

Shabbat Recipes

Baked Chicken (Four Ways) (Courtesy of Penina Jacobs from aish.com)

Ingredients

One boneless, skinless chicken filet per person. If you prefer other pieces, use them. You can slice each breast in half before serving if they are very large.

Directions

1. Lay chicken pieces in pan and preheat oven to 375 degrees F.
2. Add olive oil (if needed), dry seasoning and then liquid sauce of your choice from options listed below.
3. Bake until tender (you may broil at the end if you want the chicken browned).

Option One

Lemon Herb Chicken

1. Olive oil
2. Bottled lemon juice
3. Dried rosemary, thyme and garlic (plus salt and pepper)



Option Two

Honey Mustard Chicken with Apples

1. Prepared store bought honey mustard
2. Green apples (one for every two chicken pieces; peeled and sliced)
3. Garlic powder

Option Three

Cranberry Onion Chicken (from Classic Kosher Cooking by Sara Finkel)

1. One package onion soup mix (combined with)
2. One can whole berry cranberry sauce

Option Four

Chicken with Duck Sauce and Peaches

1. Prepared duck sauce
2. One can sliced peaches in juice
3. Garlic powder



If you want to get fancy you can add a can of drained crushed pineapple or apricots as well.

Shabbat Recipes

How To Make Challah Bread (courtesy of the Kitchen.com)

Makes 1 loaf (about 20 slices)

Ingredients

2 tsp. active dry or instant yeast
1 C (8 oz.) lukewarm water
4 to 4 1/2 C (20 to 22 ounces) all-purpose flour
1/4 C (1 3/4 oz.) white granulated sugar
2 tsp. salt
2 large eggs
1 large egg yolk (reserve the white for the egg wash)
1/4 C (2 oz.) neutral-flavored vegetable oil



Equipment

Standing mixer (optional)
Large mixing bowl
Bench scraper or sharp knife
Baking sheet
Parchment paper

Instructions

1. **Dissolve the yeast:** Sprinkle the yeast over the water in a small bowl, and add a healthy pinch of sugar. Stir to dissolve the yeast and let stand until you see a thin frothy layer across the top. This means that the yeast is active and ready to use. (If you do not see this or if your yeast won't dissolve, it has likely expired and you'll need to purchase new yeast.)
2. **Mix the dry ingredients:** Whisk together 4 cups of the flour, sugar, and salt in the bowl of a standing mixer (or in a large mixing bowl if kneading by hand).
3. **Add the eggs, yolk, and oil:** Make a well in the center of the flour and add the eggs, egg yolk, and oil. Whisk these together to form a slurry, pulling in a little flour from the sides of the bowl.

4. **Mix to form a shaggy dough:** Pour the yeast mixture over the egg slurry. Mix the yeast, eggs, and flour with a long-handled spoon until you form a shaggy dough that is difficult to mix.
5. **Knead the dough for 6 to 8 minutes:** With a dough hook attachment, knead the dough on low speed for 6 to 8 minutes. (Alternatively, turn out the dough onto a floured work surface and knead by hand for about 10 minutes.) If the dough seems very sticky, add flour a teaspoon at a time until it feels tacky, but no longer like bubblegum. The dough has finished kneading when it is soft, smooth, and holds a ball-shape.
6. **Let the dough rise until doubled:** Place the dough in an oiled bowl, cover with plastic wrap, and place somewhere warm. Let the dough rise until doubled in bulk, 1 1/2 to 2 hours.
7. **Separate the dough and roll into ropes:** Separate the dough into three or six equal pieces, depending on the type of braid you'd like to do. Roll each piece of dough into a long rope roughly 1-inch thick and 16 inches long. If the ropes shrink as you try to roll them, let them rest for 5 minutes to relax the gluten and then try again.
8. **Braid the dough:** Gather the ropes and squeeze them together at the very top. If making a 3-stranded challah, braid the ropes together like braiding hair or yarn and squeeze the ends together when complete. If making a 6-stranded challah, the directions are below.
9. **Let the challah rise:** Line a baking sheet with parchment and lift the loaf on top. Sprinkle the loaf with a little flour and drape it with a clean dishcloth. Place the pan somewhere warm and away from drafts and let it rise until puffed and pillowy, about an hour.
10. **Brush the challah with egg white:** About 20 minutes before baking, heat the oven to 350°F. When ready to bake, whisk the reserved egg white with a tablespoon of water and brush it all over the challah. Be sure to get in the cracks and down the sides of the loaf.
11. **Bake the challah:** Slide the challah on its baking sheet into the oven and bake for 30 to 35 minutes, rotating the pan halfway through cooking. The challah is done when it is deeply browned and registers 190°F in the very middle with an instant-read thermometer.
12. **Cool the challah:** Let the challah cool on a cooling rack until just barely warm. Slice and eat.



Making a 6-Stranded Challah Braid:



The name of the game here is "over two, under one, over two." Carry the right-most rope over the two ropes beside it, slip it under the middle rope, and then carry it over the last two ropes. Lay the rope down parallel to the other ropes; it is now the furthest-left strand. Repeat this pattern until you reach the end of the loaf. Try to make your braid as tight as possible. Your braid will start listing to the left as you go; it's ok to lift it up and recenter the loaf if you need to. Once you reach the end, squeeze the ends of the ropes together and tuck them under the loaf.

At this point, your loaf is fairly long and skinny. If you'd like to make a celebration ring, stretch the loaf a little longer and pull the ends toward each other to create a circle. You can either squeeze the ends together, or if you're feeling adventurous, braid them into a continuous circle.

