

Recettes de la famille Fern

Ricette di famiglia Fern

רעסיפעס פון די פערן משפחה

Oppskrifter av Fern familien

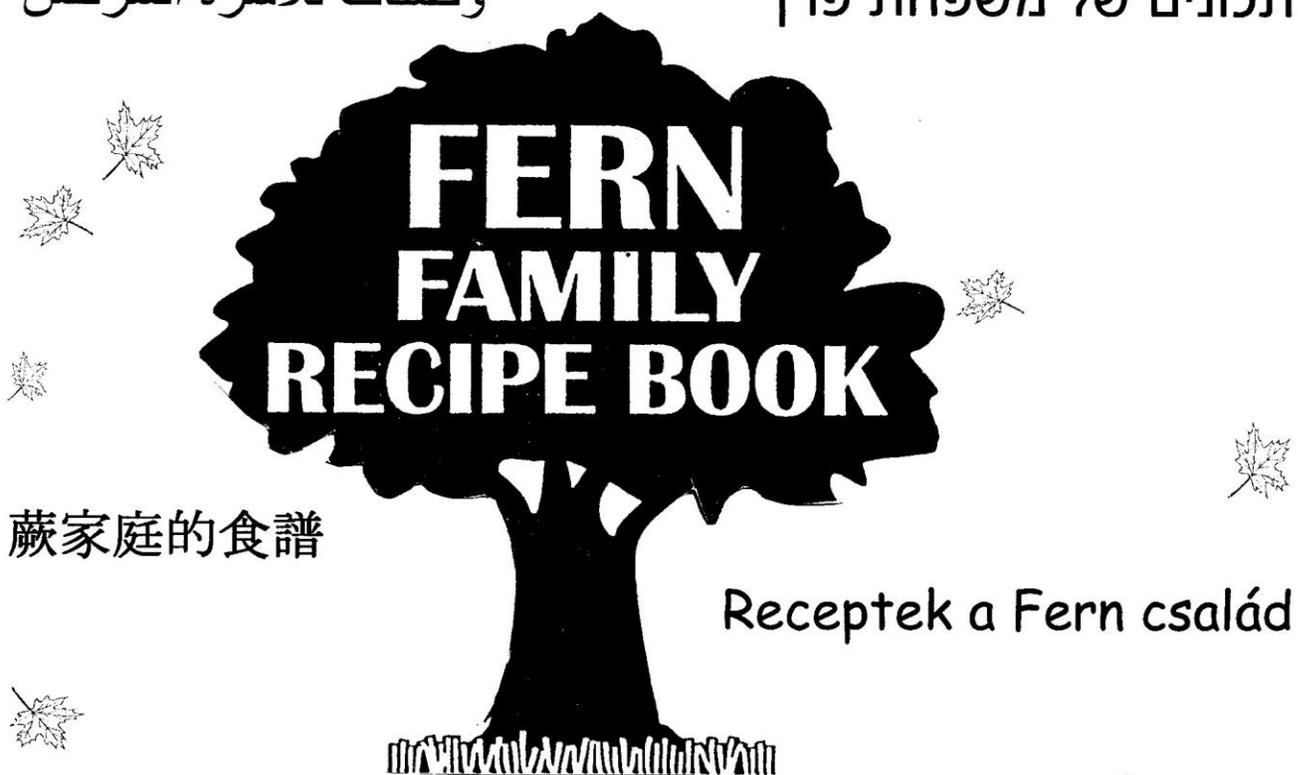
ס'עסן פון די פערן משפחה

고비 가족의 조리법

Recipes of the Fern Family

وصفات للأسرة السرخس

תכונים של משפחת פֶרן



蕨家庭的食譜

Receptek a Fern család

Συνταγές της φερν Οικογένειας

Przepisy z Rodzina Fern

Rezepte der Fern Familie

РЕЦЕПТЫ СЕМЬИ ФЕРН

フーンファミリーのレシピ

Receptur rodzinnych Fern

Recetas de la familia Fern

# ***FERN FAMILY RECIPE BOOK***

# *FERN FAMILY RECIPE BOOK*

*Traditional Recipes of Fern & Related Families*

*Edited by Linda Dinerstein and William H. Fern*

*With special thanks to Yvette Scharf*

*Fern Family History Project*

*Westport, Connecticut*

This edition is published in printed, digital, and compact disc formats.

Copies have been distributed to members of the following related families, originating in Eastern Galicia, Austria-Hungary (later Poland, present-day Western Ukraine) and descending from:

Leib Moshe Fern and Feige Klinghoffer of Drohobycz  
Elias/Elio Fern and Chana Lang of Sambor  
Ephraim Fishl Fern and Chaya Ettel/Ethel Kolten of Wolostkow near  
Sadowa-Wisznia  
Hersh Zvi Fern and Ettel Netta Marienstrauss of Wolostkow  
Chana Sura Fern and Menachem/Maier Mendel Wind of Sadowa-Wisznia  
Samuel Fern and Necha of Rudki  
Moshe Fern and Machle Leichen of Grodek Jagiellonski  
Israel Fern and Rechel/Regina Knesbach of Kolomea

*Copies have been deposited in the United States at the Library of Congress, Yivo Institute, and the American Jewish Historical Society, and in Israel at Beth Hatefutsoth (Museum of Jewish Diaspora), and the Jewish National and University Library.*

Second edition published in U.S. in 2011

First edition published in U.S. in 1997

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## *Preface to Second Edition*

In 1997, members of Fern Family #1 were invited to participate in producing a family recipe book. In those days, we thought that those persons constituted almost the entire family. How wrong we were! Since the first edition of this book, we have made contact with several hundred more people who are Fern descendants and relatives. We have learned that all descendants of any of the following ancestors, who lived in Eastern Galicia, Austria-Hungary (later Poland, present-day Western Ukraine), are related to each other:

Leib Moshe Fern and Feige Klinghoffer of Drohobycz  
Elio Fern and Chana Lang of Sambor  
Ephraim Fishl Fern and Chaya Ettl/Ethel Kolten of Wolostkow near  
Sadowa-Wisznia  
Hersh Zvi Fern and Ettl Netta Marienstrauss of Wolostkow  
Chana Sura Fern and Menachem/Maier Mendel Wind of Sadowa-Wisznia  
Samuel Fern and Necha of Rudki  
Moshe Fern and Machle Leichen of Grodek Jagiellonski  
Israel Fern and Rechel/Regina Knesbach of Kolomea

Because of this, the time has come for another Fern Family Recipe Book to include representatives of all the other families discovered in the past twelve years and those of Fern Family #1 who were too young or otherwise did not participate back in 1997. Hence, this second, expanded edition with 94 additional new recipes. Copies are being distributed to members of all the families.

We have encouraged the contribution of a recipe from every family so all are represented. Sadly, some of the original contributors are no longer with us. This book includes all the recipes, their associations with family memories, and other writings that were in the first edition, as well as the newly submitted recipes. The preponderance of recipes from Fern Family #1 reflects some aspects of the recent historical research of the family. As their designating number shows, this branch was the first to be researched; their descendants are the most numerous; and, they were the sole contributors to the first edition.

Not all of our family lives in an English-speaking country, so we invited people to submit recipes and their associated memories in any language they chose. In cases where they did, we include these in the original language along with an English translation. In those cases, metric measurements have been converted to English ones.

Readers will notice that in some cases, several recipes for the same popular dish have been included because each version is traditional in that household, and as such, deserves to be preserved. Also, we think that experienced cooks may find it interesting to compare variations.

I am particularly grateful to Linda Dinerstein who typed, formatted and edited persistently and always in good humor.

We hope that readers and family cooks will enjoy making these recipes while knowing their origins, and then serving them, just as the editor, Linda Dinerstein, has enjoyed working on this project.

Bill Fern  
Westport, CT, July 2011

## *Preface to First Edition (1997)*

This family recipe book is a happy but completely unanticipated side result of the Fern Family History Project. When telling a friend about plans for our family reunion, she asked if I also planned a family recipe book. Recipes? I responded. What do recipes have to do with genealogy? By the time a fourth person asked me the same question, I figured we'd better have a recipe book. Published biographies, genealogical tables, and primary source materials could wait.

Several other related publications have also been unanticipated. So far we've distributed a family directory of names and addresses (which we'll need to update in a year or two), a series of newsletters (still expected to continue on an irregular basis), photographs with identifying names taken at the family reunion of June 1997 (a complete set of which we intend to publish in a biographical volume). And here comes this recipe book which was never intended at all but soon became inevitable. Now that this last tangential venture has been completed, we hope the scholarly stuff will soon follow.

The family stories which accompany these recipes make this more than a cook book. Their emotional associations humanize genealogical facts. Here are memories of good times and important people, of love and caring.

My culinary memoir, which appears toward the end of this book, started out as a light introductory paragraph to one of my mother's recipes but grew uncontrollably. Other recipe contributors can probably recount similar memories of their own. Maybe that's a theme for another family book, if someone *else* would like to edit it!

We were hoping to have this book ready months ago, in time for the reunion. As the reunion came closer and our preparations turned more frenetic, it became obvious that this project was too complicated for us to meet the original target date. We like to think that the book may have improved with the slower cooking. Many of these recipes go back quite far, some are newly traditional and a few are multiple variations of the same tradition. We must warn you that we did not kitchen-test the recipes. Besides taking more time, kitchen-testing would have produced too many calories. However, each contributor carefully approved (and often revised) each proof, and we read each recipe with a sharp eye. We feel sure you'll find that they all work.

While compiling the book, it became apparent that our family boasts many fabulous cooks. Each branch of the family has its own culinary heroines, past and present. Daughters, daughters-in-law, granddaughters and nieces pay tribute here to many master cooks of the past, and themselves, though modest, are expert cooks. All their names, both contributors and remembered ones, are listed in the Index of Names.

I regret not having personally eaten at the tables of all these fabulous cooks, but I've enjoyed the superb cooking of quite a few. In the memoir of my childhood, which deals primarily with memories up through World War II, I mention only a few who belong to the Wolf Hersh branch (Salcia Schafer, Dora Fern, and my mother, Lillian Fern). But since then, I've come to know others, especially among the Israeli cousins.

In the early days of Israel, little was available to buy. Yet, Israeli women produced marvels on two-burner cookers. On my first trip to Israel in the late 50's shortly after the War of Independence, I met two master cooks. Dora Fern Tepper is now sadly gone, but Slavka Danishevski Halleman, presently in her 80's, is still going strong. Her cooking is already a family legend. [Note: Slavka passed away in 2009 in Israel.]

Visitors to Israel remember fabulous pirogen-fests at the Hallemans. At the Teppers' country house in Zichron Yaakov, Hadara's petcha, schnitzel and shabbos chulent were unforgettable. Talent inherited from Israeli master cooks is now practiced by Rachel Bleiberg Porat and Haviva Halleman Swirski in the States and by Lonka Tepper Berlach in Canada. These last three graciously offered to supply any missing recipes needed to balance the categories in this book. Occasionally we telephoned them and they did just that, all at a moment's notice. Master cooks of the other four or five branches of the family should be noticed here, but unfortunately, I don't know them all. Some are mentioned in various introductions; others, who remain unmentioned, have reputations among their descendants and close relatives who remember their skills.

Everyone in the family responded enthusiastically to our request for recipes and historical associations. That warm response meant a lot to the editors. Contributors shared their best thoughts and, frequently, very touching memories which you will read in their tributes. Persons who could offer no special recipes sent their sincere regrets and friendly encouragement. They also offered humor and wit, like the dog biscuit recipe which made us laugh and which will make you smile, too.

We are truly grateful to everyone for their contributions and for patiently correcting endless drafts. Many probably wondered if all this would ever be printed and see the light of day. There were times when we wondered, too.

This book would not have been possible without Yvette Scharf who, probably by now, knows more family members than anyone. She embraced the idea of a historical recipe book enthusiastically from the beginning, communicated with countless family members on countless occasions, and worked steadily through the blizzard of papers. I am grateful for her thoughtful suggestions, loyal help and encouraging optimism.

— Bill Fern

For Canadian, European and Israeli Cousins

**Changing to Metric for Kitchen Use**

**\*\*\*\*\*DRY MEASURES AND WEIGHTS\*\*\*\*\***

U.S. Standard Measure

16 ounces (oz.) = 1 pound (lb.)

Metric System

1,000 milligram (mg.) = 1 gram (g.)

1,000 grams = 1 kilogram (kg.)

**Weights: Convert U.S. to/from Metric**

U.S. to Metric

ounce(s) x 28.35 = gram(s)

pound(s) x .45 = kilogram(s)

Metric to U.S.

gram(s) x .035 = ounce(s)

kilogram(s) x 2.2 = pound(s)

**Weight Equivalents**

1 ounce = 28.35 grams

1/2 pound = 8 ounces = 227 grams

1 pound = 16 ounces = 454 grams = .45 kilogram

2.2 pounds = 35.2 ounces = 1,000 grams = 1 kilogram

**Weights: Convert U.S. to/from Metric**

Formula from U.S. Measure

U.S. measure x conversion rate  
= metric measure

ounce(s) x 28.35 = gram(s)

pound(s) x .45 = kilogram(s)

Formula from Metric Measure

Metric measure x conversion rate  
= US. measure

gram(s) x .035 = ounce(s)

kilogram(s) x 2.2 = pound(s)

**\*\*\*\*\*TEMPERATURES\*\*\*\*\***

U.S. Standard Measure

Fahrenheit degrees = °F

Metric System

Centigrade degrees = °C

**Temperature Equivalents**

32° F. = Water freezes = 0° C.

68° F. = Ideal room temperature = 20° C.

98.6° F. = Normal body temperature = 37° C.

212° F. = Water boils = 100° C.

For Baking

Every increase of 25° F. = approximately an increase of 14° C.

200° F. = 93° C.

250° F. = 121° C.

300° F. = 154° C.

350° F. = 177° C.

400° F. = 204° C.

450° F. = 232° C.

500° F. = 260° C.

**\*\*\*\*\*LIQUID and VOLUME MEASURES\*\*\*\*\***

**U.S. Standard Measure**

3 teaspoons (tsp.) = 1 Tablespoon (T)  
2 Tablespoons = 1 ounce (oz.)  
8 ounces = 1 cup  
2 cups = 1 pint  
2 pints = 1 quart (qt.)  
4 cups = 1 quart  
4 quarts = 1 gallon

**Metric System**

1,000 milliliters (ml.) = 1 liter (l.)

**Liquid Measures: Convert U.S. to/from Metric**

**U.S. to Metric**

teaspoon(s) x 5 = milliliter(s)  
ounce(s) x 30 = milliliter(s)  
cup(s) x .24 = liter(s)  
quart(s) x .95 = liter(s)

**Metric to U.S.**

milliliter(s) x .2 = teaspoon(s)  
milliliter(s) x .032 = ounce(s)  
liter(s) x 4.2 = cup(s)  
liter(s) x 1.06 = quart(s)

**Liquid and Volume Equivalents**

1 teaspoon = 1/6 ounce = 5 milliliters  
1 Tablespoon = 1/2 ounce = 15 milliliters  
2 Tablespoons = 1 ounce = 30 milliliters  
3 1/3 ounces = 100 milliliters = .10 liter (.10 l.)  
1 cup = 240 milliliters = approx. 1/4 liter  
1 pint = 16 ounces = 473.2 milliliters  
1 quart = 32 ounces = 946.4 milliliters  
1.06 quarts = 33.7 ounces = 1,000 milliliters = 1 liter (1 l.)

# *Appetizers*

## Appetizers

Cheese Loaf.....	Ethel Lawless Feldman
Grandma Eva's Cheese Pancakes.....	Cynthia "Cindy" Fern Itzkowitz
Grandma Fern's Chopped Liver.....	Marjorie "Peggy" Focht Fern
Hedy's Chopped Liver.....	Dena Fern Lowenbach
Helen's Gefilte Fish.....	Dena Fern Lowenbach
Mella's Gefilte Fish.....	Leah Bleiberg Sagi
Petcha (Calves' Foot Jelly).....	Pearl Siegelman Gorelick
Stuffed Mushrooms.....	Lynda Fern Sacharov
Sylvia's Cheese Squares.....	Helene Malkin Dreskin
Todd & Erica's Turkey Day Poppers.....	Erica Sheerin
"Whatever" Spring Rolls.....	Marjorie Fern Stein
Mock Kishka.....	Marjorie Fern Stein
Vegetarian Chopped Liver.....	Nili Wexler Robbins

## Ethel Lawless Feldman

*Fern Family #1*

*I learned this recipe from a friend, Kitty Rubin, during nursing school study dates. It is great comfort food when having friends and family over! Everyone raves about this dish. Big hit! I like to serve this dish when the family from California (Gross family) comes to visit.*

### Cheese Loaf

Serves 10-12

6 ounce package plain cream cheese  
6 ounce package goat cheese

1 6" x 3 1/2" loaf pan  
2 boxes Carr's plain crackers or Jacob's cream crackers

### Pesto Sauce

1 ounce pine nuts  
3 garlic cloves  
4 ounces virgin olive oil

5 ounces of basil leaves (fresh 2 cups)  
Pinch of salt and pepper  
8 ounces sun-dried tomatoes in oil

Combine cream cheese and goat cheese and blend in food processor until smooth. Line long loaf pan with plastic wrap. Tighten with rubber band around top. Spread 1/2 cheese mix. Layer with pesto sauce. (Combine basil, olive oil, pine nuts and garlic in food processor to puree. Stir in cheese and salt and pepper.) Layer again with cheese combo. Top off with sun-dried tomatoes. (Drain oil and put in food processor until chunky.) Cover with plastic wrap and pat down. (My daughter, Madison, likes to help with this.) Chill for two hours. Remove plastic wrap. Turn upside down. Remove plastic wrap lining. Serve with crackers. Garnish with basil leaf!

\* \* \* \* \*

## Cynthia "Cindy" Fern Itzkowitz

*Fern Family #1*

*This recipe was Eva Finkelstein Schwartz's, my maternal grandmother. She made these pancakes on Shavuot or whenever she felt like making them when my husband, Sid, the children, and I visited her. The cheese pancakes were so good we didn't even wait for them to come off the frying pan.*

### Grandma Eva's Cheese Pancakes

Serves 6

3 eggs, beaten  
Salt to taste  
1/2 teaspoon sugar  
1 cup water

1/2 pound cottage cheese  
1 1/2 cups all-purpose flour  
1 teaspoon baking powder  
Butter or margarine

Combine eggs, salt, sugar, water, cheese, flour and baking powder and beat until smooth. If batter is too thick, add a little liquid.

In a frying pan, melt butter or margarine. Spoon batter into pan making pancakes about 3" rounds. Brown evenly on both sides, turning once.

Serve with syrup or jam.

*Tip: The cheese pancakes can be a main dish.*

## Marjorie "Peggy" Focht Fern

*Fern Family #1*

*I learned this recipe from my mother-in-law, Florence Tulipan Fern. While she was teaching me, it was a recipe with no measurements. In order to submit it to you, I had to make it and write it down as I proceeded. The fun part of this was that while I was learning, my children enjoyed watching the ingredients come through the meat grinder. The chopped liver was served at family dinners as an appetizer.*

### Grandma Fern's Chopped Liver

*Serves 4-6*

1½ pounds liver (beef or calf)	Mayonnaise, when serving
2 medium onions, peeled and quartered or sliced	Salt to taste
2 hard boiled eggs, shelled	Pepper to taste

Broil liver. Cook onion, which can be broiled with liver or pan sautéed. Cook until tender. Cool a bit. Grind the liver, onion and eggs through a meat grinder. Store in airtight container until ready to serve. It can be stored for several days, but it is best to serve as soon as possible. Mix with mayonnaise and serve with rye bread or crackers.

\* \* \* \* \*

## Dena Fern Lowenbach

*Fern Family #1*

*I learned this recipe from Hedwig "Hedy" Marx Loewentritt, my mother-in-law when I was living in East Orange, New Jersey.*

*It was the only chopped liver I ever liked. This recipe can be traced back to Germany. It was served any time we were having dinner at Hedy's. The first time I was invited to meet Ralph's parents, my future mother-in-law served this chopped liver as an hors d'oeuvres. I had never liked chopped liver, but needing to make a good impression, I dug in, and to my surprise, loved both the taste and texture of the dish. My mother was shocked (and a wee bit insulted) that I preferred Hedy's style to her own. After Ralph and I married, I was glad to learn my mother-in-law's secret of combining both beef and chicken livers and using lots of eggs to this delicious version of a very popular Jewish dish.*

### Hedy's Chopped Liver

*Serves about 6-8*

¾ pound steer or beef liver	6 hard cooked eggs
½ pound chicken livers	1 large onion
4 Tablespoons chicken fat, rendered	

Brown onion in chicken fat. Add all livers, chopped, and brown for about 10 minutes. Put all ingredients through a food grinder and season with salt and pepper to taste. Serve with crackers or cocktail bread slices.

# Dena Fern Lowenbach

*Fern Family #1*

*This recipe was passed down from my paternal grandmother, Helen Greeninger Fern, to her daughter-in-law, Freda Glick Fern, and from Freda (my mother) to me. The gefilte fish was served at Passover.*

## Helen's Gefilte Fish

*Serves 8-12, depending on how large you make the fish balls*

8 pounds equal amounts of pike and white fish, including heads, skin and bones (you can also use winter carp)	4-5 stalks celery with leaves
3-4 eggs	2 Tablespoons kosher salt
5-6 large onions, peeled	3 teaspoons sugar
3 large carrots, peeled and sliced	1 teaspoon pepper
2 Tablespoons matzoh meal	2 quarts water
	Horseradish sauce

Slice 3 onions and the celery. Place the water, onions, celery, 1 Tablespoon kosher salt, 1 teaspoon sugar, ½ teaspoon pepper, fish heads and bones in a very large saucepan. Bring to a boil and let simmer for about 1 hour. Cook to form stock. Cut up and chop fish and 2-3 onions together. Add eggs, 1 Tablespoon kosher salt, ½ teaspoon pepper, 2 teaspoons sugar, 2 Tablespoons matzoh meal. Chop together until fine.

Wet hands before forming mixture into oval balls. Wrap balls in fish skins and drop into gently boiling stock. Add carrots, reserving some slices for decoration.

Cook in a covered pot, at a simmer for 2 hours. Cool in the stock, then remove fish balls.

Put gefilte fish on a serving dish. Strain stock and pour over gefilte fish. Place a slice of carrot on the top of each piece of gefilte fish ball. Refrigerate and serve cold with horseradish sauce.

**Tip:** *This dish can be made 2 to 3 days in advance.*

## Leah Bleiberg Sagi

(1945-2011)

Fern Family #1

*My mother, Mella Halleman Bleiberg, gave this recipe to me in Tel Aviv, Israel. It originated with Dora Fern Tepper, my first cousin once removed, who was like a grandmother to all of us first-generation sabras. It was served when the family ate together on happy or important occasions, often with all of the family who lived in Israel and with guests. This is why the family liked this recipe.*

### Mella's Gefilte Fish

*Serves 10 approximately*

3 pounds carp (total net weight after cleaning scales from skin and removing tails and heads)	2 eggs
3 small onions, peeled and diced	1 teaspoon black pepper
3 Tablespoons sugar	½ cup matzoh meal
1½ teaspoons salt	3-4 cups water
	4 carrots, peeled

Clean the fish, reserving the tails and heads after removing the gills and bitter bone. Grind the fish with one onion. Add 2 Tablespoons sugar, 1 teaspoon salt, eggs, and ½ teaspoon pepper. Add matzoh meal slowly to achieve a consistency not too watery and not too firm.

Fill a medium-to-large pot one-half with water. Add the 4 whole carrots and 2 diced onions, 1 Tablespoon sugar, a small amount of salt and pepper and other fish parts. Bring to a quick boil.

With hands wet with cold tap water, form fish mixture into flattened oblongs.

Add to boiling stock. Turn heat under pot to low and simmer for 1½ - 2 hours. When cooked, let cool for 2 -3 hours.

Remove fish and place on plate. Drain liquid through sieve into a bowl. Refrigerate the fish and the liquid overnight. The liquid will jell.

The gefilte fish should be served chilled on a serving dish with the jelled sauce served separately in a bowl. Carrot slices cooked with the fish can be used for garnish.

**Tip:** *Do not buy carp that are too large or too fat. This recipe should be made a day earlier.*

# Pearl Siegelman Gorelick

*Fern Family #1*

*I was living in Jersey City, New Jersey, when my mother, Golda Fern Siegelman, gave this recipe to me. When I was in elementary school we would go home for lunch. When mom made petcha, I loved it hot. I would dig challah into the petcha (like soup), and was in heaven. This was then served for Shabbat dinner. But, then she would refrigerate it and it would become firm and then she would cut it into squares to eat. My father, Marcus Siegelman, and his friends loved it cold.*

## Petcha (Calves' Foot Jelly)

*Serves 6-8*

2 large onions, sliced	1½ teaspoons salt
1 cow's or 2 calves' (preferred) feet, cleaned and cut into large pieces	½ teaspoon pepper
3-4 cloves of garlic, minced	3 hard-boiled eggs, sliced
	Lemon slices

Put the sliced onions and other ingredients, except the egg and lemon slices, into a large pot. Cover with water and boil slowly (about 3 hours) until the meat falls away from the bones, adding water as needed to keep all the ingredients covered. Turn off the heat.

Remove the meat and clear the meat and the jelly-like substance from the bones. Grind the meat and place in the bottom of a deep glass pie plate or bowl.

Strain the soup from the pot and pour about two cups of the liquid over the ground meat, enough to cover. Place the sliced eggs in the liquid; they will fall to the bottom.

Refrigerate until firm. Cut into squares and serve cold with lemon slices.

**Variation:** *Some people separate the egg whites and yolks, mixing the whites with the meat and the yolks with the gravy. It can also be served warm, topped with a hot egg sauce made from six eggs, water, salt, sugar, and lemon, diluted, after thickening with a little chicken soup.*

## Lynda Fern Sacharov

*Fern Family #1*

*I was experimenting one day with some matzoh meal which was left over from Passover and which I wanted to use. I serve this appetizer at family and holiday dinners.*

### Stuffed Mushrooms

Serves 6

1-2 Tablespoons olive oil	1 large egg, beaten
1 medium onion, diced into small pieces	½ cup (or less) matzoh meal
1 large red pepper, diced into small pieces	12 large mushrooms, clean with stems removed
1 large green pepper, diced into small pieces	

Heat olive oil in frying pan and brown diced onion. Add diced peppers to pan. Cook until onions are brown and peppers are soft. Add onion and pepper mixture to beaten egg. Add matzoh meal, gradually, until the consistency is thick enough so that it would stick for a moment to an inverted spoon. Spoon this mixture into the opening left after removing the stems of the mushrooms. Put mushrooms, cap side down, on a cookie sheet. Bake in a preheated 300° oven until brown, approximately 8 to 10 minutes.

\* \* \* \* \*

## Helene Malkin Dreskin

*Fern Family #1*

*This recipe was given to me by my mother-in-law, Sylvia Treitman Dreskin. The cheese squares were served at dinner parties and holidays. Sylvia always made this for Thanksgiving, and today it wouldn't be Thanksgiving if I didn't make it! It's another way of having Sylvia with us on the holiday! It was also made by a friend of my sister-in-law, Jane Dreskin, for Jane's bridal shower! It was her friend's way of having Jane's beloved mother present at that special time in Jane's life!*

### Sylvia's Cheese Squares

*Makes about 30. As an hors d'oeuvre, this can serve from 6-12 people.*

1 cup milk	8-10 ounces white cheddar cheese, grated (reserve ½)
1 egg, beaten	1 Tablespoon butter, melted
1½ cups Bisquick Buttermilk Mix	Poppy seeds
1½ cups onion, peeled, chopped and sautéed lightly	

Mix milk and egg with Bisquick. To this, add the onions and one-half the cheese. Put mixture into a greased 2-quart Pyrex dish (Pam can be used for greasing the dish). Sprinkle with second half of the cheese. Drizzle melted butter over the top and sprinkle with poppy seeds. Bake in a preheated 400° oven for 30 minutes, or until lightly browned. Cool slightly and cut into squares while warm.

**Tip:** *These may be made in advance as they freeze well. Before freezing, make sure that they are cut in squares.*

## Erica Sheerin

*Fern Family #1*

*We serve this dish at Thanksgiving. Thanksgiving is a long-standing tradition in our family. Every year, for over 40 years, my grandparents host over 30 people. It's a big event, and everyone is assigned a dish – this appetizer was the first dish my brother Todd and I ever made – marking our foray into the family tradition.*

### **Todd and Erica's Turkey Day Poppers**

*Makes 24 jalapeño poppers*

2 links Mexican chorizo – casings removed	3 Tablespoons sour cream
½ pounds smoked gouda, shredded	2 Tablespoons hot sauce
¼ cup finely chopped red onions	Salt and freshly ground pepper
1 egg	12 large jalapeño peppers, stemmed, seeded and halved
½ cup cream cheese	

Preheat oven to 375°. Brown chorizo in a skillet over medium-high heat. Drain well. Place in large mixing bowl. Add cheese, red onion, egg, sour cream, hot sauce, and salt and pepper to taste. Let sit in refrigerator for 20 minutes. Press mixture into jalapeño halves and assemble on tin foil lined baking sheet. Spray foil with cooking spray prior to assembly. Bake until golden and bubbly, approximately 20-30 minutes.

\* \* \* \* \*

## Marjorie Fern Stein

*Fern Family #1*

*We (our family) try to eat healthy. My daughter, Jacqueline "Jackie" Stein is a nutritionist, so our awareness of ingredients and fat is important. This recipe can be traced back to a cooking show, "Sam the Cooking Guy," that we watched together when we could. It is served to all our friends. Evan, my son, takes them to Boston for his roommates to share. They are so easy to prepare and make a great "fast food" that can be kept frozen then baked or zapped! We always have an Asian dish in our house since Jackie, Stephanie and Evan have Asian ancestry.*

### **"Whatever" Spring Rolls**

*Makes 35 egg rolls*

1 package wonton skins (35 per package)	3 Tablespoons favorite Asian stir-fry sauce
1 package cole slaw or broccoli slaw (no dressing)	(plus more for dipping)
1-2 cups (approx.) shredded leftover chicken, steak – whatever!	Sesame seeds – optional to sprinkle on rolls

Preheat oven to 375°. Meanwhile, in pan, add slaw and meat. Cook about one minute. Add sauce. Remove from heat. Spray cookie sheet with Pam. Place flat skins on sheet pan. Add about 2 Tablespoons of slaw mix to center of each and roll up (directions for rolling are on package). Spray rolls lightly. Sprinkle seeds. Bake until browned.

## Marjorie Fern Stein

*Fern Family #1*

*I made this recipe when I lived in Queens, New York, and I have continued to make it for many years. It is a great recipe for Rosh Hashanna. Everyone (my parents and brothers especially) always ask for it when we are together for a holiday meal.*

### Mock Kishka

*Makes 6 to 8 slices*

2 stacks of Ritz crackers, crushed	½ pound butter or margarine, melted
1 small carrot, peeled and grated	1 egg
1 onion, peeled and grated	Garlic powder, to taste
2 celery sticks, grated	

Combine all the ingredients and mix well. Roll ingredients in aluminum foil and freeze. Preheat oven to 350°.

Bake frozen kishka, in foil, for 45 minutes to 1 hour. During the last 10 minutes open foil and allow kishka to brown. Remove from oven when done.

Remove foil from kishka and slice. Serve.

*Tip: Leftovers (if there are any) can be reheated. The kishka can be made in advance and stay frozen until needed.*

\* \* \* \* \*

## Nili Wexler Robbins

*Fern Family #1*

*I read about this recipe and improvised and improved the recipe. I usually make it as an appetizer and serve it on a slice of fresh tomato and garnish it with a black olive and basil leaf. I have two daughters and two sons-in-law who are vegetarians. I must come up with food that would be healthy, nutritious and parve. (My husband, Ralph, eats meat and I don't mix milk and meat on the table.) I gave this to Helene and Jerry Dreskin. Their daughter, Jillian Dreskin Shriner, enjoys it so much!!!*

### Vegetarian Chopped Liver

*Serves 12-14*

1 can of peas ( <b>not</b> frozen peas) rinsed and strained	1 cup of walnuts
2 hard boiled eggs	Salt and pepper
5 big onions chopped and fried until golden brown (gives the color to the liver). Cool after frying!	

Use in the food processor according to the order of the written ingredients. (Add the eggs to the peas, and grind, then the onions, etc.) It comes out as a spread. Bon Appetit!

# *Soups*

## Soups

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## Suzanne Kellner-Zinck

*Fern Family #3*

*I learned this recipe from my mom, Carol Straus Kellner Clark. It can be traced back to my grandmother, Ann Fern Kellner. I remember this soup always being served whenever we visited my father's family in Brooklyn when we visited Aunt Ruthie and Uncle Leo with Ann Fern Kellner always present. Mom always made this soup during the winter. No matter how large an amount she made, it always disappeared in a few days.*

*This is the sweetest and best cabbage soup that I have ever had anywhere! It took my ex-husband nine years until he was willing to try it. Once he began, he couldn't stop.*

*Enjoy!*

### **Ann Fern's Delicious Sweet Stuffed Cabbage Soup**

One green cabbage	1 cup of Uncle Ben's rice - uncooked
2-3 large cans of Sacramento tomato soup	Sugar to taste (2-3 Tablespoons). Can use sugar substitute if needed.
1 pound of ground beef	Salt and pepper to taste
1-2 green peppers	

Place the cabbage in a boiling pot of water. Carefully separate the leaves (for rolling the beef in) and place on a plate. Place the ground beef in a bowl and mix in finely chopped green peppers with the uncooked rice. Season with the salt and pepper. Place a Tablespoon or so of beef in each of the cabbage leaves. Roll the leaf and then fold the ends over to make a roll. Stack the cabbage rolls in a large soup pot. Cut up the remaining cabbage and place in the pot. Cover the cabbage rolls with the tomato soup. Add the sweetener of your choice. Boil UNCOVERED for an hour to an hour and a half. Leave enough space at the top so that the bubbles don't overflow the pot. It will be done when the soup smells like cabbage soup.

## Mady Lange Fern

*Fern Family #4A*

*As the wife of Leon Fern, daughter-in-law of Herman & Rachel "Ray" Margulies Fern, I am pleased to share this recipe for Asparagus Soup. I hope you enjoy it.*

### Asparagus Soup

2 Tablespoons olive oil	1 medium Idaho potato, peeled and diced
1 Tablespoon butter	1 quart chicken broth
2-3 leeks	Salt and pepper to taste
1 pound trimmed asparagus, chopped into small pieces	

Heat 2 Tablespoons olive oil and 1 Tablespoon butter over medium heat in large saucepan. Add 2 or 3 leeks (white and light green parts only) sliced thin or chopped. Cook, stirring occasionally until soft, about 5 minutes. Add 1 pound asparagus pieces (you can reserve the tips for decoration if you like; although I don't) and 1 diced potato to the saucepan. Cook until nicely coated, about 2 minutes.

Add one quart chicken broth, salt and pepper to taste. Heat to a boil over medium-high heat. Reduce heat to low, partially cover and cook 20-30 minutes until everything is tender. Puree soup in batches in a blender. Return to saucepan and add 2 Tablespoons lemon juice. Can be served hot or cold.

*Tip: If you reserve the tips, steam until tender but still green, and serve on top with a dollop of sour cream and chopped chives.*

\* \* \* \* \*

## Marilyn Edelman Fern

*Fern Family #1*

*A few years ago I became a vegetarian and needed some new things to cook. This came from a carrot and parsnip chowder recipe I had.*

### Carrot Soup

*Serves 4-6*

2 teaspoons vegetable oil	2 pounds carrots, cut into rough chunks
1 teaspoon ginger, peeled and minced	Salt & pepper
1 teaspoon curry powder	10 cups vegetable broth (dried in packets or the equivalent, with 10 cups water) or
1 cup onion, diced	10 cups parve or chicken broth
¼ cup rice, uncooked	

In a large pot, heat oil, add onions and ginger. Cook 10 minutes, stirring. Add rice and curry powder for 1 minute, stirring. Add carrots and broth. Reduce heat and cook for 1 to 2 hours until carrots are tender.

Cool soup. Put in food processor, puree in small batches, and return to pot. Stir well and heat thoroughly.

## Haviva Halleman Swirski

*Fern Family #1*

*This recipe originated with my mother, Slavka Danishevski Halleman. I learned how to prepare the recipe when we lived in Israel. My mother liked to serve it with hot pyrogen on Shavuot. It makes a very elegant and beautiful presentation, not to mention - delicious!*

### Slavka's Borscht (Dairy)

*Serves 6-8*

4 pounds beets, peeled and cut into chunks	Juice from ½ lemon or more, to taste
3 quarts water	Salt
1 onion, peeled	Sour cream
2 Tablespoons sugar	

Place beets, onion and water in large pot and cook until beets are tender. Strain liquid and put aside the beets and onion. Combine the sugar, egg, lemon juice and a touch of salt in a large bowl. Beat together until blended and creamy. Add as much sour cream as you wish and continue beating until smooth. Gradually add the liquid to this mixture, beating while adding. When all the liquid is added, strain mixture through a fine sieve.

Serve cold, with extra sour cream, either in a soup bowl or in a tall drinking glass.

\* \* \* \* \*

## Ruth "Penny" Skolnik Schwartz

*Fern Family #1*

*This recipe was given to me by my mom, Anna Schwartz Skolnik, many years ago during my teenage years in Brooklyn, New York. It is a summer cold dish always in the fridge. It was served at any time. It is cold and refreshing. Later, sorrel did not appear in the produce section, so I substituted spinach which looked and tasted the same. Now I call schav, "Cold Spinach Soup." It's a popular Jewish dish that I copied from my mom. Great with Jewish rye bread - if available!*

### Cold Spinach Soup (Schav) (Sorrel)

1 pound spinach, washed and shredded	1 Tablespoon lemon juice
1 onion, diced	2 Tablespoons sugar
2 quarts water	2 eggs
2 teaspoon salt	

*To taste - Add sour cream, scallions, cucumbers and/or radishes*

Combine water with washed and shredded spinach and onion and salt in large pot. Bring to a boil and cook over low heat for 45 minutes. Add lemon juice and sugar and cook 10 minutes longer. Remove from heat. Let cool about ½ hour. Beat eggs in a bowl. Slowly add to the soup - stirring steadily to prevent curdling. Chill in refrigerator.

May be doubled if pot and refrigerator sizes permit!

*To serve: Stir 1 Tablespoon sour cream in individual bowl with schav. Add diced scallions, sliced, peeled cukes and radishes (also sliced). More salt may be desired. Do enjoy!*

# Gloria Lieberman Waldinger

*Fern Family #1*

*The recipe I'm sending is a variation of one my mother, Regina Farkas Lieberman, made. She worked full time with my dad, Jacob Lieberman, in their business, and therefore never had a chance to fully develop her cooking skills until she retired. But I do remember this soup as a favorite. She served it at all times – family dinners or holidays, as an alternative to the traditional chicken soup and matzah balls. This variation has become a real favorite for my husband, Art, and our grandchildren. It's simple to make (put all the ingredients in the pot at one time), and it tastes great.*

## **Bean and Barley Soup**

*Serves 14*

2½ pounds soup meat (I use short ribs)	¼ cup split peas, dried
5 marrow soup bones	¼ cup white kidney beans, dried
2 cubes chicken bouillon (Knorr or other brand)	2 stalks celery, sliced
3 quarts of water, more if needed (you'll need more, especially when reheating)	½ onion, chopped
2 cups carrots, grated	1 Tablespoon tomato paste (I use the concentrate that comes in a tube)
1 cup barley, dried	1 Tablespoon Worcestershire
¼ cup lentils, dried	Salt and pepper to taste

Place all ingredients (except Worcestershire, salt and pepper) in a large soup pot. Boil at medium heat for 2 to 2 ½ hours. When cooked, add Worcestershire, salt, pepper to taste, and additional boiling water to reach consistency you desire. (My husband, Art, loves it thick). Cut meat up into small pieces and return to soup. (Art adores the marrow, which I try not to give him too often.) Freezes well.

**Tip:** *Our daughter, Lori, and granddaughters, Suzanne and Amy's dog, gets the marrow bones. Nothing is wasted.*

## Lisa Gayle Fern Korman

Fern Family #1

*I adapted this recipe from a recipe that I found online many years ago. It took a few trials but it has become a staple in our household. Every Thanksgiving I make a double batch of this soup for the entire family to enjoy. By making a double batch there is always enough to send leftovers home with all of my guests. Everyone in our family is always on a diet! It is very hard to eat healthy on the holidays so I decided to try and mix it up a little bit. Much to my surprise, this soup was an instant hit. No one could even tell it was low fat. It has a thick rich texture that almost makes it feel bad for you. It will always be associated with a family Thanksgiving and love in my house. I hope you enjoy it!*

### **Best Ever Low Fat and Calorie Split Pea Soup**

Serves 8

Prep time: 20 minutes

Cook time: 2 ½ hours

1 Tablespoon olive oil	1 cup green split peas
2 cups chopped onions	8 cups fat-free chicken broth
2 cups chopped carrots	1½ teaspoons salt-free seasoning blend
2 cups finely chopped celery	1 teaspoon salt
½ Tablespoon minced garlic	1 low-fat hot dog
1 cup yellow split peas**	

*\*\*If you can only find green split peas, not a problem; the soup is still great. The yellow just lightens the color.*

In a large pot or Dutch oven, over medium heat, heat olive oil. Cook onion, carrot, celery and garlic until onion is translucent (about 5 minutes). Stir in yellow and green split peas, broth, hot dog, seasoning and salt. Cover, bring to a boil, then reduce heat and simmer 2½ hours, stirring occasionally (just so it does not stick to the bottom of the pot). Puree with a stick blender right in the pot or use a food processor. Can be reheated on stove easily.

