

Jewish Cooking Around the World: Recipes

Crème brûlée (August 19)

by Chef Eric

Ingredients:

4 Servings

3 egg yolks
4/5 cup half & half
1/2 cup whole milk
1/2 cup sugar
2-3 drops vanilla
extract

8 Servings

6 egg yolks
1 2/3 cups half & half
1 cup whole milk
1 cup sugar
2-3 drops vanilla
extract

Step by step

Mix egg yolks and sugar together with a few drops of pure vanilla extract until smooth and creamy.

In a pot, bring milk and half & half to gentle boil.

Pour slowly on top of egg and sugar mixture until completely dissolved.

Transfer mix to pot and put back on stove on low heat (DO NOT BOIL) until thickened.

Pour mix into ramequin then place ramequin into a deep baking pan . Then fill baking pan with water to about half the height of ramequin.

Pre-heat oven to 375

Put baking pan into oven for 50 minutes

Caramelize your brûlée – watch the show Wednesday for special tips.

Enjoy!

Rogalach (August 19)

by Avivit Erlichman

Ingredients:

1 3/4 cups flour

4 tsp. dry yeast

3/5 cup milk

2 eggs

1/3 cup sugar

1 tsp. salt

1/2 cup butter

Chocolate sauce:

2/3 cup butter

2/3 cup brown sugar

1/3 cup cocoa

Pinch of cinnamon

To make the dough:

1. Pre-heat oven to 350.
2. Mix flour, yeast and sugar in the mixer. Add salt, and then add the eggs and milk.
3. Mix the ingredients for 2-3 minutes, and then add the butter. Mix all ingredients for 5 minutes.
4. Let mixture rise for an hour or two, until it has doubled in size.

While waiting for the dough to rise, make the chocolate sauce ...

To make the chocolate sauce:

1. Combine all ingredients in a saucepan.
2. Stir over medium heat until smooth.
3. Set aside to cool.

When the dough is ready to work on, start kneading it to a rectangle shape. Spread the cooled chocolate sauce on the dough and cut the dough into triangle shapes with a pizza cutter.

Roll the triangle and put it into a baking pan.

Make an egg wash from egg yolk and a pinch of water and brush the rogalach.

Bake at 350 for 15-20 minutes, until it has a brown color.

During last few minutes of baking, **prepare sugar sauce** using 1 cup of sugar and 1/2 cup of water in a saucepan. Bring to a boil.

As soon as the rogalach are out of the oven, brush them with the sugar sauce.

Enjoy!

Mediterranean Rosh Hashanah

Ingredients list

Leek Balls

(serves 6)

6 large Leeks

1 to 1 and a 1/2 cup of matzo meal

3 eggs

Cumin 2 to 3 Tbsp

Lemon juice (3 to 5 lemons)

Salt pepper

Pasteles

1 kg Flour unbleached

42 grams of bakers yeast

4 to 5 glass of water

2 Tbsp of cumin

1 lb ground meat

1 large yellow onion

salt pepper to taste

pine nuts

Frying oil

1 cup tahini

Juice of 2 lemons

2 cloves of garlic.

Step by step recipe: Leek Balls

This is my father's recipe handed down by his grandmother. As you can imagine, this recipe was never really put on paper until today.

Cut the "head" of the leeks make a deep cup down the center of each leek and clean them under running water until all sand is gone reserve in a colander

Cut each leek in two (one large leek should give you 2 balls)

Put a big pot filled with water and a little salt to boil. Once water is boiling add leeks and cook for at least 30 minutes.

Put your colander inside a big bowl and transfer cooked leeks to colander to collect some of the cooking water.

Let leeks get cooler (don't burn your fingers).

Transfer leeks to cutting board and start chopping them. Unfortunately, this has to be done by hand as you don't want to end up with a leek soup!

Once chopped, here comes the most important part the "pressing" you need to get rid of as much water in the leeks as possible and collect that water to use it later.

Once pressed, put leeks in a bowl add 3 eggs , matzo meal , salt and pepper to taste 1 Tbsp of cumin and juice of 2 lemons (try the dough you want a nice lemon flavor without being overpowering). As for the amount of matzo meal, start with one cup and feel the texture of your preparation; if it seems too wet to you can add some more.

