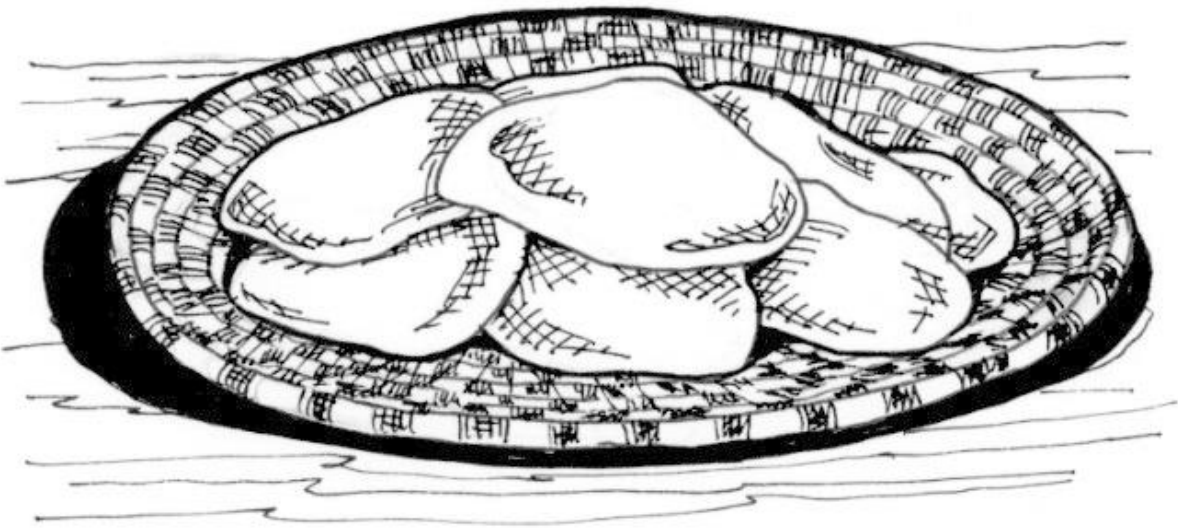


food to nourish



our souls

an interfaith cookbook from the Daughters of Abraham

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PREFACE

We are a group of Jewish, Christian and Muslim women who want to deepen our knowledge of our own and one another's faiths. By reading books that teach us about each other's faith traditions and learning about the practice of our respective faiths, we hope to increase our respect for all the Abrahamic religions. We are committed to building relationships among us.

Our name emphasizes the common elements that unite us. In all three of our traditions, Abraham is revered as the first monotheist. In a sense, he is the "father" and we can be thought of as his "daughters." Even though we are "daughters" of different "mothers," Sarah and Hagar, Abraham is the father of us all. By naming ourselves Daughters of Abraham, we are recognizing that there is more holding us together than separating us.

We meet in local groups monthly and once a year hold a gathering when all groups are invited to come together to share a meal and talk together. In April 2015, our gathering theme was *Nourishing Ourselves, Nourishing the World*. Recognizing that food and hospitality hold an important place in each of our faith traditions, we decided to compile a cookbook with recipes from Jewish, Christian and Muslim traditions. We invited members to send in recipes as well as stories about the history and significance of these recipes.

This cookbook is the compilation of the recipes and stories received. The recipes have been edited for consistency of style but not otherwise changed. We recognize that each of our traditions includes dietary restrictions, observed in varying ways, so that some of these recipes may include ingredients that make them unacceptable for some. We have chosen, however, to include all the recipes submitted and to allow readers to make their own selections.

We are grateful to everyone who provided a recipe, story or photograph. We hope you enjoy reading this cookbook and decide to try a new recipe.

Better a repast of herbs where there is love,
than a fattened ox where there is hatred.

Mishlei (Proverbs) 15:17

recipes from the Jewish tradition

RAINBOW LATKES

Margi Loyer

At Chanukah time it's traditional for Jewish people to make and eat potato latkes. This is because they are fried in oil, and the oil reminds us of the miracle in the Chanukah story: After winning a war and regaining their religious freedom the Maccabees (Jewish soldiers) cleaned the desecrated temple and wanted to relight the holy lamp, but there was only enough oil to last for one day. Then a miracle occurred and the flame burned for eight days!

Many years back I started using this alternate recipe - it's been a huge hit - and I make these latkes every year at Chanukah time.

1 zucchini
1 sweet potato
2 white potatoes
1 onion
1 beaten egg
3 tablespoons flour or matzo meal
1 teaspoon salt
oil (I prefer to use peanut oil)

Use a food processor for grating. Cut all vegetables in chunks and use the grating/shredding blade in the food processor. When all vegetables are shredded, take some cheesecloth and grab a handful of shredded veggies at a time – squeeze them over a sink in cheesecloth to get rid of water. **THIS STEP IS CRUCIAL!**

When all the vegetables have had the water squeezed out, then add the egg, flour, and salt.

Heat oil in a large frying pan and drop batter by spoonfuls into oil. You will need lots of oil, and as you fry the latkes you will need to keep adding more oil to the pan.

Make the latkes small. When it looks as if the latkes are browning at the edges, flip them to brown on other side (only flip once). When they are done, remove and drain on a few layers of paper towels.

Eat with sour cream and/or applesauce.

This recipe can be doubled.

People will eat as many latkes as you make!

VEGETARIAN CHOPPED LIVER

Marilyn Rand

Chopped liver is associated with Eastern European (Ashkenazic) Jewish cuisine. It is made with chicken livers, fried onions and hard boiled eggs, all ground together and spread on crackers or challah.

In our family we have offered an alternative vegetarian version of chopped liver. This is a recipe from The Complete Passover Cookbook.

1 cup sliced mushrooms
1 cup chopped onions
3 Tablespoons margarine
3 hard-cooked eggs
1/4 pound shelled walnuts
1 teaspoon salt
1/4 teaspoon white pepper

In a large skillet, sauté the mushrooms and the onions in margarine until the onions are golden brown. Pass the mushrooms, onion, hard-cooked eggs, and walnuts through a grinder or chop very fine in a chopping bowl. Season with salt and pepper. Refrigerate to chill thoroughly.

ZELDA'S DELECTABLE STUFFED EGGPLANT

Marilyn Feinberg

This recipe was passed on to me by my husband's grandmother, Zelda Feingerts. Zelda emigrated to this country from a little shtetl (small village) outside of Vilna (in what is now Lithuania). She and her family went directly to New Orleans, Louisiana in 1902, when she was two years old. Zelda came from a big family and to this day her family, the Paillets, have a sizable Jewish presence in New Orleans. At age sixteen, Zelda married Jake Feingerts and together they ran a dry goods store. Even working full time in the store and raising three children, Zelda took Fridays off to prepare for the Sabbath, cooking everything from scratch. This dish might have been one of her favorites, combining the New Orleans flavor with the comfort foods of her heritage. When I first met Zelda, I was amazed at this Southern Jewish grandmother who combined the Gentile charm of her adopted home with her devotion to her Jewish roots. We had a very loving relationship until she died in 1996 at age 96.

1 large fresh eggplant, skinned and cubed

1 pound of lean ground beef

1-2 chopped onions

4 cloves (Zelda called them "toes") of fresh garlic, finely minced

3 stalks of chopped celery

2 Tablespoons butter or margarine

1 egg

1/2 cup of breadcrumbs

salt and pepper to taste

6 (or more) drops of Tabasco sauce

dashes of Worcestershire sauce

Parboil the eggplant just until tender. Saute the onions, garlic and celery in two tablespoons butter or margarine until onions are translucent.

Add the ground beef and saute together with onion, garlic and celery mixture. When done, add the eggplant and stir until all ingredients are mixed together thoroughly.

Add salt, pepper and seasonings to taste.

Remove from heat and let cool.

When mixture is cooled, add the slightly beaten egg and then the breadcrumbs. Mix thoroughly and put the mixture in a greased baking dish.

Sprinkle additional breadcrumbs on top of mixture and bake in oven at 325 degrees for 1 hour or until mixture begins to slightly brown at edges.

Let cool for five minutes and serve as a main course or side dish.

CHICKEN SOUP WITH MATZOH BALLS

Anne Meirowitz

In our family, the tradition is for everyone to order the soup exactly how they like it – that is, how many matzoh balls, which vegetables, how much chicken, necks or not, etc. The orders can get very specific but everyone is happy.

Chicken soup

2 whole pullets cut into 1/8ths

chicken frames, gizzards, necks, feet (if available)

chicken-flavored soup-base mix

2 soup packets from matzoh ball mix (if using a mix)

celery bunch with leaves

2 lbs carrots (can use peeled baby carrots but tastes better with sliced large carrots)

salt to taste

Wash chicken pieces carefully before putting them in a large pot (12 quarts). Cover chicken with cold water and add 2 inches of water on top of chicken. Bring to boil. Reduce heat to a simmer and skim and remove everything floating on top of broth several times. Cook at a simmer for 1 hour. Remove all chicken pieces with slotted spoon. Frames and feet can be disposed of at this point.

