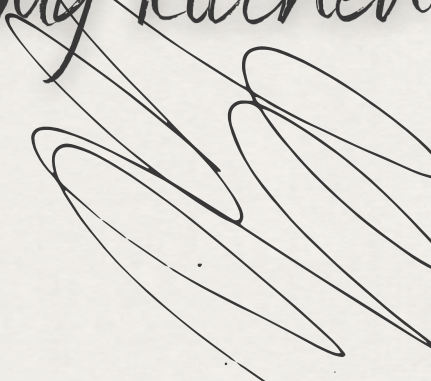


*Mrs. Levy's Famous ....*

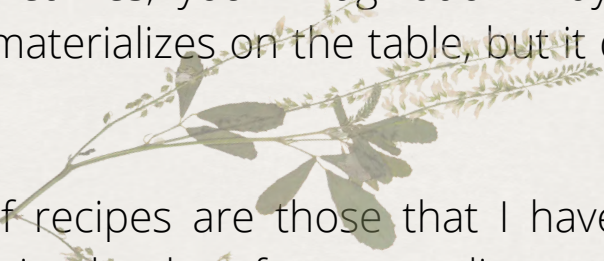
**A PINCH OF  
THIS AND A  
DASH OF  
THAT .....**

*Recipes from my kitchen*



## **Mrs. Levy's Famous .....A Pinch of This, a Dash of That**

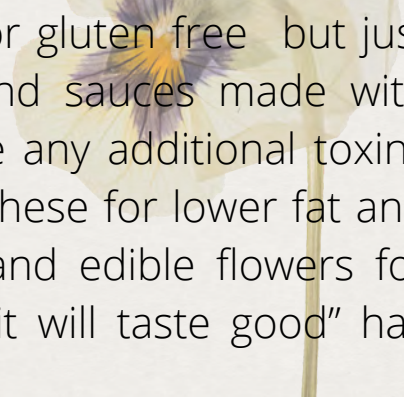
Whether you are cooking for yourself, or for your family, or for a special occasion, there is no right way or wrong way to do anything. It is only YOUR way, with your time schedule, or your skill set, or your imagination. Sometimes, your imagination may not stack up with what eventually materializes on the table, but it doesn't matter. You cooked it!!



This collection of recipes are those that I have grown up with or copied from a recipe book or from an online website. However, I am notoriously unable to stick to a recipe because some ingredient has caught my attention and I think, "Hey, that would taste nice in this!" It is only with baking recipes that I am able to adhere to the recipe.

This collection has never meant to be a definitive cookbook but one that fits my style of home cooking. Often times I am alone, now with another daughter at home for now, and sometimes for a large family or friends dinner.

This is definitely not a diet book, or kosher, or gluten free but just home cooking. I use butter and olive oil and sauces made with cream and milk because I prefer not to have any additional toxins from processed food, but you could replace these for lower fat and less spicy options. I like using fresh herbs and edible flowers for decoration. The old saying "if it looks good it will taste good" has never been truer.





I have a few utensils and pots and pans that are the go-to items that I could not do without. But I love gadgets and my kitchen draws and cupboards are filled with the “wow that’s clever” items that may or may not get used!

My mother was just your average “mom cooking dinner” mom who always had a tasty meal on the table that she had cooked, but she was a working woman and meals during the week were typically quick to put together and Sunday lunch was the time she would spend on a more lavish meal. But she was an artist so that every meal was presented with a flair that made it look like a five star course! And that is the aim of this collection. Imagination to cook a simple meal and make it look as if it took you all day!

I hope you find many recipes enticing and exciting and entertaining enough to tickle your tastebuds and send you off to the kitchen to explore the possibilities of good old fashioned with a touch of flair cooking.

Lanky Levy

In the year of 2021



# THINGS I CAN'T DO WITHOUT

## Fave Equipment and Tools

- ·Cast Iron Skillet
- ·Three sizes of frying pans
- ·Three sizes of sauce pans
- ·Grill Pan
- ·Instant Pot (that newfangled gadget that lets you air fry, steam, pressure cook, sous vide (yes that is a term of cooking in water!) etc.
- ·Food processor and blender
- ·Kitchen Aid mixer
- ·Three sizes of Pyrex bowls with lids
- ·Three sizes of Pyrex square dishes with lids
- ·A Rasp
- ·Whisk
- ·Three sizes of spoons for mixing and serving
- ·Spatulas
- ·Grater
- Salt pot and Pepper Grinder





# Appetizers



- Harissa-Tahini Yogurt Pg 6
- Chive Mashed Avocado Pg 6
- Lemon Pecorino Ricotta Pg 6
- Charcuterie Board Pg 7
- Caprese Tart with Roasted Tomatoes Pg 8
- Chanuka Vegetable Fritters Pg 9
- Crab Cakes Pg 10
- Parmesan & Thyme Brulee Pots Pg 11
- Yoghurt and Sweet Chili dip Pg 13
- Baked Feta with olives P 14
- Left over squash fritters P15

## Harissa–Tahini Yogurt

Whisk together 1/2 cup plain Greek yogurt, 1/4 cup tahini, one tablespoon harissa, two teaspoons fresh lime juice, and one to two tablespoons water; season with kosher salt. Swirl in more harissa, drizzle with olive oil, and serve with carrots.

## Chive Mashed–Avocado

Mash one large or two small peeled, pitted avocados. Stir in 1/4 cup finely chopped fresh chives and two teaspoons distilled white vinegar. Season with kosher salt and freshly ground pepper. Top with more chives, and serve with thinly sliced radish "chips."

## Lemon Pecorino–Ricotta

Combine one cup finely grated Pecorino Romano, 2/3 cup ricotta, two tablespoons olive oil, and two tablespoons fresh lemon juice; stir to combine. Season with kosher salt and freshly ground pepper. Top with a drizzle of olive oil and more pepper; serve with blanched broccolini.

# Charcuterie Board

This is an easy way to plate an appetizer tray and use up all the yummy stuff in the fridge



Arrange a selection of dips, pickles, cheese, cold cuts, fruit, vegetables and crackers on a platter.

