

From the Rabbi's Kitchen

PASSOVER RECIPES: Let My People

Enjoy! Apple Horseradish

[Why not try to make a more interesting horseradish option!]

1 c. freshly grated horseradish  
Juice of 2 lemons  
2 Granny Smith apple, peeled, cored and grated ½ c. minced chives

Mix together and voila!

[Yield: Approximately 2 ½ c. This dish can be used for either dairy or meat meals.]

Brussel Sprouts and Carrots, with Almonds

[A nice side dish!]

¼ c. sliced almonds 1 ½ c. julienned carrots  
(unpeeled) Kosher salt to taste 2 T. butter/margarine  
3 c. trimmed brussels sprouts (about ¾ lb.) Black pepper to taste  
(consider freshly ground for the holiday)

1. Preheat oven to 350 degrees and bring both a large and a medium pot of generously salted water to a boil.
2. Spread almonds evenly on a baking sheet and toast in oven until lightly golden--about 3-5 minutes. Remove from oven and set aside.
3. Add brussels sprouts to large pot and cook until slightly tender but still crisp, about 5 minutes. Drain, and when cool enough to touch, cut them into quarters and dry well on a tea towel. Set aside.
4. Add carrots to medium pot and cook until slightly tender, about 1 minute. Drain.
5. In a large saute pan over medium-high heat melt butter. Add almonds and saute until just slightly darker, about 1 minute.
6. Increase heat to high, add brussels sprouts and carrots and cook, stirring constantly, until vegetables are warmed through and browned on the edges, about 5 minutes.
7. Season with salt and pepper. Serve.

[Yield: 4 servings. For meat meals, use margarine; otherwise this dish is dairy.]

## Cauliflower-Apple Puree

[A surprise combination!]

2 Golden Delicious apples 3 lb. cauliflower, trimmed and  
2 t. Olive oil cut into large chunks  
Sea salt (preferably coarse), to taste 5 T. butter/margarine (more if desired)

1. Preheat oven to 375 degrees.
2. Slash apples in several spots and place in a small-medium baking dish. Sprinkle oil on top. Bake until apple is very tender and wilted, 30-40 minutes. Cool.
3. Cool, peel and core apple. Reserve the flesh.
4. Fill a large pot with water, seasoning generously with salt and bring to a boil. Add cauliflower and cook until very tender, 5-7 minutes. Drain and transfer to a food processor.
5. Add half the apple and the butter/margarine to the cauliflower in the food processor. Process 3-4 minutes, occasionally scraping down the sides with a spatula. (The puree should get smoother and silkier the longer it processes.)
6. Adjust seasoning, adding more apple, butter/margarine and/or salt as desired; there should be just a hint of sweetness from the apple.
7. Transfer to a serving dish and serve hot.

[Yield: 8 side servings. For meat meals, use margarine; otherwise, this dish is dairy.]

## Sweet-Potato Soufflé

[A nice dairy entree.]

3 lb. sweet potatoes ¼ t. nutmeg  
⅔ c. heavy cream 4 t. brown sugar  
6 egg yolks 2 t. butter (for greasing dish)  
8 egg whites, beaten until stiff

1. Preheat oven to 400 degrees.
2. Prick the sweet potatoes and place in a baking dish. Bake until soft, about 45-60 minutes. Remove from oven, slice in half and scoop flesh into a bowl.
3. Using a wire whisk or electric mixer, whip until smooth. Measure 3 ½ c. Reserve any remaining potatoes for another use!
4. Lower oven temperature to 350 degrees.
5. In a bowl blend the sweet potatoes and cream. Add the egg yolks, nutmeg and brown sugar, mixing well.
6. Fold in the beaten egg whites.
7. Place the mixture in a buttered 2-quart soufflé or baking dish. Bake for 35-40 minutes, or until a knife inserted into the center comes out clean.

[Yield: 8 servings.]

## Egyptian-Matzah Confection

[Do desserts get better?]

For the sugar syrup:

1 ¼ c. water Few drops lemon juice

1 c. sugar 1 t. Cinnamon

1. Simmer the water, sugar and lemon for 10 minutes.
2. Add cinnamon and cool.

For the Matzot (plural of Matzah):

8 sheets plain matzah 1 c. vegetable oil

3 eggs Sugar and cinnamon mixture (optional)

1. Break each matzah sheet into 6 equal pieces. If matzah crumbles, put a damp cloth on it to soften.
2. Heat oil in pan.
3. Beat eggs thoroughly. Dip matzah into eggs and fry in hot oil until golden brown. Drain on paper towels.
4. Dip hot matzot in cold syrup and sprinkle, if desired, with a mixture of sugar and cinnamon.

[Yield: 48 pieces. This dessert can be served with either a dairy or meat meal.]

Hag kasher v'samei-ah! A delicious Passover to all!

Rabbi Sacks