



Passover Palate

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JEWISH EXPONENT

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Passover Breakfasts

KERI WHITE | JE FOOD COLUMNIST

WHEN IT COMES TO PASSOVER, the seder gets all the press. And for good reason — it is kind of the Super Bowl of holiday meals. But there are a number of other meals that must be consumed during the holiday or we would get awfully hungry.

Today we are here to talk about Passover breakfasts. Taking chametz out of the “most important meal of the day” encourages some creativity. For many of us, breakfast means toast, cereal, oatmeal, a granola bar, muffins — basically all the things that we eschew during the observance of Passover.

But that doesn’t mean you have to suffer or starve. There are plenty of tasty, sustaining, healthy options that will keep you going until lunch while staying true to the rules.

Yogurt offers a great start toward a solid breakfast; you can take it in a number of directions from sweet and fruity to vegetable-savory. Ditto “matzoh scramble” — keep it super traditional with the standard matzoh brei, or be creative with tasty additions. And for this week, we say toast, schmoast. Matzoh is a swell substitute bed for mashed avocados, nut butters or jam.

YOGURT PARFAIT, SWEET

Serves 1

This offers a basic framework, but you can get as creative as you like — or as adventurous as your pantry permits. Swap out plain or fruit-flavored yogurt, add whatever fruits or nuts you have on hand. I tend to avoid citrus fruits like oranges and grapefruits here because the acidity can be a little harsh with the tang of the yogurt, but if you like the combo, then be my guest.

The decision on whether to add seeds presents a divide between Sephardi and Ashkenazi Jews. Kitniyot, which includes things like sunflower seeds, sesame seeds and legumes, are permitted among many Sephardim, but not in the Ashkenazi tradition. Depending on your background and your family custom, use or don’t use them.

The nuts provide plenty of heft and crunch so if you avoid the seeds I promise you won’t miss them. And you can dump them in with reckless abandon the next week.

This recipe suggests a layering of the ingredients in a glass, which looks pretty but requires some effort. I understand that mornings can be hectic, and this tastes just as delicious with all of the ingredients dumped in a bowl, mixed and gobbled up in a hurry.

- $\frac{2}{3}$ cup vanilla yogurt
- $\frac{2}{3}$ cup fresh or dried fruit — berries, chopped apples, grapes, raisins, dates, etc.
- $\frac{1}{4}$ cup nuts — almonds, cashews, hazelnuts, etc. and/or seeds such as sunflower, pumpkin, flaxseed, chia
- 1 teaspoon honey or maple syrup
- Sprinkle of cinnamon

In a glass or parfait bowl, layer the ingredients, starting with the $\frac{1}{3}$ -cup yogurt, $\frac{1}{3}$ -cup fruit, half the nuts, a drizzle of honey and a sprinkle of cinnamon. Repeat, ending with a sprinkle of nuts, cinnamon and honey, and enjoy.

See Breakfast, Page 6



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Breakfast

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YOGURT PARFAIT, SAVORY
Serves 1

I tend to gravitate toward sweeter flavors at breakfast, but my husband prefers savory. I created this version for those of you who have a palate similar to his.

The concept is the same as above: Use what you have on hand and what you like. I omit the nuts in this version; to me, the texture and flavor of the nuts don't quite marry with the veggies, but if you love nuts in this context, or if your tradition embraces seeds during Passover, then feel free to add them.

If you don't feel like artfully arranging this in a pretty glass, then just chuck it all in a bowl and dig in.

- 2/3 cup plain yogurt
- 2/3 cup assorted vegetables

- chopped cucumbers, tomatoes, peppers, parsley
- Pinch salt/pepper
- 1 teaspoon best-quality olive oil

In a glass, layer 1/3-cup yogurt, 1/3-cup vegetables, a drizzle of olive oil and a sprinkle of salt and pepper. Repeat; top with a drizzle of olive oil.

MATZOH SCRAMBLE
Serves 2

This version uses caramelized onions and goat cheese, but you can get as creative (or plain) as you like. Tomato/olive/feta; cheddar/broccoli; provolone/spinach; and mascarpone and fig are all fair game.

