

Pesach Sameach

Passover Recipes of
Ruth N. Reingold
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Pesach Sameach, Love, Ima

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Adafina

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

Ingredients

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

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

Atlanta Brisket

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

Ingredients:

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

Yield: Main dish for 10 people

Preheat oven to 325°F.

Put brisket in a large, heavy roasting pan. Pour the coke, chili sauce, and onion soup mix on the brisket. Place a large piece of parchment paper over the meat to prevent any reaction of the coke with the aluminum foil. Cover the pan with aluminum foil, and seal well. Place in the preheated oven and bake for 4 hours or until quite tender.

Almond Cookies

These delicate, crunchy cookies are equally good for Passover and throughout the year. The recipe is from Shoshannah Seidman who first served them to us at a Shabbat dinner in Skokie, IL, December 31, 2004. They freeze beautifully.

Ingredients

- 2 egg whites
- 1/2 c. sugar
- 3 cups almonds (slivered or sliced)

Yield: 42 cookies

Preheat the oven to 375°F.

Slightly beat the egg whites with a fork (until they are blended). Add the sugar and mix until the sugar is incorporated. Add the almonds and mix until the almonds are covered with the egg mixture. Drop by spoonful on a cookie sheet covered with parchment paper. Rotate the cookie sheets during the baking time. Bake for approximately 12-15 min. or until golden brown. Wait for a few minutes before removing the cookies. Cool thoroughly and wrap in two layers of zippered bags for freezing.

Almond Macaroons

Just before Passover, 1977, we were living in Rehovot, Israel, and visited Jerusalem to buy some Passover foods. We saw an incredibly long line of people outside a bakery. We joined the line when we found out that this particular bakery was renowned for their almond macaroons. Not only did we buy the macaroons that day, but we loved them so much that we returned several times to buy more. I searched for years for a recipe to match the taste of these macaroons - pure almond, no matzo meal filler, chewy, a bit moist. Finally we found this recipe from a convent on the Rue des Soeurs, Nancy, France. The taste is just as we remember from Jerusalem. Don't wait until Passover to try these, they are wonderful year around. I always double or even quadruple the recipe.

Ingredients

- 2 cups almonds, use up to 1/2 cup more to get a thick enough batter
- 1 1/2 cups sugar
- 3 egg whites
- 1 tsp. pure vanilla extract

Preheat oven to 400°F.

Cover two heavy aluminum cookie sheets with parchment paper.

Put the almonds and sugar in the work bowl of a food processor fitted with the metal blade. Process just until the mixture is smooth. Don't overprocess! Immediately add the egg whites, before the almonds lose their oil. Pulse about 10 times. Add the vanilla and pulse 2 or 3 times. You should be able to just shape the batter with your hands. The batter should be sticky and quite thick, like rough, sticky clay. The size of the eggs used and the amount of oil in the almonds determines the consistency, so be prepared to add a bit more almonds or egg white.

Shape the batter into balls the size of walnuts. Arrange on the parchment covered baking sheets. Brush each macaroon with a bit of water. For variety, either sprinkle with sugar or put an almond in each, and bake for 16 minutes, or until lightly brown. Remove the cookie sheets from the oven, cool on the parchment, on racks. Cool completely and store, tightly covered, at room temperature for a week. These freeze very well. Each recipe makes about 40 2-inch diameter cookies.

Best Potato Kugel

I've been cooking for 40 years, and I didn't think I'd find a recipe for potato kugel, such a common Ashkenazi Jewish side dish, that I thought was spectacular, but here it is. The recipe is from *The Kosher Palette* from the Joseph Kushner Hebrew Academy. I've only changed the recipe slightly. It's light and crispy and delicious. There is no filler!

Ingredients

- 6 large potatoes, washed and peeled
- 2 large onions, peeled and halved
- 4 large eggs
- 5 T. olive oil
- 2 tsp. salt
- 3/4 tsp. freshly ground black pepper
- 1/4 cup potato starch
- 1 cup boiling water
- 1/4 cup olive oil

Preheat oven to 500 °F. Either grate the potatoes and onion by hand or put the potatoes and onion in the bowl of a food processor and process until coarsely chopped. Add eggs, 5 T. oil, and add the salt and pepper. Process or mix by hand only until smooth; don't overdo it. Sprinkle the potato starch on top, don't stir or pulse! Pour the boiling water over the starch, and stir or pulse thoroughly. Put 1/4 cup oil into a 9x13-inch baking dish, and place in the oven for a minute until quite hot. Carefully pour potato mixture into the pan. Bake for 20 minutes, reduce the heat to 400°F. and bake 40 minutes or until puffed and brown. Serve with brisket, roast chicken, or roast veal. Potato kugel can be eaten at room temperature with cold meats, but it is much tastier if slightly warm or hot. Serves 12 (although my family devours the entire kugel, whether we are 6 or 12).

Caribbean Meat Pie

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

Ingredients:

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

Yield: 15 servings

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

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

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

Beat eggs in a small bowl.

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

Carrot Ring

Most side dishes for Passover have an abundance of matzo meal and/or a lot of nuts as a filler. Since my oldest daughter, Leah, is allergic to nuts, I have collected many recipes which do not have nuts. I've tried to stay away from too much matzo meal as a filler because we simply overdose on matzo products during this time. I've adapted this particular recipe from Frances R. AvRutick, *The Complete Passover Cookbook*, Jonathan David, 1985.

