

Ann Arbor
Hadassah

Like Mama Used to Make... and More

Like Mama Used to Make

...and More

400
treasured recipes

flavors of the
past and present
from Ann Arbor's
Jewish homes



Ann Arbor Hadassah

**Like Mama Used to Make
...and More**

Ann Arbor Chapter of Hadassah

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ACKNOWLEDGEMENTS

Three years ago when I volunteered to chair the committee to rewrite the cookbook, I must admit to a certain naiveté. What could there be, after all, to publishing a cookbook? Little did I realize how many woman hours would be involved and how much fun it would be.

This project owes its success to the women who devoted so many hours of their time in the numerous tasks associated with producing ***Like Mama Used to Make...and More***. My deepest thanks to the original committee members who assumed a myriad of tasks in addition to making the initial decisions and culling through new and old recipes: Betty Becker, Carol Finerman, Miriam Garvil, Rachel Jacobs, Esther Pascal, Jeanne Robbins, Sheila Silver and Doris Miller. Warm thanks to Marilyn Krimm for her assistance. In addition, I would like to single out the following: Helen Mann and Sarajane Silver who typed the manuscript and Hilary Gans and Rae Juni who assisted in proofreading; Ricky Lauffer for her wonderful illustrations, Harlene Appleman for her text on the holidays and Fay Woronoff for her insights through the historical notes; and most especially to Carol Finerman for taking on the awesome job as editor and to Judy Stopke for her expertise in design and production.

My appreciation also to all those who submitted recipes, so that this book could pass on a culinary heritage, just like Mama used to make, to a new generation.

—Judy Cohen
Cookbook Chairman

Table of Contents

Historic Notes	4
Editor's Note	6
Kashruth	7
Holidays	8
Shabbat	9
Rosh Hashanah	10
Yom Kuppur	11
Sukkoth	12
Chanukah	13
Purim	14
Passover	15
Shavuoth	16
Appetizers	17
Soups & Accompaniments	29
Vegetables	45
Salads	60
Side Dishes	65
Kugels, Kugels & more Kugels	81
Fish	85
Poultry & Stuffings	97
Meats	109
Eggs & Cheese	129
Breads	137
Sweets	147
Cookies & Squares	148
Pies, Pastries & Tortes	166
Cakes & Icings	178
Desserts	192
Beverages	195
Passover	201
Glossary	221
Index	224

HISTORIC NOTES

It was an evening Study Group meeting in October of 1951 at which we munched delicious baked goods and exchanged their mimeographed recipes, that someone suggested, "Why don't we collect all our favorite recipes and put out a cookbook?" The spark caught fire and produced an awesome degree of participation on the part of Chapter members, culminating in a product that fulfilled our entire financial quota for several years, the book ***Like Mama used to Make***. The enthusiastic involvement on the part of the many talented women on whose resources we were able to draw produced, after only a year's work, a cookbook that became known and treasured all over the country, as well as abroad.

Suzanne Sarnoff, as chairperson, designed and illustrated, with Jan Miller's assistance, a volume of exceeding charm and wit but, most importantly, one comprised of excellent, typically Jewish recipes shared by our Chapter's most proficient cooks.

Like Mama Used to Make was copyrighted on December 16, 1952 and its sales took off beyond our most optimistic expectations. Because of our extensive publicity and also because of the nature of our university community, with students and faculty members coming from and going to other locales, the visibility of the book became widespread. Once seen, it virtually sold itself. Individual and multiple copies could be purchased locally and through the mail, and other Hadassah chapters and sisterhoods bought them in quantity at reduced prices for their own fund-raising. Orders poured in from Canada, England, Israel, Japan, Guam, France and South Africa, as well as from literally every state in the nation.

A copy was requested by the Jewish Welfare Board's Servicemen's Center in Germany to help them bring "a touch of home" to the Jewish boys through these Jewish traditional delicacies and dishes."

In 1956 permission was requested by and granted to the Children and Youth Aliyah Committee for Great Britain to reprint the cookbook in the United Kingdom.

In 1963 the Youth Aliyah Committee in Amsterdam made the same request, translating excerpts into Dutch.

After many thousands of copies of ***Like Mama Used to Make*** were sold, some of the original recipes were revised in 1974 for a new edition.

We have now undertaken a further, more extensive revision to be more in keeping with today's eating habits, our concern with calories and cholesterol, and our newer methods of food preparation. We have, however, steadfastly sought to maintain the same *tam* that made our Jewish recipes so special and so valued over the years. ***Like Mama Used to Make...and More*** is just that. Enjoy!

—Fay Woronoff

EDITOR'S NOTE

This project was conceived in late spring of 1984, when I was president of the Ann Arbor Chapter of Hadassah. We wanted to modernize the recipes to bring them in line with current thinking about nutrition, and incorporate the use of the latest kitchen equipment on our tried and true recipes. What made *Like Mama Used to Make* and our new version, *Like Mama Used to Make...and More* so popular and so special, is its *tam*, the love written in every recipe as granddaughters painstakingly measured Grandma's "handful" and we learned to convert the contents of a *yahrzeit* glass to a standard measuring cup.

Many recipes were submitted with accompanying stories of their origin, which we've included. There were requests to keep favorite recipes from the old cookbook, and in this we tried to accommodate as many as possible. Many new recipes are quite traditional, handed down from grandmother, Mama, aunts and friends. There are also new recipes which take into account diet restrictions, and many more recipes in our vegetable section.

We hope you like the new look of our book, but be assured that within its covers, on its sleek, newly designed pages, are the recipes that we love and treasure. We hope you will too.

—Carol Finerman
Editor

Kashruth

JEWISH DIETARY LAWS

The recipes in *Like Mama Used to Make...and More*, whether traditional or modern, follow the precepts of kosher dietary laws. Foods used in these recipes are acceptable in a kosher kitchen. Meats are from the forequarters of animals which have cloven hooves and chew their cud (the cow, sheep, goat and deer—although the latter two are seldom used in the United States). The hindquarters may also be used, but they generally are not because of the costs to remove the veins and fatty portions which must be done to make the meat kosher.

Poultry such as chicken, turkey and geese are permitted. Fish which have both fins and scales are allowed. Vegetables, fruits, processed cheeses and eggs are also permitted; however eggs which have a speck of blood are not kosher and must be discarded, for any sign of blood means that fertilization has taken place.

Today, a kosher butcher while observing the laws of ritual slaughter, offers meats pre-kasherred, salted and pre-packaged for the shopper. A large number of supermarkets have a separate section for kosher meats, either fresh or pre-packaged and frozen. Many products bear the symbols U and K which symbolize their suitability in a kosher kitchen.

Milk and meat products are never used together. This has its foundation in the Bible: "Thou shalt not seethe a kid in its mother's milk." Meat, or foods containing meat, are never cooked, served or eaten with milk or foods containing milk. Some foods are considered neutral or *pareve* (fruits, vegetables, fish, eggs) and may be prepared and eaten with dairy or meat meals. The observant cook will check package ingredients and consult with a rabbi if there is any question as to whether or not a food is permissible. Observant homes will also have a set of dishes and utensils for meat (*fleishik*), another set for dairy (*milkhik*), as well as complete sets for Passover.

HOLIDAYS

Jewish life has a special rhythm. The Scriptures instruct us to pray three times daily, following the cycle of light and darkness, morning and evening. Our weeks follow a certain rhythm, as well, building toward the crescendo of Shabbat. Our year follows the rhythm of the holidays with special pauses tied to wonderful celebrations. Finally, our lives are attuned to those times we call life cycle events: birth, Bar/Bat Mitzvah, marriage and death.

Entwined in this cadence are the wonderful foods that mark those special occasions and celebrations: the tcholent and kugels of Shabbat (not to mention the chicken soup and challah), the honey cakes, teiglach and tzimmis that combine to make a sweet New Year and, of course, the sponge cake, matzo balls and countless matzo meal delicacies that separate Passover from the rest of the year.

The offerings that follow are filled with an almost reverent respect for the Jewish way of celebrating and remembering the rhythm of life. In Judaism, one's table is considered an alter, and the most precious offerings are placed upon it. These recipes, simple or complex, have all received the attention and care that make them worthy to grace any table. We hope they bring you pride and happiness as you prepare them.

Shabbat

“Even the poor are rich on Shabbat,” it is said, and since Shabbat is a taste of the world to come, the culinary delights of such a day should be fitting. If you have ever tasted warm challah fresh from the oven, you must surely acknowledge that this is a heavenly experience. Add to that the Shabbos fish (gefilte or sweet and sour), the chicken soup and a wonderful kugel, and what family would not equate you with the Shabbos Angel?

Traditionally, it is customary to put a few coins in the Tzedakah box just before lighting the Shabbos candles. Then mother prepares at least two candles which are lit up to eighteen minutes before sunset. Some families light an additional candle for each child in the house. Children are blessed: “May the Lord make you like Ephraim and Menaskeh” (for the males) and “May the Lord make you like Sarah, Rebekah and Leah” (for the girls). Then “Shalom Aleichem”—May peace be with you—is sung.

Kiddish is recited, the challah cover is removed and Hamotzi (the blessing over the bread) is made. Some people tear the challah because to use a knife introduces a warlike connotation to something that is supposed to be peaceful.

This entire ceremony takes only a few moments in Hebrew or English, but within those moments, a pause that separates the humdrum monotony of the weekdays from the peace of Shabbat, has been created.

CHECKLIST

- Two challot and a challah cover are traditional. They represent the double portion of manna that the Lord gave the children of Israel in the desert.
- Two *yom tov* candles.
- Kiddush cup
- Wine
- Flowers for the table
- Tzedakah box

TRADITIONAL SHABBAT MENU

Gefilte fish or chopped liver
 Chicken soup with kreplach or lukshen
 Roast chicken or brisket
 Kugel or tzimmes
 Cake, shtrudel, pastry

Rosh Hashanah

Rosh Hashanah, the Jewish New Year, brings with it hopes and dreams for the coming year and a variety of traditional foods to accentuate these positive thoughts.

A round challah symbolizes the cyclical nature of the year—the ending of the old year and the beginning of the new. Also the round challah looks like a crown to remind us of the Torah's royal crown. This challah traditionally has raisins and dried fruits throughout.

Apples and honey: apples because they symbolize fertility and abundance; and honey because it was thought to have regenerative powers, and it was sweet, symbolizing the hope for a sweet year to come.

Fish represents fertility and proliferation.

A fruit new to the season. When we recite a *Sheheheyanu* two nights in a row, on the second, the fruit is in full view.

Carrots (or *marin* in Yiddish) also means to increase or multiply. Thus carrots symbolize the wish for prosperity in the coming year.

CHECKLIST

- Round challah and challah cover
- Apples, honey and assorted round-shaped fruits
- Two *yom tov* candles
- Kiddush cup
- Wine
- A special first fruit for the New Year's *Sheheheyanu*
- Fresh flowers for the holiday table*
- Mahzor - High Holy Day Prayer book*

TRADITIONAL ROSH HASHANAH MENU

Carrot tzimmes, carrots with honey, or potato and carrot casserole
 Farfel (round)
 Challah (round)
 Honey cake
 Taiglach

Yom Kippur

The holiest day of the year, Yom Kippur, is the Sabbath of all Sabbaths. It is a twenty-four hour period that is traditionally devoted to prayer, fasting and atonement. The day focuses on spiritual needs. Physical needs are temporarily set aside so that we can concentrate more fully on asking G-d's forgiveness for the transgressions of the past year.

However, since Yom Kippur is a festival, the meal preceding it is considered to be a feast. Challot are served, although some families shape them like birds, with braided ladders on their wings. This symbolizes the flight of man's prayers to heaven. The sweet and sumptuous food from Rosh Hashanah is traditionally eaten on Erev Yom Kippur (Yom Kippur Eve) as well, along with one addition—kreplach. Kreplach were once edible amulets. They contained hopeful messages and mystical incantations carved into their doughy surfaces. Thus, eating them on Yom Kippur was supposed to make wishes come true.

CHECKLIST

- Round challah with challah cover
- Two *yom tov* candles
- Kiddush cup
- Wine
- Fresh flowers for the holiday table
- Mahzor - High Holy Day prayer book

HOME CEREMONY

1. Put some money in the tzedakah box
2. Light candles
3. Say *Sheheheyanu*
4. Bless the children
5. Make the holiday kiddush
6. Uncover the challah and make the blessing (Hamotzi)

TRADITIONAL MENU FOR EREV YOM KIPPUR:

(Keep the salt to a minimum)
 Chicken soup with kreplach
 Roast or boiled chicken
 Farfel or mashed potatoes
 Fresh salad and seasoned vegetables
 Honey cake

TRADITIONAL MENU FOR BREAKING THE FAST:

Gefilte fish or herring
 Blintzes or lukshen kugel
 Cottage cheese, bagels, cream cheese
 Coffee cake
 Tea, coffee

Sukkoth

Five days after Yom Kippur comes Sukkoth. Like many other holidays, Sukkoth has dual origins: it is both a historic and agricultural holiday; it represents the journey of the people of Israel through the desert after the exodus from Egypt. During this time people lived in booths of an impermanent nature. Sukkoth also celebrated the fall harvest and involved a pilgrimage to Jerusalem.

As a family celebration, Sukkoth can be incredibly rich. The purchase of a *lulav* (the combination of date palm, myrtle and willow leaves) and *etrog* (the citron) makes an important addition to the holiday. Building a *sukkah* and using it for family meals and entertaining, creates an experience that once tried will not be abandoned. This holiday is a particular delight to children. All of the senses and tactile experiences of this weeklong celebration—from the hanging of fruits and vegetables to decorate the *sukkah*, eating the family meals out-of-doors, to the culmination of the celebration of Simchat Torah, on the eighth day, when all the Torahs are taken out of the ark and the congregation dances and rejoices in the synagogue as they are paraded around seven times—all create the kinds of Jewish memories that promote tradition.

CHECK LIST

- Round challah with challah cover
- Two candles
- Kiddush cup
- Wine
- Lulav and etrog
- Fresh flowers for the holiday table
- A sukkah

TRADITIONAL SUKKOTH MENU:

Challah, apples, taiglach and round fruitcakes carry out the tradition of round foods for the holiday.

Because it is traditional to eat in the sukkah, other holiday foods are hot, spicy and substantial: stuffed cabbage, cabbage borscht or stuffed veal breast.

Hot cider sipped through cinnamon sticks.

Chanukah

Chanukah means dedication in Hebrew. It refers specifically to the rededication of the ancient Temple after it had been desecrated by the Syrians. It is also the Festival of Lights. These two facets of the holiday: the rededication of the Temple and the emphasis on light during the dark winter days, come together in the Chanukah story about the cruse of oil. When the Temple was desecrated and the Eternal Light burning in it was extinguished, the Maccabees were able to save one small cruse of oil that burned for eight days and nights until more oil could be prepared.

This story gives rise to the custom of lighting candles for eight days, one for each day of the holiday, and the custom of eating food cooked in oil such as latkes and doughnuts. Children play the dreidl game, a spinning top with Hebrew letters on four sides; they are the initials of the words which explain the mystery of the oil in the lamp and the victory of the Maccabees over the Syrians. *Nes Gadol Haya Shim*—"A great miracle happened here." *Rock of Ages* is sung after the candles are lit. Gifts are usually given to children, including money, known as Chanukah "gelt".

CHECKLIST

- Menorah that holds nine candles
- 44 candles
- Dreidl - a four-cornered top with Hebrew letters, used for games of chance
- Chanukah "gelt" - money (real or chocolate) to be used as prizes for the dreidl game
- Latkes (potato or buckwheat pancakes) and jelly doughnuts

Purim

Purim can be a glorious celebration with all of the ingredients for great parties: masquerades, gift-giving, Purim plays and charades. It is a holiday that can be as sophisticated or as child-oriented as you care to make it, but it is always fun. In the synagogue, the *Megillah* (Book of Esther) is read and retells the story of Esther who is married to King Ahasueros. Mordecai, Esther's uncle, refuses to bow down to Haman, the king's advisor, so Haman plots to murder all the Jews. Esther intervenes with the King and saves her people. As the story is read, there are cheers for the names of Esther and Mordecai, but loud stamping of feet and sounding the graggers (noisemakers) whenever Haman's name is mentioned. We celebrate the victory of the Jews over anti-Semitism then, and down through the ages.

Aside from the merriment, traditional observances include giving *Mishloach Manot*, the exchange of food gifts among friends. These can include hamantashen (three-cornered pastries filled with poppyseeds or prunes and said to be shaped like Haman's ears), nuts, fresh fruit and a small bottle of wine or schnapps.

CHECKLIST

- Graggers (noisemakers)
- Hamantashen - pastries filled with poppyseeds, prunes or a variety of other fillings
- Mishloach Manot - baskets of goodies to send to friends
- Challah and a challah cover
- Wine or liquor, because it is traditional to get so intoxicated that you cannot tell the difference between Haman and Mordecai
- Matanot L'Evyonim* - it is traditional to give at least one penny each to two poor people. Purim is a particularly fitting time to give a gift to charities that relieve world hunger

Passover

Passover is a springtime celebration of freedom and renewal. The holiday commemorates the beginnings of Jewish peoplehood and the exodus from Egypt. It begins on the fifteenth day of Nissan and continues for eight days, during which no leavened food may be eaten. Passover is one of three pilgrimage holidays (the others are Shavuoth and Sukkoth) and serves as a means to gather people together to celebrate the beginnings of a new agricultural year. We celebrate Passover at a Seder meal: a great feast which incorporates many traditional Jewish foods, and during which the story of the exodus from Egypt is retold, lest the Jewish people forget that they were slaves in Egypt. It is an injunction to all those at the Seder table to pass the story down to a new generation and to repeat it to all who are present so that it may endure.

It is customary to invite guests to the Seder following the injunction in the Haggadah: "Let all who are hungry come and eat." In addition to the traditional four questions which precipitate the telling of the Passover story, modern families encourage the asking of new questions in order to encourage their children's participation. From the explanation of all the symbolic foods, through to the great feast and general camaraderie, Passover is a very family-oriented, warm holiday.

CHECKLIST

- | | |
|--|---|
| <input type="checkbox"/> Two <i>yom tov</i> candles | <input type="checkbox"/> Seder plate containing: |
| <input type="checkbox"/> Wine cups for all | <input type="checkbox"/> Z'roah - a roasted shankbone |
| <input type="checkbox"/> Enough wine for four cups per person | <input type="checkbox"/> Baytzah - a roasted egg |
| <input type="checkbox"/> A special wine goblet for Elijah, the Prophet | <input type="checkbox"/> Moror - bitter herbs (horseradish or endive) |
| <input type="checkbox"/> Three matzos in a sectional matzo cover (plus one for Soviet Jewry) | <input type="checkbox"/> Karpas - greens (parsley) |
| <input type="checkbox"/> Matzo for all | <input type="checkbox"/> Haroset - chopped apples, nuts, wine |
| <input type="checkbox"/> Dish of salt water | |
| <input type="checkbox"/> A Haggadah for each guest | |
| <input type="checkbox"/> Pitcher of water, basin and towel (for washing hands) | |
| <input type="checkbox"/> Pillows for the leader to recline | |
| <input type="checkbox"/> Hard boiled eggs | |
- Each guest should have at his/her place the following items:
- | | |
|--|----------------------------------|
| <input type="checkbox"/> A wine cup | <input type="checkbox"/> Karpas |
| <input type="checkbox"/> A Haggadah | <input type="checkbox"/> Moror |
| <input type="checkbox"/> Salt water | <input type="checkbox"/> Haroset |
| <input type="checkbox"/> Hard boiled egg | <input type="checkbox"/> Matzo |

Shavuoth

Shavuoth, the Festival of the Torah, is one of the three major pilgrimage holidays. This holiday is introduced at Passover, when the counting of the *omer* (the 49 days between Passover and Shavuoth) is begun. Shavuoth is a beautiful holiday with its flowers and plants. It is significant because it celebrates the giving of the Torah to Moses on Mt. Sinai.

It is traditional to eat dairy foods on this holiday and the best cheesecakes and blintzes are generally on parade. It is a perfect time to set up an ice-cream bar with lots of toppings.

CHECKLIST

- Two *yom tov* candles
- Challah and challah cover
- Fresh flowers and greens
- Cheese and other dairy dishes
- Kiddush cup
- Wine



APPETIZERS

CHOPPED LIVER

- 1 lb. liver (chicken or calf)
- 3-4 eggs, hard-boiled
- 2 medium onions, finely chopped
- 4 T. chicken fat or oil
- salt, pepper to taste
- pinch thyme (optional)

Broil liver until done but not hard. Sauté onion in fat until clear but not brown. Grind liver and eggs in meat grinder. Add sautéed onions with fat to ground meat and eggs. If mixture does not hold together, add a little more fat or use chicken soup or a bouillon cube dissolved in water. Chill before serving. Press into a mold for special occasions.

VEGETABLE CHOPPED LIVER

- 1 lb. string beans, cooked
- 4-5 medium onions
- ¼ c. butter, chicken fat or oil
- 4 hard-boiled eggs
- 10 walnuts
- salt, pepper to taste

Dice and sauté onions in fat. Mix with remaining ingredients and chop all together. Season to taste. Chill and serve as an appetizer.

CHOPPED EGGPLANT

- 1 large eggplant, chopped
- 1 small onion, chopped very fine
- 1 tomato
- salt, pepper to taste
- 1 T. wine vinegar
- 1 T. olive oil or salad oil
- ½ t. sugar

Boil eggplant or bake in moderate (350°) oven until tender. Peel. If boiled, drain very well. Chop with onion, tomato, salt, pepper, vinegar, oil and sugar. Serve cold. Use as a salad, relish, sandwich spread or side dish. Sprinkle with chopped parsley.

Bessie Levine

EGGPLANT CAVIAR

- 1 small eggplant, unpeeled
- 1 onion
- 1 green pepper
- 1 4-oz. can mushrooms
- ½ c. salad oil
- garlic to taste
- salt and pepper
- ½ t. oregano
- 1½ t. sugar
- 1 6-oz. can tomato paste
- ¼ c. water
- 2 T. wine vinegar
- ½ c. stuffed olives, chopped
- 3 T. pine nuts

Chop all vegetables fine. Mix first 6 ingredients in a pot and simmer for 10 minutes. Add the rest of the ingredients and stir into the mixture. Cover and simmer for 30 minutes. Chill and serve cold. May be frozen.

Bess Paper

PUMPERNICKEL PIE

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

Slice the bread horizontally to have 4-5 round disks ½" 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 another 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. Use any other ingredients you wish; always keep harmony of taste and color in mind.

Katherine Meyerstein

CHEDDAR CHEESE APPETIZERS

- ½ lb. sharp cheddar cheese, grated
- 2¼ c. flour
- ½ lb. margarine
- dash of salt and cayenne pepper

Knead all ingredients together with your hands until smooth. Divide into 3 rolls for slicing and chill. Will keep in refrigerator. When ready to serve, slice ¼" thick and push ½ a pecan or an olive slice on top. Bake 5-7 minutes at 425° and serve immediately.

This recipe was handed down by my mother, Leona Weinthal.

Halina Silverman

HUMAS AND TOCHINA

- 1 can garbanzos (chick peas)
- ¼ c. lemon juice
- 2 cloves garlic
- ½ can tochina (ground sesame seeds)
- ½ t. salt
- parsley, dried or fresh
- dash of Tabasco
- dribble of olive oil
- paprika and cumin powder

Blend garbanzos, lemon juice and garlic. Add the rest of the ingredients up to Tabasco sauce. Blend well. Mound on a platter. Dribble olive oil on top; sprinkle with paprika and cumin powder. Serve with pita bread.

Lily Ladin

BABAGANOOSH

- 1 c. tochina with the oil mixed in
- 1 medium eggplant, not skinned or seeded
- ½ t. garlic (clove)
- lemon juice to taste (2 T. +)
- water (to consistency)
- salt

Cook eggplant whole in oven at 400° for 1 hour. Beat in tochina and its oil, lemon, garlic and salt. Add water if needed. Consistency should be pasty but not stiff.

You may add 1 can of chick peas with liquid, but omit the water in the recipe, or add canned tomatoes, chopped celery, chopped olives and capers. This makes it a caponata.

Lily Ladin

CHOPPED HERRING

- 1 large jar herring in wine sauce, drained; reserve liquid
- 2 apples, cored
- 4 eggs, hard-boiled
- 1 piece bread, soaked in reserved liquid

Mix together. Mold or put into bowl. Serve with bread or crackers.

Phyllis Herzig

SCANDINAVIAN HERRING

- 1 large jar herring
- 2 apples, thinly sliced
- mayonnaise
- curry powder

Rinse and pat herring dry. Mix apples with herring, then mix with mayonnaise and curry powder.

Phyllis Herzig

SPINACH DIP

- 1 10-oz. pkg. frozen chopped spinach, thawed and thoroughly drained
- 1 c. sour cream
- ¾ c. mayonnaise
- 3 green onions, chopped
- 1 bunch parsley, chopped

Mix all ingredients several hours before serving and refrigerate. Serve with various raw vegetables, crackers, chips.

Sandy Englander

SPINACH DIP

- ½ pkg. frozen chopped spinach, drained
- 1 c. mayonnaise
- 2 T. minced dried onion
- ¼ t. salt
- ¼ t. lemon juice

Mix together and let it sit for several hours. Serve as an appetizer.

Marilyn Krimm

SALMON-EGG PÂTÉ

- 1 lb. can salmon, flaked
- 10 hard cooked eggs, chopped
- lemon juice
- 2 stalks celery, finely chopped
- 1 t. unflavored gelatin, dissolved in small amount of water
- Tabasco, several shakes
- salt
- 2-3 T. mayonnaise
- onion, grated or finely chopped

Mix all ingredients together and press in mold, if desired. Chill.

Alice Cohen

CAVIAR PIE

- 4 eggs, hard-boiled
- 3 T. unsalted butter, melted
- onions (sweet) or scallions, cut fine, to cover mashed eggs
- ½ pt. sour cream
- ¾ oz. red or black caviar
- squeeze of lemon

Mash eggs through a strainer and blend with the butter. Press into a 9" glass pie plate. (A ricer may be used, as eggs must be smooth.) Sprinkle with onion. Frost with thick layer of sour cream. Refrigerate about two hours. (DO NOT FREEZE!)

Remove from refrigerator and spread with caviar. Keep refrigerated until serving time. Serve like a pie, cut into wedges (as for a first course) or as a spread on rounds of thin pumpernickel or crackers. Guests may then squirt a bit of lemon juice on top.

Rachel Jacobs

JUDY BROOKS' SPICY ALMONDS

- 3 c. unblanched almonds
- 1 egg white
- 3 T. sugar
- ½ t. cinnamon
- ¼ t. nutmeg

Toss almonds in egg white which has been whisked with sugar, cinnamon and nutmeg. Bake on greased cookie sheet at 325° for 30-45 minutes, stirring every 15 minutes. Almonds should be crunchy but not burned. Walnuts or pecans may be substituted for almonds.

This recipe comes from a neighbor who is deceased but will never be forgotten, especially when I continually use this recipe.

Myrna Miller

STUFFED MUSHROOMS

- 12 mushrooms, 1½-2" diameter
- 1 small onion (or 3 scallions)
- 2 T. olive oil
- grated cheese
- ½-1 c. flavored bread crumbs

Wash, dry and remove stems from mushrooms. Chop stems and onion in a food processor, sauté in oil. In a saucepan, place mixture and add cheese and bread crumbs; mix until mixture holds together. Add seasoning if you wish. Take heaping teaspoonfuls and pack the center of each cap firmly, pressing in the filling. These may be frozen at this point. Now bake at 350° for 20 minutes or broil for about 12 minutes.

Marilyn Krimm

MEAT STUFFED MUSHROOMS

- 24 large mushrooms suitable for stuffing
- ½ c. soy sauce
- ½ lb. ground beef
- ½ onion, minced
- 1 clove garlic, minced
- ¼ c. green pepper, minced
- 1 egg yolk

Wipe mushrooms and remove stems. Marinate caps in soy sauce for 1 hour. Chop stems and mix with remaining ingredients. Drain caps (reserve soy) and stuff generously with meat. Use reserved soy to brush tops. Broil 8-10 minutes.

Can be assembled ahead of time and broiled at last minute. A good result can be obtained by broiling ahead, refrigerating and then baking in a 350° oven for 10 minutes. A nice flavor variation. Enjoy!

Doris Miller

STUFFED MUSHROOMS

- 18 uniform sized mushrooms, approximately 1" diameter
- 18 seedless green grapes
- 1 pkg. or 5-6 oz. Boursin cheese
- ¼ c. butter, melted
- 4 oz. Parmesan cheese, fresh grated

Wipe and clean mushrooms, remove stems and reserve for another use. Place a grape in each cap. Use about ½ tablespoon Boursin to cover each grape, enclosing completely. Roll each mushroom in melted butter and then in grated cheese. Reserve any extra cheese. Place on cookie sheet and refrigerate 20 minutes. Bake in 400° preheated oven for 15 minutes. Sprinkle with any reserved cheese when they come out of oven. Serve warm.

Done at last minute, but worth it!

Doris Miller

SWEET AND SOUR MEATBALLS

MEAT MIXTURE:

- 1 egg
- ½ onion, cut into chunks
- 2 slices bread, soaked and squeezed dry
- 1 t. salt
- 1 t. pepper
- 1 lb. ground meat flour, for dredging oil, for frying

Put onion, bread, and spices into food processor and mix well. Remove; mix well with ground meat. Roll meat into balls approximately 1" round, dredge in flour and sauté in about 1" oil till brown. Drain well. Mix ingredients for sauce; place meatballs in sauce and cook on low heat, covered, for about 15 minutes.

Sheila Silver

SAUCE:

- ½ c. water
- ¼ c. ketchup
- 2 T. brown sugar
- 1 T. vinegar
- 1 T. soy sauce

MIDDLE EASTERN APPETIZER MEATBALLS

- ½ lb. ground beef
- ¼ lb. ground lamb
- 2 garlic cloves, minced
- ½ c. onions, chopped
- 1 egg
- ¼-½ c. pine nuts, chopped coarsely
- ¼ c. parsley, chopped
- 1 t. salt
- ½ t. thyme
- ½ t. curry
- ¼ t. pepper
- ½ t. allspice or cinnamon

Combine all ingredients until well blended. Form into 1" balls. Heat thin film of oil in pan and brown, shaking pan until all sides are well browned. Takes about 10 minutes.

Can be prepared and reheated on cookie sheet in 350° oven for 5-10 minutes.

Yield:

Serves 12 as part of an hors d'oeuvres.

Doris Miller

VEAL BALLS

- 2½-3 lb. ground veal (you can use less)
- eggs (use 1 egg to 1 lb. of veal)
- 1 12-oz. bottle chili sauce
- ¼ bottle water
- 6 oz. currant jelly
- juice of ½ lemon

Mix veal with eggs. Shape meat into tiny balls, set aside. Simmer chili sauce with jelly and water until the jelly melts. Stir often. Drop meatballs into sauce, cover and simmer 1½ hours. Serve hot.

Carol Finerman

EGG FOO YUNG PUFFS (Pareve)

- 6 eggs
- 1 c. flour
- 1½ t. baking powder
- ½ t. Worcestershire
- 1 envelope onion soup mix
- 2 6½ oz. cans white tuna packed in water, drained
- 2 T. soy sauce
- 1 can bean sprouts, well drained
- 1 4-oz. can mushrooms, well drained, chopped oil for frying

SWEET AND SOUR SAUCE:

- ¼ c. cornstarch
- ½ c. water
- ¾ c. white vinegar
- 1 c. water (or chicken stock)
- 1 clove garlic, minced
- 1 T. oil
- 1¼ c. sugar
- 1 t. salt
- 1 t. dark soy sauce
- 1 can pineapple chunks, drained (optional)

Beat egg; blend in flour. Mix all remaining ingredients in food processor or blender. Add them to the egg and flour mixture. Preheat oil to 350° in frying pan. Carefully drop mixture by teaspoonful into oil. Remove as they brown; drain puffs on paper toweling. Serve covered with sweet and sour sauce in chafing dish.

For sweet and sour sauce, mix cornstarch with water; set aside. Bring remaining ingredients to a boil. Add cornstarch mixture to thicken sauce.

Freeze in layers without sauce if making ahead. Defrost completely and reheat in 300° oven for about 10-15 minutes.

This recipe is from my sister-in-law, JoAnn Arenson. Many people will think they are meatballs, but will not be able to determine the "secret" ingredient.

Judy Cohen

MINIATURE EGG ROLL (Pareve)

- 1 c. onion, chopped
- 1 c. bean sprouts (if canned, drain well)
- 1 c. celery, chopped
- 1 c. mushrooms, sliced (if canned, drain well)
- oil
- soy sauce
- 1 recipe blintze dough or purchased won ton wrappers

SWEET AND SOUR SAUCE:

- ¼ c. cornstarch
- ½ c. water
- 12 oz. apricot preserves
- ½ c. white vinegar
- 3 T. honey
- ¼ t. powdered ginger
- ½ c. ketchup
- ½ c. sherry
- 1 T. soy sauce

Sauté vegetables in a little oil (sesame is nice if you have it). Add soy sauce to taste. Place ½ teaspoon of filling in center of a small wrapper. Roll up and tuck in corners well. Deep fat fry in vegetable oil at 350°. Serve as hors d'oeuvres with sweet and sour sauce.

For sweet and sour sauce, mix cornstarch with water. Bring all ingredients to a boil over medium heat stirring frequently to prevent burning. Reduce to simmer and thicken with cornstarch and water mixture.

If using won ton wrappers, these may be made ahead and frozen, but do not over-brown the first time. Reheat by thawing completely and re-frying briefly (until golden). They will be slightly better if made fresh, but if you must save time, they will still be fine if you reheat them this way. Oil from frying the first time can be strained through cheese cloth and stored in the refrigerator.

These have been served so many times at bar and bat mitzvahs that they may now be considered authentic Jewish forshpeis.

Judy Cohen



SOUPS & ACCOMPANIMENTS

COMMITTEE CHICKEN SOUP

- 4 lb. stewing chicken
(you may include
gizzard, heart, neck)
- water (1 qt. per pound
of chicken)
- 2 large onions, cut into,
but not sliced
through
- 2 large carrots, sliced
- 2 stalks celery, sliced
- 1 parsnip, sliced
(optional)
- fresh parsley
- fresh dill
- salt to taste

Remove excess fat from pieces of chicken. Place chicken and water in a pot and bring to a quick boil. Turn heat down and simmer slowly for 30 minutes. Skim carefully. Add remaining ingredients and continue simmering 1½ hours until chicken is tender. Strain. Correct seasonings.

The soup may be served clear or you may add pieces of chicken and the cooked vegetables with onion and parsnips removed. The boiled chicken may be served as a main course.

Make the soup the day before serving. Fat will rise to the top and can easily be removed.

UNCLE HARRY'S FAVORITE BARLEY SOUP

- ½ c. medium barley
- ½ c. dried lima beans
- ¼ c. split peas
- 1 lb. soup meat and
bones
- 1 onion
- 1 carrot, grated
- 4-5 dried mushrooms
- salt, pepper to taste

Thoroughly wash barley, lima beans, and split peas. Cook with meat about 1 hour in 2 quarts of boiling water. Add cut-up onion, grated carrot, and mushrooms. Simmer another 1½ hours. Add salt and pepper. Stir occasionally while cooking; soup will be quite thick when done.

Maizie Gurin

ZAYDI'S POTATO-FARFEL SOUP

- 6 potatoes, pared and
cubed
- 4 oz. egg farfel
- salt, pepper to taste
- 3-4 sprigs feathery dill
- 2 qts. water
- 2 T. margarine
- 1 small onion, sautéed

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. Serve hot.

Bess Paper

SPLIT PEA SOUP

- 1 1-lb. pkg. split peas,
washed and dried
- 8 c. water
- 3 large carrots, diced
- 1 potato, peeled and
diced
- 3 stalks celery, sliced
thin
- 3 cloves garlic, minced
- 1 bay leaf
- 1 onion, diced
- ½ t. thyme
- ½ t. dry mustard
- ⅛-¼ c. dried parsley
- pepper to taste

Sauté vegetables and garlic. Add remaining ingredients and simmer 3-4 hours.

Mary Schuman

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
- ¾ lb. soup meat and
bones
- salt, 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 3 hours. Add more water from time to time if necessary. Put through sieve, season to taste, heat and serve.

LENTIL SOUP

- 2 c. dry lentils, washed
- frankfurters, 1 per
person, cut in
½" rounds
- 2 cloves garlic, minced
- 1 big onion, diced
- 2 large carrots, cut in 3"
pieces
- celery salt to taste
- ½ scant t. baking soda
- salt, pepper to taste

Combine ingredients; bring to a boil, simmer 30-40 minutes or until tender. Correct seasoning.

This recipe was inflicted upon me as a child by my mother, Sylvia Clark. I hated it! Now, as an adult, I crave it, and even pass it on to you!

Judy Stopke

LOX AND POTATO SOUP

- 2 large onions, diced
- ¼ lb. lox (tail ends or thick slices), cut in chunks
- 4 medium potatoes, diced
- 1½ qts. water
- salt, pepper to taste
- 1 c. light cream or milk

Sauté 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.

Bea Kahn

GREAT LAKES FISH SOUP

- 2 lbs. fresh salmon or trout
- 1 qt. or more water (for thin or thick soup)
- 6 potatoes, cut in 1" chunks
- 1 small onion, chopped fine
- 2 carrots, chopped fine
- 1 stalk celery, chopped fine
- 2 c. zucchini, grated
- ½ c. sherry
- 1 T. soy sauce or tamari
- salt, pepper to taste
- rosemary to taste
- 2 T. fresh parsley, minced
- fresh cilantro (coriander), minced (optional)

Place fish in 6-quart pot with water to cover. Simmer covered till fish is opaque. Drain, reserving water. Onion, carrots, celery and zucchini may be chopped or grated in food processor. Mix these vegetables, potatoes and fish water; simmer covered till potatoes are tender. Shred fish; add to soup. Add parsley. Simmer 5 minutes. Garnish with cilantro if desired.

This soup naturally evolved when my fisherman husband brought home limit catches, coinciding with an overflow of garden produce. A wonderful solution to an annual dilemma!

Judy Stopke

CABBAGE SOUP

- ½ head cabbage, shredded
- 1 46-oz. can tomato juice
- ½ c. sauerkraut
- sugar
- frozen lima beans

Simmer cabbage and sauerkraut covered, until soft. Add sugar to taste. (I like it a little on the sour side.) Add lima beans and cook until tender (about 10 minutes.)

Lillian Kushner

BEEF VEGETABLE SOUP

- soup bone and meat water to cover meat
- ½ c. dry baby lima beans
- 7 carrots
- 5 pieces celery
- 1 16-oz. can tomatoes
- ½ c. barley
- sugar, salt to taste
- 3 pieces parsley

Cook meat and bone in a 4-quart pot of water on a slow fire. When water boils remove scum; add lima beans. Cook ½ hour, add vegetables which have been cut into small pieces, and tomatoes. Let cook about 4 hours, until meat is tender, then add barley, cook another hour and correct seasonings.

Lois Levinson

Ed. Note: You might want to cover pan to prevent water from evaporating.

