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*Beyond  
Baked Beans  
and Bagels*

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*Congregation Beth El*

# **Beyond Baked Beans and Bagels**

Sponsored by

**Social Committee  
Congregation Beth El  
Bangor, Maine**

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Tammy Nesin**

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## **Congregation Beth El**

**Bangor, Maine**

**Friday Evening Service.....First and third Fridays  
of each month at 7:30 p.m.**

**Torah Study .....First and third Saturdays  
of each month at 9:30 a.m.**

**Children's Service.....Second Saturday  
of each month at 10:00 a.m.**

*“Visitors Are Always Welcome”*

# Expression of Appreciation

Congregation Beth El's Social Committee would like to thank all those who contributed their favorite recipes and assisted with the sale of our cookbooks. Without their help, this book would not have been possible.

# DEDICATION

This book is dedicated to all present and past members of Congregation Beth El's Social Committee, who gave freely of their time and energy to make Beth El a welcoming place.

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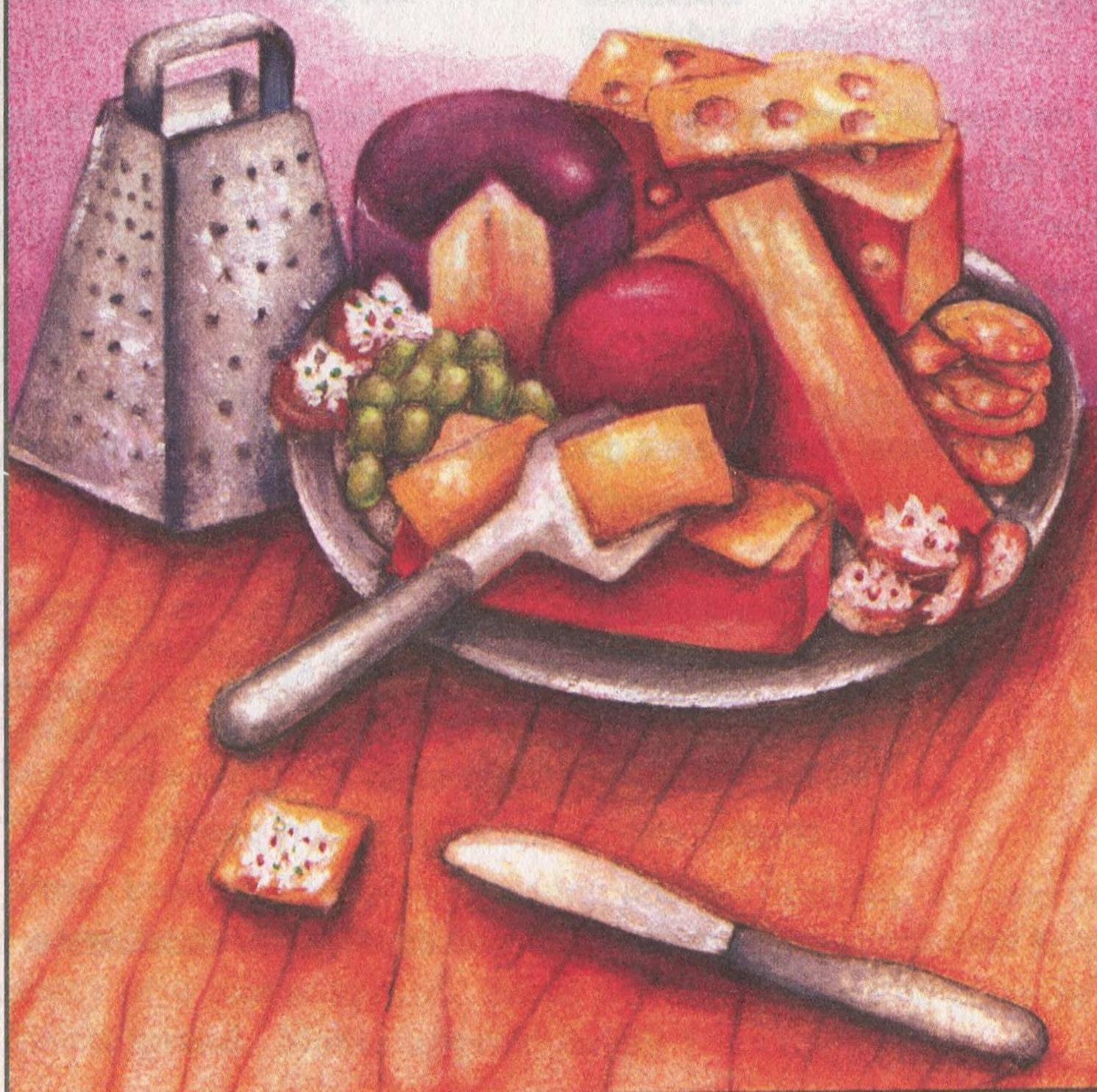
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# Appetizers, Relishes & Pickles





# Appetizers

Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut, raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder

Each of these combinations can be served with crackers, thin-sliced toast or chips.

## APPETIZERS, RELISHES & PICKLES

### ARTICHOKE HEART DIP

16 oz. can artichoke hearts  
1 c. mayonnaise  
½ c. parmesan cheese

¼ small onion (optional)  
1 clove garlic (optional)

Drain and squeeze artichoke hearts. Finely chop onion and garlic. Mix ingredients together with a fork and place in a non-greased baking dish. Bake at 350° for 20 minutes. Serve with crackers or pita bread.

*Barbara Heller*

### CAROL'S TACO DIP

2 ripe avocados  
lemon juice  
garlic powder  
1 package taco seasoning mix  
16 oz. sour cream  
lettuce

onion  
green pepper  
black olives  
tomatoes  
shredded cheddar cheese

Peel and mash avocados. Spread in the bottom of a 13x9 inch pan. Sprinkle with lemon juice and garlic powder. Combine sour cream and taco seasoning mix and spread over avocado layer. Top with chopped vegetables of choice and cheese. I use the Mexican blend cheese.

*Tammy Nesin/Carol Staples*

### BROCCAMOLE

2 c. chopped broccoli florets  
⅓ c. diced avocado  
¼ c. chopped red onion  
¼ c. nonfat sour cream  
1 ½ Tbsp. canned chopped green chilies

1 Tbsp. lime juice  
1 tsp. chopped fresh cilantro (or to taste)  
¼ tsp. salt

Steam broccoli florets until tender, about 4 minutes. In food processor combine broccoli with remaining ingredients; process to the consistency of a coarse spread. Serve with nonfat tortilla chips or as a sandwich spread. Makes approximately 1 ½ cups.

*Joelle Siegel*

## **GREEN PEA GUACAMOLE**

- |  |  |
|--|--|
| <b>1 10 oz. pkg. frozen green peas</b> | <b>1 Tbsp. drained, canned chopped green chilies</b> |
| <b>1 c. peeled, cubed avocado</b>      | <b>¼ tsp. salt</b>                                   |
| <b>½ c. nonfat sour cream</b>          | <b>⅛ tsp. pepper</b>                                 |
| <b>¼ c. chopped green onions</b>       | <b>1 clove garlic, peeled</b>                        |
| <b>2 Tbsp. chopped, fresh cilantro</b> |  |
| <b>1 ½ Tbsp. fresh lime juice</b>      |  |

Cook peas according to pkg. directions; drain. Place peas and remaining ingredients in food processor and process until smooth. Spoon into a bowl; cover and chill. Serve with nonfat tortilla chips. For those who do not like particularly spicy food, omit the cilantro and green chilies; it is still quite delicious. Makes 2 ¼ cups.

*Gerry Gross*

## **GAZPACHO SALSA**

- |                                |  |
|--------------------------------|--|
| <b>24 large ripe tomatoes</b>  | <b>3 c. vinegar</b>                    |
| <b>6 large onions</b>          | <b>6 tsp. salt</b>                     |
| <b>4 green peppers</b>         | <b>6 hot peppers (fresh Jalapenos)</b> |
| <b>4 red or yellow peppers</b> |  |

Peel tomatoes and chop into chunks. Chop onions and peppers. (I wear gloves to chop the hot ones.) Add remaining ingredients. Bring to a boil and cook about 20 to 30 minutes (less for more crunch). Place in sterilized jars and seal according to canning directions. Makes approximately 10 pints. I add cilantro, fresh garlic, fresh parsley, scallions, some chili powder, sugar and Fajita seasoning to taste.

*Melinda Wentworth*

## **SMOKED SALMON DIP**

- |  |   |
|--|---|
| <b>¼ lb. smoked salmon</b>               | <b>½ tsp. freshly ground white pepper</b> |
| <b>1 c. yogurt cheese or sour cream</b>  | <b>2 Tbsp. minced fresh dill</b>          |
| <b>1 tsp. freshly grated horseradish</b> |   |
| <b>¼ tsp. salt</b>                       |   |

Skin salmon and cut into bite-size pieces. Combine smoked salmon and cheese (or sour cream) in a blender or food processor. Puree until smooth. Season with salt and pepper. Fold in horseradish and dill. Serve with crackers. Makes 4 servings.

*Joelle Siegel*

## MARTHA'S SHRIMP MOUSE

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 10 oz. can cream of shrimp soup | 1/2 c. plain yogurt                   |
| 1/2 c. cold water               | 1 Tbsp. lemon juice                   |
| 2 envelopes unflavored gelatin  | 7 oz. frozen cooked shrimp,<br>thawed |
| 1/4 tsp. pepper                 | 4 hard boiled eggs                    |
| 1 c. cream style cottage cheese | 2 Tbsp. sliced green onions           |
| 1 c. mayo or salad dressing     |                                       |

In a saucepan stir together soup, cold water, gelatin and pepper. Let stand for 10 minutes. Stir over low heat until gelatin is dissolved. Using rotary beater, blend in the cottage cheese, mayo, yogurt and lemon juice. Set aside a few whole shrimp for garnish. Finely chop the hard boiled eggs and remaining shrimp. Fold in the shrimp, eggs and onion. Turn mixture into 6 cup mold. Chill until firm. Transport mousse in mold. Unmold just before serving. Garnish with reserved shrimp, shredded hard cooked egg white and fresh dill.

