

**It's not about the food...**



**...it's about the love!**

# Acknowledgements



Some of my best memories are of family meals. The food was amazing, of course. But mainly I remember the care and love that went into making it, the warmth and comfort of the kitchen and the zings of laughter and conversation around the table. Cleanup was another story...

Thanks so much to all of you who put up with my nagging and submitted recipes or pictures to this cookbook. It is very much appreciated.

All errors herein are mine and not those of the recipe authors. I apologize in advance if pictures of your family are conspicuous by their absence (or if I included a picture that you do not like). I put in those pictures sent to me plus several that I found in my parents' albums or in my files. Please notify me of any corrections to recipes, and I will get the message out.

Justin, Benjamin and Sylvain, now you can get the computer back. Thank you for all your help and suggestions. I love you to pieces.

Dad, your unwavering support, pride and patience in everything we do means the world to us. Syd and Mike, growing up wouldn't have been the same without you (and I mean that in the best of ways). Thanks for keeping me on my toes and making those family meals so much fun.

And a very big hug to my mom, the greatest cook in the world. Thanks for making it about the love.

Enjoy!

Francine Pell

October 2008

# Measurement, Equivalences and Substitutions

MEASUREMENT EQUIVALENCES	METRIC CONVERSION FACTORS	OVEN TEMPERATURES (approximate)			
		Fahrenheit	Celsius	Gas mark	Description
1 tablespoon (Tbsp) = 3 teaspoons (tsp)	1 fl oz = 29.57 grams (g)	225°F	105°C	1/4	Very cool
1 cup= 16 Tbsp = 48 tsp	1 oz (dry) = 28.35 g	250°F	120°C	1/2	
1/3 cup = 5 Tbsp + 1 tsp	1 g = 0.0353 oz	275°F	130°C	1	Cool
8 fluid ounces (fl oz) = 1 cup	1 kilogram (kg) = 2.21 lbs	300°F	150°C	2	
1 pint (pt) = 2 cups	1 lb = 453.6 g = 0.4536 kg	325°F	165°C	3	Very moderate
1 quart (qt) = 2 pts	1 qt = 0.946 litres	350°F	180°C	4	Moderate
1 gallon (gal) = 4 qts	1 litre (L) = 1.0567 qts	375°F	190°C	5	
1 pound (lb) = 16 ounces (oz)	1 gallon = 3.785 L	400°F	200°C	6	Moderately hot
		425°F	220°C	7	Hot
		450°F	230°C	8	
		475°F	245°C	9	Very hot

## SUBSTITUTIONS (Adapted from [www.dianasdesserts.com](http://www.dianasdesserts.com))

**Baking Powder (1 tsp):** 1/4 tsp baking soda plus 1/2 tsp cream of tartar.

**Buttermilk (1 cup):** 1 Tbsp vinegar plus enough milk to equal 1 cup OR 2/3 cup plain yogurt plus 1/3 cup milk.

**Chocolate, Semi-Sweet (1 square = 1 oz):** 3 Tbsp chocolate chips OR 1 square (1-oz) unsweetened chocolate + 1 Tbsp sugar.

**Chocolate, Semi-Sweet (6 oz):** 6 Tbsp unsweetened cocoa powder + 7 Tbsp sugar + 1/4 cup fat (butter, margarine, shortening).

**Chocolate, Unsweetened (1 square = 1 oz):** 1 2/3 oz semisweet chocolate (reduce sugar in recipe by 2 tsp) OR

3 Tbsp unsweetened cocoa + 1 Tbsp butter, margarine or shortening.

**Cornstarch (1 Tbsp):** 2 Tbsp all-purpose flour or 2 tsp arrowroot starch.

**Corn Syrup, Light (1 cup):** 1 1/4 cups sugar plus 1/3 cups liquid.

**Oil:** To lower fat in baking recipes, try replacing half of oil with applesauce. Texture may be affected.

**Sour Cream (1 cup):** 1 cup plain yogurt.

**Sugar:** You can replace half of sugar with Splenda in cooking recipes, but it will affect the glaze.

**Vanilla Extract or Vanilla Flavouring:** If you run out of vanilla, you can substitute maple syrup, teaspoon for teaspoon.

**Wine (1/2 cup):** 1/2 cup fruit juice (for desserts). 1/2 cup chicken broth (for savoury recipes).

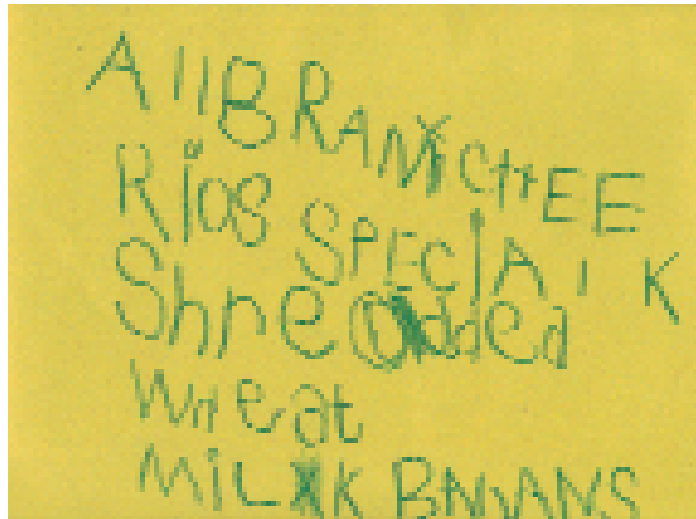
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Allie's breakfast recipe (5 years old)

# Antipasto

Submitted by: Noreen Sugarman

A healthy and simple appetizer. Just open a jar and serve. It is a great snack served with pita bread or crackers.

## INGREDIENTS

- 1/4 cup olive oil
- 1 small bottle ketchup
- 1/2 small cauliflower, broken into small pieces
- 8 oz black pitted olives- sliced (check carefully for pits)
- 6 oz jar pimentos
- 1 small jar pickled onions
- 1 jar roasted red peppers
- 1 small jar mixed pickles
- 1 cup green beans (fresh is best), cut in pieces
- 1 can button mushrooms (drained and sliced)
- 8 oz can of solid white tuna (water packed), flaked into small pieces garlic as desired, chopped
- 1 Tbsp hot sauce, more or less to taste

## PROCEDURE

- 1 This is so easy. Put everything in a large pot and simmer for 30 min.
- 2 Use the pickle and onion juice to adjust consistency, as desired.
- 3 Divide mixture into 8 sterilized 250 ml mason jars.
- 4 Close jars and place in canning pot with enough water to cover.
- 5 Bring to a boil and sterilize for 20 minutes.
- 6 Remove jars and tighten lids. They loosen during processing.
- 7 Once sterilized this antipasto does not need refrigeration.



Betty and Noreen

# Basil and Broccoli Spread

Submitted by: Noreen Sugarman

My favourite appetizer:

## INGREDIENTS

10-15 large fresh basil leaves  
2 garlic cloves  
3-4 green onions  
2 broccoli stalks, florets only  
2 Tbsp fresh lemon juice  
8 oz cream cheese (softened)  
2 Tbsp mayonnaise  
freshly ground pepper

## PROCEDURE

- 1 Steam broccoli and set aside to cool.
- 2 Place ingredients in food processor in order listed, chopping finely after each addition.
- 3 Serve with crackers.

## TIPS AND NOTES

Keeps refrigerated up to one week.  
Freezes beautifully.

# Goat Cheese with Fresh Herbs

Submitted by: Sharna & Abbey-Lara Sugarman

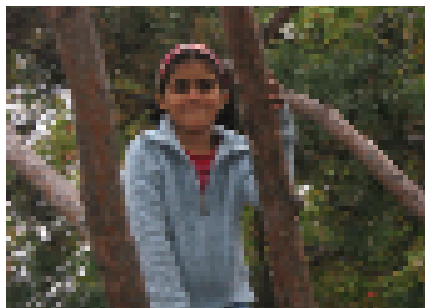
Though children should enjoy this tangy delightful appetizer it would really be appreciated by the grownups with a beautifully rich Shiraz or Merlot red wine!

## INGREDIENTS

500 g room temperature goat cheese or chèvre  
1/2 tsp each of your favourite fresh herbs (thyme, basil, chives, rosemary, parsley or chervil)  
zest of half lemon  
freshly coarse ground pepper  
extra virgin olive oil  
fresh baguette & plain crackers

### Material

favourite serving plate  
small mixing bowl  
spoon



Abbey-Lara Sugarman

## PROCEDURE

- 1 In a bowl combine cheese; fresh herbs and some lemon zest leaving a sprinkle for garnish. Using a spoon mash cheese, herbs & lemon together but don't make it into a paste. Heap cheese mixture onto the serving plate like a mound of mashed potatoes; sprinkle remaining herbs, lemon and grind pepper over the cheese mixture and around the plate for garnish. Drizzle olive oil over mixture for added flavour and appeal. Garnish with edible flowers like nasturtiums, pansies or lemon zest.
- 2 Serve at room temperature with baguette cut into slices on the bias & crackers. Can be refrigerated for up to a week if it lasts that long!

## TIPS AND NOTES

This appetizer can be made 24 hours in advance omitting topping with pepper and the olive oil until serving.



# Black Bean Dip

Submitted by: Noreen Sugarman

*This recipe came from an old friend. I've been using it for years.*

## INGREDIENTS

- 1 (540ml) can black beans, drained & rinsed
- 2 tsp ground cumin
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp chipotle peppers
- 2 Tbsp yogurt cheese (or mayo)
- 1 cup cooked corn niblets
- 1/4 cup (more or less) fresh cilantro, divided
- 8 10" flour tortillas

## PROCEDURE

- 1 Blend beans, cumin, olive oil, lemon juice, chipotle and yogurt cheese in food processor.
- 2 Stir in corn and half the cilantro (or lightly blend with processor). Add salt and pepper if you choose. If dip is hotter than you would like, add more yogurt cheese or mayo. Turn dip into serving dish; garnish with remaining cilantro.
- 3 Cut tortillas in triangles, place in single layer on baking sheets and bake 8 – 10 minutes at 350°F until browned/crisp. (Tortilla triangles can also be crisped on baking sheet in BBQ.)

## TIPS AND NOTES

1. Chipotle peppers are sold in most grocery stores in small cans. Unused peppers can be stored in a glass jar in fridge for a long time, and are great used in BBQ sauces/marinades.
2. To make yogurt cheese place about 1 cup of plain yogurt in a cheesecloth or coffee filter lined strainer (or, use a Melita coffee filter). Place the container over a bowl or cup and let drain for 2 – 6 hours. Discard accumulated liquid. Yogurt will be firm and cheese like.

# Hummous and Pita Chips

Submitted by: Susan Laxer

## INGREDIENTS

### Hummous

- 3 cloves garlic (peeled)
- 1 can chickpeas drained - reserve the liquid
- 3 Tbsp lemon juice
- 1/4 cup canola or olive oil
- 1/4 tsp cumin - if you have it available
- salt & pepper to taste

### Pita Chips

- 1 bag flat, thin, whole wheat pita
- Pam - preferable olive oil or other cooking spray
- garlic powder, basil or oregano



Jonah, Corey, Alain and Barry

## PROCEDURE

### Hummous

- 1 Drop the garlic in food processor until minced.
- 2 Add chickpeas and then lemon juice. Process 1 minute.
- 3 Add oil very slowly while processer is running. You may have to scrape down sides.
- 4 If you prefer that the hummous is thinner, add small amounts of reserved liquid (1 tbsp at a time) and process each time.
- 5 Variations: Add any one of the following after the garlic, but before the chickpeas:
  - 2 carrots, processed fine
  - roasted red pepper

### Pita Chips

- 1 Split pita in half and cut in quarters. Lay out each quarter on a cookie sheet that is covered with parchment paper.
- 2 Spray pita with cooking spray. Sprinkle pita with garlic powder, basil or oregano.
- 3 Bake at 250°F - 300°F until ready.

# Babaghanoush and Tahina Dip

Submitted by: Susan Laxer

## INGREDIENTS

- 1 recipe Chopped Eggplant (without peppers)
- 1/3 to 1/2 cup all natural tahini
- 3 Tbsp lemon juice
- 1-2 tsp cumin, optional
- cold water

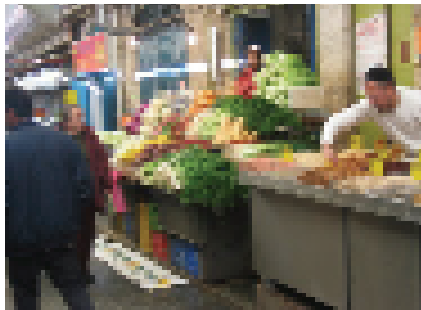
## PROCEDURE

### Tahina

- 1 Mix tahini, lemon juice, cumin.
- 2 Add 1/4 cup water. Stir well.
- 3 Mixture will become very stiff, but keep adding 1 tablespoon at a time of water and mixing well until the tahini mixture relaxes and becomes smooth and loose. This can be used for a dip.

### Babaghanoush

Combine tahina with Chopped Eggplant recipe (page 9, omitting peppers from chopped eggplant recipe).



The Jerusalem market

# Mediterranean Eggplant Appetizer

Submitted by: Judy Pell

## INGREDIENTS

1 lb eggplant, broiled and mashed  
1 large garlic clove, minced  
1 tsp ground cumin  
1 tsp paprika  
2 Tbsp cider vinegar  
1 Tbsp olive oil  
1 Tbsp catsup  
1 tsp chili powder  
salt & pepper to taste

## PROCEDURE

Combine all ingredients and mix well.



Famous Players: Bob, Carl, Judy P., Betty, Judy B. and Mort

## TIPS AND NOTES

Very Spicy!

# Chopped Eggplant

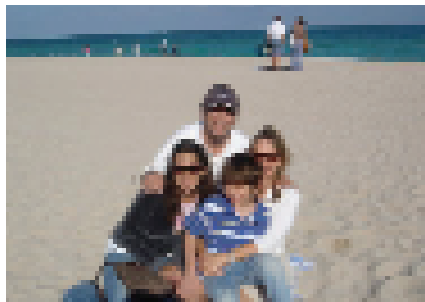
Submitted by: Susan Laxer

## INGREDIENTS

- 1 eggplant
- 2 Tbsp lemon juice
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp liquid smoke
- 2 cloves crushed garlic
- 1/4 cup each finely chopped red and green pepper

## PROCEDURE

- 1 Wash eggplant, slice in half lengthwise and pierce all over with fork.
- 2 Place on paper towel or glass plate, face down and cook for 8 - 10 minutes in microwave oven on high.
- 3 Cool a little and scoop out pulp.
- 4 Add lemon juice and chop very well.
- 5 Add rest of ingredients and mix well.



Danielle, Alain, Noah and Susan

## TIPS AND NOTES

Use as a dip, or combine with Tahina recipe (page 7) to make babaghanoush.

# Chopped Liver

Submitted by: Judy Pell

## INGREDIENTS

2 lbs beef liver  
6 onions, diced  
oil for sautéing  
salt & pepper to taste  
2 tsp honey (liquid)



The original Pell kids are not chopped liver: Edith, Sam, Rex and Hymie

## PROCEDURE

- 1 Broil liver. Cool and cut in 2" chunks (remove any sinew or skin from edge).
- 2 Sauté onions and cool.
- 3 Place liver in processor and process until in very small pieces (coarse pea size). Add fried onions, salt and pepper to taste and chop until smooth. Add honey, process more.

## TIPS AND NOTES

May be frozen.  
Defrost in fridge  
and add hot water  
if too dry.

# Ernie's Mock Chopped Liver

Submitted by: Judy Pell

Source: Ernie Siesel

This recipe is from Ernie the Siesel, not Ernie the caterer!

## INGREDIENTS

1 15-oz can green peas, drained and rinsed  
3/4 cups pecans  
1/2 onion, chopped  
2 eggs, hard boiled  
salt & pepper to taste

## PROCEDURE

- 1 Sauté onion until browned.
- 2 Add all ingredients to processor and process to desired texture.

# Authentic Costa Rican Gallo Pinto

Submitted by: Rose Pell

Literally – rooster beans – beans to eat in the morning when the rooster awakes. Howie and I first went to Costa Rica together in 2003 and fell in love with the country and with their Gallo Pinto. The fresh cilantro and the crunchy veggies make it so good. It is great any time of the day.

3 tazas de frijoles negros cocinados	3 cucharadas de aceite
3 cucharadas de cebolla bien picada	3 cucharadas de salsa inglesa
1.5 cucharada de chile dulce verde bien picado	4 tazas de arroz cocinado
2 cucharadas de culantro	1/2 cucharada de tabasco

Fria la cebolla y el chile dulce en aceite a fuego medio. Agregue frijoles y cocine por 3 minutos. Agregue el arroz y mezcle juntos. Cocine por 3 minutos, agregue salsa inglesa, tabasco, culantro y mezcle bien. Acompañelo con toncineta frita, huevos al gusto y pan o tortillas. (para 6 personas).

Or – for a less authentic Gallo Pinto, you can use the recipe in English...

## INGREDIENTS

3 cups cooked black beans  
3 Tbsp finely chopped onion  
1 1/2 Tbsp finely chopped sweet pepper  
2 Tbsp cilantro, chopped  
3 Tbsp oil  
2 Tbsp ketchup  
4 cups cooked rice (best if a day old)  
1/2 Tbsp Tabasco (or a bit more but not tons)

## PROCEDURE

- 1 Gently sauté the onions and sweet pepper. Add the black beans and cook for 3 minutes. Add the rice and mix together. Cook for 3 minutes, add ketchup, Tabasco, cilantro, and mix well.
- 2 Serve with fried bacon, eggs to taste, and bread or tortillas.



Howie and Rose's cabin in Costa Rica



# Fresh Salsa

Submitted by: Joel Book

## INGREDIENTS

Lots of tomatoes, seeds removed and diced  
(about 1 kg or 2 to 2 1/2 pounds)  
1 medium sweet bell pepper (red, orange,  
or yellow), diced  
1 medium-large white, Vidalia, or other  
sweet onion, diced  
hot peppers to taste, diced small  
2-3 Tbsp lime juice  
1 small bunch of fresh cilantro, chopped  
small

## PROCEDURE

Mix all ingredients together. This will keep about 3 days covered in the fridge, but does not freeze well.

## TIPS AND NOTES

Makes a big batch (6-8 cups). I use about 4 jalapeño peppers for preference, with most of the seeds removed. 4 jalapeño peppers makes for a mild salsa. If you like it spicier, add more!

# Salsa

Submitted by: Toba Abramczyk

Serves Eddie or 30 people.

## INGREDIENTS

20 firm tomatoes  
1 large red onion  
1 bunch of cilantro, thoroughly washed  
3 large, firm jalapeño peppers  
pinch sea or kosher salt  
pinch pepper  
1/4 cup honey  
1/4 cup olive oil  
1 tsp sugar

## PROCEDURE

- 1 Get a really large bowl!
- 2 Dice tomatoes into bite sized pieces.
- 3 Dice onion into bite sized pieces.
- 4 Coarsely chop cilantro.
- 5 I use three large firm jalapeño peppers, with seeds removed - but add what you like depending on your taste for spice. Dice into small pieces.....
- 6 Mix together with salt and pepper, honey, sugar and olive oil.
- 7 Serve with tortilla chips, or over fish or eggs, or chicken or steak.



Dylan, Chelsea and Lauren

## TIPS AND NOTES

Adjust the seasoning to your own taste. I like it spicy with the honey kicking in to sweeten it.

# Benjamin's Famous Cheese-y Toast

Submitted by: Benjamin Carrier

## INGREDIENTS

1 slice bread  
tuna, salmon, or any other stuff you love  
cheddar cheese, grated



Benjamin making his famous cheese-y toast

## PROCEDURE

- 1 Take bread. Top with your favourite stuff and then with tons of grated cheese.
- 2 Melt in the microwave for 1 minute (1 minute 30 seconds if there's a lot of stuff on the bread).
- 3 Enjoy!

## TIPS AND NOTES

Make sure not to put too much cheese as it might melt off the toast. If it does, eat the cheese off the plate.

# Vegetable Samosas

Submitted by: Francine Pell

Source: Ken Chin

*My friend Ken cooked us an amazing supper inspired by dishes from his homeland, Mauritius, at my Mom's one night. This dish was one of our favourites. (Of course, it is deep-fried..)*

## INGREDIENTS

spring roll skins, cut in long strips  
4 potatoes, peeled, cooked and diced  
1/2 cup fresh coriander, chopped  
salt to taste  
2 shallots, diced  
2 onions, diced  
4 tsp oil  
1-2 tsp curry powder  
oil for frying

## PROCEDURE

- 1 Mash all ingredients except spring roll skin together.
- 2 Put a bit of mix at one end of the spring roll skin. Fold into a triangular shape.
- 3 Deep fry.



Michael, Syd and I spent an entire day shopping and cooking Indian food. Sylvain thought we were nuts. Like the hair on Michael? Oscar is going to find this picture one day..

# Aunt Rose's Bread and Butter Pickles

Submitted by: Judy Pell

Source: Rose Berman

## INGREDIENTS

25 medium cucumbers, sliced but not peeled  
12 onions, sliced  
1/2 cup pickling salt  
10 cups water  
5 cups vinegar  
4 1/2 cups sugar  
1 tsp mustard seed  
2 tsp turmeric  
1/4 -1/2 tsp cayenne pepper  
1 Tbsp celery seed

## PROCEDURE

- 1 Make brine from water and salt. Put cukes and onions in brine and let sit for 10-12 hours. Drain well and squeeze out excess water.
- 2 Combine rest of ingredients in a saucepan. Taste and add more spices if required. Add cukes and onions. Cook over low heat until just heated through (about 5-10 minutes). IMPORTANT - DO NOT OVERHEAT.
- 3 Sterilize sealer (mason) jars and tops.
- 4 Place in jars, screw lids on tightly, put in canning pot and boil 20 minutes. Leave for one month.
- 5 Makes 5 quarts pickles.



Rose Berman

# Dill Pickles

Submitted by: Judy Pell

Adapted from Irwin Sugarman's original recipe (1969). Note from Franny: A family tradition using the smallest of hands for packing the jars! I remember doing this myself, and then my brothers, and then Sarah and Danielle. This year it's Justin's turn... Delish. Just bring mom back the jars and come over to scrub the cukes, or else you don't get any next year.

## INGREDIENTS

Many cucumbers, small and firm

Lots dill weed

### Brine

1 cup pickling salt

19 cups water

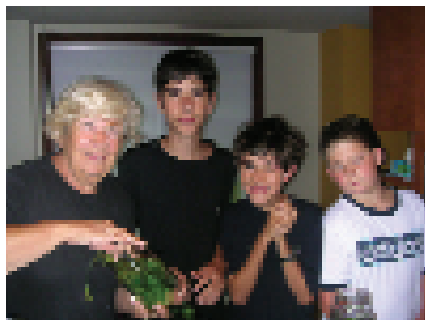
In each 1/2 gallon jar, put:

1 tsp vinegar

1 large garlic clove, sliced

1 tsp pickling spice

1" piece of hot dried pepper



Pickle packing 2008: Judy, Benjamin, Justin and our third son, Ryan

## PROCEDURE

- 1 Mix pickling salt and water for brine. Set aside.
- 2 Wash cucumbers well. Pack in prepared jars with dill.
- 3 Pour cold brine over pickles and cap jars tightly.
- 4 Leave jars upside down for 3-4 days. Turn over and leave for another 4 days.
- 5 For new dills, place in fridge at this point. For older dills leave out of fridge another week or more.

## TIPS AND NOTES

Get the pickling spice with the most hot pepper in it or add a bit yourself. Dill should be long tall stalks with dried seed on top (not fresh fronds).

# Betteraves à la Jean-Marc

## Jean Marc's Pickled Beets

Submitted by: Sylvain Carrier

Source: Jean-Marc Carrier

These are very sweet beets. Jean-Marc made vats of them every year (along with his Ketchup aux Fruits) and all were eaten before the next harvest came in. Our kids ate these beets before they ate peanut butter. When Jean-Marc passed away, we realized that nobody had his recipes. We looked high and low and finally found it tucked into some papers. Now we have taken up the tradition and make these beets for family just about every year.

### INGREDIENTS

#### Syrup

2 cups sugar

3/4 cups water

1/2 box pickling spices (wrapped in cheesecloth)

#### Other

vinegar

beets



Jean-Marc and Benjamin

### PROCEDURE

- 1 Boil beets and peel them. Put into sterilized mason jars.
- 2 Boil the syrup ingredients for 15 minutes.  
Remove cheesecloth package.
- 3 Mix equal quantities of syrup and vinegar.
- 4 Pour syrup/vinegar mix and seal in canner.

### TIPS AND NOTES

25 pounds of beets = 20 small jars, 3 large jars. You will need to quadruple the syrup/vinegar mix for this amount. It's easiest to peel beets when they are still warm. Use latex gloves. Using a paring knife cut the stem and coax the peel off. If the beets are cooked well, most of the peel will simply slide off with a bit of help from your gloved fingers. Don't wear white.

# Cranberry Chutney

Submitted by: Betty Laxer

## INGREDIENTS

2 lbs cranberries (2 packages)  
2-2 1/4 cups sugar  
1 cup orange juice  
1 cup water  
1 cup raisins  
1 cup celery chopped, optional  
3/4 cup walnuts, chopped  
3/4 cup dates, optional  
1 apple, diced  
1 Tbsp orange juice  
4 Tbsp lemon juice  
1 1/2 tsp ginger powder  
1/4 tsp cinnamon

## PROCEDURE

- 1 Wash berries and boil with water, orange juice and sugar until skin pops.
- 2 Stir in remaining ingredients. Bring to boil, reduce heat and simmer 5-10 minutes.
- 3 Cool and refrigerate.

