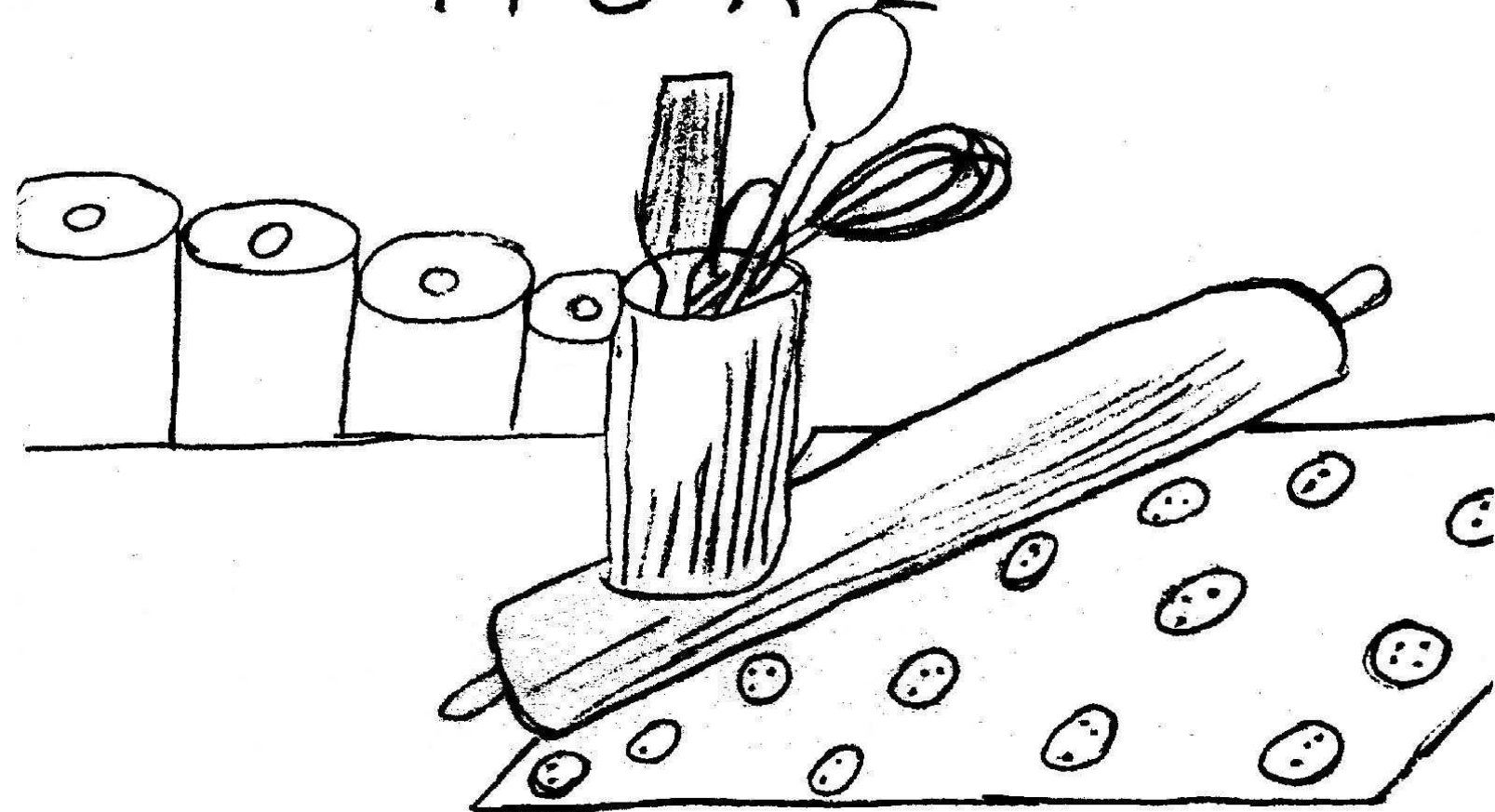


EVERYTHING
YOU ALWAYS WANTED
TO KNOW ABOUT
COOKING and
"MORE"



COMPILED BY
CONGREGATION AM CHAI
YOUTH GROUP

DOCTOR'S CHICKEN SOUP

1 pullet 3 1/2 to 4 lbs.
1 parsley root (optional)
1 large onion
2 large carrots
2 stalks celery
few springs dill
2 Tbsp. salt
3 qts. water

Cut pullet into quarters. In a large 6 qt. pot bring 3 qts. of water to a boil. Add chicken and vegetables and bring to boil again. Add 2 Tbsp. salt and simmer for 1 1/2 hours. Remove from heat. Remove chicken to separate platter. Strain soup, reserving vegetables. Puree vegetables through a sieve or blend in a blender. Add pureed vegetables directly into soup. (This makes a tasty and nourishing stock). Cool and refrigerate to remove fat.

MATZO BALLS

2 Tbsp. fat
2 eggs, slightly beaten
1/2 c. Matzo meal
1/2 tsp. salt, if desired
2 Tbsp. soup stock or water

Mix fat and eggs together. Add matzo meal and salt. Which were first mixed together. When well blended, add soup stock or water. Cover mixing bowl and refrigerate for 30-60 minutes. Using a 2 or 3 qt. pot, bring salted water to a boil. Reduce heat and into the slightly bubbling water drop matzo balls in. Cover pot and cook 30-40 minutes. Makes 8 matzo balls.

CHALLAH

1/2 oz. fresh yeast (1/2 cake compressed yeast) or 1/4 oz. (2 tsp.) dried yeast
1 tsp. sugar
warm water
1 lb. (4 cups) strong plain (all purpose) flour
1 tsp. salt
2 Tbsp. (2 1/2 Tbsp.) oil
1 egg, poppy seeds, beaten egg to glaze

Mix together the yeast, sugar and 2 Tbsp. (2 1/2 Tbsp.) warm water and leave until bubbly, 5-10 minutes. Mix together the flour and salt. Make a well in center of the flour and add one egg, yeast mixture and enough warm water gradually to make into a stiff dough. Beat very well. Turn on to a board, and knead for 5 minutes. Divide into eight. Knead each piece and roll into a long strip. Make into two loaves by plaiting. Place on a greased and floured tin. Brush with water. Slip into a greased polythene bag and leave in a warm place until doubled in size. Brush with the beaten egg and sprinkle with poppy seeds. Bake in the oven at 400 degrees F, for 10 minutes, then reduce heat to 350 degrees F, for 45 minutes. The unbaked Challah can be left in a refrigerator overnight in the polythene bag and then put in a warm place until doubled in size the next day, before baking.