



# COMMUNITY COOKING: HIGH HOLY DAY SERIES RECIPES

## GRANDMA SADIE'S MATZOH BALL SOUP

### INGREDIENTS:

#### Soup:

- 1 whole chicken
- bag of carrots
- 3 small whole onions
- 3 stalks of celery, chopped
- 7-10 chicken bullion cubed
- salt
- pepper
- ginger

#### Matzoh Balls:

- 6 sheets matzoh
- 2 onions
- 3 eggs
- matzoh meal
- salt
- pepper
- gound ginger

### INSTRUCTIONS:

#### Soup:

Bring a pot of water with chicken to a boil. Spoon off the white froth that forms. Let boil for 30 minutes. Add in bullion cubes, carrots, salt and pepper, and ginger. Let boil for 1 hour. Remove the chicken. Let boil for 30 more minutes.

#### Matzoh Balls:

Chop onions and fry them in chicken fat from the chicken from the soup. Mix all of the ingredients in a bowl. Make one small ball out of prepared dough. Heat water in a small saucepan and test one matzoh ball. If it floats, after 10 minutes, remove and taste it. If it falls apart, add more matzoh meal. If bland, add salt and pepper to taste. If too hard, add one more egg. Once prepared to liking, make dough into balls and boil them in soup until they rise to the top.

## MELISSA'S LEMON GARLIC CHICKEN THIGHS

### INGREDIENTS:

- 1 lb boneless skinless chicken thighs
- 2 lemons
- 12 cloves of garlic
- Fresh thyme
- salt
- pepper

### INSTRUCTIONS:

- Preheat oven to 425.
- Line baking sheet with tin foil and spray with cooking spray.
- Pat chicken dry with paper towel and season with salt and pepper.
- Place on baking sheet.
- Slice lemons and put 2 slices in each chicken thigh.
- Sprinkle whole garlic cloves throughout.
- Bake for 20-30 min at 425.

## LINDSAY'S ROSH HASHANAH RICE

### INGREDIENTS:

- 1 1/2 tsp salt
- 1 tsp sweet paprika
- 1/2 tsp turmeric
- 1/4 tsp cumin
- 1/8 tsp black pepper
- 4 Tbsp extra virgin olive oil divided, plus 1 teaspoon
- 2 medium size onions, diced small
- 10 dried apricots, quartered
- 6 dried figs quartered
- 1/4 cup dried cherries or raisins
- 1/4 cups pistachios (I use almonds due to allergies)
- 1 cup long grain rice (Basmati or Jasmine)
- Water
- 1 1/2 tsp fresh lemon or orange zest
- 1 cup pomegranate seeds

### INSTRUCTIONS:

- Rinse rice and place in rice cooker with 2 cups of water (or, prepare seasoned rice on the stove top!).
- Add salt, sweet paprika, turmeric, cumin and black pepper. Cook.
- Heat 4 tablespoons of olive oil in a deep, non stick skillet with a lid. Add onions and cook over medium heat for about 20 minutes stirring frequently, adding water 1 tablespoon at a time if necessary, to prevent from burning. Transfer onions to a plate.
- In the same skillet, heat 1 teaspoon of olive oil. Add dried fruit and pistachios (or other nuts) and cook over medium low for 2-3 minutes, stirring frequently.
- Once the rice is ready, fluff it with a fork. Then add onions, dried fruit, pistachios and lemon or orange zest and toss well.
- Right before serving sprinkle pomegranate seeds on the rice.

## MELISSA'S ROASTED ROOT VEGGIES

### INGREDIENTS:

- 1-2 bags baby carrots (I like the rainbow ones)
- 2 turnips, peeled & cubed
- 2 parsnips, peeled & sliced
- 2 sweet potatoes, peeled & cubed
- salt
- pepper
- garlic powder
- \*Honey can be added to this recipe for some added new year sweetness!

### INSTRUCTIONS:

- Line baking sheet with foil and spray with cooking spray or olive oil.
- Add veggies.
- Drizzle or spray with olive oil.
- Sprinkle with salt, pepper, garlic powder.
- Bake at 425 for 30-40 min until soft.

