

What the critics say: “Real good ‘cause their [sic] made by Mom.”
—Aviva, age 10

TO MY BLESSINGS.....

RECIPES | RELISH

EVELY LASER SHLENSKY

LOVE,

MOM

Old Swedish proverb: Kissin’ wears out. Cookin’ don’t.
Old Jewish proverb: Soldiers become much smarter after eating.

FORWARD:

Dear Blessings,

It gives me great pleasure to place some of my best loved recipes in your hands. I want to add to these as time goes by and I hope you will do the same. I know about financial wills and even ethical wills, but in some ways nothing is more intimate than a culinary legacy. May your cooking and eating give you and your loved ones much pleasure and sustenance.

Love,
Mom

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ARTICHOKE DIP

This is a wonderful hor d'oeuvre recipe that I got from Bev Abrams

2 small cans or one large can of unmarinated artichokes
1 jar marinated artichokes
4 cloves of garlic
1 cup grated parmesan cheese
1/2 cup mayonaise

In blender:

Blend all ingredients except mayo, using at least some of the oil from the marinated artichokes. Stir in mayo. Pour in a baking dish (one that you will serve from). Bake at 400 degrees for 30 minutes. Serve with a simple cracker (like lavosh) or cut up vegetables.

CAESAR SALAD DRESSING

1 clove garlic, crushed
1/2 teaspoon dry mustard
1/2 teaspoon ground pepper
juice of 1 lemon
12 tablespoons very good olive oil
4 tablespoons good red vinegar
about 1 tablespoon soy sauce
a little anchovy paste or some anchovy if you like it

Place in a jar. Shake well. Serve with salad which has been enhanced with slices of oranges, strawberries, avocado, parmesan cheese, or whatever your heart desires.

CHALLAH FROM HEAVEN

Recipe for 3 Loaves

(THIS RECIPE WON THE MOMENT MAGAZINE CHALLAH CONTEST)

1. In saucepan place 1 and 3/4 cups water and 1/2 cup honey. Blend in 1/2 stick margarine and 1 Tablespoon salt. Warm at low heat to 120-130 degrees.
2. Measure into mixing bowl (of electric mixer) 3 and 1/4 cups flour (bread flour works well). Blend in 2 packages active, dry yeast.
3. Pour warmed liquid mixture into flour-yeast mixture. Add 4 slightly beaten eggs (which have been sitting out of the frig for a little while). Beat 1/2 minute at low speed. Scrape sides.
4. Switch beater to high speed and beat 3 minutes.
5. By hand gradually add about 4 and 1/4 cups flour. When dough is difficult to stir, flour hands and bread board and dump flour on board. Begin kneading (think of it as "domestic davening" and you'll get just the right body motion). Keep adding flour (about 1 cup or more) until dough becomes smooth and elastic and no longer sticks to your hands.
6. Wash and dry bread bowl. Lightly grease it. Round the dough and drop it in the bowl. Give it a full turn and flip it over in the bowl. Cover bowl with damp cloth. Let the dough rise in a warm place (not oven) until it doubles in bulk (about 1 and 1/2 to 2 and 1/2 hours).
7. Punch dough down in bowl. Remove it and divide it into 4 parts. Divide 3 of these into thirds. Roll each of the thirds into strands about a foot long and braid them to become a loaf, pinching the ends together. Divide the fourth piece of dough into thirds as well. Make each of those thirds into a small braid to set on top of each loaf, pinching them in place. Place each loaf on a slightly greased cookie sheet. Cover with dry towels and let them rise until almost double (1-2 hours).
8. Beat an egg and brush it on the loaves in all the crevices. Sprinkle with poppy or sesame seeds. Bake at 350 for 25 minutes or until done. Cool on rack. These loaves freeze well. It's always best to serve them warmed a little (I wrap them in aluminum foil and put them in a warm oven for at least 10 minutes).

You should eat and enjoy!

Shabbat shalom!
Evely Laser Shlensky

OVEN BAKED PANCAKE THAT RISES TO HEAVEN

A delectable breakfast dish, thanks to Barbara Kessler

For 1 pancake:

2 eggs
1/2 cup milk
1/2 cup flour

Beat lightly; add pinch nutmeg; leave lumpy

Preheat oven to 425. Melt 4 tablespoons butter in large (about 9 inches) pie dish. Bake 15-20 minutes. Squeeze on some lemon, and sprinkle a little powdered sugar. Delicious served with berries and syrup if you like it.