To the still-simmering stock add sliced celery and carrots. Add soup mix and salt (about 3 handfuls of soup mix). Turn off the heat, cool and let sit overnight in the refrigerator (stock and vegetables in pot and chicken in bowls).

The next day, remove the skin and bones from the chicken pieces and break the meat into bite-sized pieces. There should be plenty of chicken to add to the soup as well as to use for other purposes. Remove as much fat from the top of the soup as you prefer. I tend to leave a few Tablespoons for flavor. Transfer the soup into another container and wash the soup pot thoroughly. Return the soup to the pot and bring it back up to the boil.

When the carrots are done (about 10 minutes), add the chicken pieces (including necks and gizzards) to heat through. Then add enough matzoh balls for this serving and bring everything to just below a boil. Serve. If not using immediately, do not add the matzoh balls. They should be stored separately and may be frozen. The soup can also be frozen in quart containers, ready to defrost, heat and add matzoh balls.

Matzoh balls

I use Manishevitz or Goodman's Matzoh Ball Mix. Making from scratch does not seem to make much difference. If making without a mix, use the following formula:

½ cup matzoh meal

2 eggs

2 Tablespoons vegetable oil (preferably canola)

salt, garlic salt, and a pinch of paprika to taste

This formula will make 9-10 matzoh balls. To make more, multiply the ingredients as needed. To use a mix, purchase two packs that are labeled “matzoh balls and soup” and all the rest just “matzoh balls.” Put the soup packets into the stock with the rest of the chicken base.

To make the matzoh balls, put eggs into a bowl and whisk lightly until the yolks are broken and eggs mixed. Do not beat into a froth. Add the oil and stir until it is just incorporated. Add the matzoh meal (and any seasonings) and stir together with a fork until all the matzoh meal is moistened with the eggs and oil. Put the bowl in the refrigerator for at least 15-20 minutes. Bring a large pot of water to the boil (deep enough that the matzoh balls can sink to the bottom and then come back up to float on the top of the water). Note that the trick to making matzoh balls is to have the water simmering and to handle the matzoh balls as little as possible. Wet your hands in cold water about every 4-5 matzoh balls.

Form heaping half-teaspoonfuls of matzoh ball mixture (about walnut size) into balls quickly by rolling them between your palms lightly only once or twice. Do not try to form perfect balls. Immediately drop into boiling water.

Once the matzoh balls are in the water, cover the pot with a tight lid and let them simmer for 20 minutes. Take the lid off once about half-way through to make sure that all the balls are at the surface and have turned over enough to be cooked on all sides. Just pushing them down lightly into the water with a slotted spoon works fine.

Do not cook the matzoh balls in the stock. Cook them in a pot of plain water. Just before serving, add them to the soup for about 10-15 minutes. They can be pre-warmed in the microwave first.

MATZOH BALLS

Fran Davis

This recipe from my grandmother makes the fluffy kenaidlach (matzoh balls) which are preferred in my family as opposed to the type that some families refer to as cannon balls. We have a family tradition of snitching one before the Passover seder to insure that the quality is up to par – which it always is. I now keep my mom's handwritten recipe in a plastic covering, even though it is frayed, yellowed, and probably stained with chicken soup from the years of use before I covered it, and even though I probably could make the recipe from memory. It connects me to my mom every time I make them. Thankfully, I have my daughter Zoe (one of the prime matzoh ball snitchers) who is next in line to make them.

4 Tablespoons margarine, melted (or canola oil)

2 eggs, separated

$\frac{3}{4}$ cups matzoh meal

$\frac{1}{4}$ cup water

salt/pepper

Beat egg whites until stiff. Mix egg yolks, melted margarine and water. Add Matzoh meal and 2 teaspoons salt and a dash of pepper to form a paste. Fold in egg whites with paste. Refrigerate for at least an hour or overnight.

Moisten hands to prevent matzoh balls from sticking. I use a small cookie scoop to make matzoh balls the size of walnuts. Place in 2 quarts of rapidly boiling salted water. Cover and cook for 30 minutes. Remove with slotted spoon. Most commonly used in chicken soup at Passover or anytime.

MANGO-DATE HAROSET

Robin Smith

My husband makes this Haroset for Passover every year. Haroset is a sweet topping put on top of Matzah during the Passover Seder. The Haroset represents the mortar the Jewish slaves used to create the bricks that were then used to build Egyptian cities. It is often combined with Maror, the bitter herb (often horseradish), to symbolize how oppression (bitterness) can be sweetened by the hope of freedom. Since the Passover seder is the retelling of the Jews' exodus from their slavery in Egypt, these foods came to symbolize both the bitterness of slavery (and the clay from which the bricks were made) and the sweetness of freedom.

1/2 cup walnut pieces

1/3 cup pecan halves

1 teaspoon ground cinnamon

3 Tablespoons sugar

1 Tablespoon finely minced candied ginger (adjust amount to taste)

2 ripe mangoes, peeled, seeded and cut into 1/4-inch cubes

2/3 cup seedless red grapes, quartered

1/2 cup pitted dates, cut into 1/4 inch cubes

1/2 cup white grape juice

2 teaspoons fresh lemon juice

In a food processor, roughly chop the nuts, cinnamon, sugar, and ginger, then transfer them to a medium bowl.

Stir in the mangoes, grapes and dates.

Gently stir in the grape juice and lemon juice.

Cover the bowl with plastic wrap and refrigerate for 2 hours so the flavors will blend.

This recipe can be made up to 1 day ahead.

Makes about 4 cups.

SEPHARDIC AND MIZRACHI CHAROSET

Matia Rania Angelou

I come from an Ashkenazic Eastern European family with ancestors from Russia and Poland (and the border that was sometimes Russia and sometimes Poland). For the Passover seder, we always made the “traditional” charoset of chopped apples, walnuts, cinnamon, with a bit of grape juice or grape wine to moisten the concoction. As an adult, I met BenG Jackson, an African-American Jewish woman whose ancestral family came from Spain, so BenG was a Sephardic Jew with very different holiday customs and recipes than those I had as a child. BenG’s family had to leave Spain during the expulsion in 1492, settled in Morocco for many generations, and migrated to Cuba and then to the United States. Her family brought Sephardic and Middle Eastern customs with them to their Jewish life in the United States, including some delicious recipes for holidays and every day.

BenG’s family, Rabbi Cherie Koller-Fox’s family and our family would get together for the Jewish holidays. We especially enjoyed sharing Passover with our blended families, even though BenG’s Passover recipes included kitniot (some seeds and rice) which I didn’t eat during that week. Together, we would end the Passover holiday with the Sephardic celebration of Maimuna which BenG remembered from her own childhood festivities. We jumped over the Maimuna fish to remember crossing the Re(e)d Sea, the children dug through sand to find golden treasures, and we ate the first hametz (leavened grain products), which we didn’t eat during Passover. BenG would make muflita, delicious thin crepe-like pancakes which we would eat with honey and charoset left over from the seders.

Years later, I still enjoy BenG’s charoset recipe made with dried cherries and other dried fruits. We also researched and collected many different charoset recipes from all over the Middle East, Israel and Eastern Europe. I’ve included a few of our favorites here.

Yemenite Charoset

9 oz sesame seeds

1 ¼ lbs pitted dates, chopped

1 lb raisins

1 cup almonds, chopped

1 cup walnuts, chopped

4 teaspoons ground cinnamon

½ teaspoon ground cloves

½ teaspoon ground cardamom

water as needed

Toast sesame seeds over medium flame, stirring frequently until evenly browned. Add sesame seeds to other ingredients in a large pot. Add enough water so that the mixture resembles preserves. Cook over a low flame for 15 minutes.

Turkish Charoset

½ cup pitted dates
2 cups apples, chopped
½ cup dried apricots
½ cup walnuts, chopped
water

Cook fruit with just enough water to cover it until soft enough to mash. Mash with fork and mix well. Add nuts.

BenG's Charoset with Dried Cherries (recipe adapted by Micky)

½ cup each – dried cherries
- **dried apples**
- **dried pears**
- **prunes**
- **coconut**
1 cup chopped almonds and pistachios, combined
2 Tablespoons sugar
1 Tablespoon cinnamon

Chop fruit into small pieces. Combine and cook for 3 hours, adding water as needed. May add sweet red wine for color.

Note: May use any combination of dried fruits but always include dried cherries. Apricots may have too pronounced a taste but dried plums would be good.

SWEET AND SAVORY MINI LATKES

Arleen Hardiman

My two grandchildren, somehow, though born into a family of omnivores, are vegetarians. I'm always on the lookout for recipes that work with our traditional holiday meals. Here's one we enjoy during Hanukkah as a change from the usual potato and onion version - modified from "Jewish Food Hero" via www.tabletmag.com.

