Jewish Holiday Recipes

Compiled by: Trisha

Introduction

A growing collection of favorite Jewish holidy recipes.

Chicken soup with Matzoh Balls

Description

Mimi's soup is better than any chicken soup and matzoh balls at any Jewish deli, anywhere! Suitable for the **Passover Seder**, any Jewish holiday, or any time you have a craving for homemade chicken soup and matzoh balls.

Ingredients

- 1 whole chicken, 4 to 5 lbs
- 3 qts water
- 1 tsp salt
- 4 stalks celery with leaves
- 4 cloves
- 2 med brown onions (stick 4 cloves inside onions)
- 4 sprigs fresh dill
- 1 leek
- 4 peeled carrots
- 3 peeled parsnips
- 1 bay leaf
- 1 dash salt and pepper to taste
- 1/2 cup matzoh meal
- 3 eggs
- 1 dash cinnamon
- 1 pinch sugar

Instructions

If chicken is whole, cut up, otherwise buy cut-up chicken. Place cut-up chicken(s) including skin, gizzards, neck, back (everything) in stock pot filled with water. Bring to a boil and then reduce heat to a low boil. Boil chicken for 2 to 3 hours.

Remove chicken, de-bone and de-skin. Put chicken meat back into water and add the rest of the ingredients. Cook another 2 to 3 hours at a low boil. Reduce entire stock to about 3 quarts. Should be a strong chicken flavor to taste. You can add 1 to 2 cubes of chicken bouillon to strengthen chicken flavor if desired.

Chill in refrigerator over night.

Mix matzoh ball ingredients. Use a metal bowl (glass bowl OK). Chill in refrigerator over night.

Once chicken stock is chilled, remove layer of congealed fat from top of stock. Remove most of the goodies including all of the chicken out of the stock. Leave some onion, a few carrots, celery, but not too much. You can save what you remove for another soup.

To make the matzoh balls, bring the final chicken stock to a rolling boil. Take a tablespoon and dip in boiling chicken stock to heat spoon. Put spoon in chilled matzoh ball mixture - twirl the spoon. This should put the right amount of mixture on the spoon for one matzoh ball. Put spoon into boiling stock and let matzoh ball float off. Do quickly until all matzoh balls are made. Put lid on pot. Lower heat to simmer and cook matzoh balls for another 20 minutes.

It is best to make matzoh balls just before serving, but you can refrigerate.

Notes

Here is the size for Passover Chicken Soup

3 chickens, 10 lbs total 6 qts water 2 tsp salt 8 stalks celery with leaves 4 cloves 2 large or 2 med brown onions

(stick 4 cloves inside onions) 8 sprigs fresh dill 2 leeks 8 peeled carrots 6 peeled parsnips 3 bay leaf salt and pepper to taste makes 10 servings Double or triple matzoh ball ingredients for Passover

Low-Fat Potato Knish

Description

Knishes are baked or fried pockets of pastry dough made with a variety of fillings. A common feature of Jewish cuisine from the Eastern European region. If you're from New York, you probably know and love a good knish. Here's a low-fat version of a delicious potato knish.

Ingredients

- 6 medium russet potatoes
- 2 1/2 tbsp margarine
- 1/4 brown onion, minced
- 3 tbsp fat-free chicken broth
- 1/2 tsp kosher salt to taste
- 1/8 tsp ground black pepper to taste
- 6 sheets phyllo dough
- 1 tbsp chives, finely chopped

Instructions

1. Peel potatoes, cut in half and boil until tender, about 15 to 20 minutes. When cooked, mash potatoes in a large mixing bowl.

2. Saute onion in 1 1/2 tbsp of margarine until translucent, but not brown. Add onions to mashed potatoes with broth, salt, pepper and chives. Mix thoroughly.

3. Melt remaining tbsp of margarine. Pre-heat oven to 375 degrees.

4. Prepare a layer of 3 sheets of phyllo dough and cut the stack in half. Repeat with the remaining 3 sheets (prepare a second stack of 3 sheets and cut in half).

5. Spoon 1 cup of potato mixture on each section of phyllo, mold into a large ball and postition off-center at one end of the strip of dough. Roll ball along the length of phyllo, folding dough over bottom of filling and leaving some filling poking through the top. Trim and discard any excess dough.

6. Brush melted margarine over edges of knish to seal the seams and press down onto an ungreased baking sheet. Repeat with other 3 knishes.