- 2 teaspoons oil
- 1/2 onion, coarsely chopped
- Pinch salt/pepper
- 2 sheets matzoh



▲ Matzoh scramble

MargoeEdwards / iStock / Getty Images Plus

- 4 eggs
 - 1/3 cup goat cheese
- Heat the oil in a skillet and add the onions with the salt and pepper. Cook the onions over low heat until caramelized,

about 15 minutes. While the onions cook, whisk the eggs in a medium-sized bowl, then break the matzoh into small pieces and add it to the eggs. Allow it to soak for a few minutes. Add the

goat cheese — spoon it into the mixture in small bits. When the onions are caramelized, add the egg mixture to the skillet and scramble until cooked, about 2 minutes. Serve immediately. ●



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Forget Brisket and Sponge Cake: Feast on Sephardi Food This Passover



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LINDA MOREL | JE FOOD COLUMNIST

LIKE MANY MODERN women, Michelle Azar Aaron juggles many balls.

She is a singer, actor and writer of her one-woman show, “From Baghdad to Brooklyn,” which explores her father’s childhood in Iraq and her Brooklyn-born Ashkenazi mother. Azar Aaron has received awards for her work and has appeared in many television shows and musicals.

Add rebbetzin to her list of credits. Her husband is Temple Emanuel of Beverly Hills Senior Rabbi Jonathan Aaron. She is raising two musically talented teenage daughters.

She is now juggling another ball — preparing for Passover. Because she’s drawn to her father’s life in Iraq, Sephardi recipes and customs are integral to her Passovers today.

Her favorite charoset hails from Yemen. It’s infused with ginger and cayenne pepper, which impart spicy flavor, sweetened with dates and honey.

She makes *huevos haminados*, hard-boiled eggs, a must at Sephardi holiday celebrations.

“I put eggs and onion skins in the oven all night,” Azar Aaron said. “After they’re cooled and dry, I write everyone’s name

on an egg with a Sharpie. At seders, you crack your egg on someone else.” It’s a friendly game beloved at Sephardi Passovers.

“Our seders are interactive and playful,” she said. “They start in the guesthouse in our backyard.”

Scallions are used to symbolize the way Egyptians whipped Hebrew slaves; guests hit each other with them.

The seder and first courses occur in the guesthouse.

“We then put on the sprinklers, so everyone gets a little wet running into the house,” she said. Just in time for the main course and dessert. She always bakes an orange date almond torte. “There’s lots of oranges in Sephardi cooking,” she says. “We finish by singing a Persian style of ‘Dayenu.’”

“I’ve never touched the ground in Iraq, so it’s odd this attachment I have to my father’s homeland,” she said. But she is keeping the memory of Passover customs alive from a country where most Jews have fled.

A YEMENI CHAROSET | PAREVE

Yield: about ¾ cup

This zesty charoset tastes best

when made a day or two in advance.

Equipment: a food processor

- 1-inch piece of ginger root
- 6 dried Calimyrna figs
- 6 pitted dates
- 2 tablespoons sesame seeds
- 1 heaping tablespoon honey
- Pinch of cayenne pepper

Peel the ginger root. Dice it and then chop it. Move it to a small saucepan and add ½-teaspoon of water. Cover the saucepan and heat over a medium flame for 1-2 minutes or until the water nearly evaporates. Watch carefully so the ginger doesn’t get scorched. Reserve.

Fit a food processor with a metal blade. Cut the figs and dates into 2-3 pieces. Move them to the bowl of the food processor. Add the ginger. Grind the mixture until a sticky paste forms. Add the remaining ingredients and pulse the food processor on and off until all ingredients are well combined.

Remove the charoset with a spatula. Refrigerate it in a container with a lid. It lasts 3 weeks or longer when refrigerated. Bring to room temperature before serving.