*Sid Block*

## CRUNCHY SPINACH DIP

- |                                |  |
|--------------------------------|--|
| 10 oz. cut leaf frozen spinach | 1 envelope country vegetable<br>soup mix |
| 8 oz. can water chestnuts      | 1 1/2 c. sour cream                      |
| 3/4 c. chopped green onions    | 1/3 c. mayo                              |

Drain and chop water chestnuts. In medium bowl, combine all ingredients; mix well. Cover and chill overnight to blend flavors. If desired, pour into hollowed out unsliced sourdough bread and serve with pieces of bread, assorted raw vegetables and crackers. Yields 4 cups.

*Joelle Siegel*

## FAYE'S OYSTER CRACKER PARTY MIX

- |   |                        |
|---|------------------------|
| 1 pkg. Hidden Valley Original<br>Ranch Salad Dressing | 1/2 tsp. garlic powder |
| 1/2 tsp. dill weed                                    | 3/4 c. salad oil       |
| 1/2 tsp. onion powder                                 | 5 c. oyster crackers   |

Combine Hidden Valley mix with herbs and add crackers; thoroughly mix. Sprinkle oil over crackers and mix again. Bake in a pre-heated oven of 250° for 30 to 40 minutes. Serve cold.

*Sid Block*

## **GWEN'S ONION CHEESE PUFFS**

**1 c. water**  
**1/3 c. margarine**  
**1 c. flour**  
**1 tsp. salt**  
**1 small onion**

**1/4 tsp. garlic powder**  
**4 eggs**  
**3/4 c. shredded Swiss or  
Mozzarella cheese**

Heat water and margarine to a rolling boil. Stir in flour, salt and garlic powder. Continue stirring vigorously over low heat until mixture forms a ball. Remove from heat and beat in eggs until smooth. Stir in chopped onion and cheese. Drop by teaspoonfuls onto lightly greased baking sheets. Bake until puffed and golden, approximately 20 to 25 minutes. Yields 6 dozen.

*Mary Lou Evitts*

## **GOAT CHEESE TOASTS WITH CHOPPED OLIVES**

**1 c. imported green olives, pitted  
and chopped**  
**1 c. imported black olives, pitted  
and chopped**  
**4 cloves garlic, minced**  
**pared rind of 2 oranges, finely  
chopped**

**1/2 c. olive oil**  
**1 bunch fresh thyme, leaves only**  
**2 long thin french breads, thinly  
sliced and toasted**  
**8 oz. soft goat cheese**

In a bowl, combine green and black olives, garlic, orange rind, olive oil and thyme. Cover and refrigerate overnight. Spread the French bread with the cheese and add a tsp. of the chopped olives to each one. Arrange the toasts on a platter and serve at once.

*Joelle Siegel*

## **PHYLLIS' CHOPPED LIVER**

**3 very large onions**  
**1 tub of chicken livers**  
**1 1/2 sticks margarine**  
**4 eggs, hard boiled and chopped**

**sugar**  
**salt**  
**pepper**

Saute the onion in margarine until golden brown. Add chicken livers, dropping them over the onions and continue to saute slowly. Add salt and pepper. When cooked and still hot, add to 4 eggs and chop. Add more salt and pepper and a small amount of sugar to taste.

*Sari Ohmart/Phyllis Katz*

## ZUCCHINI APPETIZERS

6 c. raw zucchini, thinly sliced  
1 c. flour  
1 ½ tsp. baking powder  
½ c. onion, finely chopped  
½ c. grated parmesan cheese  
2 Tbsp. parsley  
½ tsp salt  
onion powder to taste

garlic powder to taste  
½ tsp. dried oregano  
½ tsp. dried marjoram  
dash of white vinegar  
1 clove garlic, finely chopped  
½ c. vegetable oil  
4 eggs, slightly beaten

Mix all ingredients and spread in a greased 13x9x2 inch pan. Bake at 350° for 25 minutes or until golden brown. Cut and serve warm. This dish can be made early and reheated. It's wonderful for a potluck.

*Laura Dilts*

## SESAME SEED TURNOVERS

### Dough:

1 3 oz. pkg. cream cheese, room temperature  
¼ lb. butter or margarine

1 c. flour  
sesame seeds

Blend cream cheese and butter, mix well. Add flour and mix well. Roll out; cut with round cutter. Fill with 1 tsp. of filling and fold round shape in half. Seal with egg wash. Wash top with egg wash and dip in sesame seeds. Bake at 375° until brown on the bottom. This dough makes a great crust for quiche.

### Savory Filling:

2 eggs  
2 c. Muenster cheese (8 oz.)  
1 Tbsp. onion, grated

¼ tsp. Tabasco sauce  
⅛ tsp. salt

Combine all ingredients and spoon 1 tsp. into cut dough.

*Melinda Wentworth*

## SOY-ORANGE MARINADE

½ c. soy sauce  
2 Tbsp. lemon juice  
1 tsp. oregano

½ c. orange juice  
ground pepper to taste  
¼ c. parsley, chopped (optional)

## APPETIZERS, RELISHES & PICKLES

Mix together all ingredients. Pour over fish and marinate for 3 to 4 hours in refrigerator. (Marinating for much longer than this can cause the fish to lose its firm texture.) Makes enough marinade for 2 lbs. of salmon, swordfish, tuna or whatever fish you like. This is terrific when the fish is grilled outdoors, but is also good when broiled in the oven.

*Gerry Gross*

### **YEMENITE ZHUG**

(Yemenite Hot Sauce)

1 lb. serrano peppers (or milder peppers)

5 whole heads garlic, peeled

1 bunch coriander (about 1 c.), well rinsed

1 tsp. dried hot red pepper flakes or to taste

½ tsp. cumin

salt to taste

olive oil to cover

Place the peppers, garlic and coriander in a food processor and chop fine. Add the hot pepper, cumin and salt and mix well. Place in a 2-cup glass jar and cover with olive oil. Use a teaspoon of this whenever you need a hot sauce. Yields approximately 2 cups.

*Melinda Wentworth*

### **CATSUP**

(Catsup For Passover)

6 oz. can tomato paste

1 Tbsp. cider vinegar

¼ c. apple juice

1 tsp. salt

1 tsp. sugar

¼ tsp. pepper

Mix together and chill.

*Janet Elis Milder*

### **THREE DAY PICKLES**

pickling cucumbers, sliced

onions, sliced

⅔ c. vinegar

6 Tbsp. sugar

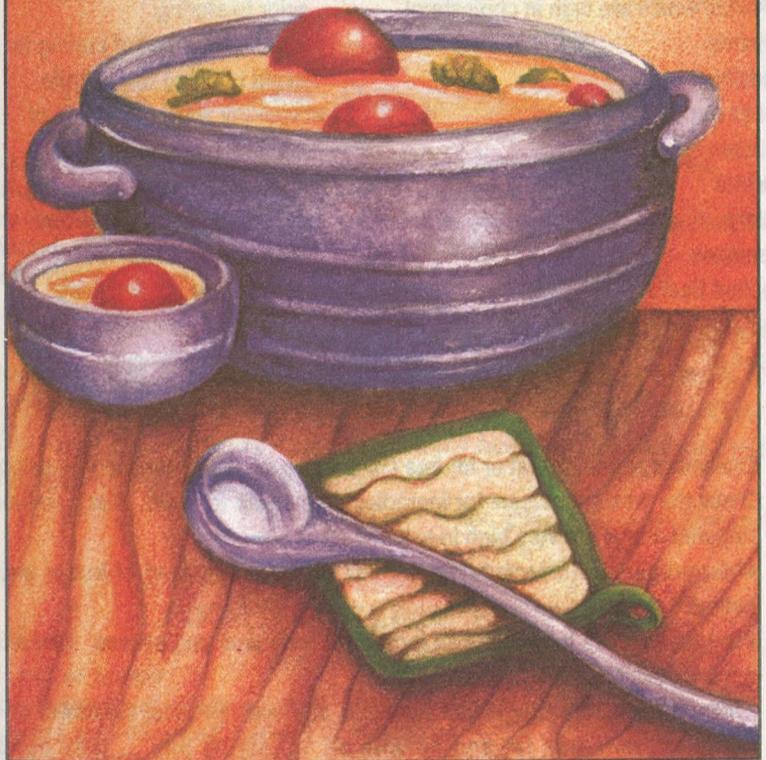
2 tsp. salt

dill weed

Layer sliced cucumbers and onions in quart jar. Mix the vinegar, sugar and salt; pour over cucumbers and onions. Add dill weed. Place in the refrigerator. Mix every morning and night for 3 days. Will keep for 2 to 3 weeks.

*Mary Lou Evitts*

# Soups, Salads & Sauces





# Salads

Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

## Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks, which are high in cholesterol

Pimento

Radishes

Green Pepper

Chicken

Carrots

Celery

Tomatoes

Cooked Beets

Cauliflower

Broccoli

## Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.

Tear greens instead of cutting to avoid bruising with a knife.

Remove the waxy outer skin of cucumbers before slicing.

Marinate tomato wedges separately in a vinaigrette; then add to salad.

To core lettuce, smack head down hard on counter top.

Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain *no cholesterol!*

## SOUPS, SALADS & SAUCES

### CREAM OF ARTICHOKE SOUP

- |   |                                       |
|---|---------------------------------------|
| 1 medium white onion, chopped<br>fine               | salt to taste                         |
| 2 or 3 shallots, chopped fine                       | white pepper to taste                 |
| ½ bell pepper, chopped fine                         | Worcestershire sauce to taste         |
| 1 or 2 cloves garlic, chopped fine                  | 4 Tbsp. cornstarch                    |
| 2 tender stalks celery with<br>leaves, chopped fine | 1 c. heavy cream                      |
| 6 Tbsp. butter                                      | 1 lb. artichokes (2 cans),<br>chopped |

In a large pot, combine 1 quart of water with first 10 ingredients and simmer until vegetables are tender. Make a paste with the cornstarch and heavy cream, and add to soup to thicken. Chop artichokes and add to soup about 5 minutes before serving. Soup is suppose to be very thick but, if desired, it can be thinned.

*Beryl Marchiz*

### POTATO, LEEK AND GARLIC SOUP

- |  |                                       |
|--|---------------------------------------|
| 4 Tbsp. butter                         | 10 medium russet potatoes,<br>chopped |
| 2 medium onions, chopped               | 4-5 c. chicken broth or water         |
| 3 leeks (white parts only),<br>chopped | 1 c. cream or milk                    |
| 6 cloves garlic, minced                | salt and pepper to taste              |

Saute onions, leeks and garlic in butter. In a large pot combine potatoes, chicken broth and sauted vegetables. Boil until potatoes are soft. Place soup in blender (or blend with a hand held blender) and blend until thick and lumpy. Remove from heat. Stir in salt and pepper and cream. Reheat on low.

*Cindy Borque-Simonds*

### POTATO CHEESE SOUP

- |  |                              |
|--|------------------------------|
| 4 Tsp. sweet butter                                  | 6 parsley sprigs             |
| 2 c. finely chopped yellow onions                    | 2-3 c. grated Cheddar cheese |
| 2 c. peeled and chopped carrots<br>(about 5 carrots) |                              |

## SOUPS, SALADS & SAUCES

Melt the butter in a soup pot. Add onions and carrots and cool over low heat, covered, until vegetables are tender and lightly colored, about 25 minutes. Add parsley, stock and potatoes. Bring to a boil, reduce heat, cover and simmer until potatoes are very tender, about 30 minutes. Add dill and remove soup from the heat. Let it stand, covered, about 30 minutes. Pour soup through a strainer and transfer solids to the bowl of a food processor fitted with a steel blade, or use a food mill fitted with a medium blade. Add 1 c. of the cooking stock and process until smooth. Return pureed soup to the pot and add additional cooking liquid, about 3-4 cups, until the soup reaches the desired consistency. Set over low heat, add salt and pepper to taste and gradually stir in cheese. When all the cheese is melted and the soup is hot (not boiling), serve immediately. Yields approximately 6 servings.

This recipe doubles well, but does not freeze well.

\* You may use 3-14.5 oz. cans of 100% fat free chicken broth or for vegetarians, use 3-14.5 oz. cans of vegetable broth.

*Gerry Gross*

### **AVGALEMONO SOUP** (Greek Egg-Drop Soup)

6 c. chicken broth  
½ c. uncooked rice  
4 egg yolks

1 Tbsp. grated lemon zest  
3 Tbsp. fresh lemon juice  
salt and pepper to taste

Bring broth to a boil. Pour in rice, lower heat, and cook about 20 minutes, until rice is tender. Reduce to low heat. In a bowl, beat egg yolks. Add the lemon rind, lemon juice and salt. Pour about ½ cup of the broth into the egg mixture; then pour it back into the broth, stirring constantly. Simmer about 5 minutes over low heat, until slightly thickened. Serves 6.

*Gerry Gross*

### **CHICKEN SOUP**

6 lb. chicken backs and necks  
3-4 chicken feet\*  
3 ¼ qt. water  
3 onions, peeled  
3 cloves garlic

1 ¼ Tbsp. salt  
3 carrots, peeled  
1 bunch parsley  
1 parsley root  
dill to taste

Trim nails from chicken feet, scald in boiling water and remove skin. Soak other parts in cold water, changing the water several times. Place all parts and onions into 12 quart soup pot. Bring to a boil, lower heat and simmer 2 to 3 hours, adding water as necessary. Add other ingredients, cover and simmer 1 more hour. Strain soup into clean pot, add noodles and rice as you like and refrigerate overnight. This soup is best when reheated and served the following day.

\*The squeamish can forget the chicken feet.

*Bill Van Buskirk*

## FISH CHOWDER

1 leek (or medium onion)  
2-4 carrots  
3 medium potatoes  
2 stalks celery  
3 Tbsp. butter or margarine  
water

salt and pepper to taste  
1 tsp. basil  
1/3 c. dry white wine (optional)  
2 1/2 c. milk  
3/4 lb. white fish (cod), cubed

Chop the leek, carrots, potatoes and celery into 1/2 inch pieces. Saute in butter until the pieces are coated. Cover with water and add salt, pepper, basil and wine. Simmer until tender. Add milk and fish, simmer until fish is just cooked and milk is warm.

*Janet Elis Milder*

## GERMAN-STYLE POTATO SALAD

2 lb. waxy potatoes, cooked,  
peeled and cubed  
2 German-style dill pickles, diced  
2 Tbsp. vegetable oil  
1 onion, finely chopped  
1 clove garlic, finely chopped  
1 stalk celery, finely chopped

salt  
freshly ground pepper  
1 Tbsp. light brown sugar  
1 Tbsp. German mustard  
1/4 c. red or white wine vinegar  
fresh parsley, chopped

In a large bowl, place warm potatoes and add pickles. In a medium skillet, over medium-high heat, heat oil. Add onion, garlic and celery and cook until onion just begins to soften, 2 to 3 minutes. Add salt and pepper to taste. Stir in sugar, mustard and vinegar until well blended. Pour over potato-pickle mixture; toss gently to mix. Spoon into serving bowl and sprinkle with parsley for garnish. (If you like, drizzle with additional oil.) Serves 4 to 6.

*Nellie Segal*

## **PEA SALAD**

- |                                      |                           |
|--------------------------------------|---------------------------|
| <b>1 large pkg. frozen peas</b>      | <b>1 c. sour cream</b>    |
| <b>1 ½ c. salted Spanish peanuts</b> | <b>¾ c. chopped onion</b> |
| <b>1 c. mayonnaise</b>               |                           |

Mix ingredients together one day before serving and refrigerate.

*Lois Latour*

## **MJADRA-LENTIL AND ONION SALAD**

- |                                     |                             |
|-------------------------------------|-----------------------------|
| <b>1 c. lentils</b>                 | <b>1 tsp. salt</b>          |
| <b>1 onion, stuck with 2 cloves</b> | <b>1 c. brown rice, raw</b> |
| <b>1 bay leaf</b>                   | <b>4 large onions</b>       |
| <b>2 ½ c. water</b>                 | <b>1-2 Tbsp. olive oil</b>  |

Place the first five ingredients in a saucepan with a tight cover. Cook until tender (20-30 minutes), taking care to leave the lentils firm, not mushy. At the same time the lentils are cooking, prepare the rice by cooking in 2 to 2 ½ cups of water. This may require 30 to 35 minutes to cook. Slice onions thinly and saute in the olive oil until limp and golden. Place the cooked rice on a large, flat platter and mound the lentils on top. Pat the lentils down to form a compact layer. Top with onions and allow the oil and juices to drain down through the dish. As this cools the layers will set and can be served by scooping under all three layers at once. Serve with plain yogurt and pita bread on the side. May be served cold or at room temperature.

*Marjory Russakoff*

## **CHINESE SPAGHETTI SALAD**

Salad:

- |  |  |
|--|--|
| <b>2 c. slivered cooked chicken breast (or 1 lb. Tofu)</b> | <b>¾ c. sliced scallions (and some green tops), cut diagonally</b> |
| <b>½ lb. snow peas</b>                                     | <b>3 Tbsp. chopped fresh parsley</b>                               |
| <b>2 cucumbers</b>   | <b>2 Tbsp. toasted sesame seeds</b>                                |
| <b>2 sweet red pepper (or roasted)</b>                     | <b>1 lb. spaghetti, cooked</b>                                     |

Prepare the salad vegetables: Trim the ends of the snow peas; cut diagonally into 1 inch pieces. Blanch for 1 minute; drain quickly. Cool under cold water. Peel the cucumbers, remove seeds, and cut into strips ¼ x 1 ½ inches. Cut peppers into strips ¼ x 1 ½ inches. Combine warm spaghetti and pasta dressing. At serving time, toss the pasta

with the dressing for the salad and add all the salad ingredients. Toss again. Serves 8.

**Dressing For Pasta:**

- |                                    |                         |
|------------------------------------|-------------------------|
| <b>1 Tbsp. Oriental sesame oil</b> | <b>4 tsp. soy sauce</b> |
| <b>2 tsp. salad oil</b>            |                         |

Combine and pour over warm spaghetti.

**Dressing For Salad:**

- |                                    |                            |
|------------------------------------|----------------------------|
| <b>¼ c. broth</b>                  | <b>1 tsp. dry mustard</b>  |
| <b>3 Tbsp. soy sauce</b>           | <b>⅛ tsp. cayenne</b>      |
| <b>2 Tbsp. wine vinegar</b>        | <b>chilli oil to taste</b> |
| <b>1 Tbsp. Oriental sesame oil</b> |                            |

Combine all ingredients. If using tofu, marinate with this dressing and then mix with pasta and vegetables.

*Janet Elis Milder*

**KIBBUTZ STYLE SALAD**

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>2 cucumbers</b>            | <b>2 chopped tomatoes</b>       |
| <b>1 bunch radishes</b>       | <b>1 ½ pints cottage cheese</b> |
| <b>1 chopped green pepper</b> | <b>1 pint sour cream</b>        |

Peel the cucumbers, quarter them lengthwise and remove the seeds. Cut into 1 inch lengths. Clean and chop radishes. Wash, trim and cut onions into 1 inch lengths. Combine all ingredients.

