



Wolfgang Puck: GEFILTE FISH

(serves 12)

1 head (about 2½ pounds) green cabbage
 2 cups matzoh meal
 1 quart fish stock
 1 tablespoon olive oil
 ½ medium onion, minced
 2 pounds of fish fillets, such as pike, carp,
 or whitefish, cut into chunks

3 eggs, separated
 ½ cup chopped Italian parsley
 2 to 3 teaspoons salt
 2 tablespoons (6 or 7 sprigs) chopped
 fresh tarragon leaves
 ½ teaspoon freshly ground white pepper
 cayenne pepper to taste
 1 medium carrot, peeled and
 cut into julienne
 1 medium leek, white part only,
 cut into julienne

- 1) *Preheat the oven to 375° F. Blanch the head of cabbage in boiling salted water, about 5 minutes, then place in a basin of cold water. Remove the whole leaves and cut away the tough core. As you peel off the outer leaves, you may have to return the head of cabbage to the boiling water to soften the inner leaves. Dry on a clean towel and reserve.*
 - 2) *Place the matzoh meal in a small bowl. Cover with 1 cup of stock and let soak until needed.*
 - 3) *In a small skillet, heat the olive oil. Over medium heat, sauté the onion until wilted, 4 to 5 minutes. Do not brown. Cool.*
 - 4) *In a wooden bowl or on a chopping board, chop the fish fine with a chopper or large knife. Add the matzoh meal with the stock, the cooled onions, the 3 egg yolks, the chopped parsley and tarragon, 2 teaspoons of salt, white pepper, and cayenne, and continue to chop until well combined. In a clean, medium bowl, whisk the egg whites until firm but not stiff. Stir a little into the fish mixture, and then quickly but*
gently, fold in the remaining whites. To test for flavor, bring a little fish stock to a simmer, add a small ball of the fish mixture and cook for about 5 minutes. Taste and correct seasoning.
 - 5) *Heat the remaining fish stock and spoon a little into an 11 x 17-inch baking pan. Divide the fish mixture into twelve portions, about 4 ounces each, and enclose each portion in one or two cabbage leaves. You will find that when the leaves get smaller, you will have to use two leaves to wrap the fish. As each package is formed, place in the prepared baking pan, seam-side down. This size pan holds the 12 packages comfortably. Pour the remaining stock over the fish and top with the julienned carrots and leeks. Cover the pan with foil and bake for 30 minutes. Let cool in the stock and refrigerate until needed.*
- Presentation: Place one package of fish on each of 12 plates, garnishing with some of the julienned carrots and leeks. Serve with horseradish, white or red.*

Eating gefilte fish has some practical advantages over eating whole fish with bones, according to Jewish law. On Shabbat, one must be careful not to select and remove inedible items (bones) from edibles (fish). Although there are permissible ways to separate the fish from the bones while eating, gefilte fish circumvents the problem (Minchat Shabbat).



Rosely Himmelstein: "BEST CHICKEN SOUP"

(serves 10-12)

4 quarts of chicken broth
(recipe follows)
2 chickens, quartered and
rinsed

2 large carrots, peeled and cut up	2 parsley roots, with greens
2 large onions, peeled and cut up	2 sweet potatoes, peeled
2 stalks of celery	6-7 stems of dill (a handful)
2 leeks, white and light- green parts only, washed well	2 small rutabaga, peeled and cut up
2 parsnips, peeled and cut up	a few sprigs of cilantro (optional)
	salt and pepper to taste

Broth: (makes about 4 quarts)

4 pounds of chicken (I use wings and backs)	2 carrots, peeled	2 leeks
6 garlic cloves	2 bay leaves	2 onions, studded with 8 whole cloves
	2 celery stalks	

Combine all ingredients with 20 cups of water. Bring to boil. Simmer over medium heat for 1½ hours, stirring occasionally. Cool, then strain. If not using immediately, refrigerate (for up to three days) or freeze.

1. Put chicken broth in pot and bring to boil.
2. Add chicken. Return to boil, lower heat.
3. Gently simmer uncovered for 1 hour.
4. Add the rest of the ingredients.
5. Simmer for one-half hour more, stir occasionally.
6. Skim fat from top.
7. Pour into bowls, into each add a slice of carrot and a sprig of cilantro.

If storing, let soup cool before refrigerating. When cold, remove the fat that rises to the surface.



Sara Moulton: GRATED CARROT SALAD (serves 8-12)

6 tablespoons extra virgin olive oil	2 teaspoons cumin seeds	½ cup rinsed, dried, and chopped fresh cilantro
	2 teaspoons paprika	1-2 teaspoons fresh lemon juice, or to taste
	2 pounds carrots (about 16 medium)	2 teaspoons sugar
	⅔ cup golden raisins	1 teaspoon kosher salt
	⅔ cup chopped pimiento- stuffed green olives	

If you have a grating disk on your food processor, this makes a perfect weeknight salad. Tossed with cumin and paprika-flavored oil, raisins, olives and lemon juice, it is a refreshing change from the usual green salad or cole slaw.

