



Mr. Riklin's

**3rd Grade Traditional
Legacy Cookbook**



2017/2018



Abuela's Oven-Fried Boneless Chicken Breasts

By: Liam Samet



Ingredients:

2 pounds boneless skinless chicken breasts cut in $\frac{1}{4}$ or $\frac{1}{2}$ inch pieces
2 cups Panko bread crumbs
4 tablespoons olive oil
2 eggs beaten
Salt to taste
Garlic powder to taste
Juice of 2 fresh limes or lemons

Directions:

1. Preheat oven to 400 degrees F.
2. Line a baking sheet with heavy-duty aluminum foil.
3. Spray vegetable cooking spray on aluminum foil.
4. Wash chicken and remove excess water.
5. Cut boneless chicken breasts to desired portions.
6. Squeeze one or two lemons or limes over chicken pieces. Add salt and garlic powder to taste.
7. Beat eggs.
8. Dip each piece of chicken in egg and then coat both sides with Panko bread crumbs.
9. Place Panko coated chicken pieces on one or two lined baking sheets.
10. Drizzle each chicken piece with olive oil.
11. Bake 20-25 minutes and turn each piece and bake for another 10-15 minutes until golden brown.
12. Serve immediately.

Makes approximately 6 -8 servings.

Challah

By: Rachel Koual



Ingredients:

1 bag (6 pounds) Gold Medal all purpose flour
6 whole eggs
1 teaspoon kosher salt
1 cup sugar
1 cup vegetable oil
4 cups melted butter
2 packets Fleischman's Fast Rise yeast

Directions:

1. Combine 1 cup warm water and yeast in a glass bowl. Once incorporated, add sugar and stir.
2. Cover bowl with plastic wrap, and set aside.
3. In a large bowl add the flour (making a hole in the middle).
4. Add the salt and 3eggs to the hole.
5. Add 2 more cups warm water to the dry ingredients and combine.
6. Slowly add oil as you combine dry ingredients into bowl.
7. Move yeast mixture into dry ingredients bowl, and combine contents of both by hand.
8. Slowly add last cup of water to dough making sure it is not too sticky.
9. Let rest for 30 minutes.
10. Say the Challah blessing, and then braid the challah.
11. Once challah has been braided, whisk a single egg in a separate dish, and brush the challah with it.
12. Bake in a 350 degree oven for 40-45 minutes.
13. Once challah has browned, take out of oven and allow to rest for at least 1 hour.
14. Enjoy! :-)

Cholent – Hamin

By: Ari Rosenzweig

The history of cholent dates from centuries ago. Its origin comes are from the Middle East spreading to North Africa, Spain and Eastern Europe. Ashkenazi-style cholent was first mentioned in 1180, in the writings of Rabbi Yitzhak of Vienna.

Cholent is a traditional hot main course dish made for Shabbat lunch. This traditional stew is cooked at low temperature for 12 or more hours. Jewish people make cholent because there is a prohibition of cooking on Shabbat. The stew is cooked before Shabbat and kept warm on a hot plate, oven or in a crockpot - slow cooker. The word cholent may have come from the French *chaud-lent*, meaning 'warm slowly.'

Cholent basic ingredients consist of potatoes, meat, beans or barley, onions, carrots, eggs, salt and pepper. Some people make cholent with rice and kishka which is a like a big sausage stuffed with a mixture of flour, onions, spices and beef or chicken fat.

There are different kinds of recipes for cholent. The recipes vary according to the background and tradition of the family. Jewish people who come from Spain, Morocco, Iraq, Iran are Sephardic Jews and they make their cholent with rice, lamb, chickpeas, eggs and different spices like cumin, paprika and hot peppers. Sephardic people call their cholent "hamin" which means hot. The ingredients and spiciness of hamin are different according to the country. Iraqi Jews prepare their hamin with a whole chicken stuffed with rice. Further, Jewish people who come from Europe are Ashkenazi Jews and they also have different recipes for their cholent. Their cholent ingredients are not quite as tasty and exotic as Sephardic hamin, but it is still a very delicious dish for Shabbat lunch. Cholent or hamin is a dish that doesn't look so appealing, but it can be very difficult not to want to taste because of the amazing aroma it makes through the house or synagogue. Cholent is the kind of food you want to eat every week. It is a big part of Shabbat day and its delicious flavor complements the beauty of Shabbat. Finally, I am going to share with you my own cholent recipe. I hope if you make it, you enjoy it like I do.

