



*Bukovina Cookbook,
Food Discussions
and Recipes,
Volume IV*



*Collected, assembled and produced
by Merle Kastner*



Guivetch on the Kibbutz:

Looking through the "cooking" I'd like to add a funny story.

My husband the children and I, they were still children then - and grandparents now!! went to visit a young Kibbutz of 30 young people settled by a group of youngsters from our small town after their army service. We were invited and asked them how to get there and their answer was "drive along the desert on the way to Eilat and when you see a patch of green, like a stamp on a brown envelope, you've arrived. They have become one of the best Kibbutzim since growing the best peppers, most beautiful flowers, horses, have given up part of the land for huge sun heating installations which now feed Kibbutzim around them with electricity and heating. Well that's now.

When we got there they were that small group living in simple houses but, at that time, evenings and leisure time was still spent as a group. Lovely young people. I became mother from the moment we arrived. I started preparing evening meals for them. During the day they were working - working from 4 a.m. till 9 then breakfast, more like a brunch, then off to sleep till sundown then work till about 8 p.m. because of the desert heat, and then came dinner.

Well, why did I tell you the whole story, for one evening meal I made Ghiveci for the 30 starving youngsters. The pot was as big as I, to cut all those fresh vegetables was quite a job but the result was great and to see these youngsters eating made me feel wonderful. We stayed for 3 days, a long week-end. All they asked when we were about to leave that I stay to feed them every day something else and HOME cooking!!! That was a great experience and the recipe just as given.

Shula dearest everything tasty is fattening but the joy of good food, it's worth it!!!

Anny Matar, Ramat Gan, Israel



Guivetch-Ghiveci, and more:

Güveç (Turkish) or đuveč (Serbo-Croat) is a Balkan stew that was popular in quite a lot of the Austro-Hungarian Empire. I had no idea that Czernowitzers feel proprietary about it!

Charles Polák
SW London, England

Czernowitzers feel proprietary about very many things, whether we invented them, improved them, or just liked them.
That is why, when I tell a central European over 75, that I am from Czernowitz, they say: "Ah!"

Mimi
Miriam Taylor, Bloomington, Indiana, USA

Hi Mimi and list members,

I lived after the war 35 years in Romania, Ploiesti and we did for winter, when no fresh peppers (ardei) and eggplants were, some ghiveci, named also zakuska or on letchu....here the recipe I am making here in Israel every week for my grandson and his family.

4 large Onions, chopped and broiled a bit in half glass Oil,
10 Peppers, in different colors, red, yellow. green. orange, cut like pasta, (nudelig),
Also put in the Onions, 1 Carrot, cut in small cubes, sometimes I put one Eggplant, cut in cubes, all boiled on a low light, then 2 Garlic pieces, 1 leaf of Laurel/Bayleaf...and 5 pieces of English pepper (1/2 Tsp. Allspice), salt, When the Peppers are soft. put one glass of chopped Tomatoes (fresh or from conserve) and let boil for 10 minutes.

Note: "Zakouska" or "Letchou" are the names in Hungary and Bulgaria for the same "Ghivetsh".
Bon appétit!

Hedwig Brenner
Haifa, Israel



Guivetch-Ghiveci The Transylvanian version:

My 93 year old grandma, Marioara Stan ("Buni"), from Halmagel, Arad county, just retold it to me on the phone:

Ingredients

2 sweet onions

3 green peppers

4 or 5 large ripe tomatoes (if you don't have them, then use tomato sauce-boullion)

Saute the sliced onions in oil in a large pot on the stove. When they are soft, put the peppers, sliced into thin slices, on top of the onions.

Cook them down for a few minutes. Add the sliced tomatoes and let them cook for another 10 minutes. You can add either salt and Pepper or a commercial vegetable seasoning ("Vegeta", if available).

She doesn't like to add too many spices because she wants the vegetables to keep their taste. (You can add other vegetables to this:

I've used sliced eggplants, squash, or even mushrooms).

You serve this with rice on the side.

Pofta buna! Bon appetit!

Elena Iuga, Silver Spring, Maryland, USA

"Remembering Stefaniegasse:

It was in 1944, soon after the Russians came back.

There was no food and we were very much hungry.

Then we heard that "The Joint" (The American Joint Distribution Committee) opened a canteen on Stefaniegasse.

"On the left side going down .not far from the Mehlplatz.

They had soups and other mixes they would ladle out of cauldrons.

Among them was *GUIVETCH*, a mish-mash of all kinds of vegetables.

Since then many years passed and I consumed many delicatessens all over.

But the taste of the Stefaniegasse *GUIVETCH*, I will always remember. So good it was!"

Hardy Breier, Haifa, Israel

Note: "One recipe for Ghiveci appears in Volume I of the Bukovina Cookbooks."

Guivetch-Ghiveci, and more:

Yes, "ghiveci" is also a Romanian dish, and the original was probably from Bulgaria or around the Mediterranean. Similar to Greek moussaka. The French refined it and called it "ratatouille".

In Romania, Ghiveci is made basically with lots of onions, then adding aubergines (vinete/eggplant) cut into squares, bell peppers also cut small, eventually a few zucchini and in the end tomatoes, salt, pepper and enough oil. No cauliflower, it changes the taste. Then, lots of garlic.

