

Pickled Fish (Easter Dinner)

Take 34 onions sliced

Bowl
to
boil
15 min

2 C. water
2 C. vinegar
1 C. sugar
1 tsp. salt
1 tsp. spices (in cheese cloth)
1 carrot

set cleared salted fish in above
+ cook - ~~15~~ 20 minutes -

remove fish - pour sauce over -

set in sliced lemon - set for at least
week

Play Dough

1 cup salt

2 cups flour

1 cup water

400° 20-25 MIN

ONION SQUARES

SAUTE: $1\frac{1}{2}$ c ch. onion in
 $\frac{1}{2}$ tsp. MARG OR BUTTER

over for
Spinach
Balls

STIR 1 SL. BTN. EGG INTO
 $1\frac{1}{2}$ c MILK

ADD TO $1\frac{1}{2}$ c BISQUICK WITH
 $\frac{1}{2}$ c GRATED SWISS CHEESE AND
2 TB MELTED MARG

MIX WELL & ADD SAUTEED ONION

POUR INTO 9x13 GREASED PAN - TOP WITH $\frac{1}{4}$ c MORE CHEESE
AND 2 TB POPPY SEEDS

Spinach Balls

2 pkg. chg. spinach, thawed - cooked, well drained

2 C. Croutons

1 C. grated cheddar or Parmesan

Höfjes

1 stick softened butter (salt, pepper, garlic)

Mix & Beat up - add everything - make balls
Freeze - Bake @ 375 15 minutes

→

"ESTA SPECIAL" Kugel

COOK $\frac{1}{2}$ lb. FINE NOODLES

Mix TOGETHER: $\frac{1}{2}$ lb. COTTAGE CHEESE - $\frac{1}{2}$ pt. SOUR CREAM
6 EGGS, 1 STK. MELTED BUTTER
 $\frac{1}{2}$ C. SUGAR, $\frac{1}{4}$ lb. SALT - 2 C. MILK

ADD TO NOODLES - ADD RAISINS
9x13 PAN

DUST WITH C. W. & SUGAR

350° 1 HR.

350 deg. - 1½ hr CHICKEN RISOTTO

✓

1 c. raw long-gr. rice	1 tsp. salt
2 broiler-fryers (2 lbs.) cut up	3 strands saffron, crushed ½ c. water
3 tbs. flour	1 can cond. beef consomme
4 tbs. oil	1 can (1 lb.) cut green beans, drained
1 chopped med. onion	¼ c. toasted almonds
1 clove garlic-minced	1 tbs. chopped parsley
1 c. chopped celery	

1. Spread rice in shallow metal baking pan, 13X9X2; toast in moderate oven ~~at 350 deg.~~ (350 deg.) stirring once or twice, 15 min. or until golden brown; empty at once into a strainer; rinse under cold running water.
2. Remove skin from chicken pieces; snip out small bones from breast. Shake chicken with flour in paper bag until well coated. Brown, a few pieces at a time in oil in large frying pan; remove and set aside.
3. Saute onion and garlic in same frying ~~pan~~ frying

pan; stir in rice, celery, salt, saffron, and water
Pour into 10-cup shallow baking dish; arrange;
arrange chicken on top; pour consomme over; cover.

4. Bake in moderate oven (350) 1 hr. 20 min., Or until
rice is popped and liquid is absorbed. Spoon green
beans over chicken in small mounds; cover; bake
10 minutes longer, or until beans are heated
through.
5. Sprinkle top of casserole with almonds and parsley
just before serving.

