

CONGREGATION BETH SHALOM

ROSH HASHANAH COOKBOOK

20

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CONTRIBUTIONS





Chopped Liver

SUBMITTED BY: JENN DONAHUE-RUNYAN

The Recipe

Beef Liver - broiled

Onions - sautéed

Garlic Salt

Hard Boiled Eggs

Mayo

Season liver with garlic salt. Grind liver. Switching off with onions and hard boiled eggs. Mix in mayo once finished. I do just enough to have it stick together and use all the leftover stuff in the pan with the onions. I think it'd be great to add in mushrooms too.

A close-up photograph of a white ceramic bowl filled with Cold Apple Soup. The soup has a light pinkish-cream color. Several chunks of bright yellow-orange apple are visible, some partially submerged in the liquid. A garnish of small, dried, yellowish-orange flowers is sprinkled over the apples. The bowl is set against a light background.

Cold Apple Soup

SUBMITTED BY: JANNA ROSENTHAL

The Recipe

3 cups Water

4 Tart Green Apples, peeled, cored and cut into 1/2 inch pieces

1/2 cup Sugar

2 Tablespoons Water

2 Tablespoons Flour (gluten free flour works too)

1 Cup White Wine

1/2 Cup Whipping Cream

In a large saucepan over high heat, combine the 3 cups of water, apples, sugar. Bring to a boil, reduce heat, cover and simmer until apples are tender, about 10-15 minutes. In a small bowl whisk together the 2 Tablespoons of water, 2 Tablespoons of flour and a 1/2 cup of the hot soup liquid. Gradually add mixture to soup remaining in saucepan, whisking constantly.

Cook over low heat for 5 minutes. Remove from heat and add wine, taste and add sugar as needed. Let cool, cover and chill. Stir in cream and adjust seasoning as needed.



Round Apple Challah

SUBMITTED BY: STACY WINKLER

The Recipe

In bread machine put in:

2 eggs + 1 for basting

1/3 C canola oil

1 C warm water

3 ¾ C bread flour + ¼ C or more for dusting

1/3 C white sugar +1 t.

1 ¼ t. salt

2 ¼ t. dry active yeast (I used 1 packet)

Filling:

1 Granny Smith Apple cut thin on a mandolin

3 T sugar

2 t. ground cinnamon

1 t. sugar for topping

Grease a bundt pan and put in freezer to chill

Once dough has risen to a full rise (approx. 2 hours)

take out of bread machine and roll in flour on

counter. Roll into a long flat rectangle. Place 1 row of

sliced apples across, then dust with cinnamon and

sugar. Fold dough over and repeat 2 more times until

you have a log. Slice the log in 8 pieces and place

with roll side up into Bundt pan spacing evenly apart.

Add a slice of apple between each of the 8 slices.

Brush with egg and top with sugar. Wait 45 minutes

for the dough to rise a bit again, then place in 350

degree oven for 30-35 minutes.

Let set for 5 and then take out of bundt pan onto a plate.



Helen's Noodle Kugel

SUBMITTED BY: JANET UNTERHALTER

The Recipe

1 package egg noodles (cooked al dente)
16 oz container of small curd cottage cheese
1 cup sour cream
3/4 cup sugar
1 teaspoon vanilla extract
5 eggs (beaten)
1/4 cup vegetable or canola oil
Cornflake crumbs
Cinnamon

Preheat oven 350 degrees. Mix all ingredients together and place into greased (or Pam sprayed) 13x9 glass Pyrex dish.

Sprinkle with cornflake crumbs and cinnamon (to taste) on top. Bake 45 minutes or until lightly browned on top.



Robin's Carrot Souffle

SUBMITTED BY: KATHY HOLLUB

The Recipe

2 sticks butter or margarine
3 cans sliced carrots, drained
2 cups sugar
6 Tablespoons of potato starch or matzo meal
2 teaspoons baking powder
2 teaspoons vanilla extract

Topping:

2 sheets matzos
1/4 cup brown sugar
1 teaspoon cinnamon or perhaps a little more
6 tablespoons butter or margarine

Mix first six listed ingredients put in greased 9X13 pan and bake at 350 for 30 minutes.

