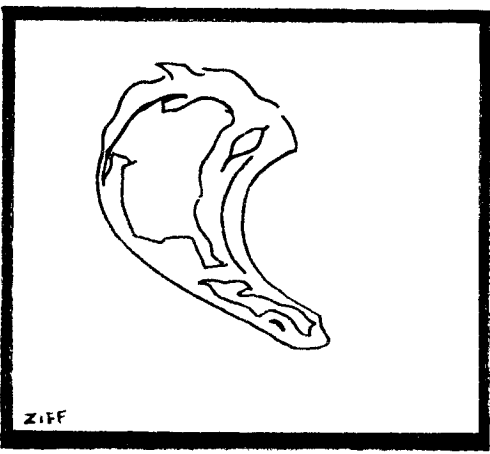
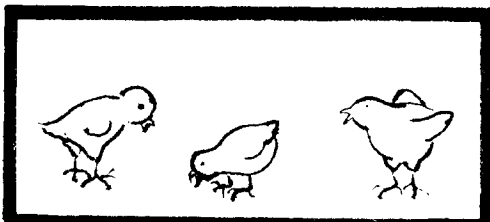


SEAS & SHIP



MEATS - POULTRY

ROSH HASHANAH HONEY CHICKEN

Denise Swerdlik

3 lbs. chicken, cut up	3 T. prepared mustard
1 tsp. salt, optional	2 tsp. curry powder
1/4 c. pareve margarine	6 T. honey

Season chicken with salt if desired. Heat margarine in 9 x 13 inch pan at 375°. Remove pan from oven and stir in honey, mustard and curry powder. Place chicken in pan; turn to cover evenly in sauce in a single layer. Return pan to oven. Bake uncovered for 45 minutes or until tender. Baste and turn chicken often. Skinned and boned chicken breasts work well for this recipe. Chicken breasts may be made ahead, partially cooked and frozen. To reheat, defrost and bake in 375° oven for 30 minutes or until done.

ROAST CHICKEN

Keren Prombaum

3 1/2 to 4 lb. pullet	3 carrots, sliced, optional
1 can clear chicken soup	Pepper
1 large onion	Paprika
Potatoes, quartered	

Chop onions; lay in a roasting dish. Cut up potatoes and carrots, if desired; place in dish with onions. Clean chicken. Put on top of vegetables. Pour soup over chicken and vegetables. Sprinkle pepper and paprika over chicken and vegetables. Bake on 1 side for 1 1/2 hours. Turn and bake for another hour to 1 1/2 hours. When you turn chicken, stir the potatoes so they are covered with liquid.

CHICKEN FRICASSEE**Sally Levenstein**

1 lb. hamburger	1/2 large sweet onion, diced
1 to 2 lbs. cut-up chicken necks and gizzards	finely
Vegetable oil	10 oz. can tomato sauce
	Juice of 1 lemon
	1/2 c. brown sugar

Shape hamburger into small balls. Saute' the hamburger balls and chicken necks and gizzards in the vegetable oil. Put the sauteed meat and chicken in a baking dish. Saute' onion in vegetable oil in a medium pot. Mix in the tomato sauce and simmer for 5 minutes. Add the lemon juice and brown sugar. Pour the sauce over the ingredients in the baking dish. Cover and bake for 2 hours at 350°.

ROSE'S HUNGARIAN CHICKEN FRICASSEE**Mrs C J Insler**

4 lb. chicken, cut into small pieces	Dash pepper
1 large onion, minced	2 tsp. flour
1 tsp. fat	1/4 tsp. paprika
1/2 tsp. salt	3 c. water
	1/2 c. rice

Saute' onion in fat until golden; add 1 cup water, chicken and seasoning. Simmer until chicken is nearly done. Then add remaining 2 cups water and the washed rice. Add more water if necessary.

Meatballs may be added. Mix ground beef, grated onion, salt, pepper, a small amount of wet stale roll, 1 egg, a little cold water. Form into small balls to fricassee. (This fricassee was always served as an appetizer).

