

*Temple Beth Or's Rosh Chodesh*



*Cookbook*

## From the kitchen of Pam Dotson:

I wanted to contribute something that is completely traditional, yet not exactly what everyone expects. The brisket with kasha and varnishkas comes from the side of my family with Romanian roots, I have never seen another dish (of any kind, and from any cuisine) with this combination of seasonings (bay and clove). It has always sounded a bit odd to me, but it tastes delicious. The matzoh toffee recipe comes from my sister, I don't know where she found it, but it certainly is good!

### Tomato Brisket

Put brisket in a roasting pan that has a lid. Sprinkle with salt, pepper, garlic powder, 3-5 cloves, and 2-4 bay leaves (remove cloves and bay leaves before serving). Cover with a 16 ounce can of tomato sauce. Rinse out can with about half a can of water, and then add water to pan. Put lid on pan and bake at 325 degrees until cooked, but on the firm side. The gravy should be brownish-red, not bright red like straight tomato sauce. Refrigerate. Slice meat; remove cloves and bay leaves from sauce, but meat back in sauce. Reheat to serve. This keeps well in the fridge, and only gets better after a day or two! Serve with Kasha and Varnishkas.

### Kasha and Varnishkas

1 small onion minced  
1 Tb. schmaltz (or butter, or margarine, or oil)  
1 egg  
1/2 cup medium Kasha  
1 cup water (or chicken stock)  
1 cup bowtie noodles (varnishkas)

In a saucepan that has a lid, sauté the onion with the schmaltz. Beat egg in bowl, add kasha to egg and mix thoroughly. Dump egg mixture into saucepan with onion, immediately add water, stir thoroughly and cover. Cook over medium low heat until all water is absorbed, 10-15 minutes. Meanwhile, boil varnishkas in salted water, drain when tender. Fluff kasha with a fork, mix with varnishkas.

## Matzoh Toffee

4 to 6 sheets unsalted matzoh

1 cup unsalted butter (use margarine if making for a meat meal)

1 cup firmly packed brown sugar

big pinch kosher salt (omit if using margarine)

1 cup chocolate chips

Preheat oven to 375 degrees.

Line a rimmed baking sheet (11 x 17) completely with no-stick aluminum foil, making sure foil goes up and over edges.

Line bottom of baking sheet with one layer of matzoh, breaking matzoh as needed to completely cover pan.

In a heavy-duty saucepan melt butter and brown sugar together. Bring to a boil over medium heat while stirring. Boil 3 minutes, stirring constantly. Remove from heat, stir in salt, and pour over matzoh, spreading with a heatproof spatula.

Put pan in oven and reduce heat to 350 degrees. Bake for 15 minutes, watching closely so that it doesn't start to burn. If it starts to burn, remove from oven, lower heat to 325 degrees, and replace pan in oven.

Remove from oven and immediately sprinkle with chocolate chips. Let stand 5 minutes, and then spread melted chocolate over surface.

Cool completely, break into pieces. Store it in an airtight container.

From the kitchen of Deb Henry:

### Parmesan Roasted Potatoes

This recipe can be used with any potato you wish to roast in the oven. We like it with new potatoes or fingerlings.

- 1.5-2lb of new potatoes (cut in half)
- cup of flour
- cup of grated parmesan cheese (such as Kraft)
- Salt and pepper to taste
- Approx. 3 tbs. olive oil

- Preheat oven to 375 degrees
- Wash and halve potatoes, dry on paper towel
- In self sealing plastic bag, put flour, parmesan, salt and pepper
- Turn bag over and mix dry ingredients well
- Cut potatoes in half, lengthwise
- Place into bag
- Shake well to cover all surfaces
- Coat the bottom of a shallow baking pan with the olive oil
- Place potatoes cut side down into pan
- Bake uncovered for approximately 15 minutes
- Turn potatoes and bake an additional 15-20 minutes until golden brown

Serves 3-4

## From the kitchen of Aviva Goodwin:

Here is my Mam's recipe for Arabic Potato Fritters which in Arabic are called Arouck. In every Iraqi household on Friday they make this food for Saturday morning breakfast. This breakfast usually includes brown hard boiled eggs that were boiled in water for a long time together with tea leaves to produce the brown color and flavor. They also serve sliced fried egg plant, sliced boiled potatoes, amber (mango chutney), flat leaf parsley, very finely chopped onion (sprinkled with salt and pepper), a salad cut in very small pieces, hummus, tchinda and pita bread.

