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PASSOVER RECIPES

Pesach the chefs' way - Sharon Lurie

Sharon Lurie, chef and author of *Cooking with the Kosher Butcher's Wife* shares her Pesach recipes with Jewish Report:

COMPILED BY SHELLEY ELK
PHOTOGRAPHS: SHELLEY ELK

BY THE time we've done the "scrub" packed away the kitchen, re-surfaced it and unpacked the Pesach cupboard, we're exhausted! But the show must go on and by this stage simple, quick and tasty is what we want. So, let's get that brisket basted.



Sharon Lurie.

Place all sauce ingredients into a bowl and mix well.

Place onions and meat into a roasting dish. Place potatoes around the sides and pour sauce over meat.

Roast for 1 1/2 hours covered.

Reduce heat to 160 degrees C, turn meat over and continue to cook for another 1 hour uncovered.

Turn over and roast the other side of the meat until golden brown. (at least another 30 - 40 minutes).

If during the uncovered roasting period the sauce is drying out, then recover the meat. Sauce evaporation depends on the size of the roasting pan. I like to keep my roasting dishes about 1 - 2 cm larger, all-round, than the piece of meat I'm roasting. A nice snug fit. Otherwise a larger surface area causes the sauce to evaporate too quickly.

MOCK SCHNITZEL AND WHITE WINE MUSHROOM SAUCE

These are wonderful in that they can be "dressed up or down". Either you can serve them with a beautiful white wine mushroom sauce and fresh vegetables or you can fry them and keep them in the fridge for the "continuously starving, forever hungry" family to nosh on during Pesach.

12 beef minute steaks/chicken steaks
3 eggs
2 tbl powdered chicken stock
1 tsp salt
1/2 tsp pepper
1/2 cup cake meal
1 cup matzah meal
Oil for frying

BASTED BRISKET

2 1/2 kg fresh brisket/top rib flaps. (I must admit I prefer top rib flaps because they don't go stringy if overcooked. They aren't as big as a large piece of brisket but you can use more than one top rib flap to make up the weight.)
2 large onions cut into rings

SAUCE

1 cup Glens BBQ Sauce
1 cup chutney
1 heaped tsp horseradish
1 heaped tsp freshly grated ginger
Salt and pepper to taste

Method:

Preheat oven to 180 degrees C.



Sharon Lurie's basted brisket.

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PASSOVER RECIPES

Method:
Mix cake meal, matzah meal, chicken stock, salt and pepper together until well combined.

Dip each minute steak into the egg mixture and then into matzah crumb mixture.

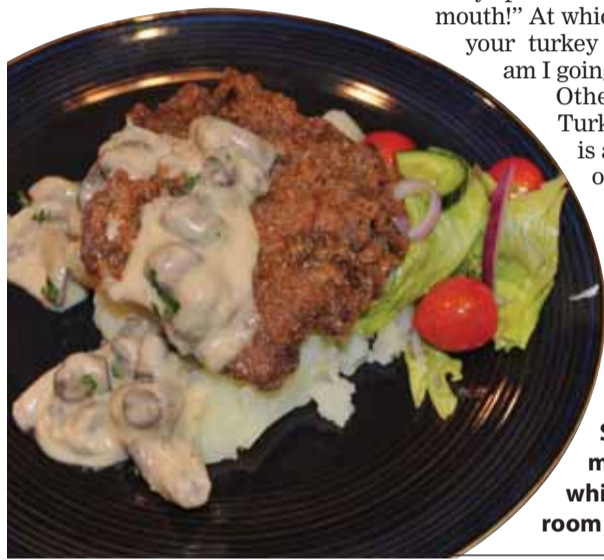
Fry the schnitzel until golden brown, remove and drain well on brown paper.

MUSHROOM SAUCE

2 packets mushrooms (+ 400 - 500g)
1/2 cup white wine (this can be substituted with water)
2 tbl mushroom stock (powder) or 1 mushroom cube dissolved in 3/4 cup boiling water
2 sachets Pesach Orley Whip
1 tbl potato flour
1 cup cold water

Method:
Fry mushrooms until most of the liquid has evaporated off them.

