



High Holiday Newsletter

Fall 2018 (5778-79)

Hugs Sameach, Good YomTov!

Summer slowly turns into Fall. Kids go back to school, and before you know it, Rosh Hashanah is knocking on our door. The mad rush begins, deciding what to make..finding something different for the table for the High Holidays.

From the time I was a young child, I've known that Rosh Hashanah was associated with apples and honey, symbolizing sweetness for the coming New Year. My mother would make her special apple strudel and honey cake, and always served her carrot tzimmes sweetened with honey, a big favorite in our family. In addition to the traditional wine and challah, other special dishes are used as 'signs' for a good omen. Instead of dipping chunks of challah in salt, as we usually do, we dip the challah in honey. We also dip apple slices in honey and ask G-d that we be renewed for a sweet year.

For the traditional festive meal on the first night of Rosh Hashanah, there is a special ceremony for the blessing and eating of symbolic foods. These are called simanim meelta (significant omens) and are based on a Talmudic teaching. We say a short prayer about the symbolism of each of the following foods before we eat them. The special foods and what they symbolize are:

- **Apple** dipped in honey (that we should have a good and sweet year - honey in general)
- **Fenugreek** or **carrots** (that we should increase our merits)
- **Leeks** or **cabbage** (that our enemies be decimated)

- **Beets** (that our adversaries be removed)
- **Dates** (that our enemies be consumed)
- **Gourds** (that the decree of our sentence should be torn asunder, and our merits be proclaimed to G-d)
- **Pomegranates** (that our merits increase, as the seeds of the pomegranate)
- **Fish** (that we should be fruitful and multiply)
- Head of a **fish** or a **sheep's head** (that we should be as a head and not a tail)

We also try to use foods whose names lend toward signs and omens. Carrots (gezer in Hebrew) are a popular item, since gezer is the same word for carrot and a decree. So we request that G-d will withhold any evil gezer (decree).

HIGH HOLIDAY RECIPES

Super Roast Brisket (Slow Cooker Method)

Pomegranate Chicken

Easiest Apple Cake Ever!

Pickled Salmon

Kasha Chili

Stuffed Cabbage, Slow Cooker Style

Date Silan Honey Chiffon Cake

Couscous with Pomegranate Seeds & Almonds

Etrog Schnapps (Citron Liqueur)

L'Shanah Tovah U'metukah—wishing you and your family a sweet, healthy, and delicious New Year and a meaningful Fast!

May your challahs and honey cakes rise to new heights!

Love and Knishes,

Norene

SYMBOLIC HIGH HOLIDAY FOODS...



ROSH HASHANAH



SUPER ROAST BRISKET

(Slow Cooker Method)

Adapted from Norene's Healthy Kitchen (Whitecap)
Serves 10-12

A tried-and-true High Holiday dish!

5 to 6 lb brisket, well-trimmed
2 or 3 cloves garlic
1 small onion, halved
2 Tbsp vinegar or lemon juice
1/4 cup red wine
1/4 cup oil
1/4 cup honey
1/4 cup cola
3 Tbsp ketchup
2 to 3 tsp salt (to taste)
1 tsp paprika
1/2 tsp freshly ground black pepper

Place brisket in the sprayed insert of a slow cooker.

In a food processor fitted with a steel blade, process onion and garlic until minced. Add remaining ingredients and process a few seconds longer to blend. Pour over brisket, making sure to cover all surfaces.

Cover and marinate in the refrigerator for up to 24 hours. Baste occasionally.

Place insert in the slow cooker and cook brisket, covered, on low for 10 to 12 hours until tender.

When cool, refrigerate. Brisket will be easier to slice the next day.

Remove hardened fat and discard. Reheat brisket slices in pan gravy.

POMEGRANATE CHICKEN

Adapted from Norene's Healthy Kitchen (Whitecap)
Makes 12 servings

This fragrant dish contains honey, carrots, and apricots....

traditional foods served with hope for a sweet and fruitful New Year!

