



### What Will I Eat During Sukkot?

As we all know, food is a **VERY** important part of any Jewish Holiday! Here are a few favorite recipes from some of your CBS friends and neighbors to spice up your Sukkot celebrations. Since these recipes have been collected for many years, there are recipes from new friends and those who are no longer with us. All the recipes are curated with love and wishes for a chag sameach...

**B'tayavon!**

#### Hot Sukkah Cider (Charlene Sales)

**PAREVE**

##### **Ingredients:**

1 gallon apple cider  
2 teaspoons whole cloves  
2 teaspoons whole allspice  
2 3-inch sticks cinnamon  
2/3 cups sugar

##### **Directions:**

Heat cider, cloves, allspice, cinnamon, and sugar to boiling; reduce heat. Cover and simmer 20 minutes. Strain punch.

#### Joyce's Pretzels (Susan Stoehr)

**PAREVE**

##### **Ingredients:**

1 can of room temperature beer  
1 package yeast  
½ teaspoon sugar  
4 – 4 1/2 cups all-purpose flour  
egg  
kosher salt

#### **(Joyce's Pretzels – continued)**

##### **Directions:**

Preheat oven to 435. Pour 1 can of room temperature beer in food processor with 1 package yeast and ½ teaspoon sugar. Process for 5 seconds. Add 4 – 4 1/2 cups all-purpose flour very slowly, processing until a ball forms. Place in lightly oiled bowl and let rise for 1 hour. Pour dough onto table and cut into 12 sections. Roll each section into 15" length and twist into pretzel shape. Place on greased cookie sheet and brush with beaten egg. Sprinkle with kosher salt. Bake about 15 minutes till golden brown. This can make 24 small pretzels or 6 large ones—ENJOY!! Goes great with **Potato Bean Soup!**

#### Black Bean Salsa (Gillian Krieger)

**PAREVE**

Mix the following together in a medium size bowl:

##### **Ingredients:**

2 – 15 oz cans of black beans, drained and rinsed, until water is clear  
1 1/2 cups of frozen corn, thawed  
2 medium plum tomatoes, diced  
1 green pepper, diced  
1 red pepper, diced  
½ cup red onion, diced  
1 – 2 fresh jalapeno peppers, deveined, seeded and diced  
½ cup cilantro, chopped  
½ teaspoon cayenne pepper, to taste

##### **Dressing:**

Mix together very well in a glass jar:  
1/3 cup lime juice  
1/3 cup olive oil  
1 teaspoon cumin

**(Black Bean Salsa continued)**

**Directions:**

Pour dressing onto the vegetables and mix together. The smell is very strong, but this mellows out overnight. Serve with tortilla chips and/or on a bed of lettuce as a side dish.

**Easy Fruity-Cheese Spread**  
**(Rabbi Warner Ferratier)**

**DAIRY**

**Ingredients:**

1 package of Philadelphia Cream Cheese slightly softened  
1 cup of Cranberry or Mango Chutney (available in the "international aisle" of many stores  
Melba Toast, Triscuits or other crackers

**Directions:**

Place softened cream cheese on a plate, top with chutney. Spread over crackers and enjoy!

**4 Bean Salad (Pareve)**  
**(Rabbi Warner Ferratier from Taste of Home)**

**Ingredients:**

1 Can Kidney Beans (rinsed and drained)  
1 Can Garbanzo Beans (chickpeas) (Rinsed and drained)  
1 Can Cut Green Beans (drained)  
1 Can Cut Wax Beans (drained)  
¼ cup julienned green pepper  
8 green onions, sliced  
¾ cup sugar  
½ cup cider vinegar  
¼ cup canola oil  
½ teaspoon salt

**Directions:**

In a large bowl, combine all of the beans, green pepper and onion. In a small bowl, whisk the remaining ingredients until sugar is dissolved. Pour over bean mixture. Toss to coat. Cover and refrigerate overnight, stirring several times. Serve with a slotted spoon.

