

A collection of favorite recipes from our Temple  
Emanuel cooks compiled by our P.T.A. -  
Est Gezunter-Hayt!

### Color Key

Green - Breads  
Salmon - Soups - Salads - Veg.  
Yellow - Appetizers  
Buff - Main Dishes  
Pink - Deserts  
Blue - Holiday

### Abbreviations Used

t = teaspoon  
T = Tablespoon  
C = Cup  
lb = pound

min = minutes  
hr = hour

### Did You Know?

- Wherever the term jello appears, only an approved gelatin should be used.
- Two 9" layer pans equal one 9" x 13" pan
- 3 t equal 1 T
- 4 T equal  $\frac{1}{4}$  C
- 8 T butter equal  $\frac{1}{4}$  lb or  $\frac{1}{2}$  C
- $\frac{1}{2}$  C cream for whipping equals 1 cup whipped cream

### Substitutions

- 1 sq. unsweetened chocolate equals 3 T cocoa plus 1 T shortening
- 1 T cornstarch equals 2 T flour
- 1 C sifted cake flour equals 1 C less 2 T sifted enriched flour
- 1 C sour milk or buttermilk equals 1 C regular milk plus 1 T vinegar or lemon juice
- 1 C heavy cream (for cooking) equals  $\frac{3}{4}$  C milk plus  $\frac{1}{3}$  C margarine
- 1 C light cream (for cooking) equals  $\frac{7}{8}$  C milk plus 3 T margarine
- 1 clove garlic equals  $\frac{1}{4}$  t garlic powder or 1 t garlic salt
- $\frac{1}{4}$  C raw onion, chopped equals 1 T onion flakes or 1 T instant minced onion

### STUFFED MUSHROOMS

Barbara Lowenstein

20 large mushrooms  
1/4 lb. margarine or butter  
8 Ritz crackers (crushed)

1 small onion  
salt and pepper to taste

Remove mushroom stems. Chop stems and onion finely. Saute in margarine. Mix sauted ingredients with crackers and seasonings. Place mixture in mushroom caps. Bake on cookie sheet, 350° oven for 20 minutes.



## HOT MUSHROOM TURNOVERS

Lucille Cline

3-3 oz. pkgs cream cheese,  
softened  
1-1/2 C butter or margarine,  
softened  
1-1/2 C sifted all purpose flour  
1/2 lb mushrooms, minced

1 large onion, minced  
1 t salt  
1/4 t thyme leaves  
2 T all purpose flour  
1/4 C sour cream  
1 egg, beaten

In large bowl with electric beater on medium speed, beat cream cheese, butter and 1-1/2 cups flour until soft dough forms. Wrap dough in refrigerator in wax paper for one hour. Preheat oven to 450°. In medium skillet, over medium heat in 3 T butter, cook mushrooms and onions until tender - about 5 minutes. (continued)

### Hot Mushroom Turnovers (continued)

Stir in salt, thyme and 2 T flour until blended. Stir in sour cream. Roll out 1/2 of dough - refrigerate rest. Cut in circles about 2-3/4". Place t of mushroom mix on circle. Fold over, crimp edges with fork and prick top with a fork. Bake in 450° oven for 12-15 minutes. Can make in advance and freezes well, unbaked.

## MARINATED MUSHROOMS

Arlene Fruman

1/2 C wine vinegar  
2/3 C olive oil  
2 t dried dill

1 t tarragon  
1/2 clove garlic  
1/2 t salt  
little sugar and pepper

Pour over fresh mushrooms and marinate for 24 hours.

## KOSHER SPARE RIBS

Bessie Griff

4 to 5 lbs flank bone strips

### Marinade:

1 t red coloring  
1 T sugar  
1 T honey

3 T water  
3 T soy sauce  
garlic salt

### Mustard sauce:

1 T dry mustard

1 T water

Slit meat between bones and marinate several hours or overnight. Baste occasionally. Bake 350° oven in large shallow pan. Turn after 25 minutes and bake until done. Serve with Duck sauce and dry mustard sauce.

## KREPLACH

Yield 75

Judy Davidson

### Dough:

2 C flour  
1/2 t salt  
2 eggs  
1/4 C warm water

### Filling:

1 lb. roast meat  
3 onions, sauted  
1 egg  
salt and pepper to taste

Mix dough ingredients together. Make 2 balls and let stand for 1 hour. Meanwhile, grind meat and onions together and add egg, salt and pepper. Roll dough out 1/4" thick. Cut in diagonals 2" x 2". Add 1 t of filling to each piece and fold into a triangle. Stick sides together tightly. Then take 2 corners and pinch together. Cook in boiling water for 1/2 hour. Serve in soup or brown in oven with a little fat on them and serve as an hors d'oeuvre.

## SPINACH DIP

Reisha Kennison

2-1/2 C sour cream  
1/3 C chives, chopped  
1-1/2 C raw spinach washed,  
chopped fine and dried well  
with a towel

1/3 C parsley, chopped  
1-1/4 t salt  
fresh ground pepper

Mix everything together. Excellent with cut up raw vegetables.



### CHILI ONION DIP

Barbara Davidson

1 pint sour cream  
1 envelope dry onion soup mix  
3/4 C chili sauce

1-1/2 t red horseradish  
few drops Tabasco sauce

Mix everything together.

### ANTHONY'S PIER 4 CHEESE SPREAD

✓  
Claire Handler

1/4 C cream cheese  
1/4 C butter  
2 lb Wispride Cheddar Cheese

1 t worcestershire sauce  
1 t horseradish  
2 t sherry

In mixer, blend cream cheese and butter. With beaters still going, add cheddar cheese in small amounts, until all is blended. Add rest of ingredients and continue to blend until mixture is smooth. Refrigerate until 1 hour before serving. Serve at room temperature. Make 3 days ahead.

### CREAMED HERRING

Barbara Davidson

1 lb jar herring fillet, drained  
1 red onion, sliced in thin rings  
2 large carrots, peeled & grated

1 C (1/2 pint) sour cream  
1 T mayonnaise  
3 T sugar  
2 t lemon juice

Mix well. Let marinate 1 hour at room temp. Cover well and refrigerate, keeps for days.

