



A SUPPLEMENT TO THE
JEWISH EXPONENT

APRIL 12, 2018

In Good Taste

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130TH ANNIVERSARY JEWISH EXPONENT

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The Best Recipes of

SPRING

Menu for the Spring Palate

MAY 4, 2017

KERI WHITE | JE FOOD COLUMNIST

I HAD THE good fortune to spend an early spring weekend at the Lodge at Woodloch in Hawley, Pa. In addition to the glorious setting, delicious cuisine, plethora of fitness offerings and relaxing spa treatments, the inn offers lectures and cooking demonstrations for guests.

Whether you buy the herbal theories or not, it is certainly true that we eat heartier meals in the cold weather, and that many of the vegetables we typically consume in the winter months are those that can be stored without compromising quality, such as starchy root vegetables and hardy greens.

LEMON ROSEMARY ROAST CHICKEN

- 1 large roasting chicken, about 6 pounds
- 2 lemons
- 2 cloves garlic, crushed
- 2 teaspoons fresh or 1 teaspoon dried rosemary
- 2 teaspoons kosher salt
- 2 teaspoons kosher salt
- Fresh ground pepper

Heat the oven to 375 degrees. Rinse and dry the chicken. Slice the lemons thinly and place some of the lemon slices in the bottom of the roasting pan.

Separate the skin from the breasts, and place the salt, garlic, rosemary and lemon slices in the space between the skin and the meat. Rub it from the outside to distribute the seasoning.

Place the remaining lemon slices, salt, garlic and pepper in the cavity and on the outside of the skin.

Roast the chicken for about 80 minutes, until the thickest part of the thigh registers 180 degrees on a meat thermometer. Remove the chicken from the oven, and let it rest for 10 minutes. Carve and serve with pan drippings, if desired.

Serves four to six

RICE WITH PEAS AND PARSLEY

- 1 cup cooked rice (any type of long grain, basmati or brown is fine)
- 1 cup cooked frozen peas
- 1 tablespoon canola oil
- 1 small onion, chopped
- ½ cup chopped fresh parsley
- ½ teaspoon salt
- Fresh ground pepper to taste

Cook the rice according to the package directions, then set it aside. Cook the peas according to the package directions, then

set it aside. In a medium saucepan, heat the oil and sauté the onions until soft, about five minutes. Add the salt, pepper, rice and peas and mix thoroughly. Toss in the fresh parsley, mix and cook another minute until parsley is warm.

Serve hot or at room temperature.

Serves four

DILL ROASTED CARROTS

Because the carrots roast at the same temperature as the chicken, this is a convenient dish to serve with this menu. And they are delicious hot, warm or chilled as a salad, so they are quite versatile. The fresh taste of the dill complements the sweetness of the carrots for a delightfully seasonal side.

- 1 tablespoon canola oil
- 1 pound carrots, cut in coins
- ½ cup fresh dill, chopped
- ½ teaspoon salt
- Fresh ground pepper to taste



Heat your oven to 375 degrees.

In a large baking dish, toss all the ingredients.

Roast for 30 minutes until the carrots are cooked through. Serve hot, warm or chilled as a salad.

Serves four

STRAWBERRIES WITH BALSAMIC VINEGAR

If you can get your hands on the liquid gold aged balsamic that pours like syrup and tastes like heaven, then you are a lucky cook indeed. But it is rare and costly, and if you don't have any in your pantry, you can reduce regular balsamic to create a reasonable facsimile.

If balsamic vinegar, no matter how sweet, doesn't qualify as dessert for you, consider strawberries with a spritz of lemon, a sprig of mint and a sprinkle of sugar, or a drizzle of chocolate sauce, or just plain. But if you are interested in the balsamic reduction, here's how to do it:

Pour a bottle of balsamic vinegar into a saucepan.

Bring it to a boil and reduce the heat to medium.

Stirring occasionally, keep an eye on the pot and simmer as the vinegar reduces to about a third of its original volume.

Serve over fresh strawberries.

Note: Extra should be stored in the refrigerator and brought to room temperature before using. It is delightful on fresh fruit and ice cream, with salad, with a cheese plate, or drizzled in a plate of olive oil and served with bread. ●



Rice: Keri White; carrots: elikatsseva; balsamic vinegar: StefanoVenturi/Thinkstock.com

JEWISHEXPONENT.COM

IN GOOD TASTE

APRIL 12, 2018 3

DELISH FISH

JUNE 15, 2017

KERI WHITE | JE FOOD COLUMNIST

I'VE BEEN EXPERIMENTING with different types of fish recently. My latest strategy is to walk up to the fishmonger and ask what he or she recommends on a given day.

It has never failed: The recommendations have been spot-on, fresh and delicious, and this approach has taken me out of the semi-rut of cooking soy ginger salmon once a week.

