

High Holiday Inspired 5780

Rosh Hashana Recipes

From the Women of Jrcc West Thornhill

Quinoa salad with avocado and pomegranate seeds

Leah Plax

Ingredients:

1 C. quinoa
1 small red onion sliced
1 avocado cubed
1/2 C. pomegranate seeds
1/3 C. olive oil
1 tbsp. balsamic vinegar
1/2 tbsp. brown sugar
1/4 tsp. salt
1 lime juiced
1 pomegranate seeds

Dressing:

oil
vinegar
brown sugar
salt
lime juice

Directions:

cook quinoa as directed on packaging.
once cooled, combine in a large bowl with avocado, red onions, and pomegranate seeds.
add dressing and mix.

Quinoa can be cooked in advance

Dressing can be made in advance

Favourite Coleslaw

Sara Gersh from Pesach- Anything's Possible! cookbook by Tamar Ansh

Ingredients:

1 bag green shredded cabbage
1 bag purple shredded cabbage
2 red apples
2 green apples

Dressing:

1.5 tsp. granulated garlic
3 tbsp. light brown sugar

1/8 tsp. cayenne pepper (omit for Rosh Hashana)
3 tbsp. apple cider vinegar
6 tbsp. mayonnaise

Instructions:

Toss the cabbage, apples and carrots together. Add dressing.

Tabbouleh -with apples, nuts, and pomegranates

Tallie Rabin Mostovoy

Ingredients:

2 C. flat-leaf parsley, finely chopped
1/2 C. fresh pomegranate seeds
1 C. diced, cored, unpeeled apples,
preferably pink lady
1/2 C. diced red onion
1 1/2 to 2 tsp. ground smoked paprika or chilli pepper
3 to 4 Tbsp. honey
1/4 C. lemon juice
1/2 C. extra virgin olive oil
coarse kosher salt
1 C. walnuts or pecans

Directions:

mix the parsley, pomegranate seeds, apples, and red onions in a medium bowl. Stir in the pepper or paprika, honey, lemon juice, and olive oil, salt to taste, and mix thoroughly.

if desired, at this point the mixture may be covered and refrigerated for unto two days

In a dry skillet over medium heat, stir the walnuts or pecans until toasted, about 3 min. sprinkle nuts with a pinch of salt, crush them until they are in coarse pieces.
stir in the coarse nuts.

If the tabbouleh has been refrigerated, set it out at room temperature for an hour before adding the nuts.

For Rosh Hashana use Sesame seeds instead of nuts

Chicken Rimon

Sara Gersh

from the cookbook Cooking for the King by Renee Chernin

Ingredients:

6 tsp. cumin
4 tsp. cinnamon
4 tsp. turmeric
4 tsp. chilli powder
2 tsp. salt
1/2 C. all purpose flour
2 tbsp. olive oil
8 boneless chicken breasts
1 large onion, finely chopped
1 1/2 C. pomegranate juice
1 1/2 C. sweet white wine or white grape juice

Directions:

In a medium bowl combine cumin, cinnamon, turmeric, chilli powder and salt. Transfer 4 tbsp. of the spice mixture to a small bowl and set aside. Add flour to the first bowl.

Preheat oven to 350 F. In a large skillet, heat oil over medium heat. Dredge chicken in spice mixture and place in hot skillet. Cook 3 minutes until browned on each side. Transfer to roasting pan.

Reduce heat and add reserved spice mixture and onion to skillet. Cook until soft, approx. 5 min.

Add pomegranate juice and wine or grape juice to the onions. Bring to a boil for 5 min. Pour sauce over chicken in the pan to coat.

Cover roasting pan tightly with foil and bake 25 min.

Can be frozen up to 1 month

Tomato gefilte fish**Ingredients:**

1 onion
1 small red pepper, chopped
1 green pepper, chopped
1 clove garlic, crushed and chopped
1 loaf prepared frozen gefilte fish, defrosted in fridge
1 (6oz) can tomato paste
2 C. boiling hot water
1/4 C. sugar
kosher salt to taste
freshly cracked black pepper

Directions:

preheat oven to 350 degrees, grease a 9x13-inch baking dish.

sauté onions, peppers, and garlic for 3 minutes in a large sauté pan.

while vegetables are sautéing in pan, form gefilte fish into eight medium sized patties.

place in 9x13-inch baking dish.

add tomato paste, water, sugar, salt, and black pepper to sauté pan with peppers.
mix well.

pour sauce over gefilte fish. cover tightly with foil and bake in preheated oven for 1 hour and 45 min.

cool and store in the fridge until ready to serve, at least 4 hours.