SWEET AND SOUR CABBAGE SOUP

3 lbs. lean brisket cut into pear sized chunks
10 cups water
16 oz. can tomatoes
2 onions, chopped
4 lbs. cabbage, coarsely shredded
2 teaspoons salt
1/4 cup sugar
1 teaspoon sour (kosher) salt

Bring beef and water to a boil and skim. Add tomatoes and onions. Cover, leaving lid slightly ajar. Cook over low heat for 2 hours. Then add cabbage and salt. Combine sugar and sour salt (or at least 1/2 cup lemon juice). Add to soup, adjusting to taste. Cook until meat is soft. Pull apart some of meat and serve in soup.

Mrs. Pearlmand

CHICKEN MATZO BALL SOUP

This may not be the definitive chicken soup recipe, but it tastes quite good--or else people are just so hungry by the time we get to it that they're very appreciative.

Plan to make the soup at least a day in advance.

For twelve people with enough for a second seder or whatever:

2 stewing chickens (they seem noticeably better than fryers, but use fryers if stewers aren't available. You may need extra pieces of chicken if using fryers).

Two large pots, each filled with about 10 cups water each and some salt (maybe a teaspoon or less in each pot).

Boil chickens in water and skim foam as it forms.

Then to each pot add:

a small bunch of fresh dill

a small bunch of fresh parseley

two or three carrots, cut up

4 pieces celery, cut up, with leaves if they have them

2 large onions, sliced

Simmer, with covers askew, for about 2 hours.

Remove chickens. Pull out some carrots to serve in the soup. Strain and mash rest of vegetables, returning juice to the pot. Combine soup from two pots. At this point I usually add one can condensed kosher chicken soup (not diluted with water). Discard mashed vegetables. Cut up a little of the chicken to serve with the soup and return to the pot. Chickens can be frozen for some creative use.

Serve with matzo balls made from mix or recipe on matzo meal box. Just before serving cut in a little fresh parseley.

MATZO STUFFING

I don't know what vegetarians do with this. I know it's great with turkey or chicken. For a big turkey, I double it.

1 and 1/2 sticks margarine
1 large chopped onion
2 or 3 stalks chopped celery
about 1/2 cup sliced almonds
10 matzos, finely broken
1 tablespoon paprika
about 1/4 teaspoon garlic powder
1 egg
2 cups broth (I use chicken broth; you could use veg broth)

Saute onion, celery, and nuts in margarine until tender. Add broken matzos and toast lightly. In a bowl combine seasonings, egg, and soup. Add to matzo mixture. Cook in bird or in a casserole, covered, for about an hour or so in a moderate oven. If you cook some separately in a casserole, it tastes best when mixed with gravy.

CHAROSES

4 apples, peeled and coarsely grated
1 cup chopped walnuts
2 Tablespoons honey
Cinnamon to taste
Kosher wine, to taste

POTATO LATKES

This recipe is taken from a cook book Grandma Flo Flo gave me when we were first married. The book was put together by her temple sisterhood.

3 large baking potatoes
1 small onion
2 eggs
1/2 cup flour (on Passover you can substitute matzo meal)
3/4 teaspoon salt (optional)
oil for frying

Grate potatoes and onion coarsely (this is why I wouldn't use a food processor for this recipe. I don't think you get the same consistency as with hand grating, and you don't get to grate your hands--always a flavorful addition). Add eggs and stir until blended. Add flour, salt and mix well.

Put about 1/2 inch oil in the pan. When hot, spoon in potato mixture, allowing about a heaping tablespoon per pancake. Flatten each clump of pancake with a fork for a nice, thin, crisp pancake. Fry on both sides until golden brown. Drain on paper towels. You can keep them warm in the oven while you continue frying. Serve with applesauce and sour cream. Recipe makes about 18 latkes, depending on size of potatoes.

If you want to grate potatoes a little ahead of time, don't add the eggs until you're ready to fry, or the batter will turn blackish--it tastes the same, but looks wierd.

NOODLE KUGEL WITH CREAM CHEESE

From Mama's Meichulim

1/2 pound fine to medium noodles

1/4 lb. cream cheese

1/8 lb. butter

3 eggs

1 cup sour cream (I use fat free)

1/2 to 1 teaspoon salt

some salt for boiling water

sliced almonds, sautéed in additional butter, with some lemon juice squeezed on them, to go on top of kugel after its been baking about 45 minutes (this is optional, but quite good)

Boil noodles in salted water, drain and rinse. Melt butter, mix with cream cheese. Beat eggs and add; stir well; add sour cream. Carefully stir noodles into the egg-cream mixture. Bake in greased baking dish for about an hour (if its a double recipe, maybe 15 minutes longer) at 375. I generally double the recipe and use a 9 x 13 oblong glass baking dish. You may need to put a little in an extra baking dish. I serve additional sour cream with this.

CRANBERRY MOLD

This should be made a day ahead of time. I think it's much more delicious than canned cranberry sauce, and it looks beautiful.

I triple the recipe for a large round mold.