Serve with a light wine



# Caprese tart with roasted tomatoes

Prep time: 20 mins

Total time: 1 hour

Serves: 6



## Ingredients

for the roasted tomatoes

- 10 tomatoes, sliced into 1cm slices
- 2 tablespoons olive oil
- 5 sprigs fresh thyme
- sea salt flakes
- pinch of sugar
- black pepper

for the tart

- 1 roll, ready-made puff pastry, defrosted
- 200g buffalo mozzarella/fior di latte, sliced into ½ cm slices
- 1 egg, beaten
- fresh basil leaves

## Instructions

1. Pre-heat the oven to 200°C.
2. Place the sliced tomatoes on a non-stick baking tray and drizzle with the olive oil. Add the thyme, salt, sugar and salt and place in the oven.
3. Allow to roast for 20 minutes or until the tomatoes are soft and are caramelising around the edges.
4. Remove from the oven and allow to cool slightly. Turn the oven down to 180°C.
5. To make the tart, roll the pastry out a little thinner and place on a baking paper-lined baking sheet. Score around the edges to make a border, ensuring you don't cut through the pastry.
6. Place the tomatoes and mozzarella on the pastry, alternating between the two.
7. Brush the edges of the pastry with the beaten egg.
8. Drizzle a little olive oil over the tomatoes and mozzarella and season with salt & pepper.
9. Place in the oven and allow to bake for 15-20 minutes until the pastry is crisp and golden.
10. Remove from the oven and top with the fresh basil leaves. Serve immediately.

# Chanuka Fritters

Mixed vegetable levivot

Prep: 30 minutes

Cook: 6 minutes per batch

Makes: 30-36 fritters

This recipe from Israeli-born Ayelet Danino is one that she and her father Rafael Masok use for their Chicago kosher catering business Bites of Pleasure.

9 Yukon Gold potatoes, unpeeled, about 3 1/3 pounds

1 1/2 medium zucchini, unpeeled

2 cups butternut squash, peeled, cut into half-inch cubes

1 large yellow onion

3 cloves garlic, minced

3 eggs, beaten

2/3 cup plus 2 tablespoons flour

1 tablespoon salt

1 teaspoon freshly ground pepper

Vegetable oil



1. Using the large side of a box grater or a food processor fitted with a shredding disc, grate the potatoes, zucchini, squash and onion. Mix together in a large bowl or baking pan.

2. Add the garlic, eggs, flour, salt and pepper; mix thoroughly.

3. Pour oil to 1/2 inch deep in a large skillet; heat over medium-high heat to 350 degrees. Working in batches, slide 2-3 tablespoons of batter for each pancake into the hot oil; fry on both sides until golden brown, turning once, about 4 minutes on first side, then 2-3 minutes on second side.

4. Transfer to paper towels to drain. Repeat with remaining batter.

# Crab Cakes



## INGREDIENTS:

- 1/4 cup mayonnaise
- 1/4 cup minced onion
- 2 eggs, lightly beaten
- 1/2 tsp Worcestershire sauce
- 1/2 tsp dry ground mustard
- 1/4 tsp salt
- 1/4 tsp cayenne pepper
- 1/2 tsp Old Bay seasoning
- 1 lb. lump crabmeat
- 1 cup Panko bread crumbs
- 2 Tbs unsalted butter
- 1/4 cup vegetable oil
- Lemon wedges for serving



## HOW TO MAKE:

1. In a medium bowl, combine the mayo, onion, eggs, Worcestershire, dry mustard, salt, Old Bay seasoning and cayenne. Fold in crabmeat and 1/4 cup Panko. Shape the mixture into 16 cakes about 1 inch thick. Coat the crab cakes with the remaining Panko crumbs and transfer to a baking sheet lined with wax paper.
2. In a large skillet, melt 1 Tbs of butter into 2 Tbs of the oil. When the foam subsides, add half of the crab cakes and cook over moderate heat until golden and crisp, 2-3 minutes per side. Drain crab cakes on paper towels and keep warm in low oven if you like.
3. Cook the remaining crab cakes in the remaining 1 Tbs of butter and 2 Tbs of oil. Serve with lemon wedges.



I made these **Parmesan and Thyme Brulee pots** and they were more than delicious!! A bit of a show off for a more formal dinner appetizer. It is worth the extra little effort



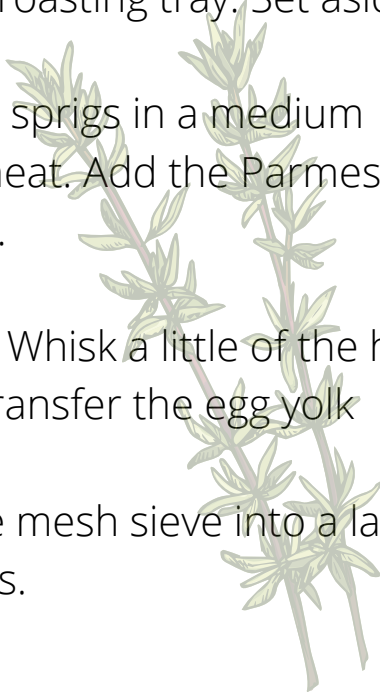
Serves 4 - Time: 30 mins  
500ml (2 cups) fresh cream  
2 garlic cloves, peeled and bruised  
small handful thyme sprigs + extra,  
to sprinkle  
200g Parmesan, grated  
6 egg yolks  
knob butter, to fry  
ciabatta, thinly sliced  
30ml (2 tbsp) castor sugar  
pinch salt

Preheat the oven to 180°C and place 4 individual-serving ramekins/mini serving pots in a large, deep roasting tray. Set aside until needed.

Combine the cream, garlic cloves and thyme sprigs in a medium saucepan. Bring to a simmer over medium heat. Add the Parmesan and heat, stirring, 3 minutes or until smooth.

Lightly beat the egg yolks in a medium bowl. Whisk a little of the hot cream mixture into the egg yolks and then transfer the egg yolk mixture to the cream in the saucepan.

Whisk to combine, then strain through a fine mesh sieve into a large bowl, and discard the garlic and thyme sprigs.

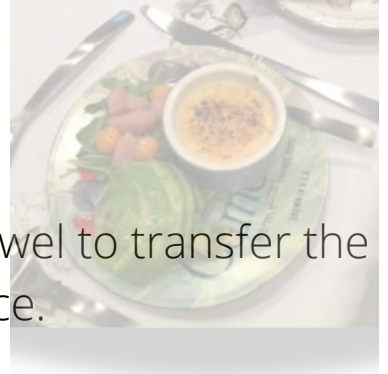


## Parmesan and Thyme Brulee Pots continued

Divide the cream mixture evenly among the ramekins. Pour just enough hot water into the roasting tray to come  $\frac{1}{2}$  up the sides of the ramekins.