"GEDECHTE" (THICK) SOUP

- 1 pkg. Manischewitz Vegetable Soup Mix with Mushrooms
- ¼ lb. dried lima beans
- ½ lb. dried green split peas
- 2-3 marrow bones
- 1 lb. chuck
- 2 large carrots, sliced
- 2 stalks celery, cut up
- 1 medium onion, cut up
- ¼ c. small pasta (optional)
- salt
- fresh-ground pepper

Set aside the mushroom-and-flavor packet of the soup mix. In a strainer, wash the rest of the contents of the soup mix and also the lima beans and split peas. Cover well with water and let stand overnight to shorten cooking time or else bring to a boil and continue cooking at once. Add marrow bones and chuck. (Meat may be cooked in a separate pot or a pressure cooker; cool, skim off all fat that rises to top of stock. Stock should then be added to the cooking vegetables to give flavor.) When lima beans start to feel somewhat soft to the touch of a fork, add the fresh vegetables and continue to cook, stirring bottom often. Remove meat when tender if it was cooked in the main pot and cool slightly, or else use meat which was boiled by itself. Trim off all fat, cut meat into cubes and add to soup. Add salt and pepper to taste—at least 2 teaspoons salt. About ½ hour before the end of the cooking time, add the mushroom-and-flavor packet of the soup mix and the additional pasta.

Fay Woronoff

VEGETABLE AND MEATBALL SOUP

MEATBALLS:

- 1 lb. ground beef
- ¼ t. onion salt
- 2 t. chopped dry onion
- ¼ c. ketchup
- ¼ c. water
- 3 T. bread crumbs

SOUP:

- 2 T. oil (preferably olive)
- 2 onions, peeled and chopped
- 2 carrots, peeled and sliced
- 2 celery stalks, cut in 1" lengths
- 2 whole tomatoes, cut into wedges
- 2 qts. bouillon
- ½ c. lentils
- 1 small can tomato sauce
- ½ t. ginger
- ½ t. paprika
- ¼ t. black pepper
- 1 clove garlic, minced

Mix all ingredients for meatballs together and shape into 1" meatballs. Heat oil; sauté onion, carrots and celery for 10 minutes. Add tomatoes, ginger, paprika, pepper, lentils, bouillon and tomato sauce. Cover and simmer about 1¼ hours. Add meatballs and simmer for an additional 15-20 minutes.

Yield: 8 servings (about)

Miriam Garvil

MUSHROOM SOUP

- 1 lb. mushrooms, sliced thin
- 4 T. pareve margarine
- 1 T. lemon juice
- 2 T. flour
- 1 t. salt
- 8 c. water
- 4 t. instant chicken broth
- 4 egg yolks
- 1 T. dry sherry

Mushrooms can be sliced in food processor. Sauté in margarine 2 minutes (stirring often). Sprinkle with lemon juice, toss to mix. Blend in flour, salt. Stir in water and chicken broth. Cook, stirring, until mixture thickens and bubbles. Beat yolks with sherry in small bowl; blend in ½ cup hot mushroom mixture, then stir into remaining mixture. Heat, stirring constantly for 1 minute.

Yield: 8-10 servings

Carol Finerman

RUSSIAN REALLY BORSCHT

- 1 can whole beets
- 1 can tomatoes (picture with a garlic)
a piece cabbage
(about a half of a small cabbage)
- 2 onions
- 2-3 carrots
- a little dill
- a little celery

Take out frypan. Cut up onions, tomatoes, beets and carrots very small. Put in frypan and fry with oil or margarine for just a short time. Take out a pot and add above ingredients. Put in 1 cup (or maybe more) water and bring to a boil. After ½ hour, cut cabbage and celery into small pieces and add with dill to water. Cook 20-30 minutes. Have a good appetite!

Bassia Genkina

Ed. Note: Bassia is one of many Russian immigrants who have settled in Ann Arbor.

CABBAGE BORSCHT

- 2 lbs. brisket, short ribs or chuck roast
- 1 medium head cabbage, cut in chunks
- 1 large onion, cut coarsely
- 1 16-oz. can whole tomatoes
- water to cover
- juice of 3 lemons
- ¾ c. brown sugar
- 1 T. salt
- 1 heaping T. flour

Bring to a boil all ingredients except flour. Simmer for 2 hours (25 minutes in pressure cooker at 15 pounds pressure). Dissolve flour in 1 cup of the broth; add to soup to thicken. Simmer a few minutes longer. Correct seasoning.

This is a cherished recipe from my grandmother, Mollie Joffe.

Judy Stopke

GRANDMA'S BORSCHT

- 3 bunches large beets
(about 4 beets per bunch)
- 2 medium onions
- ½ t. garlic salt
- 1 t. salt; ½ t. salt
- ½ t. pepper
- ½ c. sugar; ¼ c. sugar
- 2 qts. canned tomatoes
- 1 colander beet leaves water
- ¼ c. lemon juice

Remove leaves from beets, cut off tops, roots, scrape clean. Place beets in large (6-8 quart) pot, with whole onions, 1 teaspoon salt, garlic salt, pepper and ½ cup sugar. Add water to reach tops of beets. Add tomatoes. Bring to boil and simmer for ½ hour, uncovered. Remove beets to cool. Add leaves (mid vein removed and sliced into thin strips or chopped) to liquid. Remove onions and discard. Grate beets in food processor or by hand. Add to pot along with ¼ cup sugar, lemon juice and ½ teaspoon salt. Simmer uncovered for ½ hour. Adjust taste. Cool, serve with dollop of sour cream. Can be frozen. Makes about 6 quarts. If thinner borscht is desired, add 1 quart water before seasoning is adjusted.

This recipe is from my husband's grandmother, Ada Legator. The beet leaves are optional, but add a wonderful texture and extra nutrients. The amount to add is up to you; she said to use "a colander full" of leaves!

Ronnie Simon

POTATO SOUP

- 12 medium potatoes,
peeled and cut in ½"
cubes
- 1 small onion, diced
- 1 carrot, cut fine
- 1 celery stalk, cut fine
water to cover
- ¼ c. butter
- ¼ c. flour
- ½-1 c. milk
- 1-2 T. vinegar
- 1 T. sugar
- salt, pepper to taste

Cover vegetables with water; cook till soft (I pressure cook 15 minutes at 15 lbs. pressure.) Make white sauce: melt butter, add flour, simmer till flour starts to brown a bit, add milk slowly while mixing. Add white sauce to soup. Add vinegar, sugar, salt and pepper to taste. Simmer a few minutes more. Mash a few times with potato masher to thicken, but leaving several cubes whole for texture.

This recipe is from my mother-in-law, Louise Stopke, who has made a fine art of soup cookery. We enjoy this soup with rye bread and smoked fish.

Judy Stopke

PTCHA—HOT (CALVES FOOT SOUP)

- 1 foot cut up into small
pieces by butcher
salt to taste
- 1 onion
- 3-5 cloves garlic,
minced

Wash and scrape pieces well, first in cold and then in scalding water. Place in pot of water to cover (about a quart) with the onion. Bring to boil. Skim the top. Simmer until soft 2-3 hours. Add garlic about ½ hour before done.

I like to cool the soup in the refrigerator and skim the fat off when it solidifies, before serving. Wonderful served with challah to dunk in the rich garlicky broth.

Rhoda Martel

PTCHA—COLD

Cook as for Hot Ptcha. Remove meat from bones. Chop meat fine with about 3 cloves of garlic and salt to taste. Mix meat with broth in a flat pan and refrigerate until it gels. Cut in squares to serve.

Rhoda Martel

PTCHA—COLD

Cook as for Hot Ptcha. Chop meat and add to broth with salt to taste and dash of pepper. Add 4 hard-boiled eggs, sliced, and 3 tablespoons cider vinegar. Also add 2 tablespoons sugar and 3 cloves garlic. Refrigerate until it gels and cut into squares.

Cow's foot is available at kosher meat markets. These recipes were such a treat to me when I was young that I don't want them lost to the next generation.

Rhoda Martel

Ed. Note: this can also be served as an appetizer.

TASTY TCHAV

1 lb. tchav (sorrel)
or spinach
2 medium potatoes,
diced
2 ribs celery, cut fine
4 scallions or an onion,
sliced thin
2 sprigs fresh dill
2 qts. of water
juice of 2 lemons (½ c.)
2 t. salt
4 eggs + 1½ c. cold
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.

TCHAV

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

Wash sorrel thoroughly and chop well. Add 1 teaspoon salt and boiling water. Boil 5 minutes. Beat 2 eggs, add 1 teaspoon 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.

Yield: 4-6 servings.

CREAM OF CUCUMBER SOUP

3 cucumbers
4 T. butter
2 T. flour
2 vegetarian bouillon
cubes
2 T. dried dill
1 qt. milk
1¼ c. water

Peel and coarsely grate cucumbers. Sauté in 2 tablespoons butter. Melt other 2 tablespoons butter in deep saucepan. Add flour, blend in. Add milk, cubes which have been dissolved in water, dill and salt. Serve hot or cold with sour cream garnish.

Marilyn Krimm

COLD CUCUMBER SOUP

5 cucumbers
salt
2 T. fresh dill, chopped
4-6 scallions, chopped
½ c. parsley, chopped
1 qt. buttermilk
¼ c. lemon juice,
preferably fresh

Peel cucumbers, halve lengthwise and remove seeds. Sprinkle with salt and let set for 30 minutes. Drain cucumbers and rinse if less salt is desired. Chop cucumbers coarsely and combine with half buttermilk and remaining ingredients in food processor or blender. Whirl until desired smoothness is obtained. Add remaining buttermilk and process briefly. Chill and serve.

A nice garnish would be thin rounds of radish, extra cubes of cucumber (skin on) or fresh mint leaves. Easy—Super-Delicious and No Cooking! A must for summer months—a perfect food processor recipe.

Yield: 8 servings

Doris Miller

GLORIOUS GAZPACHO

1 c. tomatoes, peeled,
finely chopped
½ c. green pepper, finely
chopped
½ c. celery, finely
chopped
½ c. cucumber, finely
chopped
¼ c. green onions, sliced
2 t. parsley, chopped
1 t. chives, chopped (if
available)
1 small clove garlic,
minced or pressed
2 t. wine vinegar
1 T. olive oil
1 t. salt
¼ t. pepper
½ t. Worcestershire
dash Tabasco
2 c. V-8 juice
1½ c. tomato juice

Combine all ingredients and chill 24 hours.

I've had more requests for this one than any other I've tried. Another easy do-ahead summer soup. Ideal for the food processor.

Doris Miller

QUICK AND EASY GAZPACHO

- 2 T. olive oil
- 1 green pepper
- 1 cucumber
- 2 T. lemon juice
- 1 t. minced garlic
- 3 scallions, chopped
- 2 tomatoes
- ¼ c. wine vinegar
- 1 15-oz. can tomato sauce
- 1 16-18-oz. can tomato juice
- 3 dashes Worcestershire
- 3 dashes red pepper sour cream

Combine all ingredients in blender or food processor for 30 seconds or until desired consistency. If combined ingredients exceed the capacity of your blender or food processor, combine in batches and then mix together. Garnish with dollop of sour cream or cucumber stick.

Best if made 2-3 days ahead and chilled in refrigerator.

Yield: Serves 4-6.

Shelly Kovacs Berman

CHERRY SOUP

- 1 qt. sour cherries
- 5 c. water
- 1 stick cinnamon salt to taste
- pinch of baking soda
- ¾ c. sugar
- 1 t. cornstarch

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.

PERSIAN SOUP

- 1 egg, hard-boiled, chopped
- ½ c. raisins (or any other dried fruit)
- 2-3 c. plain yogurt
- ½ c. sour cream
- 1 cucumber, chopped
- 1 t. salt
- ½ t. pepper
- 1 T. lemon juice
- 1 c. cold water or milk
- 1 T. parsley
- 1 T. fresh dill or ½ t. seed

Put all ingredients in a big bowl; mix well. Let soup stand in refrigerator for 2-3 hours at least. May be made the day before. To serve, garnish with parsley and/or fresh dill and float an ice cube in each serving.

Aliza Shevrin

FRUIT SOUP

fruits as available:
cantaloupe, watermelon, honeydew; wedges of each, peeled and diced
grapes, pitted sweet cherries

1 can sour pitted cherries

1 diced apple
currants, dates, raisins, plums, peaches; pitted and diced

1 slice lemon

1 c. orange juice
oranges, grapefruit; peeled, dried and diced
sweet wine

OR sugar to taste

To decide on the amount of fruit, you must first pick your soup pot. Fill the pot *half-full* with any combination of fruit, *always including sour cherries and a lemon*. Cover the fruit with cold water and juice to about 1½" from the top of the pan to allow room for boiling. Bring all to a rolling boil, letting boil for about five minutes. Let cool. Now there are 2 choices:

- 1) Strain soup, saving liquid and fruit separately. Purée fruit via food processor or blender briefly. Mix with liquid or
- 2) Leave soup with large pieces of fruit.

Next step is important regardless of whether you use step 1 or 2. *Taste* as to need for sweet wine OR sugar. Do not oversweeten or you will lose the subtleties of the flavors of the fruits. Refrigerate. Serve cold. Can be frozen successfully.

Ray Juni

COLD CANTALOUPE SOUP

2 large melons
½ c. butter

1 T. honey (or sugar)

1-2 t. grated lemon rind

2-3 t. fresh lemon juice

1 T. white rum
ginger to taste

salt, pepper to taste
5 c. milk

Cut cantaloupe and remove seeds. Prepare 2-3 melon balls for garnish of each bowl. Coarsely chop remaining melon and sauté about 3-5 minutes with butter and honey. Add lemon rind, salt, pepper and ginger. Stir and cook for 2 more minutes. Add milk; simmer for 10 minutes. Purée in batches in food processor (or alternately in a food mill). Chill; add lemon juice and rum. Check seasoning when cold. Garnish with melon balls and mint if desired.

Can be easily prepared the night before—even better!

Yield: 6-8 servings

Doris Miller

MATZO BALLS

4 T. shortening, preferably chicken fat
 ½ c. chicken broth, warm
 2 eggs, separated
 ⅔ c. matzo meal
 1 t. salt
 ⅛ t. nutmeg

Melt shortening and cool to lukewarm. Add broth. Add to well-beaten egg yolks. Mix well. Add matzo meal, salt and nutmeg. Mix. Fold in stiffly beaten egg whites. Chill 1 hour. Form into 12 balls; drop into boiling salted water. Cover and let simmer for 20 minutes. Lift out with perforated spoon and add to clear soup.

Beulah Elving

Ed. Note: matzo balls are also known as "knadlach."

LUKSHEN (Noodles)

1 egg
 ⅔ 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" 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 ⅜" or ½" 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.

EINLAUF OR TRIFLACH (Egg Drop for Soup)

1 egg
 2 T. 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 5 minutes.

FARFEL (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.

MANDLEN (Soup Nuts)

3 eggs
 2 T. 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 ⅜" thick. Cut into ½" 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. Use as a garnish.

SLAB OF LARD

lard is a solid fat that is used in cooking. It is made from animal fat and is often used in bread-making and other recipes. It is a common ingredient in many traditional recipes.

PARFEL (Egg Bandy)

Parfel is a traditional Swedish dessert made of egg whites and sugar. It is often served with fruit or cream.

MANDLEN (Soup Nuts)

Mandlen are small, round, nut-like pastries made from dough and filled with various fillings. They are often served as a snack or dessert.

HOW TO MAKE THEM

These recipes are simple and easy to follow. They are perfect for anyone who wants to try their hand at traditional Swedish cooking.

ARTICHOKE GRATTINIER



VEGETABLES

This section contains recipes for various vegetable dishes, including gratin and other traditional preparations. The recipes are detailed and include ingredient lists and cooking instructions.

ARTICHOKES GRATINÉE

- 1 clove garlic
- 1 c. mayonnaise
- 1 c. Parmesan cheese, grated (Romano cheese can be substituted)
- 1 large can artichoke hearts, drained
- 1 can water chestnuts, drained

Blend all ingredients in a food processor. Put in a small casserole. Bake in 350° oven for 30 minutes. Serve hot. This may be served with taco chips, light rye or pumpernickel cocktail breads.

Bobbie Levine

"SHAFFER" BEANS

- 3 cans butter beans (limas), undrained
- 10 T. oil
- 2 or more T. brown sugar

Mix and put in a casserole. Bake at 350° for 2-2½ hours until all liquid is absorbed and top is crispy.

These are a family tradition with brisket. Everyone always fought over the well-done ones. Heavenly!

Linda Sokolove

BAKED LIMA BEAN CASSEROLE

- 1 lb. dried lima beans
- ¾ c. butter
- ¾ c. brown sugar
- 1 T. dried mustard
- 1 c. sour cream
- 1 t. salt
- 1 T. dark molasses (optional)

Wash beans and soak for at least 1 hour. Cook in water to cover until tender—about 1½ hours. Drain. Pour into 2 quart casserole or bean pot. Mix remaining ingredients. Pour over beans. Blend. Bake at 350° for 1 hour.

Ella Berman

STRING BEAN CASSEROLE

- 2 pkg. frozen French-cut string beans
- 1 16-oz. can water chestnuts, drained
- 1 lb. fresh mushrooms
- 1 10-oz. can cream of mushroom soup
- ¼ lb. cheddar cheese, grated
- 1 3½-oz. can French fried onions

Cook string beans according to package directions; drain. Sauté mushrooms. Place all ingredients except French fried onions in casserole dish in layers, with the grated cheese on top. Bake for 20 minutes at 400°. Sprinkle with French fried onions and bake 10 minutes more.

Yield: 12 servings

Enid Galler

HORSERADISH-BEET MOLD

- 1 can whole beets
- 2 pkgs. lemon gelatin
- 1 small bottle horseradish (vinegar brine)
- juice of 1 lemon
- a bit of pepper (optional)

Drain beets and save the juice. Add enough water to juice to make 2 cups. Bring to a boil. Dissolve gelatin in mixture and cool slightly. Grate beets and add to above along with horseradish, lemon juice and pepper. Mix thoroughly, pour into mold and refrigerate until jelled. Unmold, but keep refrigerated until serving time.

This was my mother's recipe.

Ruth Eckstein

BROCCOLI CASSEROLE

- 2 pkgs. chopped broccoli
- 4 oz. sharp cheddar cheese, shredded
- 1 c. mayonnaise (not salad dressing)
- 2 eggs
- 1 can mushroom soup

Cook broccoli for 5 minutes and drain. Mix all ingredients. Turn into greased pan. Top with extra cheese or bread crumbs. Bake at 350° for 45 minutes uncovered.

Linda Sokolove

VIENNESE RED CABBAGE

- 1 small red cabbage
- 2 onions
- 2 apples
- 1 T. oil
- 2 t. cornstarch
- water (small amount)
- ¼ c. vinegar or lemon juice
- 1 T. sugar
- salt to taste
- ½ t. cinnamon (optional)

Grate cabbage in processor; steam, drain. Grate onions and apples; sauté lightly. Combine cabbage, onions and apples. Add cornstarch to small amount of water; to this add vinegar, sugar and salt. Add all this to the cabbage mixture and cook until juices have congealed. Serve hot or cold.

Marilyn Krimm

CARROT RING

- 1 c. grated raw carrots
- ½ c. melted margarine or butter
- 1 egg, beaten
- ½ c. brown sugar
- 1 T. cold water
- 1 T. lemon juice
- ¼ c. flour
- 1 t. baking powder
- 1 t. baking soda
- ½ t. salt (may be omitted)

Mix carrots, margarine, egg, sugar, water and lemon juice. Sift flour with baking powder, baking soda and salt; fold in gently. Grease a small ring mold. Pour in batter. Bake at 350° for 20-30 minutes.

This is a family favorite. It may be frozen; you may also double it successfully. I usually serve it with peas in the center, surrounded by spiced peaches.

Carol Finerman

COPPER PENNY CARROTS

- 2 lbs. carrots
- 1 large onion, sliced
- 1 green pepper, sliced
- ½ c. oil
- 1 c. condensed tomato soup
- ¾ c. vinegar
- 1 c. sugar
- 1 T. mustard
- 1 t. Worcestershire salt to taste

Scrape, slice and cook carrots in water until tender. Drain. Place in bowl and add onion and pepper over carrots. Combine other ingredients in a pan and heat to boiling. Pour over mixed vegetables. Cover bowl and place in refrigerator overnight.

You may use frozen carrots. Carrots may be sliced in food processor.

Judy Cohen

GRAMMA HELEN'S CRANBERRIES

- 2 c. water
- 2 c. sugar
- 1 lb. cranberries, wash and check for bruises
- 6 sliced apples (Jonathans are good)

Bring water and sugar to boil. Add apple slices. Boil 10 minutes. Add cranberries and boil until the cranberries pop.

This is a delicious sauce and was always a family favorite.

Mary Schuman

DILL PICKLES

- 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 3 weeks.

Yes, they will keep—unless you eat them all!

Muriel Cohen

REFRIGERATOR SWEET PICKLES

- 7 c. cucumbers, unpeeled, (3-4) sliced paper-thin
- 1½ green peppers, cut in strips
- 1 c. cider vinegar
- 1 c. onions, sliced thin
- 2 T. salt
- 2 T. celery seed
- 2 c. sugar

Mix all ingredients. Pack tightly into 2 large glass jars. Cover and refrigerate. Make at least 3 days in advance of use.

Note: will appear not to have enough liquid but that is how it should be.

Yield: 10 cups

Shira Klein

MARINATED EGGPLANT SALAD

- 1 large eggplant
- ½ c. white vinegar
- 3 c. water
- ¼ t. black peppercorn
- 3-5 whole bay leaves
- ½ t. salt
- 2 t. sugar
- 1 handful fresh dill,
chopped or
- 2 t. dried dill
- ¾ c. mayonnaise

Mix dill with mayonnaise; 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 and simmer until eggplant begins to look transparent. Turn into colander to drain and cool. Remove bay leaves; save. Do not remove peppercorns. When cool, using a wooden spoon, fold in mayonnaise. Decorate with bay leaves and enjoy.

How I learned to make MARINATED EGGPLANT SALAD, and a few other things...

The year was 1936; I was a fairly new arrival in Haifa, and had not yet learned to speak, read or write Hebrew. A young teenager, alone, and like so many other girls, I was staying temporarily at the Beth Hachalutzoth. I heard of a cookery course, and, perhaps rashly, registered as a student.

Throughout the first day in class I sat there feeling what the builders of the Tower of Babel must have felt. The course was to last for three months, and the prospect of sitting through so much time in empty isolation was more than I could bear. I came to class armed with a thick wad of blank papers, and a lot of sharpened pencils, and hung on the teacher's lips for all my life was worth, taking down every sound she uttered. I understood nothing. The only alphabet I knew was the Roman alphabet and the sounds I took down were a phonetic representation of Hebrew in Roman letters.

Each evening I scoured the corridors of the Beth Hachalutzoth in search of some girl who was willing to work with me for an hour or two, and was usually lucky. I would slowly read to her the succession of sounds I had taken during class. The girl would extract from this medley the beginnings and ends of words as each became recognizable to her, until a sentence would begin to emerge. It was exciting to watch her face light up with recognition, and immediately she'd translate the Hebrew into German or Yiddish, whichever was functioning as the common language between us. At last I could fully understand what I had observed in class in the way of practical work. I immediately began scribbling again, this time writing down the recipes we had prepared that morning, and all the instructions that went with them.

Needless to say, I managed to acquire quite a bit of knowledge of Hebrew, and by the end of the course was able not only to pass the exams, but I had also compiled a cookbook in a language I could read. When I showed my cookbook to the teacher some months later, she politely admired it, but suggested that it might be a good idea if I were to translate it all into Hebrew, so that she and others might be able to read and understand it too!

Lotte Catford

EGGPLANT CASSEROLE

- 2 eggplants
- water, salted
- 1 large onion, cut up
- ½ lb. fresh mushrooms
- 1 can mushroom soup
(or tomato sauce,
tomato soup or
canned tomatoes)
- 1 c. bread stuffing mix

Skin and cube eggplants; boil in lightly salted water for 10 minutes; drain. Sauté onion in oil till translucent with a tinge of brown. Add washed, sliced mushrooms and cook 5 minutes more. Combine all the above with mushroom soup and crumbs and pour into a 10" round x 2" deep casserole. Bake at 350° for 45 minutes to 1 hour.

For variations, you may add 2 or more beaten eggs, some tofu and cheese of your choice to make a protein meal. (Any or all of the preceding may be used.) If you use tomato sauce or tomato soup, use oregano and garlic for seasoning. A Mediterranean version is made by adding additional canned tomatoes and anchovies, garnished with artichoke hearts and olives. This may be served hot or cold.

Marilyn Krimm

PEANUT-TOPPED EGGPLANT

- 1 peeled eggplant
- margarine or butter
- salt, pepper to taste
- 1 large or 2 small
onions, chopped
- 1 8-oz. can tomato
sauce or any herbed
tomato sauce
- 1 heaping c. mozzarella
or Swiss cheese
(grated or shredded)
- 1 c. dry roasted peanuts

Slice eggplant into ½" thick slices. Place slices in flat baking dish, topping each slice with a small dab of margarine or butter plus salt and pepper. Sprinkle chopped onions over all. Cover with tomato sauce. Spread the grated or shredded cheese over the sauce. Crush nuts with rolling pin or grind in a blender and spread on top. Bake in 350° oven for 30-40 minutes.

Esther Pascal

EGGPLANT BAKED WITH TOMATOES

2 eggplants, unpeeled
 1 onion, chopped (or scallions)
 1 T. oil
 1 lb. ripe tomatoes (3-4), chopped
 ½ t. salt
 ½ t. sugar
 pepper, freshly ground, 2 turns
 fresh chopped herbs of your choice: parsley, celery leaves, basil and/or coriander
 bread crumbs
 chopped fresh parsley (garnish)

Slice eggplants crosswise, ½" 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. Sauté onions in oil until transparent. Add other ingredients (except bread crumbs) and simmer until tomatoes are soft, thick and dry. Spread each eggplant slice thickly with tomato mixture. Sprinkle bread crumbs over eggplant; add chopped parsley. (Sprinkle, optional, a few drops of oil over the top.) Cook uncovered at 300° for about 1 hour. Eat hot or cold!

Ruth Brooks

RATATOUILLE

½ lb. small pickling onions
 2 qts. salt water
 1 small cauliflower
 3 green and 3 red peppers
 1 eggplant, peeled
 5 c. ketchup
 ¾ c. vegetable oil
 1 c. white vinegar
 2 cloves garlic, crushed

Scald and peel onions. Boil salt water and add onions. Bring to boil and add remaining vegetables. Bring to boil again and drain immediately. Make sauce of ketchup, 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.

Halina Silverman

NAHIT (Chick Peas)

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

This dish is traditionally served at a Brit.

ONIONS AU GRATIN

2 large onions, thinly sliced
 1 beef or chicken bouillon cube dissolved in:
 ¾ c. boiling water
 1 T. white wine
 ¼ t. thyme
 salt, pepper to taste

Arrange onion slices in 1-quart casserole. Mix remaining ingredients together and pour over onions. Cover with foil and bake until onions are tender in 400° oven, 30 minutes or more. Then sprinkle topping over onions and bake uncovered until crumbs are browned.

Myrna Miller

TOPPING:

1½ c. bread crumbs
 3 T. melted butter
 ½ c. grated sharp cheddar cheese

SWISS ONION AND ZUCCHINI BAKE

¼ c. butter or margarine
 3 c. onion (2 large), thinly sliced
 2 medium zucchini, thinly sliced
 2 eggs
 ¼ c. white wine freshly ground pepper
 2 whole green onions, chopped
 ¼ t. salt
 1½ t. flour
 ½-1 t. basil
 ¼ t. nutmeg
 ½ t. dry mustard
 1½ c. grated Swiss cheese

Sauté onions and zucchini until tender (remember that onions will take longer). Set aside. Beat together eggs and dry ingredients. Add 1 cup cheese and green onions. Place sautéed vegetables into greased 1½-2 quart casserole. Pour egg mixture over this. Sprinkle with remaining ½ cup cheese. Bake at 325° about 40 minutes or until firm and browned.

Myrna Miller

PEPPER RELISH

- 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.

Rose Friedman

TWICE BAKED POTATOES

- 1 potato per person, of even size
- butter or margarine
- onion powder
- salt, pepper
- 1-2 eggs
- minced onions
- paprika and/or
- Parmesan cheese

Scrub potatoes very well, dry, then oil lightly. Bake at 350° for 50 minutes. Remove from oven. Cut each potato in half lengthwise. Scoop out interior, leaving a thin layer along the shell. Mash the scoopings. Season with butter or margarine, onion powder, salt and pepper. Add 1-2 eggs, depending on quantity of potatoes used. Mound into the shells. Score surface with a fork and sprinkle the surface with minced onion, paprika and/or Parmesan cheese. Bake at 350° for 20 minutes longer.

You may have a few potato shells left over. Don't worry about this.

Marilyn Krimm and Judy Cohen

BLENDER LATKES

- 3 large potatoes, quartered
- 1 egg
- ¼ c. flour
- 1 t. oil
- 2 scallions, including green
- salt, pepper to taste
- oil for frying

Put all ingredients into a blender; blend well. Heat oil in skillet until hot. Drop by spoonfuls into oil; turn once and drain.

Lotte Catford

SWEET POTATO PEAR CASSEROLE

- 3 large sweet potatoes
- ¼ c. brown sugar
- ½ t. cinnamon
- 3 T. butter or margarine
- 1 c. fresh cranberries
- 2 firm ripe pears, sliced
- ¼ c. orange juice
- ¼ c. chopped walnuts (optional) (pecans may be used also)

Parboil potatoes (unpeeled). Drain, cool, peel and cut into ½" thick slices. Arrange half of potatoes in a 1½-2 quart casserole or rectangular baker. Mix together sugar and cinnamon; sprinkle half over potatoes. Dot with half the butter and sprinkle with half the cranberries. Cover with remaining potatoes and sliced pears. Sprinkle with remaining sugar and dot with the rest of the butter. Add remaining cranberries. Pour orange juice over all. Cover and bake at 350° for 30 minutes. Uncover, sprinkle with nuts if desired, and bake another 5-10 minutes.

Recipe is easily doubled for a crowd.

Yield: 6 servings

Doris Miller

BUTTERNUT SQUASH CASSEROLE

- 3-4 c. butternut squash, cooked and puréed
- 2 eggs, beaten
- ¼ c. brown sugar
- 1 T. dry mustard
- 6 T. butter
- ½ t. salt
- ¼ t. pepper

Put squash mixture into 1-quart casserole or deep pie plate, greased. Top with: 1 cup bread crumbs tossed with 2 tablespoons melted butter and 1 clove garlic, minced. Bake at 350° for 30 minutes or until topping is browned and mixture is fairly firm.

Myrna Miller

BAKED TOMATOES WITH SESAME SEEDS

- 3 T. fresh bread crumbs (or dry)
- 2 T. melted butter
- several sprigs parsley, chopped fine
- 1 t. basil
- salt, pepper to taste
- 6 medium tomatoes, halved horizontally
- 1 t. sesame seeds per half tomato

Mix bread crumbs, butter, parsley, basil, salt and pepper. Sprinkle on top of tomato halves. Sprinkle with sesame seeds. Place tomatoes in baking pan. Bake at 350° for 15 minutes.

Yield: 6 servings

Bobbie Levine

LECHO

- 8 medium tomatoes, peeled and cut in pieces
- 3 large green peppers, sliced thin
- 2 large onions, sliced thin
(vegetables above should be about equal in bulk)
- 4 T. oil
- 4 T. raw rice
- ¼ t. sugar
a bit of salt and pepper
- 1 or 2 eggs beaten

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 ½ to ¾ of an hour. 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.

A Bulgarian Jewish dish popular in Israel

Muriel Cohen

PARTY TZIMMES

- 1 c. brown sugar
- 2 T. cornstarch
- 1 t. salt
- ¼ c. lemon juice
- ¾ c. water
- 1 lb. pitted prunes
- 1 40-oz. can sweet potatoes
- 1 8-oz. can chunk pineapple, drained; reserve juice
- 1 small bottle maraschino cherries, drained
- 6 pre-cooked carrots, 2" diagonal slices

Mix dry ingredients in saucepan. Add reserved pineapple juice, lemon juice, water and prunes. Heat and stir for 5 minutes till glaze forms. Remove prunes. Line casserole with sweet potatoes. Spoon fruit and vegetables on top. Pour syrup over all. Cover. Bake at 350° for 1 hour.

Yield: 12 servings

Judy Stopke

Ed. Note: You may use 4-5 fresh peeled sweet potatoes, medium to large size, instead of canned potatoes. Par boil for a few minutes. This dish may be prepared ahead of time and frozen. To reheat, bring to room temperature and heat at 350° until warm.

VEGETARIAN PATTIES

- 1 c. dried bread crumbs
- 4 eggs
- ¼ t. salt
a shake of pepper
a shake of garlic salt
- 1 c. carrots, chopped fine
- 1 c. celery, chopped fine
- 1 large onion, chopped fine
- 1 c. walnuts, chopped fine

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

Bessie Ginsberg

VEGETABLE STEW

- ¼ c. oil
- 3 medium onions, peeled and diced
- 1 large green pepper, cut in small pieces
- 1 lb. carrots, peeled and sliced
- 1 lb. green beans, trimmed and cut in 2" lengths
- 4 whole tomatoes, peeled and cut into wedges
- 1 can stewed tomatoes
- 2 chicken-flavored cubes
- 2-3 potatoes, peeled and cubed
- 1 t. sugar (approximately)
- 1 t. salt (approximately)
- ½ t. pepper

Heat oil in large skillet. Sauté onions till translucent. Add green pepper and cook for 2-3 minutes. Add carrots, stir for a few minutes, then add green beans and cook for a few more minutes, stirring constantly. Add whole tomatoes, stewed tomatoes, chicken-flavored cubes, potatoes, sugar, pepper and salt. Reduce heat and simmer till vegetables are tender (to taste). Watch while cooking and add some water if necessary.

This vegetable stew is even better when left for a couple of days in the refrigerator.

Yield: 10-12 servings

Miriam Garvil

BALKAN VEGETABLE CASSEROLE

- 1 c. each: green pepper, zucchini, celery, green beans, carrots, cabbage, white seedless grapes
- 2 c. parsley
- 2 tomatoes
- 2 potatoes
- 2 onions
- 4 cloves garlic
- ½-1 c. olive oil
- 1 t. each oregano, basil, sugar
- ½ t. crushed bay leaf
- salt, pepper to taste

Combine all ingredients in a 9½ x 13" glass dish; put grapes on top. Bake at 350° for 1½ hours. Serve hot or cold. Will keep one week.

You can change the texture by cutting all the same size, but it is more interesting to vary the sizes and shapes of vegetables. Regardless, the flavor will be wonderful!

Marilyn Krimm

ZUCCHINI AND TOMATOES

- 3 T. oil
- 2 onions, peeled and chopped
- ¼ c. rice
- 1 lb. small zucchini, trimmed and sliced
- 1 can tomatoes or 4 fresh tomatoes, cut in wedges
- 1 "red delicious" apple, peeled, cored and very thinly sliced
- 2 beef bouillon cubes
- 1 t. sugar (or sugar substitute)
- salt, pepper to taste
- ½ c. water

Heat oil in a large skillet. Sauté onions till translucent. Add rice and stir for a few minutes. Add zucchini and stir for an additional few minutes, then add all remaining ingredients. Reduce heat and simmer for 15-20 minutes or till rice is ready. Watch while cooking and add more water if necessary.

2 or 3 potatoes, peeled and cubed, can be substituted for rice.

Yield: 8-10 servings

Miriam Garvil

ZUCCHINI BAKE

- 4 medium zucchini
- 1 c. grated cheddar cheese
- 2 eggs beaten
- ¾ c. sour cream
- 1¼ c. slightly crushed garlic/onion croutons
- ½ t. salt
- freshly ground pepper to taste
- butter

Wash, slice and cook zucchini in boiling water. Drain and mash coarsely. Blend in cheese, eggs, sour cream, 1 cup of the croutons and seasoning. Mix. Place in a 12x7½x2" pan. Sprinkle remaining croutons on top; dot with butter. Bake at 350° for 25-30 minutes until lightly brown.

Yield: 6-8 servings

Sara Mendel

HERRING SALAD

- 6 medium beets, cooked
- 3 raw sour apples
- 4 cold boiled potatoes
- 1 onion, chopped
- 3 dill pickles
- 3 eggs, hard-boiled
- 4 pickled herrings
- 1 T. vinegar
- ¼ t. salt
- ⅛ t. pepper
- mayonnaise to moisten

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

Bea Kahn

BEEF SALAD WITH HORSERADISH DRESSING

- ¼ c. sour cream
- 2 T. grated horseradish
- ⅛ t. salt
- ¾ t. sugar
- 1 small can diced beets, chilled
- ½ c. diced celery lettuce
- 2 eggs, hard-boiled (optional)

Combine sour 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.

Bea Kahn

BEEF SALAD

- mayonnaise
- 1 can whole beets
- 1 apple, peeled
- 3 cloves of garlic, small cut
- a handful of finely chopped walnuts

Grate the apple and beets, mix together with garlic and nuts. Add mayonnaise and mix again.

Bassia Genkina

BROCCOLI SALAD

- 4 stalks raw broccoli
- ¾ lb. mushrooms
- 15-18 radishes
- 2 bunches scallions
- ½ can garbanzos (chick peas)
- salt, pepper to taste
- 2 t. mustard, dry or wet
- 1 c. salad oil
- ½ c. red wine vinegar
- juice of 1 lemon (or substitute any preferred salad dressing for last 4 ingredients)

Cut bottoms of stalks off broccoli and divide flowerets into small pieces. Slice mushrooms, radishes, scallions and add to broccoli flowerets. Add garbanzos, then salt and pepper to taste. Mix together mustard, oil, wine vinegar and lemon juice. Mix this with the vegetables, add cheese, mix again. Just before serving taste and see if you want a bit more lemon.

Yield: 10 servings

Bobbie Levine

SLICED CUCUMBER AND ONION SALAD

- 2 cucumbers
- 1 onion
- 1 t. salt
- garlic
- 2 T. tarragon vinegar
- ¼ t. pepper
- 1 c. sour cream

Slice cucumbers very thin. Slice onion and place in bowl. Sprinkle with salt and put in refrigerator for ½ 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.

Yield: serves approximately 5 as a relish or side dish

Bea Kahn

PASTA-VEGGIES SALAD

- 1 8-oz. pkg. thin spaghetti
- 2 medium tomatoes
- 2 cucumbers
- 1 large green pepper
- 1 large Bermuda onion
- 1 8-oz. bottle Italian dressing
- ½ bottle spicy salad seasoning

Break spaghetti into pieces and cook according to package directions. Chop all vegetables and add to drained, cooked spaghetti. Toss. Add Italian dressing and seasoning and mix well. Marinate overnight.

May be kept covered in refrigerator for 4 to 5 days.

Yield: 12-15 servings.

Jeanne Robbins

RUSSIAN VEGETABLE SALAD

- 4 potatoes
- 4 carrots
- 2 onions
- 2 beets
- 1 can peas
- 4 dill pickles
- 1 c. mayonnaise
- salt to taste

Boil carrots, potatoes and beets. Remove skin and cut into small pieces. Cut onions and dill pickles into small pieces and mix with boiled mixture; add peas and mayonnaise. Add a little salt. Mix well.

Sara Kupershmidt

FRENCH SALAD DRESSING

- 1 can undiluted tomato soup
- 1 T. minced onion
- 1 t. dry mustard
- 1 T. Worcestershire
- ¼ t. pepper
- 1 garlic clove
- 1 T. liquid sweetener or other sugar substitute
- 1 t. paprika
- ½ t. salt
- ¾ c. vinegar
- parsley, cut up

Mix all ingredients together in quart jar. Shake well.

Will keep in refrigerator for weeks.

Enid Galler

LARGE LEMON GELATIN MOLD

- 1 6-oz. lemon gelatin
- 3 c. boiling water
- 1 large frozen lemonade
- 2 large whipped topping

Add boiling water to gelatin and stir until dissolved. Stir in lemonade. Refrigerate until thick. Whip with electric beater until frothy. Fold in whipped topping and pour into large 12 cup mold. Refrigerate for 6 hours.

