



Kol Hadash

HUMANISTIC  CONGREGATION

A Taste of Kol Hadash

*Recipes Shared on
Sunday, November 16*

Matbucha – A Moroccan Appetizer

Shared by: Diane Silverberg

Servings: 4 cups Matbucha

Kosher Key: Pareve

Prep Time: 1 Hour

Cook Time: 1 Hour 45 Minutes

Total Time: 2 Hours 45 Minutes

2 red or orange bell peppers, (~3/4 lb total)
1 large jalapeno (if you can't stand the heat, go with a medium jalapeno)
2 large cans (1 lb 12 oz each), or preferably, boxes of San Marzano diced tomatoes, with juice (the boxes are carried at Whole Foods)
12+ large garlic cloves, peeled and halved or quartered, depending on size
2 Tbsp sugar
1 tsp chili pepper flakes (more, to taste)
½+ tsp salt
1/3 cup extra virgin olive oil
1 Tbsp Hungarian paprika

Grill or broil the bell peppers until blackened. Once cool enough to handle, seed the peppers, peel off the charred skin and rinse off any remaining charred pieces. Chop the pepper and add to your pot.

Seed the jalapeno, then mince it. Be sure to wash your hands thoroughly when done (there's nothing like rubbing your eyes after chopping a jalapeno...) In a medium saucepan, combine diced tomatoes, roasted bell peppers, minced jalapeno, garlic, sugar, chili pepper flakes, and salt. Bring to a simmer over medium high heat, *uncovered*.

Reduce heat to around medium low so that the Matbucha is at a constant simmer. Stir every ten minutes or so. Let the mixture cook for around an hour and 15 mins., or until most of the liquid has reduced and the mixture has thickened.

Once the mixture is very thick with no extra liquid, you are ready to add your oil. In a small bowl, whisk together EVOO and paprika. Pour the mixture into the pan and stir.

Let the Matbucha cook for another 30 minutes or so, stirring every 5 minutes. Towards the end of cooking, taste the mixture and adjust seasoning and EVOO as desired.

Remove the Matbucha from heat and allow it to cool completely. It is best served at room temperature. Serve with warmed pita bread or cut vegetables.

California Roll Sushi

Shared by: Molly Rotman Ghorbani

1.5 cups of prepared sushi style rice (I cook mine in a rice cooker)
1/3 cup of sushi/seasoned vinegar (found in the Asian part of the grocery store)
Seaweed wrappers
1/2 package imitation crabmeat pulled apart into long strips
1 ripe avocado cut in half and spooned out into thin strips
Seedless or small Persian cucumbers peeled and sliced into long strips
Bamboo mat for rolling
Large wooden or glass bowl

Prepare rice according to the directions on the packaging. Scoop it out into a wooden or glass bowl to cool. Before it cools, stir in the sushi vinegar and gently mix.

Lay the seaweed wrapper on the bamboo mat, dull side up.

Spoon and pat the rice around the inside of the wrapper in a thin layer, leaving about an inch margin on the right and left sides.

Lay a slice of cucumber, some crab and some avocado lengthwise in the center of the rice-covered wrapper. Wet your fingers and pat lightly on the exposed margins of the seaweed wrapper.

Then, using the bamboo mat, lift, roll, tuck and gently squeeze it over into a roll.

Use a damp, serrated knife to gently slice into round pieces.

Serve with soy sauce, wasabi and pickled ginger for dipping.

This became a favorite dish after living and teaching in Japan for 5 years and learning to prepare some Japanese dishes. My son particularly loves it and asked me to make it.

Brisket

Shared by: Michelle Fishman

3 lbs. brisket of beef
One envelope Lipton Onion Soup mix
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ cup ketchup
1 tsp. garlic powder
 $\frac{1}{2}$ tsp. pepper

Preheat oven to 325.

In 13 x 9 roasting pan add soup mix and other ingredients and blend with water.

Add brisket and turn to coat

Drizzle ketchup on top of brisket for extra flavor

Cover with aluminum foil and bake for 3 hours until brisket is very tender.

Rice Casserole

Shared by: Rochelle (Shelly) Fishman

2 sticks butter
1/2 lb. very fine noodles
2 cups instant rice
2 cans onion soup
2 cans chicken broth
1 T. soy sauce
1 cup water
16 oz. can chopped water chestnuts, drained

Melt butter in pan on stove and add noodles. Lightly brown. In big bowl mix browned noodles and all other ingredients. Pour in casserole dish and bake 350 degrees for 45 minutes.

