

MAGAZINE SECTION

By GILA WERTHEIMER
ASSOCIATE EDITOR

LITERALLY HUNDREDS OF PASSOVER recipes are available in two new cookbooks that have recently been published. One is completely dedicated to the holiday; the other has a Passover section.

Both make wonderful additions to your cookbook shelf.

In **Passover By Design** by Susie Fishbein (Art-Scroll/Shaar Press, 2008, 272 pp., \$34.99), as in her other cookbooks, Fishbein merges kashrut and elegance.

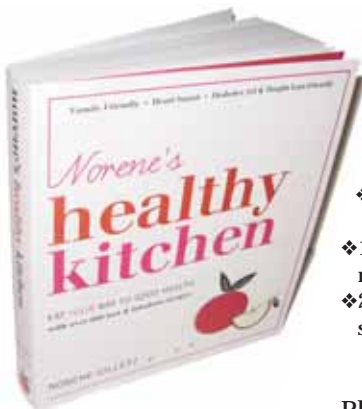
The sumptuous photos, by John Uher, showcase the presentation possibilities for many of the recipes. The design isn't necessarily complicated — sometimes, a pretty dish is enough.

But down to the nitty-gritty. Passover,

beginning with the seder, demands hours of preparation, cooking for large numbers of people, substitution of ingredients, perhaps fewer utensils and appliances and a kitchen that may have been reorganized for the holiday.

It's a challenge, to put it mildly.

Fishbein has re-worked



recipes from her previous books and added new ones to offer a collection of unusual dishes, with a nod to the traditional.

So amongst the Carrot-Coconut Vichyssoise, the Parsnip Bisque and the Yukon Gold and Carmelized Leek Soup, we find a traditional recipe for Chicken Soup.

If you seek to get away from the usual kugels and heavy matza-based dishes, Fishbein offers a creative way out.

For recipes that are too time-consuming to prepare for the seder, well, there's always the rest of the week.

NORENE GILLETZ IS LIKE an old friend [see box above], so I was pleased to see her latest work — **Norene's Healthy Kitchen** (Whitecap Books, 2007, 512 pp., \$29.95 pb).

Packed with over 600 recipes for year-round use, this is a book that also contains a wealth of information, including whether or not each recipe can be frozen, along with Gilletz's chatty remarks.

And, as the title states, the emphasis is on healthy food.

The Passover section includes holiday recipes, but also a list of recipes in the rest of the book that can be

used for Passover, and how others can be modified. Also included are cooking and baking substitutions for Passover.

As always with Gilletz, instructions are clear, information is useful and there is something to learn, no matter what the experience level of the cook.

As she writes in her Introduction, "I love to cook and bake and believe that eating is one of life's greatest pleasures."

Here are some recipes from these two cooks to indulge that pleasure this Passover.

ORANGE CHICKEN

Meat

Makes 6-8 servings

From *Passover By Design*

- ❖ 2 chickens, cut into quarters
- ❖ ¼ cup dark brown sugar
- ❖ ¼ teaspoon ground nutmeg
- ❖ 2 tablespoons potato starch
- ❖ 1 cup orange juice (not from concentrate)
- ❖ 1 (12 oz.) jar orange marmalade
- ❖ 2 navel oranges, very thinly sliced

Pre-heat oven to 375°F. Place the chicken pieces in single layers, skin side up, into two 9x13-inch baking pans.

In a medium bowl, with a fork, mix brown sugar, nutmeg and potato starch. Stir in the orange juice.

Pour half the mixture over each pan of chicken.

With the back of a spoon, spread the top of each chicken piece with the marmalade. Scatter paper-thin slices of orange over chicken, leaving some skin exposed.

Bake, uncovered, for 1 hour. Baste with the pan juices and bake for an additional 15-20 minutes or until the oranges are a



WE'RE COOKING

THE PROCESSOR REVOLUTION

How Norene Gilletz made a new gizmo an essential item in the kosher kitchen

A prominent place on my own cookbook shelf is occupied by several books by Canadian Norene Gilletz, whose first book, *Second Helpings, Please!* became a classic in kitchens across that country. One of her books in particular — *The Pleasures of Your Processor* (1980, and later editions) — my friends and I turned to some 30 years ago. My copy, filled with news clippings and recipes, is now worn and stained, a testament to its frequent use in my kitchen to this day.

The Pleasures of Your Processor is a book that helped to make the food processor an essential item in many of our kitchens.

Young cooks today might hardly believe that there was a time before the food processor. The first one dates to 1960, but it was not until 1973 that the device was introduced by Cuisinart into the North American market. Several years later, Norene Gilletz showed the kosher cook how to use this new gizmo, and just how helpful and timesaving it could be.

In my review of *The Pleasures of Your Processor* when it appeared, I noted that while Gilletz "has no formal training in cooking ... 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'" (JEWISH STAR review, September 5, 1980).