Ingredients

- 1 pound peeled carrots
- 1/2 cup matzo meal
- 1/4 cup potato starch
- 1/2 tsp. salt
- 1/2 cup granulated sugar
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- juice and grated rind of 1 lemon
- 1/2 cup sweet wine
- 1 large egg
- 1/4 cup raisins
- 1/4 cup olive oil

With a hand grater or in a food processor, grate the carrots. Mix the carrots with all the remaining ingredients. Pour into a greased ring mold, and bake at 350° F. for 1 hour. Unmold onto a serving dish. Serves 6.

Carrot Soufflé Ring

This carrot ring is typical of soufflé-like Passover dishes, relying on the beaten egg whites to provide height and a light texture. The recipe can be doubled for a large crowd.

Ingredients

- 3-4 cups carrot slices
- 1 bay leaf
- 1 onion
- salt
- boiling water
- 1 1/2 T. ground cinnamon
- 1 T. ground ginger
- 1 tsp. salt
- 1 tsp. freshly ground pepper
- 5 eggs, separated
- 1 cup granulated sugar
- 1/2 cup matzoh meal
- 1 cup ground almonds or walnuts

Preheat oven to 350°.

Place the carrots in a saucepan. Add bay leaf, onion, salt, and boiling water to cover. Cover and simmer until the carrots are quite tender (20 minutes). This can be done in the microwave.

Remove the onion and bay leaf, drain the carrots and mash thoroughly (since I make this kugel on the same day that I make either the gefilte fish or chicken soup for Passover, I use the carrot cooking water in one of those two recipes). Stir in the cinnamon, ginger, 1 tsp. salt and pepper to taste.

In a bowl, beat the egg yolks with the sugar until very thick and lemon colored. Stir in the carrot mixture.

In another bowl, beat the egg whites until stiff but not dry, and fold into the carrot mixture, alternating with the matzoh meal and nuts.

Turn into a greased 2-3 quart ring mold, set in a bain marie (a boiling water bath). Bake 40 minutes until set. Serves 12.

Charoseth Reingold

Charoseth is one of the symbolic foods of the Passover Festive Meal (Seder). The significance of eating charoseth is to remind us today of the mortar used by the Jewish people, when they were enslaved by Pharaoh in Egypt. Each group of Jews has its own type of charoseth. The recipe below is Ashkenazic, whereas other charoseth recipes might be made from dates, oranges, raisins, figs, etc., spiced in many different ways. After the seder, my family enjoys charoseth as a spread to use on matzo.

Ingredients

- 6 large apples (Rome, Macintosh, Jonathan, mixed), peeled and cored
- 2 cups walnuts or almonds, or a mixture of nuts, crushed
- 2 1/2 tsp. ground cinnamon
- 3.5 oz. honey
- 1 cup dry red wine

Blend all ingredients in a food processor or blender until almost smooth. This is enough for 24 persons (one night at the Reingolds' house).

Chocolate Cake for Passover

Passover is the time for eggs. Almost all side dishes and desserts use huge numbers of eggs. I buy about 12 dozen eggs before I begin my Passover cooking and baking. I almost always need to buy more before I'm done. This cake is fudgy and dark. Use the best quality chocolate you can find, kosher for Passover. The recipe comes from an article in about 1975 by Pierre Franey, *The N.Y. Times*, about Cynthia Zeger, a renowned New York baker.

Ingredients

- 10 eggs, separated, at room temperature
- 14 T. granulated sugar
- 6 ounces bittersweet chocolate, melted
- 2 cups finely chopped nuts

Preheat oven to 350° F.

Beat egg yolks and sugar until very thick and lemon colored. Stir in the chocolate. Fold in the nuts. Beat egg whites until stiff but not dry, and fold into the chocolate-nut mixture. Turn into a greased 10 inch spring-form pan, and bake 1 hour. The cake is done when the center springs back when lightly touched.

Cool in the pan.

Serves 8-12.

Chocolate Coconut Macaroons

You won't recognize these as macaroons if all you've ever eaten is cookies in a can at Passover. These are light, intensely chocolate flavored, and, of course, very fresh. I make these and almond macaroons as soon as my kitchen is ready for Passover. I put half of them in the freezer (so they don't all disappear), and the rest are out for munching.

Ingredients

- 5 ounces very high quality semisweet chocolate
- 2 egg whites
- pinch of salt
- 1/2 cup granulated sugar
- 1 tsp. pure vanilla extract
- 7 ounces shredded coconut

Preheat oven to 350°F.

Line two cookie sheets with parchment paper.

Melt chocolate. In the large bowl of an electric mixer, beat egg whites with salt until firm. Add sugar, slowly, and beat, adding vanilla, until meringue is stiff (5 minutes). Add cooled chocolate. Stir in coconut. Form 15 cookies on each sheet (30 in all), and bake for 16 minutes. Cool on racks. These freeze well.

Chocolate Sorbet

Simple sorbets are a perfect accompaniment to cakes, pies, and fruit. You need to have an ice-cream maker. It's convenient to freeze sorbet in individual 1 oz. portions in flexible ice cube trays or silicone flexible mini-baking pans.

