

Caribbean Fish

4 white fish fillets or 4 slices
tsp. salt
1/8 tsp. pepper
cup lemon juice
3 Tbsps. peanut oil
1 clove garlic, diced
green pepper, diced
large onion, diced
tsp. curry powder
1 tomato, thinly sliced or
1 8-oz. can tomato sauce
1 tsp. basil leaves
1 thinly sliced ginger root
1 Tbsp. sugar
tsp. thyme

Rinse and dry fish thoroughly. Sprinkle salt, pepper and lemon juice over fish. In 10-inch skillet, heat oil until hot. Add garlic and sauté? When soft, add green pepper and onion and sauté? Until soft. Add curry powder, tomato and basil. Stir until mixed.

Cook 10 minutes, uncovered. Add ginger, sugar and thyme and cook an additional 10 minutes. Add the fish-fillets or slices.

Cover skillet and cook over low to medium flame for 10 minutes. Serve immediately.

USE: 10-inch skillet
YIELDS: 4 Servings

Sweet-and-Sour Spinach Salad

1 pound fresh spinach
12 ounces fresh mushrooms
6 radishes
cup slivered almonds

DRESSING

1 cup oil
cup lemon juice
2 Tbsps. vinegar
Dash salt
Dash pepper
Dash garlic powder
3 coddled eggs (boiled 1 minute), cooled
1 tsp. Dry mustard
1/3 cup honey

Soak, thoroughly wash and dry spinach. Strip off leaves and tear into small pieces. Discard stems. Peel and slice mushrooms thin. Wash radishes and slice thin. Combine vegetables with almonds and toss.

Combine ingredients for dressing in jar and shake well. Pour dressing over salad immediately

before serving.

USE: Salad bowl
Yields 12 servings

Roast In Apricot Mushroom Sauce

5-pound end of steak roast
2 onions, diced
3 cloves garlic, whole or diced
1 pound mushrooms, sliced
2/3 cup apricot preserves
1 cup dry red wine
cup water
tsp pepper
2 bay leaves

Begin preparation at least 6 hours before serving. Preheat oven to 350.

Trim roast. Place vegetables, apricot preserves, liquid, and seasoning into a medium bowl. Mix until combines. Place meat in roasting pan and pour apricot mixture over it. Bake covered for 2 to 2 hours.

Check roast during baking. You may want to turn it over so that flavor of juice gets well absorbed. When done, remove from oven and allow to cool. Refrigerate for a few hours or overnight.

One hour before serving, slice meat into inch slices. Preheat oven to 300. Return meat to sauce and reheat for 30 minutes. Serve warm.

NOTE: if serving on Shabbat, remove the meat from the fridge two hours before serving, let warm at room temperature.

USE: 1 covered roasting pan
YIELDS: 10-12 servings

Jerusalem Kugel

12 ounces thin noodles
cup oil
1 cups sugar
6 eggs, lightly beaten
Salt and pepper to taste

In a 4-quart pot of boiling water, cook noodles 5 to 7 minutes, drain and rinse, place in a large bowl and set aside.

In a 1-quart saucepan combine oil and sugar, cook over low flame until sugar is liquid and brown, about 20 minutes. Pour caramelized sugar over noodles and set aside to cool.

Preheat oven to 350. place greased 9 by 13 inch baking pan to preheat as well.

Add eggs to cooled mixture and season with salt and pepper. Mix well. Pour into preheated pan and bake for 1 hour.

USE: 4-quart saucepan
1-quart saucepan
9 by 13 inch baking pan
YIELDS: 16 servings

Strawberry Rhubarb Pie

1 unbaked 8-inch two-crust pie shell

FILLING

1 cup sliced strawberries
3 tbsp. flour
2 tbsp. cinnamon
2 cups sliced rhubarb
1 cup sugar
tsp. salt

Preheat oven to 425.

In a large bowl beat eggs with fork and add strawberries, flour, cinnamon, rhubarb, sugar and salt and mix well. Pour into pie shell. Top with second crust and flute edges together. Bake for 40 minutes. Cool.

USE: 8-inch pie plate
YIELDS: 1 pie

Spiced String Beans

3 lbs. fresh string beans
2 tbsp. Salt
cup oil
tsp. turmeric
tsp. cumin
cup water

Wash and trim beans. Put all ingredients into a 3-quart saucepan and mix well. Cook, covered on a small flame for 30 minutes. Serve warm or cold.

NOTE: do not substitute or omit spices.