GRANDMA BEA SPERLING'S HELZEL**Shelley Goldbloom's Mom**

Take neck skin from a chicken. Fill with a kind of cement made of unrendered raw chicken fat, flour, salt and pepper, just worked together with your fingers. Stuff then sew it up with needle and thread. Boil it in the chicken soup as you are making it for about 2 hours, or in roaster with the chicken, chicken fat, onions, garlic and seasoning and paprika and brown it crisp. "It is pure cholesterol. I am amazed at the survival of the Jews, not so much from the hatred of their enemies but that they were able to survive their own cooking. Nevertheless you see we hand our recipes down from mother to daughter. Maybe that's how we develop the stamina - after helzel we can withstand anything."

Beatrice Kaplan Sperling - October 18, 1977

DERMALESS DERMA**Sally Levenstein**

1 c. flour	1/3 large grated sweet onion
1 T. matzo meal	1/2 tsp. salt
3 T. pareve oleo	1/4 tsp. paprika
1/8 tsp. pepper	

Mix all ingredients together. Shape in long narrow strips. Put in hot gravy with chicken or meat that is roasting. Turn once. This is enough stuffing for a 12-inch length of derma, but I have found you can mix the stuffing and use it without the derma.

KISHKE (STUFFED DERMA)**Gail Laber**

2 foot beef casing (can be ordered from butcher)	1 tsp. salt
3/4 c. sifted flour	1/4 tsp. pepper
1/3 c. matzo meal	1 tsp. paprika
	1/2 c. shortening or chicken fat

Wash the casings in cold water, scraping the inside clean. Cut in half, tie one end of each piece. Combine matzo meal, flour, grated onion, salt, pepper and fat. Stuff the casings. Tie the other end of each piece and drop in boiling water. Cook for at least an hour. Drain. May freeze until ready to roast. Roast with turkey or roast for at least 1 1/2 hours.

BRISKET WITH PRUNES AND SWEET POTATOES**Eve Perlmutter**

2 lbs. brisket	3 T. sugar
1 lb. prunes	Juice of 1 lemon
4 large sweet potatoes	

Simmer the brisket with prunes in water to cover for about one hour. Scrub and pare sweet potatoes. Quarter potatoes and put into 3-quart baking dish. Add the steaming meat and prunes along with the liquid. Sprinkle the sugar over the top and add lemon juice. Cover tightly and bake in 350° oven for about 2 hours. Serves 6-8.

BRISKET**Sara Levenstein**

1 brisket	3 fresh tomatoes, cut up
1 large onion, chopped	2 ribs celery, sliced
3 large carrots, sliced	1/4 c. ketchup
2 cloves garlic, minced	

Salt and pepper meat and brown in hot pan until brown on all sides. Take meat out of pan and brown vegetables. When brown, add 1/4 cup ketchup and 1/2 cup water. Simmer 10 minutes. Put meat back and cover and simmer for 2 hours.

BEEF BRISKET**Gladys Neuman**

1 beef brisket	1 small can tomato sauce
Salt, to taste	1/2 c. celery, chopped
Garlic powder, to taste	1/2 c. onion, chopped
1 tsp. oregano	1/2 c. carrots, slices

Sear brisket on top of stove in a Dutch oven. Drain fat. Season with salt, garlic powder, oregano. Add tomato sauce and cut up vegetables. Bake about 3 hours covered at 325°. Take out of pan and strain gravy. Place gravy in jar and refrigerate overnight. Refrigerate brisket overnight. Before serving, remove fat and slice thin. Stack slices as if the meat were still in one piece. Pour gravy over meat and heat.

CHOLENT (SABBATH DELICACY)**Keren Prombaum**

3 lbs. short ribs	1 c. lima beans, dry
3 carrots	1 c. black-eyed peas, dry
3 stalks celery	1 c. chicken soup or water
4 potatoes	1/4 tsp. ginger
1 whole onion	Salt and pepper, to taste
1 c. pearled barley	

Lightly brown the ribs on all sides. Cut away fat. Cut meat away from bones if space in pot is limited. Slice or chop up all vegetables. Place the peas and beans in a colander. Pour boiling water over them. In a crock pot (or heavy pot) put in the vegetables, then the beans and barley, then the meat. Mix ginger, salt and pepper in with liquid and pour over the meat and vegetables. Cover tightly and cook at low heat for 18 to 25 hours. Add liquid if it looks like it's getting dry.

