



Virtual Cooking with Sisterhood *Cookbook*

brought to you by the Sisterhood of Adath Emanu-El
December 2020

Join us as our cooking demos
continue in 2021





SISTERHOOD OF ADATH EMANU-EL



DEDICATION

Sisterhood had to adapt its programming to meet the unprecedented challenges of 2020 due to the COVID-19 pandemic. One result was our virtual cooking demonstrations—the *Cooking with Chef... Series*. cookbook is dedicated to the Sisterhood of Adath Emanu-El chefs who generously and enthusiastically volunteered to teach their “sisters” how to make some of their favorite dishes in their own kitchens. While these cooking lessons have served as a delightful way to learn new recipes, they have also proven to be a wonderful way to regularly come together as an Adath community amidst all the “social distancing” requirements. And you don’t even have to cook to have fun!

We are proud to share these delicious recipes with you from our Sisterhood chefs of 2020. A special thank you to each and every one of you who welcomed us virtually into your kitchens this past year:

- Karen Federman-Ellner
- Tess Ianni
- Judy Marcus
- Mindy Miller
- Diane Singer
- Joan Treske

Our *Cooking with... Series* looks forward to continuing with more cooking demonstrations in January, 2021.

Bon Appétit!

INDEX

	Page
Apple Cinnamon Bourekas (Karen Federman-Ellner)	1
Bagels (Mindy Miller)	3
Blintzes (Mindy Miller)	4
Cheese Ravioli (Tess Ianni)	5
Jewish Apple Cake (Judy Marcus)	6
Pasta Sauce (Tess Ianni)	7
Pumpkin Biscotti (Karen Federman-Ellner)	8
Sweet Noodle Kugel Recipe (Diane Singer)	9
Sweet Potato Casserole (Joan Treske)	10
Veggie Noodle Kugel Recipe (Diane Singer)	11

APPLE CINNAMON BOUREKAS

By: Karen Federman-Ellner

Ingredients:

1 lb. baking apples Golden Delicious, Fuji, or Granny Smith cored and peeled
1/4 c brown sugar (*light or dark – your preference*)
1 tsp vanilla
1 tsp cinnamon divided (*1/2 tsp in filling and 1/2 tsp for topping*)
1/8 tsp salt
1 package filo dough (*if you can get the 8" or 9" x 14" sheets that is the easiest*)
1/2 c unsalted butter melted (*1 stick*)
2 tbsp sugar

Directions:

1. Two hours before you begin, take your filo dough out of the freezer and let it defrost. You can also let it defrost overnight in the refrigerator, if you prefer.
2. Preheat your oven to 325 degrees. Cut the cored, peeled apples into very thin slices. Place the slices in a mixing bowl along with the brown sugar, vanilla, 1/2 tsp of cinnamon, and salt. Toss all ingredients with a spoon till the apple slices are evenly coated. Let them macerate for a few minutes so the apples become juicy and the sugar begins to dissolve.
3. Lightly dampen a kitchen towel (don't soak it!), and keep it with you as you work with the filo dough. (*Keep a sheet of plastic wrap with you as you work.*) Unroll your dough. Filo sheets come in different sizes, so you may need to cut your sheets to get the size you need. For each boureka, you want to create a double layer of filo dough that is about 4 inches wide and 14 inches long.
4. Folding a smaller filo sheet (8x14) in half lengthwise is the easiest way to form this double layer. If your filo sheets are larger, use scissors to cut the sheet in half lengthwise to make two rectangular pieces. Then, fold each piece in half lengthwise to create the double layer of filo you need.
5. Keep the unused filo sheets under the damp towel as you work to keep them from drying out. Filo is very delicate and prone to ripping, so if you've never worked with it before, be patient... rips will happen. It takes some time to get a feel for it.

APPLE CINNAMON BOUREKAS (con't)

6. Use a pastry brush to paint a thin layer of melted butter onto the surface of the double layer filo rectangle. Place a few slices of the apple filling in the lower left corner of the filo rectangle, following the left edge of the filo and fanning downward in a triangular shape. Fold the lower left corner of the rectangle up and over the apple filling to form a triangle of dough. Take the upper left and corner ???and fold it up and over, maintaining the triangular shape. Continue folding the filo in the same way you would fold a flag, till the entire strip is used up and a neat triangle pastry is formed.
7. Place the folded boureka on an ungreased baking sheet. Repeat process until all the filling is used up. You should end up with around 14-15 bourekas. You may need two baking sheets to fit all of the bourekas.
8. Brush each boureka with another thin layer of melted butter. Don't brush it on too heavy, or the bourekas will become very greasy. Just a light layer will do it.
9. In a small bowl, mix together 2 tbsp of sugar and 1/2 tsp of cinnamon. Sprinkle the cinnamon sugar over the top of the buttered bourekas. Place the bourekas on the middle rack of your preheated oven. Let them bake for 20-25 minutes till filo turns golden brown and the filling begins to bubble out in places. Serve warm.

