

*BUKOVINA
COOKBOOK, VOLUME I*

*Collected, assembled and produced
by Michele Troup*

Zwetschenknoedel



(plum dumplings)

While generally considered an Austrian dish of Czech origin, my mother's Czernowitz Knoedel far surpassed those I ate in Prague.

Dough:

1lb. Potatoes
1 large egg
2tbs semolina
1- 1/3 cup flour
Salt to taste
1 egg white for coating the dough.

Cook potatoes in their skins until soft, peel and carefully mash them while they are still warm. Add egg and salt, mix well. Add flour bit by bit, until you have a medium soft dough. Knead dough until smooth, shape into a ball, then leave to rest for one hour.

Filling:

1lb or slightly more Italian plums (the dark purple ones which are free-stone or almost so). Wash plums and dry on a paper towel. If you do not dry them, the dumplings are likely to open in the midst of cooking. Cut them in half and remove pits.

Breadcrumb coating:

1 cup or more breadcrumbs. Make your own breadcrumbs by very lightly toastingslices of French bread and then processing them in a food processor. In the old days, they were wrapped in a kitchen towel and beaten into crumbs with a rolling pin. Do not make the crumbs too small.

1 cup butter 1/2 cup sugar Melt butter in a skillet, add breadcrumbs and roast them at medium heat until they are golden brown. Take off heat, add sugar. Mix well. In Czernowitz we did NOT add cinnamon, what a heresy!

Procedure:

Bring slightly salted water to the boil in a large pot. Cut ball of dough in half. On a floured board, roll out each half to a thickness of 1/2 cm. With a pastry brush, brush one sheet of dough with the egg white. Place plum halves, cut side down on the dough, spacing them about 7cm. or 2.5" apart. Cover with the other sheet of dough. Using a glass of the right size, holding it upside down, cut dumplings from the two sheets of dough, enclosing a half plum in each dumpling. To prevent the dough from sticking to the glass, dip the glass rim into a bowl of flour before each cut. VERY IMPORTANT: With your fingertips press the edges of the dough together, all around each dumpling.

Drop dumplings into the boiling water and boil for about 8 - 10 min. Do not crowd dumplings in the pot. When ready, remove dumplings with a slotted spoon and let drain. Make breadcrumb coating while dumplings cook. When the dumplings have drained well, toss in breadcrumb coating.

The same dough used for the dumplings, called "Kartoffel Teig" Is also used for making "Kartoffel Nockerl" (potato dumplings). For these, the dough is rolled into a long sausage-like shape about 2.5 cm or 1" in diameter. It is then cut diagonally into 3 cm long pieces which are boiled in water like the plum dumplings. Chopped or very finely cut onion is browned in chicken Schmalz, then a generous sprinkling of black pepper is added and the dumplings are tossed in this mixture. Try serving these potato dumplings with roast beef or pot roast, but they are also great all by themselves.

***This recipe will feed 4 - 8 people,
depending on whether they are true Bukowiners.***

This recipe from Mimi Reifer Taylor

Ghiveci



(Eggplant Stew)

The flavor and aroma of peppers, eggplant, tomatoes, onions and garlic set this recipe apart from all others.

Ingredients:

- 1/4 cup oil
- 1 large onion, sliced
- 2 cloves of garlic, peeled and crushed
- 3 - 4 carrots, scraped and sliced
- 1 handful of green beans, veins removed
- 1 large eggplant, peeled
- 3 - 4 large peppers one of which can be slightly sharp, seeded and sliced
- 2 large tomatoes, skin removed
- Salt to taste
- Black pepper to taste
- 1 tsp sugar

Preperation:

Wash and prepare all the vegetables; Cut eggplant into slices about 1 cm - 1/2" thick. Place slices on paper towel and salt liberally, leave to rest for about 20 minutes. This will remove bitter juice and excess moisture from the eggplant. Wipe moisture off eggplants with a clean paper towel and repeat procedure on the other side of the slices. Cut eggplant slices into pieces about 2.5 cm - 1" square. Cut all vegetables into the same size pieces.

