

# 2008 Hazon Food Conference Participant Cookbook



*A compilation of favorite recipes from participants of the Food Conference  
December 25-28, 2008 ❖ 28 Kislev- 1 Tevet, 5769*

*We are thrilled to present to you with the first ever Hazon cookbook as part of the third annual Food Conference. We received amazing submissions, many of which are featured here. All of the recipes submitted by participants, as well as the recipes from all of the amazing meals served during the conference can be found on *The Jew & The Carrot*, [www.jcarrot.org](http://www.jcarrot.org), Hazon's award-winning blog.*

*You will notice that each recipe reads quite differently – we have left them in the original form, as submitted. Additionally, they have not been tested by anyone at Hazon.*

*We hope that these recipes fill you with memories of your time at the Food Conference, and that they will provide you with joy, nourishment, and time around the table with loved ones.*

*B'tai Avon & Chanukah Sameach!*

*2008 Food Conference Executive Committee*



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## First Things First: Appetizers, Breads, Soups, and Fermented Goodness

### **risa's vegan challah**

Submitted by risa alyson strauss

*this recipe was an accident...one day i was making challah and cookies at the same time and added the cookie spicing to the challah dough...some mistakes are delicious :)*

#### ingredients:

4.5 cups flour	1 tbsp. sugar
1 tsp. salt	1 1/2 cup warm water
1/2 cup agave or maple syrup	1 tsp. cinnamon
1/3 cup olive oil	1/4 tsp. each nutmeg, cloves, ginger, allspice
2 tbsp. yeast	

#### directions:

1. mix together yeast, sugar, and warm water. set aside to rise for 10-15 minutes.
2. in a separate bowl, mix together remaining ingredients.
3. combine together two bowls and mix well. cover dough with damp cloth and leave to rise for 1 hour.
4. punch down dough and knead well. add more flour if too sticky.
5. say a bracha! l'hafrish challah min ha'isa
6. shape/braid and bake at 350\* until golden brown on top
7. say and bracha and enjoy! ha'motzi lechem min ha'aretz



### **Smoked Fish Chowder**

Submitted by Rachel Kahn-Troster

*A smoky, flavorful soup for all of us looking for a chowder recipe that doesn't begin with rendering a pound of bacon or use shell fish. I serve this for Shavuot, or with bread and salad as a weeknight meal.*

1 medium chopped onion	salt and pepper, to taste
2 tbsp butter	2 cups boiling water
2 cups potatoes, diced	1 lb smoked fish (trout, white fish, etc)
1 cup chopped carrots	2 cups milk
dried thyme to taste	

Saute onions in butter until soft but not brown. Add remaining vegetables, spices, and water, and simmer until tender. Blend soup with an immersion blender until smooth. Cut fish into very small pieces or flakes and add to soup. Cook another ten minutes. Add milk and bring to just below a boil, until the milk is fully heated. Serves 4-6. Doubles easily.

*Adapted from Second Helpings, Please!*

## Squash Soup with Pear, Apple & Ginger

Submitted by Adam Edell

¼ tsp. allspice	1 Tbs finely chopped shallot
¼ tsp. cinnamon	1 tsp. minced fresh ginger
¼ tsp. sea salt	2 Asian or Anjou pears, peeled, cored and seeded
¼ tsp. red pepper flakes	1 Rome, Fuji or Macintosh Apple, peeled, cored and seeded
1/8 tsp. freshly ground nutmeg	8 to 10 cups vegetable broth
3 Tbs. extra virgin olive oil	Roasted Pumpkin seeds for garnish
1 to 2 kabocha squash, halved and seeded	
1 butternut squash, halved and seeded	
1 cup coarsely chopped onion	

Preheat the oven to 425. Line a sheet pan with parchment paper. In a small bowl whisk the allspice, cinnamon, salt, red pepper flakes and nutmeg with 1 tablespoon of the olive oil. Brush the inside flesh of the squash with the spice mixture (reserve any remaining) and arrange the squash cut side down on the prepared sheet pan. Roast 30 minutes or until very soft. Remove from the oven and let cool.

While the squash is roasting, heat the remaining 2 Tbs olive oil and the reserved spice mixture in an 8-quart pot over medium heat. Add the onions and a pinch of salt and cook until the onions turn a light golden brown. Add the shallots, sauté about 3 minutes and add the ginger, pears and apples. Continue to sauté another 3 to 5 minutes, or until the fruit softens and turns golden brown. As the mixture begins to stick to the bottom of the pot, deglaze with 1 cup of the broth. Loosen all bits from the bottom for great added flavor. Add 3 more cups of the broth and simmer gently.

When squash has cooled, scoop the flesh into the onion fruit mixture. Mash the squash mixture with the back of a spoon and add 4 more cups of the broth. Gently simmer another 15 minutes. Puree with a stick blender. Season with salt and maple syrup to taste. Garnish with toasted pumpkin seeds.

