

Shavuot Recipes

Lukshen Kugel (Courtesy of Epicurious)

Ingredients

2 C dried medium egg noodles
3 Tbs.unslated butter softened
2 Large eggs
1 C cottage cheese (not low fat)
½ C sour cream
½ tsp. salt
¼ tsp. white pepper

Accompaniment: sour cream



Directions

Preheat oven to 350°F.

Cook noodles in a large saucepan of boiling salted water* until tender, then drain well in a colander and toss with butter in a bowl.

While noodles are cooking, whisk together eggs, cottage cheese, sour cream, salt, and white pepper in a large bowl. Stir in noodles.

Transfer to a buttered deep 1-quart baking dish and bake in middle of oven until firm, 45 minutes to 1 hour.

* When salting water for cooking, use 1 tablespoon salt for every 4 quarts water.

Shavuot Recipes

Noodle Kugel (Courtesy of Beverley Gruensfelder)

Ingredients

1 pound of medium egg noodles (I use yolk free)
1/2 stick of butter
6 eggs, beaten
1 C of sugar (save a little bit to sprinkle on top before baking)
1/2 C Orange Juice (without pulp)
1 large can of crushed pineapple without juice
1/2 C of golden raisins
1 large apple grated or cut into small pieces
1 package of dried apricots cut into small pieces
2 tsp. of vanilla extract
1/4 tsp. of cinnamon

Directions

Boil noodles for about 2-3 minutes in lightly salted water
Drain and rinse noodles in cold water to stop the cooking process
Mix in beaten eggs, juice, sugar, and fruits
Pour mixture into a well greased 9 x 13 oiled baking dish
Bake at 350 degrees (covered with aluminum foil for 75 minutes).
For the last 15 minutes, uncover the kugel, and sprinkle the top with a little bit of sugar and cinnamon if desired



Shavuot Recipes

Blintz Soufflé for Shavuot (Courtesy of Epicurious)

Ingredients

1/4 C butter, melted

12 frozen cheese blintzes

6 eggs

1 1/2 C sour cream

1/3 C sugar

2 tsp. vanilla

1/4 C orange juice or 2 Tbs. orange juice concentrate

Cinnamon



Directions

Preheat oven to 350° F (175° C).

Melt butter in a 9x13 in. pan.

Line blintzes in one layer in the pan.

In a bowl, beat eggs.

Add sour cream, sugar, vanilla, and orange juice.

Pour egg mixture over the blintzes.

Sprinkle lightly with cinnamon.

Bake uncovered, for 45 minutes, or until golden brown on top.

Shavuot Recipes

Layered No-Bake Cheesecake Cups (Courtesy of Miriam Szokovski, Chabad.Org)

On Shavuot, it's traditional to eat dairy foods. Try these delicious, easy, no-bake cheesecake cups. Use small glass cups or clear plastic ones.

Ingredients

- 1 packet tea biscuits (plain)
- 1 packet instant vanilla pudding
- 2 C full-fat milk (don't use skim)
- 1 8-oz. container cream cheese (whipped or unwhipped)
- 1 packet instant strawberry gelatin



Directions

1. Crush the tea biscuits. You can do this in a blender/food processor, or with your hands.
2. Blend the cream cheese, milk and instant pudding powder.
3. Prepare the gelatin according to packet instructions, and set aside to cool.
4. Place a layer of crumbs on the bottom of each glass/bowl. Spoon a layer of cheese on top. Add a second layer of crumbs and a second layer of cheese. Refrigerate.
5. When the gelatin is cooled and thick, but not completely set, very gently spoon some on top of each cup.
6. Return to refrigerator until fully set.

Shavuot Recipes

Berry Banana Dairy Smoothie (Courtesy of Sydney Mike at Food.Com)

Ingredients

Servings: 2

- 1/2 C 2% milk
- 1/2 C cranberry juice
- 1 C strawberries, diced
- 1 C blueberries
- 1 large banana, frozen
- 1/2 C fat-free blueberry yogurt



Directions

Place ingredients into blender and mix until smooth
Pour into 2 glasses and enjoy

Shavuot Kid's Cooking

Macaroni and Cheese (Courtesy of Erika Bragdon, Living Well Mom.com)

Ingredients

16 oz box elbow macaroni noodles

10 Tbs. butter, divided

$\frac{1}{3}$ C flour

3 C milk

12 oz cheese (any variety you like)

$\frac{3}{4}$ tsp. salt

$\frac{1}{4}$ tsp. pepper

4 Tbs. dry bread crumbs



Directions (Parent Supervision advised)

Cook macaroni noodles and drain.

Preheat oven to 375 degrees.

In a saucepan, melt 1 stick (8 TB) butter over medium heat. Stir in flour. Slowly add milk, stirring. Bring to a boil and stir for 2 minutes. Turn off the burner and add the cheese, salt, and pepper, stirring until the cheese is melted. Add the elbow macaroni noodles and mix well.

Turn into a 2 quart casserole dish.

Mix 2 Tbs. melted, butter, 4 Tbs. bread crumbs, and a dash of pepper.

Sprinkle over the mac 'n cheese.

Bake for 30 minutes.