Savory Pepper Steak

1½ pounds round steak, cut ½ inch thick
¼ cup all-purpose flour
½ teaspoon salt
⅛ teaspoon pepper
¼ cup cooking oil or shortening
1 8-ounce can (1 cup) tomatoes
1¾ cups water
½ cup chopped onion
1 small clove garlic, minced
1 tablespoon beef-flavor gravy base
1½ teaspoons worcestershire sauce
2 large green peppers, cut in strips
Hot cooked rice

✓
Cut steak in strips. Combine flour, salt, and pepper; coat meat strips. In large skillet, cook meat in hot oil till browned on all sides. Drain tomatoes, reserving liquid. Add tomato liquid, water, onion, garlic, and gravy base to meat in skillet. Cover and simmer for about 1¼ hours, till meat is tender. Uncover; stir in worcestershire. Add green pepper strips. Cover and simmer for 5 minutes. If necessary, thicken gravy with a mixture of a little flour and cold water. Add drained tomatoes; cook about 5 minutes more. Serve over hot rice. Makes six servings.

VEAL CHOPS CHINOIS

4 1-in. thick veal chops	1 $\frac{1}{2}$ tsp. salt
Kitchen Bouquet	1 6-oz. can sliced broiled mushrooms.
1 tbls. vegetable oil	1 5-oz. can water chestnuts
1 tbls. instant minced onion	3 tbls. cornstarch

Brush chops on both sides with Kitchen Bouquet. Heat oil in a large heavy skillet over a moderate heat.

Brown chops on both sides and sprinkle with onion and salt. Add broth from mushrooms, bring to a boil then cover and cook over a low heat until chops are tender about 20 minutes. Turn chops once while cooking. Drain chestnuts, reserving liquid, and cut into thin slices. Add water to chestnut liquid to make 1 cup. Remove cooked chops to a warm platter. Pour $\frac{3}{4}$ cup liquid from chestnuts into skillet. Combine cornstarch and remaining liquid and add

to skillet. Cook, stirring constantly until sauce thickens and boils.

Add mushrooms and water chestnuts; heat without boiling.

SERVE

TUNA CASSEROLE ✓ 40 MIN.
350 DEG.

8 oz. BOILED NOODLES,
SHELLS, ETC.
2 CANS CREAM OF CELERY
OR MUSHROOM SOUP.
1/2 C. MILK (OR SHERRY)
3 TB. PARSLEY

1 tsp. ONION
3/4 tsp. MARJORAM (opt.)
3 CANS - CHUNK ^{DRAINED} TUNA.
1/2 C. TOASTED ALMONDS OR
CRUSHED POT. CHIPS OR CRISPS
3 TB. MELTED BUTTER

COMBINE SOUP, MILK, PARSLEY, ONION, MARJORAM,
1 tsp SALT, TUNA & NOODLES - Toss - TURN INTO
BUTTERED 2 1/2 QT. CASSEROLE - Toss ALMONDS
WITH BUTTER & SPRINKLE ON TOP - OR SUBST. OTHER
Toppings -

Spanish Rice

1c. washed rice

4lb. short

5. Chopped onions
Season with garlic

Fry 10 min

Add,

2c. Tomatoes

1c. Water

red or gr. pepper chopped

1 tsp paprika

2 tsp Salt

Cover & cook slowly

1 hr.

onion BEEF Tips NAPOLI 3 HOURS ✓
3[#] BONELESS CHUCK 1/2 tsp. SUGAR ✓
1 tsp. SALT 1 tsp. OREGANO
1/4 tsp. PEPPER 1 SMALL CARROT - THIN SLICED
O/C 1/8 tsp. GARLIC POWDER
1 1/2 C. WATER 1 LB. MACARONI OR SHELLS
2 CANS TOMATO PASTE ~~PARMESAN~~ COOKED
2 TB LEMON JUICE CHOPPED PARSLEY OR CHIVES

CUT BEEF IN CUBES - SPRINKLE SALT & PEPPER OVER - BROWN
IN OIL ^{with onion} MIX PASTE WATER, LEMON JUICE, SUGAR, OREGANO,
CARROT & GARLIC - POUR OVER MEAT - COVER - SIMMER
2 HOURS UNTIL BEEF IS TENDER - SERVE OVER PASTA,
BLENDED WITH CHEESE & PARSLEY. ✓

Molly Ruth's Potato Kugel

8 grated (ground) potatoes } set in cold
1 egg } water + strain
 ↑ } + squeeze

1 sm. stale challah (soaked in warm water
& squeeze out very ^{dry} well)

6 eggs (whipped)

Salt + Pepper to taste

Grease 9x13 pan very well

Mix all of above - pour - dot with
margarine or Crisco Bake 350 or
muffin - 4.5 in. 1 hr.

pour off
water from
milk + pot.

