



WNSCI
SISTERS IN THE
SUKKAH
COOKBOOK
OCTOBER 2020



Women of
NORTH SHORE
CONGREGATION
ISRAEL

The Story of This Cookbook

For many years, Women of North Shore Congregation Israel have welcomed Sukkot with our pot-luck celebration, Sisters in the Sukkah. We each bring our favorite luncheon dish to share and, weather permitting, we eat in the sukkah. And then, led by Rabbi Lisa Greene, we all shake the lulav and the etrog.

Because of the coronavirus pandemic, 2020 has required us to change the way we celebrate. This year we still enjoyed each others' company via Zoom. We talked about the meaning of Sukkot, and Rabbi Greene shook the lulav and etrog on our behalf.

Since we couldn't have a pot-luck lunch, we decided to compile a cookbook of our favorite recipes. We hope to meet again soon, in person, in the sukkah. In the meantime, please enjoy these recipes.

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German Herring Salad

Submitted by Lilli Greenebaum

The following is one of my favorite recipes. Portions are for an entree or could be used as a side dish or appetizer in smaller quantities.

INGREDIENTS

3 Matjes or Schmalz herring (It's possible to use Vita herring in wine sauce because the herring fillets are difficult to find in the USA)
2-3 medium Beets or 1 small bottle baby beets
1 Onion
2 lbs. red Potatoes, cooked until done but still firm
1 large dill pickle or 2 Gherkins and some juice
3 tart Apples
1/4 lb. veal, cooked (may be optional)
Capers (optional)

DIRECTIONS

Wash and soak herring overnight to remove salt and debone if not from the jar.
Cut everything into small cubes.
Add to dressing and refrigerate overnight to increase flavors.

DRESSING

5 Tbls. Cider Vinegar
2 1/4 Tbls. Sugar
2 1/2 Tbls. fresh Lemon juice
5 Tbls. Olive Oil
2-3 Tbls. Mayonnaise

DIRECTIONS

Heat sugar in vinegar to melt sugar completely.
Mix in the remaining ingredients and add to the salad.

Gluten-Free Apple Crisp Cookie Cups

Submitted by Deb Cohen

I always bake for the holidays. Zucchini Bread is always a staple but this year I decided to make something different and found the following delightful recipe.

INGREDIENTS

1 1/4 c. brown sugar (divided)
3/4 c. granulated sugar (divided)
2 sticks unsalted butter, softened (plus more for cooking apples)
2 eggs
1 tsp. vanilla
1 1/4 c. oat flour (original recipe called for regular flour, I used oat flour to keep the crisp gluten free)
1 3/4 c. rolled oats
1 tsp. baking powder
1/2 tsp. ground cinnamon
1/2 tsp. kosher salt
6 Granny Smith apples, peeled, cored and finely chopped
2 tsp. cornstarch
1/2 tsp. ground nutmeg
1/2 tsp. ground cinnamon

DIRECTIONS

Preheat oven to 350 degrees F.

In a large mixing bowl, combine butter, 1/2 cup granulated sugar and 1 cup brown sugar. Beat with hand mixer until light and fluffy. Add eggs and vanilla and mix until evenly combined. Add flour, oats, baking powder, cinnamon and salt and stir until just combined.

Spray 2 regular sized muffin tins with cooking spray. Using a medium ice cream scoop, scoop dough into muffin tins, press down with a spoon to create cups. Bake for 15-20 minutes until the cookie cups are golden brown and set. (Don't worry if the cookie cup centers rise!)

While the cookies are still warm, make the cups. Spray the bottom of a small shot glass with cooking spray and press the shot glass down into the center of each cookie to create cups. Let cool in pan for 15 minutes, then transfer to wire cooling racks.

Meanwhile, melt about 2 tablespoons butter in large nonstick skillet over medium-high heat until beginning to brown. Add apples and sauté until beginning to soften. Add the remaining sugars, nutmeg, cinnamon and cornstarch and cook until soft and caramelized.

Spoon the apple filling into the cups. Serve warm or at room temperature. I found I should leave the apple out of the cups until ready to serve. The cookie cups get soggy otherwise.

Helen's Fruity Bread Pudding

Submitted by Helen Solomon

I'm always looking for recipes that satisfy my sweet tooth without doing too much damage to my weight. Because there's so much fruit, you don't need much sugar. This is my own recipe, which has become my Sunday morning treat as I watch the Sunday news shows. After all, you can't watch those programs without giving yourself some sort of treat. I use 35-calorie bread and stevia, but even if you use regular bread and sugar, this is a very healthy recipe. My go-to fruit is apples, but I use whatever I have around the house (peaches, plums, berries, pears) and usually use two different kinds of fruit.