2 cups fresh cranberries
1 cup water (for cooking cranberries)
1/2 cup sugar
1/4 teaspoon salt
1 tablespoon plain gelatin (Knox makes it)
1/2 cup cold water for dissolving gelatin
2/3 cup diced celery
1/2 cup chopped walnuts

Cook cranberries in water for 10 minutes. Add sugar and salt. Cook for 5 minutes more. Dissolve gelatin in cold water. Add gelatin to hot cranberry mixture, mixing thoroughly. Chill in round mold until it begins to thicken.

Add celery and walnuts. Chill until set. To unmold: First cut around outside with a knife. Then place mold in sink of very hot water about 10 seconds. Place serving platter on top of mold and turn the whole thing over. Hopefully the mold will release. If not, dip in hot water a little longer.

Garnish with orange slices or something pretty. In the middle (or somewhere) place some dressing for the mold made by blending:

1/2 cup sour cream
1/2 cup mayo

The triple recipe will serve about 15 people or so.

SWEET POTATO PIES

For 2 pies to serve hot as a side dish with a main course

From Della, Aunt Gerry's Southern cook

Line pie plates with dough (unbaked) for crusts or use purchased pie dough shells (beware! Pet-Ritz contains lard)

Boil 6 medium yams (I suppose you can use sweet potatoes with similar results, but I always use yams) until soft, about 1 hour. Immerse in cold water and pull skin off.

To mashed yams add 1 stick of soft butter (I indulge and use real butter).

Add:

1/2 cup flour

1 and 3/4 teaspoons baking powder

2 eggs

1 teaspoon nutmeg

About 1 and 1/2 teaspoons salt

1/3 cup sugar (recipe calls for more, but I don't like it too sweet, so this is what I use)

1/2 cup milk

Beat ingredients by hand. Bake at 350 degrees for 1 to 1 and 1/2 hours, depending on thickness of pies (which depends on size of yams). They get a little brown on top when done.

FLAKY PIE CRUST

This is a wonderful crust for a one crust pie (which is all I make). Often I triple the recipe and make a couple of pies at a time, freezing the remaining crust for future use (although it gets stale in the freezer if you don't use it within a month or two).

1 cup flour
1/2 teaspoon salt
1/3 cup plus 1 tablespoon crisco
2 to 2 and 1/2 tablespoons ice water

Combine flour and salt in a bowl.

With two forks cut crisco into flour mixture until it looks like coarse cornmeal.

Sprinkle ice water, 1 tablespoon at a time, over the pastry mixture, tossing lightly with fork after each addition and pushing dampened portion to side of bowl; sprinkle only dry portion remaining. Pastry should be just moist enough to hold together, not sticky.

On lightly floured surface (use waxed paper), roll out with a rolling pin from center to edges, creating a circle of dough. Lifting wax paper, set dough in pie plate, gently pressing it into plate. Around rim flute with your fingers to help it adhere to the plate. You may need to cut and patch a little. With a sharp paring knife, trim the leftover dough, leaving about a 1/4 inch overhang. Press the overhang under the edge of the pie plate. Refrigerate until ready to fill or bake.

For a pie that requires a baked crust, make holes in the pastry with a fork and bake 8 to 10 minutes in a 450 oven.

For a pie that bakes in an unbaked crust, just fill as is and bake according to pie recipe.

PECAN PIE

1/4 cup butter (use real butter, not margarine)
2/3 cup brown sugar, firmly packed
1/4 teaspoon salt
3/4 cup dark Karo (corn) syrup
3 eggs, beaten
1 teaspoon vanilla
1 recipe pie crust dough
1 cup pecan halves
whipping cream

Cream butter and sugar together in electric mixer until fluffy. Add next four ingredients which you have mixed together. Line pie plate with dough and sprinkle with pecans (I turn them top side up because they look nice that way). Bake in 450 oven for 10 minutes; reduce temp to 350 and bake about 35 minutes longer or until pie looks done. Serve with cream you've whipped in mixer (I add about 1 tablespoon sugar as I'm whipping). This pie is irresistibly delicious, so I usually make two. Freeze one if you have the will power.

FRENCH SILK CHOCOLATE PIE

Cream 1/2 cup butter; add gradually 2/3 cup sugar, creaming well. Blend in 2 or 2 and 1/2 oz. (depending on how chocolately you like it) unsweetened chocolate, melted and cooled, and 1 teaspoon vanilla. Add 2 eggs, 1 at a time, beating 5 minutes after each addition (medium speed of electric mixer)

Turn into cooled, baked pie crust. Chill 1 to 2 hours. Serve with whipped cream, and crushed walnuts if desired.

