

Traditional Dinner:

Honey Challah w/ apples and a side of honey

Dissolve 2 packets of active dry yeast and 1/2 tsp sugar in 1.5 cups of warm water. Add 4 eggs, 2.3 cup honey, 1/2 cup oil, 1 tsp salt, and 1/2 c raisins to the yeast mixture and gradually stir->knead in 6-7 c flour. Let rise for 1 1/2 hours, punch down, divide in half, and twist each half into a round shape with desired braiding method. Let rise in a warm place until doubled, around 30 min. Preheat to 350, whisk 1 egg, 1 tsp honey, 1 Tbsp water together and brush over challah tops. Sprinkle with cinnamon if desired. Bake 30-35 min or until golden brown.

Mock Chopped Liver (Carol Hochstadt)

1 - 15 oz can of baby peas, drained 1 medium onion 1/2 c. walnut pieces 3 eggs vegetable oil salt/pepper to taste Hard-boil eggs... put in cold water.... peel when cold Chop peas and onions by hand Brown peas and onions in oil Chop nuts in blender...set aside Chop boiled eggs in blender.... mix into chopped nuts Chop peas and onions in blender.... blend into egg/nuts mixture Add a little oil if needed and salt/pepper to taste

Blush Wine Salad:

In a large salad bowl mix several handfuls of mixed greens, white raisins, (croutons if desired), cheese or other protein, nuts of your choice, blueberries and sliced strawberries or other berries of your choice and blush wine vinaigrette: (red wine vinegar, white wine vinegar, honey, light olive, or avocado oil). Ratio your vinaigrette according to desired acidity (add more vinegar), sweetness (add more honey or agave), and creaminess (add more oil)/herbiness (add Italian herbs/spices).

Borscht - Vegetarian/Vegan friendly (Shirah Jacobs)

In Large Pot (5.5+ qts): Sauté ~10min in large pot: 2 tbs olive oil 3 medium beets (peeled & grated) Add: 8 cups chicken or vegetable broth 2 cups water 3 medium potatoes (peeled & sliced into bite-size pieces) 2 carrots (thinly sliced) cook 10-15min or until vegetables are easily pierced w a fork In Large Skillet, while potatoes cook: Sauté until soft & lightly golden (7-8min): 2 celery ribs (finely chopped) 1 medium onion (finely chopped) 1 small red bell pepper (optional, finely chopped) Add 4 Tbs Ketchup and stir fry 30s then transfer to soup pot Back in the Pot, when vegetables have reached desired softness: Add: 1 can cannellini beans (or whatever is convenient) with their juice 2 bay leaves 2 tbs white vinegar 1 tsp salt 1/4 tsp black pepper + minced garlic (measure with your heart) Simmer 2-3 min, then adjust seasoning to taste. Tips: Serve hot if using golden beets, hot or cold with red beets. Top with sour cream or plain (non-sweetened) Greek yogurt. I like to add other seasonal vegetables: roots & tubers added with potatoes and carrots, greens with celery and onion.

Dena's Brisket (Rochelle Wenger)

On a very large sheet of heavy-duty aluminum foil, spread 1 package of onion soup mix over the area the meat will cover. Place 4-5 lb brisket on top. Mix another package of soup mix, 1 C Catsup, 1/2 C brown sugar, 1/2 c apple cider vinegar, and spread on top of meat. Wrap foil around meat so that it is completely enclosed and sealed. Place in a roasting pan and bake at 325 degrees for 3 1/2 hours. Remove the meat from the juice, reseal the meat, and pour the liquid into another container. Refrigerate both. The next day, remove the fat from the juice. Slice the meat thinly and place back into the

defatted juice in a glass baking dish. Seal tightly with foil and reheat, baking it again at least an hour at 325 degrees.

Tzimmes

3 sweet potatoes diced, 1 apple diced, 1 carton blueberries (opt), 1/4 c dried plum (opt), 1 c oil, 1/2 cup honey tossed together in an 8x16 baking dish and bake at 350 for 45 minutes until desired done-ness

Honey Cake (Fran Lapin)

Preheat oven to 350 F Beat 1 cup Sugar ½ cup of oil 1 cup of honey 3 eggs Sift: 3 cups flour 1 tsp baking soda 1 tsp baking powder 2 tsp cinnamon ½ tsp cloves ¼ tsp ginger ¼ tsp nutmeg ¼ tsp allspice Gradually add alternatively with 1 cup black coffee 1 ¼ cup nuts Line loaf pan with wax paper Bake for 40 minutes

Alternative Dinner:

Honey Oat-topped Challah w/ apples and a side of honey

1 ½ packages active dry yeast (about 3 1/2 teaspoons)
1 tablespoon plus 1/2 cup sugar
½ cup vegetable oil, more for greasing bowl
5 eggs
1 tbsp salt
8 to 8 ½ cups all-purpose flour as needed for firmness
1/2 c. honey and handful of oats and chopped apples to sprinkle over top

Steps: In a large bowl, dissolve yeast and 1 tablespoon sugar in 1 3/4 cups lukewarm water. Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading.) Turn dough onto a floured surface and knead until smooth. Clean out the bowl and grease it, then return the dough to the bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees then turned off. Punch down dough, cover and let rise again in a warm place for another half-hour.