*From "One Bite At a Time" by Rebecca Katz*

## Smoked Trout-Mango salad

Submitted by Paul Pelavin

*Rachel made this for our first Shabbat lunch together, and I remember thinking, "I wonder what it would be like to eat like this all of the time...."*

4 mangoes	Dressing:
2/3 pound smoked trout	4 tablespoons rice vinegar
1 cup cilantro	2 tablespoons fish sauce
Chop mangoes, fish, and cilantro. Mix in bowl.	2 tablespoons sugar
	2 teaspoons garlic
	2 tablespoons shallots
	ginger and lemon zest

Combine dressing ingredients. Just before serving, mix with salad.

Adapted from *Hot, Sour, Salty, Sweet*, by Jeffrey Alford and Naomi Duguid.

## Multipurpose Roasted Vegetable Stock

Submitted by Brenda Berry

All kinds of vegetable can be used for this stock. The *do not use* list is shorter: cruciferous vegetables like brussel sprouts, cabbage and broccoli or cauliflower should not be used. Beets are nice but turn the stock red. Onions, garlic, carrots, leeks (especially the tops), potato, celery, turnips, parsnips, fresh mushroom, etc can be used.

Chop the clean vegetables coarsely, and toss lightly with olive oil. Place them on flat cookie sheets and roast in a 400 degree oven for 45 min or so until they caramelize lightly. You may want to turn them during this time with a spatula.

Next step is to deglaze the pan. Dump all the vegetables into a soup pot, and then pour a little bit of wine or water onto the hot pan to loosen the bits of flavorful caramelized vegetables that adhere. Pour this liquid into the pot also and add water to cover. Add 5-10 peppercorns. Sometimes add 1/4 cup lentils or lettuce or herbs. Simmer the contents of the pot for about 45 min more and drain.

Now you have a rich deep stock that can be used in place of chicken stock to make soups galore. You can also flavor this broth with salt, wine, hawaij, tabasco, or curry, as examples, and have a consommé that makes a delicious backdrop for matzoh balls or noodles.

## Hearty Lentil Soup

Submitted by Emily Mathis

*This soup got me through the first three years of rabbinical school -- I would make a batch over the weekend and then it Monday-Thursday every week! My semester in Israel interrupted this practice, but I still think I'm made of this yummy lentil soup. Plus, it calls for finely diced vegetables, and making a fine dice is truly one of my favorite things to do. (Wusthof, of course.)*

2 T olive oil	2 bay leaves
2 c. finely diced onion	1/2 c. chopped parsley, plus some extra for garnish
3 large garlic cloves	1 1/2 c. French green lentils
salt and freshly milled pepper	1 T Dijon mustard
3 T tomato paste	1 T sherry vinegar or red wine vinegar (I definitely use more!)
1/3 c. finely diced celery	
1/3 c. finely diced carrot	

**Heat** the oil in a soup pot over high heat. **Add** the onion and **saute** until it begins to color around the edges, 5 to 7 minutes. Meanwhile, **mince or pound** the garlic in a mortar=2 0with 1 teaspoon salt. **Work** the tomato paste **into** the onion, then **add** the garlic, celery, carrot, bay leaves, and parsley and **cook** for 3 minutes. **Add** the lentils, 2 quarts water, and 1/2 teaspoon salt and bring to a boil. **Lower the heat and simmer**, partially covered, until the lentils are tender, 25 to 35 minutes.

**Stir** in the mustard and vinegar. **Taste and add** more of either as needed. **Check** the salt, **season** with plenty of pepper, **remove** the bay leaves, and **serve, garnished** with the parsley. The longer the soup sits before serving, the better it will taste.

**If you want a creamy soup**, continue cooking an extra 10 minutes, remove the bay leaves, puree the soup, and add milk or cream to desired consistency.

-- from Deborah Madison, *Vegetarian Cooking for Everyone*

## Zelig's Pickles (half-sour)

Submitted by Zelig Golden



1. place at bottom of 5 gallon crock (or food grade bucket):

1 cup fresh grape leaves (for crispiness)

1.5 cup fresh dill

5 cups whole fresh garlic cloves (approx 12 heads)

1 cup dry bay leaves

1 cup mixed pickling spice (wrap in cheese cloth and toss in bottom of crock for best results)

2. Fill crock with fresh, clean pickling cucumbers

3. Cover with salt water (brine):

Ratio: 3/4 cup sea salt per gallon water

For 5 gallon batch, dissolve 3 cups salt in 4 gallons warm/tepid water . . . then pour brine over cucumbers until cukes are completely submerged.

4. Completely Cover/seal crock with sturdy plastic bag (double bag to prevent breakage/spillage) filled with water so that the pickles are submerged in brine and pickles/brine are not exposed to air.