HUEVOS HAMINADOS (LONG COOKED EGGS) | PAREVE

Yield: 12 eggs

Served at all Sephardi celebrations, these creamy textured eggs are superior in flavor to hard-boiled eggs.

Equipment: a large stain-resistant pot that can go on the stove and in the oven. It should come with a tight-fitting lid.

- 1-2 cups of onion skins, gathered from onions on hand, from friends or from food stores. Red onion skins are advantageous as they turn the eggs a brilliant color.

- 12 eggs
- ¼ cup vegetable oil

Place a shelf on a middle rung of the oven, so that the pot you’ve chosen will be centered and not too close to heating elements. Preheat the oven to 225 degrees.

Scatter ½ of the onion skins into the pot. Place 6 eggs on top of them. Scatter another third of the onion skins into the pot, followed by the remaining 6 eggs. Place the remaining onion skins on top. Pour in

enough water to cover the mixture by 4 inches. Don’t worry if the eggs and onion skins shift. Drizzle on the oil, which will keep the water from evaporating during cooking.

Cover the pot and bring it to a simmering boil. Remove it from the heat for 2 minutes. Place the pot inside the oven for 8 hours. Remove the eggs carefully with a slotted spoon and place them on paper towels to dry. The eggs will be brown or reddish brown, representing Passover’s roasted egg.

Serve the eggs warm, at room temperature or refrigerate until serving. The whites will be tinged sepia brown. To reheat, boil them for 3-5 minutes.

CHICKEN TAGINE WITH PRUNES AND ALMONDS | MEAT

Yield: 8 servings

This tasty stew is typical of Moroccan Jewish cuisine. Because Sephardim eat rice during Passover, this dish is often served with rice.

Equipment: a Dutch oven

- 1 cup blanched, slivered almonds
- 1½ inches of ginger root



▲ Michelle Aaron

Courtesy of Michelle Aaron

- 1 onion
- 2 tablespoons olive oil, or more if needed
- 8 bone-in chicken thighs
- Kosher salt to taste
- Freshly ground black pepper to taste
- 1½ cups chicken broth, or more if needed
- 1-2 cinnamon sticks
- 2 cups pitted prunes
- 1 heaping tablespoon honey
- Optional: Rice, prepared according to package directions for 8 servings.

Preheat the oven to 350 degrees. Cover a baking sheet with aluminum foil. Scatter the almonds on the foil, making sure they don't overlap. Place the almonds in the oven and bake until golden and fragrant. Watch carefully as almonds burn easily.

Remove the almonds from the oven and bring them to room temperature. Store them in an airtight container at room temperature for up to 2 days before preparing the tagine.

Peel the ginger root. Dice it and then chop it fine. Chop the onion into small pieces. Drizzle oil into the Dutch oven. Place it over a medium flame until the oil is warm, about 1 minute. Sauté the ginger and onion, stirring often, until it

is fragrant, about 2 minutes. With a slotted spoon, remove the ginger and onion and place it temporarily on a plate.

Sprinkle the chicken with salt and pepper. Move the chicken to the Dutch oven in 2 batches. Add more oil if needed. Sauté until golden brown on all sides. Turn off the flame. With tongs, move the chicken to a platter. Let the oil and chicken fat cool to room temperature. Pour off as much as possible. Some oil will remain.

Meanwhile, start making the rice, if using.

Return the ginger, onion and chicken to the Dutch oven. Pour in the chicken broth. Add the cinnamon. Cover the Dutch oven. Over a low flame, simmer the chicken for 30 minutes. Add the prunes and honey, stirring to incorporate. If they are not covered with liquid, add more chicken broth a tablespoon at a time. Cover the Dutch oven again.

Simmer for 20 minutes, or until the prunes are tender and the chicken is cooked through. Check every few minutes to see if the broth is evaporating. Add more, if needed. This can be made to this point 2 days ahead, refrigerated and

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PASSOVER PALATE

Sephardi

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reheated over a low flame.

Place the rice in a mound in the center of a large deep platter with a generous rim. Using tongs, place the chicken thighs around the rice. Spoon the broth and prunes over the chicken. Sprinkle the almonds over the chicken and rice. Serve immediately.

