



## HEART AND SOUL

by Teena Samter

Joy Benzaquen and I were discussing the *Siyum Tanach* and the *Siyum Sefer Torah* that will be held in honor of the 50th anniversary for our Young Israel. Joy jokingly said, why not write an article using the foods of the Bible. Truth be told, whether or not Joy was joking, the idea did interest me.

First I tried remembering some Biblical foods. I remembered learning about the cakes and the tender calf that Avraham served to the visiting *Malachim* (angels). There were grapes aplenty, since wine was the downfall of many. No one can forget the red lentil soup that Yaakov made to entice his brother Esau. In every generation we see ourselves leaving *Mitzrayim* (Egypt) with *Matzoth* in our bags, preparing to eat the *korban Pesach*, the sacrificial lamb. With all these wonderful foods that remind us of good times, I painfully hear some complainers crying in the desert for the watermelons and cucumbers that were eaten in Egypt. Speaking of the desert, wasn't it *Manna* that really sustained our people? (Was it like tofu?) And once we were told not to cook the goat in its mother's milk, I quickly figured out that *Bnei Yisrael* must have had milk.

Looking through the rest of *tanach*, you will find banquets and parties. *Megillat Esther* is most certainly famous for royal foods. King David had banquets. Yehezkel is directed in Chapter 4 Verse 9; "Take thou also unto thee wheat, barley, beans, lentils, millet

and fitches and put them in one vessel and make thee breads thereof." Most of the breads in the Bible are of the unleavened kind. Water was the elixir of life -- when it was available. It is our custom to commemorate our being saved in the story of Esther by the giving of food, one man to his friends. And let's be sure to remember that *Eretz Yisrael* is the land of milk and honey -- a land of wheat, barley, grapes, figs, pomegranates; a land of olive oil and date honey.

Some biblical recipes have already appeared in these pages -- rice and lentils, turkey with date honey, barley and apricots, bean salads and more. This time, I added a delicious fig cookie and lemon lamb chops. I hope you enjoy them.

You are probably wondering where the recipes for cakes, pita and challah bread are hiding. Coming soon to Young Israel of Oceanside will be an entire evening dedicated to the *mitzvah*, the preparation and the actual baking of Challah.

Michael and I had a special treat this summer. We were privileged to spend a Shabbat at the Brandeis Bardin Institute to celebrate the *aufruf* and Sunday wedding of Andy Wallenstein. The place had the layout and feel of a *kibbutz* in Israel. The *Chuppah* was set atop a very high mountain surrounded by even more mountains and lots of blue sky. What a beautiful way to begin a marriage. And of course, I bothered the caterer for his recipe for chicken soup -- which I have included in this issue.

We are so privileged to have at our hands so many different varieties of fruits, vegetables, grains, milk, meats and poultry. Let us thank the *Ribbono Shel Olam* to continue to open his outstretched hand and satisfy all living things.

### Sesame Rice

*This is a very crunchy, tasty rice that goes well with fish, chicken or meat.*

- |                              |                              |
|------------------------------|------------------------------|
| 1 cup short grain brown rice | 1 Tbsp. toasted sesame seeds |
| coarse salt                  | 1/4 tsp. toasted sesame oil  |
| ground black pepper to taste | salt and pepper              |
| 6 scallions, thinly sliced   |                              |

In a medium saucepan, boil 2 cups water with 1 teaspoon salt. Stir in rice and return to boil. Reduce heat to simmer and cook until rice is almost dry, approximately 20-30 minutes. Remove from heat. Let stand covered until completely dry, about 10-15 minutes. Fluff with fork. Toss with scallions, sesame seeds, and sesame oil. Season with salt and pepper. Serves 4.

### Salad Dressing to use with Tuna or Chicken Salad

*My cousin Dorette from St. Louis gave me this delicious dressing. Enjoy it on any salad you like.*

- 1/3 cup mayonnaise
- 1/3 cup honey
- 1/3 cup orange juice

Mix, shake and enjoy.

