

LAS COMEDICAS DE RODIS



SEPHARDIC DELICACIES FROM RHODES

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LAS COMEDICAS DE RODIS – FOREWORD

Since the time of the expulsion from the Holy Land by the Babylonians in the years BCE and more recently from Spain at the time of the inquisition, Sephardic communities have established themselves around the world and evolved recipes that were modified and influenced by contact with their new environment. To call the recipes contained herein “Sephardic” would be incorrect. Sephardic communities stretched from Morocco to India, and by many accounts even further. In the case of this collection of recipes, I try to bring in the flavor of our ancestors from the Island of Rhodes. Some of the recipes have been flavored by the influence of Greece, others by the many Jews who moved to Rhodes from Italy, but most by the island’s proximity to Turkey. In fact, most of the fruit and vegetable names in the Ladino, as spoken in Rhodes, were Turkish.

Another strong influence was the lower standards of living that our forefathers had to contend with in the Juderia, the Jewish Quarter, and the oppression and restrictions often imposed on them by the rulers of the island. Some might have been poor financially, but what they lacked in wealth was more than adequately made up for in their education and the joy in life that they expressed whenever they were given the chance. This will explain why there were seldom dishes of just meat, as that was too expensive for most, so they made do with the cuts of meat that today, in more affluent countries, we would seldom use or even hear of. We were brought up to believe that ox tail, hearts, spleen, lung and brains were a delicacy. Whenever better cuts were used they were always ground and mixed with vegetables or grains to bulk up the servings. One recipe that epitomizes all this is Kashkara Reynada – broad bean shells stuffed with a mixture of ground meat and bread. Despite the way it is made, the result is delicious. Even the name is symbolic – the word “reynada” means “made like a queen”.

Yet the results emanating from Sephardic kitchens were varied, nutritious, delicious, and appreciated by all. Daily meals were adequate and festive occasions were sumptuous. To cater for celebrations the ladies used to congregate in someone’s kitchen and there would be a hive of activity, then, from the organized chaos would emerge a huge array of foods that looked fabulous, smelled great and tasted scrumptious. Hospitality was a keynote of the way of life there as there was no commercial entertainment, and people frequently visited each other without the need of an invitation. For these occasions Turkish coffee, cookies and home made sweets were always available and served. It was a simple yet cordial way of life that will be impossible to recreate in our hectic environment. It is to that lost way of life that I dedicate this collection.

Naturally in those days one could not go to the supermarket for frozen meals or even much in the way of canned or bottled foods, so everything was made from scratch, using whatever ingredients were available on the island. Refrigeration was very limited so whatever was made had to be consumed within a short period except for pickles, cookies and sweet treats. In the preparation of the recipes in this collection I will not limit myself to such strict conditions, and wherever possible pre-packed ingredients will be suggested as an alternative. In yeast leavened products I have specified instant dry yeast in preference to fresh yeast as its qualities are more dependable, but we recommend you do not use the fast rising variety as the faster proofing will also diminish the flavor of the products. Another point to note is that the shortening mostly used was oil, usually olive oil and seldom butter or margarine. Also, if one analyses all the recipes, the overall number of ingredients is really very limited but the permutations of their use was extensive.

Enjoy and comè con gana.

Salomon (Sol) Menashe

SIGHTS OF RHODES. (See index on next page)



KEY TO PHOTOGRAPHS OF RHODES:

1. Inside the Kahal Shalom
2. Inside the Kahal Shalom seen from the ladies gallery
3. Names of those taken by the Nazis
4. The holocaust memorial in the Square of the Martyrs
5. Ruins of the Kahal Gadol
6. Il Ciervo (stag) at the entrance to the yacht harbor
7. Los Molinos – The old mills on the quay at the yacht harbor
8. Las piedrisicas – The stones on the beach
9. The seahorse fountain at the Square of the Martyrs
10. The main square with the owl fountain
11. La Calle Ancha – Main shopping street in the old city
12. La Calle Ancha
13. La Calle Ancha
14. Street in the Juderia near the synagogue
15. The old Turkish City Administration Offices
16. The Mandraki – The Turkish shopping center in the new city
17. A street in the Juderia
18. A street in the Juderia
19. An alley in the Juderia
20. East entrance to the siete calegicas
21. Along the siete calegicas
22. Original entrance to the Ecole Israelite
23. La Puerta de la Mar
24. The new gate to the sea from the east end of the Calle Ancha
25. An alley in the Juderia
26. The Avenue of the Knights
27. Hand/foot washing kiosk outside a mosque – Turkish Quarter
28. Lindos showing the acropolis
29. Entrance to the baths at Kalithea
30. The health spa at Kalithea
31. A reconditioned section of Kalithea – used to be the toilet area
32. A view from Kalithea.

MEZES - APPETIZERS

0105 ABUDARHO – DRIED FISH ROE

Makes:

60 slices

Ingredients:

3 Grey Mullet Roes

Salt

Method:

When buying the roes ensure that the skin is unbroken. Remove the outer veins and rinse the roe sacks well, taking care not to break the skin. Sprinkle salt on both sides and allow to drain on a rack for 2 hours, turning several times. Rinse lightly and allow to dry on a rack, turning them over twice a day, for several days until the roes become firm. These may then be stored in a refrigerator or freezer until needed. Alternatively they can be dipped a few times in melted bees' wax to coat as a preservative. Serve thinly sliced with crackers.



Provided by Rabbi Robert Ischay

0110 AJADA – GARLIC DIP

Ingredients:

3 Large Potatoes
4 Cloves Garlic
3 Lemons Juiced
2 Eggs
½ Cup Corn Oil
1 tsp Salt

Method:

Steam the potatoes and mash to smooth in a mixer or potato ricer. In a small food processor blend the other ingredients until smooth. Pour into the potato mix and beat until a thick dipping sauce is obtained. Refrigerate until needed. Trim with strips of lemon zest.

Notes:

This recipe is sometimes made with flour or with stale bread in place of the potato. See recipe #0410



0115 BERENGENA CON AJO – EGGPLANT DIP

Makes:

Ingredients:

- 4 Eggplants – The long variety.
- 4 Cloves of Garlic
- 3 Tbsp Corn Oil
- 3 Tbsp Vinegar (alternate lemon juice)
- 1 tsp Salt

Method:

Bake the eggplant at 400°F(200°C) until soft and the skin appears loose. Remove and discard the skins. With a sharp knife finely chop the eggplants rather than mashing them as this will preserve some of the cell structure thus retain liquid. In a small processor combine the other ingredients and pour over the chopped eggplants. Stir to incorporate. Refrigerate and serve cold with pita bread.



0120 DJAJIK – YOGURT GARLIC DIP

Makes:

Ingredients:

- 1 Pint (2 cups) Plain Full Cream Yogurt
- ½ Greenhouse English Cucumber
- 4 cloves Garlic
- 1 Sprig Dill Finely Chopped (Optional)

Method:

Peel cucumber and coarsely grate. Hold the grated cucumber on your hands and squeeze all the liquid out. Dry out further by pressing between two sheets of paper towels. If the cucumber was not commercially waxed (as with greenhouse English cucumbers) you may omit the peeling for extra color. Finely grate the garlic. Place cucumber in a bowl with yogurt, garlic and optional dill, then incorporate all together. Refrigerate and serve cold. Garnish with a whole sprig of dill.



0125 HUMMUS – GARBANZO TAHINI DIP

Makes:

Ingredients:

- 1 can Garbanzo Beans (16oz, 250g)
- 3 Tbsp Tahini
- 1 Lemon Juiced
- ¼ cup Olive Oil
- 1 clove Garlic
- 1 pinch Ground Cumin
- 1 pinch Salt

Method:

Drain the garbanzos but retain the liquid. Place all the ingredients in a food processor and blend until very smooth. If necessary use some of the retained garbanzo liquid to thin out the mix to a dip consistency. Garnish with loose garbanzo or paprika and olive oil. Can be served at room temperature with pita bread.



0130 PALAMIDA – SALTED FISH

Makes:

48 Thin Slices

Ingredients:

2lb (1Kg) Fish (Bonito, Mackerel or Yellowtail)
Coarse Salt as needed
Lemon juice and oil for dressing

Method:

Thoroughly scale, clean and rinse the fish. Cut into slices crosswise about 1 inch (3cm) thick. Salt all sides and place in a glass vessel. Place a plate over the fish with a heavy weight over it to keep it under pressure.

Daily remove any water that drains for the next 5 days and replenish salt as necessary. To serve, each piece should be removed from the bone, sliced thin and drenched in lemon and oil dressing.

Note:

Once pickled, the large pieces can be individually wrapped in foil and frozen for later use.



0135 PALIKOS DE KEZO – CHEESE STRAWS

Makes:

100 pieces (Approx)

Ingredients:

8 oz (225g) Parmesan Cheese (freshly grated)

12 oz (340g) All-Purpose Flour

6 oz (170g) Butter

2 Egg Yolks

1 tsp Salt

½ tsp Red Pepper

Water (if necessary)

Method:

Cut the butter into small pieces. Sift the flour, salt and red pepper into a bowl. Add the butter and rub it in. Add the grated parmesan and rub that in as well. Add egg yolks and knead into the dough. Add a little water only if necessary to give a firm dough. Do not over knead the dough as that will harden the finished product. Divide the dough into 4 or 5 pieces and roll each into a ¼ inch (7mm) thick strip 4 inches (10cm) wide, keeping the sides as parallel as possible. Using a floured straight cutter, cut the dough into ¼ inch (7mm) strips. Place strips spaced slightly apart on an oiled or paper lined baking pan. Bake at 300°F (150°C) for 15 minutes or until lightly browned. Caution not to allow the straws to get too dark as this spoils the taste. The cheese straws will harden after leaving the oven even if they appear to be slightly soft when removed.



0145 SARDELAS – ANCHOVIES

Makes:

60 pieces

Ingredients:

1 Large Can Anchovy Fillets in Salt (13oz, 370g)

½ cup Olive Oil

¼ cup Red Wine Vinegar

Lemon Juice (for serving)

Method:

Wash the anchovy fillets free of salt. Lay in a sealable dish with the mixture of oil and vinegar. Refrigerate. Sprinkle with lemon juice for serving.



0150 TARAMA – FISH ROE DIP

Ingredients:

1 heaped Tbsp Tarama (Carp Roe)
¾ cup Corn Oil
1 Lemon Juiced
3 Slices White Bread

Method:

Remove and discard the crusts from the bread slices. Soak the bread with water then squeeze out the water. Place this, the lemon juice and the tarama in a food processor. Blend together and slowly add the oil. This should form a consistency of thick mayonnaise. If too thick a little water may be added. Refrigerate in a sealed container. Serve cold with pita bread. Garnish sparingly with a small amount of roe.



0155 HUEVOS HAMINADOS – BROWNE

Makes:

12 pieces

Ingredients:

6 Eggs

6 cups of Water

Onion Skins

1 tsp Salt

2 Tbsp Oil

Salt and Pepper to taste

Method:

Place all ingredients in a deep saucepan and bring to a boil. Simmer for 3 hours, adding water if necessary to cover the eggs. The shells will turn to a dark brown and the whites of the eggs will be a light brown when cut. Slice in half and serve with salt and pepper.

Note:

In a pressure cooker the cooking time can be reduced to 1 hour.



0160 YALANGIS – STUFFED VINE LEAVES

Makes:

40 pieces (approx)

Ingredients:

1 Bottle Vine Leaves (16oz – 450g)

2 Lemons Juiced

2 cups Water

Filling:

1 cup Rice

1 cup Water

2 medium Onions

1 Tomato (Roma)

2 tsp Chopped Dill

Salt & Pepper to taste

Method:

For the filling, chop the onion finely and sauté in hot oil. Rinse the rice well. Chop the tomato and dill fine. Add the rice. Water, tomato, dill and seasoning and simmer at low temperature, stirring occasionally until no liquid is left. Note that the rice will not be fully cooked at this point, but will continue to cook when the yalangis are assembled and cooked. Allow to cool before stuffing the leaves.

Rinse and flatten out the vine leaves one at a time and lay vein side up on a board. Remove the stalk with a pair of scissors. Place a heaped tablespoon of the filling as shown across the base of the leaf. Fold the leaf up first from the base then from the sides and continue rolling to form a tight roll about the thickness of your thumb and length of your forefinger.

Place a dinner plate inverted at the bottom of a large saucepan to prevent burning and also to allow loose liquid to collect and steam. Arrange the yalangis tightly around the saucepan on top of the plate then a layer of leaves before the next layer of yalangis. Place a double layer of leaves on top and cover that with another dinner plate. Place a heavy object on top of the plate to suppress any yalangis from expanding and breaking up. Add the cup of water and the lemon juice and simmer over medium heat until the rice is cooked. Add more water as needed. Serve cold.



SALAMURAS - PICKLES

0205 COL EN SALAMURA – PICKLED CABBAGE

Makes:

12 servings

Ingredients:

- 1 medium Cabbage
- 6 cups Water
- 1 Tbsp Salt Heaped
- 1 Tbsp White Vinegar
- 1 Green Pepper
- 2 Stalks Celery
- 1 Slice Bread (end piece preferred)

Method:

Slice cabbage vertically into 8 to 10 segments ensuring each segment retains a portion of the central stalk. Place into a sanitized pickling jar (a bit of water, top open, and 30 seconds in a microwave will do that). Slice the green pepper vertically into 6 to 8 pieces removing the core and seeds. Insert the celery stalks and the green pepper slices around the cabbage.

In another container dissolve the salt and vinegar in the water. Pour over the cabbage to just under the brim of the jar. Insert the slice of bread over the contents of the jar.

Allow 8 to 10 days for the pickles to be ready. The cabbage will lose all its green color.



0210 PEMINTON EN SALAMURA – PICKLED PEPPERS

Makes:

30 pieces

Ingredients:

5 Large Green Peppers

6 cups Water

2 Tbsp Salt

2 Tbsp White Vinegar

1 Slice Bread – (end slice preferred)

1 Hot Chili Pepper (optional)

Method:

Slice the peppers vertically into 6 pieces, depending on size. Place into a sanitized pickling jar (a bit of water, top open, and 30 seconds in a microwave will do that). Insert the celery stalks. In a separate bowl combine the water, salt and vinegar stirring to fully dissolve. Pour over the peppers to just below the rim of the jar. Stuff the bread slice over the pickles. Allow 10 days for the pickles to be ready. The peppers will be ready when they have attained a golden khaki color.



0215 PEPINO EN SALAMURA – PICKLED CUCUMBERS

Makes:

8 pickles

Ingredients:

8 Pickling Cucumbers

1 Tbsp White Vinegar

1 Tbsp Salt (Heaped)

1 Sprig Dill (Optional)

1 Slice Bread (end slice preferred)

Method:

Wash the cucumbers thoroughly. Place them tightly in a sterilized jar. Optionally add a sprig of dill. In a separate container mix the water salt and vinegar. Pour over the cucumbers to cover. Place a slice of bread over the pickles.

Allow 7 days for pickles to be ready. They will change from green to a golden khaki color.



0220 TOMAT EN SALAMURA – PICKLED GREEN TOMATOES

Makes:

14 helpings

Ingredients:

7 Green Tomatoes
2 Tbsp Salt
2 Tbsp White Vinegar
4 cups Water
2 Stalks Celery
1 Chili Pepper (optional)

Method:

Place the tomatoes, celery and optional chili pepper in a sterilized pickling jar. Mix the pickling solution and cover the tomatoes. Place a slice of white bread on top to hold down the tomatoes and resist mold.

The tomatoes should be a golden khaki color and be ready in 7 to 10 days.



0225 ZETUNAS CHACISTADAS – CRUSHED OLIVES

Makes:

80 pieces (approx)

Ingredients:

1 lb (500g) Large Green Olives (Spanish Queen)

Coarse Salt & Water for soaking

6 cups water

2 Tbsp Salt (Heaped)

4 Lemons Juiced

½ cup Corn Oil.

Method:

Smash each olive with a flat surface (mallet or stone) to split them. Place in a container, sprinkle with coarse salt and cover with water. Keep the olives pressed down with a heavy weight to prevent them floating. Change the soak daily for a week or until most of the bitterness has dissipated. Wash away any remaining salt then place in a pickling jar and fill with the water, salt, lemon juice and corn oil mixture. Olives should be ready in a further 7 to 10 days.



0230 ZETUNAS PRETAS – BLACK OLIVES

Makes:

80 pieces (approx)

Ingredients:

1 lb (500g) Black Ripe Olives (Spanish Queen)

1 cup Corn Oil

3 cups Water

1½ cups White Vinegar

Method:

Wash the olives then soak in hot water (not boiling) for half an hour. Drain and place in a sterilized pickling jar. Cover with the mixture of water, oil and vinegar. Allow at least two weeks before they are ready.



0235 ZETUNAS VERDES – GREEN OLIVES

Makes:

80 pieces (approx)

Ingredients:

1 lb (500g) Green Olives (Spanish Queen)
3 Tbsp Salt
6 cups Water
1 cup Corn Oil
3 Lemons Juiced

Method:

Rinse and drain the olives. Place in a sterilized jar and cover with the mixture of oil, salt, lemon juice and water. Allow 3 to 4 weeks for pickling.



