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MAMA
used to **MAKE**

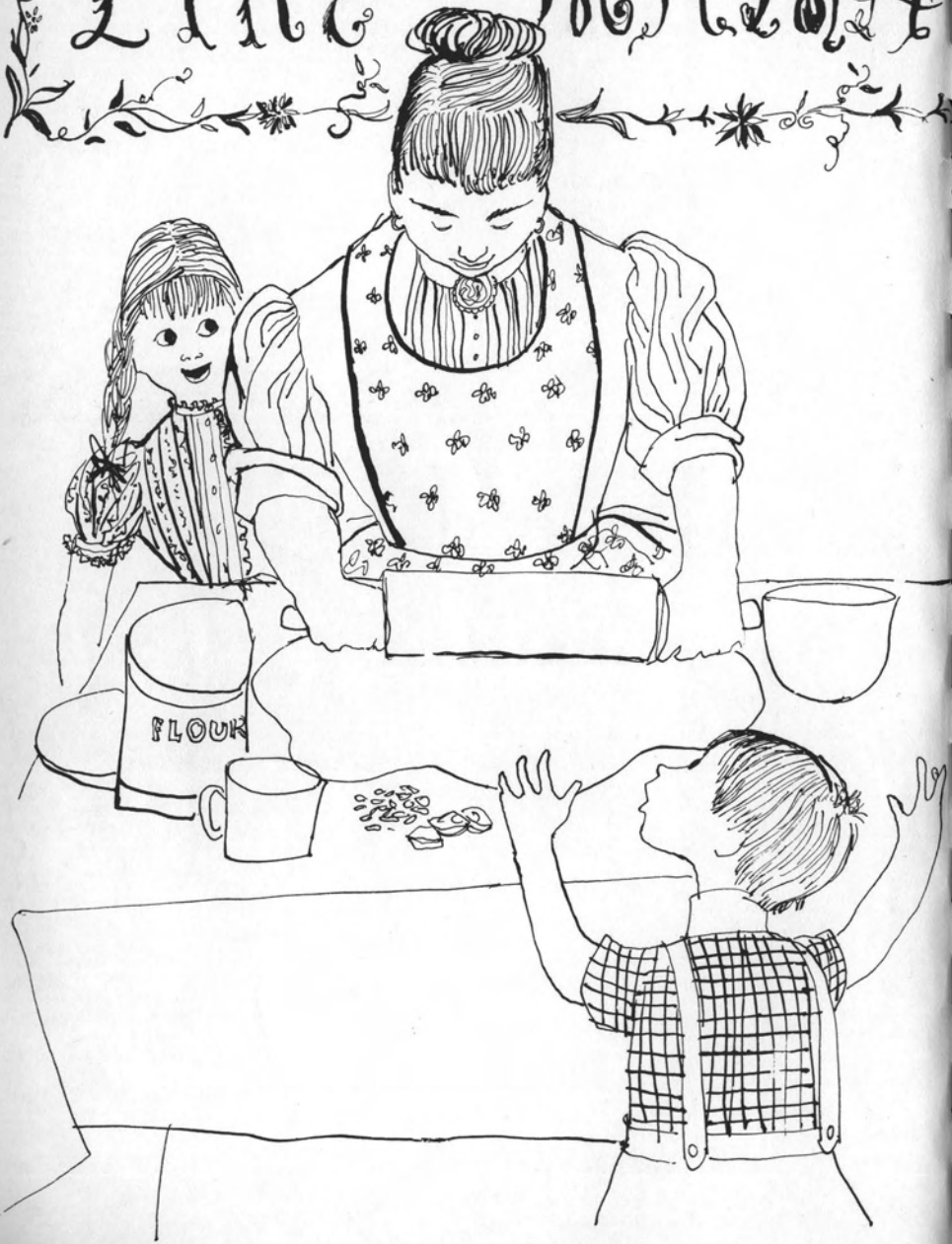
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LIKE MAMA USED TO MAKE



a collection of Favorite and Traditional JEWISH DISHES

DESIGNED AND ILLUSTRATED BY SUZANNE SARNOFF
ASSISTED BY JAN MILLER

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THE FINAL MANUSCRIPT

FOR THIS BOOK

WAS TYPED BY

KATHERINE D. WILKINSON
Ann Arbor, Michigan

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Ann Arbor Chapter of Hadassah

LIKE MAMA USED TO MAKE
Revised June 1974

A Revision! Mazel Tov. Twenty-five years ago we were good cooks. But experienced? That's something else again. As we watched Mama make Shabbat dinner, we measured her shtikels and bissels and tried to tell what it looked like when one added enough of something until it looked right. Results? LIKE MAMA USED TO MAKE - - - And the Ann Arbor Chapter of Hadassah has sold this cookbook all over the United States and in other parts of the world. There is an English Edition with recipes we may be using in 2000 C. E. or whenever the metric system is adopted here. Money for Hadassah was the reason for writing and money for Hadassah we have made. Over 20,000 copies have been sold. Keneinehora, a mekhaya!

Then why a revision? Today we eat differently. We may eat Jewish but we cook quicker. We watch our weight for better health. So when we cook like mama used to make, we use less sugar, less flour and perhaps smaller quantities for smaller families. Some recipes are the same. Some recipes have been eliminated. Some recipes have been replaced with modern versions of your old favorites. Some recipes are entirely new. Members of 1974 Hadassah have endowed us with treasures from their family recipe files that their Mamas used to make. So you see, though this cookbook looks familiar and has the same wonderful Jewish traditional stories and pictures, the recipes are up-to-date and kitchen tested.

So put on your favorite apron and test your culinary talents with the new, LIKE MAMA USED TO MAKE.

Organized and Edited by:
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Assisted by:
Ceil Pear

and

Many others

Books may be obtained by writing to the Ann Arbor Chapter of
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Ann Arbor, Michigan 48106

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All passages marked with an asterisk (*) are reprinted from the Treasury of Jewish Folklore by Nathan Ausubel, with permission of the Crown Publishers, New York, N. Y.

The article Jewish Food was written by Nathan Ausubel and was taken from the Treasury of Jewish Humor.

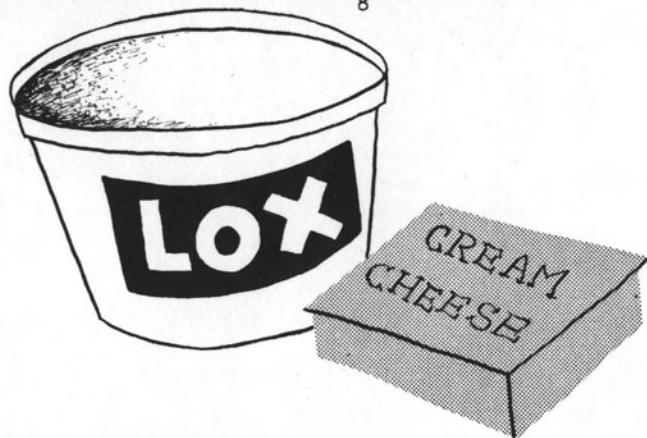
The passages by Sammy Levenson which we quoted are from his book Meet The Folks, published by the Citadel Press, New York.

INTRODUCTION

That type of cooking which is known as Jewish has developed gradually as a result of the combination of dietary laws, festival customs, and historical and socio-economic influences. Specific dishes differ widely not only in preparation, but in use, so that a food which is popular among Jews whose ancestors came from one part of the world is utterly unknown to other Jews. With the 19th century emigration from eastern European countries, however, the dishes which were most in use by the Jewish people there have become familiar in Jewish settlements almost everywhere. These dishes thus constitute the basis of modern Jewish cookery. Of course variations and exceptions along with distinct national characteristics still remain in force.

In our book we have tried to include only those dishes which could be considered Jewish or Jewish style. Wherever possible we have given different national versions of the same dish. In selecting our recipes we made an effort to use only those which we felt were popular and in common usage among the Jews of that particular national group.

Our main goal in compiling this book has been to present material, which could not be obtained from the ordinary run of cookbooks, in a compactly organized, comprehensive manual with explicit instructions for the young modern homemaker who has always wanted to know how to duplicate the secret charms of what "mother used to make".



JEWISH FOOD By Nathan Ausubel

By the way, have you ever heard of Culinary Judaism? No? To tell you the truth, I hadn't either, until I heard a quip about it made by an eminent neurologist. He remarked that regardless whether Synagogue Judaism will survive the corrosions of time and change, of one thing though he was certain -- that Culinary Judaism would endure. In fact, it would be the catalyst to bind together all Jews in an indestructible brotherhood.

This tasty discovery he made after observing that many American Jews, who had completely given up attending synagogue and whose other ties to the Jewish people had become tenuous, had the conviction that by being passionate eaters of Jewish cooking they were thereby proving their loyalty to their Jewish identity. A slice of hot noodle kugel, as it were, should make all in Israel brothers!

The religious symbols of Culinary Judaism are too numerous to mention. But it might well be worth one's while to reflect on the celestial arcana which reside in bagel with lox spread out on a layer of Philadelphia cream cheese in kashe knishes which melt in the mouth like manna but then sink like lumps of lead in the pit of the stomach, or in gefilte fish swimming in sauce and spiced with onion and pepper.

For a dish of delicious gefilte fish, as Mama Selig used to make it in the good old days, the faithful of Culinary Judaism are ready to go to the other end of Hoboken. For a crunchy bagel with lox they'll get up bright and early on a Sunday morning to drive twenty miles to the nearest Jewish dairy restaurant way off in Hartford. For a past-rami sandwich with a large dill pickle and coleslaw on the side, washed down by hot tea with lemon drunk from a glass and with lump sugar in the mouth, they'll move even to Pitkin Avenue in Brownsville. (Continued).



The strenuous devotion the Culinary Jew shows for his delicious faith one brings only to the higher values. There is even a ritual to satisfy his spiritual craving. For instance, by virtue of lapping up a plateful of mandlen floating like pond lillies in chicken broth on Friday night, he feels as though he were participating in the reception of the mystic Sabbath Bride as visioned by the medieval cabalists. And as for a strip of helzel, which is stuffed chicken neck -- holy, thrice holy!

Of course, there is a reason for everything, also for the specific character of Jewish cooking. For centuries most Jews lived in stony ghettos where no green thing ever showed its natural face. So they became estranged from many vegetables and fruits. Since they were very poor, the principal articles of their diet consisted of herring -- the poor Jew's meat -- of cheese, potatoes, onions, garlic, dried beans, and bread -- especially bread. Meat, poultry, and fish were usually reserved for the Sabbath and religious festivals. Oddly enough, this unbalanced diet didn't seem to bother most poor Jews very much, they had so little to eat that whatever they ate they digested well. Only one trouble: there wasn't enough to eat!

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HOLIDAY COOKERY

Culinary customs which have become traditionally associated with Jewish holidays originated early in Jewish history. The origins of many food customs have been lost in antiquity. Others have been traced back to Biblical or early post-Biblical times.

Our maternal ancestors seem to have understood a sound psychological principle; whether it was wisdom or necessity that directed their action, the fact remains that certain choice delicacies were not permitted to become commonplace by everyday use, but were reserved to enhance the holiday meal. And in return, the joy and sanctity of the holidays imparted an unusual spice, a unique flavor to the foods that were eaten. In time, each holiday acquired its own characteristic delicacies. The "Yom-tov" (holiday) spirit was a complex made up of Yom-tov clothes, games, songs, and leisure. On Erev-Yom-tov (the eve of a holiday) savory odors filled the house and the familiar aroma of some favorite dish reminded the family of the approaching holiday.

The mothers brought to their preparations for a holiday the same love and fervor and joyful anticipation that characterized their performance of sacred rites or their preparations for welcoming an honored guest. It is not surprising, therefore, that the foods themselves acquired a dignity, bordering upon sanctity, which elevated them to the status of religious traditions.

<u>HOLIDAY</u>	<u>HEBREW DATE</u>	<u>MONTH (C.E.)</u>
ROSH HASHONAH	Tishri 1,2	September--October
YOM KIPPUR	Tishri 10	" "
SUKKOS	Tishri 15-23	October
CHANUKAH	Kislev 25--Tebet 2	December
PURIM	Adar 14	March
PESACH	Nissan 14--22	April
SHAVUOS	Sivan 6,7	May--June

TRADITIONAL CEREMONIES IN THE
JEWISH HOME

- BEN ZOCHER:** Celebration of the birth of a male child held on the Friday evening following the birth.
- BRITH:** The rite of circumcision takes place on the eighth day following the birth of a male child.
- PIDYON-A-BEN:** The redemption of the firstborn son. This occurs one month after birth.
- BAR MITZVAH:** Attainment of maturity of boys at the age of thirteen and their formal acceptance of the Jewish faith.
- T'NOYIM:** The writing of the marriage contract.
- CHASSANA:** The wedding celebration.

Refreshments for these occasions range from simple "kibbet" (Hebrew word for treat) such as honey cake, cookies, shtrudel, nahit (chick peas boiled and salted), wine and whiskey, to elaborate dinners. Raisins and almonds are usually included as they have come to symbolize sweetness and plenty in Jewish life.



SABBATH

The Jewish Sabbath (sundown Friday to sundown Saturday) is observed as a day of devotion at the synagogue and complete freedom from work. Since no cooking is done on the Sabbath, all food preparation is done on Friday. Dishes which are to be served hot are kept warm over a low flame or pilot light.

An age old custom is to have a guest to share the Sabbath meals. "For you were once strangers in the land of Egypt." Exodus 22:20.

Two loaves of Hallah are placed at the head of the table under a special napkin (Hallah deckel) along with the decanter of wine and the Kiddish cup. Hallah, a white bread, was probably used because it represented something special and different from the common everyday dark bread. The two loaves are symbolic of the two portions of manna which fell for the Sabbath. (Manna is known currently in countries of the Near East. It falls during June and July from the Tamarisk tree and is regarded as a delicacy.) The twisted or braided shape of the Hallah is probably of recent German origin. The coiled bee-hive shape is reminiscent of the shew bread (or show bread) which was used for the priestly blessing in the Temple. In some countries the twist is decorated with thin lengths of dough symbolic of Jacob's ladder.

Tcholent is the major Sabbath dish of obscure origin which was undoubtedly invented to meet the need for a warm dish. It is prepared the day before and kept in the oven until eaten. It usually consists of meat, kishke, potatoes, barley and beans. In small Jewish communities of Eastern Europe of the last century it was commonly kept in the baker's oven over night and carried home after Saturday morning services. To make carrying permissible on the Sabbath, a wire was stretched around the village and its intactness was guarded zealously by the Jewish peasants. The wire made the whole village commensurate with one household, within which carrying is permitted. If the fence or "erub" broke the tcholents were handed from person to person and so delivered to their owners.

Gefilte fish is a traditional Sabbath and holiday dish. Its origin is obscure, but it was probably served on the Sabbath because its preparation took a great deal of time and the average Jewish housewife could not allow herself the luxury of devoting so much time to cooking except for such special occasions. Kugel and tzimmes are other popular Sabbath dishes. The Sabbath eve meal usually consists of chicken soup with homemade lukshen (noodles), roast chicken with helzel (stuffed neck) and other delicacies.

SUGGESTED DISHES

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 CHOPPED LIVER, Page 58
 PTZA, Page 59
 TCHOLENT, Page 124
 HALLAH, I, II, and VARIATIONS, Pages 156-157
 CARROT TZIMMES, Page 98
 BAKED LIMA BEAN CASSEROLE, Page 99
 PRUNE AND POTATO TZIMMES, Page 99
 MOTHER'S ROAST CHICKEN, Page 117
 ROAST CHICKEN, Page 117
 STUFFED HELZEL, Page 121
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 KREPLACH, I, II, Page 81
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 KUGELS (of all types) See Pancakes and Puddings
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Rosh HASHONAH

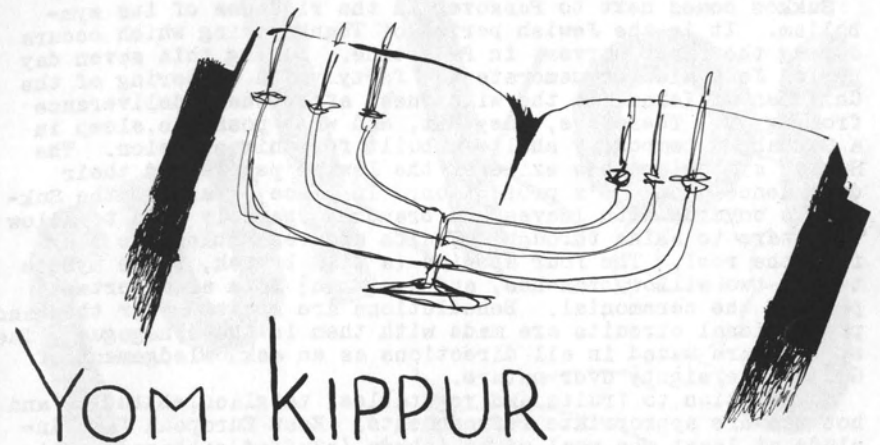


On the New Year it is customary to serve apple slices dipped in a bowl of honey, signifying the hope for a sweet and happy year. Carrots are served in various forms. They are appropriate because they are sweet and because of the play on words; the Yiddish for carrot, merin, also means to increase or multiply. Thus, they symbolize the wish for prosperity in the ensuing year. They may be used either in a tzimmes or a carrot pudding. The Prophet Nehemiah is said to have introduced the Persian custom of eating sweets on this holiday saying, "Eat the fat and drink the sweet." From the Babylonians, the ancient Hebrews borrowed the custom of serving a sheep's head for the main course of the meal, signifying a year at the beginning, the head of events to come. Another interpretation of this custom is that it commemorates Abraham's sacrifice of a ram instead of his son Isaac.

The Hallah is baked specially in a round shape symbolic of life without end -- a complete year in which there will be no break or interruption. At no time during this holiday are any bitter or sour foods included in the menu. The Rosh Hashonah dinner usually consists of the traditional Jewish holiday delicacies.

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 CARROT TZIMMES AND KNADLACH, Page 130
 PRUNE AND POTATO TZIMMES, Page 99
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 FARFEL, Page 83
 HALLAH, Page 156-157
 CARROT AND NUT CAKE, Page 172
 HONEY CAKE I, II, Page 169
 TAIGLACH, Page 185



YOM KIPPUR

This is the Day of Atonement, the High Holy Day of the year. Fasting is continuous for 24 hours from sundown on the eve of the holiday to sundown on Yom Kippur day. Therefore, on the evening before, it is wise to serve no highly spiced foods. The meal at the end of the fast may be composed of customary Sabbath or holiday dishes.



Sukkos comes next to Passover in the richness of its symbolism. It is the Jewish period of Thanksgiving which occurs during the first harvest in Palestine. During this seven day period Jews also commemorate the forty years wandering of the Children of Israel in the wilderness after their deliverance from Egypt. Therefore, they eat, and when possible, sleep in a Sukkah, a temporary shelter, built for this occasion. The Sukkah symbolizes the exile of the Jewish people and their dependence upon God's protection. In place of a roof the Sukkah is covered with leaves and branches sparsely laid to allow the stars to shine through. Fruits and vegetables are hung from the roof. The four species (a palm branch, three myrtle twigs, two willow branches, and a citron) form an important part of the ceremonial. Benedictions are recited over them and processional circuits are made with them in the synagogue. The species are waved in all directions as an acknowledgement of God's sovereignty over nature.

In addition to fruits and vegetables, taiglach, shtrudel, and hot tea are appropriate refreshments. East European Jews include at least one meal of holishkes (stuffed cabbage). This dish is called galutzte in Russia.

SUGGESTED DISHES

TAIGLACH, Page 185

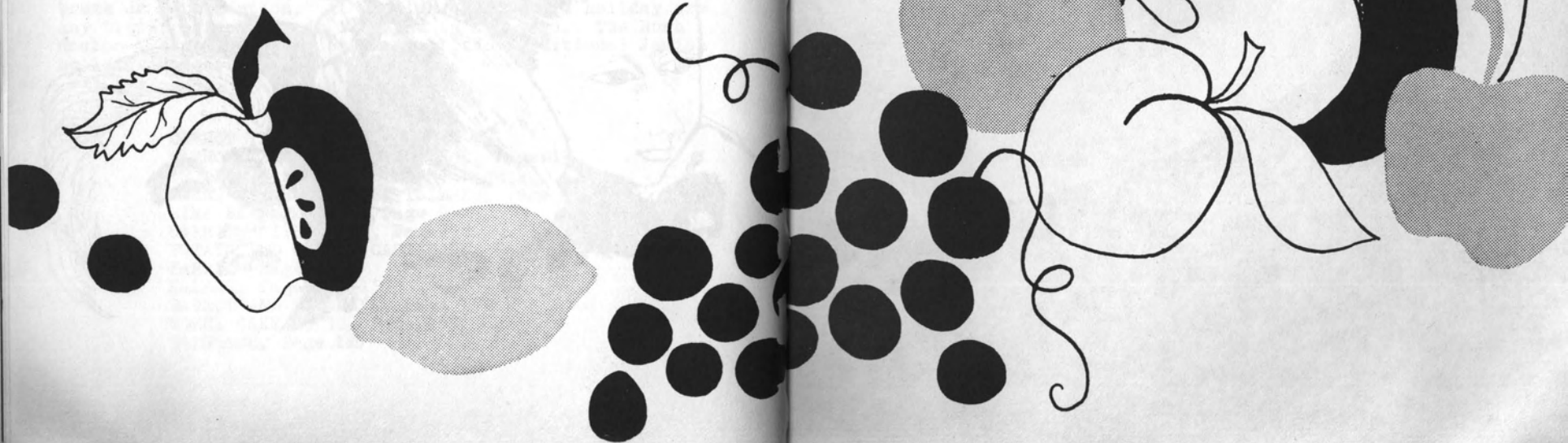
SHTRUDEL (all types) See Cakes, Cookies, and Pastries Section, Page 160-166

HOLISHKES, Page 126

STUFFED CABBAGE, I, II, Page 126-127

CAKES, COOKIES, AND PASTRIES OF ALL TYPES, Section on Page 160

Sukkos



CHANUKAH



Chanukah, or the Feast of Lights, celebrates the battle of the Maccabees (165 B.C.E.) to save the Temple from the tyrant Antiochus of Syria. In celebrating Chanukah we commemorate not so much the military victory as the cleansing and rededication of the Temple after it had been defiled by the heathens. Only a small bit of oil was found with which to rekindle the Eternal Light. The miracle of that little cruse of oil lasting for eight days, until more could be obtained, is the miracle of the little Jewish nation which outlived all its powerful enemies. Therefore, for eight days candles are kindled in the Chanukah Menorah to remind us of that miracle.

Since this holiday symbolizes the triumph of religion over paganism, and spirit over force, it is extremely joyful. After the father lights the Chanukah candles all join in the singing of The Rock of Ages and festivities are held on each of the eight nights. Most of the games played are based on the dreidle, a little top with four sides each inscribed with a Hebrew letter. These letters are the initials of the words explaining the significance of the miracle. Children are given gifts on each night, which may be in the form of money known as Chanukah "gelt".

The traditional food for this festival is potato "latkes" or pancakes. The origin of this custom is unknown, but might have something to do with the fact that the holiday comes during the winter months and latkes are an appropriate dish for that season. Any other traditional goodies may also be served during the celebration. There are also some decorative salads representing the Menorah which are attractive and appealing especially to the children.

SUGGESTED DISHES

POTATO LATKES, See Pancakes and Puddings Section, page 136

MATZA MEAL PANCAKES, See Pancakes and Puddings Section, page 137

SOUR CREAM PANCAKES, See Pancakes and Puddings Section, page 136

HEIZENBLOZEN, See Cakes, Cookies, and Pastries Section, page 176

CHANUKAH MENORAH VEGETABLE SALAD

6 hard boiled eggs	14 asparagus tips (green)
black or green olives	paprika

Put the whites of the eggs through a coarse sieve and spread solidly on a large flat platter as the background. Lengthwise across the center of the platter place 3 asparagus end to end. Using this as a base, place 8 asparagus vertically to represent the 8 candles. To form the base of the Menorah, place under the lengthwise line of tips, in the center, 2 half pieces of asparagus, side by side vertically, and underneath these, one asparagus horizontally. Mash the yolks with butter or mayonaise and form into tiny balls, with a point at one end to represent the tip of the flame. Sprinkle with paprika and place above the 8 asparagus candles. Use the remainder of the yolks alternately with the olives to form a frame around the edge of the platter.

CHANUKAH MENORAH FRUIT SALAD

3/4 lb. cream cheese	8 marashino cherries
1 can of pineapple spears	1/2 lb. walnut halves

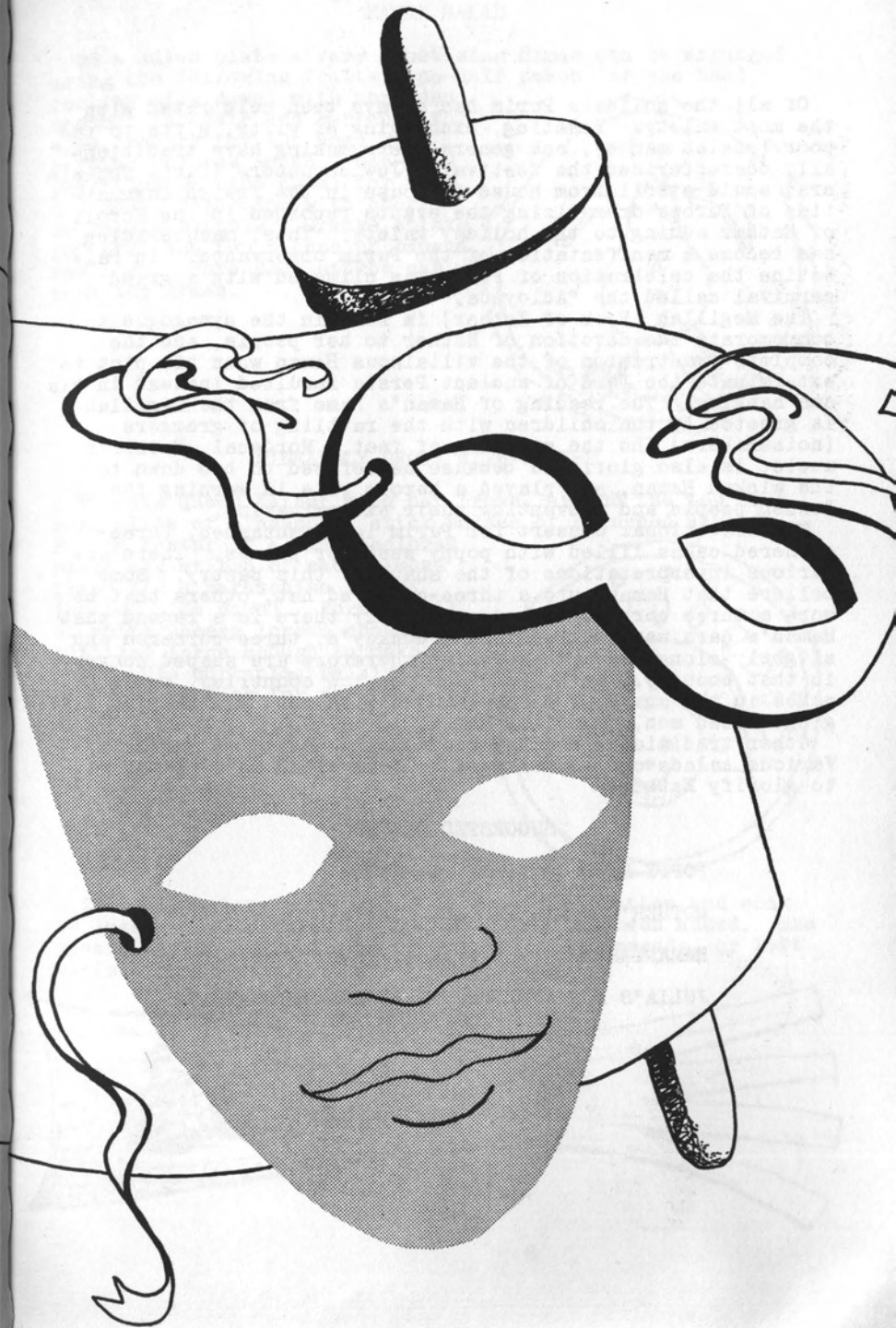
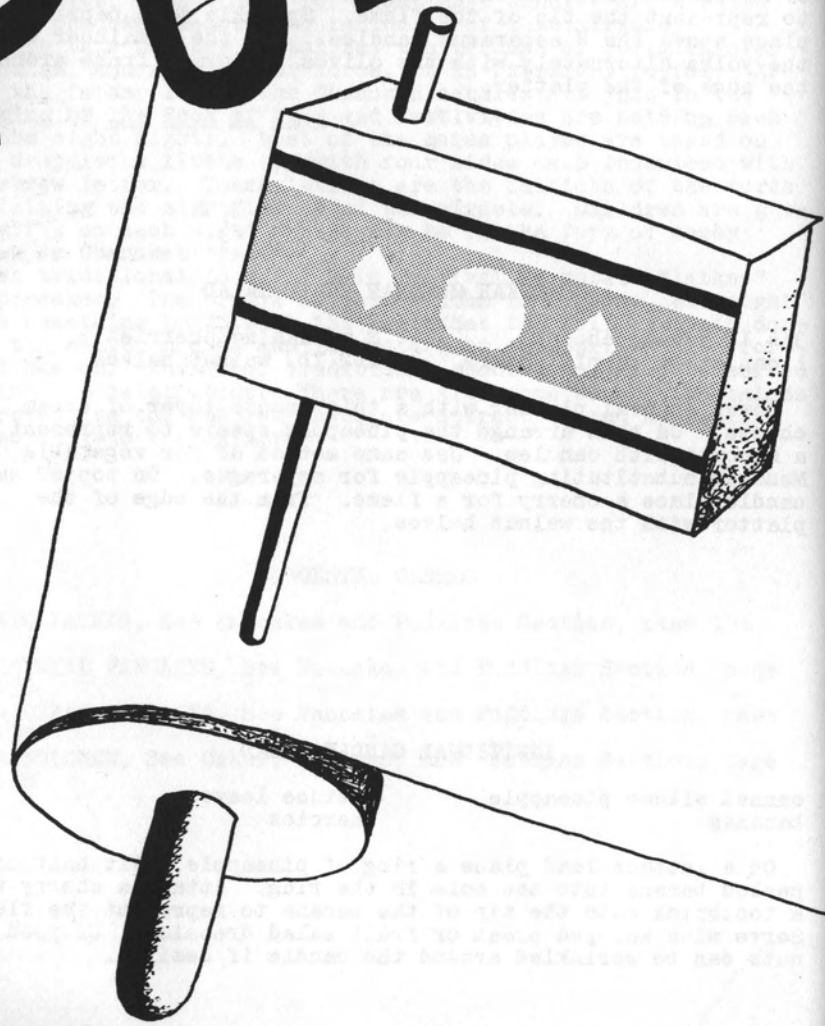
Cover an oval platter with a thin smooth layer of cream cheese. On this arrange the pineapple spears to represent a Menorah with candles. Use same method as for vegetable Menorah substituting pineapple for asparagus. On top of each candle place a cherry for a flame. Trim the edge of the platter with the walnut halves.

INDIVIDUAL CANDLE SALAD

canned sliced pineapple	lettuce leaves
bananas	cherries

On a lettuce leaf place a ring of pineapple. Fit half of a peeled banana into the hole in the ring. Attach a cherry with a toothpick onto the tip of the banana to represent the flame. Serve with whipped cream or fruit salad dressing. Chopped nuts can be sprinkled around the candle if desired.

PURIM



Of all the holidays Purim has always been celebrated with the most gaiety. Feasting, exchanging of gifts, gifts to the poor (shalah manos), and general merrymaking have traditionally characterized the festival. Jewish actors (Purim Shpielers) would stroll from house to house in the Jewish communities of Europe dramatizing the events recorded in the Scroll of Esther adding to the holiday gaiety. Thus, masquerading has become a manifestation of the Purim observance. In Palestine the celebration of Purim was climaxed with a grand carnival called the "Adloyada."

The Megillah (Book of Esther) is read in the synagogue to commemorate the devotion of Esther to her people, and the complete frustration of the villainous Haman when his plot to exterminate the Jews of ancient Persia resulted instead in his own hanging. The reading of Haman's name from the Megillah is greeted by the children with the rattling of greggers (noisemakers) and the stamping of feet. Mordecai, Esther's uncle, is also glorified because he refused to bow down to the wicked Haman, and played a heroic role in warning the Jewish people and preventing their extermination.

The traditional dessert for Purim is Hamantashen, three-cornered cakes filled with poppy seeds or prunes. There are various interpretations of the shape of this pastry. Some believe that Haman wore a three-cornered hat, others that he wore a three cornered purse. In Italy there is a legend that Haman's ears were shaped like a donkey's, three-cornered and slightly elongated. The cookies therefore are shaped longer in that country. In Holland and the low countries, small cakes in the shape of a man studded with nuts and raisins like gingerbread men, symbolize Haman.

Other traditional holiday goodies are served on Purim. Various salads can be arranged to form effigies of Haman or to glorify Esther.

SUGGESTED DISHES

POPPY SEED COOKIES, Page 177

MOTHER'S PURIM HALLAH, Page 156

HAMANTASHEN, (all types), Page 174-175

JULIA'S NUT AND POPPY SEED ROLLS, Page 178

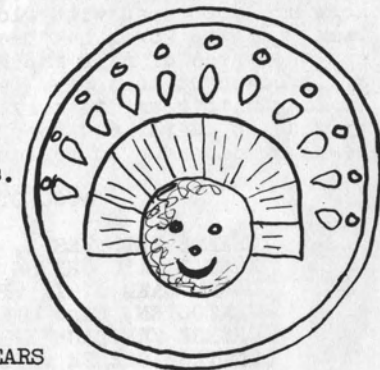
HAMAN SALAD

On a salad plate a very appetizing Haman can be arranged using the following fruits: one-half peach for the head (hollow side down) with shredded coconut for hair and currants for eyes, cherry for the nose and raisins for the mouth. One-half pear (hollow side down) for neck and body, decorated with cherry or raisin buttons. Orange sticks for arms and two pieces of banana for legs. Shredded lettuce can make the grass.



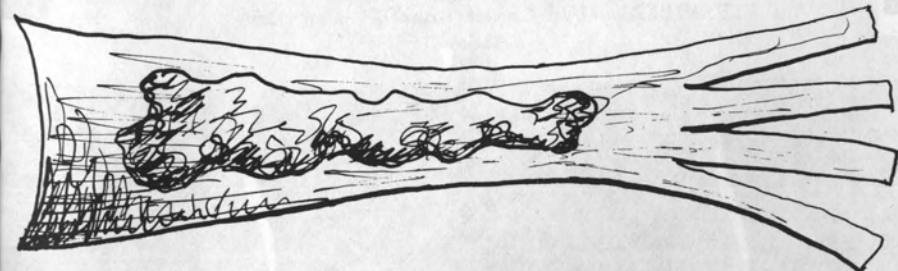
PINEAPPLE CROWN WITH CHEESE

To make Queen Esther with her crown, around the top of a half slice of pineapple, stick halves of blanched almonds. Put on center of a small colored plate and at top of each almond place 1/2 a maraschino cherry (hollow side down). Form a ball of white cheese (cream cheese or cottage) large enough to make a face. Use currants, raisins, or cinnamon candies for the features.



CELERY SPEARS

Cut your celery into spears as per illustration and soak in iced water to which 2-3 Tb. of sugar has been added. The spears may be stuffed with cheese or other spreads, or left plain.



Shavuos was originally an agricultural feast marking the beginning of the wheat season. The first fruits of the soil were offered to God as a reminder that everything belonged to the Lord. Shavuos is also observed as the birthday of the Torah. Some Jews pass the entire first night of the period studying the Torah as a symbol of their appreciation for this gift.

A special hymn, Akdomus, is chanted in the synagogue describing the wonders of God's creations, the greatness of the Torah, and the days of the Messiah. The Book of Ruth is read, giving a description of the agricultural life in ancient Palestine.

During the Middle Ages, Jewish children began their religious education on Shavuos, and at present, Reform congregations conduct confirmation exercises for girls on this holiday.

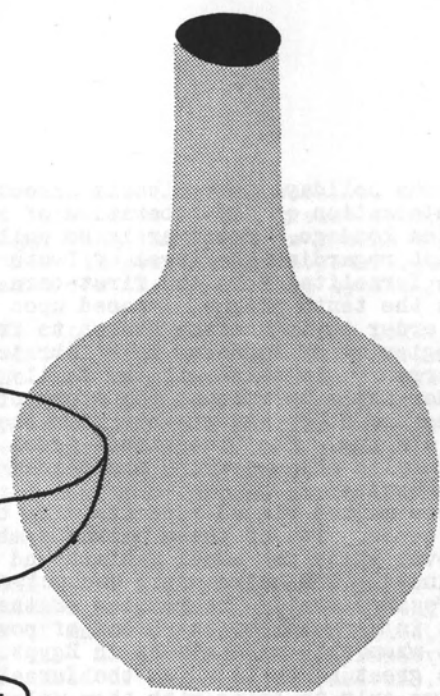
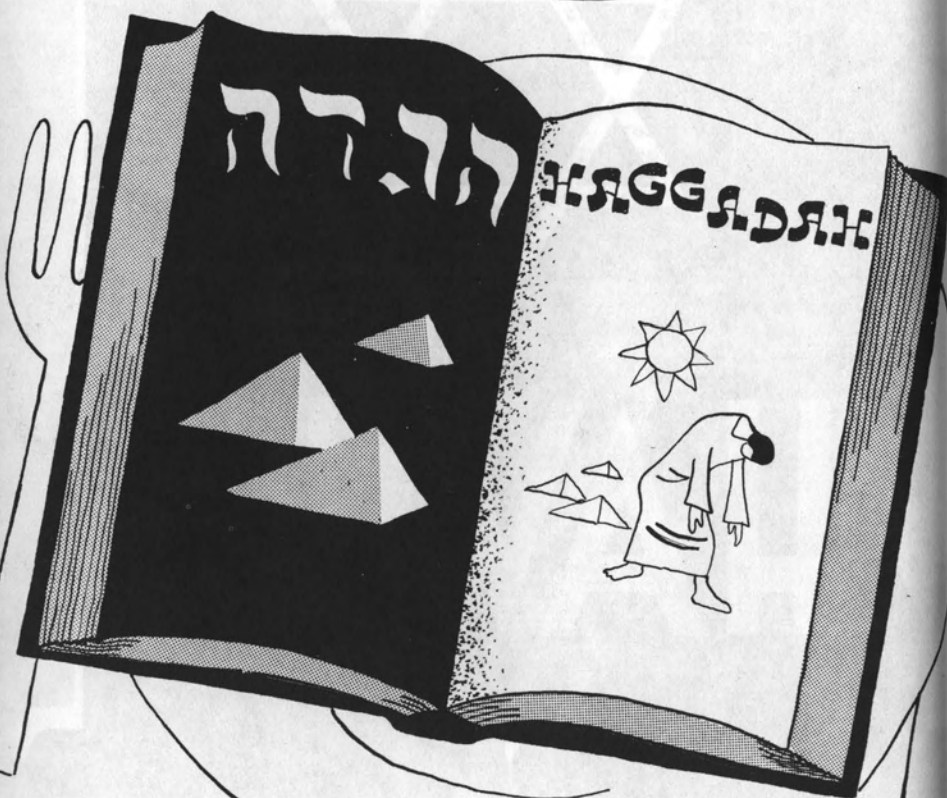
To commemorate the harvest festival the synagogue and home are decorated with flowers and plants. Because the beauty of the Torah has been compared with the nourishment and sweetness of milk and honey, dairy dishes are customarily eaten on this day. A favorite is cheese blintzes. An imaginative way to serve these is to arrange them side by side in pairs, and decorate them with lines of poppy seeds or cinnamon to represent the Tablets of the Law.