The fish I've bought has been uniformly fresh. When I unpack it, there is no fishy smell. And let's consider the connotation of that phrase — if it is fishy, well, perhaps it is not terribly fresh. So, cultivate a good relationship with a reputable establishment and give these dishes a try.



GRILLED TUNA WITH HERB BUTTER

I used basil for this butter because I have an abundance of it growing in my garden, but any herb would work fine, including dill, cilantro, parsley, thyme or oregano, depending on your palate and your pantry.

Serves four

For the butter

- ½ stick butter, softened
- 1 tablespoon chopped fresh herb(s)
- ½ teaspoon salt (or less, to taste)

Mix ingredients well with a fork and set aside until needed.

For the tuna

- 4 tuna steaks, 6 to 8 ounces each (approximately 1-inch thick)
- 3 tablespoons olive oil
- Pinch of salt
- Generous sprinkle of freshly ground pepper

Place the tuna into a shallow dish. Coat it with oil and sprinkle it with salt and pepper on both sides.

Allow the fish to sit for about 30 to 60 minutes at room temperature.

Heat a grill to medium-high and place the fish on it. Close the cover.

After about two minutes, rotate the fish 90 degrees (do not flip).

This gives the steak those appetizing cross-hatched grill marks.

After another two minutes, flip the fish. Repeat the two minute/rotate process on the second side. For the final minute of cooking, spread a generous schmear of the seasoned butter on the top of each steak and allow it to melt. Remove it from the grill and serve immediately.

OVEN-ROASTED SNAPPER WITH CILANTRO MOJO SAUCE

This dish is super simple — especially if you buy the sauce. If you can't find this precise condiment, you can use any green salsa, especially if you doctor it up with some fresh cilantro and lime juice.

The sauce recipe makes more than you will need for this dish; keep it in the fridge for a few days and slather it on anything you like. If red snapper is not to your liking, or is not available on a given day, you can do this with any medium-bodied whitefish such as bass, cod, mahi-mahi, fluke or grouper.

Serves four

For the Mojo Sauce

- 1 cup cilantro leaves
- ¼ cup canola oil
- 2 tablespoons white vinegar
- ¼ cup freshly squeezed lime juice
- 3 cloves garlic
- ½ teaspoon salt
- Black pepper to taste
- Hot sauce to taste



Puree all the ingredients in a blender or Cuisinart. Store in the refrigerator.

For the fish

- 4 red snapper filets
- 2 tablespoons butter or canola oil
- Sprinkle of salt and pepper

Heat your oven to 400 degrees.



Tuna: Keri White; snapper: PicturePartners/Thinkstock.com; taco: Keri White

Place the fish in a large baking dish and daub it with butter or brush it with oil, and sprinkle it with salt and pepper.

Roast the fish in the oven for about 12 minutes until just about cooked through.

Drizzle the sauce over the fish; you will need about 2 tablespoons per filet. Cook for another minute or two until the sauce melts over the fish. Serve immediately.

HADDOCK TACOS

Over Memorial Day weekend, we hosted a crowd at the beach. We wanted to take advantage of the proximity of fresh, local fish, and we also wanted something that would feed and please the crowd. This dish fit the bill.

Serves four

1 pound haddock, cut in strips

½ cup corn meal

½ cup panko bread crumbs

¼ teaspoon salt

Generous sprinkle of fresh ground pepper

Dash cayenne pepper

Dash cumin powder

Fixings for tacos

Tortillas, salsas, sour cream, slaw, guacamole, etc.

In a shallow bowl, mix the corn meal, panko and seasonings. Heat your oven to 375 degrees.



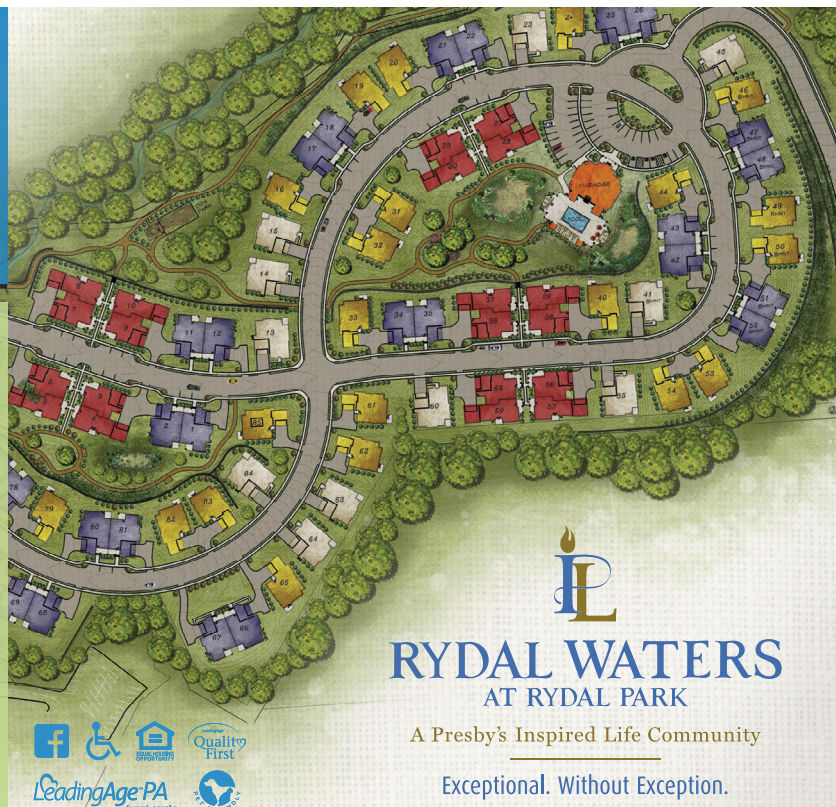
Dredge the pieces of haddock in the mixture, coating all sides. Place the coated haddock on an oiled baking sheet.