SALADAS - SALADS

0305 SALADA DE ANJINARA – ARTICHOKE SALAD

Makes:

4 servings

Ingredients:

1 can Artichoke Hearts (12oz, 340g)

2 Tbsp Oil

½ tsp salt

½ tsp Sugar

3 Tbsp Red Wine Vinegar.

Drain and rinse the artichokes then split vertically and set into a serving dish. Prepare a dressing from the other ingredients and pour over the artichokes. Refrigerate and serve cold.



0310 SALADA DE ARROZ – RICE SALAD

Makes:

6 Servings

Ingredients:

½ cup Long-grain Rice

¾ cup Water

1 Tbsp Corn Oil

½ tsp Salt

1 small Tomato

2 stalks Celery

½ Red Pepper

½ Green Pepper

¼ cup Peas

2 Spring Onions

½ Tbsp Parsley

Dressing:

2 Tbsp Oil

1 Tbsp Vinegar (or Lemon)

Salt and Pepper to taste.

Method:

Place the oil in a deep saucepan. Rinse the rice and add to the oil. Stir to coat every grain then add the water. Bring to a boil. When the rice rises to the top of the water cover the saucepan, turn off the heat and allow 20 minutes for the rice to cook. On a gas burner, reduce the heat to low, allow for 10 minutes then turn off the gas.

The selection of fresh vegetables is variable, but they should add up to at least twice the volume of the uncooked rice. Chop all the vegetables finely to not more than five times the size of a cooked grain of rice. Fluff up the rice with a fork and add all the vegetables. Mix and add the dressing just before serving.



0315 SALADA DE AVAS – BEAN SALAD

Makes:

6 helpings (as side dish)

Ingredients:

1 lb (500g) Haricot, Navy or Great Northern Beans

1 small Onion or Shallot

1 Tbsp Chopped Parsley

Dressing:

1 Tbsp Oil

½ Tbsp Red Wine Vinegar

Salt and Pepper to taste

Soak the beans overnight then boil until tender and drain. Alternatively use an equivalent can of beans, drained and well rinsed. Slice the onion very thin and add to beans. Mix the dressing and add to the salad. Chop the parsley and sprinkle as garnish.



0320 SALAD DE BERINGENA – EGGPLANT SALAD

Makes:

6 Servings

Ingredients:

1 large Eggplant
2 medium Potatoes
4 Cloves Garlic
3 Lemons Juiced
Salt & Pepper to taste
Oil for frying

Method:

Parboil or steam the potatoes then peel and slice lengthwise about ¼ inch (6mm) thick. Carefully fry the parboiled slices of potato (see tip).

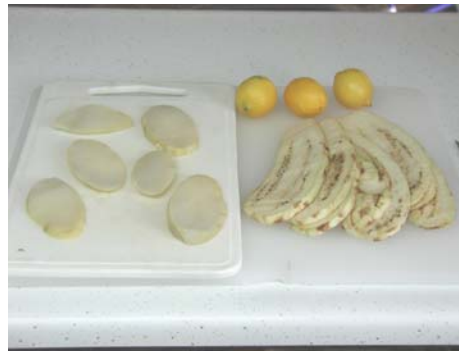
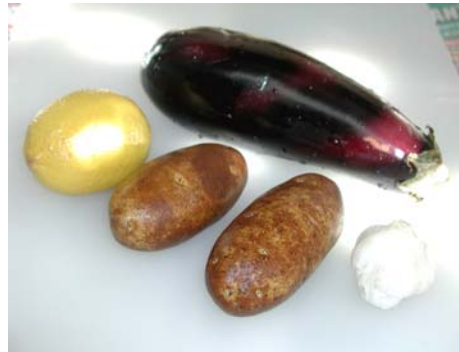
Peel the eggplant and slice lengthwise as thin as possible. Salt both sides of the slices and place in a colander with a heavy weight on it to help drain the liquid. After 2 hours, fully rinse the eggplant and pat dry. Fry in 350°F (170°C) oil to lightly color both sides.

Mix lemon juice with an equal amount of water. Grate and add the garlic plus seasoning.

Place some of the lemon mix into a serving dish and layer the potatoes as they come off the fryer. Pour some of the lemon juice mix over them. Then layer the eggplant as soon as the pieces are fried over the potatoes and pour the rest of the lemon juice mix over that. Cover and refrigerate until served.

Tip:

To maintain the long slices of potato whole, steam the potatoes in their jackets until done and refrigerate overnight. The skins come off easily and slicing is easier to control without breaking.



0322 SALADA DE CARNABIT – CAULIFLOWER SALAD

Makes:

8 helpings

Ingredients:

1 medium Cauliflower

1 Lemon

3 Tbsp Olive Oil

½ tsp Salt

1 Tbsp Chopped Parsley

Method:

Soak the cauliflower head in salted water for 20 minutes then steam for 10 minutes (or boil for 15 minutes). Separate the florets and serve with dressing made from the oil, lemon juice and salt. Garnish with the chopped celery.



0325 SALADA DE FASULIA – GREEN BEAN SALAD

Makes:

4 Servings (as side dish)

Ingredients:

1 lb (500g) Fresh Young Green Beans

1 Carrot

1 Egg

Dressing:

½ Lemon Juiced

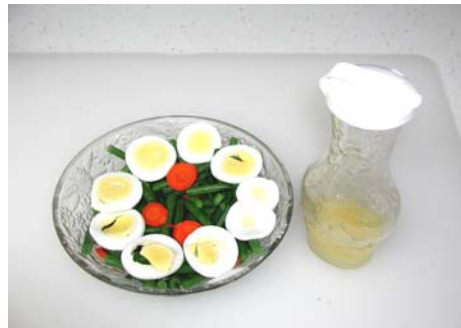
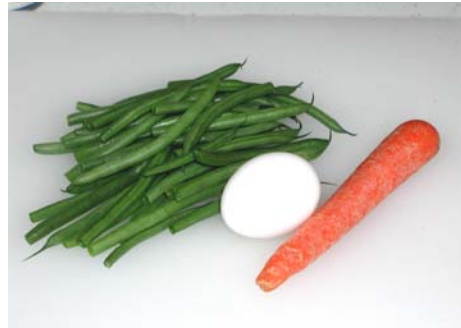
1 Tbsp Oil

Salt and Pepper to taste

Method:

Trim the beans and boil for 6 minutes until nearly tender then cut in half. Boil the carrot and slice. Boil the egg and slice. Arrange all in a bowl.

Alternatively, to preserve more flavor, place Beans, carrot and egg in a steamer. Remove beans after 5 minutes. Remove carrot and egg after 12 minutes. Slice as above and place in bowl. Mix the dressing ingredients together and pour over salad before serving.



0330 SALADA DE FIZON – BLACK EYED PEA SALAD

Makes:

8 servings as a side dish

Ingredients:

1 lb (500g) Black-eyed Peas

1 small Onion or Shallot

1 Tbsp Parsley

2 Eggs

Dressing:

3 Tbsp Corn Oil

1 Tbsp Red Wine Vinegar

1 Lemon Juiced

Salt and Pepper to taste

Method:

Soak the black-eyed peas overnight. Drain then boil in fresh water until soft. Drain, rinse with cold water and drain again. Very finely slice the onion. Chop the parsley. Place the beans, parsley and onion in a serving bowl reserving a little parsley for garnish. Make the dressing and pour over the salad well before serving. Hard boil the eggs and slice when cold. Dress this over the salad before serving and garnish with the remaining parsley. Serve cold.



0332 SALADA A LA GREGA – GREEK SALAD

Makes:

6 servings

Ingredients:

4 large Tomatoes
1 medium Onion
2 Cucumbers
1 Green Pepper
24 Pitted Calamata Olives
4 oz (100g) Cubed Feta Cheese

Dressing:

3 Tbsp Olive Oil
1 Tbsp Wine Vinegar
1 Lemon Juiced
Salt & Pepper to taste

Method:

Mix the dressing and refrigerate. Cut the tomatoes into segments and then into smaller pieces. Cut the onion into thin slices. Peel and slice the cucumbers. Cut the green pepper vertically, remove stalk and seeds then cut into thin semi circles. Cube the feta into small pieces. Assemble all the above together with the olives in a serving bowl. Add the dressing about 20 minutes before serving.



0335 PANDJAR – BEETROOT SALAD

Makes:

18 servings

Ingredients:

6 Medium Beetroots

1 cup White Vinegar

½ cup Water

¼ cup Oil

Method:

Steam the beetroots until they are soft enough to pass a skewer through them, about 45-60 minutes. Hold each under a running faucet and the skin will rub off easily if they are fresh. Slice each vertically in half then slice each half into thin semi-circles. Arrange in a serving dish. Mix the vinegar, oil and water and pour to cover the beetroots. Allow 24 hours to develop full flavor.

Note:

Beetroots have an inherent sweetness which should not be masked by too sharp a vinegar mix.



0340 SALADA DE PIMENTON – RED PEPPER SALAD

Makes:

25 helpings (approx)

Ingredients:

5 Large Red Peppers

2 Tbsp Corn Oil

1 Tbsp White Vinegar (or Apple Cider Vinegar)

Method:

Wash peppers and place on an aluminum sheet the sides of which have been turned up to catch any fluid that will seep from the peppers. Place in a 400°F(200°C) oven, turning occasionally to ensure even baking, until the skins are slightly charred and appear loose. On removing from the oven fold the aluminum over the peppers and seal for 30 minutes to make the skins easier to remove. Remove the skins, core and seeds. Cut into strips lengthwise, 4 to 6 per pepper depending on size. Lay these flat in a serving dish. Carefully collect the juice retained on the aluminum sheet (the best part) and pour over the peppers. Mix the oil and vinegar and also pour this over the peppers. Refrigerate and serve cold as a salad or serve on slices of French bread.



0345 – SALADA A LA TURKA – TURKISH SALAD

Makes:

6 Servings

Ingredients:

4 large Tomatoes

1 Sweet Onion

2 Cucumbers or 1 Greenhouse English Cucumber

1 large Green Pepper

Dressing:

3 Tbsp Olive Oil

1 Tbsp Wine Vinegar

1 Lemon Juiced

Salt & Pepper to taste

Method:

Mix the dressing and refrigerate.

Cut the green pepper vertically, remove stalk and seeds. Peel the cucumbers. Cut all the vegetables into small cubes about 1/3 inch (1 cm) each side.

Mix all the above together in a serving bowl. Add the dressing about 20 minutes before serving.



SALSAS - SAUCES

0405 AGRESTADA – LEMON SAUCE

Makes:

12 Helpings (approx)

Ingredients:

2 Tbsp Corn Oil
1 Tbsp Flour (heaped)
1 cup Water
1 Lemon Juiced
1 Egg
½ tsp Salt

Method:

Warm the oil in a saucepan. Remove from heat and add the water, egg (well beaten), salt and lemon juice. Replace saucepan on medium heat and stir continuously until the mix thickens and becomes smooth. Best served hot with fried fish.



0410 AJADA – GARLIC SAUCE (alternative to 0110)

Makes:

16 Helpings (Approx)

Ingredients:

3 Slices of White Bread

8 Cloves of Garlic

1 Egg

Salt & Black Pepper

1½ cups Corn Oil

1 Lemon Juiced

Method:

Soak the bread with water and squeeze dry. Place bread, garlic, egg, salt and pepper in a food processor and blend, adding the oil slowly to a consistency of mayonnaise. Finally add the lemon juice. Serve as an accompaniment to any fish dish. Can be refrigerated for a few days.



0415 VINAGRE – VINEGAR SAUCE

Makes:

20 Helpings (approx)

Ingredients:

3 large Tomatoes
4 Cloves Garlic
3 Tbsp Corn Oil
1 Tbsp Flour (heaped)
1 cup Water
½ cup White Vinegar
1 tsp Sugar
1 tsp Salt
1 Tbsp Parsley Chopped Fine



Method:

Finely chop the garlic and the tomatoes. Heat the oil in a deep saucepan and lightly sauté the garlic. Add the tomatoes and continue sautéing until they become soft and almost a paste.

Mix the flour, salt and sugar in another container. Add the water and vinegar and stir to get an even finish. Add this to the sautéed tomato and garlic and stir continuously until the required thickness is achieved. Remove from heat then add the parsley. Serve hot or cold with any fish dish.



0420 SALSA DE TOMAT – TOMATO SAUCE

Makes:

18 Helpings (Approx)

Ingredients:

1 can Plain Tomato Sauce (8oz, 250g)
2 Tbsp Oil
1 medium Onion
3 Cloves Garlic
½ tsp Sugar
½ tsp Salt
1 Sprig Fresh Rosemary



Method:

Chop the onion into small pieces. Finely chop the garlic. Heat the oil in a deep saucepan and sauté the onions until transparent. Add the garlic and the sprig of fresh rosemary and continue sautéing for a couple of minutes. Pour in the contents of the can of tomato sauce, sugar and salt. Simmer while stirring continuously until the mixture thickens. Remove from heat and allow to cool. Remove the sprig of rosemary. Store refrigerated in an airtight container. Use as a sauce for any pasta dish.



SOUPAS - SOUPS

0505 AVGOLEMONO – EGG & LEMON CHICKEN SOUP

Makes:

8 Servings

Ingredients:

6 cups of Water

2 Chicken Bouillon Cubes

½ cup Rice

½ Chicken Breast (sliced) (Optional)

2 Stalks Celery (Thinly sliced across the grain)

1 tsp Salt

1 Egg

1 Lemon Juiced

Method:

Boil the water and dissolve the chicken cubes in it. Add the rice and salt. Simmer for 10 minutes. Add celery and chicken and continue simmering until the rice in the broth is tender.

In a separate container whisk the egg with the lemon juice. Slowly pour several spoonfuls of the hot broth into the egg mix, stirring continuously, so as not to curdle the egg. Remove the broth from the heat, stir the egg mix into the broth and quickly bring back to a boil. Remove immediately from heat. If done correctly the broth will have, and retain, a smooth appearance with no signs of the egg curdling.



0510 SUPA DE GAYINA – CHICKEN SOUP

Makes:

6 Servings

Ingredients:

½ Chicken (approx 2lb, 1Kg)

3 Stalks Celery

1 medium Onion

2 Carrots

Water

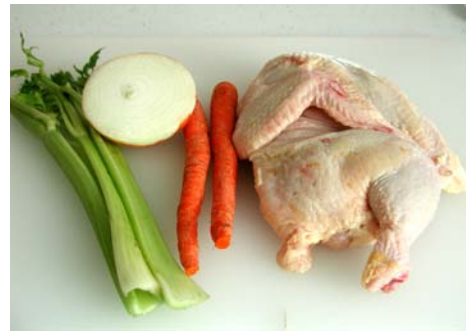
Salt and Pepper to taste

Method:

Cut the chicken into parts. Rinse and chop the celery. Peel and chop the onion and carrots.

Boil the chicken in water for 5 minutes. Decant the water and rinse the chicken. This is done to give a clear broth.

Replace the chicken in a clean pot together with the other ingredients, cover with fresh water and boil for 20 minutes then simmer until all the vegetables are cooked.



0515 SUPA DE LENTEZA – LENTIL SOUP

Makes:

6 servings

Ingredients:

6 oz (170g) Yellow Lentils

1 small Onion

1 Tbsp Oil

1 Carrot

1 Celery Stalk

1 small Tomato

2 Chicken Bouillon Cubes

2 pints Hot Water

½ tsp Ground Cumin

Salt and Pepper

Method:

Dissolve the bouillon cubes in the hot water to make a chicken stock or use packaged chicken stock. Peel, seed and chop the tomato. Peel and chop the onion. Peel and chop the carrot. Clean and chop the celery.

In a heavy saucepan heat the oil and glaze the onion. Add the chopped vegetables, stir and sauté for 5 minutes. Add the lentils, stock, cumin and seasoning. Bring to a boil and simmer for about an hour.



0520 PAPPA – GARLIC SOUP

Makes:

4 Servings

Ingredients:

3 Cloves Garlic

2 Tbsp Oil

2½ cups Water

2 Slices White Bread

4 oz (100g) Feta Cheese

1 Egg

Salt & Pepper to taste

Method:

Chop the garlic and sauté in the oil in a deep saucepan being careful not to brown it. Add the water and seasoning and boil for three minutes. Cube the Feta and the bread and add to the pot. Beat the egg and add to it a few spoonfuls of the hot liquid, beating continuously, to dilute and heat the egg without curdling. Remove the soup from the heat and add the egg mix, stirring and serve immediately.



KYEFTES - FRITTERS

0605 ALBONDIGAS DE KEZO – CHEESE DUMPLINGS

Makes:

12 Pieces

Ingredients:

4 slices White Bread

½ cup Grated Parmesan Cheese

1 Egg

Salt & Pepper to taste

Flour for coating

Sauce:

1 cup Water

1 Tbsp Butter

1 tsp Flour

Salt and Pepper

Method:

Remove crusts and thoroughly soak the bread then squeeze dry. Add the cheese, beaten egg and seasoning. Mix all together to make a soft dough. Place the sauce ingredients in a saucepan and bring to a boil. Divide the dough and roll into small balls, dredge in the flour and place in the boiling sauce. The balls will tend to stick in the pan so it must be agitated occasionally to prevent that. Serve immediately while hot.