SUGGESTED DISHES

- CHEESE BLINTZES I, II, Page 149
- AUNT LINA'S CHEESE CAKE, Page 173
- HONEY CAKE I, II, Page 169
- VERTOOTEN, Page 180
- CHEESE KREPLACH I, II, Page 151
- COTTAGE CHEESE PATTIES, Page 150
- LUKSHEN AND CHEESE KUGEL I, II, Page 139
- SOUR CREAM PANCAKES, Page 136
- SOUR CREAM HORNS OR CORNICOPIAS, Page 182
- SOUR CREAM DOUGH SHTRUDEL, Page 164
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- VERENICKES WITH CREAM CHEESE, Page 154



SHAVUOS



PASSOVER

Passover is one of the holidays most closely associated with food. This is the celebration of the liberation of the Children of Israel from Egyptian bondage. Passover is so called because of the Biblical account regarding the Angel of Death who passed over the homes of the Israelites when the first-born of Egypt were slain. This was the tenth plague, imposed upon the Egyptian people by God in order to induce the Pharaoh to free the Jews from slavery. The beginning of Passover is celebrated with a long and beautiful ceremony, in which all the family joins together around the Seder table to recount the story of the Exodus. In addition to reading the story and prayers from the Haggadah, there is much joyous singing. The traditional Seder table includes a number of symbolic objects which are placed before the person who leads the service.

1. Afikomen -- Three matzas placed separately in the folds of a napkin or Matza cover. Two of these matzas symbolize the two loaves of bread over which the usual Sabbath and festival benediction is pronounced. The third matza emphasizes the role of the matza in the Pesach ritual. The meaning of the matza is threefold. First, it is a symbol of the bread of poverty the Jews were made to eat when they were slaves in Egypt. Second, it is symbolic of the great haste in which the Israelites fled from Egypt, having time only to bring with them unleavened dough. Third, it is symbolic of the simple life in the desert. Even their bread was only an unleavened cake.

2. A roasted shankbone -- to commemorate the pascal sacrifice of ancient days which each family brought to the Temple.

3. A roasted egg -- which symbolizes the festival sacrifice, which on Pesach supplemented the pascal lamb.

4. Morar or Bitter Herbs -- to symbolize the bitterness of Israel's bondage in Egypt. Horseradish is usually used.

5. Haroset or Charoses -- to symbolize the mortar which the Israelites used in building the treasure cities for the Pharaoh. It also symbolizes the hope of freedom which enabled the Israelites to withstand the bitterness of slavery. It is made with grated apple, chopped nuts, cinnamon and wine.

6. A Green Herb (such as parsley, lettuce, watercress) dipped in salt water -- The greens symbolize the coming of spring suggesting that just as greens come to life again in spring, there is everlasting hope of redemption. The salt water stands for the tears shed by the Jews in their bitterness.

7. Four cups of wine -- One for Kiddish, one following the recital of the first part of the Seder, one after grace, and one at the conclusion of the Seder. These four cups symbolize the fourfold promise of redemption.

8. Cup of Elijah -- A special cup placed in the center of the table, which is not filled until the conclusion of the meal. When it is filled the door is opened for the coming of Elijah, the coming of a more perfect world.

A typical Seder menu will consist of: gefilté fish, chopped liver, chicken soup with matza knadlach, roast chicken with some type of matza stuffing, vegetables, relish, pesach sponge cake and tea. In preparation for Passover the home is thoroughly cleansed of all chometz (leaven). All kitchen utensils are either changed or cleansed and scoured. A separate set of dishes is used for the holiday period. During the eight days of Passover, meals vary from those of the rest of the year. All leaven is omitted; dried beans and peas, legumes and grains may not be used; baking powder, baking soda and yeast are not permitted. Flour is replaced by matza meal and potato flour. Because of these dietary rules it has been necessary to devise ingenious ways of cooking and baking using only those products permitted. Thus, throughout the ages there has developed a set of "Pesadik" recipes and special techniques for tasty cookery during the holiday period. Of course at the present time, there are many new Passover products on the market which can be purchased ready made and save the housewife much time and effort. However, the traditional home-made dishes are still best loved by all.

CHAROSES

1 apple pared
1/2 C. chopped nuts
1/2 t. cinnamon

1 t. sugar or honey
1-2 Tb. red wine

Chop or coarsely grate the apple and mash thoroughly with the remaining ingredients. Beat until the mixture is smooth and free of lumps. If desired, correct seasoning to taste.

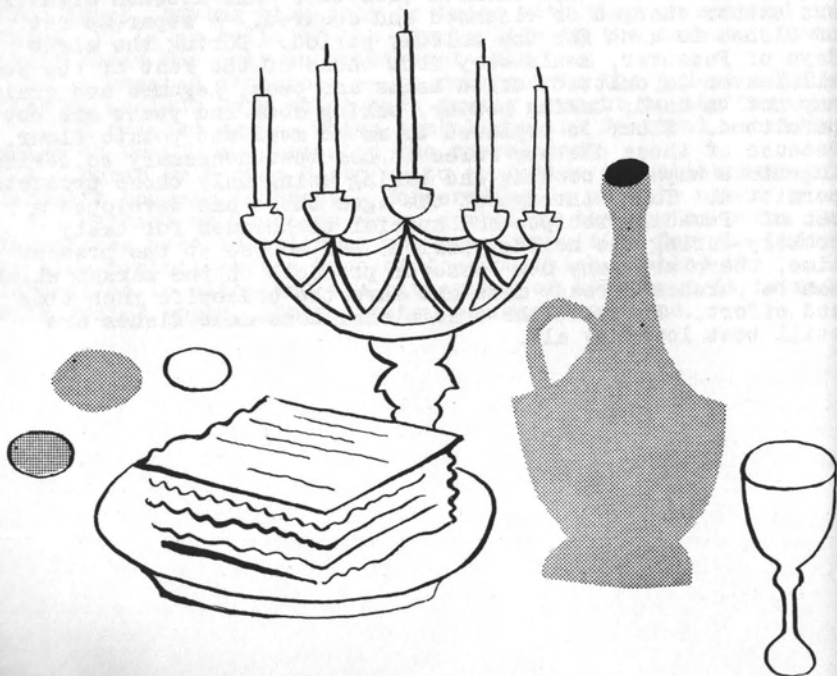
PASSOVER TAIGLACH
Naomi Lansky

Dough:
6 eggs
1 Tb. fat or oil
matza cake meal

Syrup:
1 lb. honey
1/2 lb. sugar
1/2 Tb. ginger
1/2 lb. walnuts cut

Beat eggs well. Add fat and just enough meal to form a soft dough. Roll with hands on board sprinkled with meal, into long strips of finger thickness. Cut in 1/2 inch length pieces. Bake for 10 minutes at 350° in a floured pan.

Mix honey, sugar, ginger and bring to a boil. Add pieces of baked dough and nuts. Boil slowly, stirring frequently, until honey candies in cold water (forms a firm ball). Pour onto a moistened board, flatten with hands immediately and when cold cut into squares of desired size.



Passover KNADLACH

MATZA KLOESE
Ruth Friedman

6 eggs separated
2 Tb. Chicken fat
salt to taste

1 1/2 C. water
1 1/2 C. matza meal

Beat egg yolks. Add fat and salt. Add water and matza meal, mixing thoroughly. Beat egg whites until stiff and fold into mixture. Place in refrigerator for 2 hours. Form into balls with wet hands and drop into boiling water. Cover tightly and cook approximately 20 minutes.

MATZA KNADLACH, See Soup Accompaniment Section, page 79

MATZA MARROW BALLS
Mildred Carron

2 T. marrow or chicken fat
2 eggs

1/2 C. matza meal
1/2 t. salt

Cream chilled marrow or chicken fat. Stir in well beaten eggs, add salt and enough meal to make a soft dough. Refrigerate about three hours - until firm. Using a teaspoon to measure, shape into balls about the size of a walnut. Wet hands with cold water to make smooth balls. Drop these as you make them into rapidly boiling water or soup. Balls will float to the top. Shake pot to float all the balls. Turn down heat, cover pot and cook about 40 minutes. These may be prepared early and reheated. A bit of parsley or nutmeg may be added.

PASSOVER LIVER KNADLACH

Ada Margolis

1/2 lb. liver	1/4 t. pepper
1 onion, sliced	1/4 C. fat
1 1/2 C. boiling water	1 t. salt
1 3/4 C. matza meal	3 eggs

Bake liver and grind with either raw onion, or onion which has been fried until brown. Pour boiling water over matza meal, let cool. Add ground liver and onion, eggs, fat, salt and pepper, and mix thoroughly. Roll into balls the size of a walnut, drop into boiling salted water and let boil covered for 20 minutes.

PASSOVER CHEESE KREPLACH OR KNADLACH

Ada Margolis

3 eggs	1 C. dry cottage cheese
3 T. melted butter	1 C. matza meal
3 T. milk	1/2 t. sugar
1 t. salt	

Beat eggs, add melted butter, milk and 1/2 t. of salt. Add matza meal gradually, mixing well, and let stand 10 minutes. Mix cheese with sugar and remaining salt. Roll dough into balls, dip fingers into water and press a hollow into each ball. Fill each hollow with a tablespoon of cheese. Press edges of hollow together to hold in cheese. Drop balls into boiling salted water and boil covered for 15 minutes. Serve warm with sour cream.

POTATO KNADLACH I

6 medium potatoes	2 eggs
About 3/4 C. matza meal	1 1/2 t. salt

Peel and boil potatoes, then mash, adding salt. When cool, add slightly beaten eggs, and just enough meal to hold mixture together. Mold into egg shape and drop into boiling salt water (1 t. salt to 1 qt. water). Boil 20 minutes (covered), then spread with chicken fat and brown in hot oven, or serve with browned onions.

POTATO KNADLACH II

3 large potatoes, raw	2 eggs
1 cooked and mashed potato	1/2 t. salt
1 Tb. (rounded) chicken fat	dash pepper
1/3 C. matza meal (approx.)	

Peel and grate the raw potatoes and drain off all of the water by pressing through a cloth. Put this almost dry raw potato in a bowl, add the rest of the ingredients and mix well. The mixture should be just firm enough to shape. If too soft add a little more matza meal. Shape into small balls with greased hands. Drop into boiling salted water and cook covered for one hour. Drain and serve in soup. They may also be cooked as a dumpling in a meat stew. The inclusion of the cooked potato is optional, but it does make a much lighter knadle. If it is omitted more matza meal may be needed.

Passover MANDLEN

PASSOVER MANDLEN I Ada Margolis

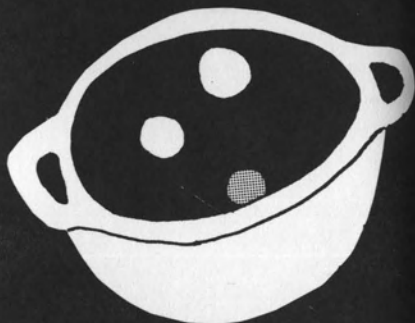
3 eggs beaten
1/2 t. potato flour
2/3 C. matza cake meal
1/8 t. salt

Beat eggs, cake meal, potato flour and salt. Knead well. Roll out on floured board to 1/4 inch thickness. Cut into 1/4 inch cubes. Fry in deep fat heated to 375° until brown. Drain and serve in soup.

PASSOVER MANDLEN II Ada Margolis

1/3 C. fat
2/3 C. water
1 1/2 t. salt
1/4 t. pepper
6 eggs
2 C. matza meal

Mix fat, water and seasonings and bring to a boil. Pour the liquid gradually onto the matza meal, mixing well with a fork. Beat the eggs into the mixture, and knead thoroughly. Grease hands, and roll pieces of dough into marbles about 3/8 inch thick. Place on greased cookie sheet and bake at 400° until brown.



MATZA STUFFING

4 matzas	1/4 t. ginger
1/4 C. water	1/4 t. pepper
2 eggs, beaten	1 Tb. chopped parsley
1 t. salt	2 Tb. chopped onion
	celery (optional)

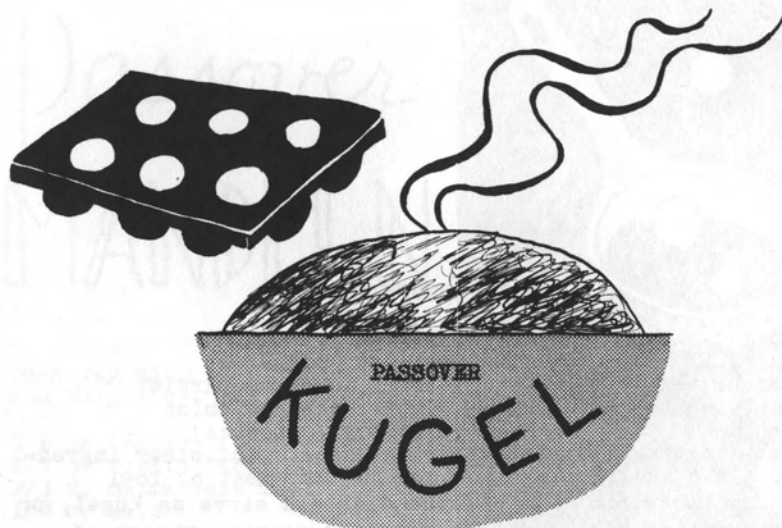
Crumble matzas and sprinkle with water. Add other ingredients. This stuffing may be used for any meat or fowl.

You may bake this in a greased dish and serve as kugel, or line a roasting dish and bake seasoned serving pieces of chicken on top.

MATZA AND LIVER PIE

1 lb. liver	1/4 C. matza meal
2 large onions	1/2 C. water
2 1/2 t. salt	2 hard-boiled eggs
1/4 t. pepper	5 eggs
2 Tb. fat	4 or 5 matzas

Broil slices of liver for 15 minutes. Remove outer skin and veins, then put through a food chopper. Brown onions in fat, add to liver. Add chopped hard-boiled eggs, 2 t. salt, 1/8 t. pepper, and mix in 2 beaten eggs. Dip matzas in cold water for a moment -- do not soften them so that they will break. Cut them to fit a baking pan, cutting enough for 3 layers of matzas. Mix matza meal with the water and 3 eggs and remaining salt and pepper and dip the pieces of matza in this mixture. Put a layer of matzas in greased baking pan, then a layer of liver mixture, alternating until you have 2 layers of liver and 3 of matzas. Bake in moderate oven (350°) until brown -- about 45 minutes.



APPLE AND MATZA KUGEL

Katherine Meyerstein

6 matzas, broken into pieces 1 apple peeled and diced
2 eggs, separated 1 Tb. butter or shortening

Cover matzas with water then squeeze out as much water as possible. Add apple and fat. Beat yolks into mixture, season with salt, sugar and pepper (if desired) to taste. Beat egg whites until stiff, fold into above gently. Pour into pre-heated, greased casserole. Bake in slow oven (300°) about 1 hour until top has an even brown crust.

GRATED APPLE KUGEL

6 large juicy apples, grated Grated peel of 1 lemon
1/2 C. sifted matza meal 8 eggs separated
1/2 C. sugar blanched almonds

Stir the sugar and yolks well; add the grated apples, and mix well. Then stir in the matza meal and the grated lemon peel. Last add the stiff beaten whites of the 8 eggs. Bake in an ungreased spring form. Sprinkle a handful of blanched almonds on top just before baking. Bake at 325° approximately 1 hour.

PASSOVER POTATO KUGEL

Mildred Carron

6 large Idaho potatoes, raw 6 eggs
1/2 C. matza meal 3 T. chicken fat
1 1/2 t. salt and a turn or 2 1 medium onion
of fresh ground pepper

Use a 3 quart oblong glass baking dish. Peel potatoes and soak in ice water about 1/2 hour. Beat eggs until thick. This takes about 15 minutes. Have eggs ready when you start to grate potatoes. Also heat oven to 375 degrees.

Grate potatoes into a large bowl using medium hole grater. Do not use fine holes or your pudding will be heavy. Grate quickly, using a long stroke. Grate onion on fine grater. Mix grated vegetables, seasoning, eggs and add matza meal last.

Melt chicken fat in baking dish in oven. Pour potato mixture into hot dish. Bake for 45 minutes to an hour, until nice and brown.

You may prepare this early in the day and bake your kugel for half an hour. Finish baking when you are ready to serve. You may prepare this ahead of time and cover with plastic wrap, with the wrap touching the pudding in the baking dish. The big problem with potato kugel is that the potatoes turn dark. One avoids this by mixing and baking as soon as potatoes are grated.

MATZA CHEESE KUGEL

2 large onions, grated or 1/2 lb. cottage cheese
chopped fine 2 eggs, beaten
2 Tb. butter 1/2 t. salt
5 matzas

Fry onions in butter until brown and let cool. Crush matzas, soak in cold water for 2 minutes, drain and press out well. Mix onions and matzas with cheese, eggs, and salt. Place in greased pudding dish and bake in hot oven (400°) until brown -- about 1/2 hour.

MATZA PLETZEL

Hannah Zwerdling

2 white matzas salt and pepper to taste
boiling water 1/2 onion grated (optional)
3-4 eggs

Break matzas into small pieces. Pour boiling water to cover over them and let stand a few minutes. Then drain the matzas. Add the eggs and seasonings and beat all ingredients together very well. Heat frying pan and grease well. Pour batter in. This should make 4 good sized omelets. Can be served with jelly, syrup, or sour cream.

Pan cakes

CHREMSSEL I

3/4 C. matza meal 4 eggs separated
1 t. sugar 1/4 t. salt
1 1/4 C. hot milk

Pour hot milk over dry ingredients and let stand. Mix in beaten egg yolks and then fold in stiffly beaten egg whites. Drop by tablespoonfuls on a hot greased griddle or fry in hot melted shortening. Fry until brown on both sides. Serve with powdered sugar, jelly, or fruit sauce.

CHREMSSEL II

1 C. matza meal 1 t. sugar
1 C. wine 1/4 t. salt
1 Tb. chopped almonds 4 eggs, separated

Sift the meal into a bowl; bring wine to the boiling point, then stir it into the meal. Add almonds, sugar, salt, and beaten yolks of eggs. Add stiffly-beaten egg whites to the mixture. Drop by tablespoons into deep fat heated to 375° and fry until brown. Drain on brown paper; sprinkle with powdered sugar.

PASSOVER CHEESE BLINTZES

Ada Margolis

3 eggs, beaten 1 1/2 C. water
1/2 t. salt 3/4 C. cake meal

To the beaten eggs add the salt, and alternately a little of the cake meal and water, mixing thoroughly. Pour into a small hot greased frying pan only enough batter to make a very thin pancake, tipping pan from side to side. Toss out on a towel fried side up. Make a number of sheets this way. Place a heaping tablespoon of cheese mixture on each sheet, fold sides of sheet in over mixture to form an envelope, and fry again on both sides until brown.

FILLING:

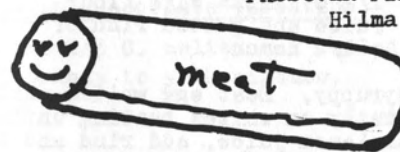
1 lb. dry cottage cheese 1/2 t. salt
1 egg 1 T. thick cream
1/2 t. sugar

Press cheese through a sieve, add remaining ingredients and beat until smooth.

MATZA MEAL PANCAKES, See Pancake and Pudding Section, page 137

PASSOVER PINWHEEL MEAT LOAF

Hilma Geffen



Filling:

2 matzas - crumbled fine
3 T. onion - minced
3 T. chicken fat or oil
1/2 t. salt
dash of pepper
1/3 C. hot water

Topping: optional

tomato-mushroom sauce

2 lb. lean ground beef
1 t. salt
1/4 t. pepper
2 eggs
3/4 C. matza meal
1/4 C. tomato juice

Mix beef with meal, juice, eggs and seasoning. Make a ball and roll between 2 sheets of waxed paper into a rectangle 1/2 inch thick. Remove top sheet of paper. Spread meat with filling (which may be prepared in advance). Using waxed paper as a guide, roll like a jellyroll. Remove bottom paper when you place this in a greased shallow baking pan. Cover with sauce and bake for 1 hour in a 350 degree oven. Serves 6 - 8.

PASSOVER CAKES

PASSOVER SPONGE CAKE I Naomi Lansky

7 egg yolks	1/2 C. potato flour
9 egg whites	1/2 C. Matza cake flour
1 1/2 C. sugar	Juice and grated rind of
1/2 C. water	1/2 lemon

Boil sugar and water until syrupy. Beat egg whites until very stiff and pour syrup gradually on whites beating until slightly cool. Beat yolks with lemon juice, add rind and fold into egg white mixture. Gently fold in the flour, both kinds -- which have been sifted together once. Pour into dampened 10 inch tube pan, bake 45-50 minutes at 375°. Turn heat down to 350° ten minutes before end. Remove from oven, invert pan and cool.

PASSOVER SPONGE CAKE II Mildred Carron

9 eggs separated	1/2 C sifted cake meal
1 1/2 C. sugar	1/2 C. potato flour
1 lemon (juice and rind)	(sifted together)

Beat 7 egg whites stiff but not dry and gradually beat in half of the sugar. Beat the other two whites with the egg yolks and lemon until very light and thick. Beat remainder of sugar into the yolk mixture. Fold yolk mixture into egg whites until well blended. Gradually fold the sifted flour into eggs. Bake in a large ungreased tube pan at 350° about 50 minutes to 1 hour. Turn cake upside down (cake in air) to cool.

PASSOVER SPONGE CAKE III Marilyn Krimm

10 eggs	
1 C. sugar	
1/2 C. matza cake meal	} sift together 3 times
1/2 C. potato starch	
1/2 C. orange juice + 1 T. grated rind.	
1/2 lemon - juice + 1 t. grated rind	
1/4 C. oil	
dash of salt	

Have eggs room temperature. Separate eggs and beat whites until stiff but not dry. Remove beater from whites and beat yolks. While yolks are beating, fold sifted sugar into white. Then fold sifted dry ingredients into whites. Add juices and oil to yolks and beat very light. Fold the yolks into the whites. Bake in angel food cake pan for one hour in an oven that has been preheated to 300 degrees. Hang upside down to cool.

Special Chocolate Variation

Add 2/3 C. melted and cooled chocolate bits and 2 jiggers of brandy to yolk mixture.

Sister-in-law Bess Neveloff

PASSOVER FRUIT WHIP

1 1/2 C. grated apple, peach	1 1/2 C. sugar
or mashed berries	whites of 2 eggs
1 T. lemon juice and some grated rind	
grated rind	

Mix all together. Beat until very stiff. Use between and on top of cakes or for fillings. This makes a lot of whip.

PASSOVER STRAWBERRY FROSTING June Weiss

1 egg white	1 1/2 C. sugar
pinch of salt	1 C. strawberries (crushed)

Beat the egg white with the salt. Gradually add the sugar, beating constantly. Add strawberries and beat until stiff, (about 20 minutes). Cover cold cake. Garnish with whole berries if desired.

PASSOVER JELLY ROLL

1/2 C. Matza cake meal	1/4 t. salt
4 eggs, separated	Grated rind of 1/2 orange or lemon
1/2 C. sugar	

Beat yolks and sugar together until light, add grated rind and cake meal which has been sifted 4 times. Add salt to egg whites, beat until stiff and fold into dough. Line a pan about 8 inches by 12 inches with waxed paper, spread dough on evenly, and bake at 350° for 12 minutes. When done, lift out paper with cake and place on a damp cloth for a few minutes, then invert on waxed paper sprinkled with powdered sugar. Remove paper from cake, spread with jelly (beaten smooth), or boiled frosting, and roll up. Wrap in waxed paper, then in the damp cloth for about 15 minutes so that the roll will hold its shape. Remove wrapping and dust with powdered sugar. Slice.

PASSOVER NUT TORTE

Bea Kahn

9 eggs separated	1 Tb. lemon juice or wine
2 Tb. matza cake flour	1 C. sugar
1 lb. nuts shelled and ground	

Beat yolks well. Add sugar, flour, nuts and flavoring, beating until well blended. Beat egg whites until stiff. Fold into batter. Bake in ungreased pan 40-45 minutes at 350°.

PESACH ALMOND CAKE

Helen Aminoff

7 eggs (separated)	1/2 lb. ground unblanched almonds
1 C. sugar	
1 T. almond flavoring	

Beat egg yolks well, add sugar, beat till thick. Beat whites till stiff. Add whites and nuts alternately to yolks.

Use ungreased spring form and bake at 325 degrees one hour. Invert pan on a grill and let stand till cool.

PASSOVER NUT SPONGE CAKE

Ada Margolis

2 C. sugar	1 C. Matza cake meal
Juice and grated rind of 1 lemon	1 t. potato flour
12 eggs, separated	2 C. chopped nuts

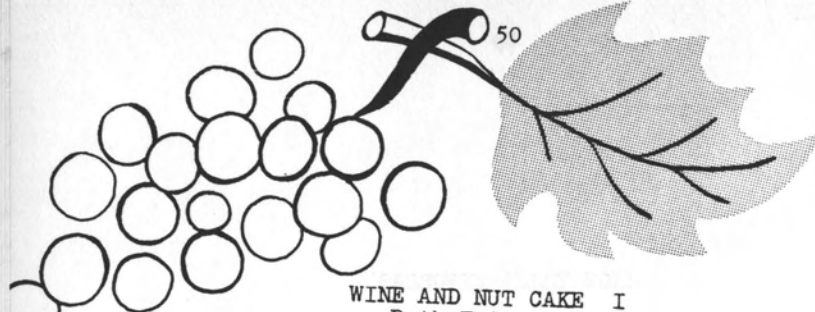
Add sugar to egg yolks, and beat until thick. Beat egg whites until stiff, and fold into mixture. Add juice and grated rind of lemon. Mix and sift cake meal and potato flour, and fold into mixture gradually. Fold in chopped nuts and bake in ungreased pan at 325° for 1 hour.

PASSOVER DATE TORTE

Beulah Elving

4 eggs	1/4 t. salt
1 C. sugar	1 lb. pitted dates - cut up
1/4 C. potato starch	2 C. walnuts - cut in large pieces
1/4 C. matza cake meal	

Beat eggs and salt until thick and lemon colored. Add sugar gradually and beat some more. Sift potato starch and meal together and mix through dates. Add this to egg mixture and fold together. Fold in walnuts. Bake in a 9 inch square pan that has been lined with waxed paper. Bake at 350 degrees for 40 to 45 minutes. Cool in pan for 15 minutes. Invert and remove paper. This may be frozen.



WINE AND NUT CAKE I

Ruth Friedman

7 eggs separated
1 C. sugar
1/4 C. sweet wine

1 C. chopped nuts
1/2 C. matza cake flour

Beat the egg yolks until thick. Gradually beat in the sugar. Add the wine and mix well. Combine nuts and cake flour and add to egg mixture. Beat egg whites until stiff and fold into mixture. Pour into ungreased angel food cake pan and bake at 325° for 1 hour and 15 minutes. Invert pan and do not remove cake until it is thoroughly cooled.

WINE AND NUT CAKE II

Ceil Pear

12 eggs separated (room temperature)

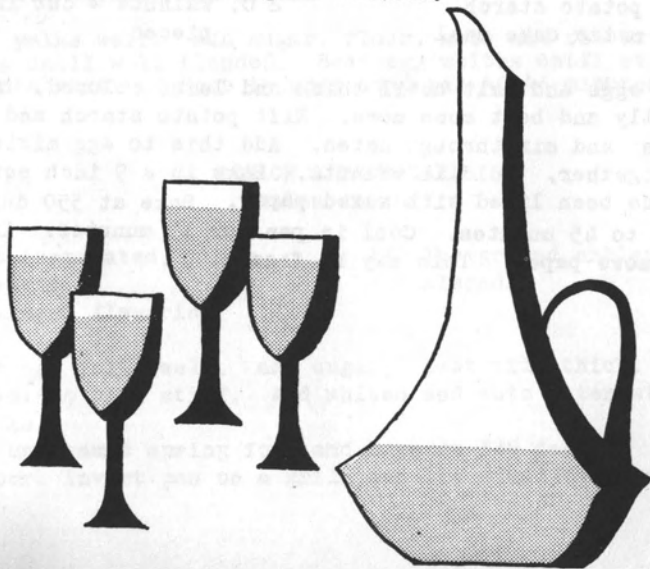
1 C. sugar
1 C. wine

1 t. cinnamon

1 C. finely chopped walnuts

1 C. matza cake meal sifted

Beat yolks and sugar until thick and lemon colored. Alternately add meal and wine to yolks. Add salt, cinnamon and nuts. Set aside. Beat whites until stiff. Fold into yolk mixture. Bake 325 degrees one hour. Use a tube pan. Invert to cool. Sprinkle with whip if desired.



PASSOVER BANANA CAKE

Ceil Pear

7 eggs - separated
1 C. sugar (1/2 + 1/2)
1 t. salt
1 t. vanilla
1 t. lemon juice

1 C. bananas - mashed
1/2 C. matza cake meal
1/2 C. potato starch
1 C. walnuts - chopped fine

Beat whites until stiff but not dry. Gradually beat in 1/2 C. sugar. Set aside. Beat yolks with 1/2 C. sugar until very thick. Add salt, vanilla and lemon juice. Beat well. Add bananas and beat well. Sift meal with starch and fold into yolk mixture. Fold in whites and nuts. Bake in a tube pan in 325 degree oven for 45 minutes to an hour, testing with a broom straw.

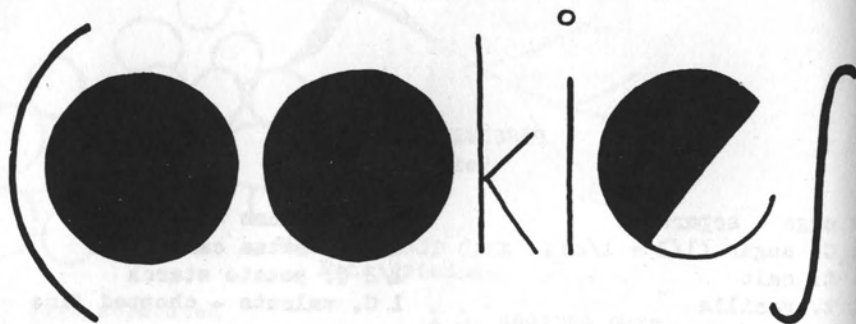
PASSOVER DATE CREAM PIE

Claire Bernstein

1/4 C. cocoa
3 T potato flour
1/4 t. salt
3/4 C. sugar
1 C. sour cream

1/2 C. water
1/2 C Passover cherry wine
3 eggs
1 C. fresh dates

Mix cocoa, potato starch, salt and 1/2 C. sugar in a sauce pan. Add sour cream, stir in water and wine and cook, stirring, over medium fire, until smooth and thick. Separate eggs. Spoon a little hot mixture into yolks that have been broken with a fork. Mix this into hot mixture and continue stirring and cooking for 3-5 minutes until spoon is coated. Remove from heat. Beat egg whites a bit and add 1/4 C. sugar. Beat until whites form soft peaks. Fold whites gradually into hot chocolate mixture. Fold in dates which have been chopped. Dates may be omitted. Turn into Passover pie shell. Chill. (Ed. You may serve this in custard cups, perhaps over cubes of dried cake.)



PASSOVER ALMOND MACAROONS
Ada Margolis

1/2 lb. blanched almonds	2 C. powdered sugar
ground fine	Grated rind of 1 lemon
2 egg whites	2 t. cake meal

Beat egg whites until stiff, mix other ingredients, and fold in. Grease cookie sheet, dust it thickly with cake meal. Drop batter by teaspoonsful onto cookie sheet, allowing room for cookies to spread when baked. Bake at 300° for 15 minutes, then increase heat to 375° to let macaroons brown. Remove from pan when cool.

PASSOVER ALMOND COOKIES
Ada Margolis

1/2 C. cake meal	1/2 C. chopped almonds
1/4 C. potato flour	2 eggs slightly beaten
1/2 C. sugar	

Mix and sift cake meal and potato flour. Add sugar, almonds and eggs. Roll dough out on potato flour mixed with sugar. Cut; and bake on a greased cookie sheet in 400° oven until brown.

PASSOVER MOCK OATMEAL COOKIES
Ada Margolis

1 C. Matza meal	1/2 C. chopped nuts
3/4 C. sugar	1/2 C. raisins
1/2 t. cinnamon	2 eggs
1 C. matza farfel	1/3 C. melted fat

Mix together the dry ingredients, then beat the eggs and fat into the mixture. Drop in rough lumps about the size of a small egg, onto a greased cookie sheet and bake at 350° for 30 minutes. Allow room for cookies to spread.

PASSOVER CREAM PUFFS
Mrs. Sperling

1 C. water	1/2 t. salt
1/3 C. fat	4 eggs
1 C. matza meal	

Boil water and fat in sauce pan. While boiling, pour in salt and matza meal. Continue cooking and stirring until batter no longer sticks to sides of pan. Remove from fire. Add unbeaten eggs one at a time beating well after each addition. Drop by tablespoons on a greased cookie sheet. Bake 25 minutes at 450°. Reduce oven to 325° and bake 45 minutes longer. When cool, cut in half and fill with whipped cream, custard, fruits, etc., and sprinkle tops with confectioner's sugar. This makes 12 good-sized puffs. Smaller puffs can be made by dropping batter from a teaspoon.

PASSOVER CUSTARD FILLING
Mrs. Sperling

2 eggs	1 t. butter
3/4 C. sugar	1 lemon
1 Tb. potato flour	1 C. water

Beat eggs well and add sugar and flour, beating it in slowly. Add juice of the lemon, butter and water slowly. Cook in top of double boiler until thick, stirring constantly. While cooling, stir occasionally in order to avoid lumps. Use as filling in cream puffs.

MATZA MEAL DOUGHNUT
Mrs. Sperling

2/3 C. water	1 Tb. sugar
1/3 C. shortening	3 eggs
1 C. Matza meal	1/4 t. salt

Boil fat, water, sugar and salt. Add the matza meal, stirring well. Let mixture boil for a second. Remove from fire and beat well. Add eggs one at a time beating well after each addition. Take bits of the dough into well greased hands and roll into balls 2 inches in diameter. Dip finger in water and make a hole through the center of each ball. Place on a greased pan and bake at 375-400° for 1 hour. Roll in confectioners sugar while hot.

CHOPPED (GEHACKTE) HERRING I
Bessie Levine

several pieces of ready-made pickled herring	2 apples
1 medium onion	1 green pepper
	2 hardboiled eggs

Skin pieces of herring and remove the bones thoroughly. Chop or put through the meat grinder with remaining ingredients. If desired seasonings to taste may be added, but usually no other flavoring is needed.

CHOPPED HERRING II
Roseanna Halman

1 schmaltze herring	1 slice of white bread
1 hard boiled egg	vinegar
1 onion	

Clean herring thoroughly and soak over nite. Bone and chop. Add onion and egg and chop together. Soak bread in vinegar and add to herring, chopping very well. Serve on lettuce leaf as an appetizer.

BAKED HERRING
Annabelle Cohen

2 herrings (Schmaltze)	salt, pepper, cinnamon and
1 apple	vinegar to taste
1 slice of bread	4 eggs
1 onion	

Fillet herring and soak over night. Chop herring, apple, and onion. Add bread which has been soaked and squeezed dry. Add vinegar, salt, pepper, and cinnamon. Beat in eggs. Pour into an ungreased pie plate. Bake in 350° oven for approximately 45 minutes or until a knife placed in herring comes out clean. Cut up into squares and serve on crackers as an appetizer.

GEFILTE FISH, as a first course or in very tiny balls as an hors d'oeuvre, SEE Fish section, p.104-105
MOCK GEFILTE FISH, SEE Fish section, p.105
For recipes for PICKLED HERRING, PICKLED LOX, PICKLED FISH, and other types of BAKED HERRING, SEE Fish Section. 109-112

CHOPPED eggplant

CHOPPED EGGPLANT I
Bessie Levine

medium sized eggplant	1 t. oil
1 onion	1 t. vinegar
2 eggs hardboiled	salt and pepper to taste
1 tomato	a few pieces pickled herring
1 green pepper	(optional)

Bake the eggplant in moderate oven. When tender cut into pieces and put thru the meat grinder along with peel and other ingredients. Add oil and vinegar along with seasonings and mix well. If herring is used no salt is necessary. Serve as an appetizer.

CHOPPED EGGPLANT II

1 large eggplant	Pepper
1 small onion, cut very fine	Vinegar
1 tomato	Olive oil or salad oil
Salt	Sugar

Bake in moderate oven until tender, or boil eggplant. Peel. If boiled, drain very well. Chop up with onion, tomato, salt, pepper, vinegar, oil, and a little sugar. Serve cold. Use as a salad, relish, sandwich spread, or side dish.

CHOPPED EGGPLANT III
Sunnie Tait

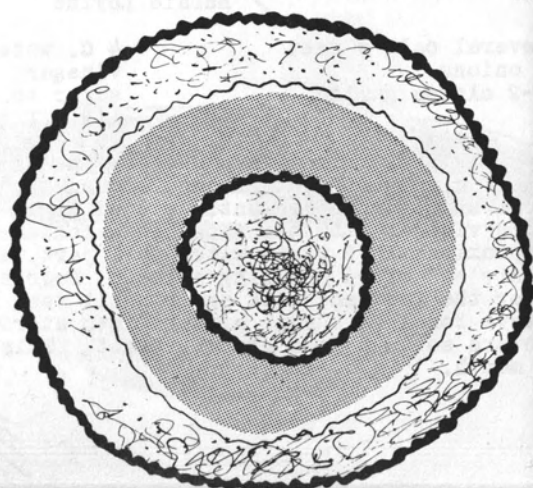
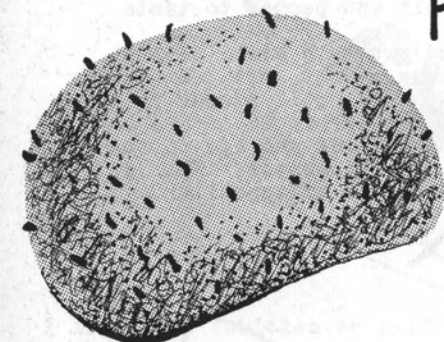
1 large eggplant	1 6oz. can tomato paste
4 large onions - chopped fine	2 T vegetable oil
1 green pepper - chopped	salt and pepper

Split eggplant in half lengthwise. Place skin side up on cookie sheet and broil 15 - 20 minutes until tender. Brown onions and pepper in oil. Stir in tomato paste and simmer about 5 minutes adding a little more oil if necessary. Stir in chopped and drained eggplant, season to taste and simmer 1/2 hour. Serve cold. Serves 6-8 as a side dish. You may spread on crackers or mold to a shape and serve as appetizer.