## Ingunn Egset

Fern Family #1

*This sweet soup was often made as a starter for the New Year's meal, Sundays and special occasions in Norway, and served warm. It is also great as a dessert soup when served cold. Sprinkle sugar at the top to avoid skin from forming while cooling down.*

### Fruit Soupe

1 liter of water (or 7dl of water and  
2.5 - 3 dl of fruit syrup)  
75 grams raisins (2.63 oz)  
75 grams apricots

75 grams prunes  
\*Sugar (might not be needed if soup is  
made with fruit syrup)  
Cornstarch

Boil up, add some sugar\*, and let boil until the fruits are tender. Add sugar after tasting. Mix 1 Tablespoon of cornstarch in a cup of water, and add to thicken the soup. Let boil until thick enough.

*Tip: Usually I mix red fruit syrup with the water to color the soup. \*Fruit syrups are often so sweet that there is no need to add extra sugar!*

\* \* \* \* \*

## Vicki Fern Schober

Fern Family #1

*I learned this recipe from a neighbor in Madrid, Spain during my junior year abroad in 1970. It is served anytime and is a favorite with my family and was passed on to my daughter, Joanna Schober Johnson, when she got married in the fall of 2009.*

### Gazpacho Andaluz

Serves 4

4-6 large tomatoes  
1 green pepper, seeded and quartered  
1 clove garlic, peeled and minced  
5 Tablespoons olive oil  
2-3 Tablespoons wine vinegar

1 slice bread, dampened  
1 Tablespoon lemon juice  
Salt and pepper to taste  
Hot sauce to taste  
*Optional:* diced cucumber and toasted bread cubes

Add all ingredients to processor and pulse until coarse consistency. Taste and adjust seasoning. Pulse again and serve slightly chunky. You can float cucumber and/or bread cubes when serving.

## Pearl Siegelman Gorelick

Fern Family #1

*This recipe for "the best chicken soup" was given to me by my mother, Golda Fern Siegelman, when I was living in Jersey City, New Jersey. I learned this, and many other recipes, when my mother became ill and I had to help with preparation of meals. I was a teenager. It proved to be worthwhile. The soup was served on Shabbat and holidays.*

### Golda's Chicken Soup

1 soup chicken	2 carrots
Chicken feet (see note below)**	3 stalks celery
3½ quarts water	Sprigs dill
2 onions, peeled and whole	Sprigs parsley
1 Tablespoon salt	

Clean the chicken and feet thoroughly. Combine in a deep saucepan with the water and whole onions. Bring to a boil and cook over medium heat 1½ hours. Chop the carrots and celery into ½" pieces and add to pot with the remaining ingredients. Cover and cook over low heat one hour longer, or until chicken is tender. Remove chicken and strain soup. Serve soup hot.

*Tip: Boiled chicken from soup can be eaten as is, cut up for chicken salad, or some other way for another meal.*

*\*\*Note: Some states may not allow chicken feet to be sold. In those states where they may be sold, it may be difficult to find a kosher butcher shop that sells them. The chicken feet helped make the soup so-o-o good; but even without the feet, this recipe makes a fabulous chicken soup.*

\* \* \* \* \*

## Pearl Fern Newman

(1922- 2004)

Fern Family #1

*This recipe was given to me by my mother, Gussie Stepakoff Fern.*

### Gussie's Knaidlach (Matzoh Balls)

*Makes 8 large matzoh balls*

3 eggs	Salt to taste
¾ cup matzoh meal	Pepper to taste
¾ teaspoon baking powder	

Beat eggs until light. Add matzoh meal/baking powder, salt and pepper to eggs, mixing well. Cover and chill in refrigerator for one hour. About a half-hour before serving, wet hands with cold water to prevent sticking and form batter into 8 balls.

Drop matzoh balls into boiling chicken soup, cover and simmer for 20 minutes.

### Memoir

*Pop (Kalman Fern) had a store and we all had to work there. There was a big, round wheel of cheddar cheese and lots of eggs. It was so scrumptious to bite into this cheese. We didn't know from cholesterol in those days. The sandwiches were so good you forgot how cold the store was.*

## Haviva Halleman Swirski

*Fern Family #1*

*When my brother Moti and I were kids, my mother, Slavka Danishevski Halleman, made chicken soup every week: for Shabbat - with noodles; for Rosh Hashannah - with farfalach; for Yom Kippur - with kreplach; for Pesach - with knaidlach (matzah balls), and always, with a lot of love! Here is my mother's Jewish antibiotic.*

### Slavka's Chicken Soup

Chicken (boniest parts of chicken preferred)	Salt
Onions	Pepper
Carrots	Powdered chicken stock
Celery	Large bunch of parsley, tied
Garlic cloves peeled, a lot	Large bunch of dill, tied
Water	Parsley root, cleaned and peeled

Put first five ingredients in large pot of water and boil. When brought to a boil add salt, pepper and powdered chicken stock. Reduce heat to a simmer. Add parsley, dill bunches and parsley root. Cover pot but leave cover off a crack. Simmer.

Cool. Strain soup.

*Tip: Cook soup one day ahead so fat can be skimmed off when soup is cool. When getting ready to serve, heat soup. If serving matzah balls, boil them in chicken soup shortly before serving.*

\* \* \* \* \*

## Haviva Halleman Swirski

*Fern Family #1*

*The secret recipe for the best knaidlach.*

### Slavka's Knaidlach

*Makes 10 large knaidlach*

1 cup matzoh meal	2 eggs
Salt	¼ cup oil
Pepper	1 onion, peeled and chopped very fine
¾ cup water	

Fry onions in oil until golden. Beat eggs lightly. Add water, salt and pepper, and beat with eggs. Mixing lightly, sprinkle with matzoh meal constantly until mixture begins to thicken. Add fried onion, mixing until onion is evenly distributed. Put aside for 10 minutes. Wet hands as often as necessary to prevent sticking, then shape knaidlach into balls. Drop carefully into simmering soup just before getting ready to serve.

Knaidlach are done when they float to the top of the soup.

## **Barbara Frank Fleming**

*Fern Family #5*

*It really is Jewish Penicillin. This recipe is a compilation of my mother, Gertrude "Gert" Steiger Frank's soup; grandmother, Sarah Fern Steiger's soup; and my added rendition. It was always a staple at every holiday gathering and often at our Friday night meals when I was very young.*

### **Barbara's Best Chicken Soup Ever**

*Serves 10-12 or 4 for 3 days*

A very large soup pot

One whole chicken cut up in quarters and 4 large chicken breasts

2 very large or 4 medium to small sweet potatoes peeled and washed

2 bunches of curly parsley (washed)

2 bunches of dill (washed)

About a dozen carrots peeled and washed (the more the better)

4 stalks of celery washed and cut in half

2 large leeks washed and carefully cleaned (do not cut)

1 very large whole Spanish onion peeled (do not cut)

About 4 or 5 white parsnips peeled and washed

One bag of fine egg noodles cooked separately as directed

Salt to taste. This requires about (at least) 2 teaspoons.

After everything is cleaned and washed, place chicken on the bottom of the oversized soup pot. on top of the chicken place all the vegetables. Then fill with enough water to reach about 2 inches from the top of the pot. Put in the salt. Place this on a low to medium heat for about 2 to 3 hours. Do not stir or move the vegetables. The object is to obtain the clearest broth possible. Periodically, skim off the frothy excess on the top of the broth (if you cover the soup for a few minutes while it is simmering, the froth will collect on the side of the pot and be easier to remove with a spoon). It is done when the chicken can be pierced easily with a knife or it is so tender and falls apart.

Serve with the noodles with or without the vegetables and chicken. Some people remove the dill and parsley; it's optional. The broth should be clear enough to see the bottom of the pot.

## Dorothy "Dot" Sosebee Blum

*Fern Family #1*

*Over the past fifteen years we have been to Italy many times. I love Italian food and in an effort to watch my calories and enjoy my food, I often order only this soup, bread, and a glass of wine for dinner. Eating this soup is a favorite dinner meal at home during the cold winter months and keeps Italy and my friend, Jo Santospirito, in my heart and body. Every time I eat this soup it takes me back to Italy, which is my favorite place in the world.*

### Italian Vegetable Soup

*Serves 6*

Broccoli florets, washed	3 Tablespoons olive oil
2 carrots, peeled	Corn, scraped off the cob (optional)
1 turnip, peeled	1 can cannellini white beans and liquid
2 8-ounce cans whole tomatoes, cut up	Salt to taste
Cauliflower florets, washed (stems may be used)	Pepper to taste
1 potato, peeled	Water
1 package frozen peas, small handful	8 ounces thin egg noodles (optional)
1 large onion, peeled, ends cut off	Grated Parmesan cheese
Fresh parsley	

The large vegetables should be cut into chunks. Put all the vegetables, except the beans, in a large pot with enough water to cover. Cook for 1½ hours or until vegetables are done to desired consistency. Add beans and their liquid now and if desired, the optional egg noodles. Cook 7 minutes more or until noodles are al dente (firm, not soft).

Before serving in bowls, sprinkle grated Parmesan cheese over soup.

\* \* \* \* \*

## Mady Lange Fern

*Fern Family #1*

### Lemony Celery Soup

8 potatoes, peeled and thinly sliced	21 ounces water
16 stalks celery, thinly sliced	3 Tablespoons lemon juice
12 green onions, thinly sliced	Ground black pepper
6 Tablespoons butter	12 spinach leaves coarsely chopped (optional)
43 ounces chicken broth	

Melt butter in soup pot and sauté vegetables for 2-3 minutes. Add broth, water, and lemon juice. Bring to boil. Cover and simmer for 20-35 minutes until vegetables are tender. Puree in blender. Return to soup pot. If using spinach, add to pot and cook until limp just before serving.

# *Salads*

## Salads

Apple-Pear Salad with Lemon-Poppy Seed Dressing.....	Dorothy "Dot" Sosebee Blum
Golda's Waldorf Salad.....	Pearl Siegelman Gorelick
Citrus and Spinach Salad.....	Julie Lowenbach Greimel
Spinach Salad.....	Susan Schneider Kalish
Sylvia's Health Salad.....	Helene Malkin Dreskin
Korean Spinach Salad (Shigumch'i Namul).....	Marjorie Fern Stein
Royal Cream Cranberry Salad.....	Mady Lange Fern
Mandarin Orange Salad with Tarragon Dressing.....	Dorothy "Dot" Sosebee Blum
Ensalada cocha (Cooked Salad).....	Denise Berger Papo

## Dorothy "Dot" Sosebee Blum

*Fern Family #1*

*This is served at family reunions, drumming circles, conversational salons, engagement/wedding parties, showers. Everyone calls me the salad queen and my reputation is such in this area that other family members will bring a salad with an apology saying, "Well, it's not one of Dot's salads."*

### **Apple-Pear Salad with Lemon-Poppy Seed Dressing**

*(from Southern Living, March 2007 from Lori Manry, Rochester Hills, Michigan)*

*Makes 6-8 servings*

*Prep time: 10 minutes*

1 (16-oz) pkg. romaine lettuce thoroughly washed (I use pre-washed field greens)	½ cup sweetened dried cranberries (I use sweet/tart cherries)
1 (6-oz) block Swiss cheese, shaved*	1 large apple, thinly sliced
1 cup roasted, salted cashews	1 large pear, thinly sliced
	Lemon-Poppy Seed Dressing (below)

*If desired, an equal amount of shredded Swiss cheese may be substituted for shaved. (\* I used crumbled gorgonzola cheese.)*

Toss together first 6 ingredients in a large bowl; serve with Lemon-Poppy Seed Dressing (below).

### **Lemon-Poppy Seed Dressing**

*Makes 1¼ cups*

*Prep time: 10 minutes*

2/3 cup light olive oil	1 teaspoon finely chopped onion
½ cup sugar	1 teaspoon Dijon mustard
1/3 cup fresh lemon juice	½ teaspoon salt
1½ Tablespoons poppy seeds	

Process 2/3 cups light olive oil and remaining ingredients in blender until smooth. Store in an airtight container in the refrigerator for up to 1 week. Serve at room temperature. Enjoy!

## Pearl Siegelman Gorelick

*Fern Family #1*

*My mother, Golda Fern Siegelman, served this salad at dairy lunch or dinner, her bridge games, and breakfast after Yom Kippur. Mom's Waldorf Salad recipe was something special. Many years ago, when mom attended an American Jewish Congress meeting and luncheon at the Waldorf Astoria, she obtained this recipe from the Waldorf chef. In exchange, she gave him one of her special recipes.*

### Golda's Waldorf Salad

*Serves 6*

2 cups apples, unpeeled and diced	½ cup mayonnaise
2 Tablespoons lemon juice	1 cup chopped celery
1 Tablespoon mayonnaise	½ cup chopped walnuts
1 Tablespoon sugar	Lettuce

Sprinkle diced apples with lemon juice. Toss apples with one tablespoon mayonnaise. Combine ½ cup mayonnaise and sugar. Just before serving, add celery, walnuts and sugar-mayonnaise mixture. Toss lightly. Serve in lettuce cups.

\* \* \* \* \*

## Julie Lowenbach Greimel

*Fern Family #1*

*My mother, Dena Fern Lowenbach, gave me this recipe. It was served at summer parties and when my parents had a barbecue.*

### Citrus and Spinach Salad

*Serves 4-6 as a side dish*

#### Dressing

½ cup grapefruit juice  
2 Tablespoons prepared mustard  
¼ cup olive oil  
¼ cup honey  
2 Tablespoons poppy seeds  
2 Tablespoons grated onion  
½ teaspoon salt (optional)  
Freshly ground pepper, to taste

#### Salad

4 cups packed spinach leaves, clean and dry,  
stems removed  
1 cup orange sections, cut into small pieces  
1 cup grapefruit sections, cut into small pieces  
½ cup red onion rings  
1 ripe mango (optional), peeled and sliced into  
pieces

#### To prepare dressing

In a small bowl, combine all the dressing ingredients. Chill the dressing.

#### To prepare salad

At serving time, tear spinach leaves into medium-sized pieces and place the salad ingredients in a salad bowl. Toss them with about ½ cup of the chilled dressing, putting the rest into a serving dish for those who would like to add more.

## Susan Schneider Kalish

*Fern Family #1*

*This is a family favorite, (the bacon can be omitted.) Even people who think they don't like spinach love this salad! You can double or triple, etc. this recipe.*

### Spinach Salad

*Makes 2 servings*

¼ cup oil	2 Tablespoons wine vinegar
1 small garlic clove, crushed or finely minced	½ teaspoon Dijon mustard or
About ½ bunch fresh spinach	¼ teaspoon dry mustard
1 hard-cooked egg	¼ teaspoon salt
Optional: 2-4 slices bacon, crumbled	Pepper to taste
(about 3 Tablespoons)	2 Tablespoons grated Parmesan cheese

At least 1 hour before serving, measure oil into a small jar. Add garlic, close tightly and let stand at room temperature. Select freshest and most tender spinach leaves. Remove stems, wash leaves and tear into bite-size pieces to make 3 to 4 cups, lightly packed. Dry leaves by shaking in a clean kitchen towel. Put leaves into a salad bowl. Cover with slightly damp paper towels; refrigerate to crisp. Chop hard-cooked egg; refrigerate. Cut bacon strips crosswise into ¼-inch pieces. Fry until crisp. Drain on paper towels and refrigerate. Blend vinegar, mustard, salt and pepper; set aside.

**To serve:** Remove garlic from oil. Toss oil with spinach until leaves glisten. Toss with vinegar mixture and cheese. Serve on individual plates. Garnish with bacon (optional) and chopped egg.

\* \* \* \* \*

## Helene Malkin Dreskin

*Fern Family #1*

*When I was newly married, my mother-in-law, Sylvia Treitman Dreskin, gave me this recipe. The salad was served on Rosh Hashannah, Passover, Thanksgiving, anytime. Sylvia always insisted on making one or two dishes for the holiday!*

### Sylvia's Health Salad

*Serves 10-12*

#### Salad

1 large cucumber, sliced  
2 pound head of cabbage, shredded  
1 onion, sliced  
1 green pepper, sliced in strips  
2 carrots, peeled and sliced thin

#### Marinade

4 Tablespoons water  
8 Tablespoons olive oil  
12 Tablespoons white vinegar  
8 Tablespoons sugar (or 12 pkgs. of Equal)  
4 Tablespoons salt

Combine the salad ingredients.

Combine the marinade ingredients. Pour marinade over salad.

Refrigerate overnight. Stir well and serve.

**Tip:** *The salad can be made up to three days in advance and should be made one day in advance.*

## Marjorie Fern Stein

Fern Family #1

*This recipe is a standard Korean dish, taken from a Korean cookbook. I serve it all the time, especially on the Korean New Year, which we celebrate. This dish is a common, simple dish which we have incorporated into our lives as something special. We always serve it as a sample of Korean cooking.*

### Korean Spinach Salad (Shigumch'i Namul)

Serves 4

½ cup water

1 pound fresh spinach, cleaned

2 teaspoons soy sauce

1 Tablespoon sesame oil

½ teaspoon garlic, finely chopped

1 Tablespoon sesame seeds

In large saucepan, bring water to a boil over high heat. Add spinach, cover, reduce heat and cook for 2 to 3 minutes, until bright green. Drain in a colander.

When cool, gently squeeze out excess water with your hands. Cut spinach into 2" lengths.

Place in large serving bowl. Add remaining ingredients. Mix well. Serve at room temperature.

\* \* \* \* \*

## Mady Lange Fern

Fern Family #4A

*As the wife of Leon Fern, daughter-in-law of Herman & Rachel "Ray" Margulies Fern, I am pleased to share this recipe for Royal Cream Cranberry Salad. I hope you enjoy it.*

### Royal Cream Cranberry Salad

1 pound fresh cranberries

3 packages (3 oz) cherry *Jell-o*

½ cup sugar

1 cup quartered seedless grapes

1 cup finely chopped celery

1 can crushed pineapple (20 oz)

1 3-ounce package cream cheese

16 large marshmallows, cut in quarters

1 cup whipping cream

Cook cranberries in 1¾ cup water until skins pop. Boil 5 minutes longer. Beat with rotary beater to break up berries. Add gelatin and sugar, stirring until dissolved. Chill mixture, stirring occasionally, until partly thickened. Fold in grapes, celery and pineapple. Turn into 7-cup mold or 9" x 13" inch pan. Chill overnite. (I always double this recipe).

#### To prepare dressing:

Cream cheese, then add marshmallows and whipping cream and beat until slightly mixed. Chill overnite and just before serving beat until stiff.

## Dorothy "Dot" Sosebee Blum

Fern Family #1

*This recipe comes from the High Museum of Art Cookbook which was given to me as thanks for hosting a Chaine de Rotisseur brunch at our new home in Atlanta, Georgia in 1982. Since 1982 this recipe, and many others from the cookbook, including the Kahlua Chocolate Mousse, have been served for many family occasions as well as when entertaining business associates. The colors and textures, as well as unusual tastes, make this a hit every time. My daughter-in-law, Cindy McAleney Blum, and our grand-daughters, Tyler and Casey Blum, all like the dish.*

### Mandarin Orange Salad with Tarragon Dressing

Serves 4

#### Salad

3 green onions

¼ cup pecan halves

Small handful of fresh Italian parsley

1 11-ounce can (or 2 cups) mandarin oranges

1 cup purple grapes, halved, with seeds removed

#### Garnish

Boston lettuce leaves, washed and dried

#### Dressing

3 Tablespoons white or balsamic vinegar

¼ teaspoon salt

¼ teaspoon white pepper

1 Tablespoon dried tarragon

½ cup vegetable oil

*Good Seasons* Italian Salad Dressing or other brand dry Italian salad dressing mix

¼ - ½ freshly squeezed lemon juice and

1 clove garlic, minced (optional)

#### To prepare salad

Wash and cut off ends and bulb tips of green onions. Position slicing disc in food processor or bowl and slice green onions into small pieces. Remove disc and onions and dry bowl. Position steel blade in bowl, add nuts and pulse until coarsely chopped. Remove nuts. Chop parsley the same way.

Drain the mandarin oranges and, in a bowl, mix with all of the above salad ingredients including grapes.

#### To prepare dressing

Leave steel blade in place and add vinegar, salt, pepper and tarragon. Pulse. Add the vegetable oil a little bit at a time until the oil is absorbed. Pour ¼ cup dressing over the salad. Refrigerate for at least 30 minutes before serving.

Arrange lettuce leaves on individual salad plates and mound orange salad mixture on top. Add the remaining dressing.

## Denise Berger Papo

Fern Family #1

### Ensalada cocha

*Es una receta que me dió una amiga de Marruecos. Cada vez, tiene más éxito cuando lo preparo.*

2 kgs. pimientos rojos y verdes muy carnosos, en el horno para sacar la piel.	Un poco de azúcar (al gusto)
1 kg. tomates maduros sin piel ni pepitas	1 cabeza entera de ajo (los gajos cortados finísimos, machados )
Sal	3 o 4 granos de pimiento de Cayena.

*En una sartén poner el ajo picado y freírlo en aceite de oliva, hay que freirlo muy poco ya que se vuelve amargo. Añadir los tomates cortados muy menudo y dejar cocer un buen rato.*

*Añadir los pimientos cortados a tiras finas, y el azúcar, la sal, los granos de pimiento de Cayena.*

*Añadir un poco de aceite y dejar reducir todo ello en 1 hora a 1 hora ½ removiendo de vez en cuando.*

*Tiene que quedar como una mermelada Servir frío, adornado con un poco de perejil.*

**Nota:** Se deja reducir a fuego muy lento

4 granos de Cayena es bastante picante, si se quiere menos, se pone 2 granos.

\* \* \* \* \*

This recipe was sent to us in Spanish from Barcelona. The English translation follows:

### Cooked Salad (Ensalada cocha\*)

*This recipe was given to me by a friend from Morocco. Each time I prepare it, it is more successful.*

4½ lbs red and green peppers. Peppers should be “meaty.” (Roast in oven to remove skin)	A little sugar, to taste
2 ½ lbs ripe tomatoes (skins and seeds removed)	1 head garlic, with the cloves cut fine and ground
Salt	3 or 4 grains of Cayenne pepper

Put the chopped garlic into a frying pan, fry with olive oil. You have to fry very lightly or the garlic will become bitter. Add the tomatoes, chopped fine. Let cook for a good while. Add the peppers (sliced very fine), the sugar, the salt, and the grains of Cayenne pepper. Add a little olive oil and let all of it reduce for 1 to 1½ hours, stirring from time to time. The mixture should become the consistency of marmalade.

Serve cold, garnished with a little parsley.

**Note:** Reduce the mixture over a very low flame.

4 grains of Cayenne pepper is rather spicy. If you wish it less piquant, use only 2 grains.

**\*Translator’s note:** In our talk about the recipe and its name, Denise Berger Papo explained that cocha, meaning “cooked”, is a Judeo-Spanish word, peculiar to Moroccan Ladino. “Cooked” in standard Spanish is cocida. Interestingly, cocha derives from an older, more classical form (Latin cocta) than its modern Spanish counterpart.

*Vegetables  
and  
Side Dishes*

## *Vegetables and Side Dishes*

Blintz Soufflé.....	Pearl Siegelman Gorelick
Bulbanekehs (Small Open-Face Potato Pies).....	Lonka Tepper Berlach
Calabasucho.....	Laurie Benarie Galaup
Cheese Latkes.....	Elaine Lipton Langer
“Fingers” .....	Rachel Bleiberg Porat
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Ima Taub’s Zesty Zucchini.....	Shoshana Henig Taub
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Dora’s Pierogies.....	Lonka Tepper Berlach
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Roasted Potatoes and Rosemary.....	Ethel Lawless Feldman
Eggplants and Potatoes.....	Ziporah Fern Weiss
Eggplant, Zucchini, Onion (and Potato).....	Ziporah Fern Weiss
Freda’s Noodle Pudding (Noodle Kugel).....	Dena Fern Lowenbach
Noodle Pudding Supreme.....	Susan Fern Kassin
Selma’s Dairy Noodle Pudding .....	Sharon Fern Avram
Dairy Noodle Pudding .....	Miriam Foden Fern
Sadie’s Vegetable Kugel.....	Gloria Lieberman Waldinger
Sweet Noodle Pudding.....	Gertrude Steiger Frank
Noodle Casserole.....	Robin Fern Gerber Carnesale
Noodle Kugel/Pudding.....	Barbara Klein Meyers
Grandma Selma’s Noodle Pudding (Kugel).....	Sharon Fern Avram
Lokshen Kugel.....	Pearl Siegelman Gorelick
Passover Carrot Pudding.....	Robin Ann Gorelick
Passover Potato Kugel.....	Robin Ann Gorelick

Potato Kugel.....	Dena Leah Taub Rappaport
Potatoes with Onion Salad.....	Leah Bleiberg Sagi
Harvest Vegetable Tzimmes.....	Pamela Fern Stuart
Tzimmes.....	Cynthia Fern Itzkowitz
Carrot and Sweet Potato Tzimmes.....	Florence Fern Feldman
Glade Ålesund (vegetarian).....	Ingunn Egset
Golda’s Candied Sweet Potatoes.....	Pearl Siegelman Gorelick
Kichrey (Rice with Lentils).....	Rina Shamash Fern
Marinated Cucumbers and Scallions.....	Esterly Rosen Fern
Slavka’s Kasha Knish.....	Haviva Halleman Swirski
Noodles and Cabbage.....	Gloria Lieberman Waldinger
Gussie’s Stringbean Casserole.....	Jeanette Klafter Schapiro
Verduras Rellenas (Stuffed Vegetables).....	Denise Berger Papo

## Pearl Siegelman Gorelick

*Fern Family #1*

*This recipe was given to me by a temple member/friend when I was living in North Hollywood, California almost 50 years ago. It was served at Yom Kippur Break Fast. Before most holidays, our temple would present a "Night in the Kitchen" when the sisterhood members would cook different holiday foods and exchange recipes. This blintz soufflé was given to me by a friend and I prepare and serve it at every Yom Kippur Break Fast and, God willing, will continue to do so.*

*Our family and friends always enjoy it. It's simple and delicious. Enjoy!*

### **Blintz Soufflé**

1 dozen blintzes	¼ cup sugar
4 eggs	¼ teaspoon salt
1½ cup sour cream	1 teaspoon vanilla
¼ pound butter	¼ cup orange juice

Mix all ingredients together (except blintzes). Be certain eggs are well beaten. Melt margarine in a 9" x 13" pan. Add blintzes, one layer, pour mixture over blintzes.

Bake 45 minutes at 350° until brown.

\* \* \* \* \*

## Lonka Tepper Berlach

*Fern Family #1*

### **Bulbanekehs (Small Open-Face Potato Pies)**

#### **Dough**

4 cups flour  
2-3 Tablespoons oil  
1 teaspoon salt  
1 package dry yeast, prepared  
according to package instructions  
Lukewarm water  
1 egg yolk for egg wash

#### **Filling**

2½ pounds potatoes, cooked and mashed  
with 2-3 Tablespoons butter  
½ cup farmer's cheese  
Onions, peeled, sliced and fried  
Salt, to taste  
Pepper, to taste

#### **To prepare dough**

Combine all ingredients using just enough lukewarm water to make a soft dough.

Cover dough and let rest until it doubles in size.

Roll dough ¼" thick and cut into circles of 5" diameter.

#### **To prepare filling**

Combine all ingredients and mix well.

#### **To prepare bulbanekehs**

In the center of each circle of dough, place potato mixture the size of a small egg. Bring margin of dough half-way up the sides of the potato mixture, pressing or pinching it so that that it hugs potato filling in the center. Leave the top of the bulbanekeh open to show potatoes. Brush with egg wash (use one egg yolk).

Bake them in a preheated 350° oven until nicely brown.

# Laurie Benarie Galaup

*Fern Family #1*

*Es una receta de la madre de Victor Papo, Berta Papo, de origen sefardí (Turquía), que hacemos a menudo los Bénarie-Papo-Berger.*

## Calabasucho

### Ingredientes:

6 o 7 calabacines medianos	1 cucharada sopera de harina
1 pote 200 grs. queso blanco tipo Speisequark	1 huevo
250 grs queso rayado gruyère o emmenthal	Sal y pimienta

*Se cuecen los calabacines al vapor el día anterior. Se aplastan con un tenedor y se guardan en la nevera en un plato (que se recubre con otro plato, para que los calabacines suelten toda su agua y queden más secos).*

*Al día siguiente en un recipiente se pone el queso blanco, se añade los calabacines machacados, se añade un huevo, se remueve, se añade la cucharada de harina y los 200 grs. de queso gruyère rayado. Sal y pimienta. Se remueve todo. Se pone un poco de aceite en el recipiente que irá al horno (para que no se pegue el calabasucho una vez cocido) y se añade toda la mezcla. Se cubre con 50 grs. de queso gruyère rayado y se ponen unos taquitos de mantequilla. Al horno 150 grados durante una hora.*

\* \* \* \* \*

This recipe was sent to us from Paris in Spanish. The English translation follows:

*This Sephardic recipe from Turkey comes from Victor Papo's mother, Berta Papo. It is a favorite dish in the Berger, Papo and Benarie households in Barcelona and Paris.*

6 or 7 medium zucchini squash	1 Tablespoon flour
1 container (200 grams or about 8 oz.) of (Speisequark) low-fat or non-fat cream cheese	1 egg
250 grams or 10 oz. grated Gruyere or Swiss cheese	Salt and pepper, to taste
	Oil to coat baking pan
	Small dabs of butter for topping

Steam the zucchini the day before using. Mash roughly with fork, store in fridge overnight on a plate so that the zucchini will drain and become drier. Next day, place low fat or non-fat cream cheese in mixing bowl, add the mashed zucchini and egg and mix. Add flour and four-fifths of grated Swiss cheese, and combine, adding salt and pepper to taste. Grease baking pan with oil to prevent sticking, place mixture in pan. Top with remaining grated Swiss cheese, sprinkle with dabs of butter. Bake for one hour at 300° F (150° C).

## Elaine Lipton Langer

*Fern Family #3*

*I found this recipe in a Passover cookbook many years ago. We serve it on Passover, but it can be served all year round. My children loved this uncharacteristically delicious Passover meal and I felt it was more nutritious than the plain matzoh meal latkes my mother had made when I was growing up. These latkes have also become a favorite of my grandchildren, one of whom requested it for her "birthday dinner" this past year. Also, by using low or non-fat cottage cheese and milk, this recipe accommodates various dietary situations.*

### Cheese Latkes

Serves 4-6\*

3 large eggs, well beaten	½ teaspoon salt (optional)
½ cup milk (or less, until proper consistency)	½ teaspoon cinnamon
24 ounces cottage cheese	3 Tablespoons sugar
1 cup matzoh meal (more or less as needed)	

*\* I serve this with salad and/or some type of vegetable. If this is all you're serving, it will serve more like 3-4, depending on how hungry everyone is and how big their appetites usually are.*

Mix together eggs, milk and cottage cheese. Combine remaining ingredients and add to egg mixture. Blend well. Adjust milk and matzoh meal, if necessary, so the "batter" can be formed into latkes, i.e. not too thick or too runny. Drop by spoonfuls into hot, well greased frying pan and brown on both sides over low heat.

**Tip:** *Serve hot with sour cream, applesauce, preserves or (our favorite) sugar sprinkled on top.*

\* \* \* \* \*

## Rachel Bleiberg Porat

*Fern Family #1*

*This side dish was served on days that meat was not served. My mother, Mella Halleman Bleiberg, learned this recipe when she was living in Drohobycz, Poland, from her father's second wife, Fanka. Years later, Mother gave the recipe to me.*

### "Fingers"

*Number of servings depends on appetite.*

2 large potatoes, peeled, cooked well and mashed	½ cup flour, or more if needed
1 large potato, peeled and grated thin, uncooked	Sugar
	Oil
	Water

Add the grated potato and egg to the mashed potatoes. Slowly add the flour until it forms a good dough.

Form the mixture into a long roll and cut into small pieces. Roll the small pieces in your hands and shape them into small "fingers" about 1/3" thick.

In a large pot, bring water to a boil and drop "fingers" into the boiling water. Cook for 15 to 20 minutes. They will rise to the top when they are done. Drain water.

In a pot, warm the oil and add sugar, stirring until the sugar is brown. Add the sugar mixture to the "Fingers" and "enjoy."

## Dorothy "Dot" Sosebee Blum

Fern Family #1

*This recipe was given to me by my mother, Cordelia Tibbetts Sosebee. She has been making this version for more than 30 years. It's always a hit! Each of her three daughters (including me) enjoys making this dish and now my daughter-in-law, Cindy McAleney Blum, and her mother, Bobbie McAleney, enjoy making it.*

### Cordelia's Squash Casserole

Serves 6

3 pounds yellow squash, small chunks	1 package Hidden Valley Ranch Salad Dressing, Original Flavor, dry mix
2 medium onions, peeled and chopped	1 cup grated strong cheese, any kind
1 cup crushed <i>Saltine</i> crackers	1 teaspoon salt (optional)
1 cup mayonnaise	1 cup bread crumbs (optional)
3 eggs, well beaten	

Put squash into pot with enough water to cover. Bring to a boil and cook until well done. Drain water and mash squash.

To squash, add onions, Saltines, mayonnaise, eggs, contents of dry salad dressing mix package, grated cheese and salt (optional). Stir well after adding each ingredient.

Pour mixture into casserole dish and bake in a pre-heated oven at 300° for 45 minutes to one hour. You may sprinkle the bread crumbs over the top 10 minutes before casserole is done, if you wish.

\* \* \* \* \*

## Shoshana Henig Taub

Fern Family #1

*This recipe was learned from Sarah Starr Taub (Sherril Starr), my mother-in-law. It was served for any occasion. My mother-in-law is a fabulous woman. Hard-working, dedicated to her job, her children, and her grandchildren. She seldom has a moment's rest – but always has an inspiring word to share. Because of her time constraints, my mother-in-law is nothing short of a whiz at fast but fantastic cooking – just up my alley! I hope you enjoy this zesty dish as much as we do!*

### Ima Taub's Zesty Zucchini

Serves 4

1 medium onion, chopped	3/4 cup ketchup (approx) (or more, for added zest)
2½ Tablespoons (approx) olive oil	5-6 shakes garlic powder (or more, for added zest)
3 medium zucchinis, sliced into coins or half coins	Water – to keep zucchinis from boiling out

Sauté onion in olive oil until translucent. Add sliced zucchini coins and sauté on medium heat until zucchini softens. If the oil has already been absorbed before zucchinis are soft, add a little more oil or a couple of Tablespoons of water periodically. Add ketchup and garlic powder and simmer until well blended. You can add more ketchup and garlic powder for a more tangy, zesty flavor. Enjoy!

# Haviva Halleman Swirski

*Fern Family #1*

*When we were children in Israel, the family (Halleman, Bleibergs, Brawers, Teppers) lived near each other and celebrated the holidays together. Slavka Danishevski Halleman, Mella Halleman Bleiberg, and Dora Fern Tepper alternated making the pirogen. The children's job was to make the potato balls. This is the most favorite of the recipes and was always served on Shavuoth, which is on the 6th and 7th of Sivan, usually during the month of June.*

## Slavka's Pirogen

*Makes 50 to 60 small pirogen*

### Dough

4 cups flour

2-3 eggs

1 - 1 ½ cups water in which the potatoes  
were boiled

2 Tablespoons oil (optional)

### Filling

5 pounds potatoes, peeled, cut into chunks

1 onion, peeled, chopped fine, sautéed

Water for boiling

Farmer cheese or cottage cheese

Salt and Pepper

### To prepare filling

Boil potatoes until cooked. Drain, reserving 1 - 1 ½ cups of water for dough. Mash potatoes, add fried onions and cheese, salt and pepper, to taste. Mash well together.

### To prepare dough

In a bowl, beat together flour, eggs, and reserved water. Beat in enough flour to form a stiff dough. Knead on a floured surface until smooth and elastic. Divide into four parts and make four long rolls. Cut into 1/2" slices. Repeat until all the dough is sliced. Flatten each slice with a floured rolling pin so that they look like small circles. Place a ball of the potato filling, about the size of a ping-pong ball, in center of circle. Fold over to form half-circle and pinch edges to seal well. Fill the largest pot you have 2/3-full with water and bring to a boil. Drop about a dozen pirogen into the boiling water and cook until they rise to the surface. Remove from water with slotted spoon and drain thoroughly. Serve hot with melted butter over the pirogen.

# Lonka Tepper Berlach

Fern Family #1

*Pierogies were a very popular dairy dish in Drohobycz (Poland). We had them always on Monday because Monday was a market day. Farmers came to town when fresh produce, cheese, butter and sour cream were at their best. This is my mom's, Dora Fern Tepper, recipe for pierogies.*

## Dora's Pierogies

Serves 6-8

### Dough

½ cup warm water

½ teaspoon salt

1½ - 1¾ cups flour

### Filling

2½ pounds potatoes/cooked and mashed  
with 2-3 Tablespoons butter

½ cup farmer's cheese

Salt and Pepper, to taste

### To prepare dough

Combine all ingredients and mix. Dough should be soft and elastic.

Roll dough quite thin and cut circles about 2" to 2 1/2" in diameter.

### To prepare filling

Combine all filling ingredients and mix well.

### To prepare pierogies

Place potato mixture (the size of a walnut) in the middle of the dough circle, fold into semi-circle, and press or pinch the edges together.

Bring salted water to a boil in a large pot. Boil 8 to 10 pierogies at a time in the boiling water. Stir them once so they do not stick to the bottom.

When they float to the surface they are ready. Take them out with a slotted spoon, drain well, and place them on a platter with melted butter. Serve with sour cream.

*Tip: Pierogies can be also made adding fried onion and cheese or just fried onions added to the potato filling. They can be frozen. They are also delicious fried.*

## Lynda Fern Sacharov

*Fern Family #1*

*This recipe was given to me by my mother, Dorothy Lava Fern. It is served for Passover or any other time. My mother gave me this great book of Passover recipes. I picked out this one because I like all the ingredients; it's healthy and easy!*

### **Spinach-Potato Pie (Parve Lasagne)**

*Serves 9*

1 bunch of fresh spinach, cooked until tender, or 1 package frozen chopped spinach, cooked and drained	3 sheets of plain matzoh
1 large onion, peeled and diced	1 large egg
3 medium white potatoes, boiled and mashed, skins may be left on or removed	½ teaspoon paprika
3 "pats" of margarine	fresh mushrooms, sliced or chopped (optional)
	<i>Pam</i> cooking spray or cooking oil

Grease a 9" x 9" square baking pan. Brown onion in the margarine. Add to the mashed potatoes. If using fresh spinach, finely chop after cooking. Soak matzoh, until just slightly softened. Spray the baking pan with *Pam* or, during Passover, use a very light coating of oil. Layer the ingredients in the baking pan in this order: one sheet of matzoh, spinach, potato/onion mixture, mushrooms. Repeat so that you have two layers ending with a matzoh as the top. Sprinkle paprika on the top matzoh.

Bake in a preheated 350° oven about 15 minutes, or so. Cut into nine 2" squares. Cover tightly and refrigerate.

*Tip: This pie can be made one day in advance.*

\* \* \* \* \*

## Ethel Lawless Feldman

*Fern Family #1*

*I learned this recipe from my mother, Bridget Haughey Lawless. It can be traced back to Ireland (my grandmother). It was served on most holidays! Meat and potatoes, what more can you ask for?*

### **Roasted Potatoes and Rosemary**

*Serves 8*

4 pounds small white Yukon potatoes	½ large sweet onion
3 sprigs rosemary	2 teaspoons olive oil
3 teaspoons kosher salt/sea salt	

Pre-heat oven to 375°. Cut potatoes into quarters. Put in rectangular Pyrex dish. Cut sweet onion into fine slices. Add Kosher salt, olive oil. Sprinkle rosemary over dish. Heat for approximately 45-60 minutes. Stir occasionally. When slightly brown and crispy, serve! Enjoy!

