

Book Marks

by Gila Wertheimer

Improving Your Cuisine-Art

The editor of the well-known and loved *Second Helpings, Please!* has compiled a new cookbook that is, once again, sure to please. The format — a small ring-binder with loose-leaf pages — is so sensible one wonders why it isn't used more often for cookbooks.

Norene Gilletz, who has no formal training in cooking, believes that 'cooking doesn't have to be gourmet to be great.' She is converted to the processor way of preparing food, and claims that the processor is 'probably the best investment you will make in your kitchen.'

The first section of the book gives general information about the food processor and how to use it. It is filled with practical, helpful hints that can assist even the most casual processor user. Or for anyone thinking of buying a processor, this section will help make that decision and provide an understanding of what the machine can and cannot do.

Each recipe section begins with tips for preparing more specific foods, such as soups, vegetables, cakes, etc. The cooking methods that she uses are varied. For example, the section on meat and poultry includes 'Woking is good for you', which describes cooking with a wok, and 'the anatomy of a chicken', which gives instructions for cutting a chicken into parts and boning chicken breasts. Mrs. Gilletz is, in fact, partial to the Chinese way of cooking, and the recipes sound delectable, from meatballs in pineapple plum sauce to Cantonese short ribs to Moo goo guy pan to 'sticky chicky'.

She also gives directions for adapting cake recipes to a processor, and claims preparation time will be reduced by one-third.

For the High Holy Days it is customary to eat sweet foods to ensure a sweet New Year. From *The Pleasures of Your Processor*, here are some appropriate recipes to try.



Candied Carrots

It is hard to imagine children refusing to eat these cooked carrots:

- 2 lb. carrots, scraped and trimmed boiling salted water
- 1/2 c. brown sugar, packed
- 1/2 tsp. salt
- dash pepper
- 12 marshmallows

The Pleasures of Your Processor
by Norene Gilletz

Dollard des Ormeux, Quebec: J & N Publishing Ltd., 1980. \$14.95. [Available at Bonnie Ventures, 3109 Palliser Dr. S.W.; all proceeds to Hadassah-WIZO]

Slicer: Cut carrots to fit feed tube. Slice, using firm pressure. Place in a heavy bottomed saucepan and cook in boiling salted water to cover until tender. Drain well. Add remaining ingredients and cook on low heat until marshmallows have melted, stirring often.
Yield: 6 to 8 servings. Freezes well. May be prepared in advance and reheated at 350°F for 20 minutes.



Sweet Potato Kugel
Guaranteed to please!

- 4 medium sweet potatoes (about 2 lb.)
- 1 onion, cut in chunks
- 6 eggs
- 1 tsp. salt
- 2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. cloves
- 3/4 c. brown sugar, packed
- 1/2 c. flour
- 1/2 tsp. baking powder
- 3 tbsp. oil

Grater: Pare sweet potatoes and cut to fit feed tube. Grate, using firm pressure. Empty into a large mixing bowl. You should have about 6 cups grated sweet potatoes.

Steel Knife: Process onion until minced, about 6 to 8 seconds. Add eggs, spices and brown sugar. Process until blended, about 8 to 10 seconds. Add to sweet potatoes. Add flour and baking powder and mix well.

Heat oil at 400°F in a 7" x 11" pyrex baking dish. When hot, pour in sweet potato mixture and sprinkle a few drops of oil on top. Bake at 400°F about 1 hour, until nicely browned.

Yield: about 8 to 10 servings. Delicious with chicken or turkey. Freezes well. Recipe may be halved, and baked in a 1 1/2 quart casserole.

Honey Cola Cake
Traditional for the High Holy Days.

- 2 1/4 c. flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cinnamon
- 3/4 c. brown sugar, packed
- 3 eggs
- 1 c. liquid honey
- 3/4 c. oil
- 1/2 c. cola beverage (regular or low-cal)

Steel Knife: Process flour, baking powder, baking soda and cinnamon until blended, about 10 seconds. Empty into another bowl. Process brown sugar with eggs for 30 seconds. Do not insert pusher in feed tube. Add honey and oil; process 1 1/2 minutes longer. Remove cover and add dry ingredients. Pour cola over. Process with 4 or 5 quick on/off turns, *Just* until batter is blended. Immediately remove processor bowl from base and pour batter into a well-greased 12 cup Bundt pan or 10" tube pan. Bake at 325°F for approximately 1 hour, until cake tests done. Let cool for 20 minutes before removing from pan. This cake keeps very well, and is sure to please. Freezes well.
Yield: 12 servings.

Social and Personal

BIRTHS

The Bernamoffs — Brian and Einat Bernamoff are proud to announce the birth of their first child, a daughter, Sarah (named after her belated grandfather, Percy Bernamoff) born August 29th; weighing 7 lbs. 2 oz. Proud grandmother is Bess Bernamoff of Montreal, and grandparents Jacob and Ora Pitshon of Israel.

The Mendelms - Allan & Wendy Mendelman proudly announce the arrival of their third child, Jordan Charles, born August 21, 1980, weighing 8 lbs., 11 oz. Welcoming him home were Jason & Amy, along with his proud grandparents Morris & Becky Mendelman.



The Hermans - Dr. & Mrs. Ben Herman are delighted to announce the arrival of a daughter, Claire Simone, born August, 21, 1980; a sister for Emily. Proud grandparents are Mr. & Mrs. Ben Herman of Calgary and Mrs. Bronia Sonnenschein of Vancouver.

The Calgary Jewish Singles is holding a Rosh Hashanah Dance on Sat., Sept. 13, at Wellington Square, 1330 - 15 Ave. S.W., beginning at 8 p.m. Everyone is welcome to attend. For further information, call Dora (261-7747) or Sam (244-6219).

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The Jewish Star

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Deadlines for the next three issues are

**Wednesday, September 10;
Wednesday, September 24
and Wednesday, October 8.**

All copy must be typewritten, double-spaced, and brought or mailed to the office at 2315 - 98th Ave. S.W.

Material may also be left at the Israel Bond office at the Calgary Jewish Centre.

Please refrain from submitting articles typed in capital letters only.