



## GREEK PSARI SAGANAKI

*In Greece this dish is most often made with shrimp. To conform to the Jewish dietary laws that prohibit eating shellfish, I took the bright colors and flavors of this dish and incorporated fish indigenous to the waters around Greece in order to be able to serve it in my own home. Basically, that is how Jewish cooks throughout time have adapted local recipes for their kosher kitchens.*

**1 pound branzino fillets (about 2 fish) or tuna steaks**  
**Juice of 1/2 lemon**  
**4 tablespoons extra virgin Greek olive oil, divided use**  
**1 medium onion, diced**  
**2 large cloves garlic, peeled and cut in half**  
**One 28-ounce can crushed tomatoes**  
**1/2 teaspoon sugar**

**1 tablespoon fresh oregano, chopped**  
**Salt and pepper to taste**  
**1–2 tablespoons ouzo or other licorice liqueur (amount depends on your taste)**  
**2 tablespoons Metaxa or other brandy**  
**1 cup feta cheese, cubed**

1. Place the fish fillets in a 7 × 11-inch glass dish. Add the lemon juice and coat the fish well. Set aside.
2. Heat 2 tablespoons of the olive oil in a 3-quart saucepan. Add the onion and halved garlic, and cook until lightly golden.
3. Add the crushed tomatoes, sugar, oregano, and salt and pepper to taste, and cook uncovered over moderate heat for 20 minutes or until thickened. Remove the pieces of garlic.
4. Heat a cast-iron skillet or heavy, uncoated sauté pan for 15 seconds. Add the remaining 2 tablespoons of olive oil and heat for another 15 seconds. Drain the fish. Season lightly with salt and pepper, and place in the hot skillet. Cook over moderately high heat for 2 minutes or until the fish is lightly golden on one side.
5. Turn the fish over, and add the ouzo and the brandy to the frying pan. Heat for 10 seconds and then ignite the liquids. When the flames die out, place the fish in a 2-quart ovenproof serving dish.
6. Cover the fish with the warm tomato sauce, and top with the cheese.
7. Place the dish in a preheated 400°F oven and bake until the cheese is melted but not browned. Serve with pasta or rice as desired.

*Yield:* 4 servings

### TINA'S TIDBITS

- Soaking fish in lemon juice imparts a subtle flavor to the meat, which will remain even after baking with a strongly flavored sauce. However, do not let the fish sit in the juice more than 15–30 minutes or the acid will start to “cook” the fish and make it tough.
- Brandy and liqueurs must be warm in order for them to ignite. However, if the liquid is heated too long, the alcohol content will burn off and no flame will be produced.
- If finishing a sautéed fish dish in the oven, make sure the initial cooking of the fish isn't too long or your completed dish will be tough and dry.



## CURRIED LENTILS AND VEGETABLES

*The British, Dutch, and Portuguese traders sailed the spice trade route starting in the South China Sea, with major stops in the Moluccas (Spice Islands) for nutmeg, mace, and cloves, to Sri Lanka and the Malabar Coast on the southwestern tip of India, where cinnamon and black pepper were exclusively grown. These spices plus the chilies and cardamom from inland routes were the basis of many curry spice blends of the region.*

1 cup red lentils	3 yellow crookneck squash, sliced
2 tablespoons olive oil	2 carrots sliced
2 medium onions, chopped	1 cup vegetable broth
1 tablespoon minced garlic	One-half 6-ounce can tomato paste
1 teaspoon ground coriander	Salt and freshly ground black pepper to taste
1 teaspoon ground cumin	One 8-ounce can chickpeas, drained
1 teaspoon turmeric	$\frac{1}{2}$ cup roasted peanuts (optional)
$\frac{1}{2}$ teaspoon chili powder	3 cups cooked basmati or jasmine rice (1 cup raw rice + 2 cups water)
$\frac{1}{4}$ teaspoon ground cardamom	$\frac{1}{2}$ cup unflavored yogurt (thick Greek yogurt is best) (optional)
2 good pinches of ground cloves	
$\frac{1}{4}$ teaspoon cinnamon	
4 ounces sliced mushrooms	

