

TUV  
HA'ARETZ  
CSA 2016



# TUV HASHAVUA

## BEST OF THE WEEK

### Jewish Holiday Cooking Tips and Ideas

*Leah Koenig interviews Jayne Cohen, The Jew & the Carrot*

When I first began writing about food many years ago, I didn't write about Jewish cuisine. There was a stereotyped perception of Jewish aesthetics: "beauty" was equated with assimilation, or with other ethnic groups and Jewish food was marginalized. Still, I loved these foods at home with a private passion.

Then too, growing up in heavily Jewish New York in the sixties, I saw focusing on my ethnic identity as divisive. Ironically, it was through involvement in the civil rights movement that I eventually came to appreciate my roots: not only were other minority cultures beautiful, but so was mine. Then, when my grandmother died and we had to make the seder meal without her, my family had no idea how to make many of her Ashkenazi recipes. So much of Jewish cuisine is *bubbe* cuisine, grandmother cuisine. But what happens, I wondered then, when the grandmothers die and there are no new generations who know how to prepare these foods?

Still, cooking Jewish food shouldn't mean trotting out culinary dinosaurs for the holidays. So I began to experiment and improvise a lot with Jewish recipes. By the time I began writing my first cookbook, *The Gefilte Variations*, I was concerned with creating new Jewish food memories for my daughter, because Jewish cuisine is not only our link to the past – it's also a bridge to the future.

I learned from many readers that they were cooking Jewish foods mostly on the holidays. And since Jewish holidays are about not just food, but celebrating with family and friends, I wanted to provide much more information than I had previously for holiday celebrations: stories, history, traditions, how-to's. I wanted this information to be accessible to those at all levels of observance, from Orthodox to Reconstructionist and Reformed, interfaith to secular. *Jewish Holiday Cooking*, I hoped, would be the go-to book for the wide tent that is contemporary Judaism – and for those simply intrigued by our beautiful food.

Above all, making a Jewish holiday meal is about folding people into the warm embrace of your family. So making everyone feel welcome, savoring the food leisurely and joyously – these are the most important recipes for magical holiday memories. Even chicken put through Woody Allen's "deflavorizer" won't taste half-bad at a happy table; the sweetness of laughter will endure long after the honey cake. Oh, and some wonderful wine helps too!

When planning the menu, remember that the holidays are rooted in the rhythms of the seasons. Relying on fresh, local foods not only speaks to Jewish concerns for balance and the order of the universe, but also makes it simpler to create something special: peak season produce requires a lot less *potchkeching* to taste spectacular.

**ALL OCTOBER  
PICK-UPS are on  
THURSDAYS!**

**SHANA TOVA !!**

**Final Pick-up for this  
season: 11/22 TUESDAY**

**9/27/2016  
[Week #18 – A]**

4:45-8pm Pick-up

**Laura Marks**

**Barry Bank**

**Alfred Rosenblatt**

**Jeremy Buchman**

12:45 pm Truck Unloading

**Brian Gardner Hoashi**

8pm Unclaimed Shares

**Barbara Horton**

**MANY THANKS TO  
OUR VOLUNTEERS**

**10/4/2016  
[Week #19 – B]**

5-8pm Pick-up

**Alison Hartwell**

**Adriana Solis**

12:45 pm Truck Unloading

**Jessica Keane**

**Brian Gardner Hoashi**

8pm Unclaimed Shares

**Judy Hurwitz**

**WINTER SHARES**

**Please respond ASAP!**

**[tinyurl.com/tuvsoll](http://tinyurl.com/tuvsoll)**

**Winter Organic**

**Vegetable Share - \$82**

**10 lb box x 4 deliveries**

**Winter Apple Share - \$26**

**4 lb bag x 4 deliveries**


**12/13, 1/10, 2/7, 3/7**

**9/27 [A] : WHAT'S IN THE BOX??****Winter Squash, Red or Yellow Potatoes, Yellow Onions, Napa Cabbage, Mystery Vegetable (Farmer's Choice!)****FRUIT: Peaches and Gala Apples**

Many holiday foods are richer and more complex to prepare than everyday food, so pair them with lighter and less labor-intensive choices. Offer steamed broccoli or roasted asparagus instead of broccoli kugel alongside potatoes. It's always a good idea to prepare some foods ahead, but especially helpful for novice cooks. However, I often find that when foods are readied in advance, the vibrant notes of aromatics, herbs, and spices flatten out. Perk up these dishes with an infusion of bright flavors just before serving: a shower of the fresh herbs you've cooked with, or a squeeze of lemon juice and a grating of lemon zest.