Tsimmis
(also spelled tzimmes or tsimmes)

Shared by: Mark Friedman

1 large sweet potato, cubed
1 large yam, cubed
4 large carrots, sliced thick (but still bite-sized)
1 large onion, sliced thin
2 apples, skinned, cored, cut in bite-size pieces
pitted prunes, 16 oz
dried apricots, 16 oz
1 cup apple juice
fresh juice of ½ lemon
1/2 cup honey
1/2 cup brown sugar
2 tsp cinnamon
1 tsp salt

Place sweet potatoes, carrots, cinnamon, sugar, honey, lemon juice, and ½ cup of apple juice in crock pot. Cook on high for 2 hours.

Place remaining ingredients in crock pot. Cook on low for an additional 6 hours or until done. When done, potatoes and carrots should be soft; prunes will have broken down and formed a thick glaze. Throughout, stir occasionally and add a bit of apple juice if it seems too dry.

Option: add 1 cup dried cherries in the last 2 hours.

This is a sweet Ashkenazi Jewish side dish often served on Rosh Hashana. Tsimmis comes in many varieties but each is based on root vegetables such as carrots. This recipe is a sweet, glazed stew prepared in a crockpot. Variations can include adding or substituting butternut squash, white potatoes, parsnips.

Orange Chocolate Chip Mandel Bread

Shared by: Nancy Soren

1 cup vegetable oil
1 cup sugar
3 eggs
1 tsp grated orange zest
1 tsp pure vanilla extract
3 cups all-purpose flour
1 tsp baking powder
½ tsp salt
1 cup semi-sweet chocolate chips
Ground cinnamon and granulated sugar for dusting

You will also need: Electric hand or stand mixer, mixing bowl, plastic wrap, cookie sheets

Makes about 40 mandel bread

Mix together oil and sugar until combined, and then add eggs one at a time. After the eggs are combined, add vanilla and orange zest. Sift together all the dry ingredients and add them slowly to the sugar/egg mixture. Once the dough is smooth and sticky, pour the chocolate chips in and mix.

Put the dough in the refrigerator for a few hours or overnight.

Lightly oil your hands and form 4 long rows with the dough onto an ungreased cookie sheet. Bake at 350 for 25 minutes.

While mandel bread is baking – In a flat shallow dish, combine ¾ cup of sugar with enough cinnamon to turn the mixture light brown. It's best to eyeball this – it shouldn't be too brown or too white. Take the mandel bread out and turn the oven down to 250 degrees F. Slice the mandel bread into biscotti sized pieces and carefully roll each one into the cinnamon sugar mixture. Put the pieces back on the cookie sheet, on their sides, and bake for another 15 minutes until they've achieved the texture you desire. The longer they stay in the oven, the crisper they will be. If the slices are big or wide, you might need longer than 15 minutes.

Keep an eye on it and don't over-bake, as this cookie tends to dry out quickly.

Mom and Grandma made these (along with spritz cookies) every year at the holidays, and we still do. Our traditional mandel bread had a lot of almond ingredients in it, so we tweaked the recipe last year for the "Taste of KH" and the kids gave it a thumbs up.

Mandel Bread

Shared by: Jamie Bouma

3 eggs
3 cups flour
1/2 pound unsalted butter at room temperature
1 cup sugar
1 teaspoon baking powder
1/4 teaspoon baking soda
1 teaspoon vanilla
3/4 cup walnuts
3/4 cup golden raisins
Mixture of cinnamon and sugar

1. Cream butter
2. Add sugar until light and fluffy
3. Add eggs one at a time and beat well
4. Add vanilla and mix well
5. Add flour sifted with baking powder and baking soda. Add gradually to the rest of ingredients
6. Add walnuts and raisins. Mix with above ingredients
7. Smooth in bowl with spatula and cover with Saran Wrap
8. Refrigerate 2 hours. Take out and roll onto a floured surface
9. After dividing dough into 4 strips, put each divided section on its own lightly greased cookie sheet (with PAM and wipe with paper towel)
10. Sprinkle mixture of cinnamon and sugar on top of each section of dough
11. Bake at 350 degrees for 25 minutes, take out and slice into 1 inch thick sliced (diagnol slice). Cook for an additional 5 minutes, let cool.

