

I'dor v'dor



A MULTI-GENERATIONAL COOKBOOK
LEHRMAN COMMUNITY DAY SCHOOL



THANK YOU
TO THE LONDON FAMILY
BEN, SUSIE, RAIF, AND LANE

FOR PARTNERING WITH US TO PRODUCE
THE LEHRMAN L'DOR V'DOR COOKBOOK.



a message from our Head of School & Director of Education

When you think of a family heirloom, most people think of jewelry, fine china, or antiques, but some of the most cherished inheritances we have are family recipes, passed down from generation to generation. Each recipe in this book is a doorway into the past and a tribute to the grandparents who have filled our hearts with joy and our stomachs with delicious food. The tastes in this book come from around the globe, a demonstration of our diverse Lehrman community. You will find that each recipe is unique, but there is one ingredient that is evident in every recipe: *love*.

Students and grandparents came together both in-person and via Zoom to cook beloved family fare. Some brought to life hand-written recipes from late grandparents, going back in time through a portal made up of aromas and warm memories.

Judaism is practiced both religiously and culturally through food. Whether it be a celebratory holiday meal or a bagel with cream cheese on a Sunday morning, these rituals have bound us and sustained us for thousands of years. It is our honor to be able to document and share meals directly from the kitchens of our Lehrman grandparents. May we continue to pass down our values, traditions, and cherished family recipes to our future generations.

Be Te Avon!

Jodi Bruce
Head of School

Raquel Heisler
Director of Education

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GRANDMA'S FUDGE PECAN PIE

INGREDIENTS

1 stick butter melted
2 ounces baker's semi sweet
chocolate
1 cup sugar
3/4 cup flour
2 eggs beaten
1 tsp vanilla
1 cup chopped pecans

DIRECTIONS

1. Combine ingredients.
2. Pour into buttered 9 inch glass Pyrex.
3. Bake 325F preheated oven for 20 min. Pie will be fudgy.

Serve warm with vanilla ice cream.



PEAR FRANGIPANE TART

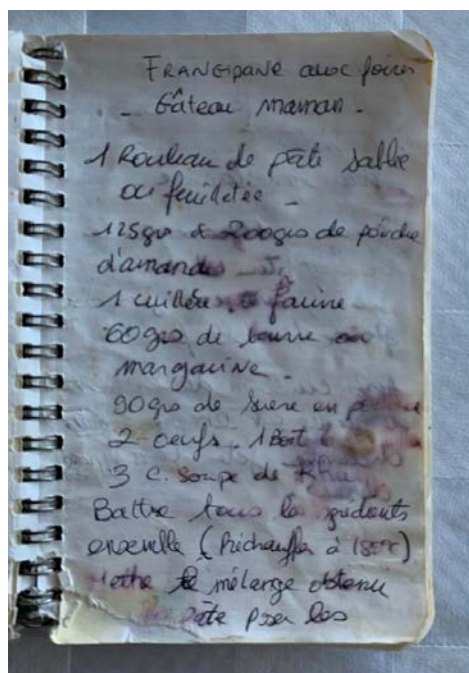
INGREDIENTS

7 oz almond powder
 1/2 cup unsalted butter (1 stick)
 1/2 cup granulated sugar
 1 tablespoon all-purpose flour
 1 tsp almond extract
 2 large eggs
 1 tbsp dark rum
 3 white wine-poached pears in 1/2 cup poaching liquid, cooled

DIRECTIONS

1. Preheat the oven at 425F.
2. Roll out dough into a 12-inch round on a lightly floured surface.
3. Cream together the butter and sugar in the bowl of an electric mixer until light and fluffy.
4. Add eggs, ground almonds, rum, almond extract, and flour; beat until smooth.
5. Spread the thick mixture evenly in chilled tart shell and refrigerate while preparing pears.
6. Arrange sliced pear halves on frangipane filling around edge of tart, leaving space between each half, and place one half in center of tart.
7. Put in the oven for 25 minutes.

Serve your special treat and always think of my grandmother Leticia Amsellem when she cooks you can smell it in the kitchen.



CHICKEN LIVER & CARROT SALAD

INGREDIENTS

4 eggs
3/4 cups liver
3-4 tablespoons oil
2 carrots
1 onion
Herbs to taste
Salt to taste
Pepper to taste
Mayonnaise to taste

DIRECTIONS

1. Boil eggs for about 10 minutes until hard boiled.
2. Rinse with cold water, peel and grate on coarse grater.
3. Rinse chicken livers under cold running water and pat dry.
4. Heat 1-2 tbsp of oil in a frying pan.
5. Fry the liver in it for about 6-8 minutes, turning occasionally.
6. Remove the liver from the pan, place on a kitchen towel to remove excess oil.
7. Peel and rinse the onion and carrots.
8. Finely chop onion.
9. Coarsely grate carrots.
10. In heated oil, sauté onions until translucent, about 4-5 minutes. Add carrots and fry for another 4-5 minutes. Remove vegetables from heat and let cool.
11. Rinse parsley and dill, shake dry and chop finely.
12. In a bowl, mix all prepared ingredients except herbs.
13. Add salt and pepper to taste.
14. Add mayonnaise and mix well.
15. Place the salad in the refrigerator for about 1-2 hours to chill.
16. Arrange the carrot salad in a salad bowl.
17. Garnish with chopped herbs and serve.



GAGA'S SWEET & SOUR HOLIDAY BRISKET

INGREDIENTS

4-5 lb first cut brisket
 1 tbsp kosher salt
 1 tsp pepper
 2 tsp paprika
 3-4 celery stalks (cut into bite-size slices)
 1 medium yellow onion (cut into 1/4 inch slices)

Marinade

3 bottles of Heinz Chili Sauce
 1/2 cup white vinegar (not white wine vinegar)
 1/4 cup brown sugar, packed (add more if you prefer a sweeter sauce)
 Juice of 1 lemon
 1/2 cup water
 2-3 bay leaves
 2 teaspoons of minced garlic (optional)

DIRECTIONS

Plan to have all of your ingredients one day before cooking so you have time to marinate the brisket.

1. One day before cooking, place brisket (fat side up) in a large, rectangular 9x12 or 10x13 casserole pan. The brisket should lie flat inside the pan but with a "cozy" fit. Sprinkle each side of the brisket with: 1/2 tbsp kosher salt, 1/2 tsp pepper, and 1 tsp paprika. Rub the spices into the meat and set aside.
2. In a small bowl, make the marinade by combining the marinade ingredients. Pour the marinade over the brisket and make sure it is fully coated. Cover with foil and place in the refrigerator overnight (24 hours is best!).
3. The next day, about 1 hour before cooking, remove the brisket from the refrigerator. Preheat oven to 325F. Lay sliced celery and onion across the top of the brisket and place in the oven. Do not cover. Plan to cook about 1 hour/pound. After 2 hours of cooking, cover the brisket with foil and continue cooking.
4. After 2 more hours, check the tenderness of the brisket with a fork. If tender, remove the brisket from the oven and let sit for 30 minutes before carving. Place brisket on a cutting board and slice across the grain (opposite direction of ridge lines) to desired thickness. An electric carver is very helpful!
5. Pour the remaining contents of the cooking pan (gravy and veggies) through a colander into a bowl. Using a wooden spoon, press as much of the liquid gravy into the bowl as you can. Discard the celery and onion. Gravy should be smooth with no lumps. Pour some gravy over the sliced meat and reserve some gravy for serving!

Notes

You can add water if gravy is getting burnt around edges of pan. Can cover top with aluminum foil if getting too brown. Can reduce heat to 300F if necessary. Check tenderness level with fork after 3 hours. There should be "give" to the brisket - if no give, brisket needs to continue slow cooking.

GAGA'S SWEET & SOUR HOLIDAY BRISKET



STUFFED ARTICHOKE HEARTS

INGREDIENTS

10 artichoke hearts (you can buy them frozen at most kosher stores)

1 bunch of fresh parsley

2 onions

1 cup celery leaves

1 egg

1 lb ground beef

2 tbsp paprika

1 tsp salt

1 tsp white pepper

1 tbsp Ras El Hanout spice

1 tbsp turmeric

DIRECTIONS

1. Pulse 1 onion, parsley, and celery leaves in a food processor until finely chopped.
2. Combine chopped mixture with the beef in a large bowl. Add egg and bread crumbs.
3. Mix in paprika, salt, white pepper, and Ras El Hanout.
4. Make balls out of the beef mixture and place one ball in each artichoke heart.
5. Chop the second onion finely and fry in large pan until translucent. Add a dash of salt and turmeric.
6. Place the stuffed artichokes on top of the fried onions and add water to cover the top of the artichokes (do not cover the meat part).
7. Cook on low heat for 35 minutes until the water has cooked down into a sauce.



NUKIDES

INGREDIENTS

Dough

- 3 eggs
- 2 tablespoons oil
- 2-3 cups flour
- Pinch of salt
- 1/4 cup of water

Sauce

- 1/2 glass of oil
- 2 tablespoons tomato paste
- 1 fresh mashed tomato
- 1 tablespoon salt
- 1 tablespoon hot or sweet pepper
- 1/2 glass of water
- Chicken or beef
- 6 more glasses of water

DIRECTIONS

Dough

1. Mix eggs with oil, salt, and water.
2. Add flour until you form a dough. Add more flour if you need.
3. Divide into 6 parts and roll into round strips. Cut with a knife into small cubes.

Sauce

1. Cook all the ingredients together in a saucepan over a low flame for about 5 minutes. Add 1/2 glass of water little by little.
2. Add the meat and 6 cups of water.
3. When the sauce is in a boiling state put in the dough cubes and continue to cook until the meat is cooked through and the water is absorbed.

Notes

This dish is very similar to the famous Italian gnocchi. We eat this this dish after Yom Kippur and 9th of Av fasts.