5. Leave crock at room temperature for approx. 8 days. The warmer it is, the faster the pickles will ferment and sour. 6-8 days will generally result in a very fresh, crispy pickle. For a more sour pickle, ferment longer.

6. For storage: stuff mason jar with pickles, fill jar with brine so that pickles are submerged.

Refrigerate to prevent further fermentation. Can store for 6 + months in refrigeration.

*These pickles are raw and lacto-fermented, made in the old style without vinegar. Natural Fermentation creates pickles rich in live, active cultures, anti-oxidants, enzymes, and an abundance of nutrients that are essential to a healthy diet.*

For an excellent source on natural live-cultured Fermentation: Sandor Ellix Katz, Wild Fermentation, Chelsea Green Publishing Company, 2003

## **Ginger Beer**

Submitted by Elan & Ariel Margulies

Ginger - about the size of my hand - 6" covering palm surface, 3/4lb

1/2 - 3/4 cup of lime / lemon juice

2ish cups of honey

1/4 teaspoon champagne yeast (other yeast will do - including bread yeast but it leaves a noticeable aftertaste)

1 gallon of water

peel and chop ginger and add to boiling water.

Boil for 10-15 minutes

let cool till ~100F

add honey, lime juice, and yeast

pour entire mixture into 1 gallon jar - cover (with airlock if available)

Ferment for 5-7 days.

Strain and serve.

You can use the "spent" ginger to make ginger candy. It's quite easy! Strain the ginger out and boil it for another 15 minutes or so until its tender. Then strain that again and add an equal weight of sugar and a few tablespoons of water to the mixture and boil it a high heat stirring constantly until the mixture is almost dry. Then you turn off the heat and tossed the candied ginger in a little bit of dry sugar and put in an airtight jar.

## Next on the Plate: Tofu & Poultry

### **Shabbat Baked Tofu**

Submitted by the Fenner Family

3 cakes firm tofu  
1/3 C. fresh lemon juice  
1/3 C water.  
1/3 C soy sauce  
1 1/2 T. vegetable oil

Press tofu to drain off water for 10 minutes (or more).  
Combine marinade ingredients while tofu is pressing.

Pre-heat oven to 425 degrees.

Cut the tofu into eighths.  
Pour half of marinade into a non-reactive baking pan.  
Place the tofu slices in the pan, and pour on the remaining marinade.  
Baking time will total about 1 1/2 hours.  
Turn the tofu every half hour until browned, bubbling, and crispy around the edges. Remove from the oven and transfer to a serving platter.

### **Chicken with Eggplant and Caraway Seed**

Submitted by Trisha Shendelman Margulies

*The Jews in the Spanish section of northern Morocco, Alboroneia, cooked this recipe traditionally either before Yom Kipper or for the meal to break the fast. I have adapted it from my friend and chef Yossi Bendayan's grandmother's recipe.*

4 T. oil  
3 chicken legs and 3 thighs, or whatever combination you like  
2 cubed onions  
5 cut garlic cloves  
Salt and pepper to taste  
1 1/2 t. cinnamon  
2 t. caraway seed  
4 T. sugar  
3 t. cumin  
1 1/2 cups chicken stock or water  
2 eggplants, sliced 1/4-inch thick  
1/2 t. ginger

1. Heat 2 T. oil in a frying pan. Saute chicken until golden brown and remove from pan. Add onion and sauté. Add garlic and return chicken to pan. Season with salt, pepper, half the cinnamon, half the caraway, half the sugar and half the cumin.

2. Add chicken stock or water but do not cover more than half the chicken. Reduce heat and simmer for 30 minutes.

3. Either heat 2 T. oil in pan and fry eggplant until brown on each side, or brush covered baking pan with oil and cook in a 350 degree oven until brown. When done place on chicken.

4. Mix the remaining spices and sprinkle on the chicken and eggplant. Cover pot partially, reduce flame and simmer until most of the liquid has evaporated.

## Spicy BBQ Tofu Triangles

Submitted by Adina Allen

From "Grub: Ideas for an urban organic kitchen"  
by Anna Lappe and Bryant Terry

Prep Time: 10 minutes

Cooking Time: 1 hour and 40 minutes

2 pounds extra-firm tofu, frozen overnight,  
defrosted, pressed and drained

6 tablespoons extra-virgin olive oil, plus more  
as needed

1/4 cup apple cider vinegar

2 tablespoons fresh lime juice

3/4 cup tamari

1/4 cup canned tomato sauce

1 large chipotle chile, canned in adobo sauce

6 tablespoons pure maple syrup

2 teaspoons ground cumin

Pinch of cayenne pepper

- Preheat oven to 350 F

- Place each tofu cake on its side and cut into thirds. Keeping the layers together, cut the tofu diagonally to make 6 long triangles, then cut the triangles down the middle to make 12 smaller triangles. Pat each triangle well with paper towels

- Warm 3 tbs olive oil in a large nonstick skillet over medium heat. Fry the tofu triangles in one snug layer, until golden brown, 7 to 10 minutes on each side, (adding more oil if needed), in batches if necessary. Drain the tofu triangles on paper towels

- In a blender combine the vinegar, lime juice, tamari, tomato sauce, chile, 3 tbs olive oil, maple syrup, cumin, cayenne, and 2 tbs water. Puree for 30 seconds, until smooth.