In a plastic bag add 2 sheets of matzos and crush. Add 1/4 cup brown sugar and 6T butter and cinnamon. Top the carrots with the mixture and bake another 15 minutes or until golden brown.



Sweet Noodle Kugel

SUBMITTED BY: BRODIE GOLD

The Recipe

Ingredients:

4 large apples cored and shredded

4 eggs

½ c sugar

½ c raisins

1 tsp cinnamon

One package of Jovial Brown Rice Egg Tagliatelle
(cooked according to package)

¼ cup margarine

1 tsp salt

For topping:

¼ c sugar

¼ c breadcrumbs (Gluten Free)

1 tsp cinnamon

Cook noodles according to package. Drain and return to pot. Add ¼ cup of margarine to noodles and allow to cool 5 min. Add shredded apples, eggs, sugar, raisins, cinnamon and salt to cooled noodles. Mix very well.

Spray 8x8 cake pan with cooking spray. Add the noodle mixture to pan. In a small bowl, mix the toppings ingredients together and then spread on top of the noodle mixture. Bake at 350 degrees for 20 minutes covered and then another 40 minutes uncovered.



Sweet Potato Kugel

SUBMITTED BY: BERYL SILBERG

The Recipe

3 sweet potatoes, coarsely grated
3 tablespoons potato starch
1/2 C shortening
1 C honey (or sugar), divided
few grains cinnamon, salt, ginger
3 eggs separated
1 tsp vanilla

Beat egg yolks with 1/2 Cup honey. Add shortening, grated sweet potatoes, potato starch, salt & spices. In separate bowl beat egg whites w/1/2 Cup honey until stiff. Add to potato mixture. Bake in 350 degree oven using (greased) casserole dish or 9X13 baking pan. Time: 45 min to an hour. Check to make sure it's firm.

Betty Solomon (wife of Rabbi Maurice Solomon) lived in K.C. until 1973 - moved to Israel. She was a world-famous Kosher cook and baker.



Tzimmes

SUBMITTED BY: TERRI HERMAN

The Recipe

1 pound fresh red beets, peeled and cut into 1" cubes
1 ½ pounds fresh carrots, peeled and cut on the bias into large thick slices
2 pounds fresh sweet potato, peeled and cut into 2" pieces
6 tablespoons butter (use schmaltz for a meat meal)
1½ cups leeks, white only, cleaned of sand and cut into one-inch pieces (about 2 medium leeks)
Zest and Juice from two large navel oranges (1 cup)
1 teaspoon ground cinnamon
¼ cup brown sugar
1 cup pitted prunes, left whole
10 dates, pitted and split in half
¼ cup dried currants
½ cup whole almonds
1 tablespoon extra-virgin olive oil
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Bring salted water to a boil and add beets, lower to a gentle boil. Cook for 10 min. drain and set aside. Red beets are boiled separately so other vegetables don't turn red. While beets are cooking, place a large pot of salted water on to boil and add carrots and cook five minutes. Add sweet potato and cook for five additional minutes at a low boil. Drain and pour vegetables back into the same pot. Preheat oven to 425. Using the same small pot used to cook the beets, add the butter/schmaltz and over medium heat add leeks and cook for two minutes. Then add the zest, juice, cinnamon, brown sugar, pepper, prunes, dates and currants. Stir & cook until the mixture thickens some, about 4-5 min. Remove from heat. Pour leek & fruit mixture over the carrots/sweet potatoes in the large pot and gently toss to coat. Add beets & gently combine. Pour this mixture out onto two sheet pans and drizzle the oil over the vegetables in both pans. Roast for 25-30 min. turning half way through until vegetables are tender.



Honey Garlic Chicken

SUBMITTED BY: BRODIE GOLD

The Recipe

4 lbs. chicken pieces, bone in, skin on

1/3 cup honey, divided

2 tbsp extra virgin olive oil

1 tbsp brown sugar

1 heaping tbsp crushed garlic

1 tbsp fresh Meyer lemon or lime juice

1/4 tsp cayenne pepper

1/4 cup white wine or chicken broth

2 tsp potato starch

Salt and pepper

9x13 baking dish (ceramic or glass), plastic wrap, aluminum foil, saucepan, wire mesh strainer

Honey Garlic Chicken

SUBMITTED BY: BRODIE GOLD

In a small bowl, stir together the olive oil, 1/4 cup honey, brown sugar, garlic, lemon or lime juice, and cayenne to form a marinade.