Best Rosh Hashana Meatballs

from the cookbook Cooking for the King by Renee Chernin

Ingredients:

2 1/2 lb. ground beef, turkey or chicken
2 onions, grated
2 eggs
2/3-1 C. soft bread crumbs
(bread soaked in water, squeezed out and grated into crumbs)
1 tsp. Worcestershire sauce
1 tsp. salt
1/2 tsp. black pepper
2 C. ginger ale
1 C ketchup
1/2 C. brown sugar

Directions:

In a large bowl, combine the meat, onions, eggs, bread crumbs, Worcestershire sauce, salt and pepper. Mix well, adding water or more bread crumbs as needed. Roll balls to desired size. In a large saucepan, combine ginger ale, ketchup, and brown sugar and bring to a boil for 5 min. Reduce heat to a simmer and place meatballs in. Cover and cook up to 40 min.

London Broil Roast

Ingredients:

1/2 C. olive oil
1/2 C. low sodium soy sauce
1/4 C. honey
3 Tbsp. chopped fresh rosemary
or 1 Tbsp. dried rosemary
1 1/2 Tbsp. fresh coarse ground black pepper
1 tsp. salt
6 garlic cloves, minced
2 1/2 lbs. London broil beef

Directions:

combine all ingredients well and rub on all sides of the roast. Bake on a low fire for 4-5 hours.

Chicken or meat Coffee rub

Ingredients:

4 Tbsp. brown sugar
4 Tbsp. ground coffee
2 Tbsp. smoked paprika
4 tsp. granulated garlic
4 tsp. kosher salt
4 tsp. sweet paprika
4 tsp. minced onion

Directions:

combine all ingredients in a bowl and mix well, breaking up any pieces of brown sugar. store in an airtight container.

Maple Dill Carrots

Leah Gotfryd
from Allrecipes.com

Ingredients:

3 C. peeled & sliced carrots
2 tbsp. margarine (or *Becel Vegan - COR parve)
2 tbsp. brown sugar
Dill (can use fresh - or from a spice jar - MK parve)
Salt and Pepper

Directions:

Cook carrots until tender.
Drain excess water.
Stir in margarine, brown sugar, dill, salt and pepper.

The olive oil Becel is very similar in colour to the Vegan, and it is DAIRY.

Orange Glazed Carrots

from Allrecipes.com

Ingredients:

1 lb. baby carrots
1/4 C. orange juice
3 Tbsp. brown sugar
2 Tbsp. margarine
pinch of salt

Directions:

Cook carrots in water until tender. Drain.
Pour orange juice over carrots. Simmer 5 minutes.
Stir in brown sugar, margarine and salt. Heat until margarine

Cafeteria Carrot Souffle

from Allrecipes.com

Ingredients:

2 lb. carrots, chopped
1/2 C. melted margarine
1 C white sugar
3 Tbsp. flour
1 tsp. baking powder
1 tsp. vanilla extract

3 eggs beaten
1 tsp. confectioners sugar (icing sugar)

Directions:

Preheat oven 350 degrees

Cook carrots in water until tender, around 15 minutes.
Add margarine, sugar, flour, baking powder, vanilla and eggs. Mix well.
Put in foil pan. Sprinkle with icing sugar.
Bake for 30 minutes.

Apple Turnovers

Leah Gotfryd from Allrecipes.com

Ingredients:

2 Tbsp. lemon juice
4 C water
4 Granny Smith apples - peeled, cored and sliced
2 Tbsp. margarine
1 C brown sugar
1 tsp. cinnamon
1 Tbsp. cornstarch
1 Tbsp. water
1 package frozen puff pastry sheets - thawed
1 C. icing sugar
1 Tbsp. almond milk or other parve milk
1 tsp. vanilla

Directions:

preheat oven to 400 degrees.

put lemon juice and water in a large bowl and place sliced apples in bowl (to prevent them from turning brown).

Melt margarine in skillet. Add apples. Add brown sugar and cinnamon. Cook 2 minutes. Mix cornstarch and water together. Add to skillet. Cook another minute.

Spoon some apples to middle of pastry square. Fold corner to corner to make a triangle. Press edges to seal. Leave 1 inch between turnovers on baking sheet.

Bake 25 minutes. Let cool.

Glaze Directions:

Mix icing sugar, almond milk, and vanilla. Drizzle over cooled turnovers.

Deluxe Honey cake

Ingredients:

4 eggs
1 1/2 C. sugar
add
1 C. oil
1 C. honey
1 tsp. vanilla extract
drop of lemon juice
1/2 tsp. all spice (optional)
1/2 tsp. nutmeg (optional)
1/2 tsp. cinnamon
3 C. flour

In separate bowl, let bubble:

1 C. hot tea
2 tsp. baking powder
1 tsp. baking soda

Directions:

preheat oven to 300 degrees

combine all ingredients, pour into greased 9x13 pan.
Bake for 1 1/2 -2 hrs

Never fail honey cookies

Nechama Dina Jacobson

Ingredients:

1 lb. honey
1/2 C. sugar
6 eggs
1 C. margarine
1/2 tsp. cinnamon
1/2 tsp. baking soda
1/2 tsp. cocoa
7 C. flour

Directions:

preheat oven to 375 degrees

mix and form into small sized balls.
bake for 15-20 minutes.