



Friedman Family Recipe Book 2019



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Fish Filets With Mushrooms

From: Kenmore Microwave Cooking (1981)

- 1 lb fish fillets
- 2 T butter or margarine
- 1/2 t lemon juice
- 2T dry white wine (I use cooking wine)
- 2 scallions or just regular onions thinly sliced
- 1/2 c sliced mushrooms
- 1 tomato, peeled and cubed (I usually use a bunch of cherry tomatoes)
- 1/2 t salt

Arrange fish in a 12x7x2 microwave dish (those Pyrex 8x8 or 9x9 work great too), thick edges towards the outside. Dot with butter. Stir lemon juice into wine and sprinkle with remaining ingredients on top. Cover with wax paper, Cook on High 5 minutes, let stand 5 minutes.

All American Meatballs

From: Kenmore Microwave Cooking
(1981) 1 lb lean ground beef•

1 med potato, peeled and coarse
grated• 2 T dried onion soup mix•

1 T parsley
flakes• 1

egg,
beaten•

2 c beef broth (boullion and water)•

1T Worcestershire sauce (or soy and a little
sugar)• 2T corn starch (or potato starch or
flour)•

2 T water•

Combine beef, potato, onion soup mix, parsley and egg in large
bowl. Shape into 12 - 1 1/2 inch meatballs.

Mix broth and Worcestershire sauce, put mixture in 2qt glass microwave pan (I favor Pyrex
square glass pans - if you see an old one at a rummage sale - grab it - they are the best!!!). Put
meatballs on top.

Cover with wax paper and cook 10min at 70% power. Meanwhile mix the cornstarch and water.
Add to the meatballs and cook 3-4 more minutes at 70%. Let stand 5 minutes before serving.

I like this with mashed potatoes and peas.

Vegan Mac and Cheese

- 1/4 c carrot (1)
- 1 c potatoes (2)
- 1/3 c onion (1)
- 1 1/4c water
- 5 T vegan Butter
- 1 T lemon juice
- 1/2 t Dejon mustard
- 2 garlic cloves
- 1/2 t salt
- 1/2 t turmeric
- 1/4 t paprika
- 1/4 t pepper

Cut potatoes, carrots and onions into pieces. Sauté until soft. Spice to taste.

Put the above in a food processor and process until smooth

Add previously cooked macaroni.

Put in casserole sprinkle with bread crumbs. Add avocado slices and sprinkle with pepper then and bake until starts turning color

Ron's Applesauce

Makes approximately 2 1/2 gallons

1/2 bushel of apples - mixed varieties

6 cups Water

4 Tablespoons cinnamon

1 1/2 cups Sugar

In a 3 gallon pot, add water and bring to a boil. Wash apples, core and slice. Leave skin on except for bad/soft spots. Add apples to pot and constantly stir until apples are soft and mushy. Pass this mixture through a Victorio Strainer or similar device to remove skin, seed and other hard apple pieces. Add remaining ingredients to applesauce and stir thoroughly. Taste and adjust spices. Use as is or can in boiling water bath or freeze.



Black Bean Tostadas with Two Salsas

Avocado Salsa

1 ripe Hass avocado, peeled, pitted and diced
1 tomato, diced
2 T finely diced red onion
¼ c chopped fresh cilantro
1 small jalapeno chili, seeded and minced
2 T fresh lime juice
Salt to taste

Mix all ingredients

Roasted Corn Salsa

1T canola or olive oil
Kernels from 3 ears corn
1 tomato diced
1 jalapeno seeded and diced
2T diced red onion
¼ c chopped fresh cilantro
2T fresh lime juice
Salt and pepper to taste

Preheat oven to 375F. Lightly coat a baking sheet with oil. Spread corn kernels evenly on the prepared pan. Bake 20min or until lightly brown.

Toss corn with remaining ingredients until combined. Let stand at room temp for about 1 hour and stir before serving (I made in morning and refrigerated until dinner.)

Assembly

Eight 6-inch corn tortillas
4 cups cooked black beans (we purchased canned black beans)
1 c shredded romaine lettuce

Preheat oven to 400F. Lay tortillas on baking sheet and bake for five minutes or just until crisp. Place 2 tortillas on each plate. Top each with beans and lettuce. Add salsa.

From – Organic Vibe –Sharon O’Connor’s MusicCooks www.music-cooks.com (2006)

Blintzes

Dough

3 eggs
1 c milk
½ t salt
2 T salad oil
¾ c flour

Butter or oil for frying

Mix flour and milk to minimize lumps – do not use crepe maker. Combine ingredients. Heat pan with a little butter or oil add about 2T of batter, tilting pan to coat bottom. Let brown, turn out – browned side up. Add filling (1 heaping T) turn in sides – fry or bake (425) Makes about 18

Potato Filling

1 c chopped onions
2 c mashed potatoes
Salt and pepper to taste

Brown onions slightly if desired, add 1 egg or a little milk if desired

Cheese Filling

1 lb Ricotta Cheese or farmer cheese
1 egg
Salt and pepper to taste

Mix ingredients

Apple Filling

1 egg white
1 ½ c finely chopped apples
4 T sugar
½ t cinnamon

Blueberry Filling

1 ½ c blueberries
3 T sugar
1 T cornstarch
⅛ t nutmeg

Toss all ingredients together

Blueberry Muffins

From Betty Crocker Cookbook

1 egg
½ c milk
¼ c salad oil

1 ½ c flour
½ c sugar
2 t baking powder
½ t salt

Heat oven to 400°

Grease bottoms of 12 medium muffin cups (2 ¾ inch diameter). Beat egg, stir in milk and oil. Mix remaining ingredients JUST until flour is moistened. Batter should be lumpy.

Add 1cup fresh or frozen blueberries.

Fill muffin cups 2/3 full. Bake 20 to 25 minutes or until golden brown. Immediately remove from pan.

Everyday Pancakes

From New York Times Cooking App

2 egg
1 ½ to 2 c milk
2T salad oil or melted butter or margarine

2 c flour
1T sugar
2 t baking powder
1/4 t salt

1. Heat a griddle or large skillet over medium-low heat. In a bowl, mix together dry ingredients. Beat eggs into 1 1/2 cups milk, then stir in 2 tablespoons melted cooled butter, if using it. Gently stir this mixture into dry ingredients, mixing only enough to moisten flour; don't worry about a few lumps. If batter seems thick, add a little more milk.
2. Place a teaspoon or 2 of butter or oil on griddle or skillet. When butter foam subsides or oil shimmers, ladle batter onto griddle or skillet, making pancakes of any size you like. Adjust heat as necessary; usually, first batch will require higher heat than subsequent batches. Flip pancakes after bubbles rise to surface and bottoms brown, after 2 to 4 minutes.
3. Cook until second side is lightly browned.

