

## BREAK-THE-FAST WITH DELICIOUS DISHES THAT NOURISH THE BODY AND SOUL

By Norene Gilletz

I recently attended a recent cookbook event to launch *Nourish (Whitecap Books)*, co-authored by two Toronto cookbook authors, Nettie Cronish and Cara Rosenbloom, RD. They showcased two delicious salads from their new cookbook. Nettie demonstrated her Nourishing Quinoa Salad and Cara showed how to transform her Spicy Beets with Goat Cheese into an eye-appealing salad. Both of these terrific dishes would be absolutely perfect for a ‘break-the-fast’ spread.

Nettie and Cara’s goal in creating recipes for *Nourish* was to add more seeds, nuts, and beans to everyday foods, so they used at least one of these nutrient-dense plant foods in every recipe in their book. They also added beans, nuts, and seeds to familiar foods that people enjoy every day – like chicken, fish, grains, vegetables, and fruit. The co-authors explained, “It’s our way of highlighting that you don’t need to drastically alter your diet to add more plant foods – and we created 100 recipes to prove it!”

The apple certainly doesn’t fall far from the tree. Nettie’s late mother, Helen Cronish, z’l, was a wonderful baker, and was also the daughter of a baker. Nettie’s grandparents, Saul and Devorah Zimmerman, were the owners of Keystone Bakery, which was situated on Phoebe St (Queen and Spadina) for 30 years. Nettie told me that her grandparents would send challah and rye breads with kimmel to North Bay by train weekly.

At her late mom’s funeral, Nettie announced in the eulogy that her mom explicitly told her that she was to share the recipe for her treasured honey cake with anyone who wanted it. So, at the unveiling, which took place in early September, Nettie gave everyone a printed copy of Auntie Helen’s Chiffon Honey Cake (recipe follows). After the unveiling, the family served Helen’s honey cake made by Macko, her granddaughter.

Helen always used Billy Bee honey for her cakes and added a few loving spoonfuls of Cherry Herring liqueur. I hope that her treasured honey cake recipe brings a special sweetness and deliciousness to your table in the years ahead. It makes a perfect addition to your High Holiday spread.

To break the fast, nourish your hungry, thirsty guests with some rehydrating soup, various beverages, delicious dairy dishes such as cheeses, kugels and quiches, poached fish and/or smoked salmon (lox), bagels, rolls and assorted breads, various sandwiches and wraps, plus some colourful salads such as the ones below.

### NETTIE’S COLOURFUL QUINOA SALAD

Everyone enjoys this quinoa salad! It’s got a terrific crunch from the nuts and seeds, and peppery flavour from the radishes. Plus, it’s a great way to use both dried fruit and fresh vegetables. It’s a full meal in a bowl! Make a double batch if you’re taking it to a party or expecting a large crowd – it will be a hit. – Nettie

1/3 cup (75 ml) raw unsalted sunflower seeds  
1/3 cup (75 ml) raw unsalted pumpkin seeds  
2 cups (500 ml) no-salt-added vegetable broth or water  
1 tsp (5 ml) sea salt, divided  
1 cup (250 ml) quinoa, rinsed  
1/4 cup (60 ml) fresh lime juice  
1/4 cup (60 ml) fresh lemon juice  
1/3 cup (75 ml) extra virgin olive oil  
1 cup (250 ml) chopped fresh cilantro  
1/2 cup (125 ml) thinly sliced fresh chives  
14 oz (410 ml) can no-salt-added aduki beans, drained and rinsed  
4 radishes, diced  
1 red pepper, diced  
1 carrot, grated  
1/2 cup (125 ml) dried cranberries

1. Preheat the oven to 375 F (190 C).
2. Spread the seeds on a baking sheet lined with parchment paper. Toast in the oven for 8 minutes, or until golden brown. Pour them into the bowl and set aside to cool.
3. In a saucepan over high heat, bring broth, 1/2 tsp (2 mL) of salt and quinoa to a boil. Reduce heat to low, cover and simmer for 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes and fluff with a fork. Transfer cooked quinoa to a large bowl.
4. In a medium-sized mixing bowl, combine the lime and lemon juice, oil, cilantro, chives, and remaining 1/2 tsp (2 ml) salt. Whisk well. Pour on top of quinoa. Stir to combine.
5. Add the toasted seeds, aduki beans, radishes, red pepper, carrots and dried cranberries to the quinoa. Mix well and refrigerate for at least 20 minutes.
6. Taste for seasonings and add more salt if needed.