Form your patties I have big hands so mine tends to be larger than most lol and I usually get 2 patties per leeks but you can definitely make them smaller.

Once all your balls are shaped you are ready to fry them to give them a nice golden color.

Place one and half cup of frying oil (I like to use peanut oil, but any frying oil will work, especially if you are allergic to peanuts) in a large saucepan.

Bring oil to temperature and start frying your patties around a minute per side, and then place patties on a plate covered with paper towels to absorb extra oil.

Once done frying place patties in a pot.

Use leftover leek water to cover leek with water , the top layer of leek should be half immersed in liquid add the juice of 2 lemons (season the lemon juice with a teaspoon of cumin, salt and pepper).

Bring pot to a low boil then reduce the heat and let leeks gently simmer for 30 minutes

Now they are ready to enjoy.

Step by step Pasteles

Now this comes from my mom's side – from my grandmother, actually – and I learned by watching from afar as she didn't want me hovering too close in the kitchen.

The most important part is the yeast; you really need fresh baker's yeast to make this. Fleischmans makes 1 lb blocks that are readily available anywhere.

Put your kilo of flour in a very large bowl add a tsp of salt and pepper and a tbsp of ground cumin.

Dissolve yeast in a glass of warm water (we call those glass mustard glass lol) not the giant water glass from the US lol.

Stir the yeast until it is dissolved in the water then pour over the flour and start kneading (my grandmother used to tell me that the dough needed to have the consistency of chewing gum. Yes, I know, very scientific, right?)

Again the problem with those family recipe most of the time they have been transmitted through trials and experiences and word of mouth. It took me many attempts to finally make the dough work, so please don't be discouraged if your first attempt at it doesn't work.

For me between 3 and a half to 4 and a half glasses of water works perfectly.

Now when you get that sticky chewing gum consistency, cover your bowl with a clean kitchen towel and let it rise for at least an hour. It should triple in volume and rise almost all the way to the top of your bowl.

While your dough is rising, let's prepare the filling ...

First, dry toast your pine nuts until golden and fragrant and reserve them.

Put a Tbsp and half of frying oil in a large pan.

Put your chopped onion once oil is hot and make it sweat; add your pound of ground meat , salt and pepper to taste, and a tsp of ground cumin.

Brown your meat until cooked through, then add pine nuts at the end and mix them into the meat.

Reserve

Now it's time to make your tahini sauce. I prepare it in a medium bowl but you can do it in a blender.

In your blender bowl add 1 cup of tahini, 2 garlic cloves , juice of 2 lemons and half a cup of water to start. You can add an optional tbsp of olive oil (consistency need to be close to ranch sauce, so pretty liquid). Salt and pepper to taste and half a tsp of cumin blend for a few seconds. Add water if necessary as well as seasoning to taste.

Ok we are almost there lol. Now comes the fun part ...

YOU NEED TO HAVE WET HANDS TO WORK THE DOUGH. My Nonna instilled that one on my brain without wet hand the dough is impossible to work with.

So put frying oil in a large sauce pan and prepare all your ingredients from left to right. You need to have a large bowl filled with water, your bowl of dough, your cooked meat, and your pan with hot oil at the end. On the side, you want to have a plate covered with paper towel to receive your Pasteles and get rid of extra oil .

Make sure that your oil is ready and hot.

Wet your hands and grab a handful of dough and spread it evenly onto your other hand, then put a generous spoonful of ground meat in the middle of your palm. With your other hand, start grabbing dough from the sides towards the center in a circular motion, making sure that you cover the filling evenly (believe me, having smaller hands would make that step much easier).

Dump the “ball “ in the frying pan until golden crisp. Depending on the size of your pan you can put up to 4 or five at the same time, leaving enough room for you to be able to flip the Pasteles easily.

Continue until you run out of filling.

Put Pasteles in a serving plate. Place Tahini sauce near it. If your family is like mine ,those will not make it to a plate, so have napkins ready!

Enjoy!