Four nice-sized servings

INGREDIENTS

a few spritzes of Pam (I use olive oil in a spray bottle)
2 eggs
1 cup Greek yogurt (I use nonfat)
a dash of salt
1 t cinnamon
½ t ginger
1 t sugar or equivalent sweetener
zest of lime or orange (optional)
2 pieces of bread, diced in 1-inch pieces (challah works well)
2 – 3 cups of fruit, diced (I leave the skin on)

DIRECTIONS

Preheat oven to 350 degrees F.

Spray an 8" x 8" pan.

Combine egg, yogurt, spices, sweetener. Add bread, and then fruit.

Place mixture in pan. Bake for 40 minutes or until custard looks dryish and top browns.

Cool for 15 minutes before serving. Hint: Do a crossword puzzle or something so you don't accidentally eat it before it has time to set.

Malai

Submitted by Karen Kohn

Adapted from Joan Nathan. This is a sweet cornmeal and cheese dish, something like blintzes. Good for breakfast, or anytime! It is a Romanian Jewish favorite.

INGREDIENTS

8 Tbl. Unsalted butter (1 stick), melted
4 large eggs, divided
2/3 cup sugar, divided
¾ cup milk
¾ cup cornmeal
¾ cup flour
½ tsp salt
2.5 tsp baking powder
1 lb ricotta cheese
1 lb cottage cheese
1 Tbl vanilla extract
Berries or preserves (optional)

DIRECTIONS

Preheat oven to 350 degrees F.

Grease a baking dish (8 ½ x 11) with a little of the melted butter.

In a bowl, mix well the melted & slightly cooled butter, 2 eggs, 1/3 cup sugar and milk. Gradually fold in cornmeal, flour, salt and baking powder and set aside.

In another bowl, mix the ricotta cheese, cottage cheese, 2 eggs, 1/3 cup sugar, vanilla.

Spoon half the cornmeal mixture into the greased baking dish. Pour all the cheese mixture on top. Spoon and spread the remaining cornmeal mixture over the cheese.

Bake for 45-50 minutes, until golden brown and set.

Serve warm, or at room temperature. Top with strawberries, raspberries, or a berry jam if desired.

Tuna and Caper spread with Cucumbers

Submitted by Jaqueline Marcus

Description:

This recipe is important to me. I grew up eating a lot of tuna because my mother loved it.

I now recommend organic and wild in moderation (due to mercury content). Tuna still remains an important source of relatively inexpensive protein that appeals to many tastes.

This recipe is more savory than fatty or sweet--how many tuna preparations generally taste. Modifications are provided.

Tuna is a convenient protein food that can be found in individual portion sizes in pouches or cans in prime fillet solid white albacore tuna in water, solid white albacore tuna in water, chunk light tuna in water and chunk light tuna in oil varieties.

Other types of packaged tuna include tuna with chipotle and olive oil, jalapenos and olive oil, sun-dried tomatoes and olive oil, omega-3 prime fillet, pesto and olive oil, ginger, soy and olive oil and very low sodium varieties—to suit a variety of tastes and nutritional needs.

Basic tastes:

This recipe blends the briny taste of tuna with salty capers, anchovies and sun-dried tomatoes with a jolt of red pepper. Lemon lends freshness. Cucumbers and whole grain crackers provide texture through their crunch. A softer option may be sliced zucchini with rice crackers that seem to “melt” rather than crunch.

Featured ingredient: Sun-dried tomatoes

Sun-dried tomatoes add umami to recipes since tomatoes are naturally high in glutamate that increases during the drying process. Sun-dried tomatoes that are dry generally need rehydrating in liquid, such as water or oil, with or without herbs and spices. Then they can be used whole, chopped or minced as they do not require further cooking and add color, taste and texture to recipes. Though sun-dried tomatoes tend to be high in sodium, a small amount is all that’s needed for these flavor-enhancing measures.

INGREDIENTS

1 can (5 ounces) tuna, packed in oil

¼ cup fresh parsley, chopped

2 teaspoons capers, drained, rinsed, dried and chopped

2 anchovies, minced

1 teaspoon sun-dried tomatoes, packed in oil and minced

1 teaspoon fresh lemon juice

1/8 teaspoon red pepper flakes

1/8 salt

1/4 teaspoon freshly ground black pepper

Fresh cucumbers, multi-grain crackers and lemon wedge, for serving, if desired

DIRECTIONS

Place tuna and oil into a medium-sized bowl.

Flake tuna and mix with oil.