RITA'S FLOURLESS CHOCOLATE CAKE/BROWNIES

INGREDIENTS

10 eggs
2 3/4 sticks of unsalted
butter
14 oz baking chocolate
2 1/2 cups granulated sugar
2 1/2 cups finely ground
almonds
Confectionery sugar for
decorating



DIRECTIONS

1. Preheat oven to 375F.
2. Butter and flour an 11" cake pan or 15x10x2 pan.
3. Separate the eggs.
4. Beat egg yolks with sugar until creamy.
5. Melt chocolate in a bain-marie (double boiler) then add to the egg/sugar mixture.
6. Beat egg whites separately till stiff peaks form and fold into the batter.
7. Turn oven down to 350F and bake for 35 minutes (cooking time may take longer check with a toothpick). If getting brown on top, cover loosely with foil.
8. Sprinkle with confectionery sugar on top.



SAVTA'S SPECTACULAR BANANA BREAD

INGREDIENTS

1/3 cup of oil
1 1/2 cup of sugar
3 mashed bananas (the more ripe, the better)
2 eggs
1 tsp vanilla
2 cups flour
1 tsp baking soda
1/2 tsp salt
1/2 cup sour cream or yogurt or apple sauce
1 cup chocolate chips (be creative and generous and add more!)

DIRECTIONS

1. Preheat oven to 350F.
2. Butter cake pan.
3. Mix all ingredients.
4. Bake for approx 30-45 mins for cake (muffins will bake for less time, 25 mins) or until toothpick comes out clean.

Note

Chocolate will stick and if you have more of it, you may need an extra ten minutes. This can be considered a breakfast treat too! A sinful way to sneak some sweetness into your morning routine!



BUBBY'S CHOCOLATE OVERLOAD COOKIES

INGREDIENTS

2 sticks (8oz) of butter -soft
but cold

2/3 cup firmly packed dark
brown sugar

1 1/3 cups sugar

2 tsp vanilla

2 extra large eggs

3 cups flour

1 tsp baking soda

1 tsp salt

3 cups semi sweet chocolate
chips

1 cup milk chocolate chips

1 cup dark chocolate chips

DIRECTIONS

1. Using a mixer, cream butters and sugars together until light.
2. Beat in vanilla and eggs until smooth.
3. In another bowl, mix flour, baking soda, and salt with a fork.
4. Add flour mixture into batter, a little bit at a time.
5. Add chocolate chips.
6. Drop dough onto baking sheets. Use ice cream scoop to make the cookies and flatten top of scoops.
7. Bake at 350 for 17 minutes.
8. Share with loved ones and enjoy the moment!



CHOCOLATE CHIP MERENGUES

INGREDIENTS

2 eggs

Sugar

Semi-sweet chocolate chips

DIRECTIONS

1. Preheat oven to 350F.
2. Line cookie sheet with parchment paper.
3. In a mixer, beat 2 egg whites until stiff.
4. Add 2/3 cup of sugar; mix.
5. Fold in 1 cup of semisweet chocolate chips.
6. Drop onto ungreased cookie sheet with a teaspoon.
7. Bake for 15 minutes at 350F.
8. Add food coloring for a fun twist.
9. Cool before removing and enjoy!



INSTAPOT RICE

INGREDIENTS

2 clove garlic minced
3 tablespoons olive oil
1 teaspoon salt
2 cups jasmine rice (or, for a more sticky consistency, 1 1/2 cups jasmine + 1/2 cup sticky, sushi, or arborio rice + 1/4 cup water)
2 1/2 cups water

DIRECTIONS

1. Put olive oil in the instapot on 'saute'.
2. Add minced garlic.
3. Cook until garlic starts to color.
4. Turn instapot off.
5. Add salt, rice and water to the instapot.
6. Close the pot.
7. Turn on 'rice' setting.
8. Wait for pressure pin to drop.
9. Rice is done and can sit in the pot until ready to eat.
10. Fluff and serve.



GRANDMOM'S BANANA BREAD

INGREDIENTS

1 1/2 sticks of butter
1 3/4 cup of sugar (you can use less 1 1/2 cup if you want)
3 eggs
1 1/2 tsp baking soda
6 tbsp of sour cream (can use light sour cream)
1 1/2 cups of mashed bananas (4 or so...I used 6)
2 1/2 cups of cake flour
1 1/2 teaspoon of vanilla
1/4 teaspoon of salt

DIRECTIONS

1. Mix sugar and butter.
2. Beat eggs lightly.
3. Add eggs to mixture.
4. Add baking soda and dissolve in sour cream, beat well.
5. Add bananas.
6. Add cake flour.
7. Add salt and vanilla.
8. Mix all - well.
9. Bake in well buttered pan at 350F for 30 min (I baked for 45).



LEMON BROWNIES

INGREDIENTS

1 cup flour
3/4 cup sugar
1/4 tsp baking soda
3 tbsp. vegetable oil
2 tsp fresh lemon juice
2 eggs
1/4 cup plain yogurt
1 tbsp lemon zest

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix all ingredients and stir for 20-30 seconds until no lumps.
3. Pour into 8x8 pan and bake for 20 minutes.
4. To make the glaze, mix confectioners sugar and lemon zest; add water slowly and keep mixing until thick like honey.
5. Let brownies sit for 10 minutes and turn slowly onto wax paper.
6. Spread icing on top and let it drip down the sides; let sit until glaze dries; cut into squares. ENJOY!



GRANDMA ROSALEE'S VEGGIE RAMEN NOODLES

INGREDIENTS

3 packets of ramen noodle seasoning – chicken or vegetable flavored
 1 broccoli crown/head, chopped into small bite size florets or 1 bag pre chopped broccoli florets
 4-6 carrots, sliced thin on a diagonal
 1 large onion, sliced thin
 1/2 red bell pepper, sliced thin in strips
 1 shallot, sliced thin
 Boiling water (2/3 cup of water per noodle package)
 Avocado or olive oil

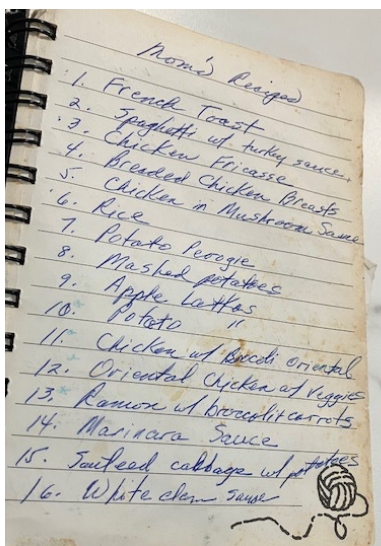
DIRECTIONS

1. Prepare veggies for cooking: Dice the onion, slice the shallot, slice the red pepper, and peel and slice the carrots; wash and section the broccoli into bite size pieces.
2. Heat cast iron or stainless steel pan over medium heat, and then add enough oil to just lightly cover the bottom of the pan. Add onion, shallots and carrots, salt, pepper, and garlic powder.
3. After cooking the veggies 3 min or so, add broccoli and red pepper, and continue cooking for 3-5 min.
4. While the veggies are cooking, boil your water (2/3 cup of boiling water per pack of ramen) and crumble the ramen in the packs so that noodles are all bite size.
5. Once all veggies are about 75% cooked, add in the broken noodles from ramen packages, seasoning packages, and boiling water (2/3 cup per package of noodles).
6. Mix thoroughly and bring to a boil - then lower heat to simmer and cover, stirring every couple minutes until noodles are fully cooked. Usually takes 5 min or less so keep a close eye on it. Serve and enjoy!

TIPS FOR SUCCESS

This recipe assumes 3 packages of noodles... but you can increase or decrease the number of noodle packets and/or vegetables based on your family's serving needs, and preferred ratio.

If feeding more people, add more noodle packets and more veggies. If feeding less people, remove one noodle packet and some of the veggies. If your kids want more noodles, keep the veggies the same and add more noodle packets.



BANANA CHOCOLATE CHIP CAKE

INGREDIENTS

3/4 cups margarine
1 3/4 cups white sugar
3 eggs
3 mashed bananas
1 teaspoon vanilla
2 1/2 cups flour
8 oz semi sweet chocolate
chips
1 tsp baking powder
1 tsp baking soda
3/4 tsp salt

DIRECTIONS

1. Preheat oven to 350F.
2. Cream together the margarine with sugar and eggs.
3. Mix in banana and vanilla.
4. Mix flour with remaining dry ingredients.
5. Pour into bundt mold.
6. Bake in oven about 40 minutes.
7. When cool, frost generously with chocolate butter frosting.

Made with love by Baba & Arielle Buchman



KAISERSCHMARREN

INGREDIENTS

6 egg yolks
6 egg whites beaten
1 cup milk
A little bit of salt (the tip of a tablespoon)
2 cups of flour
Grease for the pan

DIRECTIONS

1. Preheat oven to 350F (160C).
2. Mix the 6 egg yolks with 1 cup of milk, add salt and stir 2 cups of flour into it.
3. Beat the 6 egg whites until frothy and fold them gently into the yolk/flour/milk mixture.
4. Grease pan (13 inch x 9 inch) and pour mixture into it.
5. Bake for about 20 minutes or until slightly brown.
6. Rip the *schmarren* with two forks into pieces and powder lightly with powdered sugar.
7. Serve heaped on plates.
8. Serve with apple sauce or apricot compote.



ROTE GRÜTZE

INGREDIENTS

4 cups of cherry juice (or red currants)
1/2 cup (60g) of cornstarch
4 cups of frozen or fresh berries

DIRECTIONS

1. Take 1/4 cup of the cherry juice and mix with the cornstarch, mix well.
2. Bring the rest of the cherry juice to a boil and stir in the cornstarch mixture.
3. Then add the berries and spoon the mixture into individual glasses or a bowl.
4. Serve with vanilla sauce or vanilla ice cream or whipped cream.