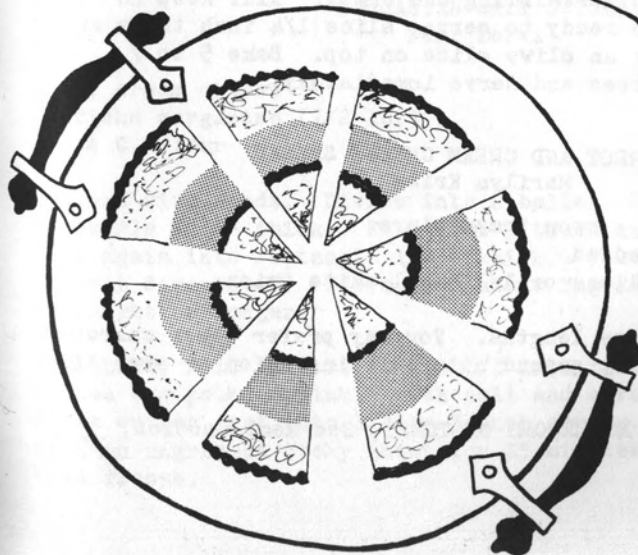
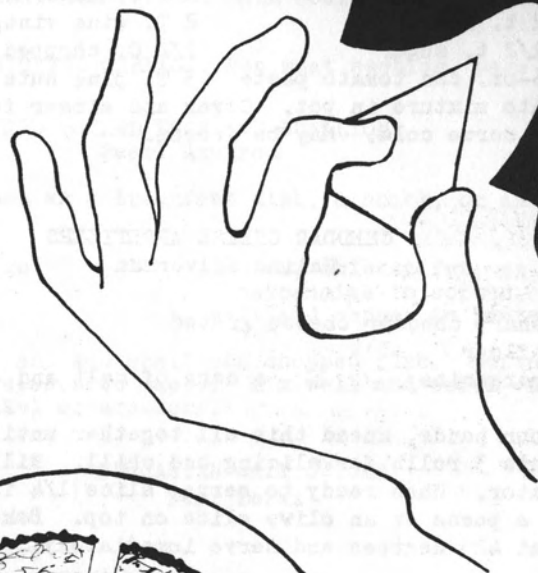
PUMPERNICKEL PIE

1 large round pumpernickel
chopped hard boiled eggs
chopped herring
minced black olives
chopped egg whites
any other desired combinat-
ion of tasty ingredients

Slice the bread horizontally so you have 4 to 5 round disks 1/2 inch thick. Trim off crusts. Place the chopped eggs in a circle in the center of each disk. Arrange chopped herring in a ring around the eggs. Form a third and last ring of eggs around the herring. Mark off or outline the center circle with minced black olives. Mark next ring with the egg whites and edge the whole disk with black olives. Decorate with pimento strips or squares. Cut into pie shaped wedges and serve. You may use any other ingredients you wish; always keep harmony of taste and color in mind.



Katherine Meyerstein



EGGPLANT CAVIAR

Bess Paper

1 small eggplant - unpeeled
 1 onion
 1 green pepper
 1 4-oz. can mushrooms
 1/3 C. salad oil

Chop all vegetables fine.

Garlic to taste

Mix everything in a pot and simmer for 10 minutes.

Add: salt and pepper
 1/2 t. oregano
 1 1/2 t. sugar
 1 6-oz. can tomato paste

1/4 C. water
 2 T. wine vinegar
 1/2 C. chopped stuffed olives
 3 T. pine nuts

Stir into mixture in pot. Cover and simmer for 30 minutes.
 Chill and serve cold. May be frozen.

CHEDDAR CHEESE APPETIZERS

Halina Silverman

1/4 lb. sharp cheddar cheese grated
 2 1/4 C. flour
 1/2 lb. margarine

a dash of salt and cayenne pepper

With your hands, knead this all together until smooth. Divide into 3 rolls for slicing and chill. Will keep in refrigerator. When ready to serve, slice 1/4 inch thick and push 1/2 a pecan or an olive slice on top. Bake 5 to 7 minutes at 425 degrees and serve immediately.

CARROT AND CREAM CHEESE SPREAD

Marilyn Krimm

8 oz. cream cheese - room temperature
 1 C. Carrots - shredded
 2 or 3 minced scallions or 1/2 small white onion

Blend. Fill celery lengths. You may prefer fewer carrots. Try this with 1/2 cup ground nuts omitting onion or some dill.

CHICKEN LIVERS AND MUSHROOMS ON TOAST, See Meat Section, page 133.

SWEET AND SOUR MEAT BALLS

Rose Friedman

1 1/2 lb. ground beef
 1 egg
 1/4 C. bread crumbs
 salt and pepper to taste

water
 1 onion grated
 1 piece sour salt
 1/4 C. brown sugar

Mix meat, egg, crumbs, and salt and pepper. Form into very small balls. Boil enough water in which to simmer the balls without covering them with water completely. Add sour salt, grated onion and sugar to water. Cook until seasonings are mixed and liquid tastes right. Place meat balls in liquid, and bring to a boil again on top of stove. Then place uncovered in a 350° oven and bake until brown. More water can be added if necessary to prevent burning. Thicken gravy with flour. Serve as an appetizer.

SWEET AND SOUR MEATBALLS, for a main course, See Meat section page 127

SWEET AND SOUR STUFFED CABBAGE, See meat section, page 126-127

HARD BOILED EGGS AND SCALLIONS

Pearl Axelrod

This can be used as a breakfast dish, a snack, or an appetizer.

6 hard boiled eggs
 4 scallions

butter, chicken fat, or
 mayonnaise to soften
 salt and pepper to taste

Mash eggs fine and add scallions chopped fine. Soften with desired fat and season to taste. Mix well and serve on rye bread, pumpernickel or crackers.

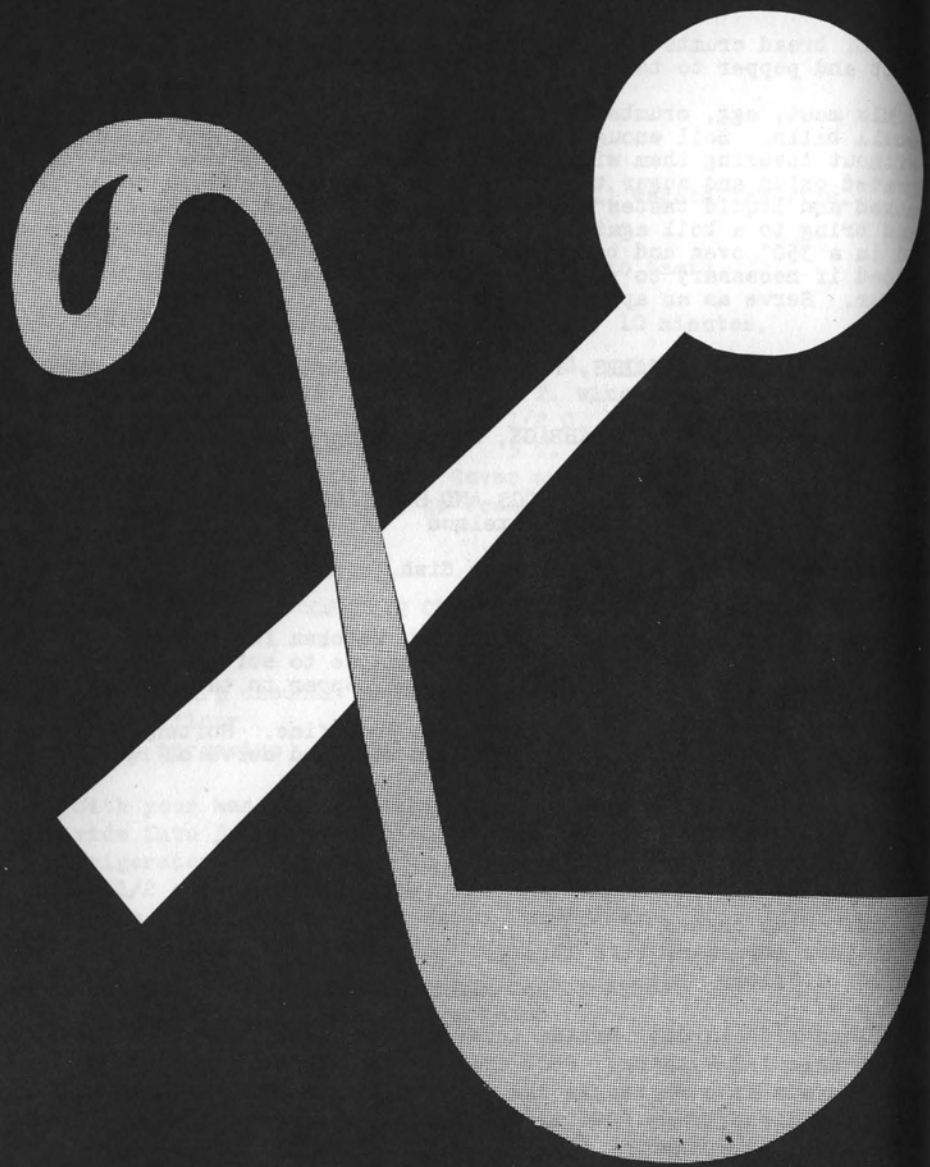
HUNGARIAN SALT STICKS

Peri Berki

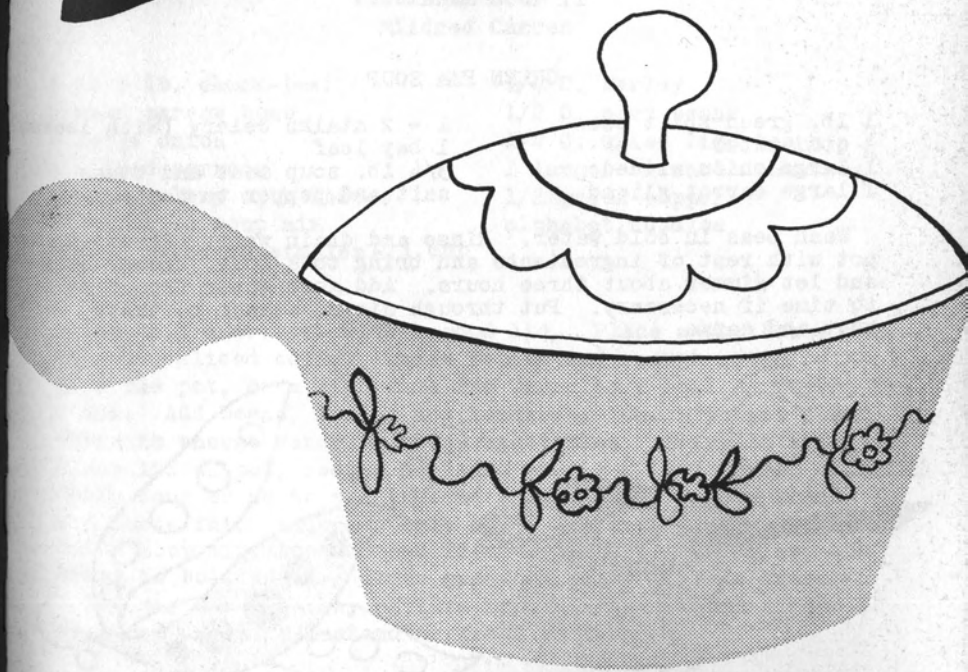
.8 oz. cream cheese
 2 sticks margarine (1/2 lb.)
 1 1/4 C. flour

Blend with hands. Divide into 2 balls. Roll each ball into rectangle 1/2 " thick. Fold over 3 times in both directions. Roll again into rectangle 1/2 " thick. Fold again three times in both directions. Store in plastic bag in refrigerator overnight or longer.

To bake, roll into rectangle 1/2 inch thick. Brush with beaten egg yolk, sprinkle with salt and caraway seeds. With pizza cutter, cut into 1/2 by 3 inch strips. Bake 350 degree oven on ungreased cooky sheet for 15 minutes or until brown. Will freeze.



SOUP



CHICKEN SOUP

In the Jewish home chicken soup is associated with the Sabbath and other holidays. Rich clear chicken soup is called Gilderne and is served as a "must" at wedding anniversaries, especially the 25th and 50th.

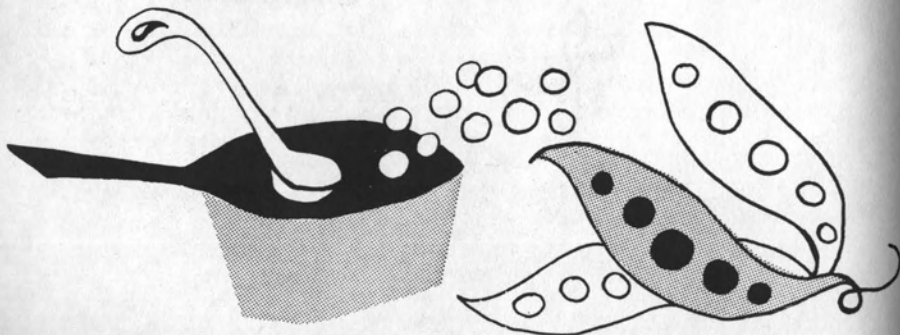
4 lb. stewing chicken (include gizzard, heart, neck and feet)	2 stalks celery (with leaves) 1 bay leaf 6 peppercorns
1 large onion	Boiled water (1 qt. per pound of chicken)
1 large carrot diced or sliced	Salt to taste

Remove excess fat from pieces of chicken. Place chicken, spices and water in a pot and bring to a quick boil. Turn heat down and simmer slowly for 30 minutes. Skim carefully. Add vegetables and continue simmering until chicken is tender. Correct seasonings.

GREEN PEA SOUP

1 lb. green split peas 3 qts. water 1 large onion sliced 1 large carrot sliced	1 - 2 stalks celery (with leaves) 1 bay leaf 3/4 lb. soup meat and bones salt and pepper to taste
---	--

Wash peas in cold water. Rinse and drain well. Place in pot with rest of ingredients and bring to a boil. Lower heat and let simmer about three hours. Add more water from time to time if necessary. Put through sieve, season to taste, heat and serve.



VEGETABLE SOUP I

Lois Levenson

7 carrots 5 pieces celery 1 Can Tomatoes 1/2 Cup Lima beans	1/2 Cup Barley 3 pieces Parsley Soup bone and meat Sugar and salt to taste
--	---

Cook meat and bone in a 4 quart pot of water on slow fire. When water boils remove scum, add lima beans. Cook 1/2 hour, add vegetables (cut up into small pieces) and tomatoes. Let cook about 4 hours, until meat is tender, then add barley, cook another hour and correct seasonings, then serve.

VEGETABLE SOUP II

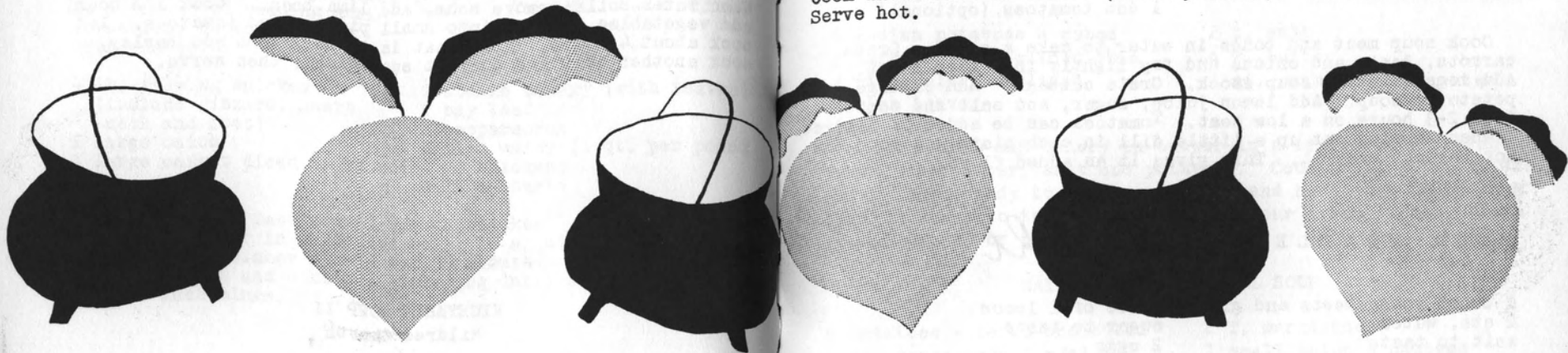
Mildred Carron

2 to 3 lb. chuck-beef a good marrow bone 1 large onion 4 sliced carrots 3 ribs celery with leaves 1 dry onion soup mix frozen mixed vegetables - 1 cup	1/4 C. barley 1/2 C. navy beans 1/4 C. dried lima beans 1 large can whole tomatoes 1/2 green pepper alphabet noodles
--	---

Use an 8 quart pot with a good lid. Place meat, bone, onion, carrots, sliced celery, green pepper and enough water to half fill the pot, on a high fire and bring to a boil on top of the stove. Add beans, barley and tomatoes. Check to see that there is enough water to cover vegetables. Bring to a boil, place lid on pot, reduce heat and simmer 4 to 5 hours, stirring every hour or so to see that nothing burns. Remove bones and loose fat. Add some salt and fresh ground pepper. Add onion soup mix, noodles and fresh or frozen vegetables, and bring to boil again. Cover and cook 1 hour. This freezes.

You may use a turkey carcass including gravy and scraps of meat and dressing instead of fresh beef.

BORSCHT



A TIME FOR EVERYTHING*

Yudel the waggoner, having banished the bad taste of a long journey with a dose of brandy, was immersed in a plate of borscht.

"Yudel," his neighbor Yankel yelled into the kitchen, "something terrible has happened!"

The waggoner continued to eat with intense concentration.

"Yudel, you idiot," cried Yankel, "prepare yourself for bad news. Something terrible, I tell you, has happened!"

Still Yudel ate, unperturbed.

"Yudel," Yankel persisted, "you poor man. Your wife has just died!"

The news had no apparent effect.

"How can you eat so calmly?" Yankel rebuked him. "It isn't natural."

"Make no mistake!" The waggoner looked up from his plate for a moment. "When I finish this borscht, will I give a yell!"

Undoubtedly, Yudel must have been eating a nice hot bowl of borscht made from one of our choice recipes!

BEEF BORSCHT I

- | | |
|---|---|
| 2 lb. boiling beef (flanken or brisket) | 1 large clove garlic |
| 1 large bunch beets | 2 medium size nuggets sour salt or 1 large lemon (juice of) |
| 2 medium sized onions | salt and pepper to taste |
| 2 Tbsp. sugar | |

Simmer beef in water to cover generously. Skim to clear. Add sour salt (or lemon juice), sliced and peeled onions and beets, sugar, and seasoning. Mince garlic fine, add to broth. Cook until meat is tender (about 3 hours). Correct Seasonings. Serve hot.

BORSCHT II

Lois Levenson

- | | |
|---------------------------------|----------------------|
| 1 lb. lean beef and bones | 1 #2 can tomatoes |
| 1 bunch peeled beets and greens | 2 Tbsp. sugar |
| 1 whole onion | 1 Tbsp. or more salt |
| | Juice of 1 lemon |

Put pot of water on to boil with meat. Cover. When boiling, remove scum. Add beets, greens, salt, and onion. After 1/2 hour, add tomatoes, lemon juice, sugar, and more salt if necessary. Cook 1-1/2 to 2 hours.

BORSCHT III

Anya Finkel

- | | |
|--------------------------|------------------------------|
| 1 to 1-1/2 lb. soup beef | 1 can tomatoes (1 lb. 4 oz.) |
| 1 C. large lima beans | 1 can beets (1 lb. 4 oz.) |
| 1 medium onion | Salt to taste |
| 2-1/2 qts. water | Juice of 1 lemon |
| | Sugar to taste |

Cook first four ingredients for about 1-1/2 hours or until meat is tender. Add tomatoes, beets, and salt and cook 20 minutes more. Add lemon juice and sugar and cook about five minutes more.

UKRAINIAN

borscht

Mme. Pargment

2-3 qts. water	1/2 head small cabbage
soup meat and marrow bones	1 large potato cubed
2 carrots	lemon juice to taste
6 beets	sugar to taste
2 onions	salt and pepper to taste
fat	fresh dill flowers (optional)
	1 can tomatoes (optional)

Cook soup meat and bones in water to make a stock. Grate carrots, beets and onions and fry lightly in a little fat. Add vegetables to soup stock. Grate cabbage. Add cabbage and potato to soup. Add lemon juice, sugar, and salt and pepper. Cook 2-3 hours on a low heat. Tomatoes can be added if desired.

When serving cut up a little dill in each plate and pour the hot borscht over it. This gives it an added flavor.

COLD MEATLESS

borscht

Bessie Sirota

1 bunch young beets and greens	juice of 1 lemon
2 qts. water	sugar to taste
salt to taste	2 eggs

Wash beets and greens thoroughly. Boil in water for 15 minutes. Remove beets and grate. Put grated beets back into liquid. Add salt to taste, lemon juice, (more if desired) and sugar to taste. Simmer slowly another 15 minutes. Allow to cool 1/2 hour. Beat eggs well in a large bowl. Pour a small amount of warm borscht into the beaten eggs slowly, stirring constantly. Continue pouring borscht into the egg mixture, remembering to stir constantly in order to prevent the egg from curdling.

Serve cold with sour cream, boiled potato, chopped scallions or hard boiled eggs as desired.

CHERRY

borscht

1 qt. cherries	pinch of baking soda
5 C. water	3/4 C. sugar
1 stick cinnamon	1 t. cornstarch
salt to taste	

Wash and pit cherries. Add water, cinnamon, salt, soda and sugar. Boil until cherries are well cooked. Dissolve cornstarch in a little water and add to soup to thicken. Chill in refrigerator before serving. Can be served with hot boiled potatoes.

Potato

MOTHER'S POTATO SOUP

6 medium potatoes - cubed	2 t. salt
2 large onions, sliced thin	4 T. butter
2 ribs celery - sliced with leaves	1 qt. each milk and water

Saute onions and celery in butter in a sturdy pot. Do not brown. Add water, salt and potatoes. Cook until potatoes are soft. When ready to serve, add milk and heat just to boiling point. Serve to taste with a bit of sour cream, lemon, fresh ground pepper or perhaps paprika.

ZAYDI'S POTATO-FARFEL SOUP

Bess Paper

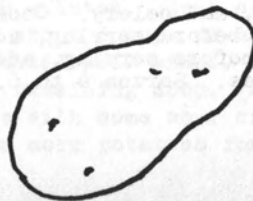
6 potatoes - pared and cubed	2 T. margarine
4 oz. square egg farfel	1 small onion - sauteed
3 or 4 sprigs feathery dill	2 qt. water

Place potatoes, farfel, salt, pepper and dill in water and bring to a boil. Turn heat low and simmer 1 hour. Add margarine and onion. Mix to blend and serve hot.

POTATO SOUP

3 large potatoes diced	1 t. salt
1 medium carrot	pepper to taste
1 onion	1 t. butter
1 parsnip	1/4 C. egg barley
2 large stalks celery	sweet cream or milk
1 qt. water	

Place all vegetables in water and add salt and pepper. Bring to a boil and add butter and barley. Cook 30 minutes or until barley is tender. Remove from fire and add gradually as much sweet cream as desired. Serve hot.



SWEET AND SOUR CABBAGE SOUP I
Lee Kaplan

2 lb.s. shredded cabbage 4 qts. water
1 lb. meat bones 1 piece sour salt or lemon juice
1 can tomato sauce or tomatoes Few raisins
Salt, pepper, sugar to taste
Onion and garlic minced (optional)

Put ingredients in pot and cook about 2 hrs. Correct seasonings.

SWEET AND SOUR CABBAGE SOUP II
Ruth Friedman

1 med. cabbage, shredded 1/4 C. sugar
1-1/2 lb. flank meat 1 t. sour salt (citric acid)
1 medium onion Salt
1 apple

Sprinkle salt over cabbage and rub in. Pour boiling water over cabbage and let stand for an hour. Drain. Combine with rest of ingredients, cover with water, and cook over slow flame until meat is tender. (2 hours). Remove apple and onion and serve.

SAUERKRAUT SOUP
Rhea Kish

Beef bone (and meat if desired) 1 large can sauerkraut
water, approximately 3-4 C. salt and pepper to taste
small can of tomatoes sugar (optional)

Cook beef and bones in water for 1 hour to get a good beef stock. Add sauerkraut and tomatoes. Cook for another hour. Season and add sugar if a sweeter soup is desired.

CABBAGE SOUP

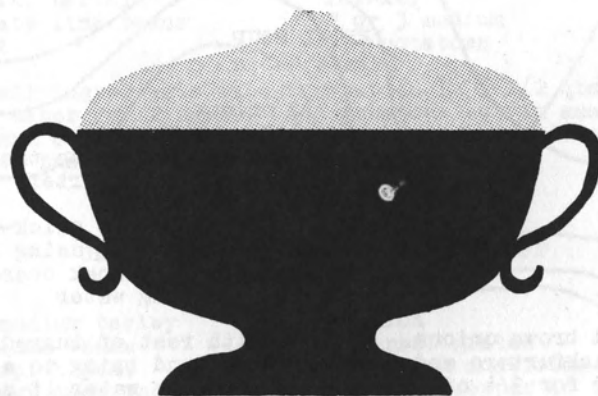
1 cabbage, cut small 1 turnip, cut small
5 cups meat stock 1 stalk celery, chopped
3 carrots, cut small 4 potatoes, diced
2 parsnips, cut small 2 to 4 tomatoes, chopped

Add cabbage to meat stock, and when cabbage is half tender, add carrots, parsnips, turnip, and celery. Cook until nearly tender. (1 hour). Half hour before serving, add diced potatoes, and 2 or 3 minutes before serving, add chopped tomatoes. Simmer a few minutes. Serves 4 to 6.

TCHAV

1 lb. Tchav (sorrel) 1 qt. boiling water
2 t. salt 2 eggs
1 pinch pepper

Wash sorrel thoroughly and chop well. Add 1 t. salt and boiling water. Boil 5 minutes. Beat two eggs, add 1 t. salt to the eggs. Pour 2 cups of the hot sorrel mixture into the cold beaten eggs, stirring constantly until well mixed. Pour the egg mixture back into the remainder of the sorrel mixture and cool. Serve cold with sour cream. May also be served with hot boiled potatoes. Serves 4 to 6.



TASTY SCHAV

1 lb. schav or spinach juice of 2 lemons (1/2 C.)
2 medium potatoes - diced 2 t. salt
2 ribs celery, cut fine 4 eggs + 1 1/2 C. cold water
4 scallions or an onion sliced thin
2 sprigs fresh dill
2 quarts of water

Wash greens until clean and tear into pieces. Cook over low heat with onions, dill and potatoes until potatoes are very soft. Remove dill and add juice and salt and pepper. Cook slowly for 10 minutes. Beat eggs until blended with cold water. Stir about 3 cups of hot soup into eggs beating continually until well mixed. Add soup slowly so eggs do not curdle. Add remaining soup. Serve cold. May be kept for weeks. Serve with some sour cream if you like. You may use sour cream or more potatoes for thickening instead of eggs.

CREAMED SWEET AND SOUR BEAN SOUP
Mrs. Kish

2 C. navy beans	1/2 pt. sour cream
salt	1 Tb. vinegar
water to cover	1/4 C. sugar (or to taste)
1-2 Tb. flour	milk

Cook beans in salted water until tender. Mix sour cream and flour in a large bowl. Add the hot bean mixture very gradually to prevent curdling. Beat constantly. Cool. Add vinegar and sugar to taste. When the flavor is satisfactory add enough milk to make the mixture like a soup. Reheat and serve hot. Or else cool and serve cold; it is good either way. Serves 4.

LENTIL SOUP
Maizie Gurin

2 onions
1 bay leaf
Salt and pepper to taste
2 Kosher frankfurters
1 clove garlic
1 C. Washburn's quick-cooking lentils (if using regular lentils, soak overnight)
6 C. boiling water

Dice and brown onions. Combine with rest of ingredients except frankfurters and garlic. Cover and bring to a boil. Let simmer for 3/4 of an hour, adding more water if necessary. Fry frankfurters cut in eighths in fat to which clove of garlic has been added. Brown thoroughly. When very crisp, add to soup and cook 1/2 hour longer. Remove bay leaf before serving. Serves 6.

BARLEY SOUP

Jean Fine

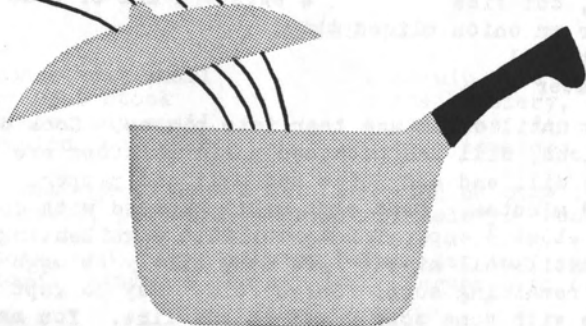
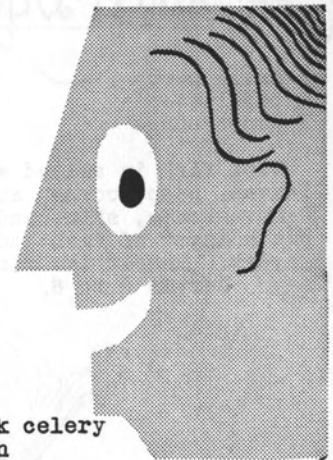
1/2 to 1 lb. chuck	1 stalk celery
Neck bone, if desired	1 onion
2 or 3 Tb. barley	Parsley
2 Tb. baby lima beans	2 or 3 medium potatoes
1 carrot	

Cook all ingredients except potatoes in 1 1/2 qts. boiling water for 2 hours. Add potatoes cut in small pieces and continue cooking until potatoes are done. Season to taste.

UNCLE HARRY'S FAVORITE BARLEY SOUP
Maizie Gurin

1/2 C. medium barley	1 onion
1/2 C. lima beans	1 carrot grated
1/4 C. split peas	4-5 dried mushrooms
1 lb. soup meat and bones	Salt and pepper to taste

Thoroughly wash barley, lima beans, and split peas. Cook with meat about 1 hr. in 2 qts. of boiling water. Add cut-up onion, grated carrot, and mushrooms. Simmer another 1 1/2 hrs. Add salt and pepper. Stir occasionally while cooking; soup will be quite thick when done.



FISH SOUP

6 small perch	salt
4 bay leaves	4 hard-cooked eggs, chopped
8 peppercorns	

Cook fish in salted water to cover until tender, with bay leaves, peppercorns, and salt. Strain, and save the liquor. Remove bones, skin, and then flake the fish. In soup bowls, put a layer of fish and then a layer of chopped egg. Repeat layers. Reheat the fish liquor and pour over the fish and egg. Serves 6 to 8.

FISH PUREE

12 C. water	1 leek
1 carrot	3 bay leaves
1 stalk celery	salt
10 peppercorns	4 lbs. fresh water fish in season
1 onion	1 Tb. lemon juice
1 parsnip	

Bring water to a boil and add carrot, celery, peppercorns, onion, parsnip, leek, bay leaves, and salt to taste. Simmer 15 minutes; add 2 pounds (only) of the fish and cook until it begins to fall apart. Force this through a sieve. Return to the pot; bring to a boil and add the remaining 2 pounds of raw fish, which has been sliced. Cook for about 15 minutes. Add lemon juice before serving. Serves 8 to 10.

LOX AND POTATO SOUP

Bea Kahn

1/4 lb. lox (tail ends or thick slices) cut in chunks	4 medium potatoes diced
2 large onions, diced	1 1/2 qts. water
	salt and pepper to taste
	1 C. light cream or milk

Saute onions in butter until light brown. Add lox, potatoes, and water, and cook for about 1 hour or until ingredients are soft. Add cream or milk, reheat and correct seasoning.

If desired the soup can be made a day in advance, and stored in the refrigerator. Add the cream or milk just before serving and reheat.

Soup Accompaniments



"Soup could offer a variety of surprises -- kreplach (meat balls with sport jackets), exquisitely shaped by the sculptural genius of a balabusteh, who always planned the structure of the kreple so that a tempting bit of the buried treasure should show through, just enough to make the mouth water.

Or soup might contain lukshen, which hung like weeping willows over the flaishegeh leffel. The excess lukshen could either be sucked into the mouth or bitten into.

The sought-after prize in the soup, like the trinket in the cracker-jack box, was a small unhatched egg which Momma had found in the chicken. There was one egg and eight children. What a strain on Mamma's impartiality to choose the deserving child. The ayeleh usually went to the girls because of some folk-theory about fertility." Taken from Meet The Folks, by Sammy Levenson, published by the Citadel Press, New York.

MATZA KNADLACH
Lois Levenson

3 eggs
5 Tb. chicken fat, melted
1/2 C. cold water

1 C. matza meal
1 t. salt

Beat eggs, add melted fat, cold water, and matza meal, mixing constantly. Then add salt and chill the mixture for 1/2 hour in refrigerator. Wet hands and make balls the size of golf balls out of the matza meal mixture. Drop balls into boiling water one at a time. Watch closely, and when water begins to boil again, cover pot and boil 1/2 hour. Do Not remove cover until ready to serve, as air entering the pot makes the knadlach lose their fluffiness.

If an even lighter knadlach is desired, separate the eggs and fold in the stiffly beaten whites as the last step before refrigerating the mixture.

MATZA AND MARROW KNADLACH, See Passover Section, page 37.

MATZA KLOESE, See Passover Section, page 37

LIVER KNADLACH, See Passover Section, page 38

LIVER DUMPLINGS
Roseanna Halman

1 lb. beef or calves liver
2-3 cloves garlic
1/2 t. salt

1 egg
2 Tb. flour
1/4 C. farina (or enough to make mixture firm enough to handle)

Put liver and garlic through meat grinder. Add other ingredients and mix well. Form into balls the size of golf balls and drop into boiling chicken soup. Simmer 20 minutes, uncovered. Serve with the soup.

MANDLEN OR SOUP NUTS I

3 eggs
2 Tb. oil

2 C. flour (approximate)
1 t. salt

Mix all ingredients, using only enough of the flour to make a soft dough just firm enough to roll with the hands. Divide the dough into 2 or 3 parts and roll with hands into ropes 3/8 inch thick. Cut into 1/2 inch pieces. Place on well greased cookie sheet and bake at 375° until golden brown. Shake pan occasionally or turn nuts, so that they brown evenly on all sides.

MANDLEN II
Bessie Levine

2 eggs
2 Tb. chicken fat or oil
3 Tb. water

pinch of salt
flour

Beat eggs well, Add fat and water. Mix. Add enough flour to form a dough that can be rolled in the hands. Take small pieces of dough at a time and roll with floured hands into long strips about 1/4 inch thick. Cut into pieces 1/2 inch long. Bake on greased pan at 375° until brown on all sides. Or else fry in deep fat until golden brown. Drain all grease off. Serve as a garnish in chicken soup.

PASSOVER MANDLEN, See Passover Section, page 40.

KREPLACH *

A Jewish mother was much distressed over the problem of her young son who was afraid to eat the popular dish known as kreplach. She took the boy to a psychiatrist for consultation. After hearing the case, the doctor said, "Now, Madam, this is very simple. Take the boy home, take him out into the kitchen, and show him how kreplach are made. This should probably eliminate the condition."



Hopefully the mother followed his advice. On the kitchen table she put out a small square of dough beside which was a small mound of prepared chopped meat. "Now," she said, "there is nothing here you should mind." The lad beamed and nodded encouragingly. The mother then put the meat in the center of the dough and folded over one corner. The boy smiled and all seemed to be going well. She folded over the second corner and the third. The boy was nodding, and the experiment seemed to be progressing most favorably. Then she folded over the fourth and final corner; whereupon the boy groaned and muttered.....
"Oi, KREPLACH !"

What that psychiatrist didn't know was to tell her to try one of our recipes for kreplach. They're guaranteed to not only remove all phobias, but to nurture a life long affection for the luscious dish as well!

KREPLACH I
Bessie Ginsburg

1 C. flour
1/2 t. salt

1 large or 2 small eggs

Mix together. Knead until elastic using a floured board. Add flour until smooth and elastic and dough does not stick. Roll out on floured table and cut into 2-2 1/2 inch squares. Filling: Grind meat, beef or turkey that has been cooked. To 1 1/2 cup meat, add 1 egg and some browned onion and season. Place 1 t. filling in each square. Dampen edges with water and fold over to seal in a triangle. Then pull opposite points together to make a hat. Boil in salted boiling water 10 minutes. Using a wooden spoon, stir to prevent sticking. Drain in a colander and rinse in cold water. Serve in chicken soup or roast in oven, or heat in oven with salt and chicken fat. Makes 2 dozen.

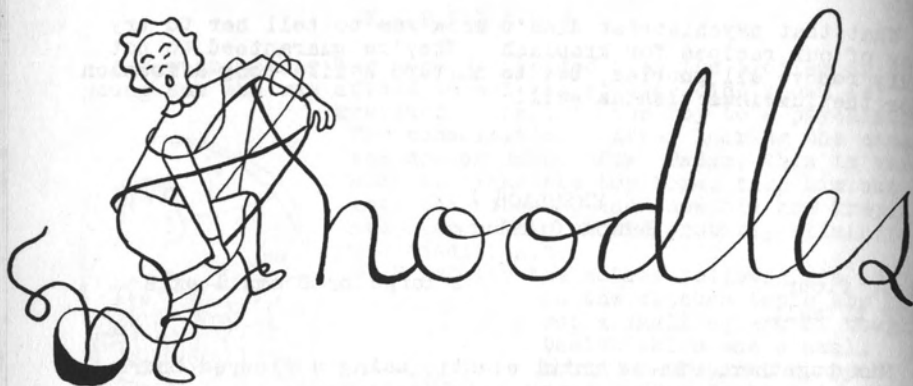
KREPLACH II
Naomi Lansky

Dough:
1 egg
Approx. 2/3 C. flour
1/4 t. salt

Filling:
Any cooked meat or leftover
(1/3 lb. meat is sufficient)
1/2 t. onion juice
Finely chopped celery
Schmaltz to hold meat together
Salt and pepper to taste

To make dough, beat egg slightly. Add salt and enough flour to make a stiff dough. Knead well on floured board. Invert bowl over dough and let stand, covered, 1/2 hr. Roll out as thin as possible. Dough should not be sticky but not too brittle. Cut dough into squares. Fill and pinch ends together. Cook in boiling salted water for 15 minutes. Drain.

To make filling, grind meat very fine, add other ingredients, season to taste, and mix well.



PHILOSOPHY WITH NOODLES *

Once a proposal of marriage was brought to a man who was simple minded. Poor fellow! He had no idea how to behave in the company of others. And so, in order to save him from embarrassment, his father, who was a man of the world, cautioned him as follows: "When you visit the bride for the first time you no doubt will not know what to talk to her about. Therefore, if you want to make a good impression on her, here's my advice. First, begin talking about love. Then you can touch on family affairs. You can wind up with a little philosophy."