Bake the fish in the oven until cooked through and lightly brown, approximately 20 minutes.

Serve the fish with desired fixings. •

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The Best Recipes of

SUMMER P-P-Pesto

JULY 27, 2017

KERI WHITE | JE FOOD COLUMNIST

PESTO IS ONE of those quint-essential summer foods.

Its featured ingredient, basil, is in full bloom this time of year, and the no-cook nature of the dish is a great option for hot summer nights. Traditional basil pesto is unanimously loved in my house; even my carb-avoidant husband will relax his strictures to delve into a tempting plate of fettuccine pesto.

The word “pesto” comes from the Italian word “pestare,” which means to crush or pound. It is traditionally made by hand in a mortar and pestle (note the same root word). I use a food processor, but I certainly applaud anyone who wants to try the authentic method.

I’m a fan of riffing on the traditional, and if the innovation yields a health, flavor or textural benefit, all the better. Last year, I played with avocados in the pesto, and it worked well.

The recipe below differs from the original version with the addition of cooked green peas. This reduces the amount of oil and cheese used in the dish so it cuts the fat, and brings a creamier texture to the sauce. The basil and garlic flavor is a bit more subtle, but there is still plenty going on here.

This makes enough for a pound of fresh pasta with some left-over. The good news: Pesto freezes beautifully, and there are countless uses for it aside from a pasta topping. Consider these options:

- ❑ Ditch the butter and offer pesto as an accompaniment to fresh bread.
- ❑ Make “Caprese Towers.” Layer a



sliced tomato, a schmear of pesto, a slice of fresh mozzarella cheese, and continue for two more layers. If they topple, fear not, they are still delicious. And if you really want them to stack, you can secure them with a toothpick.

- ❑ Make pesto salad dressing; use one part pesto, one part olive oil and a splash of balsamic vinegar.
- ❑ Mix pesto into tuna or chicken salad.
- ❑ Use it to top pizza in lieu of marinara sauce.
- ❑ Substitute it for mayo or mustard on a sandwich.
- ❑ Serve it as a condiment with a cheese plate.
- ❑ Drizzle it over grilled fish or veggies.
- ❑ Make the quickest appetizer ever: Place a block of cream cheese on a plate, cover it with pesto and serve with crostini or crackers. ●



Basil: Keri White; Pesto: alisafarov; Pesto Pizza: nata_vkusidey/Thinkstock.com

P-P-PESTO PASTA (PEA PISTACHIO PESTO)

- 3 cups fresh basil leaves, rinsed
- 4 cloves garlic
- 1 cup green peas, cooked, with
¼ cup cooking liquid
- ½ cup olive oil
- ½ cup Parmesan cheese
- 2 tablespoons shelled, roasted,
salted pistachios
- Sprinkle of red pepper flakes
- Salt to taste
- 1 pound fresh pasta

PLACE ALL INGREDIENTS except for the pasta in a food processor, and puree until smooth.

Cook the pasta according to package directions until al dente. Before draining, reserve ¼ cup cooking water.

Drain the pasta well, pour it into a bowl, and add ¾ cup of the pesto to the pasta. Add the pasta water, a little at a time, to help loosen the sauce and spread it over the pasta. Serve immediately. •



Pea pistachio pesto pasta: nata_vkusidey/Thinkstock.com

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Farro: The Miracle Grain

AUGUST 10, 2017

LINDA MOREL | JE FOOD COLUMNIST

AN ANCIENT GRAIN, farro has become wildly popular in recent years.

Farro originated in the Fertile Crescent, where it has been found in the tombs of Egyptian kings and was perhaps fed to Roman legions. Italians have eaten farro for centuries.

Why are Americans suddenly interested in farro?

With the continuing love affair with Italian food, farro was the natural progression after risotto and polenta. With nutty flavor and a chewy texture, farro is just plain delicious.

Farro is derived from three types of hulled wheat: spelt, emmer and einkorn. Packing a healthy punch, it is high in protein and fiber and beats out brown and white rice in terms of nutrition. It contains calcium, iron, magnesium, niacin and zinc.

