

## Vegetarian Recipes For Passover

By Judy Segal

### CRUSTLESS SPINACH QUICHE

12-ounce package fresh spinach  
1 tablespoon vegetable oil  
1 large onion, coarsely chopped  
5 eggs  
12 ounces grated Swiss-style cheese  
generous sprinkling of freshly ground  
white pepper  
pinch of nutmeg

Preparation:

1. Preheat oven to 350 degrees; generously butter a 9-inch pie plate.

2. Fill a large pot with water; bring to a boil. Blanch spinach for 30 seconds; run under cold water and dry thoroughly on paper towels. Chop spinach coarsely.

3. Put all in a skillet over medium high heat. Add onion and saute till wilted. Add chopped spinach and cook several minutes.

4. In large bowl, beat eggs. Add cheese. Stir in onion-spinach mixture and season with pepper and nutmeg. Spread eggs evenly in pie plate.

5. Bake 35 to 45 minutes, till golden brown. Serves 8.

### GARLIC BROTH WITH MATZAH BALLS

Audrey insists that her guests don't realize that this is not chicken stock. Use this with your favorite matzah ball recipe or substitute mixed vegetables.

2 heads of garlic, cloves separated and peeled.

2 quarts of water  
2 tablespoons olive oil  
1 bay leaf, torn in half  
¼ teaspoon dried thyme  
6 sprigs of fresh parsley  
pinch of dried sage  
1 teaspoon salt

Preparation:

Place all ingredients in a large pot. Bring to a gentle boil and boil one hour. Strain stock through sieve lined with a wetted linen towel. Serves 8 to 10.

### POACHED STRIPED BASS WITH TOMATO SALSA

This fish would usually be served with a hollandaise sauce or green herbal mayonnaise. Because this meal is so creamy and pale, we have substituted a trendy tomato sauce instead.

2 pounds fish trimmings  
1 cup very dry white wine  
1 quart water  
2 sprigs parsley  
1 medium onion  
1 teaspoon salt  
2 teaspoons freshly ground white pepper  
1 bay leaf, torn in half  
½ lemon

Preparation:

Cut onion and lemon into thick slices. Put all ingredients into a large pot and bring to a gentle boil. Simmer 20 minutes. Strain through sieve lined with cheesecloth.

Fish:

1. Choose a whole fish such as salmon or striped bass. Allow approximately ½ pound per diner.

2. Wrap fish in cheesecloth tying securely at either end and using long pieces of cheesecloth to

use as handles.

3. Pour fish stock into fish poacher or flame-proof roasting pan large enough to fit over two stove-top burners. Bring stock to a boil and reduce heat to a simmer. Put fish into pan. Cover pan, using foil if improvising a poacher. Cook fish for 8 minutes per pound.

4. Gently remove fish to serving platter, using cheesecloth handles for assistance. Remove cheesecloth. Gently remove skin. Serve with tomato salsa. Serves 8.

### TOMATO SALSA

2 pounds fresh tomatoes, peeled, seeded and chopped

⅓ cup vinegar  
2 teaspoons ground cumin or minced fresh dill  
½ teaspoon salt  
½ teaspoon freshly ground pepper  
⅓ cup vegetable oil

Preparation:

In processor, place all ingredients except oil. Blend well. Just before serving, whisk in oil slowly, as if making mayonnaise.

### POTATOES LASALLE

This is a variation of another classic dish, Pommes Anna. Pommes Anna are slightly tricky, as they have to be weighted so that during cooking they compress into a cake shape. This home-style version uses unpeeled potatoes and is served directly out of the baking dish.

6 baking potatoes, scrubbed and sliced thin  
2 large onions, peeled and sliced thin  
¼ pound butter  
salt and pepper

Preparation:

1. Preheat oven to 350 degrees. Generously butter a 3-quart baking dish.

2. In concentric circles, arrange a layer of potato slices. Top with a layer of onion slices. Cut about 2 tablespoons butter into 8 bits; dot over onions. Sprinkle with salt and pepper. Repeat the layers until all ingredients have been used. Bake, covered, for one hour. Uncover and bake 15 to 20 minutes more. Serves 8.

