



FOR THE LOVE OF COOKING

The delights of kosher Middle Eastern cuisine
for the novice and gourmet

RAE DAYAN

*"You don't have to be Sephardic, or even Jewish,
to appreciate this glorious cookbook"*
Arthur Schwartz, host of "Food Talk"

FOR THE LOVE OF COOKING

THE MAGIC OF MIDDLE EASTERN CUISINE EXOTIC AND BEAUTIFUL, TASTY AND SATISFYING

- ✿ Savor the exotic taste of stuffed grape leaves
- ✿ Serve mini spinach souffles in elegant crepe cups
- ✿ Experience many new food combinations prepared with a keen sense of spice enhancement.

Even though Middle Eastern cooking has a reputation for being difficult to prepare, don't let appearances fool you. Rae will show you that it's a lot simpler than it looks. Kosher cuisine, originating in Sephardic homes from the Middle East has a delicacy and distinction all its own. Rae Dayan has conducted cooking classes for many years to wives, mothers and cooking buffs.

Her recipes are all tested, precise and simple to follow. The compliments that Rae cherishes the most are from students who say how much their love of cooking has grown from all the deserved praise their family and friends shower on them for their new culinary skills.



For the Love of Cooking

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by
Rae Dayan

First published 2000

Revised and updated 2004

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Dedication

I would like to dedicate this book
to the memory of my dear husband Ralph,
who gave me the wish **for the love of cooking**.

Rafael ben Mazal, z"l

רפאל בן מזל ז"ל



Acknowledgments

I cannot take credit for originating all of these recipes, but **I have tried them all with great satisfaction.** Most of these recipes were handed down from my extended family and friends throughout the years. To all those whose recipes have contributed to the pages of this book, I extend my heartfelt gratitude.

Here's hoping that you will enjoy your own cooking as much as I enjoy mine.

Special thanks to:

Beverly Grundfast - recipe and introduction editor

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Introduction

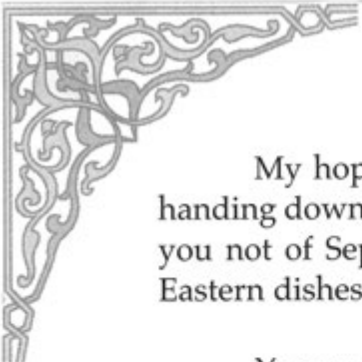
One day, I received a call from my sister Renée. Someone approached her about teaching a Sephardic Syrian cooking course at the Spanish Portuguese Synagogue in New York City. She recommended me as a warm and talented teacher.

From the beginning of my married life, I have enjoyed cooking for my husband and family, and also on holidays and special occasions for my extended family and friends. I was now very excited by such a teaching challenge, and accepted the invitation to teach a class once a week for two months.

This opportunity opened new vistas for me. Since then, I have conducted many cooking classes in Brooklyn at the Beth Torah Synagogue and at the Sephardic Community Center. I have presented numerous cooking demonstrations in both the New York metropolitan area and northern New Jersey.

I am privileged to have my recipes featured in *The New York Times*, *New York Daily News*, *New York Post*, *Kosher Gourmet Magazine*, *Hadassah Magazine*, and *The Brooklyn Cookbook*. A **FREE DVD** of me demonstrating 8 of my favorite easy to make Middle Eastern cooking recipes is included on the inside back cover. This instructive 60 minute DVD was produced by Albert Dabah Video Portfolios.

The greatest lesson I hope to share with you is: the measure of care and love you put into your meals, is the measure to which your table will become the heart of your home - from where all those who gather around will be enriched by its warmth, pleasure and nourishment. I gain great satisfaction from teaching this energetic new generation how cooking, serving, and putting all your love into your meals will foster warm ties and fond memories among all the members of your family.

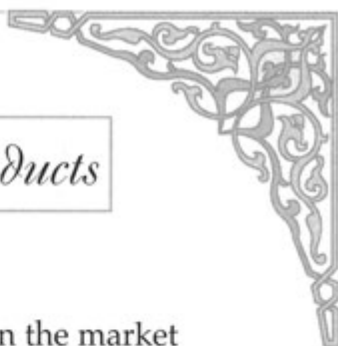


My hope is to also perpetuate our wonderful Syrian Jewish tradition by handing down these treasured recipes with exact measurements. And for those of you not of Sephardic origin, I am confident you will find these exotic Middle Eastern dishes delicious, savory and guaranteed to tickle some new taste buds.

You may notice that some of the recipes are not of Sephardic origin. I included several tasty recipes from other sources that are easy to prepare which I feel you will appreciate regardless of their ethnic origin.

One last point: **when considering to cook or bake something brand new and exotic**, more often than not such an idea is pushed aside because we felt either a lack of time, or enough know-how to risk making such an attempt. Rest assured - not only the experienced cooks of our community, but also the novice who follows these carefully tested step-by-step instructions are constantly telling me how much praise and thanks their families and friends give them for the tasty gourmet dishes they prepared from this cookbook.

And for those on the receiving end of these marvelous dishes - remember, show appreciation to your hard-working cooks with loads of compliments. The result of course is that a successful cook will always strive to become better and better at providing great meals for their family's physical satisfaction, as well as creating a central gathering point to bring about their spiritual closeness - and all this - **with the love of cooking**.



A Guide to Middle Eastern Products

Please note: There are several brands of these specialty products on the market today. Check that the ones you buy have proper rabbinical supervision.

Egg-roll dough

This is a thinly rolled dough that in addition to making egg-rolls, is perfect for preparing many other traditional Sephardic dishes. Prepared egg-roll patties can be purchased in Middle and Far Eastern specialty stores.

Alternatively, here is a recipe to prepare your own:

- 5 cups flour
- 2 eggs
- 1/4 tsp. salt
- 2 cups cold water

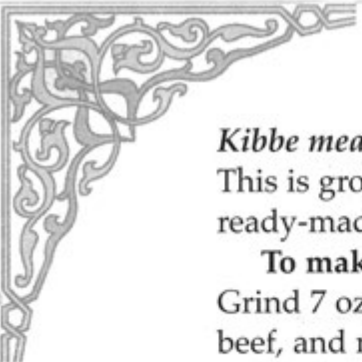
Combine the first 3 ingredients in a food processor. Gradually add water until mixture forms a ball of dough. Roll out dough on a floured board, making it as thin as possible, and cut 3-inch rounds using a glass or cut into squares.

Kanafe - Shredded dough

Kanafe, also called Katifi, is shredded phyllo dough (see pg. 14). This traditional dough can be purchased frozen at stores that sell Middle Eastern products. Defrost in your refrigerator before using.

Tahini

Sesame seed paste, which is commonly known as techinah, is usually found in mainstream supermarkets.



Kibbe meat

This is ground beef mixed with ground rice. Kibbe meat can be purchased ready-made at butchers within large Sephardic populations.

To make your own:

Grind 7 oz. uncooked rice in a spice or coffee grinder. Add 1 lb. ground beef, and mix in a bowl. This mixture fills about 45-50 "shells." Refer to Kibbe Balls recipe on page 61.

Orange water

Orange water is water flavored with orange blossoms. It has a very distinctive and delicious flavor, and is used in several Middle Eastern desserts. It can be purchased from any Middle Eastern grocery store.

Phyllo dough

This classic paper-like dough can be found in the frozen food section of Middle Eastern stores. Today it is becoming more popular and is often found in mainstream supermarkets. Let it defrost completely in the refrigerator before working with it.

Pignolia nuts

Pignolia nuts are also known as pine nuts. These are used extensively in Mediterranean cuisine.

Tamarind sauce

Authentic tamarind is a classic Sephardic food flavoring made from blocks of brown tamarind pods. Bottled tamarind sauce must be purchased with reliable kashrut supervision. See Mock Tamarind sauce on page 62 for a tasty substitute.

Food Preparation Tips

◊ *To section oranges and grapefruits*

Remove skin and flesh with a knife. Cut segments from between walls of membrane.

◊ *To peel tomatoes and peaches*

Place tomatoes or peaches in boiling water for 30 seconds. Remove from pan and immediately place in cold water. The skin will slip off easily.

◊ *To toast nuts*

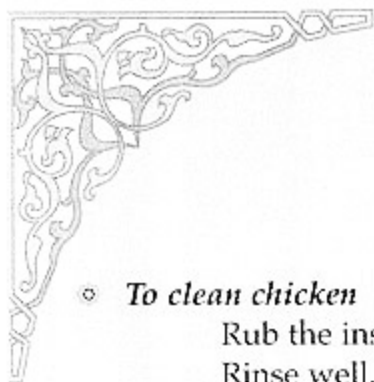
Place 1/2 cup nuts in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring constantly until golden brown.

◊ *To clarify margarine or butter*

Bring margarine or butter to a boil, and boil for about half a minute. Cool for at least 10 minutes. Spoon out clarified margarine or butter into a bowl, and discard white residue on bottom. The clarification prevents phyllo from becoming soggy. Clarified margarine or butter may be prepared in advance, refrigerated, and melted when ready to use.

◊ *To dry fresh mint leaves*

Wash leaves and remove stems. Dry leaves with paper towel. Place leaves on a fresh paper towel and let them dry for 3 to 4 days. When fully dried, crush with your fingers. Store in a closed jar.



- ◊ *To clean chicken*

Rub the inside and outside of chicken with half a lemon and coarse salt. Rinse well.

- ◊ *To freeze artichoke hearts*

Mix 6 cups of water, 1 1/2 cups bottled lemon juice, and 2 tbsp. coarse salt in a bowl. Place hearts in lemon mixture and refrigerate for 24 hours. Drain, place in plastic bag, and freeze. Will remain light in color until ready to use.

- ◊ *Using the INDEX at the back of this book*

Besides listing the page of each recipe, specific foods and different categories are alphabetized for the sake of helping you spot a personal preference, suggesting ways to use up surplus vegetables, or ideas for adding more variety to your daily fare. Browse through the index for a few minutes to see how much it can help in the future.



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Blehat *(Meat Stuffed with Egg)*

See color picture of this dish in centerfold

This dish has great eye appeal, and the meatballs have a tasty surprise inside.

Ingredients

- 1 lb. ground beef
- 4 tbsp. matzah meal
- 4 eggs
- 1 tsp. allspice
- 1 tsp. cinnamon
- 1 tsp. cumin
- 1/2 tsp. salt
- 8 oz. tomato sauce
- 1 cup water

Yields 6 servings

Preparation

- Mix meat, matzah meal, 1 egg, allspice, cinnamon, cumin, and salt.
- Divide meat mixture into 6 equal parts.
- Shape each part into a ball and make a hole in each with your finger.
- Hard-boil remaining 3 eggs. Cool and peel.
- Cut hard-boiled eggs in half and put each half in a hole in meat.
- Close each portion of meat around egg half.
- Bring tomato sauce and water to a boil.
- Add stuffed meatballs to sauce. Cover and simmer for 1 hour.
- When cool, cut each ball in half or slice into 1/2 inch slices. May be served hot or cold.

Bazaghan (Cracked Wheat Salad)

See DVD for demonstration of this dish

*A tasty as well as healthy dip for crackers or pita bread.
The tamarind sauce adds an extra zest.*

Ingredients

- ⊗ 1/2 cup fine bulgur (cracked wheat)
- ⊗ 3 tbsp. oil
- ⊗ 1 tsp. salt
- ⊗ 1/2 tsp. cumin
- ⊗ 1/4 green pepper, diced
- ⊗ 1 small onion, diced
- ⊗ 1/4 cup ground walnuts
- ⊗ 3/4 cup tamarind sauce
- ⊗ 1 tbsp. tomato paste
- ⊗ crushed cayenne pepper (optional)

Yields 2 cups

Preparation

- Wash cracked wheat in cold water, and squeeze out excess water.
- Add the rest of the ingredients, and mix well.
- Set aside for 10 minutes, and then mix well again.
- May be frozen.



Bestell *(Meat-Filled Dough)*

*An easy-to-make pastry filled with meat.
I serve these as part of my first course on Shabbat.*

Ingredients

Dough

- 2 1/2 cups flour
- 1/2 cup semolina
- 1 cup margarine, room temperature
- 2 tsp. coarse salt
- 1/2 cup cold water
- sesame seeds

Filling

- 2 tbsp. oil
- 1 large onion chopped
- 1 lb. ground beef
- 2 tsp. allspice
- 1 tsp. cinnamon
- 1 tsp. coarse salt
- 1/4 cup chopped walnuts
or pignolia nuts (optional)

Yields 60

Preparation

- Mix flour and semolina in a food processor or mixer.
- Add margarine, and mix well.
- Dissolve salt in cold water and add to flour mixture, beating until mixture forms a ball of dough. Set aside.
- Sauté onion in oil until the onion is transparent.
- Add ground beef to onion, mix well, and cook uncovered on medium flame for 20 minutes, stirring occasionally. Remove from flame.
- Drain excess liquid from meat mixture. Add all-spice, cinnamon, salt, and nuts.
- Shape dough into walnut-size balls.
- Dip one side of each ball in sesame seeds.
- Roll out ball, seeded side down, into a 3 inch circle (may use a tortilla press).
- Place 1 heaping teaspoon of meat filling in center of each circle and fold circle in half.
- Seal edges of half circle by pressing together or fluting with the prongs of a fork. (The bestell may be frozen at this point.)
- Bake on ungreased cookie sheet at 400°F for 15 to 20 minutes. If frozen, bake straight from the freezer for 25 minutes.

Chicken in Phyllo

Phyllo is a paper-thin dough. Keep it covered with a towel when working with it to prevent it from drying out.

Ingredients

- 1 lb. chicken cutlets
- 2 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. paprika
- 2 tbsp. flour
- 4 tbsp. oil
- 1 onion, chopped
- 12 oz. fresh mushrooms, sliced
- 2 tbsp. pignolia nuts
- 1/4 cup chopped parsley
- 1 cup margarine
- 1 lb. phyllo dough (22 sheets of phyllo)
- sesame seeds

Yields 50

Preparation

- Cut chicken cutlets into 1/2-inch strips.
- Combine 2 of the teaspoons of salt with pepper, paprika, and flour.
- Dip chicken strips into mixture, and sauté chicken in 2 tablespoons hot oil for 3 minutes.
- In another saucepan, sauté onions in remaining 2 tablespoons oil until lightly browned.
- Add mushrooms and remaining teaspoon salt to onions.
- Cook onions and mushrooms until liquid evaporates. Add pignolia nuts. Cool, and add parsley.
- Clarify margarine (see Food Prep. Tips, pg. 15). Cut phyllo sheets in half, so that each half-sheet measures 7 1/2 by 12 inches. Remove 1 sheet of phyllo, place in a vertical position, and brush with margarine on one side, using pastry brush or 2-inch paintbrush.
- Place a few chicken strips with 1 tablespoon onion-and-mushroom mixture at bottom of phyllo. Fold edge over filling and roll up. After 2 turns, fold the sides in and continue rolling up.
- Brush with margarine and sprinkle sesame seeds on top.
- Bake at 350°F for 20 minutes.
- Make gravy by adding leftover mushroom mixture to a 10-ounce can of clear chicken broth. Pour gravy on top before serving.
- May be frozen. To avoid breakage, store in a box in the freezer.

Baba Ghanouj (*Eggplant and Tahini Salad*)

See DVD for demonstration of this dish

A nice change from the familiar eggplant dip. A hit for those who love tahini.

Ingredients

- 1 medium-size eggplant, dark in color, light in weight
- Juice of 1 lemon
- 1/4 cup tahini (sesame seed paste)
- 1 clove garlic, crushed
- 1 tsp. cumin
- 1/2 tsp. coarse salt

Yields 1 1/2 cups

Preparation

- Split eggplant in half lengthwise.
- Place both halves face down on foil.
- Broil eggplant 3 inches from heat source for 15 to 20 minutes.
- Squeeze juice from lemon into a mixing bowl.
- When the eggplant is broiled, remove the dark, bitter seeds while still hot. Dispose.
- Scoop out the remaining eggplant.
- Add eggplant to lemon juice.
- Add tahini, garlic, cumin, and salt, and mix well.
- May be frozen.



Cheddar-Cheese Balls

The dough of this recipe can be shaped into a pretzel twist. Easy to prepare and a winner for the kids.

Ingredients

- ⊗ 3 cups flour
- ⊗ 1 cup butter
- ⊗ 8 oz. cheddar cheese, grated
- ⊗ 1 tsp. baking powder
- ⊗ 1/2 cup cold water
- ⊗ 1 tsp. salt
- ⊗ sesame seeds
- ⊗ small pimento-stuffed olives

Yields 60

Preparation

- Blend flour and butter in a food processor or mixer until crumbly.
- Add cheddar cheese and baking powder.
- Dissolve salt in cold water.
- Add salt water to flour-and-cheese mixture, beating until mixture forms a ball.
- Shape dough into walnut-size balls.
- Dip balls into sesame seeds.
- Make an indentation in the center of each ball and place in it an olive, pimento side up.
- Bake at 400°F for 20 to 30 minutes until lightly browned on bottom.
- May be frozen before baking. Do not defrost before baking.

Eggplant Salad

*Another tangy dish for eggplant lovers.
The onion and vegetables make it especially tasty.*

Ingredients

- 1 eggplant
- juice of 1 lemon
- 1/4 green pepper, chopped
- 1 small tomato, chopped
- 6 scallions, chopped
- 1 tsp. salt
- 1/2 tsp. cumin
- dash of cayenne pepper
- 1/4 cup chopped parsley

Yields 2 cups

Preparation

- Split eggplant in half lengthwise.
- Place both halves face down on foil.
- Broil eggplant 3 inches from heat source for 15 to 20 minutes.
- When broiled, remove the dark, bitter seeds while still hot. Dispose.
- Scoop out eggplant and immediately put into lemon juice.
- Add green pepper, tomato, scallions, salt, cumin, cayenne pepper, and parsley, blending well.



Egg-Rolls

You can rarely be satisfied with only one - just superb!

Ingredients

- ⊗ 1 lb. chicken cutlets, cut into small pieces
 - ⊗ 2 tbsp. oil
 - ⊗ 2 cups shredded cabbage
 - ⊗ 3 scallions including stems, chopped
 - ⊗ 1 cup chopped onion
 - ⊗ 1/2 cup grated carrots
 - ⊗ 10 oz. fresh mushrooms, sliced
 - ⊗ 6 oz. canned water chestnuts, sliced
 - ⊗ 2 tbsp. soy sauce
 - ⊗ 1 tsp. salt
 - ⊗ 1 tsp. pepper
 - ⊗ 1/4 tsp. sugar
 - ⊗ 1 lb. egg-roll dough or phyllo dough
 - ⊗ 1 egg white or a few drops of oil
- Yields 50*

Preparation

- Sauté chicken in 2 tablespoons oil for 4 to 5 minutes.
- In a separate saucepan, sauté all vegetables, mushrooms, and water chestnuts for a few minutes, and place in a bowl.
- Add chicken, soy sauce, and spices to vegetables.
- If using egg-roll dough, brush the inside of each 3 by 3-inch sheet with egg white, add 2 teaspoons filling, and fold in sides and roll up. If using phyllo, divide each sheet into half-sheets, each measuring 7 1/2 by 12 inches. Brush each half-sheet lightly with oil, add 2 teaspoons of filling, and roll up, tucking in the sides.
- Deep-fry until golden or bake at 400°F for 15 to 20 minutes.
- Egg-rolls may be frozen before frying or baking. If using phyllo dough, when freezing the egg-rolls, store them layered in a box with wax paper between each layer. Do not defrost before baking.

Empanadas

*Similar to meat kreplach but fried.
Best when eaten right after frying.*

Ingredients

- 2 tbsp. oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1/2 green pepper, chopped
- 1 lb. ground beef
- 3/4 cup tomato sauce
- 2 tbsp. vinegar
- 1 tsp. oregano
- 1 tsp. coarse salt
- 1 lb. egg-roll dough, 3 inch squares or rounds, or prepared ravioli dough
- oil for deep frying

Yields 50

Preparation

- Heat oil.
- Sauté onion, garlic, and green pepper in hot oil until translucent.
- Add ground beef, tomato sauce, vinegar, oregano, and salt.
- Cook until liquid is evaporated, about 20 minutes.
- Wet edge of each square or circle of egg-roll dough with a few drops of water.
- Fill each with 1 tablespoon of meat mixture.
- Fold dough in half and seal well, pressing fork around edges.
- Deep-fry until brown and crisp, about 1 minute.
- May be frozen before frying. Do not defrost before frying.

Potato Knishes in Phyllo

A welcomed change from the traditional knish.

Ingredients

- 3 lbs. potatoes, peeled and cut in chunks
- 3 onions, chopped
- 1/2 cup oil
- 1 egg yolk
- 2 tsp. coarse salt
- 3/4 tsp. pepper
- 2 heaping tbsp. prepared mustard
- 1 cup butter or margarine
- 1 lb. phyllo dough
- sesame seeds

Yields 50

Preparation

- Place potatoes in pot with enough water to cover.
- Boil until soft, about 20 minutes.
- While potatoes are boiling, sauté onions in oil until golden brown.
- Drain and mash potatoes with a potato masher or a ricer.
- Add sautéed onions, egg yolk, salt, pepper, and mustard to mashed potatoes.
- Clarify butter or margarine (see Food Prep. Tips, pg. 15).
- Cut phyllo sheets in half so that each halfsheet measures 7 1/2 by 12 inches. Lightly brush clarified butter or margarine onto each half-sheet of phyllo with a pastry brush or 2-inch paintbrush.
- Fold phyllo in thirds, overlapping the longer sides of the phyllo.
- Brush top with butter or margarine again.
- Place 1 heaping teaspoon of potato mixture into corner.
- Fold corner into triangle shape. Continue folding in triangle fashion to end of strip.
- Brush tops with butter or margarine, and sprinkle sesame seeds on top.
- To freeze, layer unbaked knishes in a box, placing wax paper between each layer. Do not defrost before baking.
- Bake at 350°F for 20 minutes or until bottom is slightly browned.



Kibbe Torpedoes

See color picture of this dish in centerfold

A long, torpedo-shaped, cracked-wheat shell, filled with ground beef. I freeze lots of these and fry them before Shabbat. A community favorite.

Ingredients

Filling

- 3 onions, chopped
- 2 tbsp. oil
- 3 lbs. ground shoulder steak
- 2 tsp. allspice
- 1 tsp. cinnamon
- 2 tsp. coarse salt
- 1 cup pignolia nuts

Dough

- 2 lbs. bulgur (fine cracked wheat)
- 8 oz. tomato sauce
- 4 tbsp. cumin
- 3 tbsp. coarse salt
- 6 tbsp. oil
- dash of crushed red pepper (optional)
- 2 1/4 cups flour
- oil for frying

Yields 50

Preparation

- **To prepare filling:** Sauté onions in oil for 5 minutes.
- Add ground beef and mix well.
- Cook for 20 minutes, stirring occasionally.
- Drain excess liquid, and let cool.
- Add allspice, cinnamon, salt, and pignolia nuts to meat mixture.
- **To prepare dough:** Wash bulgur in cold water. Drain but do not squeeze water out of bulgur.
- Add tomato sauce, cumin, salt, oil, and red pepper to bulgur.
- Mix well, then add flour.
- Knead well.
- If it is too difficult to handle, let stand a while.
- Push dough through meat grinder with a cylinder kibbe attachment.
- As the dough slides through the cylinder, cut off 3-inch lengths.
- Dipping fingers in cold water, close one end and loosely fill with meat filling. Close other end well.
- Deep-fry until golden brown.
- May be frozen before frying, but thaw a bit first.

Kibbe Matzah *(with Fish Filling for Pesach)*

A pareve version of the meat kibbe. A special treat for Pesach.

Ingredients

Filling

- ⊗ 1 lb. flounder fillets
- ⊗ 1 tsp. salt
- ⊗ flour or potato starch
- ⊗ 1 large onion
- ⊗ 4 tbsp. oil
- ⊗ 1/4 cup chopped walnuts
- ⊗ 1 tsp. cinnamon

Dough

- ⊗ 2 cups matzah meal
- ⊗ 1 cup matzah farfel
- ⊗ 2 tbsp. oil
- ⊗ 4 tsp. cumin
- ⊗ 1 tsp. paprika
- ⊗ 1/2 tsp. red pepper (optional)
- ⊗ 2 cups water
- ⊗ 2 tbsp. salt

Yields 30

Preparation

To prepare filling:

- Sprinkle fish with salt, and dust with flour or potato starch.
- Sauté fish lightly for 3 to 5 minutes on each side. Set aside to cool.
- When fish is cool, flake fish with a fork.
- Sauté onion in oil, and add nuts.
- Add onion-and-nut mixture and cinnamon to flaked fish.

To prepare dough:

- Combine matzah meal, matzah farfel, oil, cumin, paprika, and red pepper.
- Dissolve salt in water, and slowly add salt water to mixture until dough holds together in your hand.
- Push dough through meat grinder with a cylinder kibbe attachment.
- Cut off 3-inch lengths.
- With wet hands, close one end of kibbe dough, and fill with fish mixture. Close other end.
- Deep-fry until golden brown.