Linda Sokolove

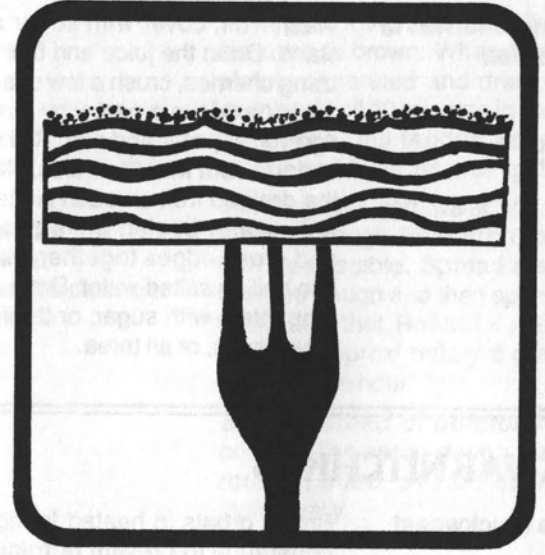
COTTAGE CHEESE FLORENTINE MOLD

- 1 3-oz. pkg. lemon gelatin
- ¾ c. boiling water
- ½ c. mayonnaise
- 1 T. lemon juice
- 1 pkg. frozen chopped spinach, thawed and drained
- 1 c. chopped celery
- ½ t. salt
- ¼ c. chopped green onion
- 1 lb. small curd cottage cheese
- ⅓ c. chopped cashews or water chestnuts

Dissolve gelatin in ¾ cup boiling water. Add mayonnaise and lemon juice. Thicken in refrigerator. Fold remaining ingredients into thickened gelatin. Pour into oiled mold and chill until solid.

Yield: 8 servings

Beulah Elving



SIDE DISHES

VERENICKES WITH FRUIT

- 2 lbs. 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" 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 plate with sugar, or the fruit syrup, or sour cream, or all three.

KASHA VARNITCHKES

- 1 c. kasha (buckwheat groats)
- 2 egg yolks
- 4 c. boiling water
- 1 t. salt
- 4 T. chicken fat (or butter)
- 1 c. cooked noodle squares or bow-knots (verenickes)
- 1 onion, minced and sautéed (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 excess water, add fat and sautéed onions (if used) and noodles. Turn into a casserole and bake at 400° for 10-15 minutes until evenly browned.

Yield: 3-4 servings

VERENICKES WITH CREAM CHEESE

PASTE:

- 2 c. flour
- 2 eggs
- 2 egg yolks
- ½ 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 3" 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 15 minutes. Serve with sour cream.

KASHA KNISHES

DOUGH:

- 1 c. flour
- 1 egg
- 2 T. water
- ½ t. salt
- 1 T. chicken fat

FILLING:

- 2 large onions
- chicken fat
- ½ lb. kasha (buckwheat groats)
- 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 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 ½ hour.

Serve instead of potatoes with a main course. The same dough can be cut into rounds, filled, sealed over, and baked individually.

Mrs. Sperling

LIVER AND POTATO KNISHES

DOUGH:

- ¾ c. warm water
- 1 cake yeast
- 1 T. sugar
- 3 T. chicken fat (or oil)
- 2 eggs
- ½ t. salt
- 3½ c. sifted flour

FILLING:

- 1 onion, diced
- chicken fat
- salt, pepper to taste
- 6 potatoes, mashed
- ½ lb. liver, chopped

Dissolve sugar in water; add salt and fat. Add yeast, mix and let stand for 5 minutes. Beat eggs and add yeast mixture to them. Add all this to the flour and mix well. Let stand in a warm place 3-4 hours until it rises. Roll out dough on a floured cloth until it is thin as possible.

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 are used up. Cut the long rolls into 1½" 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.

Esther Cook

POTATO KNISHES

DOUGH:

- 2 c. flour
- ½ t. salt
- 1 egg
- 3 T. chicken fat
- 1 c. cold water

FILLING:

- 2 c. mashed potatoes
- 2 large onions, diced gribenes ("as much as you can lay your hands on")
- salt, 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 2 parts and roll each separately. Roll as thin as possible, rolling from edge toward the center.

Sauté the onions in chicken fat until golden brown. Add to the potatoes along with the gribenes 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 2 layers of dough. Cut off the roll and put another line of filling on dough, etc., repeating process until all 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 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 at 375° until brown. Baste once or twice during baking with melted chicken fat. These can be made in any desired size.

Rhea Kish

AUNT SYLVIA'S POTATO KNISHES

DOUGH:

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

FILLINGS:

- sautéed onions, seasoned to taste
- chopped left-over cooked chicken mixed with sautéed onions and seasonings
- any cooked meat, chopped and seasoned

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 cookie sheet at 375° until brown.

Bess Paper

KNISHE DOUGH MADE WITH POTATOES

- 2-3 potatoes, boiled and mashed
- 3 eggs
- 3 c. flour
- 1 t. salt

Mix potatoes and eggs until smooth. Add enough flour and salt to make a dough that can be rolled. Roll dough out on a floured board or cloth to ¼" 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. Bake on a well greased pan in a 375° oven until brown, or deep fry, according to preference. Any filling may be used.

Another method is to pat half the dough evenly onto the bottom of a well greased square baking dish. Cover dough with a layer of filling, then cover filling sandwich style with a top layer of dough. Bake and cut into squares to serve.

Mrs. Sperling

VERENICKES

DOUGH:

2 glasses flour
2 eggs (if you feel like it)
some water (How
much? Like 2
more eggs.)

FILLING #1: (may be a main dish)

Grind together in meat
grinder:
leftover pot roast
leftover roasted potatoes
leftover roasted onions

FILLING #2:

mashed potatoes
onions, sautéed in
chicken fat

Mix ingredients into a dough. Roll in a long roll about 1/4" in diameter. Cut in 3/4" rounds; roll each individually into 5" circles. Place small amount of filling in center of circles; fold over dough into half circles. Pinch edges tight, fluting edges with fingers by folding bottom edge over top edge over and over again. Drop in boiling salted water. Cook 20 minutes; drain. Add a "glop" of chicken fat (about 3 tablespoons) to pot and coat verenickes. Sprinkle with salt.

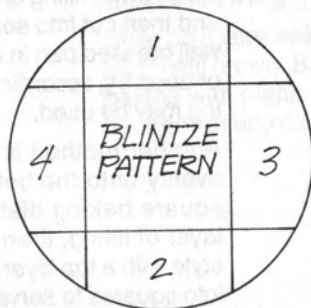
Get them to the table fast, before they disappear!

The dough ingredients were recorded verbatim from my great-grandmother, Dubba Yucht (Yacht). The "glasses" of flour are jahrzeit glasses. An "egg" of water is an eggshell filled with water. The directions and fillings are my mother's translations.

Judy Stopke

TWO STORIES

When I asked my mother for a blintze recipe, not only did she send a recipe, but a paper pattern, numbered, so I would know exactly how to fold my dough.



When my grandmother made kreplach for Shavuot, she would wrap a dish towel around the pot and put it to bed, under the pillow, to keep the kreplach warm. You might call that the earliest microwave oven!

Carol Finerman

RUMANIAN STYLE MEAT KNISHES

Dough made with
potatoes
liver (beef, calf, or
chicken)
leftover cooked
meat
onions, minced and
fried
garlic to taste
pepper to taste
chicken fat

Par-boil liver until tender. Put it through the meat grinder along with leftover 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" thickness. Place filling in little mounds on 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 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.

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 extremely tiny, and used as an excellent hors d'oeuvre.

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

Belle Lansky

POTATO BLINTZES

BATTER:

- 1 egg
- ½ c. flour
- ½ t. salt
- 1 t. sugar
- ½ c. milk (or water)

FILLING:

- 3 potatoes, boiled and mashed
- 2 medium onions, minced
- 1 egg
- salt, pepper to taste

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

Put about 3 tablespoons of batter on a hot well greased skillet about 8" in diameter. Turn pan from side to side in order to spread batter quickly. Fry until light brown on 1 side only. Turn onto a cloth, fried side up.

Sauté 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. Remove from the icebox 1-2 hours before serving time so filling isn't ice cold when fried.

When making larger quantities than given above, use 1 potato to fill every 2 blintzes.

Suzanne Sarnoff

PIROGEN (PIROZHKI)

- 1 c. sifted flour
- ¾ t. salt
- ½ c. cooked riced potatoes
- 1 egg, well beaten
- 2 T. warm water
- ½ c. shortening

Mix and sift flour and salt; add to potatoes. 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 ¼" thick. Cut with a floured 2½" cutter. Roll out circles until they measure 3½". Fill with 2 tablespoons 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.

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 at 375° until nicely browned.

PIROGEN (PIROZHKI) FILLING—CHEESE

- 1 lb. farmer cheese
- 2 eggs, separated
- ½ t. salt
- 2 T. sugar
- 2 T. honey
- 1 T. bread crumbs

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

PIROGEN (PIROZHKI) FILLING—POTATO

- 2 c. mashed potatoes
- ½ c. minced onion
- ½ t. salt
- ¼ c. chicken fat (or other shortening)
- ⅛ t. pepper

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

OTHER PIROGEN (PIROZHKI) FILLINGS

1. Fry a chopped onion in fat until light brown. Combine with ground leftover meat, season to taste.
2. Fry chopped onion in butter. Combine with riced potatoes.
3. Chop a hard-cooked egg. Combine with $\frac{3}{4}$ cup cooked rice. Season to taste.
4. Drain 1 pound sauerkraut. Cook in saucepan until almost dry. Chop an onion, fry in 2 tablespoons 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.

KASHA RUSSIAN STYLE

- 1 c. whole grain kasha (buckwheat groats)
- 3-4 c. boiling water
- $\frac{1}{2}$ t. salt

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

Mme. Pargment

KASHA

- 1 c. kasha (buckwheat groats)
- 1 egg
- 2 c. boiling water
- 1 t. salt

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

Mrs. Fajans

KASHA STUFFED CABBAGE

- $\frac{1}{2}$ lb. kasha (buckwheat groats)
- $\frac{1}{2}$ t. salt
- 12 cabbage leaves
- 1 egg
- 2 T. butter
- 1 large onion
- 1 small sweet red pepper
- 1 tomato
- $\frac{1}{2}$ T. sugar
- 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 at 350° for 2 hours.

Freda Kaufman

TABOOLI

- $1\frac{1}{2}$ c. bulgur wheat
- 1 bunch parsley, chopped fine
- 2 bunches green onions, chopped fine
- juice of 1 lemon
- 2-3 medium tomatoes
- $\frac{1}{4}$ c. olive oil
- salt, pepper to taste

Soak bulgur in 2 cups of boiling water for about 1 hour. Squeeze excess out. Add all other ingredients and mix well. You can also add chick peas for complete protein. Fresh mint, added, will change the taste completely.

This is a middle-eastern dish that I especially like.

Lillian Kushner

ISRAELI CHANUKAH BUCKWHEATS

- 2 pkgs. dry (or $\frac{1}{2}$ oz. fresh yeast)
- $\frac{1}{2}$ c. lukewarm water
- 2 c. cold water
- 1 c. flour
- 2 c. buckwheat flour (obtain at health food store)
- $1\frac{1}{2}$ t. salt
- 2 T. sugar
- $\frac{1}{4}$ c. pareve margarine, melted
- 1 t. baking soda in $\frac{1}{2}$ c. cold water
- oil for cooking

Dissolve yeast in lukewarm water; add cold water. Sift together flour, buckwheat and salt. Stir in yeast mixture. Beat well until smooth. Cover and refrigerate overnight. In morning, stir in sugar, margarine and dissolved baking soda. Let stand at room temperature for $\frac{1}{2}$ hour. Drop by spoonfuls onto hot greased griddle or thick pan. As soon as pancakes are bubbly and puffed, turn and brown on other side. Drain on toweling after cooking.

These lend an Israeli flavor to Chanukah. Serve with applesauce or sour cream.

Yield: 32 pancakes

Shira Klein

BARLEY PINE NUT PILAF

- ¼ c. margarine (butter or oil)
- 2 oz. pine nuts
- 1 c. green onion, chopped
- 1 c. barley
- ½ c. chopped parsley
- ¼ t. salt
- ¼ t. pepper
- 3½ c. chicken broth

Brown pine nuts in butter. Remove and reserve. Sauté green onions and barley until barley is lightly toasted. Remove from heat. Add nuts, parsley, salt and pepper; stir. Heat broth, pour over barley and stir. Bake about 1-1¼ hours at 350°. Cover if it seems to be drying out.

Doris Miller

POTATO RICE (from India)

- ½ lb. potatoes
- 1 c. oil
- 10 onions (small size)
- 2 chili peppers, seeded (you may omit or substitute sweet pepper)
- 1 T. each: mustard seed, caraway, dill
- 2 T. each: dried garbanzos, poppy seeds
- ½ c. cashews
- 3 peeled cardamom
- 3 cloves
- ½ stick cinnamon
- 1 c. brown rice
- 2½ c. water
- saffron (optional)

Boil potatoes till half done; cool, peel and cube. In a 12" skillet, sauté onions (which have been cubed), till slightly browned. Add peppers and rest of the ingredients. As each ingredient is sautéed till slightly browned, move it to the side of the skillet. Add the rice last and brown in the remaining oil. Add the water, bring to a boil and simmer 45 minutes. Now add the potatoes, 15 minutes before it is finished. Saffron is traditional as a coloring and flavoring agent. If you would like to add it, do so at the time you add the water.

Serve with poultry or beef, or as a protein source for a vegetarian meal.

Marilyn Krimm

RICE FOR STUFFING OR SIDE DISH

- 1 c. rice
- 2 c. bouillon
- ¾ c. celery, chopped
- ½ stick margarine
- ½ c. almonds, blanched and chopped coarsely, toasted if desired
- ½ lb. mushrooms, sliced salt, pepper to taste
- 1 clove garlic, minced

Cook all ingredients together until rice is ready.

Drained tiny peas can be added to the cooked rice.

Miriam Garvil

EASY SPAGHETTI PRIMAVERA

- 3 c. mixed vegetables (your choice), chopped, cooked and buttered
- 1 lb. spaghetti
- 1 c. cream (or half & half)
- ½ c. bleu cheese, crumbled
- 1 c. grated Parmesan (or Romano cheese)

Cook vegetables. Cook spaghetti according to directions. Add cream and bleu cheese to spaghetti. Toss. Add vegetables and grated cheese. Toss. Serve with additional grated cheese.

Yield: 6 servings

Shira Klein

TASTY PASTA

- 1 lb. rotini (any pasta may be substituted)
- ½ lb. melted butter or margarine
- ¼ c. Italian dressing
- ½ c. grated Parmesan cheese
- freshly ground pepper
- ¼ c. minced parsley (optional)

Cook pasta until tender; drain. Add remaining ingredients and toss lightly to coat.

Yield: 6-8 servings

Myrna Miller

SPAETZEL (GALUSHKA)

- 1 egg, slightly beaten
- 1 t. melted margarine (or oil)
- 3/4 c. water
- 1 t. salt
- 2 c. flour
- 1 T. salt
- 3 qts. boiling water
- 1 T. oil

Mix egg with margarine in a deep bowl. Add water and salt. Stir in flour. Beat with a wooden spoon until a soft but resilient dough forms, 3-4 minutes. In a large pot, boil water with salt. Put dough on a board; cut dough with a teaspoon into boiling water (or use a spaetzel machine). Boil 12-15 minutes, or until spaetzel is cooked through. Remove spaetzel with slotted spoon into a colander. Rinse quickly with cold water then again with a slotted spoon, spoon into a glass dish. Sprinkle with 1 tablespoon oil, cover and keep warm until serving time.

Yield: 4 servings

Susie N. Guiora

MAMALÍGA (CORN MEAL MUSH BREAD)

- 16 oz. lightly salted water
- 12 oz. yellow corn meal

Bring water to a boil. Gradually sift in corn meal, stirring continuously until a mush is formed, about 15 minutes. Keep stirring until mush is very smooth. Cover the pot and cook for about 10 minutes more. Turn onto a wooden board and serve.

Mamalíga may be served hot or cold with any dish instead of bread. My favorite combination is with distinctively flavored cheese (brinza) like Danish bleu, Gorgonzola or Roquefort.

Louis Fraiberg

VEGETARIAN LASAGNA

- 3 cloves garlic
- 2 containers ricotta cheese
- 1 lb. mozzarella cheese
- 1 c. Parmesan (and/or Romano cheese)
- 3 eggs (or less, depending on cholesterol conscience)
- 9 lasagna noodles
- 1 28-oz. can tomato solids
- 1 large can tomato sauce
- 2 large onions, diced
- 1/2 lb. mushrooms, sliced
- 1 green pepper, diced
- 2 large carrots, diagonally sliced
- 3 zucchini, sliced
- 3 T. olive oil

Spices:

- a pinch cumin
- 1/2 t. lemon-pepper
- 1/4 t. basil or oregano

Cook lasagna noodles in a large pot of water with salt and a few drops of olive oil until al dente. Then cool with cold water. In the olive oil, sauté the garlic, add the onion, carrots, zucchini, mushrooms and green peppers; sauté gently. When tender, add tomato solids, tomato sauce and spices. Simmer 1 hour. Add a dollop of red wine if desired.

Separate the eggs. Beat the egg whites until firm and set aside. To the beaten egg yolks, add the ricotta cheese and beat with a whisk or electric beater until combined. Then add 3/4 cup grated Parmesan cheese; combine. Fold in the egg whites.

Assemble the ingredients: put a bit of sauce on the bottom of the pan. Then alternate 3 lasagna noodles, half of ricotta mixture spread on noodles, sauce, a shake or two of Parmesan cheese and 1/3 of mozzarella sliced. On top layer of noodles, spread remaining sauce and place mozzarella slices in decorative pattern.

Bake in a 9 1/2 x 13 x 2" pan, 325° for one hour. Cover with aluminum foil for 3/4 hour; remove foil last 1/4 hour.

The basic lasagna recipe was given to me during my first year of marriage by the proprietor of an Italian specialty store in North Adams, Mass. I added the vegetables myself later. You can choose which vegetables to use; emphasize only carrots one time, or only zucchini, onion, pepper another. If you wish to limit salt intake, use fresh tomatoes and make up the sauce with them. This recipe has fed many a Hashomer group. When Naomi was in the Ken, we were known as the "lasagna house."

Yield: 8-10 servings

Daryl M. Hafter

DAVID EYRE'S PANCAKE

- ½ c. flour**
- ½ c. milk**
- 2 eggs, lightly beaten**
- pinch of nutmeg**
- 4 T. butter (or margarine)**
- 2 T. confectioner's sugar**
- juice of ½ lemon**

Preheat oven to 425°. In bowl, combine flour, milk, eggs and nutmeg. Beat lightly; leave batter a little lumpy. Melt butter in 12" skillet with heatproof handle. When very hot, pour in batter. Bake in oven 15-20 minutes or until pancake is golden brown. Sprinkle with sugar and return briefly to oven. Remove from oven and sprinkle with lemon juice. This may be served with jam.

Yield: 2-4 servings

Pearl Grosse

POTATO KUGEL

- 6 large raw potatoes**
- 3 eggs**
- ¼ c. flour**
- 1 small onion, grated**
- ½ c. shortening (or chicken fat)**
- 1 t. baking powder**
- 1 t. salt**
- 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 cupcake tins) and bake at 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.

PROCESSOR POTATO KUGEL

- ¼ c. oil**
- 4 large potatoes, peeled and cut in chunks**
- 1 large onion, quartered**
- 3 eggs**
- 1½ t. salt (or to taste)**
- ¼ t. pepper**
- ¼ c. flour or potato starch**

Put oil in 8" square or 7 x 11" glass casserole. Preheat oven to 375°; put casserole in oven and heat till oil is hot, about 5 minutes. Put potatoes in processor with steel blade. Grater could be used, but I like the texture better with the steel knife. Process with several on/off turns till mixture is textured, but not liquidy. Transfer to a colander and let cold water run to keep potatoes white. Meanwhile process onion until minced. Add eggs and seasonings. Process for a few seconds. Press out water from potatoes and pat with paper towel to dry. Put in large mixing bowl with flour, other ingredients and 3 tablespoons of the hot oil. Mix this well. Pour potato mixture into casserole and sprinkle with a little more oil on top. Bake uncovered at 375° for about 1 hour or until top is brown and crispy.

I have doubled this recipe successfully, using a 13 x 9" casserole. It may seem to have too much oil when you pour batter in, but this will be absorbed during baking.

Yield: 6-8 servings.

Carol Finerman

LUKSHEN KUGEL

- ½ lb. broad noodles
- 2 eggs
- 3 T. sugar
- ¼ t. cinnamon
- ¼ t. salt
- 4 T. shortening (butter or chicken fat)
- ½ c. chopped seedless raisins
- ¼ c. chopped walnuts
- 3 T. bread crumbs

Boil noodles in 2 quarts water and 1 teaspoon salt. After tender, rinse with cold water. Beat eggs with sugar, cinnamon and salt. Add the noodles. Melt fat and add to mixture. Turn half of mixture into greased baking dish, sprinkle with all of nuts and raisins and cover with remaining noodles. Top with bread crumbs. Bake 45 minutes at 400°. You can substitute ½ cup chopped apples for half of the raisins, or dried fruit of any kind can be added.

Freda Kaufman

NOODLE KUGEL

- 1 lb. medium noodles
- 1 c. sour cream
- 1 small carton cottage cheese
- 1 c. milk
- ½ t. salt
- ½ c. sugar
- ½ c. butter, melted
- ½ c. raisins, washed and dried
- 4 eggs, separated

TOPPING:

- 1 c. crushed cornflakes
- 1 t. cinnamon
- ¼ c. brown sugar

Cook noodles according to package directions. Drain; add butter to hot noodles; mix. Add other ingredients in order, except for egg whites. Mix well, then fold in stiffly beaten egg whites. Pour into 11 x 17" pan. Put on topping which has been mixed together. Bake at 325-350° for 1 hour.

This refrigerates and freezes well. Cut before preheating for neater squares.

It is very flexible in that it can be put into 2 smaller pans. For a sweeter taste, substitute cornflake crumbs for cornflakes.

Sarajane Silver

LUKSHEN KUGEL

- 1 12-oz. pkg. egg noodles
- 1 5-oz. can evaporated milk
- 1 12-oz. large curd cottage cheese
- 5 extra large eggs
- ½ c. butter
- 2 T. sugar

Boil noodles in heavily salted water. Drain. Do not rinse. Melt butter in casserole in oven. In the pot you boiled noodles in, lightly beat eggs. Add evaporated milk, cottage cheese, sugar. Mix. Add noodles and melted butter. Toss. Bake in casserole 1 hour at 325°. Cut into squares and serve.

This is not too sweet, a good side dish.

Judy Stopke

APPLE KUGEL (Pareve)

- 1 16-oz. pkg. wide noodles
- 6 eggs, separated
- ¾ c. sugar
- 4 T. melted shortening
- 3 t. cinnamon
- 1 c. dried apricots, cut small
- 1 4-oz. can pineapple tidbits, drained
- 5 medium apples, peeled and sliced

Cook noodles according to package directions. Add the beaten egg yolks and all the listed ingredients. Beat the egg whites stiff; fold into noodle mixture. Grease a 13 x 9" pan. Bake at 375° for 50-60 minutes.

Yield: 12-15 servings

Carol Finerman

NOODLE-APPLE PUDDING

- 2 eggs
- 4 T. sugar
- ¼ t. salt
- ½ t. cinnamon
- 1 c. grated apples
- ½ c. seedless raisins
- 4 c. cooked fine noodles, drained
- 3 T. melted butter or fat

Beat the eggs, sugar, salt and cinnamon together. Stir in the apples, raisins, noodles and butter or fat. Turn into a greased baking dish. Bake at 400° for 40 minutes or until browned.

Yield: 6-8 servings

Jean Robbins

UPSIDE-DOWN NOODLE PUDDING (Pareve)

- 6 T. margarine or butter
- 1 1-lb. pkg. medium noodles
- brown sugar
- 1 large can crushed pineapple
- 6 eggs, beaten
- 2 t. vanilla
- cinnamon (optional)
- 2 t. salt

Heat margarine in 9 x 12" pan in oven. Boil noodles according to package directions; drain. Add melted margarine to noodles in large bowl. Sprinkle brown sugar and crushed pineapple in bottom of pan. Add eggs and seasonings to noodles. Pour into pan and bake at 350° for 1 hour. Turn upside-down onto platter and serve.

Judy Cohen

LUKSHEN AND CHEESE KUGEL

- ½ lb. medium noodles, cooked
- ¼ c. butter or margarine
- ¼ lb. each of cream, cottage and American cheese
- 3 eggs, beaten to just mix thoroughly
- 1 c. milk
- ½ c. sugar (optional)
- 1 c. sour cream
- salt to taste
- cornflakes

Mix together and place in a 2-quart buttered casserole. Sprinkle cornflakes on top and bake at 350° for 40 minutes-1 hour.

Halina Silverman

ONION NOODLE KUGEL

- 2 lbs. noodles, green or white
- 4-5 medium onions
- salt, pepper to taste
- 3 eggs, beaten
- 1 c. sour cream
- 2 c. dry curd cottage cheese (optional)

Cook noodles al dente in salted water; drain. Sauté onions in butter until transparent (not too brown). Add onions, sour cream, salt and pepper, beaten eggs and cottage cheese to noodles. Mix together. Pour into 9 x 13" baking dish and bake at 350° for 1 hour. At that time test for doneness.

Sara Graf

APRICOT KUGEL

- 1 lb. wide noodles
- 1½ c. milk
- 1½ c. cottage cheese
- 4 eggs
- ½ c. sugar
- 1 T. vanilla
- 1½ sticks butter or margarine, melted
- 1 large can crushed pineapple, drained
- 1 box dried apricots

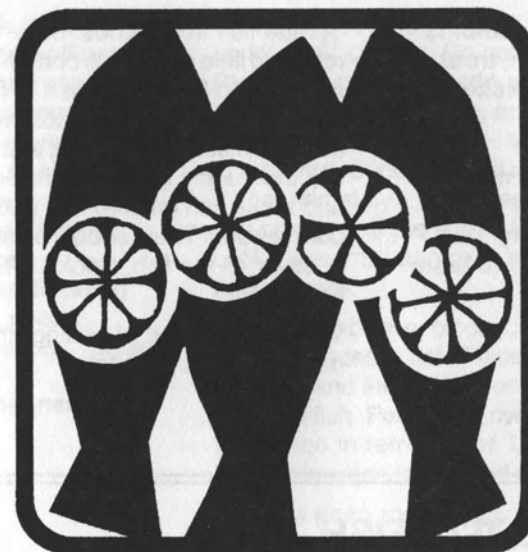
Cook noodles and combine with the milk, cottage cheese, eggs, sugar, vanilla, melted butter and crushed pineapple. Put half the mixture into a 9 x 12" pan or casserole and top with the dried apricots. Put rest of noodle mixture on top of apricot layer. Top with mixture of cornflakes, cinnamon and sugar. You can refrigerate at this point or bake at 350° for 1 hour.

For a smaller family make 2 casseroles and freeze 1 of them.

Naomi Gottlieb

TOPPING:

- ¼ c. cornflakes, crushed
- ¼ c. cinnamon and sugar mixed (about 1 t. cinnamon)



FISH

GEFILTE FISH

- 3 lbs. fish—combine white fish, trout, pike, or pickerel
- 2 onions
- 2 eggs
- little matzo meal
- 1-2 carrots
- 3 stalks celery
- salt, 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, ½ cup water, little matzo meal (enough to make mixture workable), 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 1½ hours on low heat.

Variation: instead of boiling, the raw balls may be fried in deep fat.

Hannah Zwerdling

MOCK GEFILTE FISH

- 1 tall can pink salmon
- 3 large onions
- 3 carrots
- salt, pepper to taste
- 2 c. water
- 3 eggs, separated
- 4 T. (heaping) matzo meal

Combine salmon juice, 2 sliced onions, sliced carrots, water, salt and pepper and simmer in a large shallow pan ½ hour. Remove skin and bones from salmon. Mash, mix well with grated onion, egg yolks, matzo meal, 1 tablespoon 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.

Estelle Cohan

GARLIC FISH

- 6 slices fish (carp or red snapper is best), unboned
- 2 t. salt
- 2 T. paprika
- 5 cloves garlic, minced
- ½ t. black pepper
- 3 T. oil

Sprinkle all ingredients except oil over fish and let stand at least an hour. Put oil in baking dish and swish fish in it on both sides. Bake in 300° oven, turning often about 1½ hours or until fish is nice and brown and somewhat dry. Remove from oven and cool. Serve cold.

Mollie Ingber

PICKLED FISH

- 5 lbs. fish (trout, pickerel and pike; usually one of each)
- water to cover fish
- 1 large onion, sliced
- salt, pepper to taste
- 1 c. vinegar
- 1-2 t. mixed pickling spices
- ½-¾ c. sugar (to taste)
- ½ lemon, sliced
- 2 large onions, sliced

Clean fish thoroughly, salt it lightly, and cut up into 1-2" 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 cup 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!"

Freda Best

PICKLED FISH (NO-FAIL)

- 4 lbs. (or more) trout, sliced, not skinned or boned
- 1 qt. white vinegar
- 1 qt. water
- 2 c. sugar
- 1 T. kosher salt
- 2 T. pickling spices
- 3-4 large onions, sliced

Bring everything except the fish to a boil. Add fish gently and boil for 30 minutes, no more. Cool; take out fish gently and put in glass dish. Pour juice over fish and put in refrigerator. Can be eaten that evening if desired.

Mollie Ingber

PICKLED FISH

- 5 lb. lake trout, cut into 1" slices
- ½ c. mixed pickling spices (reserve 1T.)
- 3 onions, sliced
- ¾ c. sugar
- 3 c. vinegar
- 3 c. water
- 2 lemons, sliced
- 2 large onions, sliced (reserve)

In a 6-quart pot or roaster boil spices, onions, vinegar, sugar and water until onions are tender. Turn to simmer and gently arrange slices of fish in pot. Simmer for 20 minutes. Cool and remove fish to large crockery bowl or wide mouth container, layering with fresh reserved onion, lemon slices and reserved spices. Cover with strained juices. Refrigerate at least 3 days before serving. Keeps well in refrigerator up to 2 weeks.

A slight variation in flavor can be obtained by substituting all or part of the sugar with brown sugar and adding ¼ cup raisins while cooking.

Doris Miller

PICKLED LOX

- 2 onions
- ½ lb. lox (cut in thick slices)
- ⅓ box mixed pickling spices
- 1 c. vinegar
- sweet cream to taste
- sugar to taste
- ½ 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 3-4 days before serving. Will keep about 2 weeks.

PICKLED HERRING

- 2-3 large salt herring (preferably "milter" type)
- 2 c. water
- ½ c. white wine vinegar
- 1 t. mixed pickling spices
- a few bay leaves
- sugar to taste
- 4 large onions, sliced
- 1 lemon, sliced

Soak herring overnight 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 3-4 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.

Mrs. Ben Kaplan

FLOUNDER PUFFS

- ½-¾ lb. fillets of flounder
- 1 egg, separated
- 1 T. flour
- 1 T. water
- ¼-½ t. salt to taste
- ½ c. olive or salad oil

Cut fish into serving pieces. Beat egg white until stiff. Beat egg yolk until smooth; fold in flour, water and salt. Fold stiffly beaten egg white into yolk mixture. Heat oil in skillet. When sizzling hot, dip pieces of fish in egg mixture, then fry in hot oil until golden on one side; turn on other side to golden.

Jean Robbins

SALMON CROQUETTES

- 1 7-oz. can salmon,
boned and drained
- 1 c. crushed, seasoned
croutons
- ¼ c. carrot, grated
- 1 egg (or 2 egg whites)
- ¼ t. salt
- ½ t. lemon juice
- ¼ c. skim milk
- ½ t. onion flakes
- ¼ t. Tabasco

Blend all ingredients in mixer on low speed until thoroughly mixed. Form mixture into thick patties (about 4) and put on non-stick cookie sheet. Bake at 350° for 35 minutes, turning once. Avoid overcooking.

These are nice and moist! Recipe may easily be doubled.

Yield: 4 patties.

Carol Finerman

BAKED HERRING WITH ONIONS

- 3 herring (schmaltze)
- 2 c. sliced onions
butter
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 at 350° until onions are lightly browned. Add a little sweet cream and bake 10 minutes more. Serve with baked potatoes.

SWEET AND SOUR FISH

- 2 lbs. white fish
- 1 c. cider vinegar
- 2 c. water
- 1 onion
- ½ lb. brown sugar
a few raisins
- 8 whole pieces allspice
a sprinkle of cinnamon
- 5 ginger snaps

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

Freda Best

FISH PAPRIKASH

- ¼ lb. butter
- 1 onion, sliced
- 1 pepper, sliced
- 4 celery stalks, sliced
- 3 lbs. fish (cod, turbot,
halibut or trout)
- 2 cans stewed
tomatoes, drained
- 1 t. paprika
- 1 t. garlic powder

Place half the butter in casserole. Arrange vegetables except tomatoes over butter. Place fish on the vegetables. Pour tomatoes over fish. Sprinkle with seasoning. Dot with remaining butter. Cover with foil and bake at 375° for 45 minutes.

Yield: 6-8 servings

Sara Mendel

FISH CASSEROLE

- 4 T. butter
- 2 large onions, sliced
- 1 large whitefish
(head removed)
- 2 cans tomato soup
- 1 can water
- 1 can peas and carrots
- 8 boiled potatoes

Dot a large casserole with the butter; add the sliced onions. Place the whitefish on the onions. Dilute the soup with the water and pour over the fish. Bake 1 hour at 325°. Remove from oven and add the peas and carrots and the boiled potatoes. Return to oven and bake an additional ½ hour at 350°.

Yield: 6-8 servings

Sara Mendel

RUSSIAN FISH STEW

- 1 lb. white fish
- 1 lb. pike
- ½ lemon
- 3 large onions, sliced
- 2 carrots, sliced
- 1 rib celery, sliced
- 6 potatoes, sliced thick
- 1 bay leaf
- 1 T. salt
- ½ t. pepper
sprinkling of paprika
on fish in pot

Buy fresh fish. Two pounds will serve 2-3 people. Wash and slice fish crosswise into serving pieces. Do not bone. Squeeze lemon over fish and refrigerate at least ½ 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 1½-2 hours. Serve hot or cold.

CREAMED MACKEREL AND POTATOES

- 1 mackerel (approx. 1 lb.)
- 2 onions, sliced
- 2 potatoes, sliced
- butter
- ½ c. light sweet cream
- ¼ c. milk (if necessary)
- salt, pepper and paprika to taste

Place sliced onions and sliced potatoes in a well buttered baking pan; dot generously with butter. Put under the broiler and leave until both onions and potatoes are nicely browned; turn ingredients so both sides 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 fish lightly with salt and pepper and sprinkle generously with paprika. Dot with butter. Place under broiler again until surface of fish is well browned. Remove from broiler, pour cream over ingredients, and place in a 350° oven for ½-¾ 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.

Yield: 2-3 servings

Suzanne Sarnoff

BACALAO (Portuguese Salt Cod Stew)

- 1 box salted codfish (1 lb.)
- 6 boiling potatoes (best is 18 small redskins)
- ¼ c. olive oil
- 4 garlic sections
- 2 medium onions
- coarse ground pepper
- cumin to taste
- 1 12-oz. can tomato
- 20 small green pimiento olives, cut in half
- 1 4-oz. jar sliced pimientos

Soak fish overnight in cold water (or soak several hours with several changes of water); drain thoroughly. Cover with fresh water and boil ½ hour. Drain and reserve water. Let fish cool. If you use large potatoes, cut into chunks, peeled or unpeeled. Cook potatoes in reserved water till cooked but firm. Dice onions and garlic; sauté in olive oil until they start to brown. Shred fish by hand or in food processor. Add fish to onions. Add spices. Fry a bit. Add oil as needed. Mash tomatoes and add to fish. Simmer 20 minutes. Add potatoes and olives. Boil out to medium dry consistency. Garnish with pimientos. Serve with crusty Italian bread.

Judy Stopke

TUNA MORNAY

- 2 T. unsalted butter
- 2 T. finely chopped green onion
- ½ c. cream, combined with 1 T. cornstarch
- 1 T. Parmesan cheese (or more)
- ⅛ t. black pepper
- ⅛ t. red pepper
- ½ t. salt
- 2 T. white wine
- 1 can white meat tuna (small or large, there will be enough sauce)

Melt butter; add onion and sauté 5 minutes. Do not allow to brown. Add cream which has been mixed with the cornstarch and cook until thick. Season with the cheese, peppers, salt and wine. Let simmer 5 minutes. Lastly fold in tuna gently. Taste and season further if necessary, to your taste. Cool and store in refrigerator until needed. To serve, fill patty shells, sprinkle top with more Parmesan cheese and bake at 350° for 10 minutes.

Mollie Ingber

LOW-CAL TUNA DISH

- 1 T. butter
- ¼ c. chopped onion
- 3 medium zucchini, shredded
- 1 c. stewed tomatoes, drained and mashed
- 2 7½-oz. cans tuna, drained
- 1 t. garlic powder
- ¼ t. salt
- ¼ t. Tabasco
- ¼ t. dill
- 1 T. lemon juice
- cheese

In a large skillet, melt butter, add onion and cook until tender. Add zucchini and cook 5 minutes, stirring frequently. Stir in tomato, tuna and remaining ingredients. Cook 5-10 minutes. Put mixture in casserole; cover with your favorite cheese. Bake at 350° until the cheese melts.

Yield: 8-10 servings

Sara Mendel

TUNA LASAGNA

- 2 10-oz. pkgs. frozen mixed vegetables
- 2 cans condensed mushroom soup
- ½ c. milk
- 2 cans tuna fish
- ½ box (of 16-oz.) lasagna noodles, cooked
- 1 lb. variety of cheeses (cheddar, American, Parmesan, etc.)
- seasonings to taste (pepper, garlic powder, oregano)

Cook the mixed vegetables and set aside. Heat the soup with the milk. Fold in the tuna, vegetables, seasonings and heat. Grease a 9 x 13" glass dish. Line the bottom with 3 noodles lengthwise. Spread ⅓ of tuna mixture, then ⅓ of cheeses. Repeat the layers 2 more times. Bake at 350° for 45 minutes. Let stand 15 minutes before serving.

Yield: 8 servings

Ruth Frankel

TUNA CHOW MEIN

- 1 7-oz. can tuna
- 1 can cream of mushroom soup
- 1 4-oz. jar sliced mushrooms
- 1 16-oz. can bean sprouts
- ½ c. sliced almonds
- 1 can water chestnuts
- 1 onion, diced
- ½ c. celery, sliced
- 1 3-oz. can chow mein noodles

Combine all ingredients except ½ cup noodles. Turn into a greased 1½ quart casserole. Top with noodles. Bake at 350° for 40-50 minutes.

Yield: 4 servings

Ceil Pear

SALMON MOUSSE

- 3 envelopes unflavored gelatin
- liquid from salmon
- ¼ c. hot water
- 2 c. celery, chopped
- 1 small to medium onion, chopped
- dill, fresh or dried, to taste
- 1 c. mayonnaise
- 1 c. yogurt or 1 more of mayonnaise
- ¼ t. Tabasco
- 1 T. lemon juice (or more) to taste
- 2 cans salmon (or 2 lbs. fresh)

Soak gelatin in salmon juice and hot water. Chop all solids in food processor. Blend liquids and solids. Add salmon last. Grease a bundt pan with oil or spray. Fill with mixture until it sets. When ready to serve, place on bed of lettuce and surround with lemon slices, black olives and tomatoes. (Cherry tomatoes are pretty, also cucumber slices topped with a bit of dry dill.)

