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### **Sweet and Sour Chicken for Pesach**

By: Nessie Fisher

Ingredients:

8-10 chicken cutlets

1 bag matzo meal

Oil for frying

4 eggs (beaten)

2 red peppers (sliced in strips)

2 green peppers (sliced in strips)

1 can mushrooms

4 sliced onions

1 cup ketchup

1 cup apricot jam

½ cup brown sugar

Directions:

1. Dredge chicken cutlets in egg mixture and then coat with matzoh meal. Fry lightly on each side and place in a large flat tin (30x40)
2. Sautee onions, peppers and mushrooms and set aside.
3. Place ketchup, jam and sugar in a medium size pot and bring to a boil.
4. Add sautéed vegetables to boiled sauce and mix well.
5. Spoon mixture over each cutlet and pour remaining sauce around the sides of the chicken.
6. Bake uncovered at 350 F or 175 C for 15-20 minutes (Do not over bake) Enjoy!

### **No-Cholesterol Sponge Cake**

By: *Barbara Eisenberg*

Pesach is certainly not the holiday to be dieting, but we can look after our cholesterol. This recipe is just as yummy as any regular sponge cake, but made without the egg yolks. Best of all it's topped off with Nana's special strawberry fluff ... made with only an egg white, of course!

¾ cup matzah meal

1 ⅓ cups sugar

12 egg whites

¼ teaspoon salt

2 Tablespoons orange juice

2 Tablespoons grated orange zest

Sift the cake meal together with ½ cup of the sugar. In a bowl, use an electric mixer to beat the whites and salt until soft, moist peaks form. Gradually add the remaining sugar alternately with the orange juice and zest, beating until soft peaks form. Spoon the cake meal mixture into the egg white mixture, folding gently to avoid lumps.

Pour this batter into an ungreased 10-inch tube pan and bake for 50 minutes to one hour, until the cake springs back to the touch and a toothpick inserted into it comes out dry. Remove the cake from the oven. Immediately invert the pan and let it cool.

To serve, loosen the sides and the center of the cake with a sharp knife and unmold onto a serving plate. Just before serving, slice the cake into wedges and garnish with fresh strawberries and strawberry fluff freeze (see below).

### **Nana's Strawberry Fluff Freeze**

Combine 1 cup drained and hulled fresh strawberries with 1 1/4 cups granulated sugar and 1 egg white. With an electric beater at high speed, beat until mixture is light and stiff - about 10 minutes.

### **What to Do with the Leftover Manishevit**

By: Jacki Knell

I have learned that each year I must grace my, otherwise sophisticated, Passover table with Manishevit Concord Grape wine. I know that while all but one guest will opt for the Hagefen\*, the Baron Herzog or the Yarden, my mother-in-law will ask for a little Manishevit. Each year she partakes of four sips. She doesn't choose Manishevit because it is nostalgic. Nor does she drink this wine as a proud nod to the Manishevit twig on the Manis branch of my father-in-law's family tree. No, she selects this stuff because all other wine is "sour."

And so, as ritualistic as the Seder itself, each year I have stored yet another near-full bottle of Manishevit Concord Grape wine. For many of these years I inadvertently produced Manishevit vinegar. Then I realized that my mother-in-law, herself had provided a clue to an alternative solution: Manishevit isn't "sour". In my existential Manishevit moment, I realized that this stuff could be used in the here and now, rather than in the then and when. Barbeque sauce came to mind. And I decided to add Manishevit Concord Grape wine to a batch of my marinara sauce. It was good. In fact, the Manishevit made the tomato sauce noteworthy. So now, in my new found gastronomic liberation, I always add liberal doses of Manishevit to my Italian sauce, counteracting the acidity. As I stir my sauce, my mind wanders. I consider the Bernsteins' contribution the world of Italian salad dressing. I fantasize Manishevit balsamic style vinegar. But then I come to my senses, because I would again have to store yet another near-full bottle of Manishevit Concord Grape wine.

Another culturally confused concoction is this Sangria...

2-1/3 cups of red wine (such as Hagefen, Baron Herzog, etc.!) )

1/2 cup Manishevit Concord Grape wine

1/2 cup triple sec

1/4 cup raspberry syrup (petel, the kind used in beverages)

1/2 cup club soda

Mix the first four ingredients in a large pitcher; refrigerate. Add the club soda when ready to serve. This Sangria might be good at this year's Seder!

\*Hagefen is California's premier kosher wine.