Sold dry like rice, farro resembles barley in appearance after it is cooked.

Less finicky to prepare than rice, farro

is versatile. It is lively in salads

but can also withstand heat without falling apart, so it's great in soups and stews. It makes a spunky risotto and is a sophisticated side dish. At breakfast, it's the new oatmeal.

Try serving sunny side up fried eggs over farro. It mixes well with runny yolks. More nutritious than pasta, farro complements tomato sauce, with or without meatballs. Once you start making farro, there's no end to the ways you'll enjoy it.

BASIC FARRO | PAREVE

Yield: one cup; serves two

$\frac{1}{2}$ cup raw farro
Water for rinsing, plus 1 cup
Pinch of salt

In a colander, rinse the farro under cold water. Reserve.

Pour one cup of water into a medium-sized saucepan. Add the salt. Cover the saucepan and bring the water to a boil on a high flame. Add the farro. Stir it and cover the pot. Reduce the flame to medium-low. The water should be at a low simmer.

After 15 minutes of simmering, remove the saucepan from the flame and keep it covered for five minutes. Add two tablespoons of water or more if there is hardly any water in

the saucepan. Cover the saucepan and simmer on low for another five to 10 minutes, or until the water is absorbed. The farro should be crunchy but not hard inside. If it is not done, add a tablespoon or two of water, cover the pot and continue simmering.

FARRO FOR BREAKFAST | PAREVE OR DAIRY

Serves two

$\frac{1}{2}$ cup raw farro
Water for rinsing, plus 1 cup
Pinch of salt
 $\frac{1}{2}$ inch piece of ginger root, skinned and chopped fine
Accompaniments:
Maple syrup for drizzling
Any kind of berries
1-2 tablespoons plain Greek yogurt

Rinse the farro under cold water. Reserve.

Pour one cup of water into a medium-sized saucepan with the salt and ginger.

Cover the saucepan and bring water to a boil, following the Basic Farro directions.

When the farro is ready, spoon it into two cereal bowls. Drizzle the maple syrup on top. Add berries or Greek yogurt, if using. Serve immediately.

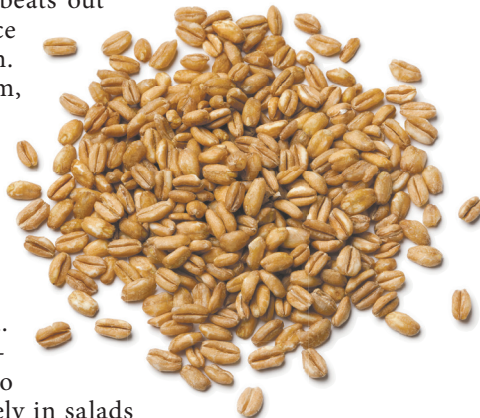
FARRO SALAD | PAREVE

Serves six to eight

1 small zucchini, diced
1 cup cherry tomatoes, cut in half
1 bunch of scallions, sliced thin
2 tablespoons red pepper, diced fine
4 tablespoons raisins
 $\frac{1}{8}$ cup olive oil
 $\frac{1}{8}$ cup red wine vinegar
 $\frac{1}{4}$ teaspoon garlic powder, or more if desired
Kosher salt to taste

Follow the Basic Farro recipe. Let the cooked farro come to room temperature. The recipe can be made to this point, stored in a container and refrigerated three days in advance.

Place the farro in a large mixing bowl, along with the remaining ingredients. Stir the ingredients until well combined. Serve immediately, or cover and refrigerate. If refrigerated, bring to room temperature before serving and stir again.



SUMMER



FARRO RISOTTO WITH MUSHROOMS | PAREVE OR DAIRY

Serves four

- 10 ounces of mushrooms
(white, crimini, chanterelle, shitake
or a combination is best)
- 3 tablespoons olive oil, or more if needed
- 4 cloves of garlic, chopped fine
- Kosher salt to taste
- Optional topping: grated
Parmesan cheese

Rinse the mushrooms under cold water and remove all dirt. Drain them well on paper towels, coarsely dice and reserve.

In a medium-size saucepan, heat the olive oil on a medium flame. Add the garlic and sauté until it is sweating and fragrant, about two minutes. Add the mushrooms and sprinkle with salt. Sauté until the mushrooms wilt, about five minutes. Drizzle in more oil if the mushrooms are dry and beginning to stick.

Into the saucepan with mushrooms, add the ingredients and follow the directions for Basic Farro. Check as the farro simmers to make sure there is enough salt. Cook until the farro is ready. Place the farro in a serving bowl and serve immediately. Generously sprinkle with Parmesan cheese, if using. •



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The Best Recipes of

FALL Ginger-rific Flavors for Fall

NOVEMBER 23, 2017

KERI WHITE | JE FOOD COLUMNIST

I'VE BEEN PLAYING AROUND a lot with ginger these days. This spicy root gives an energetic kick to food and has many health-giving properties.