## TIPS AND NOTES

You can replace half the sugar with Splenda. It will not change the taste, but it will not have the same glazed look. Freezes well.



# Excellent Chili Sauce

Submitted by: Judy Pell

Source: Joan Code

## INGREDIENTS

25-30 tomatoes, large, peeled  
6-8 peaches, peeled  
3 green bell peppers  
3 red bell peppers  
1 HOT red pepper  
5-6 celery stalks  
6 onions, large  
3 cups white vinegar (start with 2, then add)  
3-4 cups sugar, white (start with 3)  
2 Tbsp salt  
3-4 Tbsp whole allspice  
1 cinnamon stick

## PROCEDURE

- 1 Wrap allspice and cinnamon stick in gauze (cheesecloth).
- 2 Chop all vegetables and peaches. Add salt, sugar, vinegar. Cook 2 1/2 hours. Add bag with spices in last hour of cooking.
- 3 Makes 10 jars.



Syd and his girls in pink: Allie, Julia and Lesley

## TIPS AND NOTES

May be frozen or place in canning kettle to preserve out of fridge.

# Ketchup aux fruits de Jean-Marc

## Jean Marc's Chili Sauce

Submitted by: Sylvain Carrier

Source: Jean-Marc Carrier

### INGREDIENTS

3 pears  
8 apples  
3 peaches  
20 tomatoes, red  
3 onions (or 1 Spanish onion)  
1 green bell pepper  
8 celery stalks  
1 red bell pepper  
4 cups sugar  
2 tsp salt  
2 1/2 cups vinegar  
2 Tbsp pickling spices (wrapped in  
cheesecloth)  
1/2 Tbsp cinnamon

### PROCEDURE

- 1 Peel the fruits.
- 2 Coarsely dice fruits and vegetables.
- 3 Combine all ingredients and bring to boil.
- 4 Simmer for 3 hours. Remove cheesecloth package.
- 5 Put in sterilized jars and seal in canner.



Picture of Sylvain's dad's family. The young guy seated in the middle is Sylvain's dad at approximately age 15.

# Mommy's Peach Jam

Submitted by: Judy Pell

Source: Fanny Cohen

## INGREDIENTS

- 7 cups peaches, chopped (takes 20-22 peaches)
- 8 1/2 cups sugar
- 2 orange, chopped
- 1/2 lemon, chopped
- 30 maraschino cherries
- 1/2 cup almonds, slivered or sticks (optional)
- 1/2 bottle Certo (liquid pectin) (1 pouch)



Fanny, Rose and Moe

## PROCEDURE

- 1 Combine all ingredients. Stir well to dissolve sugar. Boil hard 20 minutes.
- 2 Remove from heat. Add 1/2 bottle Certo. Stir and skim 5 minutes.
- 3 Place in hot sterilized jars (and use sterilized lids).
- 4 Makes approximately 12-250 ml jars.

## TIPS AND NOTES

Add slivered almonds if you like. Do not cut back on amount of sugar.

# Frosty Pitcher of Margaritas

Submitted by: Francine Pell

Source: Jennifer Zerczy

I promised mom that I would not put in a comment on this one. 'Nuff said.

## INGREDIENTS

10 fresh limes  
1/2 cup fast dissolving fruit sugar  
4 cups crushed ice  
1 1/2 cups tequila (375 ml)  
3/4 cup Triple Sec (or other orange-  
flavoured liqueur)  
Kosher salt

## PROCEDURE

- 1 Rub lime around edge of glass and dip in salt. Set aside.
- 2 Juice 10 limes and add water if necessary to reach 2 cups of liquid. In pitcher, add juice and 1/2 cup sugar (add up to 1/2 cup more sugar if too tart). Stir until dissolved. Add remaining sugar to taste. Add ice. Stir. Add tequila and Triple Sec. Stir well. Serve in salted glasses.

# Soups and Breads



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# Chicken Soup

Submitted by: Judy Pell

*From Franny: I forced mom to sit down and tell me what she does. The secret is in the dill.*

## INGREDIENTS

2-3 lbs chicken bones, necks  
water  
2 carrots  
2 parsnip  
2 celery  
2 onions  
2 cloves garlic  
1 small turnip, optional  
1 tsp salt  
fresh dill fronds



Benjamin, Justin and Francine doing our best Saturday Night Fever imitation. Judy is in the background.

## PROCEDURE

- 1 In a large soup pot, cover bones with cold water. Bring to a boil, skimming often until all foam and residue is removed.
- 2 Peel carrots, parsnip, turnip, onions and garlic, but otherwise leave whole. Wash celery well. Score an "X" into the root end of the carrots, parsnip, turnip and onion.
- 3 Add veggies to pot along with salt. Bring to a boil, lower heat and simmer for 2 hours.
- 3 Put in fresh dill fronds, continue for 30 minutes.

## TIPS AND NOTES

If colour is not right, add a tiny bit of Croyden soup base at the end.

# Country Bean Soup

Submitted by: Betty Laxer and Susan Laxer

This is a large quantity. Can be a meal.... Both Betty and Susan submitted this recipe - so it must be good. Betty's version has half the quantity. She also adds 1 can of drained white kidney beans, processed until smooth, in the last 10 minutes of cooking.

## INGREDIENTS

- 2 cups beans (soak overnight in lots of cold water) red kidney beans and other (can use package of mixed beans)
- 1 Tbsp oil
- 2 garlic cloves, chopped
- 2 onions, chopped
- 3-4 carrots, chopped
- 3-4 parsnips, chopped
- 1/2 turnip, chopped
- 2 celery sticks, chopped
- 2 potatoes, chopped
- 1 can tomatoes
- 8-10 cups water
- 4 Tbsp Osem powder (chicken if available)
- 2 tsp basil
- 1 tsp cumin
- 1/2 tsp pepper
- 1/2 bunch chopped fresh coriander

## PROCEDURE

- 1 Sauté garlic, onions, celery in oil.
- 2 Add spices, other vegetables: add canned tomatoes, liquid and water.
- 3 Bring to boil. Lower heat and simmer 15 minutes covered.
- 4 Add a bunch of fresh chopped coriander, cover and simmer 40 minutes more.



Noah, Sarah, Danielle and Gilad

## TIPS AND NOTES

Even though Betty's recipe was halved, she kept 2 cloves of garlic. You can substitute the water and chicken base for broth if you have any around.

# Jacob's Pottage

Submitted by: Francine Pell

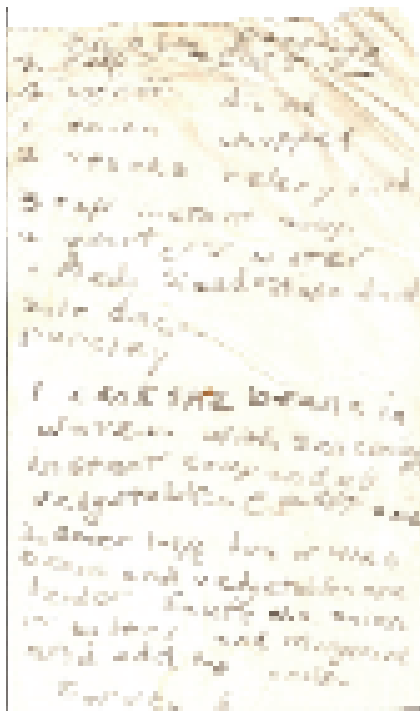
I brought this recipe home from school when I was 6 years old and forced Mom to make it every week until I was 7. My handwriting still looks the same, and my spelling has only slightly improved...

## INGREDIENTS

2 cups beans (soak overnight in lots of cold water)  
2 carrots, diced  
1 onion, chopped  
2 stalks celery, diced  
3 tsp instant chicken bouillon granules  
2 quarts water  
1 medium potatoes, peeled, diced  
1 dash salt  
parsley

## PROCEDURE

- 1 Cook the beans in water with seasonings, instant soup and all vegetables except onions.
- 2 After 1-1 1/2 hours, or when beans and vegetables are tender, sauté the onions in butter or margarine and add to soup.
- 3 Serves 6.





# Chunky Gazpacho

Submitted by: Francine Pell

Source: The cookbook that came with the Cuisinart

In the top 5 of Sylvain's favourite soups, and that's saying a lot!

## INGREDIENTS

- 1 small garlic clove, peeled
- 1/2 small jalapeño pepper
- 4 scallions (green onions)
- 1 celery stalk
- 1/2 green bell pepper, medium
- 2 tomatoes
- 2 cups tomato juice
- 1 cucumber, medium
- 2 Tbsp lemon juice
- 1 tsp salt
- 1/4 tsp freshly ground black pepper



Justin and Benjamin in Spain, Gazpacho country

## PROCEDURE

- 1 Halve jalapeño pepper and remove seeds. Trim scallions and celery and cut into 1-inch pieces. Quarter and seed bell pepper and tomatoes. Peel cucumber and cut in half lengthwise. Remove seeds and cut to fit in feed tube of food processor vertically.
- 2 Use metal blade to process garlic and jalapeño pepper until finely chopped. Add scallion, celery and bell pepper. Pulse/chop half tomatoes until coarsely chopped. Add to mixing bowl. Purée remaining tomatoes until smooth, about 1 minute. With machine running, pour in 1/2 cup of tomato juice. Add to mixing bowl with remaining tomato juice and stir.
- 3 Insert slicing disk, stand cucumber pieces upright in feed tube and slice, using light pressure. Add to mixing bowl with remaining ingredients and stir to combine. Cover and chill before serving.

## TIPS AND NOTES

Double the recipe if Sylvain is around. If you do, be careful when adding the tomato juice to the food processor in step 2 since adding a full cup may cause the processor to overflow. May be served at once but it improves after a night in the refrigerator.

# Vegetarian Minestrone

Submitted by: Francine Pell

Source: Inspired from All Color Encyclopedia of International Cooking

## INGREDIENTS

4 Tbsp olive oil  
2 onions, finely chopped  
3 small garlic cloves, chopped  
1 Tbsp butter  
3 tomatoes, peeled, seeded and roughly chopped (or substitute canned)  
1/4 cup dry red wine  
8 cups very flavourful vegetable broth  
8 oz dried white beans (cannellini beans), soaked overnight in water, drained  
8 basil leaves, finely chopped  
2 Tbsp parsley, finely chopped  
1 large carrot, peeled and diced  
1 large potato, peeled and diced  
4 spinach leaves, chopped  
2 small zucchini, diced  
1 stalk celery, diced  
3 oz small shaped pasta  
salt and freshly ground black pepper to taste  
6 Tbsp Parmesan cheese, freshly grated

## PROCEDURE

- 1 In a large heavy-based saucepan, heat 3 tablespoons oil and gently sauté the onions and garlic until the onions are golden. Put in the butter. When it melts, add the tomatoes and the wine. Simmer for a few minutes, then pour in the stock and bring to the boil.
- 2 Add drained beans to pan, together with basil and parsley. Reduce heat and simmer gently for about 1 1/2 hours. Add carrots and potato, and return to the heat for 20 minutes or so. Now put in the spinach leaves, zucchini, celery, cabbage, the pasta, a good pinch of salt and several grinds of black pepper. Cook until pasta is al dente - the vegetables should be ready at the same time.
- 3 At the last moment, stir in half the Parmesan and the remaining tablespoon olive oil. Serve at once with the rest of the Parmesan and plenty of crusty whole-grain bread and butter.

## TIPS AND NOTES

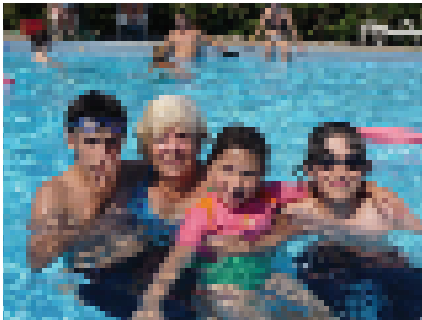
You can replace the dry beans by about 10 oz of cooked beans, but add them in near the end of the recipe with the zucchini. The original recipe calls for 3 oz of bacon, chopped which is added after the onions. Once the fat becomes translucent, continue the recipe but substitute vegetable broth for beef broth. I've tried it with a fatty brisket and it's been great.

# Split Pea Soup (Pareve)

Submitted by: Judy Pell

## INGREDIENTS

2 cups split peas  
2 carrots, chopped  
2 small onions, chopped  
2 medium parsnips, chopped  
2 stalks celery, chopped  
12 cups water  
3 Tbsp chicken soup base  
fresh dill  
salt and pepper, to taste



Four peas in a pool: Benjamin, Judy, Allie and Justin.

## PROCEDURE

- 1 Rinse peas and drain. Place in large soup pot with 10 cups water. Bring to boil and skim off foam, about 15 minutes.
- 2 Add chopped vegetables and remaining 2 cups of water. Add chicken soup base. Bring to boil and simmer for 1 1/2 hours until peas look puréed.
- 3 Add fresh dill and simmer another 30 minutes.
- 4 Add salt and pepper to taste.

# Red Pepper Soup

Submitted by: Judy Pell

Source: Marilyn Aaron

## INGREDIENTS

6 large red peppers  
2 onions, chopped  
1/4 cup butter  
8 cups chicken stock  
1 tsp herbes de Provence  
1-2 tsp fresh tarragon, chopped  
1 dash cayenne  
pepper salt to taste



Lilly and a newborn Benjamin

## PROCEDURE

- 1 Broil peppers until skin chars. Let cool in covered container and remove skin. Slice thinly.
- 2 Sauté onions, covered, until soft NOT brown.
- 3 Stir in peppers, stock, herbs, peppers, and simmer uncovered for 20 minutes.
- 4 Purée and season with salt, tarragon and cayenne.

# Challah

Submitted by: Francine Pell

Source: Second Helpings

One of the first (and only) recipes Sylvain has followed through. He asked me specifically for it when we first started seeing each other. I was so impressed! Since then, I am still impressed, but not necessarily with his cooking skills... Note from Sylvain: Despite Franny's talent and creativity in the kitchen, I still beat her hands down at making tomato sandwiches and corn on the cob.

## INGREDIENTS

- 1 tsp sugar
- 1/2 cup warm water
- 1 package active dry yeast
- 1/2 cup oil
- 1/2 cup warm water
- 1/4 cup sugar
- 2 tsp salt
- 2 eggs
- 3 3/4-4 cups flour
- poppy or sesame seeds
- 1 egg yolk, beaten with 1 tsp water



Benjamin and Justin at Syd and Lesley's wedding

## PROCEDURE

- 1 Dissolve sugar in 1/2 cup warm water in a large mixing bowl which has first been rinsed with hot water. Sprinkle yeast on top and let stand for 10 minutes.
- 2 Stir to dissolve yeast mixture, oil, water, sugar, salt, eggs and half of flour. Beat well. Stir in remaining flour. Dough should be sticky.
- 3 Cover dough and let rise for 10 minutes.
- 4 Turn out onto a floured board and knead for 10 minutes, adding flour as needed.
- 5 Round up in a greased bowl. Cover and let rise in a warm place until double in bulk, about 1 1/2-2 hours
- 6 Punch down, cover and let rise again until double, about 45 minutes.
- 7 Divide dough into 3 equal parts. Shape into strands. Place on a lightly greased baking sheet and braid loosely. Fasten ends securely. Cover with a damp cloth and let rise until double.
- 8 Brush with beaten egg yolks and sprinkle with seeds.
- 9 Bake at 400°F for 30 minutes until golden brown.

## TIPS AND NOTES

For holiday chalot, add raisins. Roll into one long strand and coil strand to make the traditional round presentation.

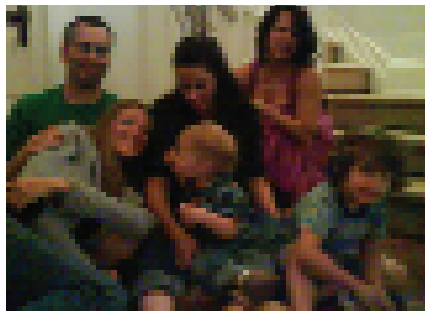
# Whole Wheat & Rosemary Challah

Submitted by: David Pell

I was inspired to make this recipe when my friend Ronit, a beautiful Moroccan Israeli woman, invited me to a Shabbat dinner. I told her I was going to bring the challah. Everyone really enjoyed it. She pronounced it "Cha-la"...very separate sounds, not like we do all mashed together. I remember she had this interesting wine pouring device from Israel. You pour the wine at the top and it distributes it into 6 goblets at the bottom. Anyways, I have to make it back to her place one day... fabulous meal and company.

## INGREDIENTS

- 1 envelope active dry yeast
- 2 cups warm water
- 8 cups whole-wheat flour (I use Robin Hood nutrigrain flour)
- 1 tsp salt
- 2 Tbsp oil
- 1 egg, at room temperature
- 1 egg, beaten with 2 teaspoons water
- 5 sprigs rosemary, de-stemmed and chopped
- 4 Tbsp poppy seeds or sesame seeds



Bon Voyage! Lyssa, Richard, Ollie, Tracey, Ali and Jonah

## PROCEDURE

- 1 In small bowl combine yeast with sugar and 1/2 cup water. Cover with plastic, leave in a warm place until well raised, about 20 minutes.
- 2 Sift flour and salt. Make a well in centre and break egg into it. Add yeast mixture and rosemary and stir with a wooden spoon, gradually incorporating liquid into flour. Gradually add enough remaining warm water to make a stiff dough. Turn dough onto a floured board and knead until smooth and elastic, and doesn't stick to your hands, about 10 minutes.
- 3 Put dough in a warmed, greased bowl. Cover with plastic, and let rise in a warm place until doubled, about 2 hours.
- 4 Punch down dough and divide into six balls. Roll balls between your hands into long strips of equal length. Braid 3 strips together. Repeat with other 3 strips. Cover loaves with a kitchen towel and leave in a warm place to rise for about 45 minutes.
- 5 Preheat oven to 450°F. Brush loaves with beaten egg and sprinkle with seeds. Bake 15 minutes at 450°F, then reduce to 375°F for 40 minutes or until golden brown. Tap on the bottom to hear if it makes a hollow sound.

## TIPS AND NOTES

One time I made a turban shape by taking the braided dough and twisting it like a pinwheel starting from one end, keep wrapping it in a circle. Then let it rise.

# Passover Rolls

Submitted by: Francine Pell

Source: Judy Pell

I live on these during Pesach. Tried to make a low-fat version once. Don't bother.

## INGREDIENTS

1/2 cup oil  
1 cup water  
2 cups matzo meal  
1-2 tsp sugar  
1 pinch salt  
4 eggs

## PROCEDURE

- 1 Bring oil and water to a boil. Take off heat.
- 2 Add matzo meal, sugar and salt. Cool.
- 3 Add eggs, 1 at a time using mixer.
- 4 Line a baking sheet with parchment paper. Form into 8-12 rolls.
- 5 Bake in a preheated oven to 400°F for 25 minutes, lower heat to 375°F and bake for an additional 25-35 minutes.

# Meatless Dishes, Sides and Salads

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# Asparagus

Submitted by: Judy Pell

## INGREDIENTS

- 1 Tbsp sesame oil
- 3 cloves garlic, minced
- 1 tsp brown sugar
- 1 Tbsp soy sauce
- 1 lb asparagus
- 2 Tbsp sesame seeds, toasted

## PROCEDURE

- 1 Combine all ingredients except asparagus and sesame seeds.
- 2 Wash asparagus well & pour sauce over to marinate for 1-2 hours.
- 3 Spread on a foil lined sheet & bake at 400°F for 10 or 15 minutes until tender.
- 4 Sprinkle with sesame seeds before serving.



Véronique trying to feed Oscar asparagus.

# Eva's Beans for Sydney

Submitted by: Judy Pell

Source: Eva Zacharoff

Eva sent this recipe to us expressly for Syd who mentioned to her how much he loved them. The title on the recipe card, in her writing, actually reads "Eva's Beans for Sydney".

## INGREDIENTS

4 cups white beans, soaked overnight  
1/2 cup molasses  
3/4 tsp ginger  
3/4 tsp dry mustard  
1 tsp salt and pepper  
2 onions, diced fine  
1/2 lb Crisco (use a bit less)



Eva Zacharoff

## PROCEDURE

- 1 Cover beans with water (water should be just under top layer of beans). Add all other ingredients except onion and Crisco and mix.
- 2 Put onion on top. Cut Crisco in small pieces and put on top of onion.
- 3 Bake at 450°F for 3-4 hours, stirring occasionally. Keep covered all the time.
- 4 Remove 1 cup of beans, mash and return to pot.

## TIPS AND NOTES

Eva noted: I sometimes add a little brown sugar to taste, but not any more molasses.

# Vegetarian Cassoulet

Submitted by: David Pell

I was inspired to get creative the 5 years I stayed mostly vegetarian. Cassoulet is one of those really classic casserole recipes. We used to make the real deal at Jamie Kennedy's with kessler, sausages and duck confit. My version uses Yves Veggie Sausages, which are a pretty darn good product. If you have a dutch oven, this dish lends well to that type of roasting pan.

## INGREDIENTS

- 3 cans white navy beans, drained
- 3-4 cups veggie stock or water and veggie bouillon powder
- 2 onions, large dice
- 2 leeks, large dice
- 2 stalks celery, large dice
- 2 carrots, large dice
- 1/2 bulb garlic, peeled (of which only 1 clove chopped only)
- 1/2 bunch thyme and parsley, de-stemmed (must be fresh)
- 1 package Yves Veggie Sausages (regular or spicy), cut in coins or on angle
- 5 Tbsp olive oil
- 1 pint cherry tomatoes cut in half
- 1 container breadcrumbs

## PROCEDURE

- 1 Preheat oven to 375°F while preparing vegetables. Place Dutch oven in oven for 5 minutes to preheat. Add olive oil and put in onion, leeks, celery, carrots to roast with cover off. Turn every 10 minutes. until veggies are soft and golden.
- 2 Place cherry tomato halves, the clove chopped garlic, a little olive oil and salt on a tin foiled cookie sheet and roast in oven until they are kind of dried.
- 3 Now add beans, stock and garlic to roast veggies. Cook for about 20-30 minutes. with lid on until mixture looks stewy. Adjust liquid if necessary (don't want it too dry, when you add breadcrumbs it will thicken a bit).
- 4 Fry sausages in a pan. Add to bean stew. Add roasted tomatoes now.
- 5 Breadcrumbs: take regular breadcrumbs or stale crustless white bread, put in a food processor with a little garlic, parsley and thyme leaves and 3 tbsp olive oil. Process until herbs are broken down and breadcrumbs are green.
- 6 Sprinkle heavy layer of breadcrumbs on top of cassoulet. Bake uncovered until crumbs start to get golden. Don't let it burn. Remove from oven and let cool a bit.

## TIPS AND NOTES

This is a large quantity. Leftovers can be portioned out and frozen. The herb breadcrumbs are very versatile to use in other casserole recipes. I once made a "low fat" chicken pot pie with it.

# Popcorn Cauliflower

Submitted by: Judith Laxer

Source: Kosher by Design Entertains

*My kids love this recipe and usually eat half of it before we even get to the table. Make a lot!*

## INGREDIENTS

- 2 large cauliflowers cut into medium size florets
- 1 tsp salt
- 2 tsp sugar
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp paprika
- 1/4-1/2 tsp turmeric
- 6-8 Tbsp olive oil

## PROCEDURE

- 1 Preheat oven to 450°F.
- 2 Line a jelly roll pan or baking sheet with parchment paper.
- 3 In a large bowl, combine salt, sugar, onion powder, garlic powder, paprika, turmeric and oil. Add cauliflower florets and toss to coat.
- 4 Place in a single layer on the prepared baking sheet.
- 5 Roast uncovered for 30-35 minutes, until the largest pieces can be pierced with a fork. If the tops are starting to get too brown toss the cauliflower during the baking process.
- 6 Cool on baking sheet before serving.



Jeff, Judy, Orly, Yonatan, Avi and Michal

# Cheese Pie

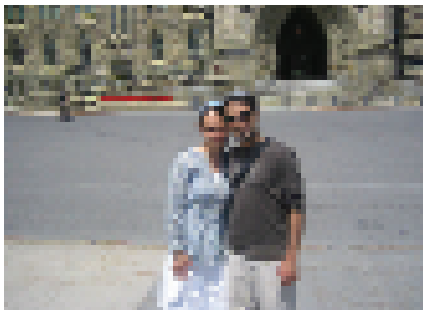
Submitted by: Sarah Matarasso

Source: Tirza Greenfeld

*This recipe comes from my mother-in-law, Tirza Greenfeld, who prepares it often for Friday night dinner during the summer. It is quick and easy and I really enjoy it!*

## INGREDIENTS

- 1 cup flour
- 1/2 cup oil
- 3 packages of 5% white, 'spreadable' cheese (more of a liquid than cream cheese)
- 1 small carton of cooking cream (9%)
- 1 egg
- 3 Tbsp water
- salt and pepper to taste
- cherry tomatoes, optional



Newlywed: Sarah and Gilad

## PROCEDURE

- 1 In a small dish, mix the oil, 2 tablespoons of white cheese, flour and water. Spread this mixture on the bottom of the cooking dish as a crust.
- 2 In another bowl, combine the rest of the white cheeses, the cream, 2 tablespoons of flour, the egg and a bit of salt. Pour the cheese filling over the crust.
- 3 Halves of cherry tomatoes may be placed on top (for decoration, in my opinion).
- 4 Bake uncovered for 1/2 hour at 180°C (356°F).

