

B"H

## JRCC West Thornhill

# Traditional Rosh Hashana Recipes

With Nechama Dina Jacobson

## FISH

### **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**

10 steaks, 4 fillet

Brown in pot, for 10 minutes on low fire

1 Lg Spanish onion

1/3 cup white sugar

1/3 cup brown sugar

#### Add

5 Bay leaves

10 cloves

6 Black pepper balls

1 tsp salt

3 tsp lemon juice

3 tsp lemon juice

Pour boiling water, enough to cover fish. Simmer for 10 minutes.

Add fish and cook an additional ½ hr on low fire.

## SALADS

### **Rosh Hashana Cole Slaw**

1 bag cabbage shredded  
1 granny smith apple sliced thinly  
2 scallions sliced  
1/3 cups pomegranate seeds  
¼ cup grapeseed oil  
2 Tbsp lemon juice  
1 Tbsp honey  
2 tsp whole grain mustard  
salt and pepper to taste

Toss and serve

### **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

### **London Broil**

Marinate raw meat in Ziploc bag overnight with:

1/3 cup soy sauce  
1/3 cup honey  
1/3 cup pineapple juice  
1 clove crushed garlic  
1 tsp ginger

Broil 20-25 minutes on each side  
cool in sauce  
refrigerate, slice and serve.

## **Chicken crepes**

Use cooked/baked chicken.  
Sautee shredded chicken with 3 med onions minced. Season with salt and pepper.  
Set aside to cool.

Crepe dough:

7 eggs

1.5 cups flour

1.5 cups water

$\frac{3}{4}$  cup oil

(add water if necessary)

Prepare the crepe sheets, and fill with chicken mixture.

Can be served hot or cold.

## **traditional Tzimmes**

4 cups peeled and sliced carrots

1 cup peeled and sliced yams

Handful raisins or craisins

1 cup crushed pineapple with juice

$\frac{2}{3}$  cup dark brown sugar or honey

$\frac{2}{3}$  cup orange juice

$\frac{1}{2}$  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  $\frac{1}{2}$  hr and uncovered for 10 minutes.

This recipe reheats (covered) well.

## **Cranberry Kugel**

2 cups flour  
2 cups oatmeal  
1 cup oil  
1 cup brown sugar

Mix all ingredients  
Using  $\frac{1}{2}$  the mixture, layer a 9x13 pan  
Add a layer of cranberry pie filling  
Cover with the remaining  $\frac{1}{2}$  of the mixture.

Bake at 350 for 50 minutes uncovered

## **DESSERT:**

### **Deluxe Honey Cake**

Mix

4 eggs  
1.5 cups sugar

Add

1 cup oil  
1 cup honey  
1 tsp vanilla extract  
drop lemon juice  
 $\frac{1}{2}$  tsp all spice  
 $\frac{1}{2}$  tsp nutmeg (optional)  
 $\frac{1}{2}$  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.

***Wishing you a very Sweet New Year, filled with delicious foods.***