CHICKEN CACCIATORA

1. HOUR

3 CHICKENS, CUT
FLOUR. SAUT. PEPPER
OIL

1 CAN TOMATO PASTE ✓

2 C. HOT WATER

1/2 tsp. THYME

1 MEDIUM ONION CHOPPED

1/4 tsp. OREGANO

1/4 tsp. GARLIC POWDER

1/4 tsp. CHOPPED PARSLEY

1/2 C SUICED MUSHROOMS

2 tsp. SALT

DREDGE FLOUR ^{BROWN} IN OIL - PUSH TO SIDE - ADD ONION,
GARLIC & MUSHROOMS - COOK & STIR A FEW MINUTES

COMBINE PASTE WITH REMAINING INGREDIENTS. POUR

OVER CHICKEN COVER & SIMMER SLOWLY -

SERVE OVER SPAGHETTI ✓

Basic "Chaut"

1/2 lb. Chick peas or dried beans

2-tb fat for browning

2# Beef Brisket or fat meat

3 onions - Chopped

1 clove garlic - Chopped

4 tb - Barley

8 potatoes peeled & sliced

Salt & pepper

water

Soak beans overnight

Melt fat & brown meat on all sides -

Put into heavy pot
Surround with beans

Sprinkle with onion

garlic & barley. Cover
with potatoes. Add seasoning

Cover with boiling water &

bring to boil. 225° oven - overnight. No need
stir - just shake. water may be added.

Tsimmes - Vasolpus Kosonia
Hankka

1 c. dried beans

6 tb. honey

$\frac{1}{2}$ tsp salt

} Soak beans overnight
} Change water & cook for

2-3 hours - When beans are almost tender add honey & salt & continue to cook until soft & golden.

Boiled Red Cabbage

3 Heads red cabbage

2 c. Chicken Soup

1/2 c. white vinegar

1/2 c. Brown Sugar

1/2 stick (1/8 LB) butter

Salt & Pepper to taste

- Chop, set in pot.

add

Simmer 1 hr - until tender

Makut + Rice Izemnie

- 1 C. Chick peas
- 2 C. water
- 1 lb. fat meat, cubed
(optional)
- 1 C. Honey
- 1/2 C. sugar
- salt to taste
- 1 C. rice

Soak chick peas overnight then cook in 2 C. fresh water 'til soft (2-3 hours)
Drain - combine remaining ingredients & cook until meat is tender & rice is done & mixture is golden (30-40 min)

TARTAR SAUCE



- 1 cup mayonnaise
- $\frac{1}{2}$ teaspoon grated onion
- $\frac{1}{4}$ cup chopped dill pickle
- 1 teaspoon lemon juice
- 2 tablespoons parsley
- $\frac{1}{4}$ teaspoon Worcester shire
sauce

Combine ingredients. Chill and serve.

SCALLOPED POTATOES

6 med. size potatoes
3 tablespoons butter
2 tablespoons flour

1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
2 tablespoons chopped
onion

Pare potatoes; slice thin. Make white sauce of butter, flour, and milk. Put $\frac{1}{2}$ potatoes in greased casserole; cover with $\frac{1}{2}$ sauce, seasonings and onion.

Add remaining sauce with remaining potatoes and seasonings. Cover and bake in 350° oven about 1 hour. Uncover and continue baking until top forms brown crust.

Grated cheese may be added to white sauce.

