

#YESWECANCHAG
Yom Tov Menu on a Budget

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Green Apple Coleslaw

Melinda Strauss

@therealmelindastrauss

1 cup grated carrots

1 cup shredded purple cabbage

1 cup shredded green cabbage

1 cup thinly sliced green apple
1/2 cup raisins
1/2 cup mayonnaise
1/4 cup apple cider vinegar
2 Tbsp honey
1/2 tsp garlic powder

Combine the carrots, purple cabbage, green cabbage, green apple and raisins in a mixing bowl.

Separately, whisk together the mayonnaise, apple cider vinegar, honey and garlic powder. Pour the dressing over the vegetable mixture and stir to combine.



Sweet Tahini Dip

Chanie Apfelbaum

@busyinbrooklyn

1/2 cup tahini paste, plus more for garnish
1/4 cup silan (date honey)
3 tbsp water
1/4 tsp cinnamon
pinch of sea salt
Halva and sesame seeds, for garnish. optional

Add all ingredients to a bowl and whisk until emulsified. If the mixture is too thick, add a bit more water until desired consistency is reached. Place in a bowl and drizzle raw tahini on top. Garnish with crumbled halva and sesame seeds.

Gefilte Fish Patties

Naomi Nachman

@naominachman

1 loaf gefilte fish, defrosted
1/2 cup assorted fresh herbs, parsley, dill , cilantro
1/2 cayenne pepper
1 egg beaten
2 cups Pesach panko crumbs, divided
oil, for frying

1. Mix fish, herbs, cayenne pepper, egg, 1/3 cup panko crumbs.
2. Pour remaining crumbs into a shallow bowl. Form fish mixture into small patties, then coat both sides in the panko crumbs. Refrigerate on a baking sheet for 30 minutes.

3. Heat oil over medium-high heat in a large skillet. Fry the patties for 2-3 minutes per side, until cooked through. Drain fried patties on paper towels.

Serve with Remoulade Dipping Sauce, below.

Remoulade Dipping Sauce

1¼ cups mayonnaise

2 teaspoons prepared white horseradish

1 teaspoon pickle juice or vinegar

1 teaspoon hot sauce, optional

¼ cup ketchup

1 large garlic clove, minced

1 tablespoon paprika

1. Whisk all ingredients together in a bowl until combined.

2. Serve with Gefilte fish Cakes.



Pomegranate Citrus Chicken

@Spiceandzest

You can use this recipe with a whole chicken or cut chicken

¼ cup pomegranate molasses

2 tablespoons honey

4 cloves garlic, crushed

½ tsp salt

¼ tsp black pepper

1 orange, sliced

1 grapefruit, sliced

1 lemon, sliced

Fresh thyme

Pomegranate and herbs, for serving.

Place the chicken and citrus in a large roasting pan. Mix the first five ingredients together and pour over the chicken. Bake at 425 F for 1.5 hour, until sticky, roasted and golden brown. Top with fresh pomegranate and herbs before serving.



Spatchcock Chicken

@themommydictionary

1 spatchcock chicken
5 carrots sliced into fries
1 bag pearl onions peeled
2 tbsp Za'atar
2 tbsp garlic powder
Salt
Pepper
Drizzle of olive oil

Prep:

Place veggies on a metal sheet pan and drizzle with olive oil
Place chicken on top breast side up

Mix spices together and rub it generously over the chicken

Bake on 375 for 1.5 hours

Serve over rice

Meal #2 with leftovers:

3 avocados

Egg roll wrappers

3 tomatoes

1 red onion

Cilantro

Olive oil

Lemon juice

Salt

Pepper

Shredded chicken

Slice avocados and place 1 slice on each egg roll wrapper. Add some shredded chicken, roll it up and either fry or bake.

Finely dice the tomato and onion, top with cilantro, lemon juice, oil and spices. Serve as a topping on each egg roll.



Broccoli Salmon Ramen Pan

Naomi Nachman

@naominachman

1 onion sliced

5 slices of salmon

1 @gefen_foods noodle soup discard flavor packets and prepare according to directions.

1 bottle of Mikees seedless teriyaki

1 large frozen chopped broccoli

Salt

Sauté the onion with salt until translucent. Push onion to the side and place salmon flesh side down and cook for a few minutes then

flip. Spread some sauce over the salmon, simmer on low for 10 minutes.

Add Prepared ramen and broccoli over the top of the salmon and mix around breaking it up into smaller pieces tossing the mixture together.

If desired add more sauce, and cook on low till broccoli is heated through and salmon is cooked.

NOTE: you can also do this with chicken cutlets.



BOULETTE WITH STRING BEANS + PEAS

Danielle Renov

@peaslovenocarrots

FOR THE MEATBALLS:

2.2 lb (1 kg) ground beef
½ cup chopped cilantro leaves
3 cloves garlic, minced
1 egg, lightly beaten
1 tsp kosher salt
½ tsp coarsely ground black pepper
1 tsp paprika
½ tsp ground cumin
¼ tsp coriander
⅛ tsp ground ginger
1 Tbsp white vinegar
+ 1 cup torn bread (I used leftover challah, woohoo)
Combined with 2/3 c almond milk

Sauce:

1 large yellow onion, diced
3 ribs celery, peeled, cut into 2 inch pieces (reserve 3 tbsp celery leaves and chop)
2 cloves garlic, minced
1 tsp turmeric
1 tsp paprika in oil
2 tbsp tomato paste
3 cups frozen skinny string beans (you can use fresh just sauté for longer)
1½ c frozen tiny peas
1 bay leaf
juice of 1 lemon
4 cups chicken stock (divided)
1 cup cilantro chopped

Combine all the ingredients for the meat mixture.
salt and pepper to taste (will vary depending on the stock you used!)