The groom nodded gravely and replied that he understood perfectly. Then, with his father's blessings he went off to make his first call on his intended.

At first he felt great constraint because the girl's parents were present, but when they left from motives of delicacy, he relaxed somewhat. Then, remembering his father's counsel, he suddenly asked the girl, "Do you love noodles?"

"Sure," she answered in surprise, "Why shouldn't I love noodles?"

After a moment of silence, he continued, "Do you have a brother?"

"No, I have no brother."

The groom rejoiced -- he had safely weathered his father's first two instructions, had talked about love and family matters. Now he still had to philosophize a bit. "Kaleh," he asked, frowning his brow, "if you had a brother, would he have loved noodles?"

A silly question -- if he had ever tasted THIS lukshen!

NOODLES OR LUKSHEN

1 egg
2/3 C. flour (approximate) pinch of salt

Mix ingredients and knead until dough is soft and elastic. Roll out on a floured board to a thin even sheet. Let this dry until it is no longer sticky, but not so dry that it will be brittle. Fold into a flat narrow roll about 2 inches wide, with a sharp knife cut crosswise into very fine strips and toss them up lightly to separate them. Spread on a board or cloth to dry thoroughly before storing in jars. For broad noodles cut in strips 3/8 inch or 1/2 inch wide, separate and dry.

To prepare noodles, boil in salted water until tender. Drain and add to soup. Or the noodles may be cooked for 15-20 minutes directly in the soup if preferred.

FARFEL OR EGG BARLEY

1 egg
1 C. flour pinch of salt

Knead all ingredients into a hard firm ball of dough. Grate on a medium fine grater. Spread on a board to dry thoroughly before storing away in jars. When needed, cook in boiling salted water for 30 minutes. Drain and serve in chicken soup, or as a side dish with fat and gravy. The farfel may be boiled directly in the soup if preferred.

EINLAUF OR TRIFLACH (egg drop for soup)

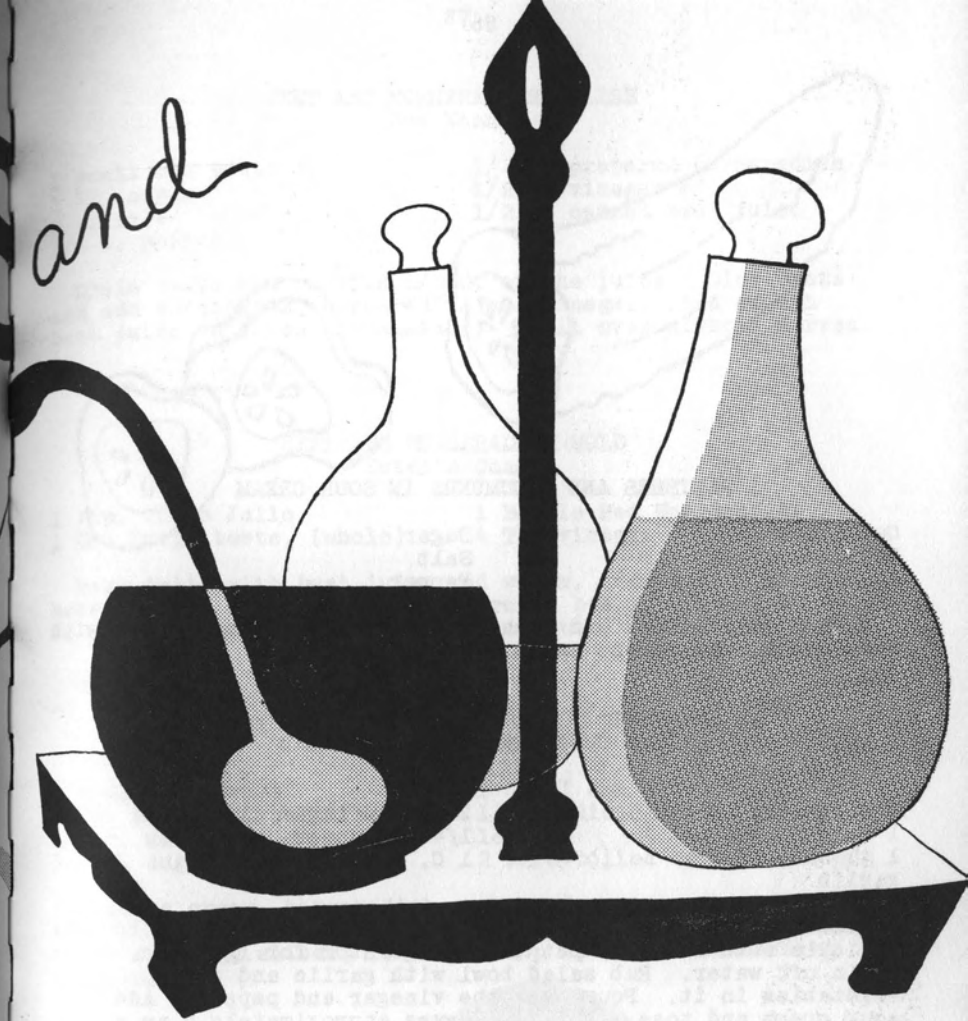
1 egg
2 Tb. flour pinch of salt

Beat all ingredients together until smooth. Pour into boiling soup from a spoon, letting it fall either in small drops or in a steady thin stream which will give the effect of noodles. Cover and boil for five minutes.

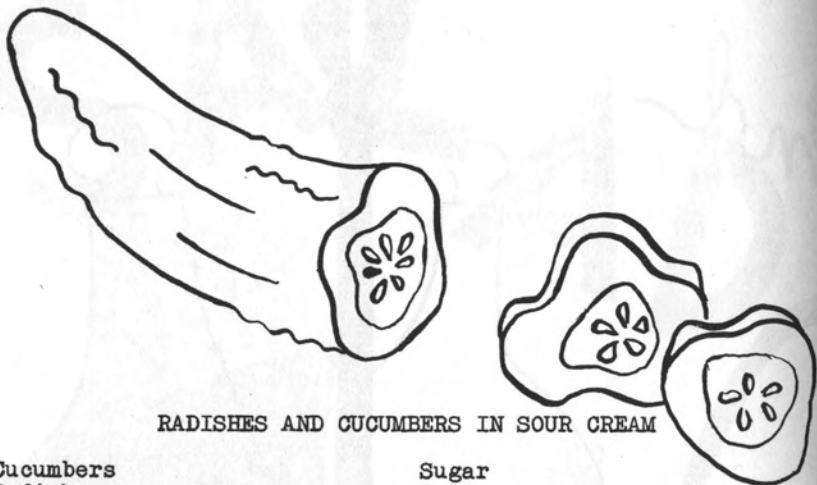
SALADS



and



RELISHES



RADISHES AND CUCUMBERS IN SOUR CREAM

Cucumbers	Sugar
Radishes	Salt
Sour Cream	Pepper

Wash firm radishes and cucumbers and slice thin. Cover with sour cream. Season to taste. Serve very cold.

SLICED CUCUMBER AND ONION SALAD Bea Kahn

2 cucumbers	2 Tb. tarragon vinegar
1 onion	1/4 t. pepper
1 t. salt	1 C. sour cream
garlic	

Slice cucumbers very thin. Slice onion and place in bowl. Sprinkle with salt and put in refrigerator for 1/2 hour. Drain off water. Rub salad bowl with garlic and place vegetables in it. Pour over the vinegar and pepper. Add sour cream and toss lightly. Serves approximately 5 as a relish or side dish.

CUCUMBERS WITH SOUR CREAM

12 cucumbers	Mustard
6 hard-cooked eggs	Sugar
Lettuce, broken in chunks	Salt
1 C. sour cream	Pepper
1/2 t. vinegar	

Clean and peel cucumbers and cut in cubes. Slice eggs lengthwise in four pieces, removing the yolks. Place cucumbers, sliced egg whites, and lettuce in a bowl and pour the following dressing over them. To make dressing: rub egg yolks through a sieve. Add slowly and mix thoroughly with sour cream, vinegar, mustard, sugar, salt, and pepper to taste.

BEEF AND HORSERADISH RELISH Bea Kahn

1 small can beets	1/2 C. prepared horseradish
1 Tb. sugar	1/2 C. vinegar
2 t. salt	1/2 C. canned beet juice
1/8 t. pepper	

Drain beets and reserve 1/2 C. of the juice. Dice beets and add seasonings, horseradish and vinegar. Add enough beet juice to cover the mixture. Chill over night. Serves 6.

BEEF AND HORSERADISH MOLD Estelle Cohan

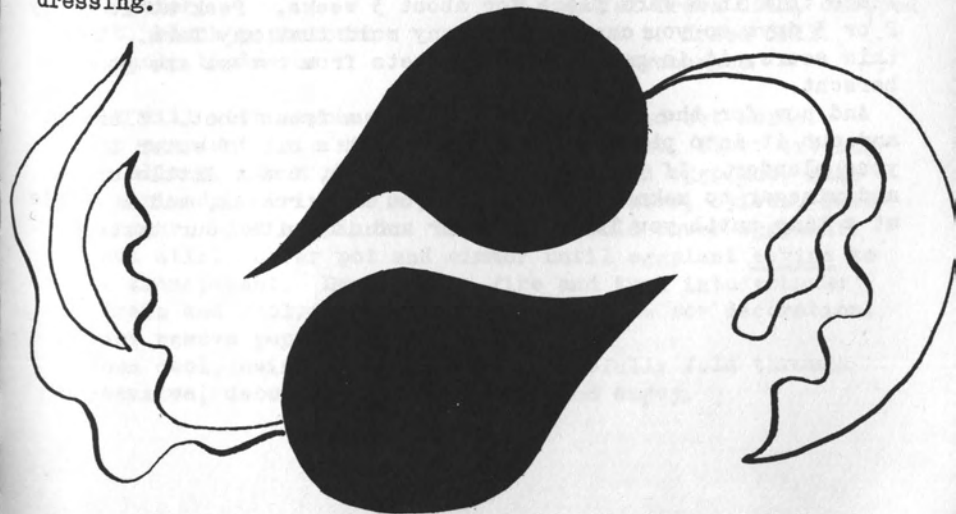
1 Pkg. lemon Jello	1 Bottle Red Horseradish
1 Can Large beets, (whole)	4 Tb. vinegar

Make jello with beet juice and water. Add vinegar. Drain horseradish, add to above with grated beets. Turn into mold or individual molds rinsed in cold water, and chill.

BEEF SALAD WITH HORSERADISH DRESSING Bea Kahn

1/4 C. sour cream	1 small can diced beets, chilled
2 Tb. grated horseradish	1/2 C. diced celery
1/8 t. salt	lettuce
3/4 t. sugar	2 hard-boiled eggs (optional)

Combine cream, horseradish, salt and sugar. Chill. Drain beets, add celery. Arrange beets on a lettuce leaf and surround with egg slices, if used. Top with the horseradish dressing.



BEETS IN SOUR SAUCE Bea Kahn

1 can beets	1/4 C. vinegar
2 Tb. butter	1/4 C. cream
2 Tb. flour	1 t. sugar
1/2 C. beet juice	1/2 t. salt
	pepper to taste

Dice beets. Melt butter, add flour and pour on beet juice. Add other ingredients and mix well so that sauce is smooth. Heat beets in sauce. Serve as a relish with dairy or fish meals.

EASY ROSSEL --- EASY HORSERADISH Muriel Cohen

Passover is not complete without fresh red horseradish. This is easier to prepare than you think.

To make rossel, a sour condiment used to color and flavor horseradish and salad dressings, place a few raw beets in a jar of water. Cover the open jar with a thin piece of cloth. Place this in a warm place for about 3 weeks. Peek at it every 2 or 3 days so you can pick off any mold that may form. When this sours, it is ready to use. Beets from rossel are good in borscht.

And now for the horseradish. Select a fresh root. Clean it and cut it into pieces. Shred this with a bit of water in your blender. If you did not make rossel, use a little salt and vinegar to make it tasty. If you made rossel, add a little at a time until you like the color and it suits your taste.

HERRING SALAD Bea Kahn

6 medium beets cooked	4 pickled herrings
3 raw sour apples	1 Tb. vinegar
4 cold boiled potatoes	1/4 t. salt
1 onion chopped	1/8 t. pepper
3 dill pickles	mayonnaise to moisten
3 hard boiled eggs	

Dice all ingredients. Add enough mayonnaise to hold together and toss lightly. Serve on lettuce leaf.

VEAL SALAD, RUSSIAN STYLE

2 apples	2 C. cubed veal (cooked)
1 large cucumber, peeled	Mayonnaise
3 small boiled potatoes, peeled	
1 small dill pickle	

Cut up apples, cucumber, potatoes, and dill pickle. Mix with the cubed veal. Add mayonnaise. Mix well and chill.

EGGPLANT MARINADE Lotte Catford

1 Large eggplant	1/2 t. salt
1/2 C. white vinegar	2 t. sugar
3 C. water	1 handful fresh dill, chopped
1/4 t. black peppercorn	or 2 t. dried dill
3-5 whole bayleaves	3/4 C. mayonnaise

Mix dill with mayonnaise in salad bowl and set aside.

Cut eggplant into sticks about finger size, first cutting into slices. In a pot large enough to hold eggplant, make the marinade. Bring to a boil vinegar, water, spices, salt and sugar. Add eggplant. Marinade should cover eggplant. Do not stir. Cover pot and simmer until eggplant begins to look transparent. Remove from fire and turn into colander to drain and cool. Remove bayleaves to use for decoration. Do not remove peppercorns.

When cool, using a wooden spoon, carefully fold through mayonnaise, decorate with bayleaves and enjoy.

NICKELEH -- PICKELEH *

An old Jewish woman on Essex Street stuck her hand into the brine of a pickle barrel and fished out a large pickle. "How much is this pickle?" she asked.

"A nickel," answered the dealer.

"A nickel is too much," she said and put the pickle back into the barrel.

She fished in the barrel again and came up with a little pickle. "How much is this little pickeleh?" she asked in a tender voice.

"That pickeleh?" answered the shop-keeper, just as tenderly. "Only a nickeleh!"

DILL PICKLES I
Minnie Sharfman

1 peck small cucumbers	1 piece fresh horseradish
6 1/2 qts. water	Garlic
1 pint vinegar	Dill
1 scant C. salt	Black pepper (whole)

Scrub cucumbers. Soak 2 hrs. in cold water. Bring to a boil the water, vinegar, salt, and horseradish. Pack wide-mouthed jars with cucumbers, using plenty of fresh dill and two large cloves of garlic in each jar. Pour hot brine over cucumbers to fill jar. Makes 12 qts. These keep firm all winter.

PICKLES

DILL PICKLES II

Muriel Cohen

9 - 10 quart jars for canning
1 peck very fresh cucumbers - not too large
30 cloves of garlic
fresh dill - enough to yield 30 flowers
pickling spices
coarse salt

In bottom of each jar (I run mine through dishwasher), put a clove garlic and a dill flower. Fit in tightly one upright row of cucumbers. Add a garlic and dill. Fill jar with cukes. Add a garlic and dill plus a scant teaspoon mixed pickling spices and a heaping tablespoon coarse salt. Fill jars with cold water from the tap. Close but not tightly. Allow to stand out overnight. Adjust water if necessary, seal tightly and store in a cool place. New dills will be ready to eat in about 8 to 10 days. For well done, wait three weeks. Yes, they will keep - unless you eat them all.

MR. LEVINE'S DILL PICKLES
Bessie Levine

cucumbers	10 qts. hot water
garlic	1 C. coarse salt
flowers of dill	1/2 C. sugar
mixed pickling spices	1/2 C. vinegar

Sterilize canning jars and cover with rings. Place the cucumbers in the jars. To each jar add 1 to 2 cloves of garlic cut up, 1 t. mixed pickling spices and flowers of dill on top of the jar.

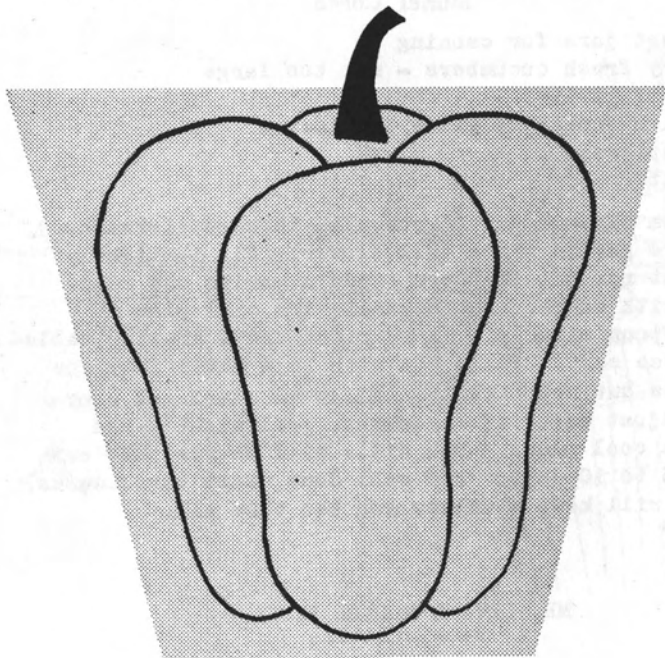
Make a brine by dissolving all the ingredients in the second column in the hot water. The vinegar is added not for flavor, but because it is supposed to keep the pickles firm. Pour the brine over contents, filling jars up to the neck. Dip covers in boiling water and cover tightly. Keep in a cool dark place. Will be ready to eat in 3-4 weeks. These will keep all winter.

PEPPER RELISH
Rose Friedman

6 green peppers
12 sweet red peppers
12 onions

1 C. sugar
vinegar

Grind peppers and onions and let stand in boiling water to cover for 5 minutes. Drain off all the water and add enough vinegar to cover ingredients. Add sugar and cook for 15 minutes. Place while hot in sterilized jars. Seal tightly. Can be used as soon as desired, and will keep all season if the jars are air-tight.

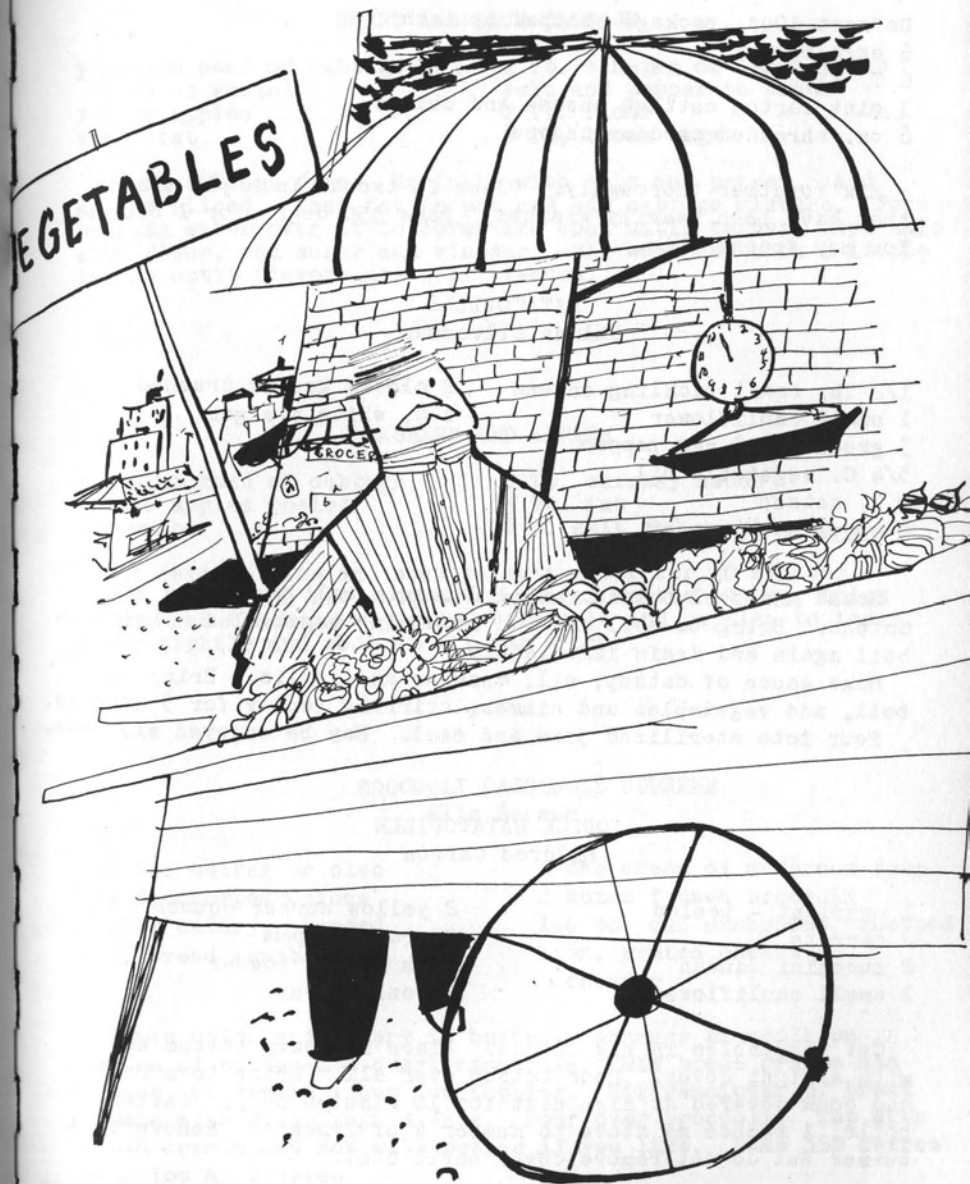


RED CABBAGE AND GREEN PEPPER RELISH
June Weiss

1 head red cabbage
2 green peppers
2 large onions

vinegar
water
salt and pepper to taste

Slice cabbage and peppers into strips. Slice onions. Place in a crock or jars. Dilute vinegar with water for desired strength. Add salt and pepper to taste. Pour over cabbage filling jars to the top. Cover and place in refrigerator and allow to stand several days before serving.



ELAINE'S SPINACH PIE
Bess Paper

Defrost 10oz. package chopped spinach
6 eggs beaten
6 T. flour
1 pint carton cottage cheese and chives
8 oz. shredded cheddar cheese

Mix together thoroughly. Place in two 10 inch pie plates that have been heavily greased. Bake 350 degr. for 1 hour. You may freeze this.

RATATOUILLE
Halina Silverman

1/2 lb. small pickling onions	2 cloves garlic crushed
1 small cauliflower	1 C. white vinegar
3 green and 3 red peppers	
3/4 C. vegetable oil	
5 C. catsup	
1 eggplant - peeled	

Scald and peel onions. Boil 2 quarts salt water and add onions. Bring to boil and add remaining vegetables. Bring to boil again and drain immediately.

Make sauce of catsup, oil, vinegar and garlic. Bring to boil, add vegetables and simmer, stirring gently for 5 minutes. Pour into sterilized jars and seal. May be enjoyed all year.

QUICK RATATOUILLE
Mildred Carron

1 eggplant - peeled	2 yellow summer squash
2 carrots	2 green peppers
2 zucchini squash	dash garlic powder
1 small cauliflower	1/4 oz. catsup

Cut vegetables in big chunks. Place in heavy bottom kettle with a tight cover. Pour catsup over all. Bring to a boil and cook covered at high heat for 10 minutes only. (After it boils, I reduce my stove to number 4 of 7 heats) Remove from burner but do not remove cover until cool.

Serve hot or cold. Will freeze and also keep in refrigerator

SWEET AND SOUR CABBAGE

1 medium head of cabbage (red or white)	2 Tb. vinegar or lemon juice salt and pepper to taste
2 sour apples	2 Tb. flour
2 Tb. fat	4 Tb. brown sugar

Shred cabbage fine. Sprinkle with salt and pepper. Add apples sliced. Heat fat in pan and add cabbage mixture. Pour boiling water over it to cover and cook until tender. Sprinkle with flour, add sugar and vinegar. Mix well and cook a little longer until flavors are well blended.

CABBAGE AND APPLES

1 medium head of cabbage	1 Tb. caraway seeds
2 sour apples peeled	3 Tb. fat
1/2 onion	2 t. salt and paprika to taste

Cut cabbage fine and soak in salt water for 10 minutes. Drain. Heat the fat, add the cabbage, apples cut up, onion sliced and the caraway seeds. Add salt and paprika to taste. Cover tightly and cook slowly for 1 hour.

BROCCOLI CASSEROLE SUPREME
Ella Berman

1/4 lb. butter or oleo	1 can cream of mushroom soup
1/2 C. chopped onions	2 boxes frozen broccoli
2 ribs celery, chopped	1-4 oz. can mushrooms, chopped
1 C. bread crumbs	4 oz. grated cheese cheddar

Saute onion and celery in butter. Arrange broccoli on bottom of buttered 2 quart casserole. Mix bread crumbs and cheese, reserving 1 cup for topping. Mix remainder of bread crumbs with other ingredients. Pour over broccoli. Top with bread crumbs and dot with butter if you like. Bake 350 degree oven for 45 minutes.

ROSE'S GEFILTE

POTATOES

Suzanne Sarnoff

6 medium potatoes	1 egg
2 onions	matza meal or bread crumbs
1 Tb. chicken fat	1 t. salt
left over meat (optional)	pinch of pepper

Cut tops off pared potatoes and set aside. Core the insides of the potatoes to make a hollow shell.

Chop together the insides of the potato, and the onions. Add fat, seasonings, egg, and enough meal or bread crumbs so that ingredients hold together. Stuff the potato shells with this mixture and cover with the tops which were set aside. Place in well-greased pan and bake at 400° 30-45 minutes. The outside of the potatoes can be brushed with melted fat so they get golden brown. If a meat roast is being made the potatoes can be baked right in the roasting pan.

If there is left over meat, it can be chopped into the filling with the rest of the ingredients.

POTATOES

STUFFED
WITH MUSHROOMS

1/4 lb. mushrooms	salt
1 Tb. chopped chives	pepper
1 Tb. bread crumbs	4 large baking potatoes
1 egg, slightly beaten	1-1/4 C. mushroom stock
	1 Tb. butter

To make stuffing, wash and peel mushrooms. Cook 15 minutes in salted boiling water. Drain and chop, reserving stock. Combine mushrooms and chives, bread crumbs and slightly beaten egg. Season to taste. Peel potatoes. Cut off slice lengthwise at top and set aside. Scoop out pocket in potato. Fill with stuffing and replace top. Place potatoes in baking dish and pour in mushroom stock, add butter, and bake in hot oven (425°) until done, about 45 minutes. Baste frequently with stock. Serves 4.

RUSSIAN STYLE

POTATOES

Bea Kahn

4 medium potatoes	Boiling water
1 small onion minced	2 Tb. butter
salt and pepper to taste	3 Tb. sour cream

Pare potatoes and cut in cubes. Place in saucepan, add onion, salt and pepper. Cover with water and simmer until tender. Drain. Add butter and sour cream and cover. Shake pan gently. Let stand a few minutes before serving. Serves 4.

POTATOES

IN SOUR CREAM

2 lbs. small potatoes	2 t. flour
salt	1 C. sour cream
3 Tb. butter	

Select uniform small potatoes. Scrape off skin and rub with salt. Wash in cold water, drain and place in heavy saucepan. Add salt, cover, and cook over low heat for 10 minutes. Shake constantly to prevent scorching. Drain off any liquid that forms. Cream butter and flour, add to potatoes and stir in sour cream. Mix well, cover and cook over low heat until potatoes are done. Add more sour cream if needed. Serves 4 to 6.

POTATO

AND CARROT CASSEROLE

6 medium-sized carrots	1 onion
4 large white potatoes	1 egg
4 large sweet potatoes	1/2 C. flour
1 t. baking powder	1/2 C. sugar
4 T. shortening	Salt and pepper

Dice carrots; cut sweet potatoes in good sized pieces; season with salt and pepper; add 1/2 cup sugar and boil in a covered kettle for about twenty minutes. Peel 4 large white potatoes, grate them, season with salt and pepper; add grated onion, flour, baking powder, egg, and shortening. Pour mixture into the center of carrots and sweet potatoes which have been put in a greased baking dish. Bake in medium hot (400°) oven for about two hours or until done.

VEGETARIAN PATTIES

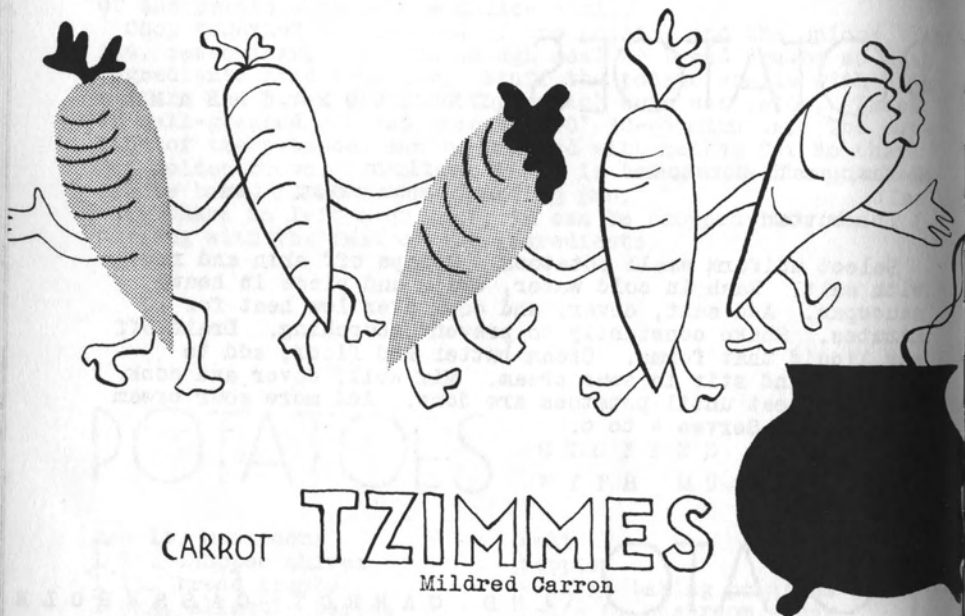
Bessie Ginsberg

1 C. dried bread crumbs
4 eggs
1/4 t. salt
a shake of pepper
a shake of garlic salt

Grind the following:

1 C. carrots
1 C. celery
1 large onion
1 C. walnuts

Mix together. Form into flat patties. Fry in oil or bake 350 degrees for 40 minutes.



CARROT

TZIMMES

Mildred Carron

2 large sweet potatoes cut in large chunks
2 large bunches of carrots sliced thin
1/2 C. brown sugar
salt and pepper to taste
1 1/2 lb. fat brisket of beef

Arrange sweet potatoes and carrots in dutch oven or roaster. Sprinkle sugar and seasonings over top. Place brisket on top, fat side up. Cover and either roast in oven (275°) or add a little water and cook over a low flame on top of stove. Add more water during cooking if necessary. Simmer or bake for about 4 hours. This is even better the next day when reheated.

CARROT TZIMMES WITH KNADLACH, A main course, See Meat Section, page 130

PRUNE AND POTATO TZIMMES I

Molly Rossin

1/2 lb. meat (flanken or chuck) 1/2 C. brown sugar
1 onion 1/2 lb. prunes
water 2 t. salt
4 medium white potatoes 1 1/2 Tb. flour
1 small sweet potato

Place meat and onion sliced at bottom of pot with water to cover. Simmer for 1/2 hour. Add vegetables, fruit, and seasonings and cook on a low flame for 1 hour longer. When ingredients are tender, make a mixture of the flour and a little water and add to the stew to thicken. Use judgment as to amount of flour necessary to make a thick gravy. The tzimmes should be thick and not soupy. This recipe will serve 4 as a side dish. It is good served with chicken or other fowl, but is too rich to eat as a main course.

PRUNE AND POTATO TZIMMES II

Roseanne Halman

1 lb. prunes soaked overnight 1 lb. beef brisket
in 3 C. cold water or salt and pepper
1 lb. tenderized prunes plus 5 med. sweet potatoes
3 C. water 1/2 C. sugar
1 Tb. lemon juice

Place prunes, water and meat in kettle, season with salt and pepper. Simmer 1 1/2 hours. Pare and slice sweet potatoes into ovenproof dish. Place meat and prunes on top of potatoes and pour liquid over it. Sprinkle sugar and lemon juice on top. Cover and bake in moderate oven (350°) about 40 minutes or until potatoes are done. Serves 4 to 6.

SWEET AND SOUR PRUNE TZIMMES, A main course, See Meat Section, page 131

BAKED LIMA BEAN CASSEROLE

Ella Berman

1 lb. dried lima beans 1 C. sour cream
3/4 C. butter 1 t. salt
3/4 C. brown sugar 1 T. dark molasses (optional)
1 T. dried mustard

Wash beans and soak for at least 1 hour. Cook in water to cover until tender - about 1 1/2 hours. Drain. Pour into 2 quart casserole or bean pot. Mix remaining ingredients. Pour over beans. Blend. Bake at 350 degrees for 1 hour.

EGGPLANT BAKED WITH TOMATOES

Ruth Brooks

Slice two unpeeled eggplants crosswise 1/2 inch thick. Drop into boiling salted water and cook for 3 minutes. Transfer to colander to drain thoroughly. Arrange slices in a large, flat, lightly oiled baking dish or cookie sheet. Spread each slice thickly with thick tomato sauce (see below), and sprinkle breadcrumbs and chopped parsley over all. (Sprinkle, optional, a few drops of oil over top). Cook uncovered, in a 300 degree oven for about 1 hour. Eat hot or cold!

Thick Tomato Sauce:

1 onion - chopped (or scallions) 1/2 t. salt
 1 T. oil 1/2 t. sugar
 1 lb. ripe tomatoes (3-4) pepper, freshly ground
 chopped 2 turns
 fresh chopped herbs of your choice - parsley, celery
 leaves, basil and/or coriander

Saute onions in oil until transparent. Add other ingredients and simmer until tomatoes are soft, thick and dry.

LECHO

Muriel Cohen

A Bulgarian Jewish dish popular in Israel

8 medium tomatoes peeled and cut in pieces
 3 large green peppers sliced thin
 2 large onions sliced thin.

These vegetables should be about equal in bulk.

4 T oil a bit of salt and pepper
 4 T raw rice 1 or 2 eggs beaten
 1/4 t sugar

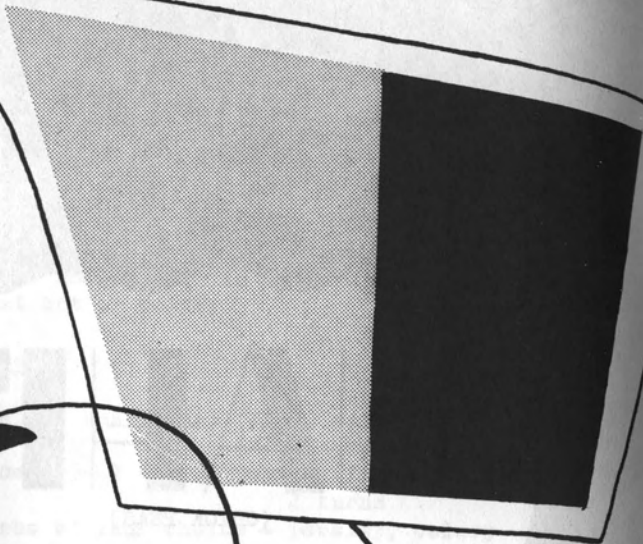
Cook peppers and onion in oil until limp but not brown. Stir in tomatoes and bring to boil. Add rice and seasonings, stir, cover and cook until rice is ready. With heat lowered, this takes about 1/2 to 3/4 hours. Remove from heat. Add eggs stirring rapidly so eggs do not congeal. This serves 8 generously as a side dish. To use as a main dish, add more eggs.

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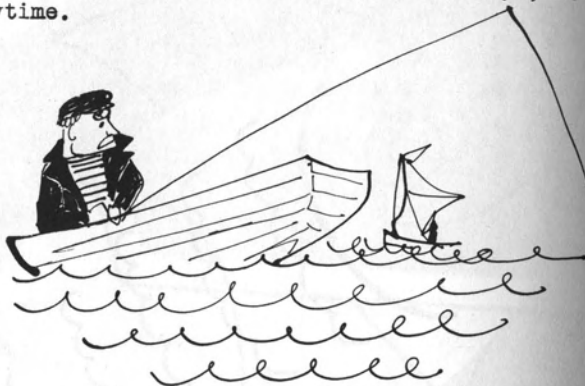
(CHICK PEAS)

Soak chick peas over night. Drain and cook in salted water, to cover, until tender. Drain, and add pepper to taste and additional salt if necessary. Serve either hot or cold.

FISH



The exact origin of gefilte fish is not known. It means literally in German Stuffed fish. It may have originated in Holland, or it may be of Russian or Polish origin, where it is commonly referred to as "Jewish fish" on hotel and restaurant menus. In Rumania and the other Balkan countries the whole fish is served with the filleted portion chopped and stuffed back between the skin and backbone. In America the filleted fish is chopped to a pulp and formed into balls. Although it probably originated as an economy dish, gefilte fish has a delicious flavor and is a treat on holidays, at parties, and anytime.



GEFILTE FISH I

1 1/2 lbs. white fish	1/3 C. water
1 1/2 lb. pike	1 egg
3 medium onions	1 Tb. crackermeal
2 medium carrots	1 t. salt
1 parsley root	1 t. sugar
1 celery root and some leaves	1/4 t. pepper

For the best results clean, fillet, and salt fish the night before and keep in refrigerator. Keep the head, skin, and all the large bones. Prepare a 4 quart pot with 2 onions sliced fine, carrots cut in round slices, parsley and celery roots cut in small pieces, and one quart of cold water. Add the fish bones and skin, and let boil about ten minutes before adding the fish patties.

Chop the fish and the remaining onions fine, adding a little water at a time. Next add egg, crackermeal, salt, sugar, and an 1/8 teaspoon pepper, chopping altogether. Fish should feel sticky against chopper, for best results.

Form into patties and place into pot carefully. When all the fish is in the pot, water should just cover it. Add the remainder of pepper and more salt if necessary after cooking one hour. Cook covered for two hours, shaking the pot once in a while. Uncover and cook for half hour longer so there will not be too much gravy. Remove fish from pot. Set aside to cool. Strain gravy. When cool, place in refrigerator to chill.

GEFILTE FISH II Hannah Zwerdling

3 lbs. fish - combine white fish, trout, pike, or pickerel	Little matza meal
2 onions	1 or 2 carrots
2 eggs	3 stalks celery
	Salt and pepper to taste

Scrape fish from bones. Slice 1 onion, carrots, and little celery into bottom of pot. Grind rest in with fish. After fish is ground, add eggs, 1/2 C. water, little matza meal, (enough to make mixture workable), and salt and pepper. Mix thoroughly in electric mixer. Wet hands and make fish mixture into balls. Drop into boiling water. There should be enough water to cover all the fish. Cook 1 1/2 hours on low heat. Variation: Instead of boiling, the raw balls may be fried in deep fat.