STREUSSEL-TOP FRESH PEACH CREAM PIE

For one 9 inch unbaked pie shell

1 cup sour cream
2 tablespoons flour
3/4 cup sugar
1 teaspoon vanilla
1/4 teaspoon salt
1 egg, slightly beaten
2 and 1/2 cups fresh peaches, measured after they are peeled

Slice fresh peaches about 1/2 inch thick and brush with a little lemon juice. Combine all ingredients except peaches. Mix until smooth. Add peaches to filling and blend gently. Pour into unbaked pie crust and bake at 400 and bake about 25 minutes. Then sprinkle top with streussel topping and continue to bake about 10 minutes more or until streussel is melted. Refrigerate pie if you're not serving it that day. I've also used nectarines and persimmons for this pie. It's such a delicious filling--who knows what else might work.

STREUSSEL TOPPING

2 tablespoons flour
2 tablespoons butter
4 tablespoons sugar
1/2 teaspoon cinnamon
a few pounded walnuts

Mix well by rubbing with fingertips until small crumbs are formed. This may be enough for 2 pies (I don't remember if I doubled it for two).

FRESH CHERRY CHEESE PIES

This recipe brings back great memories of when we had our own sour cherry tree in Glencoe. We had to pick the cherries as they were ripening, competing with the birds who also got their share.

2 unbaked pie shells

FILLING

4 cups fresh sour cherries, pitted, or 2 cans sour cherries, drained
1 cup sugar
1/8 teaspoon salt
1/4 cup flour
1 tablespoon lemon juice

CHEESE TOPPING

18 oz. cream cheese
3/4 cup sugar
3 eggs
3/4 teaspoon vanilla

Combine filling ingredients and divide between 2 pie shells. Bake for 15 minutes or until crust is golden in a preheated 425 oven. Remove from oven and reduce temp to 350.

Meanwhile, in a small bowl with an electric or portable mixer (if you have one) beat cheese with sugar, eggs and vanilla until smooth. Pour over hot cherry pie filling. Bake 25 minutes or so. Filling will be slightly soft in the center.

Cool completely on a wire rack. Serve with sour cream.

SWEET AND SOUR FISH A COLD FIRST COURSE

This was my grandmother's (Celia Laser, Grandpa Lenny's mother) recipe which was given to me by her sister-in-law, my great aunt Ida Lazar. Grandpa loves this fish.

2 1/2 to 3 lbs. of trout (When we moved to California and large fresh trout was not available, I substituted salmon or rock cod with excellent results. It needs to be a fish that won't fall apart when it's boiled.). The fish should be about 1 1/2 inches thick or a little less. I cut the fillets into lengths of about 3 or 4 inches.

3 onions, peeled and sliced
1 lemon, peeled and sliced (try to remove most of the seeds)
8 ginger snaps (for thickening and flavor)
1/2 cup white vinegar
1/2 cup brown sugar
1/4 cup white sugar
about 4 cups cold water--enough to cover the fish (after it's added)
log cabin syrup
salt to taste
handful of light raisins

Boil all ingredients except fish, syrup, salt and raisins slowly for about 10 minutes.

Add fish (pick out any remaining bones and wash first). Cook covered at boiling point for about 25 minutes.

Then pour some log cabin syrup over everything (I do it by smell. I think it's probably about 1/3 to 1/2 cup, but maybe a little more). Add a handful of raisins and some salt to taste (maybe 1/2 to 1 teaspoon).

Then uncover and cook 20 minutes longer at a steady boiling point.

Refrigerate to cool before serving. When you serve it, be sure to include the onions and raisins. Add some good bread and you'll have a delicious light meal or first course.

BAKED STUFFED RAINBOW TROUT OR SALMON

If you can find boned trout or salmon, that's ideal. Otherwise small salmon fillets of similar size, placed one on top of the other, with the stuffing in between, or simply topped with the filling, work very nicely.

RECIPE FOR 4 PEOPLE

4 boned trout (about 1/2 pound each) or whatever you're using. If salmon fillets, I allow a bit less than a half pound per person.

2 Tablespoons margerine or olive oil

1 clove garlic, or garlic powder to taste sprinkled in the filling

Sliced almonds (about 1/3 Cup) or whole pine (pignola) nuts (about 1/4 cup)

Parseley or cilantro

1 Fresh lime or lemon

About 1/2 cup bread crumbs

About 1/4 cup parmesan cheese (optional)

Saute almonds or pignola nuts in margerine or oil; add fresh garlic (if you're using it) and saute another minute or two. Add a little more margerine or oil, probably 1 Tablespoon, then breadcrumbs, parmesan, parseley and lime or lemon juice to taste. Save a little of the lemon or lime to squeeze on the fish. Mix together and stuff fish with the mixture or else place it on the fillets as a topping. Place in glass baking dish. I usually line the dish with aluminum foil to save the clean-up.