1. Heat the oil in a small skillet over medium-low heat. Add the cumin seeds and cook until they turn a shade darker and become fragrant, about 4 minutes. Remove the pan from the heat, stir in paprika, and let the mixture cool.
2. Meanwhile, coarsely grate the carrots, preferably using the coarse grating disk on a food processor. Toss the carrots with the cooled oil mixture, raisins, olives, cilantro, lemon juice to taste, sugar and salt. Serve at room temperature or cover, refrigerate and serve later.



Bobby Flay:
SPANISH SPICED
RUBBED CHICKEN
WITH MUSTARD-GREEN
ONION SAUCE (serves 12)

Mustard-Green Onion Sauce

- ¼ cup aged white wine vinegar
- 3 tablespoons Dijon mustard
- ¾ cup pure olive oil
- Salt and freshly ground pepper
- ¼ cup thinly sliced green onions
- 3 tablespoons finely chopped fresh flat leaf parsley

Whisk together vinegar and mustard in a large bowl. Slowly whisk in the oil until emulsified

and season with salt and pepper to taste. Fold in the green onions and parsley.

Spanish Spice Rub

- 9 tablespoons Spanish paprika
- 3 tablespoon cumin seeds, ground
- 3 tablespoon mustard seeds, ground
- 6 teaspoons fennel seeds, ground
- 6 teaspoon coarsely ground black pepper
- 6 teaspoons kosher salt

Whisk together all ingredients in a bowl, set aside.

- Salt
- Spanish Spice Rub
- Olive oil
- Chopped parsley, for garnish
- 12 bone-in chicken breasts, French cut

Heat grill to medium. Season each chicken breast with salt on both sides. Rub each breast on the skin-side with the rub, drizzle each piece with a few teaspoons of olive oil and place on the grill, rub-side down. Grill for 5-6 minutes or until slightly charred and a crust has formed.

Turn the breasts over, close the cover and continue cooking for 6-7 minutes or until just cooked through. Spoon some of the Mustard-Green Onion Sauce onto a platter and place the breasts on top. Garnish with chopped parsley and serve remaining sauce on the side.



Jeff Nathan: APPLE CIDER BRISKET

(serves 8-10)

- 2 tablespoons vegetable oil
 - 1 six-pound beef brisket,
outer fat trimmed
 - 3 large onions, halved lengthwise and
thinly sliced into half moons
 - 3 cups apple cider, as needed
 - ½ cup unsulfured molasses
 - 6 garlic cloves thinly sliced
 - kosher salt and freshly ground black
pepper to taste
- 1 tablespoon chopped fresh rosemary or
1½ teaspoons dried rosemary
- 1 tablespoon chopped fresh thyme or
1½ teaspoons dried thyme

1. *Position a rack in the center of the oven and preheat the oven to 325° F.*
2. *Heat the oil in a large Dutch oven or small roasting pan over medium-high heat. Add the brisket and cook, turning once, until browned on both sides, about 8 minutes. Transfer to a plate.*
3. *Add the onions to the same pot and cook, stirring occasionally, just until softened, about 5 minutes. Place the brisket on top of the onions, add the cider and molasses, and sprinkle the meat and onions with the garlic, rosemary and thyme. If necessary, add more cider (or even water), to almost cover the brisket. Bring to a simmer, then cover tightly. Place in the oven and bake until the brisket is fork-tender, about 3 hours.*
4. *Uncover and let the brisket cool in the pot. Cover and refrigerate until the next day.*
5. *Scrape off and discard any hardened fat on the surface of the cooking liquid. Transfer the brisket to a carving board, and slice thinly against the grain.*
6. *Meanwhile, bring the cooking liquid to a boil over high heat. Taste, and if the flavor needs concentrating, simmer for a few minutes to evaporate excess liquid. Season with salt and pepper. Return the sliced brisket to the liquid, reduce the heat to medium-low, and simmer until heated through. Serve hot with the onions.*



egg noodles
soy sauce

Jean-Georges Vongerichten: BRISKET OF BEEF BRAISED WITH ONIONS AND CHILIES

(serves 6-12 depending on
size of brisket)

1 brisket of beef
11 onions
5 large carrots
1 head of celery
2 red finger peppers (chilies)
chicken stock to almost cover

Thinly slice 7 onions into small dice, and slice chilies very thin. Sauté onions and chilies with olive oil and season with salt. Cook over medium heat, stirring until onions are chestnut brown. Trim excess fat from brisket, but leave an even layer on top. Peel remaining onions, carrots and clean the celery. Cut all into a large dice. Place in deep pan and add brisket, which has been generously seasoned with salt and pepper. Pour the hot stock into the pan until it covers

the brisket halfway. Spoon the caramelized onions on top and smooth to form an even layer 1" thick covering the top of the brisket. Cover the pan and cook in a 325° F convection oven, gently basting every ½ hour until paring knife can be inserted without any resistance. Remove brisket, strain juice, then return brisket to juice to cool. When cool, cut into pieces weighing about 2½ oz. and about 2½ inch square.

