

# Cholesterol Free Chanukah Recipes

## MELT IN YOUR MOUTH JELLY DOUGHNUTS

(from David Mintz's\* private collection of recipes)

4 oz. Tofutti Egg Watcher<sup>TM</sup>  
1 cup of sugar  
1 cup of non-dairy creamer (or 1 cup of melted Tofutti, any flavor)  
5 tablespoons of margarine  
4 cups flour  
4 teaspoons baking powder  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
Lemon rind  
1/2 teaspoon salt  
Vegetable oil for frying  
Jam or jelly

Step 1: Mix Egg Watchers and slowly add the sugar, beating constantly.

Step 2: Add flour, baking powder, cinnamon, nutmeg, lemon rind and salt.

Step 3: Chill the dough slightly so it will be firm enough to work with.

Step 4: Roll out to 1/2" thick on slightly floured board.

Step 5: Cut with a well-floured doughnut cutter. Let it rest for 10 minutes to dry so it will absorb less oil when deep frying.

Step 6: Heat frying oil to 375 degrees, then add the doughnuts to the oil one at a time. DO NOT CROWD FRYER. Let them cool.

Step 7: Cut a slit into the top of the doughnut and force in 1 tablespoon of jam or jelly. You may use a pastry bag to do this purpose.

N.B. You may want to bake the doughnuts instead of frying, you can do this by preheating the oven to 350 degrees and bake them for 20-25 minutes.

## NEW ORLEANS LATKES

(from David Mintz's\* private collection of recipes)

3/4 cup all purpose flour  
1/4 cup rye flour  
1 teaspoon baking powder

1 teaspoon caraway seeds  
1/4 teaspoon dried dillweed  
1/2 cup beer  
2 1/2 oz. Tofutti Egg Watcher<sup>TM</sup>  
1 tablespoon cooking oil (veg)  
Vegetable oil for deep frying  
Assorted mustards

Step 1: In a mixing bowl stir together all purpose flour, rye flour, baking powder, caraway seeds, and dillweed.

Step 2: In another bowl stir together beer, Tofutti Egg Watchers, and oil.

Step 3: Stir the liquid ingredients into the dry ingredients just until moistened.

Step 4: Drop batter by tablespoonsful into deep hot oil (375 degrees).

Step 5: Fry for 1-2 minutes or until done.

Step 6: Drain on paper towels. Serve warm with assorted mustards.

Makes about 16.

## TOFU LATKES

(from David Mintz's\* private collection of recipes)

1 pound tofu  
8 oz. Tofutti Egg Watcher<sup>TM</sup>  
1/2 cup flour (or for crunchier latkes, use instead 1/2 cup matzoh meal)  
1 tablespoon lemon juice  
Salt and pepper to taste  
Pinch of garlic, minced  
Vegetable oil for frying

Step 1: Combine tofu and Egg Watchers in blender. While blending add flour, lemon juice and seasonings; process until mixture is smooth.

Step 2: Heat oil in large heavy skillet.

Step 3: For each latke, drop 2 tablespoons mix into pan; cook until golden brown on both sides.

Step 4: Remove latkes to warm platter.

Variation: By hand, add 1/2 cup frozen, thawed chopped spinach or broccoli to the mixture after blending.

Makes 12 medium size latkes.

## SWEET POTATO LATKES

(from David Mintz's\* private collection of recipes)

6 medium sweet potatoes  
6 oz. Tofutti Egg Watcher<sup>TM</sup>  
4 green onions, diced  
2 tablespoons honey  
1 teaspoon garlic, minced  
Vegetable oil for frying  
1/4 teaspoon cinnamon  
1/4 teaspoon white pepper  
1 1/2 teaspoon salt  
2 tablespoons all purpose flour  
1/2 cup bread crumbs

Step 1: Peel potatoes and shred in food processor on smallest grating blade.

Step 2: In a large bowl assemble Egg Watchers, green onion, honey, garlic, cinnamon, white pepper, salt, flour, and bread crumbs; mix with potatoes.

Step 3: Work with the mixture in your hands for a couple of minutes, until mixture is tightened.

Step 4: Form into 2-3 oz. patties and press thin.

Step 5: In skillet, heat oil until hot; carefully set potato cakes in skillet.

Step 6: Fry until golden brown on both sides.

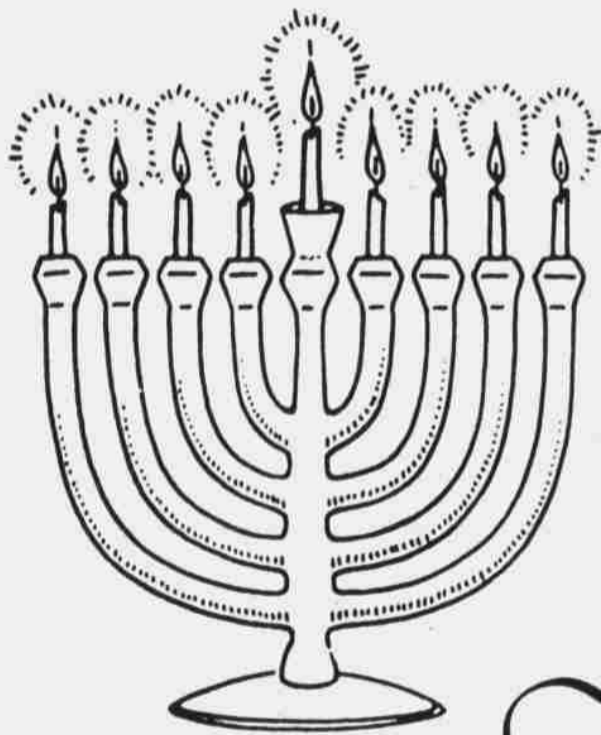
Step 7: Remove from skillet and set on paper towels to drain. Serve warm.

Makes about 10 servings. 20 latkes

JERUSALEM (JTA) — Israeli officials are revising upwards their estimates of how many Soviet Jews are expected to come to Israel in the next few years, now that the Soviet authorities are about to remove virtually all restrictions on emigration.

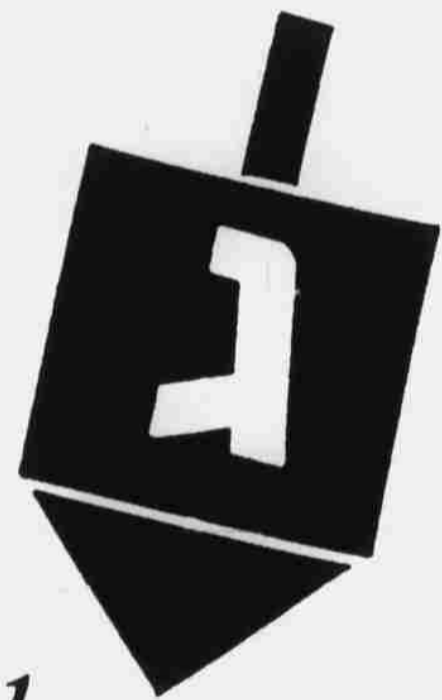
Simcha Dinitz, chairman of the World Zionist Organization-Jewish Agency Executive, addressed the subject at a meeting of the WZO Executive here recently.

He was quoted as saying that between 200,000 and 300,000 Soviet Jews will choose to settle in Israel in the next three years.



Our warmest wishes  
to you and  
your family

Happy Hanukkah



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