Procedure:

Heat oil in a skillet large enough to hold all the vegetables. Add onions and garlic and sautee stirring frequently, until golden. Add carrots and continue cooking and stirring frequently. After a few minutes add green beans. Stirring frequently, continue cooking for a few more minutes then add eggplant. If necessary add a bit more oil. Stir and continue cooking until eggplant looks slightly golden on all sides, Add peppers and continue stirring and cooking for a few minutes. Add tomatoes, sugar, salt and pepper and continue to cook until all vegetables are cooked and there is no excess moisture left.

This quantity will serve 8

Ghiveci can be served hot or cold.

Other vegetables can be added, the quantity of each changed, but the essential taste has to be of peppers, eggplant, tomatoes, infused with onions and garlic.

This recipe from Mimi Reifer Taylor

Language:	Expression:	English Translation or Definition:
Romanian	ghiveci,	Ghiveci hotchpotch, mash, patchwork, salad, flower pot.

Mamaliga



Mamaliga (cornmeal mush)

The secret of good mamaliga is fresh corn flour. Corn flour becomes bitter when stored too long. A Romanian dish made out of yellow maize. It is also known to the rest of the world in its Italian form, polenta.

Ingredients:

1 1/2 cups milk
Pinch of salt
1/2 cup corn flour
1 tbsp butter
1/3 cup sour cream

Procedure:

Pour milk into saucepan, add salt and gently heat to simmering point. As soon as milk starts to simmer, slowly pour flour into it, stirring continuously. If you do not stir well, the mamaliga will be full of lumps. Continue heating and stirring until the mamaliga starts to bubble. Add the butter and stir. Remove from heat, stir in sour cream and serve. This amount will serve 4. **Pofta Buna (good appetite)**

Mamaliga is one of the main traditional dishes of Romania. Historically a peasant food, it was often used as a substitute for bread or even as a staple food in the poor rural areas. However, in the last decades it has emerged as an upscale dish available in the finest restaurants.

Traditionally, mamaliga is cooked by boiling water, salt and cornmeal in a special-shaped cast iron pot called ceaun. When cooked peasant-style and used as a bread substitute, Romanian mamaliga is supposed to be much thicker than the regular Italian polenta to the point that it can be cut in slices, like bread. When cooked for other purposes, mamaliga can be much softer, sometimes almost to the consistency of porridge.

Mamaliga is often served with sour cream and cheese on the side (mamaliga cu brânza si smântâna) or crushed in a bowl of hot milk (mamaliga cu lapte). Sometimes slices of mamaliga are pan-fried in oil or in lard, the result being a sort of corn pones.

We Czernowitzers, were determinedly not Romanians, but we did eat mamaliga, both because it was cheap, but also because it was good.

From: Mimi (Miriam Reifer Taylor)

Language:	Expression:	English Translation or Definition:
Romanian	malai,	Romanian word for either, cornmeal mush

Pofta Buna (good appetite)

Gefilte Fish



My grandmother's recipe for Gefilte Fish

Ingredients:

3 lbs Yellow Pike (filet and skin off) Save the heads and bones.
 1 lbs White Fish (filet and skin off) save the heads and bones.
 Carp Head
 2 Eggs
 2 matzohs for Passover or 2-4 slices of Challah depending on size.
 4 Onions for fish
 2 Onions for stock
 1/4 cup of vegetable oil
 Salt, White Pepper, Sugar.

For the fish stock:

Fill a large Dutch Oven or roasting pan (24") with water, place on two burners, Add the 2 onions cut into quarters. Add white pepper and salt to taste. This fish is best when it is a bit peppery. Place the Carp head and the Yellow Pike and White Fish heads in Cheese Cloth or a Cheese Cloth bag and put in the water. Repeat with the fish bones. Bring to a boil and reduce heat and let simmer for about an hour.

For Gefilte Fish:

Chop the 4 onions and sauteed in a 1/4 cup of vegetable oil, do not brown, until they are translucent. Set aside.

Soak the Matzos or challah in water until soft.