Ingredients:

- 1 1/2 cups granulated sugar
- 3 cups water
- 3/4 cup unsweetened cocoa powder, Dutch-process
- 1/4 tsp. salt
- 1 tsp. pure vanilla

Yield: 32 ounces sorbet

Cook sugar in a dry heavy saucepan, slowly, over moderate heat. When it begins to melt, continue to cook, stirring occasionally with a fork, until it is a deep caramel color. Be careful not to burn the caramel. Add water and continue to cook over moderate to low heat, stirring constantly. The caramel will harden, steam, but then dissolve while stirring.

Add the cocoa and salt, stirring to dissolve. Transfer the hot liquid to a bowl to cool. Stir occasionally, and when the mixture is room temperature, add the vanilla. Chill in a covered container for several hours until very cold. Freeze in an ice cream maker. Transfer to a single airtight container and freeze, or make individual portions in flexible ice cube trays or silicone mini-baking pans.

Cinnamon Red Wine Sorbet

Simple sorbets are a perfect accompaniment to cakes, pies, and fruit. You need to have an ice-cream maker. It's convenient to freeze sorbet in individual 1 oz. portions in flexible ice cube trays or silicone flexible mini-baking pans.

Ingredients:

- 3 cups Merlot, Cabernet, or Shiraz wine
- 1 cup sugar
- 1 cinnamon stick

Yield: 32 ounces sorbet

Combine ingredients in a heavy saucepan. Bring to a boil, and continue to heat for about 5 minutes. Remove cinnamon stick. Chill in a covered container for several hours until very cold. Freeze in an ice cream maker. Transfer to a single airtight container and freeze, or make individual portions in flexible ice cube trays or silicone mini-baking pans.

Coconut Macaroons

These simple cookies are great at Passover and all through the year. They are delicate and light enough to accompany a richer dessert such as chocolate mousse or crème brûlée, a fruit dessert such as compote, or they can be served by themselves.

Ingredients

- 3 large egg whites
- 5 1/3 cups sweetened flake coconut
- 1/2 cup granulated sugar
- 1/4 teaspoon pure vanilla extract

Oven Temp: 300°F.,

Line two cookie sheets with parchment paper.

Yield: 30-40 cookies

Beat the egg whites until stiff. Fold all the ingredients together with a large rubber scraper. Drop spoons full, 1/2 inch in diameter, separated by about 1 inch, on paper lined cookie sheets. Bake for 15 minutes.

Compote

Fruit compote is traditionally served on the Sabbath or at Passover as a light dessert. After the very heavy Passover meals, compote is supposed to aid the digestion while satisfying the sweet tooth. The type and proportion of fruit can easily be varied according to your taste.

Ingredients:

- 8 oz. dried apple rings
- 8 oz. dried prunes
- 8 oz. dried peaches or pears
- 8 oz. dried apricots
- 8 oz. raisins
- 1 1/2 bottles of dry red wine
- 1 to 1 1/2 cups granulated sugar or honey
- 3 lemons, sliced
- 2 tsp. cinnamon
- blanched almonds (optional)

Soak the dried fruit in the wine for several hours. Add the honey or sugar according to your taste. Add the lemon, and bring to a boil. Then cook gently for about 30 minutes. I do this in two or three batches in the microwave (30 minutes at medium power, or until the fruit just begins to soften), but it works just as well on the stove. With either method, the important thing is to bring the fruit mixture to an initial boil and then reduce the heat or the microwave power so that the mixture simmers until the fruit just begins to soften. Further softening takes place while the mixture is cooling.

Taste for sweetness, and add additional honey, if needed. Add cinnamon. Some people like to eat the lemon rind, so I leave it in. However, if you object to the bitter flavor of the rind, you can discard it before cooling. Add the blanched almonds, and cool the compote in small containers in the refrigerator.

Espresso Ice

This simple ice dessert is a slightly bitter, crunchy accompaniment to my warm chocolate cake.

Ingredients:

- 2 cups strong decaffeinated espresso coffee
- 1/4 cup sugar

Yield: 4-6 servings

Combine the hot decaffeinated coffee with the sugar and stir to dissolve. Pour the mixture into a large bowl and put in the freezer for 20 minutes. Remove bowl, beat mixture. Continue this process every 15-20 minutes until the mixture becomes coarse coffee-ice crystals similar to sorbet. Serve with Warm Chocolate Cake.

Fines Herbes Dressing

This is an excellent all-purpose salad dressing. It's fast and easy and avoids all the chemical substitutes with their accompanying off flavors in prepared dressings.

Ingredients

- 3/4 tsp. dry mustard (omit on Passover)
- 2 tsp. salt
- 1 1/2 tsp. paprika
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. dried basil, finely chopped
- 1/8 tsp. dried tarragon
- 2 cups olive oil
- 1/2 cup wine vinegar
- 1/4 cup dry red wine
- 1/2 cup fresh parsley, chopped, or 2 T. dried parsley
- 1/2 tsp. dried minced garlic

Combine all ingredients, and shake well. If you like the flavor of Dijon mustard or blue cheese, these can be whisked into the serving portion of dressing before pouring on the salad.