# Cheese Soufflé

Submitted by: Michael Pell

## INGREDIENTS

5 eggs, separated  
60 g butter – oh yeah!  
30 g flour  
250 ml cold milk  
4 Tbsp crème fraiche – yum!  
175 g grated cheese – I prefer to use aged  
Gouda spices: pinch nutmeg, salt, pepper



Say cheese! Michael and Véronique at their wedding.

## PROCEDURE

- 1 You will need a 1L soufflé pan.
- 2 Melt butter and whisk in flour while heating to make a roux (2-3 minutes). Add the milk, salt, pepper, and nutmeg and bring to a boil while stirring.
- 3 Remove from heat. Add crème fraiche.
- 4 Add the egg yolks one at a time, mixing well after each.
- 5 Add cheese, mix and allow to cool.
- 6 Beat the egg whites until stiff and then mix in gradually using a wooden spatula with the mixture above.
- 7 Transfer to the soufflé pan (should be buttered first if you want to get the soufflé out).
- 8 Heat at 160°C (325°F) on low rack for 20 minutes; increase temp to 180°C (350°F) and heat another 20 minutes.
- 9 Remove and serve immediately!

# Super Cheese Entrée

Submitted by: Judy Pell

Source: Miriam Sugarman

## INGREDIENTS

3/4 square challah loaf  
1/4 cup butter  
2 lbs old cheddar cheese, grated  
8 eggs  
1 quart homogenized milk  
3 tsp white sugar  
1 tsp paprika  
2 tsp salt  
1 onion, grated  
1/2 tsp cayenne pepper  
1 tsp Worcestershire sauce  
1 tsp dry mustard



Two people who defined the term "lady",  
Miriam and Eva, at tea.

## PROCEDURE

- 1 Remove crust from challah. Slice in 1/2-inch slices. Butter slices.
- 2 Mix all ingredients except for bread and cheese in mixer.
- 3 Grease pan and line with a layer of bread, then cheese, then bread again, then cheese again. Pour entire egg mixture over the bread and cheese.
- 4 Cover with foil. Refrigerate overnight (this is important, do not cook right away).
- 5 Remove foil. Bake at 325°F for 45 minutes.

## TIPS AND NOTES

Recipe can be  
halved.

# Betty's Mac and Cheese

Submitted by: Betty Laxer

A favourite with the Laxer grandkids!

## INGREDIENTS

- 3 cups dry macaroni, cooked according to directions, drained
- 3 Tbsp butter
- 3 Tbsp flour
- 3 cups milk
- 1 cup cheddar cheese, grated
- 3 Tbsp parmesan cheese, grated
- 1-1 1/2 cups corn flakes
- 3 Tbsp butter



More spaghetti! Susan and Judith Laxer.

## PROCEDURE

- 1 Make béchamel: Melt 3 tablespoons butter over low heat, add flour and stir 2-3 minutes. Add milk and stir until thickened.
- 2 Add cheddar cheese and 2 tablespoons parmesan to béchamel. Mix. Add macaroni and combine.
- 3 Pour macaroni mix in a baking pan (spray first with vegetable spray).
- 4 Crush cornflakes into crumbs, mix with 3 tablespoons butter and remaining parmesan. Put cornflake mix on top of macaroni.
- 5 Bake at 350°F, approximately 30 minutes, until top is golden.

## TIPS AND NOTES

You can make this ahead and freeze. If so, don't bake before freezing. Let thaw in fridge overnight and bake it for about 35-45 minutes at 350°F. Test before serving.

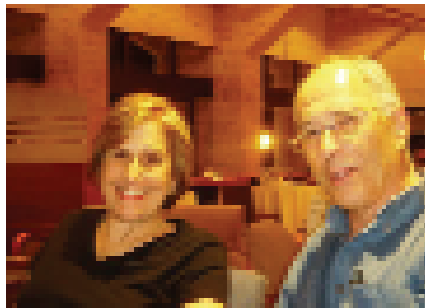


# Couscous

Submitted by: Betty Laxer

## INGREDIENTS

- 1 1/2 packages couscous (whole wheat if possible)
- 1/2 tsp curry powder
- 1/2 tsp cumin
- 4 onions, chopped
- 7-8 narrow carrots, sliced thin
- 5 tomatoes, chopped (or substitute canned)
- 2 Tbsp onions
- 1 1/2 can (11 oz) chickpeas, drained and rinsed
- 1/2 tsp saffron threads
- 1/4 tsp cumin
- 1/2-1 cup water



Betty and Richard

## PROCEDURE

- 1 Cook couscous according to package directions, but add curry and 1/4 tsp cumin to water.
- 2 Sauté onions over low heat until soft (they get sweeter).
- 3 Steam carrots in microwave until fork-tender.
- 4 Combine onions, carrots, chickpeas, saffron, tomatoes, 1/4 tsp cumin and water. Bring to a simmer and cook 3 minutes.
- 5 Put couscous in the middle of a serving dish and put veggies all around.

## TIPS AND NOTES

You can add steamed zucchini to the dish at the end, if desired. Do not simmer with the other veggies since they will get too mushy. If you are using canned tomatoes you can substitute some of the tomato juice for the water.

# Justin's Crêpes

Submitted by: Justin Carrier

Source: Jacques Pépin's Complete Techniques

Crêpes are paper-thin pancakes. Justin makes this recipe himself just about every weekend in his special omelette pan. He cooks them all up and keeps the extras well wrapped in the fridge. During the week, he'll take out a few and zap them in the microwave for breakfast.

## INGREDIENTS

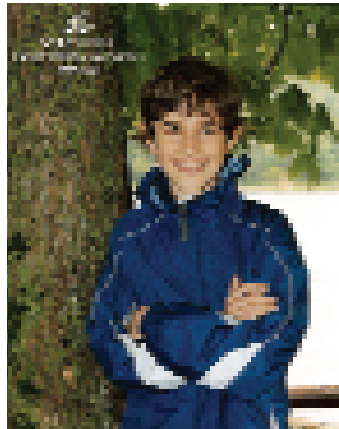
- 1 1/2 cups all-purpose flour
- 3 large eggs
- 1 tsp sugar
- 3/4 tsp salt
- 1 1/2 cups milk
- 2/3 stick butter, unsalted (1/3 cup), melted
- 1/2 cup cold water



Justin making crêpes

## PROCEDURE

- 1 Place flour, eggs (beaten), sugar and half of the milk in a bowl. Whisk until the mixture is smooth. By adding just enough liquid to work the dough into a thick batter, you eliminate the possibility of lumps.
- 2 Add the remaining ingredients and stir well. The consistency should be a little thinner than a light syrup.



## TIPS AND NOTES

Don't put too much batter in the pan. Once the batter is in, pick up the pan and swirl it around to make a nice circle. Don't put more oil or butter in the pan. The first crêpe (which rarely turns out right) will season the pan properly for the rest.

# Eggplant Stuffed Tomatoes

Submitted by: Judy Pell

## INGREDIENTS

8 tomatoes, large  
1 eggplant, medium, peeled, and cut in  
1/2" cubes  
1 onion, large, sliced in rings  
2 garlic cloves, minced  
2 Tbsp margarine  
3 tsp curry powder  
2 tsp salt  
1/4 tsp pepper  
1/2 tsp oregano  
1/2 tsp Accent  
1/4 cup bread crumbs, buttered  
salt and pepper

## PROCEDURE

- 1 Scoop out tomato pulp, leaving 1/4 inch shell of tomato.
- 2 Sauté onion, garlic in margarine. Add tomato pulp, eggplant and seasonings. Sauté until tender.
- 3 Sprinkle tomato shells with salt and pepper. Fill with mixture.
- 4 Place in greased 9"x13" pan. Top with buttered crumbs.
- 5 Bake 30 minutes at 350°F.



Rochel, Dad and Haya. Haya can make eggplant in 101 ways.

# Mushroom Stuffed Eggplant

Submitted by: Judy Pell

Source: Judy Berman

## INGREDIENTS

1 medium eggplant  
1/2 lb mushrooms, sliced  
1/4 cup flour  
1/4 cup butter  
1/4 cup milk  
2 oz chopped pimento  
2 Tbsp green pepper, chopped  
2 Tbsp onion, minced  
1 clove garlic, minced  
1 tsp salt pepper to taste  
2 Tbsp parmesan cheese, grated (or  
buttered bread crumbs)

## PROCEDURE

- 1 Preheat oven to 350°F.
- 2 Cut eggplant in half lengthwise. Remove and cube inside, leaving about 1/4 inch shell.
- 3 Salt and pepper inside of shell.
- 4 In a large skillet, stir all ingredients except milk, pimento and parmesan. Stir until brown.
- 5 Remove from heat and stir in milk and pimento.
- 6 Fill shells with mixture and sprinkle with parmesan cheese (or crumbs).
- 7 Bake 40-45 minutes.

## TIPS AND NOTES

Judy Berman uses roasted red peppers in place of pimento. Freezes well.

# Fiddleheads and Fennel

Submitted by: Noreen Sugarman

A Vegetarian Dish – My own invention.

## INGREDIENTS

4 cup fiddleheads (asparagus may be substituted)  
1 large fennel bulb with fern  
1 large onion, chopped  
2 cups mushrooms, sliced  
2-3 fresh sage leaves, finely snipped  
2 tsp Chinese five-spice powder  
3 or more fresh garlic cloves, finely chopped  
500 g cottage cheese  
1 tsp chipotle pepper sauce (or your favourite)  
4 Tbsp olive or canola oil  
2 Tbsp parmesan cheese  
1/2 cup diced roasted red peppers  
fresh ground pepper  
15-20 Jumbo size shell pastas (you want enough pasta shells to fit snugly in baking dish)

## PROCEDURE

Prepare ingredients

- 1 Remove coarse stems from fiddleheads.
- 2 Snip fennel fern and set aside for garnish.
- 3 Discard tough outer layer of fennel bulb.
- 4 Finely chop inner fennel bulb and set aside.
- 5 Boil pasta shells. Drain and set aside to cool.

Cook

- 1 Heat oil in large skillet. Sauté onions, fennel, mushrooms and fiddleheads until fennel is tender.
- 2 Add garlic, sage, hot sauce, Chinese 5-spice powder and ground pepper.
- 3 Simmer for 10 minutes on medium heat, stirring occasionally.
- 4 Add cottage cheese to skillet and mix well. Mixture should be very moist.
- 5 Heat thoroughly and remove from stove.

Assemble

Generously fill pasta shells and arrange snugly in a single layer in baking dish.

# Noodle Kugel - Pareve

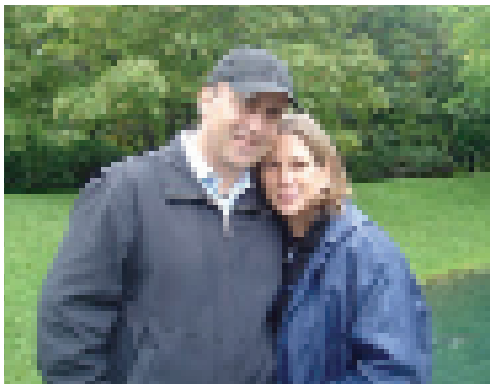
Submitted by: Susan Laxer

## INGREDIENTS

1 package medium or fine egg noodles  
1/4 tsp salt  
1/4 cup oil (heated in casserole dish)  
4 eggs beaten  
pepper to taste  
1/4 tsp onion powder  
1 Tbsp sugar  
raisins (optional)

## PROCEDURE

- 1 Cook noodles in salted water.
- 2 Drain but DO NOT rinse.
- 3 Add all ingredients adding heated oil last.
- 4 Mix.
- 5 Pour into same 9"x 13" Pyrex casserole dish and bake at 350°F until crisp on top.



Alain and Susan

# Dairy Noodle Kugel

Submitted by: Susan Laxer

Source: Betty Laxer

Good for after Yom Kippur or any light meal.

## INGREDIENTS

### Kugel

1 package medium egg noodles

2 cups curd cottage cheese

1/4 cup melted butter

2 Tbsp sugar

1/4 tsp salt

3 beaten eggs

1 cup sour cream

1 cup milk

### Topping

1 cup crushed corn flakes

1/4 cup melted butter

## PROCEDURE

- 1 Cook noodles in salted water.
- 2 Drain but DO NOT rinse.
- 3 Place back in pot and add other ingredients.
- 4 Cover with topping of 1 cup crushed corn flakes mixed with 1/4 cup melted butter.
- 5 Bake in greased 9"x13" Pyrex casserole at 350°F for 1 hour.
- 6 Can be frozen and re-heated.

## TIPS AND NOTES

Optional - add  
1/2 inch cubes of  
red or green pepper  
- very good!

# Edith's Noodle Kugel

Submitted by: Edith Abramczyk

## INGREDIENTS

6 Tbsp melted butter

### Kugel

1 package broad noodles, cooked

1 litre buttermilk or sour milk

5 eggs, beaten

4 Tbsp sugar

1 tsp salt

slivered almonds, optional

golden raisins, optional

### Topping

3/4 cup brown sugar

1 cup crushed corn flakes

## PROCEDURE

- 1 Preheat oven to 350°F. Grease 9"x13" pan with melted butter.
- 2 Mix kugel ingredients together. Pour into greased pan.
- 3 Bake 45 minutes at 350°F. Remove from oven
- 4 Put topping ingredients on kugel. Put kugel back in oven for 20 minutes.



Edith and Bob/Hymie (with Mort in the background)



# Sarah's Zucchini Kugel

Submitted by: Sarah Matarasso

Source: Gatherings Cookbook

I changed the proportions the first time I made this and have continued doing so; *my* changes are indicated in parentheses in the list of ingredients.

## INGREDIENTS

6 medium-sized zucchini, peeled, grated and drained (yields 6 cups)  
3 onions, grated (yields 2 cups)  
3 eggs, beaten (I use 1 egg)  
1 1/2 cup flour (I used whole wheat flour)  
1 tsp baking powder  
3/4 cup water  
3/4 cup oil (I use less than 1/2 a cup)  
1 Tbsp chicken soup powder  
1 tsp salt pepper to taste

## PROCEDURE

- 1 Preheat oven to 350°F. In a large bowl, combine all ingredients. Mix well.
- 2 Pour into a (greased) 9"x13" inch baking dish.
- 3 Bake uncovered for 50-60 minutes or until golden.



Lunch in Tiberius

# Zucchini Kugel

Submitted by: Judy Pell

Source: Erela Altar

## INGREDIENTS

6 large zucchini  
3 carrots  
2 onions, fried  
1 lb grated cheese (cheddar, feta or cottage)  
5 eggs, beaten  
1 Tbsp parmesan cheese, grated  
salt & pepper to taste  
onion powder, to taste  
garlic powder, to taste



Erela Altar and Hila

## PROCEDURE

- 1 Grate zucchini and carrots into match sticks.
- 2 Combine all ingredients except parmesan. Put in baking dish sprayed with vegetable spray. Sprinkle with parmesan.
- 3 Bake at 350°F for 1 hour.

## TIPS AND NOTES

You can replace zucchini with cauliflower or broccoli.

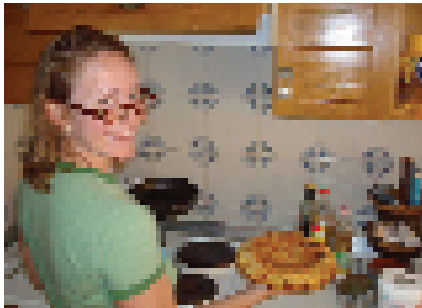
# Omelette espagnole - Spanish Omelette

Submitted by: Véronique Lescaut

*Franny's comment:* Love this recipe. It makes a very thick omelette that can be cut up and served with salad or cut in smaller pieces for tapas. In Spain, Véronique, Mikey and Oscar introduced us to the "Tomba Truites", a ceramic plate with a handle in the middle on its bottom that's used to flip over the omelette and then as a serving platter.

## INGREDIENTS

3 potatoes, large  
oil for sautéing  
1 onion  
6-8 eggs (depending on how thick you want your omelette)



Véronique and the yummy Spanish omelette at their beautiful apartment in Calella de Palafrugell, Spain

## PROCEDURE

- 1 Boil the potatoes, but they should still be firm. Cut in rounds or large dice and sauté in a bit of oil (not too much oil, they aren't french fries!)
- 2 Cut onions in small dice and brown in oil with potatoes.
- 3 Beat 6 to 8 eggs. Mix in potatoes and onions.
- 4 Pour the mix into a small to medium sized frying pan and cover. Cook over low heat.
- 5 Turn the omelette over onto a "Tomba Truites" or a fairly flat plate.
- 6 Slide the omelette back into the pan. Cook on low heat on the other side.
- 7 Serve on "Tomba Truites" or other nice plate!



# Potato and Shallot Latkes with Fresh Apple Sauce

Submitted by: David Pell

Been making this recipe for our annual Chanukah party for maybe 5 years now. Everyone looks forward to them. Adding the salt after they are fried is something I learned from the kitchen. Salt leaches water out, which can make fritters soggy.

## INGREDIENTS

10 Yukon Gold potatoes  
7 shallots  
1 egg  
2 Tbsp flour or matzo meal  
2 tsp baking powder  
4 sprigs thyme (or 2 tsp dried)  
course kosher salt  
sunflower oil for frying  
3 red cooking apples



David's David in the land of David

## PROCEDURE

- 1 Apple Sauce: Cut apples with skin on in 4, remove core. Slice. Simmer in a small saucepan with a little water with the lid on until apples are cooked out. Transfer to a blender and puree. Strain in a fine strainer. Refrigerate.
- 2 Peel potatoes into lemon water in a bowl. Grate potatoes with grater or food processor. Put potatoes back in water in bowl.
- 3 Peel shallots. Cut in half lengthwise. Remove the root at the top with your knife. Slice shallots thinly with the lines. De-stem thyme and chop roughly. Squeeze potatoes out into a large bowl. Mix flour and baking powder separately. Add shallots, egg, flour and baking soda mixture and thyme. Shallow fry latkes in sunflower oil. I usually use a 1/4 cup to dole out the mixture into the oil. Then spread it out a little. They should be lacy. Remove from oil onto paper towels, then sprinkle with kosher salt.
- 4 You can keep warm in the oven on low until they are all done. Serve with apple sauce.

## TIPS AND NOTES

One year we served them with sour cream and smoked salmon too. Yum.

# Oven-Roasted Potatoes

Submitted by: Judy Pell

## INGREDIENTS

6-8 potatoes  
1/4 cup vegetable oil  
fresh or granulated garlic  
salt  
pepper  
paprika



Lenny, Judy, Bob / Hymie, Normie and Marsha

## PROCEDURE

- 1 Preheat oven to 400°F.
- 2 Parboil the potatoes in lots of salted water for about 25 minutes, depending on the size of the potato. You do not want them fully cooked or else they will turn to mush later in the oven.
- 3 If new potatoes, leave the peel on, otherwise peel the potatoes. Quarter the warm potatoes and put aside.
- 4 Pour oil over potatoes while still hot. Season well with garlic powder, salt, pepper and paprika.
- 5 Place on foil-lined baking sheet and bake until brown and crispy.

## TIPS AND NOTES

You can add other dry spices or herbs if you want to get fancy.

# Easy and Healthy Acorn Squash

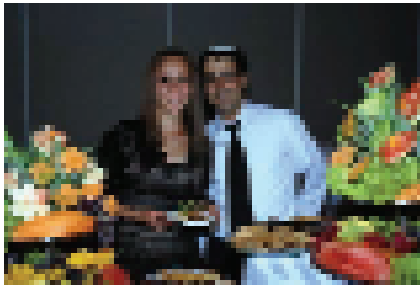
Submitted by: Susan Laxer

## INGREDIENTS

1 acorn squash  
brown sugar  
nutmeg  
salt

## PROCEDURE

- 1 Wash acorn squash well. Can peel or leave skin on.
- 2 Cut squash in quarters or in six. Discard seeds.
- 3 Place in Pyrex pie plate skin side down.
- 4 Sprinkle with brown sugar, nutmeg and salt.
- 5 Cover with wax paper and cook in microwave 10 - 12 minutes on high.



Sarah and Gilad

# Sesame Tofu Green Beans

Submitted by: Judith Laxer

A very tasty recipe.

## INGREDIENTS

1/4 cup light olive oil  
1 1/2 tsp sesame oil  
1/3 cup soy sauce  
2 8-oz pkg firm tofu, washed, pressed, cut into bite-size cubes  
1-2 Tbsp light olive oil  
1 1/2 tsp sesame oil  
1/2 inch ginger, peeled, thinly sliced  
4 cups green beans, trimmed, uncut  
soy sauce, to taste  
toasted sesame seeds, to garnish



Judith and Francine

## PROCEDURE

- 1 Preheat oven to 400°F.
- 2 In a bowl, combine 1/4 cup olive oil, 1 1/2 teaspoons sesame oil, soy sauce and tofu. Toss lightly. Place mixture on baking sheet and bake uncovered for 10 minutes. Remove from oven. Turn tofu. Bake for an additional 10 minutes. The longer you bake the tofu, the firmer and crispier it will become.
- 3 Remove the tofu. Place in a serving dish.
- 4 Heat 12 tablespoons olive oil and 1/2 teaspoon sesame oil in a large skillet. Add ginger and sauté until it becomes dark brown. Add beans. Sauté on high heat until the beans are slightly blackened. Add soy sauce to taste. Check the beans for the level of crispiness you prefer.
- 5 Place the beans on top of the tofu so that the tofu is showing at the edges. Garnish with sesame seeds.

## TIPS AND NOTES

This recipe may also be prepared ahead of time and reheated in a low (250°F) oven, but then cover it with foil so that it doesn't dry out

# Tamara and Gwynn's Tofu Scramble

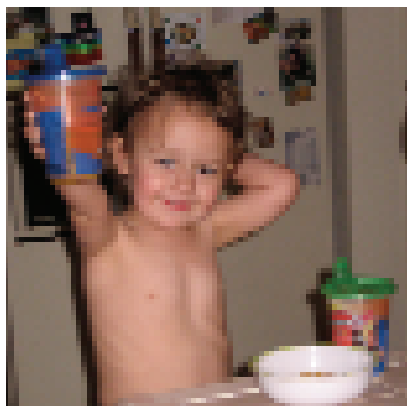
Submitted by: Tamara Cohen

## INGREDIENTS

- 1 package extra firm tofu
- 2-3 Tbsp olive oil
- 1 1/2 cup chopped carrots
- 1/2 medium onion
- tamari or soy sauce to taste
- 1/2 can chickpeas
- 1 cup cashews (or other nut)
- 1 package fresh spinach

## PROCEDURE

- 1 Cut tofu down the middle and drain of water by wrapping in a towel and resting a heavy plate on top for at least half an hour.
- 2 Heat olive oil in pan. Add chopped onions.
- 3 When fragrant and soft, add carrots and chickpeas. When soft add tofu by crumbling it between your fingers.
- 4 Continue to stir over medium heat. Add 2 teaspoons tamari. Add spinach and cover until spinach is just steamed and bright green.
- 5 Add salt and pepper or substitutes to taste.
- 6 Serve warm, with rice or couscous or plain.



More Tofu Please: Toby Kessler Cohen

## TIPS AND NOTES

Variation: Add 2 teaspoons of coriander in step 2 with the onions. Replace tamari in step 4 with 1-2 ounces of feta cheese and a bit of the water that it was packed in.



# Fresh Tomato Sauce

Submitted by: Judy Pell

Source: Elisa Calouri Métivier

This recipe is simplicity at its best, but only worthwhile making for canning preserves if the tomato crop is particularly good.

## INGREDIENTS

fresh red tomatoes in season  
basil leaves

## PROCEDURE

- 1 Score tomatoes on bottom. Blanch in hot water and remove skins. Chop and heat until a very chunky sauce forms in small batches.
- 2 Put in sealer (mason) jars with 1 basil leaf.



Judy shopping for fruit in France

# Roasted Vegetable Strudel

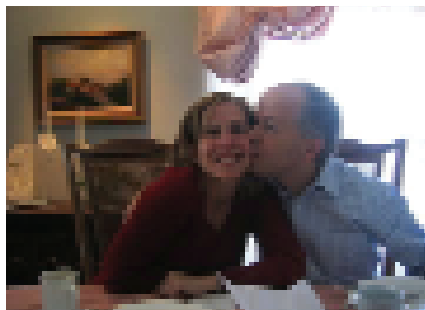
Submitted by: Judith Laxer

## INGREDIENTS

1 sweet potato, peeled and sliced  
2 red bell pepper, halved, cleaned  
1 yellow bell pepper, halved, cleaned  
2 zucchinis, cut lengthwise in thick pieces  
2 large Portobello mushrooms, sliced  
1 red onion, thickly sliced  
4 cloves garlic, peeled  
1/2 cup goat cheese, cubed  
1/2 cup fresh basil, chopped  
salt and pepper, to taste  
2 Tbsp balsamic vinegar  
12-24 phyllo pastry sheets (6 per strudel)  
melted butter  
sesame seeds to sprinkle on top

## PROCEDURE

- 1 Preheat oven to 450°F.
- 2 Place sweet potato, peppers, zucchinis, mushrooms, red onion and garlic on a large greased baking sheet. Put in oven for 20 minutes. Remove from oven and chop.
- 3 Add goat cheese, basil, salt, pepper and vinegar.
- 4 Lay out 1 phyllo sheet. Brush with melted butter. Put another sheet on top of the first, brushing it with melted butter. Continue this process with 4-6 sheets of phyllo, depending on the thickness that you want the strudel to be. Spread some roasted vegetables across the bottom of the phyllo sheets. Start rolling up sheets over vegetables, jellyroll style. Fold over ends and continue rolling. Brush with butter on top. Sprinkle with sesame seeds. Score with 4 diagonal cuts along the top of strudel.
- 5 Bake for 15 minutes. Freezes well. Yields 2-4 strudels.



