

Jewish Holiday Dinner

Many Jewish-American families emigrated from Eastern Europe and so their holiday menus reflect the cuisines of that region, including Germany, Poland, Romania, and Hungary.

MENU

APPETIZER:

Gefilte Fish (ground whitefish balls simmered in savory vegetable broth)
Challah (braided bread)

SOUP:

Chicken soup with matzo balls (dumplings) and noodles

MAIN COURSE:

Brisket of beef
Potato Pudding (version of hashed brown potato casserole)
Vegetable Stuffing
Candied sweet potato, carrot, dried fruit combo

DESSERT:

Honey Cake
Kugel (Sweet Noodle Pudding)
Apple Slices with Honey and Almonds

GEFILTE FISH

20 oz loaf of frozen raw gefilte fish mix (in Publix frozen "Kosher" section)
2 carrots
2 stalks of celery
1 onion
1 clove garlic
1 teaspoon salt
10 whole peppercorns

Prepare vegetables to make broth; no need to peel carrots or celery. Add two to three quarts of water and bring to a boil.

Remove FROZEN loaf of mix from OUTER wrapper but leave in the parchment paper. Once broth is boiling, add the frozen loaf and be sure that there is enough water to cover it; if not, add more water. Bring to a boil again.

When broth is boiling, cover, reduce heat and simmer for one and one-half hours. Remove pot from heat but let contents remain in pot to cool and absorb all the flavors.

Strain the cooled broth. Refrigerate the fish loaf and broth together in a deep dish or bowl. When ready to serve, slice the loaf and serve with some broth.

Suggest serving it with horseradish and cooked carrot slices for garnish.

Serves 8 - 10.

Matzo balls for soup

Makes 9 - 12 large dumplings

1 envelope (1/2 package) matzo ball mix (preferably "Manischewitz" brand)
3 tablespoons vegetable oil
2 large eggs
1 tablespoon seltzer/club soda

Directions:

In a bowl, blend the eggs and vegetable oil. Add contents of package and mix well with fork. Add the seltzer/club soda and mix again briefly.

Cover and refrigerate for about 15 minutes.

While chilling, put about 3 quarts of water into a LARGE pot (these dumplings grow tremendously and need room to expand) and bring to a boil.

Remove mixture from fridge, moisten hands to avoid mixture from sticking to them, and form small amounts into balls about the size of a walnut (about 1 inch diameter).

Carefully drop each ball into the boiling water. Cover pot tightly. Reduce heat and simmer until thoroughly cooked, at least 30 minutes.

Tips:

Can be simmered in combination of soup and water (if you have enough soup to spare) for extra flavor.

Taste one (or break in half) after 1/2 hour of simmer to be sure that it is not doughy and dense in center. If it is, simmer longer till light and airy throughout.

Esther's Friday night chicken soup

One whole chicken (3-4lbs)

1 lb of carrots, diced

Large onion, roughly chopped

3 sticks of celery with leaves, roughly chopped

Fresh parsley

Peppercorns

Fresh dill

Thin noodles

LOTS OF LOVE

Cut up chicken and place it in a gallon of salted water in a large pot. Bring it to a boil, skim the liquid/foam until it is clear.

Never allow soup to reach a rapid boil, simmer for 2 hours.

After one hour, add peppercorns, onion, and celery. Stir occasionally.

Remove the chicken and save it. Strain the rest of the broth. Let broth cool and put in fridge overnight.

Next day

Remove pot of broth from the fridge and remove the solidified fat from the surface.

Put the pot on the stove, add carrots, parsley, and dill. Boil and cook until carrots are tender.

Cook noodles per package directions. Make matzo balls prior.

Beef Brisket



Recipe courtesy of Tyler Florence

Show: Food 911 Episode: Two Guys, a Girl and a Brisket!



Level: Intermediate

Total: 4 hr 35 min

Prep: 20 min

Inactive: 15 min

Cook: 4 hr

Yield: 10 servings

Ingredients:

- 4 large garlic cloves, smashed
- 1/2 teaspoon kosher salt, plus more for seasoning
- 4 sprigs fresh rosemary, needles striped from the stem and chopped
- 1/4 cup extra-virgin olive oil
- 1 (4 pound) beef brisket, first-cut
- Coarsely ground black pepper
- 4 large carrots, cut in 3-inch chunks
- 3 celery stalks, cut in 3-inch chunks
- 4 large red onions, halved
- 2 cups dry red wine
- 1 (16-ounce) can whole tomatoes, hand-crushed
- 1 handful fresh flat-leaf parsley leaves
- 3 bay leaves
- 1 tablespoon all-purpose flour (optional)
- Potato Pancakes, recipe follows

