

Congregation Beth Shalom presents

Cooking with Holly

As many of you know, I don't usually follow recipes, but Rabbi Nancy thought if some congregants would share some recipes, it might keep us connected and uplifted, so here goes!

A great, easy recipe for lemon curd. Many people have lemons now, and it will make people happy given the gloom that surrounds us. A bit of cheer! Also, a little hint if you squeeze extra lemons and put them in ice cube trays, freeze them and when frozen, keep them in a container to be used any time you need some lemon. Most people already know this, but the extra hint is to first zest the lemon and add that to the juice for extra spark to your dishes.

Microwave Lemon Curd

From Small Batch Preserving by Ellie Topp and Margaret Howard

2-3 lemons  
1/4 cup butter  
3/4 cup granulated sugar  
2 eggs

Zest lemons then squeeze. Measure 1/2 cup into a 4 cup glass measuring cup or other microwaveable container.

Stir in rind, butter and sugar. Microwave, uncovered, on High (100%) 1 1/2 to 2 minutes until butter is melted and mixture is hot.

Beat eggs in a bowl. Gradually add hot lemon mixture to eggs stirring constantly (tempering - I use whisk). Return mixture to microwaveable container and microwave at 50% for 1 to 2 minutes, stirring every 30 seconds until it is thickened. (I have to do it a bit more - 30 seconds more at 50% as my microwave is a bit slow). Do not allow it to boil; mixture will thicken as it cools. Let cool. Store in sealed container when cooled. Refrigerate for up to 2 weeks or freeze for longer storage. Makes 1 2/3 cups. I have never frozen it - 2 guests actually ate it by the spoonful so it has never lasted long enough to freeze!

Everything but the Kitchen Sink Hearty Cabbage Soup

By Me

I made this last night with melted cheese sandwiches for a comforting meal.

I am rationing my garlic so I used a large shallot instead (I got a bag from my CSA box - Farm Fresh to You). But normally I would chop 3 cloves of garlic first. You do that first in order to allow the nutrition of the garlic to coalesce before adding to heat (takes 10 minutes for that to occur after chopping, pressing or smashing according to the book Eating on the Wild Side (very well researched book). Next you cut up a red or white onion, half of a red cabbage, a couple of carrots or any other veggie you have and want to use, also an apple or 2. Mushrooms would be good but I was all out. Sauté the onion, carrot, then, garlic (don't brown). I used a couple of tablespoons of light miso and added that as I had no broth- I usually add a box of No Chicken Chicken Broth or Veggie Broth, but you can add whatever broth you like. Then add a large can of tomato, I used Muir Glen fire roasted and a can full of water. Later I had to add more water. Add the cabbage and some greens - whatever you have (optional). Then I added about 1/2 cup barley and 1/2 cup lentils (could add a can of rinsed beans of your liking (both are optional). Season it to your liking with salt and pepper, and add about 2 Tbsp

of honey. Bring to boil, loosely cover and simmer until barley is cooked - 45 minutes to an hour. Add more seasoning, lemon juice or honey to make it slightly sweet and sour. Be creative!

### Easy Polenta

From the Polenta Bag

1 Cup Polenta  
3 3/4 Cups Warm Water  
1tsp salt  
1Tbsp Butter (could use oil of your choice)

Preheat oven to 350 degrees. Place ingredients in buttered 8 inch square pan. Stir with a fork until blended. Bake uncovered for 50 minutes. Run a fork through it and then bake 10 more minutes. Serve with your favorite sauce. Be creative with this one! I have mixed in pesto, tomato pesto or sun dried tomatoes in oil (then I left out the oil or put in just a little).

ENJOY