**Mandarin Salad**  
**(Judy Balter)**

**PAREVE**

**Ingredients:**

1 head iceberg or romaine lettuce, shredded  
1 cup slivered walnuts, or salted cashews  
3 scallions, thinly sliced  
1 cup chow mein noodles  
¼ cup sunflower seeds or raisins  
Toss all ingredients together. Just before serving, add 1 eleven ounce can of mandarin oranges.

**Dressing:**

6 tablespoons tarragon vinegar      ½ cup oil  
4 tablespoons brown sugar      ½ to 1 teaspoon salt

**Directions:**

Blend salad with dressing ingredients that have been whisked together. Serves 6

**Spinach Casserole**  
**(Leann Blue)**

**DAIRY**

**Ingredients:**

2 packages chopped spinach      ¾ teaspoon celery salt  
4 tablespoons butter      ½ teaspoon salt  
2 tablespoons flour      ½ teaspoon pepper  
2 tablespoons chopped onions      about 4 ounces  
½ cup evaporated skim milk      jalapeno pepper  
½ cup spinach liquid      cheese, cubed  
¾ teaspoon garlic salt      about 4 ounces monterey jack  
1 teaspoon Worcestershire sauce      cheese, cubed  
breadcrumbs

**Directions:**

Cook spinach. Drain and reserve ½ cup liquid. Melt butter; add flour and stir until smooth. Add onion and cook until soft. Add liquid and milk and cook until thick. Stir in remaining seasoning and cheese.

**(Spinach Casserole—continued)**

Stir until cheese melts. Combine with spinach and pour into casserole. Top with breadcrumbs. Bake at 350 for 45 minutes.

**Potato Bean Soup**  
**(Susan Stoehr)**

**DAIRY**

**Ingredients:**

- ½ cup sliced celery
- 2 medium carrots
- 1 clove minced garlic
- 2 ½ teaspoons margarine
- 4 cups vegetarian or pareve chicken broth
- 4 medium potatoes, cut in fourths
- 2 teaspoons dried dill weed
- 1 – 2 cans cannellini or great northern beans
- ½ cup plain non-fat yogurt OR fat free sour cream
- 1 tablespoon flour
- 1/8 teaspoon pepper

**Directions:**

Sauté celery, carrots, and garlic in margarine. Add broth, potatoes, and dill weed. Boil—reduce and simmer about 30 minutes. Lightly mash about half the potatoes. Add 1 or 2 cans of beans (depending on if you like it very bean-y!). Stir. Mix yogurt **OR** sour cream with the flour and pepper. Stir in and let thicken and bubble one more minute. Goes great with **Joyce’s Pretzels**.

**Vegetable Soup for the Sukkah**  
**(Judy Wolkin)**

**PAREVE**

**Ingredients:**

- 2 tablespoons peanut oil
- 3 medium carrots, pared and cut into ½ inch slices
- 3 medium parsnips, pared and cut into ½ inch slices
- 3 ribs celery, cut into ½ inch slices
- 1 medium onion, coarsely chopped

**(Vegetable Soup for the Sukkah—continued)**

- 8 ounces sliced mushrooms
- 2 cloves garlic, crushed
- 1 teaspoon dried thyme, crumbled
- ½ cup whole barley
- ½ cup wild rice, rinsed
- 7 cups vegetable broth
- 2 cups water
- 3 small potatoes, peeled and cut into ½ - inch cubes
- 1 medium tomato, peeled and diced
- salt and freshly ground pepper
- \*6 oz.fresh spinach, trimmed, rinsed and torn into bite size pieces

**Directions:**

Heat oil in a Dutch oven over medium heat. Add carrots, parsnips, celery, onion, mushrooms, garlic and thyme. Cook, stirring frequently, until slightly softened, about 5 minutes. Add barley and rice; stir to coat. Stir in broth, 2 cups water, the potatoes and tomato.

Cover and bring to a boil. Reduce heat to medium – low; simmer covered, skimming and stirring occasionally, 1 hour. Add salt and pepper; simmer covered 3 more minutes. Serve hot. \*Add spinach to each bowl before ladling hot soup over.