2 medium onions, sliced
2 cups baby carrots (or 2 cups sliced carrots)
2 whole chickens (3 1/2 lb each), cut into pieces
1 tsp dried thyme
Kosher salt and freshly ground black pepper
1 cup dried whole apricots, loosely packed
1 cup pitted whole prunes, loosely packed

Marinade:

1 cup pomegranate juice
2 cloves garlic (about 2 tsp minced)
Juice and rind of 1 lemon
1/3 cup balsamic vinegar
2 Tbsp extra virgin olive oil
2 Tbsp honey
2 tsp sweet paprika for sprinkling
3/4 cup pomegranate seeds for garnish

Spray a large roasting pan with nonstick cooking spray. Scatter onions and carrots in bottom of pan.

Trim excess fat from chicken. Place chicken pieces on top of vegetables and sprinkle—under the skin and on top—with thyme, and salt and pepper to taste. Tuck apricots and prunes between chicken pieces.

Whisk ingredients for marinade together in a bowl. Pour marinade over chicken and sprinkle with paprika. Cover and marinate in the refrigerator for at least 1 hour or up to 2 days.

Preheat oven to 350°F. Cook chicken, covered, for 1 1/2 hours or until tender. Uncover and cook for 30 minutes longer, basting occasionally, or until skin is golden. Remove pan from oven and let cool before refrigerating overnight.

About 30 minutes before serving, remove and discard any congealed fat from chicken. Reheat, covered, for 25 to 30 minutes at 350°F.

Transfer heated chicken to a large serving platter and sprinkle with pomegranate seeds. Serve immediately.

Note: Keeps for up to 3 days in the refrigerator; reheats well. Freezes well for up to 4 months.

Chef's Secrets:

One pomegranate contains about 3/4 cup seeds and yields 1/2 cup juice.

Variation: Substitute either bottled pomegranate or cranberry juice. If desired, sprinkle with toasted pumpkin or sesame seeds at serving time.



YOM KIPPUR





EASIEST APPLE CAKE EVER!

*Adapted from **Second Helpings, Please!** (Whitecap)*

Serves 8-10

When my son, Doug, and his wife, Ariane, first started dating, she told him, "This is my mom's apple cake!" Doug replied, "No, this is MY mom's apple cake!" I had created the recipe nearly 50 years ago when a group of young Jewish women in Montreal compiled *Second Helpings, Please!* as a fundraising project. This recipe has now become almost everyone's favorite apple cake!

2 eggs
1 cup sugar
1 tsp vanilla
1/2 cup canola or vegetable oil
3 Tbsp water or orange juice
1 1/2 cups flour
2 tsp baking powder
1/4 tsp salt
6 to 8 baking apples, peeled and thinly sliced
1/2 cup white or brown sugar
2 tsp ground cinnamon
1/4 cup icing sugar for sprinkling, if desired

Preheat oven to 350°F.

Lightly grease a 9-inch square baking dish or 9-inch spring form pan (or coat with nonstick spray).

Beat eggs, sugar and vanilla in an electric mixer or food processor until fluffy, about 2 minutes. Beat in oil.

Add liquid alternately with combined dry ingredients (flour, baking powder and salt) and beat just until smooth.

Spoon about half of the batter into prepared baking dish. Spread evenly with a rubber spatula. Sprinkle apples with sugar and cinnamon; spoon apples evenly over batter. Cover with remaining batter. (I usually drop blobs of batter on top of the apples. It doesn't matter if they are completely covered.)

Bake for 50 to 60 minutes, until nicely browned. Cool completely.

Sprinkle with icing sugar, if desired.

Baking Secrets:

I usually use Cortland or Spartan apples. Granny Smith or Gala apples, or a blend, also work nicely. Macs don't hold their shape as well and will make your cake soggy after a day or so...but some people like it that way!

Will it freeze? Cake will be slightly soggy if frozen. For best results, I thaw it uncovered, then reheat uncovered at 350°F for 10 to 15 minutes.

PICKLED SALMON

Adapted from *The New Food Processor Bible* (Whitecap)

Serves 10 – 12 as a main course
(Can substitute with halibut, pike, or any firm fish)

2 large cooking onions
2 cups water
1/2 tsp salt
1/4 tsp freshly ground black pepper
3 to 4 lb (1.4 to 1.8 kg) fresh salmon, sliced into 1-inch thick steaks or fillets

1½ cups white vinegar
2 tsp pickling spices
1/2 cup sugar
1 large sweet onion (Spanish or Vidalia)

SLICER: Cut cooking onions in chunks to fit feed tube. Slice, using medium pressure.

