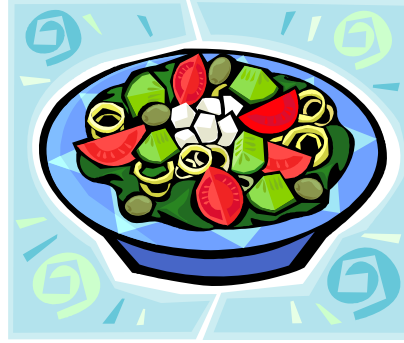




THE RACHEL LOOBAN FAMILY GROUP
CHANUKAH COOKBOOK

DECEMBER 2, 2007

THANKS TO EVERYONE WHO CONTRIBUTED THEIR RECIPES



Vegetables and Salads

Myrna Mitnick's Mother's

Tabbouli Salad

1 C bulgur wheat

2 C boiling water

Pour boiling water over wheat in large bowl. Let stand one hour. Tip bowl carefully to drain any excess water. Add remaining ingredients (listed below) and blend well. Chill at least 2 hours. Makes 6 servings.

Add: 1/4 C olive oil

1/4 C lemon juice (sometimes I add a little more, to taste)

1/4 tsp salt

1/4 to 1/2 tsp. pepper

1/2 to 1 cup fresh parsley, chopped

1/4 green onions and tops, chopped

2 tomatoes, diced

1/4 C celery, diced

1 medium cucumber diced

Enjoy!

From Adele Taube

Carrot Raisin Salad

1 and 1/2 Cups of grated carrots

3/4 cup chopped celery

1/2 cup raisins

Miracle Whip salad dressing

Combine carrots, celery raisins and enough salad dressing to moisten. Toss lightly and chill 4 servings

For variations add crushed pineapple, shredded cabbage, chopped apples or green grapes.

Helpful Hint: Buy package of baby carrots (they are already peeled) and dump them into your food processor and let it "grate" the carrots for the consistency you want.

2 Kugels !!!

From Diane Yankelevitz (who got this recipe from her mother-in-law)

Lochshun Kugel

Boil small package of wide egg noodles in water with 1 tsp salt.

When don, drain and rinse under hot water in colander.

Add ½ cup raisins,

1 egg,

¼ cup sugar,

2 tsp cinnamon,

¼ cup melted margarine,

1 small apple sliced into small pieces

Mix well.

Bake 1½ hours at 300° in 8" square glass pan covered with either casserole cover or aluminum foil.

(For double recipe use 8"x13" glass pan.)

Slice into squares. Serves 6. Good to eat hot or cold.

From Mollie Mitnick

Challah Kugel (Parve)

2 onions diced

1 T oil

2 stalks of celery diced

3 carrots diced

8 slices of left over challah

4 eggs beaten

¼ cup oil

1 tsp salt (or to taste)

Pepper, garlic powder to taste

Sauté onions in 2 T of oil until soft. Add celery and carrots and sauté until vegetables are lightly browned. Break challah into small pieces in a mixing bowl. Add the eggs, ¼ cup oil and heated vegetables. Season to taste with salt, pepper and garlic powder. Place mixture in a 2 quart casserole and bake at 350 for about 45 minutes or until golden brown.



From Carol Fradkin

Butternut Squash Soup

+/- 8# butternut squash
5 TBSP olive oil
1½ -2 medium onions, chopped
<8 oz. orange juice

Salt, pepper, cinnamon to taste
2 - 32oz containers fat-free vegetable broth

Pour olive oil into pot. Cook onions in oil until translucent.
Cut up squash to +/- 1" cubes. Microwave about 7½ minutes.
Add squash to pot. Pour in vegetable broth.
Bring to a boil. Reduce heat and simmer until squash is "fork soft".

Remove from heat. Blend right in the pot using an electric hand blender (be careful not to get burned by spatters!)-or puree in blender in batches. After blending, add juice, salt, pepper, and cinnamon to taste.
Serve hot.

From Talia Walter who got it from her Aunt Sharon

Squash Soufflé

12 oz pkg or frozen butternut squash (or equivalent cooked and mashed squash)
3 eggs
½ cup sugar
½ cup flour
2 cups non-dairy creamer
½ stick margarine

Defrost squash in saucepan over low heat, add margarine. When margarine is melted, remove from heat. Beat in sugar, flour, and eggs into squash mixture. Add creamer. Pour into 1 ½ quart soufflé dish. Sprinkle with cinnamon. Bake at 350 for 1 hour or until toothpick comes out clean.



