



High Holiday Community Cookbook

WASHU HILLEL
2020 / 5781





L'shana tova!

Dear friends,

While the fall semester and High Holiday season might look a little different this year, we are excited to welcome in the new year with our beloved community.

One of our favorite elements of the Jewish community is coming together over food - whether for Shabbat dinners, High Holiday meals, Passover seders, or a quick lunch or snack with friends. Food is, and always has been, a powerful connector in our community and for Jewish communities around the world. While we might be separated by distance during this time of uncertainty, we can still come together around food. We hope you enjoy this cookbook of beloved family recipes and traditions from across our community. Our hope is that you will make some of these recipes in your homes or apartments with friends and family so we can all share in this special holiday season together, no matter where we may be.

May you be inscribed in the book of life for a sweet and fruitful new year - l'shana tova umetuka v'gmar chatima tova!

Love,

The WashU Hillel Staff

Jackie · Rabbi Jordan · Tony · Avery · Abby · Allison · Missy



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GLUTEN FREE (OR)
CAN BE PREPARED GLUTEN FREE



VEGAN (OR)
CAN BE PREPARED VEGAN



CONTAINS
NUTS





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Soups & Side Dishes





Miri's Egg & Cheese Souffle

MIRI GOODMAN, CLASS OF 2023

INGREDIENTS: ✂

8 eggs
1/2 cup water
1/4 cup dry onion
1/8 tsp pepper
1 tsp salt
2 cups milk or milk substitute
16 slices (or 2 loaves) of bread of choice (or
as many needed for gluten free bread
because it can be small)
1/2 tsp dried mustard
28 oz shredded Jack and/or Cheddar cheese
1-2 cans of chopped chili peppers

INSTRUCTIONS:

*Combine all ingredients except for cheese, chilis
& bread.*

*Grease dish with butter or butter substitute -
dish should be rectangular or square & deep
enough to layer the bread multiple times*

*Cut off the crusts & lay the bread down flat on
the bottom of the dish so it covers it almost
entirely.*

*Add cheese & chili peppers generously on top of
the bread.*

*Repeat layers until you are out of bread (bread
should be the top layer).*

Pour the egg mixture over the bread layers.

*Cover & refrigerate overnight or for as long as
possible.*

*When ready to eat, bake uncovered at 350F for
1 hour.*

Makes 10-12 servings.





Zach's Noodle Kugel

ZACH BERMAN, CLASS OF 2021

INGREDIENTS:

*16 oz bag egg noodles
2 sticks unsalted butter (melted)
4 eggs
1 cup sugar
1/2 tsp of salt
16 oz sour cream
16 oz cottage cheese (full or low fat)
20 oz can crushed pineapple
sprinkle of cinnamon*

INSTRUCTIONS:

Cook egg noodles according to package instructions - let drain & cool.

Melt butter.

Beat 4 eggs in a small bowl.

In a large bowl, combine noodles, butter, eggs, sugar, salt, sour cream, cottage cheese & crushed pineapple.

Combine with a spoon (do not use hand mixer!)

Pour mixture into a 9x13in baking dish.

Sprinkle cinnamon on top.

Bake at 350F for 1 hour 15 minutes.

Makes 18 servings.

"Whenever my extended family celebrates a Jewish holiday together, my grandmother cooks her mother's noodle kugel recipe. Since my cousins & I love this kugel, I have begun to make it for my family and friends."

-Zach



Yaira's Mediterranean Spicy Spinach & Lentil Soup

YAIRA KATZ, CLASS OF 2023

INGREDIENTS: ♡

Extra Virgin Olive Oil
1 large yellow onion (finely chopped)
1 large garlic clove (chopped)
Salt and pepper
1 1/2 tsp ground coriander
1 1/2 tsp ground cumin
1 1/2 tsp sumac
1 1/2 tsp crushed red peppers
2 tsp dried mint flakes
Pinch of sugar
1 tbsp flour
6 cups low-sodium vegetable broth
3 cups water (more if needed)
12 oz frozen cut leaf spinach
1 1/2 cups small brown/black lentils (rinsed)
Juice of 1 lime
2 cups chopped flat leaf parsley

INSTRUCTIONS:

In a large ceramic or cast iron pot, heat 2 tbsp olive oil.

Add the chopped onions & sautee until golden brown.

Add the garlic, all of the spices, dried mint, sugar & flour. Cook for about 2 minutes on medium heat stirring regularly.

Add broth & water, and raise the heat to high - bring the liquid to a rolling boil. Add frozen spinach & lentils.

Cook for 5 minutes on high heat, then reduce the heat to medium-low.

Cover & cook for 20 minutes or until the lentils are fully cooked to tender. (Partway through cooking, check the liquid levels - you may need to add a little bit of hot water.)

Once the lentils are fully cooked, stir in the lime juice & chopped parsley.

Remove from the heat & let sit covered for 5 minutes.



Penny's Quinoa Salad

PENNY ALPER, WASHU HILLEL BOARD OF DIRECTORS CHAIR

INGREDIENTS:



1 cup quinoa
2 cups vegetable broth, chicken broth, or water
1/3 cup red bell pepper
1/3 cup orange bell pepper
1/3 cup yellow bell pepper
3 green onions
1/2 cucumber
1 cup crumbled feta cheese
1/2 cup pine nuts
1/2 cup balsamic vinaigrette

**Omit or add vegetables depending on personal taste - chopped tomato, lightly cooked asparagus, dried cranberries, or sliced black olives also work well in this salad!*

**Add any protein you like for a heartier meal!*

Not only is this salad a favorite among the WashU Hillel staff, it was also featured in the Saint Louis Post Dispatch!

"Wishing you a year and future filled with health, happiness, peace, and success!"

~Penny

INSTRUCTIONS:

Rinse & drain quinoa in cold water, then cook in 2 cups of broth or water, according to package instructions.

Bring broth & quinoa to a boil, then cover & simmer for 10-15 minutes. (When it's done the liquid will be absorbed, the quinoa will turn translucent & the germ ring around the outside will be visible).

While the quinoa is cooking, chop peppers & cucumber, and thinly slice green onions, (including some of the green tops).

Toast pine nuts in 375F oven until lightly browned - watch closely as it will only take about 3 minutes.

When quinoa is cooked, fluff with fork & let cool.

Toss vegetables with 1/4 cup of vinaigrette, then combine vegetables & quinoa. Add the rest of the vinaigrette, salt & pepper to taste.

Chill in the refrigerator.

Before serving add in feta cheese & pine nuts, (reserving a few nuts for the top), and toss lightly.

Recipe makes 4 side servings / 2 meal servings.



Nate's Crispy Potato Kugel

NATE TURK, CLASS OF 2019

INGREDIENTS: ✂

5-7 Russet potatoes
6 eggs
1 large yellow onion
10 tbsp olive oil
Sea salt
Ground black pepper
Chives for garnish (chopped)
Sour cream for dipping

"The best part about Rosh Hashanah is coming together with family and friends to celebrate! This year, with everything going on in the world, I think it will be a unique opportunity to celebrate through Zoom with family and friends from across the world -- something I would not have thought of before COVID times."

-Nate

INSTRUCTIONS:

Grate potatoes & onion into a large bowl.

Over the sink, use your hands to squeeze as much water as possible from the potatoes & onions. Do not skip this step - this is what makes the kugel so crispy!

Transfer the dried onion/potato mixture to a dry bowl

Add eggs & 6 tbsp of oil to the potato/onion mixture & combine. Add plenty of salt & ground pepper.

Heat another 2 tbsp of oil over medium high heat in a cast iron, stainless steel skillet or baking dish

Pour mixture into pan/dish - do not pack!

Continue to cook on the stovetop for 10-12 minutes, rotating the skillet occasionally so the bottom gets equally crispy on all sides.

