

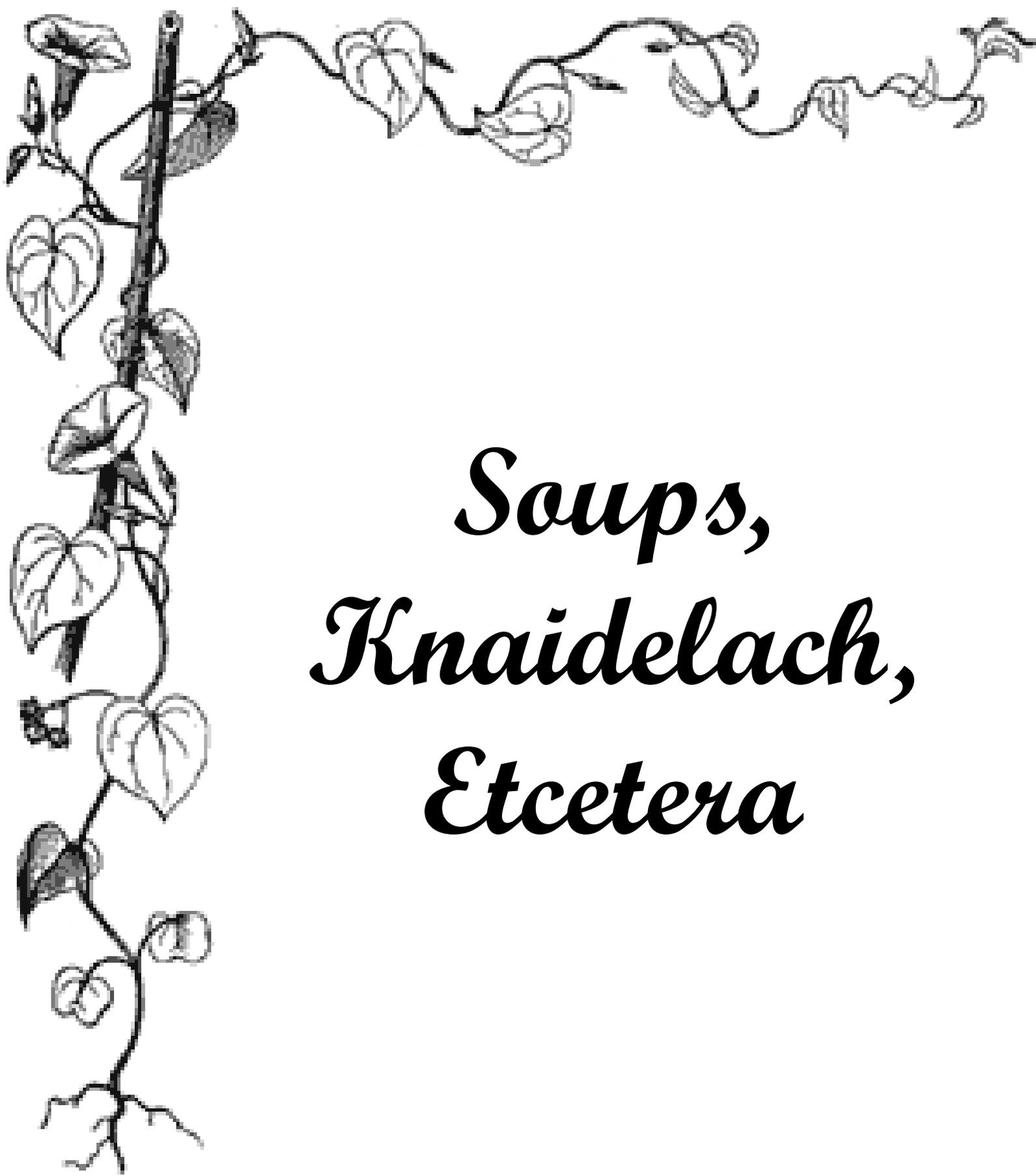
# *The Flavours of our Families*

*A collection of family recipes  
contributed by  
members of the  
Jewish Genealogical Society of  
Montreal*

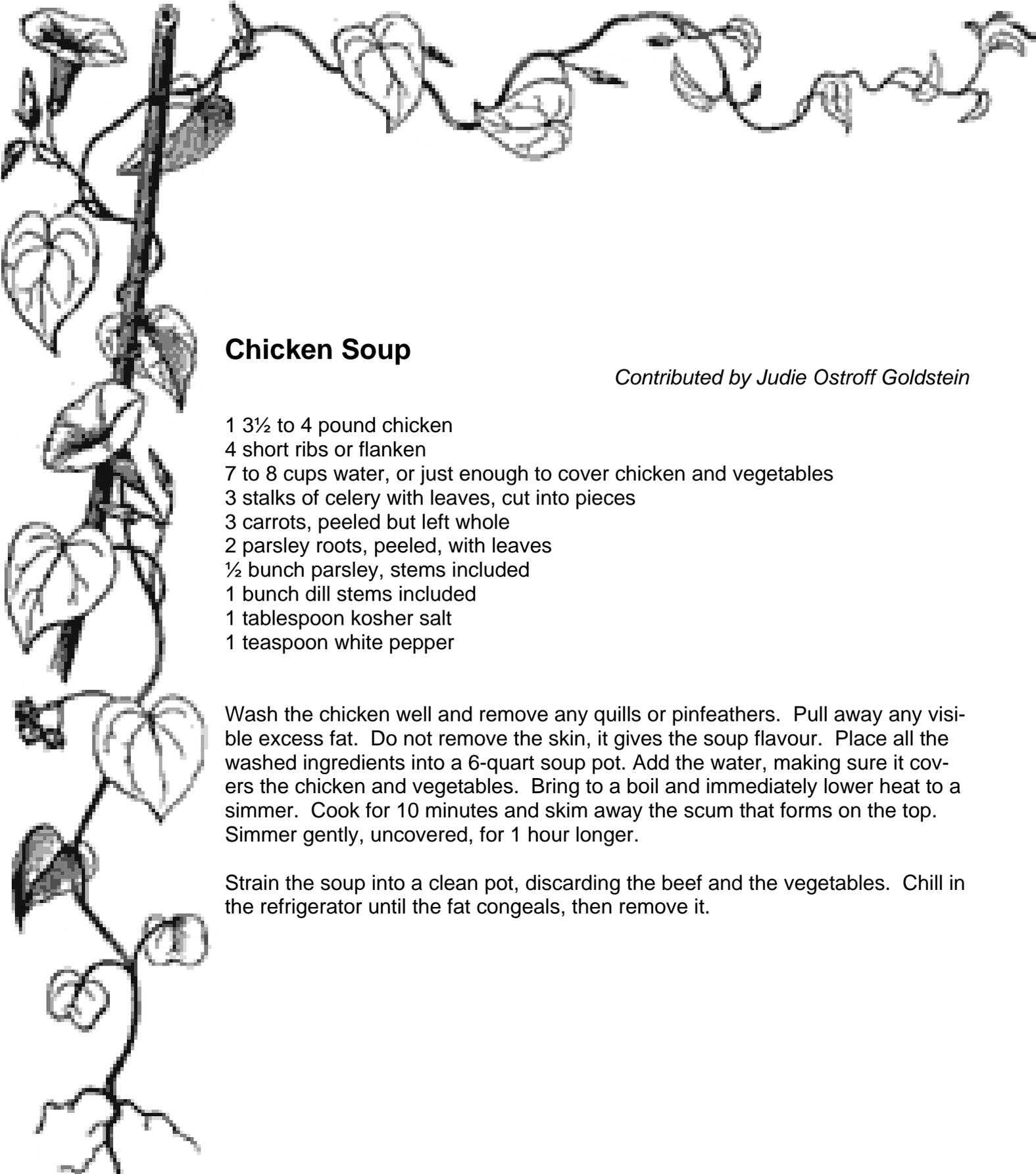


*Compiled and edited by  
Merle Kastner and Lenora Naimark*

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*Soups,  
Knaidelach,  
Etcetera*



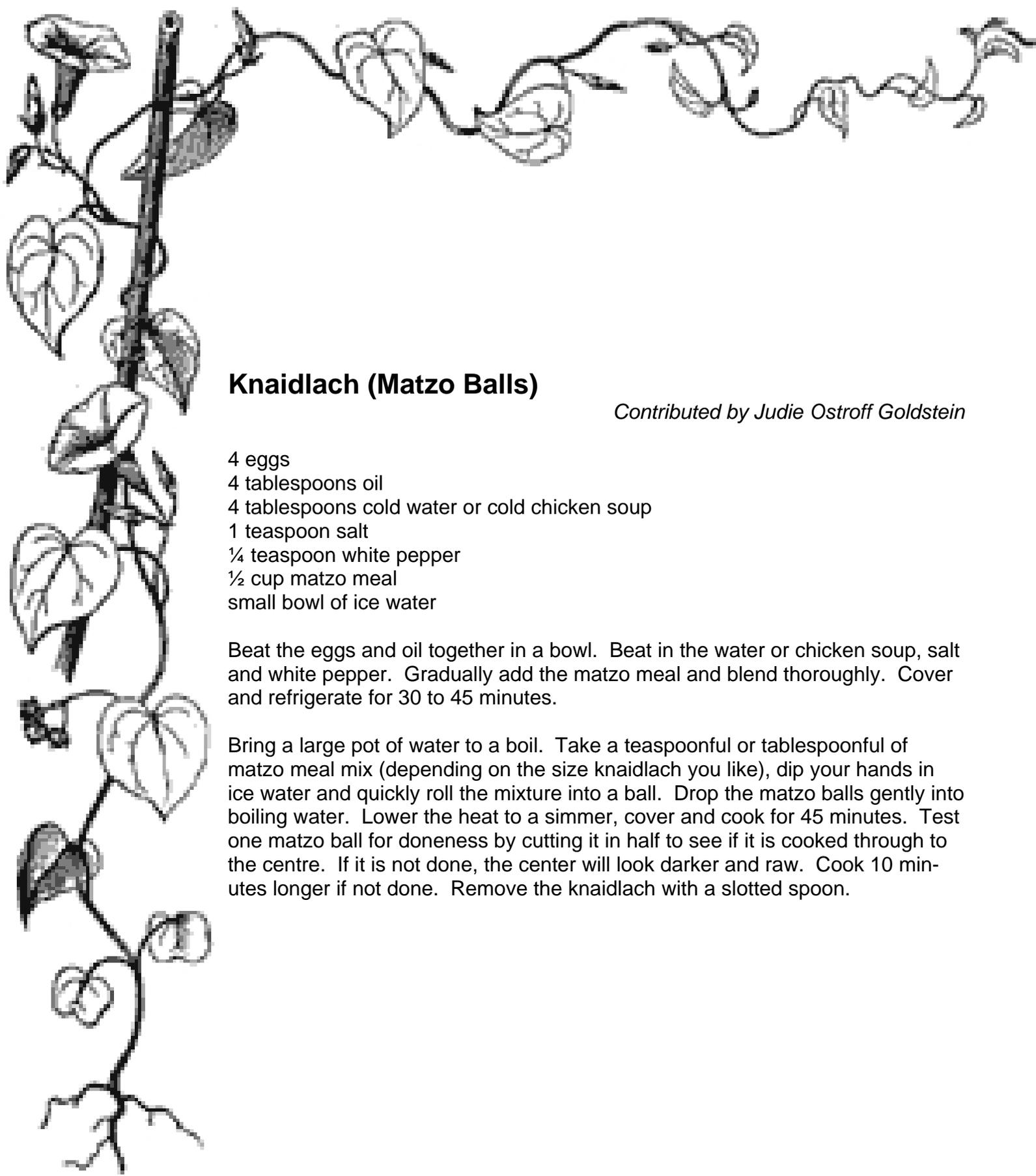
## Chicken Soup

*Contributed by Judie Ostroff Goldstein*

- 1 3½ to 4 pound chicken
- 4 short ribs or flanken
- 7 to 8 cups water, or just enough to cover chicken and vegetables
- 3 stalks of celery with leaves, cut into pieces
- 3 carrots, peeled but left whole
- 2 parsley roots, peeled, with leaves
- ½ bunch parsley, stems included
- 1 bunch dill stems included
- 1 tablespoon kosher salt
- 1 teaspoon white pepper

Wash the chicken well and remove any quills or pinfeathers. Pull away any visible excess fat. Do not remove the skin, it gives the soup flavour. Place all the washed ingredients into a 6-quart soup pot. Add the water, making sure it covers the chicken and vegetables. Bring to a boil and immediately lower heat to a simmer. Cook for 10 minutes and skim away the scum that forms on the top. Simmer gently, uncovered, for 1 hour longer.

Strain the soup into a clean pot, discarding the beef and the vegetables. Chill in the refrigerator until the fat congeals, then remove it.



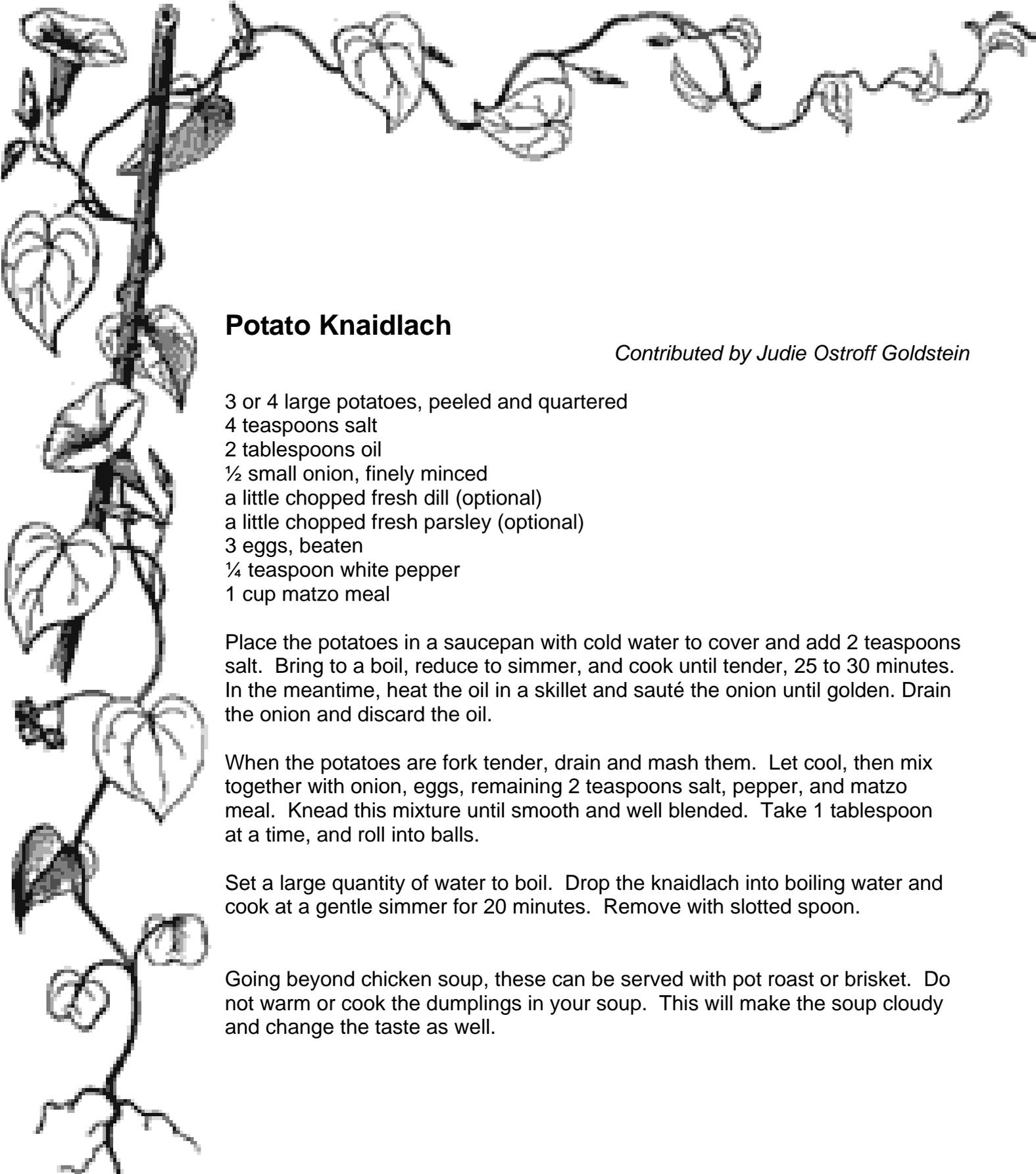
## **Knaidlach (Matzo Balls)**

*Contributed by Judie Ostroff Goldstein*

4 eggs  
4 tablespoons oil  
4 tablespoons cold water or cold chicken soup  
1 teaspoon salt  
¼ teaspoon white pepper  
½ cup matzo meal  
small bowl of ice water

Beat the eggs and oil together in a bowl. Beat in the water or chicken soup, salt and white pepper. Gradually add the matzo meal and blend thoroughly. Cover and refrigerate for 30 to 45 minutes.

Bring a large pot of water to a boil. Take a teaspoonful or tablespoonful of matzo meal mix (depending on the size knaidlach you like), dip your hands in ice water and quickly roll the mixture into a ball. Drop the matzo balls gently into boiling water. Lower the heat to a simmer, cover and cook for 45 minutes. Test one matzo ball for doneness by cutting it in half to see if it is cooked through to the centre. If it is not done, the center will look darker and raw. Cook 10 minutes longer if not done. Remove the knaidlach with a slotted spoon.



## Potato Knaidlach

*Contributed by Judie Ostroff Goldstein*

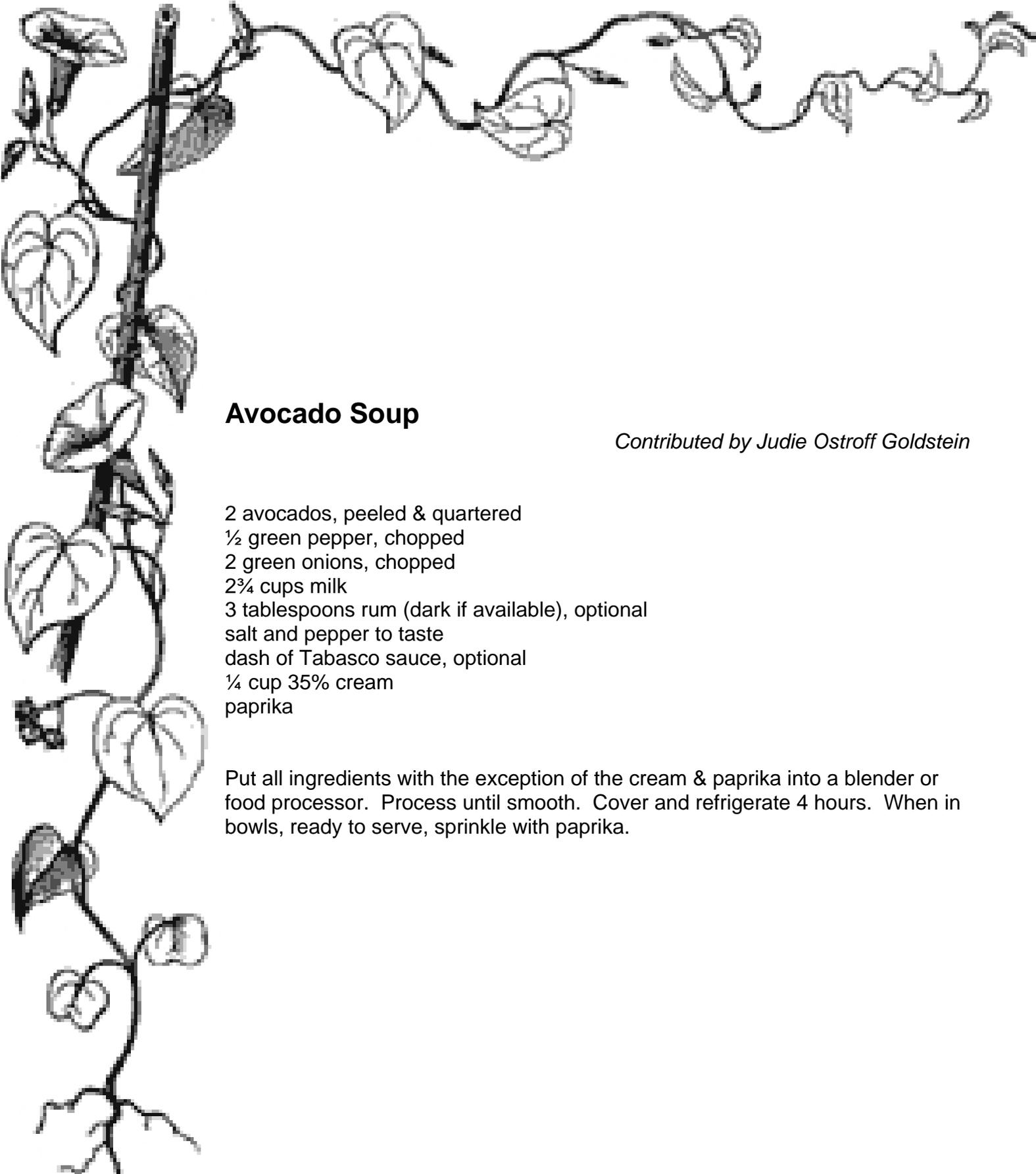
3 or 4 large potatoes, peeled and quartered  
4 teaspoons salt  
2 tablespoons oil  
½ small onion, finely minced  
a little chopped fresh dill (optional)  
a little chopped fresh parsley (optional)  
3 eggs, beaten  
¼ teaspoon white pepper  
1 cup matzo meal

Place the potatoes in a saucepan with cold water to cover and add 2 teaspoons salt. Bring to a boil, reduce to simmer, and cook until tender, 25 to 30 minutes. In the meantime, heat the oil in a skillet and sauté the onion until golden. Drain the onion and discard the oil.

When the potatoes are fork tender, drain and mash them. Let cool, then mix together with onion, eggs, remaining 2 teaspoons salt, pepper, and matzo meal. Knead this mixture until smooth and well blended. Take 1 tablespoon at a time, and roll into balls.

Set a large quantity of water to boil. Drop the knaidlach into boiling water and cook at a gentle simmer for 20 minutes. Remove with slotted spoon.

Going beyond chicken soup, these can be served with pot roast or brisket. Do not warm or cook the dumplings in your soup. This will make the soup cloudy and change the taste as well.

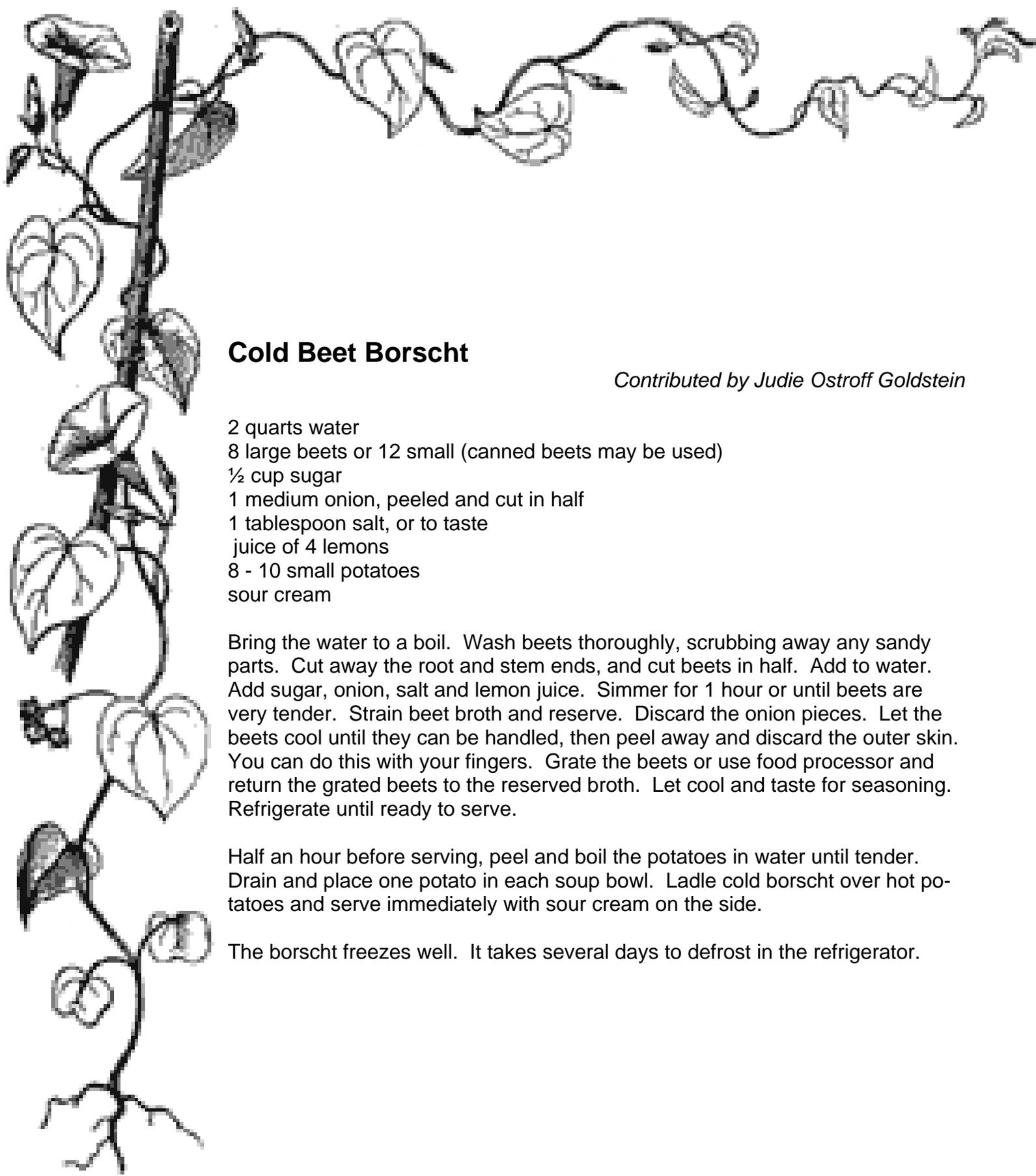


## Avocado Soup

*Contributed by Judie Ostroff Goldstein*

2 avocados, peeled & quartered  
½ green pepper, chopped  
2 green onions, chopped  
2¾ cups milk  
3 tablespoons rum (dark if available), optional  
salt and pepper to taste  
dash of Tabasco sauce, optional  
¼ cup 35% cream  
paprika

Put all ingredients with the exception of the cream & paprika into a blender or food processor. Process until smooth. Cover and refrigerate 4 hours. When in bowls, ready to serve, sprinkle with paprika.



## **Cold Beet Borscht**

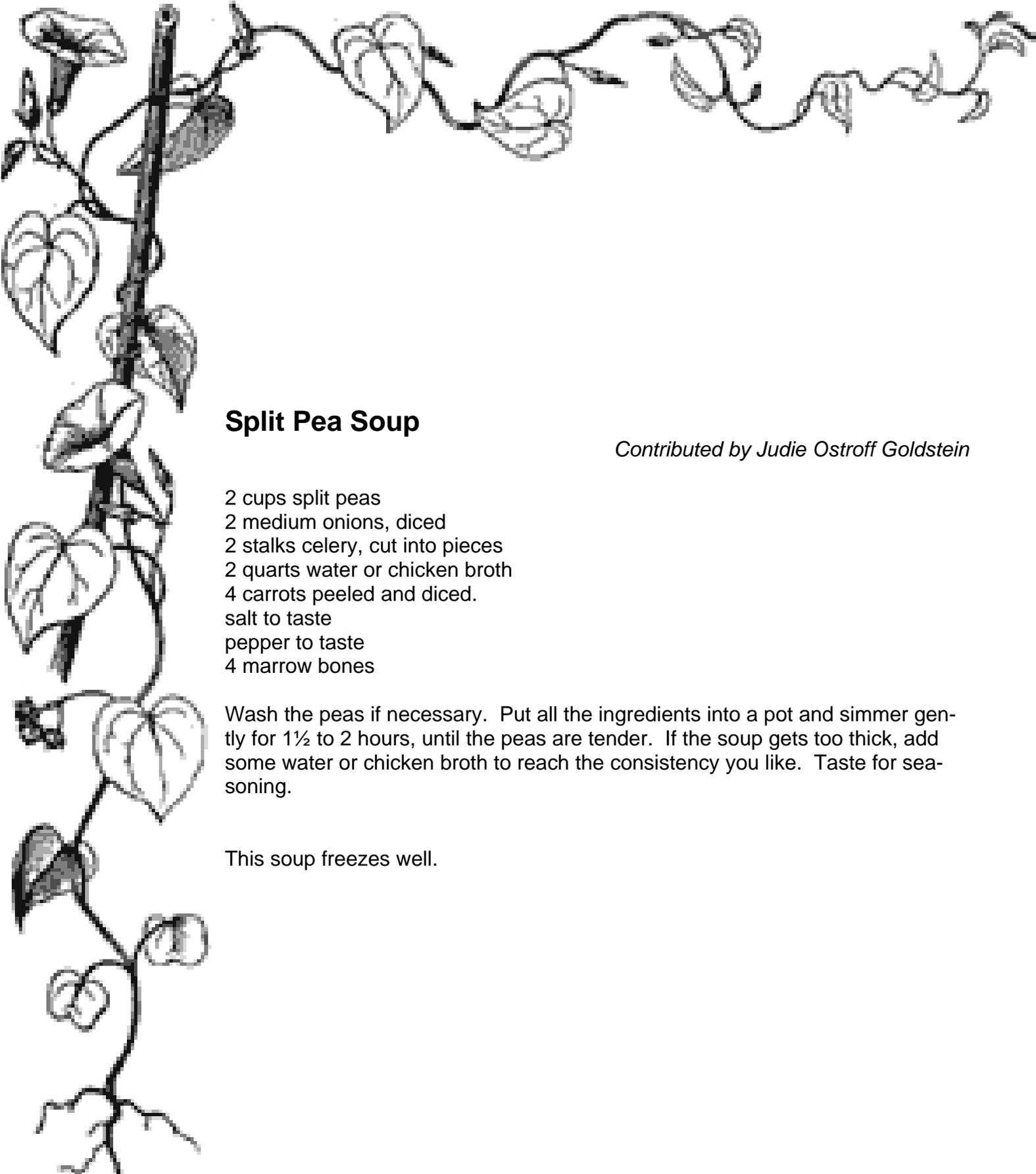
*Contributed by Judie Ostroff Goldstein*

2 quarts water  
8 large beets or 12 small (canned beets may be used)  
½ cup sugar  
1 medium onion, peeled and cut in half  
1 tablespoon salt, or to taste  
juice of 4 lemons  
8 - 10 small potatoes  
sour cream

Bring the water to a boil. Wash beets thoroughly, scrubbing away any sandy parts. Cut away the root and stem ends, and cut beets in half. Add to water. Add sugar, onion, salt and lemon juice. Simmer for 1 hour or until beets are very tender. Strain beet broth and reserve. Discard the onion pieces. Let the beets cool until they can be handled, then peel away and discard the outer skin. You can do this with your fingers. Grate the beets or use food processor and return the grated beets to the reserved broth. Let cool and taste for seasoning. Refrigerate until ready to serve.

Half an hour before serving, peel and boil the potatoes in water until tender. Drain and place one potato in each soup bowl. Ladle cold borscht over hot potatoes and serve immediately with sour cream on the side.

The borscht freezes well. It takes several days to defrost in the refrigerator.



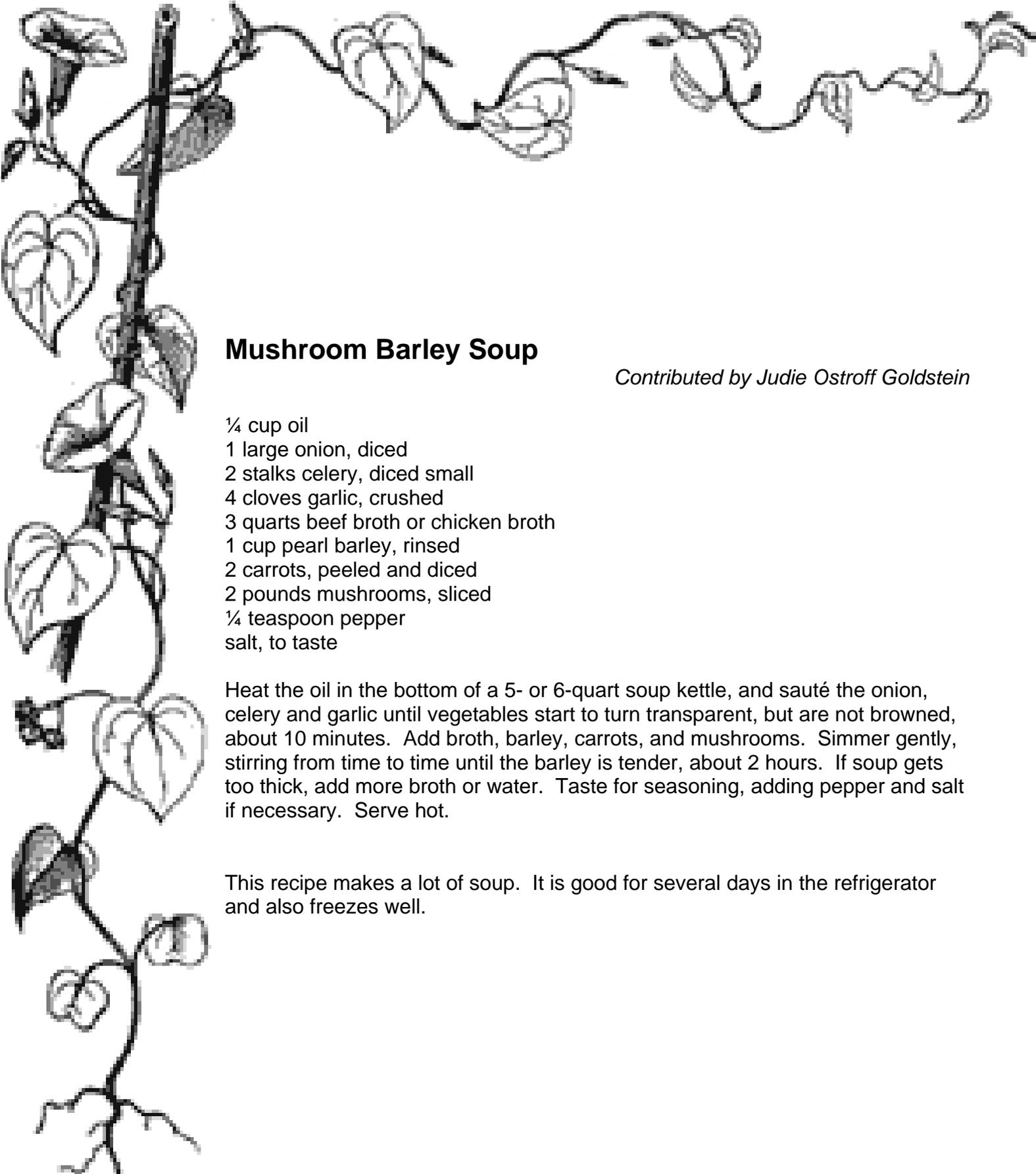
## Split Pea Soup

*Contributed by Judie Ostroff Goldstein*

2 cups split peas  
2 medium onions, diced  
2 stalks celery, cut into pieces  
2 quarts water or chicken broth  
4 carrots peeled and diced.  
salt to taste  
pepper to taste  
4 marrow bones

Wash the peas if necessary. Put all the ingredients into a pot and simmer gently for 1½ to 2 hours, until the peas are tender. If the soup gets too thick, add some water or chicken broth to reach the consistency you like. Taste for seasoning.

This soup freezes well.



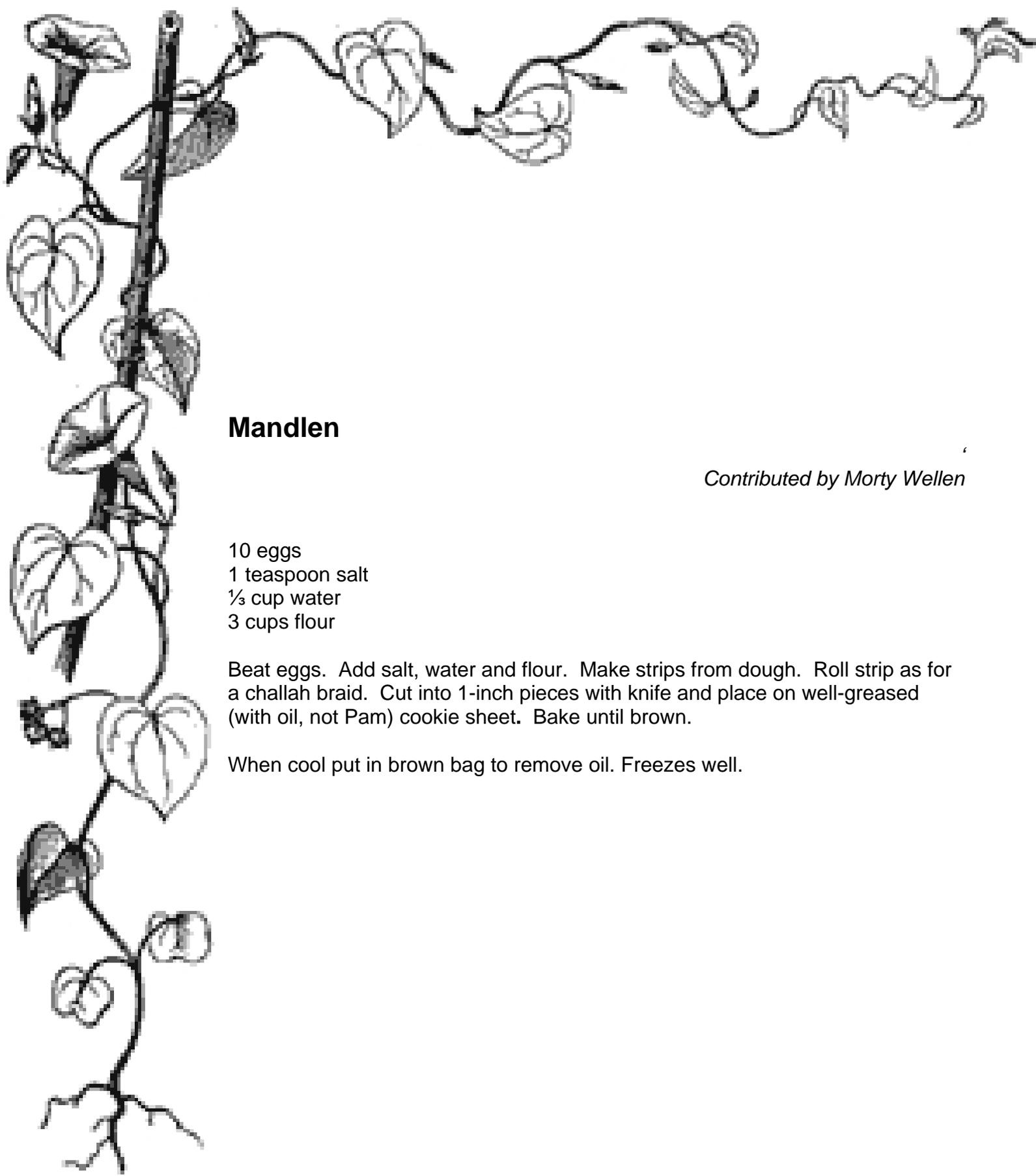
## Mushroom Barley Soup

*Contributed by Judie Ostroff Goldstein*

- ¼ cup oil
- 1 large onion, diced
- 2 stalks celery, diced small
- 4 cloves garlic, crushed
- 3 quarts beef broth or chicken broth
- 1 cup pearl barley, rinsed
- 2 carrots, peeled and diced
- 2 pounds mushrooms, sliced
- ¼ teaspoon pepper
- salt, to taste

Heat the oil in the bottom of a 5- or 6-quart soup kettle, and sauté the onion, celery and garlic until vegetables start to turn transparent, but are not browned, about 10 minutes. Add broth, barley, carrots, and mushrooms. Simmer gently, stirring from time to time until the barley is tender, about 2 hours. If soup gets too thick, add more broth or water. Taste for seasoning, adding pepper and salt if necessary. Serve hot.

This recipe makes a lot of soup. It is good for several days in the refrigerator and also freezes well.