Pour some wine over the fish for cooking liquid if you like, though it's not necessary. Drizzle the top with lemon juice and bake at 400 for about 25 minutes.

PASTA SAUCE WITH SMOKED FISH

This is an adaption of a recipe from Marilyn Levy.

2 pounds Italian plum tomatoes

1 smoked fish (You could substitute smoked olives. Marilyn's recipe called for a can of anchovies or anchovies with capers, I've also used lox.)

4 Tablespoons olive oil

1 teaspoon or less crushed dried chili peppers (Sometimes I omit or reduce this. It's pretty spicy.)

4-6 cloves garlic, minced

1/2 pound spaghetti

1/2 container good pasta sauce, the kind you find in the refrigerated section of a grocery store as opposed to in a jar. This was Lincoln's suggestion for improving the recipe and I think it does. I generally freeze the other half for future use.

Parseley

Sometimes I add some fried eggplant or mushrooms

Cut tomatoes in half, lengthwise. Scoop out inside--a grapefruit spoon works well for this--and discard. Cut remaining tomato shells in strips. Place in small oblong, glass baking dish and add smoked fish if you're using it. Mix in garlic, olive oil, chili peppers and pasta sauce and whatever else you've decided to use (but not the spaghetti or parseley).

Bake at 375 for 20 minutes (Marilyn says you can do it in the microwave in 5 minutes, but I've never tried it.)

While it's baking, cook the spaghetti which you'll mix with the tomato sauce after it's baked.

Sprinkle with cut up parseley and serve with parmesan cheese.

CZECHOSLOVAKIAN DUCK

This is one of my all-time favorite dinners. I don't like to serve it to company because it's hard to eat it neatly--and who wants to! I generally serve it with cous cous, but the recipe says that potatoes and sweet and sour cabbage are the normal accompaniments.

Buy a duck and have it skinned and quartered by the butcher

3/8 cup Kitchen Bouquet

1 medium onion, finely chopped

1 teaspoon butter or margerine for frying onion

1 & 1/2 teaspoons ground ginger

3 tablespoons red currant jelly

3 bay leaves

1 & 1/2 cups white wine (muscatel, marsala, madiera--anything that starts with M--just kidding)

1 & 1/2 cups chicken broth

about 1 cup grapes (if the boycott is still on or they're out of season, you can use a small can of cherries or frest cherries or pieces of orange)

Marinate duck in Kitchen bouquet for about 2 hours (if you have time; if not, skip this step) Saute the onion in butter in a skillet. Add onion to duck and marinade and all other ingredients--except the grapes--which you've placed in a large pot. Cover. Simmer about an hour. Remove duck (cover it to keep it warm) and reduce sauce over high heat to about 1 & 1/4 cups of liquid (this usually takes 10-15 minutes). Strain sauce over duck; add grapes.

SWEET AND SOUR CHICKEN OR MEATBALLS

Thanks to Bella Lewy (Aunt Doris's mother-in-law) for this amazing sweet and sour meatball recipe. I simply applied it to chicken.

SWEET AND SOUR SAUCE:

1 cup white sugar, browned in a frying pan
2 onions sliced and fried in the browned sugar until tender
1/4 cup lemon juice
1 Tablespoon Worcestershire sauce
3/4 bottle chili sauce
3/4 bottle hot or regular ketchup
1 jar baby apricots or some similar fruit that appeals to you
1/2 cup water

Add all ingredients to sugar and onions and simmer, covered, for an hour. The sauce can be made in advance and freezes well.

SWEET AND SOUR CHICKEN:

Fry chicken pieces (the sauce is enough for at least 12 pieces), dipped first in milk or egg, then in a mixture of flour, breadcrumbs, salt and white pepper. When brown on outside, remove the chicken pieces from the skillet, drain on paper towels, and place in a large, oblong, glass baking dish (which will hold about 6-9 pieces, depending on size). Spread some of the sweet and sour sauce on the chicken, bake covered with tin foil at 350 for 1/2 hour; then uncover and continue baking for 15 minutes.

Serve extra sauce on the side.

MEATBALLS:

To serve as an appetizer for many people, or to have enough to freeze for later use as an accompaniment to a spaghetti dinner, use 3 pounds of meat (Lately I've been combining ground turkey and extra lean ground beef. The beef tastes better but I guess the turkey is healthier.)

For every pound of meat, use two large pieces of bread, trimmed of the crust (I usually use sourdough). Submerge the bread in a bowl of

water and then drain off most of water before combining the bread with the meat. Season the meat with Lawry Salt if you have it. Roll the meat into small balls and place them in a large pot. Pour the sweet and sour sauce over the balls and cook at simmer for about an hour. Use a spoon occasionally to be sure the meatballs aren't sticking to the bottom of the pot. But you can't do this until they've cooked a little or they'll fall apart. I think these are better the day after they're cooked.

