

New Culinary Traditions For Passover

By Naomi Arbit

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Passover presents a real challenge for the creative cook who wants to serve varied and delicious meals for eight days. Tradition is important in the Jewish kitchen, especially at holiday time. And Passover is the oldest and most cherished of all the holidays. Recipes for the foods served at the Seder and the days that follow may be passed from generation to generation, but there is always room for new dishes to carry on the traditions with these beginnings and endings.

Gefilte Fish (Food Processor Method)

3 onions
3 carrots
4-5 lbs. filleted fish; white, pike, and trout;
(cod or haddock)
heads and bones from fish
1 teaspoon salt; 1/2 teaspoon white pepper

Las Vegas Israelite

4 large eggs
1 onion, finely chopped
1/2 cup water
1/2 cup matzo meal
1-1/2 teaspoon salt; 1/2 teaspoon white pepper

Slice onions and carrots with slicing disc and remove from bowl. Place fish heads and bones in a large pot with onions, carrots, 1 teaspoon salt and 1/2 teaspoon pepper. Cover with cold water and bring to a boil.

Cut fish into stripes and process 1 cup at a time with steel blade until finely ground. Place fish in a mixing bowl and repeat with remaining fish. Place remaining ingredients in the work bowl and process for 10 seconds to blend. Combine this mixture with the fish and mix thoroughly.

Wet hands with cold water and shape mixture into about 14 fish balls. Strain fish stock; return liquid to pot and bring to a boil. Place balls into boiling stock, keeping them apart slightly.

Lower heat and simmer 2-3 hours. Shake the pot occasionally to keep the balls from sticking. Allow stock to cool 15 minutes. Using a slotted spoon remove gefilte fish to refrigerator container and pour the stock over them. The liquid will gel.

Happy Passover

Add the sliced carrots and serve later with fish as a garnish.

Matzo Balls

2 eggs
1/2 cup matzo meal
2 tablespoons chicken fat or vegetable oil
salt and pepper to taste

Beat eggs thoroughly; add fat, meal, salt and pepper. Chill several hours. With wet hands shape mixture into balls and drop into boiling water or soup. Cover and cook for 30 minutes.

Elsie's Sponge Cake

9 large eggs
1-3/4 cups sugar
1 cup less 1 tablespoon potato starch
1/2 lemon, grated rind and juice
non-dairy whipping cream
fresh strawberries

Separate 7 of the eggs. In a large mixing bowl,

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