

Passover

(Continued from page 8 column 6)
separate and then add them together. If on a diet, omit fat. Stir in carbonated water. Cover and chill at least 2 hours. With wet hands, shape dough into 1-inch balls. Carefully drop dough into gently boiling salted water. Cover; simmer 30 minutes or until matzoh balls test done (they should be light and cooked with doneness all the way through). Do not uncover pot until end of cooking. Remove carefully with slotted spoon. Serve in hot chicken soup. Makes about 30 balls.

These light-textured dumplings are delicious served alone, too.

FARFEL PUDDING

- 3 eggs
- 1/4 cup sugar
- 2 cups farfel or 4 matzoh crackers coarsely crushed
- 2 cups cream-style cottage cheese
- 1 cup dairy sour cream
- 1/2 cup raisins
- 1/2 cup apricot preserves
- 1/2 cup finely chopped walnuts
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon

In mixing bowl beat eggs til light; gradually beat in 1/4 cup sugar til fluffy. Soak farfel in cold water; squeeze out excess water. Add farfel, cottage cheese, sour cream, margarine, raisins, and preserves to egg mixture; blend well. Turn into a 12 x 7 1/2 x 2-inch baking dish. Mix nuts, sugar and cinnamon. Sprinkle atop farfel mixture. Bake in 350° oven for 40-45 minutes. Serve warm or cool. Makes 10-12 servings.

This apricot and raisin-flavored dessert is good served warm or cold.

FRUIT TSIMMES

(Pronounced TSIM-uhs)

- 2 11 oz. pkgs. mixed dried fruits
- 2 cups water
- 1/2 cup white Passover wine
- 3 inches stick cinnamon
- 1 tablespoon orange peel thinly cut strips
- 1 cup orange juice
- 1/2 cup honey
- 1/4 cup lemon juice
- 1/4 teaspoon ground allspice, ground ginger, and ground cinnamon each one.

In 3-qt. saucepan combine mixed dried fruits, water, wine and stick cinnamon. Bring to boiling; reduce heat. Simmer, covered, 15-20 minutes or till fruit is tender. With slotted spoon transfer fruit to bowl. Discard cinnamon stick. Add till fruit is tender. With slotted spoon transfer fruit to bowl. Discard cinnamon stick. Add orange peel to liquid in saucepan; simmer 2 or 3 minutes. Stir in orange juice, honey, lemon juice, allspice, ginger and ground cinnamon. Return fruit to saucepan; heat to boiling. Remove from heat; cool to room temperature. Serve at room temperature or chilled. If desired, drain fruit before serving. Makes 10 servings.

This dish also makes a delicious dessert compote; make it ahead and chill until serving time.

CHICKEN

- 1 egg
- 1 tablespoon finely shredded orange peel
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 5-6 lb. roasting chicken
- 1/2 cup orange juice
- 2 tablespoons honey
- 2 tablespoons chicken fat (schmaltz) melted, or vegetable oil
- Red grapes (opt'l)
- Parsley sprigs (opt'l)
- Almonds

Cook onion, celery and almonds in 1/2 cup chicken fat til vegetables are tender, not brown. Add coarsely crushed matzoh or farfel, brown lightly. In a large bowl combine the chicken broth, egg, the 1 teaspoon orange peel, salt and pepper. Add matzoh mixture and blend well. Let stand 15 minutes to absorb broth.

Rinse bird; pat dry with paper toweling. Spoon some of the stuffing loosely into neck cavity of bird; pull neck skin to back of bird and fasten securely with a small skewer. Lightly spoon remaining stuffing into body cavity. If opening has a band of skin across tail, tuck drumsticks under band (or tie legs securely to tail). Twist the wing tips under back of chicken. Place chicken, breast up, on rack in shallow roasting pan. Combine the remaining orange peel, juice, honey and 2 tablespoons chicken fat. Roast bird, uncovered, in a 375° oven for 2 1/4-2 1/2

hours, basting the last 1/2-hour of roasting. Garnish with red grapes and parsley sprigs, if desired. Makes 8 servings.

"The preparation for Passover is something of a 'spring cleaning' in our Orthodox Jewish home," says Esther. To assure complete freedom from "hometz" different foods, dishes and utensils are set aside for Passover use, impressing on the family the importance of the observance.

Prime examples of hometz are ordinary bread, crackers and cakes, breakfast cereals and pastries made from wheat flour or other grains, and whiskey. Even regular powdered sugar, which contains a little cornstarch, is on the forbidden list.

Common ingredients that can be used are potato flour and matzoh meal. Both are stocked in the market. More unusual Passover items, which are not stocked regularly, are available during the weeks preced-

ing the holiday, at Jewish synagogues, which are open to the public with all necessary food items.

GEFILTE FISH

- 2 onions
- 2 carrots
- 2 quarts water
- 2 teaspoons sugar
- 4 eggs
- 2 tablespoons matzoh meal
- 1/4 cup cold water
- 2 grated carrots
- 1 teaspoon salt
- Pepper to taste
- 5 lbs. ground fish (link cod, black cod, sole, salmon)

NOTE: Any fish white can be used, but cod is fat, and must include cod.

Cover sliced onions, carrots and sugar with water in large pot and bring to boil. Lower to simmer. combine rest of ingredients and blend. Use electric mixer. Refriger-

ate 1 1/2 hours. Then, remove from refrigerator and MOISTEN HANDS. Shape fish into balls. Drop into simmering stock, partially cover pot and simmer for 2 hours. I use 2 cloves of garlic, optional. Serve hot or cold.

PASSOVER SPONGE CAKE

- 9 eggs separated
- 1 cup sugar and 1/2 cup sugar
- 1/2 cup matzoh-cake flour
- 1/2 cup potato flour

Beat yolks and 1 cup sugar until light and lemon yellow. Beat whites with 1/2 cup sugar until stiff. Sift matzoh and potato flour together. Fold flour and eggwhites alternately into yolk mixture. If desired, flavor with citron juice and finely grated lemon rind. Turn into ungreased 10-inch tube pan and bake at 324° for 1 hour. Invert after removal from oven; allow to cool before removing from pan.

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