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HOLIDAY > SUCCOT

Veggies rule at Succot time

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This year, Succot is Oct. 14-21. Try some of these harvest-themed recipes for dinner in the succah.

SPLIT PEA SOUP

(A Meal in a Bowl) n Pareve or Meat

1 large onion, diced

2 carrots, sliced

3 T vegetable oil

1 lb yellow or green split peas, soaked overnight

12-14 C chicken, beef or vegetable stock (bouillon can be used)

3 stalks celery, thinly sliced

Salt and pepper to taste

2 bay leaves

Juice of 1/2 a lemon

In a large stock pot, fry onion and carrots in oil until softened. Drain the peas and add to the pot. Add two-thirds of the stock and bring to a simmer. Remove the scum; add celery and simmer on low heat about one hour.

Strain the soup into a clean pot; puree the peas in a food processor and return to the pot. Add salt, pepper, bay leaves, lemon juice to taste and as much remaining stock as desired for consistency. Adjust flavor and cook another 30-40 minutes. Discard bay leaves. Can be made two days ahead and chilled or frozen.

Option: For a meat meal, slice two or three frankfurters or kosher sausages into the soup during the last half hour of heating or when re-heating.

STUFFED CABBAGE n Meat

1 cabbage, about 1-1/2 - 2 lb.

1 onion, grated

1 lb. ground beef

3/4 C rice

1 egg

2 T bread crumbs or matzah meal

Salt and pepper to taste

The sauce:

2 lb fresh tomatoes, peeled, or 1 can (28 oz) crushed tomatoes

Salt and pepper to taste

3/4 t sour salt or juice of 1 lemon

6 T sugar or to taste

Cut deeply into the core of the cabbage and remove it. Place cabbage, core side down in a sieve set over boiling water. Cover and steam 10 minutes. Remove at least 12 leaves as they soften. Shave off thickest part of leaves and place in an 8-qt. heavy pot.

Combine sauce ingredients; taste and adjust flavor. Set aside.

Combine onion, beef, rice, egg, bread crumbs, and seasoning in a bowl. Lay cabbage leaves out flat; about 2" from bottom of leaf, place about 3 T of the filling mixture. Fold bottom of cabbage up, fold in sides, and loosely roll until the filling is covered.

Shred remaining cabbage and use to line the bottom of the pot to cushion the cabbage rolls. Place cabbage rolls in pot seam side down and pour the sauce on top. Add enough water to cover cabbage rolls. Bring to a slow simmer, cover, and cook about 2 hours. Baste occasionally and add water if necessary. Best made one or two days ahead and reheated. Serves 8-10.

BEETS, PARSLEY and CAPER SALAD n Pareve

2 cans sliced beets, (14 oz), drain all but 1/4 C of juice

Dash of kosher salt; pepper to taste

3 T unsalted pareve margarine, cut up

2 T honey

4 T chopped parsley leaves

3 T capers, drained

2 T fresh lemon juice

In a skillet, combine beets with salt, pepper, 2 T margarine and the beet juice. Bring to a simmer for 4 -5 minutes. Add honey and heat through with remaining margarine. Cook until liquid is thick. Add parsley, capers, lemon juice, and adjust salt and pepper. Toss well. Serve on lettuce leaves, if desired.

RED SNAPPER with ARTICHOKEs

n Pareve

1/4 C drained, bottled, marinated artichoke hearts

1 T drained capers

1 T chopped fresh mint, plus more to garnish

1/2 t minced garlic

1 T water or fish broth

1 large egg yolk, room temperature

1 T fresh lemon juice

4 T "lite" olive oil

Salt and pepper to taste

8 red snapper fillets, 5 -6 oz each

Olive oil cooking spray to coat fish

6 thin lemon slices, quartered, and mint

In a blender, puree artichoke hearts with capers, mint, garlic, broth, egg yolk and lemon juice. Scrape down sides with a rubber spatula. With motor running add oil in a steady stream, blending until sauce is smooth. Spoon into bowl, add salt and pepper. Sauce is better made one day ahead. Cover and chill.

Rub snapper with additional olive oil cooking spray; season with salt and pepper to taste. Wrap each fillet skin side up in a sheet of foil. Grill over rack on charcoal grill, or place on a baking sheet in a preheated 450° F oven and cook 7 minutes. Un-wrap packets, transfer to a plate, spoon sauce around fillet and garnish with lemon quarters and fresh mint sprigs. 8 portions.

POUND CAKE with Cinnamon Applesauce n Pareve

1 1/2 C unsalted pareve margarine

1 3/4 C sugar

5 large eggs, room temperature

2 C flour, sifted

3/4 t baking powder

1 t lemon zest

2 T brandy

Preheat oven to 350° F. Grease and flour a 9" tube pan with removable sides.

In large bowl of an electric mixer, beat margarine and sugar together until very light and fluffy. Add eggs one at a time, beating well after each addition. Add flour, baking powder,

lemon zest and brandy. Pour into prepared pan. Bake in center of oven for one hour and 10 minutes or until cake tests done. Cool on a rack, remove from pan, and cool thoroughly. Serve with cinnamon applesauce (recipe follows).

CINNAMON APPLESAUCE n Pareve

2 T unsalted margarine

8 Granny Smith or other firm apples, cored and cut in chunks

3/4 C water

1 cinnamon stick

8-10 T sugar, or to taste

2 T honey

In a heavy-bottomed pot, melt the margarine. Add the apples and stir, coating with the margarine. Add water and cinnamon stick, and simmer covered for about 20 minutes. Stir occasionally.

Discard cinnamon stick and puree the mixture in a food mill set over a medium bowl. Add about 6 T sugar and honey. Add remaining sugar to taste. Serve at room temperature separately or over the pound cake. Can be made two days ahead and refrigerated.

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