Frenchie

Thai cuisine

CHICKEN RED CURRY

Ingredients list for 4-6 servings:

- 2 large chicken breast skinless boneless
- 1 red pepper
- 1 yellow pepper
- 1 Fresh pineapple
- 1 bunch of cilantro
- 1/2 lb of snow peas
- 1 small can of straw mushrooms
- 1 small can of bamboo shoots
- 1 can of coconut milk
- 1 small can of red curry paste
(the size of a small can of tuna)
- 1 bunch of cilantro
- 2 limes
- 3 Tbsp of peanut butter
- 3 Tbsp of soy sauce
- 2 tsp of chili and garlic paste
- 1 Small piece of fresh ginger peeled and sliced thinly

Step by Step

Slice chicken breast

Add peanut butter , soy sauce , 1 Tbsp of chili and garlic paste, 1 and half Tbsp of red curry paste .

Mix together and leave outside to marinate for 30 minutes

Slice your peppers

Cut your pineapple into cubes about an inch on each side reserve in a bowl

Strain your straw mushrooms

Strain your Bamboo shoots

Reserve both

Put 3 Tbsp of peanut oil (or vegetable oil) in a deep pan

When hot add your chicken and start browning it

Add peppers and stir in

Add Pineapple and juice that formed in bowl once cut

Stir everything.

Add Mushrooms, bamboo shoots , snow peas and ginger . Stir everything

Add coconut milk and let it simmer on medium heat for 30 minutes

You might want to add a little bit of red curry paste at the end to reinforce the coloring

Once you plate your curry with rice squeeze a little lime juice and garnish with fresh cilantro

Enjoy !

Pad Thai

Ingredients for 4-6 servings:

1 bag of rice noodles
2 medium chicken breasts skinless boneless
1 large onion
3 garlic cloves
2 eggs
1 red pepper
1 bunch of green onions
1 cup of cilantro sliced
1 large handful of raw peanuts
2 limes
2 cups of bean sprouts
Pad Thai sauce
3 to 4 Tbsp of fish sauce
2 to 3 Tbsp of soy sauce
2 Tbsp of rice vinegar
1/2 Tbsp of Duck Paste or 1 Tbsp of tamarind paste
3 generous Tbsp of peanut butter
1/2 tsp of chili and garlic paste
Combine all ingredients together until sauce is homogeneous.
Reserve

Step by step

Soak your rice noodles in warm water for an hour
While soaking . Slice your chicken, pepper , onion , garlic .
In a small sautéing pan dry toast your peanuts until nicely colored and fragrant
Reserve for garnish
In a bowl whisk your 2 eggs
Reserve

In a large saucepan (or wok if you have one) put 3 generous Tbsp of peanut oil (or vegetable oil) to heat
Once hot start with your onions and garlic then add chicken and stir together until chicken is almost done
Strain your rice noodles
Push all ingredients to one side of your saucepan and pour eggs stirring them all the time . When eggs are scrambled add rice noodles and and bean sprouts .
Stir vigorously together
Add your sauce and continue stirring making sure that everything is covered in sauce for a couple of minutes !
We are ready to plate
Put your Pad Thai in bowls
Squeeze some lime juice , add some sliced green onions and some cilantro finish with some grilled peanuts
Enjoy!

Beef Stock Ingredients

(from "Voyage to Vietnam")

1 very large pot

4 beef bones (marrow bones)

2 lbs of brisket

4 pieces of Oxtails

4 pieces of beef short ribs

2 pieces of beef ribs

2 yellow onions cut in 4 quarters

4 celery stalks sliced

3 carrots cut in 4 pieces

8 garlic cloves smashed


1 bouquet garnish (bay leaves, Rosemary ,thyme)

Optional 1 red and 1 green pepper chopped

Salt and pepper to taste

Pho ingredients

1 pack of rice noodles (soaked in warm water for an hour)

1 package of Pho seasoning (mix of star anise seeds, cilantro seeds,cinnamon bark , fennel seeds) any Asian store will have some make sure it comes from Vietnam  as there are multiple versions.

