

Salvation Lamb Supreme



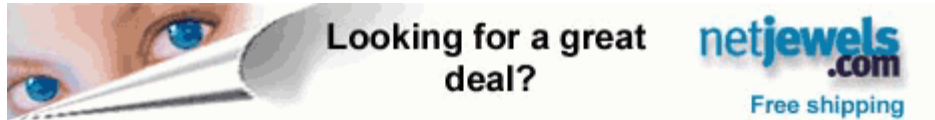
7 lb. Leg of lamb
2 TBSP horseradish mustard
1 TBSP lemon juice
1 TBSP balsamic vinegar
2 TBSP water
2 tsp rosemary
1 bulb garlic, peeled and sliced finely
20 red new potatoes

1 stalk celery, finely diced
2 dozen baby carrots
2 McIntosh apples, peeled, cored,
and quartered
1 jar or 8 fresh artichoke hearts
1 small jar mint jelly
salt to taste
pepper to taste

1. Preheat oven to 325°.
2. Put lamb in large roasting pan. With a sharp knife cut slits and insert garlic slices until well covered. Brush lamb with mixture of mustard, lemon juice, vinegar, water, and rosemary. Sprinkle with salt and pepper as desired.
3. Roast lamb covered for 1 ¼ hours fat side down. Rotate lamb so the fat side is up and place potatoes under the lamb.
4. Roast lamb for an additional 1 ½ hours uncovered. Add celery, carrots, apples, and artichokes. Continue to roast uncovered an additional 45 minutes or until the meat thermometer reads 160° for medium doneness (150° for rare or about 175° for well).
5. Display lamb on a platter outlined with vegetables. Served sliced with mint jelly on the side for dipping.

Yield: Serves 8.

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Kid-Pleaser Meals

Roast Leg of Lamb with Herb Crust

Provided by Prevention's Healthy Ideas

A flavorful herb rub and a crusty bread-crumbs topping give this leg of lamb a company-special touch. We found that lemon juice rubbed on the lamb is an excellent replacement for the olive oil generally called for in a recipe of this type. To lose the fat and calories we:

- * reduced the amount of oil
- * chose a lean cut of lamb and removed all fat
- * replaced beef broth with water
- * omitted the gravy

	Before	After
Calories	340	202
Fat (g.)	23	8.5
% Calories from Fat	60%	37%
Cholesterol (mg.)	108	74

3 cloves garlic, minced
 1 teaspoon dried rosemary
 1 teaspoon dried thyme
 1/2 teaspoon ground black pepper

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Birthday Guest Lists

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*1/2 teaspoon ground black pepper
1/4 teaspoon salt
2 teaspoons lemon juice
1 boneless leg of lamb (3 pounds),
trimmed of all visible fat, rolled and
tied
1/2 cup fine dry plain bread crumbs
(for Passover, substitute 1/4 cup
crumbled matzo bread and 1/4 cup
matzo meal)
1/4 cup minced fresh parsley
1/3 cup water
1 tablespoon olive oil*

In a small bowl, stir together the garlic, rosemary, thyme, pepper and salt. Rub the lemon juice into the lamb. Spread the garlic mixture over the lamb. Cover and refrigerate for 3 to 4 hours. Preheat the oven to 300 degrees. Coat a roasting rack with nonstick spray and place the rack in a roasting pan. Place the lamb on the rack and roast for 1 hour. In a small bowl, stir together the bread crumbs and parsley. Stir in the water and oil to make a paste. Using the back of a large spoon, spread the paste over the lamb. Bake for 55 to 70 minutes, or until a meat thermometer registers 145 degrees (medium-rare) to 160 degrees (medium).

Makes 8 servings. Copyright Rodale Press.

All you need is a Computer.

PASSOVER FRUIT CASSEROLE

- 1/2 cup dried apricots
- 1/2 cup prunes
- 1/2 cup dried pineapple
- 1/2 cup raisins
- 3 apples, pared and sliced
- 9 egg whites
- 1 cup oil
- 1 cup sugar
- 1 cup fine matza meal
- cinnamon

Put the apricots, prunes and pineapple in a bowl. Pour boiling water over them to cover and let stand for at least one hour. Drain. Add the raisins and sliced apples.

Beat the egg whites, adding sugar gradually, to a stiff meringue. Add the oil and matza meal. Mix gently but thoroughly. Fold the batter into the fruit.

Transfer to an oiled, glass baking dish (about 12" x 15"). Sprinkle with cinnamon. Bake for 45 minutes at 350 F/160 C.