Add white wine and bring to the boil.



Add dissolved mushroom stock to mushrooms and stir well.

Remove from heat and set aside. Dissolve potato flour in cold water.

6. Add Orley Whip to this cold water mixture, mix well and pour into mushrooms.

Place mixture back onto heat, bring to the boil, stirring all the time.

Reduce heat and allow to simmer, still stirring for about 3 - 5 minutes.

If you feel it's a little too thick either add a little more water or white wine if you prefer a richer taste.

Serve meat on a bed of mashed potato drizzled with mushroom sauce.

TASTY TURKEY SALAD

Imagine spending hours preparing for the seder and by the time the meat course is ready to be served, everybody says "Oy I couldn't possibly put another thing in my mouth!" At which point you look at your turkey and think: "What am I going to do with you?"

Other than making Turkey à La King, here is a great idea for left-over turkey or chicken. If you don't have turkey, then buy a couple of packets of smoked turkey breast and shred it, it works just as well.

**Sharon Lurie's
mock schnitzels and
white wine mushroom
sauce.**

Plus minus 500g turkey or chicken cut into bite-size pieces (plain or smoked)
1 head butter lettuce
250g fresh strawberries, gooseberries, cranberries, blueberries, or anything that ends in "berries" or a handful of dried cranberries.

1 tin mandarin oranges
1 English cucumber (cut Julienne style)
3 sticks celery (sliced - 1 cm slices)
1 tin water chestnuts (California Delight are kosher for Pesach and give a wonderful crispiness to the salad)
200g caramelised nuts, crushed.

Method:
Cut the turkey into bite-size pieces.

Arrange the butter lettuce on a platter, followed by the berries, celery, drained water chestnuts, mandarins, English cucumber, and turkey.

Just before serving, cover in salad dressing (below) and sprinkle with crushed nuts.

SALAD DRESSING

1 1/2 cups oil
3/4 cup white wine vinegar
1 cup sugar
1/2 tsp salt
1/2 cup mayonnaise
1/2 tsp ground black pepper
2 tsp Diamant's "You'd think it's mustard"
8 cloves garlic

Method:
Combine all of the salad dressing ingredients together with a hand blender or in the food processor and blend for a few minutes until smooth. Store in a glass bottle.

I double up on this recipe and keep it for the whole week.



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Chag Sameach this Pesach



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PASSOVER RECIPES

Mouth-watering Pesach favourites

COMPILED BY SHELLEY ELK

This Pesach, three of our rebbetzins have contributed some of their favourite recipes, for our readers.



Rebbetzen Rochel Goldman of Sydenham-Highlands North Shul, Johannesburg.
(PHOTOGRAPH: SHELLEY ELK)

Rebbetzen Rochel Goldman

Sydenham-Highlands North Hebrew Congregation

"We don't use preserved/processed foods during Pesach, so flavours are all natural. Orange and lemon juice are used for flavouring, and are prepared ahead of time. Pesach meals are very whole-

some and natural for the Goldman family and everyone who eats at their table."

BROWNIES (FROM SPICE AND SPIRIT)

Recipe can be doubled

4 eggs
1 and 1/2 cups sugar
1 cup oil
4 tablespoons cocoa
1 cup potato starch
Optional: 1/2 cup nuts ground or grated chocolate

Method:

Cream eggs and sugar.

Add oil, cocoa, potato starch and nuts/chocolate.

Bake at 170 degrees for 30 min.



ICE CREAM

Pineapple, strawberry or mango (can be layered)

6 egg whites
1 cup sugar
4-6 boxes of strawberry/puree/
2-3 pineapples/4 mangoes
Add drop of oil
Variation: 10 egg whites with 1
tablespoon sugar. Beat together. 2
cups sugar and 1 teaspoon lemon
juice. 4-6 boxes strawberries. Add
drop of oil

Method:

Beat egg whites well.

