

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 (1" rounds) carrots and a cut-up onion, boil until the carrots are soft.

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

II. Chicken Soup with Matzah balls: Families might eat matzah balls in chicken soup anytime, and they're a nice treat, though best known at Passover time. 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 may buy jars of broth with matzah balls or Tabatchnick frozen soup in the kosher frozen food section. (An alternative in the traditional soup would be fine noodles or rice.)

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 the recipe, use 9"x13" pan. Source: http://www.jewishfood-list.com/recipes/recipe_index.html

Dried Fruit & Carrot Tzimmes (“TZIH-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, and prunes and is called a gantze tzimmes (a tzimmes with everything in it). This recipe 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
1/2 cup raisins
Either: 3 tbsp. melted margarine or 1/4 cup apple sauce
Optional: 1 apple cut up

1. Cook noodles according to directions on the 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 two 8"x 8" or 9"x 9" greased pans or one 8"x 11" greased pan.
6. Bake for 45 minutes at 350°F.

Shalom Aleychem

This is the best-known of the many songs for the Shabbat table. It is sung before dinner and welcomes the angels (or messengers) of peace to the Sabbath table. I have seen residents who appear to be unresponsive mouthing the words of this song! Shalom Aleychem means "Peace be unto you" or "Welcome to you." This melody, a classic, was actually written by Rabbi Israel Goldfarb on May 10, 1918.

שְׁלוֹם עֲלֵיכֶם – Shalom Aleychem

Andantino *mf*

1. Sha - lom a - ley - chem mal - a - chey ha - sha - ret mal -
 4. Tzet - chem l' - sha - lom mal - a - chey ha - sha - lom, mal -
 a - chey el - yon; mi - me - lech
 a - chey el - yon; mi - me - lech

Fine

mal' - chey ham' - la - cheem, ha - ka - dosh ba - ruch hu.
 mal' - chey ham' - la - cheem, ha - ka - dosh ba - ruch hu.

2. Bo - a - chem l' - sha - lom mal - a - chey ha - sha - lom,
 3. Bar - chu - nee l' - sha - lom mal - a - chey ha - sha - lom,

mal - a - chey el - yon,
 mal - a - chey el - yon,

mi - me - lech mal' - chey ham' - la - cheem ha -
 mi - me - lech mal' - chey ham' - la - cheem ha -

1. ka - dosh ba - ruch hu.
 ka - dosh ba - ruch

2. *D.C. al Fine*

Peace unto you. Messengers of
 the King of Kings,
 The Holy One, praised be He.
 May you come in peace, bless
 in peace,
 And go forth in peace.

שְׁלוֹם עֲלֵיכֶם מְלָאכֵי הַשָּׁרֵת,
 מְלָאכֵי עֲלִיּוֹן,
 מִמְּלַךְ מְלָכֵי הַמְּלָכִים,
 הַקְּדוֹשׁ בְּרוּךְ הוּא.