CHOLENT**Pearl Lipshitz**

1 pot roast or brisket	1 egg
Potatoes, sliced	1 T. matzo meal or bread crumbs
1 onion, sliced	Salt and pepper

Salt and pepper meat to taste. Brown both sides of meat in ovenproof pan (with a cover) on top of the stove. Remove meat. Do not drain grease from pan. Put a layer of sliced potatoes on bottom of pan. Next layer some sliced onions. Place meat on top of onions. Grind enough potatoes to cover meat. Add 1 egg, salt and pepper to taste and 1 tablespoonful matzo meal and add to potatoes. Put ground mixture on top of meat. Layer sliced potatoes on top and cover. Place in 350° oven until mixture comes to a boil. Lower oven to 200° to 225° and cook overnight.

STUFFED CABBAGE**Pearl Lipshitz**

1 head cabbage, cored

FILLING:

1 lb. chopped meat	1/8 to 1/4 tsp. ground oregano
1 egg	1/2 tsp. parsley
2 to 3 shakes garlic powder	Salt, pepper
2 to 3 shakes cumin	

SAUCE:

1 can tomato paste	1/3 c. raisins
1 (8 oz.) can tomato sauce	1/4 tsp. sour salt or juice of
1 tsp. sugar	1/2 lemon or vinegar

Boil water in large pot. Place cored cabbage in pot and turn off heat. Cover. Let stand 10 minutes. Remove cabbage from pot and drain. Separate leaves. Remove thick portion of the leaves.

Mix ingredients for filling. Mix ingredients for sauce and bring to boil in large pot. While sauce is warming, fill the top (not thick end) of each leaf with 1 1/2 tablespoonfuls meat filling. Roll leaf over meat, fold sides in and roll up. Place each cabbage roll into sauce. Cover and simmer 1 hour on low setting.

STUFFED CABBAGE**Carol Belber**

1 lb. chopped meat	Onion, salt and pepper
1 egg	1 large cabbage
Approximately 3 T. raw rice	

Mix meat, egg, rice, onion, salt, pepper together. Boil head of cabbage for about 15 minutes to loosen leaves. Drain, peel leaves off and fill center of each leaf with meat mixture. Roll, tucking edges of cabbage around meat and secure with a toothpick. Place in large pot containing:

1 can whole tomatoes	Juice from 2 or 3 lemons,
1 can tomato puree'	according to own taste
3/4 c. sugar	

Simmer for 3 to 3 1/2 hours, tasting occasionally and adding more sugar or lemon juice if necessary.

MEAT BLINTZES**Eve Bern****BATTER:**

4 eggs 1 1/2 c. water
 1 tsp. salt 1 c. flour

FILLING:

4 c. cooked meat **and/or** 1 onion, chopped **and** sauteed
 chicken in 2 T. fat, part chicken fat
 1 egg Salt **and** pepper, to taste

Grind cooked meat with onion. Add egg and seasoning. Mix well, adding a small amount of fat or stock to make a moist filling. Place a heaping tablespoonful of meat in center of each blintz. Fold in sides and roll up or fold over envelope style. Fry on both sides until brown, or bake in 375° oven.

To make batter, add beaten eggs to sifted flour and salt. Mix well and add water to form a smooth batter. Heat a 6-inch skillet, lightly greased. Pour enough batter to make a thin pancake, tipping pan from side to side to cover bottom. Cook on one side only until edges pull away from pan. Invert on dish towel, cooked side up. Proceed to fill and fry as directed above.

CHINESE BBQ'D CHICKEN**Sara Levenstein**

1 cut-up fryer 2 parts ketchup
 1 part **each** honey, soy sauce,
 lemon juice

Combine marinade and pour over chicken. Bake at 350° for 1 1/2 hours or until well brown. For 1 chicken, 1 part = 1/8 cup.