## FOSTER FAMILY APPLE CAKE

### INGREDIENTS:

- 3 eggs
- 3 cups flour
- 1 cup sugar
- 3 tsp baking powder
- 1/2 cup oil
- 2 tsp vanilla
- 1/2 cup raisins
- Cinnamon & sugar mix
- Cinnamon
- 6 apples (granny smith)

### INSTRUCTIONS:

- In a large bowl, mix flour, sugar & baking powder. Add eggs, oil & vanilla. Mix & knead very well. Roll into a big ball, then divide in half. Wrap 2 parts in plastic and put in the fridge for 2-3 hours or overnight.
- Peel & core apples. Cut thick. Place into bowl with ice & water to keep from browning. Refrigerate.
- Roll 1 part of dough thin on floured board. Line bottom & sides of dish after spraying with Pam. Spread apples & raisins and dust with cinnamon & sugar mix.
- Roll part 2 of dough thin & cover it over the top. Pinch the top & bottom along dish line. Dust the top with cinnamon & sugar mix. Pierce top with a knife to vent during baking.
- Preheat oven to 350 degrees. Place cake in oven and bake for approximately 1 hour or until browned.

## ZEPLOWITZ FAMILY'S CHALLAH SOUFFLE

### INGREDIENTS:

- 10-12 slices challah, no crust
- Softened butter or margarine
- ¾ pound grated cheddar
- ¾ pound grated swiss/Monterey Jack/ Gouda/ Gruyere
- 8 eggs-lightly beaten
- 3-4 cups (half and half cream) or milk (or mixture)
- 6 drops Tabasco
- ¼ tsp. pepper
- ¼ tsp. paprika
- 1 tsp. dry mustard
- 1 tsp. Worcestershire sauce
- ½ tsp. onion powder
- 1 ½ tsp. salt
- 1 tsp. brown sugar

### INSTRUCTIONS:

- Grease a 9x13 inch baking pan with butter or margarine. Butter bread and cut into cubes. Alternate layers of cubed, buttered bread and grated cheese.
- Combine rest of ingredients in a bowl and whisk well. Pour over bread and cheese mixture. Cover and place in fridge overnight.
- Preheat oven to 325. Bake uncovered for approximately 1 hour. Top should be beautifully brown. Souffle will sink as it cools but will still be delicious!
- Optional: Sautéed onions, mushrooms and spinach lightly seasoned with salt and pepper may be added to middle layer, if desired.



# JILL EISENBERG'S INCLUSIVE ROSH HASHANAH APPLE KUGEL

## INGREDIENTS:

- 12-16 oz bag of Wide or Extra Wide Noodles. Suggest Manischewits or other similar
- \*GF: suggest Taste Republic Gluten Free Fettuccini
- \*GF & Egg free suggest Le Veneziane GF corn Fettucce
- 1/2-3/4 cup sugar
- 1 1/2-2 Gala Apples peeled and chopped
- 1 cup finely chopped Walnuts
- \*Nut free: omit
- 1 tsp salt
- 1 tsp cinnamon for mixture and additional to sprinkle evenly over noodle mixture in pan before baking
- 4 Eggs well beaten or egg substitute
- \*Egg free: commercial egg replacers (VeganEgg, Bob's Red Mill, Ener-G, or Organ) & may need ground flax or chia, arrowroot, baking soda and apple cider vinegar, soy lecithin on hand
- 4-6 tbs butter or butter substitute
- \*Earth Balance (vegan/parve/DF/GF), Miyokos creamery (vegan,GF,Soy free,lactose free but has nuts), GreenValley creamery (lactose free but contains dairy), Country Crock Plant Butter (DF)

## INSTRUCTIONS:

- Preheat oven to 375 degrees.
- Cook noodles as directed on package and drain well.
- Add sugar, chopped apples, optional chopped nuts, salt, cinnamon, eggs or egg replacement in a bowl.
- Melt butter or butter substitute in a Pyrex baking dish (about 8x12) and move it around the dish to coat the sides.
- Then pour the remaining melted butter into the noodle mixture. Blend well and spread mixture in the baking dish.
- Sprinkle top evenly with cinnamon.
- Bake at 375 degrees for about 50-60 min or until browned.

