

KOL HANESHAMAH
Rosh Hashanah Recipes

Enjoy some sweet treats for the New Year

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Honey Muffins, from Renah Rabinowitz

Ingredients:

4 cups flour
1 tsp. cinnamon
1 tsp. baking soda
2 tsp. baking powder
3 eggs
1 1/3 cups honey
1 1/2 cups sugar
1 cup coffee (strong)
3 TBSP margarine/Crisco
1/2 cup raisins (optional)

Directions:

Preheat oven to 350.

Grease muffin tin or insert paper liners.

Sift flour, cinnamon, baking soda, and baking powder.

In separate bowl, beat the eggs and honey together. Then add sugar, coffee, and margarine. Mix well.

Pour liquid mixture into dry ingredients and beat together until well combined. Add raisins, if using, and mix thoroughly.

Pour batter into muffin tin (about 2/3 full) and bake at 350 for about 25 minutes, or until toothpick inserted in center of muffin comes out dry.

Rebecca Ivry's Easy Sticky Toffee Pudding for Rosh Hashanah

Makes 8 individual servings

After enjoying Sticky Toffee Pudding on a trip to England a few years ago, I realized that this dessert would be a perfect way to end a Rosh Hashanah meal. It has been a huge hit at our yontif table.

Ingredients:

5 tbsp demerara sugar

7 oz pitted dates

½ tsp vanilla extract

4 tbsp butter/pareve butter substitute (I use Earth Balance), plus extra for greasing the muffin tin

6 oz dark brown sugar

1 ½ tsp maple syrup

1 ½ tsp molasses

7 oz flour

2 eggs

1 ½ baking soda

For the toffee sauce:

18 oz heavy cream or pareve substitute (I use soy cream)

6 oz demerara sugar

6 oz butter/pareve substitute

1 tbsp maple syrup

1 tbsp molasses

Directions:

1. Preheat oven to 375 degrees
2. Grease a muffin tin and sprinkle the demerara sugar inside, coating evenly. Shake out any excess sugar.
3. Put the dates into a sauce pan; add 9 oz water and bring to a boil. Reduce heat and simmer 2-3 minutes. Remove from heat.
4. Add vanilla to the dates and stir.
5. Blend with an immersion blender until the mixture is thick and soupy. (You could use a food processor)
6. Beat butter/substitute and muscovado sugar together in a large bowl until smooth.
7. Stir in maple syrup and molasses, then the flour and mix
8. Add egg 1 at a time, stirring well after each
9. Add baking soda to date mixture
10. Pour date mixture into the flour and mix well until blended
11. Pour into muffin tin, filling each section 2/3
12. Bake for 20 minutes, until well-risen and springy to the touch
13. When cool, remove from muffin tin. Serve warm or at room temperature. If freezing, let cool completely and wrap each pudding individually tightly with plastic wrap and tin foil. Defrost on the counter, a day before serving.

Sauce: Gently heat the cream/substitute in a saucepan. Add the sugar and butter/substitute and whisk until melted. Whisk in maple syrup and molasses. Sauce will keep for several days in the refrigerator. Warm before serving.

To serve: Serve individually with sauce. Vanilla ice cream or pareve ice cream goes well! Enjoy

Plum Pie - Zwetsehgen-kuchen from Rebekah Fassler

Many years ago, a cousin sent me a group of dessert recipes in a New York Post article entitled "The sweet fare of hope" (Sept. 23, 1981). Ever since, on Sukkot a bake a plum pie called Zwetsehgen-kuchen. It always looks beautiful, has brandy and lemon rind that give it a wonderful taste, and the dough can simply be flattened in a 9" pie plate. Since this has been a favorite recipe and prune plums have a very short season, I have often bought and quartered batches of the plums to be frozen and used later in the year. Two of our grandsons were born in May of different years, and I baked this for each Shalom Zachor.

For the crust:

1 cup all-purpose flour
1T. sugar
½ cup margarine
1 egg yolk
Dash of salt
Dash of brandy

For filling:

2 lbs Italian prune plums, washed and quartered.
1/3 cup plum jam (Oxygen if you can get it, or Bonne Maman plum preserves)
1 T. of Brandy
1/3 cup of sugar
1 tsp. cinnamon
Dash of nutmeg
1 tsp. grated lemon rind.

To make crust:

Mix flour and sugar; blend in margarine until it forms crumbly mixture. Add egg yolk, salt and brandy to moisten dough. Knead briefly. Place in center of a 9" pie pan and pat thinly into sides of pan. Refrigerate for 30 minutes.

To make filling:

Preheat oven to 400 degrees. Spread plum jam and a little brandy on the crust. Place plums in a circle so that each overlaps the other and they form a spiral into the center. Mix sugar, cinnamon, nutmeg and lemon rind and sprinkle over plums. Bake for 20-30 minutes until crust is golden brown and plums juicy. (I find that I have to watch that it doesn't burn and I usually take it out at 25 minutes.) They say it serves 4-6, but I usually get 8 slices.

Pomegranate - Orange Relish with Walnuts, from Carolyn Niederman

2 cups walnuts

2 seedless unpeeled oranges, cut into 1 inch chunks

1/3 cup brown sugar

1/4 tsp pepper

sea salt

2 cups pomegranate seeds

1/4 cup chopped mint leaves

Heat oven to 325 degrees . Spread walnuts on a baking pan in one layer and toast till fragrant, about 10 minutes

In a food processor, pulse together oranges, sugar, pepper and a generous pinch of salt until chunky. Add walnuts

and pulse a few times until relish comes together.

Transfer to a large bowl and stir in pomegranate seeds and mint

Yields 10-12 servings

UKRAINIAN OLD- FASHIONED HONEY BABKA, from Esther Feil, courtesy of the World Jewish Congress

2 1/2 cups all purpose flour
8 eggs - room temp.
1 cup granulated sugar
1 cup honey- microwaved for 30 secs.
16 oz. Sour cream room temp.
2 tsps baking soda
2 Tbsp white distilled vinegar
1/2 tsp fine salt.

1. Preheat oven to 350 degrees. Line baking sheet (11x17") with parchment paper and set aside.
2. In a large bowl beat 8 eggs, 1 cup granulated sugar 1/2 tsp salt till light/fluffy
3. Combine 2 tsps baking soda and 2 Tbsp white vinegar. Microwave 1 cup honey- for 30 secs. Then add baking soda/ vinegar mixture, honey and 16 oz sour cream to the batter. Stir together till combined.
4. Sift 2 1/2 cups flour into batter and combine till thorough mixed.
5. Pour batter into baking sheet till edges are level
6. Bake for 30-32 mins. Place a cooling rack over baked cake and flip the baking sheet over. Then place a cutting board onto the cake and flip over again. Let the babka cool.
7. Once cooled, cut off edges with sharp knife and cut diagonal lines from upper left to lower right and then from upper right to lower left to make diamond shaped pieces.

If you would like to make a frosting or drizzle, combine 8 oz cream cheese and 1/2 cup powdered sugar and mix on low - medium speed.
Pour into zip lock bag, make a small hole and go to town. Just a little dollop or drizzle will do

Enjoy

Honey Chicken, from Debbie Berman

Ingredients:

1 chicken in 8ths

¼ C honey

¼ C soy sauce

¼ C olive oil

1 tbsp garlic powder

1 tsp black pepper

Preheat oven to 375

Prepare a 9x13 greased pan

Rinse, dry and set chicken in the pan

Mix all other ingredients together and pour over chicken

Bake uncovered for 1 hour until the skin is slightly browned