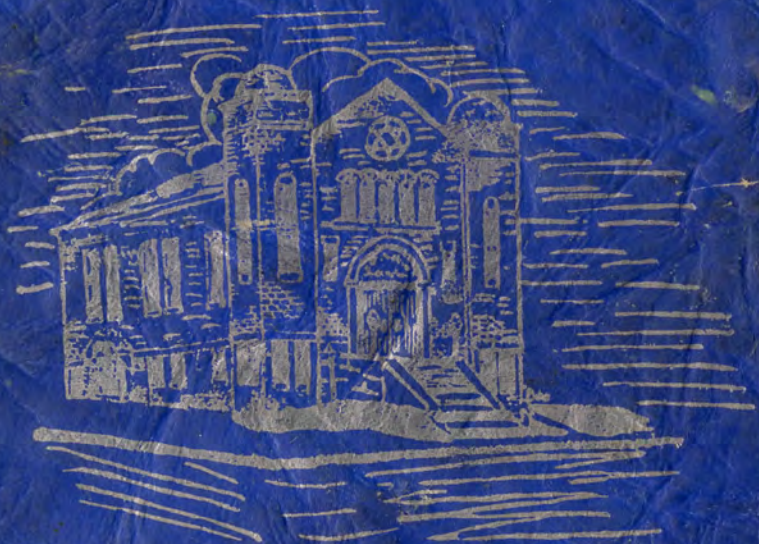


*Sisterhood Cook Book*



*Beth Jacob Synagogue  
Lewiston, Maine*

# SISTERHOOD COOK BOOK

Beth Jacob Synagogue

Lewiston, Maine

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# THE JEWISH HOME AND FAMILY

by RABBI DAVID BERENT

Jewish tradition always placed strong emphasis upon the home as an instrument to insure our survival. It is significant that the Bible couples the concept of holiness with that of food. (Exodus 22:30, Deut. 14:21). In the home the wife occupied a more important place than the husband; she was the central figure of family life and it was her responsibility to ensure the observance of the dietary laws and to create the home atmosphere appropriate to the Sabbath and festival celebrations. The principle religious duty assigned to the wife is the maintenance of the Jewish character of the home. Scripture attests to this fact when it points to the AYSHE'S CHAYIL, the woman of valor who "looketh well to the ways of her household."

Our Sisterhood should be congratulated for its efforts in presenting this unique volume which contains a wealth of treasured, traditional recipes representing the best in the collections of its membership. It is my hope that the use of this book will help create additional observances of our time-honored customs in the home lending more color to it and, as a result, an emotional and aesthetic response can be created, which in turn will engender a loyalty to the Jewish pattern of religious identification.

## THE SABBATH

The Sabbath commences with sunset on Friday evening since in the Jewish calendar the day begins with sunset. The Jewish woman kindles the Sabbath candles as a symbol of the light and happiness that is to pervade the home. The table is set with two challehs (braided white loaves) a decanter of wine and a Kiddush cup. After the Kabbalah Shebbath service, the Kiddush is recited and the first of three traditional Sabbath meals is enjoyed.

First of the Sabbath meals is served on Friday night, the second mid-day on Saturday and the Shalosh Seudos the third meal of the Sabbath served towards twilight on Saturday. The Sabbath is concluded with Ma'ariv and the beautiful Havdalah prayer which is recited over a cup of wine, a multi-colored, braided candle and a spice box.

## WELCOMING THE SABBATH

### Lighting of Candles

BORUCH ATOH ADONAY ELOHAYNU MELECH HAOLAM,  
ASHER KIDSHONU BEMITSVOSOV VETSEEVONU, LE HADLIK  
NAYR SHEL SHABBOS (YOM TOV)

Blessed art thou, O Lord our God, King of the Universe, who hast hallowed us by the Commandments, and ordered us to kindle the Sabbath (Holy Day) light.

## ROSH HASHANAH (New Year)

Rosh Hashanah is the time for introspection and prayer. The New Year is a Day of Remembrance whose central feature in the synagogue is the sounding of the Shofar—the ram's horn—which is to arouse the listeners from their spiritual lethargy and remind them of the mighty Shofar on Mt. Sinai proclaiming that God is King of the Universe, the establishment of His Kingdom on earth and the Brotherhood of Man.

Food on this holiday is of the same general variety served on the Sabbath excepting that the round challah is substituted for the braided loaf. Honey and apples are set on the table, the apples or challeh is dipped in the honey after Kiddush expressing the wish that the new year will be one of sweetness.

## YOM KIPPER (Day of Atonement).

Yom Kipper is the most solemn day in the calendar. The Ten Days of Repentance which begin with Rosh Hashanah climaxed with Yom Kippur. The Synagogue service begins on Yom Kippur eve with the chanting of Kol Nidre. The day is spent in fasting and in prayer through a series of five services and is concluded with the sounding of the shofar. The traditional before-fast meal is a simple repast and does not contain foods which cause thirst. Boiled chicken, soup, kreplach are usually on this menu.

## SUKKOTH (Feast of Booths)

During the eight-day festival of Sukkoth, many Jews take their meals in a Sukkah (booth) which is a temporary booth erected and beautifully decorated with harvest foliage in commemoration of Israel's dwelling in booths during their wanderings in the wilderness after the Exodus and as a reminder of the frailty of life. The ninth day of this festival is Simchas Torah when the annual cycle of the reading of the Torah is completed and begun anew. Food specialties on Sukkoth include strudel, taglach, rolled cabbage.

## CHANUKAH (Feast of Lights and Dedication)

This is one of the minor festivals and is celebrated for eight days as a reminder of the Macabean victory over the Syrians in the year 165BCE, the cleansing of the Temple and the discovery of one small cruse of oil for the Menorah enough for but one day, but by a miracle it burned for eight days. Candles are lighted for eight days in commemoration of this event and as a symbol of the victory of the spirit. Gifts are exchanged and latkes are served as the traditional Chanukah delicacy.

## CHAMISHA ASAR BE-SHVAT

This is the New Year for Trees. Israeli fruits are served such as figs, dates, almonds and bokser (sweet carob).

## PURIM (Feast of Lots)

Purim is a joyous minor festival and is celebrated for one day and occurs a month before Passover. It commemorates the events related in the Book of Esther which is read in the synagogue on this day. The central feature of the festival is merry-making, and the Shalach-Mones, the sending of gifts to children and friends and to charitable contributions.

The festive meal includes Hamantashen, (tri-cornered cakes stuffed with prunes or poppy-seed).

## PASSOVER

Passover is observed for eight days with the first two days and last two days as full holidays and the four intermediate days as half-holidays. Passover commemorates the emancipation of Israel from Egyptian slavery and is dedicated to the idea of human freedom. All manner of leavened food is strictly forbidden during Passover. The first two nights are called Seder Nights since they follow a definite order of service and beautiful pageantry in the home. Particular care is taken in the purchase of Passover food and the home undergoes a thorough house-cleaning in preparation for the festival. The principle Seder food are Matzah, horse radish, Charoseth (nuts and apples finely chopped and flavored with cinnamon and wine) parsley and other green vegetables, roasted shank bone, a roasted egg and a goblet of wine for every person at the Seder.

## SHEVUOTH (Feast of Weeks)

Shevuoth commemorates the receiving of the Torah at Mt. Sinai and is celebrated for two days exactly seven weeks after Passover. On this festival the first fruits of the field were brought to the Temple in Jerusalem by our ancestors. Dairy foods predominate in this festival's menu because the Torah is compared to milk in Rabbinic literature—The perfect life-giving food. Tarah, too, is the life sustaining element for our survival. Delicacies are cheese blintzes, cheese cake, noodle and cheese pudding, putter Kuchen.

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## DID YOU KNOW THAT:

There are four basic principles that should not be overlooked in cooking any dish. Proper and accurate measurements; proper cooking temperature, proper length of cooking time and proper time of serving.

A tablespoon of vinegar added to spaghetti while cooking, will prevent it from sticking.

A tablespoon of vinegar or lemon juice added to one cup of sweet milk will sour it.

If you have used too much salt in the cooking of food, add a raw potato. This will absorb much of the salt.

Should your gravy scorch when cooking gefelte fish, a heavy glass inverted into the pot for a few minutes, removed, rinsed and repeated several times will eliminate the scorched taste.

Moistening raisins and heating in a warm oven before putting into cake batter, will distribute them more evenly because they plump up and separate.

Before scalding milk, rinsing the pot in cold water will prevent sticking.

Adding about 1½ teaspoons of lemon juice to a cup of rice while cooking, will keep the kernels separated.

A large peeled potato wedged into the cavity of a stuffed bird will eliminate having to sew or skewer it.

About a teaspoon of olive oil poured into an opened jar of olives will preserve them.

Keeping coffee in the refrigerator in a vacuum jar will keep it fresh longer than usual.

If bread or cake browns too quickly before it is thoroughly baked, place a pan of warm water on the rack above it in the oven.

If, for example, 1-3 cup of shortening is needed, filling measuring cup 2-3 full of cold water, then adding pieces of shortening, pushing them under the water until the water level reaches 1 cup, will give accurate measurement. Drain before using.

Brown sugar that has hardened can be softened by placing the package in a hot oven for a few minutes.

To make cake flour from bread flour, sift flour twice in a triple sifter, and for each cup of cake flour required, remove two level tablespoons.

Table silverware spoons do not correspond accurately with the capacity of measuring spoons.

If in separating eggs, a drop of yolk drops into whites, you can moisten a cloth with cold water, touch the yolk and it will adhere to the cloth.

## *Hors D'Oeuvres and Soups*

"Now that the King has sent us  
sustenance let us prepare it."  
Zohar II

## Hot and Cold Hors D'oeuvres

1. Place slices of Sharp American Cheese on slices of party rye bread. Put a small sardine on top and broil until cheese is bubbly.
2. Mix tuna salad or salmon salad and fill miniature cream puffs, serve warm or cold.
3. Using day-old loaf bread, slice length-wise, removing crust. Spread with any variety of mixtures. (Tinted cream cheese, jelly, or fish salads.) Place pickles, cherries or olives at edge, and roll as for jelly roll. Chill and slice thin.
4. Form chopped liver into pineapple shape. Dot with thinly sliced olives. Mark sides off into diamond shapes. Decorate with top of pineapple.
5. Roll thin slices of salami around pickle sticks.
6. Checkerboards: Using white and whole wheat day-old thinly sliced breads, spread with any variety of mixtures, place four alternating slices together and chill. Then slice  $\frac{1}{4}$  inch thick and place four pieces together so that white and dark breads alternate. Wrap and chill. When ready to serve, slice  $\frac{1}{4}$  inch thick.
7. Mix one jar herring bits in wine sauce together with  $\frac{1}{2}$  pint sour cream, add juice of  $\frac{1}{2}$  lemon and let marinate over night. Serve with crackers or party rye bread.
8. Make tiny rounds of pie crust, or biscuit dough and roll them around miniature frankforts, bake until crust is done.
9. Stud a grapefruit with fancy toothpicks holding pickles, olives, radishes, pickled onions to decorate an hors d'oeuvres tray.
10. Cheese Dip:  $\frac{1}{2}$  lb cream cheese, small piece Roquefort cheese grated fine,  $\frac{1}{2}$  tsp. onion juice, 2 drops tabasco, enough sour cream to make creamy mixture. Mix well together, let stand at least 2 hours before serving.

Avis Schwartz

## BOLONEY HORS D'OEUVRES

Place well seasoned potato salad between 3 slices boloney or salami. Press down and chill. Serve cut in wedge shape pieces.

Etta Mandelson, Nashua, N. H.

## STUFFED CELERY

2 pkgs. 3 oz. cream cheese 1 tsp. dry mustard  
 1/4 lb. Roquefort cheese 3 tbsps. brandy  
 2 tbsps. mayonnaise 1 bunch celery

Mix thoroughly, chill 1/2 hour. Stuff celery. This mixture keeps for weeks in refrigerators.

## STUFFED OLIVE WITH SARDINES

Remove pimento from large stuffed olive and pull small sardine through. Serve on toast fingers.

Etta Mandelson, Nashua, N. H.

## LOX ROLLS

Season softened cream cheese with salt and pepper. Spread on small strips of lox and roll up. Chill.

Joan Dunn, Georgia

## CAVIAR SPREAD

2 pkgs. (3 oz.) cream cheese softened with cream. Add small amount of onion juice and lemon juice. Cover with caviar. Help yourself with small crackers.

