

# Kosher Recipes



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## Tzimmes (Eaten at Sabbath and Passover)

1 or 2 pound bag of carrots  
6 sweet potatoes or less or can of sweet potatoes, drained  
1 cup of orange juice  
1/2 cup of honey  
1/2 teaspoon of salt  
1/4 teaspoon of cinnamon  
Oil

- Wash and peel carrots and sweet potatoes, if not using canned sweet potatoes.
- Cook carrots and sweet potatoes in boiling salted water, until tender but firm.
- Line a shallow baking dish with aluminum foil. Drain carrots and sweet potatoes, and place in pan. Stir gently.
- Mix orange juice, honey, salt and cinnamon and pour evenly over casserole. Dot top with oil. Cover with foil and bake in preheated oven 350 degrees for 30 minutes
- Stir gently and bake uncovered for another 10 minutes.

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## Easy Tzimmes

2 pounds carrots (I use the carrots that are already sliced and washed)  
1/2 pineapple crushed (I use the canned kind and drain)  
3/4 cups of sugar syrup (recipe below)

- Peel and slice carrots.
- Cook in slightly salted water for about 20 minutes or until done.
- Crush pineapple in blender. Add to carrots.
- Cook another 15 minutes until soft. Add sugar syrup to taste.

**Variation:** Substitute Sweet potatoes for pineapple and add more sugar.

## Sugar Syrup

1 cup of sugar  
1 cup of water

- In a medium sauce pan combine Sugar and Water. Bring to a boil stringing until sugar is dissolved. Allow to cool.

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## Chicken Soup with Matzo Balls (Serves 6)

2 eggs  
1 egg white  
1/2 tsp salt  
3/4 cup Matzo meal

8 cups chicken or Vegetable broth  
1 large carrot chopped  
1/3 cup chopped green onion  
1 cup broccoli flowers

1 Tbsp vegetable oil

3 Tbsp cold water

1 cup sliced mushrooms

2 Tbsp chopped dill or parsley

- Whisk together eggs, egg white and salt.
- Whisk in matzo meal, oil, and water. Cover and chill at least 1 hour or overnight.
- In a large saucepan bring chicken broth to a boil; add carrot and onion.
- Reduce heat to medium-low and cook 5 minutes.
- Barely moisten hands or use surgical gloves (they help make great balls) to roll matzo dough into teaspoon-sized balls. (Makes about 24 balls)
- Drop the balls into simmering broth. Cook covered for 15 minutes. Don't Peek!
- The broth must simmer rapidly to allow balls to expand properly.
- Add broccoli and mushrooms. Simmer until broccoli is just tender (2-3 minutes).
- Sprinkle with dill or parsley.