions above. Place loaves on lightly greased pans and let rise for another 40 minutes.
6. Egg wash the loaves and bake at 375° F for approximately 45 minutes. Loaves should be golden brown and firm on the bottom

Courtesy of Chabad.org

ANDREW ZIMMERMAN – ZIMMERMAN FAMILY'S CHOPPED CHICKEN LIVER

INGREDIENTS

- **2 large eggs**
- **Ice**
- **2 tablespoons unsalted butter**
- **1/2 cup rendered chicken fat (schmaltz) (or 1/3 cup vegetable oil)**
- **1 onion, finely chopped**
- **2 pounds chicken livers, trimmed**
- **Kosher salt and freshly ground pepper**
- **2 tablespoons finely chopped parsley**
- **Challah or Matzo, for serving**

HOW TO MAKE THIS RECIPE

1. In a small saucepan, cover the eggs with cold water and bring to a boil; cook over moderate heat for 10 minutes. Drain the eggs and immediately fill the pan with cold water. Add ice and let the eggs stand until chilled. Drain the eggs, peel and coarsely chop.
2. In a very large skillet, melt the butter in ½ of the chicken fat or all of the oil. Add the onion and cook over moderately low heat, stirring occasionally, until softened and just starting to brown, about 10 minutes. Season the livers with salt and pepper and add them to the skillet. Cook over moderately high heat, turning occasionally, until barely pink inside, about 8 minutes.
3. Scrape the mixture into the bowl of a food processor and let cool slightly. Add the chopped eggs and pulse until the livers are finely chopped but not completely smooth. Add the parsley and the remaining 1/4 cup of chicken fat (if using) and pulse to combine. Season with salt and pepper.
4. Transfer the chicken liver to a bowl. Press plastic wrap onto the surface and refrigerate until chilled, about 45 minutes. Serve with Challah or Matzo



MARIAN'S CHICKEN SOUP

Contributed by Marian

Origination- Marian

Cover with cold water in large (16 quart soup pot):

2-3 large kosher pullets
2-3 lbs. necks, backs, bones usually available at Kosher markets
3 medium onions quartered
3 parsnips, well scrubbed if not peeled
4-5 leafy stems of celery

Bring to boil and immediately turn down to simmer. Leave lid partially open. Boiling makes soup grey so be sure to avoid, by checking occasionally.

Kosher chicken is salty so do not add salt.

When broth is tasty and chicken and bones falling apart, (2-3 hours) strain into clean pot.

Add and simmer 30 minutes:

- Skinless boneless chicken (to serve with soup instead of overcooked chicken used in making the broth)
- Carrots, sliced in rings or oblongs, your preference
- Carrots may sweeten the broth too much if added early in cooking but sometimes I add them for last half hour and later slice as desired.

If making matzo balls, from recipe on matza meal box plus added chopped parsley, do not put into soup until fully cooked in plain water. Then add to warm soup. Freezes well.

Marian's Note: I sprinkle fresh chopped parsley on soup when I serve it. We are traditionalists, but Marcia adds dill, sliced avocado or whatever she fancies and we love her soup too.
Adam and Family, Passover 2002



BEEF AND MUSHROOM BARLEY SOUP

- 2 lbs. beef bones
- 1 onion, chopped
- 1 lb sliced mushrooms (any variety)
- 1 cup barley
- 10 cups water
- 1 tss. salt
- ½ tsp. pepper
- 2 tsp. fresh thyme
- 1/2 cup dry red wine

Put all ingredients in pressure cooker, cover, bring to pressure, cook 30 minutes. (This can also be made on the stove, add all ingredients, bring to boil, lower and simmer 45 min-1hour or until barley is soft.)



BY TAMAR GENGER COURTESY OF CHABAD.ORG

BEET SALAD

Low Carb, Fat Free

By Nechama Cohen

Yield: 8–10 servings

In our house, serving this on the afternoon preceding the Seder is a family tradition.

Salad

- cooked beets, sliced
- 1 leek, white part only, thinly sliced
- 1 small red onion, peeled and sliced



Dressing

- 2-3 tablespoons vinegar, or lemon juice
- 2 tablespoons olive oil
- 3 packets sugar substitute
- 1 hard-boiled egg plus 2 hard-boiled egg whites, sliced (optional)

Using cooked beet, mix with sliced onions. Season with vinegar, oil and sugar substitute. Add sliced eggs and toss. Can be prepared in advance and refrigerated.

CURRY IN A HURRY ROTISSERIE CHICKEN SALAD

Ingredients

- 1 pound [rotisserie chicken](#) meat, skinned, boned and diced
- 3 ribs celery, chopped
- 1 cup seedless red grapes, halved
- 1/2 cup shredded carrot, a couple of handfuls
- 4 scallions, chopped on an angle
- 1 cup plain yogurt
- 2 tablespoons [curry powder](#) or 2 rounded teaspoons mild [curry paste](#)
- Salt and pepper
- 8 ounces mixed baby greens
- 2 tablespoons mango chutney, found on condiment aisle, plus some to pass at table
- 1 tablespoon rice wine or [white vinegar](#), eyeball it
- 3 tablespoons vegetable, canola or [safflower oil](#), eyeball it
- 1/4 cup (2 ounces) sliced smoked almonds

Directions

Combine meat, celery, red grapes, carrot and scallions. Add yogurt and curry to the salad and toss to evenly distribute the curry. Season the salad with salt and pepper, to your taste.

To dress the greens, add salad to a bowl. In a second bowl, combine chutney and vinegar. Whisk in oil. Drizzle dressing over greens and toss.

To assemble, pile dressed greens on a plate. Using an [ice cream scoop](#), place 2 scoops of chicken salad on greens. Garnish with toasted almonds.

Recipe courtesy of Rachael Ray



DEE-DEE'S CHICKEN

Season chicken pieces

Put in foil- lined pan

Pour Kellogs corn flakes on top

Put melted margarine on top of the flakes

Cook 1 hour at 350 degrees

Pour 1 cup of orange juice or white wine over cooked chicken

Cook another ten minutes and then serve.



NANCY'S BRISKET

1 Large brisket, first cut without fat

Mix together a sauce in bowl :

1 bottle chili sauce,

1 chili sauce bottle filled with water

1 package of Lipton Onion Soup Mix

Cook 3-4 hours at 300 degrees

Refrigerate and let cool overnight. Skim off fat. Slice brisket. Heat up.

You may need to another batch of sauce at that point.



STUFFED CABBAGE



Origination- adapted from Measure for Pleasure Cookbook, gift from Ceil Greenspon

- 2 lbs. chopped meat
- 1 small green pepper
- 2 small onions
- 1 lemon
- 2 cans tomato sauce (Note: can use equal parts tomato sauce
tomato juice and ketchup)
- 1 large head cabbage
- 1 cup par—boiled rice
- Salt, pepper, and paprika to taste
- 1 lb. sauerkraut

Grate 1/2 onion into meat. Add 2 tbsp. tomato sauce, rice, salt, pepper, and paprika, a little water, and mix well. Soften outer leaves of cabbage with hot water. Cut "V" to remove heavy woody stem section. Place small amount of meat mixture into each leaf, roll, and tuck in ends. (Makes about 12 to 15 cabbage rolls.) Shred remaining cabbage and green pepper. Slice onions and place in bottom of large pan with sauerkraut, remaining tomato sauce and 1 cup water. Place cabbage rolls on top of this mixture, cover and cook slowly for 2 hours. Remove rolls; add juice of 1 lemon and 4 to 5 tbsp. brown sugar to cabbage mixture. Return cabbage rolls, and heat slowly.

DELUXE NOODLE KUGEL

Posted By [tina](#) On June 26, 2008 @ 10:41 pm In [Recipes,Side Dishes](#) | [1 Comment](#)

[1]This is my original "Killer Kugel" recipe, before adaptations,that Joan Nathan featured in her New York Times article about Kugels, September 28, 2005.

Want to wow your family and friends this Shavuot, Rosh Hashanah, or Hanukkah when cheese is often on the menu? Then here's the recipe for you! I often refer to it as "killer" kugel and so did Joan. You will understand why when you see the ingredients. This is the richest, most divine noodle pudding (a noodle pudding is like a bread pudding except noodles replace the bread as the starch filler). One recipe can serve 18-24 because it's richness demands smaller pieces. This is easy to make and well worth the calories. Think of it as cheesecake with noodles and enjoy!

Ingredients



- ½ pound medium width noodles
- 1 pound cream cheese
- ½ pound unsalted butter
- 1 cup sugar
- 1 pint sour cream
- 1 teaspoon vanilla
- 8 eggs
- 1 small can mandarin oranges, drained
- 1 small can crushed pineapple, drained
- 4 ounces walnuts
- 1/3 cup sugar
- 1 teaspoon cinnamon
- 2 Tablespoons butter

Preparation Instructions

1. Cook noodles according to package directions. Drain and place in a 4 quart bowl.
2. Combine the cream cheese and the butter in the processor workbowl and blend until smooth. Scrape down sides of workbowl as often as necessary. Add the sugar and process until well combined. Add the sour cream, the vanilla, and eggs and process until well mixed. Pour into the 4 quart bowl with the noodles.
3. Stir the fruits in by hand with a rubber spatula and then pour mixture into a buttered 13 x 9 pyrex dish. The mixture will almost overflow. Cover with plastic wrap and refrigerate overnight.
4. When ready to bake, place in a preheated 350F oven and bake for 50 minutes.
5. Combine the walnuts with the sugar and cinnamon and sprinkle on top of the kugel. Dot with the remaining butter and bake for 20 minutes more. Serve warm or at room temperature. This could be made totally in advance, but it won't be quite as light, although just as delicious.

Article printed from Tina Wasserman: <http://www.cookingandmore.com>

URL to article: <http://www.cookingandmore.com/deluxe-noodle-kugel/>

URLs in this post:

[1] Image: <http://www.cookingandmore.com/wp-content/uploads/2009/04/kugelwebsite.jpg>

SAMMY'S FAMOUS RUMANIAN MASHED POTATOES WITH GRIBENES

Ingredients

- 2 lbs russet potatoes
- 1 large onion, sliced in rings
- 1/4 cup schmaltz or 1/2 stick (1/4 cup) pareve margarine
- 1/4 cup gribenes (optional)
- 1 large egg
- 1 tsp kosher salt or to taste
- pepper to taste

Gribenes - are crisp chicken or goose skin cracklings with fried onions, a **kosher** food somewhat similar to **pork rinds**. Gribenes are a byproduct of **schmaltz** preparation. They can be prepared by slow cooking skins and chopped onion in chicken fat on the stove until brown and crisp bits form.

Preparation

1. Peel and quarter the potatoes and place in a saucepan, adding enough water to cover by 1 inch. Bring to a boil, lower the heat, and simmer until the potatoes are soft, about 15 minutes.
2. Meanwhile, sauté the onion in 2 tablespoons of the schmaltz or margarine and cover. Cook slowly over a low heat until the onions are clear, about 15 minutes. Then raise the heat and sauté until golden, adding the gribenes to warm through.
3. Drain the potatoes in a colander and return them to the saucepan. Over a very low heat, coarsely mash the potatoes with an old-fashioned masher, adding the egg, the remainder of the schmaltz or margarine, and the salt and pepper. Cover with the onion and gribenes and serve.

ALMOND HORSESHOES

Prep time 30 min

Cook time 20 min

Ingredients

8oz almond paste, broken into small pieces (I grind my own from a bag of almonds from Costco)

1 cup sugar (16 teaspoons truva)

2 egg whites

sliced almonds preferable with skins on (2 ½ bags) (I save some out for decoration but pound most into pieces to roll the almond log in.

bittersweet or semi-sweet chocolate pareve



1. Place almond paste and sugar in food processor and pulse until it is all grainy like sugar
2. Add the egg whites and pulse until it is all combined. It is quite sticky.
3. Line a cookie sheet with sliced almonds
4. Put mixture into a piping bag (you can use a zip lock bag with a corner cut off) and pipe small straight lines of the dough onto the almonds. Make logs about 1 ½ inches long, keeping in mind that they puff up while baking.
5. Roll until covered with almonds
6. Shape into horseshoes (crescents)
7. Transfer to parchment lined baking sheets (pipe and roll it on my sheet I bake on – I do not transfer to a second sheet.)
Bake in 350 oven for 15 – 22 min, until light golden brown. Check often during baking to be sure the almonds don't burn. Do not over bake.
8. Let sit for a min and loosen from the baking surface using a spatula. After the horseshoes have cooled, melt chocolate and dip ends or drizzle cookies.

Almond crescents will keep for a week in an airtight container, and keep longer if refrigerated. They may be frozen.

APRICOT STRUDEL

Contributed by Bari
Origination-Margaret



2 1/8 cups flour
1 cup sour cream
1 cup softened butter

Blend (can use a pastry blender to cut together) together to make the dough. Chill overnight. Works best to form two balls, wrap each in Saran.

Next day:

Cut each ball into two to make a total of four clumps. For each:

Between wax paper dusted with powdered sugar, roll out to approximately 5 inch x 10 inch. Spread sparingly with apricot preserves. Sprinkle with sugar and cinnamon and with chopped nuts (walnuts or pecans). Roll lengthwise (to make long and thin). Brush with beaten egg. Sprinkle with a little sugar and cinnamon. Put rolls on cookie sheet.

Bake at 325 degrees for approximately 40 minutes. Cool, dust with powdered sugar. Slice.