In a Cuisinart (with knife), place fish (mix yellow and white), half the bread, half the sauteed onions, pepper (1/2 tsp.), 1/2 tsp. salt, 1/2 tbs. sugar, an egg, and half the bread and mix. If the bowl is small put less. When it is mixed transfer to a large bowl and repeat until all the fish is ground with the onion, eggs and challah.

Taste the fish stock it should taste fishy, peppery and oniony. If it tastes watery let it simmer longer. When the stock is ready, take out all the bones and heads and throw away. If the pan is large and deep I may leave one head. Oil your hands and grab a handful of ground fish and make a ball, you may make small balls or large loaf like balls. Gently, place them in the simmering stock. Let it boil for about 16-20 minutes. It will be done when the ball floats, looks white and when a toothpick comes out clean. (Small balls will take less time)

Take out the balls out place on a deep platter or a baking pan; pour the stock over the fish. Cover and refrigerate.

Its best served cold in slices with a bit of stock, with white or beet horseradish. If the stock jells you are in luck.

Jerry Lapid, Ph.D.

Language:	Expression:	English Translation or Definition:
Yiddish:	Gefilte fish	is a ground deboned fish recipe using a variety of kosher fish meat that is then made into fish loaves or balls, popular with many people of Ashkenazi Jewish heritage.

Stuffed Peppers



2 of my mother's recipes. I had actually written down as my mother told them to me. "Paula Tillinger"

The filling can be used rolled in cabbage leaves for Halushken as well

Ingredients:

As many bell peppers (small sized ones) as the mixture will fill

Filling:

1kg minced meat
2 large onions chopped finely and fried a little to soften
1 egg
1-1/2 cups of raw rice
tomato paste (a dollop)
salt
pepper

Sauce:

1 tsp sugar
salt & pepper to taste
Tomato soup (I used Heinz canned) to cover peppers.

Knead filling ingredients together, fill small peppers with the mixture (not too full as the mixture expands as the rice cooks). Cook in about 4-5 centimeters of water with the lid on the saucepan. Cook strongly till water boils then turn down and simmer for half an hour.

Add tomato soup and sugar, salt to taste and bring to the boil. Simmer for "a while" on the stovetop then put into the oven for a few hours at 400 degrees centigrade- the cooking is long and it never seems to overcook. They are very good reheated and gain flavour with time.

Variation using cabbage:

Separate the cabbage leaves pare down the large central "stems" of the leaves so the cabbage will roll better and blanch the leaves in boiling water. Then proceed as above.

Hope these evoke some good memories and good meals.

Warm wishes

Ethel Tillinger (Hawthorn Australia)



Eggplant Entree

Paula Tillinger's eggplant entree



Ingredients:

1kg eggplant (about 3 medium eggplants) choose those with green not black stems, glossy skins and ones that are a bit spongy - not hard.
pepper, salt to taste
1 large onion finely chopped
Quarter of a cup of oil (extra if needed)

Procedure:

Grill eggplants either on an open flame or under the griller remember to prick skin with fork. Turn until soft and mushy, Put them in cold water till they're cold and mash them with a wooden spoon or in a food processor if you prefer a smoother mixture). Blanch the onion in a little hot oil (not the quarter cup), cook till transparent (not brown) then add to eggplant. Add quarter cup of oil and mix in well; season with salt and pepper. Surround with sliced tomatoes.

Hope these evoke some good memories and good meals warm wishes

Ethel Tillinger



Latkes

Like most Jewish holidays, Hanukkah comes with its own special recipes and food traditions. Traditionally, fried food and dairy food are eaten during Hanukkah. Latkas and soofganiot are traditional Hanukkah foods. They are fried in oil, and remind us of the miracle of the oil which burned for eight days rather than for one. Dairy is often eaten on Hanukkah to remind us of the story of the Jewish heroine, Yehudit (Judith).

This Latke recipe was adapted to combine the 2 food customs at Hannukkah which soon became one of our family favorites, and not just for Hanukkah.

