

BEEF BOURGUIGNON

MEAT • MAKES 6-8 SERVINGS • NON-GEBROKTS

A wonderful version of a traditional French beef stew. Serve it over a mound of mashed potatoes. It is warm, filling comfort food at its best. This stew is even better the next day.

- 2 $\frac{1}{2}$ -3 pounds large, well-marbled beef cubes, patted dry
- 3 tablespoons potato starch
- 2 tablespoons olive oil
- 1 (1-pound) bag frozen pearl onions or 2 onions, coarsely chopped
- $\frac{1}{3}$ cup tomato paste
- 6 cloves fresh garlic, minced
- 1 tablespoon beef consommé powder dissolved in 2 cups very hot water
- 1 cup Burgundy or other full-bodied red wine
- 1 teaspoon dried rosemary, crumbled
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- $\frac{1}{4}$ teaspoon fine sea salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 2 teaspoons potato starch for thickening gravy, optional



After the beef cubes have been patted dry, place them into a ziplock bag. Add the potato starch and toss to coat.

Heat the oil in a very large pot. Shake excess potato starch from the beef cubes and place them into the pot in a single layer, working in batches if necessary. Sear until brown on all sides, about 3 minutes per side. If done in batches, return all meat to the pot.

Add the pearl onions, tomato paste, and garlic. Stir to distribute. Brown and caramelize over medium heat about 4–5 minutes, stirring often.

Pour in the beef consommé and wine. Sprinkle in the rosemary, thyme, parsley, salt, and pepper.

Cover and simmer over low heat for 1 $\frac{1}{2}$ hours.

If you like thicker gravy, transfer the meat and onions to a serving platter. Add the potato starch to the pot and whisk. Bring to a simmer over medium heat, whisking until thickened. Pour the gravy over the beef.

NOTE Please ensure that all ingredients for all recipes are purchased as "Kosher for Passover". All vegetables which require checking for infestation must be checked prior to use.

MEXICAN TURKEY & PORTOBELLO SALAD

MEAT • MAKES 4 SERVINGS • NON-GEBROKTS

- 4 portobello mushrooms
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 2 cloves fresh garlic, minced
- ¼ teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper
- ½ pound cooked Mexican style turkey breast, such as Hod brand, cut into cubes
- 4 ounces mesclun lettuce
- 5-6 chives, chopped

Dressing:

- 1 tablespoon balsamic vinegar
- 1 shallot, sliced
- 1 clove fresh garlic, chopped
- ½ cup vegetable oil
- 3 tablespoons water
- 2 teaspoons imitation Dijon mustard

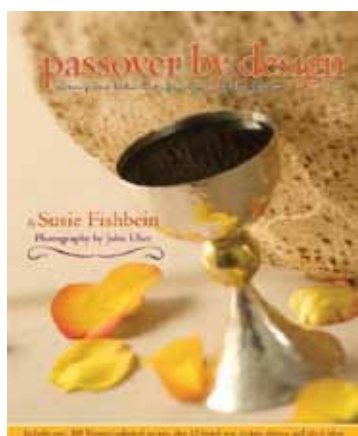
Preheat oven to 375°F.

Peel the skin from the cap of each portobello. Snap off and discard each stem. Using your hand to support the mushroom, use a spoon to scoop out as much of the gills as possible. Discard the gills. Place the mushrooms into a baking dish. Pour the balsamic, olive oil, and garlic into small bowl. Whisk together. Season with salt and pepper. Pour over the mushrooms.

Roast the mushrooms in the oven for 10 minutes, basting halfway through the cooking time. Remove from oven and cool for 5 minutes. Slice the mushrooms and mix with the turkey cubes.

Using an immersion blender in a tall container (to reduce splattering) or in the bowl of a food processor fitted with a metal blade, combine the balsamic, shallot, garlic, oil, water, and Dijon mustard. Pulse until emulsified.

Dress the lettuce. Mix in the turkey and mushrooms. Garnish with chives.



About the Author **Susie Fishbein**

With the release of Kosher by Design Teens & 20-Somethings, we welcome the arrival of the seventh exciting cookbook by kosher cook and author Susie Fishbein. Her wildly successful Kosher by Design series has already sold over 400,000 copies worldwide and has led to hundreds of appearances by Susie from coast-to-coast and Canada. She has been the featured celebrity guest on cruise ships as well as at a week-long culinary adventure in the Galil in Israel. Profiled in the New York Times and on CNN, Susie has been named one of the 50 most influential Jews by the Forward. She has been a guest on dozens of network TV and radio shows. Susie was featured at the Epcot International Food and Wine Festival at Disneyworld, and taught at the Degustibus cooking school in NY. Recently, Susie was an honored guest at the White House in recognition of National Jewish Heritage Month. Susie resides in Livingston, New Jersey with her husband and four children.