My great grandmother used to make mandel bread, although she used oil. My grandmother who is 94 years old continues to make it for our family, my sister, aunt and uncle, and cousins. All the kids look so forward to GG's treats. My grandmother who was always a terrific cook and baker changed the original recipe and made it her own. She adds raisins and walnuts, uses butter instead of oil and sprinkles a lot of cinnamon and sugar on top before it goes into the oven. My grandmother moved in an independent living residence 8 months ago and now she gets regular requests for her special mandel bread. I did not add the walnuts due to allergies.

Nana Paula's Noodle Kugel

Shared by: Laura Burk

Recipe yields a 2-Quart casserole

8 oz egg noodles, medium or broad
3 Tbs canola oil
4 eggs beaten
3/4 cup sugar
1 1/2 tsp cinnamon
3/4 cup golden raisins
1 cup sour cream
1 cup cottage cheese

Directions:

Preheat oven to 350 degrees F

Oil 2-Quart casserole

Cook noodles and drain

Combine oil, eggs, cinnamon, sugar, sour cream and cottage cheese.

Add noodles and golden raisins. Stir well.

Pour mixture into casserole

Bake for 50 minutes or until golden on top

Apple Honey Cake

Shared by: Jane von Kirschbach

Ingredients:

1 cup white sugar
1 cup vegetable oil
2 eggs
3/4 cup honey
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
3 apples - peeled, cored and shredded
3/4 cup chopped walnuts

Directions:

Preheat the oven to 325 degrees F (165 degrees C). Grease and flour a 9 inch Bundt pan.

In a large bowl, stir together the sugar and oil. Beat in the eggs until light, then stir in the honey and vanilla. Combine the flour, baking powder, baking soda, salt, cinnamon and allspice; stir into the batter just until moistened. Fold in the apples and nuts.

Bake for 50 to 65 minutes in the preheated oven, or until a toothpick inserted into the crown comes out clean. Let cool for 10 to 15 minutes before inverting onto a plate and tapping out of the pan.

"The batter of this moist and delicious cake could also be baked in two loaf pans. Reduce baking time to 45 minutes. To make this even more special, dust with confectioners' sugar, sprinkle with cinnamon, or drizzle with warm honey before serving. Great for Rosh Hashanah or any other holiday!"

Caramel Matzoh Crunch

Shared by: Ilana Shaffer

- 4-6 unsalted matzohs
- 1 cup (2 sticks) unsalted butter or unsalted Passover margarine
- 1 cup firmly packed brown sugar
- 3/4 cup coarsely chopped chocolate chips or semi-sweet chocolate

Preparation

Preheat the oven to 375°F. Line a large (or two smaller) cookie sheet completely with foil. Cover the bottom of the sheet with baking parchment — on top of the foil. This is very important since the mixture becomes sticky during baking.

Line the bottom of the cookie sheet evenly with the matzohs, cutting extra pieces, as required, to fit any spaces.

In a 3-quart, heavy-bottomed saucepan, combine the butter or margarine and the brown sugar. Cook over medium heat, stirring constantly, until the mixture comes to a boil (about 2 to 4 minutes). Boil for 3 minutes, stirring constantly. Remove from the heat and pour over the matzoh, covering completely.

Place the baking sheet in the oven and immediately reduce the heat to 350°. Bake for 15 minutes, checking every few minutes to make sure the mixture is not burning (if it seems to be browning too quickly, remove the pan from the oven, lower the heat to 325°, and replace the pan).

Remove from the oven and sprinkle immediately with the chopped chocolate or chips. Let stand for 5 minutes, then spread the melted chocolate over the matzoh. While still warm, break into squares or odd shapes. Chill, still in the pan, in the freezer until set.

Variation:

You can also use coarsely chopped white chocolate (or a combination of white and dark), and chopped or slivered toasted almonds (sprinkled on top as the chocolate sets). You can also omit the chocolate for a caramel-alone buttercrunch

We host all family holiday meals and since Marty and I both enjoy cooking, there are only a few dishes we make year after year as we like to try new recipes. The first year we hosted Passover seder, I made matzah crunch and one other dessert. It was such a family favorite, I make it year after year (and try new recipes for the other dessert). I have tried several variations on the matzah crunch — white chocolate, pecans, etc. Our favorite, is adding flaked sea salt.