ORANGE DATE ALMOND TORTE | PAREVE

Yield: Serves 8

Typical of North African Jewish cuisine, this moist cake is steeped in the fragrance of refreshing oranges.

Equipment: A food processor, a 9½-inch springform pan and an electric hand mixer

- 1½ cups blanched slivered almonds
- 1 cup sugar, plus more for dusting
- ¼ teaspoon ground cinnamon
- 2 large navel oranges with flawless skin
- Vegetable oil for coating
- ½ cup pitted dates, preferably medjool
- 6 large eggs

Fit a food processor with the metal blade. Place the almonds and ¼-cup sugar in the bowl of the food processor. Grind the nuts for about 30 seconds. Then pulse on and off until the mixture resembles coarse sand. Sprinkle in the cinnamon and pulse briefly, until combined. Move the nut mixture to a bowl and reserve. Clean the food processor parts.

Wash the oranges with a little liquid soap and rinse well. Move the oranges to a medium-large saucepan. Cover them with water. Place the lid on the pan and bring the water to a boil over a medium flame. Turn the flame to low and simmer the oranges for about 40 minutes, or until softened in the center.

Add more water, if necessary. Discard the cooking water.

Add cold water and a couple of ice cubes to the saucepan to let the oranges cool through. Pour off the water and dry the oranges with paper towels. Cut the oranges into 8 pieces, including their skin. Remove any coarse pith and all the seeds. Reserve.

Preheat the oven to 375 degrees. Coat the springform pan generously with oil. Sprinkle a teaspoon or so of sugar into the pan and shake it to coat as evenly as possible. Discard any excess sugar. Reserve.

Assemble the food processor again, using the metal blade. Cut the dates into 4 pieces and then chop them. Move them to the food processor bowl. Add the orange pieces, including the peel. Grind the pieces until a somewhat-coarse puree forms. Reserve.

Take 2 eggs and separate the yolks from the whites. Place the egg whites and ¼-cup sugar into a medium-sized bowl. Using an electric hand mixer, beat until stiff, shiny peaks form. Do not overbeat or the egg whites turn watery. Reserve.

Add the 4 whole eggs, the 2 reserved egg yolks and the remaining ½-cup sugar into a large mixing bowl. With the electric hand mixer, beat until the mixture turns airy and light. Be patient, as this takes several minutes. Beat in the orange-date mixture and the almond mixture until well combined. Fold in the beaten egg whites and combine on the mixer's low setting until no trace of the egg whites remain. Using a spatula, move the mixture to the prepared pan.

Bake for 50-60 minutes or until the torte is lightly browned and the center springs back when gently tapped with a forefinger. Cool to room temperature. Gently run a knife around the edge of the cake to separate it from the pan before releasing the spring.

Serve immediately or wrap it well in foil and serve the next day. •

Sephardi Holiday Mimouna a Most Delicious Way to Celebrate the End of Passover

SONYA SANFORD | JTA VIA THE NOSHER

YOU MAY ALREADY be familiar with Mimouna, a Sephardi holiday that originated in Morocco and marks the end of Passover. On the night following the last day of Passover, the end of eight chametz-free days is celebrated with a feast of treats.

In Morocco, neighbors travel to each other's houses — it is customary to leave all doors open to welcome any possible guests. Tables are laden with symbols to ensure a good year: blossoming spring flowers, fish for abundance and fertility, and dates sweetened with honey to inspire an equally sweet life. The next day, festivities continue with barbecues, picnics and large gatherings.

One of the most common dishes prepared for Mimouna is the crepe-like mufleta (or moufleta). You might also find nougat, fazuelos (a fried thin pastry), couscous-au-lait (sweet couscous with milk), almond cookies, marzipan, stuffed dates and a variety of other sweet and savory baked goods.

Mimouna's popularity has expanded in recent years beyond North Africa and is even widely celebrated in Israel.