- Place the tofu in a large baking dish and cover with the marinade. Tightly cover the dish with foil. Bake for 1 hour, turning once halfway through.

- Transfer the tofu and the remaining marinade to a serving bowl, and serve with extra sauce spooned on top.

To serve, place chicken on serving plate and use liquid as a sauce. Serve with couscous.

## **Chicken or Tofu Curry**

adapted from an old Pike Place Market recipe book

Submitted by Shoshanna Krall

*This is the best recipe ever, and is very easy.*

One frying chicken

OR 3 chicken breasts (about 1 1/2 lbs)

OR Firm tofu (cut into pieces about 2" long)

3-4 cups fresh tomatoes

OR two 8 oz cans of tomato sauce

one tablespoon curry powder per lb of chicken

1 teaspoon of garlic powder per lb of chicken

1-2 cloves fresh garlic

1/8 teaspoon coriander

1 teaspoon powdered or fresh ginger)

one tablespoon fresh mint

1 medium size onion, chopped

1 large eggplant, chopped

1 1/2 cups water

2 tablespoons olive oil

Salt and brown the chicken or tofu in the olive oil, then add and brown the onion, then add and brown the eggplant and garlic. Add the remaining ingredients, and simmer, covered, 1/2 to 3/4 hour. Adjust the spices to taste.

## Filling Grains & Beautiful Veggies

### **Four Chile Cheese Pies**

Submitted by Kara & David Vuicich-Radwin

Adapted from Sunset magazine, circa 2003. The original recipe has been simplified and the quantity is multiplied.

*Note: David's mother made these immediately after the birth of our eldest child in 2004, and perhaps because of that they have earned a fond place in our memory. Plus they are easy to make, delicious, easy to reheat and serve, and not terribly unhealthy. Add in the built-in packaging of the pie shell tin, and it is easy to see why it is our favorite recipe to bring to new parents and others.*

*We always make four (or more) at a time because it is only slightly more work and the pies freeze nicely.*

Makes 4 pies (each serves about 4)

4 cups shredded organic jack cheese (about 1 lb.)  
4 cups shredded organic cheddar cheese (about 1 lb.)  
1 28 oz. can green or red chiles, whole or diced  
3 cups organic half and half, whole milk, lowfat milk, or skim milk  
10 organic eggs  
1/2 teaspoon cumin (optional)  
4 organic premade pastry shells, preferably whole wheat

Poke pastry shells with fork and partially bake for 12 minutes or until pale golden brown. (Whole wheat shells won't change color.)

Sprinkle all jack and 1/2 cheddar on pie shells. It is OK to mix them up, too. (Optionally) dice or chop chiles. Distribute chiles over cheese. Beat eggs, dairy, and cumin until blended. Pour mixture into shells and sprinkle remaining cheese on top.

Bake at 325F for 60 minutes or until center of pie is set (shake gently to test). In a convection oven, this takes about 45 minutes. Let stand 15 minutes before cutting. Serve hot, warm, or room temperature.

### **Oven Rice**

*Is really nice. It never sticks. And is easy to fix*

Submitted by Roberta Schiff

1 and one-half cups brown rice (short grain is best for winter, long grain for summer)  
one-half cup of another variety such as red rice or wild rice (or a half-cup barley)  
3 cups water or veggie broth  
one-half teaspoon sea salt  
one tablespoon olive oil (optional)

A Corning ware dish with a cover works best for this. Place all ingredients in the dish, mix through and place in the oven. Turn the oven to 350, no need to pre heat. It should be done in an hour. If all the liquid is not absorbed, another ten minutes should do it. (This method used less liquid than other preparations.) Wait ten minutes before lifting the lid, then stir and serve. Makes about eight servings.

## **Pasta with Lentils and Kale**

Submitted by Wendy Bear

*I am submitting this recipe for Pasta with Lentils and Kale because this spring, in my Tuv Ha'aretz box, I received kale several, and never having cooked it (or eaten it knowingly), I wanted to make something delicious with it. It includes mostly ingredients I keep in my cupboard, so it is easy to put together when the kale arrives in the box.*

1/2 c French (small) green lentils	1 large onion, finely chopped (2 cups)
2 cups water	1/4 t black pepper
3/4 t salt	3/4 lb lacinato kale
6 T extra-virgin olive oil	3/4 lb dried short whole wheat pasta

Simmer lentils in water with 1/4 t salt in 1-1 1/2 quart saucepan, uncovered, adding more water if necessary to keep lentils barely covered, until tender but not falling apart, 20-25 minutes. Remove from heat and season with salt.