Judith and Jeff

## TIPS AND NOTES

Grilled vegetables are great on their own or even over pasta.

# Miriam's Zucchini Pie

Submitted by: Judy Pell

Source: Miriam Sugarman

## INGREDIENTS

- 3 cups zucchini, thinly sliced  
(about 2 average zucchinis)
- 1 cup Bisquick
- 1/3 cup oil
- 4 eggs, beaten well
- 1 tsp parsley
- 1 tsp oregano
- 1/2 medium onion, minced
- 1/2 cup parmesan cheese
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 clove garlic

## PROCEDURE

- 1 Beat eggs, oil, seasonings, Add Bisquick, cheese and zucchini. (Can also add a layer of thinly sliced tomatoes.)
- 2 Bake at 350°F for 45 minutes in well-greased 10" pie plate.



Buffet at Miriam's in Kingston. Bea Moscovitch, Ida Kivenko, Dick Cohen, Jack and Eva Zacharoff, Irwin and Miriam Sugarman, Noreen, Julius and Jon Sugarman and unknown.

## TIPS AND NOTES

One time I made a turban shape by taking the braided dough and twisting it like a pinwheel starting from one end, keep wrapping it in a circle. Then let it rise.

# Bean Salad

Submitted by: Toba Abramczyk

*So yummy!*

## INGREDIENTS

1 can of chick peas  
1 can of kidney beans  
1 can of white beans  
1 large red onion, cut in thin julienne slices  
1 cup green or red grapes, cut in half  
1 small jar of roasted red peppers, cut into julienne slices  
1/4 cup olive oil  
sea or kosher salt to taste

## PROCEDURE

- 1 Toss all ingredients into a bowl and toss.
- 2 Adjust oil and spices to suit taste.

## TIPS AND NOTES

You can substitute any type of bean you like.

# Howie's Mixed Bean Salad

Submitted by: Howie Pell

## INGREDIENTS

- 1 14-oz can of cut green beans
- 1 14-oz can of yellow beans
- 1 14-oz can of red kidney beans
- 1 14-oz can of chick peas
- 1 cup chopped celery
- 1/2 cup chopped onion or 1 sliced red onion
- 1/2 cup chopped green pepper (omit if you don't like green pepper)
- 3/4 cup white sugar
- 3/4 cup your favourite vinegar (white, cider, tarragon, etc)
- 1/2 cup vegetable oil
- 1 tsp salt
- black pepper to taste
- 1 Tbsp fresh chopped dill

## PROCEDURE

- 1 Drain beans and rinse, add to celery onion and green pepper.
- 2 Blend remaining ingredients and pour over and mix well.
- 3 Refrigerate overnight.
- 4 Perfect for picnics or BBQs.

## TIPS AND NOTES

Of course, fresh is better than canned, especially for chick peas!

# Edith's Coleslaw

Submitted by: Toba Abramczyk and Paula Abramczyk

Source: Bubbie Edith Abramczyk

This is Edith's famous coleslaw. It's hard to tell you the exact amounts of oil, vinegar, salt, pepper and sugar. My best advice is to start small and work your way up. It's also best to mix the slaw with your hands. It adds a little something extra. Doubles and triples well.

## INGREDIENTS

1 head of green cabbage  
1/2 red onion  
1 green pepper  
1-2 carrots  
1/2-1 cup canola oil  
1/2-1 cup white vinegar  
Salt, pepper and sugar to taste

## PROCEDURE

- 1 Slice cabbage as thin as possible. Place in large bowl. Add a little salt, pepper, and sugar. Mix with hands breaking up the cabbage fibres until cabbage looks wet.
- 2 Slice green pepper as thin as possible. Add to cabbage.
- 3 Slice onion as thin as possible. Add to cabbage.
- 4 Grate carrots and add to cabbage.
- 5 Add oil and vinegar to cabbage. Mix well. Add salt, pepper, sugar, oil and vinegar to taste. (Should be on the sweeter side).
- 6 Refrigerate at least one hour. Stir before serving (you can use a spoon for this).



Toba and Paula

## TIPS AND NOTES

It may take a couple of times to get it right. I still have to ask my mom to "doctor it up" when she comes over.

# Betty's Couscous Salad

Submitted by: Betty Laxer

## INGREDIENTS

- 2 cups couscous (preferably whole wheat)
  - 2 cups boiling water
  - 1/2 tsp salt
  - 1 tsp curry powder
  - 1 tsp cumin
  - 1 Tbsp oil
  - 1 mango, cut in 1/2" cubes
  - 1/3 cup chopped green onions
  - 1/3 cup dried cranberries
  - 1 can drained chickpeas
  - 1/2 cup red bell pepper, chopped
  - 1/2 cup green bell pepper, chopped
- Dressing
- 1/4 cup olive oil
  - 1/4 cup seasoned rice vinegar
  - 1/2 cup orange juice
  - 1 tsp salt
  - 1 tsp black pepper
  - 1 tsp cumin

## PROCEDURE

- 1 Cook couscous, curry, cumin, salt and oil in water (according to directions on box). When cooked, toss with fork to separate grains.
- 2 Before serving, mix couscous with remaining ingredients (including dressing). Refrigerate for 30 minutes before serving.



Barry and Alain with Jonah, Jeremy and Corey in the background

# Chickpea Couscous Salad

Submitted by: Judy Pell

## INGREDIENTS

### Salad

- 1 1/2 cup vegetable stock or water
- 1 cup couscous
- 1/2 cup raisins
- 1/2 cup chopped dried apricots
- 1 can (19 oz) chickpeas, drained and rinsed
- 1 small red onion, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1/3 cup chopped coriander
- 1/2 cup slivered almonds, toasted

### Dressing

- 1/3 cup olive oil
- 3 Tbsp fresh lemon juice
- 3 Tbsp fresh orange juice
- 2 cloves garlic, minced
- 1 tsp cumin or curry powder
- salt and freshly ground black pepper to taste

## PROCEDURE

- 1 Boil stock, remove from heat, add couscous, raisins and apricots. Cover and let stand 5 minutes.
- 2 Fluff, add remaining salad ingredients.
- 3 Pour dressing over salad and mix.



Judy and her legumes



# Garlic Cucumbers in Vinegar

Submitted by: Judy Pell

## INGREDIENTS

1-2 cucumbers, peeled, sliced into  
1/8" rounds  
1/4 cup white vinegar  
1/2 cup cold water  
2-3 cloves garlic, sliced thin  
1 tsp sugar or Splenda  
fresh dill fronds

## PROCEDURE

- 1 Stir together all ingredients except cucumbers. Add cucumbers.
- 2 Marinate in refrigerator at least 30 minutes before serving.



Betty, Mort, Judy and Normie flanked by the Sussman twins

# Mango Salad

Submitted by: Francine Pell

Source: Chatelaine

*Note from Sylvain: You can travel as much as you want, share a table at the most incredible restaurant or be a fine chef. You will never, never, eat such a good salad.*

## INGREDIENTS

- 2 Tbsp lime juice
- 1 Tbsp fish sauce or rice wine vinegar
- 1 Tbsp granulated sugar
- 1/2 tsp hot red chili flakes
- 2 large ripe mangoes
- 2 red bell pepper
- 1/2 small red onion, sliced thin
- 1/2 cup coarsely chopped fresh mint
- 1/2 cup coarsely chopped coriander leaves

## PROCEDURE

- 1 Stir lime juice, fish sauce or rice wine vinegar, sugar and chili flakes together until sugar dissolves.
- 2 Peel mangoes, slice pulp from stones and cut into thin strips. Slice pepper into strips of roughly the same size. Combine in a bowl with onion, mint and coriander.
- 3 Toss salad with dressing and serve.



Sylvain reading his first recipe book

# Oriental Salad

Submitted by: Judy Pell

Source: Mount Sinai Hospital Cookbook

## INGREDIENTS

### Salad

1 Napa cabbage (approx. 1 1/2 lbs)

5 green onions

### Noodles

2 packages Ramen noodle soup

1 Tbsp sugar

1/2 cup slivered almonds

1/3 cup sesame seeds

1/8 cup butter or margarine

### Dressing

1/2 cup oil

1/4 cup vinegar

1/4 cup sugar

seasoning packages from Ramen noodles

## PROCEDURE

- 1 Crumble noodles and fry in butter with sesame seeds, almonds and 1 tablespoon sugar.
- 2 Combine dressing ingredients in sauce pan and boil together so sugar dissolves.
- 3 Slice cabbage in bowl. Add noodle mix and green onions. Toss with dressing.

# Potato Salad

Submitted by: Judy Pell

Source: Marilyn Aaron

## INGREDIENTS

3 lbs potatoes, unpeeled

1 1/2 tsp salt

### Marinade

1 tsp salt

1 tsp dry mustard

1/8 tsp pepper

dash cayenne pepper

1/4 cup canola oil

### Add-ins

1 cup celery, diced

1/2 cup radish, sliced

3 eggs, hard boiled

1/2 cup mayonnaise, optional

1/2 cup scallions, sliced

## PROCEDURE

- 1 Boil potatoes 35 minutes. Drain and cool 20 minutes.
- 2 Make marinade.
- 3 Peel warm potatoes and slice 1/4 inch thick.
- 4 In large bowl, pour marinade over warm potatoes. Refrigerate 2 hours, turning several times (I leave on counter if using shortly).
- 5 Before serving add 1/2 cup mayo (or less), celery, radish and scallions. Garnish with egg.



Hymie and Bubby Layka

# Sesame Soba Noodle Salad

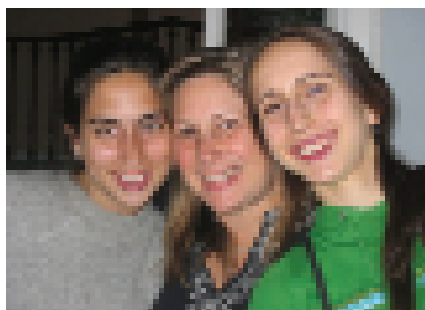
Submitted by: Susan Laxer

Source: Kosher Palate

Franny's note: A great salad, I always love it when Suzy serves this.

## INGREDIENTS

- 16 oz soba noodles
- 6 cloves garlic, minced
- 6 Tbsp sugar
- 6 Tbsp safflower oil
- 6 Tbsp rice vinegar
- 6 Tbsp dark soy sauce
- 2 Tbsp sesame oil
- 1-2 tsp hot Chinese chili, hot pepper or Tabasco
- 6 green onions, chopped
- 1 tsp sesame seeds, toasted



Danielle, Susan and Sarah

## PROCEDURE

- 1 Cook noodles.
- 2 Combine all other ingredients except the green onions and sesame seeds. Boil, stirring until sugar dissolves.
- 3 Pour hot sauce over noodles.
- 4 Let cool.
- 5 Before serving, top with chopped green onions and sesame seeds.

## TIPS AND NOTES

If you don't have soba noodles, you can use linguine. This salad will keep for up to 1 week. Just rinse clean hands with warm water and toss with hands to loosen.

# Betty's Salad Dressing

Submitted by: Susan Laxer

Source: Betty Laxer

## INGREDIENTS

6 cloves garlic  
Dijon mustard  
1 tsp oregano  
1/2 tsp basil  
2 tsp salt  
1/4 tsp pepper  
1 Tbsp honey  
1/2 cup cider vinegar  
1/2 cup water  
2 cups canola oil

## PROCEDURE

- 1 Drop garlic in processor while running.
- 2 Add salt and seasonings, mustard and honey.
- 3 Add in oil in slow, fine stream while processor is running.



Betty, Danielle and Susan

# Grandma's Vinaigrette

Submitted by: Marnie Sugarman

Source: Miriam Sugarman

You can always add a splash or two of red wine vinegar to increase taste (this is *my* little addition; grandma would never have done this).

## INGREDIENTS

cider vinegar (this is always to the "V" line, goes in first)

vegetable oil (this is always to the "O" line, goes in second)

1 Tbsp Dijon-style mustard

3 fresh pressed garlic cloves

1/4 tsp celery salt

1/4 tsp black pepper

## PROCEDURE

Combine all ingredients in order given and shake well.



Marnie, Miriam, Stephen and Samantha.

## TIPS AND NOTES

Franny's tip: If you do not have the vinaigrette bottle, you can use 1 cup of oil and 1/2 cup of vinegar.

# Honey Salad Dressing

Submitted by: Judy Pell

This makes a nice sweet dressing. Especially good with Boston lettuce, spinach, endives (optional), mandarin oranges and toasted slivered almonds.

## INGREDIENTS

1/2 cup oil  
1/4 cup cider vinegar  
1 cup mayonnaise (or less)  
1 Tbsp Dijon-style mustard  
1 Tbsp chopped onion  
1/4 cup liquid honey  
1 tsp salt  
pepper, to taste  
garlic, to taste  
parsley (fresh or flakes), to taste

## PROCEDURE

- 1 Mince parsley, 1/2 small onion in Cuisinart.
- 2 Add vinegar, mayonnaise, honey. Pour oil through feed tube while the machine is running.
- 3 Keeps 10 days in the fridge.



Bubby and Zaidy's honeys: Allie and Julia



# Mustard Lemon Balsamic Shallot Vinaigrette

Submitted by: David Pell

*Just a simple but elegant dressing that doesn't even need any oil. Shallots are very unknown in North American cuisine, but are really versatile. Anything you can do with onions you can do with shallots. They are not as acidic and have a more delicate flavour.*

## INGREDIENTS

- 1 Tbsp Dijon mustard
- 1 lemon, juiced
- 3 Tbsp good quality balsamic vinegar
- 2 small shallots, peeled and finely minced.  
(Don't include the root.)
- 1 tsp dried tarragon or 1 Tbsp fresh tarragon



Meyer's 80th birthday - the gantsa mishpocha

## PROCEDURE

- 1 How to mince the shallot: Cut the shallot in half through the root. Put the 1/2 of the shallot with root on your left and make an incision perpendicular to the cutting board up until you reach the root. Then turn the shallot with the root facing away from you. Make slice incisions again, making sure you don't cut through the root. Then turn it back facing the same way you had it in the previous step. You now have a "grid" if you look at it at the side. Now hold the shallot tight and slice through the "grid" to make a fine dice. Slice thinly.
- 2 Add shallots to liquid ingredients in an air-tight dressing container. If using fresh tarragon then de-stem the tarragon and chop. Shake dressing well to dissolve the mustard. Make dressing ahead so the shallots can breakdown and the flavours can meld.

## TIPS AND NOTES

Tastes great on Boston bibb lettuce. Also asparagus salad. Also tomato salad. I also used it for a tuna niçoise salad once with tuna and egg and green beans. You can keep it around forever in your fridge.

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# Apricot Brisket

Submitted by: Lesley Matthews

Source: Lori Matthews

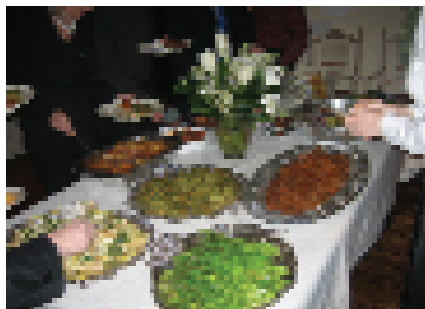
*This recipe came from my sister Lori. It always comes out perfectly - beautiful brown onion gravy and soft meat. It's great with mashed potatoes and roasted asparagus. It is always better the next day.*

## INGREDIENTS

5 lb brisket (single)  
4 large cooking onions  
3/4 cup brown sugar  
1 cup ketchup  
1 Tbsp dry mustard  
1 envelope onion soup mix  
3/4 cup dried apricots  
6 carrots  
6 potatoes (optional)  
freshly ground pepper

## PROCEDURE

- 1 Line roasting pan with 2 sliced onions. Pepper them.
- 2 Lay brisket on top, fat side up.
- 3 Combine ketchup, brown sugar, soup mix and mustard and pour over brisket.
- 4 Cover with remaining 2 onions and pepper well.
- 5 Add apricots around the meat.
- 6 Cover tightly with foil and bake at 350°F for 5+ hours-basting often. I use a disposable foil tin and put it on a cookie sheet to keep the bottom rigid. If adding carrots and potatoes, add after 3 hours.



Who wants to go to Lesley's for supper?  
Yum. The brisket is shown next to the asparagus.

## TIPS AND NOTES

Can be made a day ahead, sliced when cool and then reheated. Freezes well - do not freeze carrots and potatoes.

# Friday Night Brisket

Submitted by: Susan Laxer

## INGREDIENTS

1 brisket  
garlic powder  
pepper  
onion soup mix  
2 large onions  
1/2 cup water  
1/2 cup red wine, optional  
sliced mushrooms, optional  
potatoes, optional

## PROCEDURE

- 1 Season brisket night before with garlic powder, pepper and onion soup mix.
- 2 Slice 2 large onions in rings and place in bottom of roaster.
- 3 Place brisket on top.
- 4 Add 1/2 cup water.
- 5 Optional: add 1/2 cup red wine; &/or sliced mushrooms.
- 6 Cover with aluminum foil and bake in 325°F oven approximately 2 1/2 hours.
- 7 After first hour potatoes may be added.



Sarah, Noah and Danielle

## TIPS AND NOTES

The key here is low oven temperature, slightly longer cooking time. For Passover, this recipe can be used with other cuts of beef.

# Roasted Brisket with Orange Juice

Submitted by: Edith Abramczyk

## INGREDIENTS

1 brisket (about 8 lbs)  
1 cup orange juice  
1/2 cup brown sugar  
2 Tbsp dry mustard  
4 garlic cloves, optional  
1 Tbsp paprika  
salt and pepper to taste

## PROCEDURE

- 1 In a small bowl mix together all ingredients except brisket.
- 2 Pour over brisket and bake at 325°F until done, usually about 2 1/2-3 hours.
- 3 Remove from oven, cover and let stand at least 20-25 minutes before slicing.



Zaidy Gershon, Marilyn and Toba in deep conversation at a Seder at Edith and Meyer's house.

# Sweet and Savoury Brisket with Mushrooms and Caramelized Onions

Submitted by: Judith Laxer

Source: The Kosher Palette

There are some surprising ingredients that give this dish a wonderfully rich flavour. You may prepare up to two days in advance.

## INGREDIENTS

- 1/2 cup olive oil, divided
- 1 3/4 lbs onion, cut into halves and sliced
- 2 lb mushrooms, trimmed and sliced
- 1 (5 pound) flat-cut brisket
- 1 3/4 cups Manischewitz chicken broth
- 2 Tbsp Worcestershire sauce
- 1/4 cup ketchup
- 2 Tbsp dark brown sugar
- 2 tsp Maxwell House instant coffee granules
- 1 Tbsp flour
- 1/2 tsp dried thyme



## PROCEDURE

- 1 Pre-heat oven to 325°F. Heat 1/4 cup olive oil in large skillet. Add onions and cook over low heat for 25 minutes or until golden brown, stirring frequently. Remove onions to a bowl using a slotted spoon, reserving pan drippings. Heat 2 tablespoons olive oil and reserved pan drippings in the skillet and sauté mushrooms for 20 minutes or until brown and juices have evaporated. Remove mushrooms to a bowl with onions using a slotted spoon, reserving pan drippings.
- 2 Season brisket with salt and pepper. Heat remaining 2 tablespoons olive oil with reserved pan drippings and add brisket fat side down. Cook for 6 minutes on each side or until brown. Remove to a platter.
- 3 Spread 1/2 of onion/mushroom mixture in a large roasting pan. Top with brisket fat side up and remaining mushroom mixture. Whisk broth, Worcestershire sauce, ketchup, brown sugar, flour, coffee granules and thyme in a bowl until blended and pour over brisket.
- 4 Bake, covered, for 2 hours. Remove cover and spoon pan juices over the brisket and vegetables. Cook, covered, for 45 to 60 minutes longer or until tender. Let stand until cool. Remove brisket to an ovenproof platter and slice against the grain. Spoon gravy and vegetables over brisket. Reheat or cover and chill for future use.

# Beef Bourguignon

Submitted by: Betty Laxer

*Note from Franny: As we were going through mom's recipe box we found this recipe. "I don't believe it", Mom cried, "This is Betty's recipe. She used to make it all the time when she was just married." Carl and Betty are now married over 50 years. Both their marriage and this recipe are ageless classics.*

## INGREDIENTS

3 lbs cubed beef  
3 Tbsp oil  
1/2 cup consommé  
4 onions  
1 cup mushrooms, sliced

### Marinade

1 small onion, sliced  
2 cups red wine  
1 small bay leaf  
4 parsley sprigs  
1 pinch thyme  
2 Tbsp oil  
1/2 tsp salt  
1/4 tsp pepper  
1 clove garlic, crushed  
1 small carrot

## PROCEDURE

- 1 Combine beef and ingredients for marinade and let marinate at least 4 hours.
- 2 Remove meat, drain on paper towel.
- 3 Strain marinade, set aside.
- 4 Heat oil, add meat and brown.
- 5 Add flour and cook 3 minutes stirring constantly.
- 6 Stir in consommé and marinade. Bring to boil, cover and simmer 2 hours.
- 7 In separate pan, fry onions and mushrooms. Add to meat and simmer an additional 30 minutes.

# Bouilli - Beef Stew

Submitted by: Francine Pell

This is the closest I've gotten to Sylvain's dad's recipe. Great after skating in the backyard.

## INGREDIENTS

- 1 1/2 lbs stewing beef cut in 1 inch cubes
- 3 Tbsp oil (or less)
- 1 cup flour, seasoned with salt and pepper
- 5 cups beef broth
- 5 cups water
- 3 onions, cut in thick slices
- 6 large carrots, cut in 1 inch slices
- 1/2 tsp dry thyme
- 1/2 tsp dry parsley
- 2 cloves (not of garlic, just plain cloves)
- 1 bay leaf
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 2 turnips (or 1 small rutabaga)
- 6 potatoes, cut in 1 inch dice
- 1/2 lb yellow string beans, trimmed and tied in 4 packets with butchers twine
- 1/2 lb green string beans, trimmed and tied in 4 packets with butchers twine
- 1 small cabbage, cut in 8

## PROCEDURE

- 1 Lightly dredge beef in flour. Heat oil in heavy bottomed dutch oven. Seal beef cubes by browning well in dutch oven. (Do not overload pan. You may need to do a few batches.) Drain on plate lined with paper towels.
- 2 Put onions, carrots, in the dutch oven and toss in oil for a few minutes. Add browned beef cubes, beef broth, water and spices. Bring to a boil. Lower heat, cover and simmer for at least 2 hours.
- 3 Add potatoes and turnip and simmer for 45 minutes.
- 4 Put in string bean packages, and cabbage. Keep simmering for 1 more hour.
- 5 Remove bay leaf (and cloves if you can find them!) and serve in bowls.



Jean-Marc proudly serving his bouilli



# Flanken and Beans

Submitted by: Judy Pell

## INGREDIENTS

3 strips flanken  
7 cups water  
2 cups navy beans  
1-2 onion  
1-2 carrot, grated  
1-2 parsnip  
1 bunch parsley

## PROCEDURE

- 1 Rinse and sort navy beans, let soak overnight.
- 2 Boil the flanken in the water, skimming often.
- 3 Peel the onion, carrot, parsnip and clean the celery and parsley, but otherwise leave whole. Score an "X" into the root ends of the carrot, parsnip and onion.
- 4 Once there is no more need to skim the flanken, add the beans, vegetables and parsley and simmer until beans are done.

## TIPS AND NOTES

Flanken is another name for short-rib.

# Betty's Sweet and Sour Meatballs

Submitted by: Betty Laxer

*From Franny: Every Pesach Seder I've ever attended at Auntie Betty and Uncle Carl's has featured these meatballs because they are Mikey's favourite. Every time, Mikey razzes mom "You should get the recipe, these are the best meatballs". And every time, Mom takes the bait and tells him "But I make the same recipe!" Well Mikey, I promise you, this recipe comes directly from Auntie Betty. No excuses now, you can make them yourself!*

## INGREDIENTS

### Meatballs

- 3 lbs lean ground beef
- 3 small potatoes, cut into cubes
- 3 eggs
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1/4 cup matzo meal

### Sauce

- 1 48-ounce can tomato juice (or 2 cans diced tomatoes)
- 1 cup sugar (or 1/2 cup sugar + 1/2 cup Splenda)
- 1 Tbsp lemon juice
- 2 tsp garlic powder
- 1/4 tsp cinnamon
- 1/3 cups raisins (optional)

## PROCEDURE

- 1 In a processor, using steel knife, process potatoes until coarsely chopped. Add eggs and continue processing just until blended.
- 2 In a large bowl, place minced beef and seasonings. Mix with a spoon or use your hand (wear surgical rubber gloves). Make a well in the centre, add potato-egg mixture. Mix well and add matzo meal gradually, mixing until thoroughly blended.
- 3 Using rubber gloves, roll meat mixture into 1" balls.
- 4 In a large pot, pour tomato juice, garlic powder, sugar and lemon juice. Bring to a boil and stir to dissolve sugar.
- 5 Add meatballs a few at a time and gently stir. Lower temperature to low. Cover partially and gently simmer one hour.
- 6 Remove from heat, sprinkle cinnamon over meatballs, add raisins and stir gently.

## TIPS AND NOTES

If you use half sugar, half Splenda you will not get the same glaze, but the taste will be the same.