Serves 6

Spinach Kugel

350°
45 min - 1 hour

8 oz. - fine noodles, cooked

1-10 oz. pkg. Chopped Spinach / cooked & drained

1/2 stick margarine, melted (sweet)

1 c. milk

3 eggs

1 pkg. onion soup mix (Lipton's)

Beat eggs until foamy - mix every thing together.

Spray pan well - Pour into pan (9x13).

Sprinkle cornflake crumbs on top.

ENJOY

Recipe: Peanut Noodles - RONDA ROSNER

From: Ronda Rosner Makes: 6 servings

16 oz. Capellini noodles 2 T. cider vinegar

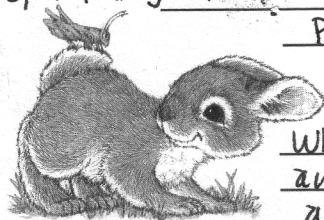
8 green onions, sliced 2 T. sesame oil

2/3 C. Creamy peanutbutter 2 t. grated gingerroot

1/2 C. Soy sauce or 1/2 t. ginger powder

1/2 C. hot water 1 T. sugar

sprinkle garlic powder



Prepare noodles, adding green
onions to boiling water for 2 min.
Drain, rinse w/ cold water, drain.
Whisk together remaining ingredients
and pour over noodles. Toss well
and serve immediately.

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Grace Rosner

Spinach Nudel

8 oz. fine noodles
(cooked)

10 oz Chopped Spinach
(Cook/drain)

1/2 stick margarine

1 C. milk

3 eggs

1 pkg onion soup mix

Beat eggs til foamy
mix everything
together - spray
9x13 pan - pour in
mixture - Sprinkle
w/ corn flake crumbs

Bake 1 hr @
350°

ENJOY!



Eggplant with Mint & Sage Vinaigrette

SALAD:

- 3/4 C. DICED BABY EGGPLANT
- 1/2 C. " YELLOW SQUASH
- 1/2 C. SCALLIONS
- 1/4 C. DICED YELLOW PEPPER
- 1/4 C. " RED "
- 1 1/2 C. COOKED SMALL PASTA

DRESSING:

- 1/4 C. RICE VINEGAR
- 2 TBS. LEMON JUICE
- 1 TB. OLIVE OIL
- 1/4 C. CHOPPED MINT (+ 5 Y.P.)
- 1/8 C. " SAGE

COAT A SAUTE PAN WITH SPRAY - ADD EGG P. & SQUASH 4 MIN.

COMBINE WITH REMAINING SALAD INGREDIENTS IN BOWL. ~~PERCE~~ MIX DRESSING INGREDIENTS, POUR OVER SALAD & REFRIGERATE -- COVERED,

SERVES 6

10 MINUTE LIMA BEAN SOUP

{ 2 C. WATER

{ 2 C. FRESH OR FROZ. LIMA BEANS

BOIL & COOK 8 MIN. - TRANSFER WATER

& LIMAS TO BLENDER - ADD

1 C. FROZ. PEAS THAWED

1/2 C. DICE. YELLO SQUASH

1/2 C. " ZUCCHINI

1/2 C. CHOP. SCALLIONS

1 TSP. DRY MARJORAM OR 1 TB. FRESH

1/4 C. CH. PARSLEY

STP TO TASTE

BLEND TO PUREE - CAN BE SERVED HOT/
COLD

(LIME JUICE)

Vegetable Loaf

- 3T schmaltz/oil/margarine
- 1 C chopped onions
- 1 C chopped celery
- 1 C grated carrots
- 1-1/2 C coarsely chopped mushrooms
- 1 C chopped walnuts
- 1/4 lb green beans
- 3 eggs
- 1 C bread crumbs