Latkas

Recipe from Grossinger Cookbook

eggs

cups grated, diced potatoes 4T grated onion

1t salt

1/4t pepper 2T matzo meal

Mix all together -fry in butter or oil What we do:

10lb bag of potatoes or whatever amount you want to make

As much onion as looks right to go with it - say about 1/5-1/4 the amount of potatoes

Chop in BLENDER or MEAT GRINDER - squeeze water out by pressing in a 2-4cup fine strainer

Mix in the following proportions:

Cups of potato/onion mixture

	4	8	12	16
Eggs	2	4	6	8
Salt	1t	2t	3t	4t
Pepper	1/4t	1/2t	3/4t	1t
Matzo meal	2T	1/4c	1/3c	1/2c

Fry in vegetable or olive oil

Curried Sweet Potato Latkes

[Curried Sweet Potato Latkes](#) Epicurious | September 1998

Joan Nathan

Yield: Yield: 16 three-inch pancakes (D)

ingredients

- 1 pound sweet potatoes, peeled
- 1/2 cup all-purpose flour
- 2 teaspoons sugar
- 1 teaspoon brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon cayenne powder
- 2 teaspoons curry powder
- 1 teaspoon cumin
- Salt and freshly ground pepper to taste
- 2 large eggs, beaten
- 1/2 cup milk (approximately)
- Peanut oil for frying

Preparation

1. Grate the sweet potatoes coarsely. In a separate bowl mix the flour, sugar, brown sugar, baking powder, cayenne pepper, curry powder, cumin, and salt and pepper.
2. Add the eggs and just enough milk to the dry ingredients to make a stiff batter. Add the potatoes and mix. The batter should be moist but not runny; if too stiff, add more milk.
3. Heat 1/4 inch of peanut oil in a frying pan until it is barely smoking. Drop in the batter by tablespoons and flatten. Fry over medium-high heat several minutes on each side until golden. Drain on paper towels and serve.

Dried Fruit Soup

Ingredients

- 5 cups water
- 1/2 c dried apples
- 1/2 c raisins or currants
- 1/2 c dried apricots, finely chopped
- 1/2 c pitted prunes, finely chopped
- 1 heaping T pearl tapioca
- 1 cinnamon stick
- 1 star anise (optional)
- 1 c fruit juice (apple, cranberry or lingonberry)

Preparation

Bring water to a boil. Stir in dried fruit, tapioca, cinnamon stick and star anise. Reduce heat to medium and simmer 25 minutes. Stir in fruit juice and heat for 5 more minutes. Remove cinnamon stick and star anise.

Serve warm or cold.

Cranberry-Braised Brisket

3 TBs vegetable oil
One 4-lb. brisket, first or second cut 4 sprigs fresh thyme
1 bay leaf
1 tsp whole black peppercorns 2 medium onions, chopped
4 whole cloves of garlic
1 large parsnip, peeled and chopped (about 1 cup)
3 ribs celery, trimmed and chopped (about 1 1/2 cups)
3 TBs tomato paste
750-ml. bottle dry red wine, such as Cabernet
1/2 cup port 3 TBs sugar
cups fresh cranberries 1/3 cup dried cherries
cups beef or veal stock

Heat oil over high heat in a large, heavy-bottomed, high-sided skillet. Brown brisket until a crust forms on each side, 3-4 minutes per side. Remove brisket from skillet and reserve.

Tie thyme, bay leaf and peppercorns in a piece of cheesecloth to make a bouquet garni; set aside. In same skillet, cook onions over medium heat until soft, about 5 minutes. Add garlic and cook 1 minute. Add parsnip and celery and cook 5 minutes. Add tomato paste and cook 3 minutes. Add wine, port, sugar, cranberries, dried cherries and bouquet garni and cook until liquid is reduced by half, about 30 minutes.

Add beef stock, bring to a boil and cook an additional 5 minutes. Return brisket to liquid and cover tightly with a lid or a double layer of aluminum foil.

Bake at 325° for about 3 hours, or until brisket is tender. Remove from oven, cool for half an hour and gently remove brisket from liquid and reserve.

Pass vegetables and liquid through cheesecloth to separate out solids; discard them. Skim oil from sauce and discard. Return liquid to stove and heat gently for 5 minutes. Serve meat with sauce.

If you like a fattier piece of meat, opt for a second-cut brisket, which is also more economical. Leaving the brisket in the refrigerator overnight after it has cooked allows the flavors to deepen and makes the meat easier to cut after reheating.

This recipe also works well with beef short ribs, cut either English-style, along the bones, or flanken-style, cut across the bones.

Stir-Fry Spicy Chicken

- 1 pound chicken breast Olive or other cooking oil
- Sitr Fry Sauce (Wegman's spicy szchezwan or garlic)
- Garlic powder
- Ground ginger
- Soy sauce (packets are fine)

Optional ingredients:

- Sliced Onions
- Sliced Mushrooms
- Can of mixed Chinese vegetables
- Can of Chinese baby corn
- Fresh snow peas
- Fresh bean sprouts (the large ones)
- Can of bamboo shoots
- Can of sliced water chestnuts
- Etc.

Rice – long cooking or Minute Rice – prepared per directions on box or bag

Start long cooking rice first, Minute Rice can be prepared in advance or while cooking.

On a clean cutting board, cut the chicken into approx. 1" pieces, cut out the long vein between breasts and throw it away. WASH the cutting board as soon as you are done cutting the raw chicken – wipe the counter down too.

Stir fry chicken in oil until the centers are no longer pink (cut into a piece or two to check), but don't overcook. Sprinkle with ginger and garlic powder – you can be fairly generous with the garlic power especially. Stir until coated. Add a mixture of stir fry sauce and soy sauce (try ½ and ½ to taste – a packet of soy sauce and a few dashes from the bottle). Stir to coat and let simmer a few minutes.

If you are also making vegetables. Remove the chicken to a clean bowl – repeat the directions for the meat, except use the vegetables – they only initially stir fry a few minutes until softened and warm – then add spices and sauce.

Mix chicken in with vegetables and serve over rice.

Chicken Chili

- 1 pound boneless, skinless chicken breast cut into 3/4 inch pieces
- 1T vegetable oil
- 1 green pepper diced
- 1 small onion diced
- 2 garlic cloves, minced
- 1T chili powder
- 1/2 t ground cumin
- 16 ounces canned tomatoes in juice, crushed
- 1/2 c water
- 1T tomato paste
- 10 ounces canned red kidney beans, rinsed and drained

Place chicken in 2 quart microwaveable casserole. Cover and cook on HIGH 4-6 minutes until chicken is not pink

Remove chicken and set aside, discard liquid

Add oil to pan, microwave on HIGH 1 minute

Add pepper, onion, garlic, chili powder and cumin, cook on HIGH 4 minutes, stirring twice

Add tomatoes, water and paste, cook on HIGH 10 minutes, stirring twice

Add beans and chicken. Cover and cook on HIGH 3 minutes, stirring once.