In a separate bowl, add sugar, oil, fruit. Whip for 3 - 5 min. Add lemon (optional).

Fold into egg whites.

CHICKEN OR TURKEY MARINATED

2 chickens (pieces)
4 onions peeled and sliced
6 potatoes or sweet potatoes sliced
4 carrots
6 baby marrow
2 cups wine light and sweet
2 cups orange juice
1/2 cup lemon

Rebbetzen Rochel Goldman's favourite chocolate brownie recipe from Spice and Spirit.
(PHOTOGRAPH: SHELLEY ELK)



Rebbetzen Rochel Goldman's Carrot Kugel.
(PHOTOGRAPH: SHELLEY ELK)

Method:

Marinate with wine, orange juice and lemon overnight. Layer vegetables. Put chicken and half the sauce in an oven dish.

Bake for 1 hour at 180.

Add remaining sauce until ready.

Uncover to allow to crisp.

CARROT KUGEL

8-10 large carrots
2 cups sugar
1 tsp salt
3 tablespoons potato starch
1/2 cup hot oil
Optional: cinnamon to taste

Method:

Grate and boil carrots. Drain. Add sugar, salt, and hot oil. Mix. Add potato starch last.

Bake at 200 degrees for 1 hour or until crispy.



Wishing you & your family
a blessed Pesach

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my favourite
things



PASSOVER RECIPES



Rebbetzen Aviva Fox
of the Pretoria
Hebrew
Congregation.

Rebbetzen Aviva Fox Pretoria Hebrew Congregation

"Pesach recipes are not really a hot favourite of mine as I am very limited with my ingredients as we do not use anything processed or anything that can't be peeled. Here are some recipes that, although I am certainly not the creator, I use."

MINCED MEAT AND BRINJAL

1kg mince meat
1 green pepper fried
2 onions diced
3 tomatoes peeled and diced
2 brinjals peeled and sliced
Salt to taste

Method:

Fry onions and green pepper in oil until soft.

Add tomatoes and continue frying.

Cook mince in pot with a little water until cooked.

Add salt.

Shallow fry thinly sliced brinjals.

Place all ingredients (except brinjals) into 9 x 13 casserole dish.

Place brinjals on top of mince, forming a layer.

Bake till brown. (1 to 1 1/2 hours)

DIFFERENT KINDS OF KUGEL

CARROT KUGEL:

2 cups grated carrots
1 sweet apple - grated

4 eggs
2 T wine
1 T lemon juice
1/2 cup ground almonds
1/2 cup sugar

Method:

Mix everything together and bake for 40 minutes (190 C)

COURGETTE KUGEL:

Using the above recipe, substitute the carrots for courgettes and substitute the apple for an onion plus potato.

Method:

Peel and blend all vegetables. Fry in pan then mix with other ingredients and bake with a little schmaltz.

POTATO SWEDE KUGEL:

(Serves 6)
2 lb potatoes
1 onion
1 swede
2 carrots

Method:

Grate all vegetables. Season with salt and lemon juice.

Bake 1 hour on 175 degrees.



Rebbetzen Rochel Goldman's mango ice cream.
(PHOTOGRAPH: SHELLEY ELK)



Rebbetzen Lee Liebenberg
of the Claremont Wynberg
Hebrew
Congregation, Cape
Town.

Rebbetzen Lee Liebenberg

Claremont Wynberg Hebrew
Congregation

TZIMMIS (Parev)

1 diced onion glazed in oil
3-6 cups carrots diced
3 cups potatoes diced
2 chicken cubes or 2 tablespoons chicken stock
3 cups boiling water
1 bag prunes
1 teaspoon salt
1 teaspoon cinnamon
1 cup syrup
1/2 teaspoon ginger
black pepper
1 tablespoon potato flour (mixed in a little water)

Method:

Cook on stove till carrots get soft.

Put into oven on 180°C for 3-4 hours mixing every 1/2 hour.

Can be covered.