Drizzle the last 2 tbsp of oil on the top & bake at 425F for 45-50 minutes or until the top golden brown with crispy edges. The potatoes should be completely cooked through.

Serve with pepper, sea salt, chives & sour cream. This kugel tastes like a giant latke, so serve with whatever latke toppings you like!





Micah's Squash Souffle

MICAH GOLDSON, CLASS OF 2020

INGREDIENTS: ✂️❤️

*2 packages frozen squash
2/3 cup flour
2/3 cup sugar
1 3/4 cups milk (can use soy or almond milk
for pareve souffle)
1 tsp cinnamon
1/2 tsp nutmeg
4 eggs*

INSTRUCTIONS:

Defrost squash & mash in a large bowl.

Combine sugar, milk, cinnamon, nutmeg & eggs.

Fold squash & flour into egg mixture.

Pour mixture into a large greased casserole dish & sprinkle with cinnamon.

Bake at 350F for 75-90 minutes or until set.

Enjoy!

Recipe makes ~8 servings.

"I wouldn't say I necessarily have a favorite high holiday tradition, but I love the fact that the new year brings people together. No matter where I am or what I am doing, I know that I can always join together with people to share food & laughter. I have such fond memories of the High Holidays with WashU Hillel, whether it was chatting with the Hillel staff, spending time with my fellow students, or meeting new members of the STL Jewish community, so I know that I will always have a home at Hillel! What better way to give back than to share a little piece of my home in return? Enjoy this recipe in good health, and have a wonderful new year. Chag sameach!"

~Micah



Amir's Persian Rice with Potato Tahdig

AMIR TAL, TOUR GUIDE EXTRAORDINAIRE - WASHU HILLEL BIRTHRIGHT & CLIE

INGREDIENTS:

2 cups Basmati rice
1 tbsp salt + plus extra for seasoning
(preferably kosher or sea salt, use less is using iodized salt)
Pinch saffron threads (ground or crushed)
3 tbsp boiling water
3 potatoes (peeled)
3 tbsp salted butter/margarine
1 tbsp oil (something neutral with a high smoking point, like grapeseed oil)
1/4 cup dried barberries, soaked in hot water (optional garnish)

INSTRUCTIONS:

Rinse the rice in cold water 2-3 times, or until the water runs clear, then drain & set aside.

Cut potatoes into 1/4-inch thick rounds & soak in a large bowl of water.

Combine ground saffron & boiling water in a small bowl, then set aside to steep.

Bring a large pot of water to boil & add 1 tbsp of salt. Stir to dissolve salt, then add rice & cook for about 5 minutes. Test the texture of the rice between your fingers - the grains should be soft on the edges but still firm in the middle (not fully cooked through). Drain & rinse with cool water to stop the cooking process, then drain rice completely & set aside.

Drain your potatoes & rinse off any residual starch. Shake off excess water, then pat dry & set aside.

Heat oil & 1 tbsp of butter/margarine in a large non-stick pan over medium heat. When the butter melts, add 1 tbsp of the saffron water. Add the dry potatoes to the pan in a single flat layer & season with a little salt.

Layer the partially cooked rice on top, pressing down on the rice gently to pack it down.

Continue...



Amir's Persian Rice with Potato Tahdig Continued

INSTRUCTIONS CONTINUED:

Pour 1 tbsp of saffron water over the rice.

Poke shallow holes into the rice & push in pats of butter, then smooth the top of the rice again.

Place a clean kitchen towel or paper towel on top of the pan, cover with a lid & wrap the excess towel around the lid. Be careful not to catch your towel on fire - especially if you are using a gas stove!

Cook the rice on medium heat for 5 minutes, then reduce heat to medium-low for about 20 minutes. Check the doneness of the potatoes & make sure they are not burning, then continue cooking for another 10 minutes or as needed. The dish is done when the potatoes are cooked through & crispy, and the rice at the top is also cooked through.

Take the pan off the heat, remove the lid & let cool briefly, then cover the pan with a large plate or serving platter & carefully invert to serve.

If using barberries, soak in water & drain, then combine the remaining 1 tbsp of saffron water. Garnish with the saffron/barberry mixture.

Serve immediately. This dish is best fresh - leftover potatoes will become soggy, but the leftover rice will still be good the next day.

Recipe makes 6 servings.

"When we celebrated holidays with my Persian grandparents it was heaven on earth - 15 cousins playing together, having a sleepover & praying together. My grandmother used to cook on the paraffin stove & you could smell the food once you entered the street - we always knew Persian rice was waiting for us! The rice my grandmother used to make was really something else!

Last summer when we were in Israel for the Campus Leaders Israel Experience (CLIE) trip, I promised Avery & Rabbi Jordan that I would make this rice for them. Now with Covid, it seems like it's going to take a while until I will get back to WashU to make it, so I hope you enjoy this recipe!"

-Amir



WashU Hillel's Famous Matzo Ball Soup

INGREDIENTS:

Soup:

3 carrots (peeled & chopped)
3 celery stalks (chopped)
2 onions (chopped)
1 bulb garlic
2 bay leaves
1/4 bunch of thyme
1/4 bunch of dill (roughly chopped)
1 tbsp salt
1 tsp pepper
1 whole chicken
3 quarts water

Matzo Balls:

6 eggs
6 tbsp water
1/2 cup vegetable oil
3 tbsp salt
3/4 tsp pepper
3 tbsp dill (removed from stem)
1 1/2 cups matzo meal

INSTRUCTIONS:

Soup:

Put all ingredients in a large stockpot & boil for 1 hour. Skim off any fat or foam that rises to the surface.

Matzo Balls:

Combine eggs, water & oil in a large bowl.

Add salt, pepper, dill & matzo meal - mix to combine.

Chill in refrigerator.

Roll mixture into 1-inch balls.

Add matzo balls to soup pot & boil for 30 minutes.

If you've ever been to WashU Hillel on a Friday night, you know that this matzo ball soup is a staple at Shabbat dinner!





Penny's Mock Chopped Liver

PENNY ALPER, WASHU HILLEL BOARD OF DIRECTORS CHAIR

INGREDIENTS:

*3/4 cup walnuts
1 large onion (chopped)
2 tsp oil
1 - 15 ounce can of sweet peas, drained
2 hard boiled eggs (optional)
Salt
Pepper
Garlic*

INSTRUCTIONS:

Brown onion in 2tsp of oil.

Pulse walnuts, peas & onions in food processor, pausing to scrape down the sides, until nearly smooth, but not puréed.

Chop eggs separately & stir into the processed mixture if desired.

Season with salt, pepper & garlic to taste.

"Set out with appetizers, I have a tray of bite-size pieces of challah and a bowl of sugar. When each person arrives at our holiday dinner, a loved one gives them a piece of the challah dipped in sugar, for each guest to have a "sweet" year, filled with blessings."

-Penny



Rabbi Jordan's Potato Kugel Cups

RABBI JORDAN GERSON, WASHU HILLEL RABBI

INGREDIENTS: ✂

1 1/2 cups extra virgin olive oil
3 eggs
2 tsp kosher salt
1/2 tsp freshly ground black pepper
6 large potatoes
1 large onion (quartered)

INSTRUCTIONS:

Grease custard cups or 4-6 oz dessert dishes with olive oil & set tray in 425F oven to heat up the oil.

Peel potatoes & place them in a large bowl of cold water to prevent browning.

Beat eggs in a small bowl - add salt & pepper, mix well, and set aside.

Pour 3/4 cup of olive oil into a small saucepan & heat over medium-low flame.

Cut potatoes lengthwise into halves or quarters so they fit into food processor feed tube. Process potatoes & onions using the blade that creates thin, shoestring-like strips.

Transfer potatoes & onions to a large bowl, add egg mixture & heated oil from stovetop - mix very well. Be sure to remove any large pieces of potatoes or onions that weren't processed properly.