0607 ALBONDIGAS DE PATATA – POTATO & CHEESE BALLS

Makes:

32 Pieces

Ingredients:

2 large Potatoes

2 Eggs

¾ cup Grated Parmesan Cheese

Salt & Pepper to Taste

Oil for deep frying

Method:

Steam the potatoes, skin and mash them. Add the grated cheese, seasoning and well beaten eggs. Form into small balls and deep fry a few at a time into oil heated to 350°F (180°C) until they are a golden brown. Place on paper towels to release excess oil.



0610 BURMUELOS DE PATATA – POTATO FRITTERS

Makes:

16 pieces (approx)

Ingredients:

2 large Potatoes

2 Eggs

1 cup Grated Parmesan Cheese

Salt & Pepper

Oil for Frying



Method:

Peel, steam (or boil) then mash the potatoes. Beat the eggs. Mix together the potato, egg, cheese and seasoning. Form patties to the desired size and fry in oil (375°F) (190°C). Lay on paper towels to drain excess oil.

0615 KYEFTES DE CARNE – MEAT PATTIES

Makes:

7 Patties

Ingredients:

4oz (110g) Ground Lean Beef

1 slice White Bread

1 Tomato

1 Egg

1 small Onion

1 Tbsp Parsley

½ Tbsp Corn Oil

Oil for frying

Flour and beaten Egg for dipping

Method:

Remove the crust from the bread, soak thoroughly then squeeze out the water. Finely chop the parsley and onion. Fully blend the meat, bread, egg, tomato, onion, parsley and oil. If this appears too thick add a bit of water.

Form patties and dredge them in flour then in the beaten egg. Fry both sides in hot oil until golden brown. Remove the patties onto paper towels to release excess oil.

Note:

Can be served on their own with rice or see recipe #1160 for Kyeftes con Tomat.



0620 KYEFTES DE GARVANSO – CHICK PEA FRITTERS

Makes:

18 Fritters (Approx)

Ingredients:

1 lb (500g) can of Garvanso (Chick Peas)

1 Egg

1 clove Garlic

½ tsp Cumin (Optional)

½ tsp Salt

2 Tbsp chopped Parsley

½ cup Bread Crumbs (Approx)

Corn Oil for frying

Method:

Drain, rinse, then purée the chick peas in a blender. Add all the other ingredients with enough breadcrumbs to make the mix manageable. Form patties and fry in hot oil. Place on paper towels to remove excess oil.

Note:

If dry chick peas are used, soak overnight the boil until soft before puréeing them in a blender.



0625 KYEFTES DE PRASSA – LEAK FRICADELS

Makes:

30 pieces (approx)

Ingredients:

10 Leeks – Young Mid-sized
2 Medium Potatoes
3 large Eggs
½ cup Matzo Meal (approx)
1 bunch Dill chopped fine
Salt and Pepper
Oil (for frying)

Method:

Split leeks vertically, cut into segments and wash thoroughly to remove any grit. Boil the leeks together with the potatoes until the potatoes are done. Drain the leeks and pass both the potatoes and leeks through a grinder. Mix together with egg and dill and add enough matzoh meal (or breadcrumbs) to bind. Add seasoning to taste.

Form into patties and fry in enough oil at 375°F (190°C) to cook one side of the patty at a time, until golden brown. Place on a paper towels to remove excess oil.

Serve hot or cold and garnish with dill.



0630 KYEFTES DE SALMON – SALMON FRITTERS

Makes:

14 Fritters

Ingredients:

1 can Pink Salmon (15oz) (430g)

2 slices White Bread

2 Eggs

½ Tbsp chopped Parsley

Oil for frying

Salt and Pepper to taste



Method:

Drain and flake the salmon. Beat the eggs well. Remove the bread crusts, soak well in water then squeeze out as much water as possible. Mix the fish, bread, beaten eggs, parsley and seasoning. Make into golf ball size and flatten slightly. Deep fry in hot oil (375°F, 180°C). Place on paper towels to absorb excess oil.



QUAJADOS - QUICHES

0705 FONGOS – SPINACH QUICHE WITH POTATO MOUNDS

Makes:

12 Servings

Ingredients:

3 -10oz (280g) packets Frozen Chopped Spinach
or 2lb (1Kg) fresh spinach washed and shredded
4 Large Potatoes
½ cup Cottage Cheese
2 cups Grated Parmesan
2 cups Milk
8 Eggs
3 Tbsp Oil
2 Tbsp Butter
Salt and Pepper to taste

Method:

Thaw and dry out the spinach by squeezing out the water then patting between paper towels. Steam, peel and mash the potatoes. Mix the spinach with the milk and three quarters of the mashed potato, one cup of the grated cheese, the cottage cheese and seasoning. Beat 6 eggs and blend into the mix. Pour mixture into a well oiled 10"x 12" (25 x 30cm) baking dish.

Mix together the remaining mashed potatoes, ½ cup grated cheese, 2 beaten eggs and seasoning. Place rounded spoonfuls of this mix on top of the spinach to form mounds. This will resemble mushrooms on a green field (hence the name "fongos"). Dot each mound with a piece of butter.

Bake initially at 375°F (185°C) until the quiche has set, then at 400°F (200°C) for a few minutes to color the potato mounds.



0710 FRITADA DE TOMAT – TOMATO QUICHE

Makes:

16 Helpings

Ingredients:

2lb (1Kg) Ripe Tomato (Canned is okay)
¼ packet Cream Crackers – crushed
2 Tbsp Oil
1 tsp Sugar
6 Eggs
¼ cup Chopped Parsley
½ cup Grated Parmesan Cheese (optional)
Salt & Pepper to taste

Method:

Peel, seed and chop the tomatoes. Place the tomatoes in a saucepan on half the oil heated. Simmer at medium heat to evaporate all the water released by the tomatoes, leaving behind a thick paste. While the tomato simmers, mix the dry ingredients - sugar, crushed crackers, cheese, seasoning and chopped parsley together. Beat the eggs to a thick froth. Remove the tomatoes from the heat, allow to cool slightly, then add the dry ingredients and finally, gently fold in the eggs. Pour the remaining oil into a Pyrex baking dish and coat bottom and sides. Pour in the mixture and bake in a 400°F (200°C) oven for approx 25 minutes or until it becomes firm. Best served cold.



0715 MACARON REYNADO – MACARONI AND MEAT BAKE

Makes:

9 Servings as main course
16 helpings as side dish

Ingredients:

12 oz (350g) Macaroni or Penne
12 oz (350g) Ground Steak
1 Tbsp Oil
6 eggs
1 medium Tomato
1 medium Onion
1 Tbsp Chopped Parsley
1 Chicken Bouillon cube
1 cup Hot Water
Salt & Pepper to taste

Method:

Cook the macaroni as per instructions on packet and drain. Dissolve the bouillon cube in the cup of hot water and set aside.

Chop the onion very finely. Heat the oil in a saucepan and glaze the onion. Add the ground beef and brown it. Chop and add the tomato and simmer for a few minutes adding a little water if necessary. Add the parsley and seasoning. Stir in the boiled macaroni. Beat the eggs to a thick froth and fold in carefully. Pour into a well oiled Pyrex baking dish and bake at 400°F (200°C) for 25 minutes. Remove from oven and pour in the cup of bouillon. Replace in the oven for a further 15 minutes or until firm, bouillon mostly evaporated and the top well browned.

It can be served hot or cold, as a main dish or as a side dish.



0725 QUAJADO DE PAZI – SPINACH QUICHE

Makes:

12 Servings

Ingredients:

3 -10oz (280g) packets Frozen Chopped Spinach
or 2lb (1Kg) fresh spinach washed & shredded

3 large Potatoes

½ cup Cottage Cheese

1 cups Grated Parmesan

2 cups Milk

6 Eggs

3 Tbsp Oil

Salt and Pepper to taste

Method:

Thaw, squeeze out the water and dry out the spinach between paper towels. Steam, peel and mash the potatoes. Mix the spinach with the milk, mashed potato, grated cheese, cottage cheese and seasoning. Beat 6 eggs thoroughly and blend into the mix. Pour mixture into a well oiled 10"x 12" (25 x 30cm) baking dish.

Bake at 375°F (180°C) until set and an inserted skewer comes out dry.

Cut into squares and serve hot or cold.



DESAYUNO – SAVOURY PASTRIES

0805 GOMO DE HANDRAJO – EGGPLANT FILLING

Makes:

24 Fillings (approx)

Ingredients:

2 Eggplants (young seedless)

1 large Onion

2 medium Tomatoes

2 Tbsp Corn Oil

½ tsp Sugar

2 Tbsp Chopped Parsley

Salt and Pepper to taste.

Method:

Peel and chop eggplants into small cubes. Peel, seed and finely chop the tomatoes. Finely chop the onion. Sauté the onion in hot oil until transparent. Add the other ingredients, except the parsley, and slow simmer until all liquid has been evaporated. Cool and add the chopped parsley.

This can be used as filling for many of the pastries described in this section.



0810 GOMO DE KALAVASA – PUMPKIN FILLING

Makes:

24 fillings (approx)

Ingredients:

1 lb (500g) Butternut or Banana Squash (or any other red pumpkin)

1 cup Grated Parmesan Cheese

1 Egg

Salt and Ground Cinnamon to taste



Method:

Whisk the egg. Remove seeds and peel the squash then steam it for about 35 minutes. Mash the squash the press down with paper towels to absorb some of the moisture in it. Stir in the cheese, egg, salt and cinnamon.

This can be used as filling for many of the pastries described in this section.

0815 GOMO DE CARNE – MEAT FILLING

Makes:

36 fillings (approx)

Ingredients:

1 lb (500g) Lean Beef Chuck

2 medium Onions

4 Tbsp Corn Oil

½ cup Rice

1 large Tomato

1½ cups Water

Salt and Pepper to taste

2 Tbsp Parsley

Method:

Grind the meat twice. Peel, seed and chop the tomato. Finely chop the onions. Rinse and drain the rice. Stir 1 cup of water into the ground beef. Glaze the onions in hot oil then add the tomato and stir fry. Add the ground beef and simmer for 20 minutes. Add the rice, salt and pepper and the remaining ½ cup of water. Simmer for another 15 minutes until the rice is cooked and the water absorbed. Stir occasionally to avoid burning. Allow to cool then stir in the parsley.

This can be used as filling for many of the pastries described in this section.



0820 GOMO DE PATATA – POTATO FILLING

Makes:

24 fillings (approx)

Ingredients:

1 lb (500g) Potatoes
3 Eggs
1 Cup grated Parmesan Cheese
Salt & Pepper to taste

Method:

Steam, then peel the potatoes. Mash them to a smooth paste – this can be done in a food mixer with a standard paddle or through a potato ricer. Add eggs, cheese, salt and pepper. If the mix is too thick add a bit of milk or cream.

This can be used as filling for many of the pastries described in this section.



0825 GOMO DE PAZI – SPINACH FILLING

Makes:

24 fillings (approx)

Ingredients:

2 – 10oz (280g) pkts Frozen Chopped Spinach (or
2 bunches of fresh spinach washed and
shredded)

1 cup Parmesan Cheese Grated

$\frac{3}{4}$ cup Feta Cheese Grated

1 Tbsp Flour

Method:

Thaw the spinach, squeeze out the water, pat dry
with paper towels then leave spread out overnight
to dry. Mix all ingredients together.

This can be used as filling for many of the pastries
described in this section.



0830 BOURIKITAS – CHEESE/POTATO SAVORIES

Makes:

36 pieces

Ingredients:

½ cup Corn Oil

½ cup Iced Water

½ cup Grated Parmesan

½ tsp Salt

2½ cups All Purpose Flour

1 tsp White Vinegar

1 Egg Whisked (for finishing)

Potato Filling (made from recipe #0820)

Grated Parmesan for garnish

Method:

Mix the liquids together with the salt and add the flour. Knead together to make a medium-firm dough. Divide the dough into 4 pieces and roll each to thin sheet less than 1/8 inch thick (2mm). Using a fluted circular cutter cut as many disks as possible. Collect remaining dough which can be reworked when all 4 pieces of dough have been cut.

On each disk place a teaspoon of filling. Brush half the circumference with the beaten egg, and fold the disk over the filling trying not to trap any air. Brush the top of each with egg and sprinkle with parmesan cheese. Bake at 350°F(180°C) until golden brown – about 25 minutes.



0840 BOYOS DE FILA – SAVORY YEAST PASTRIES

Makes:

12 Boyos

Ingredients:

3 cups All Purpose Flour

½ tsp Salt

3 tsp Instant Dry Yeast

1¼ cups Warm Water

1 tsp Sugar

2 Tbsp Grated Parmesan

¼ cup Flour

Olive Oil to dunk the dough

Filling either Spinach, Pumpkin or Potato Gomo

Egg wash for coating

Sesame or Parmesan for garnish

Method:

Place the sugar, yeast and warm water in a container to activate the yeast for 15 minutes. Mix the salt and flour in a mixing bowl and add the yeast liquid. Mix and knead to a soft almost sticky but smooth dough. Place in an oiled dish and allow to rise for 30 minutes covered. Divide dough into two balls and place in bowls with olive oil in them. Cover with a damp cloth and allow to rise a further 30 minutes. Set oven at 400°F (200°C).

Mix the grated cheese with the flour and set aside.

Take one piece of dough, now very soft and fluffy and lay on a large oiled board. Spread by patting down to a 15inch (40cm) square. Sprinkle with some of the flour and parmesan mix. Fold over the two sides to meet in the middle. Sprinkle more flour and cheese mix. Fold in half to form a long strip. Cut this into 6 equal squares. Flatten each square to a 5 inch (13cm) square. For spinach filling, place a heaped tablespoon of filling in the center. Fold each corner towards, and to meet at the center. Crimp all the seams together. For Potato filling traditional shape is a triangle and for pumpkin filling it is a roll. Place on an oiled baking pan or a pan lined with paper. Egg wash and either sprinkle with sesame or grated parmesan. Allow 30 minutes to proof then bake for 25 minutes until golden. Repeat with the other dough ball.



0845 BOYOS DE PAN - CHEESE BISCUITS

Makes:

30 Pieces

Ingredients:

10 slices White Bread (stale okay)

1 Tbsp Butter

1 Tbsp Oil

1 cup Grated Parmesan Cheese

2 cups Flour

1 Egg

1 tsp Salt



Method:

Soak the bread in water then squeeze it dry. Place all the ingredients in a mixer and mix until fully incorporated. Shape into golf ball size balls. Place each ball on an oiled or paper lined baking pan and flatten using the tines of a dinner fork. Brush lightly with oil and sprinkle with grated parmesan.

Bake in a 400°F (200°C) for about 20 minutes until golden brown.



0850 BOYOS DE RAYO – CHEESE SCONES

Makes:

20 Pieces

Ingredients:

2 cups Flour
1 cup Grated Parmesan
½ cup Milk
¼ cup Oil or Melted Butter
2 Eggs
1½ tsp Baking Powder
1 tsp Salt
Pepper to taste

Method:

Mix all the dry ingredients together. Hold some cheese for topping. Hold a small amount of beaten egg to be used as an egg wash then mix the wet ingredients with beaten eggs. Mix all together into a medium-soft dough. Shape into 20 golf ball size balls. Flatten the balls using a cheese grater or a tenderizing hammer to leave a pattern on them. Egg wash and sprinkle the remaining grated cheese on them.

Bake on an oiled, or paper lined, tray at 400°F (200°C) for 15 to 20 minutes. The boyos should rise into little hemispheres and have a bright honey color.



0855 BOULEMAS – SAVORY YEAST PASTRIES

Makes:

24 Pieces

Ingredients:

Yeast Mix:

2 Tsp Instant Dry Yeast

½ cup Warm Water

Pinch of sugar

1 tsp Flour

Dough:

¾ cup Warm Water

3 cups Flour

½ tsp Salt

2 tsp Butter (or Margarine)

Filling:

Spinach, Potato or Pumpkin Gomo

½ cup Flour

2 Tbsp Parmesan Cheese

½ cup Oil

3 Tbsp Butter

Method:

Prepare the yeast mix and set aside for 10 minutes while it rises.

For filling, prepare gomo as per recipes 0605-0625, mix the cheese and flour, mix the oil and melted butter. Set aside.

For the dough, mix the flour and salt. Add yeast mix and butter. Mix and knead to smooth soft dough. Divide into 3 equal portions and flatten each to less than ¼ inch (5mm) thick. Brush each with oil/butter mix and sprinkle with flour/cheese mix. Place one over the other and roll them up together into a rope. Place on an oiled dish, covered and placed in a warm place until it doubles in size. On an oiled work surface stretch the rope out and cut into 24 equal pieces.