1 large sweet potato or yam, peeled, then coarsely grated
1 parsnip, peeled then coarsely grated
1/4 cup all-purpose flour
1/4 teaspoon baking soda
1/2 teaspoon sea salt
1/4 teaspoon black pepper
3 Tablespoons cooked sweet potato or yam
1 Tablespoon low fat non-dairy milk or water

cooking oil spray
large mixing bowl
baking sheet
parchment paper

Boil a small sweet potato or yam, mash with a fork and set aside.

Preheat oven to 350 degrees.

Place grated raw sweet potato and parsnip into large mixing bowl. Add flour, baking soda, sea salt and black pepper and 3 Tablespoons of mashed sweet potato. Stir. Add non-dairy milk or water.

Line a baking sheet with parchment paper and spray lightly with cooking oil spray.

Scoop up rounded tablespoon of latke mixture, form into a ball, flatten to form a little patty, place on parchment paper. Repeat with the remaining mixture.

Bake for 25 minutes or until golden brown on one side; flip the latkes gently, bake for another 15 minutes or until golden brown.

Serve warm with sour cream (or tofu 'sour cream') and chives, or with applesauce.

Makes about 16 mini latkes. Recipe may be doubled.

GILDA'S CHALLAH BREAD

Barbara Holtz

My aunt Gilda is now in her nineties. As children, we craved her freshly-baked Challah that she made for family occasions - Sabbath eve dinner, or New Year's meals, or break-the-fast when Yom Kippur had ended. At times we sat in the kitchen and helped (by sifting flour or beating eggs – or peeking to make sure the dough was rising). All the while we kibitzed (chatted) about family members or additional elements of the meal. The kitchen was usually warm and had a glow of our company and of Gilda's presence. She shares her challah recipe with us:

1 cake (or package) yeast

1¹/₄ cups lukewarm water

2 teaspoons salt

1/2 cup sugar

3 large eggs

4 1/2 cups sifted flour

optional: 4 Tablespoons sesame seeds or poppy seeds

1 egg yolk

Combine yeast, some sugar, and 1/4 cup warm water and allow to stand for 5 to 10 minutes. Sift flour, salt and remaining sugar into a large bowl, making a well in the center. Drop in all the lightly-beaten eggs, oil, remaining water, and yeast mixture and work this into the flour mixture. Knead on a slightly-floured surface until 'spongy' (i.e. smooth and elastic). Place in a clean bowl and brush top with a little bit of oil (vegetable or olive). Cover with a towel and set in a warm place to rise for one hour.

Punch down the dough and cover again. Let it rise once more until it is double the size in bulk. Divide the dough into 3 equal parts. With lightly-floured hands, roll into 3 strips of equal-size length. Braid these together and place on a baking pan. Cover with a towel and allow to rise again until double in bulk. Brush the top with egg yolk and sprinkle on top with either poppy or sesame seeds.

Bake at 375 degrees for 15 minutes and then reduce oven heat to 350 degrees and continue baking for approximately another 20-25 minutes, checking to be sure that the crust is uniform; some people place tin foil over the crust during the final 10 minutes. We enjoy challah the next day as well - with sweet butter or transformed into French toast.

DESSERT KUGEL

Barbara Holtz

A "kugel" (or a "keegle" - depending upon the dialect of your ancestral shtetl - or village) is basically a cooked noodle pudding. There are many varieties. Some are prepared for the basic meal (i.e. the meat-and-potatoes meal) and could consist of either noodles or potatoes, salted and peppered, to accompany a mid-day or evening meal.

My family (and most families, I think) tended to think of kugel as a dessert item, most often served during festive or ritual occasions, for example: a Sabbath meal, the meal prior to the Yom Kippur fast, or part of the "break-the-fast" meal when Yom Kippur ended.

Dessert kugel elements typically include: the noodles of course, a combination of dairy product (cottage cheese, milk, cream cheese, maybe sour cream or ricotta cheese depending upon the recipe), three to "many more" eggs, sugar, cinnamon, and even almond or rosewater syrup. We looked forward to eating kugel that was hot - just out of the oven - as well as next-day (cooled in the fridge). Sometimes our mothers froze the leftovers and re-heated it, which was adequate but never as wonderful as freshly presented. Passover kugels - due to leavening prohibitions - often consisted of matzoh that was initially soaked briefly in warm water or milk and eggs and then used the same ingredients as mentioned above.

As you can imagine, I liked the "full noodle version" best!

8 oz. medium or broad noodles, uncooked

3 eggs

½ teaspoon salt

1 lb cottage cheese

2½ cups milk

1 cup sugar

1½ teaspoons vanilla

1 stick (4 ounces) softened or melted butter (or margarine)

raisins, as many as you like (soften in hot water if they are dry)

cinnamon, as much as you like

Preheat oven to 350 degrees. Grease a foil pan approximately 9 inches x 13 inches. Mix all the ingredients together in a large bowl and pour into the pan. Sprinkle a little more cinnamon over the top. Bake for about 1½ hours at 350 degrees.

NOTE: It will be easier to cut when it has cooled a little bit.

Serves 8 to 16 depending on size of slice.

NOODLE PUDDING (KUGEL)

Marsha Goldberg

Although not a traditional family recipe, this kugel has been made by my friend Susan Smith for more than fifty years. We have shared it with family and friends and now our daughters add it to their holiday tables.

3 oz cream cheese
6 Tablespoons unsalted butter
½ cup sugar
½ teaspoon butter
3 eggs
1 cup milk
1 cup apricot nectar
8 oz wide noodles

for the topping:

¾ cup cornflake crumbs
4 Tablespoons melted butter
¼ cup sugar
1 teaspoon cinnamon

Preheat oven to 350 degrees. Butter an 8 x 8 inch baking dish.

Bring all ingredients to room temperature. In a mixing bowl combine cream cheese, butter and sugar. Beat until smooth. Add remaining ingredients (except for topping ingredients). Combine and pour into pan.

Mix topping together and pour on top of noodles. Bake for 1 hour and let stand for 30 minutes before serving.

SUGAR COOKIES and MANDELBROT

Sheila Goldberg

In Proust's novel, Remembrance of Things Past, the main character bites into a petite madeleine and in that instant recalls memories from an earlier time. This recall of "involuntary memory" triggered by a specific food is part of the tradition passed down in our family from one generation to the next. In each case, like in Proust's novel, it has to do with a sweet baked good.

Growing up I remember visiting my Nana in her apartment in Flushing, New York. When we arrived I would make a beeline to the kitchen and there on the counter would be a plate of freshly baked sugar cookies. When she came to visit us, my Nana and I would bake cookies together. When my girls were growing up both their grandmothers had special things they would make for them. My mother-in-law always had a plate of chocolate chip cookies in the cookie jar and my mother would always bring her rugalach when she came to visit. And while she was here she would make them with her grand-daughter.

Now it's my turn. For my grandkids it's nana's mandelbread that's a big hit. They always expect to find some waiting for them when they arrive. When that's gone we bake more together so they can take some home with them. I know that like their mothers' and like me these precious baked goods will be our madeleines.

Nana Abrams' Sugar Cookies: (my grandmother's recipe)

½ cup butter, softened
½ cup shortening
1 cup sugar
1 egg
1 teaspoon vanilla extract
2 ¼ cups all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
additional sugar

Preheat oven to 350 degrees. In a large bowl, cream butter, shortening and sugar until light and fluffy. Add egg and vanilla; mix well. Combine flour, baking powder and baking soda; gradually add to creamed mixture. Shape into 1-in. balls. Roll in sugar. Place on greased baking sheet; flatten with a glass. Bake 10-12 minutes or until set. Remove to wire racks to cool completely. **Yield:** 5 dozen.

Chocolate Chip Cinnamon Mandelbrot: (my recipe)

Makes 64 short, 48 medium, or 32 long cookies

Old-fashioned rimmed baking sheets (used to make jelly rolls) usually measure 10 1/2-by-15 1/2 inches. Newer ones measure 11-by-17 inches. The dough will cover the smaller sheets, but not the larger ones. To use the larger sheets, spread the dough to within 2 inches of one short end and use a piece of foil, pressed against the dough, to keep that edge in place.

Butter for pan

3 cups flour

2 teaspoons baking powder

1/8 teaspoon salt

3 eggs, beaten

1 cup vegetable oil

1 cup sugar

1 teaspoon vanilla extract

1 package (12 oz) chocolate chips

1 teaspoon cinnamon mixed with 3 Tablespoons sugar, for sprinkling

Set the oven at 350 degrees. Butter the pan. If using the larger sheet, you'll need a 15-inch sheet of foil. Fold up the foil to make a thick 1-inch wide band; butter the band on one side.

In a bowl, combine the flour, baking powder, and salt. With a whisk, stir well to combine them. In another larger bowl, combine the eggs, oil, sugar, and vanilla. Use a wooden spoon to stir them well. Add the flour mixture and stir until smooth. Stir in the chips. With a rubber spatula, spoon the batter into 6 mounds onto the baking sheet. With an offset metal spatula, spread the batter to cover the entire jelly roll pan or all but 2 inches of the larger sheet. Sprinkle the dough with the cinnamon-sugar mixture.