Let stand 5 minutes before serving

Gloria's Modifications

I do this in a stock pot. Can sauté onions, etc. if desired.

Add barley, carrots

Use light and dark kidney beans

Use tofu instead of chicken

Butternut Squash, Chickpea and Turmeric Couscous

Stew Ingredients

- 2 quarts vegetable stock
- 2 potatoes, peeled and cut into 2" cubes
- 3 carrots, peeled and cut into 2 inch pieces
- 1 yellow onion quartered
- 1 cup cooked or canned chickpeas
- 1 butternut squash, peeled and cut into chunks
- 2 zucchinis cut into 2 inch pieces
- 3 celery stalks cut into 2 inch pieces
- 1 small bunch cilantro, chopped
- 1 tablespoon grated fresh turmeric root or 1t turmeric powder
- Salt to taste

Couscous Ingredients

- 1 ½ cups whole wheat couscous
- 1 ½ t salt

1. In a large pot over medium-high heat, bring vegetable stock to boil
2. Add stew ingredients, except salt, bring to boil then reduce heat to low
3. Cover and cook 1 hour, salt to taste
4. Prepare couscous according to package directions
5. In bowl, put a few tablespoons of couscous top with vegetables and some stock.

From September/October 2018 Moment Magazine

Beets With Pineapple

- 2 Tbsp Brown Sugar
- 1 Tbsp Corn Starch
- ¼ tsp. salt
- 1 can pineapple tidbits
- 1 Tbsp. margarine
- 1 Tbsp. lemon juice
- 1 can beets drained (or fresh – precooked)

Combine brown sugar, corn starch and salt in saucepan, stir in pineapple with syrup. Cook, stirring constantly until mixture thickens and bubbles. Add margarine, lemon juice and beets. Cook over medium heat for 5 minutes. Makes 4-5 servings

Veggie Burgers

- 2 cans chickpeas, drained and mashed
- 1 ½ c finely chopped pecans
- 1 ½ c whole wheat (or regular) bread crumbs
- 1 ¼ c finely chopped fresh spinach
- ¾ c grated carrot
- ¼ c chopped green pepper
- ¼ c chopped red pepper
- 6 shallots chopped (or onion or scallion)
- 2 T chopped celery
- 1 T chopped fresh parsley
- ¼ t pepper
- ¼ c mayonnaise

Combine all ingredients. Shape into about 16 patties. (1/2 recipe works for a smaller amount)

Sauté patties in olive oil until browned on both sides. From Cooperative Extension Farmer's Market 2002.

Sweet and Sour Tongue

- 1/2 c Brown Sugar
- 1 T Flour
- 1 1/2 c water
- 1/4 t Lemon Rind
- 1/3 c seedless raisins
- 1 t dry mustard
- 2 T vinegar
- 2T lemon juice

Mix sugar, mustard, flour. Add vinegar, lemon juice and rind, water and raisins. Cook over low heat until thick, stirring constantly. Add pre-cooked and sliced tongue when sauce is thick. Serve over egg noodles.

Gefilte Fish

- 2lb Whitefish
- 2lb Pike
- 2lb Winter Carp
- (we've substituted cod if necessary)
- Approx 5 onions
- 2 quarts water
- 4t salt
- 1 1/2 t pepper
- 3 eggs
- 3/4 c ice water
- 1/2 t sugar (we've been adding more per Dina Jacobson)
- 3T matzo meal
- 3 carrots sliced

Fillet fish, but save head, skin and bones if available. Put the head, skin and bones in a cheesecloth bag, cook with 4 onions, 2 qt water, 3/4 t pepper and 2 t salt. Cook over high heat while preparing the fish. We use a 12Qt stainless steel pot.

Grind fish and remaining onion (we use a meat grinder). Place in a chopping bowl and add the ice water, eggs, sugar, matzo meal, remaining salt and pepper. Chop fine.

Moisten hands. Shape mixture into round or oblong balls. Carefully drop into fish stock. Add the carrots. Cover loosely and cook over low heat approx. 1 1/2 hours. Remove cover for last 1/2 hour. Taste to correct seasoning. Let cool a bit before removing to a bowl or platter. Strain the stock over it, and arrange carrots around and on top of fish. Chill. This amount should serve at least 12 people.

Matzo Balls

From Manischewitz Matzo Meal Box

Can be 2x, 3x, 4x

- 2T fat (olive oil, chicken fat, etc.)
- 2 eggs slightly beaten
- 1/2 c matzo meal
- 1 t salt
- 2T soup stock or water

Mix fat and eggs together. Add matzo meal and salt which were first mixed together. When well blended, add soup stock. Cover and refrigerate minimum 20 minutes to overnight. Use a generous sized pot, boil water briskly. Reduce heat and drop balls into water. Cover and cook 30-40 minutes. Basic recipe makes 8-12 balls.

Gazpacho

1 medium cucumber	1 medium onion
1 green pepper	1 large tomato
8 c. tomato juice	6 Tbsp. Oil (olive)
4 Tbsp wine vinegar or lemon juice or mixture	
1 tsp. sugar or honey	½ tsp. Worcestershire sauce
½ tsp. salt	dash of hot pepper (Tabasco) sauce
2-4 cloves garlic, minced	2 Tbsp chopped parsley

Chop vegetables (I do this lightly in the blender mixed with water and then drain the water). Combine all ingredients in bowl, mix well, refrigerate overnight. Serve cold with garnish of yogurt, sour cream, chopped veggies or croutons.

Vegetable Soup

From Debbi Klein Berke

- For Passover omit corn, garbanzo and green beans - a double recipe serves more than 30 for two sedars in "formal" dishes. This is the single recipe below.
- 6 c water
- 28oz can stewed tomatoes in tomato puree
- 1 potato (or more) 2 carrots
- 1 c corn 1 stalk (or more) chopped celery
- 1 c green beans 1 onion (or more)
- 1/2 red pepper 1 c garbanzo beans
- Several cloves crushed garlic recipe says 1t each garlic and onion powder (I omit)
- 1/2 t celery salt (I omit)
- 1 T parsley
- 1/4 t thyme
- 2 t basil
- 1 T oregano
- 2t salt

Mix all ingredients -- simmer

Shav – Sorrel or Spinach Soup

- 1 pound (or make proportionally) young sorrel leaves washed and stemmed (or spinach)
- 2T butter, margarine, or olive oil
- 1 large minced onion
- 6c water or chicken stock
- 1t kosher salt to taste
- 2T sugar
- Juice of one lemon
- 2 beaten egg yolks
- Sour cream to taste
- Scallions, cucumbers, tomatoes, hardboiled egg chopped (crosscut)

Melt butter or margarine or heat oil in saucepan or Dutch oven. Add sorrel and onion and sauté until sorrel is wilted and onion is translucent (about 10 minutes)

Add water or stock and salt and bring to boil, reduce heat and simmer 30 minutes

Remove from heat and add sugar and lemon juice a little at a time adjusting flavor as desired.