This dressing is perfect for tossed green salads and composed salads (salad nicoise, for example), and it's also an easy marinade for grilled vegetables, fish, and kebobs. Keep a jar on hand in the refrigerator. It stays fresh for 3 months.

Flourless Chocolate Almond Cookies

These moist and chewy cookies are perfect at Passover or all year. Please use the finest quality cocoa and real vanilla extract.

Ingredients:

- 2 cups coarsely chopped almonds
- 3/4 cup premium quality unsweetened cocoa powder, such as Valhrona
- 2 1/2 cups confectioner's sugar
- 1/8 tsp. salt
- 1 T. pure vanilla extract
- 4 large egg whites

Preheat oven to 350°F.

Coarsely chop the almonds in a food processor or with a knife. Set aside.

Whisk together the cocoa powder, confectioner's sugar, and salt in the bowl of an electric mixer. Combine the vanilla and egg whites in a measuring cup or bowl, and slowly add to the cocoa mixture, beating at low speed. Increase to medium speed and beat until mixture is glossy, about 2 minutes. Stir in the chopped almonds.

Drop 1/4 cup mounds of batter, 3 inches apart, onto a large baking sheet lined with parchment paper. Immediately reduce the oven temperature to 325°F. Bake until small thin cracks appear in the tops of the cookies and they are nearly firm to the touch, about 16 minutes. Cool cookies on the parchment paper, on a cooling rack, invert, and peel carefully from the paper.

Return the oven to 350°F. and repeat the process with the remaining batter.

When cookies are completely cool, wrap tightly, separated by parchment paper. These freeze well for 3-6 weeks.

Makes 10 large cookies.

Gefilte Fish

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

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

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

Stock Ingredients:

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

Fish Ingredients:

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

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

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

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

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

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

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

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

Gefilte Fish Loaf

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

Ingredients

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

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

Preheat oven to 325° F.

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

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

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

Keftes de Prasa y Carne (Greek Leek and Meat Croquettes)

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

Ingredients

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

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

These can be served plain or with tomato sauce:

Tomato Sauce

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

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

Leek Croquettes

This recipe, also called *prasa fuchies* is my adaptation from my favorite sephardic cookbook writer, Gilda Angel, *Sephardic Holiday Cooking*. Every recipe in this easy to follow cookbook is tasty and festive. I serve these croquettes at our second Passover Seder each year. I always sprinkle them with plenty of lemon juice. The only problem with them is that sometimes the serving dish doesn't make it around the whole table, no matter how many I prepare.

Ingredients:

- 12 large leeks
- 3 matzoth or 4 slices of bread (if not Passover)
- 3 eggs
- 1 tsp. salt
- 1/4 to 1/2 tsp. pepper
- matza meal
- olive oil for frying
- juice of 2-3 lemons (about 4-6 T.)

Yield: 30 croquettes

Wash leeks very well to remove sand. Cut off and discard the roots and tough outer leaves. Cut the remaining parts lengthwise to clean more thoroughly, and soak in a large bowl of cold water. Change the water so that no more sand appears. Drain well.

Cook the leeks in the microwave (no additional water), covered, for about 15 minutes (or for about 45 minutes in a covered saucepan in slightly salted water). Drain and set aside until the leeks are cool enough to handle. Squeeze out as much liquid as possible.

Soak the matzoth or bread in cold water for about 5 minutes. Squeeze out as much water as possible.

In the bowl of a food processor, mix the leeks, matzoth (or bread), eggs, salt, and pepper. The mixture should be thick enough to form into patties. If the mixture is too mushy, add some matza meal, one T. at a time.

When the mixture is easy to handle, form into 30 patties, about 2 inches in diameter and 1/2 inch thick. Dip each pattie in matza meal and fry in hot oil until golden on both sides. Drain on paper towels. Serve at once, sprinkled with lemon juice, or refrigerate until ready to serve.

To reheat, place *keftes* in a baking pan and sprinkle with lemon juice. Heat at 250°F. for 30 minutes.

I prepare these about a week ahead of time and freeze them in a disposable foil pan. Defrost them in the pan and reheat as above.

Leek, Fennel, and Spinach Soup

Although I've listed this as a Passover soup, it's great whenever leeks are in season. I've adapted this recipe from that of my friend and great chef, Laura Frankel. Laura has been my friend, teacher, and mostly fabulous chef as my family and I have followed her from location to location in Chicago. Although Laura makes this soup with spinach, my family prefers it with broccoli or broccolini.

Ingredients

- extra virgin olive oil to coat saucepan
- 2 large leeks, white and light green parts only, roughly chopped
- 2 cloves of garlic, peeled and chopped
- 1 shallot, peeled and chopped
- 2 medium russet potatoes, peeled and diced
- 1 fennel bulb, trimmed and chopped - I don't use the top sprouts or dark green fronds
- 3/4 cup dry white wine
- 4 cups water
- 1-2 cups fresh or frozen broccoli or broccolini (use just the florettes) or 1-2 cups fresh or frozen spinach
- 1/8 cup fresh parsley
- 1 tsp. dried thyme
- 2 T. fresh lemon juice
- salt and pepper to taste
- extra virgin olive oil

Yield: 6 servings

Place a large saucepan over medium heat. Coat the bottom of the pan with olive oil, and slowly cook the leeks, garlic, shallot, potatoes, and fennel until the vegetables are soft and fragrant. This should take about 10 minutes. Add the wine, and continue to cook until the wine is reduced by half. Add the water and simmer for another 15 minutes until the potatoes are soft. Remove the soup from the heat. Put the broccoli or spinach with the parsley in a food processor and pulse a few times until they are roughly chopped. Add the hot soup in small batches and pureé until fairly smooth. Return the soup to the saucepan. Add lemon juice and salt and pepper to taste. Simmer the soup for about 15 minutes.