Tuna can be substituted for salmon. Use tuna packed in water, not oil.

Bobbie Levine

SMOKED SALMON SPREAD

- 4 oz. cream cheese, softened
- ¼ c. sour cream
- ½ T. grated onion
- pinch white pepper
- 4 T. minced smoked salmon
- 2 T. ripe black olives, coarsely chopped

Place softened cream cheese in a bowl. Blend in the sour cream, grated onion and pepper; beat until smooth. Add the smoked salmon and chopped olives. Serve after well chilled. Sprinkle with parsley flakes.

Ceil Pear

ANDALUSIAN

SALEON MOUSSE

...from chicken as ...
...to ...
...to ...
...to ...
...to ...

- 1 c. mayonnaise
- 1/2 c. lemon juice (or more to taste)
- 2 c. lemon juice (or more to taste)
- 1 c. cream (for 2 c.)

HEM VINDHART

POUNDED SALMON STEAD

...to ...
...to ...
...to ...
...to ...

- 1 lb. black cod
- 1/2 c. cream
- 1 c. cream
- 1/2 c. cream



POULTRY & STUFFINGS

The may be made with 2 lbs. of dark eggs of fresh country hens. Wash and dry the increased proper, carefully and frozen in plastic bags in refrigerator. Numerous serving pieces for lunch.

Ray Wolcott

SCHMALTZ (RENDERED CHICKEN FAT)

- 1 chicken
- ¼ c. water
- 1 large onion, coarsely chopped

Remove all large fat pads from chicken, as well as any other fat that can be easily removed in clumps. Wash well and cut in pieces about 1-1½" in size. Remove skin, especially parts that show layers of fat below. Wash well and cut into same size pieces as fat.

Place together in deep saucepan over medium heat. Add water and melt (or render). When fats are just barely melted, add onion. Continue to cook (stir occasionally) until onion is golden and skin is browned. Strain. Reserve onion and skin (gribenes) for a delicious snack. Chopped gribenes can be added to mashed potatoes for a special treat!

Doris Miller

MAMA'S ROAST CHICKEN

- 1 cut-up frying chicken, fresh or frozen
- salt and pepper
- paprika
- 1 large onion
- 2 celery stalks
- ½ green pepper
- chicken-flavored fat, optional
- bay leaf
- ½ c. water

Wash and clean chicken pieces, trimming off excess skin and fat. Dry with toweling. Sprinkle lightly on both sides with salt and pepper, then generously with paprika. Brown pieces in oil in frying pan. In separate frying pan, gently brown onion, celery and green pepper in oil to which some chicken-flavored fat (schmaltz-e-dige) may be added to enhance flavor. Put chicken pieces in heavy pan or roaster. Cover with vegetable mixture and crumbled bay leaf. Add ½ cup water to pan to start. Cover and bake 1¾ hours at 350°, basting a couple times and adding additional water as necessary.

This may be made with 2-3 frozen packages at a time, preferably breasts, with vegetables increased proportionately, and frozen in plastic bags in appropriate number of serving pieces for future meals.

Fay Woronoff

MOTHER'S ROAST CHICKEN

- 4 lb. chicken, cut up
- salt and pepper
- paprika
- garlic salt
- 3 onions, cut up
- 1 bay leaf
- ketchup

Season chicken 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. Roast covered for ½-¾ hour at 350° until a gravy forms. Remove chicken from pan. Add to the gravy enough ketchup to make a rich brown sauce; you may need a little water. Remove from roaster. Arrange chicken 1 layer deep, spooning a little gravy over each piece. You may have to roast this twice if you have too much chicken. Roast uncovered at 425° until it looks a tasty dark reddish-brown, 10-15 minutes. Remove roaster. Turn oven down to 300°; cook till tender.

Deborah Freedman

KOFTELES

- 1 whole chicken breast per portion
- water
- 2 t. bread crumbs
- 1 t. chopped parsley
- salt and pepper
- 1 egg white, beaten
- 1 6-oz. can tomato paste
- 1 c. water
- basil
- pinch of sugar

Bone and skin 1 whole chicken breast per person. Poach in water until meat is cooked. The liquid can form the basis for chicken soup. Chop the meat and mix with bread crumbs, parsley, salt, pepper and egg white. Form into pancakes about 1 x 2", about ½" thick. Sauté until brown on both sides. Make a tomato sauce from tomato paste diluted in a cup of water (or more, to taste), basil and sugar. Bring to a boil. Poach kofteles in the sauce for about 10 minutes and serve.

Miniature pancakes of minced chicken in a mild tomato sauce. Probably related to the kofta of the Middle East.

Louis Fraiberg

STUFFED KISHKAS

- beef casings
- 1/3 c. chicken fat
- 3 onions
- salt, pepper to taste
- 1 c. flour

Buy beef casings from butcher. Make filling of fat, flour, 1 onion chopped and seasonings. Fasten 1 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; roast in pan slowly until well done and brown. Baste frequently with pan liquid. These also can be roasted along with fowl or meat roast.

STUFFED HELZEL

- skin from neck of fowl
- 2 c. flour
- 2/3 c. chicken or goose fat
- 4 medium onions, chopped
- salt, pepper to taste

Remove skin from neck of fowl in 1 piece. If torn, sew together. Wash and clean thoroughly. Mix flour, fat, onions and seasonings. Sew up 1 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.

Dorothy Willer

BUBIE'S MEATBALLS WITH CHICKEN GIBLETS

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

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

Bess Paper

CHICKEN WITH CHICK PEAS

- 1 chicken, cut in serving pieces
- 2 large onions, sliced
- 1 t. cumin
- 1 t. paprika
- salt and black pepper
- 1 t. turmeric
- 1 can chick peas

Rub seasonings into chicken. Sauté in oil in Dutch oven until golden brown. Sprinkle with 1 teaspoon 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 1 hour, more or less, depending on size of chicken.

Bess Paper

CHICKEN CACCIATORE

- 1 chicken cut up into 16ths or as you like oil (for browning)
- 2 large onions, diced
- 4 cloves garlic, diced
- 1 green pepper, diced
- 1 can tomato sauce
- 1 can tomato paste
- 1 can sliced mushrooms
- 1/2 c. cooking sherry

Brown chicken in oil. Sauté onions, garlic and pepper in oil till brown. Add tomato sauce, tomato paste and mushrooms. Reduce heat to low and cook for 1/2 hour. Add sherry and cook another 1/2 hour or until soft.

Jean Solvith

CHICKEN CASSEROLE

- 1 c. salad oil
- 3/4 c. flour
- 2 c. onions, chopped
- 1/2 c. green pepper, chopped
- 1/2 c. celery, chopped
- 1-1 1/2 cooked chickens, diced or cut into large chunks
- 2 t. salt
- 1 t. pepper
- 1 T. Worcestershire
- 2-3 c. chicken soup

Combine salad oil and flour. Stir constantly over low flame, until light brown. Add vegetables and cook until onions wilt. Then add chicken, salt, pepper, Worcestershire sauce and soup. Cook until hot. If casserole thickens, you can add more soup.

May stay overnight. Good served on rice. Freezes well.

Jean Fine

CHICKEN CASSEROLE A LA REHOVOTH

- 4 c. canned tomatoes (plum)
- 1 chicken, cut in serving pieces
- salt and pepper
- 1 T. oil
- 1 c. onion, coarsely chopped
- 1 chicken bouillon cube, dissolved in ½ c. boiling water
- 1 large green pepper, cored, seeded and cut into cubes
- 1 clove garlic
- 1 t. oregano
- ½ c. dry white concord wine
- ½ c. mushrooms, sliced

Place tomatoes in saucepan and reduce to 2 cups. Sprinkle chicken with salt and pepper. Heat oil in skillet; add chicken pieces skin-side down; brown on all sides. Carefully pour off all fat. Scatter onions, mushrooms, green pepper and garlic between chicken. Sprinkle with oregano. 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.

Esther Bree

CHICKEN AND ALMONDS (CHINESE)

- 3-4 raw chicken breasts, cubed
- 3 T. oil
- ½ t. salt
- 1½ T. soy sauce
- 1 c. diced celery
- 1 c. peas, fresh or frozen
- ½ c. diced onions
- 1 4-oz. can mushrooms, drained
- 1 c. hot chicken broth
- 1 T. cornstarch
- 2 T. water
- rice
- ½-1 c. whole or slivered almonds, toasted

Heat oil in deep skillet; sauté chicken 3 minutes, stirring almost constantly. Add salt, soy sauce, celery, peas, onions and mushrooms. Cook 2 minutes. Stir in broth. Cover and cook over low heat for 5 minutes. Mix cornstarch and water; stir into the mixture until thickened. Serve with rice. Serve almonds to sprinkle on top.

Yield: 4 servings

Barb Copi

CHICKEN NANCY

- chicken pieces, enough for 6 servings
- 1½ c. soy sauce
- 1 c. sugar
- ½ c. saki
- 2 cloves garlic, finely chopped
- 1 T. toasted sesame seed
- 2 T. chopped scallions

Bring soy sauce, sugar, saki and garlic to a boil. Add sesame seed and scallions. Remove skin from chicken. Marinate the chicken for several hours or overnight. Remove chicken from marinade; put on rack and bake uncovered at 300° for 1 hour. Baste with the marinade.

This Japanese recipe was given to me by a Eurasian friend.

Edith Gomberg

CHICKEN IN ORANGE SAUCE

- 2 chickens, cut in serving pieces
 - salt
 - 2 T. oil
 - ½ c. raisins (light, dark or currants)
 - 1 6-oz. pkg. slivered almonds
 - 1 11-oz. can mandarin oranges
 - 1 6-oz. can frozen orange juice
 - 1 T. cornstarch
- [Ed. Note: for Passover, use potato starch]
- ½ t. each of cinnamon, cloves and nutmeg
 - Tabasco

Sprinkle chicken with salt and brown in 2 tablespoons 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 at 350° for ¾ hour. Uncover and cook till brown and tender.

Serve with rice. Tasty cold for lunch next day.

Marilyn Krimm

LEMON ROAST CHICKEN

- 1 roasting chicken,
4-5 lbs., or capon
salt and pepper
- 3-4 lemons
- 6 sprigs fresh thyme

Wash chicken and pat dry. Sprinkle inside and out with salt and pepper. Put thyme sprigs inside cavity. Pierce lemons with a fork. Make sure lemons are well pierced. Stuff inside the cavity. Don't be afraid to push them in. Truss chicken tightly, being careful not to bruise the breast meat. Roast at 425° for about 30 minutes. Test by pricking the meaty part of the leg; the juices should run clear, not pink. The oil from the lemon will make the chicken deliciously fragrant!

Vivian Shapiro

CHICKEN BREASTS IN LIME JUICE

- 2 boned chicken
breasts, split in half
- juice of 1 fresh lime
- garlic powder
- garlic salt

Arrange chicken breasts on a small broiler pan lined with aluminum foil. Turn up edges to hold the lime juice marinade. Pour lime juice over the chicken and let stand; then sprinkle with garlic powder and garlic salt, and let it stand for about ¾-1 hour. Pour off lime juice and reserve. Broil chicken on each side (about 10 minutes in all), pour the lime juice back on to serve.

This is a low-cal and delicious!

Deborah Freedman

BESS' BAKED CHICKEN (OR ROAST BEEF)

- 2 chickens, cut up
- 1 pkg. onion soup
- 1½ t. garlic powder
- 1 c. ketchup
- 20 whole allspice
- 3 c. water
- potatoes, quartered,
per person

Place raw chicken in baking pan or casserole. In bowl, stir together next 4 ingredients; mix well. Add water; mix well. Pour mixture over chicken. (It will seem like too much liquid, but cooks down to a rich gravy.) Cover lightly with a foil tent. Bake at 375° for 1½ hours. Add potatoes and bake 1 hour more.

This recipe is delicious using a beef roast. Adjust baking time depending on size of roast.

Judy Stopke

CRANBERRY CHICKEN

- 1 lb. can whole berry
cranberry sauce
- 1 envelope onion soup
mix
- 1 8-oz. bottle French
dressing
- 1 cut up fryer, or 6-8
breast halves
(bone in), or
- 3-4 lbs. drumsticks,
thighs, or
- 8-12 boneless breasts

In an appropriate sized baking dish, mix the first 3 ingredients. Add the chicken. This is enough sauce for the chicken parts chosen. Make sure sauce is both under and over the chicken. Bake uncovered at 350° for 1 hour. Chicken takes on added flavor if marinated in the sauce for several hours before baking.

Carolyn Lichter

CHICKEN PORKOLT

- 1 chicken (fryer)
approx. 3 lbs. cut in
serving portions
- 2 medium onions,
chopped fine
- 2 T. margarine or oil
- 3 T. paprika, preferably
Hungarian (szeged)
- 1-2 t. salt to taste
- ½ c. water, approx.
- 2 medium tomatoes,
quartered

In a large saucepan heat margarine (oil), add finely chopped onions and sauté until golden. Add paprika and cook for 2-3 minutes longer. Add tomatoes, water, salt and chicken. Cook covered for approximately 1 hour or until chicken is soft but does not fall off the bone. Stir a few times, making sure that bottom does not stick to pan. Add more water, up to an additional ½ cup, if needed. Chicken should *not* be covered with liquid.

I prefer to skin the chicken, making it less fatty.

Susie N. Guiora

"DONOR" CHICKEN

- 6-8 pieces frying chicken seasoned salt to taste
- ½ c. vegetable oil (approx.)
- krispie rice cereal (approx. 2 c. after grinding)

Season chicken generously with seasoned salt. Dip quickly into oil and let excess drain back into bowl. Dredge in rice cereal. Bake at 350° in shallow pan for 1 hour or until done.

This recipe was served at many Donor luncheons and Shabbat dinners in my hometown synagogue when I was growing up. Many years later when I was in charge of Shabbat dinners at Beth Israel Congregation in Ann Arbor, I used this recipe because it is so easy to prepare for a crowd. I have received many compliments and many requests for it. Try it and see what a difference the rice cereal makes. This is also good on miniature "drumettes" (chicken wings) served as an appetizer with sweet and sour sauce.

Judy Cohen

PRUNE STUFFING FOR TURKEY

- 3 c. diced celery
- 1 large onion, cut up
- ½ c. margarine
- 2 t. salt
- ½ t. pepper
- 1 t. poultry seasoning
- 3 T. dry parsley flakes
- 8 c. cubed stale white bread
- 2 raw apples, cubed
- ½ lb. cooked prunes, pitted, cut up
- ½ c. walnut meats, cut up
- ½ c. (approx.) white wine
- ¼ c. water
- 3 eggs, slightly beaten
- small amount of sweetening (optional)

Sauté celery and onion in margarine until golden brown. Add next 4 ingredients and stir well. In very large bowl put bread cubes. Add apples, prunes and nuts. Add celery and onion mixture to bowl. Add wine and water to eggs and pour into big bowl. Mix all ingredients together with hands. Add a little more wine if stuffing seems too dry. Put into 2 casseroles, or into one small casserole and the rest into turkey cavity. Put casserole into oven about 45 minutes before turkey is fully cooked. During baking of separate stuffing, baste top of casserole twice with drippings from turkey pan as bird roasts. (If one prefers not to do this because of the cholesterol, add a little more margarine to the celery and onion when sautéing.)

Fay Woronoff

BESS PAPER'S CHINESE GRANDMOTHER'S DUCK

- whole duck
- water
- ½ bottle (about 1 c.) light soy sauce
- green onion

CHERRY SAUCE:

- 4 t. cornstarch
- ¼ c. sugar
- 1 T. orange rind
- ¼ t. ginger
- ¼ t. dry mustard
- ¼ t. salt
- ¼ c. orange juice
- ¼ c. currant jelly
- 1 can sour cherries, including liquid
- 2 T. sherry

Simmer whole duck for 1 hour with water to cover, soy sauce and green onion. Cool, remove from liquid, cut into serving-sized pieces and bake for ½ hour at 400°. Serve with cherry sauce.

Cherry sauce: mix dry ingredients with small amount of liquid, add orange juice and jelly. Cook and stir till thickened. Add remaining ingredients and continue to cook and stir till well heated.

BESS PAPER

Ed. Note: Bess Paper was a member of this Chapter for many years. There have been many requests for this recipe, and we include it with great pride.

PAELLA

- 3 T. oil
- 1 large Spanish onion
- ½ lb. garlic sausage, cut into small cubes; or kosher knockwurst, cut into ½" slices
- 1 chicken, cut into small pieces
- 1 lb. fish fillets in season, cut finger thin
- 1 c. rice
- 4 c. chicken broth or 2 c. chicken broth and 2 c. tomato sauce
- 4 fresh or 12-oz. can tomatoes
- 2 peppers
- 2 cloves garlic
- herbs to taste

In large 10" skillet or 12" saucepan, sauté onion and sausage in oil, then chicken pieces, till brown. Remove chicken and add fish to brown slightly. Remove fish and add rice to brown slightly. Then pour in chicken soup and clear cooking residue from pan. Pour all ingredients into a large casserole and bake in 350° oven for 1 hour, or add remainder of ingredients to saucepan, plus chicken and fish. Bring to a boil; reduce to simmer with covered pan at least 30-45 minutes more. Serve with garnish of cooked green peas.

Marilyn Krimm

CHOLENT

2 large onions, sliced
1 T. oil
1 lb. beef brisket
1 lb. beef ribs
1 lb. beef chuck
1 lb. beef round
1 lb. beef tri-tip
1 lb. beef brisket
1 lb. beef ribs
1 lb. beef chuck
1 lb. beef round
1 lb. beef tri-tip

MEAT



is gone

FRUITS STUFFING FOR TURKEY

1/2 lb. ground turkey
1/2 lb. ground beef
1/2 lb. ground pork
1/2 lb. ground lamb
1/2 lb. ground venison
1/2 lb. ground bison
1/2 lb. ground elk
1/2 lb. ground moose
1/2 lb. ground caribou
1/2 lb. ground reindeer
1/2 lb. ground muskox
1/2 lb. ground yak
1/2 lb. ground zebu
1/2 lb. ground kudu
1/2 lb. ground topi
1/2 lb. ground reedbuck
1/2 lb. ground roan
1/2 lb. ground eland
1/2 lb. ground buffalo
1/2 lb. ground bongo
1/2 lb. ground tsesse
1/2 lb. ground topi
1/2 lb. ground reedbuck
1/2 lb. ground roan
1/2 lb. ground eland
1/2 lb. ground buffalo
1/2 lb. ground bongo
1/2 lb. ground tsesse

SALSA

1/2 lb. ground turkey
1/2 lb. ground beef
1/2 lb. ground pork
1/2 lb. ground lamb
1/2 lb. ground venison
1/2 lb. ground bison
1/2 lb. ground elk
1/2 lb. ground moose
1/2 lb. ground caribou
1/2 lb. ground reindeer
1/2 lb. ground muskox
1/2 lb. ground yak
1/2 lb. ground zebu
1/2 lb. ground kudu
1/2 lb. ground topi
1/2 lb. ground reedbuck
1/2 lb. ground roan
1/2 lb. ground eland
1/2 lb. ground buffalo
1/2 lb. ground bongo
1/2 lb. ground tsesse

BESS PAPER'S CHINESE-INSPIRED 'NONO-KO'

GRANDMOTHER'S DUCK
1/2 lb. ground turkey
1/2 lb. ground beef
1/2 lb. ground pork
1/2 lb. ground lamb
1/2 lb. ground venison
1/2 lb. ground bison
1/2 lb. ground elk
1/2 lb. ground moose
1/2 lb. ground caribou
1/2 lb. ground reindeer
1/2 lb. ground muskox
1/2 lb. ground yak
1/2 lb. ground zebu
1/2 lb. ground kudu
1/2 lb. ground topi
1/2 lb. ground reedbuck
1/2 lb. ground roan
1/2 lb. ground eland
1/2 lb. ground buffalo
1/2 lb. ground bongo
1/2 lb. ground tsesse

BESS PAPER

1/2 lb. ground turkey
1/2 lb. ground beef
1/2 lb. ground pork
1/2 lb. ground lamb
1/2 lb. ground venison
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1/2 lb. ground elk
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1/2 lb. ground kudu
1/2 lb. ground topi
1/2 lb. ground reedbuck
1/2 lb. ground roan
1/2 lb. ground eland
1/2 lb. ground buffalo
1/2 lb. ground bongo
1/2 lb. ground tsesse

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. Vegetables other 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 T. chicken fat
- ½ lb. dried lima beans
(soaked in cold
water until tender)
- 8-10 medium potatoes,
quartered
- 2 lbs. beef (brisket,
short ribs or chuck)
- 2 T. flour
- salt, pepper, paprika
to taste
- boiling water to cover

Sauté 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 ½ hour. Lower heat to 225° and allow to stay all day or overnight. 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 it extinguishing during the night. Let the pot sit on the stove until ready to serve.

BRISKET

- 1 brisket of beef
- 6 onions, cut up or
sliced (you may use
more, if you wish)

Place half the onions on the bottom of the roasting pan. Place brisket on top of onions. Cover the meat with the rest of the onions. Cover pan tightly, using foil if necessary for a tight cover. Bake in a slow oven, 275° for at least 2 hours. Test with fork for tenderness. Recover tightly if more cooking is needed. Usually there is enough juice from the meat; if not, add hot water to keep meat from burning.

Cook this 1 day in advance and refrigerate to let the fat congeal. Next day, remove the fat from the surface. Meat can now be sliced, reheated or frozen. Leftovers are great for sandwiches.

My mother, Lillian Geithem, used this recipe almost every week for as long as I can remember.

Ray Juni

BRISKET OF BEEF

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

Brown the brisket in a preheated Dutch oven on the top of the stove. Add onions and bay leaf. Bake at 350°, 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 1-2 days before serving. Slice meat, return gravy to pan and reheat. It freezes magnificently.

Deborah Freedman

(Ed. Note: 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.)

BEEF BRISKET

- 2 large onions, sliced
- 3 cloves garlic, minced
- 4 celery stalks, cut up
- 1 T. chicken fat
salt, pepper, paprika
to taste
- 1 beef brisket

Cut up the onions, garlic and celery. Simmer in chicken fat. Add salt, pepper and paprika to taste. Wash the brisket, dry it and season with salt and paprika. Place the meat on top of the vegetables. Cover tightly and cook 1 hour on low heat. Turn the meat, cook 1 additional hour. Test with fork to make sure it is tender. (I add some white wine.) Slice the meat and return it to the pot. Add 1 cup of water. Check the taste of the gravy before adding more salt. Cook the meat slices in the gravy for ½ hour; simmer.

This is my mother, Dorothy Silverglied's recipe.

Edith Gomberg

MOM'S BRISKET

- 1 brisket
- garlic powder
- 2 cans golden mushroom soup
- 1 bottle chili sauce
- 1 8-oz. can mushrooms
- ½ c. red wine

Season the brisket with garlic powder and sear under the broiler on both sides. Mix the soup, chili sauce, mushrooms and wine. Pour over the brisket in a large casserole dish. Cover and bake at 350° for about 2 hours. Cook brisket; slice (trimming any fat) and lay in the gravy. Freeze. Before re-cooking, defrost, then heat covered for 1 hour.

A good dish when you're busy. You can prepare in advance and then reheat. Delicious!

Mary Schuman

MAMA'S JERKOYAH (POT ROAST)

- 2-3 large onions
- 4 carrots
- 2 ribs celery with
leaves
- 1 bay leaf
- 3-4 lbs. chuck, English
cut or brisket
- Kitchen Bouquet
- 1 c. water
- salt, pepper to taste

Place sliced onion, carrot and celery in heavy pot with crushed bay leaf. Brush meat with Kitchen Bouquet and season. Place meat in pot, add water. Bring to a boil and cover, reduce heat and simmer 1 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 1¾ hours until tender. If this cooks dry, add a little water and reduce heat. Juice should cook down to natural gravy.

Clara Seymour

SWEET NETTIE'S POT ROAST

- use any amount of
side of steak or top
of the rib
- pepper
- salt
- paprika
- ketchup
- 1 onion, size depend-
ing on amount of
meat
- 1 t. Kitchen Bouquet
- 1-2 cans mushroom
pieces and stems

Brown meat in Dutch oven on top of stove. Sprinkle meat liberally with salt, pepper and paprika; smother with ketchup (both sides). Brown cut onion in Dutch oven. Add meat, cover and cook on low heat for 1 hour. Shut off heat, let cool and slice meat. Add drained mushrooms and 1 teaspoon Kitchen Bouquet to gravy in pot. Return meat to pot and cook for another hour. Last ½ hour, take off cover.

Best if cooked the day before serving.

Joanne Beck

HUNGARIAN GOULASH

- paprika
- 2 lbs. chuck, cubed
- salt, pepper to taste
- 1 onion
- ½ c. water
- ketchup
- 2 carrots, sliced
- 4 small potatoes,
cubed

Sprinkle paprika on meat. Brown. Add salt and pepper to taste. Cut onion in chunks, add to meat. Add ¼ cup water. Simmer for 1 hour, covered. Add dash of ketchup and ¼ cup more water, enough to keep meat from sticking to pot and to make gravy. Add carrots. Cook for ½ hour. Place potatoes on top of meat and carrots and simmer until potatoes are soft, but firm.

Lillian Kushner

SWEET AND SOUR PRUNE TZIMMES

- 2 lbs. chuck roast
water to cover
- ¾ c. tomato juice or
stewed tomatoes
salt, pepper to taste
- 1 T. sugar
- 5 white potatoes,
quartered
- 2-3 sweet potatoes,
sliced
- 1½ c. dry prunes
- ¾ c. dried apricots

Sear chuck lightly in a little fat. Add water to cover and cook 1 hour. Add tomato juice and remaining ingredients. Cover and cook on a low flame until ingredients are tender. Add extra water if the stew appears to be drying out. When done fruit should be mushy and gravy gets thick. Excellent if left over for the next day.

Yield: 4-6 servings

Rhea Kish

TZIMMES

- 3 lbs. lean brisket
- 1 onion, chopped
- 2 T. chicken fat or oil
- 3 c. boiling water
- 2 t. salt
- ½ t. pepper
- ¼ t. nutmeg
- ¼ t. ginger
- ¾ c. brown sugar
- 2½ T. lemon juice
- 2 lbs. carrots, peeled
and sliced
- 3-4 sweet potatoes,
peeled and cut up
- 1 lb. pitted prunes

Brown meat and onion in fat. Add water, salt, pepper, nutmeg and ginger. Cover and cook on top of stove on low for 1½ hours. Stir in sugar and lemon juice. Add sliced carrots and potatoes. Cook covered in oven at 350° for 1 hour, then add the prunes. Stir occasionally. Return to oven for 1 more hour. Uncover for the last ½ hour. Meat should be very tender. Cool meat 15 minutes, then slice and return to roaster.

May be either a holiday side dish or main course.

Helen Mann

MOM'S EASY PEPPER STEAK

- 2-3 lbs. thin cut shoulder
steak or boneless
chuck
- oil to cover bottom of
pan
- pepper and garlic salt
- 2-3 green peppers, cut
into chunks
- ¼ c. chili or barbecue
sauce
- ¼ c. Worcestershire
- ¼ c. cooking sherry
- ½ lb. mushrooms,
sliced

Heat oil in pan, brown meat which has been seasoned with pepper, garlic salt. Add green pepper; sauté 10 minutes, then simmer for 15-20 minutes. Add chili sauce; simmer 5 minutes. Add Worcestershire sauce; simmer 5 minutes. Add sherry, simmer 5 minutes. Add mushrooms; simmer 5 minutes.

Yield: 4-6 servings

Susan Ayer

PICKLED BEEF

- 1 roast beef, cooked
and sliced very thin

Cook onions in oil. Add the rest of the ingredients and bring to a boil; cook for 5 minutes. Pour over sliced beef and cover. Let stand in refrigerator about 12 hours.

MARINADE:

- 2 onions, sliced thin
- 3 T. olive or other oil
- ½ c. red wine
- 1 t. sugar
- 2 cloves garlic, pressed
- 1 bay leaf
- 1 T. chopped parsley
- 1 T. rosemary
- ½ t. powdered sage
salt and pepper
- 1 c. white wine
- 1 can consommé or
bouillon made from
cubes

Marilyn Krimm

BEEF BOURGUIGNON

- 1 lb. steak, thinly sliced
- ½ lb. mushrooms
- ½ clove garlic
- ½ bay leaf
- 1½ t. parsley
- ¼ t. salt
- ¼ t. thyme
- pepper to taste
- 2 T. margarine
- 2 T. flour
- ¾ c. consommé
- ½ c. wine

Brown meat, add mushrooms, garlic, seasonings, cover, simmer. In another pan make a paste with the flour and margarine. Stir till light tan. Add consommé and cook till slightly thickened. Add to beef and cook 1½ hours (until tender). Add wine 5 minutes before serving.

Yield: 4-6 servings

Susan Ayer

SPRINKLED STEAK

- ½ c. olive oil
- 1 T. bourbon
- ½ t. powdered garlic or
1 t. crushed garlic
- 1 t. paprika
- ½ t. salt
- 1 onion, chopped
- 2 T. parsley, chopped
- 1 steak, which may be
frozen

Mix oil and bourbon in a pan that is large enough to hold the steak lying flat. Sprinkle garlic, paprika, salt, onion and parsley onto steak. Cover. Bake in either of the following ways:

- 1) If steak is frozen, or if you will be away for the afternoon, bake in a very slow oven (175°) until fork tender.
- 2) Pressure cook for 15 minutes. If steak was frozen, let pressure come down slowly. If fresh, cool cooker at once.

Yield: 2 ample servings

Ray Juni

BEEF AND NOODLES

- 1 8-oz. pkg. vermicelli
- 3 T. oil
- 1 lb. ground beef
- 1 t. salt
- ½ t. pepper (optional)
- ¼ c. scallions, sliced
(optional)
- 1 clove garlic, minced
- 1 6-8 oz. can water
chestnuts, sliced
- 1 T. sugar
- 1 c. beef broth
- 2 T. water
- 2 t. cornstarch

Cook noodles as directed on package; drain and rinse under cold water; drain well and chill. Brown meat in oil (or without oil in non-stick skillet) stirring frequently to prevent lumps from forming. Add salt, pepper, garlic, water chestnuts, sugar and broth. Bring to a boil. Mix cornstarch and water together; stir into the skillet until thickened. Mix in the noodles and heat. Sprinkle with scallions if desired.

Children like this!!

Yield: 4-6 servings

Barb Copi

EASY STEW

- 2 lbs. stew meat
- 1 pkg. dry onion soup
mix
- 2 c. celery, cut up
- 2 c. potatoes, peeled
and diced
- 2 c. carrots, sliced
- 2 small cans mush-
rooms, drained
- 2 T. minute tapioca
- 1 large can whole
tomatoes, cut up,
with juice
- 1 T. sugar
- 1 T. parsley flakes
- garlic powder to taste
- ½ c. red wine

Mix all ingredients with your hands. Put in covered Dutch oven and bake at 250° for 5 hours.

Mary Schuman

MY FRIEND GINNY'S SHISH-KEBOB

Enough meat for 4 people, cut into chunks

Marinate meat in the marinade overnight. Then arrange on skewers and broil.

Yield: 4 servings

MARINADE:

- ½ c. salad oil
- ¼ c. soy sauce
- 4 t. Worcestershire
- 2 T. vinegar
- 2 t. dry mustard
- ¾ t. salt
- 1 t. pepper
- ½ t. dried parsley
- 2 T. lemon juice
- ½ clove garlic
- 2 T. wine

Susan Ayer

MARINATED FLANK STEAK

1 flank steak

Combine all ingredients in marinade. Marinate steak all day in refrigerator or 3-4 hours at room temperature. Broil 4 minutes each side for rare.

Yield: 3-4 servings

MARINADE:

- 1 c. soy sauce
- 1 c. dry white wine
- 1 t. ground ginger
- 2 cloves garlic, crushed
- 1 T. sugar

Joanne Beck

STUFFED CABBAGE

1 head cabbage
tomato juice (46-oz. can)

½ c. rice
pepper

1½ lbs. ground lean beef
or veal

½ c. sauerkraut
large can peeled
tomatoes
salt
sugar

Boil cabbage in water until soft. Separate leaves gently one by one. Trim rib of each leaf to make it more malleable. Mix meat with rice. Put about 2 tablespoons in center of each leaf and roll lengthwise; then tuck in each end. Make bed of extra cabbage and sauerkraut and place in bottom of pot. Add the rolled cabbage leaves, tomato juice, peeled tomatoes (cut into pieces). Cook covered until tender (after adding salt, pepper and sugar to taste).

Lillian Kushner

HOLISHKES (STUFFED CABBAGE)

1 lb. ground beef
¼ c. uncooked rice
1 egg
1 onion, grated
1 carrot, grated
¼ t. salt

10-12 cabbage leaves

¼ c. lemon juice, vinegar, or ¼ t. citric acid crystals
½ c. brown sugar
1 c. tomato sauce
water to cover
raisins (optional)

Combine meat, rice and egg. Add onion, carrot and salt. Blanch cabbage leaves by covering 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.

GROUND BEEF-CABBAGE CASSEROLE

1 medium onion,
chopped
1½ lbs. ground chuck
1½ c. cooked rice
1 small cabbage,
shredded
1 15-oz. can tomato
sauce

Sauté onion in oil. Add beef and cook until just browned. Blanch or lightly steam the cabbage. Combine the other ingredients in a large mixing bowl. Place cabbage in a shallow casserole (about 3 quarts). Pour mixture over cabbage. Cover and bake at 350° about 45 minutes.

Yield: 6-8 servings

1-2 T. oil
1 small can mushrooms
1 t. salt
2 cloves garlic
¼ t. pepper

Alice Cohen

SWEET AND SOUR MEATBALLS

1 lb. ground beef made
into meatballs (with
chopped onion, salt)
1 #2 can tomatoes
1 small can tomato soup
½ c. brown sugar
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 meatballs 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.

Lois Levenson

CANTONESE MEATBALLS

- 2 lbs. chopped meat
- 2 eggs
- bread crumbs
(optional)

Mix meat with eggs and bread crumbs; form balls. Mix all ingredients for sauce. Simmer meatballs in sauce for 2 hours.

Susan Ayer

SAUCE:

- 4 oz. barbecue sauce
- 1 c. ketchup
- 2 beef bouillon cubes
- ¼ c. water
- 1 c. brown sugar
- 1 small can crushed
pineapple (in its own
juice)
- 1 t. ginger
- ¼ t. garlic

SAVORY MEAT LOAF

- 1 lb. ground beef
- 2 T. horseradish
- 1 t. prepared mustard
- 1 t. ketchup
- 1 t. Worcestershire
- 1 t. salt
- 1 beaten egg
- 2 T. matzo meal
- 2 T. water
- Kitchen Bouquet

Mix all ingredients. Stir well, beating in air. Run tines of fork over mixture in loaf pan to create grooves. Pour over a little Kitchen Bouquet and spread with pastry brush. Bake 45 minutes at 350°. Remove from oven and, carefully holding meat with large fork, pour excess fat out of pan.

Fay Woronoff

MEAL IN A SQUASH— STUFFED ACORN SQUASH

- 4 medium to large acorn
squash
- 1 lb. ground beef
- 1 c. chopped onion
- 1 8-oz. can tomato
sauce
- ½ t. cinnamon
- 1 t. salt
- ½ t. pepper
- ½ c. water
- ½ c. raisins
- 1½ c. cooked brown rice
(= ½ c. raw rice)

Cut each squash in half lengthwise and scoop out seeds and fibers. Place cut side down on greased shallow baking pan. Bake at 350° about 30 minutes. Meanwhile, brown the ground beef and onion. Spoon off drippings. Stir in the tomato sauce, cinnamon, salt, pepper, water and raisins. Then remove from heat and stir in the rice.

Remove squash from oven and carefully turn so the cut sides are up. Fill centers with meat mixture. Return to oven and bake an additional 30-45 minutes until squash is tender. It may be covered with foil if it seems to be drying out.

Doris Miller

CHILI

- 1½ lbs. ground beef
- 1 c. onion, chopped
- ¾ c. green pepper,
chopped
- 1 1-lb. can tomatoes,
broken up
- 1 20-oz. can tomato
juice
- 1 1-lb. can dark red
kidney beans,
drained
- 1 8-oz. can tomato
sauce
- 1 t. salt
- ¼ t. pepper
- 3 t. chili powder
- ½ t. garlic powder
- 1 bay leaf
- cumin powder

In heavy skillet, brown meat, onion, green pepper till meat is lightly browned and vegetables are tender. Stir in remaining ingredients. Cover and simmer for 1 hour. Remove bay leaf.

Mother never made this, but at the request of my husband, I am including this recipe.

Lillian Kushner

KASHA-STUFFED VEAL BREAST

- 1 c. kasha (buckwheat groats)
- 1 onion, diced
- 1 egg, well beaten
- salt, pepper to taste
- 3-4 lbs. breast of veal
- 1 onion
- 1 clove garlic
- salt, pepper, paprika

Prepare kasha according to directions on package; cool. Add onion which has been diced and sautéed in chicken fat. Add egg, 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 at 325°-350° about 2-2½ hours.

Sarah Nagler

VEAL SAUTÉ WITH HERBS

- 2 lbs. veal, cubed
- salt, pepper to taste
- 2 T. oil
- 2 T. margarine
- 1½ c. mushrooms, sliced thin
- 1 c. onion, chopped fine
- ¾ c. celery, chopped fine
- 1 t. garlic, minced fine
- ½ c. dry white wine
- ¼ c. flour
- 1½ c. chicken broth
- 1 c. crushed tomatoes
- ½ t. dried rosemary
- 2 sprigs parsley
- 1 bay leaf
- 12 small white onions (optional)
- 2 T. parsley, chopped fine

Sprinkle veal with salt and pepper. Heat margarine and oil in skillet. Cook meat until it is browned. Set aside. Add mushrooms, onion, celery and garlic to skillet. Cook, stirring, till onion is wilted. Add wine, stirring, and cook till it evaporates. Return veal to skillet and sprinkle evenly with flour. Gradually add chicken broth, stirring to blend. Add tomatoes, rosemary, parsley sprigs and bay leaf; cover. Cook over low heat about 1 hour. Add onions; cover and cook 45 minutes more. Serve sprinkled with chopped parsley.

Yield: 4-6 servings

Carol Finerman

FRESNO LAMB SHANKS

- 6 lamb shanks
- 1 8-oz. can tomato sauce
- 1 can water
- 2 t. salt
- 1 T. dry mustard
- ½ c. brown sugar
- ⅔ c. vinegar
- 2 T. Worcestershire
- 2 onions, thinly sliced

Brown lamb shanks in Dutch oven. Add all ingredients except onions. Cover and simmer 1¾ hours, basting occasionally. Add onions. Cover, cook 15 minutes more.

There will be a lot of sauce to serve with roasted or mashed potatoes or rice.

Judy Stopke

LAMB WITH MARINADE

- 1 whole boneless lamb shoulder (or lamb shanks)
- 1 c. white wine
- HERB MARINADE:**
- ½ c. soy sauce
- ½ c. olive oil
- ½ c. parsley
- 2 cloves garlic
- 1 t. thyme
- 1 t. rosemary
- 1 t. dry mustard
- ½ t. oregano
- ½ t. mace (or mint)

Skin and cut away all fat from the lamb. Marinate in white wine overnight in the refrigerator. Combine herb marinade ingredients in the processor or blender; chop until parsley is quite fine. Pour into jar and refrigerate overnight.

Next day, drain the wine and reserve. Cover lamb with herb marinade and leave at room temperature for at least 1 hour, turning at least once. Tie before roasting uncovered in preheated 450° oven for 1 hour (less time if you have few lamb shanks). Baste every 15 minutes. Fifteen minutes before serving, combine in saucepan reserved wine and marinade pan drippings. Thicken with cornstarch if desired. Simmer for 10 minutes. Add more wine if needed. Serve sauce separately in gravy boat.