Remove heated cups from the oven & spoon potato mixture evenly into hot, oiled cups.

Bake at 425F for 1 hour. If the sides are still pale, cook for 20 minutes longer or until the tops look crunchy & sides are golden brown.

**This recipe can also be used to make potato kugel pie! Instead of using custard cups, follow the same instructions, but bake mixture in 9-inch round glass baking dish for 1 hour 20 minutes (or to desired crunchiness).*

"Rosh Hashanah is more than just a religious observance. It's more than prayer books and services. To me, Rosh Hashanah and the High Holiday season mean community and family, and when you get Jewish community and family you also get food. I love cooking for my family, I love amplifying our religious observances and celebrations with good food, the conversations that accompany the meal, and the memories that are built around the table. I want to wish you all a happy Rosh Hashanah, a meaningful High Holiday season and a year filled with health and blessings."

~Rabbi Jordan



Mackenzie's Kasha Varnishkes

MACKENZIE MANOFSKY, CLASS OF 2023

INGREDIENTS:

*1/2 lb medium-size kernel kasha (buckwheat)
1 egg
1 large onion (diced)
2 1/2 cups boiling water
1/2 lb mushrooms (diced)
1/2 lb bow tie noodles
2 tbsp oil + extra for greasing dish*

"One of my favorite high holiday traditions is spending time with my family! We all get together, usually at one of our houses, and talk over dozens of homemade dishes. My family makes sure that everyone goes home with enough leftovers for weeks!"

~Mackenzie

INSTRUCTIONS:

Mix kasha & raw egg, then spread out on oven safe dish & bake at 350F until light brown & dry.

Next, brown the mixture in 2 tbsp oil in a large skillet. Be sure to break apart any lumps.

Pour boiling water over the kasha, then cover & simmer until liquid is absorbed. Boil noodles in salt water until soft, then drain, rinse with cold water & drain again.

Sauté onion & mushrooms in oil, then mix in the kasha.

Combine kasha mixture & noodles in greased casserole dish.

Bake 15-20 minutes at 350F.

Serve immediately.

Recipe makes 6 servings.



Julie's Sweet Potato Gnocchi with Brown Butter Sage Sauce

JULIE COLE, CLASS OF 2017

INGREDIENTS:

*2 sweet potatoes
2 cups flour + more for kneading & shaping
1 egg (optional)
1 tsp salt
1/4 cup fresh sage
4 tbsp butter*

*"This is one of my favorite high holiday recipes, although I cook it all year round!"
~Julie*

INSTRUCTIONS:

Bake sweet potatoes at 350F for 45 minutes or until soft - set aside & let cool.

Peel & mash potatoes, then mix with flour, salt & egg (if desired).

Knead until firm, slightly sticky, dough forms – add flour as needed to get the consistency you want.

Cut dough into 4 pieces – one at a time, roll dough into a long snake-like log & cut 1-inch pieces. Place pieces onto floured baking sheet (rolling the pieces in a little flour can also prevent them from sticking!) - If desired, roll pieces along the back of a fork to create ridges.

Boil small batches of gnocchi in water for 3 minutes, or until they float - when done, drain & set aside.

Once all gnocchi is boiled, melt butter & add fresh sage – cook until butter is brown & sage looks crispy.

Add gnocchi into pan & saute until the gnocchi is crispy.



Preston's Carrot Kugel

PRESTON TASOFF, CLASS OF 2020

INGREDIENTS:

16 oz carrots (cut & boiled or microwaved w/water)
3 eggs (large or extra-large)
3/4 cup sugar (or a little more if you want it to be sweeter)
1 cup white rice flour (or all-purpose flour)
1 1/2 sticks unsalted butter
1/4 cup unsweetened almond milk
1/4 cup brown sugar (firmly packed)
Sprinkle of cinnamon
2 cups corn flakes (if GF – make sure these are GF too)
1/3 cup walnut pieces (optional)

"This recipe is really easy & is so yummy - it also freezes well if you want to make a double batch! If doubled, use a 9x15 inch glass baking dish or several small square dishes.

**For a Pareve recipe – substitute non-dairy margarine for butter.*

**For a Passover recipe – use Passover cake flour or rice flour & use matzo farfel instead of the corn flakes."*

INSTRUCTIONS:

Cook carrots & let cool.

Puree carrots in a blender or stand mixer.

Melt 1 stick butter & let cool.

In the mixer, combine pureed carrots, melted butter, sugar, flour, eggs, & milk until smooth and well blended.

Pour mixture into greased 9-inch square baking dish.

For topping:

In a large bowl, combine cornflakes & nuts (if desired).

Heat 1/2 stick butter & brown sugar over low heat until melted & combined. Pour mixture over cornflakes & gently mix to coat.

Spread cornflakes over carrot mixture & sprinkle cinnamon over topping.

Bake at 350F for 45-55 minutes (time may vary by oven - start checking at 45 minutes).



Tony's Roasted Beet Salad

TONY WESTBROOK, WASHU HILLEL ASSISTANT DIRECTOR

INGREDIENTS:

*6 medium beets or 4 large beets
2 large oranges
1 pomegranate
3 lemons
1 bunch fresh mint (chopped)
1 bunch fresh parsley (chopped)
1 bunch fresh chives (chopped)
1 tsp cardamom
1 tsp cumin
1 tsp kosher salt
1 tsp freshly cracked black pepper
Zest of 1 orange
3 tbsp Greek yogurt or tahina
1/2 cup olive oil*

INSTRUCTIONS:

Cut any stems or roots off the beets & cut in half lengthwise. Toss with a little olive oil, sprinkle with seasoning blend, then put on a roasting pan & cover tightly with aluminum foil. Roast at 400F for 45-60 minutes (until a paring knife goes easily into the beets). Set aside & let cool.

When beets have cooled, rub the skin off with your fingers or peel with a paring knife. Cut into bite-size cubes & set aside.

Deseed pomegranate.

In a small bowl, combine chopped mint, parsley & chives - most of this mixture will go in the dressing, but be sure to leave some for garnish!

Continue...



Tony's Roasted Beet Salad Continued...

INSTRUCTIONS CONTINUED:

In a large serving bowl, combine cubed beets, chopped herbs, pomegranate seeds, orange zest, & lemon dressing. Add seasoning blend to taste.

Garnish with remaining herbs.

**If preparing salad ahead of time, cover at this point & store in the refrigerator.*

Drizzle with yogurt or tahina before serving.

Recipe makes 7-8 servings.

Lemon Dressing:

In a small bowl, combine juice of 3 lemons, olive oil, salt & pepper, then gently stir in most of the herb mixture (leave some for garnishing).

Tahina:

If using tahina instead of yogurt - combine 1 tbsp raw tahina & 4 tbsp of water in a separate bowl until well incorporated.

"This is one of my favorite dishes to have. I could eat it all year round, but I reserve it especially for Rosh HaShanah. As part of my Rosh HaShanah seder, my table is filled with symbolic foods to bring sweetness, joy, and luck into the new year. This dish has many of the items of the symbolic foods and it makes a perfect addition to any table! Every time I eat this dish, it immediately takes me back to Jerusalem."

~Tony



Main Dishes





Rebecca's Chicken Paprikash with Rice

REBECCA DANIEL, CLASS OF 2022

INGREDIENTS: ✂

*1 tbsp olive oil
1 medium onion (chopped)
1 celery stalk (chopped)
1 green or red pepper (chopped)
1 tbsp paprika
6 boneless chicken thighs (2 lbs)
1 1/4 cups uncooked long grain white rice
4 cups chicken broth
Kosher salt
Freshly ground black pepper
Fresh flat leaf parsley for garnish (chopped)*

INSTRUCTIONS:

Heat oil in a large heavy saucepan and saute onion, celery & peppers on medium-high heat. Cook until onions are translucent.

