

Marinades are seasoned liquids which add flavor and tenderize food. Most marinades include an acidic ingredient such as lemon juice, vinegar or wine along with herbs and spices.

Ingredients:

1/2 cup honey

1/2 cup fresh lemon juice

1/4 cup extra virgin olive oil

3 tablespoons fresh thyme leaves

1 tablespoon Dijon mustard

1/2 teaspoon kosher salt

1/2 teaspoon red pepper flakes



Lemon Honey Thyme Marinade

A delicious way to use honey, one of the traditional foods eaten during the holiday season. Try this marinade on lamb, chicken or fish.

Combine all ingredients in a small sauce pan. Over medium heat, bring to slight simmer then remove from heat immediately. Set aside to cool. Reserve about ¼ of warmed marinade.

If using with lamb, pierce four lamb chops with a fork several times on all sides and then coat with marinade. Leave for at least four hours or overnight in a plastic bag (with air squeezed out) in the refrigerator. Remove the chops discard the remaining marinade. Broil or grill lamb chops over medium heat to desired doneness about 3-4 minutes per side for medium rare).

If using with chicken or fish: Follow directions above except DO NOT pierce the chicken or fish and adjust the cooking time to reach the desired doneness

A chicken is one of the easiest foods to prepare, however cooking it so that it is cooked through—but not dry—may take a bit of trial and error. Just don't forget to let it "set" for at least 15 minutes (longer for larger birds) before carving to keep in the juices.

Ingredients:

- 1 whole chicken or capon
- 1 whole lemon
- 1 whole medium onion

Easy Roast Chicken

Another holiday food tradition is to serve fish and fowl whole—representing the hope for wholeness in the coming year.

If you have a self-cleaning oven, preheat oven to 500 (yes, that's 500) degrees F. If you do not have a self-cleaning oven then pre-heat to 350 degrees F.

Clean the chicken or capon inside and out, plucking any remaining feathers with a pliers or whatever works for you.

Wash the lemon and cut in half. Wash, peel, remove the ends of the onion and cut in half. Stuff the bird with both halves of the lemon and onion. Place chicken wing-side up in a roaster pan or doubled 1/2 steam-table size aluminum pan and place in preheated oven. Roast for 3/4 of the time needed to cook through, about 35 minutes at 500 or 45-50 minutes at 350. At this point remove from oven, and using either silicone glove pot holders or 3 layers of surgical gloves, turn the bird breast up. Return to oven and cook for about 10-15 minutes at 500 or 20-25 minutes at 350, checking doneness wiggling the legs after lower amount of time. Bird is done when legs wiggle freely (without resistance).



Dough

1/2 cup lukewarm water
6 Tbs. safflower oil or margarine,
melted
1/4 cup honey
2 large eggs
4 cups (17 oz) Unbleached All
Purpose Flour
1 1/2 tsp. salt
1 Tbs. instant yeast

Apple Filling

2 med.-lg. apples, NOT peeled;
cored and diced in 3/4" chunks
1/2 tsp. ground cinnamon
1/4 cup granulated sugar

Glaze

1 lg. egg beaten with 1 tbs. water
coarse white sugar, optional



Yummy Apple Challah (page 1)

We all know about dipping apples in honey; here is another way to enjoy this delicious combination.

- Combine all of the dough ingredients, mix and knead by hand on a floured surface or by mixer until soft and smooth. It should pass the “poke test” (if you poke it with a floured finger the depression will immediately start to fill in).
- Allow the dough to rise, covered with greased plastic wrap, for 2 hours, or until it's puffy and nearly doubled in bulk. .
- Lightly grease a 9" or 10" spring form pan
- Toss the apple chunks with the sugar and cinnamon.
- Gently deflate the dough, transfer it to a lightly floured work surface, and flatten it into a rectangle, about 8" x 10".
- Spread half the apple chunks in the center of the dough.
- Fold a short edge of the dough over the apple to center of dough, patting firmly to seal
- Spread the remaining apple atop the folded-over dough
- Cover the apples with the other side of the dough (like a letter) again patting firmly. *(Continued on next card)*

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Glaze

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coarse white sugar, optional



Yummy Apple Challah (page 2)

We all know about dipping apples in honey; here is another way to enjoy this delicious combination.

- With a knife or scissors, cut the apple-filled dough into 16 pieces by cutting in half, then each half in halves, etc. This will be VERY messy; apples will fall out, sugar syrup will ooze... Don't stress about making all the pieces the same size.
- Lay the dough chunks into the pan; crowding so they all fit in a single layer (barely). Lots of apple will fall out; just tuck them in among the dough pieces, or spread them on top.
- Cover the challah gently with lightly greased plastic wrap and allow it to rise for about 1 hour, or about 2". Towards the end of the rising time, preheat the oven to 325°F.
- Whisk together the egg and 1 tablespoon water. Brush the dough with the egg mixture, and sprinkle heavily with the coarse sugar, if desired.
- Bake for 55 minutes, or until top is light brown all over, with no white spots. Some of the pieces may char; that's OK.
- Remove from the oven After 5 minutes loosen the edges

This light and easy soup is a refreshing start to any Sukkot meal. Or serve with fresh, crusty bread and salad for a delicious—and filling—meal.

Ingredients

2 cans (46 oz. each) tomato juice
3 large garlic cloves, chopped
2 tsp. ground cumin
2 tbsp. extra virgin olive oil
Juice of two large limes (about 1/2 cup)
Tortilla chips, crushed (optional)



Light & Easy Tomato Lime Soup

Sukkot with a Southwest flair...more to follow!

- In a large, deep heavy-bottomed soup pot, heat the olive oil until just barely smoking.
- Add the chopped garlic and cumin. Sauté, stirring constantly, until aromatic.
- Immediately add the tomato juice. Stir to blend.
- Cover and cook over medium heat until the soup boils. No need to watch over the soup; if it boils for a while (20-30 minutes) it's no big deal.
- Add the lime juice, stir.
- Bring to a boil again, but this time don't let it boil more than 5 minutes.
- Serve garnished with crushed tortilla chips.

Ingredients

extra virgin olive oil
1 1/2 lb. chicken pieces
Flour, salt & pepper for dredging
8 oz. sausage (may mix several kinds, or even use hot dogs)
1 lg. onion, thinly sliced
1 each, red & yellow pepper, cored, seeded and julienned
3 lg. garlic cloves, chopped
1 1/4 cups converted long-grain rice
1 can chicken broth (14 oz) + 1 cup water; OR 3 cups home-made chicken broth
Pinch of saffron or 1 tsp. ground turmeric
1/8 tsp. ground cayenne pepper

Sukkot Paella

This Paella has become a tradition for the first meal in our sukkah. It's a colorful, impressive (and surprisingly easy) one-pot meal!

- Clean and dry the chicken pieces. Dredge in the flour, salt and pepper mixture.
- Heat olive oil in a large, heavy skillet with a lid. Add the chicken and brown on all sides. Remove from the pan.
- Add the sausage to the chicken drippings and brown. Remove from pan.
- Pre-heat oven to 375 degrees
- Add the garlic, onion and peppers to the pan (you may need to add olive oil). Cook until soft. Leave in the pan.
- Stir in the rice, chicken broth, and spices. Stir.
- Add the chicken and sausage to the mix. Bring to a boil.
- Cover the pan and turn down the heat. Cook on top of the stove until the liquid is almost all absorbed (about 20-25 minutes)
- Place in oven until all liquid is absorbed and chicken is cooked through (about 15-20 minutes). Serve in the cooking pot.