Reheats very well, but you won't have any left!

Marilyn Krimm

VEAL PAPRIKA

- 4 T. fat
- ½ c. onion, minced
- 2½ lbs. veal steak
- 1 green pepper, diced
- 2 T. paprika
- ½ t. salt
- ¼ c. water
- 1 T. lemon juice

Melt fat and brown onions lightly. Add the veal which has been cut into pieces ½ x 1½", paprika, diced green pepper and salt; brown gently. Add 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.

Yield: 6 servings

Ada Margolis

VEAL-PEPPER SKILLET

- 2 T. oil
- 1½ lbs. veal stew, cut into 1" pieces
- 1 medium onion, sliced salt, fresh ground pepper to taste
- 1 1-lb. can tomato sauce
- 1 3-oz. can sliced mushrooms (or fresh mushrooms)
- 1 t. basil
- ½ t. oregano
- 3 potatoes, peeled and cut in 1" cubes
- 2 green peppers, seeded and cut in ½" strips

Heat oil in large skillet; brown veal lightly. Add onion; cook about 5 minutes, or until golden. Season with salt and pepper. Add tomato sauce, mushroom liquid, basil and oregano. Cover and cook over low heat 30 minutes. Add potatoes and green peppers; cover and simmer 15 minutes or until tender. Add mushrooms and heat through. Season with more salt and pepper if necessary.

You may add rosemary as one of the seasonings; it is very good with veal. Also, you might want to eliminate the potatoes and serve this dish with noodles.

Yield: 4 servings

Carol Finerman

VEAL SCALLOPINI WITH MUSHROOMS

- 4 boneless veal cutlets, pounded ⅛" thin flour (for dredging) salt, pepper to taste
- 6 T. margarine, divided
- 2 T. oil, preferably olive
- ½ lb. mushrooms, sliced thin
- ⅔ c. dry white wine
- 4 t. chopped parsley

Sprinkle veal with salt and pepper; dredge lightly with flour. In skillet, heat 2 tablespoons margarine with the oil. Over medium heat sauté veal slices about 1 minute on each side. Remove; keep warm on serving platter. Add mushrooms to skillet and sauté 2 minutes. Spoon around veal. Add wine to skillet; stir to loosen pan drippings. Stir in parsley and remaining 1 tablespoon margarine. Cook over medium heat about 2 minutes or until sauce thickens slightly. Pour over veal and mushrooms. Serve immediately.

Yield: 4 servings

Carol Finerman

BREADED VEAL CUTLET

- 4 veal cutlets
- 1-2 eggs
- matzo meal
- garlic powder
- paprika
- Italian seasoning or parsley flakes
- vegetable shortening

Pat cutlets dry with paper toweling. Beat eggs; dip cutlet into eggs. Mix dry ingredients together, dip cutlets into mixture and coat well. Fry in vegetable shortening over medium-high heat until brown on 1 side; turn and brown on other side. Remove from heat and drain well. These can be prepared in advance and heated in oven on barely warm temperature to stay hot.

I realize that it may be difficult to judge amounts of the dry ingredients, but if there is any mixture left over, it can be easily stored. This recipe is included by special request—my husband insists it isn't a Jewish cookbook if it doesn't have a recipe for breaded veal cutlet in it!

Yield: 4 servings

Carol Finerman

CORNERD BEEF AND CABBAGE, RUMANIAN STYLE

- onions, chopped
- butter or oil
- 1 can whole or sliced tomatoes
- 2 celery stalks, cut in 1" pieces
- 2 carrots, cut in 1" pieces
- 2 small potatoes per person
- 1 small head of cabbage
- ½ c. water
- ½ c. beef broth or consommé
- 2 cloves of garlic, chopped
- 1 cornerd beef brisket

Make a cabbage soup by sautéing chopped onions in butter or oil until they are translucent. Add tomatoes, celery, carrots and potatoes. Taste the mixture for tomato flavor. If more is needed, add a small bit of citric acid (sour salt). Shred cabbage and cook all vegetables together with water and broth. Buy a plastic-wrapped cornerd beef brisket and prepare according to directions on the package, adding garlic. About 45 minutes before the cornerd beef is done, slice 3 pieces for each person. Place slices in the soup pot and cook all ingredients for remaining time. Serve in a deep soup dish, allocating cornerd beef slices fairly.

Louis Fraiberg

PICKLED TONGUE OR CORNERD BEEF

- 1 4-lb. beef tongue (or brisket)
- 2 T. salt
- 2-3 t. mixed pickling spices
- 2 T. brown sugar
- 3 cloves garlic, minced
- 1 T. saltpeter
- ½ c. warm water

Mix salt, pickling spices, sugar and garlic together. Rub into meat thoroughly. Place in a crock or glass bowl. Dissolve the saltpeter in the warm water and pour over the meat. Cover tightly and place in refrigerator. Turn meat every other day. Leave in refrigerator 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, and bring to a boil. Cook until tender.

Mrs. Ben Kaplan

TONGUE WITH SWEET AND SOUR SAUCE

- 3-4 lb. fresh or pickled tongue
- 1½ c. hot water
- juice of 1 lemon
- ¼ c. raisins
- ½ c. brown sugar
- ¼ c. vinegar
- 4 ginger snaps
- ¼ c. blanched almonds

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.

June Weiss

CARNATZLACH (MITITEL), RUMANIAN SKINLESS SAUSAGES

- 1 lb. chuck steak
- 1 lb. brisket
- 4-5 cloves garlic
- ½ c. beef broth or consommé
- ¼ t. thyme
- ¼ t. oregano
- salt and pepper

Grind meat (or have your butcher do it) together with garlic, salt and pepper, until about the consistency of American hamburger. Mix in beef broth, thyme and oregano. With moistened hands, form into sausages about 3½" long. The sausages may be baked, roasted, grilled or broiled, or they may be kept in the refrigerator until the following day to allow the flavors to interpenetrate.

Serve with dill pickles or sharp little peppers.

Louis Fraiberg

SUPER MEAT MARINADE

- ½ c. soy sauce
- 3 T. oil
- 3 T. honey
- ginger, garlic, pepper to taste

Mix first 3 ingredients in oblong dish. Use for 1-1½ pounds of meat for barbecue. Sprinkle beef on both sides with seasonings. Marinate 6-8 hours, turning meat occasionally.

Shira Klein

SAUCE BOLOGNESE

- 1 large onion, chopped
- 1 lb. ground beef
- 1 T. oil
- 1 large can Italian tomatoes
- 1 can tomato soup
- 1 can tomato paste
- 1 clove garlic, crushed
- 1 T. sugar
- 1 t. salt
- 1 bay leaf
- ¼ t. oregano
- ¼ t. basil
- black pepper to taste
- 1 c. red wine

Heat oil in heavy pan. Add onion and beef; stir until beef loses its redness. Add tomatoes, soup, tomato paste and garlic. Cover and simmer 1 hour, stirring occasionally. Add remaining ingredients; simmer covered as slowly as possible another 2 hours. Remove bay leaf and spoon over spaghetti.

Yield: 6-8 servings

Pearl Grosse



EGGS & CHEESE

BLINTZES**BATTER:**

- 4 eggs
- 1 c. milk
- ½ c. flour
- 1 t. vanilla salt
- ½ lb. melted butter

FILLING:

- 2½ lb. farmer cheese
- 1 lb. cream cheese
- 2 eggs
- sugar to taste
- raisins

Blend all ingredients for batter. Pour only small amount of melted butter into 6" frying pan (just enough to coat bottom). Pour in batter, just enough to cover bottom of the pan. If batter does not adhere to pan, pan is too cold; if batter bubbles, pan is too hot. When edges curl and look dry, flip blintze onto a dish towel (not terry) or wax paper to cool.

Mix all filling ingredients together in a bowl. Place a tablespoonful in center of each blintze, and fold the dough like an envelope. Place seam side down in buttered frying pan and sauté until brown on both sides.

Blintzes may be frozen. To reheat, place in a single layer in a greased glass dish, dot with butter and bake at 350° for 20-30 minutes.

Filling Variations: You may use 1 pint of blueberries (washed and well drained), or pitted cherries, or crushed pineapple, or apples with walnuts and cinnamon.

Marilyn Krimm

BLINTZE SOUFFLE**8-10 blintzes**

- ¼ lb. melted butter
- 6 eggs
- 2 c. sour cream
- 2 t. vanilla
- 6 T. orange juice
- 6 T. sugar

Place blintzes in 2-quart casserole. Cover with melted butter. Combine remaining ingredients and pour over blintzes. Bake at 350° for 1 hour.

Serve with sour cream or defrosted frozen berries.

Ella Berman

LOX AND EGGS (Sunday Breakfast Dish)

- 3 onions
- 3 slices lox, cut up fine
- margarine or butter
- 6 eggs

Chop onions. Sauté in margarine or butter. When onions start to get brown, add lox and fry until lox is crisp. Beat eggs well; add to onions and lox. Fry until eggs are desired consistency.

Lox may be soaked in milk overnight or for several hours to make it less salty and more tender.

Yield: 3-4 servings

Pearl Axelrod

LOX AND EGGS

- butter
- 2 medium onions, finely chopped
- ¼ lb. (scant) lox, cut into small pieces
- 3-4 eggs
- ¼-½ c. milk

Put *lots* of butter into frying pan. Sauté onions over *very low* heat, covered, about ½ hour till soft and golden. You should add more butter during this time if it looks too dry. Increase heat to medium-low; add lox and sauté about 4-5 minutes. While lox is cooking, beat eggs and milk together. Increase heat to medium-high, add eggs/milk mixture to pan and mix all ingredients together. Depending on your tastes, eggs can be scrambled and range from soft (wet) to hard (dry); eggs can be made into an omelet, or served in chunks. Recipe may be increased to serve more people.

While there may be lots of lox and egg recipes, this one comes from my husband, Aaron. Everyone who has tasted this dish has declared it a special treat. We always serve it with bagels.

Yield: 2 servings

Carol Finerman

SHIRRED EGGS A LA RUSSE

butter (or margarine)
6 T. fresh bread crumbs
12 slices (½ lb.) Swiss cheese
6 large tomato slices
¾ c. cream (or milk)
6-12 * eggs
¼ t. salt
½ t. pepper
½ t. paprika
2 T. Parmesan cheese
thyme (optional)

Butter bottom and sides of 6 ramekins. Sprinkle bread crumbs on bottom. Cover each with Swiss cheese (2 slices). Top each with tomato slice, thyme, 1 tablespoon cream,*1-2 eggs, spices, and 1 teaspoon Parmesan. Bake uncovered for 20 minutes at 350°.

Elegant and easy.

Yield: 6 servings

Shira Klein

EGGS STRATA-VARIA-TION

9 slices challah
9 eggs, beaten
3 c. milk
1½ t. dry mustard
1 t. salt
pepper to taste
2 T. white wine (optional)
¾ lb. grated Swiss and cheddar cheese
Parmesan cheese

Cut buttered challah in 1" cubes (optional: crust off). Layer cubes in 9x13" glass pan. Combine eggs, milk, mustard, salt, pepper and white wine; pour over the bread. Top with the grated cheeses and sprinkle with Parmesan cheese. Cover and refrigerate several hours or overnight. Bake at 325° for 25 minutes. (May be frozen at this point.) Then continue baking at 300° for 30 minutes.

Variations: Add sautéed mushrooms and/or onions; chopped spinach.

This is a composite recipe of variations; a favorite of Ann Arbor's community brunches.

Yield: 15-20 squares

Phyllis Herzig

CHEESE KREPLACH

DOUGH:

½ pint sour cream
2 eggs, beaten
4 T. melted butter
3 c. sifted flour
3 t. baking powder
1 t. salt

FILLING:

¼ lb. cream cheese
½ lb. cottage cheese
1 egg beaten
2 T. melted butter

Mix sour cream with well beaten eggs and butter. Sift dry ingredients together and add to above mixture. Knead 1½ minutes—roll until ¼" thick.

Blend cheeses together; add egg and melted butter and mix well. Cut off 4" squares. On each square place 1 tablespoon of cheese filling. Fold dough over cheese to make triangles, pinching ends firmly together. Place in buttered pan and bake at 375° for about 40 minutes or until brown.

Yield: 1 dozen

Estelle Cohan

CHEESE KREPLACH

DOUGH:

3 eggs, well beaten
6 c. flour
1½ c. water
pinch salt

FILLING:

1 lb. cottage cheese
½ T. butter
1 T. sour (or sweet) cream
salt, pepper to taste

Mix dough ingredients to form a medium loose dough. Divide into several sections. Roll out each section ⅛" thick. Cut into 3" squares. Place a spoonful of filling in center of each square. Fold dough over to form triangles. Pinch edges to seal well. After about 6 kreplach are made cover them with bowl to keep moist while preparing remaining ones. Boil in hot slightly salted water about 25 minutes. Remove and place immediately in cold water. Remove from water, drain on a board, then fry lightly in butter until golden brown. Serve hot with sour cream.

June Weiss

NUT AND CELERY LOAF

- 1½ c. nuts, chopped
- 1½ c. celery, chopped
- 1 onion
- 1 c. Jarlsberg cheese, grated
- 1 28-oz. can tomatoes, drained
- 2 eggs
- salt to taste
- 2 T. oil
- 1 c. bread crumbs
- 1 t. oregano
- ½ t. tarragon
- ½ t. basil
- ½ t. garlic chips

In food processor, chop nuts and celery; remove. Grate onion and cheese. Put in steel blade, add tomatoes, eggs and oil. Combine all ingredients, including spices and garlic. Pour into 8 x 5" loaf pan. Bake at 350° for 45 minutes. Cool 15 minutes before unmolding.

Marilyn Krimm

"YOU NAME IT"

BATTER:

- 1 c. softened margarine (or butter)
- ½ c. sugar
- 4 eggs
- 2½ c. flour
- 2 t. baking powder
- ½ t. salt
- 1½ c. milk

FILLING:

- 2 c. farmer cheese (or drained cottage cheese)
- 1 egg
- 3 T. sour cream
- 2 T. melted butter
- 1 T. sugar
- ¼ t. salt
- 1 3-oz. pkg. cream cheese, cut in small bits (optional)

Cream the margarine, sugar and eggs. Mix the flour, baking powder, salt. Add dry ingredients alternately with the milk. Combine all filling ingredients. Put half the batter in a greased 9 x 13" pan; spread. Put filling on top; spread. Top with remaining half batter and gently spread. Bake at 350° for about 45 minutes, until nicely browned.

Nice served with additional sour cream, yogurt, drained fruit and/or jam.

This recipe was reputed to be "knish-like"; some feel it resembles a "blintz-souffle". "Blinish"? "Not-a-knish"? My mother-in-law's Baltimore Sisterhood served it for a luncheon. Thinking that her grandchildren would like it, she sent me the recipe, which I modified. Hadassah Study Group enjoyed it at the pot-luck end-of-year brunch.

Yield: 12 servings,
approximately 3" square

Martha Oleinick

SPINACH QUICHE

- ½ c. butter (or margarine), melted
- ½ c. all-purpose flour, sifted
- 1 10-oz. pkg. frozen chopped spinach
- 1 4-oz. can green chiles, seeded and chopped
- 1 pt. small curd cottage cheese
- ½ lb. cheddar cheese, shredded
- 10 eggs
- 1 t. salt
- 1 t. baking powder
- ½ lb. jack cheese, shredded

Preheat oven to 400°. Melt butter in 13 x 9 x 2" pan in warm oven about 3 minutes. Beat eggs in large bowl; mix in flour, baking powder and salt. Squeeze thawed spinach very dry and add to egg mixture along with chiles, melted butter and cheeses. Pour mixture into pan and bake 15 minutes at 400°. Reduce heat to 350° and bake an additional 35-40 minutes. Let stand 15 minutes to set.

Can be served hot or cold.

Yield: Cut into as many as 60 squares

Jean Robbins

CHALLAH

- ½ c. warm water
- 2 pkgs. dry yeast (or fresh yeast)
- ½ c. oil
- 2 T. sugar
- 1 T. salt
- 1½ c. boiling water
- 3 eggs, 1 yolk reserved
- 7 c. flour, or more

Dissolve yeast in warm water. Mix oil, salt, sugar and boiling water in large bowl; cool to lukewarm. Beat eggs into yeast, then add to other mixture. Add 4 cups flour and beat well with a wooden spoon or dough hook of electric mixer. Stir in enough additional flour to make a firm dough that cleans the bowl. Knead until smooth and elastic. Put in oiled large bowl and turn to grease the top of the dough. Cover tightly with a sheet of plastic wrap and let rise 1 hour, until doubled.

Punch down and divide into 3 parts. Divide each part into 4, taking 1 section for top and dividing it by 3, so for each bread there are 3 pieces to braid for bottom and 3 small pieces to braid for top. Roll each piece into a snake and braid them together. Put large braid on bottom; place smaller on top. Pinch sides to adhere 2 braids.

Grease a baking pan. Place challah on pan, brush with egg yolk and 1 tablespoon water. Sprinkle with sesame or poppy seeds. Set aside for 35 minutes to double. Bake in 375° oven for approximately 30 minutes (or 15 minutes at 425°), then 15 minutes at 350°.

Phyllis Herzig

AUNT LORE'S BREAD

- 1 c. milk, warmed
- 1 pkg. yeast
- 1 egg, beaten
- 4 T. butter
- ¾ t. salt
- 4 c. flour
- 1 t. honey

Mix half of milk with yeast and let rise; add other half of milk to beaten egg. Combine all ingredients and knead well. Let rise till double in bulk. Shape into loaf and let rise again. Grease 9x5" pan. Bake at 400° for 35 minutes.

Anne Sichel

RYE BREAD

- 2 c. lukewarm water
- ½ oz. dry yeast (2 pkgs.)
- 2 T. sugar
- 1½-2 c. rye flour (or more if necessary) (Do not use stone ground flour, the texture is too coarse.)
- 1 T. salt
- 4 c. white flour
- 3 T. caraway seeds

Dissolve yeast in ½ cup water; add remaining water, sugar, salt, white flour and caraway seed. Stir for 1-2 minutes with a heavy spoon until creamy. Cover with a damp cloth and let stand 3-4 hours in a warm place. (Sponge will be very sticky.) Stir in enough rye flour to make a firm dough and knead about 5 minutes. Put in 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 2; shape into 2 loaves. Put loaves on baking sheet sprinkled with cornmeal. Let rise uncovered in a warm place until less than doubled (about 50 minutes). Heat oven to 425°; put a shallow pan of hot water on lowest rack. Brush loaves with salt water (1 teaspoon salt dissolved in ¼ cup water), and if you like, slash each loaf 3 or 4 times diagonally. After 20 minutes, remove pan of water from oven and brush again with salt water. Continue baking until done (50 minutes to 1 hour). Remove bread to racks to cool; brush again with salt water.

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

Yield: 2 loaves

Muriel Cohen and Ruth Bernard

REFRIGERATOR YEAST DOUGH

- 2 c. boiling water
- ½ c. sugar
- 1 T. salt
- ⅓ c. oil (or pareve margarine)
- 2 T. dry yeast (2 pkgs.)
- 1 t. sugar
- ⅓ c. warm water
- 3 eggs
- 8 c. flour
- 1 egg, beaten
- poppy seeds (or sesame seeds)

In a large bowl combine: boiling water, sugar, salt, oil (first 4 ingredients). In a 2 cup measure, combine dry yeast, sugar and warm water (slightly warmer than a baby's bottle). Let this mixture bubble up (this is called "proofing".)

In a glass or cup, break eggs, individually, checking for blood spots. Transfer one at a time to small bowl; beat slightly. Add eggs and yeast to cooled mixture in large bowl. Beat in 4 cups flour (I usually use bread flour, but all-purpose flour is satisfactory) using a wooden spoon. Beat in 3 additional cups flour; finally knead in approximately 1 cup more flour. (Yes, total is about 8 cups!) If you use a big enough bowl, you can knead *in* the bowl. Cover tightly with plastic wrap. Refrigerate until double in size, *at least 3 hours*; best if left overnight. "Punch down" and knead. Braid into loaves. Place on greased baking sheet and let rise 1-1½ hours for challah. Brush tops with beaten egg and sprinkle with poppy or sesame seeds, if desired. Bake in 350° oven for about 35 minutes, until nicely browned. Cool on rack.

This is a lifesaver for an employed woman who desires a traditional Shabbat with homemade challot. Mix and refrigerate on Wednesday after work, form, rise and bake on Thursday. Enjoy for Shabbat dinner.

Yield: This makes 3 challot, two dozen rolls or 48 hamantashen.

Martha Oleinick

MOTHER'S BROWN BREAD

- 9 c. lukewarm water
- 1½ T. dry yeast
- 4½ c. whole wheat flour (preferably a coarse variety)
- 9 c. rye flour
- 3 T. salt
- 3 T. dark molasses
- 4½ c. white flour

Put water into a *large* roasting pan; the dough rises a lot. Add yeast and stir until dissolved. Add the whole wheat flour and half of the rye flour. Stir well, cover and leave on the counter for about 15 hours (a bit more or less will not hurt.) Next, add salt and molasses and mix well; add the remainder of the flour. This gets stiff and must be mixed in very well. Let it sit about 4 hours. This will rise a great deal, forming a loose sticky sponge.

Flour a pastry cloth very well with white flour, leaving some excess of flour on it. Prepare 6 bread pans, using a spray or grease well. Pre-heat oven to 425°. Scoop up enough dough to half fill a bread pan and put on floured cloth, turning to coat with the flour so it can be worked. (The stickiness will be contained once it is coated with flour.) Knead enough to form into a nice loaf and put in pan. Continue with the rest of the pans. When they are all done, wet your hand, and with it, wet the tops of the loaves and press into the corners of the pans a bit. Let sit 10 minutes, then bake 1¼ hours. Take out of pans and put on racks to cool.

Loaves freeze very well. Recipe can easily be halved.

When I growing up in a little Upper Peninsula town, there was only a small Jewish community and none of the conveniences which families now have for keeping kosher. Our meat came 250 miles by train from Milwaukee and Jewish rye bread was only an occasional treat, when my father made a rare trip to Chicago. Most of the Jewish families made all their own bread to make sure no dairy products were in the bread. Besides, it was much better than the local store-bought variety. My mother made brown bread and white bread, plus bagels, onion rolls and even kaiser rolls every week, but the brown bread is right at home in the new "natural foods" environment of today.

Yield: 6 loaves Deborah Freedman

BAGELS

- 5 c. flour
- 1 cake yeast
- 1 c. warm water
- 2 T. sugar
- 2 t. salt
- 3 T. shortening
- 2 eggs, beaten
- 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 yeast begins to rise on top of water and looks bubbly and soft, pour mixture into the well in the flour. Add beaten eggs to well and mix batter from center outward until thoroughly blended. When stiff, knead with hands in the bowl. If 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. Let rise a second time, approximately 1 hour.

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

Heat oven to 400° and grease the wire racks. Place 3 rings at a time into rapidly boiling water for 1-2 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 as quickly as possible to avoid excess rising. Bake for 15-20 minutes until first side is golden brown. Reduce oven to 350° and turn bagels; bake 10-15 minutes longer until second side is brown.

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

Louise Morrison

BRAN MUFFINS

- 6 1/2 c. bran cereal
- 5 c. flour
- 3 c. sugar
- 2 t. salt
- 5 t. baking soda
- 1 qt. buttermilk (or soured milk)
- 4 eggs, beaten
- 1 c. oil
- 1/2 lb. raisins or chopped dates (optional)
- 1/2 c. chopped nuts (optional)

Combine cereal, flour, sugar and salt in large bowl. Combine soda, buttermilk, oil and eggs. Add to dry mix. Mix well. Add raisins, dates and/or nuts. Fill greased muffin tins 3/4 full. Bake at 400° for 15-20 minutes.

To microwave: fill 6 paper cups 1/2 full. Cook 3 minutes on high; rotate midway through cooking time.

Batter keeps in refrigerator for 6 weeks, but at our house it's consumed in a matter of days!

For flour I use 2 cups white, 2 cups whole wheat, 1 cup wheat germ or granola. Be creative!

Judy Stopke

CARROT MUFFINS

- 3/4 c. shortening
- 1 egg
- 1/2 c. brown sugar
- 1 1/4 c. flour
- 1/2 t. baking soda
- 1/2 t. baking powder
- 1 c. grated carrots
- 1 T. water
- 1 t. lemon juice

Cream shortening, egg and sugar. Add dry and liquid ingredients, alternately. Stir in carrots. Pour into muffin tins or ring mold. Bake at 350°: 20 minutes for muffins, 35 minutes for mold.

Yield: 1-2 dozen muffins, depending on size of tin

Halina Silverman

BREAKFAST BRIOCHE

- 2 pkgs. dry granular yeast
- 1 t. sugar
- ½ c. lukewarm milk
- 7 c. all-purpose flour
- ½ c. sugar
- 2 t. salt
- 1 t. lemon zest
- 2 eggs + 1 egg white, slightly beaten
- 5 T. unsalted margarine, melted
- ½ c. lukewarm milk
- 1 egg yolk + 1 t. water

In a small bowl mix yeast with sugar and milk; stir to dissolve. Leave in warm place for 10-12 minutes to activate yeast. In a large mixing bowl, put flour, sugar and salt; add lemon zest. Make a well; add eggs, margarine, milk and yeast mixture. First use a wooden spoon for working liquids into flour. Knead by hand or with kneading hook (in an electric mixer) until dough is smooth and elastic. (By hand it will take from 10-14 minutes.) If dough is too sticky, add up to 3 tablespoons flour. Grease bowl turning dough around. Cover with plastic wrap and towel. Let rise in warm place (70-80°) for 1 hour or until it doubles in bulk.

Place dough on lightly floured board. Knead for 1 minute. Cut dough into 21 (30) pieces. Take 1 piece of dough, cut into 3 pieces. Roll each piece to 8" long strands and braid the three strands (like braiding a child's hair). Holding one end of the braided piece flat on the board, twist the rest into a circle and tuck the other end in. Repeat the procedure with the rest of the dough. Grease 2 large baking pans or cookie sheets. Place braided brioche on them. Return to warm place and let them rise for 30-45 minutes.

Beat egg yolk with water, and with a pastry brush paint brioche on sides and tops. (If 1 egg yolk is not enough, add another to mixture). Bake for 20-25 minutes at 375° (or until golden).

This recipe freezes well. Reheat before serving at 300° for 8-12 minutes.

Yield: 21 3-oz. (or 30 2-oz.) brioche

Susie Guiora

CUSTARDY POPOVERS

- 4 eggs
- 1 c. milk
- 1 c. unbleached white flour
- ½ t. salt
- 4 T. melted butter

Beat together eggs and milk. Add flour and salt. Beat with a fork until mixture is uniform. Preheat muffin tin in oven 5 minutes. Brush the cups and the top surface generously with melted butter. Fill each muffin compartment $\frac{2}{3}$ full with the batter. Work quickly so tin stays hot. Place in oven. Bake 35 minutes at 375° without opening oven. Prick each popover with a fork to let steam escape. Serve immediately, with butter or jam.

Yield: 12 popovers

Joanne Beck

MY GRANDMOTHER'S DELKELA

(Small Hungarian Hamantashen for High Holidays nash)

- 2 pkgs. dry yeast
- ½ pt. sour cream
- 4 heaping c. flour
- 1½ t. salt
- ½ c. sugar
- 6 egg yolks
- 2 egg whites (put 4 egg whites aside for nut filling)
- 1 c. milk
- ¾ lb. plus ½ lb. butter (3½ sticks)
- 1 heaping c. flour

FILLING #1

- 4 egg whites
- 1 c. ground nuts
- ½ c. sugar
- raisins (optional)

FILLING #2

- 1 lb. dry cottage cheese (or ricotta)
- ½ c. sugar, or to taste
- cinnamon
- raisins

1 egg**FILLING #3**

- 1 can poppy seed paste

Dissolve yeast into sour cream. In a large bowl put 4 heaping cups flour, salt, sugar and egg yolks. Blend this mixture. Add milk gradually and mixing constantly, add yeast mixture. Set aside. Cut butter into 1 heaping cup flour. Roll batter on well floured board into 12" square; roll butter mixture into it. Fold like envelope and re-roll 4-8 times until butter is well dissolved into original batter. Divide into 3 and wrap each in foil; refrigerate 10 hours. Roll each piece into 2-foot square, cut into 25 squares with heated knife. Work on well floured board.

Filling #1: Dissolve 4 egg whites into sugar/nut mixture to make a paste. Put 1 teaspoon into each square; roll into horn and curve slightly.

Filling #2: Combine ingredients. Put 1 teaspoon in middle; pull up 4 corners into center and pinch into squares.

Filling #3: Put 1 teaspoon into each square; roll into horn and curve slightly.

Each mixture is sufficient for only one 2-foot square. Brush pastry with 2 egg whites. Bake on well greased cookie sheet at 350° or 375° for 30 minutes or until brown.

Susan Ayer

HAMANTASHEN COOKIE DOUGH**DOUGH:**

- ¼ c. butter
- 1 c. sugar
- 1 egg
- 2 c. flour
- 2 t. baking powder
- 2 T. milk
- vanilla or lemon flavoring

FILLING #1:

- 1 egg
- ¼ c. sugar
- ¼ lb. poppy seeds

FILLING #2:

- 1 c. poppy seeds
- 2 T. butter
- ½ c. chopped nuts
- ½ c. raisins
- 2 T. corn syrup
- 1 c. milk
- 1 T. chopped citron
- 1 t. vanilla

FILLING #3:

- grated rind of 1 lemon
- 2 t. lemon juice
- ½ lb. prunes

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 flavoring extract. Roll dough out; cut into rounds; fill with a spoonful of filling; form into triangles. Bake at 375° for 15-30 minutes until delicately browned.

Any sweet yeast cake dough can be used for hamantashen. Some people prefer an unsweetened challah 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.

Filling #1: 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.

Filling #2: 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.

Filling #3: 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.

Ada Margolis

GRANDMA ROSE GLICKSBERG'S HAMANTASHEN

DOUGH:

- 1 c. butter
- 2 c. sugar
- 4 eggs
- 1 T. vanilla
juice of ½ lemon
- 4 c. flour
- 1 T. baking powder
- 1 t. salt
- 4 hard cooked egg
yolks, mashed fine

FILLING:

- 12-16 oz. pitted prunes
(check for pits!)
- ½ box apricots
- 1 c. almonds (or wal-
nuts), chopped
- ½ box raisins
- ½ c. lemon juice
- ½ c. orange juice
- ½ t. almond extract
- ¼ t. cinnamon
- 1 c. plum (and/or apricot
preserves)

GLAZE:

- egg yolk
- 1 T. water

Cream the butter with the sugar. Add the eggs, vanilla, lemon juice. Mix well. Add the flour, baking powder and salt; then the mashed egg yolks. Add more flour if necessary until dough is no longer sticky. Chill.

For filling, grind (or use a food processor) to blend the first 4 ingredients. Add the rest of the ingredients to taste. The filling should be moist and light.

Roll dough out on floured surface. Cut into 2½-3" circles. Put 1 teaspoon filling on each circle. Pick up the edges toward the center to form a triangle and pinch together with floured fingers. Glaze tops with a mixture of egg yolk and water. Bake on a cookie sheet at 350° for 15 minutes.

This was my grandmother's hamantashen recipe. Every year my daughters (and occasionally friends) join me in perfecting the flavor. We enjoy the assembly line production by rotating tasks. Rarely do we come out even between the dough and filling, but that adds to the fun and challenge. We hope others will like this recipe too.

Yield: makes 4-5 dozen

Phyllis Herzig

S.S ROTTERDAM HAMANTASHEN

DOUGH:

- 1 c. sugar
- 2 c. butter
- 3 c. flour

FILLING:

- 1 lb. pitted prunes
- ½ lb. currants
- ½ lb. raisins
- 1 lb. sugar
- 1 c. water

Boil filling ingredients to a thick and heavy mass; cool completely. Cream sugar and butter till smooth. Add flour and beat till well blended. Roll out on floured board; cut into circles (any preferred size). Put 1 tablespoon filling in the center of the circle of dough. Pick up edges toward center to form a triangle and pinch dough together with floured fingers. Bake for approximately 30-35 minutes in 350° oven, using a cookie sheet. Cool on a wire rack.

A Jewish passenger on the S.S. Rotterdam cruise through the Panama Canal remembered that Purim would be celebrated during the cruise. She decided to ask the chief baker (who was Spanish) to bake some hamantashen, giving him the above recipe and a tip of \$100. He followed her instructions—the results were delicious. She was so pleased that she gave him another \$100! After that Purim, which fell on a Friday, he baked hamantashen every Friday for the rest of the cruise.

Yield: makes about 2 dozen large or more, depending on the size preferred.

Rachel Jacobs

HELEN'S HAMANTASHEN COOKIE DOUGH

- ½ c. margarine (or butter)
- 1 c. sugar
- 1 egg
- 2 c. flour
- 2 t. baking powder
- 2 T. orange juice
- 1 t. vanilla

Cream margarine and sugar together and add the egg. Mix flour and baking powder. Add half of flour mixture, juice and vanilla to creamed mixture. Mix well. Add remaining flour mixture. Work in well and form into 2 balls of dough. Chill several hours or overnight. (Keeps well in refrigerator for a week.)

Flour surface very well. Roll dough to desired thickness. Cut into rounds. Fill with desired filling (prunes or poppy seeds are traditional) and form into triangles by pinching up 3 corners of the circle. Bake at 350° for 15 minutes or until delicately brown.

This dough also makes terrific sugar cookies. For the cookies, cut into desired shape and sprinkle on topping; then bake. Cookies may be frosted after cooling.

I always double this recipe.

Yield: 3 dozen hamantashen or 5-6 dozen miniatures

Helen Mann

HAMANTASHEN

- 1 c. shortening (or ½ margarine)
- 3 c. flour
- 1 c. sugar
- 1½ t. baking powder
- ½ t. salt
- 2 eggs, beaten
- ½ c. orange juice
- 1 jar Lekvar prunes or cook 2 lbs. prunes, pitted
- ½ c. chopped nuts
- 1 T. lemon juice
- 1 egg white, beaten lightly

Cut shortening into dry ingredients until it is in small pieces. Add eggs and orange juice. Mix together into a soft ball. If necessary, add more flour to handle. Roll out on floured surface. Cut out rounds with a glass or coffee pot cover. Mix prunes, nuts and lemon juice for the filling. Put 1 teaspoon filling in the center of the circle of dough. Pick up the edges toward the center to form a triangle and pinch the dough together with floured fingers. Brush the top with beaten egg white. Bake at 350° for 30 minutes or until lightly brown.

Yield: 2-3 dozen, depending on size

Ruth Frankel

RUGALACH

- 2 c. flour
- ½ lb. butter
- ½ lb. cream cheese
- 2 T. cinnamon
- 6 T. sugar
- ½ c. walnuts, chopped
- ½ c. raisins, chopped

Mix flour, butter and cream cheese. Place dough in waxed paper and leave in refrigerator overnight. On floured board, roll out dough using a small amount at a time, to ¼" thickness. 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.

June Weiss

RUGALACH

DOUGH:

- 4 c. sifted flour
- ½ t. salt
- 1 cake yeast
- 2½ sticks butter (or margarine)
- 3 egg yolks, slightly beaten
- ½ c. sour cream
- 1 t. vanilla

FILLING:

- 1 c. sugar
- 3 egg whites, beaten stiff
- 1 c. walnuts, chopped fine
- 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; mix thoroughly. Divide into 6 parts and chill overnight.

For filling: beat egg whites until fluffy, 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); cut into 8 wedges. At wide end, place 1 teaspoon filling. Roll loosely from wide end to point. Bake on ungreased cookie sheet at 400° for 15 minutes. Sprinkle with powdered sugar.

Clara Seymour

RUGALACH (OR HORNS)

- 1 pkg. yeast (scant 1 T.)
- ¼ c. warm water
- 3 T. sugar
- 3 heaping c. flour
(about 4½ c.)
- 1 lb. margarine
- 3 T. sour cream
- 3 egg yolks
- cinnamon, sugar mix
(about ⅓ c.)
- ground walnuts
- raisins (optional)
- 1 egg, beaten

Dissolve yeast in water with sugar. Wait a few minutes to proof yeast (see if it starts to bubble.) In food processor or mixer, combine flour and margarine. Add sour cream, egg yolks, and yeast; mix. Transfer mixture to a floured board and gently knead in enough extra flour to handle. Form into a ball. Cover and refrigerate overnight. Remove dough from refrigerator 2 hours before needed. Cut into quarters. Roll out on floured board until about ¼-⅓" thick. Invert 9" pie pan over dough and cut around edge with a knife. Remove excess and save. Sprinkle dough with cinnamon, sugar, nuts and raisins. Cut dough into eighths. Roll each wedge from outside to point and form a crescent shape. Be sure the point is under the crescent when placed on greased cookie sheet. Brush top of rugalach with 1 beaten egg. Let rise 15 minutes. Bake at 325° until brown (about 30-45 minutes).

This recipe came from my husband's grandmother, Ada Legator. I asked her to show me how to make the delicious "horns" everyone loved. The amounts of sour cream and flour are approximate since she used heaping spoons and cups to measure.

Ronnie Simon

RUGALACH

DOUGH:

- ½ lb. cold butter
- ½ lb. cream cheese
- 2½-3 c. flour
- ⅛-½ t. salt
- 2 eggs
- ½ c. melted butter

FILLING:

- ½ lb. raisins
- ¼ lb. nuts
- 2 c. sugar
- 1 T. cinnamon or to taste

*Additional cinnamon/sugar mix + a little melted butter for final coating and sprinkling

Make half a recipe of dough at a time in food processor. Mix cold butter, cream cheese, flour and salt with steel blade until pea sized. Add eggs and mix until ball forms. Refrigerate dough several hours. Mix filling in processor with steel blade.

Divide dough into 6 parts. Roll each part into a circle as thin as possible. Brush with melted butter. Sprinkle on approximately ⅔ cups filling. Cut into 16 wedges. Roll up starting at wide end. Place on ungreased cookie sheet. Brush with melted butter and sprinkle with cinnamon and sugar. Bake at 375° for 15-30 minutes until brown.

*The final mixture of cinnamon/sugar should be on the brown side.

Yield: 96 pieces

Carolyn Lichter

CHOCOLATE CHIP MANDEL BREAD

- 3 c. flour
- 2 t. baking powder
- 1 c. sugar
- 3 eggs
- ¾ c. oil
- 2 t. vanilla
- 1 c. chopped almonds
- ½ c. chocolate chips
- cinnamon, sugar

Combine all the dry ingredients. Make a hole in the middle and add the eggs, oil and vanilla. Mix by hand, until well blended. (This mixture is too thick to use a mixer.) Stir in the chocolate chips and nuts. Divide the mixture into 4 parts and pat each into a loaf shape about 2" wide by 16" long on an ungreased cookie sheet. Bake at 350° for 25 minutes. (After the first 10 minutes, gently push back the edges of the loaves to keep spreading to a minimum.) Slice hot mandel bread into 1" slices, and turn them on their sides. Sprinkle with cinnamon and sugar and bake for an additional 5 minutes. Repeat with the other side.

This recipe is from my mother-in-law, Eleanor Simon.

Ronnie Simon

MANDEL BROIT

3 eggs
 1 c. oil
 3¼ c. flour
 1 t. salt
 ½ c. slivered almonds
 2 t. baking powder
 1 t. vanilla
 1 t. almond extract
 1¼ c. sugar
 cinnamon, sugar

Cream eggs and oil. Add sugar gradually. Add flour, salt, baking powder gradually. Mix by hand when too stiff for beater. Add vanilla, almond extract and almonds. Divide into 5 strips. On floured board, roll each into 1½" diameter logs. Place on greased cookie sheet, well spaced. Coat with beaten egg (can be taken from original 3 eggs if you use extra large eggs.) Sprinkle with cinnamon and sugar. Bake at 350° for 35-45 minutes. Slice diagonally while hot. Toast under broiler, watching very carefully—they burn easily.