While lentils simmer, heat 1/4 c oil in a 12-in heavy skillet over moderately high heat until hot but not smoking, then sauté onion with pepper and remaining 1/2 t salt, stirring, 1 minute. Reduce heat to low and cook, covered, stirring occasionally, until onions are soft and golden (stir more frequently toward end of cooking), about 20 minutes. Remove lid and increase heat to moderate, then cook stirring frequently until onion is golden brown, 5-10 minutes more.

While onion cooks, cut out and discard stems and center ribs from kale. Cook kale in 6-8 quart pot of boiling salted water, uncovered, stirring occasionally, until just tender, 5-8 minutes. Transfer kale with tongs to a colander and drain, pressing lightly. Keep pot of water at a boil, covered.

Coarsely chop kale and add to onion along with lentils (including lentil cooking liquid), then simmer, stirring, 1 minute. Season with salt and pepper.

Add pasta to kale-cooking liquid and boil, uncovered, until al dente. Reserve about 1 cu pasta-cooking liquid, then drain pasta in a colander. Add pasta to lentil mixture along with about 1/3 c of pasta cooking liquid (or enough to keep pasta moist) and cook over high heat, tossing, 1 minute. Season with salt and pepper and drizzle with remaining 2 T oil.

## **Rachel's Rice and Veggies**

Submitted by Rachel Kriger

I've been really enjoying this recipe- sorry no measurements:

Cook mostly brown rice with some amaranth (makes it more coagulated)

Add grains and water, turn on heat.

Add ginger powder, cinnamon, cardamom, and fennel seeds.

Cook until done.

Add maple syrup to taste. You can also add already baked squash.

Great served with any veggies, or as a dessert.

The story of this recipe is to experiment and have fun with cooking.

Trust in the process and in yourself as a good cook.

## Beet and Carrot Veggie Burgers

Submitted by Alix Wall

*It was really hard for me to choose just one recipe to send in, as my favorite recipe is changing all the time. But I keep coming back to this one for veggie burgers made with beets and carrots. I love it because the ingredients are so unexpected, and because it has no soy. Most veggie burgers are made of soy, and this has none. The burgers taste nothing like meat, but they are absolutely delicious.*



From "Farmer John's Cookbook: The Real Dirt on Vegetables."

½ cup sesame seeds	1 cup grated Cheddar cheese
1 cup sunflower seeds	1/2 cup vegetable oil*
2 cups peeled, grated beets (2 medium beets)	½ cup finely chopped parsley
2 cups grated carrots (about 4 carrots)	3 tablespoons flour*
½ cup minced onion	2 tablespoons tamari
2 eggs, lightly beaten	1 clove garlic, finely chopped
1 cup cooked brown rice	¼ teaspoon cayenne pepper

1. Preheat oven to 350 degrees. Lightly grease a baking sheet.
2. Place a small, heavy skillet over medium heat. Add the sesame seeds and stir them until lightly browned and fragrant, 3 to 5 minutes. Remove from heat and transfer to a small bowl.
3. Return the skillet to the heat and add the sunflower seeds. Stir them until lightly browned and fragrant, 3 to 5 minutes. Transfer them to the dish with the sesame seeds.
4. Combine the beets, carrots, and onion in a large bowl. Stir in the sunflower and sesame seeds, eggs, rice, cheese, oil, flour, parsley, tamari and garlic (your hands work best here). Add cayenne and mix until thoroughly combined.
5. Using your hands, shape the mixture into 12 patties and arrange them in rows on the baking sheet.
6. Bake the patties until brown around the edges, about 20 minutes. Unless they are very large and thick, it should not be necessary to turn them. Serve alone or on buns.

\*I used half the amount of oil and more flour than the recipe called for. Bread crumbs could also be added to help bind the patties. And a word of warning: mixing and shaping the patties by hand will cause you to look like you killed someone when you are through. Luckily, beet juice comes off skin easily.