### EASY CHOPPED HERRING

Gilda Levine

1 large jar herring  
in wine sauce

1 apple  
1 hard boiled egg

Chop everything together.

### THE BEST HERRING HORS D'OEUVRES

Lucille Cline

1 8 oz. jar herring tidbits  
in wine sauce  
1 8 oz. can whole cranberry sauce

1 medium red onion sliced  
1/2 pint soured cream

Drain herring, take pickled onions and cut up. Add cranberry sauce and sliced red onion and pickled onions. Blend sour cream into mixture. Serve with party pumpernickel. Watch date on soured cream because this can stay a month in refrigerator. Also is fine doubled.

### THE NEXT BEST HERRING HORS D'OEUVRES

Lucille Cline

1 16 oz. herring tidbits  
in wine sauce  
1 big red onion and herring onions

2 to 3 hard boiled eggs sliced  
1 pint soured cream  
1 pinch sugar

Drain herring as dry as possible. Save a little liquid. Slice onions in thin slices and add these and herring onions along with pinch of sugar to soured cream. Gently fold in egg slices. Best if mixture is thick as it waters as it sits. May add a bit of reserved liquid if you like, but do so sparingly.



## CHEESE PUFFS

Gilda Levine

### Dough:

2 C flour  
1-1/2 t baking powder  
(sift flour & b. powder together)  
1/2 C sugar  
1/2 C sweet butter  
1 egg & enough milk to measure 1/2 cup

### Filling:

1/2 lb cream cheese  
1/2 lb Farmer cheese  
1 egg  
sugar and salt to taste

Knead dough in quarters. Take a piece the size of a walnut, roll and place it in buttered cup cake tins. Fill with cheese mixture, fold together and bake in 350° oven for 30 minutes.

## SWEET AND SOUR MEAT BALLS

Arline Shapiro

### Part I

1 can jellied cranberry sauce  
1 can condensed tomato soup  
3 T brown sugar  
1 T minced onion

### Part II

3/4 C water  
2 lbs hamburger  
salt and pepper  
1 egg  
2 slices bread

Cook first 4 ingredients until dissolved. Soak bread in water. Add meat and mix in egg and seasoning. Make small balls and simmer about 1 hour.

## PARTY FRANKS

Barbara Lowenstein

2 pkgs. cocktail franks

1 pkg. beef frye, trimmed

Wrap 1/2 piece of beef frye around each frank. Secure with toothpick, place in shallow pan. Bake at 350° for 1/2 hour. Freezes well.

## COCKTAIL PARTY FRANKS AND PINEAPPLE

Naomi Greene

2 lbs cocktail franks  
or regular links  
cut into bite size pieces

1 can pineapple chunks  
3 T brown sugar  
1 t minced onion

Brown franks in oil, add remaining ingredients including most of liquid from pineapple. Mix well and let simmer covered at least half hour or until ready to serve. Use remaining liquid to keep from drying. Serve in chaffing dish or platter.

## MOCK KISHKE

Mrs. Meyer (Sally) Simmons

1 pkg. Tam Tam Crackers  
(roll out to fine crumbs)  
1/4 lb Pareve Margerine melted

1 grated carrot\*  
1 grated onion\*  
1 stalk celery, grated\*

Mix all together. Roll by hand 3 strips in aluminum foil and freeze. Bake when needed in 400° oven. Slice in 1 inch pieces. Can be served with meat or chicken. Do not add salt.

\*can be ground

## CHOPPED LIVER

Barbara Davidson

1 lb. liver, cooked  
4 hard eggs

5 onions sauted in 1/3 C oil  
until soft and medium brown

Grind everything. Add salt, pepper, garlic powder to taste.



## MOCK LIVER

Lucille Cline

6 onions  
1/4 C walnuts

4 hard cooked eggs

Saute onions in butter or margarine until golden brown. Put onions, eggs and walnuts through grinder or chop until fine. Serve with crackers, bread or melba toast.

## FISH CHOWDER

Yield 6 servings

Mrs. Charles Mann

1 C chopped onions  
2 T butter  
1-1/2 lbs boned Haddock fillets  
cut in chunks  
1 C water  
2 stalks celery, cubed

2 C potatoes, cubed  
2 carrots, cubed  
1-1/2 t salt  
1/8 t black pepper  
1 C milk  
1 C light cream  
2 T flour

Saute onions in butter for 5-7 minutes. Add to soup pot with Haddock, water, celery, potatoes, carrots, salt and pepper. Bring to boil. Simmer covered over medium heat, until potatoes and carrots are soft - about 30 minutes. Over low heat add milk and cream, shake in flour to thicken. Simmer a few minutes. Recipe can be doubled.

## GOLDEN FISH CHOWDER

Yield 8 servings

Mrs. Charles Mann

1 lb Haddock  
4-1/2 C milk  
1 bay leaf  
1 stalk celery  
1/4 t thyme  
1/4 C butter

1/2 C chopped onion  
3 T flour  
1 C water  
2 C diced potatoes  
2 C shredded Cheddar Cheese  
1 t salt  
1/4 t white pepper

Lay fish flat in skillet and cover with 1-1/2 C milk. Add bayleaf, celery, & thyme. Simmer 15-20 minutes. Cool. Remove skin & bones from fish, cut into bite-sized pieces, set aside. Strain fish liquid, reserve. In 3 qt. saucepan melt butter. Add onion and saute until soft. Stir in flour; cook 1 minute. (continued)



### Golden Fish Chowder (continued)

Gradually stir in fish liquid and water. Add potatoes and cook 25 minutes or until potatoes are almost done. Stir in cheese until melted. Add 1 C of the remaining milk and the fish, heat 3-5 minutes. Meanwhile, heat remaining 2 C milk. Stir salt and pepper into chowder. Add hot milk. Serve over biscuits or crackers.