CHICKEN MOLE

Cooking time is one hour.

Up to 15 chicken pieces, seasoned with paprika and garlic powder

White wine, orange juice, and about 1/2 cup chicken broth poured over chicken

Bake in a large glass baking dish at 350 uncovered for 1/2 hour.

In the meantime place the contents of jar of mole sauce (I use Dona Maria) in a small pan and mix it with the rest of the contents of the can of chicken broth used above for the chicken. It will be a little hard to stir at first but will get easier as the sauce heats. After the chicken has cooked for 1/2 hour, pour most of the drippings into the mole sauce, stir, and then pour all the sauce over the chicken and return it to the oven for 15 minutes.

Now add chopped fresh tomatoes (I use about 1 tomato for every 3 pieces of chicken). Let the chicken continue cooking for 15 minutes.

Before serving it, cut up lots of parsley and sprinkle over chicken.

GENERIC POULTRY RECIPE

This is a recipe I've developed that works well for whole turkey, turkey breast or turkey roast, roasting chicken, and cornish game hens. The ingredients remain about the same with the roasting time varying according to the size of the poultry.

To well washed bird that's been placed in a roasting pan add:

1 can or less chicken broth (look for no fat, low sodium), added as needed during the roasting time

white wine (marsala, madiera, sauterne, or some other white wine)

orange juice

kitchen bouquet (optional, but quite good)

paprika, garlic powder

currant jelly

Pour the broth, wine, and orange juice (as well as kitchen bouquet if you're using it) over the poultry. Sprinkle liberally with paprika and garlic powder. Roast according to size (usually 325 degrees for poultry). During the last 20 minutes or half hour, brush on melted currant jelly. If you're using a whole large bird and turning it, brush with jelly a while before it's turned so that all surfaces have some. Sometimes a short time under the broiler--but not too close to the broiler--at the end is needed for browning the poultry. Use pan drippings for gravy.

For a turkey roast of about 5 lbs. allow about 3 and 1/2 hours or 40 minutes per pound. A smaller breast takes about 1 hour/lb.

DOUG REES' CLAY POT GINGER CHICKEN

3 slices peeled ginger
1 tablespoon oil (I generally use peanut or sesame)
1/2 cup sliced mushrooms (I often use 1/2 pound)
5 green onions, cut in 2 inch strips
a 2 and 1/2 to 3 pound whole chicken (this is what the recipe calls for, but I use a 4 and 1/2 to 6 and 1/2 lb. whole chicken, extending the roasting time to about 1 and 1/2 hours for around a 5 lb chicken; and to 1 and 3/4 hours for a 6 lb chicken)
2 cups fat free chicken broth
1/4 cup low sodium soy sauce
3 tablespoons (or more) sherry
2 tablespoons honey
2 tablespoons curry powder (I like hot curry)
1 tablespoons cornstarch
2 tablespoons water
1/4-1/2 cup chutney

Soak clay cooker in cold water 15 minutes. Lightly saute ginger slices in oil. Add mushrooms and green onions and saute until tender. Spoon sauteed vegetables into and over chicken. Put chicken in clay cooker breast side up.

Combine chicken broth, soy sauce, sherry, honey and curry powder. Pour over chicken. Cover and place chicken in cold oven. Bake at 475 degrees 1 and 1/4 hours.

Pour juices from chicken into small saucepan. Return chicken to oven uncovered until skin becomes crisp. Combine cornstarch and water until smooth. Stir into juices. Heat to boiling, stirring constantly. Stir in chutney. Heat until thickened. Remove chicken to serving platter. Pour thickened glaze over chicken.

CHICKEN EILEEN

This easy, quick, very good recipe is an adaptation of one I learned from Eileen Kaplan.

6-9 chicken breasts and thighs, bones in (could be boneless, but I prefer bones for texture and flavor), skinless (though skin could be left on breasts)

Equal parts (quantity of chicken you're making will determine the amount of ingredients, but either 1/4 Cup or 1/3 Cup should be about right) of these ingredients:

apricot preserves

honey, or honey and maple syrup

good mustard, perhaps with seeds

Combine ingredients with about 1T good oil and 1 or 1 1/2 teaspoons tarragon.

Place chicken pieces in a large glass baking dish, sprinkle with paprika, pour in some white wine (perhaps 1/2 cup) and spread above mixed ingredients into the chicken pieces.

Bake about an hour at 350. Broil at the end for a few minutes to brown the chicken.