Re-oil the work surface, take a piece of dough and using the ends of your fingers pat the dough outwards to form a ultra-thin rectangular sheet about 9x5 inches (23x13cm). Brush on oil/butter mix and sprinkle with flour/cheese mix. Place the filling along one long edge and roll it up, sealing the ends. Turn the roll into a spiral and place on a well oiled baking sheet. Bake at 400°F (200°C) for about 30 minutes.



0860 FULARES – PURIM EGGS

Note:

These eggs are made at Purim and represent the rope that bound and hanged Haman.

Hard boil the eggs then using virtually any dough, (the oil dough used for pastelikos is commonly used) to make a nest for the base of each egg then roll or cut thin strips of dough to create two circles around the egg and one piece over the top.

Bake at 350°F (180°C) for fifteen minutes.



0865 GUIZADAS DE PATATA – POTATO FILLED SAVORIES

Makes:

20 pieces

Ingredients:

Dough:

¼ cup Corn Oil

¾ cup Water

¼ tsp Salt

1¾ cups Flour

Filling:

1 large Potato

½ cup Grated Parmesan Cheese

1 egg

¼ tsp Salt

Method:

Filling - Steam (or boil), peel and mash the potato. Allow to cool then add the parmesan cheese, egg and salt. Mix well.

Dough - Bring the oil, water and salt to a boil. Remove from heat and add the flour. Knead to a medium-soft and very smooth dough, adding more flour if needed. Divide into 20 small balls. Flatten each slightly and press the ball of your thumb into the center of each, then, with fingers and thumb raise the dough around the original depression to form the walls of the cup to hold the filling.

Place 1 teaspoon of filling in each cup and pinch the dough over the filling, leaving some of the filling exposed.

Bake on an oiled pan or on paper lined pan at 400°F (200°C) for about 30 minutes or until a light brown. Remove from tray and allow to cool.



0870 PASTELIKOS – MINI SAVORY PIES

Makes:

50 pieces

Ingredients:

1 cup Corn Oil

1 tsp Salt

1¾ cups water

6 cups All Purpose Flour

Sesame

Meat filling (recipe #0815)

or Eggplant filling (recipe #0805)

Method:

Boil the oil salt and water together. Remove from heat and add the flour. Knead to make a stiff dough.

Divide the dough into three, two thirds to make the pie casings and one third for the covers. Using a mold or thumb and fingers form the casings about 1¼ inches (30mm) in diameter and 1 inch (25mm) high. Fill each with the filling to just below the top. Make the covers for the pies slightly larger in diameter to the pies and press each into a plate of sesame. Place the tops over the filling and pinch together with the rim of the pie casing. With a very sharp knife, using a back and forth movement on alternate cuts create a crown out of the pinched dough. Brush each with oil or dunk each in an oil bath and lay on a well oiled baking pan. Bake at 400°F(200°C) until lightly browned – about 30 minutes.



0875 RUJALDRIS – SAVORY FILLO PASTRIES

Makes:

120 pieces (small)

Ingredients:

1 packet Phyllo dough (1 lb, 500g)

8oz (250g) Butter

1 cup Oil

Meat, Potato, Spinach or Pumpkin Fillings

(Recipes #0810- to #0825)

Grated parmesan or sesame seeds as topping.

Method:

Melt the butter into the oil and keep handy while forming the rujaldris. Lay one sheet of phyllo on your working surface. Brush with the oil/butter mix and place a second sheet over it. Once again brush with oil mix. Using a sharp knife, cut the sheets into 1½ inch (35mm) wide strips. Place one heaped teaspoon of filling at the end of each strip and fold to form equilateral triangles as shown, folding over and over for the length of the strip. Brush the top with oil. If using meat filling then sprinkle with sesame else sprinkle with parmesan. Bake at 400°F(200°C) for 15 minutes to par bake (can be frozen then reheated later) or 20 minutes for full bake, on papered or oiled baking pan.



FORNADA - BAKING

0905 ASHUPLADOS – MERINGUES

Makes:

100 Pieces (small)

Ingredients:

1 cup Sugar

1 cup Egg Whites (Room temperature)

½ tsp Vanilla

Method:

Whisk the egg whites to a stiff peak. Slowly add the sugar continuing to whisk. Add the vanilla.

Prepare baking sheets lined with paper and dusted with flour. Using a piping bag with a star tube, pipe meringues of the required size. Place in a 220°F (105°C) oven for one hour. Turn off the oven and, if possible, leave the meringues there to dry out completely.



0910 BISCOCHADAS – YEAST RUSKS

Makes:

48 pieces

Ingredients:

Use the same recipe and dough preparation as described for roskas – Recipe # 0985

Method:

A well oiled 15x11 inch (40x30cm) baking pan (half sheet size) with high side walls is needed for this.

Cut the dough into 12 pieces of 3½ oz (100g). Allow to rest for 15 minutes. Roll each into a rope 15 inches (40cm) long. Lightly oil the ropes and place them tightly against each other in the pan. The oiling will assist in separating the strips after baking. Proof in a warm humid place until a dimple made with your finger does not return to the original shape. Egg wash the surface and sprinkle with sesame. Bake at 350°F(180°C) for about 30 minutes.

Allow to cool slightly then separate the strips using two forks to assist if needed. Cut each strips into four equal parts. Place these flat on a baking pan and replace in a cool oven (150°F, 65°C) to dry out completely.

Note:

Biscuchada in Ladino means baked twice. These last almost indefinitely in a closed container. Excellent dipping in whatever – even iced cold water.



0915 BISCOCHADAS DE TRIGO – WHOLE WHEAT RUSKS

Makes:

48 Pieces

Ingredients:

Yeast starter:

- ¾ oz (20g) Instant Dry Yeast
- 1 cup Warm Water
- 3 Tbsp Flour (All Purpose)
- Pinch Sugar
- Pinch Salt

Dough:

- 2 lb (1Kg) Whole Wheat Flour
- 2 tsp Sugar
- 2 tsp Salt
- ¾ cup Oil
- 2 Eggs
- 1 cup Water

Coating:

- 1 Egg
- 2 tsp Water
- Sesame Seeds (optional)

Method:

Mix the ingredients for the yeast starter and allow to stand for 10 to 15 minutes until foamed. Beat the eggs with the oil and sugar. Add the yeast starter. Mix the salt with the flour and add this and the water to the mix. Mix and knead for at least 8 minutes to get a smooth fairly light dough. Allow the dough to rise in a covered container until it doubles in size, about 1 hour. Meanwhile prepare a high walled baking pan, 15x11 inches (40x30cm) by liberally oiling it.

Knock down the dough and divide into 12 pieces and allow to rest a further 15 minutes. Roll each piece into a rope 18 inches (45cm) long – it will shrink down in the oiled pan to the right length. Place each in the pan liberally oiling between each rope. Allow to proof for about 45 minutes in a warm humid place. Mix the egg wash and double brush the surface of the risen dough. Sprinkle optional sesame. Bake at 350°F (180°C) for about 30 minutes.

Remove from pan to cooling rack. When cooler, separate the lines and divide each line into four pieces. Place pieces on a pan and return to oven, initially for 10 minutes at 350°F (180°C) to brown slightly, then down to 150°F (60°C) for 4 hours to dry out completely.



0920 BISCOCHOS DE UEVO – TWICE BAKED COOKIES

Makes:

48 pieces

Ingredients:

4 Eggs
1 cup Sugar
1 cup Corn Oil
2 Oranges
7 cups All Purpose Flour
3 tsp Baking Powder
Sugar and Cinnamon for topping.



Method #1: (Traditional)

Scrape the zest off the oranges and set aside, then juice the oranges and set aside. Beat the eggs and sugar until smooth and light cream in color. Add oil, orange zest and orange juice. Mix the baking powder into the flour and add. Mix to a soft dough. Mince the dough twice through a grinder. Break small pieces of the dough and roll into pencil thin strips 15 inches (40cm) long. (Continue below)



Method #2: (Using Pasta Machine)

Scrape the zest of the oranges and set aside, then juice the oranges and set aside. Beat the eggs and sugar until smooth and light cream in color in a separate container. Add oil, orange zest and orange juice. Mix the baking powder into the flour and put this into the pasta machine. Add the beaten egg mix. Run the mix control to just blend all the ingredients. Switch to extrude using a single round hole extruder piece to give pencil thin extrusions. Cut off strips 15 inches (40cm) long.



Methods #1 & #2 Contd.

Twist the strips to form the traditional bangles and press (not egg washed) into a mix of cinnamon and sugar as illustrated.

Bake for 15 minutes at 350°F(180°C) or until a very light coloring develops.

(See also reshikas, Recipe #0980)



0925 BURMUELOS – YEAST DOUGHNUTS

Makes:

30 Pieces

Ingredients:

3 tsp Dry Active Yeast
1 tsp Sugar
2 cups Warm Water
1 pinch Salt
3 cups Flour
Oil for deep frying
Cinnamon for garnish

Syrup:

3 Tbsp Honey
½ cup Sugar
½ cup Water

Method:

Mix the yeast with sugar, salt and 1 cup warm water and allow to foam for about 15 minutes. Mix this into the flour and remaining water to make a smooth yet sticky dough. Allow this to rise in a warm place to double in volume.

Prepare the syrup by boiling the ingredients together until they are sticky.

Heat the oil for deep frying to 350°F (180°C).

Using WET fingers, pick up a piece of the dough and shape roughly into a ball. Use both thumbs to press a hole in the center and stretch the dough to form a rough doughnut. Drop into the hot oil. It will float, so turn it over when the underside is a golden brown. It is ready when the sizzling virtually stops. If not cooked through it will become soggy in a short time.

To serve ladle syrup over the doughnuts and sprinkle with cinnamon. Consume immediately.



0930 CURABYE – ALMOND SHORTBREAD

Makes:

50 pieces

Ingredients:

- 1 cup Finely Ground Almonds
- 1 cup Corn Oil
- 1 cup Confectioners Sugar
- 2 cups All Purpose Flour (Approximately)
- Powdered Sugar for garnish

Method:

Blend together the oil, sugar and ground almonds, then add enough flour to form and hold a soft dough. Roll pieces of the dough in your hand and bend to the traditional shape. Bake at 325°F for about 20 minutes until the pieces just start to take on a bit of color.

Sprinkle with powdered sugar to serve.



0940 GATEAU DE DATLE – DATE CAKE

Makes:

48 pieces

Ingredients:

4 Eggs
4 Tbsp Sugar
4 Tbsp All Purpose Flour (heaped)
1 tsp Baking Powder
½ tsp Baking Soda
1 cup Walnuts or Pecans (chopped)
1 cup Dates (chopped)
½ cup Warm Water
1 tsp Vanilla Essence



Method:

Place the chopped dates and baking soda into a cup of boiling water for 15 minutes. Strain out the dates, pat dry and lightly coat with flour. Set both the water and dates aside. Dampen the nuts and lightly coat with flour. Mix the flour and baking powder and sift them.

Beat the eggs and sugar to a light cream color. Stir in the oil, flour mix, dates and water, nuts and vanilla.

Pour mix into an oiled 12x9 inch (30x22cm) Pyrex baking dish. Bake at 350°F(180°C) for about 40 minutes until firm. Cut into 1½ inch (35mm) squares.

0942 MASA DE VINO – WINE SHORTBREAD COOKIES

Makes:

60 pieces

Ingredients:

1 cup Corn Oil

$\frac{3}{4}$ cup Granulated Sugar

$\frac{3}{4}$ cup Sweet Kosher Wine (Muscatel if possible)

1 Egg Yolk

3 cups Pesach Cake Flour (or 50/50 cake meal and potato starch)

Method:

Dissolve the sugar in the wine. Add the oil and beat together. Add the cake flour and egg yolk to form a stiff dough. Allow to rest for a few minutes. Roll out to a rope about 1 inch (3cm) thick. Cut slices so that when pressed down will form cookies about 2 inches (5cm) in diameter. Form traditional pattern with the tines of a fork, pressed in two directions. Bake at 350°F (180°C) for 25 minutes.



0945 MAROUCHINOS – ALMOND MACAROONS

Makes:

30 Pieces

Ingredients:

12oz (340g) Almonds

10oz (290g) Sugar

3 Eggs

2 cup Water

Pine nuts for décor optional

Method:

Blanche, lightly roast and finely grind the almonds. Boil the sugar and water to a syrup consistency. Add the almonds gradually on low heat stirring continuously until the mix starts to leave the sides of the pot – about 30 minutes. Remove from heat and fold in stiffly beaten egg whites. Place slightly elongated spoonfuls of the mix onto a floured (and preferably papered) baking pan allowing ample space between the spoonfuls for spread during baking. Optionally, garnish each piece with a few pine nuts.

Bake at 325°F (160°C) until lightly colored.



0950 MINENAS – DATE FILLED SHORTBREAD

Makes:

30 pieces

Ingredients:

Pastry:

4½ oz (130g) Unsalted Butter

2 Tbsp Powdered Sugar

½ cup Water

1 cup Corn Flour

1½ cups All Purpose Flour

1 tsp Vanilla

Filling:

1 lb (500g) Pitted Dates

¾ cup Chopped Pecans or Walnuts

½ cup Boiling Water

1 Tbsp Butter

¼ tsp Ground Cloves

1 tsp Ground Cinnamon



Method:

First prepare the filling by finely chopping the dates and the nuts then mix all the filling ingredients together and set aside.

To make the pastry, cream the butter and sugar completely then add in the other ingredients to make a soft dough. Do not over mix as this will harden the finished product.

Divide the dough into pieces slightly smaller than a walnut and roll into balls. Flatten each into a disc about 2½ inches (7cm) diameter. Place a scant teaspoon of the filling onto the center of each and enclose the filling by pinching the dough over it and sealing the cocoon.

Bake at 350°F(180°C) for 25 minutes. When cool sprinkle with powdered sugar.

0955 MOULOUPITAS – SPONGE COOKIES

Makes:
36 pieces

Ingredients:
6 Eggs
¾ cup Granulated Sugar
2 Tbsp Corn Oil
1 cup All Purpose Flour
1 tsp Baking Powder
½ tsp Vanilla



Method:

Beat eggs until fluffy. Slowly add the sugar and beat until pale cream color. Add the oil while continuing to beat. Add the vanilla. Remove from mixer and carefully fold in the pre-sifted and well mixed flour and baking powder.

Prepare baking pans with paper liners or lightly oiled and floured. Place spoonfuls of the batter well apart as they will spread when baking. Bake at 375°F (190°C) for 10 minutes when they should be a very light brown color. When all pans are done, turn off the oven and replace the cookies there to crisp as the oven cools.

0960 MOUSTACHUDOS – NUT COOKIES

Makes:

20 Pieces

Ingredients:

8oz (250g) Almonds

¼ cup Sugar

½ tsp Ground Cinnamon

¼ tsp Ground Cloves

1 Tbsp Honey

1 Egg



Method:

Wipe the almonds with a damp cloth and toast lightly in a warm oven. Grind as fine as possible in a food processor. Add the other ingredients and work into a thick paste. Add a little water if necessary to make the mix workable. Shape spoonfuls of the mix into triangles with sides pinched inwards (Traditional). Bake in a 400°F (200°C) oven for 8 minutes. Allow to cool in the pan before lifting them. Serve sprinkled with powdered sugar.

0965 PAN SPONJADO – SPONGE CAKE

Makes:

24 Helpings

Ingredients:

6 eggs

1 cup Sugar

1 cup Cake Flour or All Purpose Flour

2 Tbsp oil

1 tsp Orange Blossom Water

(or toothpick dipped in oil of orange blossom and stirred in 2 tsp water)

Method:

Beat the eggs and sugar to a high froth. Add the water, oil and flavoring. Remove from mixer and carefully fold in the flour that has been pre-sifted.

Prepare a large baking pan (bunt or loaf) by greasing it with butter and dusting with flour. Gently pour in the mixture. Bake at 350°F (180°C) for 40 minutes. DO NOT OPEN THE OVEN WHILE BAKING!

Note:

Any left over cake can be sliced and heated in a cool oven to dry out. They last indefinitely and are even tastier than the cake.



0970 PINYONATE – HONEYED CLUSTERS

Makes:

20 Servings

Ingredients:

2 Eggs

1 Tbsp Corn Oil

2 cups All Purpose Flour

½ tsp Baking Powder

2 Tbsp Water (if needed)

½ cup Blanched Toasted Almonds

Syrup:

½ cup Honey

1½ cups Sugar

1 cup Water

6 cloves

Method:

Beat the eggs and oil then add the flour and baking powder to give a soft to medium dough. Use the water only if required. Allow 15 minutes to rest. Cut pieces and roll into pencil thin strips. Cut these into thumbnail length pieces and set aside covered.

Prepare the syrup and just bring to a boil. Add the dough pieces, a few at a time so as not to reduce the temperature of the syrup. Cover the pot and simmer to 30 minutes. Do not open the pot during this time, but lift and jiggle the pot to prevent pieces sticking at the bottom. After the 20 minutes, lift the cover and stir the bottom pieces to the top. Replace the lid and simmer for another 25 minutes. The pieces should have gained color and the syrup thickened to thread stage. Remove from heat, add ¼ cup of cold water and stir in the almonds.