SUSAN ORSHAN'S MANDEL BREAD

4 eggs

$\frac{3}{4}$ cup oil

$\frac{1}{4}$ cup orange juice

1 and $\frac{1}{3}$ cup sugar

2 teaspoons vanilla

Salt

3 teaspoons baking powder

4 cups flour

$\frac{1}{2}$ - 1 cup Chocolate chips or chopped nuts or raisins



Mix first 6 ingredients in blender. Add baking powder and flour until a malleable mixture is formed. Add chocolate chips, nuts or raisins. Put cooking spray on large cookie sheet. Wet your hands and grab some dough. Place dough on cookie sheet and form a loaf approx 8 inches wide and 1 inch high. You should be able to fit 3 loaves on a sheet. Place in preheated 350 degrees oven and bake until lightly brown. Cut width-wise. Brown each side. Remove and let cool

Rosh Hashana Recipes

Cinnamon Raisin Challah.....	31
Chopped Liver.....	32
Israeli Salad.....	33
Butternut Squash Soup.....	34
Mrs. Ludwig’s Apple Cinnamon - Noodle Pudding (Kugel).....	35
Roasted Brussel Sprouts with Pastrami and Pickled Red Onion.....	36
Nancy’s Kasha & Bowties.....	37
Challah Apple Stuffing.....	38
Nancy’s Cranberry Chicken.....	39
Penny’s Spatchcocked (Butterflied) Turkey.....	40
Tsimmes.....	41
Kathy’s Jewish Apple Cake.....	42
Mom’s Apple Walnut Cake.....	43
Upstate Apple Cake.....	44
Coffee and Spice Honey Cake.....	45
Nancy’s Baked Apple Slices for the High Holidays...	46

CINNAMON RAISIN CHALLAH

Ingredients:

- 4 cups warm water
- 7 tsps. yeast
- 3 tbsp. sugar
- 5 lb. flour
- 3 eggs
- 2 egg yolks
- 2 tbsp. salt
- 1½ cups sugar
- 1 cup oil
- 1½ cups raisins
- 1½ cups golden raisins



Egg Wash:

- 2 eggs, beaten

Cinnamon-Sugar Topping:

- 1½ cups sugar
- ¼ cup cinnamon

Directions:

1. Pour the warm water, yeast and 3 tbsp. sugar into a medium-sized bowl. Set aside for 10 minutes.
2. Place the rest of the ingredients and half the flour into a large bowl and mix.
3. Add in the yeast mixture once it has become thick and frothy. Mix.
4. Add the rest of the flour slowly, while mixing, until dough comes together and is no longer sticky.
5. Mix the raisins into the dough. Make sure they are evenly distributed.
6. Cover with cling film or a damp towel and set dough aside to rise for 2-3 hours.
7. When the dough has finished rising, do the mitzvah of [separating challah](#).
8. Divide dough into six equal parts. Each part will become one challah. Roll the dough into strands for braiding. Dip half the strands into the cinnamon sugar mixture. Braid the challahs and place them on parchment paper lined baking sheets (2 per pan). Let the braided challahs rise for 10 minutes and then brush with egg wash.
9. Bake on 350°F for 45 minutes, until golden brown. Switch racks halfway through the baking for more even cooking. Cool completely before slicing.

Yields: 6 large challahs

Recipe courtesy of Rachel Grossbaum and Chabbad.or

CHOPPED CHICKEN LIVER

Contributed by Henrietta
Origination- Measure for Pleasure
Cookbook. Gift from Ceil Greenspon

CHOPPED CHICKEN LIVER Mildred Dautch

1/2# chicken livers
1 medium onion
1 tbsp. chicken fat or margarine
2 hard cooked eggs
Salt and pepper



Melt fat; add chopped onion and chicken livers and sauté until tender and liver is thoroughly cooked. Cool. Put through food grinder with the eggs. (Save juices from the pan). Put in Mixmaster, season to taste, add remaining pan liquid and mix to blend. If dry, add a bit more fat or a little chicken soup.

Henrietta's Note: Margaret's *chopped liver* was the best, and we loved it stuffed into pieces of celery! Unfortunately, this is another case of an experienced cook making something delicious without a recipe. When I started making chopped liver, I needed a recipe and found this one to be wonderful!

ISRAELI SALAD

Ingredients

1. 3 medium or 6 small Israeli cucumbers, chopped small.
2. 4 Roma tomatoes, chopped small.
3. 1 cup fresh parsley, chopped.
4. 1/2 cup fresh mint leaves, chopped.
5. 1/2 cup olive oil.
6. 2 tablespoons fresh lemon juice.
7. Salt and freshly ground black pepper.



BUTTERNUT SQUASH SOUP

Butternut squash soup is such a classic and this is an easy one. A little white wine ramps up the flavor, and a garnish of roasted, salted pumpkin or sunflower seeds makes it a little fancier.

Start by cutting the onion into quarter rounds. Peel and cut the butternut squash and sweet potato into chunks.

Sauté the onion in the olive oil and 1 tsp. of salt until translucent—approximately 15-20 minutes. Add the butternut squash and sweet potato to the pot and sauté with the onion for a few more minutes. Add the rest of the ingredients, cover the pot and bring to a boil. Lower the heat and simmer until vegetables are soft. Blend and serve. Garnish with sunflower or pumpkin seeds, if you like.

I recently heard that you can cook the butternut squash with the skin still on, without altering the taste or texture once blended, but I haven't yet tried it myself.

So if you're struggling to peel the squash, try it and let us know how it comes out.

Soup keeps in the fridge for about a week, and freezes well too.



Ingredients



- 1 onion
- 2 tbsp. oil
- 3 tsp. kosher salt (divided)
- 2.5 lbs. butternut (1 medium)
- 0.5 lb. sweet potato (1 smallish)
- 3 cups water
- ½ tsp. nutmeg
- ¼ tsp. pepper
- ½ cup white wine

Directions

1. Cut and sauté the onions in the olive oil and 1 tsp. kosher salt for 15-20 minutes, until translucent.
2. Peel and cut the butternut squash and sweet potato into chunks. Add to the pot and sauté with the onions for a few minutes.
3. Add the water, white wine, nutmeg, pepper and the rest of the salt. Cover the pot and bring to a boil. Reduce to a simmer and cook until the butternut squash is tender.
4. Blend. Taste the soup and adjust seasonings to taste.
5. Optional—garnish with roasted, salted pumpkin or sunflower seeds when serving.

Yields: 6-8 serves Courtesy of Miriam Szokoviski and Chabbad.org

MRS LUDWIGS APPLE CINNAMON NOODLE PUDDING (KUGEL)

Ingredients:

12-16 oz. cooked noodles
4 eggs
Raisins white and brown
1 cup margarine- 2 melted sticks
2-3 t cinnamon
1 t vanilla
1 can apple pie filling
Nuts on top- optional

Directions:

Cook and drain noodles.

In large bowl:

Beat eggs until foamy. Add raisins, sugar, cinnamon, 1 stick of melted butter, vanilla, apple pie filling and noodles. Put one stick of melted butter on top of the mixture.

Use cooking spray. Bake in 9 X 13 pan.

Bake at 350 degrees for 35-40 minutes covered



The holiday season can be a wonderful time to share the joys of family life and friendship. However, for many older adults the holidays can be highly stressful, confusing, or even depressing if their mental, physical and emotional needs are not taken into account. If you have older friends and family members with underlying health issues, you can help them enjoy the holiday season more by realizing and adapting family traditions to suit their needs as well. It is easy if family just remember to be sensitive and loving- and plan ahead!

ROASTED BRUSSELS SPROUTS WITH PASTRAMI AND PICKLED RED ONION

Serves 8-10



INGREDIENTS

Pickled Onions:

1 medium red onion, finely diced*
2 cups rice wine vinegar**
½ cup sugar
¼ cup salt

Brussels Sprouts:

¼ cup unsalted butter (½ stick)
½ pound deli pastrami, thinly sliced
5 pounds Brussels sprouts, halved
1 teaspoon kosher salt
freshly ground pepper to taste

*To dice means to chop into roughly ¼-inch cubes.

**Rice wine vinegar is NOT the same as rice wine. You can find rice wine vinegar in the Asian section of your local grocery store, or with the other vinegars.

PREPARATION

For Pickled Onions:

Bring rice wine vinegar to a boil in a small saucepan. Add sugar and salt, and stir until dissolved. Turn off heat and let mixture cool for about 5 minutes. Put diced onion in a large heatproof container, and pour vinegar mixture over. When mixture is room temperature, refrigerate for at least a day.

For Brussels Sprouts:

Preheat oven to 425°F. Cut pastrami into strips roughly ¼ inch wide and 2 inches long.

Melt butter in a large skillet or saute pan over medium heat. Add pastrami and cook over medium heat until browned fat has rendered out, about 3 minutes. Pour pastrami and fat into a large heatproof mixing bowl. Add Brussels sprouts, salt and pepper, and toss to combine. Line two large baking sheets with foil and spread Brussels sprouts out on them in a single layer. Don't crowd the pans. Roast for 35 minutes, removing pans from the oven at the 20 minute mark to move the Brussels sprouts around a little, then rotating the pans from top to bottom rack before putting them back in the oven for the remaining 15 minutes. Brussels sprouts will be dark brown and crispy around the edges.

Strain the pickled red onions and reserve ½ cup of pickling liquid. As soon as the Brussels sprouts come out of the oven, toss them with the red onions and the ¼ cup of liquid while they're still warm. Serve immediately.

NANCY'S KASHA & BOWTIES



Prepare 1 cup kasha and 1 cup bow tie pasta as instructed on the package

Cook on stove

4T olive oil

4 T garlic

Kosher salt

Pepper

1 large sliced onion

1 cup sliced mushrooms

Add olive oil mixture to kasha and bowties. Mix together. Cook at 350 degrees for thirty minutes

Recipe courtesy of Nancy Ludin – The Jewish Pavilio

CHALLAH-APPLE STUFFING

Serves 10-12



INGREDIENTS

2 1-lb loaves challah
1 cup unsalted butter (2 sticks)
2 cups diced celery
2 cups diced onion
2 cups peeled and diced Granny Smith apples
8 sprigs thyme, leaves picked and finely chopped
3 sprigs rosemary, leaves picked and finely chopped
6 sprigs marjoram, leaves picked and finely chopped
3 cups low-sodium chicken broth
kosher salt
freshly ground pepper, to taste

Note: To dice means to chop into roughly ½-inch cubes.

Special Equipment

Aluminum Foil
9x13-inch baking dish

PREPARATION

Cut challah into 1-inch cubes and let cubes sit out in a bowl or on a baking tray, uncovered, for at least six hours to make them stale. Alternatively, you can dry bread in a 250°F oven by laying cubes in a single layer on baking sheets and baking for about 30 minutes, or until bread is dry but not toasted (it should not start to brown at all).

Preheat oven to 350°F.

In a large saute pan, melt butter over medium-low heat, then add onions and celery. Add three teaspoons of salt and ground pepper to taste, and cook until onions are soft, about 8 minutes. Add apples and herbs and cook until apples are soft, about 5 minutes more.

In a large bowl, combine challah cubes, cooked vegetables in butter, and chicken broth. Mix until the bread is saturated with liquid, and everything is evenly mixed. Press stuffing into a 9x13-inch baking dish and cover with foil. Bake at 350°F for 40 minutes, then remove the foil, raise your oven to 450°F, and cook stuffing uncovered for another 10-15 minutes, or until the top starts to brown slightly.

Cool 10 minutes, then serve.

NANCY'S CRANBERRY CHICKEN

Chicken (Whole roaster cut up, pieces, or breast only)

1 can whole berries

1 jar chili sauce

1 8 oz. jar of Catalina salad dressing (optional)

1 envelope of Lipton onion soup mix

1 cup of Dried prunes, apricots and cranberries (optional)

Mix together and put on chicken. It is enough sauce for 8 pieces.

Bake at 350 for about 20-30 minutes depending on size of chicken pieces.

If the sauce is not thick enough, add a sprinkling of arrow root. (1 tablespoon) Mix it up and heat for a few minutes and then serve it.



Recipe courtesy of Nancy Ludin – The Jewish Pavilion

PENNY'S SPATCHCOCKED (BUTTERFLIED) TURKEY

This particular method is for folks who don't care about whether or not the whole bird makes an appearance at the table, but want the fastest, quickest, easiest route to juicy meat, and ultra-crisp skin.

Basically, **it's a method for lazy folks with great taste..**



Spatchcocking your bird—that is, cutting out the backbone and laying it flat is easy.

The basics for butterflying a turkey couldn't be simpler.

You can lay the turkey out on an cutting board breast side down, Use a kitchen shears to cut down both sides of the backbone. Remove the bone (use for stock or gravy) and place on a rimmed baking sheet breast side up.

Tuck wings under the back so they don't overcook.

INGREDIENTS

- 2 tablespoons vegetable or canola oil
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground pepper
- 1 tablespoon paprika
- 1 teaspoon onion powder
- 1 whole fresh turkey (about 12 pounds)



DIRECTIONS

1. Preheat oven to 450 degrees. Stir together oil, salt, pepper, paprika and onion powder in a small bowl.
2. Rinse inside and outside of turkey; pat dry with paper towels. Spatchcock turkey ([see above](#)). Transfer to a rimmed baking sheet, breast side up. Let stand for 30 minutes.
3. Brush or rub turkey all over with oil mixture.
4. Roast, rotating sheet halfway through and basting twice, until an instant-read thermometer inserted into the thickest part of the thigh reaches 165 degrees, and the breast about 155 degrees (about 1 hour and 10 minutes). Let stand for 20 minutes before carving ([see our how-to](#)).

Courtesy of Penny Goldstein D'Agostino – The Jewish Pavilion

TZIMMES

Contributed by Henrietta

Origination- adapted from Jennie

Grossinger's Art of Jewish Cooking



1 1/2 lbs. prunes

3 carrots

3 cups boiling water

2 T. fat

3 lbs. Brisket

2 onions, diced

1 1/2 t. salt

1/4 t. pepper

3 sweet potatoes, peeled and quartered

1/2 c. honey

2 cloves

1/2 t. cinnamon

Wash prunes and let soak in boiling water 1/2 hour. Melt fat in Dutch oven. Cut the beef in 1 to 1 1/2 inch cubes (bite sized) and brown with the onions. Sprinkle with the salt and pepper. Cover and cook over low heat for 1 hour. Add the undrained prunes, sweet potatoes, honey, cloves and cinnamon. Replace cover loosely and cook over low heat 2 hours. Serves 6-8.

