

Shared by Einat Admony

Yemenite Beef and White Bean Stew

YIELD: 6 - 8 SERVINGS

TIME: 4H PLUS OVERNIGHT SOAKING

This recipe was shared by Einat Admony. Read more about her family in "[Einat Admony's Rosh Hashanah Table](#)" and try her recipes for [fesenjan \(Persian chicken\)](#), [spicy tomato salad](#), and [baked apples with meringue](#).

Ingredients

1 pound dried navy beans

2 tablespoons vegetable oil

2 pounds beef bones (with a little meat on them)

12 cups plus ½ cup water

One 6-ounce can tomato paste

½ bunch fresh cilantro, cleaned and tied in a tight bundle with kitchen twine

1 large yellow onion, cut into 1-inch pieces

1 whole garlic head, outer papery skin removed

2 teaspoons [Hawaij](#)

2½ teaspoons kosher salt, plus more to taste

Preparation

STEP 1

Place the beans in a large bowl and cover with 3 to 4 inches of cold water. Soak at least 8 hours or preferably overnight. Drain and rinse the beans. Set aside.

STEP 2

Heat the vegetable oil in a large pot or Dutch oven over medium-high heat for 2 to 3 minutes. Add the bones and sear until nicely browned on all sides, 10 to 12 minutes. Add the 12 cups of water and bring to a boil. Reduce the heat to medium-low and simmer for 1 hour, periodically skimming off any foam that rises to the top.

STEP 3

Whisk together the tomato paste and the remaining $\frac{1}{2}$ cup of water (to thin it out) and stir it into the pot. Add the soaked beans, the cilantro bundle, onion, garlic head, and hawaij. Bring to a boil, then reduce the heat to medium-low to maintain a gentle simmer. Cover and cook until the beans are soft, about 1 to 1 $\frac{1}{2}$ hours. Remove the lid and season with the salt. Continue to cook until the soup has reduced and thickened slightly, 1 to 1 $\frac{1}{2}$ hours more. (If you're in no hurry, let it simmer away over very low heat for up to 4 hours, and it will be even better).

STEP 4

Make ahead: The soup can be made in advance and cooled completely before being transferred to an airtight resealable container and stored in the fridge for 2 or 3 days. Like all legume soups, it will thicken during storage—add more water to thin it out if needed and reheat over low heat before serving.

Excerpted from Shuk by Einat Admony and Janna Gur (Artisan Books). Copyright © 2019.

Sephardic Fish with Lemon-Egg Sauce

Serves Four, but can easily be adjusted for more guests

1 onion, sliced
1 carrot, sliced diagonally
2 celery stalks, sliced diagonally
2 bay leaves
salt and pepper
4 fish steaks or fillets, or a whole side of fish for a crowd
2 teaspoons cornstarch
2 eggs
juice of 1 1/2 lemons
1 tablespoon sugar
chopped parsley for garnish

Place the onion, carrot, celery, and bay leaves in a wide, shallow pan.

Pour 3 cups of water, or enough to eventually cover the fish, into the pan. Add a dash of salt and pepper, and simmer on medium-low heat for about 10-15 minutes. Place the fish in the pan and simmer on low heat for another 10-15 minutes.

Turn off the heat, and ladle off about 1 3/4 cups of the water into a smaller sauce pan, to create a stock. Make a paste with the cornstarch and a bit of cold water in a separate small bowl, and add it to the separated stock. Bring to a boil.

In a separate bowl, beat the eggs, and stir in the lemon and sugar. Add a few spoonfuls of the stock to the egg mixture to prevent the eggs from curdling, then pour the whole egg/lemon mixture into the hot stock while stirring. Stir until the sauce thickens a bit, but do not let it come to a boil.

Remove the fish from the pan. Remove the bay leaves and garnish with the carrots, celery, and parsley, and pour the sauce over it.

Serve hot or at room temperature.

Shared by Einat Admony

Jeweled Rice Tahdig (Persian Crispy Rice With Caramelized Fruit and Nuts)

YIELD: 6 - 8 SERVINGS

TIME: 3H PLUS 2 TO 24H SOAKING TIME

This recipe was shared by Einat Admony. Read more about her family in "[Einat Admony's Rosh Hashanah Table](#)" and try her recipes for [veggie tanzia](#), [fresh herb salad](#), and [baked apples with meringue](#).

