

# *The Bukovina Cookbook Volume II*



*A collection of authentic recipes submitted by  
former Bukovinians and descendants of Bukovinians.  
Compiled and edited by Merle Kastner, 2010.*



# *Appetizers*

## *Gefilte Fish*

*4 pounds of Carp, Doré and White Fish, ground together*

*Carp bones (and/or head)*

*2-4 grated Onions*

*1 ½ cups of Matzo Meal*

*2 ½ tablespoons Sugar*

*1 tablespoon black Pepper*

*Salt to taste*



*To begin, put ½ of the grated onions in the bottom of a large pot, and cover them with the carp bones (and/or head).*

*Then, with a large knife or cleaver, chop together all of the remaining ingredients until well blended.*

*Make two large loaves and place them in the pot.*

*Add cold water until the loaves are covered. Bring to a boil and cook over a low heat for 1 hour.*

*Once the pot cools, remove the loaves and store them in the fridge.*

*Then strain the remaining liquid and store separately in the fridge.*

*Once chilled, the liquid thickens to form a jelly-like sauce.*

*To serve, cut the loaves in slices and garnish with cooked sliced carrots.*

*The fish is accompanied by grated horseradish and the jellied sauce.*

*Lisa, Anne and Mark Andermann, originally from Montreal, Canada, grandchildren of Dr. Mina Deutsch, who submitted their Babi's recipes.*

## *"Mock Gefilte Fish"* *Beilig Fischerl (Yiddish).*

*Below is my interpretation of the French recipe that I remember my grandmother cooking when she did not have fish available:*

*1 Pound - 500grams    Chicken Breasts  
1                            Onion  
2-3                        Onions  
2 Tablespoons        Cornmeal (you can also use Matzo Meal)  
Salt, Pepper  
1                            Egg*

*Cut up the chicken breasts and chop them with the chopped onions. Add egg and continue to chop as you gradually add the cornmeal or the matzo meal.*

*Season mixture with salt and pepper to taste.*

*In a saucepan, fry 2-3 onions, add salt, sugar, pepper and some water and let it simmer.*

*Dampen hands and form the chicken mixture into patties or balls and drop into the boiling stock.*

*Cover pot, reduce heat and let it simmer for about half an hour.*

*Sylvie Gsell, Paris, France*

*From her grandmother,  
Luca Reicher—  
'a real Czernowitz recipe'*





## *"Mock Gefilte Fish"* *Beilíg Fischerl (Yiddish)*

*Comments from Arthur Rindner  
(a.k.a. Arthur von Czernowitz):*

*"My grandmother used to use a meat grinding machine for the "Beilíg Gefilte Fish" (she did not have a magi-mix) and she did not use cornmeal. Pesach, she would use matzo meal and on regular days she would soak day-old chalah in water and squeeze out the water and put it through the mincing machine with the chicken breasts.*

*For the sauce, she would not fry the onion - as in regular gefilte fish you do not fry onions.*

*When my wife was alive, I used to make gefilte fish, for Passover and Rosh Hashanah. It is very easy here, we live near Bnei Berak, Israel, where we can get live carp. The shop cleans the fish and grinds it for us."*



## *Petcha, Sultz, Calf's Foot Jelly*

*2 Calf's feet; cut across into 1 1/2" to 2" chunks.*

*Water; enough to cover 2" above the bones*

*4 cloves of Garlic; peeled, & mashed*

*2 cloves of Garlic crushed*

*1 medium Onion, whole*

*1 tablespoon Salt*

*1/4 Teaspoon Pepper*

*2 Bay Leaves*

*4 boiled Eggs, sliced in half*

*1 Lemon, cut into wedges*



*Wash calf's feet and place in a large pot, add water, garlic cloves, onion, salt, bay leaves and pepper. Simmer for 3 to 4 hours, or until meat falls off the bones.*

*Add the crushed garlic and simmer for an additional 15 minutes. Remove from heat and let cool.*

*When cool enough to handle, remove the meat and cartilage from the bones.*

*Chop the meat and cartilage in small pieces. Discard the bones. Taste the broth and adjust the seasoning.*

*Place the half eggs in an 8" x 10" glass pan add the chopped up meat and pour the broth over the eggs and meat.*

*Refrigerate until firmly jellied.*

*Cut into squares and serve with lemon wedges.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*

## PTSE (Petcha):

Dow says,

'My mother used to make "PTSE". Unfortunately none of the people I asked here knew of it. Before it gets lost in history, please include it in the Bukovina Cookbook. It is a 'zis und zoe'" and can be eaten with bread - *antinken* (old) - as an appetizer or snack. Usually our Jewish meals were made so that nothing would be wasted. PTSE is one of them."

Many years ago I was at a very religious Jewish wedding, and as usual had to sit with the men, all of whom were wearing *shtreimels*. I asked in Yiddish 'who knows what is PTSE?' To my surprise, some knew!

The ingredients are:

2 Cups of hot Chicken Soup

Add a little Flour, mix well and cook slowly it to make a smooth mixture, mixing all the time.

Add one crushed clove of Garlic, some Salt and Vinegar and some Sugar, continue mixing.

Then taste it.

It has to have a flavor like sweet and sour (*essig-fleisch* or *zis und zoer*).

Add some small pieces of Chicken meat, taken from the prepared soup.

Mix well, bring to a boil and then serve.

This is the Bessarabier recipe.

The Czernowitzer (Bukovina) recipe does not call for garlic, but the yolk of an Egg:

In ½ cup of Chicken Soup, quickly mix the raw Egg Yolk and stir well and cook gently, so it will not overcook.

Serve and...*guten appetit*.

Dow Friedman, Rio de Janeiro, Brasil

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A comment from Arthur Rindner  
(a.k.a. Arthur von Czernowitz):

You could refer to my recipe of PETCHA.

You can heat the petcha and eat it like a soup, with croutons rubbed with garlic, yummy.

After eating this, you lose all your friends for a week.

I checked Google for the definition of PTSE and the answer was PTSE -  
"Post Traumatic Stress Eating"





## *Goose fat:*

*My grandmother always had a jar of goose fat. Everything was fried in goose fat.*

*In the afternoon, we used to have "Jause" (snack). Usually it was "Ein Schmalzbrot" (goose fat on a slice of bread), sometimes the schmaltz had fried onions or "Grieven" (what is left after rendering the goose or chicken fat).*

*Nobody worried about cholesterol, I do not think the word has been invented yet. Sometimes we had fried chicken liver, Yaizelech (unborn chicken eggs) and Yashnetze (the male part of the male chicken).*

*Memories!*



## *Schweinerei*

*In the summer we had "Schweinerei" - a salad made with "Paradeis" (Tomatoes) cucumbers and onions.*

*The word Schweinerei (salad) is only used in Czernowitz or Bucovina.*

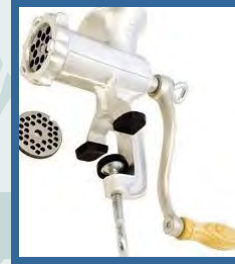
*The word "Paradeis" (tomatoes) is also used in Vienna.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*



## Chopped Chicken Liver

1 lbs Chicken Livers, washed, cleaned of bile and dried with a paper towel  
5 tablespoons of Chicken Schmaltz, or Oil  
2 large Onions chopped  
4 hard boiled Eggs  
Salt to taste  
Freshly ground Pepper



Heat the schmaltz or oil in a frying pan. Add the chopped onions and brown on very low heat, stirring from time to time. This should take about 2 hours, the color of the onions should be brown translucent and the consistency should be like marmalade. ("carmelized")

Drain the onions and in the fat remaining in the frying pan, fry the livers for about 10 minutes, turning from time to time, but do not overcook.

Grind the livers with the hard boiled eggs and the golden fried onions. To the mixture add remaining fat from the frying pan, add the salt and the ground pepper to taste. Mix and taste for seasoning.

Let it cool; serve with crackers as an appetizer.

Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel



## *Chopped Herring*

*6 fillets of Schmaltz Herring soaked in water, changing the water twice to remove the salt*

- 1 small Onion chopped*
- 1 Sour Apple peeled and chopped*
- 2 hard boiled Eggs*
- 1 teaspoon of Sugar*
- 2 slices of Rye Bread, crusts removed*
- 4 tablespoons of White Vinegar*
- 2 tablespoons of Sunflower Oil*



*Grind all the ingredients together*

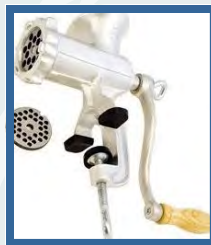
*Soak the bread in the vinegar and add to the herring mixture with the sugar and the oil.*

*Grind until very smooth, taste for seasoning. Add sugar or vinegar as required.*

*Place in the refrigerator to cool and serve as an appetizer.*

*Note: Chopped herring tastes so much better when you grind it with a hand "meat grinder" instead with a 'magimix' (food processor).*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*





# *Soups*



# Chicken Soup

On Friday mornings, my grandmother would go the market to buy a chicken and the vegetables required for the Shabbos "Chicken Soup".



Sometime she would take me along, and this is what I remember:

She would go to a market near the *Austriaplatz*. There peasants would come from the nearby villages and would bring their produce such as vegetables, eggs, cheeses, milk and live chickens.

My grandmother would go from peasant woman to peasant woman to check out their live chickens. The method was as follows: she would pick up a chicken by its legs and blow in to chicken's *tusik*. She would do this at least half a dozen times till she would find the right chicken which was to her liking. Well, I was curious and wanted to know why she blew into the chickens behind. She would always tell me to be quiet and not interfere when she spoke to the peasants. Later she told me that when you blow in to the behind of a chicken, you blow away the feathers to see the color of the chickens behind which should be yellow, meaning the chicken was well fed and was fat.

