

# Chosen Matzo Ball Soup

BY JOAN NATHAN

## INGREDIENTS

FOR THE SOUP:

- 1 large chicken (about 4 pounds)**
- 2 large onions, unpeeled**
- 4 parsnips**
- 2 stalks celery and their leaves**
- 6 carrots**
- 6 tablespoons chopped fresh parsley**
- 6 tablespoons snipped dill**
- 1 tablespoon salt**
- 1/4 teaspoon coarsely ground black pepper**

MATZO BALLS:

- 4 large eggs**
- 4 tablespoons schmaltz (rendered chicken fat) or vegetable oil**
- 4 tablespoons chicken stock**
- 1 cup matzo meal**
- 1/4 teaspoon ground nutmeg**
- 1/2 teaspoon ground ginger**
- 2 tablespoons finely chopped parsley, dill, or cilantro**
- 1 teaspoon salt, more for cooking**
- 1/4 teaspoon coarsely ground black pepper**

## PREPARATION

### Step 1

Put the chicken and enough water to cover by two inches, about 4 quarts, in a large pot and bring the water to a boil. Skim off the froth as it rises to the top.

### Step 2

Add the onions, parsnips, celery, carrots, parsley, 4 tablespoons of the dill, and the salt and pepper. Half-cover and simmer for at least an hour and up to 2 hours, adjusting the seasoning to taste.

### Step 3

Refrigerate for 2 to 3 hours or overnight so the liquid solidifies. When the fat rises to the top, skim it off and reserve for the matzo balls.

### Step 4

To make the matzo balls, using a spoon, gently mix the eggs, schmaltz, stock, matzo meal, nutmeg, ginger, and parsley, dill, or cilantro in a large bowl. Season with salt and 2-3 grinds of the pepper. Cover and refrigerate until chilled, at least an hour or overnight.

### Step 5

To shape and cook the matzo balls, bring a wide, deep pot of lightly salted water to a boil. With wet hands, take some of the mix and mold it into the size and shape of a golf ball. Gently drop it into the boiling water, repeating until all the mix is used.

### Step 6

Cover the pan, reduce heat to a lively simmer and cook for about 20 minutes for al dente matzo balls, closer to 45 for lighter matzo balls. To test their readiness, remove one with a slotted spoon and cut in half. The matzo ball should be the same color and texture throughout.

**Step 7** Just before serving, strain the soup, setting aside the chicken for chicken salad and discarding the vegetables, and reheat the broth. Spoon a matzo ball into each bowl, pour soup over matzo ball, and sprinkle with the remaining snipped dill.

**Yield:** 10 to 12 matzo balls

# Matzo Brei

From 'The World Famous Ratner's Meatless Cookbook'

BY PETER GETHERS

## INGREDIENTS

- 3 matzos**
- ½ teaspoon salt**
- ¼ teaspoon pepper**
- 2 eggs, well beaten**
- 2 tablespoons butter**
- Jam, applesauce, or sour cream (optional)**

## PREPARATION

### Step 1

Soak the matzos in lukewarm water until soft. Drain thoroughly. The matzos will be crumbly.

### Step 2

Season with salt and pepper. Stir in the eggs.

### Step 3

Heat the butter in an 8-inch skillet. Add the matzo mixture and cook without stirring. Brown on one side, turn carefully with two pancake turners, and brown on the other side.

### Step 4

Serve hot with jam, applesauce, or sour cream.

**Yield:** Serves 2

# Braised Short Ribs

BY JOAN NATHAN

## INGREDIENTS

- 7 pounds beef short ribs cut in 4-inch portions**
- Salt and freshly ground black pepper to taste**
- 3 large Spanish onions, peeled and roughly chopped**
- 3 large carrots, peeled and roughly chopped**
- 2 stalks celery, roughly chopped**
- ¼ cup vegetable oil**
- 3 cloves garlic, peeled and smashed**
- 1 inch piece ginger, peeled and smashed**
- ¼ cup tomato paste**
- 4 cups red wine**
- 2 cups pitted prunes, divided**
- 2 cups slivered almonds, lightly toasted, divided**
- ½ bunch parsley, chopped and divided**
- ½ bunch cilantro, chopped and divided**
- 1 tablespoon thyme**
- 1 bay leaf**
- 1 stick cinnamon**
- 1 clove**
- 3 whole star anise**
- 2 cardamom pods**
- 1 teaspoon coriander seeds**
- Zest of 1 orange cut in strips**
- 4 cups beef broth**

## PREPARATION

### Step 1

Season the short ribs generously with salt and pepper and refrigerate for 1 hour. Remove the ribs from the refrigerator and allow them to sit at room temperature for half an hour. Meanwhile, combine the onions, carrots, and celery in the bowl of a food processor fitted with the blade attachment, and pulse about 6 to 8 times until the pieces are chunky and relatively the same size, about 1 inch thick.

### Step 2

Set a heavy wide pan over medium-high heat and add the oil, heating until the oil shimmers. Add the beef and sear well, about 3 minutes per side. Transfer to a plate.

### Step 3

Add the onion mixture, garlic, and ginger to the pan and stir until the onions begin to brown, about 5 minutes. Add the tomato paste and broth and cook for 1 minute, until the color begins to turn brick red. Turn the heat to high, and add the wine, scraping the bottom of the pan with a wooden spoon. Reduce the heat to medium, and simmer until reduced by half, about 10 minutes.

### Step 4

Preheat the oven to 325 degrees. Add 1 cup of the prunes and 1 cup of the toasted almonds. Tie up half of the parsley with the cilantro and bay leaf into an herb bouquet and put the thyme, cinnamon, clove, star anise, cardamom, coriander, and orange zest in a piece of cheesecloth or an herb infuser. Add them to the pot with the wine and vegetables and return the short ribs to the pot. Bring to a boil.