## SARDINE SPREAD

To 1 can sardines drained and mashed—add:  
 4 tbsps. mayonnaise 1 small onion, grated  
 1/2 cup chopped dill pickle dash worcestershire sauce  
 1 tbsps. pickle juice juice of 1/2 lemon

Salt and pepper to taste. Spread on toast rounds or party rye.

Joan Dunn, Georgia

## TINY SALAMI BISCUIT

Make up 1/2 baking power biscuit recipe. Roll 1/4 inch thick. Cut rounds with nickle size cutter. Brush each round with unbeaten egg white. Cut rounds of salami a little larger and place between 2 dough rounds. Bake 10-12 min. in 450° oven. Serve hot.

Joan Dunn, Georgia

## CHOPPED HERRING

1 herring 3 slices sponge cake or  
 2 small apples white bread  
 2 hard boiled eggs vinegar or lemon juice to  
 1 large onion taste  
 Skin, clean and soak herring overnight in cold water. Bone and chop or put through meat grinder with rest of ingredients. Should be made day before using.

Fannie Stack Supovitz

## BAKED HERRING

1 small jar herring in wine sauce. Drain liquid and place in baking dish. Pour sweet pickle juice over herring, sprinkle with paprika. Bake in 350° oven for 30 minutes.

Celia Supovitz

## Pickled Herring With Sour Cream

6 Schmaltz herring 1/2 cup water  
 2 pts. sour cream 1 1/2 cups vinegar  
 1/2 cup sugar 6 onions (sliced)  
 1/2 cup pickling spice 4 carrots (sliced)

Soak herring 24 hours. Sink and fillet and cut in pieces. Mix vinegar, sugar, spices and water in saucepan and bring to boil and cool.

Make layer of onions, carrots, herring, a little liquid and sour cream. Repeat until ingredients are used up. Shake well. Ready in about 3 days. May be made without sour cream.

Celia Cohen

## BARBECUED SHORT RIBS

2 bs short ribs - cut between ribs. Place 1 slice onion, slice lemon and slice green pepper on each rib. Keep together with tooth pick. Meat side up in open pan and bake in 350° oven about 2 1/2 hours. Cover for first hour of cooking.

Boil the following ingredients for 15 minutes and use to baste ribs:

1/2 cup catsup 1/2 tsp. salt  
 2 tbsps. worcestershire dash tabasco  
 sauce 1 tbsps. brown sugar  
 1/2 tsp. chili powder 1 tsp. lemon juice  
 1 cup water

Jane Bolduc

## EGG ROLL

Batter:  
 2 eggs  
 2 1/4 cups water  
 2 cups rice flour  
 1 tsp. salt  
 Whip eggs. Add water, flour and salt. Fry as blintzes.  
 Cool. See page 64

Mixture:  
 1 lb. hamburger  
 1 cup bean sprouts  
 2 tsp. soy sauce  
 1/2 cup green pepper  
 2 onions  
 1 cup water chestnuts  
 1/2 cup pimento, chopped  
 1/2 cup bamboo shoots  
 salt and pepper  
 1/2 tsp. accent

Combine all ingredients. Place a spoonful in each batter cylinder and roll. Fry in very hot deep fat and serve immediately with hot mustard.

June Margolin

## BARBECUED VEAL OR LAMB RIBS

4 1/2 lbs. rib bones  
 Mix together in jar for barbecue sauce:  
 1/2 cup catsup  
 1/2 cup vinegar  
 2 tbsp. brown sugar  
 2 tbsp. Worcestershire sauce  
 small can tomato sauce  
 1 tsp. salt  
 juice of one lemon  
 1 tsp. chili powder  
 dash tabasco  
 2 cloves garlic, crushed  
 Place meat in baking pan and cover with sauce.  
 Bake in 350° oven 1 1/2 hours or until tender. Baste every 15 minutes.

Eleanore Alperen

## SWEET AND SOUR MEAT BALLS

3 lbs. hamburger  
 2 eggs  
 2 1/2 tsp. salt  
 2 1/2 cups water  
 3/4 cup raisins  
 1/2 cup brown sugar  
 1/4 tsp. ginger  
 1 No. 2 can tomato juice  
 1/2 tsp. pepper  
 1 cup cornflakes  
 Mix the above ingredients. Simmer for 15 minutes.  
 Form small meat balls and cook in liquid 2 hours.  
 Add 1 tsp. sherry and cook 1/2 hour longer. Can be served on rice as a first course.

Olga Berman

## VEAL STRIPS

4 lbs. solid veal  
 1/2 tsp. celery salt  
 1/4 tsp. pepper  
 paprika  
 1/2 tsp. garlic salt  
 1 tsp. salt  
 3/4 tsp. onion salt  
 1 tsp. kitchen bouquet  
 1 1/2 cups water

Combine salts, pepper and paprika. Rub veal very well with this mixture, adding enough paprika to make veal very brown. Place in roasting pan with water and kitchen bouquet and baste often so as not to allow meat to become dry, adding more water if necessary. Roast at 325° 3 hours or until meat is tender. When cool, cut in 1-inch cubes. Serve with Chinese duck sauce and hot mustard.

Paulyn Rosenthal

## CHEESE BISCUIT PINWHEELS

2 cups sifted flour  
 4 tsp. baking powder  
 1/2 tsp. salt  
 3/4 cup milk  
 1/4 cup butter  
 1 cup grated cheese  
 cayenne pepper

Sift dry ingredients together. Cut in shortening. Add cheese and lightly stir in milk.

Turn out on lightly floured board and knead two or three times. Shape into an oblong and roll lengthwise as for a jelly roll. Cut in 1/2 inch slices. Bake on greased cookie sheet about 20 minutes in 425° oven.

Eve Shalek

## SHORT RIBS, CHINESE STYLE

4 lbs. short ribs  
 1 chicken bouillon cube  
 dissolved in 1 c hot water  
 1 tsp. garlic salt  
 8 tsp. soy sauce  
 8 tsp. brown sugar  
 12 tsp. honey

Marinate short ribs over night in above mixture. Next day, place on rack in 300° oven for about 1 1/4 hours. When half done, turn over and continue basting often with juice they were marinated in. Just before serving, put under broiler a few minutes to brown.

Sally Baker, Providence

## MOCK RIVER

2 onions  
 1/2 cup chopped nuts  
 Fry onions until light brown. Add very finely chopped nuts, hard boiled eggs. Salt and pepper to taste. Serve on crackers.

Marion Cohen

## PUTCHA (Beef Foot Aspic)

- |                  |                 |
|------------------|-----------------|
| 1 beef foot bone | 2 large onions  |
| 3 buds garlic    | 1 tbsp. salt    |
|                  | 1/2 tsp. pepper |

Place all ingredients in a kettle, cover with water and bring to a boil. Remove cover and skim. Replace cover and boil for 5 1/2 hours. Remove bone and strain liquid. When meat on bone is tender, grind in meat grinder with two cooked garlic buds, taken from the above liquid. Arrange meat with 3 sliced hard boiled eggs on a deep platter. Cover with strained hot liquid. Chill until firm. Serve with either vinegar, horseradish or mustard.

Esther Dion

## SARDINE AND CHEESE SPREAD

- |                                |   |
|--------------------------------|---|
| 1 can sardines, drained of oil | 4 hard boiled eggs  |
| 1 pkg. velveeta cheese, grated | 1/2 cup celery, shredded                                      |
| 1/4 cup melted butter          | salad dressing (enough to make mixture spreading consistency) |

Mash sardines and eggs and combine with remaining ingredients. Scoop out center of finger rolls and fill with mixture. Place under broiler a few minutes before serving.

Ruth Berman

## COCKTAIL SAUCE FOR SEAFOOD

- |                     |                             |
|---------------------|-----------------------------|
| 1/2 cup ketchup     | 2 tsp. prepared mustard     |
| 2 tbsp. lemon juice | 1 tsp. worcestershire sauce |

Mix all ingredients very well and allow to stand at least 15 minutes in refrigerator before serving. Just before using, add 1/4 tsp. horseradish and 3 drops tabasco sauce.

Paulyn Rosenthal

## CHOPPED LIVER

- |                      |                               |
|----------------------|-------------------------------|
| 1 lb. liver          | 1 slice white bread or Chaleh |
| 2 eggs, hard boiled  | 1 tbsp. chicken fat           |
| 1/4 cup chicken soup | salt and pepper               |
| 1 small onion        |                               |

Sear liver under broiler on both sides. Rinse with cold water. Boil for 20 minutes with salt and pepper. Cool—grind liver, onion and eggs using the fine knife of the grinder. Soak bread in warm chicken soup until all is absorbed. Add to liver and season to taste. Chop fine. Add chicken fat and blend thoroughly. If using as a mold, grease bowl well.

Ida Wilner

## CHICKEN EGG DROP SOUP

Make a day ahead of time and store in refrigerator.

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 1 fowl, quartered           | few sprigs of parsley, tied together |
| 1 large onion               |                                      |
| few stalks of celery, diced | 3 or 4 carrots, sliced lengthwise    |
|                             | salt and pepper to taste             |

Cover chicken with cold water, add onion, bring to a boil, skim. Add celery, carrots and parsley. Season to taste. Let simmer on low heat for 2 to 3 hours until chicken is soft. Let cool, remove onion, chicken and parsley, strain. Cool, store in refrigerator. When ready for use, remove all fat from top of soup. Reheat to boiling and add with a little cold water to a paste, add to egg, and when egg drop as follows:

Beat in cup, 1 egg, salt and pepper. Mix 1 tsp. flour soup is boiling, drop from spoon or fork into soup. Cook for a minute or two so egg floats on top. Serve with rice.

Bea Weiner

## BEAN AND BARLEY SOUP

- |                                    |                        |
|------------------------------------|------------------------|
| 1 lb. soup meat and bones-         |                        |
| 1 cup split peas (green or yellow) | 2 carrots diced        |
| 1/2 cup pea beans                  | 3 qts. water           |
| 1/2 cup lima beans                 | 1 onion diced          |
| 1 potato diced                     | 1/8 tsp. pepper        |
| 2 stalks celery                    | 1/3 cup barley, washed |
|                                    | 1 tsp. salt            |

Mix barley, onion, salt and pepper. Cover and allow to stand 1 hour. Boil peas, beans, and lima beans in water for 1 hour. Add potato, carrots, celery and barley mixture. Cook slowly for 4 hours stirring often to prevent vegetables from sticking to bottom of pot. Cook meat and bones with vegetables.

Anna Kleven

## CABBAGE SOUP No. 1

- |                              |                          |
|------------------------------|--------------------------|
| 1 head of cabbage (2 lbs.)   | salt and pepper          |
| 1 No. 2 can tomatoes         | lemon juice or sour salt |
| 3 beef bones                 | 2 tbsp. sugar            |
| 1 lb. flanken (may be cubed) | 1 1/2 qts. water         |
|                              | 1 onion, sliced          |

Shred cabbage fine. Combine all ingredients in a large sauce pan. Add cold water. Cook slowly for one hour and taste for seasoning, adding more if necessary. Cook for one hour.

Ida Wilner

## TOMATO SOUP WITH MEAT BALLS

### SOUP

- |   |                              |
|---|------------------------------|
| 4 or 5 soup bones                       | 4 whole cloves               |
| $\frac{3}{4}$ of large can tomato juice | 1 large onion                |
| 3 cups cold water                       | 1 tbsp. salt                 |
| 4 bay leaves                            | $\frac{1}{3}$ cup sugar      |
|   | juice of $\frac{1}{2}$ lemon |

### MEAT BALLS

- |                         |                        |
|-------------------------|------------------------|
| 1 lb. hamburger         | 1 tbsp. minute tapioca |
| $\frac{1}{2}$ tsp. salt | 1 grated onion (small) |
| 1 egg                   | 2 tbsp. ketchup        |

Mix well and form into small balls

When soup boils for ten minutes, cover and let simmer for one hour. Add meat balls and simmer for 2 hours. Add sugar or salt according to taste.