## Moroccan Carrot Salad

Submitted by Debbie Amster

1 lb. carrots cut in 1 1/2 inch chunks  
2 cloves garlic lightly crushed  
Steam al dente then drain and discard garlic



Combine:

2 Tbs. apple cider vinegar  
1 Tbs. olive oil  
1 tsp. paprika  
1 tsp. cumin

Pour over warm carrots

½ tsp. sugar  
Salt  
¼ cup chopped parsley

## Spring Barley Risotto with Peas and Shitake Mushrooms

Submitted by Rachel Saks

*I think that barley has earned a bad name in Jewish cooking because it often comes out bland and mushy, but if you cook it right it can be an amazing and delicious whole grain. This is one of my favorite ways to make barley, especially since it includes so many ingredients that I always keep around.*

2 teaspoons olive oil	4 oz. shitake mushrooms, sliced
½ yellow onion, diced small	2 garlic cloves, minced
1 cup pearly barley	¾ cup frozen peas
¼ cup white wine	2 teaspoons fresh mint, chopped
4 cups chicken broth or water	Salt and pepper to taste
1 teaspoon olive oil	

Heat 2 teaspoons of olive oil over high heat in a large sauté pan that has high sides. Sauté the onion until lightly browned, about 5 minutes. Add the barley and sauté one minute, until it is lightly toasted. Add the white wine and stir, allowing all of the liquid to evaporate. Add ¼ cup of the chicken broth and stir. Once the liquid has evaporated add ¼ cup more broth. Continue this until you have used all of the broth. If the barley is not fully cooked, add more broth.

Meanwhile, sauté the shitake mushrooms and garlic over high heat with 1 teaspoon of olive oil until they are lightly browned. Add the mushrooms along with the peas, mint, and salt and pepper to the finished barley.

## Remo's Peperonata

Submitted by Rebecca Bloomfield

*Remo is a Scottish man who fell in love with Italy and moved to a small town in Tuscany with a population of 5. There he converted an old grain mill on the edge of a river into a beautiful home, and when I came to visit, he shared this dish.*

Ingredients (all estimates--please improvise!)

1 sweet onion	2/3 c olive oil
4 red peppers	Bunch of parsley (preferably flat-leaf)
1 head of garlic	Salt & pepper
2 tomatoes	Something spicy, if you like heat

1. Slice onion into crescent shapes and sprinkle with salt. Let the onions sweat for a few minutes before sautéing them in some of the olive oil.
2. Once the onions are soft, add the sliced red peppers.
3. Be patient
4. While you wait, slice the garlic, dice the tomatoes, and separate the parsley from its stems. Neither the garlic nor the parsley should be minced-- you want big pieces!
5. Once the peppers are soft, add garlic, parsley, and tomato.
6. If you want it to be spicy, add some seeds or slices of a hot pepper. Add salt & pepper to taste.
7. Once everything has cooked, turn off heat and add the remainder of the olive oil.

*I like to serve this as bruschetta. I slice a baguette, and toast the slices. As soon as I take them out of the oven, I rub them with raw garlic before topping them with the peperonata.*

## **Yummy Roasted Roots**

Submitted by Sue Carson

*I rarely follow a recipe so that's why I love this one. It's so me!*

Ingredient options: At the end of a week, I look through my pantry and gather up all the unused root veggies that I have not used. These might include: Rutabagas / Turnips / Beets / Sweet potatoes / Onions / Carrots / Potatoes / Whole garlic cloves / Brussel Sprouts / Kohlrabi, etc.

I wash everything, peel what I think needs peeling, and cut all into roughly the same size, but different shapes...about what will fill your mouth easily.

Put everything in a large mixing bowl. Pour some olive oil into your very clean palms and rub each of the pieces so they have a light coat of oil. I usually season with salt, pepper, but sometimes the Indian in me will add turmeric and red chili powder, or my sweet tooth will call for honey, cinnamon, and prunes...but feel free to experiment.

Place the concoction of roots into a large, lightly oiled, and covered baking pan. Bake in 350 degree oven for about 60 minutes...or till the house smells yummy and the veggies pierce easily with a fork.

## **Spinach Basil Latkes with Coconut**

Submitted by Claire Cohen

### Ingredients:

1 ½ pounds spinach, stems removed	1 egg, lightly beaten
½ cup chopped basil	1 tsp salt
¼ cup chopped cilantro	Black pepper
1 Tb. Chopped fresh ginger	1 cup dried coconut
½ cup unbleached white flour	Olive oil for sautéing

### Procedure:

1. Wilt the spinach in a large skillet over medium heat, stirring frequently or tossing with tongs to push the uncooked leaves to the bottom of the pot (there is no need to add water to the pot because the water clinging to the leaves from washing is enough to cook them). Cook until the leaves have wilted and shrunken and are bright green. Remove and place in a strainer. Squeeze against the strainer to remove excess water. Place on a cutting board and chop finely. Transfer to a medium bowl.
2. Stir in the basil, cilantro, ginger, flour, salt, pepper, and egg and mix to combine well.
3. Spread the coconut onto a plate. Divide the spinach mixture into 10 portions. With a spoon, drop the mixture onto the coconut. Sprinkle the top with coconut to make them easy to handle. With your hands, form into patties.
4. Warm a thin layer of oil over medium high heat in a large heavy-bottomed or non-stick skillet. When the oil is hot (test by placing your hand 1 inch above the skillet), lay 4 or 5 latkes in the oil, being careful not to overcrowd the pan. Cook until golden, about 4 minutes,
5. Flip to the other side, pressing down the patties with a spatula to flatten slightly. Cook another 2 minutes or so until golden. Continue with the remaining latkes, adding more oil to the pan between batches as necessary. Spread on a baking sheet and keep warm in a 200 degree oven.

