

Shabbos in an Hour

Dips and Salads

Soups

Fish

Main Course

Sides

Desserts

Dips and Salads

Spanish Olive Dip

2 Cups Spanish Olives
2 Cups Mayonnaise
4 Cloves Garlic

Mix mayonnaise, olives and garlic in a food processor until smooth

Spinach Dip

2 Cups Fresh Spinach Leaves or One Box Frozen Spinach
2 Cups Mayonnaise
5 Cloves Garlic

Mix mayonnaise, spinach and garlic in a food processor until smooth

Parsley Dip

2 Cups Fresh Parsley or 1 Cup Dry Parsley
2 Cups Mayonnaise
5 Cloves Garlic

Mix mayonnaise, parsley and garlic in a food processor until smooth

Chatzilim

2 Large Eggplants
1 Cup Mayonnaise
5 Cloves Garlic

Stab eggplants all around with a fork, wrap completely in silver foil and broil for 1 hour.

Scoop out flesh and mix with mayonnaise and garlic in a food processor until smooth

Garbanzo Bean Salad

1 Large Onion Sliced
2 Tbs Cumin
2 15oz. cans Garbanzo Beans, drained
1 Large Red Pepper, sliced
½ tsp Salt

Fry Onion and Cumin until golden. Add Garbanzo Beans, Red Pepper and Salt and simmer on low for 20 minutes, covered.

Zuchini Salad

1 Large Onion, diced
2 Large Zuchinis, sliced or diced
3 Tbs Ketchup

Fry Onion until golden. Add Zuchini and Ketchup, mix well and cover. Simmer on medium heat for 45 minutes.

Sweet Eggplant Salad

1 Large Onion, diced
2 Large Eggplants, sliced or diced
3 Tbs Ketchup

Fry Onion until golden. Add Eggplant and Ketchup, mix well and cover. Simmer on medium heat for 45 minutes.

Matbucha

8 Large Tomatoes, diced
6-8 cloves of Garlic, minced

5 jalapeno peppers, diced finely
2 Tbs Paprika
1 tsp Salt
½ tsp Pepper

Cook tomatoes, garlic and jalapeno peppers for 20 minutes. Add paprika, salt and pepper and cook for 30 more minutes, uncovered.

Soups

Chicken Soup

1 Large Onion
5 Carrots, peeled and chopped into large pieces
1 Large Sweet Potato, peeled
1 Large Zucchini, chopped into large pieces
4 Stalks Celery, and chopped into large pieces
1 bunch fresh Parsley
½ Cup fresh Basil
1 whole Chicken
2 Tbs Salt

Add onion, carrots, sweet potato, zucchini, celery, parsley, Basil, chicken and salt into a large pot of water. Cook on high for 30 minutes and lower heat to medium. Cook for 2 more hours. Constantly skim the top of the water for fat from the chicken. For best results, make soup 24 hours before you plan on serving it. Once cooked, let it sit in the fridge over night. Reheat when ready to eat.

Hearty, Healthy Vegetable Soup

1 onion, peeled
1 sweet potato, peeled and cubed
4 stalks of celery
5 cloves garlic, peeled
1 inch fresh ginger, peeled
2 medium zucchinis, chopped
5 large carrots, peeled and chopped
1 15oz can pureed pumpkin
2 6oz can tomato paste
1 bunch fresh parsley, washed and checked

2 Tbs salt

Fill a large pot with water until it is $\frac{3}{4}$ full. Place onion, sweet potato, celery, garlic, ginger, zucchinis, carrots, pumpkin puree, tomato paste, parsley and salt in water. Bring to a boil and cook on medium heat for 1 hour. Once all vegetables are soft, puree entire soup with a hand blender. Cook for 30 more minutes.

Sides

Potato Knishes

2 sheets puff pastry
1 box instant mash
1 onion, chopped and sauted
1/2 c margarine
salt n pepper to taste

Preheat oven to 400 degree. Cook mash according to directions on box. Add onions, margarine, salt n pepper and allow to cool to room temperature. Cut puff pastry in half lengthwise. Place mash mixture like a long log lengthwise down each piece of pastry. Fold over pastry and seal it closed (they should look like long logs). With a sharp knife, make small slices 2 inches apart along the entire log, not entirely thru the log, just on the top (makes it easier to slice once cooked). Paint with egg and sprinkle poppy seeds on top. Bake for 45 minutes or until golden brown.

Pumpkin Kugel

1 15 oz can pumpkin pie mixture
2 eggs
2/3 cup parve milk
1 box dunkin heinz spice cake mix
1 cup margarine, melted

Preheat oven to 350 degrees. Mix pumpkin pie mixture, eggs and parve milk together and pour into a greased baking dish. Pour entire contents of *dry* cake mix over pumpkin mixture. Pour melted margarine over cake mix making sure to cover completely (if need be, take a spoon and even it out so all the dry mixture is moistened). Bake for one hour or until top is crispy.

Main Dishes

My Secret for Delicious *No Fail* Chicken

1-3 whole chickens or chicken cut in pieces

Choice of:

-one bottle Balsamic Vinegarrete Sald Dressing

-¼ cup Lemon Juice, ¼ cup Soy Sauce, 2 Tbs Paprika, 1 Tbs Garlic, 1 Tbs Parsley

-1 head Garlic, cloves UNPEELED and placed in the pan around the chicken, 3 Tbs Olive Oil, 2 Tbs Italian Spice

Combine one of the above choices and pour over the chicken.

Cover the chicken and cook on 350 for 3 hours. Turn off oven and leave chicken in the oven until ready to serve. Chicken will be so soft and juicy.