If you're making a regular loaf (as pictured), you need to "plump" it a little to tighten the ropes into more of a loaf shape. Place your left palm at the end of the braid and your right palm at the top, and gently push the two ends toward each other, just like plumping a pillow in slow motion. Then slip your fingers under the dough along either side and gently lift the dough while cupping it downwards. (This isn't a vital step, so don't worry if you're not sure you did it correctly.)

Additional Notes:

- **Substituting butter:** If you don't need to keep a kosher table, you can substitute melted butter for the oil in this recipe.

Shabbat Recipes

Easy Baked Potato Ensemble(Courtesy of Stacey Katz from aish.com)



Directions

1. Preheat oven to 400 degrees F.
2. Wash and slice white potatoes and yams. Allow half of each type (potato/yam) per serving.
3. Add peeled and sliced onions to taste.
4. Drizzle and toss with olive oil
5. Season liberally with salt, pepper, garlic powder, rosemary and thyme. (To taste)
6. Bake covered or uncovered until tender, checking after 45 minutes or so.

For crispy potatoes do not cover the pan while baking

Shabbat Recipes

No Stress No Mess Chicken Soup (Courtesy of Penina Jacobs from aish.com)

(8-10 servings)

Ingredients

1. Two packages of noodle soup mix (Noodleman's). If you do not wish to use prepared soup mix you can just cook the chicken, vegetables and seasoning for a long time and add cooked noodles separately.
2. One bag of peeled baby carrots
3. One package of celery hearts (washed and sliced)
4. Washed chicken pieces of choice
5. Two peeled and sliced onions
6. Seasonings to taste (such as crushed garlic and fresh dill, generous amounts of salt and pepper)

Directions:

1. Cook soup mix (with noodles) as per package.
2. Add everything else with water to cover and bring to boil.
3. Add seasonings and reduce heat to simmer for as long as you wish, adding water as necessary (longer tastes better) making sure chicken is cooked and vegetables are tender.



Shabbat Recipes

Appetizer or Main Course Chilled or Hot Salmon Filet

(Courtesy of Penina Jacobs from aish.com)

Below are options for salmon filet. They are elegant and fast and can also be served chilled as an appetizer or hot as an entrée.

Ingredients

1. One fresh boneless, skinless salmon filet for every three appetizer portions (you will cut each into thirds just prior to serving). If you are using fish for a main course, allow one whole filet per serving.
2. Olive oil
3. Bottled lemon juice
4. Seasonings: salt, pepper, garlic powder, Lawry's Seasoning Salt

Directions



1. Lay filets in pan (disposable pans so there's no clean up). For those who prefer not to use aluminum, Pyrex works well.
2. Pour olive oil and lemon juice over the fish. Be very generous with the lemon juice. The filets should literally be "swimming" in it. This is what keeps it moist and flavorful.
3. Season liberally (this is crucial) and bake (covered) until it flakes with a fork and/or smells done.

If you have used lots of lemon juice you really can't overcook it. If you are serving it hot as an entree Friday night the liquid will keep it from drying out on a hot plate, too. If you are serving it chilled, the liquid forms a nice marinade.

Another Option

Keep in mind that you can always just pour any prepared sauce over the fish and bake it as well. Teriyaki or duck sauce is fine and you can dress these up by adding a little crushed pineapple, orange juice and sesame seeds. Always good to use a little olive oil first because it keeps the fish moist.

Shabbat Recipes

Semi Homemade Dark Chocolate Espresso Cookies

(Courtesy of Elizabeth Kurtz from aish.com)



Makes 3 dozen

- 3 Tbs. water
- 2 Tbs. instant espresso coffee powder
- 1 box Dark Chocolate Premium Brownie Mix
- 1 egg
- 3 Tbs vegetable oil
- ¼ tsp. cinnamon
- 1½ C dark chocolate pieces, semi sweet chocolate pieces and/or white chocolate pieces (combined into the 1½ cups)

Preheat oven to 350°F. Lightly grease a baking sheet or line a baking sheet with parchment paper; set aside.

In a small bowl combine water and espresso powder, stir until dissolved; set aside.

In a large mixing bowl combine brownie mix, egg, oil, cinnamon, and the espresso mixture. Beat with an electric mixer on low speed until combined, scraping sides.

Stir in chocolate pieces by hand, using a spatula or wooden spoon. Drop dough by rounded tsp. onto prepared cookie sheet.

Bake about 6-8 minutes or until edges are just set. (Centers may appear doughy). Do not overbake. Cool on cookie sheet for 2 minutes. If desired place a chocolate candy kiss or a caramel chocolate candy kiss into center of cookie immediately after removing from oven as a garnish.

Shabbat Kid's Cooking

Cheesecake Pops(Courtesy of Food Network Kitchen)

Total Time:10 min
Prep:10 min
Yield:4 servings
Level:Easy

Ingredients

6 oz. bittersweet chocolate
1 frozen cheesecake
Lollipop sticks
Sprinkles, and or coconut



Directions

1. Microwave 6 ounces chopped bittersweet chocolate on 75 percent power until melted, about 3 minutes.
2. Cut a frozen cheesecake into 1-inch cubes.
3. Gently press a lollipop stick halfway into each cube.
4. Dip the pop into the chocolate and roll in sprinkles and/or coconut, if desired.
5. Freeze or refrigerate until chocolate hardens.