Bake the custards until just set,

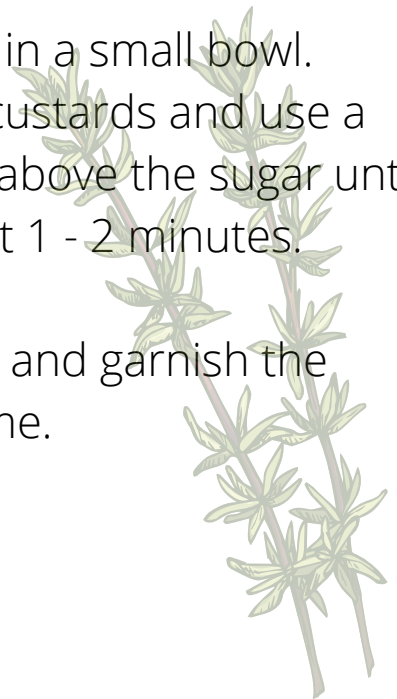
Remove from oven and use a kitchen towel to transfer the ramekins from the water bath to a surface.



Place a large frying pan over high heat, add a knob butter and fry the ciabatta slices on both sides to a light golden colour, 2 - 3 minutes.

Combine the castor sugar and the salt in a small bowl. Sprinkle the sugar mixture over the 4 custards and use a kitchen blowtorch in a circular motion above the sugar until the sugar melts and caramelises, about 1 - 2 minutes.

Serve with the ciabatta toast alongside and garnish the creme brulees with a sprinkling of thyme.



# Yoghurt & Sweet Chilli Dip

Mix together Greek Yoghurt and Sweet Chilli Sauce.

Mix well until combined.

Serve with sliced carrots and celery





# Baked Feta and Olives



## Ingredients

- 10 ounce block of sheep's milk feta Note: the amount of cheese can vary, that's fine. If your block is very thick you may want to slice it in half through the middle so you have 2 thinner slabs.
- 1/2 cup extra virgin olive oil
- juice of 1/2 large lemon
- 1 1/2 cups mixed olives
- 3 Tbsp fresh rosemary leaves
- 1/2 tsp red pepper flakes
- a few coarse grindings of black pepper

## Instructions

1. Set oven to 350F
2. Put the feta in a gratin dish or other small ovenproof dish that you will also use for serving.
3. Pour the olive oil into the dish, followed by the lemon juice. Arrange the olives around the cheese, with the rosemary. I quarter the squeezed lemon half and throw that in as well. Sprinkle the red and black pepper over all.
4. Bake for about 20 minutes, or until hot and bubbling. I loosely laid a sheet of foil over mine. You can finish under the broiler if you like for a little charring effect.
5. Serve hot with toasted bread.

# Left Over Squash Fritters

## Ingredients

- 2 cups left over squash (such as spaghetti)
- 1 cup crumbled Feta
- Finely minced green onions, parsley, basil
- 1 nob Jalapino minced
- 1 Egg
- 1 cup coconut flour
- 1 tsp Dijon Mustard
- 1 tsp Salt
- 1/2 tsp ground black pepper
- 1 good squeeze Roasted Garlic paste (in the tube)

## Method

1. Mix together the squash, Feta, Onions, herbs, Mustard, salt and Pepper, Garlic paste until combined.
2. Add the egg and mix well.
3. Add the coconut flour and mix until a firm dough-like consistency.
4. Heat a cast iron pan (or one of your choice) and put in some butter and some avocado oil. Put it on medium heat.
5. Using an ice cream scoop drop into the pan and flatten with the back of the scoop (or with your hands)
6. Fry for 4 minutes on one side and flip and fry for another 2 minutes on the other side.
7. Drain on a wire rack over a sheet pan and squeeze a little lemon over the cooked fritters.
8. Serve hot.



# Soups



**Mushroom Soup Pg 17**

**Roasted Cauliflower & Butternut Soup Pg 18**

**Detox Crockpot Lentil Soup Pg 20**

**Asparagus Chowder Pg 21**

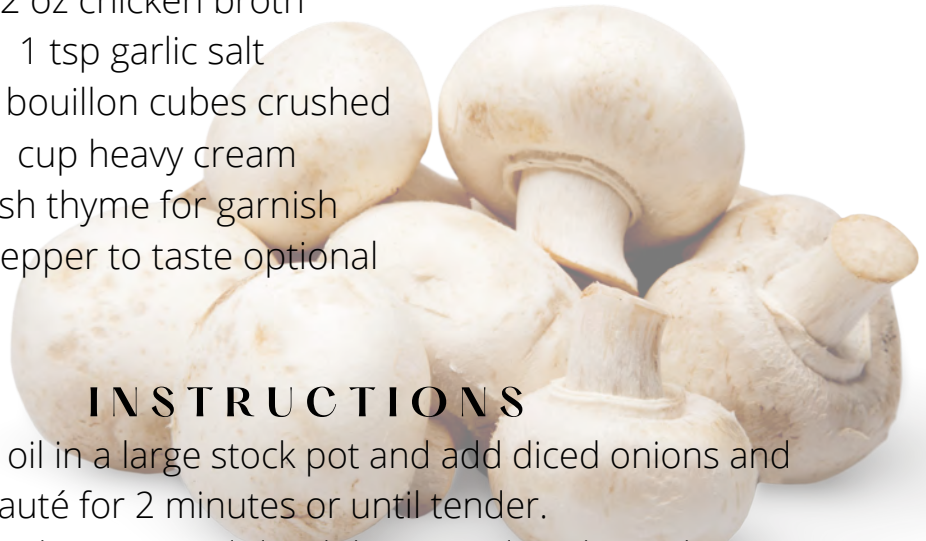
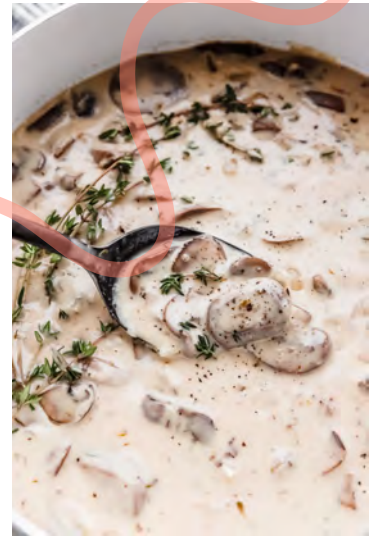




# Mushroom Soup

## INGREDIENTS

- 4 tbsp butter
- 1 tsp olive oil
- 1 medium onion chopped
- 3 cloves garlic minced
- 24 oz container mushrooms sliced
- 3 tsp dried thyme
- ½ cup marsala wine or white cooking wine
- ½ cup cornstarch or flour
- 32 oz chicken broth
- 1 tsp garlic salt
- 2 beef bouillon cubes crushed
- 1 cup heavy cream
- Fresh thyme for garnish
- Salt/pepper to taste optional



## INSTRUCTIONS

- Melt butter and oil in a large stock pot and add diced onions and minced garlic. Sauté for 2 minutes or until tender.
- Add in sliced mushrooms and dried thyme and cook another 3-5 minutes.
- Sprinkle cornstarch (or flour) over the mushroom mixture and mix until evenly coated. Cook for 1 minute.
- Add in wine, garlic salt, and bouillon. Simmer until most of the liquid has evaporated.
- Pour in chicken broth and bring to a boil, reduce heat, cover and let simmer 10 minutes.
- Add in cream, mix to combine and let simmer until ready to serve.