Add paprika.

Add chicken & saute for 10 minutes.

Add rice & chicken broth. Cook until rice is done - about 20 minutes. Keep an eye on the rice as it simmers to ensure it doesn't get dry - rice can also be prepared separately if desired.

Add salt & pepper to taste.

Garnish with parsley.



Julie's Pomegranate Glazed Salmon

JULIE COLE, CLASS OF 2017

INGREDIENTS:

*1 lb salmon
1/2 cup pomegranate juice
2 tbsp honey
2 tbsp brown sugar
2 tsp Dijon mustard (optional)
1 tsp corn starch
Small pinch of salt*

INSTRUCTIONS:

Whisk together all ingredients (other than the salmon) in a saucepan over medium heat for 3-5 minutes (until thickened and glossy).

Set glaze aside to cool.

Set oven to broil - if your oven has the option, use medium broil.

Place salmon on greased baking tray.

Sprinkle with salt & pepper, and brush glaze on top & sides of each piece

Broil for 6-10 minutes (or until cooked to your liking).

Brush remaining glaze on top of salmon.



Sam's Hungarian Cabbage & Noodles

SAM WAPNICK, CLASS OF 2021

INGREDIENTS:

*1 - 12 oz package bowtie noodles
2.5 lbs cabbage
2 large onions
1/4 canola or vegetable oil
1.5 tsp sweet Hungarian paprika
1 tsp kosher salt
1/2 tsp black pepper*

"My great grandmother was born just outside of Budapest and brought this recipe (called "Kraut Pletzlach" in Hungarian) with her when she came to the United States as a teenager."

~Sam

INSTRUCTIONS:

Cook pasta until al dente. Drain & rinse in cool water, then set aside.

Quarter cabbage & grate each chunk on the large side of grater.

Coarsely grate onions.

Add onions & cabbage to aluminum pan to sauté.

Pour oil over mixture & cook over medium heat until cabbage is tender, but not mushy.

Stir in paprika, salt & pepper - be careful not to burn it!

Add 1/3 of pasta into casserole pan, then cover with 1/3 of cabbage mixture. Repeat layering - the top should be a layer of cabbage.

Cover loosely with foil & bake at 350F for 20-40 minutes or until cabbage is steamed.



Susan & Daryl's Homemade Lox

SUSAN MILLER, CLASS OF 1976

INGREDIENTS:

2-4 lb salmon filet
8 tbsp Diamond Crystal salt (there are conversions online for Morton's and other kosher salt)
2 tbsp sugar
1 tbsp liquid smoke (hickory)

INSTRUCTIONS:

Dry the filet with a paper towel & place it on a sheet of wax paper a bit longer than the filet. Be careful to remove any bones.

Mix the cure together. The liquid smoke should make the cure beige and a bit damp. Mix thoroughly.

Apply half the cure, rubbing it all over the filet & massaging it in a bit. Then flip the filet over onto a clean sheet of wax paper & peel off the first sheet. Since the side with no cure is now on top, repeat with the rest of the cure. Put the wax paper back on.

Fold the wax paper over to wrap the fish & put it in a large Ziploc bag. The filet will be too long for the bag, so fold the fish over & seal the bag. Squeeze as much air out as possible & refrigerate, using weights on top of the salmon - cans make great weights!

Flip the fish over every other day. After seven days, there should be a pool of liquid in the bag. Take the bag out, peel off the wax paper & rinse the cure thoroughly off the fish. You can optionally soak the fish in the bag for a couple of hours to take out some more salt.

Pat dry & slice into paper-thin slices using a long, thin, flexible knife for best results.



Avery's Roasted Eggplant with Tahina

AVERY FRIEDMAN, WASHU HILLEL PROGRAM & ENGAGEMENT ASSOCIATE

INGREDIENTS: ✂️ ❤️

Eggplant:

Eggplant

2-3 tbsp olive oil + more for garnish

Sprinkle of salt

Sprinkle of pepper

Pomegranate seeds (optional garnish)

Parley (optional garnish)

Sprinkle of za'atar (optional garnish)

Tahina:

1/4 cup raw tahina

Water

Sprinkle of salt

Sprinkle of garlic powder

Sprinkle of paprika

**Lemon juice & chopped parsley are also often added to tahina - prepare according to personal preference.*

"I lived in Israel for 4 years, during which time I picked up a lot of recipes! This is one of my favorites that I learned from friends & I make it all year round - especially when I'm feeling homesick. It's so easy & absolutely delicious! It also goes great with challah or a nice crunchy bread."

~Avery

INSTRUCTIONS:

Tahina:

In a small bowl, slowly add water to raw tahina & mix until desired consistency - tahina should be the consistency of a dressing, but add more/less water according to personal preference.

Add salt, garlic powder & paprika to taste.

**Refrigerate any leftover tahina in a tightly sealed container.*

Eggplant:

Slice eggplants in half length-wise & score with a knife.

Brush cut-side liberally with olive oil, then sprinkle with salt & pepper.

Place eggplants cut-side up on a lined baking sheet and roast at 400F for 45 minutes.

Before serving, drizzle with olive oil & tahina, then garnish with pomegranate & parsley or za'atar & parsley if desired.



Rebecca's Honey Mustard Chicken

REBECCA GREENSTEIN, CLASS OF 2021

INGREDIENTS: ✂

*1 broiled chicken (broken down into small pieces)
1/2 stick margarine
1/2 cup honey
1/4 cup brown mustard
1 tsp salt
1 tsp curry powder*

INSTRUCTIONS:

Melt margarine in a large bowl.

Mix in the honey, brown mustard, salt & curry powder.

Roll the chicken in the mixture making sure to coat all sides.

Place chicken in a greased baking dish & pour remaining sauce mixture on top.

Bake at 375F for 1 hour.

Makes 3-4 servings.

"My first year at WashU, some friends and I couldn't make it to Hillel's tashlich in Forest Park, so we did our own in a random place on campus, and every year since the four of us continue to do tashlich together in random places on campus! I love this tradition because we took something so many Jews do around the High Holidays and made it our own by exploring new places on campus, and I love the chance to do it with the same three friends every year!"

~Rebecca



Lori's Herb Braised Brisket

LORI SCHEINBEIN, WASHU HILLEL BOARD OF DIRECTORS

INGREDIENTS: ✂

6 lbs first cut brisket (untrimmed)
Extra virgin olive oil
4 onions (diced)
5 carrots (peeled & sliced into 1-inch pieces)
5 celery stalks (peeled & sliced into 1-inch pieces)
10 sprigs thyme
2 sprigs rosemary
2 bay leaves
8 cloves garlic
1 quart low sodium beef or chicken broth
2 tsp kosher salt (you may need to use less salt if using a kosher salted brisket)
2 tsp black pepper
1 tbsp corn starch (substitute potato starch for Passover)
Fresh chopped parsley (optional garnish)

INSTRUCTIONS:

Rinse brisket & pat dry. Rub both sides with black pepper & kosher salt.

Place brisket in roasting pan on stovetop. Heat over a medium flame & drizzle a few tablespoons of olive oil into the pan. Brown brisket on stovetop on both sides (about 4 minutes per side).

Remove brisket & drizzle a little more olive oil into the pan. Add diced onions, carrot & celery - sauté vegetables for a few minutes, scraping up the brown bits on the bottom of the pan with your spatula.

When onion is translucent & carrots are slightly caramelized, scoop vegetables out of the pan & set aside.

Pour beef broth into pan & scrape up any remaining brown bits as the broth heats.

When broth is hot, add half your vegetables back into the pan - spread evenly across the bottom. Place your brisket back into the pan, fatty side facing up.

Place garlic cloves on top of the meat, evenly spaced. Add the remaining veggies to the pan, spreading them on top of the brisket to cover. Spread herbs evenly over brisket & broth.