**Pumpkin Stew**  
**(Barbara Barnett)**

**MEAT**

**Ingredients:**

- |                          |                              |
|--------------------------|------------------------------|
| 1 medium sized pumpkin   | 1 teaspoon “Kitchen Bouquet” |
| 2 ½ pounds stew meat     | 2 tomatoes, quartered        |
| ½ cup flour              | ½ green pepper, chopped      |
| 1 teaspoon seasoned salt | ½ cup red wine               |
| ¼ teaspoon pepper        | 1 cup dried apricots         |
| ¼ cup oil                | 1/3 cup red wine             |
| 1 large onion, sliced    | 6 carrots, quartered         |
| 3 cups beef broth        | 1 can small white potatoes   |
| salt and pepper to taste | 3 sweet potatoes, cooked     |
| 2 cloves garlic, minced  | ¼ cup parsley, chopped       |
| 2 bay leaves             | 10 ounces frozen corn        |
| 1 teaspoon thyme         | 1 tablespoon cornstarch,     |

### **(Pumpkin Stew—continued)**

½ teaspoon paprika  
1 tablespoon Worcestershire

dissolved in 3  
Tablespoons water

#### **Directions:**

Combine flour, seasoned salt, and pepper. Coat meat in this seasoned flour. Heat oil in large Dutch oven or soup pot. Brown meat and onions in oil. Add broth to pot and bring to boil. Reduce heat to a

simmer. Add garlic, bay leaves, thyme, paprika, Worcestershire, “Kitchen Bouquet”, tomatoes, green pepper, and ½ cup wine. Simmer for 2 hours. While stew simmers, soak apricots in 1/3 cup wine. Open pumpkin at top by cutting circle around stem to make a lid. Clean out pulp and seeds. After about 2 hours cooking time, add carrots, white and sweet potatoes, parsley, apricots, and wine. Simmer 1 hour more. Add dissolved cornstarch and frozen corn. Simmer 10 minutes. Transfer stew to pumpkin. Bake in 350 oven for 45 minutes, or until pumpkin is almost soft.

### **1,2,3 Lasagna (Lisa Alter Krule)**

**DAIRY**

#### **Ingredients:**

½ package lasagna noodles, cooked and drained  
2 – 16 oz. Carton of ricotta cheese  
4 eggs  
2 tablespoons parsley, minced  
1 tablespoon oregano or Italian seasoning  
1 large can of marinara sauce  
1 pound of mozzarella or muenster cheese sliced thick  
¼ cup grated parmesan cheese

#### **Directions:**

Cook and drain lasagna noodles according to package directions. Combine ricotta cheese, eggs, parsley and seasonings. Pour a little sauce into a 9x13 baking dish to coat the bottom. Arrange a layer of half each noodles, ricotta mixture, sauce and cheese.

### **(1,2,3 Lasagna – continued)**

Repeat. Sprinkle with parmesan cheese. Bake at 350<sup>l</sup> for 45 min. Let stand for 15 min. before cutting. Variation: Try adding a 10 oz. package of thawed, chopped spinach to ricotta mixture. Makes 6 – 8 servings.

### **Meatless Stuffed Peppers (Rabbi Aaron Melman)**

**DAIRY**

#### **Ingredients:**

5 large peppers (Rabbi Melman prefers red, but green will work also)  
2 cups meatless ground beef crumbles (any *hechshered* brand)  
2 tablespoons chopped onion  
1 cup cooked rice  
1 teaspoon salt  
1/8 teaspoon garlic salt  
1 can (15 oz.) tomato sauce  
¾ cup shredded mozzarella

#### **Directions:**

Cut tops of peppers, remove seeds, rinse. Cook 5 minutes in enough boiling water to cover peppers. Drain. Sauté onions until tender; add meatless ground beef crumbles, rice, salt, garlic salt and 1 cup of tomato sauce. Heat thoroughly. Stuff peppers with mixture. Stand upright in square baking dish. Pour remaining sauce over peppers. Cover dish and bake at 350<sup>l</sup> for 45 minutes. Uncover, sprinkle with cheese, and bake for 15 minutes. ENJOY!