GRANDMA ANITA'S YUMMY BANANA BREAD

INGREDIENTS

1 stick unsalted margarine
 1 cup sugar
 2 extra large eggs
 2 cups flour
 1 tsp baking soda
 1/2 tsp salt
 5 very ripe bananas
 1 tbsp orange peel
 1 tsp orange extract
 1/4 tsp pumpkin pie spice
 1 tsp cinnamon
 1/2 cup finely chopped walnuts
 1 cup golden raisins
 1 cup mini chocolate chips
 Non stick baking spray

DIRECTIONS

1. Melt margarine in the microwave. In a large mixing bowl, cream together the sugar and melted margarine with a hand mixer. Mix well.
2. Add eggs (that have been blended), flour, baking soda, and salt. Mix well with the hand mixer.
3. In a second large mixing bowl, mash the bananas really well. I used a potato masher.
4. Add to the mashed bananas: orange peel, orange extract, pumpkin pie spice, cinnamon, walnuts, raisins, and chocolate chips. Mix well using large spoon.
5. Pour the banana mixture into the flour mixture. Combine everything using the mixing spoon.
6. Grease two loaf pans with the baking spray. Transfer batter evenly between the two loaf pans.
7. Preheat oven to 350F. Bake in the center rack of the oven for 45-55 minutes or until an inserted toothpick in the center comes out clean.
8. Let cool in the pans.



NOTE

I doubled the recipe and used 2 Pyrex loaf pans plus 1 double loaf pan. Banana Bread freezes really well. The top of the Banana Bread may split when almost done baking, that is normal.

PLANTAIN TORTITAS

INGREDIENTS

2 green plantains
Shredded white cheese
Scallion
Salt



DIRECTIONS

1. Peel and cut the green plantains in medium pieces (about 2" each). Cover the plantains in water and boil with salt until cooked.
2. Remove from the water and pound (while hot) until smooth. Do this one piece at a time, leaving the cooked plantains in the hot water. If the plantains are too dry you can add a bit of the plantain water or some drops of oil to the mixture. Add salt.
3. Form 2" balls with your hands - make a pinch in the middle and fill it with a mixture of white shredded cheese and a bit of sautéed sliced green onion. Close it by turning in your hands until smooth. Flatten the ball to create a 3" tortita.
4. Pan fry with a bit of oil (not a lot) to make it crunchy on the outside.

In Ecuador we eat these as an afternoon snack or for breakfast with American coffee. Yummy! Dairy and Kosher for Passover!



CREPES

INGREDIENTS

1 1/2 cups milk (preferably 2%)
1 cup all-purpose flour (scoop and level to measure)
2 tsp granulated sugar
1/4 tsp salt
3 tbsp unsalted butter, melted
1/2 tsp vanilla extract
3 large eggs
Butter for pan

DIRECTIONS

1. Add milk, flour, sugar, salt, butter, vanilla and eggs to a blender, then blend on low speed until well combined, about 10 seconds.
2. Scrape sides and bottom of blender if there's any flour sticking and blend a few seconds longer.
3. Cover and chill 1 hour (or overnight if desired).
4. Heat a 10-inch non-stick skillet over medium heat.
5. Gently stir batter with a spoon just to blend separated layers.
6. Lightly butter skillet then lift pan and pour a scant 1/4 cup batter into pan, immediately tilt and swirl pan in circular motion to evenly coat entire bottom portion of pan with batter.
7. Cook until golden brown on bottom then use an offset spatula to lift an edge of the crepe. Grab the edge of the crepe with your fingertips and flip crepe to opposite side. Cook until golden brown spots appear on bottom.



DEUTSCH HAMANTASCHEN

INGREDIENTS

14 cups flour
 1 cup sugar
 1 cup oil
 3 eggs
 1/2 cup orange juice
 1-2 tsp baking powder
 1tsp salt
 2 tbsp vanilla

Filling

Strawberry jam
 Apricot jam
 Chocolate spread

DIRECTIONS

1. Mix ingredients into a dough - add a little more flour if needed for consistency.
2. Let dough sit in refrigerator for 1-2 hours.
3. Roll out dough with rolling pin.
4. Use a circle cookie cutter or the top of a round glass.
5. Put filling in the middle.
6. Fold over sides first and then the bottom to make a triangle shape.
7. Bake for 12 min at 350F.



GRANDMA DEBBIE'S MEATLOAF

INGREDIENTS

1 cup bread crumbs
3/4 cup almond milk
1 1/2 pounds ground beef
1/2 pound ground veal
1 egg
1/4 tsp pepper
1 tsp worcestershire
2 tbsp garlic
1/2 cup vidalia onion

Sauce

1/2 cup ketchup
3 tbs brown sugar
2 tbsp French's Yellow
Mustard
1/2 cup water
Dash of salt

DIRECTIONS

1. Put all ingredients in bowl and mix together well.
2. In an aluminum, rectangular pan, make a rectangular log - same thickness throughout. You don't want the middle to be thicker than ends. You want it to cook evenly through.
3. Combine ingredients for the sauce and pour evenly over meatloaf.
4. Bake uncovered for 1 1/2 hours at 325F.
5. At the end, if you want to moisten, add beef broth.
6. You can serve with any veggie of your choice and any potato of your choice as well. Enjoy !



GRANDMA'S CHOCOLATE CHIP COOKIES

INGREDIENTS

2 cups white baking flour
1 tsp baking soda
1 tsp salt
1 cup butter or margarine
(softened)
1 cup packed brown sugar
3/4 cup sugar
2 eggs (at room temp)
1 tsp vanilla
12 oz semi-sweet chocolate
nibs

DIRECTIONS

1. Mix flour, baking soda, and salt - set aside.
2. In a large (electric) mixer bowl cream softened butter and sugars until light. Beat in eggs and vanilla until light and fluffy.
3. Stir in (with large spoon) flour mixture and then the chocolate nibs.
4. Place 1 inch balls about 2 inches apart on a baking sheet.
5. Bake for 8 minutes in oven at 350F.



COUSCOUS BEAN SALAD

INGREDIENTS

2 cups couscous at room temperature
4 hard boiled eggs, chopped
2 cans of cooked garbanzo beans, rinsed and drained
2 cans of cooked red kidney beans, rinsed and drained
3 cloves of garlic minced
Juice of 7 lemons
1 cup of extra virgin olive oil
1/4 cup of white vinegar
1/4 cup chopped cilantro
1/4 cup chopped parsley
1/4 cup minced mint leaves
Salt, pepper, and Tabasco to taste

DIRECTIONS

1. Combine the couscous with the eggs, beans, herbs, salt, and pepper.
2. Add olive oil, lemon juice, vinegar, and Tabasco.
3. You may substitute quinoa for couscous. Enjoy!



ALICE FRANK'S HAMANTASCHEN

INGREDIENTS

1/2 cup sweet butter (1 stick)
 1 cup sugar
 2 egg
 1/2 tsp vanilla
 2 1/2 cups flour
 1 tsp baking powder

Filling

1/3 to 1/2 lb. shelled walnuts
 1/4 to 1/2 cup honey
 raisins (optional)

Glaze (optional)

1 egg yolk beaten with 1
 tablespoon water

DIRECTIONS

1. Heat oven to 350F.
2. Cream the butter and sugar together.
3. Add eggs and vanilla and beat until smooth.
4. Add dry ingredients. Mix well.
5. Cover with damp cloth and chill in refrigerator at least one hour or overnight.
6. Meanwhile, coarsely chop walnuts. If using food processor, pulse them carefully so that they are chopped not ground.
7. Mix walnuts with enough honey so that the filling sticks together.
8. Once dough is buttery: flour surface and a rolling pin and roll dough to 1/4" thick.
9. Cut circles with round cookie cutter or a glass 2-2 1/2" in diameter. Dip cutter in flour to prevent dough from sticking. Chill leftover dough for later use.
10. Put about 3/4" -1 teaspoon filling in the center of each cutout. Dip fingertips in flour. Pinch one corner closed. Fold sides up and pinch closed second and third corners. Be sure to pinch dough tightly so that the corners don't open during baking.
11. If glazing, brush surface with beaten egg.
12. Bake 15-20 minutes or until bottom edges begin to turn brown.
13. If you run short of filling, add raisins to the walnuts.



ZACH'S CHOCOLATE CAKE

INGREDIENTS

Cake

1 box chocolate cake mix
1 6oz pkg instant chocolate
pudding mix
4 eggs
1 cup sour cream
1/2 cup chocolate chips
2 tsp instant coffee
1/2 cup water
1/2 cup vegetable oil

Glaze

2/3 cup heavy cream
1 cup semi sweet chocolate
chips

DIRECTIONS

Cake

1. Beat cake mix, pudding mix, eggs, sour cream, oil, water for two minutes. Add chips and coffee.
2. Spray bundt pan with cooking oil.
3. Pre Heat oven 350 degrees.
4. Bake 50-55 minutes. Allow cake to cool on rack 15 minutes or longer.

Glaze

1. Beat cream on low simmer, whisk until chips are melted, let cool.
2. Let cool, drizzle on cake.

HAMANTASCHEN

INGREDIENTS

4 eggs
1/4 cup sugar
1/2 cup vegetable oil
2 tbsp lemon juice
1 1/2 tsp lemon zest
1 teaspoon vanilla
5 cups flour
2 teaspoons baking powder
1/2 teaspoon kosher salt
1 1/2 cups filling prune,
apricot, poppy

DIRECTIONS

1. Preheat oven to 350F.
2. Line cookie sheet with parchment paper.
3. Large bowl- add eggs, sugar whisk add oil, lemon juice and zest, vanilla extract. Stir and combine. Add flour, baking powder, salt mix with stiff spoon.
4. Flour work place.
5. Press dough into a mass and roll dough about 1/4 inch thick. Use a glass to make circles and place on sheet.
6. Use a tablespoon to fill the center. Fold dough from 3 sides and press edges to seal. Leave small opening over filling.
7. Place on baking sheet 2 inches apart. Bake 19-20 mins and cool



KIBBEH BULGUR

INGREDIENTS

Kipbeh

2 lbs ground meat

1 cup bulgur #1

1/2 tsp baharat

Salt

Filling

1 lb ground meat

1 chopped medium onion

Salt

Vegetable oil

Utensils

8x8 oven resistant Pyrex

Foil wrap

DIRECTIONS

Kibbeh

1. Wash the bulgur in cold water until the water is clear, then soak for 15 minutes with water.
2. Squish the excess water with your hands.
3. In a bowl, mix the meat, bulgur, salt and baharat. Set a side.