# Lesley's Burger Recipe, aka "QP's"

Submitted by: Lesley Matthews

## INGREDIENTS

- 1 onion, minced
- 1 envelope onion soup mix
- 10 squirts of Worcestershire sauce
- 3/4 cup bread crumbs
- 1/2 cup ketchup
- 1/4 cup Dijon mustard
- 5 squirts hot sauce, Tabasco or Frank's
- 1 egg
- 6 lbs ground beef

## PROCEDURE

- 1 Mix first 8 ingredients together in a very large bowl, making a saucy paste.
- 2 Smoosh beef with hands and incorporate into 'paste'.
- 3 Form into large patties - makes 15-20 burgers.
- 4 Wrap individually in plastic wrap and freeze, store in a freezer bag. Defrost in fridge overnight.
- 5 Serve on onion or challah buns.



Picture is of Lesley and her famous burgers

# Pâté Chinois - Shepherd's Pie

Submitted by: Francine Pell

This was a favourite request from my kids to mamie Mado. For them it will always be Pâté Chinois (Chinese Pâté). Wikipedia says that the name was traced by Quebec language historian Claude Poirier to a town in the state of Maine called China. In the 19th century, thousands of Quebecers migrated to the northeastern United States to work in the mills. Those who settled in the town of China eventually returned to Quebec with a recipe for shepherd's pie, which they called 'pâté chinois'. This is a very basic recipe, included in this book because I'm hoping my kids will make it by themselves soon. Make it fancier by adding other veggies to the meat mix (peas, mushrooms, etc.) If Justin's around, make sure that you have plenty of ketchup. Otherwise, serve with any of the chili sauce recipes in this book (or ketchup maison).

## INGREDIENTS

4-6 cups mashed potatoes  
2 lbs ground beef  
1 onion (diced)  
1 can corn niblets  
1 can creamed corn  
salt and pepper



Picture is of Madeleine (Sylvain's mom, otherwise known as Mado) and her boys: Justin, Michael (our nephew), Benjamin and Sylvain

## PROCEDURE

- 1 Brown ground beef (drain if necessary, you want the beef to brown not to boil), add onion and cook till a bit tender.
- 2 Season with salt and pepper.
- 3 Put ground beef in bottom of roasting pan or Pyrex baking dish.
- 4 Then the creamed corn. Next the can of corn niblets. Finally the mashed potatoes.
- 5 Bake at 375°F until the potatoes are golden brown (or broil if everything is still hot).

## TIPS AND NOTES

You can also flavour the ground beef using soya sauce, Worcestershire, etc.

# Stuffed Peppers

Submitted by: Elaine Shizgal Cohen

You can make this as a vegetarian dish, which I often do, or as a meat dish. (This isn't an old family legacy – I made it up and you can adapt it by adding more things that you like to the filling.)

## INGREDIENTS

4-6 bell peppers (any colour)  
1 large onion (I prefer the sweet Vidalia onions)  
1-2 cloves garlic  
1 lb lean ground hamburger meat or one package of vegetarian ground soy (that looks like hamburger meat!)  
1 cup tomato sauce  
salt, black pepper and herbs to taste

## PROCEDURE

- 1 Clean out the seeds, taking care not to perforate the sides of the peppers.
- 2 Spray a large frying pan with olive oil and heat for about 30 seconds before adding the chopped onions and garlic.
- 3 Once the onions become translucent, add the ground meat or soy and the tomato sauce. Cook for about 10 minutes.
- 4 Remove from heat. Stuff the peppers with the mixture and arrange them in a lightly oiled baking dish. Bake uncovered in a 350°F degrees oven for approximately 40 minutes.



Stephen and Elaine

## TIPS AND NOTES

Choose red, green, yellow and orange peppers with firm bottoms.

# Syd's Famous Lamb

Submitted by: Syd Pell

This is a recipe that I picked up while dining at a friend's house in Calgary. It is simple to make yet always gets rave reviews from guests.

## INGREDIENTS

- 1 leg of lamb, butterfly cut and flattened to even thickness
- 1/2 cup oil
- 1/2 cup soy sauce
- 1/2 cup onion, chopped
- 2 Tbsp fresh ginger root, grated (or 5-6 of the frozen cubes)
- 1 tsp coriander seeds
- 1 tsp cumin

## PROCEDURE

- 1 Combine all ingredients and pour over lamb in a big Ziploc bag. Refrigerate 1-2 days, turning often.
- 2 Reserve the sauce. Grill lamb 3-4" over hot coals or on a gas BBQ over a high flame, 10-12 minutes per side. Remove from grill and let stand, covered for 5 minutes before carving on the diagonal, against the grain.
- 3 While meat is grilling, bring remaining sauce and a bit of extra water to a boil in small saucepan.
- 4 Serve over mashed potatoes, with sauce drizzled over lamb.



Syd's famous laugh. (He's actually smiling at his new baby, Allie, who he is holding in his outstretched arms.)

# Shashlik

Submitted by: Sherwin Singer and Madeline Rivera

## INGREDIENTS

### Marinade

1/2 lemon fresh lemon juice

1/2 cup dry red wine

3 Tbsp chopped fresh rosemary, or 1  
tablespoon dried rosemary

1 Tbsp finely chopped garlic

1 tsp dried hot red pepper flakes  
salt to taste

3/4 tsp freshly ground black pepper

1/2 cup olive oil

### Meat and vegetables

3 to 4 lbs lamb or beef cut in 2 inch cubes  
onion slices, zucchini, tomato, bell  
peppers...

## PROCEDURE

- 1 Mix the marinade ingredients. We use a hand-held blender to whip the marinade into a mixture which does not separate into oil and water-based components. Pour the marinade over the meat and put in the refrigerator for at least 6 hours.
- 2 Arrange the meat on skewers, alternating with onion slices to your taste. Vegetables lightly coated with a mixture of olive oil and garlic are good to grill on the side. Barbecue, making sure not to overcook and dry out the meat.

# Auntie Edith's Fried Liver

Submitted by: Toba Abramczyk

Source: Edith Abramczyk

*Note from Franny: This is the only way I enjoy fried liver. Thanks for getting the technique to me Toba!*

## INGREDIENTS

beef liver  
flour, seasoned with salt, pepper and garlic powder  
onions, sliced  
oil for frying  
water

## PROCEDURE

- 1 Dredge liver in flour with salt, pepper and garlic powder.
- 2 Fry some onions in vegetable oil, add liver and fry until brown, then turn down the heat, add water and cover. The water will make a nice gravy.



Back row: Lauren, Toba, Herschel, Paula, Eddie, Rebecca, Edith Middle row: Meyer at his 80th birthday party Front row: Chelsea, Dylan, Avery, Erin.



# Howie's Asian Style BBQ Ribs

Submitted by: Howie Pell

## INGREDIENTS

2 kg pork ribs  
2/3 cup hoisin sauce  
1/3 cup plum sauce  
1/4 cup oyster sauce  
1/4 cup soy sauce  
1/4 cup liquid honey  
2 Tbsp minced ginger  
3 cloves minced garlic  
2 Tbsp sesame oil  
2 Tbsp dry sherry  
2 Tbsp cider vinegar  
1 Tbsp grated orange rind  
1 tsp chili paste (Sambal) or to taste  
3/4 tsp 5-spice powder

## PROCEDURE

- 1 Cut up ribs and bake at 325°F until you can smell they are mouth-wateringly done (about 20 minutes).
- 2 Combine all other ingredients and cover the ribs with the mixture marinate overnight.
- 3 BBQ on medium heat to reheat the ribs and cook the glaze, baste with the marinade until all the marinade is on the ribs.
- 4 Serve, Yum! Double-Yum!

## TIPS AND NOTES

These freeze well and are great as leftovers.

# Set It and Forget It Rib Roast

Submitted by: Judy Pell

This is more of a technique than a recipe. It cooks the roast to perfection every time, but takes some planning because it monopolizes your oven. Be sure to keep the oven door closed.

## INGREDIENTS

## PROCEDURE



Oven-Roasted Potatoes and Set It and Forget it Rib Roast, Rosh Hashana 2008 at Judy and Bob/Hymie's

- 1 1 rib will serve 2 people. (Don't count any short ribs on your roast when calculating portion size or roasting times.)
- 2 Preheat oven to 500°F.
- 3 Season your roast. (You can stud your roast with fresh garlic cloves cut lengthwise into small spears. Sprinkle with flour. Or make paste of 2 Tbsp flour, 1 Tbsp dry mustard, 1 tsp garlic powder and black pepper (no salt) and rub into roast.)
- 4 Place roast in shallow pan. Tent loosely with aluminum foil.
- 5 Roast 15 minutes per rib (5 minutes per pound) for rare, 17 minutes per rib for medium rare. Do not open oven door. Once cooking time has elapsed, shut off oven (leaving door closed). Leave in for an additional 1 1/2 hours.
- 6 Remove from oven, let stand, tented, 15 minutes before slicing.

# Roast Veal

Submitted by: Betty Laxer

## INGREDIENTS

4 lbs veal shoulder or rolled veal roast  
5 large garlic cloves  
vegetable spray  
2-3 onions, sliced  
3-4 tomatoes, sliced about 1/4" thick  
salt & pepper to taste  
1/2 cup water

### Rub

2 Tbsp oil  
1 tsp dried basil  
1 Tbsp paprika  
1/2 tsp salt  
1/2 tsp pepper  
1/2 tsp oregano  
1/2 tsp garlic powder

## PROCEDURE

- 1 Cut 3 garlic cloves lengthwise in spears with pointed end. Stud veal with garlic, placing them 2"-3" apart in two rows on top and bottom of roast.
- 2 Spray roasting pan with vegetable spray. Layer onions on bottom of pan, layer tomatoes over onions.
- 3 Crush the remaining cloves with salt and pepper (like Fanny used to do) and sprinkle over tomatoes.
- 4 Mix rub ingredients into paste and rub over roast. Put roast on top of onions and tomatoes. Add about 1/2 cup water to roasting pan. Cover. Bake 2 1/2 hours at 325°F.
- 5 Cool, put in fridge. Slice the next day. (Throw out any congealed fat).
- 6 Reheat, covered very loosely in a 300°F oven for about 30 minutes.
- 7 Combine all of the veggies and juices in the roasting pan and process into gravy.
- 8 Transfer reheated slices to plate, pouring a bit of gravy over the slices and serve the rest of the gravy on the side.

## TIPS AND NOTES

Serve with the Couscous recipe, a perfect accompaniment.

# Veal Stew

Submitted by: Paula Abramczyk

Source: Sophy Goldfarb

## INGREDIENTS

1-2 lbs stewing veal  
seasoned flour  
1 Spanish onion  
1-2 bay leaves  
4 (or more) cloves garlic  
4 cups chicken stock (or water)  
1 can tomato paste  
1 Tbsp sugar  
oil for browning

## PROCEDURE

- 1 In dutch oven, brown veal in batches. Set aside.
- 2 Sauté onion in oil until translucent (do not brown).
- 3 Add veal, garlic, chicken stock and bay leaf. Stir.
- 4 Add tomato paste and 1 tbsp sugar. Mix well.
- 5 Cook over lowest heat for 1 1/2-2 hours. Stir occasionally. (If thicker consistency is desired, add more tomato paste.)
- 5 Serve over broad egg noodles or rigatoni pasta.



Herschel, Meyer, Toba, Edith and Paula

## TIPS AND NOTES

Serves 6.  
I like to serve this with a green vegetable.

# Apricot Chicken

Submitted by: Toba Abramczyk

## INGREDIENTS

- 1 chicken, cut up in 8
- 2 bottles Russian dressing
- 1 jar apricot jam
- 2 packages of Lipton onion soup mix

## PROCEDURE

- 1 Put chicken in a roasting pan, lined with tin foil or sprayed with non stick cooking oil.
- 2 Stir ingredients together and pour over chicken.
- 3 Bake in the oven at 350°F for 45 minutes or so.
- 4 ...and voilà, great chicken! Serve with plain white rice and a tossed salad.



Toba, Lauren, Dylan and Chelsea

## TIPS AND NOTES

You can also use:  
8 chicken breasts or  
8 thighs or 4 breast  
and 4 thighs or  
1 breast, 2 thighs  
and 5 chicken  
wings or.....

# Buffalo Chicken Wings

Submitted by: Robert / Hymie Pell

## INGREDIENTS

4-5 lbs chicken wings  
oil for frying  
1/2-3/4 cup Durkee's hot sauce  
5 Tbsp butter or margarine  
1 tsp vinegar  
1 tsp Worcestershire  
sauce cayenne pepper, to taste

## PROCEDURE

- 1 Fry up chicken wings and set aside to drain. Best if deep-fried.
- 2 Cover the bottom of a medium size sauce pan with hot sauce. Add margarine and melt in pan with hot sauce over low (do not boil). Stir to mix ingredients.
- 3 Add vinegar and Worcestershire sauce. Sprinkle in cayenne. Start with a small amount and continue adding to suit your taste (the cayenne controls how hot the sauce will be).
- 4 Place the fried chicken wings in the pan with the sauce. Hold the lid on the pan very firmly and shake to coat the wings with the sauce.



I love this picture of Mom and Dad --Franny

# Chicken Cacciatore

Submitted by: Elaine Shizgal Cohen

Source: Eva Cohen

Adapted from a favourite Friday night specialty of Eva Siminovitch Cohen, Steve's dear Mom, 1911 - 2005. As a working woman, I like recipes that do not take a lot of time to prepare. Whenever possible, I keep mixing bowls and preparatory saucopans to a *minimum* as it saves clean-up time! There are loads of chicken recipes that are quick and easy to prepare with very tasty results. Here's a family favourite!

## INGREDIENTS

- 1 chicken cut in 1/8's (for four), skin removed
- 1 sweet Vidalia onion (or other onion)
- 1-2 cloves garlic
- 1 green bell pepper
- 1 yellow or orange or red pepper
- 1/2 lb mushrooms
- 2 tomatoes
- basil, oregano, parsley (fresh or dried)
- pepper to taste
- 1/2 cup dry red wine
- 1 cup crushed canned tomatoes or tomato purée



Harry, Tamara, Ayelet, Stephen and Louis

## PROCEDURE

- 1 Pre-heat oven to 375°F degrees.
- 2 Slice the vegetables thinly into slices between 1" to 1/2" long. Feel free to improvise with the vegetables! You can add olives or zucchini, if you like.
- 3 Spray olive oil to cover the surface of a frying pan and heat for about 30 seconds. Add the garlic and onions and cook over a medium flame. Once they begin to become translucent, add the peppers and mushrooms. After about 2 minutes, add the tomatoes. Then add the wine, tomato purée and herbs and cook for another 3 minutes or so.
- 4 Spread the chicken in a baking pan. Pour the mixture over it so that all parts are covered. Bake uncovered in the oven for 50 minutes to one hour.
- 5 Serve with rice (or brown rice or quinoa).

# Chicken Curry

Submitted by: Susan Laxer

This recipe is very popular with family and friends...

## INGREDIENTS

3-4 skinless, boneless chicken breasts  
2 Tbsp vegetable oil  
2 Tbsp grainy mustard or Dijon mustard  
2 Tbsp honey  
2 tsp curry powder  
1 tsp salt  
1/2 tsp garlic powder  
1/2 tsp pepper  
1/2 tsp cinnamon or allspice

## PROCEDURE

- 1 Mix above and coat chicken evenly. Marinate for a few hours if possible.
- 2 Grill approximately 12 minutes on BarBQ with lid closed. Turn after 6 minutes.



# Chicken Fingers

Submitted by: Judith Laxer

## INGREDIENTS

4 boneless chicken breasts  
seasoned flour (see below)  
2 eggs  
1/2 cup corn flake crumbs  
1/2 cup panko bread crumbs  
1 Tbsp soy sauce  
pepper

### Seasoned Flour

1 cup flour  
1/2 tsp paprika  
garlic and onion powder to taste

## PROCEDURE

- 1 Cut the chicken into finger sized pieces. Pour soy sauce over and season with pepper. Marinate at least one hour, preferably overnight.
- 2 Beat egg.
- 3 Combine corn flake crumbs and panko bread crumbs.
- 4 Combine flour, paprika, garlic powder and onion powder to make seasoned flour.
- 5 Dip marinated chicken pieces into seasoned flour then into egg and finally into the cornflake/breadcrumb mixture.
- 6 Fry until golden



Yonatan, Danielle, Judith, Avi, Sarah, Orly and Michal

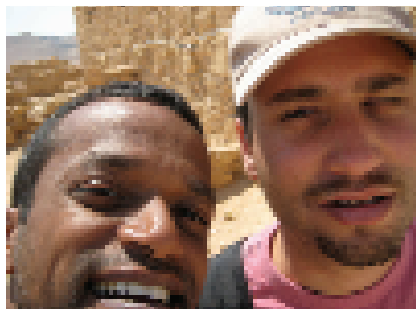
# Grilled Chicken Breast Stuffed with Caramelized Onions, Walnuts and Peas with a Mustard Glaze

Submitted by: David Pell

This is a recipe I created for a catering event. *Very impressive presentation and tasty. Great with mashed potatoes.*

## INGREDIENTS

6 boneless chicken breasts  
4 Spanish onions  
2 Tbsp vegetable oil  
1 cup peas (fresh or frozen)  
100 g fresh grated parmesan cheese  
(grano padano recommended)  
4 cups dried white bread, cubed  
1/4 cup toasted walnuts  
salt and pepper  
Dijon and / or grainy mustard



The Davids in Israel!

## PROCEDURE

- 1 Preheat oven to 350°F. Peel onions, cut them in half, remove roots and slice. Start onions off on the stove with a little bit of oil and transfer pan to oven, turn every 10 minutes until onions are quite reduced and caramel in colour. Meanwhile, grate parmesan. Toast walnuts and add cubed bread and peas. Add caramelized onions and mix. Refrigerate to cool.
- 2 To stuff chicken breasts the best way is to turn the chicken skin side down with the tip at 12 o'clock. Take a sharp boning knife, hold the knife parallel to the cutting board the tip facing left, make an incision from the top to the bottom, under the tenderloin. Work your knife in an arc until you almost hit the edge of the breast. Mirror what you just did on the right side of the breast. You will now have a left and right flap, looking like an open French window. Season the chicken breasts inside with salt and pepper. I usually use a scooper to put the stuffing in the breast. Then close your two flaps so it's sealed and turn over and reshape breast. Refrigerate to set breasts for a bit.
- 3 Brush breasts with a bit of vegetable oil. Season the top of the breasts too.
- 4 Grill breasts on your barbeque (or fry in a frying pan and finish in the oven). Always start with the skin side down as it makes a nicer presentation. Close the grill between turns, which helps the sides cook better.
- 5 When you flip the breasts up, brush Dijon mustard on the top. Cook all the way through. A meat thermometer should read 140°F for chicken.
- 6 Serves 6.

# Grilled Chicken Skewers with Lemon and Garlic and Chipotle Aioli

Submitted by: Francine Pell

Source: Epicurious

## INGREDIENTS

### Chicken Skewers

24 chicken tenders

1/3 cup fresh lemon juice

2 Tbsp finely grated lemon peel

2 garlic cloves, minced

2/3 cup olive oil

Baby lettuces

### Chipotle Aioli

1 cup mayonnaise

2 Tbsp finely chopped chives

2 minced garlic cloves

2 tsp fresh lime juice

1 tsp chipotle (chili powder, chipotle hot sauce, or minced chipotles in adobo sauce)

Salt and pepper

## PROCEDURE

- 1 Loosely thread 2 chicken tenders (or strips of chicken breast) on each of 12 metal skewers; place on a rimmed baking sheet.
- 2 Whisk lemon juice, lemon peel, and garlic in medium bowl; slowly whisk in oil. Season marinade with salt and pepper. Pour marinade over skewers, marinate 2 hours in fridge.
- 3 Prepare barbecue (medium-high heat). Arrange lettuces on large platter. Grill chicken until cooked through, about 5 minutes per side. Remove kebabs from grill; place atop lettuce. Serve with Chipotle Aioli.
- 4 For Aioli: Whisk mayonnaise with chives, garlic, lime juice, and chipotle. Season with salt and pepper; chill until ready to serve.
- 5 Serves 6.



Cousins: Allie, Justin, Benjamin and Julia

## TIPS AND NOTES

Chicken tenders can be replaced by slices of chicken breast. The Aioli is best with canned chipotle chilis in adobo sauce.

# Howie's Very Slow Cooked Chicken or Ribs

Submitted by: Howie Pell

## INGREDIENTS

3 kg chicken pieces or pork ribs

### Rub

1 Tbsp salt

1 Tbsp sugar

1 1/2 tsp freshly ground black pepper

1 tsp paprika

1/2 tsp dry prepared mustard

1/2 tsp grated lemon rind

## PROCEDURE

- 1 Combine all rub ingredients and coat the meat. Refrigerate for at least 4 hours.
- 2 On one side of the BBQ place a drip pan with water on the coals and meat above on a rack to support meat with room for air to circulate. On other side of BBQ use a metal box with wood chips (your favourite flavour).
- 3 Turn on the side without the meat on the lowest setting. Cook/smoke for 4 hours turning the meat every 1/2 hour or so to ensure even cooking. If BBQ temp does not rise above 200°F during cooking then for the last half-hour increase the heat to ensure the chicken is cooked through.

## TIPS AND NOTES

To double the recipe use:

- 1 Tbsp salt
- 4 Tbsp sugar
- 2 Tbsp pepper
- 2 tsp paprika
- 2 tsp mustard

# Israeli Barbecued Chicken

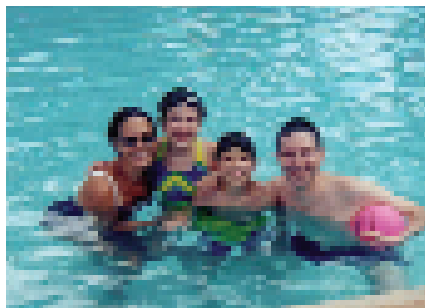
Submitted by: Sherwin Singer and Madeline Rivera

## INGREDIENTS

5 cloves garlic, chopped  
2 Tbsp ground cumin  
1 1/2 tsp ground turmeric  
1 pinch cardamom  
1 tsp paprika  
juice from 1 lemon  
2 Tbsp olive oil  
3 lbs chicken, cut into 8 portions  
salt and ground black pepper to taste  
fresh coriander (cilantro) leaves to garnish  
warmed pita bread, salad and lemon  
wedges, to serve

## PROCEDURE

- 1 In a bowl, combine the garlic, cumin, cinnamon, paprika, lemon juice, oil, salt and pepper. Add the chicken and turn to coat thoroughly. Leave to marinate for at least 1 hour or cover and place in the refrigerator overnight.
- 2 Light the barbecue. After about 40 minutes it will be ready for cooking.
- 3 Arrange the meat on the grill and cook, turning occasionally, until golden brown and the juices run clear when pricked with a skewer. Serve immediately, with pita breads, lemon wedges and salad.



Maddy, Ana, Alexander and Sherwin in Puerto Rico (2002)

# Rex's Thai Thighs

Submitted by: Judy Pell

Source: Rex Pell

## INGREDIENTS

- 1/3 cup minced green onions
- 2 garlic cloves
- 3 Tbsp hoisin sauce
- 2 Tbsp peanut butter
- 1 Tbsp minced ginger
- 1 Tbsp soy sauce
- 1 Tbsp lemon juice
- 1 Tbsp sesame oil
- 1/2 tsp hot sauce
- 2 lbs chicken thighs
- 2 Tbsp chopped fresh coriander or parsley

## PROCEDURE

- 1 Combine 1/4 cup of the onions and remaining ingredients, except coriander. Spoon sauce over chicken. Marinate 3-4 hours.
- 2 Bake at 375°F for 45-50 minutes until brown.
- 3 Sprinkle with remaining green onions and coriander.



Bob/Hymie, Rex and Meyer enjoying a good schnapps

# Ragoût à Jacqueline - Jacqueline's Ragout

Submitted by: Francine Pell  
Source: Jacqueline Provençal

## INGREDIENTS

### Stock

4 chicken breasts, bone-in, skinned  
1 onion, large  
salt and pepper to taste  
1/2 cups browned flour  
1 pkg St. Hubert hot chicken sauce  
water (approx 10 cups)  
1 tsp allspice

### Meatballs

1 lb ground beef  
1 lb ground veal  
salt and pepper  
browned flour  
oil



Every New Year's eve, tradition had us descending on Beauceville and enjoying at least one meal of ragout. The picture shows Jacqueline Provençal and her brother Jean-Marc (Sylvain's dad).

## PROCEDURE

- 1 Boil the chicken, onion, salt and pepper in water for 1 hour. (I never got the water quantity from Jacqueline, but I use about 10 cups). Remove the chicken breasts and reserve the broth. You can leave the onion in the broth or choose to remove it.
- 2 Mix the ground beef and veal, salt and pepper. Roll into small meatballs. Lightly roll the meatballs in browned flour. Brown the meatballs in oil so that they develop a dark crust and then cover the pan for 15 minutes over a low head.
- 3 Dilute 1/2 cup browned flour in water using a whisk. Add the mix to the stock to thicken, stirring constantly. Dilute the St. Hubert sauce with 1/2 cup cold water and 1/2 cup hot water. Add to thickened stock. Add allspice. This is your gravy.
- 4 Shred chicken meat and add to gravy with meatballs. Simmer for 30 minutes.

## TIPS AND NOTES

In Quebec, you can actually buy browned flour at the supermarket. You can make it yourself by simply baking flour in the oven, stirring the mix from time to time.

