



IN GOOD TASTE

THE BEST RECIPES FROM 2016

A SUPPLEMENT TO THE
JEWISH EXPONENT

MAY 4, 2017



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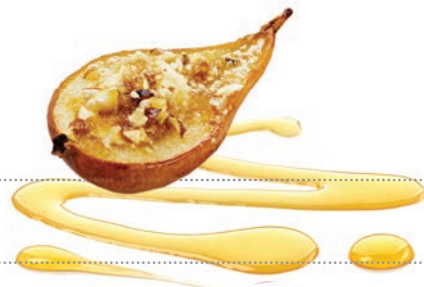
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Pasta: Yulia_Davidovich; Mask: didecs; tomatoes: SerAlexVi; roasted pear: Julia_Sudnitskaya; honey: Magone; garlic: karandaev; black-eyed peas: tfazevedo/iStock/Thinkstock.com



A TASTY MARCH THROUGH MEXICO

MARCH 3, 2016

KERI WHITE | JE FOOD COLUMNIST

I HAVE NO IDEA why I was inspired by Mexican flavors this week. Perhaps it is a desire for warmer weather. Maybe I was thinking about a dress rehearsal for Cinco de Mayo. Or maybe just the fact that this simple, healthy menu is delicious and infinitely doable, even on a busy weeknight juggling four different schedules.



TORTILLA OMELET | DAIRY

- 8 eggs
- 3 corn tortillas, ripped into pieces
- $\frac{1}{3}$ cup your favorite salsa (I used green tomatillo salsa)
- $\frac{2}{3}$ cup grated sharp cheddar cheese
- Salt and pepper
- Oil for pan

In medium bowl, mix all but oil.

Heat oil in 10-inch skillet over medium heat. Pour egg mixture in.

As omelet begins to cook, lift edges and tilt pan to allow uncooked egg mixture to roll underneath.

When bottom of omelet is solid, slide the omelet, cooked side down, onto a plate. Invert skillet over plate, and flip it over so cooked side of omelet is up and raw side is facing down in skillet.

Cook omelet until it is solid all the way through. Serve immediately, with extra salsa if desired.

Serves 4

BEETS WITH CILANTRO AND LIME | PAREVE

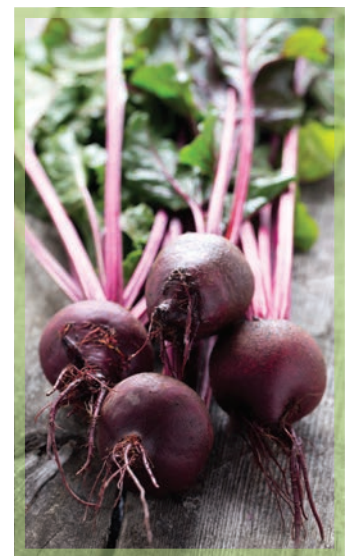
- 4 medium beets
- $\frac{1}{4}$ cup chopped cilantro
- Juice of $\frac{1}{2}$ lime
- Kosher salt

In medium saucepan, cover beets with water and bring to boil. Simmer about 30 minutes or until beets are softened all the way through when pricked with fork.

Run under cold water to stop cooking. Peel the beets. You can use your hands — the skin will slide right off. Cut peeled beets into bite-sized pieces and place in bowl.

Toss with cilantro, lime juice and salt. This can be served hot, at room temperature or chilled.

Serves 4



See Spring, Page 4

Salad: Sabina Schaaf/Hemera/Thinkstock; sombrero: miflippo; beets: dianazh/iStock/Thinkstock.com

JEWISHEXPONENT.COM

IN GOOD TASTE

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SPRING

IN GOOD TASTE

Spring

Continued from Page 3

GREEN SALAD WITH AVOCADOS | PAREVE

- 1 5-ounce box mixed baby greens
- 1 ripe avocado, cut into bite-size pieces
- 2 tablespoons pumpkin seeds
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- 2 tablespoons lemon-infused olive oil
- 1 tablespoon aged fig balsamic vinegar



Place greens in salad bowl with avocado and pumpkin seeds. Sprinkle with salt, pepper and garlic powder. Drizzle with oil and vinegar.

Toss and serve.

Serves 4

MEXICAN CHOCOLATE BROWNIES | DAIRY

- 1½ sticks butter
- 1 11-ounce bag dark chocolate chips
- 1 teaspoon ground chipotle chili powder
- ¾ teaspoon ground ancho chili powder
- 1½ teaspoons ground coffee
- ½ teaspoon cinnamon
- 1½ cups sugar
- 3 eggs
- 1 cup flour
- pinch salt

Preheat oven to 350 degrees. Grease 8x8-inch square pan. Place butter and chocolate in microwaveable bowl and melt, 3 minutes on 50 percent power.