Combine all the ingredients for the meat mixture in a bowl. Remove 2 tbsp of meat at a time and form meatballs. Heat a pan over medium heat. Add 3 tbsp olive oil and sauté meatballs on all sides to get a nice outer crust. Work in batches so as not to overcrowd the pan. Remove meatballs onto a plate and set aside. Add onions and celery. Sauté for 5 min, stirring often. Add garlic, and spice. Mix until fragrant. Make a well in the center and add tomato paste. Stir constantly for 2 minutes. Add lemon + 1 cup stock, use a spoon to scrape up the bottom of the pan and stir everything together. Add meatballs and very gently stir to coat. Add remaining ingredients. Stir. Bring to a boil. Cover the pot, reduce heat to the lowest and cook for 1½ to 2 hours, gently stirring halfway through. Serve hot (or cold honestly!) with couscous or rice and enjoy!



Braised Leeks

Chanie Apfelbaum

@busyinbrooklyn

3 large leeks
1 shallot, thinly sliced
3 cloves garlic, minced
3 sprigs fresh thyme
1 tbsp lemon zest
1/2 cup dry white wine
2 cups chicken stock
2 tbsp olive oil
s&p, to taste

Trim the roots of the leeks at the very end, so that they stay intact. Trim the leek tops to include 2" of green. Slice the leeks in half lengthwise and wash well to remove dirt. Drain and pat dry.

Heat olive oil in a saute pan. Season leeks with s&p and gently brown on both sides. Remove the leeks and reserve. Add the shallots, garlic, thyme, lemon and additional s&p to the pan and saute until shallots are caramelized. Add the white wine and reduce by half. Return the leeks to the pan and add the chicken stock. Bring the mixture to a boil, cover tightly and simmer for approximately 30 minutes.



Roasted Purple Cabbage

Melinda Strauss

@therealmelindastrauss

1 large purple cabbage

1 Tbsp olive oil

2 tsp garlic powder

1 tsp paprika

1/2 tsp salt

1/4 tsp pepper

Preheat the oven to 400 degrees F. and line two baking sheets with parchment paper.

Slice the cabbage into 1-inch-thick rounds and place them on the baking sheets in a single layer. Brush the tops with olive oil and sprinkle with garlic powder, paprika, salt and pepper. Roast until the cabbage is tender and edges are golden, 40 to 45 minutes.



Zucchini and Tomatoes with Crispy Crumbs

Miriam Pascal as featured in More Real Life Kosher Cooking
@overtimecook

1 large zucchini, cut in 1/4 inch slices
4 plum tomatoes, cut in 1/4 inch slices

3/4 cup panko crumbs
1 teaspoon kosher salt
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika
4 t olive oil

Preheat oven to 425. Line a baking sheet with parchment paper and spray it well to coat with non stick spray. Line vegetable slices up in a single layer on prepared baking sheet; spray the tips well with non-stick spray.

In a small bowl, combine panko crumbs and spices. Stir to combine. Drizzle oil over it and stir to form a slightly damp crumb mixture. Divide the crumbs over the top of each vegetable slice, then press in slightly to adhere.

Bake for about 40 minutes, until vegetables are cooked through and crispy on the outside.

Yield: 6-8 servings



Olive and Date Couscous

Shushy Turin

@cookinginheelss

1 cup couscous

Juice of 1 lemon

1/3 c olives pitted and diced

1/3 c medjool dates pitted and diced

1/2 c chopped parsley

1 tbsp honey

A pinch of salt to taste

1/4-1/2 tsp Zaatar or to your liking

1-2 tbsp olive oil

In a pan roast the couscous until it smells nutty and turns lightly brown. Stir constantly to prevent from burning. Then cook the couscous according to package directions.

Add in the remaining ingredients and allow to sit for at least 1 hour before serving.

Yield: serves 6 as a side dish



Honey Cookies

Shushy Turin

@cookinginheelss

3/4 cup sugar

1/3 cup honey

3/4 c oil

1 egg

2 tsp good quality vanilla extract

2 tsp baking soda
1/2 tsp salt
2 cups plus 2 tbsp. flour
Turbinado or Demerara sugar

In a large bowl whisk the sugar, honey, oil, egg, vanilla and salt together until smooth. Add the baking soda and flour and continue to mix until no flour remains.

Roll into 1 inch size balls and coat in the Turbinado or Demerara sugar. Place on a sheet pan and refrigerate for 15 minutes.

Bake at 350 F for 8-10 minutes or until golden. Cool 5 minutes before consuming.

Yield 2 dozen



Carrot Honey Cake

Shushy Turin

@cookinginheelss

1.5 c flour
1 tsp baking powder
1 tsp baking soda
¼ tsp salt
1 tsp cinnamon
¼ tsp nutmeg
½ tsp cardamom
½ cup oil
½ cup honey
½ cup brown sugar
2 eggs
½ cup baby carrot food
1 tsp vanilla extract
2 cups shredded carrots

Mix all the dry ingredients in a bowl. Mix the wet ingredients in another bowl. Whisk the two mixtures together and fold in the shredded carrot. Pour into a loaf pan lined with parchment paper. Bake at 350° F for 55-60 minutes or until a toothpick stuck in the center comes out clean. For muffins make in muffin tins for 18-20 minutes. Frost with optional frosting if desired.

Frosting:

3 c confectioner sugar
2 tbsp. Honey
½ tsp cinnamon
1 stick Butter or vegan butter, room temperature
½ tsp vanilla
2-4 tbsp. milk of choice

Whisk together sugar, honey, cinnamon and vanilla until smooth. Add in the milk one tbsp. at a time or until the desired consistency is reached. Spread over cooled cake

Yield 1- 9 inch loaf pan or two dozen muffins