Ari's Cholent Recipe

Ingredients

	1 big onion cut in half
1 cup of ketchup	2 pounds of short ribs or fatty meat
1 package of onion soup mix	Half a bag of barley
3 cups of water or enough water to cover	Salt and pepper to taste
5 big potatoes peeled and cut in half	1 teaspoon of Tabasco or more if you like spicy food

Preparation

Put all ingredients at the same time in a crockpot at low temperature at least 6 hours before Shabbat because you want to make sure everything is cook before Shabbat starts. Leave crockpot in low overnight.

Corn Pita Tortilla Bread

By: Ari Rosenzweig



My mom and I made up this recipe which is Texan-Jewish because we used corn flour to make tortillas, but instead of tortillas we made corn pitas. The final bread was delicious. You could open up this corn pita just like pita bread and put salads, falafel or whatever you want inside. Also, it is gluten free which is great for a lot of people with gluten allergies.

Ingredients

- 1 cup of white corn flour
- ½ cup of water
- ½ teaspoon of salt or salt to taste
- 1 teaspoon oil (butter or margarine)

Preparation

- 1) Mix white corn flour, water, salt until manageable dough is formed. The dough should not stick in your fingers.
- 2) Make 1 ½ inch balls and flattened into pancake shape.
- 3) Heat oil (butter or margarine) in a pan. Fry in a pan 5 minutes each side until dough is cook.

Couscous Soup

By: Daniel Amos



Ingredients:

- 1 medium onion (chopped)
- 4 bone-in chicken thighs
- 1/2 teaspoon turmeric
- 1 teaspoon chicken soup base
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 carrots (chopped)
- 1 zucchini (chopped)
- 1 can chickpeas
- 1 1/2 cups cabbage
- 1 1/2 cups chopped pumpkin
- 4 Tablespoons vegetable oil
- 1 tomato (chopped)
- 2 cups cous cous
- 8 cups water

Directions:

Soup-

1. Fry onion in big pot.
2. Add chicken and then cover pot. Place on medium heat.
3. Add 6 cups water, chicken soup base, salt, pepper, and turmeric to pot.
4. Add vegetables once water is boiling.
5. Add chopped tomato to boiling water 10 minutes before beginning to cook couscous.

Couscous-

1. Place 2 cups of couscous, 2 cups of water, 2 Tablespoons of oil, 1/2 teaspoon salt, and 1/2 teaspoon chicken soup base in microwave safe bowl.
2. Heat on high for 6 minutes.
3. Add couscous to soup.
4. Enjoy!

Falafel Salad

By: Rachel Koual



Ingredients:

4 Roma tomatoes (cubed)
1 pound English cucumber (cubed)
1 medium red onion (cubed)
2 scallions (finely sliced)
4 Tablespoons flat leaf parsley (finely chopped)
Juice of 1 lemon
Salt and Pepper to taste
2 Tablespoons tahini
3 Tablespoons olive oil
3 avocados (cubed)
Falafel (Make falafel from any boxed mix you like)

Directions:

1. Mix dry ingredients into medium sized bowl.
2. Add water as mix tells you.
3. Mix together then let stand in fridge for about 10 minutes.
4. Fill a fryer/skillet about ½ inch deep with oil.
5. Fry falafel balls.
6. Combine left over ingredients into a bowl.
7. After falafel has cooled, put them on top of the salad from the other bowl.
8. Enjoy!

History of Gefilte Fish

By: Jonah Schneider

Gefilte fish, as we know it, is from an old Yiddish word (ge-fil-te fish), but originally from Dutch as geuldevis. It is made from a poached mixture of de-boned fish such as carp, white fish, or pike. It is traditionally served as an appetizer in Ashkenazi Jewish households. Even though it was originally served as the poached fish mixture served inside a fish skin, that part has been left out since around the 19th century. The seasoned fish began being turned into patties around that time.

The dish is very popular on Shabbat and Jewish holidays, but can be served at any time throughout the year. In Poland, gefilte fish, referred to as cans of zydowski, is served in Polish Catholic homes on Christmas eve and most Saturdays.



The History of Israeli Salad

By: Maayan Milo

The name of the salad is different depending in which country you eat it in. Israeli salad was adopted from Arab cuisine and popularized in Israel by the kibbutzniks. Variations on the basic recipe have been made by different communities that have immigrated to Israel throughout generations.

Examples of this include the addition of finely chopped ginger and green chili peppers by the Jews from India; preserved lemon peel and cayenne pepper are incorporated by North African Jews; and finely chopping the ingredients with a vinegar based dressing instead of oil for the dressing for the Bukharan Jews that put their own flavors in the dish.

