



Shavuot Recipe-Cheese Lokshen Kugel

The word “Shavuot” means weeks. It celebrates the completion of the seven-week Omer counting period between Passover and Shavuot. The Torah was given by G-d to the Jewish people on Mount Sinai on Shavuot more than 3,300 years ago. Every year on this holiday, we renew our acceptance of G-d’s gift. This is the day that G-d swore eternal devotion to us. It is customary to eat dairy foods because the Torah is likened to nourishing milk.

Ingredients:

A good pinch of nutmeg (optional)

2 cups sour cream

½ lb curd or cream cheese

2 eggs

Salt

12 oz medium egg noodles (box or bag)

4 Tablespoons butter

Directions: Cook the noodles in boiling salted water till tender and then drain. Mix with butter

In a large bowl, beat the eggs with the curd or cream cheese and then beat in the sour cream. Add salt and nutmeg and mix in the cooked noodles. Pour into a baking dish and bake at 350 for 30 minutes.

If you choose to make it a sweet dessert, don’t add salt or nutmeg to cheese mixture. Instead add ½ cup of sugar and grated zest of an orange or lemon. You can also use raisins (dark or golden) or dried pitted cherries. You may also choose to sprinkle with cinnamon and sugar.