Continue...



Lori's Herb Braised Brisket Continued...

INSTRUCTIONS CONTINUED:

Pour more broth into the pan until it goes halfway up the sides of your brisket. Cover roasting pan tightly with a layer of parchment paper, followed by a layer of foil & place in the oven. (If your roasting pan has a lid, use that instead of the parchment/foil combination.)

Let brisket roast at 300F undisturbed for 5-7 hours (about 1 hour per pound of meat - leaner and grass fed cuts of meat may take longer). Brisket will shrink as it cooks. The meat is ready when it's fork tender & very easy to slice.

Remove brisket from the pan & let it rest on a cutting board for 20-30 minutes before slicing.

Skim fat & strain drippings from the roasting pan into a saucepan & let cool. Set cooked vegetables aside.

Reheat remaining liquid on stovetop. Stir together the corn/potato starch & 1 1/2 tbsp cold water, then pour into the cooking liquid. Bring liquid to a low simmer until it thickens to make a gravy. Add starch/water mixture & simmer until desired consistency.

**Alternatively, you can blend the softened cooked vegetables (with herbs removed) into the gravy to thicken it using an immersion blender. Add salt & pepper to taste if needed.*

Cut fat cap off the brisket before serving. This savory brisket is the perfect compliment to sweet side dishes!

Recipes makes ~8 servings.

"Every year during the high holidays my family has a shofar blowing contest! Not only is it fun, but it's also a beautiful and meaningful way to acknowledge the meaning behind it."

~Lori



Bud & Lynn's Chicken with Plum Sauce

BUD WITTELS, WASHU HILLEL BOARD OF DIRECTORS & IMMEDIATE PAST CHAIR
LYNN WITTELS, ST LOUIS JCC PRESIDENT & CEO

INGREDIENTS: ✂

4-6 chicken breasts (bone-in)
1 onion (chopped)
1/2 stick margarine/butter
1 large can purple plums (pitted)
1-6 oz can frozen lemonade
1/3 cup chili sauce
1 tsp Worcestershire sauce
1/4 cup soy sauce
1 tsp dry ginger
2 tsp mustard

INSTRUCTIONS:

Sear chicken breasts on the grill & bake at 350F for 30 minutes.

Meanwhile, sauté onion in margarine/butter.

Puree plums (pitted) & juice, then add to the onions.

Blend in lemonade, chili sauce, Worcestershire sauce, soy sauce, ginger & mustard.

Simmer sauce for 15 minutes, then pour over chicken.

**The plum sauce keeps well in the freezer so you can make extra & store it for later!*





Mia's Chicken Paprikash with Hungarian Dumplings

MIA HARRIS, CLASS OF 2022

INGREDIENTS:

Chicken:

4-5 lbs chicken pieces (bone-in)
3 tbsp flour
Lawry's seasoning salt
Pepper
2 tbsp oil
1 1/2 cups sliced onion
1 tbsp paprika
1 cup water

Dumplings:

2 cups flour
3 eggs (beaten)
1 tsp of salt
1/3 cup water

INSTRUCTIONS:

Chicken:

Pat chicken pieces dry with paper towel, then sprinkle generously with Lawry's salt, pepper, and a little flour.

Heat oil over medium/high heat in a large skillet or dutch oven & brown chicken on both sides for several minutes until golden - it doesn't need to be cooked through, just needs to get a little crispy on the outside.

Remove chicken & add onions to the pan (no need to add extra oil - there should be enough fat left from cooking the chicken).

Cook onions until soft & golden, then add chicken back into pan.

Sprinkle evenly with paprika & add water.

Bring to a boil, then reduce heat, cover & simmer for about 90 minutes.

*Add more water if needed while cooking - you want to have plenty of gravy!

Continue...



Mia's Chicken Paprikash with Hungarian Dumplings Continued...

INSTRUCTIONS CONTINUED:

Dumplings:

Bring a large pot of salted water to a boil.

Combine flour, eggs, water & salt in a medium mixing bowl - stir until it's stretchy & has the texture of chewing gum. Add more water, flour, or egg as needed to get a stretchy texture.

Turn the dough onto a cutting board & cut off very small pieces.

Flick pieces of dough into the boiling water & cook for a few minutes - the dumplings will float to the surface when done.

Serve chicken atop dumplings - this dish is great with a side of green beans!

Recipe makes 6-8 servings.

"My favorite high holiday tradition is having break fast with our family friends. Because my immediate family lives on the West Coast & all of my relatives live on the East Coast - we aren't able to spend the holidays together so we do a big break fast with all our family friends instead!"

~Mia



Jacob & Zach's Prune & Apricot Chicken

JACOB GROSS, CLASS OF 2020 & ZACH GROSS, CLASS OF 2024

INGREDIENTS: ✂

Prunes
Apricots
Slivered almonds (optional)
12 or 16 oz can of orange juice concentrate
1 envelope of onion soup mix
6-8 pieces of chicken breasts or thighs (either on the bone or boneless)

INSTRUCTIONS:

Defrost frozen orange juice concentrate overnight in the refrigerator.

Layer the prunes and apricots in a greased baking dish.

Layer chicken on top of the prunes & apricots.

In a separate bowl, combine the defrosted orange juice concentrate & onion soup mix.

Pour orange juice & onion soup mixture over the chicken.

Sprinkle slivered almonds over chicken.

Cover dish with foil & bake at 350F for 40-60 minutes (or until internal temperature of the chicken reaches 165 F).

Recipe makes 6-8 servings.

"One of our favorite holiday traditions is going to Houston to spend Rosh Hashanah with our grandparents & cousins. It's always more fun to spend Jewish holidays with family, and each holiday we spend together brings us closer and helps us create more memories!"

~Jacob & Zach



Rabbi Jordan's Braised Brisket with Plums

RABBI JORDAN GERSON, WASHU HILLEL RABBI

INGREDIENTS:

6-7 lb brisket (preferably second cut)
2 tbsp kosher salt
1 1/2 tbsp black pepper
3 garlic cloves (thinly sliced)
1 bunch lemon thyme or regular thyme
2 tbsp extra virgin olive oil
3 white onions (thinly sliced)
1 cup ruby port
1/2 cup dry white wine
4 whole star anise (or 2 whole cloves)
4 whole bay leaves
2 1/2 lbs firm ripe plums (halved & pitted)
Thyme leaves (optional garnish)

INSTRUCTIONS:

Season brisket all over with salt & pepper.

Place in a large container - cover with garlic & half the thyme sprigs. Cover & refrigerate overnight or for at least 4 hours.

Remove from refrigerator & let meat stand at room temperature for 30 minutes before cooking. Wipe off garlic and thyme.

Heat a very large Dutch oven over high heat on the stovetop. Add oil & place brisket in pot - cook, without moving, until browned (about 7 minutes per side). If whole brisket does not fit in pan, cut into two chunks & sear in batches.

Transfer to a plate.

Add onions to pot & reduce heat to medium-high. Cook onions, tossing occasionally, until golden brown around the edges & very tender (about 15 to 20 minutes).

Pour in port & wine, then scrape up any browned bits from the bottom of the pot.

Stir in star anise, bay leaves & remaining thyme. Scatter half the plums over the bottom of the pot & nestle brisket on top. Scatter remaining plums over meat.

Continue...



Rabbi Jordan's Braised Brisket with Plums Continued...

INSTRUCTIONS CONTINUED:

Cover pot & transfer to 325F oven. Cook, turning every 30 minutes, until meat is completely fork tender (about 5 hours). After 4 hours, uncover the pot so some of the liquid can evaporate & sauce can thicken.

If you have time, let brisket cool completely in the pot, then refrigerate, covered, overnight. (This makes it easier to remove the fat from the top with a slotted spoon.) Reheat meat in a 300F oven for about 45 minutes before serving, if necessary.