MOCK GEFILTE FISH Estelle Cohan

1 can pink salmon (tall)	4 Tb. (heaping) matza meal
3 eggs, separated	Salt and pepper to taste
3 Onions, (large)	2 C. water
3 carrots	Salt and pepper

Combine salmon juice, 2 sliced onions, sliced carrots, water, salt and pepper and simmer in a large shallow pan 1/2 hour. Remove skin and bones from salmon. Mash, mix well, with grated onion, egg yolks, matza meal, 1 Tb. water, and seasoning to taste. Add beaten egg whites. Form into balls, wetting hands with cold water to facilitate handling. Place in pan, cover, and simmer about 40 minutes. Serve with Beet and Horseradish Mold, page 87.



BOILED FISH POLISH STYLE
Mrs. Fajans

1 onion sliced	1 large carp (or pike, white fish etc.)
1 carrot sliced	1 to 2 Tb. fat (use only if fish is a dry type)
1 stalk celery	1 to 2 sliced potatoes (optional)
salt and pepper to taste	

Boil vegetables, salt and pepper with water to make a tasty bouillion. Add the fish sliced in chunks, or whole if preferred. If using fat, add it at this time. Cook 1/2 to 1 hour until fish is soft. Remove fish and boil down the soup until there is less quantity and there is a rich gravy. Can be served hot, or cold. Gravy will jell when chilled.

RUSSIAN FISH STEW

1 lb. white fish	3 large onions sliced
1 lb. pike	1 bay leaf
1/2 lemon	1 T. salt
6 potatoes sliced thick	1/3 t. pepper
2 carrots sliced	sprinkling of paprika
1 rib celery sliced	on fish in pot

Buy fresh fish. Two pounds will serve 2 or 3 people. Wash and slice fish crosswise into serving pieces. Do not bone. Squeeze lemon over fish and refrigerate at least 1/2 hour. In a heavy pot with a tight cover, arrange fish and cover with water. Arrange vegetables starting with onions and ending with potatoes. Cook slowly 1 1/2 to 2 hours. Serve hot or cold.

TROUT WITH LEMON SAUCE
Mrs. Ben Kaplan

2 to 3 lb. trout	2 eggs
2 onions	3 Tb. sugar
salt to taste	juice of 2 lemons
pinch of white pepper	

Boil fish with onions, salt and pepper in water to cover. Cook approximately 30 minutes. Beat eggs with sugar and lemon juice. Remove broth from fish and mix into the egg mixture. Pour back over fish and cook for 5 minutes on low heat until broth is slightly thickened and lemon colored.

PAPRIKA BAKED CARP
Bea Kahn

2 lb. carp	1/2 pt. sour cream
1/2 C. sliced onions	1 Tb. paprika
salt and pepper to taste	3 Tb. butter

Place cleaned fish in buttered baking dish. Top with sliced onions. Blend paprika, seasonings and sour cream and pour over fish. Bake at 325° for 1 hour. Baste frequently with melted butter.

BAKED MACKEREL WITH VEGETABLES
June Weiss

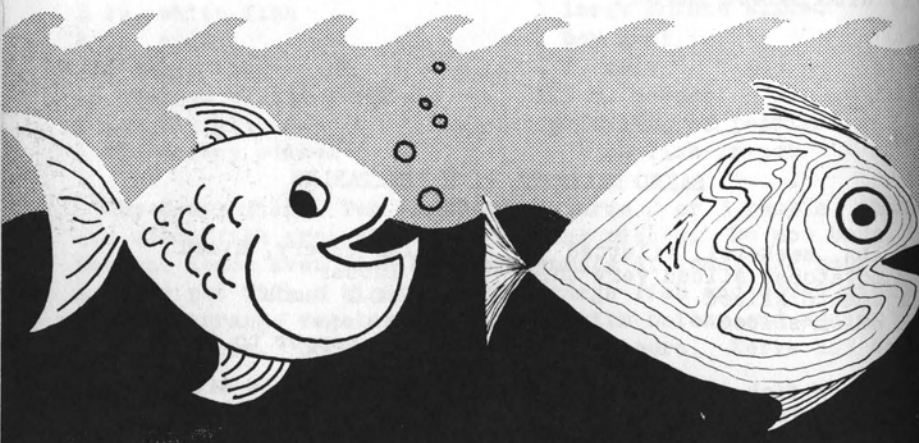
2 lbs. mackerel, filetted	2 stalks celery, diced
2 potatoes, sliced very thin	3 Tb. butter
1 tomato sliced	juice of 1 lemon
1 onion sliced	paprika
	salt and pepper to taste

Place fish in an oblong baking dish. Sprinkle with lemon juice. Put onion slices over fish, then tomato slices and diced celery. Season to taste with salt and pepper. Dot with butter. Cover with the very thin potato slices. Sprinkle with paprika. Bake in a 350° oven for about 3/4 of an hour or until potatoes are tender and slightly browned.

CREAMED MACKEREL AND POTATOES
Suzanne Sarnoff

1 mackerel (approx. 1 lb.)	1/2 C. light sweet cream
2 onions, sliced	1/4 C. milk (if necessary)
2 potatoes, sliced	salt, pepper, and paprika
butter	to taste

Place sliced onions and sliced potatoes in a well-buttered baking pan and dot top generously with butter. Put under the broiler and leave until both onions and potatoes are nicely browned; turn ingredients so that both sides get brown. Remove from broiler and place the mackerel, which has been split in half and filleted, on top of the potatoes and onions, skin side down. Season the fish lightly with salt and pepper and sprinkle generously with paprika. Dot with butter and place under the broiler again until the surface of the fish is well browned. Remove from broiler, pour cream over ingredients and place in a 350° oven for 1/2 to 3/4 of an hour, or until potatoes are tender and gravy is thick. If necessary during baking time, the milk can be added to prevent the fish from becoming too dry. Serves 2-3.



LOX AND POTATO CASSEROLE

8 medium potatoes	2 eggs
1 large onion, chopped	1/2 t. salt
1/2 pound lox	1/8 t. pepper
4 C. milk	

Butter baking dish and line bottom with thinly sliced potatoes. Dot with onion and lox. Repeat layers until baking dish is 3/4 full. Beat together milk and eggs; add salt and pepper, and pour over potatoes. Add more milk if necessary to cover. Bake in slow oven (300°) for about 1-1/2 hours until browned. Serves 6 to 8.

PICKLED HERRING I
Mrs. Ben Kaplan

2-3 large salt herring (preferably "milter" type)	1 t. mixed pickling spices
2 C. water	a few bay leaves
1/2 C. white wine vinegar	sugar to taste
	4 large onions, sliced
	1 lemon sliced

Soak herring over night or 24 hours. Change water as frequently as convenient. Skin herring and cut into chunks. Make enough liquid to cover the herrings by boiling water and vinegar in the proportions given above, doubling or tripling amounts if necessary. Add pickling spices, sugar and bay leaves to boiled mixture. Cool.

Place herring in sterilized jars and cover with the liquid. Add the sliced onions and lemon slices to each jar. Cover tightly and place in refrigerator. Let stand 3 to 4 days before eating. Will keep 1 - 2 weeks.

If milter (male) herring is used, remove the white organs from inside the herring (the milt) and mash through a strainer and add to the vinegar and water mixture. This will make the liquid a creamy white and add excellent flavor.

PICKLED



herring

PICKLED HERRING II

6 matjes herring	8 large onions
6 milt of herring	1 C. vinegar
1/2 box mixed pickling spices	1/2 pint sour cream

Skin the herring and clean inside. Soak overnight. Pound the milt on a board thoroughly. Place in a large jar and add vinegar and spices. Slice onions. Slice herring into six pieces and add with onion to vinegar and spices. Add sour cream and let stand three days in refrigerator. Serve cold. Keeps only 1-2 weeks.

PICKLED HERRING WITH CREAM
Dorothy Gerard

10 milder herring	8 bay leaves
1/4 to 1/2 C. vinegar	1 Tb. peppercorns
1 Tb. sugar	1/2 pint sour or sweet cream
4 large onions sliced	1 lemon sliced

Soak herring over night, changing water a few times. Clean thoroughly, skin and bone (optional). Cut into 1-2 inch pieces. Mash the milt (white organs within the herrings) through a strainer with a few tablespoons of the vinegar. Add herring, onions, bay leaves, peppercorns, lemon and remaining vinegar. Place in jars, cover tightly, and let stand in cool place a few days. Remove from jars, and mix cream well into the sauce, adding more if necessary to make enough sauce to cover herring. Now place in sterilized jars. Seal so that jars are air tight. Place in refrigerator. Will keep 1-2 weeks.



PICKLED LOX

2 onions	1 C. vinegar
1/2 lb. lox (cut in thick slices)	Sweet cream to taste
1/3 box mixed pickling spices	sugar to taste
	1/2 C. water

Soak lox in water to cover and add a little milk; let soak 1 hour. Boil together the vinegar, water, and pickling spices. Strain this mixture and add sugar to taste.

Drain lox and wash in cold water. Slice onions and place slices in well-washed jar. Add lox to the jar and pour half of the vinegar solution over it. To the other half of the vinegar solution, add sweet cream and pour over the lox to fill the jar. Let stand 3 to 4 days before serving. Will keep about 2 weeks.

PICKLED FISH
Freda Best

5 lb. fish, (trout, pickerel, and pike; usually one of each)	1 C. vinegar
water to cover fish	1 to 2 t. mixed pickling spices
1 large onion sliced	1/2 to 3/4 C. sugar (to taste)
salt and pepper to taste	1/2 lemon sliced
	2 large onions sliced

Clean fish thoroughly, salt it lightly, and cut up into 1 to 2 inch chunks. Do not remove bones. Place in 6-quart pot, add enough water to cover fish, 1 large onion, and salt and pepper. Boil until fish is tender but not so soft as to fall apart. Cool.

Drain off liquid and add to it approximately 1 C. vinegar, mixed pickling spices and the sugar. Boil this mixture until spices mix, approximately 20 minutes. Allow to cool.

Line a glass bowl or crock (do not use metal) with the pieces of fish. Place slices of lemon over fish and the 2 sliced onions in between layers of fish. Pour liquid over it. Cover bowl and place in refrigerator. Leave for 3 to 4 days before serving. Liquid should jell. This will keep for a couple of weeks, "if it lasts that long!"

SWEET AND SOUR FISH
Freda Best

2 lbs. white fish	a few raisins
1 C. cider vinegar	8 whole pieces allspice
2 C. water	a sprinkle of cinnamon
1 onion	5 ginger snaps
1/2 lb. brown sugar	

Boil fish and sliced onion in vinegar and water. Add sugar, raisins, allspice, and cinnamon. Cook 1 hour. Add the gingersnaps about 10 minutes before fish is finished. Cool, refrigerate and serve cold. Gravy will jell.

BAKED HERRING

2 herring (schmaltze)	1 or 2 slices enriched bread,
1 onion, chopped	soaked in milk
2 eggs, beaten	1 uncooked apple, grated
	mashed potatoes
	bread crumbs

Soak herring in water for several hours. Remove all bones and chop very fine. Brown chopped onion in butter and add to herring. Place in a casserole and cover with well-beaten eggs, bread soaked in milk, the grated apple, and a layer of mashed potatoes. Top with bread crumbs and bake in moderate oven 30 minutes. This makes a good main dish for meatless meals.

BAKED HERRING WITH ONIONS

3 herring (schmaltze)	butter
2 C. sliced onions	sweet cream

Soak herring several hours, changing water several times. Pour boiling water on onions and bring again to a boil. Drain. Skin herring, bone them, and cut in pieces to serve. Put in small greased casserole. Place drained sliced onions over herring, dot with butter, and bake in moderate oven (350°) until onions are lightly browned. Add a little sweet cream and bake 10 minutes more. Serve with baked potatoes.

BAKED HERRING, as an appetizer, See Appetizer Section, page 56.

EGGS WITH HERRING

6 oz. fillet matjes herring	1/4 C. butter
6 eggs	Chives, if desired

Chop herring; mix with slightly beaten eggs. Melt butter in pan, and when very hot, add egg mixture and chives. Stir while cooking. This makes a good breakfast dish.

LOX AND EGGS -- SUNDAY BREAKFAST DISH
Pearl Axelrod

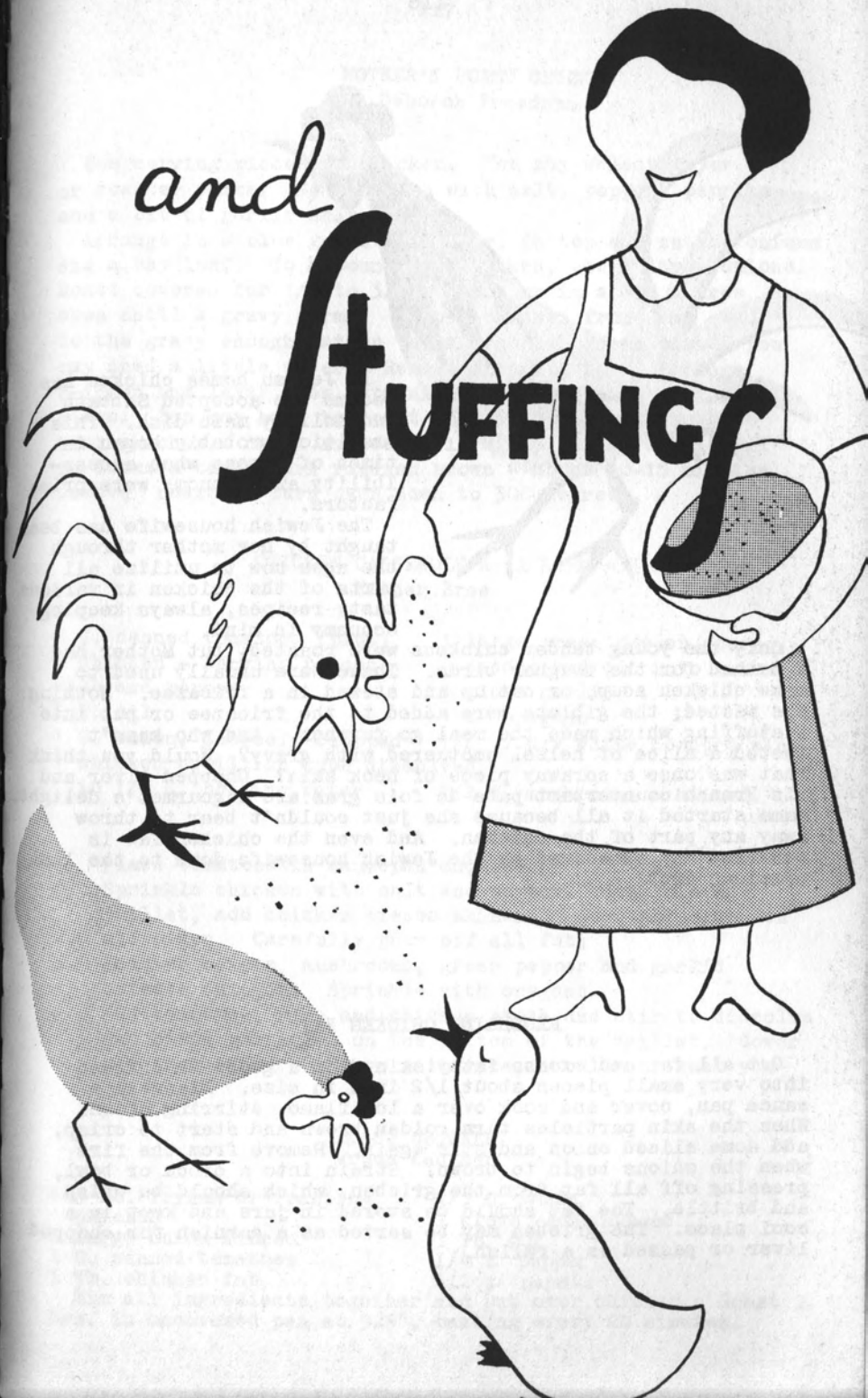
3 onions	6 eggs
3 slices lox	

Chop onions. Saute in oleo or butter. When onions start to get brown, add lox, cut up fine, and fry until lox is crisp. Beat eggs well, add to onions and lox. Fry until eggs are desired consistency. Serves 3-4. (Lox may be soaked in milk overnight or for several hours to make it less salty and more tender).

POULTRY



and STUFFINGS





In Jewish homes chicken has become the accepted Sabbath and holiday main dish. This tradition probably began in times of stress when accessibility and economy were prime factors.

The Jewish housewife has been taught by her mother through the ages how to utilize all parts of the chicken in various tasty recipes, always keeping economy in mind.

Only the young tender chickens were roasted, but Mother had a method for the tougher birds. These were usually used to make chicken soup, or cut up and stewed in a fricazee. Nothing was wasted; the giblets were added to the fricazee or put into a stuffing which made the meal go further. And who hasn't tasted a slice of helzel smothered with gravy? Would you think that was once a scrawny piece of neck skin? Chopped liver and its French counterpart pate de fois gras are a gourmet's delight. Mama started it all because she just couldn't bear to throw away any part of the chicken. And even the chicken fat is rendered and treasured by the Jewish housewife down to the last precious drop!

RENDERING CHICKEN FAT

Cut all fat and excess fatty skin from a goose or chicken into very small pieces about 1/2 inch in size. Place in a sauce pan, cover and cook over a low flame, stirring often. When the skin particles turn golden brown and start to crisp, add some sliced onion and stir again. Remove from the fire when the onions begin to brown. Strain into a crock or bowl, pressing off all fat from the grieben, which should be crisp and brittle. The fat should be stored in jars and kept in a cool place. The grieben may be served as a garnish for chopped liver or passed as a relish.

MOTHER'S ROAST CHICKEN Deborah Freedman

Use serving pieces of chicken. You may select fryer or roaster parts. Season each with salt, pepper, paprika and a bit of garlic salt.

Arrange in a blue granite roaster. On top add cut-up onions and a bay leaf. To 4 pounds of chicken, use 3 large onions. Roast covered for 1/2 to 3/4 of an hour in a 350 degree oven until a gravy forms. Remove chicken from pan. Add to the gravy enough catsup to make a rich brown sauce, you may need a little water. Remove from roaster. Arrange chicken one layer deep, spooning a little gravy over each piece. You may have to roast this twice if you have too much chicken. Roast uncovered in a 425 degree oven until it looks a tasty dark reddish brown - about 10-15 minutes. Remove roaster. Turn oven down to 300 degrees.

CHICKEN CASSEROLE A LA REHOVOTH Esther Bree

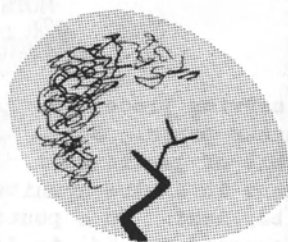
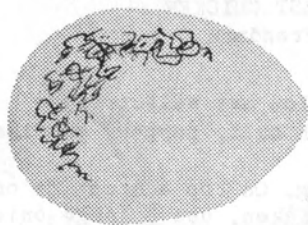
4 C. canned tomatoes (plum)	1 large green pepper, cored,
1 chicken - serving pieces	seeded and cut into cubes
salt and pepper	1 clove garlic
1 T. oil	1 t. oregano
1 C. onion, coarsely chopped	1/2 C. dry white concord wine
1 chicken bouillion cube dissolved	
in 1/2 C. boiling water	1/2 C. mushrooms - sliced

1. Place tomatoes in saucepan and reduce to 2 cups.
2. Sprinkle chicken with salt and pepper. Heat oil in skillet, add chicken pieces skin-side down and brown on all sides. Carefully pour off all fat.
3. Scatter onions, mushrooms, green pepper and garlic between chicken. Sprinkle with oregano.
4. Add tomatoes, wine and chicken broth and stir to dissolve and blend particles on the bottom of the skillet. Cover and cook 1 hour. Serve with rice, noodles or what you like.

ROAST CHICKEN Freda Kaufman

4-5 lb. frying or roasting	1/2 C. water
chicken	1 clove garlic minced
1 large onion minced	1 Tb. salt
1 C. canned tomatoes	1/4 t. pepper
1 Tb. chicken fat	1/2 t. paprika

Mix all ingredients together and put over chicken. Roast 2 hrs. in uncovered pan at 325°, basting every 20 minutes.



CHICKEN PAPRIKA
Mrs. Kish

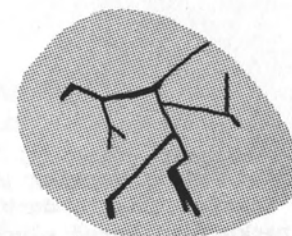
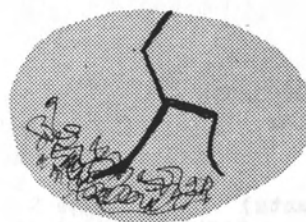
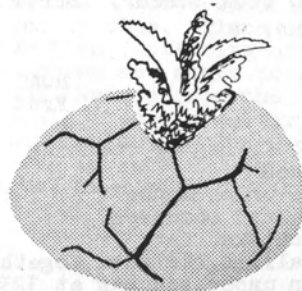
4 lb. frying chicken, cut in serving pieces	1 small tomato
3 large onions, diced	fat
1 t. imported paprika	1/2 C. water
	salt

Saute onions in fat until glazed. Add the water and cook slowly, uncovered, until the water evaporates and onions begin to melt. Add paprika and then chicken immediately so that the paprika doesn't burn, and salt to taste. Cut tomato into small pieces and add. Cook with cover slightly off, until tender. Stir often and add water as necessary. Serve with dumplings or noodles. Serves four.

BUBIE'S MEAT BALLS WITH CHICKEN GIBLETS
Bess Paper

chicken giblets - seasoned
1 lb. hamburger - seasoned and formed in balls
3 T. oil
2 t. paprika
1 onion - chopped
4 carrots - diced
4 ribs celery - sliced retaining leaves
2 cloves garlic - minced

Combine chicken parts with oil and brown in pot. Add all but meat balls. Cover with some water and bring to a boil. Add meat balls, cover pot and cook until giblets are done - about 1 hour.



EGG DUMPLINGS
Muriel Fisher

1 egg	1 Tb. water
salt	flour

Beat egg and water until frothy, add salt to taste, add enough flour to make stiff batter. Put by teaspoonsful into rapidly boiling salted water. Let cook 15 minutes. Drain in colander. Place in bowl and pour Chicken Paprika over.

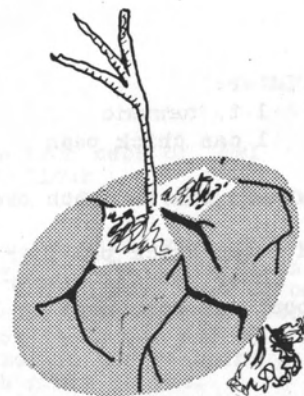
GALUSHKA -- DUMPLINGS
Mrs. Kish

These are to be served as a base for chicken or veal paprikas. This is a typical Hungarian dish.

2 1/2 C. flour	2 1/2 t. salt
2 eggs	about 1/2 C. water

Put flour in bowl; add salt and eggs. Add water gradually. Beat well. Consistency should be sticky.

Put about half of dough on a board and slice off small pieces with a table knife which has been dipped in water. Drop pieces into boiling salted water. When the dough rises to surface, boil for 10 minutes. Drain. Repeat for remainder of dough.



CHICKEN IN ORANGE SAUCE
Marilyn Krimm

2 chickens cut in serving pieces
1/2 C. raisins (light, dark or currants)
6 oz. package slivered almonds
11 oz. can mandarin oranges
6 oz. can frozen orange juice
1 T. cornstarch (Ed. for passover, use potato starch)
1/2 t each of cinnamon, cloves and nutmeg
salt
tabasco

Sprinkly chicken with salt and brown in 2 T. oil. Remove to baking dish. Cover with raisins, almonds and oranges.

In browning pan add seasonings and stir to a smooth paste. You may have to add a bit of water. Add cornstarch to orange juice to blend and then add this to browning pot. Stir all till smooth and bring to a boil, stirring constantly. When this is thickened, pour over chicken and bake covered 350 deg. for 3/4 hour. Uncover and cook till brown and tender.

Serve with rice. Tasty cold for lunch next day.

CHICKEN WITH CHICK PEAS
Bess Paper

1 chicken - cut in serving pieces
2 large onions - sliced
1 t. cumin
1 t. paprika
salt and black pepper

Add Later:

1 t. turmeric
1 can chick peas

Rub seasonings into chicken. Saute in oil in dutch oven until golden brown.

Sprinkle with 1 t. turmeric. Add 1 can chick peas, drained. Add a little water - not too much. Cover pot and simmer until chicken is done. This will take about one hour more or less, depending on size of chicken.

POULTRY STUFFING
Debby Friedman

1 loaf white bread	1/4 C. celery chopped
water	1/8 t. poultry seasoning
1 to 2 eggs	1 t. salt
3 or 4 onions chopped	1/8 t. pepper
1 Tb. chicken fat	1/2 t. sugar

Soak bread in water and then squeeze completely dry. Mash it so that it forms a smooth paste. Add eggs. Saute the onions and celery in fat until lightly brown. Add to the bread along with the seasonings and mix well. Stuff the bird loosely, sew, and roast as desired. This will make enough for a 8-10 lb. turkey.

MATZA STUFFING, See Passover Section, Page 41

STUFFED KISHKAS

Beef casings	Salt and pepper to taste
1/3 C. chicken fat	1 C. flour
3 onions	

Buy beef casings from butcher. Make filling of fat, flour and one onion chopped, and seasonings. Fasten one end of casing, stuff and fasten the open end. Plunge in boiling water and scrape surface until clean. Slice remaining onions into a greased roaster, and roast in pan slowly until well done and brown. Baste frequently with pan liquid. These can be roasted along with fowl or meat roast, also.

STUFFED HELZEL II
Dorothy Willer

Skin from neck of fowl	4 medium onions chopped
2 C. flour	salt and pepper to taste
2/3 C. chicken or goose fat	

Remove skin from neck of fowl in one piece. If torn, sew together. Wash and clean thoroughly. Mix flour, fat, onions and seasonings. Sew up one end of neck and stuff with the mixture. Then sew up other end. If any stuffing remains, place it in pan and bake along with the helzel. Roast the helzel in the roasting pan along with the fowl. Baste often with gravy in pan.



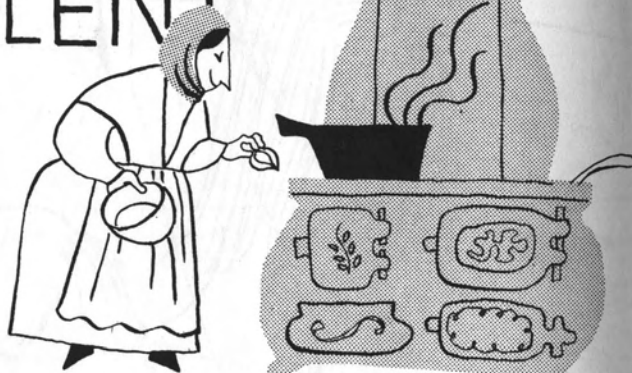
MEATS



Tcholent, called shalet in some regions, is a meal in one dish, designed to meet the need for a hot food on the Sabbath when cooking is prohibited. The origin of this dish is unknown. There is a theory that the word tcholent may have originated in France from the word chaud, meaning hot. Another theory is that it might have had its origin in the two German words, shule ende (end of synagogue services), and was corrupted in sound to the current term, tcholent.

There are several varieties of tcholent, depending on regional differences. It may be composed of very inexpensive ingredients, or include as lavish contents as the budget permits. Other vegetables than those specifically mentioned in the recipe may be added. Regardless of the ingredients, it is the method of preparation, the slow cooking or baking, that gives tcholent its character.

TCHOLENT



2 large onions, diced
2 Tb. chicken fat
1/2 lb. dried lima beans
(soaked in cold water until tender)
8-10 medium potatoes quartered

2 lb. beef (Brisket, short ribs or chuck)
2 Tb. flour
salt, pepper, paprika to taste
boiling water to cover

Saute onions in hot fat in the bottom of a Dutch oven or any other heavy iron pot with a tight fitting lid. When onions are brown, add the beans, potatoes and place meat in the center. Mix flour and seasonings and sprinkle over top. Add boiling water to cover. Close lid and cook over low heat for 3-4 hours. Lift cover to make sure no additional water is needed, cover and place in a 375° oven for 1/2 hour. Lower heat to 225 degrees and allow to stay all day or over night. Keep covered tightly, no basting, and no peeping! The pot may be given an occasional shake or two before being placed in the oven. The tcholent can also be cooked on the top of the stove. After the first 3-4 hours, place the pot on an asbestos pad over a simmer flame. The flame should be as low as possible without the danger of its extinguishing during the night. Let the pot sit on the stove until ready to serve.

ESAU'S POTTAGE

We took this recipe from an old issue of The American Weekly Housewife's Food Almanac. It was sent into them by the son-in-law of missionaries in Morocco, North Africa and among the Arabs. The dish is probably Hebrew in origin for it is the main dish throughout North Africa and Arabia. They keep the pot on the fire throwing in with the lentils whatever vegetables they have in season, with chunks of goat meat or mutton, but never, never any pork. The "pottage" is warmed up as many times as necessary until it is all eaten. It has been found that the taste improves with time and reheating. In this respect as well as in its contents there is a great similarity between this dish and Tcholent which is baked. Perhaps there is some common origin between them.

This is supposed to be the dish for which Esau sold his birthright, called in the Bible a "Mess of Pottage," and "Pottage of Lentils" (Genesis 25:34), so you can see that the dish is at least 3,500 years old.

Purists may question the fact that tomato juice was used as a cooking ingredient some 3,500 years ago. It probably wasn't and the same probably applies to some of the other ingredients mentioned in the recipe. Yet the basic dish without the modern additions might well have been the original Biblical Pottage.

1 lb. lentils
6 to 10 onions
3 C. tomato juice
1 - 2 carrots, or other vegetables in season as parsnip, parsley, root, celery, or green pepper

1 lb. meat (hamburger, or beef veal, or mutton stewing meat)
1/4 lb. suet or any other fat
2 t. salt
1/3 t. red pepper
1/4 t. black pepper

Wash the lentils thoroughly. Soaking 2 or 3 hours will hasten the cooking. Place lentils in any kettle that will hold five or six quarts; add tomato juice, onions and other vegetables, cut or chopped fine. Add a little water if necessary, but it will seldom be necessary to add more than one cup. Make half of the hamburger into small balls. Fry the other half of the hamburger and the suet in the pan "loose" with the balls, season and empty into the kettle with the lentils, gravy and all. If stewing meat is used, cut it into small pieces and fry with suet or shortening, emptying meat and gravy in with the lentils when nearly done. Add the salt and pepper, varying the amounts according to taste. Stir occasionally. Simmer or boil gently until the lentils are done, usually about an hour, or an hour and a half if the lentils were not soaked or if they were very dry. This amount will serve 6 to 8.

H O L I S H K E S

1 lb. ground beef	10-12 cabbage leaves
1/4 C. uncooked rice	1/4 C. lemon juice, vinegar, or
1 egg	1/8 t. citric acid crystals
1 onion grated	1/2 C. brown sugar
1 carrot grated	1 C. tomato sauce
1/4 t. salt	water to cover
	raisins (optional)

Combine meat, rice and egg. Add onion and carrot and salt. Blanch cabbage leaves by covering them with boiling water for 2-3 minutes. Drain leaves. Place a ball of the meat mixture in the center of each leaf and roll up, tucking in the ends securely. Place close together in heavy frying pan, add the other ingredients and enough water to cover. Cover tightly and cook over moderate heat for 30 minutes. Reduce heat and simmer 20 minutes more. Place in 350° oven uncovered for 20 minutes to brown on top. Turn rolls to brown on both sides. Hot water may be added while baking if necessary.

S T U F F E D C A B B A G E I
Bessie Sirota

2 lbs. ground beef	1 medium cabbage
2 eggs	5 medium onions diced
1 1/2 slices of crustless bread	1 can of tomatoes
salt and pepper to taste	juice of 2 lemons
	3 heaping Tb. sugar
	salt and pepper to taste

Mix meat, eggs, bread and salt and pepper. Form into balls. Core cabbage and remove the good large leaves. Place leaves in boiling water and let soak until pliable. Place the diced onions in the bottom of a dutch oven or large pot along with the excess cabbage cut up. Save some of the excess cabbage for between the layers of cabbage rolls. Put each meat ball into a cabbage leaf and roll securely. Place cabbage rolls in the pot with folded side down adding excess cabbage pieces throughout. It is not necessary to add water. Cover pot, bring to a boil and let cook on a low flame for 20 minutes. Then add tomatoes, lemon juice, and sugar. If desired, more salt and pepper to taste. Cover and cook until rolls are tender.

S T U F F E D C A B B A G E II
Rose Friedman

1 1/2 lbs. ground beef	16 cabbage leaves (approximate)
1 egg	1 to 2 pieces sour salt
1 onion grated	1/2 C. brown sugar
1/4 C. bread crumbs	water to cover
salt and pepper to taste	

Soak cabbage leaves in boiling water, (sprinkle salt on top) until pliable. Mix meat, egg, onion, bread crumbs, and seasonings and form into balls. Place each ball in a cabbage leaf. Roll up, tucking ends in securely. Boil enough water to cover with the sour salt and sugar until the seasonings mix thoroughly and the liquid tastes right. Place cabbage rolls, folded side down, into the liquid and simmer until tender. Then place in a 350° oven uncovered for 1 to 2 hours. Thicken gravy with a little flour if desired.

S W E E T A N D S O U R M E A T B A L L S
Lois Levenson

1 #2 can tomatoes	1 lb. ground beef made into
1 small can tomato soup	meat balls (with chopped
1/2 C. brown sugar	onion, salt).
Juice of 1 lemon	Water to cover meat

Make small balls of meat using your desired method. Make a sauce out of the tomatoes, tomato soup, sugar and lemon juice. Mix well, and drop the meat balls into the sauce. Add enough water so that meat is covered with sauce. Cook slowly over a low heat for 2 hours. Correct seasonings before serving.

SWEET AND SOUR MEATBALLS, As an appetizer, See appetizers Section, page 63

POTTED MEAT BALLS

Rhea Kish

1 lb. chopped beef	2 to 3 potatoes quartered
1 egg	1/4 C. water
2 onions	salt and pepper to taste
1 to 2 cloves garlic	paprika to taste
1 carrot	

Make meat balls with egg and one of the onions minced. Brown the other sliced onion along with the minced garlic in a greased skillet. Add meat balls and sear until nicely browned. Add carrot sliced, and brown. Add potatoes, water, and seasonings and cook covered until done.

BRISKET OF BEEF

Deborah Freedman

salt, garlic salt, pepper and garlic salt - to taste
3-6 onions, sliced
bay leaf
brisket of beef

Brown the brisket in a preheated dutch oven on the top of the stove. Add onions and bay leaf. Bake in a 350 degree oven, covered, till almost tender, but not quite, about 3 hours. Drain off and reserve the gravy, and let the brisket get cold. This is best if made one or two days before serving. Slice meat, return gravy to pan and reheat. It freezes magnificently.
(Ed. You may continue cooking after browning on top of the stove. Cover and turn down heat. Add carrots, potatoes or other vegetables and cook 3 hours or more till tender.)

MAMA'S JERKOYAH (Pot Roast)

Clara Seymour

3-4 lb. chuck - English cut or brisket (beef)
2-3 large onions
4 carrots
Kitchen Bouquet
1 bayleaf
2 ribs celery with leaves
1 C. water

Place sliced onion, carrot and celery in heavy pot with crushed bay leaf. Brush meat with Kitchen Bouquet and season. Place meat in pot with water. Bring to a boil and cover, reduce heat and simmer one hour. Remove meat and slice against grain. Return to pot. You may add peeled potatoes or other vegetables at this time. Cover and cook about 1 3/4 hours until tender. If this cooks dry, add a little water and reduce heat. Juice should cook down to natural gravy.

VEAL STEAK - HUNGARIAN STYLE

Ada Margolis

1 1/2 lb. veal steak	2 Tb. minced onion
1/4 C. flour	1 Tb. parsley
3 Tb. fat	1/4 T. paprika
1 clove garlic	1/4 t. celery salt
1/2 t. salt	1 C. hot white wine

Cut the veal steak into 1 inch pieces and roll in flour. Melt the fat in frying pan, add garlic and brown for 3 minutes. Discard the garlic, add onion and the veal and brown well together. Add parsley, salt, paprika, celery salt and wine. Simmer for 1 hour. Serve with mashed potatoes.

VEAL PAPRIKA

Ada Margolis

4 Tb. fat	2 Tb. paprika
1/2 C. minced onion	1 1/2 t. salt
2 1/2 lb. veal steak	1/4 C. water
1 green pepper diced	1 Tb. lemon juice

Melt fat and brown onions lightly. Add the veal which has been cut into pieces 1/2 x 1 1/2 inches, the paprika, the diced green pepper, and the salt. Brown gently. Add the water and lemon juice, cover, and cook on a low flame for about 1 hour. Add more water if necessary during the cooking. Serve with cooked noodles, or EGG DUMPLINGS, See page 119. Serves about 6.

KASHA-STUFFED VEAL BREAST

Sarah Nagler

1 C. kasha (buckwheat groats)	3 to 4 lb. veal roast
1 onion, diced	1 onion
1 egg	1 clove garlic
Salt and pepper to taste	Salt, pepper, paprika

Prepare kasha according to directions on package. Cool. Add onion which has been diced and sauted in chicken fat. Add well-beaten egg and salt and pepper to taste. Stuff this dressing into pocket of veal breast. (Have butcher make a pocket in breast.) Cook, as one would prepare a veal roast, with sliced onion and minced garlic, and seasoning to taste. Place sufficient water in bottom of pan to keep moist. Roast in covered roaster in moderate oven (325° to 350°) about 2 or 2-1/2 hours.

CARROT TZIMMES AND KNADLACH

Jean Fine

1 large bunch of carrots
water
1 lb. brisket of beef

salt to taste
2 Tb. sugar
knadlach, 2 to each person
(see recipe on page 78).

Slice the carrots into small pieces and put into 2 or 3 quart pot. Add brisket and fill pot with water. Cook for 2 hours on low heat. After 2 hours, add salt to taste, sugar and the knadlach. Cook uncovered another hour. By this time there should be practically no water left and the tzimmes is ready to serve. Watch it carefully while cooking to see that the water doesn't evaporate too fast. If necessary add some more during the cooking. This serves 2 or 3 as a main course.



For other TZIMMES recipes appropriate as a side dish and not a main course, see Vegetable Section, page 98-99.



SWEET AND SOUR PRUNE TZIMMES

Rhea Kish

2 lbs. Chuck meat
water to cover
3/4 C. tomato juice or stewed tomatoes
salt and pepper to taste
1 Tb. sugar

5 white potatoes quartered
2-3 sweet potatoes sliced
1 1/2 C. dry prunes
3/4 C. dried apricots
extra water if necessary

Sear chuck lightly in a little fat. Add water to cover and cook one hour. Add tomato juice and remaining ingredients. Cover and cook on a low flame until ingredients are tender. Add the extra water if the stew appears to be drying out. When done fruit should be mushy and gravy gets thick. Serves 4-6. Excellent if left over for the next day.