## Ziporah Fern Weiss

*Fern Family #4*

*These are good, easy to make and typically Israeli. I very much hope you'll like the dishes I suggested. I cook them often, as they are very tasty and refreshing, especially during our very hot summers.*

### Eggplant and Potatoes

*The amounts, of course, depend on the number of eaters.*

Eggplant	Salt and black pepper
Potatoes	Garlic, crushed
2 eggs	Oil, for frying
Flour	

Wash the eggplants well and cut (don't peel) into thick slices. Sprinkle lightly with salt and let the slices dry in the sun for about half an hour. Mix well 2 eggs, ¼ cups +/- water, add some flour, salt and black pepper. Mix well until a paste is formed. Dip the eggplant slices in the mixture and fry until golden-brown. Arrange in a shallow saucepan. On top, put raw sliced potatoes, add some salt, black pepper, crushed garlic, cover with water. When the mixture starts to boil, lower the fire and let it cook for about 40 minutes, until the potatoes are soft, and only a little liquid is left.

\* \* \* \* \*

## Ziporah Fern Weiss

*Fern Family #4*

### Eggplant, Zucchini, Onion (and Potato)

Onion	Garlic, crushed
Eggplant	Salt and pepper
3 or 4 tomatoes	Soy sauce
Potatoes	Dill
Zucchini	

In a deep saucepan fry thinly sliced onions until golden brown. Add crushed garlic, salt, pepper, some soya sauce (not too much - it adds taste, but is very salty). Cut two medium-sized eggplants into squares, put on top of the onions. Sprinkle (very little) with salt and pepper. On top put squarely cut 3-4 small courgettes (zucchini). Again - very little salt and pepper. On top 3-4 sliced tomatoes, very little salt and pepper. (You may add crushed garlic.) I also like to put some dill on top, cut into small pieces. Add some water (half a cup more or less). When it starts boiling, lower the fire and let cook slowly for about 40 minutes. If you like potatoes, you may also add a layer of not too thinly sliced potatoes. Tastes very good, either hot or cold.

## Dena Fern Lowenbach

Fern Family #1

*This was my maternal grandmother, Sarah Gralitzer Glick's, recipe. She gave it to my mother, Freda Glick Fern, who passed it on to me. The kugel was served as often as we could get Mom to make it.*

### Freda's Noodle Pudding (Noodle Kugel)

Serves 6-8

½ pound wide (broad) noodles	1½ cups milk
3/8 pound butter or margarine, melted	1/3 box raisins
2/3 cup sugar	5 eggs, beaten
¾ pound cottage cheese	Cinnamon
1 pint sour cream (or plain yogurt)	Corn flake crumbs
1 Tablespoon vanilla	

Cook noodles as directed on box or bag. Drain thoroughly. Put in large bowl and add melted butter or margarine. Stir. Add next six ingredients (sugar, cottage cheese, sour cream, vanilla, milk, raisins). Mix. Add eggs. Stir thoroughly. Pour into greased 3-quart baking dish (approximately 8 ½" x 12"). Sprinkle cinnamon across the top and crumble corn flake crumbs over entire top of pudding. Preheat oven to 400°. Bake, covered with tin foil, for 15 minutes. Uncover, and continue baking at 325° for 1 hour.

The kugel is served warm, but if there is any left over, "a rare occurrence," it should be refrigerated and can be served cold.

\* \* \* \* \*

## Susan Fern Kassir

Fern Family #1

*My mother-in-law, Gertrude Lestch Kassir, gave me this recipe. This dish has always been a favorite of my husband's family and is now a favorite of our family. I always double this recipe, as everyone who tastes it loves it.*

### Noodle Pudding Supreme

Serves 6

½ pound wide noodles	½ cup sugar
3 pints boiling water	3 Tablespoons sour cream
½ pound cottage cheese	1 teaspoon vanilla
2 eggs, beaten lightly	2 Tablespoons raisins (optional)

Cook noodles in boiling water. Drain. In bowl, mix cottage cheese with noodles. In another bowl mix together eggs, sugar and sour cream. Add vanilla and raisins (optional). Fold this mixture into the noodles and cheese.

Pour into a well-buttered 8" x 8" pan.

Bake in a preheated 350° (moderate) oven for 30 minutes until light brown.

## Sharon Fern Avram

*Fern Family #1*

*This recipe was given to me by my mother, Selma Schwartz Fern. This is a traditional side dish always served on the Shavuot holiday.*

### Selma's Dairy Noodle Pudding

*Serves 10-12*

6 eggs, beaten together	1 cup sugar
16 ounces noodles, cooked al dente	4 teaspoons vanilla
1 8-ounce container of sour cream	2 pounds cottage cheese
1 stick of butter or margarine	Corn flake crumbs

Preheat oven to 350°. Stir eggs into cooked noodles. Add remaining ingredients to noodles, stirring well. Pour mixture into a lightly greased 9" x 12" pan. Top with corn flake crumbs. Bake for one hour or until golden brown. Wait until cool to slice into portions so the kugel doesn't fall apart.

***Tip:** This recipe can be prepared 2-3 days in advance. If prepared in advance, cover and keep refrigerated. Reheat in a pre-heated 300° oven until warm or microwave. (Be sure pan can go in microwave.)*

\* \* \* \* \*

## Miriam Foden Fern

*Fern Family #5B*

*I learned this recipe from my mother, Bertha Panzeter Foden Simpkins. It can be traced back to a friend of my mother's and was served at Sukkot and family gatherings with relatives of all religions attending.*

### Dairy Noodle Pudding

*Serves 20*

1 cup sour cream	¼ pound melted butter
1 cup sugar	1/3 cup white raisins
4 eggs, beaten	1 package extra fine noodles
1 teaspoon vanilla	Sugar and cinnamon
6 apples, thinly sliced	

Boil and drain noodles. Mix together other ingredients and combine with noodles. Spread in 9" x 13" greased pan. Sprinkle top with sugar and cinnamon. Dot with butter. Bake at 400° for one hour. Good either hot or cold.

## Gloria Lieberman Waldinger

*Fern Family #1*

*This recipe was given to me by my mother-in-law, Sadie Fern Waldinger, who served it at family dinners. Most of the Waldingers refused to eat vegetables. My husband, Art, refers to vegetables as 'green junk.' However, once Sadie came up with this recipe, it became a family favorite. Of course, Sadie never measured her ingredients, and this has made it difficult to replicate her dishes. I've worked at getting this close to the original, and Art still likes it. So, hopefully, I've stumbled on the right formula.*

### Sadie's Vegetable Kugel

Serves 12

6 medium zucchini, about 2 ½ pounds, shredded	3 eggs, beaten
1 medium onion, shredded	½ teaspoon garlic salt
3 medium carrots, shredded	½ teaspoon pepper
1 medium potato, peeled and shredded	½ teaspoon salt
½ cup of dry, seasoned bread crumbs or matzah meal	½ stick of margarine, melted

Preheat oven to 375° and melt margarine in 9" x 13" baking pan in oven. Remove from oven when melted. In a bowl, combine shredded vegetables and toss with bread crumbs. In a separate bowl, combine beaten eggs and spices and then mix well with vegetables. Add melted margarine and mix again. Pour the vegetable mixture in the baking pan. Bake at 375° for about 1 hour or until golden. Allow to rest a while before slicing.

*Tip: This dish can be prepared the day before and reheated again when ready to serve.*

\* \* \* \* \*

## Gertrude Steiger Frank

*Fern Family #5*

*I learned this recipe from my mother, Sarah Fern Steiger, while I was living at home and watched her. It is very tasty and satisfying. It can be traced back to my mom's youth days in Europe. It was served at dairy meals or for company as a main dish or a side dish.*

### Sweet Noodle Pudding

1 pound medium or wide noodles	Handful raisins – the golden kind
Butter to pour over hot noodles and blend	1 Tablespoon sugar
2 cans crushed pineapple	9" x 13" pan
6 eggs	

Boil noodles in lightly salted water. Drain noodles. Add butter and fold into hot noodles. Drain pineapple cans. Fold crushed pineapple with buttered noodles. Add eggs. Taste and decide whether it needs more sweetness. Add 1 Tablespoon sugar if needed. Add a handful of raisins and mix together. Pour into a greased 9" x 13" pan. Bake one hour at 350°. Watch closely from time to time. It shouldn't burn. Cool and eat. Tastes good also when warm!

## Robin Fern Gerber Carnesale

*Fern Family #2*

*In my early 20s, as a young wife and mother, I asked my paternal Aunt Ruth Fern Gilman, for a Fern family recipe to keep in the family. It can be traced back to the 1960s - my first cookbook - and was served at family dinners.*

### Noodle Casserole

1 pound cooked medium egg noodles	1 cup milk
1 pint sour cream	4 slices grated American cheese
2 eggs	½ teaspoon salt
8 ounces cream cheese	¼ cup sugar
1 pound cottage cheese	Corn flake crumbs, sugar, cinnamon

Mix milk, noodles, sour cream, eggs, cream cheese, American cheese, salt & sugar together. Pour into buttered casserole dish. Top with a mixture of cornflake crumbs, sugar and cinnamon. Dot with butter. Cover casserole dish. Bake at 350° until crisp.

\* \* \* \* \*

## Barbara Klein Meyers

*Fern Family #3*

*Here is my mother-in-law Ruth Fern/Fine/Fein's recipe for noodle kugel/pudding. Ruth's parents were William aka Vova aka Big Willie Fern and Anna Belkofsky Fern.*

### Noodle Kugel/Pudding

*Serves 6-8*

1 12-ounce box broad egg noodles	1 teaspoon vanilla
5 eggs slightly beaten	¾ stick melted margarine, cooled
1 12-ounce can of evaporated milk	Cinnamon
1 cup sugar	9" x 12" baking pan
1 cup water	

Cook and drain noodles. In a very large bowl combine and mix well: the slightly beaten eggs, evaporated milk, sugar, water, vanilla, and cooled melted margarine. Gradually add the cooked and drained egg noodles into the large bowl mixing gently into the liquid to combine all.

Pour the noodle mixture into a well greased 9" x 12" pan and sprinkle the top with cinnamon to taste. Dot teaspoons of margarine about every 3 inches on top of the now cinnamon-topped noodle kugel. Bake for about one hour at 350°. You can also add any drained, canned fruit such as peaches, or fresh apple chunks, dried cranberries, raisins, etc.

## Sharon Fern Avram

*Fern Family #1*

*My mother, Selma Schwartz Fern, gave me this recipe. This side dish was a Shabbat family tradition.*

### **Grandma Selma's Noodle Pudding (Kugel)**

*Serves 10-12*

16 ounces medium noodles	Cinnamon, to taste
6 eggs	1 15-ounce can of fruit cocktail
Salt and pepper	1 5-ounce can of crushed pineapple
4 Tablespoons margarine	Fresh fruit (optional)
1 1/3 cups orange juice	Raisins (optional)
1 cup sugar, or to taste	Corn flake crumbs

Cook noodles for about 10 minutes. Drain but do not rinse. Return cooked noodles to the pot in which they were cooked. Stir margarine into noodles until melted.

Beat 6 eggs together until very light. Add a pinch of salt and pepper to the eggs.

Then add beaten egg mixture, orange juice, sugar, cinnamon, fruit cocktail, crushed pineapple and optional ingredients to the cooked noodles.

Pour mixture into a greased 9" x 12" pan. Sprinkle corn flake crumbs over top. Bake in a preheated 350° oven for 45 to 60 minutes, until golden brown. Slice into portions when cool so the kugel doesn't fall apart.

*Tip: This recipe can be prepared 2 to 3 days in advance. Keep covered and refrigerate. Reheat in a 300° oven until warm. It also freezes well. If frozen, defrost and reheat.*

\* \* \* \* \*

## Pearl Siegelman Gorelick

*Fern Family #1*

*This recipe was given to me by a friend when I was living in North Hollywood, California, almost 50 years ago.*

*It was served at Yom Kippur break fast. I was looking for a new dairy recipe. I make it for every break fast and our family and friends all enjoy it. It's simple and delicious! Enjoy!*

### **Lokshen Kugel**

2 small packages cream cheese	4-6 eggs
1 pint sour cream	6 Tablespoons sugar
1 package medium egg noodles	1½ cubes butter
1 capful vanilla	Cinnamon and slivered almonds - optional

Blend all ingredients in blender (except noodles). Cook all noodles until done.

Put ½ cube butter in Pyrex dish and melt. Drain noodles. Spread in Pyrex dish. Pour liquid over all the noodles. Sprinkle cinnamon on top. Bake in 350° oven about 1 hour.

## **Robin Ann Gorelick**

*Fern Family #1*

*My favorite memories are cooking and baking from scratch at Passover time with my mother, Pearl Siegelman Gorelick. We would prepare everything for the Seder. I was in charge of the kugels and the sponge cake. We used these recipes, passed down from my grandmother to my mother to me. Grandma Gussie (Fern Siegelman) was an excellent cook and baker. My fondest remembrance is learning how to separate the eggs so that no shells would fall in. I think it is now a family trait!*

### **Passover Carrot Pudding**

*Serves 10-12*

6 eggs, separated	1/3 cup matzah meal
2 cups carrots, peeled and grated	1/2 teaspoon salt
1/4 cup potato starch	1 Tablespoon lemon juice
1/3 cup sweet red wine	2 teaspoons lemon rind
3/4 cup sugar	

Beat egg yolks until light. Gradually add sugar, beating until thick. Stir in carrots, matzah meal, potato starch and salt. Add wine, lemon juice and rind, blending thoroughly.

Beat egg whites until stiff but not dry. Fold into the carrot mixture carefully.

Gently pour into greased 2-quart baking dish. Bake in preheated 350° oven for 45 minutes. Serve hot or cold as a vegetable dish.

*Tip: This pudding must be made on the day it is to be served.*

\* \* \* \* \*

## **Robin Ann Gorelick**

*Fern Family #1*

### **Passover Potato Kugel**

*Serves 8-10*

5-6 large potatoes, peeled and grated	1 small onion, peeled and grated
1 1/2 teaspoons salt	1/4 teaspoon pepper
2 eggs	2 Tablespoons matzah cake meal (Passover)
1 Tablespoon shortening, melted	or flour (for the rest of the year)

Drain excess water from grated potatoes and onions. Add eggs, seasonings, and cake meal or flour. Grease a 1 1/2-quart casserole dish and preheat dish in a 375° oven. Pour potato mixture into heated pan. Spread melted shortening on top. Bake at 375° for one hour, or until nicely browned.

## Dena Leah Taub Rappaport

*Fern Family #1*

*I learned this recipe from Sarah Starr Taub, my mother. It was served as traditional Sabbath and holiday food eaten by Ashkenazi Jews for centuries. This is the first dish that I learned to bake on my own. I used to make it on Friday afternoons for the Sabbath. I would grate the potatoes by hand, sometimes even cutting myself, and crying buckets of tears from the onions. But as a nine year-old girl, I was very proud to present my kugel to the family. My grandfather, Marshall Starr, would walk over, even in the snow, for a piece. I felt like a million dollars due to all the compliments I received!*

### Potato Kugel

*Serves 12-14*

6 good quality potatoes (preferably Yukon Gold)	Garlic powder
1 teaspoon salt	1/3 cup oil
3-4 eggs	Onion powder
1 medium-large onion	1/3 cup matzo meal
Pepper	

Grate onion first, then grate potatoes. Add rest of ingredients. Can be adjusted to taste. Mix well. Preheat oven and bake on 350°-375° for about 2 hours or until golden brown on the top. Enjoy!

\* \* \* \* \*

## Leah Bleiberg Sagi

(1945-2011)

*Fern Family #1*

*This recipe was given to me by my mother, Amalia "Mella" Halleman Bleiberg. We used to eat it around Passover. All the ingredients are commonly found and simple. When you eat it, you aren't hungry and the body is nourished. Mother used to prepare it before Passover and during the holiday as it is kosher for the holiday. You can smear it on the matzah and it served us as a whole meal during the "Zena years"\* of the "fifties" in Israel. My children love it and it's easy to prepare.*

*\*"Zena" in Hebrew means modesty, simplicity. The State of Israel was born in May 1948 and the government and people didn't have money or goods to buy for at least 5-6 years. We got pieces of paper with which we could buy a certain amount of needed things like eggs, flour, sugar, margarine (instead of butter, of which there was none). As you can see, we didn't have a lot, but we survived... and this recipe is what we smeared on the 'maza' on Passover because the maza can get stuck in the throat if it isn't wet or if you don't smear anything on it.*

### Potatoes with Onion Salad

1 kg (about 5-6) potatoes – hard boiled	3 eggs – hardboiled eggs
1 small onion, cut into small square pieces	Oil, salt, black pepper

You take the potatoes and smash them with a fork. You add the eggs and do the same. Add the onion squares. You put oil, salt and black pepper, to your taste. (When I don't have time, I take the cold ingredients and use a hand mixer; it comes out very tasty, too.)

## Pamela Fern Stuart

Fern Family #2

*This is a tzimmes recipe that's very similar to the one my mom, Amelia "Yvonne" Fern Stuart, used to make. It was enjoyed by all, especially my uncle Daniel "Dan" Fern. My mom never wrote her recipes down, so I have done my best to recreate her recipe here, including the same ingredients she used to use to create her delicious tzimmes. Hope you'll enjoy!*

### **Harvest Vegetable Tzimmes**

**(Mother's Tried and True Tzimmes recipe)**

Serves 6

***Variations:** The tzimmes can be cooked on the stovetop, or the tzimmes can be made in a slow cooker (Crock Pot) instead of baking. The veggies can be sautéed in a little olive oil before adding the orange juice. Any of the veggies may be omitted, as one prefers, and also different dried fruits can be used, i.e., raisins, apricots, dates, and/or figs.*

½ pound carrots, peeled & sliced ½-inch thick	Water
½ pound parsnips, peeled & sliced ½-inch thick	½ cup agave syrup, Sucanat (dried sugar cane juice) or brown sugar
1 pound sweet potatoes or yams, peeled & thinly sliced	½ cup pitted prunes, coarsely chopped
1 onion, peeled, halved & finely chopped	2 teaspoons grated ginger root
1 cup orange juice	Salt and white pepper, to taste

Preheat oven to 375° F (190° C). In a 3-quart (2.84-liter) saucepan, combine the carrots, parsnips, sweet potatoes and onions. Add the orange juice and barely enough water to cover the vegetables. Bring to a boil over high heat; reduce heat and simmer 20 to 25 minutes or until vegetables are almost tender. Drain and reserve ¾ cup cooking liquid. Place cooked vegetables in a 13" x 9" x 2" (33.02cm x 22.86cm x 5.08cm) baking dish.

Add sweetener to vegetables. Add prunes and grated ginger. Season with salt and pepper. Stir all the ingredients together well. Bake, uncovered, stirring occasionally, for 50 minutes or until golden brown, sauce is thickened and vegetables are very tender.

# Cynthia Fern Itzkowitz

*Fern Family #1*

*This recipe was given to me by my mother-in-law, Elizabeth Weiss Itzkowitz. It has been in the Itzkowitz family for three generations. We always eat this before the fast of Yom Kippur. It's delicious, not too salty, and very filling.*

## Tzimmes

*Serves 6*

4 large sweet potatoes	½ cup honey
8 large carrots	½ teaspoon salt
Boiling salted water	¼ teaspoon cinnamon
½ cup pitted prunes (optional)	Margarine or corn oil
1 cup orange juice	

Wash and peel sweet potatoes and carrots. Cook sweet potatoes and carrots in the water to cover until tender. Drain sweet potatoes and carrots and put into pan, lined with aluminum foil, with prunes. Stir gently. Mix orange juice, honey, salt and cinnamon. Pour over casserole. Dot top with margarine or sprinkle top with corn oil. Cover with foil. Bake in preheated oven at 350° for 30 minutes. Uncover, stir gently and bake, uncovered for another 10 minutes.

\* \* \* \* \*

## **Florence Fern Feldman**

(1918-2009)

*Fern Family #1*

*My mother, Anna Nestler Fern, gave me this recipe, when we were living in Borough Park, Brooklyn. The tzimmes was served on Rosh Hashanah.*

## Carrot and Sweet Potato Tzimmes

*Serves about 10.*

*You may vary quantity of ingredients, depending on the number of people to be served.*

6 medium peeled carrots, cut in chunks	Crushed pineapple, drained, from small can (optional)
3 medium sweet potatoes (about 2 pounds), peeled and cut in chunks	¼ cup sugar or honey or maple syrup, to taste
1 cup hot water	½ teaspoon cinnamon, or to taste
¾ pound pitted prunes	1 pinch coarse salt

Slowly simmer sweet potatoes, carrots, prunes and water in a saucepan until completely soft. When cooked, add pineapple (optional). If not sweet enough to taste, add sugar, honey or maple syrup to taste. Add cinnamon to taste.

**Variation:** To brown top, turn into a casserole and slip under broiler to brown lightly before serving.

## Ingunn Egset

*Fern Family #1*

*My aunt, Annlaug Standal, got this recipe from a restaurant in our nearby town Ålesund in Norway, 25 years ago. It is a nice warm dish that she served us kids when we sat around the TV on Saturday evenings watching our favourite show. Over time, it has mutated slightly. The tofu is a replacement and I wanted it more yellow, so I added saffron. My favourite!*

### Glade Ålesund (vegetarian)

*Serves 3-4. To be served with rice.*

200 grammes tofu (7 ounces)	1 handful of raisins
1 onion, chopped	1dl cream (can be light) ( 3 1/3 ounces)
½ red pepper, chopped	1 dl sour cream (can be light) (3 1/3 ounces)
½ green pepper, chopped	Salt and pepper, to taste
200 grammes mushrooms, sliced (7 ounces)	Curry, to taste
½ pineapple, diced (if from a can, without the juice)	Saffron (just for the yellow colour)

Fry the tofu and the onion lightly with butter in a frying pan. Blend the cream and the sour cream in the kettle with all the ingredients diced. Boil up, then let simmer for about 20 minutes. Add the tofu and the onion towards the end. Add salt and pepper, curry and saffron. Serve with rice. Sprinkle some saffron on the rice to decorate it.

\* \* \* \* \*

## Pearl Siegelman Gorelick

*Fern Family #1*

*This was my mother, Golda Fern Siegelman's recipe. She served it at Thanksgiving and I continue that tradition. We all enjoy it.*

### Golda's Candied Sweet Potatoes

*Serves 12*

6 medium-sized sweet potatoes, pared	2 Tablespoons honey
¼ cup parve margarine	½ cup orange juice
1 cup brown sugar, packed	1 teaspoon orange rind

Early in day: Halve potatoes lengthwise, brown in margarine in skillet. Put into 2-quart baking casserole together with any margarine left in skillet. Pour and sprinkle the other ingredients over the top of the potatoes in the casserole. Refrigerate.

About 1¼ hours before serving: Preheat oven to 450°.

Cover casserole and bake in oven 45 minutes. Uncover and baste and continue to cook another 20 minutes, or until potatoes are tender and golden brown.

## Rina Shamash Fern

*Fern Family #1*

*This recipe was given to me by my mother, Alis Sharabani Shamash. It is a Sephardic dish. It can be traced back to Jews from Iraq (way back). It is served as a staple (anytime).*

*The smell of the garlic and cumin are a special memory for me. I would eat it right from the pot. Sometimes we would eat as a meal.*

### **Kichrey (Rice with Lentils)**

*Serves a lot.*

3-4 cups long grain rice	4 teaspoon chicken-style consommé powder (OSEM)
½ cup orange lentils	¼ teaspoon pepper
1 8-ounce can tomato sauce	4 large garlic cloves minced
1/8 cup spaghetti sauce	3 teaspoon oil
½ stick margarine	1 flat teaspoon cumin
1 teaspoon salt	

Soak rice and lentils in a bowl with water ¼ inch above for ½ hour.

In separate large pot, fill with 1 inch of water, add tomato sauce, salt, chicken consommé, pepper. Let boil. Put rice and lentils in sauce mixture. Add ½ stick margarine and spaghetti sauce. Add more water if needed. Let boil, then cover and simmer. In separate small frying pan, fry garlic briefly with oil and add cumin. When water from rice mixture is gone, add garlic mixture to it.

*Tip: Can be stored in refrigerator.*

\* \* \* \* \*

## Esterly Rosner Fern

*Fern Family #2*

*I learned this recipe from my mother, Regina Schwarz Rosen. It was served at all occasions with dinner.*

### **Marinated Cucumbers and Scallions**

*Makes 6 servings*

1-2 cucumbers	2-3 capfuls of white vinegar
1-2 sliced onions	Salt and pepper to taste
2 packages chopped scallions	1-2 cups water
6 packages sugar substitute to taste	

Slice cucumbers, chop onions and scallions and put in medium bowl. Add water and all other ingredients. Cover and marinate for 3 hours or more before serving.

My mother used "Real" sugar!

# Haviva Halleman Swirski

*Fern Family #1*

*This recipe of my mother, Slavka Danishevski Halleman, was made when company was expected.*

*It was served with either brisket or chicken. Before the knish was served, Slavka would take a knife and make a cut along the top of the knish, putting the meat gravy into the opening. "To die for!"*

## Slavka's Kasha Knish

Serves about 12

### Dough

#### **Variation I:**

1½ cups flour  
1 egg  
1 Tablespoon oil  
¾ cup lukewarm water  
Salt

#### **Variation II:**

1½ cups flour  
3 Tablespoons oil  
1 Tablespoon vinegar  
1 cup lukewarm water  
Salt

### Filling

1 cup kasha  
1 large onion, chopped  
3 Tablespoons oil  
2 cups chicken soup

### Egg Wash

1 egg, beaten

### To prepare dough

*Variations I and II:* Mix all ingredients together thoroughly. Knead well. Let stand about 1 -2 hours. Place a clean, plain tablecloth on kitchen table. Flour tablecloth. Place dough on cloth and start stretching the dough from underneath, using closed fists rather than open fingers, to avoid tearing the dough. Start stretching the dough in a manner similar to stretching pizza dough until the dough covers the table and hangs down its sides.

### To prepare kasha filling

Sauté chopped onion in oil. Add kasha and sauté for about 1 to 2 minutes. Add chicken soup, stir and cover. Cook on very low heat for about 15 minutes until all liquid is absorbed. Fluff kasha with fork. When cool, use as knish filling.

### To prepare knish

Spread filling over dough on table top and start rolling up the dough using the tablecloth to help control the dough. Continue lifting cloth and rolling, turning sides of dough in as you roll. You should end up with a thick, long roll. Poke holes on the top with a fork.

Grease a baking pan very well and carefully coil knish in pan. The top of the knish can be glazed with oil or with beaten egg and water. Brush egg wash over top of knish. Bake in a preheated 375° oven until golden brown.

If you wish, you may do as Slavka did and put gravy into a cut in the top of the knish. Cut into serving size pieces.

This knish is not like knishes found in American delicatessens. The dough is very flaky.

*Tip: This recipe needs two people for dough stretching and rolling. Philo dough or puff pastry dough can be substituted (makes it a lot easier)!*

## **Gloria Lieberman Waldinger**

*Fern Family #1*

*This recipe was given to me by my mother, Regina Farkas Lieberman, and can be traced back to Hungary. It was served at holiday meals. As a child growing up, mother would save the hard core of the cabbage for my sister and me to help dislodge our loose baby teeth.*

### **Noodles and Cabbage**

*Serves 6-8*

1 large onion, chopped fine	Fresh ground pepper, to taste
1 stick (1/4 pound) margarine	1/2 teaspoon paprika
1 head cabbage (around 2 1/2 - 3 pounds), shredded coarsely	1/2 pound bow-tie noodles
1 Tablespoon kosher salt	2 Tablespoons poppy or caraway seeds (optional)

Toss shredded cabbage in a bowl with kosher salt. Allow to sit for about 15 minutes, then press out the liquid, a handful of cabbage at a time, squeezing between the palms of your hands.

Sauté the onions in the margarine until they are transparent. Season sautéed onions with paprika and fresh ground pepper. Add the cabbage and continue to sauté until cabbage mixture is soft and golden (about 15 minutes or more).

Cook noodles in rapidly boiling water according to package directions. Drain well, rinse and drain again. Add noodles to cabbage and stir well. Add poppy or caraway seeds if desired.

*Tip: This dish can be served at once or reserved for later use. It tastes even better the next day.*

\* \* \* \* \*

## **Jeanette Klafter Schapiro**

*Fern Family #1*

*This recipe was handed down to me by my wonderful mother-in-law, Gussie Fern Schapiro. Gussie and her sister, Edith Fern Faust, thought it up.*

### **Gussie's Stringbean Casserole**

*Serves 8*

2 packages frozen stringbeans  
1 can *Campbell's* Cream of Mushroom soup  
1 can D & C French Fried Onions

Cook 2 packages of stringbeans according to package directions, reserving 1/2 cup liquid after cooking.

In casserole dish combine 1/2 cup reserved liquid, cooked stringbeans and 1 can of mushroom soup. Mix well. On top of mixture put 1 can of fried onions.

Bake in preheated 350° oven about 1/2 hour, uncovered.

# Denise Berger Papo

Fern Family #1

This recipe was submitted to us in Spanish from Barcelona. The English translation is on the following page:

## Verduras rellenas o "Rellenas" Tomates, pimientos y calabacines rellenos

### *Ingredientes para 8 personas*

Tomates medianos y maduros pero firmes: 10 unidades

Calabacines: 4 unidades

Pimientos pequeños verdes o rojos: 10 unidades

### *Ingredientes para el relleno*

500 g. carne picada

Sal y pimienta

5 cucharas miga de pan remojado y escurrida

1 taza café de perejil picado

2 cucharas aceite (cucharas soperas)

½ cucharita café de "allspice"

1 taza café de arroz redondo crudo

### *Ingredientes para la salsa*

6 cucharas aceite

1 puñado perejil picado

1 vaso de agua o más para recubrir

Sal, un puñado de menta fresca

3 cucharas soperas azúcar

½ limón exprimido

### Preparacion

En un bol, amasar muy bien los ingredientes del relleno

Lavar los **tomates** y vaciarlos con cuidado para no romperlos. Rellenarlos a ¾ partes ya que el arroz hinchará

Lavar los **pimientos** y rellenarlos por arriba con el relleno

Dejar los **calabacines** con la piel. Cortarlas en 3 trozas a lo ancho de 5 o 6 cm. Vaciarlos por el centro para extraer la pulpa, dejando un hueco para rellenarlos.

Disponer todo ello en un cacerole ancho y hondo, añadir la salsa, taparlo y cocer a fuego moderado 1 hora aproximadamente, añadiendo un poco de agua si fuera necesario.

Servir caliente.

**Note:** Si sobra carne, formar bolitas y añadir a la salsa.

## Stuffed Vegetables

*This dish was given to me by my mother-in-law, Berta Papo, of Iderne, Turkey. It is served anytime there is a celebration or family reunion. My mother-in-law prepared this dish when she invited us to dinner, and we all loved it because it is very special and delicious. This is a special dish from Turkey.*

Serves 8

10 medium-size tomatoes, ripe but firm                      4 zucchini squash  
10 small red or green peppers

### Ingredients for stuffing

1¼ pounds chopped meat    Salt and pepper  
5 Tablespoons moistened bread crumbs                              1 teaspoon chopped parsley  
2 Tablespoons oil    ½ teaspoon Allspice  
1 teaspoon, round, uncooked rice

### Ingredients for sauce

6 Tablespoons oil    Salt  
1 glass or more of water to cover                                      1 handful fresh mint  
3 Tablespoons sugar    ½ squeezed lemon  
1 handful chopped parsley

In a bowl, knead together well the ingredients for the stuffing.

**Tomatoes:** Wash and scoop the tomatoes out being careful not to break them. Fill the tomato shells up to ¾ full, since the rice will swell.

**Peppers:** Wash the peppers and remove the stems and seeds. Fill them from the top with the stuffing.

**Zucchini:** Do not peel the **zucchini**. Cut them in three pieces each, about 2-2½ inches long. Scoop the pulp out of the centers, leaving a hole for the stuffing and fill them with stuffing mixture.

Place all the above into a wide and deep baking dish, add the sauce, cover and cook in a moderate hot oven for approximately one hour, adding a little water if necessary. Serve hot.

**Note:** *If you have meat left over, make small balls and add to the sauce.*

# *Main Dishes*

## Main Dishes

Mom's Fried Chicken.....	Vicki Fern Schober
Spicy Roast Chicken with Tomatoes & Marjoram.....	Susan Schneider Kalish
Selma's Chicken Chow Mein.....	Marilyn Edelman Fern
Paprikash.....	Cynthia "Cindy" Fern Itzkowitz
Mella's Sweet and Sour Chicken.....	Rachel Bleiberg Porat
Middle East Roast Chicken.....	Dena Fern Lowenbach
Chicken with Nuts in Hoisin Sauce.....	Helen Malkin Dreskin
Slavka's Blintzes.....	Haviva Halleman Swirski
Freda's Cheese Blintzes.....	Vicki Fern Schober
Charlotte's Meat Blintzes.....	Barbara "Bobbie" Feldman Cohen
Golda's Blinchki.....	Pearl Siegelman Gorelick
Fool-Proof Pot Roast.....	Phyllis West Berman
Daddy's Lamb Chop Marinade.....	Reva Conescu
Dutch Meatloaf .....	Stephanie Itzkowitz
Festive Roast.....	Liza Strausz Weiss
Lilly Fern's Pot Roast of Brisket.....	William "Bill" Fern
Stuffed Cabbage.....	Barbara "Bobbie" Feldman Cohen
Gussie's Holishkes (Stuffed Cabbage).....	Pearl Fern Newman
Golda's Fancy Party Loaf .....	Pearl Siegelman Gorelick
Grandma Sadie's Fried Matzo.....	Nancy Glick Sheerin
Selma's Matzoh Brei.....	Cindy Fern Itzkowitz
Passover Vegetarian Dish.....	Pearl Siegelman Gorelick
Cheese Spinach Loaf .....	Pearl Siegelman Gorelick
Grandma's Kalya Kase.....	Barbara "Bobbie" Feldman Cohen
Kali Keis.....	Lonka Tepper Berlach
Gussie's Macaroni Stir Fry.....	Jeanette Klafter Schapiro

Scrambled Tofu.....	Jane Dreskin & Dave Colling
My Big Fat Greek Meatballs.....	Danuta Klinger Lewner Ashkenazi
Hedy’s Markkloess (Marrow Balls).....	Dena Fern Lowenbach
Pinnekjott (Lamb ribs).....	Ingunn Egset
Roasted Lamb Shoulder.....	Uri Weingarten
Sadie’s Swiss Steak.....	Nancy Glick Sheerin
Selma’s Potato Latkes and Applesauce.....	Cindy Fern Itzkowitz
Dr. Kim’s Vegetable-Cashew Stew.....	Dorothy “Dot” Sosebee Blum
“Stick To Your Ribs” Stew.....	Lynda Fern Sacharov
Special Salmon.....	Lynda Fern Sacharov
Samantha’s Flounder.....	Laurie Terry Fern
Two-Tiered Tuna.....	Pearl Siegelman Gorelick
Swordfish Nicoise with Peppers.....	Helene Malkin Dreskin

## Vicki Fern Schober

Fern Family #1

*I was given this recipe when I was living in Elizabeth, New Jersey, by my mother, Freda Glick Fern. It was served on Friday nights. When mom had extra time, she made this wonderful fried chicken. My reward for washing the dishes that were used to prepare the chicken, were bits of extra batter fried up like pancakes when the chicken was in the oven. I still make this recipe for my family when I have extra time.*

### Mom's Fried Chicken

Serves 4-6

1 cut-up fryer chicken or	1 Tablespoon onion powder
1 package of 8 to 10 wings and 4 breasts	1 teaspoon thyme
2 cups flour	Oil, as needed
1 Tablespoon salt (or to taste)	1 egg, beaten
	1 Tablespoon water

Wash chicken parts and set aside. Mix all dry ingredients and put in a Ziploc bag or on a plate. Beat egg and water in flat bowl. Put 4 to 6 pieces of chicken in bag and shake, coating well. Dip in egg mixture. Return to bag and shake, coating again. Heat oil in large frying pan. Add chicken, a few pieces at a time and brown well. Drain on several layers of paper towel and then place in large pan (9" x 15"). Bake in preheated oven, 45 minutes at 325°.

\* \* \* \* \*

## Susan Schneider Kalish

Fern Family #1

*This is chicken recipe that my youngest sister Deborah Schneider (age 46, same mother and father, believe it or not) gave me and that I like. It is a spicy baked chicken breast and easy (which everyone always likes). It IS spicy which can be kryptonite to the elder Jewish palate so put in the caveat that the amount of crushed chilies can be reduced.*

### Spicy Roast Chicken with Tomatoes and Marjoram

Serves 4

24 ounces (2 pints) whole cherry tomatoes, stemmed	1 Tablespoon fresh marjoram or
¼ cup olive oil	1 Tablespoon fresh rosemary
5 garlic cloves, pressed	4 chicken breast halves, with ribs
1 teaspoon (or less) dried crushed red chilies	2 Tablespoons chopped Italian parsley

Preheat oven to 450°. Toss tomatoes, olive oil, garlic, crushed chilies and marjoram (or rosemary) in a large bowl to combine. Place chicken on rimmed baking sheet. Pour tomato mixture over chicken, arranging tomatoes in single layer on sheet around chicken. Sprinkle generously with salt and pepper. Roast until chicken is cooked through and tomatoes are blistered, about 35 minutes. Transfer chicken to plates and top with chopped parsley.

## Marilyn Edelman Fern

*Fern Family #1*

*When I married Ricky in 1977, I did not know what kosher was. My mother-in-law, Selma Schwartz Fern, gave me a kosher cookbook which, to this day, I live by. This recipe was one of Selma's from the cookbook.*

### Selma's Chicken Chow Mein

*Serves 6*

3 Tablespoons chicken fat (I use oil)	2 Tablespoons soy sauce
3 cups celery, diced	2 Tablespoons cornstarch
2 cups onion diced	2 Tablespoons sugar
1½ cups chicken soup	2 cups boiled rice
2 cups kosher chicken, cooked and cubed	
1 can bean sprouts, drained	
1 Tablespoon soy sauce	

1. Combine and cook first four ingredients until vegetables are tender.
2. Then add the next three ingredients. Cover and cook for 15 minutes.
3. Mix the next three ingredients to a smooth paste and add to the above. Cook and stir for 15 minutes.
4. Serve with rice.

\* \* \* \* \*

## Cynthia "Cindy" Fern Itzkowitz

*Fern Family #1*

*This recipe was given to me by my mother-in-law, Elizabeth Weiss Itzkowitz. It has been in the Itzkowitz family for three generations. We always eat this before the fast of Yom Kippur. It's delicious and not too salty and very filling.*

### Paprikash

*Serves 5-6*

¾ stick margarine	Dash of salt
2 large onions, peeled and sliced	Dash of pepper
Flour	Dash of paprika
3 pounds young fryer chicken, cut up	Fresh parsley
Water	

Melt margarine in a large skillet and sauté onions. Flour chicken and sauté with onions. When nice and brown, add water to cover. Add salt pepper and paprika. Put a little parsley on the top. Cover and leave cooking on low heat about 1½ hours or until chicken is tender.

## Rachel Bleiberg Porat

*Fern Family #1*

*Dora Fern Tepper, whom we called Aunt Dora even though she was really a cousin, gave this recipe to my mother, Mella Halleman Bleiberg, when we were living in Tel Aviv. My mother, Mella, made it her own and passed it along to me. It is one of my favorites. Mella used to make this in a pressure cooker. It took less time.*

### Mella's Sweet and Sour Chicken

*Serves 4-6*

2 pounds or more of various chicken parts, including wings, cut in pieces	3 Tablespoons vinegar
2 large onions, peeled and cut into small pieces	3-4 Tablespoons sugar
2-3 Tablespoons oil	Water to cover

Heat the oil in a large pot. Put the cut onions in and stir until golden. Add meat pieces. Cook over a very low heat for at least ½ hour. Add vinegar and sugar and a little bit of water to pot and continue to cook for another 1-1½ hours at least.

\* \* \* \* \*

## Dena Fern Lowenbach

*Fern Family #1*

*This recipe was inspired by a dish served to us many years ago by a friend, but I've changed it so much that it has become mine. My family loves my version so much that I was persuaded to add it to the cook book, even though it wasn't a family tradition (until now).*

### Middle East Roast Chicken

*Serves 6*

6-7 pound chicken, oven stuffer roaster	2 Tablespoons raisins
1-2 teaspoons curry	2 large onions, peeled and cut into quarters
1-2 teaspoons paprika	2 garlic cloves, peeled and sliced thickly
1 teaspoon onion powder	8-10 prunes, whole and pitted
1 Tablespoon soy sauce	2-3 carrots, peeled and sliced (optional)
1-2 teaspoons sesame oil	1" ginger, fresh, peeled and sliced thickly
2 apples, sliced and cored	½ - 1 cup apple juice

Season the outside of the chicken with the first five ingredients (curry, paprika, onion powder, soy sauce, sesame oil). Put seasoned chicken in a large open pan and place in a preheated 350° oven for 30 minutes.

Meanwhile, prepare apples, onions, garlic and ginger and (optional) carrots. Put fruit and vegetables in pan with chicken along with ½ cup apple juice.

Continue roasting, basting often with juice from pan, adding more as needed to form a gravy.

Roast until well cooked, approximately 2½ hours.

When fully roasted, remove from oven and let rest 5 to 10 minutes. Slice and serve with vegetables, fruit and gravy.