Two of my favorite dishes for this holiday are the crepe-like mufleta and sweet stuffed dates. My stuffed dates are a slight deviation from the norm. Instead of marzipan, these dates are stuffed with a combination of pistachio and almond. They are sweetened only slightly with honey, and then drizzled with tahini, and a generous pinch of flaky salt. They are a delicious celebratory treat, but they also make a delightful snack any time.

I hope this year brings you



▲ Mufleta is a dish that's commonly served for the Sephardi holiday of Mimouna.

Photo by Sonya Sanford

your own Mimouna parties, or a chance to throw your own with these delicious treats.

Here are the two recipes:

MUFLETA

- 1½ cups warm water
- 1 packet (2¼ teaspoons) active dry yeast
- 1 teaspoon sugar
- 4 cups all-purpose flour, plus more if needed
- 1 teaspoon kosher salt
- Oil as needed (sunflower, canola or a neutral tasting oil)

Combine the yeast and sugar with the warm water; make sure the water is not too hot or too cold, or your yeast

won't properly activate. Allow the yeast to get foamy and bubbly, about 5 minutes.

Combine the flour and salt. Make a well in the flour, and then add the water and yeast mixture. Using your hands,

incorporate the water into the flour. The amount of flour you need can depend on the brand of the flour as well as the humidity/temperature in your kitchen. You want the dough to be slightly tacky to the touch,

but it shouldn't stick to your hands. If you find your dough is too sticky, add a little more flour as needed.

Once the dough is formed into a ball, knead the dough until smooth and elastic, about

Mimouna's popularity has expanded in recent years beyond North Africa and is even widely celebrated in Israel.

5 minutes.

Lightly grease the bowl with oil, and then place the dough into the bowl. Cover the bowl with a damp, clean dish towel and allow the dough to rise for 40 minutes. Some folks form

their dough into balls before letting it rise, and some prefer to do it after.

Generously drizzle a baking sheet or Pyrex with more oil. Pull off golf ball-sized rounds of dough and form them into

balls. Roll them in the oil and then let them rest for about 5 minutes.

Form one round of dough into a paper-thin circle, about 10 inches in diameter. You want each layer to be as thin as

See Mimouna, Page 12

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PASSOVER PALATE

Mimouna

Continued from Page 11

possible, and you can do this by flattening and pressing the dough into a circle shape with your fingers, or with the help of a rolling pin. Don't worry if a few small holes pop up here and there.

Over medium heat, add a few teaspoons of oil to a large nonstick or cast-iron skillet. Place the first round of formed dough into the skillet. Turn down the heat slightly at this point and cook the mufleta over medium low, so that it doesn't burn. Allow the mufleta to turn golden brown, and then flip it onto the other side. This is the only layer that will get browned on both sides.

While the first side is browning, form the next layer of dough. Once you flip the first layer of the mufleta over, place the raw formed dough round on top of that cooked layer. Form another round of dough while

the next layer is browning.

Once golden brown, flip again and place another layer of raw dough on the top browned side of the mufleta while the bottom cooks. You can add a little more oil to the pan after each flip. Continue this process for as long as you can manage to flip the pile of layers. If the stack gets too big to flip, remove the entire stack, and begin a new one.

SWEET STUFFED DATES

20-30 large fresh dates
(Medjool, Khadrawy or Halawy)

1 cup toasted almonds

1 cup toasted shelled pistachios

6 tablespoons honey

Pinch of salt

1 tablespoon ground cinnamon

1 teaspoon ground cardamom

Tahini, to taste

Flake salt (like Maldon), to taste

In a food processor, combine the almonds, pistachios, honey, salt and spices until very finely chopped, but be careful not to overmix or the mixture can become like a nut butter. (If you don't have a food processor you can finely chop the nuts by hand and combine everything together in a bowl.)

Slice the dates down the middle lengthwise, removing the pit, but keeping them intact.

Fill the dates with the nut mixture. Just before serving, drizzle the dates with good-quality tahini and a sprinkle of salt.