### Hearts of Palm Salad

*Compliments of Jeff Nathan, I made this salad and my family loved it. I've since made it four times in the past month.*

- |   |                                |
|---|--------------------------------|
| 1 14-ounce jar hearts of palm, cut into medium chunks | 6 Tbsp. fresh lemon juice      |
| 2 beefsteak tomatoes, diced medium                    | 1/2 cup mayonnaise             |
| 2 avocados, diced medium                              | Kosher salt and pepper         |
| 2 Tbsp. fresh basil, finely shredded                  | 1 lb. field greens             |
|   | 1 lemon, halved                |
|   | 1/4 cup extra virgin olive oil |

Drain hearts of palm and discard liquid. Cut stalks into 1-inch pieces and place in a medium sized bowl. Add the tomatoes, avocado and basil and gently toss to combine.

In a small bowl combine the lemon juice with the mayonnaise. Season with salt and pepper. Pour the dressing into the hearts of palm mixture and carefully mix together with rubber spatula.

Divide the salad greens amongst six chilled plates. Squeeze the fresh lemon juice and drizzle the olive oil over each portion. Divide six portions of the hearts of palm on the field of green. Top with freshly ground black pepper.

### Chicken Soup

The chef at the Brandeis Bardine Institute made this delicious chicken soup in honor of Andy Wallenstein's aufruf. He was nice enough to give me the recipe.

1 chicken, cut into 8 pieces	1/2 cup medium egg noodles
4 cups chopped leeks, white part only	2 Tbsp. Osem chicken seasoning
2 cups diced carrots	1 tsp. oregano
2 cups diced celery	

In a soup pot, bring 2 gallons water to boil. Add the chicken and cook until very soft. Remove the chicken from the liquid and let it cool down. Remove the bones and skin. Chop the meat into small pieces and put it back into the broth. Add the remainder of ingredients and simmer until all the vegetables are cooked.

### Chicken and Walnuts

Mimi was invited to one of her colleagues for Shabbat and came home raving about this delicious chicken that was served. My family loved it as well.

2 large sweet potatoes, cut into 1/2 inch slices	<u>Sauce</u>
1 large onion, sliced into rings	1/4 cup mustard
Salt and pepper to taste	1/4 cup orange juice
8 chicken pieces	1/4 cup honey
1 cup chopped walnuts	1/4 cup melted margarine or
Salt and pepper to taste	1/6 cup oil
Chopped parsley or cilantro	

Layer a large pan with the sweet potatoes and onions. Sprinkle salt and pepper on top. Place the chicken pieces on top of the potatoes and onions. Sprinkle with salt and pepper. Mix sauce and pour over chicken. Bake covered for one hour on 375°. Uncover. Sprinkle chopped walnuts on top of chicken and bake an additional 20 minutes, uncovered. Enjoy!

### Delicious Crumbed Tilapia

One of my sister, Suri's, friends made this for their block party on Shavuot. Suri loved it and insisted I would too. She was right.

4 pieces tilapia	1 Tbsp. margarine
1 Tbsp. light mayonaise	Bread crumbs
1 Tbsp. lime juice	Parsley
Onion powder and black pepper to taste	Parmesan cheese

Mix together mayonnaise, lime juice, onion powder and pepper in a bowl. Pour bread crumbs into a separate bowl. Dip tilapia into mayo-lime juice mixture and then into the bread crumbs. Put into a 9x13 baking pan.

In another bowl, mix together margarine and parsley. Sprinkle over the fish. Sprinkle parmesan cheese on top of that. Bake uncovered 25 minutes at 350°.

### Chicken Yucatan

A little bit of cocoa adds a real Mexican flavor to this chicken recipe. Do you think Avraham and Sarah had chocolate?

