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## Dining delights for the Rosh Hashanah festive meal

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### **BASIC CHICKEN SOUP** - *Meat*

- 3 lb chicken pieces, skinless
- 5 lb chicken backs and bones, trimmed and broken
- 3 large carrots, trimmed
- 1 large turnip
- 3 stalks celery with leaves
- 2 medium onions, trimmed
- 3 bay leaves
- 1 strip lemon zest
- 8 sprigs parsley
- 10 whole white peppercorns
- 10 qt cold water

Place rinsed and trimmed chicken and bones in a 12-qt. heavy stockpot on medium heat. Toss to soften chicken pieces slightly, and add all remaining ingredients. Bring to a simmer and cook about 2 hours, skimming occasionally. Strain into clean pot; discard vegetables, use chicken elsewhere. Return to heat, then reduce by 20%. Chill. Skim any congealed fat.

Options: After the basic broth is done, you can add cooked noodles or rice to soup. Slice 2 carrots and 2 celery stalks into a julienne cut. Simmer vegetables in the chicken broth until crisp-tender. Adjust salt and pepper before serving. Broth can be prepared ahead and frozen up to 3 months. Freeze in small amounts to flavor and moisten rice or vegetables. Do not refrigerate more than 3 days without re-boiling. Yield: 24 C.

### **SWEET and SOUR YELLOW PIKE** - *Pareve*

- 1-1/2 C sugar
- 1/2 C cider vinegar
- 2-1/2 C water

- 1 lemon, seeded and thinly sliced
- 3 medium sweet white onions, sliced (about 1 -1/2 C)
- 1 clove garlic, crushed
- 1 bay leaf
- 1 t salt and pepper to taste
- 4 - 5 lbs yellow pike, cut in 2? slices
- 1/2 C raisins, optional

Slowly heat the sugar in a heavy-bottomed, 6 -qt. stockpot. As sugar caramelizes, rotate the pot. When amber colored, slowly add vinegar, water, lemon slices, onions, garlic, bay leaf, salt and pepper. Bring to a boil; simmer for 10 minutes. Taste and adjust flavor.

Add the fish slices, cover, and turn off the heat of an electric stove. On a gas stove, allow to return just to a boil, and then turn off heat. Allow fish to steep 15-20 minutes. Discard bay leaf.

Carefully lift fish, lemon slices and onions to a deep serving platter. Simmer cooking juices to reduce by half, and add raisins, if desired. Cool and pour over fish. Serve at room temperature or chilled. Garnish with lemon leaves or parsley.

#### **JICAMA, APPLE and CELERY ROOT SALAD - Pareve**

- 1/2 C low-fat mayonnaise
- 4 t fresh lemon juice
- 2 T apple juice
- 3 T minced green onions, white only
- 1 T minced fresh coriander
- 1 t grated lemon zest
- Kosher salt and pepper to taste
- 2 large red apples
- 1-1/2 C peeled grated celery root
- 1 C peeled grated jicama
- 1/2 C golden raisins, optional

Mix mayonnaise and juices in a medium bowl. Add green onion, coriander, lemon peel, salt and pepper. Core apples, but do not peel. Grate into mayonnaise mixture to prevent browning. Blend in celery root and jicama; add raisins. Let stand at room temperature 1 hour before serving.

#### **OVEN-BRAISED VEGETABLES with HERBS – Pareve**

- 1 lb baby carrots, trimmed and scraped

1-1/2 lb small red potatoes, halved  
1 large red bell pepper, cut in 1? pieces  
2 white onions, unpeeled and halved  
8 cloves garlic, unpeeled  
1 t each: kosher salt and freshly grated black pepper  
1 T olive oil  
2 C vegetable stock or faux chicken-flavored bouillon  
12 cauliflower florets, trimmed  
1/2 lb zucchini squash, sliced 1/2?  
12 cherry tomatoes  
3 T fresh basil leaves, chopped  
2 T fresh thyme leaves, chopped  
1/2 C fresh parsley, chopped

Preheat oven to 375° F. In a large, heavy-bottomed roasting pan, place carrots, potatoes, bell peppers, onions, garlic, salt and pepper. Drizzle with olive oil. Add stock and roast one hour, tossing occasionally. Add remaining vegetables; continue roasting 30-45 minutes more until vegetables are tender but firm and stock is almost absorbed. Toss with sprigs of basil and thyme during the last 5 minutes. Garnish with parsley.

#### **HERBED GREEN OLIVES** - *Pareve*

2 C large green pitted Spanish olives  
2 bay leaves  
1/2 t dried thyme  
1/2 t fennel seeds  
1/2 t cumin seeds  
1/2 t dried oregano  
3 garlic cloves, peeled and minced  
1 - 2 T olive oil  
Pinch of cayenne pepper  
Dash of sugar

Blend all ingredients thoroughly in a bowl. Spoon into a jar and store in refrigerator up to 2 weeks. Discard bay leaves; serve at room temperature.