1. Boil lentils in enough water to cover for 15 minutes or until they are soft but not mushy. Set aside.
  2. Heat the oil in a 3-quart saucepan and sauté the onion and garlic over medium heat until the onions are soft but the garlic does **not** brown.
  3. Add the spices and the vegetables and sauté for 3 minutes.
  4. Add the broth, tomato paste, and salt and pepper to taste. Add the chickpeas. Cover and simmer for 8 minutes or until vegetables are tender.
  5. Drain the lentils and add to the vegetables. Add the nuts and serve over the rice with the yogurt if desired.
- Yield:* 4–6 servings

### TINA'S TIDBITS

- Different varieties of lentils vary little in flavor, but the color choice enhances this recipe.
- Curry is not a single spice but a mixture of many. This recipe includes the individual spices and creates a wonderful flavor not equaled by store-bought mixtures. In an emergency, 1  $\frac{1}{2}$  to 2 tablespoons of Madras curry powder may be substituted.
- Basmati and jasmine rice add a subtle nutty flavor to your dish. White or brown rice may be substituted, but “converted” or polished rice should never be used as it will not absorb the flavors appropriately.

## VEGETARIAN CHOPPED LIVER

*I was a child when Uncle Barney had his eightieth birthday party in a Jewish vegetarian restaurant. I still remember the mound of “chopped liver” on a bed of lettuce with some tomato slices. Over the years I compared recipes for vegetarian chopped liver, and I will say that my students like the taste of this mock chopped liver even more than the real thing. I know the ingredients sound bizarre in this day and age of fresh or high-quality frozen vegetables, but try it, you will be surprised how much you like it.*

**3 large onions, sliced**  
**2 tablespoons oil**  
**1-pound can cut green beans, drained**  
**1-pound can green peas, drained**  
**16 Ritz crackers**

**6 hard-boiled eggs**  
**½ cup chopped walnuts**  
**Salt and pepper to taste**  
**2 tablespoons mayonnaise**

1. Sauté the onions in the oil until a dark golden brown.
2. In a food processor, combine the green beans, peas, onions, crackers, eggs, and walnuts using a pulsing action to chop the mixture fairly fine.
3. Season with salt and pepper, and moisten with a little mayonnaise if needed to have it resemble real chopped chicken livers. Serve with bread or crackers.

*Yield:* 6–8 servings

### TINA'S TIDBITS

- *Because you cannot use chicken fat here, I would recommend the use of mayonnaise to season and bind the mixture together rather than oil.*
- *Whipped salad dressings are never a substitute for high-quality mayonnaise.*
- *Never use fat-free or low-fat mayonnaise in this mixture unless you are planning to serve it right away. The cellulose used to thicken the mayonnaise to make it appear like the original variety will absorb moisture from the vegetables and make the mixture thick and gummy.*

## VEGETARIAN COUSCOUS

*This Moroccan-inspired dish, adapted from The Gourmet Jewish Cook by the cookbook author and cooking teacher Judy Zeidler, is a perfect way to exploit the wonderful vegetables available during Sukkot. It makes a beautiful edible centerpiece for your dinner table in the sukkah. Served hot or at room temperature, it is equally enjoyable.*

2 tablespoons olive oil  
2 large cloves garlic, finely chopped  
1 medium onion, cut into  $\frac{1}{2}$ -inch dice  
2 carrots, sliced into  $\frac{1}{4}$ -inch rounds  
One 8-ounce can tomato sauce  
 $\frac{3}{4}$  cup dark raisins  
 $\frac{1}{2}$  teaspoon salt or to taste  
1 teaspoon ground cumin  
 $2\frac{1}{2}$  cups vegetable stock, divided use