Estelle Cohen

## CABBAGE SOUP No. 2

- |  |                             |
|--|-----------------------------|
| 1 small head of cabbage                                  | 2 pieces sour salt or juice |
| (about 2 lbs.) shredded                                  | $\frac{1}{2}$ lemon         |
| 2 beets  | 7 to 8 cups boiling water   |
| 1 can tomatoes or tomato soup                            | $\frac{1}{2}$ tbsp. salt    |
| 1 onion  | few dashes pepper           |
| $\frac{1}{2}$ to 1 lb. beef (chuck or flanken) and bones | 4 to 5 tbsp. brown sugar    |

Parboil meat and bones—just bring up to a hard boil and then rinse off thoroughly with cold water. Grate the beets and the onions. Combine all ingredients and bring to a boil. Simmer slowly for  $1\frac{1}{2}$  to 2 hours. If the flavor isn't just right, add a little lemon juice or more brown sugar. If using a pressure cooker, cook about 15 minutes.

Ada Creighton

## SPINACH BORSCHT

- |                         |                                  |
|-------------------------|----------------------------------|
| 1 lb. spinach           | 1 egg yolk                       |
| 2 tbsp. sugar           | pinch of pepper                  |
| 1 tbsp. cream of tartar | $1\frac{1}{2}$ tbsp. coarse salt |

Wash spinach, chop, cover with cold water and bring to boil. Add seasonings. Cook till tender. Cool. Beat egg yolk and add to spinach. Keep cold. Serve with 1 tbsp. sour cream.

Eva Greene

## COLD BORSCHT SOUP

- |                                       |                              |
|---------------------------------------|------------------------------|
| 1 can beets (cut fine)                | small onion (optional)       |
| 1 can cold water and juice from beets |                              |
|                                       | $\frac{1}{2}$ tsp. sour salt |

Boil for 10 minutes, add  $\frac{1}{2}$  tsp. sour salt, sugar, salt, and pepper to taste. Keep cold and add 1 tbsp. sour cream when serving.

## MEAT BORSCHT — Russian Style

- |                                 |  |
|---------------------------------|--|
| 1 bunch beets (cut fine)        | $\frac{1}{2}$ lb. breast of beef (cut in small pieces) |
| 1 cup tomatoes, fresh or canned | 1 tbsp. lemon juice                                    |
| 4 cups water                    | $\frac{1}{4}$ tsp. salt                                |
| 1 small onion                   | 4 eggs   |

sugar to taste

Pare the beets and cut them into long strips. Strain the tomatoes over the beets, being careful not to allow seeds to go through strainer. Add water, put in the lemon and meat and simmer for thirty minutes. Add lemon juice, sugar and salt. Boil one half hour more. Beat the eggs with a pinch of salt. Add hot borscht to eggs, a little at a time, stirring well to prevent separation of the eggs.

Pearl Beckerman

## POTATO SOUP

- |                  |                    |
|------------------|--------------------|
| 3 large potatoes | 1 onion sliced     |
| 1 qt. water      | 2 tbsp. sour cream |
|                  | salt and pepper    |

Cube potatoes and cook all ingredients until potatoes are soft. Pour  $\frac{1}{2}$  cup of liquid in a bowl, add sour cream and mix well. Add to the soup and stir quickly. Serve hot. One cup of milk may be used instead of the sour cream.

Ida Wilner

## VEGETABLE SOUP

- |   |                                |
|---|--------------------------------|
| $\frac{1}{4}$ cup lima beans                    | 1 pkg. frozen mixed vegetables |
| $\frac{1}{8}$ cup rice                          |                                |
| $\frac{1}{8}$ cup barley                        | 1 stalk celery (diced)         |
| $\frac{1}{4}$ cup split peas (yellow and green) | 1 whole onion                  |
|   | 1 tbsp. salt                   |
|   | 2 lbs. beef and bones          |

Cover meat and bones with cold water, bring to boil. Skim. Add all ingredients except the frozen vegetables that are added to soup the last  $\frac{1}{2}$  hour. Simmer for 3 hours.

Marion Cohen

meat bones	2 celery stalks
2 qts. water	1/3 cup hubergrits
1 onion	1 medium potato
1 carrot	1/4 cup lima beans
salt and pepper to taste	

Place bones, lima beans, water, in pot and bring to boil. Add diced onion and hubergrits. Cook slowly for 1 hour. Add diced carrots, celery and cook  $\frac{1}{2}$  hour. Add diced carrots, celery and cook  $\frac{1}{2}$  hour. Add potato, cut in cubes and cook  $\frac{1}{2}$  hour longer. Total cooking time, 2 hours.

## MINISTRONE SOUP

- |                               |                          |
|-------------------------------|--------------------------|
| 1/4 pound fat                 | 1 No 2 can tomatoes      |
| 2 onions, sliced              | 1/2 cup canned peas      |
| 1 clove garlic, minced        | 6 cups broth or water    |
| 1/2 cup chopped celery        | with 6 bouillion cubes   |
| 1/2 cup sliced carrots        | 1/2 tsp. dried basil     |
| 1/4 cup chopped parsley       | 1/4 tsp. thyme           |
| 1 cup chopped escarole        | 1/4 cup broken macaroni  |
| 1 cup chopped cabbage         | 1/4 cup broken spaghetti |
| 1 1/2 cups cooked dried beans | dash of cayenne          |
| salt and pepper to taste      |                          |

Brown onions in fat; add garlic, celery, carrots, parsley, escarole and cabbage; cook 10 minutes, stirring occasionally. Add beans (3 kinds can be used, lima, pea beans or chick peas), tomatoes, peas, broth and seasonings. Bring to boil, simmer thirty minutes. Add macaroni and spaghetti. Cook 10 minutes or until tender. Makes 3 qts.


## SOUP MANDLEN

- 2 eggs                  1 cup flour                  pinch salt

Sift flour and salt. Mix unbeaten eggs to make soft dough. Roll in  $\frac{1}{4}$  inch strips and cut in  $\frac{1}{4}$  inch pieces. Fry in deep oil until golden brown. Drain on brown paper. Use as soup accompaniment.

Ida Wilner

Fish



“These may ye eat of all fish that are in the waters: whatsoever hath fins and scales.”  
Leviticus 11:9

## GEFELTE FISH

(for 7 pounds fish)      2 pounds pike  
4 pounds Buffalo carp      1 pound white fish

Have fishman cut fish into slices about 1 to 1½ inches thick. Save the heads. Wash fish thoroughly. Using the Buffalo carp, split each piece at the bone into two pieces. Remove with a small sharp knife, the thick piece of meat, being careful not to split the skin. Place in a chopping bowl. Put aside the pieces of carp. Bone and skin the rest of the fish and trim the heads. Save the skin, and some of the larger bones. Grind the fish together with:

3 or 4 medium onions      2 slices of white bread  
Then chop well, mixing in:  
4 eggs      pepper (approx. ½ tbsp.)  
salt (about 1 teaspoon) ¼ cup water

Chop until spongy and well mixed, taste for seasoning adding more if desired.

Into a covered roasting pan slice enough onions to cover the bottom of pan and about 3 carrots, season with salt and pepper. Place into pan some of the heads and bones skin side down. Cooking the bones with the fish allows the gravy to jell.

Now, with moistened hands, restuff the pieces of carp and place them carefully in the pan. Make fish balls of the remainder of the stuffing. Fill pan carefully with water until it reaches about ½ way up on the top pieces of fish. Cover and bring to a boil. Taste gravy for seasoning, adding more if necessary. Turn to simmer and let cook covered about 2½ hours. Do not stir. Let cool in pan. Remove fish, bones and heads from gravy. Store gravy and fish in separate containers. Serve chilled with red horseradish.

Avis Schwartz

## BOILED FRESH WATER FISH

3 lbs. bass, white fish,      2 carrots, sliced  
perch or carp (cut      2 tbsp. vinegar  
into 2 inch slices)      1 qt. water  
4 stalks celery, sliced      1 tsp. salt  
2 onions, sliced      1 tsp. pepper

Bring water, vegetables, vinegar, seasonings to boil and add fish slices. Let simmer for 1½ hours. Quartered potatoes, piece butter and ¼ cup cream may be added twenty minutes before done.

Gertrude Berent

## FISH BALLS

- 4 lbs. fish filets (pike and whitefish)  
 4 eggs  $\frac{1}{2}$  tsp. pepper  
 2 onions  $1\frac{1}{4}$  cups water  
 3 tsp. salt 3 tbsp. matzo meal

Cover fish skins, heads and bones with water. Boil 1 hour and strain. Grind fish fillets with onions. Use electric mixer to combine eggs, seasonings, water, and matzo meal. Into a heavy pot slice 2 large onions, 2 carrots into rings, 2 stalks celery, 1 tsp. salt and  $\frac{1}{4}$  tsp. pepper. Add strained broth to vegetables and bring to a boil. Moisten hands with cold water and form fish mixture into balls. Put into boiling broth, cover, and simmer for  $2\frac{1}{2}$  hours. Additional water may be added if necessary.

Barbara Berman

## FISH LOAF

- 4 good servings  
 1 lb. haddock fillet  $\frac{3}{4}$  cup milk  
 1 egg 1 tsp. salt  
 $\frac{1}{2}$  cup cracker crumbs pepper  
 $\frac{1}{2}$  small onion

Put fish and onion through chopper—add rest of ingredients. Make into loaf in buttered pan and put dabs of butter on top. Bake  $\frac{3}{4}$  hour in  $350^{\circ}$  oven.

Harriet Baker

## OVEN FRIED FISH

- 1 lb. haddock fillet, or sole 2 tbsp. butter  
 1 egg 2 tbsp. spry  
 Matzo meal or corn meal salt and pepper  
 1 small onion paprika

Melt butter and spry in shallow baking pan until light brown. Cut fish into serving pieces. Dip in egg, crumbs and shortening. Place in pan. Sprinkle with salt and pepper and paprika. Put a slice of onion on each piece of fish. Dot with butter. Bake in  $350^{\circ}$  oven about 1 hour or until brown and crisp. Milk may be poured on fish if it is to be kept warm in the oven.

Ida Wilner

## BAKED FISH CAKES

- 3 lbs. haddock fillet 6 potatoes, cubed  
 1 whole onion 2 eggs, well beaten  
 $\frac{1}{4}$  lb. butter

Cook fish with whole onion, which is removed when fish is soft. Boil potatoes in a separate pot about 15 minutes. Shred fish and mash potatoes. Combine. Add eggs and a little grated onion. Shape into cylinders about 3 inches long and 1 inch thick. Roll in bread crumbs and bake. May be served with a white sauce that has had grated cheese melted into it.

Gwen Bramson

## SALMON CROQUETTES

- 1 tall can salmon 1 small onion, finely  
 2 medium potatoes, mashed grated  
 1 egg 1 tsp. lemon juice  
 cornflakes salt and pepper

Mash salmon, add mashed potatoes and well beaten egg. Add seasonings. Shape into croquettes. Roll in cornflakes. Bake in greased pan in  $375^{\circ}$  oven  $\frac{1}{2}$  hour until well browned. These may also be fried.

Marion Cohen

## BAKED FISH PUDDING

- $2\frac{1}{2}$  lbs. haddock, cooked  $1\frac{1}{4}$  tsp. baking powder  
 1 large cup crushed salt and pepper to taste  
 Uneda biscuits 1 cup sour cream  
 2 eggs beaten 1 cup milk

Mix the above ingredients and pour into a buttered baking dish. Dot with butter and bake in  $350^{\circ}$  oven  $\frac{3}{4}$  hour or until crust forms. Cut in squares before serving.

Dora Silverman

## SALMON PUFFS

- 1-1 lb. can of salmon pinch of pepper  
 3 egg whites, beaten stiff pinch of salt  
 3 egg yolks, beaten thick 1 tbsp. matzo meal  
 1 medium grated onion

Mix salmon with pepper, salt, matzo meal and beaten egg yolks. Fold in beaten egg whites and drop in hot shortening with a teaspoon. Fry until brown and dry on brown paper.

Pearl Beckerman

## HADDOCK or SOLE THERMIDOR

1½ lbs. fish fillet	2 tbsp. butter
1 cup milk	2 tbsp. flour
¾ tsp. salt, speck pepper	2 tbsp. sherry
¼ cup grated cheese	

Arrange fish in shallow, greased casserole. Season with salt and pepper. Pour over milk and bake in 350° oven, 30 minutes. Melt butter, stir in flour and blend. Drain milk from fish (about 1 cup) and stir into flour mixture and cook until smooth. Add cheese and sherry and pour over fish. Put pan under broiler till sauce is slightly browned. Garnish with parsley.