### **BBQ Brisket Sliders (Lisa Orlov)**

**MEAT**

#### **Ingredients:**

3-pound brisket  
one can of coca cola  
one package of onion soup mix  
a bottle of chili sauce

### **(BBQ Brisket Sliders continued)**

#### **Directions:**

Combine brisket, onion soup mix, coca cola and chili sauce in crock pot for 6 to 8 hours. Upon completion of cooking, shred brisket with a fork. Scoop out brisket onto buns and enjoy.

### **Sloppy Joe's—Turkey Style** **(Gillian Krieger)**

**MEAT**

#### **Ingredients:**

1 pound ground turkey (not the leanest as it can be hard to brown without adding a little oil)  
½ cup chopped onion  
½ cup chopped celery  
1 – 8 oz. can tomato sauce  
¼ cup ketchup  
1 tablespoon red wine vinegar  
1 tablespoon sugar  
1 ½ tablespoon Worcestershire sauce  
1 teaspoon salt  
1/8 teaspoon pepper  
Red pepper flakes, optional

#### **Directions:**

Spray frying pan, brown meat. Add vegetables, cook about 10 minutes. Add remaining ingredients, cover and simmer for about 20 minutes. Add additional seasonings to taste. Serve over hamburger style buns.

**NOTES:** You can also make this with ground beef. Recipe doubles very easily.

### **Slow Cooker Turkey Chili** **(Sue Lampert)**

**MEAT**

#### **Ingredients:**

20 oz. ground turkey  
20 oz boneless turkey breast tenderloins (cut into bite size pieces)  
15.8 oz. Great Northern White Beans (drained)  
15 oz. Black Beans (drained)

### **(Slow Cooker Turkey Chili continued)**

14.5 oz. Petite Diced Tomatoes  
14.5 oz. Diced Tomatoes  
18 oz. (or larger) Stewed Tomatoes  
15 oz. Tomato Sauce  
10 cloves Garlic (pressed)  
(2) 4 oz. cans Diced Green Chilis  
2 Green Peppers (diced small)  
2 Yellow (medium size) Onions (diced small)  
1 1/2 Tbsp Cumin  
1/2 to 3/4 tsp. fresh ground pepper  
1 tsp Sea Salt  
1/2 tsp Cayenne Pepper

#### **Directions:**

Place turkey in slow cooker first. Add all tomato-based products. Add drained beans. Add remainder of ingredients. Stir well. Cook 4 to 5 hours on High.

Can serve immediately, but even better if cooled, then refrigerated overnight in a tightly sealed glass container.

### **Braised Lamb Shanks with Barley, Onions, and Ale** **(Judy Wolkin)**

**MEAT**

#### **Ingredients:**

8 lamb shanks  
¼ cup olive oil  
Salt and freshly ground pepper to taste  
12 ounces pearl onions, peeled  
8 garlic cloves, slivered  
4 – 12-ounce bottles amber ale  
4 cups chicken broth  
¼ cup Dijon mustard  
½ cup balsamic vinegar  
¼ cup molasses  
½ cup pearl barley  
1 parsnip cut into medium dice  
1 carrot cut into medium dice  
1 cup medium dice celery root

### **(Braised Lamb Shanks—continued)**

1 cup medium dice rutabaga  
Thyme sprigs for garnish

#### **Directions:**

Preheat oven to 400°. Coat the shanks with the oil and season with salt and pepper. Place the shanks in a roasting pan or Dutch oven large enough to hold them in a single layer. Roast, uncovered, for 20 to 30 minutes, or until the shanks are deep brown, but not burned. Remove the shanks from the pan and set aside. Pour off most of the fat from the pan and place over medium heat. Add the pearl onions and sauté for 8 to 10 minutes, or until golden brown. Add the garlic and sauté for 1 minute. Pour in 2 bottles of the ale and stir to loosen the pan drippings. Simmer for 3 minutes, then add the remaining 2 bottles of ale, the broth, mustard, vinegar, and molasses. Bring to a boil and add the shanks, plus any juices they may have released, to the pan. Spread the shanks out into one layer. Reduce the oven temperature to 350. Cover the pan with a lid or aluminum foil and put in the oven. Braise the shanks for 1 hour. Stir in the barley and vegetables and turn the shanks over. Cover the pan and braise for another hour, covered until the vegetables are tender and the lamb is almost falling off the bone. Spoon any excess fat from the surface of the sauce. Taste and adjust the seasoning with salt and pepper. To serve, place the shanks on a warmed serving platter or plates and spoon the vegetables and sauce over them. Garnish with thyme sprigs.

