

## Shabbat in an Hour



### MENU

- ◆ Challah
- ◆ Gefilte Fish
- ◆ Flatbread Salad
- ◆ Romaine Lettuce Salad
- ◆ Olive Dip
- ◆ Eggplant 'Babaganoush' Dip
- ◆ Avocado Dip
- ◆ Pea Salad
- ◆ Moroccan Carrots
- ◆ Chicken Soup
- ◆ Curry Chicken
- ◆ Baked Rice
- ◆ Cranberry Kugel
- ◆ Pareve Cheesecake

### STEP-BY-STEP



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## Gefilte Fish

Roll of fish in paper            1 carrot  
 Salt to taste                    1 onion, sliced  
 Pepper to taste

Fill pot with enough water to cover roll of fish. Season with salt and pepper to taste. Add the carrot and onion to the pot. Cover pot and allow water to boil. Cook for 1½ hours.

## Flatbread Salad

Any salad greens combination (romaine lettuce, cucumbers, tomatoes, purple cabbage or any other vegetables)

Flatbreads

Dressing:

½ cup water                    1 tsp. salt  
 ½ cup oil                      1 tsp. Dijon mustard  
 3 tbsp. mayonnaise        1 tsp. soy sauce  
 4 tbsp. sugar

Combine all salad ingredients in a bowl. Place all dressing ingredients in jar and shake well. Pour dressing over salad and crumble flatbread on top just before serving.

## Romaine Lettuce Salad

1 head romaine lettuce  
 1 can mandarin oranges  
 Chow Mein noodles (optional)

Dressing:

6 tbsp. oil                    3 tbsp. balsamic vinegar            ¼ cup sugar

Combine lettuce and mandarin oranges in a bowl. Combine all dressing ingredients in a jar and shake well. Pour dressing over salad just before serving. If using chow Mein noodles add to salad just before serving.



## Tips and Tricks

### KEEPING CHALLAH/BREAD PAREVE

Challah and bread should always be made Pareve. Therefore, if baking Challah or bread in a meat or dairy oven, the oven should be preheated first and all surfaces should be clean and dry (including the oven, oven racks and baking pans/trays). If you wish to bake any meat or dairy dish at the same time as the bread/Challah, the meat or dairy dish should be completely covered and well sealed so that no vapor emits. In addition, the outside of the pan/pot should be completely clean and dry. If you wish to bake a meat or dairy dish in a Pareve oven, you may do so by covering the meat or dairy dish in the same way and making sure that the outside of the pan/pot is completely clean and dry.

### TIPS FROM THE FREEZER

#### Fresh Challah (or yeast cakes) Two Ways

\*Make your own frozen, unbaked Challah: Knead Challah dough, rise, take Challah and shape. As each pan of formed Challah is ready, tightly seal in bag, and put in freezer. As soon as Challahs are frozen hard, tightly seal each Challah in individual bags and return to freezer. Defrost Challahs on baking pans and let them rise before baking them.

\*Quick “fresh” Challah: Bake Challah, cook down and IMMEDIATELY place in freezer. When ready to use, place in oven for a few minutes to defrost and freshen.

While you’re at it... Make a few batches at a time, one after the other. Place each batch in it’s own bowl and note when each batch has finished and started to rise. Combine all the bowls under a cloth and take Challah with a blessing. Let each dough continue to rise while starting to shape each dough in succession. If you get interrupted, put the dough in the fridge, tightly covered. TIP: You can make different kinds of Challah dough for each or some batches (and still combine to take Challah and make blessing). SHORT CUT: Combine dry ingredients (besides dry yeast), each batch in a separate bowl in advance.

#### Just Enough Soup (and sauce)

As soups are time consuming, make large quantities of soup and freeze in meal-size containers or bags. To divide into bags, simply place a bag in a bowl (for larger amounts) or cup (for smaller amounts) with the sides resting on the edges. Fill bags with soup, seal and put in the freezer. This works for sauces too. Most soups and sauces freeze well.

#### Handy Taste Enhancers

\*Keep small bags of fried onions in the freezer to save time.

\*Keep soup stock or left over wine in ice cube trays for quick access.

#### Assorted Desserts at Your Fingertips

When making pies, cakes, cookies, etc., consider making more and freezing them. This allows for assorted desserts available at once. It’s also quicker (and less cleanup!) to bake more at one time, then to bake each time you need something. You can also prepare large batches of cake or pies and freeze them raw and bake as needed.