Etta Mandelson, Nashua, N H.

## BAKED STUFFED FISH

1-6 lb. haddock, bass or salmon

**Stuffing:**

1/4 cup celery, minced	1 tbsp. minced parsley
1/4 cup minced onion	2 cups crushed crackers
1/4 cup butter	pepper and salt
1 1/2 lb. sliced mushrooms or 1-3 oz. can, drained	

Have fish dressed for stuffing, with backbone removed if possible. Saute celery and onion in butter until golden. Add mushrooms and cook 3 minutes. Add parsley and rest of ingredients. Stuff fish (don't lace). Bake in 500° oven for 10 minutes, then 400° oven 1 hour or until easily flaked with fork. Be sure to baste fish often with melted, browned butter during baking period.

## STUFFED FILLET OF SOLE

8 fish fillets	3 Medium potatoes,
1 can mushroom soup	boiled
1 egg yolk	$\frac{1}{8}$ lb. butter
2 carrots	2 tbsp. milk
1 green pepper	1 onion
paprika	2 tbsp. grated cheese

Mash potatoes with butter, egg yolk and milk. Place heaping mound on fillet and roll tightly. Place in pan, which contains sliced onions, sliced carrots and strip of green pepper. Season rolls with remaining ingredients and dot with butter. Pour mushroom soup over rolls and bake in 350° oven for 45 to 60 minutes. Serves 8.

## Fan Cohen

## BAKED HALIBUT CREOLE

2 lbs. sliced halibut, cut in serving pieces	1 small diced carrot
1 large can whole tomatoes	1 large onion diced
1 small can tomato sauce	2 stalks celery diced
1/2 cup butter	salt and pepper
	1 cup water

Saute carrot, onion and celery in butter until onion is clear, add tomatoes (crushed with fork), tomato sauce and water. Bring to a boil and add fish, add salt and pepper. Bake uncovered at 350° oven about 1 hour. If juice cooks down, add a little hot water.

Nettie Bramson

## HALIBUT SOUFFLE

2 cups milk (heated)	$\frac{1}{8}$ tsp. pepper
$\frac{1}{8}$ cup butter	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{8}$ cup flour	2 cups cooked flaked halibut
1 tsp. salt	3 egg yolks, well beaten
1 tsp. celery salt	3 egg whites, beaten stiff

Add flour to melted butter and stir until well blended; add milk and cook until thickened. Add seasonings and bread crumbs. Cook for two minutes. Remove above from flame; add fish and yolks. Fold in beaten whites and pour into buttered casserole. Bake 35 minutes in 300° oven. Serve with mushroom sauce.

Irene Baker

## FISH ROLL-UPS

4 haddock fillets or	2 small dill pickles
8 pcs. fillet of sole	1 clove garlic
$\frac{1}{4}$ tsp. salt	1-8 oz. can tomato sauce
$\frac{1}{8}$ tsp. pepper	2 tbsp. sherry
4 tbsp. flour	3 tbsp. Parmesan-style cheese
	4 tbsp. butter

Preheat oven to 375° F. Cut pickles in quarters lengthwise. If using haddock, cut in half crosswise; use sole as is. Wrap fish around pickle and dust lightly with flour, salt and pepper.

Melt butter in skillet, add garlic and brown fish on all sides. Place in 8 inch casserole. Pour tomato sauce and sherry over fish. Sprinkle with cheese and bake for 20 minutes.

Mary Scolnik

## SALMON LOAF

- |                                 |                       |
|---------------------------------|-----------------------|
| 2½ cups cooked or canned salmon | ¾ cup cracker crumbs  |
| 1 tsp. salt                     | 3 tbsp. melted butter |
| ¼ tsp. paprika                  | 1 cup tomato juice    |
| dash pepper                     | 3 egg yolks           |
|                                 | 3 egg whites          |
| 1 tbsp. finely chopped onions   |                       |

Remove dark skin and bones from salmon, separate into flakes. Mix together first 8 ingredients. Add beaten egg yolks and fold in stiffly beaten egg whites. Pour into well greased loaf pan or casserole dish. Bake in moderate oven (375°) for about 50 minutes.

Mary Silverman

## BAKED FISH STICKS

- |                          |                      |
|--------------------------|----------------------|
| 3 lbs. fillet of haddock | 15 crackers, crushed |
| salt and pepper          | ¼ cup melted butter  |

Cut fish into strips about 3 inches long. Season. Roll, until heavily coated, in crackers that have been well-moistened with butter, adding more if necessary. Arrange fish in well-greased baking dish and dot each strip with butter. Bake 350°—40 minutes or until nicely browned. Serve with medium white sauce to which shaved, blanched almonds have been added.

Marie Schwartz

## WHITE TUNA DIVAN

- |                    |                              |
|--------------------|------------------------------|
| 1 bunch broccoli   | 1 tsp. salt                  |
| 6 tbsp. shortening | pepper                       |
| 6 tbsp. flour      | 3 cans tuna fish             |
| 3 cups milk        | 1 tbsp. sherry               |
| 2 egg yolks        | ½ cup grated American cheese |

Pour boiling water over tuna fish and leave in large pieces. Boil broccoli in cold water until just tender. Drain and keep hot. Melt shortening and take off the heat and stir in flour. Gradually add milk, stirring constantly. Pour slowly over beaten egg yolks, return to saucepan. Stir until smooth and thickened. Add slowly and stir in cheese until melted. Add tuna fish. Place cooked broccoli on bottom of baking dish. Put tuna fish in sauce over broccoli. Sprinkle with grated cheese and put under broiler until browned. Serves 6.

Harriet Baker

## TUNA and NOODLE CASSEROLE

- |                             |                          |
|-----------------------------|--------------------------|
| 1 can tuna fish, flaked     | 2 tbsp. chopped parsley  |
| 2 cups cooked noodles       | ½ tsp. minced onion      |
| 2 tbsp. margarine or butter | salt and pepper          |
| 2 tbsp. flour               | ½ cup bread crumbs       |
| 1 cup milk                  | 1 tbsp. melted margarine |
|                             | butter                   |

Place a layer of tuna fish in casserole, cover with a layer of noodles. Repeat until fish and noodles are used up. Melt margarine in sauce pan; add flour, stirring to a paste. Add milk and cook, stirring constantly until sauce is smooth and thickened. Add parsley, onion, salt and pepper and pour sauce over fish and noodles. Top with crumbs mixed with melted margarine, or butter, and bake at 350° F. for 20 minutes or until mixture is hot and crumbs browned.

Fannie Miller

## HOT TUNA ROLLS

- |                        |                       |
|------------------------|-----------------------|
| 2-7 oz. cans tuna      | 1 small onion         |
| ¾ cup mayonnaise       | ½ tsp. salt—pepper    |
| ½ cup milk             | 1 tsp. Worcestershire |
| ¼ cup pickle relish    | Sauce                 |
| 1 egg, slightly beaten | 1¾ cups bread crumbs  |

Drain tuna and pull apart with fork. Mix all but crumbs and egg. Then add 1 cup crumbs and egg and mix well. Make into rolls 3 inches long and roll in remaining crumbs. Bake on greased pan in 375° oven, 20-30 minutes or until slightly brown. Turn once during baking. Serve hot with mayonnaise in which chopped chives or chopped mint has been added or with tomato sauce.

Etta Mandelson, Nashua, N. H.

## SEAFOOD SPECIAL

- |  |                         |
|--|-------------------------|
| 2 cups tuna fish (or any other cooked filet of fish) | 1 cup light cream       |
| 2 tbsp. butter                                       | ½ tsp. dry mustard      |
| ½ cup bread crumbs                                   | 2 yolks, beaten         |
|  | salt and cayenne pepper |
|  | tabasco sauce (½ tsp.)  |

Mix the first four ingredients in a double boiler. Then add the rest stirring it all in well. After this is done you put the mixture in individual ramekins, sprinkle top with bread crumbs, put a piece of butter on each one and put in the oven (350°) for 25 to 30 minutes.

Natalie Woolf

## SWEET AND SOUR FISH

- |                                      |                           |
|--------------------------------------|---------------------------|
| 2 lbs. fish-mackerel, salmon halibut | $\frac{1}{8}$ tsp. pepper |
| $\frac{1}{2}$ tsp. salt              | $\frac{1}{2}$ tsp. ginger |
| 1 large sliced onion                 | juice of 1 lemon          |
| 1 cup water                          | 5 tbsp. sugar             |

Boil onion and water. Add fish and other ingredients. Boil until fish is tender but firm. Remove fish to a dish. Beat one egg, add slowly to the liquid and bring to a boil stirring to keep smooth. Chill well before serving.

Anne Friedler

## FISH SALAD

- |  |   |
|--|---|
| 2 cups diced celery  | $\frac{1}{4}$ cups vinegar                      |
| 4 lbs. haddock (dressed to bake) leave bone in, cut in two | 4 tbsp. sweet mixed pickles chopped fine, drain |
| 1 tbsp. mayonnaise   | about 1-3 bottle ketchup                        |
|  | handful coarse salt                             |

Salt haddock. Bring water to boil adding coarse salt and vinegar. Add fish and cook briskly 12 minutes. Drain water off and put fish on cake cooler and skin at once. When slightly cooled, bone it. Try and leave fish in large pieces. Leave on cake cooler until cold.

Combine fish and celery, then add the mixture of pickles, mayonnaise, ketchup and season with salt, if necessary.

Mix thoroughly with spoon once or twice, then put this mixture from one bowl into another until mixed thoroughly and at the same time trying not to break up the fish too much. Add a little ketchup on top before putting in refrigerator. Make day before it is to be used. Serves 8-10.

Celia Cohen

## BAKED HERRING LOAF

- |                                    |                                |
|------------------------------------|--------------------------------|
| 2 herring                          | melted butter (size of walnut) |
| 1 small onion                      |                                |
| 2 tbsp. bread crumbs or matzo meal | 2 eggs, beaten                 |
|                                    | $\frac{1}{4}$ cup milk         |

Soak herring overnight — remove skin and bones. Chop herring, onion, add crumbs, melted butter, eggs, and milk. Mix well and put into buttered pyrex casserole. Bake in 350° oven for one hour or until brown.

Sara Supovitz

## FISH CHOWDER

- |                        |                           |
|------------------------|---------------------------|
| 2 lbs. haddock fillet  | 4 tbsp. butter            |
| 4 cups potatoes, cubed | $\frac{1}{4}$ tsp. pepper |
| 2 onions, sliced       | $1\frac{1}{2}$ tsp. salt  |
|                        | 4 cups scalded milk       |

Saute onion in butter until golden brown in a saucepan. Remove onion. Add potatoes and cook with  $1\frac{1}{2}$  cup boiling water for 10 minutes. Add raw fish cut in strips. Allow to simmer 10 minutes. Add salt and pepper. Cover and let simmer 10 minutes longer. Add milk and simmer to the boiling point being sure it does not boil. For best flavor, prepare the day before serving. 3 cups milk and 1 cup cream may be used instead of all milk.

## LOX AND EGGS

- |                       |                        |
|-----------------------|------------------------|
| $\frac{1}{2}$ lb. lox | 3 large onions—chopped |
| 6 eggs—beaten         | 2 tbsp. butter         |

Soak lox in cold water about 15 minutes. Saute onions in butter until golden brown. Add lox and fry a few minutes longer. Add eggs to this mixture and either scramble or serve in pancake form.

Clara Brickel

## SALMON FLUFF

- |                             |                           |
|-----------------------------|---------------------------|
| 1 can red salmon (tall can) | 2 tbsp. melted butter     |
| 1 cup boiled rice           | $\frac{1}{2}$ cup milk    |
| 2 egg yolks well beaten     | grated onion              |
|                             | 2 egg whites beaten stiff |

Mix salmon and boiled rice, add egg yolks, butter, milk and onion. Fold in egg whites. Pour in buttered casserole and bake in 350° oven 30 minutes. Serve with cream sauce, peas and carrots.

Dora Silverman

## SCALLOPED FISH

- |                      |                              |
|----------------------|------------------------------|
| 1 lb. haddock fillet | 5 tbsp. butter               |
| 1 onion, chopped     | $\frac{1}{4}$ lb. mushrooms  |
| 4 tbsp. flour        | scant 2 cups milk            |
| chopped pimento      | few buttered crumbs          |
|                      | add salt and pepper to taste |

Boil fish and flake. Add salt and pepper to taste. Saute onion and mushrooms in butter, add flour and milk. Cook until thickened. Stir into fish; add chopped pimento. Pour into buttered casserole; cover with crumbs and bake about 30 minutes in 400° oven.