Spray the bottom of a glass or ceramic baking dish with nonstick cooking oil, or brush lightly with olive oil. Place the chicken pieces into the dish, skin side up. Season the chicken pieces with salt and pepper (if using kosher chicken, salt lightly).

Pour the marinade evenly over the top of the chicken pieces, brushing them to coat. Cover the dish with plastic wrap and place in the refrigerator. Let the chicken marinate for 2 hours up to overnight.

When ready to cook, preheat oven to 400 degrees F. Remove the plastic wrap from the baking dish. Spoon marinade over the top of the chicken, then cover the baking dish with foil. Pierce the edges of the foil a few times to vent.

Roast the chicken for 1 hour, covered in foil, basting the chicken with marinade and drippings 2 or 3 times while it cooks. Remove foil and continue to roast for 20-30 more minutes till the skin becomes dark brown and crispy. It may blacken a bit in places due to the sugar content of the marinade.

Transfer cooked chicken pieces to a platter. Carefully tip the baking dish so that the pan drippings and juices gather in one corner. Use a spoon to skim off the clear liquid fat from the top, separating it from the solid drippings. Discard the fat.

Strain the remaining drippings through a mesh strainer into a small saucepan. Heat the sauce slowly over medium.

While sauce is heating, in a small bowl stir together 2 tsp potato starch and 1/4 cup cold water till dissolved. Add the starch mixture to the pan drippings, along with 1 tbsp honey and 1/4 cup white wine or chicken broth. Stir the sauce over medium heat till it thickens and bubbles around the edges. If sauce is too thick, add more water or chicken broth. If the sauce is too thin, let it simmer till it thickens to desired consistency. Season sauce with salt and pepper to taste.

Serve the chicken pieces drizzled with warm honey sauce.



Spice Broiled Salmon with Green Apple Salad

SUBMITTED BY: BRODIE GOLD

The Recipe

SALMON INGREDIENTS

6 boneless skinless salmon fillets
2 tbsp dark brown sugar
1 tbsp ground coriander (fresh ground with a spice or coffee grinder is best)
½ tsp kosher salt
½ tsp ground allspice
½ tsp ground ginger
¼ tsp ground cumin
¼ tsp ground cinnamon
1/8 tsp turmeric
Cooking oil spray

GREEN APPLE SALAD INGREDIENTS

1 cup green apples, peeled and seeded, diced small
1 cup English cucumber, diced small
1 ½ tbsp freshly squeezed lemon juice
2 tsp fresh mint, chopped
1 ½ tsp honey
Pinch of kosher salt

Spice Broiled Salmon with Green Apple Salad

SUBMITTED BY: BRODIE GOLD

To Make Green Apple Salad

Place ingredients in a small mixing bowl and stir to combine. This salad is best if made right before the salmon is cooked to preserve the crispness of the apples and cucumber; if you're not overly concerned with crispness, you can make this up to a day ahead and store in the refrigerator till ready to serve. The lemon juice will keep the apples from browning.

To Make Spice Broiled Salmon

Preheat broiler to high. Combine sugar, salt and spices in a medium mixing bowl. Pat salmon filets dry and set aside. Fill the bottom of a baking dish with the spice rub. Dip top side of each salmon filet into the rub to coat with a thin, even layer of spices. Only one side should be coated.

Line a baking sheet tray with foil and grease the foil with nonstick cooking oil spray. Place the filets on the foil-lined sheet tray, spiced side facing up. Spray the tops of the filets with a light layer of cooking oil spray. Broil on high about 6 inches below the broiler for 4-6 minutes, or to desired doneness. The tops of the filets should look slightly caramelized and glistening. Cooking time will vary based on the thickness of the filet; don't overcook or the salmon will become dry.

Use a slotted spoon to top each piece of salmon with a scoop of the Green Apple Salad (the slotted spoon will keep excess liquid from soaking the top of the filet). Serve immediately.