STUFFED FLANK STEAK

Bea Kahn

1 3/4 to 2 lb. flank steak
2-3 onions
2 C. soft bread crumbs
1 Tb. chopped parsley

1 Tb. savory seasoning
salt and pepper to taste
2 Tb. melted fat
1 small can tomato sauce
1 C. boiling water

Have butcher cut a "pocket" in the steak. To make stuffing add 1 grated onion, fat, parsley, seasonings to the bread crumbs. Pack the stuffing rather lightly into the pocket. After steak is stuffed, salt and pepper both sides of the meat and roll up starting with the stuffed end. Fasten the steak together with wooden skewers. Next, slice the remaining 2 onions and saute them in fat in the pan in which the steak is to be roasted. When onions are brown, then brown the steak on all sides. Add water and tomato sauce. Place in a 325° oven and roast 1 1/2 hours, basting frequently. To serve, slice and cover with the gravy from the pan.

ROASTED LAMB SHANKS

1 lamb shank per person
fat for frying
1 to 2 cloves garlic

2 to 3 sliced onions
1 eggplant unpeeled
1 can tomatoes

Brown lamb in fat, add garlic and brown. Place in a casserole, pouring fat from frying pan over lamb. Add onions sliced, eggplant cut in cubes and tomatoes. Simmer in oven for 1 to 2 hours at 350°.

CHICKEN LIVERS AND MUSHROOMS ON TOAST

1 Tb. chicken fat	2 Tb. flour
1 large onion	1/2 C. tomato juice
1 lb. mushrooms	1 C. canned peas (optional)
6-8 chicken livers	salt, pepper, paprika to taste

Dice onion and saute in fat until light brown. Slice mushrooms and add to onion. Season with salt and pepper and a dash of paprika. Add tomato juice, cover, and simmer over a low flame for 15 minutes. Add chicken livers, sprinkle with flour and mix well. Continue to cook for 10 minutes over a very low flame. Add peas the last 2 or 3 minutes before ready to serve. Serve on toast as an appetizer for dinner or main course for lunch.

SAUTED LIVER, See Appetizers Section, Page 62.

MATZA AND LIVER PIE, See Passover Section, Page 41.

SAUTED LIVER
Bea Kahn

calf's or beef liver	green peas
chicken fat	mushrooms
sliced onions	salt and pepper to taste
green pepper, sliced	

Broil liver slightly. Cut into cubes and saute in chicken fat. Add onions and green pepper and brown. When liver and vegetables are browned, add green peas and sliced mushrooms. Season to taste and let simmer until all ingredients are cooked through. Amounts used are optional and proportions are up to individual taste. Serve on noodles, mashed potatoes, or toast as an appetizer.

TONGUE WITH SWEET AND SOUR SAUCE
June Weiss

3-4 lb. fresh or pickled tongue	1/4 C. vinegar
1 1/2 C. hot water	4 ginger snaps
juice of 1 lemon	1/4 C. blanched almonds
1/4 C. raisins	
1/2 C. brown sugar	

Boil tongue until tender. Pare, slice and cover with sauce. To make sauce, mix all remaining ingredients and cook until mixture tastes strongly of sugar and vinegar. Pour over sliced tongue. Let stand until ready to serve.

PICKLED TONGUE OR CORNED BEEF I
Mrs. Ben Kaplan

4 lb. beef tongue or brisket	1 Tb. brown sugar
2 Tb. salt	3 cloves garlic minced
2-3 t. mixed pickling spices	1 Tb. saltpeter
	1/2 C. warm water

Mix salt, pickling spices, sugar and garlic together. Rub into the meat thoroughly. Place in a crock or glass bowl. Dissolve the saltpeter in the warm water and pour over meat. Cover tightly and place in refrigerator. Turn meat every other day. Leave in icebox for 1 week. To cook, place in cold water to cover. Bring to a boil and throw away the water. Cover with cold water again, bring to a boil and cook until tender.

Refrigerator for corned beef

PICKLED TONGUE OR BEEF BRISKET II
Barbara Sattinger

3-4 lb. beef tongue or brisket	1/2 t. garlic salt or 1 to 2 cloves minced
1 1/2 Tb. salt	1/8 t. allspice
1 1/2 t. sugar	1/8 t. ginger
1 t. saltpeter	1/8 t. nutmeg
2 t. mixed pickling spices	1/8 t. paprika
	1/8 t. pepper

Mix all spices together and rub into meat thoroughly. Place in covered casserole (do not use metal) and put in refrigerator. Turn meat over every 2-3 days. Leave in refrigerator 10 days to 2 weeks. To cook, place in cold water to cover and bring to a boil. Throw away this first water and cover again with cold water. Bring to a boil and cook until tender.

PANCAKES



AND PUDDINGS



POTATO LATKES

6 potatoes	pepper to taste
2 eggs	1 small onion grated
2 Tb. flour	1/4 t. baking powder
1 t. salt	

Grate potatoes and drain. Add remaining ingredients and mix well. Drop by tablespoonfuls into at least 1/4 inch deep hot fat. Fry until brown on both sides, turning only once so that pancakes do not get soggy.

HINTS FOR POTATO LATKES
Mollie Rossin

1. Before grating potatoes, grate the onions first, so that the potato doesn't stand around any longer than necessary. Add a pinch of baking soda to the potato and onion mixture. This keeps the potatoes white. This is especially good when making a kugel as you have to grate so many potatoes and they are apt to turn brown.
2. Instead of adding plain flour as a thickener, use any ready made pancake mix. This keeps the latkes light and fluffy.
3. Fry in hot deep fat and turn over only once. Latkes get soggy and heavy if turned over and over.

SOUR CREAM PANCAKES
Debby Friedman

1 C. milk	scant t. baking soda
1 C. sour cream	scant t. salt
1 C. flour	

Mix all ingredients thoroughly. Drop batter by tablespoonsful onto a hot greased skillet, to make a very tiny thin tea sized pancake. When brown on one side, turn and brown delicately on second side. Pancakes should have a soft consistency. Serve with confectioners' sugar, jam, or syrup as desired.

MATZA MEAL PANCAKES I
Lee Kaplan

3 eggs	1/2 t. salt
1/2 C. matza meal	1/2 C. water
1 Tb. sugar	

Separate eggs. Add sugar to yolks and beat until very light. Blend matza meal with water, sugar and salt and add to egg yolks. Beat egg whites until stiff and fold in to rest of mixture. Drop by spoonfuls into deep fat and fry until brown.

MATZA MEAL PANCAKES II
Sue Garnoff

2 eggs well beaten	1/2 t. salt
1/2 C. matza meal	3/4 C. milk
1 t. sugar	

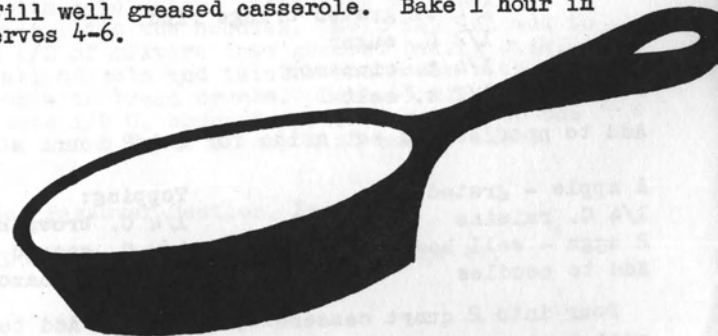
Add milk to dry ingredients and stir well. Gradually add the well beaten eggs to the matza meal mixture, blending gently. Drop by spoonfuls onto well greased pan and fry until brown on both sides. Serve with sour cream, apple sauce, or jam.

MATZA PLETZEL, See Passover Section, P. 43.

CORN KUGEL
Fanny Haber

1 can (#2) corn, whole kernels (drain well)	1/4 C. milk (or sour cream)
2 eggs	1 t. baking powder
1/2 C. cracker meal (left-over)	1/4 t. salt
cooked rice or mashed potatoes may be substituted)	1 T. melted fat or butter

Mix well. Fill well greased casserole. Bake 1 hour in 350° oven. Serves 4-6.



POTATO KUGEL

6 large raw potatoes	1/2 C. shortening (or chicken fat)
3 eggs	1 t. baking powder
1/4 C. flour	1 t. salt
1 small onion grated	dash of pepper

Grate the potatoes on a fine grater, drain off most of the water and add the remaining ingredients. Mix well. Pour into a well greased, heated pudding dish (or individual cup cake tins) and bake in a hot oven (400°) for 1 hour or until a brown crust has formed on top. Serve hot.

To make the pudding lighter in texture and color, one large cooked and mashed potato can be substituted for one of the raw potatoes.

PASSOVER POTATO KUGEL, See Passover Section, Page 43.

POTATO TAGACHS (LITTLE PUDDINGS)

Maizie Gurin

Boiled potatoes	chicken fat or butter
eggs separated (1 egg to each potato)	onions (1 medium onion to every 2 or 3 potatoes)
salt and pepper to taste	

Mash potatoes well. Add beaten egg yolks and beat until smooth. Season to taste. Fry diced onions in chicken fat or butter and add to potato mixture. Beat egg whites stiff and fold into potatoes. Bake in very well greased bowl or individual cupcake tins in a 400° oven about 30 minutes or until nicely browned.

FAYGA'S NOODLE RING

1/2 lb. broad noodles - cooked and drained
Stir 3 T. soft oleo through hot noodles

Mix well: 1 C. orange juice
1/2 t. grated orange rind
1/2 C. sugar
1/4 t. cinnamon
1/2 t. salt

Add to noodles and set aside for 1 1/2 hours at least.

1 apple - grated	Topping:
1/4 C. raisins	1/4 C. brown sugar
2 eggs - well beaten	1/2 C. ground nuts
Add to noodles	1/8 t. cinnamon

Pour into 2 quart casserole, greased. Add topping. Dot with butter. Bake 350 degrees for 1 hour.

LUKSHEN AND CHEESE KUGEL I
Shirley Ingber

1/2 lb. broad noodles	1/8 C. sugar
1/2 lb. cottage cheese	1/8 lb. soft butter
1/2 pt. sour cream	Pinch of salt
3 eggs	

Boil noodles. Mix with other ingredients. Pour into greased baking dish and bake 15 minutes at 400°, then 1 hr. at 350°. Cut into squares. Serves about 6, as a side dish.

LUKSHEN AND CHEESE KUGEL II
Halina Silverman

1/2 lb. medium noodles - cooked	
1/4 C. butter or oleo	
1/4 lb. each of cream, cottage and american cheese	
3 eggs - beaten to just mix thoroughly	
1 C. milk	
1/3 C. sugar (optional)	
1 C. sour cream	salt to taste

Mix together and place in a two quart buttered casserole. Sprinkle cornflakes on top and bake 350 degree for 40 minutes - one hour.

MATZA CHEESE KUGEL, See Passover Section, Page 43.

LUKSHEN KUGEL
Freda Kaufman

1/2 lb. broad noodles	1/8 t. salt
2 eggs	4 Tb. shortening (butter or chicken fat)
3 Tb. sugar	1/2 C. chopped seedless raisins
1/4 t. cinnamon.	1/4 C. chopped walnuts
3 Tb. bread crumbs	

Boil noodles in 2 quarts water and 1 tsp. salt. After tender, rinse with cold water. Beat eggs with sugar, cinnamon and salt. Add the noodles. Melt fat and add to mixture. Turn 1/2 of mixture into greased baking dish, sprinkle with all of nuts and raisins and cover with remainder of noodles. Top with bread crumbs. Bake 45 minutes at 400°. You can substitute 1/2 C. chopped apples for half of the raisins, or else dried fruit of any kind can be added.

APPLE AND
MATZA KUGEL, See Passover Section, Page 42

GRATED APPLE KUGEL, See Passover Section, Page 42.

KASHA
Mrs. Fajans

1 C. Kasha (buckwheat groats) 2 C. boiling water
1 egg 1 t. salt

Mix kasha and egg. Fry without fat until separated and dry. Add water and salt and cook slowly for 15 min. Serve with gravy or butter.

KASHA RUSSIAN STYLE
Mme. Pargment

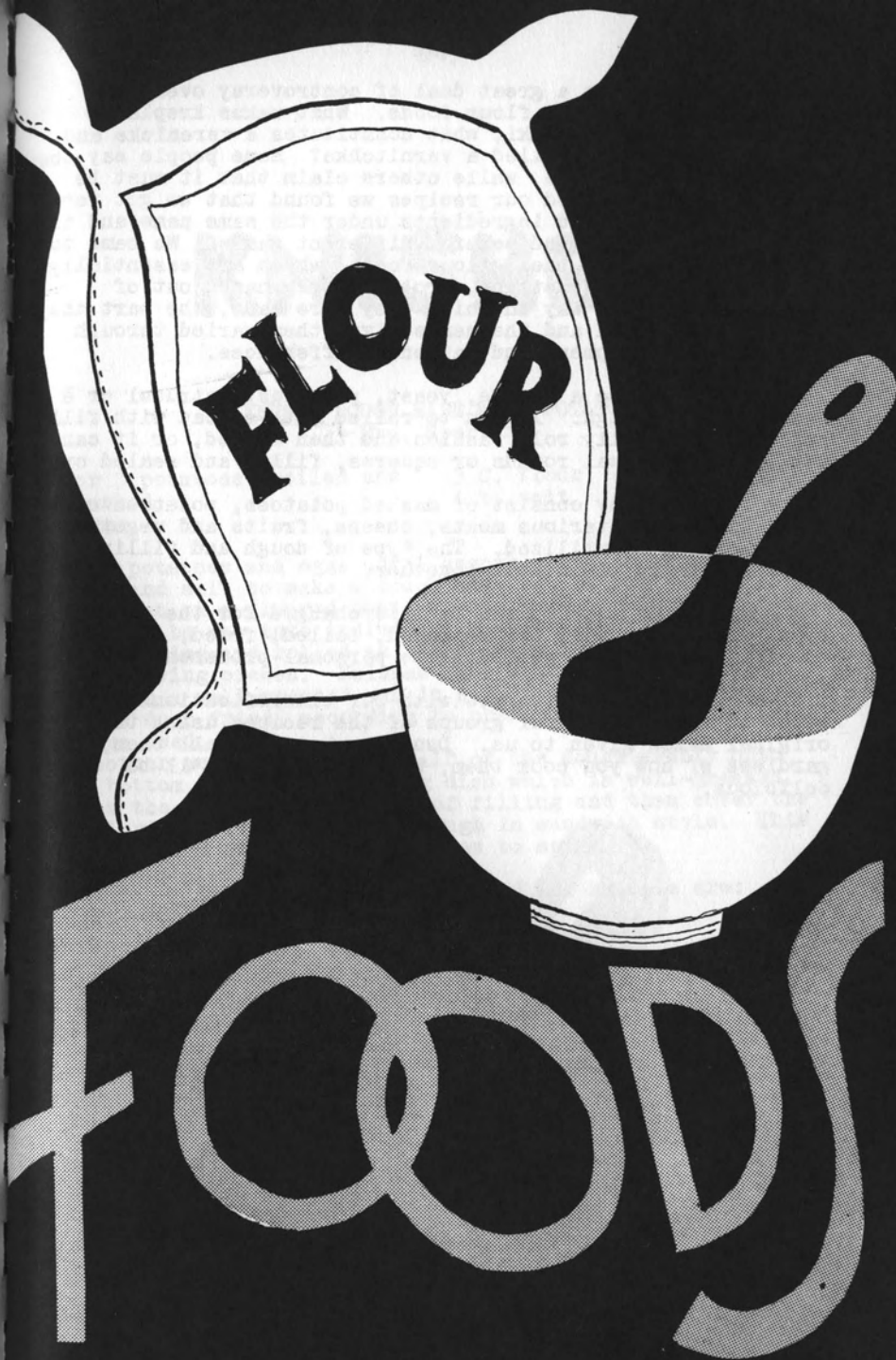
1 C. whole grain buckwheat 1/2 t. salt
groats
3-4 C. boiling water

Heat the groats thoroughly in an extremely hot oven. When the grain is hot, pour the boiling water over it and add the salt. Put in 375° oven and bake for 1 hour. Mix occasionally. Serve with rich gravy or butter.

KASHA STUFFED CABBAGE
Freda Kaufman

1/2 lb. kasha (buckwheat groats)	1 large onion
1/2 t. salt	1 small sweet red pepper
12 cabbage leaves	1 tomato
1 egg	1/2 Tb. sugar
2 Tb. butter	Sour salt to taste (or lemon)

Boil water. Add salt and kasha. Cook slowly for 15 minutes. Steam the cabbage leaves. Cool the kasha and mix with egg and butter. Roll into cabbage leaves. Make sauce of cut-up onion, tomato, red pepper, sour salt, and sugar, as well as a little butter and salt. Simmer. When sauce is brown, put in pan with rolled cabbage. Bake in medium oven for 2 hrs. (350°).



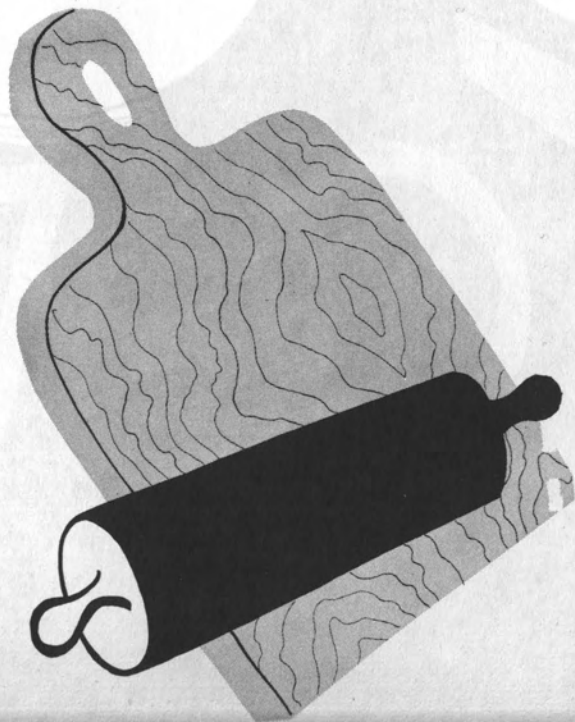
There seems to be a great deal of controversy over the classifications of the flour foods. What makes kreplach different from a pirozhki, what constitutes a verenicke and why is it sometimes called a varnitchke? Some people say that a knishe is only fried, while others claim that it must be baked. As we gathered our recipes we found that we got very different methods and ingredients under the same name and the same things were called several different names. We came to the conclusion that these flour foods, which are essentially dough filled with something, probably originated out of economy needs; the way in which they were made, the part they played in the meal and the names given them varied through historical development and national differences.

The dough can be a noodle, yeast, pie crust, strudel or a mashed potato dough. It can be rolled out, spread with filling and rolled in jelly roll fashion and then sliced, or it can be cut into individual rounds or squares, filled and sealed over.

The fillings may consist of mashed potatoes, potatoes combined with meat, various meats, cheese, fruits and vegetables. Leftovers can be utilized. The type of dough and filling combined should blend well together.

The methods of cooking can be interchanged for the different types of dough. They can be baked, boiled, fried, or any combination of these according to personal preference.

Although some may disagree with our classifications, we have tried to make meaningful groups of the recipes using the original names given to us. Despite what you call them, regardless of how you cook them, we guarantee they'll be delicious.



KNISHES

KNISHE DOUGH MADE WITH POTATOES

Mrs. Sperling

2 or 3 potatoes, boiled and mashed	3 C. flour 1 t. salt
3 eggs	

Mix potatoes and eggs until smooth. Add enough of the flour and salt to make a dough that can be rolled. Roll dough out on a floured board or cloth to 1/8 inch thickness. This can be cut into individual rounds and filled, or spread with filling and rolled as for a jelly roll and then cut into serving pieces. Knishes made with this dough can be baked on a well-greased pan in a 375° oven until brown, or can be deep fried, according to preference. Any filling may be used.

Another method is to pat half of the dough evenly onto the bottom of a square baking dish which is well-greased. Cover the dough with a layer of filling and then cover the filling with a top layer of dough in sandwich style. This can be baked and cut into squares to serve.

Other types of dough used for knishes are:

ORDINARY PIE CRUST DOUGH

YEAST DOUGH

STRUDEL DOUGH (unsweetened)

With these, the dough is rolled out as thin as possible, spread with filling, and rolled in jelly roll or strudel fashion and then cut into individual pieces. These knishes are baked rather than fried.

ROUMANIAN STYLE

KNISHES

Belle Lansky

These knishes are made in the true Roumanian style. The Hungarian people sometimes add sweet and sour cabbage and chicken grieben to the filling.

Dough made with potatoes (see onions, minced and fried recipe page 143) garlic to taste
liver, -- beef, calf, or pepper to taste
chicken chicken fat
left-over cooked meat

The amounts used are up to the individual's own judgment, and will depend on personal taste, number and size of the knishes being made. These can be made rather large and served as the major part of a meal, or can be made extremely tiny, and used as an excellent hors doeuvre.

Par-boil liver until tender. Put it through the meat grinder along with left-over meat, if it is being used. Add fried onions, and seasonings. Mix well. Add enough chicken fat to hold mixture together. Roll dough on a lightly floured board to 1/8 inch thickness. Place filling in little mounds on only half of the area of the dough. Distance between mounds will be determined by size of knishes desired. Fold empty half of dough over the side with the mounds of filling. Cut out rounds by placing a floured orange juice glass or other cutter around each spot where filling has been placed. Make sure edges are completely sealed.

Fry knishes a few at a time in hot deep fat (vegetable shortening) until brown. Drain. Place them in covered casserole and put into a 250-300° oven for 30-45 minutes. Watch to see that too much moisture doesn't collect. If so, remove cover. Knishes should come out light and puffy.

POTATO LIVER

KNISHES

Dough:
4 large potatoes
3/4 C. flour
2 t. baking powder
1 egg

Filling:
1 large onion minced
6 chicken livers
1 t. chicken fat
salt and pepper to taste

Pare and cut potatoes and boil in salted water. When soft, mash and allow to cool. Add egg, salt and pepper to taste, flour and baking powder and knead into a smooth dough. To make filling, saute the livers and onion until lightly brown. Chop finely and season to taste.

Roll potato dough with floured hands into balls of desired size. Poke a hole in the center of the ball and place a small amount of filling in the hole. Seal over the hole with the dough and flatten the ball. Fry in deep hot fat until golden brown. These can be made very small and served as an hor d'oeurve. Knishes can be half-fried beforehand, and then returned to the hot fat to brown at the last moment before serving.

M E A T

KNISHES

Rose Friedman

Dough:
3 large potatoes
2 eggs
enough flour to make dough workable
1/2 t. baking powder
salt to taste

Filling:
3/4 lb. meat (cooked and ground)
2 onions minced
chicken fat
seasonings to taste

Boil potatoes in salted water. When soft, mash and allow to cool. Add eggs and seasonings to taste. Mix well. Add enough flour to make a soft dough. To make filling, saute the onions in fat until brown and add to the ground meat. Season to taste and add enough fat to hold mixture together.

Roll potato dough with floured hands into balls of desired size. Poke a hole in the center of the ball and place a small amount of filling in the hole. Seal over the hole with the dough and pat the ball smooth. Fry in deep fat (1 inch) until golden brown. These can be made in any desired size.

AUNT SYLVIA'S POTATO KNISHES
Bess Paper

1 C. mashed potatoes salt to taste
1 egg 1 T. margarine
enough flour to make a stiff dough

Combine ingredients thoroughly. Make into little balls. Using your thumb, make a hole for filling in each ball. After filling, reshape balls to cover filling. Deep fry or bake on a greased cooky sheet in a 375 degr. oven until brown.

Fillings

1. Sauteed onions, seasoned to taste.
2. Chopped left-over cooked chicken mixed with sauteed onions and seasonings.
3. Any cooked meat, chopped and seasoned.

POTATO FILLED

KNISHES

Rhea Kish

Dough:

2 C. flour
1/2 t. salt
1 egg
3 Tb. chicken fat
1 C. cold water

Filling:

2 C. mashed potatoes
2 large onions diced
griebenes ("as much as you can lay your hands on")
salt and pepper to taste

Sift dry ingredients into a bowl. Make a well in the center and add egg and fat. Stir to combine and add a little water at a time to make dough firm enough to handle. Toss onto a floured board and knead for about 3 minutes. Divide dough into two parts and roll each separately. Roll as thin as possible, rolling from edge toward the center.

To make filling, saute the onions in chicken fat until golden brown. Add to the potatoes along with the grieben cut into small pieces. Add enough chicken fat to make the mixture have a sticky consistency. Season to taste.

Put filling on dough in a line across one end of the dough. Roll as for jelly roll until filling is covered with two layers of dough. Cut off the roll and put another line of filling on dough, etc. repeating process until all the dough and filling is used up. Cut the long rolls into pieces of desired size by pressing down on the roll with the pinky finger side of the hand all the way to the bottom so that the top layer of dough sticks to the bottom layer. Then cut completely through with a sharp knife. Turn the cake so that one cut edge is down and the second cut edge shows on the top. Flatten a little with the palm of the hand, being careful not to press open the sealed edge and expose the filling.

Bake on a very well greased cookie sheet in a 375° oven until brown. Baste once or twice during baking with melted chicken fat. These can be made in any desired size.

LIVER AND POTATO FILLED

KNISHES

Esther Cook

3/4 C. warm water	1 onion diced
1 cake yeast	chicken fat
1 Tb. sugar	salt and pepper to taste
3 Tb. chicken fat or oil	6 potatoes mashed
2 eggs	1/2 lb. liver chopped
1/2 t. salt	
3 1/2 C. flour	

Dissolve sugar in water and add salt and fat. Add yeast, mix and let stand for five minutes. Beat eggs and add the yeast mixture to them. Add all this to the flour which has been sifted, and mix well. Let stand in a warm place 3 to 4 hours until it rises. Roll out dough on a floured cloth until it is thin as possible. Use following filling:

Fry onion in fat. Add to potatoes and liver. Mix well and season to taste. Add more fat if desired to hold mixture together. Put filling on dough in a line. Roll as for jelly roll until filling doesn't show through the dough. Cut off the roll and put another line of filling on dough, etc., repeating process until all the dough and filling is used up. Cut the long rolls into 1 1/2 inch pieces and pinch the edges together, so that filling is not exposed. Bake in a well-greased pan for 25 minutes in a 325° oven.

KNISHES

KASHA
Mrs. Sperling

Dough:

1 C. flour
1 egg
2 Tb. water
1/2 t. salt
1 Tb. chicken fat

Filling:

2 large onions
chicken fat
1/2 lb. kasha (buckwheat groat)
1 egg

Add egg to the groats and mix. Place in very hot oven to brown. When kernels are completely separated and dried, remove from oven and boil 10 minutes in the top of a double boiler until tender. Set aside. Mince onions and fry in the chicken fat until lightly brown.

Mix flour, salt, egg, water and fat thoroughly to form a dough. Roll out on floured board as thin as possible. Spread the fried onions over the dough and then spread the cooked kasha over that. Roll as for a jelly roll. Cut the roll into approximately 8 pieces. Bake in 350° oven 1/2 hour. Serve instead of potatoes with a main course. The same dough can be cut into rounds, filled, sealed over, and baked individually.

RICH MAN'S FOLLY *.....

A poor man ran home in haste and told his wife breathlessly, "I've just been to see the richest man in town and I found him at dinner eating blintzes. As I stood there and smelled their delicious fragrance, the juices in me began to work. Those blintzes certainly must taste wonderful! Believe me when rich men eat something, it's something." Then the poor man sighed longingly. "Oh, if I could only taste blintzes just once!"

"But how can I make blintzes? I need eggs for that," answered his wife.

"Do without the eggs," her husband advised.

"And I'll need cream."

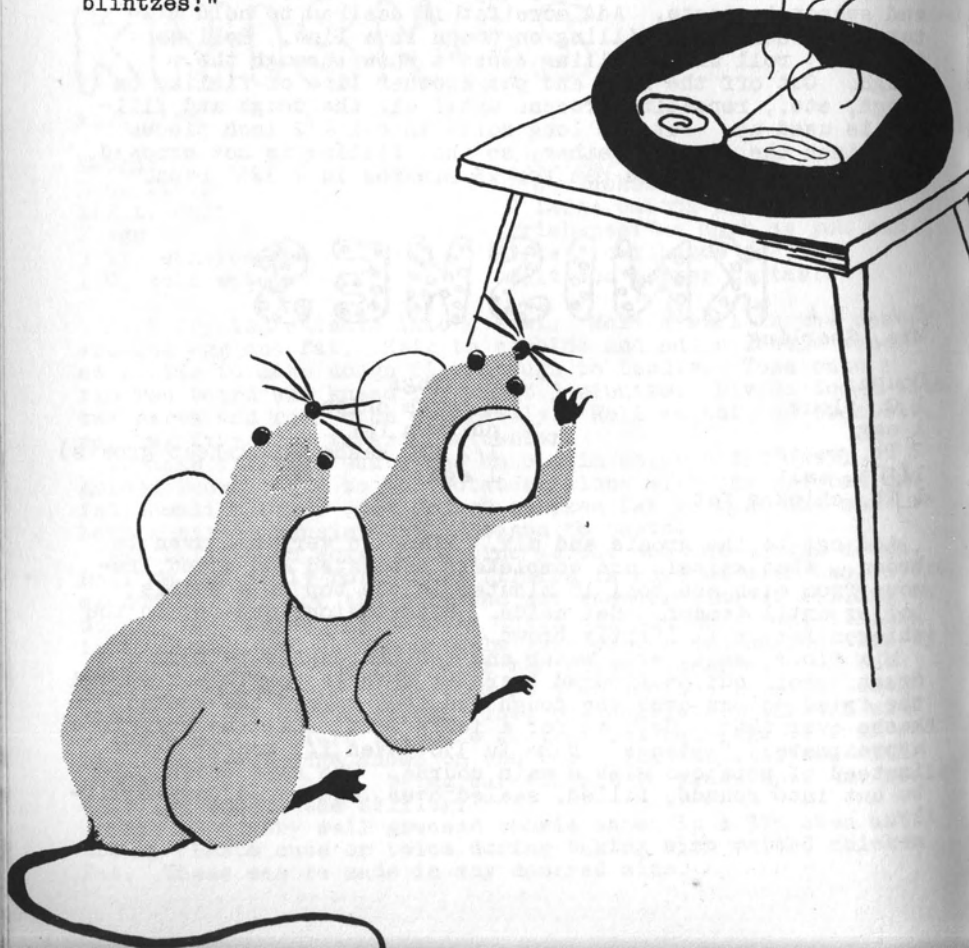
"Well, you'll have to do without the cream."

"And you think sugar doesn't cost money?"

"You'll have to do without the sugar, then."

The wife then set to work and made the blintzes, but without eggs, cream, and sugar.

With a judicious air the husband started to eat them, (chewed them slowly and carefully. Then suddenly a look of bewilderment came into his face. "Let me tell you, Sarah," he murmured, "for the life of me, I can't see what those rich people (see in blintzes!"



CHEESE BLINTZES

Esther Bree

Batter:

3 eggs and 1 egg white	2 C. sifted flour
1 C. milk	2 t. sugar
1 C. water	1/2 t. salt

Beat eggs and egg white in a bowl. Add milk and water. Sift flour, sugar and salt in a deep bowl. Add egg mixture a little at a time to the flour and beat until smooth.

Grease a small skillet and when it is hot, pour a thin layer of batter, tipping the pan to make the pancake as thin as possible. Fry only one side till firm and set. Remove to a cloth. Repeat until all the batter is used.

Filling:

1 lb. farmer cheese or dry cottage cheese	
1 3-oz. block of cream cheese	
1 t. vanilla	
1 egg yolk	dash cinnamon
2 t. sugar	dash salt

Mash cheese in a bowl. Blend all ingredients. Let stand. Place 1 T. of cheese filling in the center of each blintz on browned side. Fold over on 4 sides or roll. Fry until brown.

BLINTZES

(Cottage Cheese Pancakes)

Batter

4 eggs, well beaten
1 C. flour
1 t. salt
1 C. milk

Filling

1 1/2 lb. farmer's cheese
2 egg yolks, beaten
1 T. butter
1 T. sugar
1 T. lemon juice (optional)

Prepare the filling first. You may use your blender or electric mixer. Cream the cheese with the other ingredients, adding a bit of salt to taste. Use as much lemon juice as is needed to taste slightly tart. Some dry cheese is very tart but some may be bland.

To make the batter, add the milk to the eggs and salt. Add the flour gradually, stirring constantly until it is smooth and blended. Heat a heavy 6 inch fry pan and when it is hot, wipe the inside with vegetable shortening, using a paper towel. Pour in enough batter to make a very thin pancake, tipping the pan from side to side quickly until the bottom is covered, and then quickly pour the remainder of the batter back into the unused portion of batter. The pancake is done as soon as you can shake it loose. Cook on one side only and knock it out onto a wooden board. You may stack the pancakes to fill later. cook them.

Place a rounded tablespoon of cheese in the center of a pancake. Fold in from opposite sides and then together as an envelope. Before serving, fry in butter until brown on both sides or bake them in the oven. Serve hot with sour cream, strawberry jam or cinnamon and sugar.

POTATO BLINTZES
Suzanne Sarnoff

Batter: for 6:
1 egg
1/2 C. flour
1/2 t. salt
1 t. sugar
1/2 C. milk or water

Filling:
3 potatoes boiled and mashed
2 medium onions minced
1 egg
salt and pepper to taste

Beat egg well. Gradually add the flour and salt and sugar to make a smooth paste. Add milk slowly, thinning the mixture until it is practically a liquid. Beat constantly so there are no lumps.

Put about 3 Tb. of batter on a hot well-greased skillet about 8 inches in diameter. Turn pan from side to side in order to spread the batter quickly. Fry until light brown on one side only. Turn onto a cloth, fried side up.

Saute minced onions in butter until brown. Add to mashed potatoes. Beat egg and add to mixture. Season and beat until smooth and fluffy. Place filling in center of each pancake on the fried side. Fold dough over in envelope fashion. Fry each blintze in butter until golden brown. Serve with sour cream. The unfried blintzes can be kept in the icebox overnight and fried when needed. They should be removed from the icebox 1 to 2 hours before serving time so that filling is not ice cold when they are fried.

When making larger quantities than given above, figure on using 1 average potato to fill every 2 blintzes.

COTTAGE CHEESE PATTIES
Fanny Haber

1 lb. cottage cheese	1 t. sugar
1/4 C. cracker meal	1/4 t. cinnamon (optional)
1 egg	pie crust dough

Make rich pie crust. Roll out thin. Cut in approximate 3 inch squares. To make filling mix above ingredients until smooth. Place 1/2 Tb. of cheese mixture on each square. Fold corners to form triangles. Place on greased shallow baking pan. Dot liberally with shortening or butter. Bake one hour in 350° oven. Will make 12 to 14 patties. May be served with sour cream.

CHEESE KREPLACH I
June Weiss

Dough:
3 well beaten eggs
6 C. flour
1 1/2 C. water
pinch salt

Filling:
1 lb. cottage cheese
1/2 Tb. butter
1 Tb. sour or sweet cream
Salt and pepper to taste

Mix dough ingredients to form a medium loose dough. Divide dough into several sections. Roll out each section 1/8 inch thick. Cut into 3 inch squares. Place a spoonful of filling in center of each square. Fold dough over to form triangles. Pinch edges to seal well. After about 1/2 dozen Kreplach are made cover them with bowl to keep moist while preparing remaining ones. Boil in hot slightly salted water about 25 minutes. Remove Kreplach and place immediately in cold water. Remove from water and drain on a board, then fry lightly in butter until golden brown. Serve hot with sour cream.

CHEESE KREPLACH II
Estelle Cohan

Dough:	
1/2 pint Sour cream	3 C. sifted flour
2 eggs beaten	3 t. baking powder
4 Tb. melted butter	1 t. salt

Mix sour cream with well beaten eggs and butter. Sift dry ingredients together and add to above mixture. Knead 1 1/2 minutes -- roll until 1/4 inch thick. Cut off 4 inch squares -- on each square place one Tb. of cheese filling. Fold dough over cheese to make triangles, pinching ends firmly together. Place in buttered pan and bake in 375° oven about 40 minutes or until brown. Makes one dozen.

Filling:	
1/4 lb. Cream cheese	1 egg beaten
1/2 lb. cottage cheese	2 Tb. melted butter

Blend cheeses together -- add egg and melted butter and mix well.

PIROZHKI

PIROZHKI Mme. Pargment

pie dough
cooked soup meat
2 onions

cooked rice
salt and pepper to taste
chicken fat or oil

Grind meat with onions. Add seasonings and enough rice to make mixture hold together. Fry this gently in a little fat or oil.

Roll dough to 1/8 inch thickness. Cut into 1-2 inch rounds. Place a tablespoon of filling mixture on each round. Fold dough over to form a semi-circle and seal edges. Bake in a 450° oven until brown. Serve as an accompaniment to borscht or other soup.

PIROZHKI FILLING

1/2 lb. cooked salmon
2 hard-cooked eggs
a few mushrooms

cooked rice
salt
pepper

Chop the salmon, hard-cooked eggs and mushrooms; mix together with rice, salt and pepper. Place some of the filling on oval of unbaked pastry and cover with another oval of pastry, pressing down the edges. Repeat until all ingredients are used. Let them stand 1/2 hour; bake in moderate oven (350°) 20 to 25 minutes.

OTHER PIROZHKI FILLINGS:

1. Fry a chopped onion in fat until light brown. Combine with ground left-over meat.
2. Fry chopped onion in butter. Combine with riced potatoes.
3. Chop a hard-cooked egg. Combine with 3/4 C. cooked rice. Season to taste.
4. Drain 1 lb. sauerkraut. Cook in saucepan until almost dry. Chop an onion, fry in 2 Tb. fat. Combine fat and onion with sauerkraut.
5. Combine fruit conserve with chopped nuts.
6. Chop any dried fruits, such as prunes, apricots, or apples, add a little nutmeg.

PIROGEN Faye Woronoff

1 C. sifted flour	1 egg, well beaten
3/4 t. salt	2 Tb. warm water
1/2 C. cooked riced potatoes	1/2 C. shortening

Mix and sift flour and salt, add to potato. Make a well and add the egg and water. Mix well. Turn out on lightly floured board and knead until light and elastic. Roll out 1/4 inch thick. Cut with a floured 2 1/2 inch cutter. Roll out circles until they measure 3 1/2 inches. Fill with 2 Tb. of filling. Fold in half to form a semi-circle. Seal edges tightly. Turn 4 pirogen at a time into 1 quart boiling salted water. Boil 5 minutes, remove, drain, then fry in shortening until golden brown on each side. Serve with sour cream. (Makes about 14).

A standard yeast dough or pastry dough can also be used for Pirogen. With these types of dough the Pirogen are baked rather than boiled, on a well-greased pan in a 375° oven until nicely browned.

PIROGEN

PIROGEN FILLINGS

I CHEESE

1 lb. Farmer Cheese	2 Tb. sugar
2 eggs separated	2 Tb. honey
1/2 t. salt	1 Tb. bread crumbs

Combine cheese, yolks, and other ingredients. Beat egg whites stiff and fold into cheese. Makes 2 C. filling.

II POTATO

2 C. mashed potatoes	1/4 C. Chicken fat or other shortening
1/2 C. minced onion	1/8 t. pepper
1/2 t. salt	

Saute onions in fat until brown. Add with seasonings to potatoes. Mix well.