Fannie Miller

*Meats  
and  
Poultry*

"She hath prepared her meat, she hath mingled  
her wine, she hath also prepared her table."  
Proverbs 9:2

## POT ROAST

- |                                    |                                    |
|------------------------------------|------------------------------------|
| 5 lbs. beef brisket                | 1 garlic clove                     |
| 4 chopped onions                   | 1 cup tomato sauce                 |
| $\frac{1}{4}$ tsp. majoram         | 2 tbs. brown sugar                 |
| 1 tsp. salt                        | 2 tbs. vinegar                     |
| $\frac{1}{4}$ tsp. pepper          | $\frac{1}{4}$ tsp. ground bay leaf |
| $\frac{1}{4}$ tsp. powdered cloves | 4 carrots                          |

Flour meat and brown under broiler, add other ingredients and roast in oven 4 hours or until done. Baste often.

Last 20 minutes of cooking add 1 can chicken noodle soup.

Barbara Berman, Portland

## BRISKET WITH LIMA BEANS

- |                        |                                 |
|------------------------|---------------------------------|
| 3 lbs. brisket         | 1 bay leaf                      |
| 2 onions               | 2 tbs. catsup                   |
| 2 carrots              | 2 tbs. molasses                 |
| 2 stalks celery        | $1\frac{1}{2}$ cups lima beans, |
| 1 tsp. kitchen bouquet | parboiled                       |
| paprika                | 1 tsp. salt                     |
|                        | $\frac{1}{4}$ tsp. pepper       |

Slice onions, carrots and celery in roaster. Add meat. Surround with lima beans. Add all the seasonings and enough water to cover meat. Bake in  $350^{\circ}$  oven in closed roaster for  $2\frac{1}{2}$  hours. Remove cover and allow to brown well. Water should be completely absorbed, leaving meat and beans moist and brown.

Elsie Weiner, Haverhill

## PARTY BEEF STEW

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 1 lb. beef chuck cut into        | 3 tbs. fat                            |
| thin strips 2" long              | $\frac{1}{2}$ cup vegetable juice     |
| 3 tbs. flour                     | $1\frac{3}{4}$ cups water or consomme |
| $\frac{1}{2}$ tsp. salt, dash of | diluted with water                    |
| pepper                           | 1 small can mushrooms                 |
| 3 medium onions, sliced          |                                       |
| 1 tsp. sugar                     |                                       |

Roll beef in flour mixed with salt and pepper. Brown meat and onions in hot fat 10 to 15 minutes. Add vegetable juice, liquid and sugar. Bring to boil, reduce heat, cover pan and simmer gently  $1\frac{1}{2}$  hours or until tender. Add salt and pepper to taste. Blend in mushrooms. Serve in a rice or noodle ring.

Esther Berman

## BEEF STEW DELUXE

- |   |                                     |
|---|-------------------------------------|
| 2 lbs. stewing beef, cubed                  | $\frac{1}{2}$ tsp. sugar            |
| $\frac{1}{4}$ cup flour                     | $\frac{2}{2}$ cups water            |
| 1 tsp. salt                                 | 1-8 ounce can tomato sauce          |
| $\frac{1}{4}$ tsp. pepper                   | 6 carrots, cut in half cross-wise   |
| $\frac{1}{4}$ cup fat or beef-fat drippings | 12 small onions, peeled             |
| 1 clove garlic                              | 6 medium potatoes                   |
| $\frac{1}{4}$ tsp. dried basil              | $\frac{1}{4}$ lb. whole green beans |

Mix flour, salt, and pepper and sprinkle over beef cubes, coating well. Heat fat in a large, heavy sauce pot and brown meat slowly on all sides. Add garlic, basil, sugar, water and tomato sauce. Add more liquid if necessary, to have meat covered. Cover tightly and simmer about 2 hours. About 40 minutes before meat is done, add carrots, onions, potatoes and green beans. Vegetables may be left whole, quartered or cut in small pieces.

Eva Seamon

## ORIGINAL HUNGARIAN GOULASH

- |                          |                                   |
|--------------------------|-----------------------------------|
| 2 lbs. beef cubed        | 1 green pepper, seeded and halved |
| 2 medium onions, chopped | 1 small tomato, halved            |
| 1 tsp. sweet paprika     | 3 tbsp. chicken fat or shortening |
| 1 tsp. salt              |                                   |
| 4 medium sized potatoes  |                                   |

Brown onions slightly in hot fat. Add paprika, mix quickly and add beef. Brown meat on all sides, add green pepper and tomato. Simmer 2 hours in covered pan. Add potatoes, cut similar to orange sections and enough water to cover. Continue cooking on low heat until meat is tender.

Judith Isaacson

## VEAL CHOPS

- |                 |                           |
|-----------------|---------------------------|
| 6 chops         | $1\frac{1}{2}$ cups flour |
| 2 onions, diced | salt and pepper           |
| chicken fat     | 1 can tomato soup         |

Dredge meat in flour, salt and pepper and saute with onions in chicken fat until chops are brown. Arrange chops with onions in oven treated pan, cover with tomato soup. Bake in 350° oven for 45 minutes.

Natalie Woolf

## VEAL CHOPS BAKED IN CASSEROLE

- |                        |                            |
|------------------------|----------------------------|
| 6 veal chops           | 1 cup soup stock or water  |
| 2 tbsp. fat            | 1 carrot                   |
| 2 onions sliced        | 1 potato, diced            |
| 1 tsp. chopped parsley | 1 tsp. salt                |
| 4 tbsp. flour          | $\frac{1}{2}$ tsp. pepper  |
| 1 tbsp. lemon juice    | $\frac{1}{2}$ tsp. paprika |
|                        | flour for browning         |

Season chops with salt, pepper and flour and brown in hot fat. Arrange chops, sliced carrot, onions in a casserole. Add parsley to drippings left in pan and fry gently for 2 minutes. Stir in flour until smooth and add liquid, paprika, and lemon juice. Cook until thick and pour over chops. Bake in 350° oven for 1 hour. After the first 30 minutes of cooking, add diced potatoes.

Esther Berman

## STUFFED VEAL BRISKET No. 1

- |                       |                    |
|-----------------------|--------------------|
| 5 lbs. veal brisket   | garlic salt        |
| 2 onions, sliced      | kitchen bouquet    |
| 2 cups bread stuffing | 1 cup water        |
| salt                  | 1 can tomato sauce |

Have pocket made in brisket for stuffing.

Line bottom of roaster with onions.

Place brisket that has been stuffed, sewed, seasoned and brushed lightly with kitchen bouquet in roaster. Add water and baste occasionally. Roast at 325° 1 hour, uncovered. Pour tomato sauce over roast and continue cooking  $1\frac{1}{2}$  hours. Cover last  $\frac{1}{2}$  hour or until tender. Cut roast into chops when cold. Lay each chop carefully in gravy and heat thoroughly in 350° oven about  $\frac{1}{2}$  hour.

Hannah Green

## HUNGARIAN CALVES LIVER

- |                                   |                        |
|-----------------------------------|------------------------|
| $1\frac{1}{2}$ lbs. calves liver, | 2 medium onions,       |
| cut in squares                    | cut into small squares |
| paprika                           | salt and pepper        |

Heat chicken fat in skillet and saute onions until golden brown, keeping skillet covered. Season with salt and pepper, add enough paprika until mixture is pink in color. Saute liver, cover and simmer slowly from 5 to 8 minutes.

Olga Berman

## STUFFED VEAL BRISKET No. 2

- |                           |   |
|---------------------------|---|
| 1 5 lb. veal brisket      | $\frac{3}{4}$ cup orange juice            |
| 2 small onions            | Stuffing:                                 |
| $\frac{1}{2}$ tsp. salt   | $\frac{1}{2}$ pkg. seasoned bread         |
| $\frac{1}{8}$ tsp. pepper | crumbs                                    |
| $\frac{1}{8}$ tsp. ginger | 1 cup bread crumbs                        |
| 1 clove garlic            | 4 cooked meat balls with                  |
| 2 tbsp. brown sugar       | left over sauce (about $\frac{1}{2}$ cup) |

Have pocket made in brisket and stuff with: Ground meat balls, mixed with both bread crumbs; add sauce and season to taste. Add little water if too dry.

Slice onions in bottom of covered roaster. Rub top of brisket with salt, pepper, garlic, ginger. Place in roaster and sprinkle with brown sugar and orange juice. Cover and bake for  $1\frac{1}{2}$  hours in  $350^{\circ}$  oven. Remove cover and bake  $1\frac{1}{2}$  hours longer. Baste frequently.

Esther Berman

## ROAST VEAL

- |                               |                           |
|-------------------------------|---------------------------|
| 5 lbs. rolled veal shoulder   | 2 tbsp. vinegar           |
| 1 clove garlic                | salt, pepper, flour       |
| 1 tsp. ginger                 | 1 cup gingerale and fruit |
| $\frac{1}{2}$ cup brown sugar | juice                     |

Dry meat well, rub with garlic, sprinkle with ginger, salt, pepper, and flour. Cover with brown sugar and vinegar. Baste often with ginger ale and fruit juice.

Roast in  $400^{\circ}$  oven for 20 minutes. Reduce heat to  $350^{\circ}$  and bake  $2\frac{1}{2}$  hours or until tender.

Freda Shultz

## MEAT OR VEAL CACCIATORE

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 3 lbs. shoulder steak or          | 1 green pepper, diced              |
| other meat cut in 1" cubes        | salt and pepper                    |
| 3 tbsp. shortening                | garlic salt                        |
| $\frac{1}{2}$ bunch celery, diced | 1 can tomato soup                  |
| 3 onions, chopped                 | $\frac{1}{2}$ cup water            |
|                                   | $\frac{1}{3}$ cup sliced mushrooms |

Saute celery, onions, pepper, and meat cubes. Add seasoning, tomato soup, and water. Simmer in covered pan  $1\frac{1}{2}$  hours or until meat is tender. Add mushrooms 10 minutes before serving. May be served on rice or mashed potatoes.

Freda Shultz

## STUFFED SKIRT STEAK

- |               |                    |
|---------------|--------------------|
| 1 skirt steak | dry mustard        |
| salt, pepper  | poultry stuffing   |
| ginger        | 1 cup tomato juice |

Thoroughly wash steak that has been scored on both sides. Season with salt, pepper, mustard and ginger. Spread your favorite poultry stuffing over the steak. Roll as a jelly roll and place in baking dish. Heat tomato juice, pour over steak and bake, covered, in a  $400^{\circ}$  oven, 2 hours. Mushrooms may be added to the gravy.

Frances Hurwitz

## GLORIFIED HAMBURG ROLL

- |                            |                           |
|----------------------------|---------------------------|
| 4 medium potatoes, boiled, | 2 lbs. hamburger          |
| mashed and seasoned        |                           |
| Combine hamburger with:    |                           |
| 1 medium onion, grated     | $\frac{1}{8}$ tsp. pepper |
| $1\frac{1}{2}$ tsp. salt   | 2 eggs                    |
|                            | 1 cup water               |

Place hamburger on wax paper -- pat into rectangular shape. Spread mashed potatoes over hamburger and roll as for jelly roll. Place in greased 8x12 pan. Cover with sauce and bake in  $350^{\circ}$  oven 1 hour.

Sauce:

- |                |                          |                        |
|----------------|--------------------------|------------------------|
| 2 large onions | 1 green pepper           | 1 small can mushrooms, |
| (sauteed)      |                          | (optional)             |
|                | 1 small can tomato sauce |                        |

Dorothy Salk

## LIVER WITH GRAVY

- |                           |                         |
|---------------------------|-------------------------|
| 2 tbsp. chicken or nyafat | salt                    |
| 1 pound liver             | pepper                  |
| (one thick piece)         | 1 tbsp. ketchup         |
| 2 onions                  | $\frac{1}{2}$ cup water |
|                           | flour                   |

Sear liver under broiler on both sides. Rinse with cold water. Cube liver into small mouth size pieces. Heat frying pan with fat (using more if needed). Slice onions and saute until golden brown. Dredge liver in flour, place on pan and saute cubes until browned lightly on all sides. Season with salt and pepper to taste. Add water and ketchup. Add more water if more gravy is desired. Additional flour may be needed to thicken gravy. Simmer for about 15 minutes, covered.