All vegetables. fried gently, then put in the oven at a small temperature to soften the vegetables, served with boiled potatoes or rice, and decorated with parsley. Lemon juice can also be added.

Just another version to the recipes received today. Alternatively, all vegetables cooked, and in the end served also with some fresh tomatoes. Has to be tried out.

Gabriele Weissman, Berlin, Germany

How could you mix Ghivetsh with Moussaka...Both have as ingredients tomatoes, but Moussaka can be made with eggplant and chopped beef, or potatoes with beef, or eggplants with potatoes.

I was in Athens and I tried the Moussaka. They never put paprika (ardei) in this dish. In Romania I did eat Moussaka, but it is not the same recipe as Guivetch.

Hedwig Brenner, Haifa, Israel





Kafteles

Long before McDonald, our ancestors made delicious very tasty "veggie," hamburgers called *KAFTELES*. This was usually eaten during the Passover Pessah 7- day festival, instead of bread. It was made from beets, around this time of the year during the Hebrew month of Adar (one month before Pessah. But this year (2016) being a Hebrew leap year, it is two months before Pessah).

My Bobeh and Mother would put beets into glass jars the top covered with a cloth, what ingredients was put into the glass jars together with the beets I do not know why the top was covered with a cloth. Just before Passover, the beets were taken out of the jars, ground and made into small hamburger-style patties?

Can anyone tell me the process and what ingredients to add to the beets?

Aizic Sechter, Be'er Yaakov, Israel

In the Bukovina Cookbook Volume III, I wrote how to pickle beets (**Rossel**) which are used for Passover. After a month you grind those beets and mix them with ground chicken to make KAFTELES.

In France they call this recipe Ratatouille. It's made from onions, bell peppers, tomatoes, eggplant, zucchini and olive oil. The difference is a variation of those ingredients.

Arthur Rindner, Ramat Gan, Israel

Discussion on Kafteles and Grieven:

I am having problems with my wife Ita to pickle the beets and prepare them for KAFTELES, the same with GRIEVEN. I am not good at being a Master Chef. Maybe due to the education I received from my Bobeh, who never, but never, allowed a male to try to go into the kitchen and try to cook.

Shabbat Shalom,

Aizic Sechter, Be'er Ya'akov, Israel

Hi Aizic,

In Israel, when the women buy chicken in the super they tell the butcher to skin the parts that they buy. How silly those skins are the tastes part of the chicken. So to make GRIEVEN: buy a whole large fat chicken. Skin the chicken with all the fat, cut up the skin and the fat in to small pieces, place the pieces in a small non-stick pot and place it on a low burner and let it render the fat. After a while you will have golden schmaltz. Put as much schmaltz into a container, but leave the skins with a very little fat, add a little salt and keep it on the burner till the skins become crisp. You can also add sliced onions. Now you have GRIEVEN. Wow!

My mouth is watering!!!ENJOY and let me know how it went.

Arthur Rindner (aka von Czernowitz), Ramat Gan, Israel

Shalom Arthur,

Thank you for your reply, concerning KAFTELES, which is deeply appreciated. Since I happen to be the family historian, and genealogist, I noticed an interesting phenomenon, in my family research while the average life span of persons in the 19th and early 20th century was about 35-40 years, many of mine (and maybe yours too) ancestors lived to be 80 or more years.

I am not a doctor, but have come to the conclusion that it might have been, because of something special in their diet, which we stopped eating in the late 20th century and now in the 21st century, because the doctors have signed a death contract against it. I am talking about GRIEVEN.

If you know what I am talking about, would you have a recipe for GRIEVEN? All the best, **Aizic**

In volume III I wrote how to pickle beats (ROSSEL) which are used for Passover. After a month you grind those beats and mix them with ground chicken to make KAFTELES. I myself never liked KAFTELES, so I never wrote about it. **Arthur**



Malai, Version 1

Ingredients:

200 g. Yellow Corn Meal
3 Teaspoons White Wheat Flour
1 Glass Sugar
1/2 Packet Baking Powder
1 Cup Eshel (sour milk 4.5% fat)
1/2 tsp. Salt
3 Teapoons Vegetable Oil
2 Eggs
1 Glass boiling Milk
1/2 tsp. Sodium Bi-carbonate/Baking Soda
250 g. soft white Cheese (5% fat)
1 Satchel of Raisins (soaked in water, dried, and mixed with the Wheat Flour)

Method:

Pour the boiling milk upon the maize meal; add the sugar, the oil, and the other ingredients, with raisins at the end. Stir and mix, and bake in a Pyrex Bowl for 45 minutes.

Mordecai Lapidot, Givatayim, Israel:

Received from *Dvora Schwartz & Channa Goldschlaeger*
(the daughters of my *Mime Blumtze Apter*, of Gura Humora),
Kfar Khassidim, Israel



Malai, Version 2

Ingredients:

2 Glasses Corn Meal
2 Glasses White Wheat Flour
1 Glass Sugar
1 Packet Baking Powder
1 Cup Leben (sour milk 3% fat)
A pinch of Salt
3 Eggs
2 Glasses Milk
250 g. soft white Cheese 3% fat
1 Satchel of Raisins (soaked in water, dried, and mixed
with the Wheat Flour

Method:

Heat milk and sugar, add corn meal and wheat flour,
stop flame and cool a little.
Add the other ingredients, in the heating bowl.
Stir and mix, and pour into baking tray.
Bake for 75 minutes or more.