Now the bargaining would start. The peasant women would say that she wanted 20 Lei, my grandmother would say 10 lei and not a *Ban* more (1 *Leu*=100 *Bani*).

The bargaining would go on and on. In the end my grandmother would tell the woman, that the chicken was so skinny that she was doing her a favor by taking the chicken away as it would die any moment from hunger. All this was done in Romanian, *Rutainian* (Ukrainian) or sometimes in Polish.

So now we would go to the *shoichet*. The *shoichet* would slaughter the chicken and the bargaining over the price would start again. Usually the *shoichet* would take a few Lei and one claw from the leg of the chicken. Nearby was a box which had at least a dozen chicken claws. My grandmother told me that his wife will cook a soup or *Petcha*\* chicken foot jelly (from these claws) as a first course. I tasted this dish and it was quite nice.



After coming home, my grandmother would pluck the chicken's feathers and later kosher the chicken with coarse salt, constantly washing away the blood.

After the koshering she would cut up the chicken. The breast (*beilig*) would go for the "mock gefilte fish"\* and from rest she would make the chicken soup.

She would place the chicken parts in large soup pot, fill it with water until the cut up chicken was covered.

She would add 2 or 3 cut up carrots, 2 or 3 cut up parsley root, an onion, cut up potatoes and salt.

She would let it simmer for about 3/4 of an hour, constantly skimming off the scum.

In the end the color of the soup was honey golden (chicken fat).

The chicken soup was served with homemade egg noodles (*Lokshen*).

She would serve my father first, skimming the top of the soup, this was the fattest part, she would called it "*Oigen*" (eyes) she would cut up dill (*Crip*) and parsley and spread it on top of the soup.

The second course was the boiled chicken, my father would get the leg (*pulke*) and I would get a wing (*fligale*) or sometimes *pupik* (stomach of the chicken). It was served with the potato, carrot and parsley root from the soup. As an accompaniment we would have horseradish (*chren*) or pickled cucumbers\*.

Arthur Rindner (a.k.a. Arthur von Czernowitz) , Ramat Gan, Israel



## *“Schmettensuppe” – Sour Cream Soup*

### *Soup:*

*\*4 cups Water plus  
\*1 instant Vegetable Soup cube  
\*OR 4 cups Vegetable Bouillon  
1 teaspoon Caraway Seeds—“Kümmel”  
1 clove Garlic, crushed  
1 cup Sour Cream  
2 tsp plain Flour  
1 tablespoon Vinegar  
Salt & Pepper  
Fresh, chopped Chives*



### *Croutons:*

*3 slices Rye Bread  
Butter*

### *Preparation:*

#### *Soup:*

*In a saucepan, heat water, add the soup cube, cumin, crushed garlic, salt and pepper and allow to simmer for about 10 minutes.*

*Add the flour to the sour cream, stir until smooth.*

*Mix into the soup.*

*Season the soup with a little vinegar.*

*Let the soup simmer for an additional 10-15 minutes.*

#### *Croutons:*

*Cut the rye bread into small cubes.*

*Fry the bread cubes in a little butter till slightly brown..*

*Serve the soup with the bread cubes and garnish with chopped chives.*

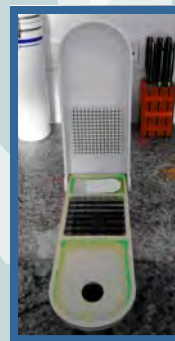
*Arthur's note: “‘Schmettensuppe’ brought back memories. I consulted with my cousin Grete who is 10 years my senior and we came up with this recipe”: The word “Schmetten” means ‘sour cream’, but used only in Czernowitz, it comes from the Ukrainian word of “smetana”*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*

In the Bukovina, the winters were hard, it usually started to snow in the end of October and sometime you still had snow in April. All you had in the market were potatoes, onions and beets. Finally in the beginning of May you had an abundance of vegetables like green peas, string beans, cauliflower, tomatoes and new potatoes. Grandmother would come home from the market and her wicker basket was full with fresh vegetables.

### *Frühling Gemüsesuppe, Spring Vegetable Soup*

2 large potatoes cut in to cubes  
1 head of cauliflower cut in florets  
2 carrots cut in to cubes  
1 head of celery cut in to cubes  
2 parsley roots cut in to cubes  
1 cup of peas  
1 cup of string beans  
1 kohlrabi cut in to cubes  
1 cup of shredded cabbage  
4 tomatoes cut in to cubes  
Juice of a lemon  
Parsley  
Dill  
Salt  
Pepper



Place all the cubed vegetables in a pot except the potatoes, fill with water add salt.

Let it simmer for about 20 minutes.

In a separate pot boil the cubed potatoes - the reason is that the potatoes take longer to soften. When the potatoes are done add them to the pot with the vegetables. Add the lemon juice and taste to see if you need more salt.

In Czernowitz, lemons were very expensive, so my grandmother used to add a cup of pickled cucumber juice or sauerkraut juice.

Finish with chopped parsley and dill.

Arthur Rindner (a.k.a. Arthur von Czernowitz)

Ramat Gan, Israel

(Note: the gadget for cubing the vegetables is shown above)

## *Radauti Soup (Ciorba Radauteana)*

*A traditional recipe from the northern part of Romania - Suceava county in Bukovina. Easy and fast to prepare!*

### *Ingredients:*

*500 g of boneless poultry*

*3 onions*

*3 carrots*

*1 sweet red pepper*

*1 small stalk celery*

*400-500 g of sour cream*

*2-3 lemons*

*2-3 pieces of garlic*

*salt, pepper, laurel leaves*

*Place poultry in cold water in a 4-5 liter pot - the water level should be just above the poultry, not more.*

### *How to:*

*Boil for 5-10 minutes, add salt and pepper to taste. Pour in the sour cream and allow to boil a bit more. Skim the soup. Add 2 whole onions, the carrots, some pepper and the celery, cut into small pieces). Add salt and pepper, and some more boiled water.*

*Cook soup at a medium flame until the meat is almost tender.*

*Remove the poultry and cut into small pieces. Remove vegetables, cut carrots into small pieces. Put the pot back to boil and add the meat and carrots. Then add remaining raw onion, in small pieces and the other half of the pepper.*

*Continue to boil for 5-10 more minutes, add salt and pepper to taste.*

*Pour in sour cream. If onion pieces are tender, add lemon juice. Use 1-2 or 3 lemons, depending on how sour you want the soup to be. Cook gently a bit more, add minced parsley.*

*In a separate bowl mince garlic and mix with a bit of mineral water.*

*You can add this mixture to each plate with soup. If you're planning to eat the entire quantity of soup in one day, you can add the garlic into the pot at the end. But it's preferable to keep it separately and each guest can choose whether to add garlic or not (if you add garlic to the entire soup, it will turn it blue overnight). Enjoy!*



*Sylvie Gsell*

*Paris, France*





# *Main Dishes*

## *Dairy*



## *Frying Eggs.*

*My Babe - my Muttis mother said to me :*

*" When you fry eggs - the salt always  
put before you fry , not after.*

*They taste much better".*

*Since then whenever I fry eggs I remember Babe .*

*And they really taste better,*

*Hardy*

*Hardy Breier*

*Haifa, Israel*



## *Malai:*

*1-1/4 Cup Yellow Corn meal  
3/4 Cup Flour  
1/4 Cup Sugar  
4 tsp. Baking Powder  
1/2 tsp. Salt  
1/2 Cup Vegetable Oil  
2 Eggs, lightly beaten  
1-1/4 Cup milk*



*Mix dry ingredients. Add remaining ingredients and stir just until mixed (will probably still be lumpy). Pour into a greased baking tray and bake at 400°F for 25 minutes.*

*In the old country we used to eat malai with "smetana" "schmeten" or in English, sour cream.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz")  
Ramat Gan, Israel*

## *Mamaliga Soufflee à la Mira*

*Mix: 3/4 cup of Yellow Cornmeal  
2-1/2 cups cold Water  
1/2 teaspoon Salt*

*Place in a covered dish and heat on low temperature for one hour.  
Take off cover and mix intermittently for the next hour.  
Remove from hot plate (or flame)*

*Take a round, ovenproof glass or porcelain bowl 6.5" wide, 3.5" tall  
and smear the inside with melted Butter (about one Tbsp.)*

*Place a layer of mamaliga at the bottom of the bowl (about one inch)  
and 5 Tbsp. of sour cream over that, a second layer of mamaliga over  
that and 5 Tbsp. of Feta cheese crumbs over the mamaliga.*

*Cover the Feta with a 3rd layer of mamaliga and 5 Tbsp. of crumbled  
Farmer Cheese over that.*

*Over a 4th layer of mamaliga, 5 Tbsp. of grated Provolone, Muenster  
or Cheddar Cheese. and cover with yet another layer of mamaliga.*

*Place on top 1 Tbsp. of Butter, cover and bake in the oven for 1/2 hour  
at 350\*. Remove from heat.*

*Beat well two Eggs, mix with 2 Tbsp. of Pecorino Romano or Parmesan  
Cheese, place on top and bake uncovered at 375\* for 15 minutes.*

*Let cool for 15 min. before serving.  
Makes 2-4 servings.  
Voilà! Bon appétit!*

*Gaby & Mira Rinzler,  
Gainesville, Florida, USA*





# *Main Dishes*

## *Meat*



# Chicken Paprikash and Helzale

## Ingredients:

1 4 pound/2 kg chicken, cut up in pieces  
Salt  
Pepper  
4 tablespoon Schmaltz—Goose Fat or Chicken Fat or Oil  
1 large Onion grated  
1 large tablespoon of Paprika  
1 Bay Leaf  
1 Chicken Cube dissolved in one cup of boiling water  
OR 1 cup of Chicken Bouillon  
Flour

Season chicken with flour and dust off excess, then add salt and pepper.