Temper 2 large beaten egg yolks with a few tablespoons of hot soup then stir back into soup - leave as is or run through blender

Estimate soup and sour cream to be 156 calories per serving (8oz?)

From www.thespruceeats.com

Farmer Cheese Pancakes/Waffles

½ lb Farmer Cheese
4 Tbsp. Potato starch
4 eggs
½ tsp. salt
4 Tbsp. Sugar

Beat the egg yolks in one bowl. Beat the egg whites until stiff in another. Mix farmer cheese, salt, potato starch, sugar together with the egg yolks. Fold in the whites.

Fry in oil or make in waffle iron. Recipe can be doubled.

Hawaiian Franks

½ c chili sauce
½ c currant jelly
1 ½ Tbsp. Lemon juice
1 ½ tsp. dry mustard
14 oz cocktail franks or regular franks cut up
13 ½ oz can pineapple chunks, drained

Combine all ingredients. Simmer together 15 minutes.

Polynesian Meatballs

2 lb chopped meat
1 jar tomato (marinara) sauce
1 lb duck sauce
1 c water
2 eggs
bread crumbs (approx ½ c.)
garlic powder
chopped onion or onion powder
salt, pepper

Mix eggs with meat and seasonings. Add bread crumbs and water slowly. Form tiny meatballs. Mix sauces in large covered pot. Add meatballs, cover and simmer about 1 ½ hours.

Matzoh Kugel with Apples

4 Matzo
3 eggs well beaten
½ t salt
¼ c melted margarine
½ c sugar
1t cinnamon
½ c chopped walnuts
2-3 lg apples – peeled and chopped
½ c raisins
Extra margarine

Break matzos into pieces and soak in water until soft. Drain but do not squeeze dry. Beat eggs with salt, sugar, melted margarine and cinnamon. Stir into matzo (or visa versa). Add nuts, apples and raisins. Pour into greased square 9x9 or 9x13 rectangle baking dish. Dot with additional margarine if desired. Bake at 350 for 35-45 minutes or until lightly browned. Freezes and/or reheats well.

Spechla

1c	Flour
1	Egg
2-3T	Water
1/2 c	"instant" (2 1/2 minute) Cream of Wheat

Boil a pot of water.
Mix above to make balls.
Put balls on a wet plate until pot is ready
Boil 15-20 minutes

Serve with sautéed onions and mushrooms

Dill Pickles (very easy)

Dissolve 1 ½ oz of salt in a quart of warm water. (guesstimate how much brine you will need and prepare proportionately.

Select jar to optimally be filled with picklers Wash the cukes and pack them tightly in jar.

For a 1 quart jar add:

1 oz pickling spice

4-5 cloves of garlic minced

A head of fresh dill or a few good shakes of dill weed and dill seed 1 or 2 extra bay leaves

Fill jar with water, close lid– shake lightly Leave out a few days and then refrigerate.

First wash the cucumbers and fit them into the clean jar(s); I can usually get about 5 into a regular pickle jar. For every two regular jars mix 1 ½ oz of salt into 1 quart of water – I heat it a bit to dissolve better.

After you have the pickles in the jars add about ¾ to 1 oz of pickling spice, 1 or 2 bay leaves, a “head” of dill (or about ½ tsp. each of dill seed and dill weed) and 3-4 garlic cloves chopped up.

Fill the jars with water to the top. Leave out (on a plate, it sometimes leaks) for 2-3 days and then refrigerate.

Salsa

- 4 large tomatoes, chopped
- 1 onion, chopped
- ½ c chopped fresh cilantro
- 3 cloves garlic, minced
- 1T lime juice
- 1 tomatillo diced (optional)
- Salt to taste
- 1 Jalapeno pepper, minced.

In a medium bowl, combine all ingredients except jalapeno. Mix well. Add ½ of jalapeno and taste. Add more to get to desired heat. Cover and chill until ready to serve

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Salad Dressings and More

Tartar Sauce

Mayonnaise and sweet pickle relish.	Mix together to taste
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Seafood Sauce

Ketchup and horseradish.	Mix together to taste
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French Salad Dressing

(makes a nice veggie dip)

Mayonnaise and Ketchup	Mix together to taste
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Thousand Island Salad Dressing

Mayonnaise, Ketchup and sweet pickle relish	Mix together to taste
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Vinaigrette (many combinations and flavors)

(I've really liked pink grapefruit and orange flavored vinegars)

- 1c olive oil
 - 1/2 c vinegar
 - 2T lemon juice
 - 1T brown mustard
 - Crushed garlic
 - Other single and mixed spices
- Adjust ingredients and ingredient amounts to task, use whisk to mix

Bar-b-cue Sauce

Mix to taste:

- Ketchup
 - Honey
 - Worcestershire Sauce
 - Garlic (crushed and powdered)
 - Brown mustard
- Mix and adjust

Guacamole

- 1/3 cup finely chopped white onion
- 1 to 2 serrano chilies, thinly sliced (including seeds)
- 2 pounds ripe avocados (about 4)
- 1/4 cup chopped cilantro
- 1 to 2 teaspoons fresh lime juice (to taste)

Mash onion and chilies with 3/4 teaspoon salt in a molcajete or with a mortar and pestle, or mince and mash with a heavy knife. Transfer to a bowl.

Pit and peel avocados and mash in bowl with chile mixture. Stir in cilantro and lime juice.

Hawaiian Fish Sauce

1/3 c soy sauce
1 T lemon juice
2 T catsup
1 T cider vinegar
2 T sugar
1 T grated onion
Salt and Pepper to
taste

Combine sauce ingredients in small saucepan. Cook, stirring until well heated.

Elderberry Jam

2 quarts crushed elderberries 1/4 cup vinegar
6 cups sugar

Combine berries, vinegar, and sugar. Bring slowly to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick. As mixture thickens, stir frequently to prevent sticking.

Pour boiling hot mixture into sterilized jars. Adjust lids. Process in boiling water 5 minutes. Remove jars; cool and store.

This recipe yields 6 half-pint jars.

Hamantaschen

Regular Dough

2c Flour

2t Baking powder

1/8 t Salt

1/2 c Vegetable shortening

1 c Sugar

1 Egg

2t Packed finely grated fresh orange zest

1T Fresh orange juice

Various fillings such as Solo Pie fillings, lemon pudding, lekvar, poppy-seed, etc.