Kibbe With Vegetable Filling

A very nutritional form of kibbe.

Ingredients

Dough

see page 29

Filling

- 3 tbsp. oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 medium eggplant, peeled and cubed
- 2 medium zucchini, cubed
- 1 lb. fresh mushrooms, chopped
- 10 oz. canned chickpeas, drained and cut in half
- 1 tsp. cumin
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. crushed red pepper (optional)

Yields 50

Preparation

Prepare kibbe dough as directed. pg. 30

To prepare filling:

- Sauté onion and garlic in oil until transparent.
- Add eggplant, zucchini, and mushrooms, and mix.
- Add chickpeas and spices.
- Sauté vegetable mixture on high flame until vegetables are partially cooked, about 3 minutes.
- Let cool before filling dough.
- Dip fingers in cold water, close one end of dough and loosely fill with vegetable filling. Close other end well.
- Deep-fry until golden brown.



Lahemageen *(Meat Pizza)*

See color picture of this dish in centerfold

*A unique mini-pizza style hors d'oeuvre for a meat meal.
This item is usually the first to finish.*

Ingredients

Dough

- ⊗ 4 1/2 cups flour
- ⊗ 1 tsp. baking powder
- ⊗ 4 tbsp. oil
- ⊗ 1 1/3 cups cold water
- ⊗ 2 tbsp. coarse salt

Filling

- ⊗ 2 lbs. ground beef
- ⊗ 1 1/2 cups tamarind sauce
- ⊗ 2 tbsp. oil
- ⊗ 1 tsp. allspice
- ⊗ 1 tsp. cinnamon
- ⊗ 2 tsp. coarse salt
- ⊗ 2 large onions, finely chopped
- ⊗ pignolia nuts

Yields 60

Preparation

To prepare dough:

- Mix flour, baking powder, and oil in a food processor.
- Dissolve salt in water, and add to flour mixture, beating until mixture forms a ball of dough.
- Knead well until dough is soft and slightly elastic, and set aside for half an hour.

To prepare filling:

- Mix meat, tamarind sauce, oil, allspice, cinnamon, salt, and onions.
- Divide dough into 4 equal portions.
- Roll out one portion of dough on a floured board as thinly as possible.
- Using a glass cup, cut out dough into 3-inch circles and place 1 tablespoon of meat filling on each circle, pressing down meat to cover circle.
- Place six pignolia nuts on each circle.
- Repeat for remaining 3 portions of dough.
- Bake on a well-greased pan for 15 to 20 minutes at 400°F until bottoms are slightly browned.
- May be frozen before or after baking. If frozen unbaked, do not defrost before baking.

Mushroom Turnovers

A dairy appetizer super appealing to mushroom lovers.

Ingredients

Pastry

- 1/2 cup sweet butter
- 4 oz. cream cheese
- 1 1/2 cups flour
- 1/2 tsp. coarse salt

Filling

- 6 tbsp. butter
- 2 cloves garlic, minced
- 1 lb. fresh mushrooms, sliced
- 1/3 cup white wine
- 1 tsp. coarse salt
- 1/8 tsp. pepper
- 4 tbsp. chopped parsley
- 2 tbsp. dried chives
- 1/2 cup sour cream
- 1 egg yolk
- 1 tbsp. water

Yields 30



Preparation

To prepare pastry:

- Mix butter and cream cheese in a mixer until smooth.
- Add flour and salt, and blend well.
- Divide dough in half, wrap each half in plastic wrap, and refrigerate for 30 minutes.

To prepare filling:

- Sauté garlic and mushrooms in butter for 3 minutes.
- Add wine, and cook until liquid has evaporated.
- Add salt, pepper, parsley, and chives. Remove from heat, and add sour cream.
- Cool and refrigerate.
- When dough is ready, roll out each half, and using a glass cup, cut into 3-inch circles.
- Fill each circle with 1 teaspoon mushroom filling, fold circle in half, and press together edges to seal.
- Mix egg yolk and water and brush on top of turnovers.
- Bake on an ungreased baking pan for 20 minutes at 400°F
- May be frozen before baking.

Pickled Mushrooms and Artichokes

See color picture of this dish in centerfold

See DVD for demonstration of this dish

An excellent accompaniment with appetizers.

Ingredients

- 1 lb. medium-size mushrooms
or 8 artichokes
- 2 cups lemon juice
- 1/4 cup oil
- 1 tbsp. coarse salt

Preparation

Mushrooms:

- Cut off ends of mushroom stems, wash, and dry on a paper towel.
- Pour lemon juice into a 1-quart jar, and immediately add mushrooms to lemon juice in order for them to remain white.
- Add oil to jar and then 1 tablespoon salt.
- Seal jar well and place in refrigerator upside down. Refrigerate for 2 days before serving.
- Serve chilled or at room temperature.
- May be kept in the refrigerator for 1 month.

Artichokes:

- Remove outer, dark green leaves of artichokes, leaving the yellowish hearts.
- Cut off the top 1 1/2 inches and discard.
- Peel stem, cut artichoke hearts in quarters, and remove fuzz.
- Pickle and store the same as mushrooms.



Pickled Green Peppers and Carrots

See color picture of this dish in centerfold

See DVD for demonstration of this dish

Delicious and so easy. If you have never pickled vegetables before, start with these.

Ingredients

Pickling liquid

- 6 cups water
- 2 cups vinegar
- 4 tbsp. coarse salt
- 4 green peppers
- 4 stalks celery
- 6 cloves garlic
- 2 lbs. carrots

Yields 12-15 servings



Preparation

Green Peppers:

- In a bowl, mix water, vinegar, and salt.
- Cut green peppers in slices, lengthwise.
- Chop 2 stalks celery in 1-inch pieces, and halve 3 cloves of garlic.
- Place green peppers, celery, and garlic into a 2-quart jar, and add half of the vinegar mixture.
- Seal tightly and immediately refrigerate. Leave in refrigerator for 2 days before serving.
- Keeps indefinitely in refrigerator.

Carrots:

- Peel and slice carrots into 1/2 inch diagonals.
- Chop 2 remaining stalks of celery into 1 inch pieces, and halve 3 remaining garlic cloves.
- Place carrots, celery, and garlic in a 2-quart jar, and add remaining half of the vinegar mixture.
- Seal jar tightly and refrigerate for 2 days. Keeps indefinitely in refrigerator.

Pickled Cauliflower, Turnips, and Cabbage

See color picture of this dish in centerfold

See DVD for demonstration of this dish

Watch your kids go after these. Adults love them just as much.
You can use boiled water to hasten the pickling process.

Ingredients

- ⊗ 3 cups water
- ⊗ 1 cup vinegar
- ⊗ 2 tbsp. coarse salt
- ⊗ 4 cloves garlic, halved
- ⊗ 1 beet, peeled and halved
- ⊗ 1 cauliflower, cut into florets, **or**
- ⊗ 1 medium cabbage, cut into chunks, **or**
- ⊗ 2 lbs. small turnips, peeled and sliced into 6 slices each

Yields 12-15 servings

Preparation

- Mix together water, vinegar, and salt.
- Put vegetables into a 2-quart jar with garlic and half a beet.
- Pour vinegar mixture into jar to cover vegetables.
- Put 1/2 beet on top of vegetables.
- Close jar tightly, and refrigerate for 3 days.
- May be kept in refrigerator for up to 1 month.
- Each vegetable should be prepared and bottled separately.

Kibbe Neye

See color picture of this dish in centerfold

This was originally a vegetarian substitute for the original kibbe prepared with raw chopped meat. This is much healthier with a special taste all its own.

Ingredients

- 1 ripe tomato, chopped
- 1 green pepper, chopped
- 1 bunch parsley, chopped
- 1/2 cup red lentils
- 1 1/2 cups water
- 3 onions, chopped
- 2 tbsp. oil
- 1 1/4 cups fine bulgur
(cracked wheat)
- 3 oz. tomato paste
- 3 tbsp. ketchup
- 1 tbsp. cumin
- 1 tbsp. coarse salt
- a few grains of crushed red
pepper (optional)

Yields 30

Preparation

- Remove all excess liquid from chopped tomatoes, green pepper, and parsley, and wrap in a paper towel.
- Clean red lentils, removing small stones.
- Wash lentils well. Drain.
- Boil lentils in 1 1/2 cups water. Simmer, covered, for 20 minutes. Strain.
- Sauté onions in oil until transparent.
- Wash bulgur in cold water, and drain, squeezing out excess liquid.
- Add tomatoes, green pepper, parsley, hot lentils, and onions to bulgur, and mix well.
- Add tomato paste, ketchup, cumin, and salt, and mix.
- Form into 2-inch-long torpedo shapes, and serve.
- Should not be frozen.

Spinach Phyllo

See color picture of this dish in centerfold

See DVD for demonstration of this dish

This recipe takes a little time but sure worth the effort. For an easier version, make it without the phyllo in a casserole dish.

Ingredients

- 1 lb. phyllo dough
- 20 oz. frozen chopped spinach
- 2 tbsp. oil
- 1 large onion, chopped
- 3 eggs
- 1/2 lb. muenster cheese, grated
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 cup sweet butter, clarified
- sesame seeds

Yields 60

Preparation

- Cut phyllo sheets in half so that each sheet measures 7 1/2 by 12 inches. Cover sheets well with a dish towel, and refrigerate until ready to use.
- Defrost spinach, and squeeze out all excess liquid.
- Saute onion in oil until transparent.
- Beat eggs, then add spinach, onion, cheese, salt, pepper, and 2 tablespoons melted butter.
- Clarify butter (see Food Prep. Tips, pg. 15).
- Remove 1 half-sheet of phyllo and brush gently with butter, using a pastry brush or 2-inch paintbrush.
- Fold half-sheet of phyllo in three, lengthwise. Brush with butter again.
- Put 1 teaspoon spinach mixture in corner of phyllo strip, and fold into a triangle. Continue folding strip in triangle fashion until the end.
- Brush top with butter and sprinkle with sesame seeds.
- Repeat entire process for remaining half-sheets of phyllo dough.
- May be frozen at this point. To freeze, place spinach triangles in a box with wax paper between layers. Do not thaw before baking.
- Bake at 400°F for 15 to 20 minutes.

Sambousak *(Cheese and Egg-Filled Dough)*

See color picture of this dish in centerfold

See DVD for demonstration of this dish

*This mini-quiche is a community favorite.
Bet you can't eat just one!*

Ingredients

Dough

- 3 cups unbleached flour
- 1 cup sweet butter, room temperature
- 1/2 cup cold water
- 2 tsp. coarse salt
- sesame seeds

Filling

- 1 1/2 lbs. muenster cheese, grated
- 3 eggs, slightly beaten
- 1 tsp. baking powder
- 1 tsp. coarse salt

Yields 60

Preparation

- Beat flour and butter together well in a mixer or food processor.
- Dissolve salt in cold water, and add to flour mixture, beating until mixture forms a ball of dough. Set aside.
- Mix together cheese, eggs, baking powder, and salt, blending well.
- Shape dough into walnut-size balls.
- Dip only one side of each ball into sesame seeds.
- Roll out each ball, seeded side down, into a 3-inch circle (may use a tortilla press).
- Place 1 heaping teaspoon of cheese filling in center of each circle, and fold circle in half.
- Seal edges of half circle by pressing together with fingers or fluting with the prongs of a fork.
- May be frozen at this point.
- Bake on an ungreased cookie sheet at 400°F for about 20 minutes, until lightly browned on bottom. If frozen, bake for 25 minutes. Do not defrost before baking.

Tahini Dip

*I vividly remember this from my childhood. It was Dad's favorite.
Great with pita bread or challah.*

Ingredients

- ✿ 1 cup tahini
(sesame seed paste)
- ✿ juice of 3 lemons
- ✿ 1/2 cup water
- ✿ 1 tsp. cumin
- ✿ 2 cloves garlic, crushed
- ✿ 1/2 teaspoon salt

Yields 1 1/2 cups

Preparation

- Puree all ingredients together in a food processor.



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Caesar Salad

The standard popular salad with a twist.

Ingredients

- 1 head romaine lettuce
- 6 tbsp. olive oil
- 3 tbsp. wine vinegar
- 1/4 teaspoon dry mustard
- 1/2 can anchovies
- 1 egg, cooked 1 1/2 minutes (optional)
- 3/4 cup croutons

Yield 4-5 servings

Preparation

- Wash and clean lettuce, and tear into bite-size pieces.
- Mix olive oil, vinegar, mustard, anchovies, and egg. Pour over lettuce just before serving.
- Sprinkle croutons on top.

Favabeen Salad

See color picture of this dish in centerfold

If you have a yen for beans, try this dish.

Ingredients

- 24 oz. cooked fava beans
- 1 bunch scallions, bulbs and stems sliced
- 1 bunch parsley, chopped
- juice of 3 lemons
- 2 tbsp. oil
- 2 cloves garlic, minced
- 1 tsp. coarse salt
- 2 tsp. cumin
- 1/4 tsp. crushed red pepper (optional)

Yields 4 cups

Preparation

- Rinse and drain beans.
- Add scallions, parsley, lemon juice, oil, garlic, salt, cumin, and red pepper to beans.
- Refrigerate for half an hour. Serve chilled.
- Keeps for 2 to 3 days in refrigerator.

Orzo Salad

Orzo is a rice-shaped pasta that adds extra color to a standard pasta salad - but any pasta you use with this recipe will bring them back for seconds.

Ingredients

- ⊗ 16 oz. pkg. orzo
- ⊗ 1/2 cup Italian salad dressing
- ⊗ 3 cloves garlic, chopped
- ⊗ 10 oz. fresh mushrooms, sliced
- ⊗ 4 large carrots, sliced
- ⊗ 1 bunch broccoli florets, cut into bite-size chunks
- ⊗ 1/2 cup olive oil
- ⊗ 2 tbsp. soy sauce
- ⊗ 1/2 tsp. salt
- ⊗ 1/2 tsp. sugar
- ⊗ 1/2 cup parsley, chopped
- ⊗ 1/4 cup apple cider vinegar

Yields 6-8 servings

Preparation

- Cook orzo in a 3-quart saucepan according to package instructions. Drain, and add Italian dressing.
- Sauté garlic and sliced mushrooms until golden brown.
- Boil carrots and broccoli for 10 minutes.
- Mix olive oil, soy sauce, salt, sugar, parsley, and vinegar.
- Add all ingredients to orzo mixture.
- Chill for 20 minutes and serve.

Red Skin Potato Salad

Try this crowd pleasing potato salad.

Ingredients

- ✿ 2 lbs. small red skin potatoes
- ✿ 4 hard-boiled eggs, diced
- ✿ 1/2 dill pickle, diced
- ✿ 1/2 onion, chopped
- ✿ 1/4 cup chopped celery
- ✿ 2 oz. sliced pimentos
- ✿ 1/2 cup mayonnaise
- ✿ 2 tbsp. prepared mustard
- ✿ 2 tbsp. tarragon vinegar
- ✿ 1/4 tsp. salt
- ✿ 1/8 tsp. pepper

Yields 6-8 servings.

Preparation

- Scrub potatoes well, and boil for 30 minutes or until tender.
- Drain and cool completely.
- Cut potatoes into cubes and add all other ingredients.
- Toss



Tomato and Chickpea Salad

A nice change from the usual green salad.

Ingredients

- ⊗ 4 medium tomatoes, peeled (see pg. 15), seeded, and chopped
- ⊗ 1 1/2 cups chopped celery
- ⊗ 2 small cucumbers, peeled, seeded, and chopped
- ⊗ 1 green pepper, chopped
- ⊗ 1 red pepper, chopped
- ⊗ 1 large onion, chopped
- ⊗ 16 oz. canned chickpeas

Dressing

- ⊗ 1/2 cup red wine vinegar
- ⊗ 1 cup oil
- ⊗ 1 tbsp. Dijon mustard
- ⊗ 2 cloves garlic, crushed
- ⊗ 1/4 cup chopped dill
- ⊗ 2 tsp. salt
- ⊗ 1/2 tsp. pepper

Yields 6-8 servings

Preparation

- Combine tomatoes, celery, cucumbers, peppers, onion, and chickpeas.
- Combine all the dressing ingredients, using a whisk or a blender.
- Add salad dressing to the vegetables, and mix well.
- Marinate in refrigerator for at least two hours before serving.



Tabouli *(Cracked Wheat with Vegetables)*

See color picture of this dish in centerfold

See DVD for demonstration of this dish

Vegetarians really go for this cracked wheat salad.

Ingredients

- 1/2 cup fine bulgur
(cracked wheat)
- 1 cup warm water
- 2 tbsp. oil
- 1 tsp. salt
- 1 tsp. dried mint
(see Food Prep. Tips, pg. 16)
- 1 tsp. cumin
- 1 bunch scallions, diced
- 1 bunch parsley, chopped
- 2 tomatoes, diced
- 2 small cucumbers, diced
- juice of 2 lemons
- a few grains of crushed
red pepper

Yields 4-6 servings

Preparation

- Soak bulgur in warm water for half an hour.
- Drain, squeezing out excess water.
- Add remaining ingredients, and mix well.
- Marinate in refrigerator for at least 2 hours before serving.
- Serve chilled.

Salata (Chopped Syrian Salad)

Especially suitable with barbecued poultry or meat.

Ingredients

- ⊗ 2 cucumbers, diced
- ⊗ 2 tomatoes, diced
- ⊗ 6 scallions, sliced
- ⊗ 1/2 cup chopped parsley
- ⊗ 1 tbsp. oil
- ⊗ 1/2 tsp. coarse salt
- ⊗ 1/2 tsp. cumin
- ⊗ juice of 1 to 2 lemons

Yields 4 servings

Preparation

- Toss all ingredients together.
- Refrigerate for half an hour before serving.

Whitefish Salad

*Different from the usual tuna salad.
(Be careful when boning smoked whitefish)*

Ingredients

- ⊗ 3 lbs. smoked whitefish
- ⊗ 2 tbsp. mayonnaise
- ⊗ 1/2 small onion, chopped
- ⊗ 1 stalk celery, chopped
- ⊗ juice of 1 lemon
- ⊗ 1 tsp. salt
- ⊗ cucumbers, thinly sliced

Yields 6-8 servings

Preparation

- Fillet and flake fish.
- Add mayonnaise, onion, celery, lemon juice, and salt, and mix gently.
- Top with cucumber slices, and serve.



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Chicken Soup

When I first got married my husband requested chicken soup, and I heartily agreed. When we were ready to eat, I asked Ralph to come help me strain it. We held the strainer over the sink and poured all the soup into the strainer - and watched all the soup going straight down the drain. Is this not enough proof that all beginners can become great cooks?

Ingredients

- 1 chicken
- 6 cups water
- 2 onions
- 3 stalks celery, cut into large chunks
- 2 carrots
- 2 tsp. salt
- optional: 1 bay leaf or 1 bunch of dill

Yields 6 servings.

Preparation

- Clean chicken and rub with salt. Rinse.
- Put chicken in pot of water with onions, celery, carrots, and salt.
- Bring to a boil, cover, and simmer for 1 hour.
- Optional: The soup can be strained at this point. Remove chicken and vegetables before straining.
- Cut up and bone chicken. Add cut up chicken to soup.



Lentil-Noodle Soup

This recipe is perfect for a cold winter night. It is quick to prepare and sticks to the ribs.

Ingredients

- ⊗ 1 large onion, chopped
- ⊗ 2 tbsp. oil
- ⊗ 6 cups water
- ⊗ 3/4 cup lentils
- ⊗ 1 tbsp. salt
- ⊗ 1/8 tsp. pepper
- ⊗ 1/2 lb. medium noodles

Yields 6 servings

Preparation

- Sauté onion in oil.
- Add water to sautéed onions and bring to a boil.
- Check and wash lentils.
Add lentils, salt, and pepper to water.
- Cook for approximately 20 minutes, or until done.
- Add noodles, simmer for about 15 minutes, and serve immediately.

Ades (*Red Lentil Soup*)

This soup is standard fare in our tradition. The spices add a unique flavor to the lentils.

Ingredients

- ⊗ 1 cup red lentils
- ⊗ 4 cups water
- ⊗ 2 cloves garlic, crushed
- ⊗ 1 tsp. coarse salt
- ⊗ 1/4 tsp. coriander
- ⊗ 2 tbsp. oil
- ⊗ 1/4 tsp. cumin

Yields 3-4 servings

Preparation

- Check and wash lentils.
- Bring water to boil. Add lentils.
- Bring water to a boil again, and simmer for 20 minutes.
- Make a paste of garlic, salt, and coriander.
- Fry garlic in oil until golden brown, and add to lentil mixture.
- Cover and simmer for 1 hour.
- Before serving, add cumin. Serve with 'fresh' lemon wedges and toasted pita bread.

Split Pea Soup With Chicken

This dish is an appealing all-in-one meal.

Ingredients

- 3 to 4-lb. chicken
- 5 cups water
- 2 stalks celery cut into pieces
- 2 carrots, halved
- 1 onion, cut into fourths
- 1 cup split peas
- 1 cup diced celery
- 1 cup diced carrots
- 1 cup diced potatoes
- 1 onion, chopped
- 2 cloves garlic
- 1 tbsp. oil
- 1 tsp. salt
- 1 tsp. cumin
- 1 tsp. oregano
- 1/8 tsp. pepper

Yields 6 servings

Preparation

- Clean chicken (see Food Prep. Tips, pg. 16).
- Cook chicken, celery, carrots, and onion chunks in water for 15 minutes.
- Add split peas to soup. Cook covered for 1 hour.
- Remove celery, carrots, and onion from soup, and add diced celery, carrots, and potatoes.
- Sauté chopped onion and garlic in oil, and add to soup.
- Season with salt, cumin, oregano, and pepper, and cook for an additional 10 to 15 minutes.
- Remove chicken. Discard skin and bones.
- Cut chicken into pieces and return to soup.



Onion Soup

Some people consider the onion to be a lowly vegetable, but after this soup they will have much more respect for it.

Ingredients

- ⊗ 1 lb. onions, thinly sliced
- ⊗ 1 tbsp. oil
- ⊗ 2 tbsp. butter or margarine
- ⊗ 1/2 tsp. salt
- ⊗ 1 tbsp. flour
- ⊗ 1/8 tsp. pepper
- ⊗ 4 cups water
- ⊗ 4 packets vegetable broth
- optional*
- ⊗ French bread, sliced
- ⊗ olive oil
- ⊗ garlic, crushed
- ⊗ Parmesan cheese

Yields 3-4 servings

Preparation

- Sauté onions in oil and margarine, together with salt, for 20 minutes until golden brown.
- Add flour, stir, and cook for 2 to 3 minutes.
- In a separate saucepan, dissolve vegetable broth powder in water, bring to a boil, and stir into onion mixture.
- Cover, bring to a boil, and simmer for 30 to 40 minutes.
- Skim off extra fat.

To prepare bread:

- Brush bread slices with a little oil and crushed garlic.
- Bake at 400°F for about 12 minutes or until golden brown.
- Sprinkle with Parmesan cheese.
- Place in a bowl and pour soup on top.



Shurba *(Rice Soup with Kibbe)*

This is our king of soups. As a child, I gobbled it up.

Ingredients

- 6 cups water
 - 3/4 cup rice
 - 4 oz. tomato sauce
 - 1 cup diced celery
 - 1 tbsp. salt
 - 10 oz. canned chickpeas
 - 12 medium kibbe
- (see recipe for Kibbe Balls, pg. 61)

Yields 6 servings

Preparation

- Mix water, rice, tomato sauce, celery, and salt, and bring to a boil. Simmer for approximately 20 minutes.
- Add chickpeas and kibbe, and cook for about 20 minutes.
- Serve with fresh lemon.

Matzah Balls

Light and delicious. Add to chicken soup.

Ingredients

- 2 eggs
- salt and pepper to taste
- 1/2 cup matzah meal
- 1/2 heaping tsp. baking powder

Preparation

- Beat eggs together with salt and pepper.
- Gradually stir in matzah meal and baking powder to egg mixture.
- Refrigerate for about 20 minutes.
- Form matzah meal mixture into balls, and add to boiling water.
- Cover and simmer for 45 minutes.
- Remove matzah balls from water and add to soup.

Gazpacho

*The taste of the vegetables in this soup stand out.
Easy to make and refreshing on a summer eve.*

Ingredients

- ⊗ 3 small cucumbers, peeled and coarsely chopped
- ⊗ 6 medium tomatoes, peeled (see Food Prep. Tips, pg. 15) and diced
- ⊗ 1 onion, diced
- ⊗ 1 green pepper, diced
- ⊗ 1 clove garlic, crushed
- ⊗ 5 1/2 cups cold water
- ⊗ 1/2 cup wine vinegar
- ⊗ 2 tsp. salt
- ⊗ 5 tbsp. olive oil
- ⊗ 2 tbsp. tomato paste
- ⊗ croutons

Yields 5-6 servings

Preparation

- In a deep bowl, mix cucumbers, tomatoes, onion, green pepper, and garlic.
- Add water, vinegar, and salt. Place mixture in a food processor and blend for 1 minute.
- Return to bowl. Add olive oil and tomato paste. Blend well.
- Cover bowl tightly and refrigerate for 2 hours.
- Just before serving, stir soup well and garnish with croutons.