### BROCCOLI WITH LEMON BUTTER

2 bunches fresh broccoli  
6 tablespoons butter  
juice off one lemon  
salt and pepper

1. Cut broccoli into flowerettes. Reserve stems for another use such as salad or soup.

2. Fill a large pot with water and bring to a boil. Add broccoli; cook 2 minutes. Drain into colander and run under cold water to stop the cooking process. Allow to drain on towels.

3. If preparing in advance, wrap broccoli loosely in paper towels, then put in plastic bags and refrigerate. Before serving, bring to room temperature.

4. In a skillet, place the butter and melt over medium heat. Add lemon juice and cook one minute longer. Add broccoli and toss till all flowerettes are coated in butter. Sprinkle with salt and pepper. Serves 8.

### MERINGUE NUT TORTE

Norma Imerstein is a registered dietician who routinely prepares seders for 30 or more guests. She sometimes serves as many as 15 desserts. This one is her family's "favorite of favorites."

10 egg whites  
1 cup sugar  
¼ cup matzah cake meal  
¼ cups finely ground toasted almonds  
8 ounces bittersweet powdered chocolate  
6 tablespoons water  
1 teaspoon water  
1 teaspoon powdered instant coffee  
2¼ cups heavy cream

Happy Passover

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3 tablespoons coffee liqueur  
¾ cup toasted, slivered almonds

1. Cover 2 cookie sheets with foil. Trace out six 8-inch circles. Spray with Pam. Preheat oven to 250 degrees.

2. Beat egg whites till stiff. Fold in sugar, matzah cake meal and ground almonds. Divide this meringue among the six circles and spread evenly. Bake about 30 minutes. Meringues should be fairly dry but not deeply colored. Wait a few minutes and peel foil off back.

3. Mix together powdered chocolate, instant coffee and water. Brush mixture over each layer of meringue and allow to dry.

4. Beat cream till stiff and fold in liqueur. Put meringue layers together with whipped cream in between, on top, and around the sides. Press the toasted almonds firmly into the sides of the torte.

Variation:

1. Alternate the mocha glaze with a glaze of melted raspberry or apricot jam.

2. Between the layers, add sliced, fresh strawberries to the whipped cream. Serves eight.

*Judy Segal is a frequent contributor of food articles to the New York Post. This article originally appeared in The New York Jewish Week.*

## Jewish Family Purity Book Now Ready For Free Distribution

The Committee of Jewish Family Purity announced that the FREE DISTRIBUTION of the new revised 10th edition of the book THE CODE OF JEWISH FAMILY PURITY, has now begun. Rabbi Michel Neuman, who is the founder and the guiding force behind the Committee of Jewish Family Purity states: "The book The Code of Jewish Family Purity" is the international passport to full Jewish living. No married or engaged couple can do without!!" This 96 page handbook which details the holiness of Jewish Family Life, and demonstrates how the ancient code of man/woman relationship can bring new meaning and renewal to the Jewish marriage.

The "Code of Jewish Family Purity" is printed in eight languages, so that its contents can be made available to Jewish families of many language backgrounds. The languages are: English, Yiddish, Hebrew, Spanish, French, Russian, Persian, and Hungarian. This book will be sent free of charge, in any of the above languages to anyone who requests it by writing to J.F.P. 27 Maple Terrace, Monsey, NY 10952.

Should any group of congregation wish to distribute these books, they may feel free to write to J.F.P., at the above address. These books may be requested in any quantity, and will be sent free of charge. J.F.P. also has bulletins and coupons announcing the availability of these free books. Should any of these materials be of use, they too will be furnished free of charge.

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More than 200 students from Bonanza High School will hold their fourth annual Shakespearean Festival April 21, at 7:30 p.m., in the school's theater, 6665 W. Del Rey.

The festival will include performances of selected scenes from a number of Shakespeare's plays like Romeo and Juliet, Macbeth, and Julius Caesar. The students in ninth through twelfth grade will be in full Elizabethan costume.

For more information and tickets, call Nancy Walter at 799-4000.

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