Regular Recipe can be doubled (I haven't tried with the wheat. The regular comes out a little softer, the wheat firmer.

Sift together flour, baking powder and salt. Set aside.

In an electric mixer (dough hooks) beat shortening, sugar and egg until light and fluffy.

Add zest and juice and beat until incorporated. Add flour mixture, stirring until a smooth

Ball is formed. Gather dough into a ball and flatten into a disk. Chill wrapped in plastic wrap (up to 2 days).

Preheat oven to 375 (doing both recipes at the same time in my convection oven I set it to 360 for 15 minutes). Roll dough out on a lightly floured board/cloth roll it out between wax paper. Roll 1/4" thick (or a bit less). Cut into 3 or 4" rounds (I use a drinking glass to cut the dough). Re-roll scrap. Place about 3/4 tsp of filling in the middle of the circle and fold in to make a triangle, pinching edges tight.

Place about 1/2 inch apart on slightly greased baking sheet. Bake about 15 minutes. Cool about 5min and then transfer to a rack to finish cooling.

Makes 24-30.

Wheat Flour Dough

2/3c Butter or margarine (or Crisco solid)
1/2 c Sugar
1Egg
1/4 c Orange juice
1c White flour
1 c Wheat flour
2t Baking powder. (1/4 t salt)

Blend butter and sugar, add egg and blend thoroughly. Add juice and blend thoroughly. Add flour 1/2 c at a time, alternating white and wheat, adding the baking powder with the last 1/2 cup of flour. Refrigerate until chilled - recipe says overnight but I think 2 hours is plenty. Roll between wax paper to 1/8-1/4 inch. Continue as above. Bake at 350, 15-20 minutes . Makes 20-24 with a 4 1/4" circle.

Chocolate Filling

(I did this on the stove and microwave and the original microwave directions seem to work better)

1c semisweet chocolate chips
1/3 c sugar
1 T Butter (or equiv)
1 T milk
1 t vanilla
1 egg (beaten)

Melt chocolate in microwave. (approx. 3-4min at 30-40 power). Add sugar, butter, milk and vanilla. Stir, return to microwave to melt butter if necessary. Gradually stir beaten egg into chocolate. (Use before it hardens)

Chocolate Bobka

DOUGH:

1 teaspoon granulated sugar
1 package dry yeast (about 2 1/4 teaspoons)
3/4 cup warm 1% low-fat milk (105° to 110°)
6 tablespoons granulated sugar
1/2 teaspoon vanilla extract
1/4 teaspoon salt
1 large egg yolk, lightly beaten
7.5 ounces all-purpose flour (about 1 2/3 cups), divided
5.85 ounces bread flour (about 1 1/4 cups)
5 tablespoons butter, cut into pieces and softened
Cooking spray

FILLING:

1/2 cup granulated sugar
3 tablespoons unsweetened cocoa
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
4 ounces semisweet chocolate, finely chopped

STREUSEL:

2 tablespoons powdered sugar
1 tablespoon all-purpose flour
1 tablespoon butter, softened

1. Dissolve 1 teaspoon granulated sugar and yeast in warm milk in the bowl of a stand mixer; let stand 5 minutes. Stir in 6 tablespoons granulated sugar, vanilla extract, 1/4 teaspoon salt, and egg yolk. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Add 6 ounces (about 1 1/3 cups) all-purpose flour and bread flour to milk mixture; beat with dough hook attachment at medium speed until well blended (about 2 minutes). Add 5 tablespoons butter, beating until well blended. Scrape dough out onto a floured surface (dough will be very sticky). Knead until smooth and elastic (about 10 minutes); add 1.5 ounces (about 1/3 cup) all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will be very soft).
2. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 1/2 hours or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let dough rest 5 minutes.
3. Line the bottom of a 9 x 5-inch loaf pan with parchment paper; coat sides of pan with cooking spray.
4. To prepare filling, combine 1/2 cup granulated sugar, cocoa, cinnamon, salt, and chocolate in a medium bowl; set aside.
5. Place dough on a generously floured surface; roll dough out into a 16-inch square. Sprinkle filling over dough, leaving a 1/4-inch border around edges. Roll up dough tightly, jelly-roll fashion; pinch seam and ends to seal. Holding dough by ends, twist dough 4 times as if wringing out a towel. Fit dough into prepared pan. Cover and let rise 45 minutes or until doubled in size.
6. Preheat oven to 350°.
7. To prepare streusel, combine powdered sugar, 1 tablespoon all-purpose flour, and 1 tablespoon softened butter, stirring with a fork until mixture is crumbly; sprinkle streusel evenly over dough. Bake at 350° for 40 minutes or until loaf is browned on bottom and sounds hollow when tapped. Cool bread in pan 10 minutes on a wire rack; remove from pan. Cool bread completely on wire rack before slicing.

Yield: 16 servings (serving size: 1 slice)

CALORIES 220 ; FAT 7.1g (sat 4.3g,mono 2g,poly 0.5g); CHOLESTEROL 25mg; CALCIUM 23mg;
CARBOHYDRATE 36g; SODIUM 111mg; PROTEIN 4.1g; FIBER 1.5g; IRON 1.4mg

Cooking Light, DECEMBER 2009

Banana Nut Bread

1/3 c shortening
½ c sugar
2 eggs
1 ¾ c sifted all-purpose flour
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
1 c mashed ripe banana
½ c chopped walnuts
OVEN 350

Cream together shortening and sugar; add eggs and beat well. Sift together dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts. Pour into well-greased 9x5x3 inch loaf pan. Bake in moderate oven 45 to 50 mins or till done. Remove from pan; cool on rack. Wrap and store overnight.

Best Ever Passover Brownies

½ c melted butter
2T cocoa, plus enough water to make a paste
1 c sugar
2 eggs, beaten
6T matzo cake flour
½ c chopped nuts

Mix thoroughly all ingredients except nuts. Pour in 8 inch square greased pan and sprinkle with chopped nuts. Bake in 350° oven for 20-30 minutes. Cut into squares when cool.

Dina's Rugula Formula

2 sticks butter

Cover w/ milk in 1 qt saucepan approx.. 1c, melt butter

8c flower, 1c sugar

Dissolve 2 yeast in warm water

2c sour cream

4 eggs

Oil

Mix together. Let rise.

Punch down, rise again

Roll out with extra flour – add cinnamon/sugar – roll into logs or triangles – let rise

Bake at 350 30 min +/-

Passover Granola

½ c 3oz honey

½ c 3oz canola oil

1/3 c 2oz` water

1t 1t cinnamon

(1/2) Zest of 1 orange

1/8 t dash salt

1t ¾ t vanilla

Box 4 c matzoh farfel

In a small saucepan heat all ingredients except farfel until boiling.