**NOTE:** Kugels freeze well. Dips don’t (except Babaganoush without mayonnaise).



## Step-by-Step Shabbat in an Hour

- Defrost frozen, unbaked Challah on baking sheets.
- 5 hours later... Preheat oven/ovens to 350 degrees.
- Prepare “Gefilte Fish” and bring to a boil. In the meantime...
- Bring 4 cups of water to a boil in a soup pot. In the meantime...
- Prepare “Curry Chicken” and place in oven. (If baking with other food that you want to remain Pareve, cover the chicken well.)
- Place all “Baked Rice” ingredients into pan, adding water (4 cups from soup pot) when it boils. Cover and place in oven.
- Prepare eggplant for “Babaganoush Dip” and place in oven.
- Egg Challah and sprinkle on topping of your choice. Place in oven. (Separate from chicken.)
- Fill soup pot 2/3 with water, chicken, salt and pepper and put on high.
- Prepare the “Cheese Cake” and place in oven.
- Prepare the “Cranberry Kugel” and place in oven.
- Prepare soup vegetables, adding them to the pot as they are ready, until all “Chicken Soup” ingredients are in the pot. Bring to a boil. In the meantime...
- Prepare dressing for “Flatbread Salad”.
- Prepare dressing for “Romaine Lettuce Salad”.
- Prepare vegetables for “Flatbread Salad” and “Romaine Lettuce Salad” and store in containers.
- Prepare “Olive Dip” in food processor.
- Prepare “Babaganoush Dip”, when eggplant is baked and cooled, in food processor.
- By this time (approx. an hour!), almost everything should be done except the fish and soup. Leave them on the stove until they are ready.
- Assemble the salads and prepare the “Avocado Dip” close to meal time.
- Make “Pea Salad” and “Moroccan Carrots” in advance or close to meal time.



## Olive Dip

1 21 oz. jar pimento stuffed olives  
¾ cup mayonnaise  
½ tsp. garlic powder

Put all ingredients in large bowl and blend with immersion blender (or use food processor) until olives are crushed.

## Eggplant “Babaganoush” Dip

1 eggplant  
¼ cup mayonnaise

2 cloves garlic  
½ tsp. salt

Cut eggplant in half and place on parchment paper covered baking sheet. Broil eggplant halves face down in oven for 45 minutes or until skin is wrinkled. Scoop out eggplant into food processor. Add rest of ingredients and pulse until just chopped.

## Avocado Dip

1 large avocado  
1 tbsp. lemon juice

Salt to taste  
1 tbsp. onion, finely diced (optional)

Mash avocado. Add lemon juice and salt (and optional diced onion). Mix well. Serve immediately. If not serving immediately, place pit in middle of the dip in an airtight container to keep from turning brown.

## Pea Salad

1 can peas, drained  
1 can French style green beans, drained  
½ onion, diced  
¼ cup oil

1/3 cup vinegar  
¼ cup sugar  
Salt to taste  
Pepper to taste

Combine all ingredients.



## Moroccan Carrots

2 cans carrots, drained	Juice of a lemon
1/3 cup oil	2 tsp. cumin (adjust to taste)
1 tsp. salt	4 cloves garlic, crushed
1/2 tsp. pepper	Fresh parsley for colour, optional

Combine all ingredients. Lasts for a week in the fridge.

## Chicken Soup

Water	3 cloves garlic, whole
1 onion, diced	1/4 of a chicken
1 sweet potato, diced	Salt to taste
2 carrots, sliced	Pepper to taste
2 stalks celery, sliced	Parsnip, sliced (optional)
1 zucchini, sliced	Turnip, diced (optional)

Fill up a pot of water about 2/3 full and add all ingredients. Bring to a boil, lower flame and let simmer, covered, for 2 hours.

## Curry Chicken

1/2 cup sugar	5 tbsp. lemon juice
1/2 tsp. salt	1 tsp. curry
1/4 tsp. paprika	4-8 chicken pieces
1/4 black pepper	

Combine all ingredients, besides chicken, in a jar and shake well until combined. Pour over chicken and bake for 1 hour at 350 degrees.

## Baked Rice

2 cups brown rice	3 tbsp. soy sauce
4 cups boiled water	2 tbsp. onion soup mix
1/4 cup oil	

Place all ingredients in a 9x13 baking pan. Mix well, cover and bake at 350 degrees until water evaporates (about 50 min.).



## Cranberry Kugel

1 cup oil	2 cups flour
1 cup brown sugar	1 can jellied cranberry sauce
2 cups oats	

Mix oil, sugar, oats and flour in a bowl. Reserve 1 cup of the crumble mixture. Pour the rest of the crumble mixture into greased 9x12 baking dish and pat into pan. Spread the cranberry sauce over crumble mixture. Crumble remaining crumble mixture on top of kugel. Bake at 350 degrees, uncovered, for 45 minutes or until golden brown.

## Pareve Cheesecake

1 prepared graham cracker pie crust	1 tsp. vanilla extract
1 8 oz. tofutti cream cheese	1 banana, mashed
1/2 cup sugar	1/2 cup chocolate chips
2 eggs	

Combine all ingredients in bowl and mix well. Pour into pie shell. Bake at 350 degrees until golden brown (approx. 45-60 min.). Cool before serving. Alternate Recipe: Omit banana and chocolate chips and pour fruit pie filling of your choice on top of baked cheesecake.

