

LEEK LATKES

**REBBETZIN BIANCA'S FAVOURITE
YOM TOV RECIPES**



**Borehamwood
& Elstree Synagogue**
Our Community



INGREDIENTS

2 tsp oil for frying

4 leeks

½ cup chopped
spring onions

2 eggs

⅔ cup self-raising
flour

1 tsp salt

½ tsp black
pepper

METHOD

- Slice leeks thinly then chop into small pieces.
- Heat oil in frying pan and sauté leeks until soft – don't brown.
- In a large bowl beat the eggs.
- Add the leeks once they have cooled and then the rest of the ingredients.
- Mix thoroughly.
- Heat oil in frying pan and fry spoonfuls of batter – about 2-3 minutes each side.

TERIYAKI SALMON

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INGREDIENTS

Salmon fillets

Dijon mustard

$\frac{3}{4}$ cup teriyaki
sauce

$\frac{3}{4}$ cup soy sauce

$\frac{3}{4}$ cup brown
sugar

Optional spring
onion

METHOD

- Brush both sides of salmon with mustard. Lay on a large dish.
- In a mixing bowl, mix the rest of the ingredients and stir until sugar is dissolved.
- Pour marinade over salmon and let it rest for 1-4 hours.
- Pre-heat grill on medium. Grill the salmon for 12-14 minutes, depending on thickness.
- Baste a few times so fish doesn't dry out.
- For decoration finely chop green of spring onion and sprinkle on top.

SWEET POTATO SOUP

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INGREDIENTS

1 tbsp olive oil
1 stalk celery
1 leek (white bit)
1 medium onion
3 large spring onions
1½ lbs sweet potatoes
2 potatoes (cubed)
6 cups chicken or vegetable stock
½ cup pumpkin puree or add a small bag of butternut squash or pumpkin
1 tsp ground cinnamon
Pinch of nutmeg
Salt to taste
1 cup soy milk or light cream

METHOD

- Heat the oil.
- Sauté onion then add spring onion, celery and leek and fry for a little longer.
- Add cubed potato (and butternut squash or pumpkin if not using puree) and fry.
- Add stock and puree then cook for approximately half an hour.
- Add spices and blend till thick and smooth.
- Add cream and mix – you can reserve a bit to drizzle on top when serving.

BEETROOT SALAD

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INGREDIENTS

1 bag cooked beetroot cut small

1 red onion cut small/sliced

DRESSING

2 cubes frozen garlic

1 cube frozen parsley

½ cup distilled white vinegar

½ cup oil

½ cup sugar

salt

METHOD

- Put all dressing ingredients in jar and shake until all the sugar has dissolved.
- Taste.
- Add a little more vinegar to make it tangier (if desired).
- Pour over the beetroot and onion.

HUMMUS & TCHINA

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HUMMUS

2 tins chickpeas, pour the juice into a container

150g of the chickpea juice

5 tbsps lemon juice

5 cubes frozen garlic

5 tbsps olive oil

150g sesame seed paste (pure tchina)

Salt to taste (about ½ tsp)

- Place all ingredients in a food processor and blend until smooth for about 5 minutes.
- The longer you blend the smoother it will be.

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TCHINA

75g sesame seed paste (pure tchina)

75ml water

1 tbsp lemon juice

1 cube frozen garlic

1 cube frozen parsley (optional)

- Put all ingredients in a jar and shake well!

CRANBERRY CHICKEN OR TURKEY

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INGREDIENTS

1 rolled turkey or chicken breast

1 tin cranberry jelly

5 tbsps Osem onion soup

1 medium onion quartered

Grated rind of small orange only orange bit not white (optional)

Oven roasting bag

METHOD

- Place turkey or chicken in oven roasting bag and put in oven dish.
- In a jug mix cranberry jelly, soup mix, onion and rind.
- Pour into bag, all over turkey or chicken and marinade in the fridge for 2 days (optional).
- Roast at 160°C.
- Turkey: roasting time should be $\frac{1}{2}$ hour per $\frac{1}{2}$ kilo plus half hour. *e.g. 1½ kg turkey will need 2 hours.*
- Chicken: 1½ hours until it is browned on top.

EASY ROAST BEEF

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INGREDIENTS

4 lbs Brisket
(not pickled)

2 onions – slice
into rings (enough
to cover meat)

5 frozen cubes
garlic

½ cup ketchup

½ cup BBQ sauce

3 tbsps brown
sugar

Oven roasting bag

METHOD

- Place meat in an oven roasting bag and put in ovenproof dish.
- Spread onion rings all over meat.
- In a jug mix garlic, ketchup, BBQ sauce and sugar – mix till sugar is dissolved.
- Pour sauce over meat and marinade in the fridge for 2 days (optional).
- Preheat oven to 160°C.
- Place in oven and cook for 2½ hours.
- Wait to cool before slicing.

Optional: Thicken sauce by putting 1-2 tsp cornflour or potato flour in a cup with a little water to make a paste. Add gently to simmering sauce stirring continuously. If you would like it thicker, repeat. Pour over meat and re-heat gently.

QUICK APPLE SPONGE

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INGREDIENTS

225g margarine

225g caster
sugar

225g self-raising
flour

2 eggs

1 tsp vanilla
essence

1 or 2 tins of
canned apples
(or any tinned
fruit is delicious)
or apple puree

METHOD

- Melt margarine and sugar in a pot. Take off the heat.
- Beat eggs in a bowl add vanilla essence.
- Sift the flour into the pot and stir it in.
- Add the beaten eggs to the pot and stir it in thoroughly.
- Put a layer of the mixture in an oven proof dish (about $\frac{1}{2}$ mixture).
- Put a layer of tinned fruit on top of mixture or spoonfuls of apple puree.
- Pour remaining mixture from the pot on top of the fruit (not all the fruit has to be covered so don't worry).
- Preheat oven to 160°C. Bake for 50 minutes.

Optional yummy extra: sprinkle raisons on apple before putting on top layer then sprinkle a mix of cinnamon and sugar gently on top or drizzle top with honey or maple syrup.



CHOC OR VANILLA ICE CREAM

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INGREDIENTS

500g Rich's Whip

6 eggs

200g sugar

1 tsp vanilla
essence or
200g bar
of cooking
chocolate

METHOD

- Beat the eggs together with the sugar, then add either the vanilla essence OR the melted chocolate and mix it in.
- Beat the Rich's Whip until it is thick, then mix into the egg mixture.
- Whip it all together.
- Put it in the freezer.

Optional extras:

- *Crushed meringue and chocolate chips*
- *Crushed Bendicks chocolate mint crisps*
- *2-3 tbsps smooth peanut butter and caramel chips*