Pour over farfel in a large bowl. Pour mixture onto greased cookie sheet. Bake at 300 for 35-45 minutes, stirring every 10 minutes.

After it has cooled, add raisins, chips, nuts, etc.

Chocolate Chip Meringues

2 egg whites

1/8 tsp salt

1/8 tsp Cream of Tartar

3/4 cup sugar

5 oz chocolate chips

1/2 tsp vanilla

Beat the egg whites until foamy. Add salt and Cream of Tartar. Continue to beat until foam peak form but not dry. Add sugar two tablespoons at a time. Keep beating. Fold in chocolate chips and vanilla. Line baking sheet with parchment paper and drop 1 tsp size amounts of mixture. Bake in oven at 300 degrees for 25 minute then sit in oven for 1+ hours.

Linzer Torte

- 1/2 c margarine
- 1 c sugar
- 6 tsp unsweetened cocoa
- 2 tsp cinnamon
- 1 c finely chopped almonds
- 1 tsp baking powder
- 1 tsp lemon rind
- 2-2 1/2 c cake meal or whole wheat flour
- 2 eggs
- 1/4 tsp ground cloves (optional)
- 6-8 oz raspberry jam
- 1 1/2 - 2 oz Slivowitz (plum liquor) or vodka (optional)

Cream sugar and margarine - add ingredients except jam and liquor

Mix well until dough can be worked by hand (may need to add more ground almonds or flour)

Press 3/4 of dough onto bottom and sides of a 10" springform pan or pie plate.

Mix jam with liquor (if desired) and spread over dough

Shape remaining dough into strips - suggest 1/2-3/4" wide - and lattice over jam

Brush with egg yolk wash

Bake 325 50 minutes

Chocolate Quinoa Cake (Passover)

CAKE

3/4 cup quinoa
1 1/2 cups water
Cooking spray
2 tablespoons potato starch
1/3 cup orange juice (from 1 orange)
4 large eggs
2 teaspoons pure vanilla extract (or other vanilla if for Passover)
3/4 cup coconut oil
1 1/2 cups sugar
1 cup dark unsweetened cocoa
2 teaspoons baking powder
1/2 teaspoon salt
2 ounces bittersweet chocolate
Fresh raspberries, for garnish (optional)

GLAZE (OPTIONAL)

5 ounces bittersweet chocolate
1 tablespoon sunflower or safflower oil
1 teaspoon pure vanilla extract (or other vanilla if for Passover)

Place the quinoa and water into a small saucepan and bring it to a boil over medium heat. Reduce the heat to low, cover the saucepan and cook the quinoa for 15 minutes, or until all the liquid has been absorbed. set pan aside. The quinoa may be made 1 day in advance.

Preheat the oven to 350°. Use cooking spray to grease a 12-cup Bundt pan. Sprinkle the potato starch over greased pan and then shake the pan to remove any excess starch .

Place the quinoa in the bowl of a food processor. Add the orange juice, eggs, vanilla, oil, sugar, cocoa, baking powder and salt and process until the mixture is very smooth. Melt the chocolate over a double boiler, or place in a medium microwave-safe bowl, and put in a microwave 45 seconds, stirring and then heating the chocolate for another 30 seconds, until it is melted. Add the chocolate mixture to the quinoa batter and process until well mixed. Pour the batter into the prepared Bundt pan and bake about 60 minutes, or until a skewer inserted into the cake comes out clean.

Let the cake cool for 10 minutes and then remove it gently from the pan. Let it cool on a wire cooling rack. To make the glaze, melt the chocolate in a large microwave-safe bowl in the microwave or over a double boiler. Add the oil and vanilla and whisk well . Let the glaze sit for 5 minutes and then whisk it again . Use a silicon spatula to spread the glaze all over the cake.

- Hadassah Magazine 3/19

Lemon Quinoa Cake (Passover)

CAKE

3/4 cup quinoa 1 1/2 cups water 2 tablespoons lemon zest, from 2-3 large lemons 1/2 cup fresh lemon juice, from 2-3 large lemons 4 large eggs	1 teaspoon pure vanilla extract (or other vanilla if for Passover) 3/4 cup coconut oil 1 1/4 cups sugar 1 cup almond flour 1/4 cup coconut flour, plus 2-3 tablespoons to dust Bundt pan 2 teaspoons baking powder 1 teaspoon baking soda 1/2 teaspoon salt
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GLAZE

1 cup confectioners' sugar
2 tablespoons fresh lemon juice (from 1-2 lemons)

Place the quinoa and water into a small saucepan and bring it to a boil over medium heat. Reduce the heat to low, cover the saucepan, and cook the quinoa for 15 to 18 minutes, or until all the liquid has been absorbed. sit for 5 minutes off the stovetop. The quinoa may be made 2 days in advance and stored in the fridge.

Preheat the oven to 350°. Use cooking spray or oil to grease a 12-cup Bundt pan . Sprinkle 1 to 2 tablespoons coconut flour, or more if needed, over the entire greased pan and then shake the pan all around to cover then tap out the excess.

Place the quinoa in the bowl of a food processor. Add the lemon zest and juice, eggs, vanilla, oil, sugar, flour, coconut flour, baking powder, baking soda and salt and process until the mixture is very smooth, and then continue 3-4 more minutes. Pour the batter into the prepared Bundt pan and bake it for 1 hour, or longer, until a skewer inserted in cake comes out clean .

Let the cake cool for 30 minutes and then remove it gently from the pan onto a wire cooling rack .

To make the glaze, place the confectioners' sugar into a bowl and add 1 tablespoon of lemon juice and, well. Add more juice, a teaspoon at a time, until you have a thick glaze. Drizzle or pour over the cake.

