

B"H  
JRCC West Thornhill  
Pre Rosh Hashana Ladies Program  
September 11, 2017

**Traditional Rosh Hashana Recipes**  
With Nechama Dina Jacobson

**FISH**

**Sweet and Sour Fish Balls**

1 can Cranberry sauce  
1 can Tomatoes sauce  
½ cup Ketchup  
¼ cup Lemon juice  
½ cup Sugar  
¼ Tbs Black pepper  
½ cup Water

**Directions:**

Defrost gefilte fish roll

Mix all ingredients and boil a little

Add gefilte fish balls in a baking pan and pour mixture over and bake covered for one hour

You can also boil in a pot on low flame

**Salmon**

4-6 pieces salmon  
1 large onion, sautéed in olive oil

**Dressing:**

¾ c. soy sauce  
1 c. brown sugar  
3 cloves garlic minced  
¼ c. honey

**Directions:**

Pour onion and dressing over salmon.

Bake covered for 45 min on 350

## SALADS

### **Lettuce and Pineapple Salad**

1 can pineapple chunks  
1 can mandarin oranges  
2 packages mushrooms sliced  
Salt and garlic  
1 Tbs oil  
1 red onion  
1 head of lettuce

Dressing:

¼ cup oil  
¼ cup sugar  
¼ cup honey  
¼ cup mustard  
¼ cup red wine vinegar  
1 Tbs white wine  
½ tsp brown sugar

Directions:

Place pineapple, mandarin and mushrooms on a broiler pan. Sprinkle with salt and garlic. Drizzle oil. Broil on high.

Wash, check and cut up lettuce.  
Add onion and broiled fruits and vegetable.  
Toss with dressing

### **Celery Pomegranate Salad**

2 celery stalks, thinly sliced  
3 beets, cubed and roasted  
3 green onions, cleaned, checked and finely chopped  
¼ cup lemon juice  
1/8 cup canola oil  
1 T sugar  
Salt and pepper to taste.

Directions:

In a large bowl combine all the ingredients and coat well. Let the salad marinate for 15-30 minutes at room temperature before serving.

## MAIN COURSE

### **Savoury Brisket**

What is great about this recipe, aside for being simple, it goes into the oven covered, and you can forget about it for 3-4 hours.

Place meat in pan and sprinkle generously with salt and black pepper

Sauce to put on top of meat:

Saute in pot:

2 onions

4 cloves garlic

Add

1/4 C Vinegar

1/4 C Ketchup

1/4 C Water

3/4 C Brown sugar

Let it boil. Pour over meat that is in a pan ready to go into the oven. Cover tightly.

Bake at 300 for 4 hours

Slice thinly when cool.

### **Honey Apple Chicken**

2 (2-1/2 to 3 pound) chickens, cut into eighths

2 teaspoons cinnamon

1 teaspoon nutmeg

1/2 teaspoon pepper

1 package (10 ounces) dried apple rings

2 golden delicious apples, chopped

1/2 cup honey

1/4 cup apple juice

1/4 cup soy sauce

Preheat oven to 350 degrees. Place chicken pieces in baking pan and sprinkle with spices. Throw dry and fresh apples on top of chicken. Combine honey, apple juice and soy sauce and pour over chicken. Bake for 1-1/2 to 2 hours.

## Golden Tzimmes

6 cups peeled and sliced carrots  
3 cups peeled and sliced yams  
10-14 large pitted prunes  
1 cup crushed pineapple with juice  
2/3 cup dark brown sugar or honey  
2/3 cup orange juice  
½ cup liquor  
½ tsp salt

### Directions:

Preheat oven to 300

Cook carrots and yams in boiling water to cover until just tender; drain  
Combine carrots, yams, and the rest of the ingredients and place in a greased  
2-quart baking dish.  
Bake, covered, for 3.5-4 hours.  
This recipe reheats (covered) well.

## DESSERT:

### Apple crisp

6 medium apples  
15 ml Lemon Juice  
85 ml flour  
170 ml rolled oats  
250 ml brown sugar  
85 ml margarine

Arrange apples in greased baking dish and sprinkle with lemon juice.  
Mix flour, oats, sugar. Cut in margarine until mixture resembles coarse bread crumbs.

Sprinkle over apples.

Bake at 375 for 30-40 min, until apples are tender and the topping is lightly browned.

### Deluxe Honey Cake

#### Mix

4 eggs  
1.5 cups sugar

#### Add

1 cup oil  
1 cup honey  
1 tsp vanilla extract  
drop lemon juice  
½ tsp all spice  
½ tsp nutmeg (optional)  
½ tsp cinnamon  
3 cup flour

In separate bowl, let bubble

1 cup hot tea  
2 tsp baking powder  
1 tsp baking soda

Mix everything together

Pre heat oven to 300 and bake for 1.5 hours.