1 cilantro bunch

1 Basil bunch

1 culantro bunch

1 yellow onion

1 lb of bean sprouts

1 bunch of green onions chopped

2 lemons

1 piece of fresh ginger root (about 2 inches long) peeled and thinly sliced

1 lb of eye of round very thinly sliced by your butcher (you can find some usually in any Asian supermarket or ask your kosher butcher to slice some for you ❖❖)

Soy sauce

Hoisin sauce

Siracha sauce

Rice vinegar

Fish sauce (optional if you want to stay 100% kosher)

BEEF STOCK: Step by Step

Cut your vegetables and aromatics.

Start layering your cuts of meats and vegetables in your pot you want each layer to have a bit of everything.

Cover entirely with water add salt and pepper (don't over-season you will have plenty of time to add some if you feel you need more).

Bring to a strong boil once strong boiled achieved lower the heat to achieve slow simmer.

The next hour or so is the most important as you will need to skim broken down proteins from your pot (brown deposit that rises to surface of stock)

Once brown deposits stop coming up cover your pot and let it simmer on low for at least 4 more hours (a good indicator of readiness is how your brisket and oxtails will look if meat is falling off the bones and brisket comes apart easily you are done)

At this point let your pot cool down

Once stock is cool skim some of the fat from the top (I like to keep some but it's a personal choice I freeze that fat separately and use it to sauté potatoes in for example)

Take all the meats and bones out of your pot and strain the liquid. (I like to keep this too lol as I don't want to waste anything)

Once you have the liquid in a bowl you have 2 options if you aren't too tired at this point (it takes a long time after all) you can put the liquid back on the pot and reduce it to half its volume to concentrate the flavors or freeze it as is.

If you reduce it, remember to had 1 cup of water per cup of frozen stock when you use it for any soups or consommé . If you want to use it as a sauce base use it as is without adding water.

Now you are left with a lot of yummy meats and vegetables and those aren't going to be wasted.

You can follow to make the Vietnamese pho or repurpose them for so many yummy treats from Shephard pie to regular stews one of my favorite is super easy

Put all the meats and veggies back in a pot (you can do that the next day) with 2 cups of the liquid add 6 Tbsp of strong Dijon mustard . Boil some potatoes.

Prepare some garlic bread

Put sliced boiled potatoes on serving plates dispose meats all around with all juices.

Enjoy! (I like to have extra Dijon mustard on the table) .

PHO: Step by Step

Your Stock is ready

Open your package of Pho seasonings and toast them in a pan until fragrant . Be careful not to burn spices

Then put spices in cloth pouch included in spice package

Peel and slice ginger.

Add to your stock and simmer on low for at least 90 minutes (I like strong flavor I left mine for 2 hours)

We are almost ready to eat now you have 2 options for personal plating (watch the show).

For family style, here we go!

In a large serving plate dress all your fresh herbs , lemons cut in 4 quarters, bean sprouts and put that plate in the center of your table

While soaking the rice noodles for an hour in warm water . Slice your onion thinly put in a small bowl and cover with rice vinegar to gently pickle the onion. Put on the table .

Put soy sauce, Siracha, Hoisin and Fish sauce on the table.

Bring a pot of water to boil once boiling add rice noodles

and stir them in for a minute then drain quickly.

Separate noodles in 4 to 6 portions in Bowls

Add stock with assortments of all meats.

Garnish with fresh sliced green onions and bring to your guest to finish seasoning depending on their taste I strongly recommend adding a bit of everything to it .

Enjoy!

Frenchie

Fish Basquaise ingredients

(from "Intro to French Cuisine")

4 servings

1 pack of frozen Sway fillet from Winn-Dixie
1 smoked turkey drumstick
1 red pepper
1 yellow pepper
1 green pepper
2 tomatoes
2 yellow onions
1 tbsp of tomato paste
1 glass of dry white wine
1 bouquet garni (bay leaves , thyme and rosemary)
Half tsp of smoked paprika
Salt and pepper to taste
4 tbsp of extra virgin olive oil
White rice or pasta as side dish