### FRENCH ONION SOUP

Yield 4-6 servings

Phyllis Medoff

5 onions thinly sliced  
3 T butter  
2 T flour  
salt & pepper to taste  
1 clove garlic  
pinch parsley  
Parmesan Cheese

1 qt chicken stock  
(Croyden House Instant Soup Mix)  
1 C dry wine  
1 T cognac  
French bread sliced  
Swiss Cheese

Saute onion in butter until brown. Add flour, salt, pepper, garlic, sugar & cook over medium heat until mixture is golden brown. Add a pinch of thyme and parsley, then chicken stock & wine. Simmer 45 minutes. Add cognac if desired. Toast slices of French bread, butter & place in bowls. Sprinkle generously with (continued)

### French Onion Soup (continued)

parmesan cheese. Pour soup in bowls, cover with slice of Swiss cheese. Place under broiler until cheese is bubbling



### LENTIL SOUP – Pareve

Barbara Davidson

1 lb lentils  
1-1/3 T salt  
2 onions, chopped  
2 clove garlic, minced

2 t dry parsley  
5 stalks celery, sliced  
1/2 C oil  
1 C canned tomatoes  
(undrained & chopped)

Cook lentils in 4 qts. boiling salted water uncovered 1 hour. Cook onion, garlic, parsley & celery in oil until lightly browned. Add tomatoes & cook 10 minutes more. Pour mixture in lentils. Cover & simmer 15 minutes. Freezes very well. If making dairy, sprinkle with parmesan cheese.

### ONION VEGETABLE SOUP – Pareve

Barbara Davidson

3 or 4 oz. thin noodles or  
alphabets  
8 C water  
2 envelopes dry onion soup mix  
2 C sliced celery

1 C sliced carrot  
1/4 C fresh chopped parsley  
(or 1 T dehydrated parsley)  
2 or 3 cubed, peeled potatoes  
(optional)

Bring water to boil, add all but noodles. Cover & cook over medium heat 20 minutes. Add noodles, cook another 15 minutes, stirring occasionally.

### WINTER BEEF SOUP

Gilda Levine

3 onions  
2 T margarine  
1 lb hamburger  
1 clove garlic  
3 C beef stock  
2 lg. tins tomatoes

1 C potatoes  
1 C celery  
1 C green beans  
1 C carrots  
1 C red wine  
1/2 t basil  
1/4 t each: salt, pepper, thyme

Saute onions in margarine, stir in hamburger & garlic, cook until brown. Add beef stock, tomatoes, potatoes, celery, green beans, carrots, wine, basil and seasoning, cook 1-1/2 hours.



### MANDELS (Soup Nuts)

Mrs. Nathan Rosenthal

1 egg - well beaten  
1/2 t sugar - level  
1/4 t salt

1/2 t baking powder  
Flour to make fairly firm dough  
1 T chicken fat - slightly rounded.

Combine dry ingredients and egg in one bowl, working into a dough. Divide dough in two, roll by hand into a cord about 3/4" wide. Cut down with blunt knife into 3/4" pieces. Grease pan with chicken fat, place in 400° oven. Bake 20 minutes — no longer. (check in 15 to 18 minutes.)

### CARROT PUDDING SUPREME

Nancy Parritz

1 C Crisco  
1/2 C brown sugar  
1 egg  
2 C grated carrots  
1 t baking soda

1 t salt  
1 t water  
1-1/2 C flour  
1 t baking powder  
1/2 t cinnamon

Cream Crisco and sugar. Add rest of ingredients and mix well. Pour into greased mold. Refrigerate overnight. Take out 1/2 hour before baking. Bake 350° for 1 hour. Unmold when done and serve on large platter with mound of peas (or other colorful vegetable) heaped in center.

### COMPANY NOODLE PUDDING

Mrs. Henry Lasoff

12 oz. wide noodles, cooked  
6 T butter, melted  
1/2 C sugar  
2 t vanilla  
6 eggs, beaten

1 t salt  
1 C sour cream  
2 C milk  
1/2 lb Farmers Cheese  
1 C cottage cheese  
1/2 lb cream cheese

#### Topping:

1/2 C ground almonds or walnuts  
melted butter

brown sugar

Beat eggs well and add butter, sugar, vanilla and salt. Mix into noodles. Mix cheeses together and add to noodles. Put in 9" x 13" greased pan. Bake 350° for 1/2 hour. Remove from oven. Sprinkle with topping and return to oven for 3/4 hour longer.



### NOODLE – CHEESE PUDDING

Barbara Lowenstein

12 oz. wide egg noodles,  
cooked  
1 lb cottage cheese  
1 C sour cream

5 extra large eggs  
6 T sugar  
1 C milk  
cinnamon to taste

Combine all ingredients and add to noodles. Season to taste. Divide into 3 greased loaf pans. Bake 350° for 1 hour or until top is firm and brown.

### NOODLE CHARLOTTE

Rose Rosenzweig

3/4 lb medium Goodman's noodles  
(cook 8 min. with pinch of salt)  
9 eggs, beaten  
3 sticks margarine or butter, melted  
(1-noodles, 1-pan, 1-top)  
2/3 can (6 oz.) frozen orange  
juice, undiluted

1/2 t vanilla  
1/2 t almond extract  
1/2 t cinnamon  
1/2 t nutmeg  
2/3 C sugar  
1 pint sour cream  
1 C sliced apples

Cool noodles and add ingredients in order. Fold in sour cream and apples. Bake 1 hour at 300° and the next hour at 325° in a 9" x 14" pan. Make it the day you serve it.

### NOODLE PUDDING

Mrs. Meyer Simmons

1/2 lb fine noodles, cooked  
5 eggs, beaten  
1 C sugar  
1 stick margarine  
1/2 lb cream cheese

1 lb cottage cheese  
1 pint sour cream  
1 t vanilla  
2 C milk

Cream butter and sugar, add beaten eggs. Add ingredients in order and mix. Fold in noodles and add milk. Put in greased 9" x 13" pan. Sprinkle cinnamon on top. Bake 450° for 5 minutes then 350° for 1 hour until brown. Can be refrigerated overnight, cut into portions and reheat.