MY EXPERIENCE: I first came across this recipe as a low-cholesterol concept for Pesach cooking. My family loved it, but I found it horribly sweet. Because the dried fruits are themselves so sweet, I think the sugar can be cut to 3/4 cup; even a 1/2 cup. My guess is that the oil could also be cut to 3/4 or 2/3 cup.

Other fruits also can be substituted. I used dried pears, for example, when I couldn't find pineapple.

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Potato-Apple Kugel

<u>Servings</u>	<u>Prep. Time</u>	<u>Cooking Time</u>	<u>Calories</u>	<u>% from Fat</u>	<u>Fat</u>	<u>Sodium</u>	<u>Carbohydrates</u>	<u>Protein</u>	<u>Cholesterol</u>
12	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

INGREDIENTS :

3 tablespoons vegetable oil	3 pounds russet potatoes, peeled, cut into 1-inch cubes	1 pound onions, peeled, cut into 1-inch cubes
1/3 cup matzo meal	1/4 cup chopped chives	3 eggs
2 teaspoons salt	1-1/2 teaspoons pepper	1 12-ounce Golden Delicious apple, peeled, cored, grated

- 1 Preheat oven to 425 F. Coat 13x9x2-inch metal baking pan with 2 tablespoons oil. Heat baking pan in oven 15 minutes.
Meanwhile, place half of potatoes and onions in processor and blend until coarse puree forms.
- 2 Transfer puree to towel-lined strainer; squeeze out excess liquid. Place puree in large bowl. Repeat with remaining potatoes and onions. Mix matzo meal, chives, eggs, salt and pepper into potato puree. Stir in apple.
- 3 Remove baking pan from oven; add potato mixture. Smooth top; brush with 1 tablespoon oil. Bake until golden on top, about 50 minutes. Cool slightly; serve.

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Mushroom Onion Matzo Kugel

Makes a nice savory side dish! Original recipe makes 4 side dish servings. **Recipe has been scaled to make 6 servings.**

Printed from **Allrecipes**, Submitted by **Leah Perez**

4-1/2 cups matzo farfel	salt and pepper to taste
3 onions, chopped	1-1/2 pinches garlic powder
1-1/2 pounds mushrooms, chopped	1-1/2 teaspoons dried dill weed
3 tablespoons vegetable oil	

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease an 8x12 inch baking dish.
- 2 Place farfel in a colander and pour boiling water over it.
- 3 In a large skillet, saute onions and mushrooms in vegetable oil. Stir in salt and pepper, garlic powder, and dill. Remove from heat and stir farfel into the skillet.
- 4 Bake at 350 degrees F (175 degrees C) for 1 hour.

PESACH SQUASH CASSEROLE

- 2 lbs summer crook neck squash (the yellow ones)
- 1/4 cup matza meal
- Garlic powder, salt, pepper
- 2 eggs (or 4 egg whites, or egg substitute)
- 1 onion

Slice squash and onion. Put in pot with water to cover adequately. Simmer until tender and drain. Mash together with seasoning, eggs and matza meal. Bake in greased 1 quart pan. Sprinkle with matza meal, give a shpritz of oil spray.

Cook 35 - 40 minutes at 350 degrees F. Recipe can be doubled- freezes nicely.

From: [Barry & Shelley Shub \(shubbse@bellsouth.net\)](mailto:shubbse@bellsouth.net)

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BROCCOLI - FETA CHEESE PIE FOR PASSOVER

Yield: Serves 3 - 4 people

CRUST:

- 1-1/2 matzos
- 1 egg
- Salt and freshly ground black pepper to taste

FILLING:

- 1 head broccoli, broken into florets
- 2 tablespoons fresh chopped parsley
- 1 teaspoon oregano, crushed
- 2-4 cloves garlic
- 1 medium onion, diced and sautéed
- 4 oz. Feta cheese, chopped
- 4 oz. Mozzarella cheese, shredded
- Freshly ground black pepper
- 10" pie pan, lightly greased or sprayed

1. Break matzo into small pieces (about 1" to 2" square), soak briefly in hot water, and drain.
2. Beat egg with salt and pepper and combine with drained matzo.
3. Press into prepared pie plate, like a crust, and bake for 10 minutes.
4. Meanwhile, steam broccoli for 4 minutes OR microwave for 4 minutes.
5. Sauté chopped onion and garlic until transparent.
6. Add parsley, oregano, freshly ground pepper and steamed broccoli, coating the broccoli with the seasonings.
7. Add crumbled feta cheese and combine.
8. Spread mixture over baked crust.
9. Sprinkle the pie with shredded mozzarella cheese.
10. Adjust seasonings.
11. Bake at 375 degrees F for 15 to 20 minutes.

