

THE FALL HOLIDAYS 2008

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Recipes for Sukkot, Shemini Atzeret, and Simchat Torah

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Sukkot comes five days after *Yom Kippur*. It is a time when we celebrate a joyous reunion of God's people as we remember when Israel lived in *sukkahs* (booths) during the Exodus. We too are to live and eat in booths for a week with our family and friends. I have included main courses for each night that can both be grilled outdoors (if you are camping out) and can be adapted for a large number of people.

Spaghetti and Meat Sauce

3 pounds hamburger
12 oz tomato paste
2 large cans whole tomatoes
1 large onion
2 cups water
1 teaspoon each oregano, basil and salt

Brown the hamburger, drain off fat. Add the remaining ingredients and simmer for 2 hours on low heat. Serve over spaghetti noodles with salad and bread. Serves 12

Chicken Stew

2 12 oz cans of chicken
2 cans lima beans
2 cans diced tomatoes
2 cans yellow corn
2 cans chicken broth
2 cans water
¼ cup Worcestershire sauce

Pour all the cans with their water into a large cooking pot. Add water and Worcestershire sauce and season to taste. Simmer for 2 hours on low heat and serve with salad and bread. Serves 12

Beef Barbeque

2-3 pound beef brisket
1 bottle of your favorite barbeque sauce

Prepare the beef brisket for cooking by soaking it in salt water so that all the blood is drained out. Cut off all the fat. Place the beef in a crock-pot and pour half of the barbeque sauce over the meat. Cover and cook on high for 1 hour, then turn the heat down to low for 6-8 hours. (If camping out, adapt to a dutch oven and cook over a slow fire.) When it is finished, serve as your main dish, or serve the meat in buns for sandwiches. Use the rest of the barbeque sauce while eating! Serves 10

Grilled Flank Steak

1 ½ pound flank steak

Marinate in Greek salad dressing for 1 hour
Grill over open fire on both sides until done. Serve with salad and bread. Serves 6

Grilled Chicken

3 pounds cut up chicken

Marinate in Italian dressing for 1 hour. Grill over open flame until done. Serve with salad and bread. Serves 10

Grilled Lamb

4-5 pound boned leg of lamb

Prepare a boned leg of lamb for cooking by soaking it in salt water so that all the blood is drained out. Open up the meat so it is flat like a steak. You may cook it in one piece, or cut it in two. Rub garlic salt and pepper on the meat to your taste. Grill over an open flame until it is cooked to your liking. Our family cooks over a gas grill outdoors. Serve with salad and bread. Serves 10

Pan-fried Fish (or Chicken)

2 pounds of fish fillets (boned chicken breasts can be substituted)

1 teaspoon salt

1/8 teaspoon pepper

1 egg

1 tablespoon water

1 cup Parmesan cheese

butter

Sprinkle both sides of fish with salt and pepper. Beat the egg and water until blended. Dip the fish into the egg mixture and then coat with cheese. Heat vegetable oil, or butter, in frying pan until hot. Fry fish over medium heat, turning carefully, until brown on both sides. It usually takes about 10 minutes. Serve with salad and bread. Serves 6

Shemini Atzeret and Simchat Torah

In Israel, the day after *Sukkot* is *Shmini Atzeret*, the Eighth Day, and it is celebrated with *Simchat Torah*, the Joy of the Torah. Outside of Israel, we commemorate these events in two days. *Shmini Atzeret* is considered a quiet day after *Sukkot*, is over in which we contemplate all that has transpired during the past fifteen days. Then on *Simchat Torah*, we are ready to celebrate again as we lift up the Torah, the joy of the instruction that it gives us, and that the new Torah cycle of study is about to begin again with the start of studying Genesis 1. Prepare a meal of celebration with your family as we look to the new year of study!

Steak with Tomatoes and Onions

2 pounds round steak cut into chunks

1 can tomatoes

2 sliced onions

2 tablespoons shortening

Salt & pepper

In a large frying pan, brown steak on both sides on top of stove at medium heat in shortening with salt, pepper, and onions. Stir until onions are soft. Add tomatoes, cover, and stir occasionally. Simmer for 2 hours at low heat. Serve with rice. Serves 6

Cashew Rice Pilaf

1 cup chicken broth
4 tablespoons shredded carrot
4 tablespoons finely chopped celery
2 tablespoon sliced green onion
2 teaspoons butter
Dash of pepper
1 cup uncooked instant rice
¼ cup chopped cashews

In a small saucepan, combine broth, carrot, celery, onion, butter, and pepper. Bring to a boil; remove from heat. Stir in rice, cover, and let stand for 5 minutes or until the liquid is absorbed. Sprinkle with cashews. Yields 4 servings

Spinach-Romaine Salad with Mushrooms

3 cups torn fresh spinach leaves
3 cups torn fresh hearts of Romaine
1 cup seasoned croutons
1 cup sliced fresh mushrooms
1 cup each of fresh veggies of choice

Dressing:

4 tablespoons light olive oil
2 tablespoon white wine vinegar (or cider)
3 teaspoons of sugar
2 teaspoon lemon juice
¼ teaspoon of sea salt (or Mrs. Dash)
¼ teaspoon of pepper

In a bowl, combine the spinach, mushrooms, and croutons. In a jar with a tight-fitting lid, combine oil, vinegar, sugar, lemon juice, salt and pepper; shake well. Drizzle over salad and toss to coat. Yields 4 servings.