*Bill Van Buskirk*

**CAULIFLOWER SALAD**

- |                                  |                             |
|----------------------------------|-----------------------------|
| <b>1 head cauliflower</b>        | <b>⅔ c. mayonnaise</b>      |
| <b>1 head lettuce</b>            | <b>⅓ c. plain yogurt</b>    |
| <b>1 medium onion</b>            | <b>½ c. Parmesan cheese</b> |
| <b>1 red pepper</b>              | <b>pepper to taste</b>      |
| <b>½ c. green olives, pitted</b> |                             |

Break cauliflower into flowerets and the lettuce into bite size pieces. Chop the onion and red pepper. Slice the olives. Mix the mayonnaise, yogurt, cheese and pepper in a large bowl. Mix in the vegetables. Let it sit in the refrigerator for a couple of hours or overnight.

*Janet Elis Milder*

## SOUPS, SALADS & SAUCES

### **CAPONATA** (Eggplant Salad)

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1 medium eggplant               | ½ c. green pepper, chopped      |
| 6 Tbsp. oil                     | 12 large stuffed olives, sliced |
| 1 clove garlic, minced          | 2 Tbsp. capers                  |
| 1 onion, chopped                | 2 Tbsp. wine vinegar            |
| 4 Tbsp. tomato sauce            | 1 Tbsp. sugar                   |
| ½ c. celery, chopped (optional) | freshly ground black pepper     |

Wash and peel the eggplant; cut into ½ inch slices and cut slices into ½ inch cubes. Heat 5 Tbsp. oil in a skillet and saute the eggplant until brown. Remove eggplant and set aside. Add remaining oil and saute garlic and onion. Add tomato sauce, celery and green pepper. Simmer, covered 15 to 20 minutes, adding water if needed. Return eggplant to skillet with capers and olives. Heat vinegar and sugar together and pour over vegetables. Season with fresh black pepper and simmer 15 minutes longer. Serve cold on salad greens or with fresh bread and cheese. Yields 8 servings.

*Joelle Siegel*

### **CHICK PEA SALAD**

- |   |                            |
|---|----------------------------|
| 1 can chick peas, washed and drained          | ⅓ can black olives, sliced |
| 1 bunch of scallions or medium onion, chopped | 2 cloves garlic, minced    |
| 2 medium tomatoes, chopped                    | 1 Tbsp. olive oil          |
|   | oregano                    |
|   | salt and pepper            |

Mix all ingredients together and chill.

*Janet Elis Milder*

### **QUICKY BORSCHT**

- |                        |                                 |
|------------------------|---------------------------------|
| 1 lb. can beets, diced | juice of 1 lemon                |
| 1 ½ c. sour cream      | ground pepper and salt to taste |

Drain liquid from beets and combine with the sour cream. Add beets and lemon juice. Season with salt and pepper. Serve with a dollop of sour cream and a sprinkle of dill.

*Bill Van Buskirk*

**TABBOULEH**

- |                                       |                                   |
|---------------------------------------|-----------------------------------|
| <b>1 ½ c. boiling water</b>           | <b>½ tsp. red pepper</b>          |
| <b>1 c. bulgur</b>                    | <b>3 plum tomatoes, chopped</b>   |
| <b>3 Tbsp. lemon juice</b>            | <b>¼ c. chopped green onions</b>  |
| <b>2 Tbsp. olive oil or salad oil</b> | <b>¼ c. chopped parsley</b>       |
| <b>1 small clove garlic, minced</b>   | <b>2 Tbsp. chopped fresh mint</b> |
| <b>½ tsp. salt</b>                    |                                   |

In medium bowl, pour boiling over bulgur; cover; let bulgur soak for 30 minutes, or until tender. In large bowl, combine dressing ingredients; whisk until blended. Transfer bulgur to strainer to drain excess water. Add bulgur, tomatoes, green onions, parsley and mint to bowl with dressing; stir to mix. Chill 1 hour. Serve tabbouleh on lettuce; garnish with mint springs, if desired. Yields 4 servings.

*Melinda Wentworth*

**HOT FRUIT COMPOTE**

- |                       |                        |
|-----------------------|------------------------|
| <b>1 can peaches</b>  | <b>1 can pineapple</b> |
| <b>1 can pears</b>    | <b>butter</b>          |
| <b>1 can apricots</b> | <b>brown sugar</b>     |

Drain fruit, place in buttered baking dish. Dot with butter and sprinkle with brown sugar. Bake at 350° for 20 minutes or until bubbling.

*Amy Lamy*

**MELINDA'S GREEN GODDESS DIP**

- |                                    |   |
|------------------------------------|---|
| <b>6 oz. softened cream cheese</b> | <b>⅔ c. fresh parsley</b>                       |
| <b>1 c. mayonnaise</b>             | <b>1 pkg. Good Seasons Italian dressing mix</b> |
| <b>2 Tbsp. lemon juice</b>         | <b>½ can anchovy fillets</b>                    |
| <b>4 Tbsp. vinegar</b>             | <b>1 Tbsp. dill (dry)</b>                       |
| <b>½ c. chopped shallots</b>       |   |

Blend in the blender or food processor and chill. May be used as a dip, or thin with vinaigrette for salad dressing or sauce.

*Lois Latour*

**NEAPOLITAN SPAGHETTI SAUCE**

- |  |                                 |
|--|---------------------------------|
| <b>¼ c. onions, minced</b>             | <b>1 6 oz. can tomato paste</b> |
| <b>2 cloves garlic, minced</b>         | <b>3 c. hot water</b>           |
| <b>¼ c. salad oil</b>                  | <b>3 ½ tsp. salt</b>            |
| <b>3 c. fresh tomatoes, chopped or</b> | <b>speck pepper</b>             |
| <b>3 ½ c. canned tomatoes</b>          |                                 |

## SOUPS, SALADS & SAUCES

In skillet heat oil and saute onions and garlic until golden brown. Add rest of ingredients; simmer, uncovered, stirring often for 1 ½ hours.

*Melinda Wentworth/Van Wentworth*

### LOW-FAT PESTO SAUCE

2 c. fresh basil leaves

4 cloves garlic

½ c. Italian parsley leaves

2 Tbsp. extra-virgin olive oil

6 Tbsp. chicken broth

¼ c. grated Parmesan cheese

¼ tsp. salt

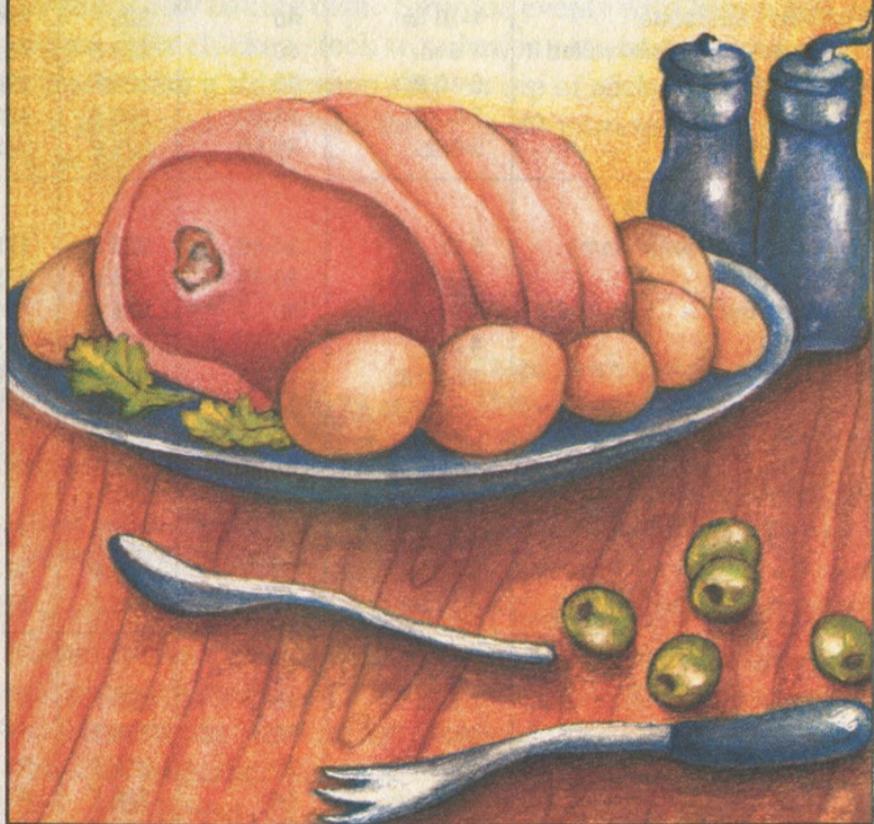
¼ tsp. pepper

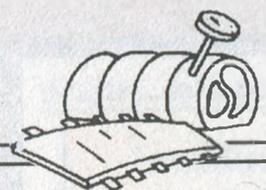
In food processor or blender, combine basil, garlic and parsley; whirl to chop. Add olive oil, chicken broth, Parmesan cheese, salt and pepper. Process until fairly smooth. Use pesto at once, refrigerate for up to two days or pack into clean jars, cover tightly and freeze.