If sauce seems thin, remove meat from the pot & bring liquid to a simmer. Let cook until it's reduced to taste. Slice meat & serve with the plum sauce, garnished with thyme leaves if desired.

Recipe makes 12-14 servings.

"This is not the easiest brisket to make & it's time consuming, but it is so worth it! I made it a couple years ago for Rosh Hashanah dinner & I'm still getting rave reviews about it! It is absolutely incredible!"

~Rabbi Jordan



Julie's Chicken with Balsamic Fig Sauce

JULIE COLE, CLASS OF 2017

INGREDIENTS: ✂

*1 lb chicken breasts (sliced thin)
2 shallots (minced)
1 tbsp rosemary (chopped)
4 tbsp fig jam
1/4 cup balsamic vinegar
1/3 cup chicken stock*

INSTRUCTIONS:

Pat chicken dry with paper towels, then season both sides with salt & pepper.

Drizzle olive oil in a large skillet & heat on medium-high. Cook chicken until golden brown on each side & 165F internally (about 4 minutes per side).

Remove chicken from the pan & set aside.

Drizzle more olive oil into pan - do not clean pan between steps! Add chopped shallots & rosemary - cook until translucent.

Add fig jam & vinegar. Stir for 30-60 seconds.

Add chicken stock a little at a time until desired consistency is reached - you may need a little extra stock if the sauce is too thick.

Let sauce reduce over medium heat for a few minutes, until it thickens & becomes glossy.

Season with salt & pepper to taste.

Pour over chicken & enjoy!



Desserts & Baked Goods





Arielle's Honey Cake

ARIELLE SMITH, CLASS OF 2022

INGREDIENTS:

*2 1/4 cup flour
2 tsp baking powder
1 tsp baking soda
2 tsp cinnamon
Pinch of cloves
3 eggs
1 cup honey
3/4 cup brown sugar
1/4 cup oil
1 cup Coca-cola*

INSTRUCTIONS:

Combine flour, baking powder, baking soda, cinnamon & cloves in a mixing bowl.

Combine eggs, honey, brown sugar, oil & Coke in a food processor

Slowly add dry ingredients to the food processor & pulse until combined.

Pour batter into greased loaf pan.

Bake at 350F for 45 minutes or until toothpick inserted in the middle comes out clean.

Recipe makes 1 loaf.

"My parents met at a Hillel Kol Nidre service, so we've always made the dinner before Kol Nidre & going to our synagogue's Kol Nidre service a family event! When I was a kid, I kind of resented that my parents made my sister & I stay with them for the whole service while other kids often went outside & did their own thing. Over time though, both the powerful Kol Nidre service & the special routine of a longstanding family tradition have grown on me. I've missed this tradition while away at college, but you can catch me attending the WashU Hillel Kol Nidre service!"

~Arielle



Avery's Applesauce

AVERY FRIEDMAN, WASHU HILLEL PROGRAM & ENGAGEMENT ASSOCIATE

INGREDIENTS: ✂️ ♡

7-10 apples (Fuji, Gala, Pink Lady & Honeycrisp)
1/3 - 1/2 cup apple cider (or apple juice)
1-2 cinnamon sticks (broken in half)
White or brown sugar (optional)
Ground cinnamon (optional)

"My mom figured this recipe out by trial & error, and she makes it all the time. You can use any kind of apples you like, but we've found that a combination of apples with varying degrees of sweetness is the best. It's the easiest recipe & it makes the entire house smell like fall. This applesauce will keep in a tightly sealed jar or container for a few weeks, but it rarely lasts a few days in my house!"

~Avery

INSTRUCTIONS:

Peel & core apples, then cut into quarters.

Put apple, cinnamon sticks & cider in baking dish. Mix to coat apples in cider.

Cover dish with foil & bake at 350F for at least 4 hours. Gently stir mixture halfway through.

Add sugar & cinnamon to taste. Stir/mush with a fork until you get the desired texture - this applesauce can be as chunky or smooth as you like.

Turn oven off, but leave dish for a few more hours, the rest of the day or even overnight - the longer it sits in the oven, the better it is!

**If there's more liquid in the dish than you'd like, strain it off & enjoy in a mug - it's delicious apple cider!*

Recipe makes 2-3 jars of applesauce.



Ilana's Challah Souffle

ILANA HOFFER, CLASS OF 2022

INGREDIENTS:

*1 medium challah
8 oz cream cheese (softened)
1 stick butter (softened)
3/4 cup maple syrup
10 large eggs
3 cups light cream
1 tsp cinnamon
2 tbsp powdered sugar for ganish*

"This recipe is a staple in my house for break fast! My family always hosts a big break fast where we make and finish 3 entire challah soufflés. I've always loved having tons of family and friends over to eat and be together for the end of the high holiday season!"

~Ilana

INSTRUCTIONS:

Coarsely chop challah & distribute evenly over the bottom of a 9x13 inch baking dish.

Combine cream cheese, butter & 1/4 cup maple syrup in food processor & pulse until smooth.

Spread mixture over challah.

In a separate bowl, beat together eggs, remaining 1/2 cup maple syrup & cream.

Pour mixture over challah & sprinkle with cinnamon.

Cover & refrigerate overnight.

Bake uncovered at 350F for 45-50 minutes or until puffed & golden.

Sprinkle with powdered sugar before serving.

Serve with maple syrup & butter.



Briana's Apple Cake

BRIANA GARIL, CLASS OF 2022

INGREDIENTS:

*1/2 cup butter (softened)
2 cups sugar
1/2 tsp vanilla extract
2 large eggs (room temperature)
2 cups all-purpose flour
1-1/2 tsp ground cinnamon
1 tsp ground nutmeg
1/2 tsp salt
1/2 tsp baking soda
6 cups tart apples (peeled & chopped)*

"One year, for Kol Nidre, my synagogue had 3 different groups hold the Torahs while Kol Nidre was being recited. In true l'dor v'dor fashion, the plan was to have past temple leaders hold the Torahs first, then current leaders and finally, future leaders. As a member of the youth group board, I qualified as a "future leader." As I arrived on the bima for the third & final recitation of Kol Nidre, my rabbi tells me that she will give me one of the "light" Torahs to hold for this extended period of time. Turns out she misjudged the weight of the Torahs. Panic set in & I tried to keep in from falling! The rabbi (along with many congregants) finally saw the fear in my eyes & realized what was happening. Luckily, she swapped my scroll with my neighbor's just in time. All went well after that point and (thankfully) no Torahs were dropped in the process!"

~Briana

INSTRUCTIONS:

In a large bowl, cream together butter, sugar & vanilla.

Add eggs one at a time, beating well after each addition.

In a separate bowl, combine flour, cinnamon, nutmeg, salt & baking soda.

Gradually add dry mixture to creamed mixture. Mix well - the batter will be stiff.

Stir in apples until well combined.

Pour batter into greased 13x9 inch baking dish.

Bake at 35F° for 40-45 minutes or until top is lightly browned & springs back when lightly touched.

Cool for 30 minutes before serving.



Zach's Chocolate Chip Bundt Cake

ZACH BERMAN, CLASS OF 2021

INGREDIENTS:

*1 box of Devil's Food Cake mix
1 package of instant chocolate pudding mix
8 oz sour cream
4 eggs
1/2 cup canola oil
1/2 cup warm water
12 oz bag of semi-sweet chocolate chips
Powdered sugar for garnish*

INSTRUCTIONS:

Pour cake mix, pudding mix, sour cream, oil, water & eggs into a large bowl and blend until smooth (hand mixer works best).

Slowly add chocolate chips & continue to blend.

Grease bundt pan with baking spray or butter & flour .

Pour cake mix into pan & spread evenly.

Bake at 350F for 50-55 minutes.