The soup can be eaten immediately, allowed to cool to room temperature, or chilled for a few days. It's good at all those temperatures. It even freezes well for a month or two.

Lemon Nut Roll

I took a vacation from Passover preparations during our last sabbatical in Jerusalem (1996-1997). Instead we ordered most of our food from Devorah Schechter Catering, Ltd., Jerusalem. This lemon nut roll is one of her recipes that she shared with me. It's good year around, but it's particularly good on Passover when everything else tends to taste like matzo meal. This is just light, lemony and delicious.

Nut Roll

- 6 eggs, separated
- 3/4 cup sugar
- 1 1/2 cup finely chopped walnuts
- 1 tsp. baking powder

Preheat oven to 350°F.

Grease a jelly roll pan, line with paper, and grease. Beat yolks with sugar until thick. Mix baking powder with nuts and fold into yolks. Whip egg whites until stiff and fold into batter. Spread in prepared pan and bake about 20 minutes. Cover cake with a damp towel, and chill in refrigerator. Turn cake out on the towel, and remove paper. Spread the filling and roll (like a jelly roll). Dust with powdered sugar and chill.

This freezes well or can be kept up to three or four days in the refrigerator. Just be sure that it does not sit at room temperature except briefly when slicing and serving.

Lemon Curd Filling

- 3/4 cup fresh lemon juice
- 2 T. potato starch
- 1 cup + 2 T. sugar
- 3 large eggs
- 6 large egg yolks
- 2 T. lemon peel

Combine lemon juice and starch in heavy saucepan. Stir until dissolved (bring to a boil to thicken and remove floury taste). Carefully whisk in remaining ingredients. Cook over medium heat until thick and smooth and just beginning to boil. Stir constantly about 7 minutes and transfer to a bowl. Cover the surface with plastic wrap. Chill.

Lime or Lemon Sorbet

Simple sorbets are a perfect accompaniment to cakes, pies, and fruit. You need to have an ice-cream maker. It's convenient to freeze sorbet in individual 1 oz. portions in flexible ice cube trays or silicone flexible mini-baking pans. These citrus sorbets are rather sour. I like to serve them with rich chocolate cakes or pies.

Ingredients:

- 1 1/2 pounds of limes or lemons (or a combination), yielding about 1 cup of strained, fresh juice
- 2 cups Simple Syrup [page 41]
- 1 cup water

Yield: 32 ounces sorbet

Prepare Simple Syrup. Mix together the simple syrup, lime, lemon, or combination of juices, and water. Chill in a covered container for several hours until very cold. Freeze in an ice cream maker. Transfer to a single airtight container and freeze, or make individual portions in flexible ice cube trays or silicone mini-baking pans.

Meatballs and Peppers

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

Meatballs

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

Peppers

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

In a medium bowl, combine meat, eggs, and 3/4 cup bread crumbs; add salt and pepper to taste, parsley, garlic, and cinnamon. Mix well. With oiled hands, shape mixture into 30 elongated balls, and roll them in the remaining 1/2 cup bread crumbs. Heat 3 T. oil in a large dutch oven or stew pot; add meat balls, and fry in a single layer. Repeat until all balls are fried. Remove the fried meatballs to a plate.

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

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

Meatballs with Apricots and Raisins

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

Ingredients

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

Gravy

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

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

Passover Cholent

This fantastic cholent comes from Julie Schorr of Silver Spring, Maryland. We discovered this recipe both from the web and from our mutual friend Eudice Greenfield of Skokie, IL. I've added paprika, but this is up to you. It turns out that the Schorr children and my children have many connections - it's a small and wonderful world!

Ingredients:

- 5 lbs. red potatoes, peeled, grated (in a food processor)
- 5 onions, peeled and grated
- 2-4 pounds Boston Roast or similar lean cut of meat
- 3 lbs. small potatoes, scrubbed but not peeled
- 4 cloves garlic, minced
- salt, pepper, paprika to taste

Yield: cholent for 10-12

Preheat oven to 225°F. Combine grated potatoes and onions. Season with salt, pepper, garlic, and optional paprika. Place mixture in a roasting pan. Nestle the meat in the center of the potato mixture. Surround meat with small scrubbed potatoes. Cover pan with heavy duty aluminum foil. This is not an error; do not add any liquid. Bake overnight (18-24 hours) at 225°F. This is very flexible, both in terms of amounts and spices. The meat will be very tender and a bit brown. The potato/onion mixture will be creamy and the small potatoes are soft and delicious.