*Sherri Carignan*

—•EXTRA RECIPES•—

# Meats & Main Dishes





# Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
<b>FRESH PORK</b>				
Rib and loin	3-7 lb.	30-40	325 F	175 F
Leg	5 lb.	25-30	325 F	170 F
Picnic shoulder	5-10 lb.	40	325 F	175 F
Shoulder, butt	3-10 lb.	40-50	325 F	170 F
Boned and rolled				
Shoulder	3-6 lb.	60	325 F	170 F
<b>BEEF</b>				
Standing ribs - rare	3-7 lb.	25	325 F	135 F
- medium	3-7 lb.	30	325 F	165 F
- well done	3-7 lb.	35	325 F	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
<b>LAMB</b>				
Shoulder- well done	4-10 lb.	40	325 F	190 F
Shoulder - boned and rolled	3-6 lb.	40	325 F	182 F
Leg- medium	5-10 lb.	40	325 F	175 F
Leg - well done	3-6 lb.	40-50	325 F	182 F
Crown - well done	3-6 lb.	40-50	325 F	182 F
<b>SMOKED PORK</b>				
Shoulder and picnic hams	5 lb.	30-40	325 F	170 F
	8 lb.	30-40	325 F	175 F
Boneless butt	2 lb.	40	325 F	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325 F	175 F
	Half Hams	25	325 F	170 F
<b>VEAL</b>				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325 F	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
<b>POULTRY</b>				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325 F	170 F
Turkey	8-10 lb.	20	325 F	175 F
	18-20 lb.	14	325 F	175 F
Duck	5-10 lb.	30	325 F	175 F

## MEATS & MAIN DISHES

### LEMON CHICKEN

2 chickens (2 1/2 lb. each), cut into quarters  
 2 c. fresh lemon juice  
 2 c. flour  
 2 tsp. salt  
 2 tsp. paprika  
 1 tsp. freshly ground pepper

1/2 c. corn oil  
 2 Tbsp. grated lemon zest  
 1/4 c. brown sugar  
 1/4 c. chicken stock  
 1 tsp. lemon extract  
 2 lemons, sliced paper-thin

Combine chicken pieces and lemon juice in a bowl just large enough to hold them comfortably. Cover and marinate in the refrigerator overnight, turning occasionally. Drain chicken thoroughly and pat dry. Fill a plastic bag with flour, salt, paprika and pepper, and shake well to mix. Put 2 pieces of chicken at a time into the bag and shake, coating completely. Heat oil in a frying pan or cast-iron Dutch oven until hot and fry chicken pieces, a few at a time, until browned and crisp, about 10 minutes per batch. Arrange chicken in a single layer in a large shallow baking dish. Sprinkle evenly with lemon zest and brown sugar. Mix chicken stock with lemon extract and pour around chicken pieces. Set a thin lemon slice on top of each piece of chicken. Bake in a preheated 350° oven for 35 to 40 minutes, or until tender. Makes 6 or more portions.

*Melinda Wentworth*

### CHICKEN CURRY

2 Tbsp. olive oil  
 2 chicken breasts, split, boneless and skinless  
 salt and freshly ground pepper to taste  
 1 1/2 c. diced onion  
 2 large cloves garlic, minced

1 Tbsp. fresh grated ginger  
 1 Tbsp. fine Indian curry powder  
 1 1/2 tsp. ground garam masala (optional)  
 1/2 c. crushed canned tomatoes  
 3/4 c. low-sodium chicken stock

In a straight sided medium skillet, heat oil over medium-high heat. Season chicken breasts with salt and pepper, place in skillet, and cook until golden brown on both sides, 6 to 8 minutes. Remove chicken breasts, and set aside. Reduce heat to medium-low. Saute onion for 2 minutes. Stir in garlic, and cook until onion is golden brown, about 5 minutes. Add ginger, curry and garam masala, and cook, stirring,

## MEATS & MAIN DISHES

1 to 2 minutes. Stir in tomatoes and stock. Add chicken and bring to a boil. Cover skillet, reduce heat to low, and cook until chicken is tender (about 15 minutes), turning once.

*Nellie Segal*

### HAWAIIAN CHICKEN

2 chickens, each cut into 8 pieces  
1 pt. duck sauce

1 (11 oz.) can mandarin oranges  
1 stick margarine, melted

Cover chicken with three quarters of the duck sauce and marinade for 2 hours or overnight. Pour off the clear that has accumulated. Spread chicken in a single layer and pour on remaining duck sauce. Bake, uncovered, at 350° for 1 hour. Pour over melted margarine, add oranges and bake another 15 to 30 minutes. Great dish for passover.

*Valerie Levy*

### CHICKEN MARBELLA

4 chicken, 2 ½ lb. each, quartered  
1 head garlic, peeled and finely pureed  
¼ c. dried oregano  
coarse salt and freshly ground pepper to taste  
½ c. red wine vinegar  
½ c. olive oil

1 c. pitted prunes  
½ c. pitted Spanish green olives  
½ c. capers with a bit of juice  
6 bay leaves  
1 c. brown sugar  
1 c. white wine  
¼ c. Italian parsley\*, finely chopped

In a large bowl combine chicken quarters, garlic, oregano, pepper and salt, vinegar, olive oil, prunes, olives, capers and juice, and bay leaves. Cover and let marinate, refrigerated, overnight. Arrange chicken in a single layer in a large shallow baking dish and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them. Bake in a preheated 350° oven for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice. With a slotted spoon transfer the chicken, prunes, olives and capers to a serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley. Pour remaining pan juices into sauceboat to serve with chicken. To serve

chicken cold, cool to room temperature in cooking juices before transferring it to a serving platter. Yields 10 or more portions (16 pieces).

\*May substitute fresh cilantro for parsley.

*Melinda Wentworth*

## **CHICKEN SCALOPINI**

**1 ½ lb. chicken tenders (breast)**  
**4 Tbsp. plus 2 Tbsp. flour\***  
**salt and pepper to taste**

**olive oil or butter**  
**4 Tbsp. dry sherry\*\***  
**1 (14 ½ oz.) can chicken broth**

Wash and pat chicken dry. Lightly salt and pepper the chicken. Coat chicken with flour. Heat some oil or butter in skillet and brown chicken, several pieces at a time, on each side. Remove to serving dish and continue browning all chicken pieces. In remaining oil, add 2 tablespoons flour or cornstarch. Make a smooth paste and add dry sherry (or white wine). Slowly mix in chicken broth and cook over low heat until sauce thickens. Place chicken into sauce and pour over cooked pasta.

\* May substitute cornstarch for 2 Tbsp. flour.

\*\* May substitute ¼ c. white wine.

*Joelle Siegel*

## **CHICKEN AND OLIVES**

**1 lb. pitted green olives**  
**1 chicken (3 ½ lb.) cut into 6**  
**pieces, skin and fat discarded**  
**4 cloves garlic**  
**2 Tbsp. corn oil**  
**¼ c. chopped parsley**

**½ tsp. salt**  
**½ tsp. pepper**  
**½ tsp. ground turmeric**  
**1 c. chopped ripe tomatoes,**  
**fresh or canned**  
**1 c. water**

Blanch the olives in boiling water for 1 minute. Drain. Put chicken and garlic in a dry pan and stir-fry over moderate heat for 4 to 5 minutes. Add oil, parsley, salt, pepper turmeric and tomatoes. Mix well, add water, and bring to a boil. Cook the chicken in a covered pan over low heat for 40 minutes. Add olives and cook 15 minutes longer. Serve warm with bread and salads. Serves 6.

*Nellie Segal*

**MUSHROOMS AND CHICKEN**

- |  |                              |
|--|------------------------------|
| 2 whole chicken breasts,<br>boneless and cut into 6 slices | 3 oz. cream cheese           |
| flour  | 1 can cream of mushroom soup |
| salt and pepper to taste                                   | 1 chicken bouillon cube      |
| 3 Tbsp. oil  | ½ pkg. onion soup mix        |
| 1 medium onion, sliced                                     | ¼-½ c. milk                  |
|  | 1 can mushrooms              |

Roll chicken pieces in flour, salt and pepper. Heat oil, brown chicken evenly and remove from pan. Add onion, cooking until transparent, and add to chicken. Into hot skillet place cream cheese, stirring add soup, chicken bouillon, onion soup mix, milk and mushrooms. Over medium high heat, stir until smooth and bubbly. Add chicken and onions. Serve over noodles. Serves 4.

*Charlotte Blake*

**CHINESE CHICKEN WITH CASHEWS**

- |                      |                         |
|----------------------|-------------------------|
| 4 oz. cashews        | 1 tsp. sugar            |
| 10 oz. chicken meat  | ½ Tbsp. light soy sauce |
| ½ Tbsp. cooking wine | 1 Tbsp. cornstarch      |
| 1 tsp. salt          | 3 Tbsp. oil             |

Cut chicken into small cubes. Add salt, sugar, soy sauce, cooking wine and cornstarch. Mix evenly and marinate for 10 minutes. Heat oil, reduce to medium and fry cashews for 30 seconds. Remove from pan. Increase temperature to high and fry chicken cubes until well done. Add cashews and mix well.

\* You can add steamed broccoli too.

*Sherri Carignan*

**TURKEY TETRAZZINI**

- |                             |                              |
|-----------------------------|------------------------------|
| ½ c. butter or margarine    | 1 ½ c. spaghetti, cooked     |
| ¼ c. flour                  | ½ c. mushrooms, cooked       |
| 2 c. milk                   | ¼ c. chopped pimento         |
| 1 ½ tsp. salt               | ¾ c. shredded cheddar cheese |
| ⅓ tsp. pepper               | ¾ c. dry bread crumbs        |
| 1 ½ c. cooked turkey, diced |                              |

In a saucepan, melt ¼ cup margarine. Add flour and stir until well blended. Gradually add milk and cook over low heat stirring constantly. Add salt, pepper and cheese. Stir until cheese is melted.

Combine sauce with turkey, spaghetti, mushrooms and pimento. Place in buttered 2 quart casserole dish. Combine crumbs and remaining melted margarine; sprinkle on casserole. Bake at 325° for about 25 minutes or until well browned. Serves 6.