USE: 3-quart saucepan
YIELDS: 8 to 10 servings

Honey Breaded Chicken

2 3-pound chickens, cut into eights
2 eggs, beaten
2 tbsp. Water
1 cup matzoh meal
1 tsp. Salt
1/8 tsp. Pepper
cup oil
cup hot water
cup honey
1 cup orange juice

Rinse chickens and remove excess fat, and pat dry.

In a shallow bowl combine eggs and water and beat well. In another shallow bowl, combine matzoh meal, salt and pepper. Dip chicken in egg mixture, and then roll in matzoh meal.

Heat oil in 10-inch skillet over medium flame. Place coated chicken in hot oil and brown on both sides, approximately 5 minutes per side. Remove chicken to a Dutch oven or covered roasting pan.

In a small bowl combine hot water, honey, and orange juice. Pour over chicken and cover. Simmer slowly on stove top or place in preheated 325 oven for 45 minutes, or until tender. Baste occasionally.

USE: 10-inch skillet, Dutch oven or roasting pan

Chicken Soup

1 - 3 to 5 pound chicken, quartered
12 cups of water
3 carrots
1 stalk celery
1 to 2 parsnips
1 onion
tsp. Pepper

Optional:

1 parsley root
1 clove garlic
Several sprigs of fresh dill
1 sweet potato
1 zucchini

Clean chicken and remove excess fat. Fill an 8-quart pot with the 12 cups of water. Bring to a boil. Place chicken and vegetables in pot. Add salt and pepper. If using optional ingredients, chop parsley root; peel garlic, leaving it whole, pierce with toothpick in order to remove easily. Add both

to soup with the dill. Dice the sweet potato, slice zucchini and add to soup.

Simmer covered for about 2 hours. Remove garlic. Serve hot.

NOTE: To remove excess fat, prepare soup in advance and refrigerate for several hours or overnight. Fat will congeal on top. Remove, and heat soup before serving.

USE: 8-quart pot

Yields: 8 to 10 servings

Gefilte Fish

BASIC FISH BROTH

2 carrots, peeled

3 onions, sliced

6 to 8 cups water

Fish bones and heads, optional

2 Tbsp. salt

pepper

1 tsp. sugar (optional)

3 pounds ground fish (1 pound pike, 1 whitefish, pound carp)

3 medium onions, ground

3 eggs, separated

cup matzoh meal (optional)

cup cold water

1 to 2 Tbsp. salt

tsp. pepper

BASIC FISH BROTH:

Slice carrots in half and separate onions into rings. Place in 8-quart pot with water, bones if used, and seasonings. Bring to boil, lower flame and allow to cook for a few minutes.

GEFILTE FISH:

In a large bowl mix ground fish and onions until smooth. Add egg yolks, matzoh meal, cold water, salt and pepper. Beat the egg whites and add to fish mixture.

Wet hands and fill with fish mixture. Roll in hand until smooth; shape into rounds or oval balls.

Place in pot only when sauce has come to a rapid boil. Lower balls gently into pot, lower flame and cook uncovered for 1 hour at slow boil. Liquid will be reduced to one-half. Allow fish to cool before removing from pot.

Variation:

For Sweet Gefilte Fish, add 1 teaspoon sugar per pound of fish mixture.

USE: 8-quart pot

YIELDS: 10 to 12 portions

Israeli Salad

2 large tomatoes
2 cucumbers
1 red or green pepper
1 scallion
2 cloves garlic, minced
1 Tbsp. minced fresh parsley
tsp salt
Pepper to taste
1 tsp minced fresh mint (optional)
cup oil
2 to 3 Tbsp. Lemon juice

Wash tomatoes and cut into 1/3 inch cubes. Peel cucumbers and dice into 1/3-inch cubes. Dice pepper into cubes. Chop scallions fine.

Place all vegetables in salad bowl. Add remaining ingredients and mix well. Refrigerate until ready to serve.

USE: salad bowl
YIELDS: 6 Servings

Raisin Challah

4 cups warm water
2 Tbsp. dry yeast
4 eggs
cup oil
cup honey
2 cups raisins (or less, to taste)
14 to 15 cups flour
1 Tbsp. coarse kosher salt

GLAZE:
1 egg, beaten
Poppy seeds

Pour warm water into a large mixing bowl. Stir in yeast, and then add eggs, oil, honey and raisins. Mix well and add about half of the flour. Stir well.

Let mixture rest 45 minutes to 1 hour until the yeast is bubbly. This is the first rising.