Mordecai Lapidot, Givatayim, Israel:

Received from Mrs. *Baum* (from Czernowitz),
our neighbor in Bnei Brak, Israel

Malai, Version 3

Ingredients:

2 Glasses Corn Meal
2 Glasses White Wheat Flour
1 Glass Sugar
1 Satchel Baking Powder
1 Satchel Vanilla Sugar
1 Cup Yogurt or the like (Sour Cream might be productive)
A pinch of Salt
3 Eggs
2 Glasses Milk
Half Glass Vegetable Oil
250 g. soft white Cheese 3% fat (5% might be equally productive)
Lemon Peel rubbings
1 Satchel of Raisins (soaked in water, dried, and coated with Wheat Flour)
King Nuts crumbles

Method:

Heat milk and sugar, add maize meal and wheat flour, blend, stop flame and cool a little.
Add the other ingredients (except raisins and nuts), into the heating bowl. Stir and blend (use a stick blender to obtain a smooth batter).
Pour shallow (2 cm) layers into baking trays, greased with a thin layer of oil.
Use narrow aluminum trays (30cmx10cm) and/or round (20cm) ones.
Disperse raisins and broken nuts on batter.
Bake for 75 minutes or more, at 180° C, until brown.
The narrow trays will require less time. Serve hot.
Can be kept at room temperature for several days (in refrigerator for a week) – but preheat slices 10-15 seconds in microwave for best taste.

Leah Lapidot, Givatayim, Israel

(Mordecai Lapidot's wife's local variant, based on the two preceding Czernowitz and Gura-Humora recipes)



Filled Eggs

Ingredients:

6 hard boiled Eggs (“Haminados” – browned eggs by prolonged cooking – if available)

For filling:

1 medium Onion finely cut
2 tablespoons Oil
1 cupped teaspoon Sugar
2 1/2 tablespoons Mayonnaise
1/2 teaspoon Paprika or Pepper

For sauce:

2 cups Sour Cream
1 cup Sour Milk - Eshel (4.5%) or Gil (3%)
1 teaspoon Paprika
1 teaspoon Mustard
1 tablespoon (or a little more) Mayonnaise

For serving:

Finely cut Parsley or caramelized onions

Method:

Fry the onions and sugar until caramelized.
Cut the eggs into halves and mix the yolks with all the other ingredients, including the caramelized onion.
Fill the egg white halves.
Mix all ingredients for the sauce.
Pour most of the sauce onto a serving tray and place the filled egg halves “bottom up”.
Pour the remaining sauce onto the eggs and spatter on top of the cut parsley.

Mordecai Lapidot, Givatayim, Israel:

Recipe of my Czernowitzer aunt *Chemda Orenstein-Meilen*, as regenerated by her daughter, *Lea Garfinkel*, Holon, Israel.



Cheese Dumplings

Ingredients:

3 Eggs, separated
3 tablespoons Sugar
270 g firm White Cheese (for cooking, e.g. Tuv Taam or Cna'an, etc.)
6 tablespoons Semolina
5 tablespoons Wheat Flour
1/2 teaspoon Salt
30 g Butter, melted

For decoration:

Plum Jam, or
Sour cream, or
Mixture of 1/2 glass crushed King Nuts with 1/4 glass/cup Sugar,
tossed quickly with 2-3 tablespoons Butter.

Method:

Beat egg whites with 1 tablespoon sugar until frothy/firm.
Squeeze the cheese, egg yolks, tablespoons sugar, semolina,
and salt and fold the froth slowly into the mixture.
Boil water in a medium pot, take a tablespoon full
of the mixture and slide into the water using
another spoon, and repeat with the entire mixture.
Boil for 15 minutes and then filter the dumplings using a sieve.
Place 30 g butter into the empty pot, melt, return dumplings to
pot and toss dumplings around to cover with the melted
butter, then decorate with the desired ingredients.

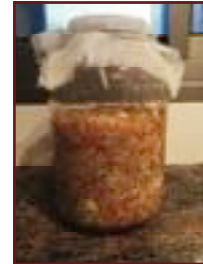
Mordecai Lapidot, Givatayim, Israel:

Recipe of my Czernowitzer aunt *Chemda Orenstein-Meilen*,
as regenerated by her daughter, *Lea Garfinkel*, Holon, Israel.

Homemade Sauerkraut—the way my grandmother used to make it:

INGREDIENTS:

2 medium cabbage heads cored and finely shredded
2 tablespoons sea salt or kosher salt (don't use table salt)
4 or 5 carrots shredded
1 large tablespoon of caraway seeds
1 sterilized glass jar



INSTRUCTIONS:

Mix the cabbage, shredded carrot, caraway seeds and salt together in a large mixing bowl and begin to squeeze the cabbage and salt together with your hands

When the cabbage has become limp and releases its juice, transfer it to the glass container. Pack the salted cabbage into the jar as tightly as you can.