4. Bake 30 to 40 minutes, until golden brown.

Makes 4 knishes.

Mimi's Potato Latkes

Source: Mimi Pill

Description

Mimi makes some of the best potato latkes anywhere. Enjoy!

Ingredients

- 1 tsp salt
- 2 1/2 qt grated potatoes (#10 baking potatoes - 5lb bag of Idaho)
- 1 tbsp chopped parsley (or 1 tsp fresh chives)
- 1/2 tsp baking powder
- 1 cup flour
- 2 tbsp lemon juice
- 4 eggs
- 4 tbsp chopped onion
- 1 cup Peanut Oil (1/2 in pan)

Instructions

Use a Cuisinart or manual hand grater to grate potatoes to the consistency of slaw or hash browns.
Beat eggs. Mix all ingredients together and put into the refrigerator -overnight or at least 4 hours prior to the meal to set. If potato mixture has too much liquid add a little more flour.
Make sure you press out all the liguid, using cheesecloth or potato ricer before frying
Use a very large frying pan - fill the bottom of pan with 1/4 inch of oil and heat. Oil should reach 365 then test heat of oil by adding a touch of potato mixture - If bubbles (sizzles) form around the potato mixture the oil is ready. If it pops, the oil is too hot.
(optional 1/2 cup of schmaltz)
Using a tablespoon scoop potato mixture into hot oil, flatten potato ball into a patty shape, continue this process until you have filled the frying pan with latkes. As latkes brown on one side (2 minutes), flip over to brown the other side. You want the latkes to be golden brown and cooked through - they'll float off the bottom of the pan. Do not over cook - these are not French fries. As batches complete - take latkes out and drain on paper towels
Serve and cook one batch at a time
If you reheat set convention oven 375 for about 10 minutes
Serve with applesauce, and sour cream

Notes

Serve with sour cream and applesauce Try Trish's chunky applesaucerecipe!

Mrs Mogs Passover Cake

Source: Trisha

Description

Not always easy to find desserts and cakes for Passover that also tasty.

Ingredients

- 8 eggs
- 1 cup sugar
- 1/2 cup cake meal
- 1/2 cup potato flour
- 1/2 cup orange juice
- 1/2 rind of lemon
- 1/2 rind of orange

Instructions

Separate eggs (yolks and whites)

Split sugar (1/2 cups)

Beat 1/2 cup of sugar with egg yolks add juice and rind alternately with dry ingredients. (Cake meal and potato flour)

Next - Beat egg whites with sugar and fold into cake mixture above.

Place combined mixture into an UN-greased cake pan and bake in a 325 degree oven for 1 hour

Spicey Sweet Potato Latkes

Source: Adapted from Care2.com who adapted from Hollyhock Cooks

Description

Spicy sweet potato latkes - a new twist on an old tradition...

Ingredients

- 1/2 tsp cumin seeds
- 4 eggs
- 5 cups grated sweet potatoes
- 1 tbsp smoked paperika
- 1 cup fresh chopped cilantro
- 3 tsp red chili pepper or jalepeno
- 1 tsp salt
- 1 tsp pepper
- 1 pt fat free yogurt - garnish
- 1 cucumber - garnish

Instructions

1. Small fry pan toast cumin seeds

2. In medium mixing bowl whip the eggs then mix in remaining ingredients including toasted cumin seeds.

3. In a large heavy - bottomed skillet and oil lightly. Drop batter by spoonfuls into pan and cook slowly on each side until cakes are very golden (about 12 minutes per side depending on size).

Notes

Makes 12 small cakes Serve with a teaspoon of greek style fat free yogart and a slice of cucumber as garnish...

Trisha's Chunky Applesauce

Source: Trisha

Description

Here's a lively version of applesauce. It will perk you up!

Ingredients

- 10 tart apples (granny smith)
- 3 oranges
- 1/2 cup raw sugar
- 2 tsp ground cinnamon
- 2 tsp unsweetened cranberries (or substitute raisins)
- 2 tsp grated lemon zest

Instructions

Peel, core and chop apples into 1 inch chunks Juice oranges (1 cup) Using a heavy saucepan combine apples and orange juice cook about 10 minutes or until apples soften. Stir in sugar, lemon zest, cinnamon and cranberries and cook uncovered for 20 minutes - you want the apples to remain chunky. Serve warm or refrigerate to serve chilled.

Notes

Makes about 4 - 5 cups Will keep in referigerator 2-4 days