Note: Once cool, they can be lightly wrapped in plastic wrap. They can be reheated at 275 degrees for about 5 to 7 minutes or until the filling is warm and the filo is crunchy again.



BAGELS

By: Mindy Miller

Ingredients:

1 c self-rising flour
1/2 c non-fat Greek yogurt
1 egg
1 egg for egg wash
Topping of your choice (e.g. sesame seeds, everything seasoning)



Directions:

1. Preheat oven to 350 degrees. Place flour in mixing bowl. In separate bowl, beat egg and then add yogurt to the egg. Pour wet ingredients into flour bowl and mix with fork until all incorporated. Knead 20 times in the bowl. Let sit for 30 minutes.
2. Boil water in large soup pot. Divide dough into 4 balls. Put your finger through the center of the ball and stretch dough to make bagel shape.
3. Place bagels gently into boiling water for 2 minutes (1 side) and 1 minute (other side). Remove and place on rack and blot dry with paper towel.
4. Place bagels onto a parchment paper lined baking sheet sprayed with Pam. Beat egg in small bowl. Egg wash the top of the bagels and sprinkle any topping of your choice. Bake for 22 minutes and then turn the oven up to 425 degrees and bake for 5 minutes or until top is brown.

NOTE:

*If you can't find self-rising flour you can mix together: 1 cup flour, 1 1/2 tsp baking powder, 1/4 tsp salt.

*If dough is sticky when forming balls, wet your hands or spray hands with Pam.



BLINTZES

By: Mindy Miller

Ingredients:

Blintz Batter:

3 large eggs
1 c flour
1 c milk
1/4 c cold water
2 tbsp vegetable oil
1 tbsp sugar
1/2 tsp salt
1/4 tsp vanilla extract

Blintz Filling:

14 oz farmers cheese
4 oz cream cheese
1 lemon zested
1 large egg
2 tbsp confectioners' sugar
1 pinch salt



Directions:

1. Preheat oven to 325 degrees. Place 3 eggs, flour, milk, water, vegetable oil, sugar, salt, and vanilla extract in blender or mix with hand beater. Blend or beat until completely smooth, 1 or 2 minutes, scraping down sides as needed. Let batter sit at room temperature for 30 minutes.
2. Whisk together farmers cheese, cream cheese, lemon zest, egg, sugar, and salt in a mixing bowl. Mix together thoroughly. Cover and refrigerate.
3. Heat a 10-inch non-stick skillet over medium-high heat. Spray or brush lightly with vegetable oil. Pour in 1/4 cup batter. Immediately swirl batter around to coat bottom of pan. Cook until surface looks dry, about 1 minute. Flip crepe over to briefly cook other side, about 30 second. Remove to plate. Repeat with the rest of batter. Stack crepes.
4. Spoon 2 to 3 tablespoons of filing onto the crepe, about an inch from edge nearest you. Fold edge over filling and flatten slightly. Fold in both sides, then roll up crepe into a small filled rectangle, ending with the seam on the bottom, creating a blintz.
5. Melt butter in skillet over medium heat. Cook the blintzes until golden brown on both sides, turning gently, about 2 minutes. Transfer to buttered/sprayed baking dish.
6. Bake in preheated oven to firm up the filing, about 12 minutes. Cool blintzes 10 minutes before serving.

CHEESE RAVIOLI

By: Tess Ianni

Ingredients:

Pasta:

1-2 c semolina flour
1-2 c all-purpose flour
3 eggs
1-2 tbsp olive oil
water
extra flour for rolling

Filling:

15 oz ricotta cheese
5 oz shredded parmesan cheese
5 oz c shredded asiago cheese
8 oz shredded mozzarella cheese
1 bunch fresh basil
2-4 garlic cloves minced
salt
pepper

Directions:

1. Mix 1 ½ cups of each flour, eggs and water in a bowl until a dough forms. If dough is too sticky add more flour. Knead dough for 5 minutes. Let rest for ½ hour.
2. Mix all filling ingredients into a bowl and place in refrigerator until needed.
3. Divide dough in half. Flour surface and roll out half of the dough into a rectangle until dough is thin enough to see through. Using a round cookie cutter or glass, cut rounds of dough. Repeat with second half of dough.
4. Line up half of the rounds and place 1 tablespoon of filling into the center of each round. Dip your finger in a small bowl of water and wet the edges of the dough. Place a second round of dough on top and pinch or crimp with a fork the edges together to form the ravioli. Continue until all dough is used.
5. Bring a big pot of water and salt to a boil. Place the ravioli in batches in the boiling water until they float to the top. Continue boiling for 3-4 minutes until done.