## Helene Malkin Dreskin

*Fern Family #1*

*During my first year of marriage I was given a similar recipe, but I changed it to this current recipe! I started using this recipe in 1968 whenever I needed a quick but elegant dish for unexpected guests or when a friend or relative was coming for dinner and I wanted something a little different to serve. I usually serve it with brown rice fried with scallions, peas and mushrooms.*

### **Chicken with Nuts in Hoisin Sauce**

*Serves 4*

2 whole chicken breasts, uncooked	2 Tablespoons dry sherry
12 water chestnuts, diced	2 teaspoons cornstarch
4 medium-sized dried Chinese mushrooms	4 Tablespoons hoisin sauce
1 cup bamboo shoots, cut into 1" pieces (or as-is from a can)	2-3 Tablespoons peanut or corn oil
1 cup nuts (pecan, cashews, or almonds)	

Cut chicken into cubes. (Discard bones and skin if not purchased boned and skinless).

Combine 2 Tablespoons sherry with 2 teaspoons of cornstarch and marinate chicken pieces for 10 minutes (or longer; can be prepared earlier).

Soak the mushrooms in warm water for about 20 minutes and cut the same size as the water chestnuts.

Heat oil in wok (or frying pan) over a high flame.

Add the chicken and stir for about 2 minutes, or until the chicken turns white. Be sure to stir continuously so that the chicken will not stick to the pan.

Add mushrooms, bamboo shoots and water chestnuts and stir for another minute.

Add 4 Tablespoons hoisin sauce and mix well. Just before serving, add the nuts to the mixture and stir a few times.

***Note:** I always vary the recipe by playing with the amounts of everything... sometimes adding more hoisin sauce, also adding snow pea pods, slices of red pepper and regular mushroom. Sometimes I use the fresh mushrooms instead of the dried ones. Sometimes I add Chinese corn that comes in cans in the Asian section of the market. It's really a catch-all dish. It goes well with brown rice (healthy). Enjoy!*

# Haviva Halleman Swirski

Fern Family #1

*I learned this recipe from my mother, Slavka Danishevski Halleman, in Israel. Slavka learned it from her mother, Chaya Treger Danishevski, and continued making them. We ate this Shavuoth delicacy with pyrogy and cheesecake.*

## Slavka's Blintzes

Makes 24 blintzes

### Dough

2 eggs  
1 cup water  
2 cups flour  
Salt (optional)  
1 Tablespoon farina

### Filling

2 eggs  
½ cup sugar  
1 pound farmer or cottage cheese  
Vanilla  
Sour cream or yogurt

### For sweet dough add

1/3 cup sugar  
1 teaspoon vanilla  
Oil

### To prepare blintzes

In a large bowl, mix all the dough ingredients together until a smooth and thin batter. Take a heavy frying pan (preferably an iron pan) and very lightly oil. Pour or ladle about 2-3 Tablespoons of batter on the frying pan, moving pan to coat as thin as possible. Let fry until brown and firm and "sweat" appears on top. Place a clean kitchen towel on table and flip pancake onto towel, browned side up. When cool, pancakes can be stacked.

### To prepare filling

Separate eggs. In a bowl, whip whites with sugar until stiff. In another bowl, combine egg yolks with cheese, vanilla and farina. Mix well and add sour cream or yogurt to soften if stiff. Fold cheese mixture carefully into egg whites until well blended. Very carefully, scoop one Tablespoon cheese mixture and place on the first third of the blintz (the third nearest you). Fold over 2 to 3 times, tucking ends in as you fold. Brown lightly in frying pan in butter. Serve hot or cold.

# Vicki Fern Schober

Fern Family #1

*I learned this recipe from my mother, Freda Glick Fern. My father, Sam Fern, liked them with potatoes instead of cheese so my mother made special ones for him. The blintzes were served for dinner and for holiday meals.*

## Freda's Cheese Blintzes

Serves 4-6

### Batter

2 eggs

2 Tablespoons oil

1 cup milk

3/4 cup flour

Pinch of salt

1/2 Tablespoon butter

### Cheese Filling

1/2 pound cream cheese

1/4 pound cottage cheese

2 egg yolks

2 teaspoons sugar

1 teaspoon vanilla

### Potato Filling

12 large potatoes, baked and skinned

1/2 cup onions, chopped

1 egg, beaten

Butter

Pinch of salt

### To prepare cheese filling

Mix all ingredients for filling together.

### To prepare potato filling

Sauté chopped onions, until translucent.

Crumble potato into small chunks. Mix with sautéed onions and beaten egg.

Add salt

### To prepare blintzes

Beat the eggs, oil and milk together in a bowl. Add the flour and salt; beat until very smooth.

Chill for 30 minutes. Batter should be consistency of heavy cream. If too thick, add a little milk.

Melt a teaspoon of butter in a 7" skillet. Pour enough batter so it will cover the bottom of the skillet only. Fry until lightly brown on one side only.

Remove from pan and set aside until the batter is all used up.

Place about 1 Tablespoon of mixture (cheese or potato) in each of the blintzes and fold ends in first and then roll to close. Fry in butter until nicely browned on both sides.

Serve with sour cream, jelly or honey.

## Barbara "Bobbie" Feldman Cohen

*Fern Family #1*

*I learned this recipe from my mother-in-law, Charlotte Winter Cohen. Um Yum!*

### Charlotte's Meat Blintzes

*Makes about 12 blintzes*

#### Dough

2 eggs, beaten  
¾ cup water  
½ cup flour  
¼ teaspoon salt

#### Meat Filling

Onions, sliced  
Meat, any that is left over  
Salt, to taste  
Pepper, to taste

#### To prepare dough

Beat eggs together. Add water to the eggs, beating together. Then, slowly add this mixture to the dry ingredients. Beat well to form a smooth thin batter.

Pour batter out thinly into a slightly hot, greased pan (pan can be sprayed with *Pam*). When edges start turning light brown, turn blintzes out onto plate. Finish all of the batter the same way. Makes about 12 leaves.

#### To prepare filling

Stew the meat and onions, then grind together through meat grinder. Fill leaves, wrap, fry and serve.

\* \* \* \* \*

## Pearl Siegelman Gorelick

*Fern Family #1*

*This was my mother, Golda Fern Siegelman's recipe. It was served on holidays, especially Shavuot.*

### Golda's Blinchki

*Makes 18 blinchki*

2 eggs, well beaten  
1 cup milk  
2 Tablespoons sugar  
1½ cups sifted flour

2 Tablespoons butter or margarine, melted  
Black cherry preserves  
Sour cream  
Nutmeg

Combine eggs, milk and sugar. Mix well. Add mixture to flour gradually, stirring to make a thin, smooth batter. Add melted butter or margarine to batter.

Drop by spoonfuls on hot greased griddle to make thin pancakes. Turn once to brown on both sides. Remove from griddle when done. Fill with preserves. Fold over.

Put in preheated 300° oven until heated through.

To serve, top with sour cream and sprinkle with nutmeg.

## Phyllis West Berman

*Fern Family #1*

*I got this recipe from Jan Willinger, my husband Marty's cousin. The pot roast was served for all Jewish holidays except Yom Kippur. I associate this recipe with "heartburn." This recipe makes the greatest pot roast and gravy and cannot be ruined. I once forgot I was cooking and left the oven on all night - it was the best pot roast I ever made!*

### **Fool-Proof Pot Roast**

*Serves: How hungry are you?*

1 large piece first-cut brisket	4 medium onions, peeled and chopped
1 small bottle catsup	1 cup water
1 package onion soup mix, dry	½ teaspoon pepper

Line pan with aluminum foil so foil does not leak. Put layer of chopped onions on bottom. Place brisket in pan. Add catsup and sprinkle dry onion soup mix on top with the rest of the onions, water and pepper. Seal foil on top and sides. Bake in a preheated 350 degree oven for 4 to 5 hours. Remove meat when cooled. Place all liquids and onions in blender. Blend on "pulse" until just liquid. Serve "gravy" over brisket.

\* \* \* \* \*

## Reva Conescu

**(and my father Josh Conescu, my mother Karyl Fern Conescu,  
and my brother Ben Conescu)**

*Fern Family #2*

*I learned this recipe from my father, Josh Conescu (married to Karyl Fern). It is served anytime we feel like! We all love these lamb chops! My dad has really perfected the recipe into something we all enjoy every time.*

### **Daddy's Lamb Chop Marinade**

(from "Marinades" by Jim Tarantino)

Yields 2 cups

#### **Marinade**

¼ cup sherry vinegar or red wine vinegar	½ cup pure olive oil
½ cup dry red wine	2 garlic cloves, sliced
2 Tablespoons soy sauce	Coarsely ground black pepper to taste
1 Tablespoon Worcestershire	2 Tablespoons chopped fresh parsley
1 Tablespoon sugar	2 Tablespoons chopped fresh herbs (any combination of rosemary, tarragon, thyme)

Combine the vinegar, red wine, soy sauce, Worcestershire and sugar in a non-reactive mixing bowl. Whisk in olive oil a little at a time. Add the pepper, parsley, herbs.

**Tip:** *Marinate lamb for 4 hours before cooking.*

## Stephanie Itzkowitz

Fern Family #1

*I learned this recipe from Tiffany Kolb, a first cousin of my father, Sidney Itzkowitz. This dish was served at Shabbat dinner. I thought I didn't like meatloaf until I tried hers. The first thing I said was, "I don't like meatloaf, but I will give it a try." I absolutely love it.*

### Dutch Meatloaf

Serves 4-6

1½ pounds ground beef  
1 cup soft bread crumbs  
onion, diced  
1 15-ounce can tomato sauce  
1 egg

1½ teaspoons salt  
¼ cup water  
2 Tablespoons sugar  
2 Tablespoons prepared mustard

In a large bowl, combine ground beef, bread crumbs, onion, ¾ cup tomato sauce, egg and salt. Mix well and shape into loaf. Place in 9" x 5" loaf pan. Combine remaining tomato sauce with water, sugar and mustard. Pour over loaf. Bake 1½ hours. Remove from oven and let stand a few minutes before slicing.

\* \* \* \* \*

## Liza Strausz Weiss

Fern Family #4

*I learned this recipe from my mother, Yolanda Strausz. It was served at Friday night dinners. I don't know how to explain what kind of meat to use. I just go to the butcher and ask him for a nice piece of meat suitable for a pot roast.*

### Festive Roast

#### Roast

Meat suitable for pot roast. [After having read this recipe, beef brisket sounds like it would be great. – Editor]

#### Gravy

2 spoons olive oil  
1 big onion, finely chopped  
Some garlic cloves  
2 apples cut in half  
2 glasses of red wine  
1 glass of fresh orange juice  
2 Tablespoons of honey  
1 Tablespoon of soya sauce

2 spoons of balsamic vinegar  
1 Tablespoon of sweet chili  
1 Tablespoon of chicken/beef soup mix  
Parsley  
A few celery leaves  
Salt, pepper, paprika as you choose  
Add boiling water during cooking if you feel it is necessary

24 hours before, spice the meat (salt and pepper). Make small cuts in the meat and insert the garlic. Warm a big pot with 2 spoons of olive oil. Brown the meat on a high flame on both sides. Add the chopped onion till it's slightly golden and then add all the other ingredients in no particular order.

Cook the meat for 2 hours on low flame in order to concentrate the gravy. Keep the pot half closed and cook on low flame.

*Tip: At the last hour of cooking, it's recommended to add peeled potatoes around the meat and serve with the meat. Place the meat and the potatoes on a nice dish. Filter the gravy in order to take out the fruits and vegetables and serve on the side. Bon appétit!*

## William "Bill" Fern

Fern Family #1

Potted brisket ("gedemptfleisch" in Yiddish) was one of our favorite dishes. My mother, Lillian Schneider Fern, often prepared it for Sunday afternoon dinner while we were growing up in Millburn, New Jersey. We used challah or fresh, crusty Jewish rye bread to soak up whatever gravy the kasha or potato pudding hadn't absorbed. For a touch of elegance, the accompanying green vegetable was long thick spears of asparagus with the lower stems carefully peeled. Looking back, the peeling must have been tedious and was surely a labor of love.

The ingredient which gave Lilly's pot roast its uniquely saturated flavor was a touch she had learned from her mother, Fanny (Fanny Schnurmacher Schneider). This culinary trick obviously started in America since the ingredient was certainly unknown in turn-of-the-century Galicia, and probably even today. It was mundane enough and usually scorned on our table as too commercial. That's why Mom was embarrassed when I unexpectedly caught her using it. Revealing that secret now, I feel a bit guilty. Still, better to share it than to let it go forgotten forever. One or two tablespoons - not too much, not too little - was enough to give the gravy a slightly unusual, pleasing taste which few cooks could identify since they would expect to use only natural ingredients. Once known, of course, it seems quite evident, but until then, the ingredient remains a puzzle. It is - Heinz ketchup.

A basic technique essential for ensuring the success of a pot roast (considered self-evident in our family since Dad was a butcher) lay in the slicing. All meat, especially brisket, has to be sliced across the grain to avoid being stringy. That means finding the correct place to begin the first slice (not as easy as it sounds), then turning the roast in various directions so one always slices perpendicular to the grain of both layers of the brisket. It sometimes takes an experimental slice or two until one finds the correct place to start. All of this is described in more detail in my "Culinary Memoir" found toward the end of this book.

### Lilly Fern's Pot Roast of Brisket

Serves family of four generously with enough left over for lunch.

#### **Meat**

4 pounds. brisket, well trimmed of fat

#### **Gravy**

2 Tablespoons vegetable oil

5 large yellow onions, diced

2 stalks celery with leaves diced

2 medium carrots, grated fine

1 teaspoon chopped fresh parsley

2 Tablespoons *Heinz* ketchup

1/2 teaspoon sweet paprika

2 cups chicken broth, or 2 *Telma* chicken  
soup cubes in 2 cups boiling water

Salt, pepper to taste

The ingredients listed here should produce enough gravy to almost cover the brisket while cooking. For larger brisket, or if gravy is inadequate to almost cover the meat, add one large onion per additional pound of brisket and proportionately of other ingredients.

Heat an empty deep kettle or heavy-iron Dutch oven to point where a drop of water will sizzle. Add no oil yet. Sear all sides of brisket so the outside is brown and juices sealed in. Set brisket aside.

Prepare gravy in Dutch oven. Reduce heat, add oil and diced onions, fry onions on low flame until tan. Add diced celery and celery leaves, fry for additional 3 to 5 minutes. Add grated carrots, stir and fry for additional 3 minutes. Add parsley, ketchup, paprika and boiling chicken broth. Simmer for another 5 minutes. Taste gravy and correct seasoning to obtain finished flavor you want to achieve. Add additional soup cube and/or salt and/or ketchup, etc., as required.

Place brisket into gravy so that it is covered almost entirely during cooking. If gravy does not cover at least 3/4 of brisket, remove brisket and make additional gravy before continuing. Cover kettle leaving top slightly askew to permit steam to escape during cooking. Simmer slowly on low light. Every 30-45 minutes, turn brisket top-side down, re-cover in gravy and continue to simmer until cooked. This will take several hours. When cooked and tender, a large cooking fork should pierce meat easily. Remove kettle from fire to cool.

If serving immediately, remove meat to board. Using a very sharp knife, slice perpendicular to the grain, as thin as possible. If after slicing you find meat too tough, return sliced meat to gravy and simmer until tender.

If not serving immediately, cool to room temperature without slicing. To remove all fat, place entire kettle in refrigerator for several hours or overnight. When cold, remove all congealed fat from top of gravy. Before serving, remove meat cold, slice against the grain in thin slices, replace in kettle, in layers if necessary, so that each slice is covered by gravy. Reheat until meat in gravy has begun to simmer, then serve.

Pot roast will gain flavor if refrigerated overnight, either whole or sliced, but always covered in its gravy which it needs to soak up.

## Barbara "Bobbie" Feldman Cohen

*Fern Family #1*

*This recipe was given to me by Charlotte Cohen, my mother-in-law, and is served on every holiday. It's simple and simply delicious! A new member of our family, originally from the Chicago area, referred to this dish as "cabbage bundles." I don't know if that's a colloquialism or what. It always was a big hit with all the family.*

### Stuffed Cabbage

*Serves 15*

5 pounds chopped meat

½ cup ketsup

2-3 large eggs

1 Tablespoon (or to taste) garlic powder

1 Tablespoon (or to taste) onion powder

1 large cabbage

16-ounce jar grape jelly

16-ounce jar medium salsa (my modern touch,  
instead of tomato sauce)

In bottom of pot, mix jelly and salsa to make the sauce for the recipe. Mix all ingredients into the chopped meat. Soften cabbage in pot of hot water. Boil till soft or freeze cabbage and then thaw. Break apart into leaves and fill with chopped meat mixture. Roll into a pocket-like package. Place rolls into pot on top of jelly mixture. Cook on top of stove for about an hour. Start to cook on High and reduce to a lower temperature till soft. Easy to make! Enjoyable to eat!

## Pearl Fern Newman

(1922-2004)

Fern Family #1

*This recipe came from my mother, Gussie Stepakoff Fern.*

### **Gussie's Holishkes**

**(Stuffed Cabbage)**

*Makes 12 or more holishkes*

1 3-pound cabbage

#### **Meat Mixture**

1 pound chopped beef

1 onion, peeled and chopped fine

Garlic

1 cup matzo meal

$\frac{3}{4}$  cup rice

#### **Sauce**

1 cup brown sugar

8-ounce tomato sauce

1 8-ounce can of pineapple

4 ounces of grape jelly

1 can fruit cocktail

2 small boxes raisins

Put water in a 3-quart aluminum pot and bring to a boil. Put cabbage in boiling water and cook until soft. You can cut around core of cabbage to make it easier to remove cabbage leaves. Remove cabbage leaves and drain. Leave some water to use during baking period. Place a ball of the meat mixture in the center of each cabbage leaf and roll up, tucking in the ends securely (wooden toothpicks can be used to secure the leaves). Drop the rolled cabbage into same water that boiled cabbage. Cover tightly and cook over moderate heat 30 minutes or more. Reduce heat and simmer 20 minutes. Hot water may be added if necessary during the cooking period. To serve, place holishkes on a large serving plate and bring to the table, "the way mom did."

*Tip: If made in advance, the holishkes can be warmed in the microwave before serving.*

## Pearl Siegelman Gorelick

Fern Family #1

*This party loaf was served at special parties and luncheons by my mother, Golda Fern Siegelman. I prepared and served the party loaf at many of my sorority sisters' teas at U.C.L.A. and later at Gorelick family parties.*

### Golda's Fancy Party Loaf

Serves 12-15

#### Loaf

12 slices white sandwich bread

¼ cup butter or margarine, softened

Egg, avocado, salmon, tuna or any filling you like

#### Frosting I

¼ cup sour cream

4 teaspoons lemon juice

1 package (8 ounces) cream cheese, cubed

#### Garnish

Pimento

Scallion tops

#### Frosting II

4 packages (3 ounces each) cream cheese

1/3 - ½ cup light cream

#### To prepare loaf

Trim crusts from bread. Butter one side of each slice. On a serving platter, place a row of 3 slices, buttered side up, each touching the other.

Spread generously with one of the fillings. Cover with 3 more slices and spread another filling; repeat with 3 more slices and another filling. Top with remaining bread, buttered side down. Cover loaf with plastic wrap and refrigerate while you make the "frosting."

#### To prepare frosting

*Version I:* Put sour cream and lemon juice in blender. Add cream cheese cubes, a third at a time. Cover and whirl until smooth after each addition.

*Version II:* Combine cream cheese and light cream in the same way as Version I.

#### To finish preparation of loaf

Remove loaf from refrigerator, uncover, and spread frosting evenly on top and sides. Garnish with thin strips of pimento and scallion tops. Chill for an hour before serving to make slicing easier.

*Tip: Instead of white bread, you can use a rye bread sliced the long way. Spread fillings on each long slice of bread, carefully placing each layer one on top of the other. Top the loaf with the last bread slice, rounded side up, gently shape the loaf so all sides are even. Frost the top and sides. Garnish with radishes and parsley.*

## Nancy Glick Sheerin

Fern Family #1

*I learned this recipe from my maternal grandmother, Sadie Fern Waldinger, when I was living in California. This dish was served at many Jewish holidays, especially at Passover. As you can probably tell, it was a staple for all special occasions when the family would gather at Grandma Sadie's house. It is loved by all! There is no other dish more cherished by the 'Glick and Waldinger clan.' Today the tradition of Grandma Sadie lives on. It never tastes quite as good as hers, but no traditional meal is complete without it.*

### Grandma Sadie's Fried Matzo

*Note: The quantity all depends on how many servings you need.*

Eggs  
Matzo

Onions  
Oil

Beat eggs in bowl. Set aside. Run onions through a Cuisinart until they are chopped finely. Set aside in a bowl. Heat plenty of oil in a skillet over low heat. Run a single piece of matzo under water (not so long that it begins to fall apart). Take the matzo and, over a plate, slop some egg on each side of the matzo, using your hand. Repeat with the onion. Place matzo coated with egg and onion in skillet and cook until the matzo is a nice golden brown on each side. Turn once; try not to turn too many times or the coating comes off. Remove and place on a paper towel to absorb the extra oil. Matzo should be limp and a little oily. "Enjoy!"

*Note: You can repeat steps using more ingredients, as needed, until you have as much fried matzo as you desire.*

\* \* \* \* \*

## Cindy Fern Itzkowitz

Fern Family #1

*At Passover time, my mother, Selma Schwartz Fern, always made lots of matzoh brei for breakfast. It's delicious and very filling. It's a traditional breakfast for Passover.*

### Selma's Matzoh Brie

*Serves 6-8*

6 matzohs

Water

½ cup sugar

½ teaspoon cinnamon

6 eggs

¼ cup milk

½ teaspoon salt

Oil

Crumble matzohs into small pieces. Soak matzohs in a small amount of warm water to moisten. Drain thoroughly. In a small bowl, mix sugar and cinnamon together. Add sugar and cinnamon, eggs, milk and salt to crumbled matzoh. Heat oil in a large frying pan. Pour matzoh mixture into pan. Lower flame and cook without stirring. Cut into quarters in pan and turn. Brown both sides. Serve hot with jelly, sugar and/or syrup.

## Pearl Siegelman Gorelick

Fern Family #1

*I learned this recipe when I was living in North Hollywood, California. Our daughter, Gail Gorelick Kogen, was a counselor on a USY (United Synagogue Youth) On Wheels bus trip. The bus took a group of girls and boys across the country – west to east. While on this fantastic trip, Gail decided to become a vegetarian. I discovered that this announcement was O.K. during day-to-day meals but holidays were difficult. I had to make up recipes the best way I could. So, this is one of the Passover Veggie recipes. Gail didn't stay "veggie" forever – Kosher, yes. Thank God!*

### Passover Vegetarian Dish

1 medium eggplant	½ cup Passover matzo farfel
2 cups thinly sliced zucchini	2 Tablespoon minced parsley
1/3 cup chopped onion (fine)	1/3 cup Passover oil
1 clove minced garlic	2 teaspoon salt
¼ pound sliced mushrooms	

Peel eggplant and cut into 1 inch cubes. Heat 2 Tablespoons oil in a skillet and brown the eggplant cubes. Put aside eggplant. Sauté zucchini in 2 Tablespoons oil until tender. Season with one teaspoon salt. Add to eggplant with remaining oil. Sauté onion. Mix in garlic, farfel, parsley and salt. Cook - stirring often. Sauté mushrooms and stir into farfel mixture. Spread all over eggplant and zucchini.

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## Pearl Siegelman Gorelick

Fern Family #1

*My mother, Golda Fern Siegelman, made this and the following recipe for lunch for her bridge games. But first, she would make this (and other recipes) and serve them to our family when we were living in Jersey City, New Jersey. Joe Siegelman (my brother) and I would let her know whether we felt they were good or not for her special friends. My mother would serve this to us for lunch or dinner.*

### Cheese Spinach Loaf

Serves 4-6

2 cups spinach, cooked	Salt and pepper
2 eggs, well beaten	Seasonings of your choice
1 cup grated cheese of your choice	Bread crumbs
(originally American cheese)	Butter

Combine spinach, eggs, grated cheese and seasonings. Place mixture in buttered casserole, cover with bread crumbs and dot with butter. Bake in a preheated moderate 350° oven 30 to 35 minutes or until the loaf is firm.

## Barbara “Bobbie” Feldman Cohen

*Fern Family #1*

### Grandma’s Kalya Kase

*My grandmother, Salcia Fern Schafer, and my mother, Rose Schafer Feldman, made this recipe of “rotten” pot cheese or cottage cheese and egg for us while we were growing up. I’ve handed the tradition down to my children. However, it’s really hard today to get the cheese ripe enough, so I use cottage cheese or pot cheese and cook it in a pan with two eggs. Our youngest daughter, Jill, is really the only one of our children who asked for it and loves it. I have fond memories of the rotten cheese dish as does my cousin, Charles Kalish. My husband, Mel, hates it – but then again, he doesn’t like cottage cheese anyway. The Kalya Kase was served for breakfast.*

*This recipe was probably brought to America. I don’t really know its history, but would love to; I do know that the recipe has been in our family for many years, and I have fond memories of it and of my grandmother. I can especially see her in her basement kitchen, making loads of pirogen for all her family. Every Sunday was a Holiday!*

**Editor’s note:** *Kalya Kase was indeed brought to America from Europe. It was, and still is, a regional specialty of Drohobycz and surrounding areas. At the turn of the century, before milk products were pasteurized, whole milk was fermented easily into sour cream and cottage cheese, aged into “kalya kase” (literally, “spoiled cheese”). Unless one can find raw cottage cheese (probably an impossibility in our United States), and then hope that the local fermenting bacteria resemble those of Drohobycz, it is virtually impossible to duplicate original Drohobycz kalya kase.*

\* \* \* \* \*

## Lonka Tepper Berlach

*Fern Family #1*

*Kali Keis (Kalya Kase) is what the name suggests, spoiled cheese. Back home it was our best meal for breakfast, lunch or even supper. It was a must for the last homec (chometz) breakfast before Passover. We used to leave farmer’s cheese to age (it would take about 2 weeks). In the process, it acquired a bad smell but it tasted delicious once made. You simply melt it with a bit of butter and add a couple of eggs. Unfortunately, I was not able to do it with our Canadian cheese with good results. Here is my recipe for Canadian-style Kali Keis (Kalya Kase).*

### Kali Keis

*Serves 2-3*

1 teaspoon butter	2 eggs
4-5 slices American cheese	Salt, to taste
2 Tablespoons cream cheese	Pepper, to taste
2 Tablespoons milk, approximately	

Melt butter in frying pan and add cheeses with milk. Add eggs and salt and pepper. Very good!

## Jeanette Klafter Schapiro

*Fern Family #1*

*This recipe was handed down to me by my wonderful mother-in-law, Gussie Fern Schapiro. Gussie made it for Sunday supper.*

### Gussie's Macaroni Stir Fry

*Serves 4*

2 cups elbow macaroni	1 tomato, cut into small pieces
1 large onion, peeled and cut into small pieces	4 eggs, beaten (Egg Beaters can be used)
1 red pepper, seeded and cut into small pieces	Pepper, to taste
1 green pepper, seeded and cut into small pieces	Parsley flakes

Cook elbow macaroni according to directions on package. Drain.

Sauté onion, red pepper, green pepper and tomato in non-stick frying pan, using no-stick spray to coat pan.

Add cooked elbow macaroni to mixture in frying pan. Pour the 4 eggs over macaroni mixture and sauté mixture. Add pepper and parsley flakes. Sauté until eggs are firm.

\* \* \* \* \*

## Jane Dreskin and Dave Colling (1935-1999)

*Fern Family #1*

*This is a recipe we discovered while having brunch at the Cloud Cliff Bakery in Santa Fe, New Mexico after a week-long workshop. We loved it so much that we wrote down the ingredients, then played with the recipe on weekends before serving it to family and friends alike. It has always been a delightful success!*

### Scrambled Tofu

*Serves 3-4*

1 red onion (Vidalia also works)	Salsa, about 1/4 cup, to your taste
Cooking oil	5 ounces fresh spinach, washed clean
1 package soft tofu (soft crumbles best)	

Slice the onion and sauté in small amount of oil over medium heat until browned. While the onion is cooking, dice the tofu in cubes (about ½). Remove the stems of the spinach and cut leaves into pieces about 1" x 2". Add the diced tofu to the onion continuing to stir occasionally until heated. Add the spinach and salsa.

Cover and stir occasionally until spinach has cooked and tastes have blended.

## Danuta Klinger Lewner Ashkenazi

*Fern Family #5*

*This is a recipe I have created. It is served at family get-togethers. My grandchildren love these meatballs and particularly my grandson, Dylan Smith!*

### My Big Fat Greek Meatballs

3 thick slices of white bread	50 grams plain flour, olive oil for frying
150 ml red wine	500 ml tomato passata (Italian tomato cooking sauce)
500 grams minced lamb or beef, or 50/50 both	2 Tablespoons tomato paste
1 grated onion (or finely chopped)	2 Tablespoons tomato ketchup
3 garlic cloves, crushed	1 teaspoon sugar
1 egg, beaten	2 bay leaves
1 Tablespoon chopped parsley	Salt and pepper
1 teaspoon ground cumin	
½ teaspoon ground cinnamon	

Remove the crusts from the bread; roughly tear into pieces and soak in red wine. Squeeze lightly, reserving the wine. Using your hands, combine the soaked bread with the meat, onion, 1 crushed garlic clove, egg, parsley, cumin, cinnamon, salt and pepper and mix well. Leave the mixture in the fridge for 1 hour. Form into generously-sized balls and roll in the flour. Heat a little olive oil in a non-stick pan and fry meatballs until browned. In the meantime, combine the reserved wine, tomato passata, tomato paste, tomato ketchup, remaining garlic, sugar, 2 Tablespoons olive oil, salt and pepper for 20 minutes. Add meatballs and simmer for 1-2 hours or until cooked.

## Dena Fern Lowenbach

Fern Family #1

*This recipe was given to me by my mother-in-law, Hedy Loewentritt. Everyone in the Fern family loved Hedy's marrow balls, and my father Sam, especially requested them every time we ate at Hedy's home. This recipe can be traced back to Germany. This dish was served most Sunday and holiday dinners Hedy was a wonderful cook, particularly with certain dishes such as creamed spinach, roast duck and chopped liver. She made the most delicious soups which combined both chicken and beef to make a hardy stock. She always included these marrow balls, even though today we would probably worry about their high cholesterol content!*

### Hedy's Markkloess (Marrow Balls)

Serves 10

1½ pounds marrow bones	1 Tablespoon club soda
12 slices white bread or 10 matzohs	1 teaspoon nutmeg
2-3 eggs	1 teaspoon salt
¾ cup (or less matzoh meal)	1-2 teaspoons parsley, flakes or fresh chopped

Remove marrow from bones with sharp knife. Render marrow in frying pan by pressing down with a wooden spoon. Remove pieces of marrow left in pan and discard. There should be about ½ cup fat. Soak bread or matzohs in water until very soft. Put in a colander for a few minutes to drain, and then press out liquid. Put bread in frying pan and cook until all the fat is absorbed. Sprinkle with nutmeg, salt, and parsley. Let cool. Press the bread through with hands. Add 2 beaten eggs and mix well. Work in matzoh meal until doughy and not too sticky. Add club soda. Cool in refrigerator for about 20-30 minutes. Form into approximately 40 small balls.

**To cook:** Bring a large pot of salted water to a boil. Drop in the balls, and bring back to a boil. The balls will rise to the top. Partially cover the pot and simmer for 20 minutes. Serve in your favorite chicken soup and wait for the kudos!

## Ingunn Egset

*Fern Family #1*

*In our region (in Norway), we have a long tradition of drying and smoking products to conserve them. Some of these processes are still used for our traditional dishes. This has been our family's New Years Eve dish for centuries.*

### **Pinnekjøtt (Lamb ribs)**

*Serves 4-5*

One side of lamb ribs (1kg)

Bury the whole side of ribs in coarse salt for four days, two days on each side. This happens in the autumn, when the sheep are collected in the mountains, after having spent the summer outside. Rinse off the salt in running cold water, then hang them up somewhere in a chilly, dry place. If it's too warm, they get sour.

**Version 1:** Not smoked. After a month or two, when they're dry enough, take them down and cut them up. Separate the ribs with a good knife. Put them in the freezer in plastic bags if you are not going to eat them immediately.

**Version 2A:** Smoked. Take them down after a week or two, before they are completely dry, then hang them in the chimney. Our old-fashioned chimneys were conceived also for this purpose; the chimney must be large, and they must hang high up, so that the smoke is chilled. The process takes a day. The fire is made of branches of juniper, and you keep feeding the fire with these branches throughout the day.

**Version 2B:** Smoked. Take them down after a week or two, then smear them with a smoke oil that you can buy especially for this purpose. They must be soaked in cold water about twelve hours before the preparation for the meal. Then steam them for three hours. (Lay on top of a kettle with boiling water.)

Serve warm with potatoes and Swedish turnips. And also, preferably mashed swedes (rutabagas). As a starter, we have a warm, sweet fruit soup, called Fruit Soupe, (*see recipe in Soup chapter*) made of raisins, prunes, apricots, and red lemonade.

## Uri Weingarten

*Fern Family #1*

*I learned this recipe from a friend. It was enjoyed at the Porat family Seder in 2011.*

### **Roasted Lamb Shoulder**

*Serves 8*

4-5 pounds lamb shoulder (with bone in)	Salt and pepper
1 full bulb of garlic cloves	1 cup Balsamic vinegar
1 bunch fresh rosemary	1-2 shallots
1 small jar Dijon mustard	

On the fatter side, cut crosshatch into layer of fat. Pierce holes in fat layer. Place whole garlic pieces into these holes. Season shoulder entirely with salt and pepper. Rub thin coating of Dijon mustard on entire shoulder. Prepare roasting pan with rosemary leaves and chopped garlic cloves. Put lamb shoulder in pan and cover loosely with more garlic and rosemary. Cover pan tightly with foil. Cook at 325° for 3 hours. Uncover and cook at same temperature for another hour. (Total 4 hours). Let rest before serving.

### **Sauce for Lamb**

After lamb is done, and out of pan, take roasting pan and remove excess fat and rosemary stems (leave garlic and leaves). Put pan over stovetop burner (medium heat). Add sliced shallots and cook 2 to 3 minutes. Add Balsamic vinegar and use whisk to stir. Turn heat on low. Reduce by 1/3 and season to taste.

# Nancy Glick Sheerin

Fern Family #1

*This recipe was given to me when I was living in California by my maternal grandmother, Sadie Fern Waldinger. It can be traced back to Nettie Loeb Waldinger, Grandpa Albert Waldinger's mother. It is served at holiday meals or by special request.*

*Grandpa Albert's mother taught Grandma Sadie this recipe after she and Grandpa Albert were married. Albert's mother was Hungarian and known to be a fabulous cook. This was granddaughter Leslie Glick's favorite dish and Grandma Sadie made it quite often by Leslie's special request. There is no written copy of the recipe. I acquired it when I would watch and try to measure the ingredients.*

## **Sadie's Swiss Steak**

Serves 4-6

### **Meat**

- 3 slices of shoulder steak, approximately 3 pounds (have butcher put it through the tenderizer)
- 3 medium onions, peeled and sliced (approximately 3½ cups after slicing)
- 4-5 Tablespoons oil
- 2 Tablespoons paprika
- 6 Tablespoons flour
- 1 Tablespoon garlic powder
- 4 small potatoes, peeled, cut into chunks

### **Sauce**

- 3 8-ounce cans of tomato sauce, washed clean with ¼ can of water used to wash cans clean, then added to ingredients in skillet
- 3 Tablespoons ketchup
- 3 Tablespoons Chris & Pits BBQ Sauce, Original Flavor
- ¼ cup brown sugar

### **To prepare meat**

Heat the oil in a large frypan. Add sliced onions and 1 Tablespoon paprika to oil and let brown (approximately 5 minutes).

Mix 6 Tablespoons flour, 1 Tablespoon paprika and 1 Tablespoon garlic powder. Put mixture on a paper towel and coat meat on both sides. Place coated meat in frypan with the onions and brown on both sides.

### **To prepare sauce**

In a heavy skillet, add all the sauce ingredients and heat over low flame. To the sauce in the heavy skillet, add browned beef slices, onions and any juices. Cook covered, over low heat until tender (approximately 2 to 3 hours). After the first hour of cooking, add the potato chunks. When done the steak should be so tender it almost falls apart.

## Cindy Fern Itzkowitz

Fern Family #1

*My mother, Selma Schwartz Fern, gave me this recipe. It has been in the Schwartz family for three generations. There were never enough latkes. Everyone loves to eat potato latkes, so every year I make a Chanukah party at my house. It seems that even if I hand grate 15 pounds of potatoes, it's still not enough. Of course, you need homemade applesauce to dip into.*

### Selma's Potato Latkes and Applesauce

Makes 12 latkes

#### Latkes

6 potatoes, peeled  
1 medium onion, peeled  
2 Tablespoons matzoh meal  
Less than 2 Tablespoons flour  
¼ teaspoon baking powder  
2 eggs, slightly beaten  
Salt, Pepper  
Cooking oil

#### Applesauce

6 apples (McIntosh or Granny Smith),  
unpeeled  
Dash of cinnamon  
Dash of sugar  
Water

#### To prepare latkes

Grate potatoes into a bowl of cold water. (This removes excess starch and makes potatoes stiff rather than soggy.) Drain well.

In another bowl grate onion. Mix all the ingredients together thoroughly.

Heat oil in a frying pan. Drop batter by Tablespoons into hot oil. Fry until golden brown. Turn and brown on the other side.

#### To prepare applesauce

Wash, quarter and core apples and place in saucepan with a very small amount of water. Cover and cook apples on low flame until soft, about 20 minutes. Put apples through a ricer or a coarse sieve to separate peel from the sauce. While the sauce is hot, add cinnamon and sugar to taste and stir well. Chill in refrigerator. Serve hot latkes with cold applesauce.

## Dorothy “Dot” Sosebee Blum

Fern Family #1

*Stew recipe I found online. Tried it. Loved it. Often take to covered-dish meetings.*

### Dr. Kim’s Vegetable-Cashew Stew

Serves 4

*This super healthy stew is made unique by adding a handful of raisins and whole cashews. Sounds funny, I know, but once you try it, I trust that you'll agree that all of the ingredients go together beautifully.*

*This vegetable-cashew stew is rich in a number of phytonutrients, most notably, beta-carotene and indole-3-carbinole. Translation: eating plenty of this stew should decrease your risk of just about every chronic disease that we know of.*

2 cups finely chopped carrots	1/3 cup rice, rinsed and drained
2 cups finely chopped green cabbage	2 Tablespoons extra-virgin olive oil
1 cup finely chopped onion	¼ cup tomato paste
1 apple, peeled, cored, chopped into bite-size chunks	6 cups vegetable broth
½ cup whole raw cashews	Sea salt and pepper
½ cup raisins (dark)	

Cook carrots, cabbage, and onion in olive oil in a large soup pot over medium heat. Stir occasionally and cook until carrots are tender - about 10 minutes. While the vegetables are cooking, whisk vegetable broth and tomato paste in a bowl. When carrots are tender, add vegetable broth and tomato paste mix to soup pot, bring to a boil, stir in apples and rice. Reduce heat, cover pot, and let simmer until rice is tender but firm - about 30 to 35 minutes. Stir in cashews and raisins. Cover and let cook for about 10 more minutes, or until rice is tender and raisins are plump. Season with sea salt and pepper, to taste.

*Tip: Enjoy this delightfully unique vegetable-cashew stew. Store leftovers in the refrigerator, and when re-heating over subsequent days, add a little vegetable broth or water to thin down if desired, as this soup thickens over time.*

## Lynda Fern Sacharov

*Fern Family #1*

*Very brief "History." I was tired of serving the same things after 40 years of marriage, but with a demanding job, I wanted something that wasn't very "labor intensive." Although this recipe requires a long cooking time, the preparation - it's a snap!*

### "Stick To Your Ribs" Stew

Serves 4

2 cans white, round potatoes	A "sprinkle" garlic powder
2 cans mixed vegetables, peas, corn, green beans, carrots	Salt and pepper to taste
4 pounds chuck - cut in cubes	Paprika

Coat meat in paprika and garlic powder, salt, pepper. In a large, deep pot add all ingredients. Cover and cook on low heat about 5 hours. The meat will melt in your mouth. Serve over rice. Add some garlic bread and tossed salad. Yummy!

\* \* \* \* \*

## Lynda Fern Sacharov

*Fern Family #1*

*Our local newspaper's food critic asked for an unusual recipe using a common ingredient. I used the salmon as the common ingredient. Did I mention this was a contest? And that I won? \$10!! My picture along with three other "winners" appeared in the paper. It was fun when the photographer came to our house with his equipment for the "shoot." I enjoy cooking, but I think I'd better keep my day job.*

### Special Salmon

*Number of servings depends on weight of fish steak.*

1" thick salmon steak, weight depends on number of servings desired

#### Marinade

3 Tablespoons soy sauce	1 teaspoon Dijon mustard
3 Tablespoons Teriyaki sauce	1 teaspoon honey

Combine marinade ingredients in a bowl.

