



Hanukkah Cooking with Temple Shaaray Tefila

Mediterranean Roasted Chicken Rice with Cardamom and Caramelized Onions Braised Cinnamon Spiced Apples Mixed Green Salad with Pomegranates and Sunflower Seeds

Ingredient and Supply List Serves 6

Ingredients Needed:

- 2 Chickens Cut up or about 6 lbs
- 2 Cups White or Brown Basmati Rice
- 2 Onions (Diced)
- 1 Container Spinach/ 1 Container Arugula
- 1 Fennel
- Sunflower Seeds - unsalted
- Pomegranate Seeds
- 6 lbs Apples mixed (ex Gala, Honey Crip, McIntosh)- Peeled and Cut into Slices
- 2 Navel Oranges
- 2 Lemons
- Light Brown Sugar 2/3 Cup
- Unsalted Butter
- Extra Virgin Olive Oil
- Avocado Oil
- Soy Sauce
- Balsamic Glaze
- Cardamom (ground)
- Cinnamon
- Ginger (ground)
- Cumin
- Italian Parsley
- Kosher Salt
- Pepper

Supplies Needed:

- Large Fry Pan
- Dutch Oven
- Large Casserole Dish to Roast Chicken
- Pot with Lid (3qtr)
- Chef Knife or Knife for Chopping
- Large Mix Bowl

- Small Bowl
- Dinner Plate
- Serrated Knife
- Apple Slicer (optional)
- Measuring Spoons
- Spatula
- Large Cutting Board
- Oven Mitts
- Wooden Spoon
- Grater or Zester
- Large Bowl for Scrapes•