# Roasted Cauliflower and Butternut Soup

Serves 6 to 8

Ingredients:

- 1 large head cauliflower, stems removed, coarsely chopped
- 1-2 cups butternut squash, peeled, seeds removed, cubed
  - 3 tablespoons olive oil
  - 2 teaspoon Cajun spice blend
- 3/4 large yellow onion, chopped
  - 2 teaspoons minced garlic
  - 2 stalks celery, chopped
  - 1/3 cup dry white wine
- 4 cups low-sodium vegetable broth
  - 2 bay leaves
  - 2 teaspoon dried parsley
  - 1 teaspoon celery salt
  - 1 can coconut milk



Optional suggested garnishes: sundried tomato pesto, greek yogurt, chickpeas, toasted pumpkin seeds, and avocado

Method:

- Preheat oven to 350.
- Toss chopped cauliflower and cubed butternut in 1 tablespoon of olive oil with 1 teaspoon Cajun spice blend.
- Spread onto a baking sheet and roast for 45 minutes, until cauliflower and squash are slightly browned. Turn off heat and set the pan aside.
- In a large pot set to medium heat, saute the garlic, onion, and celery in remaining 1 tablespoon of olive oil with 1 teaspoon Cajun spice blend. Cook for approximately 10 minutes, stirring occasionally.
- Pour white wine and vegetable broth into the pot. Stir in cauliflower and butternut, including the liquids from the baking sheet.
- 



## Roasted Cauliflower and Butternut Soup Continued

Reduce heat to medium-low and add bay leaves, parsley, and celery salt. Cook, uncovered, for 25 minutes.

·Add coconut milk and cook for additional 5 minutes.

·Remove pot from heat and retrieve bay leaves from the soup.

·Puree the soup to desired consistency using an immersion blender or blend in batches in a food processor or blender.





# Detox Crockpot Lentil Soup



## INGREDIENTS

### For the crockpot:

- 2 cups butternut squash (peeled and cubed)
- 2 cups carrots (peeled and sliced)
- 2 cups potatoes (chopped)
- 2 cups celery (chopped)
- 1 cup green lentils
- $\frac{3}{4}$  cup yellow split peas (or just use more lentils)
- 1 onion (chopped)
- 5 cloves garlic (minced)
- 8-10 cups vegetable or chicken broth
- 2 teaspoons herbs de provence
- 1 teaspoon salt (more to taste)

### Add at the end:

- 2-3 cups kale (stems removed, chopped)
- 1 cup parsley (chopped)
- $\frac{1}{2}$  cup olive oil - rosemary olive oil or other herb infused oil is delicious
- a swish of sherry, red wine vinegar, or lemon juice to add a nice tangy bite

## INSTRUCTIONS

1. Place all ingredients in the crockpot. Cover and cook on high for 5-6 hours or low for 7-8 hours.
2. Place about 4 cups of soup in a blender with the olive oil. Pulse gently until semi-smooth and creamy-looking (the oil will form a creamy emulsion with the soup). Add back to the pot and stir to combine. Stir in the kale and parsley. Turn the heat off and just let everything chill out for a bit before serving. The taste gets better with time and so does the texture,
3. Season to taste (add the sherry, vinegar, and/or lemon juice at this point) and to really go next level, serve with crusty wheat bread and a little Parmesan cheese. It's called Detox Balance.



# Asparagus Chowder

## Ingredients

- 1 bunch Asparagus (I used left over cooked asparagus, chopped. Leave a few stalks of the heads for garnish.
- 1/2 large onion chopped
- 2 stalks celery chopped
- 1 clove garlic - grated
- 4 small Ukon gold potatoes
- 1/2 tsp Aleppo Pepper (in the spice aisle)
- 1/2 tsp Sumac (in the spice aisle)
- 1 can coconut cream
- 1 box Bone Broth
- Salt and Pepper
- A pinch of red pepper flakes

## Method

1. Sweat the onion, celery and garlic and a pinch of salt and pepper in a saucepan.
2. Add the chopped up asparagus and brown lightly.
3. Add the Aleppo Pepper, Sumac and pepper flakes.
4. Puree the asparagus mixture with a some bone broth until smooth. (There will still be bits of asparagus)
5. Put the pureed asparagus mixture back in the pot, add the potatoes and the rest of the bone broth and cook until the potatoes are soft.
6. Add the coconut cream and simmer for 10 minutes.
7. Using an immersion blender blend the soup until smooth.
8. Check the seasoning. If necessary add more salt and pepper.
9. Serve with asparagus tops and torn basil leaves.

# Salad and Sauces

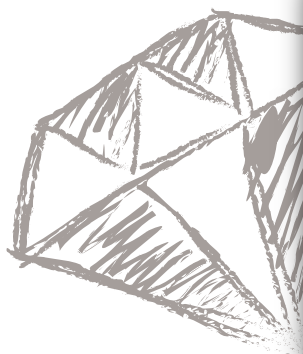


Toasted Beetroot with Goats Cheese Pg 23

Green Salad with Warm Roasted Cherry Tomatoes, Figs and Brie Pg 24

Potato Salad Pg 25

Roasted Cauliflower with Lemon Tahini Dressing Pg 26



# Roasted Beetroot, Goats Cheese

I use ready cooked Beetroots packed in a pouch from the grocery store. They are not roasted, but the salad will be just as nice. If you want to roast your own beetroots pack them in tin foil with garlic and thyme and a drizzle of oil. Bake in the oven from about an hour until a skewer slides through easily. Let them cool slightly and then put on gloves (you don't want to have pink hands!) and remove the skins.

## Ingredients:

- 3 Tablespoons walnut oil or olive oil
- 1 Tablespoon red wine vinegar
- salt & pepper
- 1 kg (2 lb) roasted beetroot
- 150 g (6 cups) rocket (arugula) leaves
- 150 g (2/3 cup) goats cheese



## To construct the salad

1. Whisk together the walnut oil and red wine vinegar in a large bowl.
2. Season with salt and pepper.
3. Cut the still-warm roasted beetroot into 2cm cubes and drop into the dressing. Mix thoroughly to ensure the beetroot is completely coated in the dressing and allow to cool completely.
4. Arrange the rocket on a serving platter, then spoon the beetroot into the centre of the rocket leaves.
5. Crumble the goats cheese over the top of the beetroot.
6. Scatter the walnuts if wanted over the goats cheese.
7. Serve.