- Hadassah Magazine 3/19

Giant Passover Meringues

1 lemon half 2 1/4 cups sugar 6 large egg whites (1 cup) 1 1/2 teaspoon salt 1 teaspoon vinegar	FOR PISTACHIO MERINGUES 1 cup pistachio paste (see recipe below) 1 tablespoon finely ground pistachios for garnish, optional. FOR CHOCOLATE MERINGUES 1/4 cup cocoa powder 1/2 cup chocolate chips
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1. Preheat oven to 300°. Prepare your mixing bowl and whisk attachment by rubbing a halved lemon over the entire surface and then wiping clean.
2. Pour sugar into a medium bowl and set aside . Prepare whichever add-in you are using, and have a ready a silicon spatula and two small spoons. Prepare trays by covering with parchment paper.
3. Crack cold eggs and carefully separate the white from the yolk, placing the egg whites directly into the mixing bowl. If any bits of yolk get into your egg whites, scoop them out with a piece of shell .
4. Whip egg whites on the highest speed until foamy (like shaving cream) . At this point, add the salt and vinegar. Whip again on the highest speed while adding sugar, one tablespoon at a time, letting the granules incorporate into the mixture fully before adding the next. Continue like this, slowly, until the sugar has been absorbed into the egg whites.
5. Once all the sugar has been added, continue to beat for 5 to 7 minutes. When done, the mixture should have a stiff peak that won't fall out of the bowl even if turned upside down, and should not feel sticky when rubbed between your fingers.
6. Using a little bit of merengue as adhesive, tack down the sheets of parchment paper to your baking sheet
7. For pistachio meringues: Using a silicon spatula, swirl the pistachio paste through the merengue in gentle folds. Any more than this will deflate the merengue.
8. For chocolate meringues: Sift cocoa powder over the merengue mixture, and gently sprinkle in chocolate chips. Swirl the cocoa powder and chocolate chips through the mixture with just 2-3 gentle folds more than this will deflate the merengue.
9. Spoon mixture onto the baking tray in heaping half-cup-sized portions and gently shape with two spoons
10. Bake for 30 minutes, then let the meringues sit in the turned-off oven with the door closed for an additional 1 hour. When they' re ready, meringues will be easy to remove from the tray with a crunchy bottom and outside, and a gooey inside.
11. Let cool before storing in an airtight container at room temperature for 3 to 5 days.

NOTE: 1/2 C makes huge cookies - try 1/4 c next time. 2019 very good

Pistachio Paste

Makes 1 1/4 cups

- 1 cup shelled pistachios
- 1/2 cup granulated sugar
- 1 tablespoon neutral vegetable oil
- 1/2 teaspoon almond extract
- 5 tablespoons room temperature water

- Make ice water in a medium bowl by adding a couple handfuls of ice cubes to a few cups of wate1
2. Bring a small pot of water to boil, then dump the pistachios into the water to boil for 1 minute.
 3. Strain the pistachios using a fine mesh strainer, then submerge them in the ice water. Let sit for 5 to cool completely.
 4. Strain the pistachios, then place them in an empty bowl.
 5. Grab a handful of nuts at a time and forcefully rub them together between your palms to loosen 1 skins.
 6. Next to your sink or a small bowl of water so that you can rinse or dip your fingers as needed, pee skins off the pistachio nuts. The skins should come off fairly easily. Place the peeled pistachios dire the food processor.
 7. Once the nuts are all skinned and in the food processor, add sugar and pulse until the nuts are co, ground.
 8. Add the oil and extract and continue to pulse, slowly adding the water 1 tablespoon at a t ime. Th, result will be a wet, spreadable texture .
 9. Store refrigerated in a jar for up to 3 months

-Hadassah Magazine March 2019

Helga's Pie Crust

2c flour
1t salt
¼ c water
2/3 c shortening

Makes two bottoms or one top and bottom. (I have cut this in half to just make one crust)

Sift, then measure flour. Resift into bowl with 1tsp of salt. Measure 1/3 c of mixture and place in small cup or bowl. Stir into this 1/3 c – ¼ c of water

Cut 2/3 c of shortening into the remaining flour until mixture is size of small peas
Stir flour past into dough – work with hand until well incorporated and the dough forms a ball.

If just baking crust – 425 for 8 to 10 minutes (that sounds high – try 5-7 minutes)

Apple Pie Filling

6 to 8 tart apples, pared, cored and thinly sliced (6 cups)
¾ c sugar
2T flour
¾ t cinnamon
Dash ground nutmeg
Dash salt

Mix together - soak apples in a lemon juice/water mixture so they don't change color too fast.
Mix solid ingredients together, drain apples, mix and fill into piecrust.

Chocolate Matzah Bark with Dried Pineapple and Pistachios

4 sheets of matzah 2 sticks butter or margarine
1 c dark brown sugar 2c semi sweet chocolate chips
½ c chopped pistachios ½ c dried pineapple or other dried fruit

Line a 12x17 cookie sheet with parchment paper. Lightly coat with nonstick cooking spray and heat oven to 350
Place matzah in one layer on cookie sheet, breaking to cover full surface, set aside
In small saucepan, melt butter and sugar stirring frequently. Bring to a boil and allow to thicken by cooking 3-4 more minutes.

Carefully pour mixture over the matzah, spreading it with a spatula and working quickly so it glides over all the matzah
Bake for 12-15 minutes or until sugar and butter mixture is bubbling. Be careful not to let it burn.
Remove tray from oven and immediately sprinkle chocolate chips over the hot surface, using an offset spatula to spread it so that it covers the matzah completely.
Distribute chopped fruit, nuts and flaked salt (optional) and refrigerate for about 30 minutes until firm.
Cut or break into pieces to serve.

Banana Chocolate Chip Bread

1-POUND LOAF	INGREDIENTS	1½-POUND LOAF
⅓ cup	milk	½ cup
⅓ cup	mashed very ripe bananas	½ cup
1	large egg	1
1 tablespoon	butter or margarine	1 tablespoon
¾ teaspoon	salt	1 teaspoon
2 cups	bread flour	3 cups
¼ cup	semisweet chocolate pieces	⅓ cup
1½ teaspoons	FLEISCHMANN'S Bread Machine Yeast	2 teaspoons

Add ingredients to bread machine pan in the order suggested by manufacturer, adding mashed bananas with milk, and semisweet chocolate pieces with flour.

Note: How this bread turns out depends on your machine. Some machines will make a smooth chocolate-colored bread. Others will leave bits of chocolate chips, and still others will give a marbled loaf.

Recommended cycle: Basic/white bread cycle; light color setting, if available.

Bread Sticks

BREAD STICKS

Far better than the ones you buy in the store. Bake enough to keep on hand. Each of the different toppings changes the flavor of the sticks — try them all.

	Small	Medium	Large
– water	2/3 cup	1 cup	1 1/3 cups
– margarine/butter	3/4 tbs.	1 tbs.	1 1/4 tbs.
– sugar	2 tsp.	1 tbs.	1 1/3 tbs.
– salt	2/3 tsp.	1 tsp.	1 1/3 tsp.
– bread flour	2 cups	3 cups	4 cups
– nonfat dry milk	2 tbs.	3 tbs.	1/4 cup
– yeast	1 tsp.	1 1/2 tsp.	2 1/2 tsp.

Cut dough into small pieces and roll them into ropes. Cover and let rise 20 minutes. Brush each one with a mixture of 1 egg white and 1 tablespoon of water. Sprinkle on coarse salt, sesame seeds, poppy seeds, anise or other desired topping. Bake at 400° for 15 minutes or until golden brown. The shorter the baking time, the softer they are; the longer the baking time, the crunchier.