Bake the dough for 20 to 25 minutes or until it is browned. Remove the sheet from the oven (leave the oven on). Set the sheet on a rack to cool for 10 minutes. Remove the foil band, if necessary, and trim that edge to make a straight side.

To make 64 short cookies: Make 7 horizontal cuts and 3 vertical cuts in the dough (you'll have 32 bars). Use a wide metal spatula to transfer the bars to a cutting board. With a serrated knife, cut each rectangle vertically in half (to make 64 pieces); each bar is 1/2-inch wide.

To make 48 medium cookies: Make 7 horizontal cuts and 2 vertical cuts in the dough (you'll have 24 long bars). Use a wide metal spatula to transfer the bars to a cutting board. With a serrated knife, cut each rectangle vertically in half (to make 48 pieces); each bar is 1/2-inch wide.

To make 32 long cookies: Make 7 horizontal cuts and 1 vertical cut in the dough (you'll have 16 long bars). Use a wide metal spatula to transfer the bars to a cutting board. With a serrated knife, cut each rectangle vertically in half (to make 32 pieces); each bar is 1/2-inch wide.

Return all the bars, cut sides up, to the baking sheet. It's OK to pack them tightly on the sheet. Bake the bars for 15 to 20 minutes or until lightly toasted. Leave to cool completely. Store in an airtight tin.



Making Mandelbrot with my granddaughter Bailey

CHOCOLATE CHIP MANDELNBREAD

Maxine Lyons

Mandel bread was a favorite in my family and I have been baking them ever since I had my own home. They are crunchy and delicious with tea or coffee or milk and last a long time if placed in a secure container. Adding the raisins and nuts and sprinkling with a sugar/cinnamon mix over the cookies make them even more special. They are a typical Jewish cookie and easy to make.

3 cups all purpose flour

1 teaspoon baking powder

¼ teaspoon salt

1 teaspoon cinnamon

3 eggs

1 cup white sugar

1 cup vegetable oil

1 teaspoon vanilla extract

2 Tablespoons orange juice

1 cup chocolate chips

variations: add raisins and walnuts as you desire

Preheat oven to 350 degrees. Grease a baking sheet. Combine the flour, baking powder, salt and cinnamon together in a bowl; set aside. Beat the eggs and sugar together in a mixing bowl until smooth. Whisk in the vegetable oil, vanilla extract and orange juice. Stir in the chocolate chips (or the other variations) and the flour mixture until no dry lumps remain. Place in freezer for 15 minutes to make the dough easier to roll. Divide the cookie dough into two or three pieces. Form each piece into a roll about 3 inches wide and 8 inches long. Place the logs, side by side, on to the prepared cookie sheet. You will need to flour your hands to roll most effectively as the dough might stick.

Bake in the preheated oven until the logs have started to brown, about 20 minutes. Remove them from the oven and when cool enough to handle, cut the mandelbread into ½ inch thick slices. Return the cookies to the baking sheet and lay them on their sides to continue baking well.

Return to the oven and bake until brown, about 15 minutes more. Allow to cool completely on a wire rack before serving.

EDIBLE MENORAH

Linda Wertheimer

I grew up in a non-religious Jewish family, but as an adult, grew closer to Judaism. When I became a mother, I wanted my son to grow up with more of an appreciation for his faith than I did. I wanted him to see it as fun and as a part of life, not simply an obligation. So we look for ways to make the festive Jewish holidays even more kid-friendly. We've built a matzo dollhouse for Passover. For Hanukkah in 2014, we built edible menorahs and used them as decorations in our home and at a friend's party. The kids did eat them. It's silly. It's easy. It adds a little fun to the already fun holiday of Hanukkah for a young child.



3 chocolate-covered granola bars

Froot Loops

Tooth picks (with colored ribbons that will stand out as the flames)

Assembly: Requires a young child as assistant or builder.

Put two granola bars at the back of the plate - and stick four toothpicks in each one. Put one granola bar in front - and put one toothpick in the center. (That's for the shamos candle - the helping candle.)

Stack as many Froot Loops as possible on each toothpick, but make sure the colored ribbon shows.

CARROT AND APPLE PUDDING

Mindy Milberg



Mindy with her family at the time of her Bat Mitzvah

This recipe was my mother's special holiday dish. I never learned where it came from, but we had it for Rosh Hashana and other holidays. While I think we may have had it for Passover, the modifications make it flatter and I have chosen not to include it for Passover as an adult.

One of the many memories I have of Jewish holiday celebrations is from a gathering of the three families (my family and two others with whom we vacationed, spent holidays, etc.) for Passover at the Lurie's home. There were more than 30 people attending and we all had our parts to read in the Haggadah. When it came time for Elijah, the oldest child, who at that time was probably 19 or 20 years old, came in dressed up as Elijah! It was very fun, and I also remember running around the house looking for the afikomen.

I have continued the tradition of including this special dish at holiday celebrations, and it has become a favorite of my extended holiday "family". It makes me smile as I remember my mother, may she rest in peace.

6 apples, grated fine
1 cup vegetable oil
2 Tablespoons lemon juice
1 cup brown sugar
2 eggs
2 cups grated carrots
2 cups flour
2 teaspoons baking soda
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon cinnamon

Mix all ingredients together. Bake in a greased casserole in 350 degree oven for 1 hour. Preparation time: 15 minutes. Makes about 10 servings.

Note: for Passover, use matzo cake meal (and no baking powder and baking soda).

APPLE CAKE

Karen Andres

This recipe comes from the Boston Globe. But when I made it for a visit to my oldest living relative (age 103), her son said it tasted like the apple cake made by Nana, Sylvia Perelson, and by her mother, my Aunt Becky.

Butter for the pan

1 ¾ cups flour

2 teaspoons baking powder

½ teaspoon salt

¾ cup (1 ½ sticks) butter at room temperature

1 cup sugar

2 eggs

3 medium baking apples, peeled, seeded and thinly sliced

1 teaspoon ground cinnamon

Preheat oven to 350 degrees. Butter a 9-inch springform pan. In a bowl, whisk the flour, baking powder and salt. In an electric mixer, beat the butter until soft and light. Beat in the sugar gradually until the mixture is fluffy. Beat in the eggs, one at a time, beating well after each addition. With the mixer set on its lowest speed, beat in the flour mixture. Spoon the batter into the pan and smooth the top. Arrange the apples in overlapping concentric circles on top of the batter, making the wedges very close. Sprinkle with cinnamon. Bake the cake for 30 minutes. (The cake will not be cooked through.) While the cake bakes, prepare the topping. Turn the oven temperature down to 325 degrees.

1 egg

2 Tablespoons butter, melted

¾ cup sugar

In a bowl with a fork, beat the egg. Stir in the butter and sugar. Pour the mixture over the cake. Return the cake to the oven. Continue baking the cake for 30 minutes or until it is golden brown and firm in the center.

AUNT SELMA'S PASSOVER MUFFINS

Rona Fischman

This recipe is from the unexpected matriarch of the family, my Aunt Selma. She was an unlikely matriarch because she was not a traditional "balabusta" (homemaker). She was a professional woman, of the bookish sort. As time went on, she became the center of gravity for my mother's family. She passed away in 2013 at age 98.

She ran a strictly Kosher kitchen all year round. When it came to Passover, she began preparations immediately after Purim, a month before. The morning before the first Seder, all risen yeast products were out of the house. So, what can you eat? Her answer was these matzoh meal muffins.

2 Tablespoons honey

1 tsp salt

1 ½ cups of boiling water.

2 cups matzoh meal

4 eggs

Grease muffin tins for 12 muffins. Preheat oven to 350 degrees.

Dissolve honey and salt in boiling water.

Add matzoh meal, mix ingredients together and let stand for 5 minutes.

Beat eggs and add to water and matzoh meal mix

Fill tins evenly and bake for 50-60 minutes.

Test with a toothpick. If it has liquid sticking to it, the muffins are not done. But they don't get entirely dry like a leavened muffin. The outside, however, should be dry.

BANANA BREAD

Rachel Pohl

This much loved favorite recipe for Banana Bread comes from my mother and her mother from western Pennsylvania. It was often eaten for dessert on Friday night with tea.

1 cup butter
2 cups sugar
4 large eggs
2 ½ cups flour
1 teaspoon salt
2 teaspoon baking soda
5 medium bananas, mashed
3 teaspoons milk
1 teaspoon vanilla
1 cup walnuts

Preheat oven to 325 degrees. Blend butter and sugar together until creamy. Add eggs, two at a time, mixing well. Sift flour, salt and baking soda together. Combine the creamed mixture, dry ingredients, bananas, and milk, using 1/3 of each at a time. Add vanilla and walnuts. Mix well. Bake in two greased 9"x12" loaf pans for approximately 1¼ hours. After cooled, sprinkle with a little powdered sugar.