Place salmon in a dish and pour, or spread, marinade over the salmon. Cover the dish and marinate overnight in the refrigerator.

Remove salmon from dish and grill or broil to desired doneness.

Serve over, or with, rice.

**Variation:** To make the marinade for tuna steaks, omit honey from the ingredients.

**Note:** Quantities listed make enough **marinade** for a one-pound fish steak. Increase as required.

## Laurie Terry Fern

*Fern Family #1*

*This recipe is adapted from the Kosher Palette Kushner Hebrew Academy book. This is a staple dish that I serve often. My children love to eat fish. I prepare it for them with the egg and cheese mixture and then can add the almond butter to make it a little more interesting for my husband Brian and me.*

### Samantha's Flounder

*Serves 4-6*

1 cup flour	2 pounds flounder fillets
3 large eggs, beaten	½ cup butter
2 Tablespoons grated parmesan cheese	¼ cup sliced almonds
1 Tablespoon chopped fresh parsley	3 Tablespoons lemon juice
Salt and pepper	2 Tablespoons dry white wine
Olive oil	

Place flour in shallow dish. Combine eggs, cheese, parsley, salt and pepper. Heat oil in skillet over medium heat. Dredge fish in flour and shake off excess. Dip fish into egg mixture, drain off excess. Cook fish 3 to 5 minutes each side or until golden brown.

Heat ½ cup butter in skillet over medium heat. When butter foams, stir in almonds and cook until they are lightly browned. Remove from heat and stir in lemon juice and wine. Spoon sauce over fish and serve immediately.

\* \* \* \* \*

## Pearl Siegelman Gorelick

*Fern Family #1*

### Two-Tiered Tuna

*Serves 6*

2 small onions, peeled and sliced	1 ½ cans condensed cream of mushroom soup
5 Tablespoons green pepper, chopped	1 #2-can tomatoes, drained
4 Tablespoons butter	1 7-ounce can tuna fish, drained and flaked
8 ounces noodles	½ teaspoon thyme
1½ teaspoons salt	1 small package potato chips, crushed
½ teaspoon pepper	

Sauté onions and green pepper in butter. Cool.

Cook noodles in boiling, salted water for 10 minutes or until tender. Drain well.

Add salt and pepper to cream of mushroom soup.

Grease a one-quart casserole and put half the noodles in the bottom. On top of this, put half the mushroom soup, half the sautéed onions and green peppers, half the can of tomatoes and half the tuna. Repeat, starting with another layer of the noodles and ending with the tuna. Sprinkle the top with thyme and potato chips.

Bake in preheated 400° oven for 20 to 25 minutes.

# Helene Malkin Dreskin

*Fern Family #1*

*Thirty-four years ago I found this recipe in an old magazine. I changed it to fit our family's needs and tastes. I always try to make this for company as it looks festive, as well as tasty! It's also a family favorite.*

## **Swordfish Nicoise with Peppers**

*Serves 4*

4 swordfish steaks (1¼" thick - 4 ounces each)

### **Marinade**

2 Tablespoons lemon juice	1 teaspoon lemon zest, finely grated
2 Tablespoons extra virgin olive oil	1 teaspoon fresh rosemary, chopped
2 cloves garlic, peeled and minced	1 teaspoon dried thyme
1 teaspoon orange zest, grated	Black pepper, to taste

### **Peppers Nicoise**

2 Tablespoons olive oil	1 teaspoon orange zest, grated
1 medium yellow onion, peeled, halved and cut into slivers	Salt and pepper, to taste
1 large red pepper, cored and sliced into strips	6 scallions, cut into thin slices (4" of green left on)
1 large yellow pepper	½ cup black olives, pitted
1 Tablespoon orange juice	2 Tablespoons fresh parsley, chopped
1 teaspoon fresh rosemary, chopped	8 lemon wedges

### **To prepare marinade**

Combine marinade ingredients. Place fish in a shallow dish and pour marinade over. Cover and marinate for 1 hour, turning once or twice. While fish is marinating, prepare Peppers Nicoise.

### **To prepare Peppers Nicoise**

Heat olive oil in a skillet, add onion slivers and cook 5 minutes. Then add peppers, orange juice, rosemary, orange zest, salt and pepper to skillet. Cook, stirring, over medium heat for 10 minutes. Add scallions and olives, cook 2 more minutes.

Remove to a bowl and bring to room temperature. Add 1 Tablespoon of the parsley.

Have grill ready (oil a fish grill\*) and place fish on grill 3" to 4" from coals. Grill 4 minutes per side, turning once and basting. Do not overcook!

To serve, arrange fish on platter, place peppers on top and all around, and sprinkle with remaining parsley. Garnish with lemon wedges. Looks pretty!

*\*This is a separate grill which is placed over the regular grill so the fish won't fall through the grate.*

# *Desserts*

## Desserts

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Honey Cake.....	Sidney Itzkowitz

Honey Cake.....	Elaine Lipton Langer
Slavka’s Honey Cake.....	Haviva Halleman Swirski
Grandma Pauli’s Apricot Roll Cake.....	Barbara “Bobbie” Feldman Cohen
Golda’s Pineapple Upside-down Cake.....	Pearl Siegelman Gorelick
Golda’s Finger Jam Cake.....	Pearl Siegelman Gorelick
Fairy Cake.....	Phoebe Fern Greenfield
Freda’s Banana Bread.....	Dena Fern Lowenbach
The Best Banana Bread.....	Lauren Porat
Cordelia’s Strawberry Cake.....	Dorothy “Dot” Sosebee Blum
Zelda’s Banana Cake.....	Mary Graham Fern
Fruit Cake.....	Elaine Lipton Langer
Kahlua-Chocolate Mousse.....	Dorothy “Dot” Sosebee Blum
Black Cherry <i>Jello</i> Mold.....	Marcia Robbins-Wilf
Blueberry <i>Jello</i> Mold.....	Susan Fern Kassir
Snow Pudding with Custard Sauce.....	Valerie Hirsch Cook
Ice Cream Cake.....	Rachel Bleiberg Porat
Sticky Toffee Dessert.....	Reesa Rosner Fern
Pearl’s Pink Freeze.....	Pearl Siegelman Gorelick
Pearl’s Pistachio Mold.....	Pearl Siegelman Gorelick
Grapefruit with Raspberries.....	William Fern
Rhubarb with Strawberries.....	William Fern
Chocolate Matzah Cake.....	Rachel Bleiberg Porat

## Elaine Lipton Langer

Fern Family #3

*I learned this recipe from my mother, Rebecca Grund Lipton. I think it can be traced back to my grandmother, I'm not sure. It was served whenever my mother baked it, which was often. The reason this is called "all-purpose" is because it's the only dough my mother ever made, at least while I was growing up. She used it for cookies, "pie" dough, and various "cakes" that she made in two or three rectangular Pyrex baking dishes by lining the dish with the dough, filling it with (usually) sliced apples, sugar, cinnamon, nuts and raisins, or some other fruit like blueberries and using the dough for a top crust. (During summers that we spent in the Catskills, we went blueberry picking.) When it's baked, it's more like a cake than a pie because the dough contains baking powder, so it rises and mixes with the fruit. I also use this dough for my hamentashen. Everyone who has tasted it tells me it's the best "hamentash dough" they've ever tasted. I know this is an old family recipe because the original recipe calls for "glasses" instead of cups of flour, which harkens back to the days when women in our family always "recycled" yahrzeit glasses for drinking, baking, etc.*

*I almost always double or triple the recipe so that I can make a few dozen hamentashen or cookies, and if I'm making a "cake," I will have enough dough left over for some cookies or a loaf (see below).*

### All Purpose Cookie Dough

½ cup oil	¼ teaspoon lemon extract or juice and rind of
1 cup sugar	½ lemon (I usually use the lemon extract)
2 large eggs	3 cups flour (add more if needed after dough is formed)
1 teaspoon vanilla	2 heaping teaspoons baking powder

Beat together first 5 ingredients. Mix flour and baking powder. Add dry to wet ingredients. Add more flour, if necessary, until the dough is no longer sticky and can be rolled out.

I use a Tupperware baking sheet to roll out the dough. To use it as a crust for a fruit-filled cake, flip the Tupperware sheet over onto the baking dish – the dough cannot be lifted without breaking. However, unlike pie dough, this dough can be patched or rolled out as many times as necessary; it doesn't get hard. Be sure to cut slits for venting the steam as the cake bakes. Use the dough to make cut-out or stamped cookies (Roll in 1" balls and press flat).\*

Bake in preheated 350° oven until dough turns golden brownish around edges.

\* You can roll the dough into two large ovals or rectangles, put grated apple, sugar, and cinnamon on top, or spread with preserves and roll to make a "loaf" by lifting the side edge of the baking sheet and gently rolling the long edge of the dough that's then higher than the work surface until the "roll" is formed. Use a knife to score it on the diagonal, approximately the width of the slices you want. After it's baked, cut the slices all the way through with a sharp knife while it's still warm. Freezes very well.

## Pamela Fern Stuart

*Fern Family #2*

*To the standard Toll House Cookie recipe, I make the following variation: I replace eggs with either a spoon of yogurt, teaspoon of baking soda and squeeze of lemon (per egg) or else use Ener G egg replacer. In addition, I always use 100% organic ingredients. This is not only incredibly healthy for you, it also provides more nutrients and better taste. The results are delicious! Please note that I don't use Nestle's chocolate chips, because I use organic dark chocolate chips only!*

### **Eggless Toll House Cookies**

*Makes 4 dozen cookies*

2¼ cups all-purpose flour	1 teaspoon vanilla extract
1 teaspoon baking soda	2 large eggs (or substitute egg replacer)
1 teaspoon salt	2 cups (12-oz. pkg.) NESTLÉ® TOLL HOUSE®
1 cup (2 sticks) butter, softened	Semi-Sweet Chocolate Morsels (or organic
¾ cup granulated sugar	dark chocolate chips)
¾ cup packed brown sugar	1 cup chopped nuts

Preheat oven to 375° F. Combine flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs (*or egg replacer*), one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in chocolate morsels and nuts. Drop by rounded Tablespoons onto ungreased baking sheets. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes. Remove to wire racks to cool completely.

**Pan Cookie Variation:** Grease 15" x 10" jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.

**Slice and Bake Cookie Variation:** Prepare dough as above. Divide in half; wrap in waxed paper. Refrigerate for 1 hour or until firm. Shape each half into 15-inch log; wrap in wax paper. Refrigerate for 30 minutes.\* Preheat oven to 375° F. Cut into ½-inch-thick slices; place on ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 5 dozen cookies.

\* *May be stored in refrigerator for up to 1 week or in freezer for up to 8 weeks.*

**For High Altitude Baking** (5,200 feet): Increase flour to 2½ cups. Add 2 teaspoons water with flour and reduce both granulated sugar and brown sugar to 2/3 cup each. Bake drop cookies for 8 to 10 minutes and pan cookie for 17 to 19 minutes.

## Gail Gorelick Kogen

*Fern Family #1*

*I made this recipe up. We serve it on Shabbat. My kids love sweets. I looked for recipes that were sweet and tasty, while being healthy. I tried several recipes but couldn't find exactly what I wanted. So - I created my own. This is fun, tasty, and kind of healthy!*

### Chocolate Chip Peanut Butter Cookies

2 cups flour	1 teaspoon baking soda
¾ cup brown sugar	1 teaspoon vanilla
½ cup white sugar	2 eggs
½ cup margarine (1 stick) softened	1 bag (12 ounces) chocolate chips
1 teaspoon baking powder	4 large spoonfuls of peanut butter

Place everything (except chocolate chips) in a mixing bowl (a Mixmaster or Kitchen Aid is best). After mixing ingredients, add chocolate chips. Preheat oven to 350°. Place large spoonful on greased baking sheet. Bake at 350° for 24 minutes. Cool and enjoy!

\* \* \* \* \*

## Rachel Bleiberg Porat

*Fern Family #1*

*I make these cookies all year round (everybody loves them) and they are good for Passover also.*

### Almond Cookies

3 egg whites (well separated)  
1/3 cup sugar  
1 Tablespoon vanilla  
12 ounces sliced almonds (not the slivered ones as they are thicker)

Do not beat whites.

In a bowl, mix (with a spoon) egg whites, sugar and vanilla.

Add sliced almonds and turn them well until they are all coated with the egg whites.

Spoon from the mixture small amounts on a baking sheet and bake in 350° oven for 15 minutes until cookies are golden brown. Turn oven off. Leave cookies in oven for another 5 minutes to toast a bit more.

*Tip: When cookies are cold, I store them in a tin box using aluminum foil so they stay fresh and "crunchy."*

## Jane Dreskin

*Fern Family #1*

*This recipe has been in the Sylvia Treitman Dreskin family for two generations. It originated with an old family friend, Sue Primm, and was improved by our family. This is the final version. Wherever I was living, I would bring these cookies to Thanksgiving dinner at home.*

### Sylvia's Lace Cookies

*Makes 6 dozen*

1 2/3 cup flour	1/2 cup melted butter or margarine
1/2 teaspoon baking powder	1 teaspoon vanilla
1/2 teaspoon salt	1 cup quick oatmeal, uncooked
1 cup sugar	1/2 cup chopped walnuts or coconut (or 1/4 cup each)
1/4 cup milk	Melted chocolate (optional, but a fabulous addition)
1/4 cup light corn syrup	

Blend flour, baking powder, salt and sugar. Add milk, corn syrup, butter or margarine and vanilla. Mix well. Stir in oatmeal and nuts.

Using Teflon or waxed paper-covered cookie sheet, drop 1/2 teaspoonfuls on sheet, spaced 2" apart.

Bake in preheated 375° oven for 5 to 8 minutes. Watch carefully and remove just as the cookies are getting brown. Allow to set no more than one minute, then quickly whip off sheet with spatula.

*Tip: You can top with melted chocolate, drizzled from a fork for a wonderful design. I always make a double batch.*

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## Gail Gorelick Kogen

*Fern Family #1*

*This original recipe was given to me by my paternal grandmother, Fannie Mass Gorelick. Every time we visited her in her apartment or she came to visit us, she made these cookies. It was really a Purim hamantashen recipe. She made her own apricot filling for the hamantashen. She would also put this dough into a cookie press to make plain butter cookies. Grandma would partially burn one batch on purpose for me. She knew that I loved them that way - dark and crunchy.*

### Grandma Fannie's Cookies

*Makes 24 cookies*

3 large eggs	1/4 teaspoon salt
1 1/2 cups Crisco solid shortening	Juice from one orange
1 cup sugar	Rind from one orange
3 1/2 - 4 cups flour	Pam or other non-stick vegetable spray
1 teaspoon vanilla	

Preheat oven to 350°. Spray Pam on cookie sheets. Beat the eggs together. Mix Crisco into the beaten eggs, continuing to mix as you add sugar. Beat well. Add the remaining 5 ingredients. Mix ingredients well to make cookie dough. Put dough into refrigerator for 2 hours. Put dough into cookie press and press onto cookie sheet (or drop by Tablespoon onto cookie sheet). Bake for about 12 minutes in 350° oven.

## Gladys Baum Blumenthal and Fern Blumenthal

*Fern Family #3*

*Gladys' mother was Jennie Fern Baum. Jennie's sister was Celia (we called her Cele) Fern Fergang. They were affectionately called the 'Pickle Sisters'. They both had the same voice and you could never tell them apart when they were on the phone. They were stubborn, tried to outdo each other, and drove everyone crazy. But when it came to baking, that's when everything became serious. No fooling around!*

*When Cele served her butter cookies, nothing tasted better. She gave out her recipe to the family. But, to this day, no one has ever made them as delicious as Cele did. We always say she left out an ingredient! Whenever Cele came to visit, she'd bring her butter cookies. They were always the best dessert. And you could never eat just one!*

*When Jennie made her rolled cakes, they were the hit of every holiday dinner. Jennie always said the secret ingredient was the damson plum jam. As a kid, I didn't know what this was and vowed to use this jam whenever I could. My relatives make this recipe often, but no one has Grandma's special touch.*

### Aunt Cele's Butter Cookies

½ lb butter	2½ cups flour
1 cup old-fashioned brown sugar	½ teaspoon baking soda
1 egg	½ teaspoon cream of tartar
1 teaspoon vanilla	Chopped nuts

Cream butter and sugar together. Add egg. Mix in rest of ingredients. Add nuts and mix the dough by hand. Take dough out of bowl and roll up like a salami; wrap in wax paper. Put in refrigerator to get cool. Slice dough into disks. Bake at 350° until golden brown.

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### Carol Fergang Cohen

*Fern Family #3*

*I learned this recipe from Celia Fern Fergang (my mother) and can be traced back to my growing-up days. It was served for any occasion and brings back memories of a warm, good-smelling kitchen.*

### Mother's Butter Icebox Cookies

½ pound sweet butter	½ teaspoon baking soda
1 cup dark brown sugar	½ teaspoon cream of tartar
1 egg	Walnuts - Optional
2½ cups regular flour	

Cream butter and sugar well. Add egg. Add nuts, if using. Add flour with cream of tartar and baking soda. Mix well. Make dough into rolls. Roll onto wax paper. Put in refrigerator overnight. Heat oven to 400°. Slice cookies and place on buttered cookie sheet. Leave space between cookies. Bake 8 to 10 minutes. Take cookies off tray while hot.

## Pamela Fern Stuart

*Fern Family #2*

*This is the basic recipe for Lemon Oat Lacies that my mother, Yvonne (Amelia) Fern Stuart used. She chose this because we love lemon cookies, and who doesn't like oatmeal? Also, she chose it because I don't eat eggs and this is an eggless cookie recipe. She got the basic recipe from the back of the Quaker Oats box, so I'm not sure this will count! But I must say they are delicious, very delicate and crunchy, and lacey like their name implies. Mom did adapt the basic recipe, as she always used butter, never margarine. My mother started baking cookies when she was 82, and boy, were they fantastic! She used to send them to me in tins. There's nothing like a tin of freshly baked, homemade cookies arriving from mom. I hope you'll enjoy them, too.*

### Lemon Oat Lacies

*Makes 5 dozen*

2 cups softened butter	1 Tablespoon grated lemon peel
1 cup sugar	1 teaspoon vanilla
2 cups all purpose flour	Powdered sugar
3 cups rolled oats (quick cooking)	

Beat butter and sugar until creamy. Add remaining ingredients, except powdered sugar, mix well. Cover and chill for 30 minutes. Heat oven to 350° F. Shape dough into 1-inch balls; place on ungreased cookie sheet. Flatten with bottom of glass dipped in powdered sugar. Bake 12 to 15 minutes or until edges are light golden brown. Cool 1 minute on cookie sheet, remove to wire rack. Cool completely; Sprinkle with powdered sugar, if desired.

*This recipe from CDKitchen for Lemon Oat Lacies courtesy of Quaker Oat Company.*

**Tip:** *For the most delicate and flavorful cookie use butter and quick-cooking oats.*

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## Lisa Elkin Clement

*Fern Family #3*

*I learned this recipe from my mother, Marilyn Fern Elkin, in the 1980s. It was served during summertime vacations. These cookies are one of the best recipes around. My mother would bake them in the summer for picnics and outings or just a late night snack with milk. Fantastic!*

### Melting Moments

2/3 cups toasted nuts (pecans, walnuts or hazelnuts) finely ground	<b>Topping:</b> Powdered (icing) sugar
1 cup unsalted butter	
1/3 cup icing sugar	*Optional (but oh so necessary)
1 teaspoon vanilla extract	1 cup chocolate chips (minis) or
2 cups flour	1 cup grated semi sweet chocolate
¼ teaspoon salt	

Cream the butter and sugar together. Add vanilla. Add remaining ingredients. Refrigerate 1 hour. Prepare baking sheet with parchment paper. Bake 1-inch balls of dough for 12-15 minutes at 350°. Roll warm (not hot) cookies in powdered sugar.

## Kimberly Tumia Fern

Fern Family #5B

*I learned this recipe from my mother, Roberta LaBelle Tumia. My mother makes these but she doesn't have a written out recipe. It is all in her memory from when her mother made them but my mom makes them a little bit different. So, I researched on-line and found a similar recipe that looks and tastes like her "memory recipe," on paper now, finally. My husband David and I enjoy them a lot!*

*This recipe can be traced back to Jean LaBelle Dymski "Baker's." They were served at holidays.*

*They are so yummy. They don't last long at all! 1-2 batches last 2-4 days maybe, unless you hide them and restrain yourself from eating them in one sitting with a large glass of cold milk. They are best eaten after 24 hours at room temperature. The more confectioners' powdered sugar you put on them and the cookies have time to absorb it, the better!*

### Chrusciki - Polish Angel Wings Cookies

*Makes 72 cookies (6 dozen)*

The dough for these cookies is not very sweet -- most of the sweetness comes from the powdered sugar sprinkled over the cookies. The cookies are ultra-delicate, so they, unfortunately, don't ship well, although if you pack very carefully, it can be done (but not recommended).

While you can mix this dough by hand, I recommend an electric mixer. It really needs a lot of beating and kneading. If you don't have a mixer and are ambitious, it can be done.

Traditionally, lard was used for frying the cookies. I personally like to use vegetable shortening. Others prefer a neutral cooking oil, like canola oil. All three cooking mediums will do the job well, so take your choice.

While one person can make these cookies alone, it is much easier as a two person job -- that way one person is cutting and shaping the dough while the other is frying. If you are working alone, I would suggest rolling out, cutting and shaping all the cookies first, keeping them on a baking sheet, lightly covered with a barely damp clean kitchen towel, until you are ready to fry them.

#### Important Tips and Hints:

**The eggs and the butter need to be at room temperature before beginning!**

2 eggs at room temperature

4 egg yolks at room temperature

½ teaspoon salt

2 cups flour

½ cup confectioners' sugar

¼ cup softened butter

1 shot (1½ ounces) of sweet brandy, rum, brandy, or whiskey

Vegetable shortening or canola oil for frying

Confectioners' sugar for dusting

In the bowl of an electric mixer with the whisk attachment, beat eggs, egg yolks and salt until thick and lemon colored. Slowly beat in the powdered sugar, brandy or alcohol of choice.

Change to the dough hook attachment on the mixer. Slowly mix in 2 cups of flour. Use the dough hook to knead the dough for 3-5 minutes. The dough should be thick, almost like bread dough.

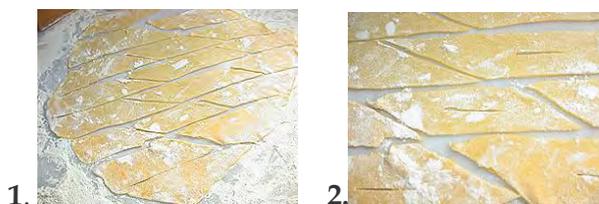
### Rolling and Frying the Cookies

To roll the dough you will be working with small balls of dough. Keep the rest of the dough in the bowl, covered with a clean damp kitchen towel to keep it from drying out while you are working.

Take a piece of dough about the size of a baseball. On a floured surface, use a rolling pin to roll the dough out very thin -- 1/8 of an inch at the most!

Take a sharp knife and cut the rolled out dough into strips about 2 inches wide. Then cut the other way on a diagonal to make pieces of dough that are about 2 inches by 4 inches (Photo 1).

Take your knife and cut a small slit (1 inch or less) in the center of each piece (Photo 2).



To form the cookie, take one end and place it through the slit (Photo 3).



Very gently pull the end of the dough through the slit to form a bow-shaped cookie (Photo 4).



In a large pot or deep **skillet** heat about 3-4 inches of **shortening** or oil until very hot. (You could alternatively use a deep fat fryer with clean oil.) Test the oil by putting in a small scrap of dough, it should sink to the bottom then immediately float to the top. When this happens your oil is ready.

Fry the cookies in small batches -- depending on the size of your pot -- no more than 6 at a time. Fry for about 30 seconds, then use tongs to gently turn the cookies over. The cookies should just be barely golden brown. Drain on paper towels or on a wire rack set on a baking sheet. Dust liberally with confectioners' sugar. Store cool cookies in an airtight container for a week or so.

## Eve Gabe Myles

Fern Family #1

*I learned this recipe by patiently helping my grandmother, Edith Fern Faust, prepare these for family gatherings on weekends at her apartment in Manhattan. I have since baked ruggelech for friends, but always remember those precious days with Grandma. I always admired her organizational skills and smooth, mechanical way of moving her hands. She never got angry or upset, just maintained a soft gracefulness throughout the whole, long process. Full preparation, including dough rising, takes from 6 to 12 hours.*

### Grandma Edith's Ruggelech

Makes 60 ruggelech

#### Dough

3 envelopes *Fleishman's* dry yeast

½ cup warm milk

4 cups *Wondra* flour (including one cup for board, if necessary)

3 Tablespoons sugar

3 eggs, separated

½ pint heavy sweet cream

Salt

3 sticks of butter, room temperature

#### Filling

Raisins, dark or golden

1 cereal bowl of sugar

Walnuts, chopped

1 teaspoon cinnamon

Butter five 14" cookie sheets well.

Dissolve all the yeast in ½ cup warm milk. Mix with teaspoon (off the flame). Set aside. In large bowl, mix 3 cups *Wondra* flour, 3 Tablespoons sugar, 3 egg yolks, ½ pint sweet cream, a shake of salt, and yeast mixture. Use wooden spoon to blend well. Put on floured board.

With rolling-pin, roll out and add 3 sticks of softened butter, one at a time. If necessary, flour the rolling pin. Make a rolled "bologna," then cut into 3 parts. Keeping 2 parts covered with clean, damp dish towel, roll third part into oval.

Cut lengthwise, then into about 20 triangles. Sprinkle as much sugar/cinnamon and walnuts as you wish on the triangles and gently press into dough. Then sprinkle as many raisins as you wish and press into dough gently. Roll each triangle from bottom toward point, curve like horn and place on cookie sheet

Keep at room temperature covered with damp, clean dish towel until they rise in a few hours. Then brush on egg whites.

Bake in preheated 350° oven about 25 minutes. Cool on baking racks.

## Pearl Fern Newman

(1922-2004)

Fern Family #1

*This recipe was given to me by my mother, Gussie Stepakoff Fern. Traditionally, teiglach are eaten at Rosh Hashannah as a wish for a sweet new year.*

### Gussie's "Teiglach"

Serves 6

#### Dough

2 cups flour  
½ teaspoon ginger  
¼ teaspoon salt  
3 eggs, well beaten  
2 Tablespoons oil  
Chopped walnuts (optional)  
Raisins (optional)  
Cherries

#### Syrup

1 cup honey (1 pound)  
2 teaspoons ground ginger  
1 cup sugar

#### To prepare dough

Sift dry ingredients (flour, ginger, salt) and stir together.

Gradually, add this dry mixture to eggs. Then add oil and optional nuts and raisins to form a dough stiff enough to handle.

Divide dough into several parts. Roll each part between palms to form a long rope about ½" in diameter, and then cut into ½" pieces.

#### To prepare syrup

Bring honey, ginger, and sugar to a rolling boil in a deep pot.

Drop pieces of dough in, a few at a time to prevent lowering temperature of syrup. As they rise to the top in about 7 to 8 minutes, remove with a slotted spoon and transfer to a platter or board. Do not stir while cooking.

Let cool. When cold, store like hard candy.

*Tip: This recipe can be made far in advance and stored in a crock. The teiglach are often piled into a pyramid shape to serve.*

## Helene Malkin Dreskin

*Fern Family #1*

*When I was newly married, Anna Fern Treitman, my husband's maternal grandmother, whom we called Nana, gave me this recipe for dessert. It was served whenever Nana felt like baking us a much-loved special treat! Nana loved to show off her fabulous baking and cooking skills! She also loved that we all appreciated the fruits of her labors. When she was feeling good (which she hated to ever admit), she would bake these, then call up and tell us she had a surprise for us! We always tried to make them last (we had a special cookie tin just for 'stix' as she called them), but they were always devoured within one or two days.*

### Nana's Zwiebach ("Stix")

*Makes 40 pieces*

2¼ cups flour

¼ cup nuts, chopped

1 cup sugar

¼ pound butter

½ teaspoon salt

3 eggs, beaten

1 teaspoon baking powder (heaping)

1 teaspoon vanilla

Mix all the ingredients together except eggs and vanilla. Then add eggs and vanilla and mix again. Divide batter into 3 logs. Place on a greased cookie sheet. Put into a preheated 400° oven. Turn oven down immediately to 300° and bake for 15 minutes.

Take cookie sheet out of oven and slice each log on the cookie sheet. Lay each piece on its side. Re-bake until lightly browned, about 10 minutes. Keep watching as they bake since each oven is different. Final baking times may vary from 8 to 15 minutes.

## Vicki Fern Schober

*Fern Family #1*

*When I was living in Elizabeth, New Jersey, my mother, Freda Glick Fern, gave me this recipe. It was served for holidays and company and can be traced back to my great-aunt Freda Mansdorf.*

### Mandel Bread

*Makes about 36 pieces*

1 cup sugar	2 teaspoons baking powder
1 cup oil	1 cup ground nuts
1 teaspoon vanilla	1 cup chocolate chips (optional)
3 eggs	½ cup candied cherries (optional)
3 cups flour	

Preheat oven to 350°.

Beat sugar with oil. Next, add vanilla and eggs; beat. Add flour and baking powder. Mix. Add optional ingredients.

Form into three loaves to bake on lightly greased cookie sheet. You can use one large cookie sheet or 2 regular sized cookie sheets. (Keep loaves long and mounded because they will flatten while baking.)

Bake loaves for about 30 minutes or until golden. When finished baking, cut into 1/2"-1" slices and place on sides. Put back into 350° oven until lightly browned, about 10 minutes.

*Tip: Freezes well if not eaten within 3 days.*

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## Barbara Katz Berlach

*Fern Family #1*

*When I was living in Montreal, my mother, Pearl Wolfvitch Katz, gave me this recipe. Even though we are not really great cooks and like to eat out a lot, I enjoy making my children this recipe of their grandmother's.*

### Pearl's Mandelbroit

*Makes about 60 pieces*

3 eggs	1 teaspoon vanilla
1 cup sugar	2 teaspoons baking powder
1 cup oil	1 cup walnuts, chopped
3½ cups flour	

Mix eggs, sugar and oil together. Add vanilla, flour, baking powder and chopped nuts. Shape into four long rolls. Place the four long rolls on an oiled cookie sheet. Bake in a preheated 350° oven for 30 minutes. Remove from oven and slice on cookie sheet while still hot. Put back in 350° oven for five or so minutes.

## Gail Gorelick Kogen

*Fern Family #1*

*My mother-in-law, Dena Rosenblum Kogen, made these squares when we would visit her and her family in New York. She made these and brought them to Kansas City for our son Dov's Brit Milah. The airplane smelled delicious! She has been making this dessert for 40 years to serve for Shabbat and festivals.*

### Savta Dena's Almond Rocca Squares

*Makes 25 (1½" x 1½") pieces*

#### Base

1 cup soft stick margarine  
½ cup brown sugar  
½ cup white sugar  
1 cup rolled oats (oatmeal, but not instant)  
1 teaspoon vanilla  
1 cup flour

#### Topping

4 ounce chocolate bar, any kind, but not  
unsweetened  
2 teaspoons margarine

#### Overtopping

½ cup ground almonds

#### To prepare base

Mix base ingredients together well. Grease square 8" x 8" or 9" x 9" baking pan. Pour in batter. Bake in a preheated 350° oven for 30 to 35 minutes.

#### To prepare topping

Melt chocolate and margarine in double boiler and pour over base while still warm.

#### To prepare overtopping

Sprinkle ground almonds over top evenly.

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## Dayna Sacharov

*Fern Family #1*

*This recipe was given to me by Pauline Kaplan Sacharov, my grandmother. They were served after family gatherings for dessert. Everyone loves them! They are so easy to make and they definitely satisfy a sweet tooth!*

### Peppi's Haystacks

*Makes about 24 haystacks, 1½ inch diameter*

1 3-ounce can of dry chow mein noodles  
1 6-ounce package semi-sweet chocolate pieces  
¼ cup almonds (natural unsalted), optional

In a large bowl, place chocolate pieces. Cover. Microwave on low 3–4 minutes until melted. Stir chocolate smooth. Add noodles and almonds. Toss to coat well. On wax paper, form into clusters.

## Susan Fern Kassin

*Fern Family #1*

*I've been making this recipe since I was a young bride. It is a family favorite enjoyed on holidays and special occasions. (You might want to double or triple this recipe.) It is delicious, quick and easy.*

### **Brownies**

2 squares unsweetened chocolate  
1 stick of butter  
1 cup sugar

2 eggs, beaten  
½ cup flour  
Optional ingredients: Chocolate chips or nuts

Melt chocolate and butter in a large bowl. Add 1 cup of sugar. Add beaten eggs and mix. Add flour until all ingredients have been blended. Pour into an ungreased 8" x 8" pan. (For larger quantities, use a larger pan.) Bake at 350° for 20 to 30 minutes or until a toothpick comes out clean. Cut after 5 minutes, but do not remove from the pan until the brownies have cooled.

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## Beatrice Fern Tellis

*Fern Family #1*

### **Healthy Brownies**

*Makes 24-35 brownies*

1 cup unsweetened cocoa  
1½ cup flour  
2 teaspoons baking powder (I use low sodium)  
4 Tablespoons oil (I use canola)  
2 cups sugar

4 egg whites  
1 cup unsweetened applesauce  
2 teaspoons vanilla  
1 cup (or less) walnuts

Combine and mix all the ingredients by hand or in an electric mixer. When blended, pour mixture into a lightly greased (I use non-stick spray) 7½" x 11½" or slightly larger, pan.

Preheat oven to 350° and bake for 35 to 40 minutes. Insert a toothpick into brownies. If it comes out dry and clean, they are done. Remove from oven and let cool before cutting to desired size.

**Tip:** *I use Wonder-slim cocoa. It contains very little fat. It is not certified kosher.*

## Pearl Waldinger Glick

*Fern Family #1*

*I have hesitated sending this recipe to the Fern Family Recipe Book because it has a very short history, and really nothing to do with my mother's collection. I never did get any recipes from mom because she never made anything the same way twice. However, this recipe for brownies has now become a "family recipe" for my grandchildren who are away from home. I send them to my grandson, Todd Sheerin, often. The kids in his college house wait with bated breath for a package to arrive. When we visited him last semester, I received a big hug from some of them when they learned I was the grandmother who sends the brownies. My granddaughter, Erica Sheerin, now lives in San Francisco, but many of her friends from Berkeley live in the same complex so she shares them with friends and office workers. The brownies have a long life and also travel well.*

### Turtle Brownies

1 box devil's food cake mix	2/3 cup evaporated milk
1½ Tablespoons butter, melted	1 large bag semi-sweet chocolate chips
1 cup chopped nuts	1 bag caramels (14 ounce size)

Melt caramels in double boiler with 1/3 cup evaporated milk. Let stand on low heat. Combine 1/3 cup evaporated milk with melted butter, and add to cake mix. Add nuts. Pat a little more than half of this mixture into 9" x 13" greased Pyrex. Bake around 15 minutes at 350° until done. Take out of oven, evenly spread chocolate chips over brownies, add layer of caramel, top with remainder of crumbled brownie mixture.

Bake for about 10 - 20 minutes until done. Cool and eat.

**Editor's Note:** *Pearl sent us a sample box of these brownies with the recipe. They are fabulous! B. Fern*

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## Gail Porat

*Fern Family #1*

### Passover Chocolate Mandelbrot

*Serves*

1 ½ cup sugar	¾ cup potato starch
¾ cup oil or ½ pound margarine	6 ounces Nestle's chocolate bits
4 eggs	1 cup chopped walnuts
2 ¾ cups cake meal	1 teaspoon cinnamon
½ teaspoon salt	2 teaspoon sugar

Cream sugar and oil together. Add eggs one at a time and beat. Sift cake meal, salt, and potato starch together. Add chocolate chips and nuts. Fold into egg mixture. Mix well. Form into two loaves 2 inches wide. Sprinkle sugar and cinnamon on top. Bake on greased cookie sheet at 350° for 45 minutes. Slice while warm.

# Julie Lowenbach Greimel

*Fern Family #1*

*I was given this recipe by my mother, Dena Fern Lowenbach. The pumpkin bars were served on Thanksgiving, other holidays and bake sales at the Far Brook School in Short Hills, New Jersey. In grammar school, I always baked pumpkin bars for school bake sales. I also made them on Thanksgiving. Everybody loved them. I remember my friends 'freaking out' because they were so good.*

## Pumpkin Bars

*Serves 8*

### Batter

4 eggs	½ teaspoon salt
1 cup salad oil	2 teaspoons cinnamon
2 cups sugar	½ teaspoon ginger
1 pound canned pumpkin	½ teaspoon cloves
2 cups flour	½ teaspoon nutmeg
2 teaspoons baking soda	

### Frosting

1 6-ounce package cream cheese	1 teaspoon vanilla
¾ stick butter	1 cup powdered sugar
1 Tablespoon milk	

### To prepare batter

Mix eggs, oil, sugar, and pumpkin together.

Sift all the other ingredients and add to the egg, oil, sugar and pumpkin mixture, mixing well. Pour into a greased and floured 12" x 18" pan. Bake in a preheated 350° oven for 25 to 30 minutes. Cool in pan.

### To prepare frosting

Mix all the frosting ingredients together and frost cooled cake in the pan. Cut into bars.

*Tip: These bars freeze well.*

## Ruth “Penny” Skolnik Schwartz

*Fern Family #1*

*As a child in my mother’s kitchen, the farthest thought in my mind was asking for recipes. Although her meals were always delicious, would this teenager be interested in - say- making noodles from scratch? Imagine! Every Friday, mom, Anna Skolnik, would roll out, dry and cut the thinnest ‘luckshen’ in the neighborhood. Did I care? Would you? No way!*

*If I could go back in time, would I be interested in the recipes? Maybe – but easier to pick up noodles and more exotic sounding main dishes in the supermarket’s freezers today. So, why slave over dishes like borscht, schav, stuffed cabbage rolls, matzoh balls or blintzes?*

*I remember a wonderful pastry that was mom’s specialty in the family. It was called taglach. It involved hand-rolling the batter into ropes, slicing these into small pieces, then cooking them in a large pot of honey – then set out on a board to cool and cut into serving pieces. During the procedure, not a creature could stir, nor was movement or noise of any kind permitted in the kitchen. I remember this need for quiet just as clearly as the marvelous resulting “taglach” – a honey, crunchy confection!*

*Suffice it to say, many of these old recipes can be found in Jewish cookbooks, so to save repetition, let me send one of mom’s more recent, and a favorite of ours, called (Lord knows why), Dutch Monkeys. Put simply, these jam and cookie sandwiches require refrigeration and rolled dough and a favorite thick jam (strawberry or raspberry). Mom, of course, made her own plum jam! The Dutch Monkeys were served when company came as well as for the family.*

### Dutch Monkeys

*Makes 24-36 squares*

¼ pound butter

2 ounces cream cheese

2 Tablespoons sour cream

3 eggs, separated

1 cup sugar

3 cups flour

1½ teaspoons baking powder

1 teaspoon vanilla

1 cup walnuts, coarsely chopped

1 cup jam (strawberry, raspberry or plum)

Cinnamon for sprinkling

Sugar for sprinkling

Cream butter, cream cheese, sour cream with sugar. Add egg yolks, flour, baking powder and vanilla. When combined into a dough, refrigerate until it can be handled (a few hours or overnight).

Divide dough into two halves. Roll one-half of the dough and fit this one-half into the bottom of a 9” x 15” pan. Sprinkle with blobs of jam and spread. Whip egg whites and spread over jam. Then sprinkle one-half of the walnuts, cinnamon and sugar over the egg whites. Cover this with the other half of the dough, spreading the remaining nuts, cinnamon and sugar.

Bake in a preheated 350° oven for about 25 minutes.

Let cool in pan and cut into squares.

**Editor's note:** *This recipe (Edith's Chocolate Whipped Cream Roll) and the one that follows (Divine Chocolate Whipped Cream Roll) are wonderful examples of the family tradition of recipes. They were submitted by two sisters-in-law, Florence Fern Faust Gabe Weintraub and Lucie Haas Faust, both of whom got the recipe from Edith Fern Faust, mother and mother-in-law, respectively. Ingredients and preparation are almost the same, but not quite. As one would expect, slight variations have begun to creep in, and points of view in writing up the instructions are a little different. We believe readers will enjoy comparing these two versions and seeing the affectionate memories that surround each of them.*

## **Lucie Haas Faust**

*Fern Family #1*

*The first time I tasted this delicious dessert was when I was not yet a member of the family - but about to become one. It was an engagement dinner my mother-in-law-to-be (Edith Fern Faust) gave for her family and mine, to introduce our families. This recipe was served at every family get-together.*

### **Edith's Chocolate Whipped Cream Roll**

Serves 6

#### **Batter**

6 eggs, separated  
3 heaping Tablespoons cocoa  
6 heaping Tablespoons sugar  
2 level Tablespoons vanilla

#### **Filling**

2 bananas, peeled and whole  
1½ cups heavy cream  
2 teaspoons sugar

#### **To prepare batter**

Beat egg whites into peaks. Refrigerate.