Let cool & flip bundt cake over carefully onto a large plate.

Dust with powdered sugar before serving.

"According to my mom, her great-grandmother used to make this cake every Sunday. We bake her cake now for birthdays and holidays. It's a fan favorite at Yom Kippur break fast when each family brings their "specialty" dish!

-Zach



Missy's Coffee Cake

MISSY NOVOTNY, WASHU HILLEL ADMINISTRATOR

INGREDIENTS:

*1 package yellow cake mix
1 package instant vanilla pudding
1/2 cup oil
4 eggs
1 cup (8 oz) sour cream
1/3 cup sugar
2 tsp vanilla
1 tsp cinnamon
1 tsp cocoa
1/2 cup chopped pecans*

INSTRUCTIONS:

Combine cake mix, pudding mix, oil, eggs & sour cream in a large bowl - mix for 5 minutes.

In a separate bowl, combine sugar, vanilla, cinnamon, cocoa & pecans.

Sprinkle 1/3 of nut mixture evenly along the bottom of a greased bundt or angel food pan, then pour cake batter on top.

Swirl 2/3 of nut mixture into the batter.

Bake at 350F for 50-60 minutes.

**Baking time may vary by oven. Cake is done when a toothpick inserted in the middle comes out clean.*

"This is my great aunt Eleanor's coffee cake recipe. No one knows where it actually came from, but it's a favorite in our family. We love it so much that sometimes we even have it for birthdays instead of traditional birthday cake!"

~Missy



Challah for Hunger's Famous Challah

INGREDIENTS:

4 1/2 - 5 cups flour
1 tbsp yeast
1 tsp salt
1/3 cup honey
1/6 cup white sugar
1/2 cup + 2 tbsp oil
3 eggs
1 cup hot water

INSTRUCTIONS:

Pour 1 cup warm water into large bowl & add 1 tbsp yeast - let activate for 20 minutes.

While waiting, crack 2 eggs into a large bowl, then add 1/3 cup honey, 1/3 cup + 2 tbsp oil, 1 tsp salt & 1/6 cup white vinegar.

Add activated yeast & water mixture to bowl with the other ingredients & combine.

Gradually add flour & keep mixing. If you are using a stand mixer, mix until the dough is no longer sticky. If you are mixing by hand, remove mixture from bowl & knead on floured surface until dough is formed & no longer sticky.

Grease a large bowl with oil & let dough rest for 1 hour (longer is even better!) Cover with towel.

Sprinkle flour over clean surface & separate dough into 2 equal portions (1 for each loaf), and then separate each half into 3 equal parts (for braiding).

Roll each ball into strands & braid.

Scramble the last egg in a small bowl & brush over the challah.

Sprinkle on any toppings as desired (e.g. salt, sesame seeds, bagel seasoning, etc.)

Bake at 375F for 20-30min or until tops & bottoms of challah are golden brown. Cooking times may vary by oven - if possible, bake on convection setting.

Recipe makes 2 loaves.

This challah is a staple at Hillel Shabbat dinners!

"We hope this sweet, delicious challah recipe brings you warmth during the high holidays and helps you welcome in a sweet, new year! We're looking forward to baking with you again soon!"

-Love, the WashU Challah for Hunger family



Emma's Applesauce Cake

EMMA PLATT, CLASS OF 2024

INGREDIENTS:

*2 1/2 cups all-purpose flour
2 cups sugar
1 1/2 tsp baking soda
1/4 tsp baking powder
1 1/2 tsp salt
3/4 tsp cinnamon
1/2 tsp cloves
1/2 tsp allspice
1/2 cup vegetable oil
1/2 cup water
1 1/2 cups unsweetened applesauce
2 eggs*

INSTRUCTIONS:

In a large bowl, combine flour, sugar, baking soda, baking powder & spices.

In a separate bowl, combine apple sauce, eggs, oil & water.

Add dry ingredients to wet ingredients & combine.

Pour batter into greased 9x13 inch baking dish.

Bake at 350F for 60-65 minutes or until toothpick inserted in center comes out clean.



Abby's Rugelach

ABBY ROSS, WASHU HILLEL SPRINGBOARD SOCIAL JUSTICE FELLOW

INGREDIENTS:

*1/2 pound cream cheese (room temperature)
1/2 pound butter or margarine (room temperature)
2 cups flour
1 tbsp cinnamon
1/2 cup sugar
1 cup raisins
1/2 cup chopped walnuts*

"My Grandma is an amazing baker, but she is known for her rugelach. At this point, everyone in my family can bake her rugelach, but it is never quite the same. This was a staple for break fast at my house growing up. It is a known fact that no family gathering can happen without my Grandma's rugelach."

~Abby

INSTRUCTIONS:

Mix & knead cream cheese, butter/ margarine & flour - ingredients must be room temperature!

Divide into six balls, wrap with wax paper & refrigerate overnight.

Blend cinnamon, sugar, raisins & walnuts.

Roll out each of the six balls into 8" circles approximately 1/4 inch thick.

Sprinkle with a portion of cinnamon mixture.

Cut into triangular wedges & roll from wide end to point.

Dip in additional cinnamon.

Place on greased cookie sheet & bake at 375F for 15 minutes or until golden.

Recipe makes 40 cookies.



Sophie's Gluten Free Honey Cake

SOPHIE TUCKER, CLASS OF 2023

INGREDIENTS: ✂

*1/4 cup oil
1/2 cup brown sugar
2 eggs (separated)
1 cup honey
2/3 cup brewed coffee (room temperature)
2 1/2 cups gluten-free flour blend
1 tsp xanthan gum (if your flour blend does not already contain it)
2 tsp baking powder
1/2 tsp baking soda
1/2 allspice
1 tsp cinnamon
1/2 tsp salt*

INSTRUCTIONS:

Beat egg whites until firm peaks form.

In a separate bowl, combine oil, sugar & egg yolks.

Add honey & mix well.

Combine the dry ingredients in a separate bowl.

Add the dry ingredients to the liquid mixture, alternating with coffee.

Fold in egg whites.

Pour batter into greased bundt pan & bake at 350F for 40-50 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Cool in pan for 5 minutes & then invert onto a cooling rack.



Bud & Lynn's Blintz Souffle

BUD WITTELS, WASHU HILLEL BOARD OF DIRECTORS & IMMEDIATE PAST CHAIR
LYNN WITTELS, ST LOUIS JCC PRESIDENT & CEO

INGREDIENTS:

18 blintzes
1/2 stick butter
2 tbsp sugar
3 eggs
1 tsp salt
2 tbsp orange juice
1 cup sour cream
1 tsp vanilla

"There are certain recipes that we prepare only once a year. They bring back such wonderful memories of our family holiday table. This is one of those recipes, made especially for our Break Fast meal!"

~Bud & Lynn

INSTRUCTIONS:

Cream together butter & sugar - let stand for 90 minutes.

Line blintzes in large greased baking dish.

Separate eggs & beat egg whites until they are stiff.

Combine butter/sugar mixture with beaten egg yolks, salt & orange juice, then blend in sour cream & vanilla.

Fold in egg whites & pour entire mixture over the blintzes.

Bake at 350F for 1 hour.

**You may want to cover with aluminum foil at the end if the top of the souffle gets too dark.*

Serve with extra sour cream, strawberries or any topping of your choosing!



Jackie's Apple Pie

JACKIE ULIN LEVEY, WASHU HILLEL DIRECTOR & CEO

INGREDIENTS:

Crust:

2 tbsp margarine or butter (melted)
2/3 cup Crisco
1 tsp salt
2 cup all-purpose flour
5 tbsp water
1 tbsp white vinegar

Pie Filling:

1/3 cup white sugar
1/3 cup light brown sugar (firmly packed)
3 tbsp flour
1 tsp cinnamon
6 large Granny Smith (pared, cored & sliced)
2 tbsp margarine or butter

Streusel Topping:

1 cup flour
1/2 cup light brown sugar (firmly packed)
1 tsp cinnamon
1 stick margarine or butter (room temperature)

INSTRUCTIONS:

Crust:

Combine butter/margarine, Crisco, salt & flour in food processor or mixer.