# GREEN SALAD WITH WARM ROASTED CHERRY TOMATOES, FIGS AND BRIE

## Ingredients:

Salad Greens – Spring Mix type looks good  
1 punnet Cherry Tomatoes  
1 cup Walnuts  
About 12 Figs – Dried or Fresh  
1 Brie Cheese  
Fresh Basil Leaves - chopped  
Salt & Pepper  
Kosher Salt  
Balsamic Vinegar  
Olive Oil



1. Wash and dry the Salad Greens, and put into bowl or flattish plate
2. Put a little olive oil into a frying pan, add the tomatoes, kosher salt, basil leaves and fry until the skins shrivel and they have a little color
3. Pour over the Salad Greens.
4. Wipe out the pan, and warm the walnuts until the oil releases.
5. Pour over the Salad Greens
6. Chop the dried figs into quarters, or if using fresh figs, chop into bite size pieces.
7. Sprinkle the figs over the Salad Greens.
8. Add Salt and freshly ground pepper to the greens, sprinkle with olive oil and balsamic vinegar. Mix gently.
9. Chop up Brie cheese into bite size pieces, and add to finished salad.

# My Mother's Potato Salad

## Ingredients

- 2 lb gold potatoes , scrubbed
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon salt , more to taste
- 1/4 teaspoon black pepper , more to taste
- 1 cup mayonnaise
- 2 teaspoons Dijon mustard
- 1/2 teaspoon celery seed
- 2 stalks celery , diced
- 1/2 sweet onion , diced
- 2 spears dill pickle , finely chopped



## Instructions

1. Place potatoes in a large pot and cover with cold water. Bring to a boil over high heat. Once boiling, continue to cook until just fork tender, about 20 minutes. Drain; slightly cool about 5-10 minutes.

Peel the potatoes (optional) and cut into cubes. Place into a medium bowl; set aside.

2. In a small bowl, combine the vinegar, salt and pepper. Pour over the warm cubed potatoes and gently mix. Place in the refrigerator to chill for 20 minutes.

Meanwhile, in a large bowl, mix together the mayonnaise, mustard and celery seed. Stir in the celery, onions, and pickles until evenly coated. Add the cooled potatoes; gently mix.

Season to taste with additional salt and pepper. Optional: Garnish with dill and paprika.

# ROASTED CAULIFLOWER SALAD WITH LEMON TAHINI DRESSING

## LEMON TAHINI DRESSING

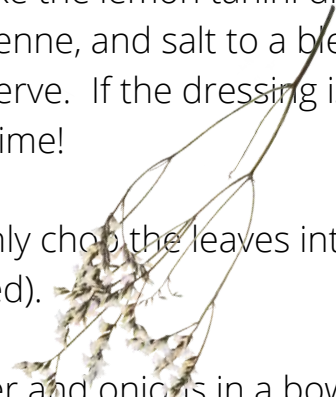
## INGREDIENTS

- |                        |                          |                              |
|------------------------|--------------------------|------------------------------|
| 1. Prep Time: 15 mins  | ·1/3 cup tahini          | ·1 head cauliflower          |
| 2. Cook Time: 35 mins  | ·1/3 cup water           | ·1/2 red onion               |
| 3. Total Time: 50 mins | ·1/4 cup lemon juice     | ·2 Tbsp olive oil            |
| 4. Serves 4            | ·2 cloves garlic, minced | ·Salt and Pepper to taste    |
|                        | ·1/2 tsp cumin           | 1/2 bunch parsley            |
|                        | ·1/4 tsp cayenne         | Roasted Chickpeas if desired |
|                        | ·1/4 tsp salt            |                              |



## INSTRUCTIONS

1. Preheat the oven to 400°F. Chop the cauliflower into small florets and place them on a large baking sheet. Slice the red onion into 1/4-inch strips and place them on the baking sheet. Drizzle the cauliflower and onions with olive oil and season with a pinch or two of salt and pepper. Toss the cauliflower and onions until coated in oil, salt, and pepper.
2. Roast the cauliflower and onions in the preheated oven for 20 minutes, then stir, return them to the oven, and roast for an additional 10-15 minutes, or until the cauliflower is tender and browned on the edges. Let the cauliflower cool slightly.
3. While the cauliflower and onions are roasting, make the lemon tahini dressing. Add the tahini, water, lemon juice, garlic, cumin, cayenne, and salt to a blender. Blend until smooth, then refrigerate until ready to serve. If the dressing is too tight, add a little water to loosen it. Just a little at a time!
4. Pull the parsley leaves from their stems and roughly chop the leaves into small pieces (about 1.5 cups loosely packed, once chopped).
5. To build the salad, combine the roasted cauliflower and onions in a bowl with the chopped parsley. Drizzle the lemon tahini dressing over top, and toss to combine. Serve warm or cold.





# Breakfast



Overnight Oatmeal Pg 28

Banana Buttermilk Flapjacks Pg 29

Roasted Red Pepper and Fresh Herb Frittata Pg 30

Blintzes Pg 31

# Overnight Oatmeal

## INGREDIENTS

- 1 container (6 oz) greek yogurt, any flavor
- 1/4 cup uncooked old-fashioned or quick-cooking oats
- 1/4 cup fresh fruit (see ideas below)

## Instructions:

1. In container with tight-fitting cover, mix yogurt and uncooked oats. Stir in desired fruit.
2. Cover; refrigerate at least 8 hours but no longer than 3 days before eating.
3. Add in any fruits that you like



# Banana-and-buttermilk flapjacks

## INGREDIENTS

- 2–3 ripe bananas, mashed
- 350 g cake flour
- 2 free-range eggs
- 5 T butter, melted, plus extra for frying
- 1 t vanilla extract
- 2 cups buttermilk, plus extra for serving
- Fresh honeycomb, for serving, optional



1. Place the eggs, melted butter, vanilla extract, mashed bananas and buttermilk in a mixing bowl and whisk to combine.

2. Pour the wet mixture over the flour and mix well, taking care not to overmix.

3. Place a pan over a medium heat and add a little butter. Once the butter has melted, drop spoonfuls of the flapjack mixture into the pan, cook until the surface bubbles, then turn and cook the other side.

Serve hot with the honeycomb if you like, or yoghurt and fresh berries and maple syrup or honey.