How right she was.

— GJW

deep amber color and the chicken is fully cooked and no longer pink, or a meat thermometer inserted into the thickest part of the thigh reads 180°F.

Transfer to a bowl or platter.

THAI QUINOA

Pareve

Makes 6-8 servings

From *Passover By Design*

- ❖ 1½ cups dry quinoa
- ❖ 3 cups water
- ❖ 1 jalapeno pepper, seeded and minced
- ❖ 6 fresh basil leaves, finely chopped
- ❖ 3 sprigs fresh cilantro, leaves gently torn (discard stems)
- ❖ 1/3 cup minced red onion (about ½ small red onion)
- ❖ ½ firm mango, not too ripe, peeled, pitted and cut into 1/8-inch dice
- ❖ 1 tablespoon extra-virgin olive oil
- ❖ ¼ teaspoon fine sea salt
- ❖ 1 tablespoon plus 1 teaspoon lime juice

Rinse the quinoa thoroughly either in a strainer or in a pot, and drain. (Do not skip this step or a bitter, soap-like natural coating will remain.)

Once the quinoa is drained, place it into a

medium pot with the water. Bring to a boil.

Reduce the heat and simmer until the water is absorbed, about 10-15 minutes, or until the grains turn translucent and the out layer pops off. Drain.

Meanwhile, in a medium bowl, combine the minced jalapeño, basil, cilantro, red onion and mango. Drizzle in the oil, salt and lime juice. Stir to combine.

Add the drained quinoa and toss to combine. Season with salt to taste. Serve warm or at room temperature.

FAUX-TATO KUGEL

Pareve

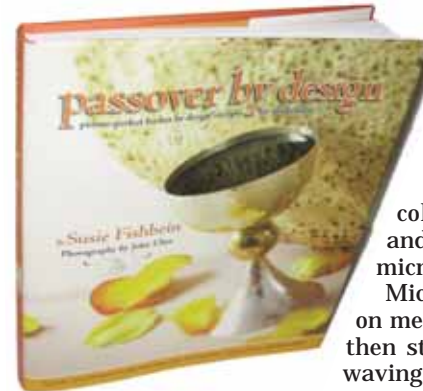
Makes 6-8 servings

From *Norene's Healthy Kitchen*

- ❖ 1 large cauliflower, cut into florets (about 8 cups)
- ❖ 2 Tbsp olive oil
- ❖ 1 medium onion, cut into chunks
- ❖ 2 large eggs
- ❖ 1 tsp salt (or to taste)
- ❖ ¼ tsp freshly ground black

pepper

- ❖ ¼ cup matzo meal (whole wheat or regular)



Pour 1 inch of water into a large saucepan. Place the cauliflower florets into a steamer basket and transfer the basket to the saucepan, making sure the florets don't touch the water.

Cover the pan and bring to a boil. Reduce heat to low and steam until tender, about 12 to 15 minutes.

Drain well and pat dry with paper towels. Let cool. Pre-heat the oven to

375°F. Pour the oil into a 7x11-inch glass baking dish. Place the dish in the oven and heat until the oil is piping hot, about 5 minutes.

In a food processor fitted with the steel blade, process onion for about 10 seconds or until minced.

Scrape down the sides of the bowl before adding the cauliflower, eggs, salt, pepper and matzo meal; process until mixed, about 10 to 15 seconds.

Carefully add half the hot oil to the cauliflower mixture and mix well.

Pour the mixture into the prepared baking dish and spread evenly. Sprinkle a little additional oil on top.

Bake, uncovered, for 45 to 55 minutes or until nicely browned.

Keeps for up to 2 to 3 days in the refrigerator; reheats well. Freezes well. When needed, re-heat frozen kugel (do not defrost) uncovered for 20 to 25 minutes.

CHOCOLATE ALMOND APRICOT CLUSTERS

Pareve

Makes 48 pieces

From *Norene's Healthy Kitchen*

- ❖ 10 oz good quality chocolate (bittersweet or semi-sweet)
- ❖ 1 Tbsp vegetable oil
- ❖ 2 cups toasted sliced or slivered almonds
- ❖ 1½ cups (8 oz) dried apricots, cut up

Break up the chocolate into chunks and place in a large, micro-waveable bowl.

Microwave, uncovered, on medium for 2 minutes, then stir. Continue microwaving on medium for 1 to 2 minutes longer, just until melted; stir well.

Cool slightly before stirring in oil, almonds and apricots.

Drop by teaspoonfuls onto parchment-paper-lined baking sheets. Refrigerate for 30 to 45 minutes until firm.

Transfer to an airtight container, separating the layers with wax paper.

This recipe keeps for up to 2 to 3 weeks in the refrigerator, and it freezes well. ❑

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