COCONUT CUPS WITH CREAMY GANACHE FILLING

Coconut and chocolate seem to be a match made in heaven. This delicacy is perfect for Pesach, but of course can be used as a special treat all year round. While these appear to be fancy and intricate, they are actually quite simple to make, and freeze very well. Try to ensure that your ground coconut is fresh for the best flavor.

Macaroon Cups:

- 2¼ cups desiccated or shredded coconut
- ½ cup sugar
- 2 egg whites

Ganache Filling:

- 4 oz chocolate
- ½ cup margarine (1 stick)
- 3 egg yolks, lightly beaten
- 3 Tbsp unsweetened cocoa

1. Preheat oven to 280°F.
2. Grease compartments of a non-stick mini muffin pan very well
3. For the Macaroon Cups, mix the ingredients together in a bowl. Press mixture against the sides and bottoms of each muffin compartment. Cover each compartment evenly and fully, and try to ensure that the bottom isn't too thick. (You can wet your fingers occasionally to help you press the coconut mixture in easily.)
4. Bake for 30 minutes, then let cool completely before removing macaroon cups from the pan. You may need to run a sharp knife around the top edges of each cup to loosen.
5. For Ganache Filling, melt chocolate and margarine together in the top of a double boiler, and stir to mix. Remove from heat and let cool for 2 to 3 minutes.
6. Stir in egg yolks while whisking thoroughly to prevent them from cooking. Add cocoa and mix well. Pour mixture while it is still warm into coconut cups and leave at room temperature to set. Store in airtight container.

Yield: 12 cups



CREAMY BUTTERNUT SQUASH SOUP GARNISHED WITH GINGER

The ginger garnish creates a nice visual appeal and blends well with the nutmeg that gives this beautiful soup its rich, distinct flavor. This is my family's favorite soup.

- 2 Tbsp olive oil
- 3 onions, coarsely chopped
- 2 cloves garlic, minced
- 2 medium butternut squash, peeled and cut into chunks
- 2 large sweet potatoes, peeled and cut into chunks
- 1½ tsp salt
- ½ tsp nutmeg
- ½ tsp freshly ground black pepper
- Water (approximately 8 cups)
- ¾ tsp dried basil or 1 tsp fresh basil, chopped
- Ginger Garnish:
 - 1-2 Tbsp oil
 - Fresh ginger root

1. In a large pot, heat olive oil on medium heat. Add onions and sauté until transparent, about 5 to 7 minutes.
2. Add the garlic, butternut squash and sweet potatoes and sauté for about 5 to 7 minutes.
3. Add spices except for basil. Add enough water to just cover the vegetables and cook for about 45 minutes.
4. Blend with an immersion blender and then add basil. Mix well and adjust seasonings to taste.

Ginger Garnish:

1. Heat a frying pan with oil.
2. Slice the ginger through the midsection, cutting a long, thin slice. Then cut that slice into thin strips (thereby creating long sticks).
3. Add to the pan and fry until just golden. Remove with a fork or slotted spoon. Place directly onto a paper towel to absorb the oil.
4. When serving, place a few strips of ginger on top of each bowl of soup.

NOTES *Basil can be replaced with parsley.*

VARIATION *Substitute 1 celery knob (root) for the sweet potatoes.*

Yield: approximately 8 servings



LIGHT 'N CHEWY NUT COOKIES

These originally started as our family's favourite Pesach recipe. It was so good, we started making it all year round. They're dipped into melted chocolate for a truly elegant effect. They can be used as ice cream toppers, cake decorations, or just for a snack. Enjoy!

3 egg whites

1¼ cups sugar plus extra for sprinkling on cookie sheet

1½ cups ground almonds

1½ cups ground filberts

Bittersweet chocolate, for melting (about 3.5 oz./100 g)

1. Preheat oven to 350° F.
2. Line a cookie sheet with parchment paper. Grease the parchment paper with oil or margarine and sprinkle with sugar.
3. Whip the egg whites in an electric mixer until stiff peaks form. Add sugar and nuts and mix until just combined.
4. Wet hands and roll the mixture into evenly sized balls. Keep wetting your palms so that the mixture doesn't stick. Place the balls on the baking sheet about 2 inches apart.
5. Using the palm of your hand, gently flatten each ball by pressing on it lightly.
6. Bake for 15 minutes or until the bottoms are lightly browned. Let cool on the pan — when hot, the cookies are still soft and fragile and will harden as they cool.
7. Melt bittersweet baking chocolate in a double boiler. Dip cookie halfway into melted chocolate and leave to dry on a piece of parchment paper.

Yield: 24 cookies



STUFFED MUSHROOMS

These mushrooms are delicious, whether you make them with or without the Pesach crumbs.

