

TUV HASHAVUA: BEST OF THE WEEK



TUV HA'ARETZ CSA
AT THE
FOREST HILLS
JEWISH CENTER

Capture Family Recipes

Steve Pender, familylegacyvideo.com

Stuffed cabbage: It's one of my ultimate comfort foods, as well as a delicious reminder of my Polish heritage. Luckily for me, my mother-in-law is the "Queen of Cabbage." She brought her family recipes with her when she emigrated from Poland in 1960. Forty-nine years later, she's still at the top of her game in the kitchen. For me, her stuffed cabbage is the stuff of which dreams are made. Few of her recipes, however, are written down. And when it comes to measuring ingredients, she basically works on the "a little of this, a little of that" standard, which makes preserving her recipes and techniques a bit of a challenge.

Sound familiar? Is your mom, mother-in-law, grandmother or other relative a great cook who works from memory and not from written recipes? Do you want to be able to recreate those scrumptious dishes and pass along your family's culinary traditions to your children and grandchildren? If so, how do you go about it?

Why not try video?

Heck, cooking shows and demonstrations continue to be all the rage on television. We even have entire cable channels filled with nothing but cooks and chefs frying, sautéing, poaching and baking up a storm. Why not take a cue from them and videotape your own family chef as he or she creates some of your clan's signature dishes?

Let's say your subject is stuffed cabbage and the cook in question

Watch How Mom Did It!

Stephanie Barlow, thekitchn.com

It's something we tend to think of too late: "Remember how amazing Grandma's lace cookies were? It's too bad we never asked her for the recipe." And if your grandma was like mine, even a recipe wouldn't have helped much as she tended to use it as a guideline, following some steps and ingredients, but adding her own intuitive touches.

My stepmom's family got it right — read on to find out how they captured their mom's bread-making techniques, and for some tips on preserving cooking skills in your own family!

My stepmom's mother was famous for her homemade bread and cinnamon rolls — she made bread almost every day and always had a loaf to share with friends and family. She was notorious for doing things her way, so the family knew that simply copying down her recipes wouldn't work — they wouldn't be able to tell exactly the way she kneaded the dough or rolled the filling into the sweet cinnamon rolls.

This, they decided, was a task best captured by video, so they set up in her kitchen and filmed the whole process.

For Christmas that year, the family edited the footage and distributed DVDs to everyone in the family.

Isn't that a great idea? If you would also like to preserve recipes from a family member, here are a few tips.

Recording recipes can be a challenge, especially if the cook relies on memory to make the dish. Be sure to ask every question that

"B" WEEK #24 11/11/2014 Thanks to Our Volunteers:

11/11 Pick-up: 5:00 to 8:00PM

Janet Schulz

Mary Beth Bentaha

Jon Krosney

1 PM Truck Delivery:

Jessica Young, Judy Trupin

8 PM Unclaimed Shares Delivery:

Daniel Korb

11/18 Pick-up: 5:00 to 8:00PM

Karen Solomon

Takashi Yoneta

Amy Keyishian

1 PM Truck Delivery:

Marci Birnbaum

8 PM Unclaimed Shares Delivery:

Sam Guzik

TWO PICKUPS NEXT WEEK!

NOTE: Tues 11/18 (Summer)

AND Thurs 11/20 (Winter)

2 Summer Pick-ups Left!

Final pick-up 11/25

First Winter Share Pick-up:

Thurs 11/20

PURCELL FARMS GRAIN-BEAN-FLOUR SHARES TODAY (for B-week folks who did not pick up last week)

TUV HA'ARETZ CSA at the
Forest Hills Jewish Center

106-06 Queens Blvd.

Forest Hills, NY 11375

718-264-7000, ext 250 | tuv@fhjc.org

- **Tuv Ha'Aretz CSA:** foresthilstuvcsa.com
- **Facebook:** www.facebook.com/tuvFHJC
- **Twitter:** @tuvFHJC
- **Golden Earthworm:** goldenearthworm.com
- **FHJC:** www.fhjc.org
- **Hazon:** www.hazon.org

"Capture..." cont'd from page 1 is your mother-in-law. You might begin your video with a brief on-camera interview, during which she relates the history of the recipe: how she learned to cook it and any memories associated with it. Then we pick her up in the kitchen. She shows you the ingredients involved and then launches into the preparation. Along the way you check her food and spice measurements and she shows off her cooking techniques. Perhaps you throw a second camera into the mix in order to get some close-ups – just like they do on the Food Network. You also take advantage of your time together to chat her up and get her to tell some family stories. In the end, you not only document the creation of a wonderful dish, you also capture some fascinating and fun family lore.