Henrietta's Notes: Traditional Jewish New Year's item because of the honey. Tzimmes can also be made without meat for a vegetarian variety. Marlene makes small matza balls and then puts them into the tzimmes. It is a delicious variation!

KATHY'S JEWISH APPLE CAKE

Mix together the following:

3/4 cup sugar

1 t cinnamon

4 apples peeled and sliced (set aside)



4 cups flour

2 cups sugar

4 teaspoons baking powder

1 teaspoon salt

1 cup orange juice

1 cup vegetable oil

4 eggs



Mix flour, sugar, baking powder and salt in large bowl.

Make a hole in the mix and add everything else. Mix everything to make cake batter.

Spray tube pan with cooking spray. Fill bottom of tube pan with ½ of the sugar and apples mixture. Pour ½ the batter on top. Add the remainder of the sugar and apple mixture and then pour the remaining ½ of the batter on top.

Bake at 350 degrees for 1 and ½ hours. Wait for it to cool before removal from the tube pan.

MOM'S APPLE WALNUT CAKE

A perfect dish for Rosh Hashanah

This moist, hearty cake also works really well poured into muffin cups. If you prefer to serve it as a healthy breakfast or brunch cake instead of dessert, replace one cup of flour with whole wheat flour and fold 1/4 cup finely ground flax seeds into the batter along with the apples and walnuts.



on top)

Yield: 2 loaves

Ingredients:

3 cups flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking soda
2 cups sugar
1 cup canola oil
2 teaspoons vanilla
3 eggs
3 cups Golden Delicious or
Granny Smith apples, peeled,
cored, and chopped
1 cup chopped walnuts
Turbinado sugar (for sprinkling)

Combine flour, salt, cinnamon, and baking soda in a medium bowl and set aside.

In a second bowl, mix together sugar, oil, and vanilla. Add eggs one at a time and stir to combine. Pour wet mixture into the dry ingredients and stir until thoroughly combined. Fold in apples and walnuts (the batter will be thick).

Preheat oven to 350 degrees. Grease two loaf pans and spread half of the batter into each pan. Sprinkle the tops of each loaf with a little sugar and bake for approximately one hour, or until a toothpick stuck in the middle of the cake comes out clean.

UPSTATE APPLE CAKE

Ingredients:

3 eggs
1 3/4 cups sugar
1 cup oil
1 tsp vanilla
1/4 tsp salt
2 cups flour
1 tsp baking soda
3/4 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp allspice
6 medium apples cored and pared
1/2 cup walnuts
1/4 cup powdered sugar



Directions:

1. In an electric mixer on high speed beat eggs. Add sugar and beat until pale and thickened.

Add oil, vanilla, flour salt, baking soda and spices.

Slice apples into 1/2 inch slices. Fold apples and nuts into batter.

Preheat oven to 350 degrees
13x9x2 inch pan ungreased

Pour into pan . Bake 1 hour until cake is slightly brown.

Sprinkle with powdered sugar. Cool before slicing.

Cooking time approximately 1 hour. Cake may bake in 40 minutes. So watch carefully.

ENJOY!!!!!!

COFFEE AND SPICE HONEY CAKE

Contributed by Marian
Origination- The Gourmet Jewish Cook
By Judy Zeidler

Marian's comments: for High Holidays, I've been making this for years and it is always a surprise hit. Great cake!

This delicious, high-rise, spicy honey cake gets a light, appealing texture from beaten egg whites. Try it once, and you'll never buy another bakery honey cake. Be sure to use strong coffee and a generous measure of spices. Then prepare yourself for compliments.

16 ounces honey
1 cup sugar
1 cup strong black coffee
1/4 cup safflower or vegetable oil
4 eggs separated
3 1/2 cups flour
2 1/2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon ground cinnamon
3/4 teaspoon salt
1/2 teaspoon ground cloves
1/4 teaspoon ground ginger
1/4 teaspoon cream of tartar

Marian's Notes: For High Holidays, I've been making this for years and it is always a surprise hit. Great cake!

Preheat the oven to 350 degrees F.

In the bowl of an electric mixer, blend the honey, sugar, coffee, and oil. Add the egg yolks and beat until light and smooth. In a large bowl, combine the flour, baking powder, baking soda, cinnamon, 1/2 teaspoon of the salt, cloves and ginger. Gradually add the flour mixture to the batter, beating until well blended.

In a large mixing bowl, beat the egg whites with the remaining salt and cream of tartar until soft peaks form. Gently fold the beaten egg whites and the almonds into the batter. Pour the batter into an ungreased 10-inch tube pan. Bake for 1 hour, or until a toothpick inserted into the cake comes out clean. Immediately remove the pan from the oven and invert it onto a wire rack to cool. With a sharp knife, loosen the cake from the sides and from the tube. Remove the cake from the pan and transfer to a large cake platter.

NANCY'S BAKED APPLE SLICES FOR THE HIGH HOLIDAYS

Serves 2-4

Ingredients: apples, butter, brown sugar, cinnamon, chopped walnuts and white raisons

Melt 1 stick of butter, 1 tablespoon of brown sugar and 1 teaspoon of cinnamon in frying pan on stove. Cook on low heat.

Peel and slice 2 apples and add to butter mixture.

Add a handful of chopped walnuts and a handful of raisons

Cook for ½ hour.

Delicious! You can serve on a piece of bibbed lettuce or in a small pretty bowl.



Yom Kippur

Some of you may fast on Yom Kippur which begins at sundown Erev Yom Kippur. **Yom Kippur** means The Day of Atonement. The day is devoted to communal repentance for sins committed over the course of the previous year. Because of the nature of Yom Kippur and its associated rituals, it is the most solemn day in the Jewish calendar. Traditionally, a dairy meal is served after sundown, when the fast is over.

The day before Yom Kippur is a Yom Tov, a festive day; for although we stand prepared to be judged in the supernal courtroom for our deeds of the past year, we are confident that G-d is a merciful judge, and will decree a year of life, health and prosperity for us. Two festive meals are eaten -- one at midday and the other before the fast, which begins at sunset. The Talmud states that "Whoever eats and drinks on the 9th [of Tishrei], it is regarded as if he had fasted on both the 9th and the 10th."

In many communities it is customary to eat kreplach on the day before Yom Kippur. Kreplach are small squares of rolled pasta dough filled with ground meat and folded into triangles. They can be boiled and served in soup or fried and served as a side dish. The meat symbolizes severity, the dough is an allusion to kindness. In preparation for the Day of Judgment we "cover" the severity with kindness.

Yom Kippur Recipes (–Some Dairy)

Basic Kreplach.....	49
Bagels with cream cheese and Lox (smoked salmon) - Tray of cucumbers, tomatoes, onions and capers.....	51
Veggie Chopped Liver.....	52
Blintz Souffle.....	53
Cran-Apple Kugel.....	54
Dorothy Gardner’s Noodle Kugel.....	55
Horseradish Chive Mashed Potatoes – Dairy.....	56
Cheesecake Bars.....	57
Rocky Road Cake in Crockpot.....	58
Pecan Pie Rugelach.....	59

BASIC KREPLACH (YEILDS 18)

Kreplach are small squares of rolled pasta dough filled with ground beef or chicken and folded into triangles. They can be boiled and served in soup

or fried and served as a side dish. They are traditionally served on Purim, at the pre Yom Kippur meal¹ and on Hoshanah Rabbah, the seventh day of Sukkot.



DOUGH:

1 $\frac{3}{4}$ cups flour

2 eggs

$\frac{1}{2}$ tsp. Salt

3 Tbsp. Oil

FILLING

1 cup ground cooked beef or chicken

1 small onion, grated

1 tsp. salt



DOUGH:

In a large bowl combine dough ingredients together. Knead and roll out thin on floured board. Cut into 3-inch squares or circles.

FILLING:

in a small bowl mix filling ingredients well. See Kreplach illustrated for filling and folding. Kreplach can now be either boiled and served in soup or sauteed in oil.

TO BOIL:

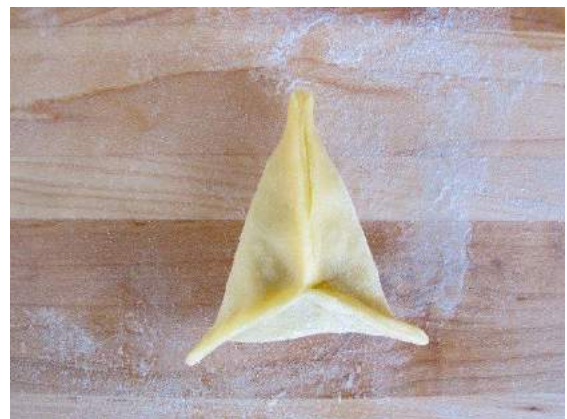
Place in boiling salted water. Cook approximately 20 minutes until kreplach float to top.

TO SAUTE:

Heat oil over medium flame in 10-inch skillet. Saute boiled kreplach until golden brown on both sides.

NOTE:

Dough will roll out more easily after being wrapped in a damp cloth for one hour.



BAGELS

A bagel is a bread product, traditionally made of yeasted wheat dough in the form of a roughly hand-sized ring which is first boiled in water and then baked. The result is a dense, chewy, doughy interior with a browned and sometimes crisp exterior. Bagels are often topped with seeds baked onto the outer crust, with the traditional being poppy or sesame seeds. Some have salt sprinkled on the surface of the bagel.

Bagels have become a popular bread product in the United States, Canada and the United Kingdom especially in cities with large Jewish populations^[1], such as Boston, Chicago, New York, Los Angeles, Montreal, Toronto, London and Leeds, each with different ways of making the bagel.

Bagels were derived from the similarly shaped doughnuts and from the similarly textured bialys, primarily because of the cooking method amongst other differences. Russian bubliks are very similar to bagels, but are somewhat bigger, have a wider hole, and are drier and chewier. Pretzels, especially the large soft ones, are also much like bagels, the main exceptions being the shape and the alkaline water bath that makes the surface dark and glossy.

Lox is salmon fillet that has been cured. In its most popular form, it is thinly sliced—less than 5 millimetres (0.20 in) in thickness—and, typically, served on a bagel, often with cream cheese and capers. Noted for its importance in Ashkenazic Jewish cuisine, the food and its name were introduced to the United States through Eastern European Jewish immigrants.^{[1][2]} The term *lox* derives from *Lachs* in German and *לאַקס* *laks* in Yiddish,^[3] meaning "salmon". It is a cognate of Icelandic and Swedish *lax*, Danish and Norwegian *laks*, Czech *losos*, and Old English *læx*.

Sometimes called *regular* or *belly lox*, lox is traditionally made by brining in a solution of water or oil, salt, sugars and spices (the brine). Although the term *lox* is sometimes applied to smoked salmon, that is a different product.^{[1][2]}

Many people serve bagels with cream cheese, (or flavored cream cheese) tomato, onion, cucumbers, or capers.



VEGGIE CHOPPED LIVER

(for 6-8)

2 large onions

2 T. vegetable oil

2 small can mushroom stems and pieces

2-3 T of soup powder chicken or beef

¼ t garlic powder

Salt to taste

2 c chopped walnuts

1 large can of small peas

3 hard-boiled eggs

Chop onions in food processor, sauté in vegetable oil. While frying, puree mushrooms, and add to onion mixture. Season with garlic and salt. Sautee until brown. In food processor chop walnuts until fine and put in large bowl. Process peas and add to walnuts, process hard boiled eggs and add to mixture, mix well. Add onion mixture and mix. Put paprika or parsley on top for color.



BLINTZ SOUFFLE

12 frozen fruit or cheese blintzes

1/4 lb. margarine

4 eggs

1 1/2 cup sour cream

1/2 cup sugar

1 tsp. vanilla extract

1 pinch salt

1 pinch cinnamon

Grease a 9"x13" oven proof pan, using a portion of the margarine or cooking spray. Lay out the frozen blintzes in the pan.

Melt the remaining margarine and allow to cool. Combine all the remaining ingredients, including the melted margarine and beat well. Pour the mixture over blintzes.

Bake uncovered at 350° for about 1 hour.

From Cyber-Kitchen.com



CRAN-APPLE KUGEL

RECIPE / INGREDIENTS

16oz med. noodles -as per pkg. instructions
4 eggs well beaten
1 1/2 cups sugar
2 cups half / half
1 cup sour cream
1 stk butter / margarine
2 tsp. cinnamon
1 tsp. vanilla
1 cup dried cranberry
1 can apple pie filling
1/2 cup raspberry preserves
1/2 cup chopped walnuts - optional



OVEN - 350 / 375 approx 45 / 55 min [oven temps vary] [top slight golden brown]

**lg bowl - combine eggs, sugar, cinnamon, vanilla, nuts - blend
add - noodles, half/half, 1/2 cup cranberries, sour cream,
melted butter - blend well**

grease / pam - yields 1 lg or 2 med party casseroles - approx 15 - 20 guests

TOPPING - applied to hot kugel just out of oven

apple pie filling - chopped [chunky], 1/2 cup cranberries, 1/2 cup preserves - blend well - spread

TIP

Cut / portion [Cutco knife] kugel when completely cool - or before reheat Cover tightly to keep moist

ENJOY -- TO YOU HEALTH !

DOROTHY GARDNER'S NOODLE KUGEL

12 oz. medium cooked noodles

3 eggs

1 small jar of apple sauce

4 oz. cream cheese

½ pint sour cream

1 cup white raisins (soften them in warm water and then drain)

½-¾ cup of sugar

¼ lb. margarine

1 teaspoon lemon juice

Beat eggs, add melted margarine and sugar. Mix. Then add all other ingredients and mix together. Bake in casserole dish at 350 degrees for one hour.



HORSERADISH CHIVE MASHED POTATOES

Serves 10-12



INGREDIENTS

1 whole head of garlic
1 teaspoon olive oil
¼ teaspoon kosher salt
3 pounds Russet or Yukon Gold potatoes
½ cup unsalted butter (1 stick), melted
1 cup heavy cream
3 teaspoons kosher salt
freshly ground pepper, to taste
1 bunch chives
3 tablespoons prepared horseradish

Special Equipment

Aluminum foil
Electric hand mixer (not essential)

PREPARATION

Preheat oven to 400 degrees.