In another bowl cream egg yolks, add cocoa, sugar, and vanilla. Beat well. With wooden spoon or spatula, fold egg whites into egg yolk mixture.

Butter cookie sheet (10" x 15" x ½") to the edges. Then line with wax paper and butter paper. Spread batter on paper. Bake 12 minutes in a preheated 400° oven. When baked, remove from oven and cover immediately with moist dish towel and invert on table. Lift off pan and carefully lift off wax paper. Cool.

#### **To prepare filling**

Whip heavy cream to which has been added 2 Tablespoons sugar.

#### **To prepare whipped cream roll**

Cover cake with whipped cream. Place 2 bananas in center and roll cake. Keep refrigerated until ready to serve.

## Florence Faust Gabe Weintraub

(1917-2003)

Fern Family #1

*This recipe was given to me by my mother, Edith Fern Faust. Everyone loved this dessert which was served after dinner. People ask for a small piece thinking it is rich, then always ask for more. Everyone loves it. Because it contains no flour it can be used for Passover. The recipe is passed down to young married children.*

### **Divine Chocolate Whipped Cream Roll**

*Serves 8 approximately*

#### **Batter**

6 eggs  
8 heaping Tablespoons cocoa (preferably  
Dutch variety, like *Droste*)  
6 heaping Tablespoons sugar  
1 teaspoon vanilla

#### **Filling**

1½ cups whipping cream  
2 teaspoons sugar  
1 teaspoon vanilla  
2 bananas, whole and peeled

#### **To prepare batter**

Preheat oven to 400°.

Separate eggs. Using mixer, beat whites into peaks and refrigerate. In a large bowl, cream yolks very well. Add sugar and beat well. Add cocoa and vanilla and beat well. With a wooden spoon or spatula fold beaten whites into yolk mixture.

Grease a 10" x 15 ½" x ½" cookie sheet. Line cookie sheet with wax paper and grease again. Pour in batter. Bake about 12 minutes. (Do not overbake.) Cover entire pan immediately with long dish towel wrung out with cold water and invert on kitchen Formica or table. Lift pan carefully off wax paper, remove wax paper and let cake cool.

#### **To prepare filling**

Whip 1½ cups whipping cream to which has been added 2 teaspoons sugar and 1 teaspoon vanilla. Use 1/3 of this whipped cream to cover cake.

#### **To prepare roll**

Add two bananas lengthwise. Roll cake around bananas. Should look like a log. Cover sides and top with rest of whipped cream. You may add sprinkles or shaved chocolate to top for decoration. Refrigerate until ready to serve.

*Tip: Not easy to prepare but well worth the bother. Never had any left - not a crumb.*

## Enid Fern Kaplan and Debbie Kaplan Gershenson

Fern Family #3

*I learned this recipe from my daughter, Debbie Kaplan Gershenson. We serve it for any occasion. There is never any left once served! It also travels well to different homes.*

### Blueberry Cobbler

*Serves 8 or more*

2/3 cups all purpose flour	2 Tablespoons butter
1½ teaspoon baking powder	2/3 cup milk
½ cup sugar	2 cups blueberries (or any berries)
¼ teaspoon salt	

Combine flour, sugar, baking powder, and salt. Stir in milk, and mix until smooth. Melt butter in 1½ quart casserole or any ovenproof pot. Pour in batter. Sprinkle berries on top.

Bake in pre-heated oven 40-45 minutes at 350°.

\* \* \* \* \*

## Jane Dreskin

Fern Family #1

*My mother, Sylvia Treitman Dreskin, called this recipe "the very best." My mother played her cards close to the chest - but was generous, very generous, with her recipes. This one was made only for family parties and "grownup parties," i.e., without the kids. No matter where they were stored or hidden, we would find them. Sylvia's mother, Anna Fern Treitman, was a legendary baker. Her mandelbroit, for instance, went further than gold as a convincer and bribe. Still, with this recipe, I think Sylvia improved on a basic 'Anna'.*

### Sylvia's Jam Squares

*Makes 20-24 squares*

1 2/3 cups flour	1 teaspoon vanilla
½ cup brown sugar, firmly packed	1/3 cup white sugar
½ teaspoon salt	½ cup seedless raspberry preserves
¼ pound shortening	¾ cup walnuts, chopped
2 eggs, separated	¼ teaspoon cinnamon (optional)

Combine flour, brown sugar and salt. Cut in shortening. Beat egg yolks and vanilla together and add to flour mixture. Mix, and with hands, press into ungreased 8" x 12" or 9" x 12" pan. Press up a ¼" ledge on sides. Bake in a preheated 375° oven for 15 minutes. Remove from oven and when slightly cool, spread with preserves. Beat whites, adding 1/3 cup white sugar gradually. Optional cinnamon may be added to the egg white and sugar mixture. Beat until fluffy. Spread on the preserves and sprinkle with the walnuts. Put back in oven and bake 20 minutes more and cut into squares while hot. Squares can be separated and removed from pan when cool.

## Helene Malkin Dreskin

Fern Family #1

*This recipe was given to me by my mother-in-law, Sylvia Treitman Dreskin. Sylvia served the pie at dinner parties and so do I, especially in the summer. When Jerry and I celebrated our tenth anniversary, Sylvia made us a dinner party with eight of our friends. This was one of her desserts, and I always remember that when I make it!*

### Sylvia's Ice Cream Pie

Serves 8

1 bar Cadbury chocolate  
½ stick margarine  
2 ½ cups Rice Krispies

1½ quarts ice cream (coffee chip is great!)  
½ cup nuts (optional)  
Chocolate curls (optional)

Melt the chocolate with the margarine.

Stir Rice Krispies into the chocolate and margarine mixture and press into a 10" or 12" pie plate. The crust should go up the sides of the pie plate. Cool.

Soften the ice cream and fill the crusted pie plate with ice cream. Freeze. Before serving, decorate the top with nuts and/or chocolate curls/etc. "Enjoy!"

*Tip: If pie is covered as soon as it is frozen, it will keep for two weeks in the freezer.*

\* \* \* \* \*

## Phoebe Fern Greenfield

Fern Family #1

*This recipe came from my mother, Zelda Hoffman Fern. She served this pie when entertaining.*

### Heavenly Lemon Pie

Serves 8

#### Pie Shell

1½ cups whipping cream  
4 beaten egg whites  
1 cups sugar  
¼ teaspoon cream of tartar  
2 Tablespoons shredded coconut

#### Pie Filling

4 egg yolks  
½ cup sugar  
3 Tablespoons lemon juice  
1 Tablespoon lemon rind  
1/8 teaspoon salt

#### To prepare pie shell

Beat egg whites until stiff, gradually adding 1 cup sugar and cream of tartar. Beat until very stiff. Pour into 9" pie plate making edges thick and bottom thin. Sprinkle coconut around edges. Bake in a preheated 275° oven for one hour until crisp and tan in color. Do not remove pie shell from pie plate.

#### To prepare pie filling

Whip the whipping cream and refrigerate for at least one hour. This can be made prior to pie shell preparation. In top of double boiler, stir together egg yolks and remaining ½ cup sugar, lemon juice, rind, and salt. Cook until very thick, stirring often (approx. 10 minutes). When cool, stir in 2/3 of the whipped cream and put into shell. Chill several hours and cover with remaining whipped cream. Refrigerate.

*Tip: This pie can be made one to two days in advance. If made in advance, do not cover with whipped cream until ready to serve.*

## Brooke Hayes Fern

*Fern Family #1*

*This is a recipe I got from my mother, Jean Sayre Hayes, and have shared with my mother-in-law, Phyllis Barmak Fern; father-in-law, Saul Fern; sister-in-laws, Ellen Shaina Fern and Diane Gresham Fern; and made for my husband, Andrew Fern, and our children, Peyton and Caroline Fern. We serve it at many Fern family gatherings....especially Thanksgiving!!!*

### Kentucky Pie

1 stick softened margarine  
1 cup sugar  
2 eggs slightly beaten  
½ cup flour

1 teaspoon vanilla  
6 ounces chocolate chips  
1 cup chopped nuts  
1 unbaked pie shell

Cream margarine and sugar together. Add eggs, flour and vanilla. Mix well. Stir in chocolate chips and nuts. Pour in pie shell and bake at 325° for one hour. Enjoy!

\* \* \* \* \*

## Lynda Fern Sacharov

*Fern Family #1*

*My friend, Marian Shafman, gave me this recipe. I serve it for holidays, birthdays and barbecues. When I was looking for a parve dessert, this filled the bill, and it's quick and easy.*

### Chocolate Mousse Pie

*Serves 3-4*

#### Pie shell

1 parve frozen pie shell

#### Pie filling

8 egg whites  
1 teaspoon vanilla  
6 ounces parve chocolate chips

#### To prepare pie shell

Brown pie shell according to instructions. Set aside to cool.

#### To prepare pie filling

Beat egg whites until firm. Add vanilla to chocolate chips and melt (or microwave) together. (Optional: Leave some of the chocolate chips whole to make for a "crunchier" mousse.)

Fold melted chocolate mixture into egg whites. Pour into pie shell, cover with aluminum foil, and freeze. Before serving, place in refrigerator for one to three hours to defrost. For example, place in refrigerator in the morning if the pie is to be served at lunch. Pie can be semi-frozen or defrosted completely when served.

*Tip: If made in advance, the pie can be kept frozen for one week.*

# Samara Berlach Abramson

*Fern Family #1*

*This recipe comes from my maternal grandmother, Pearl Wolfovitch Katz.*

## **Streusel Coffee Cake**

*Serves about 20*

### **Batter**

2 eggs  
¾ cup sugar  
¼ cup butter  
½ cup shortening  
½ cup milk  
2 teaspoons baking powder  
1½ cups flour  
½ teaspoon salt

### **Topping**

1 Tablespoon cinnamon  
¼ cup flour  
½ cup brown sugar, packed  
2 Tablespoons butter, melted  
¼ cup chopped nuts (optional)

### **To prepare batter**

Beat eggs, sugar, butter and shortening together until light and fluffy. Add dry ingredients alternating with milk. Mix until just blended. Pour half of batter into a greased loaf pan.

### **To prepare topping**

Mix together all the ingredients for the topping. Sprinkle half of the topping over batter in loaf pan. Cover with remaining batter and top with other half of topping mixture. Bake in a preheated 350° oven for 50 minutes or until cake tests done. To determine if it is done, put a toothpick into the center and remove. If it is dry, the cake is ready. Remove from pan. Cover with stretch wrap and keep at room temperature.

# Haviva Halleman Swirski

Fern Family #1

*This recipe was given to me by my mother, Slavka Danishevski Halleman, when we were living in Israel. It was passed down to my mother by her mother, Chaya Treger Danishevski. I make this recipe often. It is my husband Jimmy's favorite.*

## Slavka's Babka

Makes 20 slices

### Dough

1 cake or package fresh, active dry yeast  
¼ cup warm water  
1 teaspoon sugar  
4 cups all-purpose flour  
2 eggs  
1 stick salted butter or margarine, melted  
1 cup sour cream  
¾ cup sugar  
1 teaspoon vanilla  
1 egg, well beaten for wash

### Filling

#### Variation I: Chocolate

1/3 cup chocolate syrup  
5-6 Tablespoons flour  
3-4 Tablespoons sugar  
1 Tablespoon sour cream

#### Variation II: Poppy Seed

1 can of *Solo* or any poppy seed filling

#### Variation III: Other fillings

As found in baking section of market

### To make dough

In large bowl, combine warm water, yeast and sugar. Mix until yeast and sugar are dissolved and put in warm place for a few minutes, until yeast rises.

In another very large bowl, mix all ingredients together, including the raised yeast of first bowl, with the dough hook of a mixer, until smooth and thick (about 2-3 minutes). Cover bowl with clean kitchen towel or plastic wrap but do not let cover touch dough. Place in warm place for about 1½ hours until dough has doubled in size. Punch dough down using mixer or hands. While the dough is rising, make filling.

### To make filling

Variation I: Mix all ingredients together in a bowl until of creamy consistency.

### To prepare

After dough has risen, divide into halves. Knead into balls. Using a rolling pin, roll each ball out on a floured surface until approximately 12" x 14". Spread with ½ filling. Fold dough, tucking in ends, into roll. Do the same with second half.

Grease a 10" x 14" x 4" deep baking dish. Place the two rolls into the dish, cover and place in a warm place to rise. After rising, use a pastry brush to brush surface with egg wash. Bake in preheated 350° oven for about ½ hour, until richly browned. Cool on a rack.

## Susan Schreiber

*Fern Family #1*

*I asked my aunt, Ida Schafer Kalish, for this recipe because I enjoyed it so much.*

### Aunt Ida's Carrot Cake

*Serves 6-8*

#### **Batter**

1 cup sugar	1 teaspoon baking powder
2 eggs	1 teaspoon cinnamon
2/3 cup oil or	1 jar carrots, Jr. size baby food
2/3 cup margarine or butter	1/2 cup raisins
1 1/2 cups flour	1/2 cup walnuts, chopped
1 teaspoon baking soda	

#### **Icing**

Small cream cheese, softened	1 cup powdered sugar
1 Tablespoon butter, softened	Milk, as needed
1/2 teaspoon vanilla	

#### **To prepare batter:**

Mix all the ingredients together in large bowl. Grease a 6" x 10" loaf pan and pour mixture into pan. Preheat oven to 350°. Bake for about 55 to 60 minutes. Remove cake from pan when cool. Apply icing to sides and top.

#### **To prepare icing:**

Beat icing ingredients together well. To get correct consistency, add a little milk.

## Sharon Fern Avram and Marilyn Edelman Fern

*Fern Family #1*

**Editor's note:** *This recipe is a wonderful illustration of the tradition of receiving a recipe, making it one's own, and passing it along to the next generation. Selma Schwartz Fern originally got this recipe from her sister-in-law, Rachel (Rae) Fern Starr and used it so that it became her own. She passed it along to her daughter, Sharon Fern Avram, and her daughter-in-law, Marilyn Edelman Fern, both of whom use it for their families. Both Sharon and Marilyn, quite independently, submitted this recipe in almost identical form. The lists of ingredients were exactly the same. Present wording of the baking instructions are a combination of both their versions.*

**Marilyn writes:** *This recipe was given to me by my mother-in-law, Selma Schwartz Fern.*

**Sharon writes:** *My mother, Selma Schwartz Fern, was given this recipe by Rae Fern Starr, her sister-in-law, when we were living in Elizabeth, New Jersey. Mom passed down the recipe to me and my sister, Cindy (Cynthia Fern Itzkowitz). It is a family favorite.*

### Selma's Parve Easy Carrot Cake

*Serves about 10*

2 cups sugar	1 teaspoon vanilla
2 cups sifted flour	4 eggs
2 teaspoons cinnamon	3/4 cup oil
2 teaspoons baking powder	1/2 cup walnuts, chopped (optional)
2 teaspoons baking soda	3 cups raw carrots, finely chopped or ground
1 teaspoon salt	

Put all the ingredients in a bowl in the order they are listed and beat as each ingredient is added until well blended. Spray a tube or bundt pan with *Pam* and pour batter in.

Bake in a preheated 350° oven for one hour.

The cake is done when a cake tester comes out clean and the cake springs back when touched. Cool before removing from pan.

**Tip:** *To store, cover and leave at room temperature. If the weather is warm, then refrigerate. The cake can be made a few days in advance. It freezes well.*

## Madelyn Harris Faust

*Fern Family #1*

*I learned this recipe from Regina Karmin Haas, my mother-in-law's mother, Lucy Haas Faust. It can be traced back to Vienna in the 1930s. It was served during Passover. Regina Haas was a delightful charming woman and a great cook and baker. She served this cake on several Passovers at her home. Her guests were Lucy and Monroe Faust; Monroe's parents, Edith and Isador Faust; and ourselves, Leonard and Madelyn Harris Faust.*

*(It is interesting; I am writing a cookbook for my seven grandchildren at the present time.)*

### Passover Mocha Cake (Cake of Eight)

Serves 20

8 eggs

8 ounces semi-sweet chocolate

8 ounces walnuts

Grind walnuts and chocolate (you can use a blender). Separate eggs. Beat yolks until light yellow. Mix with nuts and chocolate. Beat egg whites until they peak and a little more. Gently incorporate with previous mixtures. Use a rolling motion. Put in 10" spring-form pan. Bake in 350° oven for 30 minutes. Allow to cool on cake rack.

#### Icing

¼ pound butter, softened

2 Tablespoons very strong coffee (instant)

2 cups confectioners' sugar

8 blanched almonds

Add 2 Tablespoons instant coffee to ¼ cup hot water. Allow butter to soften. Blend with sugar. Add coffee drop by drop until most of it has been used. Decorate cake with icing and nuts placed in a circle. Keep refrigerated until ready to serve.

\* \* \* \* \*

## Robin Ann Gorelick

*Fern Family #1*

*I learned this recipe from my daughter, Eliana Gorelick. It is a new recipe. It is wonderful when your daughter teaches you something. Eliana, my six year old, brought home this recipe and we made it together. So now it has become our favorite recipe to share.*

### Eliana's Rocky Road Matzah

6 pieces Matzah

1 stick butter

½ cup brown sugar

1 bag dark chocolate chips

1 bag marshmallows

1 cup pecans

Lay matzah flat on cookie tray covered in foil. Melt butter and sugar together. Drizzle over matzah. Pour chocolate chips over matzah. Set oven to 250°. Put matzah in oven for 5 minutes. Take out of oven and spread chocolate evenly across. Layer matzah with marshmallows. Scatter pecans over marshmallows. Bake 5-7 minutes until marshmallows puff. Quick-freeze and matzah will be ready to break apart.

## Sharon Fern Avram

*Fern Family #1*

*My mother, Selma Schwartz Fern, gave this recipe to me. This sponge cake was the Ferns' favorite ending of our Passover meal.*

### Selma's Passover Sponge Cake

*Serves 12-14*

9 eggs, separated	½ cup potato flour
1½ cups sugar	½ cup cake meal
1 lemon, grated rind and juice	

Put the 9 egg whites into a large bowl and the egg yolks into a small bowl. Do not break yolks. Beat egg whites well. Then add sugar to whites a little at a time while continuing to beat until the ½ cup sugar is incorporated into the egg whites and they are stiff and dry.

Add the 9 egg yolks all at once to the beaten egg whites and continue beating until mixture is well blended. Add lemon rind and lemon juice, potato flour, cake meal, beating mixture together well after each ingredient is added.

Pour into a lightly greased 10" tube pan. Bake in a preheated 325° oven for one hour. When done, the cake will appear golden brown and will spring back when touched. Remove from oven, turn upside down, and let cool for one hour on a cooling rack. To loosen cake, slide knife around the sides of tube pan and remove to plate.

*Tip: This cake can be made 1 to 2 days in advance. To keep, cover well and store at room temperature.*

\* \* \* \* \*

## Phoebe Fern Greenfield

*Fern Family #1*

*I was given this recipe by my mother, Zelda Hoffman Fern. The sponge cake was served at Passover.*

### Passover Sponge Cake

*Serves 8-10*

8 eggs	Juice of ½ orange
1½ cups granulated sugar	2 heaping Tablespoons potato starch
Juice of ½ lemon	1 scant cup cake meal
Rind of whole lemon, grated	

Separate the 8 eggs. Beat whites of 8 eggs until firm and set aside. Beat yolks of 8 eggs and add the rest of the ingredients (sugar, lemon and orange juice, lemon rind, potato starch, cake meal) to the beaten egg yolks. Beat all these ingredients well. Fold in beaten whites last.

Pour into unbuttered 9" spring-form pan.

Bake in a preheated 325° oven for 1 hour. Cool for a few minutes. Then invert pan on 4 upside-down cups.

When cool, turn right side up and remove rim of pan by sliding knife around edge to loosen sides. Leave cake on the bottom of spring-form pan until cool.

*Tip: The cake can be made one day in advance. If not served immediately, cover and store at room temperature.*

## Robin Ann Gorelick

*Fern Family #1*

### Passover Fruit Sponge Cake

*Serves 12*

12 eggs, separated  
2 cups sugar  
1 large banana  
Salt, just a pinch

1 large orange, rind and juice  
½ cup walnuts, chopped  
1 cup cake meal  
1 Tablespoon potato starch

Beat egg yolks until light. Gradually add sugar and continue beating until thick. In a separate bowl, mash banana, add orange juice and rind. Mix fruit into egg yolks with nuts. Sift cake meal and potato starch together and add to batter, mixing gently. Beat egg whites stiff, but not dry, adding salt. Fold into batter, blending well.

Gently pour into 10" ungreased tube pan. Bake in preheated 350° oven for 45 minutes. Reduce heat to 325° and bake an additional 30 minutes, or until cake tests done. Turn cake over (invert) while still in pan and let cool completely. Remove cake from pan. Cover and store at room temperature.

*Tip: The sponge cake can be made one day in advance.*

\* \* \* \* \*

## Rachel Bleiberg Porat

*Fern Family #1*

*This is not a recipe from home in Israel, but I had tasted it here in the U.S. almost 30 years ago and loved it and I "adapted" it so it can be eaten on Passover.*

### Sacher Tort

#### Cake

7 eggs separated well and whites beaten well to strong "snow"  
7 ounces sugar  
5 ounces margarine  
5 ounces ground almonds  
3 Tablespoons matza meal soaked in a bit of rum  
5 ounces chocolate

**Chocolate icing** for top of cake once it is a bit cooler. (Mix it on stove or in microwave.)

1 cup (enough to cover entire cake) apricot jam, softened  
5 ounces chocolate  
4 Tablespoons sugar  
1 ounce margarine  
About 3 Tablespoons water

Heat (on top of stove or I do in microwave) the chocolate with margarine till it melts and mix it well together. Beat egg yolks with sugar a long time until it is quite "creamy." Mix with it the matza meal, chocolate mix and almonds. When it is all mixed well, "fold" in slowly the egg whites. Bake at 350° for about ½ hour until center is baked well and knife comes out "clean."

Smear cake with a thin layer of apricot jam (soften) then cover nicely all around with the chocolate "icing." This cake stays FRESH in the refrigerator for a long time! DELICIOUS.

## **Agnes Berger Bénarie**

*Fern Family #1*

**“with all my heart”**

This recipe was submitted to us in French from Barcelona. The English translation follows on the next page.

### **Gateau au Fromage Blanc**

Par Agnes Berger, “de tout coeur.”

Cette recette vient de Mina Kornfeld de Berger, la mère d'Agnès Berger de Bénarie. Tout en mangeant ce gâteau, on se souvient de "tous les bons moments où la famille est ensemble."

100 grammes de sablés au beurre	125 gr de sucre semoule
40 gr de beurre très mou	4 oeufs
300 gr de fromage blanc (faisselle) égoutté	1 citron jaune
250 gr de ricotta	½ cuillère a café de levure
1 dl (demi-litre) de crème fraiche	
50 gr de Maizena	

Réduisez les sables en poudre, ajoutez le beurre et mélangez.

Beurrez un moule a bord haut de 20 cm de diamètre, garnissez-le de papier sulfurisé, mettez au fond le mélange sablés, beurre, tassez et réservez au réfrigérateur.

Allumez le four au thermostat 5 (180° C). Versez la Maizena dans un bol, ajoutez la ½ cuillère à café de levure, râpez dessus le zeste du citron puis mélangez.

Cassez les oeufs, réservez les blancs et mettez les jaunes dans un saladier. Ajoutez 100 gr de sucre, jouettez, puis le fromage blanc, la ricotta, et la crème fraiche. Mélangez, lissez la préparation, versez-la sur la Maizena et mélangez encore.

Battez les blancs en neige ferme, ajoutez le sucre restant et incorporez le mélange au reste.

Retirez le moule du réfrigérateur, versez-y la préparation, lissez, glissez au four et faites cuire une heure. Retirez du four, laissez reposer 15 min, démoulez et laissez refroidir, puis mettez au réfrigérateur jusqu'au moment de servir.

*I learned this recipe from my mother, Mina Kornfeld Berger. It is associated with special memories: all the good times when the family got together.*

### **White Cheese Cake**

¼ pound butter shortbread cookies	½ cup superfine sugar (but not powdered sugar)
2¾ Tablespoons very soft butter	4 eggs
1½ cups drained white cream cheese (faisselle)	1 yellow lemon
1 cup ricotta cheese	½ coffee-spoon baking powder
2¼ cups crème fraiche	
3½ Tablespoons corn starch	

Reduce the shortbread butter cookies into crumbs, add the butter and mix. Butter an 8" or larger diameter mold, line with parchment paper, put the cookie mixture on the bottom, then the butter, pat down and reserve in fridge.

Heat the oven to 180° C. Pour cornstarch in bowl, add ½ coffee-spoon of baking powder, grate zest of the lemon on top, then mix.

Separate the eggs. Reserve the whites and put the yolks into a large bowl. Add sugar, whip, and then add white cheese, ricotta, and crème fraiche. Mix until preparation is smooth, pour on top of corn starch and mix again. Beat the egg whites stiff, add the remaining sugar, and incorporate the mixture into the rest.

Remove the mold from the fridge, pour in the preparation, smooth it out, slide into oven and bake for one hour. Remove from oven, let rest for 15 minutes, remove from mold and let cool, then put into fridge until ready to serve.

## Suzanne Kellner-Zinck

*Fern Family #3*

*After graduating college, I befriended a man who lived in an apartment across the parking lot from me. One of his co-workers taught him how to make cheese cake the old fashioned way by crushing the cookies with a rolling pin. I remember one evening when he had made the cheese cake, he forgot to turn off the oven, leaving it on through the heat of a summer's evening. I don't know why, but I was hooked on creating all sorts of cheese cakes from that point on. My best friend, Richard, bought me a food processor and of course that made cheese cakes so much easier to put together. I am known for the fluffiest cheese cakes of almost any variety imaginable. I usually make them for birthdays based on the flavor choices of the birthday person or and at other special occasions. Watch out, because one can eat a lot of this cake since it is so fluffy.*

### Suzanne's Light & Fluffy Cheese Cake

**Tip:** You need a food processor for this to be done a whole lot easier and a large spring-form pan. (Teflon-coated is the best.)

#### Crust

2 thirds of the box of whatever type of cookie you are using for the crust	3 Tablespoons sugar
1 stick of <i>unsalted</i> butter	3 Tablespoons cinnamon
	1 teaspoon grated nutmeg

Place the cookies into the processor and process until they are uniform crumbs -pulse to get this done. Melt the butter (I do this in the microwave- but watch it for it melts very fast). Add the butter to the crumbs and mix until they are able to stick together as a crust must. Add the rest of the ingredients and pulse until it is mixed through. Place the crumbs in the bottom and sides of the spring-form pan.

#### Cheese Filling

4 large eggs separated (place the whites in a metal bowl in the fridge until ready to whip with mixer	1 cup whipping cream – refrigerate until ready to use (also place the metal bowl in the fridge for better results until you are ready to use)
$\frac{3}{4}$ cups sugar	Zest of one lemon
2 8-ounce packages of cream cheese, room temperature. (1/3 fat is ok, but full fat gives a better consistency. Stay away from fat free; it really doesn't work so well.) Cut the cream cheese into cubes for easy processing.	1 Tablespoon flour
	$\frac{1}{4}$ teaspoon salt
	2 teaspoons real vanilla extract

- Put the sugar into the processor and add the egg yolks. Process until mixed thoroughly. Add the cream cheese - process until mixed though. Add the lemon zest, flour, salt and vanilla and process until mixed. Take the whipping cream out and whip it up in the cool metal bowl until hard peaks form. Then carefully fold whipped cream into the egg mixture. Clean the metal bowl and place in the fridge (or have a second metal bowl cooling in fridge and take it out.) Place the egg whites in there and whip until hard peaks form. Fold that into the mixture - you may need to do this after you have turned the egg mixture into the pan and then mix the egg whites into the whole.
- Place the pan onto a cookie sheet and place in the oven and bake until the tester comes out clean. You will notice that the cake will become light and fluffy and the top will be browned a bit. Cracks may form and that is alright. The cake will sink a bit while cooling - that is the nature of the beast.
- Bake at 350° for  $\frac{1}{2}$  hour and then turn down the oven to 250-275° until it is finished- test it with a tester to make sure nothing comes off on the tester. (I use very thin bamboo skewers for this job; you may have a metal cake tester).

***Note:** You can use all sorts of different cookies to achieve different flavors. Some choices: Famous Chocolate Wafers, Vanilla Wafers, Zwieback, Graham Cracker. I use Famous Chocolate Wafers when I make a chocolate/almond or chocolate raspberry cheese cake. You use melted semi-sweet chocolate to make a beautiful pattern on the top and add sliced almonds (toasted and slightly browned). Or you can use raspberry, raspberry-strawberry topping, either with or without the chocolate. The variations on this theme are, in fact, endless. I always ask the person for whom I am making the cake what flavors they would like, then customize the cake to their liking. It makes the cake that much more special.*

**Suzanne's Lemon Glaze** (*Glaze while the cake is still hot!*)

Zest of one of one lemon	2 to 3 Tablespoons honey (to taste)
Juice of two lemons	1 Tablespoon orange oil or Grand Marnier
2 Tablespoons of unsalted butter	

Zest the lemon into your pan. Juice the two lemons and add to the pan. Add the honey - to taste. Let that cook until it becomes thickened a bit. Add the orange flavoring. And cook until it is mixed thoroughly. Glaze the top of the cake.

*Take the ring off the cake and place the bottom of the pan on a pretty plate for presentation at the table.*

**Raspberry-Strawberry Sauce**

10 ounce package frozen raspberries defrosted	2 Tablespoons honey
1 pint fresh strawberries hulled (out of season use whole frozen defrosted)	1 Tablespoon nutmeg

In the rinsed out processor, process the strawberries until nice and smooth. Add the thawed raspberries and process until they are mixed. Place the mixture into a pan and cook on the stove over medium heat. Add the honey and nutmeg stirring them together. Place the sauce on the cake when you serve it to keep it from making the cake soggy. (I store it separately and heat it up to use on the remainder of the cake as it is eaten.)

Enjoy!!!

***Tip:** Keep the remainder of the cake in fridge in a "cake saver" to keep it from spoiling.*

## Susan Schneider Kalish

Fern Family #1

*This recipe was given to me by my friend, Harry Christensen, who got it from his Swedish mother. There are wonderful moans as family members eat this dessert.*

### Susan's Harry's Apple Cheesecake

Serves 10-12

#### Dough

1/3 pound butter, unsalted  
1/3 cup sugar  
2 caps vanilla  
1½ cups flour

#### Filling

2 8-ounce packages *Philadelphia Cream Cheese*  
1/3 cup sugar  
2 caps vanilla  
2 eggs

#### Topping

5 green Pippin apples, peeled, cored and sliced thinly  
1/3 cup sugar  
1 teaspoon cinnamon  
About 2/3 cup pecans (one small package)

#### To prepare dough

Mix all the ingredients together with a fork until of uniform consistency (a bit grainy). Put dough into bottom of ungreased glass pie pan. Press down with flat palm, pressing dough partially up sides of pie pan.

#### To prepare filling

Mix together all the ingredients with an electric mixer. Pour over pressed-down crust in the pie pan.

#### To prepare topping

Mix all the ingredients together and arrange on top of filling and crust  
Preheat oven to 450° and bake pie for 10 minutes. Turn down oven to 375° and continue baking for 25 to 30 minutes. **Do not overbake.** When done, the crust will have slight golden color and apples will still be firm. Remove from oven and cool. Refrigerate.

*Tip: This pie will keep in the refrigerator for a week or so. It gets better with age.*

## **Sam Schreiber**

(1910-2010)

*Fern Family #1*

Memoir of my wife, Mildred Schafer Schreiber,  
and my mother-in-law, Saltsche Fern Schafer

Saltsche Fern Schafer, my wife Mildred's mother, was an exceptional cook. Her skills were from the old school - a pinch of this and that, on a taste basis. No written recipes to follow, consequently, and unfortunately, no transfer of cooking skills to her daughters. However, the second and third generations have happy memories of holidays and special dinners when they devoured huge portions of pirogen, kishka, strawberry shortcake and other goodies.

Mildred's talents were not in the preparation as much as in the presentation. She used to say that the table had to have "eye appeal," and she had a gift for garnishing a plate of food so that it did, in fact, appeal to the eye as well as the palate. The table was always covered with a beautiful, starched tablecloth with seasonal fresh flowers as a centerpiece.

## **Susan Schreiber**

*Fern Family #1*

*The recipe for this rich cheese cake was given to me by my mother, Mildred Schafer Schreiber. Everyone thoroughly enjoyed this delicious dessert. My mother made the cheesecake for special occasions. She always made a wonderful presentation of her meals - whether it be plain tuna fish or an elaborate meal. Everything was always beautifully garnished and had great appeal. Mildred's recipe was her warm hospitality that made all her special dinners something to remember.*

### **Mildred's Cheese Cake**

*Serves 8-10*

#### **Filling**

4 8-ounce packages cream cheese	1 teaspoon fresh lemon juice
1½ cups sugar	1 teaspoon vanilla
6 eggs, whole	1 Tablespoon corn starch
½ pint sour cream	

#### **Crust**

Butter  
Graham cracker crumbs

#### **To prepare crust**

Butter 9" spring-form pan well, then sprinkle bottom and sides of pan with graham cracker crumbs. Set aside. Preheat oven to 325°.

#### **To prepare filling**

Combine ingredients and beat until very creamy. Pour mixture into spring pan. Bake for one hour at 325° degrees. Turn oven off and do not remove cake or open door. Let cool in oven for one hour. Remove from oven and let cool at room temperature for one hour. Refrigerate.

*Tip: Make one day in advance. Tastes much better the next day.*

## Sharon Fern Avram

*Fern Family #1*

*This recipe was given to me by my mother, Selma Schwartz Fern. It was served on Shavuot and was a dessert not to be missed. This cake is very rich.*

### Selma's Cheese Cake

*Serves 12-14*

#### Crust

1¾ cups graham cracker crumbs  
¼ cup walnuts, finely chopped  
½ teaspoon cinnamon  
1 stick butter, melted

#### Fruit Topping

*Comstock Pie Filling or something similar (optional)*

#### Filling

3 eggs, beaten  
2 8-ounce packages of cream cheese  
1 cup sugar  
¼ teaspoon salt  
2 teaspoons vanilla extract  
½ teaspoon lemon or almond extract  
2 cups sour cream

#### To prepare crust

Combine all crust ingredients and mix well. Press mixture over bottom and 2/3 of the way up sides of a spring-form pan.

#### To prepare filling

Beat eggs, adding cream cheese and mixing together until creamy and smooth. Then add sugar, salt, vanilla, lemon or almond extracts, and lastly sour cream. Continue to mix until well blended. Pour mixture into graham cracker crust.

Bake in a preheated 375° oven for 35 minutes, not more.

Turn oven off and leave spring-form pan in oven about 2 hours until fully cooled. The slow cooling process prevents the cheese cake from cracking on the top.

Cover and refrigerate until ready to serve. Put optional fruit topping on just before serving.

\* \* \* \* \*

## Beatrice Fern Tellis

*Fern Family #1*

*I have adapted this recipe from a regular cheese cake recipe. For Passover, I substitute matzo cake meal for the flour. I now use no-fat whipped cream cheese and no-fat sour cream or yogurt. You can also use low-fat whipped cream cheese and sour cream.*

### Low-Fat Cheesecake

*Serves 12 if you use a 9" spring-form pan*

24 ounces no-fat or low-fat whipped cream cheese	2 cups sugar
24 ounces no-fat or low-fat sour cream or yogurt	Juice of 1 lemon
¼ pound unsalted butter or whipped margarine	¼ cup flour
4 eggs or 6 egg whites (I use whites only)	1 Tablespoon vanilla

Mix everything together and beat for 20 minutes with electric mixer. Pour into 9" or 11" greased (I use a non-stick spray) and lightly floured spring-form pan. (The original recipe calls for an 11" spring-form pan; I use a 9" spring-form pan.) Preheat oven to 325° and bake cake for one hour. Turn oven off and leave cheesecake in oven for 2 hours.

# Susan Schneider Kalish

*Fern Family #1*

## Luscious Lemon Cake

*Serves 16*

### Cake

1 1/3 cups granulated sugar	2 cups flour
6 Tablespoons butter, softened	1 teaspoon baking powder
1 Tablespoon grated lemon rind	1/2 teaspoon salt
3 Tablespoons thawed lemonade concentrate	1/2 teaspoon baking soda
2 teaspoons vanilla extract	1 1/3 cups fat-free buttermilk
2 large eggs	Cooking spray
2 large egg whites	

### Frosting

2 Tablespoons butter, softened	1/2 teaspoon vanilla extract
2 teaspoons grated lemon rind	8 ounces 1/3 less-fat cream cheese
2 teaspoons thawed lemonade concentrate	3 1/2 cups powdered sugar

**To prepare cake:** Preheat oven to 350°. Place first 5 ingredients in a large bowl, beat with a mixer at medium speed until well blended (about 5 minutes). Add eggs and egg whites, one at a time, beating well after each addition. Combine flour, baking powder, salt, and baking soda and stir. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat well after each addition. Pour batter into 2 (9-inch) round cake pans coated with cooking spray; sharply tap pans once on counter to remove air bubbles. Bake at 350° for 20 minutes or until wooden pick inserted in center comes out clean. Cool in pans 10 minutes on a wire rack; remove from pans. Cool completely on wire rack.

**To prepare frosting:** Place first 5 frosting ingredients in a large bowl; beat with a mixer at high speed until fluffy. Add powdered sugar, and beat at low speed just until blended (do not overbeat). Chill 1 hour.

Place 1 cake layer on a plate; spread with 1/2 cup frosting. Top with remaining cake layer. Spread remaining frosting over top and sides of cake. Store cake loosely covered in the refrigerator.

## William Fern

(son of David and Lillian Schneider Fern)

Fern Family #1

*I found this recipe among the recipe cards left by my mother, Lillian Schneider Fern. She occasionally made this cake in the 1930's and '40's when we were living on Marion Avenue in Millburn, New Jersey. The cake was served usually in the afternoon after school and sometimes for company. This was our favorite cake all through our childhood. Years later, Mom told me that she had learned the recipe from Aunt Dora (nee Grossman), wife of Uncle Joe Fern, who herself had learned it as a young woman when she worked as a chef's assistant in a large restaurant in Europe.*

*The cake is unique because it is made with no raw flour, but rather primarily of ground nuts like a Viennese torte, and requires an outrageous number of eggs. Mom covered it with a semi-gooey, white sugar icing (for which I could find no recipe) thickly studded with chocolate sprinkles. The cake itself was dark and moist, chewy and richly chocolate in flavor, marvelous with ice-cold milk after school.*

*The recipe itself has something of a history. Several years ago, I mentioned the cake to Cousin Sid Itzkowitz, who is a professional baker. He and his wife, Cindy Fern Itzkowitz, suggested that I send them the recipe so Sid could make the cake for me to taste again after all these years. They did, scientifically keeping careful notes ("one hour 40 minutes to prepare; into oven at 11:20 a.m., done by 12:55 p.m.; used round pan"). The resulting cake was delicious - however, it wasn't the cake I remembered! Somewhere along the way, Mom had modified the recipe, no doubt to "improve" it. Instead of being chewy and moist, the cake was light and fluffy. Nor was it really as chocolate-y as I remembered. I decided to restore the recipe to its original state for publication here.*

*My housekeeper and I doubled the amount of chocolate, changing the recipe to what you see on the next page. It's quite good and much closer to what I remembered, but still not quite. If it weren't for the fact that just about every ingredient is forbidden in my present diet, we would have gone through yet another change and trial run. In case we ever do, I would increase the amount of chocolate to a full pound or 16 ounces. I would also not beat the egg whites into meringue to keep the cake heavier and more moist (well, soggier, to be honest about it). And, I'd probably increase the almond extract to 2 or 2½ Tablespoons, or keep the stated amount of almond and add a generously spilled-over Tablespoon of vanilla extract as well. I will try it again, if this book ever goes into a second edition. "Oif an echtigen tog!" (That'll be the day!) [Editor's note, 14 years later: Goes to show, you never know.]*

### Lilly's Chocolate Nut Cake

*Serves: Have no idea. Depends on appetites.*

15 eggs

2½ cups sugar

16 ounces shelled walnuts, ground fine

2 stale hard (Kaiser) rolls, grated (must be hard all through)

10 ounces bitter baking chocolate, grated

1½ Tablespoons almond extract

Rectangular baking pan, heavily buttered or lined with aluminum foil.

Grate stale hard rolls, reducing to fine crumbs. (Hold in reserve.) Grate baking chocolate. (Hold in reserve.)

Grind walnuts to fine crumbs. (Hold in reserve.)

Separate eggs into yolks and whites. Beat egg whites and almond extract into a stiff meringue. (Hold in reserve.)

Beat egg yolks with sugar, beating for at least 20 minutes. Fold in, slowly, ground walnuts, grated chocolate and grated rolls, mixing thoroughly. Fold in meringue, mixing thoroughly. Pour batter into baking pan. Bake in preheated 325° (moderate) oven. Baking time may vary, depending on stove and how much recipe is modified. Test with toothpick to see when done.