Ida Wilner

## MASHED POTATO MEAT PIE

- |   |                  |
|---|------------------|
| 2 cups left-over meat or chicken cut in 1 inch pieces | 1/2 tsp. salt    |
| 1 onion, diced  | 1/4 tsp. pepper  |
|   | 3 whole potatoes |
|   | 3/4 cup water    |
| 2 tbsp. shortening                                    |                  |

Cook all ingredients except meat in pressure cooker 15 minutes. Open cooker, mash potatoes with liquid. Place meat in casserole, top with mashed potatoes and sprinkle with paprika. Bake 350° - - 1/2 hour.

Rebecca Persky

## MEAT LOAF

- |                        |                                   |
|------------------------|-----------------------------------|
| 1 1/2 lb. chopped meat | 1/2 tsp. prepared mustard         |
| 1/2 tsp. salt          | 1/4 tsp. pepper                   |
| 1/2 tsp. onion salt    | 1 egg, beaten                     |
| 1/2 tsp. celery salt   | 1 hard roll soaked in 1 cup water |

Mix thoroughly meat, seasoning, egg, soaked roll and water. Form into a large egg shaped loaf and place in small baking pan (large enough to leave a space around meat loaf). Allow to stand in refrigerator for at least 1 hour. Then pour water into pan to depth of 1/2 inch, bake 1 hour in 350° oven. Remove from pan and keep in warm place while making gravy. Gravy: Mix 2 tbsp. flour with 1 cup cold water. Stir into pan with meat juices and fat. Bring to boil and season to taste. Pour over meat loaf.

Anne Cohen

## CHILE CORN CARNE

- |                        |                           |
|------------------------|---------------------------|
| 1 large onion, minced  | dash of cayenne           |
| 1 large garlic, minced | 1/2 tsp. caraway seeds    |
| 1 green pepper, minced | 1 bay leaf, minced        |
| 1 lb. ground beef      | 1 tsp. chile powder       |
| 1/4 cup olive oil      | 1 1/2 tsp. salt           |
| 2 cups canned tomatoes | 1/8 tsp. dry basil        |
| 1/2 tsp. celery salt   | 1 #2 can red kidney beans |

Brown beef with onion, garlic and green pepper in the olive oil. Add remaining ingredients and simmer 1 hour, adding the beans the last 1/2 hour.

Edith Kronenfeld

## STUFFED CABBAGE

- |                         |                 |
|-------------------------|-----------------|
| 3 lbs. cabbage          | 1 chopped onion |
| 1 1/2 lb. hamburger     | 1 egg           |
| 1/3 cup rice (uncooked) | 1 tsp. salt     |
|                         | 1/4 tsp. pepper |

Prepare cabbage as follows:

Remove core and place head in boiling water, cover and parboil about 10 minutes or until soft enough to roll. Separate leaves and fill with 2 tbsp. hamburger mixture, folding leaf to form an envelope.

Arrange the stuffed leaves, folded side down in a deep pot, adding:

- |                             |                     |
|-----------------------------|---------------------|
| 1 large can tomatoes        | 1 onion cut fine    |
| 1 can condensed tomato soup | 1/2 tsp. salt       |
| 1 cup water                 | juice of 2 lemons   |
|                             | 4 tbsp. brown sugar |

Cook one hour covered.

Place in shallow pan, adding 1/2 cup raisins, 8 crushed ginger snaps. Bake in 350° oven 1 1/2 hours basting frequently until glazed.

Anne Friedler

## STUFFED CABBAGE (Gevikelte Kraut)

- |                   |                       |
|-------------------|-----------------------|
| 12 leaves cabbage | 1 small onion, grated |
| 1 lb. hamburger   | 1/2 tsp. salt         |
| 1 egg             | 2 tbsp. bread crumbs  |
| 1/4 tsp. pepper   | 1/4 cup water         |

Sauce:

- |                        |                    |
|------------------------|--------------------|
| 1 can tomato sauce     | 1/2 tsp. salt      |
| 3 tbsp. ketchup        | juice of 1/2 lemon |
| 1 medium onion chopped | water              |
| 1 tbsp. sugar          | 1/4 cup raisins    |

Steam cabbage leaves and set aside to cool. Mix next seven ingredients well either in a wooden chopping bowl with food chopper or with a spoon. Fill cabbage leaves with meat mixture. Place filled cabbage leaves into pan. Mix all sauce ingredients and pour over the stuffed cabbage leaves then add enough water to cover the cabbage. Sprinkle with raisins. Bring to boil on top of stove. Cover and bake in oven for about 2 1/2 hours or until done. Cover may be removed after first hour to aid browning.

Pearl Hayman

## SWEET AND SOUR MEATBALLS

- |                      |                            |
|----------------------|----------------------------|
| 1 lb. ground meat    | 1 egg                      |
| 2 large onions       | pinch salt                 |
| 1 large green pepper | pinch pepper               |
| 1/4 cup bread crumbs | 1 1/2 cups canned tomatoes |
| 1/4 cup water        | 1 tsp. lemon juice         |
|                      | 1 tbsp. sugar              |

Chop 1 onion, 1/2 the pepper, add to the meat together with the bread crumbs, water, egg, salt and pepper. Mix well. Using covered pan, slice one onion, 1/2 pepper, tomatoes, lemon juice and sugar, bring to boil. Make large meat balls and place in gravy. Cook in 350° oven, covered, 1 1/2 hours. Remove cover during last 1/2 hour to brown, if desired.

Martha Bornstein

## ROAST LAMB

- |                   |                         |
|-------------------|-------------------------|
| 5 lb. lamb roast  |                         |
| 1 clove garlic    | 1/4 tsp. tabasco sauce  |
| 1/2 tsp. marjoram | 10 small stuffed olives |
| 1/2 tsp. salt     | 2 tbsp. lime juice      |

Combine all ingredients except olives. Make 10 holes in lamb. Insert in each hole 1 olive and some of the above mixture. Roast fat side up in 325° oven, 30-35 minutes per pound.

Sally Baker, Providence, R I

## CHOP SUEY

- |                                |                              |
|--------------------------------|------------------------------|
| 2 lbs. beef or veal (boneless) | 1 small can tomatoes         |
| cubed                          | 4 large onions, cut in large |
| 1 tbsp. shortening, melted     | pieces                       |
| 1/2 cup water                  | 2 green peppers, cubed       |
| 1/2 tbsp. salt                 | 1 tbsp. cornstarch           |
| pepper and paprika             | 1 cup water                  |
| 1 can bean sprouts, drained    | 1 tsp. soy sauce             |
| or 1 lb. fresh sprouts         |                              |

Simmer meat, seasonings in 1/2 cup water about 40 minutes or until meat is tender. Combine cornstarch and soy sauce with 1 cup water and add with vegetables except bean sprouts and tomatoes) to the meat and cook for about 10 minutes - - until vegetables are cooked, but still crisp. Add bean sprouts and tomatoes just before serving and bring to a boil again and serve with chow mein noodles and boiled rice. Serves 6.

Ada Creighton

## HAMBURG BALLS

- |                  |                     |
|------------------|---------------------|
| 2 lbs. hamburger | 1 cup bread crumbs  |
| 3/4 tsp. salt    | 4 hard boiled eggs, |
| 1/4 tsp. pepper  | peeled              |
| 1/2 cup water    |                     |

Mix meat with salt, pepper, water, juice and crumbs. Divide meat into four portions. Cover egg with hamburger to form a ball, making 4 balls.

In a covered roaster add water to cover bottom 1/2 inch, 2 onions sliced, 2 stalks celery diced, salt and pepper. Place balls in roaster, cover, and bake in 350° oven 1 hour. Slice in half lengthwise and serve with mashed potatoes and peas. Serves 8.

Essie Isaacson

## LUNGEN (Calves Lung)

- |                        |                 |
|------------------------|-----------------|
| 1 lung and heart       | 2 tbsp. ketchup |
| 3 large onions, sliced | 3 cups water    |
| salt and pepper        | flour           |

Boil lung and heart with water in a large sauce pan about 1 hour. Rinse in cold water discarding the boiled liquid. Cut lung and heart into bite size pieces removing veins and gristle. Place meat with onions in a covered roasting pan. Sprinkle with salt and pepper. Add ketchup and 3 cups of water. Mix well and roast 1 hour in 400° oven. Add enough flour to thicken gravy and return to 350° oven and continue roasting uncovered for half hour.

Ida Wilner

## BOILED TONGUE And RAISIN SAUCE

- |                        |                          |
|------------------------|--------------------------|
| 1-5 lb. tongue, boiled | 1 can tomato puree       |
| and skinned            | 1/2 cup blanched almonds |
| 2 onions, sliced       | (halved)                 |
| 1 carrot, diced        | 1/4 cup raisins          |
| 1 green pepper, diced  | 1/4 cup brown sugar      |
| 3 stalks celery, diced | 3 tbsp. white sugar      |
| 1 can mushrooms        | 1/2 tsp. salt            |
|                        | juice of 1 lemon         |

Saute onions, carrot, green pepper and celery until golden brown. Add remaining ingredients and cook slowly for 20 minutes. Arrange tongue on bed of cooked rice. Serve with sauce.

Gertrude Berent

## GLAZED CORNED BEEF ROLLS

6 slices lean corned beef      pepper  
 1 cup grated raw apple      1 tsp. dry mustard  
 1/2 cup dry bread crumbs      1/2 tsp. ginger  
 1/4 tsp. salt      1 tsp. sugar  
                          2 tbsp. melted shortening

Thoroughly mix ingredients for stuffing. Spread on beef slices and roll as for jelly roll. Place in baking dish and pour on glaze. Bake in 400° oven for 30 minutes, basting frequently.

Glaze: Combine  
 3/4 cup karo syrup, blue label      6 whole cloves  
 3 tbsp. water      2 inch piece stick  
 1/4 cup vinegar      cinnamon

Simmer 5 minutes. Add 1 tbsp. grated orange rind.

Harriet Baker

## NEW ENGLAND BOILED DINNER

4 lbs. corned beef brisket      1 large turnip, cut in portions  
 6 potatoes      1 large head cabbage,  
 6 carrots      quartered  
                          1 bunch beets or 1 #2 can

Cover meat with water, bring to boil and cook slowly 3 1/2 hours or until tender. One hour before meat is finished, add potatoes, carrots, turnip. Add cabbage last 10 minutes. Boil beets separately. Serve on platter surrounded by vegetables.

Bea Mandelstam

## ROAST TONGUE

2/3 cup brown sugar      6 ginger snaps  
 6 tbsp. vinegar      10 tbsp. catsup  
                          2 tbsp. chicken fat

Boil fresh tongue, until tender and skin. Cover tongue with whole cloves. Place into baking dish. Cook sauce in double boiler until smooth. Pour over tongue and bake in 350° oven 30 minutes. Tongue may be sliced first and baked with sauce.

Min Levin, Baltimore, Md.

## FRANKFORTS IN BARBECUE SAUCE

Mix to paste:  
                          3 tbsp. flour      3 tbsp. cold water  
 Add:  
 1 cup water      1 tsp. prepared mustard  
 3 tbsp. vinegar      1/2 cup catsup  
 1 tbsp. sugar      1/4 cup chili sauce

Slit frankforts and brown slightly on both sides in skillet. Cover with sauce and cook on high flame until sauce bubbles. Simmer for 1/2 hour.

Gertrude Berent

## FRANKFORTS WITH SAUERKRAUT

10 frankforts      3/4 cup brown sugar  
 2 lbs. sauerkraut      1 1/2 cups water  
 3 tart apples, grated      1/4 tsp. pepper  
                          1 tbsp. catsup

Bring to a boil sauerkraut, apples, brown sugar, water, and seasonings. Simmer for 2 hours; add frankforts cut into bite size pieces and boil 20 more minutes. Serves 8. Food must be piping hot.

Esther Dion

## SALAMI or BALONEY and EGGS

1/4 lb. sliced baloney      1 tbsp. shortening  
                          4 eggs — beaten

Heat skillet and melt shortening. Brown slices of baloney, pour eggs over meat and fry as an omelet.