Challah 1

1-POUND RECIPE

½ cup
1
2 tablespoons
1 teaspoon
2 cups
4 teaspoons
1½ teaspoons
1
1 tablespoon

INGREDIENTS

water
large egg
margarine, cut up
salt
bread flour
sugar
FLEISCHMANN'S Bread Machine Yeast
yolk of large egg
water

1½-POUND RECIPE

¾ cup
1
3 tablespoons
1¼ teaspoons
3 cups
2 tablespoons
2 teaspoons
1
1 tablespoon

Add ½ cup [¾ cup] water, egg, margarine, salt, bread flour, sugar, and yeast to bread machine pan in the order suggested by manufacturer. Select dough/manual cycle. When cycle is complete, remove dough from machine to a lightly floured surface. If necessary, knead in enough flour to make dough easy to handle. [For 1½-pound recipe, divide dough in half to make 2 loaves.]

For *each* loaf, divide dough into 2 pieces, one about ¾ of the dough and the other about ¼ of the dough. Divide larger piece into 3 equal pieces; roll into 12-inch ropes. Place ropes on greased baking sheet. Braid by bringing left rope under center rope; lay it down. Bring right rope under new center rope; lay it down. Repeat to end. Pinch ends to seal. Divide remaining piece into 3 equal pieces. Roll into 10-inch ropes; braid. Place small braid on top of large braid. Pinch ends firmly to seal and to secure to large braid.

Cover; let rise in warm, draft-free place until almost doubled in size, 15 to 20 minutes. Lightly beat egg yolk and 1 tablespoon water; brush over braids. Bake at 375°F for 25 to 30 minutes or until done, covering with foil after 15 minutes to prevent excess browning. (For even browning when baking two loaves, switch positions of sheets halfway through baking.) Remove from sheet[s]; cool on wire rack. Makes 1 loaf [2 loaves].

Cycle: Dough/manual cycle.

Challah 2

CHALLAH

The traditional Challah is braided, but this recipe may also be baked using the regular setting. Challah is a very light and wonderful tasting bread.

	Small	Medium	Large
water	2/3 cup	1 cup	1 1/3 cup
eggs	1 1/2	2 (1?)	2 1/2
vegetable oil	1 1/3 tbs.	2 tbs.	2 2/3 tbs.
sugar	1 1/3 tbs.	2 tbs.	2 2/3 tbs.
salt	1 tsp.	1 1/2 tsp.	2 tsp.
bread flour	2 cups	3 cups	4 cups
yeast	1 tsp.	1 1/2 tsp.	2 1/2 tsp.

Divide dough into 3 pieces; roll them into strands and braid them. Cover and let rise for approximately 45 minutes. Brush top with a beaten egg and sprinkle with poppy seeds, if you wish. Bake at 375° for 45 minutes.

Something is not correct here

Challah



To braid Challah: Place three 12-inch ropes of dough on greased baking sheet. Loosely braid by bringing left rope under center rope; lay it down. Bring right rope under new center rope; lay it down. Repeat to end. Pinch ends to seal (completed Challah shown opposite).

Pita Bread

(the secret of these is to roll them hard but not too thin)

PITA BREAD

This is a definite "must try." Well worth the few minutes involved to make. Easy to have done in time for lunch sandwiches.

	Small (6)	Medium (8)	Large (10)
water	2/3 cup	1 cup	1 1/3 cups
olive oil	1 1/3 tbs.	2 tbs.	2 2/3 tbs.
sugar	2 tsp.	1 tbs.	1 1/3 tbs.
salt	2/3 tsp.	1 tsp.	1 1/3 tsp.
bread flour	1 cup	1 1/2 cups	2 cups
whole wheat flour	2/3 cup	1 cup	1 1/3 cups
yeast	1 tsp.	1 1/2 tsp.	2 1/2 tsp.

Upon completion of dough cycle, divide dough into the appropriate number of pieces and roll into balls. Let rise about 20 minutes. Flatten each ball into a disk, rolling each one into a circle of approximately 6". Place on a baking sheet and bake in a preheated 500° oven for 8 to 10 minutes.

Pizza Dough

CRUSTY PIZZA DOUGH

My family was devastated when the local pizza parlor closed, forcing us to start making our own pizzas. Pizza making has now become a family adventure. One of our favorites includes leftover turkey and frozen mixed vegetables as toppings. Truly a great way to use leftovers! Small will make one 14" pizza medium will make one 14"-16" pizza depending on thickness of crust large will make two 14" pizzas.

	Small	Medium	Large
water	2/3 cup	1 cup	1 1/3 cups
olive oil	1 1/4 tsp.	2 tsp.	2 1/2 tsp.
salt	1/3 tsp.	1/2 tsp.	2/3 tsp.
all purpose flour	1 cup	1 1/2 cups	2 cups
whole wheat flour	1 cup	1 1/2 cups	2 cups
yeast	1 tsp.	1 1/2 tsp.	2 1/2 tsp.

Roll dough into rectangle or circle, depending on pan to be used. Place on pan and turn excess under, forming a crust on the side. Brush very lightly with olive oil. Cover and let rise about 30 minutes. Top with pizza sauce and desired toppings. Place in a cold oven, turn temperature up to 450° and bake until crust is brown and cheese is melted, 30 to 45 minutes.

Chopped Eggplant

1 eggplant
2 green peppers
3 hard-boiled eggs
lettuce
celery
onion
garlic
tomato
herring (optional)

Price eggplant and peppers then broil until soft – turn often. Peel while hot and chop by hand, blender or food processor. Add vegetables and egg (actually the last time I made this I chopped the vegetables in the blender while the eggplant and peppers were cooking and it worked well). Season to taste with oil, vinegar, salt, pepper and mayonnaise (or tehinna)

No Liver Chopped Liver

1 can chickpeas (garbanzo beans)
¾ c. chopped walnuts
3 large onions
2 hard-boiled eggs
½ c. mayonnaise (to taste)

Sauté onions until fairly dark. Mash chickpeas and add walnuts and eggs. Mix onions into mixture, add mayonnaise, salt and pepper to taste.

Cough Syrup

Ingredients

- ¾ cup raw organic honey
- ¼ cup extra virgin olive oil
- 3 lemons - juiced

Instructions

Add all ingredients to a small pot over medium heat until steaming. Remove from the heat & let it cool. Place it into a mason jar or other container with a tight fitting lid. Store it in the fridge for 3 months, or on the counter top for 1.5 months.

Tips:

Use by the teaspoon or tablespoon, as needed.

Stir & warm before using

Use as soon as you feel a cold coming on.

Also great for allergies

From <<http://www.mrshappyhomemaker.com/2013/01/grandmas-homemade-cough-syrup/>>