2 small zucchini, sliced into  $\frac{1}{4}$ -inch rounds  
1 small (1 pound) eggplant, cut into 1-inch dice  
2 yellow crookneck squash, sliced into  $\frac{1}{4}$ -inch rounds  
4 ounces mushrooms caps (any type—see Tidbit below), cut into quarters  
One 15-ounce can chickpeas, rinsed and drained  
4 tablespoons butter or margarine  
1 cup couscous  
1–2 tablespoons finely minced parsley for garnish (optional)

1. Heat a large frying pan for 30 seconds and add the oil. Heat the oil for 15 seconds and sauté the garlic and onion until lightly golden. Do not burn the garlic.
2. Add the carrots, tomato sauce, raisins, salt, cumin, and 1 cup of stock to the pan. Cover and simmer the mixture for 10 minutes or until the carrots are tender.
3. Add the zucchini and the eggplant and cook for 10 minutes. Add the crookneck squash, mushrooms, and chickpeas. Cook until all of the vegetables are tender.
4. In a large saucepan, heat the remaining  $1\frac{1}{2}$  cups stock and butter or margarine. Add the couscous. Cover, remove from the heat, and allow the pan to sit for 5 minutes.
5. To serve, spoon the couscous in the center of a large rimmed dish, and surround with the cooked vegetables. Pour the sauce evenly over all. Sprinkle with a little parsley for garnish if you like.

*Yield:* 4 servings as a main course or 8 as a side dish

### TINA'S TIDBITS

- *Always heat the pan first before adding the oil. This prevents the oil from adhering to the pan and the food from sticking to the oil.*
- *You may vary the vegetables in the recipe, but always add first the vegetables that need more cooking time.*
- *Like all stews, this dish tastes even better the next day. Make the couscous right before serving, and reheat the vegetables in the microwave for 4 minutes or until hot.*
- *The fins of a portabella mushroom will blacken foods. Scrape the fins off with a spoon and discard them before using a portabella mushroom in this or any recipe.*

## KISLEV/November–December

Dairy\* or Pareve



### Maccabee Mushroom Burgers

The story of Chanukah is about fighting for religious freedom and independence despite impossible odds. May these healthy 100% vegetarian burgers give you the strength of Maccabees!

#### INGREDIENTS

- 3/4 c. finely minced walnuts
- 10 large mushrooms,\*\*  
minced
- 1 stalk celery, minced
- 1 carrot, peeled and minced
- 1 small onion, finely minced
- 1–2 cloves garlic, minced
- 1 t. salt
- 1/8 t. black pepper
- 1 T. dry sherry (or any dry  
red wine)
- 1/2 t. dry mustard
- 1/2 c. rolled oats
- 1 c. water
- 1 T. \*butter or oil + extra for  
frying patties
- 1/2 c. toasted (or raw)  
wheat germ (optional)

#### UTENSILS

- spatula
- large mixing bowl
- cutting board & chopping  
knife or food processor
- large frying pan
- measuring cups/spoons
- vegetable peeler
- small saucepan
- rubber scraper
- wooden spoon

\*\*You can also use 10 baby Portobellos or 1 1/4 huge Portabello mushrooms.

① **Mince** the walnuts, mushrooms, celery, carrot, onion, and garlic by hand or in a food processor and **place** in large mixing bowl. **Add** salt, pepper, sherry, and dry mustard and **mix** well.

② **Pour** mixture into a large frying pan and **sauté** in butter or oil over medium-low heat for about 10–15 minutes or until all ingredients are soft and tender, stirring often with a spatula. (While this is sautéing, you can do step 3.)

③ **Measure** oats and water into a small saucepan and

#### CHANUKAH MEANS “DEDICATION”

The word *Chanukah* means “dedication.” When the Jews won a victory over the Greco-Syrians and took back the Temple in Jerusalem, they had to “rededicate” it to make it pure again.