Store in the fridge for up to 1 week without the tahini and salt. •



▲ Stuffed dates with tahini

Photo by Sonya Sanford



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What to Do with Leftover Charoset? Try This Chicken with Thyme Recipe

EMANUELLE LEE | THE NOSHER VIA JTA

CHAROSET IS ONE of the most important food components of the Passover seder. Its intense sweetness symbolizes the optimism in contrast to the bitter maror and salty water, which remind us of our ancestors' suffering.

Every family has its own special haroset recipe, and each year my mother makes ours, which is passed down from my grandmother. Our family recipe includes dates, sweet kiddush wine and lots of cinnamon. It's delicious and I always spend the majority of my seder making matzoh and charoset sandwiches.

Still, there is always a big tub left over, and no one ever

really thinks to use it once the seders have passed.

This year, I'll be using our leftover charoset to make this chicken recipe. The beauty of this dish is that it works no matter what type of charoset your family makes. The sweetness from the charoset creates an addictive caramelized effect on the chicken.

CHICKEN WITH THYME

Serves 4

- 8 chicken drumsticks
- 1 head garlic, cut in half widthwise
- 2 large red onions, finely sliced
- 1 lemon, sliced into rounds
- 1 lemon, juiced
- ½ cup leftover charoset

- 6 sprigs fresh thyme
- ¾ cups water
- Olive oil

Preheat your oven to 400 degrees.

Place the garlic and sliced onions in a medium-sized roasting dish. Dot the lemon rounds around the dish and sprinkle with the thyme. Drizzle with a tablespoon of olive oil.

In a separate mixing bowl, toss the chicken pieces with the charoset and add the lemon juice, a pinch of salt and pepper, and 2 tablespoons olive oil. Mix well, allowing the mixture to get under the chicken skin.

Place the chicken pieces in the roasting dish, along with



Photo by Emanuelle Lee

the garlic, onions, lemon and thyme. Pour water in the bottom of the roasting dish and roast for 30 minutes. Turn the chicken pieces over and

continue cooking another 15 minutes. The chicken should be caramelized and crisp, and the onions should be softened. •

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Recipes to Please the Crowd and De-stress the Chef

JAMIE GELLER | JTA

PASSOVER MAY BE the mother of all kitchen yuntifs, but stay cool and don't stress. Here are some of my favorite recipes from prior Passovers that you will love this Passover and all year.

Last year, 99% of what I made for Passover weren't actually Passover recipes. Of course they were kosher for Passover, but they didn't require any major Passover ingredient tweaks. These recipes were developed with Passover in mind and have become staples in my year-round repertoire because they were super easy and got the most oohs and ahhs.

OK, real gourmet chefs don't keep a tally of how many people flipped over this or that dish — but I really need to know. The winners on my menu get to come back and try for eternal stardom.

And the winners are:

Salmon Croquettes with Tropical Fruit Salsa: You can make this even easier by skipping the fresh salmon and using good-quality canned salmon.

Zucchini and Red Bell Pepper Sauté: Shamelessly simple and super beautiful, it is pleasing to the eye and the palate. Audience applause told me that the zucchini actually tasted better when prepped this way.



▲ Salmon cakes with tropical fruit salsa are an elegant, light and refreshing starter course.

Courtesy of Joy of Kosher with Jamie Geller

See Recipes, Page 18

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PASSOVER PALATE

Recipes

Continued from Page 16

Pomegranate-Braised

Brisket: So tender and so sweet, this piece of meat just melts in your mouth.

Follow my lead, and this year every dish you serve will be truly delicious, not just “pretty good for Pesach stuff.” *Chag kasher v’sameach* — have a happy and kosher holiday.

SALMON CAKES WITH TROPICAL FRUIT SALSA

Servings: 10 cakes

Croquettes are cute and elegant for your starter course. They’re also wonderfully light and refreshing. The tropical salsa is a combination of fresh pineapple, mango, red onion, jalapeno, cilantro and lime juice — the perfect complement to the richness of the salmon. The balance of sweet and savory flavors instantly pleases the palate. This is a starter with zing.

