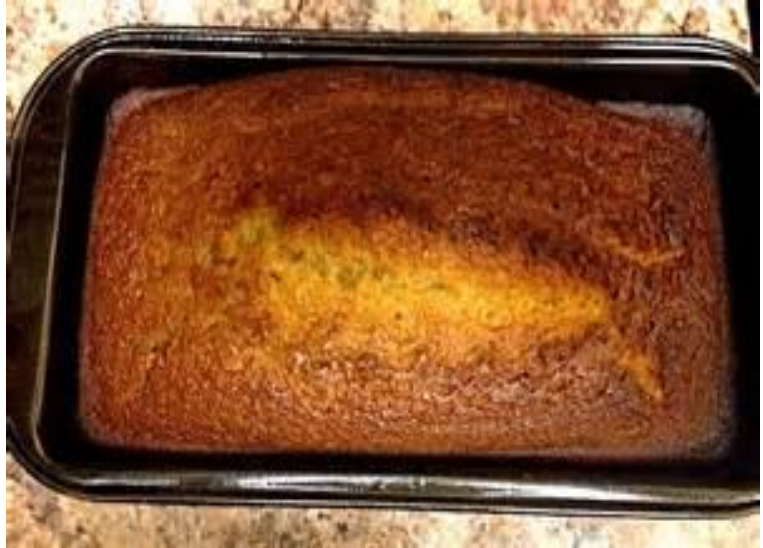


# Rosh Hashanah Recipes

## Easy Honey Cake (Courtesy of URJ Website)

### Ingredients:

$\frac{3}{4}$  C warm coffee (or  $\frac{3}{4}$  C water with  
1 tsp. instant espresso)  
 $\frac{1}{4}$  C honey  
14.5-oz. box gingerbread mix  
Eggs, as needed in mix  
Oil or margarine as needed in mix



### Directions:

Preheat the oven according to package directions.

Microwave the coffee with the honey for 30 seconds on high. Stir to combine.

Prepare the cake following the package directions except substitute the warm coffee and honey for all of the liquid in the recipe. Use the appropriate amount of oil and eggs called for on the package.

Grease a 9 x 4-inch loaf pan. Pour the batter into the prepared pan, and bake according to the time on the package mix. Cool completely.

## Rosh Hashanah Kid's Cooking

### Rosh Hashanah Apple and Honey Pizza- Courtesy of Roz Reisner (MRT Cookbook )

Yields 6-8 slices depending on the size of the slice.

#### Ingredients:

12 inch pie crust chilled  
¼ C. honey  
1 C. Thick applesauce  
2 C. Thin apple slices, peeled  
1/3 C. ground walnuts, optional  
Cinnamon to taste



#### Directions:

Preheat oven to 425 degrees. Using store bought pie crust or your favorite crust recipe, roll pie dough into 12 inch circle. Place it on a heavy duty foil. Fold over edge of dough to make a rim. Prick pastry with fork and brush with honey. Cover apple with applesauce and apple slices. Sprinkle with nuts and cinnamon. Bake at 425 degrees for 20 minutes until crust is brown. Slice like pizza. Prep and cooking time is one hour. Adult supervision is recommended for cutting and peeling apples.

# Rosh Hashanah Recipes

## Sweet and Savory Rosh Hashanah Chicken-( Courtesy of the URJ website)

### Ingredients:

1 1/2 pounds boneless chicken breasts  
Salt and freshly ground pepper to taste  
2 Tbs. corn or peanut oil, divided use  
1 medium onion, chopped into 1/2-inch dice  
2 C coarsely shredded carrots (about 2)  
2 apples such as Jonathan gold or Gala (if available, substitute quince for 1 apple)  
1/2 C raisins  
1 tsp. ground cumin  
1/2 tsp. cinnamon  
2 C canned chicken broth  
1 C basmati rice



### Directions:

Slice the boneless chicken breasts into 1/4-inch slices. Sprinkle with salt and pepper.

Heat a 3-quart saucepan over high heat for 20 seconds. Add 1 tablespoon of the oil and heat for 10 seconds. Reduce heat to medium high if oil begins to smoke. Add the chicken pieces and sauté for 2 minutes until lightly golden. Remove to a plate and set aside.

Add the remaining tablespoon of oil and heat for 10 seconds. Add the onions and sauté until lightly golden.

Add the carrots and apples or apples and quince and sauté an additional 5 minutes until soft.

Return the chicken to the pot and stir to recombine.

Add the raisins and all of the seasonings to the chicken-fruit mixture.

Microwave the broth and the rice, covered, for 5 minutes on high.

Add the rice and broth to the pot with all the ingredients. Stir gently to combine.

Reduce the heat to medium. Cover the pot and simmer the mixture for 15 minutes or until the rice is tender.

# Rosh Hashanah Recipes

## Roasted Vegetables- Courtesy of Lois Arvin (MRT Cookbook)

Yields 12 servings- Prep and cooking time 70 minutes

### Ingredients:

8 carrots, peeled and cut in 2 inch lengths  
3 yellow onions, sliced  
4 large parsnips, peeled, cut in 2 inch lengths  
4 large russet potatoes, peeled and cut in 2 inch pieces  
4 large sweet potatoes, peeled and cut in 2 inch pieces  
1 small Butternut squash, peeled, cut in 2 inch chunks  
Approx. ½ C. Olive oil  
Salt and Pepper to taste



### Directions:

Preheat oven to 400 degrees. Put all cut up vegetables into a large baking pan or cookie sheet. Use as many pans as you need to that all vegetables are in a single layer. Drizzle olive oil evenly over vegetables; mix well so that all surfaces of vegetables are coated. Sprinkle with salt and pepper. Roast, stirring occasionally, until vegetables are lightly brown on all sides, about 40 minutes. Add additional oil if vegetables are sticking to the pan or drying out too much.

# Rosh Hashanah Recipes

## Vegetarian Chopped Liver (Courtesy of URJ)



### Ingredients:

3 large onions, sliced  
2 Tbs. oil  
1-pound can cut green beans, drained  
1-pound can green peas, drained  
16 Ritz crackers  
6 hard-boiled eggs  
1/2 C chopped walnuts  
Salt and pepper to taste  
2 Tbs. mayonnaise

### Directions:

Sauté the onions in the oil until a dark golden brown.

In a food processor, combine the green beans, peas, onions, crackers, eggs, and walnuts using a pulsing action to chop the mixture fairly fine.

Season with salt and pepper, and moisten with a little mayonnaise if needed to have it resemble real chopped chicken livers. Serve with bread or crackers.

### Helpful Hints:

Whipped salad dressings are never a substitute for high-quality mayonnaise.

Never use fat-free or low-fat mayonnaise in this mixture unless you are planning to serve it right away. The cellulose used to thicken the mayonnaise to appear like the original variety will absorb moisture from the vegetables and make the mixture thick and gummy.