From: [Barbara & Steve Wasser \(swass@global2000.net\)](mailto:swass@global2000.net)

PASSOVER CARROT SALAD

Source: The Jerusalem Post - April 7, 1995

This is from a cookbook author named Faye Levy ("Faye Levy's International Jewish Cookbook," Warner Books). All comments are hers. Metric-to-English conversions are mine.

For this easy dish, the vegetable's sweet flavor is balanced by a lemony dressing perked up with cumin and hot pepper flakes.

- 1 kg (2.2 lb) medium carrots, peeled, sliced thin (6 mm/1/4 in.)
- 3 Tbsp vegetable oil
- 2 medium onions, halved and sliced thin
- 1/2 tsp hot red pepper flakes
- 1 tsp ground cumin
- salt and freshly ground pepper
- 3 Tbsp strained fresh lemon juice

In a saute pan, cover carrots with water, cover and bring to a boil. Simmer over medium heat 5 minutes or until carrots are just tender. Remove carrots with slotted spoon. Pour liquid in a bowl. Dry saute pan. Heat oil in pan from cooking carrots. Add onion and saute over medium-high heat 2 minutes. Add 1/2 cup carrot cooking liquid, pepper flakes, cumin, salt and pepper. Bring to a boil, stirring. Reduce heat to low. Add carrots. Simmer uncovered 1 minute until sauce coats carrots. Turn off heat, add lemon juice. Taste and adjust seasoning. Serve hot, warm or cold.

Makes 8 servings.

From: Ruth Heiges (heiges@post.tau.ac.il)

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Carrot Kishka

As shared by Elaine Radis.

CARROT KISHKA

Serving Size : 4

- 2 cups carrots, packed grated (about 7)
- 1/2 small onion, grated
- 1/2 teaspoon salt
- 1 cup matzo meal
- 1 stick margarine, melted

Combine all ingredients. Place on a sheet of foil and shape into a loaf. Fold the foil around the loaf and twist ends closed. Bake on cookie sheet at 400 degrees for 1 hour. If making in advance, leave in wrapped foil, cool, and place entire package in plastic bag for freezing. On day of the Seder bring to room temperature and reheat at 400 degrees for 15 or 20 minutes. Slice, serve and enjoy.

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Vegetable Kugel

- 6 zucchini
- 2 carrots
- 1/2 cup chopped onions
- 1/2 matzo meal
- 1/2 margarine (melted)
- 2 eggs
- 1 tb sugar
- 1 tsp salt
- 1/2 tsp pepper

cook zucchini and carrots till soft. Drain and mash. Combine with half melted margarine and all other ingredients.

Pour into 9" greased pan.

Drizzle remaining margarine over the top and sprinkle with matzo meal. Bake at 375* for 1 hour.

Hedy Gordon, Plantation, FL

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Asparagus with Garlic and Olive Oil

<u>Servings</u>	<u>Prep. Time</u>	<u>Cooking Time</u>	<u>Calories</u>	<u>% from Fat</u>	<u>Fat</u>	<u>Sodium</u>	<u>Carbohydrates</u>	<u>Protein</u>	<u>Cholesterol</u>
12	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

INGREDIENTS :

4 pounds asparagus, trimmed to 4-inch lengths

6 tablespoons olive oil

12 garlic cloves, peeled, thinly sliced

- Cook half of asparagus in large pot of boiling salted water until crisp-tender, about 4 minutes.
- 1 Remove asparagus with small strainer and transfer to bowl of ice water to cool. Drain well. Arrange on platter. Repeat with remaining asparagus. (Can be made 3 hours ahead. Let stand at room temperature.)
 - 2 Heat oil in small skillet over medium heat. Add garlic and saute 1 minute. Pour oil with garlic over asparagus. Season with salt and pepper and serve.

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PASSOVER SPINACH BAKE

Heat oven to 325 -- Prepare 9 x 13 pan -- grease well.

- 2 Onions chopped
- 1 lb Mushrooms corsely chopped
- 8 carrots corsely chopped
- 1 zuchinni corsley chopped
- 40 oz fresh spinached chopped or 4 boxes frozen chopped spinached (thawed) I used fresh spinach -- it was best
- 1 Cup Matzah Meal
- 6 to 9 eggs (you decide the consistancy you'd like best)
- salt
- 2 double or 4 single chicken boullion cubes smashed to powder
- pepper
- salt

Saute onions and mushrooms in 2 T oil

Combine all ingredients together in a big bowl (you can add the sauted onions and mushrooms right to the mixture without cooling.