*Sherri Carignan/Sally Carignan*

## **COCHIN-STYLE CHILI CHICKEN**

2 Tbsp. lemon juice	2 medium tomatoes, chopped
1 tsp. salt	½ tsp. turmeric
2 Tbsp. sugar	¼ tsp. chili powder
2 Tbsp. vegetable oil	1 (3-3 ½ lb.) chicken, cut into 8 pieces
10-12 fresh or dried curry leaves	2 Tbsp. chopped fresh coriander
2 c. finely sliced shallots	1 c. water
6 cloves garlic, finely chopped	Fresh coriander leaves and lemon wedges for garnish
1-inch piece fresh ginger root, finely chopped	
5 medium-hot green chilies, seeded and finely chopped	

In a small bowl, place lemon juice, ¼ tsp. salt and sugar; stir to dissolve. Set aside. In a Dutch oven or large, deep skillet, over medium-high heat, heat oil. Add curry leaves and stir until they sizzle, 10 to 15 seconds. Stir in shallots, garlic, ginger and chilies and cook until shallots have softened and begin to color, 5 to 7 minutes. Stir in tomatoes, turmeric, chili powder and remaining salt. Cook 3 to 4 minutes longer. Add chicken to vegetable mixture, moving pieces around to cover with some of the vegetables. Stir in 1 cup of water and bring just to a boil. Reduce heat to low and cook, tightly covered, 20 minutes, stirring once. Uncover and stir in reserved lemon juice mixture and chopped coriander. Increase heat to medium and cook, uncovered, until sauce is slightly reduced, basting chicken occasionally with the sauce, about 10 minutes. Arrange chicken pieces on a serving platter. Pour sauce over and garnish with coriander leaves and lemon wedges.

*Nellie Segal*

## **CUBAN CHICKEN**

- |   |                                      |
|---|--------------------------------------|
| 1 frying chicken (3-3 1/2 lb.), cut up                | 3/4 tsp. dry oregano leaves          |
| 2 Tbsp. salad oil                                     | 3/4 tsp. ground cumin                |
| 2 cloves garlic, minced                               | 1 (15 oz.) can tomato sauce          |
| 1 large onion, chopped                                | 1/3 c. dry white wine                |
| 1 large green bell pepper, seeded and chopped         | 1/2 c. raisins                       |
| 4 small thin skinned potatoes, cut into 1 inch chunks | 1/2 c. pitted ripe olives            |
|   | 1 c. frozen peas, thawed and drained |

Rinse chicken and pat dry. Place wok over medium-high heat; when wok is hot, add oil. When oil is hot, add half the chicken pieces; cook, turning, until browned on all sides (about 15 minutes). Remove from wok and set aside. Brown remaining chicken. Spoon off and discard all but 2 tablespoons of the drippings. Add garlic, onion and bell pepper to drippings in wok. Stir-fry until onion is soft (about 4 minutes). Add potatoes, oregano, cumin, tomato sauce, wine, raisins, olives and chicken. Bring to a boil then reduce heat, cover and simmer, turning chicken once, until meat near thighbone is no longer pink (about 30 minutes). Skim and discard fat from chicken stew, then stir in peas and cook just until hot.

*Nellie Segal*

## **MARTHA'S IRISH MEATBALLS**

(Well, Greek Meatballs, but Martha's Irish.)

- |                              |                          |
|------------------------------|--------------------------|
| 1 lb. hamburger              | Salt and pepper to taste |
| 1 medium onion, chopped fine | flour                    |
| 1 egg                        | cooking oil              |
| 1 slice bread, crumbled      | 1 lemon or 2 limes       |
| 1 tsp. oregano               | Heinz hot hickory smoked |
| 1 tsp. mint leaves           | barbecue sauce           |
| 2 oz. grated parmesan cheese |                          |

Mix first 8 ingredients. Form balls. Roll balls gently in flour. Fry in oil and juice of lemon or limes. Add a small amount of water to the barbecue sauce and serve the meatballs in the sauce.

*Sid Block*

## MAMA'S MEAT BALLS

1 lb. hamburger  
1 small onion, chopped  
1 large onion, sliced  
½ tsp. garlic salt  
pepper to taste  
½ c. bread crumbs  
1 egg

¼ c. milk  
1 Tbsp. oil  
1 can Italian style tomatoes  
1 can cream of mushroom soup  
pinch garlic powder  
1 Tbsp. Worcestershire sauce

Mix meat with the small onion, garlic salt, pepper, bread crumbs, egg and milk. Form balls. Heat oil. Fry meatballs, covered, on low, turning to brown all sides. Add the sliced large onion and cook until transparent. Add tomatoes, soup, garlic powder and Worcestershire sauce. On low heat, simmer about 1 hour. Serve with potato, rice or noodles.

*Charlotte Blake*

## CYRIL'S HOLIDAY BRISKET

7-8 lb. brisket  
2 onions  
salt and pepper to taste

Worcestershire sauce  
¼ tsp. garlic

Place brisket under broiler until brown on one side. Turn and brown the other side. Slice onions, sprinkle on Worcestershire sauce and garlic. Cover and bake 2 ½ to 3 hours. Chill before slicing. May be frozen. Reheat before serving or heat by covering with hot gravy.

*Sid Block*

## BEEF SPARE RIBS

Beef Ribs:

beef spare ribs  
1 onion

water

Place spare ribs in a pot or roasting pan with chopped onion and enough cold water to almost cover them. Simmer for 1 to 1 ½ hours. Drain water. Allow to cool slightly.

Marinade:

½ c. soy sauce  
1 c. ketchup

4-5 Tbsp. brown sugar  
6-8 cloves garlic, whole

## MEATS & MAIN DISHES

Mix all ingredients and pour into plastic bag. Add spare ribs and marinate in the refrigerator for 3 to 12 hours. Bake, broil or grill ½ to 1 hour until hot but not crisp or burnt.

### Topping:

½ jar apricot or peach jam

1 Tbsp. plus vinegar

Mix jam and vinegar. Add vinegar 1 tablespoonful at a time until it tastes sweet and sour. Brush ribs with this mixture.

*Sherri Carignan/Betty Berman*

## CURRIED FISH FILLETS

1 Tbsp. vegetable oil

1 onion, cut in half and thinly sliced

2-3 cloves garlic, peeled and finely chopped

2 lb. white fish fillets\*, cut in 3 inch pieces

1 c. chopped fresh coriander leaves

1 Tbsp. white or red wine vinegar

¼ c. tomato paste

1 tsp. ground cumin

½ tsp. turmeric

1 small fresh red chili\*\*

½ c. water

Fresh coriander sprigs for garnish

In a large skillet, over medium-high heat, heat oil. Add onion and cook until softened and beginning to color, 3 to 5 minutes. Add garlic and cook 1 minute longer. Add fish and cook until the fish begins to firm and turn opaque, 4 to 5 minutes. Gently stir in remaining ingredients, except garnish, and simmer for 15 minutes, covered. The fish will flake easily if tested with the tip of a knife. Remove fish fillets to a serving dish. Increase heat to high and cook sauce until slightly thickened, 2 to 3 minutes. Pour over fish. Garnish with coriander sprigs and serve with hot rice. Yields 6 servings.

\* You may use fish such as flounder, cod, halibut or whiting.

\*\*May substitute ½ tsp. red pepper flakes for fresh red chili.

*Nellie Segal*

## SHRIMP AND CUCUMBER STIR-FRY

### Stir-Fry Ingredients:

2 large cucumbers, peeled

3 Tbsp. salad oil

2 Tbsp. minced fresh ginger

1 clove garlic, minced

¼ c. minced green onions (including tops)

2 green onions (including tops), thinly sliced

1 lb. medium size raw shrimp, shelled and deveined salt

Cut cucumbers in half lengthwise; scrape out and discard the seeds. Cut each cucumber half crosswise into  $\frac{1}{4}$  inch thick slices. Place a wok over high heat; when wok is hot, add cucumbers and 1 tablespoon of the ginger; stir-fry until cucumbers are tender-crisp to bite, about 3 minutes. Pour onto a platter and keep warm. Pour remaining oil into wok; when oil is hot, add garlic, remaining 1 tablespoon of ginger, onions and shrimp. Stir-fry until shrimp turn pink, about 3 minutes.

**Cooking Sauce:**

<b>3 Tbsp. dry sherry*</b>	<b>1 tsp. cornstarch</b>
<b>2 Tbsp. distilled white vinegar</b>	<b><math>\frac{1}{2}</math> tsp. sugar</b>
<b>1 <math>\frac{1}{2}</math> Tbsp. soy sauce</b>	

Combine all ingredients. Pour into hot wok with shrimp. Stir until sauce boils and thickens. Season with salt, then pour over cucumbers. Makes 4-6 servings.

\*May substitute regular-strength chicken broth for the sherry.

*Nellie Segal*

## POACHED SALMON

<b>salmon fillets</b>	<b>herbs (dill, parsley, thyme,</b>
<b>water</b>	<b>rosemary)</b>
<b>white wine</b>	<b>juice of 1 lemon</b>
<b>fish stock</b>	<b>sliced onion</b>

Remove all bones with tweezers or needle-nosed pliers. Place fillets in a shallow baking pan. Mix remaining ingredients and pour this broth over fillets, using enough to just reach the top of the fish. Bake in a preheated 375° oven for 20 minutes or until fish becomes opaque (light pink). Let fish cool at room temperature and remove skin. Drizzle olive oil over the fish. Cover with plastic wrap and chill in refrigerator. Serve cold with Melinda's Green Goddess Dip.

*Melinda Wentworth*

## SALMON PIE

<b>1 8 inch pie crust*</b>	<b>3 large potatoes**, half white,</b>
<b>1 Tbsp. butter</b>	<b>half sweet, diced</b>
<b>1 small onion</b>	<b>1 can salmon</b>
<b>1 bunch scallions</b>	<b>1 egg</b>
	<b>salt and pepper to taste</b>

## MEATS & MAIN DISHES

Melt butter and saute onion and scallions until tender. Boil the potatoes separately. Drain and reserve some of the water. Mix the onions, potatoes, salmon, egg and salt and pepper together. If too dry stir in a little of the potato water. Spoon into the lined pie plate. Bake in a preheated 400° oven for 35 minutes. Great served with a white sauce mixed with chopped eggs.

\*Can be made without pie crust.

\*\*If using sweet potato, add a dash of allspice.

