

RABBI COOKS ROSH HASHANAH COOK ALONG

'DATE DROP' NEW YEAR BABY PANCAKES

Ingredients:

½ cup	white flour
½ cup	whole wheat flour
1.5 tsp	baking powder
½ tsp	salt
½ tbsp	honey or sugar
2	small eggs separated
1 cup	milk or soy milk
½ cup	oil + a few tbsps for cooking
4	dates roughly chopped

Method:

1. Beat milk, oil and honey together then add yolks
2. In another bowl mix flour, baking powder and salt together
3. Sift flour mix into wet mix and beat in
4. In a clean bowl beat egg whites into stiff peaks
5. Mix whites in and beat some more until blended
6. Leave batter to rest, the longer the better
7. Heat frying pan on a medium light, add a tbsp of oil for each pancake as needed. Never allow oil to get too hot or smoke. Slowly spoon in approximately 2 large tablespoons of batter which should form pancake roughly the diameter of your knuckle. As you spoon in the batter throw in a few pieces of date into the centre of the batter.
8. Cook on both sides and serve with fruit, ice cream and some maple syrup.

GRANDMA KIM'S 'TOO TASTY' HONEY CAKE

3	Eggs
275g	Self-raising sifted flour
½ pint/ 280ml	Corn oil
½ pint/ 280ml	Boiling water
½ pint/ 280ml	Golden syrup
225g	Caster sugar
1 tsp	Ground ginger, cinnamon, mixed spices
½ tsp	Baking powder
1 tsp	Bicarbonate of soda
2 tsp	Coffee added to the boiled water

Method:

1. Heat oil and golden syrup together
2. Mix, flour, baking powder and spices altogether
3. Mix eggs & sugar
4. Alternate the adding of dry ingredients with heated oil and golden syrup
5. Add boiling water and bicarb
6. Finally add coffee mixture
7. Line two tins 23cm x 13cm with baking paper divide between the tins (around 750g per tin)
8. Cook at 160 degrees centigrade / 20 Fahrenheit for about 50 mins

APPLETASTIC ROSH HASHANAH CAKE

300 ml sunflower oil or margarine
1 ½ cups honey or sugar
3 eggs
400g white sifted flour
4 apples cut into cubes (pears also work well)
½ tsp ground cinnamon
1 ½ tsp baking powder
A dash of boiling water if mixture is too thick

Method:

1. Mix oil and honey
2. Beat in eggs with whisk
3. Sift in flour with cinnamon and baking powder
4. Mix well until ingredients are all combined
5. Add chopped fruit
6. Mix well and add a little hot water if needed
7. Pour into two tins, bake at 190 degrees centigrade / 375 Fahrenheit for 30 minutes covered with foil and then uncovered for a further 30 minutes or until a clean knife inserted comes out (almost) clean.