*Recipe originally from Myra Kornfeld*

## **Cauliflower Mash**

Submitted by Susan Silver

*This recipe is a new favorite of mine & my fiancé's. We were at the farmer's market a couple of months ago, checking out the purple & yellow cauliflowers and asking the proprietor about the differences and preferred ways of cooking as I had never paid much attention to it in the past. Another customer told us about a recipe his wife had made from either a recent Bon Appetit or Gourmet magazine & suggested we look online for it. We found it & love it. We first made it for friends during Sukkot and it was a big hit all around (even with their 13 year old who is very, very picky).*

### Ingredients:

- 1 1 1/2-pound head of cauliflower
- 1 1/2 cups water
- 1 cup whole milk
- 2 tablespoons vegetable oil plus additional for brushing

### Preparation:

Preheat oven to 250°F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside. Cut enough florets from remaining cauliflower head to measure 3 cups. Combine florets, 1 1/2 cups water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid. Spread florets on large rimmed baking sheet, and bake 10 minutes until slightly dry. Transfer florets to blender. Add reserved 1 cup cooking liquid and puree until smooth. Return puree to same saucepan and increase oven temperature to 350°F. Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat. Brush cauliflower steaks with additional oil and sprinkle with salt and pepper. Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side. Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes. Rewarm cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.

## **Blair's Farm Fresh Tomato Sauce**

Submitted by Blair Nosan

2 medium size yellow onions chopped

4 green bell peppers chopped

3 cloves garlic chopped fine

10-15 ripe tomatoes roughly cubed (best to buy "seconds" from a farmers market if you can, they are usually overripe and cheaper!)

In the bottom of a large pot sauté onions and garlic in olive oil with a little sprinkle of salt, after onions cook to transparency add green peppers and continue to sauté for a few minutes.

Add tomatoes to pot and allow to cook on medium high heat, stirring every so often, until they reach a boil.

Lower heat and allow to simmer uncovered for at least an hour as the sauce thickens. As sauce reaches desired thickness add salt, pepper, and fresh basil and/or oregano to taste.

This sauce freezes really well, or you could add a small amount of lemon juice and can it (lemon juice will lower the acidity so it's safe to can).

## Butternut Squash Souffle

Submitted by Ellen Weininger

*This is a family favorite great for Shabbat and holidays. This year as our new White Plains Tuv Ha'Aretz CSA we were able to prepare this incredibly fresh butternut squash from the Adamah Farm in Falls Oh so delicious!!!!.*



*members of recipe with Village, CT.*

2 medium size fresh butternut squash baked\*  
1/2 cup of organic canola oil or extra virgin olive oil  
1/2 - 2/3 cup of pure maple syrup  
1/2 cup of one of the following (rice milk, almond milk or for dairy version use regular milk)

3 eggs  
1 heaping tsp cinnamon  
1/2 cup Arrowhead Mills brown rice flour (may also use whole wheat pastry flour, oat flour or spelt flour)

Preheat oven to 350`.

Mix together all of the ingredients. Lightly grease with oil a glass pie plate or quiche dish.

Pour ingredients into dish. Sprinkle extra cinnamon over the top.

Bake for about 1 hour. May be served warm or at room temperature.

\*Fresh butternut squash - Use a glass or Corning Ware lasagna size dish. Pour about 3/4 cup of water into bottom of dish. Wash off 2 medium size butternut squash. Make a few holes in squash with fork. Place squash in dish and bake in a preheated oven at 350` for approximately 90 minutes depending on size of squash. Remove from oven, cut in half and remove seeds. Scoop flesh out and mash. Measure approximately 20 - 24 ounces of fresh baked butternut squash for recipe above.

## And Finally: Sweet Things

### **Silver Palate Molasses Cookies**

Submitted by Emily Freed

*Farmer Freed's additions/changes to the recipe: The batter always seems too runny to make individual cookies so I put the batter in circular 8 x 8 dish. After putting batter in dish, I place on a cookie sheet in case it overflows during baking. It never does but I like to be prepared nonetheless. Dust top of cookie with sugar before placing in oven. Bake cookie for 40 minutes at 350 degrees. Everyone loves these cookies/bars and they are so easy to make. Enjoy!*

12 tablespoons unsalted butter

1 cup granulated sugar

¼ cup molasses

1 egg

1 ¾ cups all-purpose flour

½ teaspoon each ground cloves, ginger, all spice, and nutmeg

1 teaspoon ground cinnamon

½ teaspoon salt

½ teaspoon baking soda

Granulated sugar for dusting the top of cookies

Preheat oven to 350 degrees. Melt the butter and add the sugar and molasses. Lightly beat the egg and add to the butter mixture. Blend well. Sift the dry ingredients together, and add to butter mixture. Drop the batter by tablespoons onto cookie sheet, 3 inches apart. Bake 8-10 minutes, until the cookies darken. Let cool on cooling rack.