SWEET AND SOUR BRISKET (HUNGARIAN STYLE)

From a wonderful Hungarian Jewish cookbook called Mama's Meichulim

6-8 pounds lean brisket (I use 2 first cut briskets), about 1/2 pound per person allows plenty of leftovers

2 large onions

2 small green peppers

2 stalks celery, with leaves if they're there

2 Tablespoons margarine

2 cups (16 ounces) tomato juice

about 1 teaspoon salt

1/4 to 1/2 teaspoon garlic powder

1/4 to 1/2 teaspoon paprika

Trim meat of fat. Cut up onion, pepper and celery and saute in margarine in large pot. Remove. Season meat with garlic powder and paprika, add margarine to pot if necessary, and sear meat on both sides. Lower flame, add rest of ingredients, cover and simmer for 2 & 1/2 to 3 hours. If more liquid is needed add some water (there's usually enough liquid without doing this).

Remove meat; add to the sauce a small can of tomato juice, 1/2 cup brown sugar, 2 Tablespoons honey, 3/4 cup light raisins, about 1 teaspoon salt--to taste, and juice and pulp of 2 lemons.

At this point I generally refrigerate the meat and sauce over night because the meat slices much easier when it's cold. The next day I slice the meat thinly, return the sauce to a simmer in the pot, add the meat, and cook about another 1/2 hour or until tender. Serve with horseradish and a good kugel.

STUFFED VINE LEAVES

From Mama's Meichulim

You'll need one or two jars of grape leaves, depending on the brand. Each jar usually contains about 40-60 leaves that are big enough to use. It takes about 2-3 pounds of meat for about 60 leaves, depending on how much meat you place in each leaf. I think I use about 1-2 tablespoons of meat per leaf, but that's just a guess.

Meat Preparation for Stuffing

About 3 pounds ground meat (try a combination of very lean ground beef and ground turkey if you want to avoid too much beef)

1 t. salt
3 or 4 eggs

Mix these ingredients together.

Sauce Preparation

2 onions, sliced or chopped
2 green peppers, chopped
4 stalks celery, chopped
enough oil or margarine to sauté vegetables
2 or more cups tomato juice
1 cup brown sugar
4 Ts. honey
1 and 1/2 cups light seedless raisins
4 lemons, juice and pulp
about 1 or 2 teaspoons salt

Soak leaves in cold water for 1/2 hour. Sauté onion, pepper and celery in margarine or oil. Add all other ingredients. Place 1-2 T meat filling in each grape leaf. Fold leaf, tuck in edges, with stem sticking out (that means you start rolling at end of leaf without stem). Stack the rolled vine leaves in a large pot and pour sauce over them. Simmer for at least an hour. This is delicious served with noodle kugel.

SHERMAN KAPLAN'S CHILI

About 6 to 8 servings. I doubled this recipe from the original because it freezes very well and I like to be able to pull a good meal out of the freezer.

2 pounds extra lean ground beef (you can use half ground turkey, but I think beef tastes best)
1/2 cup water
4-6 Tablespoons chili powder, depending on the strength of your stomach
1-2 Tablespoons cinnamon, depending on the above
2 teaspoons ground cloves
2 teaspoons sugar
A few shakes Tabasco sauce, or more
2 teaspoons garlic powder
1 large onion cut in medium chunks
1/2 teaspoon salt
dash pepper
2 cans (16 ounces each) tomatoes, cut into large chunks, with liquid
2 cans (16 ounces each) dark kidney beans with liquid (you can omit part of liquid if you prefer)

Fry beef in its own fat until brown (this double recipe just about fits into a large electric frying pan). Add other ingredients in order. Alter to suit your taste. Simmer at least one hour, the more the better.

Sherman says to serve the chili on a bed of spaghetti, though I generally use couscous. He likes to pass bowls of chopped onions and chopped cheddar cheese around the table. I often use parmesan cheese instead and omit the extra onions (though I always include the onions that are cooked with the chili). He suggests accompanying it with a bottle of cheap red wine or beer and hearts of lettuce salad with a tart dressing.

When I knew Sherman, he was the restaurant critic (as well as newscaster) for WBBM News Radio in Chicago.

BUTTERFLIED LEG OF LAMB

3-6 lb. leg of lamb, boned and butterflied (that is, spread out like a thick flat steak--sort of like a butterfly)

1/4-1/2 t. salt

1/8-1/4 t. black pepper

2 cloves garlic, mashed

1 lemon, juiced

2 shallots, minced, or green onions

1 T. butter or marg.

1 T. olive oil

1/2 cup bread crumbs

1/8-1/4 cup parmesan cheese

1 or more T. parseley, chopped

red wine, about 1 cup

Have butcher bone and butterfly leg or half leg of lamb.

Combine garlic, salt, pepper, oregano and lemon juice. Place the meat in a roasting pan and cover it with the wine. Rub the above combined ingredients into both sides of the lamb and let it sit at room temperature in the marinade for about an hour if you have enough time (or you could do this part of the preparation in the morning or night before and let it sit in the frig until ready to cook).