JEWISH APPLE CAKE

By: Judy Marcus



Ingredients:

5 large tart apples, i.e. Granny Smith	3 tsp baking powder
2 c sugar	3 c sifted flour* (see note below for adjustment for gluten free)
1 c oil (vegetable, corn, peanut or canola)	5 tbsp sugar
4 eggs at room temperature	2 tsp cinnamon
$\frac{1}{2}$ c orange juice	Optional: powdered sugar and raisins
$2\frac{1}{2}$ tsp vanilla	

Directions:

1. Preheat oven to 350 degrees. In advance, peel, core and slice apples into thin slices. Soak apples in cold water to prevent from turning brown. Set aside.
2. In a separate small bowl, mix 5 tablespoons of sugar together with the cinnamon and set aside. Use electric mixer to blend sugar and oil. Then add eggs, one at a time. Add orange juice, then vanilla. Add flour and baking powder, slowly, to mixing bowl. Mix well.
3. Drain and blot the apples (add raisins if desired). Spray baking pan with Baker's Joy or coat pan with shortening. Pour half of the batter into a tube pan. Sprinkle some of the cinnamon, sugar mixture on to the batter. Add layer of drained apples and sprinkle more cinnamon & sugar mixture on the layer of apples. Add the remaining batter. Repeat same steps... layer of cinnamon mixture, apples and more cinnamon mixture. For this layer, nicely arrange apples on the batter as this is what will be visible when finished baking.
4. Bake at 350 degrees for 75 minutes. Check the cake for doneness after 75 minutes. If toothpick shows cake is not done, return the cake to the oven. Check again after 5 minutes. When cake is done, remove from the oven and place on a cooling rack.
5. Wait for at least 15 minutes before removing cake from the pan. You can wait longer, even overnight. When ready to remove from tube pan, separate tube section with the cake from the outer pan. Then flip onto a plate. Cake should easily settle onto the plate. The side with the apples should be "face up." When cooled, sprinkle with powdered sugar if desired.

PASTA SAUCE

By: Tess Ianni

Ingredients:

28 oz can crushed tomatoes
1 can tomato paste
1 tbsp sugar
2-4 cloves minced garlic
1 diced onion
1 diced red bell pepper
dry red wine (optional)
olive oil
grated/shredded parmesan fresh/dried
basil
oregano
parsley
salt
pepper



Directions:

1. Heat the olive oil over high heat until it shimmers. Sauté the onions and red pepper, stirring frequently, until they soften and shine (about three minutes). The onions should sizzle and hiss as they cook. Add the garlic. Stir to combine. This prevents the garlic from burning. Cook an additional two minutes. Add the basil, oregano, parsley salt, pepper and sugar. Stir, cook for about a minute. Add the tomato paste and stir, cook for about a minute.
2. Add the crushed tomatoes. Scrape the bottom of the pan to remove any stuck on bits. Reduce heat to low. Stir in 1/4 cup dry red wine or water. If the sauce seems too thick, add additional wine or water.
3. Allow sauce to simmer for 10 minutes to up to one hour. If simmering for longer, stir the sauce occasionally and add additional water as needed to keep the sauce at the correct consistency. Serve with parmesan cheese.

PUMPKIN BISCOTTI

By: Karen Federman-Ellner



Ingredients:

4 tbsp butter, softened
2/3 c sugar
1 1/4 tsp pumpkin pie spice OR 3/4 tsp cinnamon plus 1/4 tsp nutmeg and 1/4 tsp ginger
3/4 tsp cinnamon (additional)
1 1/2 tsp baking powder
1/2 teaspoon salt

1 large egg, room temp
1/2 c pumpkin puree (canned pumpkin puree NOT pumpkin pie filling)
2 c unbleached all-purpose flour OR Measure for Measure Gluten Free flour

OPTIONAL: 1/2 cup mini chocolate chips and coarse sparkling sugar

Directions:

1. Preheat oven to 350 degrees. Line a large baking sheet (about 18 x 13) with parchment paper.
2. In a medium sized mixing bowl, beat the softened butter, sugar, spices, baking powder, and salt until the mixture is smooth and creamy. Beat in the egg and pumpkin puree.
3. Using mixer's low speed, add flour, mixing until smooth. The dough will be sticky. Don't overmix. If adding chocolate chips, do it now and gently fold in.
4. Scoop half the dough on one side of the baking sheet (long way) and the other half on the other side. Shape into two logs about 10" x 2 1/2". Pat the logs into long rectangles and smooth the tops and sides. If necessary, you can use a wet bowl scraper (spatula).
5. Sprinkle the tops of the logs with coarse white sparkling sugar and/or cinnamon-sugar, if desired. Pressing it in gently.
6. Bake the dough for 25 minutes. Gluten free, bake for 30 minutes. Remove from oven. Reduce oven temperature to 325. Wait 5 minutes, then use a sharp knife to cut the log crosswise into 1/2" slices. Cut straight through to get them as even as possible, so that they dry out uniformly.
7. Once cut – spread them out a little, so that they dry out evenly on both sides. Return them to the oven for 30 to 35 minutes, depending on your preference. They will still feel a little soft in the middle.
8. Turn off the oven and crack the door. Let the biscotti cool in the oven. Remove when cool. Store in an airtight container at room temperature for several days; or freeze, well-wrapped, for longer storage.

Sweet Noodle Kugel Recipe (My Mother's and Probably a lot of our Mothers!)

By: Diane Singer

Ingredients:

1/2 lb. fine or wide egg noodles, cooked & drained
8 oz cream cheese
1 c sugar
8 eggs
1 pt. sour cream
1/4 lb. margarine, melted
1 tsp. vanilla



Topping (optional)
Cinnamon & sugar mixture

Directions:

1. Pre-heat the oven to 350 degrees. Grease a 9 x 13 pan.
2. Cook the noodles according to the directions on the package. Spread the cooked noodles in the greased 9 x 13 pan.
3. Using a mixer, blend the cream cheese & sugar. Add the eggs, one at a time, and then add the remaining ingredients.
4. Pour the mixture over the noodles. Do not stir! Bake at 350 degrees for 1 hour. (Use a knife to test if done)
5. Sprinkle the topping on the kugel, either while warm or cooled down.

Use as a side dish. It may be served warm or cold.
The quantity depends on the size of the pieces you cut (16+).

SWEET POTATO CASSEROLE

By: Joan Treske

Ingredients:

4 sweet potatoes
1/2 c maple syrup
1/2 c orange juice
pecans or marshmallows for the topping
optional ingredients: vanilla or bourbon



Directions:

1. Preheat oven to 325 degrees. Put a pot of water on the stove and bring to a boil.
2. Cut off a small portion of the ends of the unpeeled sweet potatoes and place in boiling water and boil until the skins loosen. Place sweet potatoes into a colander and run cold water over the potatoes and allow to cool.
3. Once cool, slid the skins off the potatoes and discard (or put in your compost pile). Put the potatoes in a mixing bowl and mash on low speed. Add approximately 1/2 cup of maple syrup and 1/2 cup of orange juice. Continue to blend with your mixer. Pour blended ingredients into a sprayed casserole dish
4. Add pecans to the top for a vegan casserole. Add marshmallows to the top for a non-vegan casserole.
5. Bake for 30 minutes. (If using marshmallows bake for 20 minutes and then add the marshmallows the last 10 minutes.)

This recipe freezes very well - If planning on freezing:

-do not bake the potatoes

-add the pecans or marshmallows when baking and ready to serve.

VEGGIE NOODLE KUGEL RECIPE

By: Diane Singer

Ingredients:

1/2 lb. wide noodles, cooked & drained
1 onion, chopped
1 head of broccoli, chopped
1 zucchini, chopped
Spinach (Fresh or frozen)
1 package of mushrooms, chopped
olive oil
3 eggs
1 cup of sour cream
1 cup of non-fat Greek yogurt (or 2 cups yogurt skip the sour cream)
salt, pepper, garlic, parsley, paprika



Directions:

1. Pre-heat the oven to 350 degrees. Grease a 9 x 13 pan.
2. Sauté the onions and mushrooms in a skillet. Add fresh spinach towards the end. If using frozen spinach, no need to cook, just squeeze out the excess water.
3. Place the broccoli and zucchini in a microwavable bowl with a little water and steam for approximately 2 – 3 minutes. Just enough to soften up.
4. Combine eggs, sour cream, and yogurt in a bowl. Then add veggies & noodles. Add desired seasonings.
5. Pour into greased 9 x 13 pan. Bake at 350 degrees for 45 to 50 minutes.

Serve warm. Leftovers...Sprinkle shredded cheese on top then reheat...Yum!