## NOODLE PUDDING

Rose Rosenzweig

8 oz. medium noodles, cooked  
1 stick butter or margarine  
1/2 lb cream cheese  
3/4 lb cottage cheese

1 C sour cream  
1/2 C sugar  
1 t vanilla  
6 eggs, separated

Cream butter, add cheeses and beat until smooth. Add sour cream. Beat yolks until thick. Gradually add sugar and beat until lemon colored. Add vanilla. Add this and the cooled noodles to the cheese mix. Beat egg whites until stiff and fold into mixture. Bake 325° for 1-1/4 hours in greased 9" x 13" pan.

## FAVORITE NOODLE PUDDING

Mrs. Gerald Schultz

3 eggs, beaten  
6 oz. noodles, cooked  
1/2 C sugar  
1/2 lb cream cheese  
1/2 lb cottage cheese

1 C sour cream  
1/4 t salt  
1/2 t vanilla  
1/2 stick margarine, melted  
small can crushed pineapple,  
drained

Combine all ingredients and place in greased 3 quart rectangular casserole. Sprinkle cinnamon and sugar mix on top. Add ground nuts and maraschino cherries, cut in half. Bake 350° for 1 hour.

## BLENDER KUGEL

Naomi Greene

1 lb wide egg noodles, cooked  
1/3 stick margarine  
5 eggs  
3/4 C milk

1 lb cottage cheese  
1 C sour cream  
3 oz. cream cheese  
sugar to taste (about 1/2 C)  
raisins, optional

Melt margarine in 9" x 13" pan in oven. In blender mix eggs, milk, cheeses and sugar. Mix 2/3 of blended mixture with the well-drained noodles (add raisins at this point, if desired) and put into baking pan. Pour remaining mixture over and let seep in. Sprinkle top with corn flake crumbs. Bake 350° for 1 hour. Freezes well.



### MATZO MEAL APPLE KUGEL

Mollie Finkelstein

3 eggs  
1/2 C sugar  
1/2 C matzo meal

2 lbs apples (about 6), grated  
lemon juice and cinnamon,  
to taste

Beat eggs and sugar. Add remaining ingredients. Put into greased loaf pan.  
Bake 325° for 1 hour or until brown. May be used for Passover.

### APPLE NOODLE PUDDING

Jackie Klein

12 oz. medium noodles,  
cooked, drained  
1/2 C sugar  
4 eggs  
1 stick margarine, melted  
1/2 C orange juice  
1/2 t salt

1/2 C golden raisins  
1/2 C seedless raisins  
1 can (20 oz.) apple pie filling  
1/2 C corn flakes, crushed  
3 T sugar  
1/2 t cinnamon  
Juice of 1/2 lemon

In large bowl, cream sugar and eggs, add margarine, orange juice and salt. Add noodles, raisins, pie filling and mix well. Put into greased 9" x 13" pan and top with cornflakes. Combine sugar and cinnamon and sprinkle over top. Drizzle lemon juice over all. Bake 350° for 1 hour.

### FRIED RICE

Molly Finkelstein

3 T oil  
1 C rice

2 C boiling water  
1/2 pkg. dehydrated onion soup

Place oil in frying pan and add rice and brown. Add water and onion soup. Cover and cook over low heat for 30 minutes or until soft.



## RICE PUDDING

Ida Shapiro

1 C rice  
3 eggs  
3 C milk  
3 T sugar

1 heaping T sour cream  
raisins, optional  
1/2 stick margarine, melted

Boil rice. Add margarine. Beat remaining ingredients and add to rice. Pour into greased pan and sprinkle top with sugar, cinnamon and nutmeg. Bake in 8" x 8" pan, 350° for 35-45 minutes.

## DELUXE CHEF'S SALAD

Lucille Cline

### Necessary greens:

lettuce  
green pepper  
cherry tomatoes

1 lg can tuna fish  
1 can anchovies  
1 sm. jar marinated artichokes  
cut in small pieces

Croutons  
Black & green olives

cucumbers  
scallions  
radishes

1 reg. can sardines  
(skinless & boneless)  
1/2 lb hard cheese (cut Julienne  
style)

Garlic dressing  
3 hard boiled eggs for garnish

(continued)

### Delux Chef's Salad (continued)

Add all above ingredients to greens except the eggs. Sprinkle generously with Parmesan cheese (grated). Add croutons and mix well. Garnish with eggs and serve well chilled.



### BEAN SALAD

Yield 12-16 servings

Barbara Davidson

2 cans wax beans (16 oz.)	Drained	2 T dill weed
2 cans green beans (16 oz.)	Drained	2 cloves garlic crushed
2 cans kidney beans (16 oz.)		1 C oil
	Drained & rinsed	1-1/2 C brown sugar
1 can chick peas (Drained & rinsed)		1 C wine vinegar
1 green pepper & 1 salad onion		salt & pepper to taste
	chopped	

Boil vinegar & sugar 5 minutes, cool. Add rest of ingredients & toss to mix. Refrigerate, toss a few times more to marinate all the vegetables. Best made the day before. (Can halve the recipe.)

### MACARONI SALAD

Gay Jacobson

2 C cooked rotini	2 hard cooked eggs, cut up
2 T vinegar	1/2 C green pepper, diced
1 T oil	1/4 C stuffed green olives, chopped
1/2 C celery, diced	1/2 t salt
1/4 C chives, cut up	fresh ground pepper
	Mayonnaise

Marinate drained rotini in oil & vinegar a few hours. Add remaining ingredients and bind with mayonnaise.

### SPINACH SALAD

Libby Finkelstein

1 lb pkg spinach, washed & drained	1 med. red onion
1 C fresh diced mushrooms or	1 jar Baco's (optional)
1 can mushrooms	1 jar (8 oz.) French dressing

Toss together & chill at least one hour before serving.



## ARTICHOKE SQUARES

Arlene Fruman

2 jars marinated artichokes  
4 scallions, cut up  
2 T margarine  
3 eggs  
7 Crax, crushed

8 oz. grated cheddar cheese  
(not too sharp)  
3 drops Tabasco  
salt  
pepper

Drain artichokes. Brown scallions in margarine. Beat eggs in mixer. Add crackers, cheese, artichokes, tabasco, salt, scallions and pepper to taste. Pour into ungreased 8" x 8" pan. Bake 350° for 25 minutes. Cool and refrigerate. Cut after refrigerated. May be frozen.

