

## Recipes:

### Quinoa Breakfast Cereal

2 cups prepared quinoa  
1/4 cup dairy milk or almond milk  
cinnamon  
roasted nuts, diced fresh or dried fruit  
brown sugar-optional

#### Directions:

Combine all ingredients adjusting quantities to taste.

This will keep throughout PO.

Can be eaten cold or warmed.

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### Quinoa Veggie Side Dish

2 cups prepared quinoa  
1/3- 1/2 cup veggie broth, enough to moisten  
salt and pepper to taste  
Roasted veggies (recipe below)  
Options: Diced dried fruit and crunchy diced veggies like celery, carrots, peppers  
chopped chestnuts  
Sauteed garlic and caramelized onions  
Dried or fresh chopped herbs-basil, oregano and/or dill

#### Directions:

Combine all ingredients. Season to taste. Heat through and serve.

Note: This can be made either meat or dairy by adding diced cooked chicken (from soup), brisket scraps, sauteed ground beef or chicken, or cheeses.

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## Veggie Schmaltz

*Our awesome flavor enhancer!*

2 cups vegetable oil

1 pound margarine

2 large onions, chopped fine

2 large carrots, chopped fine

16 garlic cloves, chopped fine

### Directions:

Bring all ingredients together in a large saucepan and heat until boiling.

Reduce to a simmer and continue to cook for 1 1/2 to 2 hours more until mixture is golden brown.

Strain veggies out but do not discard. They can be added to any recipe.

You can keep this mixture in your frig for weeks or freeze in small containers, even ice cube trays.

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## The Versatile Pairing of Roasted Veggies and Vegetable Kishke

### Roasted Veggies

Brussels sprouts, cauliflower florets, red and green pepper strips, large diced or sliced eggplant, green and yellow squash chunks, sweet potato slices, caramelized garlic and onions, cherry tomatoes

Olive Oil

Salt and pepper

Dried herbs

### Directions:

Place veggies (except for onions and garlic) on cookie sheet, drizzle with olive oil. Sprinkle on salt, pepper and dried herbs. Toss to coat. Roast each item separately at 425 degrees until browned. Only put in one sheet pan at a time in your oven or the veggies will steam and not brown.

Note: I use my air fryer for roasting veggies too.

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## Vegetable Kishke

3 sweet potatoes, peeled and cut into chunks  
1 large stalk celery, chopped  
2 carrots, cut into chunks  
1 large onion or 2 medium, chopped and sauteed  
2 cloves garlic, sauteed with the onions  
1 cup roasted veggies  
2 cups matzoh meal OR 1 cup matzoh meal and 1 cup potatoes, mashed  
1/4 cup fresh parsley sprigs  
1 egg-optional  
2 heaping tablespoons veggie schmaltz liquid and 1 heaping tablespoon veggies from schmaltz (or 1-2 tablespoons oil)  
salt and pepper, to taste  
1 tablespoon paprika

### Directions:

Process all veggies at once until coarsely grated but not mushy.

Add remaining ingredients.

### Uses listed below:

### Variations:

Traditional: formed into 6 inch sausage-shaped rolls and wrapped into foil. Bake at 350 degrees until set.

Stuffed Acorn Squash, Peppers and Mushrooms (parbake these to soften), then fill and bake at 375 degrees.

Kishke Bake-fill small ramekins or a casserole dish and bake at 375 degrees.

Filled Eggplant Rotini in tomato sauce-fill each eggplant round with a tablespoon of mixture and line bottom of casserole. top with tomato sauce and bake at 350 degrees.

Kishke Veggie Meatballs in tomato sauce-form mixture into balls and bake on baking sheet at 375 degrees until firm but soft. Serve in tomato sauce.

**\*Added Extras: Fresh or dried herbs, protein: cheese, chicken, brisket scraps, sauteed ground beef or chicken, chestnuts or roasted nuts**

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### **Sweet Potato Mash with OJ, Cinnamon and Veggies**

4 large sweet potatoes, baked

1/4-1/3 cup OJ

1 teaspoon ground cinnamon

Roasted veggies-optional

**Directions:**

Combine all ingredients.

Eat at room temp, microwave to heat through or bake for 10-15 minutes at 350 degrees until heated through

Variation: Fill scooped out sweet potato shells with mixture and bake for 10-15 minutes at 350 degrees. Can be topped with cheese, if desired.