Filling

1. Fry the chopped onion, add salt. When the onion is clear, add the ground meat. Let it cook and set a side.
2. Grease the Pyrex with the oil.
3. Fill the bottom with your mixture of meat & bulgur then with your wet hands spread it to be even.
4. Now fill it with the ground meat.
5. Add another layer of meat & bulgur on top of the filling. Flattened it up and cut it in squares.
6. Heat your oven at 350F.
7. Add 3 tsp of oil on top and bake cover for 1 hour. Remove foil and bake it for another 20 minutes till is brown.
8. Enjoy with salad, tahine or guacamole.



BROWNIES TITA

INGREDIENTS

130 g chocolate
200 g unsalted butter
1 1/2 cups sugar
1 1/4 cups flour
1 tsp baking powder
1 cup chopped walnuts
3 eggs whisked
1/2 tsp vanilla

DIRECTIONS

1. Pre-heat oven 350F.
2. Melt butter with chocolate.
3. Add sugar and vanilla.
4. Add flour, mixing slowly.
5. Lastly, add whisked eggs and walnuts.
6. Bake in oven for 30 min.



CHALLAH

INGREDIENTS

1/2 cup lukewarm water
 2 packets active dry yeast
 (3/4 oz each packet)
 1/2 tbsp sugar
 1 1/2 cups water
 1/2 cup canola oil or other
 neutral oil
 3 eggs slightly beaten
 3/4 cup sugar
 1 tablespoon salt
 7 – 8 cups all-purpose flour
 Sesame or poppy seeds

DIRECTIONS

1. In a medium bowl, pour the water, add the yeast and sugar. Stir to dissolve. Wait 15 minutes until the yeast raises and looks foamy.
2. In a large bowl, pour the water, add the oil, eggs (but save the equivalent of half an egg for the egg wash), sugar, salt and the yeast mixture. Use a whisk to blend the ingredients together.
3. Add the flour one cup at a time, stir with a spoon until the mixture becomes thick enough to use your hands to knead. Continue adding flour until the dough becomes smooth and not sticky. Knead for approximately 10 minutes.
4. Spread oil slightly on the dough and cover the bowl with a kitchen towel. Place it in a warm spot and let it rise for one hour or until the dough doubles in size.
5. Place the dough on a floured surface (if you want to separate and bless the challah, now is the moment). Cut the dough in three parts for three big challahs or four parts for medium ones. Divide each part in three portions, roll each portion into strand shape and form a braided challah.
6. Place each challah on cookie sheet lined with parchment paper. You can also use a rectangle pyrex with oil and flour.
7. Let the challah rise one hour longer. Preheat the oven to 350F. Prepare the egg wash by adding one tbsp water to the saved egg, stir and brush the surface of the challah once it has risen. Sprinkle with the seeds.
8. Bake for 40-45 minutes for big challah or 30 minutes for small ones. The challah is done if it makes a hollow sound when tapping the bottom of the loaf.

Note

You can add chocolate chips or raisins when kneading.

CHEESECAKE WITH OREO COOKIE CRUST

INGREDIENTS

3 eggs
2/3 cup sugar
1 tsp vanilla extract
2 8 ounce bars cream cheese
- at room temperature
Pinch of salt
Oreo cookies for crust

DIRECTIONS

1. Preheat oven to 350F.
2. Allow cream cheese to sit at room temperature until soft.
3. Break up Oreo cookies (the chocolate part only) and press into the bottom of a pie pan to form a crust.
4. Combine all ingredients and mix until smooth using an electric mixer.
5. Pour ingredients into Oreo cookie pie crust.
6. Bake for 40 minutes. Let stand until cool and then chill in refrigerator.



TARA'S FRUIT CAKE

INGREDIENTS

4 eggs

1/2 cup or more sugar

1/2 cup or more oil

1 cup flour

1 tsp baking powder

Pinch of salt

1/8 cup of OJ or more

Sliced fruit to top

Sprinkle brown sugar on top

DIRECTIONS

1. Whisk together sugar, eggs, and juice.
2. Slowly add in dry ingredients.
3. Pour into greased cake pan and top with sliced fruit like apples and sprinkle with brown sugar.
4. Bake at 350F until fork comes out clean.



CHOCOLATE CHIP SQUARES

INGREDIENTS

1 stick unsalted margarine
 2 tbsp Crisco shortening or
 vegetable oil
 2 cups light brown sugar
 2 large eggs
 2 tsp vanilla
 2 cups flour
 1 tsp salt
 1 tsp baking powder
 1/4 tsp baking soda
 1/2 cup chocolate chips
 Rectangle pan
 12" X 8 1/2" x 1 1/2"

DIRECTIONS

1. Preheat oven to 350F.
2. Melt 1 stick of unsalted margarine and 2 tbsp of Crisco shortening stick.
3. Cool slightly.
4. Put margarine/Crisco in a bowl and add 2 cups of light brown sugar.
5. Add 2 eggs and 2 tsp of vanilla.
6. Add slowly while mixing - 2 cups of flour, 1 tsp of salt, 1 tsp of baking powder and 1/4 tsp of baking soda.
7. Grease bottom of a rectangle pan and spread the batter throughout the pan.
8. Sprinkle the chocolate chips on the top of the batter and place pan in the oven for two minutes.
9. Take out of the oven and the chocolate chips will be soft. Lightly use a knife to run back and forth to make a design or swirl with the chocolate.
10. Place back in the oven and bake for an additional 25 minutes.
11. Check that it is light brown. When it is cool, cut into squares.
12. Enjoy Grandma Hurwitz's Chocolate Chip Squares!



CHICKEN GOJGIJA

INGREDIENTS

2 large onions chopped
 2 lbs chicken breast diced 1/2
 inch thick
 2 tbsp olive oil
 1/2-1 tsp turmeric to taste
 1/2-1 tsp salt to taste
 1/2 tsp pepper to taste
 Fresh pizza dough (we get
 ours at Publix)
 or prepared flat rounds
 (about 20 thawed) from
 frozen section of
 supermarket
 1 egg
 Nigella and/or sesame seeds



DIRECTIONS

1. Preheat oven to 400F.
2. In a bowl mix onion, chicken, oil and spices. Set aside.
3. Roll out your pizza dough thinly and cut into 3"-4" squares or use a round 3"-4" cookie cutter.
4. Spoon your chicken mixture into the center of your dough (1-2 tablespoons depending on the size of your dough)
5. Fold over and pinch edges of dough together preparing a pocket to your liking.
6. For square dough: secure point to point to make a triangle, or fold across to make a rectangle.
7. For round: half moons are easiest or pinch dough all the way around the top, creating somewhat of a big dumpling. (See pics of various shapes).
8. Place your sealed pockets on parchment lined baking sheet.
9. Brush with egg wash.
10. Sprinkle with seeds of choice.
11. Bake for about 20 minutes or until golden brown on top and edges.
12. Serve hot with a squeeze of Lemon, extra ground pepper and a salad of your liking.

Great for lunch, dinner and snacks



GIGI'S VEGAN ALMOND BUTTER COOKIES

INGREDIENTS

1 cup creamy almond butter
1/2 cup dark brown sugar
1/2 cup white sugar
1 flax egg (1 tbsp ground flax
+ 2 1/2 tbsp warm water)
1 tsp baking soda
1 tsp pure vanilla extract
1 tbsp pure maple syrup
1/4 tsp kosher salt
1 cup dark free chocolate
chips (enjoy life)
Flaked sea salt for topping

DIRECTIONS

1. Make the flax "egg" by mixing the ground flaxseed with warm water and letting it set for about 5 minutes.
2. In a large bowl, stir the almond butter together with the sugars until smooth and creamy. Add in the flax egg, baking soda, vanilla, maple syrup and salt and stir to combine. Fold in the chocolate chips.
3. Using an ice cream scooper, place the cookie dough on a parchment paper lined cookie sheet. Sprinkle with flaked sea salt. Bake at 350F for about 10 minutes. Let cool 5 minutes before removing to cool completely. Store at room temperature.
4. ENJOY!!!



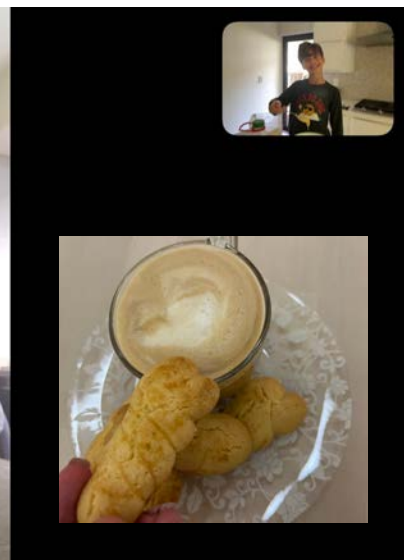
BRIQUES

INGREDIENTS

6 eggs
 1 glass of sugar
 1 glass of oil
 1 teaspoon baking powder
 500 grams cornstarch
 100 grams ground almonds
 1/2 kg of flour, add little by little without having to put it all)

DIRECTIONS

1. Combine all ingredients mixer and then knead.
2. Let the dough rest for 30 minutes.
3. Coat your hands with oil and braid the dough.
4. Paint the dough with an egg wash and sprinkle with sugar.
5. Bake at 350F until golden brown.