It is often described as “the most well known national dish of Israel”, and is usually made of tomatoes, cucumbers, onion, olive oil, salt, and lemon juice. In addition to it being a popular sided dish, Israeli salad can also be found on top of falafel or in pita.

Tools:

Mixing bowl

Knife

Spoon

Ingredients:

3 roma tomatoes (diced)

3 Persian cucumbers (diced ¼ inch)

3 green onions/scallions chopped thin

2 Tablespoons extra virgin olive oil

2 Tablespoons fresh lemon juice

1 teaspoon sea or kosher salt

½ teaspoon ground black pepper



Directions:

1. Toss tomatoes, cucumbers, and scallions together in a bowl.
2. Season with olive oil, lemon juice, salt, and pepper
3. Mix all ingredients together.
4. Serve chilled, as a side dish, or a garnish in pita.

History of Jewish Kugel

By: Daniel Newport

Jewish kugel is from Central Europe. The name comes from middle high German. Did you know that kugel has been made for over 800 years? The main ingredient in kugel is noodles, and many different people make it many different ways. This dish is usually served on Yom Tov as a dessert.



Tools:

Oven safe baking dish
Mixing bowl
Pot
Measuring cups
Large spoon

Ingredients:

Egg noodles (16 length)
1 stick butter
5 eggs
1 cup milk
Salt
Pepper
Cottage Cheese

Directions:

1. Preheat oven to 375 degrees F.
2. Boil the noodles in salted water for about 4 minutes. Strain noodles from water.
3. In a large mixing bowl, combine noodles with remaining ingredients and pour into a greased, approximately 9-by-13-inch baking dish.
4. Bake until custard is set and top is golden brown, about 30 to 45 minutes.

History of Lox
By: Maya Bublil

Lox is a fillet of brined salmon. Many Jewish people eat lox on Shabbat with bagels, onions, sour cream, and capers. This dish began in Scotland and Scandinavian countries where salmon is very common.

Cooking lox is very easy to make, but it takes a long time before it is ready. You probably have most of the ingredients already at home.



Ingredients:

- 1 whole salmon fillet
- 1/2 cup kosher salt
- 1/2 cup white sugar
- 2 teaspoons black pepper

Tools:

- Plastic wrap
- Baking sheet
- Pan
- Paper towels

Directions:

1. Rinse salmon, and take out any small bones.
2. Pat salmon dry with paper towel.
3. Cover salmon with sugar and salt mixture.
4. Tightly wrap covered salmon in plastic wrap.
5. Leave in refrigerator for a minimum of 48 hours.
6. Drain off any liquid after 2 days.
7. Serve on plate.
8. Enjoy!

History of Schnitzel
By: Shir Ogorek

Schnitzel originated in Austria, but is very popular in other countries. It can be made with veal, mutton, chicken, beef, turkey, reindeer, or pork. It is very similar to the French dish, escalope; milanesa of Uruguay, Argentina, and Mexico; skinkerschnitzel (pork) or wienerschnitzel (veal) in Denmark; It is usually served with fried potatoes, peas, a gravy, lemon wedge, capers, and an anchovy.



Utensils:

Bowl
Measuring cups
knife
pan
plate

Ingredients:

matza meal
flour
2 eggs
bread crumbs
salt
pepper
2 Tablespoons of paprika
milk
lemon
garlic powder
parsley
chicken

Directions:

1. Place flour on a plate
2. Whisk eggs and milk together in a shallow bowl.
3. Combine lemon, parsley, and garlic powder on separate plate.
4. Coat one piece of chicken in flour, shaking off excess.
5. Dip floured chicken into egg mixture.
6. Heat oil in frying pan.
7. Place chicken in heated oil
8. Cook until browned all over.

History of Honey Cake

By: Rachel Koual

Honey cake is a Jewish cake. It is, usually, a dense loaf cake. It can be shaped like a loaf or sponge cake, and sometimes use coffee or tea to add color and flavor. This cake is most often eaten by Ashkenazi Jews. Honey cake can be moist, well flavored, and should look brown, but not burnt. However, even when you make a mistake in cooking the cake, the results can still be delicious! Honey cake was so easy it went back to the time of the Egyptian delicacy Basbousa. Many Egyptian festivals had this particular cake as a sweet end to the festivity. Basbousa is the original name for a honey cake like dessert eaten by the ancient Egyptians.

Honey cake is also eaten the day before Yom Kippur as well as on Rosh Hashanah for a sweet new year. Get it? It has honey and is sweet like candy!