Sauces

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Keftes (Syrian Meatball Sauce)

A basic sauce often used on rice.

Ingredients

Meatballs

- ⊗ 1 lb. ground beef
- ⊗ 1 tsp. salt
- ⊗ 4 tbsp. matzah meal
- ⊗ 4 tbsp. parsley
- ⊗ 1 egg
- ⊗ 2 tbsp. oil
- ⊗ 2 tbsp. chopped walnuts

Sauce

- ⊗ 8 oz. tomato sauce
- ⊗ 1/2 cup water
- ⊗ juice of 1 lemon
- ⊗ 1 tsp. salt
- ⊗ 1 tsp. sugar

Yields about 4 cups

Preparation

- Combine ground beef, salt, matzah meal, parsley, egg, oil, and walnuts.
- Shape mixture into walnut-size balls.
- Mix tomato sauce, water, lemon juice, salt, and sugar.
- Bring sauce mixture to a boil, add meatballs, and simmer for 45 minutes.

Fresh Basil Sauce

(for Pasta)

An interesting change from the ordinary tomato flavored sauces.

Ingredients

- ⊗ 1/2 cup pignolia nuts
- ⊗ 2 cups fresh basil leaves
- ⊗ 4 cloves garlic
- ⊗ 1/2 tsp. salt
- ⊗ 1/2 tsp. pepper
- ⊗ 1/3 cup olive oil

Yields 1/2 to 3/4 cup

Preparation

- On an ungreased baking pan, toast pignolia nuts at 350°F for 8 to 10 minutes.
- Wash and dry basil.
- In a food processor, mix nuts, basil, garlic, salt, and pepper.
- Slowly add olive oil to mixture until it forms a paste.
- May be frozen until ready to use.

Kibbe Homda Sauce

A traditional sauce we serve over rice on Friday nights. Even the littlest of my grandchildren go for this lemon and mint combination.

Ingredients

- ⊗ 4 cups water
- ⊗ 1 large potato, diced
- ⊗ 3 stalks celery, diced
- ⊗ 1 carrot, sliced
- ⊗ 2 cloves garlic, minced
- ⊗ 2 tsp. dried mint (see Food Prep. Tips, pg. 16).
- ⊗ 1 tsp. salt
- ⊗ juice of 2 lemons

Yields 8 cups

Preparation

- Mix together all ingredients. Bring to a boil, and simmer for 20 minutes.
- Add kibbe balls (for recipe, see pg. 61). Bring sauce to a boil, and let simmer for 20 more minutes.
- Serve hot over rice.

Kibbe Balls *(Meatballs)*

Kibbe Balls have a distinctive flavor with vegetables. A traditional dish.

Ingredients

Shell

- 1 lb. kibbe meat (ground beef and fine rice, see pg. 14)

Filling

- 1/2 lb. ground beef
- 2 stalks celery, finely chopped
- 1/2 tsp. allspice
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tbsp. oil



Preparation

- Make 3/4 -inch diameter balls with kibbe meat.
- Mix together ground beef, celery, allspice, salt, cinnamon, and oil.
- With your finger, hollow out each ball until walls are very thin. Dip your finger in water to prevent shell from sticking.
- Add about 1/2 teaspoon of filling to cavity of each ball. Close up ball by firmly pinching it together.
- The kibbe balls can be cooked with vegetables like peas, artichokes or mushrooms.
- Brown the kibbe balls and add the vegetables with about 1/2 cup of water and spices. If using peas, add allspice and salt; if using artichokes, season with lemon, salt and white pepper; if adding mushrooms, season with salt and pepper. Cook for about 1 hour.
- May be frozen until ready to use.

Bedab Lemuna

(Lemon Sauce)

This was a favorite sauce of mine while growing up. By using some of your cooked Friday night chicken soup, this sauce is a cinch to prepare.

Ingredients

- ⊗ 10 oz. clear chicken broth
- ⊗ 2 eggs
- ⊗ juice of 1 lemon
- ⊗ 1 tsp. salt
- ⊗ 1 tbsp. flour
- ⊗ 1 tbsp. water

Yields 2 cups



Preparation

- Mix chicken broth, eggs, lemon juice, and salt in a saucepan with a hand mixer or whisk.
- Dissolve flour in water, and add to sauce mixture.
- Bring sauce to a boil, stirring constantly until it thickens. If sauce is lumpy, strain.
- Cool to room temperature, and serve over rice.

Mock Tamarind Sauce

This sauce adds a special flavor to Lahemageen (pg. 32). Will also perk up your vegetable dishes.

Ingredients

- ⊗ 4 cups prune juice
- ⊗ 4 cups cranberry juice
- ⊗ 20 oz. applesauce
- ⊗ 17 oz. prune butter
- ⊗ 16 oz. apricot butter
- ⊗ 2/3 of a 1 qt. bottle of lemon juice

Yields 8 cups

Preparation

- Mix all ingredients in a large pot, and bring to a boil.
- Continue boiling until sauce thickens, about 2 hours.
- Let sauce cool completely, and store in a jar in refrigerator for up to 6 months.

Rice

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Rice, Plain or With Orzo

Just follow these instructions and forever say goodbye to undercooked or mushy rice. Your guests will always ask for your secret. It's very simple.

Ingredients

- 2 tbsp. orzo pasta (optional)
- 2 tbsp. oil
- 2 cups water
- 1 tbsp. salt
- 1 cup rice *

Yields 3 to 4 servings

Preparation

- Bring water, oil, and salt to a boil.
- (For rice with orzo, lightly brown orzo in oil. Add water and salt to orzo, and bring water to a boil.)
- Wash rice in warm water and rinse twice.
- Drain rice and add to boiling water.
- Bring mixture to a boil again, mix well, cover, and simmer for 30 minutes.

* For 2 cups of rice use 3 1/2 cups of water.

* For 3 cups of rice use 5 cups of water.

* For 4 cups of rice use 6 1/2 cups of water.

Rice With Nuts

A special dish for a special occasion.

Ingredients

- 1 onion, diced
- 4 tbsp. oil
- 3 1/2 cups water
- 2 cups rice
- 1/2 cup soy sauce
- 1 cup mixture of chopped peanuts, walnuts, and toasted almonds.

Yields 6-8 servings

Preparation

- Sauté onion in oil until transparent.
- Add water to sautéed onions, and bring to a boil. Add rice and soy sauce to water.
- Bring mixture to a boil again. Mix well, cover, and simmer for 40 minutes.
- Serve topped with nuts.

Rice With Chickpeas

For rice lovers, here's a flavorful variation.

Ingredients

- ⊗ 2 cloves garlic, crushed
- ⊗ 2 onions, chopped
- ⊗ 2 tbsp. oil
- ⊗ 3 1/2 cups water
- ⊗ 1 1/2 tbsp. coarse salt
- ⊗ 2 cups rice
- ⊗ 10 oz. canned chickpeas
- ⊗ 2 tbsp. butter or margarine

Yields 6-8 servings

Preparation

- Sauté garlic and onions in oil.
- Add water and salt and bring to a boil.
- Add rice and chickpeas to onion mixture, and bring to a boil again.
- Stir well, cover, and simmer for 30 minutes.
- Dot with butter or margarine.

Fried Rice

A kosher caterer known for his delicious, non-greasy fried rice gave me this recipe.

Ingredients

- ⊗ 1 clove garlic, crushed
- ⊗ 1 onion, chopped
- ⊗ 2 tbsp. oil
- ⊗ 1 cup rice
- ⊗ 2 tbsp. soy sauce
- ⊗ 2 packets vegetable broth powder
- ⊗ 2 cups water

Yields 3-4 servings

Preparation

- Sauté garlic and onion in oil.
- Add rice to onion mixture, and brown.
- Add soy sauce, vegetable broth powder, and water, and bring to a boil.
- Stir well, cover, and simmer for 30 minutes.



M' Gedrah (*Rice and Lentils*)

Once considered the poor man's dish in Aleppo, is now a favorite within the community. Recommended as a high fiber food.

Ingredients

- 1 cup lentils
- 5 cups water
- 2 tbsp. coarse salt
- 2 cups rice
- 3 tbsp. butter or margarine
- 2 large onions, sliced
- 1/3 cup oil

Yields 8 servings

Preparation

- Check and rinse lentils.
- In a saucepan, combine lentils and 2 cups water.
- Cover, bring to a boil, and simmer for 15 minutes.
- Add the remaining 3 cups of water and salt. Bring to a boil again.
- Wash rice, drain, and add to lentils. Cover and simmer for 30 minutes.
- When water is absorbed, dot rice with butter or margarine.
- In a separate pan, sauté onions in oil until brown. Sprinkle over rice and lentils.
- Serve with yogurt.

Rice With Peas

This rice dish originated along the Mediterranean.

Ingredients

- ⊗ 2 cloves garlic, minced
- ⊗ 4 tbsp. oil
- ⊗ 2 cups rice
- ⊗ 2 tbsp. salt
- ⊗ 1/2 tsp. allspice
- ⊗ 1 tsp. coriander
- ⊗ 3 1/2 cups water
- ⊗ 10 oz. frozen peas

Yields 6-8 servings

Preparation

- Brown garlic in oil.
- Add rice to garlic, and sauté until lightly browned.
- Add salt, allspice, and coriander. Mix well. Add water and peas.
- Bring mixture to a boil, stir, reduce flame, and simmer covered, for 30 minutes.

Spanish Rice

Serve your vegetables and starch in one luscious dish.

Ingredients

- ⊗ 1 onion, chopped
- ⊗ 2 cloves garlic, minced
- ⊗ 2 tbsp. oil
- ⊗ 1/4 green pepper, chopped
- ⊗ 1/2 lb. fresh mushrooms
- ⊗ 3 oz. jar pimientos, sliced
- ⊗ 3/4 cup water
- ⊗ 1/2 cup tomato sauce
- ⊗ 3/4 cup frozen peas
- ⊗ 1 tbsp. coarse salt
- ⊗ 1/2 tsp. cumin
- ⊗ 1 cup rice

Yields 4 servings

Preparation

- Sauté onion and garlic in oil until transparent.
- Add green pepper, sliced mushrooms, and pimientos, and sauté for 5 minutes.
- Add water, tomato sauce, peas, salt, and cumin. Bring mixture to a boil.
- Add rice, stir, and bring to a boil again.
- Stir again, cover and simmer for 30 minutes.



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Artichoke Medias *(Stuffed Artichoke Hearts)*

See color picture of this dish in centerfold

A wonderfully exotic dish.

Ingredients

- 6 fresh artichokes

Marinade

- 1/2 cup lemon juice
- 1 1/2 cups water
- 1 tsp. salt

Filling

- 1/2 lb. ground beef
- 1 egg
- 1/2 tsp. allspice
- 1/2 tsp. cinnamon
- 1/2 tsp. cumin
- 3 tbsp. matzah meal
- 1 tsp. coarse salt
- 3 tbsp. chopped parsley

Sauce

- 8 oz. tomato sauce
- 1 cup water
- 1 tsp. salt
- 1 tsp. sugar
- juice of 1 lemon
- 1 tbsp. tamarind (optional)

Yields 6 servings

Preparation

- Remove tough outer leaves from each artichoke.
- Cut down 1 1/2 inches from top.
- Cut each artichoke heart in half and remove fuzz. (Hearts can be frozen at this point - see Food Prep. Tips, pg. 16)
- Combine marinade ingredients.
- Immediately place halved artichoke hearts in marinade, and set aside.
- Combine filling ingredients.
- Drain and dry artichoke hearts.
- Fill hearts with meat mixture. Fry in oil, meat side down for about 2 minutes, until meat is browned. Place hearts in casserole, meat side up.
- Combine sauce ingredients.
- Pour sauce over stuffed artichokes. Bake covered at 350°F for 40 minutes, basting often.

Artichoke in Oil

Try this preparation with the exotic artichoke. An very tasty treat.

Ingredients

- ⊗ 6 artichokes
- ⊗ 2 tbsp. oil
- ⊗ 1 1/2 cups water
- ⊗ 1 tsp. salt
- ⊗ juice of 2 lemons

Yields 4-6 servings

Preparation

- Remove outer leaves from artichokes, and cut off tops about 2 inches down. (If the artichokes are large, cut 3 inches down.)
- Cut each heart in half and remove fuzz.
- Immediately place hearts in lemon juice to keep them from turning brown, then drain.
- Put artichoke hearts in a saucepan, and add oil, water, salt, and lemon juice.
- Boil for about 20 minutes, or until tender.
- Serve hot or at room temperature.

Asparagus Winter

An easy, mellow preparation for the asparagus.

Ingredients

- ⊗ 1 lb. fresh asparagus
- ⊗ salt and pepper to taste
- ⊗ 2 tbsp. butter or margarine

Hollandaise Sauce

- ⊗ 1 cup sour cream
- ⊗ juice of 2 lemons
- ⊗ 4 egg yolks
- ⊗ 1/4 tsp. paprika
- ⊗ 1 tsp. salt

Yields 3-4 servings

Preparation

- Wash and peel asparagus and arrange in a shallow oven-proof dish.
- Sprinkle salt and pepper on asparagus, and dot with butter or margarine.
- Cover and bake at 350°F for 30 minutes.
- Combine sauce ingredients in a saucepan. Bring mixture to a boil, stirring constantly until it thickens.
- Pour sauce over asparagus or serve on the side.

Great Northern Beans

A South America chef is responsible for the amazing flavor of these beans. Served over rice, it is a complete protein and a filling dish.

Ingredients

- 16 oz. of dried white beans
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 tbsp. oil
- 5 cups water
- 8 oz. tomato sauce
- 2 tsp. cumin
- 1 1/2 tsp. oregano
- 1 tbsp. coarse salt
- 1/2 tsp. black pepper

Yields 6-8 servings

Preparation

- Soak beans overnight or at least 1 hour before cooking. Drain.
- Sauté onion and garlic in oil.
- Add water, drained beans, tomato sauce, cumin, oregano, salt, and pepper to onion mixture.
- Bring ingredients to a boil, cover, and simmer for 2 hours.
- Serve over rice.

Baked Carrots

The sweetness of these carrots is enhanced through the baking process.

Ingredients

- 1 lb. carrots
- 1/4 cup oil or melted margarine
- 1/2 cup flavored bread crumbs

Yields 2-3 servings

Preparation

- Peel and wash carrots.
- Brush each carrot with oil or margarine. Dip in bread crumbs.
- Place breaded carrots in a small casserole. Cover and bake at 350°F for 45 minutes or until fork-tender.



Carrot Ring

*Great as a side dish with your favorite entree,
but a treat all by itself.*

Ingredients

- ⊗ 1 cup margarine or solid shortening
- ⊗ 1 cup brown sugar
- ⊗ 2 eggs
- ⊗ 2 tbsp. water
- ⊗ 4 cups grated carrots
- ⊗ 2 1/2 cups flour
- ⊗ 1 tsp. salt
- ⊗ 2 tsp. baking powder
- ⊗ 1 tsp. cinnamon

Yields 8-10 servings

Preparation

- Cream thoroughly shortening, sugar, eggs, and water. Add grated carrots.
- Mix dry ingredients, and add to carrot mixture. Mix well.
- Grease a 2 or 3 quart tube pan, and pour batter into pan.
- Place tube pan in another pan filled with 1 inch of hot water. Bake at 350°F for 1 hour or until done.

Creamed Cauliflower and Broccoli

Even some non-vegetable eaters have been seen going for this one. (Be sure to use the insect-free varieties)

Ingredients

- ✿ 1/2 head cauliflower florets
- ✿ 1/2 bunch broccoli florets
- Cream sauce**
- ✿ 2 tbsp. butter
- ✿ 2 tbsp. flour
- ✿ 1 cup milk
- ✿ 1 tsp. salt
- ✿ 1/4 tsp. white pepper
- ✿ 3 oz. cream cheese
- ✿ 1/2 cup grated muenster cheese
- ✿ flavored bread crumbs

Yields 8 servings

Preparation

- Steam cauliflower and broccoli for 6 minutes.
- Melt butter. Add flour and stir until dissolved.
- Add milk, salt, and pepper to butter mixture. Bring to a boil.
- Add cream cheese and muenster cheese. Stir until well blended.
- Arrange cauliflower and broccoli in a 2-quart casserole.
- Add cream sauce and sprinkle with bread crumbs.
- Bake for 20 minutes at 400°F.

Lubyeh (*Black-Eyed Peas*)

This dish is traditionally made on Rosh Hashanah, but everyone urges me to make it more often.

Ingredients

- ⊗ 1 onion, chopped
- ⊗ 2 cloves garlic, minced
- ⊗ 1 tbsp. oil
- ⊗ 1/2 lb. veal stew meat, cut into 1-inch cubes
- ⊗ 1 cup water
- ⊗ 16 oz. frozen black-eyed peas
- ⊗ 2 tsp. salt
- ⊗ 1/8 tsp. pepper
- ⊗ 1 tsp. allspice
- ⊗ 1/2 tsp. cinnamon
- ⊗ 1 tbsp. tomato paste

Yields 6 servings

Preparation

- Lightly sauté onion and garlic in oil.
- Add cubed veal and half of the water to onion mixture. Cover and simmer for 20 minutes.
- Add black-eyed peas, salt, pepper, allspice, cinnamon and tomato paste to veal. Stir.
- Add remaining 1/2 cup of water to mixture.
- Cover and cook over low heat for 1 hour. If mixture dries out, add more water.
- Serve hot.

Ratatouille on Toast

Use as an appetizer or as a separate vegetable dish.

Ingredients

- 1 cup onions, diced
- 1 tbsp. minced garlic
- 1 green pepper, diced
- 1 red pepper, diced
- 1/2 cup olive oil
- 4 cups cubed eggplant
- 4 cups cubed zucchini
- 2 large tomatoes, cubed
- 3 tbsp. tomato paste
- 1 bay leaf
- 1/2 tsp. thyme
- 1 tsp. salt
- 1/4 tsp. pepper
- 4 medium-size pita breads
- Parmesan cheese for sprinkling

Yields 25 servings

Preparation

- Sauté onion, garlic, and peppers in oil for 5 minutes.
- Add eggplant, zucchini, tomatoes, tomato paste, bay leaf, thyme, salt and pepper.
- Lower flame, cover and simmer for 20 minutes.
- Remove bay leaf and drain any excess liquid from mixture. Let cool.
- Cut each pita into 12 wedges. Place wedges on a greased baking sheet.
- Place 1 tablespoon of vegetable mixture on each wedge.
- Sprinkle with Parmesan cheese, and bake at 350°F for 15 minutes.

Green Beans With Egg

My mother a"n is the originator of this dish. It's worth passing down to the next generation.

Ingredients

- ⊗ 1 lb. green beans
- ⊗ 1 clove garlic, minced
- ⊗ 1 tbsp. oil
- ⊗ 1/2 cup water
- ⊗ 1 tsp. salt
- ⊗ 1 egg, slightly beaten

Yields 3-4 servings

Preparation

- Wash green beans and cut into 1-inch pieces, removing ends.
- Sauté garlic in oil.
- Add beans, water and salt to garlic and oil.
- Cover and steam for 30 minutes.
- Just before serving, add beaten egg to beans, stirring until egg hardens.

Green Beans and Veal

Serve this tasty combo over rice.

Ingredients

- ⊗ 2 cloves garlic, minced
- ⊗ 2 tbsp. oil
- ⊗ 1/2 lb. shoulder veal, cubed
- ⊗ 1 1/2 cups water
- ⊗ 2 lbs. green beans, ends trimmed
- ⊗ 1 tsp. allspice
- ⊗ 1 tsp. cinnamon
- ⊗ 1 tsp. coarse salt

Yields 6-8 servings

Preparation

- In a saucepan, sauté garlic in oil.
- Add cubed veal, and brown.
- Add 1 cup of the water, and simmer for 30 minutes until veal is tender.
- Add green beans, allspice, cinnamon, salt and the remaining half cup of water.
- Cover and simmer for 1 hour.

Stuffed Mushrooms

Mushrooms are a very versatile. If you have a little extra time, try this special delight.

Ingredients

- 1 lb. large mushrooms
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 tbsp. flavored bread crumbs
- 1 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp. melted margarine
- 3 tbsp. oil

Yields 12 servings



Preparation

- Wash mushrooms and remove stems.
- Scrape out gills from underside of mushroom caps. Rinse and dry mushroom caps on a paper towel.
- Chop mushroom stems, and combine with onions, garlic, bread crumbs, salt, pepper and margarine.
- Fill each mushroom cap with the mushroom-onion mixture, and place on an oiled baking pan.
- Sprinkle the 3 tablespoons of oil over mushrooms, and bake at 425°F for 20 minutes.
- Can be frozen after baking.

Baked Fried Potatoes

The pleasure of french fries - without the guilt.

Ingredients

- ⊗ 6 medium-size potatoes
- ⊗ 1/2 cup water
- ⊗ 1 tbsp. coarse salt
- ⊗ 1/2 tsp. pepper
- ⊗ 1 tsp. paprika
- ⊗ 2 tbsp. margarine

Yields 6 servings

Preparation

- Peel potatoes and slice like french fries.
- Place potatoes in a 17- by 12-inch metal baking pan, making sure they don't overlap.
- Cover potatoes with water. Sprinkle with salt, pepper and paprika.
- Dot with margarine.
- Bring potatoes to a boil on top of stove.
- Remove pan from stove top. Bake at 400°F for 30 to 40 minutes, until golden brown.

Roast Potatoes

This can be prepared ahead of time. Very convenient when entertaining guests.

Ingredients

- ⊗ 6 large red-skin potatoes (if not available, regular potatoes may be used)
- ⊗ 2 medium onions, chopped
- ⊗ 2 tbsp. oil
- ⊗ 2 tsp. coarse salt
- ⊗ 1/4 tsp. pepper
- ⊗ 1/2 tsp. paprika
- ⊗ 1/2 tsp. cinnamon

Yields 8 servings

Preparation

- Wash and scrub potatoes with a vegetable brush.
- Put potatoes in a saucepan, cover with water, and bring to a boil.
- Simmer for 20 minutes. Drain and cool.
- Cut cooled potatoes into cubes.
- Sauté onions in oil. Add the onions, salt, pepper, paprika and cinnamon to the cubed potatoes.
- Blend all ingredients. Place in a greased casserole and bake at 400°F for 45 minutes.

Corn-Stuffed Tomatoes

An interesting mix of two colorful vegetables.

Ingredients

- 2 tbsp. chopped scallions
- 2 tbsp. butter or margarine
- 8 tomatoes
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. sugar
- 1/2 tsp. dried thyme
- 10 oz. frozen corn, thawed
- 4 tbsp. bread crumbs

Yields 8

Preparation

- Sauté scallions in butter or margarine.
- Cut off tops of tomatoes, scoop out pulp, and set pulp aside.
- Sprinkle inside of tomatoes with a dash of salt. Place upside down on paper towels to drain.
- Combine sautéed scallions, tomato pulp, salt, pepper, sugar, thyme and thawed corn.
- Place pulp mixture in a saucepan and cook for about 5 minutes.
- Blend in bread crumbs and stuff tomato shells with mixture.
- Place stuffed tomatoes on a greased baking dish. Bake at 400°F for 15 minutes.

Tomato and Egg

Highly recommended with a lavish brunch.

Ingredients

- ⊗ 1 large onion, chopped
- ⊗ 1/2 green pepper, diced
- ⊗ 2 tbsp. oil
- ⊗ 20 oz. canned whole tomatoes, chopped small
- ⊗ 1 tsp. salt
- ⊗ 1/8 tsp. pepper
- ⊗ 4 eggs

Yields 6 servings

Preparation

- In a saucepan, sauté onion and green pepper in oil.
- Add tomatoes, salt and pepper. Simmer for about 20 minutes.
- Just before serving, add whole raw eggs to vegetable mixture. Stir gently, breaking the egg yolks.
- Cover mixture and simmer for about 10 minutes.

Krefsiah (Swiss Chard)

A delicious way of preparing the Swiss chard for the Rosh Hashanah meal.

Ingredients

- ⊗ 1 onion, chopped
- ⊗ 2 tbsp. oil
- ⊗ 1 cup celery, chopped
- ⊗ 1 bunch Swiss chard, cleaned well and chopped
- ⊗ 10 oz. canned chickpeas
- ⊗ 1 tsp. salt
- ⊗ 1/8 tsp. pepper

Yields 4 servings

Preparation

- Lightly sauté onion in oil.
- Add celery and simmer for 5 minutes.
- Add Swiss chard, chickpeas, salt and pepper to onion-celery mixture.
- Cook, covered on low flame for 30 minutes.
- Serve hot or cold.



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Beef Stroganoff

When a kosher restaurant in Queens was closing its doors, my sister asked the owner for this recipe. His superb recipe lives on.