So, whether you eat or drink, or whatever you do,
do everything for the glory of God.

1 Corinthians 10:31

recipes from the Christian tradition

SCALLOPED POTATOES AU GRATIN

Susan Brecht

Growing up Roman Catholic in the Midwest in the 50s and 60s, we were not allowed to eat meat on Fridays. Fresh fish was not readily available and my favorite food, aside from chocolate, was scalloped potatoes, so each Friday my mother would make me scalloped potatoes. I still love them today!

3 medium sized Idaho baking potatoes
shredded cheddar cheese
sliced pads of butter
salt
evaporated milk
paprika

Peel and slice the baking potatoes and layer them in a 1 ½ quart casserole dish with the cheddar cheese, butter and evaporated milk. Add a little extra milk of any kind if the evaporated milk does not cover the potatoes. Top with more cheese and paprika.

Bake uncovered at 350 degrees for about an hour or until the potatoes are tender and the top is slightly crusted. They will be creamy and delicious.

TOURTIERE (French Canadian Pork Pie)

Marion Beausoleil

This is served after Mass on Christmas Eve to break the fast.

pastry for two covered 9 inch pies

3 lbs lean ground pork or up to 1/2 beef and 1/2 pork

1 large onion diced very small

15 Ritz crackers

1/2 to 1 cup water

1 Tablespoon poultry seasoning (if box is not fresh will need additional, so season to taste)

Preheat the oven to 425 degrees. Brown onion and meat. Pour off grease. Add water and crackers and seasoning. Simmer uncovered in large frying pan (cast iron is best) until pork is well done stirring frequently. Pour into two 9" unbaked pie crusts, cover each with a top crust. Pierce top crusts for venting. Put in preheated oven and bake until golden and bubbly 40 minutes or so. Serve with hot pickles and beer and good old ketchup.

SCALLOPED CORN AND OYSTERS

Marion Beausoleil

This dish from the Dutch side of my family was served for supper on Christmas Eve, which was a meatfree day.

2 cans of whole kernel corn (not creamed)

1 quart shucked oysters

3 eggs

2 or more cups of milk

Saltine crackers (always Saltines, not Ritz!)

pepper to taste

Preheat oven to 350 degrees. In greased adequately sized casserole place **thin** layer of crushed Saltines. Top with 1 can of corn and some pepper. Place another **thin** layer of crushed Saltines over this, topped with a layer of oysters. Add second can of corn on top of oyster layer and top with another **thin** layer of crushed Saltines. Beat eggs and milk together and pour over the previous layers. (Additional milk may be needed as entire baking dish contents should have a covering of the milk and egg mixture.) Place multiple squares of butter on top of casserole. Bake in 350 oven until custard sets and top is lightly browned. The larger the baking dish, the thinner the layers, the less time required for baking. (A 9x13 rectangle takes 30-40 minutes approximately.)

ESTHER'S FAMOUS ROLLS

Joyce Simon

My sister, Judy Reber McLaughlin, and I both love the dinner rolls that our mother used to make. A few years ago, my sister wrote an article for a cookbook published by the seminary where she taught in Ashland, Ohio. It is an unconventional way of writing a recipe but communicates so well the essence of our mother that I offer it here (though with the following summary of ingredients to help in preparing to make the rolls).

1 egg

1 cup milk

½ stick (¼ cup) butter

1 teaspoon salt

¼ cup sugar

1 ½ packages dry yeast

hot water

3 ½ cups flour

On a chilly last day of November 2005 morning I sat in the kitchen with my beloved 85-year-old mother while she “talked me through” this treasured family recipe that has graced our special family dinners since I was a child. I will share the recipe just as she explained it to me.

“Get me an egg out so we can get it to warm up a bit. Now, you take a cup of milk and you heat it – but do not boil it – only heat it until it is bubbling around the sides of the pan and a little bit of skin forms on top. I need my Big Silver Bowl (BSB) now . . . it’s not really silver but that’s just what I call it. You cut up half a stick of butter and put it in the BSB, then a teaspoon of salt. Now I measure the salt in my hand (as she shows me) . . . now, that’s one teaspoon. But your hands are smaller so you better measure it. Then you put in ¼ cup of sugar.

“Now, throw in the hot milk into the BSB that has the butter, sugar and salt in it and stir it around. Just let it sit while you mix up the yeast. You take one and a half packages of dry yeast and add some hot water to it to get it working. I used to use one package of yeast, but they changed them, so now I use one and a half packages. Now Steve (brother to Judy and Joyce) uses a thermometer in his water, but I never do that. The hot water gets the yeast to work.”

Now she breaks the egg into a small bowl and begins to whisk it. “Now, don’t add this egg into the warm milk mixture. Wait for the yeast to work and the milk mix to cool. Could you reach me the flour down there in the cupboard?”

Turning to the cupboard behind me, I reach in and pull out a brand new bag of Robin Hood flour. “I always start with 3 and ½ cups of flour and I always use Robin Hood flour.” She counts out seven portions with her ½ cup measure because the one cup measure is wet in the sink. “Could you hand me the big mixing bowl?” I remove the bowl from the Kitchen Aid stand. “I’m only going to put two cups of flour in the bowl and I’ll use the dough hook, or you can use your hands if you don’t have a mixer. Now add the cooled milk mixture to the flour and stir . . .now the yeast. . . then the egg.”

She stirs the mixture. “Now just add the remaining flour and turn on the beater, maybe for a minute or so until it becomes ‘dough-like.’ Then I add a little bit more flour. Let’s see. I need the wax paper.”

She pulls off a large sheet and places it on the table, sprinkling a little flour on it and puts the dough on it. The paper slides around and she decides to just put the flour on the table and knead the dough on that surface. I watch, enthralled with the intimate movement of her hands as she uses the heel of her hand to press in and roll, and turn, and press in and roll again. She adds wisps of flour from time to time, telling me that when your hands feel the softness and elasticity it is time to put it in a buttered bowl, cover it with a clean towel, and place it in a warm area for rising. After an hour or so, she punches down the dough, and forms the small rolls, and sets them out for a second hour or so for their second rising. I had to run out on an errand and when I got back, the precious rolls were baking in the oven and the scent filled the house.

“How hot should the oven be, Mom?” I inquire. “Oh, about 425, and you bake them until they’re done.” “How many minutes might that be, Mom?” I pursue, knowing that for someone who has been baking rolls for sixty years or more, she might know when they’re done but I wouldn’t have a clue.

“Oh, about 12-16 minutes. You just have to watch them. You’ll know when they’re just right.”

Our dinner together that night was homemade vegetable soup and hot baked rolls . . . what a memory. . . what a precious recipe this is. I shall go home and make some more this weekend, I said to Mom. “Yes, make them right away and make them often; then you will get the feel of the dough and you’ll see how easy they are.” I love these rolls . . . I love my mother! Thank you, Lord, for Mom.

ENGLISH QUAKER SCONES

Lisa Cannella

This recipe is from my mother, Janet Fell Cannella, who died in August 2013. The scones were a Christmas tradition at our home in Marshallton, Chester County, West Chester, Pennsylvania. Our family religious traditions were Roman Catholicism on one side of the family and Quakers – Society of Friends on the other.

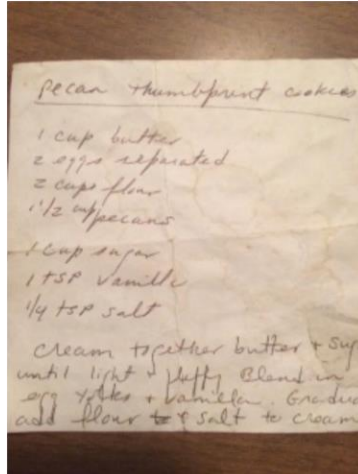
2 1/4 cups of all-purpose flour
1 1/4 cups cake flour
2/3 cup sugar
1 Tablespoon plus 3/4 tsp. baking powder
1/2 teaspoon salt
1/2 cup (1 stick) butter, cut into pieces, room temperature
3/4 cup dried currants
3/4 cup half and half
2 large eggs
1 egg white, beaten lightly
sugar for sprinkling on top of scones

Preheat oven to 350 F degree. Sift 2-1/4 cups flour and add next 4 ingredients into large bowl. Add butter and rub with fingers-tips until mixture resembles coarse meal. Mix in currants. Whisk half and half, eggs and yolks in small bowl. Add to dry ingredients and blend with fork just until moistened. Turn dough out onto lightly floured surface and knead about 20 times until smooth, adding additional flour to prevent sticking.

Divide dough into 4 pieces. Flatten each piece into 1/4-inch thick round. Transfer to heavy large baking sheet, spacing evenly apart. Cut each round into fourths, (pie shape) do not separate. Lightly brush with egg white. Sprinkle heavily with sugar. Bake until tops are golden brown, about 12 minutes. Transfer scones to rack and cool. Separate into fourths. Makes 16 buttery, light and sweet scones. Serve scones warm with butter or your favorite jam or jelly.