### Arabic Potato Fritters:

- 2 large potatoes
- 1 very fine chopped onion
- 1 bunch of finely chopped parsley
- half a cup of bread crumbs
- half a cup of flour
- 1 teaspoon of baking powder
- 2 beaten eggs
- 1 tablespoon of powered vegetable or chicken soup
- Salt and pepper
- \*1 add curry powder for flavor

All of these ingredients you will need to adjust by size and flavor to suit your taste.

Boil the potatoes with the skins for a short time; they need to be semi hard.

Peel and grate the potatoes on the largest grater, and put all the ingredients in a bowl and mix together. Let it stand for 10 minutes for the flavor to develop.

Heat oil in a frying pan and drop a tablespoon full of the mixture into the hot oil.

When the fritters are golden brown turn over, and fry the other side until it is golden brown.

Remove from pan, and blot with paper towel to remove excess oil.

From the kitchen of Phyllis Busch:

### Noodle Kugel

8 oz. fine noodles

½ lb butter

8 eggs

1 cup sour cream

2 8 oz. cream cheese softened

1 cup sugar (this is the original recipe—I always use 1/2)

1 tsp. vanilla

Cinnamon-sugar

Pre heat oven to 350 degrees and grease a 9 x 13 pan

- 1) Cook fine noodles according to package directions
- 2) Melt butter
- 3) Beat eggs then add butter, cream cheese, sour cream, sugar, and vanilla
- 4) Add half of the cream cheese mixture to the noodles and place this in pan
- 5) Pour the rest of the cream cheese mixture evenly over the noodles
- 6) Sprinkle with cinnamon/sugar
- 7) Bake at 350 for 1 hour. Let rest 10 minutes before cutting.
- 8) Make about 12 to 24 pieces depending on the size desired. Freezes well.

### Sour Cream Coffee Cake

½ lb butter

1 cup sugar

2 eggs

1 tsp baking powder

1 tsp baking soda

2 cups flour

1 cup sour cream

1 tsp salt

1 tsp vanilla

Grease 9 x 5 loaf pan, and heat oven to 350.  
Cream butter and sugar, then add eggs gradually.  
Sift flour, baking soda, salt, and baking powder together.  
Add alternately with sour cream to butter-sugar mixture.  
Add vanilla.

### Filling and topping

□ cup chopped nuts

□ cup brown sugar

1 tsp cinnamon

Chocolate chips optional

\* I never measure any of this, so I would guess I probably double everything.

Pour in half the batter.

Sprinkle with half the filling.

Pour in rest of batter and cover with the rest of the fillings.

Bake for 50 to 60 minutes. Test with tooth pick.

\*I always double this recipe. You can use different size pans too. You will just need to experiment with the baking times. This can be made in a bundt pan without altering the cooking time.

Special note: This recipe with the chopped nut variation comes from my mother's chapter of B'nai B'rith Women Cookbook West Farms Chapter Bronx, New York published in 1964.

From the kitchen of Rabbi Jessica Marshall:

### Kashka with Mushrooms

Vegetable oil for frying

1 large onion, cut into 1/2-inch pieces

2 cups sliced mushrooms (button, shiitake, Portobello, or a combination), optional

2 cloves garlic, minced

Salt

Freshly ground black pepper

1 large egg

1 cup whole kasha (whole roasted buckwheat groats)

2 cups hot chicken stock

□ teaspoon thyme

#### Procedure

1. Heat the oil in a skillet over a medium-high flame. Add the onions, mushrooms, garlic and season with salt and pepper. Brown and remove to a large bowl.
2. Beat the egg in a small bowl. Add the kasha and stir until all the grains are well coated. Wipe out the skillet and set it over a high flame. Add the egg-coated kasha to the skillet and cook, stirring, until the grains are toasted and separate, 2-3 minutes. Reduce the heat to low and add the hot chicken stock and thyme. Stir, cover, and simmer until the stock is absorbed and the kasha is tender but not mushy, 10-15 minutes.
3. Stir the onion-mushroom-noodle mixture into the kasha. Taste and adjust seasoning. Garnish with parsley and serve immediately.

Serves 4 as a main or 8 as a side



## From the kitchen of Cheryl Waldbaum:

This recipe is from my mother-in-law, Miriam Stein Waldbaum. Jerry's mom learned to cook all of his dad's favorite recipes from her mother-in-law, Rae Inkeles Waldbaum. Mimi taught me the recipes as well - in fact I was honored to be allowed to "help" with meal preparation. Nearly everyone else was greeted with a "get out of my kitchen!"