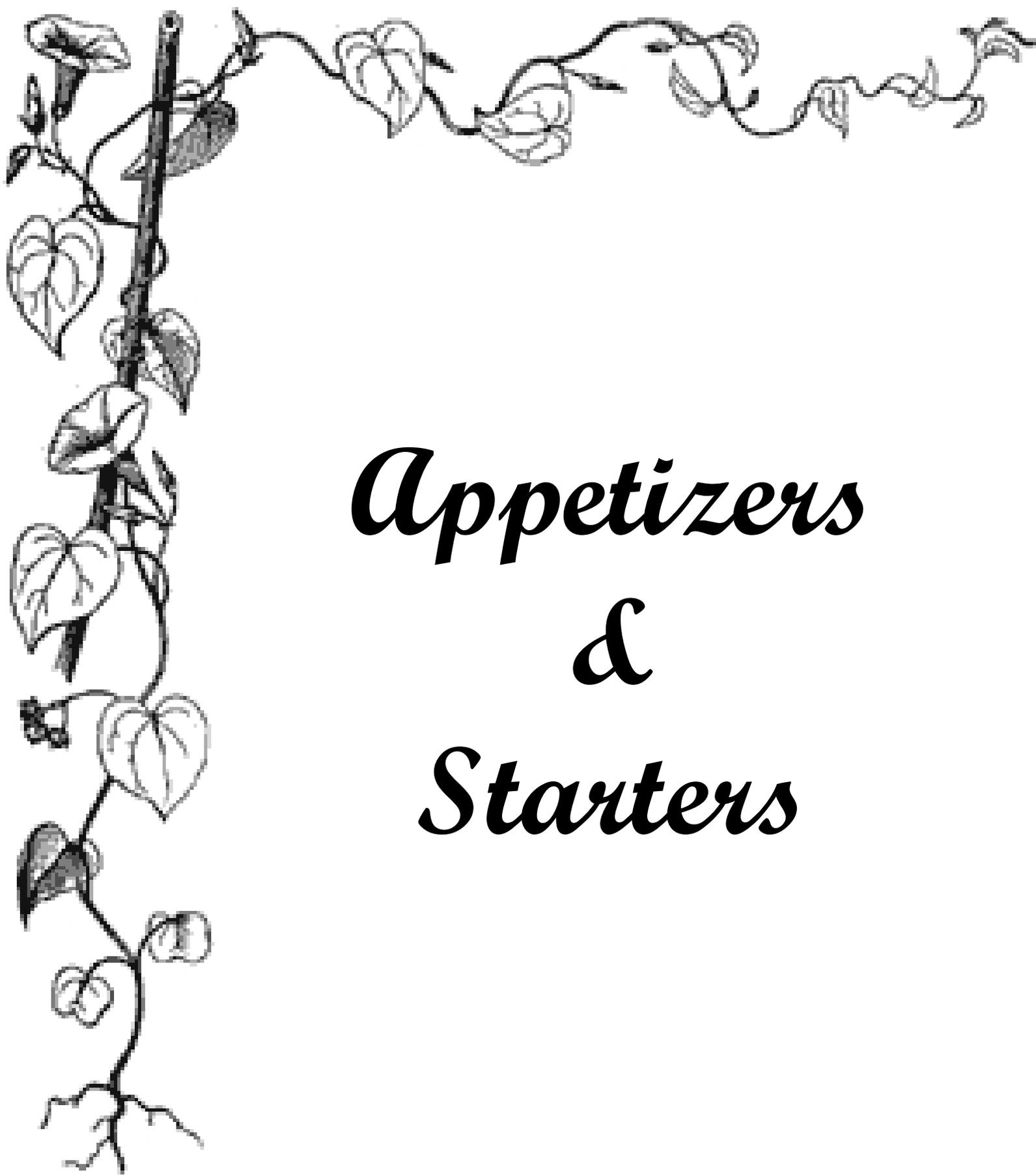
## Mandlen

*Contributed by Morty Wellen*

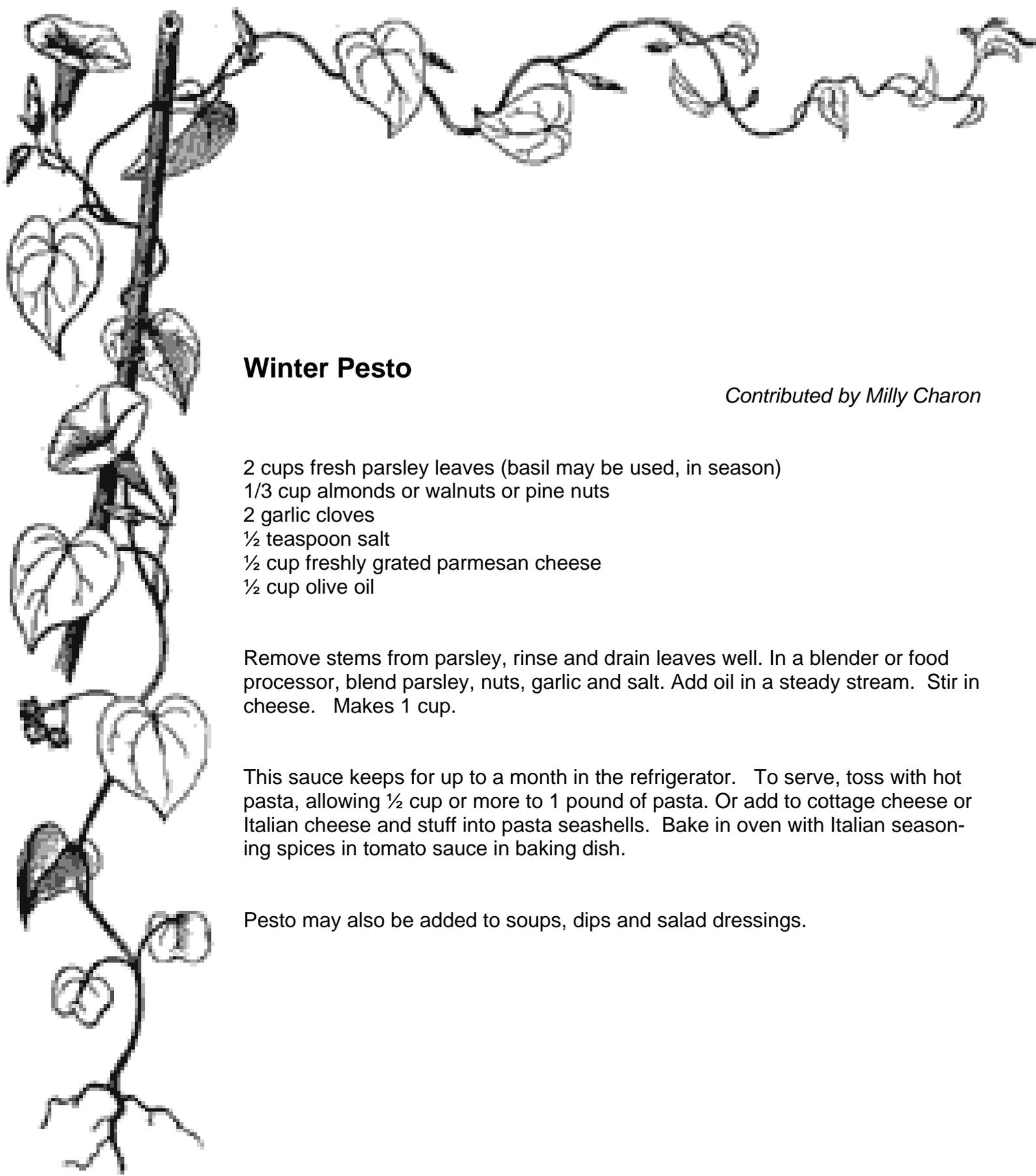
- 10 eggs
- 1 teaspoon salt
- $\frac{1}{3}$  cup water
- 3 cups flour

Beat eggs. Add salt, water and flour. Make strips from dough. Roll strip as for a challah braid. Cut into 1-inch pieces with knife and place on well-greased (with oil, not Pam) cookie sheet. Bake until brown.

When cool put in brown bag to remove oil. Freezes well.



*Appetizers  
&  
Starters*



## Winter Pesto

*Contributed by Milly Charon*

2 cups fresh parsley leaves (basil may be used, in season)  
1/3 cup almonds or walnuts or pine nuts  
2 garlic cloves  
1/2 teaspoon salt  
1/2 cup freshly grated parmesan cheese  
1/2 cup olive oil

Remove stems from parsley, rinse and drain leaves well. In a blender or food processor, blend parsley, nuts, garlic and salt. Add oil in a steady stream. Stir in cheese. Makes 1 cup.

This sauce keeps for up to a month in the refrigerator. To serve, toss with hot pasta, allowing 1/2 cup or more to 1 pound of pasta. Or add to cottage cheese or Italian cheese and stuff into pasta seashells. Bake in oven with Italian seasoning spices in tomato sauce in baking dish.

Pesto may also be added to soups, dips and salad dressings.

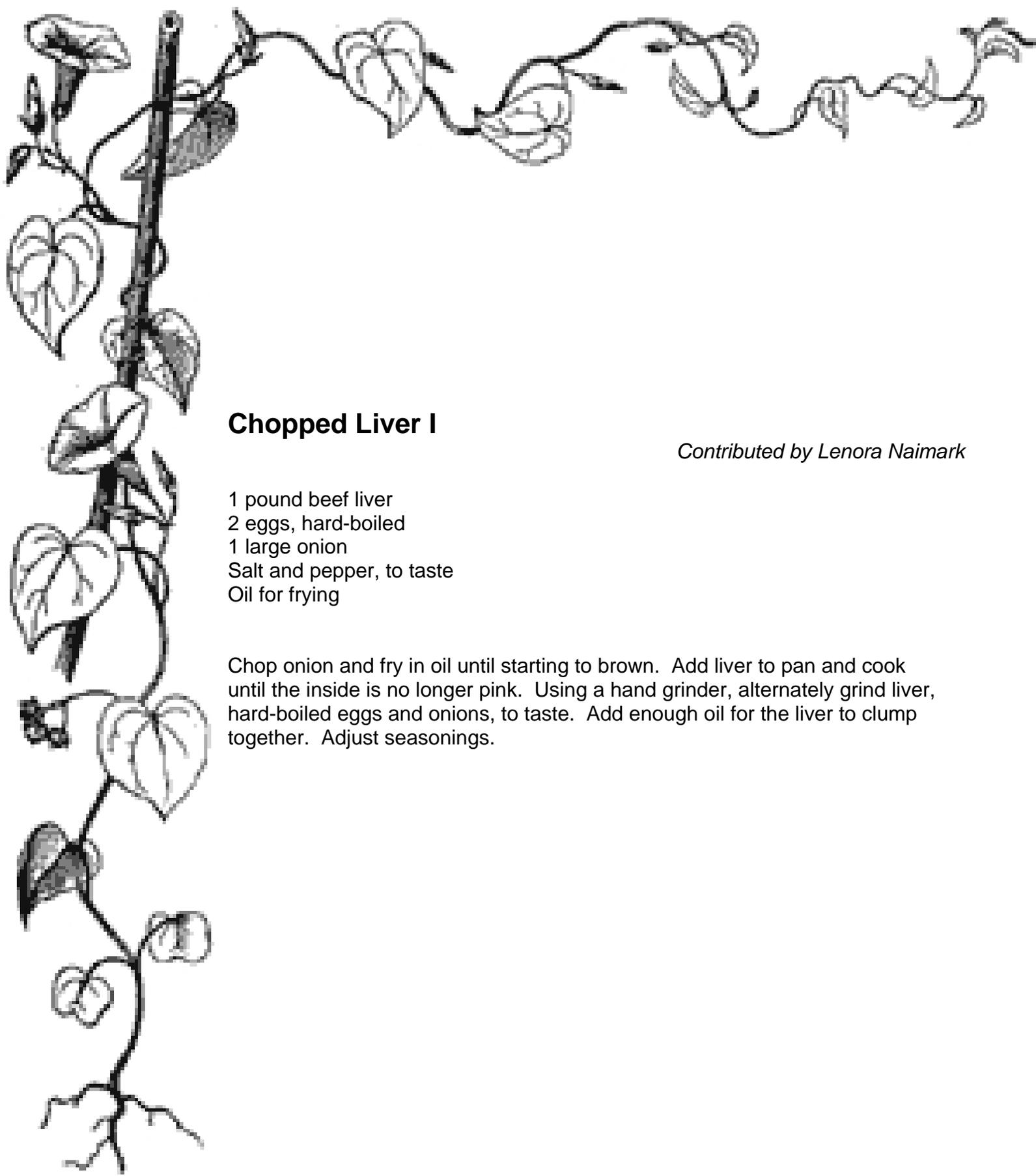


## Frances' Salad to Die For

*Contributed by Morty Wellen*

½ cup sesame seeds  
sesame oil for sauté  
handful of toasted almonds  
¼ cup chow mein noodles  
napa or bok choy lettuce  
¼ - ½ pound snow peas  
small red cabbage  
3 chopped scallions  
¼ cup sesame sticks

Sauté sesame seeds in oil. Combine almonds and sesame seeds and mix with chow mein noodles. Mix lettuce, snow peas and cabbage in the dressing, then combine with all the other ingredients.

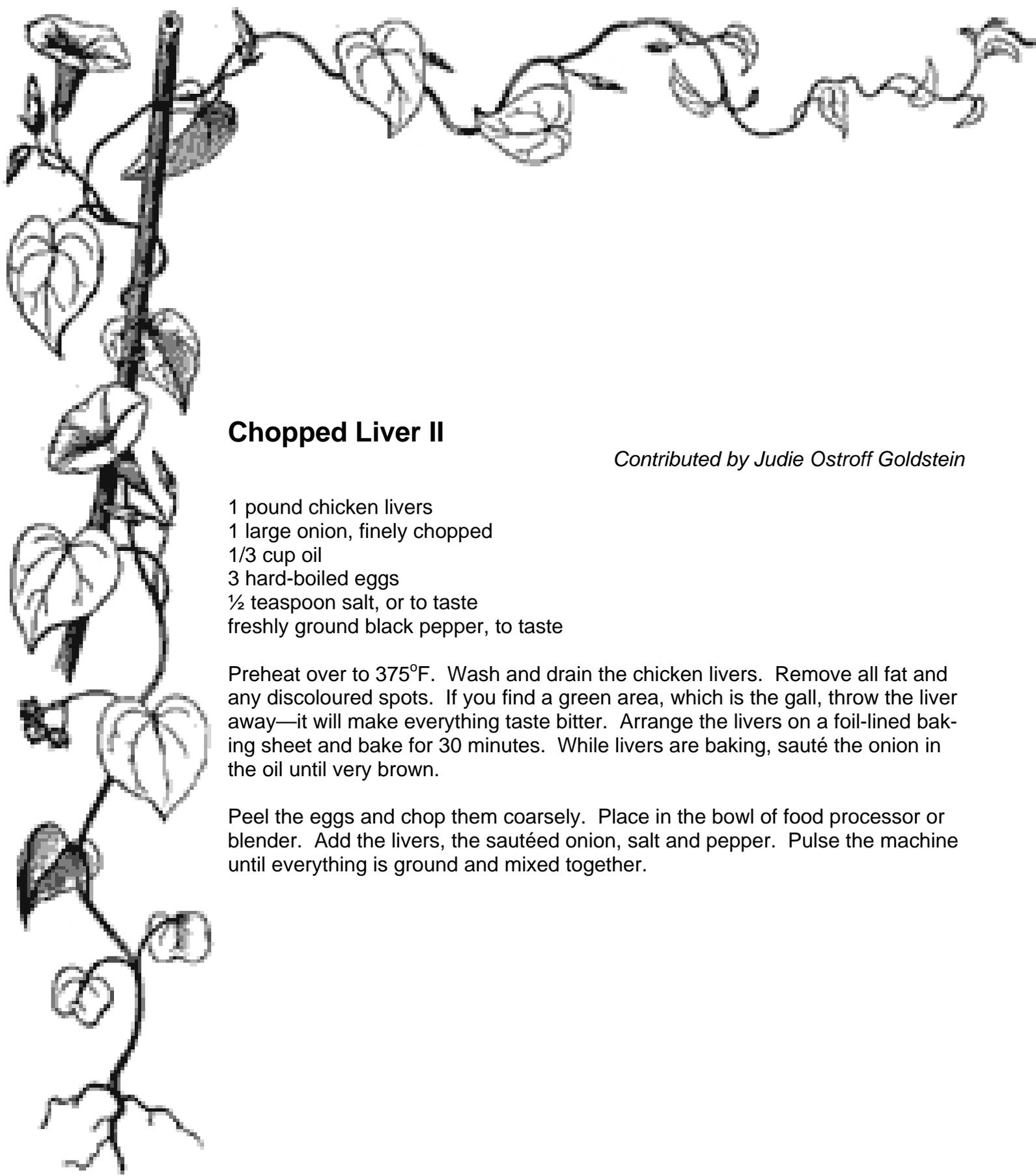


## Chopped Liver I

*Contributed by Lenora Naimark*

1 pound beef liver  
2 eggs, hard-boiled  
1 large onion  
Salt and pepper, to taste  
Oil for frying

Chop onion and fry in oil until starting to brown. Add liver to pan and cook until the inside is no longer pink. Using a hand grinder, alternately grind liver, hard-boiled eggs and onions, to taste. Add enough oil for the liver to clump together. Adjust seasonings.



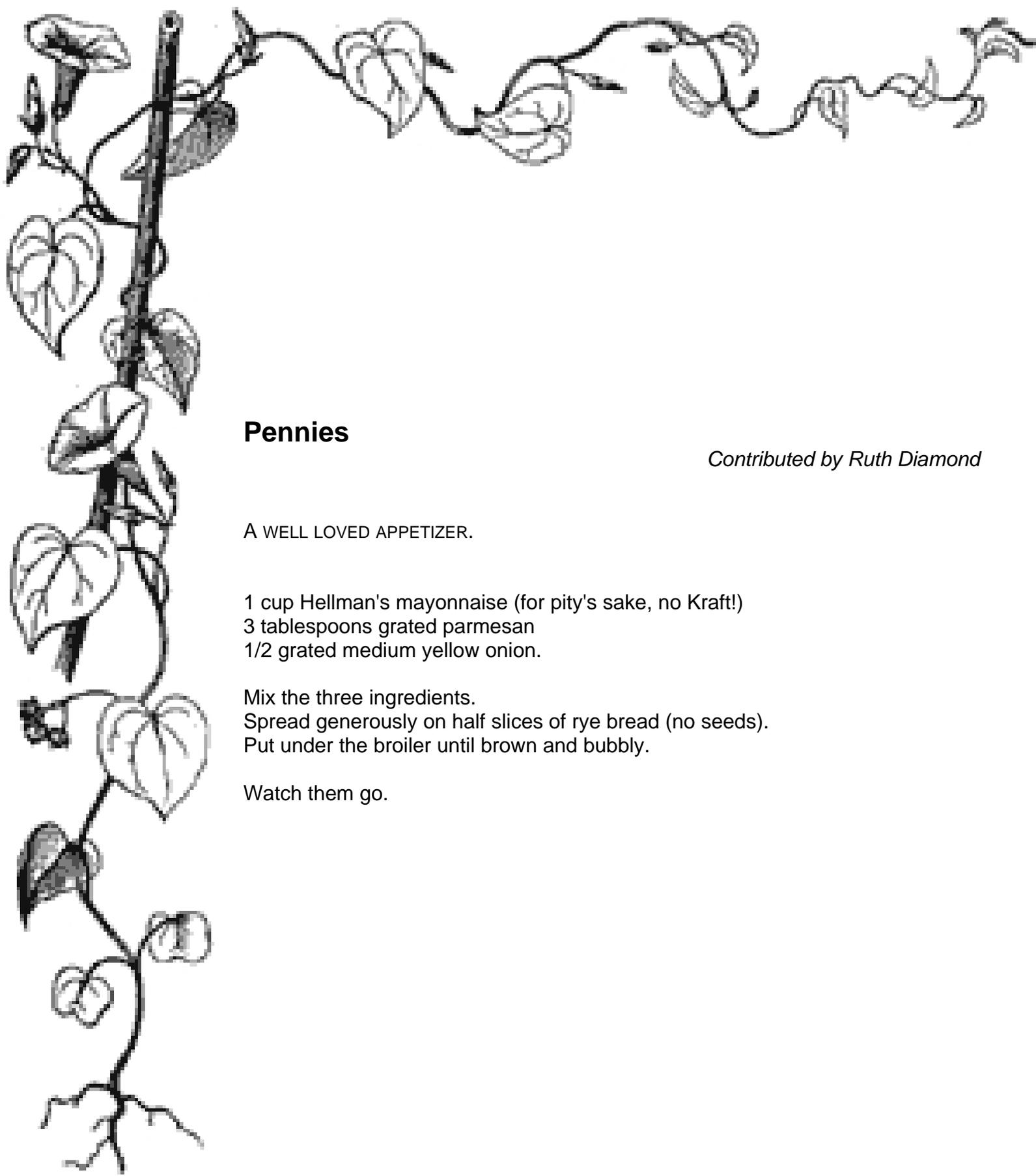
## Chopped Liver II

*Contributed by Judie Ostroff Goldstein*

- 1 pound chicken livers
- 1 large onion, finely chopped
- 1/3 cup oil
- 3 hard-boiled eggs
- ½ teaspoon salt, or to taste
- freshly ground black pepper, to taste

Preheat oven to 375°F. Wash and drain the chicken livers. Remove all fat and any discolored spots. If you find a green area, which is the gall, throw the liver away—it will make everything taste bitter. Arrange the livers on a foil-lined baking sheet and bake for 30 minutes. While livers are baking, sauté the onion in the oil until very brown.

Peel the eggs and chop them coarsely. Place in the bowl of food processor or blender. Add the livers, the sautéed onion, salt and pepper. Pulse the machine until everything is ground and mixed together.



## **Pennies**

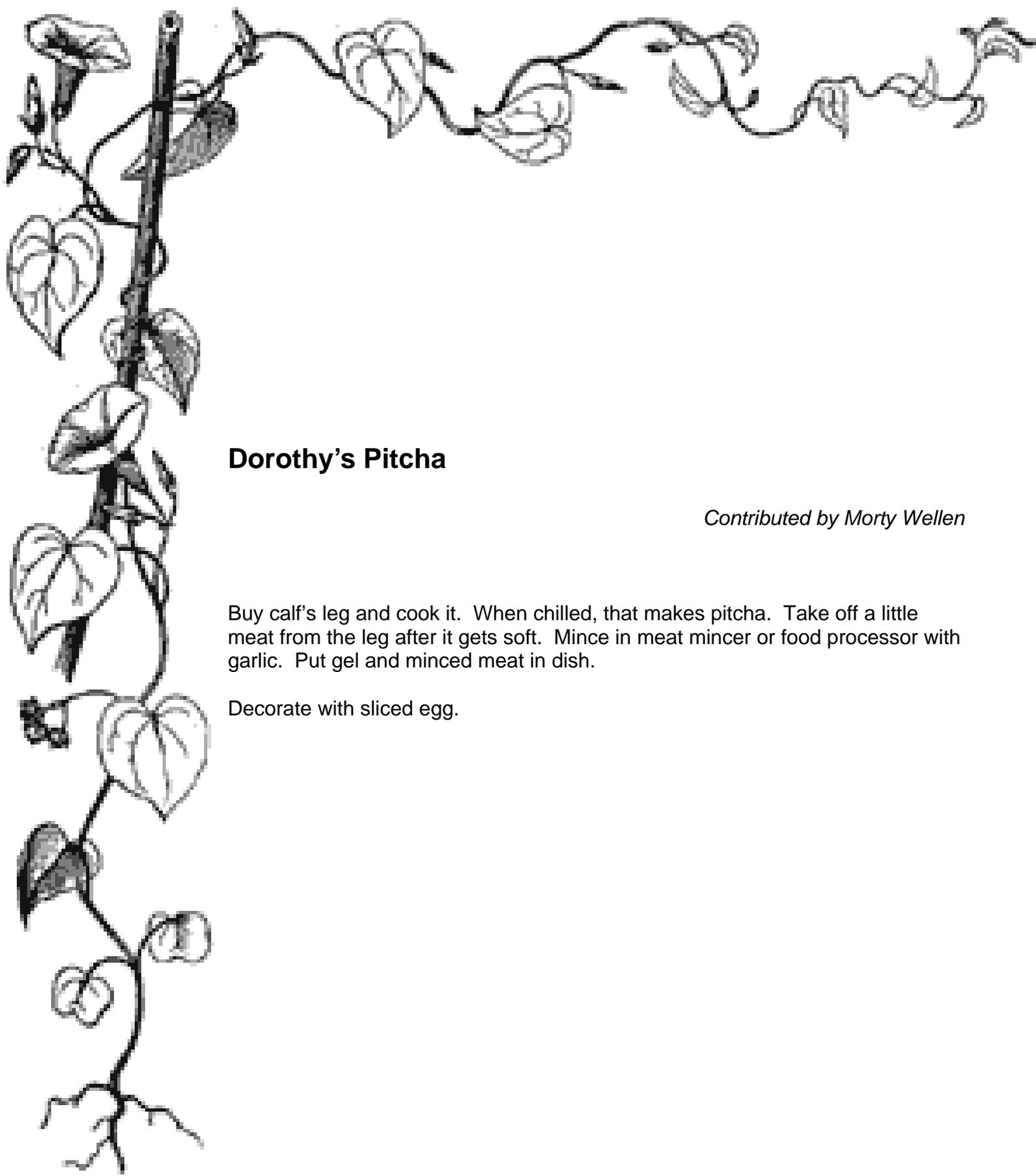
*Contributed by Ruth Diamond*

A WELL LOVED APPETIZER.

1 cup Hellman's mayonnaise (for pity's sake, no Kraft!)  
3 tablespoons grated parmesan  
1/2 grated medium yellow onion.

Mix the three ingredients.  
Spread generously on half slices of rye bread (no seeds).  
Put under the broiler until brown and bubbly.

Watch them go.

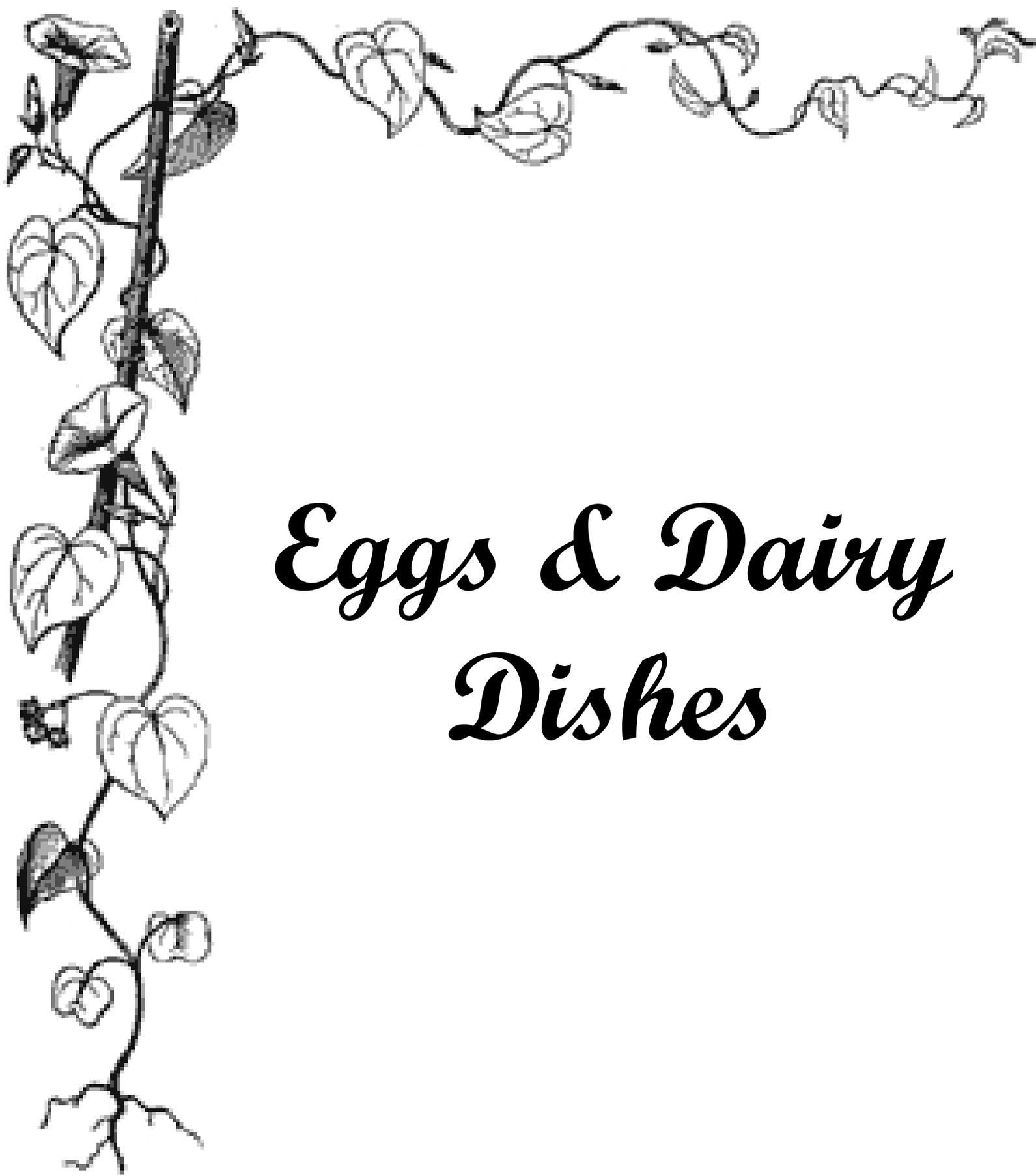


## **Dorothy's Pitcha**

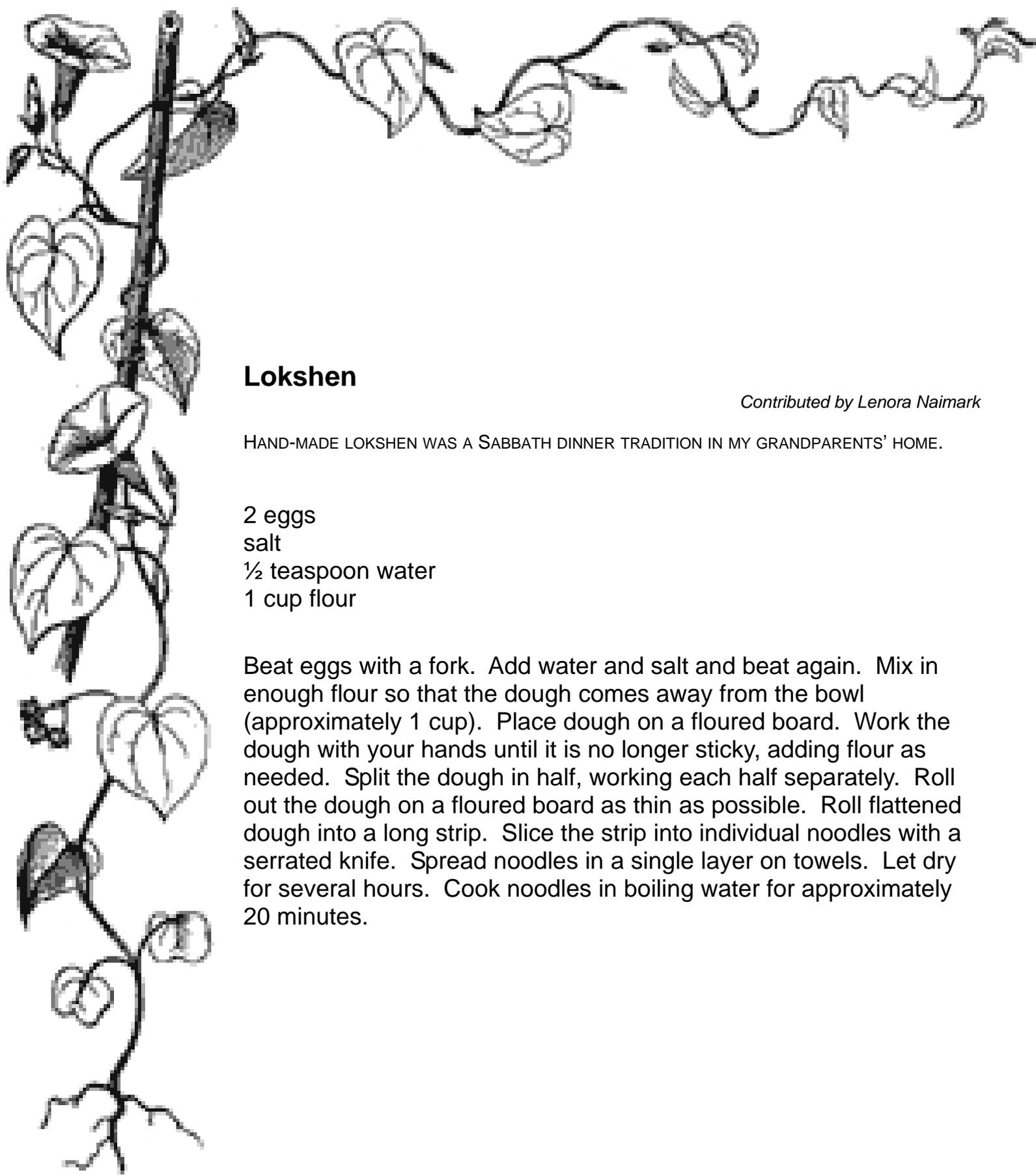
*Contributed by Morty Wellen*

Buy calf's leg and cook it. When chilled, that makes pitcha. Take off a little meat from the leg after it gets soft. Mince in meat mincer or food processor with garlic. Put gel and minced meat in dish.

Decorate with sliced egg.



*Eggs & Dairy  
Dishes*



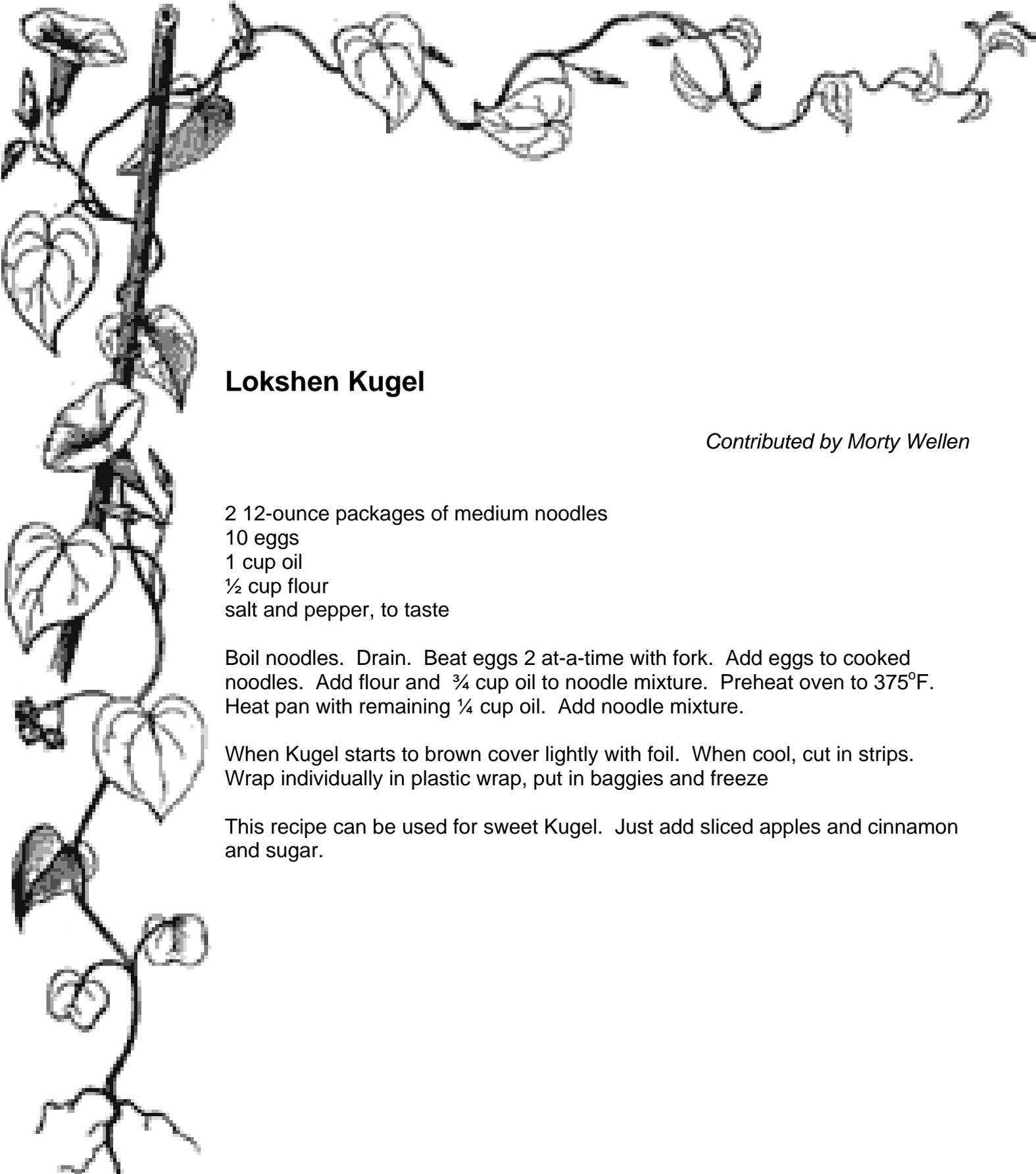
## Lokshen

*Contributed by Lenora Naimark*

HAND-MADE LOKSHEN WAS A SABBATH DINNER TRADITION IN MY GRANDPARENTS' HOME.

2 eggs  
salt  
½ teaspoon water  
1 cup flour

Beat eggs with a fork. Add water and salt and beat again. Mix in enough flour so that the dough comes away from the bowl (approximately 1 cup). Place dough on a floured board. Work the dough with your hands until it is no longer sticky, adding flour as needed. Split the dough in half, working each half separately. Roll out the dough on a floured board as thin as possible. Roll flattened dough into a long strip. Slice the strip into individual noodles with a serrated knife. Spread noodles in a single layer on towels. Let dry for several hours. Cook noodles in boiling water for approximately 20 minutes.



## Lokshen Kugel

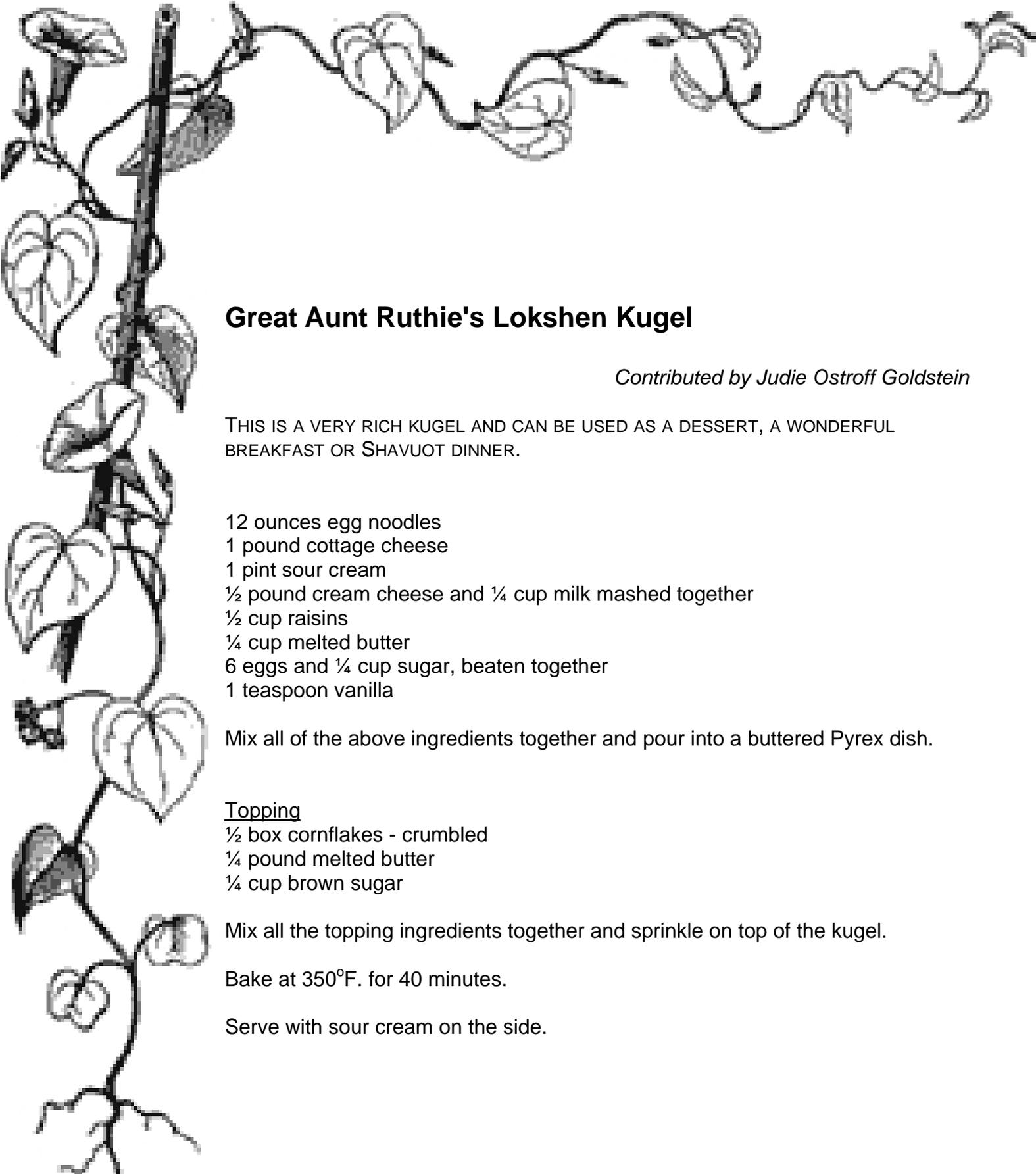
*Contributed by Morty Wellen*

2 12-ounce packages of medium noodles  
10 eggs  
1 cup oil  
½ cup flour  
salt and pepper, to taste

Boil noodles. Drain. Beat eggs 2 at-a-time with fork. Add eggs to cooked noodles. Add flour and ¾ cup oil to noodle mixture. Preheat oven to 375°F. Heat pan with remaining ¼ cup oil. Add noodle mixture.