BAKED GLAZED CHICKEN**Sara Levenstein**

2 cut-up fryers 1 pkg. onion soup mix
 1 bottle creamy Russian 1/2 jar orange **or** apricot
 dressing marmalade

Season chicken well and place in baking dish skin side up. Combine rest of ingredients and pour over chicken. Bake at 350° until done, approximately 1 1/2 hours.

CHICKEN TERIYAKI**Enid Reich**

1 cut-up chicken	2/3 c. cold water
2/3 c. tamari soy sauce	1 clove garlic, minced
2 1/2 tsp. ginger	1/4 c. sherry, optional
2 T. honey	2 tsp. cornstarch
1/4 c. lemon juice	2 T. cold water

Combine all ingredients except the cornstarch and 2 tablespoonfuls cold water. Pour over chicken and refrigerate at least 5 hours. Bake 1 1/2 hours at 325°. Baste often. Thicken with cornstarch and water mixture at end.

CHICKEN IN PLUM SAUCE**Sandy Perlmutter**

1 cut-up fryer	4 tsp. soy sauce
1 jar plum preserves	1/2 tsp. ginger
4 tsp. lemon juice	1/2 tsp. onion salt

Dip chicken in flour and brown in oil. Combine remaining ingredients and pour over chicken. Bake at 350° for 1 hour.

SWEET AND SOUR CHICKEN**Dee Peacock**

1 whole chicken, cut into large chunks or chicken parts, skin may be removed	1 bay leaf
1/2 c. white vinegar	Dash pepper
2/3 c. soy sauce	1 large tomato, diced
1 clove garlic, minced	1 can pineapple chunks, in juice, drained

Place chicken in skillet. Add remaining ingredients. Cooks for 1/2 hour or until chicken is tender. Stir, heat through and serve over rice.

ORIENTAL CHICKEN**Sandy Perlmutter**

8 to 10 chicken breasts or	3 T. soy sauce
2 pkgs. Empire chicken	2 green peppers, cubed
breasts	1 c. sliced water chestnuts
2 (10 oz.) jars apricot jam	2 pkgs. frozen pea pods, thawed
1 c. barbecue sauce	

Dip chicken in flour, then brown in oil. Arrange chicken in pan skin side up. Combine jam, barbecue sauce and soy sauce. Pour over chicken. Bake at 350° for 1 hour. After 1 hour, put green peppers, water chestnuts and pea pods over chicken. Baste and bake 15 minutes longer.

NO PEEK CHICKEN**Corine Neuman**

1 small box Minute Rice	1 can water
1 cut-up chicken	1 pkg. onion soup mix
1 can clear chicken soup	

Grease a 9 x 13 inch cake pan. Pour rice in bottom. Lay chicken pieces on top of rice. Mix canned soup with water and pour over chicken. Sprinkle onion soup mix over chicken and rice. Cover pan with aluminum foil. Bake at 350° 2 1/2 hours.

BROILED-BAKED CHICKEN**Charlotte Multz (by Eve Perlmutter)**

2 to 2 1/2 lb. ready-to-cook	1/2 c. orange juice
broiler-fryers	1/2 c. grapefruit juice
Crisco	1/2 c. chili sauce

Dot chicken halves with Crisco, season with salt and pepper. Place under broiler until golden brown, turning as necessary to brown all sides. Mix together juices and chili sauce. Pour over chicken halves. Bake at 350° for 1 hour, basting frequently with sauce. Serves 4.

BREAST OF CHICKEN IN WINE**Gladys Wahl**

12 whole chicken breasts, split	1/2 tsp. pepper
1/2 lb. margarine or chicken fat	1/2 tsp. thyme
2 c. chopped onions	2 (13 1/2 oz.) cans chicken broth
1/2 lb. mushrooms, sliced	4 chicken bouillon cubes, crumbled
2 cloves garlic, crushed	2 c. sauterne, kosher
1/2 c. flour	2 pkgs. or 2 cans artichokes
1/2 tsp. salt	

Wash, remove skin from and dry chicken. In some of the hot margarine gently brown the chicken breasts, a few at a time. Add more margarine as needed. Remove breasts and add onions, mushrooms and garlic. Saute' and remove from heat. Stir in flour, salt, pepper, thyme, chicken broth, artichokes and bouillon cubes. Stir and bring to a boil. Remove from heat and add sauterne. Place chicken breasts in large baking pan. Pour wine sauce over them. Cover and bake in 400° oven for 35 minutes.