PECAN THUMBPRINT COOKIES

Jane Tierney



This much-used handwritten family recipe comes from my husband's grandmother. His sister makes batches for each family member as Christmas gifts.

- 1 cup butter**
- 2 eggs separated**
- 2 cups flour**
- 1 ½ cups pecans, chopped**
- 1 cup sugar**
- 1 teaspoon vanilla**
- ¼ tsp salt**

Cream together butter and sugar until light and fluffy. Blend in egg yolks and vanilla. Gradually add flour and salt to cream mixture. Chill dough for short while and shape into balls about an inch in diameter. Dip into slightly beaten egg whites and then roll into pecans.

Place on a greased cookie sheet and with thumb, press deep impression into each. Bake at 350 degrees for 15 to 18 minutes until brown at edges. Fill the cookies with icing of choice.

SNOWBALLS

Barbara Farmer

Although this is an updated recipe, using a food processor, the ingredients are the same as those used by my mother and grandmother. This was one of my favorites of the many Christmas cookies they made each year.

$\frac{3}{4}$ cup thinly sliced almonds

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

$\frac{3}{4}$ cup unsalted butter, sliced and softened (1 $\frac{1}{2}$ sticks)

$\frac{1}{2}$ teaspoon pure vanilla extract

$\frac{1}{8}$ teaspoon almond extract

1 $\frac{2}{3}$ cup all purpose flour

$\frac{1}{4}$ teaspoon fine salt

1 cup or more confectioner's sugar

Pulse almonds in food processor until finely ground. Add butter and process until smooth (about 1 minute) into small crumbs. Add vanilla and almond extracts. Pulse to combine. Add flour and salt. Pulse briefly until dough is soft and crumbly. Turn out into plastic wrap or wax paper. Divide into 2 clumps. Form into 1 $\frac{1}{2}$ inch cylinders. Cover and refrigerate overnight or 30 minutes.

Preheat oven to 325 degrees. Line 2 baking sheets with parchment paper. Cut cylinders into $\frac{3}{8}$ inch pieces and roll into $\frac{3}{4}$ inch diameter balls. Bake 15 to 20 minutes.

As soon as cookie has cooled but is still warm, roll in confectioner's sugar. Place on rack to cool. When cool, roll in confectioner's sugar one more time.

Note: Don't make the balls too big or they will flatten out when baked. The colder the dough is when put into the oven, the less likely that the cookies will flatten out.

CRESCENT COOKIES

Karen Nell Smith

My Dutch Grandmother was famous in our family for her wonderful holiday baking treats. These cookies were one of our very favorites. I remember helping her to roll the crescents with our hands, and to dip the warm cookies into the vanilla sugar. There was always a big jar of vanilla sugar in her pantry just waiting for Christmas cooking. Just opening the lid of the jar at any time during the year, the smell of vanilla would transport me to her warm, cozy kitchen at Christmas.

1/3 cup sugar

2 sticks (1 cup) butter

4 Tablespoons chopped almonds

2 cups flour

Cream the sugar and butter. Add the almonds and flour. Roll a bit of dough in the palm of your hand to form a crescent shape. Place on a greased cookie sheet and mark with a knife at three points. Bake at 350 degrees until tips are brown. Roll in vanilla sugar.

Vanilla sugar: Chop a whole vanilla bean into several pieces and place in a large jar full of sugar. Store the sealed jar for several months so that the vanilla strongly flavors the sugar.

LEBKUCHEN – GERMAN HONEY CAKES

Susan Neubauer

My grandmother, Emma Christina House, whose parents came from Germany, made these cookies every year just after Thanksgiving and stored them in a large pottery crock with some apple slices wrapped loosely in wax paper at the top for moisture and a tight-fitting lid. Just after baking, they were hard enough to crack your teeth, but by the week before Christmas, they were ready to eat. It was hard to wait.

I found this recipe in The Fannie Farming Baking Book. It is not my grandmother's original recipe but it is very similar. Do not skip the citron – it is essential to these cookies. The name, "Lebkuchen," means "Love Cakes," or so I was told as a child.

| | |
|--|------------------------------------|
| 1 cup honey | 2 teaspoons cinnamon |
| 1 cup brown sugar | 1 teaspoon ground cloves |
| 1 egg | 2 teaspoons ground allspice |
| 1 Tablespoon lemon juice | 3 cups flour |
| 6 Tablespoons finely chopped candied citron | |
| ½ teaspoon baking soda | |

Put the honey and sugar in a mixing bowl and heat until blended. Add the egg and beat very well. Stir in the lemon juice. Combine the flour, baking soda and spices and sift them together on to a piece of waxed paper. Add to the honey mixture and beat well. Stir in the citron. Cover the bowl and refrigerate for at least 6 hours.

Preheat the oven to 350 degrees and grease some cookie sheets. Place one half of the dough on a lightly floured surface (keep the other half chilled). Roll the dough into a large rectangle about ¼ inch thick, sprinkling flour as necessary to keep it from sticking. With a sharp knife, cut the dough into rectangles about 1½ to 2½ inches. Place about one inch apart on the prepared cookie sheets.

Roll out the other half of the dough while you are baking the first batch of cookies. Bake for about 10 to 12 minutes or until the edges are slightly colored. Remove from the oven and gently lift the cookies off the sheets and on to wire racks to cool. While the cookies are still warm, brush with a glaze made from 1 cup confectioner's sugar and 2 Tablespoons water. Store airtight for at least several days before eating.

BROWNIES

Pat Jackman

This was the recipe I first used to make brownies. It came from a member of my mother's church circle group. It was a large church in the 1950s so there were eight or nine smaller circles who met once a year for a combined banquet. For a number of years I used Nestle's Choco-Bake packets but now they are no longer on the market so it is back to Baker's chocolate pieces to melt except now I can melt them in the microwave. The result is a cake-like brownie. I've always liked it and for me it is better than a box mix.

This recipe has been in my file a long time. Whenever I use it I remember the church in Natick, Massachusetts, where my Christian faith was nurtured. It was where I was baptized and confirmed. I was reluctant to move my membership to another church but finally did when I had my first job from college. After marrying a minister, I have moved my membership to all the other churches he served.

1/2 cup butter
1 cup sugar
2 eggs beaten
1 teaspoon vanilla
4 Baker's pieces semi-sweet chocolate
1/2 cup flour
1/4 teaspoon salt
1/3 cup chopped walnuts

Cream butter and sugar. Add beaten eggs and mix well. Add melted chocolate (melted by package directions). Mix well. Add dry ingredients. Mix well. Add walnuts. Mix lightly. Bake 25 minutes at 350 degrees.

OLD-FASHIONED APPLE CRISP

Jane Fadden

This recipe has been used in my family for at least four generations. It is in the recipe book of The Fox Chapel United Methodist Church, Fox Chapel, Pennsylvania. The church was originally built on land given by my great-grandmother, Eliza Fox, in memory of her husband, John Fox. The road going by the church was named Fox Chapel Road. Eventually, the local borough took the name from the landmarks of the church and road and became Fox Chapel, Pennsylvania.

1 cup flour

½ cup white sugar

1 teaspoon baking powder

½ teaspoon salt

1 cup brown sugar

1 egg

5-6 cups pared, sliced apples

1/3 cup melted butter

cinnamon

optional: dried cranberries, raisins, chopped nuts

Sift together flour, sugar, baking powder and salt. Stir in brown sugar. Break in whole egg and mix, making a crumbly mixture. Put the apples (and optional ingredients if desired) in a baking pan and sprinkle the crumbly mixture over the apples. Pour the melted butter on top. Sprinkle with cinnamon.

Bake at 350 degrees for 30-40 minutes until browned and bubbly. Serve warm or cold, with or without cream. Also good with whipped cream or ice cream.

ANGEL PIE

For Easter, decorate this pie with small jelly beans.

meringue:

4 egg whites, beaten

1 cup sugar

1/4 teaspoon cream of tartar

filling:

4 egg yolks

1/2 cup sugar

3 Tablespoons lemon juice

1 Tablespoon lemon zest

1/2 pint heavy cream

Preheat oven to 275 degrees. Beat egg whites until stiff. Add cream of tartar and sugar and beat until glossy. Turn the meringue into a well-greased pie plate. Place in oven and bake for 1 hour.

Combine egg yolks, sugar, lemon juice and lemon zest in a pan and warm over low heat, stirring constantly until thick. Cool.

Beat heavy cream until thick. Beat lemon filling. Combine the cream and lemon filling and fill the meringue pie shell with this mixture.

Garnish with whipped cream if desired.