*Shellie Batuski*

### **PARVE LUKSHEN KUGEL**

(Noodle Pudding Without Dairy)

1 lb. broad noodles  
1/3 c. brown sugar  
3 eggs  
1 1/2 tsp. cinnamon\*

1/2 c. raisins  
2 large cooking apples  
2 Tbsp. margarine (optional)

Boil noodles until tender, drain and return to cooking pot. Core, peel and coarsely chop the apples. Add all ingredients to the noodles. Pour into a greased 9x13 inch pan. Bake at 350° for 45 minutes.

\*May use vanilla or nutmeg in place of cinnamon.

*Janet Elis Milder*

### **LUKSHEN KUGEL**

(Noodle Pudding)

1 lb. broad noodles  
1 lb. cottage cheese  
1 c. plain yogurt  
3 eggs, beaten

1/3 c. white or brown sugar  
2/3 c. raisins  
1 tsp. cinnamon

Boil noodles until tender, drain and return to cooking pot. Mix in the rest of the ingredients. Pour into a greased 9x13 inch pan. Bake at 350° for 45 minutes.

*Janet Elis Milder*

### **MARYANN'S MATZO KUGEL**

1 c. minced onion  
1 c. minced celery  
6 Tbsp. shortening, melted  
3 1/2 c. farfel  
2 eggs, slightly beaten

1 can condensed, clear chicken  
broth  
1 1/4 c. hot water  
1 tsp. salt  
1/4 tsp. pepper  
2 tsp. paprika

Saute onion and celery in melted shortening until tender but not brown. Add to farfel and mix well. Combine remaining ingredients and add to farfel mixture. Pour into a well greased 1 ½ quart baking dish. Bake at 375° for 30 minutes or until firm.

*Maryann Roth*

### **SWEET POTATO KUGEL**

6 small sweet potatoes, peeled  
and grated  
3 apples, peeled and grated  
1 c. raisins

1 c. matzo meal  
2 tsp. cinnamon  
1 c. walnuts, chopped (optional)  
1 c. fruit juice or water

Mix all ingredients together. Press into a large baking dish. Bake in a preheated 375° oven for 45 minutes or until crisp on top. Serves 12.

*Shellie Batuski*

### **RICH-AND-FRUITY LOKSHEN KUGEL** (Sweet Noodle Pudding)

Kugel:

8 oz. medium-wide noodles  
1 (10 ½ oz.) can mandarin  
oranges, drained  
1 (16 oz.) can pitted, dark, sweet  
cherries, drained  
1 (8 oz.) can crushed pineapple,  
with juice  
1 c. sour cream

½ c. butter, softened and cut in  
small pieces  
1 8 oz. pkg cream cheese,  
softened and cut into small  
pieces  
½ c. sugar  
2 Tbsp. honey  
1 tsp. vanilla extract  
5 large eggs

Cook and drain noodles. Combine them with all the canned fruit, and spread the mixture in a well greased 9x13 inch baking dish. In a blender or food processor (fitted with the steel blade), combine the sour cream, butter, cream cheese, sugar, honey, vanilla and eggs. Process until completely smooth. Pour the mixture over the noodles and fruit; stir gently to evenly distribute ingredients.

Topping:

2 Tbsp. sugar

1 tsp. ground cinnamon

## MEATS & MAIN DISHES

Combine topping ingredients and sprinkle over the top of the kugel. Bake in a preheated 350° oven for 1 hour, or until it is set. Cut into squares and serve warm or cold. \*The topping is optional.

*Tammy Nesin*

### **LUKSHEN KUGEL**

(Noodle Pudding)

½ lb. medium egg noodles,  
cooked and drained  
3 eggs\*, beaten  
4 Tbsp. sugar  
½ pt. sour cream  
8 oz. cottage cheese

3 oz. cream cheese, diced  
2 apples, grated or finely diced  
¾ c. raisins  
margarine  
cinnamon to taste

Beat eggs, sugar and sour cream. Mix in the cottage cheese, cream cheese, apples and raisins. Lightly butter noodles and combine with cheese mixture; mix well but briefly. Pour into greased pan. Sprinkle with cinnamon. Bake at 350° for approximately 1 hour, until top browns. Cut into 1-2 inch squares. Serve as side dish or as hors d'oeuvres.

\*May use 6 egg whites or ¾ c. egg substitute.

*Ron Blum*

### **AGIEOLIO PASTA**

(Garlic and Oil Pasta)

1 (2 oz.) can anchovy fillets,  
chopped fine  
3 cloves garlic, crushed  
¾ c. oil  
¾ c. water

1-2 tsp. parsley  
½ tsp. basil  
pinch oregano  
pinch salt

Cook anchovy fillets and garlic until garlic browns. Add remaining ingredients. Pour over cooked pasta.

*Joelle Siegel*

### **PENNE VODKA MARINARA**

¼ c. vodka  
⅛ tsp. crushed red pepper  
1 Tbsp. olive oil  
¾ c. chopped onion  
2 Tbsp. minced garlic  
⅛ tsp. salt

32 oz. marinara sauce  
¾ c. half & half cream  
¼ c. chopped fresh basil  
2 Tbsp. grated Parmesan cheese  
1 lb. penne, cooked

Combine vodka and red pepper. Set aside. Saute onion. Add garlic and salt. Add vodka. Cook on high heat until vodka nearly evaporates. Stir in marinara sauce and cook 5 minutes. Add basil, cheese and cream. Heat thoroughly and toss with pasta.

*Joelle Siegel*

## MACARONI BAKE

16 oz. macaroni, cooked 6  
minutes  
4 c. grated cheddar cheese  
5 c. milk  
4 Tbsp. butter  
½ c. flour

1 tsp. salt (optional)  
1 tsp. dry mustard  
½ tsp. pepper  
½ tsp. paprika  
½ tsp. thyme  
½ c. bread crumbs

Melt butter over low heat. Add flour, salt, paprika, thyme, mustard and pepper. Slowly add milk, whisking to avoid clumping. Stir continuously until thickened. Remove from heat. Add 3 cups of the cheese to mixture. Stir until melted. Add macaroni and stir. Pour into a large greased casserole pan. Mix remaining cheese with bread crumbs. Sprinkle over the top of casserole. Bake at 375° for 25 to 30 minutes or until lightly browned.

*Shellie Batuski*

## EDITH KLEIN'S CHOLENT

1 lb. dried Great Northern beans  
¼ c. chicken fat or vegetable oil  
2 large onions, chopped  
3 shallots, chopped  
3 cloves garlic, chopped  
2 ½ lb. boneless flanken or  
brisket, cut in 2 inch chunks

½ lb. pastrami, in one piece  
1 Tbsp. Hungarian paprika  
1 Tbsp. honey  
½ c. pearl barley  
6 c. boiling water  
salt and pepper to taste

Place beans in a bowl, cover with cold water to a depth of 2 inches and allow to soak at least 4 hours or overnight. Heat oil in a large, heavy casserole. Add onions and shallots and saute until golden. Stir in garlic and cook for about a minute. Remove vegetables from the pan with a slotted spoon, draining them well, and set aside. Brown chunks of beef lightly in oil and remove them. Cut pastrami into 1 inch cubes and stir them into the oil, then stir in the paprika and honey. Return onions, shallots, garlic and beef to casserole. Stir in barley. Drain beans and add them. Add the water and cover. Bake in a pre-heated 400° oven for 30 minutes. Reduce heat to 250° and bake 30

## MEATS & MAIN DISHES

minutes longer. Remove lid, season with salt and pepper, then cover casserole with aluminum foil and replace lid. Continue baking 7 to 8 hours or overnight. Yields 8 servings.

*Joelle Siegel*

### STUFFED CABBAGE

cabbage, small head	2 Tbsp. red dry wine (optional)
4 tsp. oil	$\frac{2}{3}$ c. apple juice
2 small onions, chopped finely	$\frac{1}{2}$ c. applesauce
1 $\frac{1}{2}$ c. matzo farfel*	20 oz. can tomato sauce
1 c. raisins	1 c. water
2 stalks celery, chopped finely	

Steam head of cabbage in water until leaves are soft. Remove cabbage from water, cool and separate leaves. In oil saute onions, farfel, raisins and celery over medium heat for 10 minutes. Add wine, juice and applesauce. Simmer 5 more minutes. Place some stuffing on each cabbage leaf and fold ends in. Lay in a deep baking dish with folded cabbage ends down. Mix tomato sauce with water. Pour sauce over cabbage so leaves remain moist and don't dry out. Bake in a pre-heated 375° oven for 30 minutes or until heated through. Serves 6-8.

*Shellie Batuski*

### LAURA'S STUFFED CABBAGE

#### Filling:

1-1 $\frac{1}{2}$ lb. ground beef	onion powder to taste
2 onions	garlic powder to taste
2-3 cloves garlic	dried parsley to taste
2 baby zucchini	salt and pepper to taste
2 egg whites	

Combine all ingredients and add 1 cup of sauce, mix well.

#### Sauce:

1-2 jars spaghetti sauce	6-12 Tbsp. vinegar
2-3 c. water	2-4 tsp. dry mustard
4-8 Tbsp. brown sugar	

Mix all ingredients together in a large pot. Bring to a boil and turn off. Adjust seasonings to taste. Use lower amount for one jar of sauce and larger amount for 2 jars.

**Cabbage Leaves:****1 large cabbage**

Parboil cabbage until the leaves have softened and can easily be removed. Fill leaves with prepared filling and roll. Place stuffed cabbage rolls in sauce. Bring to a boil and then simmer for 1 hour or more until done.