When Kugel starts to brown cover lightly with foil. When cool, cut in strips. Wrap individually in plastic wrap, put in baggies and freeze

This recipe can be used for sweet Kugel. Just add sliced apples and cinnamon and sugar.



## Great Aunt Ruthie's Lokshen Kugel

*Contributed by Judie Ostroff Goldstein*

THIS IS A VERY RICH KUGEL AND CAN BE USED AS A DESSERT, A WONDERFUL BREAKFAST OR SHAVUOT DINNER.

12 ounces egg noodles  
1 pound cottage cheese  
1 pint sour cream  
½ pound cream cheese and ¼ cup milk mashed together  
½ cup raisins  
¼ cup melted butter  
6 eggs and ¼ cup sugar, beaten together  
1 teaspoon vanilla

Mix all of the above ingredients together and pour into a buttered Pyrex dish.

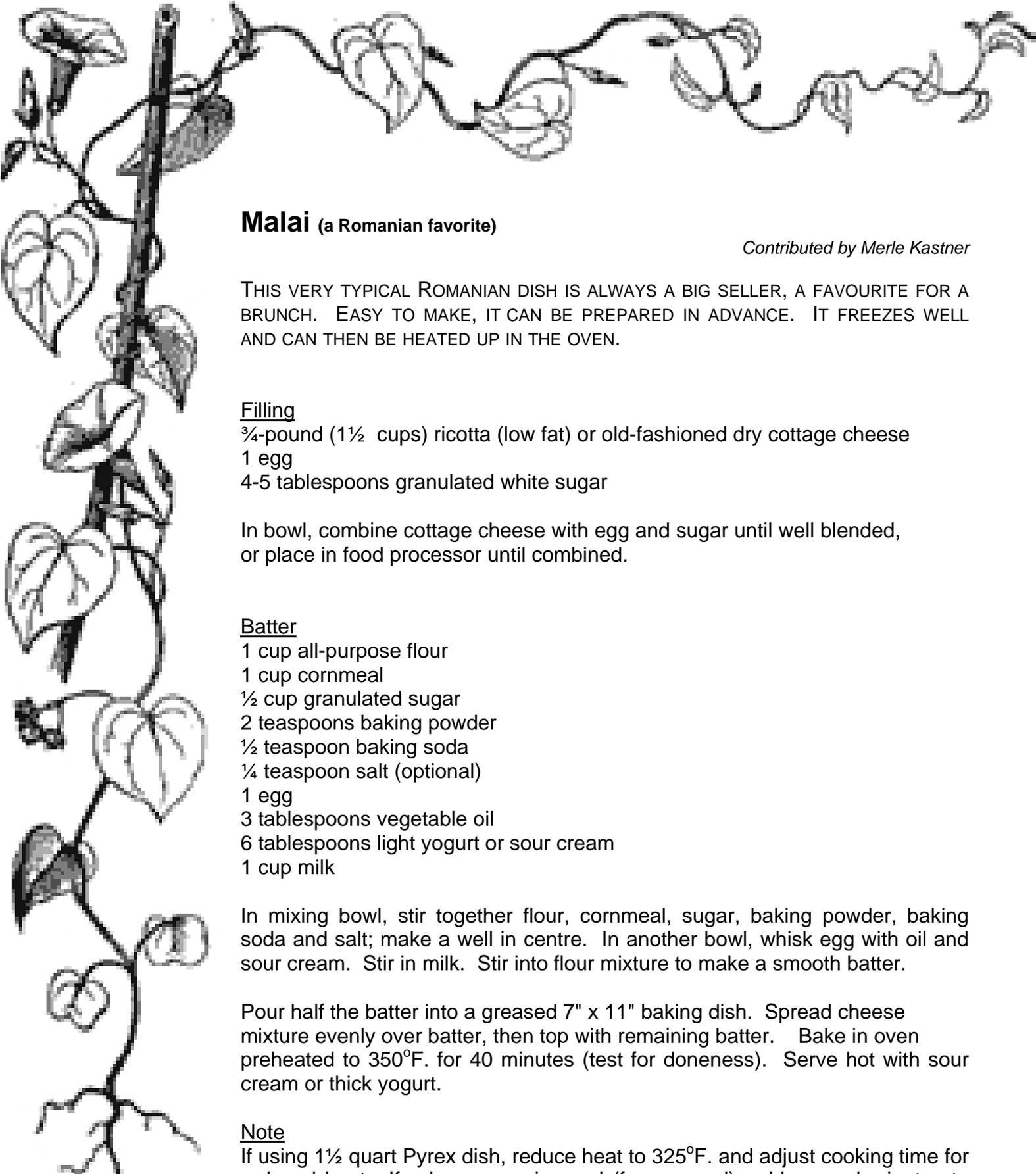
### Topping

½ box cornflakes - crumbled  
¼ pound melted butter  
¼ cup brown sugar

Mix all the topping ingredients together and sprinkle on top of the kugel.

Bake at 350°F. for 40 minutes.

Serve with sour cream on the side.



## **Malai** (a Romanian favorite)

*Contributed by Merle Kastner*

THIS VERY TYPICAL ROMANIAN DISH IS ALWAYS A BIG SELLER, A FAVOURITE FOR A BRUNCH. EASY TO MAKE, IT CAN BE PREPARED IN ADVANCE. IT FREEZES WELL AND CAN THEN BE HEATED UP IN THE OVEN.

### Filling

$\frac{3}{4}$ -pound ( $1\frac{1}{2}$  cups) ricotta (low fat) or old-fashioned dry cottage cheese  
1 egg  
4-5 tablespoons granulated white sugar

In bowl, combine cottage cheese with egg and sugar until well blended, or place in food processor until combined.

### Batter

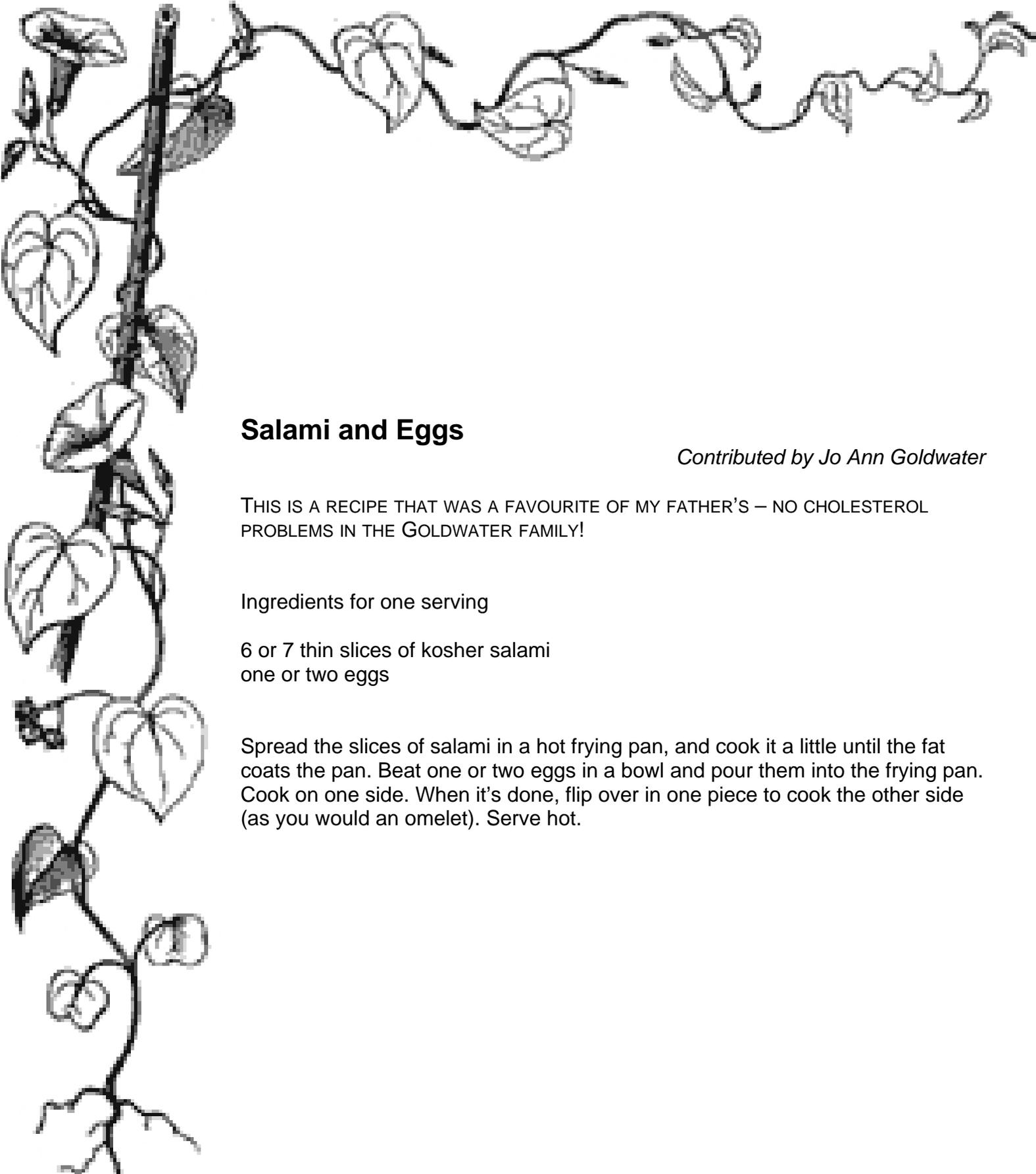
1 cup all-purpose flour  
1 cup cornmeal  
 $\frac{1}{2}$  cup granulated sugar  
2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt (optional)  
1 egg  
3 tablespoons vegetable oil  
6 tablespoons light yogurt or sour cream  
1 cup milk

In mixing bowl, stir together flour, cornmeal, sugar, baking powder, baking soda and salt; make a well in centre. In another bowl, whisk egg with oil and sour cream. Stir in milk. Stir into flour mixture to make a smooth batter.

Pour half the batter into a greased 7" x 11" baking dish. Spread cheese mixture evenly over batter, then top with remaining batter. Bake in oven preheated to 350°F. for 40 minutes (test for doneness). Serve hot with sour cream or thick yogurt.

### Note

If using  $1\frac{1}{2}$  quart Pyrex dish, reduce heat to 325°F. and adjust cooking time for reduced heat. If a larger pan is used (for a crowd), add several minutes to baking time (not too much, and test), being careful not to dry it out.



## Salami and Eggs

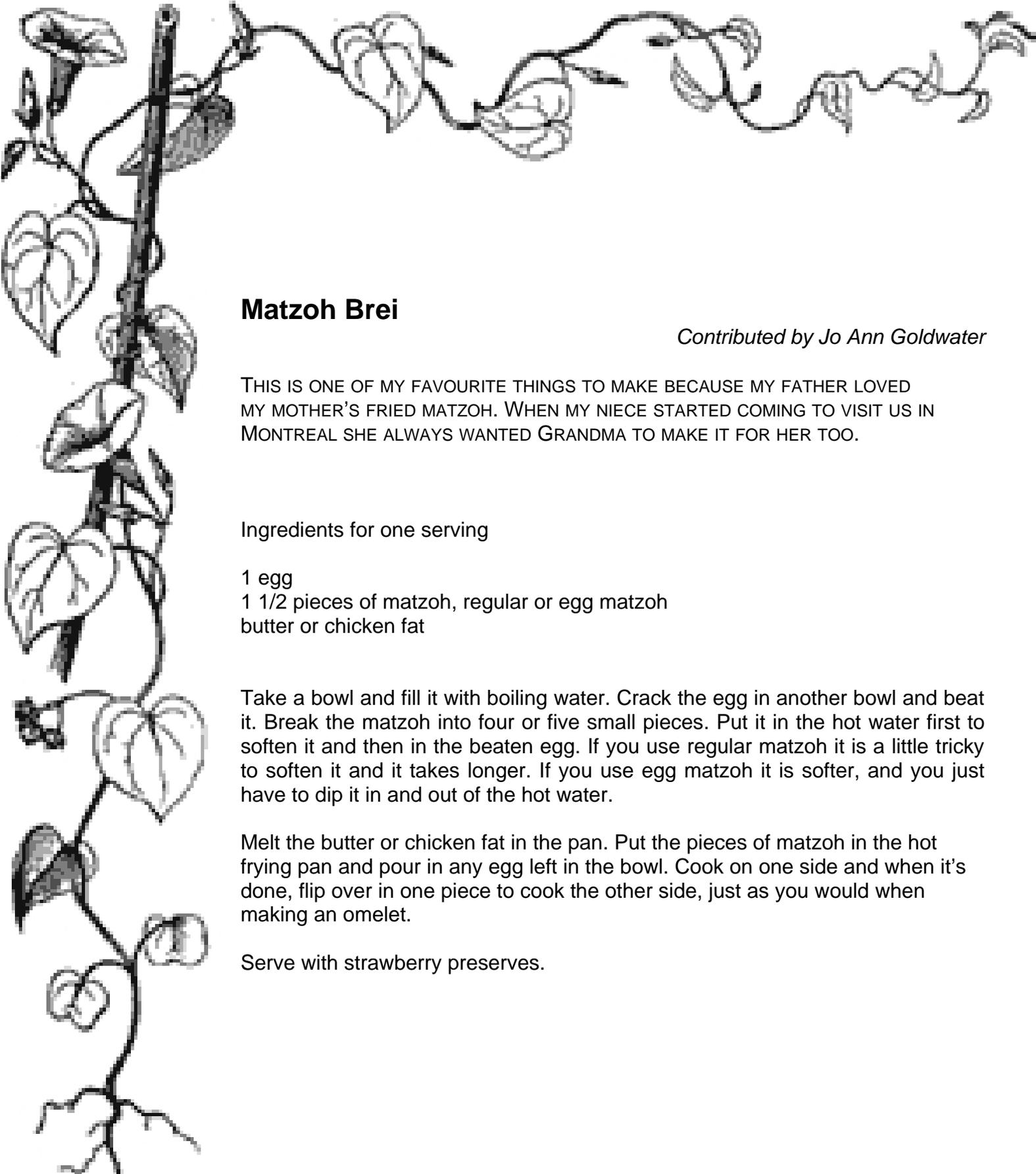
*Contributed by Jo Ann Goldwater*

THIS IS A RECIPE THAT WAS A FAVOURITE OF MY FATHER'S – NO CHOLESTEROL PROBLEMS IN THE GOLDWATER FAMILY!

Ingredients for one serving

6 or 7 thin slices of kosher salami  
one or two eggs

Spread the slices of salami in a hot frying pan, and cook it a little until the fat coats the pan. Beat one or two eggs in a bowl and pour them into the frying pan. Cook on one side. When it's done, flip over in one piece to cook the other side (as you would an omelet). Serve hot.



## Matzoh Brei

*Contributed by Jo Ann Goldwater*

THIS IS ONE OF MY FAVOURITE THINGS TO MAKE BECAUSE MY FATHER LOVED MY MOTHER'S FRIED MATZOH. WHEN MY NIECE STARTED COMING TO VISIT US IN MONTREAL SHE ALWAYS WANTED GRANDMA TO MAKE IT FOR HER TOO.

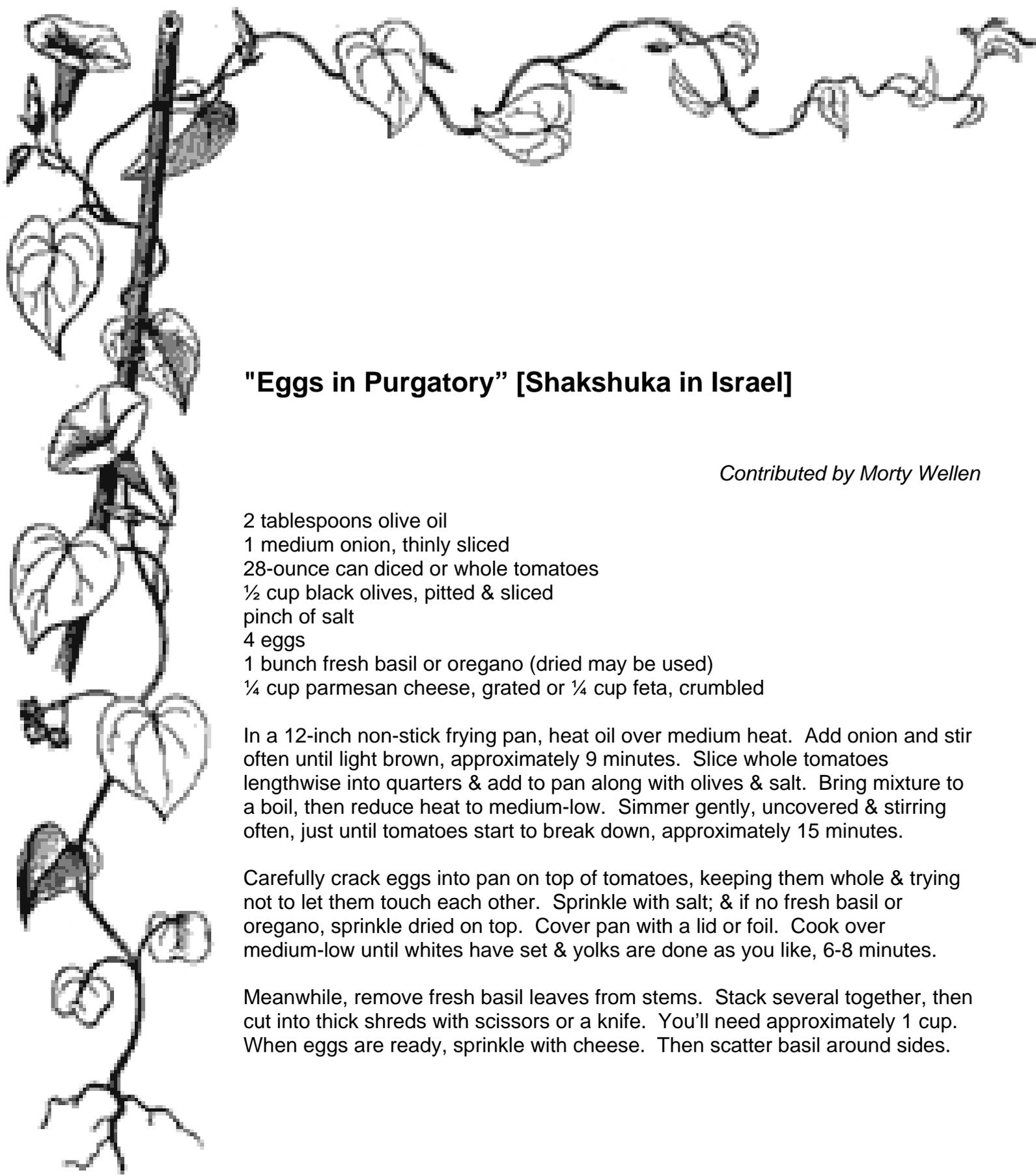
### Ingredients for one serving

1 egg  
1 1/2 pieces of matzoh, regular or egg matzoh  
butter or chicken fat

Take a bowl and fill it with boiling water. Crack the egg in another bowl and beat it. Break the matzoh into four or five small pieces. Put it in the hot water first to soften it and then in the beaten egg. If you use regular matzoh it is a little tricky to soften it and it takes longer. If you use egg matzoh it is softer, and you just have to dip it in and out of the hot water.

Melt the butter or chicken fat in the pan. Put the pieces of matzoh in the hot frying pan and pour in any egg left in the bowl. Cook on one side and when it's done, flip over in one piece to cook the other side, just as you would when making an omelet.

Serve with strawberry preserves.



## "Eggs in Purgatory" [Shakshuka in Israel]

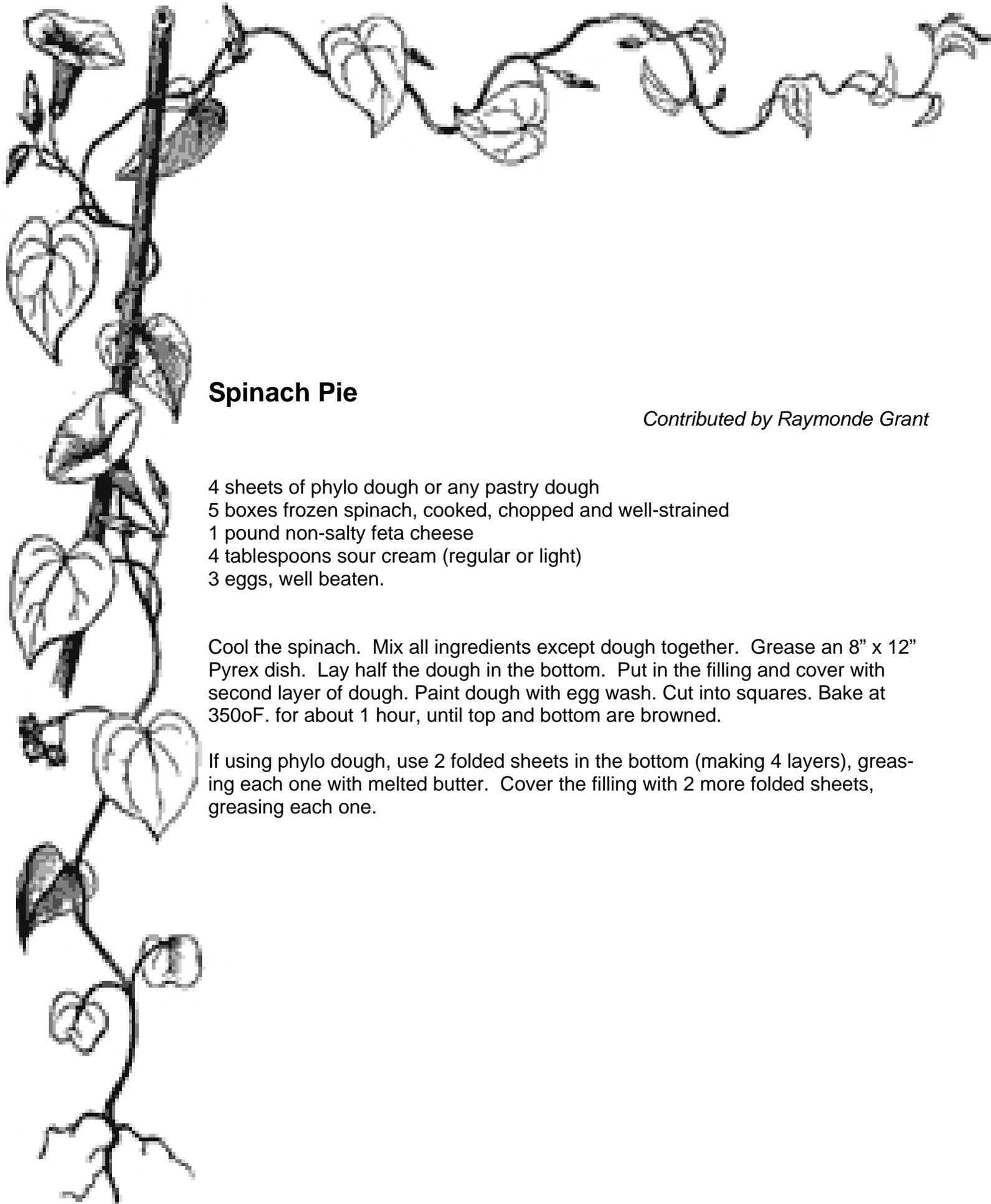
*Contributed by Morty Wellen*

2 tablespoons olive oil  
1 medium onion, thinly sliced  
28-ounce can diced or whole tomatoes  
½ cup black olives, pitted & sliced  
pinch of salt  
4 eggs  
1 bunch fresh basil or oregano (dried may be used)  
¼ cup parmesan cheese, grated or ¼ cup feta, crumbled

In a 12-inch non-stick frying pan, heat oil over medium heat. Add onion and stir often until light brown, approximately 9 minutes. Slice whole tomatoes lengthwise into quarters & add to pan along with olives & salt. Bring mixture to a boil, then reduce heat to medium-low. Simmer gently, uncovered & stirring often, just until tomatoes start to break down, approximately 15 minutes.

Carefully crack eggs into pan on top of tomatoes, keeping them whole & trying not to let them touch each other. Sprinkle with salt; & if no fresh basil or oregano, sprinkle dried on top. Cover pan with a lid or foil. Cook over medium-low until whites have set & yolks are done as you like, 6-8 minutes.

Meanwhile, remove fresh basil leaves from stems. Stack several together, then cut into thick shreds with scissors or a knife. You'll need approximately 1 cup. When eggs are ready, sprinkle with cheese. Then scatter basil around sides.



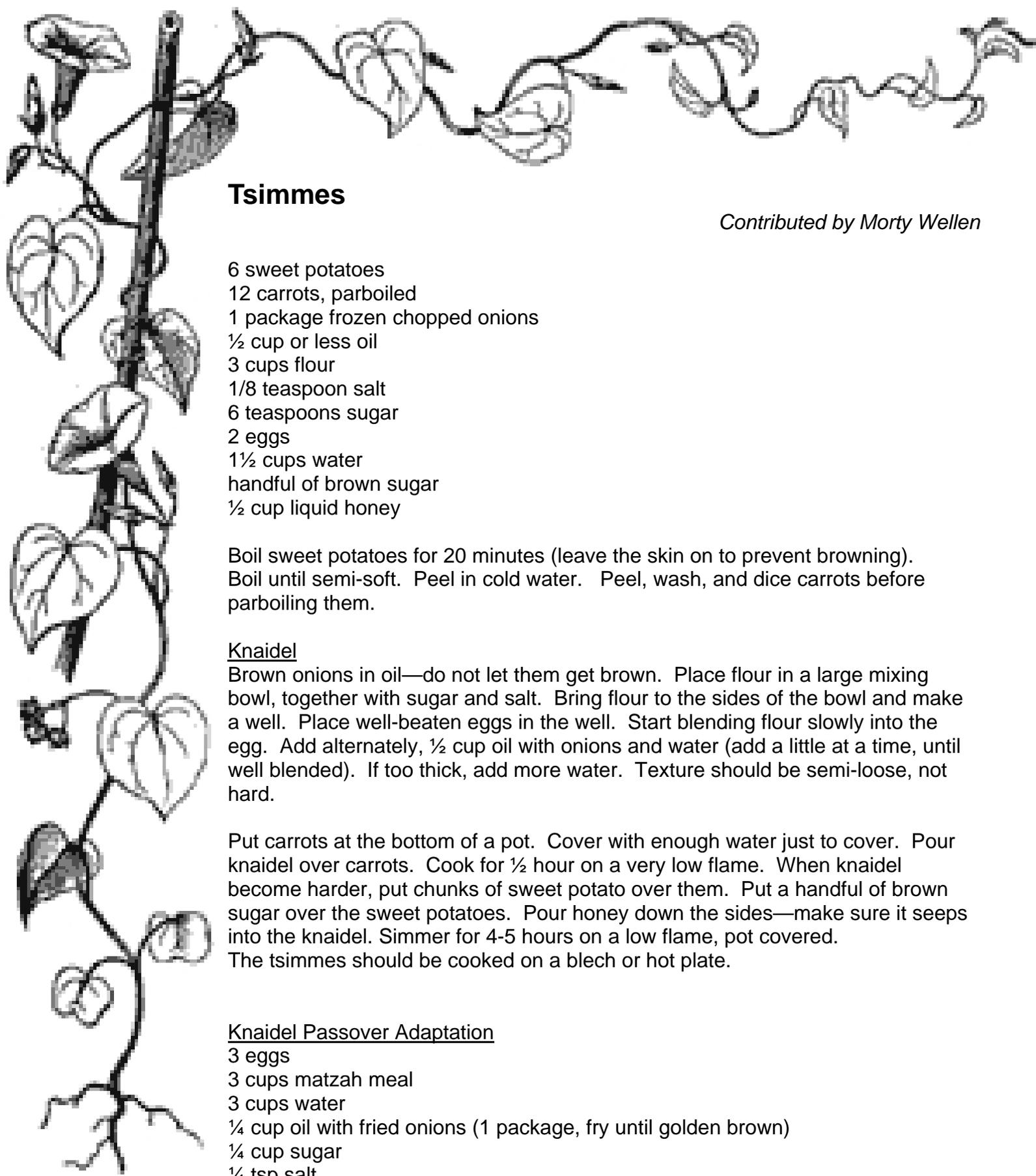
## Spinach Pie

*Contributed by Raymonde Grant*

- 4 sheets of phyllo dough or any pastry dough
- 5 boxes frozen spinach, cooked, chopped and well-strained
- 1 pound non-salty feta cheese
- 4 tablespoons sour cream (regular or light)
- 3 eggs, well beaten.

Cool the spinach. Mix all ingredients except dough together. Grease an 8" x 12" Pyrex dish. Lay half the dough in the bottom. Put in the filling and cover with second layer of dough. Paint dough with egg wash. Cut into squares. Bake at 350oF. for about 1 hour, until top and bottom are browned.

If using phyllo dough, use 2 folded sheets in the bottom (making 4 layers), greasing each one with melted butter. Cover the filling with 2 more folded sheets, greasing each one.



## Tsimmes

*Contributed by Morty Wellen*

6 sweet potatoes  
12 carrots, parboiled  
1 package frozen chopped onions  
½ cup or less oil  
3 cups flour  
1/8 teaspoon salt  
6 teaspoons sugar  
2 eggs  
1½ cups water  
handful of brown sugar  
½ cup liquid honey

Boil sweet potatoes for 20 minutes (leave the skin on to prevent browning). Boil until semi-soft. Peel in cold water. Peel, wash, and dice carrots before parboiling them.

### Knaidel

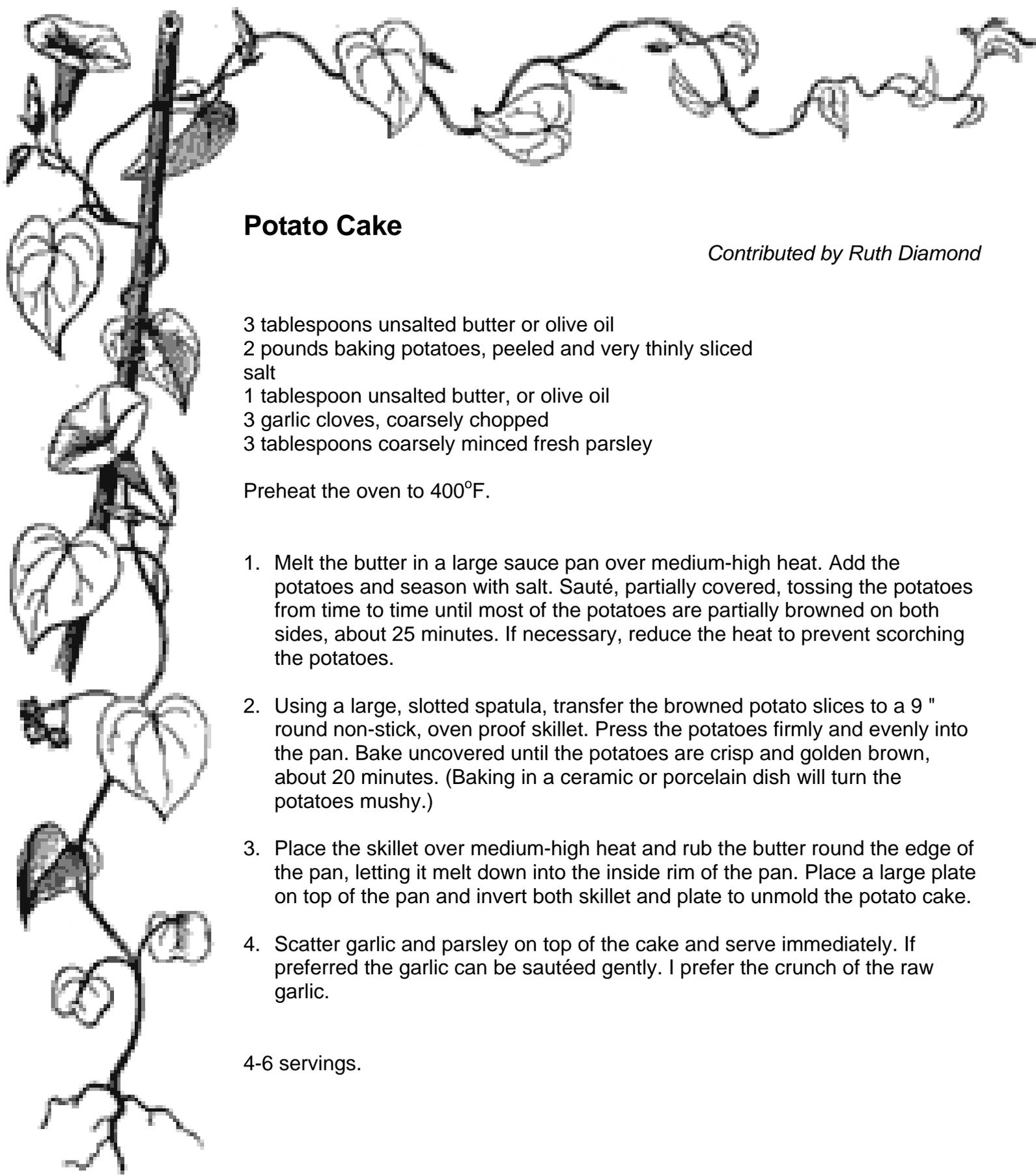
Brown onions in oil—do not let them get brown. Place flour in a large mixing bowl, together with sugar and salt. Bring flour to the sides of the bowl and make a well. Place well-beaten eggs in the well. Start blending flour slowly into the egg. Add alternately, ½ cup oil with onions and water (add a little at a time, until well blended). If too thick, add more water. Texture should be semi-loose, not hard.

Put carrots at the bottom of a pot. Cover with enough water just to cover. Pour knaidel over carrots. Cook for ½ hour on a very low flame. When knaidel become harder, put chunks of sweet potato over them. Put a handful of brown sugar over the sweet potatoes. Pour honey down the sides—make sure it seeps into the knaidel. Simmer for 4-5 hours on a low flame, pot covered. The tsimmes should be cooked on a blech or hot plate.

### Knaidel Passover Adaptation

3 eggs  
3 cups matzah meal  
3 cups water  
¼ cup oil with fried onions (1 package, fry until golden brown)  
¼ cup sugar  
¼ tsp salt

Place matzah meal in bowl, add sugar and salt. Make well in the centre of the matzah meal mixture. Add water, eggs and oil. Alternate a little at a time. Mix well. Should be medium loose.