Add chili powders, cinnamon and coffee; cool slightly and add remaining ingredients. Mix thoroughly.

Spread in pan and bake 35 minutes until done.

Makes 16 brownies ●



Avocado: Natalya Chumak/iStock; brownie: Adam Edwards/Hemera/Thinkstock.com



PURIM PARTY FAVORITES-TO-BE

MARCH 3, 2016

KERI WHITE | JE FOOD COLUMNIST

WITH PURIM COMING in just a few short weeks, the time is now to start practicing your drink repertoire. Thankfully, the good people at Aqua Vitae Institute, led by founder Ariela Yankelewitz, have come up with the following recipes to help lubricate any holiday gathering.



YOU SEXY THING

Warm anyone's heart with this drink.

- 2 cups of milk
- 3½ oz. dark chocolate
- 1 cinnamon stick
- 1 teaspoon honey
- 1 teaspoon brown sugar
- 1 teaspoon vanilla extract
- 2 tablespoons dark rum
- Optional: marshmallows and whipped cream

Instructions:

Break chocolate into little pieces.

Place chocolate with milk into saucepan over medium heat.

Add cinnamon, honey, sugar, vanilla and rum into the pan.

Whisk, whisk and whisk for approximately 2 minutes. Make sure the drink doesn't boil.

Turn off heat, remove cinnamon stick and serve.

IN GOOD TASTE

SPRING

**POMEGRANATE
CHAMPAGNE SORBET**

The perfect way to
end any Purim.

- 2 tablespoons
pomegranate juice.
Berry sorbet of
choice (strawberry,
cranberry, raspberry,
blueberry,
blackberry and even
currants work
great!)

Pomegranate seeds
Champagne

Instructions:

Place glasses in freezer
until they are frosted.
Add pomegranate juice.
Add a small scoop of sorbet to each glass.
Top the sorbet with a tablespoon of pomegranate seeds.
Fill with Champagne.
Optional: Garnish with a sprig of mint.

**THE CLASSIC
SPRING DRINK:
MOSCOW MULE**

- 1 lime
2 ounces vodka
Can of ginger
beer
Glassware: Collins
glass or
Moscow
Mule cup

Instructions:

Cut the lime in
half and juice it
into the bottom of
the drink.

Add vodka.

Fill glass with ice.

Fill glass with ginger beer.

Garnish with a lime wheel. ●



Recipes courtesy of the Aqua Vitae Institute in Philadelphia, aquavitaeinstitute.com

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Pomegranate: Valengilda/iStock/Thinkstock.com; sorbet: Winnie_px/Flickr; Moscow Mule: Edsel Little/Flickr

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SPRING

IN GOOD TASTE



GRILL MARKS

ARRIVAL OF SPRING

JEWISH EXPONENT | MARCH 24, 2016

KERI WHITE | JE FOOD COLUMNIST

ACCORDING TO Alfred Lord Tennyson, "In the spring, a young man's fancy lightly turns to thoughts of love." Well, with apologies to his Lordship, in the spring, a (not so) young cook's fancy lightly turns to thoughts of grilling. As a result of this well-documented phenomenon, recent Tuesday evening found me in front of the fire flipping flank steaks and asparagus. Some couscous and early strawberries rounded out the menu nicely.

SOY-GINGER FLANK STEAK | MEAT

- ½ cup soy sauce
- 2 tablespoons minced garlic
- 1 inch-long piece ginger, grated
- Sriracha to taste, if spice is desired
- ½ cup canola oil
- 1 tablespoons sesame oil
- 2 pounds flank steak, about 1 inch thick

Mix first six ingredients in a large Ziploc bag or shallow dish. Add steak and coat thoroughly. Refrigerate for anywhere from 8 hours to 2 days. Bring to room temperature before grilling.

Heat a grill to high — around 500 degrees. Place steak on grill, cover and sear for 3 minutes. Flip steak, cover and cook 3 minutes more.

Turn off heat on one side of grill, flip steaks again and move to the "no heat" side. Cook 3 minutes more. Flip again, and cook another 3 minutes. (Two notes: First, if you use charcoal, slide the steak to the edge of the grill, away from the fire where the heat is less intense. Secondly, if you are using thinner steaks, reduce each segment of cooking time to 2 minutes each.)

Remove steak from heat, cover with foil and allow it to sit for 10 minutes.

Slice thinly across the grain of the meat on a diagonal.