..6 to 8 medium grated potatoes
2 medium or one large white onion
2 eggs
1/2 to 3/4 cup flour
1 tsp. baking powder
1 1/2 tsp. salt 1/2tsp. pepper

Latke Filling: 2% Cottage cheese

Method:

Prepare and grate potatoes, put in large mixing bowl. Grate onions into potatoes, add eggs, salt pepper and mix well. Now add flour and baking powder to grated potatoe mixture, (adjust amount of flour according to amount of liquid from potatoes & onions) stir well. In large frying pan add 1/8 to 1/4 inch oil pre heat oil on medium heat. Now add 1/2 cup potatoe mixture to hot oil spread out into a circle the size of a large lunch-eon plate. Cook until edges are a golden brown, now flip potatoe pancake to cook the other side.

When Latke is cooked place on dinner plate spread with real butter, now add 1/2 cup cottage cheese to center of pancake (do not spread out) now role pancake like a crepe. Top with a liberal amount of mushroom gravy sauce. Serve immediately. You can not put this in oven to keep warm, must be served hot as made. My mother was always the last to sit down to eat.

Sauce Recipe

1 can Campbells cream of Mushroom soup 10oz.
3/4 cup of milk
3 tlb. of China Lily soy sauce (must use dark soy sauce not Japanese)
Method: Cook soup and milk together till creamy, then whisk in soy sauce, should look like a light brown gravy keep on very low heat. (Remember soy sauce is salty)

From Michele Guttormsson/Troup

Schmettentorte



As an experiment, tell a Czernowitzer the word "Schmettentorte" and...watch his face! Ok, here goes:

Ingredients:

You knead a dough consisting of:

300 gr., flour

200 gr. butter

150 gr. sugar 1 egg, a bit of vanilla sugar or vanilla extract, a few drops of lemon juice.

Let it harden somewhat, then cut it into three (my mother used to cut it into 5 and made 5 layers, but I am lazy and like to simplify things).

Thin each portion out with a rolling pin, and fit it into a round baking pan. Bake them separately. Watch the color, when it becomes light brown, kind of golden, wait a while and then remove it from the pan carefully. Now if it breaks, don't panic, just fit the pieces together the filling will cover all sins.

For the filling you need:

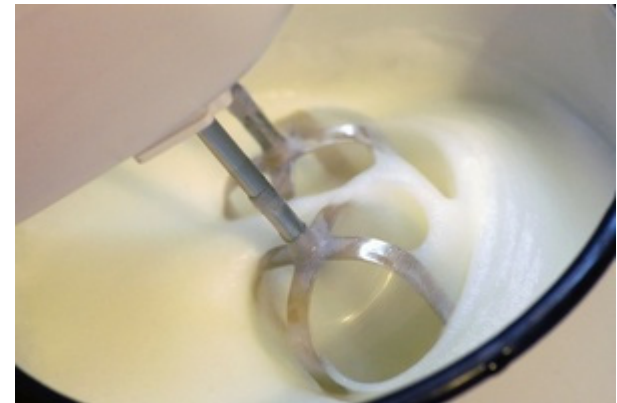
About 300 gr. walnuts, "gemalen" how in heaven's name do you say "gemalen in English?(Ground) You see, I DO have a problem with translation) and slightly roasted. Watch it when you roast them, I burned the whole batch once or twice.

Add the roasted walnuts to half a liter of sour cream (or more if you like. No low fat!) sweeten the whole thing according to taste, add again vanilla extract.

Now spread a third of this mixture on the first layer, cover it with the second layer, spread again, and finally cover the whole cake with the sour cream mixture. I usually leave a bit of the roasted walnuts to decorate the upper layer.

Now: NOT right away into the fridge, the cake's got to sit for a while, so that the sour cream seeps into the layers. Let's say a couple of hours or so.

***This is the classic of all classic cakes from the Bucovina.
Lucca Ginsberg's Schmettentorte***



"A Gourmet's High Adventure"

Coconut-Chocolate Cake

Recipe from Mr. Friedmann, may he rest in peace, owner and manager of the famous Friedmann Restaurant in Czernowitz. and it was a great success. Evidently, the family was deported to Siberia by the Russians, where they perished.