Crispy Potato Pancakes (Latkes):

- 4 medium russet potatoes, peeled
- 2 medium onions
- Kosher salt and freshly ground black pepper
- 2 egg whites, lightly beaten
- 1/4 cup finely chopped chives
- Vegetable oil, for frying
- Serving suggestion: applesauce

Directions:

- 1** Preheat the oven to 325 degrees F.
 - 2** On a cutting board, mash the garlic and 1/2 teaspoon of the salt together with the flat-side of a knife into a paste. Add the rosemary and continue to mash until incorporated. Put the garlic-rosemary paste in a small bowl and add 2 tablespoons of olive oil; stir to combine.
 - 3** Season both sides of the brisket with a fair amount of kosher salt and ground black pepper. Place a large roasting pan or Dutch oven over medium-high flame and coat with the remaining olive oil. Put the brisket in the roasting pan and sear to form a nice brown crust on both sides. Lay the vegetables all around the brisket and pour the rosemary paste over the whole thing. Add the wine and tomatoes; toss in the parsley and bay leaves. Cover the pan tightly with aluminum foil and transfer to the oven. Bake for about 3 to 4 hours, basting every 30 minutes with the pan juices, until the beef is fork tender.
 - 4** Remove the brisket to a cutting board and let it rest for 15 minutes. Scoop the vegetables out of the roasting pan and onto a platter, cover to keep warm. Pour out some of the excess fat, and put the roasting pan with the pan juices on the stove over medium-high heat. Boil and stir for 5 minutes until the sauce is reduced by 1/2. (If you want a thicker sauce, mix 1 tablespoon of flour with 2 tablespoons of wine or water and blend into the gravy).
 - 5** Slice the brisket across the grain (the muscle lines) at a slight diagonal. Serve with potato pancakes.
- ### Crispy Potato Pancakes (Latkes):
- Yield: about 20 (4-inch) pancakes
- 6** Using a box grater or food processor, coarsely grate the potatoes and onions. Put the grated potatoes and onions together in cheesecloth or a tea towel and twist it to squeeze out the excess liquid. Put the dry potatoes and onions in a bowl and season with salt and pepper. Fold in the egg whites and chives to bind the mixture together.
 - 7** Heat a large non-stick skillet over medium heat and coat with 1/4-inch of oil. For each pancake, take about 2 tablespoons of the potato mixture and drop into the hot oil; gently flatten with a spatula so they fry up thin and crispy. Fry for 3 to 4 minutes on each side, until golden. Remove to paper towels to drain; season with salt while the potato pancakes are still hot. Continue frying, adding more oil as needed, until all of the mixture is used up. Serve immediately with apple sauce, if desired.



Potato Pudding

Servings: 6-8

Preheat oven to 350 degrees and grease pan just large enough for mixture.

6 medium potatoes
1 onion
3 eggs
3/4 cup vegetable oil
1 1/4 teaspoon salt
1/4 teaspoon black pepper
crushed fresh garlic to taste (optional)

Directions:

Use grater disk on food processor. Cut potatoes and onion into pieces small enough to fit through feeding tube of processor.

Grate potatoes and onion in processor and transfer to a bowl.

Now replace blade in processor and pulse the egg, oil, and seasonings (and garlic if using). Add to the potatoes and onion in bowl and mix well to combine.

Pour into prepared pan and bake until set and golden on top, 50 to 60 minutes.

Tips:

Best to use russet/Idaho potatoes.

Not necessary to peel potatoes; just scrub them very well before cutting.

Sprinkle top with paprika before or during baking to enhance golden color on crust.

VEGETABLE STUFFING (KISHKA)

Serves 8 - 10

Preheat oven to 350 degrees.

Ingredients:

2 stalks celery

2 carrots

1 onion

1 clove garlic

3/4 cup vegetable oil

1 1/4 teaspoon salt

black pepper to taste

1 teaspoon paprika

1 1/2 cups flour

Directions:

Puree carrots, celery, onion, garlic, and oil in food processor.

Transfer to large bowl and add seasoning and flour and mix well to incorporate.

Place a large sheet of aluminum foil or parchment paper onto a baking sheet and then place the mixture onto the foil/paper and form into long loaf about 2 inches in diameter.

Enclose loaf in foil/paper and bake in preheated oven for 1 1/2 hours.

Slice and enjoy!!