Serves 4

GRILLED ASPARAGUS | PAREVE

- 1 bunch of asparagus
- Juice of ½ lemon
- ¼ cup olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon minced garlic



Rinse asparagus and break off tough ends. Place in shallow dish or Ziploc bag with all remaining ingredients.

Heat grill to high and place asparagus on grill. Allow them to char lightly, and roll them around on the grill for a few minutes until just cooked.

Remove and serve immediately, or set aside and serve chilled or at room temperature.

Serves 4

COUSCOUS WITH VEGGIES AND CHICKPEAS

- 3 cups couscous
- 1 tablespoon canola oil
- 1 carrot, sliced
- 1 onion, chopped
- 1 clove garlic, minced
- 1 stalk celery, sliced
- 1-2 teaspoons curry powder
- ½ teaspoon salt
- ¼ teaspoon pepper



A selection of any other vegetables you want to include: green beans, peas, spinach, zucchini, etc.

- 1 cup cooked (or canned and drained) chickpeas
- Chopped fresh parsley or cilantro for garnish

Make couscous according to package directions. Set aside, covered, until needed.

In large skillet, heat oil over medium flame and add carrots, onions, garlic, celery and spices. Sauté until vegetables are softened, about 8 minutes. Add any remaining vegetables and the chickpeas, and cook until all vegetables are softened and flavors are melded. Fluff the cooked couscous with a fork and add it to the mixture. Stir well.

Top with fresh parsley or cilantro and serve.

Serves 6 to 8

BALSAMIC STRAWBERRIES | PAREVE

- 1 16-ounce bottle balsamic vinegar
- 1 quart strawberries, washed, hulled, and sliced if large
- Your favorite sorbet
- Chopped fresh mint leaves

In medium saucepan, heat balsamic to boil and continue cooking until it is reduced to syrup, about 20 minutes. Allow to cool to room temperature.

Place sorbet in bowl, top with strawberries and drizzle with balsamic syrup.

Garnish with fresh mint leaves.

Serves 4

Note: You can use 18-year aged balsamic for this dish and avoid the boiling step — it is deliciously sweet with lots of flavor and depth, but it is quite pricey. Reducing it yourself is a reasonable workaround and quite economical. ●



Grill: Ben6; asparagus: eyecrave; couscous: travellinglight; strawberries: spafra/iStock/Thinkstock.com



THE BEST RECIPES OF SUMMER

THE TOMATO VARIATIONS

MARCH 24, 2016



LINDA MOREL | JE FOOD COLUMNIST

I LOVE THE SCENT of ripe tomatoes warmed by the sun. At their peak during June, July and August, tomatoes taste better than they do all year. These juicy jewels star in all kinds of salads — from side dishes to main courses.

See Summer, Page 8

Pickled tomatoes: Merinka; tomatoes: mythja; /Collection/Thinkstock.com

STOCKTON | THE SAM AZEEZ MUSEUM UNIVERSITY OF WOODBINE HERITAGE

A Woodbine Balaboosta's Lokshen Kugel

Ingredients

2 large diced onions (2 cups)
2 tablespoons vegetable oil
2 8oz. packages cream cheese
12 ounce package egg noodles
1 cup golden raisins
1 cube chicken bouillon
1 pint cottage cheese
1 pint sour cream
6 eggs
Salt and pepper
1 tablespoon butter



Directions

Preheat oven to 375 degrees.

In a pan saute onions until caramelized. Put cream cheese in a large bowl and pour hot onions over to melt. In a large pot of boiling water cook noodles until done. Drain and add to mixing bowl. Stir in raisins, bouillon, cottage cheese and sour cream. In a separate bowl, beat eggs with a fork and mix into noodles. Season with salt and pepper. Lightly oil a casserole dish and add the mixture. Dot the top with the butter. Bake for 35 to 40 minutes.

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SUMMER

IN GOOD TASTE

Summer

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THE MOST BASIC TOMATO SALAD | PAREVE

- 4 tomatoes, sliced
- Olive oil for drizzling
- Kosher salt to taste

Arrange the tomato slices on a platter. Drizzle with olive oil. Sprinkle with kosher salt. Serve immediately.

Serves 6

VARIATION ONE: TOMATO SALAD WITH GARLIC AND PARSLEY | PAREVE

- 4 tomatoes, sliced
- Kosher salt to taste
- 1 clove of garlic, minced
- Olive oil for drizzling
- 1 tablespoon fresh parsley, minced

Arrange the tomato slices on a platter. Sprinkle them with kosher salt and minced garlic. Drizzle on olive oil generously, then top with parsley. Leave at room temperature for 1 to 2 hours before serving.