SCOTTISH SHORTBREAD

Christine Navez

*My parents first met at Boroughmuir High School in Edinburgh in 1930. They each lived fairly close to the school in the Bruntsfield area of Edinburgh, a time and place described so well by Muriel Spark in her novel *The Prime of Miss Jean Brodie*. They quickly became sweethearts with a devotion to each other that lasted for more than sixty years of marriage. But before marriage, there was a long courtship since young people in those days did not rush to get married until they had established themselves and saved enough to afford a place of their own to live.*

It was not until December 31, 1938 that my parents were finally able to announce their engagement. My father was twenty-four and my mother a year younger. They chose the last day of the year because in Scotland that is the night celebrated as Hogmanay. The roots of the celebration are traced to the winter solstice festivities of the Norse and Vikings. But Hogmanay celebrations would probably have died out were it not for the influence of the Presbyterian Church, which became dominant in Scotland at the time of the sixteenth-century Reformation.

Many Christians are surprised to learn that the festival of Christ's birth was not celebrated in the early centuries of the Church. It was only in the fourth century C.E. that the Church started to observe the day of Jesus' birth as a festival on December 25, a date that was likely chosen so that it would usurp the pagan Roman solstice festivities associated with the god Saturn. By the middle ages, Christmas had become a twelve-day feast that was associated with prodigious eating and drinking. Not surprisingly, when reformers in the sixteenth century started to call for a return to a more purified and Biblical faith, some decided that Christmas celebrations should cease since there was no mention in the Bible of any feast linked to Jesus' birth. While Christmas was still observed in Roman Catholic European countries and in Anglican England, Presbyterian leaders in Scotland (like later Puritans in New England) decreed that good Christians must no longer celebrate Christmas.

Instead, church leaders redirected attention to the beginning of the New Year. They encouraged the faithful to make a special effort to attend church on the last Sunday of the old year in order to reflect on the year that was past and repent of sins committed. On the first Sunday of the new year, Christians were urged to attend church to pray for God's blessing and for strength to live more faithfully in the coming year. Some churches also held services on December 31 to mark the transition from the old year to the new. My parents told me that when they were growing up Christmas still received little attention and gift-giving mainly happened at the new year.

The night known as Hogmanay (December 31) was marked by ancient customs, including "first-footing." Immediately after midnight, people visited a friend or neighbor. As the first person to cross

the threshold in the new year, the person brought symbolic gifts such as coal (for warmth), whiskey, black bun (a rich fruit cake encased in a pastry crust) and shortbread which were deemed to bring good luck. In exchange, food and drink, especially whiskey, were offered to the first-footing visitors. The visiting continued through the early hours of the morning and well into the next day. My parents told me that it was the perfect time to announce their engagement since at every house they visited there was a toast of whiskey to their health and happiness.

My parents were indeed lucky to enjoy far more of both than many of their contemporaries. They were married on June 6, 1939, just three months before the outbreak of World War II. My father, who was in the Royal Army Medical Corps, was posted overseas in January 1940. He served in Palestine, Egypt, North Africa (including the siege of Tobruk), India and Burma and was overseas for five years without a single home leave. It was not until January 1945 that he and my mother, who had joined the Auxiliary Territorial Service, as the women's army corps was known in Britain, were reunited.

My mother's life changed dramatically from being an army captain with 300 young women under her command to becoming a housewife and then a stay-at-home mother. She was a wonderful baker who always had something tasty to offer me when I came home from school in the afternoon. One of the best treats was her shortbread, made from her grandmother's recipe. This was the shortbread she had baked to give to friends on Hogmanay 1938.

3 cups all-purpose flour

½ cup granulated sugar

½ lb unsalted butter

Preheat oven to 375 degrees F. Lightly grease two 8-inch round baking pans. Sieve flour and sugar together in a medium size bowl. Cut the butter into small pieces and rub into the flour and sugar. Continue rubbing until the butter is thoroughly mixed and the mixture starts to form into a ball. Divide mixture in two and roll out each half of the mixture into a round to fit the baking pan and press into the pan. Gently prick the surface with a fork to make small holes or score with the tines of a fork to make lines. Bake for about 25 minutes until lightly brown. Remove and cool on a metal rack. Cut into 12 pie-shaped segments while warm but do not remove from pan until cool.

And they offer food to the needy, the orphan and the captive, [saying] “We feed you for the sake of Allah alone; we wish for neither reward nor gratitude from you.”

Sura 76:8-9

recipes from the Muslim tradition

CHICKEN BIRYANI

Sajda Elaahi-Gdihi

We recently returned from living overseas in Taipei, Taiwan in Asia, where I started a cooking club with a Christian and Jewish friend and cooked biryani as the first dish. See the attached picture. The group expanded to include other friends and without realizing it, I had created my own interfaith cooking club where friendship and food were our binding agents! Once a month we would all meet at someone's home and the friend whose home it was would show us how to make a couple of dishes of her choice from her culture and the rest of us would bring along other dishes to go with the food being cooked. We would learn how to make some new dishes and then sit down to enjoy the cooked and shared food amidst great conversation and laughter. It was a great way to learn about one another through a common life skill of cooking. It doesn't matter where you are from or what religion you are, everyone has to eat!

My Chicken biryani recipe started the cooking club and I am proud of it. A biryani dish is typically a chicken or meat dish made with rice. So it can be considered a meal in one with a side dish of Raita which is a yogurt dish that helps to calm the palate if the biryani is spicy. I have cooked this biryani recipe many times for my family and also for entertaining friends and family. It is always a great hit with everyone.

18-24 oz small cubes of chicken

18-24 oz basmati rice, washed and soaked for at least 30 minutes

3 medium finely chopped onions

3 medium blended tomatoes

1 Tablespoon minced ginger

1 Tablespoon minced garlic

1 cup plain yoghurt

1 – 1 ½ cups of vegetable oil

12 cups of water

1 teaspoon whole cumin

salt to taste

1 – 2 Tablespoons of Shan Bombay Biryani mix

optional: Couple of drops of red color

fresh coriander leaves for garnishing

Fry the onion in hot oil until golden. Add the blended tomatoes and fry until the oil separates. Add the ginger and garlic and continue to fry for a couple of minutes. Mix the yoghurt with the Shan biryani masala and salt making sure it is mixed properly. Then add to the above. Then add the cubed chicken. Continue to cook for about 10 minutes stirring every now and then. Then add 1 -2 cups of water and cook on low to

medium heat until the meat is tender. Then increase heat and cook until oil separates from the gravy.

Separately: Boil 12 cups of water, add 1 small teaspoon of salt and whole cumin to the water. Then add the soaked rice. Boil the rice until half cooked which should take about 5 to 7 minutes. Remove from heat and thoroughly drain the water. Spread one layer of rice in a big pot. Then spread cooked meat and sauce over the layer of rice. Spread another layer of rice on top then another layer of meat with sauce. End with the last layer of rice.

Optional: Mix a couple of drops of food coloring with any leftover oil from the sauce and drip a tablespoons worth over the rice.

Cover the pot ensuring the lid is tightly shut. Cook on low heat for about 10 minutes until the rice is fully cooked. Mix before serving. Top with fresh coriander leaves and enjoy!

Serving suggestion: Serve with a fresh salad and Raita

DAL CHAWAL PALIDU (Lentils, Rice, Curry)

Rabab Shamim Bhindarwala

This is a special Dawoodi Bobra Muslim dish. It is unique and representative of our food. In most households this dish signifies a happy occasion like birthdays, Muslim New Year Eve, Eve of the Lunar calendar month, etc.

Growing up in India and even today, this dish is my favorite. I specially loved the one made by my grandmother. Many happy memories are associated with it. Even today, I make it on happy occasions. It is also completely vegetarian, yet simple nutritious and delicious!

Dal-chawal

1 cup toor dal (also known as toovar dal or split pigeon peas)

1 ½ – 2 cups of rice

1 teaspoon turmeric powder (*haldi*)

4 cloves of garlic, chopped

1 teaspoon whole cumin seeds

1-2 bay leaves

1” piece of cinnamon

1 small onion, chopped

2 medium-sized green chilies, chopped

2 Tablespoon oil

chopped scallions for garnishing (optional)

salt to taste

Boil the toovar dal in water in a pan over a medium heat for around 10-12 minutes or until it is almost cooked, adding turmeric and some salt. (The dal should remain whole and not turn mushy.) Strain the water from the dal and keep it aside.

Heat oil in a pan. Add the garlic, cumin and bay leaves. Once they start crackling, add the chopped green chilies and onion. After the onion starts browning, remove the mixture from the heat and mix in the cooked toor dal and keep aside.

Cook the rice until it is ¾th done and layer it over the cooked dal in a cooking pot. Add around ¼ cup of water, cover the pot with a lid and let the rice mixture steam on a low flame for 5 minutes. Cook until the rice is completely cooked.

Garnish the dal-chawal mixture with some scallions.