**CITRUS CHICKEN SCHNITZEL** – *Meat*

Chicken:

1 lb skinless, boneless chicken breast, thinly sliced

Salt and pepper to taste

2 garlic cloves, minced

2 T lemon juice

Grated zest of half a lemon

3/4 C fine bread crumbs

2 eggs, lightly beaten

2 T water

3 T olive oil

3 T vegetable oil

3 T flour

Tomato Citrus and Sage Sauce:

1 T olive oil

1 large shallot, chopped

1 medium onion, chopped

1 can (28 oz) diced tomatoes, drained

1/4 C orange juice

1/3 C dry white wine

1/3 C chicken stock

Salt, pepper and cayenne to taste

Grated zest of half an orange

2 T chopped fresh sage

or 2 t dry sage

Chicken prep: Pound any thick parts of chicken breasts as necessary. Season with salt and pepper and scatter garlic on breasts; drizzle with lemon juice and toss.

Add lemon zest to bread crumbs in a separate bowl. In another bowl, beat eggs with water and a dash of salt.

Heat 2 T olive oil and 2 T vegetable oil in a sauté pan to medium heat. Dip each piece of chicken in flour, then in the egg mixture, and firmly press into the bread crumbs. Sauté 2-3

minutes per side; add remaining oil as needed. Drain on paper towels in a single layer. Cover and chill or freeze until ready to serve.

Sauce prep: Heat olive oil in a 2-qt. pot. Add shallot and onion; sauté until limp. Add tomatoes, orange juice, white wine and chicken stock. Simmer until liquid is nearly evaporated and sauce thickens. Add salt, pepper, cayenne, orange zest and sage. Can be prepared ahead.

Reheat schnitzel in a single layer in a 375° F oven for 5 minutes. Serve sauce warm over schnitzel.

### **BRAISED BONELESS CHUCK ROAST** – *Meat*

4 – 4-1/2 lb boneless chuck roast

Salt and freshly ground pepper

to taste

2 T vegetable oil

3 C onions (4 - 5 medium), halved and sliced

2 large garlic cloves, finely chopped

2 T tomato paste

1 T fresh chopped thyme

or 1/4 t dried, crumbled thyme

1 t fresh rosemary

or 1/4 t dried, crumbled rosemary

1-1/2 C dry white wine

1 C water

3 C broad noodles, boiled al dente, or 3 C cooked couscous

Parsley to garnish

Place oven rack in center and preheat oven to 350° F. Pat beef dry and lightly season with salt and freshly ground pepper. Heat oil in a 5-qt., ovenproof casserole until hot, but not smoking. Brown beef on all sides, about 15 minutes, and remove to a plate.

Sauté onions in same pot for 5 minutes. Add garlic, tomato paste, thyme, rosemary, and sauté 10 minutes. Add wine and water and bring to a boil. Return beef to pot and turn to coat with sauce. Cover pot tightly and braise in the oven, turning after one hour. Taste and adjust salt and pepper. Add more water as needed. Roast another hour or until meat is very tender.

Let roast stand uncovered in sauce about 30 minutes. Cut off a thick chunk of beef and shred it; slice remaining beef across the grain. Return shredded beef to pot and toss with the onion sauce. Place noodles or couscous on a preheated platter; spread shredded beef mixture on top of that and then add the sliced beef. Garnish with parsley and serve hot.

### **GINGER and HONEY CARROTS** - *Pareve*

1-1/2 lb baby carrots, trimmed

1/4 t salt

1/3 C fresh orange juice

1/4 C honey

3 T unsalted pareve margarine

1 T grated orange zest

1 t ground ginger to taste

1 T minced crystallized ginger,

optional

Mint to garnish, optional

In a 3-qt. saucepan, cook the carrots, salt, orange juice, honey, margarine, orange zest and ground ginger with just enough cold water to partially cover the carrots. Bring to a boil, cover, and simmer 8 minutes or until carrots are just tender. Add crystallized ginger, if desired, and cook uncovered on moderately high heat until liquid is reduced to about 1/4 C. Evenly coat carrots with glaze. Serve hot garnished with mint, if desired.

#### **RICE and POMEGRANATE SEEDS – Meat or Pareve**

1 medium onion, minced

2 T unsalted pareve margarine + 2 T more

2 T olive oil

1-1/2 C arborio rice

1 C dry white wine

5 C chicken broth or pareve bouillon, more as needed

Salt and pepper to taste

1 pomegranate (8 to 10 oz), halved and squeezed gently to release seeds, about 1 C

In a large saucepan, cook onion in 2 T margarine and oil over moderately low heat until it is softened. Add rice. Stir the mixture over moderately low heat for 2 minutes to thoroughly coat rice. (Do not let the rice brown.) Add the wine, and cook 2 minutes.

Add 1 C warm broth, stirring constantly, and cook until the broth is absorbed. Continue adding broth, about 1/2 C at a time. Stir constantly until each portion is absorbed before adding the next. (Cooking time will be about 18 minutes for creamy al dente rice). Remove the pan from the heat and stir in 2 T margarine. Season to taste with salt and pepper. Stir in pomegranate seeds and serve hot or at room temperature.

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