Add the salt and most of the remaining flour. Mix and knead on a lightly floured board, adding only as much flour as necessary to be able to handle the dough. The dough should be soft. You may let the dough rise again for 1 hour, if desired.

Separate Challah with a blessing. Divide dough, and shape loaves.

Place Challah in greased pans and let rise 45 minutes to 1 hour.

Preheat oven to 350.

Brush tops of loaves with beaten egg and sprinkle with poppy seeds. Bake for about 45 minutes to 1 hour for loaves or 30 minutes. Remove from pans and cool on racks

USE: Baking sheets or loaf pans

YIELDS: 6 loaves or 4 loaves and 12 rolls

Tabouleh

1 cup bulgur
1 cup boiling water
1 cup chopped parsley
1 medium onion, diced
2 cups chopped tomatoes
cup chopped coriander (optional)
sprig fresh mint, chopped
cup lemon juice
cup oil
Salt to taste
Pepper to taste

Place bulgur in a large mixing bowl. Pour 1 cup boiling water over the bulgur and let stand 30 minutes, or until all water is absorbed. Combine bulgur with vegetables, lemon juice, oil, salt and pepper.

Refrigerate, covered, a few hours or overnight. Serve cold.

USE: large mixing bowl

YIELDS: 8 Servings

Miso Soup

3 Tbsp. Miso
cup water
3 Tbsp. Oil
1 cup thinly sliced carrots, cut diagonally
1 cup shredded cabbage
1 cup celery, thinly sliced
cup onion, thinly sliced
1 small clove garlic, crushed
tsp. Ginger freshly grated, or
tsp. Powdered ginger
cup minced parsley
1 cup thinly sliced mushrooms and/or water chestnuts and/or bamboo shoots (optional)
6 cups water
3 Tbsp. Tamari soy sauce
cup minced scallions
pound tofu, cut in 1-inch chunks

In a small bowl mix miso in cup water and set aside.

In a 4-quart pot, heat oil on low flame. Add prepared vegetables and sauté for 10 minutes. Add 6 cups water. Bring to a boil and simmer until vegetables are tender, approximately 30 minutes. Add miso mixture and tamari, and stir thoroughly. Do not boil Miso.

Serve at once, garnished with scallions and tofu chunks.

USE: 4-quart pot

YIELDS: 6 - 8 servings

Winter Garden Salad

head lettuce
1 large cucumber, peeled
1 medium green pepper
cup diced celery
cup sliced scallions
4 radishes
3 medium tomatoes
3 shredded spinach or red cabbage leaves (optional)

DRESSING

1/3 cup oil
1/8 cup vinegar
1 tbsp. Salt
Pinch sugar
1/8 tsp. Pepper
1 clove garlic, minced

Prepare vegetables to desired size and combine in salad bowl.

Combine dressing ingredients in jar. Shake well. Add dressing to salad and toss.

USE: Salad bowl

YIELDS: 4 Servings

Baked Chicken with Honey Soy-Sauce

2 3-pound chickens, quartered
1/3 cup honey
3 Tbsp. prepared mustard
3 Tbsp. soy sauce

. Rinse chickens, remove excess fat and pat dry. Place chickens in a large roasting pan.

Combine all ingredients in a cup and brush chicken quarters. Bake uncovered for 1 to 1 hours.

USE: 1 large roasting pan

YIELDS: 8 Servings

Ambrosia

3 Macintosh apples, unpeeled

3 oranges

3 Bartlett pears, unpeeled

2 bananas

cup sweet red wine

cup grated coconut

Peel and core apples and cut into thin slices. Peel oranges and pull off outside membrane. Slice crosswise into very thin slices. Peel and core pears and cut into thin slices. Slice bananas.

In a large bowl, layer fruits, ending with oranges. Pour wine over fruit and chill for several hours. When ready to serve top with coconut.

USE: large bowl

YIELDS: 10 Servings

Steamed Ginger Fish

1 3-pound whole fish; trout, mullet or bass

1 tsp. salt

2 Tbsp. oil

SAUCE

1 Tbsp. sherry

2 Tbsp. soy sauce

1 Tbsp. sugar

1 Tbsp. salt

1 Tbsp. peanut oil

2 slices fresh ginger root, shredded

2 scallions, chopped

Leave fish whole. Clean out cavity, removing everything from inside. Rinse in cold water and dry well. Make a few shallow diagonal cuts on top but do not cut through. Rub lightly with salt and oil, then place in shallow dish.