## Potato Cake

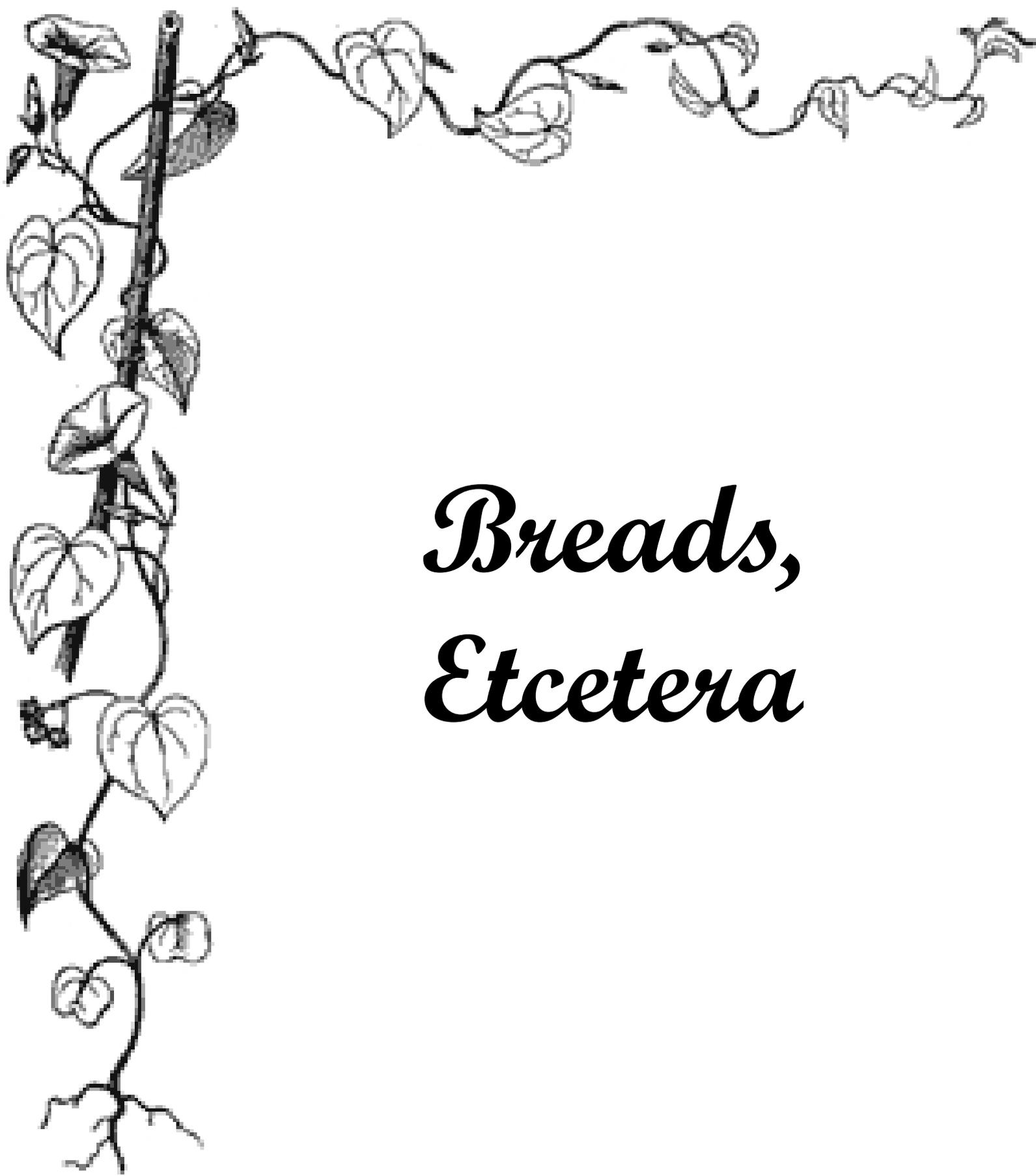
*Contributed by Ruth Diamond*

3 tablespoons unsalted butter or olive oil  
2 pounds baking potatoes, peeled and very thinly sliced  
salt  
1 tablespoon unsalted butter, or olive oil  
3 garlic cloves, coarsely chopped  
3 tablespoons coarsely minced fresh parsley

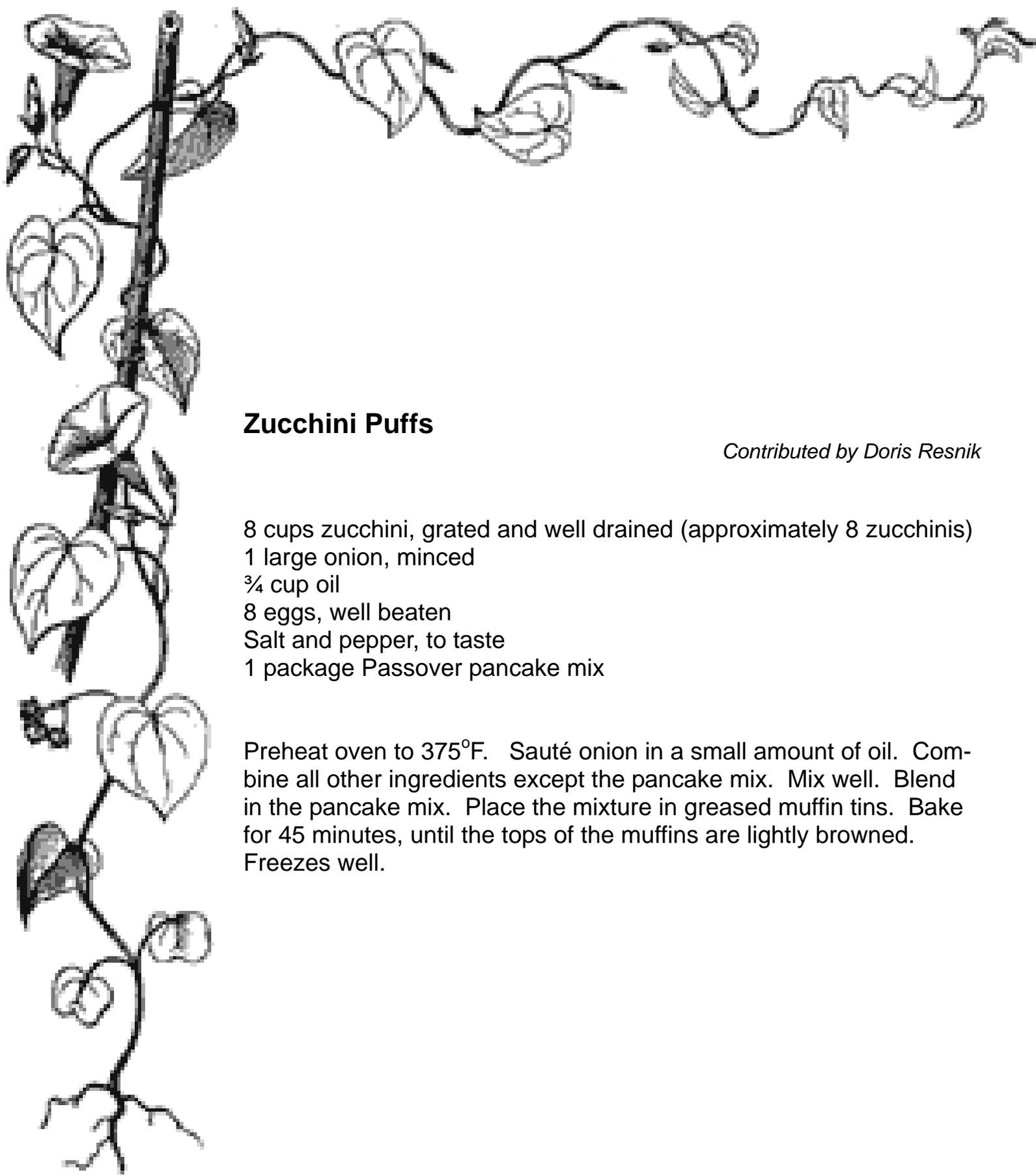
Preheat the oven to 400°F.

1. Melt the butter in a large sauce pan over medium-high heat. Add the potatoes and season with salt. Sauté, partially covered, tossing the potatoes from time to time until most of the potatoes are partially browned on both sides, about 25 minutes. If necessary, reduce the heat to prevent scorching the potatoes.
2. Using a large, slotted spatula, transfer the browned potato slices to a 9 " round non-stick, oven proof skillet. Press the potatoes firmly and evenly into the pan. Bake uncovered until the potatoes are crisp and golden brown, about 20 minutes. (Baking in a ceramic or porcelain dish will turn the potatoes mushy.)
3. Place the skillet over medium-high heat and rub the butter round the edge of the pan, letting it melt down into the inside rim of the pan. Place a large plate on top of the pan and invert both skillet and plate to unmold the potato cake.
4. Scatter garlic and parsley on top of the cake and serve immediately. If preferred the garlic can be sautéed gently. I prefer the crunch of the raw garlic.

4-6 servings.



*Breads,  
Etcetera*

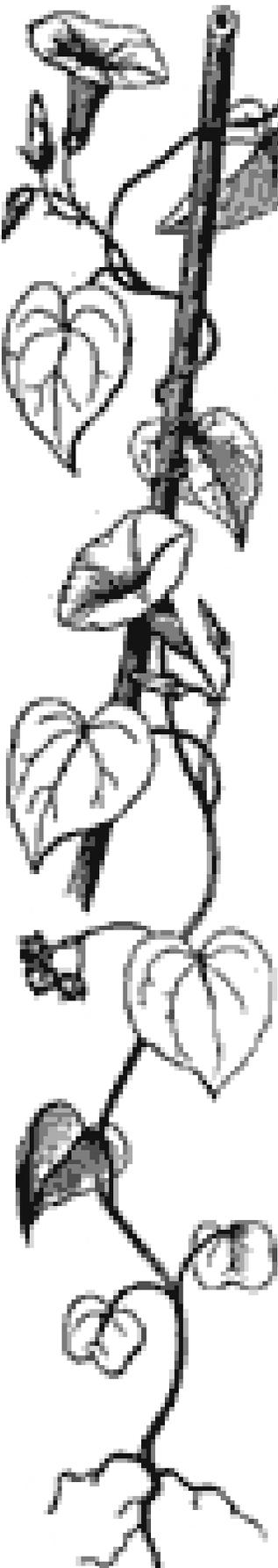


## Zucchini Puffs

*Contributed by Doris Resnik*

8 cups zucchini, grated and well drained (approximately 8 zucchinis)  
1 large onion, minced  
 $\frac{3}{4}$  cup oil  
8 eggs, well beaten  
Salt and pepper, to taste  
1 package Passover pancake mix

Preheat oven to 375°F. Sauté onion in a small amount of oil. Combine all other ingredients except the pancake mix. Mix well. Blend in the pancake mix. Place the mixture in greased muffin tins. Bake for 45 minutes, until the tops of the muffins are lightly browned. Freezes well.



## Chalah

*Contributed by Merle Kastner*

A TRADITION FOR SHABBAT DINNER (BUT DELICIOUS AT ANY TIME).

1 package of yeast  
2 teaspoons sugar  
1¼ cups lukewarm water  
4½ cups sifted flour  
2 teaspoons salt  
2 eggs  
2 tablespoons vegetable oil  
1 egg yolk  
4 tablespoons poppy or sesame seeds

Combine ¼ cup lukewarm water and sugar, sprinkle with the yeast and let stand for 5 minutes. It will mushroom and rise.

Sift the flour and salt into a bowl. Make a well in the center and drop the eggs, oil, remaining water and the yeast mixture into it. Mix quickly and then work this mixture into the flour. Knead on a floured surface until smooth and elastic. Place in a bowl and brush the top with a little oil. Cover with a clean dish towel, set in a warm place and let stand for an hour. After about an hour, punch down, cover again and let rise until it becomes double in size.

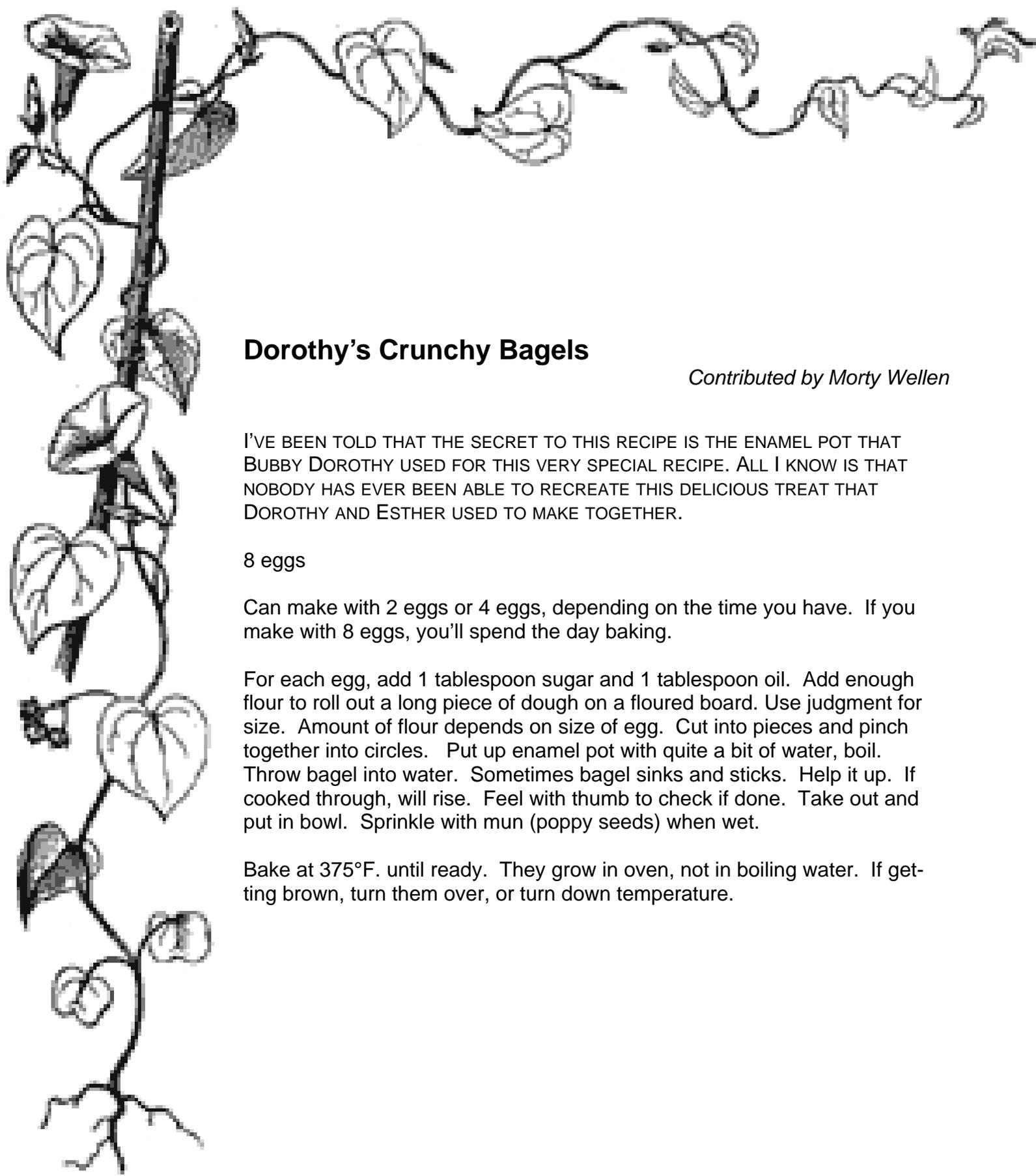
Divide the dough into three equal parts. Flour your hands and roll the dough into three strips of even length. Braid them together and place the braided dough on an oiled or non-stick baking pan. Cover again with a towel and let it rise again until the size has doubled (about an hour). Remove the towel, brush the unbaked bread with the beaten egg yolk and sprinkle with the seeds (poppy or sesame). Bake in a preheated 375°F. oven for 50 minutes or until browned (but not too dark) - keep an eye on it.

This makes one very large chalah, but can be divided into two breads before baking and just bake for a bit less time (watch it, though). Freezes well if wrapped tightly in a plastic bag.

Delicious variations - do not braid the dough but roll it out quickly:

Spread it with raisins, cinnamon and brown sugar, roll it up like a jelly roll – voilà - incredibly delicious raisin bread.

Spread it with fried onions (leave a little of the oil for spreading, too), a little salt and roll it up like jelly roll – you will have scrumptious onion bread.



## Dorothy's Crunchy Bagels

*Contributed by Morty Wellen*

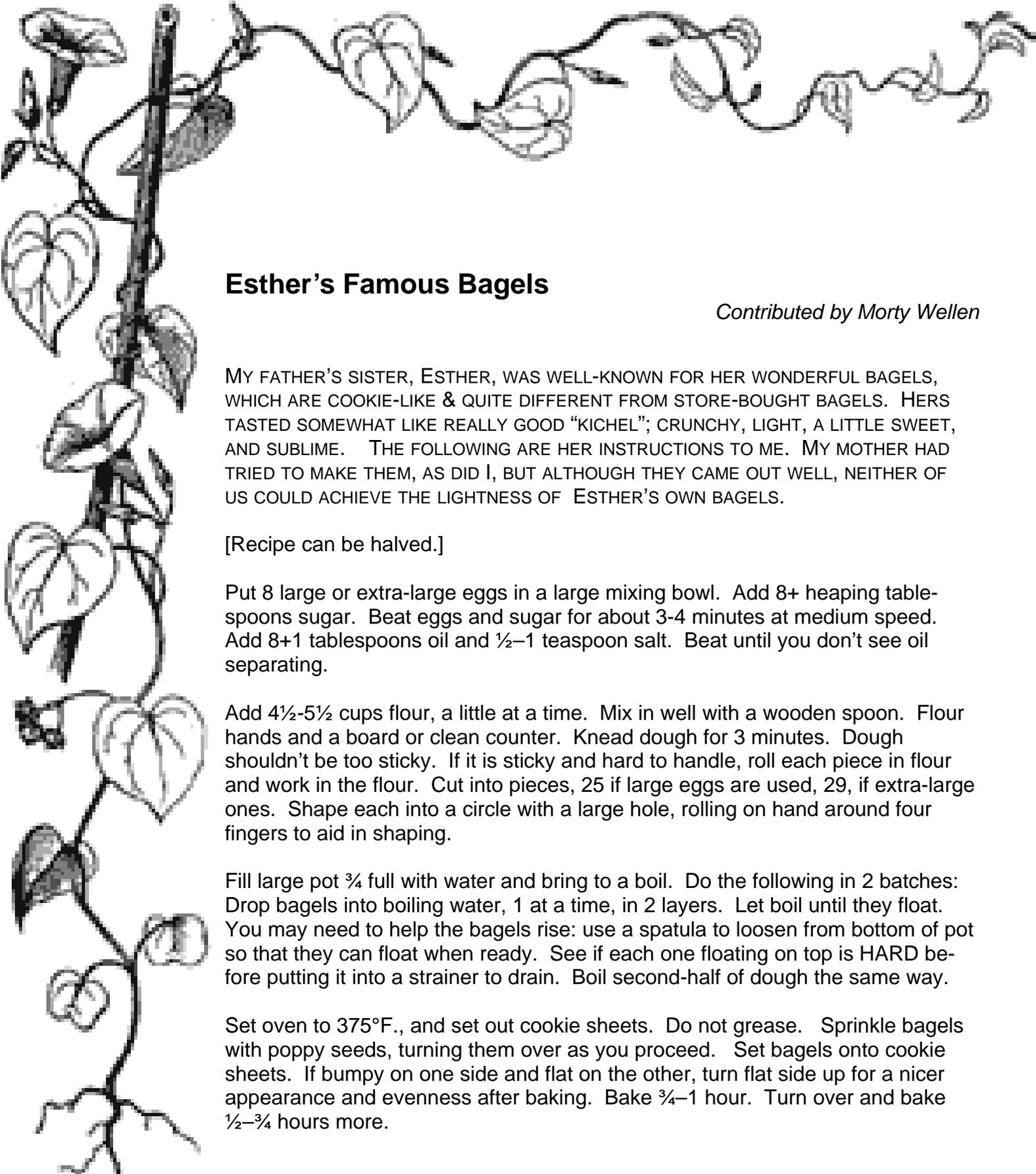
I'VE BEEN TOLD THAT THE SECRET TO THIS RECIPE IS THE ENAMEL POT THAT BUBBY DOROTHY USED FOR THIS VERY SPECIAL RECIPE. ALL I KNOW IS THAT NOBODY HAS EVER BEEN ABLE TO RECREATE THIS DELICIOUS TREAT THAT DOROTHY AND ESTHER USED TO MAKE TOGETHER.

8 eggs

Can make with 2 eggs or 4 eggs, depending on the time you have. If you make with 8 eggs, you'll spend the day baking.

For each egg, add 1 tablespoon sugar and 1 tablespoon oil. Add enough flour to roll out a long piece of dough on a floured board. Use judgment for size. Amount of flour depends on size of egg. Cut into pieces and pinch together into circles. Put up enamel pot with quite a bit of water, boil. Throw bagel into water. Sometimes bagel sinks and sticks. Help it up. If cooked through, will rise. Feel with thumb to check if done. Take out and put in bowl. Sprinkle with mun (poppy seeds) when wet.

Bake at 375°F. until ready. They grow in oven, not in boiling water. If getting brown, turn them over, or turn down temperature.



## Esther's Famous Bagels

*Contributed by Morty Wellen*

MY FATHER'S SISTER, ESTHER, WAS WELL-KNOWN FOR HER WONDERFUL BAGELS, WHICH ARE COOKIE-LIKE & QUITE DIFFERENT FROM STORE-BOUGHT BAGELS. HERS TASTED SOMEWHAT LIKE REALLY GOOD "KICHEL"; CRUNCHY, LIGHT, A LITTLE SWEET, AND SUBLIME. THE FOLLOWING ARE HER INSTRUCTIONS TO ME. MY MOTHER HAD TRIED TO MAKE THEM, AS DID I, BUT ALTHOUGH THEY CAME OUT WELL, NEITHER OF US COULD ACHIEVE THE LIGHTNESS OF ESTHER'S OWN BAGELS.

[Recipe can be halved.]

Put 8 large or extra-large eggs in a large mixing bowl. Add 8+ heaping table-spoons sugar. Beat eggs and sugar for about 3-4 minutes at medium speed. Add 8+1 tablespoons oil and  $\frac{1}{2}$ -1 teaspoon salt. Beat until you don't see oil separating.

Add 4 $\frac{1}{2}$ -5 $\frac{1}{2}$  cups flour, a little at a time. Mix in well with a wooden spoon. Flour hands and a board or clean counter. Knead dough for 3 minutes. Dough shouldn't be too sticky. If it is sticky and hard to handle, roll each piece in flour and work in the flour. Cut into pieces, 25 if large eggs are used, 29, if extra-large ones. Shape each into a circle with a large hole, rolling on hand around four fingers to aid in shaping.

Fill large pot  $\frac{3}{4}$  full with water and bring to a boil. Do the following in 2 batches: Drop bagels into boiling water, 1 at a time, in 2 layers. Let boil until they float. You may need to help the bagels rise: use a spatula to loosen from bottom of pot so that they can float when ready. See if each one floating on top is HARD before putting it into a strainer to drain. Boil second-half of dough the same way.

Set oven to 375°F., and set out cookie sheets. Do not grease. Sprinkle bagels with poppy seeds, turning them over as you proceed. Set bagels onto cookie sheets. If bumpy on one side and flat on the other, turn flat side up for a nicer appearance and evenness after baking. Bake  $\frac{3}{4}$ -1 hour. Turn over and bake  $\frac{1}{2}$ - $\frac{3}{4}$  hours more.



## Nana's Cornbread

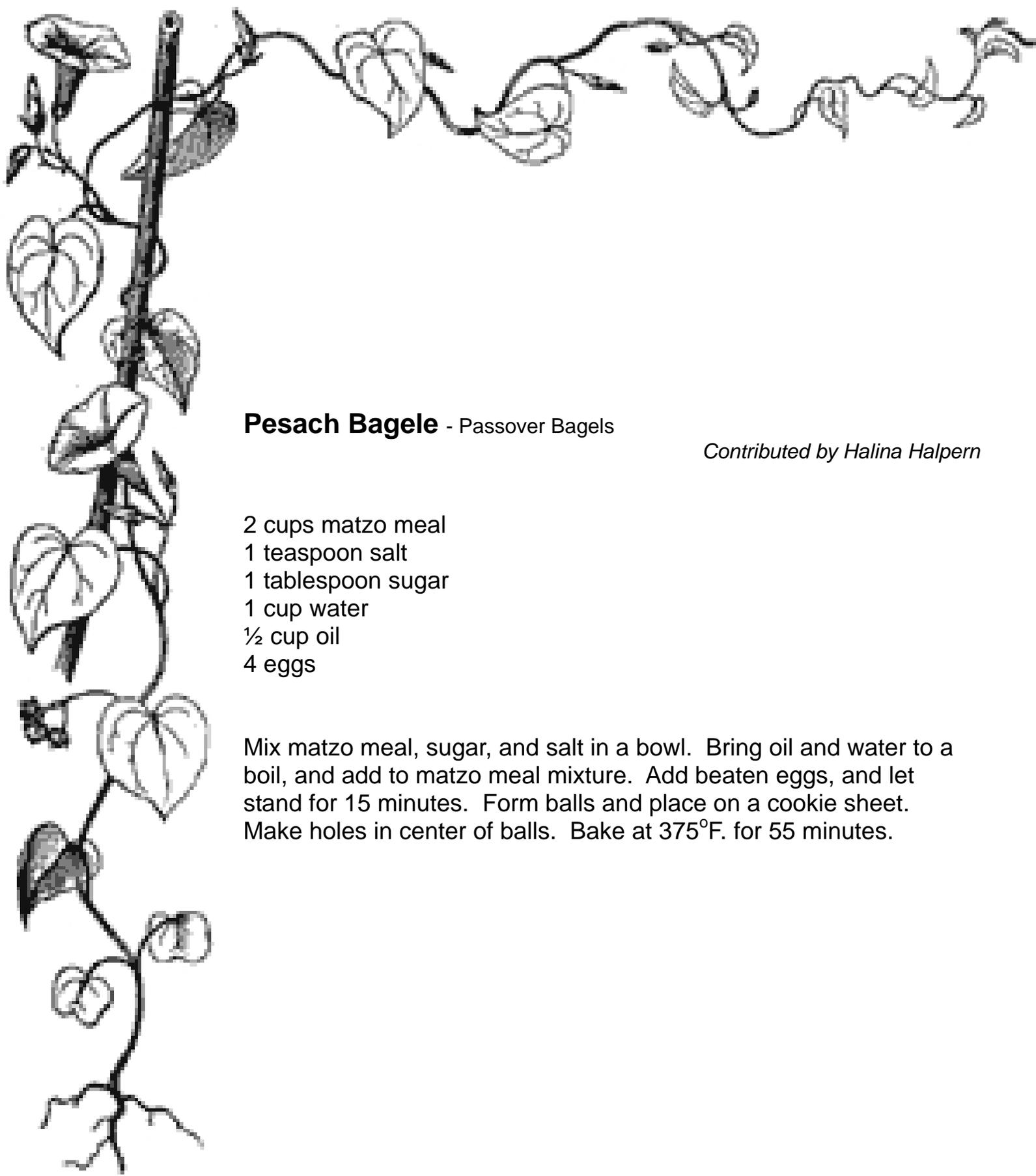
*Contributed by Victoria "Vicki" Barkoff*

MY MATERNAL GRANDMOTHER WAS BORN IN KINGSTON, NEW YORK IN 1879. THIS IS HER RECIPE FOR CORN STICKS, WHICH TRADITIONALLY ARE BAKED IN A CAST-IRON PAN THAT TURNS OUT CORNCOB-SHAPED TREATS. I INHERITED HER VINTAGE GRISWOLD CORN STICK PAN ALONG WITH THE RECIPE. YOU COULD MAKE THESE IN A MADELEINE PAN OR EVEN A MUFFIN TIN, BUT FOR THE FULL EFFECT, WHY NOT BUY A CORN STICK PAN (NEW OR ANTIQUE, AVAILABLE ONLINE) AND START YOUR OWN FAMILY TRADITION?

- 1 cup yellow cornmeal
- ½ cup flour
- ¼ cup sugar
- 2 teaspoons baking powder
- ⅛ teaspoon salt
- 2 tablespoons melted butter
- 1 cup milk

Sift dry ingredients together. Add liquids. Pour into hot, greased cast-iron pan. Bake for 20 minutes at 370°F.



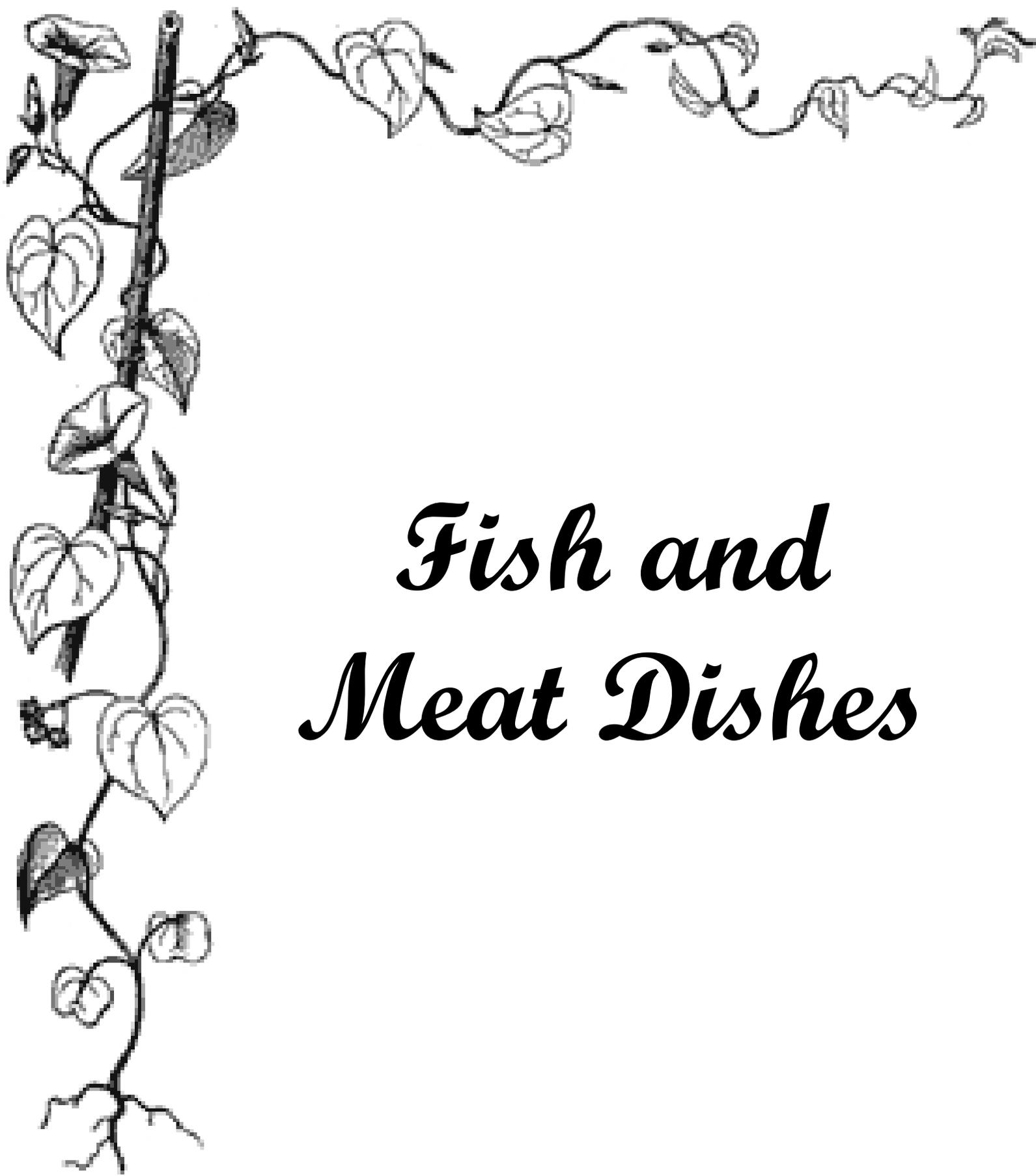


## **Pesach Bagele** - Passover Bagels

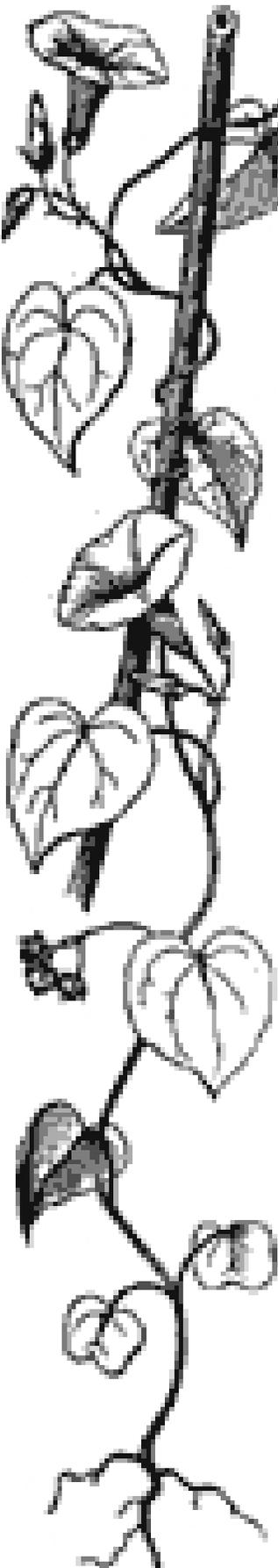
*Contributed by Halina Halpern*

2 cups matzo meal  
1 teaspoon salt  
1 tablespoon sugar  
1 cup water  
½ cup oil  
4 eggs

Mix matzo meal, sugar, and salt in a bowl. Bring oil and water to a boil, and add to matzo meal mixture. Add beaten eggs, and let stand for 15 minutes. Form balls and place on a cookie sheet. Make holes in center of balls. Bake at 375°F. for 55 minutes.



*Fish and  
Meat Dishes*



## Mama's Gefilte Fish

*Contributed by Raymonde Grant*

### Fish Balls

2 pounds fish- a mix of whitefish, dore and pike cut into 2" pieces or previously minced  
fish bones and/or head for sauce  
2 grated medium sized Spanish onions  
2 eggs  
cold water  
salt and pepper, to taste  
2 tablespoons matzo meal  
a touch of sugar to taste - Litvacks less, Pollacks more

### Boullion

1 each carrot, celery, parsnip, Spanish onion, all sliced  
parsley to taste  
pepper to taste  
fish bones  
4 cups cold water

Boil up for 25 minutes. Cover part of the time not to lose too much liquid.

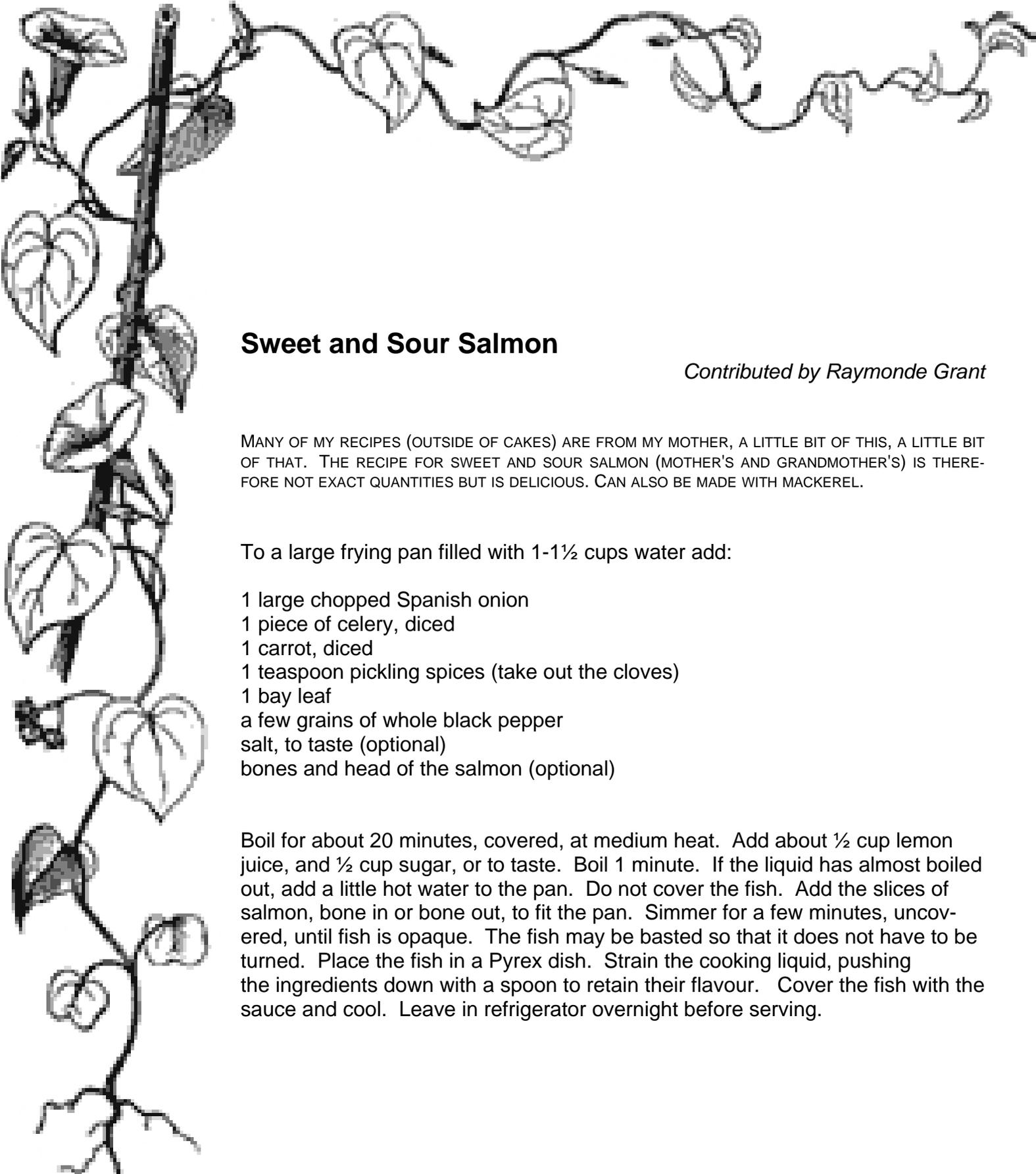
In the meantime mince onion in processor, if necessary, for a few seconds, add the pieces of fish and process until smooth (leave some texture). If the fish is already minced proceed to the next step. Add the rest of the ingredients with a little cold water and process for another few seconds, until well mixed. Add a little more water if necessary.

Wet hands with cold water and form into balls. Drop into simmering water and cook for approximately 2½ hours. Cool. Place in a large shallow glass dish. Strain the sauce and pour over the fish. Save the carrot, slice it, and place one piece on each piece of fish. Refrigerate overnight to allow sauce to jell.

If you have no food processor, buy the fish minced, and chop in a large bowl. Follow rest of recipe.

### Rolls

To make rolls of fish for slicing, take about ½ to ¾ pound of the fish mixture and roll it in a piece of plastic wrap, twist the ends and drop into the boiling water. When fish solidifies, unwrap it (of course, throw away the plastic wrap) and continue to boil fish until ready.



## Sweet and Sour Salmon

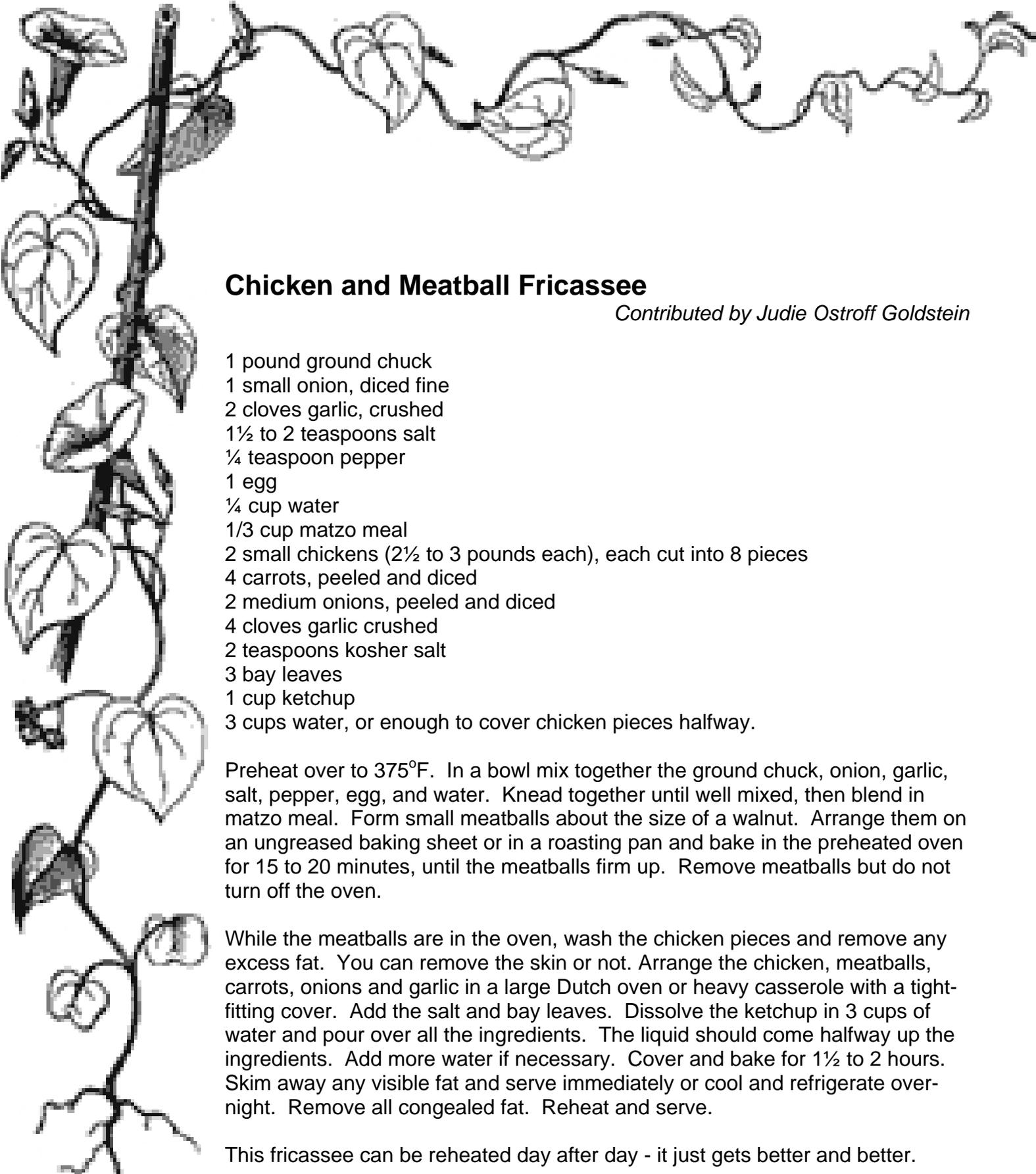
*Contributed by Raymonde Grant*

MANY OF MY RECIPES (OUTSIDE OF CAKES) ARE FROM MY MOTHER, A LITTLE BIT OF THIS, A LITTLE BIT OF THAT. THE RECIPE FOR SWEET AND SOUR SALMON (MOTHER'S AND GRANDMOTHER'S) IS THEREFORE NOT EXACT QUANTITIES BUT IS DELICIOUS. CAN ALSO BE MADE WITH MACKEREL.

To a large frying pan filled with 1-1½ cups water add:

- 1 large chopped Spanish onion
- 1 piece of celery, diced
- 1 carrot, diced
- 1 teaspoon pickling spices (take out the cloves)
- 1 bay leaf
- a few grains of whole black pepper
- salt, to taste (optional)
- bones and head of the salmon (optional)

Boil for about 20 minutes, covered, at medium heat. Add about ½ cup lemon juice, and ½ cup sugar, or to taste. Boil 1 minute. If the liquid has almost boiled out, add a little hot water to the pan. Do not cover the fish. Add the slices of salmon, bone in or bone out, to fit the pan. Simmer for a few minutes, uncovered, until fish is opaque. The fish may be basted so that it does not have to be turned. Place the fish in a Pyrex dish. Strain the cooking liquid, pushing the ingredients down with a spoon to retain their flavour. Cover the fish with the sauce and cool. Leave in refrigerator overnight before serving.



