FOOD SECTION

CHERRY SALAD RECIPES

Maraschino Cherry-Cottage Cheese Mold

(Makes 8 servings)

1 envelope unflavored gelatin
1/2 cup red maraschino cherry syrup
About 2/3 cup red maraschino cherries
1-1/2 pounds creamed cottage cheese
1 cup vanilla yogurt
1/8 teaspoon nutmeg

In small saucepan, combine gelatin and cherry syrup. Cook and stir over low heat until gelatin dissolves. Cool to room temperature. Lightly oil a 6-cup mold; arrange cherries in a ring around bottom of mold. Pour 2 tablespoons gelatin mixture over cherries; refrigerate until lightly set. Stir cottage cheese, yogurt and nutmeg into remaining gelatin mixture. Carefully pour over cherry mixture. Refrigerate until firm. To serve, unmold onto serving plate. Fill center with orange sections and additional cherries, as desired.

Cherry-Ham Salad

(Makes 4 servings)

1 package (3 ounce) lemon-flavored gelatin
1 cup boiling water
3/4 cup cold water
1/2 cup red maraschino cherries
1 tablespoon cider vinegar
Dash cayenne pepper
1/2 cup plain yogurt, well stirred
1 cup finely chopped leftover ham
1 cup finely chopped celery

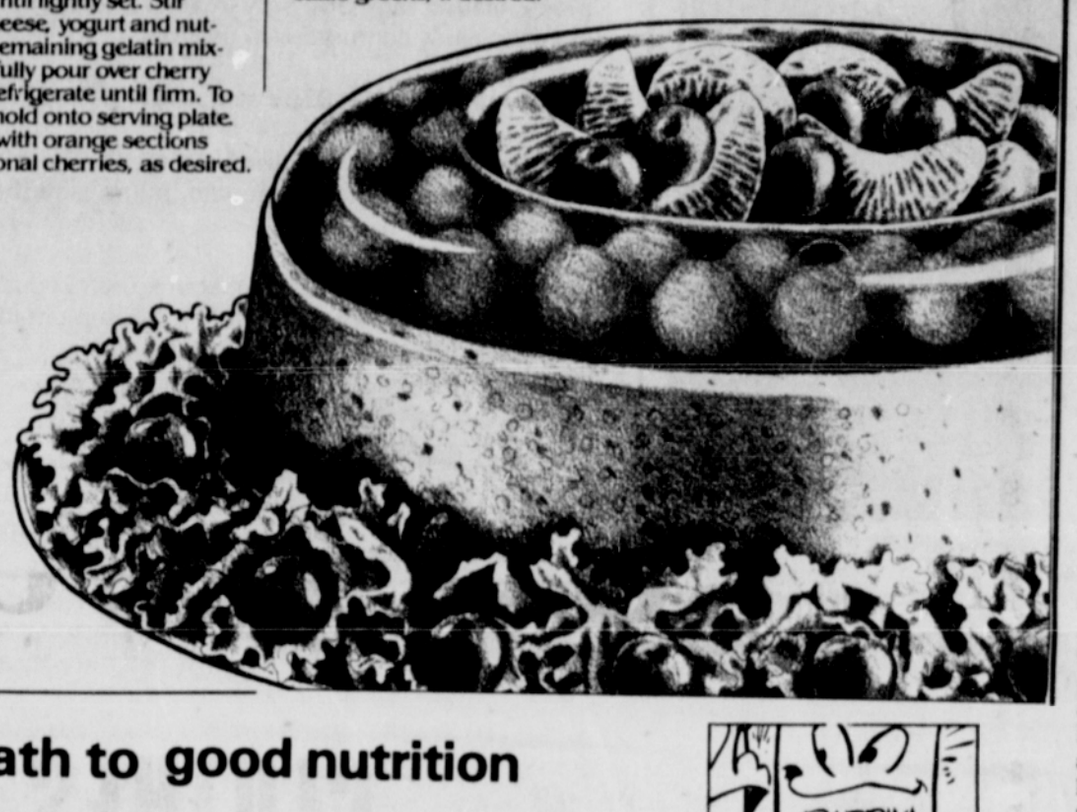
In medium bowl, dissolve gelatin in boiling water; stir in cold water. Pour 2 tablespoons gelatin mixture into each of 4 lightly oiled 1-cup molds; divide cherries into molds. Refrigerate until lightly set. Stir vinegar and pepper into remaining gelatin mixture, chill until slightly thickened. Stir in yogurt, ham and celery until well blended. Carefully pour over cherry layer. Refrigerate until set (about 3 hours). To serve, unmold onto serving plates. Garnish with salad greens, if desired.

Quick Cherry Salad

(Makes 4 to 6 servings)

1 jar (8 ounces) red maraschino cherries, drained
1 can (8-1/2 ounces) crushed pineapple, drained
1 can (11 ounces) mandarin orange sections, drained
1 cup flaked coconut
1/2 cup chopped walnuts
1/2 cup miniature marshmallows
1/2 cup mayonnaise

Combine all ingredients; toss lightly. Chill. Serve on lettuce with lime wedges, as desired.