Add remaining ingredients to tuna-oil mixture and mix until desired consistency.

Serve with fresh cucumbers, lemon wedge and multi-grain crackers.

Yield and serving size:

Makes 6 (1/4-cup) servings, 2 tablespoons each

Nutrient analysis:

72 calories, 38 calories from fat, 3 g total fat, 0.7 g saturated fat, 12.4 mg cholesterol, 1.2 g carbohydrates, 0.3 g fiber, 9.8 g protein, 553 mg sodium

Substitute Ingredients:

This recipe can be made with other canned fish, such as mackerel, salmon or sardines. Replace the capers and sundried tomatoes with pimento stuffed green olives. Use one-half to 1 teaspoon of anchovy paste, or eliminate the anchovies and add a few drops of Worcestershire sauce.

Optional Ingredients:

To add another element of texture, some finely minced onion and/or celery may be added. The finer the texture, the easier to chew and the more the tastes and textures merge.

Recipe Variations:

Serve a mixed green salad with a scoop of Tuna and Caper Spread to create a small-sized salad, or add chopped or steamed vegetables and a hard-boiled egg for an entrée-sized salad.

Why Capers?

Capers are the unopened buds of a Mediterranean shrub. They are usually pickled and often salted—sometimes heavily, which requires rinsing. When used in small amounts, capers help to provide a salty note without adding too much extra salt. Plus, their green color and chewy texture adds interest to bland-looking and dull-tasting tuna spread. Large capers may be tougher, more acidic and/or stronger in flavor. Chopped olives may be used in place of capers. Fresh or dried thyme contributes an earthy, pungent flavor, too.

From: *Aging, Nutrition and Taste: Nutrition, Food Science and Culinary Perspectives for Aging Tastefully* (Elsevier, 2019) by Jacqueline B. Marcus, MS, RDN, LDN, CNS, FADA, FAND. Permission to reprint must be granted by author.

Sonya “Bubbie” Dillon’s Apple Kugel Recipe

Submitted by Karen Dillon

It is from my mother-in-law, who at 90 is still a fabulous cook! We ate this Apple Kugel dish when we were there for Rosh Hashanah and it was apple-solutely delicious!!

INGREDIENTS

9 granny smith apples
½ cup sugar
1 cup all-purpose flour
3 large eggs
¾ cup Canola oil
1 tsp baking powder
2 pkts vanilla sugar or 1 TBL vanilla flavoring
1 12 oz. jar apricot preserves
Cinnamon

DIRECTIONS

Preheat oven to 350 degrees F.

Grease 8 ½ x 11” baking dish.

Peel and core apples. Cut them in quarters, and then slice thinly

Combine in mixing bowl – sugar, flour, eggs, oil, baking powder and vanilla and mix thoroughly. (She uses a hand mixer.)

Place cut apples in the prepared pan.

Spread apricot preserves with a rubber spatula over the apples.

Pour the mixed ingredients over this, spread evenly.

Sprinkle with cinnamon.

Bake uncovered for 1 hour.

Sweet Potato Tsimmes with Pineapple

Submitted by Fran Morof

My family loves this specific Tsimmes! I have made this every year for Sukkot. It is a bit sweeter than the usual which makes it yummy. It works great for Thanksgiving too .From Joan Nathan's Jewish Holiday Cookbook.

INGREDIENTS

4 Sweet Potatoes
2 Tbl butter or parve margarine
1 8oz can crushed pineapple, undrained
½ tsp salt
1 Tbls brown sugar
Paprika or marshmallows

DIRECTIONS

Boil sweet potatoes in water to cover in their skins until cooked. When done, cool, peel and mash. Stir in butter or margarine followed by the pineapple, salt and brown sugar. This recipe can be prepared ahead of time up to this point.

Preheat oven to 400 degrees and grease a medium casserole.

Spoon in the mixture. Heat 15 minutes.

Remove from oven and either sprinkle with paprika or, for a sweeter taste, place the marshmallows on top, pressing gently into the sweet potatoes, and cook 10 minutes more, or until marshmallows are golden brown.

Asian Chicken Salad W/Ancient Grains

Submitted by Mimi Horowitz

INGREDIENTS

1 c quinoa
1 c farro
4 c chicken or vegetable broth
1/2 tsp salt

x

2 (or more) c diced cooked chicken (I use chicken leftover from soup! This is a great way to enjoy these leftovers!)
1/4 lb thinly sliced mushrooms
1 c snap peas, cut into bite size pieces
1 c snow peas, cut into bite size pieces
3-4 green onions, sliced into small pieces
1 c shelled edamame, thawed if frozen

1/4 c sesame (or light olive) oil
1/4 c rice wine vinegar
2-4 Tbsp brown sugar, taste til it's as sweet/tangy as you wish
2 Tbsp soy sauce

DIRECTIONS

Place the quinoa, farro, broth and salt in pot, simmer until tender and broth evaporates. You may need to add a small amount of broth/water as it cooks, if needed. Take off flame and let cool.