Ingredients

3 cups long-grain white basmati rice

¼ cup kosher salt, plus more to taste

1 cup (3 ounces) [dried barberries](#)

3 large oranges, rind removed with a peeler and julienned

½ teaspoon saffron threads

¼ cup plus 1 tablespoon [orange blossom water](#)

1 cup canola oil, butter, or ghee

½ cup sliced raw almonds

¼ cup unsalted shelled pistachios, coarsely chopped

¼ cup seedless golden raisins

1 cup plus 2 tablespoons sugar

1 jumbo carrot, cut into 3-inch segments and julienned (2 cups)

1 cinnamon stick

1 teaspoon ground cardamom

Preparation

STEP 1

Wash the rice to remove its excess starch by placing it in a large bowl and covering it with cool water. Agitate the rice gently with your hand, then pour out the milky water. Repeat until the water runs clear, about 5 times. Cover the rice with cold water, add 2 tablespoons of salt, and allow it to soak for 2 to 24 hours (soaking results in longer grains of rice). Drain the rice in a fine-mesh strainer and set aside.

STEP 2

Clean the barberries by removing their stems and any grit. Place the barberries in a fine-mesh strainer, and place the strainer in a large bowl of cool water. Agitate the barberries gently and soak for 15 to 20 minutes (any sand will settle to the bottom). Remove the strainer from the bowl and rinse the barberries. Drain and set aside.

STEP 3

Bring a small saucepan of water to a boil over high heat. Add the julienned orange peel and blanch for 1 minute to remove any bitterness from the peel. Drain, rinse with cold water, and set aside.

STEP 4

Mix the saffron with $\frac{1}{4}$ cup of the orange blossom water in a small bowl and set aside to steep.

STEP 5

Heat 1 tablespoon of the oil in a large skillet over medium heat. Add the almonds and pistachios, and cook, stirring constantly, until fragrant and beginning to brown, 1 to 2 minutes. Stir in the raisins, transfer the nut-raisin mixture to a small bowl, and set aside.

STEP 6

Add 1 tablespoon of the oil to the skillet and stir in the barberries, 2 tablespoons of the sugar, and 2 tablespoons of water. Cook, stirring constantly, until the liquid evaporates and the barberries begin to caramelize, 4 to 5 minutes. (Beware, barberries burn easily!) Transfer to a small bowl and set aside.

STEP 7

Add 2 tablespoons of the oil to the skillet along with the blanched orange peel and julienned carrots. Cook, stirring constantly, until slightly softened, about 2 minutes. Add the remaining 1 cup of sugar, $\frac{1}{2}$ teaspoon of the saffron-infused orange blossom water, the cinnamon stick and the cardamom, and cook, stirring, until the sugar dissolves, about 1 minute. Add $\frac{1}{2}$ cup of water and bring the mixture to a boil over medium-high heat. Cook until the carrot-orange mixture is lightly caramelized and the liquid is syrupy, 8 to 10 minutes. Drain, reserving the syrup (about $\frac{3}{4}$ cup), and set aside.

STEP 8

Bring 10 cups of water with 2 tablespoons of salt to a boil in a large nonstick pot or deep skillet over high heat. Add the drained rice to the pot along with the remaining tablespoon of orange blossom water. Boil briskly for 6 to 10 minutes until the rice softens slightly and has risen to the surface. Drain the rice in a large, fine-mesh strainer and rinse with 2 cups of cold water.

STEP 9

To make the tahdig: Whisk together $\frac{1}{2}$ cup of the oil, 2 tablespoons of water, $\frac{1}{2}$ teaspoon of the saffron-orange blossom water, and 2 cups of the cooked rice in a medium bowl. Spread the mixture evenly over the bottom of the pot. Give the pot a shake to even out the base.

STEP 10

Gently spoon the remaining rice on top of the saffron-rice mixture, gradually shaping the rice into a pyramid-shaped mound. (This shape leaves room for the rice grains to expand and enlarge.) Cover the rice and cook for 10 minutes over medium-high heat.

STEP 11

Combine the remaining oil and orange-saffron blossom water with the reserved carrot-orange syrup in a measuring cup and drizzle it evenly over the rice. Wrap the lid of the pot with a clean dish towel and cover the pot firmly to prevent steam from escaping. Cook over medium-low heat until the bottom layer of rice is crisp and golden brown, about 1 hour.

STEP 12

Remove the pot from heat. Allow it to cool on a damp dish towel on a heat-proof surface for 2 to 3 minutes without uncovering it. (This helps to free the crust from the bottom of the pot.) Uncover and loosen the edges of the rice with an off-set spatula.