2 lbs. boneless skinless chicken breasts, cut into 1 inch cubes	1 1/2 cups chicken broth
2 tsp. flour	1 Tbsp. chili powder
2 tsp. Canola oil	1 oz. square unsweetened chocolate, cut into small pieces
1 clove garlic, minced	Salt to taste
1 medium onion, chopped	4 cups cooked rice
1 red pepper, chopped	Tofutti sour cream
1 sweet potato, cut into 1/2 inch cubes	Chopped parsley or cilantro

Lightly flour chicken. Cook chicken in hot oil over medium heat until brown on all sides. Remove from pan. In the same pan, sauté garlic, onion, red pepper, and sweet potato until the onion and pepper are soft and the potato begins to brown.

Add chicken broth, chili powder, chocolate and salt. Cook over medium heat until chocolate melts, stirring constantly. Return chicken to the pan. Cover and simmer over low heat 15-20 minutes until potatoes and chicken are cooked. Serve over rice. Garnish with Tofutti sour cream and chopped parsley. Enjoy!

### Lemon Garlic Lamb Chops with Tofutti Sour Cream Sauce

This would have been a nice treat as a variation of the Lamb sacrifice.

<u>Sauce</u>	<u>Chops</u>
1 cup Tofutti sour cream	1/4 cup fresh lemon juice
1 clove garlic, minced	2 cloves large garlic, chopped
2 Tbsp. chopped fresh mint	1/2 tsp. dried oregano
Salt and pepper	3 Tbsp. olive oil
	4 1/2 inch-thick shoulder lamb chops
	1 Tbsp. water

Stir together Tofutti sour cream with garlic, mint, salt and pepper. Set aside. Stir together lemon juice, garlic, oregano, and 2 Tbsp. oil in a shallow baking dish. Add lamb chops, turning to coat, and marinate for 20 minutes. Remove lamb from marinade, reserving the marinade, and season the lamb with salt and pepper. Heat remaining tablespoon oil in a 12-inch non-stick skillet and sauté chops in two batches without crowding, approximately 2 minutes on each side for medium rare. Transfer to plates. Boil reserve marinade in skillet with water for one minute and pour over chops. Serve with rice and tofutti sour cream sauce.

You can also put the chops in the oven to roast instead of sautéing.

## Fig Bars

In Samuel 1, chapter 25, verse 18, it is written; "Abigail carried 200 loaves of bread, 100 cluster of raisins, and 200 cakes of figs." I wonder if she went to all that work to make these fig bars. This recipe came from a collection of cookies by Carole Walter. These, as well as all her cookies, are delicious.

### Pastry:

3 cups all-purpose flour	1 cup (2 sticks) cold,	1 large egg
2 Tbsp. sugar	unsalted butter (or	1 large egg yolk
1 1/4 tsp. baking powder	marg.), cut into 1/2"	1 tsp. pure vanilla extract
1/2 tsp. salt	cubes	
	1/4 cup milk	
	(or soy milk)	

Place flour, sugar, baking powder and salt in the work bowl of a food processor fitted with steel blade. Pulse 2 or 3 times to combine. Add butter or margarine and pulse 5 times, then pulse again for 8-10 seconds, or until mixture resembles fine meal. Empty contents into large bowl and make a well in the center.

In a small bowl, combine milk or soy milk, egg, egg yolk and vanilla. Pour this mixture into the well and using a fork, gradually draw crumb mixture into center. Then using fingertips, work mixture until all flour is absorbed. Turn dough out onto floured surface and knead briefly until smooth. Shape into 3 flat rectangles measuring about 3 x 5". Dust rectangle lightly with flour, wrap with plastic, and chill for 1 hour.