Place sliced onions in a large pot or fish poacher with water, salt and pepper. Bring to a boil. Cook for 10 minutes. Add salmon, cover and simmer for 10 minutes. Remove fish from stock and place in a 9 x 13 inch glass baking dish. Add vinegar, pickling spices, and sugar to fish stock. Boil 5 minutes longer. Pour stock through a sieve over fish.

SLICER: Cut sweet onion to fit feed tube. Slice, using light pressure.

Add to fish. When cool, refrigerate 2 to 3 days before serving. Allow one steak per person as a main course or half as an appetizer.

Keeps for about 1 week. DO NOT freeze.



SUKKOT

Fabulous Foods to Serve in the Sukkah!

On Sukkot, a wonderful way to celebrate the agricultural theme is to take advantage of the bounty of the fall harvest; Meals are served in the Sukkah, which symbolizes the temporary shelters in which our ancestors lived during their forty years in the desert.

When planning your menus, be sure to include more plant-based foods. Include a variety of salads, main dishes, and sides that can be served at room temperature. Stuffed vegetables are served on Sukkot (e.g., stuffed cabbage, mushrooms, squash, eggplant, zucchini, and bell peppers).





KASHA CHILI

Adapted from Norene's Healthy Kitchen (Whitecap)
Yields about 8 cups

Whole grain kasha provides a meaty texture to this meatless, gluten-free chili, which only takes 30 minutes to prepare and cook. Steaming hot, fiber-packed kasha chili is sure to warm you up on a chilly day!

1 can (28 oz/796 ml) diced or stewed tomatoes
3 1/2 cups vegetable broth
1 can (19 oz/540 ml) black beans or kidney beans, drained and rinsed
1 large onion, chopped
1 red or green bell pepper, chopped
1 cup sliced mushrooms
2 cloves garlic (about 2 tsp minced)
Salt and freshly ground black pepper
1 Tbsp chili powder (or to taste)
1 Tbsp unsweetened cocoa powder
1 tsp each paprika, cumin and oregano
3/4 cup wholegrain or medium-grain kasha (buckwheat groats)

In a large pot, combine all the ingredients except the kasha and mix well; bring to a boil. Reduce heat to low and simmer, uncovered, for 10 minutes.

Stir in the kasha. Cover and simmer for 15 minutes longer or until the kasha is tender, stirring occasionally. If the chili is too thick, thin with a little water. Serve immediately. Keeps 3 to 4 days in the refrigerator and freezes well.

Variation: Substitute 1/2 cup of uncooked green or brown lentils for the canned beans. Increase cooking time to 20 minutes before adding kasha.



Some interesting facts about bees and how to keep them out of your Sukkah....

True or False, I heard a story the other day and had to relay it. Apparently, bees, particularly Yellow Jackets, enjoy fish, fish heads, tuna, salmon, carp, or other fish. They also love turkey. If you leave a fish or turkey carcass far away from the Sukkah, the bees will go there instead!

It may be true, it may be false, but whatever it is, it may be the answer that we all want....

STUFFED CABBAGE Slow Cooker Style

Adapted from Norene's Healthy Kitchen (Whitecap)
Yields 24 cabbage rolls

Cabbage rolls are often served on Simchat Torah because their cylindrical shape symbolizes the shape of a Torah scroll. If you don't have a slow cooker, see Chef's Secrets, below. This heart-healthy version comes from children's author Rona Arato of Toronto. My friend Ronnie (Rona) really loved her mother's stuffed cabbage, so she set out to duplicate it when she moved into her first apartment. Since she didn't have her mom's recipe, Ronnie had to make it from memory. Enjoy!

1 large cabbage, frozen and then thawed
2 lb (1 kg) lean ground turkey, chicken, veal or beef
2 large eggs
1/2 cup uncooked brown rice
1 tsp salt (or to taste)
Pepper and sweet paprika to taste
1 tsp dried basil

SAUCE

1 large onion, diced
1 can (28 oz/796 ml) crushed tomatoes

3/4 cup water (about)
1/2 cup cider vinegar (or to taste)
2 to 3 Tbsp sugar (or to taste)
1 tsp caraway seeds
1 tsp dried basil
Dash of Worcestershire sauce (choose a brand that does not contain anchovies)
Salt, pepper and paprika

Remove the leaves from the thawed cabbage and squeeze out any excess water.