Make ahead tips: prepare spice rub up in advance and store in a sealed container. Make the salad a day ahead; it will be a bit less crisp than it would be fresh, but the flavor will be just fine.



Apples & Honey Dutch Baby

SUBMITTED BY: DAN OSMAN

The Recipe

1/2 Cup unbleached all purpose flour
3 Tablespoons sugar
1/2 Teaspoon kosher salt
3 Large eggs
3/4 Cup whole milk (or 1/2 cup whole milk yogurt and 1/4 cup water)
1/2 Teaspoon vanilla extract
4 Tablespoons butter
1 Tart apple - peeled and diced
1 Teaspoon ground cinnamon
3 Tablespoons honey

- 1) Peel and chop apple into 1/2 inch dice.
- 2) Melt 1 tablespoon butter in 10-inch cast iron pan over medium heat.
- 3) Put in apple, 1 tablespoon of sugar, and cinnamon. Cook, stirring frequently, for approximately 4 minutes
- 4) Remove apples from pan, wipe down.
- 5) Preheat oven to 425 and place cast iron pan into oven
- 6) Puree eggs in a blender. Add in Milk (or yogurt) and vanilla. Puree some more
- 7) Add in flour, salt, and remaining sugar. Puree again until smooth and frothy
- 8) Carefully pull out heated pan. Add remaining butter directly to pan until melted.
- 9) Pour batter into center of pan. Sprinkle apple mixture around pan. Put back in oven
- 10) Cook until crisp around edges - approximately 18-20 minutes. Drizzle honey across top and serve.



Apple Cake

SUBMITTED BY: JUDY JACKS BERMAN

The Recipe

8 Cups sliced and peeled apples,
(I prefer fuji apples)

2 Tbl cinnamon

6 Tbl sugar

Toss and set aside

4 eggs

1 c oil

1/4 cup orange juice

2 tsp vanilla

1 Tbl Orange peel

2 cups sugar

Beat the above ingredients well

3 cups flour

1 Tbl baking Powder

1/2 tsp salt

Beat well

Spray large Bundt pan generously with Pam for
baking (flour added to Pam)

Pour 1/2 batter into pan

Add all apples

Top with the rest of the batter

Bake at 325 degrees for 1 hour and 10 minutes

Check with toothpick and make sure cake is well
done

Let sit for 5 minutes and then turn onto a serving
plate.



Apple Honey Cake

SUBMITTED BY: BRODIE GOLD

The Recipe

CAKE INGREDIENTS

3 large eggs
3/4 cup honey
1/2 cup white sugar
1/4 cup light brown sugar
1 1/4 cup canola oil
1 1/2 tsp vanilla
3 cups all purpose baking flour (Pamela's Gluten Free Flour or Better Batter GF Flour)
1 tsp baking powder
1 tsp baking soda
1 1/2 tsp cinnamon
3/4 tsp salt
1/4 tsp allspice
Dash of ground cloves
4 Granny Smith apples - peeled, cored, and shredded

ICING INGREDIENTS

1 cup + 3 tbsp powdered sugar
1/4 tsp vanilla
1-2 tbsp non-dairy creamer

YOU WILL ALSO NEED

9 inch Bundt cake pan, sifter, wire cooling rack, parchment paper, Ziploc bag

Apple Honey Cake

SUBMITTED BY: BRODIE GOLD

Preheat oven to 325 degrees. Beat the eggs until they are frothy. Whisk in the honey, white sugar, brown sugar, oil and vanilla. In a separate bowl, sift together the flour, baking powder, baking soda, cinnamon, salt, and spices. Incorporate the flour mixture into the liquid, stir to blend. Fold in the shredded apples. Spray your Bundt pan with cooking spray, making sure to evenly coat the entire inner surface. Pour your batter into the pan. Bundt pan depths vary, so make sure the batter fills the pan $\frac{3}{4}$ full or less. Do not fill beyond $\frac{3}{4}$. Use a spatula to gently push the batter to the outside of the pan, pushing slightly up the walls. This will help to get rid of any air pockets that might interfere with the pretty details of the pan. Smooth the batter on the top so it is flat and even all the way around the pan.