Toss cooked chicken, mushrooms, snap peas, snow peas, green onions and edamame all together.

Pour oil, vinegar, brown sugar and soy sauce in a jar w/lid, shake well. Adjust dressing ingredients until it's to your preference.

In a large bowl, place grains, chicken veggie mix. Toss lightly and then toss in dressing.

Chill for several hours prior to serving. Serve slightly chilled or at room temp. Feel free to toss in some lightly toasted sliced almonds!

Enjoy!

Butternut Squash Soup

Submitted by Diane Moore

As you may know, I am not the best cook so when I want to make something good and be sure it will turn out well, I always go to the Barefoot Contessa, Ina Garten. I love this recipe for butternut squash soup for autumn. Sometimes I eliminate the curry and add sliced parsnip to make the soup sweeter. This makes enough for 6 people. It also keeps very well in the freezer, and in fact it gets better with age.

INGREDIENTS

2 tablespoons unsalted butter
2 tablespoons good olive oil
4 cups chopped yellow onions (3 large)
2 tablespoons mild curry powder
5 pounds butternut squash (2 large)
1 1/2 pounds sweet apples, such as McIntosh (4 apples)
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
2 cups good apple juice or cider

DIRECTIONS

Warm the butter and olive oil in a large stockpot over low heat. Add the onions and curry powder and cook, uncovered, for 15 to 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot.

Peel the squash, cut in half, and remove the seeds. Cut the squash into chunks. Peel, quarter, and core the apples. Cut into chunks.

Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, then cover, reduce the heat to low, and cook for 30 to 40 minutes, until the squash and apples are very soft. Process the soup through a food mill fitted with a large blade, or puree it coarsely in the bowl of a food processor fitted with a steel blade.

Pour the soup back into the pot. Add the apple juice and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Check the salt and pepper and serve hot.

Easy Chicken Salad

Submitted by Cecile Levy

INGREDIENTS

1 Costco Chicken - White meat only (no skin) cut up into small pieces
Mayonnaise (Light is good)
Celery cut up into small pieces (2-3 stalks)
Grapes (Seedless Purple) cut in half
Whole Pecans from Costco broken into small pieces

DIRECTIONS

Mix everything together. Uses amount of mayonnaise, celery, grapes, and pecans according to taste..

Mushroom Barley Soup

Submitted by Judy Wexler

One of my favorite fall & winter recipes--healthy & delicious (and easy)!

INGREDIENTS

4 cups vegetable broth
1 T minced garlic
12 oz. sliced mushrooms
1 cup diced onion
1 ½ cups diced carrots
1 cup diced celery
½ cup pearl barley
¾ t dried thyme
1 t dried rosemary
2 t salt

DIRECTIONS

Saute the onion and garlic in oil for about 5 minutes--until onion starts to brown.

Combine all ingredients in a pot and bring to a boil.

Then, cover and simmer for 1 hour. ...

Cinnamon Coffee Cake

Submitted by Eileen Weil

This is my Go To Recipe...go to break the fast, go to b'nai mitzvah, go to shower, go to family gathering, go to pot luck.

Everyone loves this coffee cake. It is sweet and gooey. Your home smells wonderful when it is baked. You need to make it once then everyone will ask you to bring it!

INGREDIENTS

1 pkg. Rhodes frozen dinner rolls.
1/2 cup pecan halves (optional)
3/4 cup melted butter
1 pkg. butterscotch pudding (not instant)
2 tsp cinnamon
3/4 cup brown sugar
1/2 cup white sugar

DIRECTIONS

Preheat oven to 350 degrees F.

Place bundt pan on silver foil on top of a cookie sheet.

Grease bundt pan.

Layer rolls 2-3 deep.

Cover with melted butter.

Add all ingredients to pan one at a time.

Leave uncovered on counter overnight. It will expand

Put cookie sheet in the oven to bake for 30 minutes

Invert onto a platter....]

Not My Mother's Soup, Comfort From a Box

Submitted by Iris Gottlieb

My Mom, Gramma Ann, started cooking soup 95 years ago. She used her memory of her Mom's (Bubbie Frumma) soup. This was when women cooked without a recipe or cook book.