Passover Mandel Bread

Mandel Bread is similar to biscotti; however, there is more shortening used. For the holiday of Passover, when raised dough is forbidden, and regular flour is not allowed, mandel bread is prepared from matzo cake meal and potato starch. This is a dairy recipe because I don't use any of the typical passover shortenings made from cottonseed oil - I just don't like the flavor or health implications. So we eat these at a dairy meal, particularly breakfast.

Ingredients:

- 2 cups sugar
- 1/2 pound unsalted Passover butter
- 6 large eggs
- 2 1/4 cup matzo cake meal
- 2/3 cup potato starch
- 1/2 tsp. salt
- 1 cup chopped almonds
- 1 cup raisins
- 3 T. sugar
- 1 1/2 tsp. ground cinnamon

Yield: 48 pieces

Preheat oven to 350°F. Line three cookie sheets with parchment paper. Cream sugar and butter in a mixer. Add eggs, one at a time; beat well after each addition. Put cake meal, potato starch, and salt through a strainer. Add this cake meal mixture to the egg/sugar/butter mixture. Beat until the batter is uniform. Fold in the almonds and raisins. Make 3 3-inch logs on the cookie sheets. Sprinkle with the sugar/cinnamon mixture. Bake for 45 minutes. Remove to a cutting board and slice the logs in 3/4 inch slices. Place the pieces cut side up on the baking sheets and return to a 400°F. oven for about 8 minutes or until golden brown. Cool well before packing up. They will keep at room temperature for several weeks if you keep them in an airtight bag. Do not refrigerate.

Ratatouille

Ratatouille is a southern French dish made from eggplant, zucchini, onions, peppers, tomatoes, and garlic. There are many different variations, and today you can find ratatouille pies, soups, and quiches. I like this version adapted from Julia Child's *Mastering the Art of French Cooking (Volume 1)*, Knopf, 1971, because it preserves the integrity of each type of vegetable and is moist without being soupy. It has the additional advantage of using a small amount of oil because of the initial roasting of the eggplant and zucchini.

Ingredients

- 1/2 pound zucchini, scrubbed, and sliced into 1/8-inch slices
- 1/2 pound eggplant, scrubbed, and sliced into thin (3/8-inch) slices, about 4-inches by 1-inch
- 3 T. olive oil
- 1/2 pound thinly sliced yellow onions
- 1 sliced green bell pepper
- 2 cloves mashed garlic
- 1 pound ripe tomatoes, peeled, seeded, and juiced
- 3 T. parsley
- salt and pepper

Preheat oven to 400°F. Spray two cookie sheets with olive oil or another vegetable oil spray. Put the zucchini and eggplant slices on the cookie sheets. Brush very lightly with olive oil, and bake until slightly brown on each side. In a skillet, cook onions and peppers slowly in 2 T. olive oil for about 10 minutes. Stir in garlic, and season to taste. Slice tomato pulp into 3/8-inch strips. Place tomato slices over onions and peppers. Season with salt and pepper. Cover the skillet and cook over low heat for 5 minutes. Uncover, baste with the tomato juices, raise heat, and boil for several minutes, until most of the juice has evaporated. Put 1/3 of tomato mixture in the bottom of a casserole. Sprinkle with 1 T. parsley. Arrange 1/2 of the eggplant and zucchini on top, then half of the remaining tomatoes and parsley. Put the rest of the eggplant and zucchini, and finish with the remaining tomatoes and parsley. Cover and simmer for 10 minutes. Correct seasoning. Raise heat for 15 minutes, basting if dry. Serve cold, warm, or hot.

Roast Asparagus

Of course, this recipe for asparagus can be made at any time of the year, but it is especially welcome at Passover when the asparagus is in season, and everyone wants a fresh and light side dish. It is fast, easy, and healthy. I serve it hot or at room temperature.

Ingredients

- 1 pound fresh young asparagus, trimmed and peeled.
- 2 T. olive oil
- salt
- freshly ground pepper
- 2 T. fresh lemon juice
- 2 T. fresh orange juice

Put asparagus in a single layer in a large frying pan and drizzle with olive oil. Shake pan to coat asparagus. Heat at medium, and cook asparagus, shaking pan to brown evenly. Lower heat and cook slowly until tender, about 10 minutes. Transfer to serving dish. Season with salt and pepper. Combine juices. and sprinkle over asparagus. Mix well.

Roasted Peppers, Mushrooms, and Onions

This is a simple, adaptable dish to serve during the year or at Passover. It is easily modified to include different vegetables such as root vegetables, eggplant or squash. If you are substituting tougher root vegetables such as rutabaga, turnips, or carrots, these should be sliced thinly and cooked a bit longer. Just put the root vegetables in the roasting dish 15 minutes before adding onions or other soft vegetables.

Ingredients

- 2 T. olive oil
- 3 medium yellow or red onions, thinly sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1 pound cleaned, sliced mushrooms
- 1/2 tsp. thyme
- salt and pepper to taste

Preheat oven to 425°F.

Put the oil in a shallow, large roasting dish. Heat for several minutes in the preheated oven. Spread the sliced vegetables in one or two layers over the oil. Turn the vegetables a few times to coat with the warm oil. Sprinkle with thyme, salt, and pepper. Cover dish, and return to oven. Cook for 30 minutes. Remove the cover and return to oven for 15 minutes. Serve with roasted poultry.