### Fig Filling:

1 1/2 cups (9 ozs.) cubed Calimyrna figs	3 Tbsp. honey
1 1/2 cups water	3 Tbsp. light brown sugar
2 slices orange, with rind, slightly less than 1/4" thick	3 thyme sprigs
	3 Tbsp. port wine

### Glaze:

1 large egg, lightly beaten with 2 tsp. water
6 Tbsp. crushed toasted almonds
2 Tbsp. sugar

Place figs, water, orange slice, honey, brown sugar and thyme in a medium saucepan. Cover and bring to boil over med. heat. Lower heat and simmer for 20 min., or until figs are barely tender and liquid is almost evaporated. Remove thyme and slip off any remaining leaves back into the fig mixture. Add port and continue to simmer, uncovered, for 1-2 more minutes or until liquid evaporates. Watch carefully to avoid burning. While fig mixture is still warm, place it in food processor fitted with the steel blade and pulse 4-5 times, or until it looks like texture of fruit preserves. Let cool before using. Filling can be stored in fridge for up to 3 months.

*We are ready to bake cookies!!!!* Preheat oven to 350°. Line cookie sheets with parchment paper. Lightly flour a pastry board or flat surface and a rolling pin. Roll 1 piece at a time. Roll dough into an 8 x 12" rectangle. Divide rectangle in half lengthwise. You should have 2 (4 x 12") rectangles. Place about 1/3 cup of filling down center of a rectangle of dough. Brush far end of strip with egg glaze. Fold edge of dough closest to you over fig filling using dough scraper to guide you. Then turn log over to completely enclose filling, excluding ends. Flatten log slightly by pressing top of log with heel of your hand. The log will be approximately 1 1/4" wide and 11" long. Brush top of log with egg glaze and sprinkle with 1 Tbsp. of almonds and 1 tsp. sugar. Using dough scraper or sharp knife, cut log on an angle into 1" wide slices. Repeat with second rectangle.

Place slices on cookie sheets and bake for 20-25 minutes, or until golden brown and firm to touch. Let rest for 2-3 minutes before loosening with a thin metal spatula. Cool on wire racks. Can be stored in airtight container, layered between strips of wax paper, for up to 3 weeks. These may also be frozen.

## Streusel Pound Cake

Claire Podell made this delicious cake for me one Shabbat. I loved it and got her recipe. Now we all can enjoy it.

2 cups flour	creamer or soy
1 tsp. baking powder	milk
1/4 tsp. salt	1 tsp. vinegar
1 cup softened marg.	1 tsp. vanilla extract
2 cups plus 4 tsp. sugar, divided	1 cup chopped pecans
2 eggs	1 tsp. cinnamon
1 cup nondairy	

Preheat oven to 350°. Grease and flour bundt pan. Combine the first three ingredients and set aside. Beat margarine and 2 cups sugar until light. Beat in eggs one at a time. Add creamer, vinegar and vanilla. Add dry ingredients and mix just until blended. Spread 1/3 batter into pan.

Mix pecans, cinnamon and remaining 4 tps. sugar in a bowl. Sprinkle 3/4 pecan mixture onto the batter in the pan. Top with remaining cake batter and sprinkle with remaining pecan mixture. Bake for 1 hour. Cool for 15 minutes in pan. Invert onto platter.

## Ginger Cookies

Courtesy of Paula Deen. I love gingerman cookies. These cookies are good and easy.

3/4 cup veg. shortening	1 tsp. ground
1 cup sugar, plus more for rolling	cinnamon
1 large egg	1 tsp. ground ginger
1/4 cup molasses	1 tsp. ground
2 cups sifted flour	cloves
1 tsp. baking soda	1/2 tsp. salt

Preheat oven to 350°. Line cookie sheets with parchment paper or non-stick baking mats. Using an electric mixture on a low speed, cream shortening and sugar until thoroughly combined. Add egg and molasses and beat until completely incorporated. Sift together flour, baking soda, cinnamon, ginger, cloves and salt and add to shortening mixture. Stir until combined. Roll dough into balls, about 1 inch in diameter, and roll balls in sugar. Place 1/2 inch apart on cookie sheets. Flatten balls slightly with your fingertips. Bake for 12 minutes. Cool on wire racks.