To Serve:

To reheat, place 3 squares of the meat in a small pan and cover halfway with braising liquid. Bring to a simmer and then put in a hot oven, basting constantly until meat is soft to the touch and juice is sauce consistency.

The onions on top should be well glazed and almost crispy in texture. Season with soy sauce. Cook egg noodles in boiling salted water until tender, drain and place in a bowl. Top with beef and pour juices around.



Joan Nathan: BROCCOLI / POTATO KUGEL

(serves 8-10)

- 1 medium onion, diced
- 3 tablespoons vegetable oil
- 3 cloves garlic, chopped
- 6 large eggs
- 1/3 cup mayonnaise
- 1/3 cup matzah meal
- 1 tablespoon salt
- 1/2 teaspoon ground pepper
- 2 pounds broccoli, cut into florets,
and cooked

4 tablespoons panko or challah crumbs
2 large potatoes (about 2 lbs.),
peeled and boiled

1. *Sauté the onion in the vegetable oil in a small frying pan until browned. Add the garlic and stir for a minute or two. Set aside.*
2. *In a large mixing bowl, mash the potatoes and stir in the eggs one by one to incorporate them well. Add the mayonnaise, matzah meal, salt and pepper, stirring well. Then fold in the onion and the broccoli.*
3. *Grease a 9 x 13 inch baking pan and spoon in the mixture, spreading evenly. Sprinkle with the panko or challah crumbs. Bake in a preheated 350° F oven for 50 minutes or until golden.*

Aidel Buchwald: SWEET NOODLE KUGEL

(serves 12)

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|---------------------------|------------------------|-----------------------------|
| 1 bag wide noodles cooked | 1 1/2 cups sugar | 6 eggs |
| 1 stick margarine, melted | 2 1/2 cups Coffee Rich | 2 teaspoons vanilla extract |

Mix and pour into ungreased 9 x 13 inch Pyrex baking dish.

Bake uncovered at 325° F for 1 1/4 hours.

If kugel becomes too brown while baking, cover and then continue baking.



Susie Fishbein: QUICK AND EASY CHOCOLATE CAKE

(serves 8-10)

- 1 cup sugar
- ½ cup unsweetened cocoa powder
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup parve soy milk
- ⅓ cup canola or vegetable oil
- 1 teaspoon pure vanilla extract
- 1 large egg
- confectioner's sugar

non-stick cooking spray with flour in it,
like Pam or Bakers Joy

1 cup all-purpose flour

1. *Preheat the oven to 350° F*
2. *With the can of non-stick cooking spray, coat an 8" or 9" round baking pan. If you only have the spray without the flour, then add 2 teaspoons of flour into the pan. Shake it over a garbage can to spread it around and shake out the extra.*
3. *In the large mixing bowl, use a wooden spoon or silicon spatula to combine the flour, sugar, cocoa powder, baking soda, baking powder and salt.*
4. *Add the soymilk, oil and vanilla. Crack the egg and add it to the bowl.*
5. *Beat with an electric mixer for 3 minutes until all combined and the batter is creamy.*
6. *Pour the batter into the prepared pan.*
7. *Place the pan in the oven and bake for 30 minutes. When a toothpick is pushed into the center of the cake, it should come out clean. If it is not clean, bake for another 5 minutes.*
8. *Remove the cake from the oven and let it cool for 10 minutes in the pan.*
9. *Using a dull knife or thin metal spatula, go around the rim of the cake to loosen it from the pan. Turn the pan over and remove the cake. Let it cool completely on a wire rack. This will help air circulate to both sides and cool it properly.*
10. *When you are ready to serve the cake, lay 2 forks criss-crossed across the top of the cake.*
11. *Place the confectioner's sugar into a small sieve. Tap it over the cake.*
12. *Carefully lift up the forks. You will be left with a pretty design.*

The Chefs

The National Jewish Outreach Program would like to express its gratitude to the wonderful chefs who helped make A Gourmet Shabbat possible.

Aidel Buchwald, proud mother of four and grandmother of two, is the wife of NJOP Founder and Director, Rabbi Ephraim Buchwald. A licensed Certified Social Worker, she runs a private psychotherapy practice and is the Guidance Counselor at Shevach High School for Girls in Flushing, New York. In the 30 years since the inception of the Lincoln Square Synagogue Beginners Service, Aidel has lovingly hosted thousands of people in the Buchwald home for Shabbat meals.