Continue packing the cabbage into the container until the cabbage is completely submerged by liquid. Cover loosely with a muslin fabric and allow it to sit at room temperature.

Start testing the sauerkraut after about a week or so, if it is fermented enough to your liking transferred it to the refrigerator.

Arthur Rindner (aka von Czernowitz), Ramat Gan, Israel

Banush:

For all those who do not know what Banush is...see my entry in the Bukovina Cookbook, Volume III. The Czernowitz version of mamaliga — much tastier!!

Cornel Fleming, London, England

Salata de Boeuf:

This salad was usually made from chicken and vegetables from the Shabbat chicken soup. It was very popular for a Shabbat afternoon snack. This salad I believe originated in Russia.

Ingredients:

Salad:

- 2 large (red) potatoes
- 2 chicken breasts cooked and diced small (or use turkey pastrami)
- 1 cup peeled carrots, boiled and diced small
- 1 cup peeled parsnips (Wurzelpetersilie), boiled and diced small
- 5 large hard-boiled eggs, diced
- 1 small onion, diced small
- 2 celery stalks, diced small
- 1 1/2 cups diced pickles
- 1 1/2 cups cooked peas

Dressing:

- 1 to 2 cups mayonnaise, or to taste
- 1 tablespoon mustard
- Salt and pepper to taste

Garnish with: Parsley, Olives, reserved hard boiled eggs, reserved cooked vegetables

Preparation:

Boil potatoes in their skins in salted water, remove from water and peel off the skin and dice small.

In a large bowl, add potatoes, chicken or turkey pastrami, carrots, parsnips (Wurzelpetersilie), eggs, onion and celery, diced pickles and the cooked peas.

In a medium bowl: make the dressing, combine mayonnaise, mustard and salt and pepper.

Add to diced ingredients and toss to completely cover.

Transfer to a pretty serving bowl. Garnish with reserved sliced hard boiled eggs, olives reserved vegetables and parsley. To finish spread a thin layer of mayo on top. Cover with plastic wrap and place in the refrigerator to serve chilled.

Arthur von Czernowitz

Potato Knishes (Potato Strudel)



Dough:

1/3 cup oil
5 large eggs, beaten
1 teaspoon salt
2 1/2 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
1/2 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 1/4 -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.

“I kind of got hungry for some *heimishe* food and decided to make some knishes. As I had all the ingredients, like potatoes eggs and flour, I started first with the dough. Somehow have never had luck with dough. I remembered my grandmother and my stepmother doing knishes and making the dough looked so easy. For me it ended up a *patshkarei*, just could not get them to stick together. So I made a potato strudel instead and it tastes just as good. You have to know when to make life and death decisions and be flexible and be able to improvise.”

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



Tocz:

Ingredients:

6 peeled Potatoes (medium sized)
1 large Onion
½ glass/Cup Maize/Corn Oil
3 Eggs
3 Tablespoons Potato Flour (suited for Pessah)
or White Wheat Flour
Salt
Black Pepper

Method:

Grate the potatoes and onion on a fine grater.
Squeeze the liquids out of the grated potatoes using
a sieve placed inside a bowl. Leave the liquids
to rest and then decant/empty the water layer,
leaving the starch sediment.
Mix the squeezed potato mash with the starch, the onions (or
the caramelized ones), and the other ingredients.
Spread the mixture on a well oiled large (rectangular or
round) baking pan, to a height of 1.5 – 2 cm.
Bake in oven for 40 minutes at 180°C, until
the surface is golden-brownish.

Mordecai Lapidot, Givatayim, Israel:

Recipe of my Czernowitzer aunt *Chemda Orenstein-Meilen*,
as regenerated by her daughter, *Lea Garfinkel*, Holon, Israel.

Potato Strudel and Knoedel:

My mother's specialties (surely real/*echte* Czernowitzer recipes) include a potato strudel - puff pastry strudel enclosing mashed potatoes and onion filling.

Also cheese-semolina dumplings (knoedel)

For about 16 dumplings, 5 to 6 servings

INGREDIENTS:

- one pound quark cheese softened
- 1 teaspoon table salt or 2 teaspoons kosher salt
- 2 large eggs, lightly beaten
- 2 tablespoons unsalted butter, softened
- About 3/4 cup semolina flour

Preparation
In a food processor or blender, or with an electric mixer, combine the cheese, onion, and salt. Add the eggs and beat until smooth. Beat in the butter, 1 tablespoon at a time.

Stir in enough of the semolina to produce a firm dough. (getting the moisture level right so that the batter holds together in your hand is the tricky part.)

Cover and refrigerate for at least 2 hours or overnight.

(The semolina absorbs moisture from the batter and firms it.)

INSTRUCTIONS:

Bring a large pot of lightly salted water to a gentle boil.

Using 2 moistened soup spoons or your hands moistened with water, form the batter into 1 1/2-inch balls.

Drop the dumplings in the water in batches and stir gently to prevent sticking.

Reduce the heat and simmer, uncovered, until they expand and rise to the surface, about 15 minutes.