## Dena Fern Lowenbach

*Fern Family #1*

*My mother, Freda Glick Fern, served this cake as a regular dessert. She was a fabulous baker and we always could expect a delicious dessert after dinner. Of course, the best part was licking the bowls.*

### Freda's Chocolate Cake

*Serves: In our family 4-6, but probably 8-10.*

#### Batter

½ pound butter

2 cups sugar

2 eggs

½ pint sour cream

1 cup milk

2½ cups cake flour

1 teaspoon baking soda

2 teaspoons baking powder

2 squares bitter chocolate

#### Icing

2 teaspoons water

¼ cup granulated sugar

2/3 cup confectionary sugar

½ cup *Crisco* (or canola oil)

1 teaspoon vanilla

2 squares melted baking chocolate

#### To prepare batter

Melt butter; cream together with sugar. Add eggs, one at a time, and beat well.

Sift together cake flour, baking soda, and baking powder. Alternately add sour cream and the sifted dry ingredients. Melt chocolate in milk and add to batter. Mix well.

Grease, line with wax paper, and grease again two 9" cake pans. Pour batter in and bake in preheated 350° oven for 35 to 40 minutes.

#### To prepare icing

Mix confectioners' sugar and egg together.

Bring water and granulated sugar to a boil for one minute. Add this to the confectioners' sugar and egg mixture. Add *Crisco* (or canola oil), vanilla and chocolate. Beat until creamy.

## Fern Blumenthal and Gladys Baum Blumenthal

Fern Family #3

*My mother Gladys Baum Blumenthal's mother was Jennie Fern Baum. Jennie's sister was Celia (we called her Cele) Fern Fergang. They were affectionately called the 'Pickle Sisters'. They both had the same voice and you could never tell them apart when they were on the phone. They were stubborn, tried to outdo each other, and drove everyone crazy. But when it came to baking, that's when everything became serious. No fooling around! When Jennie made her rolled cakes, they were the hit of every holiday dinner. Jennie always said the secret ingredient was the damson plum jam. As a kid, I didn't know what this was and vowed to use this jam whenever I could. My relatives make this recipe often, but no one has Grandma's special touch.*

### Jennie Baum's Rolled Cakes

8 flat Tablespoons Spry	Rind and juice of ½ lemon
½ cup sugar	3 cups flour
3 eggs (do not separate)	1 heaping teaspoon baking powder
Pinch of salt	Damson plum jam
1 teaspoon vanilla	Chopped nuts
Rind and juice of ½ orange	Raisins

Combine and mix the first nine ingredients to make the dough. Divide the dough into 3 parts. (If the dough is too loose to handle, add a bit more flour.) Using a rolling pin, roll out each part of the dough into a rectangle. Fill with jam, raisins, and nuts. Roll up each section of dough like a jelly roll. Bake in oven until cake is well done. Cut into pieces after baking and while hot.

\* \* \* \* \*

### Miriam Kleiman

Fern Family #3

*This is a hamentaschen recipe from my Jewish pre-school at the JCC in Columbus, Ohio in about 1971. When I think of Purim, I think of the taste of these hamentaschen. I've tried many other recipes over the years, but always come back to this one. My sons, Zack and Max Steinbaum, always help out and end up covered in flour! They also always recommend AND experiment with very creative fillings.*

### Hamentaschen for Purim

*Makes 2 dozen*

2 eggs	2¾ cups flour (white)
½ cup white sugar	2 teaspoons baking powder
½ cup vegetable oil	¼ teaspoon salt
1 teaspoon vanilla extract	
Juice and grated rind of ½ orange	

**Fillings:** Our favorites are raspberry, apricot and strawberry preserves. Great Grandma Ruth Steinbaum Fein loves prune filling. Also good with the traditional poppy seed filling.

Mix eggs and sugar. Add oil, vanilla, orange juice and rind. Add flour, baking powder, and salt. (Mix together first.)

Roll ¼ inches thick. Cut into circles with a glass dipped in flour. Put 1 Tablespoon filling in center and fold in sides to make a triangle. Bake at 350° for 20 minutes or until golden.

## Sidney Itzkowitz

*Fern Family #1*

*This recipe was first used in the Itzkowitz family bakery in Flushing, New York, over 30 years ago. Served at Rosh Hashannah, you eat this cake for a sweet year with a little whiskey! L'chaim!*

### Honey Cake

*Serves 12*

6 eggs, separated	Juice of ¼ orange
1 cup sugar	½ teaspoon vanilla
1 cup honey	2 cups flour
½ teaspoon baking soda	1 teaspoon baking soda
½ cup boiling water	

Blend egg yolks, sugar and honey very well. Mix baking soda with boiling water, orange juice and vanilla. Alternate folding baking soda mixture and egg, sugar, honey mixture into the flour. Beat egg whites stiff and add to yolk batter.

Pour mixture into an ungreased tube pan. Bake in a preheated 350° oven for 50 minutes until golden brown. Remove from oven and allow to cool.

\* \* \* \* \*

## Elaine Lipton Langer

*Fern Family #3*

*I learned this recipe from my mother, Rebecca Grund Lipton. She served it at Rosh Hashanah.*

*It's the best honey cake you'll ever eat. Even people who claim that they don't like honey cake admit that this is really good.*

### Honey Cake

*Serves 10-12*

3 large eggs	2 teaspoons baking powder
1 cup honey	2 teaspoons baking soda
1 cup sugar	2 teaspoons vanilla
1 cup warm coffee (strong)	2¾ cups flour
½ cup oil (vegetable or Canola)	

Beat together eggs, honey and vanilla.

Add sugar and beat again.

Mix baking soda into coffee and add to egg mixture. Beat.

Add oil to egg mixture and beat.

Mix flour and baking powder in a separate bowl.

Add flour mixture to egg mixture and beat well.

Bake in tube pan at 325° for 35-40 minutes until toothpick comes out clean. You can use several small loaf pans if you want to give some to friends and family. If you use smaller pans, the baking time will be slightly less, but I never timed it. Just watch it and use a toothpick to test it. It's also done when you can touch the top and it feels firm. It will be very moist and "sticky" - that's why it's so good!

## Haviva Halleman Swirski

*Fern Family #1*

*This cake recipe was my mother's, Slaoka Danishevski Halleman. It was served on Rosh Hashannah and after Yom Kippur.*

### Slavka's Honey Cake

*Serves about 20*

1 cup honey	¼ teaspoon ground cloves
1 cup sugar	½ teaspoon cinnamon
4 eggs	1/8 teaspoon allspice
2½ cups flour	1 teaspoon baking soda
1 cup cold coffee, freshly brewed	½ cup chopped walnuts or pecans ( <i>optional</i> )
¾ cup vegetable oil, preferably Canola	½ cup raisins ( <i>optional</i> )
2 Tablespoons liqueur (cognac is good)	

Combine all ingredients and mix by hand or with mixer. The batter will be fairly soft and easily stirred. Preheat oven to 350°. Turn into two well-greased and floured loaf pans or one Bundt pan. Shake out excess flour. Bake 50 to 60 minutes at 350°. Remove from cake pan when cool.

\* \* \* \* \*

## Barbara "Bobbie" Feldman Cohen

*Fern Family #1*

*This recipe has been passed down from Mel Cohen's maternal grandmother, Pauli Schechter Winter. This is exactly how the recipe was passed to me - with glass measurements.*

### Grandma Pauli's Apricot Roll Cake

*Servings: Depends on how much you eat*

#### Dough

½ pound margarine  
3 eggs  
½ glass sugar  
1½ teaspoons baking powder  
¼ glass orange juice  
As much flour as you need. Start with  
3 cups or more.

#### Filling

Cinnamon  
Apricot jam  
Nuts  
Raisins (*optional*)

Combine dough ingredients and knead dough very well. It should be a little moist. Roll out. Sprinkle with additional sugar and cinnamon and spread with apricot jam, nuts and raisins (*optional*). Roll up and bake in preheated 350° oven until brown.

## Pearl Siegelman Gorelick

Fern Family #1

*My mother, Golda Fern Siegelman, made this cake for birthdays and special occasions. It was one of my brother Joe's (Joseph Siegelman) and my favorite cakes when we were living in Jersey City, New Jersey.*

### Golda's Pineapple Upside-down Cake

Serves 12

#### Fruit Topping

2 tablespoons butter

$\frac{3}{4}$  cup brown sugar

Pineapple slices, drained well

Maraschino cherries, or Apricot halves,  
drained well

Pecans or walnuts

#### Batter

3 egg yolks, well beaten

1 $\frac{1}{2}$  cups sugar

1 $\frac{1}{2}$  cups cake flour, sifted

1 teaspoon baking powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup boiling water

3 egg whites, beaten stiff

#### To prepare fruit topping

Melt butter in 9" round baking pan. Sprinkle  $\frac{3}{4}$  cup brown sugar over inside of pan.

Arrange pineapple slices with maraschino cherries or apricot halves on bottom of pan.

Add a sprinkle of nuts.

#### To prepare batter

Combine all ingredients listed for batter. Pour evenly over fruit in baking pan.

Bake in a preheated 350° oven for about 45 minutes until cake shrinks from sides of pan.

Let stand to cool, then turn pan upside down and remove cake from pan onto platter. The pineapple, cherries and nuts will then be on the top of the cake.

Serve with whipped cream or a small scoop of vanilla ice cream.

## Pearl Siegelman Gorelick

Fern Family #1

*My mother, Golda Fern Siegelman, served this cake at family gatherings, parties and holidays. Besides our family special occasions, I remember my mother making this cake whenever a niece or nephew became engaged. The niece or nephew would bring the future spouse to our house to meet everyone, and Mom would bake this very special cake. I can still see her pressing the dough into the pan with her fingers (thus our name for the cake). This cake was made for cousin Florence Fern Levine's wedding. Family on the Siegelman side as well as the Fern side loved this cake.*

### Golda's Finger Jam Cake

*Number of servings depends on size of cake pieces.*

#### Dough

¼ cup margarine  
½ teaspoon baking soda  
½ cup brown and white sugar, mixed  
50%/50%  
2 egg yolks  
1¼ cups flour

#### Filling

1 cup jam, your favorite kind  
1 teaspoon lemon juice  
Rind of 1 lemon  
1 cup chopped walnuts

#### Meringue Topping

2 egg whites  
2 Tablespoons powdered sugar

#### To prepare dough

Mix dough ingredients in mixer and spread on a greased and floured 9" x 13" pan.  
Bake in a preheated 350° oven until light brown.

#### To prepare filling

Mix jam, lemon juice and lemon rind with half of the nuts. Spread on the baked dough as soon as it is removed from oven.

#### To prepare meringue topping

Make meringue by beating egg whites with powdered sugar until stiff. Spread on top of jam mixture. Sprinkle remaining chopped nuts on meringue. Bake in 350° oven for 25 to 30 minutes.

## Phoebe Fern Greenfield

*Fern Family #1*

*I learned this recipe from my mother, Zelda Hoffman Fern. It was served when we had company.*

### Fairy Cake

Serves 8

¼ cup butter	2 teaspoons baking powder
1½ cup sugar	1 teaspoon vanilla
4 eggs (reserve whites for topping)	Strawberries, mashed
¼ cup milk	Whipped cream
1 cup flour	Chopped nuts

**Batter:** Cream together well ¼ cup butter and ½ cup sugar. Add 4 egg yolks, ¼ cup milk, 1 cup flour, 2 teaspoons baking powder. Spread batter into 2 greased layer pans. Bake at 350° for 25-30 minutes.

**Topping:** Beat egg whites stiff gradually adding 1 cup sugar and 1 teaspoon vanilla. Let cakes cool. Spread beaten egg whites on top and cover with chopped nuts. Spread mashed strawberries and whipped cream between layers.

\* \* \* \* \*

## Dena Fern Lowenbach

*Fern Family #1*

*This recipe is from Freda Glick Fern, my mother. The banana bread was served at breakfast and brunch as well as other times.*

### Freda's Banana Bread

Serves 8

¾ cup margarine or butter	2 cups sifted flour
1 cup sugar	1 teaspoon baking soda
3 ripe bananas, mashed (about 1½ - 2 cups)	¾ teaspoon salt
2 eggs	½ cup buttermilk
1 teaspoon vanilla	¾ cup chopped walnuts (optional)

Cream margarine and sugar together. Blend in mashed bananas, eggs, vanilla.

Sift dry ingredients together (flour, baking soda, salt). Add to banana mixture, alternating with buttermilk. Mix well after each addition.

Pour into large (9" x 5") loaf pan which has been greased and floured.

Preheat oven to 325° and bake for 1¼ hours. Remove from oven and let cool approximately ½ hour. Using a spatula, loosen sides and turn over on to a baking rack. Let cool completely. Serve.

**Tip:** *If made in advance, wrap in aluminum foil and freeze. Defrost at room temperature. This bread keeps well on the counter or frozen.*

## Lauren Porat

*Fern Family #1*

*This is the best banana bread you'll ever make. My wonderful mother-in-law, Rochi Porat, let me have her recipe after my son, Jonah, her grandson, couldn't get enough of it as a two-year old – but we had been enjoying it for years prior – ever since I've known her! It works as a breakfast, a snack, a dessert, whatever. Every time I have four or so bananas that start to go dark, I make sure to put them aside so I can make this recipe!*

### The Best Banana Bread

*Serves 10-12*

1 stick butter or margarine, soft

$\frac{3}{4}$  cup sugar

3 eggs

2 cups dark mashed bananas (about 4, depends on size)

$\frac{1}{3}$  cup sour cream/buttermilk/Greek yogurt/cream cheese

2 cups flour/wheat flour

1 teaspoon baking powder

1 teaspoon baking soda

1 Tablespoon vanilla

$\frac{3}{4}$  cup chocolate chips

$\frac{3}{4}$  cup chopped walnuts (optional)

Preheat oven to 350° F. Mix butter, sugar and eggs. Add banana and mix. Add sour cream (or substitute as noted above) and vanilla and mix. Add dry ingredients and mix after each. Fold in chocolate chips and walnuts if desired.

Spray a bread loaf pan or a circular bundt pan with butter spray. Pour in mix and bake one hour at 350° F.

**Note:** Can be made into 12 muffins, but reduce bake time to about 30-40 minutes.

## Dorothy "Dot" Sosebee Blum

Fern Family #1

*My mother, Cordelia Tibbitts Sosebee, served this cake on birthdays and holidays. She has been making this cake for over 30 years. It has always been a favorite of mine. I do not make this cake often or keep it around the house. The reason is - it calls my name every few hours until it is gone. I used to get up in the middle of the night for a piece of this cake and I've even had a slice for breakfast. It's delicious!*

### Cordelia's Strawberry Cake

Serves 12

#### Batter

1 box Betty Crocker White Cake Mix  
1 3-ounce package of strawberry Jello  
½ cup warm water  
¾ cup Wesson oil  
4 eggs, whole  
½ of 16-ounce package frozen sliced strawberries, thawed

#### Icing

½ of 16-ounce package frozen sliced strawberries, thawed  
1 stick of margarine  
1 16-ounce box of powdered sugar

#### To prepare batter

Put cake mix in mixer. Then dissolve Jello in ½ cup warm water. To the cake mix, add Wesson oil and dissolved Jello. Start mixer using Blend speed if possible. While mixing, add eggs one at a time. After blending well, stir in half package of thawed strawberries. Grease 3 round cake pans and pour mixture into the pans. Bake in a preheated 300° oven for 20 to 25 minutes. Cake is done when center tests dry. Remove from pans and cool. Refrigerate until firm, then ice.

#### To prepare icing

Drain juice from the other half of the strawberries. Set aside. Blend one stick of margarine with one box of powdered sugar in blender, adding juice a little at a time as you blend. Add juice slowly to avoid making icing too thin. Lastly, stir in the drained strawberries. Spread icing between the layers and on sides and top of the cooled cake. Put cake in refrigerator to get firm.

## Mary Graham Fern

### *Fern Family #1*

*This recipe was given to me by my mother-in-law, Zelda Hoffman Fern. This is one of the many wonderful baking memories I have of Fern family visits with my husband, Dr. Burton Fern. There was always a special treat - this and/or others - waiting for us, or being brought to us when Burt's parents (Dr. Sam and Zelda Fern) visited.*

*Mama (my mother-in-law) was a dream cook! And a superb baker! And she made the absolute best chopped chicken liver in the world. Whenever the two families got together, or Burt and I went to visit Sam and Zelda in New Jersey - my family would always inquire hopefully, "Will there be chopped chicken liver?" or "Are you bringing some home?" It was to die for!*

*When he had time, Burt himself whipped up a few goodies, including once a surprise lunch of fabulous potato latkes for me - deep in the heart of north central Florida!*

### Zelda's Banana Cake

*Serves about 8*

<i>½ cup shortening (Zelda used ¼ cup butter and ¼ cup Crisco)</i>	<i>2 large or 3 medium bananas, mashed (enough to make about 1 cup)</i>
<i>1½ cups sugar</i>	<i>2 cups flour, sifted before measuring</i>
<i>2 whole eggs, slightly beaten</i>	<i>1 teaspoon baking soda</i>
<i>1 Tablespoon vanilla</i>	<i>¼ teaspoon salt</i>
	<i>½ cup sour cream</i>

Soften shortening well. Beat eggs and vanilla together. Gradually add sugar and beaten egg mixture to softened shortening and beat until nice and fluffy. Add mashed bananas. Sift together the flour, baking soda and salt and add to mixture. Then add sour cream.

Grease a 10" x 10" pan well, then sprinkle flour into pan. Shake out excess flour. Pour batter into pan and bake in a preheated 350° oven for about 45 to 50 minutes. When cake begins to come away from side of pan, it is done.

**Tip:** *Zelda used her electric mixer up to and including the mashed bananas but always mixed in the flour mixture and sour cream by hand.*

## Elaine Lipton Langer

*Fern Family #3*

*I learned this recipe from my mother, Rebecca Grund Lipton. She served it whenever she baked it, which was often. This very easy recipe was a favorite when I was growing up. My mother could “throw it together” very quickly and it didn’t even require “dirtying” the mixer. She baked it quite often with whatever fruits she had in the house. The only absolutely necessary fruit is the prunes. This is nothing like those awful commercial fruitcakes they sell at Christmas time!*

### Fruit Cake

*Serves 12-14*

15 pitted prunes, cooked the day before in enough water to cover them	1 cup sugar
2 cups flour	2 large eggs
1 teaspoon baking soda	1 teaspoon vanilla
½ cup oil	1 teaspoon cinnamon
	Canola oil spray

Choose any combination of the following in the amount you judge to be adequate:

raisins, nuts, apple (peeled and either cut into pieces or grated), peaches (peeled and cut into pieces). You can also use other fresh fruit or berries of your choice – whatever combinations appeal to you.

Mix flour and baking powder and set aside. Mix oil, sugar, eggs, vanilla, and cinnamon (with a spoon – don’t need a mixer). Add prunes to egg mixtures. Add flour mixture to egg-prune mixture and stir well with a spoon. It will have the consistency of a pudding. Add any other ingredients – raisins and any kind of nuts, fruit, etc. I usually use apples, raisins, and nuts because that’s what I have in the house most of the time. Spray bottom only of Bundt pan with canola oil before pouring batter in. Bake in pre-heated 350° oven for about 40 minutes or until cake tester comes out clean.

## Dorothy "Dot" Sosebee Blum

Fern Family #1

*In 1982, when we moved into our new home, we hosted a brunch for the Chaine de Rotisseurs. As a thank-you to us for hosting the brunch, we were presented with the High Museum of Art Recipe Collection. In this recipe book is the following recipe. It is based on the mousse Jacqueline Kennedy served as First Lady in the White House. It is simple and delicious. I make this recipe for special family occasions, for entertaining business associates and for fund-raising dinners with my group, "The FunDraisers," which is a spin-off of our stock club. "The FunDraisers" creates and produces fund raising events and/or does "hands-on" projects for charities where we feel we can make a difference within our community.*

### **Kahlua-Chocolate Mousse**

Serves 4-6

#### **Mousse**

6 ounces semi-sweet chocolate bits	2 egg yolks
2 Tablespoons Kahlua	1 teaspoon vanilla
1 Tablespoon orange juice	¼ cup sugar, extra fine
2 eggs	1 cup heavy cream

#### **Garnish**

Additional cream, whipped  
Shaved unsweetened chocolate  
Candied violets as garnish

#### **To prepare mousse**

Melt chocolate bits in 2 Tablespoons of Kahlua in the top of a double boiler. In blender, add orange juice, eggs and egg yolks, vanilla and sugar. Add melted chocolate and Kahlua. Blend in heavy cream and blend again. Pour in serving cups (or pastry shells) and refrigerate 4 to 6 hours.

#### **To garnish**

Serve with whipped cream, shaved chocolate and candied violets.

## **Marcia Robbins-Wilf**

*Fern Family #1*

*This recipe was given to me when I was first married and living in Washington, D.C., by my mother, Ruth Fern Robbins. This great recipe can be served anytime.*

### **Black Cherry Jello Mold**

*Serves 4-6*

1 small box black cherry *Jello*

2-3 ice cubes

½ cup water, boiling

2-3 Tablespoons sour cream

1 cup cold water

1 small jar of sweet cherries

Mix black cherry *Jello* with boiling water until dissolved. Add one cup cold water and mix well. Take 2 to 3 ice cubes and add to mixture. Stir until dissolved.

Add a few Tablespoons of sour cream and beat with beater on low until dissolved. The mixture will be loose. Beat a few more minutes. Strain jar of cherries. Put some cherries and a little cherry juice into the *Jello* mixture. Pour into mold and refrigerate until firm.

*Tip: This recipe can be doubled.*

\* \* \* \* \*

## **Susan Fern Kassin**

*Fern Family #1*

*I learned this recipe from a friend. It was served at Yom Kippur break fast or any dairy meal. It is a family favorite that is often requested.*

### **Blueberry Jello Mold**

*Serves 8*

2 small boxes blackberry or black cherry *Jello*

1 pint sour cream

1 can blueberry pie filling

Boil 1½ cups water and dissolve *Jello* in it. Cool slightly. Add sour cream and pie filling beating with a whisk. Put into a 2-quart mold and set until firm.

*Tip: I often make this in a decorative glass bowl so it doesn't require unmolding. I just serve from the bowl.*

## Valerie Hirsch Cook

*Fern Family #2*

*I learned this recipe from Harriet Coleman Hirsh, my mother. It was served at any occasion, usually a special favorite. It was a favorite in the house growing up.*

### Snow Pudding with Custard Sauce

*Serves 4-6*

1 (¼ oz) envelope unflavored gelatin	1 egg separated
½ cup cold water	½ teaspoon corn starch
1½ cups hot water	1 cup milk
1/3 cup lemon juice	¼ teaspoon vanilla
1 cup sugar	Pinch salt

In bowl, sprinkle gelatin over cold water to soften. Add hot water, lemon juice and ¾ cup of sugar. Stir until dissolved. Chill until slightly thick. In small bowl, beat egg white until stiff and fold into gelatin (I beat it). Chill until firm.

**Custard Sauce:** In small pot beat egg yolk, corn starch and remaining 1/3 cup sugar. Gradually stir in milk. Heat slowly stirring until mixture thickens and coats spoon. Stir in vanilla and salt. Cool and serve over gelatin.

\* \* \* \* \*

## Rachel Porat

*Fern Family #1*

*I have been preparing this ice cream cake for years and the kids love it. They always have "stories" related to it.*

### Ice Cream Cake

*Serves 8*

1.5 quarts vanilla ice cream	About 25-30 <i>Oreo</i> cookies (crush well in a plastic bag)
8 ounces <i>Cool Whip</i>	1 cup of chopped walnuts

Let ice cream soften quite well. In a large bowl, mix the softened ice cream with the *Cool Whip*. Add chopped walnuts and at the end, mix in the chopped *Oreos*. Mix well and put in a round spring-form pan and place flat in freezer.

## Reesa Rosner Fern

*Fern Family #1*

*We received this recipe from the Chef at the Rimrock Café in Whistler, British Columbia on July 6, 2008. It was served on Howie and Reesa's 11th wedding anniversary.*

*Howie takes the family away on vacation every summer to escape the Arizona heat and to celebrate our anniversary. While in Whistler, B.C., we had an amazing dinner at the Rimrock Café followed by the most incredible dessert we have ever had! After ordering a second serving and inquiring about the ingredients, the chef came out to greet us and wound up sharing the recipe! We thought it would be terrific to share with the rest of the family – enjoy and think of us!!*

### Sticky Toffee Dessert

430 g (14oz.) brown sugar	60 g (2 fl oz.) unsalted butter
240 g (8oz.) unsalted butter	Extra 100 g (3½ oz.) brown sugar
250g (8 fl oz.) cream (whipping cream)	1 teaspoon vanilla extract
175 g (6oz.) pitted dates	1 egg
1 teaspoon bicarbonate of soda	230 g ( 7 oz.) plain flour
300 ml (10 fl oz.) boiling water	1½ teaspoons baking powder

Boil the first three ingredients together for five minutes or until mixture starts to go brown and thickens slightly. Pour half of this sauce into a 20 cm (8 inch) spring-form pan that has first been lined with buttered aluminum foil.

Reserve the rest of the sauce.

Preheat oven to 175° C (350° F).

Place pitted dates in a bowl with the bicarbonate of soda. Pour over the boiling water and allow to cool.

Combine the butter, extra sugar and vanilla extract and beat with an electric mixer until the mixture is creamed.

Add the egg and stir in the date mixture.

Mix together the flour and baking powder and fold through until everything is evenly incorporated.

Pour into the lined pan and bake for 20 minutes, then decrease oven temperature to 160° C (315° F) and cook a further 20 minutes.

Serve piping hot with reserved butterscotch sauce.

## Pearl Siegelman Gorelick

*Fern Family #1*

*These recipes were given to me by a friend. I have prepared them for years to serve at our family Chanukah party with our cousins – the Glick, Waldinger, and Gorelick families – for children and grandchildren, parents and grandparents. For years to come, we hope!*

### Pearl's Pink Freeze

*Serves 8-10*

2 3-ounce packages cream cheese	1 9-ounce can crushed pineapple or pineapple tidbits, drained
2 Tablespoons mayonnaise	
2 Tablespoons sugar	½ cup chopped walnuts
1 16-ounce can whole cranberry sauce	1 cup whipping cream, whipped
	Leaf lettuce

Soften cream cheese. Blend in mayonnaise and sugar. Add cranberry sauce, pineapple and walnuts. Fold in whipped cream.

Pour into 8 ½" x 4 ½" loaf pan. Freeze 6 hours or overnight until firm.

To serve, let stand at room temperature 15 minutes. Slice and serve.

\* \* \* \* \*

## Pearl Siegelman Gorelick

*Fern Family #1*

### Pearl's Pistachio Mold

*Serves 12-15*

2 16-ounce cans crushed pineapple with juice	18-ounce carton <i>Cool Whip</i>
2 packages pistachio instant pudding	¼ cup chopped nuts (your choice)

Mix all ingredients together and pour into a 12" round mold. Put in freezer overnight. Unmold 20 minutes before serving.

## **William Fern**

(son of David and Lillian Fern)

*Fern Family #1*

*The following recipe embodies one of the lessons I learned when I was a teenager and helped my parents, David and Lillian Schneider Fern, by working in our grocery store after school and on weekends. When I had the task of choosing fresh fruits and vegetables for customers, and especially for our own table, I was expected to follow the principles that my mother taught me. (I was also expected to be told once and remember forever.)*

*The first and most important rule was: Choose always what is in full season. Even though produce then is always at its least expensive, the reason is not price, but because that is when fruits and vegetables are most delicious. Second came freshness and ripeness – crisp, with the best color, an “alive” appearance, and ready to be eaten. Beyond that, each vegetable and each fruit had its own special characteristics. For example, those could include the “feel” or heavy weight for its size (as for citrus fruit, cauliflower or lettuce); a saturated aroma of even green melons, for example, could predict future sweetness; the shape or form, for example, long thin carrots, always with the tops still attached; the degree of desirable firmness (for example, apples or Bosc pears always hard, Bartlett pears, firm but giving to light squeeze); saturated depth of color; optimum size for each species (large for radishes but thin and firm for cucumbers); which of many available varieties was best for the intended purpose (potatoes, pears, lettuce, cabbage, etc.); where to look for ripeness (the slightly soft blossom end of a cantaloupe but the creamy belly of a watermelon); how to distinguish between ripe or potentially rotten (e.g., yellow pineapple, firm with inner leaves that will pull out easily); and so on and on, for each kind of produce imaginable.*

*The recipe below includes my mother’s criteria for grapefruit. The following simple combination, however, I figured out by myself in the days when I lived alone and tried to give impressive but easy-to-make brunches.*

### **Grapefruit with Raspberries**

*Serves 6 or 7. For more people, you will need another package of raspberries and must therefore double the grapefruit.*

5 large, firm, thin-skinned red (or if no red available, then pink) grapefruit that feel heavy for their size

1 package frozen raspberries, packed in syrup

Defrost and mash raspberries. Place in large bowl.

Peel all grapefruit with very sharp knife, removing all white pulp from exterior and leaving grapefruit whole. With knife, carefully remove sections of grapefruit from interior dividing membranes, keeping wedges as large as possible. Put pieces in bowl on top of raspberries. Into bowl, squeeze all remaining juice from interior membranes and core, which then discard.

Mix grapefruit and raspberries gently, careful to keep grapefruit sections as whole as possible.

Serve very well chilled. Will keep in fridge overnight.

## **William Fern**

(son of David and Lillian Schneider Fern)

*Fern Family #1*

*My mother, Lillian Schneider Fern, occasionally served rhubarb when I was a child. After I left home to live on my own, I tried to re-create what she had done as best I could. This was the closest I could get, which turned out pretty good.*

### **Rhubarb with Strawberries**

4 long fresh stalks of reddest rhubarb available

1 package frozen sliced strawberries, packed in syrup. Do not defrost.

¼ cup dark brown sugar

#### **Preparation**

Trim rhubarb by cutting off green leaves and base. Wash under running tap water, cut into pieces 1" to 1¼" long. Crumble brown sugar and mix rhubarb, place in saucepan. Add just enough cold water to cover rhubarb, but not more. Cover, place over low flame, stirring only occasionally so rhubarb heats evenly but stays whole.

While rhubarb is heating, remove strawberries from package, place in large bowl, and separate roughly into large pieces using fork.

Heat rhubarb until it begins to bubble around edges. Stir once more to heat evenly but keep pieces fairly whole. Let begin to bubble once more but do not boil. Pour hot mixture on top of semi-frozen strawberries, stir gently to keep strawberry and rhubarb pieces as intact as possible. Hot rhubarb will cook strawberries lightly; semi-frozen strawberries will help cool mixture faster.

Taste. If necessary, sweeten further by adding crumbled brown sugar little by little, mixing and tasting often, careful not to over-sweeten. Final flavor should be strongly but pleasantly tart.

After cooling, chill in fridge. Will keep for several days. Best when eaten ice-cold. Serve in pre-chilled dishes with vanilla wafer or similar cookies on side, or as generous topping over vanilla ice-cream or frozen yogurt.

## Rachel Porat

*Fern Family #1*

*I learned this recipe in Israel. When we grew up there weren't many Passover cake recipes. Everybody loves it and they look forward to Passover to enjoy it.*

*This is called an "inch cake" as it is so rich that one should eat one inch at a time only.*

### Chocolate Matzah Cake

*Serves*

8 matzahs

about ½ cup sweet Kiddush wine

1 12-ounce bag of chocolate chips (semi sweet or dark)

½ stick margarine

¼ cup water

¼ cup sugar

**Optional:** 1-2 teaspoons coffee

Combine ingredients for chocolate cream in a bowl. Place in microwave for 1-2 minutes. Stir very well until it becomes smooth.

Soak matzahs (one at a time) in the wine with a little bit of water. (I do it in the square matzah plate) until it is wet BUT not "falling apart." Place matzah on cake plate and cover with the chocolate cream up to 1/8 inches from the edges. Repeat the same with each matzah until the last matzah is covered well. Then cover the sides as well. Refrigerate.

**Tip:** If chocolate cream becomes to "hard" add a spoon of water, then microwave again and stir until soft.

# *Specialties*

## Specialties

Family Memories.....	Susan Freedman Feldman Martin D. Fern Miriam Parton Sivak
Bea's Granola.....	Beatrice Fern Tellis
Kale Chips.....	Cherie Flom Quain
Diane's Mulberry Jelly.....	Diane Gabe
Shabbat Challah.....	Leah Weiss
Challah (using bread machine).....	Miriam Kleiman & Jason Steinbaum
Jerusalem Bread.....	Oded Sagi
Grandma Shirley's Popovers.....	Gilbert & Helen Poole Newman
Matzah Stuffing for Turkey (Pesach).....	Pearl Siegelman Gorelick
Mom's Passover Matzoh Bagels.....	Sherril Starr Taub
Slavka's Charoses.....	Haviva Halleman Swirski
Swedish Pancakes.....	Julie Lowenbach Greimel
Max's Gourmet Dog Treats.....	Elizabeth Crisa Fern

**Susan Freedman Feldman**

*Fern Family #1*

I wish I could send you recipes. However, they are all phone numbers of local restaurants that deliver!

My daughter-in-law, Ethel (Lawless Feldman), is a wonderful cook.

\* \* \* \* \*

**Martin D. Fern**

*Fern Family #5B*

My mother, Edith Binder Fern, was a wonderful Jewish cook, especially before she started to work later in life. She had a little green metal file box that she kept in a corner on her kitchen counter, stuffed with 3" x 5" white index cards, each with a handwritten or occasionally typed caption for a different food item. Growing up, I assumed it contained all of her valuable recipes. After she died and I examined the cards, however, I discovered each "recipe" was like the following: "Gefilte fish: Don't forget the salt;" "Meat loaf: heat on medium-high." "Oy!" as she would have said.

\* \* \* \* \*

**Miriam Parton Sivak**

*Fern Family #5B*

I do not have any recipe to share, but a memory. These were favorite dishes made by Rose Fern Sivak, my mother-in-law, mother of Lawrence Sivak.

Noodle pudding, rice pudding, potted chicken and chicken soup were her specialty.

I would imagine her mother made these dishes too. They were served at family dinners.

Rose was an incredible cook. Whatever she made was always delicious. She could take the simplest foods and make them taste better than anyone. Her chicken and meats were soft as butter and melted in your mouth. She loved to cook but never used a recipe. Unfortunately, there is no written record of how she made her wonderful dishes. Her secret was a pressure cooker, of that I am sure.



## Miriam Kleiman and Jason Steinbaum

*Fern Family #3*

*This recipe was given to us by Berenice E. Kleiman, Miriam's mother, Jason Steinbaum's mother-in-law, about ten years ago. It was served on Shabbat and Jewish holidays. We try to make this every week for Shabbat, in addition to Rosh HaShana. Our boys, Zack and Max, join us, and together we braid three challahs. We often add raisins or chocolate chips, and sometimes the boys decorate theirs with rainbow sprinkles! If there's any leftover, it makes wonderful French toast.*

### Challah (using a bread machine)

Serves 6-8

3 Tablespoons vegetable oil	½ cup white sugar, plus 3 Tablespoons for glazing
1 cup water (room temperature)	4½ cups white flour (or 3 cups white, 1 ½ cups wheat flour)
4 eggs (3 for dough, 1 for glazing)	2¼ teaspoons active dry yeast or bread machine yeast
1 teaspoon salt	

Add all ingredients, in order given, into bread machine. Set machine to DOUGH setting (if dough is too sticky, add flour). When dough is ready, put on a floured board.

- For one large loaf, braid.
- For two medium loaves, divide dough in two and then braid.

Cover with towel or plastic wrap and put in a dark place to rise for at least one hour. Brush with glaze made from 1 beaten egg and 3 Tablespoons white sugar. Sprinkle with sesame seeds or colored sprinkles. Bake at 350° for about 30-35 minutes or until golden brown.

ENJOY!

\* \* \* \* \*

## Oded Sagi

*Fern Family #1*

*I learned this recipe after years of tasting Jerusalem Bread. I asked tips along the way from different bakeries here in Israel. Jerusalem Bread is served at family get-togethers.*

### Jerusalem Bread

Serves 8-10

1 kilogram flour	½ liter water (warm)
1½ teaspoons yeast	200 grams sesame seeds
2 Tablespoons salt	1 egg
2 teaspoons sugar	

Blend all dry ingredients (without the sesame seeds). Add water and 1 egg, blend again, leave for 1 hour (covered up with a towel). Divide into eight balls, leave for 15 minutes, turn into "sticks" and roll in the sesame seeds. Put in oven (270c) for 15 minutes; turn over when brown. Always a hit!!

## Diane Gabe

Fern Family #1

*During mulberry season, which in Southern California lasts approximately 6-8 weeks from May to July, I spend at least one hour daily in the tree with buckets held onto the branches by bent coat hangers and pick mulberries. And pick. And pick. I take the buckets and fill them with water, swirl until the debris floats to the top and skim off. I then put the mulberries in zip-lock freezer bags, and store in the freezer. When there is no more room, I make jelly. In 1996, I made 12 gallons of jelly and 7 gallons of syrup (omit pectin) from one tree. In 1997, I made 12 gallons of syrup and 7 gallons of jelly. As I say below, compulsive personality is primary requirement.*

### Diane's Mulberry Jelly

*Makes approximately 2-2 1/2 gallons of jelly*

**Items needed:**

One prolific mulberry tree

A compulsive personality

One or two buckets

Wire coat hangers

Surgical gloves

Long, loose-fitting clothes

Thaw berries and put through juicer. This is a mess, so doing it outside and hosing the whole area afterwards is advisable.

**Add to a huge pot:**

16 cups of mulberry juice

1 1/3 cups lemon juice

Bring to a boil and dissolve **5 1/3 packages of pectin**, then add **24 cups sugar** and bring to a boil again. Hold at boil for three minutes without boiling over (this is next to impossible and the stuff boiling over onto the stove is a mess to clean). Skim foam and pour into sterilized jars. Repeat as necessary until tree has finished fruiting.

## Gilbert and Helen Poole Newman

*Fern Family #1*

*This recipe goes back five generations in the family of Helen's mother, Shirley Ray Afton. It is served at family breakfasts when we have enough time to prepare and enjoy them - usually on weekends or holidays. The popovers may be eaten with just butter or jams. We make ours in old cast iron popover pans which have been passed down for many generations. The popovers are not a usual kind of bread but more a bread pudding-like muffin.*

### **Grandma Shirley's Popovers**

*Makes 11 popovers. Most cast iron pans hold 11.*

3 eggs	1 pinch salt
1 Tablespoon oil	1 cup liquid (milk or any other liquid)
1 Tablespoon honey	1 cup flour (pastry, wheat or other grain)

Preheat cast iron popover pans in 500° oven. Mix all ingredients in a bowl. Do not overstir. Butter hot popover pans. Pour mixture into pans.

Bake at 500° for 10 minutes, turn temperature down to 400° and bake for 10 minutes. (Be careful not to disturb while baking, or they may "fall.")

Eat as soon as possible as the popovers will begin to "sink" soon after baking. Serve hot with condiments and enjoy!

***Tip:** Popovers can be made in any deep dish muffin pan. Some folks use a kind of baking "cup," using individual ones for each popover.*

\* \* \* \* \*

## Pearl Siegelman Gorelick

*Fern Family #1*

*This recipe was given to me by my mother, Golda Fern Siegelman, and was used when turkey was served at Pesach, Thanksgiving, or "whenever."*

### **Matzah Stuffing for Turkey (Pesach)**

Matzah	6 mushrooms
Water	2 eggs
3-4 Tablespoons chicken fat	Matzah meal
2 onions, peeled	Garlic powder
3-4 stalks of celery	

Crumble matzahs and sprinkle with water, until damp. Chop onions, celery and mushrooms into small pieces.

Melt the chicken fat in a frying pan and sauté onion, celery and mushrooms until soft.

Stir mixture into matzahs. Add eggs and a little matzah meal. Season with garlic powder. Mix thoroughly. Stuff and cook turkey.

## Sherril Starr Taub

*Fern Family #1*

*This Passover recipe was given to me by Magda Taub, my former mother-in-law, and it has now become a tradition in our family.*

*We all look forward to waking up the first day of Pesach to a delicious breakfast of Matzoh Bagels with cream cheese, butter, jam, or orange marmalade. I usually make at least 3 batches of these "Bagels."*

### **Mom's Passover Matzoh Bagels**

*Serves 18*

3 cups matzoh meal

Pinch of salt

¾ cup cake meal

3 cups hot water

1½ Tablespoons sugar

9 eggs

1¼ cups oil

Boil hot water. Mix matzoh meal, cake meal, oil & sugar. Pour hot water into mixture.

Mix well and let cool. Beat 9 eggs and mix into mixture. Preheat oven to 400°. Pour mixture into greased muffin pans. Bake at 375° for about 30 minutes until golden brown.

\* \* \* \* \*

## Haviva Halleman Swirski

*Fern Family #1*

*This recipe comes from my mother, Slavka Danishevski Halleman.*

### **Slavka's Charoses**

*Serves about 20*

5 bananas, mashed

Red sweet wine

1 grated apple, peel may be left on

Sugar

1 pound nuts: almonds and/or walnuts or a mix of both

Mix ingredients together and serve at room temperature.