# Roasted Red Pepper and Fresh Herb Frittata

## Ingredients

**3 tablespoons olive oil**

**2 teaspoons salt**

**Generous pinch freshly ground black pepper**

**2 tablespoons chopped fresh parsley leaves**

**2 tablespoons chopped chives**

**2 teaspoons chopped fresh basil leaves**

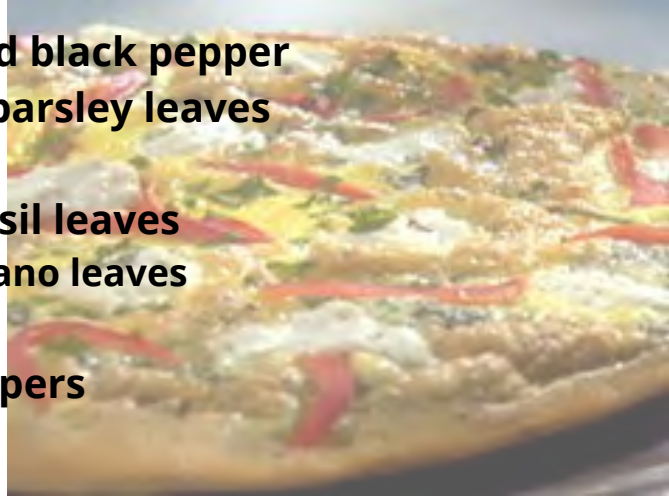
**2 teaspoons chopped fresh oregano leaves**

**12 eggs, beaten**

**1/2 cup sliced roasted red peppers**

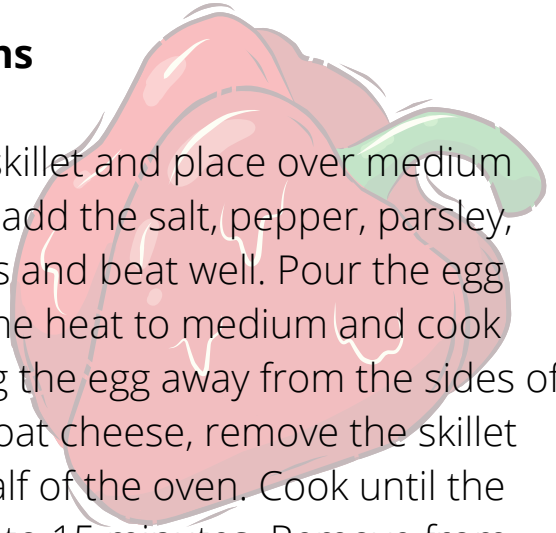
**1/2 cup crumbled goat cheese**

**Fresh basil leaves, for garnish**



## Directions

1. Preheat the oven to 350 degrees F.
2. Pour the oil into a 10-inch nonstick skillet and place over medium high heat for 2 minutes. Meanwhile, add the salt, pepper, parsley, chives, basil and oregano to the eggs and beat well. Pour the egg mixture into the hot skillet, reduce the heat to medium and cook about 3 minutes, occasionally pulling the egg away from the sides of the pan. Add the red peppers and goat cheese, remove the skillet from the heat and slide it into top half of the oven. Cook until the center of the frittata is set, about 12 to 15 minutes. Remove from the oven and let cool 10 minutes. Slide the spatula around the edges of the pan, working underneath the frittata a bit. Shake the pan to loosen the bottom and gently slide onto a serving platter. Slice into 12 wedges, garnish with basil leaves and serve.



# Blintzes

I still use the ancient International Goodwill Recipe book from way back when!!



## Crepe batter

- 3 Eggs
- 2 cups water
- 1 ½ cups Flour
- Pinch of Salt
- ½ teaspoon Baking Powder

## Cream Cheese filling

- 1 Egg
- 1 lb Cream Cheese
- A pinch of salt
- A pinch of pepper
- Sugar to taste
- Some sour cream to mix to a smooth paste
- Beat all the ingredients together until smooth. You could add in some lemon zest if desired.

## Meat Filling

- Cooked chicken, or other meat
- 1 onion
- Seasoning
- Chicken Fat

Prepare the meat filling if you are going to make meat blintzes. Use left over cooked meat (roast). Fry the onions until golden brown (don't burn them!). Mix the meat and onions and seasoning in a food processor or grinder until coarsely ground. Add the chicken fat to bind it.

# Blintzes Continued

## To make the crepes.

Beat eggs and water well.

Sift together flour, salt and baking powder. Add to eggs and beat well until smooth.

Heat a small frying pan and grease very lightly with oil. Pour a small amount of batter into the pan and swirl until evenly coated.

Cook until dry and then invert the crepe onto a clean dishcloth. Continue until all the batter is used up. Place a spoonful of cream cheese filling or meat onto a crepe and fold up into an envelope shape. Place into a well greased pyrex dish.

Pack them in closely, dot with butter and bake in a 400 degree F oven until golden brown.

Alternatively you can fry them in a pan.





# Entrees

Baked Salmon Meatballs with Avocado Sauce Pg 34

Beef shin stew with Parmesan dumplings Pg 36

Oxtail Pg 38

Mozambique Peri Peri Grill Chicken Pg 39

Roast Chicken Pg 41

Brisket with Carrot Tzimmes and Prunes Pg 42



# Baked Salmon Meatballs with Creamy Avocado Sauce

## Ingredients

### The meatballs:

- 1 lb. skinless salmon, cut into chunks
- ½ medium onion, grated
- ¼ cup + 2 tbsp whole wheat panko breadcrumbs
- 3 tbsp minced cilantro
- 1 egg white
- 2 garlic cloves, minced
- ¾ tsp salt
- ½ tsp ground pepper
- ½ tsp paprika
- ½ tsp ground oregano



### The sauce:

- ¾ California avocado, skin & seed removed
- 3 tbsp fat-free plain Greek yogurt
- 1 clove garlic, minced
- ½ lime, juiced
- 5 tbsp water
- 2 tbsp minced cilantro
- ¼ - ½ tsp chipotle chile powder (see note)
- ¼ tsp salt, or to taste
- ¼ tsp ground pepper



# Baked Salmon Meatballs with Creamy Avocado Sauce Continued

## Instructions

### The meatballs:

1. Preheat the oven to 350 degrees F. Coat a large baking sheet with cooking spray.
2. Place the salmon in the bowl of a food processor. Pulse until finely chopped, scraping down the sides as necessary. Transfer to a large bowl.
3. To the salmon, add the onion, breadcrumbs, cilantro, egg white, garlic, salt, pepper, paprika and oregano. Stir to combine.
4. Using a 2 tablespoon portion of the salmon mixture, form meatballs by rolling between the palms of your hands. Place the meatballs on the prepared baking sheet, spacing evenly.
5. Bake until the meatballs are firm to the touch and cooked through, 15 to 18 minutes.
6. Serve the meatballs with the avocado sauce.