Cut the top off of the head of garlic, and peel away the outermost layer of papery skin. Place on a square of aluminum foil, and drizzle with olive oil and ¼ teaspoon kosher salt. Wrap tightly in aluminum foil and roast about 45 minutes, until soft. Let cool for about an hour, still wrapped in foil. Then, squeeze the soft roasted garlic out of the skin, and mix with a fork until paste-like.

Peel potatoes and cut into 1" cubes. Put potato cubes in a large pot and cover by 2" with cold, unsalted water, then put pot on the stove and bring to a boil. Meanwhile, finely slice the chives. Boil potatoes until they are fork tender — this should take 40-60 minutes — then drain completely.

While potatoes are still hot, put them in a large mixing bowl and add butter, cream, horseradish, roasted garlic, and ⅔ of sliced chives. Season with salt and pepper and beat with an electric egg beater on low until combined, about a minute. Turn the mixer on high and beat for another 1-2 minutes, until potatoes are completely mashed and smooth.

To serve, sprinkle remaining chives on top of the potatoes.

CHEESECAKE BARS

1/3 cup butter
1/3 cup brown sugar
1 cup flour
1/2 cup chopped nuts
1/2 teaspoon vanilla
1/4 cup sugar
8 ounces cream cheese
1 egg
2 tablespoons milk
1 tablespoon lemon juice

Preheat oven to 350°F.

Cream the butter and brown sugar.

Add the flour, chopped nuts and vanilla to the butter and brown sugar mixture. Set aside one cup of the mixture.

Press the rest into a 9" square pan and bake for 12-15 minutes. Let cool.

Cream the sugar and cream cheese. Add the egg, milk and lemon juice to the sugar and cream cheese mixture. Pour over the cooled crust. Sprinkle the crumbs you had initially set aside over the top. Bake for 20-25 minutes. Cut into squares and serve when cool. Makes 20 bars

From [Judy Grabhorn "Finalist: SierraHome.com Great Holiday Cookie Bakeoff"](#)



ROCKY ROAD CAKE IN CROCKPOT

Prep: 15 min.; Cook: 3 hr., 40 min.; Stand: 15 min. This cake will look like it needs to cook just a little longer, but by the time the topping is set, it's ready to serve.

Yield: Makes 8 to 10 servings

Ingredients

- 1 (18.25-oz.) package German chocolate cake mix
- 1 (3.9-oz.) package chocolate instant pudding mix
- 3 large eggs, lightly beaten
- 1 cup sour cream
- 1/3 cup butter, melted
- 1 teaspoon vanilla extract
- 3 1/4 cups milk, divided
- 1 (3.4-oz.) package chocolate cook-and-serve pudding mix
- 1/2 cup chopped pecans
- 1 1/2 cups miniature marshmallows
- 1 cup semisweet chocolate morsels
- Vanilla ice cream (optional)

Preparation

1. Beat cake mix, next 5 ingredients, and 1 1/4 cups milk at medium speed with an electric mixer 2 minutes, stopping to scrape down sides as needed. Pour batter into a lightly greased 4-qt. slow cooker.
2. Cook remaining 2 cups milk in a heavy nonaluminum saucepan over medium heat, stirring often, 3 to 5 minutes or just until bubbles appear (do not boil); remove from heat.
3. Sprinkle cook-and-serve pudding mix over batter. Slowly pour hot milk over pudding. Cover and cook on LOW 3 1/2 hours.
4. Meanwhile, heat pecans in a small nonstick skillet over medium-low heat, stirring often, 3 to 5 minutes or until lightly toasted and fragrant.
5. Turn off slow cooker. Sprinkle cake with pecans, marshmallows, and chocolate morsels. Let stand 15 minutes or until marshmallows are slightly melted. Spoon into dessert dishes, and serve with ice cream, if desired.

PECAN PIE RUGELACH

Makes 32 cookies



INGREDIENTS

Dough:

1 cup all-purpose flour
¼ teaspoon salt
½ cup unsalted butter (1 stick), cut into 8 pieces
½ cup cream cheese (4 oz), cut into 4 pieces

Filling:

2 cups shelled pecan halves
¼ cup unsalted butter (½ stick), cut into 4 pieces
1 teaspoon vanilla extract
½ cup corn syrup
½ cup dark brown sugar

Egg wash:

1 egg
1 tablespoon water

Special equipment

Electric hand mixer
Plastic wrap
2 cookie sheets
parchment paper
rolling pin
pizza cutter (not essential)

PREPARATION

Dough:

Let butter and cream cheese sit out at room temperature for 10 minutes, so that they are still cool but slightly soft. Combine flour and salt in a medium mixing bowl. Using a hand mixer, mix on a low speed just until combined. Scatter butter and cream cheese pieces over the top of the flour mixture, and beat on medium speed until dough is the texture of cottage cheese, still slightly crumbly. Use your hands to divide the dough into 2 equal pieces, then roll each piece into a ball. Flatten each ball into a disk about 1 inch thick and 4 inches in diameter, then wrap each one separately in plastic wrap, and refrigerate at least 2 hours, up to 1 day.

PECAN PIE RUGELACH (cont.)

Filling:

Using a knife, finely chop pecans and put in a medium mixing bowl. (Do NOT do chop the nuts in a food processor. You want the pecans to be chopped but still coarse, and a food processor will turn them into nut butter.)

In a small saucepan over medium heat, brown the butter by adding all 4 pieces at once and constantly stirring with a heatproof spatula until completely melted. Continue to stir or swirl the pan as butter starts to bubble and foam. When the foam subsides slightly and butter turns a light brown color, take it off the heat immediately and add the it to the chopped pecans. Add vanilla extract, corn syrup, and brown sugar, and mix with a rubber spatula just until combined.

Preheat oven to 350°F. Line two cookie sheets with parchment paper. Beat egg yolk with the tablespoon of water and set aside.

When dough is chilled, unwrap one disk onto a lightly floured surface, and roll with a rolling pin into a 12-inch circle. It is important to have an even, symmetrical circle, so trim any excess. If dough gets too soft during rolling, lay it on one of the lined baking sheets and put it in the freezer for 5 minutes, until slightly chilled. Once the dough is rolled out, sprinkle half of the pecan mixture on top of the dough, all the way to the edges of the circle, making sure the mixture is evenly distributed. With a pizza cutter (or a knife), cut dough into 16 equal slices. Roll each slice from the outside in (starting the wide end and rolling towards the point), placing each roll onto the cookie sheet as you go. Repeat this process with the other disk of dough.

Use a pastry brush to coat the top of each cookie with the egg-water mixture. Bake rugelach for 20 minutes until golden, turning the cookie sheet halfway through baking.

Cool completely before serving.

Hanukkah

French Onion Soup.....	62
Potato Latkes	63
Applesauce.....	64
Sugar and Spice Doughnuts.....	65
Baked Doughnuts.....	66
Potato Latkes with Cranberry Applesauce.....	68
Nancy’s Apricot Chicken.....	70
Manischewitz Brined Roast Turkey.....	71
Savory London Broil with Sweet Braised Shallots and Mushrooms.....	73
Half Moon Cookies for Hanukkah.....	75
Hanukkah Shaped Cookies.....	76
Doughnut Twists.....	77
Homemade Gelt.....	78

FRENCH ONION SOUP

10 onions, sliced
4 tablespoons butter
4 tablespoons olive oil
1-tablespoon sugar
1-teaspoon nutmeg
8 teaspoons parve beef soup mix
10 cups water
Salt and pepper to taste
3/4 cup dry red wine
12 slices thick French bread, toasted
2 cups grated mozzarella cheese
mixed with 1/2 cup grated Parmesan cheese



Preheat oven to 400 degrees. Heat butter and oil in large stockpot. Sauté onions until soft. Add sugar and nutmeg and continue to Sauté. Add soup mix water, salt and pepper and bring to a boil. Simmer for 10 minutes, add wine and simmer for another 10 minutes. Prepare 12 ovenproof bowls. Sprinkle some cheese in the bottom of each bowl. Ladle in soup. Cover with slice of bread and then sprinkle cheese on top to cover. Bake until top browns.

POTATO LATKES

Ingredients

- 4 large potatoes
- 1 yellow onion
- 1 egg, beaten
- 1 teaspoon salt
- 2 tablespoons all-purpose flour or matzo meal
- ground black pepper to taste
- 2 cups vegetable oil for frying

Directions

1. Finely grate potatoes with onion into a large bowl. Drain off any excess liquid.
2. Mix in egg, salt, and black pepper. Add enough flour to make mixture thick, about 2 to 4 tablespoons all together.
3. Turn oven to low, about 200 degrees F (95 degrees C).
4. Heat 1/4 inch oil in the bottom of a heavy skillet over medium high heat. Drop two or three 1/4 cup mounds into hot oil, and flatten to make 1/2 inch thick pancakes. Fry, turning once, until golden brown. Transfer to paper towel lined plates to drain, and keep warm in low oven until serving time. Repeat until all potato mixture is used.



APPLESAUCE

4 pounds apples

1 lemon

2 cinnamon sticks

½ cup apple juice, cider or water

Honey, brown sugar or maple syrup to taste.

Quarter the apples and the lemon. Place in a heavy pot with the cinnamon sticks. Add apple juice, cider or water.

Cover, bring to a boil, and then simmer over low heat, stirring occasionally to turn the apples and making sure they do not stick. You may want to add some liquid. Cook about 20 minutes, or until apples are soft. Remove cinnamon sticks.

Put the sauce through a food mill and adjust seasoning by adding honey, brown sugar or maple syrup to taste.

Copyright Joan Nathan.

© Copyright, all rights reserved. If you enjoyed this article, we encourage you to distribute it further, provided that you comply with Chabad.org's [copyright policy](#). Courtesy of Chabad.org



SUGAR AND SPICE DOUGHNUTS

Total Time:

40 min

Prep:

25 min

Cook:

15 min

Yield: About 12 doughnuts and 12 doughnut holes



Ingredients

3 1/3 cups all-purpose flour, plus extra for rolling

2 teaspoons baking powder

1/2 teaspoon fine salt

1 1/2 cups sugar

1 tablespoon plus 1/2 teaspoon apple pie spice or ground cinnamon

2 large eggs, at room temperature

3 tablespoons vegetable shortening or unsalted butter, melted and cooled slightly

1/2 teaspoon finely grated lemon zest

1/2 cup plus 1 to 2 tablespoons seltzer water

Vegetable oil, for frying

Directions

Whisk together the flour, baking powder, salt, 1 cup of the sugar and 1/2 teaspoon of the apple pie spice in a medium bowl until well mixed. Stir the remaining 1/2 cup sugar and 1 tablespoon apple pie spice together in a shallow dish. Set aside.

Whisk together the eggs, melted shortening, lemon zest and 1/2 cup seltzer water in a large bowl until smooth. Stir in the flour mixture. Add the remaining seltzer water, a teaspoon at a time, just until the dough comes together in a soft and shaggy ball.

Turn the dough out onto a generously-floured cutting board (it will be a bit sticky).

Sprinkle the top with flour and pat out until it is about 3/8-inch thick. Cut out as many circles as possible using a 3-inch round cookie or biscuit cutter, then cut out doughnut holes from the center of each with a 1-inch round cutter. Reserve the doughnuts and holes. Gather the scraps together and pat them out again to 3/8-inch thickness.

Continue to cut doughnuts and doughnut holes, reworking the scraps, until all the dough is used.

Heat 2 inches of vegetable oil in a heavy-bottomed pot or Dutch oven over medium-high heat until a deep frying thermometer inserted in the oil reaches 375 degrees F. Working in batches, fry the doughnuts and holes until golden brown, 2 to 3 minutes, turning occasionally. Transfer to a paper towel-lined baking sheet to drain and cool slightly.

While still warm, roll in the spiced sugar until well coated.

From Food Network Kitchens -Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/sugar-and-spice-doughnuts-recipe.html?oc=linkback>

BAKED DOUGHNUTS –“ SUFGANIYOT”



If you want to enjoy the taste of traditional doughnuts without standing over a pan of hot oil to cook them, this is a great recipe for you.

- 2 packages dry yeast (about 35 grams of fresh, or 2 scant Tablespoons)
- 1/4 cup warm water
- 1-1/2 cups milk, scalded and cooled
- 1/2 cup sugar
- 1 teaspoon salt
- 1 teaspoon nutmeg
- 1/4 teaspoon cinnamon (optional)
- 2 eggs
- 1/3 cup shortening
- 4-1/2 cups flour

In a large mixer bowl, dissolve yeast in warm water. Add milk, sugar, salt, spice, eggs, shortening and 2 cups flour. Blend 1/2 minute at medium speed, scraping bowl occasionally. Stir in remaining flour until smooth, scraping sides of bowl. Cover. Let rise in warm place until double (50 to 60 minutes).

BAKED DOUGHNUTS (cont.)

Turn dough onto well-floured cloth-covered board; roll around lightly to coat with flour. Dough will be soft to handle.

With floured, stockinet-covered rolling pin, gently roll dough about ½ inch thick. Cut with floured 2-1/2 inch doughnut cutter. Lift doughnuts carefully with spatula and place 2 inches apart on greased cookie sheet. Brush doughnuts with melted butter. Cover; let rise until double (about 20 minutes).

Heat oven to 420° F. Bake 8 to 10 minutes or until golden. Immediately brush with melted margarine or butter and shake in Cinnamon Sugar or spread with Creamy Glaze (recipes below). Makes 1-1/2 to 2 dozen doughnuts.

Toppings (best if made while doughnuts are baking):

Cinnamon Sugar

1/2 cup sugar and 1/2 teaspoon cinnamon

Creamy Glaze

Melt 1/3 cup butter. Blend in 2 cups powdered sugar and 1-1/2 teaspoons vanilla. Stir in 4 to 6 Tablespoons water, one at a time, until melted glaze is of proper consistency.