Traditionally served on lemon or other citrus leaves.



0975 PITIKAS – FRIED CRISP PASTRIES

Makes:

20 pieces

Ingredients:

¼ cup Corn Oil

½ cup Water

1¾ cups All Purpose Flour

Pinch Baking Soda

Oil for frying

Syrup:

¼ cup Sugar

¼ cup Honey

¼ cup Water

3 Cloves

1 Tbsp Lemon Juice

Garnish:

Ground Almonds

Ground Cinnamon

Method:

Mix oil and water then add the flour gradually to make a well-kneaded medium stiff dough. Form into balls about 1 inch (25mm) in diameter. Cover and rest for 30 minutes.

Meanwhile boil the syrup ingredients together to give a light syrup (220°F, 105° C).

Roll each of the dough balls on a well floured board, very, very thin into a 5 inch (12cm) diameter disc. Set aside while oil for frying is heated in a pan to 400°F (200°C). Fry each disc on both sides until just lightly colored. Remove from oil and allow to drain on paper towels.

Before serving sprinkle with the syrup, ground almonds and cinnamon.



0980 RESHICAS – OIL BISCUITS

Makes:

48 pieces

Ingredients:

4 Eggs
1 cup Sugar
1 cup Corn Oil
2 Oranges
7 cups All Purpose Flour
3 tsp Baking Powder
Sesame & Beaten Egg for topping

Method #1: (Traditional)

Scrape the zest off the oranges and set aside, then juice the oranges and set aside. Beat the eggs and sugar until smooth and light cream in color. Add oil, orange zest and orange juice. Mix the baking powder into the flour and add. Mix to a soft dough. Mince the dough twice through a grinder. Break small pieces of the dough and roll into pencil thin strips 15 inches (40cm) long. (Continue below)

Method #2: (Using Pasta Machine)

Scrape the zest of the oranges and set aside, then juice the oranges and set aside. Beat the eggs and sugar until smooth and light cream in color in a separate container. Add oil, orange zest and orange juice. Mix the baking powder into the flour and put this into the pasta machine. Add the beaten egg mix. Run the mix control to just blend all the ingredients. Switch to extrude using a single round hole extruder piece to give pencil thin extrusions. Cut off strips 15 inches (40cm) long.

Methods #1 & #2 Contd.

Shape the strips into the traditional butterfly shape, egg wash and dip in sesame seeds as illustrated. Bake for 15 minutes at 350°F(180°C) or until a very light coloring develops.



0985 ROSKA – SWEET EGG BREAD

Makes:

2 Breads or 10 Rolls

Ingredients:

1lb 10 oz (750g) Flour (Cake or All Purpose)

¾ oz (20g) Instant Dry Yeast

½ oz (15g) Salt

3 Egg Yolks

3 oz (85g) Corn Oil

3 oz (85g) Sugar

12 oz (350cc) Warm Water

½ Tsp Orange Blossom Water (Optional)

Method:

Stir the yeast together with a pinch of sugar and flour in a little of the warm water. Allow to stand while the rest of the ingredients are assembled. Beat the eggs yolks with the sugar in a food mixer, then add the oil and water. Add the flour and yeast mixture which should have foamed up by now. Using a dough hook, mix and knead for 10 minutes until the dough becomes smooth and medium-soft. Place the dough in a lightly oiled bowl in a warm place and allow to rise to double its size.

This dough will make 2–18oz (510g) roskas or 10–4oz (110g) rolls. Place the dough on the work table and beat out the air. Cut and weigh the dough to 21oz (600g) for the roskas or 4½oz (130g) for the rolls. Allow the pieces to stand for about 15 minutes to relax.

For the roskas, beat out the air by flattening the dough then firmly shape into a rope about 16 inches (40cm) long and join the end in a ring. Cut small slits around the perimeter to allow for expansion. Place on baking pan lined with paper and place in a warm, moist place to proof. You know it is ready when poked gently with a finger the dent does not return. Brush twice with egg wash (one egg, some water and a touch of salt) and sprinkle with sesame. Bake at 350°F(180°C) for about 30 minutes.

For rolls make 18 inch (50cm) ropes and tie into knots. Proof, egg wash and sprinkle with sesame then bake at 350°F(180°C) for 15 minutes.

To make a three-braided challah (two can be made from this recipe) cut 3-7oz (200g) pieces for each challah. Roll into ropes 12 inches (30cm) long tapered at ends. Braid, proof, egg wash as above. Bake 350°F (180°C) for about 35 minutes.



0987 ROSKA REYNADA – FILLED SWEET EGG BREAD

Makes:
2 breads

Ingredients:
As for Roska #0985 plus:

Filling:
½ lb (250g) Pecans or Walnuts
½ lb (250g) Dates or Raisins
½ cup Sugar
½ cup Hot Water
¼ tsp Ground Cloves
½ tsp Ground Cinnamon



Method:
First make the filling. Finely chop the nuts and mince the dried fruit. Mix all the ingredients together.

Make the dough as described in the recipe for roska (recipe #0985). Use the recipe to make two regular or one very large roska. For each roska rollout the dough 3 inches (8cm) wide and about 16 inches (40cm) long (or 32 inches (80cm) for the large roska). Lay a string of the filling about ¾ inch (20mm) wide along the one long edge and roll the dough to enclose the filling. Join the two ends to make a seamless ring.

Allow to proof, egg wash and sprinkle with sesame, then bake as for roska (recipe #0985).

0990 SHAMALI – ALMOND HONEY CAKE

Makes:

32 pieces

Ingredients:

1 cup Sugar
4 Eggs
½ cup Corn Oil
½ cup Semolina
¾ cup Cake Flour
1 cup Ground Raw Almonds
2 Tsp Baking Powder
½ tsp Ground Mastika (Optional)
32 Toasted Almonds (for garnish)

Syrup:

1½ cups Sugar
½ cup Honey
1 cup Water
½ Lemon Juiced



Method:

Beat sugar and eggs until creamed then add and beat in the oil. Sift together the remaining dry ingredients and gradually fold into the egg mix. Pour into a well oiled 15x11 inch (40x30cm) Pyrex or high sided ovenproof pan. Bake at 350°F(180°C) for 30 minutes or until a golden color.

While cake is baking prepare the syrup by boiling the ingredients to 220°F (106°C).

Cut the cake into 32 (8x4) pieces and place one toasted almond in the center of each as garnish. Next pour the syrup over the cake concentrating on the cuts and garnish.

0995 SHAMLIAS – CRISP PASTRY BOWS

Makes:

60 Pieces

Ingredients:

- 1 Orange Juiced
- 1 Egg
- 1 Tbsp Brandy
- 1 Tbsp Corn Oil
- 2 cups Flour (approx)
- Oil for deep frying
- Powdered Sugar and Cinnamon for garnish

Method:

Beat egg with the orange juice, brandy and oil. Add enough flour to make a medium dough. Knead smooth and allow to rest. Heat the oil to 375°F (180°C).

Roll pieces of dough into very thin rectangular sheets about 9 inches (22cm) wide. Cut strips $\frac{3}{4}$ inch (2cm) wide and form into bows, using a touch of water at the intersection points of the bows to hold them together.

Deep fry these and drain on paper towels.

Serve dusted with powdered sugar and sprinkled with cinnamon or cloves.



0997 TRAVADOS – ALMOND HONEY TURNOVERS

Makes:

32 Pieces

Ingredients:

Dough:

½ cup Oil
¼ cup Sugar
¼ cup Water
2 cups Flour
¼ tsp Baking Soda.

Filling:

5 oz (150g) Ground Un-blanched Almonds
1½ Tbsp Honey
¼ Tsp Ground Cinnamon
2 Tbsp Water
pinch Ground Cloves

Syrup:

1 cup Honey
½ cup Sugar
½ cup Water

Garnish:

Ground blanched almonds or sesame seeds

Method:

Mix the filling and set aside. Blend together the dough ingredients to give a soft oily dough. Knead just enough to make it workable – do not over do it. Divide the dough into 4 equal pieces then each of those pieces into 8 smaller pieces. Work each of the small pieces into a ball and press flat to give a 2½ inch (65mm) diameter discs. Place a teaspoon of the filling in each and fold over to close. A limited amount of cracking in the dough is expected – correct if excessive. Place on an oiled baking pan or on a paper lined pan and bake for about 25 minutes. The pieces should hardly have any color. Allow to cool.

Prepare the syrup and bring to a boil. Add several of the baked pieces at a time and boil for three minutes. Remove and allow to drain. Garnish the pieces while the syrup is still wet with ground blanched almonds or toasted sesame seeds.



DULCES – SWEETMEATS

1005 BAKLAVA – HONEY NUT PHYLLO PASTRY

Makes:

48 Pieces

Ingredients:

1 lb (500g) Phyllo Dough (1 Packet)

8oz (250g) Almonds

½ cup Sesame Seeds

1 tsp Ground Cinnamon

½ tsp Ground Cloves

1½ cups Oil

Syrup:

1½ cups Sugar

1½ cups Water

2 cups Honey

Method:

Prepare a 9x12 inch (250x300cm) Pyrex dish by amply oiling it (The size chosen is exactly half a phyllo sheet). Wipe the almonds with a damp cloth and toast them partially. Toast the sesame in a frying pan. Grind the almonds and sesame in a food processor to a fine consistency.

Make the syrup by boiling to almost thread stage (220°F, 105°C) and set aside to cool.

Cut the phyllo sheets in half to fit the dish. Lay one sheet, dot with oil and set another onto it. Repeat with a third sheet. Dot this sheet with oil and sprinkle liberally with almond mix. Place another two sheets, each dotted with oil, over the almond filling and repeat the filling. Repeat this until all the phyllo except for two sheets are used up. Using a sharp knife, cut through all layers, into 6 strips lengthwise, then diagonally to form diamonds. Heat the remaining oil until smoking hot and pour over the phyllo, following the cuts and sides. The Phyllo should sizzle. Put the remaining unused phyllo sheets on top and place in a 375°F (180°C) oven for 5 minutes then lower heat to 320°F (160°C) for about one hour or until the dough gets a light golden color. Remove the top phyllo sheets and immediately pour the cooled syrup over the phyllo. Again following the cuts and sides. Allow to cool.



1010 BOULUKUNIO – SESAME SWEET

Makes:

24 Pieces

Ingredients:

2 cups Sesame

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

2 Tbsp Flour

Syrup:

$\frac{1}{2}$ cup Honey

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup Water

Method:

Mix the flour with the sesame and toast a little at a time in a frying pan until lightly colored. Keep agitating to prevent burning. Blanch, cut into slithers and toast the almonds.

Boil the syrup ingredients in a deep pot until soft ball stage is reached (240°F, 116°C). Add the sesame and almonds. Stir quickly together and immediately remove from heat. Turn out the mix onto a wet work surface and allow to cool slightly. Divide into 4 equal pieces. With wet hands roll the pieces into ropes about 1 inch (2.5 cm) thick. Allow them to set further, turning the ropes occasionally as the syrup tends to migrate to the bottom. When set cut the ropes into $1\frac{1}{2}$ inch (3.5cm) long diagonal cut pieces. The ropes can be frozen for future use, wrapped in plastic or aluminum foil.



1015 CROCON – ALMOND BRITTLE

Makes:

30 pieces (approx)

Ingredients:

2 cups Sugar

1 Lemon Juiced

2 cups Almonds

Method:

Blanche, split and toast the almonds and set aside. Place the sugar and lemon juice in a pan and, at medium heat, dissolve and melt the sugar. Continue the heat until it reaches crack stage and starts to turn golden yellow. Remove from heat, mix in the almonds and pour out onto an oiled surface such as marble, or aluminum foil on a hard surface. Quickly use two lemons to roll the setting mixture and even out the distribution of the nuts. The lemons will impart a bright flavor to the almond brittle. Before it sets finally, use a long oiled knife to score 2 inch (5 cm) squares. When fully set and cooled, crack along the scored lines and save in an airtight container.



1020 DATLE REYNADO – STUFFED DATES

Makes:

20 Pieces

Ingredients:

20 Pitted Dates

20 Almonds

½ cup Sugar

Method:

Blanch and roast the almonds. Place one almond in the space taken by the pit of the date, allowing just the end of it to show. Roll the dates in sugar.



1025 DULCE DE BIMBRIYO – QUINCE GEL

Makes:

36 pieces

Ingredients:

5 large Green Quinces
5 Cups Water
2½ Cups Sugar (approx)
1 Lemon Juiced

Method:

Peel and thinly slice the fruit, placing it in a saucepan with the water and the juice of ½ lemon to prevent it from darkening. Boil until the fruit is tender then drain. Mash the fruit in a food processor. Using a cup to measure the pulp, transfer it to a heavy based saucepan, then add an equal volume of sugar to it. Add the remaining lemon juice and cook over medium heat, stirring with a wooden spoon until the mixture comes cleanly off the sides of the pot. Pour into a shallow Pyrex dish and allow to set.

To serve, cut into diamond shapes.



1030 DULCE DE GAJO – GRAPEFRUIT PEEL SWEET

Makes:

80 pieces

Ingredients:

6 Grapefruits
6 cups Sugar (approx.)
2 cups Water (approx)
1 Lemon Juiced

Method:

Peel the fruit thinly, just to remove the outer zest. Using a sharp knife cut through the white pith of the fruit into segments as shown in recipe #1047. Roll up these segments and using needle and thread create one or more strings of fruit as shown in recipe #1047. Soak these in water overnight then drain. Refill with water and boil for 20 minutes – the segments should start to become translucent.

Drain again then soak in cold water for a few hours and drain once more. If a less bitter taste is wanted repeat the soaking.

To ascertain the correct amount of water to cook the peel, place the segments, still threaded together into a deep saucepan. Measure the number of cups of water required to $\frac{3}{4}$ cover the segments. This should be about 6 cups, but this will vary depending on the thickness of the pith and size of the fruit. Drain and remove the segments temporarily. Pour the measured number of cups of fresh water into the saucepan, and for each cup add 3 cups of sugar. Bring this to a boil then return the pith segments. Add the lemon juice and the juice from two of the fruits used. Bring to boil and simmer until thread stage reached (230°F, 110°C) is reached.

Pour into sealable sterilized glass containers when cool, removing the threads in the process.

Note:

A simple method of sterilizing the glass containers is to put a spoonful of water in the open containers and run in a microwave oven for 40 seconds.

See also Dulce de Naranja Recipe # 1047 for additional pictures.



See other photographs in recipe
Dulce de Naranja #1047

1035 DULCE DE CALAVASA – GLASÉ PUMPKIN

Makes:

30 helpings (approx)

Ingredients:

1 lb (500g) Banana Squash, Butternut Squash
or any firm red flesh pumpkin
1 Tbsp Slaked Lime (Available at Pharmacy)
½ cup Honey
1½ cups Sugar
½ cup Water
1 tsp Ground Ginger
½ cup Slivered Roasted Almonds

Method:

Peel the squash and cut into strips 1 inch (25mm) long and ¼ inch (6mm) square. Place in a dish and cover with water. Add the lime and stir every few minutes for 2 hours, (this is intended to crisp the squash) then rinse thoroughly by tossing in large amounts of fresh water several times.

In a deep saucepan, boil together the honey, sugar and water. Add the squash. Boil at medium heat until thread stage (235°F, 113°C). By this time the squash strips will start to become translucent. Stir in the ground ginger and almonds. Store in an airtight sterilized container. Sprinkle lightly with ginger to serve.

Note:

A simple method of sterilizing the glass containers is to put a spoonful of water in the open containers and run in a microwave oven for 40 seconds.



1040 DULCE DE KAYSI – WHOLE APRICOT PRESERVE

Makes:

18 pieces

Ingredients:

18 Whole Apricots – ripe yet firm
2 Tbsp Slaked Lime
2 cups Sugar
1 cup Water

Method:

Peel and remove pits from the apricots. The best way to do this is to cut a small slit at the base of the apricot, then, holding the fruit firmly, use a skewer carefully placed at the stem end of the pit to push the pit out through the created slit. Place all the apricots in a dish, cover with water and the dissolved slaked lime. Agitate the apricots every few minutes for 1½ hours. This will crisp the fruit. Next thoroughly rinse several time in copious amounts of water to remove every trace of the slaked lime.

In a large pot bring the sugar and water to a boil. Reduce to medium heat and continue to boil until thread stage is reached (235°F, 113°C). Insert apricots and cook for 10 minutes. Remove with a slotted spoon and lay them out in a Pyrex dish. Pour the syrup over them. Refrigerate when cool. Next day turn the apricots over and return to the refrigerator. Repeat for two more days.

Drain the now thinned-out syrup into a saucepan and once again boil until thread stage is reached. Add the apricots carefully and allow to cook until the fruit firms up – about 30 minutes. Allow to cool then refrigerate.



1045 DULCE DE MANDARINA – MANDARIN PEEL SWEET

Makes:

30 helpings

Ingredients:

6 Mandarin Oranges or Tangerines

1 cup Almonds

Syrup:

2 cups Sugar

1 cup Water

1 Lemon Juiced

2 Oranges Juiced

Method:

Blanche, split or sliver then lightly toast the almonds. Peel all the fruit and discard the fruit. Boil the peel to soften it. The time for this can vary depending on the fruit, but it must not be too soft. Discard the water and refill with fresh cold water. Set aside for 24 hours, changing water three or four times. Drain and squeeze out as much water as possible. Finely shred the peel.