Honey Cake Recipe

Ingredients

2 ½ cups all-purpose flour
2 teaspoons baking powder
2 teaspoons cinnamon
½ teaspoon salt
½ teaspoons baking soda
½ teaspoon ground cloves
3 large eggs
1 cup honey
1 cup vegetable oil
½ cup black brewed coffee
¼ cup water

Directions

1. Preheat oven to 350 degrees
2. Sift together flour, baking powder, baking soda, cinnamon, salt, and cloves in a large bowl.
3. In a small bowl, lightly beat eggs.
4. Make a hole in the center of the flour mixture. Add eggs and remaining ingredients then whisk until combined.
5. Pour batter into a bundt pan then place in the oven for an hour and a half.
6. Once cooking is completed, place cake in a sealed container.
7. Allow cake to sit for 3 days.
8. ENJOY!

Amos Jammin' Salmon

By: Daniel Amos



Ingredients:

- 5 medium potatoes (sliced)
- 4 cloves garlic (finely chopped)
- 1 red bell pepper (chopped)
- 2 serrano peppers (chopped)
- 2 tomatoes (chopped)
- 1 handful torn cilantro
- 6 (4 oz.) pieces of salmon
- 1 1/2 Tablespoons paprika
- 1 Tablespoon salt
- 1/2 teaspoon turmeric
- 4 oz. olive oil

Directions:

1. Bring 2 cups water to boil in a large pot.
2. Add all vegetables to pot.
3. In separate bowl, combine oil, paprika, salt, and turmeric
4. Combine spice and oil mix to pot, and continue boiling all together.
5. Add the salmon to the pot and cook, covered, over low heat for 20 minutes.
6. Enjoy!

Moroccan Chicken Balls

By: Maya Bublil



Utensils:

Large bowl
Wide pot

Ingredients:

2 pound ground chicken
2 slices of challah
1 small potato
1 small onion
1 egg

1/2 cup of parsley
1 tea spoon Of cumin
1 table spoon of Moroccan paprika
Salt
Pepper
1 table spoon of chicken consummate
Cup of flour

Sauce:

1 chopped onion
1 cup of peas
2 ripe pilled tomatoes cut in quarters
2 cloves of garlic

1 table spoon of tomato paste
1 table spoon of Moroccan paprika
Salt and pepper
Pinch of sugar
Cup of water

Preparation:

In a large bowl put two slices of challah add water and let it sit for a few minutes.

Drain the water and press the challah to drain the water. In the same bowl with the challah add the ground chicken, egg, parsley, salt, pepper, paprika and chicken consummate. Take the potato and the onion throw the grinder and add to the bowl.

Mix everything good and put a side.

In the wide pot add a little oil add chopped onion mix until golden. Add garlic, tomatoes and peas. Mix for a few minutes and add all spices and 1 table spoon of tomato paste.

Add a cup of water and put the hit on law. Let it get to a boil.

In the meantime put the flour in a small bowl and make small balls from the ground chicken mix.

Dip each ball in the flour and arrange nicely in the pot. Put the lid on and let it cook for an hour on law hit. Gently stir the pot with the outside handles every 10 minutes.

We serve the chicken balls with basmati rice on the side.

Red Velvet Cake

By: Shir Ogorek



Ingredients:

Cake:

½ cup shortening or butter
1 ½ cups sugar
3 eggs
2 Tablespoons cocoa
1 ½ ounces red food coloring
1 teaspoon salt
2 ½ cups flour
1 teaspoon vanilla extract
1 cup buttermilk
1 teaspoon baking soda
1 Tablespoon vinegar

Frosting:

16 ounces cream cheese (softened)
2 cups powdered sugar
1 teaspoon vanilla extract
1 stick of butter

Cooking:

1. Cream shortening/butter and gradually add in sugar using a stand mixer at medium speed.
2. Add 2 eggs, one at a time, incorporating egg into mixture.
3. Make a paste out of cocoa powder and food coloring. Add to mixture.
4. Add salt, flour, baking soda, vanilla, and buttermilk; mixing well after each ingredient is added.
5. Pour vinegar over batter, and it should form a thin, lump free batter once it is incorporated.
6. Pour mixture into 2 greased cake pans.
7. Bake at 350 degrees for an hour. Once a toothpick can be inserted in the middle of the cake and come out dry, it is cooked.
8. Allow cakes to cool roughly 20 minutes before frosting.
9. Once cake is cool, ice from edge to edge
10. Enjoy!