Serves 6



VARIATION TWO: TOMATO SALAD WITH AVOCADO | PAREVE

- 4 tomatoes, sliced
- 1 ripe avocado, sliced thin
- Kosher salt to taste
- Olive oil for drizzling
- 2 wedges of lemon

Arrange the tomato slices on a platter. Place the avocado slices between the tomatoes. Sprinkle with salt. Drizzle on the olive oil and lemon juice. You may not need all the lemon juice. Serve immediately.

Serves 6

VARIATION THREE: CAPRESE SALAD | DAIRY

- 4 tomatoes, sliced
- 2 large balls of mozzarella cheese, sliced
- Kosher salt to taste
- Olive oil for drizzling
- Balsamic vinegar for drizzling
- 4 tablespoons basil, chopped

Arrange the tomato slices on a platter. Lay the slices of mozzarella between the tomatoes. Sprinkle with salt. Drizzle on olive oil and balsamic vinegar. Sprinkle the basil on top. Serve immediately.

Serves 6 to 8



VARIATION FOUR: TOMATO SALAD WITH STEAK | MEAT

- 8 slices of broiled or grilled steak
- 4 tomatoes, sliced
- Kosher salt to taste
- Olive oil for drizzling
- Balsamic vinegar for drizzling
- 1 cup of arugula leaves

Place the slices of steak on a platter. Place the tomato slices over the steak. Sprinkle with salt. Drizzle the olive oil and balsamic vinegar on the tomatoes. Scatter the arugula leaves over the tomatoes. Serve immediately.

Serves 6 to 8

VARIATION FIVE: TOMATO SALAD WITH TUNA | PAREVE

- 8 ounces tuna steak, grilled; or 2 (5-ounce cans of solid white Albacore tuna)
- 4 tomatoes, sliced
- Kosher salt to taste
- Olive oil for drizzling
- Red wine vinegar for drizzling
- 2 teaspoons fresh dill, minced

Cut the grilled tuna steak into thin slices, if using, or drain the cans of tuna well and crumble with a fork. Reserve.

Arrange the tomato slices on a platter. Sprinkle with salt. Overlap the grilled tuna between the tomato slices, or sprinkle the canned tuna over the tomatoes. Drizzle with olive oil and vinegar. Sprinkle the dill on top. Serve immediately.

Serves 6 to 8



Tomato: SerAlexVi; salt: vikif; caprese: zi3000/iStock/Thinkstock.com



VEGAN DISHES: WORK AS DINNERS OR SIDES

JUNE 9, 2016



KERI WHITE | JE FOOD COLUMNIST

VEGANISM SEEMS to be sweeping the nation — or at least my family of origin.

My sister and both of my parents have become vegans for health reasons, so when they visit I strive to accommodate them. However, my immediate family is less enthusiastic about these dishes, so I generally try to balance the desires of all the diners by offering some hearty vegan dishes accompanied by a meat, fish or egg dish for the omnivores.

The selection here offers a quartet of tasty vegan dishes that do double duty.

GREEN PESTO

This is different from traditional pesto because it uses green garlic chives in place of cloves, and pistachios as opposed to pine nuts. In addition, it omits the Parmesan cheese in order to be vegan — and for kosher-keeping omnivores it opens up uses that allow it to be served with meat.

- 1 bunch garlic chives, rinsed and drained (or 4 cloves garlic)
- 1 bunch basil, rinsed and drained
- $\frac{1}{4}$ cup raw pistachios
- $\frac{1}{2}$ cup olive oil
- Salt and red pepper flakes to taste

See Summer, Page 10

Pasta: Yulia_Davidovich; basil: anna1311/iStock/Thinkstock.com

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SUMMER

IN GOOD TASTE

Summer

Continued from Page 7

Mix all the ingredients in a food processor and blend until smooth. This keeps in the refrigerator for about a week and can be frozen for several months.

I use it tossed on pasta — be sure to save a little of the cooking water to loosen and distribute the pesto when tossing. You also can drop a spoonful of this in tomato or vegetable soup, spread it on bread or drizzle it in risotto. If you are an omnivore, spread it on grilled or roasted meat or fish.



TOMATO AND VEGETABLE M\u00c9LANGE

This was a “necessity is the mother of invention” creation. I had what appeared to be a gorgeous heirloom tomato which, when sliced, revealed itself to be a mealy, flavorless bust.

The only thing to do in such circumstances is to cook said fraudulent tomato and make the best of it. I also had some green beans that were past their prime — borderline wilted, but still salvageable if I acted fast. Finally, we had some leftover roasted potatoes, which my husband had made to accompany a Sunday evening grilled steak. I put these three near-castoffs together and made something quite delicious — far greater than the sum of its parts.