NONA'S BORRECCAS

INGREDIENTS

Dough

- 1 kg of flour
- 2 butter panels
- 1 glass of oil
- 1 tbsp baking powder
- 1 glass of water
- 1 tbsp of salt

Stuffing

- 3 medium potatoes
- 2 eggs
- 400 grs mozzarella cheese
- 100 grs parmesan cheese
- Salt to taste, depending on the salty of the cheese

DIRECTIONS

Dough

1. Combine the butter with the flour, salt and baking powder.
2. Add the glass of oil little by little. Knead and add more water as needed.

Filling

1. Boil the potatoes with salt mash the potatoes add the grated cheese, eggs and mix it.
2. Separate the dough in circles fill with the potatoes and cheese mix and close it. Paint with egg and sprinkle with sesame if you desire.
3. Bake at 350F for 25 min.



GRANDMA BETH'S BRECKENRIDGE FRENCH TOAST

INGREDIENTS

2 loaves challah
1/2 cup maple syrup
10 eggs
2 cups milk
1/2 cup sugar
3 teaspoons vanilla
1/2 teaspoon nutmeg
1 teaspoon cinnamon

DIRECTIONS

1. Combine all ingredients except challah in a blender.
2. Mix for 1 minute to make a custard.
3. Rip or cut challah into small pieces.
4. Combine all ingredients in a big bowl.
5. Make sure all bread is wet.
6. Let it sit for 1 hour in the refrigerator or overnight.
7. Pour into a buttered baking pan 9x13.
8. Bake at 350 degrees for 1 hour or until dry inside.
9. You can add raisins, chocolate, or fruit - we like ours plain with powdered sugar on top and dipped in syrup.



YORKSHIRE PUDDING

INGREDIENTS

1/4 pint of milk
1/4 pint of water
3 eggs
2 cups of plain flour
Salt
Oil
Muffin tins

DIRECTIONS

1. Preheat oven to 375F, fill tins with 1/4 inch oil, place oil tins in oven for 10 minutes.
2. Place eggs in a bowl and beat a little to mix them.
3. Add 1/4 - 1/2 teaspoon salt, half of the milk/water, plain flour - beat with mixer until smooth. Add rest of the milk/water and beat until smooth (2-3 minutes).
4. Pour as quickly as possible into hot tins (it should sizzle), and return tins to oven as quickly as possible. Do not open oven door until they are cooked.
5. Cook until they puff up and are slightly brown on top - about 20-25 minutes.
6. Enjoy with gravy, roasted carrots, and potatoes!



SAVTA AHUVA'S CHICKEN CUTLETS

INGREDIENTS

4 boneless, skinless chicken breasts (pounded to ¼" thick)
 1 cup all-purpose flour
 Kosher salt and freshly ground black pepper
 2 teaspoons granulated garlic
 2 large eggs
 2 1/2 cups panko breadcrumbs
 1/2 cup canola oil
 Lemon quarters & parsley for garnish

DIRECTIONS

1. Set up the breading station.
2. Mix flour with granulated garlic and add a pinch of salt and pinch of pepper and mix in a plate.
3. Scramble eggs in a separate bowl/plate.
4. Place panko breadcrumbs in a separate plate.
5. Dredge chicken first in the flour mixture, turning to coat evenly.
6. Dip the chicken into the egg mixture. Let excess drip off.
7. Press the egg dipped chicken into the panko breadcrumbs turning to coat on both sides and packing the crumbs into any crevices.
8. Line a clean baking sheet with a clean wire rack.
9. Heat oil in large skillet over medium heat.
10. Add chicken to skillet and cook 3-5 minutes per side.
11. Transfer to the rack and season with salt and pepper to taste.
12. Transfer chicken to serving platter and garnish with Italian parsley and lemon wedges.



NANA MINDI'S CHOCOLATE PUDDING PIE

INGREDIENTS

2 boxes instant chocolate
jello pudding
4 cups milk
2 cups crushed black/white
cookies (Oreos)
2 tbsp butter melted
1/2 cup kosher
marshmallows for garnish

DIRECTIONS

1. Preheat Oven to 350F.
2. Grind the black/white cookies (Oreos) in a food processor.
3. Combine with melted butter and tightly form crust in pie pan.
4. Bake crust for 15 minutes (pre-made pie crust is also okay).
5. Let crust cool.
6. In a big bowl whisk instant pudding mixes with the cold milk.
7. Pour the pudding mixture into the cool pie crust and refrigerate for 2-3 hours.
8. Once pudding is set, remove from fridge and top with favorite marshmallows or candies.



CHICKEN MATZO BALL SOUP

INGREDIENTS

Soup

Chicken pieces - halves or quarters

Root vegetables

2 carrots

1 celery stalk

1-2 parsnips

1/2 celery root

Onion

Parsley

Chicken bouillon cube

Matzo Balls

6 Eggs

1 1/2 cup matzo meal

6 tbsp chicken broth

1/2 cup vegetable oil

Dill

Ground pepper

Salt

DIRECTIONS

Broth

1. Wash chicken thoroughly and bring to boil in a large pot.
2. Once the liquid boils, it will bring to surface fat and other impurities that you will need to remove carefully with a spoon.
3. Once your soup is clear add all vegetables and herbs for flavor and to further clear and develop the soup.
4. Add salt and black pepper and add 3-4 pieces of chicken. For additional flavor and color, add 1 chicken bouillon cube.
5. Turn down soup to simmer slowly covered for few hours.
6. After 4-5 hours, again remove vegetables and impurities like fat with spoon until soup is clear.
7. Remove chicken and clean it of bones and skin and return to soup if desired or keep separately.
8. If you want vegetables sliced, remove, slice and return to soup.
9. Taste and add salt or seasoning if required.
10. If stronger soup is desired and you are adventurous, you can use chicken and other heartier proteins like veal, osso bucco, or beef shank.

Matzo Balls

1. In a separate pot, whisk eggs, oil, chicken broth (can be from the soup), salt, pepper and dill into a bowl.
2. Mix in matzo meal until well combined and chill for a few hours.
3. Boil a pot of salted water and scoop matzo ball mixture with a large spoon and roll into balls and place onto large platter - this is the fun part that Mirabelle loves to do!
4. Carefully put matzo balls into boiling water. Cover pot and simmer on low. Cook for about 35-45 minutes until puffy and light in color.
5. Turn off heat and let balls sit in liquid until ready to put in the soup.
6. Place in soup and enjoy with your family and friends, especially your grandchildren!



NOODLE KUGEL FOR BREAK THE FAST

INGREDIENTS

Large, thin noodles
6 egg beaten
3 cups milk
2 cups sour cream
16 onc sour cream
1 tsp vanilla
1/2 cups sugar
1 cups raisens

Topping

1 stick butter
1 cup slivered almonds
1 cup graham crackers crumbs
1 cup honey

DIRECTIONS

1. Mix all ingredients and bake for 1 hour at 350F in a greased, glass baking pan.
2. When kugel is done pour honey on top next sprinkler graham crakers and top with slices of butter and almonds.
3. Bake at 275F for 1/2 hour to serve warm.



CORN SOUFFLÉ

INGREDIENTS

2 16oz cans of creamed corn
1 8oz can of corn niblets
3/8 cup of flour
1/2 cup sugar
5 eggs
1/2 stick of margarine

DIRECTIONS

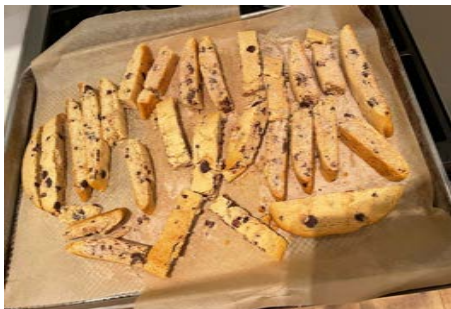
1. Preheat oven to 350F.
2. Drain liquid from niblets.
3. In a large bowl, combine creamed corn, niblets and eggs and stir until blended.
4. Add sugar and flour, stir until blended.
5. Melt margarine. Add to mixture and stir.
6. Pour mixture into medium size baking pan.
7. Cook for 75 minutes.
8. Remove from oven and enjoy!



NANA'S MANDEL BREAD

INGREDIENTS

1 cup vegetable oil
 1 cup sugar
 3 large eggs
 1 tsp pure vanilla extract
 3 cups all purpose flour
 1 tsp baking powder
 1/2 tsp salt
 1 cup semi-sweet chocolate chips (you can sub chopped nuts, candied fruits, etc.)
 Ground cinnamon and granulated sugar for dusting



DIRECTIONS

1. Mix together oil and sugar until combined, then add eggs one at a time. After the eggs are combined, add vanilla.
2. Sift together all the dry ingredients and add them slowly to the sugar/egg mixture. Once the dough is smooth and sticky, pour the chocolate chips in and mix.
3. Cover the dough with plastic wrap and place it in the refrigerator for a few hours (at least 2) or overnight.
4. Lightly oil your hands and form 4 long rows with the dough onto an ungreased cookie sheet (I line the cookie sheet with parchment paper for easy cleanup). Each strip of dough should be 3–4 inches wide. They will spread out a lot during cooking, so make sure you leave enough space between the rows.
5. Bake at 350F for 25 minutes. While mandel bread is baking, in a flat shallow dish, combine $\frac{3}{4}$ cup of sugar with enough cinnamon to turn the mixture light brown. It's best to eyeball this – it shouldn't be too brown or too white.
6. Take the mandel bread out and turn the oven down to 250F. Slice the mandel bread into biscotti sized pieces.
7. Roll each cookie into the cinnamon sugar mixture. Put the pieces back on the cookie sheet on their sides.
8. Bake for another 15 minutes until they've achieved the texture you desire. The longer they stay in the oven, the crisper they will be. If the slices are big or wide, you might need longer than 15 minutes. Keep an eye on it and don't over-bake, as this cookie tends to dry out quickly.