CHICKEN MARENGO**Roberta Katz**

1 cut-up fryer (2 1/2 to 3 lb.)	1 clove garlic, minced
1/3 c. flour	1/4 tsp. thyme
1 1/2 tsp. salt	1 chicken bouillon cube
1/4 tsp. pepper	1 1/2 c. hot water
2 T. oil	1 (6 oz.) can tomato paste
1/4 lb. fresh mushrooms, sliced	1/3 c. dry white wine
2 T. chopped parsley	

Coat chicken with mixture of flour, salt and pepper. In large skillet brown chicken in oil. Add mushrooms, parsley, garlic and thyme. Cook until mushrooms are tender. Pour off fat. Dissolve bouillon cube in hot water; combine with tomato paste and pour over chicken. Simmer covered 30 minutes. Add wine and simmer 15 minutes more. Makes 4-6 servings.

STIR-FRY CHICKEN**Judith Kramer**

1 lb. chicken breasts, skinned and boned and cut into 1/2-inch cubes	3 T. salad oil
4 T. soy sauce	3/4 lb. carrots, thinly sliced
4 tsp. cornstarch	1 medium onion, thinly sliced
1/4 tsp. ground ginger	3/4 lb. zucchini, thinly sliced
1/3 c. water	2 c. hot cooked rice
1 tsp. sugar	

In medium bowl, combine chicken, 2 tablespoonfuls soy sauce, 2 teaspoonfuls cornstarch and ginger; toss until well mixed. In small bowl mix remaining soy sauce, water, sugar and remaining cornstarch; set aside. Heat 2 tablespoonfuls salad oil in wok or skillet. Add chicken and stir-fry over high heat 3 minutes. Remove with slotted spoon. Add remaining salad oil to pan and heat. Add carrots and onion; stir-fry 3 minutes. Add zucchini and stir-fry 2 minutes more. Return chicken and add soy mixture; cook until mixture thickens. Serve immediately with rice. Makes 4 servings (295 calories per serving).

NOTE: Can also add fresh mushrooms, celery and other vegetables.

AUNT SYL'S STICKY CHICKEN**Denise Swerdlik**

2 fryers, cut in eighths	3/4 c. barbecue sauce
3/4 c. Italian dressing	3/4 c. honey

Place chicken only in a baking dish that has been sprayed with Pam. Bake in 350° oven for 45 minutes. Remove chicken from dish and discard all fat and liquids. Replace chicken. Mix dressing, barbecue sauce and honey in a bowl and pour on top of chicken. Bake an additional 45 minutes, basting and turning chicken occasionally. If chicken requires additional top browning, place under broiler for a couple of minutes.

WILD RICE CHICKEN SUPREME

Neil Locketz

1 (6 oz.) box long grain and wild rice	2 c. chicken broth
1/3 c. chopped onion	1/3 c. chopped pimiento
1/4 c. margarine	1/3 c. chopped parsley
1/3 c. flour	2 c. cubed cooked chicken
1 tsp. salt	3 T. chopped blanched almonds
Dash black pepper	1 can mushrooms

Cook rice according to directions. Saute' onion in margarine. Blend in flour, salt and pepper. Stir in chicken broth. Cook until thickened, stirring constantly. Combine with cooked rice, pimiento, parsley, chicken, almonds and mushrooms. Pour into 2-quart casserole. Bake 20 minutes at 425°. Serves 6.

