N'SHEI CHABAD NEWSLETTER

Staff Faves!

For this issue's recipes, we went to our own staff for their favorite recipes.

YEDIDA WOLFE'S LEMON CAPER TILAPIA

(Sole is good too)

2 lbs Tilapia or Sole
1 cup flour (any kind)
1 tsp salt
1 tsp pepper
Olive oil for sautéing
1-2 Tbsp. capers
¼ cup chopped scallions
½ cup lemon juice
12 oz white cooking wine or dry white wine

Preheat oven to 350°F. Combine the flour, salt and pepper in a large Ziploc bag. Rinse off the fish fillets and put them in the bag and jiggle it so they are covered in the flour mixture. Heat the olive oil on medium heat in a sauté pan. Place the floured fish fillets in the pan and sauté until light brown on both sides. Remove fish from pan. Add capers and scallions and sauté for 2 minutes in the fishy oil. Add lemon juice and wine. Bring the liquid to a boil. Then lower heat and cook until the mixture is slightly thickened. Pour on the fish and place in the oven for 15 minutes. Serve hot with rice, quinoa, herbed potatoes, or roasted zucchini and peppers.

Chana Shlousha's

Whole Wheat Chocolate Chip Cake

2 cups whole wheat flour
½ tsp baking soda
Dash of salt
¾ cup brown sugar (or brown sugar substitute)
⅓ cup white sugar (or stevia)
8 Tbsp unsweetened applesauce
4 Tbsp unsalted butter or margarine or coconut oil, at room temperature
1 large egg
1 large egg yolk
2 tsp vanilla extract
1¼ cups dark chocolate (or carob) chips
⅓ cup chopped walnuts (optional)
Melted chocolate, for garnish

Preheat oven to 325°F. Grease 8x8-inch baking pan with nonstick cooking spray. In a medium bowl, whisk together flour, baking soda and salt. In large bowl, use electric mixer to combine sugars, applesauce, margarine, egg, egg yolk and vanilla. Beat until creamy. Add the flour mixture to the large bowl, and beat to combine. Stir in chocolate chips and nuts (if using). Spread mixture in pan and bake for about 25 minutes, or until a toothpick inserted into the center comes out clean. Drizzle melted chocolate over the top of the cake.

Yield: About 18 servings

Nechama Golding's

Tomato Soup

In good strong soup pot, sauté 2 chopped onions in olive oil until translucent. Then add:

4 beefsteak tomatoes, chopped, and two 15-oz cans of diced tomatoes, with juice
4 cups of soup stock
8-10 Tbsp of silan (date syrup/paste)
22 oz of culinary, coconut milk, original (not light) flavor

Cook on low-medium flame for 15-20 minutes. Then add:

5 cloves of garlic, sliced and sautéed in olive oil in a separate pan until they are crispy and fragrant.
Sprinkle of pepper
1 Tbsp salt

Blend with hand blender until smooth.

Bonus: Cut leftover challah into cubes, coat with olive oil, sprinkle with garlic powder and Italian spices, and spread on cookie sheet. Bake on 350°F for about 15 minutes to make delicious croutons.