## ASPARAGUS WITH EGG SAUCE

Phyllis Medoff

24 stalks asparagus or 2 pkgs. frozen  
(broccoli or cauliflower may be  
substituted)  
1 stick butter or margarine  
1/4 C bread crumbs

3 hard-boiled egg yolks, finely  
chopped  
1/2 t salt  
dash pepper  
1 T minced parsley

Cut away all white part of asparagus and cook tips in salted water until tender. Melt butter in skillet. Stir in crumbs and brown. Remove from heat and stir in remaining ingredients. Drain asparagus. Arrange on serving dish and pour sauce over it.

## CARROT TZIMMES

Lucy Lasoff

1 bunch carrots (about 7)  
2 lg. sweet potatoes  
1 T onion, cut fine  
pinch ginger  
1 8 oz. can crushed pineapple  
(optional)

1-1/2 lbs flanken or brisket  
1 T cornstarch  
2 T brown sugar (or white)  
salt to taste

Cover meat with boiling water, add onion and cook 3/4 of an hour. Add small cubed carrots, large cut sweet potatoes, pineapple, ginger, sugar and salt. Have enough water to barely cover vegetables. Bring to boil, then simmer 1 hour or until vegetables are soft. Mix cornstarch with a little cold water, add some carrot water and pour down the side of pot. stirring carefully. Cook slowly for 10 minutes.



### EGGPLANT CASSEROLE

Arline Shapiro

1 lg. eggplant, peeled, cut in 1" slices	2 t salt
4 lg. onions, sliced	1/2 t pepper
1 or 2 cloves garlic, crushed	1 bay leaf
3/4 lb fresh mushrooms, sliced	1/4 t basil
4 lg. tomatoes, chopped (fresh or canned)	1/4 t oregano
2 green peppers, cut in strips	1/8 t cloves

Cover eggplant with boiling water and simmer 10 minutes. Drain. Simmer rest of ingredients together for 10 minutes. Layer eggplant and sauce in 2 quart casserole. Bake covered, 350° for 1-1/2 hours.

### GLAZED PARSNIPS

Yield 4-6 servings

Pat Pellows

4 parsnips	2 T lemon juice
3 T butter	grated rind of 1 lemon
1 T oil	1 T parsley, chopped
3 T brown sugar	

Peel and slice on the diagonal the parsnips. Fry in butter and oil mixture, turning and cooking 10-15 minutes until brown and limp. Add remaining ingredients and toss.

### QUICK TSIMMUS

Gilda Levine

2 cans sweet potatoes in orange-pineapple sauce	1 can apricots, drained
#2 can baby carrots, drained	1/2 lb. prunes

Combine all ingredients and bake covered 375° for 1/2 hour.



### SPINACH MOLD

Phyllis Medoff

- |   |              |
|---|--------------|
| 1 1 lb bag spinach,<br>cooked and chopped | 2 egg yolks  |
| 1 can cream of mushroom soup              | matzo meal   |
| 1 4 oz. can mushrooms                     | bread crumbs |

Combine spinach, soup, mushrooms, yolks and a handful of matzo meal. Place in greased casserole and top with bread crumbs. Bake 350° for 30-40 minutes.

### SPINACH PIE

Pat Pellows

- |   |                       |
|---|-----------------------|
| 2 lbs spinach, chopped fine                       | 2 T olive oil         |
| 1 T salt  | grind of pepper       |
| 1 lb Feta cheese, crumbled<br>(or cottage cheese) | 15 sheets Filo dough  |
| 1 small onion, chopped fine                       | 1/2 lb butter, melted |
| 4 eggs, slightly beaten                           | 2 T lemon juice       |

Wash and chop spinach. Sprinkle with salt and allow to stand 15 minutes. Squeeze spinach to remove excess moisture. Combine with cheese, onion, eggs, olive oil, lemon juice and pepper. Arrange 9 filo sheets in greased 10" x 15" pan, brushing each sheet with melted butter. Spread spinach filling and cover with remaining 6 sheets of filo, brushing each sheet with melted butter. Seal edges with fork to retain filling. Bake 350° for 45 minutes or until golden.

### SQUASH CASSEROLE

- |                                 |                           |
|---------------------------------|---------------------------|
| 3 lbs yellow squash or zucchini | 1/4 C margarine or butter |
| 1/2 C dry bread crumbs          | 1 T sugar                 |
| 1/2 C chopped onion             | 1 t salt                  |
| 2 eggs, beaten                  | 1/2 t pepper              |

Cut squash into 1" pieces. Cook in boiling water for 10 minutes, drain and mash or put in blender; mix with the other ingredients. Turn into a buttered gratin dish. Pour over 1/4 cup melted butter then top with 1/4 cup dry bread crumbs. Bake at 375° for 1 hour or until it is puffed and the crumbs are browned.



### SUMMER SQUASH MIX

Phyllis Medoff

2 onions, sliced  
1 green pepper cut up  
summer squash, zucchini and/or  
eggplant, cut up  
oil or margarine

8 oz. can tomato sauce  
salt  
pepper  
oregano or basil

Saute onions and green pepper in oil until onions are golden. Add squash, zucchini and eggplant. Top with tomato sauce and spices. Cook until tender.

### RUSSEL FLAISH

Mrs. Meyer Simmons

Yield 6-8 servings

2 onions, sliced  
1 clove garlic, minced  
3 T schmaltz or shortening  
3-4 lbs beef shoulder  
1/4 C water  
2 T vinegar

1 T brown sugar  
1/2 t salt  
3 T ketchup  
2 bay leaves  
1/2 C seedless raisins  
4 potatoes, quartered

Brown onions and garlic in fat in a heavy skillet or Dutch oven. Remove the onions. Brown meat thoroughly on all sides, then return the onions to skillet. Add all remaining ingredients, except the potatoes. Cover, reduce heat. Simmer for 1 hour. Add potatoes. Simmer covered 1-1/2 hours longer.