I will now give you a recipe of a delicious coconut-chocolate cake (men who don't bake, just disregard!)

Ingredients:

5 spoons of cocoa
2 1/4 glasses of sugar (one glass is abt 200 gr.)
6 eggs
100 gr. ground coconut
3 spoons flour
1 baking powder
70 gr. butter or margarine

Method:

You bring to the boil 3 spoons of cocoa with 1 glass of sugar, and 1/3 glass of water. Lower the flame and keep on stirring for 3-4 minutes. Remove from the flame and while still hot, add one egg yolk after the other while still stirring (if you don't stir, the yolks will harden). Then you add the baking powder, the 100 gr. ground coconut, the flour. If you use self-rising flour, you won't need the baking powder. Then you beat the egg-whites quite stiff, slowly add the cocoa mixture, and bake the whole thing on low heat for about half an hour (depends on your oven).



Mr. Friedmann

Now there are two methods to finish this:

If you are in a hurry, you just make a glazing of:

2 spoons cocoa, one coffee spoon of soluble coffee, 3/4 of a glass of water bring to the boil while still stirring., While still hot, add the butter or margarine. Give it a chance to cool, and then cover the cake with this frosting. It's absolutely good.

But if you want it more fancy:

Melt 100 gr. of semi-sweet chocolate, together with 2 spoons of sugar two spoons of water, when melted add one cup of whipping cream, the rich one. After bringing this to a boil, cool and put it into the fridge for one night, and whip it next day, so that its volume doubles (more or less.) You cut the cake into two tiers, cover the first one with the cream, put on top the second tier, and finally cover the whole thing with the remaining cream (there should be more than enough). A friend of mine calls this cake "a gourmet's high adventure"..

Affectionately, Lucca

Kaiserschmarrn



(Austrian German "Kaiser", meaning "Emperor's", and Schmarrn, "Mishmash") is one of the best known Austrian desserts, popular in most of the former Austro-Hungarian lands, as well as in Bavaria. It is a caramelized pancake made with more than the usual number of eggs, and often including raisins, chopped almonds, apple jam or small pieces of apple. The pancake is split into pieces while frying, sprinkled with powdered sugar, and is served hot with an apple or plum sauce. Curiously, in addition to dessert, it can also be eaten for breakfast and lunch at mountain-side restaurants and taverns.

Perhaps the intriguing part of the dish is its name. Every restaurant and guesthouse owner has an answer for that question! Some recount the legend that says it was created in Emperor Franz Josef I's kitchen by a cook who made a bad pancake, but covered up the mistake by adding raisins, cherries, and a whole lot of powdered sugar.

Others believe in the story that it was created when the Emperor, on one of his hunting trips, stopped in at a farmhouse unannounced to spend the night. Having few ingredients and little time, the farmer's wife added milk and eggs to the family recipe for Holzfallerschmarrn, a simple meal of flour and animal fat. Whatever its origins are, Kaiserschmarrn is an experience.

Kaiserschmarrn

*(Emperor's fluffy omelet) to serve 2-4 people
Kaiserschmarrn was not a dish I ate often in my childhood.
Still, I have a memory of how it tasted.*

Ingredients:

120 gr. Flour - generous 1 cup
Pinch of salt
1/4 liter milk - 1 and 1/8 cup
Pinch of saffron
Grated rind of 1/2 lemon
60 gr. Sugar - 1/4 cup
30 gr. Unsalted butter - 3 tbs. melted and cooled.
2 large eggs, separated.

Topping:

1/2 cup raisins
Sugar to taste.

Preparation:

Add salt, saffron and lemon rind to milk.
Add about half the sugar. Stir milk into flour and continue stirring until smooth. Add the egg yolks and continue stirring. Add 1 tbs. of the melted butter. Beat egg-whites until stiff and carefully fold into the batter.
In a skillet place the remaining melted butter, Heat until it stops foaming, then pour in the batter. Be sure to pour no more than 1/2 cm. - 1/5" at one time. Keep on medium heat until the bottom is golden yellow, then with a spatula turn over and bake until the other side is also golden yellow.