Prepare the syrup by placing the water, sugar and fruit juice in a deep saucepan. Bring to a rolling boil and allow to become syrupy (215°F, 102°C) then add the shredded peel. Reduce heat and continue cooking until thread stage is reached (235°F, 113°C). Remove from heat, stir in the toasted almonds and bottle in sealed sterilized jars immediately. Refrigerate when cooled.



1047 DULCE DE NARANJA – BITTER ORANGE PEEL SWEET

Makes:

80 Pieces

Ingredients:

10 Seville Oranges
6 cups Sugar (approx.)
2 cups Water (approx)
1 Lemon Juiced

Method:

Peel the fruit thinly, just to remove the outer zest. Using a sharp knife cut through the white pith of the fruit into segments as shown. Roll up these segments and using needle and thread create one or more strings of fruit as shown. Soak these in water overnight then drain. Refill with water and boil for 20 minutes – the segments should start to become translucent.

Drain again then soak in cold water for a few hours and drain once more. If a less bitter taste is wanted repeat the soaking several times.

To ascertain the correct amount of water, place the segments, still threaded together into a deep saucepan. Measure the number of cups of water required to $\frac{3}{4}$ cover the segments. This should be about 6 cups, but this will vary depending on the thickness of the pith and size of the fruit. Drain and temporarily remove the segments. Pour the measured number of cups of fresh water into the saucepan and for each cup of water add 3 cups of sugar. Bring to boil then return the pith segments. Add the lemon juice and the juice from two of the fruits used. Bring to boil and simmer until thread stage reached (235°F, 113°C) is reached.

Pour into sealable sterilized glass containers when cool, removing the threads in the process.

Note:

A simple method of sterilizing the glass containers is to put a spoonful of water in the open containers and run in a microwave oven for 40 seconds.



1050 DULCE DE PERA – PEAR PRESERVE

Makes:

24 pieces

Ingredients:

24 Sweet William or Seckel Pears (Miniature)

6 Cups Sugar

1 Lemon Juiced

Whole Cloves to taste

Method:

Peel the pears keeping the stem in place. Remove the core with a coring tool. If the pears are larger then halve or quarter the pears vertically. Place in a large pot and cover with the sugar. Allow to sit overnight – the sugar will draw liquid from the pears. Boil the pears, covered in their juice for about 20 minutes. Remove from heat and allow to remain in the pot for 24 hours. Remove the pears and put aside. Boil the remaining liquid with the lemon juice and cloves until it reaches thread stage (235°F, 113°C). Place the pears in a jar and fill with the reduced liquid. Keep in a cool place or refrigerate.

Tip:

If the pears release more liquid after they have been bottled (depends on the pears) then there is no harm in re-cooking them back to thread stage as above.



1055 DULCE DE UVA – GRAPE PRESERVE

Makes:

20 Helpings

Ingredients:

6 cups Grapes (red or white seedless)

3 cups Sugar

1 cup Water

Method:

Pluck the grapes off the stems and wash thoroughly. Dissolve the sugar in the water in a heavy deep pot. Add the grapes and bring to a boil. Continue on medium heat, uncovered until thread stage is just passed (235°F, 113°C). Remove from heat and store in an airtight sterilized jar.



1060 GIZADAS DE MASAPAN - MARZIPAN FILLED PASTRIES

Makes:

30 Pieces

Ingredients:

30 Silvered Sugar Balls for decorating

Pastry:

2 Egg Yolks

1 Tbsp Water

1 cup Flour

Filling:

8 oz (250g) Finely Ground Blanched Almonds

6 oz (170g) Sugar

1½ cups Water

2 Egg Whites

1 tsp Lemon Juice

¼ tsp Almond Extract (optional see note)

Method:

Make a firm dough from the pastry ingredients. It will require substantial kneading. Roll it as thin as possible and let it dry out significantly. Cut 2 inch (5cm) diameter circles and set aside.

Bring the sugar and water to a boil in a heavy deep saucepan and continue uncovered until thread stage is reached (235°F, 113°C). Remove from heat and slowly stir in the ground almonds and lemon juice and almond extract. Return to low heat and stir vigorously until the mix starts to leave the sides of the pot. Remove from heat and allow to cool. Whisk the egg whites to a stiff peak and blend that into the almond mix.

Place one teaspoon of filling on each circle of pastry and, using your fingers, lift the edges of the pastry to form the traditional 5 pointed stars. Place one silvered sugar ball on each piece. Bake at 350°F (180°C) for 15 minutes, just to give slight color.

Note:

American grown almonds do not have the full flavor of those grown in the Mediterranean, so it is advisable to add just a bit of almond extract to bring out the flavor.



1065 IGOS REYNADOS – STUFFED FIGS

Makes:

10 pieces

Ingredients:

10 Dried Figs

10 Toasted Walnuts or Pecans

Method:

Cut a small slit at the base of the figs and insert a toasted nut, allowing it to protrude slightly.



1070 KADAYIF – SHREDDED PHYLLO PASTRY

Make:

24 Pieces

Ingredients:

1 lb (500g) Shredded Phyllo (1 Packet)
Butter to dot each ball

Filling:

8oz (250g) Almonds
1 tsp Ground Cinnamon
½ tsp Ground Cloves
¼ cup Sugar
1 Tbsp Honey,
2 Tbsp Water

Syrup:

3 cups Sugar
3 Cups Water
½ Lemon Juiced

Method:

Mix the filling materials to a loose crumble. Take a handful of fluffed-up shredded phyllo and place a spoonful of filling in a depression. Fold the rest of the handful of phyllo over to encase the filling in a ball of phyllo. Place the balls against each other in a 9"x12" (22x30cm) oiled Pyrex dish. Place a small blob of butter on each ball. Bake in a 350°F (180°C) oven until lightly golden.

Bring the syrup to a boil until it is just slightly thickened and spoon it carefully to soak every part of each ball. Cover with Aluminum foil and return to the oven that has been turned off for a further 10 minutes.

For serving, use two large spoons to take the balls out of the dish.

Note:

If shredded phyllo is not available, make a heavy dough from 3 eggs, 3 to 3½ cups flour and a little water if needed. Knead well until smooth. Roll pieces extremely thin (a pasta machine on lowest setting will work). Roll up the pieces tightly, and using a very sharp knife, cut very thin shreds. Fluff up the shreds and allow to dry out partially.



1075 KAYSI PASADO – APRICOT GEL

Makes:

36 Pieces

Ingredients:

1 lb (500g) Dried Apricots

2 $\frac{3}{4}$ cups Sugar

Water

Method:

Soak apricots in water overnight. Drain. Place in a deep, heavy pot and add enough water to almost cover the fruit. Bring to a boil allowing the water level to drop to about half of where it started and apricots are softened. Place the remaining water and apricots in a liquidizer and puree until smooth. Replace in pot and add sugar. Bring to a vigorous boil and continue boiling at medium-high heat, stirring continuously. You will know when it is ready when the mixture thickens and comes cleanly off the side of the pot as you stir. Pour into a 9 inch (22 cm) square Pyrex dish to set – 2 to 3 days. Cut this into 36 squares and serve either glossy (bottom) side up or rolled in sugar.

Note:

As the boiling mix approaches the end it will sputter sending hot mix into the air. Suggest protecting your hand with a glove or towel.



1080 MASAPAN – MARZIPAN

Makes:

60 Pieces

Ingredients:

1 lb (500g) Almonds

14 oz (400g) Sugar

3 cups Water

1 Egg White (if needed see note)

½ Lemon Juiced

½ tsp Almond Essence (see note)

Method:

Blanch the almonds, dry them, then grind as fine as possible in a food processor. In a deep saucepan boil the water and sugar until it reaches thread stage (235°F, 113°C). Remove from heat and stir in the almonds, lemon juice and almond essence. Return to the heat and continue stirring continually until the mixture leaves the sides of the pot – this will take between 20 and 30 minutes.

When it has cooled, beat the almond paste in a mixer for a few minutes until it becomes smooth. Knead the paste into ropes about ¾ inch (20mm) in diameter and cut into diagonal pieces. Decorate each with a silver ball or prick with a fork.

Notes:

The almond essence is necessary in the United States as the only almonds available here do not have the fullness of flavor that the European and Middle Eastern almonds have.

The sugar in the United States is generally clean, but if you want, add a small amount of egg white to the syrup as it starts to boil. This will collect any scum that can then be scooped off.

Marzipan was always available to offer to visitors in Sephardic homes.



1085 PASTEL REAL – MARZIPAN WITH SHAROPE

Makes:

20 Pieces

Ingredients:

1 cup Marzipan (recipe# 1080)
½ cup Sharope (recipe# 1090)
20 Edible Silver Ball Decorations

Method:

Work the marzipan slightly to make it smoother to work with and divide off ¼ to be used as tops and the rest rolled into balls slightly smaller than walnuts. Using thumb and forefingers shape each ball into a cup. With the set aside quarter, make smaller balls which can be pressed to form the tops.

In each cup place enough sharope to fill the space and cover with the tops. Pinch the edges of the tops with the top edge of the cups to seal. With a sharp knife cut the sealed edges back and forth to form a crown. Place an edible silver ball top center for decoration.



1090 SHAROPE – WHITE FONDANT SWEET

Makes:

1½ lb (700g) approx.

Ingredients:

3 cups Sugar

4 cups Water

½ Egg White

1 tsp Lemon Juice

Concentrated Orange Blossom Oil
or Orange Blossom Water.

Method:

Place the water in a heavy bottomed deep saucepan and add the egg white to the surface. Using fingers stir the egg white to a froth on the surface of the water. Add the sugar and bring to a boil. At this point the egg white will have collected any impurities a created a scum which can easily be lifted off. This is essential to get a pure white product.

Boil until thread stage is reached (235°F, 113°C). Remove from heat. Allow to cool to lukewarm, then, with a heavy wooden spoon, stir briskly to entrain as much air as possible, stirring in one direction only. The mixture will whiten and become thicker to the point the spoon will be difficult to use. Proceed by taking handfuls and kneading in our hands applying the orange blossom flavoring at the same time. Store in an airtight container.

Note:

Variations include using actual orange blossoms chopped fine or adding ground almonds.

Caution: Orange blossom oil has an extremely strong flavor and should be diluted for use.



1095 SUTLACH – RICE PUDDING

Makes:

6 Servings

Ingredients:

3 heaped Tbsp Rice Flour (or finely ground rice)

1 cup Water

3 heaped Tbsp Sugar

2 cups Milk

A touch of concentrated Orange Blossom Oil

Or ½ tsp Orange Blossom Water

Ground Cinnamon as garnish



Method:

Soak the rice flour in the water for 30 minutes, stirring occasionally. Place the milk and sugar in a saucepan and add the soaked rice flour and water. At medium heat, stir the mix constantly as it thickens to the consistency of a thick porridge. Add the orange blossom oil (or alternately half a teaspoon of orange blossom water). Pour into one large or several individual serving containers.

Decorate the pudding with patterns of ground cinnamon. Traditionally the children's initials were the patterns used to encourage them to eat it! Refrigerate and serve cold.

Tip: Orange blossom oil is very powerful and can easily overpower the rice flavor. Suggest just dipping the end of a toothpick in the oil and stirring it into the mix.

COMIDAS – ENTRES

LEGUMBRES – VEGETARIAN

Note: All the vegetarian stews may have stewing meat or veal shin (traditional) added for extra flavor. If so, brown the meat when the onion has been glazed and simmer until the meat is soft, adding a little water if required. Alternatively, these recipes can be served as a compliment to any entrée.

1102 AVAS FRESCAS – BROAD BEAN STEW

Makes:

4 Servings – 8 as a side dish

Ingredients:

1 can Green Broad Beans (20oz, 600g)
1 small Onion
1 large Tomato
¼ tsp Sugar
2 Tbsp Oil
1 cup Water
Salt & Pepper to taste

Method:

Chop the onion. Peel, seed and chop the tomato. Drain and rinse the beans. Glaze the onions in hot oil in a deep sided pan. Add the tomato and simmer for 2 minutes. Add remaining ingredients and simmer for a further 20 minutes, adding a little water if necessary. All water should have been absorbed when ready.



1104 APYO CON AVAS – CELERY WITH BEANS

Makes:

4 Servings – 8 as a side dish

Ingredients:

1 lb (500g) Haricot or Great Northern Beans
1 Celery Head
1 medium Onion
1 Lemon Juiced
2 Tbsp Oil
1 small Tomato
Salt and Pepper to taste

Method:

Soak beans overnight, drain and boil until partially cooked. If you use canned beans, drain and rinse then rinse again. Peel, seed and chop the tomato. Chop the onion. Wash, string and chop enough celery to fill 3 cups.

Sauté the onions in hot oil until transparent. Add the tomato, celery, beans, lemon juice and seasoning. Add enough water to almost cover. Simmer until all the water is absorbed or evaporated – about 45 minutes.



1106 BAMYA – OKRA STEW

Makes:

3 servings

Ingredients:

1 lb (500g) tender young Okra
2 Tbsp Oil
1 Clove Garlic
½ cup Tomato, skinned and chopped
1 cup Water
½ Lemon Juiced
Salt & Pepper to taste.

Method:

Wash then dry the okra then cut off the stems. Heat the oil in an oven safe saucepan and quickly stir fry the okra for a few seconds. Remove and set aside. Sauté the garlic until transparent, being careful not to burn it. Return the okra to the pan and add the tomatoes, water, lemon juice and seasoning. Cover and simmer for 30 minutes, adding more water only if necessary. Brown lightly in the oven just before serving. Usually served with Spanish rice.



1108 BERNGENA – EGGPLANT STEW

Makes:

4 Servings – 8 as a side dish

Ingredients:

1 large Eggplant

1 medium Onion

1 large Tomato

½ tsp Sugar

½ cup Water

2 Tbsp Oil

Salt and Pepper to taste

Method:

Peel and thin slice the eggplant then soak for 20 minutes in salt water. Chop and sauté the onion in hot oil in an oven proof saucepan. Drain and thoroughly rinse the eggplant slices then pat dry and lay over the onions. Add the tomato, sugar, water and seasoning. Cover and simmer until the eggplant becomes translucent – about 30 minutes. Place in a 350°F (180°C) oven until the top is browned.



1110 CARNABIT – CAULIFLOWER CASEROLE

Makes:

4 Servings – 8 as a side dish

Ingredients:

1 medium Cauliflower
Oil, Flour and Beaten Egg for frying

Base:

2 medium Tomatoes
1 small Onion
2 Celery Stalks
1 small Potato
2 Carrots
1 Lemon Juiced
3 Tbsp Corn Oil
1 cup Water.
Salt and Pepper to taste

Method:

Soak the cauliflower head in salted water for about 20 minutes. Steam (or boil) until partially cooked – about 8 minutes in steam. Stop the cooking by dunking the cauliflower into iced water. Separate the florets, dip in flour then in beaten egg and fry in hot oil. Set aside on absorbent paper to drain.

To prepare the base, peel and finely chop the tomatoes. Finely chop the onion. Chop the celery, the potato and the carrots. Heat the oil in an oven proof high walled saucepan, sauté the onion then add the other chopped vegetables, lemon juice, seasoning and water. Simmer for 20 minutes. Arrange the fried florets on top of the base and continue simmering, adding water as necessary, until the carrots and potato in the base are soft. Transfer the pan to a 350°F (180°C) oven for a few minutes before serving.



1113 DUMALAN – JERUSALEM ARTICHOKE STEW

Makes:

4 Dinner servings – 8 as side dish

Ingredients:

2 lb (1Kg) Jerusalem Artichokes (Sunchokes)

2 Large Tomatoes

½ tsp Sugar

1 Lemon Juiced

3 Tbsp Olive Oil

Salt and Pepper to taste

Water to partially cover ingredients

Method:

Peel the artichokes, keeping them in water with a squeeze of lemon so that they stay white. Peel, seed and chop the tomatoes.

Heat the oil in a sauté pan, add all the ingredients and simmer until the artichokes are soft and the water absorbed or mostly evaporated.



1115 FASULIA – GREEN BEAN STEW

Makes:

6 Servings (as side dish)

Ingredients:

1 lb (500g) Fresh Green Beans

2 medium Tomatoes

1 medium Onion

2 Tbsp Corn Oil

Water to cover ingredients

Salt and Pepper to taste

Method:

Peel, seed and chop the tomatoes. Chop the onions. Wash and string the beans. Sauté the onion in a deep saucepan then add the beans, tomatoes and seasoning. Add enough water to just cover the vegetables. Simmer for about an hour until the beans are just tender.