### **Holiday Short Ribs**

By: Ellen Perlis

Two large red onions, halved, then sliced thin

2 – 2-1/2 kilos of lean, meaty short ribs (asado) cut apart, large pieces of fat removed  
at least 3/4 bottle of Manishevit Concord Grape wine

2 or 3 sprigs of fresh thyme or tarragon  
Fresh ground pepper to taste  
Small jar of pickled cocktail onions

Heat a heavy pot; then add about 1/4 cup cold water. Immediately add the onions and cook, stirring until the water is evaporated and the onions start to brown. Add the meat and lightly brown on all sides, stirring often so the onions don't burn. Add the half bottle of wine and the herbs (still on the stem). Simmer on very low heat, stirring occasionally, adding wine as necessary, until the meat is very tender and comes away from the bone easily. Add the pepper and the drained, pickled onions just a few minutes before serving. This is delicious served with mashed potatoes.

### **Pesach Chocolate Chip Cookies**

By: Shayna Goldberg

2 sticks margarine  
3/4 white sugar  
3/4 brown sugar  
2 eggs  
1 tsp. vanilla  
1 tsp. baking soda  
1 1/2 cups cake meal  
1 bag of chocolate chips

Combine the first three ingredients and whip until fluffy. Then add the eggs and the remaining ingredients. Bake at 350 degrees for about 10 minutes.

### **From My Grandmother's Kitchen:**

Pesach rolls  
2 cups matza meal  
1 tsp. salt  
1 tbl. sugar  
1 cup water  
1/2 cup peanut oil  
4 eggs

Combine matza meal with salt and sugar. Bring oil and water to a boil. Add to the matza meal mixture and mix well. Beat in the eggs one at a time. Allow to stand 15 minutes. With oiled hands, shape into rolls and place on a well greased cookie sheet. Bake at 375 degrees for 50 minutes or until golden brown.

### **Pesach Chocolate Cake**

3/4 cake flour  
3 tbl. cocoa  
1 1/2 cups sugar  
Orange zest  
9 eggs, separated

1 cup of ground nuts (optional)

Beat the 1/2 cup sugar with egg whites until fluffy. Mix the remaining ingredients with the yolks. Fold the egg whites into the yellow mixture. Bake at 325 degrees for 55 minutes.

### **Stuffed Poussin, Persian Style Stuffed (Pargiyot)**

By: Yochanan Lambiase

Chef Patron at the Jerusalem Culinary Institute

This dish is a wonderful main course for your Pesach Seder.

Serves: 4 to 6

4 poussin/pargiyot (very small baby hens) OR 1 chicken

2-1/2 teaspoons salt (1-1/4 tsp is enough for koshered chickens)

1 tablespoon oil

1 large onion, peeled and thinly sliced

2 cloves garlic, peeled and crushed

1 cup pitted and finely chopped prunes

1 apple, cored and chopped

1 cup finely chopped dried apricots

1/2 cup raisins

1/4 teaspoon freshly ground black pepper

1 teaspoon ground cinnamon (I used 3/4 tsp.)

1/4 teaspoon ground saffron, dissolved in 2 tablespoons hot water

1 teaspoon sugar

Clean and rinse the chickens in cold water, then pat dry and rub with 1/2 teaspoon salt (I added the salt to the next stage). Heat oil in a non-stick skillet and brown onion and garlic. Add prunes, apple, apricots, raisins, salt (omit if it is kashered meat), pepper, cinnamon, saffron water, and sugar. Mix well.

Preheat the oven to 350°F.

Stuff the hens with the fruit mixture and truss the cavities shut. Place the stuffed birds in a greased ovenproof dish or roasting pan. Cover and roast in the oven for 1-1/2 hours, basting with pan juices, until the meat separates easily from bone. One hour was enough in my oven, and I didn't baste and didn't cover either.

DON'T ADD any other spices "stronger than saffron" like nutmeg, turmeric, or baharat, etc. They will ruin the delicate taste of this fine dish, which is not a regular oriental stuffed chicken.

### **Exquisite Pesach Meringues**

By: Nessie Fisher

Ingredients:

5 egg whites

2 cups sugar

1/2 tsp. lemon juice (optional)

Directions:

1. Preheat oven to 120 C or 250 F

2. Using an electric mixer, whip egg whites on maximum speed until stiff. Slowly add lemon juice and sugar (one spoonful at a time) and continue to whip until very stiff.
3. Place egg white mixture into a piping bag or into a large Ziploc type bag and cut out the corner in order to pipe.
4. Squeeze out meringues about 1-2 cm large
5. Bake for 2-3 hours until the meringues are dry and firm.
6. Enjoy them plain or make a sandwich with chocolate spread. Stack a tower of “sandwiches” and strawberries for a breathtaking dessert.