Note: It's true; the dough does not have to be kneaded. This gives an extremely light and loose dough. I did not use a cloth or stockinet; a floured surface and floured rolling pin were sufficient. With the dough so light, a feather touch rolls it out. Nonetheless, the doughnuts rolled out from the "scraps" of dough did come out thicker and nicer. I did not brush them with butter either before or after baking, with no apparent harm (since I was using glaze instead of cinnamon sugar). As far as the glaze is concerned, I went for a thinner version and simply dunked each doughnut in it. Final verdict: They may look a bit like bagels, but they taste as doughnuts should.

Courtesy of Chabad.org

POTATO LATKES WITH CRANBERRY APPLESAUCE

Makes 10-15 latkes

INGREDIENTS

2 ½ cups diced* onions, divided
1 large egg
2 tablespoons all-purpose flour
1 ¼ teaspoons salt
1 teaspoon baking powder
2 pounds Russet potatoes
Vegetable oil (for frying)
Sour cream (garnish)
Cranberry Applesauce (garnish) (see recipe below)
**To dice means to chop into roughly ¼-inch cubes.*

Special Equipment

Food processor with grating attachment
Deep-fry thermometer

PREPARATION

Line a colander with a smooth kitchen towel or cheesecloth. In a large mixing bowl, combine half of the diced onion (1 ¼ cups), egg, flour, salt, and baking powder, and mix with a rubber spatula just to combine.

Peel potatoes and cut into 1-inch cubes, working quickly so that the potatoes don't brown. Using the grater attachment of a food processor, grate potatoes and remaining 1 ¼ cup diced onion. Pour the potato-onion mixture out into the towel or cheesecloth set over the colander, wrap the towel around the mixture, and wring out as much liquid as possible. The potatoes should release at least 1 cup of liquid. Discard liquid. Add dry potato mixture to the egg/flour mixture, making sure to scrape all potato starch off of the towel and into the mixing bowl. Stir until batter is combined and sticky. Preheat oven to 425°F. Set a wire racks inside a baking sheet and place it on the counter next to your stovetop.

Heat ½ cup vegetable oil in a heavy-bottomed skillet over medium-high heat. Oil should be hot but not smoking, about 375°F. For each latke, take about ¼ cup of batter and flatten it in your palms to about a 2-inch disk. As you do this, squeeze out excess liquid, then place the disk into the oil with a heatproof spatula. Cook latkes about 4 minutes each side, until golden brown. Cook in batches of 4-5 latkes. Between batches, use a slotted spoon to strain any leftover bits of potato mixture out of the oil. Add more oil as needed, making sure to let the oil reheat before dropping the next potato mixture in. Transfer fried latkes to the baking rack, and place in the oven for about 8 minutes, until crispy and deep brown.

Garnish with sour cream and cranberry applesauce.



CRANBERRY APPLESAUCE

Serves 10-12

INGREDIENTS

2 cups fresh or frozen cranberries
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
¼ cup sugar
½ cup Manischewitz Concord Grape wine
4 large Granny Smith apples

PREPARATION

In a medium sauce pot, combine cranberries, spices, sugar, and Manischewitz. Bring mixture to a boil, then reduce heat and simmer 20 minutes. Peel and core apples, then cut them into large chunks (approximately ½-inch cubes), and add to the cranberry mixture. Cover sauce and continue to simmer for 20 minutes, stirring occasionally. If sauce begins to stick, add water.

Remove from heat and cool to room temperature before serving.



NANCY'S APRICOT CHICKEN

Use boneless breasts of chicken or chicken parts.
Pour sauce on top.

Sauce- Mix together the following ingredients:

1 jar apricot jam

1 bottle red thousand island salad dressing

1 envelope Lipton onion soup mix

Bake at 350 degrees for one hour



MANISCHEWITZ-BRINED ROAST TURKEY

Serves 14-16

INGREDIENTS

Brine:

6 quarts (24 cups) water, divided
1 ½ cups kosher salt
3 tablespoons caraway seeds
1 tablespoon fennel seeds
1 tablespoon mustard seeds
10 cloves garlic, crushed
5 sprigs rosemary
10 sprigs thyme
4 lemons, halved
4 oranges, halved
3 750-mL bottles Manischewitz Concord Grape wine

Turkey:

1 18 to 20-lb turkey
1 cup unsalted butter (2 sticks) , at room temp

Special Equipment

5-gallon container (a large cooler or foodsafe bucket)
Roasting rack and pan large enough for turkey
Meat thermometer

PREPARATION

Brine:

Bring 4 cups water to a boil with salt, caraway, fennel, and mustard seeds to a gentle boil. Stir to ensure salt has dissolved, then let cool to room temperature. Pour into a 5-gallon container. Add the remaining 20 cups water and all remaining brine ingredients (but not the turkey yet).

Turkey:

Remove turkey from its packaging and discard any excess liquid that leaks out. Your turkey probably has a bag inside of it containing its giblets and neck; discard giblets but put the neck in an airtight container and refrigerate to use for turkey stock. Then, submerge turkey in brine, making sure that it is completely covered (it doesn't matter if it's breast-side up or breast side down). Refrigerate for 24-36 hours. If brine doesn't completely cover your turkey, flip the turkey over halfway through to ensure even brining.

Preheat oven to 500°F, with a single rack on the lowest rung.

Take turkey out of brine and dry thoroughly — inside and out — with paper towels. Then start with new paper towels and dry it again, inside and out. Let turkey sit out until it is



room temperature, about an hour, then rub your room-temperature butter all over the turkey.

Place turkey on a roasting rack, breast side down. Cook in the 500°F oven for 30 minutes, or until skin on top starts to brown. After 30 minutes, flip your bird, turn the oven down to 350°F and cook turkey breast side up for for 3 - 3 ½ hours, until it reaches an internal temperature of 165°F. You can check this by taking the turkey out of the oven after 2 hours and 45 minutes and inserting a meat thermometer into the thickest part of the thigh. If the skin of your turkey starts to burn, tent a piece of aluminum foil over the part that is burning.

Once the thigh meat temperature reaches 165°F, remove from the oven and let rest on a cutting board for at least 20 minutes before carving.

TURKEY GRAVY

Serves 8-10

INGREDIENTS

Drippings from roasted turkey

¼ cup Manischewitz Concord Grape wine

3 cups homemade turkey stock (or canned chicken broth)

1/3 cup all-purpose flour

½ teaspoon kosher salt

1 sprig thyme

1 sprig rosemary

Special Equipment

Fine mesh strainer

PREPARATION

Take turkey out of the roasting pan and set it aside on a carving block. Pour as much of the turkey drippings as you can out of the pan and into a heatproof container or bowl (plenty will remain stuck to the bottom), and reserve these drippings. Place the roasting pan across two burners over medium heat. When the pan is hot, add wine and scrape the bottom of the pan with a wooden spoon or metal spatula for about 15 seconds to loosen any brown bits stuck to the bottom. Strain these drippings into a heatproof container, and add enough of the reserved drippings so that you have a total of ⅔ cup. Discard the rest. Put drippings in a small saucepan over low heat, and add flour. Whisk the mixture constantly over low heat for about 2 minutes, until mixture is sticky and paste-like. Slowly pour in turkey stock, whisking continuously. Add herbs and cook on low, whisking occasionally, for about 3 minutes. Take gravy off the heat and remove the herbs (take out the whole sprigs; thyme leaves may fall off the sprig and into your gravy, which is OK).

Serve immediately. Gravy will continue to thicken as it cools.

Savory London Broil with Sweet Braised Shallots and Mushrooms

By [Elizabeth Kurtz](#) - *Recipe reprinted with permission from [Celebrate](#).*

[BY ELIZABETH KURTZ \(COURTESY OF CHABAD.ORG\)](#)

As I put together the list of meat recipes for this book, tester after tester requested more recipes for London broil. That makes sense because it's very accessible, not too large or expensive, and if prepared well, it's delicious. I like to have my butcher "split it" and remove the vein in the center. The result is a super-soft and easy-to-slice quick roast that is full of flavor.

Serves: 8

London Broil

- 1 (2- to 4-pound) London broil or minute steak, split, and deveined (this recipe can also be made with 2 smaller (1 1/2- to 2-pound) London broil)
- 1 head garlic, roasted (instructions below)
- 1 tablespoon onion powder
- 1/2 teaspoon ground black pepper
- 1 teaspoon kosher salt
- 2 tablespoons packed light brown sugar

Braised Shallots and Mushrooms:

- 3 tablespoons extra-virgin olive oil
- 6 shallots, sliced
- 1 1/2 pounds button or assorted mushrooms
- 1/3 cup balsamic vinegar
- 3 tablespoons soy sauce
- 2 tablespoons sugar
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper



LONDON BROIL (Cont.)

To prepare the London broil:

1. Preheat oven to 300°F.
2. Place meat on a piece of parchment paper in a large roasting pan.
3. In a small dish, mix roasted garlic, onion powder, black pepper, salt, and brown sugar.
Spread all over the top of the meat.
4. Wrap the meat tightly with parchment paper and then with foil.
5. Bake for 1 1/2 to 2 hours or until meat is 150°F for medium.
6. Remove meat from oven and allow to rest 5 to 10 minutes until cool enough to slice.
7. (Alternatively, preheat oven to broil and set the top rack 8 to 12 inches from the broiler.
Spread seasoning on meat but do not wrap it. Place meat in an oven-safe dish in oven and broil for 7 to 10 minutes, or until an internal meat thermometer registers 150°F for medium.
The top should be browned and the meat pink on the inside.)

To prepare the shallots and mushrooms:

1. Set a sauté pan over medium heat and add olive oil.
2. When oil is hot, cook shallots until soft, about 6 minutes. Add mushrooms and cook an additional 4 to 6 minutes.
3. Add balsamic vinegar, soy sauce, and sugar. Season with salt and pepper.
4. Bring to a boil and cook for 3 to 5 minutes, until sauce is syrupy.
5. When meat is cool, slice and return meat to the cooking juices in the baking pan. Pour shallot and mushroom mixture over meat.

Roasted Garlic:

- 1 head garlic
 - 1 to 2 tablespoons extra-virgin olive oil, as needed
1. Preheat oven to 400°F.
 2. Slice the top off the head of the garlic.
 3. Set the garlic on a large piece of aluminum foil.
 4. Drizzle oil over the garlic, allowing the oil to cover the garlic completely.
 5. Wrap tightly with the foil and place directly on wire rack. Roast for 45 minutes, or until the garlic is softened.
 6. Remove from oven to cool, and then squeeze the roasted garlic from the skins.

HALF MOON COOKIES for HANUKKAH

Contributed by Marian
Origination- Marian

Bake 12 minutes at 375 degrees

Cream: 3/4 c margarine or butter
 1 1/2 c sugar

Beat together: 2 eggs (I use 1/2 c Egg Beaters)
 1 t vanilla

Add to creamed mixture

Sift together: 3 c sifted flour
 1 t baking powder
 1 t baking soda
 1/2 t salt

Add alternately: 1 c sour milk or buttermilk
 And dry ingredients

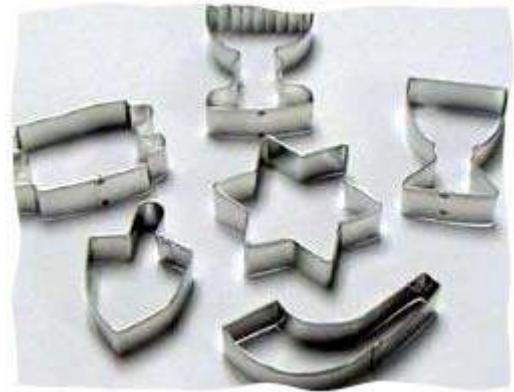
Drop onto greased cookie sheets to bake till lightly browned at edges. I make them relatively small - that's why they take so long to ice but they make so many; good for gifts.

Frost half of each cookie with white IOx frosting (powdered) and half with blue. Happy Chanukah!

Marian's Notes: I started making half moon cookies with white icing on half and pale blue of the other half around Adam's first Chanukah, and they have been our family tradition ever since. I do not make them any other time during the year and that keeps them more special, and saves a few calories. I always double the recipe so I have them to give them away. It makes a huge number, makes a mess, takes time but is well worth it! They freeze well between layers of waxed paper but of course I like them best fresh.



HANUKKAH SHAPED COOKIES



- 1 cup margarine or butter
- 2 eggs
- 2 tablespoons orange juice
- 1 tablespoon vanilla
- 1 cup sugar
- 3 cup flour
- 1/2 teaspoon baking powder
- Chanukah cookie cutters (shaped like menorah, dreidel, candle)
- Sprinkles (optional)

Mix ingredients well. Wrap in wax paper and chill for at least an hour. Roll out dough until 1/4 to 1/2-inch thick. Cut with Chanukah cookie cutters. Decorate with sprinkles (optional). Place on greased cookie sheet and bake at 450° F for 6 to 8 minutes or until lightly browned.

© Copyright, all rights reserved. If you enjoyed this article, we encourage you to distribute it further, provided that you comply with Chabad.org's [copyright policy](#).