*Now, with two forks, tear into bite-size pieces, sprinkle
with raisins and sugar and serve immediately.*

Mimi (Miriam Reifer Taylor)

Kaiserschmarrn



Caramelized Pancake

Ingredients:

6 eggs, -	50 g sugar
200 g flour,	50 g butter ,
a pinch of salt,	1/4 litre milk,
50 g small sultanas	

Mix the egg-yolk with the sugar until creamy. Beat the whites until stiff, maybe with a little lemon juice. Add slowly half of the flour, milk, salt, and the melted butter, then the rest of the flour and the sultanas. Add the egg-whites and mix gently. Then bake in frying-pan, best if you take bits of the mixture, adding oil, margarine or butter, as you fry them, or bake the mixture as a whole and then, still in the pan, tear it in bits, of course with non-stick utensils. Sprinkle with powdered sugar and cinnamon if you like the taste, and serve with plum-compote.

This recipe is out of a book, I am sure it can be varied, have seen it done in Austria with very little flour and just the eggs broken into the pan, and covered for a few minutes and then the mixture torn to pieces.

Gabriele

Kaiserschmarrn



I can still "hear" the scratching of the forks in my mother's pan....

Ingredients:

6 egg yolks
1 pinch salt
1/4 l. milk or cream
150g. flour
6 egg whites
150 g. sugar
50 g. butter
50 g. raisins

Toppings: sugar/raspberry juice/stewed fruit

Procedure:

Mix milk, salt, yolks and flour into a batter. Beat egg whites until stiff, beat in - slowly - sugar. fold egg whites into batter.

Heat the butter in a pan, pour in batter, sprinkle with raisins. Cover pan with a lid, and cook app. 3 minutes over a medium flame until light brown underneath. Turn the omlette, and cook the other side. Tear the omlette with two forks into little pieces. Serve IMMEDIATELY, topped with one of the three suggested toppings. Makes 4 portions.

Miriam and Elan Lava

Pirogen:



Ingredients:

1-1/2 cups sifted all purpose flour
pinch of salt
1 egg
1/4 cup cold water

Mix and sift dry ingredients add egg. Gradually add enough water to hold dough together. Roll out on a floured board. Cut with a large water glass rounds of the dough.

Filling:

Place a sour cherries or plums in center of each. Pinch edges together tightly to seal in filling.

Boil in salted water, until the pirogen float.

In a frying pan, melt 2 tablespoons of butter, add breadcrumbs and brown, mix in a tablespoon of sugar and then spread over the pirogen.

Arthur Rindner

Haluschken



Stuffed Cabbage, Some families would use leafs from a head of sauerkraut and stuff with rice and smoked meat and in the sauce a or smoked goose.

Totzc

4 cup regular flour
2 tsp salt
2 eggs
1 cup of oil or 200gr schmaltz
7 large potatoes
100 gr yeast

Mix flour, yeast, with a little warm water. Let it rise.

Grate potatoes add eggs and salt and pour in to the flour mixture. Mix all ingredients, and, let it rise. Mix ingredients and let it rise again. Pour mixture in a oiled square form and let it rise again for half an hour. The mixture should rise 3 times by placing in a warm place. Bake in a pre-heated oven 180 C for 45 minutes. Enjoy!!!

These are recipes from my cousin Grete, who is my senior by 10 years. Grete is the guardian of the family recipes.

Arthur Rindner

Patlajele



(Aubergine Salad)

I grew up in the 1930s in Czernowitz. Over the centuries, the town had known many rulers including the Ottomans and, most significantly, the Austro-Hungarian Empire. This varied history was reflected in many ways, including food. Patlajele, an excellent starter, is an example of Balkan influence. (the "J" is pronounced soft, like the "s" in "measure".)