# Ragoût de Poulet - Chicken Ragout

Submitted by: Madeleine Lafrenaye

## INGREDIENTS

### Stock

1 chicken (3 lbs), cut in pieces, and skin removed  
2 celery stalks  
2 carrots, peeled  
1 onion, large  
chicken seasoning  
salt and pepper to taste  
water (approx 10 cups)  
browned flour

### Meatballs

1 lb ground beef  
1 lb ground veal  
1 egg  
breadcrumbs



Mado when she was visiting Hungary

## PROCEDURE

- 1 Boil the chicken, vegetables and spices for 1 hour. Put chicken aside. Keep stock to make the sauce.
- 2 Pan fry the meatballs until golden.
- 3 Add browned flour to stock, stir constantly to thicken. When the sauce is ready, add chicken pieces, bone removed, and meatballs.
- 3 Bon appétit!

## TIPS AND NOTES

You can brown your flour by putting in oven or on stovetop. Stir often to keep it from burning.



# Teriyaki Chicken

Submitted by: Judy Pell

## INGREDIENTS

- 1/2 cup soy sauce
- 2 Tbsp sugar
- 2 Tbsp sherry
- 1 tsp ginger, grated
- 2 Tbsp shallots for garnish

## PROCEDURE

- 1 Broil chicken, skin side down. Brush with marinade.
- 2 Turn over, broil 10 minutes. Brush with marinade, and broil a few minutes more.

# Turkey Stuffing

Submitted by: Judy Pell

## INGREDIENTS

1 square challah loaf  
3 onions  
1/2 lb mushrooms, sliced  
2 carrots, grated  
2 celery stalks, grated  
oil for frying  
4 eggs, beaten  
1 1/2 Tbsp poultry seasoning, sage or  
savory salt and pepper, generous  
1/2-1 cup chicken stock



Judy's Rosh Hashana Turkey

## PROCEDURE

- 1 Use dry challah slices. If fresh, leave the slices out for a day on a cookie sheet. Dice slices.
- 2 Fry onions. Sauté mushrooms, carrots and celery.
- 3 Dampen bread with chicken stock. Add vegetables and seasonings and mix well.

## TIPS AND NOTES

Also very good using onion rolls instead of challah.

# Zraza (Turkey Drumstick Osso Buco)

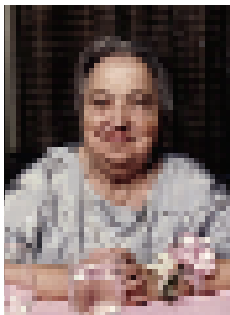
Submitted by: Sam Pell

Source: Adapted from Emeril Lagasse, inspired by Bubby Layka

To make this dish more authentic to the original you have to wear a cotton apron with a small flowered print and a pair of slippers that have been worn down almost flat, and of course it must be served with kosher dill pickles and some fresh challah.

## INGREDIENTS

- 1/4 oz dried mushrooms
- 1 cup red wine
- 4 turkey drumsticks (16 to 18 ounces)
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/3 cup all-purpose flour
- 1/4 cup plus 2 tablespoons olive oil
- 1 cup diced onion
- 1/2 cup diced carrot
- 1/2 cup diced celery
- 2 Tbsp tomato paste
- 1 Tbsp minced garlic
- 1 quart dark chicken stock
- 2 bay leaves
- 3 sprigs fresh thyme



Bubby Layka

## PROCEDURE

- 1 Place the dried mushrooms in a small saucepan with the red wine, and bring to a low simmer. Steep the mushrooms in the wine for 5 minutes before straining the wine to trap any grit that may have come off the mushrooms. Rinse the mushrooms under running water, and pat dry. Use a knife to roughly chop the mushrooms, and set them and the wine aside until needed.
- 2 Season the turkey with the salt and pepper and coat evenly with the flour. Place a wide-mouthed, straight-sided sauté pan over medium heat. Add the 1/4 cup olive oil to the pan and once hot, sear the turkey in the pan until golden brown on all sides, about 8 minutes per side. Remove the turkey from the pan, and pour off the fat from the pan. Use a paper towel to wipe the pan and return it to the stove. Add the remaining 2 tablespoons of olive oil to the pan. Once the oil is hot, add the onions, carrots, celery and tomato paste to the pan and sauté, stirring occasionally, until the mirepoix and tomato paste are slightly caramelized, about 5 minutes. Add the garlic to the pan and sauté until fragrant, about 30 seconds.
- 3 Deglaze the pan with the red wine. While the wine is reducing, add the mushrooms to the pan and continue to reduce the wine until it is nearly completely evaporated. Stir the stock into the pan and add the bay leaves and thyme. Bring the stock to a boil and return the turkey to the pan. When the stock returns to a boil, reduce the heat to a simmer and cook the turkey, covered, until the meat is fork tender, about 2 1/2 hours, turning the turkey midway to ensure even cooking.
- 4 When the turkey legs are tender, taste the sauce and re-season it if necessary.

# Kitchen Sink Meal

Submitted by: Toba Abramczyk

It is called kitchen sink meal as you can add whatever you like to the mix. Totally up to you, but the potatoes should be on the bottom - acts as a crust. You can also add fresh herbs --- yummmmmmmmm.

## INGREDIENTS

2 large potatoes  
4 eggs  
bacon, sausage, chicken, whatever is left over - optional  
5 mushrooms  
1/2 green pepper  
1/2 large red onion  
any vegetable sitting in the fridge from Friday night supper  
1/2 cup cheddar or any cheese you like  
olive oil (butter or margarine - up to you)  
salt  
pepper  
paprika  
garlic powder

## PROCEDURE

- 1 Microwave the potatoes or use potato left over from the night before. Slice and fry in olive oil (both sides), add, salt pepper, garlic powder and paprika remove and put on plate.
- 2 Fry up veggies until tender and plate with potatoes.
- 3 Fry up bacon or add sausage or fry up leftover meat, remove to plate.
- 4 Okay then, still with me? Put potatoes in bottom of pan. Then add veggies, then meats.
- 5 Add the 4 beaten eggs, let simmer for a few minutes until eggs are cooked.
- 6 Remove from heat and add cheese. Put the pan under the broiler until cheese melts and then chow down.

## TIPS AND NOTES

Remember, more eggs for more people...easy to adjust this recipe.

# Kansas City Dry Rub

Submitted by: Francine Pell

Source: Phillip Chang

I got this recipe from the chef who helped cook the steak at the barbecue that was held the night before my dad's 70th birthday brunch. It really brings out the flavour.

## INGREDIENTS

- 1 cup sugar
- 1/4 cup kosher salt
- 1/4 cup celery salt
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1/2 cup paprika
- 3 Tbsp chili powder
- 1/2 tsp cayenne powder
- 2 Tbsp fresh ground pepper
- 1 tsp dry mustard
- 1/2 Tbsp dry thyme

## PROCEDURE

Combine all ingredients. Sprinkle on meat just before cooking or let rest over night but use less.



Bob/Hymie's 70th birthday

# Mom's Marinade

Submitted by: Susan Laxer

Source: Betty Laxer

## INGREDIENTS

1/3 cup wine vinegar  
1/4 cup ketchup  
2 Tbsp oil  
2 Tbsp soya sauce  
1 Tbsp Worcestershire sauce  
1 tsp prepared mustard  
1 tsp salt  
1 tsp pepper  
1 tsp garlic powder (or granulated garlic)

## PROCEDURE

Combine all ingredients.

# Mushroom - Red Wine Gravy

Submitted by: Judy Pell

## INGREDIENTS

- 3 Tbsp margarine
- 1 clove garlic, minced
- 3 carrot slices (yes, this is 3 carrot slices, NOT 3 carrots, sliced)
- 1 shallot, sliced
- 1 onion slice (just a slice, not a whole onion!)
- 1 parsley sprig
- 6 black peppercorns
- 1 whole clove
- 1 bay leaf
- 2 Tbsp flour
- 1 cup chicken stock
- 1 cup mushrooms, thinly sliced
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/3 cup dry red wine
- 2 Tbsp parsley, chopped

## PROCEDURE

- 1 Sauté garlic, carrot, shallot, onion, parsley, peppercorns, clove and bay leaf in margarine, about 3 minutes.
- 2 Remove from heat, add flour and stir in flour until brown. Put back on heat, gradually stir in stock and red wine and bring to boil, stirring constantly. Reduce heat and simmer 10 minutes.
- 3 Fry mushrooms.
- 4 Strain stock mixture. Stir in salt, pepper, mushrooms and parsley.

# Baked Carp

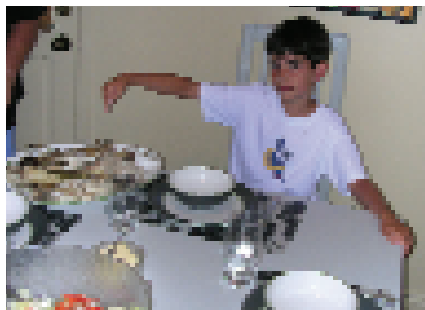
Submitted by: Judy Pell

## INGREDIENTS

1 onion, sliced  
2 carrots, sliced  
2 celery stalks, sliced  
8-10 garlic cloves, minced  
salt and freshly ground black pepper  
8-10 slices of carp  
ketchup, to cover

## PROCEDURE

- 1 Spread veggies on cookie sheet. Sprinkle with oil.
- 2 Place carp on top. Rub both sides of carp with salt, pepper and garlic. Cover with ketchup.
- 3 Bake at 350°F for 45-60 minutes.



Dad, Syd, Mike and Sylvain took Benjamin and Justin fishing. The adults caught nothing, but the kids reeled them in. Here's Benjamin pointing to the catch.

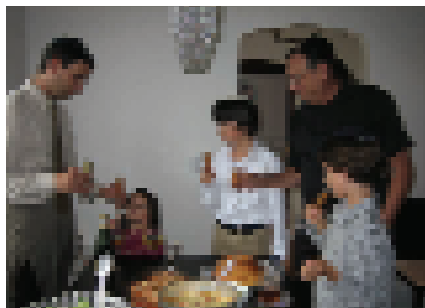


# Baked Gefilte Fish

Submitted by: Judy Pell

## INGREDIENTS

- 1 1/2 lb minced fish
- 1 carrot, grated
- 1 celery stalk, grated
- 3 onions, small
- 2 eggs
- 2 tsp salt
- 1 tsp pepper
- 1 1/2 Tbsp sugar
- 2 Tbsp matzo meal
- 1 cup ice water



L'chaim! Syd, Allie, Benjamin, Robert / Hymie and Justin

## PROCEDURE

- 1 Grate onions and sauté in oil. Do not brown.
- 2 Beat all ingredients (including sautéed onions) together in mix master.
- 3 Use small foil loaf pans (2) heated with a little bit of oil before putting in fish (seals in the juices).
- 4 Bake at 350°F for 90 minutes.

## TIPS AND NOTES

I usually double the recipe.

# Garnish of Beet Salad with Horseradish, Apple and Watercress Puree for Gefilte Fish

Submitted by: David Pell

*Came up with this idea last Passover. Everyone liked. You don't have to make your own gefilte fish. This is just a garnish.*

## INGREDIENTS

6 large beets  
5 sprigs fresh dill  
3 Tbsp apple cider vinegar  
salt  
1 small piece of horseradish (or 1/2 a jar white horseradish, but don't add vinegar to the sauce)  
2 Tbsp apple cider vinegar  
1 granny smith apple  
1/2 a bunch of watercress  
apple juice (optional)

## PROCEDURE

- 1 Boil beets in salted water with a little vinegar (keeps them purple) until you can insert a steak knife into the largest of them. Peel beets in warm water. Cut beets into a medium sized dice. Chop dill. Mix beets, dill, 2 tablespoons vinegar and salt. Refrigerate.
- 2 Slice up horseradish, cored unpeeled apples and de-stem watercress. Puree in a blender with vinegar and a little salt. You might need a little apple juice to make puréeing easier. Refrigerate.
- 3 Assemble dish: a small plate, put beet salad on the left, and place your gefilte fish over the beet salad. Then spoon 2 tablespoons sauce on the right.



David

## TIPS AND NOTES

Make a day ahead.

# David's Halibut Poached in Corn and Okra Stew

Submitted by: David Pell

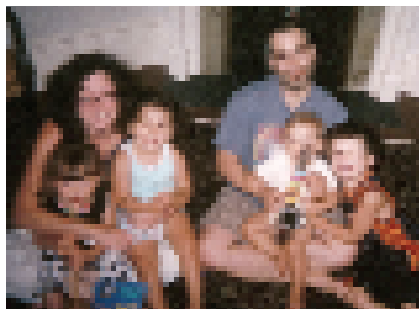
*I made this at a family event at my apartment. One of my favourite vegetables I have come to use it in many recipes, Okra. It kind of tastes like a creamy green bean. You can sauté it, stew it, use it in stir-frys too. Always pick fresh small ones.*

## INGREDIENTS

- 2 cups sweet corn (frozen seems to work the best)
- 1 cup sliced fresh okra
- 1 onion, diced
- 2 cloves garlic, chopped
- 1 lime juiced
- 1 tsp Indian saffron
- 1 tsp fennel seed and cumin seeds toasted and crushed
- 1/2-1 scotch bonnet pepper ( or another type of hot pepper)
- 1 tsp vegetable soup base
- 4 cups of water (or veggie broth instead of veggie base and water)
- 1/4 bunch of cilantro, chopped
- salt and pepper
- 6 fillets halibut (grouper or any type boneless white fillet)

## PROCEDURE

In a sauce pan, sauté onions, garlic and dry spices, Add corn, okra, water and base. Stew for 30 minutes. Take 10% of stew and puree in blender and then add back into pan. Bring back to a boil. Add lime juice and cilantro. Season to taste. In a casserole or deep baking pan pour 1/2 the mixture on the bottom and layer fish seasoned with salt and pepper. Add the rest of the mixture. Cover and bake in oven for 15 minutes. Serves 6.



Paige, Jodi, Allie, Richard, Jonah, Josh

## TIPS AND NOTES

Serve with basmati / white rice. Omit fish for vegetarian version. Substitute crab or any seafood for fish.

# Adele's Lemon Herring

Submitted by: Judy Pell

Source: Adele Pell

## INGREDIENTS

6 herrings (schmaltz)  
2 1/2 cups vinegar  
2 bay leaves  
3 eggs  
3 cups sugar  
3 tsp dry mustard  
6 onions, sliced  
3-4 lemons, sliced

## PROCEDURE

- 1 Soak herrings 6-12 hours. Slice.
- 2 Boil vinegar and bay leaves.
- 3 In a bowl, mix eggs, sugar and dry mustard. Stir and add to boiled vinegar until thickened. Cool.
- 4 In jars, alternate herring, onion and lemon slices and pour sauce over.
- 5 Keep in fridge 2 days before serving.

# Cedar Plank Salmon

Submitted by: Joel Book

## INGREDIENTS

2 to 4 salmon fillets (preferably skin on)

1 cedar grilling plank, soaked in cold water, 4 hrs minimum

Montreal Steak Spice

olive oil

### Topping

1 bunch fresh dill (about 1/2 cup chopped)

1 small onion, diced

1 clove garlic, minced (optional)

2-3 green onions or 1 small bunch chives, chopped

1 Tbsp Montreal steak spice

2-3 Tbsp your favourite barbecue sauce

4 tsp lime juice or lemon juice

## PROCEDURE

- 1 Sprinkle the salmon with Montreal steak spice. Mix together all topping ingredients, and spread on top of the salmon, using all the topping. Refrigerate for a half hour or so.
- 2 Start grill and preheat medium-high. When ready to start cooking, remove plank from water, and smear some olive oil or sprinkle some kosher salt on the top surface (you can only use the salt if the salmon fillets have the skin still on). Place plank on grill and close. Listen for cracking sound, and look for smoke. When either of those starts, open the grill, put the salmon on the plank, turn the heat down to medium-low, and bake until fish is done. It will flake easily and be opaque, and this will probably take about 20 to 30 minutes. Check at 20, and put out the plank if it's on fire. When the salmon is cooked, remove it to a plate with a spatula. Serve.

# Crusted Salmon

Submitted by: Michael Pell

Source: Cook's Illustrated

Another easy recipe – adapted from Cook's Illustrated.

## INGREDIENTS

1 thick fillet of salmon  
1 bunch fresh dill  
50 ml bread crumbs  
1/2 bag rippled potato chips  
4-5 big spoons of Dijon mustard (don't even think about using French's or even Batampte)  
salt, pepper, olive oil



Michael and Oscar on the beach in Calella

## PROCEDURE

- 1 Crush the potato chips and mix with bread crumbs – easiest way is to put everything in a plastic bag and squeeze. Cut up the dill and mix with the chips and breadcrumbs.
- 2 Remove the skin from the fillet, coat with olive oil, salt and pepper. Broil the salmon on bottom rack (recommend putting on aluminum foil) for no more than 8-9 minute. Salmon should not be too cooked.
- 3 Remove and coat top and sides with mustard, then stick on the chips mixture in a fairly thick coat. Put back in the oven for 2 minutes, until the chips have browned. Remove and serve.

# Easy Salmon Quiche

Submitted by: Noreen Sugarman

This makes a delicious lunch for eight, served with a salad. The preparation is all done the day before or sooner. It may be frozen, and removed from freezer the day before baking. You may substitute roast chicken or turkey in place of salmon.

## INGREDIENTS

- 1 large can of red sockeye salmon (418 g)
- 1/2 cup chopped onion
- 3/4 cup chopped celery
- 2 cup sliced mushrooms
- 100 g sliced or grated mozzarella cheese
- 7 large slices of white bread
- 5 eggs
- 3 cup milk
- 100 g grated parmesan cheese
- 1 can condensed mushroom soup (undiluted)
- 3/4 cup butter or margarine
- 3 Tbsp olive or canola oil

## PROCEDURE

- 1 Cut off crusts from 7 slices of bread so that the slices will cover the top of an oven proof 9" x13" baking dish, 3 on each side and the 7th cut in thirds for the centre. Cube crusts and spread in the bottom of the well buttered baking dish.
- 2 Sauté onion, celery and mushrooms in 3 Tbsp oil. Add fresh ground pepper but no salt. Spread evenly on top of bread layer.
- 3 Drain salmon (saving liquid). Flake salmon and spread evenly in dish.
- 4 Cover this layer with mozzarella cheese.
- 5 Arrange the sliced bread on top of mixture. Melt butter and brush on top of bread.
- 6 Spread condensed mushroom soup on top (don't dilute).
- 7 Sprinkle evenly with parmesan cheese.
- 8 Whisk together in a large bowl, eggs, milk and salmon liquid. Pour slowly between bread slices in the baking dish.
- 9 Seal firmly with aluminum foil and chill overnight.
- 10 Remove foil and bake at 325°F for 1 1/2 hrs.
- 11 Wait 30 minutes before serving. Makes eight generous portions.

# Oven Poached Salmon Fillets with Mustard Dill Sauce

Submitted by: Betty Laxer

Excellent for a buffet!

## INGREDIENTS

### Fish

- 1 salmon, filleted and cut into fifteen 2" slices
- 2 onions, thinly sliced
- minced fresh parsley, optional
- minced fresh dill, optional
- salt and pepper, to taste
- garlic powder, to taste
- 1/2-1 cup dry white wine
- 1/2-1 cup water (equal quantity to wine)

### Mustard Dill Sauce

- 1 cup light mayonnaise
- 2 Tbsp Dijon mustard
- 1 Tbsp fresh lemon juice or white wine
- 2 Tbsp fresh dill, chopped

## PROCEDURE

### Fish

- 1 Preheat oven to 400°F.
- 2 In a 9"x13" pyrex dish, lightly oiled or sprayed, place a bed of thinly sliced onions (and parsley and dill, if desired). Microwave on high for 5 minutes to soften onions.
- 3 Lay salmon slices on the bed of onions and sprinkle with salt, pepper and garlic powder.
- 4 Dilute white wine with equal quantity of water. Add 2 Tbsp lemon juice. Pour over salmon.
- 5 Cover with aluminum foil and bake in oven until fish flakes (approximately 20-25 minutes). Do not overcook.
- 6 Remove and arrange on a platter. May be served room temperature or cold. Serve with mustard dill sauce.

### Mustard Dill Sauce

- 1 Mix all ingredients and serve on the side with fish.
- 2 May be stored in a glass jar in the refrigerator for 1 week.

## TIPS AND NOTES

I like to use a thick baby salmon or an Atlantic salmon. Mustard dill sauce can be made in advance.



# Pickled Salmon

Submitted by: Judy Pell

## INGREDIENTS

4-6 salmon steaks  
1/2 cup sugar  
10 oz catsup  
2 Spanish onions  
1 cup vinegar  
1 Tbsp salt  
1/4 cup pickling spices

## PROCEDURE

- 1 Cover fish in cold water. Boil 7-10 minutes.
- 2 Remove from water. Remove bones, skin and cool.
- 3 Mix everything else together and marinate 3 days.
- 4 Stays 2 weeks.



Quick, do the bracha so we can eat the pickled salmon! (Salmon is pictured near apples on table.)

# Hoisin Glazed Rainbow Trout

Submitted by: Lesley Matthews

Source: Anne Lindsay

*This recipe came from an Anne Lindsay cookbook. I make it 3-4 times a month. It is simple and delicious. The kids love the caramelized sweet sauce and it is impressive enough for company.*

## INGREDIENTS

2 Tbsp hoisin sauce  
1 tsp minced ginger  
1 tsp sesame oil  
1/4 tsp chili paste  
2 Tbsp sesame seeds  
rainbow trout, salmon, sea bass or halibut

## PROCEDURE

- 1 Mix first 5 ingredients in a small bowl. Spread over fish.
- 2 Trout: broil for 8 minutes, or until glaze has caramelized.
- 3 Thick fish: 5 min/side on a medium hot grill or bake at 425°F for 10 minutes.
- 4 Garnish with strips of green onion or chives.



The rainbow connection: Syd and Allie

# Seared Tuna Steaks with Wasabi-Green Onion Mayonnaise

Submitted by: Francine Pell

Source: Epicurious

## INGREDIENTS

1/2 cup mayonnaise  
2 Tbsp minced green onions (white and green parts)  
1 tsp wasabi paste (or more)  
2 Tbsp teriyaki sauce  
1 Tbsp soy sauce  
1 Tbsp unseasoned rice vinegar  
4 8-ounce tuna steaks (each about 1 inch thick)  
vegetable oil

## PROCEDURE

- 1 Whisk first 3 ingredients in small bowl to blend, adding more wasabi paste if desired. Cover and refrigerate.
- 2 Whisk teriyaki sauce, soy sauce, and rice vinegar in small bowl to blend. Place tuna steaks in resealable plastic bag. Add teriyaki mixture; seal bag. Turn bag to coat. Let stand at room temperature 30 minutes, turning bag occasionally.
- 3 Brush grill with vegetable oil. Prepare barbecue (medium-high heat). Drain tuna steaks. Grill tuna to desired doneness, about 4 minutes per side for medium. Top each tuna steak with about 2 tablespoons wasabi mayonnaise and serve.

## TIPS AND NOTES

You need to have really good quality tuna for this recipe (sushi grade, preferably Ahi). Up to 3/4 of the mayonnaise with sour cream.



Benjamin and a well-fed Michael

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# Apple Cake

Submitted by: Francine Pell

Source: Judy Pell

This recipe makes a decadently wet cake.

## INGREDIENTS

6-8 apples, peeled, sliced  
1/2 cup brown sugar  
2 tsp cinnamon  
2 eggs  
1 cup sugar  
1 tsp vanilla  
1/2 cup oil  
3 Tbsp water or orange juice  
1 1/2 cups flour  
2 tsp baking powder  
1/4 tsp salt

## PROCEDURE

- 1 Toss first three ingredients in bowl. Set aside.
- 2 Mix together dry ingredients.
- 3 Beat eggs, sugar and vanilla until fluffy. Beat in oil. Alternate adding in wet ingredients and dry, mixing until smooth.
- 4 Put 1/2 of the batter in a 9" square baking pan (or 7"x11" pyrex dish). Put apple mixture on top of the batter. Then sprinkle the rest of the batter over the apples.
- 5 Bake at 350°F for 50-60 minutes.
- 6 For a more beautiful crust sprinkle a bit of cinnamon mixed with sugar on top halfway through the baking time.

## TIPS AND NOTES

You can substitute white sugar if you have no brown sugar on hand. For a 9"x13" pan, use 1 1/2 times the recipe.



The Pells and Abramczyks and Cazes and Frasers at Brunch

# Apple Cake - No Peeling, No Mixer!

Submitted by: Judy Pell

## INGREDIENTS

- 1 cup oil
- 2 cups sugar
- 3 eggs (one at a time)
- 2 cups flour
- 1 tsp baking soda
- 2 tsp vanilla
- 1 1/2 tsp cinnamon
- 1/2 tsp allspice
- 3/4 cup raisins
- 1 cup walnuts, chopped
- 6 apples, large, diced

## PROCEDURE

- 1 Heat oven to 325°F.
- 2 By hand, combine ingredients one at a time in the order given.
- 3 Spray bundt pan with vegetable spray (do NOT oil).
- 4 Bake 1 hour 15 minutes (more depending on your oven).
- 5 Cool 45 minutes before removing from pan.



# Quick Apple Cake

Submitted by: Betty Laxer

This recipe does not need a mixer; it can be mixed with a spoon! Works well with other fruits or fruit mixtures such as peaches, blueberries, plums or sour cherries.