### BRISKET

Claire Handler

Brisket  
2 onions, quartered  
5 whole cloves  
carrots

1 green pepper, cut up  
1 pkg. dry onion soup mix (opt.)  
1 jar Heinz chili sauce  
3-4 C water, to cover meat

Place a little margarine in pan to sear meat. Remove meat and pour off margarine. Put in above ingredients and meat and simmer covered for 3 hours. Make brisket day before serving. Refrigerate gravy separately and remove hardened layer of fat. Slice meat while cold and heat in gravy.



## BEEF STEW IN WINE

Barbara Davidson

4 lbs lean beef, cubed  
1 T salt  
1/2 t pepper  
3 T flour  
carrots, peeled and in 2" chunks

1 large onion, sliced  
1 C dry red wine  
1/2 C bouillon  
4 oz. canned tomato sauce  
(i.e. Hunts)

Preheat oven to 450°. Place beef in large casserole and sprinkle with the salt and pepper. Bake 35 minutes, uncovered. Stir in flour and bake 5 minutes more. Reduce heat to 325° and add remaining ingredients to beef, except carrots. Cover and bake 1-1/2-2 hours. Add carrots and bake until tender. Serve over noodles.

## BEEF BURGUNDY

Yield 15-20 servings

5 lbs beef, cubed  
2 lbs carrots, sliced  
6 onions, sliced  
3 C celery, chopped  
2 lg. cans tomatoes

1-1/2 C burgundy wine  
3/4 C minute tapioca  
1 lg. can mushrooms  
(or more, if desired)  
4 1 lb cans Irish potatoes  
2 cans sliced water chestnuts

Mix beef, carrots, onions, celery, tomatoes, wine and tapioca. Bake in large casserole, uncovered for 5 hours at 250°. Add mushrooms, potatoes and water chestnuts and bake 1 hour longer. Freezes well.

## BEEF STEW

Mrs. Charles Mann

3 lbs chuck or shoulder, cut up  
2 C onions, chopped  
olive oil or salad oil  
2-3 T flour  
salt  
pepper

1 C chicken soup  
1 bay leaf  
1/8 t thyme  
1 C tomato juice  
peeled carrots, cut up  
peeled potatoes, quartered

Wash meat and drain. Put flour, salt and pepper in plastic bag. Shake meat in seasoned flour. Saute onions and add half of meat to brown. Remove and add other half of meat. In large pot put meat and remaining ingredients (add carrots and potatoes last hour of cooking), cover and bring to boil. Simmer about 2-2-1/2 hours until soft. If desired, this can be baked in covered casserole 350° for 2-1/2 hours. If stew is too soupy, thicken with additional flour.



## PEPPER STEAK

Barbara Lowenstein

2 lbs steak  
4 T oil  
1/2 C scallions or onions  
2 cloves garlic, minced  
5 green peppers, sliced thin  
1 C sliced celery

1-1/2 C beef broth  
2 T cornstarch  
1/4 C water  
2 T soy sauce  
Boiled white rice

Buy thin steak and cut it in narrow strips. Brown steak in oil, then add scallions, garlic, green peppers and celery. Cook 5 minutes. Add the beef broth. Cover and cook over low heat 10 minutes. Mix the cornstarch, water and soy sauce until smooth and add to the mixture, stirring steadily until it reaches the boiling point. Cook 2 minutes and serve on rice.

## CHILI CON CARNE

Yield 8 servings

Joan Cohen

2 lbs chuck, cubed  
2 T olive oil  
1 large onion, chopped (1 C)  
2 T chili powder (or more, to taste)  
1 can (4 oz.) green chili peppers

1 can (28 oz.) tomatoes  
2 t salt  
2-1 lb cans red kidney beans  
1 clove garlic, minced

In large pot brown meat in oil and push to one side. Saute onion and garlic until soft, in same pot. Push to one side and stir in chili powder and cook 1 minute. Drain chili peppers. Wash in running water, remove seeds, chop into pieces. Add peppers, tomatoes and salt. Heat to boiling, lower heat and cover pot. Simmer 2 hours, stirring a while, until flavors blend and mixture thickens. Drain kidney beans and add to pot. Simmer 10 minutes or until beans are heated.

## MEAT BALLS

Sally Bikofsky

1 lb ground beef  
2 T matzo meal  
2 T water  
1 egg  
1 C onions, chopped

3 T fat  
1 can Tomato-Mushroom Sauce  
(Rokeach)  
1/2 C honey  
1/2 C boiling water  
1 t salt dash pepper

Combine beef, matzo meal, 2 T water, egg, salt and pepper and form into balls. In pan saute onions in fat, add remaining ingredients and meatballs. Cook over low heat for 1 hour. This can be used for Passover.



## MEAT LOAF

Mollie Finkelstein

1-1/2 lbs hamburger  
1/2 C bread crumbs  
1/2 C water  
1 egg  
1/3 C catsup

1 pkg. onion soup mix, optional  
1-1/2 t salt  
1/4 t pepper  
2 cloves garlic, crushed  
1 can tomato soup, optional  
mushrooms, optional

Mix everything together, except tomato soup and mushrooms. Place in pan and top with tomato soup and mushrooms. Bake 350° for 1-1/4 hours.

## SAUERBRATEN MEATBALLS

Yield 4-5 servings

Lucille Cline

1 lb ground chuck  
3/4 C soft bread crumbs  
1/4 C minced onion  
1-1/2 t salt  
1/4 t pepper  
juice of 2 lemons

1/4 C margarine (little less)  
3 bouillon cubes  
2-1/2 C water  
1/3 C brown sugar  
3/4 C ginger snaps, crushed  
2 T water

Combine meat, bread crumbs, onions, salt and pepper, 2 T water and juice of 1 lemon. Mix well and form into 1" balls. Heat margarine in skillet and brown meatballs. Remove from pan. To the drippings in pan add 2-1/2 cups water and juice of other lemon. Bring to a boil and add bouillon, sugar and ginger snaps. Add meatballs to this and simmer covered for 10 minutes. Stir and cook (continued)

Sauerbraten Meat (continued)

uncovered 5 minutes longer. Serve over noodles and sprinkle with poppy seeds, if desired.