## BAKED CORNED BEEF

6 lbs. corned beef      1/2 tsp. mustard  
 1 cup brown sugar      1 can sliced pineapple (medium size)  
 1 tsp. cinnamon      1 tsp. whole cloves

Parboil pickled meat for 1 hour. Drain off water and place in open roaster. Add ingredients and bake in 300° oven until tender, about 3 hours. Baste frequently. Pickled tongue can be baked in the same manner.

Essie Isaacson

## TZIMMIS OF CARROTS

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| 1/4 cup ground almonds (optional)    | 1 tsp. salt                       |
| 1 large bunch carrots (5 large ones) | 1/2 cup dark brown sugar or honey |
| 5 medium size potatoes               | cold water to cover               |
| 3 medium size sweet potatoes         | 1 small onion                     |
| 3/4 lb. brisket of beef              | 2 tbsp. flour                     |
|                                      | 2 tbsp. chicken fat (schmaltz)    |

Scrape the carrots, wash, slice carrots into thin rounds or coins. Pare the potatoes and sweet potatoes and cut into inch thick rounds. Heat the pot, preferably a Dutch oven, and sear the brisket on all sides, turning till nicely browned. Add the carrots, potatoes and sweet potatoes, distribute well around the meat. Sprinkle with salt and add the sugar or honey, cold water enough to cover about an inch over all. Peel the onion, make two cuts in it to permit juices to flow freely but do not cut apart. Bring to boil quickly, skim lightly, reduce heat and let simmer gently for 2 1/2 to 3 hours.

Shake the pot gently from time to time, but DO NOT STIR CONTENTS. Water may be added to prevent sticking. Remove the onion as soon as meat is tender enough to pierce easily with fork.

Make an "einbren" or thickening by browning the flour in melted fat in a small pan, adding 1/4 cup of liquid in the meat and vegetable combination, stir until smooth, cooking over moderate heat for 5 minutes. Turn the thickening into the Tzimmes, shake the pot gently, then turn the whole contents into casserole or baking pan and bake 30 minutes at 350° or until lightly browned on top.

The meat may be turned carefully, but do not mash the vegetables, Tzimmes is not attractive if "mushy".

Variation: Add a "Knaidle"

- |                         |                               |
|-------------------------|-------------------------------|
| 1 cup all purpose flour | 1 tbsp. sugar                 |
| 1/2 tsp. baking powder  | 4 tbsp. chicken fat or nyafat |
| 1/8 tsp. salt           | 3 tbsp. cold water            |

Sift dry ingredients. Add the fat, stir in cold water a little at a time to form ball or dumpling. Divide the dumpling into two or more parts, tuck them in Tzimmes before turning into casserole for baking or, add the dumplings as soon as meat is tender, cover, and continue cooking on top of stove at reduced heat.

Dorothy Salk

## CARROT TZIMMIS

- |                                |                |
|--------------------------------|----------------|
| 2 bunches carrots, sliced      | 1 tsp. salt    |
| 4 large sweet potatoes, sliced | 3 lbs. flanken |
|                                | 1 pint water   |

Pour water and salt in roaster and let it come to a boil. Then add meat and cook on top of stove 1 hour. Place a layer of carrots and a layer of potatoes around the meat. Cover and roast in 350° oven 2 hours or until meat is tender. Very little liquid should remain when done. Mix 1/2 cup flour, 1/2 cup sugar and 1 tsp. salt. Blend with enough water to make a thin mixture. Pour mixture over vegetables 1/2 hour before meat is done. Take cover off roaster and brown well. Serves 6.

Annie Graffman

## PRUNE TZIMMIS

- |                             |                           |
|-----------------------------|---------------------------|
| 2 lbs. chuck or brisket     | 4 large sweet potatoes,   |
| 1/2 lb. prunes              | sliced 1/2 inch thick and |
| 2 heaping tbsp. brown sugar | kept in cold water until  |
| 1 tsp. salt                 | ready to use              |
| 3 white potatoes, sliced    | 1 pint water              |

Boil water in roaster, add meat and boil for about 1 hour. Place white potatoes and prunes around meat on bottom of roaster. Sprinkle with salt and sugar, cover, place in 350° oven and roast about 3/4 of an hour. Place sweet potatoes under white potatoes so they won't turn color and roast until meat is tender, about 1/2 hour. Baste with liquid occasionally. Very little gravy should remain when done and potatoes browned. The cover may be removed the last 15 minutes, if meat is not brown enough.

Evelyn Friedman

## CHOLENT

- |                             |                               |
|-----------------------------|-------------------------------|
| 1 1/2 cups yellow eye beans | 1 whole onion                 |
| 1 tbsp. coarse salt         | 2 tbsp. brown sugar           |
| 2 tbsp. catsup              | 1 1/2 lbs. fat meat or double |
| 3 potatoes, cut in half     | brisket                       |

Wash beans, place in pot. Add remaining ingredients. Cover with water and bring to a boil. Bake in 250° oven over night or in 400° oven 3 hours or until beans are tender. Add water when necessary, being sure the ingredients are covered at all times.

Ida Shapiro (Mrs. Myer)

## KNISHES

2 cups flour	pinch salt
1 tsp. baking powder	1/3 cup oil
2 eggs, well beaten	1/4 cup warm water

Sift flour, salt, baking powder into mixing bowl. Add eggs, oil, water. Mix well. Divide dough into 6 parts. Roll thin and cut in 2 inch squares. Brush with melted shortening and beaten egg yolk.

Hamburg filling: 1 lb. cooked hamburger, 1 egg, salt and pepper. Bake at 375° 15-20 minutes.

Marion Cohen

## MEAT KREPLACH

Dough:	1 lb. lean flanken (cooked in salted water with an onion. Cook about 1 hour until meat is soft. Grind through food chopper.)
1 egg	
1 tsp. salt	
1 cup flour	

Drop egg in center of flour, add salt. Stir around with fork until flour and egg make a soft dough. Knead a few seconds until elastic. Roll out very thin - cut sheet of dough into 2 inch squares. Place a small ball of meat in the center of each square. Fold one corner over diagonally to form a triangle, and press the edges firmly together. Work quickly to prevent drying of dough. Kreplach may be cooked in boiling salted water and drained, or drop them into boiling soup and cook one half hour.

Mollie Miller

## ITALIAN MEAT SAUCE

### (Pressure Cooker Method)

1 lb. hamburger	1/2 cup celery, chopped
salt, pepper	1 #2 can whole tomatoes
2 tbsp. olive oil	1 can tomato paste
1 minced garlic clove	1 can tomato sauce
1/2 cup green pepper, chopped	small can mushrooms
	oregano, optional

Combine hamburger, salt, pepper, garlic, olive oil and mix well. Put in pressure cooker and add remaining ingredients. Mix and cook under pressure 40 minutes.

Shirley Isaacson

## MEAT BLINTZES

3 eggs, beaten	2 cups water
1 1/2 cups flour	1/2 tsp. salt

Add water to eggs. Add flour and salt gradually, beating until batter is smooth. Pour a thin layer of batter into a hot, greased, small (5 inch) skillet, completely covering bottom of pan and fry until bottom side is firm and lightly browned. Turn out on board, fried side up and continue making pancakes until batter is used. Place 2 tbsp. of filling on each pancake and fold as an envelope. Fry on both sides until brown or bake in medium oven basting frequently with melted shortening until brown.

## Filling:

2 cups left-over meat, chopped	salt and pepper
1 egg, beaten	1 onion, chopped and sautéed
Makes 22.	

Freda Shultz

## PIROGEN

## Filling:

1 onion diced	1 egg, beaten
1 calves lungen, cooked	chicken fat
1 tsp. sugar	salt

Saute onions until golden brown. Grind lungen and onions, combine with remaining ingredients.

## Dough:

4 cups flour	1/2 cup melted shortening
1 yeast cake	salt
1/4 cup lukewarm water	1 tbsp. sugar
1 cup warm water	2 eggs

Dissolve yeast in 1/4 cup warm water with sugar. Add shortening, eggs, and beat well. Add remaining ingredients and knead. Divide into three pieces and roll each 1/8 inch thick. Cut with round 3 inch cookie cutter. Put one tablespoon of filling in center and seal by pinching edges together. DO NOT allow to rise. Brush with melted shortening and beaten egg yolk. Bake on a cookie sheet in 375° oven 12 to 15 minutes or until golden brown.

Rose Bell

## ITALIAN SPAGHETTI and MEAT BALLS

### HAMBURG BALLS

- 2 lbs. spaghetti  
 2 lbs. hamburger 2 eggs  
 1 small onion, grated  $\frac{1}{4}$  cup water  
 salt and pepper  $\frac{1}{4}$  cup bread crumbs  
 form into small balls

### SAUCE

- 2 large cans Italian 2 small cans cold water  
 tomatoes 2 medium onions, diced  
 2 small cans Italian 2 garlic cloves  
 tomato paste 1 tsp. oregano  
 $\frac{1}{4}$  cup olive oil

Saute onions, green pepper, garlic, oregano in olive oil until lightly brown. Add hamburger balls and brown. Remove hamburger. Combine sauted mixture with tomatoes, tomato paste, and cold water. Simmer 2 hours covered. Add hamburger balls. Continue to simmer uncovered for 1 hour. Pour over cooked spaghetti.

Eve Shalek

## ITALIAN MEAT SAUCE

- $\frac{1}{2}$  cup minced onion 1-8 oz. can tomato paste  
 $\frac{1}{4}$  cup olive or salad oil 1 large can Italian tomatoes  
 1 lb. chuck beef, ground  $2\frac{1}{2}$  tsp. salt  
 2 minced cloves garlic  $\frac{1}{2}$  tsp. pepper  
 1-6 oz. can mushrooms, 1 tsp. rosemary  
 chopped 1 tsp. basil  
 $\frac{1}{4}$  cup minced parsley 1 cup red wine  
 1-8 oz. can tomato sauce  $\frac{1}{4}$  tsp. sugar

Simmer onion in oil in kettle 5 minutes. Add ground beef and garlic; cook, stirring until meat is brown and crumbly. Add mushrooms with liquid, parsley, tomato sauce, tomatoes and the rest of the ingredients with the exception of the wine. Cover and simmer for 1 hour. Add wine; simmer, covered 1 hour. Makes about  $1\frac{1}{2}$  quarts sauce. May be made day before. Serves 6.

Esther Berman

## OVEN FRIED CHICKEN

- 1 frying chicken cut in salt and pepper  
 serving pieces paprika  
 flour shortening

Wipe pieces of chicken dry with a clean cloth. Sprinkle with salt. Put flour, salt, pepper, paprika in a brown paper bag. Shake a few pieces at a time in the flour mixture until thoroughly coated. Fry chicken in an inch of hot fat turning until it is golden brown on both sides. Put one inch of water in a pan with a rack. Place golden brown chicken on rack. Sprinkle with paprika and bake for an hour. (Keep  $\frac{1}{2}$  inch of water in the bottom of the pan all the time the chicken is baking.)

Marcia Bell

## SWEET AND SOUR CHICKEN

- 1 onion, diced 1 can tomatoes  
 chicken fat juice of  $\frac{1}{2}$  lemon  
 broiler, cut in small pieces 2 tbsp. sugar

Saute diced onion in chicken fat. When golden brown add chicken and brown lightly. Add can of tomatoes and cook covered for one hour. Season with lemon juice, sugar, and salt to taste.

## POTTED CHICKEN

- 1 6 lb. chicken cut in garlic salt  
 quarters 3 large onions  
 $\frac{1}{2}$  tsp. salt 1 tbsp. shortening  
 pepper  $\frac{1}{2}$  can tomato sauce

Season chicken with salt, pepper, and garlic salt. Melt shortening in Dutch oven over hot flame. Brown chicken on all sides. Lower flame, add onions,  $\frac{1}{2}$  cup water and simmer about  $\frac{1}{2}$  hour. Add tomato sauce and simmer  $1\frac{1}{2}$  hours or until tender. Potatoes may be added the last  $1\frac{1}{2}$  hours of cooking if desired.

Eva Greene

## ROAST STUFFED DUCK

- 1 6-lb. duck 1 can pineapple juice, small size  
 Boil duck about 1 hour. Cool and stuff with apple stuffing. Baste with juice until brown and tender, about  $2\frac{1}{2}$  hours Bake in  $375^{\circ}$  oven.