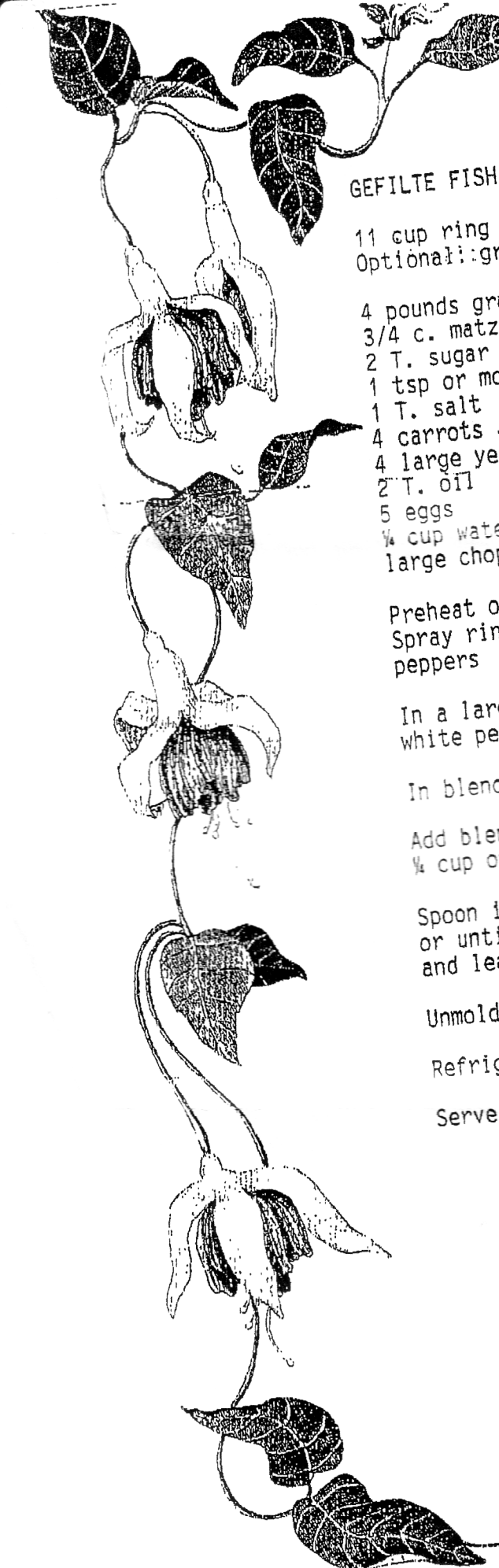
Heat oil in large, heavy skillet. Add onions, cook slowly til softened. Add celery, carrots, mushrooms, walnuts, cook 15 minutes.

Parboil green beans 2 mins in boiling water. Add salt to the water after beans to set color. Drain, cut beans in thirds.

Beat eggs in large mixing bowl. Add cooked vegetables, beans, bread crumbs, salt, pepper. Mix well, add 3/4 C water.

Pour mixture into greased 9"x5" loaf pan. Bake 45 minutes in 350° preheated oven or until all liquid is absorbed.

Slice and serve hot. Serves 4-6.



GEFILTE FISH MOLD

11 cup ring mold with no design - SPRAY WITH ALOT OF "PAM"
Optional: green and red peppers to decorate the sides with

4 pounds ground white fish (7 lbs. whole)
3/4 c. matzo meal
2 T. sugar
1 tsp or more white pepper
1 T. salt
4 carrots - chopped up in Cuisinart
4 large yellow onions - chopped up in Cuisinart
2 T. oil
5 eggs
1/4 cup water
large chopping bowl

NOT TO TOP IN RING MOLD

Preheat oven to 325°
Spray ring mold with Pam and decorate sides with green & red
peppers

In a large chopping bowl place: ground fish, matzo meal, sugar,
white pepper and salt

In blender place: 4 carrots, 4 onions, oil and eggs

Add blended ingredients to fish and chop finely adding about
1/4 cup of water as you chop

Spoon into the mold and bake uncovered 1 hour and 20 mins
or until done (when all moisture is absorbed and rim browns
and leaves the sides of the pan)

Unmold at once and cover with plastic wrap until cool

Refrigerate

Serve with Brede horseradish

Enjoy!!!