But first, some basic facts. Although it is normally referred to as a root, the portion of the plant we eat is actually the stem or rhizome. Originally cultivated in Southern Asia, ginger is a key ingredient in Chinese, Indian, Japanese, Malaysian and other Asian cuisines. Over time, the plant spread west, moving into Africa and the Caribbean, where ginger remains a popular flavor in a variety of foods, as well as an herbal remedy for numerous ailments.

Ginger is purported to boost bone health, strengthen the immune system, reduce arthritis, calm the digestive system, reduce menstrual disorders, and help with cold and flu symptoms.

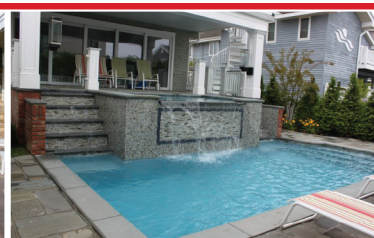
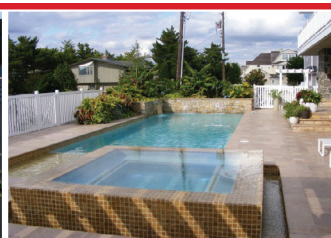
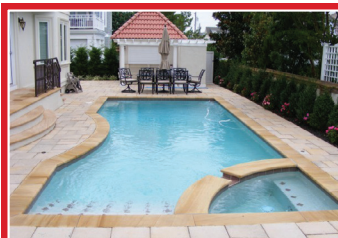
Be that as it may, ginger also happens to be delicious, and I've been enjoying it with breakfast, lunch, dinner and snacks. Here are a few tasty preparations to integrate this flavorful rhizome into your diet.

GINGER MEUSLI *Serves one*

The beauty of this dish is that you can totally customize it to your taste. Serve it warm on a chilly morning or cold if that suits your mood. Swap ingredients according to your preference and your pantry. And double, triple and quadruple it according to the crowd around your breakfast table.

It can be made ahead, but the oats will become mushy as they absorb the liquid. If this texture is an issue, you can assemble the dry ingredients ahead of time and add the liquid immediately before serving. This version is my basic go-to, but the possibilities are nearly endless; see suggested variations below.

- 1/3 cup old-fashioned rolled oats (not instant)
- 1/4 cup chopped apple
- A scant handful of unsalted, raw almonds
- A scant handful of raisins
- 1 tablespoon pure maple syrup
- Generous sprinkle of cinnamon
- 1/2 teaspoon grated fresh ginger (or more to taste — a little goes a long way)
- 1/2 cup skim milk



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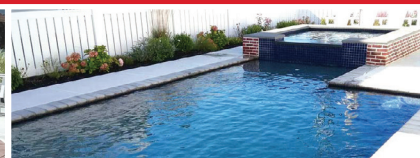
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Mix all ingredients and enjoy.

Variations: Use honey, molasses or agave to sweeten in place of the syrup. Use plain yogurt, nut, soy or coconut milk instead of the skim milk. Swap the almonds for another nut, the raisins for another dried fruit — sour cherries are one of my favorites. Sprinkle generously with shredded, unsweetened coconut. Add any fresh fruit desired such as bananas, pears or berries. Omit the cinnamon and use nutmeg, cardamom or ground cloves.

GINGER-ROASTED ROOT VEGETABLES *Serves four to six*

As autumn's harvest appears in markets across the region, root veggies take center stage. I am a fan of roasting them; their natural sweetness emerges, and their velvety texture is just wonderful. Ginger adds a unique kick of spice without being overly dominant. If you have any left, these are delightful cut up and tossed into a green salad the next day.

- 3 small sweet potatoes, peeled and cut into 1-inch pieces
- 4-6 parsnips, ends trimmed, cut in 1-inch pieces
- 2 tablespoons olive oil
- 1 tablespoon grated ginger
- Salt and pepper to taste

Heat your oven to 400 degrees.

In a large baking dish, toss all the ingredients.

Roast in the oven for about 35 minutes, stirring occasionally, until the vegetables are soft and beginning to brown. Serve warm or at room temperature.



GINGER SNAPS

Makes two to three dozen cookies, depending on size

These ginger snaps are a family-friendly crowd pleaser. They are simple, so young children can certainly help make them, and the relatively mild ginger flavor won't bother more timid palates. Being pareve, they are also easy to serve at any time.

- $\frac{3}{4}$ cup shortening
- 1 cup brown sugar
- $\frac{1}{4}$ cup molasses
- 1 egg
- $2\frac{1}{4}$ cups sifted flour
- 2 teaspoons baking soda
- $\frac{1}{2}$ teaspoon salt



See Ginger, Page 12

Cookies: bhofack2; ginger: fortyforks; root vegetables: Magone/Thinkstock

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Ginger

Continued from Page 11

- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- Approximately ½ cup white sugar for coating dough

Heat your oven to 375 degrees.