Judy Stopke

BUBBY SAULSEN'S MANDEL BREAD

3 eggs
 1 t. vanilla
 1 c. sugar
 ¼ t. salt
 ¾ c. oil
 3 c. flour
 ½ t. baking soda
 1 t. baking powder
 ½ c. ground nuts

Preheat oven to 400° then lower to 350°. Mix first 5 ingredients. Add rest of ingredients. Makes 3 rolls. Use at least 2 well-greased cookie sheets. They spread! Bake 20-25 minutes. Slice and sprinkle with cinnamon and sugar. Put back in oven. Bake 5 minutes; turn over and repeat on other side.

This was my mother's mother's recipe. It is wonderful!! Very light mandel. You cannot eat just one!

Shira Klein

**PINEAPPLE-JUICE-DOUGH
POPPY SEED PASTRY****DOUGH:**

½ c. sugar
 ½ c. pineapple juice
 2 eggs
 ½ c. salad oil
 1½ t. baking powder
 ½ t. salt
 about 4 c. flour

FILLING:

2 cans poppy seed
 filling
 walnut meats,
 chopped
 raisins
 coconut

Combine sugar and juice and bring just to a boil. Cool. Add rest of dough ingredients, using enough flour to make soft dough that can be rolled. Take ⅓ of dough and on floured pastry cloth, roll out rectangle about 6" wide and the length of your cookie tin on which 3 long rolls are to be baked. Dough can be cut and "patched" easily.

About in the middle in a narrow line or else in 2 narrow lines nearer to each edge, spoon on poppy seed filling, using almost ¾ of a can for each of the 3 rectangles of dough to be ultimately filled. Sprinkle chopped nuts, raisins and coconut all along over filling. Carefully roll dough tightly over filling and pinch ends closed. If any holes appear, patch with small piece of rolled-out dough and water at edges. Transfer to cookie sheet, putting seam on bottom. When all 3 rolls are on cookie sheet, bake at 350° until light brown. Cool somewhat, but while still warm, cut into slices.

This dough was my mother's treasured recipe; it's like a cookie dough.

Fay Woronoff

ZEMALACH

½ lb. butter or margarine
 2 c. flour
 1 cake yeast dissolved
 in ¼ c. warm water
 2 T. sugar
 2 eggs
 cinnamon, sugar,
 chopped nuts

Mix softened butter with next 4 ingredients and refrigerate overnight. Roll out (about ⅓ at a time) on sugar in a circle. Sprinkle with cinnamon, sugar and chopped nuts. Cut into triangles and roll from wide end. Put on greased cookie sheet and bake in 350° oven for about 15 minutes until nicely browned.

Eileen Hymans

THE EASIEST, BEST BROWNIES IN THE WORLD

- 1 c. butter (or margarine)
- 1 c. water
- ½ c. unsweetened cocoa
- 2 c. flour
- 1½ c. sugar
- 1 t. baking soda
- ½ c. buttermilk
- 2 eggs, slightly beaten
- 1½ t. vanilla

FROSTING:

- 4 T. butter (or margarine)
- ¼ c. unsweetened cocoa
- ¼ c. buttermilk
- 1 t. vanilla
- 2¼ c. powdered sugar, sifted

In medium saucepan combine butter, water and cocoa. Cook and stir till mixture comes to a boil. Remove from heat and set aside. In a bowl, stir together flour, sugar and soda. Add buttermilk, eggs and vanilla; beat until smooth. Stir batter into hot cocoa mixture. By hand, beat till well combined. Pour into greased and floured 15 x 10 x 1" baking pan. Bake in 400° oven for 20 minutes. While brownies are warm, pour frosting on top. Cut into bars when cool.

To make frosting, combine butter, cocoa and buttermilk in a saucepan; bring to boiling. Mixture may appear to be slightly curdled. Remove from heat. Stir in vanilla and powdered sugar.

Yield: 2 dozen bars

Aliza Shevrin

WHATEVER'S-IN-THE-KITCHEN BARS

- 1 c. flour
 - 1 t. baking powder
 - 2 T. sugar
 - ¼ lb. pareve margarine, melted (or butter, if dairy)
- ### TOPPING:
- 1 c. brown sugar
 - 2 T. flour
- 2½ c. of whatever's-in-the-kitchen (e.g. slightly crushed corn flakes, rice krispies, or other cereal; sesame seeds, coconut, nuts, raisins, currants; mixed as you like.)
- 2 eggs, separated
grated rind and juice
of ½ lemon or orange

Mix first 4 ingredients. Press on bottom of 9 x 12" pan. Bake at 350° for 10 minutes.

For topping, beat egg whites until stiff. Mix together other ingredients, then fold in beaten egg whites. Spread over baked base. Return to oven and bake another 20 minutes. Cut while warm.

Alice Cohen

IRENE'S RASPBERRY SQUARES

PASTRY:

- 1 lemon (juice and grated rind)
- 7 oz. butter
- 2½ c. sifted flour
- ½ c. sugar
- 2 egg yolks

FILLING:

- 1 lb. raspberry preserves

TOPPING:

- 4 egg yolks
- 1 c. sugar
- 6 egg whites
- 1½ c. ground almonds
- ½ t. almond extract

Blend all ingredients for pastry with a pastry blender until mixture is of cornmeal consistency. Spread onto well buttered 7 x 10" pan and press mixture down until surface is smooth. Spread filling on top of pastry. For topping, beat egg yolks and sugar slightly and beat until smooth. Then fold into stiffly beaten egg whites; fold in ground almonds and almond extract. Spread on top of pastry and filling. Bake on center rack at 350° for 35-45 minutes. Store in pan and cut before serving.

Ruth Bernard

GRANDMA'S ROCKS

- 1 c. butter
- 1½ c. brown sugar
- 3 eggs
- 2 c. raisins
- 1 t. soda
- 2 c. flour
- 1 t. cinnamon
- pinch of salt
- 4 c. mixed unsalted nuts (pecans and walnuts are good)

Cream butter and sugar. Add eggs. Plump raisins in hot water. Dissolve soda in 2 tablespoons of the raisin water. Drain raisins. Add flour, cinnamon, salt and soda to batter. By hand, mix in nuts and raisins. Drop by teaspoons onto greased cookie sheet. Bake at 350° for 12 minutes.

Yield: 8 dozen

Judy Stopke

POPPY SEED COOKIES

- ¼ lb. margarine
- ¾ c. sugar
- 2 eggs
- 2½ c. flour
- 2 t. baking powder
- ¼ c. poppy seeds
- 1 t. vanilla

Cream margarine and sugar. Add eggs, remove from mixer; add baking powder, flour, poppy seeds and vanilla. Roll on floured board and cut with circle shape. May omit seeds and use for Chanuka cookies. Bake at 375° for 10 minutes.

Not necessary to grease and flour cookie sheet.

Linda Sokolove

GRANDMA IDA SHOKLER'S BUBIECHA

DOUGH:

- ½ lb. butter, softened
- 2 eggs
- 1¼ c. sugar
- 1 t. baking powder
- 1½ t. vanilla
- ½ t. salt
- 3½ c. flour

SPREAD:

- ½ stick melted butter
- 6 oz. slivered almonds
- 1 lb. yellow raisins
- 1 t. cinnamon to a ½ c. sugar
- additional melted butter
- cinnamon + sugar as above

Mix dough ingredients and knead gently. Chill slightly, cut in 4 portions. On a lightly floured surface, roll a portion at a time into a very thin rectangle shape. Combine the spread ingredients and spread ¼ of the mixture over the dough. Roll up from the long side (like a jelly roll or shtrudel). Cut at an angle in 1" slices. Spread with melted butter and sprinkle with cinnamon and sugar mixture. Bake on greased floured cookie sheet (slices should be standing upright) at 350° for 20-25 minutes until slightly brown. Number of slices will depend on how large or small the slices are cut, 1-2" suggested.

This recipe is a cross between a cookie and a shtrudel slice. My mother's mother made this each year for Succoth. My mother developed the recipe amounts after several years of trial and tasting. She has made it each year for 50 years. Now I have begun making it.

Phyllis Herzig

SNOW BALLS (OR HEIZENBLOZEN)

- 2 eggs
- ½ t. salt
- 1½ c. flour (approx.)
- ½ c. powdered sugar
- 1 t. cinnamon
- oil or shortening for deep frying

Mix eggs, salt and flour; knead until dough is soft and elastic. On a lightly floured board, roll out to a thick sheet. Cut into 2" 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. While hot, sprinkle with powdered sugar and cinnamon.

BUBBY RUBIN'S KICHEL

- 3 eggs
- 3 T. sugar
- ½ c. oil
- 1 c. flour
- sugar

Beat eggs, sugar, and oil for 20 minutes at high speed on electric mixer. Add flour and continue beating for 5-10 minutes longer. Drop from teaspoon onto a greased cookie sheet about 2" apart. Sprinkle with sugar. Bake in a 350° oven for 30 minutes or until brown. Light and delicious.

For faster preparation beat for 1 minute in food processor.

Jackie Cohen

EGG KICHLACH

- 1¼ c. sifted flour
- 1 t. baking powder
- ¼ t. salt
- 2 eggs
- sugar

Sift dry ingredients together. Beat eggs, add to dry ingredients and mix to a soft dough. Knead dough well. Roll out to ¼" thickness. Sprinkle with sugar. Prick all over with a fork. Cut into diamonds about 3" long. Sprinkle pan with flour. Place kichels on it. Bake at 375° until brown (about 20 minutes).

Estelle Cohan

POPPY SEED COOKIES

- 1 c. sugar
- 3 eggs
- 1 c. oil
- juice of 1 large orange
- 1 t. grated orange rind
- ½ c. poppy seeds
- 4 c. flour (more if necessary)
- 1 t. baking powder

Cream sugar and eggs. Add oil, juice, rind and poppy seeds. Mix thoroughly. Add dry ingredients gradually mixing well. Roll out a small amount at a time on a well floured board to ⅛" thickness. Cut with cookie cutter or glass into desired shapes. Place on a greased cookie sheet and bake at 350° for 10-15 minutes or until nicely browned.

You may want to add more sugar, as cookie is not too sweet.

Anya Finkle

LOVE KNOTS

- 1 c. butter
- 2 c. flour
- ½ c. sugar
- 4 raw egg yolks
- 1 cooked, crumbled egg yolk

Work ingredients together with hands. Chill 1 hour. Pinch off small portions and roll into lengths ¾" thick. Tie loose bowknots. Bake at 350° for 12-15 minutes until slightly brown.

Yield: 5 dozen

Tillie Gerber

TAIGLACH

- 8 eggs
- 4½ c. flour
- 2 t. baking powder
- 1 lb. honey
- 1 c. sugar
- 1 t. ginger
- ½ c. walnuts (cut up)

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 ½" in diameter. Use very little flour in rolling to avoid toughness. Slice in ½" lengths. Heat oven to 350°. In a shallow broad-bottomed pan, boil the honey, ginger and sugar. Put particles of raw dough into boiling syrup. Then place pan immediately into the oven. Do not open for first 15-20 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. Bake for 1 hour. 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. Will keep indefinitely.

Yield: 40 pieces

Naomi Lansky

PECAN BARS

- 1 c. butter
- 1 c. sugar
- 1 egg yolk
- 1¾ c. sifted flour
- ½ t. cinnamon
- ½ c. chopped pecans

Cream butter and sugar well. Add egg yolk. Add flour gently. Stir in cinnamon. Spread batter in 11 x 16" pan and top with pecans. Bake at 350° for 20-25 minutes until very crisp. Cut into squares and remove from pan immediately.

Eunice Faber

LOW CHOLESTEROL DATE SQUARES

- 1 c. flour
- 1¼ t. baking powder
- 3 egg whites
- ¾ c. brown sugar
- ¾ c. oil
- 1 8-oz. box chopped dates
- ¾ c. walnuts

Stir the flour and baking powder together. Beat the egg whites, sugar and oil together. Stir in the flour mixture and mix well. Stir in dates and walnuts. Bake in a greased 9 x 13" pan for 30 minutes at 325°. When cool, cut into squares.

Shirley Norton

CHOCOLATE TRIANGLES

- 1 square unsweetened chocolate
- ¼ c. butter
- ½ c. sugar
- 1 egg, unbeaten
- ¼ c. all-purpose flour
- ⅛ t. salt
- ¼ t. vanilla
- ⅓ c. chopped walnuts

Preheat oven to 400°. In heavy saucepan, melt chocolate and butter over low heat (mixture should not be hot, simply melted). Remove from heat and stir in sugar. Add remaining ingredients, except nuts, and mix well. Spread in greased 9 x 9 x 2" baking pan and sprinkle with nuts. Bake for about 12 minutes. Cool slightly (must be cut while still quite hot). Cut into 2" squares and then into triangles. When cold, remove from pan.

This cookie is like a flat brownie—chewy and chocolatey.

Yield: 3 dozen

Malverne Reinhart

CHOCOLATE CHIP COOKIES (Diabetic Recipe)

- 1 c. sifted flour
- ½ t. baking soda
- ¼ t. salt
- ½ c. margarine
- 4 t. liquid sweetener
- ½ t. vanilla extract
- 1 egg, beaten
- ½ c. semi-sweet chocolate pieces

Preheat oven to 375°. Sift together the dry ingredients. Cream margarine, add sweetener, vanilla extract and egg. Add flour mixture and beat well. Stir in the chocolate pieces. Drop by level teaspoonfuls on a lightly greased baking sheet. Bake 8-10 minutes.

Yield: 36 cookies

Miriam Shaw

PECAN SQUARES

CRUST:

- 1¼ c. flour
- 1 stick butter (may be left frozen)
- ¼ c. sugar

FILLING:

- 2 eggs
- 1 c. brown sugar
- ¾ c. coconut (optional)
- 1 c. nuts (pecan or walnut), processed small, but not too fine
- 1 t. vanilla
- ¼ t. baking powder
- rind and juice of 1 small or ½ large lemon

Put flour, butter and sugar together in processor (cut butter into chunks); process until very fine grained and no chunks are left in container. Pour into pan, press firmly with hand. Bake at 350° for 10 minutes. (This quantity is for 9 x 9" pan.) Mix together filling ingredients, pour over cooled crust and bake 25-30 minutes more at 350°. Cut when cool, not cold.

Marilyn Krimm

BEACON HILL COOKIES

- 1 c. (6 oz.) semi-sweet chocolate chips
- 2 egg whites
- ⅙ t. salt
- ½ c. sugar
- ½ t. vinegar
- ½ t. vanilla
- ½ c. flake coconut
- ¼ c. chopped walnuts

Melt chips over hot water. Beat egg whites with salt until foamy. Gradually add sugar; beat well after each addition. Beat until mixture forms stiff peaks. Add vinegar and vanilla; beat well. (Beating process takes about 10 minutes.) Fold in coconut, nuts and melted chocolate. Drop from teaspoon onto greased baking sheets. Bake at 350° for 10 minutes.

Yield: 30 cookies

Malverne Reinhart

MERINGUE TART COOKIES

CRUST:

- 2 c. flour
- 1½ sticks unsalted butter
- ½ c. sugar

FILLING:

- 12 oz. (or more) of any jam or jelly (strawberry, pineapple, currant)
- 2 T. lemon juice (to thin the filling)

MERINGUE:

- 4 eggs, separated
- ¼-½ c. sugar
- 1 t. vanilla
- 1 c. nuts, ground fine

Combine crust ingredients in food processor. Bake in 10 x 15" pan at 350° for 10 minutes. Spread with filling. For meringue, beat egg whites till stiff. Beat egg yolks. Add sugar, vanilla and nuts. Fold in egg whites. Spread in pan. Bake for 45 minutes.

Marilyn Krimm

MRS. INGBER'S APPLE CAKE OR TORTE

DOUGH:

- 1 c. sugar
- ½ c. shortening or butter
- 2 eggs
- ¼ t. salt
- 1 c. liquid (juice of 1 lemon and 1 orange)
- 4 c. flour
- 2 t. baking powder

FILLING:

- 5-6 large tart cooking apples, unpeeled
- juice of ½ lemon
- ¾-1 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 half the dough on a floured board to ¼" thickness. Place in greased 9 x 13 x 2" pan and spread the dough so it lines the bottom and sides of pan. (A larger pan can be used if desired. The recipe will make one 9 x 13 x 2" cake with a little dough left over for cookies. Half the recipe will fill an 8 x 8 x 2" 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 on the natural sweetness of the apples. Add cinnamon and mix well. Spread filling evenly over dough in pan. Sprinkle the top lightly with sugar cinnamon mixture.

Roll other half of dough to ¼" 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, 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° for 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, then dipped in sugar cinnamon mixture or nuts.

HUNGARIAN APPLE CAKE OR TORTE

- 12 apples, pared and sliced
- 1 c. sugar
- ½ lb. sweet butter
- 3 c. flour
- ¼ t. salt
- minute tapioca
- 1 egg
- grated rind of 1 lemon
- 5 T. sour cream (when making cookies, use ½ milk and ½ sour cream)
- extra sugar
- apricot jam
- cinnamon
- walnuts, chopped

Sprinkle ¼ cup sugar over apples and let stand while preparing dough. Crumble together the butter, flour, salt and 3 tablespoons of sugar into a coarse mixture. Make a well in the center and add the egg and lemon rind; blend together. Add 4 tablespoons 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 3 parts.

Roll out 1 part of dough on lightly floured board. 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 ⅓ cup sugar. Spread apples over and sprinkle with ¼ cup 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°.

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.

Mrs. Kish

GRANDMA'S DEEP DISH APPLE PIE/CAKE

- 2 c. flour
2 t. baking powder
¼ t. salt
¾ c. sugar
2 eggs, beaten
1 t. vanilla
½ c. shortening
3-4 lbs. apples
sugar, cinnamon,
raisins
- Combine flour, baking powder, salt and sugar. Beat in eggs, vanilla, and shortening. Knead dough. Roll more than half between waxed paper. Then place dough in bottom of 9x13" casserole. Slice apples, sprinkle with sugar, cinnamon and raisins. Cover with crust; seal. Perforate top. Bake 350° for 1 hour.

Susie Ayer

APPLE PIE (Diabetic Recipe)

- Pie crust for a 2-crust pie
5 tart apples
4 t. powdered sweetener
1 t. lemon juice
2 t. liquid sweetener
1½ t. flour
½ t. cinnamon
1 t. margarine
- Roll out half the dough for bottom crust and place in 9" pie plate. Peel and slice apples, sprinkle with powdered sweetener and mix thoroughly. Mix lemon juice with liquid sweetener and mix this with apples. Set aside. Mix the flour with the cinnamon. Sprinkle ¾ teaspoon of this mixture over the crust, add half the apples, then sprinkle ¾ teaspoon more of the mixture over the apples. Add remaining apples and top with remaining mixture. Dot with pieces of margarine. Roll out remaining dough, cover the apples and slit the top in several places.
- Place a 2-3" wide strip of aluminum foil around edge of pie to prevent deep browning. Bake at 425° for 1 hour until well browned. Remove foil for the last 10 minutes of baking.

Yield: 8 servings

Miriam Shaw

BETTY BECKER'S SLIMMER'S CHEESE PIE (Crustless)

- 2 extra-large eggs
2 c. cottage cheese (1%
milkfat), creamed
but not watery
½ c. sugar
2 T. flour
1 c. lemon yogurt (pour
off water on top)
1 T. fresh lemon juice
1 t. pure vanilla extract
(cinnamon for sprin-
kling on top of pie
before baking)

Pre-heat oven 325°-350° and spray a 9" deep-dish pie plate well with vegetable spray. In blender place eggs and 1 cup of the cottage cheese, blending till smooth; add rest of cheese and sugar, blending again till smooth. Add remaining ingredients and blend just till thoroughly mixed. Pour into greased pie plate and sprinkle nicely with cinnamon. Place in pre-heated oven on middle rack and bake about 45 minutes, or till puffed and browned at edges. Cool on rack, then refrigerate.

Serve chilled but not cold. Cuts beautifully and is smooth, light, and creamy. Delicious plain or served with fruit (fresh or cooked and thickened). You can also add ½ cup of well-drained crushed canned pineapple to batter before baking. (There should be at least ½" of extra space in pie plate.) You can adjust flavoring to taste and, if not counting calories, use the higher milkfat cottage cheese for a richer pie.

A special hint: for most efficient use of lemon juice and rind, squeeze 1-2 lemon halves in advance, place juice in small jar in fridge and place lemon shells in small plastic bag in freezer; so simple to grate when needed, and juice keeps for a few days.

Betty Becker

PIE CRUST

- 2 c. flour
- ¾ c. vegetable shortening
- ½ t. salt
- ½ t. baking powder
- ½ c. cold water

Measure dry ingredients and stir together. Fill a 2 cup measure 1 cup full of cold water and add vegetable shortening until water measures 1¾ cup. This gives an accurate measure. Pull vegetable shortening from water and place in bowl with flour. Cut vegetable shortening into flour until size of peas. Use a pastry blender or 2 knives. Add ¼ cup water and stir with knife until you can form 2 balls. Add rest of water to remaining flour and make balls equal. Roll between 2 pieces of waxed paper lightly sprinkled with flour. Chill bottom crust while you prepare filling. Then roll top crust. Dampen edge of bottom and seal top by pressing together.

May be refrigerated and rolled several days later.

Mildred Carron

FABULOUS CHOCOLATE MOUSSE PIE

CRUST:

- 3 c. chocolate wafer crumbs
- ½ c. (1 stick) unsalted butter, melted

FILLING:

- 1 lb. semi-sweet chocolate
- 2 eggs
- 4 egg yolks
- 2 c. whipping cream
- 6 T. powdered sugar
- 4 egg whites, room temperature
- 2 c. whipping cream for topping sugar

For crust: Combine crumbs and butter. Press on bottom and completely up sides of 10" springform pan. Refrigerate 30 minutes or chill in freezer.

For filling: Soften chocolate in top of double boiler over simmering water. Let cool to lukewarm (95°). Add whole eggs and mix well. Add yolks and mix until thoroughly blended. Whip 2 cups cream and powdered sugar until soft peaks form. Beat egg whites until stiff but not dry. Stir a little of the cream and whites into chocolate mixture to lighten. Fold in remaining cream and whites until completely incorporated. Turn into crust and chill at least 6 hours or preferably overnight.

Whip remaining 2 cups cream with sugar to taste until quite stiff. Loosen crust on all sides using sharp knife; remove springform. Spread all but ½ cup cream over top of mousse; pipe remaining cream into rosettes in center of pie.

Yield: 10-12 servings

Joanne Beck

HUNGARIAN PLUM PIE

- ½ c. shortening
- ½ c. sugar
- 2 eggs
- 1 c. flour
- 1 t. baking powder
- ½ t. salt
- ½ t. almond or lemon extract
- 10 Italian plums, halved and pitted
- ½ c. sugar
- 1 T. cinnamon

Cream shortening; add sugar slowly. Stir in eggs, 1 at a time, beating well after each addition. Add dry ingredients and extract. Spread batter evenly in a greased 10" pie plate. Place plums on top evenly with the skin side down. Mix sugar and cinnamon and sprinkle over the top. Bake at 375° for 30 minutes.

This can be made with fresh sliced apples, sprinkling a small amount of lemon juice over the top with the cinnamon and sugar.

Ruth Frankel

BAVARIAN TORTE

- ½ c. butter (or margarine), softened sugar vanilla extract
- ¾ c. all-purpose flour
- ⅔ c. finely chopped pecans
- 1 8-oz. pkg. cream cheese, softened
- 1 egg
- ½ t. cinnamon
- 1 29-oz. can pear slices or sliced cling peaches, well drained
- ¼ c. apple jelly

About 1½ hours before serving or early in day: in large bowl with mixer at medium speed, beat butter, ⅓ cup sugar and ¼ teaspoon vanilla until well blended. Gradually add flour and continue beating until mixture is well mixed; stir in pecans. With lightly floured hands, press mixture into bottom and 1" up sides of a 10" springform pan. (Make sure springform is tight; use cookie sheet if not.) In small bowl with mixer at medium speed, beat cream cheese and ¼ cup sugar just until smooth. Beat in egg and ½ teaspoon vanilla just until well blended; pour mixture into lined pan.

Preheat oven to 450°. In large bowl, combine 1 teaspoon sugar and cinnamon. Add pear or peach slices and toss gently; arrange closely on top of cream cheese mixture. Bake 10 minutes; reduce oven temperature to 400° and bake 25 minutes more. Cool torte in pan 20 minutes; then carefully remove sides of pan. Make apple glaze by melting apple jelly and then paint on peaches or pears. Serve warm or refrigerate to serve cold.

Yield: about 10 servings

Rachel Jacobs

PUMPKIN PIE

- 1 9" pie shell, unbaked
- ½ c. liquid brown sugar
- 1½ c. evaporated milk (or any rich milk such as half & half)
- 2 large eggs, beaten
- 1½ c. canned pumpkin
- 1 t. cinnamon
- ½ t. nutmeg
- ½ t. ginger
- ½ t. salt

Roll out pastry and place in pie plate. Blend sugar, milk and eggs with pumpkin. Mix spices through the batter. Pour into unbaked pie shell. Bake at 425° for 10 minutes. Reduce oven to 325° and bake 30 minutes longer or until silver knife inserted in center comes out clean. Do not overcook. Cool before serving.

Mildred Carron

CHOCOLATE TORTE

- 12 eggs, separated
- 10 T. sugar
- 1 12-oz. pkg. semi-sweet chocolate bits, melted
- 1 t. baking powder
- 1½ c. ground nuts
- 3-4 T. flour

FILLING AND FROSTING:

- 1½ sticks margarine
- 2 squares chocolate, melted
- 1 c. powdered sugar
- ½ t. instant coffee (2 egg yolks which have been reserved)

Out of the 12 separated eggs, reserve 2 egg yolks for the frosting; beat the 12 egg whites and put into the refrigerator. Cream together: 10 egg yolks, sugar, melted chocolate bits, baking powder, nuts and flour. Fold in stiffly beaten egg whites. Pour batter into 10" greased and floured tube pan (or ungreased 10" tube pan with removable rim). Bake at 350° for 45 minutes. When cake is done, remove pan from the oven and cool upside down.

Filling and Frosting: Cream together: margarine, chocolate squares, powdered sugar and instant coffee. The instant coffee should be in paste form; to do this, add just enough hot water so that it forms a paste and is not loose. Lastly, add 2 reserved egg yolks. After cake has cooled thoroughly, cut in half horizontally. Spread creamed mixture on one half, place other half on top. Spread remaining creamed mixture on sides and top of cake.

This is a true Hungarian torte and delicious!

Olga Hern

CHOCOLATE VICTORIAN TORTE

- 6 oz. (about 1¼ c.) almonds
- ¾ c. butter
- ¾ c. sugar
- 6 eggs, separated
- 6 oz. chocolate

FROSTING:

- ½ c. heavy cream
- 8 oz. chocolate

Grind almonds until consistency of breadcrumbs. Cream together butter and sugar for 2-3 minutes on high speed. Add egg yolks 1 at a time and beat until incorporated. Melt chocolate, add to mixture. Stir in ground almonds (it will be the consistency of paste.) Whip egg whites until stiff; fold in. Butter a 9" springform pan and line bottom with wax paper and butter. Pour mixture into pan and smooth top. Bake at 375° for 25 minutes; lower heat to 350° and bake for 30-50 minutes more. **DON'T OVERBAKE!**

Frosting: (microwave)—Scald cream (2-3 minutes high). Add chocolate and whip until smooth. Cool. Spread on top of cake.

Cindy Victor

WALNUT TORTE

- 7 eggs, separated + 2 extra egg whites
- 1 c. sugar
- 2 c. walnuts, ground
- 2 T. powdered instant coffee

WHIPPED CREAM ICING:

- 18 large marshmallows
- 1 T. instant coffee
- ¼ c. water
- 1 pt. whipping cream

Cake: Beat egg yolks with sugar until yellow and thick. Mix nuts with powdered instant coffee. Beat whites until stiff. Line bottoms of 2 cake pans with wax paper. Add yolks to whites, then add nuts; fold in. Bake at 350° for 20 minutes.

Icing: Melt marshmallows in instant coffee with water, very slowly. Refrigerate until thick as sour cream. Add to stiffly beaten whipping cream. Fold into cream in mixer until thick. Spread icing between layers and on top of torte.

Ella Berman

SHTRUDEL

½ lb. margarine (or butter)

2½ c. sifted flour

¼ c. sugar

1 c. sour cream

FILLING:

apricot jam (or "Solo" poppyseed filling)

vanilla wafers

chopped walnuts

powdered sugar

Cut butter into flour and sugar; add sour cream and mix well. (The dough will be very sticky. Add a little more flour if necessary, but don't make the dough too stiff. Refrigeration will make it easier to handle.) Refrigerate overnight or for 2-3 hours.

Cut dough into quarters. Roll out on a floured board into a rectangle as thin as you can (⅛") and still be able to handle it. Spread with apricot jam and sprinkle with crushed vanilla wafers and chopped walnuts. Do not put filling closer than 1" from the edges. Begin to roll into a jelly roll shape. Start at a long side, roll twice, fold in the side edges, then continue to roll up. (This keeps the filling from leaking out.) Place on a greased cookie sheet, seam side down, and gently pat the roll flat on top. It should be about 2½ x 12" long. Bake at 375° about 30-45 minutes or until golden brown. Cool on rack, sprinkle with powdered sugar. Cut into 1" slices.

Another optional filling is 1 can "Solo" poppyseed filling mixed with 1 cup apricot jam.

Ronnie Simon

APPLE SHTRUDEL**PASTRY:**

3 c. flour

½ t. salt

1 egg

½ c. oil

1 t. vinegar

¾ c. warm water

FILLING:

melted margarine

bread crumbs

cinnamon-sugar

mixture

canned, prepared

sliced apples or 3

lbs. Granny Smith

apples

lemon juice (if needed)

raisins

chopped nuts

jam (or marmalade)

Mix all pastry ingredients together. Knead for about 10 minutes. Let pastry rest for at least 10 minutes before rolling out thin on a floured cloth. Turn the cloth frequently when turning it to roll out, so as not to break the dough. Seal the ends so the apple does not run out.

Brush the pastry with melted margarine. Sprinkle first with the bread crumbs, then cinnamon-sugar mixture. Top this with the apple slices. Over this, sprinkle the raisins and chopped nuts; dot with jam or marmalade.

Roll up the pastry. Before baking, mark the top to make slicing easier. Brush with more melted margarine. Bake at 350° for about 45 minutes.

I used to use a plain pastry cloth and wondered why my dough was not as thin as my grandmother's was. I used to see a pattern on her dough when she rolled it out. Then I realized that she used a tablecloth, and the pattern of the flowers imprinted itself on the dough, so she then knew it was thin enough!

Yield: 4 rolls, about 10 slices per roll

Martha Oleinick

SOUR CREAM DOUGH SHTRUDEL

DOUGH:

- 1 c. sour cream
- 1 c. butter
- 2 c. flour
- 1 T. powdered sugar
- 1 t. salt

FILLING:

- 1 jar apricot preserves
- ½ pkg. grated coconut
- 1 4-oz. pkg. walnuts, chopped
- 1 small jar maraschino cherries, cut up

Mix all dough ingredients together thoroughly and form into a ball. Place in a covered bowl and chill in refrigerator overnight. Divide dough into 3 parts and roll each separately between 2 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.

Rae Lampe

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

GRANDMA IDA SHOKLER'S SHTRUDEL

DOUGH:

- 4 c. flour
- 1 t. salt
- 1 t. baking powder
- 2 eggs, beaten
- ½ c. oil
- 1½ t. vanilla
- ¼ c. hot water

FILLING:

- oil as needed to coat dough
- 1 lb. plum preserves
- 1 lb. yellow raisins
- 1½ c. chopped nuts
- 1 t. cinnamon mixed with
- ½ c. sugar

Mix dough ingredients and knead lightly; cut into 5 portions. Roll each portion lightly on a floured surface. Paint top lightly with oil. Mix the filling ingredients (omit oil) and spread ½ over each dough. Roll up each portion jelly roll fashion and place on a greased cookie sheet. Bake at 350° for 35-40 minutes. All 5 rolls may fit on a large cookie sheet. Slice on an angle, any preferred size per portion.

My mother's mother made this each year for Rosh Hashanah. My mother then developed the recipe amounts and continues to make it each Rosh Hashanah. Now I am making it too.

Phyllis Herzig

SOUR CREAM PASTRIES

- 1 c. butter or margarine
- 2 c. sifted flour
- 1 beaten egg yolk
- ½ c. sour cream

FILLING:

- ½ c. apricot preserves
- ½ c. coconut, flaked
- ¼ c. nuts, chopped fine granulated sugar

With pastry blender, cut butter into flour till mixture resembles fine crumbs. Combine egg yolk and sour cream; blend into flour mixture. Chill dough several hours or overnight. Divide dough into 4 equal portions, keeping each part refrigerated until ready to use.

Roll each part into 10" circles on a lightly floured surface. Spread 2 tablespoons of preserves; sprinkle with 2 tablespoons of coconut and 1 tablespoon of chopped nuts. Cut into 12 wedges with fluted pastry wheel. Starting at wide end, roll each wedge into a crescent. Sprinkle or roll in granulated sugar. Place on *ungreased* cookie sheet. Bake in 350° oven for 20 minutes until lightly brown. Remove from sheet. Cool on rack.

Yield: 4 dozen

Malverne Reinhart

Ed. Note: this can be considered a rugalach recipe.

APPLE COFFEE CAKE

- 1½ c. flour
- ½ c. sugar
- 2 t. baking powder
- 2 eggs, beaten
- ½ c. milk
- ½ t. vanilla
- ½ c. margarine, melted
- 2 medium apples, sliced
- ⅓ c. brown sugar
- cinnamon

Sift flour, sugar and baking powder together. Add eggs, milk, margarine 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° until nicely browned and apples are soft (about 25 minutes).

Halina Silverman

GRANDMA'S APPLE CAKE

- 3 c. flour
- 2½ c. sugar
- 1 c. oil
- 4 eggs, unbeaten
- ¼ t. salt
- ½ c. orange juice
- 2½ t. vanilla
- 3 t. baking powder
- 6 apples
- 3 t. cinnamon
- 3 T. sugar

Beat first 8 ingredients together till smooth. Pare and slice apples. Mix with cinnamon and sugar. Grease and flour a 10" tube pan. Layer batter, then apples, ending with apples. Bake at 350° for 2 hours.

Easy, freezes well.

Carol Finerman

APPLE CAKE

- 2 eggs
- 1 c. sugar
- 1 t. vanilla
- ½ c. salad oil
- 3 T. water
- 1½ c. flour
- 2 t. baking powder
- ¼ t. salt
- 6-8 apples, pared and thinly sliced
- ½ c. brown sugar
- 2 t. cinnamon
- ⅛ t. nutmeg
- ¼ c. confectioner's sugar (for topping)

Whip eggs, sugar and vanilla until fluffy. Beat in oil. Add liquid alternately with flour, baking powder and salt; beat just until smooth. Spoon half of batter into a greased 9" baking pan. Mix apples with brown sugar and spices. Add to top of batter. Cover apples with remaining batter. Bake at 350° for 50-60 minutes or until golden brown.

Vivian Shapiro

FRESH APPLE-WALNUT CAKE

- 1¾ c. sugar
- 1 c. oil
- 3 eggs
- 2¼ c. flour
- 2 t. baking soda
- ½ t. salt
- 1 t. each: cinnamon, allspice, nutmeg
- 1 c. buttermilk
- 1 t. vanilla
- 1¾ c. grated peeled apples
- 1 c. chopped walnuts

Cream together thoroughly sugar, oil and eggs. Sift dry ingredients together. Add dry mixture, buttermilk and vanilla to creamed mixture. Mix well. Fold in apples and nuts. Pour into greased and floured 10" tube pan or 2 loaf pans. Bake 1 hour at 350°.

Helen Mann

APPLESAUCE CAKE

- ½ c. butter (1)
- 1 c. sugar (2)
- 3 eggs, beaten until light (5)
- ½ c. nuts, chopped (1)
- 1 c. raisins, chopped or currants (2)
- 2 c. cake flour, sifted (4)
- 1 t. baking soda (2)
- ½ t. nutmeg (1)
- ½ 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, then stir in fruits and nuts. Bake this for 1 hour at 350°. You may bake in layers for 25 minutes. Bake in loaf pan or 8 x 8" square pan at 350° for 25 minutes.

() indicates double recipe to be baked in 9 x 13" pan.

Tillie Gerber

APPLE SQUARES

- 2 c. flour
- 1¾ c. sugar
- 1 c. oil
- 1 t. baking soda
- ½ t. salt
- 1 t. cinnamon
- 3 eggs
- 1 c. chopped walnuts
- 2 apples, grated

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

Ella Berman

CARROT CAKE

- 3 eggs
- 2 c. brown sugar,
packed
- 1 c. oil
- 2 c. grated carrots
- 2 c. flour
- 1 t. salt
- 2 t. baking soda
- 1 t. cinnamon
- 1 t. vanilla
- 1 c. chopped walnuts
- ½ c. raisins

Beat eggs. Add sugar, oil and grated carrots. Beat well. Add dry ingredients, vanilla, nuts and raisins. Mix well. Put in greased and floured 9x13" pan. Bake at 350° for 40-45 minutes. Do not overbake. Cool thoroughly.

Cover with cream cheese frosting if desired.

Mollie Ingber

CREAM CHEESE FROSTING

- ½ c. butter or margarine
- 1 8-oz. pkg. softened
cream cheese
- 1 t. vanilla
- 3-4 c. sifted powdered
sugar
- 1-2 T. fresh lemon juice

Combine butter, cream cheese and vanilla; beat until well blended. Add sugar gradually until thickness desired. Add lemon juice as desired. If frosting is too thick, add more lemon juice to thin.

This is delicious!

Mollie Ingber

RICOTTA CHEESE CAKE

- 1½ c. lemon cookies (or
vanilla wafers)
- 2½ T. melted butter (or
margarine)
- 3 eggs
- 1½ lbs. ricotta cheese
- ¾ c. sugar
- ½ c. sour cream
- ½ c. cornstarch
- 1 t. baking powder
- 1 t. vanilla
- 3 T. melted butter (or
margarine)
- 2½ t. grated lemon peel
- ½ c. raisins (optional)

For crust: Crush cookies. Add melted butter. Press over bottom and up sides of 9" spring-form pan. Bake at 350° for 6 minutes. Cool.

For batter: In food processor bowl (or blender, or mixer) combine eggs, cheese, sugar and sour cream; blend until smooth. Add cornstarch to baking powder, then add to cheese mixture along with vanilla, butter and peel. Process, stopping machine to scrape down sides. Add raisins if desired. Pour into cooled crust and bake at 325° for 60 minutes or until set.

Doris Miller

AUNT LENA'S CHEESE CAKE**CRUST:**

- 18 graham crackers
- ¼ c. butter, melted

FILLING:

- 1 lb. farmer cheese
- 1 c. sugar
- ½ t. salt
- 1 can evaporated milk
(large)
- 1 t. vanilla
- 2 T. lemon juice
- 2 T. flour
- 4 eggs, separated

Break graham crackers into fine crumbs and mix well with melted butter. Pat mixture onto the bottom of an 8 x 12" pan to form an even crust.

Mix all filling ingredients together except egg whites. Beat well so mixture is smooth and creamy. Beat egg whites until stiff; fold gently into 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.