Roast uncovered in a 450 degree oven for about 20 minutes, or until lamb is well browned. You'll probably need to add a cup or so of water so the lamb doesn't dry out and the gravy doesn't stick to the pan. Reduce heat to 325 and cook about another 1 and 1/4 to 1 and 3/4 hours (depending on size and thickness of lamb). The lamb should be pink inside. During roasting, saute shallots in butter and oil in a small frying pan. Stir in crumbs, parseley and cheese. Spread mixture on the lamb (you may not need it all) for the final 15 minutes of roasting, basting with some of the red wine gravy in the pan.

Serve with mint jelly and gravy from the pan.

MENESTRA OF LAMB

This is a Basque-American lamb stew.

2 1/2-to 4lbs boneless lamb, from shank or leg, depending on # of people you want to serve
1/4 cup Spanish (or other good) olive oil
3 or 4 green onions or scallions, chopped
1 16 ounce can peeled tomatoes, with liquid
3 or 4 garlic cloves, crushed
1/2 cup dry white wine
1 cup beef broth or water
1 teaspoon or less salt
dash of black pepper
1 10 oz. package each of frozen cut green beans and frozen artichoke hearts (If you can't find the frozen art. hearts, use a large can; if you prefer, fresh beans are fine)
12 or more asperagus spears
mushrooms (optional--not used by Basques)

Brown meat in hot olive oil. Push aside and add green onions or scallions. Cook until tender; then add garlic and mushrooms if you're using them and saute a little more. Add tomatoes and wine and simmer 5 minutes. Add broth or water, salt and pepper. Bring to a boil, lower heat, cover and simmer until meat is tender, about 1 hour. Add beans and artichoke hearts; cover and cook until tender, about 10 minutes. Add asperagus spears and cook five minutes more (until tender). Serve with the asperagus spears on top, like a garnish. You can serve this with mint jelly, also not a Basque custom.

Try serving with spaetzle as a side dish.

SHEBA'S PASTA SAUCE WITH VEAL

1. Saute in olive oil:
 - 2 large onions, chopped
 - 2 cloves garlic
 - 1 pkg. mushrooms, sliced
 - handful of pinola nuts

 2. Saute in olive oil 1 and 1/2 lbs. chopped veal

 3. Add:
 - 2 Tablespoons (or less) brown sugar
 - 2 Tablespoons honey
 - 1/4 cup white wine
 - 1 t. mustard powder
 - little salt
 - 1/2 t. pepper
 - 1/4 t. dill
 - 1 large can crushed tomatoes
 - 1/2 bottle Tuscan Veg. sauce (Silver Palette)

 4. Combine all ingredients and simmer a while
- Add parseley at end. Serve with parmesan cheese and pasta

FRESH PASTA SAUCE

This recipe is based on one given to me by Karen Shapiro. I then added a few of my favorite things.

Very good olive oil
4 onions cut up, but not chopped fine
4 large cloves of garlic, crushed
8 fresh tomatoes, cut up
1 package fresh basil,, cut up
About 1/3 cup red wine
Small can artichoke hearts, cut up
Some salt (about 1/2 teaspoon)
parsley

Optional additions that I like:

About 10 smoked olives, sliced
About 1/2 pound white or brown (or both) mushrooms
A Japanese (or other small) eggplant
Large handful of walnuts

Sauté the mushrooms and eggplant in a pan lined with the olive oil. Add onions and garlic and sauté until tender (by this time people wandering in the kitchen will be exclaiming about the wonderful smell). Add everything else except the parsley and cook in the pan with a slightly ajar lid for about 1/2 hour to 45 minutes. Then add the cut up parsley and serve with good pasta and parmesan cheese.

AVIVA'S WEST AFRICAN GROUNDNUT STEW

2 Cups chopped onions
2 T peanut or veg. oil
1 tsp. cayenne pepper
1 tsp. pressed garlic
6 Cups chopped cabbage (Aviva says 2 cups, but I like lots of cabbage)
3 Cups cubed sweet potatoes or yams (1 inch cubes)
3 Cups tomatoe juice
1 Cup apricot or apple juice
1 tsp. salt
1 tsp. grated fresh ginger root
1 T chopped fresh cilantro
2 chopped tomaotes
1/2 Cup natural peanut butter

Saute the onions in the oil for about 10 minutes.

Stir in the cayenne and garlic and saute for a couple more minutes.

Add the cabbage and sweet potatoes and saute, covered, for a few minutes.

Mix in the juices, salt, ginger, cilantro and tomatoes.

Cover and simmer for about 15 minutes until the sweet potatoes are tender.

Stir in the peanut butter and simmer gently until ready to serve.

Adapted from Sundays at Moosewood Restaurant, 1990