See stuffing recipe on page 49.

Polly Prolman

## CHICKEN AND ALMONDS

1/2 cup rice                      1/4 cup blanched almonds  
2 tbsp. fat                      (chopped)  
1/4 cup chopped onion

Brown rice in hot fat, stir constantly. Add almonds and onion and cook until onion is soft. Place in baking dish. Brown cut up chicken in hot fat. Place chicken over rice.

Combine:

1 1/2 cups chicken broth      3 tbsp. chopped pimento  
1 tsp. salt                      1/4 tsp. thyme  
1 tsp. sugar                      dash pepper  
dash cayenne pepper

Pour over chicken. Bake in 325° oven 1 hour 15 minutes or until done.

Selma Grossman

## CHICKEN SALAD DE LUXE

2 tbsp. lemon juice              1 tbsp. capers  
2 cups cooked chicken, diced      mayonnaise or salad  
1 cup celery, diced              dressing  
3/4 cup seedless grapes              cinnamon  
3/4 cup toasted, salted              salt and pepper  
almonds                              crisped lettuce cups

Sprinkle 1 1/2 tbsp. lemon juice over chicken. Add remaining lemon juice to celery and allow to stand at least 1 hour. Toss together the chicken, celery, 1/2 cup grapes, 1/2 cup almonds, 1-3 cup mayonnaise, capers and cinnamon. Add seasoning to taste. Arrange lightly on lettuce with a scoop or pyrex cup. Garnish with remaining grapes, almonds, and olives. Serve with extra mayonnaise. Salad may be served on a slice of pineapple. Serves 4.

Gwen Bramson

## Rendering Chicken Fat

Cut cleaned fat and fat skin of chicken into small pieces. Place in a heavy saucepan, cover, cook over low heat until lightly brown. Remove from heat, add sliced onion. Stir carefully so as not to spatter. Return to slightly higher heat and cook uncovered until onion is brown and crisp. Strain. Pour cooled fat into covered jar and store in refrigerator.

Ida Wilner

## SUNBURY CHICKEN

2-2 lb. broilers                      1 #1 can solid pack  
3 tbsp. olive oil                      tomatoes, mashed  
4 cloves garlic, minced              1 tbsp. minced parsley  
salt and pepper                      1-4 oz. can mushrooms,  
2 leaves basil, crumbled              drained  
2 tbsp. shortening

Disjoint broilers. Heat olive oil in a deep frying pan, add chicken, seasoning, garlic and basil. After browning add tomatoes. In separate pan saute mushrooms in shortening and add to chicken. Cover and cook 15 minutes. Remove cover and cook 10 minutes more or until tender. Sprinkle with parsley.

Ellen Platz

## CHICKEN PAPRIKA

3 1/2 lb. spring chicken              1 1/2 cups hot water  
1/4 cup shortening                      1/4 cup flour  
1 tsp. salt                              1/2 green pepper  
1 tsp. paprika                              2 stalks celery  
1 onion, diced

Saute onion, celery and green pepper in shortening. Add chicken which has been cut in serving pieces and roll in flour mixed with paprika, salt and pepper. Brown in sauted mixture and add hot water. Cook slowly on top of stove or in oven well covered, 2 1/2 hours or until tender. Serve with rice.

Mrs. Lillian Weiner

## CHICKEN CACCIATORE

1 5 lb. roasting chicken              4 onions, chopped  
cut in small portions              1 cup tomatoes  
1 can mushrooms (small)              3 cloves garlic  
1 green pepper, cubed              6 tbsp. olive oil  
2 stalks celery, chopped              3/4 cup white wine

Dredge pieces of chicken in flour, brown in olive oil, place in roaster. Pour all other ingredients over chicken and cook covered for 45 minutes. Place in oven uncovered and brown for 40 minutes in 350° oven.

Eleanore Alperen

## CHICKEN PIE

- |                         |                              |
|-------------------------|------------------------------|
| 1 5 lb. chicken, cut up | 7 tbsp. flour                |
| 1 tbsp. salt            | 3 cups chicken broth         |
| 2 stalks celery         | salt and pepper              |
| 1 bay leaf              | 1 cup green peas, cooked     |
| 2 small onions          | 1/2 cup cooked diced carrots |
| 7 tbsp. shortening      | 6 small potatoes             |

Simmer chicken, salt, celery and bay leaf in enough boiling water to half-cover chicken for about 1 1/2 hours or until tender, replenishing water if necessary. Add onions during last half hour of cooking. Thicken broth with flour and shortening and season to taste. Place chicken that has been removed from skin and bones in large pieces in casserole in alternate layers with vegetables. Heat gravy to boiling and cover chicken and vegetable mixture. Top with pastry or biscuit dough rolled thin. Bake in 425° oven, 25 minutes. Serves 6.

## SAVORY BAKED BROILERS

- |                            |                            |
|----------------------------|----------------------------|
| 2 med. onions, grated fine | pinch oregano              |
| 1 clove garlic, crushed    | 1 heaping tbsp chicken fat |
| salt and pepper            | 1 medium-sized chicken     |
| paprika                    | broiler, (cut up)          |

Mix first seven ingredients together until mushy. Roll each piece of chicken in it until well-coated. Place in a baking pan and bake at 375° for 45 minutes. Serve with hot Savory Baked Rice.

Avis Schwartz

## CHICKEN CHOW MEIN

- |                             |                         |
|-----------------------------|-------------------------|
| 1-6 lb. fat chicken, cooked | 2 cans chow mein        |
| 2 cans Chinese vegetables   | without meat            |
| La choy sauce               | salt and pepper         |
| 1 jar bead molasses         | 6 large onions (2 lbs.) |
| 2 stalks celery             |                         |

Slice large pieces onion, cut celery and saute in chicken fat until golden color. Add strained cans vegetables and chow mein, salt and pepper to taste. To cubed chicken, add 1/4 bottle of La Choy sauce, less than 1/2 bottle molasses. Garnish with hard boiled eggs, dried noodles and serve with rice.

Sally Mills, Lyons, Ga.

## CHICKEN A LA KING

- |                          |                           |
|--------------------------|---------------------------|
| 3 1/2 lb. spring chicken | 1 pimento (cut in pieces) |
| 1 can broken mushrooms   | 1/2 cup chicken fat       |
| (or fresh mushrooms)     | 1/2 cup flour             |
| 1 large green pepper     | 2 cups chicken soup       |
| (cut in pieces)          | 2 egg yolks               |
| salt, paprika and pepper |                           |

Saute vegetables in fat. Brown flour in fat and thin out with chicken soup, add to vegetable mixture. Then add chicken, cut in small pieces, and beaten egg yolks. Season and bake in 350° oven until brown, about 20 minutes.

Evelyn Friedman

## CHICKEN GIBLETS

- |                         |                         |
|-------------------------|-------------------------|
| 1 lb. hamburger         | 6 chicken gizzards      |
| 2 eggs                  | 1 sliced onion          |
| 1 tsp. prepared mustard | 5 bay leaves            |
| 1 tbsp. ketchup         | salt and pepper         |
| 1/4 cup matzo meal      | 1/2 tsp. whole allspice |
| salt and pepper         | flour                   |
| 1/4 cup water           | ketchup                 |
| 6 chicken feet          | 3 chicken necks         |

Combine first seven items. Scald giblets and clean well. Remove skin from feet. Cut and chop giblets in small pieces and put into a large sauce pan, cover with water, add onion and seasoning. Boil until partially cooked. Make small balls from the hamburger and add to the giblets. Add more water if necessary. Do not stir until meat balls are firm. Thicken gravy with flour and allow to simmer about 1 hour, covered. Uncover and put into hot oven for about 15 minutes.

Ida Wilner

## HUNGARIAN CHICKEN FRICASSEE

- |                       |                  |
|-----------------------|------------------|
| 4 lb. chicken, cut in | 1/2 tsp. salt    |
| small pieces          | 1/4 tsp. paprika |
| 1 onion, cut fine     | dash of pepper   |
| 1 tsp. fat            | 1 cup water      |
| 1 tsp. flour          | 1/2 cup rice     |

Saute onion in fat until light brown, add water, chicken and seasoning. Simmer until chicken is nearly tender. Then add 2 additional cups of water and the washed rice. Continue simmering until rice is tender. Add more water if necessary. Serve hot.

## STUFFED HELZEL (Chicken Neck Skin)

- |                       |                              |
|-----------------------|------------------------------|
| 1 cup flour           | 3 tbsp. small pieces raw     |
| 1/2 cup matzo meal    | chicken fat or               |
| 2 tbsp. oatmeal (raw) | 3 tbsp. rendered chicken fat |
| 1 small onion         | salt and pepper              |
|                       | paprika                      |

Saute onion and combine all ingredients mixing thoroughly. Have butcher cut the neck of the chicken around the breast bone together with the wings. Sew the small opening with white thread. Sew the large opening about 3/4 of the way leaving enough room to put in stuffing. Be sure that there are no holes in the skin. Spoon stuffing into opening until Helzel is half full, sew opening. Pour scalding water over stuffed Helzel and pick out any remaining pin feathers being careful not to break skin. Place in a large kettle with a sliced onion, and salt and pepper, cover with water and boil covered 2 hours. This makes a very large Helzel and looks like a small chicken when served whole. The same procedure using smaller quantities may be used in making a small Helzel without the wings. Roast 350° oven 1 hour.

Ida Wilner

## RICE STUFFING

- |                         |                      |
|-------------------------|----------------------|
| 1-6 lb. chicken         | giblets from chicken |
| 1 1/2 cups raw rice     | 1 cup cornflakes     |
| 4 large onions, chopped | 1/2 lb. mushrooms    |

Boil rice in 3 quarts of water. Drain and rinse with hot water. Saute onions in plenty of fat and when almost done, add chicken liver and mushrooms. Meanwhile boil giblets and when tender, grind with the liver. Then combine with the cooked rice, mushrooms and cornflakes. Add broth from the giblets, a little garlic powder and salt and pepper to taste.

Lydia Izenstatt

## TURKEY STUFFING

- |                   |                           |
|-------------------|---------------------------|
| 9 Vienna rolls    | 1/2 bunch celery, chopped |
| 1 cup corn flakes | 6 large onions, sliced    |
| 3 tbsp. farina    | 1 green pepper, chopped   |

Split and toast rolls, grate and add farina. Saute onions, celery, and peppers until golden brown. Meanwhile boil giblets from turkey. Add sauted vegetables with the fat that is left in the pan to the rolls and 1 cup of stock from the giblets. Mix thoroughly. Add salt and pepper to taste, and the ground, cooked giblets.

Lydia Izenstatt

## CORN MUFFIN STUFFING

- |                        |                             |
|------------------------|-----------------------------|
| 1 pkg. corn muffin mix | 2 strips diced green pepper |
| 2 stalks celery, diced | (optional)                  |
| 1 small onion, diced   | 1/2 cup raisins (optional)  |
| 1/3 cup hot water      | salt and pepper to taste    |

Bake muffins according to directions on box. Remove from pan, cool until dried out. Crumble into bowl and add celery, onions, and peppers that have been sauted until golden brown. Add seasoning, and hot water. Mix thoroughly - - it should be moist, if necessary add a little more water.

If using for duck add a little grated orange rind.

Ruth Berman

## Corn Flake and Applesauce Stuffing

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 small box corn flakes, crushed | 2 cups applesauce             |
| 2 eggs                           | 1 onion, ground               |
| 1/2 cup chicken fat              | 4 large celery stalks, ground |
| 1/2 cup water                    | 1 can mushrooms (optional)    |
|                                  | salt and pepper               |

Mix all ingredients together. If not moist enough, add more water. This makes sufficient stuffing for a large chicken.

Beatrice Halperin

## CHESTNUT STUFFING

- |  |                             |
|--|-----------------------------|
| 2 lbs. chestnuts (boil, peeled and mashed) | 1 small green pepper, diced |
| 4 cups bread crumbs                        | 1/2 tsp. salt               |
| 2 eggs                                     | 1/8 tsp. pepper             |
| 1 small onion, diced                       | 1/2 tsp. sage               |
| 2 stalks celery, diced                     | 1/2 cup water               |

Saute in two tablespoons of chicken fat, onions, green pepper, celery. Add seasonings. Add to chestnuts bread crumbs and eggs. Mix thoroughly and add water. Excellent for turkey.

Freda Shapiro