## Chicken and Meatball Fricassee

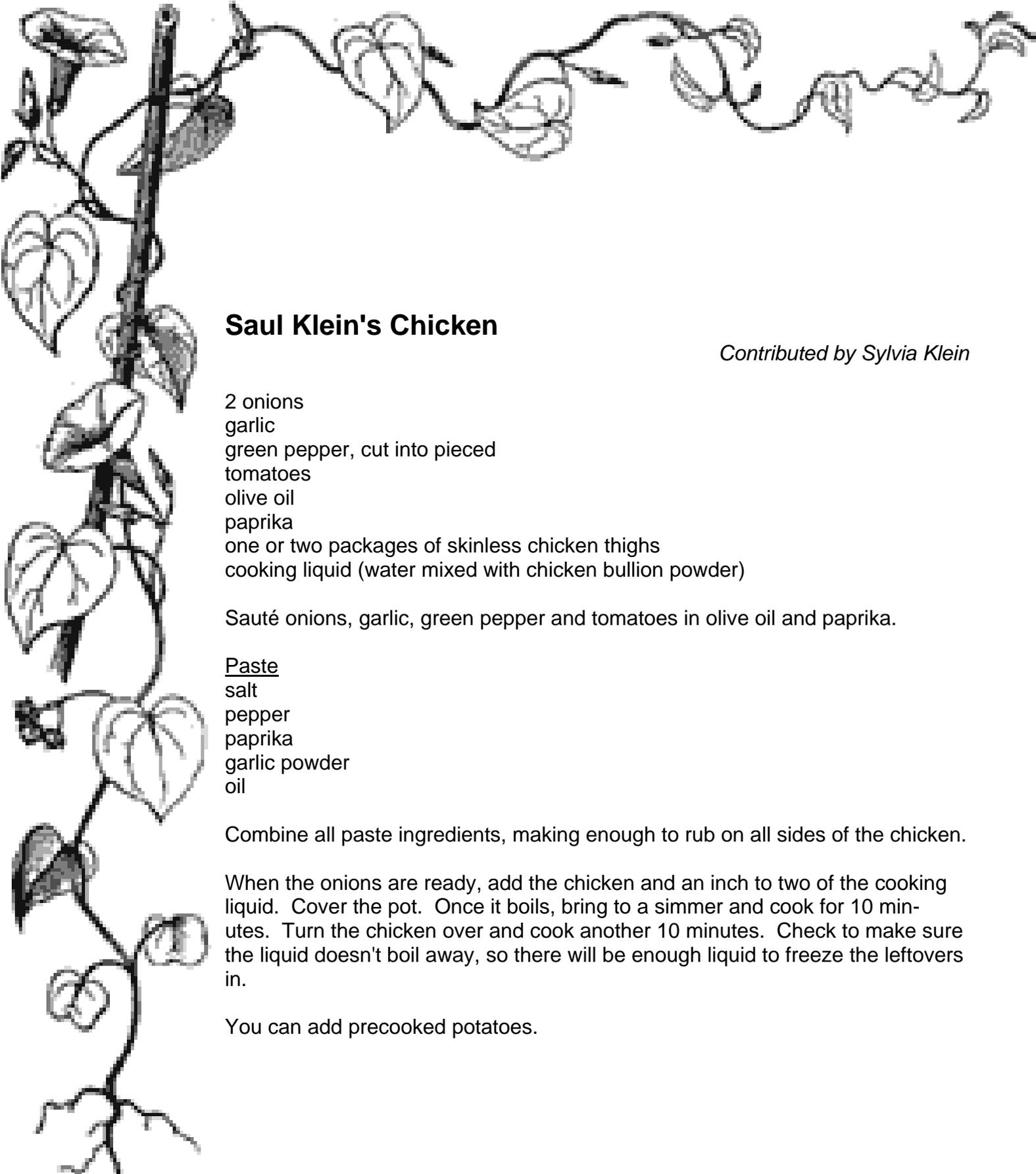
*Contributed by Judie Ostroff Goldstein*

- 1 pound ground chuck
- 1 small onion, diced fine
- 2 cloves garlic, crushed
- 1½ to 2 teaspoons salt
- ¼ teaspoon pepper
- 1 egg
- ¼ cup water
- 1/3 cup matzo meal
- 2 small chickens (2½ to 3 pounds each), each cut into 8 pieces
- 4 carrots, peeled and diced
- 2 medium onions, peeled and diced
- 4 cloves garlic crushed
- 2 teaspoons kosher salt
- 3 bay leaves
- 1 cup ketchup
- 3 cups water, or enough to cover chicken pieces halfway.

Preheat oven to 375°F. In a bowl mix together the ground chuck, onion, garlic, salt, pepper, egg, and water. Knead together until well mixed, then blend in matzo meal. Form small meatballs about the size of a walnut. Arrange them on an ungreased baking sheet or in a roasting pan and bake in the preheated oven for 15 to 20 minutes, until the meatballs firm up. Remove meatballs but do not turn off the oven.

While the meatballs are in the oven, wash the chicken pieces and remove any excess fat. You can remove the skin or not. Arrange the chicken, meatballs, carrots, onions and garlic in a large Dutch oven or heavy casserole with a tight-fitting cover. Add the salt and bay leaves. Dissolve the ketchup in 3 cups of water and pour over all the ingredients. The liquid should come halfway up the ingredients. Add more water if necessary. Cover and bake for 1½ to 2 hours. Skim away any visible fat and serve immediately or cool and refrigerate overnight. Remove all congealed fat. Reheat and serve.

This fricassee can be reheated day after day - it just gets better and better.



## Saul Klein's Chicken

*Contributed by Sylvia Klein*

2 onions  
garlic  
green pepper, cut into pieces  
tomatoes  
olive oil  
paprika  
one or two packages of skinless chicken thighs  
cooking liquid (water mixed with chicken bullion powder)

Sauté onions, garlic, green pepper and tomatoes in olive oil and paprika.

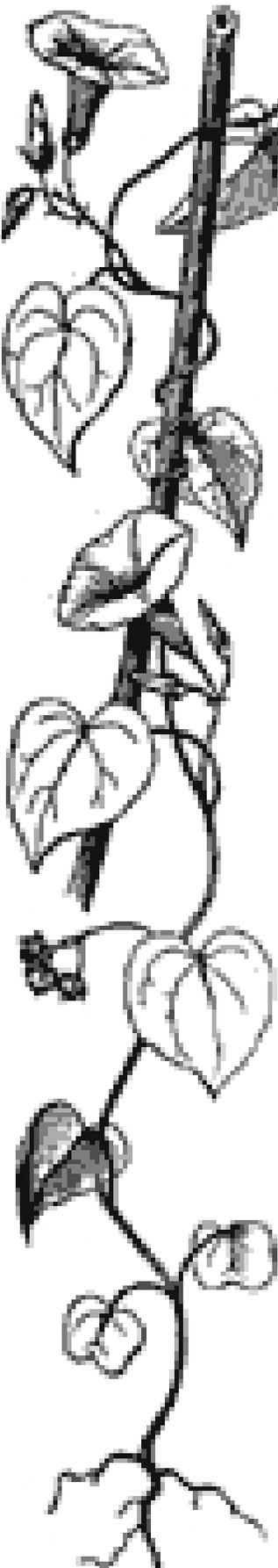
### Paste

salt  
pepper  
paprika  
garlic powder  
oil

Combine all paste ingredients, making enough to rub on all sides of the chicken.

When the onions are ready, add the chicken and an inch to two of the cooking liquid. Cover the pot. Once it boils, bring to a simmer and cook for 10 minutes. Turn the chicken over and cook another 10 minutes. Check to make sure the liquid doesn't boil away, so there will be enough liquid to freeze the leftovers in.

You can add precooked potatoes.



## Oven Chicken

*Contributed by Sylvia Klein*

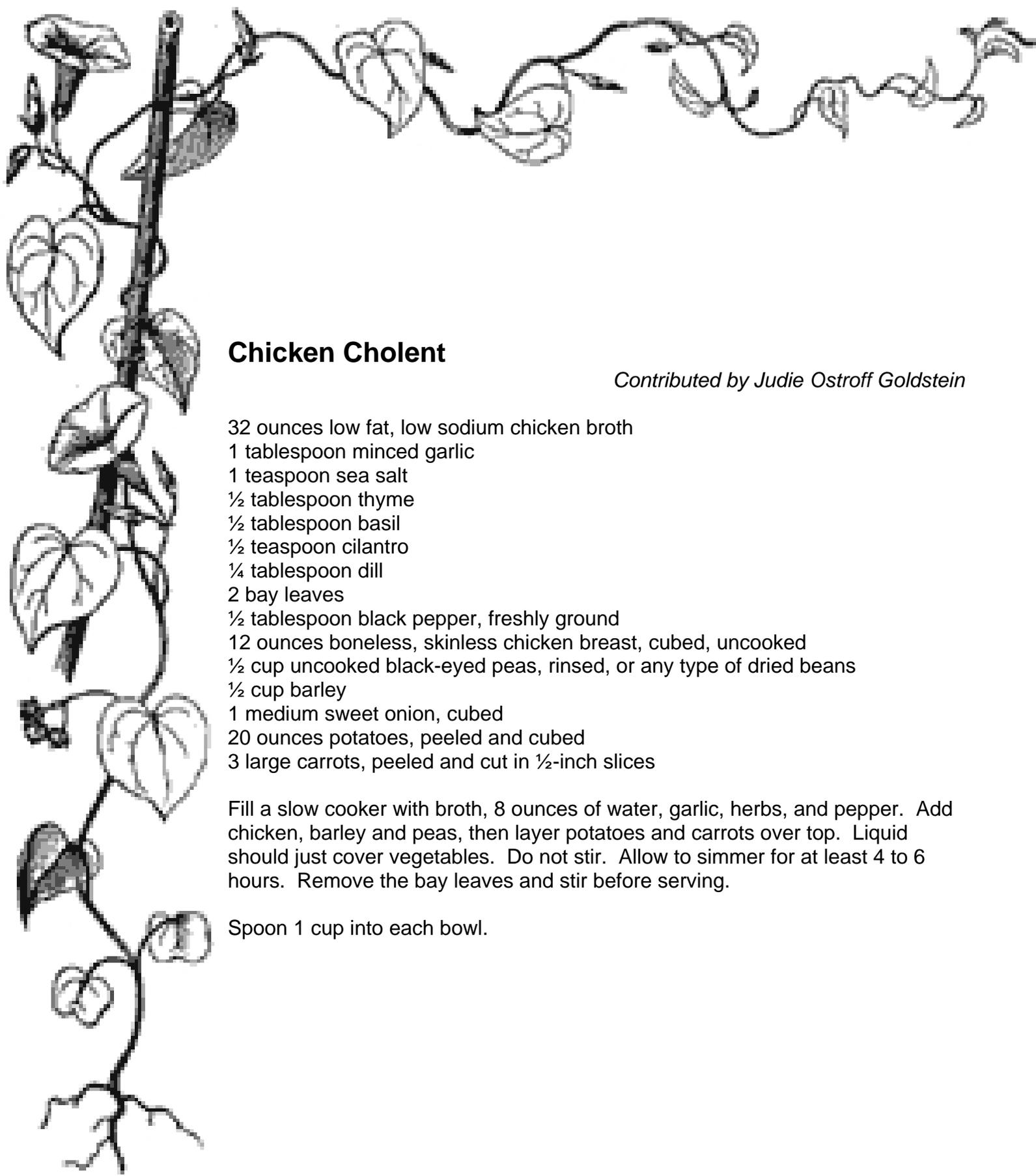
THIS RECIPE IS ONE I'VE BEEN MAKING FOR YEARS AND YEARS AND I DON'T REMEMBER WHERE I GOT IT. WHEN THE GRANDCHILDREN WERE LITTLE, I USED TO CUT THE CHICKEN INTO SMALL PIECES AND USE THE SAME RECIPE. THEY CALLED IT "BUBBIE NUGGETS", WHICH THEY SAID WERE THE BEST. THEY STILL ASK FOR THEM.

skinless chicken breasts (cut in half if they are large)  
margarine (enough to coat the chicken)  
bread crumbs, flavoured if desired  
pepper  
garlic powder

Preheat the oven to 350°F. Melt margarine in a pan large enough to hold all the chicken you are using at one time. Melt the margarine in the pan for 3-4 minutes. Remove the pan from the oven and dip in each piece of chicken, then dip into mixture of bread crumbs, pepper, and garlic powder. Replace all the chicken pieces into the pan and bake at 350°F. for 15 minutes. Turn each piece over and bake for another 15 minutes.

For Passover, I use matzo meal and no one complains about the lack of taste. This also freezes well.

You can add precooked potatoes.



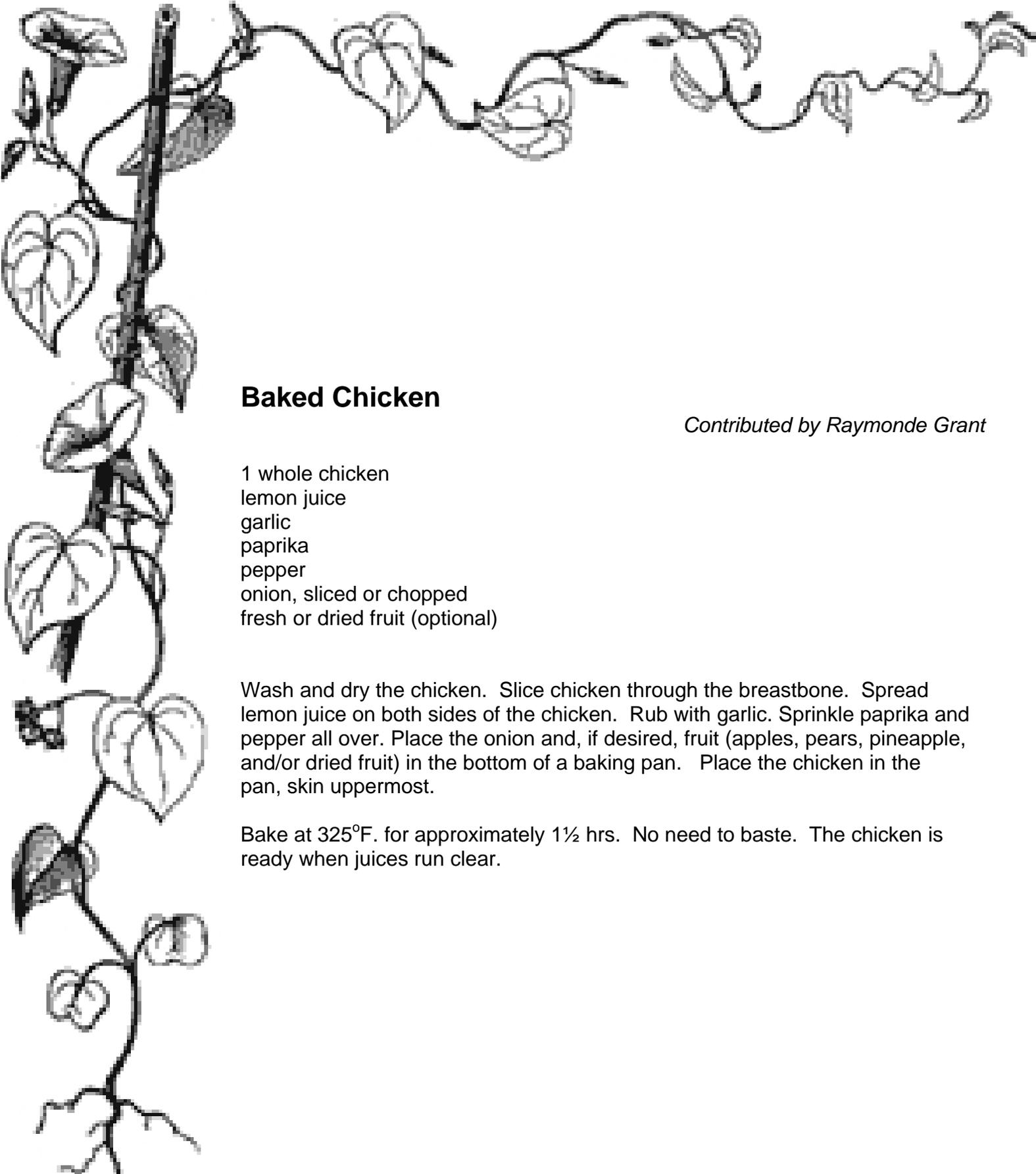
## Chicken Cholent

*Contributed by Judie Ostroff Goldstein*

- 32 ounces low fat, low sodium chicken broth
- 1 tablespoon minced garlic
- 1 teaspoon sea salt
- ½ tablespoon thyme
- ½ tablespoon basil
- ½ teaspoon cilantro
- ¼ tablespoon dill
- 2 bay leaves
- ½ tablespoon black pepper, freshly ground
- 12 ounces boneless, skinless chicken breast, cubed, uncooked
- ½ cup uncooked black-eyed peas, rinsed, or any type of dried beans
- ½ cup barley
- 1 medium sweet onion, cubed
- 20 ounces potatoes, peeled and cubed
- 3 large carrots, peeled and cut in ½-inch slices

Fill a slow cooker with broth, 8 ounces of water, garlic, herbs, and pepper. Add chicken, barley and peas, then layer potatoes and carrots over top. Liquid should just cover vegetables. Do not stir. Allow to simmer for at least 4 to 6 hours. Remove the bay leaves and stir before serving.

Spoon 1 cup into each bowl.



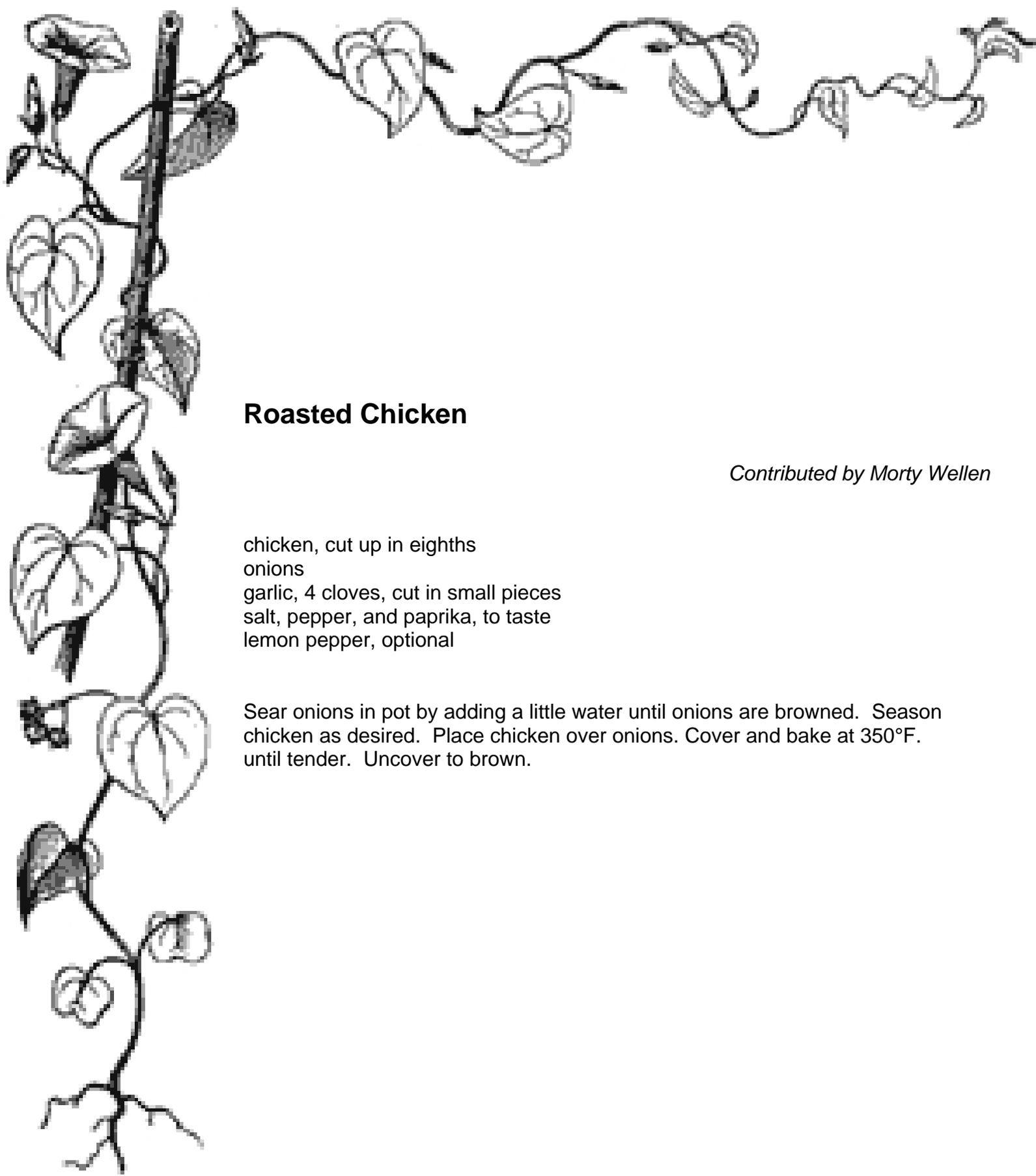
## Baked Chicken

*Contributed by Raymonde Grant*

1 whole chicken  
lemon juice  
garlic  
paprika  
pepper  
onion, sliced or chopped  
fresh or dried fruit (optional)

Wash and dry the chicken. Slice chicken through the breastbone. Spread lemon juice on both sides of the chicken. Rub with garlic. Sprinkle paprika and pepper all over. Place the onion and, if desired, fruit (apples, pears, pineapple, and/or dried fruit) in the bottom of a baking pan. Place the chicken in the pan, skin uppermost.

Bake at 325°F. for approximately 1½ hrs. No need to baste. The chicken is ready when juices run clear.

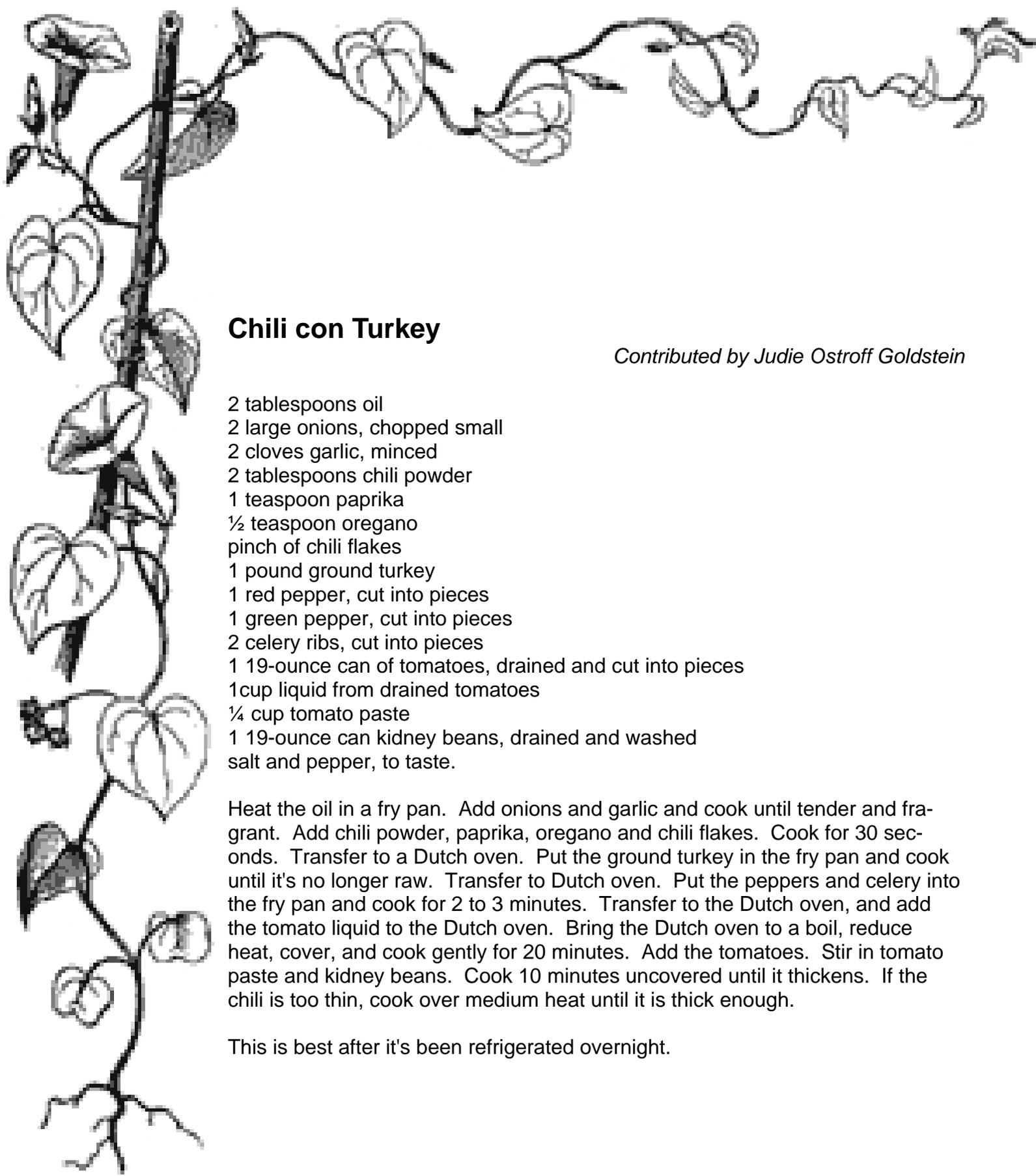


## Roasted Chicken

*Contributed by Morty Wellen*

chicken, cut up in eighths  
onions  
garlic, 4 cloves, cut in small pieces  
salt, pepper, and paprika, to taste  
lemon pepper, optional

Sear onions in pot by adding a little water until onions are browned. Season chicken as desired. Place chicken over onions. Cover and bake at 350°F. until tender. Uncover to brown.



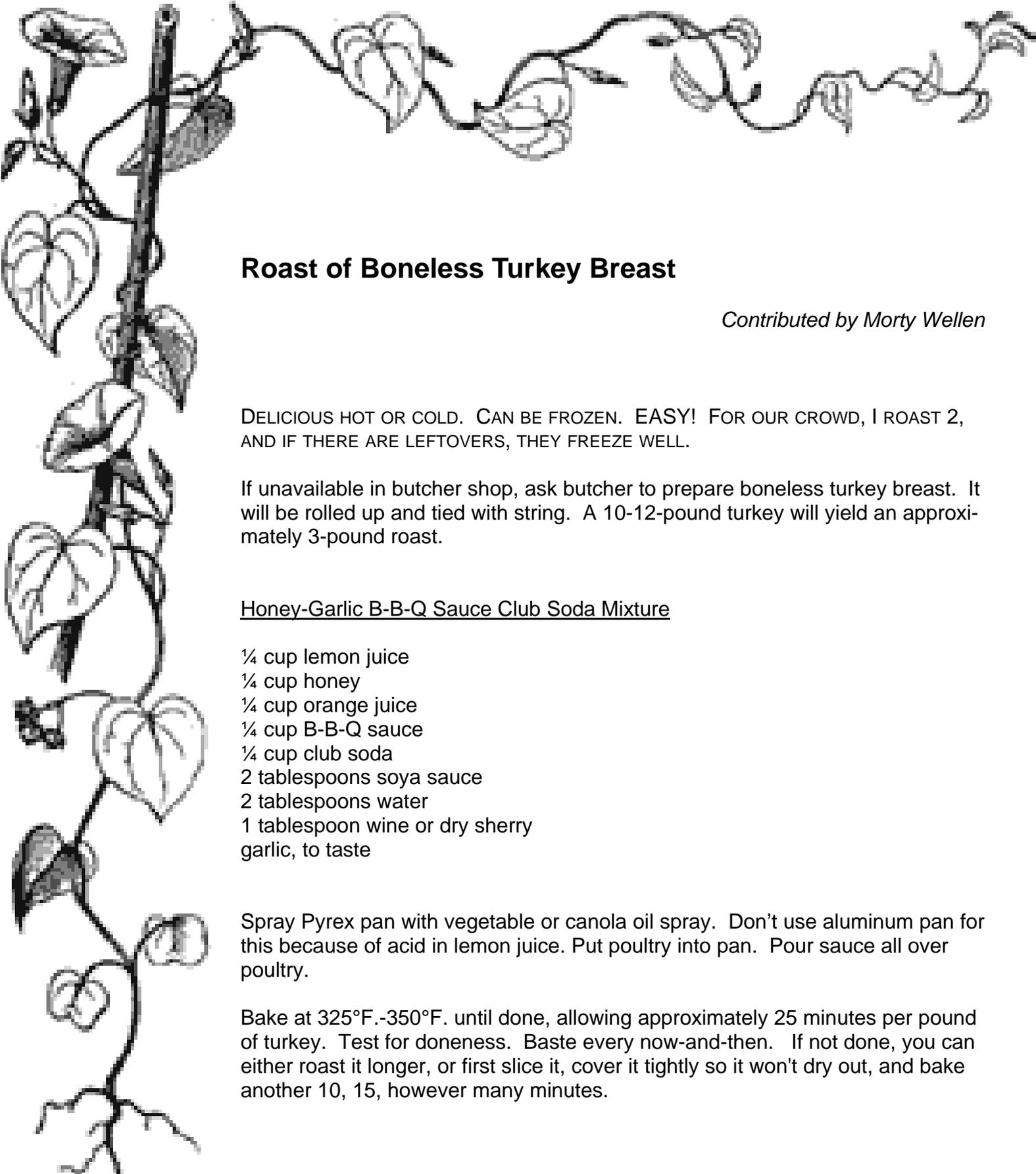
## Chili con Turkey

*Contributed by Judie Ostroff Goldstein*

- 2 tablespoons oil
- 2 large onions, chopped small
- 2 cloves garlic, minced
- 2 tablespoons chili powder
- 1 teaspoon paprika
- ½ teaspoon oregano
- pinch of chili flakes
- 1 pound ground turkey
- 1 red pepper, cut into pieces
- 1 green pepper, cut into pieces
- 2 celery ribs, cut into pieces
- 1 19-ounce can of tomatoes, drained and cut into pieces
- 1 cup liquid from drained tomatoes
- ¼ cup tomato paste
- 1 19-ounce can kidney beans, drained and washed
- salt and pepper, to taste.

Heat the oil in a fry pan. Add onions and garlic and cook until tender and fragrant. Add chili powder, paprika, oregano and chili flakes. Cook for 30 seconds. Transfer to a Dutch oven. Put the ground turkey in the fry pan and cook until it's no longer raw. Transfer to Dutch oven. Put the peppers and celery into the fry pan and cook for 2 to 3 minutes. Transfer to the Dutch oven, and add the tomato liquid to the Dutch oven. Bring the Dutch oven to a boil, reduce heat, cover, and cook gently for 20 minutes. Add the tomatoes. Stir in tomato paste and kidney beans. Cook 10 minutes uncovered until it thickens. If the chili is too thin, cook over medium heat until it is thick enough.

This is best after it's been refrigerated overnight.



## Roast of Boneless Turkey Breast

*Contributed by Morty Wellen*

DELICIOUS HOT OR COLD. CAN BE FROZEN. EASY! FOR OUR CROWD, I ROAST 2, AND IF THERE ARE LEFTOVERS, THEY FREEZE WELL.

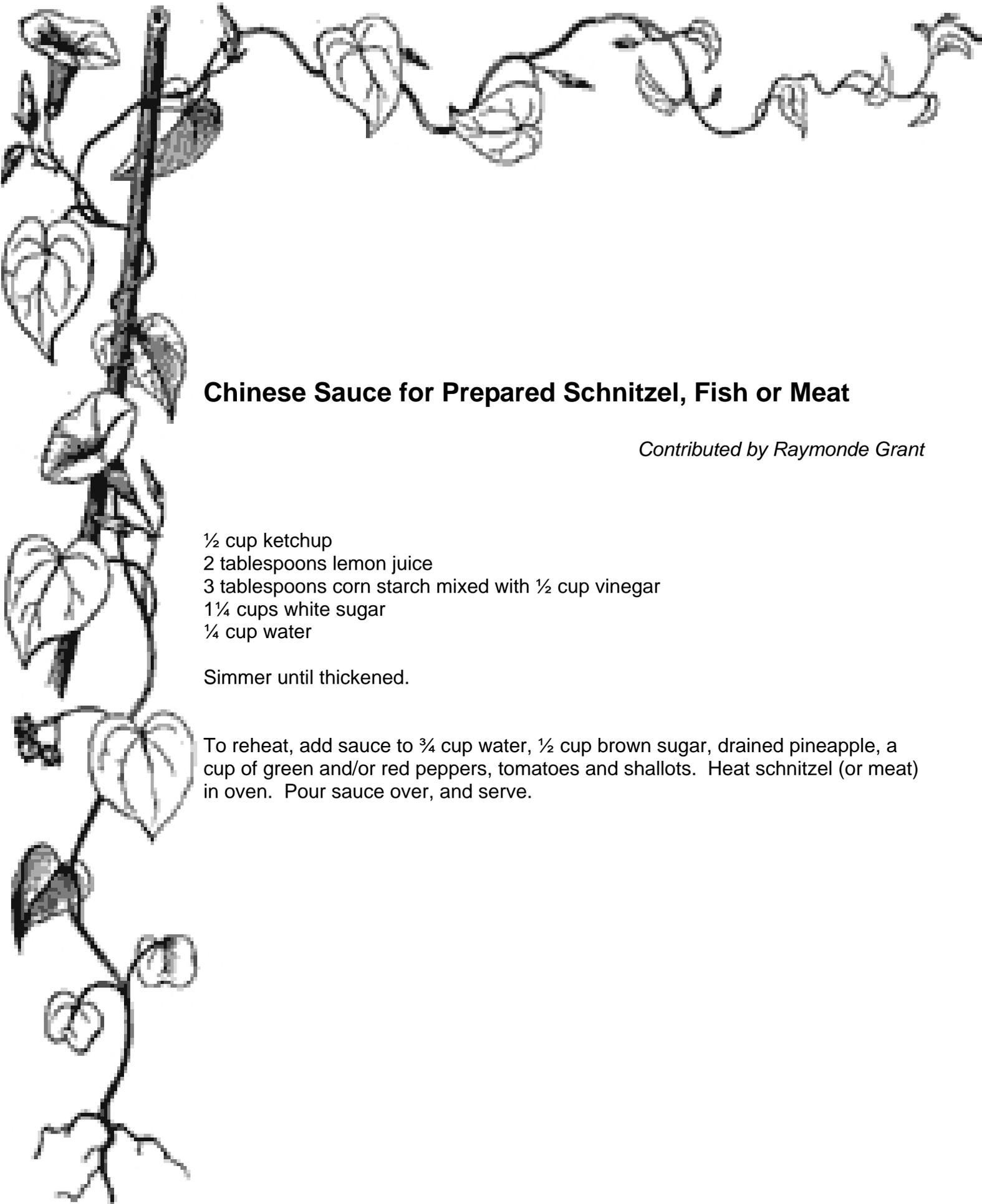
If unavailable in butcher shop, ask butcher to prepare boneless turkey breast. It will be rolled up and tied with string. A 10-12-pound turkey will yield an approximately 3-pound roast.

### Honey-Garlic B-B-Q Sauce Club Soda Mixture

¼ cup lemon juice  
¼ cup honey  
¼ cup orange juice  
¼ cup B-B-Q sauce  
¼ cup club soda  
2 tablespoons soya sauce  
2 tablespoons water  
1 tablespoon wine or dry sherry  
garlic, to taste

Spray Pyrex pan with vegetable or canola oil spray. Don't use aluminum pan for this because of acid in lemon juice. Put poultry into pan. Pour sauce all over poultry.

Bake at 325°F.-350°F. until done, allowing approximately 25 minutes per pound of turkey. Test for doneness. Baste every now-and-then. If not done, you can either roast it longer, or first slice it, cover it tightly so it won't dry out, and bake another 10, 15, however many minutes.



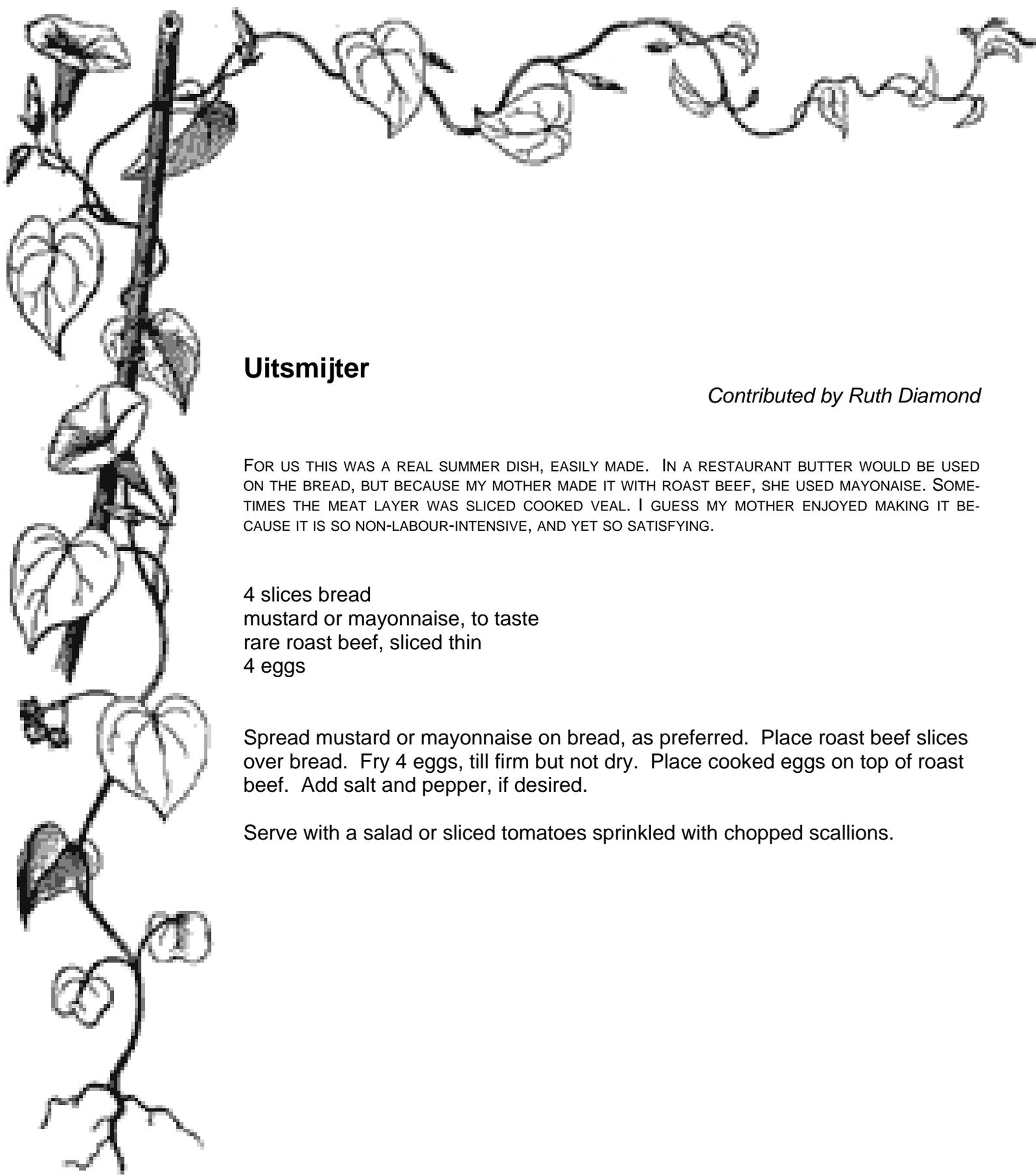
## Chinese Sauce for Prepared Schnitzel, Fish or Meat

*Contributed by Raymonde Grant*

½ cup ketchup  
2 tablespoons lemon juice  
3 tablespoons corn starch mixed with ½ cup vinegar  
1¼ cups white sugar  
¼ cup water

Simmer until thickened.