Joanne's Lemon Squares

Shared by: Bobby Jacobs

Crust

2 cups of flour

One half cup of powdered sugar

1 cup of butter

Topping

4 cups of slightly beaten eggs

2 cups of sugar

7 to 8 tablespoons of lemon juice

4 tablespoons of flour

Half teaspoon baking powder

For crust

blend and Pat ingredients into a 13 by 9 inch pan. Bake at 350 degrees for 15 to 20 minutes.

For topping

Combine and pour on crust bake at 350 degrees for 25 minutes.

Cool and sprinkle with powdered sugar.

Cut into squares.

Pretzel Bites

Shared by: Helga Gruenbauer & Leah Sosewitz

Helga is from Germany but has lived here in the US for 20 years now. She has been working on her German pretzel recipe since she made Chicago her home. In the last couple years it finally started to meet her high standards. When we visit her mother in a small town near Stuttgart, we go to a local bakery for breakfast where we enjoy fantastic pretzels (and other breads) baked that morning. So this is more a recipe that came out of Helga's missing the food of her homeland rather than a food her family actually made. It has become a mainstay in our home and now we share it with all of you! For Daniel, it will be a food of significance to his family.

Unfortunately, the recipe is not written down in full and requires a chemical (lye) that is not easy to get in the US. It is what makes the pretzels brown on the outside - perfectly safe to eat but not easy to find here.

For anyone who really wants to pursue trying to make these, Helga is happy to write down the recipe and explain the process.

Poppy Seed Noodles

Shared by: Marla Davishoff

16 oz. Curly Noodles (gemelli, etc.)
Olive Oil
4 cloves garlic
2 tbsp poppy seeds
Salt to taste

Cook 16 oz of curly noodles (preferably gemelli or something with crevices for the poppy seeds to stick) Drain.

In same pot, heat up 2 tablespoons of olive oil on low heat. Add some peeled and pressed garlic, 4 cloves or to taste. Remove pot from stove after garlic is lightly sautéed. Add noodles back to pot and stir while slowly adding in 2 tablespoons of poppy seeds. Salt to taste.

This recipe can be served hot, cold or room temperature. Experiment with different garlic, poppyseed and salt quantities to taste.

Cheezy Mashed Potatoes

Shared by: Elana Gibson

1 can of salsa
1 bag of shredded mozzarella cheese
4-7 yellow potatoes
Butter

Skin, boil and mash the potatoes. With butter, fry potatoes with remaining ingredients until orange.

Gluten-Free Pumpkin Pie

Shared by: Karen Jackson

Crust:

- 1 1/4 cups King Arthur Gluten-Free Multi-Purpose Flour
- 1 tablespoon sugar
- 1/2 teaspoon xanthan gum
- 1/2 teaspoon salt
- 6 tablespoons cold butter
- 1 large egg
- 2 teaspoons lemon juice or vinegar

Filling:

- 1 (15 oz.) can pumpkin
- 1 (14 oz.) can Eagle Brand Sweetened Condensed Milk
- 2 eggs
- 1 t. ground cinnamon
- 1/2 t. each of ground ginger, nutmeg, and salt

- 1) Lightly grease a 9" pie pan.
 - 2) Prepare crust: Whisk together the flour or flour blend, sugar, xanthan gum, and salt.
 - 3) Cut the cold butter into pats, then work the pats into the flour mixture till it's crumbly, with some larger, pea-sized chunks of butter remaining.
 - 4) Whisk the one egg and vinegar or lemon juice together till very foamy. Mix into the dry ingredients. Stir until the mixture holds together, adding 1 to 3 additional tablespoons cold water if necessary.
 - 5) Shape into a ball and chill for an hour, or up to overnight.
 - 6) Allow the dough to rest at room temperature for 10 to 15 minutes before rolling.
 - 7) Roll out on a piece of plastic wrap, on a silicone rolling mat, or in a pie bag that's been heavily sprinkled with gluten-free flour or flour blend. Invert the crust into the prepared pie pan.
 - 8) Pre-heat oven to 425 degrees.
 - 9) Prepare filling: Whisk pumpkin, Sweetened Condensed Milk, eggs, spices, and salt in a medium bowl until smooth and pour into crust.
 - 10) Bake pie for 15 minutes. *Note: The egg yolk makes this crust vulnerable to burned edges, so always shield the edges of the crust, with aluminum foil or a pie shield, to protect them while baking.
 - 11) Reduce oven temperature to 350 degrees and continue baking 35-40 minutes or until knife inserted 1 inch from crust comes out clean.
 - 12) Let cool. Garnish as desired. Store leftovers in refrigerator.
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