Serves 6. Doubles easily.

Tip: Quinoa is naturally coated with a bitter substance called saponin, which protects it from birds and critters. Rinse off the saponin to remove the bitter taste. Use a fine mesh strainer to rinse your quinoa; it will fall through the holes in a regular strainer. Hold under cold running water for 3 minutes or until there are no more bubbles and the water runs clear.

## CARA'S BEETS WITH SPICY GOAT CHEESE & PUMPKIN SEED PRALINES

Cara Rosenbloom likes to make this scrumptious dish as an appetizer for Passover. However, for the book launch of *Nourish*, instead of presenting it as a custom-made amuse-bouche, she cut up the beets into small chunks and combined it with the remaining

ingredients, serving it as a salad. It was a huge hit – everyone loved the combination of flavours and textures in this dish. It has now become a dinner party staple for Cara.

8 medium beets

1 Tbsp (15 ml) granulated sugar

1/4 cup (60 ml) raw unsalted pumpkin seeds

4.5 oz (130 g) package goat cheese, softened at room temperature for 10 minutes

1/4 tsp (1 ml) cayenne pepper

1/8 tsp (0.5 ml) kosher salt

1/8 tsp (0.5 ml) freshly ground black pepper

1 Tbsp (15 ml) balsamic glaze (see Tip, below)

1. Place beets in a large pot and cover with water. Bring to a rolling boil and cook until fork-tender, about 1 hour. Let cool, peel and slice into 1/4-inch (6 mm) thick rounds. Arrange on a large platter.
2. Bring a small pan to medium heat, and add sugar and pumpkin seeds. Stir until sugar liquefies and coats the seeds, about 8 minutes. Continue to stir for 1-2 minutes, being careful not to let them burn. Set aside to cool.
3. In a bowl, mix softened goat cheese with the cayenne, salt and pepper.
4. To assemble, place beets on a large platter. Top each beet round with a dot of balsamic glaze, 1/2 tsp (2 ml) of goat cheese and a small cluster of pumpkin seed pralines.

Serves 10

Easy Beet Salad: At the end of step 1, cut the cooled, peeled beets into small chunks and place in a pretty salad bowl. Add goat cheese and seasonings and toss gently to combine. Top with pumpkin seed pralines.

Tip: Balsamic glaze is a thick, sweet, syrupy version of balsamic vinegar that's found in the oil and vinegar section of the grocery store. Depending on the brand you buy, it may be called balsamic glaze, balsamic syrup or balsamic reduction.

#### AUNTIE HELEN'S CHIFFON HONEY CAKE

3/4 tsp baking soda

3/4 cup honey

3 tsp instant coffee + 3/4 cup boiling water

4 eggs, separated

1 cup sugar

1 tsp lemon juice

1 3/4 cups oil

1/2 cups + 2 heaping Tbsp all-purpose flour

2 tsp cinnamon

3 Tbsp cherry herring liqueur or wine

1. Dissolve baking soda in honey and let stand until frothy (see Note, below).
2. Dissolve instant coffee in boiling water and let cool.
3. Preheat oven to 325 F. Spray or grease a 10-inch Bundt pan.
4. In a large mixing bowl, beat yolks well, gradually beating in sugar and lemon juice.
5. Add honey mixture and beat well.
6. Add oil and beat again.
7. Add flour and cinnamon alternately with liquid, mixing until well blended.
8. Wash and dry beaters.
9. In a separate bowl, beat egg whites until stiff. Fold whites into batter, using a rubber spatula.
10. Pour batter into Bundt pan and spread evenly.
11. Bake at 325 F for 1/2 hour, then increase heat to 350 F and bake another 1/2 hour, until cake tests done.
12. Remove from oven and allow it to sit until cake is cool.
13. Remove cake from pan gently (use a metal spatula to loosen) and transfer to a large round cake plate.

Makes one 10-inch Bundt cake, about 16 servings.

Note: Let honey and baking soda mixture stand several hours or overnight. Nettie usually lets it stand a few hours, but her daughter Macko waits about 5 minutes. Use a 2-cup glass measure – the mixture will foam up.

*Norene Gilletz is the leading author of kosher cookbooks in Canada. She is the author of eleven cookbooks and divides her time between work as a food writer, food manufacturer, consultant, spokesperson, cooking instructor, lecturer, and cookbook editor. Norene lives in Toronto, Canada and her motto is "Food that's good for you should taste good!" For more information, visit her [website](#) or email her at [goodfood@gourmania.com](mailto:goodfood@gourmania.com).*