In a heavy casserole, brown the chicken in the fat, add the grated onion, the paprika and bay leaf. Stir and pour in the water and dissolved chicken cube mixture - OR the chicken bouillon. Add the helzale\*, stir and let it simmer for about 1-1/2 hours.

Serve with wide noodles or mashed potatoes.

I do not recall what we called this dish in Czernowitz, but I am pretty sure it was not Chicken Paprikash. In the old country we did not have to augment the chicken paprikash with a "chicken cube" or chicken bouillon. The chickens there were free range and were very tasty.

## \*Helzale

### Ingredients:

3 Chicken Neck Skins  
1/2 cup regular Flour  
1/2 cup Cornmeal  
1/2 cup Chicken schmaltz or Oil  
1 small grated Onion  
1 teaspoon Salt  
Pepper  
1 teaspoon Paprika



Remove the neck skin from 3 chickens, sew together and sew one end closed. Mix together the dry ingredients add the chicken fat, knead slightly and stuff in to the chicken necks, but make sure you do not overstuff. Sew the other end closed. It should look like a sausage. In a frying pan add some chicken fat and brown the helzale on both sides. Add to the Chicken Paprikash.

Arthur Rindner (a.k.a. Arthur von Czernowitz), Ramat Gan, Israel

## *Rindergulasch—Goulash (Beef Stew)*

*2 lbs boneless Chuck Roast, cut into ½ inch chunks  
3 tablespoon Goose Fat or Oil  
1 Onion chopped  
2 cups boiling Water  
2 cloves of Garlic  
2 Bay Leaves  
Paprika  
Freshly ground Pepper  
Salt  
Flour*



*Dust meat with flour, shaking off the excess.  
In a heavy casserole heat the goose fat or the oil and brown the meat on all sides.  
Add the chopped onion and season with paprika add the garlic, pepper and salt, stirring several times.  
Pour the boiling water, simmer with the closed lid for about 40 minutes on low heat.  
Taste and add additional salt if necessary.  
Serve on noodles with a side dish of Red Cabbage. (note see recipe for this in “Accompaniments” section)*

*On my visits to my grandmother or Netty, they would always cook the above Goulash for me with a side dish of Red Cabbage*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*

## Mítitei, Mici or Karnatzelach

In Czernowitz, in the summer several restaurants used to serve Mítitei, also on market day in town, there were several stands which grilled them. Somehow those tasted so much better.

The specific taste of Mítitei is given by Savory an aromatic herb which in Romanian is called Címbru.

### Ingredients:

2 pounds ground Beef. The beef should have a high fat content, the fat drips away during grilling.

1/2 teaspoon Salt

1/2 teaspoon freshly ground Pepper

1/2 teaspoon Baking Soda

2 Garlic Cloves minced through garlic press

1/4 teaspoon ground Allspice

1/2 teaspoon dried Summer Savory (Címbru)

1/2 cup of Soda Water (sparkling water)



Combine all ingredients.

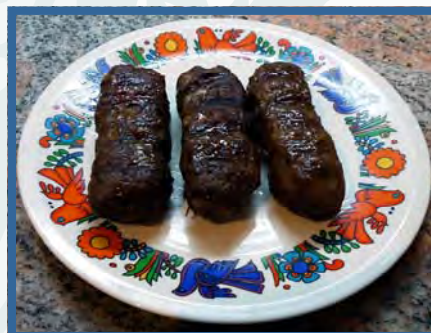
Add the soda water and work the water into the meat mixture.

Shape into sausages about 1 inch thick and about 3 inches long. Cover and refrigerate overnight (see photo above).

Grill over very hot coals, turning often until nicely browned on the outside but still having a slightly pink interior.

Arthur Rindner

(a.k.a. Arthur von Czernowitz)





## *Haluschken mit Sauerkraut—Stuffed Cabbage on a bed of Sauerkraut*

*1 large head Cabbage*

*2-1/2 lbs. ground Beef*

*1-1/4 cups Rice, washed*

*1 medium Onion, chopped*

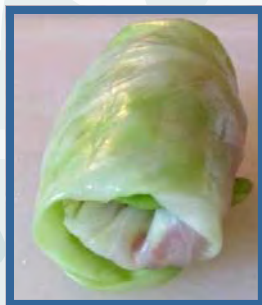
*Oil*

*Pepper, Salt, mashed Garlic - to taste*

*1 ring Kosher Kielbasa or any large smoked sausage, cut into slices*

*Place the head of cabbage in a large pot, scald with boiling waer. Let it stand for about 30 minutes.*

*To prepare cabbage - cut deeply around core to loosen leaves. Take leaves apart and put aside to cool. Gently sauté the chopped onion, add the washed rice, the ground beef, mashed garlic the salt and pepper to taste. Place a cabbage leaf flat and on it place a tablespoon of the meat mixture. Turn the right and left edges over toward the center, starting with the end begin to roll. Now tuck in the loose side edges (see photo).*



*Bed of Sauerkraut.*

*1 can Sauerkraut*

*1 large Onion chopped*

*1 tablespoon Brown Sugar*

*1 tablespoon Caraway Seeds*

*2 peeled, shredded Carrots*

*2 sour peeled, shredded Apples*

*Shred remaining Cabbage*

*Salt and Pepper to taste*

*1 cup of Chicken Broth*



*In a large heavy pot, gently fry the onion. When slightly brown, add the rest of the ingredients. Mix well. Divide the sauerkraut mixture in to equal parts. Leave half the portion in the bottom of the pot and place the cabbage rolls in the pot packing firmly, repeat next layer. Cover top layer with sliced of Kielbasa and the rest of the sauerkraut. Add chicken broth to the pot until everything is covered. Cover pot and bake at 350 F for 2 hours, then one hour uncovered. Serve with Mamaliga. I usually make this dish in the winter when we have guests from Bucovina.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz), Ramat Gan, Israel*



## *Chicken on a bed of sauerkraut:*

*From Greta's notes. :*

*Greta, my wife, would cook this for me, when I returned from a long, overseas assignment.*

### *Chicken on a bed of Sauerkraut.*

*1 chicken, rubbed with paprika, salt, pepper and garlic powder*

*2 cans of sauerkraut—note: you may have to rinse the sauerkraut if it is too salty*

*1½ cups of grated carrots*

*2 Granny Smith apples, grated*

*1 tablespoon caraway seeds*

*pepper*

*2 medium sliced onions*

*In a sachet made of cheesecloth, place 1 Bay leaf, 3 juniper berries, and 2 cloves. Tie the sachet with string.*

*Fry onions in oil, add sauerkraut, and keep on frying. Mix in carrots and grated apples and spices.*

*In flameproof earthenware pot, arrange sauerkraut, add the sachet with the spices, lay chicken on top, cover and place in a pre-heated oven at 350F. for 1½ hours. Remove lid for the last ½ hour.*

*Serve with mashed potatoes.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)*

*Ramat Gan, Israel*

*In the pot.:*



*How to serve:*



## *Brisket:*

*From Greta's notes. :*

### *Brisket*

#### *Ingredients:*

*8 pounds beef brisket  
4 cloves of crushed garlic  
8 carrots, peeled and cubed  
4 parsley root, peeled and cubed  
3 onions, diced  
3 pounds potatoes, peeled whole or cubed  
Whole peppercorns  
6 bay leaves  
3 sprigs of rosemary  
Salt, pepper and paprika for seasoning  
Flour for dredging*



*Preheat the oven to 375 degrees F.*

*Rub the crushed garlic cloves into the brisket, or cut slits and insert cloves of garlic directly into the meat. Combine salt, pepper, paprika and flour and coat the brisket with this mixture.*

*Place the carrots, parsley root, onions, and potatoes in the bottom of a large cast iron pot similar to the French "Le Creuset".*

*Add the peppercorns and the bay leaves.*

*Place the brisket, fat side up, on top of the bed of vegetables.*

*Put the rosemary on top of the brisket.*

*Place in oven at 375 degrees F. for about 15 minutes.*

*Add water (red wine is a better choice) to cover the vegetables.*

*Cover the pot.*

*Reduce heat to 325 degrees F.*

*Roast 45 minutes per pound of brisket, or until the meat is done.*

*For the last ½ hour of roasting remove the lid.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*

## Potato Goulash—Erdäpfelgulasch

*After the war, times were bad, we had no meat and I remember that my grandmother use to cook Erdäpfelgulasch;*

### *Ingredients:*

*2 pounds Potatoes, peeled and cut in to quarters  
2 tablespoons Goose Fat (you can use regular oil, but its not going to taste the same)  
1 large Onion chopped  
1 -½ tablespoons Paprika  
1 tablespoon Vinegar  
1 tablespoon Caraway Seeds—  
“Kümmel”  
2 crushed cloves of Garlic  
1 Beef Cube  
Salt  
Black Pepper*



### *Preparation:*

*In a saucepan boil the potatoes till soft in salted water.*

*Drain the potatoes in a colander, reserving about a cup and one half of the liquid.*

*Into this liquid, dissolve the beef cube.*

*In a large frying pan, heat the goose fat, add the chopped onions and fry till golden.*

*Add the paprika, cumin and the crushed garlic. Add the vinegar to dissolve the cooking juices in the pan.*

*Add the cooked potatoes and the liquid with the dissolved beef cube, add the pepper.*

*Let it simmer in the frying pan for about 15 minutes or until till the liquid is absorbed.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*