Servings 12

17 large crimini mushrooms (approximately)

Olive oil for sautéing and drizzling

1 cup whole walnuts, shelled

3 Tbsp Pesach crumbs, optional

2 Tbsp Italian parsley, chopped

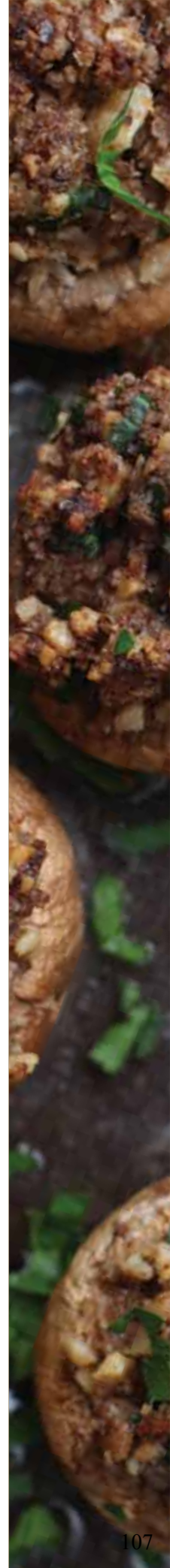
½ tsp salt

½ tsp freshly ground black pepper

1 Tbsp red wine (dry or sweet)

Oil for drizzling

1. Preheat the oven to 425°F.
2. Remove the stems from the mushrooms by gently pulling them out. In a food processor fitted with the blade attachment, pulse the stems and 5 mushrooms until they are the size of large crumbs. Reserve the remaining whole mushrooms.
3. Heat a sauté pan with 1 Tbsp of oil and sauté the mushrooms for 5 minutes, just until softened.
4. Meanwhile, pulse the walnuts and Pesach crumbs in the food processor until they are the size of crumbs. Transfer into a mixing bowl and add the sautéed mushrooms, parsley, salt, pepper and red wine. Mix together.
5. Spoon about 1 Tbsp of the mixture into the cavity of each of the reserved mushrooms, then place them in a well-oiled baking dish, stuffing sides up. Drizzle about 1 Tbsp of oil over the mushrooms and bake for 15 minutes.



FRUIT SALAD WITH CREAMY HAWAIIAN DRESSING

While I have listed my specific suggestions for a delicious fruit salad mixture, you can be original and create your own combination. I suggest using persimmons, mango and green grapes.

Fruit Salad:

- 2 or 3 pints strawberries, hulled and cut in bite-size chunks
- 3 or 4 kiwis, peeled and cut in bite-size chunks
- 1 ripe pineapple, peeled, cored and cut in bite-size chunks

Dressing:

- 2 cups vanilla soy milk or 2% milk (see Note)
- Dash of salt
- 3 egg yolks
- ¼ cup honey
- 2¼ cups whipped cream (or whipped dessert topping)
- 3 Tbsp orange juice or 2 tsp rum extract

1. Prepare fruit several hours before serving and place in a large serving bowl. Cover and refrigerate.
2. Heat soy milk or regular milk in a small saucepan until just below boiling. Pour into a large bowl and add salt. Add egg yolks one at a time, whisking vigorously and constantly until combined and foamy.
3. Chill dressing for two hours. Add honey, whipped cream, orange juice or rum extract and mix until smooth and well-blended.
4. Refrigerate immediately and store up to 24 hours. Pour dressing over fruit right before serving.

NOTE *If using regular milk, add 1 Tbsp vanilla sugar along with the honey.*

Yield: about 3 cups dressing (12 to 16 servings)



ENDIVE AND ORANGE SALAD

This salad has a refreshing and exotic taste to it. The Hazelnuts add a bit of crunch.



½ cup Hazelnuts
4 medium heads Belgian Endives
3 oranges
1 tbsp toasted sesame seeds

Dressing:

3 tbsp extra virgin olive oil
1 tsp toasted sesame oil
3 tbsp orange juice (reserved from oranges in salad)
Salt and Pepper to taste

1. Preheat oven to 350F
2. Spread hazelnuts evenly on a rimmed baking sheet. Bake 10 to 15 minutes or until pale golden beneath skins.
3. Let cool briefly then pour onto a dish towel, fold towel to enclose nuts and rub briskly to remove as much of skins as possible.
4. Coarsely chop nuts and set aside.
5. Chop endive and place in bowl.
6. With a sharp knife, cut and peel white pith from oranges. To section each orange, hold in a bowl to catch juice, cut in between segments, then lift them free.
7. Cut each segment in half if they are large and add them to endives.
8. Mix together all dressing ingredients. Pour dressing over salad and toss to mix.
9. Sprinkle with hazelnuts, garnish with sesame seeds and serve.



While working as food editor in Binah Magazine for 4 years, Estee wrote 2 best selling kosher cookbooks, "Spice it Right" and "Cooking with Color". She currently works as editor of Mishpacha Magazine's food editions called "Kosher Inspired".

Follow her on www.koshercoop.com where you can find hundreds of excellent recipes and articles by Estee and other leading authors in the industry. Sign up for the weekly e-newsletter to take full advantage of the sites constant giveaways and promotions.