### Mimi Waldbaum's Barley Soup

1 large soup bone (can use stew beef instead - Cheryl's variation)

Water to cover

2 celery stalks

Onion

Carrots

Salt and pepper to taste

Mushrooms, fresh - peeled and sliced

Cook soup bone and vegetables for several hours, skimming off the foam. (If you use stew beef instead, braise it in a little oil before adding the water - Cheryl's variation).

Add sliced mushrooms and about 1/2 cup barley - add more water if needed - check the liquid requirement from the barley package. The barley should cook in about 40 minutes.

Refrigerate overnight to skim off any fat.

\*I often use a barley soup starter - Better Barley Soup formerly known as Aunt Patsy's. I make this with stew beef or vegetarian, adding mushrooms, carrots, chopped celery, onions, potatoes, peas, and sometimes broccoli. If you don't want to use starter and like this spicier version, just add a large can of chopped tomatoes plus the veggies you like, parsley and chili powder!

My maternal grandmother, Katherine Sterkel Kraft Kimmel, taught me how to make bread (of a number of varieties) when I was about 12. My mom never baked bread when I was growing up, as my grandmother was always there to bake for us. Grandma didn't have a recipe for anything she baked or cooked - she used a "handful of this and a handful of that!" When my grandmother taught me, I measured those "handfuls" and wrote down the recipes which I have passed on to my children.

### Grandma Kraft's Rye Bread

2 pkg. yeast

3-4 tsp. sugar

3 cup water (dissolve yeast in 1 cup)

1 cup buttermilk

1 1/2-2 cups bleached rye flour

Make a sponge (like cake batter).

Add 1 tbsp. salt to the sponge and let rise.

Add white flour - will be a very sticky dough, clean hands with a bit of oil. Knead until elastic.

Put oil around the side of the bowl.

Let rise, form loaves, and then place in bread pans which have been oiled on the sides, but place a little loose flour in the bottom of the pans.

Let rise in pans until double in size.

Bake 350 degrees for 1 hour.

## Cheryl Waldbaum's Rye Bread -Pareve

1 pkg. yeast

2 cups light rye flour

4-5 cups white flour

1 tbsp. salt

2 tbsp. sugar

1 small potato boiled in water

Boil the potato in about 1 cup water. Cool and mash.

Dissolve yeast in 1 cup water; add sugar, rye flour, yeast, potato with the water (about a cup).

Make a sponge - stirring with a wooden spoon. Let rise.

Add white flour; knead until elastic (oil hands and bowl as dough is very sticky). Let rise again.

Make loaves. Put in pans (oil the sides, but put flour in bottom). Let rise again.

Brush the tops of the loaves with water to make a hard crust.

Bake 30-35 minutes at 350 degrees.

## From the kitchen of Janice Warner:

These coffee cakes originated with my great grandmother, and were handed down to my grandmother. My grandmother would have these ready and waiting for us each time we visited her home.

### Crumb Coffee Cake

1 ½ cups of flour

1 cup of sugar

½ cup of shortening

Mix these three ingredients together.

\*Take out 1 cup and save for the top.

To the first mixture add:

1 egg

½ cup of sour milk or buttermilk

\*I never seem to have sour milk or buttermilk on hand, so I put 1 ½ tablespoons of lemon juice in with the milk.

On top of the dough (after in the pan) add the cup of crumbs, walnut bits, and sprinkle with cinnamon.

\* I pat the crumbs and nuts into the dough (gently) so they stay on better.

Bake at 350 degrees for 30-40 minutes, in an 8 inch square pan.

\* Double the recipe ingredients if you want to use a 13 inch pan.

### Pecan Coffee Cake

1 ½ cups flour

3 tbsp. baking powder

½ cup sugar

Pinch of salt

½ cup shortening (cut in)

1 egg

½ cup milk

Mix all these ingredients together.

In a separate bowl, mix the following ingredients together:

□ cup brown sugar

2 tbsp. flour

2 tsp. cinnamon

2 tbsp. melted butter

□ cup chopped pecans

Put half of the batter in pan. It will be quite thick and not easy to spread. Add half of the brown sugar and nut mixture on top. Again, it is difficult to spread, but sort of divide it around. Then add rest of batter and rest of mixture on top.

Bake at 350 degrees for 30-40 minutes, in an 8 inch square pan.

\* Double the recipe ingredients if you want to use a 13 inch pan.

## From the kitchen of Tobey Gloss:

The torte recipe was adapted from one Adam found in a Jewish cookbook. Over the years it has become the most requested dish for Passover at our house. We've actually had non Jewish friends and family beg to come to our Passover Seder just so they can have this torte again. It tastes like a dense chocolate torte, and has a creamy, rich texture to it. You will love it! The brisket recipe is Adams own creation, and it too is the star on Passover and Hanukkah. The meat literally melts in your mouth, it is so tender. You will have to read down to see what the secret ingredient is that makes this meat so tender...