## *Cholent.*

*We had a large ceramic pot with a lid, which my grandmother used to cook the cholent. On FridayS we took the cholent to the local bakery, which I believe was on the Storofinetzerstrasse. It was placed in the oven till Saturday and was brought to us by our Hutzul, the Shabes Goy.*

### *Ingredients:*

*3 onions, quartered  
4 tablespoons vegetable oil  
4 pounds brisket, cut into large chunks  
1 pound of smoked goose or smoked meat, cut in to chunks  
1 kishke  
1 calf's foot, cut into to 2" chunks  
1 cup kidney beans  
1 cup pinto beans  
1 cup lima beans  
1 cup pearl barley  
5 large potatoes, peeled and cut in half  
boiling water to cover the ingredients in the pot  
2 cloves of garlic  
salt and pepper to taste*



*Soak the beans overnight.*

*Boil the beans several times without salt and throw away the water. [Urban legend states that if you boil the beans several times and throw out the water, this will prevent gas after eating the cholent]*

*In a large oven-safe pot or roasting pan, fry the onions in oil over medium heat. Add meat, and brown well on all sides.*

*Add calf's foot chunks.*

*Add smoked meat and the kishke.*

*Mix in beans; add the barley.*

*Add potatoes, and add just enough boiling water to cover the meat and potatoes. Season with salt and pepper.*

*Bring to a boil, lower heat, and simmer, partially covered, for 20 minutes on stovetop.*

*Preheat oven to 200 degrees Fahrenheit (95 degrees Celcius).*

*Cover pot tightly, and place in the preheated oven.*

*Allow to cook overnight for at least 10 to 15 hours.*

*Check periodically to make sure you have enough liquid to cover; add small amounts of water if needed.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*

## *Kishke (to be used as an ingredient of the Cholent)*

*3 feet beef casing  
1 cup sifted flour  
½ cup matzo or cracker meal  
¼ cup grated onion  
1 ½ teaspoons salt  
¼ teaspoons pepper  
1 teaspoons paprika  
1 cup chicken fat or oil  
1 onion, chopped & fried*

*Mix the flour and the rest of the ingredients and stuff the beef casing.  
Brown the kishke in a frying pan before placing it in the cholent.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*





# *Accompaniments*



## Czernowitzer Challah

### Ingredients:

1 envelope (2¼ teaspoons/7 grams) instant yeast  
3-3/4 cups (500 grams) bread flour  
3/4 cup (170 grams) warm water  
2 large eggs, plus 1 for glazing  
½ cup (110 grams) vegetable oil  
1½ teaspoons (8 grams) table salt  
¾ cup (55 grams) granulated sugar



Poppy or sesame seeds for sprinkling (optional)

**Preparation:** In a large bowl, whisk together the yeast and ¾ cup (100 grams) of the flour, then whisk in the warm water until smooth. Allow to stand uncovered for 10 to 20 minutes, or until it puffs up slightly.

Whisk the 2 eggs, oil, salt, and sugar into the yeast mixture until the eggs are well incorporated and the salt and sugar have dissolved. Stir in the remaining 3 cups (400 grams) flour all at once - at one point, you will have to use your hands for this. Form into a ball, lay it out on the work surface and knead well it until smooth and soft, no more than 10 minutes. If you plan to mix the dough in a food processor, mix the ingredients together in a bowl as directed and then cut the rough dough in half and process one half at a time, then knead the halves together. If the dough is too firm to easily knead, add a tablespoon or two of water to it; if it seems too wet, add a few tablespoons of flour. (soak the empty mixing bowl in hot water and then empty it for use when the dough is left to rise.)

Place the dough in the empty bowl and cover it with plastic wrap. An option: the dough can be refrigerated right after kneading, then removed from the refrigerator to finish allowing to rise up to 24 hours later. Let the dough rise until it has at least doubled in bulk - about 2 hours, depending on the temperature in your kitchen. If it has been refrigerated, this will take 30 to 60 minutes more.

**To bake:** Cover or two large baking sheets (depending on how many breads you are making) with parchment paper. Variations: divide the dough into two portions for smaller loaves. To make a round High Holiday bread, roll each portion into a long roll, flattening it out first.

Make a roll of dough on the prepared backing sheet, starting at the center and winding the dough around and tuck the end of the roll under.

(continued on next page)

## *Czernowitzer Challah—continued...*

*Cover the loaves well with plastic wrap. (At this point, the loaves can be refrigerated for up to 24 hours.) Let stand until tripled in size, about 1½ hours (or up to 2½ hours if the loaves were refrigerated).*

*Preheat the oven to 350°F (180°C). Beat the remaining egg with a pinch of salt for glazing the bread.*

*To bake: When the loaves have tripled and do not push back when gently pressed with your finger but remain indented, brush them with the egg glaze. If desired, sprinkle with poppy or sesame seeds. Bake the smaller loaves for 25 to 35 minutes, or the large loaf for 35 to 45 minutes, until very well browned. After the first 20 minutes of baking, switch the loaves from front to back of the oven so that they brown evenly; if the large loaf is browning too quickly, cover with aluminum foil. When the loaves are done, remove them from the oven and allow to cool on a wire rack..*

*With Raisins: Challah with raisins is very popular, especially among Ashkenazi Jews during the High Holy Days, when food is supposed to be extra-sweet. You can use any kind of raisins desired, or even a mixture. If you love raisins, use the larger quantity specified — important: rinse and dry the raisins or the sugar in them will overwhelm the yeast and slow the fermentation.*

*To prepare the dark or golden raisins, or a combination: rinse in a strainer or colander under hot tap water, to plump them up and wash away any excess sugar, which would interfere with the yeast's fermentation. If they are hard, let them drain in the strainer so they can absorb the excess water while you complete the dough; if they are already soft, pat them dry in a paper towel and set them aside. Mix the dough as directed. When it is well kneaded, knead in the raisins just until they are equally distributed. Then proceed as directed.*

*With saffron: This is lovely when golden raisins are added to the dough. You can sprinkle the bread with sliced almonds, if desired. To prepare: mix together the yeast and ¾ cup (100 grams) of flour in a large bowl (see above). Gently toast 2 large pinches of saffron filaments over low heat until they curl and turn a little darker. Grind or crumble it to a powder and add half the water to the saffron, mix well, then pour into the flour and yeast. Mix the remaining water with the last of the saffron, mix well and pour this into the flour mixture. Whisk until smooth.*

*“I made this recipe for Rosh Hashanah. I used the saffron variation, half with golden raisins, half plain. It was wonderful! And so nice to make a recipe that is part of my heritage.”*

*Laura Munzer, Passaic, New Jersey, USA.*



## *Chrein Horseradish*

### *Ingredients:*

- 1 cup peeled and cubed Horseradish root—about 1/2 -inch pieces*
- 3/4 cup Vinegar*
- 1 tablespoon Sugar*
- 1/4 teaspoon Salt*
- 1 cup of shredded fresh or cooked Beetroot*

### *Directions:*

*Combine all ingredients in a food processor; let it run until pureed.*

*Carefully remove cover of processor, keeping your nose and eyes away from the container. (it will sting)*

*Adjust seasoning - remember it has to be sweet and sour.*

*Cover and store in the refrigerator.*

*I always make it for Passover.*

*The store-bought horseradish has too many chemicals.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*



## *Potato Kugel:*

- 5        *Large Potatoes, peeled,  
          and cut in large pieces*
- 3        *Eggs*
- ¼ Cup   *Matzo Meal*
- 1        *Onion, chopped coarsely*
- ½ Cup   *Light Vegetable Oil*
- 1 Tsp.   *Salt*
- ¼ Tsp.   *Pepper*
- ¼ Tsp.   *Cinnamon (optional)*



*Take 1 of the above Potatoes, boil it, and set aside. Place the other 4 Potatoes, the Onion, the Oil, Salt & Pepper (Cinnamon, if desired) in a food processor or blender and almost purée, but not quite. Then add the boiled Potato (doesn't have to be cooled), and mix well. Add the Eggs.*

*Pour the whole mixture into a well-greased (with 2 Tbsp. Oil - over the above quantity) baking pan or casserole - approximately 1.8 litre in size, which has been placed in a hot oven (400 Degrees - F.) for 5-6 minutes, before pouring in the mixture.*

*Bake at 400 Degrees (F.) for about an hour, or until a good, medium-brown crust has formed on the top. If you want to test it for doneness, use a cake-tester.*

*NOTE: This recipe can be doubled, but use a wider or longer pan, not a deeper one.*

*Merle Kastner, Montreal, Canada  
Montreal, Canada*

## *Potato pancakes "Plackís"*

*5 large Potatoes, finely grated  
1 large Onion, finely grated  
2 tablespoons of Flour  
1 Egg  
Salt and Pepper, to taste*

*After grating the potatoes, squeeze out the excess liquid.  
Add the remaining ingredients and mix well.  
Drop spoonfuls of the mixture into a pan with a small amount of hot oil.  
Use the back of the spoon to flatten out the mixture in the form of a small, round pancake.  
Fry on both sides until golden brown.  
Serve with sour cream and chopped chives or green onions.*

*For Plackís with Meat, follow the above recipe, but add to the mixture:*

*1 pound of Ground Beef  
1 grated Carrot  
1 Green Onion, finely chopped  
Additional Egg*



*Lisa, Anne and Mark Andermann, originally from Montreal, Canada, grandchildren of Dr. Mina Deutsch, who submitted their Babi's recipes.*