Roasted Potato Halves

There are many roasted potato recipes, but this one is particularly easy and keeps well on the warming tray (blech) for Shabbat.

Ingredients:

- 5 medium red or Yukon Gold potatoes
- 2 T. olive oil
- 1/2 tsp. salt
- 3/4 tsp. ground black pepper
- 1/2 tsp. granulated roasted garlic
- 3/4 tsp. hot or sweet Hungarian paprika according to taste
- 1/2 tsp. dried thyme

Preheat oven to 400°F.

Wash potatoes, leave the skin on, and cut in half lengthwise. Mix remaining ingredients in a 9x13 roasting pan or other roasting dish that will hold all the potato halves in a single layer. Coat the potatoes by turning them in the oil/spice mixture, leaving the potatoes cut side down in the pan. The potatoes should be well coated on all sides with the oil/spice mixture. Place in the preheated oven and roast until the potatoes develop a nice brown crust and pierce easily with a fork, about 30-40 minutes. Serve with meat or fish.

Serves 5.

Roasted Veal Shoulder with Peach or Cherry Sauce

Slowly roasted veal is succulent and juicy. This particular recipe uses the bone-in veal shoulder for extra flavor, and if you wish, the extra bonus of veal marrow. The peach sauce is delicious most of the year, and the cherry sauce is particularly good for a Passover seder menu. I've adapted this recipe from one for pork shoulder, as demonstrated on "America's Test Kitchen."

Veal Roast

- 6-8 pounds, bone-in veal shoulder, top quality
- 2 T. kosher salt
- 1/3 cup packed dark brown sugar
- 2 tsp. ground black pepper

Peach Sauce

- 10 ounces frozen peaches, cut into 1-inch chunks (2 cups), or 2 fresh peaches, cut into 1/2 inch wedges
- 2 cups dry white wine
- 1/2 cup granulated sugar
- 1/4 cup plus 1 T. unseasoned rice vinegar
- 2 sprigs fresh thyme
- 1 T. whole-grain mustard

Cherry Sauce

- 10 ounces fresh or frozen pitted sour cherries
- 2 cups red wine
- 3/4 cup granulated sugar or more to taste if cherries are very sour
- 1/4 cup plus 1 T. red wine vinegar
- 1/4 cup port wine

With a sharp knife, cut slits 1-inch apart in a crosshatch pattern in the fat part of the roast, but don't cut into the meat. Combine the salt and brown sugar, and rub this mixture over the entire roast and into the slits. Wrap the roast tightly in a double layer of plastic wrap, put into a bowl or roasting pan, and refrigerate for 12-24 hours.

Adjust the oven rack to the lowest position, and preheat to 325 °F. Unwrap the roast, brush off any excess salt, season with pepper. Place the roast on a nonstick-cooking-spray-coated rack in a large roasting pan. Add 1 quart of water to the bottom of the pan. Roast, basting twice, on the lowest rack, until the internal temperature of the meat is 190 °F., about 5-6 hours.

Transfer the roast to a carving board, tent with foil, and let it rest for up to an hour. Transfer the liquid left in the roasting pan to a fat separator, and let it stand for 5 minutes. Reserve 1/4 cup of the defatted juices.

For the sauce (either peach or cherry): bring the fruit, wine(s), sugar, 1/4 cup vinegar, defatted juices to a simmer in a small saucepan. Cook, stirring occasionally, until the liquid is reduced to about 1 1/2 cups (about 30-40 minutes). Stir in remaining vinegar, and for the peach sauce, the thyme and mustard. Cover and keep warm.

Using a boning knife, cut around the bone and pull it free from the roast. Using a serrated knife, slice the roast. Serve with the sauce passed separately.

Root Vegetable Kugel

To add variety to the more typical carrot or matzo kugel, I've added turnips, white potatoes, and sweet potatoes. This is a fast and easy dish which can be made either in a food processor or with a hand grater.

Ingredients

- 1-2 large carrots, peeled
- 1 medium turnip, peeled and quartered
- 1 large white potato, peeled and quartered
- 1 large sweet potato, peeled and quartered
- 1 small onion, peeled
- 2 eggs
- 2 T. matzo meal
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/4 tsp. dried sage leaves
- 1/2 tsp. dried thyme
- 1/4 cup olive oil

In a food processor fitted with the steel blade (or with a hand grater), chop all vegetables. Add the remaining ingredients, and mix for 30 seconds (or mix in a bowl with a large spoon until the mixture is uniform). Pour into an oiled cake pan or casserole, and bake at 350° F. for 1.25 hours. Serves 6.

Salmon Patties

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

Ingredients

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

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

Simple Syrup

This syrup is the basis for sorbet. See Lime or Lemon Sorbet [page 28] .

Ingredients:

- 3 cups sugar
- 3 cups water

Yield: 4 1/2 cups syrup

In a heavy saucepan bring sugar and water to a boil. Stir constantly and boil until the sugar is completely dissolved. Heat until the mixture begins to stick to the back of a spoon, but before it thickens. Cool the syrup. This keeps for about two weeks in the refrigerator. Store in impeccably clean, glass, covered jars.