CHOCOLATE MOUSSE

8 oz parev chocolate
5 eggs
2 tablespoons kiddush wine
1 tablespoon parev margarine

Method:

Melt chocolate.

Separate eggs.

Beat whites till stiff.

Add wine, egg yolks and margarine to chocolate mixture.

Beat for three minutes, then fold in whites.

Refrigerate.

CREAM CARAMEL

1 cup sugar (caramelise)
8 eggs
8 tablespoons sugar
1 litre liquid (4 boxes of Orly Whip)

Method:

Put caramelised sugar into greased cake tin and place in another dish that has water in it.

Beat the rest of the ingredients slowly, then strain onto caramelised sugar base.

Bake at 160°C for about an hour.

Keep topping up second dish with water.

AROUND THE WORLD NEWS IN BRIEF

UKRAINIAN GOVERNMENT RETURNS MORE TORAHS

KIEV, Ukraine - Ukraine has returned more Torah scrolls to local Jewish communities.

The government last Friday transferred six old Torah scrolls to the Union of Religious Jewish Organisations of Ukraine.

Yakov Dov Bleich, the chief rabbi of Kiev and Ukraine who received the scroll fragments, told JTA that he considered the transfer a small step on the way toward all Torah scrolls and fragments being held in the

Ukrainian State Archives being returned to their original communities.

"It seems they returned old, not exploitable Torah scrolls' fragments," Bleich said.

Kiev is a home to between 17 000 and 30 000 Jews.

Some 85 damaged Torah scrolls and fragments were returned last week to the religious Jewish community in the Ukrainian city of Chernigov. (JTA)

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PASSOVER RECIPES

Pesach the chefs' way - Richard Pearce

Richard Pearce, chef/patron of Totally Kosher shares his recipes with Jewish Report. Pearce says cooking is "a walk in the cake" and the more love you put into it, the better it tastes. There is nothing better than old school-style cooking and standing at the stove for hours."



Richard Pearce's seared salmon and honey and mock mustard glaze.

COMPILED BY SHELLEY ELK
PHOTOGRAPHS: SHELLEY ELK

FISH

Seared salmon with a honey and mock mustard glaze. Set on sliced cocktail tomatoes and citrus segments with a lettuce bouquetier in a cucumber ring.

4 (170g) salmon fillets, skinned
200g Lola bianda lettuce (red oak)
2 lemons, halved

Cucumber ribbons, using a peeler
peel 4 strips

Wrap around your fingers to
make a tube place the lettuce
inside.

Citrus segments (orange, lemon
and or grapefruit)

THE DRESSING

Large handful of fresh thyme,
leaves picked

Salt
4 tablespoons oil

1 lemon, juiced
1 teaspoon "Its not really mustard"
1 table spoon honey

Method:

Season the salmon fillets and light-
ly drizzle them in oil.

Heat a griddle pan (or, ideally,
use a barbecue) and, when very
hot, sear the salmon and vegeta-
bles until nicely char-grilled. This
should only take a few minutes on
each side.

Remove the salmon from the
heat. Toss the citrus segments,
drizzle with the dressing and serve
with the salmon. Finish off with a
bit more dressing drizzled over the
salmon.

Yield: 4 servings

Prep time: 15 minutes

Cook time: 15 minutes

SOUP

Zucchini with roasted almonds
Serves 4

Zucchini or baby marrow
Onion
Garlic
Potato
Chicken stock powder (parev con-
sommé)
Water

Method:

Cut all ingredients into small
cubes, place in a pot of hot water
(about 1.5 litres) and bring to the
boil.

Once at the boil, reduce to a sim-
mer. Using a hand blender, liq-
uidise until smooth, allow to
reduce to get the consistency you
desire.

DESSERT

Chocolate brownie bome with a
mango and apricot mousse
served with seasonal fruits
and almond tuille.

MANGO AND
APRICOT COULIS

2 large mangoes
peeled stoned and
diced
50gr dried
Turkish apricots
cut into cubes
juice of 1/2 lime
55gms light
brown sugar
1 tbsp orange
liqueur (option-
al)

Richard Pearce's
zucchini soup with
roasted almonds.