SAUCE: combine sauce ingredients in small bowl. Spread evenly on fish. Place into steamer. Steam on a low flame until done, approximately 30 to 35 minutes, or a little longer for a larger fish.

USE: Fish steamer

YIELDS: 6 to 8 servings

Rye Oatmeal Challah

6 Packages dry yeast
2 Cups warm water
2 Tbsp. honey
1 1/2 cups honey
3 cups warm water
7 eggs, beaten
1 cup oil
6 Tbsp. caraway seeds
3 1/2 Tbsp. salt
3 cups rye flour
4 cups rolled oats
7-8 cups whole-wheat flour
2 cups white flour
GLAZE:
2 eggs, beaten
poppy seeds or sesame seeds

In a small bowl mix yeast, 2 cups warm water and 2 tablespoons honey and set aside. In a large bowl, mix honey, warm water, eggs and oil. Add caraway seeds and salt. When yeast mixture foams, add it to mixture in large bowl. Stir in rye flour, oats, whole-wheat flour and white flour. Turn dough out on a well-floured board and knead for 15 to 20 minutes.

Place dough in well-oiled bowl, turning to coat all surfaces with oil. Let rise 1 1/2 to 2 hours. Punch down dough and knead for 5 to 10 more minutes.

Separate Challah with a blessing and divide dough into seven pieces. Shape dough and place in greased pans. Let rise 1 to 1 1/2 hours.

Preheat oven to 350.

Brush loaves with beaten eggs and sprinkle with poppy or sesame seeds. Bake for 45 to 50 minutes or until you hear a hollow sound when tapped on the bottom. Remove from pans and cool on racks.

USE: Baking sheets or loaf pans.

YIELDS: 7 Medium loaves

Green Beans & Carrot Salad

1 pound fresh green beans
4 carrots, cut into julienne strips
2 Tbsp. oil
2 Tbsp. wine vinegar
1 Tbsp. salt
Pepper to taste
Red Onion

Wash and trim ends of green beans and prepare carrots.

In a 3-quart saucepan cook together in small amount water until tender, but still crisp, about 15 to 20 minutes.

Drain and place vegetables in bowl.

Mix oil, vinegar, salt and pepper. Slice onion wafer-thin. Add dressing to vegetables. Toss all ingredients and chill.

USE: 3-quart saucepan

YIELDS: 4-6 servings

Sliced Lamb in Apricot Mushroom Sauce

4 pounds lamb, cubed
2 onions diced
3 cloves garlic, whole or minced
1 pound mushroom, sliced
2/3 cup apricot preserved
1 cup dry red wine
cup water
tsp. Pepper
2 bay leaves

Preheat oven to 350.

Place vegetables, apricot preserves, liquid, and seasoning into a medium bowl. Mix until combined. Place meat in roasting pan and pour apricot mixture over it. Bake covered for 2 to 2 hours.

Check meat during baking. You may want to mix it so that the flavor of juice gets well absorbed. When done, remove from oven and allow to cool. Refrigerate for a few hours or overnight.

Preheat oven to 300. Return meat to sauce and reheat for 30 minutes. Serve warm.

Sliced Lamb in Apricot Mushroom Sauce

4 pounds lamb, cubed
2 onions diced
3 cloves garlic, whole or minced
1 pound mushroom, sliced
2/3 cup apricot preserved
1 cup dry red wine
cup water
tsp. Pepper
2 bay leaves

Preheat oven to 350.

Place vegetables, apricot preserves, liquid, and seasoning into a medium bowl. Mix until

combined. Place meat in roasting pan and pour apricot mixture over it. Bake covered for 2 to 2 hours.

Check meat during baking. You may want to mix it so that the flavor of juice gets well absorbed. When done, remove from oven and allow to cool. Refrigerate for a few hours or overnight.

Preheat oven to 300. Return meat to sauce and reheat for 30 minutes. Serve warm.

Moroccan Fish

1 3-pound whitefish, gutted and split down the center
1 large green or red pepper
1 to 2 tomatoes
2 to 3 cloves garlic
Water
1 Tbsp. salt
2 Tbsp. saffron
3 Tbsp. oil

Rinse fish and dry thoroughly. Slice pepper and tomatoes. Peel garlic cloves and cut in half. Line 5-quart Dutch oven with peppers, tomatoes and garlic and place fish slices on top. Add enough water to cover fish. Bring to a boil, then add salt, saffron and oil. Lower flame and simmer 40 to 50 minutes. This dish may be served hot or cold.