DOUGHNUT TWISTS

YIELD: MAKES 20

SOURCE: MARTHA STEWART LIVING, DECEMBER 2009

INGREDIENTS

- 1 tablespoon active dry yeast (from two 1/4-ounce envelopes)
- 3/4 cup whole milk or soy milk, warmed
- 3 1/2 cups all-purpose flour, plus more for surface
- 6 large egg yolks
- 1/2 cup packed light-brown sugar
- 1/4 cup granulated sugar
- 2 tablespoons pure vanilla extract
- 1 1/4 teaspoons coarse salt
- 1 teaspoon ground cinnamon
- 4 ounces (1 stick) unsalted butter or nondairy margarine
- Safflower oil, for deep-frying (about 8 cups), plus more for bowl
- 2 cups superfine sugar
- [Chocolate-Brandy Sauce](#), optional



DIRECTIONS

1. Place yeast in the bowl of a mixer. Pour milk over yeast; stir to combine. Let stand until foamy, about 2 minutes. Add 2 3/4 cups flour to bowl without stirring. Cover tightly with plastic, and let stand in a warm place until surface is cracking, about 45 minutes.
2. Whisk together cup flour, the yolks, brown and granulated sugars, vanilla, salt, and cinnamon.
3. Melt butter in a small saucepan over medium heat, swirling occasionally, until dark brown with a nutty aroma. Remove from heat. Pour browned butter (with browned bits) over yolk mixture; whisk to combine.
4. Add yolk-butter mixture to yeast mixture. Beat with a mixer on medium-low speed until just combined. Add remaining 1/2 cup flour. Beat on medium-high speed until combined, about 2 minutes (dough will be sticky). Transfer to an oiled bowl; cover. Let stand in a warm place until doubled in volume, about 2 hours. Turn out dough onto a floured surface, and knead for 2 minutes. Return dough to bowl. Let stand until doubled in volume, about 30 minutes more.
5. Turn out dough onto a lightly floured surface. Gently roll out dough into a 10-by-25-inch rectangle. Cut crosswise into twenty 1/2-inch-thick strips. Bring ends of 1 strip together, twist, and pinch ends to seal. Place on a baking sheet. Repeat with remaining strips. Let stand for 15 minutes.
6. Heat 2 to 3 inches oil in a heavy 5-quart saucepan until a deep-fry thermometer registers 375 degrees. Working in batches, fry doughnuts, turning occasionally, until browned, about 2 minutes. (Adjust heat as necessary to maintain oil temperature.) Transfer doughnuts to paper-towel-lined plates to drain; let cool slightly. Toss doughnuts in superfine sugar. Serve with chocolate-brandy sauce if desired.

HOMEMADE GELT

SOURCE: MARTHA STEWART LIVING, DECEMBER/JANUARY DECEMBER/JANUARY 2015

INGREDIENTS

- Safflower oil, for brushing
- 2 1/2 ounces dark chocolate
- Cacao nibs, grated orange zest, or finely chopped candied ginger, for topping

DIRECTIONS

1. Brush a 12-cup mini muffin tin with safflower oil. Using a microwave, melt dark chocolate in a heatproof bowl in 10-second increments, stirring in between. Divide melted chocolate evenly among prepared muffin cups. Top with cacao nibs, orange zest or candied ginger, as desired. Refrigerate 30 minutes. Using an offset spatula, remove the chocolates; blot any excess oil. Wrap in gold or silver candy papers (available at papermart.com). Store in the refrigerator for up to a week.



Purim

Thick and Rich Pea Soup.....	80
Nancy’s Toasted Barley.....	81
Sweet Potato Bourbon Noodle Kugel.....	82
Short Ribs.....	84
Roast Beef and Onions.....	85
Delicate Salmon Steaks Poached in Lemon Wine.....	86
Hamantashen Recipe 1.....	87
Hamantashen Recipe 2	88
Spiced Nuts.....	89

THICK AND RICH PEA SOUP

This soup is definitely our family's all time favorite. We serve it at special occasions, or any occasion we want to make special.

Ingredients:

- 1 cup yellow split peas,
- 1 cup green split peas,
- ½ cup navy beans,
- ½ cup barley (optional),
- 4 cloves garlic diced
- 2 large carrots grated
- 2 bay leaves,
- Salt to taste.



Directions:

Soak all legumes overnight. In the morning drain the water from the container, place in an 8 quart pot and cover with water. Cook until legumes are tender about 1 ½ hours. Add spices. Meanwhile In a different pot sauté garlic in 2 tablespoons of oil until translucent. Add grated carrots to sautéed garlic and cook for 10 minutes. Add sautéed vegetables to the soup, and continue simmering for another 20 minutes. If soup is too thick add water to obtain desired texture.

Preparation: 30 minutes

Serves 12.

NANCY'S TOASTED BARLEY

Serves 8

Easiest version of recipe

1 package of Manischewitz barley shaped noodles

Boil 10 minutes and drain

Put in casserole dish

Mix in

1 stick of melted margarine

1 package of Lipton onion soup mix

1 4 oz. can of mushroom pieces

Cook covered 350 degrees for 1 hour

Healthy Version

Cook real barley and drain

Sautee 2 sliced onions and 1 cup of sliced mushrooms in ¼ cup of olive oil, 2 Tablespoons of garlic and 2 teaspoons of kosher salt.

Add to barley

Cook 350 degrees for ½ hour

(If you want a toasted effect, cook either recipe the last ten minutes uncovered)



SWEET POTATO BOURBON NOODLE KUGEL

Serves 10-12

INGREDIENTS

Casserole

4 medium sweet potatoes (about 1.5 lbs)

4 tablespoons bourbon

one 1-lb package wide egg noodles

6 eggs

¼ cup brown sugar

1 ½ lb full-fat cottage cheese

1 cup unsalted butter (2 sticks), melted

1 teaspoon kosher salt, plus more to salt water for noodles



Topping

2 cups corn flakes

1 cup whole shelled pecan halves, coarsely chopped

¼ cup unsalted butter (½ stick)

¼ cup brown sugar

Special Equipment

Food processor or blender

9x13-inch baking dish

Aluminum foil

Gallon-sized Ziploc bag

PREPARATION

Preheat oven to 400°F.

Wrap sweet potatoes individually in foil and roast in the oven until soft and completely cooked through, about 1 hour and 10 minutes. Let cool completely. Peel skin off sweet potatoes using

your hands (and a table knife, if it helps), then puree with the bourbon in a blender or food processor until completely smooth. This should yield about 3 cups of puree. If you yield more than 3 cups, set the excess aside for another use or discard. (If you want, you can do this ahead and refrigerate the puree for up to 2 days.)

Lower oven to 350°F.

In a pot of heavily salted water, cook the egg noodles al dente (about 5 minutes, or 2 minutes less than the package directions say). Pour into a colander to drain, running cold water over the noodles until they are cool to stop the cooking. Drain thoroughly.

In a very large bowl, beat eggs, then add brown sugar and beat just until combined. Add cottage cheese, melted butter, and the sweet potato puree, then mix with a rubber spatula until combined. Finally, add salt and the cooked noodles, and mix with a spatula until combined.

Pour noodle mixture into a 9x13-inch baking dish. Bake uncovered for 50 minutes (if noodles start to brown during this time, cover your baking dish with foil).

While kugel is baking, prepare the pecan topping: First, put the cornflakes in a Ziploc bag and crush with your hands. The cornflakes should be in small pieces, but not dust. Next, brown butter in a medium saucepan. When butter is brown, turn off your heat and add sugar, chopped pecans and crushed cornflakes and stir with a spatula until just combined.

After it has baked for the full 50 minutes, remove kugel from the oven and sprinkle pecan mixture on top in an even layer. Bake, uncovered, for another 30 minutes, or until set. If pecans start to brown before kugel is set, cover with foil.

SHORT RIBS

Contributed by Marcia
Origination- Marcia's adaptation of Chris
Hair's Island Short Ribs,
Groundhog Cookbook #1



Flanken is sometimes confusingly labeled "short ribs," and vice versa. Both Cuts do come from the flavorful chuck, or shoulder portion, of the steer; flanken is simply a three-rib portion of short ribs.

6 -7 pounds meaty beef short ribs or large chunks of brisket	
1/2 cup flour	1 t salt
2 t. salt; freshly ground pepper	2 t pepper
2 T. butter	4 T soy sauce
2 T. oil	1 t chili powder
2 large onions, slice thinly	2 T Worcestershire sauce
3/4 cup catsup	1/2 cup sugar
3/4 cup water	1 t. chili powder
2 T. vinegar	

Lightly dredge short ribs in flour seasoned with salt and pepper. Brown on all sides in hot oil and butter. Place ribs in a large covered roaster. Sprinkle sliced onions over the ribs. Combine catsup and remaining ingredients and pour over short ribs. Place in a 300-degree oven 3 hours or until tender. Skim fat. Thicken sauce with a little flour (see Marcia's notes) and water if desired. Serves 6-8.

Marcia's Notes: Use flanken or large chunks of brisket. She uses gingersnaps instead of flour to thicken and flavor at end by pulverizing 4-6 gingersnaps, make a little paste and add slowly to avoid lumps. Always add some chunks of brisket.

ROAST BEEF AND ONIONS

- Serves 8
- Hands-On Time 15 min
- Total Time 1 hr 30 mi

INGREDIENTS

1. **4** small onions, quartered
2. **1** tablespoon olive oil
3. kosher salt and black pepper
4. **1** 4-pound boneless rib or rump roast

DIRECTIONS

1. Heat oven to 375° F. In a roasting pan, toss the onions, oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Push the onions to the edges of the pan. Season the beef with 1 teaspoon each salt and pepper and place in the center of the pan.
2. Roast the beef to the desired doneness, 65 to 80 minutes for medium-rare (remove from oven when the internal temperature registers 125° F).
3. Transfer the beef to a cutting board, tent loosely with foil, and let rest for at least 15 minutes. Slice and serve with the onions.



By Kate Merker

DELICATE SALMON STEAKS POACHED IN LEMON WINE

This fish can be prepared in advance and left to marinate. Cook while your guests are assembling to the dining room, or prepare it early in the morning and just reheat before the meal. It takes minutes.

Ingredients:

- Juice from 2 large lemons
- 1/2 cup water
- 1/2 cup cooking wine
- 1/2 tsp salt
- 6 salmon steaks or fillets

Directions:

Place 1st four ingredients in medium saucepan. Add raw salmon steaks with cover. Marinate salmon in this sauce for 1 hour.

Bring fish to a slow boil over medium-low heat. Reduce heat slightly, cover, and simmer 5 minutes.

Flip salmon over, cover, and continue to simmer 5 more minutes or until salmon is cooked throughout.

Preparation: 10 minutes

Serves: 6



HAMANTASHEN RECIPE 1

Ingredient List:

3 eggs

1 cup granulated sugar

$\frac{3}{4}$ cup vegetable oil

2 $\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{2}$ cup orange juice (could use a little orange zest too if you want to highlight the orange flavor!)

5 $\frac{1}{2}$ cups all-purpose flour

1 Tablespoon baking powder

1 cup fruit filling or chocolate kiss or whatever! Fruit filling has to be thick so use cake & pastry filling or a thick fruit preserve.

Directions:

1. Preheat oven to 350 degrees. Cover baking sheet with parchment paper. If not available, grease baking sheet.
2. In a large bowl beat the eggs and sugar until light and fluffy (Can be done by hand). Stir in oil, vanilla and orange juice. Combine the flour and baking powder; stir into the batter to form stiff dough.
3. Dough can be rolled on a floured surface and circles cut with a cookie cutter or drinking glass. However, it is easier to put a little flour on your finger tips, take a pinch of dough and roll a ball approximately the size of a ping-pong ball. Then flatten ball with finger tips, place on table and fill.
4. Fill with filling. Use a teaspoon for a small circle, more for a larger one.
5. Pinch the circle into a triangle.
6. Bake for 12 to 15 minutes until light golden brown. Allow cookies to cool one minute on cookie sheet and then move to wire racks to cool completely.

HAMANTASHEN RECIPE 2

2 eggs

½ cup oil

¾ cup sugar

1 and 1/2 tsp. baking powder

¼ tsp salt

1 tsp vanilla

2 and ¾ cups of flour

Assorted canned pastry fillings or chocolate chips

1. Beat eggs in large bowl. Beat in oil, sugar, baking powder, salt and vanilla. Add flour gradually. Blending well after each addition.

2. Turn our dough on floured surface. Knead until smooth, adding more flour if necessary.

3. Divide doug into small balls. Roll or press balls into 3 inch circles. Place a teaspoon of pastry filling in the center. Pinch corners of the dough to form a triangle. Place on greased cookie sheet.

4. Bake in preheated oven at 350 degrees for 25 minutes until lightly browned.



SPICED NUTS

Ingredients:

1 egg white
1 teaspoon water
1 pound pecan halves
1 cup sugar
1 teaspoon cinnamon
1/2 teaspoon salt
1 pinch pumpkin pie spice and/or nutmeg (both optional)

Method

In small bowl beat 1 egg white and 1 teaspoon water until frothy. Put pecans into a large bowl, dump egg white froth and mix with pecans until covered. In separate bowl combine sugar, cinnamon, salt and pumpkin pie spice. Pour over pecans, coating thoroughly. Spread on cookie sheet and bake at 300 degrees for 45 minutes, stirring every 15 minutes.

Stirring of the cooking nuts is very important. I just keep setting the timer for 15 minutes. You want to be sure that the nuts get to a "dry" state -- so sometimes 45 minutes isn't quite enough time. Test them as you stir.

Cool nuts and store. They can be frozen. If you are making 2 lbs of nuts, it is best to make two batches.

Source: Meg Jacobson

Passover Recipes

Charoset.....	91
Gefilte Fish.....	92
Passover Bagels or Rolls.....	94
Nancy’s Matzo Ball Soup.....	95
Myrna’s Passover Lasagna – DAIRY.....	96
Poached Salmon Salad with Beets.....	97
Braised Chicken and Spring Vegetables.....	98
Giora Shimoni’s Brisket.....	99
Leg of Lamb from Gloria Newberger.....	100
Braised Lamb Shanks with Fennel.....	101
Broiled Asparagus.....	102
Gluten Free Cinnamon Apple Tart w/ Pecan Crust.....	103
Gluten Free Healthy Passover Cookies.....	104
Myrna’s Passover Toffee.....	105
Gluten Free Nut/Date Fig Brownies	106
Passover Flourless Chocolate Cake.....	107

**NANCY LUDIN’S COLORFUL AND DELICIOUS
CHAROSET**

Ingredients

½ c. brown raisons
½ c. yellow raisons
½ c. craisins
3 apples- 1 red, 1 yellow and 1 green
1 cup walnuts
½ c Manischewitz grape wine
2 T cinnamon

Soak ½ cup of raisons in hot water to plump them and then drain
Soak ½ cup of yellow raisons in hot water to plump them and then drain
Soak ½ c of craisins in hot water to plump them and then drain
While raisons are plumping, chop the three colored apples. Add nuts, cinnamon and wine and mix. Then add the drained raisons and craisins and mix. Serve for the Seder.