Pot-luck holiday meals are a wonderful way to encourage guests' participation. Think beyond potluck break-the-fasts to potluck Hanukkahs, when everyone brings a different kind of latke, homemade applesauce, or other accompaniment. How about a leavened-breads-fest, before or after Passover? And if a guest asks what to bring to your holiday meal, suggest dessert – unless you've already prepared it in advance, chances are you'll be using the oven for something else.

Jewish holidays are a foodie's delight because each one has a unique taste. So each holiday has its special charms for the foodie in me — for instance, the collision of summer and fall at the Greenmarket, providing quick-growing vegetables, golden squashes, and new fruit for Rosh Hashanah.

Today many Jewish holiday foods are celebration foods, not ones we eat every day. When I serve them, I round out the meal with fresh salads, seasonal vegetables and fruits – balance is key here. I also trim off meat fat and thoroughly skim soups and gravies. I use meltingly tender cubes of eggplant instead of gobs of butter to moisten kasha varnishkes and reduced carrot juice to make Rosh Hashanah carrots more carrot-y and sugary without added sweetening. 

*Jayne Cohen is the author of "Jewish Holiday Cooking" and "The Gefilte Variations".*

"Cooking," cont'd from page 1 ...

**Winter Squash Bisque***marthastewart.com | Serves 4*

2 acorn squashes (3 pounds total)  
1 tbsp butter  
1 medium onion, finely chopped  
Coarse salt and ground pepper  
1/2 tsp fresh thyme leaves, plus more for garnish  
1 can (14 1/2 ounces) reduced-sodium chicken broth  
1/2 cup half-and-half

Place squashes on paper towel and microwave on high just until tender when pierced with the tip of a paring knife, 8 to 10 minutes. To speed cooling, remove from microwave and halve each squash lengthwise. Scoop out and discard the seeds. Scrape out flesh into bowl; discard skin.

In large saucepan, heat butter over medium. Add onion; season with salt and pepper. Cook, stirring occasionally, until tender, 3 to 5 minutes. Add squash, thyme, broth, and 2 cups water. Bring to a boil over high heat; reduce to medium, and cook until squash is very tender, 10 to 12 minutes.

Working in batches, puree mixture in blender until very smooth, about 1 minute. Return to pan; add half-and-half, and season generously with salt and pepper. Thin bisque, if needed, by adding more water. Serve garnished with thyme.

**Quick Kimchi***sheknows.com | Home refrigerator pickle version*

3 cups chopped napa cabbage  
1 tbsp sambal oelek (an Eastern hot sauce)  
3 tbsp rice wine vinegar  
4 garlic cloves, sliced  
large pinch of salt

Combine well, cover, and chill overnight. Eat right out of the bowl!

**Roasted Rosemary and Onion Potatoes***bettycrocker.com | Serves 4*

4 medium potatoes (1 1/3 pounds)  
1 small onion, finely chopped (1/4 cup)  
2 tbsp olive or vegetable oil  
2 tbsp chopped fresh rosemary leaves or 2 tsp dried  
1 tsp chopped fresh thyme leaves or 1/4 tsp dried  
1/4 tsp salt  
1/8 tsp pepper

Heat oven to 450°F. Grease jelly roll pan, 15 1/2x10 1/2x1 inch. Cut potatoes into 1-inch chunks. Mix remaining ingredients in large bowl. Add potatoes; toss to coat. Spread potatoes in single layer in pan. Bake uncovered 20 to 25 minutes, turning occasionally, until potatoes are light brown and tender when pierced with fork.

**Golden Earthworm CSA Harvest Festival  
Sunday, October 16th from 11am-3pm**