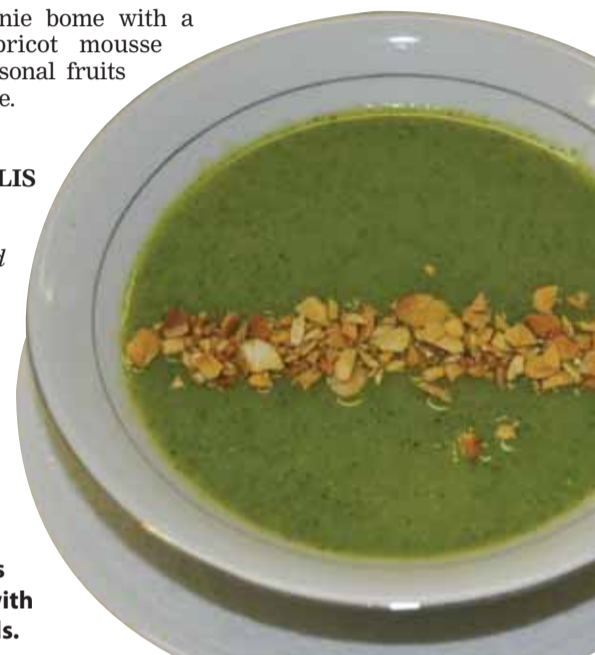
Richard Pearce, Totally Kosher.

Method:

Blitz all together in a food proces-
sor until smooth.

To make in to the mousse.

Whip up one sachet of Orley
Whip and fold in 100 ml of the
coulis (make sure it very cold or it
will flop).

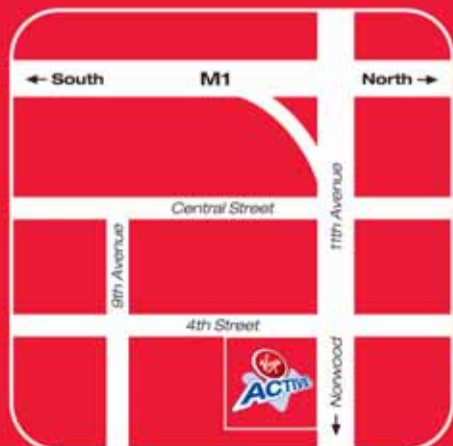


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PASSOVER RECIPES



Richard Pearce's chocolate brownie bome with a mango and apricot mousse served with seasonal fruits and almond tuille.

CHOCOLATE BROWNIES

Prep time: 15 minutes
Cook time: 30 minutes

4 1-oz squares semisweet chocolate, chopped
1/2 cup unsalted butter
3/4 cup sugar
1/2 cup cocoa
3 eggs, beaten
1/4 tsp salt
1 tsp. vanilla

Method:

Preheat oven to 300 degrees F. Using solid shortening, grease an 8" cake pan and dust with cocoa; set aside.

In microwave, melt chocolate and butter in bowl on medium power, stirring once, until melted. Add sugar, 1/2 cup cocoa, eggs, and vanilla and mix well.

Pour into prepared pan.

Bake at 300 degrees F for 30 minutes. Cool for 5 minutes, then turn out onto a wire rack and cool completely.

Serve with melted vanilla or chocolate ice cream, if desired, for a sauce. Serves 8

CHOCOLATE SAUCE

100gr cocoa powder
150gr sugar
50gr margarine
200ml water
100ml Orley Whip not whipped

Method:

Put all ingredients in a pot except for the Orley Whip, mix until all melted together.

Once cool, pour in Orley Whip, if too bitter, add some more sugar.

To assemble the dish:

Use any size bowl, line the inside with cling wrap and fold it over, so it makes it easy to remove the cake.

Press the brownie cake on the inside of the bowl.

Fill with the mousse.

Take the leftover cake and cut strips to seal it at the base.

Turn it over, pull the plastic down and pop the cake out from the bowl.