TRADITIONAL CHAROSET

yield: Makes about 4 cups

This is a standard Ashkenazi (Eastern European) recipe, with a little brown sugar added for depth.

Ingredients

- 3 medium Gala or Fuji apples, peeled, cored, and finely diced
- 1 1/2 cups walnut halves, lightly toasted, cooled, and coarsely chopped
- 1/2 cup sweet red wine such as Manischewitz Extra Heavy Malaga
- 1 1/2 teaspoons ground cinnamon
- 1 tablespoon packed brown sugar

Preparation

In large bowl, stir together all ingredients. Store, covered, at room temperature until ready to serve.

For the most even texture, we recommend dicing the apples by hand. However, to save time, they can be chopped in the food processor — just be careful not to over process.

GEFILTE FISH

Gefilte Fish History

"Gefilte" literally meaning a stuffed fish. In Yiddish, gefilte fish originally referred to the custom of preparing fish for the Sabbath. It came about of two needs: adherence to Jewish law, along with lack of resources. The Torah law of borer prohibits on the Sabbath the separation of edible parts of an animal from the inedible. The separation of fish from its bones falls into this category.

In the late Middle Ages, Jews in Eastern Europe prepared their Sabbath fish on Friday. Unfortunately, their fish would not last so long - this was way before the refrigerator was invented in 1803. So, to preserve the fish as fresh as possible, it was discovered that adding onions kept it from going bad for a little while longer. Thus, in preparation for the Sabbath in the middle ages, Eastern European Jews removed the fish from the bone, added onions, flavor, and hoped the house didn't smell like a fish factory. Most gefilte today is served as fish cakes, skinless.

Gefilte fish was the perfect solution,...Because the fish is ground and minced and there are no bones to worry about, so it's both kosher and easy to eat. □

Carp, which fill the Eastern European waters, are known for their countless bones. He gives a practical answer in addition to a religious one. The Jews couldn't feed the bones to their young kids, so they took the fish apart so they could have edible food for the whole family to enjoy,

Joe Hartman, owner Koshers Meats in Toronto, sells roughly 30 loaves of gefilte fish each Friday afternoon, and says the delicacy is lost on the younger generation...kids don't appreciate what goes into making gefilte fish...They don't put their heart and soul into it like their parents or grandparents did. It takes lots of work, but now you can just walk into any supermarket to buy it.

Yet, for some reason this recipe has not disappeared along with other Jewish customs. In fact, it has remained a staple dish on the Sabbath table.

Although the custom originated with Ashkenazi Jews, Sephardic Jews have gefilte fish recipes too. The adaptable nature of this recipe has allowed each family to modify it to their liking. Traditionally, freshwater, white-fleshed fish such as pike, carp, or whitefish is used. Some like a peppery fish broth and savory fish; some like it sweetened with sugar. Changes are made all the time, whether it is the kind of fish used, the broth in which it is cooked, or the toppings.

Most North Americans prefer their gefilte fish served with horseradish, while Latin American Jews cook the gefilte fish in tomato sauce. Some like mayonnaise as a dipping sauce; others enjoy it straight-up.

Despite these modifications and alterations, gefilte fish has survived, amazingly. While not nearly as popular as other Jewish foods such as the bagel, kugel, knish, falafel, or chicken soup, gefilte reigns supreme on every Jewish celebration table.

GEFILTE FISH (Cont.)

Fish Ingredients:

- 1 carrot
- 1 onion
- 1 lb. (450 grams) ground carp
- 2 tbsp. sugar
- 1 tbsp. ground black pepper
- 1 tbsp. kosher salt
- 1 cup matzo meal (approximately)
- 2 eggs

Broth Ingredients:

- 12 cups (3 liters) water
- 4 bay leaves
- 5 whole peppercorns
- ½ cup sugar
- 1 tbsp. cracked black pepper
- 1 onion



Directions:

1. Place the carrot and onion into a food processor and grind finely.
2. Mix the carrot and onion mixture into the ground carp.
3. Add in the salt, sugar, pepper, eggs and matzah meal. Mix and form into balls.
4. Place all the broth ingredients into a pot and bring to a boil.
5. Drop in the fish balls and cook for 1 hour.
6. Refrigerate until serving.

PASSOVER BAGELS OR ROLLS

(Makes 10-12)

1 teaspoon kosher salt (not iodized)
1 tablespoon sugar
2/3 cup water
1/3 cup oil (not corn oil for Passover)

1 cups matzo meal

3 eggs

Preheat oven to 400 degrees.

Combine the first four ingredients in a small sauce pan. Heat until the mixture boils. Remove from heat and stir in quickly matzo meal. Then quickly add one egg at a time, stirring briskly to mix in each egg. The mixture should be smooth without lumps of egg or matzo meal. Spoon into 10-12 rolls onto greased cookie sheet. Bagels may be formed by wetting your fingers to make a hole in the center.

Lower the oven temperature to 350 degrees and bake the rolls for about 35-40 minutes until they are puffy and browned and thoroughly baked in the middle. Prick each side of each roll with a barbecue skewer to allow the steam to release while cooling. These freeze well. Copyright 2009, Myrna Ossin



NANCY'S MATZO BALL SOUP

12 cups of water
12 cubes of chicken bouillon
12 frozen chicken tenders from Sam's Club
1 or 2 beaten eggs
2 cups mini-carrots
1 can diced tomatoes (does not need to be drained)
1 Tablespoon jarred garlic
¼ cup of frozen chopped onions
¼ cup of frozen chopped peppers- green and red for color.
1 Tablespoon of parsley or fresh parsley
2 teaspoons of Sriracha Hot Chili Sauce (if you like a kick to your soup. If you don't, a little Tabasco adds flavor.)
3 Tablespoons of Weber Kick' N Chicken Seasoning
1 teaspoon Poultry seasoning
Make a roux out of 3-4 Tablespoons of melted margarine and 3-4 Tablespoons of flour. Mix together and add to soup to thicken and add flavor. At Passover time, instead of using flour, use arrow root. Less arrow root is needed to thicken the soup.

The soup can be made on the stove or in a crock pot. The amount of water and bouillon does not really matter, but I keep the parts approximately even. I make my matzah balls using the Streit's mix. It has more oil, so it is less healthy, but they taste better than Manishewitz matzah balls.

When the soup is almost ready to be served, when it is not Passover, add one package of Raman noodles and their seasoning packet. At Passover time, the guests can add soup nuts or matzah farfel to the soup.

*Recipe courtesy of Moran Pinto – Recipes for Shabbat from Israel –
Chabbad.org*

MYRNA'S PASSOVER LASAGNA

(Serves 4)



2 eggs
1 lb. cottage cheese
¼ tsp each of salt, pepper, oregano
8 oz. mozzarella cheese, grated

1 medium green pepper, diced
1 small onion, chopped
1 lb. fresh mushroom, sliced
¼ cup melted butter or oil

3 whole matzos
1 ½ cups tomato sauce

Beat eggs with cottage cheese. Add seasonings. Sauté vegetables in oil until soft. Slightly moisten one side of matzo with water. (Do not get it soggy.) Put a two or three tablespoons of sauce on bottom of 8 inch square pan. Alternate layers of cheese, veggies, matzo and sauce ending with grated cheese. Bake 350 for 50 minutes or until cheese is melted and layers are cooked thoroughly. Cool 10-15 minutes before slicing into 4 servings. Freezes well.

Recipe from Myrna Ossin

POACHED SALMON SALAD WITH BEETS

Photo by Con Poulos

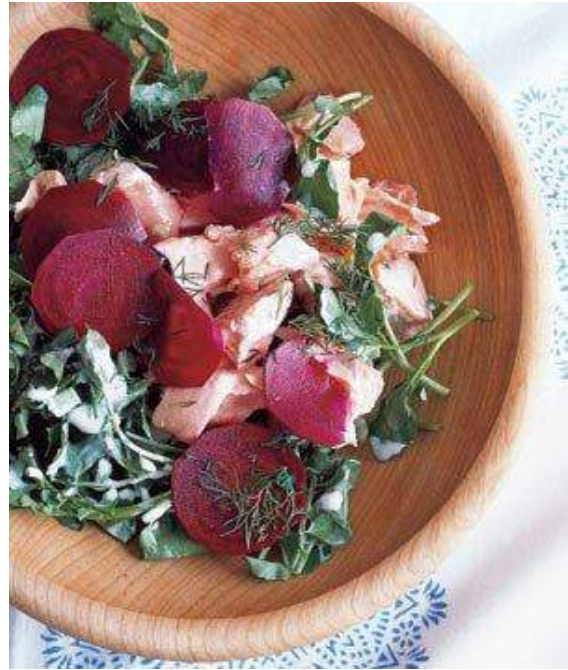
- Serves 4
- Hands-On Time 20 min
- Total Time 35 min

INGREDIENTS

1. 1 pound salmon fillet, skin removed
2. kosher salt and pepper
3. 1/4 cup plus 1 tablespoon rice vinegar
4. 1/2 cup sour cream
5. 3 tablespoons prepared horseradish
6. 2 bunches watercress, thick stems removed (about 6 cups)
7. 3 medium beets, peeled and very thinly sliced
8. 2 tablespoons fresh dill, chopped

DIRECTIONS

1. Place salmon in a skillet and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Add 1/4 cup vinegar and enough water to half cover the fish.
2. Cover and simmer over medium heat until salmon is opaque and beginning to flake, 12 to 15 minutes.
3. Transfer to a plate and refrigerate until cool, 15 to 20 minutes. Using a fork, flake the salmon into bite-size pieces.
4. Meanwhile, in a small bowl, combine sour cream, horseradish, remaining 1 tablespoon vinegar, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
5. In individual bowls, combine watercress, salmon, and beets. Drizzle with the dressing and sprinkle with the dill.



By Sara Quessenberry

PENNY'S EASY SALMON

Ingredients:

- 1 tbsp brown sugar
- 1/2 tbsp chili powder
- 1 tsp garlic powder
- Salt & Pepper to taste
- 1 1/2 lb filet of salmon

Mix all dry ingredients in a small bowl. Place salmon filet (skin down) on a greased piece of tin foil. Spread dry mix over top generously. Bake at 350 degrees for approx 15 minutes. Remove and sit for 3 minutes. Serve warm or room temperature.

BRAISED CHICKEN and SPRING VEGETABLES

- Serves 4
- Hands-On Time 15 min
- Total Time 40 min

INGREDIENTS

1. **1** tablespoon olive oil
2. **8** small bone-in chicken thighs (about 2 1/2 pounds)
3. kosher salt and black pepper
4. **1** cup low-sodium chicken broth
5. **12** medium radishes, halved
6. **3/4** pound carrots (about 4), cut into sticks
7. **1** teaspoon sugar
8. **2** tablespoons chopped fresh chives

DIRECTIONS

1. Heat the oil in a Dutch oven over medium-high heat.
2. Season the chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook until browned, 6 to 7 minutes per side. Transfer to a plate.
3. Spoon off and discard the fat. Return the pot to medium-high heat. Add the broth and scrape up any brown bits.
4. Stir in the radishes, carrots, and sugar.
5. Place the chicken on top of the vegetables and gently simmer, partly covered, until it is cooked through, 15 to 20 minutes. Sprinkle with the chives.

By Sara Quessenberry



GIORA SHIMONI'S BRISKET

- 1 5-7 pound brisket, washed and drained
- 1/2 cup oil
- 1/4 cup Coca-Cola
- 1/2 cup red wine (dry)
- 1/4 cup honey
- 4 Tbsp. ketchup
- 1/2 tsp. mustard powder
- 1 small onion chopped
- 1/2 tsp. paprika

- **Prep Time:** 15 minutes
- **Cook Time:** 240 minutes
- **marinate overnight:** 480 minutes

- **Total Time:** 735 minutes
- **Yield:** 10-12 servings



Preparation

1. Place brisket in a roasting pan. Chop all seasonings in food processor and pour over brisket. Cover and marinate in the refrigerator overnight.
2. Preheat oven to 325° Fahrenheit (165° Celsius).
3. Bake at 325° Fahrenheit (165° Celsius) for approximately 4 hours, or until a digital instant-read thermometer inserted into the center of the brisket reads 190° for well done.
4. When cool, thinly slice the brisket against the grain. It is very important to slice the brisket correctly. If the meat is not sliced against the grain, it will be tough.

SERVING SUGGESTION: Make gravy with drippings from the meat. Melt 4 Tablespoons of parve margarine in a heavy saucepan. Slowly stir in 4 Tablespoons of all-purpose flour (use potato starch instead of flour during Passover). Cook and stir for approximately 3 minutes, or until margarine just starts to darken. Slowly stir in 2 cups of drippings. Continue cooking and stirring until gravy thickens to desired consistency. Season with salt and pepper. Serve slices of brisket with gravy.

Tip: It is best to prepare the brisket a day before it is served as the taste is enhanced after it sits in the fridge.

LEG OF LAMB FROM GLORIA NEWBERGER

The night before: Place lamb in a baking dish (Joy Dreyfus tells me this should be glass-not aluminum)

Joy makes a marinade of olive oil, dry red wine, soy sauce, cut up garlic cloves.

The Sentinel suggests: olive oil, large lemon, fresh chives or green onions, parsley

Joy suggests marinating overnight. The Sentinel suggests marinating for one hour. I suggest overnight.

Before roasting on Friday, the lamb **MUST** be at **ROOM TEMPERATURE**. Before roasting, Joy rubs the top of lamb with butter, peppercorns, garlic powder and, I would add, Lawry's seasoning salt.

Heat oven to 400 degrees. Roast at 400 degrees for 15 minutes.

Drop temperature to 350 and roast for an additional hour--should be medium rare

A meat thermometer inserted in thickest portion of meat, not near bone, should register 140 degrees for medium rare. Joy would cut the cooking time to 45minutes, but she likes her lamb really rare.

After roasting, lamb should be covered with foil and let to rest 20 minutes before carving.