To reheat, add sauce to ¾ cup water, ½ cup brown sugar, drained pineapple, a cup of green and/or red peppers, tomatoes and shallots. Heat schnitzel (or meat) in oven. Pour sauce over, and serve.



## Uitsmijter

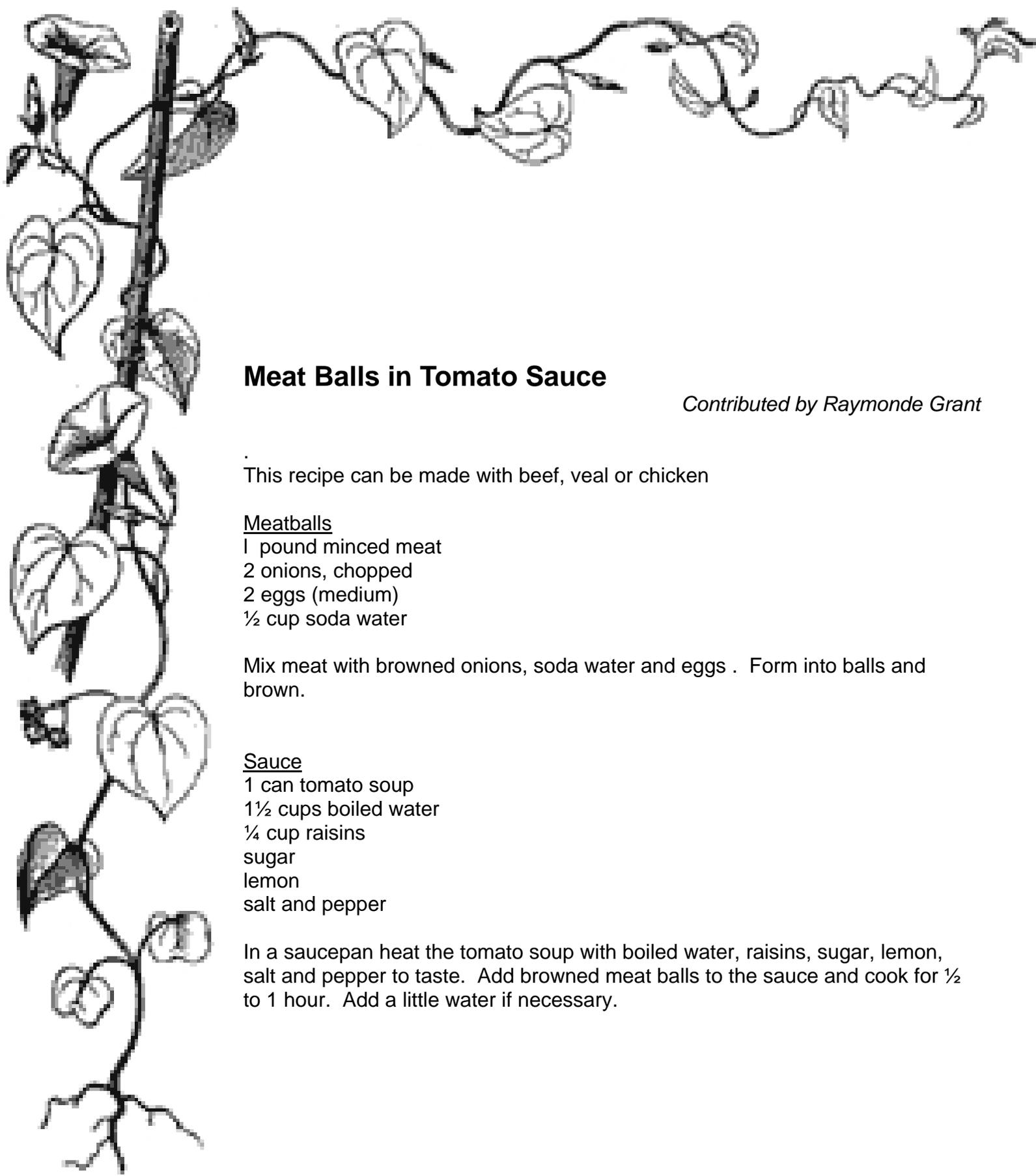
*Contributed by Ruth Diamond*

FOR US THIS WAS A REAL SUMMER DISH, EASILY MADE. IN A RESTAURANT BUTTER WOULD BE USED ON THE BREAD, BUT BECAUSE MY MOTHER MADE IT WITH ROAST BEEF, SHE USED MAYONNAISE. SOMETIMES THE MEAT LAYER WAS SLICED COOKED VEAL. I GUESS MY MOTHER ENJOYED MAKING IT BECAUSE IT IS SO NON-LABOUR-INTENSIVE, AND YET SO SATISFYING.

4 slices bread  
mustard or mayonnaise, to taste  
rare roast beef, sliced thin  
4 eggs

Spread mustard or mayonnaise on bread, as preferred. Place roast beef slices over bread. Fry 4 eggs, till firm but not dry. Place cooked eggs on top of roast beef. Add salt and pepper, if desired.

Serve with a salad or sliced tomatoes sprinkled with chopped scallions.



## Meat Balls in Tomato Sauce

*Contributed by Raymonde Grant*

This recipe can be made with beef, veal or chicken

### Meatballs

1 pound minced meat  
2 onions, chopped  
2 eggs (medium)  
½ cup soda water

Mix meat with browned onions, soda water and eggs . Form into balls and brown.

### Sauce

1 can tomato soup  
1½ cups boiled water  
¼ cup raisins  
sugar  
lemon  
salt and pepper

In a saucepan heat the tomato soup with boiled water, raisins, sugar, lemon, salt and pepper to taste. Add browned meat balls to the sauce and cook for ½ to 1 hour. Add a little water if necessary.



## Holishkes

*Contributed by Judie Ostroff Goldstein*

½ cup long-grained white rice  
2 pounds lean ground chuck or round  
1 large onion, diced fine  
3 cloves garlic, minced  
1 tablespoon salt  
¼ teaspoon freshly ground black pepper  
2 large heads green cabbage  
3 large onions, chopped

### Cooking Sauce

2 cups ketchup  
½ cup brown sugar  
4 cloves garlic, crushed  
1 tablespoon salt  
2 cups water

Parboil the rice for 7 to 10 minutes. Drain and hand mix with ground meat, finely diced onion, garlic, salt and pepper.

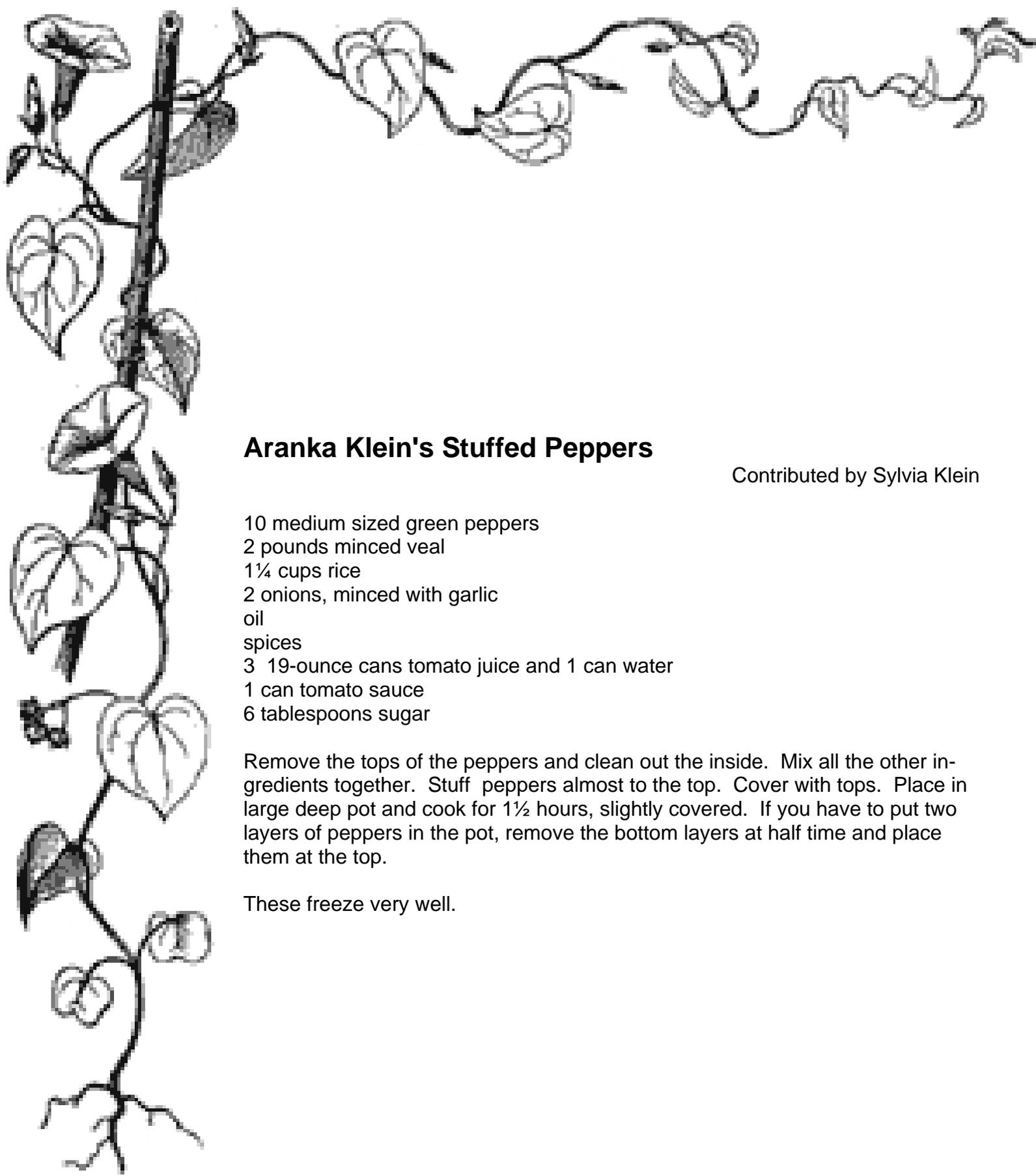
Mix together the ketchup, brown sugar, garlic, salt and water. Set aside.

Bring a very large pot of water to a boil. Use a small sharp knife to cut the cores out of the cabbages. Boil each cabbage for 10 minutes. Remove and cool under cold running water. Drain carefully. Peel away the large outer leaves until you get to inner cabbage leaves that look too small to stuff. You want to have about 26 large stuffable leaves. Reserve large outer leaves for stuffing, chop the small inner cabbage leaves into chunks.

Preheat oven to 375°F.

Place half the cut-up cabbage together with half the chopped onions on the bottom of a large, heavy Dutch oven or roasting pan. Stuff the large cabbage leaves by placing a spoonful of the meat mixture in the center of each leaf. Fold over the ribbed end of the leaf, then fold over the two sides and roll up. Place each cabbage roll, fold side down, onto the chopped cabbage and onions in the Dutch oven. When all the leaves are stuffed and packed into the pot (in one or two layers depending on the pot size), place the rest of the cut-up cabbage and onion over the cabbage rolls, pour the sauce on top, cover tightly and bake for 1½ to 2 hours, until the cabbage is very tender and the sauce has darkened. Place the cabbage rolls in a deep serving platter and cover with sauce.

These are delicious served right way, but even better when reheated the following day and the day after that.



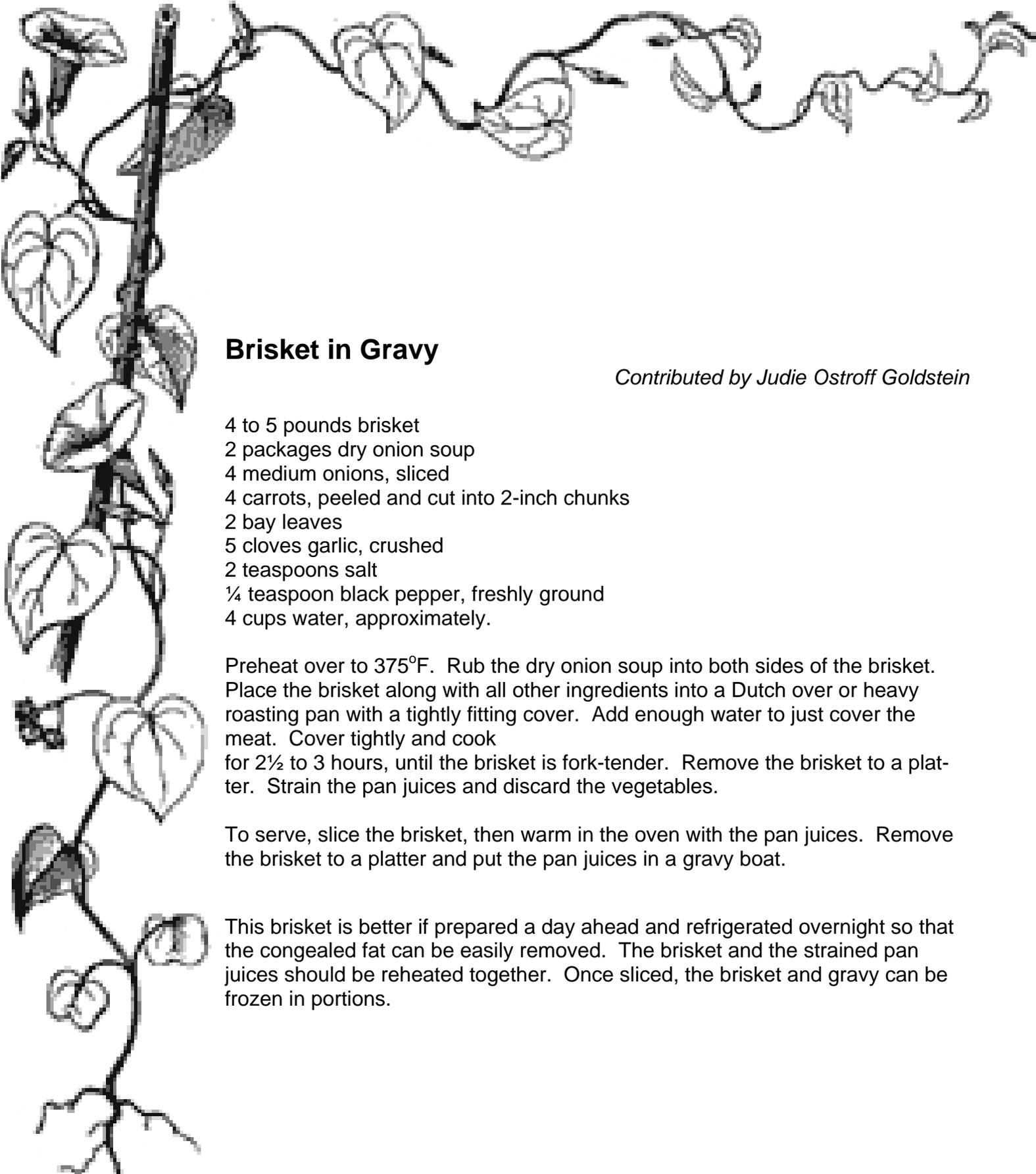
## Aranka Klein's Stuffed Peppers

Contributed by Sylvia Klein

10 medium sized green peppers  
2 pounds minced veal  
1¼ cups rice  
2 onions, minced with garlic  
oil  
spices  
3 19-ounce cans tomato juice and 1 can water  
1 can tomato sauce  
6 tablespoons sugar

Remove the tops of the peppers and clean out the inside. Mix all the other ingredients together. Stuff peppers almost to the top. Cover with tops. Place in large deep pot and cook for 1½ hours, slightly covered. If you have to put two layers of peppers in the pot, remove the bottom layers at half time and place them at the top.

These freeze very well.



## Brisket in Gravy

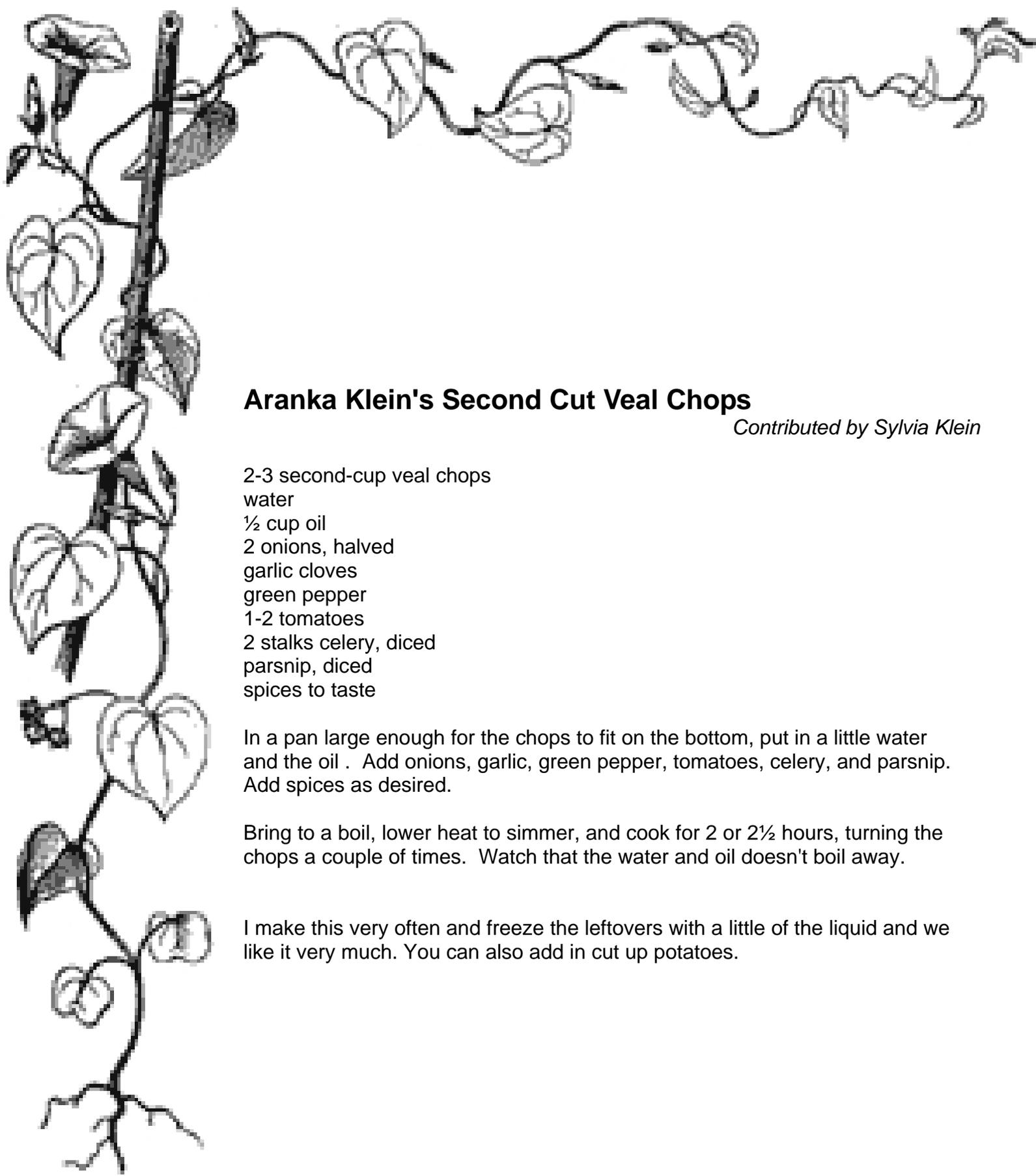
*Contributed by Judie Ostroff Goldstein*

4 to 5 pounds brisket  
2 packages dry onion soup  
4 medium onions, sliced  
4 carrots, peeled and cut into 2-inch chunks  
2 bay leaves  
5 cloves garlic, crushed  
2 teaspoons salt  
¼ teaspoon black pepper, freshly ground  
4 cups water, approximately.

Preheat oven to 375°F. Rub the dry onion soup into both sides of the brisket. Place the brisket along with all other ingredients into a Dutch oven or heavy roasting pan with a tightly fitting cover. Add enough water to just cover the meat. Cover tightly and cook for 2½ to 3 hours, until the brisket is fork-tender. Remove the brisket to a platter. Strain the pan juices and discard the vegetables.

To serve, slice the brisket, then warm in the oven with the pan juices. Remove the brisket to a platter and put the pan juices in a gravy boat.

This brisket is better if prepared a day ahead and refrigerated overnight so that the congealed fat can be easily removed. The brisket and the strained pan juices should be reheated together. Once sliced, the brisket and gravy can be frozen in portions.



## Aranka Klein's Second Cut Veal Chops

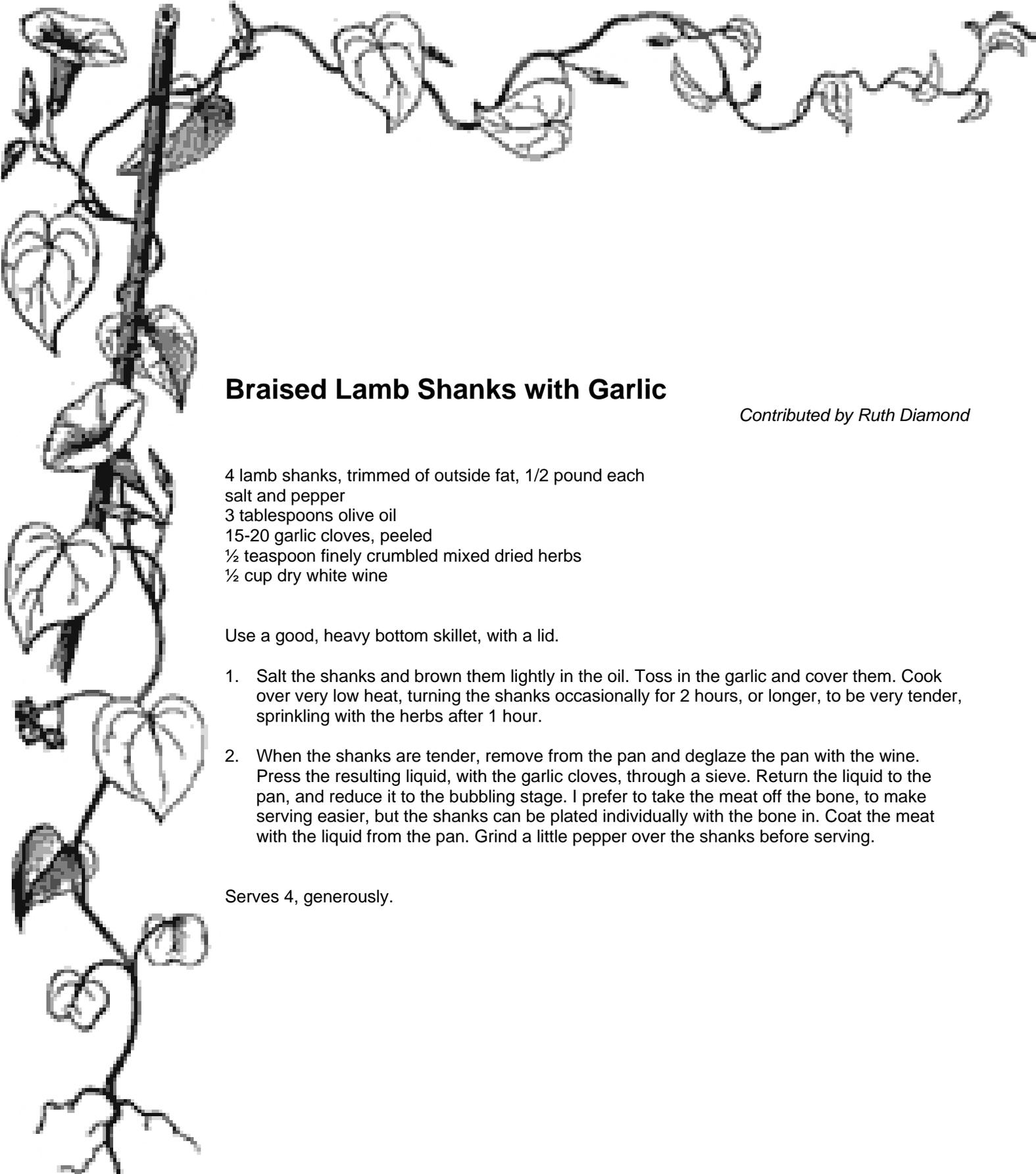
*Contributed by Sylvia Klein*

2-3 second-cut veal chops  
water  
½ cup oil  
2 onions, halved  
garlic cloves  
green pepper  
1-2 tomatoes  
2 stalks celery, diced  
parsnip, diced  
spices to taste

In a pan large enough for the chops to fit on the bottom, put in a little water and the oil . Add onions, garlic, green pepper, tomatoes, celery, and parsnip. Add spices as desired.

Bring to a boil, lower heat to simmer, and cook for 2 or 2½ hours, turning the chops a couple of times. Watch that the water and oil doesn't boil away.

I make this very often and freeze the leftovers with a little of the liquid and we like it very much. You can also add in cut up potatoes.



## Braised Lamb Shanks with Garlic

*Contributed by Ruth Diamond*

4 lamb shanks, trimmed of outside fat, 1/2 pound each  
salt and pepper  
3 tablespoons olive oil  
15-20 garlic cloves, peeled  
½ teaspoon finely crumbled mixed dried herbs  
½ cup dry white wine

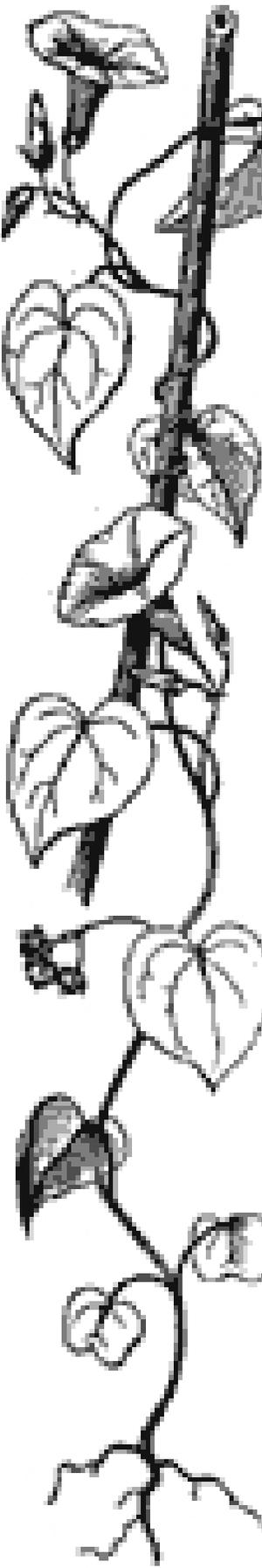
Use a good, heavy bottom skillet, with a lid.

1. Salt the shanks and brown them lightly in the oil. Toss in the garlic and cover them. Cook over very low heat, turning the shanks occasionally for 2 hours, or longer, to be very tender, sprinkling with the herbs after 1 hour.
2. When the shanks are tender, remove from the pan and deglaze the pan with the wine. Press the resulting liquid, with the garlic cloves, through a sieve. Return the liquid to the pan, and reduce it to the bubbling stage. I prefer to take the meat off the bone, to make serving easier, but the shanks can be plated individually with the bone in. Coat the meat with the liquid from the pan. Grind a little pepper over the shanks before serving.

Serves 4, generously.



*Desserts,  
Cakes, Cookies*



## Babka

*Contributed by Morty Wellen*

RECIPE IS MY ADAPTED VERSION OF AUNTS ESTHER'S & DOROTHY'S BABKA RECIPE - CHANGES ARE IN THE FILLING: THEY USED A CINNAMON-BROWN SUGAR FILLING WITHOUT COCONUT OR ORANGE RIND.

3¼ cups all-purpose flour (I substitute 1 cup whole wheat flour for 1 cup of the white flour)  
⅓ cup sugar plus ¼ teaspoon salt.  
½ cup (¼ pound) margarine (I substitute ½ cup canola oil)  
¼ cup oil  
2 eggs  
1 teaspoon sugar  
1 tablespoon (1 envelope) yeast

In a large bowl sift flour, sugar and salt. Cut in margarine. Add oil. Add eggs, slightly beaten. Into a 1-cup measuring cup, put ¾ cup lukewarm water. Stir in 1 teaspoon sugar until dissolved. Sprinkle yeast over the sugared water. Cover with a plate. Stir after 10 minutes. Add to flour-margarine mixture, & mix well. Knead for 10 minutes.

Grease a large bowl. Put dough into it, & cover with plastic wrap. Refrigerate overnight for at least 8 or 9 hours.

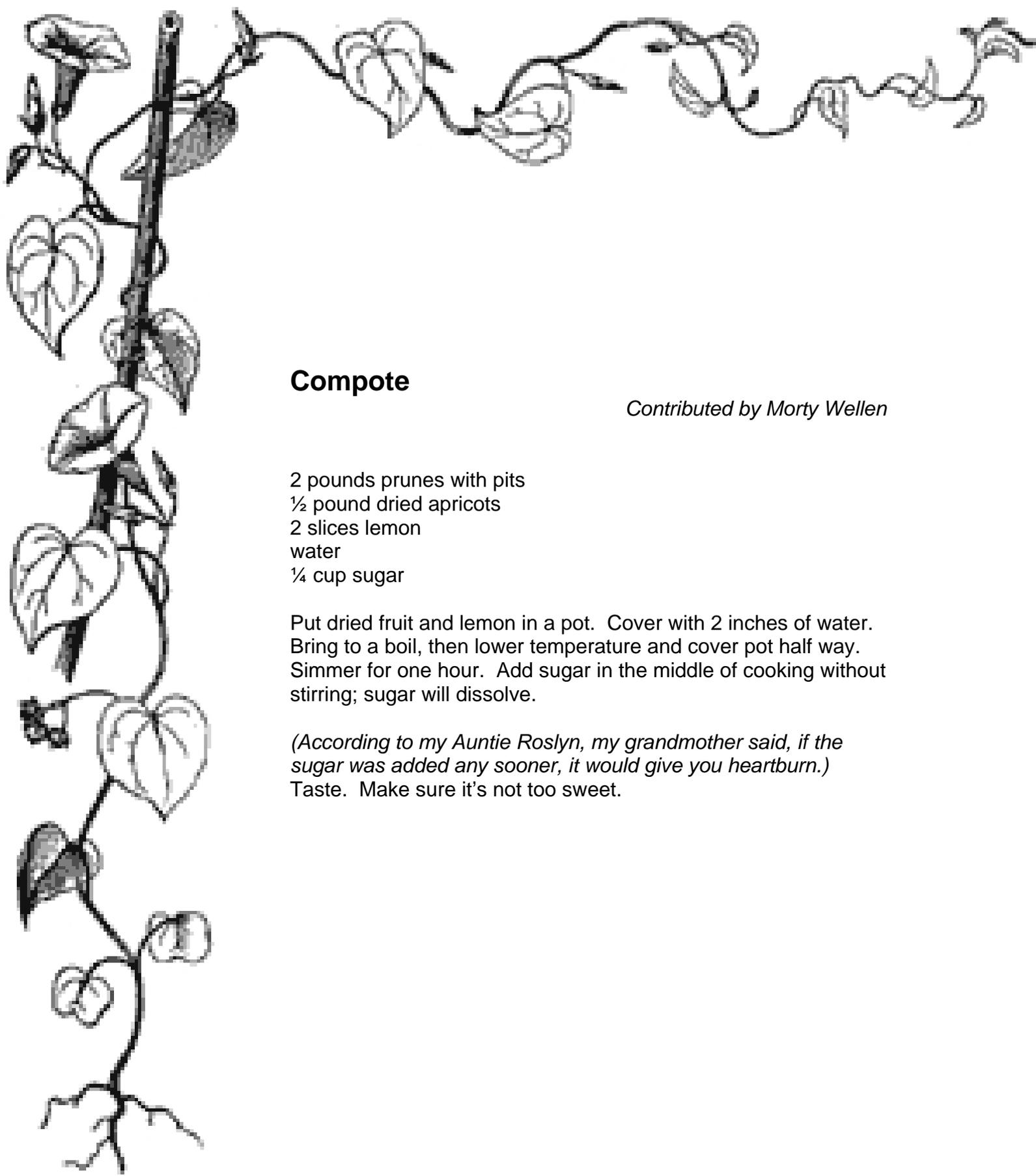
In the morning, let stand at room temperature for about ½ hour. Grease 9" tube pan. Divide dough into two. If it is sticky, knead in more flour. Roll out into 2 large rectangles on floured counter, rolling as thinly as possible.

Spread 1-2 tablespoons oil on each piece. Sprinkle onto the 2 pieces either of these two mixtures:

1. ¼ cup cinnamon, 1 cup brown sugar, raisins, 1+ cups finely chopped nuts, 1½ cups coconut, 1 tablespoon orange rind
2. 1 cup + 2 tablespoons cocoa, 1 cup + 2 tablespoons brown sugar, ½ cup chopped nuts, ½-¾ teaspoon almond abstract

To make babka shape, twist 1 roll around the other. Place in 9" tube pan. Cover with plastic wrap. Let rise several hours, away from a draft until double in bulk. I find that putting this into my cold oven protects it from drafts. Bake babka at 325°F. for about 50 minutes, or until nicely browned. Cool 10 minutes in pan before removing.

If you would like to make cinnamon buns, grease well 2 9" x 12" baking pans; cut each roll into 2"-long pieces and place each piece into baking pan with one cut side down, i.e.; stand on end. Leave approximately ½" between each piece to allow for expansion during baking. Bake buns at 300°F. for Pyrex pans or 325°F. for metal pans until buns are medium-brown. Let bake for 25 minutes and then check if done. Cool 10 minutes before removing from pan, or you can leave in pan.



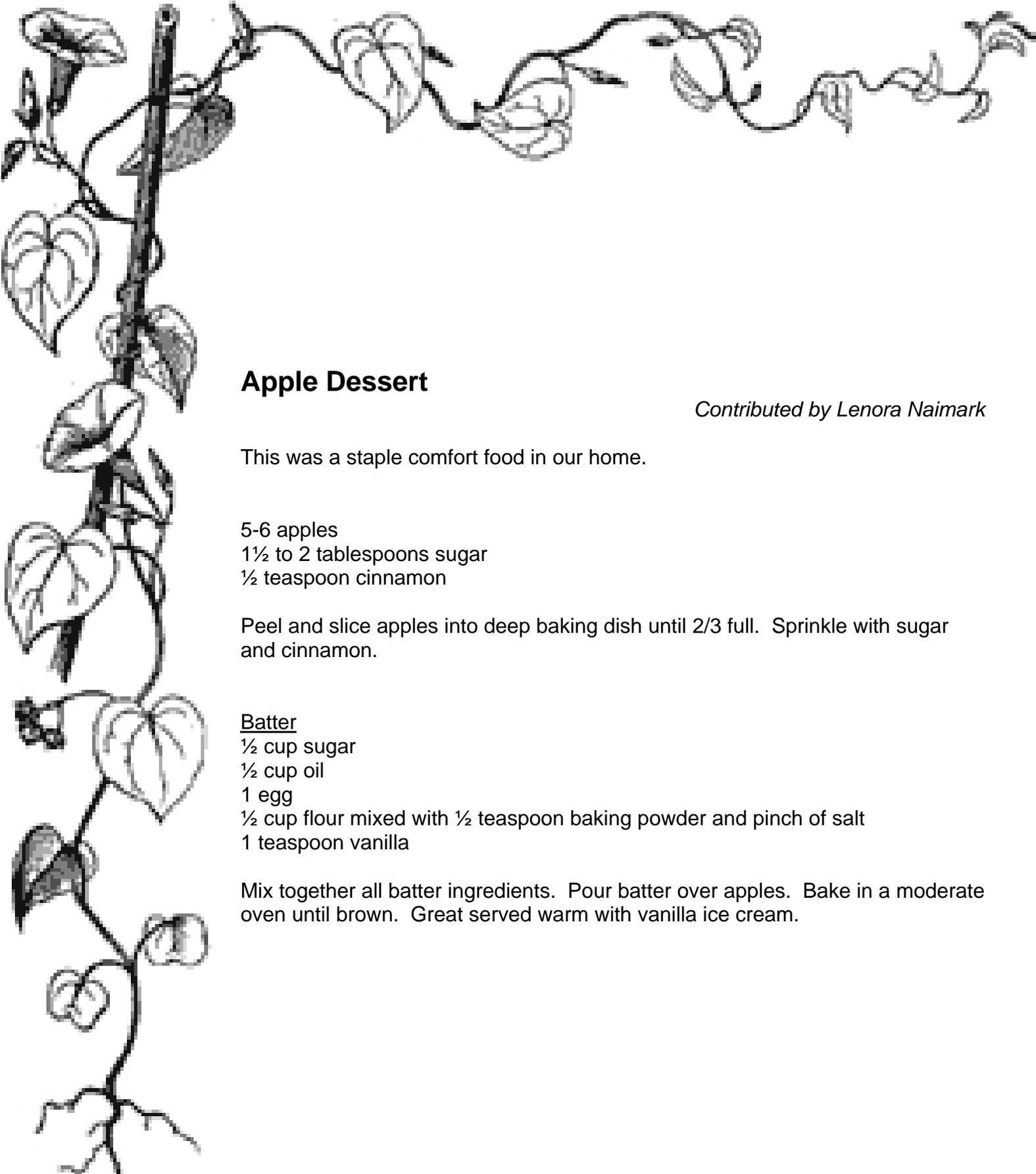
## Compote

*Contributed by Morty Wellen*

2 pounds prunes with pits  
½ pound dried apricots  
2 slices lemon  
water  
¼ cup sugar

Put dried fruit and lemon in a pot. Cover with 2 inches of water. Bring to a boil, then lower temperature and cover pot half way. Simmer for one hour. Add sugar in the middle of cooking without stirring; sugar will dissolve.

*(According to my Auntie Roslyn, my grandmother said, if the sugar was added any sooner, it would give you heartburn.)*  
Taste. Make sure it's not too sweet.



## Apple Dessert

*Contributed by Lenora Naimark*

This was a staple comfort food in our home.

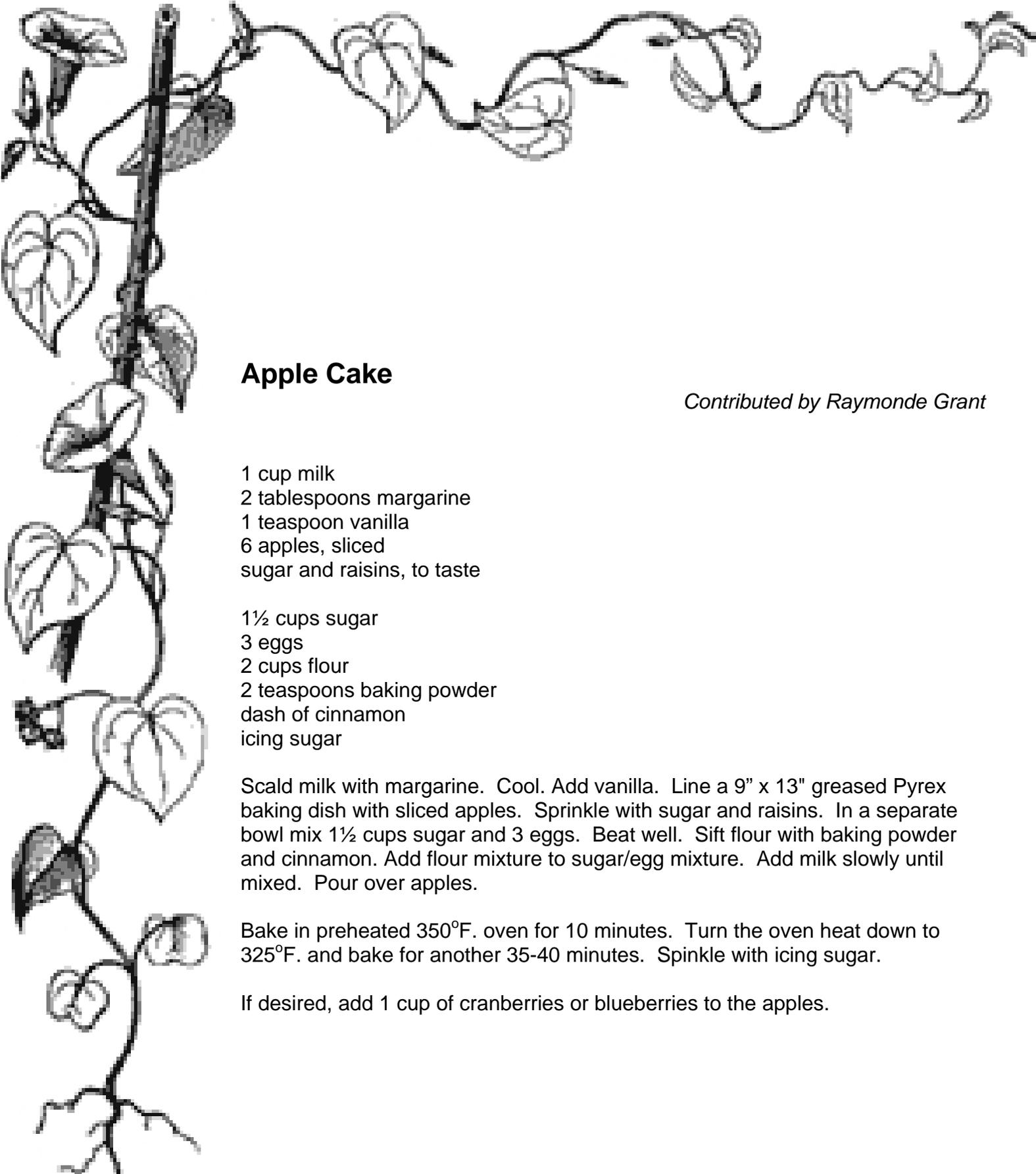
5-6 apples  
1½ to 2 tablespoons sugar  
½ teaspoon cinnamon

Peel and slice apples into deep baking dish until 2/3 full. Sprinkle with sugar and cinnamon.