Ingredients

- 1 1/2 lbs. sliced minute steak
- 4 tbsp. margarine
- 1 onion, sliced
- 1 clove garlic, crushed
- 1 10 oz. can tomato soup
- 1/2 cup water
- 1 packet vegetable broth powder
- 1 tsp. salt
- 2 tbsp. cornstarch dissolved in 4 tbsp. water
- 1/2 lb. mushrooms, sliced
- 1/4 cup non-dairy creamer

Yields 4 servings

Preparation

- Brown meat in margarine.
- Remove meat. Brown onion and garlic.
- Return meat to onion mixture. Add tomato soup, water, vegetable broth powder and salt.
- Bring mixture to a boil, and simmer for 30 minutes.
- Add mushrooms and cornstarch solution. Cook for an additional 10 minutes.
- Just before serving, add non-dairy creamer and reheat.
- Serve over rice or noodles.



Stuffed Eggplant Rolls

My son's mother-in-law, Lottie Chalom a'h, was a chef par excellence who was often hired to cook for parties. This was one of her favorites.

Ingredients

- ⊗ 3 medium eggplants
- ⊗ coarse salt
- ⊗ 1 tbsp. oil for frying
- ⊗ 3 tbsp. rice
- ⊗ 1/2 lb. ground beef
- ⊗ 1 tsp. allspice
- ⊗ 1/2 tsp. cinnamon
- ⊗ 1 tsp. salt
- ⊗ 6 tbsp. water
- ⊗ 1/2 cup water

Yields 10 serving.

Preparation

- Peel eggplants and slice lengthwise into slices 1/4 inch thick.
- Spread eggplant slices on a flat surface, sprinkle with coarse salt, and let stand for 30 minutes.
- Pat dry with paper towels.
- Fry eggplant slices in hot oil, or broil (brush each slice with oil) until lightly browned. Let drain on paper towels.
- Soak rice in a bowl of hot water for 15 minutes. Drain.
- Combine rice, ground beef, allspice, cinnamon, salt and the 6 tablespoons of water.
- Place 1 tablespoon of the meat mixture onto each eggplant slice, and roll up.
- Place eggplant rolls in casserole, seam side down. Add the half-cup of water.
- Bake covered at 350°F for 45 minutes to 1 hour.

Stuffed Cabbage

A blend of East and West - the sauce from an Ashkenazi friend, and the stuffing Sephardic style. Get ready for a captive audience.

Ingredients

- ✿ 1 large cabbage

Filling

- ✿ 6 tbsp. rice
- ✿ 1 lb. ground beef
- ✿ 2 tsp. allspice
- ✿ 2 tsp. salt
- ✿ 1 tbsp. oil
- ✿ 1 tsp. cinnamon
- ✿ 1/2 cup water
- ✿ 2 tbsp. chopped parsley

Sauce

- ✿ 2 tbsp. oil
- ✿ 2 onions, sliced
- ✿ 2 cloves garlic
- ✿ 8 oz. tomato sauce
- ✿ 14 oz. canned tomatoes
- ✿ 1/3 cup brown sugar
- ✿ 1/3 cup raisins
- ✿ 1 tsp. salt
- ✿ juice of 2 lemons
- ✿ dash of white pepper

Yields 8-10 servings

Preparation

To prepare cabbage:

- Place cabbage in the freezer for at least 2 days.
- Remove cabbage from freezer and allow to thaw for several hours. (Alternatively, thaw it by rinsing in the sink.)
- Remove center core and separate leaves.

To prepare filling:

- Soak rice in a bowl of hot water for 15 minutes. Drain.
- Combine rice with ground beef, allspice, salt, oil, cinnamon, water, and parsley.
- Place 1 tablespoon of meat filling in center of each cabbage leaf and roll tightly, folding in each end.
- Place cabbage rolls, seam side down, in a saucepan.

To prepare sauce:

- Brown onion and garlic in oil.
- Add tomato sauce, tomatoes, brown sugar, raisins, salt, lemon juice, and white pepper to onion and garlic mixture.
- Pour sauce over cabbage rolls.
- Place a small plate on top of cabbage rolls. Cover saucepan, bring to a boil, and simmer for 1 hour.

Pickled Corned Beef and Cabbage

An Irish dish loved by all.

Ingredients

- ⊗ 3 to 4 lbs. pickled corned beef
- ⊗ water
- ⊗ 1 cabbage, cut into wedges
- ⊗ 1 lb. carrots, peeled and cut in half

Yields 4-6 servings

Preparation

- Cover corned beef with water. Cover saucepan and bring to a boil.
- Discard water. Cover corned beef again with cold water, bring to a boil, and simmer for 2 hours.
- When corned beef is tender, remove from saucepan.
- Add cabbage and carrots to water. Simmer for 15 minutes. Drain.
- Slice corned beef. Serve with cabbage and carrots.



Chili con Carne

*What that makes this Chili dish so special is the garnish.
Popular through the ages. Easy to prepare.*

Ingredients

- 1 large onion, diced
- 2 cloves garlic, minced
- 2 tbsp. oil
- 1/2 lb. ground beef
- 14 oz. canned tomatoes
- 8 oz. tomato sauce
- 1 tbsp. chili powder
- 1/2 tbsp. coarse salt
- 16 oz. canned kidney beans,
washed and drained
- 2 scallions, chopped
- 1 hard-boiled egg, chopped
- Chinese noodles

Yields 4-6 servings

Preparation

- Sauté onion and garlic in oil until transparent.
- Add ground beef. Stir and cook until browned.
- Add tomatoes, tomato sauce, chili powder, salt, and kidney beans to meat mixture.
- Bring to a boil and simmer for about 45 minutes.
- Top with chopped scallions, chopped egg, and Chinese noodles.
- Serve over rice or noodles.

Eggplant Mechshe *(Stuffed Eggplant)*

The combination of dry and fresh eggplant has a very unique taste. A Shabbat eve regular. (Dried eggplant pockets are available at Middle Eastern groceries)

Ingredients

- ⊗ 12 dried eggplants
- ⊗ 1 large eggplant, sliced into 1/2-inch rounds
- ⊗ 1 tsp. coarse salt

Meat Filling

- ⊗ 1/2 lb. ground beef
- ⊗ 3 tbsp. rice
- ⊗ 8 oz. canned chickpeas
- ⊗ 1 1/2 tsp. allspice
- ⊗ 1/2 tsp. cinnamon
- ⊗ 1 tsp. salt
- ⊗ 6 tbsp. water
- ⊗ 2 tbsp. parsley

Sauce

- ⊗ 1 cup water
- ⊗ 1 tsp. allspice
- ⊗ 1 tsp. salt

Yields 6 servings

Preparation

- Boil dried eggplants for 10 minutes. Drain.
- Brush fresh eggplant slices with oil, and sprinkle with coarse salt.
- Broil eggplant slices on both sides until lightly browned.
- Soak rice in hot water for 15 minutes, and then drain.
- Thoroughly combine beef, drained rice, chickpeas, 1 1/2 teaspoons allspice, cinnamon, salt, parsley, and 6 tablespoons water.
- Stuff each dried eggplant with meat mixture, about three-quarters full.
- Line the bottom of a saucepan with half of the broiled eggplant slices. Place stuffed eggplants close together over the eggplant slices, and top with remaining slices.
- Add 1 cup water mixed with 1 teaspoon allspice and 1 teaspoon salt.
- Cover eggplant with a small plate and cover pot.
- Boil for 5 minutes on a high flame. Lower flame and simmer for 1 1/2 hours.



Fried Edgeh (*Meat Omelet*)

On Friday afternoons, my mother would prepare these sizzling meat patties in pita bread with sliced tomatoes. Great for picnics.

Ingredients

- 1/2 lb. ground beef
- 4 eggs
- 2 tbsp. matzah meal
- 1/4 onion, chopped
- 3 tbsp. chopped parsley
- 1 tsp. allspice
- 1/2 tsp. cinnamon
- 1 tsp. salt
- 1/2 cup oil for frying

Yields 4-6 servings

Preparation

- Thoroughly combine all ingredients except for oil.
- Heat oil in skillet.
- Place 1 tablespoon of mixture at a time into skillet and turn until both sides are golden brown.
- Drain on paper towels.

Green Pepper, Onion, or Tomato Mechshe

*Each of these stuffed vegetables cook well together in a casserole.
The colors have great eye appeal.*

Ingredients

- ⊗ 4 large green peppers

Filling

- ⊗ 6 tbsp. rice
- ⊗ 1 lb. ground beef
- ⊗ 2 tsp. allspice
- ⊗ 1 tsp. cinnamon
- ⊗ 2 tsp. salt
- ⊗ 1/2 cup water
- ⊗ 1 tbsp. oil
- ⊗ 3 tbsp. parsley

Sauce

- ⊗ 1/2 cup water
- ⊗ 1/2 cup tamarind sauce
- ⊗ juice of 2 fresh lemons
- ⊗ 1 tsp. sugar
- ⊗ 1 tsp. salt

Yields 6-8 servings

Preparation

- Cut green peppers in half lengthwise.
- Remove seeds.
- Soak rice in hot water for 15 minutes. Drain.
- Combine filling ingredients. Fill green pepper halves with mixture.
- Place stuffed peppers, filling side down, in a 3-quart casserole.
- Mix together sauce ingredients, and pour over stuffed peppers.
- Cover casserole and bake at 350°F for 1 hour.

Variation:

- The same filling and sauce may be used for stuffed onions or tomatoes.

For onions:

- Boil large Spanish onions until soft. Slice halfway through each onion, and separate each onion layer. Put stuffing in each layer, and roll up.

For tomatoes:

- Cut tops off plum tomatoes, scoop out pulp, and fill.

Stuffed Grapeleaves

A classic Middle Eastern dish with a distinctive, delicious flavor.

Ingredients

- 1 16 oz. jar grape leaves*

Filling

- 6 tbsp. rice
- 1 lb. ground beef
- 2 tsp. allspice
- 1 tsp. cinnamon
- 2 tsp. salt
- 1 tbsp. oil
- 1/2 cup water
- 3 tbsp. chopped parsley

Sauce

- 1/2 cup tamarind sauce
- juice of 1 lemon
- 1 tsp. salt
- 2 cloves garlic, chopped
- 1 tsp. sugar
- 1 tsp. dried mint (see Food Prep. Tips, pg. 16)
- 1 cup water
- 1/2 lb. apricots dried or canned

Preparation

- Drain liquid from grape leaves, and wash well in cold water.
- Soak rice in hot water for 15 minutes. Drain.
- Combine filling ingredients, mixing well.
- Spread out each grape leaf and remove the stem. Place 1 tablespoon of meat mixture at the bottom edge and roll up, folding in the sides.
- Place stuffed grape leaves close together in a saucepan.
- Combine sauce ingredients and pour some of the sauce over the grape leaves.
- Top with a few dried apricots.
- Repeat in layers.
- Place a small plate on the grape leaves and cover the pot.
- Bring to a boil, and simmer for 1 1/2 hours.

* Be sure to purchase grape leaves with reliable Kashrut supervision.

Rolled Kibbe With Cherries

An exotic sweet and sour dish.

Ingredients

Filling

- ⊗ 1 lb. kibbe meat (chopped beef and ground rice) See pg. 13
- ⊗ 3/4 lb. ground beef
- ⊗ 1 clove garlic
- ⊗ 1 tsp. salt
- ⊗ 1 tsp. allspice
- ⊗ 1 tsp. cinnamon
- ⊗ 1/3 cup chopped walnuts

Sauce

- ⊗ 1 16 oz. can dark sweet pitted cherries
- ⊗ 1/4 cup tamarind sauce
- ⊗ juice of 2 lemons
- ⊗ 1 tbsp. tomato paste
- ⊗ 1 tsp. sugar
- ⊗ 1 tsp. salt

Yields 10-12 servings

Preparation

- Combine ground beef, garlic, salt, allspice, cinnamon, and walnuts.
- Divide kibbe meat into 2 equal parts.
- Using a rolling pin, roll out kibbe meat into a thin rectangle, about 11 by 8 inches in size.
- Spread half of meat filling evenly over surface of each kibbe rectangle.
- Roll up each rectangle, jellyroll fashion.
- Drain cherries, reserving the liquid.
- Mix together tamarind sauce, cherry liquid, tomato paste, sugar, lemon juice, and salt.
- Place rolled kibbe in a casserole, and pour sauce on top.
- Cover casserole and bake at 375°F for 1 hour.
- Slice kibbe rolls diagonally, and add drained cherries to casserole.
- Bake for an additional 15 minutes, uncovered.

Sweetbreads and Mushrooms

A delicacy usually served at catered affairs. It finally made its way to the home dinner table.

Ingredients

- 1 1/2 lbs. sweetbreads
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. paprika
- 1/2 cup flour
- 2 tbsp. oil
- 1 onion, sliced
- 1 lb. fresh mushrooms
- 1 cup water

Yields 6-8 servings

Preparation

- Pour 8 cups of boiling water over sweetbreads, soak for 4 to 8 minutes, and drain.
- Peel away thin membrane covering sweetbreads, and cut sweetbreads into 1 to 1 1/2 inch cubes.
- Season sweetbreads with salt, pepper, and paprika, and coat with flour.
- Sauté onions in oil until almost brown.
- Add sweetbreads to onions, and continue sautéing until golden.
- Add whole mushrooms, and 1 cup of water.
- Cover and simmer for 1 hour.

Sweet-and-Sour Meatballs

A meatball lovers paradise. Fabulous for parties. Serve on a bed of rice.

Ingredients

Meatballs

- ⊗ 1 lb. ground beef
- ⊗ 3/4 cup bread crumbs
- ⊗ 1 egg
- ⊗ 1 1/2 tsp. garlic powder
- ⊗ 1 1/2 tsp. salt
- ⊗ 1/2 tsp. pepper
- ⊗ 1 tsp. allspice

Sauce

- ⊗ 2 cups orange juice
- ⊗ 1 cup apricot juice, or 1/2 cup chopped dried apricots
- ⊗ 16 oz. canned chunk pineapple, packed in its own juice
- ⊗ 3 tbsp. honey
- ⊗ 1 tbsp. brown sugar
- ⊗ 1 lemon, sliced
- ⊗ 1/4 cup raisins
- ⊗ 3 tbsp. ketchup

Yields 18-20 meatballs

Preparation

- Combine beef, bread crumbs, egg, garlic powder, salt, pepper, and allspice.
- Shape mixture into walnut-size balls, and set aside.
- Combine sauce ingredients in a saucepan, and bring mixture to a boil.
- Add meatballs to sauce, cover, and simmer for 1 hour.





Pepper Steak

*A variation of the Chinese steak dish.
A welcome change from the average stew.*

Ingredients

- 1 large onion, sliced
- 2 cloves garlic, sliced
- 2 tbsp. oil
- 1 lb. minute steak, sliced
- 1 large green pepper, diced
- 2 stalks celery, diced
- 1 cup Chinese marinade
(duck sauce)
- 1 tbsp. ketchup
- 10 oz. fresh mushrooms, sliced
- 12 oz. canned bamboo shoots
- 1 small can water chestnuts

Yields 3-4 servings

Preparation

- Sauté onion and garlic in oil until transparent.
- Add steak and brown.
- Add green pepper and celery to steak mixture. Immediately add marinade and ketchup.
- Simmer for 1 hour.
- Add mushrooms, bamboo shoots, and water chestnuts. Simmer an additional 10 minutes and serve.

Sweet-and-Sour Tongue

We use this for Rosh Hashanah.

The sauce alone will give the New Year a very tasty beginning.

Ingredients

- ⊗ 2 to 3 lbs. tongue (not pickled)
- ⊗ 2 tsp. salt
- ⊗ 1 whole medium onion

Sauce

- ⊗ 2 onions, thinly sliced
- ⊗ 2 cloves garlic, minced
- ⊗ 2 tbsp. oil
- ⊗ 14 oz. canned whole tomatoes
- ⊗ 8 oz. tomato sauce
- ⊗ 1/3 cup brown sugar
- ⊗ juice of 2 lemons
- ⊗ 1/3 cup raisins
- ⊗ 1 tsp. coarse salt
- ⊗ 1/4 tsp. white pepper

Yields 8-10 servings

Preparation

- Put tongue in a saucepan. Cover with water, salt and onion. Bring to a boil.
- Cook 1 1/2 to 2 hours, until soft.
- While tongue is cooking, sauté onion and garlic in oil.
- Add remaining sauce ingredients, and mix.
- Remove tongue from saucepan. Rinse in cold water.
- Carefully peel off outer skin, and cut away bones and gristle.
- Slice tongue on diagonal, and arrange in a casserole.
- Pour sauce over sliced tongue. Bake at 350°F for 35 minutes.

Sulajon *(Ground Beef on a Skewer)*

Whether barbecued or broiled, put into pita bread along with a finely cut salad.

Ingredients

- 1 lb. ground beef
- 2 tbsp. matzah meal
- 1 tsp. cinnamon
- 1 tsp. allspice
- 1/4 cup fresh parsley
- 1 tsp. salt

Yields 4-6 servings

Preparation

- Mix together all ingredients.
- Divide into 6 to 8 equal portions.
- Form each portion into an oblong shape.
- Place a skewer through each portion, and broil for about 6 minutes, rotating skewers to ensure even cooking.

Shish Kebab

Barbecue lovers will readily agree on how delicious this preparation is.

Ingredients

- 2 lbs. minute steak
- 2 medium onions, quartered (or 6 small whole ones)
- 1 tsp. garlic powder
- 1 tsp. salt
- 1 tsp. paprika
- 12 cherry tomatoes
- 6 skewers

Yields 6 skewers



Preparation

- Remove center vein from steak. Cut steak into bite-size chunks.
- On each skewer place 1 tomato, 3 meat chunks, 1 onion quarter, 3 more meat chunks, and 1 more tomato.
- Season with garlic powder, salt and paprika.
- Broil meat skewers on a grill, rotating the skewers, for about 5 minutes.

Veal Francaise

I must admit that this veal recipe is one of my best. Enjoy!

Ingredients

- ⊗ 1 lb. shoulder veal, thinly sliced
 - ⊗ salt
 - ⊗ pepper
 - ⊗ 1 tsp. paprika
 - ⊗ Flour
 - ⊗ 2 eggs, beaten with
1 tbsp. water
 - ⊗ 2 tbsp. oil
 - ⊗ 1 cup chicken broth
 - ⊗ 1 tbsp. margarine
 - ⊗ 1 tbsp. fresh lemon juice
 - ⊗ 1 lemon, sliced and
parsley for garnish
- Yields 4 servings*

Preparation

- Sprinkle salt, pepper, and paprika on veal.
- Dredge veal slices lightly in flour, and dip each slice in egg mixture.
- Sauté veal quickly in hot oil until golden brown, about 1 minute on each side.
- Discard oil. Add broth and margarine to veal, and cook on high heat for 3 to 4 minutes.
- Add lemon juice and lemon slices. Garnish with parsley.

Stuffed Breast of Veal With Mushrooms

After slow cooking for a few hours this dish becomes crispy and brown. It is a staple in many of our households.

Ingredients

- 3 to 4 lbs. breast of veal,
with pocket

Stuffing

- 3 tbsp. rice
- 1/2 lb. ground beef or veal
- 1 tsp. allspice
- 1/2 tsp. cinnamon
- 1/2 tsp. coarse salt
- 1/4 cup water

Sauce

- 2 tbsp. oil
- 1 tsp. allspice
- 1 tsp. salt
- 1 1/2 cups water
- 2 lbs. fresh mushrooms

Yields 6-8 servings

Preparation

- Soak rice in hot water for 15 minutes. Drain.
- Combine ground beef, rice, allspice, cinnamon, coarse salt, and 1/4 cup of water.
- Loosely stuff meat mixture into pocket of each veal breast.
- In 3 places, slit top of each veal breast through to stuffing.
- Sprinkle oil on veal, and season with allspice and salt.
- Place veal in a roasting pan.
Add 1 cup of water.
- Bake uncovered at 450°F for 30 minutes, basting every 10 minutes, until brown.
- Add 1/2 cup of water to pan and place mushrooms around veal.
- Lower oven temperature to 250°F, cover pan, and bake for an additional 2 to 2 1/2 hours, basting every 20 minutes. Add more water if necessary.

Stuffed Zucchini

This recipe is very appealing, especially when dried apricots are added.

Ingredients

- ⊗ 10 small zucchini, 4 to 5 inches long

Stuffing

- ⊗ 6 tbsp. rice
- ⊗ 1 lb. ground shoulder steak
- ⊗ 2 tsp. allspice
- ⊗ 1 tsp. cinnamon
- ⊗ 2 tsp. coarse salt
- ⊗ 2/3 cup water
- ⊗ 1 tbsp. oil
- ⊗ 2 tbsp. chopped parsley

Sauce # 1

- ⊗ juice of 2 lemons
- ⊗ 2 cloves garlic, minced
- ⊗ 1 tsp. coarse salt
- ⊗ 1 tsp. dried mint (see pg. 16)
- ⊗ 1 tsp. sugar
- ⊗ 1 cup water

Sauce # 2

- ⊗ 4 tbsp. tamarind sauce
- ⊗ juice of 1 lemon
- ⊗ 1 tsp. salt
- ⊗ 1 tsp. sugar
- ⊗ 10 oz. dried apricots

Yields 6-10 servings

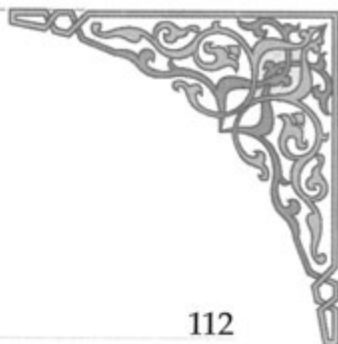
Preparation

- Wash zucchini and scrub with a vegetable brush.
- Cut off both ends of zucchini, and scoop out as much pulp as possible. (The zucchini can be halved before scooping out the pulp.) The pulp may be refrigerated or frozen and used for other recipes.
- Soak rice in hot water for 15 minutes. Drain.
- Combine stuffing ingredients and blend well.
- Loosely stuff each zucchini 3/4 full.
- Place zucchini close together in a pot, layering them.
- Any leftover stuffing mixture may be made into meatballs and placed on top of the zucchini.
- Combine sauce ingredients, pour over zucchini, and place a small plate or pot lid on top of zucchini.
- Cover and bring to a boil.
- Reduce flame to low, and simmer for 1 1/2 hours.
- Alternatively, zucchini may be baked at 350°F for 1 1/2 hours.





Chicken Dishes



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Chicken Pot Pie

This dish featuring a creamy sauce is a favorite with all the kids.

Ingredients

- 1 whole 3 to 4 lb. chicken
- 4 cups water
- 2 tsp. salt
- 1/4 tsp. pepper
- 3 carrots, sliced
- 3 potatoes, cubed
- 3 onions, cubed
- 1 cup frozen peas
- 1/2 cup flour
- 1/2 cup water

Pie Crust

- 1 1/2 cups flour
- 1/2 cup solid shortening or margarine
- 1/4 cup ice water

Yields 6-8 servings

Preparation

- Clean chicken thoroughly by rubbing with lemon and salt. Rinse.
- Place chicken in a pot with the 4 cups of water, salt, and pepper.
- Bring to a boil, lower flame, and simmer for 30 minutes.
- Add carrots, potatoes, and onions to pot, and simmer for an additional 30 minutes. Add peas.
- Remove chicken from pot and let cool.
- Bone the chicken, and cut into 1 1/2 to 2 inch chunks.
- Dissolve flour in the half cup of water.
- Stir flour mixture into soup on a low flame until liquid thickens.
- Turn off stove, add cut up chicken, and mix.

To prepare pie crust:

- In a food processor, mix flour and shortening or margarine.
- Add ice water gradually until mixture forms a ball of dough.
- Roll out between 2 pieces of waxed paper to fit over a large pyrex bowl.
- Place chicken mixture into the pyrex bowl. Cover with the pie crust.
- Bake at 375°F for 30 minutes, or until crust is golden brown.

Chicken and Potatoes

Without the chicken and potatoes, the Friday night meal just won't seem complete.

Ingredients

- ⊗ 1 whole 4 lb. chicken
- ⊗ 1 tbsp. oil
- ⊗ 1 tsp. coarse salt
- ⊗ 1/2 tsp. paprika
- ⊗ 1/4 tsp. pepper
- ⊗ 1 cup water
- ⊗ 3 lbs. potatoes, cut into cubes
- ⊗ oil for frying
- ⊗ 1 tsp. allspice
- ⊗ 1 tsp. salt

Yields 6-8 servings



Preparation

- Clean chicken well by rubbing with lemon and coarse salt inside and out. Rinse well.
- Make a paste with the oil, coarse salt, paprika and pepper.
- Rub the inside and outside of chicken with the paste.
- Place chicken, uncovered, in a roasting pan with 1 cup of water.
- Bake at 500°F for 20 to 30 minutes, until browned. Baste often.
- Deep fry potatoes in oil until lightly browned.
- Remove potatoes from saucepan, and place on a paper towel to drain.
- Sprinkle salt and allspice over potatoes.
- Surround chicken with the potatoes in the roasting pan.
- Add 1/2 cup of water to the roasting pan and bake covered at 350°F for an additional 1 1/2 hours.

Chicken and Stuffed Eggplant

This combination draws rave reviews at dinner parties.