You can make a gravy from the drippings in the pan. I also like mint jelly.



BRAISED LAMB SHANKS WITH FENNEL

INGREDIENTS

- 1. 3 bulbs of fennel, tops trimmed and quartered, ends still attached**
- 2. 1/4cup olive oil**
- 3. 2 teaspoons kosher salt**
- 4. 1 teaspoon freshly ground pepper**
- 5. 6 lamb shanks**
- 6. 1onion, finely chopped**
- 7. 1 head of garlic, peeled**
- 8. 1 tablespoon fresh rosemary, leaves chopped (or 1 teaspoon dried)**
- 9. 4 tomatoes, chopped, or three 15-ounce cans, drained and chopped**
- 10. 1cup dry white wine**
- 11. 1cup chicken broth**

DIRECTIONS

1. In a roasting pan, toss the fennel, 2 tablespoons of the oil, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper. Set aside.
2. Dry the lamb shanks on paper towels and season with the remaining salt and pepper. In a Dutch oven, heat the remaining oil over medium-high heat. Brown the lamb until golden, 4 to 5 minutes per side. (Do in 2 batches if necessary.) Remove the lamb and set aside.
3. Heat oven to 400° F. Pour off the excess oil from the Dutch oven. Stir in the onion, garlic, and rosemary. Cook 1 minute. Stir in the tomatoes, wine, broth, and lamb. Cover and bring to a boil. Place in oven.
4. Cook the lamb until it is fork-tender, about 2 1/2 hours, occasionally basting with the cooking liquid. After 1 hour, place the pan of fennel in the oven and roast until tender. Serve with the pan juices.

By Jane Kirby and Kay Chun

BROILED ASPARAGUS

INGREDIENTS

1. **1** pound asparagus, trimmed
2. **2** tablespoons olive oil
3. Kosher salt and black pepper

DIRECTIONS

1. Heat broiler. On a baking sheet, toss the asparagus with the oil and $\frac{1}{4}$ teaspoon each salt and pepper.
2. Arrange the asparagus in a single layer and broil, shaking the baking sheet occasionally, until tender and slightly charred, 6 to 8 minutes.

By Candy Gianetti



CINNAMON APPLE TART WITH PECAN CRUST

GLUTEN FREE - Serves: 6

Ingredients

- 4-5 medium Jonagold apples, peeled, cored and sliced 1/8-inch thick
- 1 tablespoon fresh lemon juice
- 1 tablespoon arrowroot powder
- 1 tablespoon honey
- 1 tablespoon ground cinnamon
- 1 Pecan Tart Crust

Instructions

1. In a large bowl, toss apple slices, lemon juice, arrowroot, honey and cinnamon
2. Fan apples out on top of uncooked crust, forming a circle
3. Layer more apples over circle and in its center
4. Cover tart with foil, and bake at 350° for 45 to 70 minutes, or until juices are bubbling
5. Remove foil and cook uncovered for 5-10 more minutes
6. Serve with Vegan Coconut Whip (page 94 *Gluten-Free Cupcakes*)

Paleo Pecan Tart Crust

Ingredients

- 1½ cups pecans
- 1 large egg
- 1 tablespoon coconut flour
- 1/8 teaspoon celtic sea salt

Instructions

1. Place pecans in food processor and pulse until the texture of coarse gravel
2. Pulse in egg, coconut flour and salt until mixture forms a ball
3. Grease a 9-inch tart pan
4. Using your hands, press crust onto bottom and up sides of tart pan
5. Top off crust with your favorite filling
6. Bake until filling is done (length of time dependent upon filling recipe)

HEALTHY PASSOVER COOKIES – GLUTEN FREE

Healthy cookies - 3 mashed bananas (ripe), 1/3 cup apple sauce, 2 cups oats, 1/4 cup almond milk, 1/2 cup raisins or chocolate chips, 1 tsp vanilla, 1 tsp cinnamon. preheat oven to 350 degrees. bake for 15-20 minutes. NO SUGAR!



MYRNA'S PASSOVER TOFFEE

4-6 matzo

1 cup brown sugar

2 sticks or ½ pound butter

Microwavable casserole

12 ounces of kosher
chocolate chips or kosher
chocolate bars broken in
bits



½ cup pecans (optional)

In a 15 inch greased cookie tin with sides, place one layer of matzo breaking it if necessary to cover the whole bottom of the pan. In a microwavable bowl put the brown sugar and butter cut in chunks. Cover with wax paper or a paper plate to prevent splattering and cook on high for 2-3 minutes. This mixture will be very hot. Remove it with caution. Immediately pour the mixture in a thin layer covering all the matzo. Bake in a 350 degree oven for 15-20 minutes. Remove from the oven and cover with the chocolate chips. After a minute the chocolate will heat and can be spread. Sprinkle with chopped pecans and cool. Break into pieces and store in an air tight container.

Copyright, 2009 Myrna Ossin

NUT DATE/FIG BROWNIES

Gluten Free

1 cup (110g) walnuts or almonds

1 cup (150g) dates, pitted or figs

1/3 cup (30g) cocoa powder

Combine walnuts, dates, and the 1/3 cup of cocoa powder in a food processor and process until the mixture, “looks like potting soil”.

Form into brownie bites or any shape you want or pat this into an 8 inch x 8 inch pan. (No cooking required).



PASSOVER FLOURLESS CHOCOLATE CAKE

10 oz. Semi-Sweet chocolate chips

7 Tablespoons unsalted butter

7 Large eggs

1/3 Cup sugar

1. Combine melted chocolate chips and butter in double boiler over hot but not boiling water. Stir frequently. Cool.
2. Separate eggs. Beat whites until foamy. Add sugar. Beat until stiff.
3. Whisk egg yolks. Add melted chocolate and butter. Fold in egg whites.
4. Pour into greased 9" Spring Foam Pan. Bake at 250 degrees for 75 minutes. Cool in pan

Frosting

2 Ounces of semi-sweet chocolate chips melted with a small amount of vegetable oil. Cool, and then spread.



Index of Recipes

BY NAME:

Almond Horseshoes.....	27
Andrew Zimmerman's – Zimmerman Family Chopped Chicken Liver.....	17
Applesauce.....	64
Apricot Strudel.....	28
Bagels with cream cheese and Lox (smoked salmon) - Tray of cucumbers, tomatoes, onions and capers.....	51
Baked Doughnuts.....	66
Basic Kreplach.....	49
Beef and Mushroom Barley Soup.....	19
Beet Salad.....	20
Blintz Souffle.....	53
Braised Chicken and Spring Vegetables.....	98
Braised Lamb Shanks with Fennel.....	101
Broiled Asparagus.....	102
Butternut Squash Soup.....	34
Challah Apple Stuffing.....	38

Index of Recipes

BY NAME:

Cheesecake Bars.....	57
Chopped Liver.....	32
Cinnamon Raisin Challah.....	31
Coffee and Spice Honey Cake.....	45
Cran-Apple Kugel.....	54
Curry in a Hurry – Rotisserie Chicken Salad... 	21
Dee Dee’s Chicken.....	22
Delicate Salmon Steaks Poached in Lemon Wine.....	86
Deluxe Noodle Kugel.....	25
Dorothy Gardner’s Noodle Kugel.....	55
Doughnut Twists.....	77
French Onion Soup.....	62
Gefilte Fish.....	92
Giora Shimoni’s Brisket.....	99
Gluten Free Cinnamon Apple Tart w/ Pecan Crust.....	103
Gluten Free Healthy Passover Cookies.....	104

Index of Recipes

BY NAME:

Gluten Free Nut/Date Fig Brownies.....	106
Half Moon Cookies for Hanukkah.....	75
Hamantashen Recipe 1.....	87
Hamantashen Recipe 2.....	88
Hanukkah Shaped Cookies.....	76
Homemade Gelt.....	78
Horseradish Chive Mashed Potatoes – Dairy..	56
Israeli Salad.....	33
Kathy’s Jewish Apple Cake.....	42
Leg of Lamb from Gloria Newberger.....	100
Manischewitz Brined Roast Turkey.....	71
Marian’s Chicken Soup	18
Mom’s Apple Walnut Cake.....	43
Mrs. Ludwig’s Apple Cinnamon Noodle Pudding (Kugel).....	35
Myrna’s Passover Lasagna – DAIRY.....	96
Myrna’s Passover Toffee.....	105

Index of Recipes

BY NAME:

Nancy's Colorful & Delicious Charoset.....	91
Nancy's Apricot Chicken.....	70
Nancy's Baked Apple Slices.....	46
Nancy's Brisket.....	23
Nancy's Cranberry Chicken.....	39
Nancy's Kasha & Bowties.....	37
Nancy's Matzo Ball Soup.....	95
Nancy's Toasted Barley.....	81
Passover Bagels or Rolls.....	94
Passover Flourless Chocolate Cake.....	107
Pecan Pie Rugelach.....	59
Penny's Spatchcocked (Butterflied) Turkey....	40
Penny's Easy Salmon.....	97
Poached Salmon Salad with Beets.....	97
Potato Latkes.....	63
Potato Latkes with Cranberry Applesauce.....	68
Roast Beef and Onions.....	85

Index of Recipes

BY NAME:

Roasted Brussel Sprouts with Pastrami and Pickled Red Onion.....	36
Rocky Road Cake in Crockpot.....	58
Sammy’s Famous Romanian Mashed Potatoes with Gribenes.....	26
Savory London Broil with Sweet Braised Shallots and Mushrooms.....	73
Short Ribs.....	84
Spiced Nuts.....	89
Stuffed Cabbage.....	24
Sugar and Spice Doughnuts.....	65
Susan Orshan’s Mandel Bread.....	29
Sweet Potato Bourbon Noodle Kugel.....	82
Thick and Rich Pea Soup.....	80
Traditional Soft, Fluffy Challah for Shabbat...	11
Tsimmes.....	41
Upstate Apple Cake.....	44
Veggie Chopped Liver.....	52

Index or Recipes By Type

BREADS

Cinnamon Raisin Challah.....	31
Passover Bagels or Rolls.....	94
Traditional Soft, Fluffy Challah for Shabbat.....	11

SOUPS

Basic Kreplach.....	49
Beef and Mushroom Barley Soup.....	19
Butternut Squash Soup.....	34
French Onion Soup.....	62
Marian’s Chicken Soup.....	18
Nancy’s Matzo Ball Soup.....	95
Thick and Rich Pea Soup.....	80

SALADS

Beet Salad.....	20
Israeli Salad.....	33

Index or Recipes By Type

APPETIZERS

Andrew Zimmerman’s – Zimmerman Family Chopped Chicken Liver.....	17
Chopped Liver.....	32
Gefilte Fish.....	92
Nancy Ludin’s Colorful & Delicious Charoset..	91
Veggie Chopped Liver.....	52

MAIN DISHES

Bagels with cream cheese and Lox (smoked salmon) - Tray of cucumbers, tomatoes, onions and capers.....	51
Blintz Souffle.....	53
Braised Chicken and Spring Vegetables.....	98
Braised Lamb Shanks with Fennel.....	101
Curry in a Hurry – Rotisserie Chicken Salad... 	21
Dee Dee’s Chicken.....	22
Delicate Salmon Steaks Poached in Lemon Wine.....	86

Index or Recipes By Type

MAIN DISHES (Cont.)

Giora Shimoni's Brisket.....	99
Leg of Lamb from Gloria Newberger.....	100
Manischewitz Brined Roast Turkey.....	71
Myrna's Passover Lasagna – DAIRY.....	96
Nancy's Apricot Chicken.....	70
Nancy's Brisket.....	23
Nancy's Cranberry Chicken.....	39
Penny's Spatchcocked (Butterflied) Turkey....	40
Penny's Easy Salmon.....	97
Poached Salmon Salad with Beets.....	97
Roast Beef and Onions.....	85
Savory London Broil with Sweet Braised Shallots and Mushrooms.....	73
Short Ribs.....	84
Stuffed Cabbage.....	24
Tsimmes.....	41

Index or Recipes By Type

SIDE DISHES

Applesauce.....	64
Broiled Asparagus.....	102
Challah Apple Stuffing.....	38
Cran-Apple Kugel.....	54
Deluxe Noodle Kugel.....	25
Dorothy Gardner’s Noodle Kugel.....	55
Horseradish Chive Mashed Potatoes – Dairy....	56
Mrs. Ludwig’s Apple Cinnamon Noodle Pudding (Kugel).....	35
Nancy’s Kasha & Bowties.....	37
Nancy’s Toasted Barley.....	81
Potato Latkes	63
Potato Latkes with Cranberry Applesauce.....	68
Roasted Brussel Sprouts with Pastrami and Pickled Red Onion.....	36
Sammy’s Famous Romanian Mashed Potatoes with Gribenes.....	26
Sweet Potato Bourbon Noodle Kugel.....	82

Index or Recipes By Type

DESERTS

Almond Horseshoes.....	27
Apricot Strudel.....	28
Baked Doughnuts.....	66
Cheesecake Bars.....	57
Coffee and Spice Honey Cake.....	45
Doughnut Twists.....	77
Gluten Free Cinnamon Apple Tart w/ Pecan Crust.....	103
Gluten Free Healthy Passover Cookies.....	104
Gluten Free Nut/Date Fig Brownies – No cooking!.....	106
Half Moon Cookies for Hanukkah.....	75
Hamantashen Recipe 1.....	87
Hamantashen Recipe 2.....	88
Hanukkah Shaped Cookies.....	76
Homemade Gelt.....	78
Kathy’s Jewish Apple Cake.....	42
Mom’s Apple Walnut Cake.....	43

Index or Recipes By Type

DESERTS (Cont.)

Myrna's Passover Toffee.....	105
Nancy's Baked Apple Slices	46
Passover Flourless Chocolate Cake.....	107
Pecan Pie Rugelach.....	59
Rocky Road Cake in Crockpot.....	58
Spiced Nuts.....	89
Sugar and Spice Doughnuts.....	65
Susan Orshan's Mandel Bread.....	29
Upstate Apple Cake.....	44