Using a slotted spoon, transfer to a bowl.

Serve warm. To keep warm or reheat, place in a 200°F oven.

Great topped with breadcrumbs warmed in melted butter.

Enjoy!

Miriam Suss, Melbourne, Australia



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 AND INSTRUCTIONS 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 apetit*.

Dow Friedman, Rio de Janeiro, Brazil

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You could also have my recipe of **PETCHA** (see the Bukovina Cookbook, Volume II) when it is not jellied and eat like a soup hot, with croutons rubbed with garlic, yummy. After eating this, you loose all your friends for a week. It is usually cooked with bones. Remember croutons rubbed in garlic if you want to loose some friends. After you eat this soup with the garlic croutons you will get "PTSE - Post Traumatic Stress Eating". Sorry this is funny.

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

## Winter Pearl Barley Soup (Graupensuppe)



It's winter and there is nothing better to  
warm you up than a hearty soup.

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INGREDIENTS:

2 tablespoons oil
500g stewing beef cut into 2cm cubes
1 large onion, finely chopped
3 teaspoons sweet paprika
3 carrots, peeled, cut into small cubes
2 Parsley root cut in to cubes
2 sticks celery, thinly sliced diagonally
1 large potato cut in to small cubes
1 cup pearl barley
6 cups of water
Salt and pepper

DIRECTIONS:

Heat oil in a large, deep saucepan over medium-high heat.
Add the beef and cook for 3 to 4 minutes until browned.
Transfer to a plate. Add onion to the pan.
Cook for 2 to 3 minutes or until tender.
Add paprika and cook for 1 minute. Add carrots,
celery, parsley root, 6 cups water, barley and beef.
Bring to a boil. Reduce heat and simmer, partially
covered, for 1 -1/4 to 1 -1/2 hours or until tender.
Separately boil the cubed potatoes till tender with a
little salt, as potatoes take less time to be soft.
When the soup is finished add the potatoes.
Season with chopped parsley, salt and pepper.

Arthur von Czernowitz, Ramat Gan, Israel



Cold Schmate Borscht with Schmetten

Walking from school to my grandmother, I took a shortcut through the Volksgarten, which was still covered in snow and ice, the paths were slippery. In some places, wonderful white snowdrops had fought through the snow surface, and showed promise of the approaching spring.

So just before Passover, on a Friday, I accompanied my grandmother to the market in Czernowitz. The peasant women from the surrounding villages were all dressed in their wonderful colorful costumes. My grandmother knew exactly who to talk to in Romanian, Polish or Ruthenian. And with the Swabian lady (German minority), dressed all in black and wearing a white, starched blouse, she spoke German. She also spoke to some peasant women in Yiddish. With packed baskets, loaded to the brim with fresh vegetables, eggs and Schmetten. we returned home.

My grandmother began systematically doing the Passover cleaning. Later she asked me to take the tram to the last stop which was near the Prut river and to look for Stanislav our Hutzul (minority), who was supposed to fish. I found him with his horse and wagon. He showed me a large pike, he had just caught. I started to haggle with him for the price as per instruction of my grandmother. With the fish in hand I took the tram back to my grandmother. She was very excited and told me what a wonderful fish you got for Shabbat.

For this particular Shabbat my grandmother prepared gefilte fish from pike, and from the wonderful vegetables, she prepared Cold Schmate-Borscht with Schmetten.

Ingredients:

2 liters/quarts of water
6 small spring beets with leaves
1 medium onion, finely chopped
1 peeled carrot, grated
1 tablespoon chopped dill
2 tablespoons chopped parsley
4 glasses of chopped sorrel
2 glasses of chopped spinach
Salt
Freshly ground black pepper
Add to taste:
Lemon juice
4 egg yolks
2 tablespoons sugar
1 glass Schmetten (Sour Cream)
Some dill for garnish

Preparation:

First, peel the beets and grate on a grater, the leaves chop very finely.

Mix the onion, beetroot, the sorrel, spinach carrots and grated beets and simmer with the added water and salt for 35 minutes on a low heat. Then add the lemon juice and simmer for another 10 minutes.

Season to taste. It should taste sweet & sour. Whisk with a fork and add some of the hot borscht to the beaten eggs and continue to beat the yolk for slightly thicker Borscht. Caution: The eggs should not curdle!

Now add the egg mixture to the Borscht and continue beating well, until the egg mixture is light and creamy. Finally add the parsley and dill and serve cold.

Serve the Schmetten in a small bowl next to the Borscht, so that it can be spooned on the Borscht when served, according to taste.

Arthur von Czernowitz

Torta di Visciole/Sour Cherry Cake-:



In the beginning of February we were in a restaurant in Rome. At the next table the waiter brought over a cake that reminded me of a cake which my grandmother used to bake. Of course I ordered a slice, it tasted similar but the dough was different more spongy. I asked the waiter if I could speak to the chef. later the waiter came back with the chef. I told him that I liked the cake and asked if he could give the recipe. He said no problem and just gave me the ingredients. He told me that he studied in Southern Tirol, which belonged to Austria, no wonder, a small world. Below is what I came up with:

INGREDIENTS:

1 cup milk
3 eggs
1/2 cup sugar
1 teaspoon vanilla extract
2 tablespoons melted butter
1/2 cup flour
1 jar of sour cherry compote

PREPARATION:

Preheat the oven to 325F/165C. In a large bowl, whisk together the milk, eggs, sugar, vanilla, and butter until the sugar is dissolved. Add the flour and whisk until smooth. Pour the batter into a pie pan.