Remove the plastic.

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Chag Sameach

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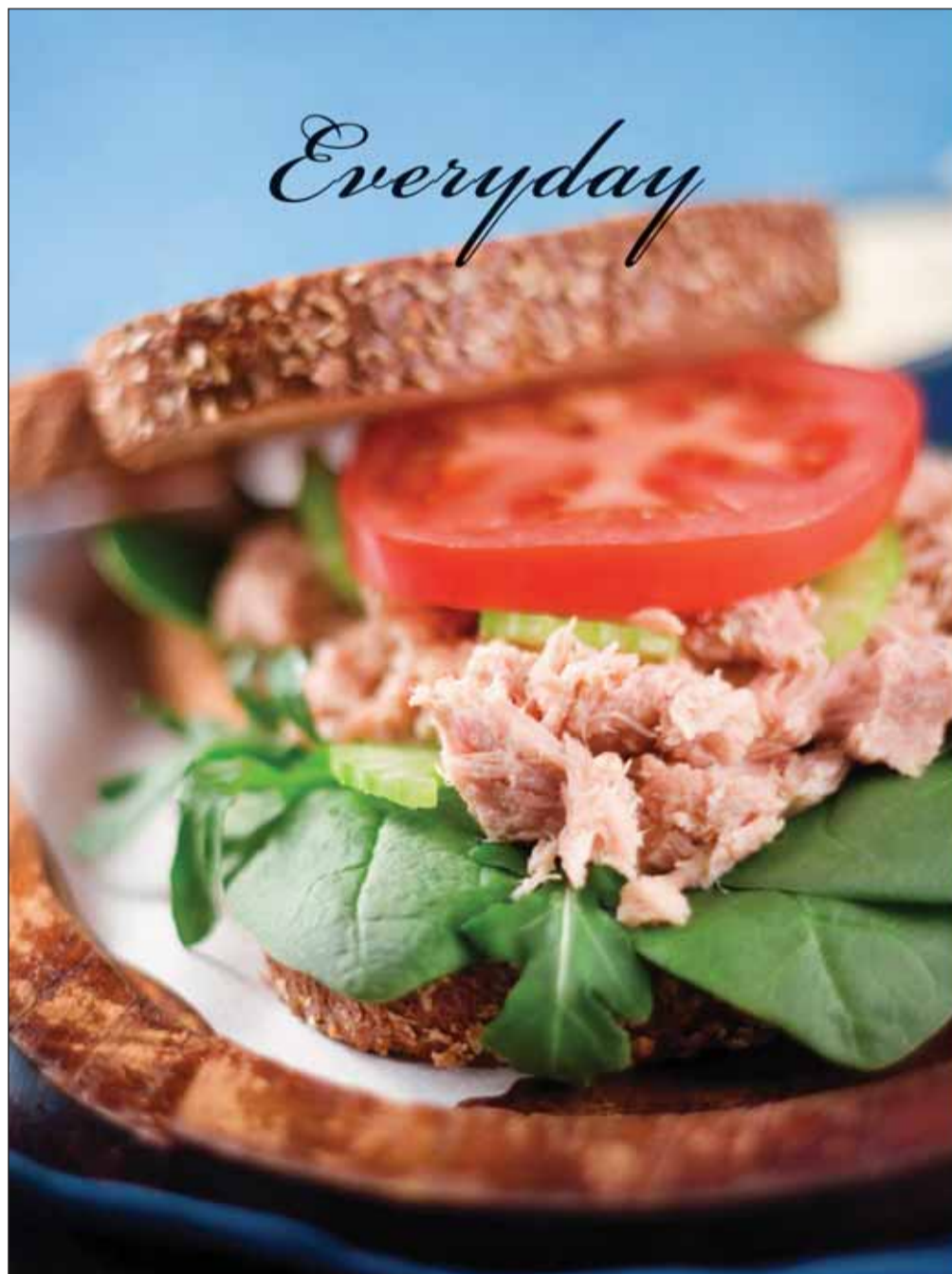
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