### The sauce:

1. In the bowl of a food processor or blender, combine the avocado, yogurt, garlic, lime juice, water, cilantro, chipotle chile powder, salt and pepper. Blend until smooth.



# Beef shin stew with Parmesan dumplings

This slow-cooked beef shin stew is rich and flavorful. It is the perfect comfort food recipe served with fluffy Parmesan dumplings. You can leave out the dumplings if you want.

## Ingredients for the stew

- 1kg beef shin
- 1 onions, finely chopped
- 1 celery stick, finely chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves, thinly sliced
- 1x400g tin chopped tomatoes
- 1 tablespoon tomato paste
- 2 teaspoons sugar
- 2 tablespoons soy sauce
- 250ml red wine
- 2 tins (use the tomato tin) beef stock
- 1 bay leaf
- 5 sprigs fresh thyme
- 250g portabellini mushrooms, halved
- salt & pepper to taste



## for the Parmesan dumplings

- 125g butter
- 250g flour
- 1 teaspoon baking powder
- ½ cup Parmesan, grated
- 100ml milk
- ½ teaspoon salt



# Beef shin stew with Parmesan dumplings

## Continued

### Instructions

1. To make the stew, season the beef shin with salt and pepper and sear in a heavy-based pot in a splash of oil until browned on both sides.
2. Remove the shin from the pot and set aside.
3. In the same pot, fry the onion, celery and carrots until soft and fragrant.
4. Add garlic and fry for another 30 seconds.
5. Pour in the chopped tomatoes, tomato paste, sugar, wine and soy sauce and allow to come up to a simmer. Add the beef back into the pot and pour in the beef stock, add the bay leaf and thyme.
6. Turn the heat down and cover with a lid. Allow to simmer for 2 hours until the beef is soft.
7. Add the mushrooms and allow to cook for 10 minutes uncovered then adjust the seasoning to taste.
8. To make the dumplings, place the butter, flour, baking powder, salt and Parmesan in the bowl of a food processor. Pulse until the mixture resembles rough breadcrumbs.
9. With the motor running, pour in the milk slowly until the mixture comes together in a ball.
10. Remove and form dumplings, just slightly smaller than golf balls.
11. Place the dumplings on top of the stew and cover with the lid. Allow to steam for 10 minutes. (Make sure the stew is simmering gently otherwise the dumplings will fall apart.)
12. When the dumplings are cooked through, remove the lid and serve immediately.

# Oxtail

## Ingredients

- 2 kg Oxtail
- 4 large carrots peeled and finely chopped
- 1 onion finely chopped
- 2 stalks celery finely chopped
- 5 garlic cloves finely chopped
- 3 Bay Leaves
- 2 sprigs rosemary
- 1 cup red wine
- 400 g (14oz) chopped tomatoes
- 4 cups beef stock
- salt and pepper to taste



## Instructions

- Season the oxtail generously with salt. In a large pot set over high heat, brown the oxtail in batches.
- Remove and set aside. Add the onions, celery and carrots and cook until golden and just starting to soften.
- Add the garlic and herbs and sauté for another minute.
- Add the red wine and allow to reduce slightly.
- Add the tomatoes and the oxtail back to the pot.
- Pour in the stock, just enough to cover the oxtail. Reserve the rest. Season with salt and pepper.
- Bring up to a boil then reduce the heat, cover and simmer gently for 3 hours. Check every 45 minutes if the oxtail needs more stock and top up as needed.
- Remove the lid for the last hour of cooking to allow the sauce to reduce.
- Serve the soft oxtail with mashed potatoes, polenta or rice.

# Mozambique Peri Peri Grill Chicken

## Ingredients

3½ – 4 pound chicken cut up

Salt and pepper to taste

1 teaspoon

chicken bouillon (optional)

¼ cup olive oil or more

¼ cup chopped onions

¼ medium red pepper

1 fresh jalapeno peppers, coarsely chopped, seeds removed

1 fresh chili pepper or more coarsely chopped

1 teaspoon smoked paprika

½ teaspoon salt plus more to taste.

34 garlic cloves

Juice of 1 medium sized lemon (adjust to taste)

4 large basil leaves

12 tablespoon fresh oregano

½ cup coconut milk



*If you don't want to make your own Peri Peri Sauce, purchase Nando's Peri Peri Sauce, now available throughout the USA*



## Instructions

1. Blend red pepper, jalapeno pepper, chili pepper, garlic, basil, oregano, and onions in a food processor or blender. Add olive oil, coconut milk to facilitate blending. Then mix in smoked paprika, lemon juice black or white pepper and coconut milk. Adjust for salt and seasoning. Refrigerate and use when ready. You may make this a day or more ahead of time.
2. Trim chicken of excess fat and pat dry with a cloth or paper napkin. Rub with lemon, and season with salt, chicken bouillon and pepper
3. Drench the chicken with periperi marinate, place in a zip lock bag, or sealed containers and refrigerate for at least 2 hours, preferably overnight.
4. When ready to grill. Using a tong remove chicken from the peri peri marinade and remove excess marinade. Reserve the marinade
5. Preheat grill to medium high heat.
6. Place chicken on the grill and grill for about 10-15 minutes on each side you may need to turn the chicken occasionally on each side until it is cooked all the way. Do this in batches if you have a small grill.
7. In a small saucepan simmer the remaining peri peri marinade and the one from the chicken for about 7 minutes.  
Serve with chicken or mix with chicken





# Roast Chicken – Jonathan Waxman recipe

## Ingredients

One 4-pound free-range chicken  
4 tablespoons unsalted butter  
Kosher salt and freshly ground black pepper  
3 carrots, large dice  
1 head garlic, cut in half lengthwise  
1 onion, large dice  
1 tablespoon all-purpose flour  
2 cups red wine  
3 tablespoons heavy cream



## Instructions

1. Preheat the oven to 450 degrees F.
2. Place the chicken in a 12- or 14-inch cast-iron pan, breast-side up. Top with 2 tablespoons butter and generously sprinkle with salt and pepper. Roast the chicken, 5 minutes. Remove the chicken and carefully shake it to ensure that it does not stick to the bottom of the pan. Return to the oven to roast, 20 more minutes. Baste the chicken and continue to roast, basting every 5 minutes, for 30 minutes. Add the carrots, garlic and onions and continue to roast until the chicken is cooked through and an instant-read thermometer inserted in the thigh (avoiding bone) reads 155 degrees F, about 20 minutes more.
3. Place the chicken on a cutting board with the vegetables. Skim the fat from the pan, leaving about 2 tablespoons. Place the pan over a burner and add the flour. Cook until browned, then add the wine. Scrape out all the pan juices and the wine-flour mixture into a small saucepan. Cook for 3 minutes, then add the cream and remaining 2 tablespoons butter, whisking. Season with salt and pepper. Slice the meat off the bird and add the cooking juices to the gravy. Place the sliced meat on a platter and sauce with the gravy. Garnish with the vegetables.