- 1 tablespoon oil
- 2 cloves garlic, minced
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon dried oregano
- 1 large tomato, cut into chunks
- 2 cups green beans, stems removed, and broken in half
- 2 cups cooked potatoes cut in chunks

In a large skillet over medium heat, pour the oil and saut\u00e9 the garlic with salt and pepper until fragrant, about one minute.

Add the tomatoes and break them up with a wooden spoon. Lower the heat and simmer until they are mostly dissolved into a thick sauce.

Add the green beans and potatoes and cover. Simmer for about five minutes, until the beans are cooked and the potatoes are heated through.

THAI PEANUT NOODLES

These have some serious kick — thanks to the eight garlic cloves and the tablespoon of chili oil. Adjust accordingly if your crew is timid of palate. These can be served hot, at room temperature or chilled. They are wonderful solo, but also complement just about any fish, chicken or meat dish, particularly if there is an Asian flavor.

- 1 tablespoon sesame oil, plus more for tossing noodles
- $\frac{1}{2}$ cup smooth or creamy natural peanut butter
- $\frac{1}{2}$ cup soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon Chinese rice wine or dry sherry
- 1 tablespoon hot chili oil
- 8 cloves garlic
- $\frac{1}{4}$ cup fresh cilantro, plus more for garnish
- $\frac{1}{2}$ pound fresh Chinese noodles (note: read the label to ensure they do not contain egg if you are serving vegans)
- 4 carrots, shredded

Mix all ingredients except the noodles and carrots in a food processor and blend until completely smooth.

Cook the noodles and carrots in boiling water until just tender; reserve $\frac{1}{2}$ cup of the cooking water; drain and toss with just enough sesame oil to keep the noodles from sticking.

Pour the sauce over the pasta and carrots and toss. If the sauce is clumping and not distributing, add $\frac{1}{4}$ cup of the cooking water. Continue tossing until the noodles are completely coated; add more water if needed.

Serves 2 to 4



BARLEY COUSCOUS WITH SUN-DRIED TOMATOES

I managed to find barley couscous at an Indian grocery store in West Philadelphia, but I am confident it could be procured in any health food store or high-end supermarket. If not, feel free to use whole wheat; my goal was to provide a different type of grain from the typical wheat or rice. And I have always viewed sun-dried tomatoes as an excellent substitute for meat — their rich, flavor and chewy mouthfeel trick you into forgetting about steak.

- $\frac{1}{2}$ cup sun-dried tomatoes, packed in oil
- 1 cup water
- 1 cup barley couscous
- Salt to taste

In a medium saucepan, mix sun-dried tomatoes and water. Bring the mixture to a boil.

Add the barley couscous, remove from the heat, stir, cover tightly and set aside.

Let the couscous sit for 10 minutes. Fluff with a fork and taste it. If it is the right texture (not crunchy), adjust the seasoning with salt and serve. If it is still crunchy and all the liquid has been absorbed, replace the cover while you bring another $\frac{1}{4}$ cup of water to boil. Add the water to the couscous, stir, cover and wait another five minutes.

Serves 2 to 4 ●

Onions: nipapornnan; noodles: EzumelImages/iStock/Thinkstock.com; vegetables: Keri White



THE BEST RECIPES OF FALL



IT'S THE GREAT PUMPKIN, CHARLIE BROWNSTEIN

OCTOBER 20, 2016

KERI WHITE | JE FOOD COLUMNIST

PUMPKINS ARE EVERYWHERE these days.

Their seasonal harvest is now, and while their edible virtues are often overlooked in favor of decorative properties, I urge you not to miss out on their nutritional and flavorful benefits.

A serving of pumpkin contains a mere 49 calories and zero fat, but delivers 3 grams of fiber and, hold your horses, 200 percent of your recommended daily allowance of vitamin A, 19 percent of vitamin C and 8 percent of iron.

And pumpkin seeds are veritable powerhouses of nutrients. One cup of these small but mighty seeds contain 110 percent of the recommended daily allowance of iron, 31 percent of zinc and 12 grams of protein.

I've been having a great time experimenting with pumpkin recipes — some traditional, others a bit offbeat — so give them a try before winter arrives and these gorgeous orbs disappear until next year.

GREAT PUMPKIN GRATIN

This recipe was sent to me by a former neighbor who developed a passion for cooking in her 40s after a successful career as a hedge fund manager. Her pumpkin gratin was a million-dollar dish. Served with a bottle of crisp white wine and a simple green salad, this is a perfect casual autumn supper.