CASSEROLE CHICKEN MARENGO

Gladys Wahl

1/2 c. flour	1/2 stick margarine
1 tsp. salt and pepper, to taste	1 c. dry white wine
1 tsp. dried tarragon	1 can (16 oz.) tomatoes
1 (3 lb.) chicken, cut up into serving pieces	1 clove garlic, peeled and minced
1/4 c. olive oil	1/4 lb. mushrooms, sliced thin
	Minced parsley

Mix the flour, salt, pepper and tarragon together. Pour into a plastic bag. Add the dried chicken pieces and shake well to coat with the seasoned flour. Lift from the bag and shake off the excess. Set aside remaining flour until later.

In a large skillet, heat the olive oil and margarine. When hot, add the chicken pieces and brown on all sides. Lift from the skillet to heavy casserole and set aside. Stir the remaining flour mixture into the fat in the skillet until smooth. Add the wine and cook, whipping constantly, with a wire whisk until the sauce has thickened and is perfectly smooth. Pour the sauce over the chicken pieces and add the tomatoes, garlic and mushrooms. Cover, place in a 350° preheated oven and bake for about 45 minutes or until the chicken is tender. Sprinkle with minced parsley just before serving.

OVEN CRUSTY CHICKEN**Corine Neuman**

2 1/2 to 3 lb. cut-up fryer 1 tsp. salt
 4 c. Rice Krispies cereal 1/4 tsp. pepper
 1/2 to 2/3 c. margarine, melted

Crush Rice Krispies. Combine margarine with salt and pepper. Dip chicken in sauce and then roll in Rice Krispies until well covered. Place in shallow baking pan lined with aluminum foil. Bake 350° for 1 hour.

TURKEY**Lillian Brodsky**

1 turkey 1/2 c. cooking sherry or wine
 1 grapefruit 1 clove garlic
 1 apple Salt
 1 medium onion

Clean and prepare turkey for cooking. Squeeze grapefruit, straining out seeds, save juice. Core apple, but do not peel. Rub turkey inside and out with garlic and cut onion and salt. Place slices of onion and garlic in the bottom of the pan. Put apple in the cavity of the turkey. Pour sherry and 1/2 the grapefruit juice over the turkey. Tent aluminum foil over turkey. About 1/2 hour before done, remove aluminum foil so turkey will brown. After 1 hour of baking pour remaining grapefruit juice over turkey. Check periodically to make sure there is a little liquid in bottom of pan. If not, add a little water to pan, do not pour over turkey. Remove apple from cavity after baking.

You may substitute the juice of 2 oranges for grapefruit. Follow usual cooking time and oven temperature for size of turkey.



POT STICKERS**Lynne Goodman****DOUGH:**

2 c. unbleached flour
1/2 tsp. salt

Approximately 3/4 c. hot water

Makes approximately 40. Combine flour and salt. Gradually add hot water, stirring constantly with fork or chopsticks to form dough. Turn out on a floured board and knead for 5 minutes. Cover with a dampened towel and let rest 20 minutes. Knead again for 5 minutes and roll into ropes one inch in diameter. Cut into 40 one-inch pieces. Roll out each piece into a three-inch circle, keeping remaining pieces covered with the towel.

Round won ton skins can be used as a substitute.

For a lower calorie version - substitute aluminum foil for the dough.

FILLING:

1 lb. lean ground beef	1 T. soy sauce
2 slices ginger root, minced	2 tsp. rice wine or dry sherry
2 green onions, minced	1 T. cornstarch
1 c. blanched, chopped Napa cabbage or spinach	1/2 c. oriental sesame oil

SAUCE (mix to taste):

Rice vinegar	Soy sauce
Chili oil	

Combine the filling ingredients and let stand for 20 minutes to blend flavors. Roll and cut dough skins as explained above. Fill and shape bonnet shapes. To make the bonnet shape, make 4 pleats on one-half of the skin. Bring the other half of the skin up to form a pocket and fill with 1 tablespoonful filling. Bring the flap up and over to enclose the filling and pinch the edges together. If using foil, cut or tear into rectangular or square pieces, roughly 3 x 3 inches. Put filling on one half, fold other half over. Fold open ends over at least twice to seal openings.

Cooking options:

Boiling - Bring 3 quarts of water to boil. Add pot stickers and

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