Ingredients

- 1 whole 4 lb. chicken
- 1 tbsp. oil
- 1 tsp. salt
- 1 tbsp. garlic powder
- 1 tbsp. paprika
- 1 large eggplant
- 12 small eggplants
to be filled

Filling

- 6 tbsp. rice
- 1 lb. ground beef
- 2 tsp. allspice
- 1 tsp. cinnamon
- 1 tsp. coarse salt
- 1 tbsp. oil
- 1/2 cup water

Yields 8-10 servings

Preparation

- Clean chicken well by rubbing with lemon and coarse salt inside and out. Rinse well.
- Make a paste with the oil, salt, garlic powder, and paprika, and rub entire chicken with the paste. Set aside.
- Peel and slice the large eggplant into 1/2 inch slices.
- Place eggplant slices on wax paper, lightly sprinkle with salt, and let sit for 30 minutes.
- Dry with paper towel.
- Brush each eggplant slice on both sides with oil, and broil until browned.
- Cut off stems of small eggplants and scoop out as much pulp as possible.
- Soak rice in hot water for 15 minutes. Drain.

To prepare filling:

- Combine beef, rice, allspice, cinnamon, salt, oil, and water.
- Stuff each eggplant about 3/4 full with filling.
- Place chicken in a medium roasting pan, arranging stuffed eggplants around chicken and sliced eggplants on top.
- Bake covered at 450°F for 30 minutes.
- Lower oven temperature to 350°F. Add 2 cups of water and bake for an additional 2 hours until chicken is tender.

Chicken and Spaghetti

See color picture of this dish in centerfold

A boned chicken, spaghetti, with a cinnamon sauce create a surprisingly enjoyable meal.

Ingredients

- 1 whole 3 to 4 lb. chicken
- 2 cloves garlic, minced
- 2 tbsp. oil
- 1 tsp. paprika
- 1 tsp. coarse salt
- 2 onions, sliced
- 1/2 cup water
- 1 lb. spaghetti

Sauce

- 8 oz. tomato sauce
- 10 oz. clear chicken broth
- 2 tsp. cinnamon
- drippings from roasted chicken, drained

Yields 6-8 servings

Preparation

- Clean chicken by rubbing with lemon and salt inside and out. Rinse well.
- Make a paste of garlic, oil, paprika, and salt, and rub over entire chicken.
- Line the bottom of a roasting pan with the sliced onions, and place chicken, breast side up, on top.
- Add 1/2 cup of water, and bake uncovered at 500°F for 30 minutes. Baste occasionally.
- Turn chicken over, adding more water if necessary.
- Cover and bake at 350°F for 50 to 60 minutes or until tender.
- When chicken has cooled, remove skin and bones and cut into pieces.
- Cook spaghetti according to package instructions. Add chicken pieces to spaghetti, and mix.
- Combine sauce ingredients, and pour over spaghetti and chicken.
- Bake covered at 400°F for 30 minutes. Uncover and bake an additional 15 minutes.



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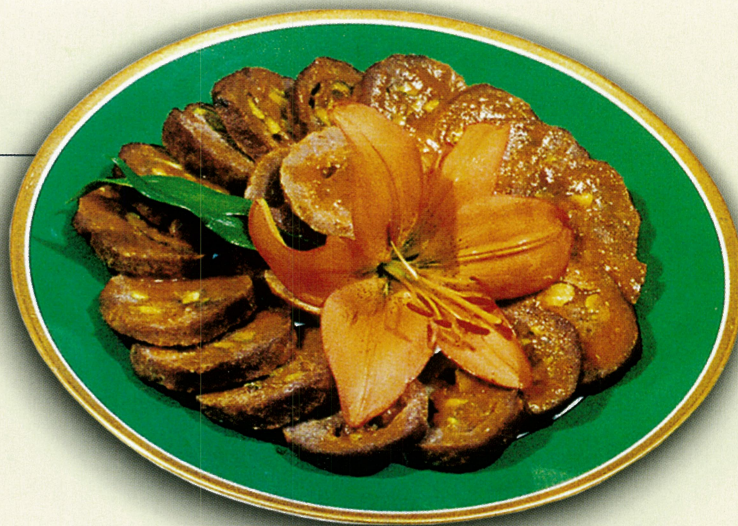
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Mixed Berry Salad

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Kanafe Ring

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Oven-Fried Chicken

This is a novel way to serve chicken, especially if you love potato chips.

Ingredients

- ✿ 1 broiler, cut into eighths
- ✿ 2 cups crushed, salted potato chips
- ✿ 1/4 tsp. garlic powder
- ✿ 1/8 tsp. pepper
- ✿ 1/4 cup chopped parsley
- ✿ 1/2 cup melted margarine

Yields 3-4 servings

Preparation

- Wash chicken, and clean thoroughly by rubbing with lemon and coarse salt. Rinse well.
- Combine potato chips, garlic powder, pepper, and parsley. Dip chicken in melted margarine and then dredge chicken pieces in mixture.
- Place chicken pieces, skin side up, in a greased casserole and sprinkle with remaining potato chip mixture.
- Bake uncovered at 375°F for 30 to 45 minutes.

Chicken Sesame

This recipe was created by a friend of mine. It always makes a big hit.

Ingredients

- ✿ 3 lbs. chicken cutlets
- ✿ 12 oz. cornflakes
- ✿ 2 tsp. salt
- ✿ 1 tsp. garlic salt
- ✿ 2 tsp. paprika
- ✿ 1/2 tsp. pepper
- ✿ 1/4 cup sesame seeds
- ✿ 3 eggs, slightly beaten
- ✿ 1 tbsp. water
- ✿ 2 cups flour

Yields 10-12 servings

Preparation

- Wash chicken cutlets.
- Crumble cornflakes to make crumbs, and combine with salt, garlic salt, paprika, pepper, and sesame seeds.
- Cut chicken into bite-size pieces.
- Add water to beaten eggs, and mix.
- Dip chicken pieces into flour, then egg, and then into cornflake mixture.
- Deep fry chicken in oil for 1 minute. Drain on a rack.

Chicken À La King

A delicious recipe served at many catered affairs.

Ingredients

- ⊗ 1 whole 3 to 4 lb. chicken
- ⊗ 4 cups water
- ⊗ 1 bay leaf
- ⊗ 2 tsp. salt
- ⊗ 1/2 tsp. pepper
- ⊗ 2 cups sliced fresh mushrooms
- ⊗ 2 tbsp. oil
- ⊗ 10 oz. frozen peas
- ⊗ 4 oz. pimentos
- ⊗ 1/2 cup flour
- ⊗ 1/2 cup water

Yields 6-8 servings

Preparation

- Wash chicken, and clean thoroughly by rubbing with lemon and coarse salt. Rinse well.
- In a saucepan, put chicken, 4 cups water, bay leaf, 1 teaspoon of salt, and pepper.
- Bring to a boil, lower flame, and cook for 1 hour.
- Remove chicken from saucepan and strain soup.
- Discard skin and bones from chicken. Cut chicken into chunks.
- In a saucepan, sauté sliced mushrooms in oil.
- Add 4 cups of chicken soup, chicken chunks, 1 teaspoon salt, peas, and pimentos, to mushrooms.
- Bring mixture to a boil, and reduce flame to simmer.
- Dissolve flour in water.
- Stir flour mixture into chicken soup and vegetable mixture, and cook on a small flame until soup thickens, stirring constantly.
- Serve with rice and Chinese noodles.

Poultry Stuffing

The women I have taught this recipe to always tell me how their families gobble up the stuffing.

Ingredients

- 3 onions, chopped
- 3 stalks celery, chopped
- 12 oz. mushrooms, sliced
- 3 cloves garlic, chopped
- 8 oz. canned water chestnuts, drained and sliced
- 1 cup margarine
- 1 day-old challah, cubed
- 2 eggs
- 10 oz. chicken broth
- 2 tsp. salt
- 2 tsp. poultry seasoning
- 1/2 tsp. pepper
- 1/2 cup chopped parsley

Yields 6-8 servings

Preparation

- In a saucepan, sauté onions, celery, mushrooms, garlic, and water chestnuts in margarine for 10 to 15 minutes, until tender.
- Add remaining ingredients to sautéed vegetables, and mix.
- Pour mixture into a casserole. Bake uncovered, at 400°F for 1 hour.
- Can be used as stuffing to stuff one large turkey.



Apricot-Prune Chicken

Well worth the time and effort.

Ingredients

- ⊗ 1 box frozen chicken drummettes (small drumsticks), or 1 broiler chicken cut into sixteenths, or 1 cornish hen cut into eighths
- ⊗ 2 tbsp. oil
- ⊗ 1/2 cup water
- ⊗ 3 tbsp. tamarind sauce
- ⊗ 3 tbsp. strawberry jam
- ⊗ 3 tbsp. apricot jam
- ⊗ juice of 1 lemon
- ⊗ 1 tbsp. salt
- ⊗ 1 tsp. sugar
- ⊗ 1/4 lb. pitted prunes
- ⊗ 1/4 lb. dried apricots

Yields 6 servings

Preparation

- Defrost, wash, and clean chicken pieces.
- Fill a 2-quart saucepan with water 3/4 full.
- Bring water to a boil and add chicken pieces, cooking for 1 minute. Drain and dry.
- Sauté chicken pieces in oil until brown.
- Transfer chicken to a saucepan.
- Combine remaining ingredients, and pour over chicken.
- Cover and simmer for about 1 hour.
- Transfer chicken and sauce to a 3-quart casserole and bake, uncovered, at 375°F for 15 minutes, until browned.



Fish

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Fish With Tahini

Tahini adds a charming fresh taste to this fish.

Ingredients

- 2 lbs. lemon sole
- 2 tbsp. oil
- 2 stalks celery, cut into large-size pieces
- 2 onions, quartered
- 2 tsp. salt
- 1/4 tsp. pepper
- 6 tbsp. parsley, chopped

Tahini Sauce

- 1 cup tahini paste
- juice of 2 lemons
- 2 cloves garlic, crushed
- 1 tsp. cumin
- 1/2 tsp. salt
- 1/4 cup cold water

Yields 8 servings

Preparation

- Brush fish with oil, and place on foil in baking pan.
- Place celery and onion on top of fish.
- Sprinkle salt and pepper on top.
- Cover with foil and bake at 400°F for 18 minutes.
- Remove fish from oven and let cool. Discard onion and celery.
- Flake fish into bowl and add parsley.
- Combine tahini, lemon juice, garlic, cumin, salt, and water, and blend well in a mixer.
- Add 4 tablespoons tahini mixture to flaked fish, and mix gently.
- Form into the shape of a fish, and spread remainder of tahini mixture to cover.
- Use black olives for the "eye."

Broiled Fillet of Sole

This dish is a perfect food for the soul. Easy to prepare.

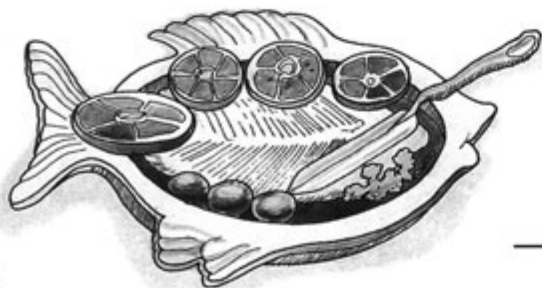
Ingredients

- ⊗ 1 lb. fillet of lemon sole
- ⊗ 1 lemon, peeled and cut into 8 slices
- ⊗ 2 tbsp. mayonnaise
- ⊗ 1 tbsp. Dijon mustard

Yields 3-4 servings

Preparation

- Preheat broiler.
- Wash and dry fish.
- Place lemon slices in broiling pan. Place the fish on top.
- Combine mayonnaise and mustard, mixing well. Spread on top of fish.
- Broil fish 4 to 6 inches from heat source for about 8 minutes, or until done.



Broiled Salmon

Absolutely delicious - everyone's favorite.

Ingredients

- 1/2 whole salmon fillet (approx. 4 lbs)
- 2 tbsp. mayonnaise
- 1 tbsp. Dijon mustard
- juice of 1/2 lemon

Yields 10-12 servings

Preparation

- Wash and dry salmon
- Combine mayonnaise, mustard, and lemon juice.
- Spread mayonnaise mixture on top of salmon.
- Broil fish 4 to 6 inches from heat source for about 15 minutes, or until done.

Baked Whitefish

This recipe has a fine taste.

Ingredients

- 2-3 lbs. whole fresh whitefish, scaled and cleaned
- 2 tbsp. oil
- 1 tsp. cinnamon
- 1 tsp. salt
- 3/4 cup walnuts, chopped

Yields 3-4 servings

Preparation

- Wash and dry fish.
- Mix together 1 tablespoon oil, 1/2 teaspoon cinnamon, and 1/2 teaspoon salt.
- Rub outside of fish with oil mixture.
- Mix walnuts with 1 tablespoon oil, 1/2 teaspoon cinnamon, and 1/2 teaspoon salt.
- Fill fish cavity with walnut mixture.
- Bake uncovered at 400°F for 30 to 40 minutes.

Salmon or Tuna Fish Cake

An economical way to satisfy a hungry crowd at dinner time.

Ingredients

- ⊗ 2 - 6 1/2 oz. cans salmon or tuna
- ⊗ 2 medium potatoes
- ⊗ 2 onions, chopped
- ⊗ 2 tbsp. oil
- ⊗ 1/4 cup parsley, chopped
- ⊗ 2 eggs
- ⊗ 1/2 cup bread crumbs
- ⊗ 1/2 tsp. garlic powder
- ⊗ 1/2 tsp. black pepper
- ⊗ 1/2 tsp. salt.
- ⊗ 1/2 tsp. paprika
- 2 cups cornflakes, crumbled

Yields 24 fish cakes

Preparation

- Peel potatoes and boil until soft. Mash.
- Sauté onions in oil.
- Mix salmon or tuna with sautéed onions.
- Add mashed potatoes, parsley, eggs, bread crumbs, and salt.
- Shape into patties.
- Mix cornflakes with garlic powder, pepper, salt, and paprika.
- Dip each patty into cornflake mixture on both sides.
- Bake on greased cookie sheet at 350°F for 20 to 25 minutes.



Dairy Dishes

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Bulgur With Cheese

A healthy, dairy delight. A nice change from rice or noodles.

Ingredients

- ✿ 1 large onion, chopped
- ✿ 2 cloves garlic, minced
- ✿ 2 tbsp. oil
- ✿ 1 1/2 cups water
- ✿ 1 tbsp. coarse salt
- ✿ 1 cup coarse bulgur (cracked wheat)
- ✿ 10 oz. canned chickpeas
- ✿ 1/2 cup cottage cheese

Yields 4-6 servings

Preparation

- In a saucepan, sauté onion and garlic in oil until tender.
- Add water and salt to onion mixture.
- Bring to a boil.
- Wash and drain bulgur.
- Add bulgur and chickpeas to onion mixture. Bring to a boil again.
- Cover and simmer for 40 minutes, or bake at 350°F for 40 minutes.
- Serve topped with cottage cheese.

Blintz Soufflé

A scrumptious soufflé. Not for the calorie counter. (but you won't regret the splurge!).

Ingredients

- ✿ cooking spray
- ✿ 6 frozen blintzes (any filling)
- ✿ 3 eggs
- ✿ 1/2 cup sour cream
- ✿ 3 tbsp. sugar
- ✿ 2 tsp. vanilla extract

Yields 6 servings

Preparation

- Coat a small casserole with cooking spray.
- Place blintzes, evenly spaced, in casserole.
- Mix well the eggs, sour cream, sugar, and vanilla. Pour over blintzes.
- Bake at 350°F for 1 hour.



White Syrian Cheese

See DVD for demonstration of this dish

*Who are they who make their own cheese?
Those who see how simple it is to do.*

Ingredients

- 8 cups whole milk,
or 4 cups low fat milk
and 4 cups whole milk
- 1 tsp. kosher liquid
cheese rennet
- handkerchief or closely
woven cheesecloth
- 2 tbsp. coarse salt

Yields 1 pound

Preparation

- Heat milk in saucepan until lukewarm.
- Add liquid rennet to milk and stir.
- Let mixture stand for 10 minutes, until it congeals.
- Stir mixture gently until liquid separates.
- Place cloth on top of pot.
- Using a cup, press down on top of cloth to remove as much liquid as possible.
- Place cloth in a shallow bowl and pour cheese into cloth.
- Sprinkle 1 tablespoon of salt over cheese.
- Gather cloth at the top. Squeeze out remaining liquid until cheese is firm and round. Remove cheese from cloth.
- Sprinkle 1/2 tablespoon of salt into a shallow bowl.
- Place cheese in the bowl, and sprinkle an additional 1/2 tablespoon of salt over cheese. Refrigerate for 1 hour.
- Put cheese into a plastic bag with liquid from bowl.
- Will keep for about 6 days in the refrigerator.

Do not freeze.

OPTIONAL

- Slice 12 small olives. Add olives just before gently stirring milk mixture, after it congeals. If adding olives, decrease salt by 1/4 tablespoon each time salt is called for.

Basic Crepes

Easy to prepare, and have on hand for company. Crepes can be served with a variety of fillings. (See recipes of Manicotti Crepes, Jibbon, and Orange Crepes.)

Ingredients

- 1 1/2 cups flour
- 1 tsp. sugar
- 1/2 tsp. salt
- 3 eggs
- 1 1/2 cups water or milk
- 2 tbsp. butter or margarine, melted and cooled
- cooking spray

Yields 40 crepes

Preparation

- Sift together flour, sugar, and salt.
- In blender, mix eggs and milk or water for about 1 minute. Add cooled butter or margarine to egg mixture and stir.
- Add dry ingredients to egg mixture, and blend well.
- Refrigerate batter for 1 hour.
- Spray a 4-inch skillet with cooking spray and heat.
- Pour 1 tablespoon of batter into the skillet, and quickly tilt pan, spreading batter evenly over its bottom surface.
- Cook on low heat for about 30 seconds on the first side and 15 seconds on the second side.
- Remove crepe from pan. Repeat the above procedure for remainder of batter.
- Batter can be prepared the night before and refrigerated until ready to use.
- Crepes can be frozen by storing in layers, placing 2 pieces of wax paper between each layer.



Eggplant-Cheese Rollups

Broiled eggplant rolled around popular cheeses.

Ingredients

- 2 medium eggplants
- salt
- 1/4 cup oil
- 1/2 lb. muenster cheese, grated
- 2 cups ricotta cheese
- 1 egg
- 1 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp. chopped parsley

Sauce

- 8 oz. tomato sauce
- 1 cup water
- 1/2 tsp. oregano
- 1/2 tsp. kosher salt
- 1/4 tsp. pepper

Yields 14 rollups

Preparation

- Slice eggplant lengthwise into thin slices.
- Sprinkle salt lightly on each slice.
- Place eggplant slices on wax paper. Let stand for 30 minutes. Dry eggplant on paper towels.
- Brush each slice with oil on both sides.
- Broil slices for a few minutes on each side until golden brown.
- Mix cheeses, egg, salt, pepper, and parsley.
- Place 1 heaping tablespoon of cheese mixture on bottom of each slice and roll up.
- Place rollups side by side in a casserole, seam side down.
- Combine sauce ingredients. Pour over eggplant, cover casserole, and bake at 350°F for 25 minutes.
- Uncover and bake for an additional 10 minutes.

Eggplant Parmesan in Tomato Sauce

The famous Italian dish.

Ingredients

- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 green pepper, chopped
- 2 tbsp. olive oil
- 26 oz. canned tomatoes
- 8 oz. tomato sauce
- 2 tbsp. tomato paste
- 1 tsp. oregano
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. sugar
- 2 eggplants
- 1/2 lb. mozzarella cheese, thinly sliced

Yields 8-10 servings

Preparation

- Sauté onion, garlic, and green pepper in oil for 5 minutes.
- Add tomatoes, tomato sauce, tomato paste, oregano, salt, pepper, and sugar.
- Bring sauce to a boil, lower heat, and simmer for 2 hours.
- Peel eggplant, and cut into 1/2-inch slices.
- Place eggplant slices on wax paper, sprinkle salt on each slice, and let stand for 30 minutes.
- Dry eggplant on paper towel.
- Brush eggplant slices with oil, on both sides and broil on each side for about 5 minutes.
- Cover the bottom of a 3-quart casserole with sauce, and arrange eggplant slices on top.
- Add a layer of mozzarella cheese. Cover the cheese with another layer of sauce, then eggplant slices, and then add another layer of cheese. Repeat layering until all ingredients are used up.
- Bake at 350°F for 40 to 50 minutes.

Kelsonaise (*Cheese Ravioli*)

See color picture of this dish in centerfold

The Middle Eastern ravioli. A pasta deserving of praise.

Ingredients

- ⊗ egg-roll dough. 3-inch rounds or squares. See pg. 13.
- ⊗ 1 1/2 lbs. muenster cheese, grated
- ⊗ 3 eggs, slightly beaten
- ⊗ 1 tsp. salt
- ⊗ 1 tsp. baking powder
- ⊗ 6 cups water
- ⊗ 1/2 cup butter or margarine

Yields 60 ravioli

Preparation

- Mix cheese, eggs, salt, and baking powder together. Blend well.
- Thaw out egg roll dough. Moisten edges of each round or square with water.
- Put 2 teaspoons of cheese mixture in center of each round or square.
- Fold dough in half, pressing edges together well.
- Bring water to a boil, and drop 8 to 10 kelsonaise into water.
- Boil for about 5 minutes and drain. Repeat procedure for remaining kelsonaise.
- Place kelsonaise in rows in a buttered 3 quart casserole. Dot with butter. (Cooked medium noodles may be added at this point and baked in the casserole together with the kelsonaise.)
- Bake covered at 350°F for 30 minutes.
- Uncover and bake for an additional 15 minutes.

Keskassoon

A core Middle East pasta dish.

Ingredients

- ✿ 1 large onion
- ✿ 3 tbsp. oil
- ✿ 16 oz. Acini de Pepe or couscous
- ✿ 3 1/2 cups water
- ✿ 10 oz. canned chickpeas
- ✿ 1 1/2 tbsp. salt

Yields 6 servings

Preparation

- Sauté onion in oil for 4 to 5 minutes.
- Add pasta and sauté for about 7 more minutes.
- Add water, chickpeas, and salt.
- Cover saucepan, and bring mixture to a boil.
- Lower heat, and simmer for about 20 minutes, until liquid is almost completely absorbed.
- Bake in the saucepan at 325°F for 30 minutes.
- Turn off heat, and leave saucepan in oven for an additional 10 minutes.

Noodles With Tahini

For a change of pace, the Mid Eastern flavor greets the American noodle.

Ingredients

- ✿ 1 lb. 1/4-inch wide noodles

Tahini

- ✿ 1/2 cup tahini
- ✿ 1/4 cup water
- ✿ 1 clove garlic, crushed
- ✿ 1/2 tsp. salt
- ✿ juice of 1 lemon
- ✿ chopped parsley

Yields 6-8 servings

Preparation

- Boil noodles according to package directions. Drain.
- Thoroughly combine tahini ingredients.
- Add to noodles just before serving, and mix well.
- Sprinkle with parsley.

Lasagna With Cheese

Another Italian favorite. Filling and satisfying.

Ingredients

- ⊗ 1 lb. lasagna noodles
- ⊗ 2 eggs
- ⊗ 1 1/2 lbs. ricotta cheese
- ⊗ 1/2 lb. mozzarella cheese cubed
- ⊗ 1/4 cup grated parmesan cheese

Sauce

- ⊗ 2 onions, diced
- ⊗ 3 cloves garlic, crushed
- ⊗ 2 tbsp. olive oil
- ⊗ 28 oz. canned tomatoes, strained and seeded
- ⊗ 6 oz. tomato paste
- ⊗ 1 cup water
- ⊗ 1 whole carrot, peeled
- ⊗ 1 bay leaf
- ⊗ 1 tbsp. salt
- ⊗ 1/4 tsp. pepper
- ⊗ 2 tsp. dried basil

Yields 8 servings

Preparation

- Fill a large saucepan with water. Bring water to a boil and add lasagna noodles. Cook for 8 minutes.
- Drain noodles and rinse in cold water.
- Place lasagna noodles around the rim of a pot to dry.
- Mix together eggs and cheeses. Set aside.
- Sauté onions and garlic in oil.
- Add tomatoes, tomato paste, water, carrot, bay leaf, salt, pepper, and basil to onion mixture.
- Bring sauce ingredients to a boil.
- Lower heat, and simmer for 1 hour.
- Discard carrot and bay leaf.
- Cover the bottom of a greased, 3-quart casserole with sauce.
- Place 5 strips of lasagna over sauce.
- Cover lasagna noodles with a thin layer of the cheese mixture.
- Repeat layering 2 more times.
- Bake at 350°F for 30 to 40 minutes.

Manicotti Crepes

A delicious manicotti dish made with crepes instead of pasta.