### Flourless chocolate torte:

1 stick + 4 tbsp. of butter  
16 ounces of bittersweet chocolate  
5 large eggs, separated  
3/4 cup sugar  
1 cup ground almonds (use food grinder if needed)

1. Melt the butter with 8 ounces of chocolate in the top of a double boiler. Cool.
2. Beat the egg yolks with the sugar until they become pale yellow.
3. Mix the cooled butter and chocolate with the sugar and yolks. Add the nuts.
4. Beat the egg whites until they are stiff but not dry. Fold into the chocolate mixture.
5. Place a pan of water on the bottom shelf of a preheated 375 degree oven. (This makes the torte moister)
6. Line the bottom and side of a greased 9 inch spring form pan with aluminum foil and pour in the filling. (If you have a non-stick spring form you don't need the foil) Bake for 45-50 minutes. Remove from the oven and let sit a few minutes in the pan until cool. Unmold and carefully peel off the foil and place on a plate upside down.
7. Melt the remaining 8 ounces of chocolate and 4 tbsp. of butter. Spread over the top of the torte like a frosting.

## Braised Brisket

3-5 lb beef brisket

Kosher salt or coarse sea salt

Black pepper

Thyme

Rosemary

Garlic (4-6 cloves)

2 Bay leaves

Olive oil

1 large onion, sliced

1-2 cups red wine

\*12 oz. Coca Cola (the real stuff, NOT diet, and preferably the kind made from cane sugar)

Tabasco or other hot sauce

\*Secret Ingredient (shhh, don't tell anyone!)

Start with a 3- 5 pound brisket. Ask for the "point" if you can get it from the butcher. If not, the "flat" will do. The "point" has more fat, and although most of the fat cooks away, and it all gets trimmed off at the end, it imparts more flavor, keeping the meat moister, and just works better.

Preheat your oven to 325 degrees

Place a large, heavy bottomed, medium walled pot with a tight fitting lid (but do not cover yet) on the stove top over med-high heat. A large Dutch oven works well.

While the pot is heating, coat the meat in a wet rub made of crushed garlic (4-6 cloves), kosher or coarse sea salt, crushed black pepper, crushed rosemary and thyme mixed with about 2 tablespoons of olive oil. If you prefer, you can make this rub ahead of time, and marinate the meat in it for 1-2 hours in the refrigerator.

Coat the bottom of the pot with olive oil, and so the oil doesn't burn, quickly place the meat fat side down in the pot.

Allow the meat to brown (3-5 minutes), then turn the meat over and repeat on the other side. The point, or fat side, should be facing up now.

Once the meat is browned on the second side, gently lift it up, and place the sliced onions under, around, and on the meat, keeping the point side up. Add 2 bay leaves to the top.

Pour the Coca-Cola in with the meat, and add the red wine until the meat is covered 2/3 of the way up. Do not completely cover the meat.

Add ½ teaspoon of hot sauce (or more to taste). Be careful, because as the liquid reduces the hot sauce becomes more prominent. If you want to add more, do it at the end.

Cover the pot, and place it in the oven on the center rack.

Cook for 3-4 hours, basting the meat every 30 minutes, until it is fork tender (if you put a fork in the meat, it should pull out easily).

Add water to the pot as needed to ensure the meat is covered at least ½ ways up.

Once the meat is tender, carefully remove it from the pan, and place it on a large cutting board and cover it with foil to rest for 5-10 minutes. This allows the juices to settle, and makes the meat juicier and easier to slice. While the meat is resting, strain the liquid from the pot into a saucepan and bring to a low boil. While the liquid is heating, make slurry of flour and cold water in a bowl, mixing well to get rid of any lumps.

Add this slurry into the hot liquid slowly, stirring constantly, until your gravy reaches the desired consistency, then remove from the heat and cover.

Once the meat has rested, carefully cut the fat from the top of the meat. Find the grain of the meat, and using a sharp knife, cut thin slices perpendicular to the grain. Cutting across the grain ensures a tender slice of meat from this otherwise tough cut.

\*If you look at the slices, you should see the grain running up and down through each slice. If you cut with the grain, the meat will be tougher.

Place the sliced meat on a serving platter, and cover with the gravy. If you have leftovers, store them with the gravy, and reheat in the oven at 350 degrees, covered.

This meat actually tastes even better the second time around!

## The End!!!