After draining the juice from the compote add the cherries to the batter. Bake until it is beautifully puffed and golden, 35-40 minutes. Serve hot.

Arthur Rindner, Ramat Gan, Israel

Malai Cake

Ingredients:

Batter:

2 Glasses (230 ml) Polenta / Corn Meal
1 Glass Wheat Flour
200 ml Canola Oil
1 Cup (200 ml) Natural Yogurt (Mueller 1/7% fat)
1 -1/2 Cups (300 ml) Sour Cream 9%
2 Eggs (L)
1 Glass Sugar
1/2 Packet Baking Powder
A little Vanilla concentrate

Cheese filling:

2 Cups (500 g) Soft White Cheese (Ski) 5% fat
1/2 Cup (150 ml) Sour Cream 9% fat
1 Egg (L)
1/2 Cup Sugar

Method:

Cheese filling:

Mix (in mixer bowl) all ingredients in small bowl.

Batter:

Mix (in mixer) the oil, the sugar, the yogurt, the sour cream, the eggs and the vanilla. Then continue, adding (in mixer bowl) the polenta, the white wheat flour and the baking powder.

Malai Cake forming:

Pour half of batter into baking pan, flatten, pour carefully most (leave a little) of the cheese filling, then cover completely the filling layer pouring carefully with the remaining batter. Follow by placing carefully spots of the left-over cheese filling using a teaspoon, at intervals from each other. Bake at 160°C for 40-45 minutes until golden-brown.

Mordecai Lapidot, Givatayim, Israel:

Received from *Irit Sela* (my granddaughter), Raanana, Israel.





Apple Mash Cake

Ingredients:

For dough:

3 Egg Yolks
150 g salted Butter, melted
1-1/2 glasses/Cups Wheat Flour

For filling:

1 kg Granny Smith Apples, peeled and crushed
150 g salted Butter
1/2 glass/Cup Sugar
2 satchels Vanilla Sugar
1-2 tablespoons Lemon Juice
1 topped tablespoon Cornstarch

For cover:

1 glass/Cup or more of Apricot Jam or other good quality Red Jam
3 Egg Whites
1/4 glass/Cup Sugar

Method:

Mix the egg yolks, butter and flour into a dough. Chill.

Boil the crushed apples, egg whites, sugar, vanilla sugar, lemon juice (one may add cinnamon) until the apple mash is formed. Remove from heat and add the Cornstarch, diluted with 1-2 tablespoons water.

Flatten the dough into a 24 cm round (or equivalent rectangular) baking pan, and bake for 20 min. at 180°C .

Spread the jam lavishly on the hot dough and spread on the apple mash.

Beat the egg whites with the 1/4 glass/Cup sugar until stiff and spread it carefully over the mash.

Bake with top heating only for 2-3 minutes at 200°C until the froth turns golden-brownish at the edges. Remove quickly.

Note: Can also be baked as individual tarts.

Mordecai Lapidot, Givatayim, Israel:

Recipe of my Czernowitzer aunt *Chemda Orenstein-Meilen*, as regenerated by her daughter, *Lea Garfinkel*, Holon, Israel.



Apfel Kuchen (Apple pastry)

Ingredients:

Batter:

1 Cup Sugar

2 Eggs

1/2 Cup Oil

1 1/2 Cups white Wheat Flour

1/4 Glass Orange Juice + rasped Orange Peel

1 Teaspoon Baking Powder

Filling:

3 Apples cut into pieces

3 Tablespoons Sugar

Pinch of Cinnamon

1 & 1/2 Tablespoons White Flour

Method:

Mix ingredients of batter. Mix the filling. Pour (it is a bit fluid) part of the batter into flat baking pan, Place the filling on top of it, and add the remainder of the batter. Spray the remaining fluids from the batter on top of the cake. Bake for 45 minutes.

Mordecai Lapidot, Givatayim, Israel:

Received from from my Czernowitzer aunt, *Rivka Grossman*,
Miami Beach, Florida, .



Matza Apple Kugel for Passover:

Delicious Passover Parave Matza Apple Kugel, from my cousin Grete, who was born in Storojinetz.