## *Lokshen Kugel for Rory:*

|                       |                                                                                 |
|-----------------------|---------------------------------------------------------------------------------|
| <i>12 oz. Package</i> | <i>Wide Egg Noodles (you can use the yolk-less ones - they are quite good!)</i> |
| <i>4</i>              | <i>Eggs (or 2 Egg Yolks &amp; 6 Egg Whites)</i>                                 |
|                       | <i>Salt &amp; Pepper</i>                                                        |
| <i>2 Tbsp.</i>        | <i>Vegetable Oil</i>                                                            |

*Cook the noodles, according to package directions. Drain completely. Place in a large bowl, with the Eggs, Salt & Pepper. Meantime, the Oil has been heating in the baking dish, in a 375 Degree (F.) oven. Carefully remove the dish from the oven, pour the (very) hot oil over the hot Noodles. Then add the Eggs, and mix very fast, so as to prevent them from partially cooking when coming into contact with the hot noodles. Mix well. Bake for about 1 hour, or until the top has become a dark, golden brown. Remove from oven and serve. (A great accompaniment to a meal - about 8 servings.)*

*NOTE: If you prefer a sweet Kugel, add 2 Tbsp. sugar, 1 Tsp. Cinnamon and ¼ Cup Raisins to the Noodles, but Rory prefers it without these additions.*

*PS: For Passover, just use the Passover Egg Noodles, flat & wide version)*

*Merle Kastner, Montreal, Canada  
Rory's Mum*





## Potato Knishes (Potato Strudel)

### Dough:

1/3 cup oil  
5 large eggs, beaten  
1 teaspoon salt  
2 ½ cups water  
1 pound all-purpose flour



### Potato Filling:

6 medium potatoes, peeled, boiled, cooled and shredded in a food processor  
1 pound onions, chopped and sautéed  
2 large eggs, beaten  
2 teaspoons salt  
½ teaspoon freshly ground pepper

### Preparation:

To make the knish dough, mix the oil, eggs, salt and water. Add the flour and or water as necessary, and knead, making a smooth silky dough. Flour a work surface and place the dough on it. Cover with plastic wrap and let rest 15 minutes.

Prepare the potato filling by mixing together all the ingredients in a large bowl.

Heat oven to 350 degrees.

Roll the dough to a ¼ -inch thickness. Just like a strudel, adding the potato

mixture and rolling it

Place potato strudel on a parchment-lined baking pan and brush with egg wash.

Bake for 35 minutes or until potato strudel is golden brown on the top and bottom.

Slice and serve warm.

Arthur Rindner (a.k.a. Arthur von Czernowitz)

Ramat Gan, Israel

## Pirogen—Varenikes

*"It is very difficult to loose weight with the Czernowitzer diet. Well I made pirogen and as you see they came out not bad."*

### Dough:

4 cups flour  
2 Eggs, beaten  
1 cup water  
2 tsp Salt  
2 tablespoons oil

### Potato Filling:

2 tablespoons oil  
1 onion, chopped  
4 potatoes, peeled, cooked and pureed  
Salt and pepper, to tasted

### Method:

Place flour in a large mixing bowl, make a well, add 1/2 cup water, eggs, oil, salt and pepper. Mix with a wooden spoon, adding water as needed, until it comes together as smooth silky dough.

Place the dough on a floured work surface and knead until smooth for about 10 minutes. Cover with plastic wrap and let the dough rest for at least 30 minutes.

In a pan heat the oil, add the chopped onions and fry until onions are glassy translucent.

Add the fried onions to the puréed potatoes, salt and pepper and mash until smooth.

On a floured work surface roll the dough as thinly as possible. Use a large water glass, to cut rounds of the dough.

Place 1-2 tablespoons of the potato filling into the center of the dough. Wet the edges with a little water, fold in half and seal pressing with your fingers to stick together. Repeat with the remaining dough rounds, placing the finished pirogen on a floured kitchen towel.

Heat water in a large pot, add salt and when the water starts to boil add the pirogen.

Cook for about 8 to 10 minutes, or until the pirogen begin to float and rise to the surface. Drain and serve topped with fried onions.

PS: The pirogen could be stuffed with sauerkraut and fried onions, or with farmers cheese, sugar, cinnamon and a beaten egg.



Arthur Rindner (a.k.a. Arthur von Czermowitz) , Ramat Gan, Israel

*"This morning I went to the market , found fresh cucumbers and decided to pickle them the way my grandmother used to."*

*"Oma's Eingelegte Salzgurken"  
My Grandmother's pickled cucumbers.*

*Ingredients:*

*1 large glass jar*

*Enough Cucumbers to fit into the jar*

*1 clove of Garlic cut in half*

*Coarse Salt*

*A bunch of fresh Dill*

*2 or 3 Hot Peppers*

*2 Tablespoons Caraway seeds (Kümmel)*



*Preparation:*

*Sterilize the glass jar with boiling water; make sure you place a heavy spoon in the jar before pouring the boiling water.*

*Wash cucumbers in cold water and dry with a towel.*

*Also wash the garlic and dry.*

*Arrange the cucumbers in the jar, add caraway seeds, garlic and the hot peppers. Place the dill on top.*

*In a saucepan pour enough water to cover the pickles, add salt and let it boil till the salt is dissolved.*

*Salt: I am not giving the amount of salt to be used; it should be according to your taste. Most recipes give an amount of salt, but it is usually too much. Remember you can always add salt, but you can't take it out!*

*After the brine has cooled pour it over the cucumbers and close the jar.*

*Place the pickle jar in the kitchen window and after about 6 days you will have the most fantastic pickles.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)*

*Ramat Gan, Israel*



## *Cucumber Salad from my cousin Netty*

*2 pounds of Cucumbers (1 Kg)  
1 Tablespoons Salt  
1/3 Cup White Vinegar  
1/4 cup Water  
2 Teaspoons Sugar  
1 Garlic clove, minced  
Chopped, fresh Dill*



*Slice cucumbers very thin.*

*In a large bowl toss cucumbers with salt and cover with a kitchen towel. Let stand for 1 hour.*

*In a saucepan bring vinegar and water to a boil add the sugar, and garlic.  
Allow to cool.*

*Drain the cucumbers well, squeezing out excess liquid by hand. In a bowl combine cucumbers with the dressing, add the chopped dill and let the mixture marinate for one hour in the refrigerator.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz),  
Ramat Gan, Israel*

## *Kasha Varnishkes*

*Serves: 6*

*1½ cups Kasha*

*2 Eggs*

*2 tablespoons Oil*

*3 cups of Chicken Soup*

*2 teaspoons Salt or to taste*

*2 cups chopped Onions*

*¼ cup Oil*

*2 cups uncooked Bow Ties*



*In a bowl mix kasha and eggs.*

*Heat oil in large skillet. Add kasha and cook stirring until kasha is lightly browned and crumbly.*

*Heat water or chicken soup mixture in a large saucepan. Add liquid to kasha in skillet, cover and lower heat. Cook for about 20 minutes or maybe a little less until all of the liquid is absorbed.*

*For the varnishkes:*

*Soften onions in a dry pan. Add the oil until browned and soft.*

*Cook the bow ties according to directions on package. Stir the bow ties and onions into the kasha and reheat. Season to taste and sprinkle with the parsley*

*Greta's Favorite*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)*

*Ramat Gan, Israel*

## *Carrot Tsímmes.*

*From Greta's notes.*

*1 -½ pounds carrots, peeled and sliced into "coins"  
1 tablespoon chicken fat  
1 tablespoon vegetable oil  
3 tablespoons honey  
3 tablespoons brown sugar  
3 tablespoons freshly squeezed lemon juice  
½ cup seedless golden raisins  
Kosher salt  
Freshly ground black pepper*

*Mix all of the ingredients in a medium saucepan and bring to a boil over high heat.*

*Cover, reduce the heat and simmer gently until the carrots are crisp and tender, about 25 minutes.*

*Remove the cover from the pan, raise the heat and cook the carrots until most of the liquid has evaporated and the sauce is thickened— about five minutes.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*





*Red Cabbage, the way my cousin Netty used to make it.  
It is a perfect accompaniment to Goulash*

*Ingredients::*

*2 pounds/1 kg Red Cabbage  
1 Onion  
3 Sour Apples (Granny Smith)  
3 tablespoons Goose Fat or Oil  
1 Bay Leaf  
6 Cloves tied in a cheese cloth  
Salt  
2 tablespoons Vinegar  
2 cups Water  
Sugar*



*Wash the cabbage, cut into quarters, remove the stalk and  
finely  
shred the cabbage.*

*Dice the onion.*

*Peel the apples, remove seeds and dice.*

*In a pot, melt the goose fat/oil, gently sauté the onion till  
glossy,*

*add the cabbage, apples, 1 bay leaf, cloves in the cheese  
cloth, salt, sugar, vinegar, add water and let cook .*

*Cover the pot with a tight lid and let it simmer for about 2  
hours.*

*Keep on tasting. then add sugar or salt or vinegar.*

*The taste should be sweet and sour.*

*When the cabbage has cooled, remove the cheese cloth with  
the cloves.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*



# *Desserts*

## *Plum Cake*

*3 eggs  
½ pound Sugar  
½ pound Flour  
½ pound Crisco  
12 pitted and halved Plums*



*Separate the three eggs, placing the whites in a small bowl and the yolks in a larger bowl.*

*Place the egg whites in a food processor and beat on high speed (12) until stiff peaks form.*

*Next, add the ½ pound of sugar to the egg yolks.*

*Then place the egg yolk and sugar mixture in the food processor and mix on low speed (number 4).*

*To the egg yolk and sugar mixture, alternately add a spoonful of the beaten egg whites, a spoonful of Crisco, and a spoonful of flour, while continuing to mix at low speed.*

*Pour the mixture into a greased pan.*

*Place the plum halves face up on top of the mixture and bake in a preheated oven at 350 degrees for half an hour.*

*Lisa, Anne and Mark Andermann, originally from Montreal, Canada, grandchildren of Dr. Mina Deutsch, who submitted their Babi's recipes.*



My aunt's recipes—the original page. Sylvie Gsell\*

63. Kaffee-Likör ~~X~~ ~~/~~ (Fr. Schäf)  
½ kg Zucker, ½ l Wasser, 1 Stange Vanille gut aufkochen,  
dann kommt dazu ½ l guter starker schwarzer Kaffee  
und ½ l Alkohol.