Palidu (curry)

leftover lentil/dal water (see method for details)

1 teaspoon methi (fenugreek seeds)

4 cloves of chopped garlic

1 small onion, chopped finely

4-5 curry leaves (optional)

2 Tablespoons besan or (gram flour or chickpea flour)

½ teaspoon red chili powder or according to taste

½ tsp turmeric powder

1 teaspoon coriander-cumin powder

3 Tablespoons oil

coriander (cilantro) for garnishing

medium-sized bottle gourd (calabash) or dudhi (cut into small pieces)

Heat oil in a pan. Add the methi or fenugreek seeds, curry leaves, chopped garlic and onion. Once the onions soften, add turmeric, red chili powder and the coriander-cumin powder. Add *besan* (gram flour) to the mixture and sauté for two minutes on a medium flame, stirring continuously. Add little water, if necessary, to prevent the mixture from burning. Add the bottlegourd or dudhi pieces and stir for another minute. Add the leftover dal/lentil water to the mixture and let the mixture boil slowly.

Cook the palidu till it boils and the gourd pieces are cooked (it should turn soft and fleshy from inside,) adding more water if necessary. Garnish the palidu with coriander (cilantro.)

BURFEE

Farhat Husain

Burfee is served as a dessert treat on any special occasions such as Eid and other celebrations. Literally, the name means "snowy", as it is white, though some confectionery stores may sell it in colors or with various nuts.

1 32 oz. carton of ricotta cheese (whole milk)

1 small can of Carnation evaporated milk

2-3 oz. of unsalted butter

Sugar to taste

Rose water or Kewra essence

slivered almonds for garnish

Cook on medium heat, stirring constantly until it thickens into a consistency which can be spread and cut. Mix in a drop or two of rose water or Kewra essence. Prepare a flat dish coated with a little bit of oil or butter. Spread the mixture on the dish with hand, or a small plate whose bottom should be oiled. Cut into diamond shaped pieces and sprinkle slivered almonds upon it.

CARROT HALVA

Saadia Husain Baloch

Traditionally this halva was made in the winter when carrots were in season in Pakistan and India but now it is made any time to be served on special occasions, as a wedding dessert, on one of the Eid holidays, or other celebrations.

- 2 pounds carrots (full size, not baby carrots)**
- 1 stick(4 ounces) unsalted butter**
- 2 cups sugar**
- 1 12oz can evaporated milk (such as Carnation)**
- 1 cup whole milk**
- few strands saffron**
- 1/8 lb slivered blanched almonds for garnish**
- 2 Tablespoons Rose or Kewra essence water**

Grate washed and peeled carrots finely using a food processor grating attachment or a hand grater. Bring to a slow boil the carrots, both types of milk and butter in a heavy bottomed large saucepan. Boil on low heat for about an hour until it becomes the texture of a thick pudding. Stir occasionally to keep it from sticking to the pan. Add the sugar and cook, stirring frequently until the liquid totally evaporates and the carrots become caramelized and dark in color. Before removing from the stove, add the rose essence for fragrance. Stir in almonds after removing from heat, or sprinkle over halwa when serving. Add raisins as well if desired.

KOESISTERS – MALAY BREAKFAST ROLLS

Majedah Taliep

As a child growing up in the Cape Malay community of Cape Town, South Africa, my favorite foods included these traditional breakfast pastries. Malay koesisters are not plaited but are oblong in shape, light and puffy and very spicy.

4 cups cake flour
1 cup self-rising flour
½ cup sugar
½ teaspoon salt
2 teaspoons ground ginger
1 teaspoon ground cinnamon
2 teaspoons ground aniseed
1 teaspoon ground cardamom
2 teaspoons ground dried naartjie peel (optional)
½ cup sunflower oil
1 egg
1 cup cold milk
2 cups hot water
1 Tablespoon active dried yeast
½ teaspoon sugar
1 ½ cups sunflower oil
Sugar syrup
2/3 cup desiccated coconut

Sift flours, sugar and salt into a mixing bowl and stir in spices and naartjie peel. Rub in ½ cup oil to form a crumbly mixture. Mix milk and water and dissolve yeast and sugar in half the milk mixture. Add to flour with egg and remaining milk mixture. Mix to a soft dough. Moisten hands with oil and rub over dough, then set dough aside, covered, to rise until doubled in bulk, about 2 hours. Roll dough out to a 2 inch thick coil on an oiled surface. Cut off 1 inch lengths and shape each into a slightly flattened doughnut shape. Set aside, covered, for 30 minutes to rise again. Heat oil in a saucepan and fry koesisters for 5 minutes on each side, or until browned. Drain on absorbent paper or in a colander. Boil koesisters, a few at a time, in sugar syrup for 1 minute, then drain and sprinkle with coconut. Makes 60.

MAMOONEIEH and MAAMOUL

Leena Albasha and Dima Albasha

These are two traditional deserts Mamouneieh which we eat it usually almost every Friday after prayers, and Maamoul which we eat a lot at the time of the Eid festivals. Mamounia is a smooth and velvety semolina pudding that is usually topped with cinnamon and nuts and served with string cheese, cream and pita bread.



3 tablespoons ghee or butter
1 cup coarse semolina
4-5 cups of water (see notes)
1 and 1/2 cups sugar
nuts and cinnamon for decoration

In a pot add water and sugar and bring to a boil. In another pot melt the butter or ghee. Add the semolina to the melted ghee and stir until the semolina is very lightly golden. Add the toasted semolina to the water carefully while stirring continuously until the mix thickens. Turn off the heat and cover the pot for 10 minutes. Serve the mamounia decorated with nuts and dusting of cinnamon if you like.

Notes: The amount of water will affect the consistency of the mamounia. If you like your pudding to be on the thick side, use 4 cups. If on the other hand you like it to be thinner, use 5.

Maamoul

filling:

½ pound pitted soft Medjool dates
2 Tablespoons water
pinch fine salt
¼ cup finely chopped crystallized ginger
½ teaspoon finely grated orange zest

dough:

2 cups all purpose flour
1 teaspoon baking powder
1 Tablespoon confectioners' sugar, plus about ½ to 2 cups for frosting
pinch fine salt
½ cup (1 stick) unsalted butter, plus 2 Tablespoons
2 Tablespoons neutral flavored oil, such as canola
¼ cup milk

Preheat oven to 325 degrees. Puree the filling ingredients in a food processor until evenly combined, about 1 to 2 minutes. Remove and set aside. Clean the food processor bowl. Put the flour, baking powder, 1 Tablespoon confectioners' sugar, and salt in the bowl of the food processor and pulse 3 to 4 times to mix. Add the butter, oil and milk, pulsing until the dough just comes together. Take care not to overwork the dough; it will be slightly wet. Remove the dough from the processor and roll into 20 equally sized balls. In the palm of your hand, press and pat each ball of dough into a 2 ¾ inch round. Place a rounded teaspoon of filling in the center of each round and draw the edges up and around the filling. Pinch the dough together to make a sealed ball, and then carefully roll the cookie between your palms to make a smooth round ball. Press gently to flatten the cookie slightly, then place it seamed side down on a parchment-lined baking sheet. Repeat with the remaining dough and filling. Gently prick the cookies with a fork or a wooden skewer in a decorative pattern, taking care not to pierce the dough to the filling.

Bake the cookies until firm and slightly puffed, and the tops are pale but the bottoms are just beginning to turn slightly golden, about 20 to 25 minutes. Dust generously with confectioner's sugar, cool and dust again.

SHEER KURMA

Safura Hussain

Sheer Khurma, "sweet milk and dates," is a rich Mughlai vermicelli dessert prepared by Muslims on the festive occasions of Eid-ul-Fitr and Eid-ul-Adha throughout South East Asia and Central Asia. It is a traditional Muslim breakfast, and a dessert for celebrations. "Sheer" means milk, and "kburma" means dates in the Persian language.

This special dish is served on the morning of Eid day in the family after the Eid prayer at breakfast, and throughout the day to all the visiting guests.

3 cups whole milk

2 Tablespoons unsalted butter

¼ cup sugar (or to taste)

½ cup fine whole wheat vermicelli, broken into 1 inch small pieces

7-8 cashews, soaked and sliced

8-9 almonds, soaked, skinned and sliced

8-9 unsalted pistachios, soaked, skinned and sliced

8-9 dates seedless, sliced

4 green cardamoms, crushed to a powder in a mortar-pestle, skin removed.

1 Tablespoon golden raisins

optional ½ to 1 teaspoon rose water or few strands of saffron

Roast the chopped, sliced nuts, raisins and dates in melted butter. Set aside. Roast vermicelli pieces in same butter till golden. Meanwhile, heat milk in a saucepan and let it come to a boil. Lower the flame and simmer for 8-10 minutes till the milk slightly thickens, stirring so it doesn't burn on the bottom. Add the roasted vermicelli and sugar to the milk and simmer till the vermicelli is cooked and has become soft, for about 8-10 minutes on a low flame. The milk will also thicken and reduce in volume. Add the whole dry fruit mixture and cardamom powder. Stir in rose water, if desired.

You can garnish sheer khurma with saffron strands, or rose petals, or crushed pistachios and almonds. Sheer Khurma can be served hot, warm or chilled.