INGREDIENTS:

4 matzo crushed
3 eggs, beaten
1/4 cup sugar
1/2 teaspoon salt
1/2 teaspoon lemon juice
1 Apple peeled and grated
4 Granny Smith apples, peeled and chopped
1/2 cup raisins
1/4 cup white sugar
1 teaspoon cinnamon

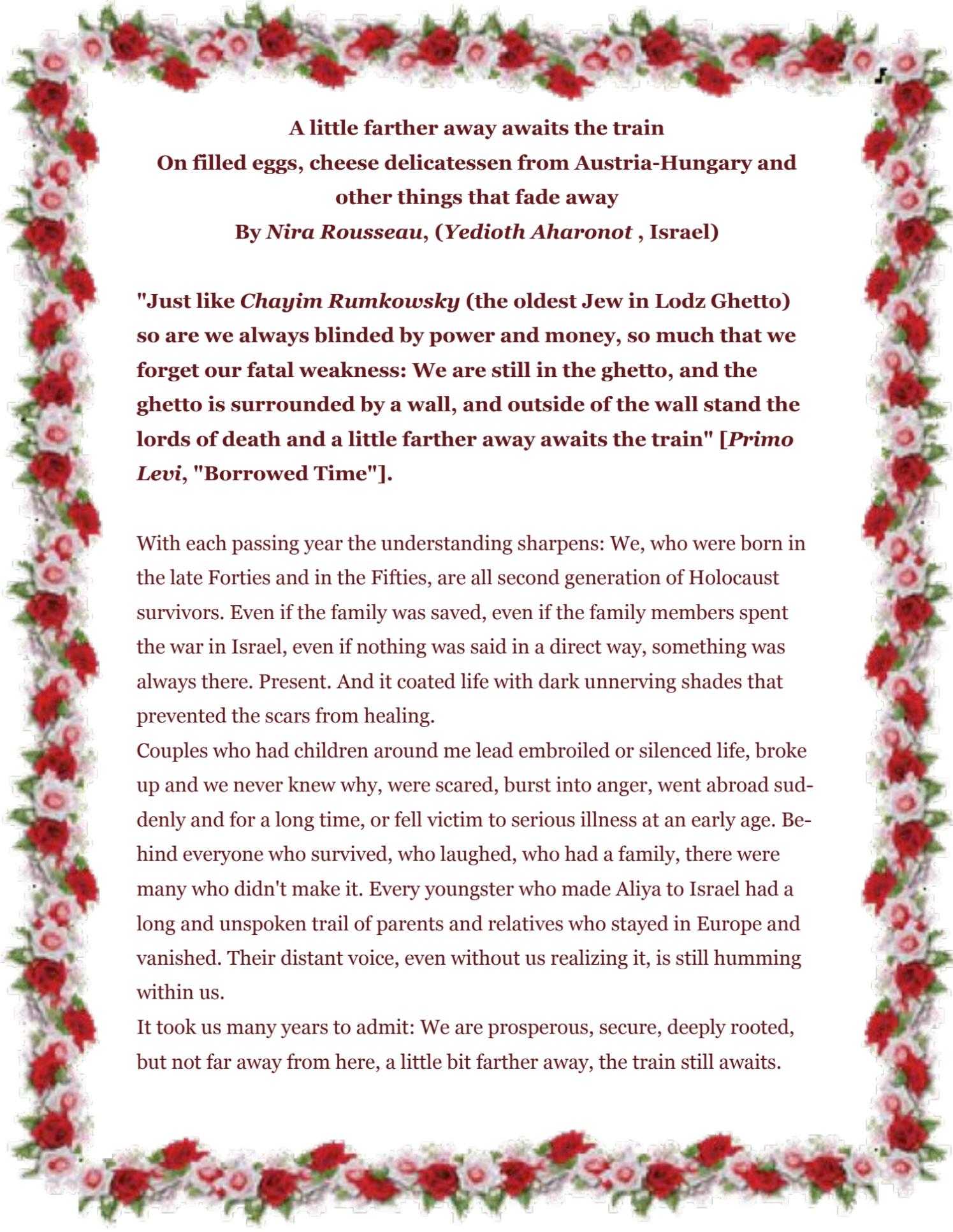
DIRECTIONS:

Preheat the oven to 350F/175C degrees. Place the crumbled matzos in a bowl, and add enough water to cover. Let stand for 2 minutes, then drain the water. Do not squeeze.

To the bowl of Matza, add the eggs, sugar, salt, lemon juice and grated apple. Stir to combine. Mix in the apples and raisins. Spread the mixture evenly into a casserole dish. Mix together the remaining 1/4 cup of sugar, and cinnamon; sprinkle over the top.?

Bake for 45 minutes in the preheated oven, or until the top is browned and the apples are soft.

Arthur Rindner (aka von Czernowitz), Ramat Gan, Israel



**A little farther away awaits the train
On filled eggs, cheese delicatessen from Austria-Hungary and
other things that fade away**

By Nira Rousseau, (Yedioth Aharonot , Israel)

"Just like *Chayim Rumkowsky* (the oldest Jew in Lodz Ghetto) so are we always blinded by power and money, so much that we forget our fatal weakness: We are still in the ghetto, and the ghetto is surrounded by a wall, and outside of the wall stand the lords of death and a little farther away awaits the train" [*Primo Levi*, "Borrowed Time"].

With each passing year the understanding sharpens: We, who were born in the late Forties and in the Fifties, are all second generation of Holocaust survivors. Even if the family was saved, even if the family members spent the war in Israel, even if nothing was said in a direct way, something was always there. Present. And it coated life with dark unnerving shades that prevented the scars from healing.