STEP 13

Place a large serving plate over the top of the rice and, firmly gripping the plate to the pot or skillet with oven mitts, carefully invert the rice onto the plate so that the browned crust is on top. Top the tah-dig with the caramelized carrot mixture, caramelized barberries, and the nut-raisin mixture. Serve immediately.

Make ahead: The rice can be soaked, blanched, and drained a day in advance. Cool completely before transferring it to a resealable airtight container and store in the fridge until you are ready to make the tahdig. The caramelized barberries and carrot-orange mixtures can be prepared 1 to 2 days in advance and cooled completely before being stored separately in airtight resealable containers in the fridge. Let each come to room temperature while the tahdig cooks. The nut-raisin mixture can be prepared a day in advance and stored in an airtight resealable container at room temperature.

This jeweled rice gets an added flourish with the help of tahdig, a crispy and much sought after crust in

Shared by Max Nye

Carrot Meetha (Sweet Carrots)

YIELD: 6 AS A SIDE

TIME: 1 H AND 20 MIN

This recipe was shared by Max Nye. Read more about his family in ["This Family's Rosh Hashanah Table in London Links Them to India and Baghdad"](#) and try his recipes for [Pantras \(Fried Crepes Filled With Chicken\)](#), [Beef Kofta Curry](#), and [Rose Harissa and Pea Pilau With Crunchy Onions](#).

Ingredients

3 tablespoons canola oil

3 medium onions, diced

6 cloves of garlic

1 ½-inch piece of ginger

3 teaspoons salt

3 teaspoons garam masala

1 teaspoon turmeric

½ teaspoon ground black pepper

2 cups tomato puree

5 teaspoons of tomato paste

1 ¾ pounds carrots, peeled and cut into 2 ½-inch batons (if your carrots are thick, cut them lengthwise so they are all even thicknesses)

Preparation

STEP 1

In a large skillet, heat the oil over medium-high. Saute the onions for 15 minutes, until softened and starting to brown on the edges.

STEP 2

While the onions cook, grate the garlic and ginger, or pulse in a food processor. Set aside.

STEP 3

When the onions are ready, add the garlic, ginger, salt, garam masala, turmeric, ground pepper, and 3 tablespoons of water. Stir the mix for a minute or so before adding the tomato puree and tomato paste. Mix well to combine.

STEP 4

Add in the carrots. Stir them in for a couple of minutes, making sure they are nicely coated in the sauce on all sides. Turn the heat up and bring to a boil, then turn down to a simmer, cover and cook for 30-40 minutes with the lid on, stirring intermittently. When the carrots are easily pierced by a knife, remove from the heat and serve warm.

Smoked Trout and Avocado Salad Toasts

- 1 large shallot
- 1 lemon, juiced
- salt and pepper, to taste
- $\frac{1}{3}$ cup extra-virgin olive oil
- 2 heads Belgian endive
- 2 to 3 scallions, finely sliced
- $\frac{1}{2}$ pound smoked trout, see notes above
- 1 firm, ripe avocado
- $\frac{1}{4}$ cup finely minced parsley
- four 1-inch thick slices good bread

Directions

1. Preheat the broiler to high. Finely mince the shallot and place in a small bowl. Cover with the lemon juice and a pinch of salt and freshly cracked pepper. (I like to add a pinch of sugar, too.) Set aside to macerate for 15 to 20 minutes. Use a fork to whisk in the olive oil. Taste and adjust seasoning as necessary.
2. Meanwhile, quarter the heads of endive through the core, then finely slice crosswise. Place in a large bowl. Scatter the scallions over top. Break the smoked trout into large pieces over top. Pour the dressing over top, and use your hands to gently toss everything together, keeping the trout in largish pieces. Taste and adjust seasoning as needed—now is the time to correct for seasoning because once the avocado is in, you don't want to toss too much or it will all turn to mush.
3. Dice the avocado, and add to the bowl followed by the parsley. Toss with your hands again gently until combined. Set salad aside.
4. Arrange bread on cooling rack set on sheet pan. Drizzle lightly with olive oil. Broil 2 minutes or until lightly golden, keeping a close watch. Remove pan from oven, flip slices of bread over, drizzle with more oil, and return pan to the oven for another 2 minutes, or until bread is golden. Transfer toasts to a platter. Mound trout and avocado salad over top. Serve immediately.

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WITH JENN SEGAL

Noodle Kugel

Noodle kugel is a traditional Jewish holiday dish of egg noodles baked in a sweet or savory custard.