Ingredients

Crepes

- 1 1/2 cups flour
- 1 tsp. sugar
- 1/2 tsp. salt
- 3 eggs
- 1 1/2 cups water or milk
- 2 tbsp. butter or margarine, melted and cooled
- cooking spray

Filling

- 16 oz. ricotta cheese
- 1 egg, slightly beaten
- 8 oz. cheddar cheese, grated
- 1 tsp. coarse salt
- 1/4 tsp. pepper

Sauce

- 1 onion, diced
- 2 tbsp. oil
- 8 oz. tomato sauce
- 1 cup water
- 1 bay leaf
- 1/2 tsp. coarse salt

Yields 30 crepes

Preparation

Crepes:

- Sift together flour, sugar, and salt.
- Mix eggs and water or milk in blender.
- Add butter or margarine, flour, sugar, and salt mixture to egg mixture. Mix well.
- Let mixture stand for 1 hour. (Crepe batter can be made the night before and refrigerated until ready to use.)
- Spray cooking spray on a 4-inch skillet and heat
- Pour 1 tablespoon crepe mixture into skillet and quickly tilt pan, spreading batter evenly over the surface.
- Fry batter on a low flame for 30 seconds on the first side and 15 seconds on the second side. (Unfilled crepes may be frozen in stacks, separating each crepe with 2 pieces of wax paper.)

Filling:

- Blend ricotta cheese, egg, cheddar cheese, salt, and pepper.
- Fill center of each crepe with 2 tablespoons of cheese mixture, fold over both sides, and roll up.
- Place crepes in a casserole, seam side down.

Sauce:

- Sauté onion in oil until transparent.
- Add tomato sauce, water, bay leaf, and salt to onions.
- Bring to a boil, and simmer for about 15 minutes.
- Remove bay leaf, and pour sauce over crepes.
- Bake covered at 350°F for 20 minutes.

Noodle Pudding

A side dish that can double as a rich dessert.

Ingredients

- ⊗ 8 oz. medium noodles
- ⊗ 8 oz. cottage cheese
- ⊗ 8 oz. sour cream
- ⊗ 1 tsp. vanilla
- ⊗ 1/2 cup raisins
- ⊗ 1/4 cup butter, melted
- ⊗ 1/2 cup sugar
- ⊗ 1/3 cup milk
- ⊗ 4 eggs, well beaten
- ⊗ 10 oz. canned crushed pineapple, drained

Topping

- ⊗ 4 cups cornflakes
- ⊗ 1 tbsp. sugar
- ⊗ 1/2 tsp. cinnamon

Yields 8 servings

Preparation

- Cook noodles as directed on package. Drain.
- Add cottage cheese, sour cream, vanilla, raisins, butter, sugar, milk, eggs, and crushed pineapple to noodles. Mix well.
- Pour noodle mixture into a 3-quart casserole.
- Crush cornflakes to make crumbs. Mix together cornflake crumbs, sugar, and cinnamon. Sprinkle over noodle mixture.
- Bake at 350°F for 1 hour.
- May be prepared a day in advance. Can be reheated or served cold.

Fibbon (*Spinach Soufflé*) *In Crepes*

See color picture of this dish in centerfold

*Flowerlike individual soufflés add grace and charm to your table.
When time is short, bake it as a casserole without the crepe.*

Ingredients

Crepes

- ✿ 1 1/2 cups flour
- ✿ 1 tsp. sugar
- ✿ 1/2 tsp. salt
- ✿ 3 eggs
- ✿ 1 1/2 cups water or milk
- ✿ 2 tbsp. butter or margarine, melted and cooled
- ✿ cooking spray

Filling

- ✿ 1 large onion, chopped
- ✿ 2 tbsp. oil
- ✿ 20 oz. frozen spinach, thawed and well drained
- ✿ 5 eggs, slightly beaten
- ✿ 1/2 lb. Muenster cheese, grated
- ✿ 2 tsp. salt
- ✿ 1/2 tsp. pepper

Yields 24 crepes

Preparation

- Sift together flour, sugar, and salt.
- Mix eggs and water or milk in blender.
- Add butter or margarine and flour mixture to eggs. Mix well.
- Let mixture stand for at least 1 hour. (Crepe batter can be made the night before and refrigerated until ready to use.)
- Spray cooking spray on the surface of a 4 inch skillet and heat.
- Pour 1 tablespoon of crepe mixture into skillet.
- Quickly tilt pan to spread batter evenly over the surface.
- Fry batter on a low flame for 30 seconds on the first side and 15 seconds on the second side. (Unfilled crepes may be frozen in stacks, separating each crepe with 2 pieces of wax paper.)

To prepare filling:

- Sauté onion in oil.
- Combine remaining ingredients. Add onions.
- Place crepes into a greased muffin tin.
- Fill each crepe with 2 to 3 tablespoons of spinach mixture.
- Bake at 350°F for 30 minutes.

Spaghetti Primavera

A tantalizing combination of pasta and vegetables.

Ingredients

- ⊗ 1 lb. thin spaghetti
- ⊗ 2 tbsp. butter or margarine
- ⊗ 3 tbsp. oil
- ⊗ 3 cloves garlic, minced
- ⊗ 1/2 bunch broccoli florets
- ⊗ 2 zucchini, cubed
- ⊗ 10 oz. frozen peas
- ⊗ 1 cup cut green beans
- ⊗ 6 plum tomatoes, chopped
- ⊗ 1 tsp. salt
- ⊗ 1 tsp. oregano
- ⊗ 1 tsp. basil
- ⊗ 1/2 tsp. white pepper
- ⊗ 1 tsp. chopped parsley
- ⊗ 1/4 to 1/3 cup grated Parmesan cheese

Yields 4-6 servings

Preparation

- Cook spaghetti according to package instructions and drain. Add butter or margarine and mix.
- Sauté garlic in hot oil.
- Add broccoli, zucchini, peas, and green beans to garlic. Stir-fry for 4 minutes.
- Add tomatoes, salt, oregano, basil, white pepper, and parsley.
- Simmer vegetables until tomatoes are soft, about 4 minutes.
- Pour mixture over spaghetti.
- Serve topped with grated Parmesan cheese.

Baked Shells in Tomato Sauce

The homemade sauce is what makes this dish.

Ingredients

- ✿ 1 lb. box jumbo shells
- ✿ 1 lb. ricotta cheese
- ✿ 1/2 lb. cheddar cheese, grated
- ✿ 1 egg, slightly beaten
- ✿ 1 tsp. salt
- ✿ 1/2 tsp. pepper

Sauce

- ✿ 1 large onion, chopped
- ✿ 4 cloves garlic, minced
- ✿ 2 tbsp. oil
- ✿ 28 oz. can of whole tomatoes
- ✿ 6 fresh or dried basil leaves, chopped
- ✿ 1/2 cup chopped parsley
- ✿ 1 tsp. salt
- ✿ 1/2 tsp. oregano
- ✿ 1/4 tsp. pepper

Yields 8 servings

Preparation

- Cook shells according to package directions. Drain.
- Mix together cheeses, egg, salt and pepper.
- Fill shells with cheese mixture and place in a 3-quart casserole.

To prepare sauce:

- Sauté onion and garlic in oil until transparent.
- Mash tomatoes and add to onion mixture.
- Add basil, parsley, salt, oregano and pepper.
- Cover mixture and simmer for 20 minutes.
- Pour sauce over shells. Cover and bake at 350°F for 30 minutes.

Spinach Ravioli

Spinach lovers, get ready for hearty meal.

Ingredients

- ⊗ 4 bunches thinly sliced scallions
- ⊗ 2 tbsp. oil
- ⊗ 3 oz. cream cheese
- ⊗ 10 oz. frozen chopped spinach, well drained
- ⊗ 8 oz. Parmesan cheese
- ⊗ 2 cups ricotta cheese
- ⊗ 2 eggs
- ⊗ 2 tsp. salt
- ⊗ 1/2 tsp. pepper
- ⊗ 1 pkg. egg roll dough
(3-inch squares or rounds)

Sauce

- ⊗ 1 large onion
- ⊗ 5 cloves garlic, minced
- ⊗ 2 tbsp. oil
- ⊗ 28 oz. canned tomatoes
- ⊗ 2 tbsp. chopped basil
- ⊗ 1/4 cup chopped parsley
- ⊗ 1/2 tsp. oregano
- ⊗ 1 tsp. salt
- ⊗ 1/4 tsp. pepper

Yields 50 ravioli

Preparation

- Sauté scallions in oil for 5 minutes.
 - Add cream cheese to scallion mixture and cook on low heat for 5 minutes.
 - Remove mixture from flame. Add spinach, Parmesan and ricotta cheese, eggs, salt and pepper.
 - Moisten edges of egg roll rounds or squares.
 - Fill center of each with one tablespoon of mixture and fold into a half circle or triangle, pressing edges tightly together.
 - Bring a saucepan of water to a boil, drop 10 ravioli into boiling water, and cook for 3 to 5 minutes.
 - Continue boiling remaining ravioli in the same manner.
 - Place ravioli in a 3-quart casserole.
- To prepare sauce:***
- Sauté onion and garlic in oil.
 - Mash tomatoes and mix with basil, parsley, oregano, salt, and pepper.
 - Add sautéed onion to mixture. Combine thoroughly and pour over ravioli.
 - Cook covered at 350°F for 25 minutes.
 - Uncover and cook for an additional 10 min.

Ziti and Eggplant

A snappy tomato sauce dish.

Ingredients

- 8 oz. ziti
- 1 eggplant
- 1/2 cup butter
or margarine, melted
- 1 cup shredded
mozzarella cheese
- 1/4 cup grated Parmesan
cheese

Sauce

- 1/2 cup chopped onion
- 1 garlic clove, crushed
- 2 tbsp. butter
or margarine
- 16 oz. canned crushed
tomatoes
- 1 tsp. oregano
- 1/2 tsp. salt
- 1/8 tsp. pepper

Yields 4 servings

Preparation

- Cook ziti according to package instructions. Drain.
- Slice eggplant lengthwise into 1/3-inch slices.
- Brush both sides of eggplant slices with melted butter or margarine.
- Broil eggplant on each side until golden brown.

To prepare sauce:

- Sauté onion and garlic in butter or margarine until golden.
- Add tomatoes, oregano, salt, and pepper to the onion mixture. Simmer for 15 minutes, until sauce thickens.
- Layer ziti in a 2-quart casserole.
- Pour half of the sauce over ziti, sprinkle with mozzarella cheese, and cover with the eggplant slices.
- Add the remaining sauce, and sprinkle Parmesan cheese on top.
- Bake at 350°F for 30 minutes, or until bubbly.

Zucchini Parmesan

A new approach to Parmesan by substituting zucchini for eggplant.

Ingredients

- ⊗ 4 medium zucchini
- ⊗ oil
- ⊗ salt
- ⊗ 1 onion, chopped
- ⊗ 2 cloves garlic, minced
- ⊗ 2 tbsp. oil
- ⊗ 10 oz. marinara sauce
- ⊗ 1 tsp. basil
- ⊗ 1/2 tsp. oregano
- ⊗ 1 tsp. salt
- ⊗ dash pepper
- ⊗ 1/2 lb. Muenster cheese, grated

Yields 8-10 servings

Preparation

- Clean zucchini with a vegetable brush.
- Cut each zucchini in 4 slices lengthwise.
- Brush each slice on both sides with oil, sprinkle with salt, and broil on both sides until golden brown.
- Sauté onion and garlic in oil.
- Add marinara sauce, basil, oregano, salt, and pepper to onion mixture. Simmer for about 10 minutes.
- Cover the bottom of a 3-quart casserole with a thin layer of sauce.
- Cover the sauce with a layer of zucchini slices.
- Pour sauce over zucchini, and cover with a third of the cheese.
- Continue to layer zucchini, sauce and another third of the cheese.
- Pour the remaining sauce on top and sprinkle with the rest of the cheese.
- Cover and bake at 350°F for 35 minutes.
- Uncover and bake for an additional 10 minutes.

Mechshe B'Leban (Dairy Zucchini Stuffed with Rice)

An interesting new dairy dish - with or without the yogurt.

Ingredients

- 1 cup rice
- 8 small and thin zucchini
- 1/2 cup canned chickpeas
- 1/2 cup butter, melted
- 1/2 tsp. dried mint (see Food Prep. Tips, pg. 16)
- 2 tsp. salt
- dash white pepper
- 1 1/2 cups water
- 2 cloves garlic, minced

Yields 4-6 servings

Preparation

- Soak rice in hot water for 15 minutes, and drain.
- Clean zucchini with a vegetable brush.
- Trim ends of zucchini (or cut zucchini in half), and scoop out pulp. (Zucchini pulp may be used instead of spinach in Spinach Soufflé recipe, pg. 131)
- Add chickpeas, butter, mint, salt, and white pepper to rice.
- Fill each zucchini 3/4 full with the rice mixture.
- Place zucchini horizontally and close together in a medium-size pot.
- Pour water over zucchini, and sprinkle with minced garlic.
- Cover and simmer for 1 hour.



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Apple Pie

The all time favorite. Serve with ice cream or Tofutti.

Ingredients

Piecrust

- 1 1/2 cups flour
- 1/2 cup butter
or solid shortening
- 1/2 cup ice water

Filling

- 6 large Granny Smith apples
- juice of 1 lemon
- 1/2 cup sugar
- 2 tbsp. flour
- 1 tsp. cinnamon
- 2 tbsp. butter or margarine
- 1 egg separated

Yields 8 servings



Preparation

- Mix flour and butter or shortening in a food processor or mixer.
- Add ice water to mixture until it forms a ball of dough. Set aside.

To prepare filling:

- Peel, core, and slice apples. Dip slices into lemon juice.
- Add sugar, flour, and cinnamon to apples. Blend well.
- Divide dough in half. Roll out one half of dough. Place in a 9-inch pie plate. Brush egg-white on bottom crust.
- Spoon apple mixture into pie shell, and dot with butter or margarine.
- Roll out second half of dough, and place over apples. Flute edges of dough, and make a few slits in the top. Brush with beaten egg yolk.
- Bake at 400°F for 50 minutes.
- The unbaked pie may be frozen. When ready to bake, do not thaw. Place it directly from the freezer to the oven. This prevents any liquid from forming due to thawing.

Apple Crisp

So simple - hard for anything to go wrong.

Ingredients

- ⊗ 6 large Granny Smith apples
- ⊗ juice of 1 lemon
- ⊗ 1 tsp. cinnamon
- ⊗ 3/4 cup raisins
- ⊗ 3/4 cup walnuts, chopped
- ⊗ 1/2 cup brown sugar
- ⊗ 3/4 cup flour
- ⊗ 6 tbsp. butter or margarine

Yields 8-10 servings

Preparation

- Grease a 3-quart casserole. Core, peel, and slice apples.
- Mix apple slices with lemon juice, cinnamon, walnuts, and raisins. Spread in the casserole.
- Combine sugar and flour.
- Cut butter or margarine into flour mixture and mix well.
- Spread flour mixture over apples.
- Bake at 350°F for 40 minutes or until browned.
- Serve with ice cream or whipped cream.

Ataiyef *(Stuffed Pancakes)*

*A good choice when looking for something exotic and rich.
Fry and serve on the same day. May be frozen before frying.*

Ingredients

• 1 cup pancake mix

• 1 cup water

Walnut Filling

• 1/2 lb. chopped walnuts

• 1 1/4 tbsp. sugar

• 2 tbsp. butter or margarine

• 1/2 tsp. cinnamon

Ricotta Filling

• 2 cups ricotta cheese

• 2 tbsp. sugar

• 1/2 tsp. cinnamon

• cooking spray

• oil for frying

Syrup

• 1 cup sugar

• 1/2 cup water

• 1 tsp. lemon juice

• 1 tsp. orange water

Yields 40 pancakes

Preparation

• Gently stir together pancake mix and water with a fork. Set aside.

For Walnut filling:

• Mix together walnuts, sugar, butter or margarine, and cinnamon.

For Ricotta filling:

• Combine ricotta cheese, sugar, and cinnamon.

• Spray cooking spray on a grill.

• Pour 1 tablespoon of pancake batter on grill. Cook batter on one side only.

• When bubbles form on surface of pancake, remove from grill and immediately place 1 teaspoon of filling in center of uncooked side.

• Fold pancake in half to form half-moon shape, firmly pinching sides together.

• Deep fry pancakes slowly until brown.

To prepare syrup:

• Combine first three syrup ingredients. Bring to a boil and continue boiling for 4 minutes.

• Add orange water after syrup is cooked.

• Pour hot syrup over cooled, filled pancakes.

Apricot Candy

*Something like apricot leather, but better.
People love this homemade candy*

Ingredients

- 1 lb. dried apricots
- 1 cup sugar
- 1 tsp. lemon juice
- 1/4 cup shelled pistachio nuts

Yields 40 pieces

Preparation

- Steam dried apricots in a double boiler for 20 to 30 minutes, until soft.
- Mix thoroughly apricots, sugar, and lemon juice in a food processor until it forms a paste.
- Put mixture in a small pot and cook on a medium flame, stirring constantly, for about 5 minutes.
- Soak pistachio nuts in hot water for 10 minutes.
- Drain, peel, and add to apricot mixture, mixing well. Wet hands in cold water, and spread mixture in a 3-quart rectangular or square casserole.
- Let cool and keep candy exposed to air, uncovered, for two days.
- Cut into diamond shapes.
- May be frozen.

Almasyia *(Cornstarch Pudding)*

A form of jello made from cornstarch. The orange water gives this dessert its distinctive flavor.

Ingredients

- ✿ 9 cups water
- ✿ 1 1/4 cups sugar
- ✿ 1 1/2 cups cornstarch
- ✿ 2 tsp. orange water
- ✿ 1/4 cup pignolia nuts or shelled pistachio nuts

Yields 10-12 servings

Preparation

- Mix water, sugar, and cornstarch in a saucepan.
- Bring mixture to a boil and lower flame. Cook for 1 1/2 to 2 hours, stirring frequently, until pudding is thickened.
- Remove pudding from flame, add orange water, and stir.
- If using pistachio nuts: Soak pistachio nuts in hot water for 10 minutes. Drain and peel.
- Pour pudding into a shallow bowl. Sprinkle nuts on top.

Bread Pudding

A practical and tasty way to use leftover challah.

Ingredients

- ✿ 1/2 challah, cut into chunks
- ✿ 1/2 cup raisins
- ✿ 2 cups milk
- ✿ 6 eggs
- ✿ 3 tbsp. butter
- ✿ 1 tsp. vanilla extract
- ✿ 1/2 cup sugar
- ✿ 2 tsp. cinnamon

Yields 8 servings

Preparation

- Soak challah and raisins in milk for 15 minutes. Set aside
- Combine eggs, butter, vanilla, sugar, and cinnamon.
- Put bread mixture into a deep round casserole, and pour egg mixture on top.
- Bake at 350°F for 45 minutes.

Blueberry Muffins

These rich muffins have more blueberries than muffin.

Ingredients

- ⊗ 3 1/2 cups flour
- ⊗ 2 tbsp. baking powder
- ⊗ pinch of salt
- ⊗ 1 cup sugar
- ⊗ 5 eggs, slightly beaten
- ⊗ 1/2 cup milk
- ⊗ 5 oz. sweet butter or margarine, melted and cooled
- ⊗ 4 to 5 cups fresh blueberries
- ⊗ cooking spray
- ⊗ sugar for topping

Yields 24 muffins

Preparation

- Preheat oven to 425°F
- Mix flour, baking powder, salt, and sugar in a bowl.
- Add eggs, milk, and butter or margarine to flour mixture.
- Mix batter by hand, being careful not to overmix.
- Wash and drain blueberries. Fold into batter.
- Grease muffin tins with cooking spray.
- Fill muffin cups to top with batter.
- Sprinkle sugar over unbaked muffins.
- Reduce heat to 400°F and bake on middle rack of oven for 25 minutes, until golden brown.
- Cool for about 30 minutes before removing muffins from tins.

Baklava

See color picture of this dish in centerfold
See DVD for demonstration of this dish



Baklava at its best. A Middle Eastern dessert loved by all.

Ingredients

Baklava Syrup

- ⊗ 2 cups sugar
- ⊗ 1 cup water
- ⊗ 1 tsp. lemon juice
- ⊗ 1 lb. walnuts, chopped
- ⊗ 4 tbsp. confectioners' sugar
- ⊗ 4 tbsp. butter
or margarine
- ⊗ 2 tsp. orange water
- ⊗ 1 lb. phyllo dough
- ⊗ 1 1/2 cups butter or
margarine, clarified
(see Food Prep. Tips, pg. 15)

Yields 35-40 pastries

Preparation

- Bring syrup ingredients to a boil. Stir, reduce heat, and simmer for 4 minutes. Let syrup cool, and refrigerate.
- Thoroughly combine nuts, sugar, the 4 tablespoons of butter or margarine, and orange water. Set aside.
- Cut phyllo dough in half widthwise, so that it measures 8 1/2 by 11 inches. Wrap half of the phyllo dough in aluminum foil and refrigerate. Cover remaining phyllo dough with a dish towel.
- Brush bottom and sides of 3-quart casserole with clarified butter or margarine. Place in it 1 cut phyllo sheet and brush evenly with clarified butter or margarine. Continue layering all the unrefrigerated phyllo dough sheets and brushing with butter or margarine. Sprinkle the chopped nut mixture on top, pressing down firmly.
- Remove phyllo from refrigerator, and repeat layering and brushing with the second half of phyllo, coating the top layer well.
- Refrigerate the pastry for 30 minutes.
- Use a sharp knife to cut pastry into diamond-shape pieces, cutting through pastry.
- Bake at 350°F for 1 hour or until pastry is lightly browned.
- Pour cold syrup over hot baklava.
- Before baklava cools completely, cut through to separate pieces.

Bizzard (Roasted Pumpkin Seeds)

These roasted pumpkin seeds taste much better than store-bought. A traditional after meal Shabbat treat.

Ingredients

- ⊗ 1 lb. pumpkin seeds
- ⊗ cold water
- ⊗ 5 tbsp. coarse salt

Preparation

- Put pumpkin seeds in a bowl, and cover with cold water.
- Add 2 tablespoons of the salt and soak for 2 hours or overnight.
- Drain and rinse seeds. Place in a large jellyroll pan.
- Add the remaining 3 tablespoons of salt to the seeds. Mix well.
- Bake at 400°F for 1 1/2 hours, stirring seeds every 15 minutes.
- Let seeds cool. Refrigerate in jars.

Date & Nut Bread

That American standby. Serve with cream cheese.

Ingredients

- ⊗ 8 oz. pitted, quartered dates
- ⊗ 1 cup boiling water
- ⊗ 1/2 cup sugar
- ⊗ 2 tbsp. butter or margarine
- ⊗ 1 egg
- ⊗ 1 1/3 cups flour
- ⊗ 1 tsp. baking powder
- ⊗ 1 cup chopped walnuts

Yields 8-10 slices.

Preparation

- Cover dates with boiling water and soak for 20 minutes. Drain.
- Cream sugar, butter or margarine, and egg in a mixing bowl.
- Add flour, baking powder, walnuts, and dates to sugar mixture.
- Pour batter into a greased loaf pan.
- Bake at 350°F for 1 hour.



Chocolate Mousse

Serve with whipped cream. A heavenly smooth dessert!

Ingredients

- 6 oz. semi-sweet chocolate chips
- 6 eggs, separated
- 1 cup heavy cream or pareve dessert whip
- 1/2 tsp. vanilla extract

Yields 8 servings

Preparation

- Put chocolate chips in top part of a double boiler, and cook on very low flame, stirring frequently until chips are melted.
- Let melted chips cool for 5 minutes.
- Beat egg yolks in a mixer. Add chocolate and blend well.
- Beat cream or dessert whip until stiff. Add vanilla. Set aside
- Beat egg whites until stiff.
- Fold both cream and egg whites into chocolate and egg mixture until well blended.
- Pour into a bowl and refrigerate.
- May be prepared up to 2 days in advance.

Chocolate Mousse Pie

A chocolate lover's delight. (May be frozen before serving)

Ingredients

Crust

- ⊗ 3 cups ground chocolate wafers
- ⊗ 1/2 cup margarine, melted

Filling

- ⊗ 16 oz. semi-sweet chocolate
- ⊗ 2 eggs
- ⊗ 4 egg yolks
- ⊗ 2 cups whipping cream
or pareve whipped topping
- ⊗ 6 tbsp. confectioners' sugar
- ⊗ 4 egg whites

Yields 12-14 servings

Preparation

- Mix together ground wafers and margarine and press into a 10-inch springform pan.
- Refrigerate crust for 30 minutes.
- Melt chocolate and let cool. Add whole eggs to chocolate, beating well. Add egg yolks. Beat again.
- Whip together cream with confectioners' sugar. (If using pareve whipped topping, whip without adding confectioners' sugar.) Set aside.
- Whip egg whites until stiff. Add 2 tbsp. of whipped cream and 2 tbsp. of whipped egg white to chocolate mixture, and mix.
- Fold the remaining whipped egg white and whipped cream into chocolate mixture.
- Pour the mousse over the crust, and refrigerate for 6 hours or overnight.

Cream Cheese Cake

Very yummy. Made with natural ingredients. A nice cake for company.