Couples who had children around me lead embroiled or silenced life, broke up and we never knew why, were scared, burst into anger, went abroad suddenly and for a long time, or fell victim to serious illness at an early age. Behind everyone who survived, who laughed, who had a family, there were many who didn't make it. Every youngster who made Aliya to Israel had a long and unspoken trail of parents and relatives who stayed in Europe and vanished. Their distant voice, even without us realizing it, is still humming within us.

It took us many years to admit: We are prosperous, secure, deeply rooted, but not far away from here, a little bit farther away, the train still awaits.



A World War Breaks Out

A true story: *Chaya Gitel Orenstein*, of the *Lapidot* family in Czernovitz, received in the summer of 1914 a ticket for the theatre. The whole neighborhood took part in her excitement, but the minute she was about to leave home for the show – the First World War broke out.

Ever since then the *Orenstein* family used to point dryly out: "When *Chagitel* goes to the theatre, a world war breaks out".

Chaya Gitel (Chagitel) is the grandmother of Dr. *Lea Garfinkel*, a lecturer on Yiddish culture at Bar Ilan University. She and I shared for years the same desk in high-school in Tel Aviv.

She was the one who made our secular, native and anti-Diaspora society to talk and write in Yiddish.

Last year *Garfinkel* wrote down a short compilation of her clan's memories. All the members of this clan lived in a very small area in the middle of Tel Aviv.

This charming compilation was meant primarily to bring back to life all the Yiddish jokes everybody told, for the sake of *Garfinkel's* children and grandchildren and to immortalize the meeting of the family and its recovery from in Tel Aviv after the war. *Garfinkel*, gifted with a shrewd and laughing pen, wrote simply and without pathos. And it is this cleanness that illuminates the compilation of Memoires, and especially the gaps within it.

Because a ghetto surrounds the apple pie too, and the train is still waiting, there are black holes in the lightened Memoire: Brief and flitting reminders of deadly beatings, hunger, forced labor, displacement, torture, everything is hinted and silenced.

I asked. *Lea* answered. The delicatessen of Bukovina are laid down here before you.



Take a little bit from there

The Bukovina Jews had a rich, decorative and varied kitchen. I came to know its wonderful tastes because I loved the home of *Lea's* parents, *Chemda* and *Paul Meilen*. Three rooms full of light, even at night time, smells of food, friends and guests. The family used to call that an "Engineering Miracle", because there was always enough room and food for all.

Chemda Meilen, despite her broken Czernowitzian Hebrew, despite the long years of war in Romania, despite the deportation to Cyprus, was that kind of a woman: Of light and of beauty and of relationships and people and food.


There was always something wonderful around to nibble on: Small pastries, chopped liver, potato pies, filled eggs that tasted like heaven. A kitchen that nearly vanished and then came to life again ("My mother, the lighthouse of my life", *Lea* calls her with longing in her beautiful book).

The language was no barrier: *Chemda* made friends with everyone, was loved by everyone and if she did not understand something, she simply asked. "If you don't know, ask! What else is a mouth good for?" she used to say.

Isaac Ben Aharon, her guide at "Hashomer Hatzair" youth movement in Czernowitz, was the one who translated to Hebrew her name from Sheyndel to *Chemda*, that in Hebrew means beautiful and loving. How appropriate. Alas the walls of the Ghetto remained and the train kept waiting. Even in Tel Aviv. *Chemda Meilen* of the *Orenstein* branch of the *Lapidot* family couldn't stand the darkness: "I hate it when it is dark" she used to say.

Her cooking was intuitive: A bit from here and a bit from there, and if you want to, you could draw in a similar way the changing map of central Europe: From Austria-Hungary to Romania and Ukraine. "She never trusted me", says *Lea*. "She always said that I would know when the dish was ready and of course I never did".

We reconstructed slowly. *Lea* cooked and measured the ingredients for the famous unwritten *Chemda's* recipes.



In the prologue to her books *Lea* writes: "We buried our beloved ones, but they never died. They keep coming back to us. This time, we wish to make them stay a little longer".

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Submitted by Mordecai Lapidot, Givatayim, Israel

Rosh Hashana "Leikach" Honey Cake

INGREDIENTS

1-1/2 cup honey
1 cup sugar
1/2 cup vegetable oil
2 eggs
zest from one lemon
4 tbsp. brandy
3-1/2 cups flour
2 teaspoons baking powder
1 teaspoon baking soda
dash of salt
1/2 teaspoon cinnamon
1 teaspoon ginger powder
1/2 teaspoon nutmeg
1 teaspoon allspice
1 teaspoon ground cloves
1 cup coffee double strength
1/2 cup chopped walnuts



DIRECTIONS

Preheat oven to 180C/380F degrees.

Mix sugar, honey, oil, eggs, lemon zest and brandy in large bowl for 2 minutes.

Mix flour, baking powder, baking soda, salt, cinnamon, ginger, nutmeg, allspice, cloves and coffee stir into sugar mixture.

Mix the batter well until smooth and fold in 1/2 cup of the chopped walnuts.

Pour into a greased loaf pan.

Place in the oven and bake until a wooden pick inserted in center comes out clean—about 1 hour.

Cool in pan for 15 minutes.

From Greta's z"l notes

Arthur von Czernowitz, Ramat Gan, Israel