- 1 medium pumpkin, 4-5 lbs.
- 1½ cups grated Gruyere cheese
- 1½ cups cubed bread from a day-old baguette or crusty Italian bread
- 1½ cups vegetable broth
- 1½ cups half-and-half
- 1 teaspoon nutmeg
- Salt and pepper to taste
- Olive oil to coat pumpkin
- Toasted bread for serving



Preheat your oven to 300 degrees, and remove all but the lowest oven rack. The pumpkin must fit in the oven without hitting the top.

Cut the top off the pumpkin, leaving a 3- to 4-inch hole. Scoop out the seeds (save them) and the loose, stringy pulp. Sprinkle the inside of the pumpkin with salt and pepper.

Layer the cheese and bread inside the pumpkin in alternating strata. In a medium bowl, mix the broth and half-and-half with nutmeg and a bit more salt and pepper. Pour it over the cheese and bread in the pumpkin and allow it to absorb. There should be about a gap of about three-quarters of an inch at the top of the pumpkin.

Replace the top of the pumpkin, and place the pumpkin on a rimmed baking sheet. Brush the outside of the pumpkin with olive oil, and bake for two hours, or until the pumpkin flesh is tender.

Serve with toasted bread directly from the pumpkin, like a fondue.

Serves 4

ROASTED PUMPKIN SEEDS

The seeds that you scraped from the pumpkin provide a crunchy, healthy snack — nice with a cocktail in lieu of nuts, or sprinkled on a salad.

See Fall, Page 12

Pumpkin: MariuszBlach; cheese: tegmen/iStock/Thinkstock.com

FALL

IN GOOD TASTE

Fall

Continued from Page 11

Seeds from a pumpkin
1-2 tablespoons canola oil
1-2 teaspoons of your favorite
spice blend: Jane's Krazy
Mixed-Up Salt, Lawry's
Seasoned Salt,
Tony Chachere's, Montreal
steak seasoning, chili
powder, curry powder, etc.



Heat your oven to 350 degrees.

Rinse the pumpkin seeds thoroughly to remove all pulp. Spread the seeds on a rimmed baking sheet.

Toss the seeds with oil and seasonings to coat all evenly. Roast for around 30 minutes, stirring occasionally so the seeds brown evenly.

When done, the seeds should be browned and crisp. Serve when they are cool enough to eat.

PUMPKIN BREAD

This is great for breakfast, with a cup of tea in the afternoon or, if you ask my son, topped with vanilla ice cream for dessert. I also like it lightly toasted and spread with cream cheese. Note: If your spice rack does not contain all of the spices called for below, you can eliminate any or all — or substitute a teaspoon of the all-encompassing pumpkin pie spice for the list below.

1½ cups flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
1 cup sugar
1 stick butter or margarine,
softened
1 15-ounce can pumpkin
2 eggs
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon allspice
½ teaspoon ground ginger
1 teaspoon vanilla



Heat your oven to 350 degrees. Grease and flour a 9-by-5-inch loaf pan.

Mix the flour, baking powder, baking soda and salt in a medium bowl.

Mix the remaining ingredients in a large bowl. When thoroughly blended, add the flour mixture and stir until uniform.

Pour the mixture into a prepared pan and bake for 55 to 60 minutes until done. Cool, remove it from the pan and serve as desired. This keeps several days, but it probably won't last that long.

Makes 1 Loaf ●



PAIR UP WITH COMICE PEARS

NOVEMBER 10, 2016

LINDA MOREL | JE FOOD COLUMNIST

WHICH PEARS TASTE BEST?

The Comice variety wins hands down. Their flesh is silky and creamy, distinguishing them from Boscs, Bartletts and Anjous, which, at times, are starchy. Better still, Comice pears are at their juiciest and most sweet during November and December.

With a nod to its French origins, the word "Comice" is pronounced "kuh-mees." Of course the French would give the world the perfect pear, one that is sassy yet elegant.

Since they are large, round and short-necked, and exude a lovely green skin with a pink blush, Comice pears should be the belles of the produce aisle. But they bruise easily, discouraging many Americans from buying them. This is a big mistake. You can't judge a pear by a couple of scars. Once you take a bite into their gushing nectar, you won't settle for mealy texture again.

More than apples, which are an early fall Rosh Hashanah fling, pears are the essence of deep autumn. Serve them for dessert or late in the afternoon with fine quality cheddar and an aged port. These versatile pears are delicious in pastries as well as in savory foods, and are equally good in salads or pies. Recipes made with Comice pears belong on every Thanksgiving table.