III. GROUND LUNG MEAT: See Appetizers Section, page 62.

IV. CHOPPED MEAT

1 lb. ground beef	1 egg
2-3 onions minced	salt and pepper to taste
fat	garlic (optional)

Saute the onion in the fat until brown. Add to the raw meat along with the egg, season to taste, and mix thoroughly.

VERENICKES WITH CREAM CHEESE

Paste:
 2 C. flour
 2 eggs
 Yolks of 2 eggs
 1/2 t. salt
 cold water

Filling:
 1 lb. cream cheese
 Sour cream
 2 egg whites
 pinch of salt

Make a stiff paste of the flour, the whole eggs and the yolks, salt, and a little cold water. Roll out very thin and cut into rounds, about three inches in diameter. Mix cream cheese, a little sour cream, egg whites, and salt, and put a little of the mixture on each round of pastry. Fold over. Press edges together, moistening with a little water. Poach in boiling salted water fifteen minutes. Serve with sour cream.

VERENICKES WITH FRUIT

2 lb. plums, cherries, or
 blueberries
 1 C. sugar
 3 C. flour

3 egg yolks
 1 C. water
 Salt

Wash fruit, cover with sugar and allow to stand. Drain the juice and boil to a syrup. If using cherries, crush a few pits and boil with the juice. Make a pastry by mixing the flour, egg yolks, water, and salt. Roll very thin and uniform. Cut into 3-inch circles. Place some of the drained fruit on each circle, dab edges with slightly beaten white of egg, fold over and press edges together with fork. Drop into boiling salted water. Drain and serve on a hot place with sugar, or the fruit syrup, or sour cream, or all three.

KASHA -- VARNITCHKES (OR VERENICKES)

1 C. buckwheat groats
 2 egg yolks
 4 C. boiling water
 1 t. salt

4 Tb. chicken fat or butter
 1 C. cooked noodle squares or
 bow-knots (verenickes)
 1 onion minced and sauted
 (optional)

Brown groats in heated frying pan stirring constantly to prevent burning. Stir in egg yolks until grains are coated. Add water, stirring constantly. Add salt and cook until tender over moderate heat. Drain off any excess water, add fat and sauted onions (if used) and noodles. Turn into a casserole and place in 400° oven for 10-15 minutes until evenly browned. Serves 3-4.



HALLAH



Hallah is literally that portion of dough used in baking which according to the law was to be separated and dedicated to God. During the time when the Temple was in existence it was given to the Priest. Afterwards the custom developed of throwing a piece of raw dough into the fire to symbolize what formerly went to the Priest. Since the kneading of the dough was done by women, it was one of the few duties which developed upon them exclusively, such as lighting the Sabbath lamps. It was a frequent custom to accompany the separation of the Hallah by making a gift and for this purpose "Hallah boxes" were often placed in Jewish kitchens and the money collected in them generally sent to Palestine. From its connection with the piece of dough, the term Hallah has come to be applied to the Sabbath or holiday loaf of bread.

MOTHER'S HALLAH

Ethel Benjamin

This recipe makes two medium sized loaves. It can also be used for other breads and rolls. (See variations, page 157.)

5 heaping C. flour	1/2 Tb. salt
1 cake yeast	sprinkle of nutmeg and ginger
3 Tb. sugar	(optional)
1/2 C. lukewarm water	1 egg
2 Tb. oil	1 C. water

Make a well in flour. Crumble yeast into well with 1 Tb. of sugar and the 1/2 C. lukewarm water. Sprinkle some of the flour lightly over the ingredients in the well, and let stand to rise for a couple of hours. After first rising, add 2 Tb. of oil and the salt. Sprinkle with nutmeg and ginger if desired. Add egg and remaining sugar. Mix thoroughly and add approximately 1 C. of water until flour mixture is completely absorbed. Mix well and let rise again for 1/2 hour.

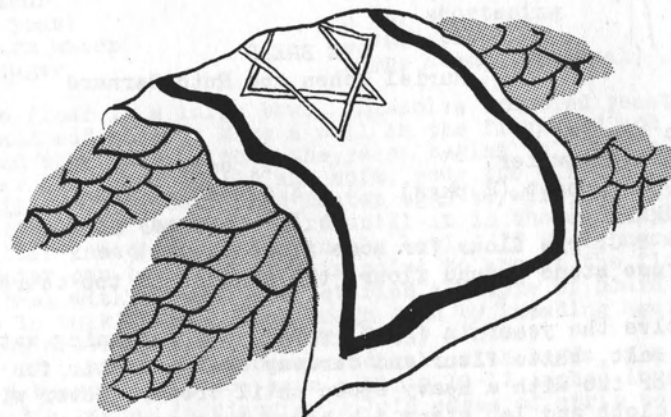
Flour a board and knead dough until fairly hard. Shape into loaf or braid and place in a pan floured on the bottom only. Bake at 350° until medium brown. Brush tops with melted butter or beaten egg before baking.

HALLAH

June Weiss

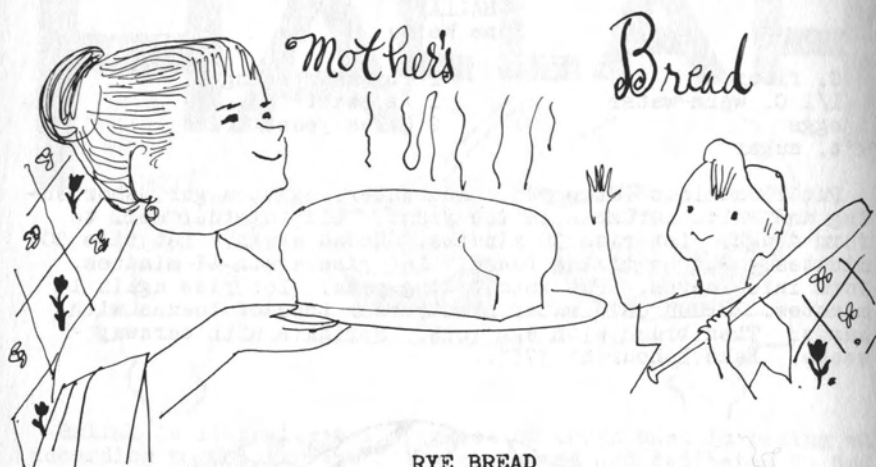
6 C. flour	1 Tb. shortening
1 1/2 C. warm water	1 Tb. salt
2 eggs	2 Cakes yeast
1 t. sugar	

Put flour into large pan. Add water, eggs, sugar, shortening and salt. Crumble in the yeast. Mix together well to form dough. Let rise 30 minutes. Knead again. Let rise 30 minutes. Put on mixing board. Let rise again 15 minutes. Form into loaves. Put into baking pans. Let rise again 15 minutes. Brush cold water evenly over tops of loaves with hands. Then brush with egg yolk. Sprinkle with caraway seeds. Bake 1 hour at 375°.



VARIATIONS FOR HALLAH DOUGH

1. Bread can be sprinkled with poppy seeds or farina before baking.
2. An onion or two can be diced up and kneaded into dough during the last step to make a delicious onion bread.
3. More sugar and raisins can be added to make a sweet Purim Hallah.
4. The dough can be used to make rolls or a soft type of bagel. To make bagels, follow instructions for bagel recipe, see page 159.
5. A very nice way to shape the Hallah is to divide the dough into four parts. Make a large braid with the first 3 strips. Divide the 4th strip into 3 parts and make a slender braid with them. Place the small braid down the center of the large braid, pressing it lightly into the groove, and sealing all ends together firmly. This makes a very attractive and traditionally shaped loaf.



RYE BREAD
Muriel Cohen and Ruth Bernard

for two loaves:

2 C. lukewarm water	1 T. salt
1/2 oz. dry yeast (2 pkgs)	4 C. white flour
2 T. sugar	3 T. caraway seeds
1 1/2 - 2 C. rye flour (or more if necessary)	

Do not use stone ground flour, the texture is too course.

Dissolve the yeast in 1/2 C. water, add remaining water, sugar, salt, white flour and caraway seed and stir for a minute or two with a heavy spoon until creamy. Cover with a damp cloth and let stand 3-4 hours in a warm place. (The sponge will be very sticky). Stir in enough rye flour to make a firm dough and knead about 5 minutes. Put in a lightly oiled bowl. Cover with a damp cloth and let rise in a warm place until doubled - about 50 minutes. Punch down and knead for 3 minutes, adding enough rye flour to make a firm dough which will hold its shape. Divide in two and shape into two loaves. Put loaves on a baking sheet sprinkled with cornmeal and let rise uncovered in a warm place until less than doubled - about 50 minutes. Heat oven to 425 degrees and put a shallow pan of hot water on the lowest rack. Brush loaves with salt water (1 t. salt dissolved in 1/4 C. water) and if you like, slash each loaf 3 or 4 times diagonally. After 20 minutes, remove the pan of water from the oven and brush again with salt water. Continue baking until done, 50 minutes to 1 hour. Remove bread to racks to cool and brush again with salt water.

(If you like kimmel rye, when you shape the loaves, knead into each loaf 1 teaspoon of kimmel.)

BAGELS
Louise Morrison

This recipe makes a soft "egg" type bagel. It is not as hard and dense as the typical "water" type bagel.

5 C. flour	2 t. salt
1 cake yeast	3 Tb. shortening
1 C. warm water	2 eggs beaten
2 Tb. sugar	poppy seeds (optional)

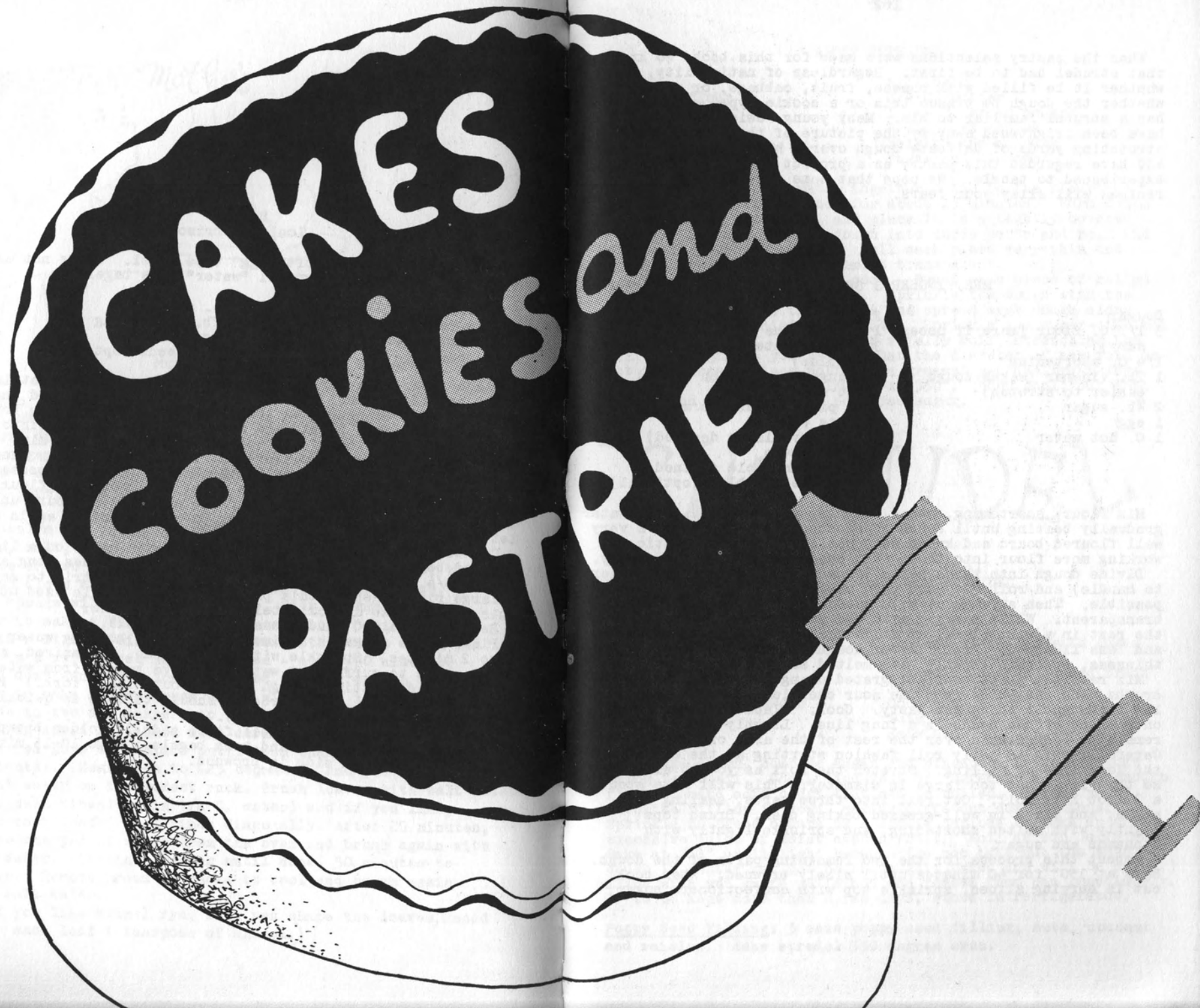
Place flour in a large bowl. Dissolve crumbled yeast in water and add sugar. Make a well in the flour and add the salt and shortening. When the yeast begins to rise on top of water and looks bubbly and soft, pour the mixture into the well in the flour. Add beaten eggs to well and mix the batter from center outward until it is thoroughly blended. When stiff knead with hands in the bowl. If it is necessary, more water can be added at this point to absorb the flour. Cover bowl with a towel and let rise a couple of hours until double in bulk. Then punch dough down by kneading again and let rise a second time, approximately 1 hour.

Cut off pieces of the dough and roll with hands on a lightly floured board, until you have a strip 10-12 inches long and 1/2 to 3/4 inches in diameter. Join edges of strip to make a large ring. Repeat this process until dough is used up. This should make approximately two dozen bagels.

Heat oven to 400° and grease the wire racks.

Place three rings at a time into rapidly boiling water for 1 to 2 minutes. Sprinkle with poppy seeds, if desired, as bagels rise to surface of water. Remove bagels from water, (they should be stiff enough to lift out with a fork.) Place on racks in oven. (This process should be done as quickly as possible to avoid excess rising).

Bake for 15-20 minutes until first side is golden brown. Reduce oven heat to 350° and turn bagels. Bake 10-15 minutes longer until second side is browned.



When the pastry selections were made for this book, we knew that strudel had to be first. Regardless of nationality, whether it be filled with cheese, fruit, cabbage, or nuts, whether the dough be tissue thin or a cookie type, each Jew has a strudel familiar to him. Many young Jewish homemakers have been frightened away by the picture of their grandmothers stretching yards of delicate dough over a huge floured table, and have regarded this pastry as a project they are too inexperienced to tackle. We hope that some of our simpler recipes will allay your fears.

MRS. INGBER'S SHTRUDEL

Dough:	Filling:
3 1/2 C. flour (more if necessary)	1 box raisins
1/4 C. shortening	3 apples grated (tart cooking apples)
1 Tb. vinegar (makes dough easier to stretch)	1 orange and 1 lemon ground
2 Tb. sugar	bread crumbs
1 egg	sour pitted cherries and juice
1 C. hot water	walnuts chopped
	jelly (any flavor desired) <u>tart</u>
	citron cut up
	crushed pineapple drained
	stale cake crumbled (optional)

Mix flour, shortening, sugar, vinegar and egg well. Add water gradually beating until dough is smooth. Place dough on a very well floured board and knead well until smooth and elastic, working more flour into it so that the dough is not too sticky.

Divide dough into three parts (or more, if you find it easier to handle) and roll out each part until it is as thin as possible. Then stretch it with hands so that it is almost transparent. While working with one part of the dough keep the rest in a warm place, as it is easier to handle when warm and less likely to crack. After dough is rolled to proper thinness, sprinkle lightly with melted shortening.

Mix raisins, grated apples, grated orange and lemon, bread crumbs, and the juice from the sour cherries and cook over a low flame until thick and pasty. Cool. Place this mixture on one end of the dough in a long line. Lightly spread the remaining ingredients over the rest of the area of dough. Carefully roll in jelly roll fashion starting at the end with the long line of filling. Stretch the roll as you go along so that it is not too large in diameter. This will make about a 3 foot long roll. Cut roll into three parts, sealing cut edges, and place in well-greased baking dish. Brush tops lightly with melted shortening, and sprinkle lightly with cinnamon and sugar.

Repeat this process for the two remaining parts of the dough. Bake at 350° for 40 minutes until nicely browned. When cool, cut in serving slices, sprinkle top with confectioners sugar.

APPLE SHTRUDEL

Dough:	Filling:
1 3/4 C. flour	3/4 C. butter
1/4 t. salt	1 1/4 C. bread crumbs
1 egg	3 lb. tart apples
1 Tb. oil	raisins and walnuts
5 Tb. water	sugar and cinnamon

Beat egg, oil, and water together. Add to the flour and salt, blending it together for about 15 minutes. Form dough into a smooth round ball and place it in a tightly covered bowl for 1 hour. Divide dough into three parts and roll and fill each part separately. Roll each piece very thin and stretch it so that it is almost transparent.

Melt butter and allow to cool. Brush each piece of rolled dough with 1/3 of the butter. Sprinkle the dough with the bread crumbs. Dice the apples and spread over dough along with some of the raisins and nuts. Sprinkle the sugar-cinnamon mixture over all. Roll as for a jelly roll, stretching the roll in length as you go, so that the diameter of the roll is not too large. Place rolls in a greased pan and brush tops with oil. Bake for 45 minutes at 350°. When cool, cut into slices and sprinkle with powdered sugar.

SHTRUDEL

PINEAPPLE JUICE DOUGH SHTRUDEL Fay Woronoff

Dough:	Filling:
1/2 C. sugar	Apples, sprinkled with sugar and cinnamon
1/2 C. pineapple juice	Any well drained canned fruit
2 eggs	Jelly
1/2 C. salad oil	Cocoanut
1-1/2 t. baking powder	Nuts
1/2 t. salt	Raisins
Flour	

To make dough, combine sugar and pineapple juice and just bring to a boil. Cool. Add rest of ingredients, using enough flour to make soft dough that can be rolled. Spread your favorite filling in rows, making different combinations. Sprinkle on bread crumbs or a little tapioca to take up the excessive juice of moist canned fruit. Roll as for jelly roll. Bake at 350° until light brown. (Do not take out too soon or dough in center may not be thoroughly baked and will be soggy.) Slice with wet knife while hot and remove from pan immediately. If to be kept more than a few days, store in refrigerator.

Poppy Seed Filling: 3 cans poppy seed filling, nuts, coconut and raisins. Bake strudel 350 degree oven.

SOUR CREAM DOUGH SHTRUDEL
Rae Lampe

This recipe was discovered at an Hadassah regional convention where it was served. After you've tried it, you'll agree with Rae that, "...it pays to go to conventions!"

<u>Dough:</u>	<u>Filling:</u>
1 C. sour cream	1 jar apricot preserves
1 C. butter	1/3 pkg. grated coconut
2 C. flour	1 4-oz. pkg. walnuts chopped
1 Tb. powdered sugar	1 small jar maraschino cherries
1 t. salt	cut up.

To make dough, mix all ingredients together thoroughly and form into a ball. Place in a covered bowl and chill in refrigerator over night. Divide dough into three parts and roll each separately between two pieces of wax paper. Roll as thin as possible.

Spread a layer of jam over the entire area of the rolled dough. Sprinkle the other filling ingredients lightly over the jam. Roll up as for a jelly roll. Tuck the ends of the roll in so that the filling is all covered with dough and can not run. Place rolls on an ungreased cookie sheet and bake for 40 minutes or until delicately browned in a 350° oven. Cut into slices of desired size while hot.

SHTRUDEL-CAKE ROLL
Fay Woronoff

<u>Dough:</u>	<u>Filling:</u>
1 C. shortening	Apples, sprinkled with sugar
1 C. sugar	and cinnamon
1 egg	Any drained canned fruit
3 full C. flour, sifted	Jelly
1 t. baking powder	Coconut
1 t. baking soda	Nuts
3/4 C. orange juice	Raisins
1 t. vanilla	

To make dough, cream sugar and shortening. Add other ingredients, leaving flour until last. Add enough flour to form fairly loose dough. (Too much flour will make the dough tough). Divide into five or six portions. Roll out one at a time on floured board, patting down with hand quite a bit. Spread any combination of fillings in rows. If canned fruit that is quite moist is used, sprinkle on bread crumbs or a little tapioca to take up the juice in baking. Roll as for jelly roll. This will be very difficult to roll, but moisten hands and keep patching holes in dough where necessary. Transfer to cookie sheet. Bake in medium oven until light brown. Slice while hot. If to be kept more than a day or two, store in refrigerator.

APPLESAUCE CAKE
Tillie Gerber

1/2 C. butter (1)
1 C. sugar (2)
3 eggs (5) beaten until light
1/2 C. chopped nuts (1)
1 C. chopped raisins or currants (2)
2 C. sifted cake flour(4)
1 t. baking soda (2)
1/2 t nutmeg (1)
1/2 t cinnamon (1)
1 C. unsweetened applesauce (2)

Cream butter and sugar. Add eggs. Sift flour with dry ingredients and spices. Add applesauce, then flour and then stir in fruits and nuts. () indicate double recipe to be baked in 9 X 13 pan. Bake this for 1 hour at 350. You may bake in layers for 25 minutes. Normal recipe may be baked in loaf pan or 8 X 8 square pan 350 oven for 25 min.

EGGLESS CHOCOLATE CAKE
Ella Berman

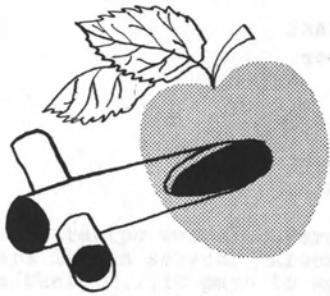
3/4 C. flour	2/3 C. oil
2 C. sugar	2 C. orange juice or
1/2 C. cocoa	water
2 t. baking powder	

Sift dry ingredients. Make a well and add oil and liquid. Beat well until blended. Bake in a 9 X 13 greased pan at 350 degrees for 30-35 minutes. Frost if desired.

APPLE SQUARES
Ella Berman

2 C. flour	1 t. cinnamon
1 3/4 C. sugar	3 eggs
1 C. oil	1 C. chopped walnuts
1 t. baking soda	2 apples grated
1/2 t. salt	

Sift dry ingredients. Mix until fluffy, oil, eggs and sugar. Add apples and mix. Stir in flour, add nuts and pour into 3 quart greased glass baking dish. Bake 325 degree oven for 1 hour. Cool and cut into squares. May be dusted with powdered sugar or served with whipped topping.



LITHUANIAN GOOSEBERRY KUCHEN OR SHTRUDEL
Rhea Kish

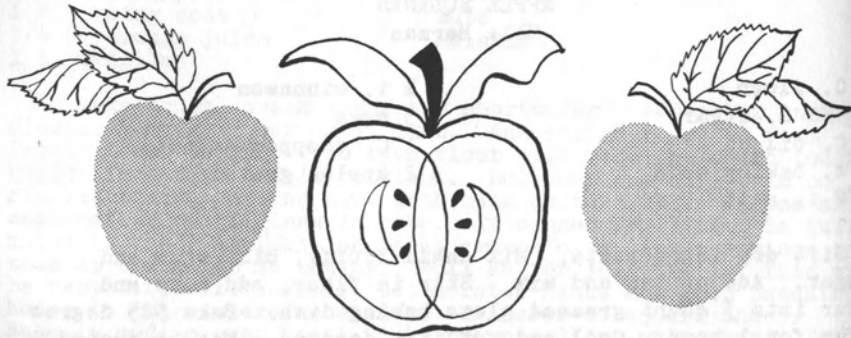
3 eggs	1/2 C. sugar
1 Tb. water	2 t. baking powder
1/2 C. shortening	1/2 t. salt
1 t. lemon extract	approximately 2 C. flour
grated rind of a lemon	Gooseberry or any tart jam

Beat eggs well. Add water and 1/2 C. sugar and lemon rind. Mix well. Melt shortening and allow to cool. Add to the egg mixture along with the lemon extract. Sift dry ingredients together and add enough of the flour to the mixture to make a dough which can be rolled.

Divide dough in half, and roll out one half at a time. Roll into a rectangle about 1/8 inch thick. Spread generously with gooseberry jam or any tart heavy jam. Sprinkle generously with the following:

grated coconut	tiny currants
chopped nuts	chopped dried fruits, (dates, apricots, prunes)
raisins	dried peel fruit or citron

Not all of the above ingredients are essential, but can be used according to taste. When dough is thoroughly covered with filling ingredients, roll as for a jelly roll. Repeat for other half of dough. Place rolls on a greased cookie sheet and bake in a 375° oven for 20 minutes to a half hour. When cool slice in 1/2 to 1 inch pieces.



The torte is the Jewish counterpart of the pie, with this difference: whereas in the pie, the filling plays the most important part, in the torte, the filling must share honors equally with the crumbly cookie dough crust that surrounds it. Like the pie, however, the torte may be filled with any kind of fruit, and instead of a top layer of dough, a lattice top may be used.

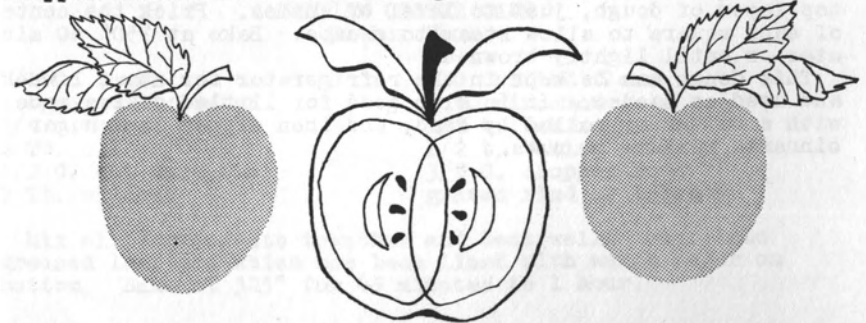
HUNGARIAN APPLE CAKE OR TORTE
Mrs. Kish

12 apples, pared and sliced	1 egg
1 C. sugar	grated rind of 1 lemon
1/2 lb. sweet butter	5 Tb. sour cream (when making cookies, use half milk and half sour cream)
3 C. flour	extra sugar
1/4 t. salt	apricot jam and cinnamon and walnuts
Minute tapioca	

Sprinkle 1/4 C. sugar over apples and let stand while preparing dough. Crumble together the butter, flour, salt and 3 T. of sugar into a course mixture. Make a well in the center and add the egg and lemon rind. Blend together. Add 4 Tb. of the sour cream and blend. Add the rest of the sour cream, blending well. Knead dough on a floured board until smooth. Divide into three parts.

Roll out one part of dough on lightly floured board and place on bottom and partly up the sides of a greased large cake pan. Prick the dough with a fork. Sprinkle just enough Minute Tapioca to cover dough. Sprinkle dough with 1/8 C. sugar. Spread apples over and sprinkle with 1/4 C. sugar and lightly with cinnamon.

Roll out second part of dough quite thin and cover apples. Trim off excess and prick with fork. Spread with thick apricot jam. Roll out third part of dough (not so thin) and cut into long strips. Lay strips over top diagonally. Stir an egg white lightly and brush over strips. Sprinkle with chopped walnuts and a little sugar. Bake 1 hour at 350°.



MRS. INGBER'S APPLE CAKE OR TORTE

Dough:	4 C. flour
1 C. sugar	2 t. baking powder
1/2 C. shortening or butter	Filling:
2 eggs	5-6 large tart cooking apples
1/4 t. salt	unpeeled
1 C. liquid (juice of 1 lemon and 1 orange)	juice of 1/2 lemon
	3/4 - 1 C. sugar to taste
	1 t. cinnamon

Cream sugar and shortening well. Add eggs and beat thoroughly. Mix dry ingredients and add to batter alternately with the liquid, mixing thoroughly. Roll approximately 1/2 the dough on a floured board to 1/4 inch thickness. Place in greased 9x13x2 pan and spread the dough so that it lines the bottom and sides of the pan. A larger pan can be used if desired. The recipe will make one 9x13x2 inch cake with a little dough left over for cookies. Half the recipe will fill an 8x8x2 inch pan.

To make filling, remove core from the apples and without peeling, grate them on a very coarse grater, sprinkle with lemon juice and add sugar to taste. Amount will depend upon the natural sweetness of the apples. Add cinnamon and mix well. Spread filling over dough in pan evenly. Sprinkle the top lightly with a sugar cinnamon mixture.

Roll other half of dough to 1/4 inch thickness. Place on top of layer of apples and pinch it against the sides of the pan to seal over filling. Sprinkle surface lightly with a few drops of water and then rather generously with the sugar and cinnamon mixture. Mark off squares by cutting through the top layer of dough, just to level of apples. Prick the center of each square to allow steam to escape. Bake at 350° 40 minutes or until lightly browned.

This dough can be kept in the refrigerator for about 1 week and used as needed. It is also good for little cookies made with a cutter or rolled by hand, and then dipped in a sugar cinnamon mixture or nuts.

HONEY CAKE I
Mrs. Ben Kaplan

4 eggs	5 1/2 C. flour
1 C. white sugar	2 t. baking soda
1 C. brown sugar	2 t. baking powder
6 Tb. oil	2 t. cinnamon
1 lb. honey slightly warm	2 t. allspice
1 C. warm strong coffee	1 C. walnuts or almonds chopped
grated rind and juice of an orange	10-12 half walnut meats

Beat eggs well. Add sugar, oil, honey, coffee and orange juice and rind. Mix thoroughly. Sift all dry ingredients and add gradually to mixture, mixing well. Add chopped nuts. Bake in two large greased loaf pans. Place half walnut meats on top of cake. Bake at 325 degrees for 1 hour.

HONEY CAKE II
Hannah Zwerdling

3 C. flour	1 C. strong coffee
1 1/2 t. baking powder	1 C. honey
1 t. baking soda	1 C. shortening
1 t. cinnamon	4 eggs, separated
1/2 t. mixed spices	1 C. brown sugar
1/2 t. ginger	1/2 lemon, juice and rind
1/4 t. salt	

Sift dry ingredients. Cream shortening and sugar. Add four egg yolks and honey and mix well. Then add flour and coffee alternately. Add juice of the lemon and little rind and beat well. Beat egg whites until stiff and fold in.

Put into 2 greased loaf pans which have been sprinkled with flour. Bake at 350° for one hour.

RUSSIAN COFFEE CAKE
Esther Cook

1/2 C. sugar	2 C. sifted flour
2 eggs, well beaten	1 t. cinnamon
3/4 C. honey	1/2 t. baking powder
2 Tb. oil	1/2 t. baking soda
1/2 C. hot dark tea	3/8 C. chopped nuts
2 Tb. whiskey	grated rind of 1 lemon

Mix all ingredients together and beat well. Pour into greased loaf pan which has been lined with waxed paper on bottom. Bake at 325° for 45 minutes to 1 hour.

YEAST CAKE

Basic Sweet Dough Recipe

2 Cakes fresh or dry yeast	2 well beaten eggs
2 C. lukewarm milk	7 to 7 1/2 C. enriched flour
1 C. sugar	1/2 C. melted butter
2 t. salt	

Crumble yeast into mixing bowl. Stir in lukewarm milk, sugar, and salt and let stand until yeast is dissolved. Stir in well-beaten eggs. Add half of the flour. Beat until mixture drops from spoon in a steady stream about 5 minutes. Stir in melted butter. Stir in remaining flour with hand, adding just enough to make a soft dough. Mix well. Then knead until smooth and elastic. Round up.

Place in floured bowl, cover with cloth. Let rise in warm place. When double in bulk punch down and cover. Let rise again overnight. Dough will be just right in morning for coffee cakes, or coffee rings. Prepare and shape as desired with sugar, cinnamon, raisins and nuts. Bake at 375° until nicely browned. Baking time will depend upon bulk of the rolls or loaves made.

REFRIGERATOR YEAST DOUGH

Mrs. Steiner

4 C. flour	1 C. sugar
2 cakes yeast	6 eggs
1/2 lb. <u>oleo only</u> (butter is too heavy, vegetable shortening not rich enough)	1 1/2 C. milk, cold

Dissolve yeast in milk. Cut oleo into flour with knife or pastry blender as for a pie crust. Beat eggs well and add to flour mixture. Add yeast and milk to flour mixture. Mix well. No kneading necessary. Cover and place in refrigerator. This dough can keep 1 to 2 weeks, and can be used as needed, for coffee cake, rolls, etc. When ready to use, remove dough from refrigerator and let rise at room temperature for 1 hour. Then form into desired shapes and let rise again until double in volume. Bake at 350°, time depends upon bulk of what is made.

PUTTERCHUCHEN
Dorothy Willer

1 2/3 C. scalded milk	1/3 C. warm milk
2 Cakes yeast	6 eggs beaten
2/3 C. sugar	7 to 7 1/2 C. flour
1/2 lb. oleo or butter	1/2 t. salt

Dissolve yeast in the 1/3 C. of milk. Let stand. Put butter into scalded milk until melted. Add sugar. When milk and butter are cool, add yeast mixture. Add beaten eggs. Then add flour to mixture, a small amount at a time until dough is stiff enough to knead. Knead until smooth and elastic. Let rise to double in bulk. Punch down, knead slightly, let rise again. Take 1/2 dough and roll to 1/3 inch thickness. Sprinkle with sugar, cinnamon, brown sugar, melted butter, and nut meats if desired. Roll as for jelly roll. Cut in 1 1/2" pieces, place cut side on buttered pan or in muffin tins. Bake at 375° until well browned, about 20 minutes. Use remainder of dough as desired. Shape rolls, loaves, etc. -- raisins also can be added.

KULICH

Mme. Pargment

This is a sweet rich cake characteristic of Old Russia's holiday breads.

1 C. milk	1 C. sugar
1/2 lb. butter	4 eggs
2 cakes yeast	6 C. flour
1/4 C. water warm	3/4 to 1 C. raisins (seedless)

Scald milk. When hot add the butter and let it melt. When the liquid is cool add the yeast which has been softened in the warm water. Add sugar, eggs and flour, and mix well. Add raisins. No kneading is necessary. Cover dough and let rise in a warm place a few hours. Put dough into two buttered and floured pans and let rise again until double in bulk before baking. Use 1 lb. coffee cans as pans. If desired let dough rise above top of can in mushroom shape, or else place a wax paper extension above top of can to form tall cylinders. Bake in 400 degree oven 45 minutes. Slice in circles to serve.

PARVE CAKE
Esther Cook

1/2 C. Spry	4 eggs
1/2 C. orange juice	2 1/2 C. flour
1 1/2 C. sugar	2 1/2 Tb. baking powder
Juice of 1/2 lemon	

Cream shortening and sugar. Add egg and beat well. Add juices. Sift dry ingredients together and add, gradually to mixture. Bake in greased 8x8x2 pan at 350° for one hour.

ORANGE FRUIT CAKE
Rose Friedman

1/2 C. butter	1 t. baking soda
1/2 C. white sugar	1 C. buttermilk
1/2 C. brown sugar	1 C. dates chopped
2 eggs	1/2 C. walnuts chopped
2 Tb. orange rind	1/4 C. flour
2 C. flour	

Cream butter with sugar until light and fluffy. Add eggs and beat well. Add orange rind, then sifted flour and baking soda alternately with the milk. Mix dates and nuts with 1/4 C. flour and add to mixture. Put into a greased and lightly floured 8x8x2 inch cake pan. Bake at 350° for 40 minutes.

ICING

juice of one orange	1/4 to 1/2 C. sugar
remaining grated rind	

While cake is baking, mix juice, rind and sugar and allow to stand, stirring occasionally. After removing cake from oven, pour this mixture over it. Allow cake to cool in pan.

CARROT AND NUT CAKE

3 eggs separated	1/2 C. chopped walnuts
1/2 C. shortening	1 C. flour
1 C. sugar	2 t. baking powder
1 t. lemon juice	1/8 t. salt
1 C. grated carrots	

Beat egg yolks and sugar well. Add shortening and lemon juice, beating until smooth. Add carrots and nuts mixing thoroughly, then gradually blend in flour and baking powder. Beat egg whites until stiff and fold into mixture. Bake in a greased tube pan in a 350° oven for 35 minutes or until done.

AUNT LENA'S
cheese cake

Eunice Cook

This recipe is the only one Eunice knows that is cheese cake with a "Yiddisha Tom". It was given to her by an aunt who demonstrated it for a Haddassah Chapter. The secret lies in the use of Farmer Cheese which gives it its unique taste. The farmer cheese is very easy to handle, blends easily, is moist and not crumbly like cottage cheese. It has a delicious flavor.

Crust:	1/2 t. salt
18 graham crackers	1 can evaporated milk (large)
1/4 C. butter melted	1 t. vanilla
Filling:	2 Tb. lemon juice
1 lb. farmer cheese	2 Tb. flour
1 C. sugar	4 eggs separated

Break graham crackers into fine crumbs and mix well with melted butter. Pat mixture onto the bottom of an 8x12 inch pan to form an even crust.

Mix all the filling ingredients together except the egg whites. Beat well so that mixture is smooth and creamy. Beat the egg whites until stiff and fold gently into the cake mixture. Pour into crumb crust and bake for 1 hour at 350°. Allow cake to cool in oven with the door open. This prevents excess falling in. However, the cake will drop a little. Don't worry about it as it is unavoidable.

FAYGA'S CHEESE PIE
Mildred Carron

Make a graham cracker crust. Reserve 1/2 C. to decorate top. Double recipe for 9 X 13 pan.

8 oz. cream cheese	2 eggs - add one at a time
2 T. flour	2/3 C. milk
2 T. soft butter	1 small (flat tin) crushed pineapple

Use electric mixer. Add one ingredient at a time. Bake 35 minutes in 350 degree oven.

HAMANTASHEN

HAMANTASHEN DOUGH

Ada Margolis

2 1/2 C. Flour	1/4 C. melted butter
2 t. baking powder	1 egg
1 t. salt	3/4 c. Milk
1/2 C. Sugar	

Mix well the flour, baking powder, salt, sugar, butter, egg and milk, and knead well. Roll the dough out thin, and cut into rounds 2 inches in diameter. Place a spoonful of Hamantashen filling in center of each round, draw up three sides, and pinch sides together in the form of a triangle. Place on a buttered cookie sheet, and bake at 375 degrees for 30-45 minutes or until delicately brown.

HAMANTASHEN COOKIE DOUGH

Ada Margolis

1/2 C. Butter	2 t. baking powder
1 C. Sugar	2 Tb. Milk
1 Egg	Vanilla or lemon flavoring
2 C. Flour	

Cream together the butter and sugar, and add the egg. Mix and sift flour and baking powder, and add a little of this mixture to the creamed butter and sugar. Add the milk. Add remaining flour mixture. Add flavouring extract. Roll dough out, cut into rounds, fill with a spoonful of filling, form into triangles and bake at 375 degrees for 15-30 minutes until delicately browned.

Any sweet yeast cake dough can be used for Hamantashen. Some people prefer an unsweetened Hallah dough. When using yeast dough, roll as thin as possible, shape and fill, and then allow cakes to stand a while to rise before baking. Use oven temperature recommended for the type of dough used. Bake until lightly browned.