Susie Fishbein, is an everyday cook who loves to share her passion for cooking and entertaining with friends and family. She is the author of the wildly successful cookbooks, *Kosher by Design*, *Kosher by Design Entertains*, and *Kosher by Design Kids in the Kitchen*. Susie has spent this past year traveling around the country sharing recipes and techniques through book signings and cooking demonstrations. She has appeared on *The Today Show* with Katie Couric, *Allie & Jack*, *Sheila Bridges Designer Living*, *Fox and Friend's* as well as several network news show cooking segments, and has taught at the prestigious *Degustibus* cooking school in New York.

Bobby Flay is a critically-acclaimed chef/ restaurateur, award-winning cookbook author and television personality. His restaurants, *Mesa Grill* and *Bolo* in New York, *Mesa Grill* at *Caesars Palace* in Las Vegas and his new American brasserie, *Bar Americain* in New York, have won him national acclaim, and his passion for food and the world that surrounds it comes through in everything he does. Bobby is the author of six cookbooks and a major personality on television, debuting on *Food Network* in 1996 and continuously hosting programs that bring cooking tips and information on American regional fare to a national audience. Flay was crowned *Iron Chef America* in 2003 and has since participated in multiple *Iron Chef* Competitions.

Rosely Himmelstein has spent many years working in the field of educational publishing. This mother of two and grandmother of two, plays the piano, needlepoints, and adores cooking. Her recipe is the result of a long evolution that began with watching her mother make chicken soup and includes "a little family, a little friends, and my own innovations."

Sara Moulton – As host of the TV show, *Sara's Secrets on the Food Network*, Food Editor of ABC-TV's *Good Morning America*, and Executive Chef at *Gourmet* magazine, Sara Moulton is one of the hardest-working women in the food biz. Ask Sara how it all began and she will tell you, "I've always liked to eat." She is also the author of the just published *Sara's Secrets for Weeknight Meals* (Broadway Books, 2005) and *Sara Moulton Cooks at Home* (Broadway Books, 2002). Sara's mission as both author and TV host is to counter America's unhealthy love affair with fast food by encouraging everyone to cook delicious and nourishing food at home with family and friends.

Jeffrey Nathan – With his sophisticated, flavorful, and creative recipes, Jeff Nathan is one of the most popular chefs in today's market. His innovative, ethnic-influenced recipes and contemporary presentations appeal to diners young and old. Winner of several culinary awards, Nathan has been the chef-host of public television's *New Jewish Cuisine*, the only international gourmet Kosher cooking series, which is seen in four countries and translated into three languages. He is the Executive Chef of *Abigail's* on Broadway and the *Green Tea Lounge* in New York City. His cookbooks, *Adventures in Jewish Cooking*, and *Jeff Nathan's Family Suppers* are available worldwide.

Joan Nathan – Called "the doyenne of Jewish-American food," Joan Nathan is the author of nine cookbooks and a regular contributor to the *New York Times*. She is also the author of the much acclaimed *Jewish Cooking in America*, which in 1994 won both the *James Beard Award* and the *IACP/Julia Child Cookbook of the Year Award*; as well as *An American Folklife Cookbook*, which received the *R.T. French Tastemaker Award* in 1985. Her other books include *Foods of Israel Today*, *Joan Nathan's Jewish Holiday Kitchen*, *The Jewish Holiday Baker*, *The Children's Jewish Holiday Kitchen*, *The Jewish Holiday Kitchen*, and *The Flavor of Jerusalem*. Ms. Nathan's PBS television series, *Jewish Cooking in America* with Joan Nathan, was nominated in 2000 for the *James Beard Award* for Best National Television Food Show.

Wolfgang Puck represents the ultimate in the culinary arts and restaurant hospitality. His name also refers to the gastronomic empire the famous chef has built since the early 1980s, the group of fine dining restaurants developed in partnership with *Barbara Lazaroff*, *Tom Kaplan*, *Lee Hefter*, *David Robins* and *Joe Essa* through which he first rose to prominence. It also includes his extensive catering and events business with partner *Carl Schuster*, which garners international attention through its annual *Governors Ball* following the *Academy Awards®*.

Jean-Georges Vongerichten – Internationally reputed for his innovative, ground-breaking cuisine, Jean-Georges Vongerichten has emerged as one of the country's leading chefs. Acclaimed by critics as 'formidably gifted,' a 'residential genius' and the 'enfant terrible of modern French cooking,' his culinary vision has consistently set new standards and helped define today's generation of cooking.

Miriam Weinrib is the proud mother of eleven children and numerous grandchildren. In the last twenty five years, she has delighted guests at Shabbat and Festival meals, as well as festive celebrations, with her delectable challah recipe. She has passed the legacy of challah baking to her children, who share this unique Shabbat experience with guests around the country.