Cream together the shortening, brown sugar, molasses and egg.

In a separate bowl, mix the remaining ingredients, and then gradually pour them into the wet mixture and blend well.

Using two teaspoons, form the balls with dough and roll them in sugar.

Place the dough balls on a parchment-lined cookie sheet, and bake nine to 11 minutes until done.

GINGER-TINI

Makes one drink

Ginger-infused vodka is pretty fabulous. But if you are not a fan of ginger, just use regular vodka and shake up the refreshing beverage. You'll be glad you did.

- 2 ounces ginger-infused vodka (recipe follows)
- 2 ounces fresh-squeezed lemon juice
- 1 ounce simple syrup (recipe follows)
- 3 basil leaves

Muddle the basil leaves in the bottom of a cocktail shaker.

Add the vodka and lemon juice and muddle again.

Add the ice and simple syrup; shake well and strain into a martini glass.

For ginger-infused vodka: Chop 4 tablespoons of fresh ginger. Add to 2 cups of high-quality vodka. Allow the ginger to soak for several hours. Strain and enjoy.

For simple syrup: Mix ½ cup sugar and ½ cup water. Heat in a small saucepan until melted. Cool and use as desired. •

For more cocktails, see jewishexponent.com/category/lifestyle/philacatessen/.

An Apple (or 10) a Day...

OCTOBER 19, 2017

KERI WHITE | JE FOOD COLUMNIST

MY HUSBAND AND son recently reprised their annual fall ritual: apple picking at Highland Orchards near West Chester, and lunch afterward at Victory Brewpub.

In addition to the dishes detailed below, I have stuffed a roasted chicken cavity with a halved apple; it infused a lovely sweetness and moisture to the meat. I have yet to try it with beef stew and/or pot roast, but research indicates that the addition of quartered, cored apples adds a unique and autumnal flavor to braised beef.

APPLE SLAW

Serves six to eight

I am a fan of slaw; it adds a healthy crunch to just about everything, and this version offers a seasonal tang. The addition of apples and cider vinegar gives a sweet/sour offbeat twist on the classic, and substituting yogurt for the more traditional mayo boosts the nutritional quotient. This dish is best made a day ahead to allow all the flavors to meld.

- ½ head cabbage, shredded
- ½ onion, finely chopped
- 2 carrots, shredded
- 2 tart apples, shredded
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- ¼ cup plain yogurt
- ½ teaspoon salt
- Fresh ground pepper to taste

In a large bowl, toss the shredded apples in the vinegar. Add the remaining ingredients and mix well.

Refrigerate for several hours or overnight to optimize flavor.

APPLE CUSTARD TART

Serves eight

This tart requires several steps, but is not difficult. Pastry dough is like kryptonite is to Superman, but I don't object to a simple dough that can be pressed into a pan, so this worked for me.

First, make the crust:

- 2 sticks butter, softened
- 1 cup sugar
- 2¼ cups flour

Heat your oven to 350 degrees. Mix all the ingredients on low until the dough forms into crumbly bits about the size of peas.

Press the dough into the bottom and up the sides of a 9-inch fluted tart pan with a removable bottom. Prick all over with a fork.

Bake for about 15 minutes and remove it from the oven.

Make the custard:

- 3 eggs
- ¾ cup sugar
- 1½ sticks butter
- 1 teaspoon vanilla
- ⅓ cup flour
- ¼ teaspoon salt



In a medium bowl, whisk the eggs and sugar. Set aside.

Melt the butter in a medium saucepan on medium heat. Add vanilla and cook it until the butter foams and then browns (do not burn). This takes about five minutes. Cool the butter for about 10 minutes.

Whisk the cooled butter into the egg mixture, then add the flour and salt.

Assemble and bake the tart:

- 3 apples, peeled, cored and sliced

Line the tart shell with apples. Pour the custard filling over the apples.

Bake the tart at 350 degrees for about 50 minutes until the apples are golden brown and the filling is puffed.

Cool the tart for about two hours, remove it from the pan and serve it with fresh whipped cream or vanilla ice cream. •



Apples: Purestock; tart: Katharina Rau/Thinkstock



WINTER

Show Stealing Sides

JANUARY 19, 2017 • KERI WHITE | JE FOOD COLUMNIST



GONE ARE THE days when dinner meant a slab of meat accompanied by some boiled vegetables. Vegetables are taking center stage, and oftentimes the sides are more interesting than the protein.

This time of year, the fresh vegetable selection can be a bit bleak. It's much better to eat vegetables that are in season — which now means things like cabbage, Brussels sprouts, carrots and cauliflower.

In an effort to jazz up my side dishes and reduce our red meat intake, I've developed some vegetable recipes that showcase winter's bounty and are, though simple, quite delicious.