About 3 years ago I began hunting for low cal soups that had the same nourishing effect that my Mom's soup had. We tried soup in cans, dry soups that needed water and even frozen soups. I decided to repeat the same ingredients that Mom used, with short cuts. I sampled every chicken broth in a box and compared the taste and sodium amounts.

I'm here to let you in on a little secret. You can pull off something equally sumptuous as my mother's soup.

INGREDIENTS

4 1-quart boxes chicken broth from Costco

Mirepoix 12 oz, celery, carrots and onions chopped

Chicken Shu Mai (little dumplings) from Trader Joes's freezer section

1 lb Just Chicken – Trader Joe's cooked chicken found in the refrigerator section

Already cooked frozen matzah ball from Trader Joe's

DIRECTIONS

In a 6-quart pot add 4 boxes chicken broth, add the mirepoix of carrots, onions and celery and cook for 20 minutes. The veggies give it a richer taste.

Variation: You can sauté the veggies in tsp of olive oil before adding them to the soup.

The Shu Mai, matzah balls and/or the Just Chicken can be warmed in the microwave and added to the soup or served on the side for a fun garnish.

Rosh Hashana Noodle Kugel

Submitted by Sandy Raphael

Hi! I have a very special recipe that has been in our family for years for Kugel that we generally include for so many holidays... But this one is a recent find and a welcome addition to the fall festivities... I hope you all enjoy!

INGREDIENTS

12 ounces extra wide dried egg noodles

1/3 cup vegetable oil (corn or canola)

4 large eggs

1 cup unsweetened apple sauce

1/3 cup wildflower or clover honey

¼ cup frozen apple juice concentrate

1 tsp cinnamon

¼ tsp ground ginger

¼ tsp nutmeg

3 Jonagold or Gala apples, pared, cored and sliced into thin semicircles (reserve 8 slices for garnish on top of kugel). Note: I used Gala

½ cup golden raisins (optional, I did not use)

¼ cup sugar mixed with ½ tsp cinnamon (for topping)

Nonstick cooking spray or pareve margarine

DIRECTIONS

Preheat oven to 350 degrees F.

Grease a 13x9 inch baking dish with nonstick spray.

Cook noodles according to package directions. Drain but do not rinse. Place in a large mixing bowl. Add the oil and stir gently with a rubber spatula to coat and separate all the noodles.

In a 2-quart mixing bowl, lightly beat the eggs with a fork. Add the applesauce, honey, apple juice concentrate, cinnamon, ginger, and nutmeg and combine.

Using a spatula, add the apple semicircle and raisins (if using) to the egg mixture.

Pour the apple mixture into the noodles. Mix gently, but thoroughly, and pour into prepared pan. Place reserved apple slices down the center of the casserole.

Lightly grease the shiny side of a sheet of foil with nonstick spray and cover the casserole, greased side down.

Bake for 45 minutes and remove from the oven. Uncover, sprinkle with the cinnamon and sugar mixture, and lightly spray with cooking spray or dot with margarine. Return the uncovered casserole to the oven for an additional 15 minutes or until lightly golden.

Balsamic Roasted Brussel Sprouts

Submitted by Deborah Starkman, Author of recipe, Sam Turnbull - It Doesn't Taste Like Chicken

I recently discovered a love of Brussel sprouts due to this recipe! This is a quick, super easy to make, and really tasty recipe!

INGREDIENTS

4 cups Brussel sprouts, cleaned and halved

3 tablespoons olive oil

2 tablespoons balsamic vinegar

1 clove garlic, minced

1/4 teaspoon salt

DIRECTIONS

Preheat oven to 425 degrees F.

Combine olive oil, balsamic vinegar, garlic and salt.

Toss the Brussel sprouts with oil and vinegar mixture.

Spread on a baking sheet and bake for about 15-20 minutes until Brussel sprouts are cooked, and some bits are almost charred.

Zucchini Bread

Submitted by Rabbi Lisa Green

Here's my mom's recipe. Betty Greene's zucchini bread. Feels harvest-Sukkot fitting!

INGREDIENTS

2 cups flour
2 tsp baking soda
¼ tsp baking powder
2 tsp cinnamon
3 eggs
1 cup oil
1 ½ cups sugar
2 cups grated zucchini – grate in a food processor
2 tsp vanilla
1 cup raisins – more if you like

DIRECTIONS

Preheat oven to 350 degrees F.

Sift dry ingredients together (flour, baking soda, baking powder and cinnamon).

Combine eggs, oil, sugar, zucchini, vanilla and raisins together and then add to the dry ingredients.

Bake in a loaf pan (you can use a foil pan) for 1 ¼ hours or until toothpick comes out clean..

