

## Some Traditional Shabbes Treats

### Convenience Foods & Mixes

#### I. Gefilte Fish: (served as an appetizer)

Easiest purchased in a jar and served cold with a dollop of ground horseradish. However, the seniors to whom we've spoken in our travels routinely tell us, "That's not the REAL thing."

Some other options:

(1) *Warm it up:* put the entire contents of jar in a pan and warm it up. An even nicer treat: add 2 scraped, cut-up carrots and a cut-up onion, and boil until the carrot is soft.

(2) *Buy it frozen:* (available at Price Chopper 1892 Central Ave, Colonie, and some other stores in the kosher frozen food section) Cook according to the package instructions.

II. Chicken Soup with Matzah balls: Though best known at Passover time, families might eat matzah balls in chicken soup anytime, and they're a nice treat. While they're not difficult to make from scratch, the matzah ball mix for sale in the market is excellent. Just be sure to follow the directions. Alternatively, you can buy jars of broth with matzah balls, or Tabachneck frozen soup in the kosher frozen food section.

### Recipes

#### Potato Kugel (Pudding)

5 medium potatoes, cubed  
1 large onion, diced  
3 eggs  
1-1/2 teaspoons salt, (optional)  
1/4 teaspoon black pepper  
1/4 cup margarine  
1/3 cup flour (matzo meal on Passover)

Blend all ingredients in a food processor or blender until potatoes are medium consistency. You may like it fine or a bit coarse. (Use diet margarine and PAM, if you wish, but don't reduce amount of margarine).

Pour into preheated, lightly-oiled 9" round or loaf pan and bake at 350°F or until golden brown, about 1-1/2--2 hours. When doubling recipe use 9"x13" pan.

Source: [http://www.jewishfood-list.com/recipes/recipe\\_index.html](http://www.jewishfood-list.com/recipes/recipe_index.html)

### Dried Fruit & Carrot Tzimmes

("TZI-mess")

*A tzimmes is a mishmash of different foods. Sometimes tzimmes includes only carrots and is called a carrot tzimmes. Sometimes tzimmes includes meat, sweet potatoes, prunes, and is called a gantze tzimmes. (a tzimmes with everything in it.) This is a meatless tzimmes with dried fruit*

2 cups water  
1/2 cup honey  
1/4 tsp. cinnamon  
2 lbs. mixed dried fruit  
2 cups sliced carrots

Combine water, honey, and cinnamon; bring to a boil. Add remaining ingredients and return to a boil. Reduce heat and simmer 20 minutes, stirring occasionally, until carrots are done and fruit is tender. Serve warm.

Source: *Bergen Record and Jewish Week, Sept 1992*

#### Noodle Kugel (Pudding)

Here's a simple recipe from Kashrut.com

1 lb. wide egg noodles  
1/2 cup sugar  
3 eggs  
1 tsp. cinnamon  
1 tsp. vanilla  
1/8 tsp. salt  
Either: 3 Tbs melted margarine or 1/4 cup apple sauce  
Optional: 1 apple cut up or 1/2 cup raisins

#### Directions:

1. Cook noodles according to directions on package
2. Beat the eggs, gradually add the sugar until thick and light in color.
3. Add the rest of ingredients except for noodles, mixing between items
4. Fold eggs and sugar into the noodles
5. Pour into 2 8"x 8" or 9"x 9" pans (greased) or one 8"x 11" pan.
6. Bake for 45 minutes @350° F.