Servings: 12

Prep Time: 15 Minutes

Cook Time: 70 Minutes

Total Time: 1 Hour 25 Minutes



INGREDIENTS

FOR THE STREUSEL TOPPING

- 1 cup packed dark brown sugar
- 1 ¼ cups all purpose flour, spooned into measuring cup and leveled off
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 stick unsalted butter, cold, cut into ½-inch chunks

FOR THE KUGEL

- One 12-oz bag wide egg noodles
- 4 large eggs
- One 8-oz container sour cream
- One 8-oz package cream cheese, softened (microwave for 15-20 seconds to soften)
- 2 cups half & half
- ½ cup granulated sugar
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- ½ teaspoon ground cinnamon

INSTRUCTIONS

FOR THE STREUSEL TOPPING

Combine the brown sugar, flour, cinnamon, and salt in a medium bowl. Using your fingers, mix until no lumps of brown sugar remain. Rub in the butter with your fingertips until the mixture has a clumpy, crumbly texture. Refrigerate until ready to use.

FOR THE KUGEL

Preheat the oven to 325°F and set an oven rack in the middle position. Butter a 9 x 13-inch baking dish.

Bring a large pot of unsalted water to a boil. Cook the noodles for 6 to 8 minutes, or according to package instructions, until tender. Drain well.

In a large bowl, whisk the eggs. Add the sour cream and softened cream cheese and whisk to combine. Add the half & half, sugar, salt, vanilla, and cinnamon, and whisk until completely smooth.

Spread the cooked noodles evenly in the prepared baking dish. Pour the custard mixture evenly over top. Cover the dish tightly with aluminum foil and bake for 35 minutes. Remove and discard the foil. The custard should be just set. Sprinkle the streusel topping evenly over the top, making sure to cover all the noodles. Bake for 35 to 40 minutes more, until the streusel topping is crisp. Let cool for about 20 minutes, then cut into squares and serve.

Make Ahead: The kugel and topping can be assembled and stored separately in the fridge up to a day ahead of time, and then baked before serving. (The kugel with the streusel topping may also be fully cooked a day ahead of time and reheated, however the texture will be denser than if baked fresh. To reheat, cover with foil and place in a 325°F oven for 25 minutes; remove and discard the foil, and continue baking for 20 to 25 minutes more, or until warm throughout and crisp on top.)

NUTRITION INFORMATION

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Per serving (12 servings)

Serving size:	1 slice
Calories:	506
Fat:	25 g
Saturated fat:	14 g
Carbohydrates:	60 g
Sugar:	30 g
Fiber:	1 g
Protein:	10 g
Sodium:	209 mg
Cholesterol:	152 mg

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<https://www.onceuponachef.com/recipes/noodle-kugel.html>

Shared by Nicole Enayati

Shirazi Salad

YIELD: 4-6 SERVINGS

TIME: 10 MIN

Crunchy and tangy shirazi salad is a staple on Iranian tables. This recipe from Nicole Enayati and her mother Shahla uses homemade verjus, which is made from the juice of sour grapes and is acidic like vinegar, but typically gentler. Store bought versions will also work well. If you can't find one, substitute fresh lime juice or apple cider vinegar. Be sure to dress the salad right before serving, so the vegetables remain crunchy.

Read more about Nicole's family in ["When an Expert Guest Finally Hosts Her First Persian Shabbat Dinner"](#) and try her recipes for [saffron roast chicken](#) and [khoresh gheymeh \(Persian split pea stew\)](#).

Ingredients

3 persian cucumbers, peeled & diced

2 roma tomatoes, deseeded & diced

¼-½ red onion, diced

2-3 tablespoons verjus, (can be substituted with lime juice or apple cider vinegar)

1 teaspoon dried mint

1 tablespoon olive oil

½ teaspoon salt

¼ teaspoon pepper

Preparation

STEP 1

Place all of the diced vegetables into a bowl.

STEP 2

In a small bowl or jar, whisk the verjus (or substitute), mint, olive oil, salt and pepper together.

STEP 3

In a serving bowl, toss the vegetables with the dressing and serve immediately.