DAD'S FAVORITE CORNFLAKE COOKIES

INGREDIENTS

4 cups cornflakes
12 oz Ghiradelli classic white
chocolate chips

DIRECTIONS

1. Melt the white chocolate chips in a large microwave safe bowl for about 40 seconds.
2. Stir to make sure it's a smooth mixture.
3. Add the cornflakes and blend by hand.
4. Use a teaspoon to form small "balls" and place on a pan covered with wax paper.
5. Place in refrigerator for about 30 minutes.
6. Eat and enjoy!



MOM'S FAVORITE CHEESECAKE

INGREDIENTS

16 oz Philadelphia Cream Cheese (softened at room temperature on softened in microwave for 40 seconds)
3/4 cup sugar
3 eggs
1/2 tsp vanilla essence
1/4 teaspoon almond essence (optional)

DIRECTIONS

1. Blend first 5 ingredients until smooth
2. Pour into ungreased 8 inch pie dish.
3. Bake in preheated oven at 350F for 30 to 35 minutes.
4. While baking, blend the topping ingredients sour cream, sugar and vanilla essence.
5. Pour over the baked cheesecake when removed from the oven.



GRANDMA ESSIE'S GRILLED CHEESE ENHANCED BY NANA DONNA

INGREDIENTS

White bread

2 slices American or cheddar
cheese

2 tbsp mayonnaise

1/3 cup shredded parmesan
cheese

Pam spray or 1 tbsp butter

DIRECTIONS

1. Spray pan with Pam or melt 1 tbsp butter on low flame.
2. Spread each slice of bread with 1 tbsp mayonnaise.
3. Put first slice in pan mayo side down. Add the 2 slices of American or cheddar cheese. Put the second slice of bread mayo side up over the cheese. Press sandwich down with a spatula.
4. Add half the shredded parmesan cheese to the top slice of bread and gently press it down. When cheese inside the sandwich starts to melt (3 minutes or so) flip the sandwich over and add the remainder of the shredded cheese to the top piece of bread.
5. Flip again when bottom layer is browned. Make sure both sides are browned and the parmesan cheese has melted. Serve with tomato soup!



THE METZ CAKE

INGREDIENTS

4 eggs
200g of sugar
125 g of flour
125g chocolate sprinkles
20cl of "creme fraiche"
french style cultured cream

DIRECTIONS

1. Mix all the ingredients together.
2. Bake in the oven at 350F for 20 minutes.



BUMUELOS

INGREDIENTS

5 sheets of matzo
3 eggs, lightly beaten
1/2 lb feta cheese, preferably soft
1/4 lb grated kashkaval cheese
4 green onions, chopped
1-2 tbsp matzo meal
Oil for frying

DIRECTIONS

1. Break matzo into a large bowl and cover with water at room temperature. Let stand for 30 minutes until matzo absorbs water and becomes very soft.
2. Use your hands to squeeze as much water as possible from the matzo and transfer to a clean bowl.
3. Add egg, feta, kashkaval, green onion and mix well. You want a thick paste that can be formed into a patty. If you need, add matzo meal.
4. Prepare a bowl of water by your burner and layer a baking sheet with a double layer of paper towels.
5. Make patties into a mixture and fry in hot oil. Place fried patties on the paper towels to drain the oil.



MEATBALLS

INGREDIENTS

1 onion chopped
1 red pepper chopped
3 lbs chopped sirloin
2 eggs
1/4 Italian seasoned
breadcrumbs
1/3 cup ketchup
1 tbsp oregano
Salt/pepper to taste
Large jar tomato sauce (your
choice; we use "no chunks")

DIRECTIONS

1. Spread chopped onion and red pepper on bottom of dutch oven pot.
2. Combine all other ingredients in large bowl.
3. Wet hands with water (keep water in a bowl next to you).
4. Form meatballs - loose, not tight balls - before forming each meatball, wet hands and dip the meatball in the water bowl (so meatballs are very wet).
5. Place the meatballs directly on top of the onion/peppers.
6. Put pot on high to brown the bottom of the meatballs about 2 minutes.
7. Add can of tomato sauce, lower heat to low and cover.
8. Cook for 1 hour and half minimum but can leave for more on low/simmer.



SAFTA'S DELICIOUS MAC & CHEESE

INGREDIENTS

Mac

4 cups water
 1/2 tsp kosher salt
 1 tbsp extra virgin olive oil
 1 tbsp ground turmeric
 2 cups No. 35 Elbow
 Macaroni

Cheese Mixture

2 tbs sweet butter
 3/4 cup shredded parmesan
 cheese
 3/4 cup shredded mozzarella
 and cheddar cheese combo
 1 1/2 cups low-fat pot-style
 cottage cheese
 5.3 oz plain no-fat yogurt
 (preferably Sigggi's)
 2 tbsp sour cream

DIRECTIONS

1. In a 2 quart non-stick saucepan, add 4 cups of water.
2. Add 1/2 tsp of kosher salt, 1 tbsp extra virgin olive oil, and 1 tbsp ground turmeric.
3. Bring to a boil and add 2 cups of elbow macaroni.
4. Boil for 7 minutes.
5. Drain macaroni into a colander and set aside.
6. Melt 2 tbsp of sweet butter in a 2 quart non-stick saucepan over medium heat.
7. Once butter is melted, add 3/4 cup shredded parmesan cheese, stir and allow to melt before adding the next cheese.
8. Add 2/4 cup shredded mozzarella and cheddar cheese combo and stir.
9. Add 1 1/2 cups of low-fat pot-style cottage cheese and mix until melted.
10. 5 oz of plain no-fat yogurt and stir.
11. Add 2 tbsp of sour cream. Mixture should be cheesy and creamy.
12. Add drained macaroni and mix over medium-high heat.
13. Set aside in covered saucepan until ready to eat.

Note

May be kept in refrigerator over night. If refrigerated or cooled, warm up in microwave on medium power for 3-5 minutes and warmed through and through.

PASTA FROLA – SWEET URUGUAYAN CAKE

INGREDIENTS

12.7 ounces of flour (3 cups approx.)

1 tsp of baking powder

1 pinch of salt

6.3 ounces of butter

3.5 ounces of sugar (1/2 cup approx)

1.5 ounces of lemon peel

1 egg and 2 egg whites
(leave the yolks on the side to use later)

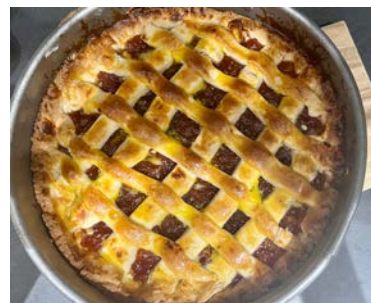
3 tbsp of milk

510 ounces of “dulce de membrillo”



DIRECTIONS

1. In one medium size bowl place the egg, the egg whites and milk. Mix all and let it rest.
2. Sift the flour, baking powder and salt.
3. Then add the sugar and lemon peel. Place it in the table and make a “crown” shape.
4. Right in the middle, add the butter, eggs and milk and start mixing all the ingredients together.
5. Let the mix rest in the fridge for 30 minutes.
6. In the meantime, cut the dulce de membrillo in slices, add three tablespoons of hot water and dissolve the dulce de membrillo.
7. Spray oil inside the bake pan. Stretch the dough into a 9" approx. round cake pan, and place the dulce de membrillo in the middle and stretch it; accommodate it to the cake pan size.
8. Use the other half of the dough to make dough lines and then place the lines on top of the dulce de membrillo, from side to side of the cake pan in horizontal and vertical lines, making squares shapes.
9. Paint the squares with a little bit of water and the yolks that you left aside.
- 8) Turn on the oven to 350F and place in the oven for about 30 min.



STRAWBERRY OLD FASHION CAKE

INGREDIENTS

1 1/2 cup of flour
 1 1/2 cup of sugar
 3 tsp of baking powder
 6 eggs
 Liquid vanilla extract
 Strawberries
 Heavy whipping cream
 Small orange juice

DIRECTIONS

1. Inside a bowl pan, sift the flour and then add the sugar and the baking powder.
2. Separate the buds and the eggs whites in two different bowls.
3. Beat the eggs whites with an inch of salt.
4. Slowly add the sugar, the flour mix and the buds to the beaten eggs.
5. Add two tsp of liquid vanilla.
6. Place the mix in a buttered cake pan and then place it inside the oven in 350F.
7. Once the cake is baked, take it out of the oven and let rest.
8. Cut the cake in the middle and moisten both halves with orange juice.
9. Beat the heavy whip cream, add two tsp of vanilla and four tsp of sugar.
10. Cut the strawberries in small pieces and add half the beaten whipped cream. Place this mix on top of one half of the cake, place the other half on top and use the rest of the whip cream with strawberries to cover the sides and top of the cake. Decorate with strawberries.



RUTH'S SPONGE CAKE

INGREDIENTS

10 eggs
3/4 cups flour or 3/4 cup
cake meal and 1/2 cup potato
starch for Passover
1 1/2 tsp baking powder
1 1/2 cups sugar
4 oz orange juice

DIRECTIONS

1. Take 10 egg yolks and beat with sugar for 10 minutes on 8-9 setting on mixer.
2. Then fold in flour, baking powder and juice a little at a time; beat for 4-5 minutes until smooth.
3. Beat egg whites on #12 setting until stiff and fold into batter.
4. Preheat oven to 350F and bake for 1 hour and ten minutes.
5. Use a tube cake pan. Cool for a few hours before removing.