HAMANTASHEN POPPY SEED FILLING I

Ada Margolis

1 egg	1/4 lb. poppy seeds
1/4 C. sugar	

Pour boiling water over poppy seeds, let stand until seeds have settled at bottom, and drain. Put seeds through finest blade of food chopper. Add egg, stirring it in well, add sugar, and mix thoroughly.

HAMANTASHEN POPPY SEED NUT FILLING

Ada Margolis

1 C. poppy seeds	2 Tb. corn syrup
2 Tb. butter	1 C. milk
1/2 C. chopped nuts	1 Tb. chopped citron
1/2 C. raisins	1 t. vanilla

Put poppy seeds through finest blade of the food chopper, and mix with remaining ingredients, except vanilla. Let mixture cook over slow fire until thick, stirring often. Let cool and add vanilla.

HAMANTASHEN PRUNE FILLING

Ada Margolis

Grated rind of 1 lemon	1/2 lb. prunes
2 t. lemon juice	

Soak prunes over night. Cook in water in which they were soaked until soft. Drain well. Remove stones from prunes and cut into small pieces. Mix with grated rind and juice of lemon.

GRANDMA SADIE'S HAMANTASCHEN

7 C. flour - measure, then sift	4 eggs - beaten
1 lb. butter or oleo	2 t. vanilla
2 C. sugar	1/4 C. milk
2 t. baking powder	

Cream butter and sugar until light. Add eggs, vanilla and milk. Sift baking powder with flour and stir into batter. Chill until firm enough to handle.

Roll out on floured pastry cloth. Cut in rounds and fill with a teaspoon of ready-to-use poppy seed, apricot or almond filling. Press 3 edges to middle to form a 3 sided cookie. Bake at 375 degrees 15 minutes or until brown.

EGG KICHLACH
Estelle Cohan

1 1/4 C. sifted flour
1 t. baking powder

1/4 t. salt
2 eggs

Sift dry ingredients together. Beat eggs, add to dry ingredients and mix to a soft dough. Knead dough well. Roll out to 1/4 inch thickness. Sprinkle with sugar. Prick all over with a fork. Cut into diamonds about 3 inches long. Sprinkle pan with flour. Place Kichles on it. Bake at 375° until brown, about 20 minutes.



KICHLACH

KICHLACH
Amelia Needle

1 1/4 C. flour
2 Tb. sugar
1/2 C. oil

1/4 t. salt
3 eggs
3 Tb. fine poppy seeds (optional)

Sift together dry ingredients. Make a well in the center and add eggs. Beat with a fork until smooth. Add oil and mix well. Drop from a teaspoon on lightly greased cookie sheet at least 1 inch apart. Bake 20 minutes at 325° until lightly brown at edges and puffed.

SNOW BALLS OR HEIZENBLOZEN

2 eggs
1/8 t. salt
1 1/3 C. flour (approx.)

1/2 C. powdered sugar
1 t. cinnamon
oil or shortening for deep frying

Mix eggs, salt and flour and knead until the dough is soft, and elastic. Roll out on a lightly floured board to a thick sheet. Cut into 2 inch squares. Make a slit through the center of each square and pull one corner of the square through the slit. Drop into hot fat and fry until a delicate brown, turning if necessary. They must be watched so that they do not become too brown. They will puff into all sorts of odd shapes while frying. Drain on absorbent paper and while hot, sprinkle with powdered sugar and cinnamon.

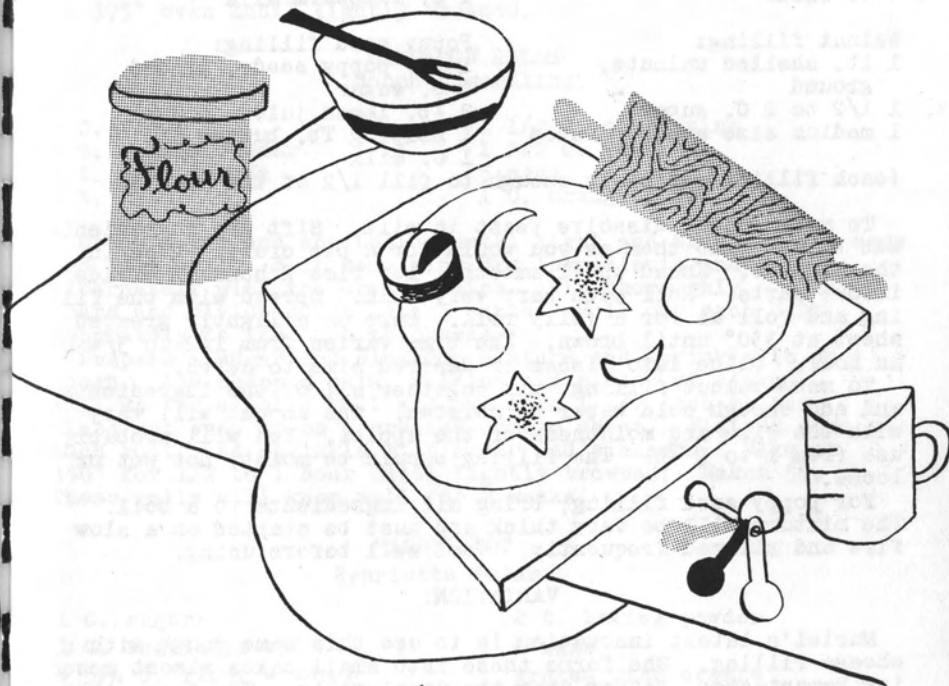
LOVE KNOTS
Tillie Gerber

Work together with hands:

1 C. butter
2 C. flour
1/2 C. sugar

4 raw egg yolks
1 cooked, crumbled egg yolk

Chill one hour. Pinch off small portions and roll into lengths 3/8 inches thick. Tie loose bowknots. Bake 350 for 12-15 minutes until slightly brown. Makes 5 dozen.



POPPY SEED COOKIES
Anya Finkle

4 C. flour (more if necessary) 3 eggs
1 t. baking powder
1 C. oil
1 C. sugar

1/2 C. poppy seeds
juice of 1 large orange
1 t. grated orange rind

Cream sugar and eggs. Add oil and juice and then poppy seeds. Mix thoroughly. Add dry ingredients gradually mixing well. Roll out a small amount at a time on a well floured board to 1/8 inch thickness. Cut with cookie cutter or glass into desired shapes. Place on a greased cookie sheet and bake in a 350° oven for 10-15 minutes or until nicely browned.

JULIA'S NUT AND POPPY SEED ROLLS
Muriel Fisher

Dough:

1 C. butter	2 Tb. sugar
1 cake of yeast	4 egg yolks
4 C. flour	1 C. lukewarm milk

Walnut filling:

1 lb. shelled walnuts,
ground
1 1/2 to 2 C. sugar
1 medium size apple, grated

Poppy seed filling:

1 lb. poppy seeds, ground
2 C. sugar
3 Tb. lemon juice
1 heaping Tb. butter
1 C. milk

(each filling recipe is enough to fill 1/2 of the dough).

To make dough, dissolve yeast in milk. Sift dry ingredients, cut butter into them as you would for a pie crust. Toss in the liquids. Knead until smooth. Let rise 2 hours. Divide into 4 parts. Roll each part very thin. Spread with the filling and roll as for a jelly roll. Bake on a lightly greased sheet at 350° until brown. The time varies from 1/2 to 3/4 of an hour. Slice into pieces of desired size to serve.

To make walnut filling, mix together all of the ingredients and add enough cold water to moisten. The amount will vary with the size and moistness of the apples. You will probably use from 1 to 2 Tb. The filling should be moist, not wet or loose.

For poppy seed filling, bring all ingredients to a boil. The mixture will be very thick and must be started on a slow fire and stirred frequently. Cool well before using.

VARIATION:

Muriel's latest innovation is to use this same dough with a cheese filling. She forms these into small cakes almost resembling hamantashen, rather than the usual rolls. Try them, they are out of this world!

1 scant lb. cottage cheese	1/2 C. sugar
3 egg yolks	lemon flavoring (optional)

Put cheese through a sieve, add remaining ingredients and beat until smooth and creamy. Cut dough into squares and press onto bottoms of the hollows in a cupcake tin. Use one that makes the tiniest sized cakes. Fill each cake with a little cheese and fold over the corners of dough toward the center of the cake. Bake at 350° until brown.

SPICE COOKIES
Rose Friedman

1/2 C. butter	2 1/2 C. flour
1 1/2 C. brown sugar	1 heaping t. baking soda
1/2 C. dates chopped	1 t. cinnamon
1/2 C. raisins chopped	1 t. nutmeg
1/2 C. walnuts chopped	1 t. mace
2 eggs	1 t. salt
1 C. milk	1 t. vanilla
2 1/2 C. oatmeal	

Cream butter and sugar until light and fluffy. Add eggs and beat well. Then add raisins, dates and nuts and blend. Add vanilla and oatmeal and mix thoroughly. Sift flour, soda, and spices together twice and add to mixture alternately with the milk. Drop by teaspoonfuls onto greased cookie sheet and bake in 375° oven until lightly browned.

CINNAMON ROLLS
Hannah Zwerdling

6 C. flour	1 1/2 C. shortening
5 t. baking powder	1 1/2 C. sugar
1 t. baking soda	5 eggs
1 t. salt	1 C. orange juice

Cream sugar and shortening until light and fluffy. Add eggs and beat well. Sift remaining dry ingredients and add alternately with the orange juice. Mix thoroughly. Flour a board and divide dough into 3 parts. Roll out each part separately to 1/4 inch thickness.

Prepare a sugar and cinnamon mixture and sprinkle it on dough. Add chopped nuts, raisins and pieces of citron. Roll as for a jelly roll and cut into 1 1/2 inch slices. Place cut ends up on a greased cookie sheet. Flatten down each roll, and sprinkle with sugar and cinnamon. Bake at 350° for 1/2 to 1 hour until lightly browned. Makes 50. These rolls will keep well for 2 weeks.

MANDELBROT
Henrietta Sklar

1 C. sugar	2 t. baking powder
1 C. Vegetable oil	4 eggs
4 3/4 C. flour - sifted	grated rind orange
1/2 t. soda	1 T. orange juice
1 t. salt	1/2 C. chopped almonds

Mix sugar and oil in mixer. Sift flour 3 times with salt, soda and baking powder. To sugar mixture, add eggs one at a time. Beat well after each egg is added. Add rind of the orange, juice and almond. Stir in flour mixture. This makes a stiff dough. Refrigerate overnight.

Shape dough into a wide strip 1 1/2 to 2 inches by 16 inches long. Bake on a greased sheet 350 degrees for 20 minutes. Then cut into 1/2 inch wide slices. Slices are laid flat on cooky sheet, sprinkled with sugar and baked for 10 minutes. Turn bottom side up, sprinkle with sugar and return to oven for 10 minutes more.

Mandelbrot will keep for a month in a tin. You may freeze.

SOUR CREAM STRAWBERRIES
Frozen Dessert

- 1 10oz. frozen strawberries or 1 pt. fresh
1/2 C. sugar
1 pint sour cream
1 T. lemon juice

Mix sugar with strawberries and lemon juice with sour cream. Stir together. Pour into freezer tray and freeze at least 3 hours before serving. Do not stir. Serves 4.

VERTOOTEN

LITTLE CHEESE CAKES
Sara Mintz

- | | |
|----------------------|--------------------------|
| Dough: | Filling: |
| 2 C. flour | 1 lb. dry cottage cheese |
| 1/4 lb. butter | 2 egg yolks |
| 1/2 t. baking powder | 2 t. sugar |
| 1/2 C. sour cream | |
| 1/4 t. baking soda | |
| 1 egg | |

Cream shortening, add egg and sour cream. Beat well. Add flour and other dry ingredients to form a dough. Mix well. Roll dough out as thin as possible. Spread with melted butter. Put cottage cheese through a sieve, add eggs and sugar and beat until smooth and creamy.

Spread filling over dough. Roll as for a jelly roll, cutting the roll off the rest of the dough when it is 3/4 inch in diameter. Repeat, making several thin rolls until the dough is used up. Cut rolls into 3 inch lengths and form each length into a spiral or snail shape which should be 2 to 3 inches in diameter. Brush tops of snails with melted butter and bake at 350° for 25 minutes.

POPPY SEED CAKE

- | | |
|---------------------|-------------------------------|
| 1/2 lb. butter | 1 tsp. baking soda |
| 1/2 pint sour cream | 2 C. flour |
| 1 1/2 C. sugar | 3 tsp. vanilla |
| 4 eggs separated | 1 box poppy seeds (2 1/2 oz.) |

Mix until blended butter, sour cream, sugar and egg yolks. Sift baking soda with flour and add to butter mixture. Stir in vanilla and poppy seeds. Fold in stiffly beaten egg whites.

Pour into a greased and floured 9 x 13 cake pan. Bake in a 350 degree oven for 1 hour.

ROGELACH
June Weiss

- | | |
|----------------------|-------------------------|
| 2 C. flour | 6 Tb. sugar |
| 1/2 lb. butter | 1/2 C. walnuts, chopped |
| 1/2 lb. cream cheese | 1/2 C. raisins, chopped |
| 2 Tb. cinnamon | |

Mix flour, butter and cream cheese. Place dough mixture in waxed paper and leave in refrigerator overnight. Roll out dough using a small amount at a time, to 1/4 inch thickness on floured board. Cut with round medium cookie cutter. Roll each circle with rolling pin once again. Fill with mixture made of sugar, cinnamon, nuts and raisins. Roll as for a jelly roll and shape into a horseshoe or crescent. Bake at 375° on ungreased cookie sheets. When cool sprinkle with powdered sugar.

This same dough is excellent filled with apricot jam and shaped into small turnovers.

Rogelach

ROGELACH - 1974
Clara Seymour

- | | |
|-----------------------------|----------------------------|
| 4 C. sifted flour | Filling: |
| 1/2 t. salt | 1 C. sugar |
| 1 cake yeast | 3 egg whites, beaten stiff |
| 2 1/2 sticks butter or oleo | 1 C. walnuts, chopped fine |
| 3 egg yolks slightly beaten | 1 t. vanilla |
| 1/2 C. sour cream | |
| 1 t. vanilla | |

Sift flour and salt together. Crumble yeast into flour. Cut butter into flour as for pie crust. Add egg yolks, sour cream and vanilla and mix thoroughly. Divide into 6 parts and chill overnight.

For filling, beat egg whites until fluffy and then gradually add sugar until thick and shiny. Fold in nuts and vanilla. Prepare this when ready to bake.

Dredge a pastry cloth with powdered sugar. Roll each piece of dough into a circle not too thick, and cut into 8 wedges. At wide end, place 1 t. filling. Roll loosely from wide end to point. Bake on ungreased cookie sheet 400 degree for 15+ min. Remove and sprinkle with powdered sugar.

SOUR CREAM HORNS OR CORNUCOPIAS

Clara Seymour

1 C. shortening	1 C. jam
2 eggs separated	1/8 C. bread crumbs
1 C. sour cream	1 1/4 C. crushed nuts
3 1/2 C. flour	
1 t. salt	

Cream shortening and add egg yolks and sour cream. Add dry ingredients to form a dough. Mix well. Roll out dough to 1/8 inch thickness and cut into 2 inch squares. Mix the jam, bread crumbs and 1/2 C. of the nuts together. Place this jam mixture on each square of dough in a line going diagonally across the square. Form squares into a horn shape, pinching pointed end together tightly to make sure it is completely sealed. Beat egg whites to form a meringue. Dip the wide open end of each horn first into the egg whites and then in the remaining crushed nuts, so that the horn is sealed over with a puff of meringue and none of the filling shows.

Place on an ungreased cookie sheet and bake at 350° 20 to 30 minutes. Makes approximately 50 horns.

HUNGARIAN PASTRY

Bessie Ginsburg

1/2 C. butter	1/2 t. baking powder
1/2 C. sugar	Thick jam or jelly (preferably with tart flavor)
1 t. vanilla	1 C. nut meats
2 egg yolks	2 egg whites
1 1/2 C. sifted flour	2 Tb. sugar
1/8 t. baking soda	

Cream butter, add sugar, vanilla and egg yolks gradually. Beat mixture until light. Add flour sifted with soda and baking powder and mix until smooth. Press mixture evenly into square cake pan, spread dough with thick preserves and sprinkle with half of the broken nut meats. Make a meringue of the whites and 2 tablespoons of sugar and spread over the nuts. Sprinkle top with remaining nut meats. Bake in moderate oven 325° from 30 to 35 minutes. Serve in squares.

APPLE COFFEE CAKE

Halina Silverman

1 1/2 C. flour	1/2 t. vanilla
1/2 C. sugar	1/3 C. melted oleo
2 t. baking powder	2 medium apples - sliced
2 eggs - beaten	1/3 C. brown sugar
1/2 C. milk	cinnamon

Sift flour, sugar and baking powder together. Add eggs, milk, oleo and vanilla. Stir until blended. Pour into 9 X 9 X 2 greased pan. Decorate with rows of sliced apples. Sprinkle brown sugar and cinnamon on top. Bake at 350 degrees until nicely browned and apples are soft - about 25 minutes.

COFFEE CAKE

Mildred Carron

2 1/2 C Flour	3 eggs
3 tsp. baking powder	1/4 lb. margarine
1 tsp soda	1/2 C. shortening
1/2 tsp. salt	1 C. sugar
1 C. sour cream	

Cream shortening and sugar. Add eggs one at a time beating until fluffy. Add dry ingredients which have been sifted together, alternately with sour cream. Just stir in until well blended and pour into a greased 9 X 12 pan or a tube pan.

Topping

- 1 C chopped nuts
1/2 C. granulated sugar
1 t. vanilla

Pour 1/2 the batter, top with 1/2 the topping, pour remainder of batter and top with remainder of topping. Bake 350 degr. 35 - 40 minutes.

- 1/2 C. brown sugar
2 t cinnamon
1/2 C. coarsely chopped walnuts or pecans.

Mix together and sprinkle on top. Bake 350 degr. for 35 to 40 minutes.

For a less rich cake, omit 1/2 C. shortening and use only 2 t. baking powder.

GLAZED FRESH APPLE COOKIES

Tillie Gerber

2 C. sifted flour	1/2 t. salt
1 t. soda	1 t. cinnamon
1/2 C. soft shortening	1 t. cloves (optional)
1 1/3 C. brown sugar packed down	1/2 t. nutmeg
1 egg unbeaten	1 C. chopped nuts
1/4 C. apple juice or milk	1 C. chopped raisins
1 C. finely chopped unpared apple	

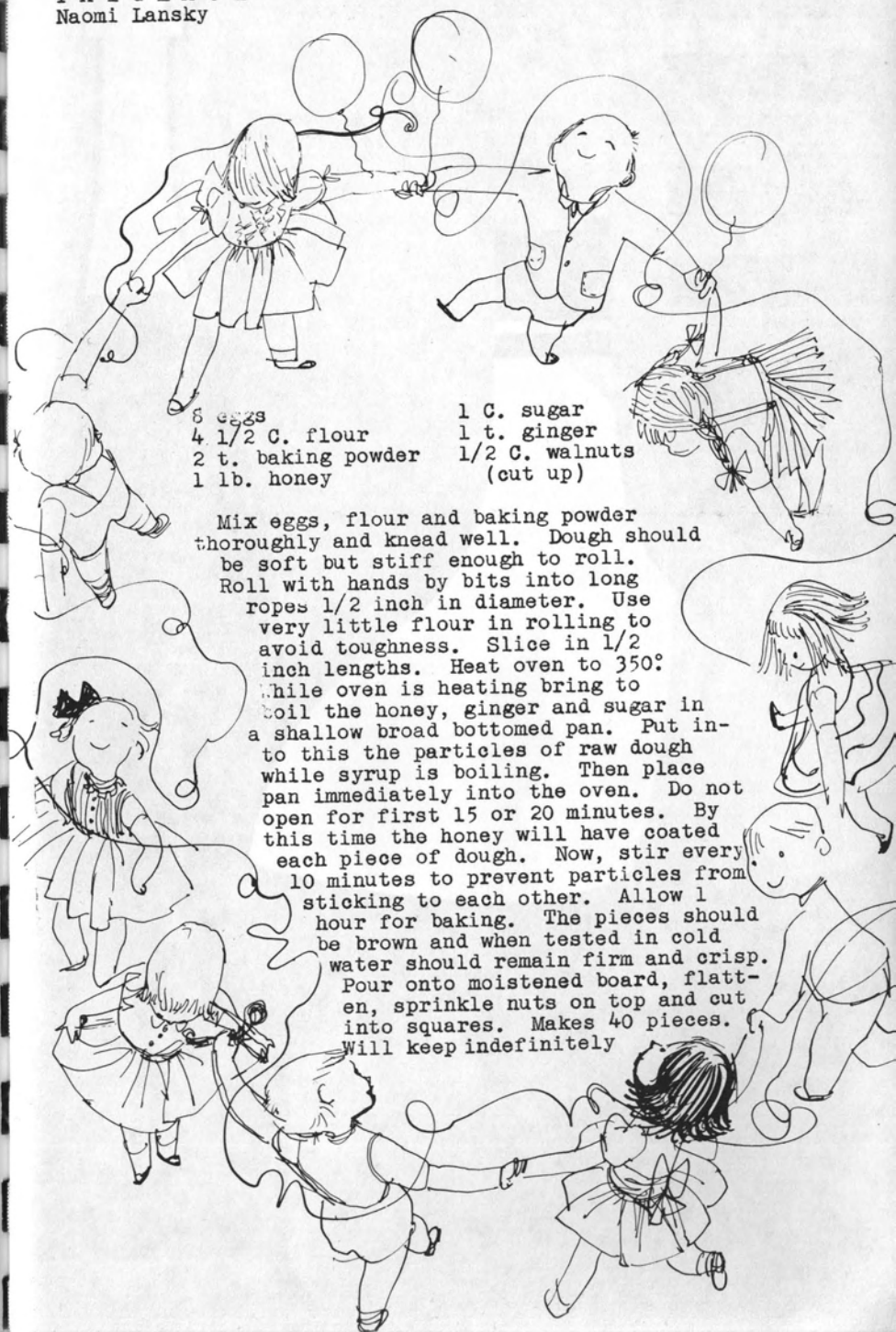
Sift all the dry ingredients. Cream shortening, sugar and then add egg. Add milk and then dry ingredients. Stir in fruits and nuts. Drop desired size on ungreased cooky sheet. Bake 350 degree oven for 12 to 15 minutes.

(Try baking this in a sheet. Cut in squares and dust with powdered sugar. Ed.)

When cookies are cool. Mix a bit of water with powdered sugar to make a glaze. Drop a drop on each cooky.

T A I G L A C H

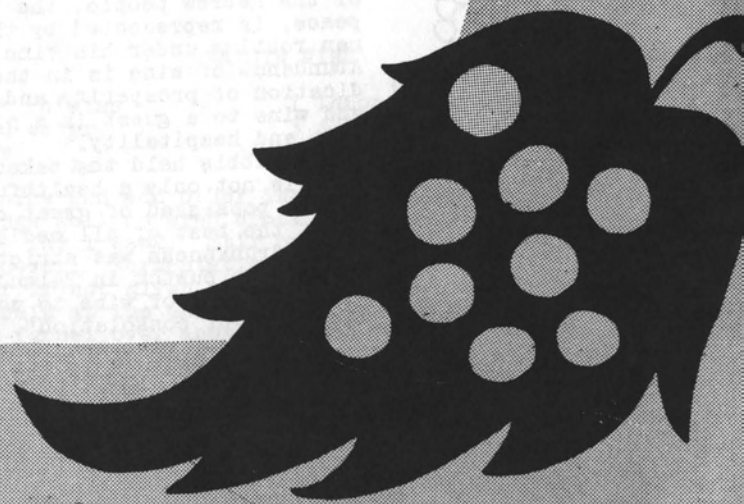
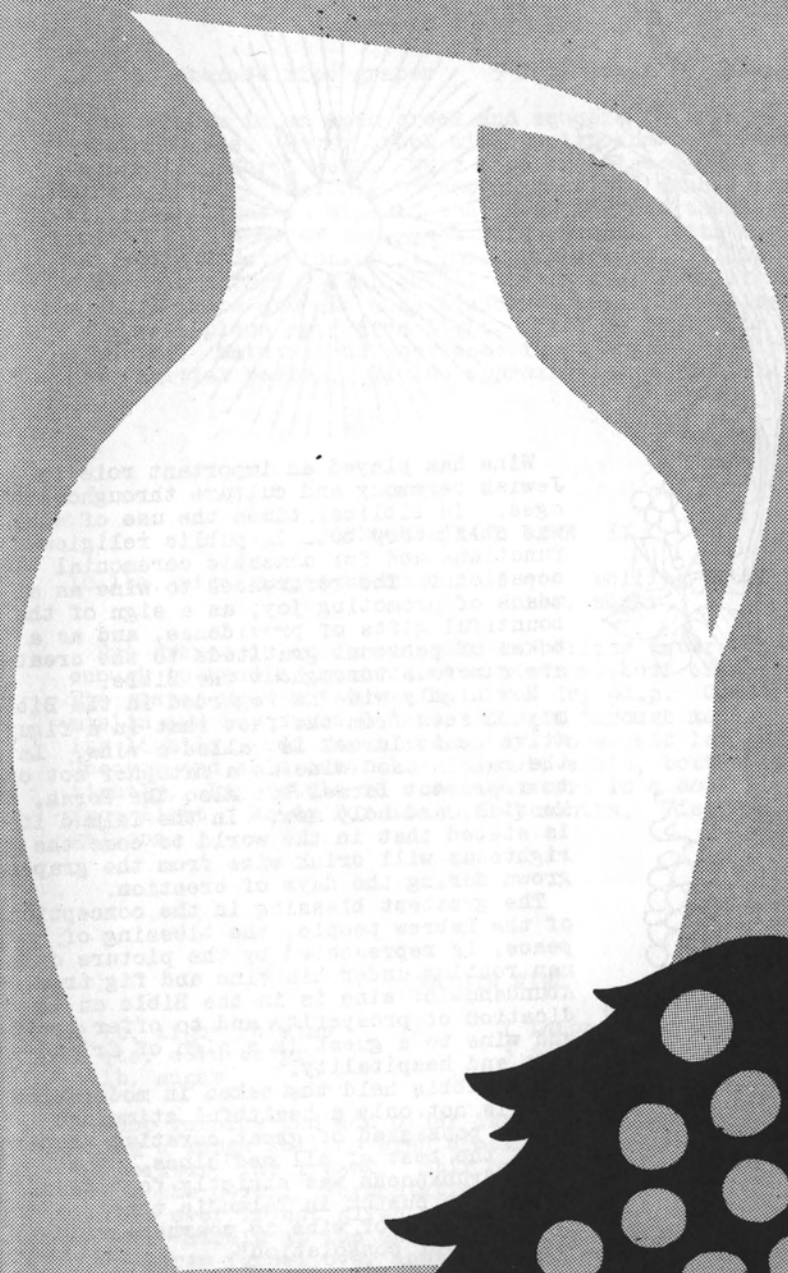
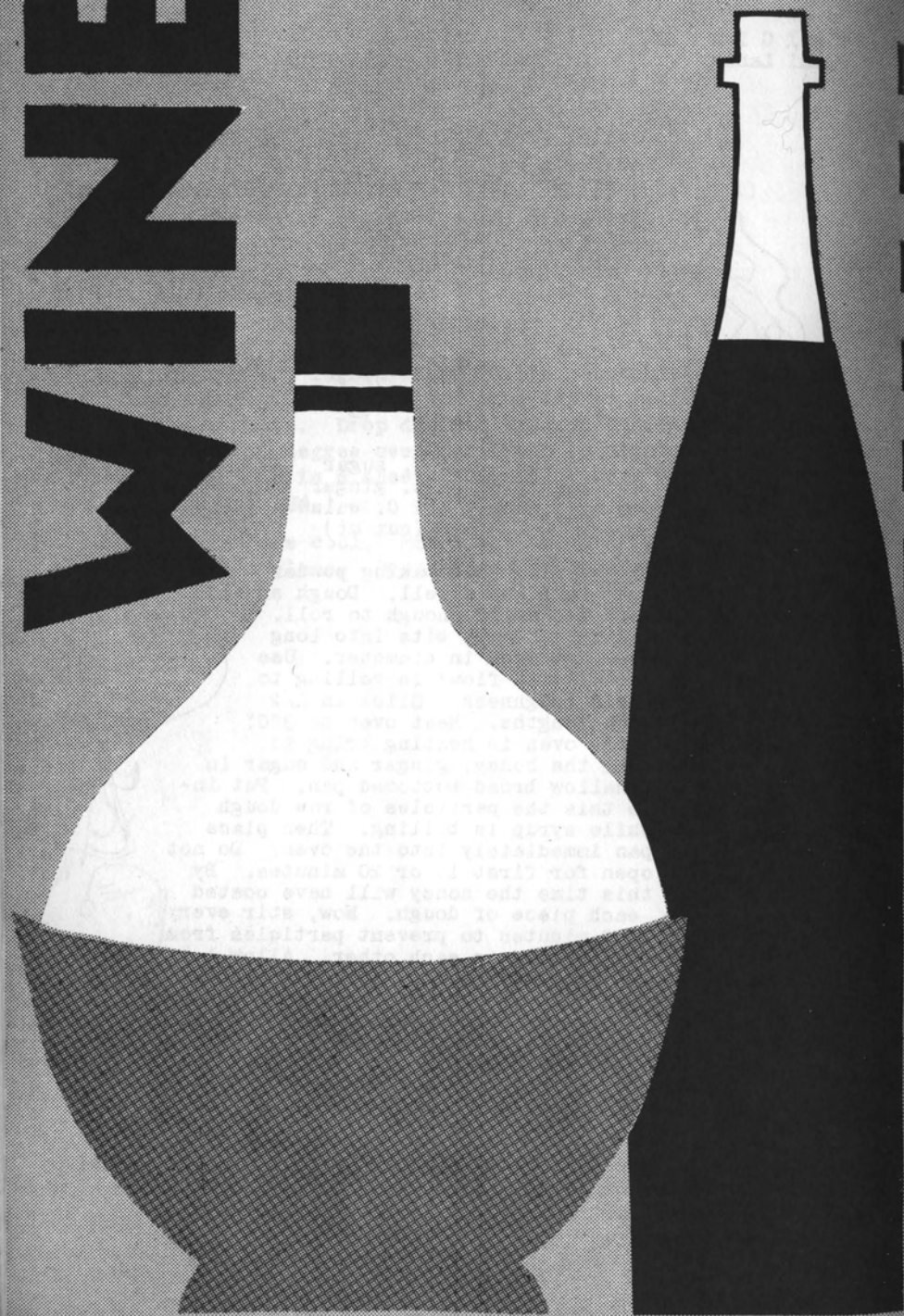
Naomi Lansky



6 eggs	1 C. sugar
4 1/2 C. flour	1 t. ginger
2 t. baking powder	1/2 C. walnuts (cut up)
1 lb. honey	

Mix eggs, flour and baking powder thoroughly and knead well. Dough should be soft but stiff enough to roll. Roll with hands by bits into long ropes 1/2 inch in diameter. Use very little flour in rolling to avoid toughness. Slice in 1/2 inch lengths. Heat oven to 350: While oven is heating bring to boil the honey, ginger and sugar in a shallow broad bottomed pan. Put into this the particles of raw dough while syrup is boiling. Then place pan immediately into the oven. Do not open for first 15 or 20 minutes. By this time the honey will have coated each piece of dough. Now, stir every 10 minutes to prevent particles from sticking to each other. Allow 1 hour for baking. The pieces should be brown and when tested in cold water should remain firm and crisp. Pour onto moistened board, flatten, sprinkle nuts on top and cut into squares. Makes 40 pieces. Will keep indefinitely

WINE



CHERRY CORDIAL

6 lb. large sweet cherries 1/2 pt. brandy
2 1/2 lb. sugar 1/2 qt. boiled water, chilled

Stem, wash and drain cherries. Place in crock and add sugar and brandy. Cover with double fold of muslin. Keep at room temperature. Stir each day for 4-5 days to dissolve the sugar completely. Cover tightly, and let stand 2 weeks. Stir in water, cover and store in cool place. Can be bottled after 6 weeks. The cherries drained from this cordial may be used for preserves. They are delicious eaten just as is. Yield depends upon juiciness of cherries.

PEACH BRANDY

Clingstone peaches 3-4 C. sugar to each 2 qt. jar

Use peaches when ripe, but not soft to the pressure of finger tip. Pack peaches in 2 qt. glass jars with wide openings. Pour proper amount of sugar into jars and adjust covers loosely. Shake jars once a day for one week or until juice begins to form and all sugar is dissolved. The juice should cover the fruit by that time. Tighten lids and store in a cool dark place for 3 months. The brandy may be strained and bottled any time after that. Yield depends on juiciness of the fruit.

GLOSSARY

- AYELEH - The unhatched egg inside a chicken; considered the treasure of the Shabbos soup. In Jewish homes it was usually granted to the girls because it symbolized fertility.
- AFIKOMEN - The Passover matza; in the ceremony, blessed and hidden for discovery by the children of the family, for which they were given prizes.
- BAGEL - Hard, round doughnut-shaped roll, irrevocably wedded to its fellow-travellers, smoked salmon and cream cheese (particularly on Sunday mornings!). Made of ordinary bread dough, first boiled in water and then dried and baked.
- BALABUSTEH - The maternal overseer of the Jewish home and larder: under whose watchful eye masterfully concocted species of aromatic morsels are born to tantalize the family.
- BLINTZES - Russian-Polish origin. Cheese, smothered in raisins, insulated with a thin dough, fried, eaten with sour cream ONCE --- and never forgotten.
- BORSCHT - Russian origin. Beet soup mixed with sour cream, served hot or cold, sometimes with a boiled potato; looks like chicken soup with a henna rinse.
- CHANUKAH - The Festival of the Lights, and celebration commemorating the victorious return of the Maccabean brothers to the Temple.
- CHAROSES - An apple, chopped, with ginger, cinnamon, and nuts added, symbolizing the mortar the Jews had to prepare while in Egyptian bondage.
- CHOMETZ - Food prohibited during Passover, when leaven is not eaten.
- CHREMSSEL - Thick pancake, deep fried; can be stuffed with fruits or nuts.
- DREYDLE - A type of spinning top played with on Chanukah.
- EINLAUF - An egg and flour mixture dropped into soup.
- EREV YOM TOV - The night before the Holiday.
- FARFEL - Noodle dough chopped into bits.

FLAISHIGE - Foods derived from the meat of mammal or poultry. The term is used to describe the utensils in which such foods are prepared and served.

FORESCHPICE - Appetizer.

GEFILTE - Filled; can be applied to fish (see below) or to people after eating same.

GEFILTE FISH - A potpourri of ground fish, seasoned with onions, pepper, carrots, and formed into balls; served as an appetizer on Shabbos and holidays.

GEHACKTE - chopped.

GILDERNE - Chicken soup.

GELT - Money. Pre-requisite, along with a "Balabusteh" for any type of Jewish cooking.

GALUSHKA - Hungarian for dumpling.

GRIEBENES - Central and Eastern European origin. Crisp scraps of skin and onions left from rendering poultry fat.

HAGGADAH - The account of the Passover story.

HALLAH - White bread, twisted and sprinkled with poppy-seed; special treat for the Jews of the Ghetto on Shabbos, as a pleasant departure from the daily fare of black bread.

HALLAH-DECKEL - Cloth put over the hallah on Sabbath before blessing the Sabbath lights.

HELZEL - Stuffed neck of chicken or other poultry.

HEIZENBLOZEN - Cookie dough which expands when fried in deep fat.

HOLISHKES - Meatballs wrapped in cabbage leaves and boiled or baked in sweet and sour sauce.

HAMANTASHEN - German or French origin. Three cornered cakes made of sweet dough, and thickly filled with poppy-seed, raisins or prunes. Eaten on Purim.

KASHA - Buckwheat groats.

KIBBET - Hebrew word for treat.

KICHLACH - Cookies or small cakes.

KISHKA - Central and Eastern European origin. Stuffed intestine. Bread crumbs, fat, flour, and minced onion constitute the stuffing. It is boiled or roasted with the meat.

KLOESE - Matza ball.

KNADLACH - Matza balls. Of German Origin.

KREPLACH - German origin. Chopped meat enclosed in small three-cornered bits of dough and cooked in soup.

KUCHEN - Cake or loaf made with yeast dough.

KUGEL - Pudding.

KULICH - Russian yeast-cake.

LEFFEL - Spoon.

LATKE - Pancakes; potato, matza-meal, or others.

LOX - Smoked salmon, a necessity with bagels.

LUKSHEN - Russian-Polish origin meaning noodles.

MANDEL - Almond.

MANDLEN - Soup nuts.

MATZA - Unleavened bread.

MENORAH - Candalabra used for the Chanukah lights.

MEGILLAH - The Book of Esther, traditionally read on the eve of Purim.

MILCHIG - Foods derived from milk and made with those products. Refers also to the utensils used to prepare and serve such foods.

MORAR - Bitter herbs eaten on Passover.

MOHN - German for poppy-seed.

NAHIT - Boiled and salted chick-peas.

PARVE - Neither Milchig nor Flaishigeh; a neutral food category.

PESADICK - Passover food; having to do with Passover.

PASTRAMI - Peppered corned beef.

PASSOVER - Holiday celebrating the deliverance of the Jews from Egyptian bondage.

PIROGEN - Russian origin. Cooked meat or lung is mixed with minced onion, rolled in dough and baked in small cakes. Served as a side dish with soup.

PIROZHKI - Same as PIROGEN only usually smaller.

PTZA - Calf's foot, jellied.

PURIM - Feast of Esther, commemorating the victory of the Jews over the Persians.

ROSH HASHONAH - The Jewish New Year.

ROGELACH - Rich dough rolled and formed into crescent-shaped cakes.

SEDER - The Passover celebration and service held on the first two nights of Passover.

SHABBOS - The Sabbath.

SHAVUOS - The Pentacost; Feast of Weeks, falling fifty days after Passover. The occasion for Confirmation.

SHOLOCH MONOS - Money given to the poor on Purim.

SCHMALTZ - Fat.

SHPIELER - Player or actor in the traditional Purim play. Sometimes means a teller of tales, generally false ones.

SHTRUDEL - German origin - dough, rolled paper-thin and filled with nuts, fruits, jam, cinnamon, sugar, and then rolled in jelly roll fashion.

SUKKOS - Festival of the Harvest.

TAGACH - Potato pudding.

TAIGLACH - A Jewish confection made of pieces of dough boiled in honey with nuts, raisins, and spices added.

TCHAV - Sorrel or Spinach borscht.

TCHOLENT - A meat stew consisting of beef, potatoes, barley, beans, and vegetables cooked in the oven overnight. Designed to meet the need for a hot dish on the Sabbath.

TOM - An intangible Jewish flavor, taste or charm.

TZIMMES - Sweet and sour meat preparation, cooked with carrots, prunes, sweet potatoes.

VERENICKES - Tart, filled with fruit or cheese.

VERTOOTEN - Snail-shaped little cakes filled with cheese.

YIDDISHEH - Referring to Jewish things.

YOM KIPPUR - The Day of Atonement.

YOM TOV - Holiday.

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