After all, the tastes and aromas of our signature family recipes carry lots of associations linked to the special people and times in our lives, including the love that generations of family cooks have liberally sprinkled into the mix. That's what I taste whenever I bite into one of my mother-in-law's homemade stuffed cabbage. It's also what you'll pass along to your children, grandchildren and great-grandchildren when you celebrate your own family cooks on video.

Steve Pendar produces professional quality, budget-minded family video films, after retiring from a NYC-based career in corporate video production.

pops into mind, and if you have the time, try out the recipe at home once or twice and go back for another round of questions before finalizing the recipe. Cooks who've been making a dish for years and years tend to forget key steps and how to tell, for example, when bread dough has risen enough other than that it "just looks right."

An even better option is to make the dish yourself and have your loved one taste it and provide feedback. Was the crust crisp enough or too crunchy? Did you forget to serve it in the traditional way?

And while you're jotting down the recipe, ask questions to provide context to the dish – when and where did they first make it? What memories does the dish bring to mind?

With today's iPhones and smartphone technology, filming a recipe and editing the footage is easier than ever. You can even do it all on the device through a few helpful video editing apps, such as the following:

- iMovie (free, iTunes) - App version of the built-in Mac editing program allows simple videos and trailers.
- Afterlight (\$0.99, iTunes) - Simple editing app with a boatload of extra filters, textures and adjustment tools.
- Video Maker Pro (Free, GooglePlay) - Basic video editing for Android with simple trimming and video assembly.

If you're gathering several recipes, why not include them in your own special family cookbook? Many photo websites allow you to add text to pages, and there are even custom cookbook websites out there, offering to do the formatting work for you – try searching online for "photo books" or "self-publish cookbooks."

Stephanie Barlow is an enthusiastic home cook in NYC. She vlogs about her cooking at citycookin.com.

11/11 What's in the Box:

Tosceno Kale, Butternut Squash, Nicola Potatoes, Beets, Fennel, Cauliflower, Broccoli, Hakurei Turnips or Escarole or Carrots

GOLDEN EARTHWORM NOTES:

What a fantastic box we have for you (again) this week! We're trying to give everyone 2 weeks worth of our glorious fall carrots, so if you don't get them this week, you can expect them in the last two shares - unless something unexpected happens!

Please note: the FRUIT SHARE ended last week.



SHEPHERD'S PIE foodnetwork.com | Serves 6-8

6 medium potatoes, peeled and diced
Kosher salt
2 tablespoons extra-virgin olive oil
1 large onion, diced
3 large carrots, cut into ½-inch chunks
1 medium turnip, cut into ½-inch chunks
6 cloves garlic, minced
Freshly ground pepper
1½ tablespoons Worcestershire sauce
5 tablespoons butter
¾ cup chopped cooked veggie burgers OR 1 cup cooked, drained, chopped squash, broccoli, fennel, kale, cauliflower, etc. (leftovers are great)
¾ cup milk or half-and-half
Fresh or dried herbs, such as rosemary, parsley
Grated cheddar cheese, for sprinkling over

Preheat the broiler. Cover the potatoes with water in a pot; season with salt, cover and boil until the potatoes are fork-tender, 15 minutes.

Heat the oil in a stovetop casserole dish or shallow enamel pot over medium-high heat. Add the onion, carrots, turnips and garlic. Season with salt and pepper and cook until the vegetables lightly brown, 8 minutes. Add 1½ cups cooking liquid from the potatoes to the casserole dish. Lower the heat and scrape up any browned bits with a wooden spoon. Cover and simmer until the vegetables are tender, 8 minutes.

Heat oil in a frying pan over medium-high heat. Heat veggie burgers and/or cooked vegetables until lightly browned. Add to vegetables in the first pan. Stir in the Worcestershire sauce, 2 tablespoons butter and warm through, 5 minutes.

Drain potatoes and mash with the remaining 3 tablespoons butter and the milk; season with salt and pepper and spoon over the casserole. Sprinkle with cheese, if desired. Broil until golden brown, 5 minutes.