STRAWBERRY AND CUCUMBER SOUP

4-6 servings

1 box of strawberries
1 European-style cucumber
1 quarter cup extra virgin olive oil
1 bundle of fresh basil
1 bundle of fresh mint
1 small log of fresh goat cheese
1 quarter cup of heavy cream
Balsamic vinegar glaze for garnish
Salt and pepper to taste

Step-by-step

Thaw your fish; pat dry fillet to absorb excess water reserve in refrigerator
Chop your peppers, onions tomatoes
Chop your smoked turkey leg (or turkey bacon or smoked duck breast)
Put 2 tbsp of olive oil to heat in a large saucepan
When hot start browning your protein then add your onions first then your peppers and bouquet garnish
Salt and pepper to taste and smoked paprika
Keep your stove top on high until nicely sweating. Once a nice sweat has been achieved, add a glass of white wine and tomato paste, adjust seasonings to taste .
Lower heat to achieve slow simmer and cover for 45 minutes to an hour until all elements are totally cooked through.
Your basquaise is almost ready!
Don't forget to pick out your pieces of turkey

Reserve half sauce as garnish for your side and blend the other half to finish your sauce
Reserve both preparations and keep them warm!

Take your fish out of refrigerator, pat it dry one last time season with salt and pepper
and a little smoked paprika

In a frying pan (on high) put 2 tbsp of olive oil bring to heat

Pan fry your fillet 3 minutes on each sides .

Once you have turned fillet

Start plating (watch the show on Wednesday for this part!)

Enjoy

STRAWBERRIES AND CUCUMBER SOUP

Blend strawberries, reserve in fridge

Blend cucumber, reserve in fridge

Blend goat cheese, cream and a good dozen of mint leaves together until smooth and
buttery add salt and pepper to taste

Blend 2 tbsp of olive oil with half your basil leaves small pinch of salt and pepper until
smooth mix is achieved

For plating and serving join me in the kitchen on Wednesday!

Beef Burgundy

(from "Cooking 101")

Makes 4-6 servings

3 lbs of nicely marbled beef for braising, generally sold as “beef for stew”

One smoked turkey leg (drum)

1/2 liter of red wine (burgundy preferably)

1/2 liter of beef stock

2 heads of cauliflower

5 tbsp of sesame paste (tahini)

2 carrots

2 yellow onions

3 celery stalks

1/2 lb of mushrooms

4 cloves of garlic

2 tbsp of olive oil

1 tbsp garlic powder

2 oz flour

Salt & pepper

PREPARATION: STEP BY STEP

Cut the beef in cubes of approximately 2”

Peel and chop carrots onions celery and garlic

Start heating your oil when hot start browning your meat making sure that every sides of cubes are nicely seared, then set aside.

Start sautéing your aromatics carrots onions and cuts of smoked turkey leg.

Add smashed garlic, salt, pepper, and bouquet-garni.

Once nicely colored add meat and let meat come back to cooking temperature.

Add toasted flour and let every ingredient color for a few minutes.

Add beef stock and wine. Stir everything gently but thoroughly until well combined.

Reduce heat to slow simmer and gently cook for 2:30-3hrs with lid on.

20 minutes before serving add your sliced mushrooms.

Verify your seasoning (add salt and pepper to taste)

If sauce is still a little “watery”, take out the beef and set aside in a covered bowl.

To intensify or “reduce” the sauce, bring sauce to a boil until reduced to desired consistency. Then add the beef back and simmer gently on low heat for 5 minutes.

Side dishes

Baked cauliflower

Preheat oven to 450 degrees on BAKE setting.

Cut florets from one cauliflower put them in a bowl and season with 2 tbsp of olive oil, salt & pepper, garlic powder, then mix well for overall coating.

Transfer seasoned cauliflower florets to roasting pan and set on center rack in oven for 15 minutes or until nicely browned on tips.

Cauliflower puree

Cut cauliflower in 6 to 8 pieces and boil in lightly salted water until al dente, careful not to overcook it. Drain thoroughly in colander and transfer to mixing bowl.

Mash cauliflower either by hand or briefly with electric whisk.

Add salt & pepper to taste and gently incorporate 4 tbsp of sesame paste (Tahini)