Combine the ground turkey, eggs, rice, and seasonings in a large bowl; mix well.

Place a large spoonful of filling on one end of each cabbage leaf. Starting at the end with the filling, tightly roll up the leaves, folding in the sides. Place the cabbage rolls, seam-side down, in the slow cooker. Slice up any leftover cabbage and add it to the slow cooker.

For the sauce: In a large bowl, mix together the onions, tomatoes, water, vinegar, sugar, caraway seeds, basil, Worcestershire sauce, salt, pepper, and paprika. If the mixture is too thick, add a little water to thin it. Taste the mixture and adjust the vinegar-sugar ratio to get the right sweet-and-sour flavor. Pour the sauce over the cabbage rolls.

Cover and cook on high for about 4 hours or until the cabbage is soft. (If you prefer, cook on low for 8 hours.)

Note: Keeps for up to 3 days in the refrigerator; reheats well; freezes well.

Chef's Secrets

Place the whole cabbage in a plastic bag in the freezer for up to 2 days. Remove from the freezer the night before using and thaw at room temperature overnight. When fully thawed, use a sharp knife to remove the core. The wilted leaves will separate easily.

To roll the cabbage leaves easily, pare the thick rib portion with a sharp knife. Larger leaves are best for stuffing.

No Slow Cooker? Pour the sauce mixture into a Dutch oven or large pot. Add cabbage rolls and leftover cabbage. If sauce doesn't cover cabbage rolls, add a little water. Cover and heat until simmering. Cook slowly for 1 1/2 to 2 hours.





DATE SILAN HONEY CHIFFON CAKE

Adapted by Fruit of the Land Culinary Market,
from *Second Helpings, Please! (Whitecap)*

Yields 12-15 slices

4 eggs
1 cup sugar
1 cup oil
1 1/2 cups Gideon Springs Date Silan Honey
3 cups flour
3 tsp baking powder
1/2 tsp baking soda
1 cup cold Ceremonie Tea – Try Ginger Peach
1/2 cup nuts (optional)
1/2 cup raisins (optional)

Beat eggs and sugar. Add oil and Gideon Springs Date Silan Honey, and blend well.

Combine dry ingredients and add alternatively with liquid (including tea). Stir in nuts and raisins, if using.

Pour into an ungreased 10" tube pan.

Bake at 350°F for 15 minutes. Reduce heat to 300°F and bake for 1 hour.

Cool for 15 minutes when cake is done. Invert and cool completely before removing from pan.

SIMCHAT TORAH

COUSCOUS WITH POMEGRANATE SEEDS & ALMONDS

Adapted from *The Silver Platter: Simple Elegance* by Daniella Silver and Norene Gilletz (ArtScroll)

Pareve, gluten-free option, do not freeze

Yields 6 servings

Such a pretty side dish, this simple couscous salad is great for any occasion. Beautiful, bright pomegranate seeds give this dish a pop of pink and a surprising freshness by adding a burst of juice to every bite. And since almonds and chickpeas pack some protein, this makes a quick lunch option, too.

1 cup couscous
2 cups boiling water or vegetable broth
1 can (19 oz/540 ml) chickpeas, rinsed and drained
1 cup toasted sliced or slivered almonds
1 cup pomegranate seeds

Dressing

1/4 cup extra virgin olive oil
Zest and juice of 1 lemon (about 3-4 Tbsp)
2 Tbsp maple syrup
1 tsp kosher salt
1/2 tsp black pepper
1/2 cup chopped fresh basil

Place couscous into a large serving bowl. Add boiling water; cover, let stand for 10 minutes, until water is absorbed. Fluff with a fork to separate grains. Let cool completely.

Add chickpeas, almonds, and dressing; toss to combine. Cover and refrigerate.

Add pomegranate seeds shortly before serving.

Adjust seasonings to taste. Serve chilled or at room temperature.

Norene's Notes:

No pomegranate seeds? Use dried cranberries instead, adding them in step 2.

Couscous is an excellent item to have on hand in your pantry because it requires no stovetop cooking and minimal preparation.