(Lana) 64. Bischof-Brot  
8 Eimer, 8 Eimer Zucker, 8 Eimer Mehl, 10 dkg Feigen,  
10 dkg Mandeln, 10 dkg Datteln, 10 dkg Rosinen, etwas  
Speisesoda (¼ Kaffeelöffel). (Die Eimer zu Schnee schlagen.)

(Lana) 65. Sacher-Gugelhupf ~~X~~ ~~/~~  
Manreibt 14 dkg Butter flaumig ab, schlägt nach und nach 3 Dotter  
und 1 ganzes Ei, indem man 14 dkg Zucker löffelweise, gleichmäßig  
mit jedem Dotter dazu gibt. Ferner 2 Löffel Rum, 5-6 Löffel  
Mehl und 23 dkg Mehl, 1 Vanillezucker, 1 Backpulver. Schlägt  
alles gut ab, füllt den Gugelhupf in eine gut gefettete Form.  
Stellt ihn gleich ins Rohr und bäckt ihn wohl sehr heiß. Wenn  
dasselbe ausgebackt ist, wird er mit einem Schokoladenguss  
überzogen.

(Lana) 66. Kus-Brot  
1½ dkg Zucker mit 3 Dotter gerieben, 14 dkg gewaschene Mandeln,  
3 ½ dkg Semmelbrösel, Vanille oder Zitronen und zuletzt den  
Schnee der 3 Eier klar.

\*Translations of these recipes are shown on the  
following pages.



*I discovered this book during the sale of my parents' house. It is an old notebook, written in Russian on the cover. I sent a copy of these pages to Ruth Ennis in Haifa and discovered that these were her grandmother's recipes.*

*During my visit to Israel at Pesach, my cousin, Nana Weber and I selected some recipes.*

*All the 200 recipes were handwritten with the name of the woman who wrote the recipe, and also with a commentary in German - such as "good", "very good", "wonderful".. (*gut, sehr gut, fabelhaft*). Most of them are in German, some in Rumanian. They were all sampled by my aunt. Most of them are terribly fat with a lot of butter and eggs, but it was a time without thought to diet!*

*Nana and I chose the following recipes.*

*One is marked "Moguilev" so I imagine that my aunt received this recipe during her deportation to Transnistria; another is marked "Tante Lana" - my great-aunt, Lana Stern (née Pressner), the wife of Doctor Fabian Stern, one of the doctors of the Moguilev hospital (pictures of this are in the Washington Museum website). Still another is marked "Frau Jagendorf", which makes one wonder if this was the wife of the Jagendorf Turnatoria (Foundry) director.*

*Sylvie Gsell, Paris, France*



## *Semolina Dessert* (Yiddish for semolina—"Griess")

- 3 - 4 Apples
- 4 Tbsp. Sugar
- 4 Eggs
- 4 Tablespoons Semolina
- 2 Cups Milk

*Cut the apples into thin slices and sauté them gently in the butter.*

*Separate the eggs.*

*Beat the egg whites until they form peaks.*

*Mix the sugar and semolina with the egg yolks, then gently fold in the egg whites.*

*Place the apple slices on the bottom of a mold or pan and spread the sugar, semolina and egg mixture over them.*

*Place in a preheated oven (350 degrees) until the top of the cake becomes a golden color, then gently pour the milk over this and put back in the oven until done.*

*(Moguilev - "Sehr gut" - very good!)*

*Sylvie Gsell,  
Paris, France*



## *Rice—Meringue Dessert*

*One glass of uncooked Rice*

*Two glasses of Milk*

*Sugar*

*Applesauce*

*2 Tablespoons Apricot Jam*

*1 or 2 Oranges, cut in slices*

*2 Egg Whites, beaten to form peaks*

*Cook the rice in the milk. Sprinkle with sugar and add a pinch of salt.*

*Place in a buttered mold or pan.*

*On top of this, add a layer of applesauce.*

*Cover this layer with the beaten egg whites, in which you have folded 2 tablespoons of apricot jam.*

*Place in a heated oven (350 degrees) until the meringue is golden in color.*

*Frau Jagendorf's recipe*

*Sylvie Gsell*

*Paris, France*



## Tante Lana's Lemon Meringue Pie

### Base:

1 Cup - 250grams

1½ Cups - 350grams

4 Tablespoons - 60grams

Juice of ½ Lemon

1 "Sachet du sucre vanillé"

1½ Tablespoons

1 Teaspoon

2

Butter

Flour

Flour

\*for this, substitute:

Sugar

Vanilla Extract

Egg Yolks

Mix these ingredients and separate into 4 portions

Cook them separately to make 4 cake bases of approximately 1 inch / 2 centimeters in thickness.

NOTE: It is not clear in this recipe if the cake bases are to be 'cooked' or baked in a medium oven, but we believe that this means baking (350 degrees F.).

\*Explanation of this term: "It is normally sold in sachets. One 'sachet' contains 7,5grams of sugar, vanilla-flavored. However it isn't vanilla or vanilla extract, but sugar that has been flavored by being stored with a vanilla pod in it."

### Topping:

3 Egg Whites + 3 Tbsp. Sugar - mix them for one hour (Sylvie's comment is "I hope this refers to beating these ingredients by hand!" and this would be equivalent to using an electric mixer for several minutes)

3 Tbsp. Apricot Jam

Few Drops Bitter Almond Extract

Spread on top of the cake bases (see above)  
("Fabelhaft" - wonderful)

Sylvie Gsell

Paris, France



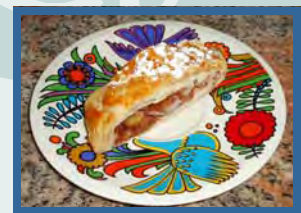
## *Warmer Apfelstrudel, Mit Schlag* (warm Apple Strudel with whipped Cream)

*It is Sunday so I got busy and baked a strudel. I remembered my father who always talked about going for a shpatzlr on Sunday in the Herrengasse stopping at a Konditorei and having "ein Warmer Apfelstrudel, Mit Schlag".*

*I am not going to give a recipe for the dough, as I have never been able to master it. A good substitute is puff pastry from the freezer section in your supermarket.*

### *Ingredients:*

*1 package frozen puff pastry  
6 Granny Smith apples, peeled, cored and chopped  
Juice from 1 lemon and the rind grated  
1/2 cup raisins, washed and dried  
3-4 tablespoons of sugar  
1 teaspoon of cinnamon  
1/2 cup chopped walnuts  
Icing Sugar (powdered sugar)*



*Grease baking sheet. Preheat oven to 350 F  
Combine all ingredients, mixing them well  
Roll out the pastry, place it on a cloth and spread the apple mixture over the dough leaving some of the edges. Fold the sides of the dough, using the cloth roll strudel and slight on the baking sheet. Brush with butter and bake for 45-50 minutes. Brush occasionally with butter.*

*Remove strudel from oven when ready and let cool slightly. Aprox. 20 minutes, slice, sprinkle with icing sugar and serve.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*



## *Topfenstrudel*

### *White Farmers Cheese (Quark) strudel*

#### *Filling:*

*2 Egg Whites*

*2 tbsp softened Butter*

*2 Egg Yolks*

*1/2 Sugar*

*1 tsp Vanilla extract*

*2 cups of Cheese, (Quark)*

*1/2 cup Cream*

*1/2 cup Raisins*

*3-4 Granny Smith Apples, peeled, cored and chopped  
juice of 1/2 Lemon plus the grated rind*

*Butter for pan*

*4 tablespoons Butter*

*4 tablespoons Icing Sugar*

*1 package frozen Puff Pastry*



*Beat the egg whites for filling. Cream butter with egg yolks, sugar and vanilla until frothy.*

*Gradually add the (drained) cheese and cream alternately. Stir in the raisins and chopped apples as well lemon juice.*

*Grease baking sheet. Preheat oven to 350 F.*

*Fold beaten egg whites in to cheese mixture.*

*Roll out the pastry, place it on a cloth and spread the cheese mixture over the dough leaving some on the edges. Fold the sides of the dough, using the cloth. Roll strudel and slight on the baking sheet. Brush with butter and bake for 50-60 minutes. Brush occasionally with butter.*

*Remove strudel from oven when ready and let cool slightly for approximately 20 minutes.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz),*

*Ramat Gan, Israel*

## Mandelbrot for Rod

4 Eggs  
1 Cup Brown Sugar  
½ Cup Oil (light, such as Canola, Soya, Safflower)  
1 Tsp. Almond Extract (optional)  
1 Tsp. Vanilla  
¼ Tsp. Cinnamon  
2 Tbsp. Orange Juice  
Rind of 1 Orange or Lemon, grated  
3 Cups All-Purpose Flour  
3 Tsp. Baking Powder  
2 Cups Ground (not chopped) - (in food processor) Almonds



### HOW TO:

Line a large cookie sheet with aluminum foil or parchment paper. Mix the liquid ingredients very well with eggs. Separately, mix the dry ingredients with the ground nuts. Combine and mix well with your hands. Form into three long logs on a cookie sheet, covered with parchment paper.