Tzimmes

Cooking spray

3 lbs sweet potatoes (approx. 4 large), peeled and cubed

2 lbs carrots, cut into ½ inch chunks

Cut potatoes and carrots about the same size for even cooking

1 package (12 oz) of pitted prunes, halved

1 cup orange juice

1 cup water

¼ cup honey

¼ cup brown sugar, packed

2 teaspoons ground cinnamon

¼ cup cold dairy-free margarine or butter, cut into pieces

Preheat oven to 350. Grease 13 x 9 inch baking dish with cooking spray.

Add the chopped sweet potatoes, carrots, and prunes to the baking dish. Toss to combine.

In a medium bowl, whisk together the orange juice, water, honey, brown sugar, and cinnamon. Pour the mixture over the contents of the baking dish and toss to combine.

Cover the dish with foil and bake for 1 hour.

After 1 hour, remove the dish from the oven and remove the foil. Dot the dairy-free margarine pieces over the top of the veggie mixture.

Return to the oven and bake for 45-60 mins, stirring every 15 mins. Bake until the veggies are tender and the juices have thickened into a sauce.

Serve warm and enjoy.

NOTES:

Prep the day before, store in fridge and bake about 2 hours before serving.

Add dried apricots and/or raisins or dried cranberries.

Can add other spices such as turmeric, nutmeg, etc

May want to parboil carrots pieces briefly (3-4 mins) to ensure proper finished texture.

Honey Cake

Original recipe for one loaf:

Ingredients:

1 and 3/4 cup flour
3/4 teas. baking powder
1/2 teas. baking soda
1/4 teas. ground cinnamon
1/8 teas. ground nutmeg
dash ground cloves
1/8 teas. salt
1/4 cup sugar
2 eggs
1/4 cup fresh brewed strong coffee (cooled)
1 cup honey
2 TBS. vegetable oil
1/2 teas. vanilla extract

- 1) Preheat oven to 325 degrees. Oil pan and line with parchment paper (two sides of parchment paper should rise above top of pan so they can be used as handles to lift cake from pan when done).
- 2) Combine flour, baking powder, baking soda, salt and spices in a bowl. Mix thoroughly and reserve.
- 3) In bowl of mixer, combine sugar and eggs. Beat on med. high speed until thick and yellow (about 2 minutes) Add the oil, vanilla, cooled coffee and honey to the mixing bowl. Beat on medium speed until blended.
- 4) Lower the mixer speed to "stir" and add the dry mixture in several portions to the bowl, allowing each addition to be incorporated before the adding the next. **THE BATTER WILL APPEAR VERY LOOSE BUT DON'T PANIC!!**
- 5) Pour into prepared pan (about 3/4 full). Cake will rise so you may want to adjust oven racks before baking to allow enough room.
- 6) Bake for about 50 minutes until a toothpick comes out clean. Be very careful to watch for burning on the top. (mine took longer than 50 minutes, though)
- 7) After removing from oven, place pan on wire rack to cool for 10 minutes. Then go around the pan with a butter knife to loosen cake. Use the extending parchment paper as handles to life the cake out of the pan. Place the cake on the wire rack to cool completely.
- 8) After completely cool, wrap very well in several sheets of foil or plastic wrap. Best to wait one day to serve as cake benefits from "resting" for a day before serving.

MY VARIATIONS AS IT WAS SERVED SUNDAY:

- 1) Instead of the nutmeg and cloves, I used 1/4 teaspoon pumpkin pie spice;
- 2) When mixing dry ingredients, I added some dried orange peel (available in the spice section) without measuring amount;
- 3) If you had the loaf containing the walnuts, I had toasted some chopped walnuts in a dry skillet on the stovetop until fragrant, allowed them to cool and then just added most into the batter at the end and saved some for the top. Again, I did not measure the amount, I just "eyeballed" it.

I know that this has a lot of ingredients and a lot of steps in the directions. However, it really goes together quite easily and is not hard to make. I hope that you and Larry enjoy.

Stay safe through the storm!

Fondly,
Gloria

Noodle Kugel

Recipe courtesy of Dave Lieberman

Recipe courtesy Dave Lieberman



Noodle Kugel

Total Time:

50 min

Prep: 5 min

Cook: 45 min

Yield:

6-8 servings

Level:

Easy

Ingredients

1/2 pound wide kosher for Passover egg noodles

1/2 stick butter, melted

1 pound cottage cheese

2 cups sour cream

1/2 cup sugar

6 eggs

1 teaspoon ground cinnamon

1/2 cup raisins

Directions

Preheat oven to 375 degrees F.

Boil the noodles in salted water for about 4 minutes. Strain noodles from water. In a large mixing bowl, combine noodles with remaining ingredients and pour into a greased, approximately 9-by-13-inch baking dish.

Bake until custard is set and top is golden brown, about 30 to 45 minutes.