**Tip:** *Do not make too far in advance because banana and apple will darken. Consistency can be varied according to taste by adding a little wine if too hard.*

חלה שבת

למנוחה

אני הייתי אצלנו חלה זמן רב יוק שבת, ואני

מחשיבה את המסורת

9	כוסות קמח מנוחם
30 גרם	שמרים
2 1/2	כוסות מים קלוקים
6	כפית סוכר
4	כפית מלח
3	ביצים
4	כפית שמן
3	כפית זרעי פופון / זרעי סומסום

לערבב את הסוכר עם השמרים בחצי כוס מים פושרים. לתת לזה לעמוד. לשים בקערה את כל החומרים חיבשים, לחוסיף את הביצים, חשמן, תערובת השמרים ושתי כוסות מים פושרים. לבחוש וללוש. לשים להתפחה למשך שעה. ללוש פעם נוספת, ושוב לשים להתפחה. לחלק את הבצק לשלושה חלקים שווים, לגלגל כל חלק לחבל ולקלוע צמה. למרוח בביצה ולמרוח פרנ או סומסום. לאפות בחום בינוני כ-50 דקות.

This recipe was sent to us in Hebrew from Avichail, Israel. The English translation follows:

I learned this recipe from my mother, Anna Yakolovich Lev. She baked the challah all day on Friday and I continued the tradition.

Shabbat Challah

- 9 cups sifted flour
- 30 grams yeast
- 2 1/2 cups lukewarm water
- 6 Tablespoons sugar
- 4 Tablespoons salt
- 3 eggs
- 4 Tablespoons oil
- 3 Tablespoons poppy seeds or sesame seeds

Mix the sugar with yeast with 1/2 cup lukewarm water. Let this stand. Put all the dry ingredients in a bowl. Add the eggs, oil, yeast mixture and two cups of lukewarm water. Knead the dough, let sit for one hour. Knead again, let it sit and rise. Divide the dough into three equal parts and roll each part into a rope. Braid the ropes, brush with egg and sprinkle with poppy or sesame seeds. Bake in a mid-heat oven for 50 minutes.

## Julie Lowenbach Greimel

*Fern Family #1*

*I learned this recipe from Tiffany Troy, an old friend, when I was a teenager. My mother, Dena Fern Lowenbach, and I would make them sometimes on the weekend for breakfast. I have also made them for my husband, Matthew, as a dessert on occasion. They are so simple, yet so good!*

### Swedish Pancakes

*Serves 2*

3 eggs

$\frac{3}{4}$  cup flour

$1\frac{1}{4}$  cups milk

2 Tablespoons sugar

Mix all ingredients together until batter is smooth. Spray non-stick pan with PAM and fry on medium heat as a pancake. Flip and fry other side until cooked. Remove pancake and place on a plate. Roll pancake from one side to the other. You may sugar pancake before rolling or top with jelly. These pancakes are simple and delicious.

\* \* \* \* \*

## Elizabeth Crisa Fern

*Fern Family #1*

*I created this recipe from a few recipes I tried. These treats are good for the holidays. Since our two dogs (Max and Nini) are considered a part of our family, I love to make them homemade treats at holiday times. Sometimes we share them with other canine pals! It's a great gift for a doggie you love! It has been thoroughly dog-tested and Max swears by them. You can cut them out with a bone-shaped cookie cutter, but to be honest, Max doesn't really care what they're shaped like.*

### Max's Gourmet Dog Treats

*Makes ten 6" treats*

2½ cups whole wheat flour

2 Tablespoons brown sugar

½ cup powdered dry milk

1 Tablespoon granulated beef bouillon

½ teaspoon salt

6 Tablespoons meat drippings (from any meat you have cooked)

1 teaspoon garlic powder

1 egg, beaten

½ teaspoon onion powder

½ cup ice water

Preheat oven to 350°. Combine first 7 ingredients. Cut in drippings until mixture resembles cornmeal. Mix in egg. Add just enough ice water to make mixture form into a ball. Pat dough to ½" thickness and cut into desired shapes. Place on a lightly greased cookie sheet and bake 25 to 30 minutes. Cool before serving.

**Tip:** *Store at room temperature as you would regular treats for dogs. Do not keep longer than one month.*

# *A Culinary Memoir*

**In memory of  
my parents**

**DAVE**

Yiddish conversationalist par excellence  
self-made, self-assured and outspoken realist  
occasional tilter at windmills  
believer in family and the Jewish people  
my North Star

and

**LILLY**

his loyal companion  
and  
his admiring, 100% all-the-way full-time partner

# A Culinary Memoir

by Bill Fern

## I.

My mother, Lilly (Lillian Schneider Fern), started out married life not even as a poor cook. She simply couldn't cook at all. Her youth before marriage was spent as office manager and bookkeeper for her father. She could whiz a pencil up and down columns of figures faster than any adding machine but could barely make tea. The cooking at home was done by her mother and Lilly had scarcely paid attention. After marrying my father, Dave (David Fern), she quickly learned to master the kitchen in sheer defense of their marriage.

At first it was a matter of discouraging his desperate dashes back to his mother's house for a tasty meal. As time went on, she realized that to maintain her standing in the Wolf Hersh branch of the Fern family, her cooking had to compare favorably to the best in the family. Although we joke about it today - and we kidded even then - prowess in the kitchen brought status. It was a powerful factor in what we call today "the positive self-image" of a Jewish housewife. Lilly learned that to maintain a respected position in the family, simple competence in the kitchen wouldn't be enough. The competition was far heavier than that.

Lilly Fern soon became known as the best cook on her side of the family (except for her own mother to whom she always accorded first place). When the Schneider aunts, uncles and cousins came to our house for dinner, everyone knew you couldn't get a better meal anywhere else on that side of the family. But maintaining a place of pride among the Ferns, specifically vis-a-vis two of her sisters-in-law, and the unqualified admiration of my father (which, I suspect, was the more important, underlying goal) -- now, that was a tougher business.

The Ferns presented two especially formidable foes: Aunt Dora (Dora Grossman Fern), Uncle Joe Fern's wife, and Aunt Salcia Schafer (Sarah Fern Schafer), Uncle Morris Schafer's wife. Aunt Dora enjoyed an unfair advantage. As a girl she had worked under "a great chef in Europe" and thus had presumably learned professional secrets no one else could ever hope to glean. Salcia (SAHL-cheh), however, presented competition that was different and, in its own way, even stiffer. Firstly, she was my father's favorite sibling. After his mother Bina (Bina Koch Fern) died, Salcia was the family member he most adored. Gaining his full attention meant that any competitive efforts had to be superhuman from the start. Secondly, and more to the culinary point, Salcia Schafer was indisputably the most creative and naturally talented cook in the Wolf Hersh branch of the Fern family, the toughest competition there can be. She must have *dreamed* recipes!

Salcia's was to ordinary cooking what Mozart's original twists of melody were to Salieri's predictable tunes. To know what you faced from Salcia Schafer's kitchen, you had to pay attention to details. Starting with a familiar dish, she would depart from the expected with nuances calculated to drive another cook to envy and, inevitably, to wonder, Why couldn't I have thought of that? Those details were too subtle to notice if you were otherwise occupied in conversation or unaware of the competitive battle quietly taking place, as my father usually was. Even if he had noticed, he would have dismissed such details as trivial, unworthy of attention. However, seen as moves in a larger game, they revealed a great deal. I still remember the one-up-manship of Salcia's vegetable soup.

We had gone to the Schafers' for Sunday afternoon dinner. After the usual hellos and catching up, we settled in the dining room to start with a standard for-shpays or appetizer. Then came the soup. Steaming, familiar vegetable soup. At first glance, quite ordinary, though made with greater care than at our house. All the vegetables had been cut aesthetically to the same miniature scale. Having shelled peas and beans at our store and at home, I couldn't help but notice. With the second spoonful a few subtle but powerful differences came to the fore. There, floating among the familiar mushrooms, peas, lima beans, carrots, stringbeans and barley were tiny cauliflower florets, a vegetable not usually added to soup in our house, cut carefully so each floret was whole in itself. Only a minor triumph, but triumph nonetheless. And then, the daring touch! A goyish vegetable I had never before experienced: little green spoked wheels, a seed occasionally stuck in them, exotically sailing around, kosher of course because all vegetables are kosher, but mysterious. What vegetable was shaped like pin-wheels? Mom explained later. Thinly sliced okra had been added for extra interest, and because of okra's special characteristic, it thickened the soup at the same time: two birds struck with one unexpected stone.

It may have been at that same dinner that we were taken by the miniature potato-kugel surprise -- tiny, delicate, crusty kugelech. At our house we had potato pudding often, a deep-dish casserole of grated potatoes baked to produce a prized brown crust, sliced generously with full, soft center. But here on each plate was a heap of little individual puddings, each whole in itself, all crust with almost no center, each a small crunchy marvel, never before seen, a new invention from the Schafers on Marshall Street. The technique, Mom later said, was to bake the potato batter in muffin pans. Simple, but I could hear Lilly thinking, Why haven't I ever done that? The invention soon passed into her general repertoire, but we always knew where it had started.

Not every dish of Aunt Schafer's held a surprise. (To show great respect, we always called Salcia and her husband by their last name.) Some dishes were merely traditional but always superbly done. Apple strudel, for example, which I once watched her make. She started with a layer of dough, wondrously elastic, which she rolled and stretched, stretched and rolled, until it reached paper-thin translucence. It covered an entire round table. The outside perimeter was tucked over the table's edge so the dough wouldn't snap back. Next came opulent spreading and sprinkling - thick raspberry jam smeared over the whole surface after which she rained down apple and raisins, chopped nuts, spices and sugar. Then came the delicate moment. Salcia had to roll all this up, over again and again, carefully so as not to break the thin membrane. The resulting cylinder was surely too long to fit any oven. But no! When gently laid round and round in concentric spiral, it fit the pan after all. The crisp delectable result surpassed the best I ever had later in Vienna.

Another memory of Salcia Schafer's kitchen fifty years ago stays with me until today: walnuts boiled in honey, thickly chewy, with that special, slightly smoky-bitter flavor that comes with boiling to cut the heavy sweet. Each year at Rosh Hashannah a package, rushed fresh from Marshall Street to the post-office, reached me at far-off college. The sticky diamond-shaped pieces were carefully wrapped in wax paper, a seasonal reminder that people at home cared, the sweetest way to start a year.

## II.

My parents started married life with a grocery store. All of us loved to eat; talk of good food was second nature. As far back as I can recall, they analyzed what people in general ate and compared that with our table. They talked of how to select food when buying wholesale and how to sell it retail, how to prepare food, and, whether raw or cooked, how to distinguish good food from bad. I soon assumed that such talk formed part of everyone's general education. To this day it surprises me to see a supermarket shopper choosing vegetables, fruit, or cuts of meat that are so obviously what one should avoid. Lessons in food became intertwined with lessons in business. It took years until I viewed the two realms separately.

Those lessons started early. When I was about 5 or 6 years old, I had three regular Sunday chores in the family grocery store: sweeping the floor, sweeping the sidewalk, and raking the sawdust behind the butcher counter. By the time I was 9 or 10, I had graduated from weighing 5 lb. bags of potatoes to waiting on trade.

In our family, life was a serious business. One was told only once how to do something and was expected to remember. I was expected to master all sorts of things, always minding where the profit lay: how to cut a wheel of Roquefort cheese to give each customer her fair proportion of the desirable center and to include the crumbs; how to machine-slice bologna evenly to include the rind in the weighing, and how to slice safely (a task probably prohibited today for minors); how to weigh everything scrupulously exactly, including the paper bag; how to set tomatoes to ripen quickly without rotting; how to select vegetables so every customer would get fresh merchandise and still leaving none to waste; how to tell when each kind of fruit was ripest, juiciest and sweetest; how to choose what to take home for *our* meals, never judging by price but always by freshness, quality, and what was in season; how to work furiously, while chit-chatting lightly to avoid offending a lagging customer.

During those early years when I clerked as a youngster, I had sold dozens of loaves of Wonder bread but had never yet tasted any myself. For ourselves, we brought home only unpackaged bread: familiar crusty rye with pungent caraway seeds, everyday poppy-seeded Kaiser rolls, occasional spicy-smelling pumpernickel, or at the week-end, aromatic challah, but never anything as exotic as fabulously soft Wonder bread in wax-paper wrapping decorated with dancing blue, yellow and red dots. One day, my hankering for the exotic became too much. It was a busy morning in the store with no time for frivolous questions. I knew better than to ask, but I couldn't resist.

"Daddy," I asked, "can we take home some Wonder bread?"

"No." he said absent-mindedly, "You don't want that," intent on getting important work done.

"Yes, I do," I countered, demanding attention.

"No, you don't," he replied, voice rising.

"Yes, I do," more certain than ever. "Why can't we take some home?"

"Because," he explained patiently, in a low voice so the customers wouldn't hear, "it ain't no good."

"Then why do all the customers buy it?"

"They don't know no better," he replied, struggling to maintain control and get on with his work. How could he say that about educated, American-born customers who spoke good English?

"Yes, they do!"

"No, they don't. They don't know no better," he said grimly in his this-is-the-last-time-I'll-tell-you tone.

Now, I may have confused grammar and wisdom, but I knew when to drop an argument with my father. I stopped contradicting, but I didn't believe him. In fact, I didn't believe him for years. I can't remember the first time I tasted Wonder bread, so it must have been a non-event. I've occasionally thought about that incident. And, you know what? They really didn't know no better.

### III.

The obvious givens for slicing meat at the table of a butcher's family are a very sharp knife, patience to let a roast cool sufficiently (which varies from cut to cut) before slicing at all, slicing all meat *against* the grain, and slicing always as thin as possible to release the full flavor while chewing.

A single lesson on slicing brisket was all I got from my father because he considered one lesson on anything enough. His eyebrows, raised in surprise at ignorance, were amazingly effective. Compared to slicing brisket correctly, carving a whole roasted stuffed turkey was a cinch. Brisket was the most difficult of all to slice properly because the upper and lower layers have contrary grain patterns which vary as one goes along. The trick is to find the right corner to start so one can slice against both grains simultaneously. The task stays tricky because the angles of the knife must change from time to time to meet the shifting grain. To carve *with* the grain was the depth of ignorance. Getting the wrong corner on the first try was permissible only if one quickly rotated the roast and found the correct corner. To persist in error, producing stringy instead of neat slices, was considered lazy and brought shame. So, I learned how to slice brisket.

In those days, the continuum of culinary knowledge ranged from widely known techniques almost too obvious to mention, through the common knowledge of all experienced cooks, to carefully guarded secrets. Like famous "common sense," some common cooking knowledge was not so common. Talking recipes made up much of woman-talk, and discreetly gleaning new tips from other people's common knowledge, while pretending to know all along, was an important part of it. Two examples of my mother's common knowledge which I can remember are: peanut, not corn, oil is best for frying latkes (potato pancakes), and the tastiest thickening for stuffed cabbage gravy, beyond the usual ingredients, is apple sauce and crumbled ginger snaps.

A proud cook shared her best recipes cautiously. Serious cooks never specified exact quantities - any self-respecting cook didn't need to. Quantities were self-evident. If one told a good cook what to put in, she could easily imagine how much. As for cooking temperatures and times, one could mention a high, medium or low flame or oven, but exact temperatures, which were not easily measurable anyhow, like exact cooking times, were unnecessary. One simply stewed or baked or fried until the dish was done. It helped to have an approximate idea of minutes or hours, but anyone could see when the final point was reached, whether by finger, fork, toothpick, taste or the general look of it.

Cooking therefore wasn't approached as an exact science; it was an art, and these women were artists. Like all artists, they cultivated their art and guarded their secrets. Jealous cooks were famous for "forgetting" to mention a minor but important ingredient. If an essential ingredient was not so obvious, so much the better. Then, as now, an experienced cook could taste a finished dish and, thinking with the tongue, figure out the ingredients that went into making the dish. (A good cook would use the same skills in reverse when tasting a recipe in progress in order to determine what it still needed.) However, occasionally it was not so easy to figure out what ingredient was missing, even for an experienced cook. Such an ingredient was usually the most jealously guarded knowledge of all. Secret ingredients were easily obtainable and perfectly kosher - but they were something unexpected, a surprise element that imparted a subtle flavor that even an experienced cook couldn't puzzle out. Everyone kept a few of those secrets to herself. Heaven knows how many of them were kept so secret that they have disappeared with their owners.

As a young man, quite by accident, I once stumbled across one of my mother's secret ingredients. I had walked into the kitchen unexpectedly one day and there she was, caught by surprise, measuring two tablespoons into the pot roast gravy. I was immediately sworn to secrecy. That had to be more than sixty years ago. Now, editing this family cookbook, shall I keep faith or pass along the secret? The need for secrecy is long past, but I still feel guilty about breaking my word. You'll find Mom's secret, quite innocent and anti-climactic, in the recipe for Lilly Fern's Pot Roast of Brisket.

#### IV.

Jewish holidays call for their own specific foods. Passover is an obvious example; a Rosh Hashannah table should have honey for a sweet year; Hanukkah requires some delicacy made with oil as a reminder of the miracle of the lamp oil in the Temple; Shavuoth, a dairy dish. Once in our family, the tradition worked backwards: the food created a holiday. Grandma Schneider (my mother's mother, Fannie Schnurmacher Schneider), came from the Bronx to stay for a week of lovely New Jersey springtime weather sometime after Passover. One day she spontaneously decided to make cheese blintzes. Several days later, she became convinced that it must have been Shavuos. Otherwise, why would she have made blintzes? She got back on track by Tisha B'Av.

As a teenager I was astounded to discover that familiar Jewish cooking was not universal among all Jews. What our family ate wasn't always what other Jews ate. Even Ashkenazic cooking was regional, depending on where in Eastern Europe the cook originated. It was influenced by the foodstuffs available locally in Europe and by the recipes of the surrounding general population. Pirogen, for example, which I had assumed to be universally Jewish, are really a Polish and Ukrainian specialty appreciated by Jews of those areas. Kalya kase, for which two recipes are included here, was a specialty of Drohobycz itself, our ancestral town. We were fairly young when we learned that some regions of Europe were famous for their fine cooking. As American children we had heard in

school about French cooking, but back in the 1930's that had little meaning for us. We never ate in French restaurants and had no French relatives. Our reality was formed at home. There we learned that the best pastry came from Vienna. Years later in Vienna, I found the family was right. What the Viennese call "French" pastries are marvels which Parisians couldn't even begin to produce.

It was also in Vienna where I finally found the mysterious source of Mom's sweet-and-sour wilted cucumber salad, unknown and unobtainable in Western Europe. I had almost come to believe it a family invention. After a year of studying in Italy, where the combination of sugar and vinegar is unheard of, that salad was a true joy to find at Austrian lunch tables.

The precedent for Mom's "tenderizing" green vegetables also became historically understandable in that Hapsburg capital which had set the fashion for Galicia. The Viennese put beans to cook at 9 for lunch at 12. After living with the Italian ideal of vegetables, which are green and crisp, I ultimately convinced Mom that it was okay to chew vegetables and not necessary to boil peas as long as potatoes.

The tastiest Jewish food, according to Lilly, was Hungarian. She enjoyed lively Hungarian personalities (like Shloimeh Fern's peppery third wife, Rose), albeit at arm's length to preserve her own sense of propriety. She advised caution around volatile and fiery Hungarian tempers (which she attributed to genetics and I vaguely ascribed to their use of paprika), but she held Hungarian cooking in great esteem. Years later in Budapest, I once again appreciated her taste. I didn't test the tempers, but the cuisine was indeed the most mouthwatering of Eastern Europe.

## V.

Say "Jewish wedding" and, along with all the other associations, one inevitably thinks of a grand smorgasbord that precedes the ceremony, mouth-watering hors d'oeuvres piled high on little dishes. Tasty favorites alternate with surprises of new, cleverly kosher variations that surpass the hors d'oeuvres of previous receptions and rival caterers. What will they think of next? But Jewish wedding receptions weren't always so.

Years ago, the famous Jewish smorgasbord was once a marvelous novelty. It was introduced well "after the war," that is, after World War II and food rationing, probably in the prosperous early 1950's. Some resourceful caterer invented a prelude of hors d'oeuvres to distract prompt guests waiting for the stragglers. Experienced late-comers knew that the ceremony wouldn't start on time, so why get there early? A solution that generated the problem. The smorgasbord innovation filled the gap. Soon, any caterer who wanted to stay in business featured a smorgasbord. Increasingly elaborate cold and hot tables now feature a variety of ethnic foods, all kosher and utterly delicious. Attendance is on-the-dot for fear of "missing the appetizers." The smorgasbord is the culinary high point of many "affairs." At some weddings, dinner is anti-climactic.

As the economy steadily improved in the 50's and 60's, the emerging problem became devising a finale to the evening to counter-balance the dazzling opening. For a few years, the answer was a dramatic dessert. After the main course and a dance set, the lights were dimmed. Out of the kitchen emerged a procession of flaming Baked Alaskas held high by part-time waiters in strained jackets, struggling to affect a regal stance. Brandy-sauce blazed eerily to full effect in the semi-dark. Eventually, when the parades became old hat, they were superseded by the "Viennese table." Its traditional-sounding name was an appeal for historical legitimacy, but it never quite disguised its recent American origin. That spectacular coda was equal to any hors d'oeuvres overture. An extravagant array of rich desserts created culinary drama through sheer abundance and variety. The social reasons for that dynamic are another story. But, back to the days before the war and the Jewish smorgasbord.

When I attended weddings as a youngster before the war, the ceremony came first. There was no appetizer hour. All eating came after the ceremony. And, the ceremony always started late. That practice gave rise to our family rule – "Before you go to a wedding, eat first." Whenever my sister and I complained of a huge Sunday dinner scheduled just before leaving for a wedding, out came the story of Aunt Yetta (Yetta Schnurmacher Berger), Lilly's aunt and our great-aunt, and Uncle Shapsie. We always protested at another repetition, but in vain. We had heard the Aunt Yetta story many times, but Dad always insisted. "Listen to your mother and learn!" We grumbled but ultimately settled down to hear it again.

Dave had heard that story more often than we had, but he always found it engrossing. He listened as if for the first time, nodding approvingly at each sentence. For him, it was like an old saga or Biblical tale that improves with each telling.

Aunt Yetta, Grandma Schneider's sister, was a small timid woman with big luminous eyes. She and Grandma were Schnurmachers from Boryslaw, twin city of Drohobycz. Both places shared the same recipes, world-view, and Yiddish accent. When the Schnurmachers came to the New World, they soon adjusted to the new culture and decided to Americanize their name. They revolutionized Old World. "Schnurmacher" into Yankee "Schumacher." Initially, they settled on New York's Lower East Side but, within one generation, they had all moved uptown or across some bridge. All but Aunt Yetta. She refused to abandon the familiar.

Yetta felt safe in her tenement apartment. The Bronx was too new, and anything beyond the New York subway system, be it New Jersey or China, was "so-o-o far awa-a-ay!" She also valued the shops downstairs, which eked out their living to wee hours. She liked being able to go downstairs to buy a few onions or potatoes at any hour in case she felt like doing a little cooking at midnight. Was life in New Jersey so convenient?

My younger sister Ett (Ethel Pearl Fern Lippman) and I loved to imitate Aunt Yetta's down-and-up Yiddish intonation, especially when she expressed full agreement. First, she would look serious. Then she would say "Sure" in her best, emphatic English: three drawn-out syllables - the first, pure nasal - that came out "Nnnn-SHOO-wuh!"

Uncle Shapsie relaxed standing up. When company visited, he would lean in the kitchen doorway supporting the door post, listening quietly for hours. Aunt Yetta did the talking. Firstly, Shapsie understood that his wife had a greater need to talk than he did. And secondly, no matter who said what, the world wouldn't change so

fast anyhow. His easy temperament gave way to a wry sense of humor whenever Yetta served dinner and forgot the cutlery. Shapsie would stare at his full plate, helpless with empty hands. Deadpan, he would ask in rising singsong, half Yiddish, half English, "Missus, hust a clothespin?", whereupon Yetta would scramble to bring him a spoon or fork.

Aunt Yetta considered herself a worldly-wise, up-to-date New Yorker, though we kids saw her differently. A case in point was the famous wedding story we were about to hear for the umpteenth time.

Mom started. "Aunt Yetta and Uncle Shapsie were invited to a wedding. Since the wedding was for two o'clock in the afternoon, she figured that they would serve a meal there. So, she decided not to cook and didn't give Uncle Shapsie lunch before they went."

"You hear that?" Dad asked. "He didn't have lunch." We nodded, familiar with the story and expecting no surprises.

"Well, the wedding started very late." We were familiar with that phenomenon, too, having experienced it first-hand ourselves many times. However, we did have to admit that the delay at this wedding was unusual. By now, Dad was totally immersed in the story, getting ready for the climax. Always partial to true-life stories that taught a lesson, he insisted firmly, "Listen to your mother."

"It was five o'clock and they were finally going to begin the ceremony. Then, right there, right at the wedding, in the middle of all those people, Uncle Shapsie FAINTED!"

"Yeah!" said my father, by now thoroughly identifying with the situation, practically back at that wedding himself. He repeated, partly for emphasis but mostly to re-live the scene himself, "He *fainted*. Right at the wedding!"

Mom explained, agitated and full of concern, "She didn't give him anything to eat since breakfast! The poor man got weak and fainted!"

"Yeah," repeated my father, absorbed in visualizing the drama of poor Uncle Shapsie on the floor, the wedding about to start. He could feel the consternation of the guests, shocked and worried, see them milling about, trying to revive the man whose wife had let him faint from hunger.

"She should have given him something to eat before they left the house," Mom urged, partly to us and partly to absent Aunt Yetta, as if trying to change the past. It was hard to feel tragedy at the undeniably comic aspect of poor Uncle Shapsie sprawled on the floor, holding up the late wedding even longer, with all those corseted ladies fluttering around him, expressing shock in vivid Yiddish. Besides, we privately wondered, why hadn't Uncle Shapsie spoken up? Didn't he know he was hungry? Even we could have told him not to trust Aunt Yetta's judgment. We resisted comment to avoid provoking further lecture.

"So," Mom continued, "eat dinner now. If you're not hungry later, you don't have to eat there."

"That's right," said my father, "Be smart and listen to your mother," as he dug into the chopped liver appetizer. That settled it. My sister and I groaned but went with the flow. After that Sunday mid-day dinner, we didn't see how we could eat again until breakfast on Monday.

Then came the long car trip to New York, where we arrived late, and where, of course, the wedding started even later. In those pre-hors d'oeuvres days, guests just talked until it was time to find seats for the ceremony. After the groom successfully stomped the glass under his heel, we slowly navigated through the crowd and found our table. We had decided to eat just enough to appear polite. It took a while to settle in and even longer for the motzi. When the first course arrived, with it came a surprise. Our appetites had perked up! And we hadn't fainted.

## VI

Lilly's developed palate for traditional Jewish foods, and what she could deduce by it, occasionally amazed me. When she combined her deductions by palate with her unique theory of personality, her conclusions could be overwhelming.

Merely by tasting one forkful of a dish, Lilly could deduce the geographic origin of the cook, assess the level of cooking skills used to produce that dish, and extrapolate to predict the cook's ability to make any other dish.

Her psychological theory of personality was based on two principles. The first was my father's frequently repeated (and depressingly deterministic) adage, "The apple never falls far from the tree." That principle neatly sidestepped any nature vs. nurture controversy by including both. The second was her conviction that each national or ethnic group possesses its own set of personality characteristics which, in turn, determine individuals' and whole families' traits and behavior.

Sleuthing by taste, Lilly could determine geographic origin and cooking skill level, apply relevant aspects of her theory of personality, and thereby describe the emotional climate of the cook's family life. We kids used to laugh at her reasoning, but the funny thing was, her conclusions were usually right.

Sixty or seventy years ago, a time closer to the years of immigration to America, being identified merely as a Jew was never specific enough to identify cultural pattern. One needed to know *where* in Europe the family originated. As in Israel today, where one distinguishes among Sephardic, Ashkenazic, or Oriental Jews, so in earlier twentieth-century America one distinguished between Jews from Russia, Galicia, Romania, Lithuania, and so on.

The family congratulated ourselves on being Galitzianeren, which of course included American-born descendants of Galicians. We considered ourselves superior because of our warmth and emotionality, earthiness, sense of hospitality, lack of pretension, and other desirable qualities - as opposed to Litvacken (Russian and Lithuanian Jews) who were supposed to be cold, precise and dry, lacking in warm human feeling, pretentious, speaking Yiddish with strange accent, etc., etc. As you can imagine, denigrating prejudices toward us were entertained by the Litvacken - none of which I need go into here and all of which now seem totally irrelevant and inconsequential, especially after the Holocaust and in today's world. But, seventy years ago, those things mattered.

One weekend on my way to the beach, I detoured through Millburn to visit my parents and brought along my friend, Irving Cooperberg. Since this was his first visit, respect required us to sit in the living room. Otherwise, it would have been the kitchen. Lilly wanted to know about Irv's background to decide the kind of person he probably was. She asked about the family's source of livelihood, siblings, schooling, interests, all of which were similar to, but yet not quite the same as, ours. Their geographic origin, which turned out to be a European borderland, was no help at all. She still couldn't get a handle on the defining essence of his family. There was nothing left to do but be direct.

As disarmingly as possible she asked, "Are your parents Galitzianer or Litvack?"

"Well, my mother is Galitzianer and my father is Litvack."

A clear enough answer, but one that raised complicated questions requiring tact and ingenuity. The family was evidently an intermarriage. The character of the household was still in doubt. What was the predominant cultural climate in which my friend grew up that would offer hints of his personality? An equal melding of cultures was possible but highly unlikely. Those were not yet the days of equality of sexes. The union was more probably a merger in which one-half was submerged. The question was, which half?

Lilly paused for a moment to consider her strategy. Then she bent forward in her armchair.

"Does your mother cook?" she asked gently, laying the groundwork.

"Of course!" Irv replied in surprise. I could see where this was leading. She was treading softly but surely, determined to get to the point. Then came Lilly's litmus test.

"Does she make her own gefilte fish?" she asked.

"Of course she does!" More surprise, but this was still the lead-up.

"Does she put sugar in the fish?" Here it was! The wheels were turning. We all knew in our house that a pinch of sugar in the fish was essential for a Galitzianer palate; gefilte fish without it was cardboard. For a Litvack, slightly sweetened fish was almost inedible. The fish recipe would tell whose culinary taste reigned and by implication, with which European region loyalty lay and whose cultural custom ruled that roost, that is, what was the emotional climate of the household. And further, in a word, who was the boss. The answer came.

"No, she doesn't use sugar."

"Aha!" Lilly responded. She smiled and leaned back again. Now she knew what was what.

## VII.

Memories of my early teenage years in our store, Dave's Market, during World War II include occasional midnight snacks of London-broil. The wartime shortage of labor meant that my father and a few employees had to work late hours, sometimes late enough to develop a vigorous appetite. Occasionally I worked late with them. About 11 o'clock at night, Dad would fix the crew a sirloin steak, a genuine treat in those days of rationing. He would secure it tightly in a long-handled grill which I carried down to the coal furnace in the spooky cellar. Carefully unlatching the furnace door, I would hold the steak as instructed, so many inches above the red-hot coals, and then count slowly for not very long before flipping it over to broil the other side.

Upstairs, on wrapping parchment laid out on the butcher block, Dad deftly sliced the steak - crusty brown-black on the outside, daringly juicy pink-red in the middle, so unlike the dry, well-done meat we had at home. With the flat of a huge, razor-sharp knife, he delicately laid the slices on fresh Kaiser rolls or Jewish rye, with maybe a finger-pinch of salt and some sliced dill pickle. Hungry from the work and tired by the late hour, the sandwiches were doubly delicious. Looking back, I took it all so for granted. In those days it was only natural that they would know the exact number of seconds and inches above the coals needed for perfect broiling, that Dad's sandwiches would taste so marvelously good, that I belonged to that laughing midnight group, that my world was safe.

After the war, our business in Millburn had moved to larger space around the corner, Dad got the adventurous idea of roasting chickens in the store. One of the meat wrappers could tend the rotisserie for a few minutes each hour and package the roasted chickens for sale. No trouble, almost no extra labor, additional sales, and appetite-tempting aromas to fill the store. Soon turkeys supplanted chickens. Then demand exceeded supply. Dave brought in a second rotisserie. Homemade stuffing was offered as an optional extra. Seasoning salt, generous paprika, Provencal herbs and extra garlic did their savory magic.

Dad basked in his popularity as provisioner of barbecued stuffed turkeys and enjoyed the aroma more than customers. Customers soon featured Dave's turkeys at their best dinners at home. Heavier demand back-logged the schedule, turkeys were not ready on time, important dinner plans were upset. The roasting business became a sorcerer's apprentice. The public, once ecstatic, turned disappointed, then irate, and the aromatic novelty wore thin. The happy, no-trouble venture had turned into high-stress. One day, as ringing phones and clamoring customers reached a new pitch, Dave thundered his solution to a startled meat wrapper taking another order. "NO MORE TOIKEYS!" And thus the edict stood.

Decades after the business closed, when Dad and Mom had both been long gone, I unexpectedly came upon those rotisseries. They had been frugally consigned to the basement against a possible comeback. There on a dark shelf they sat, dust-covered and sad as a funeral, dreaming of once-upon-a-time mouthwatering glory.

## VII.

Dad fancied himself a born chef of underdeveloped, natural talent. After the war, when rationing had ended and everyone had become used to steaks and roasts again, he decided that hamburgers had great potential as an elegant dish if one only combined the right ingredients. First, grind fresh beef (either chuck, shoulder or neck beef, but never round: too dry), add diced onion, carrot, sweet bell pepper, salt and ground black pepper, a touch of tomato juice and a GENEROUS amount of garlic powder. He used a prodigious number of bowls, pots and pans on every kitchen counter available to develop his unique recipe. Mom loyally assumed the role of scullery underling and quietly followed him, cleaning up as he went along. His competitive fantasy of out-cooking her (which he thought was tactfully hidden) didn't bother her a bit. She never let on and humored him with flattering encouragement that he seriously accepted as the natural due of a talented chef. Between her praise and the improving performance of a learner who had started from zero and could only go one way, Dad became quite taken with his creative genius.

He regally bestowed the results of each cooking experiment on the employees in the store. They willingly offered extravagant compliments in return for free lunch on company time. As the recipe approached perfection and the hamburgers grew increasingly larger, the praise rose commensurately higher. Dad's culinary self-esteem was rising to new heights. Pots and pans banged about with greater energy. Soon he was ready to leap to a new pinnacle: gourmet meat loaf.

The hamburger recipe served as a starting point. He added bread crumbs liberally. They enriched the flavor but produced a disappointing disintegration of the loaf. Things perked up when he graciously accepted Mom's advice about how an egg or ground shoulder of veal would bind it all together again. He decided on liberal amounts of both. A bit rubbery results, perhaps, but the principle was there. He dirtied several more series of pots and pans while solving the problem of proportions. When the praise from the employees could reach no higher heaven, he was ready for a grand presentation to an important public - his in-laws.

The in-laws always came to dinner eagerly. Mom's family always looked forward to the many courses cooked to a turn and to her side dishes and trimmings which accompanied the brisket, prime rib, turkey, or other fabulous cut of meat too expensive for them to eat very often at home. The build-up of Dave's big surprise had been well heralded in the invitation they got for next Sunday. When the guests trooped in, frozen and starved after the long trek from the Bronx, they were in high spirits and eager to taste the mysterious tour-de-force. We hugged hello, they warmed up, we caught up on news, then dinner. The crowd buzzed with excitement. Mom had prepared the build-up of early courses; Dad was responsible for the climax of the main course.

Mom's delicious appetizer didn't disappoint. Her soup was wonderful, as always. The fish course was superb, though everybody cried that they wouldn't have room for what was to come. The mood was approaching full crescendo. Plates were cleared. The company shifted to the edge of their chairs. What would Dave's new masterpiece be? Then ... here it was! The dining room door swung open. Out came . . . meatloaf. And with it, shouts of disbelief.

Dad never could fathom why everyone was so disappointed. He thought the meatloaf was a marvelous treat. Mom agreed.

## IX.

As children in the late 1930's and early 1940's we used to go "to the mountains," that is, to a Jewish hotel in the Catskills, for a few weeks every summer. We went "for the air." No matter that we lived in hilly New Jersey suburbs, far from the city. My mother's father, Grandpa Schneider (Abba Schneider), who had adventured around the Continent before coming to America (unlike the Ferns who made a more-or-less direct bee-line), knew that life was healthier at higher altitudes. We had to be exposed to the finest air for at least a short while each year. The Catskills were our Alps. We always returned to a small, relatively unknown hotel which my father had found using his own style of research and to which we remained loyal for years. I remember the first year we vacationed in the mountains and how we found that hotel.

One summer Sunday morning in 1936 or '37 we were wakened in the dead of night to get what my father used to call "an early start." We were soon to pile into the old green Pontiac - still new in those days - which Cousin Ida Schafer Kalish later dubbed the Green Beetle, a down-graded reference to its speed compared to the Green Hornet of some radio program. Little did my sister and I suspect then that the Green Beetle was to serve us doggedly, in spite of a notoriously unreliable radiator, all through the war, gasoline rationing, and long beyond.

Mom had packed our summer clothes, including the heavy woolen bathing suits which soaked up several pounds of water as soon as they got wet. She had prepared enough sandwiches to last through a famine and filled the familiar, battered thermos jug with her famous purple drink that we thought everyone's mother made. (One large can of grapefruit juice, one of pineapple juice, a bottle of grape juice, and lots of ice.) At five o'clock, the summer sun about to come up, we were declared "late already" and got underway. We were off to the mountains. We headed for important Route 9-W, today a narrow back road. No reservations, of course - every hotel always had space at the end of the Depression and we weren't that sophisticated yet. Besides, this first time we weren't even sure which hotel it was going to be. That was the initial challenge of the day.

After a mid-morning roadside picnic, we headed for the town of Liberty in the Catskills. Up and down the main street we rode while Dad surveyed all the butcher shops in town. He chose the most likely, parked and went in to confer with the butcher. We kids knew of course that Dad was a butcher, but what did being a butcher in Millburn, New Jersey, have to do with some butcher in Liberty, New York? Furthermore, we thought we had traveled to stay at a hotel, not to shop. Out he came, started up the motor, and announced, "He said that the hotel that buys the best meat is Siken's." And that's where he headed, and that's where we returned, summer after summer for years.

A small modest place, it had the usual wide front porch and long row of rocking chairs, dammed-up lake, all-purpose "casino", simple rooms and old wooden dressers with difficult drawers. On Saturday nights it hosted a string of Borscht Belt entertainers who were third- or fourth-rate, but Siken's dining room stayed reliable, and we stayed loyal.

The first event of every stay was always Sunday afternoon dinner, a crowded noisy time with huge round tables of 10 or 12, when all the fathers were there. The usual question hung in the air of the dining room. How was the food going to be this year? I couldn't have cared less. What *kids* were going to be there was more critical. That was my major concern the first year I had graduated to the adults' dining room. I craned to see who of my age were there this year. They were scattered about, half hidden and tamely sitting with their parents the way I was. The adults had other things on their minds. This first Sunday dinner would indicate how the food was going to be this season.

Menus, of course, were unheard of in those days at a hotel as unpretentious as that. You simply expected a full meal, and you got a full meal. "Full pension," as Europeans say. You could expect, and got, the usual sequence of courses. Exactly *what* would be served for each course - ah, there lay the excitement.

To predict the season, celery sticks, bread, salad, even cold appetizer, didn't count. It was the first cooked dish that would give a meaningful clue. Out came a huge tray of steaming soup. The perspiring waiter tipped each metal cup into the soup-plate beneath. Everyone leaned over his bowl to dip in. Lilly took a careful spoonful from the plate's edge, pursed her lips to cool it with genteel breath, and tasted thoughtfully. Everyone watched. She swallowed and the table grew quiet.

"It's a falsche-suppe," she smacked.

I could figure out what "fahl-sheh-zoo-peh" *meant* but I didn't know what it *was*. Another adult mystery. For the life of me, I could not fathom how a liquid dish which was obviously soup could be called "false soup," particularly since it looked, felt and tasted like soup, and therefore *was* soup. The expression "mock soup" came decades later, but at the time, who could figure out this grown-up contradictory nonsense? Mom evidently did.

"It's a falsche-suppe," she repeated with satisfaction to that circle of faces who thought this probably was good but weren't quite sure. The whole table stared at her, awaiting more definitive word. She went on to announce in that tone of hers which connoted high praise, "And the cook is *Hungarian*." Then finally, in full triumph, "It's going to be a *good summer!*"

Everyone relaxed and smiled, happy they were so fortunate. Spoons clinked against heavy crockery. Conversation re-animated. Comfortable noise rose from our table and increased the already loud din of the crammed dining hall. Everywhere culinary vacationers leaned over their plates and were vigorously pursuing the serious business of eating. Our summer had begun.

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