## INGREDIENTS

2 eggs  
2/3 cup sugar  
2/3 cup canola oil  
1 cup all-purpose flour  
1 tsp baking powder  
1 tsp vanilla  
1 tsp cinnamon  
1 tsp sugar  
5 Granny Smith apples, peeled, cored,  
sliced  
1 tsp lemon juice  
cinnamon / sugar mix for sprinkling on top

## PROCEDURE

- 1 Peel and slice apples and place in bottom of sprayed 8" or 9" square baking pan. Sprinkle with lemon juice, cinnamon and 1 tsp of sugar.
- 2 In a large glass bowl, beat eggs with sugar until light in colour. Beat in oil then vanilla. Add flour and baking powder and mix just until blended.
- 3 Pour batter over apples. Sprinkle top with more sugar / cinnamon mixture and bake at 350°F for 35-40 minutes.

## TIPS AND NOTES

You can replace the Granny Smith apples with any firm apple. For a nicely-presented dessert: Double recipe, put in a 10" springform pan.

# Bubby Fanny's Banana Cake

Submitted by: Francine Pell

Source: Fanny Cohen

What's a piece of butter? If you guys figure it out, let me know...

## INGREDIENTS

### Cake

1 cup sugar

1/2 cup butter

1 tsp baking soda

3 very ripe bananas

2 eggs

4 Tbsp sour milk

2 tsp salt

1 tsp vanilla

### Icing

6 Tbsp brown sugar

4 Tbsp milk (may need less)

piece of butter

icing sugar to thicken

## PROCEDURE

- 1 Cream butter and sugar. Add vanilla and eggs.
- 2 Mix dry ingredients, except for baking soda, in a separate bowl.
- 3 Dissolve baking soda in sour milk. Add to mashed bananas.
- 4 Add banana mix to creamed butter and egg mix. Blend in dry ingredients.
- 5 Bake in 8" or 9" square pan for 30 minutes at 350°F.



Zaidy Sidney, Bubby Fanny and Betty



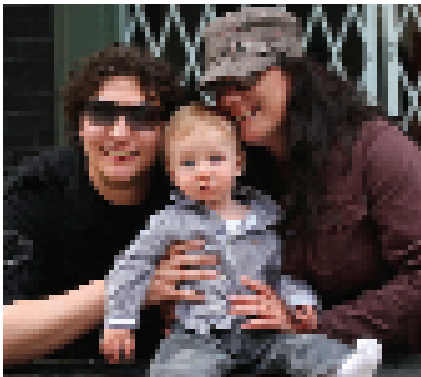
# Banana Chocolate Chip Loaf with Lime Glaze

Submitted by: David Pell

I took basic recipe and added the lime glaze twist. The bananas and lime taste very tropical.

## INGREDIENTS

- 1 cup sugar
- 1/2 cup butter, softened
- 2 eggs
- 1 cup mashed ripe bananas
- 1/2 cup milk
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 1 tsp baking powder
- 1 tsp salt
- 1 cup semi sweet chocolate chips
- 1/2 cup fancy nuts
- 2 limes
- 1/4 cup icing sugar



Tracey, Ed and Ollie

## PROCEDURE

- 1 Heat oven to 350°F degrees. Grease a loaf pan.
- 2 Cream the sugar and butter with an electric mixer until light. Add the eggs and mix well. On low speed, mix in the bananas, milk, and vanilla. Stop the mixer and add the dry ingredients pre-sifted (flour, baking soda and salt). Mix until just combined. Then stir in the chocolate chips and nuts. Transfer batter to prepared pan.
- 3 Bake until a wooden pick comes out clean. Roughly 55-60 min. Cool in pan 5 min.
- 4 Meanwhile make the lime glaze: zest 1 of the limes, juice the two limes and combine with a whisk with icing sugar. Make sure the glaze is not too stiff or not too runny. Should be like honey consistency. You may need to adjust icing sugar. Poke holes in the cake and drizzle glaze on top while hot.
- 5 Allow to cool and slice.

# Banana Chocolate Chip Muffins

Submitted by: Judy Pell

A family favourite. We tend to go heavy on the chocolate chips and omit the raisins and nuts.

## INGREDIENTS

- 3 bananas, ripe
- 1/2 cup oil
- 1/2 cup sugar
- 1/2 tsp salt
- 1 egg, well beaten
- 1 tsp vanilla
- 1 1/2 cups flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp baking soda
- 1/3 cup raisins (optional)
- 1 cup chocolate chips (optional)
- 1 cup nuts (optional)

## PROCEDURE

- 1 Mash bananas, add oil, sugar and salt. Mix well. Add egg and vanilla.
- 2 Sift dry ingredients into bowl. Make well in center. Add banana mixture and mix with fork.
- 3 Add chocolate chips, nuts and raisins. Mix until just moist.
- 4 Bake at 350°F for 20 minutes.
- 5 Makes 12 large muffins.



The omitted nuts: Back row: Sylvain, Francine, Bob/Hymie, Judy, Véronique, Michael, Justin Front row: Lesley, Syd with Julia, Oscar, Allie, Benjamin

## TIPS AND NOTES

I use a bit less sugar. Also, you can replace half the oil with applesauce.

# Banana-Chip Muffins / Loaf

Submitted by: Marsha Sugarman

Here is a favourite of *my girls*; I could not keep these in stock when they were at home and had to send them in care packages to university. Luckily they make them themselves now!!

## INGREDIENTS

1/2 cup butter (or margarine)  
2 eggs  
1 tsp vanilla  
1 cup sugar  
2 medium ripe bananas  
1 tsp baking soda  
3/4 cup sour cream  
1 tsp baking powder  
2 cup flour  
3/4-1 cup chocolate chips

## PROCEDURE

- 1 Combine first 4 ingredients in food processor/mixer (approximately 2 minutes).
- 2 Break bananas into 2 inch pieces and add to above while machine is running.
- 3 Dissolve baking soda in sour cream -wait a minute- add to bowl (it should bubble up to rim of cup).
- 4 Add dry ingredients, combine, then add chips, combine.
- 5 Fill greased or paper- lined muffin tins 2/3 full (I "plop", 1-2 extra chocolate chips on top).
- 6 Bake at 400°F for 20 minutes. Yield=approximately 18 medium.

## TIPS AND NOTES

Freezes well. You can pour mixture into 2 loaf pans, if desired, but adjust baking time accordingly. (Add approximately 10 minutes, use toothpick test).

# Blueberry Cake

Submitted by: Marsha Sugarman

## INGREDIENTS

2 eggs, beaten  
1 cup sugar  
1/2 cup oil  
1/2 cup orange juice  
1 tsp vanilla  
1 3/4 cup flour  
2 tsp baking powder  
1 pint blueberries, fresh or frozen  
cinnamon  
brown sugar

## PROCEDURE

- 1 Combine eggs & sugar, beat well.
- 2 Add oil, O.J., & vanilla, mix well.
- 3 Coat berries in a little flour.
- 4 Add rest of flour, baking powder, to batter.
- 5 Fold in berries, pour into greased and floured 8 inch pan.
- 6 Sprinkle top with cinnamon &/or brown sugar (to taste).
- 7 Bake 350°F for 50 minutes.

## TIPS AND NOTES

You can substitute apples or peaches for berries.

# Pareve Carrot Cake

Submitted by: Karen Sigman

## INGREDIENTS

### Cake

- 2 cups granulated sugar
- 1 1/4 cups canola oil
- 1 Tbsp orange zest
- 4 eggs
- 2 tsp vanilla extract
- 2 Tbsp lemon juice
- 2 cups flour
- 1/2 tsp salt
- 2 tsp cinnamon
- 1 tsp baking soda
- 2 tsp baking powder
- 3 cups grated carrots
- 3/4 cup golden raisins
- 1/4 cup drained crushed pineapple
- 1/2 cup chopped walnuts (optional)

### Icing

- 8 oz pareve cream cheese (Tofutti brand)
- 1/2 cup unsalted margarine, softened
- 1 tsp vanilla extract
- 2 tsp lemon juice
- 3-4 cups icing sugar

## PROCEDURE

- 1 Preheat oven to 350°F. Grease a 10-inch springform pan.
- 2 In a large mixing bowl, combine sugar, oil, and zest. Whisk in the eggs, vanilla and lemon juice. In another bowl, combine the dry ingredients for the cake. Fold into the batter and stir in the carrots, raisins, pineapple and nuts if using.
- 3 Spoon the batter into the pan and bake for 55 to 60 minutes. Cool for 15 minutes in the pan and then turn out onto a rack to cool completely. Wrap the cake and place in freezer to chill before icing.
- 4 Icing: In a bowl, cream the "cheese" with the butter. Add the vanilla and lemon juice. Blend in the icing sugar.
- 5 Enjoy!



Eric, Joshua, Robbie, Karen, Jacob and Max at camp Massad summer of 2008

# Hila's Cheesecake

Submitted by: Hila Karpel

Hila is one of our Israeli relatives on the Pell side. My mom asked her for this recipe last time they were visiting.

## INGREDIENTS

105 g graham cracker crumbs  
100 g butter  
2 cups cream cheese (5%)  
2 cups sour cream  
1 cup sugar  
4 eggs, beaten  
2 Tbsp date syrup (Date Sidan)  
2 Tbsp tahini  
1/4 cup hot water



Haya, Daphne and Royi, Hila and Ori with grandchildren: baby Jonathan, Keren and Adi. Haya is a great lady and the great-grandmother of all little kids.

## PROCEDURE

- 1 Combine graham crackers and butter, pat in bottom of springform pan for crust, freeze. Wrap bottom of pan in aluminum foil because it will be baked in a water bath.
- 2 Mix together cream cheese, sour cream, sugar and eggs. Put in prepared pan.
- 3 Mix date syrup and tahini in hot water. Put on top of cheese mixture.
- 4 Bake at 160°C (325°F) for 1 1/2 hours in a roasting pan filled about halfway up the springform with water.
- 5 Let cool in oven.

## TIPS AND NOTES

You can use half cottage cheese and half cream cheese.

# The Brownie Recipe

Submitted by: Lesley Matthews

This recipe was given to me by a mother in a playgroup. She scribbled it on the back of one of Allie's finger paintings and it has been a staple for the past 4 years. I often bring them to the staff at Daycare and always get asked for the recipe. I cut them into very small pieces as they are very rich and gooey. They are wonderful served warm with vanilla ice cream.

## INGREDIENTS

- 1 cup milk chocolate chips
- 4 squares unsweetened chocolate
- 1 cup unsalted butter
- 2 cups sugar
- 4 eggs
- 1 tsp vanilla
- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 2 cups mini marshmallows



"Mom, where's the brownies?" --Julia

## PROCEDURE

- 1 Melt chocolate chips, chocolate and butter in pyrex measuring cup in microwave on 50% power for 4-5 minutes. Stir to make sure that all of the chocolate has melted.
- 2 Mix/whisk together sugar, eggs and vanilla (by hand or with mixer).
- 3 Pour chocolate mixture into egg/sugar mixture and blend.
- 4 Add flour, baking powder and salt.
- 5 Stir in mini marshmallows.
- 6 Pour batter into a parchment paper lined 9"x13" metal pan
- 7 Bake at 350°F for 33-37 minutes
- 8 Allow to cool completely before cutting. Cut into small squares.

# Bubby Fanny's Chocolate Log Cake

Submitted by: Francine Pell

Source: Fanny Cohen

How often did I hear about Bubby Fanny's Chocolate Log? The original recipe came from a Kingston cookbook, but it was missing small details like cooking time and oven temperature. The cake makes a pretty presentation, and takes less time to make than the length of the recipe would imply.

## INGREDIENTS

### Custard

1/3 cup sugar

4 Tbsp flour

salt, pinch

1 1/2 cups milk

1 beaten egg

2 Tbsp butter

1/2 tsp almond flavouring

1/2 tsp vanilla

### Cake

1/2 cup sifted flour

1/2 tsp baking powder

salt, pinch

4 eggs

2/3 cup sugar

2 squares chocolate

3 Tbsp butter

2 Tbsp sugar

1/4 tsp baking soda

### Icing

2 squares chocolate

1 cup icing sugar

2 to 4 Tbsp boiling water

2 Tbsp butter

1/2 tsp vanilla

### Decorations (optional)

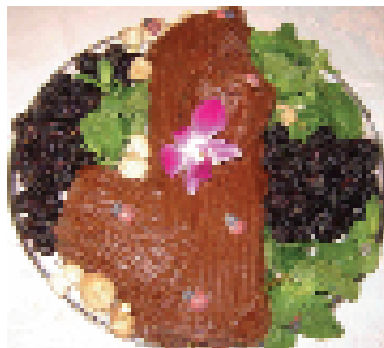
fresh berries (blackberries are great if in season)

marzipan mushrooms

chocolate ladybugs

fresh sprigs of mint

edible flowers





# Bubby Fanny's Chocolate Log Cake (cont.)

## PROCEDURE

### Custard

- 1 Mix sugar with flour and salt. Add milk slowly and cook over hot water until thick. Add a little of this custard to egg, then stir mixture into remaining custard and cook until thick. Add butter, almond flavouring and vanilla. Cool.

### Cake

- 1 Preheat oven to 350°F. Line a large jelly roll pan (11"x10"x1") with parchment paper. Butter and flour the parchment.
- 2 Sift together flour, baking powder and salt three times. Beat eggs well with sugar until light and fluffy. Add flour mixture all at once folding in. Add melted chocolate, melted butter, sugar and soda.
- 3 Spread batter in prepared pan. Bake until toothpick comes out clean, about 20 minutes.
- 4 Run knife around edge of pan to loosen cake. Turn hot cake out onto clean towel. Peel off parchment. Gently roll up cake using towel as an aid. (For a shorter, thicker cake with more of an inside swirl, roll from the short end. For a longer, thinner cake roll from the long end. Shorter cakes look nicer when you cut through them. Longer cakes will allow you to cut off a part and use it as a stump.) Let cool.

### Icing

- 1 Melt chocolate and add icing sugar and boiling water and stir until smooth. Add butter and vanilla.

### Putting it together

- 1 Unroll cake. Spread filling over the cake and roll it back up.
- 2 If you want to make a stump or two, cut a 3" piece from each end on a bit of a diagonal. Stick the stumps to the cake using icing.
- 3 Spread icing over cake. Using the back of a fork, draw lines (a bit curvy, especially around the stumps) to resemble bark.
- 4 Make mushrooms out of marzipan, dusting lightly with cocoa powder.
- 5 Sheets of ladybug transfers can be purchased at many bakery supply stores. The ladybug design is made of cocoa butter and is set in the bottom of small ladybug-shaped moulds. Melt chocolate, fill the moulds and refrigerate. Unmould when set. Ta da! Easy chocolate ladybugs.
- 6 Place mint and berries around log and decorate with mushrooms and ladybugs.

### TIPS AND NOTES

Take advantage of Lesley's creativity for the mise-en-place of all the decorations. Substitute almond flavouring for vanilla and leave off marzipan if Max or others with nut allergies are present.

# Cinnamon Torte

Submitted by: Judy Pell

Source: Tam Gan Eden

## INGREDIENTS

### Layers

2 3/4 cups flour

2 Tbsp cinnamon

1 1/2 cups butter

2 cups sugar

2 eggs

### Filling

4 cups whipping cream (2 pints) or pareve whipping product

2 Tbsp icing sugar

2 Tbsp cocoa

1 tsp vanilla



Cinnamon Torte is on left hand side of the table, near the candle

## PROCEDURE

- 1 Sift flour and cinnamon. Beat butter and sugar. Add eggs. Beat well. Add flour mixture.
- 2 For easier handling cover dough and let stand 15 minutes. Divide dough into 12 pieces. Spread on the backs of three 9" layer pans, working dough with fingers and/or knife to within 1/8" of edge of pan.
- 3 Bake at 375°F for 12 to 15 minutes, till lightly tanned. Run a knife under layers while hot, to quickly loosen, and turn immediately over on foil or wax paper.
- 4 Fill with whipped cream whipped stiff to which icing sugar and vanilla have been added.
- 5 Reserve some cream for top layer and add cocoa to this. Spread.
- 6 Decorate with chocolate curls.

## TIPS AND NOTES

You can do three layers at a time, working with 6 layer pans. Run cold water over hot pans and dry, to quickly get them ready while layers are baking in the oven. Layers for this torte can be made ahead and frozen.

# Gâteau craquelé au chocolat

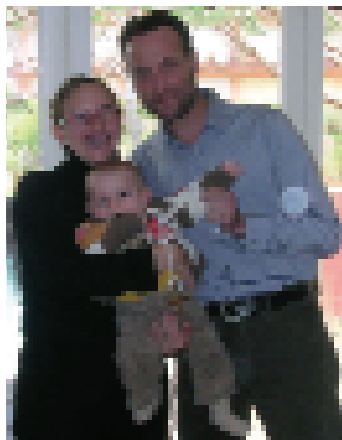
## Crackly Flourless Chocolate Cake

Submitted by: Véronique Lescaut

*Avec un bisou énorme depuis Paris!*

### INGREDIENTS

300 g dark chocolate  
125 g butter, semi-salted  
6 eggs  
30 g sugar  
1 vanilla bean (seeds only)  
1 pinch salt  
20 g sugar



Véronique, Oscar and Michael,  
January 2008

### PROCEDURE

- 1 Preheat oven to 210°C (a little under 425°F).
- 2 In microwave or bain-marie, melt together chocolate and butter.
- 3 Separate eggs.
- 4 Beat six egg yolks with 30 g sugar and vanilla seeds until smooth and lighter in colour. Whip egg whites with pinch of salt and 20 g sugar until peaks form.
- 5 Add yolk mixture to chocolate mixture. Incorporate delicately into whites. Pour into well-greased (and floured, if desired) mould, decrease oven temperature to 150°C (about 300°F). Put mould into oven immediately and bake for 25 minutes.

### TIPS AND NOTES

From Franny: In Callela and don't have a whisk or mixer to beat eggs and whites? No problema for tante Véronique! Simply take two forks and place together face to face so that tines hook into each other. Use as whisk. Then use arm power of Benjamin, Justin, Uncle Mikey, Tante Véronique, Papa and Mommy. And what about Oscar? We'll get him next time...

# Pareve Chocolate Cake

## - Without a Mixer or Eggs!

Submitted by: Francine Pell

Source: Judy Pell

*Mom used to keep us busy making this cake. It was so easy; everything is mixed in the pan that it's cooked in! Our first introduction to baking... and to chemistry! This recipe helped Dad teach us what happens when you mix an acid and a base. Okay so, it's not the best chocolate cake in the world, but when you're five it's the most fun.*

### INGREDIENTS

- 1 cup sugar
- 1 1/2 cups flour
- 1/4 cup cocoa powder
- 1 tsp baking soda
- 1 tsp salt
- 1 cup cold water
- 1/2 cup oil
- 1 Tbsp vinegar
- 1 tsp vanilla

### PROCEDURE

- 1 Put dry ingredients in an 8" square pan. Combine well with a spoon, making especially sure not to leave a bunch of white flour in the corner.
- 2 Add liquid ingredients. Stir together.
- 3 Bake for 35 minutes in a 350°F oven.



Let's do some baking chemistry, Mom! Allie and Julia with Lesley.

# Cornmeal Muffins

Submitted by: Judy Pell

## INGREDIENTS

1 cup all purpose flour  
3/4 cup cornmeal  
3 Tbsp sugar  
1 Tbsp baking powder  
1 tsp salt  
1 egg  
2/3 cup milk or orange juice  
1/3 cup melted butter or margarine



A muffin variety basket, all prepared by mom, is shown on the right hand side

## PROCEDURE

- 1 In bowl, combine dry ingredients.
- 2 Beat together egg, milk and butter.
- 3 Add wet ingredients to dry ingredients all at once, stirring until just moistened.
- 4 Spoon into lined muffin tins filling 2/3 full.
- 5 Bake at 425°F for 20 minutes until golden and tops are firm to touch.
- 6 Makes 10 large muffins.

## TIPS AND NOTES

For extra richness, replace all or part of milk with buttermilk.

# Susie's Cornmeal Muffins

Submitted by: Susan Laxer

## INGREDIENTS

1 3/4 cups flour  
3 tsp baking powder  
1/3 cup sugar  
1/2 tsp salt  
1/4 cup cornmeal  
1 egg, beaten  
3/4 cup orange juice  
1/2 cup oil

## PROCEDURE

- 1 Sift dry ingredients. Mix well.
- 2 In a separate bowl mix wet ingredients. Then add to dry ingredients and mix gently just to combine with a fork only until moist.
- 3 Fill paper lined muffin tin and bake at 400°F about 25 minutes.



Susan and Sarah

# Honey Cake

Submitted by: Betty Laxer

## INGREDIENTS

- 1 cup sugar
- 1 cup dark buckwheat honey
- 3 eggs
- 2/3 cup oil
- 1 cup strong tea (cooled)
- 3 cups flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp allspice
- 1 tsp cinnamon
- 1 tsp nutmeg

## PROCEDURE

- 1 Beat eggs, adding sugar gradually until thick and lemon-coloured. Add honey, beat, then add oil, beat.
- 2 Add dry ingredients, alternating with cooked tea.
- 3 Add spices, blending with a spoon.
- 4 Bake at 300°F for 1 hour in a parchment-lined and sprayed 9"x13" pan.



The Laxer girls at Sarah's wedding. Back row: Judith, Danielle, Karen, Michal. Front row: Orly, Betty, Sarah, Susan.

## TIPS AND NOTES

From Franny: Mom makes this recipe in 2 loaf pans, but increases temperature to 350°F.

# Leah's Honey Cake

Submitted by: Tamara Cohen

Source: Eva Cohen

Here is a recipe which I believe to be Leah Siminovitch's honey cake. Sounds a bit crazy and of course there aren't many instructions. But I have this scribbled on a very oily envelope in my grandmother's handwriting.

## INGREDIENTS

- 2 lbs liquid honey
- 1 cup sugar
- 6 eggs
- 4 oz oil
- 4 cups flour (or more)
- 1 package nuts

## PROCEDURE

350 degrees. 2 hours in oven.



Rosh Hashana 5768: Gwynn, Tamara and Toby



# Lemon Torte

Submitted by: Judy Pell

Source: Tam Gan Eden

## INGREDIENTS

5 eggs, separated  
juice of 3 or 4 lemons  
rind of 1 lemon  
1 1/2 cups sugar  
24 ladyfingers, optional  
2 cups whipping cream, or pareve whipped  
topping  
1 tsp vanilla

## PROCEDURE

- 1 Beat yolks with 2 whites (set aside remaining three whites). Add lemon juice, rind and sugar. Cook over double boiler until thick. Cool completely.
- 2 Beat cream with vanilla. Mix into cooled lemon custard.
- 3 Split ladyfingers. Put ladyfingers in bottom and sides of 9" springform pan.
- 4 Add lemon mixture and freeze until firm.
- 5 Beat 3 reserved egg whites with a little sugar until stiff. Pile on frozen cake and brown meringue in hot oven.
- 6 Serve immediately or refreeze.



## TIPS AND NOTES

To use for Passover, omit ladyfingers.

# Frozen Lemon Cake

Submitted by: Paula Abramczyk

Source: Rhona Abraham

Great for Passover and all year round. It's a nice light and refreshing cake. It's kind of like a frozen lemon meringue pie.

## INGREDIENTS

- 3 whole eggs
- 3 egg yolks
- Zest of 1/2 lemon
- 1/2 cup lemon juice
- 1 1/2 cups sugar
- 6 egg whites (3 and 3)
- 2 lbs mandel bread cookies (finely crushed)  
or any other cookie like graham  
crackers)
- 3 Tbsp melted butter/margarine (may need  
to add more to keep the crushed  
cooking to form a base)



Erin and Rebecca

## PROCEDURE

- 1 In a double boiler, combined whole eggs, and egg yolks, lemon juice, lemon zest, 1 1/4 cup sugar (save remaining 1/4 cup sugar). Cook until mixture thickens about 10-15 minutes (stir constantly). Remove from heat and cool.
- 2 In a separate bowl, beat 3 of the 6 egg whites until foamy. Add 3 tbsp sugar and beat until stiff. Fold whites into lemon mixture.
- 3 Combine crushed cookies with butter/margarine and press into a greased 10" spring formed pan. Pour lemon mixture into pan and freeze for at least 5 hours.

### After freezing

- 1 Beat remaining 3 egg whites (I like to add another 3 to get it really fluffy) and 1/4 cup sugar until stiff.
- 2 Spread over frozen lemon cake.
- 3 Put cake under broiler for 1-2 minutes to brown evenly. Watch carefully or else it will burn.
- 4 Let cool and return to freezer as soon as possible. Keep frozen until ready to serve as it will melt quickly.

## TIPS AND NOTES

Will serve at least 10.

# Golden Shofar Cake

Submitted by: Judy Pell

## INGREDIENTS

### Cake

3/4 cup vegetable oil

1 1/2 cups granulated sugar

4 eggs

1 tsp vanilla

1/2 tsp lemon oil or extract

1 Tbsp finely minced lemon zest

2 1/2 cups all-purpose flour

1/4 tsp salt

1 Tbsp baking powder

3/4 cup apricot juice or nectar

1/2 cup chopped dried apricots or chopped frozen mango pieces

1/4 cup chopped golden raisins

### Lemon Glaze / Topping

1 1/2 cups confectioners' sugar

1/3 cup fresh lemon juice

shredded lemon zest for topping

## PROCEDURE

- 1 Preheat oven to 350°F. Generously grease and flour a 9-inch tube pan or a 12-cup bundt pan.
- 2 In a large mixing bowl, blend together the oil and sugar. Blend in the eggs, vanilla, lemon oil, and the zest. Stir in the flour, salt and baking powder alternately with the apricot juice. Blend until smooth. Fold in the apricots or chopped mangos and the raisins.
- 3 Spoon the batter into the pan and bake until the cake is lightly golden and springs back when pressed gently (45-55 minutes). Cool for 10 minutes before inverting onto a serving plate.
- 4 Lemon Glaze: In a bowl, whisk together the confectioners' (icing) sugar and lemon juice. Using a cake tester (long toothpick or thin skewer) make holes in the still warm cake. Drizzle the glaze over the cake and garnish it with lemon zest. Cool well before serving.