### **Freida's Chicken (Leann Blue)**

**MEAT**

#### **Ingredients:**

5 chicken breasts  
3 or 4 large spanish onions, chopped  
fresh garlic to taste  
1 telma cube, crushed  
paprika, to taste  
pepper, to taste  
pinch of sugar **AND** a pinch of flour

### **(Freida's Chicken—continued)**

#### **Directions:**

Preheat oven to 500. Combine onions, garlic, crushed Telma cube, paprika, and pepper together in a bowl. Use your hands, squeezing as you mix to release the "juice" from the onions. Rub each piece of chicken with the mixture and then place in a roasting pan with any remaining onion mixture. Sprinkle a pinch of sugar and a pinch of flour on top of the chicken/onion mixture and cover tightly with foil or a top. Place in the oven for 30 minutes. **DO NOT PEAK.** After the 30 minutes, lower the oven to 350 and cook for another 30 minutes. Take top off to brown and baste. Let finish until brown.

### **Almond & Raspberry Tart (Terri Schwartz)**

**PAREVE**

#### **Ingredients:**

1 cup flour  
1/3 cup sugar  
¼ teaspoon salt  
6 tablespoons margarine  
1 large egg  
1 teaspoon vanilla extract  
½ teaspoon almond extract  
½ cup plus 2 tablespoons slivered almonds, toasted  
2/3 cup plus 2 tablespoons seedless raspberry jam  
2 ½ -pint baskets of raspberries

#### **Directions:**

Preheat oven to 375. Combine flour, sugar and salt in processor, Blend 10 seconds. Add margarine. Using ON/OFF turns, blend until mixture resembles coarse meal. Add egg and vanilla and almond extracts. Using ON/OFF turns, process until moist clumps form. Gather dough into ball. Using floured fingertips, press dough onto bottom and up sides of 9" tart pan with removable bottom. Press ½ cup almonds over bottom of crust; spread with 2/3cup jam. Bake tart until crust is golden at edges and jam is bubbling thickly, about 40

**(Almond & Raspberry Tart—continued)**

minutes. Cool on rack. Push up bottom to release tart. Toss raspberries with remaining 2 tablespoons jam. (Do not do in advance as berries will become very moist and mushy). Top jam layer with berries. Sprinkle 2 tablespoons almonds around edge of tart.

**Secret Chocolate Cake  
(Judy Balter)**

**DAIRY OR PAREVE**

**Ingredients:**

- |                               |                                  |
|-------------------------------|----------------------------------|
| 2 ½ cups flour                | ½ teaspoon almond extract        |
| ½ teaspoon baking soda        | 1 cup margarine, softened        |
| 6 ounces semi-sweet chocolate | 2 cups sugar, may use substitute |
| 1 cup chocolate syrup         | 4 eggs, well beaten              |
| 1 teaspoon vanilla            | 1 ½ cups applesauce              |

**Directions:**

Grease and flour bottom of a 10-inch angel food cake pan with removable bottom. Sift together flour and baking soda. Over very low heat, melt chocolate and then stir in chocolate syrup, vanilla, and almond extract; set aside to cool. Cream margarine and sugar; thoroughly beat in eggs. Add chocolate mixture. Stir in flour mixture in four parts, alternating with applesauce; begin and end with flour mixture. Turn into prepared pan. Bake at 325 for 1 ¼ hours, or until tester comes out clean. Place pan on wire rack to cool for 15 minutes, then turn out and cool completely before cutting.

**Taffy Apples  
(David Hakimian)**

**DAIRY**

Buy 'em! Affy Tapple is a great brand than is readily accessible!