Eunice Cook

Ed. Note: This recipe is the only one Eunice knows that is cheese cake with a Yiddish tam. 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.

CHEESECAKE—QUICK AND EASY**CRUST:**

- 1½ c. graham cracker
crumbs
- ¼ c. butter, melted

CHEESE MIXTURE:

- 2 8-oz. pkgs. cream
cheese
- 2 eggs
- ¼ c. sugar
- 1 t. vanilla
- 2 T. lemon juice
- ½ t. grated lemon rind

Mix crumbs and butter; press firmly into 9" pie pan. Blend cheese, eggs, sugar, vanilla, lemon juice and rind with mixer or a fork. Pour into pie shell and bake at 375° for 20 minutes.

Mix together topping ingredients and spread over pie right from oven. Bake at 425° for 7 minutes. Cool and enjoy.

Alternate topping: pie cherries from a 21-oz. can.

Mildred Carron

TOPPING:

- 1 c. sour cream
- ¼ c. sugar
- 1 t. vanilla

MARBLE CHOCOLATE CHEESECAKE

- ¾ c. flour
 2 T. sugar
 ¼ t. salt
 ¼ c. butter
 1 c. semi-sweet chocolate pieces, melted

FILLING:

- 3 pkgs. (8-oz. each) cream cheese, softened
 1 c. sugar
 ¼ c. flour
 2 t. vanilla
 6 eggs
 1 c. sour cream

Preheat oven to 400°. In small mixing bowl combine flour, sugar and salt. Cut in butter until particles are fine. Stir in 2 tablespoons of the melted chocolate pieces. Press onto bottom of 9" or 10" springform pan. Bake at 400° for 10 minutes.

Filling: In large mixing bowl, beat cream cheese with sugar at medium speed until smooth and creamy. Blend in flour and vanilla. Add eggs 1 at a time, beating well after each addition. Blend in sour cream.

Blend 1¾ cups of filling with the remaining melted chocolate. Pour remainder of filling over baked crust. Top with spoonfuls of chocolate mixture. Cut through batter (not crust) to marble. Place in 400° oven. Immediately reduce setting to 300°. Bake 1 hour. Turn off oven. Leave in closed oven 1 hour. *Chill at least 8 hours before serving.*

Patricia Lisker

NEW YORK CHEESECAKE

CRUST:

- 1½ c. graham cracker crumbs
 1 t. cinnamon
 ¼ c. powdered sugar
 6 T. butter, melted

FILLING:

- 1 c. sugar
 2 8-oz. pkgs. cream cheese, at room temperature
 5 eggs, separated
 1 pt. sour cream
 1 t. vanilla
 1 t. lemon juice

Mix crust ingredients together. Pat firmly into bottom of 9" or 10" spring form pan. Cream together sugar and cream cheese. Stir in 5 unbeaten egg yolks, stirring just enough to blend. Stir in sour cream, vanilla and lemon juice. Beat egg whites until stiff. Fold into cheese mixture.

Bake at 300° for 1 hour. Turn oven off without opening door and keep in oven 1 hour more. Open door, but leave in oven ½ hour more. Refrigerate overnight.

May be topped with canned cherry or blueberry pie filling. (Topping will camouflage any fissures that may occur as cheesecake cools and settles.)

Judy Stopke

CHOCOLATE CHEESECAKE

CRUST:

- ½ lb. chocolate cookies
 2 pats butter

FILLING:

- 1½ lbs. cream cheese
 2 c. sour cream
 8 oz. baking chocolate (semi-sweet if sweeter cake is desired)
 2 t. vanilla
 ¾ c. sugar
 4 large eggs
 ½ c. flour

Blend the cookies and butter; pat into 10" springform pan. Bake for 10 minutes at 350°. Remove pan from oven. Reduce oven to 300°.

Melt chocolate with scant water directly in saucepan over very low heat; cool. In a processor mixing bowl combine the filling ingredients in order: cheese, eggs, sugar, vanilla, cooled chocolate, sour cream and flour; process each only until integrated into batter. Pour into pan and bake 1½ hours. *Leave in oven until cool (about 3-4 hours).*

Marilyn Krimm

COFFEE CAKE

- ½ c. shortening
 1 c. sugar
 3 eggs
 2½ c. flour
 3 t. baking powder
 1 t. baking soda
 ½ t. salt
 1 c. sour cream
 ¼ lb. margarine

TOPPING #1:

- 1 c. nuts, chopped
 ½ c. granulated sugar
 1 t. vanilla

TOPPING #2:

- ½ c. brown sugar
 2 t. cinnamon
 ½ c. walnuts or pecans, coarsely chopped

Cream shortening* and sugar. Add eggs 1 at a time beating until fluffy. Sift together dry ingredients. Add alternately with sour cream. Just stir in until well blended and pour into a greased 9 x 12" pan or a tube pan.

**For a less rich cake, omit ½ cup shortening and use only 2 teaspoons baking powder.*

Topping #1: Pour half the batter, top with half the topping, pour remainder of batter and top with remainder of topping. Bake at 350° 35-40 minutes.

Topping #2: Mix together and sprinkle on top. Bake at 350° for 35-40 minutes.

Mildred Carron

BUTTERMILK POPPY SEED COFFEECAKE

- ½ c. poppy seeds
- 1 c. buttermilk
- 1 t. almond extract
- 1 c. butter or margarine
- 1½ c. sugar
- 4 eggs, separated
- 2½ c. flour
- 1 t. baking soda
- 1 t. baking powder
- ½ t. salt
- ½ c. sugar
- 1 T. cinnamon

Soak poppy seeds in buttermilk and almond extract; set aside. Cream butter and sugar in large mixing bowl, add yolks and beat till light and frothy. Add dry ingredients alternately with buttermilk mixture. Fold in stiffly beaten egg whites. Pour half the batter into greased pan (if teflon); if you use aluminum, it should be greased and floured. Sprinkle with half the cinnamon/sugar mixture. Pour the rest of the batter over this, sprinkle with rest of topping and swirl lightly to marble. Bake at 350° for 1 hour. Cool in pan.

This makes one 10" tube pan or bundt pan or two 9 x 5" loaf pans. Freezes beautifully.

Ellen Stross

KULICH

- 1 c. milk
- ½ lb. butter
- 2 cakes yeast
- ¼ c. warm water
- 1 c. sugar
- 4 eggs
- 6 c. flour
- ¾-1 c. raisins
(seedless)

Scald milk. When hot add butter and let it melt. Cool; add yeast which has been softened in the warm water. Add sugar, eggs, flour; mix well. Add raisins. No kneading is necessary. Cover dough and let rise in a warm place a few hours. Put dough into 2 buttered and floured 1-lb. coffee cans (use the cans as pans.) Let rise again until double in bulk before baking. If desired let dough rise above top of can in mushroom shape, or place a wax paper extension above top of can to form tall cylinders. Bake at 400° for 45 minutes. Slice in circles to serve.

Mme. Pargment

PUTTERCHUCHEN

- 2 cakes yeast
- ⅓ c. warm milk
- ½ lb. margarine (or butter)
- 1⅓ c. scalded milk
- ⅔ c. sugar
- 6 eggs, beaten
- 7-7½ c. flour
- ½ t. salt

Dissolve yeast in the ⅓ cup 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 and salt 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 half the dough and roll to ⅛" thickness. Sprinkle with sugar, cinnamon, brown sugar, melted butter and nut meats if desired. Roll as for jelly roll. Cut in 1½" 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 can be added.

Dorothy Willer

HONEY CAKE I

- 3½ c. flour (sifted)
- 2½ t. baking powder
- 1 t. baking soda
- ½ t. salt
- 1 t. cinnamon
- ½ t. cloves
- ½ t. allspice
- ½ t. nutmeg
- 1 c. sugar
- 3 eggs, separated
- ¼ c. oil
- 1½ c. honey (1 lb.)
- 1½ c. warm coffee
- ¾ c. chopped nuts
- ¼ t. cream of tartar

Mix and sift the dry ingredients into mixing bowl. Make a well and add the egg yolks, oil, honey and coffee; beat until smooth and well blended. Add nuts. Add cream of tartar to the egg whites and beat until very stiff. Gently fold into batter. Do not beat or stir. Pour into ungreased 10" tube pan. Bake at 350° for 55-60 minutes. Invert pan to cool.

Ruth Frankel

HONEY CAKE II

- 3 c. flour
- 1½ t. baking powder
- 1 t. baking soda
- 1 t. cinnamon
- ½ t. mixed spices
- ½ t. ginger
- ¼ t. salt
- 1 c. shortening
- 1 c. brown sugar
- 4 eggs, separated
- 1 c. honey
- 1 c. strong coffee
- ½ lemon, juice and rind

Sift dry ingredients. Cream shortening and sugar. Add 4 egg yolks and honey and mix well. Then add flour mixture 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 1 hour.

Hannah Zwerdling

HONEY CAKE III

- 1½ c. honey
- 1 c. brown sugar
- ¾ c. granulated sugar
- ¾ c. oil
- 6 eggs, separated
- 4 c. flour
- 1 t. baking soda
- 1 t. baking powder
- ½ t. cinnamon
- ¼ t. allspice
- ¼ t. cloves
- ¼ t. salt
- 1 c. black coffee
- walnut pieces
(optional)

Beat together honey and sugars. Mix in oil. Add egg yolks. Sift together the dry ingredients and spices. Alternately add coffee. Then add stiffly beaten egg whites, folding in slowly. Put pieces of walnuts on top. Bake at 325° for 30 minutes in 2 9 x 13" pans or 20 minutes in 10 very small loaf pans.

Phyllis Herzig

YEAST CAKE (Basic Sweet Dough Recipe)

- 2 cakes fresh or dry yeast
- 2 c. lukewarm milk
- 1 c. sugar
- 2 t. salt
- 2 eggs, well-beaten
- 7-7½ c. enriched flour
- ½ c. melted butter

Crumble yeast into mixing bowl. Stir in milk, sugar and salt; let stand until yeast is dissolved. Stir in eggs. Add half 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. 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.

Sprinkle flour on board. Flour your hands. Place dough on flour. Spread dough oblong-shaped to ½" thickness. Brush melted butter (or margarine) on dough. Sprinkle on the filling (combination of chopped nuts, raisins, sugar and cinnamon). Roll as for a jelly roll. To make sweet rolls, slice dough to ¾-1" rounds and place in baking pan. Cover for 1 hour with dishtowel. Bake at 375° until nicely browned. Baking time will depend upon bulk of the rolls or loaves made.

To make coffee ring, follow above directions until you have a "jelly roll"; cut it in half. Make round circle with each half, pinching ends to complete the circle. Put each in buttered 8-9" round cake pan. Slit top with diagonal slices half way down. (Filling will come bubbling through slices when baked.) When cool, top with white icing dripped over the top.

ALMOND COFFEE CAKE & VARIATIONS

DOUGH:

- ¾ c. warm water (total)
- 1 pkg. dry yeast
- 3 T. sugar
- 2¼ c. flour
- 3 T. dry milk powder
- 3 T. butter (or margarine)
- 1 t. salt
- 1 egg, beaten

Combine ¼ cup water, yeast and sugar. Stir and let stand until it bubbles. Put flour, dry milk, butter and salt into food processor; process until combined. Add egg and yeast; combine. Slowly add remaining ½ cup water while the processor is running. Stop adding water when mixture forms a ball. (I usually have 1-2 tablespoons left in the cup.) Continue to mix about 10-15 seconds. Let rest for 2 minutes. Then turn on again for about 10 seconds. If dough is sticky, add flour 1 tablespoon at a time to correct.

Turn onto floured surface. Form a ball. Place in greased bowl, turning to coat all surfaces; cover and let rise until doubled, about 1-1½ hours. Punch down. (Press fist into center of dough, it will deflate, pull away from sides.) Turn dough onto board and reform into a ball. Do not knead.

Variations:

Roll out on floured board into 12 x 18" rectangle. Spread with Solo almond filling or poppy seed filling or butter, cinnamon, sugar and nuts. Sprinkle with chopped almonds or walnuts. Roll up, starting along 18" edge. After 2 rolls, fold in short edges to catch filling. Continue to roll, ending with seam side down. Cut with serrated knife into 1" slices.

- A. Place side by side in 9 x 11" pan to make 12 sweet rolls.
- B. Place in greased angel food tube pan, overlapping each slice.
- C. Place in cupcake tins.
- D. Place on greased cookie sheet, in circular shape overlapping each slice. Leave hole in center.

Drizzle with melted butter, sprinkle with more nuts if desired. Let rise until doubled. Bake at 375° for 15 minutes (rolls) to 30 minutes (whole cake). Remove when light gold, but not dry. Rolls should press in slightly when touched on top. If they don't, they have baked too long and will taste dry.

Ronnie Simon

RUSSIAN COFFEE CAKE

- ½ c. sugar
- 2 eggs, well beaten
- ¼ c. honey
- 2 T. oil
- ½ c. hot dark tea
- 2 T. whiskey
- 2 c. flour, sifted
- 1 t. cinnamon
- ½ t. baking powder
- ½ t. baking soda
- ¾ c. chopped nuts
- 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.

Esther Cook

EASY TO MAKE CAKE

- 1 sponge cake, ready-made
- 2 giant milk chocolate almond bars
- 3 c. whipping cream

Cut cake in half horizontally. Melt chocolate in top of double boiler. Whip cream until stiff. Fold into melted chocolate. Place bottom half of cake on plate. Spread chocolate frosting on top. Place top half of cake on frosting, use rest of mixture on top and sides of cake. Refrigerate 6-7 hours.

Cecil Pear

PAREVE CHOCOLATE CAKE

- 9 T. unsweetened cocoa
- 1½ t. baking soda
- 3½ c. flour
- 2½ c. sugar
- 3 eggs
- 1½ c. cold coffee
- 1 c. oil
- ¾ c. raisins
- ¾ c. nuts

Mix all above ingredients and pour into tube pan. Bake at 350° about 1¼ hours.

Alice Cohen

YUMMY CHOCOLATE CAKE

- 2 c. flour
- 2 c. sugar
- 1 stick margarine
($\frac{1}{2}$ cup)
- $\frac{1}{2}$ c. shortening
- 3 T. unsweetened cocoa
- 1 c. water
- $\frac{1}{2}$ c. buttermilk
- 1 t. baking soda
- 1 t. vanilla
- 2 eggs

NUT GLAZE TOPPING:

- $\frac{1}{2}$ c. margarine
- 3 T. unsweetened cocoa
- 6 T. milk
- 2 c. powdered sugar
- 1 t. vanilla
- 1 c. nuts

Mix flour and sugar together; set aside. Melt margarine and shortening in saucepan; add cocoa; add water. Bring to boil, then pour over flour and sugar mixture. Add buttermilk, baking soda, vanilla and eggs. Mix together well. Pour into either a 17 x 11 x 1" jelly roll pan or an 11 x 13" glass pan. Bake at 375° (350° for glass) for 20-25 minutes or until done.

While baking make nut glaze topping. Melt margarine, cocoa and milk over a low flame. Pour over powdered sugar. Add vanilla and nuts. Mix well. Pour over hot cake.

Helen Mann

WALNUT PINEAPPLE CAKE

- 2 c. flour
- 2 t. baking soda
- 2 scant c. sugar
- 2 eggs
- 1 t. vanilla
- $\frac{1}{2}$ c. nuts, chopped
- 1 #2 can crushed
pineapple, with juice

Mix flour and baking soda together. Add sugar, eggs, vanilla, nuts and pineapple with the juice. Mix this all together and pour into ungreased metal pan, oblong or 9" square. Bake at 350° for 40-50 minutes. (Some of the nuts may be saved to sprinkle on top.)

Jean Solvith

LINZER CAKE

- 2 c. flour
- 1 t. baking powder
- 2 sticks margarine
- $\frac{1}{2}$ c. sugar; 2 T. sugar
- 4 egg yolks; 4 egg
whites
- 3-4 T. lemon juice or
orange juice
- jam
- 1 c. confectioner's sugar
- 2 c. nuts

Mix flour with baking powder. Work flour with margarine and sugar. Add egg yolks with lemon juice; mix. Roll out; spread with jam. Beat egg whites with 2 tablespoons sugar till stiff. Add 1 cup confectioner's sugar and nuts. Bake in 9" springform pan at 300-325° for 1 hour.

Ella Berman

BIRTHDAY CAKE

- $\frac{1}{2}$ c. vegetable shorten-
ing ($\frac{3}{4}$)
- 1 $\frac{1}{3}$ c. sugar (2)
- $\frac{2}{3}$ t. vanilla (1)
- $\frac{1}{3}$ c. milk ($\frac{1}{2}$)
- $\frac{1}{3}$ c. water ($\frac{1}{2}$)
- 2 c. cake flour, sifted (3)
- 2 t. baking powder (3)
- 4 egg whites

Cream shortening and sugar; add vanilla. Mix milk and water together. Add flour and milk to mixture alternately. Beat egg whites and fold in carefully. Pour into 2 (3) 8" baking pans and bake at 350° for 25 minutes.

Judy Cohen

BIRTHDAY CAKE FROSTING

- 1 egg white
- $\frac{3}{4}$ c. sugar
- $\frac{1}{8}$ t. cream of tartar
- 3 T. water
- $\frac{1}{2}$ t. vanilla

Put all ingredients in top of double boiler and beat until thick.

Judy Cohen

MOTHER-IN-LAW EYES

- 1 14-oz. can sweetened condensed milk
- 1 c. sugar
- 1 lb. box large prunes, pitted
- 1 4-oz. pkg. shredded coconut
- 3 eggs

In saucepan combine condensed milk, sugar, coconut and eggs. Mix well. Add 1 cup water, cook and stir till thickened (10 minutes). Cool. Place prunes in hot water for 5 minutes; drain. Push prunes into boat shape. Make small balls with filling mixture, push into slits of prunes.

This is a Brazilian recipe.

Yield: 40

Marilyn Krimm

FLAN MARGUERITA

CARAMEL:

- 1 c. sugar
- 1/3 c. water

FLAN:

- 10 eggs, beaten
- 1 1/2 c. sugar
- 2 13-oz. cans evaporated milk
- 1 t. salt
- 2 T. vanilla
- 2 c. water

For the caramel: melt the sugar in the water over medium high heat. Stir until light brown. Pour the caramel into the baking pan to coat the sides and the bottom. For the flan: combine eggs, sugar, milk, water, vanilla and salt; beat and strain. Pour the flan mixture over the caramel. Set the baking pan into a larger pan which contains hot water; bake at 350° for 1 hour until firm. Refrigerate until serving.

This is a Puerto Rican recipe.

Edith Gomberg

BIEN ME SABE CARMEN

- 6 egg yolks
- 1 16-oz. can of Coco Lopez
- 1 chiffon cake

It is important to separate the egg yolks as thoroughly as possible from the egg whites. Add the Coco Lopez to the yolks; mix with a wooden spoon. Cook in a double boiler for 10 minutes: water should be simmering. Stir frequently until desired thickness is achieved. Strain. Place chiffon cake slices in a serving dish and add the bien me sabe, alternating layers of cake and bien me sabe.

This is a Puerto Rican recipe.

Edith Gomberg

CHERRY FREEZE

- 1 3-oz. pkg. cream cheese, softened
- 1 12-oz. non-dairy whipped topping
- 1 26-oz. can cherry fruit filling
- 1 11-oz. can mandarin oranges, drained
- 1 8-oz. can pineapple chunks, drained

Stir cream cheese into whipped topping. Add fruit filling and blend well. Fold orange segments and pineapple chunks into mixture. Put into a mold and freeze. About 1 hour before serving, unmold and put into the refrigerator. Can be garnished with grapes.

I find this very refreshing.

Cecil Pear

PAREVE ICE CREAM

- 1 container pareve whip (8-oz.)
- 2 eggs, separated
- chocolate syrup
- unsweetened cocoa
- 1 t. vanilla
- 1/4 c. sugar

Partially thaw whip. Beat with vanilla and sugar until glossy. Beat egg whites until stiff; fold into whip. Beat egg yolks; beat into mixture. Add 1/2-3/4 cup chocolate syrup and 2-3 tablespoons cocoa. Put into freezer. (Make this the day before serving. A single recipe serves 3-4. You may double the recipe.)

Carol Finerman

AMERICAN TRIFLE

- 1 14-oz. can sweetened condensed milk
- 1 1/2 c. cold water
- 2 t. grated lemon rind
- 1 3 1/2-oz. instant vanilla pudding
- 2 c. whipping cream
- 4 c. cake cubes 1/2" (sponge or pound cake)
- 1 lb. peaches, pared, pitted and chopped
- 2 c. blueberries

Combine condensed milk, water and lemon rind. Add pudding mix, beat until blended. Chill mixture at least 5 minutes while whipping cream. Whip cream until it peaks; fold into mixture. In a 4-quart trifle dish (or large glass bowl), place alternate layers of pudding, cake cubes and fruit, ending with pudding, and topping with fruit and dollops of whipped cream if desired.

Strawberries cut in small pieces, canned peaches or any other fruit in season may be substituted, and more than one fruit may be used.

Yield: 12 servings

Jean Robbins

CURRIED THREE FRUIT COMPOTE

- 3 c. (11-oz. pkg.) dried apricots
- 1 can (13½-oz. or more) pineapple chunks and juice
- 1½ c. golden raisins
- ½ c. brown sugar
- 1 t. curry powder
- 2 c. ginger ale

In 2-quart casserole combine all ingredients except ginger ale. (Can be prepared ahead.) Pour in ginger ale when ready to bake. Cover and bake at 350° for 45 minutes. Serve warm or chilled. Can be served as dessert with more brown sugar and sour cream, but it's fine without.

Yield: Serves 8 for dessert or 12 as a side dish

Suzanne Meyer

CRÈME BRÛLÉE

- 3 c. whipping cream
- 6 egg yolks
- 6 T. sugar
- ¼ t. vanilla

Heat cream in top of double boiler. Beat yolks well. Add sugar, beat until light and creamy. Stir in hot cream slowly. Place in top of the double boiler over gently simmering water. Cook, stirring constantly, until mixture coats silver spoon. Add vanilla gently. Chill.

Serve with raspberries

Eunice Faber

EASY CHOCOLATE MOUSSE

- 1 c. semi-sweet chocolate chips
- 2 T. brandy (apricot is good) or ½ t. peppermint extract
- 2 egg yolks
- 1¼ c. half & half, whipping cream or liquid non-dairy creamer

Scald the cream. Add it to the first 3 ingredients in food processor or blender. Pour into individual serving dishes. Freeze. Remove from freezer 10-15 minutes before serving. Garnish with extra whipped cream and chocolate shavings if desired.

Yield: 6 servings

Judy Cohen



BEVERAGES

Wine has played an important role in Jewish ceremony and culture throughout the ages. In biblical times the use of wine was obligatory both in public religious functions and for domestic ceremonial occasions. The references to wine as a means of promoting joy, as a sign of the bountiful gifts of providence, and as a token of personal gratitude to the creator are numerous throughout the Bible.

How highly wine is regarded in the Bible may be seen from the fact that in a figurative sense Israel is called a vine. Later the rabbis used wine as a metaphor not only to represent Israel but also the Torah, the Messiah, and holy men. In the Talmud it is stated that in the world to come the righteous will drink wine from the grapes grown during the days of creation.

The greatest blessing in the conception of the Hebrew people, the blessing of peace, is represented by the picture of a man resting under his vine and fig tree. Abundance of wine is in the Bible an indication of prosperity, and to offer bread and wine to a guest is a sign of friendship and hospitality.

The rabbis held that taken in moderation wine is not only a healthful stimulant but is possessed of great curative properties, the best of all medicines. However, drunkenness was strictly forbidden. It was the custom in Talmudic times to give ten cups of wine to mourners with the "meal of consolation".

The use of wine has been continued at religious functions in the synagogue and in the Jewish home on all festive occasions to this very day.

CONCORD GRAPE WINE I

**10 lbs. ripe grapes,
stemmed**
5 lbs. sugar

Put grapes in an open crock and squeeze or mash by using 2 smooth boards. Cover crock with muslin and let stand at room temperature for 1 week. Stir once or twice during that period. Strain through muslin. Do not squeeze the mashed grapes while straining. Return wine to the crock and add the sugar, dissolved with some of the grape juice. Cover with muslin and let stand 7 days longer at room temperature. Fill bottles with wine, but do not cork tightly. Store away from light for 1 month. Taste and add more dissolved sugar if desired. Store in a cool place away from light. Will be ready for use in 3 months. Matures and increases in strength rapidly after that initial period.

Yield: approximately 2-2½ gallons

CONCORD GRAPE WINE II

**10 lbs. ripe grapes,
stemmed**
3 qts. boiling water
5 lbs. sugar

Put grapes in crock and pour in boiling water. When cool enough to handle, squeeze with hands without crushing seeds. The grapes need not be mashed to a dry pulp. Cover with muslin and let stand 3 days. Strain through muslin, squeezing lightly. Add sugar and stir. Cover and let stand 1 week. Uncover and skim carefully. Strain again, bottle and cork tightly. Lay bottle on side and store in a cool place away from light. Ready for use in 2-3 months.

Yield: about 2 gallons

RAISIN WINE

2 lbs. light raisins
6 qts. cold water
1 lb. sugar
1 lemon, rind and juice
3 sticks cinnamon
(approx. 1 oz.)

Chop raisins and add other ingredients in the order listed, using a large well covered crock. Let stand covered at room temperature for 1 week. Stir once a day to keep mixture well under the cover. Fermentation will make the liquid rise and bubble over if not given at least 4" of space under the cover. Strain at the end of the week. (A muslin cloth placed in a large funnel over another crock makes an excellent strainer.) Place liquid in bottles, cover tightly and store in a cool place away from light, at least 2 weeks before using.

Yield: approximately 1½ gallons

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-quart glass jars with wide openings. Pour proper amount of sugar into jars and adjust covers loosely. Shake jars once a day for 1 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.

CHERRY CORDIAL

6 lbs. large sweet
cherries
2½ lbs. sugar
½ pt. brandy
½ 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.

HALINA'S CHERRY LIQUEUR

1 quart jar
sour cherries, to fill jar,
⅓ or ¾ of capacity
1 c. sugar
vodka or grain neutral
spirits

Cherries should be freshly picked, not pitted. Place cherries in quart jar, filling it to ⅓ or ¾ full. Add sugar, pour vodka in until jar is filled with liquid. Close jar tightly. Mark date on it. Store in dark place for a *minimum* of 2 years, preferably longer.

My friend Rita Kaufman of Atlanta, Georgia also had a grandmother in Europe. She reminded me of the recipe and urged me to make it. I have, ever since.

Halina Silverman

Ed. Note: Halina brought this to a regional meeting and called it Strawberry Vishnik. (She made it with strawberries.) Several cookbooks were pre-ordered on the promise that this recipe would be included.

STRAWBERRY SPARKLER

glass of ice
10-15 strawberries
sour mix to taste
(optional)
½ oz. lime juice
1 oz. club soda

Crush ice in blender. Add rest of ingredients, blend together and serve in a champagne glass with a thick straw.

Yield: 2 tall glasses

Sonia Horvath

YUMMY PUNCH

2 qts. vanilla ice cream
2 qts. raspberry
sherbet
2 qts. cranberry juice
2 qts. ginger ale

Remove ice cream and sherbet from freezer to soften. Slice into 8 parts. Put 1 cup each cranberry juice, vanilla ice cream, and sherbet in blender; buzz. Repeat 8 times. Put in bowl. Add ginger ale before serving.

Yield: 8 qts.

Carolyn Lichter

Ed. Note: This was served at our Chapter year-end wrap-up and is included by popular demand!

ORANGE SLUSH PUNCH (with a punch)

- 4 green tea bags
- 2 c. boiling water
- 1 12-oz. frozen orange juice
- 1 12-oz. frozen pink lemonade
- 2 c. sugar
- 7 c. boiling water
- 2-3 c. gin
- 2 64-oz. bottles 7-Up

Steep green tea in 2 cups of boiling water and set aside. Mix together orange juice, lemonade, sugar and 7 cups of boiling water. Add the tea and gin. Freeze the entire recipe, preferably in 2 containers.

To serve: scoop out slush into a punch bowl and pour 7-Up over the mixture.

They will go crazy over it!

Linda Sokolove

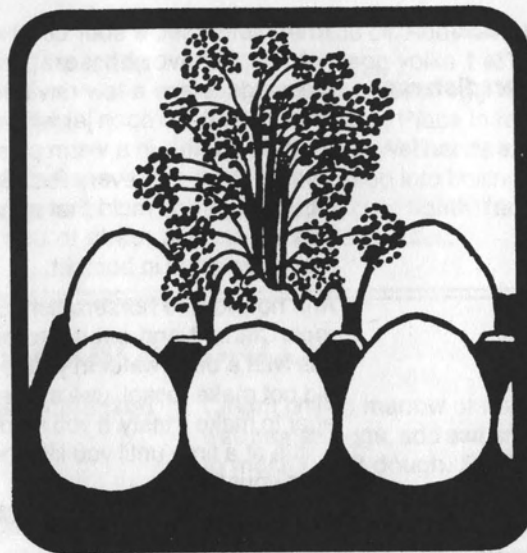
AUNT ROSE'S PUNCH

- 1 qt. ginger ale
- 1 46-oz. can pineapple juice
- 1 c. orange juice
- Juice of 1 lemon

Pour all ingredients together in a punch bowl; mix with ice.

This recipe is over 50 years old!

Carol Finerman



PASSOVER

EASY ROSSEL (FOR HORSERADISH)

- A few raw beets
- 1 jar of water
- 1 fresh horseradish root water

To make rassel, 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 rassel 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 rassel, use a little salt and vinegar to make it tasty. If you made rassel, add a little at a time until you like the color and it suits your taste.

Muriel Cohen

CHAROSES

- 1 apple, pared
- ½ c. nuts, chopped
- ½ t. cinnamon
- ¼ t. nutmeg
- 1 t. honey
- 1-2 T. red wine
- ¼ t. allspice
- ¼ t. ground cloves

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.

EINGEMACHTS (BEET PRESERVES)

- 4 #2 cans diced (or sliced beets)
- 5 c. sugar
- 3 lemons, sliced thin
- ¼ lb. blanched almonds
- 2 t. ginger (or more) to taste

If sliced beets are used, cut in strips. Place sugar, beets, beet juice and lemon in a heavy kettle and cook about 2 hours over a low flame until thick and clear. Stir occasionally and skim. Add ginger and almonds. Pack boiling hot into sterilized ½-pint jars, leaving ¼" head space. Process in boiling water bath for 15 minutes.

This is delicious spread on matzo and matzo pancakes.

Mildred Carron

PASSOVER KNADLACH

- 1 c. water
- ¼ c. oil (or 4 T. chicken fat)
- 1 c. matzo meal
- 1 t. salt
- pepper to taste
- 3 eggs, separated

Boil water. Add oil. Add matzo meal, salt and pepper. Add egg yolks 1 at a time, beating well after each. Beat egg whites until stiff; fold into mixture. Place in refrigerator for 2 hours, covered. Wet hands and form mixture into 1" balls; drop into boiling water or stock from soup. Cover tightly (and don't peek); simmer for 20 minutes.

MATZO MARROW BALLS

- 2 T. marrow (or chicken fat)
- 2 eggs
- ½ t. salt
- ½ c. matzo meal

Cream chilled marrow or chicken fat. Stir in well beaten eggs, add salt and enough meal to make a soft dough. Refrigerate about 3 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.

Mildred Carron

POTATO KNADLACH

- 6 medium potatoes
- 1½ t. salt
- ¾ c. matzo meal (approx.)
- 2 eggs
- salt water
- chicken fat

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 teaspoon salt to 1 quart water). Boil 20 minutes (covered), then brush lightly with chicken fat and brown in 400° oven, or serve with browned onions.

MANDLEN I

3 eggs beaten
 ½ t. potato flour
 ⅔ c. matzo cake meal
 ⅛ t. salt

Beat eggs, cake meal, potato flour and salt. Knead well. Roll out on floured board to ¼" thickness. Cut into ¼" cubes. Fry in deep fat heated to 375° until brown. Drain and serve in soup.

Ada Margolis

MANDLEN II

⅓ c. fat
 ⅔ c. water
 1½ t. salt
 ¼ t. pepper
 6 eggs
 2 c. matzo meal

Mix fat, water and seasonings and bring to a boil. Pour the liquid gradually onto the matzo meal, mixing well with a fork. Beat the eggs into the mixture; knead thoroughly. Grease hands, and roll pieces of dough into marbles about ⅜" thick. Place on greased cookie sheet. Bake at 400° until brown.

Ada Margolis

SOUP MUFFINS

2 c. matzo farfel
 1 t. salt
 2 T. shortening
 4 eggs

Soak farfel in 2 cups of warm water for 5 minutes. Drain by pouring into a colander and pressing the water out with a spoon. Add all the remaining ingredients and stir well. Grease muffin tins and fill ⅔ full. Bake at 375° for 30 minutes. Serve in hot soup. The muffins are light and fluffy, similar to egg kichel.

Ronnie Simon

CHEESE KREPLACH

3 eggs
 3 T. butter, melted
 3 T. milk
 1 t. salt
 1 c. matzo meal
 1 c. dry cottage cheese
 ½ t. sugar

Beat eggs, add melted butter, milk and ½ teaspoon of salt. Add matzo 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.

Ada Margolis

MATZO POTATO KUGEL

6 large Idaho potatoes,
 raw
 ½ c. matzo meal
 1½ t. salt and a turn or 2
 of fresh ground
 pepper
 6 eggs
 3 T. chicken fat (or oil)
 1 medium onion

Use a 3-quart oblong glass baking dish. Peel potatoes and soak in ice water about ½ hour. Beat eggs until thick (about 15 minutes). Have eggs ready when you start to grate potatoes. Also heat oven to 375°. Grate potatoes into a large bowl using medium grater. Do not use fine holes or your pudding will be heavy. Grate quickly, using a long stroke. Grate onion fine. Mix grated vegetables, seasoning, eggs; add matzo meal last. Melt chicken fat in baking dish in oven. Pour potato mixture into hot dish. Bake for 45 minutes to 1 hour until nice and brown.

You may prepare this early in the day and bake your kugel for ½ 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.

Mildred Carron

Ed Note: by using the food processor to grate potatoes, you can speed the grating process and avoid potatoes browning. Eggs may also be beaten in processor after potatoes are poured into baking dish. Experiment with processor to get desired potato texture.

MATZO CHEESE KUGEL

- 2 large onions, grated or chopped fine
 2 T. butter
 5 matzos
 ½ lb. cottage cheese
 2 eggs, beaten
 ½ t. salt
- Fry onions in butter until brown; cool. Crush matzos, soak in cold water for 2 minutes, drain and press out well. Mix onions and matzos with cheese, eggs, and salt. Place in greased pudding dish and bake at 400° until brown (about ½ hour).

CARROT LATKES

- 2 c. fresh carrots, grated (about 6 medium)
 1 medium onion, grated
 3 eggs
 ½ c. matzo flour (or meal)
 ¾ t. salt
 ½ t. baking powder
 dash of pepper
 vegetable oil for frying
- In a large bowl combine carrots and onion. Mix in eggs, matzo flour, salt, baking powder and pepper; beat thoroughly. In a large heavy skillet heat oil to the depth of about ½". Drop batter by heaping tablespoons into oil and cook until browned, 2-3 minutes on each side. Drain on toweling after cooking.
- Freezes well. To reheat after freezing, bake on foil-lined baking sheet at 450° for 10 minutes. Serve with applesauce or sour cream.*

Yield: 8-10 medium latkes

Shira Klein

MATZO STUFFED BREAST OF VEAL

- 1 large onion, diced
 ½ c. celery, diced
 ¼ lb. mushrooms, sliced
 2 T. chicken fat
 2 T. minced parsley
 1 c. matzo meal
 ¾ t. salt
 dash pepper
 1¾ c. hot water
 1 egg, beaten
 1 10-oz. can tomato sauce
 1 sauce can water
 4½-5 lbs. breast of veal, with pocket
 1 t. paprika
- Sauté onion, celery and mushrooms in chicken fat. Add parsley, matzo meal, salt and pepper, hot water and egg. Fill veal pocket with mixture. Place in pan and add tomato sauce and water. Sprinkle meat with paprika. Cover and roast 2½ hours at 350°, basting frequently. Uncover for last ½ hour.
- Yield: 6-8 servings**

Miriam Shaw

MATZO FARFEL STUFFING

- ¼ c. chicken fat (or shortening)
 2 large onions, minced
 2 celery stalks, diced (optional)
 ¼ lb. mushrooms, sliced (optional)
 3½ c. farfel
 1 t. salt
 ¼ t. pepper
 1 t. paprika
 1 t. ginger
 2 c. chicken soup
- Using large skillet, sauté onions (or onions, celery and mushrooms) in chicken fat until tender. Add farfel; stir until lightly browned. Combine seasonings and chicken soup, and add to skillet slowly. Cook over low heat until all liquid is absorbed.
- Yield: 6 servings**

Miriam Shaw

ORANGE GLAZED MATZO STUFFED CAPON

- 2 5-6 lb. capons
- salt
- ½ c. onion, chopped
- ½ c. apple, chopped
- ¼ c. margarine
- 4 c. matzo farfel
- 1 egg, beaten
- ½ c. raisins
- ¼ c. dried apricots, chopped
- ½ t. grated orange rind
- garlic salt

GLAZE:

- ¾ c. apricot jam
- ¼ t. cinnamon
- ½ c. orange juice

Wash and salt capons. For stuffing: Cook onion and apple in margarine. Mix with next 5 ingredients. Stuff. Sprinkle top of capons with garlic salt. Roast at 350° for 2 hours. Baste occasionally.

Heat and stir glaze ingredients until jam is melted. About 30 minutes before capon is done, baste with glaze.

Anne Sichel

MATZO FILLED PINWHEEL MEAT LOAF

- 2 lbs. lean ground beef
- ¾ c. matzo meal
- ¼ c. tomato juice
- 2 eggs
- 1 t. salt
- ¼ t. pepper

FILLING:

- 2 matzos, crumbled fine
- 3 T. onion, minced
- 3 T. chicken fat (or oil)
- ½ t. salt
- dash of pepper
- ½ c. hot water

- TOPPING: (optional)**
tomato-mushroom sauce

Mix beef with meal, juice, eggs and seasoning. Make a ball and roll between 2 sheets of waxed paper into a rectangle ½" thick. Remove top sheet. Spread meat with filling (which may be prepared in advance). Using waxed paper as a guide, roll like a jelly roll. Remove bottom paper when you place this in a greased shallow baking pan. Cover with sauce and bake for 1 hour at 350°.

Yield: 6-8 servings

Hilma Geffen

CHEESE BLINTZES

- 3 eggs, beaten
- ½ t. salt
- 1 ½ c. water
- ¾ c. cake meal

FILLING:

- 1 lb. dry cottage cheese
- 1 egg
- ½ t. sugar
- ½ t. salt
- 1 T. thick cream

To the beaten eggs add the salt; alternately add 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.

For filling: Press cheese through a sieve; add remaining ingredients and beat until smooth.

Place a heaping tablespoon of filling on each sheet. Fold sides of sheet in over mixture to form an envelope, and fry again on both sides until brown.

Ada Margolis

MATZO PLETZEL

- 2 white matzos
- boiling water
- 3-4 eggs
- salt, pepper to taste
- ½ onion grated (optional)

Break matzos into small pieces. Pour boiling water to cover over them and let stand a few minutes. Then drain the matzos. Add the eggs and seasonings and beat all ingredients together very well. Heat frying pan and grease well. Pour batter in.

Can be served with jelly, syrup or sour cream.