Nancy Epstein 810-363-0007

with Love,
Adeline

great GRANDMA FAYE'S BAKED CHICKEN WITH APRICOT GLAZE Serves 6

2 (2 1/2 lb./1.25 kg) fryers,
quartered

salt (to taste)
freshly ground black pepper (to taste)
1 tsp./5 mL onion powder
1 tsp./5 mL garlic powder

1 cup/250 mL apricot preserves
1/2 cup/125 mL chili sauce
1/4 cup/50 mL dry red wine
2 tbsp./25 mL soy sauce
2 tbsp./25 mL liquid honey
1 tsp./5 mL minced gingerroot
salt (to taste)

Pre-heat oven to 350°F/180°C.

Put chicken, skin side up, in a roasting pan.

Season with salt, pepper, onion powder and garlic powder.

Combine in a bowl, then spread evenly over chicken.

Put roasting pan in oven at 350°F/180°C and bake for 1 hour.

Transfer chicken to a serving platter or serve on individual plates.

This is the perfect meal for the person on the run. It's easy to prepare and delicious to eat. I sometimes add a few tbsp./mL toasted sesame seeds for the last 15 minutes of baking.

great

CHICKEN MARVELOSA

*Grace - This is the one you had - Serves 6
Love,
Adale*

This one marinates overnight!

2 (2 1/2 lb./1.25 kg) fryers,
quartered

marinade (see next page)

Arrange chicken, skin side up, in one layer in a roasting pan.

Spoon marinade over chicken, cover and put in the refrigerator overnight. Leave chicken in marinade.

Pre-heat oven to 350°F/180°C.

Pour over chicken.

Sprinkle over chicken.

Put roasting pan in oven at 350°F/180°C and bake for 1 hour.

Transfer chicken to a serving platter or serve on individual plates. Garnish with fresh cilantro and serve.

VERY
3/4 cup/175 mL dry white wine

1/4 (3/4) cup/175 mL brown sugar

~~1 tbsp./15 mL finely chopped
fresh cilantro~~

(cont'd over)

(for chicken mawelosa)

Marinade:

1/2 cup/125 mL olive oil
 1/2 cup/125 mL red wine vinegar
 1/3 cup/75 mL minced garlic
 1/2 cup/125 mL capers
 – with liquid
 1/2 cup/125 mL pitted, sliced
 green olives
~~2~~ bay leaves
 2 tbsp./25 mL finely chopped
 fresh parsley
 1 tbsp./15 mL dried oregano leaves
 1 cup/250 mL julienned dried apricots
 2 tbsp./25 mL apricot preserves

} Combine in a bowl.

This dish is rich in flavour and reminiscent of some faraway Greek island. Serve it with a mild saffron rice and a simple green vegetable. Spoon sauce over rice.

good ✓

MATTI'S SESAME CHICKEN

Serves 6

Pre-heat oven to 425°/220°C.

2 (2 1/2 lb./1.25 kg) fryers,
 quartered

1/4 cup/50 mL vegetable oil
 1/4 cup/50 mL freshly squeezed
 lemon juice

} Mix in a bowl.

1 cup/250 mL flour
 1/4 cup/50 mL toasted sesame seeds
 1 tsp./5 mL finely chopped
 fresh parsley
 1 tsp./5 mL dried thyme leaves
 1 tbsp./15 mL paprika
 2 tsp./10 mL salt

} Mix in a bowl.

Dip chicken, one piece at a time, in oil and lemon juice, then dredge in flour mixture.

Put chicken, skin side down, in an oiled 9 x 13 inch/22 x 34 cm baking dish. Put dish in oven at 425°F/220°C and bake for 30 minutes per side.

Transfer chicken to a serving platter or serve on individual plates.

Whenever I go to sister Rena's for dinner, I hope she'll serve this. It's delicious with rice pilaf and steamed broccoli.