

Jewish Recipes

collected by Tresta Neil



Matzah Ball Soup

- 1 large carrot, cut into 1 inch pieces
- 1 large onion, quartered
- 1 Tbsp. parsley flakes
- 2 stalks celery chopped
- 1 Tbs. salt
- 1/4 tsp. white pepper
- 2 Tbs. vegetable "better than bouillon"
- 2 quarts cold water

In a large soup pot combine all ingredients. Bring to a boil. Reduce heat and simmer while preparing matzah balls.

Matzah Balls

- 2 Tbsp. oil
- 2 Tbsp. melted butter
- 1 tsp. parsley flakes
- 1/4 cup minced onion
- 3/4 cup matzah meal
- 2 eggs, beaten
- 4 Tbsp. soup broth
- 1 tsp. salt
- 1/2 tsp. pepper

Mix together matzah meal, parsley, salt and pepper. In a separate bowl, combine eggs, oil, butter, onion, and soup broth. Mix just enough of the matzah mixture into the egg mixture to make it hold together. Chill in the refrigerator for 20 minutes. Using your hands form the mixture into golf-ball sized matzah balls. Place matzah balls into the boiling soup. Cover the pot and cook 30 to 40 minutes. Do NOT remove the cover from the pot while it is cooking.

Vegetable Kugel

Kugel is a tasty casserole made from potatoes or noodles.

- 1 (12 oz.) package thin egg noodles (use Passover noodles for a kosher dish)
- 1 onion, diced
- 1 package sliced mushrooms 1 zucchini, sliced
- 4 carrots, sliced
- 2 cans cream of chicken soup
- 1/2 cup sour cream
- 5 eggs

- 1 cup matzo meal (or bread crumbs) 1/2 cup mozzarella cheese
- salt and pepper to taste paprika to taste

Preheat oven to 350°. Grease a 9" x 13" baking dish. Cook egg noodles in boiling water according to directions on package. While pasta is cooking, heat oil in a skillet over medium heat. Add all vegetables and sauté until barely tender. In a large mixing bowl combine cooked pasta, sautéed vegetables, matzo meal, soup, sour cream, cheese, and eggs. Mix thoroughly and season with salt and pepper to taste. Pour into baking dish and sprinkle with paprika. Bake 40 minutes, until top is crisp and golden.

Falafel

1 lb. dry chickpeas/garbanzo beans - you must start with dry, do NOT substitute canned, they will not work!
1 small onion, roughly chopped
1/4 cup chopped fresh parsley
3-5 cloves garlic (I prefer roasted garlic cloves)
1 1/2 tbsp flour or chickpea flour
1 3/4 tsp salt
2 tsp cumin
1 tsp ground coriander
1/4 tsp black pepper
1/4 tsp cayenne pepper
Pinch of ground cardamom
Vegetable oil for frying - grape seed, sunflower, avocado, canola, and peanut oils all work well

Yogurt Dipping Sauce:

1 cup plain yogurt
1/2 tablespoon lemon zest
1 tablespoon freshly squeezed lemon juice
1 tablespoon freshly chopped cilantro leaves
2 teaspoons freshly chopped parsley leaves
1/2 teaspoon ground cumin
salt, as needed

Latkes (Potato pancakes)

2 large Russet potatoes (about 1 pound), scrubbed and cut lengthwise into quarters
1 large onion (8 ounces), peeled and cut into quarters
2 large eggs
1/2 cup all-purpose flour
2 teaspoons coarse kosher salt (or 1 teaspoon fine sea salt), plus more for sprinkling
1 teaspoon baking powder
1/2 teaspoon freshly ground black pepper
Safflower or other oil, for frying

Using a food processor with a coarse grating disc, grate the potatoes and onion. Transfer the mixture to a clean dishtowel and squeeze and wring out as much of the liquid as possible.

Working quickly, transfer the mixture to a large bowl. Add the eggs, flour, salt, baking powder and pepper, and mix until the flour is absorbed.

In a medium heavy-bottomed pan over medium-high heat, pour in about 1/4 inch of the oil. Once the oil is hot (a drop of batter placed in the pan should sizzle), use a heaping tablespoon to drop the batter into the hot pan, cooking in batches. Use a spatula to flatten and shape the drops into discs. When the edges of the latkes are brown and crispy, about 5 minutes, flip. Cook until the second side is deeply browned, about another 5 minutes. Transfer the latkes to a paper towel-lined plate to drain and sprinkle with salt while still warm. Repeat with the remaining batter.

Homemade Matzo

with grateful acknowledgment to Flatbreads and Flavors by Jeffrey Alford and Naomi Duguid, and A Treasury of Jewish Holiday Baking by Marcy Goldman
Makes 8-12 flatbreads

2 cups flour, wheat, white, or a mix

1 cup water

Pre-heat the oven to 475°. Have ready a two baking sheets lined with parchment, a rolling pin, and a fork for pricking holes.

When the oven has pre-heated, mix together the flour and water. Knead briefly until the dough comes together into a smooth ball, 3-5 minutes. If the dough sticks to your hands or the counter, add flour a teaspoon at a time until it is no longer sticky.

Cut the dough into egg-sized pieces and sprinkle the counter with flour. Working with one piece at a time, roll out the dough as thin as you can. Transfer to a baking sheet and prick it all over to prevent the dough from puffing in the oven. Repeat until the baking sheet is full. The breads won't spread, so you can put the breads fairly close together. Bake until crisp, 3-4 minutes.

Passover Chocolate Nut Torte

6 eggs separated

1 1/2 cups sugar

4 oz. semi-sweet chocolate, grated

1 yellow delicious apple, peeled and grated

1 cup chopped walnuts

1/2 cup matzah meal

Preheat oven to 350 degrees. Beat egg yolk with sugar until lemon-colored and thick.

Gently stir in nuts, chocolate, apples, and matzah meal. In a separate bowl, beat the egg whites until they form stiff peaks. Fold egg whites into egg yolk mixture gently but thoroughly. Turn mixture into a greased 9 inch cake pan. Bake 55 minutes or until cake springs back when pressed lightly with your fingers. Cool in pan.