## MEAT LOAF

Yield 6-8 servings

Beverly Siagel

2 lbs ground beef  
2 eggs, slightly beaten  
3 oz. pkg. potato pancake mix

1/2 C water  
11 oz. can Tomato-Mushroom Sauce  
(Rokeach)

Combine all ingredients, except 1/2 cup of sauce. Pack into greased 9" x 5" x 3" loaf pan. Top with remaining sauce. Bake 1 hour at 350°. May be used for Passover.

## BEEF 'N RICE SKILLET

Claire Handler

1-1/2 lb ground beef  
2 T Crisco oil  
1-1/2 t salt  
1/8 t pepper  
1 medium onion, sliced thin

1 green pepper, sliced thin  
1-1/3 C Minute Rice  
1 lg. can tomatoes (28 oz.)  
1/2 t prepared mustard

Lightly brown meat in oil in large skillet. Season with 1 tsp. salt and the pepper. Add onion and green pepper. Stir in Minute Rice, right from the box. Saute over high heat until rice is lightly browned. Add tomatoes, mustard and remaining salt. Mix well. Bring to a boil, then reduce heat and let simmer 5 minutes, uncovered.

## VEAL PICCATE

Yield 6 servings

Sally Bikofsky

1-1/2 lbs thin veal slices  
flour  
1/2 C chicken broth  
1 C dry white wine

1/2 t salt  
pepper  
1 lemon, thinly sliced

Cut veal into 3" x 3" pieces. Dip into flour, shake off excess and saute quickly in oil a few pieces at a time — add oil after each batch. Pour chicken broth into skillet, stir with wooden spoon and scrape all brown bits from pan. Add wine and salt, cook 1 minute. Return veal to pan, cover, heat 2-3 minutes until bubbly. Sprinkle with fresh ground pepper. Arrange on serving platter, pour wine mixture over. Top with lemon.



### TANGY CHICKEN

Adele Kaplan

1 C brown sugar  
1 heaping T prepared mustard  
1 heaping T ketchup  
2 T garlic salt

2 T Worcestershire sauce  
1 T vinegar  
1 chicken, cut up

Combine all ingredients, mix well and pour over chicken. Bake 350° for 1 hour.

### NEW ENGLAND BOILED DINNER WITH CABBAGE

Naomi Greene

1 pickled tongue  
peeled potatoes

peeled carrots  
cabbage wedges (toothpicks stuck  
in to keep from separating)

Boil tongue about 3 hours, adding potatoes and carrots the last hour of cooking. Add cabbage 20 minutes before serving. Remove cabbage, peel tongue and serve. (No waste and less fat than corned beef).

### POT CHICKEN

Yetta Aronson

1 pullet, cut up  
2 large onions, diced  
2 t paprika

1/4 t pepper  
1/4 t garlic powder  
3/4 C boiling water

Place onions in bottom of pot. Sprinkle with paprika. Put chicken skin down. Sprinkle with pepper and garlic. Pour water over and cook uncovered 1 hour over medium heat. Turn chicken, cover partially and cook 1/2 hour, medium heat. Uncover and cook 20 minutes more. Serve with potato kugel.



## CHICKEN

Ruth Goldman

1 jar apricot preserve  
1 pkg. onion soup mix  
1 bottle Wishbone Russian  
dressing

2/3 C water  
garlic  
2 chickens, cut-up or  
4-6 breasts

Mix all ingredients together and pour over chicken. Place chicken, skin side down in pan and bake 3/4 hour at 325°. Turn chicken and bake an additional 3/4 hour more.

## PO. CHICKEN - JEWISH ITALIAN

Naomi Greene

1 chicken, cut in 8ths or  
thighs or wings  
several onions  
several green peppers

garlic powder  
salt  
pepper  
1 8 oz. can tomato sauce  
potatoes, peeled and cut up

Saute onions and green peppers in bottom of dutch oven. Put washed chicken on top. Sprinkle heavily with garlic powder and salt and pepper. Pour tomato sauce over and add potatoes. Simmer 1-1/2 hours, covered. For best taste make in morning and reheat for dinner so flavors set in.

## ARROZ CON POLLO

Jeanne Sandberg

1/2 C oil  
2 cloves garlic, minced  
1/2 t oregano  
1 t salt  
1/4 t pepper  
1 onion, chopped  
1/2 green pepper, chopped  
1 T vinegar

1 8 oz. can tomato sauce  
1 t capers  
8 pimento-stuffed olives  
10 oz. beer  
10 oz. chicken soup  
(or water & bouillon cube)  
2 C rice, uncooked  
chicken, cut up

Marinate chicken pieces all day in oil, garlic, oregano, salt, pepper, onion, green pepper and vinegar. On medium heat, brown the chicken in its oil, lightly. Pour off all excess oil. Add tomato sauce, turning chicken so that each piece is covered. Add capers and olives. Turn gently. Simmer for 5 minutes.  
(continued)

Arroz Con Pollo (continued)

Add beer and bring to boil, over low heat. Add chicken soup and simmer 30 minutes, covered. Remove chicken and add rice to the liquid. Be certain rice is under liquid. Bring to boil, stir and put chicken on top. Cover and cook 20 minutes on low heat. Place rice on serving platter and top with chicken. Place green peas around the dish.



### TAM TAM STUFFING

Mrs. Nathan Rosenthal

1 box Tam Tams  
1 large carrot  
1 large or 2 small onions  
3 T chicken fat

3/4 C water  
1-1/2 t kosher salt  
1/8 t black pepper

Grind Tam Tams, carrot and onion. Add other ingredients and mix. Stuff chicken or bird. Double recipe for large bird.

### LOX SOUFFLE

Arlene Fruman

3 large onions  
1/4 lb butter  
1/4 lb Nova lox  
1/4 lb salted lox

medium size can salmon,  
drained & flaked  
1 dozen eggs  
1 pint milk  
dash pepper

Saute onions in butter and place in 9" x 13" pan. Cut lox in small pieces and to this add the salmon. Spread on top of onions. Beat eggs, milk and pepper. Pour mixture over lox and bake 45 minutes at 350°. Cut and serve immediately.

