

# Our Shavuot Dinner

## *Fruit Salad Appetizer*

*Raw veggie Tray: carrots, celery, green pepper, broccoli, cauliflower, tomatoes*

*Israeli Garden Salad      Fresh Steamed Asparagus*

*Roasted Butternut Squash      Mashed Potatoes*

*Roasted Turkey & Gravy      Dressing      Cranberry Relish*

*2 loaves of Honeyed Bread      Butter*

*A Special Dessert such as:*

*Applesauce Kugel, or Cheese Blintzes or a Cheese Cake, or Candied Grapes*

*Coffee, Tea, other drinks, Milk is okay!*

## Fruit Salad Appetizer

Fruit salad at Shavuot is a must! This is an agricultural thanksgiving meal, so the fresher and more plentiful the fruit and vegetables, the better. If you don't have a fruit salad recipe, just make one up from what you have! Cut up and toss together bite size pieces of whatever fresh fruit is available to you, even canned can be used. Try mixing walnuts, grapefruit, seedless grapes, pineapple, peaches, apricots, oranges, etc. Add a little lime juice and just enough sugar to soften the tart taste, but only if needed.

## Israeli Garden Salad

Ingredients:

- 3 cucumbers
- 1 green or red pepper
- 3 tomatoes
- 3 green onions
- lemon juice
- olive oil
- salt
- zaatar (hyssop spice, or mint if you haven't any zaatar)

Preparation: Chop the vegetables in small pieces. Finely chopped vegetables are the key to a really good Israeli salad. Season lightly with olive oil, lemon juice, salt and zaatar immediately before serving.

## Noodle Kugel (as a side dish)

Ingredients:

- 1 lb medium noodles
- 6 eggs
- 2 lbs. low fat cottage cheese
- 1/4 c oil, or less to grease a 9 x 12 pan

Preparation: Cook and drain noodles. Beat eggs well and mix all ingredients together. Pour noodle mixture into pan. Bake at 350 degrees for 1 - 1 1/2 hours. Can be served with a light chicken gravy or cinnamon may be sprinkled on top if desired.

## Applesauce Kugel (more like a dessert)

Ingredients:

- 12 oz wide egg noodles
- 3 eggs (OR 3/4 cup egg substitute)
- 3/4 to 1 c sugar
- 1 t cinnamon
- 1 t vanilla
- 1 25-ounce jar applesauce
- crushed cornflakes
- additional margarine, cinnamon

Preparation: Cook and drain noodles. Beat eggs well. Add sugar, cinnamon, and vanilla and mix well. Add cooked noodles and continue to stir until coated. Spread half of noodles in greased 11" square pan. Pour applesauce evenly over noodles. Spread rest of the noodles evenly on the top. Sprinkle with cornflake crumbs, dot with margarine, dust with cinnamon. Bake at 350 degrees for 30 to 45 minutes.

## Fruited Kugel (more like a dessert)

Ingredients:

- 1 lb medium noodles
- 4 eggs
- 1 c milk

1/2 lb white raisins  
16 oz can crushed pineapple, drained  
1 pt. sour cream  
1/2 c sugar  
3 large apples, peeled and grated  
1/2 lb butter, melted  
1 lb small curd cottage  
cheese  
corn flakes crushed  
brown sugar

Preparation: Cook and drain noodles. In a large bowl, beat the eggs. Add the milk, raisins, pineapple, sour cream, sugar, apples, butter and cottage cheese and mix well. Then blend in noodles. Pour into a 3 Qt greased casserole. Sprinkle with crushed corn flakes and brown sugar. Bake at 350 degrees for 1 hour, 20 min.

## Milk and Honey Bread

Ingredients:

1 large loaf of French Bread  
1 c (1/4 liter) filtered honey  
3 c (3/4 liter) of shredded sharp cheese

Preparation: Diagonally cut the bread into half. Scoop out the soft inside. Fill bottom half with cheese and top with honey and then cover with top half of bread. Wrap in aluminum foil and bake in 350 degree F oven for 25 minutes.

## Candied Grapes

Ingredients :

Brown sugar  
Sour cream  
Washed whole grapes

Preparation: Cover the grapes generously with sour cream. Cover with a large sprinkling of brown sugar. Place in the refrigerator uncovered. In a few hours the brown sugar will melt over the sour cream.

This same method can be used for other fruit such as figs, cherries, mangoes, etc., as a way to make a very quick elegant dessert.

## Blintzes

Filling ingredients:

- 1 c dry cottage cheese
- 1/2 c sour cream
- 2 T sugar
- 1 t vanilla

Mix the filling ingredients.

Crepe Ingredients:

- 1 c flour
- 1/2 t salt
- 4 eggs
- 1 c milk
- butter or margarine to fry with

Preparation: Butter and heat a skillet. Pour about 1/2 cup of batter onto the pan forming a large circle. Cook on one side only, until the blintz starts to "blister" and the edges curl away from the skillet. Ease onto a platter fried side up. Continue making crepes till the batter is used up adding butter to the skillet as needed. Place about two tablespoons of filling on to the cooked side of each crepe. Fold the top and bottom to the center, then roll the sides over. Return to pan and fry lightly until the center is cooked.