Add enough liquid (water + vinegar) with fork to form a ball.

Flatten into disc & wrap in saran wrap.

Refrigerate for 1 hour.

Roll disc out into large circle & place into pie plate - make sure to roll out enough dough to have an overhang to flute the outside edge of the pie crust.

Continue...





Jackie's Apple Pie Continued...

INSTRUCTIONS CONTINUED:

Pie Filling:

Combine white sugar, brown sugar, flour & cinnamon.

Add apples & toss to mix.

Fill the pie shell with the mixture.

Dot with 2 tbsp of margarine or butter.

Streusel Topping:

Combine flour, brown sugar & cinnamon in food processor or mixer.

Cut in margarine/butter a tablespoon or two at a time - mixture should be crumbly.

Sprinkle thick layer of mixture over the pie.

Bake 375F for 30-40 minutes until topping is brown & crisp.

Enjoy right away or once cool.,

**Wrap in foil & place in airtight plastic bag for storing. Pie can be frozen for 3 months & reheated or served at room temperature.*

"Growing up our house was the place to be for the Jewish holidays given my mom's way around the kitchen. At Yom Kippur break fast, she'd have different buffet stations depending on what you were in the mood for after the fast...breakfast staples, an Italian section, dessert table, and more. Everything cooked and prepared by her (except the smoked whitefish and lox). I don't know how she did it all back then with my young siblings and me. Her apple pie is a family favorite for any festive occasion and perfect with Granny Smith apples picked fresh from the orchard at Rosh Hashanah."

~Jackie



Ben's Teiglach

BEN USHMAN, CLASS OF 2020

INGREDIENTS:

Dough:

3 eggs (slightly beaten)
4 tbsp canola oil
2 tsp grated lemon rind
1/4 tsp salt
2 cups flour
1 tsp whiskey - a little extra for a good new year is alright!

Sauce:

2 cups honey
1 cup hot water
2 cups sugar
1 tsp ginger
1 tbsp orange juice
1 tsp whiskey

"Once, when we were younger, my brother & I were making teiglach with my mom - my brother made make-believe teiglach out of play-doh & dropped it into the sauce with the real teiglach when we weren't looking!"

~Ben

INSTRUCTIONS:

Dough:

Beat eggs slightly, then combine with oil, lemon rind, salt, whiskey & flour. Mix well.

Lightly flour surface & knead dough very lightly for 8-10 minutes.

Divide dough into four parts & roll into pencil-thin ropes.

Cut into 2-inch long segments & knot, then set aside.

Sauce:

Combine all ingredients in a large pot & bring to a boil.

Drop the knots of dough into boiling sauce & mix to coat.

Reduce heat, cover partially & simmer for 20 minutes. Stir with a wooden spoon & cook for another 15-20 minutes.

Cook until dough turns a deep brown.

Add 1 cup of boiling water & stir to incorporate.

Let cool & store in glass jars.

Recipe makes ~40 peices of teiglach.



Allie's Gluten Free Apple Upside-Down Cake

ALLIE KAPLAN, CLASS OF 2022

INGREDIENTS:

*Oil (for greasing pan)
1 1/2 tsp ground cinammon
2 cups + 3tbsp sugar (divided)
2 cups 1:1 GF flour (or all-purpose flour)
5 large eggs
1 cup canola or vegetable oil
1 tsp vanilla extract
4 apples (McIntosh, Gala, Fuji, Golden Delicious)
1 tbsp powdered sugar*

INSTRUCTIONS:

In a small bowl, mix together cinnamon & 3tbsp of sugar. Sprinkle mixture on the bottom of the pan.

In a large bowl, combine flour, remaining 2 cups of sugar, eggs, oil & vanilla with a mixer or by hand until well-mixed.

Peel & core the apples, then halve them & cut into 1/4-inch thick slices.

Grease a 9x13 inch baking dish.

Place the slices on top of the cinnamon/sugar mixture in the pan in 3 long rows of overlapping slices.

Pour the batter over the apples & spread evenly.

Bake at 350F for 1 hour, or until the top is browned & toothpick inserted in the middle comes out clean.

Let cool for 30 minutes & then turn over onto a large serving platter or tray.

Serve at room temperature.

Just before serving, sift powdered sugar over the top. The sugar will seep into the apples & heighten the taste.





Tony's Pomegranate Beet Challah

TONY WESTBROOK, WASHU HILLEL ASSISTANT DIRECTOR

INGREDIENTS:

Filling:

3 medium beets (peeled)
1/4 tsp salt
1 cup pomegranate juice
1/2 cup sugar

Challah:

1 envelope active dry yeast
2 1/4 tsp
3/4 cup warm water (about 100F)
1/2 cup sugar
2 eggs + 3 egg yolks (1 is for glazing)
1/2 cup vegetable oil + more for greasing bowl
1/2 cup honey
1 tbsp water
3 3/4 - 4 1/2 cups bread flour
1 1/2 tsp salt

INSTRUCTIONS:

Filling:

Rinse & peel beets, then cut off ends & dice into 1/2 inch pieces. Sprinkle with salt & roast at 350F on a foil-lined baking sheet for 15 minutes or until fork tender.

While your beets are roasting, add pomegranate juice & 1/2 cup sugar into a sauce pan. Simmer for 20 minutes until syrup reduces to 1/4 of the original amount. Set aside & let cool - syrup should be very thick.

Blend cooled beets & pomegranate syrup in a food processor.

Challah:

Whisk together yeast, warm water & sugar in a large mixing bowl. Let yeast stand until it puffs up (about 12 minutes).

*If it doesn't get foamy, your yeast is bad or the water was too warm or cool - throw it out & try again!

Whisk 1 egg + 3 yolks, oil, honey & remaining sugar into the yeast mixture until incorporated.

*Tip - if you measure the honey right after the oil, it won't stick to the measuring cup!

Continue...



Tony's Pomegranate Beet Challah Continued...

INSTRUCTIONS CONTINUED:

Add flour & salt.

If using a stand mixer, combine with hook attachment. If mixing by hand, knead for 10 minutes. If it's too sticky, add a bit more flour. You may not need all the flour.

Roll dough into a ball, place in a large bowl greased with oil & cover. Let dough rest in a warm place until it has doubled in size (about 2 hours).

Punch dough down & let it rise again (another 2 hours).

Divide the dough into as many strands as you want for braiding & flatten. Let the dough sit for a few minutes if the gluten is causing your strands to bounce back. Once you have flattened the strands of dough, put a thin row of the beet mixture along one edge & roll up carefully - don't let any air bubbles in! Don't worry if some of the filling leaks out.

Braid challah & carefully place the loaf on a baking sheet lined with parchment paper. Cover & let it rise again for another 45 minutes until it's light & fluffy.

Whisk the last egg with a tbsp of water & brush over the challah.

Bake at 350F for 35 minutes, or until golden brown.

**Halfway through baking, brush challah again with eggwash for extra shine & to get into the creases.*

Remove from the oven, let rest for 15 minutes & enjoy!

**Tip - the beet syrup is also delicious on yogurt!*

"I lived in Jerusalem for almost four years. My dear friend, Dammara Hall, is an expert challah baker and was always experimenting with challah recipes. She served this one at one of her legendary Shabbat meals and it was all I ate that night! I know beet juice can make some people say "yuck", but this recipe will have your guests saying "Yum!"

~Tony



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*For more information about WashU Hillel's high holiday services, meals and programs visit:
www.washuhillel.org/HighHolidays*