Main Dishes

Irene Diener's recipe submitted by Adele Taube

Broiled Fish Hawaiian

1 lb. fish fillets

Mix well:

$\frac{1}{2}$ cup pineapple juice

$\frac{1}{8}$ cup soy sauce

$\frac{1}{8}$ cup Worcestershire sauce

Pepper to taste

Place fish in shallow baking dish. Pour marinade over fish and refrigerate for 20 minutes. Broil fish for 10 minutes or until fish is done and flakes easily. Use sauce to baste

Hilda Miller

Sweet and Sour Meatballs - AND
Stuffed Cabbage (Holishkes)

Sauce – 2 6oz cans of tomato paste
½ cup brown sugar
Juice of ½ lemon or ¼ tsp sour salt
3 cups water

Mix ingredients and bring to boil. Cook until seasonings are mixed well and tastes right – about 10 minutes

For sweet and sour meatballs

1 ½ lbs of ground beef
2 eggs
1 onion, grated
¼ cup bread crumbs or oatmeal
Salt and pepper to taste

Mix together and form meatballs about the size of a walnut. Drop into sauce. (You can place the meat balls on a plate and slide a bunch into the sauce at once!) Cook slowly about 2 hours at low heat.

For stuffed cabbage

Use the same sauce and the same meatball recipe but make the meatballs larger.

About 16 cabbage leaves – soak leaves in boiling water until pliable. OR put the cabbage in the freezer. When frozen, the leaves will come apart easily.

Make the meatballs slightly larger and place a meatball in each cabbage leaf. Roll up, tucking the ends in. Place the cabbage rolls, folded side down, in sauce. Simmer until tender. May be placed in the oven at 350 for 1 and 1/2 to 2 hours.

Gail Osgood's

Easy Holiday Chicken Meal for 2 or 10

For 2

1 package Empire Chicken

1 cup of water

½ cup white wine

1 small can of stewing tomatoes

1 small Pyrex Square

Rice or couscous to cover bottom

Spices such as garlic, thyme, and Parsley, pepper and others

For 10

1 or 2 packages of whole cut up chicken

2 cups of water

1 cup white wine

1 large can of whole tomatoes

8x12 Pyrex rectangle

Rice or couscous to cover the bottom

Spices such as garlic, thyme, and Parsley, pepper and others

Preparation:

Place rice or couscous in the pan. Add liquids (tomatoes, water and wine).

Add chicken and spices.

Bake in the oven at 400 for 15 minutes. Reduce to 350 for 45 minutes.

For fancy presentation add one cup of onions, 1 can whole pitted olives.





Cookies and Cakes and Sweets!!

From Myra Hettleman passed to her from her mother. (Miriam Lurie)

HORNS

2 C flour	1 pack Fleishman's yeast
¼ lb butter, softened	¼ C warm water
1 T Crisco	2 beaten eggs
Pinch of salt	pineapple or raspberry preserves
	crushed pecans or walnuts

Dissolve yeast in water. Add 1 T sugar to proof yeast.

Put flour in bowl. Cut in butter & Crisco as you would in pie crust. Add pinch salt. Add dissolved yeast. Add beaten eggs. Mix all together well. Spoon out on wax paper. Pat into a fat roll. Put in refrig overnight.

NEXT DAY:

Have ready bowl of cinnamon sugar mixture, bowl of pineapple preserves, bowl of white raisins, bowl of crushed nuts. Light oven to 350. Cut dough in 3 parts. Roll out 1/3 at a time, keeping rest in refrig. Turn piece of dough on board until well coated with cinnamon sugar. Roll into a circle. Cut in half and keep repeating until you have about 8 – 10 triangles. Put jelly on wide edge, spread to center. Put raisins and crushed nuts. Roll from wide to narrow edge. Pinch ends in. Put on greased cookie sheet. Sprinkle with cinnamon sugar. Bake 20 to 25 minutes. Take off pan immediately. YUMMY!!!!

From Carol Fradkin

Easy Peanut Butter Cookies

1 14-oz can sweetened condensed milk
(*not* evaporated milk)
 $\frac{3}{4}$ C peanut butter
2 C Bisquick
1 tsp vanilla extract

Preheat oven to 375°. In large mixing bowl, beat sweetened condensed milk & peanut butter until smooth. Add vanilla. Add Bisquick & mix well. Shape into 1-inch balls. Place 2 inches apart on ungreased baking sheet. Bake 6-8 minutes or until lightly browned. Press Hershey Kiss or M&M in center of each cookie immediately after baking.

