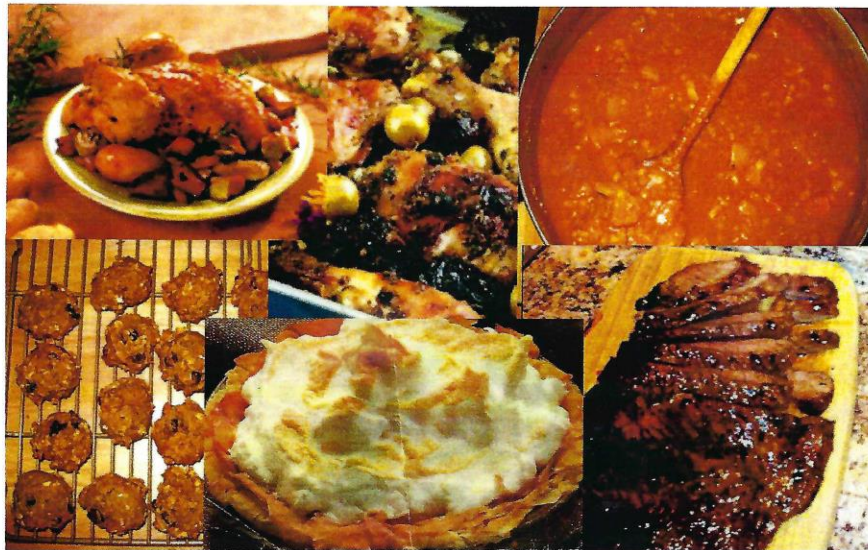


# בְּתֵי אָבוֹן

## B'tayavon

*(Hearty Appetite)*



*Recipes from the Kitchens of the  
Sinai Free Synagogue Family*



**sinai free synagogue**

the small community with a big heart



# *Appetizers*

## Chopped Liver

Saute 1 lb chicken livers in a small amount of vegetable oil

Hard boil 2 extra large eggs

Process livers in a food processor so some texture remains *(use pulsing if needed to avoid over processing)*

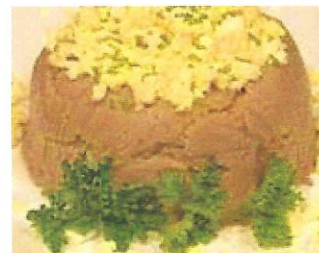


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Process eggs in a food processor to small pieces

Process 1 medium onion or half of a large, sweet onion to very fine texture *(add more to taste at end if not strong enough)*

Combine ingredients and add 1/4 cup rendered chicken fat. Add extra by tbsp. until texture is right for you

Salt to taste

Chill well overnight to let tastes blend

## Vegetarian Liver Pâté

1-15 oz. can baby peas drained

2 cups chopped onions sautéed

1 cup finely chopped walnuts

2 hardboiled eggs

Beef bouillon packet



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Mix everything in a food processor or blender

*Submitted by Kim Greenberg*



## Holishkes or Russian Galuptze Stuffed Cabbage

*This was the recipe my step mother-in-law served after the egg, the matzoh ball soup, and the gefilte fish, and before the main Passover meal. She used beef but I use turkey.*

### Ingredients:

Two heads cabbage

1 lb. ground meat turkey, veal, or beef

1/2 cup matzoh meal or farfel (1/2 cup cooked rice when not Pesach.)

1 egg slightly beaten

1 tbsp. minced onion (*I use shallots*)

1/2 cup chicken stock  
(*Kosher salt as you like it*)

Ground pepper

1/2 cup raisins

1 jar grape jelly

1 cup water

1 can sliced mushrooms

Wooden toothpicks

2 jars 25 oz. each, Mrs. Adler's All Purpose Cooking Sauce/  
mushrooms.

If you cannot find this, canned tomato sauce may be used or a favorite marinara sauce but Mrs. Adler's is kosher for Passover.



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### **Preparation:**

Place the cabbage in huge pot of boiling water for about 8 minutes to soften. Remove to cool. Use all the leaves that you pull off and look good. Core the cabbage after cooled, easier to pull off the leaves. Pile up the leaves on a plate ready for stuffing.

Combine the meat, matzoh meal, egg, salt, pepper, raisins, minced onions or shallots, 1/2 cup chicken broth. Mix well.

Shred parts of cabbage and place in bottom of a large cooking pot. Add tomato cooking sauce, jar of grape jelly, mushrooms and water. Bring to a simmer.

Put meat mixture at the bottom of each cabbage leaf. Do not overfill. Roll over, fold in sides, roll up and fasten the top end to the bottom end with 2 crossed toothpicks. *(It is a good idea to remove the toothpicks before serving for obvious safety reasons).* Place the stuffed cabbage in the cooking sauce pot and cook 2<sup>1/2</sup> to 3 hours until very tender. Serve with a little cabbage and sauce.

*Submitted by Grace Fass*

## Chicken Livers

### Ingredients:

1 pound chicken livers  
2 tbsp. olive oil  
2 medium onions sliced  
5 cloves of garlic minced  
1/4 tsp. black pepper  
(or to taste)  
1/4 cup Sherry\*



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### Preparation:

Saute the onions and garlic in the olive oil until the onions are clear in appearance. Do not brown.

Add the chicken livers with the juices and the pepper  
Saute until cooked - approximately 10 minutes. Stir often.

After 5 minutes of cooking time add the sherry and continue cooking.