Ingredients

- ⊗ 6 tbsp. butter, melted
- ⊗ 20 graham crackers, crushed
- ⊗ 24 oz. sour cream
- ⊗ 16 oz. cream cheese
- ⊗ 3 eggs
- ⊗ 1 cup sugar
- ⊗ 1 tsp. vanilla extract
- ⊗ 1 tsp. almond extract

Yields 10-12 servings

Preparation

- Thoroughly combine butter and graham cracker crumbs.
- Press crumb mixture into a 10-inch springform pan.
- Thoroughly mix remaining ingredients in a food processor or blender.
- Pour mixture over graham cracker crust, and bake at 375°F for 40 minutes.
- Turn off oven, and leave cake in oven for an additional 10 minutes.
- Remove cake from oven and let cool.

Graybeh *(Butter Ring Cookies)*

See color picture of this dish in centerfold

These rich cookies almost melt in your mouth - very unusual and memorable.

Ingredients

- ⊗ 1 cup sugar
- ⊗ 1 cup clarified butter, cooled (see Food Prep. Tips, pg. 15)
- ⊗ 3 cups flour
- ⊗ pistachio nuts or almonds, peeled

Yields 40 cookies

Preparation

- Cream sugar and butter well in a mixer. Add flour and mix.
- Shape mixture into walnut-size balls.
- Roll dough gently with palm of hand from left to right until dough is about 4 inches in length.
- Connect both ends of each dough strand to form a ring.
- Put a pistachio nut or almond on the seam of each ring.
- Bake at 350°F for 10 minutes. The cookies should remain white when fully baked.
- Cool completely. Remove carefully from the tray.

Cheese Danish

*These are so much better than store-bought danishes.
Serve warm or cold.*

Ingredients

Dough

- 1/2 lb. cream cheese
- 1/2 lb. sweet butter
- 2 cups flour
- 1 egg yolk

Filling

- 1 lb. farmer cheese
- 1/2 lb. cream cheese
- 1 cup sugar
- 1 egg
- 1 tsp. vanilla extract
- 1 tbsp. flour

*Yields 2 loaves,
10 slices per loaf*

Preparation

- Mix dough ingredients in a food processor or mixer until mixture forms a ball.
- Divide dough into 2 equal parts. Set aside.
- In a bowl, mix filling ingredients, blending well.
- Roll out 1 portion of dough into a 12 by 16 - inch rectangle.
- Fill center of rectangle with half of filling.
- Fold dough to center, overlapping both sides and then both ends of the dough.
- Make a 3-inch slit down the center of the dough.
- Repeat entire process for second portion of dough.
- Place danish on a greased cookie sheet.
- Freeze for several hours.

Remove from freezer, and bake seam side down at 350°F for 45 to 50 minutes.

Optional

- Brush tops of danish with apricot jam before baking. Sprinkle with powdered sugar after baking.

Crumb Cake

This variety of crumb cake really lives up to its name.

Ingredients

- 3 cups flour
- 1 1/2 cups sugar
- 5 tsp. baking powder
- 1 1/2 tsp. salt
- 1/2 cup butter or margarine
- 1 1/2 cups milk or non-dairy substitute

- 2 eggs

Topping

- 3 cups flour
- 3/4 cup sugar
- 1 1/2 tbsp. cinnamon
- 1 1/2 cups butter or margarine
- confectioners' sugar

Yields 20 servings

Preparation

- Combine dry ingredients.
- In a mixer, beat remaining cake ingredients.
- Add dry ingredients and mix well.
- Pour batter into a greased jellyroll pan.
- Bake at 350°F for 20 minutes.

To prepare Topping

- While cake is baking, mix flour, sugar, and cinnamon.
- Cut butter or margarine into small pieces, and work by hand into flour mixture until it is well blended and has a crumbly consistency.
- Remove cake from oven and sprinkle crumb mixture on top, pressing down lightly.
- Bake for an additional 20 minutes.
- Let cake cool for 1 hour and sprinkle confectioners' sugar on top.

Caramel Custard Flan

This recipe is from The New York Times. One of Craig Clayborn's finest. Pure and simple to prepare.

Ingredients

- ⊗ 2/3 cup sugar
- ⊗ 1/4 cup water
- ⊗ 2 1/2 cups milk
- ⊗ 1 cup heavy cream
- ⊗ 4 whole eggs
- ⊗ 4 egg yolks
- ⊗ 1/3 cup sugar
- ⊗ 1/8 tsp. salt
- ⊗ 1 tsp. vanilla extract

Yields 8-10 servings

Preparation

- Carmelize the sugar: Put sugar and water in a saucepan. Do not stir. Bring mixture to a boil, swirling the pot until sugar is dissolved.
- Continue boiling, swirling the saucepan frequently until liquid is caramel colored.
- As soon as sugar is caramelized, pour it into a 1 1/2-quart ring mold, tilting the mold so the inside surface is completely covered with caramel. Let cool.
- While the caramelized sugar is cooling, combine and scald the milk and cream.
- In a bowl, blend remaining ingredients. Add milk mixture to egg mixture and blend well.
- Pour mixture over cooled caramelized sugar.
- Place mold in a shallow pan containing boiling water, and bake at 325°F for 45 minutes.
- Let cool completely and refrigerate.

Chocolate Chip Cookies

The extra walnuts in these cookies give them an extra lift.

Ingredients

- 1/2 cup butter
or margarine
- 1/3 cup sugar
- 1/3 cup brown sugar
- 1 egg
- 1/2 tsp. vanilla extract
- 1 cup plus 2 tbsp. flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 cup chocolate chips
- 2 cups whole walnuts

Yields 25-30 cookies

Preparation

- Cream butter or margarine and sugars in a mixer. Add egg and vanilla, and mix.
- Combine flour, baking powder, and salt.
- Slowly add flour mixture to sugar mixture, and blend. Do not overblend.
- Add chocolate chips and walnuts, and mix gently.
- Spoon heaping tablespoons of dough onto an ungreased cookie sheet, spacing dough 1 1/2 inches apart.
- Bake at mid-level in oven at 375°F for 15 minutes.
- When cookies are done, immediately loosen cookies from tray with spatula, and let cool.



Carrot Cake

This is my sister-in-law's recipe. The secret ingredient is the pineapple, which gives the cake an extra moist texture.

Ingredients

- ⊗ 1 1/2 cups flour
- ⊗ 1 tsp. baking powder
- ⊗ 1 tsp. baking soda
- ⊗ 1/3 tsp. salt
- ⊗ 1 cup sugar
- ⊗ 1 tsp. cinnamon
- ⊗ 2/3 cup oil
- ⊗ 2 eggs
- ⊗ 1/2 cup crushed pineapple, drained
- ⊗ 1 cup grated carrots

Yields 8 servings

Preparation

- Combine first 6 ingredients in a mixer.
- Add remaining ingredients to dry ingredients and combine.
- Pour batter into a greased and floured 10 inch tube pan.
- Bake at 350°F for 35 minutes or until brown.

Date Cakes

An out of this world finger cake to serve with coffee or tea.

Ingredients

Dough

- 3 cups flour
- 1 cup butter or margarine, room temperature
- 1/2 cup water

Filling

- 1 lb. pitted dates, cut into small pieces (hint: cut dates with a wet scissors)
- 1 cup water
- 1 tbsp. butter or margarine
- 1 tsp. orange rind
- 1/4 tsp. cinnamon
- 1/2 cup chopped walnuts
- confectioners' sugar

Yields 60 miniature cakes

Preparation

- Thoroughly mix flour and butter or margarine in a mixer or food processor.
- Add water to flour mixture until it forms a ball. Set aside.

To prepare filling:

- In a covered saucepan, cook dates in water for 15 minutes until soft.
- Add butter or margarine, orange rind, cinnamon, and walnuts to dates. Mix.
- Let date mixture cool.
- Shape dough into walnut-size balls. Roll out to make 3-inch circles (or use a tortilla press).
- Place 1 teaspoon of the date mixture in the center of each circle.
- Roll up each circle into a log, and bend to form a crescent shape.
- Bake on an ungreased cookie sheet at 350°F for 15 to 20 minutes.
- Let cakes cool. Sprinkle with confectioners' sugar.
- May be frozen before or after baking.

Graham Cracker Roll

*Similar to a fruit cake and easy to slice
- good as candy.*

Ingredients

- ⊗ 1 lb. ground graham crackers
- ⊗ 7 oz. miniature marshmallows
- ⊗ 1 lb. chopped dates
- ⊗ 1 lb. chopped figs
- ⊗ 1/2 lb. chopped walnuts
- ⊗ 2 oz. evaporated milk

Yields 30-40 slices

Preparation

- Reserve 1 cup ground graham crackers.
- Thoroughly mix together all remaining ingredients.
- Shape mixture into 2 rolls. Roll each in reserved graham cracker crumbs.
- Wrap each roll in aluminum foil and refrigerate until ready to serve.
- Cut each roll into 1/4-inch slices immediately before serving.

Coconut Candy

Get ready for an different treat.

Ingredients

- ⊗ 1/2 cup butter
- ⊗ 1 1/2 cups graham cracker crumbs
- ⊗ 14 oz. condensed milk
- ⊗ 6 oz. chocolate chips
- ⊗ 1 1/3 cups flaked coconut
- ⊗ 1 cup chopped walnuts

Yields 30 squares

Preparation

- Melt butter, and pour into a 3-quart casserole.
- Evenly sprinkle graham cracker crumbs over butter.
- Pour milk over crumbs.
- Top with a layer of chocolate chips, a layer of coconut, and then a layer of walnuts.
- Bake at 325°F for 25 to 30 minutes until lightly browned. Cool, and cut into squares.
- Can be frozen.

Hamantashen

*The combination of fruit butter and dried fruits thickens the filling.
A lighter cookie than usual due to its thin dough.*

Ingredients

Dough

- ✿ 3/4 cup oil
- ✿ 2 eggs, beaten
- ✿ 1 cup sugar
- ✿ 1 tsp. vanilla extract
- ✿ 1/3 cup orange juice
- ✿ 4 cups flour
- ✿ 1/2 tsp. salt
- ✿ 3 tsp. baking powder

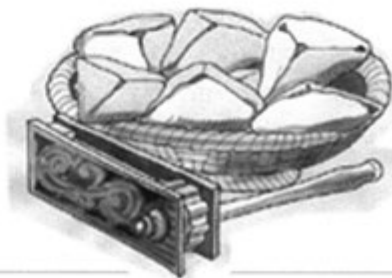
Filling

- ✿ 32 oz. prune butter
- ✿ 12 pitted prunes
- ✿ 24 oz. apricot butter
- ✿ 10 dried apricots

Yields 50 to 60

Preparation

- Cream oil, eggs, and sugar in a mixer. Add vanilla.
- Combine dry ingredients, and add alternately with orange juice to egg mixture.
- Blend prunes and prune butter in blender until a smooth paste is formed. Set aside.
- Blend apricots and apricot butter in blender until a smooth paste is formed.
- Roll out dough as thin as possible on a floured board.
- Cut dough into 3-inch rounds with cookie cutter or glass.
- Put 1 teaspoon of either prune or apricot filling in middle of each round.
- Pinch 3 sides together to form a triangle shape.
- Bake at 350°F for 20 minutes.



Kanafe (Shredded Dough)

Here is another unusually delicious traditional dessert.

Ingredients

- ⊗ 2/3 cup milk
- ⊗ 1 cup heavy cream
- ⊗ 2 tbsp. sugar
- ⊗ 2 tbsp. cornstarch
- ⊗ 2 lbs. ricotta cheese
- ⊗ 1 lb. Kanafe (refer to pg. 13)
- ⊗ 1 1/2 cups butter

Syrup

- ⊗ 1 cup water
- ⊗ 2 cups sugar
- ⊗ 1 tsp. lemon juice
- ⊗ 1 tsp. orange water

Yields 8-10 servings

Preparation

- Mix milk, cream, sugar, and cornstarch in a saucepan.
- Bring mixture to a boil until it thickens. Remove from heat.
- When mixture is completely cooled, blend with ricotta cheese.
- Separate all strands of the Kanafe until dough is completely shredded.
- Melt butter and pour over Kanafe.
- With both hands work butter into Kanafe until dough is completely coated.
- Spread half of Kanafe on bottom of a 3-quart casserole, flattening evenly with the palm of your hand.
- Spread ricotta mixture over Kanafe.
- Top with remaining Kanafe. Do not press. At this point can be frozen.
- Bake Kanafe on the day it will be served. Bake at 350°F for 1 hour or until golden brown. If frozen, bake for 1 hour and 15 minutes.
- Make sugar syrup as instructed on page 161.
- Let syrup cool. As soon as Kanafe is removed from oven, pour cold syrup evenly over entire Kanafe.



Kanafe Ring

See color picture of this dish in centerfold

Surprise your friends with the exquisite taste of Kanafe. The light touch of this dessert makes it feel like you are not overindulging.

Ingredients

- 1 lb. Kanafe
- 4 cups ricotta cheese
- 1 cup sweet butter,
melted and cooled

Syrup

- 1 cup water
- 2 cups sugar
- 1 tsp. fresh lemon juice
- 1 tsp. orange water

Yields 12-15 servings

*(Recipe for 2 pie plates. For
1 plate cut recipe in half)*

Preparation

- Unwind Kanafe and cut in half. Put one half back in the box, wrapped well, and freeze for later use.
- Cut remainder of Kanafe in half lengthwise, and cut each of these pieces into thirds, so that you have six 8-inch strips.
- On wax paper, spread out each strip widthwise to a 6-inch width.
- Add 2 heaping tablespoons of ricotta cheese to one of the 6-inch long sides of Kanafe and spread cheese along the edge.
- Pick up edge of Kanafe containing the cheese and roll until Kanafe is all rolled up. Repeat for remaining strips of dough.
- In a greased glass 9-inch pie plate arrange the rolls first around the perimeter, working inward toward the center.
- Pour cooled butter evenly over top. Kanafe may be frozen at this point.
- On the day it will be served, bake at 350°F for 35 to 40 minutes.

To prepare syrup:

- Bring water, sugar, and lemon juice to a boil. Boil for 4 minutes.
- Add orange water and stir well.
- Chill syrup and pour over hot Kanafe.
- Syrup can be stored in refrigerator.

Ka'ak-Ib-Loz (*Almond-Pistachio Rings*)

*A very pretty dish. Traditionally served at bridal tables.
Very special for joyous occasions.*

Ingredients

- 1 cup almonds
- 1 cup pistachio nuts
- 1 cup confectioners' sugar
- 1 tbsp. orange water
- 6 to 8 drops green food coloring

Yields 10-14 rings

Preparation

- Blanch, shell, and thoroughly dry nuts.
- Grind nuts in a food processor until pulverized.
- Add sugar to nuts, and process for an additional 10 seconds.
- Put orange water and food coloring in a bowl, and blend well. (If pistachios are a deep green eliminate the coloring.)
- Add ground nuts to orange water, and mix well until mixture becomes an even green.
- Shape mixture into walnut-size balls.
- Roll out each ball and join ends to make a ring.
- Place rings on wax paper and leave out overnight to dry.
- Use a strawberry husker to make small pinches in the dough, for decoration
- May be frozen.



Sweet Ka'ak *(Crackers)*

...but not too sweet. A fun nosh.

Ingredients

- 3 eggs
- 3/4 cup sugar
- 1 cup oil
- 1/4 tsp. orange extract
- 1/2 tsp. vanilla extract
- 1/2 tsp. lemon or
orange rind
- 3 cups flour
- 1 1/2 tsp. baking powder
- 4 tbsp. apricot preserves
- 2 tbsp. water

Yields 60 cookies

Preparation

- Beat eggs and sugar in a mixer until creamy.
- Add oil, orange extract, vanilla, and rind to egg mixture. Beat well.
- Gradually add flour and baking powder to egg mixture, mixing by hand.
- Shape mixture into walnut-size balls.
- Roll each ball into a 4-inch-long twisted rope. Place on an ungreased cookie sheet.
- Mix apricot preserves with water.
- Heat and strain.
- Brush preserves on cookies. Bake at 350°F for 30 to 35 minutes or until golden brown.

Krabeeg *(Marshmallow Fluff Cookies)*

As a child, I considered this one of my best treats. A dab of marshmallow fluff enhances the taste and appearance of this cookie.

Ingredients

- ⊗ 2 cups flour
- ⊗ 1 cup semolina
- ⊗ 1 cup butter or margarine
- ⊗ 1/2 cup water
- ⊗ 1 lb. chopped walnuts
- ⊗ 1/4 cup sugar
- ⊗ 1 tsp. cinnamon
- ⊗ 2 tbsp. butter or margarine
- ⊗ 1 tsp. orange water
- ⊗ marshmallow fluff

Yields 60 cookies

Preparation

- Mix flour, semolina, and butter or margarine in a mixer or food processor.
- Add water to mixture, and beat until it forms dough.
- Form the dough into walnut-size balls.
- Shape each ball into a cup shape.
- Mix walnuts, sugar, cinnamon, butter or margarine, and orange water.
- Fill each cup with 1 teaspoon of nut mixture.
- Close up each cup to form an oval shape.
- Place cookies on a cookie sheet, and bake at 400°F for 15 minutes.
- When cookies have cooled, top each one with 1 teaspoon of marshmallow fluff.
- May be frozen before or after baking.

Lemon Meringue Pie

As a young girl, lemon meringue pie was heaven on earth for me. I have finally found a recipe that withstands the test of my memories.

Ingredients

Piecrust

- 1 cup flour
- 1/3 cup solid shortening
- pinch of salt
- 1/4 cup ice water

Filling

- 1 1/4 cups sugar
- 1/3 cup cornstarch
- 1/2 tsp. salt
- 1 1/2 cups cold water
- 3 egg yolks
- 2 tbsp. margarine
- 1 tbsp. grated lemon peel
- 1/3 cup fresh lemon juice

Meringue

- 4 egg whites
- 1/2 tsp. vanilla extract
- 6 tbsp. sugar

Yields 8 servings

Preparation

- Mix flour, shortening, and salt in a food processor.
- Gradually add water to flour mixture, mixing until dough forms a ball.
- Roll out dough and place in a 9-inch pie plate.
- Bake at 400°F for 15 minutes or until lightly browned. Cool.

Filling:

- MY.T.FINE Pudding & Pie Filling 2.75 oz.
Lemon natural flavor (follow directions on box).

To prepare meringue:

- Beat egg whites and vanilla at medium speed until soft peaks form.
- Add sugar very gradually, beating at high speed, until stiff, glossy peaks form.
- Spoon meringue over filling, spread to edge of crust to seal well and prevent shrinkage.
- Bake at 350°F for 12 to 15 minutes or until light golden brown. Cool completely. Refrigerate for 3 hours or until filling is set.

Heavenly Flash

*After you taste this dessert, you will understand why the name.
Fun to make with kids.*

Ingredients

- ⊗ 32 oz. chocolate
 - ⊗ 7 oz. large marshmallows
 - ⊗ 1 cup walnuts (large pieces)
- Yields 20 to 30 pieces*

Preparation

- Break chocolate into chunks, and place in top part of a double boiler.
- Stir chocolate often until melted and smooth. (Chocolate can also be melted by microwaving for 1 minute.)
- Using a fork, dip 1 marshmallow into melted chocolate, and place in a bowl.
- Repeat process for remaining marshmallows.
- Mix walnuts with marshmallow. Shape mixture into a mound.
- Refrigerate for one day.
- When ready to serve, slice and then cut each slice into 1 1/2-inch pieces.

Mamoule *(Nut-Filled Cookies)*

*A variation of Krabeeg, but round in shape.
Give free reign to artistic expression. Have fun.*



Ingredients

Dough

- 2 cups flour
- 1 cup semolina
- 1 cup butter or margarine,
room temperature
- 1/2 cup water

Filling

- 1 lb. chopped walnuts or
pistachio nuts
- 1/2 cup sugar
- 1 tsp. cinnamon
- 1 tsp. orange water
- 2 tbsp. butter or mar-
garine, melted
- confectioners' sugar

Yields 60 cookies

Preparation

- Mix flour, semolina, and butter or margarine in a mixer or food processor.
- Add water to flour mixture, and continue mixing until dough forms a ball. Set aside.

To prepare filling:

- In a bowl, mix chopped nuts, sugar, cinnamon, orange water, and melted butter or margarine.
- Shape dough into walnut-size balls. Form into a small cup shape.
- Fill each cup with 1 teaspoon nut mixture.
- Close up each cup and shape into a ball.
- Make a design on top of each ball with a strawberry husker. Cookies may be frozen at this point.
- Bake at 400°F for 15 minutes. If frozen, bake for 20 minutes.
- Sprinkle cookies with confectioners' sugar.

Orange Crepes

During our engagement, Ralph enrolled me in a cooking class where I learned design platters and to cut fruit. It looks more difficult than it really is.

Ingredients

Dessert Crepes

- ⊗ 2 eggs
- ⊗ 3/4 cup flour
- ⊗ 2 tbsp. sugar
- ⊗ 1 cup milk or non-dairy creamer
- ⊗ 1 tbsp. brandy
- ⊗ 1 tbsp. butter or margarine, melted and cooled

Filling

- ⊗ 8 large oranges
- ⊗ grated rind and juice of 1 fresh lemon
- ⊗ grated rind and juice of 2 oranges
- ⊗ 3/4 cup sugar
- ⊗ 2 tbsp. cornstarch
- ⊗ 2 tbsp. margarine or butter
- ⊗ oil or cooking spray

Yields 20-30 crepes

Preparation

- Mix eggs, flour, sugar, milk or non-dairy creamer, brandy, and margarine in blender. Set aside for 1 hour.

To prepare filling:

- Peel oranges, removing white outer membrane.
- With a sharp paring knife, remove orange sections between membranes.
- Combine lemon rind, lemon juice, orange rind, orange juice, sugar, and cornstarch.
- Cook mixture over low heat, stirring constantly until it thickens.
- Add orange sections and butter or margarine to mixture and cook until heated through. Cool.
- Pour 1 tablespoon of crepe batter into a 4 inch, lightly greased skillet, tilting the pan so that batter covers the bottom and sides.
- Cook on a low heat for 30 to 40 seconds on one side and 15 to 20 seconds on the other side.
- Remove from skillet, and repeat process for remainder of batter.
- Fill each crepe with 3 or 4 orange sections.
- Place crepes into a greased casserole. Pour remaining sauce on top. Bake at 400°F for 15 minutes.



Orange Fantasia

See color picture of this dish in centerfold

Your guests will be very impressed with this juicy and elegant dessert.

Ingredients

- 8 oranges
- 2 cups sugar
- 1 cup water
- 1 tsp. lemon juice
- 4 tbsp. orange liqueur
- cooking spray

Yields 14-16 servings

Preparation

- Remove zest (the outer peel of the orange) from oranges with a vegetable peeler, taking care not to remove white pith.
- Slice zest into julienne strips.
- With a sharp knife, remove any remaining peel and the pith from oranges.
- Cut oranges crosswise into 1/2-inch-thick slices.
- Combine sugar, water, and lemon juice in a saucepan. Bring mixture to a boil, and boil for 5 minutes.
- Remove from heat and cool.
- Arrange orange slices on a plate. Add 1/2 cup cooled syrup and liqueur to orange slices.
- Spray cooking spray on a baking sheet.
- Reheat remaining syrup, bringing it to a boil.
- Add orange zests to syrup and let boil slowly for 5 minutes.
- Remove zests from saucepan with a slotted spoon, and spread on a baking sheet to cool.
- Sprinkle candied zests on top of orange slices. Serve chilled.

Passover Nut Cake

A classic Passover favorite.

Ingredients

- ⊗ 12 large eggs, separated
- ⊗ 1 1/2 cups sifted sugar
- ⊗ 1/2 cup orange juice
- ⊗ 1 cup ground walnuts
- ⊗ 1 cup cake meal, sifted
- ⊗ 2 heaping tsp. potato starch, sifted

Yields 8-10 servings

Preparation

- Beat egg yolks, adding sugar gradually until creamy and pale yellow.
- Add orange juice and nuts to egg yolk mixture, mixing after each addition.
- Beat egg whites until very stiff.
- Add cake meal and potato starch to yolk mixture, and beat well. Fold in egg whites.
- Place batter in a well-greased 10-inch tube pan and bake at 350°F for 70 minutes.
- Allow cake to cool completely before removing from pan.

Tropical Fruit Salad

An exotic way to serve seasonal fruits.

Ingredients

- ⊗ 1 mango
- ⊗ 1 kiwi
- ⊗ 1 banana
- ⊗ 1 orange
- ⊗ 10 strawberries
- ⊗ juice of 1/2 lemon

Yields 3 to 4 servings

Preparation

- Cut mango and kiwi into cubes.
- Slice banana.
- Slice orange into wedges.
- Slice strawberries.
- Combine fruit in a bowl, and squeeze lemon juice over mixture.
- Refrigerate.

Deep Dish Peach Pie

This is a very peachy pie with a crisp topping. A cool summer treat.