From Joan Hatton Meiselman – her favorite cookie

Snickerdoodles

Cream $\frac{1}{2}$ cup Margarine with $\frac{3}{4}$ cup sugar
Beat in 1 egg plus 1 egg yolk
Sift together 1 $\frac{2}{3}$ cup Flour, $\frac{1}{2}$ tsp Baking Soda and $\frac{1}{2}$ tsp nutmeg.
Mix dry ingredients into wet.
Fold in $\frac{1}{2}$ cup chopped nuts and $\frac{1}{2}$ cup raisins

Roll into walnut sized balls. Roll in cinnamon sugar
Place on cookie sheet 2 inches apart
Bake at 375 10-12 minutes Yield 5 doz.

From Cheryl Mitnick

Peach Cake

Cream 1 cup sugar with $\frac{1}{2}$ cup soft margarine or butter
Add 2 eggs – blend well
Add 1 cup flour, 1 tsp baking powder and pinch of salt.

Put in a 9 inch greased and floured baking pan.
Cover with peaches
Sprinkle the top with a combination of 2 tablespoons sugar 2 table spoons lemon juice and a little cinnamon.

Bake at 350 for 45 minutes until the cake is done.

Terry Meiselman's grandmother (Selma Mazen's) recipe

Poppy Seed Cookies

3 eggs (less 2 whites)

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

Beat well and add

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

3 oz orange or pineapple juice

$\frac{1}{2}$ cup poppy seeds

$\frac{1}{4}$ cup sesame seeds (optional)

In a separate bowl combine

3 $\frac{1}{2}$ cups flour

2 teaspoons baking powder

$\frac{3}{4}$ teaspoons salt

Add to the above ingredients

(More flour may be needed to form consistency when kneading)

Knead for about 2 minutes chill in freezer for 1 hour.

Roll into $\frac{1}{4}$ inch thick cookies.

Pierce slightly with fork

Bake at 375 until light brown about 15 minutes

Do not grease the baking sheet

From Sandy Walter who learned from Bessie Meiselman who learned from Ida Mitnick who learned from Rachel Looban who learned from who knows????

Taiglach

4 eggs	1 cup brown sugar
3 Tbsps oil	½ lb. walnuts quartered
2 ½ cups flour	1Tbsp ground ginger or to taste
1tsp baking powder	
1 lb of honey (1 and 1/3 cups)	2 Tbsps bourbon

Beat oil and eggs together. Sift flour and baking powder and add to egg mixture. Knead in bowl for a few minutes until smooth.

Pinch off pieces of dough and roll into ropes ½ inch or less in diameter. Cut ropes into ½" pieces.

Bring honey and sugar and ginger to a boil in a heavy pan with a tight lid.

Drop the dough into the boiling honey a few pieces at a time so the temperature doesn't go below the boiling point. Cover and boil 5 minutes.

Remove from heat, stir and cover.

Place the heavy pan in the oven at 375. the next process with take 30-45 minutes. After 30 minutes, remove from oven (at 15 minute intervals) to test doneness. Test after 30 minutes by removing 1 taigle and breaking it open with a fork to see if it is done. If not crisp, return to oven for another 15 minutes and so on until crisp.

If crisp, remove from oven, stir in nuts and cover and return to oven for final 5 minutes.

Remove from oven and sprinkle with bourbon. Turn out on wet board, spread to cool. Spoon syrup periodically over the taiglach until cool. Does not need refrigeration. Store in air tight container. Do not double the recipe.

From Mollie Mitnick

Chocolate chip Cookie Pie

¼ pound margarine melted	1 cup chocolate chips
½ cup flour	1 cup chopped walnuts
1 cup sugar	1 unbaked pie shell
2 eggs	

Beat eggs until frothy. Beat flour and sugar into the egg mixture. Add melted margarine and stir in chocolate chips and walnuts. Put mixture into unbaked pie shell and bake at 325 for about 1 hour.

From Sharon Kolstad

Sour Cream Coffee Twists

Bring to boil in saucepan 1 cup of sour cream
Remove from heat and stir until well blended 2 tsp of shortening
3 tbsp of sugar
1/8 tsp of baking soda
1 tsp salt

Cool to lukewarm. Add 1 large egg and 1 pkg yeast

Stir until yeast is dissolved.

Add 3 cups sifted flour

Knead until dough forms a smooth ball

Cover – let stand 5 minutes.

Roll into rectangle ¼" deep X6" wide X 24" long

Spread with 2tbsp soft butter

Sprinkle ½ dough with 1/3 cup brown sugar, 1 tsp cinnamon.

Fold over and seal edge lightly. Cut into 24 1inch strips

Twist each strip twice

Place on a greased baking sheet 2 inches apart, pressing both ends to the baking sheet.

Cover with damp cloth and let rise in warm place (around 85 degrees) until light (about 1 hour and 15 minutes.)

Bake 12-15 minutes at 375 until light brown.

Drizzle tops of twists with Icing (Combine 1 tbsp of milk with ¾ cup confectioners sugar.)

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