

Honey Cookies



Ingredients

Cookie:

- 3 eggs
- 1 cup of sugar
- 1 cup of honey
- 1 cup of oil
- 1½ teaspoon of bicarbonate
- cinnamon and ground cloves
- Flour - as much as it takes

Cookie Filling:

- Quince jelly
- Cinnamon
- Sugar

Preparation:

Combine the ingredients into compact dough. Grease and flour a medium-size rectangular baking sheet. Divide dough in three parts, take 1 with oiled hands and place on sheet. Sprinkle sugar and cinnamon, cover with a layer of quince jelly diluted with some other jam or jelly (e.g., orange, lemon, peach, or plum). Repeat this step twice with the two remaining parts of dough, layering them. Finally, oil the top and sprinkle sugar and cinnamon. Bake approximately 50 minutes in moderate to hot oven.

HUNGARY

Plum-Cimesz (Plum or Prune Tzimmes)

American Jewish
Joint Distribution
Committee



Ingredients

- ½ pound of stewed prunes
- 2 ounces of raisins
- 1 pound of egg barley
- 7 to 14 tablespoons honey
- dash of salt
- 2 teaspoons of cinnamon
- some oil or butter
- grated skin of 1 orange.

Preparation:

The prunes should be soaked in lukewarm water for a couple of hours and then sieved. Mix the egg barley with the honey, orange skin, cinnamon, salt and oil, then add the prunes and raisins to the mixture. Bake the mixture, covered, in a 350 degree oven for 20 minutes; uncover and bake for another 20 minutes.

Cornflour-Coconut Halava

American Jewish
Joint Distribution
Committee



A specialty of the Bene Israel community

Ingredients

- 2 ¼ cups of cornstarch (in India, use cornflour)
- a drop or two of pink, orange or red food coloring
- 2 cups of sugar
- 4 tablespoons of chopped almonds & pistachios
- 1 medium-sized coconut (or 1 can of thick coconut milk)
- 1 tablespoon of margarine
- ½ teaspoon of cardamom and nutmeg

Preparation:

Scrape coconut, grind in the mixer and extract coconut milk with warm water to measure 2 quarts. Sieve cornstarch and add to the coconut milk with sugar, a good pinch of salt and color.

Mix well and pour into a stove-top pan and cook on low flame, stirring all the time to prevent sticking. Stir for about 30 minutes.

Pour a little in a plate, and if it comes out without sticking to the plate, add the margarine, half the nuts, cardamom and nutmeg powder. Mix well and pour onto 2 ungreased trays, 8" x 10". Tilt to spread evenly. Sprinkle remaining nuts. Cool and cut into squares or diamonds. Keep overnight in the fridge if not consumed the same day.

Optional: You may want to add 1 packet of agar agar (a gelatin agent) in half a cup of warm water, cook for 5 minutes more, before adding the margarine and nuts, for firmness and better taste of halava.

ISRAEL

Lentil Spread & Dabo (Ethiopian Bread)

American Jewish
Joint Distribution
Committee



Ingredients - Lentil Spread

- 2 cups red lentils
- 3 tablespoons oil
- 2 medium onions, diced into cubes
- 2 cloves garlic, crushed
- 1 cup boiling water
- 1 teaspoon hot paprika
- 1 ½ tablespoons sweet paprika
- 1 tablespoon chicken soup
- Salt to taste
- Turmeric to taste (optional)

Preparation - Lentil Spread

Cook the lentils until soft. Sauté onions and garlic in oil in a separate pan until soft. Add hot and sweet paprika and water; simmer on low flame for five minutes

Add cooked lentils and chicken soup. Add salt and turmeric to taste.

Ingredients - Dabo

- 2 ¼ lbs flour
- ½ teaspoon salt
- 2 tablespoons yeast
- 3 ½ cups lukewarm water

Preparation - Dabo

Combine all ingredients and allow dough to rise about 1 ½ hours. Place dough in a large pan and bake until golden.

Rosh Hashanah Honey Cake



Ingredients

- 4 eggs
- ½ cup of sugar
- 1 tablespoon of oil
- 1 tablespoon of cognac
- 1 cup of honey
- 1 teaspoon of cinnamon
- ½ teaspoon of ground cloves
- juice of 1 small lemon
- ½ cup of flour
- 1 cup of water or sparkling mineral water
- powdered sugar.

Preparation:

Beat egg whites. Continue with beating while slowly adding sugar. In a deep bowl stir egg yolks and oil, and add cognac, honey and spices. Slowly pour egg whites in, while stirring gently. Add lemon juice, flour and water. Stir until even, and pour into oiled, round baking dish. Bake at 356 degrees for 40 minutes. When cooled, sprinkle with powdered sugar.

Baked Apples with Cedar Nuts in Honey

Ingredients

- 5 – 6 apples
- 2 cups of cedar nuts
(or pine nuts)
- 4 teaspoons sugar
- 5 teaspoons of sweet liqueur
- 2 cups of butter
- 1 ¼ cups of honey
- ½ glass of red wine
- cinnamon

Preparation:

Heat the oven at 325 degrees. Extract the apple core of each apple and place apples on a well-buttered cookie-sheet. Mix cedar nuts (or pine nuts) with sugar and liqueur and put this mixture inside each apple. Pour cinnamon and put a piece of butter on top of each apple. Mix honey with wine and pour this sauce on the stuffed apples. Bake for 25 – 30 minutes. Serve with ice cream.

TUNISIA

Pkaila (Traditional Rosh Hashanah Dish)

American Jewish
Joint Distribution
Committee



Ingredients

- About 2 ¼ pounds of spinach leaves (fresh or frozen)
- 8.5 ounces of oil
- 2 small onions
- 3 cloves of garlic
- 1 small bunch of coriander
- 10 leaves of fresh mint
- ½ pound of white beans
- 1 ⅓ pounds of beef cut in 5 pieces
- salt
- pepper
- harissa (optional)

Preparation:

One day before cooking, soak the beans in water. (If the spinach leaves are fresh, they should first be washed in water, then chopped and the stems cut). Put the spinach in a large frying pan with 1 chopped onion, and cook over high heat until the water is completely absorbed. Lower the heat and add the oil. Stir from time to time, adding more oil if necessary to make sure the mixture doesn't burn. Cook until the spinach becomes black and crunchy. Cooking should last 2 hours. Now put the spinach in a cooker or stewpot without adding more oil. Cover with water. Add beans, garlic, 1 chopped onion, chopped mint leaves, chopped coriander, pepper, and harissa (optional). (The salt should be added only once it's cooked). Bring all ingredients to a boil and then add the meat. Cook over a low heat for 2 hours.

This meal is traditionally eaten with couscous or bread.

TURKEY

Fritada de Prasa



Ingredients

- 2 lbs of leeks
- 4 eggs
- 2 slices of thick, stale bread, crumbled (or 2 boiled and mashed potatoes)
- 3 tablespoons vegetable oil
- ¼ teaspoon salt
- black pepper

Generally, frittatas are made without cheese. If desired:

- 1 cup of grated tulum* cheese can be added.

* Tulum is a regional cheese and if not available, you can use feta.

Preparation:

Wash leeks and cut into small pieces and boil in water for 10 minutes until tender. Drain and squeeze out excess water. Beat the eggs. Mix them with leeks and breadcrumbs or mashed potatoes. Heat oil in a 12 inch pan. Pour the mixture and sprinkle with additional breadcrumbs. Bake in preheated oven at about 390 degrees for 40 minutes.