1116 KALAVASA – ZUCCHININ CASEROLE

Makes:

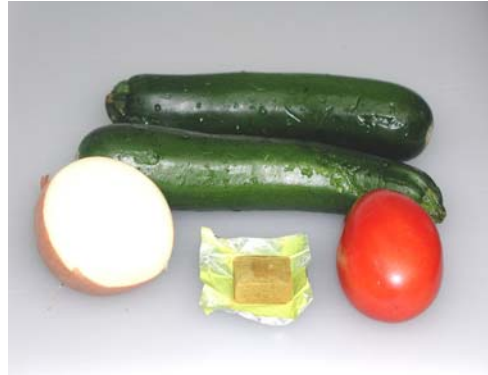
4 servings – 8 as a side dish

Ingredients:

1 lb (500g) Zucchini
1 medium Tomato
1 small Onion
1 Chicken Bouillon Cube (optional)
2 Tbsp Corn Oil
½ cup hot Water
Salt and Pepper to taste

Method

Chop then sauté the onion in hot oil in a tall sided oven-proof pan. Peel, chop and add the tomato. Wash then cut the zucchini in ¾ inch (2cm) lengths and place over the onion and tomato. Dissolve the chicken cube in the hot water and pour over the zucchini. Season to taste. Simmer covered until the zucchini is soft. Place under a broiler for 10 minutes before serving.



1117 LENTEJA – LENTIL STEW

Makes:

6 Servings

Ingredients:

2 cups Brown or Green Lentils
3 Tbsp Corn Oil
1 cup Tomatoes [skinned, seeded and chopped]
2 medium Onions Chopped
1 Carrot [peeled and cut in three]
Water as needed
Salt and pepper to taste

Method:

Soak the lentils overnight. Clean and drain. Glaze the onions in hot oil. Add lentils, tomatoes, carrot and seasoning. Add just enough water to cover. Simmer covered for 60 minutes, stirring occasionally to avoid the lentils sticking to the bottom of the pan.



Provided by Ketty Amato.

1118 MEDIAS DE BERENDJENA – STUFFED EGGPLANT

Makes:

3 Servings – 8 as a side dish

Ingredients:

4 Miniature Eggplants (or one long one)
Flour and beaten Egg for coating
Oil for frying

Filling:

2 medium Potatoes
3 Tbsp Grated Parmesan Cheese
1 Egg
Salt and Pepper to taste

Base:

1 small Onion
2 medium Tomatoes
1 Lemon Juiced
½ tsp Sugar
1 Tbsp Corn Oil
½ cup Water

Method:

Slice the eggplants vertically. If you are using miniatures, you can leave half the stem (not edible) on each side of the cut for effect. Scoop out the centers to accommodate the filling and set aside.

Steam (or boil) the potatoes, mash and mix in the cheese, beaten egg and seasoning. Use this to fill the eggplant shells. Dip the filling side in flour and the beaten egg. Fry, filling side down until browned. Chop the eggplant centers that were set aside together with peeled, seeded tomatoes and onion. Sauté the onion in the oil in an oven-proof saucepan. Add chopped vegetables, sugar, lemon juice and water to form the base. Simmer for 15 minutes. Arrange the eggplant halves on top and continue simmering, covered, for another thirty minutes. To ensure it does not burn, add water occasionally.

Before serving, brown under a grill for a few minutes.



1119 PAZI CON GARVANSO – SPINACH AND GARVANZO STEW

Makes:

6 Servings – 12 as a side dish

Ingredients:

1½ lb (700g) Fresh Spinach
or 2 pkts (10oz, 280g) frozen chopped spinach
1 can Garbanzo Beans (20oz, 560g)
1 large Tomato
1 medium Onion
1 Lemon Juiced
1 cup Water
Salt and Pepper to taste

Method:

Thoroughly wash the spinach, remove stems and shred coarsely. If using frozen spinach, thaw and squeeze out the water then pat dry. Drain and rinse the garbanzos. Chop the onion and sauté in a deep pot. Layer on the spinach, tomatoes and garbanzos in that order. Simmer for 30 minutes, covered, adding the lemon juice about 20 minutes into the cooking time. The spinach will reduce dramatically and release water, so add additional water only if required. At thirty minutes most of the water should have evaporated or have been absorbed.

Note:

Fresh spinach is preferred as frozen tends to lose some its flavor.



AROZ Y PASTA – RICE AND PASTA

1121 AROZ BLANCO – WHITE RICE

Makes:

4 Servings

Ingredients:

1 cup Long Grain Rice

2 Tbsp Oil

1¾ cups Water

1 tsp Salt

Method:

Rinse and drain the rice. Heat oil in a deep saucepan and add the rice. Stir to coat every grain with the oil. Add water and salt then bring to boil. When the rice swells to the top of the water, cover and turn off the heat. Leave on hotplate to slowly absorb all the water – about 20 minutes. If using a gas burner turn to lowest setting for 10 minutes then turn off the gas and leave for another 10 minutes. Using a fork, fluff up the rice to prevent lumps from forming.



1122 AROZ CON GARVANZO – RICE AND GARVANZO

Makes:

4 Servings

Ingredients:

1 cup Long Grain Rice
3 Tbsp Oil
1¾ cups Water
3 Tbsp Puréed Tomato
1 can Garbanzo Beans, (15oz) drained
1 tsp Salt

Method:

Rinse and drain the rice. Heat the oil in a saucepan. Add the rice, water, puréed tomato and salt and bring to a boil. Add the garbanzo, cover and cook over medium heat until the rice appears at the level of the water. Cover the saucepan and turn off the heat, leaving the rice on the hot stove. Allow to rest there for 20 minutes. If using a gas burner turn to lowest setting for 10 minutes then turn off the gas and leave for another 10 minutes. Using a fork, fluff up the rice to prevent lumps from forming.



1123 AROZ CON TOMAT – RICE WITH TOMATO

Makes:

4 Servings

Ingredients:

1 cup Long Grain Rice

3 Tbsp Oil

1¾ cups Water

1 Tbsp Puréed Tomato

1 Tomato skinned and chopped (optional)

1 tsp Salt



Method:

Rinse and drain the rice. Heat the oil in a saucepan. Add the rice, water, puréed tomato and salt and bring to a boil. Add the chopped tomato, cover and cook over medium heat until the rice appears at the level of the water. Turn off the heat (on gas burner reduce to lowest setting) and allow to stand until all the liquid is absorbed. Fluff up the rice with a fork to prevent lumps forming.

1124 AROZ DE NOVYA – BRIDAL RICE

Makes:

4 Servings

Ingredients:

1 cup Long Grain Rice

3 Tbsp Oil

1¾ cups Water

4 Tbsp Pinion Nuts

1 tsp Salt



Method:

Soak half the pinion nuts overnight. Rinse and drain the rice. Heat the oil in a saucepan and toast the remaining pinion nuts to a light brown. Remove the nuts and set aside. Add the rice and stir to coat every grain. Add water, salt and the soaked pinion nuts. Bring to a boil. Reduce to medium heat until the rice appears at the level of the water. Cover and turn off the heat. Allow to stand on the hot plate until water is absorbed. If using a gas burner turn to lowest setting for 10 minutes then turn off the gas and leave for another 10 minutes. Fluff up the rice with a fork to prevent lumps forming. Transfer to a serving plate and garnish the center with the toasted pinion nuts.

1125 AROZ FRITO – SPANISH RICE

Makes:

4 Servings

Ingredients:

1 cup Long-grain Rice

2 Tbsp Oil

1¾ cups Water

½ tsp Salt

Method:

Rinse the rice thoroughly and set aside to drain. In a saucepan heat the oil and fry about 2 spoonfuls of rice until it is browned. Add the rest of the rice and stir to coat each grain with the oil. Add the water and salt. Allow to cook open until the rice is visible at the surface of the water. Cover the saucepan and turn off the heat while leaving the rice on the hot stove. Allow to rest there for 20 minutes. If using a gas burner turn to lowest setting for 10 minutes then turn off the gas and leave for another 10 minutes. Using a fork, fluff up the rice to prevent lumps from forming.



1128 FIDEOS – BROWNED VERMICELLI

Makes:

4 Servings

Ingredients:

8 oz (250g) Vermicelli or Angel Hair Pasta

3 Tbsp Oil

½ cup Tomato Pulp

2 cups Water

1 tsp Salt

Method:

Spread the vermicelli evenly on a baking sheet and toast under a broiler until it turns golden. In a wide saucepan place the tomato, oil, salt and water and bring to a boil. Add the toasted vermicelli. Reduce heat and cook until the water is absorbed. Caution, unlike other pasta recipes this vermicelli is not cooked in excess water which is drained. The vermicelli will cook in 3 minutes and at that point the water should have been absorbed – more time will result in a sticky pasta.



PESHKADO – FISH DISHES

1130 KAPAMA – BAKED FISH WITH VEGETABLES

Makes:

2 Servings

Ingredients:

- 1 Red Snapper or similar (approx 2lb, 1Kg)
- 3 Tbsp Corn Oil
- 1 medium Onion
- 2 medium Potatoes
- 1 Green or Red Pepper
- 3 small Tomatoes
- 1 Lemon Juiced
- 1 cup White Wine
- Salt & Pepper to taste
- Chopped Parsley to garnish

Method:

Season the fish inside and out and place in a Pyrex baking dish with the oil. Peel and slice the onion and potatoes and arrange over the fish. Slice the pepper and tomatoes and add them over the fish. Pour the wine over everything and bake at 400°F (200°C) for 20 minutes, basting often to stop any drying out. Garnish with the chopped parsley.



1132 CON AJO – SOLE IN GARLIC SAUCE

Makes:

3 Servings

Ingredients:

1 Sole or Flounder (approx 2lb, 1Kg)

1 Lemon Juiced

4 Cloves of Garlic

2 Tbsp Water

Salt to taste

Flour and Oil for frying



Method:

Remove the skin of the fish and divide into portions. Mix seasoning into the dredging flour and coat the fish before frying on both sides. Lay the pieces in a serving dish. Prepare the marinade in a small processor including the garlic, water, salt, lemon juice and the oil in which the fish was fried. Pour this over the fish and refrigerate for at least 3 hours before serving cold.



1134 ASADO – GRILLED FISH

Makes:

4 Servings

Ingredients:

1 Red Snapper or similar (approx 2lb, 1Kg)
3 Tbsp Corn Oil
1 Lemon Juiced
2 Tbsp Parsley
Salt & Pepper to taste

Method:

Season the fish and brush with a mixture of oil and lemon juice. Place the fish in a foil lined baking pan under a broiler for about 15-20 minutes. Baste with lemon and oil to prevent it drying out. When done garnish with chopped parsley. Serve with a lemon and oil sauce.



1135 FRITO – FRIED FISH

Makes:

4 servings

Ingredients:

- 1 Flounder or any fish fillet (approx 2lb, 1Kg)
- 1 Lemon Juiced
 - Salt & Pepper to taste
 - Flour for coating
- 2 Eggs beaten

Method:

Clean the fish and cut into suitable pieces. Season and place in a dish with the lemon juice for 15 minutes (not longer). Pat dry. Dip in the flour, shake off excess then dip in beaten egg. Fry in hot oil (375°F) (190°C) on both sides until golden brown. Served best with vinagre (Recipe #0415).



1136 AL ORNO – BAKED FISH

Makes:

4 Servings

Ingredients:

1 Fish Red Snapper or similar (approx 2lb, 1Kg)

3 Tbsp Corn Oil

1 lemon Juiced

½ cup Water

Salt & Pepper to taste

Chopped Parsley to garnish



Method:

Clean and season the fish then place in a Pyrex baking dish with the lemon juice. Allow it to rest for 15 minutes to absorb the flavoring then add the oil and water. Bake at 375°F(190°C) for about 20 minutes, basting occasionally to keep the fish moist. When done garnish with the chopped parsley. Serve with a lemon and oil dressing.



1137 PIHTY – JELLIED FISH

Makes:

4 Servings

Ingredients:

1 large Flounder (King Sole) (approx 2lb, 1Kg)

3 Tbsp Corn oil

2 cups Water

1 Lemon Juiced

Salt & Pepper to taste



Method:

Bring the oil, lemon juice and water to boil in a saucepan. Add the fish cut into 2 inch (5cm) strips cross-wise. Do not throw away any bones as this is where the gelatin is found – just add them with the fish. Bring to a boil then immediately lower heat to simmer until done, about 10 minutes. Allow to cool slightly before transferring the fish into a Pyrex dish. Strain the liquid and pour to cover the fish. Place in refrigerator and allow to gel.

1138 CON TOMAT – FISH IN TOMATO SAUCE

Makes:

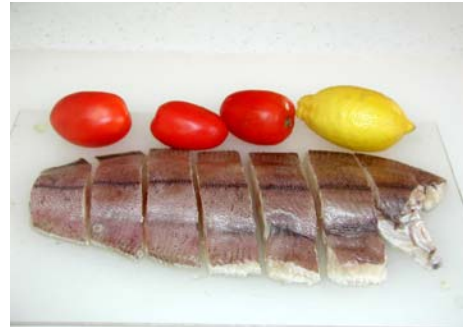
3 Servings

Ingredients:

1 lb (500g) Fish (Any salt water fish or fillets)
3 small Tomatoes
1 Lemon Juiced
2 Tbsp Parsley chopped
3 Tbsp Corn Oil
Salt and Pepper to taste
Flour for coating

Method:

Peel and chop the tomatoes. Portion the fish, or leave whole, and dredge in the flour. Place oil and fish in a deep sided pan. Add the lemon juice, chopped tomatoes and seasoning. Simmer covered for 15 minutes, adding water if required. Just before removing from heat add half of the chopped parsley. Use the rest of the parsley for garnish.



1139 UEVO Y LIMON – FISH IN EGG AND LEMON SAUCE

Makes:

3 Servings

Ingredients:

1 lb (500g) Fish (any salt water fish or fillets)

1 Lemon Juiced

1 Celery Stalk (chopped)

3 Tbsp Corn Oil

1 Egg Yolk

¼ cup Water

Salt to taste

Method:

Cut fish into 1 inch (2.5cm) slices and place with oil in a deep sided pan. Add celery, half the lemon juice, water and seasoning. Bring just to a boil, reduce heat and simmer covered for 15 minutes. Beat the egg with the remaining lemon juice, then slowly add two spoons of the liquid from the fish while still beating the egg. Return this mix into the pan and stir in to blend by shaking the pan. Remove from heat and serve hot.



GAYINA – CHICKEN MEALS

1144 GAYINA CON TOMAT – CHICKEN IN TOMATO

Makes:

4 Servings

Ingredients:

½ Chicken (approx 2lb, 1 Kg)

2 Tbsp Oil

2 large Tomatoes

1 cup Water

2 large Potatoes

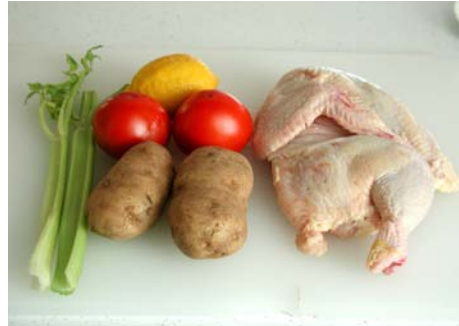
3 Stalks Celery

½ Lemon Juiced

Salt and Pepper to taste

Method:

Cut the chicken into portions and brown in hot oil. Peel, seed and chop the tomatoes. Wash and chop the celery. Add to the chicken the tomatoes, celery, water, lemon juice and seasoning. Simmer until almost tender. Peel the potatoes and cut into large chunks. Add to the chicken and continue simmering until potatoes are cooked (about 20 minutes).



1146 GAYINA PIHTY – JELLIED CHICKEN

Makes:

4 Servings

Ingredients:

½ Chicken (approx 2lb, 1 Kg)

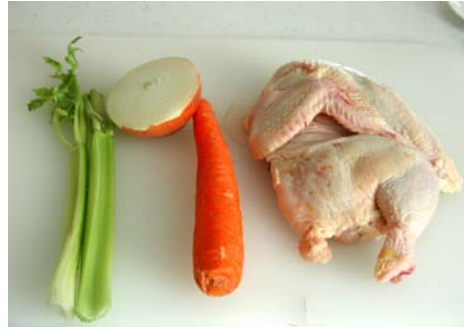
1 medium Onion

1 large Carrot

2 Stalks Celery

3 cups Water

Salt and Pepper to taste



Method:

Divide the chicken into portions. Peel the onion and carrots but leave them whole. Place all the ingredients in a saucepan and bring to a boil. Reduce heat and simmer until the chicken is tender. Place the chicken pieces in a casserole dish and strain the liquid over the chicken to almost cover. Allow to cool and place in refrigerator to gel. Serve cold.



1148 PILAV – CHICKEN LIVER STEW WITH RICE

Makes:

4 Servings

Ingredients:

1 lb (500g) Chicken Livers (or livers and giblets)
4 Tbsp Oil
1 cup Peas
2 medium Carrots
1 cup Puréed Tomato
2 small Tomatoes
1 Chicken Bouillon Cube
1 cup Water
Salt and Pepper to taste

Method:

Fry the chicken livers until they are firm then dice them into small pieces. Peel, seed and dice the tomatoes. Peel and dice the carrots. Dissolve the chicken bouillon in a cup of hot water.

