

HOLIDAY RECIPES

YOM KIPPUR

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FOR THIS HOLIDAY WE HAVE A SPECIAL RECIPE, KREPLACH (MEAT DUMPLINGS). AFTER THE FAST, WE USUALLY EAT SOUP WITH KREPLACH.

KREPLACH

THE DOUGH-

- 2 EGGS
- 2 CUPS OF ALL PURPOSE FLOUR
- $\frac{1}{2}$ TEASPOON OF SALT
- 2 TABLESPOONS OF CANOLA OIL
- $\frac{1}{4}$ CUP OF WATER

THE FILLING-

- $\frac{1}{4}$ TABLESPOONS OF CANOLA OIL
- 2 CHOPPED WHITE ONIONS (FINE CHOPPED)
- 300 GR OF GROUND BEEF (COOKED)
- SALT AND BLACK PEPPER TO TASTE

TO MAKE THE DOUGH -

COMBINE ALL THE INGREDIENTS IN A BOWL AND KNEAD IT UNTIL THE DOUGH IS SMOOTH. SPRINKLE SOME FLOUR TO CREATE A WORK SURFACE. SHAPE THE DOUGH INTO A BALL AND LET IT REST ON THE WORK SURFACE, COVERED WITH A TOWEL, FOR 30 MINUTES.

TO MAKE THE FILLING -

HEAT THE OIL IN A PAN. WHEN IT'S HOT, FRY THE ONIONS TILL THEY ARE SOFT. THEN COMBINE THEM WITH THE MEAT IN A BOWL, ADD SALT AND BLACK PEPPER (TO TASTE) AND LET THE MIXTURE COOL TO ROOM TEMPERATURE.

PACKING THE KREPLACH -

DIVIDE THE DOUGH INTO TWO EQUAL PARTS. FLATTEN EACH HALF WITH A ROLLING PIN UNTIL YOU ACHIEVE A THIN "LEAF" (1/2 CM THICK). USE A GLASS TO CUT OUT CIRCLES OF THE DOUGH (PUT FLOUR ON THE EDGE OF THE GLASS SO IT DOESN'T STICK). IN THE CENTER OF EACH CIRCLE, DOLLOP A TEASPOON OF FILLING. WET THE OUTER RIM OF THE CIRCLE WITH A BIT OF WATER AND FOLD THE CIRCLE IN HALF, SEALING THE FILLING INSIDE. PRESS THE EDGES TOGETHER TIGHTLY.

BOIL A LARGE POT OF WATER (WITH A TABLESPOON OF SALT). AT A ROLLING BOIL, GENTLY PLACE THE KREPLACH INTO THE WATER WITH A LARGE, SLOTTED SPOON AND LET THEM COOK FOR 10 MINUTES. USE A SLOTTED SPOON TO REMOVE THEM ONCE THEY'RE COOKED. SERVE IN A SOUP.

BON APPETIT- יְמִינָה !