To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1 1/2 inches wide. Place the 6 in a row, parallel to one another. Pinch the tops of the strands together. Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move the second strand from the right over to the far left. Start over with the outside right strand. Continue this until all strands are braided. For a straight loaf,

tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way. Place braided loaves on a greased cookie sheet with at least 2 inches in between.

Beat the remaining egg and brush it on loaves. Either freeze breads or let it rise another hour. If baking immediately, preheat the oven to 375 degrees and brush loaves again. If freezing, remove from freezer 5 hours before baking. Then dip your index finger in the egg wash, then into poppy or sesame seeds and then onto a mound of bread. Continue until bread is decorated with seeds.

Bake on middle rack for 35 to 40 minutes, or until golden. Cool loaves on a rack.

Hummus

1 can of garbanzo beans, 1/2 chopped yellow onion, 1 Tb white wine vinegar, pinch salt, pepper to taste, 1/2 cup your choice: nuts/dried tomatoes/dried peppers/garlic. Blend ingredients in a processor until desired smoothness, refrigerate before serving, add extra salt/pepper/spices as needed.

Blush Wine Salad:

In a large salad bowl mix several handfuls of mixed greens, white raisins, (croutons if desired), cheese or other protein, nuts of your choice, blueberries and sliced strawberries or other berries of your choice and blush wine vinaigrette: (red wine vinegar, white wine vinegar, honey, light olive, or avocado oil). Ratio your vinaigrette according to desired acidity (add more vinegar), sweetness (add more honey or agave), and creaminess (add more oil)/herbiness (add Italian herbs/spices).

Liver bean veggie soup

Serves 4: In a large saucepan, add 2 tbsp. Oil, pinch of salt, two c. beans, canned or home-soaked and pre-cooked. Add one chopped onion, two celery stalks and two chopped whole carrots. Add spices and salt to taste, let simmer until veggies reach desired firmness. Add garlic, pepper, sun-dried tomato or sun-dried red peppers for extra flavour.

Vegan Meat Loaf

Serves 4: In medium sauté pan caramelize 1/2 or whole yellow onion, once soft, add 1lb. vegan ground meat. Sauté until desired doneness. Lower heat and add 1 Tb of chopped garlic. Once garlic is incorporated, add 3/4 cup Panko bread crumbs, 1/2 cup chopped celery, 1 chopped tomato, 1 Tb Balsamic vinegar, 1 Tb Ketchup, and a dash of oil in a mixing bowl. Use clean hands to mix ingredients together. Preheat oven to 375. On a cookie sheet covered in foil or wax paper, mold vegan meat into balls and place on a baking sheet. Cook until well done, about 15 min. Add chopped green onions or parsley to taste or as a garnish.

Squash Sauté

Serves 4: Prepare two 5" inch (roughly) sized yellow squash and two 5" (roughly) sized zucchini by splitting them in half and cutting into half moon .5" wide pieces. Chop 1/2 - 1 whole onion, add 1 chopped celery or 1 chopped carrot stick. Fill large bowl with cut ingredients and toss with dash of olive oil, salt and pepper (and any other spices you may want such as oregano or bay leaf) Mix ingredients so they are well coated with oil. Add ingredients to baking pan and bake at 350 for 20-30 minutes or until desired firmness, make sure to toss ingredients so they cook evenly. When finished, pull pan

from oven and season with a garnish such as fresh garlic, fresh parsley or fresh rosemary.

Zucchini Honey Cake

3 c. cake flour
2 tsp baking powder
1 tsp baking soda
2 tsp ground cinnamon
1 tsp ground nutmeg
1/2 tsp ground cloves
1/2 tsp salt
1 c. applesauce
1 c. dark brown sugar
1 c. granulated sugar
3 egg whites
Grated rind of one orange
2 c. shredded zucchini
1/2 c. cut-up dates

Preheat oven to 350 degrees.

Spray a Bundt-style pan or 10-inch spring-form pan with centre hole with nonstick cooking spray.

Combine flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt.

Beat together applesauce, sugars, egg whites and orange rind.

Blend in flour mixture with mixer at medium speed, beating only until smooth; do not overbeat.

Stir in zucchini and dates.

Pour batter into prepared pan and bake 45 to 50 minutes or until knife inserted near centre comes out clean. Remove cake from pan, or if using spring-form, remove sides of pan and put cake on wire rack to cool completely.