PISTACHIO FILLA WEDGES IN ROSE

INGREDIENTS

1 1/5 lbs pistachios, shelled,
blanched, peeled, and finely
chopped
2 tbsp confectioners sugar
5 sticks melted butter or
margarine
24 sheets filla dough
1 cup cold date syrup

DIRECTIONS

1. Combine pistachios, sugar, and 1/4 cup melted butter in a medium mixing bowl.
2. Using half of the filla, brush each sheet, one at a time, using slightly less than half of the remaining melted butter. Stack them evenly one on top of the other. (Keep the unattended sheets covered with wax paper and a towel to prevent them from drying out).
3. Fit the butter filla into a 14" round pan.
4. Preheat oven to 350F.
5. Spread the nut mixture over the filla. Repeat this process for the remaining sheets of filla, brushing the top sheet with a generous amount of butter.
6. Refrigerate for 30 minutes. Remove and cut into diamonds.
7. Bake for one hour until the baklava is puffy and golden.
8. After removing the baklava from the oven, pour the cold date syrup over it.



ABI MALÚ'S CHILAQUILES

INGREDIENTS

2 chicken breasts
1 pack of corn tortillas
1 can crush tomatoes
1/2 white onion
A hand full of fresh cilantro
3 garlic cloves
1/2 tsp oil
1/2 tsp salt
1/5 tsp black pepper

DIRECTIONS

1. Cook chicken in boiling water with salt, pepper and garlic.
2. Once the chicken is cooked shred it.
3. Cut tortillas in triangles.
4. Tortillas can be fried in oil or baked in the oven.
5. Mix the remaining water from the cooked chicken, can of tomatoes, onion, garlic, oil, salt and pepper together.
6. Mix everything with the tortillas and chicken.
7. Sprinkle with a lots of cilantro.



PA PAUL'S CHOCOLATE BANANA BREAD

INGREDIENTS

3 ripe banana
2 eggs
1/4 cup peanut butter
1/4 cup maple syrup
1 tsp vanilla extract
2 cups almond flour
1/2 cup cocoa powder
2 tsp baking powder
1 tsp baking soda
1/2 tsp salt
1 cup dark chocolate chips

DIRECTIONS

1. Preheat oven to 350F.
2. Mash bananas and then combine all wet ingredients.
3. Combine all dry ingredients in a separate bowl.
4. Add wet ingredients to dry ingredients.
5. Mix until combined and add chocolate chips.
6. Transfer batter to loaf pan lined with parchment paper and bake on 350 for 45-55 minutes.
7. Allow to cool 10 minutes, slice and enjoy!



GRANDMA SYL RAINBOW COOKIES

INGREDIENTS

7 oz pkg of almond paste
 1/2 lb Smart Balance
 1 cup sugar
 4 eggs
 1 tsp almond extract
 2 cup unsifted all purpose flour
 1/4 tsp each of red, yellow, green food coloring
 2/3 cup raspberry jam
 2/3 cup apricot jam
 1 package (use 6 squares) of semisweet chocolate squares
 1/2 tsp Crisco or Smart balance

DIRECTIONS

1. Grease bottom of 3 13"x9" pans. Line with waxed paper.
2. Put almond paste in cuisinart and mix with steel blade until crumbled (no pieces).
3. In large bowl with electric mixer, mix for 5 minutes until fluffy: sugar and Smart Balance. Add eggs and beat 3 minutes more. Add almond paste and extract and beat 2 minutes, then add flour and mix until well combined.
4. Divide batter into 3 bowls. Add one color of food coloring to each bowl to get three colors (red, green, yellow).
5. Pour into 3 rectangular pans and bake in preheated oven all on one shelf at 350F for 8 minutes. When cool, invert one layer onto cookie sheet. Top with raspberry jam and spread to cover. Invert second layer on top of first layer. Cover with apricot jam. Invert third layer on top of second layer. Top with wax paper and a book as a weight (optional) and refrigerate overnight. Score into 4 strips.
6. Then melt chocolate and Smart Balance in glass bowl in microwave for 1 minute. Stir well to get all chocolate melted. Spread over top and sides of cookies. Refrigerate again for 10 min.
7. Remove and score. Cut into 4 strips. When cool cut into 1/4" thick pieces. Wrap each bar with plastic wrap and refrigerate or freeze. Cut into 1/4" pieces when ready to serve.

BUBBY'S FAMOUS MATZO BALL

INGREDIENTS

6 large eggs
1 cup matzo meal
¼ cup oil
White pepper
Garlic powder
Onion powder
Baking powder
Soup base
Salt

DIRECTIONS

1. In a large bowl, add eggs, oil, a pinch of garlic powder, a pinch of onion powder, a pinch of white pepper, 1/8 tsp of baking powder, 3 tsp of soup base and ¾ tsp of salt and whisk really, really well.
2. Add matzo meal and stir.
3. Put mixture in the freezer for 30 min.
4. Once cold, form the matzo balls by hand or using a little ice cream scooper. Use oil on your hands to make the matzo balls less sticky.
5. In a pot of boiling water, add a few tsp of salt (optional), cook the matzo balls for approximately 45 min. Enjoy!



SAVTA'S HEALTHY PIZZA

INGREDIENTS

1 packet of dry yeast (7gr)
1 tsp of honey
1/2 cup of water
3 tbsp of olive oil
1 egg
2 1/2 cups of spelt flour
4 tbsp tomato sauce
1 cup of mozzarella cheese

DIRECTIONS

1. Mix the yeast, honey and water and let sit for 10 minutes.
2. In a separate bowl mix oil and egg and add spelt flour and yeast mixture. Knead the dough (with your hands!) until the flour is well incorporated and forms a smooth dough. Let the dough rise for 20 minutes.
3. Once risen, flatten the dough onto a pizza pan. Add tomato sauce and mozzarella cheese.
4. Bake at 375F degrees for 20 minutes.



4TH GENERATION MOIST CARROT CAKE

INGREDIENTS

Cake

- 2 cups sugar
- 1 1/2 cups Wesson oil
- 4 eggs well beaten
- 1 tsp salt
- 2 cups flour sifted
- 2 tsp baking soda
- 2 tbsp cinnamon
- 3 cups carrots grated
- 1/2 cups crushed pineapple

Icing

- 1 8oz package cream cheese
- 1 stick butter
- Powdered sugar
- 2 tbsp almond extract
- 2 tbsp vanilla

DIRECTIONS

Cake

1. Combine cake ingredients.
2. Put in greased pan and bake at 300F for 1 hour.

Icing

1. Combine icing ingredients.
2. Once the cake is cooked, put icing on the cake.



APPLESAUCE

INGREDIENTS

4 lbs or 8 large apples. Try to get flavorful apples and feel free to mix.

1 lb or 7 large strawberries

Water

DIRECTIONS

1. Peel and core the apples, by hand or use “Johnny apple peeler cast iron”.
2. Cut into large chunks and put in a large pot.
3. Add enough water to cover the bottom of the pot by about 1/2”. The apples will make liquid.
4. Cook at a low boil until the apples start to get soft.
5. Cut the green off the strawberries, cut in pieces and add to pot.
6. Cook awhile longer until the strawberries break down.
7. Use a potato masher to combine and create the sauce.



COUSCOUS WITH VEGGIES

INGREDIENTS

1 large container couscous
(26.5 oz)

1 whole chicken or package
chicken parts

1 cup dry chickpeas washed
and pre-soaked for at least 2
hours

1/2 head of cabbage
(optional)

1/2 calabaza squash (can
substitute butternut or acorn
squash), cut in large chunks
(at least 2.5 inches)

3-4 carrots peeled and cut
into 2-inch lengths

3-4 celery stalks cut into 2-
inch lengths

2-3 turnips cleaned and cut
into 4-6 pieces

3-4 zucchini cut into 2-inch
lengths

2 onions quartered

1 sprig dill

Salt, pepper, turmeric and
garlic powder to taste

Couscous steamer pot

DIRECTIONS

1. Rinse couscous in small pot or deep dish. Carefully drain water, but be careful not to drain off couscous into the sink. Once water is drained, squeeze out excess water one handful at a time and place couscous into a separate, dry, large pot/bowl. Set aside for about an hour or two while you prepare your soup.
2. Place your couscous steamer pot and another large pot (to make a stock) on the stove and fill both with water. In the bottom of the couscous pot, place the chickpeas (make sure you drain off the soaking water) and one onion in the water, season generously with spices and bring to a boil. In your stock pot, put your chicken parts, dill and the second onion; season generously and bring to a boil. If you have not already done so, chop your vegetables.
3. Once the water in the couscous pot is boiling, place the steamer strainer on the top of the couscous pot. Your couscous should have been sitting for at least an hour by this point. Check the couscous for lumps and remove them by rolling the couscous in your hands. Carefully pour the un lumped couscous into the steamer pot and allow to steam for at least 30 minutes.
4. Remove chicken parts from the stock pot and check the flavor of the soup. Add your vegetables bit by bit based on your cooking time. Add the carrots, turnips and celery first; then the calabaza and cabbage, finally add the zucchini. Periodically check the flavor of the soup as cooking veggies will give off water and dilute the flavor. Once your veggies are cooked through, you can reduce the heat and set the stock aside.

DIRECTIONS

5. After the couscous has steamed for 30 minutes, remove from heat and overturn steamer into a large clean pot or bowl and unlump as needed. Add salt, pepper, turmeric and oil and mix gently with a fork. Once the couscous has cooled enough to handle, rub through couscous with your hands to mix spices and oil and to de-lump as needed, then let stand covered with a dry kitchen towel for at least 20 minutes. Note: you can also leave the couscous to the side until approximately one hour before serving and complete the recipe at that time.
6. Prior to your second steam, you can add a little bit of the broth from your stock pot to the couscous pot. Then steam couscous for a second time - at least 15 minutes or so starting from when you see the steam rising from the couscous. Unlump and allow to stand on countertop with towel covering couscous so it will not dry out.
7. To serve, put couscous in large platter in a mound, surround with the vegetables from soup and place cooked, drained chick peas in the center. Drizzle 2-3 ladles of the soup liquid around couscous. Serves 10-12 people.