AUTUMN KALE AND PEAR SALAD | PAREVE

¾ cup walnut halves
1 5-ounce package baby kale
3 carrots
3 Comice pears
½ cup dried cranberries
Kosher salt to taste
Olive oil for drizzling
Balsamic vinegar for drizzling



Teacup: Mr_POKPAK; kale: 58shadows; pears: tpzjil/iStock/Thinkstock.com; seeds and bread : Keri White

IN GOOD TASTE

FALL

Preheat the oven to 350 degrees. Place the walnuts on a baking sheet and bake for 2 minutes or until fragrant. Watch the walnuts almost constantly, as they burn easily. Cool to room temperature.

Place the kale in a colander and rinse under cold water. Put it in a salad spinner to remove excess moisture. Move to a large salad bowl.

With a scraper, peel off the outside layer of the carrots and discard. Scrape the carrots into ribbons, and place them in the salad bowl.

Slice the pears into quarters. With a sharp knife, peel off the skin, being careful to cut away as little flesh as possible. Cut out the seeds and cores and discard. Cut the quarters into thin slices and add to the salad bowl, along with the cranberries and walnuts.

Sprinkle on the salt. Drizzle on the olive oil and balsamic vinegar. Toss the salad until the ingredients are coated. Serve immediately.

Serves 8

ROASTED PEARS | PAREVE OR DAIRY

An excellent side dish with poultry, bagels and lox, or eggs.

Nonstick vegetable spray

1 cup dry white wine

4 ripe Comice pears

¾ cup chopped pecans

4 teaspoons honey

¼ teaspoon thyme

Optional topping: 1 cup goat cheese



Coat a 13-by-9-inch baking dish with nonstick spray. Pour the wine inside and reserve. Preheat the oven to 350 degrees.

Cut the pears in half. With a small, sharp knife, cut out the seeds and cores and discard. Place the pear halves in the prepared baking dish, skin side down.

Spoon the pecans evenly into the cavities inside the pears where the core used to be. Drizzle the honey evenly over the pecans. Sprinkle the thyme over the pecans.

Bake for 30 minutes, or until the pears are softened and the pecans are crisp. Cool to warm, and serve immediately. Dollop the goat cheese on top, if using.

Serves 8

PEAR PIE | PAREVE

3-4 Comice pears

½ cup granulated sugar

⅓ cup dark brown sugar

2 tablespoons flour

¼ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

⅛ teaspoon ground ginger



- ⅓ teaspoon cardamom
- 2 tablespoons margarine, cut into pea-sized pieces
- ¼ teaspoon lemon juice
- ¼ teaspoon lemon zest
- 1 9-ounce ready-made pie crust. (Wholly Wholesome brand is OU Pareve.)

Preheat the oven to 350 degrees.

Slice the pears into quarters. With a sharp knife, peel off the skin, being careful to cut away as little flesh as possible. Cut out the seeds and cores and discard. Cut the quarters into thin slices and place them in a large mixing bowl.

Add the remaining ingredients (except the pie crust) to the bowl. With your hands, gently mix them together until the pears are coated. Move the pear mixture to the pie crust and arrange it evenly inside. Wash your hands.

Bake the pie for 45 minutes, or until the crust is golden and the pears are bubbling. The pie may need an additional five minutes of baking time. When ready, remove the pie from the oven and cool to warm before serving.

Serves 8 ●

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IN GOOD TASTE

MAY 4, 2017 13

THE BEST RECIPES OF WINTER



BRAISING A COOK'S BEST COLD-WEATHER FRIEND

FEBRUARY 25, 2016

KERI WHITE | JE FOOD COLUMNIST

LONG WINTER SUNDAYS just beg for a meal focused around slow braising, one that will fill the house for hours with delicious aromas wafting in from the kitchen. Add the benefit of the oven's heat offering a much-needed blast of gently radiating warmth to beat the chill outside, and you have a can't-miss situation that builds anticipation for the many hours of cooking, and is rewarded with a deeply flavorful meal. The beauty of the braise is that with minimal effort, dinner more or less cooks itself. Pair this chicken with a simple baked side dish that brings both the starch and the vegetables to the table in one dish, and dinner is done before you've finished the crossword.

CHICKEN BRAISED WITH TOMATOES AND OLIVES | MEAT

- 1 tablespoon oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 4 large bone-in chicken breasts, cut in half
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons chopped, fresh oregano, or 1 teaspoon dried
- 2 bay leaves
- 1 28-ounce can crushed tomatoes
- ½ cup red or white wine
- ¾ cup pitted oil cured black olives



Heat oven to 325 degrees. In large Dutch oven, heat oil and sauté onions and garlic over medium-high heat until fragrant, about 3 minutes. Add chicken pieces, skin-side down, and sear. Turn over, searing the reverse side.