### Batter

½ cup sugar  
½ cup oil  
1 egg  
½ cup flour mixed with ½ teaspoon baking powder and pinch of salt  
1 teaspoon vanilla

Mix together all batter ingredients. Pour batter over apples. Bake in a moderate oven until brown. Great served warm with vanilla ice cream.



## Apple Cake

*Contributed by Raymonde Grant*

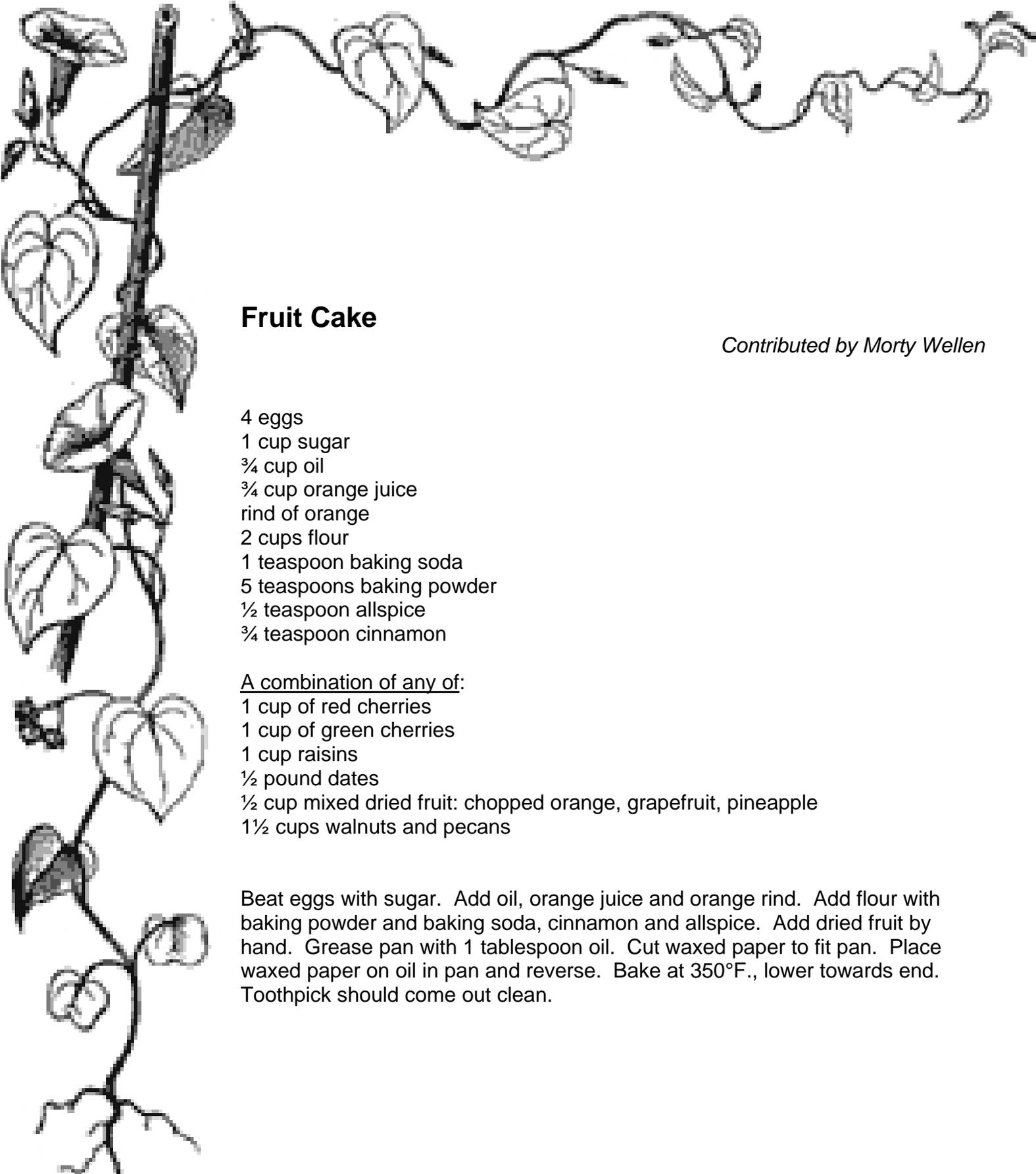
1 cup milk  
2 tablespoons margarine  
1 teaspoon vanilla  
6 apples, sliced  
sugar and raisins, to taste

1½ cups sugar  
3 eggs  
2 cups flour  
2 teaspoons baking powder  
dash of cinnamon  
icing sugar

Scald milk with margarine. Cool. Add vanilla. Line a 9" x 13" greased Pyrex baking dish with sliced apples. Sprinkle with sugar and raisins. In a separate bowl mix 1½ cups sugar and 3 eggs. Beat well. Sift flour with baking powder and cinnamon. Add flour mixture to sugar/egg mixture. Add milk slowly until mixed. Pour over apples.

Bake in preheated 350°F. oven for 10 minutes. Turn the oven heat down to 325°F. and bake for another 35-40 minutes. Sprinkle with icing sugar.

If desired, add 1 cup of cranberries or blueberries to the apples.



## Fruit Cake

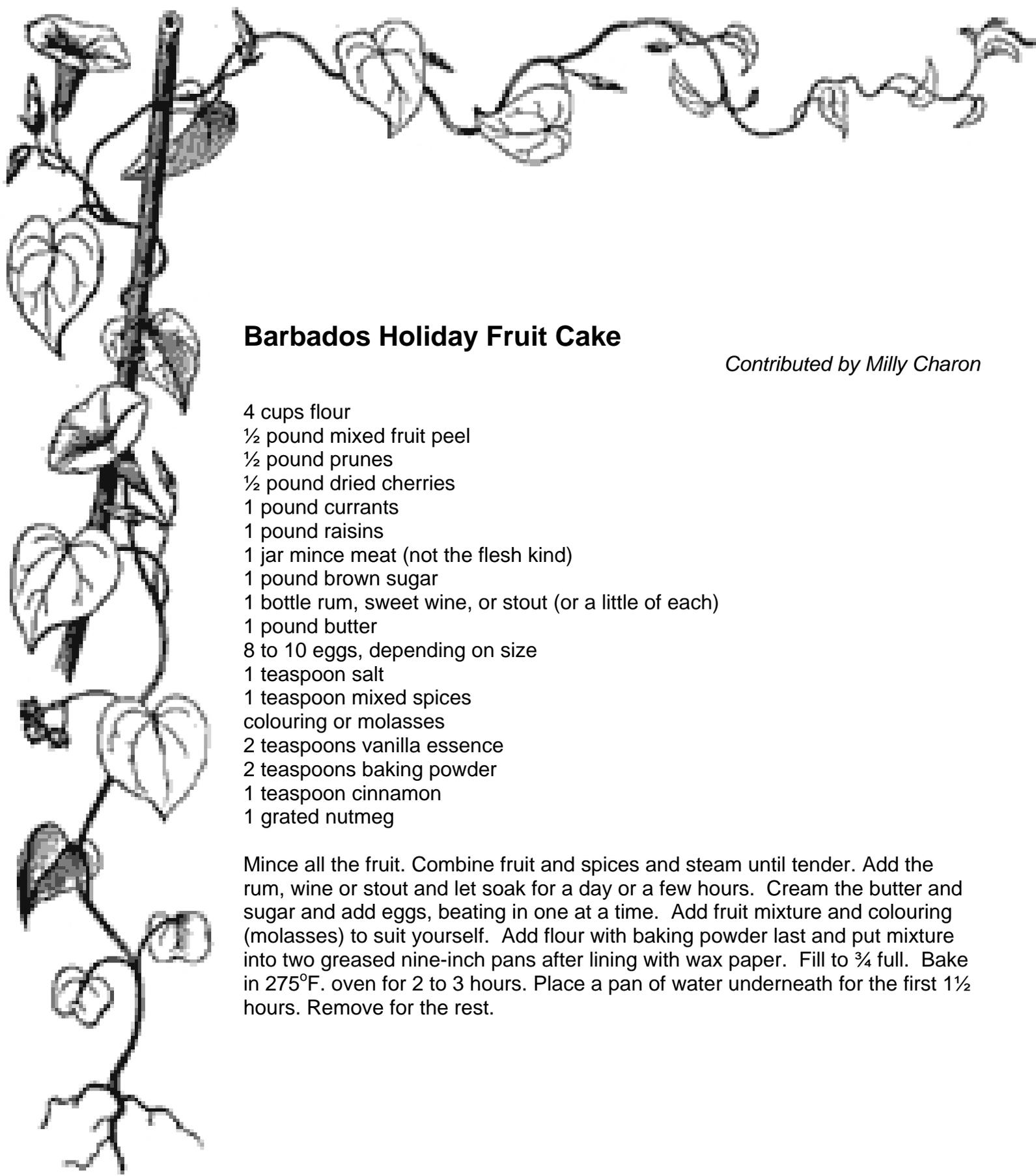
*Contributed by Morty Wellen*

4 eggs  
1 cup sugar  
 $\frac{3}{4}$  cup oil  
 $\frac{3}{4}$  cup orange juice  
rind of orange  
2 cups flour  
1 teaspoon baking soda  
5 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon allspice  
 $\frac{3}{4}$  teaspoon cinnamon

A combination of any of:

1 cup of red cherries  
1 cup of green cherries  
1 cup raisins  
 $\frac{1}{2}$  pound dates  
 $\frac{1}{2}$  cup mixed dried fruit: chopped orange, grapefruit, pineapple  
 $1\frac{1}{2}$  cups walnuts and pecans

Beat eggs with sugar. Add oil, orange juice and orange rind. Add flour with baking powder and baking soda, cinnamon and allspice. Add dried fruit by hand. Grease pan with 1 tablespoon oil. Cut waxed paper to fit pan. Place waxed paper on oil in pan and reverse. Bake at 350°F., lower towards end. Toothpick should come out clean.

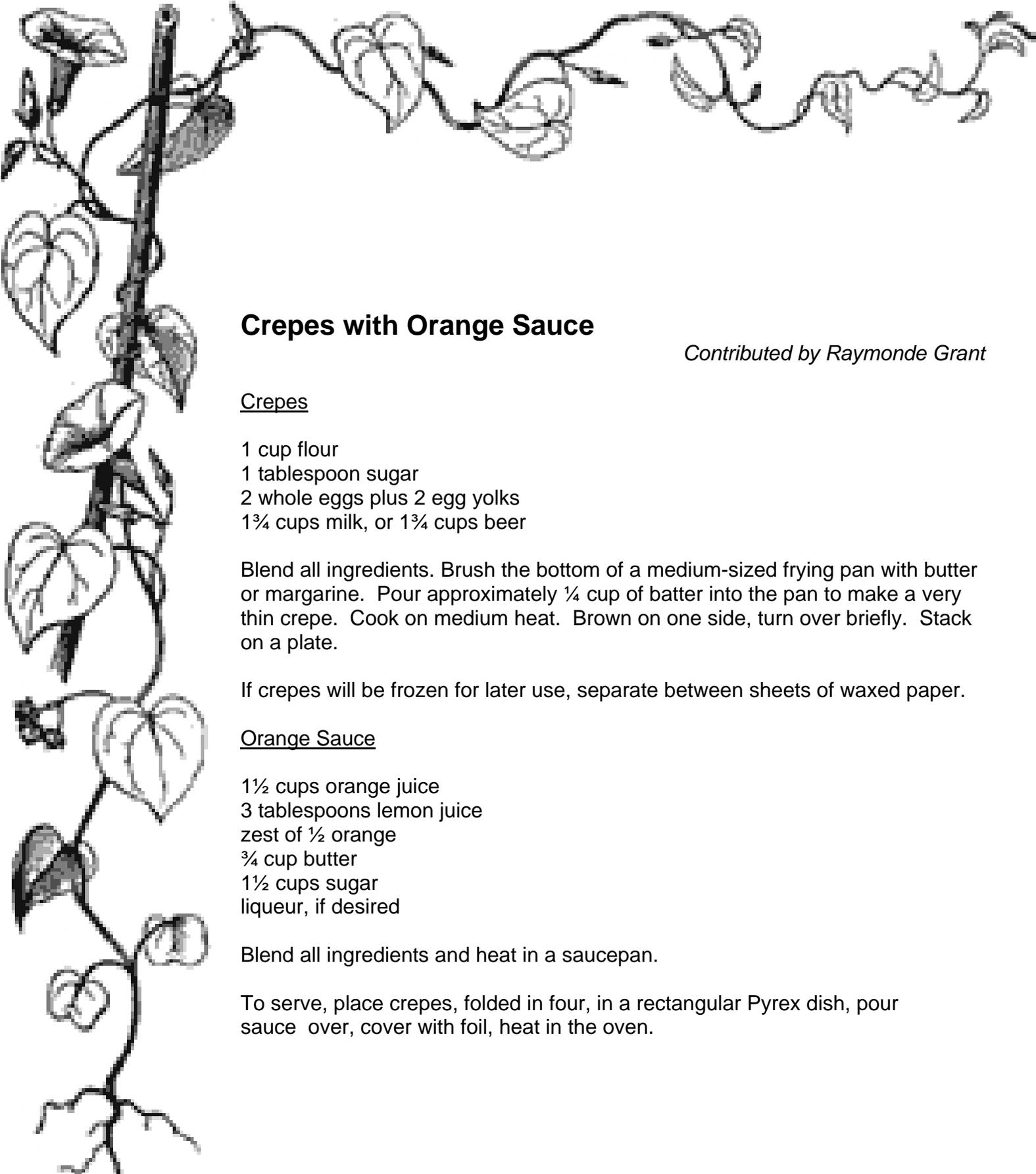


## Barbados Holiday Fruit Cake

*Contributed by Milly Charon*

4 cups flour  
½ pound mixed fruit peel  
½ pound prunes  
½ pound dried cherries  
1 pound currants  
1 pound raisins  
1 jar mince meat (not the flesh kind)  
1 pound brown sugar  
1 bottle rum, sweet wine, or stout (or a little of each)  
1 pound butter  
8 to 10 eggs, depending on size  
1 teaspoon salt  
1 teaspoon mixed spices  
colouring or molasses  
2 teaspoons vanilla essence  
2 teaspoons baking powder  
1 teaspoon cinnamon  
1 grated nutmeg

Mince all the fruit. Combine fruit and spices and steam until tender. Add the rum, wine or stout and let soak for a day or a few hours. Cream the butter and sugar and add eggs, beating in one at a time. Add fruit mixture and colouring (molasses) to suit yourself. Add flour with baking powder last and put mixture into two greased nine-inch pans after lining with wax paper. Fill to  $\frac{3}{4}$  full. Bake in 275°F. oven for 2 to 3 hours. Place a pan of water underneath for the first 1½ hours. Remove for the rest.



## Crepes with Orange Sauce

*Contributed by Raymonde Grant*

### Crepes

1 cup flour  
1 tablespoon sugar  
2 whole eggs plus 2 egg yolks  
1¾ cups milk, or 1¾ cups beer

Blend all ingredients. Brush the bottom of a medium-sized frying pan with butter or margarine. Pour approximately ¼ cup of batter into the pan to make a very thin crepe. Cook on medium heat. Brown on one side, turn over briefly. Stack on a plate.

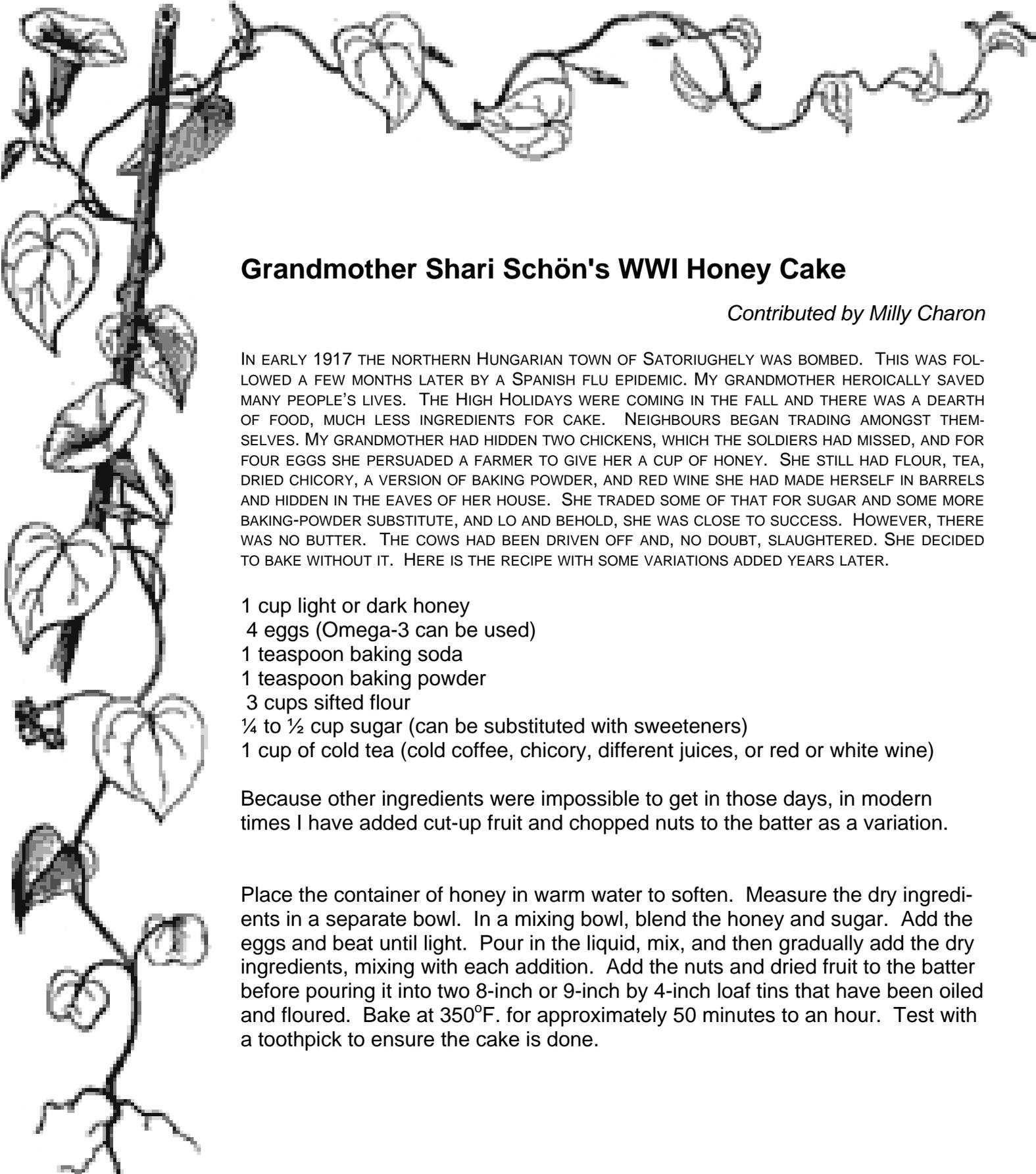
If crepes will be frozen for later use, separate between sheets of waxed paper.

### Orange Sauce

1½ cups orange juice  
3 tablespoons lemon juice  
zest of ½ orange  
¾ cup butter  
1½ cups sugar  
liqueur, if desired

Blend all ingredients and heat in a saucepan.

To serve, place crepes, folded in four, in a rectangular Pyrex dish, pour sauce over, cover with foil, heat in the oven.



## Grandmother Shari Schön's WWI Honey Cake

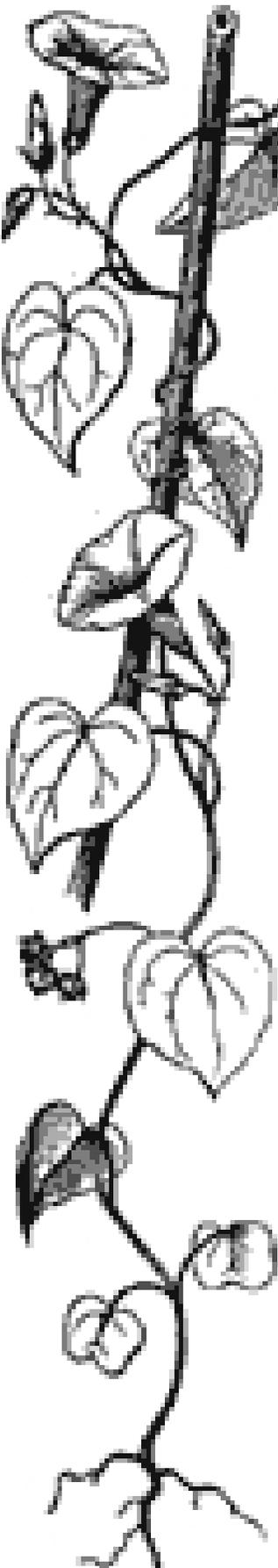
*Contributed by Milly Charon*

IN EARLY 1917 THE NORTHERN HUNGARIAN TOWN OF SATORIUGHELY WAS BOMBED. THIS WAS FOLLOWED A FEW MONTHS LATER BY A SPANISH FLU EPIDEMIC. MY GRANDMOTHER HEROICALLY SAVED MANY PEOPLE'S LIVES. THE HIGH HOLIDAYS WERE COMING IN THE FALL AND THERE WAS A DEARTH OF FOOD, MUCH LESS INGREDIENTS FOR CAKE. NEIGHBOURS BEGAN TRADING AMONGST THEMSELVES. MY GRANDMOTHER HAD HIDDEN TWO CHICKENS, WHICH THE SOLDIERS HAD MISSED, AND FOR FOUR EGGS SHE PERSUADED A FARMER TO GIVE HER A CUP OF HONEY. SHE STILL HAD FLOUR, TEA, DRIED CHICORY, A VERSION OF BAKING POWDER, AND RED WINE SHE HAD MADE HERSELF IN BARRELS AND HIDDEN IN THE EAVES OF HER HOUSE. SHE TRADED SOME OF THAT FOR SUGAR AND SOME MORE BAKING-POWDER SUBSTITUTE, AND LO AND BEHOLD, SHE WAS CLOSE TO SUCCESS. HOWEVER, THERE WAS NO BUTTER. THE COWS HAD BEEN DRIVEN OFF AND, NO DOUBT, SLAUGHTERED. SHE DECIDED TO BAKE WITHOUT IT. HERE IS THE RECIPE WITH SOME VARIATIONS ADDED YEARS LATER.

- 1 cup light or dark honey
- 4 eggs (Omega-3 can be used)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 cups sifted flour
- ¼ to ½ cup sugar (can be substituted with sweeteners)
- 1 cup of cold tea (cold coffee, chicory, different juices, or red or white wine)

Because other ingredients were impossible to get in those days, in modern times I have added cut-up fruit and chopped nuts to the batter as a variation.

Place the container of honey in warm water to soften. Measure the dry ingredients in a separate bowl. In a mixing bowl, blend the honey and sugar. Add the eggs and beat until light. Pour in the liquid, mix, and then gradually add the dry ingredients, mixing with each addition. Add the nuts and dried fruit to the batter before pouring it into two 8-inch or 9-inch by 4-inch loaf tins that have been oiled and floured. Bake at 350°F. for approximately 50 minutes to an hour. Test with a toothpick to ensure the cake is done.



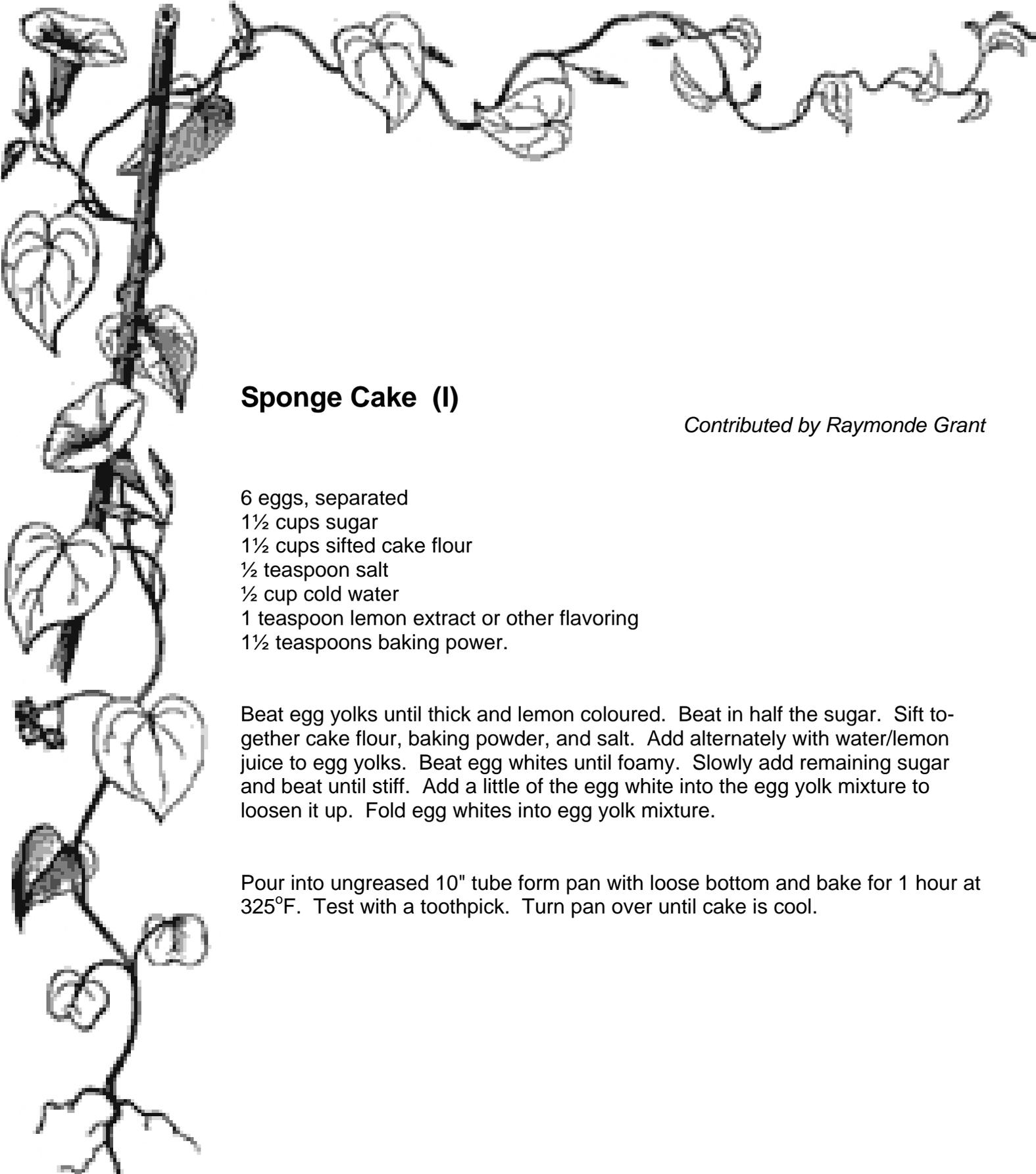
## Jewish Buttercake - Joodse boterkoek

*Contributed by Ruth Diamond*

BOTERKOEK WAS, WHEN I WAS A CHILD, SERVED WITH COFFEE, WHEN VISITORS CAME. MY MOTHER LIKED LOTS OF GINGER; MANY PEOPLE OMITTED THE GINGER. BUT THE TASTE OF BOTERKOEK IS PART OF MY YOUTH. IT SHOULD BE NOTED THAT JEWS HAD BEEN LIVING IN THE NETHERLANDS FOR WELL OVER 350 YEARS, WHEN I WAS GROWING UP. AND I REMEMBER NO MORE THAN ONE OR TWO "JEWISH" DISHES, BECAUSE DUTCH JEWS HAD LEARNED TO LOVE THE GOOD DUTCH FOOD AND MADE IT THEIR OWN. DUTCH JEWS DID NOT LIVE IN SHTETLS AND WERE FULL CITIZENS, WITH ALL THE RIGHTS OF NON-JEWS

½ pound all purpose flour  
7 ounces unsalted butter  
5 ounces light brown sugar  
1 small egg, beaten  
a gentle sprinkle of salt  
2 tablespoons finely chopped candied ginger

Knead all the ingredients into a smooth paste, keep half the beaten egg for decorating. Butter a pie pan 1" deep and 8" in diameter. Press the dough into it. Brush the rest of the egg on top. Decorate the top in squares with the back of the tines of a fork. Bake for 30 minutes at 350°F. until golden brown. The cake should be soft inside (but done!), yet hard on the outside.



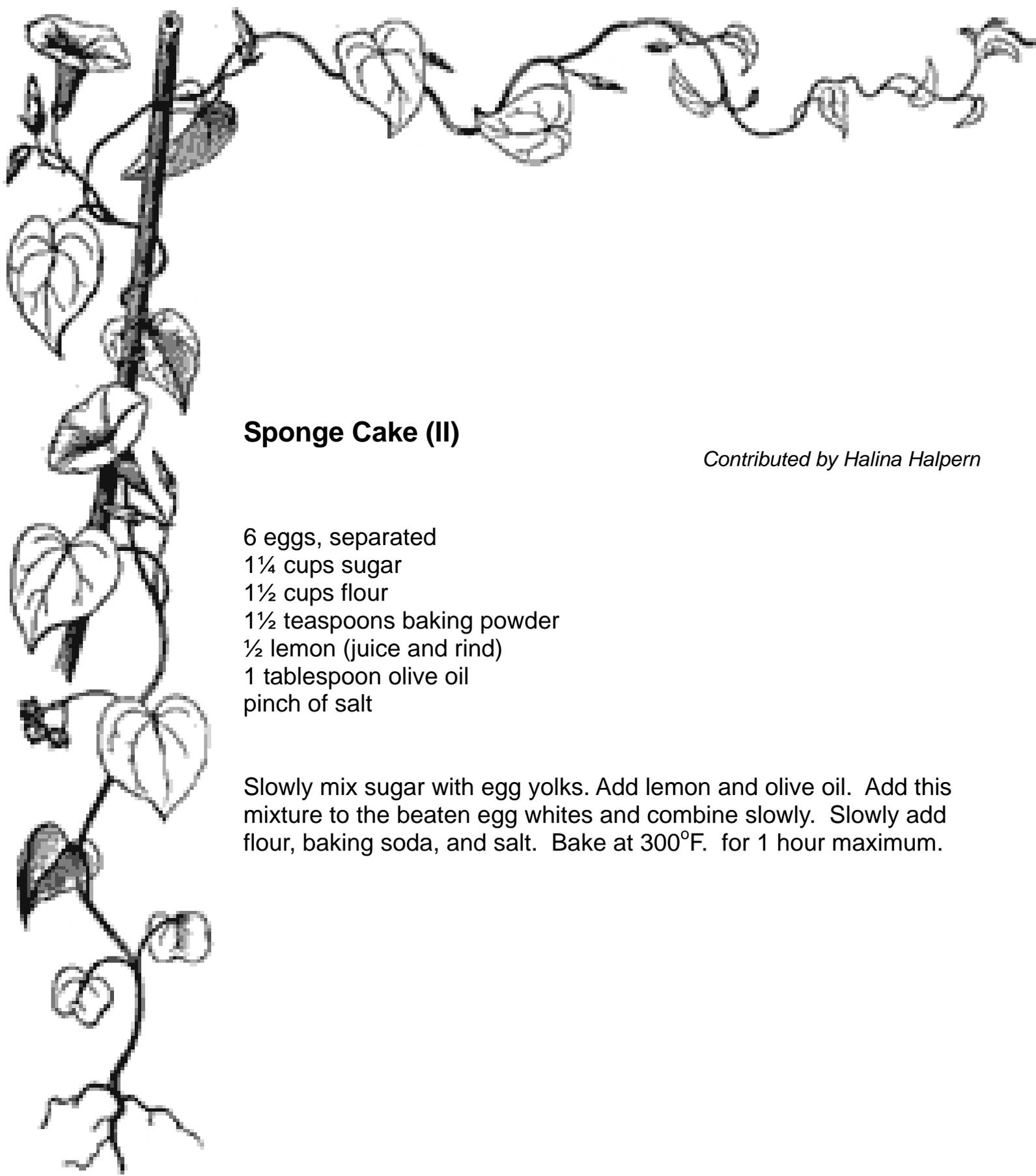
## Sponge Cake (I)

*Contributed by Raymonde Grant*

6 eggs, separated  
1½ cups sugar  
1½ cups sifted cake flour  
½ teaspoon salt  
½ cup cold water  
1 teaspoon lemon extract or other flavoring  
1½ teaspoons baking power.

Beat egg yolks until thick and lemon coloured. Beat in half the sugar. Sift together cake flour, baking powder, and salt. Add alternately with water/lemon juice to egg yolks. Beat egg whites until foamy. Slowly add remaining sugar and beat until stiff. Add a little of the egg white into the egg yolk mixture to loosen it up. Fold egg whites into egg yolk mixture.

Pour into ungreased 10" tube form pan with loose bottom and bake for 1 hour at 325°F. Test with a toothpick. Turn pan over until cake is cool.

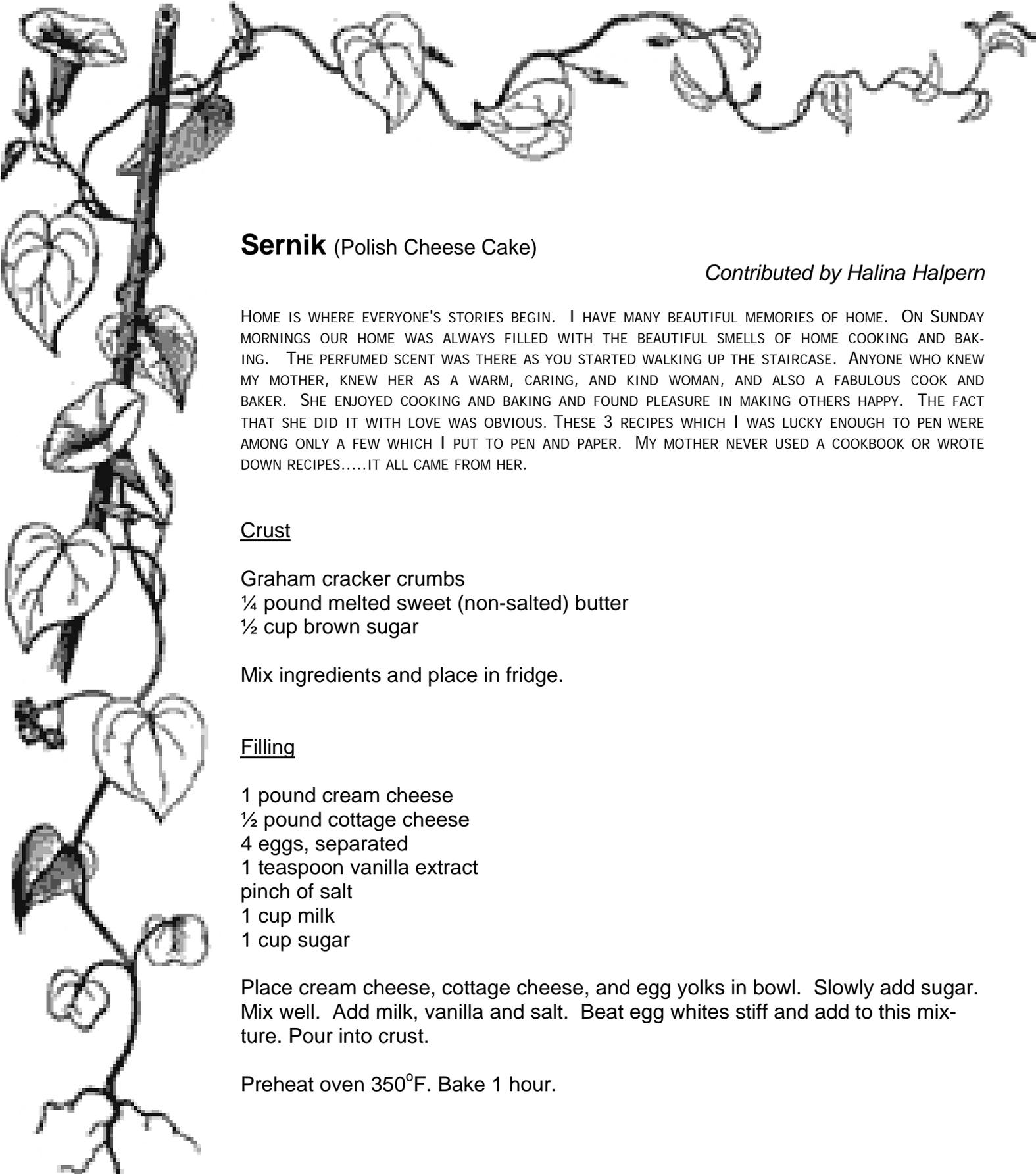


## Sponge Cake (II)

*Contributed by Halina Halpern*

6 eggs, separated  
1¼ cups sugar  
1½ cups flour  
1½ teaspoons baking powder  
½ lemon (juice and rind)  
1 tablespoon olive oil  
pinch of salt

Slowly mix sugar with egg yolks. Add lemon and olive oil. Add this mixture to the beaten egg whites and combine slowly. Slowly add flour, baking soda, and salt. Bake at 300°F. for 1 hour maximum.



## Sernik (Polish Cheese Cake)

*Contributed by Halina Halpern*

HOME IS WHERE EVERYONE'S STORIES BEGIN. I HAVE MANY BEAUTIFUL MEMORIES OF HOME. ON SUNDAY MORNINGS OUR HOME WAS ALWAYS FILLED WITH THE BEAUTIFUL SMELLS OF HOME COOKING AND BAKING. THE PERFUMED SCENT WAS THERE AS YOU STARTED WALKING UP THE STAIRCASE. ANYONE WHO KNEW MY MOTHER, KNEW HER AS A WARM, CARING, AND KIND WOMAN, AND ALSO A FABULOUS COOK AND BAKER. SHE ENJOYED COOKING AND BAKING AND FOUND PLEASURE IN MAKING OTHERS HAPPY. THE FACT THAT SHE DID IT WITH LOVE WAS OBVIOUS. THESE 3 RECIPES WHICH I WAS LUCKY ENOUGH TO PEN WERE AMONG ONLY A FEW WHICH I PUT TO PEN AND PAPER. MY MOTHER NEVER USED A COOKBOOK OR WROTE DOWN RECIPES.....IT ALL CAME FROM HER.