Serve on a bed of white rice or noodles.  
Garnish with chopped parsley

*\*Note: There are various non-alcoholic wines on the market that could be substituted. DO NOT USE WHAT IS CALLED "COOKING SHERRY" since it contains mega-amounts of salt.*

*Submitted by Alex Nechis*



## Chicken Liver Pâté

SEE RECIPE FOR  
CHICKEN LIVERS

*This recipe can be used  
for left over chicken  
livers or you can make up  
the recipe anew.*

There should be some  
liquid left in the pan with  
the prepared chicken livers.



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Utilize that liquid, or while still cooking add some  
additional sherry. Do not exceed 1/2 cup of sherry  
per pound of livers. Make certain that you reduce  
the sherry by cooking in order to remove the  
alcohol.

2 hard boiled eggs

Chop the eggs and livers together either by hand or  
in the coarse mode on the processor or blender.

If you want a smooth pâté then process accordingly.  
Can be served on low salt crackers or toast .

*Submitted by Alex Nechis*

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## "Chinese" Cabbage Salad

A summer favorite. Simple and flavorful. Great with grilled meat.

### Dressing:

1/3 cup balsamic  
vinegar

1/2 cup sugar

2/3 cup olive oil

2 tbsp. soy sauce



### Salad Ingredients:

1 head bok choy or napa cabbage, chopped into small  
pieces

1 bunch green onions or scallions, chopped

1 package ramen noodles, broken up/crushed  
(discard flavor packet)

4 oz. slivered or sliced almonds

1 tbsp. butter, melted

Mix dressing ingredients. Set aside.

Brown almonds in skillet with butter. Careful not to  
burn them!

Mix bok choy/cabbage and onions.

Garnish with ramen noodles then almonds.

Mix salad with dressing right before serving;  
otherwise it will get soggy. Enjoy!

*Submitted by Julia Fondiller*



## Phyllo Wrapped Asparagus

*This is a simple but delicious appetizer that will make everyone's taste buds scream for more but don't eat too much. We do want to save our appetite for the main course.*

### Ingredients:

1 lb. of asparagus spears (green or white)  
2-16 ounce packages of frozen phyllo dough sheets, thawed  
1/2 cup butter, melted  
1/2 cup finely grated Parmigiano Reggiano cheese



### Directions:

1. Preheat oven to 375°F F.
2. Snap off the tough ends of the asparagus. Unwrap the phyllo and cut the stack in half lengthwise. Reserve 1 stack for later use.
3. Cover the phyllo with a damp towel to keep it from drying out.
4. Take 1 sheet of phyllo and brush lightly with some melted butter.
5. Sprinkle with some Parmigiano Reggiano cheese.
6. Place 2 to 3 asparagus spears on the short end of the sheet.
7. Roll up, jelly-roll style.
8. Place each piece, seam side down, on a baking sheet.
9. Brush with more melted butter and sprinkle with more Parmigiano Reggiano cheese.
10. Repeat until all the asparagus spears are used up.
11. Place baking sheet in oven and bake for 15 to 18 minutes, or until golden brown and crispy.

*Submitted by Barbara Stein*

## Brie En Croute

*This is one of my favorite appetizers to serve at dinners. It's so easy to prepare and my guests love it! I am sure you will also.*

### Ingredients:

2 pkgs Pillsbury  
Croissants  
1 roll of French Brie  
Cheese  
Delicious Exotic  
Preserves  
Slivered almonds  
(or pecans)



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### Preparation:

1. Roll out 1 pkg. of croissants (*do not separate triangles*)
2. Place cheese in center
3. Spread preserves on top of cheese
4. Sprinkle almonds on top of preserves
5. Roll out 2nd pkg. on top of cheese. Cheese should be covered completely.
6. Pinch sides together.
7. Bake at 350°F for 5 to 10 minutes until golden brown.

***Now indulge in this delicate appetizer!***

*Submitted by Barbara Korner*



## Butternut Bowties

*This dish has a nutty taste that is pleasing to the taste buds and could be used as an appetizer or a side dish.*

### Ingredients:

1 butternut squash, halved and seeds removed  
1 tbsp. Extra Virgin Olive Oil  
Salt & freshly ground pepper  
1 box of bowtie pasta  
2 tbsp. butter  
2 tbsp. flour  
2 cups milk  
A pinch of nutmeg  
A pinch of cinnamon  
5 to 6 sage leaves, thinly sliced  
1 cup grated cheddar cheese  
1 cup grated Parmigiano Reggiano  
A handful toasted almonds, to garnish (*optional*)



### Preparation:

Place squash halves on a baking sheet and drizzle them with 1 tbsp. of oil, salt & pepper. Place them cut side down and transfer to the oven. Roast until tender at 350°F for an hour. Remove and cool.

Once cool enough to handle, scoop the flesh out of the squash and transfer it to a food processor. Process until smooth.

Place a pot of water over high heat for the pasta. Once at a boil, add some salt & the pasta, and cook to *al dente* according to package directions. Drain the cooked pasta and return it to the pot it was cooked in.

While the pasta water is heating up, place a small skillet over medium-high heat with the butter. Once melted, add the flour and cook about one minute. Whisk in the milk and cook until the liquids come up to a bubble and the sauce thickens, 2-3 minutes. Add the squash puree to the drained pasta. Sprinkle nutmeg, cinnamon and sage, and season with salt & pepper to taste. Add cheeses and mix.

*Submitted by Mark Stein*