CAULIFLOWER "STEAKS" WITH CRISPY BREADCRUMBS

Even people who claim to hate cauliflower may give this an "A." The crunch of the breadcrumbs, coupled with the slight sweetness of the cauliflower as it begins to caramelize through the roasting process, make it unique and toothsome.

- 1 large head cauliflower
- Olive oil to coat pan and brush over cauliflower (approximately ½ cup)
- Salt and pepper
- ¾ cup homemade toasted breadcrumbs

Heat your oven to 375 degrees. Slice the cauliflower vertically into saucer-sized slabs or "steaks."

Place the steaks in a large baking dish that is lightly brushed with oil, and brush oil over the tops of the steaks. Sprinkle with salt and pepper. (You may need two baking dishes.)

Roast the cauliflower for about 40 minutes until softened and beginning to brown. Remove it from the oven, sprinkle it with the toasted breadcrumbs and return it to the oven for about five minutes.

Serves four generously



See Sides, Page 14

Thinkstock images above: cabbage: flySnow; Brussels sprouts: Elenathewise; cauliflower: ilietus; carrots: Maksym Narodenko; cauliflower steaks: Keri White

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Sides

Continued from Page 13

**BROWN BUTTER BALSAMIC CABBAGE AND BRUSSELS SPROUTS**

If you are being particularly virtuous, you can omit the brown balsamic butter and enjoy the sauteed veggie combo.

- 1 head red cabbage
- 2 pints Brussels sprouts
- 2 tablespoons canola oil
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ stick butter
- 2 tablespoons balsamic vinegar

Slice the cabbage, remove the stems from the Brussels sprouts and cut them in half.

In a large skillet, heat the oil over medium, then add the salt and pepper and vegetables. Stir frequently, turning over, and saute until done, about 12 minutes.

While the vegetables cook, place the butter in a small skillet and cook over medium heat until it browns. The butter will foam and eventually begin to brown. You know it is done when it emits a nutty aroma, turns a light brown color and there are small, granular bits in the bottom of the pan. When done, add the balsamic vinegar and stir.

Toss the brown balsamic butter over the cooked cabbage and sprouts and serve.

Serves eight

CARROTS IN THEIR OWN SYRUP

I overheard a fellow guest at a holiday party describing this technique for cooking carrots. Intrigued, I gave it a shot, and it is now in the rotation. It is a much healthier version of honeyed carrots because it doesn't involve any added sweetener.

- 1 bunch carrots
- 1 inch piece of lemon zest
- ½ teaspoon salt
- ¼ teaspoon pepper
- Fresh parsley to garnish, if desired

Cut the carrots into thick coins. Place the carrots in a saucepan with the lemon zest, salt and pepper, and add just enough water to cover.

Bring the water to a boil, cover and simmer for eight minutes until the carrots are tender but not mushy.

Drain the carrots. Reserve the liquid and return it to the pan.

Turn up the heat, and boil the liquid to reduce it; it should cook down to about ½ cup. This will take about 15 minutes.

Pour the reduction syrup over the carrots, sprinkle with chopped parsley and serve hot, at room temperature or chilled as a salad.

Serves four ●

EAT, DRINK AND BE MERRY THROW A JOYOUS PURIM PARTY

MARCH 9, 2017 | LINDA MOREL



PURIM IS A busy holiday: It starts with an evening reading of the Megillah of Esther, followed by a morning reading of this story whose plot rivals the pace of a thriller.



There's a brave and beautiful heroine, a clever uncle, a despotic king and a villain who plotted to annihilate the Jews but gets hung by his own wicked plans.

Portions of sweets and treats are exchanged among loved ones. Finally comes the highlight of any Jewish holiday — a delicious meal.

But unlike most celebrations, where dining occurs at night, the Seudat Purim, the requisite feast, is a luncheon, often lingering until evening.

The idea of a midday celebration is credited to the fourth-century scholar Rava, who thought a lavish lunch would prevent Purim from becoming a regular workday. Bearing out Rava's worst fears, this meal now passes under the radar screen. It is mostly observant Jews who host Seudat Purims.

However, with Purim falling on March 12, a Sunday, there is an opportunity for this celebration to reach a wider audience.

Seudat Purim foods are seasoned with symbolism. With no access to kosher food at the court of King Achashverosh, Queen Esther ate seeds, nuts and possibly chickpeas, which are stirred into recipes. As turkeys are stupid animals and the king was foolish, turkey is often on the menu.

Many families bake an especially long braided challah, symbolizing the rope used to hang Haman. The most famous Purim dessert is hamantaschen, because its triangular shape mirrors Haman's three-sided hat. Many pastries are also studded with poppy seeds.

To express the joy of survival, of good triumphing over evil, serving cocktails and wine is not only suggested but encouraged. Liquor is drizzled into cooking, too. Among all Jewish celebrations, a Seudat Purim calls for blissful revelry, noisemakers and fun.