Bake cake for 75-90 minutes. When the edges darken and pull fully away from the sides of the pan, and the cake browns all the way across the surface, insert a toothpick deep into the thickest part of the cake. If it comes out clean, it's done. It's a very moist cake, so it's easy to undercook it—err on the side of caution and let it bake a little longer if you're unsure (but don't bake it too long or it will dry out!). Let the cake cool for exactly 10 minutes, then invert it onto a flat plate. Tap the Bundt pan gently to release the cake.

Now it's time to decorate your cake. Decorate this cake the same day you serve it; the cake is moist so it tends to "soak up" the powdered sugar, plus the icing looks prettier fresh. To keep things neat, I like to do this part on a wire cooling rack with a piece of parchment paper underneath to catch extra sugar/ drips. You can simply do it on a plate if you prefer. First, put 3 tbsp of powdered sugar into a handheld mesh strainer or sifter. Sprinkle sugar onto the top of the cake by tapping the strainer or sifting to release an even shower of sugar around the surface of the cake.

Next, make your drizzle icing. Sift 1 cup of powdered sugar into a mixing bowl. Add $\frac{1}{4}$ tsp of vanilla extract and 1 tbsp non-dairy creamer to the bowl. Stir with a whisk or fork to blend. Add additional non-dairy creamer by teaspoonfuls, mixing constantly, until the mixture has the texture of very thick honey. You want the icing to be quite thick, but still pourable. When you can drizzle the icing in stripes across the surface, and it takes a few seconds for those drizzles to dissolve back into the icing, the texture is right. Place a Ziploc bag inside a tall water glass, open end facing upward and wrapped around the edge of the glass, so there is an open space for easy filling. Pour the icing into the Ziploc bag. Close the bag, leaving a small bit open to vent. Guide the icing towards one of the lower corners of the bag. Cut the very tip of that corner off the bag.

Drizzle the icing in a zig-zag pattern around the cake by squeezing the Ziploc bag gently to release the glaze. Allow icing to dry completely before serving—this usually takes about 30-60 minutes. Slice and enjoy!



Apfel Kuchen (Apple cake)

SUBMITTED BY: BLANCHE SOSLAND

The Recipe

Kuchen Dough:

6 cups flour

1 tsp. baking powder

2 cups butter or margarine, softened

4 eggs, beaten

1 1/3 cups sugar

3 tsp. vanilla

1/2 tsp. salt

Apple "filling"

Approximately 12 cups (4 lbs.) apples, peeled and sliced

Cinnamon/sugar mixture to taste

For kuchen dough: Sift flour and baking powder into a medium bowl. Set aside. Cream butter and sugar. Add eggs vanilla and salt. until mixture is thick and lemon colored. Add flour mixture, mixing until smooth. Turn mixture onto 2 cookie sheets or jelly roll pans. Press dough evenly over bottom of pans. Refrigerate until ready to fill. Arrange apple slices in rows on top of dough. Sprinkle with cinnamon sugar mixture. Let stand while apples absorb cinnamon sugar. Bake at 400 degrees for 15 minutes. Reduce heat to 350 degrees and bake for another 45 minutes but watch carefully. Serve warm with whipped cream or ice cream.



Aunt Lee's Fruit Cocktail Cake

SUBMITTED BY: KATHY HOLLUB

The Recipe

1 egg

1 c sugar

1 c flour

1 tsp baking soda

2 1/2 c (or one #2 can) fruit cocktail with
juice

1/2 c brown sugar

1/2 c chopped pecans or more

Mix all ingredients including fruit cocktail
and juice, pour into a 8X8 square pan.

Top with brown sugar and nuts. Bake
350 for 35 -20 minutes, cool and serve.
It is good topped with cool whip or
whipping cream



Cinnamon Apples

SUBMITTED BY: STACY WINKLER

The Recipe

5 pounds apples (Jonathan, Braeburn, and Granny Smith all work well!)

1 (9oz) package of red hot candies (cinnamon Imperials)

1/3 cup water

Peel, core, and slice apples. Place red hots, water, and apples into a pot. Heat on medium-high heat for 7-10 minutes, punching apples down and stirring occasionally. Cook until candies melt and apples are coated red! Serve hot over ice cream or chill and use as a colorful side dish on Rosh Hashana or Break the Fast!

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