Fry the livers whole in the oil until they are firm, then chop them into smaller pieces.

In another saucepan, sauté the onion in hot oil then add all the ingredients except the livers. Simmer until the carrots are tender. Add the livers and continue to simmer for 5 minutes. If the stew is too thin, it can be thickened by adding $\frac{1}{2}$ tsp flour or starch dissolved in 2 tablespoons of water.

This is usually served with white rice as in recipe # 1121.



KARNE – MEAT DISHES

1150 ALBONDIGAS – MEAT BALLS IN TOMATO SAUCE

Makes:

4 Servings

Ingredients:

1 lb (500g) Ground Steak
1 Slice White Bread
1 small Onion
1 Tbsp Oil
2 Tbsp Chopped Parsley
1 Egg
Salt and Pepper to taste
Flour for coating

Sauce:

½ cup Tomato Pulp
1½ cups Water
2 Tbsp Oil
½ Lemon Juiced
Salt and Pepper to taste

Method:

Soak the bread well in water then squeeze dry. Finely chop the onion. Beat the egg. Mix together the meat, egg, onion, bread, oil, parsley and seasoning. Shape into balls slightly smaller than golf balls. Roll these in the flour.

Prepare the sauce by mixing the ingredients together and bring to a boil in a high sided saucepan. Simmer for 5 minutes then add the meat balls, a few at a time. Simmer for a further 30 minutes, covered.



1152 APYO REYNADO – STUFFED CELERY

Makes:

3 Servings

Ingredients:

1 Broad Head of Celery
Oil for frying
Flour and Beaten Egg for coating

Filling:

4oz (110g) Ground Beef
1 Slice White Bread
1 small Tomato
1 Tbsp Parsley
1 Egg
½ Tbsp Corn Oil
Salt and Pepper to taste

Base:

½ cup diced Celery
½ cup peeled and diced Potato
½ cup peeled, seeded and diced Tomato
½ cup peeled and diced Carrots
1 Tbsp Corn Oil
½ cup Water
Salt and Pepper to taste

Method:

Separate the better outer celery stalks, wash, cut to 4 inch (10cm) lengths, remove as many strings as possible and set aside.

Soak the bread thoroughly then squeeze out the water. Finely chop the parsley. Skin, seed and puree the tomato. Fully incorporate the meat, bread, tomato, parsley, egg, oil and seasoning. If this is too dry add a few drops of water.

Fill the celery stalks, allowing a bit extra over the top. Dredge the filling side only in the flour and coat with beaten egg. Fry in hot oil on both the meat and the celery sides. Set aside.

Prepare the base by heating the oil in an oven-proof metal pan the adding all the other base ingredients. Simmer for 15 minutes before adding the fried celery stalks over base. Simmer, covered, for a further hour adding water if necessary. Before serving, bake under a broiler to brown the filling.



1154 BUNYEKAS DE SIVOIA – STUFFED ROLLED ONIONS

Makes:

4 Servings

Ingredients:

2 large Onions

1 large Tomato skinned and chopped

½ cup Water

Gomo de Carne (meat filling – recipe #0815)

Salt and Pepper to taste

Method:

Place the onions in a microwave oven for about 4 minutes to render them soft and pliable. Allow to cool slightly then cut vertically along one side of the onion to allow the layers to be removed. The larger outer layers may be cut in half if the onion is large enough. Into each layer place 1 teaspoon of gomo de carne (meat filling) and roll up tightly. Cut up the pieces of the onions that are too small to stuff and use that, together with the tomato as a base in an oven-proof casserole dish. Layer the rolled up stuffed onions over the base. Sprinkle with salt and pepper. Add half a cup of water and simmer, covered, for 20 minutes or until the onions become translucent. Place under a broiler for a few minutes before serving.



1156 KALAVASA REYNADA – STUFFED BABY MARROWS

Makes:

4 Servings

Ingredients:

5 Baby Marrows (Mexican Marrows)

Filling:

6 oz (170g) Lean Beef

2 Tbsp Rice

1 small Tomatoes

1 Tbsp Parsley

2 Cloves Garlic

Salt and Pepper to taste

Base:

1 Stalk Celery

2 small Tomatoes

3 Tbsp Corn Oil

1 cup Water

Salt and Pepper to taste

Method:

Wash and peel the marrows. From the base up cut 2 pieces from each marrow about 3 inches (8cm) long to form the cups for the filling. Chop the rest of each marrow to add to the base. Carefully scoop out the centers of the cups allowing the bottoms to stay intact. Set aside.

For the filling, grind the beef, peel and chop the tomato to almost a purée and finely chop the parsley. Mix the ingredients together and season to taste. Fill the marrow cups.

For the base, wash and chop the celery. Peel and chop the tomatoes. Place the ingredients, including the excess marrow, at the bottom of a deep sided, oven proof saucepan with the oil already hot, season to taste and cook for 10 minutes at medium heat.

Stand the filled marrows, meat side up on the base and simmer, covered for about an hour. Bake at 400°F(200°C) for 20 minutes. Place under a broiler for a few minutes before serving just to brown the top of the filling.



1158 CASHKARA REYNADA – STUFFED BROAD BEAN SHELLS

Makes:

4 Servings

Ingredients:

8 oz (250g) Broad Beans (or Fava Beans)
in their pods

Oil, Flour and beaten Egg for frying

Filling:

5 oz (150g) Ground Beef

1 Slice Bread

1 Tbsp Chopped Parsley

1 Tbsp Water

½ Tbsp Puréed Tomato

1 Egg

Salt and Pepper to taste

Base:

1 small Onion

2 Stalks Celery

1 small Tomato

1 cup Water

1 Tbsp Corn Oil

¼ Lemon Juiced

Salt and Pepper to taste

Method:

Thoroughly wash the entire bean pods. Remove the strings. Take out the beans and set aside. Boil the shells until they are partially cooked, remove from heat, drain and cool with cold water.

Mix all the filling ingredients thoroughly and fill the bean shells. Dredge the meat side only in flour and egg and fry both sides at 350°F (180°C). Set aside.

To create the base, chop the onion and sauté in hot oil in a high sided pan. Peel, seed and chop the tomato. Chop the celery. Add the water, tomato, celery and beans to the onion and simmer until beans are partially soft. Lay the fried bean shells on the base, filling side up. Add the lemon juice and simmer, covered, for about an hour, adding water as needed and giving the pan a shake to avoid burning.



1160 KYEFTES CON TOMAT – MEAT PATTIES WITH TOMATO

Makes:

2 – 3 Servings

Ingredients:

7 Kyeftes de Carne – see recipe #0615

2 medium Tomatoes

1 cup Water

1 tsp Sugar

1 Lemon Juiced

Salt and Pepper to taste



Method:

Peel, seed and finely chop or puree the tomatoes. Place in a shallow pan with water, lemon juice, sugar and seasoning. Simmer for about 15 minutes then add the kyeftes. Simmer for a further 15 minutes adding water if necessary.

1162 TOMAT A LA TURKA – STUFFED TOMATOES & PEPPERS

Makes:

3 Servings

Ingredients:

1 large Green Pepper

2 medium Tomatoes

Filling:

8oz (250g) Sirloin Steak

1 large Clove Garlic

¼ cup Rice

1 Tbsp Corn Oil

2 Tbsp Pureed Tomato

1 Tbsp Water

1 Tbsp Chopped Parsley

Salt & Pepper

Base:

1 small Eggplant

1 medium Potato

1 medium Onion

2 Tbsp Corn Oil

1 Lemon Juiced

Salt & Pepper to taste

Method:

Depending on the size and shape of the green pepper either just remove the top or cut it into segments that can hold the filling. Remove the core. Slice the tomatoes vertically and scoop out the pulp to form the tomato casings.

Grind the meat twice with the garlic. Wash and rinse the rice. Thoroughly mix all the filling ingredients together and fill the tomato and pepper casings.

Peel and dice the eggplant, potato and onion for the base and lay them in an oven proof saucepan. Add the oil. Lay the filled vegetables on top of the base. Cover with aluminum foil and bake in a 350°F (180°C) oven for one hour. Remove the foil and continue in the oven for another 15 minutes.



1164 TOMAT Y SIVOIA REYNADA - STUFFED TOMATO & ONION

Makes:

2-3 Servings

Ingredients:

2 medium Tomatoes

1 large Onion

2 Tbsp Corn Oil

Filling:

8 oz (250g) Sirloin Steak

2 Slices Bread

1 Tbsp Chopped Parsley

1 Tbsp Water

1 Tbsp Corn Oil

Salt & Pepper

Flour for coating and Whisked Egg

Corn Oil for frying

Method:

Slice the tomatoes and onions vertically. Scoop out the centers of the tomatoes and set aside the remove pulp. Carefully remove the outer layers of the onions in pairs to make the casings for the stuffing. Chop up the set aside tomato pulp and the onion center to use as a base.

Pass the steak through a meat grinder twice. Soak the 2 slices of bread and squeeze as much water out as possible. Combine thoroughly the meat, bread, water, parsley, corn oil and seasoning. Use this to fill the tomato and onion shells.

In an oven proof saucepan set the base materials (tomato pulp and onion centers) with 2 Tbsp oil. Allow to simmer slowly.

In a separate pan, heat the frying oil. Dip the filling side of the tomatoes and onions in the flour then in the egg. Fry the filled tomatoes and onions, meat side down until browned. Place on the prepared base and simmer covered for 45 minutes then transfer to a 350°F (180°C) oven for 15 minutes.



1166 UVEC – LAMB STEW

Makes:

4 Servings

Ingredients:

1 lb (500g) Lamb Shoulder
2 Tbsp Oil
2 Onions Sliced
1 cup Tomatoes Skinned and Chopped
1 Sprig Rosemary
1½ cups Water
2 Potatoes Peeled and Sliced thick
Salt and Pepper to taste

Method:

Cube the meat, slice the onions, peel and slice the potatoes and peel, seed and chop the tomatoes. Heat the oil in a saucepan and glaze the onions. Add the meat to brown it. Add tomatoes, rosemary, water, seasoning and cook until the meat is tender. Add the potatoes and simmer, covered, for a further 20 minutes, adding water if necessary.

Note:

Veal shin or beef shoulder may be substituted for the lamb.



1168 YAPRAK – STUFFED VINE LEAVES WITH BEANS

Makes:

6 Servings

Ingredients:

1 bottle Grape Leaves (16oz, 450g)
2 cups Haricot or Great Northern Beans
1 lb (500g) Veal Shin (or stewing beef)
4 Tbsp Corn Oil
2 Lemons Juiced
1 Tbsp Tomato Puréed
Salt and Pepper to taste

Filling:

1 lb (500g) Lean Ground Beef
½ cup Rice
2 Tbsp Corn Oil
½ cup Water
2 Tbsp Chopped Parsley
Salt and Pepper to taste

Method:

Soak the beans overnight then drain and boil in water until almost done.

Prepare the filling by mixing all the ingredients together and seasoning to taste. Rinse and flatten the vine leaves one at a time, then lay flat, vein side up on a board. Place one teaspoon of filling at the lower center of the leaf. Fold in the left and right edges then roll up from the base to form a tight roll slightly larger than a thumb. Set aside.

Brown the veal in 3 Tbsp oil in a deep saucepan, add water and simmer covered until the meat is almost ready. Add par-cooked beans on and around the meat then layer with the prepared yaprak tightly packed. Add another layer of beans and tightly packed yaprak and end with a layer of beans. Add lemon juice, puréed tomato and remaining oil. Top with a layer of vine leaves and a weighted, inverted dinner plate to prevent yaprak from bursting or absorbing water. Add water to the level of the plate and simmer, covered, for 2 hours, adding water only if needed. The pieces of yaprak should stay moist. Serve hot.

Note:

Canned beans may be used. Drain and rinse twice before using.



1169 YAPRAK DE KOL – STUFFED CABBAGE LEAVES

Makes:

6 Servings

Ingredients:

1 medium Cabbage

Filling:

1 lb (500g) Lean Ground Beef

½ cup Rice

1 Tomato

2 Tbsp Chopped Parsley

2 Tbsp Corn Oil

2 Tbsp Water

Salt and Pepper to taste

Base:

2 stalks Celery

1 large Potato

3 Carrots

2 cups Water

3 Tbsp Oil

1 Lemon Juiced

Salt and Pepper to taste

Method:

Make the cabbage leaves soft and workable by immersing in boiling water for 30 minutes or preferably microwave for about 8 minutes. Separate the leaves and cut away the thick stalks. If leaves are big they can make 2 yaprak. Chop up the stalks and unusable leaves to add to the base. On each leaf place one heaped teaspoonful of filling. Fold in the sides and roll tightly. Each piece should be the length of, and somewhat thicker than your thumb.

To prepare the base, peel and chop or cube the carrots, celery and potato. Simmer, in hot oil, in a deep saucepan, for about 10 minutes. Pack the yaprak over the base, cover with extra cabbage leaves, then a weighted inverted plate. Add the water and seasoning and simmer covered for a further hour. Add more water only if required. Add lemon juice just before serving and place under a broiler to brown for a few minutes.



MISCELLANEOUS

1205 HAROSI – HAROSETH

Makes:

10 Helpings

Ingredients:

2 Apples (Golden Delicious or Gala)

8 oz (250g) Pitted Dates

1 cup Water

¼ cup Sweet Red Wine (Muscatel)

½ cup Pecans

Method:

Soak the dates overnight in the water. Peel, core and chop the apples. Coarsely ground the pecans. Boil the apples with the dates in the water they were soaking in until the apples are soft, adding more water only if necessary. The dates would have dissolved in the water so it is important that when the apples are cooked there is virtually no loose water left in the pot. Puree the mixture with the nuts and add the wine. Allow to rest overnight to gain flavor.



1210 TAHINA – TAHINI HONEY SPREAD

Makes:

8 Helpings

Ingredients:

6 Tbsp Tahina

2 Tbsp Honey

Method:

When using purchased Tahina it is likely that the contents have separated with the oil on top and the heavier elements at the bottom of the jar, so always stir the contents before using.

Mix the ingredients together until they become homogeneous and a lot thicker than either of the ingredients. Stored in refrigerator the mix may thicken even more and become difficult to spread. This can be corrected by a few seconds in a microwave oven.



1220 UEVOS CON TOMAT – EGGS POACHED IN TOMATO

Makes:

1 Serving

Ingredients:

3 Roma Tomatoes

2 Tbsp Water

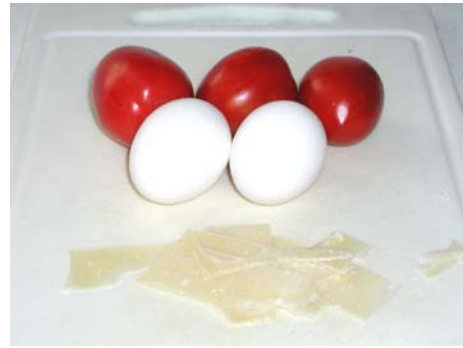
2 Eggs

1 Tbsp Parmesan Cheese Flakes

Salt & Pepper to taste

Method:

Peel, seed and chop the tomatoes. Place in frying pan on medium heat with the water. Let this poach until the tomatoes are partially cooked. Crack the eggs onto the tomato base. Cut flakes of parmesan using a potato peeler or very sharp knife. Place these flakes in the pan but not on the egg yolks, then cover the pan. The cover will provide top heat which will draw the white of the eggs over the yolks. Season as needed when serving.



ABOUT THE AUTHOR

Solly (Salomon) Menashe was born in Rhodes to Netanel and Rachel (nee Amato) Menashe in 1936. The family fled to Rhodesia in January 1939 on the recommendation of a high official of the then Italian Government of Rhodes, leaving behind all but what they could carry so as not to arouse suspicion of the authorities.

Solly went to school in Rhodesia, graduating with a Cambridge Higher School Certificate in 1953. He attended the University of Cape Town in South Africa graduating with a bachelor's degree in engineering in 1958.

He practiced as a consulting structural engineer with offices in three countries in Southern Africa. His innovative work in this field gained him recognition as a fellow by the Royal Institution of Structural Engineers in London and also by the Institutions of Engineers in Rhodesia and South Africa.

In 1961 he married Lucie Levy, (whose father, Moise Levy, was also from Rhodes before immigrating to the Belgian Congo) and they have three children Karen, Paul and Dolly, born in Rhodesia and South Africa.

In 1976 he left Rhodesia with his family for South Africa, leaving behind the bulk of his property, due to the prevailing situation and a foreseeable bleak future for his three young children. In 1979 he emigrated to the United States of America and settled in Scottsdale, Arizona.

As the local engineering authorities in Arizona would not recognize his qualifications he and his wife purchased a small bakery to make a living. When this was sold successfully in 1985 the proceeds were used to commercialize the software that he had created to assist in managing his bakery. A new company to promote it was established and it soon became a world leader in its field. He sold his company in 2006 and, in retirement, established himself as a bakery management consultant.

His hobby is innovative cookery. Having been blessed by having had a mother who was recognized as a great Sephardic cook, a now a wife who is also an excellent cook, together with his Rhodes heritage, has resulted in the preparation of this work.