USE: 5-quart Dutch oven

YIELDS: 6 servings

Moroccan Challah

12 cups flour
cup sugar
3 eggs plus 1 yolk
1 cup vegetable oil
1 teaspoon salt
1 tablespoon sesame seeds
1 tablespoon anise seeds
2 packages fresh yeast
3 cups warm water

Place the flour in a huge bowl. Make a well in the center and add to the well sugar, 3 eggs, vegetable oil, salt and sesame and anise seeds. Proof the yeast in 1 cup of the warm water. Then add it to the well.

Gradually work in the flour with the ingredients in the well. Add more water as needed (about 2 cups). When a medium stiff dough is formed, knead on a wooden board for about 20 minutes.

Form the dough into a ball, turn it in a greased bowl to coat the surface, and cover with a towel. Let rise then punch down and knead once more. Divide the dough into 5 pieces. Either shape each into a round ball, or make a long piece of it and twist it into a spiral with the end of the dough at the high point in the center. Cover for about 1 hour and let rise until doubled.

Preheat oven to 400. Cover a cookie sheet with aluminum foil.

Move the dough to the cookie sheet; brush with the remaining egg yolk and a tablespoon of oil and bake for 35 to 45 minutes.

Baby Carrots in Hawaiian Cherry Sauce

3 16 oz cans small, whole baby carrots, with liquid
1 10 oz can maraschino cherries, well drained
1 16 oz can unsweetened pineapple chunks or tidbits, with juice
3 cinnamon sticks
1/2 tsp. Lemon juice
1/4 cup sugar
2-3 Tbsp. Cornstarch
3/4 cup cold water

Combine all ingredients except cornstarch and water in a 4-quart pot. Bring to a boil.

In a separate bowl, gradually combine cornstarch with cold water. Mix well to make sure there are no lumps; it should be very smooth. Pour into boiling carrots, stirring gently. Cook about 3 minutes or until just slightly thickened.

USE: 4-quart pot

YIELDS: 8 to 10 Sservings

Kreplach

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 at the pre Yom Kippur meal, on the seventh day of Sukkot, Hoshanah Rabbah and on Purim.

DOUGH:

1 flour
2 eggs
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 sauted 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.

YIELDS: 18 Kreplach

Tasty Challah

1 tbsp. sugar
cup warm water
1 ounces fresh yeast
3 eggs
cup sugar
cup oil
cup wheat germ
2 cups hot water
12 cups flour plus,
cup whole-wheat flour
1 tbsp. Salt

GLAZE:

1 egg, beaten
Poppy seeds

In a large bowl, dissolve sugar in cup warm water. Crumble yeast into sugar-water, mix and let stand until it begins to foam. Add eggs and mix well. Add sugar, oil and wheat germ and mix again.

Slowly add hot water, flours and salt, alternating liquid and dry ingredients. When dough forms a single ball, place on floured board and knead until smooth.

Place in oiled bowl and turn so top is oiled. Cover with towel and let rise 30 to 45 minutes until doubled in bulk. Punch down. Let rise again until doubled.

Punch down. Separate Challah with a blessing. Divide dough into four parts and shape loaves. Place in greased pans and let rise 15 minutes.

Preheat oven to 400.

Brush loaves with beaten egg and sprinkle with poppy seeds. Bake at 400 for 5 to 10 minutes, then lower temperature to 300 and bake for 35 to 40 minutes, until brown. Remove from pans and cool on racks.

USE: baking sheets or loaf pans

YIELDS: 4 loaves

Basic Stuffed Cabbage

1 large cabbage

Filling:

1 pounds ground beef
cup uncooked rice
3 Tbsp. oil
1 medium onion, minced
2 cloves garlic, minced
1 egg, beaten

Sauce:

3 Tbsp. oil
2 Tbsp. flour
1 46-oz can tomato juice
3 to 4 Tbsp. tomato paste
cup sugar or cup honey
2 bay leaves or juice of 1 lemon
salt to taste
1 large apple, peeled and diced
cup raisins

Prepare cabbage by either boiling or freezing method.

Remove and check leaves.

FILLING: Combine all ingredients for meat mixture in a bowl and mix well. Roll cabbage leaves according to illustrations.

SAUCE: Heat oil in 8-quart pot, stir in flour, and cook until brown. Add rest of ingredients in order listed. Bring to boil and cook for 5 minutes. Add cabbage rolls carefully, placing them in sauce one by one. The rolls may be piled in layers if necessary.

Cook on low flame for 2 hours, adding more water if necessary.

USE: 8-quart pot

YIELDS: 18 Cabbage Rolls