*Laura Dilts***SAUERBRATEN AND SPATZLE****Sauerbraten:**

- |                                |                                      |
|--------------------------------|--------------------------------------|
| <b>1 c. cider vinegar</b>      | <b>1 Tbsp. salt</b>                  |
| <b>1 c. Burgundy</b>           | <b>1 ½ tsp. pepper</b>               |
| <b>2 onions, sliced</b>        | <b>4 lb. rump or boned chuck pot</b> |
| <b>1 carrot, sliced</b>        | <b>roast</b>                         |
| <b>1 stalk celery, chopped</b> | <b>⅓ c. salad oil</b>                |
| <b>2 whole allspice</b>        | <b>1 Tbsp. sugar</b>                 |
| <b>4 whole cloves</b>          | <b>½ c. crushed gingersnaps</b>      |

In a large bowl, combine vinegar, Burgundy, onion, celery, allspice, cloves, salt and pepper. Wipe meat with damp paper towels and place in marinade; refrigerate, covered, 3 days, turning meat occasionally. Remove meat from the marinade. Reserve marinade. Wipe meat dry with paper towels. Coat with 2 tablespoons of flour. In hot oil in Dutch oven, over medium heat, brown meat well on all sides. Pour in marinade; simmer, covered, 2 ½ to 3 hours, or until meat is tender. Remove meat from Dutch oven. Press liquid and vegetables through a coarse sieve; skim off fat. measure 3 ½ cups liquid (add water, if necessary). Return liquid to Dutch oven. Mix remaining 2 tablespoons flour with ⅓ cup cold water and the sugar. Stir into liquid; bring to boiling, stirring. Stir in gingersnaps. Return meat to Dutch oven. Spoon gravy over it; simmer, covered 20 minutes. Remove meat to heated platter. Pour some of the gravy over it. Serve meat, thinly sliced, more gravy. Serve with Caraway Noodles and Red Cabbage. Makes 6 servings.

**Spatzle:**

- |                      |                       |
|----------------------|-----------------------|
| <b>3 eggs</b>        | <b>1 c. milk</b>      |
| <b>3 c. flour</b>    | <b>3 Tbsp. butter</b> |
| <b>¼ tsp. nutmeg</b> | <b>salt to taste</b>  |

## **MEATS & MAIN DISHES**

Place eggs in bowl and beat until frothy. Gradually beat in flour. Add salt and nutmeg. Gradually beat in milk. Beat until thoroughly blended (5 minutes). Put batter in spatzle maker. Squeeze into big pot of boiling water. When spatzle floats it is done cooking. Toss in butter.

*Jody Cabot*

## **TEXAS HASH**

<b>1 lb. hamburger</b>	<b>1 c. raw rice</b>
<b>1 onion, chopped</b>	<b>1 c. water</b>
<b>1 green pepper, chopped</b>	<b>1 large can crushed tomatoes</b>

Brown hamburger. Add onion and green pepper and cook thoroughly. Add rice and brown. Stir in water and tomatoes. Cover and simmer until rice is done, about 20 to 25 minutes. This can be made ahead and reheated in the oven.

*Charlotte Blake*

## **BAR-B-Q**

<b>1 lb. hamburger</b>	<b>1 Tbsp. vinegar</b>
<b>1 c. ketchup</b>	<b>1 Tbsp. mustard</b>
<b>¼ tsp. salt</b>	

Mix all ingredients and bring to a boil. Simmer ½ hour covered. Serve on hamburger buns. Serves 12.

*Jonathan Siegel*

## **KNISHES**

Pastry:

<b>4 c. sifted all-purpose flour</b>	<b>6 Tbsp. vegetable shortening</b>
<b>1 tsp. salt</b>	<b>10-13 Tbsp. ice water</b>
<b>1 c. butter or pareve margarine</b>	<b>1 egg yolk plus 1 Tbsp. water</b>

Sift flour and salt into a large bowl. Add butter, cut in small pieces, to shortening. Blend with a pastry blender until mixture resembles coarse flakes of oatmeal. Add ice water and blend, with the cupped palm of your hand, until a single mass is formed. Divide the dough in half. Place one portion on a lightly floured surface. Quickly push the dough away from you, taking small amounts at a time, to

blend the flour and shortening. Gather it up in a ball, dust with flour, wrap in plastic wrap, and refrigerate overnight. Repeat the process with second ball of dough. Roll each ball of dough out on a lightly floured surface into a rectangle. Cut the rectangle into strips 8 inches long and 3 inches wide. Place a strip of filling down the center of strip of pastry and fold over the sides to completely enclose the filling. Cut pastry into 2 inch lengths and round the ends. Place on an ungreased baking sheet and brush with a mixture of egg yolk and water. Bake in a preheated 425° oven for 20 minutes, or until the knishes are golden brown.

#### Potato Filling:

3 large baking potatoes, peeled  
and quartered  
3 Tbsp. butter or pareve  
margarine  
3 Tbsp. oil

2 large onions, chopped  
¼ c. parsley  
salt to taste  
cracked pepper to taste  
2 eggs, lightly beaten

Place the potatoes in a 2 quart saucepan. Cover with cold water, bring to a boil, and cook until potatoes are very tender (about 25 minutes). While the potatoes are cooking, melt the butter and oil together in a skillet. Add the onion and fry until golden brown but not quite crisp. Drain the potatoes and mash until smooth. Stir in the sauteed onions, chopped parsley, salt, pepper and eggs. The filling should have a slightly peppery taste, which can be obtained by using cracked pepper instead of ground.

#### Cheese Filling:

1 lb. farmer cheese  
4 Tbsp. butter or margarine  
1 c. chopped scallions, some  
green included

1 egg, beaten  
2 Tbsp. chopped parsley  
2 Tbsp. sour cream  
salt and pepper to taste

In a mixing bowl, mash farmer cheese until smooth. In a skillet, melt the butter. Add scallions and saute until they are limp but not brown. Scrape them into the mixing bowl. Add the egg, parsley, sour cream, and salt and pepper.

*Melinda Wentworth*

## **KREPLACH**

### **Meat Filling:**

<b>2 lb. boneless chuck or brisket of beef</b>	<b>1 carrot</b>
<b>salt and freshly ground pepper to taste</b>	<b>1 piece celery</b>
<b>1 clove garlic</b>	<b>3 medium onions</b>
	<b>2 Tbsp. vegetable oil</b>

Season meat with the salt and pepper and rub with the garlic. Place in a heavy pot and surround with carrot, celery and 1 onion. Cook, covered for about 1 hour or until there is almost no water. Add water to cover and simmer for 1 ½ hours. Slice the remaining 2 onions and saute slowly in oil until brown. Remove meat from heat and let cool. Drain and coarsely grind with the onions, adding a little broth from the meat if needed to make it moist enough to handle.

### **Dough:**

<b>¼ c. vegetable oil</b>	<b>1 c. lukewarm water</b>
<b>2 tsp. salt</b>	<b>4 c. all-purpose flour</b>

Mix oil, salt and water in a bowl. Gradually stir in the flour until a medium soft dough is formed. Place on a floured board. Knead until dough is smooth and soft. A food processor works well for this. Cut dough into 3 portions. Roll out each piece of dough into a rectangle about ⅛ inch thick. Cut into 2 inch squares. Fill each square with about a teaspoon of the meat mixture. Dipping your fingers in flour, fold ends together like a little ring. Repeat with remaining dough. (The kreplach may be frozen at this point. To do so, place them on a cookie sheet in the freezer and when frozen, transfer them to a plastic freezer bag.) To cook the Kreplach, bring about 10 cups of water to a boil in a large pot. Add salt and about 20 Kreplach at a time. When the Kreplach have risen to the top, cook for another 5 minutes or until they are al dente. Remove with a strainer to a bowl filled with chicken soup, serving about 3 Kreplach per person. They can also be fried and served with gravy as a side dish with meat.

## **VEGETARIAN CHILI**

- |   |                                 |
|---|---------------------------------|
| <b>2 small to medium onions, chopped</b>    | <b>2 cans veggie chili*</b>     |
| <b>½ green pepper, chopped</b>              | <b>1 can corn (optional)</b>    |
| <b>½ red pepper, chopped</b>                | <b>3 Tbsp. chili powder</b>     |
| <b>2 Tbsp. fresh garlic, minced</b>         | <b>3 Tbsp. tomato paste</b>     |
| <b>1 handful fresh parsley, chopped</b>     | <b>3 Tbsp. fajita seasoning</b> |
| <b>2-3 scallions, chopped</b>               | <b>salt and pepper to taste</b> |
| <b>1 pkg. "Grillers" (Morningstar Farm)</b> | <b>sugar to taste</b>           |
|   | <b>olive oil</b>                |

In olive oil saute onions, peppers, garlic, parsley and scallions until soft. Defrost Grillers, crumble and add to mixture. Saute for several minutes and then add chili and corn; mix well. Add tomato paste, chili powder, fajita seasoning, sugar and salt and pepper. Thin a bit with water and simmer for 15 to 20 minutes. You may sprinkle cheddar cheese on top.

*Melinda Wentworth*

## **CHILI**

- |  |   |
|--|---|
| <b>3-4 medium onions, coarsely chopped</b> | <b>¼ c. chili powder</b>                                |
| <b>3 cloves garlic, peeled and crushed</b> | <b>1 (1 lb. 12 oz.) can tomatoes</b>                    |
| <b>¼ c. olive oil</b>                      | <b>3 (1 lb. 4 oz.) cans red kidney beans, in liquid</b> |
| <b>1 tsp. oregano</b>                      | <b>2 tsp. salt</b>                                      |
| <b>1-2 bay leaves</b>                      | <b>3 Tbsp. cider vinegar</b>                            |
| <b>2 lb. ground beef (optional)</b>        | <b>⅛-¼ tsp. chili peppers</b>                           |

Saute onions and garlic in oil over medium high heat, stirring occasionally, for 10 minutes until golden brown. Add oregano, bay leaves and beef and saute. Add 2 tablespoons of chili powder, tomatoes and 2 cans of the kidney beans. Simmer, uncovered, over low heat, stirring occasionally for 1 ½ hours. Add remaining chili powder, can of kidney beans, vinegar, chili peppers and salt. Cook for another 15 minutes, stirring several times.

*Barbara Heller*