### Crust

Graham cracker crumbs  
¼ pound melted sweet (non-salted) butter  
½ cup brown sugar

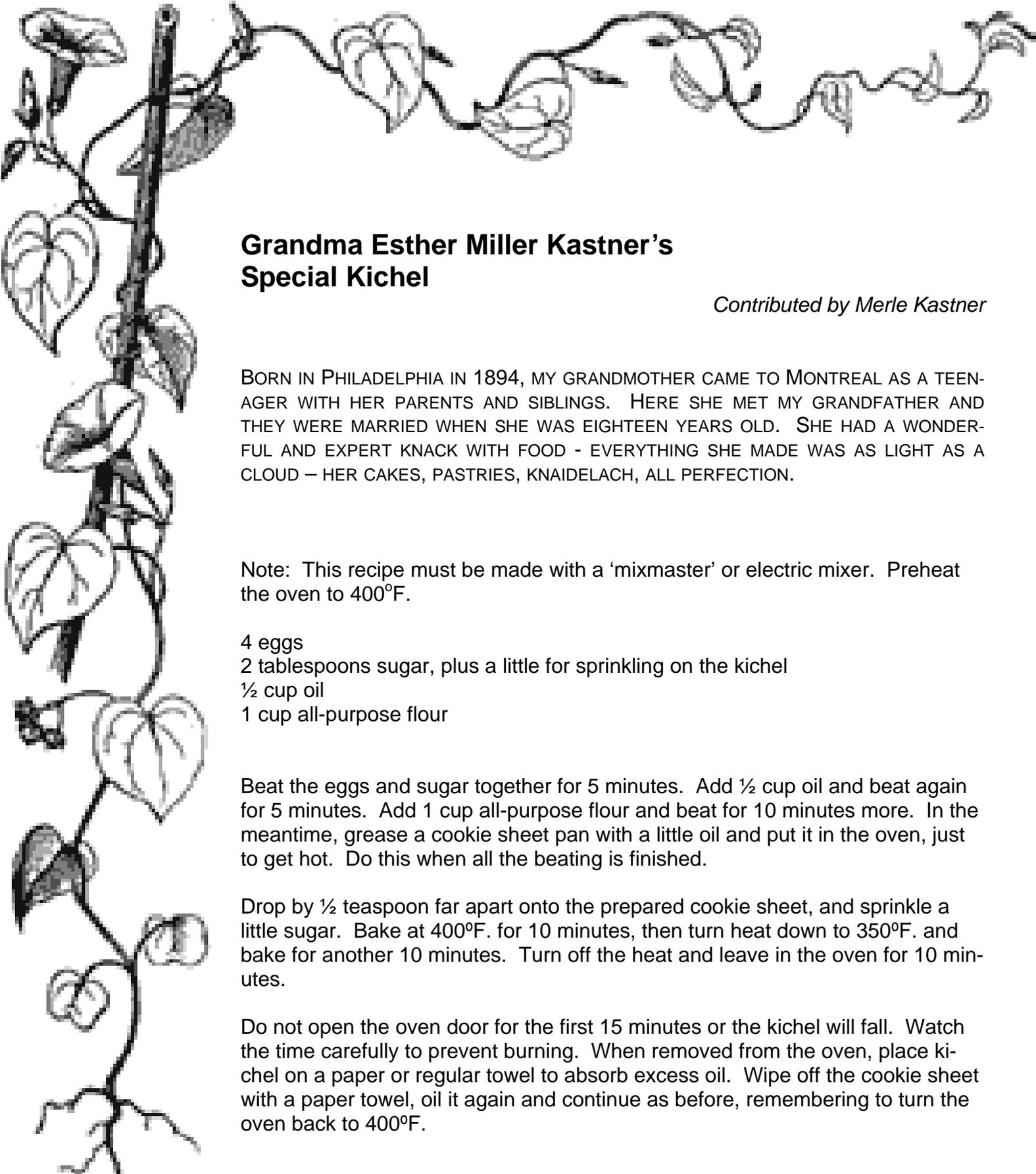
Mix ingredients and place in fridge.

### Filling

1 pound cream cheese  
½ pound cottage cheese  
4 eggs, separated  
1 teaspoon vanilla extract  
pinch of salt  
1 cup milk  
1 cup sugar

Place cream cheese, cottage cheese, and egg yolks in bowl. Slowly add sugar. Mix well. Add milk, vanilla and salt. Beat egg whites stiff and add to this mixture. Pour into crust.

Preheat oven 350°F. Bake 1 hour.



## Grandma Esther Miller Kastner's Special Kichel

*Contributed by Merle Kastner*

BORN IN PHILADELPHIA IN 1894, MY GRANDMOTHER CAME TO MONTREAL AS A TEEN-AGER WITH HER PARENTS AND SIBLINGS. HERE SHE MET MY GRANDFATHER AND THEY WERE MARRIED WHEN SHE WAS EIGHTEEN YEARS OLD. SHE HAD A WONDERFUL AND EXPERT KNACK WITH FOOD - EVERYTHING SHE MADE WAS AS LIGHT AS A CLOUD – HER CAKES, PASTRIES, KNAIDELACH, ALL PERFECTION.

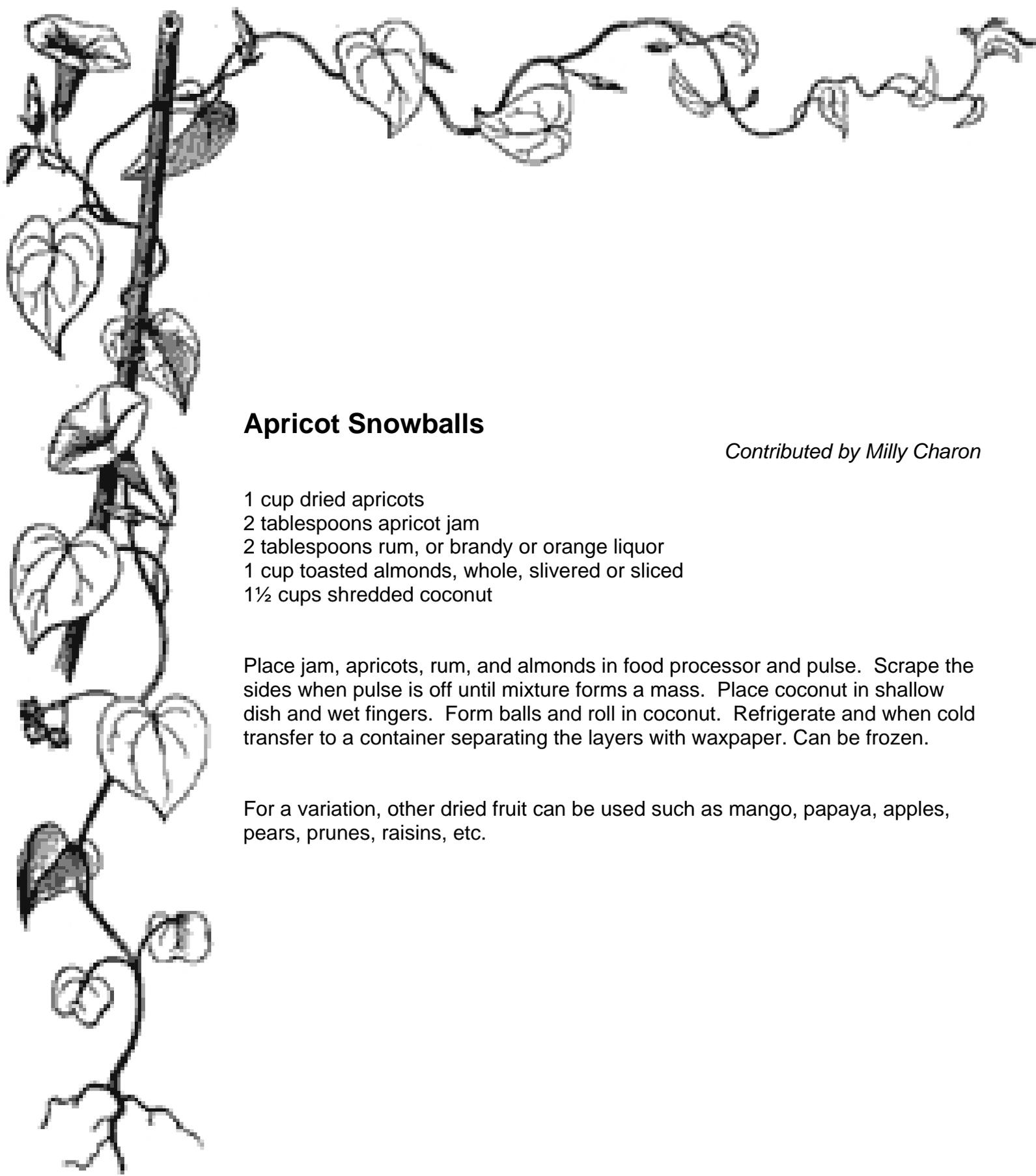
Note: This recipe must be made with a 'mixmaster' or electric mixer. Preheat the oven to 400°F.

4 eggs  
2 tablespoons sugar, plus a little for sprinkling on the kichel  
½ cup oil  
1 cup all-purpose flour

Beat the eggs and sugar together for 5 minutes. Add ½ cup oil and beat again for 5 minutes. Add 1 cup all-purpose flour and beat for 10 minutes more. In the meantime, grease a cookie sheet pan with a little oil and put it in the oven, just to get hot. Do this when all the beating is finished.

Drop by ½ teaspoon far apart onto the prepared cookie sheet, and sprinkle a little sugar. Bake at 400°F. for 10 minutes, then turn heat down to 350°F. and bake for another 10 minutes. Turn off the heat and leave in the oven for 10 minutes.

Do not open the oven door for the first 15 minutes or the kichel will fall. Watch the time carefully to prevent burning. When removed from the oven, place kichel on a paper or regular towel to absorb excess oil. Wipe off the cookie sheet with a paper towel, oil it again and continue as before, remembering to turn the oven back to 400°F.



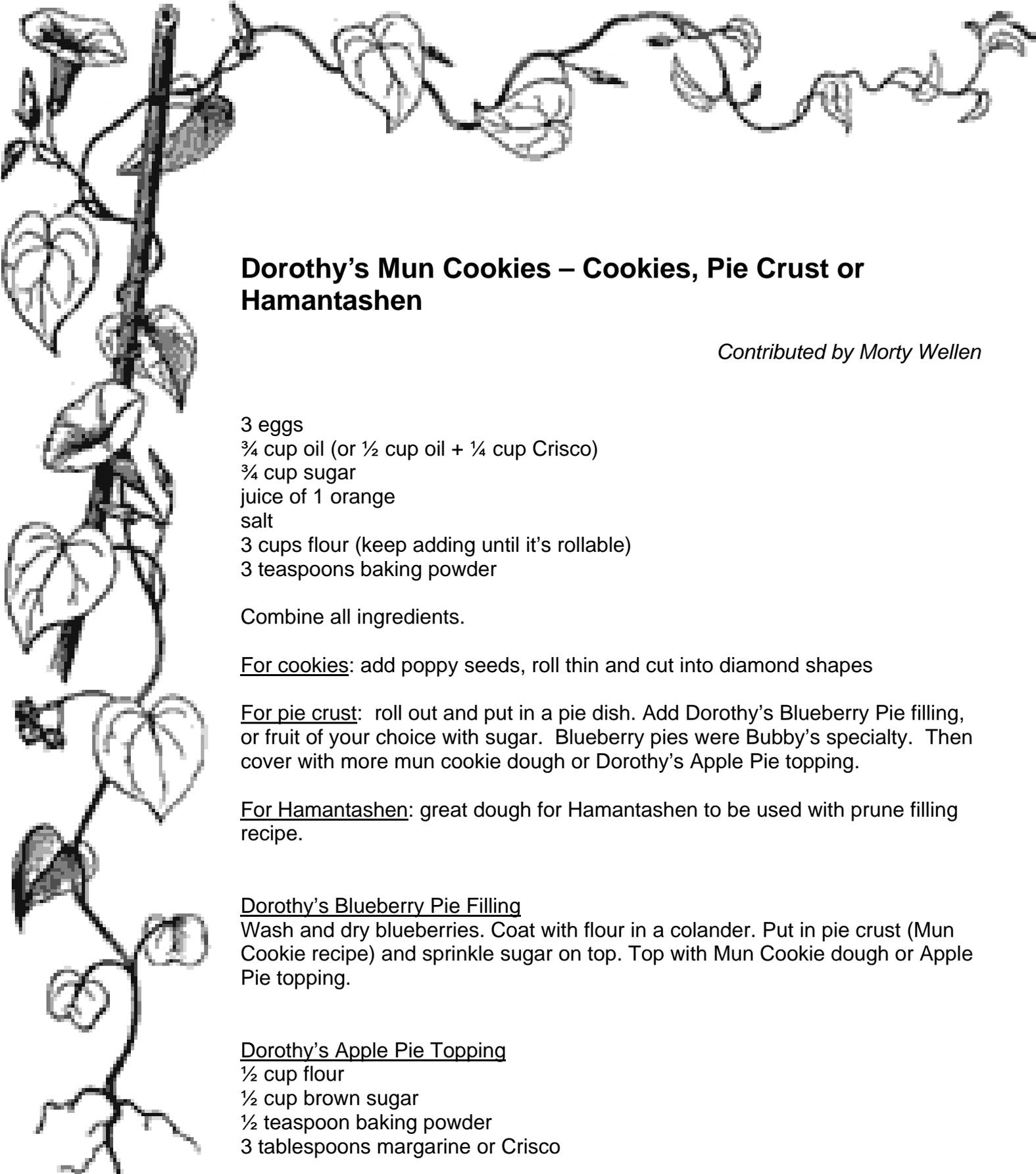
## Apricot Snowballs

*Contributed by Milly Charon*

- 1 cup dried apricots
- 2 tablespoons apricot jam
- 2 tablespoons rum, or brandy or orange liquor
- 1 cup toasted almonds, whole, slivered or sliced
- 1½ cups shredded coconut

Place jam, apricots, rum, and almonds in food processor and pulse. Scrape the sides when pulse is off until mixture forms a mass. Place coconut in shallow dish and wet fingers. Form balls and roll in coconut. Refrigerate and when cold transfer to a container separating the layers with waxpaper. Can be frozen.

For a variation, other dried fruit can be used such as mango, papaya, apples, pears, prunes, raisins, etc.



## Dorothy's Mun Cookies – Cookies, Pie Crust or Hamantashen

*Contributed by Morty Wellen*

3 eggs  
¾ cup oil (or ½ cup oil + ¼ cup Crisco)  
¾ cup sugar  
juice of 1 orange  
salt  
3 cups flour (keep adding until it's rollable)  
3 teaspoons baking powder

Combine all ingredients.

For cookies: add poppy seeds, roll thin and cut into diamond shapes

For pie crust: roll out and put in a pie dish. Add Dorothy's Blueberry Pie filling, or fruit of your choice with sugar. Blueberry pies were Bubby's specialty. Then cover with more mun cookie dough or Dorothy's Apple Pie topping.

For Hamantashen: great dough for Hamantashen to be used with prune filling recipe.

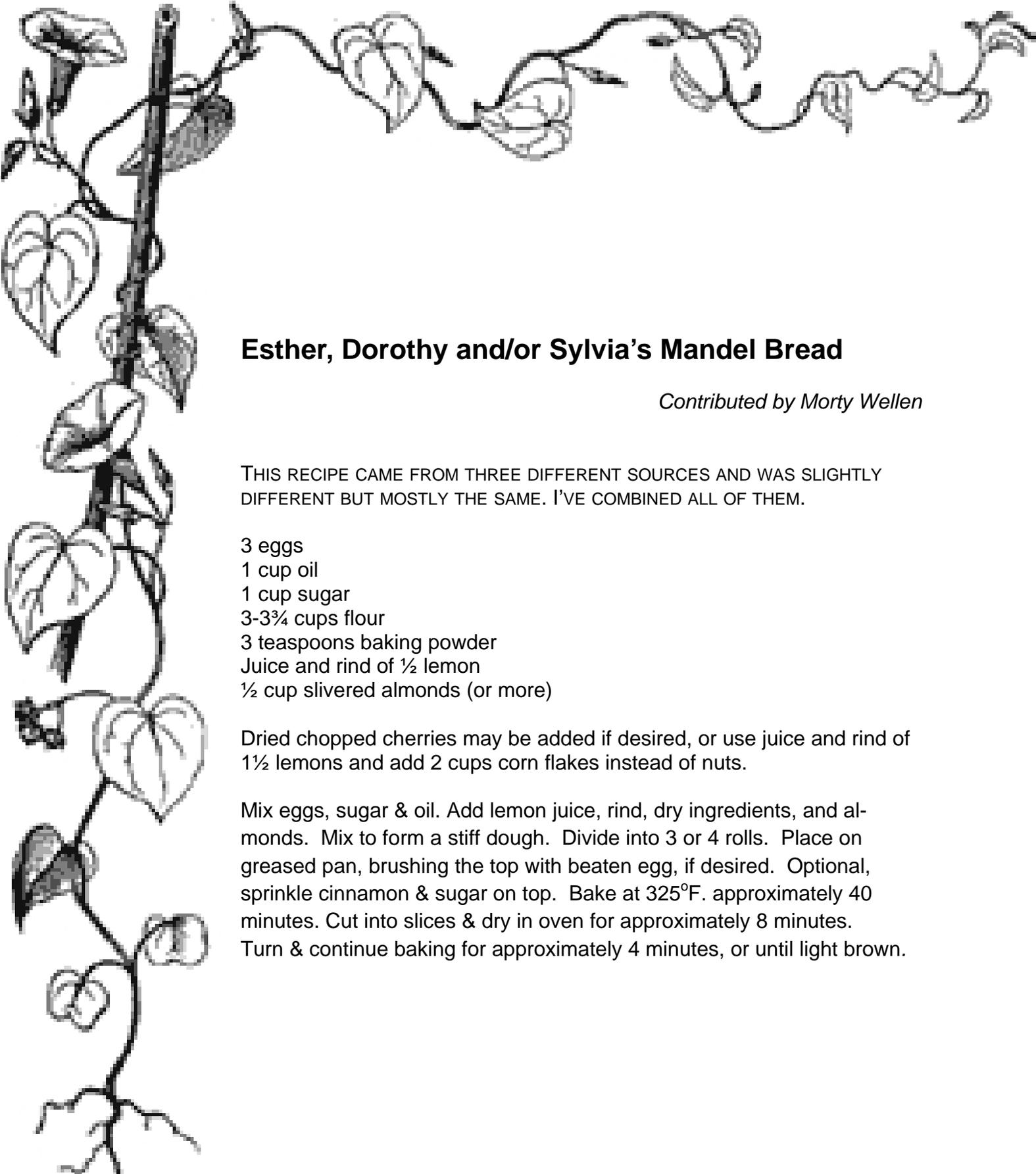
### Dorothy's Blueberry Pie Filling

Wash and dry blueberries. Coat with flour in a colander. Put in pie crust (Mun Cookie recipe) and sprinkle sugar on top. Top with Mun Cookie dough or Apple Pie topping.

### Dorothy's Apple Pie Topping

½ cup flour  
½ cup brown sugar  
½ teaspoon baking powder  
3 tablespoons margarine or Crisco

Mix ingredients together and top apple pie with it



## Esther, Dorothy and/or Sylvia's Mandel Bread

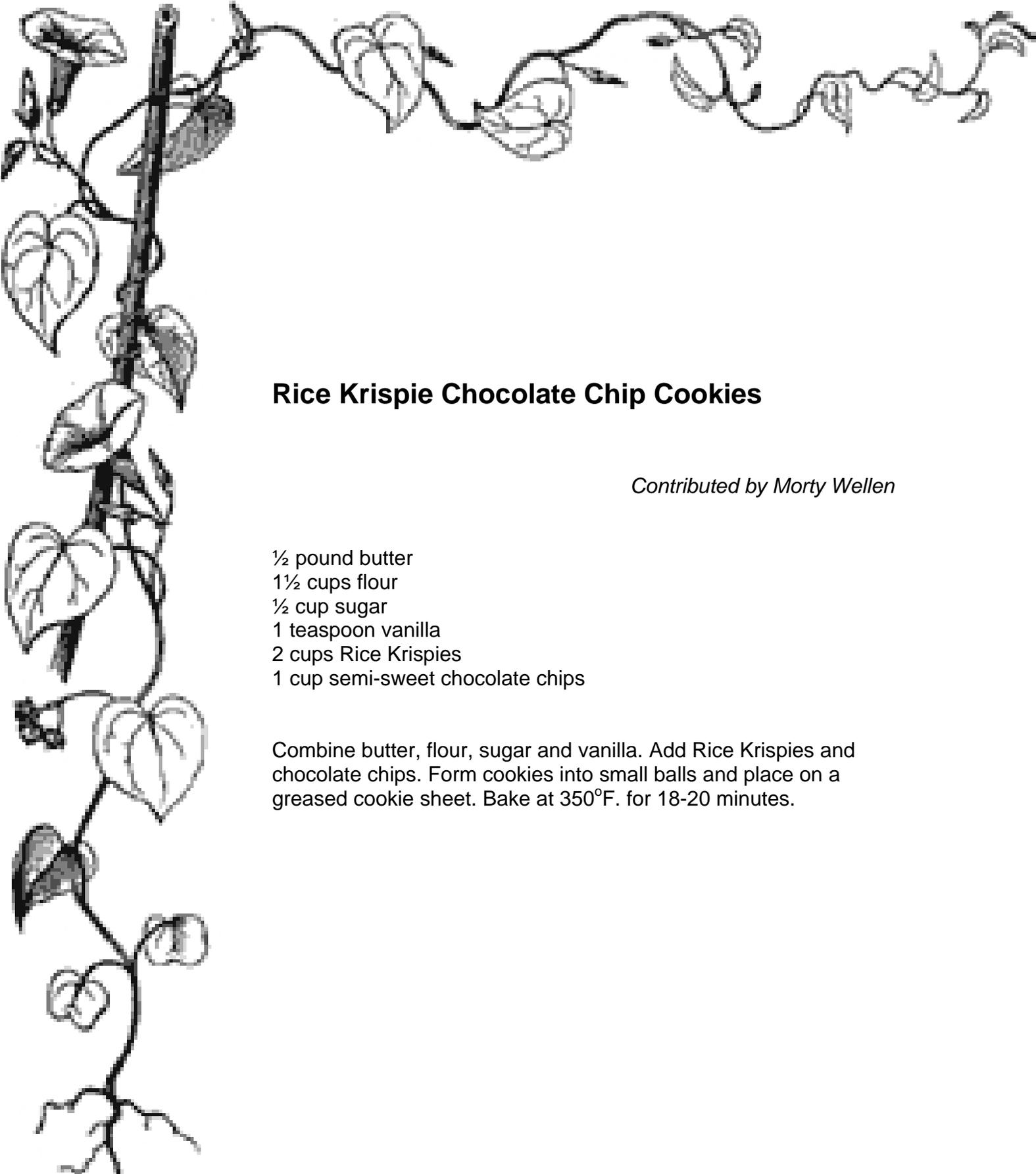
*Contributed by Morty Wellen*

THIS RECIPE CAME FROM THREE DIFFERENT SOURCES AND WAS SLIGHTLY DIFFERENT BUT MOSTLY THE SAME. I'VE COMBINED ALL OF THEM.

3 eggs  
1 cup oil  
1 cup sugar  
3-3 $\frac{3}{4}$  cups flour  
3 teaspoons baking powder  
Juice and rind of  $\frac{1}{2}$  lemon  
 $\frac{1}{2}$  cup slivered almonds (or more)

Dried chopped cherries may be added if desired, or use juice and rind of 1 $\frac{1}{2}$  lemons and add 2 cups corn flakes instead of nuts.

Mix eggs, sugar & oil. Add lemon juice, rind, dry ingredients, and almonds. Mix to form a stiff dough. Divide into 3 or 4 rolls. Place on greased pan, brushing the top with beaten egg, if desired. Optional, sprinkle cinnamon & sugar on top. Bake at 325°F. approximately 40 minutes. Cut into slices & dry in oven for approximately 8 minutes. Turn & continue baking for approximately 4 minutes, or until light brown.

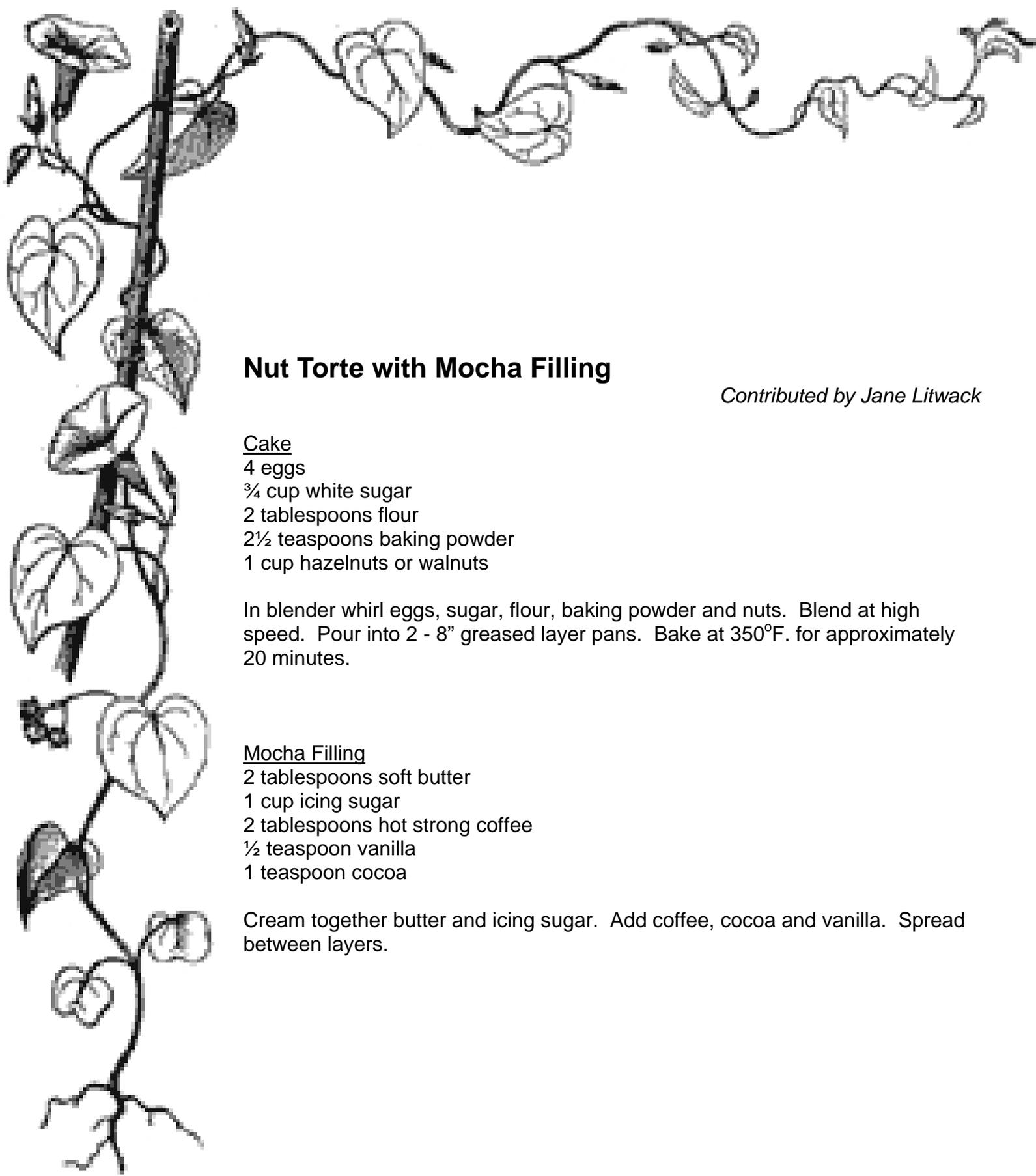


## Rice Krispie Chocolate Chip Cookies

*Contributed by Morty Wellen*

½ pound butter  
1½ cups flour  
½ cup sugar  
1 teaspoon vanilla  
2 cups Rice Krispies  
1 cup semi-sweet chocolate chips

Combine butter, flour, sugar and vanilla. Add Rice Krispies and chocolate chips. Form cookies into small balls and place on a greased cookie sheet. Bake at 350°F. for 18-20 minutes.



## **Nut Torte with Mocha Filling**

*Contributed by Jane Litwack*

### Cake

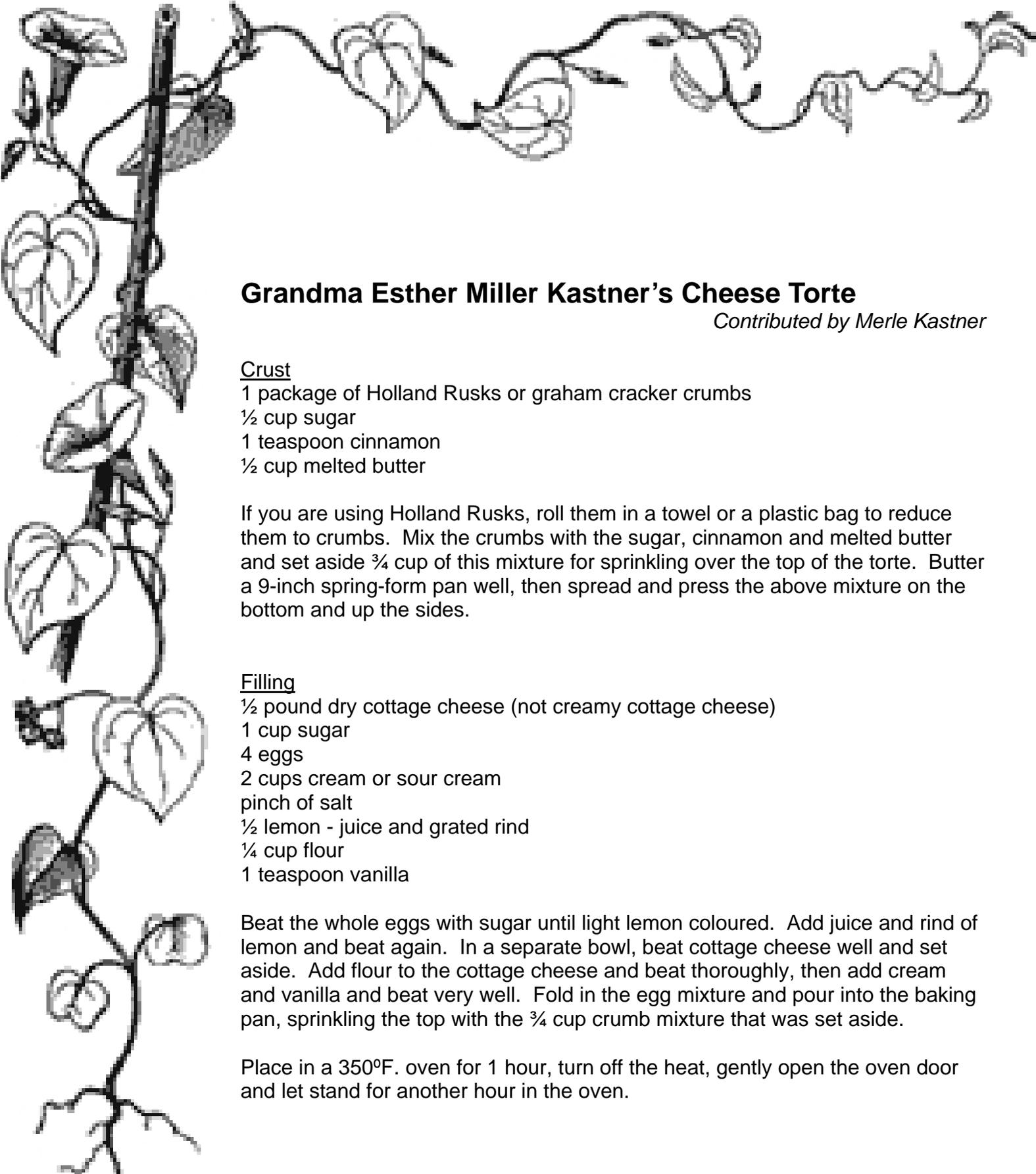
4 eggs  
¾ cup white sugar  
2 tablespoons flour  
2½ teaspoons baking powder  
1 cup hazelnuts or walnuts

In blender whirl eggs, sugar, flour, baking powder and nuts. Blend at high speed. Pour into 2 - 8" greased layer pans. Bake at 350°F. for approximately 20 minutes.

### Mocha Filling

2 tablespoons soft butter  
1 cup icing sugar  
2 tablespoons hot strong coffee  
½ teaspoon vanilla  
1 teaspoon cocoa

Cream together butter and icing sugar. Add coffee, cocoa and vanilla. Spread between layers.



## Grandma Esther Miller Kastner's Cheese Torte

*Contributed by Merle Kastner*

### Crust

1 package of Holland Rusks or graham cracker crumbs  
½ cup sugar  
1 teaspoon cinnamon  
½ cup melted butter

If you are using Holland Rusks, roll them in a towel or a plastic bag to reduce them to crumbs. Mix the crumbs with the sugar, cinnamon and melted butter and set aside ¾ cup of this mixture for sprinkling over the top of the torte. Butter a 9-inch spring-form pan well, then spread and press the above mixture on the bottom and up the sides.

### Filling

½ pound dry cottage cheese (not creamy cottage cheese)  
1 cup sugar  
4 eggs  
2 cups cream or sour cream  
pinch of salt  
½ lemon - juice and grated rind  
¼ cup flour  
1 teaspoon vanilla

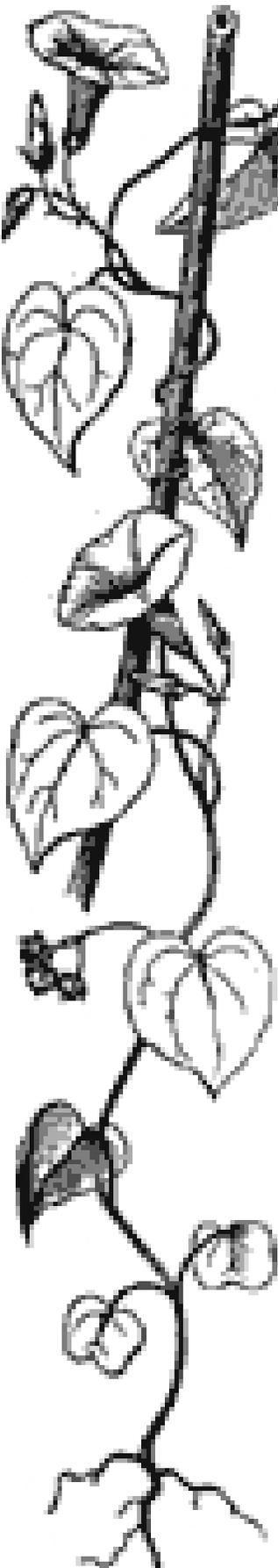
Beat the whole eggs with sugar until light lemon coloured. Add juice and rind of lemon and beat again. In a separate bowl, beat cottage cheese well and set aside. Add flour to the cottage cheese and beat thoroughly, then add cream and vanilla and beat very well. Fold in the egg mixture and pour into the baking pan, sprinkling the top with the ¾ cup crumb mixture that was set aside.

Place in a 350°F. oven for 1 hour, turn off the heat, gently open the oven door and let stand for another hour in the oven.



## Grandma Esther Miller Kastner's Orange Chiffon Cake

*Contributed by Merle Kastner*

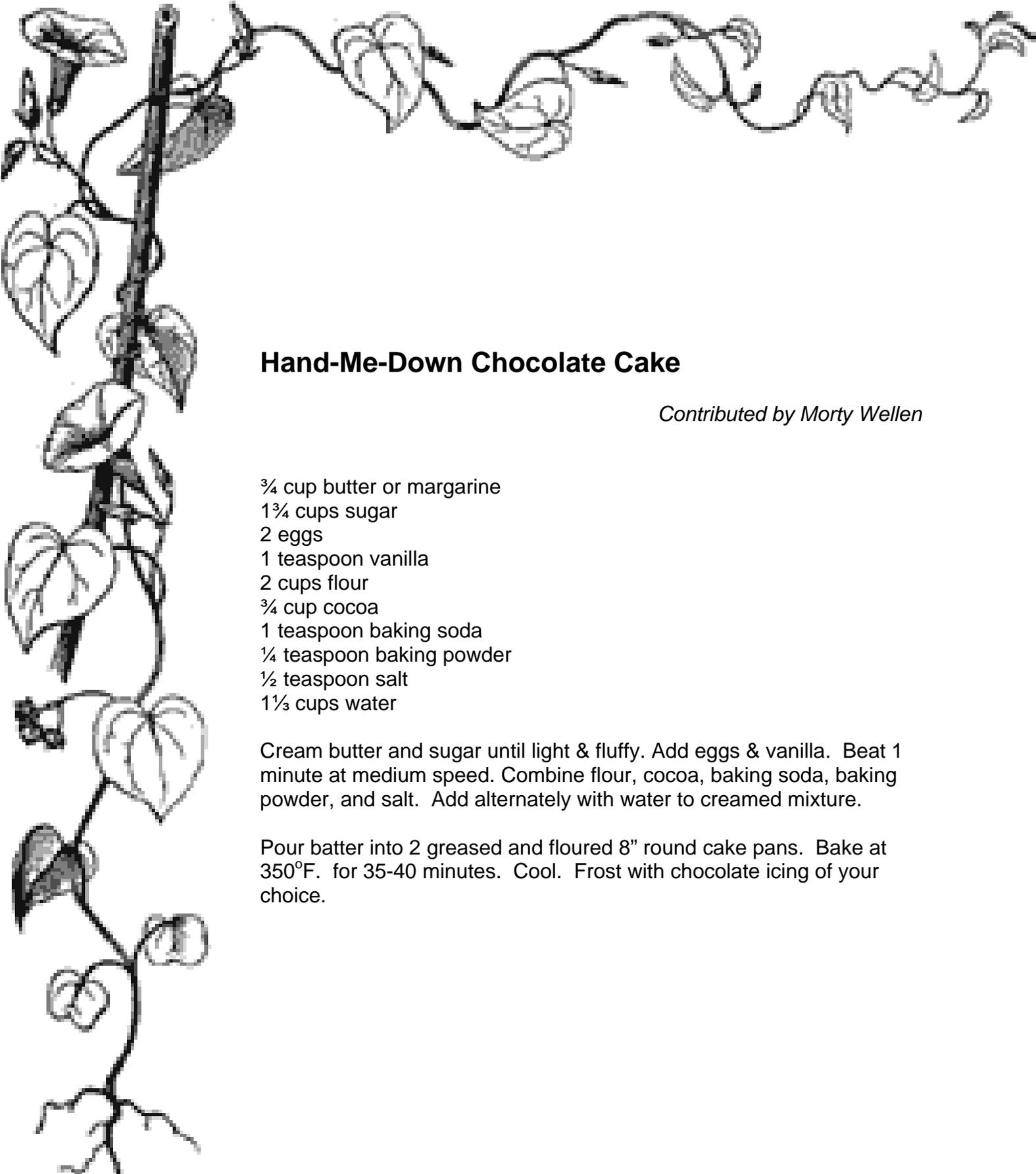


1¼ cup sifted cake flour  
¾ cup granulated sugar  
2 teaspoons baking powder  
½ teaspoon salt  
¼ cup oil  
1/3 cup fresh orange juice  
3 egg yolks  
1½ teaspoons grated orange rind  
¼ teaspoon cream of tartar  
3 egg whites

Mix and sift the cake flour, sugar, baking powder, and salt into a mixing bowl. Make a well in the center and add, in order: oil, orange juice, egg yolks and orange rind. Beat with a spoon until it is smooth. In a separate bowl, add cream of tartar to the egg whites. Beat until the egg whites form very stiff peaks. Fold the egg whites into the flour mixture until they are well blended. Do not stir, but gently fold by bringing a rubber scraper down, under across and up through the mixture. Turn batter into an ungreased 8- or 9-inch tube pan or a 9-inch square pan.

Bake in a moderate oven (325°F.) for about one hour. Turn pan upside down immediately and suspend cake so that the surface does not touch anything until it is cold.

Note: all measurements are level



## Hand-Me-Down Chocolate Cake

*Contributed by Morty Wellen*

$\frac{3}{4}$  cup butter or margarine  
1  $\frac{3}{4}$  cups sugar  
2 eggs  
1 teaspoon vanilla  
2 cups flour  
 $\frac{3}{4}$  cup cocoa  
1 teaspoon baking soda  
 $\frac{1}{4}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt  
1  $\frac{1}{3}$  cups water

Cream butter and sugar until light & fluffy. Add eggs & vanilla. Beat 1 minute at medium speed. Combine flour, cocoa, baking soda, baking powder, and salt. Add alternately with water to creamed mixture.

Pour batter into 2 greased and floured 8" round cake pans. Bake at 350°F. for 35-40 minutes. Cool. Frost with chocolate icing of your choice.



*The Flavours  
of our Families*



*Bon appétit!*