4-6 aubergines (elongated rather than short and round), grilled till all the skin is charred
extra virgin olive oil
juice of one lemon
a little wine vinegar

Skin the aubergines while they are still hot, remove any strings of seeds, mash the soft aubergine flesh (remove any further stringy material), and mix with olive oil to form a paste, add the lemon juice to taste, and a little vinegar, if liked. Add a pinch of salt and pepper, mix well. Serve with thinly sliced tomatoes, crusty bread, and lemon juice or vinegar if required.

I can imagine now the smell of the grilling aubergines...

Erica Glynn

Busserl

(Almond Biscuits)



Busserl were part of the Jewish tradition and Austrian influence in which my family was steeped. They were always included in the mountains of food my mother prepared for Pesach, the Jewish Passover. The whole family, grandfather, uncles, aunts, cousins got together in our small apartment for the eight days of Passover, and, most happily, for the Seder evenings. We still have Seders and I bake Busserl.

600 grams ground almonds (or ground hazelnuts if available)
400 grams caster sugar, sieved
whites of 3-4 eggs

Mix the sugar and almonds thoroughly, add the egg whites gradually, mixing well, testing whether a sample will roll into a ball the size of a small walnut. You may not need all the egg white. Shape into small balls and cook on non-stick parchment paper at 375F (190C) for about 20-25 minutes, until the bottom of the balls just begin to darken. Cool and store in a tin. The Busserl will be soft when taken out of the oven, but tend to harden as they cool. (The nuts, sugar and egg-white mixture can form the basis of a gâteau. Cook in three baking tins and fill with chocolate buttercream, top with whipped cream.)

Erica Glynn

Krautfleckerl



or Noodlesquares with Cabbage

Ingredients:

80 gr. fat, (beeing an Israeli - I use olive oil)
 50 gr. onions
 1Tbs sugar
 400 gr. cabbage
 1Tbs vinegar
 1/2 tsp caraway seeds
 1tsp salt
 1tsp freshly ground pepper
 1/8 l. water
 300 gr. noodles - squares) cooked in salted water
 1 Tbs oil

Procedure:

Fry finely chopped onions and sugar in fat until brown. Add thinly shredded white cabbage, spices, water and cook until done. Mix with the cooked drained noodles. Serve while warm.

Miriam, Israel

Patlajele



Ingredients:

1 eggplant
 2 tomatoes
 1 cucumber
 1 green pepper
 onion or scallion

Dressing:

about 1/4 cup oil
 about 1/2 teaspoon salt
 about 1/2 teaspoon ground black pepper
 about 1/8 cup lemon juice
 Serve cold with rye bread.

Procedure:

1 eggplant - burn the outside skin on a gas stove top or outside grill till black and the inside is soft. Let cool. Rinse off the burned skin under cold water. Chop the remainder. I do this in bulk and pressure can the results for use all year.

To the eggplant add the chopped vegetables,

I don't know if this is a Cz recipe but my dad used to make it all the time and he was born in Gura Hamoura and raised in Czernowitz.

Madelyn Berid Pollack

Lebkuchen



Honey Cake

4 eggs
 1/2 cup - 1 cup of cold, strong coffee
 1 cup of honey
 1 1/2 teaspoons bicarbonate
 1 cup of sugar
 1-2 packets vanilla sugar
 1 cup of oil
 cinnamon - amount according to taste
 3-4 crushed cloves
 3 cups of flour

Mix sugar, honey, oil and the eggs in the mixer, adding from time to time the cinnamon. Then blend in the first cup of flour with half the coffee, then the second cup of flour, then the bicarbonate with the third cup of flour, then mix it all well in the mixer, adding from time to time the cinnamon and the cloves, these in amounts according to taste. I prefer it with not too much cloves.

Put in well-greased and floured baking-tin, or lined with baking paper. Bake in pre-heated oven (400F or about 180C) for about 1 hour.