Bake at 350 degrees (Fahrenheit) for 20 minutes, or until just done (check bottoms). Remove from oven and slice (very carefully, with a very sharp knife, and while hot) into 5/8" slices. Return slices to the oven (this takes more than one cookie sheet) at 225-250 degrees, for about 10-20 minutes or so, to dry - first on one side, then on the other, OR until only lightly browned (check to make sure they don't brown too much).

Remove from oven. Allow to cool completely. Store them in a covered tin or storage container. Note: If the oven tends to brown too much on the bottom of baked goods, place a layer of aluminum foil UNDER the cookie sheet[s] while baking.

### VARIATIONS:

Put some semi-sweet chocolate chips (small part of a small package or so) into the food processor and then incorporate them into part of the dough (I usually do this with about 1/3 of the dough) and continue as for the rest of the recipe. For variety, I have also added about ¼ cup of poppy seeds to another 1/3 of the dough, blend well. The mandelbrot keeps well in a dry environment for several weeks, as long as they are covered, preferably in a tin. Can also be frozen. A perfect item to ship by courier to children living in far-off places.

Merle Kastner, Montreal, Canada  
Rod's mom

## Honey Bundt Cake for Robin

|                      |                                                         |
|----------------------|---------------------------------------------------------|
| 4                    | Eggs                                                    |
| $\frac{3}{4}$ Cup    | Sugar (I prefer Brown Sugar)                            |
| $\frac{3}{4}$ Cup    | Canola Oil                                              |
| 1 Cup                | Strong Tea, made with 2 Teabags                         |
| 1 Tsp.               | Instant Coffee (OR Decaffeinated)<br>mixed into the Tea |
| 1 $\frac{1}{4}$ Cups | Honey (16 oz. Jar)                                      |
| $\frac{1}{2}$ Tsp.   | Allspice                                                |
| $\frac{1}{2}$ Tsp.   | Cinnamon                                                |
| 1 Tsp.               | Baking Soda                                             |
| 2 Tsp. (heaping)     | Baking Powder                                           |
| 3 Cups               | Flour                                                   |

### Preparation.:

With an electric mixer, beat the eggs, sugar and oil together very well, then add honey.

Sift the dry ingredients, and add alternately to the beaten mixture. Beat very, very well, with the electric mixer.

Place into a Bundt pan or tube pan.

Bake at 350 F. for  $\frac{1}{2}$  hour, and then at 325 F. for 1 hour.

Remove from oven, let cool for a few minutes.

Carefully remove from pan. And invert so it is right side up.

Drizzle a little honey over the top of the cake.

This cake freezes very well if you wish.

Merle Kastner, Montreal, Canada  
Robin's mom





## *Vanilla Stars from Salzburg:*

*From Greta's notes-Austrian section*

5 oz butter,  
2/3 cup sugar  
2 egg yolks  
2 teaspoons vanilla extract  
2 tablespoons rum,  
pinch of salt  
1 cup flour  
1 beaten egg yolk

*Decorative sugar*



*Blend ingredients into a fine pastry dough.  
Chill approximately 15 minutes.  
Roll to ¼ inch thickness and cut out stars of different sizes.  
Chill again, then brush with beaten egg yolk.  
Sprinkle with decorative sugar.  
Place on a greased or lined baking sheet.*

*Bake at 350-400F in a preheated oven for 12-16 minutes or until golden.  
Makes approx 80 cookies.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*



## *Suvaroffs:*

*From Greta's notes-Austrian section*

*Crispy sandwich cookies filled with raspberry jam and topped with vanilla sugar.*

*¾ cup butter*

*1-½ cups all-purpose flour*

*1/3 cup granulated sugar*

*1/3 cup vanilla sugar*

*1/3 cup raspberry jam, strained to remove seeds*

*Cut butter into flour, then add granulated sugar.*

*Work the mixture into a smooth dough.*

*Roll out the dough ¼" thick and cut it with a 3" round cookie cutter.*

*Using a 1" round cookie cutter, cut the centers out of half of the 3" rounds, to make rings.*

*Pre-heat oven to 375 F and lightly grease a baking sheet.*

*Bake the rounds and the rings for 10 to 12 minutes or until they are faintly yellow and dry.*

*Sprinkle them with vanilla sugar while they are still hot.*

*Place a small amount of raspberry jam on the rounds and spread thinly.*

*Top each round with a ring.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)*

*Ramat Gan, Israel*



## *Vanillekipferl—Vanilla Crescents:*

*From Greta's notes, Austria section;*

*1 cup butter  
2-½ cups all-purpose flour  
½ sugar  
½ cup blanched, ground almonds  
2 egg yolks  
½ teaspoon vanilla*



*Have all the ingredients for this receipt as cold as possible, and work in a cool place.*

*Quickly knead the butter into the flour, add the sugar.*

*Add the blanched, ground almonds, the egg yolks, and the vanilla, and work the ingredients into a smooth dough.*

*Chill the dough for at least an hour.*

*Roll the dough into strips the thickness of a finger and cut the strips into 2-inch pieces.*

*Roll out each piece until it is 3 inches long and curve it into a crescent.*

*Bake the crescents on a buttered baking sheet at 300F, for about 20 minutes, or until they are dry and very faintly colored.*

*Sprinkle a plate with vanilla sugar.*

*Carefully transfer the warm crescents to the plate and sprinkle them with more vanilla sugar.*

*Arthur Rindner (a.k.a. Arthur von Czernowitz)*

*Ramat Gan, Israel*





*Chocolate*

## *Oblaten, layered with Chocolate Ganache "Oblatentorte":*

*I had never had or heard about Oblaten in Czernowitz.*

*The first time that I saw Oblaten was on a trip to buy a crystal chandelier in Prague, Czechoslovakia.*

*We bought 3 boxes of Oblaten but did not buy the chandelier and flew back to Frankfurt, where we lived.*

*When we opened our suitcase 2 of the Oblaten boxes were destroyed and we were left with only one intact box.*

*Nobody of our American friends knew what to do with the Oblaten. We asked our German neighbors and we were told to go to a store which supplies chocolate to bakeries. In this shop I learned about quality chocolate. And they gave me the below recipe:*

*16 ounces good quality, bittersweet or semisweet chocolate ('Valrhona', 'Callebaut')*

*6 ounces heavy cream*

*1 stick unsalted butter*

*splash liquor: cognac, bourbon, rum, brandy*

*½ cup of ground walnuts*



### *Method:*

*Coarsely chop chocolate and place in a large, shallow bowl.*

*Heat cream in a medium size saucepan until bubbles appear on sides.*

*Remove pan from heat.*

*Pour mixture over chopped chocolate.*

*Stir gently with a clean rubber spatula.*

*Add butter, stir.*

*Add liquor, and stir.*

*Mixture should be smooth, shiny and thoroughly blended.*

*Cover and refrigerate until mixture is able to hold a shape but is not hard.*

*Spoon over evenly a ¼ of an inch on the first wafer and sprinkle some of the ground walnuts.*

*Place the second wafer on top and spoon the mixture, continue making about 4 layers.*

*Refrigerate till chocolate hardens, cut in to serving pieces.*



*Arthur Rindner (a.k.a. Arthur von Czernowitz)*

*Ramat Gan, Israel*

## Chocolate Mousse

8 ounces semisweet chocolate  
½ cup sugar  
¼ cup water  
2 eggs, separated  
2 extra egg yolks  
1/3 cup coffee concentrates  
2 tablespoons Grand Marnier  
6 tablespoons (¾ stick) sweet butter, softened  
2 cups heavy cream, whipped



Melt the chocolate in a bain marie.

Mix the sugar with 1/4 cup of water in a saucepan and bring to a boil.  
Boil 3 to 4 minutes.

Meanwhile, place the 4 egg yolks in the bowl of an electric mixer. Gradually add the sugar syrup, beating constantly.

Continue beating for 5 to 6 minutes at high speed, or until the mixture is thick and creamy.

Add the coffee concentrate, Grand Marnier, and softened butter and beat thoroughly.

Stir in the melted chocolate.

Beat the egg whites with a rotary or electric beater until stiff and shiny.

As soon as they are ready, add to the chocolate mixture and beat in with a wire whisk.

Finally, fold in the whipped cream. Pour into a large serving bowl and refrigerate until serving time.

You can, if you like, garnish the top with cocoa, whipped cream, or chocolate curls.

You may also omit the egg whites and add 1 more cup of heavy cream to the recipe.

Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel



## *Cream of Chocolate*

*½ cup sugar  
7 egg yolks  
2 1/2 cup sweet double cream  
¾ cup semisweet chocolate  
Brown sugar*

*Melt chocolate in bain-marie, let it cool a little. Mix yolks with the sugar with a mixture.*

*Slow down the mixer and poor in the melted chocolate and after that the sweet cream.*

*Refrigerate overnight.*

*Next day pour the mixture in to ramekins.*

*Place ramekins in to a preheated oven of 250 Fahrenheit for 30 minutes.*

*The cream should not harden in the middle of the ramekin.*



*Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel*

## Chocolate Truffles

### *Ingredients:*

16 ounces good quality, bittersweet chocolate

6 ounces heavy cream

2 tablespoons espresso powder

1 ounce unsalted butter

splash of Grand Marnier

for rolling: confectioner's sugar, cocoa powder, cinnamon

Chop chocolate and place in a large, shallow bowl.

Heat cream and espresso powder in a medium size saucepan until bubbles appear on sides.

Remove pan from heat.

Pour mixture over chopped chocolate.

Stir gently with a clean rubber spatula.

Add butter, stir.

Add Grand Marnier.

Mixture should be smooth, shiny and thoroughly blended.

Cover and refrigerate until mixture is able to hold a shape but is not hard.

Use a melon baller to scoop out balls.