Ta da: Syd and Mike and the endless sweet table

## TIPS AND NOTES

I use lemon juice & a tsp of grated lemon zest to replace the extract.

# Eva Siminovitch Cohen's Passover Nut Cake

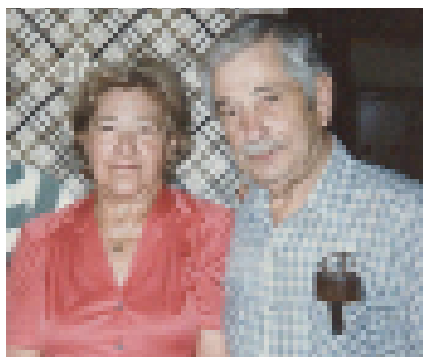
Submitted by: Ayelet Cohen

## INGREDIENTS

12 eggs  
2 3/4 cups sugar  
1 cup Passover cake meal  
1/2 lb nuts, grated  
1 square bitter chocolate  
1 lemon

## PROCEDURE

- 1 Beat together eggs, sugar and cake meal. Combine nuts, chocolate and lemon in separate bowl.
- 2 Fold in egg mixture to nuts, chocolate, and lemon.
- 3 Bake at 325°F degrees for 1 hour.



Eva and Harry

# Poppy Seed Cake

Submitted by: Marsha Sugarman

## INGREDIENTS

### Cake

- 3 eggs (well beaten)
- 1 cup sugar
- 1/2 cup oil (canola)
- 1/2 cup orange juice (for pareve) or milk (for dairy)
- 1 tsp vanilla
- 2 cups flour
- 2 tsp baking powder
- 1/2 tsp lemon flavouring
- 3-4 Tbsp poppy seeds (as desired)

### Glaze (optional)

- 1 cup icing sugar, sifted
- 2 Tbsp water
- 1 tsp lemon juice
- 1 tsp lemon rind, grated

## PROCEDURE

- 1 Combine first 5 ingredients and mix well. Add other ingredients. Beat together until blended; pour into greased 9" square pan.
- 2 Bake for approximately 45 minutes at 350°F. Cool and cut into squares.
- 3 Top with lemon glaze, if desired.

## TIPS AND NOTES

Freezes well.

# Pumpkin Bread

Submitted by: Judy Pell

## INGREDIENTS

3 eggs  
1 3/4 cup pumpkin (14 oz)  
3/4 cup oil  
1/2 cup water  
2 1/2 cup flour  
2 1/4 cup sugar  
1 1/2 tsp baking soda  
1 1/4 tsp salt  
3/4 tsp nutmeg  
3/4 tsp cinnamon  
1/2 cup raisins  
1/2 cup walnuts  
1/2 cup dates (optional)

## PROCEDURE

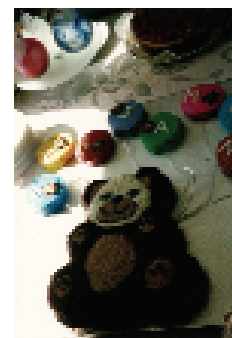
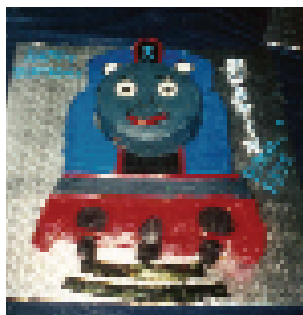
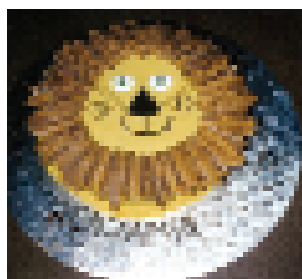
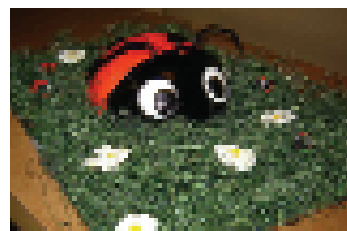
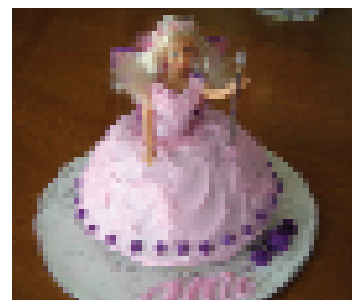
- 1 Beat eggs, pumpkin, oil and water.
- 2 Add dry ingredients.
- 3 Pour into two loaf pans.
- 4 Bake at 350°F for 45 minutes.
- 5 Cool 5 minutes. Turn onto racks.



Syd, Sam, and Jacqui

# Birthday Cake Montage

Babby makes the most creative, beautiful, birthday cakes. Here are a few:



# Egyptian Baklava

Submitted by: Susan Laxer

Source: Emy Matarasso

This recipe is a family favourite and has been passed down for generations in my mother in law's family - Emy Fiss Matarasso. Most years, Emy prepares this for us for Rosh Hashana or Succoth. It is time consuming, but well worth it, and keeps well for a few weeks.

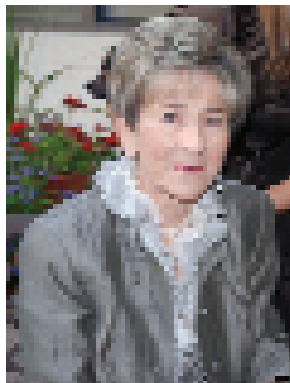
## INGREDIENTS

### Baklava

- 1 lb phyllo dough
- 1/2 lb margarine or butter (8 ounces)
- 1 cup oil
- 4 cups grated pistachio nuts
- 1 Tbsp sugar

### Syrup (Proportion 3 sugar to 2 water)

- 4 1/2 cups sugar
- 3 cups water
- 2 tsp lemon juice
- 1 tsp orange water



Emy Matarasso

## PROCEDURE

### Baklava

- 1 Mix together pistachio nuts and sugar.
- 2 Divide phyllo dough in half and keep half in wax paper in plastic bag in fridge.
- 3 Heat margarine in measuring cup and then mix with oil. Keep margarine / oil mixture on med heat.
- 4 In large pyrex dish (9" x13") grease with margarine/ oil mixture.
- 5 Line pan with 1/4 phyllo (12 to 14 sheets), covering sides of pan and brushing with margarine/oil mixture between each sheet. Add 1/3 pistachio mixture.
- 6 Repeat phyllo, oil/margarine, pistachio until 3 layers nuts and 4 layers phyllo.
- 7 Freeze for 1/2 hour, then cut diagonally to bottom with very sharp knife.
- 8 Bake at 350°F for 1 hour (note: if using handmade phyllo, this is thinner and therefore baking time should be reduced).

### Syrup

- 1 Combine and bring to boil, then reduce heat to medium and stir until 230°F.
- 2 Use candy thermometer to check temperature.
- 3 Pour evenly over Baklava.

## TIPS AND NOTES

Emy prepares this with grated pistachio nuts, but you could use grated walnuts, or 1/2 grated walnuts and 1/2 grated almonds.



# Chocolate Chip Biscotti

Submitted by: Lesley Matthews

This recipe came from a cooking class that our daughter Allie was enrolled in when she was 4. She brought them home and I immediately contacted the instructor for the recipe. They are delicious and easy to make. People will ask you for the recipe too!

## INGREDIENTS

2 cups flour  
1/2 tsp salt  
2 tsp baking powder  
2 eggs  
1 cup granulated sugar  
1 tsp vanilla  
1 cup oil  
2 cups rice krispies  
1 cup white chocolate chips  
1 cup milk chocolate chips



Allie and Julia

## PROCEDURE

- 1 Pre-heat the oven to 325°F.
- 2 Mix the egg and sugar with a mixer, add in the vanilla and oil. In a separate bowl, combine the flour, salt and baking soda. Add the dry and wet ingredients together and stir to combine. Mix in with a spoon the rice krispies and both types of chocolate chips.
- 3 Using your hands make 3-4 logs on 2 parchment paper lined baking sheet with the dough.
- 4 Bake for 25 minutes. Let cool for 5 minutes and cut into strips. Put strips back in the oven for 10 minutes, 20 minutes if you want them extra crispy.

# Bubbie's Cookies

Submitted by: Edith Abramczyk

Source: Haya Karpel

I got this recipe from Haya Karpel in Israel, but the kids call it Bubbie's cookies. This is an excellent recipe for kids to fool around with - like play doh!

## INGREDIENTS

3 cups flour  
1/2 cup margarine, melted  
3/4 cup sugar  
2 tsp baking powder  
juice of half a lemon, add water to make  
1/4 cup liquid  
2 eggs  
1 egg

## PROCEDURE

- 1 In bowl, stir together dry ingredients. Add margarine, 2 eggs and liquid. This will make a soft dough.
- 2 Roll or "pat" dough on a pastry board to about 1/4 inch thickness. Cut with cookie cutters.
- 3 Place on ungreased cookie sheet. Brush with beaten egg.
- 4 Bake at 325°F for 20 minutes or until light brown.

# Miriam's Mandelbroit

Submitted by: Lori Sugarman

Source: Miriam Sugarman

*Gramma made this delectable mandelbroit every Passover, but also throughout the year. Gramma's pieces were cut to about finger-length size (dainty, of course!), but I sometimes cut them bigger, more like biscotti.*

## INGREDIENTS

- 2 Tbsp potato starch
- 3/4 cup cake meal
- 2 Tbsp matzo meal
- 1/4-1/2 tsp salt
- 1 tsp cinnamon (or bit more)
- 3 eggs
- 3/4 cup granulated sugar
- 3/4 cup canola oil
- 1 cup medium chopped almonds, toasted (or more)

## PROCEDURE

- 1 Sift potato starch, cake meal, matzo meal, salt and cinnamon, and set aside.
- 2 Beat eggs. Add sugar gradually and beat well. Add oil, beating well. Add sifted dry ingredients and blend well. Add nuts.
- 3 Allow dough to rest for 20 min. Shape into 4 rolls on greased cookie sheet. Bake at 350°F for 20-25 min or until done. Cool for 5 min, then slice at an angle. Flip the pieces on to their side and dry in slow oven (275°F) for about 15 min.
- 3 Enjoy!

# Oscar's Blueberry Bonanza Compote

Submitted by: Michael Pell

Approximate ratios – it is tough to get this wrong if the ingredients are good!

## INGREDIENTS

3-4 cups blueberries

1 apple, peeled, cored, and cut in 2 cm pieces

1-2 bananas



Oscar eating his compote de mireilles (blueberry compote)

## PROCEDURE

- 1 Heat blueberries and apples in covered pot with about 10 ml water on low heat until apples are soft. Add banana cut in 2 cm slices. Continue to heat. When banana is soft remove cover to evaporate water (heat another few minutes).
- 2 Mash with either a fork or a hand-held mixer. Serve alone warm or room temperature or with yogurt/petit Suisse.

## TIPS AND NOTES

This really stains!

# Chocolate Chip Oatmeal Cookies

Submitted by: Betty Laxer

These are very crunchy cookies. Jacob loves them. Store in a covered tin or Tupperware.

## INGREDIENTS

1/2 cup softened margarine  
1/2 cup canola oil  
1/2 cup white sugar  
1/2 cup brown sugar  
1 tsp vanilla  
4 Tbsp boiling water  
1/2 tsp salt  
1 tsp baking soda  
1 3/4 cup all-purpose flour  
2 cups oatmeal (not instant)  
1/2 cup flaked coconut

## PROCEDURE

- 1 Cream margarine and sugars. Add oil, vanilla and water and continue beating.
- 2 Add flour, baking powder and salt and mix. Then add oatmeal, coconut and chocolate chips and mix well.
- 3 Roll mixture into 1" balls (or press tablespoonfuls of mixture together) and place on parchment-lined cookie sheets. Flatten slightly with back of fork. Makes approximately 36 cookies.
- 4 Bake at 325°F for 20-30 minutes.

# Chocolate Cookies from Bubby Layka Karpel

Submitted by: Howie Pell

Source: Bubby Layka Karpel

*These are like little cakes. Delicious warm with some ice cream on the side. Equally delicious cold!*

## INGREDIENTS

8 oz sour cream  
1/2 lb unsalted butter or 7/8 cup vegetable  
oil  
3 eggs  
2 cups white sugar  
3 tsp baking powder  
3 1/2 to 4 cups all purpose flour  
4 to 5 Tbsp cocoa  
1 tsp vanilla

## PROCEDURE

- 1 Preheat oven to 350°F.
- 2 Mix together first 5 ingredients.
- 3 Add cocoa.
- 4 Mix in vanilla.
- 5 Add enough flour until mixture "plops" (about 3 1/2 cups) put on a greased cookie sheet - drop 1 large tablespoon per cookie - it will spread.
- 6 Bake for 10 to 20 minutes.



Toba, Meyer, Zaidy, Edith, Bubby with her arms around Marilyn and Howie, Simcha, Irma, Carol and Rex in football pose in front.

# Howie's Chocolate Truffles

Submitted by: Howie Pell

A story about these from Rose: Howie made his first truffles about 15 years ago, when I was teaching at Wilfred Laurier University. One cold February, when all my students on "reading week" were in the sunny south "reading", I was slaving away marking their mid-term essays. When I had reached about paper number 120 of 150, Howie came upstairs with a surprise for me. He presented me with a huge, golf-ball sized hand-made Grand Marnier truffle. It was massive. I ate every bite. I marked the remaining 30 papers in record time.

## INGREDIENTS

250 g semi-sweet chocolate  
80 ml whipping cream  
22 ml icing sugar  
4 to 5 Tbsp Grand Marnier (this will vary with the chocolate)  
1 Tbsp grated orange rind  
400 g dark chocolate for the coating (sub cocoa or icing sugar only if serving them immediately)



Rose and Irma

## PROCEDURE

- 1 Melt the chocolate in a double boiler.
- 2 Mix in whipping cream slowly.
- 3 Gradually stir in Grand Marnier one spoon at a time. Keep adding until mixture is thick enough for you. 5 tablespoons is probably the maximum - mix in orange rind. Set aside to cool.
- 4 When cool enough to work with, make small balls of the mixture (about 1 heaping teaspoon) and set aside.
- 5 Melt and temper dark chocolate in small batches. Drop balls into melted dark chocolate and thoroughly coat. I use stainless steel chopsticks to manipulate them.
- 6 Set them on waxed paper to cool. Do not refrigerate but they keep in a cool dark place for a week or so.

### Variations

- 1 Sub your favourite liquor or mix orange and candied ginger.
- 2 My absolute favourite is to omit liquor and orange from above and slowly add 22 ml of Tabasco sauce. This gives the chocolate a citrus essence with a bit of a bite.

### TIPS AND NOTES

It is all in the chocolate - buy the best you can get.

# Did Somebody Say CHOCOLATE?

From the kitchen of Abbey-Lara Sugarman!

Tell your mom or Bubby that you want to make your very own chocolate bon bons! It's easy and the best part is you get to lick the bowl!! Yum Yum!

## INGREDIENTS

1/2 cup heavy cream (whipping cream)  
300 g of semi-sweet chocolate chips  
1-2 Tbsp Grand Mariner, Kahlua or Bailey's,  
optional for adults only!  
1/2 cup cocoa powder for decoration  
coloured sprinkles for decorating  
1/2 cup sweetened coconut for decorating

### Equipment

Sauce pan  
Metal whisk  
Measuring cup  
Plates to put the sprinkles on for rolling  
Cookie sheet with wax paper

## PROCEDURE

- 1 Get an adult to do this step as it is dangerous! Place the heavy cream in a sauce pan over high heat until it comes to a slight boil and then remove it from the stove. Immediately drop in the chocolate chips being careful not to burn yourself! Beat vigorously with a metal whisk until well blended.
- 2 For the adults this is the time to add your favourite liqueur a little at a time until you get the right consistency and taste.
- 3 Now back to the kids!! Here's the second best part of making these little bundles of goodness! The number one best part in the whole wide world is eating them! Take a small amount of the mixture about the size of a BIG marble and start rolling it in your hands to form a ball. Then you roll them in your favourite toppings. Place them on the lined cookie sheet and place them in the fridge until they become hard; the bon bons can be frozen too!
- 4 Serve at room temperature with a glass of milk and your friends!!



# Bonbons avec patate de maman - Maman's Potato Candy

Submitted by: Madeleine Lafrenaye

Source: Berthe Lafrenaye

From Sylvain: Fond memories of visiting my grandmother. These little candies were always out for us to eat.

## INGREDIENTS

1 potato, large, boiled  
icing sugar  
peanut butter



Madeline Lafrenaye (Sylvain's mom). Her mom, Berthe, passed down the potato candy recipe

## PROCEDURE

- 1 Mash potato. Add enough icing sugar to obtain a firm dough.
- 2 Slowly stretch out the dough using a rolling pin. Cover with peanut butter.
- 3 Roll dough into a log and refrigerate for 1 hour.
- 4 Cut in rounds.
- 4 That's it. Bon appétit!

# Pâte à tarte de Mado - Mado's Pie Dough

Submitted by: Madeleine Lafrenaye

## INGREDIENTS

- 1 1/2 cups vegetable shortening (Crisco)
- 3 1/2 cups all purpose flour
- ice water
- 4 ice cubes

## PROCEDURE

- 1 By hand, mix together the flour, salt, a few tbsps of ice water and the ice cubes. Continue to add ice water until the mix forms a ball.
- 2 Gradually add flour until the dough no longer sticks to your fingers.
- 3 Remove ice cubes and roll out dough for your recipe.
- 4 Bon appétit!



Mado and her youngest grandchild, Jessica

# Pet de soeurs - Nun's Farts

Submitted by: Madeleine Lafrenaye

## INGREDIENTS

1 recipe Pâte à tarte de Mado - Mado's pie  
dough  
brown sugar  
melted butter

## PROCEDURE

- 1 Roll the dough out thinly.
- 2 Cover with melted butter.
- 3 Sprinkle a thin layer of the brown sugar over the buttered dough.
- 4 Roll the dough into a log and cut in 1 inch rounds.
- 5 Place the rounds in a baking dish, they should be tightly packed.
- 6 Bake in center of oven at 350°F for 30 minutes.
- 7 Bon appétit!



Mado with Justin when he was a little fart

# Pavlova

Submitted by: Paula Abramczyk

Source: Rhona Abraham

Great for Passover and all year round.

## INGREDIENTS

6 egg whites

1/2 tsp cream of tartar (for Passover use  
3 tsp of potato starch)

500 ml whipping cream (pareve or dairy)

1 1/2 cups sugar

2 cups mixed berries (or more)

2 bananas (optional)



A pyramid of cousins: Avery, Dylan, Justin, Benjamin, Erin and Chelsea

## PROCEDURE

- 1 Preheat oven to 300°F. Line a cookie sheet with parchment paper.
- 2 Beat egg whites until foamy.
- 3 Add cream of tartar (or potato starch) and sugar. Beat until stiff.
- 4 Turn oven down to 275°F.
- 5 Spread egg white mixture on pan and bake on middle rack for 60 minutes. (Make sure you watch the meringue so it does not burn. Colour should be light brown.

Before serving:

- 1 Beat whipping cream until stiff.
- 2 Spread whipping cream over cooled meringue.
- 3 Spread berries (and bananas) over meringue.
- 4 Slice, serve and enjoy!

## TIPS AND NOTES

Will serve at least 10. You can use any type of whipping cream. Try to stay away from Cool Whip as it gives it a different flavour. Use your favourite berries (strawberries, blackberries, raspberries...you get the picture).

# Roly Poly Dough

Submitted by: Judy Pell

Source: Betty Laxer

## INGREDIENTS

3 eggs, extra large  
3/4 cup oil  
1 cup sugar  
1/4 cup orange juice  
1 tsp orange rind, grated  
3 1/4-3 1/2 cups flour  
3 tsp baking powder

## PROCEDURE

- 1 Combine dry ingredients. Make a well in center.
- 2 Add oil, juice and rind. Drop in eggs 1 at a time and mix with fork until flour disappears.
- 3 Knead in 1/2 cup flour.
- 4 Divide in three.
- 5 Roll out, spread with nuts, raisins, jam, coconut, Turkish delight, cinnamon, etc. Turn in ends first and roll up.
- 6 Put on greased pan.
- 7 Bake at 375°F for 30 minutes.

# Beignes à l'ancienne - Old-Fashioned Doughnuts

Submitted by: Madeleine Lafrenaye

From Sylvain: Served warm (not an obligation) with a cold glass of milk after returning from skating outside - "Que de souvenirs!" They are just as good during the summer.

## INGREDIENTS

1 1/2 Tbsp butter  
1 cup sugar  
3 eggs  
1 1/2 cup milk  
3 1/4 cup flour  
4 tsp baking powder  
1/2 tsp nutmeg  
oil for frying

## PROCEDURE

- 1 Mix flour, baking powder, salt, nutmeg.
- 2 Cream butter.
- 3 Add sugar and eggs. Mix well. Incorporate dry ingredients alternating with the milk.
- 4 Refrigerate dough for 4 to 6 hours. This step is very important.
- 5 Roll the dough to 1/3 inch thickness. Cut the dough as you like and fry at 190°C until golden, turning doughnuts once during cooking.
- 5 Drain and keep in a cool place.

## TIPS AND NOTES

Mado fries in a very deep frying plan (or heavy-bottomed Dutch oven) filled about 1 1/2 to 2 inches deep with oil. It goes without saying, but never ever leave the frying pan unattended. Let the phone ring and the doorbell chime, but stick by that pan.

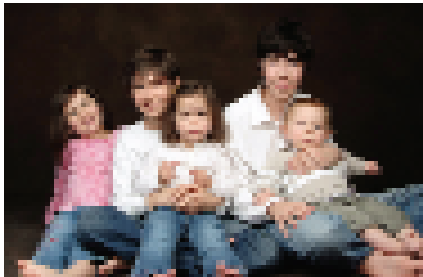
# Maple Syrup Fondue

Submitted by: Francine Pell

A great alternative to chocolate. Somehow it tastes less sweet. Bananas are always best for dipping, but berries, apples and orange slices are great too.

## INGREDIENTS

1 cup heavy cream (35%)  
1 cup pure maple syrup  
1 Tbsp cornstarch  
water



Cousins: Justin, Benjamin, Allie, Julia and Oscar

## PROCEDURE

- 1 Bring maple syrup to a boil.
- 2 Turn down heat, add cream, and wait until small bubbles just come to surface.
- 3 Use just enough water to dilute cornstarch. Add to maple syrup / cream mix and stir until thickened.
- 4 Serve in a fondue pot with lots of fruit, especially bananas!

## TIPS AND NOTES

If you have leftovers, refrigerate and use as a spread on toast in the morning. Completely decadent.

# Sucre à la crème - Caramel Fudge Quebec Style

Submitted by: Madeleine Lafrenaye

## INGREDIENTS

- 3 cups brown sugar
- 1 1/2 cups cooking cream, 35%
- 1/4 lb butter
- 1 lb icing sugar
- 1 cup chopped nuts (optional)

## PROCEDURE

- 1 Combine brown sugar, cream and butter and bring to boil.
- 2 Immediately reduce heat to medium and simmer for 5 minutes. Remove from heat.
- 3 Add icing sugar and mix to incorporate. Add chopped nuts to taste.
- 4 Pour into greased baking pan. Cool until hardened and cut into squares. Do not refrigerate.



Mado with her grandchildren Michael and Jessica (Sylvain's sister's children)



# Pouding chômeur - Poor Man's Pudding

Submitted by: Madeleine Lafrenaye

Literally, this translates into *unemployed guy's pudding*...

## INGREDIENTS

### Pudding

- 1 1/2 cups flour
- 1 1/2 tsp salt
- 3 tsp baking powder
- 1/2 cup sugar
- 1 cup milk

### Sauce

- 2 cups brown sugar
- 1 cup water
- 1/2 tsp vanilla

## PROCEDURE

- 1 Mix together all dry ingredients. Add 1 cup milk. Pour into 9"x13" pan.
- 2 For the sauce: Mix together brown sugar, oil and vanilla and boil for a few minutes. Cool slightly and pour into pan over pudding.
- 3 Bake at 350°F for 30 minutes.
- 4 If a fork comes out dry, the pudding is ready.



In order: Suzanne (Sylvain's sister), Mado, Doris and spouse, and a much younger version of Sylvain and Francine

# Uncle Moe's Favourite Rice Pudding

Submitted by: Judy Berman

Source: her mother-in-law, Rose Berman

This recipe was a staple in the Berman household. Although Aunt Rose called it rice 'pudding', in reality it is probably a rice kugel.

## INGREDIENTS

1/2 cup long grain white rice  
3 eggs, beaten  
1/3 cup sugar  
1 Tbsp vanilla  
1/4 cup raisins  
2 1/2 cups milk  
2 Tbsp butter or margarine, melted

## PROCEDURE

- 1 Prepare rice according to package directions. Add remaining ingredients. Pour into greased, square Pyrex pan.
- 2 Sprinkle with cinnamon and/or nutmeg.
- 3 Serves 6 – 8.
- 4 Bake at 325°F for 45 – 60 minutes.
- 5 Be careful not to over bake.



Moe Berman and his mandolin

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