Yield: 4 good-sized omelets

Hannah Zwerdling

MATZO BREI

- 2 matzos per person
- beaten eggs, just enough to moisten matzos
- margarine (or butter)
- salt to taste

Break matzos into colander. Pour boiling water over matzos just to wet. Combine matzos and eggs. Melt margarine in frying pan. Pour in mixture. Fry till brown. Break up as you turn to fry other side till brown.

My beloved daughter, Ann, of blessed memory, was a fine cook and always made this recipe for the family. We all loved it and often had it even when it wasn't Passover.

Carol Finerman

PASSOVER BAGELS

- 1½ c. water
- ½ c. oil
- 2 c. matzo meal
- 2 T. sugar
- salt
- 4 eggs

Boil water and oil together; pour hot mixture into matzo meal. Add sugar and salt and let stand until cool. Beat the eggs and pour over mixture. Mix well and let stand until firm. Make round balls in hand. Press finger into center to make hole. Bake on greased tin at 350° until light brown.

Ada Margolis

ROZ' PASSOVER ROLLS

- 1 c. matzo meal
- 1 c. cake meal
- ½ c. oil
- 1 c. boiling water
- 1 t. sugar
- 1 t. salt
- 5 eggs

Mix all ingredients except eggs in mixer. Add eggs, 1 at a time, beating after each addition. Grease a cookie sheet. Wet hands; make dough into 12 rolls. Drop onto cookie sheet. Bake at 400° for 45 minutes. Can be used for sandwiches during Passover.

This recipe came from a very good friend.

Yield: 12 rolls

Rae Juni

PASSOVER MANDEL BROT

- 4 eggs, beaten
- 1 c. sugar
- 1 c. oil
- 1 c. matzo cake meal
- 1 c. potato starch
- 1 c. chopped nuts
- ½ c. lemon juice

Mix eggs and sugar; add other ingredients. Pour in 3 strips on greased cookie sheet. Bake at 350° for 40 minutes. Slice diagonally while warm. Turn on sides. Bake 10 more minutes until toasted. You may want to turn slices again.

Yield: about 36 slices

Carolyn Lichter

ALMOND COOKIES

- ½ c. cake meal
- ¼ c. potato flour
- ½ c. sugar
- ½ c. almonds, chopped
- 2 eggs, slightly beaten

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

Ada Margolis

ALMOND MACAROONS

- ½ lb. blanched almonds, ground fine
- 2 egg whites
- 2 c. powdered sugar
- grated rind of 1 lemon
- 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 teaspoons onto cookie sheet, allowing room for cookies to spread. Bake at 300° for 15 minutes, then increase heat to 375° to let macaroons brown. Remove from pan when cool.

Ada Margolis

MOCK OATMEAL COOKIES

- 1 c. matzo meal
- ¾ c. sugar
- ½ t. cinnamon
- 1 c. matzo farfel
- ½ c. nuts, chopped
- ½ c. raisins
- 2 eggs
- ⅓ c. butter (or margarine) melted

Mix together the dry ingredients, then beat the eggs and butter 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.

Ada Margolis

APRICOT SQUARES

- ½ lb. butter
- 1 c. sugar
- 1 t. vanilla
- 1 T. grated lemon rind
- 2 egg yolks
- 2 c. cake meal
- ¼ c. lemon juice
- 1 lb. apricot preserves
nuts (optional)

Cream the butter with the sugar. Add vanilla and grated lemon rind. Add egg yolks; mix well. Add cake meal and mix. Take ¼ of dough, wrap and freeze. Pat ¾ of dough into 9x13" pan on bottom and sides. Bake at 325° for 20 minutes. While baking, combine lemon juice with the apricot preserves. Spoon over the hot crust; sprinkle nuts over top if desired. Roughly grate the remaining dough and sprinkle on top of preserves. Bake at 325° for 30-35 minutes; cool. Cut in squares.

Carolyn Lichter

PASSOVER PIE CRUST

- 1¼ c. matzo meal
- ¼ c. sugar
- ½ t. cinnamon
- ¼ t. salt (optional)
- ⅓ c. butter, melted
- 2 T. Passover cherry
wine

Combine dry ingredients. Stir in butter, then wine, mixing until thoroughly blended. Press into a 9" pie plate. If you are using a metal pie plate, bake at 375°; for a glass pie plate bake at 350°. Bake for 10-12 minutes. Cool before filling.

Claire Bernstein

PASSOVER DATE CREAM PIE

- ¼ c. unsweetened cocoa
- 3 T. potato flour
- ¼ t. salt
- ¾ c. sugar
- 1 c. sour cream
- ½ c. water
- ½ c. Passover cherry
wine
- 3 eggs, separated
- 1 c. fresh dates,
chopped (optional)

Mix cocoa, potato flour, salt and ½ c. sugar in a sauce pan. Add sour cream; stir in water and wine. Cook, stirring, over medium heat until smooth and thick. Mix egg yolks with a fork; spoon a little hot mixture into yolks. Mix this into the hot mixture and continue stirring for 3-5 minutes until spoon is coated. Remove from heat. Beat egg whites a bit and add ¼ cup sugar. Beat until whites form soft peaks; fold gradually into hot mixture. Fold in dates. Turn into Passover pie shell. Chill.

Claire Bernstein

Ed. Note: You may serve this in custard cups, perhaps over cubes of dried cake.

PASSOVER JELLY ROLL

- 4 eggs, separated
- ½ c. sugar
- grated rind of ½
orange or lemon
- ½ c. matzo cake meal
- ¼ t. salt
- apricot or raspberry
jam

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 x 12" 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 jam (beaten smooth), 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

- 9 eggs, separated
- 1 c. sugar
- 2 T. matzo cake flour
- 1 lb. nuts, shelled and
ground
- 1 T. lemon juice (or
wine)

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°.

Bea Kahn

DATE TORTE

- 4 eggs
- ¼ t. salt
- 1 c. sugar
- ¼ c. potato starch
- ¼ c. matzo cake meal
- 1 lb. pitted dates, cut up
- 2 c. walnuts, cut in large
pieces

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

This may be frozen.

Beulah Elving

CHREMSEL

- 1¼ c. hot milk
- ¾ c. matzo meal
- 1 t. sugar
- ¼ t. salt
- 4 eggs, separated

Pour hot milk over dry ingredients and let stand. Mix in beaten egg yolks, then fold in stiffly beaten egg whites. Drop by tablespoons 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.

CHREMSEL WITH WINE

- 1 c. matzo meal
- 1 c. wine
- 1 T. almonds, chopped
- 1 t. sugar
- ¼ t. salt
- 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°; fry until brown. Drain on brown paper. Sprinkle with powdered sugar.

CHREMSEL WITH ALMONDS AND RAISINS

- 8 eggs, separated
- ¾ c. sugar
- rind of 1 lemon
- raisins
- 10 matzos, soaked in water and squeezed dry
- ½ c. almonds, ground
- butter (or margarine)
- sugar and cinnamon mixture

Beat egg whites. Cream egg yolks and sugar. Add next 4 ingredients. Fold in beaten egg whites. Fry in small amount of butter, turning only once. Sprinkle with sugar and cinnamon mixture.

Anne Sichel

PASSOVER BANANA SPONGE CAKE

- 7 eggs, separated
- 1 c. sugar, divided in ½
- 1 t. salt
- 1 t. vanilla
- 1 t. lemon juice
- 1 c. bananas, mashed
- ½ c. matzo cake meal
- ½ c. potato starch
- 1 c. walnuts, chopped fine

Beat whites until stiff but not dry. Gradually beat in ½ cup sugar. Set aside. Beat yolks with ½ cup 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° oven for 45 minutes to an hour, testing with a broom straw.

Ceil Pear

SPONGE CAKE

- 10 eggs, separated, at room temperature
- 1 c. sugar
- ½ c. matzo cake meal
- ½ c. potato starch
- ½ c. orange juice + 1 T. grated rind
- ½ lemon, juice + 1 t. grated rind
- ¼ c. oil
- dash of salt

Sift cake meal and potato starch together 3 times. Beat egg whites until stiff but not dry. Remove beater from whites and beat yolks. While yolks are beating, fold sifted sugar into whites, then fold sifted dry ingredients into whites. Add juices and oil to yolks and beat very light. Fold the yolks into the mixture. Bake in 10" ungreased angel food cake pan for 1 hour at 300°. Invert to cool.

Special Chocolate Variation: Add ⅔ cup melted and cooled chocolate bits and 2 jiggers of brandy to yolk mixture.

Marilyn Krimm's sister-in-law,
Bess Neveloff

NUT SPONGE CAKE

- 2 c. sugar
- juice and grated rind of 1 lemon
- 12 eggs, separated
- 1 c. matzo cake meal
- 1 t. potato flour
- 2 c. chopped nuts (optional)

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; fold into mixture gradually. Fold in chopped nuts. Bake in ungreased 10" tube pan at 325° for 1 hour. Cool upside down.

Ada Margolis

WINE AND NUT CAKE

- 12 eggs, separated (room temperature)
 1 c. sugar
 1 c. wine
 1 c. matzo cake meal, sifted
 salt (optional)
 1 t. cinnamon
 1 c. walnuts, chopped fine

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. Pour into ungreased tube pan. Bake at 325° for 1 hour. Invert to cool.

Sprinkle with whip if desired.

Cecil Pear

ALMOND CAKE

- 7 eggs, separated
 1 c. sugar
 1 T. almond flavoring
 ½ lb. unblanched almonds, ground

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

Use ungreased 10" spring form and bake at 325° for 1 hour. Invert pan on a rack and let stand till cool.

Helen Aminoff

APPLE CAKE

BATTER:

- 6 eggs
 1 c. oil
 1 c. sugar
 2 c. cake meal
 2 T. potato starch
 ½ t. salt

Preheat oven to 350° (325° for glass pan). Beat eggs, add sugar, oil, cake meal, potato starch and salt. Combine apple mixture ingredients. Fold apple mixture into batter and evenly distribute into a greased 9 x 13" pan. Sprinkle with topping ingredients. Bake 1 hour or more.

Myrna Miller

APPLE MIXTURE:

- 8 large apples, pared and sliced
 ¼ c. lemon juice
 ½ c. sugar
 1 T. cinnamon
 1 T. potato starch

TOPPING:

- ¾ c. chopped nuts
 cinnamon and sugar to taste

CHOCOLATE CAKE

- 10 eggs, separated (room temperature)
 1 c. sugar
 6 oz. bittersweet chocolate, melted and cooled
 2 c. walnuts, finely chopped

Grease a 10" spring form pan. Melt chocolate and let it cool. Beat yolks and sugar until thick and lemon-colored. Blend in cooled chocolate. Fold in the nuts. Beat egg whites until stiff but not dry; fold into batter. Bake at 350° about 1 hour. (Center should spring back when lightly touched.) Cool in pan.

Eunice Faber

BANANA NUT CAKE

- 6 eggs, separated
 1 c. sugar
 2 medium bananas, mashed
 ½ c. nuts, chopped
 ¾ c. cake meal
 pinch salt

Beat the egg yolks with the sugar until fluffy. Add the bananas, cake meal, nuts and mix well. In a separate bowl, beat the egg whites until stiff. Fold the first mixture into the egg whites, a little at a time. Pour into a greased sponge cake tube pan and bake at 325° for 45-55 minutes.

Variations:

1. Add ½ c. chopped chocolate chips to the batter before baking.
2. Frost with cream cheese frosting made by beating 2 c. powdered sugar, 3-oz. cream cheese, ½ lb. margarine and 2 t. vanilla.

I always use this recipe as a birthday cake.

Ronni Simon

WINE CAKE

- 12 eggs, separated, at room temperature
 2 c. sugar
 1 c. Passover wine
 1 c. chopped walnuts
 ½ t. cinnamon
 1 lemon, rind and juice
 ½ c. potato starch
 1 c. cake meal
 pinch of salt

Beat yolks with the sugar in a large mixing bowl. Add wine, nuts, cinnamon, lemon rind and juice. Combine potato starch and cake meal, then add to the yolk mixture with a pinch of salt. Beat egg whites, 6 at a time in a small mixing bowl until stiff. Fold into the yolk mixture. Bake in a greased spring form tube pan at 325° for 1 hour.

Ronni Simon

PASSOVER RASPBERRY ANGEL CAKE

- 2 3-oz. pkgs. raspberry gelatin dash salt
- 2½ c. boiling water
- 2 10-oz. pkgs. frozen raspberries, defrosted
- 2 c. heavy cream, whipped (or non-dairy whipped cream)
- 1 large angel food cake or sponge cake
- 1½ c. heavy cream, whipped (or non-dairy whipped cream) for frosting

Dissolve gelatin and salt in boiling water. Add berries; chill until partially set. Whip until fluffy, then fold in whipped cream. Tear sponge cake into pieces and place in the bottom of a regular angel food pan. Pour on some of the raspberry mixture; then repeat with cake and mixture to fill cake pan. Use rubber spatula to push into cake so that mixture gets around cake pieces.

Refrigerate about 6 hours. Unmold and frost with whipped cream.

Yield: 8-10 servings

Joanne Beck

PASSOVER FRUIT WHIP

- 1½ c. grated apples, peaches or mashed berries
- 1 T. lemon juice and some grated rind
- 1½ c. sugar
- 2 egg whites

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

- 1 egg white
- pinch of salt
- 1½ c. sugar
- 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.

June Weiss

MATZO MEAL DOUGHNUT

- ⅓ c. shortening
- ⅔ c. water
- 1 T. sugar
- ¼ t. salt
- 1 c. matzo meal
- 3 eggs
- confectioner's sugar

Boil shortening, water, sugar and salt. Add the matzo meal, stirring well. Let mixture boil for a second. Remove from heat and beat well. Add eggs 1 at a time, beating well after each addition. Take bits of the dough into well greased hands and roll into balls 2" 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 confectioner's sugar while hot.

Mrs. Sperling

PASSOVER CREAM PUFFS

- 1 c. water
- ⅓ c. butter (or margarine)
- 1 c. matzo meal
- ½ t. salt
- 4 eggs

Boil water and fat in sauce pan. While boiling, pour in salt and matzo meal. Continue cooking and stirring until batter no longer sticks to sides of pan. Remove from heat. Add unbeaten eggs 1 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.; sprinkle tops with confectioner's sugar.

Smaller puffs can be made by dropping batter from a teaspoon.

Yield: 12 good-sized puffs

Mrs. Sperling

PASSOVER CUSTARD FILLING

- 2 eggs
- ¾ c. sugar
- 1 T. potato flour
- juice of 1 lemon
- 1 t. butter
- 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; cool. While cooling, stir occasionally to avoid lumps. Use as filling in cream puffs.

Mrs. Sperling

PASSOVER PUDDING

- 1 c. matzo meal
- 2 large eggs
- ½ c. milk
- pinch of salt
- 2 apples peeled, cored and cut up
- cinnamon and sugar
- apricot jam

Beat together first 4 ingredients. Place all in glass casserole. Top with cinnamon, sugar and apricot jam. Bake at 350° for 45 minutes.

Mildred Carron

HOT BAKED FRUIT

- 1 large can each: pears, peaches, apricots, pineapple chunks
- 1 8-oz. jar maraschino cherries
- 1 can Passover macaroons
- ¾ c. brown sugar
- 1 t. cinnamon
- ½ c. melted butter or margarine
- ¼ c. slivered almonds
- sherry (a sprinkle)

Drain the fruit and gently mix it together. Layer half the fruit in a 2 ½-quart casserole. Sprinkle with half the macaroon crumbs. Top with the remaining fruit and another layer of macaroon crumbs. Mix the melted butter, brown sugar and cinnamon together; pour over the top of the casserole. Bake at 325° for 1 hour. Sprinkle with sherry and almonds. Serve hot.

Variations: I usually double this recipe to serve 12 and change the proportions of the fruit according to what I have on hand. The recipe can also be made with spices other than cinnamon. I have tried curry as a variation.

Coconut cookies may be substituted for Passover macaroons for non-Passover use.

Ronni Simons

Glossary

AFIKOMEN—The Passover matzo; in the ceremony, blessed and hidden for discovery by the children of the family, for which they are given prizes.

BAGEL—Hard, round doughnut-shaped roll, irrevocably wedged to its fellow-travellers, smoked salmon and cream cheese.

BALABUSTEH—The maternal overseer of the Jewish home and larder: under whose watchful eye masterfully concocted aromatic morsels are born to tantalize the family.

BAR/BAT MITZVAH—The day a young person (usually age 13) is called to read from the Torah. From that time he or she is considered an adult.

BLINTZES—Cheese or other fillings wrapped with a thin dough, fried, and garnished with sour cream—and never forgotten.

BORSCHT—Beet soup, served hot or cold.

BRIT—Ceremony of circumcision.

CHALLAH—White egg bread, twisted and sprinkled with poppy-seeds; special treat for shtetl Jews on Shabbat, as a departure from the daily fare of black bread.

CHALLAH-COVER—Cloth put over the challah. Also known as *deckel*.

CHANUKAH—The Festival of the Lights and celebration commemorating the victorious return of the Maccabean brothers to the Temple.

CHAROSES—An apple, chopped, with cinnamon, wine, 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.

CHREMSEL—Thick pancake, deep fried; can be stuffed with fruits or nuts.

DREIDL—A type of spinning top played with during Chanukah.

EINLAUF—An egg and flour mixture dropped into soup.

EREV YOM TOV—The night before a holiday.

FARFEL—Noodle dough chopped into bits.

FLEISHIK—Foods derived from the meat of mammal or poultry. Also describes the utensils in which such foods are prepared and served.

GEFILTE—Filled.

GEFILTE FISH—A potpourri of seasoned ground fish formed into balls; served as an appetizer on Shabbat and holidays.

GELT—Money.

GRIBENES—Crisp scraps of skin and onions left from rendering poultry fat.

HAGGADAH—The account of the Passover story read during the Seder.

HELZEL—Stuffed neck of chicken or other poultry.

HEIZENBLOZEN—Cookie dough that expands when fried in deep fat.

HOLISHKES—Meatballs wrapped in cabbage leaves and boiled or baked in a sauce.

HAMANTASHEN—Three-cornered cakes made of sweet dough and thickly filled with poppyseeds, raisins or prunes. Eaten on Purim.

KASHA—Buckwheat groats.

KICHEL—Cookie or small cake (plural: *kichlach*).

KIDDUSH—Blessing over the wine.

KISHKA—Stuffed intestine.

KNAIDLACH—Matzo balls.

KNISHE—Pastry dough with various fillings.

KOFTELES—Meatballs.

KOSHER—Clean, according to Jewish law.

KREPLACH—Chopped meat or cheese wrapped in dough and boiled.

KUCHEN—Cake or loaf made with yeast dough.

KUGEL—Pudding.

KULICH—Russian yeast-cake.

LATKE—Pancake.

LOX—Smoked salmon, a necessity with bagels.

LUKSHEN—Noodles.

MANDEL—Almond.

MANDLEN—Soup nuts.

MATZO—Unleavened bread.

MENORAH—Candelabra used for the Chanukah lights.

MEGILLAH—The Book of Esther, traditionally read on the eve of Purim.

MILKHIK—Foods derived from milk and made with those products. Refers also to the utensils used to prepare and serve such foods.

MISHLOACH MANOT—Exchange of food gifts on Purim.

MOROR—Bitter herbs eaten on Passover.

MOHN—German for poppyseed.

NAHIT—Boiled and salted chick-peas.

PAREVE—Neither milkhik nor fleishik; a neutral food category.

PESAHDIK—Passover food; having to do with Passover.

PASSOVER—Holiday celebrating the deliverance of the Jews from Egyptian bondage.

PESACH—Passover. See above.

PIROGEN—Cooked meat rolled in dough and baked in small cakes. Served as a side dish with soup.

PIROZHKI—Same as PIROGEN only usually smaller.

PTCHA—Calf's foot, jellied.

PURIM—Feast of Esther, commemorating the victory of the Jews over the Persians.

ROSH HASHANAH—The Jewish New Year.

RUGALACH—Rich dough rolled and formed into crescent-shaped cakes.

SEDER—The Passover celebration and service held on the first two nights of Passover.

SHABBAT—The Sabbath.

SHAVUOTH—The Pentacost; Feast of Weeks, falling 50 days after Passover. The occasion for Confirmation.

SHALACH MONOS—Money given to the poor on Purim.

SCHMALTZ—Fat.

SHEHEHEYANU—Blessing for a happy occasion.

SHTRUDEL—Dough, rolled paper-thin and filled with nuts, fruits, jam, cinnamon, sugar, and then rolled in jelly roll fashion.

SUKKAH—Hut hung with fruit and vegetables of the harvest, erected for Sukkoth.

SUKKOTH—Festival of the Harvest.

TAIGLACH—A Jewish confection made of pieces of dough boiled in honey with nuts, raisins and spices.

TAM—An intangible Jewish flavor, taste or charm.

TCHAV—Sorrel or spinach soup.

TCHOLENT—A meat and vegetable stew cooked in the oven overnight. Designed to meet the need for a hot dish on Shabbat.

TZEDAKA—Charity

TZIMMES—Sweet and sour casserole cooked with carrots, prunes, sweet potatoes.

VERENICKES—Tart, filled with fruit or cheese.

YAHREIT—Remembrance of death of a family member.

YOM KIPPUR—The Day of Atonement.

YOM TOV—Holiday.

Index

APPETIZERS

Babaganoosh 20

Caviar Pie 22

Cheddar Cheese Appetizers..... 20

Chopped Eggplant 18

Chopped Herring 21

Chopped Liver..... 18

Egg Foo Young Puffs 26

Eggplant Caviar 19

Humas & Tochina 20

Judy Brooks' Spicy Almonds..... 23

Meat Stuffed Mushrooms..... 23

Middle Eastern Appetizer

 Meatballs 25

Miniature Egg Roll..... 27

Pumpnickel Pie 19

Salmon-Egg Pâté 22

Scandinavian Herring..... 21

Spinach Dip..... 21

Spinach Dip..... 21

Stuffed Mushrooms 23

Stuffed Mushrooms 24

Sweet & Sour Meatballs..... 24

Veal Balls 25

Vegetable Chopped Liver 18

BEEF

Beef Bourguignon..... 116

Beef Brisket..... 112

Beef & Noodles..... 117

Beef Vegetable Soup 33

Brisket 111

Brisket of Beef..... 111

Bubie's Meatballs with Chicken

 Giblets 100

Cantonese Meatballs..... 120

Carnatzlach (Mititei) Rumanian

 Skinless Sausage..... 127

Chili..... 121

Corned Beef & Cabbage 126

Easy Stew 117

Ground Beef Cabbage Casserole 119

Holishkes..... 119

Hungarian Goulash 113

Mama's Jerkoyah (Pot Roast) ... 113

Marinated Flank Steak..... 118

Matzo Filled Pinwheel Meat Loaf 208

Meal in a Squash 121

Meat Stuffed Mushrooms..... 23

Middle Eastern Appetizer

 Meatballs 25

Mom's Brisket 112

Mom's Easy Pepper Steak 115

My Friend Ginny's Shish-Kebab .. 118

Paella 107

Pickled Beef..... 115

Pickled Tongue or Corned Beef .. 126

Sauce Bolognese 128

Savory Meat Loaf 120

Sprinkled Steak..... 116

Stuffed Cabbage..... 118

Super Meat Marinade..... 127

Sweet & Sour Meatballs..... 24

Sweet & Sour Meatballs..... 119

Sweet & Sour Prune Tzimmes ... 114

Sweet Nettie's Pot Roast 113

Tcholent..... 110

Tongue with Sweet & Sour Sauce 127

Tzimmes 114

Vegetable & Meatball Soup..... 34

BEVERAGES

Aunt Rose's Punch 200

Cherry Cordial..... 198

Concord Grape Wine I 197

Concord Grape Wine II 197

Halina's Cherry Liqueur 199

Orange Slush Punch 200

Peach Brandy 198

Raisin Wine 198

Strawberry Sparkler..... 199

Yummy Punch..... 199

BREADS

Aunt Lore's Bread 138

Bagels 142

Bran Muffins 143

Breakfast Brioche 144

Carrot Muffins 143

Challah..... 138

Custardy Popovers..... 145

Mother's Brown Bread 141

Passover Bagels..... 210

Passover Rolls..... 210

Refrigerator Yeast Dough 140

Rye Bread 139

Soup Muffins 204

CAKES & ICINGS

Almond Cake	216
Almond Coffeecake & Variations	188
Apple Cake	178
Apple Cake	216
Apple Coffee Cake	178
Applesauce Cake	179
Apple Squares	179
Aunt Lena's Cheesecake	181
Banana Nut Cake	217
Birthday Cake & Frosting	191
Buttermilk Poppyseed Coffee Cake	184
Carrot Cake	180
Cheesecake—Quick & Easy	181
Chocolate Cake	217
Chocolate Cheesecake	183
Coffee Cake	183
Cream Cheese Frosting	180
Easy to Make Cake	189
Fresh Apple-Walnut Cake	179
Grandma's Apple Cake	178
Honey Cake I	185
Honey Cake II	186
Honey Cake III	186
Kulich	184
Linzer Cake	191
Marble Chocolate Cheesecake	182
New York Cheesecake	182
Nut Sponge Cake	215
Pareve Chocolate Cake	189
Passover Banana Sponge Cake	215
Passover Jelly Roll	213
Passover Raspberry Angel Cake	218
Putterchuchen	185
Ricotta Cheesecake	180
Russian Coffee Cake	189
Sponge Cake	215
Walnut Pineapple Cake	190
Wine Cake	217
Wine & Nut Cake	216
Yeast Cake	187
Yummy Chocolate Cake	190

CASSEROLES

Baked Lima Bean Casserole	46
Baked Tomatoes with Sesame Seeds	55
Balkan Vegetable Casserole	58
Blintze Souffle	130
Broccoli Casserole	47
Butternut Squash Casserole	55
Chicken Casserole	101
Chicken Casserole A La Rehovoth	102

Eggplant Casserole	51
Fish Casserole	91
Ground Beef-Cabbage Casserole	119
Peanut-Topped Eggplant	51
String Bean Casserole	47
Sweet Potato Pear Casserole	55

CHEESE (See EGGS & CHEESE)**CHICKEN**

Bess' Baked Chicken	104
Bubie's Meatballs with Chicken Giblets	100
Chicken & Almonds	102
Chicken Breasts in Lime Juice	104
Chicken Cacciatore	101
Chicken Casserole	101
Chicken Casserole A La Rehovoth	102
Chicken with Chick Peas	101
Chicken Nancy	103
Chicken in Orange Sauce	103
Chicken Porkolt	105
Committee Chicken Soup	30
Cranberry Chicken	105
"Donor" Chicken	106
Kofteles	99
Lemon Roast Chicken	104
Mama's Roast Chicken	98
Mother's Roast Chicken	99
Orange Glazed Matzo Stuffed Capon	208
Paella	107
Schmaltz	98
Stuffed Helzel	100
Stuffed Kishka	100

COOKIES & SQUARES

Almond Cookies	211
Almond Macaroons	211
Apricot Squares	212
Beacon Hill Cookies	164
Bubby Rubin's Kichel	161
Bubby Saulsen's Mandel Bread	156
Chocolate Chip Cookies	163
Chocolate Chip Mandel Bread	155
Chocolate Triangles	163
Egg Kichlach	161
Grandma's Rocks	159
Grandma Ida Shokler's Bubiecha	160
Grandma Rose Glicksberg's Hamantashen	150
Hamantashen	152
Hamantashen Cookie Dough	149
Helen's Hamantashen Cookie Dough	152

Irene's Raspberry Squares	159
Love Knots	162
Low Cholesterol Date Squares	163
Mandel Broit	156
Matzo Meal Doughnuts	219
Meringue Tart Cookies	165
My Grandmother's Delkela	148
Passover Mandel Brot	210
Pecan Bars	162
Pecan Squares	164
Pineapple-Juice-Dough Poppy Seed Pastry	157
Poppy Seed Cookies	159
Poppy Seed Cookies	161
Rugalach	153
Rugalach	153
Rugalach	155
Rugalach (or Horns)	154
Snow Balls (or Heizenblozen)	160
S. S. Rotterdam Hamantashen	151
Taiglach	162
The Easiest, Best Brownies in the World	158
Whatever's-in-the-Kitchen Bars	158
Zemalach	157

DESSERTS

American Trifle	193
Bien Me Sabe Carmen	192
Cherry Freeze	193
Chremsel	214
Chremsel with Almonds and Raisins	214
Chremsel with Wine	214
Crème Brûlée	194
Curried Three Fruit Compote	194
Easy Chocolate Mousse	194
Flan Marguerita	192
Hot Baked Fruit	220
Mother-in-law Eyes	192
Passover Pudding	220
Pareve Ice Cream	193

DUCK

Bess Paper's Chinese Grand- mother's Duck	107
--	-----

EGGPLANT

Babaganoosh	20
Chopped Eggplant	18
Eggplant Baked with Tomatoes	52
Eggplant Casserole	51
Eggplant Caviar	19
Marinated Eggplant Salad	50

EGGS & CHEESE

Betty Becker's Slimmer Cheese Pie	169
Blintzes	130
Blintze Souffle	130
Cheddar Cheese Appetizers	20
Cheese Blintzes	209
Cheese Kreplach	204
Cheese Kreplach	133
Cheese Kreplach	133
Cottage Cheese Florentine Mold	63
Eggs Strata-Varia-Tion	132
Israeli Chanukah Buckwheats	75
Lox & Eggs	131
Lox & Eggs	131
Luckshen & Cheese Kugel	84
Matzo Cheese Kugel	206
Matzo Pletzel	209
Nut & Celery Loaf	134
Pirogen Filling (Cheese)	73
Shirred Eggs a la Russe	132
Spinach Quiche	135
Verenickes with Cream Cheese	66
"You Name It"	134

FISH

Bacalao (Portuguese Salt Cod Stew)	92
Baked Herring with Onions	90
Chopped Herring	21
Creamed Mackerel & Potatoes	92
Fish Casserole	91
Fish Paprikash	91
Flounder Puffs	89
Garlic Fish	86
Gefilte Fish	86
Great Lakes Fish Soup	32
Herring Salad	60
Low-Cal Tuna Dish	93
Lox & Eggs	131
Lox & Eggs	131
Mock Gefilte Fish	86
Paella	107
Pickled fish	87
Pickled Fish	87
Pickled Fish	88
Pickled Herring	89
Pickled Lox	88
Russian Fish Stew	91
Salmon Croquettes	90
Salmon-Egg Pâté	22
Salmon Mousse	95
Scandinavian Herring	21
Smoked Salmon Spread	95
Sweet & Sour Fish	90

Tuna Chow Mein	94
Tuna Lasagna	94
Tuna Mornay	93
KNISHES	
Aunt Sylvia's Potato Knishes	69
Kasha Knishes	67
Knishe Dough Made with Potatoes	69
Liver & Potato Knishes	67
Potato Knishes	68
Rumanian Style Meat Knishes	70
KUGELS	
Apple Kugel	83
Apricot Kugel	84
Lukshen & Cheese Kugel	84
Lukshen Kugel	82
Lukshen Kugel	82
Matzo Cheese Kugel	206
Matzo Potato Kugel	205
Noodle-Apple Pudding	83
Noodle Kugel	82
Onion Noodle Kugel	84
Potato Kugel	81
Processor Potato Kugel	81
Upside Down Noodle Pudding	83
LAMB	
Fresno Lamb Shanks	122
Lamb with Marinade	122
MATZO (see PASSOVER)	
MEAT (see BEEF; LAMB; POULTRY and VEAL)	
PASSOVER	
Appetizers	
Charoses	202
Easy Rossel	202
Eingemachts	202
Eggs & Cheese	
Cheese Blintzes	209
Cheese Kreplach	204
Matzo Brei	209
Matzo Cheese Kugel	206
Baked Items	
Passover Bagels	210
Roz' Passover Rolls	210
Soup Muffins	204
Meats	
Matzo Farfel Stuffing	207
Matzo Filled Pinwheel Meat Loaf	208
Matzo Stuffed Breast of Veal	207
Orange Glazed Matzo Stuffed Capon	208

Side Dishes	
Carrot Latkes	206
Matzo Pletzel	209
Matzo Potato Kugel	205
Potato Knadlach	203
Soup Accompaniments	
Matzo Marrow Balls	203
Passover Knadlach	203
Sweets	
Almond Cake	216
Almond Cookies	211
Almond Macaroons	211
Apple Cake	216
Banana Nut Cake	217
Apricot Squares	212
Chocolate Cake	217
Chremsel	214
Chremsel with Almonds & Raisins	214
Chremsel with Wine	214
Date Torte	213
Hot Baked Fruit	220
Mandlein I	204
Mandlein II	204
Matzo Meal Doughnuts	219
Mock Oatmeal Cookies	211
Nut Sponge Cake	215
Passover Banana Sponge Cake	215
Passover Cream Puffs	219
Passover Custard Filling	219
Passover Date Cream Pie	212
Passover Fruit Whip	218
Passover Jelly Roll	213
Passover Mandel Brot	210
Passover Nut Torte	213
Passover Pie Crust	212
Passover Pudding	220
Passover Raspberry Angel Cake	218
Passover Strawberry Frosting	218
Sponge Cake	215
Wine Cake	217
Wine & Nut Cake	216
PIES & TORTES	
Apple Pie	168
Apple Shtrudel	175
Bavarian Torte	171
Betty Becker's Slimmer Cheese Pie	169
Chocolate Torte	172
Chocolate Victorian Torte	173
Date Torte	213
Fabulous Chocolate Mousse Pie	170

Grandma's Deep Dish Apple Pie/ Cake	
Grandma Ida Shokler's Shtrudel	176
Hungarian Apple Cake or Torte	167
Hungarian Plum Pie	171
Mrs. Ingber's Apple Cake or Torte	
Passover Date Cream Pie	212
Passover Nut Torte	213
Passover Pie Crust	212
Pie Crust	170
Pumpkin Pie	172
Shtrudel	174
Sour Cream Dough Shtrudel	176
Sour Cream Pastries	177
Walnut Torte	173

POTATOES

Aunt Sylvia's Potato Knishes	69
Blender Latkes	54
Creamed Mackerel & Potatoes	92
Knishe Dough Made with Potatoes	
Lox & Potato Soup	32
Matzo Potato Kugel	205
Pirogen (Pirozhki)	73
Pirogen Filling (Potato)	73
Potato Blintzes	72
Potato Knadlach	203
Potato Knishes	68
Potato Kugel	81
Potato Rice	76
Potato Soup	36
Processor Potato Kugel	81
Sweet Potato Pear Casserole	55
Twice Baked Potatoes	54
Zaydi's Potato Farfel Soup	30

POULTRY (see CHICKEN & DUCK)**RELISHES**

Dill Pickles	49
Pepper Relish	54
Refrigerator Sweet Pickles	49

SALADS

Beet Salad	60
Beet Salad with Horseradish Dressing	
Broccoli Salad	61
Cottage Cheese Florentine Mold	
French Salad Dressing	62
Herring Salad	60
Horseradish Beet Mold	47
Large Lemon Gelatin Mold	62

Marinated Eggplant Salad	50
Pasta-Veggie Salad	61
Russian Vegetable Salad	62
Sliced Cucumber & Onion Salad	61

SIDE DISHES

Aunt Sylvia's Potato Knishes	69
Barley Pine Nut Pilaf	76
Carrot Latkes	206
Cheese Blintzes	209
Cheese Kreplach	204
David Eyre's Pancake	80
Easy Spaghetti Primavera	77
Israeli Chanukah Buckwheats	75
Kasha	74
Kasha Knishes	67
Kasha Russian Style	74
Kasha Stuffed Cabbage	75
Kasha Varnitchkes	66
Knishe Dough Made with Potatoes	
Liver & Potato Knishes	67
Mamaliga (Corn Meal Mush)	78
Pirogen (Pirozhki)	73
Pirogen (Cheese)	73
Pirogen Fillings	74
Pirogen (Potato)	73
Potato Blintzes	72
Potato Knishes	68
Potato Rice	76
Rice for Stuffing or Side Dish	77
Rumanian Style Meat Knishes	70
Spaetzel (Galushka)	78
Tabooli	75
Tasty Pasta	77
Vegetarian Lasagna	79
Verenickes	71
Verenickes with Cream Cheese	66
Verenickes with Fruit	66

SOUPS

Beef Vegetable Soup	33
Cabbage Borscht	35
Caggag Soup	32
Cherry Soup	40
Cold Cantaloupe Soup	41
Cold Cucumber Soup	39
Committee Chicken Soup	30
Cream of Cucumber Soup	38
Fruit Soup	41
"Gedechte" (Thick) Soup	33
Glorious Gazpacho	39
Grandma's Borscht	36
Great Lakes Fish Soup	32
Green Pea Soup	31

Lentil Soup	31	Baked Tomatoes with Sesame Seeds	55
Lox & Potato Soup	32	Balkan Vegetable Casserole	58
Mushroom Soup	35	Beet Salad	60
Persian Soup	40	Beet Salad with Horseradish Dressing	60
Potato Soup	36	Blender Latkes	54
Ptcha (Calves Foot Soup) Hot	37	Broccoli Casserole	47
Ptcha, Cold	37	Broccoli Salad	61
Quick & Easy Gazpacho	40	Butternut Squash Casserole	55
Russian Really Borscht	35	Carrot Ring	48
Split Pea Soup	31	Copper Penny Carrots	48
Tasty Tchav	38	Dill Pickles	49
Tchav	38	Eggplant Baked with Tomatoes	52
Uncle Harry's Favorite Barley Soup	30	Eggplant Casserole	51
Vegetable & Meatball Soup	34	Eingemachts (Beet Preserves)	202
Zaydi's Potato-Farfel Soup	30	Gramma Helen's Cranberries	49
SOUPS & ACCOMPANIMENTS			
Einlauf or Triflach (Egg Drop for Soup)	42	Horseradish Beet Mold	47
Farfel (Egg Barley)	43	Kasha Stuffed Cabbage	75
Lukshen (Noodles)	42	Lecho	56
Mandlen (Soup Nuts)	43	Marinated Eggplant Salad	50
Matzo Balls	42	Meal in a Squash—Stuffed Acorn Squash	121
Passover Knadlach	203	Meat Stuffed Mushrooms	23
STUFFINGS			
Kasha Stuffed Veal Breast	123	Nahit (Chick Peas)	52
Matzo Farfel Stuffing	207	Onions Au Gratin	53
Matzo Stuffed Breast of Veal	207	Party Tzimmes	56
Orange Glazed Matzo Stuffed Capon	208	Pasta-Veggies Salad	61
Prune Stuffing for Turkey	106	Peanut-Topped Eggplant	51
Rice for Stuffing or Side Dish	77	Pepper Relish	54
VEAL			
Breaded Veal Cutlet	125	Potato Kugel	81
Kasha Stuffed Veal Breast	123	Ratatouille	52
Matzo Stuffed Breast of Veal	207	Refrigerator Sweet Pickles	49
Veal Balls	25	Russian Vegetable Salad	62
Veal Paprika	124	"Shaffer" Beans	46
Veal-Pepper Skillet	124	Sliced Cucumber & Onion Salad	61
Veal Sauté with Herbs	123	Spinach Dip	21
Veal Scallopini with Mushrooms	125	Spinach Dip	21
TZIMMES			
Party Tzimmes	56	String Bean Casserole	47
Sweet & Sour Prune Tzimmes	114	Stuffed Mushrooms	23
Tzimmes	114	Stuffed Mushrooms	24
VEGETABLES			
Artichokes Gratinée	46	Sweet Potato Pear Casserole	55
Baked Lima Bean Casserole	46	Swiss Onion & Zucchini Bake	53
		Twice Baked Potatoes	54
		Tzimmes	114
		Vegetable Chopped Liver	18
		Vegetable Stew	57
		Vegetarian Patties	57
		Viennese Red Cabbage	48
		Zucchini Bake	59
		Zucchini & Tomatoes	58

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