**Apple Taffy Cake  
(Holly Fox, mother of Stacy Ybarra)**

**DAIRY OR PAREVE**  
(depending on cake mix)

**Ingredients:**

- 1 super moist yellow cake mix
- 1 1/3 Cup water
- 1/3 cup margarine, softened
- 2 1/2 cups chopped apples (about 3)
- 4 eggs
- 3/4 cup graham cracker crumbs (about 10 squares)
- 1 1/2 teaspoons cinnamon
- 3/4 cup packed, brown sugar

**Directions:**

Preheat oven to 350.

Mix cake mix, water, margarine, eggs crumbs and cinnamon on low speed 30 seconds. Beat on medium speed for 2 minutes. Fold in apples.

Pour into greased and floured 9 x 13 pan. Sprinkle evenly with brown sugar.

Bake at 350 degrees until cake pulls away from pan and wooden pick comes out clean. 38-43 minutes

Cool completely before cutting.

**Apple Cobbler  
(Judy Wolkin)**

**PAREVE**

**Ingredients:**

- 1 cup light brown sugar
- 1 tablespoon cinnamon
- 3 ½ pound apples, peeled and sliced

**Topping:**

- 1 cup flour
- 1 cup sugar
- 2 sticks margarine, cut into small cubes

**(Apple Cobbler continued)**

**Directions:**

Preheat oven to 450°. Butter a 13 x 9 pan. Combine apples, cinnamon and brown sugar. Place apples in pan. Combine topping ingredients. Cut in margarine until coarse meal is formed. Place topping over apples. Bake 20 minutes and then reduce temperature to 325° until brown (about 30 minutes).

**Lemon Bars**

**(Elisa Rotman)**

**PAREVE**

**Ingredients:**

1 ½ cups and 3 tablespoons flour  
½ cup icing (confectioner's) sugar  
4 eggs, slightly beaten  
1 teaspoon baking powder  
¾ cups cold margarine  
1 ½ cup sugar  
½ cup lemon juice  
extra icing sugar

**Directions:**

Combine 1½ cups of the flour and the ½ cup icing sugar. Cut in the margarine until a coarse texture is formed. Press into the bottom of a 9 x 13 pan and bake for 15 minutes or until slightly browned. Combine eggs, sugar baking powder, lemon juice and 3 tablespoons flour and mix well. Pour over the baked crust and bake for 20 minutes or until light brown. Cool and cut into bars. Sprinkle with icing sugar and refrigerate.

**Edible Sukkah**

**(Judy Grossbard)**

**DAIRY**

**Ingredients:**

3 halves of graham crackers  
Creamy peanut butter or Chocolate spread  
3-5 small thin pretzel sticks  
fruit shaped cereal (Trix, for example)

**(Edible Sukkah continued)**

**Directions:**

Spread peanut butter or chocolate spread and apply to edges of graham crackers. Use as glue to hold two crackers together lengthwise. Repeat for the other side making the three crackers stand up to form a sukkah (hut). Take some of the fruit shaped cereal and dip it into the peanut butter and stick onto the inside/outside walls. Take pretzel sticks and add peanut butter all around. Stick cereal onto pretzel and lay on top of crackers to make roof. Repeat with enough pretzels to cover the roof, but remember to let the "sky show through"!

**Great Pumpkin Cookies**

**(Holly Fox, mother of Stacy Ybarra)**

**PAREVE**

**Ingredients:**

|                            |                       |
|----------------------------|-----------------------|
| 2 cups flour               | 1 cup sugar           |
| 1 cup oats, uncooked       | 1 egg                 |
| 1 teaspoon baking soda     | 1 cup raisins         |
| 1 teaspoon ground cinnamon | 1 teaspoon vanilla    |
| 1/2 teaspoon salt          | 1 cup canned pumpkin  |
| 1 cup margarine, softened  | 1 cup chocolate chips |
| 1 cup brown sugar          |                       |

**Directions:**

Preheat oven to 350. Combine flour, oats, baking soda, cinnamon and salt. Cream butter, add sugars and beat until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin. Stir in morsels. Drop dough by teaspoon on lightly greased cookie sheets. Bake 15 minutes.

Makes 4 dozen cookies.

Many thanks to all those who shared recipes. If anyone else has a favorite recipe to share, send it to [LBlue@Bethshalomnb.org](mailto:LBlue@Bethshalomnb.org) and we will try to post it on the CBS website!