

Recipes

There is nothing like boobah's charoset. In fact, no two recipes are quite the same; each person adds something of their own into whatever they are preparing. But in case you are a little challenged in the cooking department, we present here some recipes that should see you through the Yomtov meals.

Charoset

¾ cup walnuts
¼ of a large cooking apple
Wine
2 tsp cinnamon
2 tsp sugar

Chop walnuts and apples. Moisten with the wine to taste. Add cinnamon and sugar.
Ready for serving.

Diabetic Charoset

4oz (110g) dried pitted prunes
4oz (110g) pitted dates
2oz (56g) blanched slivered almonds
3 medium sized Granny Smith apples – peeled, cored and quartered
1 large Naval orange quartered
½ inch piece of fresh ginger peeled and chopped
¼ cup kosher sweet red wine
1tsp honey
1tsp fresh lemon juice
1tsp ground cinnamon
2 tsp approx matzah meal

Finely chop the prunes, dates, almonds, apples, orange and ginger. Add the wine, honey, lemon juice and cinnamon, and then mix together. Add matzah meal according to personal preference.
Ready to serve.

Nut Free Charoset

1lb (435g) pitted dates
1lb (425g) seedless raisins
2 medium apples - peeled, cored and chopped
50oz (150g) sugar
Sweet wine

Chop the dates, raisins and apples. Add the wine and sugar according to personal preference.
Ready to serve.

Gefilte Fish

1 gefilte fish log
1 onion
2 carrots
Salt and pepper

Boil the gefilte fish log, onion and carrots in a pot for 45 minutes adding salt and pepper as required. Allow to cool and then serve.

Fresh Salmon Salad

Fresh salmon
Lemon juice
Peppercorns
Bay leaf
Salt and pepper

For marinade
1 cup sugar
1 cup wine vinegar

Dissolve the sugar in 1 cup of boiling water, add the wine vinegar and leave to cool.

Add salmon to seasoned water, bring to the boil and simmer for 5 minutes.

When cool, drain and skin the fillets and add to the cooled marinade. Leave overnight.

Remove the fish from the marinade, drain, flake and add mayonnaise and lemon juice to taste.

You can either serve the fish on a bed of your favourite salad, or chop salad ingredients into the salmon with the addition of olives, pickled cucumber, fresh peppers etc.

This dish goes well with any kind of cooked potato.

Chicken Soup

Serves six people.

1 chicken
1 medium parsnip
2 carrots
1 leek
1 onion
2 sticks celery
2 bay leaves
1 bunch of flat leaf parsley
Salt and pepper
4 litres of water

Prep: Cut the parsnip into quarters, top and tail the carrots and cut in half. After washing and checking the leek for any bug-life, cut it into pieces together with the onion (some keep whole) and place into a large pot. Add chicken, water and bay leaves.

Method: Bring the water to the boil and then leave to simmer for three hours. Whilst simmering, check and wash the parsley for any bug-life then add to the pot. As salt and pepper as required.

Honey Glazed Chicken

Chicken cut into 8 pieces
4 tsp honey
4 tsp olive oil
4 tsp lemon juice
Salt and pepper
4 cloves of garlic
2 onions

Preheat oven to 200C (392F) or gas mark 6.

Mix the honey, olive oil and lemon juice together and season to taste. Brush a suitable oven dish with some of the mix and then coat each portion of chicken with the mix and place in the dish. Drizzle any remaining mix over the chicken when finished.

Crush the garlic cloves and spread evenly over the chicken. Finely chop the onion and spread evenly over the chicken.

Cover dish tightly with foil. Cook for 1½ hours. Turn each portion and re-cover for another ½ hour.

Courgette and Carrot Pie

1½lb grated courgettes

1½lb grated carrots

2 grated onions

3 eggs

1½ cups medium matzah meal

¼ cup of oil

2 tsp baking powder

1 clove of garlic

Salt and pepper

Preheat oven to 200C (392F) or gas mark 6.

Mix all the ingredients together and place in a 9" square casserole. Cover and bake for 15 minutes. Reduce heat to 170C (338F) or gas mark 3 for an hour or so.

Ready to serve.

Sweet and Sour Red Cabbage

1-2 onions, finely chopped

Oil

1 red cabbage

1 diced apple

1-2 bay leaves

2 tsp vinegar

2 tsp sugar

Salt

Raisins

Fry the onions in a large pot. After carefully checking and washing the red cabbage for any bug-life, shred it and add to the onions. Add all the other ingredients and simmer covered until tender.

Easy Baby Potatoes

Baby Potatoes

Olive oil

Onion soup mix

Place olive oil in a baking dish and add dry onion soup mix as necessary. Add baby potatoes and stir so that all the potatoes are well covered. Bake for 45 minutes, stirring occasionally.

Ice Cream

3 eggs

1 small parev whip cream

3oz (85g) granulated or caster sugar

Vanilla flavour

Beat all the ingredients together and add vanilla flavour (or a flavour of your choice). Freeze mixture over night.

Almond Pudding

6 eggs beaten

6oz (170g) ground almonds

4oz (113g) sugar

2 lemons

Preheat oven to 180C (356F0 or gas mark 3.

Mix all the ingredients together and place in a dish. Flatten in dish and bake in oven for 40 minutes.