Times:

Preparation: 15 minutes

Cooking: 45 minutes

Ready: 60 minutes

For cakes:

1 (2-pound) side of salmon, skin on

½ cup red onion, diced

2 tablespoons matzoh meal

2 large eggs, lightly beaten

1 teaspoon kosher salt

Freshly ground black pepper

4 tablespoons olive oil

For salsa:

1 cup diced pineapple

½ cup diced mango

½ cup diced red onion

2 tablespoons chopped cilantro

½ jalapeno, seeded and finely chopped

Juice of 1 lime

½ teaspoon kosher salt

Preheat your oven to 350 degrees, and lightly grease a large baking sheet. Bake the salmon skin side down for 25



▲ Zucchini and red bell pepper sauté is simple to make, and pleasing to the eye and the palate. Courtesy Joy of Kosher with Jamie Geller

to 30 minutes or until cooked all the way through. Let it cool completely.

Once the salmon is cooled, gently flake away from the skin and break it into large chunks. Place it in a large bowl and combine it with the eggs, red onion, matzoh meal, salt and pepper. Stir to mix well. Scoop about ⅓-cup at a time into your hands and form into a round patty about ¼-inch thick. Place it on a sheet pan and repeat with the remaining mixture until you have formed 10 cakes. Refrigerate for 30 minutes.

Meanwhile, in a medium bowl combine the pineapple, mango, red onion, cilantro, jalapeno, lime juice and salt. Mix well and set aside.

Heat the olive oil in a large skillet over medium high heat. Fry 5 cakes at a time for about 5 to 8 minutes per side or until golden brown and crispy. Drain them on a paper towel-lined plate while frying the remaining cakes.

To serve, top each cake with a few tablespoons of salsa.

ZUCCHINI AND RED BELL PEPPER SAUTÉ

Servings: 8

Preparation: 10 minutes

Cooking: 15 minutes

Ready: 25 minutes

3 tablespoons olive oil

4 medium zucchini, sliced into ribbons using a vegetable peeler

4 cloves garlic, minced

4 roasted red bell peppers, thinly sliced

1 teaspoon paprika

½ teaspoon kosher salt

Heat the oil in a large skillet over medium-high heat. Add zucchini ribbons and sauté them for 6 to 8 minutes or until slightly softened. Add the garlic and sauté 3 minutes more. Add the bell pepper and sauté 5 more minutes or until warmed. Stir in the paprika; salt and toss to coat.

PASSOVER PALATE

POMEGRANATE-BRAISED BRISKET

Servings: 8

Preparation: 5 minutes

Cooking: 4 hours

Ready: 4 hours, 5 minutes

- 1 4-pound first cut beef brisket
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 4 tablespoons olive oil, divided
- 3 medium onions, peeled and cut into eighths
- 6 cloves garlic, smashed
- 2 cups pomegranate juice
- 2 cups chicken broth
- 3 tablespoons honey
- 3 bay leaves
- 1 small bunch fresh thyme

Preheat your oven to 375 degrees. Season the brisket with salt and pepper. Heat 2 tablespoons of olive oil in a large roasting pan

or Dutch oven over medium-high heat. Sear the brisket about 4 minutes per side or until browned. Remove and set aside.

Add remaining 2 tablespoons olive oil and sauté the onions and garlic for 5 minutes over medium-low heat until softened. Return the brisket to the pan and add the pomegranate juice, broth, honey, bay leaves and thyme. Bring the mixture to a boil, then reduce to a simmer and cover. Transfer the plan to a preheated oven and roast for 2 hours.

Flip the brisket and continue roasting it for 1 to 1½ more hours or until tender. Let the brisket rest for 10 minutes before thinly slicing it against the grain. Strain the liquid and serve it on the side as au jus. •

Jamie Geller is the author of the best-selling "Quick & Kosher" cookbook series and creator of the Joy of Kosher with Jamie Geller magazine. This article was first published by JTA in 2012.



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