Drop balls onto a waxed or parchment paper-lined baking tray.

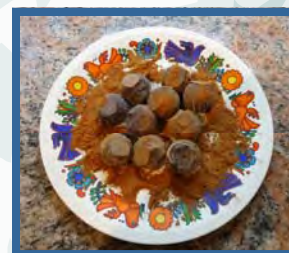
Cover with plastic and chill again, at least 30 minutes.

With hands or latex gloves, roll balls until desired roundness, then dip in small dishes with a few ounces of cocoa powder, powdered sugar, cinnamon, shredded coconut or nuts.

Refrigerate for 1 hour and serve.



Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel





# *Miscellaneous*



## KVASS

*I have received quite a few requests for the Kvass recipe so am sending like this! A word of caution...this is from memory of being told and watching it being made and my Chief Kitchen Manager tried several times before succeeding.*

*So...first you need some strong black bread...about 450 grams or so, and you let it get really stale. Then you cut it up into, very little bits and put on a baking tray or similar into a hot oven until it is quite dried. Now put the bread into a pot and pour on about 3 litres of very hot water. Put a lid or cloth over the pot and leave it stand in a cupboard or similar for about half a day. Then take out and pour through a standard kitchen strainer and squash gently to get all the liquid. Next get a cupful of warm water, mix in a teaspoon or so of sugar and some yeast and leave stand for about 10-15 minutes to make sure it is all dissolved, then pour into the pot full of your liquid and add about another 2 tablespoons of sugar.*



*Cover again and put back into cupboard for another half day. Now use the strainer again and put into a larger container...and use 'clingfilm' or similar to tightly seal.. Put a bit of string around to make sure! We also add a handful of sultanas (raisins) at this point.*

*Leave to stand in cupboard for about 5 or 6 days. And that is it! My better half says she adds the ingredients "by what feels right", whatever that means!! But the end result goes in the refrigerator and tastes good! SO...best of luck! Cornel*

*PS: The last container needs to be larger because the mixture ferments and I suspect you do not want it blowing the "clingfilm" off.*

*Cornel Fleming, London, UK*

*Post scripts from Cornel:*

*"My Chief Culinary Advisor just said I forgot to say how much yeast...she says she uses" about half a tablespoon or a bit more".*

*"My Georgian neighbour says any black or very dark bread will do, but he says that a dark rye bread is best."*

*Happy experimenting!"*

## *Typical Recipe for Vishnik*

*As made by SL Nathanson, bottled and sold in his store in Montreal in the early 1900's:*

*2 cups Sour Cherries with stems removed (not pitted and not stewed; washed & drained)*

*1 cup Sugar*

*Gin or Vodka (from Sol Nathanson, SL's grandson)*

### *HOW TO:*

*Mix the sugar and cherries well, and leave in a bowl overnight, in the refrigerator;*

*Put cherry mixture and any residual juices in the bowl, into one or 2 sterilized wide-necked glass jars;*

*Cover cherries with the alcohol and let settle for approximately one hour. (There should be 1"-2" of alcohol (no more) above the level of the cherries in the jar(s);*

*Leave overnight. Taste.*

*Adjust sugar quantity, if necessary;*

*Cover TIGHTLY.*



*If jars are not made of dark glass, put each into a paper bag; store in cool, dark place (a closet) for 6 months at least. Then, ready for serving.*

*Note: the cherries are wonderful, too, and have many uses - try them on Ice Cream!*

*Merle Kastner, Montreal, Canada  
Great-Granddaughter of SL Nathanson*



**Vishnik/Vishniak –**  
**The Discussion on the Czernowitz List:**

“To make Vishniak, you need sour cherries. Can you get them in the US?  
The recipe: Usually equal amounts of sour cherries to equal amount of sugar,  
placed in a glass jar and covered with muslin. After about 2 weeks, Vishniak.  
You could fortify the Vishniak with a glass of vodka.”

Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel

~~~~~

“My great-grandfather came to Canada and started a lucrative liquor business in  
Montreal in 1901. One of the products that they manufactured and exported was  
Vishnik. I have a typical recipe if anyone would like to have it. Yes, you can buy  
unpitted, fresh sour cherries, but it is a short season so make your Vishnik as  
soon as you find them in the fruit store.”

Merle Kastner  
Montreal, Canada

~~~~~

“In Kabul, my wife Greta had her 45th birthday and I invited most of the expats  
there. From the Intercontinental Hotel, the executive chef who was Swiss and  
the hotel manager who was Austrian praised my vishniak. I also made Vishniak  
while posted in Belgrade, Yugoslavia. I remembered how my grandmother  
Malka made it.

Vishniak - The recipe: Usually equal amounts of sour cherries to equal amount  
of sugar, placed in a glass jar and covered with muslin. After about 2 weeks,  
Vishniak. Don't forget to remove the stems and wash the cherries.”

Arthur Rindner (a.k.a. Arthur von Czernowitz)  
Ramat Gan, Israel

~~~~~

“I am no expert but what is wrong with commercial high quality cherry brandy?”

Hardy Breier  
Haifa, Israel

~~~~~

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"Commercial high quality cherry brandy does not even come close to the taste of Vishniak! First, it contains no cherries, second; it is fortified with alcohol. Cherry brandy is just an alcoholic drink, Vishniak - is a "*mechayeh*" (Yiddish word for great delicacy, from the Hebrew word for life giving). And where is your sense of adventure? And the desire to emulate the customs of our ancestors?"

Miriam Taylor, Bloomington, Indiana

~~~~~  
"In recent days there were several "hymns" to the gustatory merits of vishniak and the skills of our ancestors in preparing this delicacy. I recall that vishniak was also used for medical purposes, specifically for gastric upsets, but I don't remember the required symptoms. Was it for diarrhea or for constipation?"

Fred Schneider

~~~~~  
"Throughout history, alcoholic beverages have been used for medicinal purposes. At times, practically any excuse for an ailment would do..."

Merle Kastner

Montreal, Canada

~~~~~  
"Vishniak for medicinal use: I remember in Yiddish language, raspberry or rose petal syrup was prepared "of nischt zu bedarfen, intending that syrup was used to be given to somebody sick. Therefore, it was made "of nischt zu bedarfen," not to be used, hoping that no one would be sick."

Paul Heger, Israel

~~~~~  
Alfred....I am not sure of medicinal uses for Vishniak, but I suspect that if you drank enough of it you stopped caring!

Cornel Fleming, London, England

~~~~~  
The Austria Platz was the farmers market, housewives went there every morning except Saturday and Sunday, to buy butter and farmer's cheese wrapped in a Rhubarb leaf, fresh vegetables and fresh fruit. Heavy vegetables, such as potatoes, beets and cabbages were mostly delivered in large quantities directly to the home of the buyer and kept in the cellar. Cucumbers for pickling were also delivered to the home and so were apples and pears for storing in the attic and the freestone plums (Zwetschken) used for the making of Powidla, apricots for making jam and cherries for the making of Vishniak.

To those of you who have never tasted this mixture of ambrosia and nectar; Equal weights of cherries and sugar are mixed in a large jar and allowed to ferment till they reach a reasonably high percentage of alcohol. The liquid is drunk as a liquor and the cherries are used in deserts or served in small amounts with a glass of water, the same as rose-petal preserves (*dulceata de trandafir*), another wonderful specialty.

My mother kept the Vishniak on the highest shelf of the credenza, but as soon as I was left alone at home, you can imagine where I was climbing.

Miriam Taylor, Bloomington, Indiana

**And to continue this discussion:**

**It is amazing how very similarly all of us lived. My memories of home are the same. We did live in a country of great riches - all the fruit of the seasons, all the preparations for winter to retain some of the spring/summer/ autumn riches for the cold long winter ahead.**

**Mother preserved them all, just like Mrs. Fichman's, and our pantry was situated, just as, hers next to the maid's room. One more thing my mother preserved was "vinete"(obergine) salad. One prepared oh, about 20 or 30 of them on the hearth, peeled them mixed them in a huge container with lots of garlic and vinegar so they could be filled into bottles and used as salad on cold winter days. Garlic was healthy and kept colds away. Nowadays you take them in tablets!!**

**Yes, life was so different then. My mother still made noodles for the soup herself in the 60's and she thought me a bad hostess because I bought a ready made cake for my guests, I never did it again for 20 odd years but I do today again.**

**I'd like to add that nowadays something new is to be had. The other day I saw a spray, next to clean air sprays, which said "baking" spray. I asked the shopkeeper what's that and he answered: "I have a client, an elderly woman who asked for it. Until now she used to bake at home but now she buys it. Her friends think it's home made when they come into the apartment. Life does change, doesn't it !!! The longer I live the more I learn.**

**Anny Matar , Israel**

~~~~~  
**‘Here is some writing related to Vishniak, from my late mother's memoirs’,  
“Before Memories Fade”, by the late Pearl Spiegel Fichman:**

**Any time Mother went to market for food, she would also bring home flowers in season. Peasant women offered vegetables, fruit or poultry and they also brought flowers from their gardens. We always had some on the big dining room table; they gave the room a special fragrance.**

**The fruits paraded through the season in a natural sequence. We first enjoyed cherries - white, pink, red and the last in the season, sour cherries. Mother made preserves from pink and white cherries; Father sometimes made "Vishniak" from sour cherries. It became a kind of "Cherry Heering", more substantial than wine but less concentrated than liqueur. In the summer, fruits and berries were a string of delights.**

**Tiny wild strawberries, picked in the woods - a treat with sweet cream. Gooseberries and raspberries were made into syrup of brilliant scarlet color and stored in bottles, for use all through the year. A summer treat used to be: cold soda water with syrup.**