#### CHANUKAT HA-BAYIT

When Jews move into a new house or apartment, or when we want to put up a new *mezuzah* (a small box containing the *Shema* that we put on the door frames of our houses), we invite friends and family over and have a party, called *Chanukat Ha-bayit*, a “rededication of the house.”

#### MENORAH: SYMBOL OF ISRAEL

The seven-branched menorah once used in The Temple can be seen today on the seal of the State of Israel and on some of Israel’s coins.

**bring** to a boil over medium heat. **Turn down** temperature and **cook** for about 3 minutes or until thickened, **stirring** often. **Remove** from heat and add to mixture in pan. Add wheat germ (if desired) and mix well.

④ **Transfer** mixture to a bowl and **chill** in refrigerator for about 1 hour before forming patties. When chilled, **form** into 4-inch burgers with your hands, and **fry** in butter or oil until brown on both sides or **broil** about 8 minutes on each side. Makes about 4–6 soft patties.

NOTE: Uncooked patties can be individually wrapped and frozen until ready to prepare.



# NISAN/March-April

Pareve



## Exodus Veggie Stew

Just like the ingredients going out of Egypt, each one of us should feel as if we too experienced redemption. Each of us plays a unique role in our people's future. In our infinite diversity we are one. Savor the different tastes and textures in this medley of flavors, and let the experience set you free!

### INGREDIENTS

- 1 onion, chopped
- 2 cloves garlic, pressed
- 3–4 medium carrots, peeled & sliced
- 3 medium stalks celery, diced
- 1 potato, peeled and chopped
- 1 T. fresh parsley, chopped
- 2 T. cooking sherry
- 2 T. honey
- 2 c. pareve chicken flavored stock
- 1 T. olive oil
- 1 bottle (10 oz.) tomato juice and 3 small tomatoes, diced or
- 1 can diced tomatoes (with or without spices) in juice
- 1 can of beans, black or red, drained (optional)
- 2 medium zucchini, sliced (or other squash-type vegetable)
- 1 pkg. frozen peas (optional)
- salt & pepper to taste

### UTENSILS

- cutting board
- chopping knife
- vegetable peeler
- spatula
- large pot with lid
- can opener
- wooden spoon
- measuring spoons
- measuring cup

**1** Peel and chop all ingredients.

**2** Add oil to pot and turn on medium heat. When oil is hot, add onions and celery. Stir with spatula, cover, and cook for 3 minutes. Uncover, add parsley, garlic, and carrots, stir, and cover for another 3 minutes.

### DIFFERENT NAMES

Like many Jewish holidays, Pesach has many names:

- 1) Chag ha-Aviv—  
“Festival of Spring”
- 2) Z'man Cheiruteinu—  
“Time of Our Freedom”
- 3) Chag ha-Matzot—  
“Festival of Matzah”

### FOR THE SAKE OF RIGHTEOUS WOMEN

**Q.** Who was responsible for saving Moses' life after Pharaoh decreed all Hebrew boys be thrown in the Nile?

**A. 1)** Yocheved, Moses' mother, who made a basket for him and set him afloat on the Nile.

**2)** Pharaoh's daughter, who found Moses and adopted him as her own son.

**3)** Miriam, Moses' sister, who watched over him and arranged for Yocheved to nurse young Moses.

**Q.** Who else challenged Pharaoh's authority and enabled more Hebrew children to live?

**A.** The midwives Shifra and Pua.



③ **Add** rest of ingredients except peas to pot. **Stir** with wooden spoon. **Bring to a boil**, then **turn down** to medium-low and **simmer** uncovered, **stirring** occasionally, until potatoes and carrots are tender and liquid is mostly absorbed (about 2 hours).

④ **Add** peas and **cook** about 5 minutes longer.

NOTE: Some Ashkenazic Jews do not eat legumes (peas and beans) on Passover. But Sephardic Jews and some vegetarians do.

*For their civil disobedience and their courage, the great commentator Rashi states, "For the sake of righteous women, we were delivered from Egypt."*

*—B. Talmud Pesachim 108b*