### **Bath Street Inn Granola**

Submitted by Carole & Dan Spiegel

1. Divide the following ingredients, equally, into 2 large lasagna-style pans:

10 C uncooked oatmeal

2 C sunflower seeds (raw, unsalted)

2 C sesame seeds (raw)

1 C coconut

2 C sliced almonds (or cashews, pecans,  
or a mix of all)

1 C wheat germ

1 T cinnamon

2. Heat together (slightly):

1 C canola oil

1 1/2 C honey

1/4 C water

3 T vanilla

3. Pour over dry ingredients, mix well, and bake at 350 degrees for about 30 minutes, switching positions of pan in the oven and stirring every 10 to 15 minutes. Bake until lightly golden brown.

Cool and store in airtight containers. This recipe halves beautifully. Maple syrup can be substituted for the honey.

Toss in a handful of dried tart cherries, blueberries, or cranberries, if desired.

## **Chocolate Tofu Pie**

Submitted by Pat B. Allen

*This delicious dessert is quick, easy and has lots of protein.*

### Ingredients:

#### Filling:

12 oz. semisweet chocolate chips  
1/2 cup maple syrup  
2 12 oz. packages of firm silken tofu (in the aseptic box)  
1tsp vanilla

#### Crust:

2 cups nut meal (almond or hazelnut are great)  
3 Tbsp. butter or vegan margarine

#### Garnish:

Strawberry slices, kiwi, or chopped nuts, shaved chocolate, or toasted coconut

Soften butter and blend thoroughly with nut meal. Press into pie dish using a spoon or your fingers. Bake @ 350 degrees for 30 minutes or until lightly browned. Cool.  
Melt chocolate in double boiler. Cool and then add along with tofu, maple syrup and vanilla to blender. Blend until smooth. Pour into crust and garnish. Refrigerate overnight until firm or, if you are in a hurry, put in the freezer for an hour. Enjoy!

## **Whole Wheat Banana Bread**

Submitted by Renna Khuner-Haber

*This is a healthy banana bread alternative that uses whole ingredients and no refined sugar or added fat. The most applesauce and bananas you use, the sweeter and moister it is. If the recipe seems too healthy to you, you can always add chocolate chips.*

### INGREDIENTS

3 eggs, beaten	½ teaspoon salt
~1/2 cup unsweetened applesauce	1 teaspoon baking soda
3-4 mashed bananas	1 ¼ cups whole-wheat flour
1 teaspoon vanilla extract	A bit of ground nutmeg, cinnamon, and cloves

### DIRECTIONS

Preheat oven to 350°

Mix the dry ingredients in a small bowl. Combine the bananas, applesauce, eggs, and vanilla. Add the dry ingredients to this mixture. Pour into an 8" x 4" bread tin. Bake for 45 minutes at 350°.

## Oatmeal Raisin (chocolate-chip-cranberry-cherry) Cookies

Submitted by Elisheva Margulies

*By nature I am a cook and not a baker, so I'm often intimidated when I actually have to follow a recipe. These are my no-fail cookies, and they get rave reviews every time. I also cannot mess them up, no matter how hard I try, and they don't spread while baking, so you can make a lot at once and fill up the baking sheet without fear. Mark Bittman's "How to Cook Everything" is one of my favorite cookbooks.*

preheat oven to 375.

2 sticks unsalted butter  
1/2 cup brown sugar

1/2 cup white sugar  
2 eggs

1) cream together the butter (softened) and the sugar, then add the egg until combined - use an electric or hand mixer.

1 1/2 cup flour (i use mostly whole wheat)  
splash of flax seed (just because)  
2 cups oats (either rolled or instant)  
2 tsp baking powder

1/2 tsp cinnamon  
dash nutmeg  
dash salt

now for the fun stuff... you can add up to 1.5 cups or so of chocolate chips, raisins, dried cherries, cranberries, etc.

2) mix together all of these ingredients in a bowl.

1/4 cup milk (vanilla soy milk is great too) (at Adamah we used goat milk)  
1 tsp vanilla extract

3) add the dry ingredients to the wet, and alternate with the milk. add the vanilla and mix together.

4) spoon onto a baking sheet (or silpat). they will not spread, so it's cool if they're baked fairly close together.

5) bake for 12ish minutes. don't let them burn on the bottom. cool and eat!!

-adapted From Mark Bittman's *How to Cook Everything*