Best Shakshuka

Prep Time: 10 mins
Cook Time: 25 mins
Total Time: 35 mins
Serves 4



Shakshuka is a classic North African and Middle Eastern breakfast dish. This recipe is simple and satisfying, featuring eggs poached in a bell pepper and tomato sauce. Serve it with pita or crusty bread for breakfast or brunch...or dinner! Shakshuka is a delicious option for any meal.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped yellow onion
- 1 red bell pepper, seeded and diced
- ¼ teaspoon sea salt, more to taste
- Freshly ground black pepper
- 3 medium garlic cloves, minced
- ½ teaspoon smoked paprika
- ½ teaspoon ground cumin
- Pinch of cayenne pepper, optional
- 1 28-ounce can crushed tomatoes
- 2 tablespoons harissa paste*, see note
- 1 cup fresh spinach, chopped
- 3 to 5 eggs
- ⅓ cup crumbled feta cheese
- ¼ cup fresh parsley leaves
- 1 avocado, diced
- Microgreens for garnish, optional
- Toasted bread, for serving

Instructions

1. Heat the oil over medium heat in a 12-inch lidded stainless steel or enamel-coated cast-iron skillet. Add the onion, red pepper, salt, and several grinds of fresh pepper and cook until the onion is soft and translucent, 6 to 8 minutes.
2. Reduce the heat to medium-low and add the garlic, paprika, cumin, and cayenne, if using. Stir and let cook for about 30 seconds, then add the tomatoes and harissa paste. Simmer for 15 minutes until the sauce is thickened.
3. Add the spinach and stir until wilted. Use the back of a spoon to make 3 to 5 wells in the sauce. Crack in the eggs. Cover and cook until the eggs are set, 5 to 8 minutes. The timing will depend on how runny you like your egg yolks.

4. Season with salt and pepper to taste and sprinkle with the feta, parsley, avocado, and microgreens, if using. Serve with toasted bread for scooping.

Notes

*If you're sensitive to spice use a mild harissa (like Mina Harissa Mild), for a spicier shakshuka, use hot harissa (like Trader Joe's Hot Harissa).

Find it online at <https://www.loveandlemons.com/shakshuka-recipe/>

CINNAMON TOFFEE BUTTERHORNS (RUGELACH)

Cinnamon Toffee Butterhorns (Rugelach) - no matter whether you call these cookies rugelach or butterhorns, you will love this rugelach recipe made with sour cream dough and filled with toffee!

Course	Dessert
Cuisine	American
Prep Time	20 minutes
Cook Time	20 minutes
Chill Time	2 hours
Total Time	40 minutes
Servings	36 cookies
Calories	52kcal
Author	Liren Baker

INGREDIENTS

- 2 cups flour
- 1 cup cold unsalted butter, cut into small cubes
- 1 large egg separated
- 3/4 cup creme fraiche or sour cream
- 3/4 cup milk chocolate toffee bits
- 1/2 cup granulated sugar
- 2 teaspoons cinnamon

INSTRUCTIONS

1. In the bowl of a food processor or using a pastry cutter, cut the butter into the flour, pulsing until you have large crumbs. Add the egg yolk and creme fraiche and continue to pulse (or knead by hand) until the dough comes together in a ball. Divide the dough into three equal parts and form into balls. I like to use a food scale to equally divide the dough, but you can also eyeball it. Wrap each portion of dough in plastic wrap, flatten into a disk, and chill in the refrigerator for 2-3 hours or overnight.
2. Make the filling by tossing together the toffee bits, sugar, and cinnamon in a small bowl. If the toffee bits have large chunks, I like to pulse it a few times in a food processor so the filling is a more even crumb.
3. Preheat the oven to 350° F with a rack placed in the center of the oven. Prepare a baking sheet and line it with parchment paper.

4. On a floured surface, roll out 1 ball of dough into a 10-inch circle about 1/8 inch thick. Sprinkle with the filling, pressing it down into the dough, then cut into 12 equal wedges. Starting at the outside edge, roll each wedge from the widest to the smallest point, creating a crescent shape. Work as quickly as you can - it's easier to work with the dough when it is still nice and cool. Place the cookies on a parchment lined baking tray. Chill in the refrigerator for about 10 minutes.
5. Repeat with the other two pieces of dough.
6. Right before baking, lightly brush with the egg white, and if you wish, sprinkle with sanding sugar. Bake for about 18-20 minutes, or until the cookies are golden. Transfer to a wire rack to cool completely.

NUTRITION

Serving: 2cookies | Calories: 52kcal | Carbohydrates: 9g | Protein: 1g | Fat: 1g | Cholesterol: 7mg | Sodium: 12mg | Potassium: 22mg | Sugar: 3g | Vitamin A: 65IU | Vitamin C: 0.1mg | Calcium: 9mg | Iron: 0.7mg

DID YOU MAKE THIS RECIPE?

I'd love to see! Tag @kitchconfidante on Instagram and hashtag it #kitchenconfidante

This delicious recipe brought to you by Kitchen Confidante®

<https://kitchenconfidante.com/cinnamon-toffee-butterhorns-rugelach-recipe>

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