Passover brings special menu

Never let it be said that great holiday feasting comes but once a year! Family celebrations crop up right along with the first blossoms of spring. For openers, meet Esther Zohn, who preserves the heritage of Passover, by cooking up delicious and festive foods. Now, let us visit her, and you are sure to find ideas to enrich your own celebrations and enliven everyday meals, too.

Like many Jewish people, Esther Zohn looks forward to Passover as a time to share Jewish history and food customs. "Passover is my most important holiday," says Esther. *Pesach* means Passover. It begins on the fifteenth day of Nisan, March 28, 1983 and lasts for eight days, of which the first two and the last two are full holidays; the four middle days are only half-holidays and are called Chol Hamo-ed (the ordinary days of festival).

Passover commemorates the liberation of the children of Israel from slavery in Egypt some 3,000 years ago. Esther believes that the home is the most important place to express the Jewish heritage. So, my mother Celia made it her responsibility to pass on the traditions to me, her daughter, before her death on November 14, 1974.

The first and most elaborate dinner of the week-long celebration is the Seder (meaning "order of service"). This is a meal interwoven with solemn religious ceremony and playful customs that appeal to and inspire children. "An elegant table-setting, the happy voices, the people singing, and the reading of the Haggadah (the Story of Passover) all enrich the occasion," Esther says.

One intriguing aspect of Passover food is that no leavened bread or regular flours of any kind are used throughout the week's celebration. Instead, the unleavened bread *matzoh*, is used to symbolize the unleavened bread the children of Israel ate during their Exodus—unleavened because there wasn't time to wait for the bread to rise before the Exodus.

Through the years resourceful Jewish cooks have developed ways to use whole matzoh crackers as well as coarsely ground matzoh known as *farfel* and finely ground matzoh called cake meal. "Matzoh products are available all year long," explains Esther, "so you need not limit their use to the Passover season." The crunchy texture and mild flavor of matzoh enhance a variety of good food, from entrees to desserts. Here are some of Mother Zohn's favorites:

Chicken Soup with Matzoh Balls: Esther, like her mother before her, likes homemade chicken soup. This elegant version is a clear broth dotted with sliced carrots, parsnips, celery and parsley, and onion. Esther says that the matzoh balls have a light and delicate texture because carbonated water is mixed with the matzoh meal.

Farfel Pudding: Esther's version of this bread-pudding like dessert is lavished with sour cream, cottage cheese, raisins and nuts. According to Jewish dietary restrictions, meat and dairy products cannot be eaten at the same time at the meal, so this dessert would be served in a fish or meatless menu.

Fruit Tsimmes: "Although the word *tsimmes* means fuss or excitement, making tsimmes is actually easy," says Esther. "My mother's recipe features mixed dried fruits, but you can use almost any combination of meat, vegetables, or fruits in tsimmes. Usually, the dish is served in place of a vegetable side dish."

HAROSETH
(Pronounced huh-ROHS-uth)

2 tart unpeeled apples, finely chopped
½ cup ground walnuts
3 tablespoons Passover wine
3 tablespoons honey
¼ teaspoon ground cinnamon

Combine all ingredients, let stand one hour. Makes 2 cups.

Haroseth means "sweet—like freedom." It symbolizes the building mortar used by Jewish slaves in Egypt.

The Seder dinner ceremony is centered around the Seder plate. Each food on the plate is symbolic of some part of the Exodus. A roasted egg, a roasted lamb shank, salt water, Haroseth, sweet herbs, and bitter herbs.

CHICKEN SOUP WITH MATZOH BALLS

1 4-to-5 lb. stewing chicken
2½ qts. water (or more)
2 onions, cut up
1 leek, sliced (opt'l)
3 stalks celery, sliced
1 tablespoon salt (or to taste)
¼ teaspoon pepper
2 carrots, sliced
2 parsnips, sliced
4 or 5 parsley sprigs
4 fresh dill heads or ½ teaspoon dried dill weed (opt'l)
1 recipe Matzoh Balls (see below)

Place chicken in 8-10 qt. Dutch oven. Add water, onions, leek, celery, salt and pepper. Bring to boiling. Reduce heat; simmer, covered, 1½ hours or until chicken is almost tender. Add carrots and parsnips; simmer, covered, 30 minutes more or until chicken and vegetables are tender. Remove chicken; refrigerate meat for another use. Lift vegetables from broth with slotted spoon. Strain broth. Return vegetables to broth. Add parsley and dill, if desired. Heat through. Serve in bowls with Matzoh Balls. Makes 15 servings.

For a main dish soup, remove the meat from the bones, cube the meat, and return it to the broth with the vegetables.

MATZOH BALLS

1 cup matzoh meal
1 teaspoon salt
Dash pepper
4 slightly beaten eggs
¼ cup chicken fat (optional—the Orthodox use it)
¼ cup carbonated water

In a mixing bowl, combine matzoh meal, salt and pepper. Beat in the eggs and the chicken fat (if used) until blended. You can separate the egg and egg white and beat

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The path to good nutrition

How often have you heard a parent tell a child: "Don't drink so much water when you eat. It'll spoil your appetite."

Actually you should drink water while you eat. Water is basic to balanced nutrition. It works through the entire digestive process.

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