MORDECHAI MARTINIS | PAREVE

Needed: six martini glasses, white wine glasses or tumblers

- 1 lemon
- 2¼ cups vodka
- ¾ cup dry vermouth
- Ice cubes, a dozen or more

With a small, sharp knife, cut off six pieces of lemon rind. With your fingers, twist each one. Place them on a small plate and reserve.

Pour the vodka, vermouth and a generous amount of ice cubes into a pitcher. Stir the ice cubes through the vodka mixture until cooled, about 30 seconds. Pour the vodka mixture through a strainer and into the martini glasses. Discard the ice cubes. Drop a lemon twist in each glass and serve immediately.

Serves six

QUEEN ESTHER COSMOPOLITANS | PAREVE

Needed: six martini glasses, white wine glasses or tumblers

- ¼ cup fresh lime juice from 1 or 2 limes
- 1½ cups vodka
- ¾ cup orange liqueur
- 1½ cups pomegranate juice
- Ice cubes, a dozen or more



Pour the lime juice into a pitcher. Add the vodka, orange liqueur, pomegranate juice and a generous amount of ice cubes. Stir the ice cubes through the vodka mixture until cooled, about 30 seconds. Pour the vodka mixture through a strainer and into the martini glasses. Discard the ice cubes. Serve immediately.

Serves six

WINE-DRIZZLED TURKEY BREASTS | MEAT



Equipment: roasting pan and rack

- Nonstick vegetable spray
- ½ turkey breast (1 piece) about 2½ pounds
- ¼ cup dry white wine, such as sauvignon blanc or pinot grigio
- ⅓ teaspoon garlic powder
- Kosher salt to taste
- Paprika for dusting

Set an oven rack one rung below the center of the oven. Spray a roasting pan and rack with nonstick vegetable spray. Preheat your oven to 350 degrees.

Rinse the turkey under cold water. Pat dry with paper towels.

Place the turkey breast skin side down on the roasting pan rack. Drizzle half of the wine on the turkey. Sprinkle on half of the garlic powder, kosher salt and paprika. Turn the turkey over and place it on the rack, skin side up. Drizzle with the remaining wine. Sprinkle on the remaining garlic powder, salt and paprika.

Place the turkey in the oven and roast it for 50 to 60 minutes, or until the juices run clear when pierced with a knife in the thickest part of the meat. Let it rest for 10 minutes. Slice thin and serve immediately.

Serves six

CHICKPEAS, TOMATOES AND ZUCCHINI | PAREVE

- ¼ cup sliced almonds
- 15.5 -ounce can of chickpeas
- 3 tablespoons olive oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 1 zucchini, diced
- 5 Italian plum tomatoes, diced
- Kosher salt to taste
- ⅓ cup dry white wine, such as pinot grigio or sauvignon blanc
- ¼ teaspoon dried basil, crushed
- Accompaniment: rice for 6 servings



Heat your oven to 350 degrees. Spread the almonds evenly on a roasting pan. Roast for two minutes, or until the almonds become fragrant. But watch them constantly, as almonds burn easily. Cool to room temperature and reserve.

In a colander, rinse the chickpeas under cold water. Reserve.

In a large pot, briefly heat the oil on a medium flame until warm. Add the onion and garlic and sauté until fragrant, about two minutes.

Add the zucchini and sauté until wilting, about two minutes. Then add the tomatoes and sprinkle with salt. Sauté until tomatoes begin to give off sauce.

Meanwhile, prepare the rice according to package directions.

Add the chickpeas, wine and basil to the zucchini mixture. Stir to combine. Cover the pot and reduce the flame to low. Simmer for 20 minutes until the zucchini is soft and the tomatoes have released sauce.

Move to an attractive bowl. Sprinkle with the almonds. Serve immediately with rice.

Serves six to eight

LEMON POPPY SEED CAKE | PAREVE

Equipment: 8-inch round spring-form pan

- Nonstick vegetable spray
- ½ cup margarine
- ½ cup sugar
- 1 generous teaspoon lemon zest
- Pinch of salt
- ⅓ teaspoon cardamom
- ¾ cup flour
- 1 egg, hand beaten in a small bowl
- ¼ teaspoon vanilla
- ⅓ teaspoon poppy seeds
- Optional accompaniment: raspberry or strawberry sorbet



Preheat your oven to 400 degrees. Coat the spring-form pan with nonstick spray.

Place the margarine, sugar, lemon zest and salt in a large mixing bowl. With an electric beater, beat until the ingredients are well combined. Add the cardamom, flour, egg and vanilla and beat again. On a low speed, blend in the poppy seeds.

Spread the batter evenly in the prepared pan. Bake for 20 minutes, or until the cake is browning on the edges and a cake tester or toothpick inserted in the center comes out clean. Cool to room temperature and serve with a berry sorbet, if using.

Serves six ●

Cosmopolitan: artJazz; turkey: evgenyb; chickpeas, tomatoes, zucchini: IriGri8; poppyseed cake: mg7

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