Ingredients

Piecrust

- 1 1/2 cups flour
- 1 1/2 tbsp. sugar
- 1/2 tsp. salt
- 1/2 cup butter or margarine
- 1 egg yolk
- 4-5 tbsp. ice water

Filling

- 7 cups fresh, sliced peaches
- 2 tbsp. fresh lemon juice
- 1/2 cup sugar
- 1/4 cup flour

Topping

- 1 cup flour
- 3/4 cup brown sugar
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup butter or margarine, cut into small pieces

Yields 6-8 servings

Preparation

- *To prepare crust:* Combine flour, sugar, and salt.
- Add butter or margarine, and work into flour mixture with your hands or a pastry cutter until it resembles cornmeal.
- Add egg yolk and ice water, blending well until mixture forms a ball of dough.
- Wrap dough in plastic wrap, and refrigerate for 30 minutes.
- On a floured board, roll out dough to a 1/8 inch thickness and place in a 10-inch, deep-dish pie pan.
- Place aluminum foil on top of dough and fill with pie weights or 1 cup dried beans to weigh down crust.
- Bake pie crust at 425°F for 10 minutes. Lower heat to 375°F, and bake for an additional 5 minutes, until crust is lightly browned.
- *To prepare filling:* Place peaches in a large bowl and toss with lemon juice.
- Add sugar and flour to peaches, coating well.
- *To prepare topping:* Combine first 4 topping ingredients.
- Work butter or margarine into topping mixture with your fingers until well mixed.
- Place filling into pie shell and cover with topping.
- Bake at 375°F for 30 to 40 minutes. Serve warm.

Pecan Pie

This pie contains more pecans than most other pecan pies. After you taste it you will appreciate the extra time and effort needed.

Ingredients

Piecrust

- ⊗ 1 1/2 cups flour
- ⊗ 1/2 cup solid shortening or margarine
- ⊗ 1/4 cup ice water

Filling

- ⊗ 3 eggs
- ⊗ 2/3 cup sugar
- ⊗ dash of salt
- ⊗ 1/2 cup light corn syrup
- ⊗ 1/2 cup dark corn syrup
- ⊗ 1 tsp. vanilla extract
- ⊗ 1/2 cup butter or margarine, melted
- ⊗ 2 cups chopped pecans
- ⊗ 36 whole pecans

Yields 2 pies

Preparation

To prepare crust:

- Mix flour and shortening or margarine in a food processor.
- Add water, mixing until it forms a ball.
- Divide dough in half.
- Roll out each half into a circle on a well floured board, and place each circle in a 9-inch pie pan.

To prepare filling:

- Beat eggs well in a mixer.
- Add sugar and salt, blend well.
- Add syrups, vanilla, and butter or margarine to egg mixture, and mix.
- Add chopped pecans to mixture. Stir to combine.
- Pour mixture into the pie crusts and arrange whole pecans on top.
- Bake at 350°F for 1 hour.
- May be frozen.

Pineapple Nut Cake

*The fruit and nuts make this cake very chewy.
The topping adds extra zest.*

Ingredients

Cake

- 2 eggs
- 2 cups sugar
- 1 tsp. vanilla extract
- 2 cups flour
- 2 tsp. baking soda
- 1 cup canned, crushed pineapple, drained
- 1 cup chopped walnuts or pecans

Topping

- 8 oz. cream cheese
- 1/2 cup margarine or butter
- 1 1/2 cups confectioners' sugar
- 1 tsp. vanilla extract

Yields 8-10 servings

Preparation

To prepare cake:

- Beat eggs with vanilla. Add sugar gradually mixing until creamy.
- Add flour, baking soda, pineapple, and nuts.
- Pour into a greased and floured 10-inch springform pan.
- Bake at 350°F for 50 to 60 minutes.

To prepare topping:

- Mix cream cheese and margarine or butter well.
- Gradually add confectioners' sugar and vanilla while mixing. Chill for at least half an hour.
- Spread topping on cooled cake.

Passover Pistachio Cookies

Very suitable for Passover, but enjoyable all year round. Be prepared for many recipe requests.

Ingredients

- 3 cups shelled pistachio nuts
- 3 egg whites
- 1 cup sugar
- confectioners' sugar

Yields 24 cookies



Preparation

- Process the nuts in a food processor until coarsely chopped. Some nuts should remain whole.
- Line cookie sheets with parchment paper and set aside.
- Beat the egg whites until frothy.
- In a bowl, mix the nuts, egg whites, and sugar until well incorporated.
- Refrigerate mixture for 10 minutes.
- Drop heaping teaspoons of the batter onto the cookie sheets, leaving about 1 inch between each.
- Bake at 350°F for 12 to 15 minutes or until lightly browned, and remove from oven.
- Allow to cool for about 5 minutes. Very carefully remove cookies from cookie sheets with a spatula.
- When completely cooled, dust with confectioners' sugar.

Rice Pudding

This favorite has a pleasing taste with a lemony spin.

Ingredients

- ✿ 3 cups water
- ✿ 1 cup rice
- ✿ zest of two lemons
- ✿ 2 cinnamon sticks
- ✿ 6 cups milk
- ✿ 1 1/2 cups sugar

Yields 10 to 12 servings

Preparation

- Bring water to a boil, and add rice, lemon zest, and cinnamon sticks.
- Cook rice on medium flame for about 15 minutes, until water is almost completely absorbed.
- Add milk and sugar to mixture and stir.
- When mixture thickens, simmer, covered for 1 1/2 hours.
- Remove zest and cinnamon sticks.

Mixed Berries Salad

When in season, serve often. A refreshing mixture of berries.

Ingredients

- ✿ 1 cup blueberries
- ✿ 1 cup raspberries
- ✿ 1 cup sliced strawberries
- ✿ 2 tbsp. fresh lemon juice
- ✿ 2 1/2 tbsp. sugar
- ✿ 8-10 fresh, chopped mint leaves

Yields 6-8 servings

Preparation

- Clean, rinse, and drain all berries.
- Dry berries on a paper towel, and then combine.
- Add lemon juice, sugar, and mint to berries.
- Refrigerate for 1 hour before serving.
- Optional: Add 2 tablespoons brandy.

Dairy Rugelach

People take notice of this Rugelach when rolled with this light and creamy dough.

Ingredients

- ⊗ 1/2 lb. cream cheese,
room temperature
- ⊗ 1/2 lb. butter, room temperature
- ⊗ 2 cups flour
- ⊗ 1/2 cup sugar

Filling

- ⊗ 8 oz. preserves
- ⊗ 1 cup chopped walnuts
- ⊗ 1/2 cup raisins
- ⊗ sugar and cinnamon
for sprinkling

Yields 25-30 rugelach

Preparation

- Beat cream cheese and butter together in a mixer until smooth.
- Add flour and sugar to cheese mixture and mix well.
- Refrigerate dough overnight.
- Let dough warm at room temperature for 30 minutes before working with it.
- Roll a golf ball size of dough into a flat circle.
- Cut into 4 or 6 triangles.
- Spread some preserves, nuts, and 5 or 6 raisins on each triangle, so that the filling covers the entire surface.
- Roll up each triangle, starting at wide base and rolling toward the point.
- Place rugelach on a cookie sheet with the pointed ends facing down.
- Sprinkle with sugar and cinnamon, and bake at 350°F for 20 to 25 minutes or until golden brown.

Strawberry Shortcake

An all time favorite for birthdays or dinner parties.



Ingredients

- 3/4 cup margarine or shortening
- 1 1/2 cup sugar
- 1 1/2 tsp. vanilla extract
- 2 1/4 cups flour
- 3 tsp. baking powder
- 1 tsp. salt
- 1 cup milk or non-dairy substitute
- 5 egg whites
- 4 cups strawberries
- 2 tbsp. sugar
- 1 cup pareve whipped topping or heavy cream

Preparation

- Cream margarine or shortening and sugar until light and fluffy. Add vanilla.
- Sift together flour, baking powder, and salt.
- Add milk or non-dairy substitute alternately with flour mixture to creamed margarine and sugar. Beat with electric mixer for two minutes at medium speed.
- Beat egg whites until stiff, and fold into batter.
- Bake in 2 greased and floured 9-inch cake pans at 375°F for 20 minutes.
- Cool for 10 minutes before removing from pan.
- Wash, hull, and dry strawberries. Select the largest strawberries for the top of the cake.
- Slice remaining strawberries. Sprinkle with 2 tablespoons sugar and let stand for 30 minutes.
- Whip pareve topping or cream until it forms stiff peaks.
- Split one 9-inch cake layer in half to form two thin layers. (Freeze the other cake for another time.)
- Spread cream on the bottom layer, and place sliced strawberries on the cream.
- Put the second layer on top of strawberries and cream. Spread cream over the top and sides.
- Cover top of cake with whole strawberries. Refrigerate until ready to serve.

Suttlage Fingers (Cornstarch Pudding Pastries)

A delicate and light phyllo dessert.

Ingredients

- ⊗ 4 cups milk
- ⊗ 1/2 cup cornstarch
- ⊗ 3 tbsp. sugar
- ⊗ 1 tsp. orange water
- ⊗ 1 lb. phyllo dough
- ⊗ 1 cup butter, clarified
(see Food Prep. Tips, pg. 15)
- ⊗ sugar and cinnamon for
sprinkling

Yields 40

Preparation

- Combine milk, cornstarch, and sugar in a saucepan. Bring to a boil.
- Reduce heat and stir mixture constantly for about 15 minutes, until it thickens.
- Transfer mixture from saucepan to bowl. Stir in orange water and pour into a 15 1/2 x 10 1/2 x 1-inch baking tray.
- Cool thoroughly. Refrigerate until firm.
- Slice pudding into 2 x 1-inch bars.
- Cut phyllo lengthwise into 2 halves measuring 6 by 17 inches each.
- Keeping unused phyllo covered, take 2 strips of phyllo and lay them one on top of the other.
- Brush uppermost strip with butter, and place 1 pudding bar at bottom of phyllo strip.
- Fold the bottom edge of phyllo over pudding.
- Fold in left side and right side. Brush sides with butter.
- Roll up pastry to end.
- Sprinkle with sugar and cinnamon after baking.
- Repeat procedure for remainder of pudding and phyllo strips.
- Bake at 350°F for 20 minutes.

Sponge Cake

A Passover must. Delicious any time.

Ingredients

- 8 extra large eggs, separated
- 1 1/2 cups sifted sugar
- 2 tbsp. lemon juice
- 2 tsp. lemon rind
- 1 cup potato starch
- 1/4 tsp. salt

Yields 8-10 servings

Preparation

- Beat egg yolks well. Add sugar gradually and continue beating until yolks are very light in color.
- Add lemon juice, rind, potato starch, and salt. Mix well.
- In a separate bowl, beat egg whites until stiff.
- Fold whites into yolk mixture.
- Pour batter into an ungreased tube pan and bake at 350°F for 70 minutes.
- Remove from oven and invert immediately. Cool completely, then use a sharp knife to loosen edges from sides of pan.

Strawberry Compote

Strawberries with this sauce hit the spot. Serve over ice cream or pound cake.

Ingredients

- 4 cups fresh whole strawberries
- 10 oz. frozen raspberries, thawed
- 3 tbsp. confectioners' sugar
- 2 tbsp. orange brandy

Yields 6-8 servings

Preparation

- Wash and hull strawberries.
- Mix frozen raspberries with sugar and brandy in a food processor.
- Strain raspberries, discard the pulp, and add sauce to strawberries.
- Delicious with ice cream or sherbet.
- May be prepared a few hours before serving.

Thumbprint Cookies

My grandchildren love putting the jelly in the centers of these cookie.

Ingredients

- ✿ 1/2 cup butter or margarine
- ✿ 1/4 cup firmly packed brown sugar
- ✿ 1 egg, separated
- ✿ 1/2 tsp. vanilla extract
- ✿ 1 cup flour
- ✿ 1/4 tsp. salt
- ✿ 1 cup walnuts, finely chopped
- ✿ jelly or marmalade

Yields 25 cookies

Preparation

- Cream butter or margarine, sugar, egg yolk, and vanilla in a mixer.
- Combine flour and salt.
- Add flour mixture to butter mixture and mix gently and thoroughly by hand.
- Beat egg white slightly.
- Shape dough into balls, using 1 teaspoon of dough for each.
- Dip each ball into egg white, then into chopped nuts.
- Shape each ball into a circle, make a depression in the center with thumb, and add a small amount of jelly or marmalade in the center.
- Bake cookies on an ungreased cookie sheet at 350°F for 12 to 15 minutes.



Fruit Tart

Peaches or pears are equally tasty.

Ingredients

Crust

- 1 3/4 cups flour
- 1/2 cup sugar
- 1/8 tsp. salt
- 2 egg yolks
(reserve egg whites)
- 1/2 cup sweet butter
or margarine,
room temperature,
cut into small pieces
- 1/2 tsp. lemon rind
- water, if needed

Glaze

- 1 cup apricot preserves
- 2 tbsp. cornstarch
- 2 tbsp. sugar
- 23 oz. canned apricot
halves, drained

Yields 10 servings

Preparation

To make crust:

- Combine flour, sugar, and salt in a bowl.
- Make a well in center.
- Add egg yolks, butter or margarine, and lemon rind to well, mixing just enough to combine.
- If mixture is dry, add 1 tablespoon water.
- Shape dough into a flat circle, and chill for 1 hour.
- Press dough into a 2-piece tart pan (a shallow, fluted-edged pan whose bottom is removed after baking), pressing edges so they are not too thick.
- Brush crust with egg white and bake at 350°F for 15 minutes.

To make glaze:

- Heat preserves.
- Mix sugar and cornstarch, and add to preserves.
- Boil mixture until thick.
- Remove from stove.
- Arrange apricot halves on crust close together, pressing them firmly into crust.
- Spoon warm glaze over fruit.
- Bake at 375°F for 12 to 15 minutes.
- Place on a rack for 15 minutes and let cool.
- Place pan on coffee can and push side ring to remove.



New Additions



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Almond Lace Cookies

A very light cookie. It also works good with pistachio nuts.

Ingredients

- 1/3 cup light corn syrup
- 4 tbsp. butter or margarine
- 1/3 cup packed light brown sugar
- 1/2 cup finely chopped almonds
- 1/2 cup flour
- 1/8 tsp. salt

Yields about 40 cookies

Preparation

- In a heavy saucepan over medium heat, mix corn syrup, butter and brown sugar.
- Stir in almonds, flour and salt.
- Drop 1/2 tsp. batter 3 inches apart on a cookie sheet lined with parchment paper.
- Preheat oven to 375°F.
- Bake about 5 minutes or until lightly browned.
- Remove cookie sheet from oven.
- Transfer the cookies on parchment paper to a cool flat surface.
- Allow cookies to rest for a few minutes.
- Remove with a spatula to a rack and cool completely.



Brick Roast

An easy delicious dish.

Ingredients

- 3 or 4 lb. Brick Roast Beef
- 1 1/2 oz. onion soup mix
- 1 - 15 oz. can jellied cranberry sauce
- 1 tbsp. mustard
- 1/2 cup water

Yields 6-8 servings

Preparation

- Wash and dry roast.
- Mix onion soup mix with cranberry sauce, mustard and water.
- Place roast in roasting pan.
- Pour sauce over meat.
- Bake covered at 400°F in oven for 2 1/2 hours, basting often.

Corn Beef with Peaches

A delicatessen favorite - with a sweet glaze.

Ingredients

- ⊗ 3 or 4 lbs. pickled corn beef
 - Glaze**
 - ⊗ 1 13 oz. canned peach halves, including syrup
 - ⊗ 1/4 cup brown sugar
 - ⊗ 1/4 cup ketchup
 - ⊗ 2 tbsp. vinegar
 - ⊗ 2 tsp. prepared mustard
- Yields 6-8 servings*

Preparation

- *To prepare corn beef:*
 - Put corn beef in a large pot of cold water.
 - Bring to a boil.
 - Discard water and rinse corn beef.
 - Add fresh cold water.
 - Bring to a boil again and cook covered for about 2-3 hours until tender.
 - Cool completely.
 - Slice.
- *To prepare glaze:*
 - Mix peach syrup, brown sugar, ketchup, vinegar and mustard.
 - Place sliced corn beef in a casserole.
 - Cover with peach halves.
 - Pour glaze on top.
 - Bake uncovered in oven at 350°F for 30 minutes.

Dried Fruit Squares

A naturally sweet delight - an appropriate treat for Tu B'Shvat!

Ingredients

- 1/2 cup sifted flour
- 1 cup dark brown sugar
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 1 egg
- 1 cup walnuts, chopped
- 1/2 cup dates, chopped
- 1/2 cup dried apricots, chopped

Yields about 20 squares

Preparation

- Mix dry ingredients.
- Add egg.
- Mix dried fruit and nuts into mixture.
- Pour batter into a greased 9-inch pan.
- Bake at 350°F for 20 minutes.
- Cut into squares.

Fruit Filled Cake

Try this famous recipe I received from Lottie Chalom a"n. She made this dessert often because of all the warm praise it received.

Ingredients

- ⊗ 3 cups flour
- ⊗ 1 3/4 cups sugar
- ⊗ 1 tbsp. baking powder
- ⊗ 1 tsp. salt
- ⊗ 4 eggs
- ⊗ 1 cup oil
- ⊗ 2 tsp. vanilla extract
- ⊗ 1/4 cup orange juice

Filling

- ⊗ 1 cup fresh blueberries with 1 tsp. flour
- ⊗ 1 large fresh peach, sliced

Preparation

- In a large bowl, mix flour, sugar, baking powder and salt.
- In another bowl, mix eggs, oil, vanilla and orange juice.
- Beat slightly.
- Add liquid to dry ingredients and blend lightly.
- Grease a tube pan.
- Pour half of batter on the bottom.
- Add floured blueberries.
- Add sliced peach.
- Pour remaining batter on top of fruit.
- Bake at 350°F for 1 hour.

**Idea: The dry ingredients can be measured, packaged, and frozen. When you want a quick cake, add the wet ingredients to the dry ones and bake!*



Leek Edgeh

A tasty fried pattie (latka).

Ingredients

- 1 bunch leeks
- 4 eggs
- 1/3 cup matzah meal
- 1 tsp. salt
- 1/4 tsp. pepper
- oil for frying

Yields 4-6 servings

Preparation

- Remove heavy green leaves from leeks.
- Wash well and dice.
- Beat eggs slightly.
- Add diced leeks, matzah meal, salt and pepper.
- Drop 1 tablespoon of mixture in oil.
- Fry until golden brown, turning once.
- Drain on paper towel.

Rice with Garlic

A colorful and flavorful rice dish.

Ingredients

- 1/4 cup pignolia nuts
(pine nuts)
- 2 cloves garlic, chopped
- 2 tbsp. oil
- 1 cup rice
- 1 tbsp. salt
- 2 tbsp. parsley
- 1/2 green pepper, diced
- 1/2 red pepper, diced
- 2 cups water

Yields 3 cups

Preparation

- Brown nuts and garlic in oil.
- Add diced pepper, salt, parsley and rice to mixture.
- Saute about 4 minutes.
- Add 2 cups water to rice mixture.
- Bring to a boil.
- Stir.
- Cover and cook on a low flame for 30 minutes.



Roasted Vegetables

Be creative in cutting the shapes. Use any combination of vegetables you like, or those you have a surplus of.

Ingredients

- ✿ 3 carrots, slice in half, 1/4 strips
- ✿ 3 sweet potatoes, slice round, 1 1/2 in. thick
- ✿ 2 zucchini squash, slice round, 1 1/2 in. thick
- ✿ 4 small eggplants, slice round, 1 1/2 in. thick
- ✿ 2 portobello mushrooms, remove stem and fuzz
- ✿ 1 red pepper, sliced
- ✿ 1/2 cauliflower, florets
- ✿ 3 beets, cut into 1/4 chunks
- ✿ optional: potatoes, kohlrabi

Marinade

- ✿ 1/3 cup olive oil
- ✿ 1 tsp. salt
- ✿ 1/4 tsp. pepper
- ✿ 1/2 tsp. paprika
- ✿ 1 tsp. garlic powder

Yields 6 servings

Preparation

- Add cut up vegetables in a large bowl.
- Coat with olive oil, salt, pepper, paprika and garlic powder.
- Marinate one hour.
- Spread vegetables in a single layer on a cookie sheet lined with parchment paper.
- Bake uncovered at 400°F about 30-40 minutes or until vegetables are tender.

Spicy Almonds

A sweet, spicy, and crispy addition to either your appetizer or dessert table.

Ingredients

- 2 cups shelled almonds
- 3 tbsp. oil
- 1/2 cup sugar
- 1 tbsp. cumin
- 1 tbsp. sugar
- 1 1/4 tsp. Salt
- cayenne pepper, optional

Yields 2 cups

Preparation

- Heat oil and add nuts.
- Mix well.
- Add 1/2 cup sugar and continue stirring until nuts are brown.
- Remove from stove and add cumin, salt and 1 tablespoon sugar.
- Sprinkle with cayenne pepper.



String Cheese

This is the first thing the children run for at my luncheon table.

Ingredients

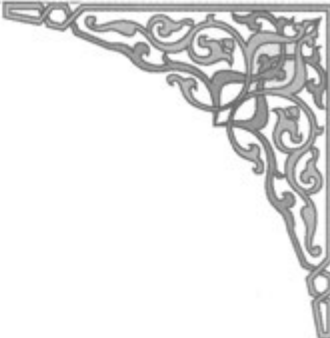
- 5 lbs. cheese curd (mozzarella)*
- black caraway seed
- kosher salt
- mahlab* (ground spice)

Yields 10 cheeses

Preparation

- Cut cheese into small chunks.
- Process in food processor, leaving it coarse.
- Measure 2 cups of curd. Put remainder aside.
- Place curd in pieplate.
- Add 1/2 teaspoon black caraway seeds, 1/2 teaspoon mahlab and 1 teaspoon salt. Mix.
- Microwave on high for 2 minutes.
- Place melted cheese in strainer to remove excess liquid.
- Remove from strainer and make a hole in the center of cheese ball.
- Stretch and twist about 4 times until it becomes small. Stretch and twist into a knot.
- Place in ice water about 10-20 minutes.
- Remove and drain. May be frozen.

* Purchased in a Kosher Middle Eastern store



Equivalents

3 teaspoons = 1 tablespoon

4 tablespoons = 1/4 cup

8 tablespoons = 1/2 cup

16 tablespoons = 1 cup

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

Butter or margarine: 1 stick = 1/2 cup; 2 cups = 1 pound

Chocolate chips: 1 cup = 6 oz.

Graham crackers (crushed) 16 squares = 1 1/4 cups

All-purpose flour: 3 1/2 cups = 1 pound

Granulated sugar: 4 cups = 1 pound

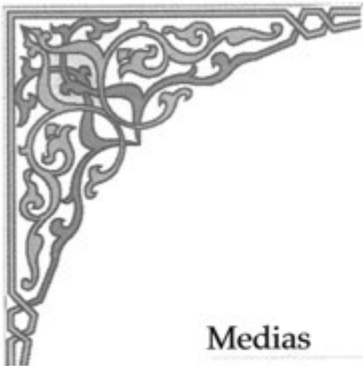
Shelled walnuts: 4 cups = 1 pound

Lemon juice: 1 medium lemon = 3 tablespoons



Glossary

Almasyia	Cornstarch pudding
Ataiyef	Stuffed pancakes
Baba Ghanouj	Eggplant and tahini salad
Baklava	Phyllo dough filled with nuts
Bedab Lemuna	Egg and lemon sauce
Bestell	Dough filled with meat
Bizzard	Roasted pumpkin seeds
Bulgur	Cracked wheat salad
Jibbon	Vegetable, egg, and cheese mixture
Kanafe	Shredded dough
Keftes	Meatball sauce
Kelsonaise	Cheese ravioli
Kibbe Homda	Sour sauce
Kibbe or Torpedoes	Cracked wheat casing filled with meat
Kibbe Neye (pareve)	Combination of cracked wheat and vegetables
Krabeeg	Marshmallow fluff cookie
Krefsiah	Swiss chard
Lahemageen	Dough patty with meat
Lubyeh	Black-eyed peas
Mamoule	Nut-filled cookies



Medias	Stuffed artichokes
Mechshe	Stuffed vegetables
M'gedrah	Rice and lentils
Sambousak	Dough filled with cheese
Salata	Chopped Syrian salad
Sul Ajon	Ground beef on a skewer
Suttlage	Cornstarch fingers
Tahini	Sesame paste
Tabouli	Vegetables and cracked wheat

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About the Author



When Rae Dayan's parents came to America from Aleppo, Syria, they brought along their treasured collection of Sephardic recipes dating back many generations. As a little girl, Rae loved to watch her mother's nimble fingers shaping delicacy after delicacy. The compliments for her mom's food abounded at everyday meals, Shabbat meals, and on all happy occasions.

As a young bride, Rae would consult her mother or any other expert she could reach to sharpen her culinary skills. For many years she offered beginner courses in Sephardic cooking and baking to a new generation of young brides.

Rae Dayan's skills and recipes have been applauded in *The New York Times*, *Hadassah Magazine*, *Kosher Gourmet*, and many other publications.