# Brisket with Carrot and Prunes (Flaumen Tzimmes)

## Ingredients

2 to 3 lb brisket  
3 small bunches carrots  
1 sweet potato or butternut chunks  
4 large potatoes  
About 2 tablespoons Sugar  
Salt  
Pepper  
Small dash of cinnamon  
2 tablespoons Syrup  
Juice of ½ lemon  
½ tablespoon flour  
Pitted prunes if desired.



## Method

Place meat in a large saucepan and cover with vegetables cut up into small pieces.

Add water to about half the depth of the vegetables and cook on low heat for about 3 hours until the brisket is tender. Keep checking to see that the water hasn't boiled away and if so, add a little more.

Mix all the rest of the ingredients together except the flour with the prunes (if using), and add to the pot.

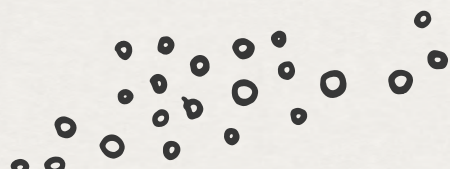
Mix the flour with a little water to form a paste, add to the pot and stir constantly until the gravy thickens. Continue cooking until the gravy cooks down. It should not be too liquid. Place brisket on a platter and arrange the vegetables around and cover with the gravy.



# Desserts

Grilled Peaches with Greek Yogurt Pg 44

Chocolate Toffee Matzo Crunch Pg 46





# Grilled Peaches with Greek Yogurt and Hazelnut Praline

Freestone peaches, those in which the pit releases easily from the flesh, are best for this recipe. Late-ripening peach varieties tend to be freestone. You can leave out the praline which can take a little while to prepare

## For the hazelnut praline

- 1 cup plus 2 Tbs. granulated sugar
- 1-1/2 cups blanched hazelnuts, toasted

## For the grilled peaches

- Finely grated zest and juice of 1 lemon, divided
- 1/2 vanilla bean, split lengthwise, seeds scraped out
- 2 sprigs fresh thyme, leaves only
- 3 Tbs. olive oil; more for serving
- 1 tsp. honey; more for serving
- 1/2 tsp. kosher salt; more for serving
- 1/4 tsp. freshly ground black pepper
- 4 ripe freestone peaches, halved and pitted
- Canola or vegetable oil, as needed
- 1 cup plain whole milk Greek yogurt, preferably Chobani
- Flaky sea salt, for serving





# Grilled Peaches with Greek Yogurt and Hazelnut Praline Continued

## Make the praline

Generously coat a baking sheet with cooking spray.

Attach a candy thermometer to the side of a 3-quart saucepan. Over medium-high heat, boil the sugar with 1/4 cup water until the temperature reaches 248°F (firm ball stage). Add the nuts, remove from the heat, and stir with a wooden spoon until the sugar coats each nut and has a grainy, sandy appearance.

Place the pan over medium heat and melt the sugar again, stirring constantly until the nuts are a deep caramel color, 8 to 10 minutes. Pour the nuts onto the prepared baking sheet. Allow the praline to cool, and then break into medium-size pieces.

## Make the peaches

Prepare a high gas or charcoal fire, or heat a cast-iron skillet on medium-high heat on the stovetop.

In a large bowl, combine the lemon zest, vanilla, thyme, olive oil, honey, salt, and pepper. Add the peaches to the marinade and toss until well coated.

Lightly oil the grill or skillet with canola or vegetable oil. Grill the peaches, cut side down, without moving until tender, about 1 to 2 minutes (reserve the marinade). Remove from the grill.

In a medium bowl, whisk the yogurt and lemon juice. Place 1/2 cup of praline pieces in a zipper-type plastic bag and pound with a rolling pin to make medium crumbs. (Use leftover praline as a topping for ice cream, yogurt, or waffles.)

## To serve

Divide the yogurt mixture among 8 plates. Rub the cut side of the peaches with the reserved marinade. Place half a peach skin side down on each plate over yogurt. Sprinkle with praline crumbs and drizzle with honey and oil. Finish with a pinch of sea salt.

# Chocolate Toffee Matzo Crunch

## INGREDIENTS

- 4-6 unsalted matzos (use gluten free matzo crackers to make this recipe gluten free)
- 1 cup unsalted butter or margarine (butter recommended)
- 1 cup brown sugar
- 1 1/4 cups chopped semi-sweet or dark chocolate chips (use dairy free chocolate for pareve/vegan)
- 2 tbsp chopped pistachios (or your favorite Passover-friendly nut - optional)
- Sea salt

Preheat the oven to 375°F. Line a sheet tray with a layer of foil, then cover the foil with a sheet of parchment. Evenly cover the sheet tray with matzos. Break or cut the matzos into smaller pieces if necessary.

In a heavy bottomed saucepan, combine the butter, brown sugar, and a generous pinch of sea salt. Cook over medium heat, whisking constantly, until the mixture comes to a boil (about 2 to 4 minutes). Boil for 3 additional minutes and continue stirring constantly.

# Chocolate Toffee Matzo Crunch Continued

Remove from the heat and pour the toffee mixture over the matzos. Use a spatula to spread evenly across the entire surface of the matzo. Make sure you spread it out fairly quickly or it will start to get sticky and become harder to smooth over.

Place the baking sheet in the oven and immediately reduce the heat to 350 degrees F. Bake for 15 minutes. Check frequently to be sure that the mixture is not burning. If it appears to be browning too quickly, remove the tray from the oven and reduce the heat to 325 degrees F, then replace the tray when the temperature drops a bit.

Once 15 minutes have passed, remove the matzos from the oven and evenly sprinkle the chopped chocolate chips over the top.

Let stand for 5 minutes, then spread the chocolate over the matzo.

Sprinkle the chopped pistachios and a light sprinkle of sea salt over the top of the melted chocolate.

While the matzos are still warm, break them into smaller squares or pieces.

Place in the freezer until the topping has set.

Serve straight from the freezer, chilled, or at room temperature.





**HAPPY COOKING!**

Hope you enjoy making  
my favorite recipes.