Mix thoroughly (hands work best!)

Put into prepared pan. Bake 45 mins to 1 hour. Should be firm and set. This also freezes really well.

From: ["Andrea Herrera" \(andrea@utj.org\)](mailto:andrea@utj.org)

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Passover Spinach Squares (pareve)

Serve these nibbles as an appetizer with the main course. You can replace the fresh spinach with 3 packages (10 ounces each) frozen and thawed chopped spinach.

Makes: 16

Per serving:

Calories: 22

Fat: 0.6 g. (22% of calories)

Fiber: 1.3 g.

Cholesterol: 0 mg.

Sodium: 45 mg.

1 1/2 lbs fresh spinach, stemmed and washed

1 1/2 tsp canola oil

1 leek, thinly sliced (white part only)

2 cloves garlic, minced

2 tsp lemon juice

3/4 tsp dried oregano

1/8 tsp ground black pepper

3 egg whites

Preheat the oven to 350 degrees F.

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Coat an 8" X 8" no-stick baking dish with pareve no-stick spray and set aside.

In a large pot, bring a small amount of water to a boil. Add the spinach, cover and cook over medium heat for 5 minutes, or until the spinach is wilted. Squeeze the spinach dry, chop and place in a large bowl.

In a small, no-stick skillet over low heat, warm the oil. Add the leeks and garlic. Sauté for 10 minutes, or until tender but not browned. Add the leek mixture to the bowl with the spinach. Stir in the lemon juice, oregano and pepper.

In another clean large bowl, using an electric mixer, beat the egg whites until foamy. Fold into the spinach mixture.

Pour the mixture into the prepared pan and bake for 35 minutes, or until set. Remove from the oven and set aside to cool slightly. Cut into 16 squares and serve warm.

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MATZA SPINACH PIE

- 2 packages frozen chopped spinach (10 ounces each)
- 3 eggs, separated
- 1 1/2 cups mashed potatoes
- 3/4 cup grated cheddar cheese
- salt and white pepper to taste
- 4-5 matzahs (enough to cover bottom of pan and filling)
- warm water
- 2 tablespoons oil

Thaw and drain spinach well. In medium sized bowl, beat 1 egg well; add half mashed potatoes, 1/2 cup of grated cheese, and chopped spinach. Combine well. Season with salt and pepper.

Soak matzas in shallow pan of warm water for about 3 minutes. Place matzas between 2 towels to absorb excess water.

Grease 9 x 9- inch baking pan or pie plate with 1 tablespoon oil. Heat the pan in preheated 350 degree Fahrenheit oven. Carefully line bottom and sides of hot pan with some of the matzah. Spread spinach filling evenly over the matzah. Cover the filling with remaining matzah. In small bowl, beat the remaining 2 eggs; add the remaining potatoes, cheese and oil. Blend well. Spread this over matza. Score top with a fork. Bake for 1 hour or until top is lightly browned.

From: [Leah Perez \(perezleah@hotmail.com\)](mailto:perezleah@hotmail.com)

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Cottage Cheese Loaf

- 1 quart cottage cheese
- 1 cup chopped nuts (I prefer 1 1/4 cup of chopped almonds)
- 5 eggs beaten
- 1/4 cup melted butter
- 1 package onion soup mix
- 1 cup water

Combine all ingredients together and bake in a greased casserole dish for 1 hour at 350 degrees.

Jane Wagman, Grants Pass, OR

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MATZO "SALAD"

Source: The Jewish Holiday Kitchen by Joan Nathan

Yield: 10 servings

- 10 matzos
- 4 tbsp chicken fat
- 1 red pepper, finely diced
- 1 cucumber, finely diced
- 2 tsp capers, optional
- 1 bunch chives, finely chopped
- Salt and pepper, to taste

Run a rolling pin over matzos to break up into small pieces no larger than 1/4". Cook over medium-high heat in a dry saute pan or toast in a 300 degrees F oven for 10 minutes. Transfer to a bowl. Heat the chicken fat in a saucepan and add cucumbers and peppers. Cook 1 minutes over medium heat. Turn off the heat and add capers, if using, and chives. Toss in a mixing bowl with the toasted matzo. Add salt and pepper to taste. Serve at room temperature or slightly warm.

From: [Lisa Montag \(lisamontag@juno.com\)](mailto:lisamontag@juno.com)

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