Many people think that couscous is a grain, but it is actually tiny grains of pasta made from hard durum wheat. The bran and germ are stripped from the wheat berry; then the endosperm (semolina) is ground, steamed, and dried, forming tiny grains.



ETROG SCHNAPPS (CITRON LIQUEUR)

Adapted from *Bone Soup and Flipped Bread: The Yemenite Jewish Table*, by Sue Spertus Larkey

(Gefen Publishing House)

Makes 1 bottle (750 ml)

Use a vegetable peeler to peel the orange and lemon(s). Cut off and discard the ends of the citrons. Peel the citrons so that you have nice ovals of white flesh. They are mostly flesh with little pulp or juice. Save the peels. Cut each etrog in half.



Sue Spertus shares: "Israeli etrogim are grown for ritual rather than culinary purposes. They are not as flavorful as citrons grown for cooking in Morocco, Sicily and Spain. For this reason, I have added a lemon and a tangerine to the recipe. If you are fortunate enough to find yourself with an etrog windfall, it's well worth the effort of making a large batch of schnapps. Decant the liqueur into small bottles to give as special gifts to friends.

1 orange, washed

1 large or 3–4 very small lemons, washed

3 citrons, washed

1 bottle vodka, save the bottle and cap

Sugar

Use a vegetable peeler to peel the orange and lemon(s). Cut off and discard the ends of the citrons. Peel the citrons so that you have nice ovals of white flesh. They are mostly flesh with little pulp or juice. Save the peels.

Cut each *etrog* in half lengthwise and cut each half into three lengthwise pieces. Cut out and discard the hard white pithy core and the seeds. Roughly chop all the fruit.

Weigh or measure the combined fruit and peels. Place them in the bowl and add one-third less the amount of sugar. In other words, if you have 3 cups of fruit, add 2 cups of sugar. Toss and mash the fruit and sugar together.

Cover the bowl lightly and let sit three days, stirring morning and night.

On the third day, transfer the mixture to a saucepan. Add 1 cup of the vodka. Simmer the fruit, stirring, until the sugar dissolves. Raise the heat to a boil and cook just until it starts to turn a light caramel color. Remove from the heat and cool.

Pour the mixture into a jar. Add the remaining vodka and stir well. Seal the jar and store in a dark, cool place for 6–8 weeks. Save the vodka bottle and cap.

After 6–8 weeks, strain the schnapps through cheesecloth into a pitcher. Discard the fruit and peels (or save a few peels just for decoration) and use the funnel to pour the liqueur into the saved vodka bottle. Seal, and store in the freezer. Serve ice cold.

Sue's Notes:

In Israel, tiny semi-sweet lemons come to the fall markets. They are especially fragrant and juicy. If you find them, by all means use a few.

If the citrons are green, ripen them in a lightly covered box, along with a few yellow apples. It can take a couple of weeks until they ripen to yellow. Check periodically and replace apples if they start to go bad.



NORENE'S FOOD LINE....

In Selected Stores

Make cooking for the holidays easier! Try our ready-made delicious soups, chopped liver, salads, gefilte fish, and meatballs.

Selection varies from store to store. If you don't see it, ask your store manager to bring it in! Available at the following stores:

Sobey's - Hilda & Clark

Sobey's - Bathurst & Rutherford

Metro - Bathurst & Sheppard

Metro - Bathurst & Lawrence

Metro - York Mills & Bayview

Justin's No Frills - Center Street

Magen Meats - Center Street

NORENE'S KITCHENCAST



NORENE'S KITCHENCAST is a new Podcast all about Jewish cooking and culinary traditions, hosted by Norene Gilletz (that's me)!

Tune in as I chat with special guests about Jewish cooking and culinary traditions.

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BONUS episode
Honey and the High Holidays

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SAVE THE DATE!

SECOND HELPINGS...*ENCORE!*

A Kosher Epicurean Celebration

B'nai Brith Canada will be hosting an exciting Gala Event at the state-of-the art Universal Event Space in Vaughan, just North of Toronto.

I'll be there...I hope you will be, too!

Wednesday, November 21st, 2018

Information/Tickets:
Contact B'nai Brith Canada
416 633 6224 x 109
Speak with Arina

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