Spa Slaw with Citrus Dressing

This refreshingly light salad, adapted from The New York Times Passover Cookbook, 1999, has been a real hit at our seder table. There are many people who avoid slaws because of the calories or cholesterol in mayonnaise. This is complicated further at Passover because it's impossible to find a good tasting kosher-for-passover mayonnaise unless you make it yourself. Then, of course, there is the salmonella worry in using raw eggs, so making your own mayonnaise becomes not only a calorie but a health-safety issue. This recipe, however, eliminates mayonnaise altogether; it has a wonderful balance of the citrus flavor and the hot and cracked pepper.

Slaw

- finely chopped green portion of one bunch of scallions
- 4-5 cups shredded Napa cabbage
- 1 red bell pepper, seeded and thinly sliced

Carefully clean and chop vegetables. Toss with citrus dressing just before serving. The dressing and vegetables can be kept separately for several days in the refrigerator, but don't mix them together until you are almost ready to eat.

Citrus Dressing

- 1 1/2 T. lemon juice
- 2 T. fresh orange juice
- grated rind of one orange
- grated rind of one lemon
- 1 T. olive oil
- 1 T. water
- 1/2 tsp. cracked black pepper
- 1/2 tsp. salt
- 2 crushed hot red pepper pods

Combine all ingredients and whisk well.

Spiced Prunes and Raisins in Red Wine

This compote is a very special dessert for your Passover Seder meal. I serve a small dish of these prunes with a selection of homemade macaroons.

Ingredients:

- 2 large pieces of star anise
- 20 whole allspice berries
- 10 whole cloves
- 30 whole black peppercorns
- 8 oz. raisins
- 24 oz. pitted extra-large prunes
- 3/4 cup dark brown sugar, or to taste
- 2 tsp. pure vanilla
- 1 bottle Cabernet Sauvignon

Place all spices in a piece of cheesecloth, and tie well. Put the remaining ingredients along with the spice bag into a large stainless steel or other non-reactive pot. Bring to a boil and simmer for about 10 minutes. Allow the mixture to cool. Chill overnight in the refrigerator, and then discard the spice bag. This compote keeps well for about a week in the refrigerator.

Strawberry Rhubarb Sauce

Strawberry rhubarb sauce can be served year around, substituting frozen fruit for fresh, when the fresh is not available. This is a particularly easy but pretty and versatile dessert. It pairs deliciously with almond macaroons [page 6] .

Ingredients:

- 24 ounces strawberries (fresh or frozen whole, without juice), cut into quarters
- 24 ounces rhubarb, fresh or frozen, cut into 1/2 inch pieces
- 3/4 to 1 cup granulated sugar, or to taste

Clean fresh fruit and cut up, or open bags of frozen fruit. Put all ingredients into a deep, large microwave-proof bowl. Leave plenty of room for boiling and expansion. Cover the bowl with microwave-acceptable plastic wrap. Heat on high power for 5 minutes, stir once, and then continue to cook at medium to low power until fruit is quite soft and has lost its shape. This may require 15 minutes or 30-40 minutes depending upon the power of your microwave and the degree of ripeness of the fruit. The ideal sauce will be chunky but not have any crispness left to the rhubarb. Allow to chill in the refrigerator, and serve in small dishes with cookies on the side.

Stuffed Cabbage

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

Ingredients:

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

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

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

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

Traditional Chicken Soup with Matzo Balls

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

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

Soup Ingredients

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

Soup method

In a stainless pot, bring water and remaining ingredients to a boil. Turn down to a simmer, and cook until chicken is tender (2-3 hours). Remove chicken to a cutting board, and bone chicken, discarding the fat, skin, and bones. Return chicken meat to soup. Refrigerate soup. When cool, either discard the congealed fat, or use it for matzo balls. For matzo balls, see below, or prepare Kreplach [page 48] .

Matzo Balls

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

Yield: 12-15 servings

Kreplach

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

Dough

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

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

Meat Filling

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

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

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

Quantity, about 30 kreplach.

Vegetable Cutlets

In 1975 I started making these vegetable cutlets (and also kugel) after finding the basic recipe in a flyer put out by the Manishewitz company. I've tinkered with the proportions over the years, and it remains a staple of our Passover menu. It's equally good with spinach or broccoli. For seders, I prepare it as a kugel, but for a smaller group I take the time to fry individual cutlets. It's great in combination with leek and beef patties, a tomato-based salad, and some matzo on the side.

Ingredients

- 3 T. olive oil
- 1 chopped green pepper
- 1 large onion, chopped (about 1 1/2 cups)
- 2 1/2 cups chopped carrot
- 3 T. chopped parsley
- 10 ounces chopped spinach or broccoli (fresh or frozen)
- 3 eggs, beaten
- 1 1/2 tsp. salt
- 1/2 tsp. pepper
- 3/4 cup matzo meal
- additional olive oil for frying

Sauté green pepper, onion, parsley, and carrot in oil for 5 minutes. Cook spinach or broccoli, drain. Combine all vegetables. Add eggs, salt, pepper, and matzo meal. Drop by heaping spoonful into hot oil. Brown well on both sides. Makes 12-15 cutlets. This can also be made into a kugel and baked at 350°F. for 40 minutes. For a kugel, I double the amounts, put it into a 9x13 pan, sprinkle with paprika, and drizzle with a bit of olive oil.