### COMPANY BAKED HADDOCK

Naomi Greene

2 lg. pieces haddock fillets, about 2 lbs  
1 C cornflake crumbs, seasoned with  
garlic powder, onion powder,  
salt and pepper

margarine  
extra cornflake crumbs  
water

Cut each piece of haddock lengthwise into 3 strips. Wash fish and while still wet, roll in crumbs. Beginning with thick end, roll fish into a pinwheel. Use toothpick to hold together. Place on buttered 9" x 13" pan. Add chunk of margarine or butter to center of each piece and sprinkle extra crumbs all over. Add 1/8" of water to bottom of pan. Bake 350° for 30 minutes. Add more water if necessary, during baking to keep fish from drying out.



### SALMON LOAF

1 large can salmon  
2 eggs  
2 T sour cream

1 T butter, melted  
2 handfuls crumbs  
(bread, cracker, potato chip)

Remove large bones from salmon. Add remaining ingredients. Place in greased casserole. Bake 350° for 20-30 minutes until edges brown. Optional: can add a layer of peas and a layer of mashed potatoes. Serve with sour cream.

### MOCK LOBSTER

Arlene Shapiro

2 lbs haddock fillet  
juice of 1 lemon  
1 T melted butter  
1 carrot, grated  
4-5 red radishes, grated

1-2 lg. stalks celery, chopped fine  
1/2 C chili sauce  
1/2 C mayonnaise  
salt, to taste  
pepper

Poach fish: (Salt to your taste. Bring water to boiling point, turn to simmer then put fish in water. Leave in 8-10 minutes or until fish gets white. Do not overcook.) While fish is still hot, pour juice of lemon over it and melted butter. Cool for 1/2 hour then flake, by cutting with a fork. Add remaining ingredients and mix very gently with 2 large forks. Make sure all the fish is coated. Taste and sprinkle with salt and pepper is desired.

### KOSHER LOBSTER SAUCE (Chinese Style)

Phyllis Medoff

1 lb hamburger  
1 clove garlic, minced  
4 env. G. Washington broth  
2 T sugar

2 eggs, beaten  
2 C boiling water  
4 T cornstarch  
2 T soy sauce

Crumble and brown hamburger in oil. Add garlic and sugar. Add eggs and saute until brown. Dissolve George Washington seasoning in the boiling water. Add cornstarch which has been dissolved in soy sauce. Simmer 8 minutes uncovered. Simmer 10 minutes more, covered.



### BAKED SPINACH AND FISH

Barbara Davidson

- |  |                                 |
|--|---------------------------------|
| 2 10 oz. pkgs. frozen chopped spinach,<br>defrosted, drained of excess water | 2 onions, sliced thin           |
| 1 lb fish fillet (haddock, cod, flounder)                                    | 2 tomatoes, sliced (optional)   |
| 1 can cream of mushroom (or cream<br>of celery) soup                         | 4 oz. American cheese, shredded |

Grease and rub a garlic clove in 1-1/2 quart casserole. Layer in order given. Bake at 375° for 30-40 minutes.

### MOTHER'S FISH LOAF

Yield 12 servings

Bea Carp

- |                              |                      |
|------------------------------|----------------------|
| 5 lbs ground haddock fillets | 1/4 lb melted butter |
| 7 eggs, beaten               | 1/2 C bread crumbs   |
| 1 pt. sour cream             | 1 onion, grated      |
| salt                         | 1 carrot, grated     |
| pepper                       |                      |

Mix all ingredients well. Pour into a well-greased pyrex 9" x 13" pan. Bake about 1 hour in 350° oven. Good for ladies luncheon.

### FISH LOAF

Bea Gordon

- |  |                        |
|--|------------------------|
| 3-3-1/2 lbs schrod or haddock<br>fillets | 1 t salt               |
| 1 onion, sauted                          | 1/2 t pepper           |
| 1 onion, chopped                         | 3/4 C milk             |
| 3-4 crackers                             | 1/4 C matzo meal       |
| 2 eggs                                   | tomato sauce, optional |

Grind fish, onions and crackers. Add remaining ingredients, except tomato sauce. Place in buttered pan and top with butter and paprika. Bake 350° for 20 minutes. At this point, if needed, add more milk. Bake 25 minutes more. Serve plain or with tomato sauce.



## TUNA BAKE

Yield 6-8 servings

Marni Stevens

1/4 C green pepper, diced  
1 C celery, sliced  
2/3 C onion, chopped  
2-1/2 T margarine  
1 can cream mushroom soup  
1/2 C milk

4 oz. American cheese, shredded  
1/4 C pimento, chopped (optional)  
8 oz. med. noodles, cooked and drained  
1 7 oz. can tuna  
1/2 C mayonnaise  
1/3 C almonds, blanched, slivered

Cook pepper, celery, onion in margarine for 5 minutes. Add milk and soup. Heat. Add cheese and stir until cheese melts. Combine noodles, tuna, mayonnaise, pimento. Pour sauce over noodles and mix. Place in greased 9" x 13" pan. Sprinkle almonds on top. Bake 425° for 30-34 minutes until hot and bubbly.

## TUNA-NOODLE CASSEROLE

Barbara Lowenstein

1 box Kraft Deluxe Macaroni  
and Cheese Dinner  
1 7 oz. can tuna fish

1 T onion, chopped  
1 C cooked peas  
1/2 - 3/4 C milk

Mix macaroni and cheese as directed on box. Add remaining ingredients and place in casserole. Sprinkle potato chips on top, add dots of butter and paprika. Bake in 350° oven for 1/2 hour.

## SWEET AND SOUR FISH

Bea Carp

salmon or mackerel  
1 C white vinegar  
1 C water  
1 C brown sugar  
1 onion, sliced  
1/4 t ginger

1/2 t cinnamon  
1 t salt  
1/2 C raisins  
1/4 t pepper  
8 whole cloves

Cook together all ingredients, except fish, boiling for several minutes. Put in fish (if mackerel is used, cut into pieces) and cook slowly until tender. Cool and refrigerate.