Gabriele

Potato-Kugel:



Unpeeled, washed, potatoes, half-boiled and let so over night. Peel the next day, rasp them. For one glass of this rasped potatoes, take 3 yolks, beat the white of the 3 eggs, add one tablespoon oil, salt, pepper. Put all together, mix lightly. Put some oil in a form, then the potato-creme bake it for 40 minutes. From this mixture you can also do chremslach, in boiling oil one tablespoon they get like balls very are delicious.

2. Rasp unboiled potatoes like for the totschi. Press out the water, put for 2 potatoes one egg, salt, pepper and make totscherl, in boiling oil, one tablespoon from this mass.

3. Make omelettes like for blintzes, but with potato-flower and make a white yellow Kigel. you put in form a blintze, then from the mass 1 (half-boiled potatoes), then a blintze, then mass 2. unboiled potatoes, and so on... You will get a wonderful Kigel.

This recipe, I found in an old recipe-book, written in 1915, by my mother in law, Paula Brenner.

Bon Appetit,

Hedwig Brenner

Ukrainian Borscht

(kosher version)



"Fleisch und Gemuese Borscht".

Ingredients:

2 lb. Beef brisket
8 cups water
1/4 cup oil
1 large onion chopped fine
2 cloves garlic pressed in a garlic press
4 large beets grated coarsely
1 cup of fresh green leaves and stems of the beets, cut into small pieces
2 large carrots coarsely grated
2 parsnip roots coarsely grated

1 lb. Cabbage finely shredded
Salt and Black pepper to taste
1 tsp. dried dill
1 tsp. Dried tarragon
2 egg-yolks

Place the brisket and about 4 cups of water in a pot. Bring to the boil and cook uncovered for half an hour. With a tablespoon remove the scum which will have accumulated at the top. Add salt and pepper and continue cooking the meat for 1 1/2 hours.

In another pot, heat the oil and sauté the vegetables, adding each in the order in which they are listed. Cook the vegetables over low heat for about 10 minutes. Add the meat and the liquid in which it was cooked. Add salt and pepper to taste and the dill and tarragon. Cook over medium heat (just so it does not boil over) for HALF an hour.

Remove about one cup of clear liquid from the pot. Let this liquid cool a bit. In the meantime beat the two egg yolks with a fork. And continue beating and mixing while adding the cooled liquid to them. When the egg yolks and the liquid are well integrated, add the mixture to the hot soup and bring to the boil.

Serve the soup over boiled potatoes, or even better, with hot potato pancakes.

This amount will serve 6 to 8. Invite some friends and have a feast!

If you can get sorrel, put some in with, or instead of part of the cabbage.

The non-kosher version uses butter instead of oil and sour-cream instead of egg-yolks.

Guten Appetit!

Mimi Taylor

MALAI



(Romanian Johnnycake):

Filling:

3/4 -pound (375g)/1½ Cups Ricotta (low fat) cheese
1 Egg
4-5 Tbsp. Granulated White Sugar (25 ml)

Batter:

1 Cup (250 ml) All-purpose Flour
1 Cup (250 ml) Cornmeal

1/2 Cup (100 ml) Granulated Sugar
2 Tsp. (10 ml) Baking Powder
1/2 Tsp. Baking Soda
1/4 Tsp. Salt (optional)
1 Egg

3 Tbsp. (50 ml) Vegetable Oil
6 Tbsp. (50 ml) Light Yogurt
1 Cup (250 ml) Milk

FILLING:

In bowl, combine cottage cheese with egg, sugar and salt until well blended, or place in food processor until combined.

BATTER:

In mixing bowl, stir together flour, cornmeal, sugar, baking powder, baking soda and salt; make a well in centre. In another bowl, whisk egg with oil and sour cream; stir in milk. Stir into flour mixture to make a smooth batter.

Pour half the batter into a greased 7" x 11" (2-L) baking dish. Spread cheese mixture evenly over batter, then top with remaining batter.

Bake in oven preheated to 350 degrees F (180C) for 40 minutes (test for doneness).

Serve hot with sour cream or thick yogurt.

NOTE: If a larger pan is used (for a crowd), add several minutes to baking time (not too much, and test), being careful not to dry it out.

Merle Kastner in Montreal...