### Step 5

Cover the pot and transfer it to the oven. Cook for approximately 2 ½ hours, or until the meat is falling off the bones. Cool completely in the pan, then refrigerate overnight.

### Step 6

Skim the fat off the top of the mixture, then transfer the beef to a large bowl, discarding any loose bones, the herb bouquet, and the cheesecloth or herb infuser. Add the remaining cup of prunes. Heat, stirring occasionally, until gently reheated. Garnish with the remaining parsley, cilantro, and almonds and serve.

# Kid-Friendly Charoset

BY SALLY SAMPSON

## INGREDIENTS

- 2 large tart apples, diced or shredded**
- 1 cup toasted walnuts, almonds, pistachios, or pecans**
- ½ cup dried fruit, such as raisins, dates, apricots, or figs**
- 1 tbsp lemon juice, cider vinegar, brandy, or sweet wine**
- ½ tsp ground cinnamon (optional)**
- 1 tbsp honey (optional, depending on which dried fruit you use)**
- 1 pinch kosher salt**

## PREPARATION

Put all the ingredients in a bowl and mix well. If you would like a more spreadable consistency, put the mixture in a food processor fitted with a steel blade and pulse until it reaches the texture you like.

### Notes

This is a particularly good recipe to make with kids because there is no “right” way to do it. Although almost every tradition includes apples and nuts, each uses slightly different ingredients. Consider putting out a variety of ingredients in small bowls and letting each child make his or her own version.

Dried fruit can include raisins, dates, figs, and dried apricots; sweetener may not be necessary but could be honey, maple syrup, or sugar. Liquid can include lemon juice, apple cider vinegar, brandy, or sweet wine. Italian Jews often add chestnuts, while Spanish Jews add coconut.

# Breakfast Berry Crumble

BY JOAN NATHAN

## INGREDIENTS

- 1 pint strawberries
  - 1 pint blueberries
  - 1 pint raspberries or blackberries, or a combination
  - 2 Tbsp sugar
  - 2 tsp fresh lemon juice
  - 1 tsp lemon zest
  - ½ tsp cinnamon
  - 1 cup almond flour
  - ¼ tsp sea salt
  - ⅔ cup brown sugar
  - ½ cup sliced almonds
  - ½ cup cashew pieces
  - 4 Tbsp butter or margarine, melted
- Greek yogurt or vanilla ice cream (optional)

## PREPARATION

### Step 1

Preheat oven to 350 degrees.

### Step 2

Combine berries with sugar, lemon juice, lemon zest and cinnamon in a bowl and toss gently. Place into a greased 11×9 baking dish. Set aside.

### Step 3

Combine almond flour, salt, brown sugar, almonds, cashews, and melted butter or margarine in a large bowl and mix gently until just combined. Sprinkle mixture over berries until coated with even layer of the topping.

### Step 4

Bake for 40-50 minutes, or until browned on top and berries have released juices.

### Step 5

Serve warm with Greek yogurt or ice cream if desired.

**Yield:** 16 servings

**Time:** 1 hour

# Chocolate Mousse Pie

BY SHANNON SARNA

## INGREDIENTS

### FOR THE CRUST

- 1 ½ cups sliced almonds**
- ⅔ cup sweetened, shredded coconut**
- 6 Tbsp butter or margarine**
- ⅔ cup dark chocolate pieces**
- 1 tsp sea salt**

### FOR THE FILLING

- 8 large eggs, separated**
- 10 oz dark or bittersweet chocolate**
- ¾ cup sugar**
- ½ cup olive oil**
- 1 tsp orange zest**
- 2 Tbsp orange liqueur (optional)**

### FOR THE TOPPING

- Fresh raspberries**
- Orange zest**
- Whipped cream**
- Powdered sugar**

## PREPARATION

### TO MAKE THE CRUST

#### Step 1

Preheat oven to 350 degrees.

#### Step 2

In a glass or microwave-safe bowl, melt chocolate and butter for 20-second intervals, stirring in between, until completely smooth and glossy.

#### Step 3

In a food processor fitted with blade attachment, add almonds, coconut, salt, and butter-chocolate mixture. Pulse until mixture is like thick, crumbly sand.

#### Step 4

Split the mixture into two pie pans. Using your hands or a rubber spatula, push mixture into pie crust pan until bottom and sides are covered. This takes a little time and patience. Chill for 10 minutes.

#### Step 5

Bake crust for 10-12 minutes. Set aside to cool.

### TO MAKE THE FILLING

#### Step 1

In a microwave-safe bowl, heat chocolate for 30-second intervals until melted. Stir with spatula until completely smooth and shiny. Set aside to cool slightly.

#### Step 2

Beat egg yolks with 1/2 cup sugar until pale yellow in color. Whisk in olive oil, zest, and orange liqueur.

#### Step 3

Using an electric mixer or a stand mixer fitted with whisk attachment, whisk egg whites until soft peaks form. Add 1/4 cup sugar until stiff peaks form.

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**Step 4**

Gently fold egg whites into chocolate mixture until color and consistency is uniform. Divide mixture and spoon into pie crusts. Smooth out top.

TO ASSEMBLE THE PIES

**Step 1**

Split the mousse in half and fill each pie crust with the mousse filling. Chill overnight until completely set.

**Step 2**

Garnish with raspberries and orange peel; a dusting of powdered sugar; or fresh whipped cream.

**Yield:** 2 pies

**Time:** 24 hours