Rokottromply

By: Maya Bubil



Ingredients:

- 4 hard boiled eggs
- 6 yellow potatoes boiled for 10 minutes
- 1 cup of sour cream
- 1 cup of heavy cream
- 1/4 stick of butter
- 1 cup of shredded mozzarella cheese
- 1 table spoon of salt
- 1 tea spoon of black pepper
- 1 tea spoon of nutmeg

Directions:

1. In a small bowl mix cream cheese, heavy cream, salt, pepper and nutmeg.
2. Slice the potatoes and the eggs.
3. Take a small baking pan and put all over 1/2 the amount of the butter, then arrange one layer of potatoes on top put one layer of the eggs.
4. Poor half the amount of the heavy cream and the sour cream and on top half of the mozzarella cheese and repeat it again: potatoes, eggs and the cheeses.
5. Cut the rest of the butter to small cubes and put on top.
6. Put the baking pan in a pre heated oven on 360 until golden and all the cheese has melted around 15 minutes.

S'mores Hamentashens

By: Liam Samet



Ingredients:

- 1 cup of Sugar
- 2 cups of parve margarine
- 2 teaspoons vanilla
- ¼ teaspoon salt
- 3 eggs
- 6 cups of flour
- 1 dallop per hamentashen of parve marshmallow fluff
- 3 chocolate chips per hamentashen

Directions:

1. In a large mixing bowl, cream together the sugar and the margarine. Beat in vanilla and salt.
2. Add eggs one at a time. Gradually blend in the flour.
3. Chill dough in fridge for 2 hours or until firm enough to roll and handle.
4. Preheat oven to 375. F.
5. Roll out pieces to ¼ inch thickness.
6. Cut out rounds with 4 inch cookie cutter
7. Place a teaspoon of filling in the center of each round.
8. Gather the edges of the dough around the filling and pinch at 3 points to secure seams firmly.
9. Bake for 15 to 18 minutes
10. Cool on wire racks.

Texas Style Tacos

By: Talia Babajanov



Ingredients:

2 pounds ground beef

Lemon pepper

Paprika

Garlic powder

Italian Seasoning

2 chopped red peppers

2 Tablespoons chili powder

2 chopped green peppers

1 chopped onion

Chopped lettuce

1 box of taco shells

Directions:

1. Cook beef in a large pan.
2. Add seasonings to the beef.
3. Add chopped red and green peppers and onion to beef.
4. Add tomato sauce.
5. Add beef, vegetables, and lettuce to taco shells.
6. Enjoy!

The History of Braided Challah Bread

By: Liam Samet

The braided challah, which is made with egg, is known as the “Jewish Shabbat and Festival Bread”. It is surrounded by tradition and loaded with symbolism. The braids are to symbolize that Jewish tradition is woven throughout history, and Judaism is represented well in Israel as well as outside the Jewish State. During festive seasons, sweet challahs are made by adding raisins and honey to the baking process with the intention of bringing joy and happiness to those that eat it during Rosh Hashanah. The challah can be rolled into a circular shape, sometimes called a *Turban Challah*, to symbolize the cycles of the year.



Ingredients:

- 1 3/4 cups lukewarm water
- 1 1/2 tablespoons granulated yeast (2 packets)
- 1 1/2 tablespoons salt
- 4 large eggs, lightly beaten
- 1/2 cup honey
- 1/2 cup neutral-tasting vegetable oil (such as canola) or 1/2 cup unsalted butter, melted, plus more for greasing the cookie sheet
- 7 cups unbleached all-purpose flour
- egg wash (1 egg beaten with 1 tablespoon of water)

Directions:

1. Mix the yeast, salt, eggs, honey, and melted butter (or oil) with the water in a 5-quart bowl,
2. Mix in the flour without kneading, using a spoon.
3. Cover (not airtight), and allow to rest at room temperature until the dough rises and collapses (or flattens on top), approximately 2 hours.
4. Butter or grease a cookie sheet or line with parchment paper, or a silicone mat.
5. Dust the piece with flour and quickly shape it into a ball by stretching the surface of the dough around to the bottom on all four sides.
6. Divide the ball into thirds, using a dough scraper or knife. Roll the balls between your hands (or on a board), stretching, to form each into a long, thin rope. If the dough resists shaping, let it rest for 5 minutes and try again.
7. Allow the bread to rest and rise on the prepared cookie sheet for 1 hour and 20 minutes.
8. Brush the loaf with egg wash.
9. Bake near the center of the oven for about 25 minutes. Smaller or larger loaves will require adjustments in baking time. The challah is done when golden brown, and the braids near the center of the loaf offer resistance to pressure.
10. Enjoy!



THANK YOU!

-Ari Rosenzweig

-Daniel Amos

-Daniel Newport

-Jonah Schneider

-Maayan Milo

-Rachel Koual

-Maya Bublil

-Shir Ogorek

-Liam Samet

-Talia Babajanov