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### **Mushroom, Onion and Cashew Dip or Spread**

1 cup mushrooms, roasted(use a variety)

1 cup onions, caramelized with 2 cloves minced garlic

1 cup cashews, roasted

2 tablespoons parsley

1/2 cup Roasted Veggies

salt and pepper, to taste

**Directions:**

Process all ingredients until texture of "hummus".

Enjoy with cut veggies or as a spread.

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### **Quick Dairy Potato Kugel**

3 eggs, beaten

2 cups water

1 package (6 oz) potato pancake mix

16 oz. cottage cheese

3/4 cup sour cream

2 teaspoons chopped parsley

1 cup roasted veggies OR 1/2 cup chopped spinach, all water squeezed out/1/4 cup sauteed mushrooms and 1/4 cup caramelized onions

**Directions:**

Preheat oven to 350 degrees. Grease a 8 inch pan. In large bowl, combine eggs, water and potato pancake mix. Stir in cottage cheese, sour cream, parsley and veggies. Let set for 5 minutes, then pour into prepared pan. Bake for about an hour or until kugel is set and edges have browned.

Serve with additional sour cream.

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## Filled Jelly Roll

*A jelly roll for Passover and beyond. So good that you will make this all year round.*

6 large eggs -- separated

1 large egg

1 1/4 cups confectioners sugar

1 1/2 tablespoons lemon juice

1 1/2 teaspoons fresh lemon zest

3/4 cup potato starch -- sifted twice

1/8 teaspoon salt

Potato starch and pulverized sugar for turning cake out

1 cup apricot or raspberry preserves (or your favorite) -- warmed

**Option:** Serve with fresh sliced strawberries and berries on the side and whipped cream

**Or** spread with **Lemon Curd**-recipe below; Dot with sliced strawberries as an option.

**Directions:**

1. Preheat oven to 350°F. Grease 12 x 18-inch pan, line with parchment paper and grease again.

2. Beat yolks and whole egg at medium speed with electric mixer until thick.

3. Add sugar, juice and zest, beating constantly. Add potato starch gradually.
4. Whip whites with salt at high speed in separate bowl with clean beaters until stiff. Fold into batter.
5. Pour into pan and bake 10 to 12 minutes or until cake springs back when lightly touched. Rotate pan after 6 minutes to insure even baking. Do not over bake.
6. Dampen linen towel and sprinkle lightly with mixture of potato starch and pulverized sugar.
7. Run knife around sides of pan and turn cake onto towel. Let rest 2 minutes and remove parchment.
8. Spread with warmed preserves. Cut in half down center, making 2 equal jelly rolls 9 x 12 inches. Roll each from 12-inch long side. Wrap in clean towels and cool.
9. Slice into 1-inch thick diagonal pieces.

\*Note: The jelly roll may be frozen in 1 piece and cut while still frozen 2 hours before serving.

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**\*\*This recipe may also be used to make a traditional Passover Sponge Cake**

12 servings

1. Preheat the oven to 350°F. Prepare an ungreased 10-inch tube pan.
2. Prepare Fruit-Filled Jelly Roll cake batter and pour into pan.
3. Bake for 50 minutes or until the cake comes away from the sides of the pan. Cool.

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## Lemon Curd

*I use this curd to fill a jelly roll, decorate a sponge or angel food cake, fill hamantaschen, danish, thumb print cookies. etc. Egg whites may be used to make almond horns, meringues, macaroons and.... just make an omelet!*

### Ingredients

4 large egg yolks  
2/3 cup granulated sugar  
1 tablespoon lemon zest  
1/3 cup lemon juice, fresh  
1/8 teaspoon salt  
6 tablespoon unsalted butter, margarine or oil, Optional

### Instructions

#### 1. Double Boiler Directions:

Place yolks, zest, juice and salt in the top of a double boiler that is on high heat. Whisk continuously until well combined and thick. Takes about 10 minutes. If not getting thick increase the heat a bit more. Remove from double boiler when thick and whisk in butter or margarine or oil (coconut or avocado), Optional Pour into a container, cover directly with plastic wrap to prevent a skin from forming. Chill until ready to use as it will get thicker.

#### Microwave Directions:

Place yolks, zest, juice and salt in a microwavable glass bowl or use an 8 cup measure as the ingredients will bubble up. Microwave for 30 seconds, remove and whisk rapidly, return to microwave and continue to cook whisking every 30 seconds until curd is thick. Remove and add butter or equivalents if using them. Pour into a container, cover directly with plastic wrap to prevent a skin from forming. Chill until ready to use as it will get thicker.