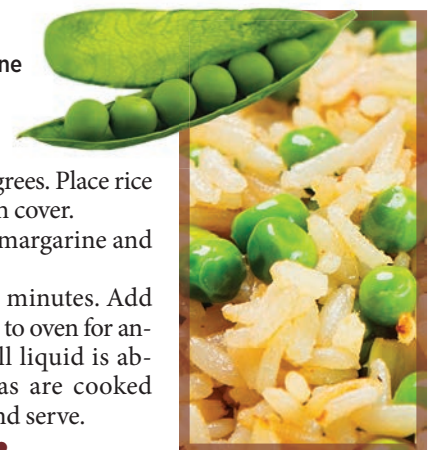
Sprinkle with salt and pepper. Add oregano and bay leaves and stir. Add remaining ingredients. Stir again.

Cover and place in oven, bake 2 hours or more until chicken is falling off the bone. Adjust for seasoning, garnish with fresh herbs if desired, and serve over rice, pasta or couscous.

Serves 4 with leftovers

BAKED BROWN RICE WITH PEAS | PAREVE

- 1½ cups brown rice
- 3½ cups boiling water
- 1 tablespoon margarine
- ½ teaspoon salt
- 1½ cups frozen peas



Preheat oven to 325 degrees. Place rice in 2-quart baking dish with cover.

Pour in boiling water, margarine and salt; stir.

Cover and bake for 45 minutes. Add peas, stir, cover, and return to oven for another 30 minutes until all liquid is absorbed and rice and peas are cooked through. Fluff with fork and serve.

Serves 4 with leftovers ●

Soup: Keri White; braised beef: Eising; garlic: karandaev/iStock/Thinkstock.com — peas: Ingram Publishing

IN GOOD TASTE

WINTER



SUPER SOUPS

DECEMBER 22, 2016

KERI WHITE | JE FOOD COLUMNIST

DURING THIS FESTIVE season, in which every moment seems to be filled with gustatory temptation, it is sensible to downscale consumption and reduce indulgence when possible.

Everyone loves a party. Cookies are great. I adore cocktails.

But on the nights when no social occasion calls, I suggest a healthy, wholesome bowl of soup to counter the latkes, drinks, pastries and cheesy bits that become much of our diet during the month of December. (And that we regret come January.)

BEAN SOUP À LA MATT

My husband has become quite a good cook. Sunday seems to be his day in the kitchen, and he gravitates toward one-pot wholesome dishes like chili and stew.

He was inspired to create a bean soup one Sunday when we were given the leftovers of a smoked turkey dinner. The turkey bones gave the soup a nice smoky flavor. Turkey hocks, smoked turkey wings or a few slices of turkey bacon would do the trick if you don't have a spare carcass lying around.

This warm, hearty but not terribly fattening soup is ideal on a cold evening. The high-fiber, low-fat protein content of the beans makes it all the better.

- 2 pounds black-eyed peas (white beans or Great Northern beans could be substituted)
- 1 large onion, chopped
- 3 ribs celery, chopped
- 3 carrots, chopped
- 2 cloves garlic, crushed
- 1 bunch fresh parsley, chopped
- 4 sprigs fresh thyme
- 1-3 teaspoons ancho or chipotle chili powder (to taste)
- 2 teaspoons salt (to taste)
- Bones from a smoked turkey or 2 turkey hocks or 4 strips turkey bacon
- Water to cover



Soak the beans overnight and drain. Rinse them well and place them in a large pot.

Add the remaining ingredients, and bring them to a boil. Lower the heat, cover and simmer for two hours or more until the beans are tender.

Adjust the seasoning and serve.

Serves 10 — and freezes well

CARROT SOUP WITH FRESH DILL

- 1 tablespoon canola oil
- 1 large onion, chopped
- 12 large carrots, sliced (no need to peel)
- 2 stalks celery, chopped
- 6 cups vegetable stock
- 1 bunch fresh dill, coarsely chopped
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup half-and-half (if desired)



In a large pot, heat the oil and saute onion until fragrant. Add the celery and carrots, and continue sauteing until the vegetables begin to soften.

Add the dill, stir and add the stock, salt and pepper. Bring it to a boil, then lower the heat, cover and simmer for about 30 minutes until the ingredients are softened.

Using an immersion blender or regular blender, puree the soup until smooth.

If desired, add the half-and-half.

Serves 4 to 6





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Soup: Keri White — ladle: yvdavyd; black-eyed peas: tfazevedo; carrots: anna1311; carrot soup: IgorDutina/iStock/Thinkstock.com

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