PECAN COOKIES

INGREDIENTS

- 3 1/2 cups flour
- 1 1/2 cups powdered sugar
- 3 sticks salted butter
- 2 tbsp vanilla
- 1 lb chopped pecans

DIRECTIONS

1. Preheat oven to 350F.
2. Mix together flour, 1 1/2 cups powdered sugar, butter & vanilla.
3. Add the chopped pecans.
4. Shape walnut-sized pieces of dough into crescent shape.
5. Bake on cookie sheet for 20 minutes.
6. Remove from oven. Cool for one minute.
7. Roll cookies in powdered sugar.
8. Cool.
9. Roll cookies again in powdered sugar.
10. Enjoy!



MIMI'S ISRAELI ROLL

INGREDIENTS

2 1/2 Rolls of Maria Cookies
(galletas Maria) 7oz broken
into small pieces
4 whole organic eggs beaten
together
1 1/4 sticks of unsalted butter
room temperature
2 1/2 table spoons of cocoa
powder
2 tsp of rum
3/4 cup of sugar
1/4 cup chopped walnuts

DIRECTIONS

1. Incorporate the eggs with the rest of the ingredients.
2. Make a roll and fold in aluminum foil.
3. Place the roll in the freezer. Serve frozen.
4. Enjoy!



BROOKIE PIE

INGREDIENTS

Cookie Layer

(Easier version: you can use ready made refrigerated cookie dough)
 2 cups all-purpose flour (spoon & leveled)
 2 tsp cornstarch
 1 tsp baking soda
 1/2 tsp salt
 3/4 cup (1 1/2 sticks) unsalted butter, softened to room temperature
 3/4 cup packed light brown sugar
 1/4 cup (50g) granulated sugar
 1 large egg at room temperature
 2 tsp pure vanilla extract
 1 1/4 cups semi-sweet chocolate chips

Brownie Layer

(Easier version you can use a box of brownie mix)
 1/2 cup (1 stick) unsalted butter
 8 ounces coarsely chopped quality semi-sweet chocolate
 3/4 cup granulated sugar
 1/4 cup (50g) packed light brown sugar
 3 large eggs, at room temperature
 1 teaspoon pure vanilla extract
 1/2 cup + 2 tbsp all-purpose flour (spoon & leveled)
 2 Tablespoons unsweetened cocoa powder
 1/4 teaspoon salt
 1 graham cracker pie shell



DIRECTIONS

1. Pour the brownie mix into the bottom of the pie shell.
2. Take the cookie dough and make into flattened balls and gently place on top of the brownie mix.
3. Bake at 350F for approximately 45 minutes. Don't let cookies burn!

NENÉ'S STUFFED SHELLS

INGREDIENTS

12 oz jumbo shells
 4 cups ricotta cheese
 2 cups shredded mozzarella
 cheese
 ½ cup shaved parmesan
 cheese
 2 eggs
 1-2 cups chopped spinach
 1 tbsp parsley, chopped
 ½ tsp salt
 ¼ tsp ground black pepper
 1 jar (24 oz) pasta sauce

DIRECTIONS

1. Heat oven to 375F.
2. Prepare pasta according to package directions; drain.
3. Meanwhile, in medium bowl, stir together cheeses, eggs, parsley, salt, pepper and spinach.
4. In 13x9x2 baking dish, spread 1/2 cup pasta sauce.
5. Fill each cooked shell with about 1 1/2 level tbsp of cheese mixture; layer one-half filled shells in-prepared dish.
6. Spread one-half remaining sauce over shells; layer remaining filled shells over sauce.
7. Spread remaining sauce over shells; sprinkle with additional parmesan cheese.
8. Cover with foil; bake 35 minutes or until hot and bubbly (doubling recipe or more may require increased baking time).



GRANDMA'S ONION CHICKEN

INGREDIENTS

4 boneless, skinless chicken breasts
1/2 bottle of your favorite Italian dressing
1 container, French's Fried Onions



DIRECTIONS

1. Prepare a baking dish with cooking spray and preheat the oven to 350F.
2. Pour the can of fried onions into a Ziplock bag. Crush with your hands or a rolling pin.
3. Pour the Italian dressing into a bowl. Put the chicken into the Italian dressing, then into the crushed, fried onions to coat.
4. Arrange the onion-covered chicken pieces in the baking dish. Sprinkle any remaining onions over the top.
5. Bake for 25-30 minutes.



NONA'S CHOCOLATE CAKE

INGREDIENTS

Cake

- 2 1/2 cups sugar
- 1 cup margarine
- 4 eggs
- 2 cups cold water
- 1/2 cup cocoa powder
- 1/2 cup instant coffee
- 3 cups flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp baking powder

Frosting

- 2 cups sugar
- 1 cup water
- 4 egg whites
- 1/2 tsp of cream of tartar

DIRECTIONS

Cake

1. Preheat the oven to 350F.
2. Grease up a round deep aluminum bunt cake mold with vegetable oil spray.
3. With a stand mixer, blend sugar, margarine, and eggs for 5 minutes.
4. Lower the speed on the mixer a bit and add cold water, cocoa powder, and instant coffee.
5. Add flour, baking soda, salt, and baking powder and blend.

Frosting

1. Put the sugar and water in a small pot and boil to thicken, 5-7 minutes.
2. Beat the egg whites with the cream of tartar in the stand mixer on a low setting and slowly add in the boiled sugar and water mixture using a large spoon.



NON-ALCOHOLIC BLOODY MARY

INGREDIENTS

12 ounces tomato juice
1 lime
A pinch of salt
A pinch of pepper
1/2 teaspoon Worcestershire
sauce
1/4 teaspoon Tabasco
Ice
Celery stick (to garnish and
eat)

DIRECTIONS

1. Mix all ingredients well and add ice.
2. Add Celery on the side of the glass.
3. Enjoy!



NOODLE PUDDING RECIPE

INGREDIENTS

1 package of medium or large egg noodles
Cinnamon & sugar mix
Raisins
2 large eggs
Cooking oil
Cooking oil spray
2 apples

DIRECTIONS

1. In a pot of water add a little cooking oil (olive oil will work) and bring to boil.
2. While waiting for water to boil preheat oven to 350F.
3. When water is boiling, lower heat and add noodles.
4. Simmer noodles until par boiled (half cooked – use half the timing the bag of noodle instruction suggest).
5. Drain noodles in a colander and place in mixing bowl.
6. Add blanched cut apples (blanch the apples by placing them in boiling water for 60 seconds).
7. Add sugar and cinnamon (a lot).
8. Add two large eggs, apples, raisins to noodles and blend together.
9. In a 9x23 baking pan, spray pan with oil all surfaces are covered in oil (so pudding won't stick).
10. Add mixture then sprinkle oil on top of the noodles and then add cinnamon and sugar on top of the pudding.
11. Bake until top of pudding is brown and crispy.



QUESILLO - VENEZUELAN CARAMEL FLAN

INGREDIENTS

- 1/2 cup sugar
- 1 (14 oz) can sweetened condensed milk
- 21 oz whole milk* (see note)
- 3 large eggs, room temperature
- 1 tsp vanilla extract

DIRECTIONS

1. Set the oven rack to the middle position. Preheat oven to 350F.
2. (Adult intervention) Heat sugar in a saucepan and simmer over medium-low heat to make the caramel. Sugar will start melting; some crumbs will form but eventually, they will melt. Carefully, move the saucepan from side to side to let the caramel mix. Wait until sugar is completely melted and turns into a beautiful amber color. Remove from heat.
3. (Adult intervention) Immediately pour the caramel in a flanera or flan mold and start spreading the caramel all over: bottom and sides. Be careful since it's really, really hot. Set aside.
4. In your blender, add the whole milk, eggs, vanilla. Add condensed milk last. Mix on low for about 30-45 seconds.
5. Next, pour the milk mixture into the flanera. Cover it with foil. On a baking pan big enough to fit your mold, place it in the middle of the pan and pour hot water until half the flanera's height (seen from the side) is under water.
6. Place in the preheated oven and cook in the bain-marie for about 50-60 minutes.
7. When time is done, remove the foil and check for doneness. If the Quesillo is still too liquid, cook for 5 minutes or more as needed. It should be wiggly but firm in the center.*
8. Remove from the oven (and from the bain-marie) and let it cool until warm –but not completely cold. You should be able to hold it with your hands and still feel it warm. Cover with the flanera lid and place it in the refrigerator for at least 6 hours.
9. Once it's cold, remove the lid and run a sharp knife along the edges to help unmold. Place the serving dish on top of the flanera (must be flat but also able to hold liquid!), and carefully turn it over to unmold it. Serve with the caramel and enjoy!

Note

*To measure the 21oz whole milk needed, use the condensed milk can after emptying it: you need 1 and 1/2 cans of whole milk for this recipe.

*Checking for doneness trick: using a damp table knife, insert in center. It should come out clean.



APPLE SAUCE

INGREDIENTS

5 lbs macintosh or empire
apples
2 tbsp cinnamon
2/3 cup water-can add more
if needed

DIRECTIONS

1. Wash, peel, core and dice apples.
2. Put everything into large pot-cover and cook over medium heat.
3. Lower heat when apples start to soften and cook until soft enough to easily mash.
4. Mash until smooth and enjoy!
5. Refrigerate leftovers.



Enjoy!

בתאבון

هوس خوب

Bon Appétit

Buon Appetito

Guten Appetit

באַן קרײװײַנג

Pragnienie Bon

Jó Vágyat

Afiyet Olsun

καλή λαχτάρα

Bom Desejo

Bon Profit

Buen Provecho

