

## Recipes from *Saving Amelie*



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# LEA'S APPLE STRUDEL

## INGREDIENTS

- ☐ 2 cups of flour
- ☐ 2 eggs, beaten
- ☐  $\frac{3}{4}$  cup water, lukewarm
- ☐ pinch of salt
- ☐  $\frac{1}{2}$  teaspoon vinegar
- ☐ 4-5 pounds tart apples
- ☐  $\frac{1}{3}$  cup sugar
- ☐ 3 Tablespoons cinnamon
- ☐ 6 Tablespoons melted butter
- ☐ 4 Tablespoons bread crumbs
- ☐ 1 cup chopped almonds or other nuts
- ☐ 1 and  $\frac{1}{2}$  cup raisins

## DIRECTIONS

- ☐ Heap flour in a mound on breadboard. Make depression—a center well.
- ☐ Add beaten eggs, water, salt and vinegar, and knead into a firm dough.
- ☐ Cover the dough and set in a warm place.
- ☐ Peel and grate apples, squeezing the extra juice out with a paper towel or tea towel. Sprinkle with sugar and cinnamon.
- ☐ Dust parchment paper with flour and roll out dough as thin as possible.
- ☐ Melt butter and mix in bread crumbs. Coat the rolled out dough with this mixture.
- ☐ Spread the apple mixture across dough, piling about 1 inch high. Sprinkle with nuts and raisins.
- ☐ Roll the dough over and over several times to form a loaf (strudel) with alternating layers of filling and dough.
- ☐ Brush the finished loaf with more melted butter, place on a greased baking sheet.
- ☐ Bake in a hot oven (400 degrees) until the crust is crisp and browned.

\* Serve with a warm custard sauce or vanilla sauce. Bird's Eye Custard sauce is easy to make—just follow the directions on the can.

\*Here is a simple recipe if you don't have the mix:

### Vanilla Sauce or Custard Sauce:

#### Ingredients

- ☐ 1 cup milk
- ☐ 1 tsp. vanilla
- ☐ 1 Tablespoon sugar
- ☐ 2 egg yolks
- ☐  $\frac{1}{2}$  teaspoon cornstarch





### **Directions**

- ☐ Heat the milk and vanilla (do not boil), then cool.
- ☐ Mix sugar, egg yolks, and cornstarch until smooth and stir into the milk.
- ☐ Heat in a double boiler over medium heat, beating to prevent scorching, until sauce thickens to desired consistency.
- ☐ Remove from heat and stir.
- ☐ Serve warm over strudel.





# OMA'S PURPLE PLUM TURNOVERS

## INGREDIENTS FOR PASTRY

- ☐ ½ cup margarine
- ☐ 1 cup flour
- ☐ ½ cup small curd cottage cheese

## INGREDIENTS FOR FILLING

- ☐ 2 cups chopped prune plums (*These bluish/purple plums are usually available in U.S. grocery stores or farmers' markets in September*)
- ☐ ¾ cup sugar
- ☐ 1 teaspoon grated lemon peel
- ☐ ½ teaspoon mace
- ☐ 2 Tablespoons Tapioca

## DIRECTIONS

- ☐ Combine pastry ingredients. Chill pastry in refrigerator.
- ☐ Line cookie sheets with parchment paper.
- ☐ Combine ingredients for filling and let stand at least 15 minutes while rolling pastry very thin on well-floured board. (Keep pastry cold)
- ☐ Cut pastry into 5 inch squares.
- ☐ Spoon plum filling on half of each square and fold to create a triangle.
- ☐ Seal edges with fork.
- ☐ Sprinkle with sugar.
- ☐ Bake on parchment papered cookie sheets at 400 degrees for 15-20 minutes.



\*Makes 10 turnovers.







# RIVKA'S HAROSAT FOR PASSOVER

## INGREDIENTS

- ☐ 2 large crisp apples, peeled, cored and chopped
- ☐ 1/3 cup chopped walnuts
- ☐ 1/3 cup chopped almonds
- ☐ 1/3 cup chopped pecans
- ☐ 1 teaspoon cinnamon, ground
- ☐ 1 teaspoon grated ginger
- ☐ 4 crushed cardamom seeds (optional)
- ☐ 3 Tablespoons honey
- ☐ 1/4 to 1/3 cup red wine (Kosher)

## DIRECTIONS

- ☐ Toast nuts in a single layer on a baking sheet.
- ☐ Combine apples, walnuts, almonds, pecans, cinnamon, ginger and cardamom (if used) and honey.
- ☐ Add the wine and mix thoroughly.
- ☐ The longer this sits, the more the flavors mingle.
- ☐ Serve the day this is made, if possible, but definitely use within the week. Nuts will soften over time.

\*This can be spread over Matzo for a tasty snack.





# DRESDEN CHRISTMAS STOLLEN

## *TAKEN FROM A FAMILY RECIPE OF CATHY FARLEY*

### INGREDIENTS

- ☐ 1 package (1/4 oz.) active dry yeast
- ☐ 1/4 cup warm water (110 degrees F.)
- ☐ 1 cup scalded milk (do not allow milk to boil, just heat enough that bubbles begin to form on inside edges of pot if scalding on stove or of bowl if scalding in microwave)
- ☐ 1/2 cup butter, room temperature
- ☐ 1/4 cup granulated sugar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon ground cardamom
- ☐ 4 and 1/2 cups all-purpose flour or bread flour
- ☐ 1 egg, divided, slightly beaten
- ☐ 3/4 cup white or golden raisins
- ☐ 1/2 cup candied fruit (preferably pineapple and cherries)
- ☐ 2 teaspoons grated orange zest
- ☐ 1 teaspoon grated lemon zest
- ☐ 1/2 cup chopped nuts (almonds, hazelnuts, walnuts, etc.)
- ☐ Powdered Sugar Icing (recipe below)

### DIRECTIONS

- ☐ In a medium-size bowl soften yeast in 1/4 cup warm water.
- ☐ Cover with plastic wrap and ferment approximately 20 minutes until the sponge is very foamy.
- ☐ In a large bowl, combine the warm scalded milk, butter, sugar, salt and cardamom. Cool to lukewarm.
- ☐ When cool, mix in 2 cups of flour and beat well.
- ☐ Add yeast (sponge) mixture and egg, beating well.
- ☐ Stir in raisins, candied fruit, orange zest, lemon zest, and nuts.
- ☐ On a floured surface, knead the dough until smooth, approximately 8 to 10 minutes. Lightly oil a large bowl. Add dough, turning to coat entire surface.
- ☐ Let rise until doubled, approximately 1 to 2 hours (depending on how warm your room is).
- ☐ Preheat oven to 375 degrees F.
- ☐ Grease a large, heavy baking sheet or line with parchment paper.
- ☐ Prepare Powdered Sugar Icing.





- ☐ After the dough has risen, punch down the dough and place onto a lightly-floured surface.
- ☐ Divide the dough into 2 or 3 parts depending on how large you want each stollen. Cover and let rest for 10 minutes.
- ☐ Roll each dough piece into a 10 x 6 inch rectangle and fold in half lengthwise to within 1 inch of the opposite side.
- ☐ Place dough on prepared baking sheet, cover, and let rise until almost doubled in volume, approximately 1 hour.
- ☐ After dough has risen, bake approximately 20 to 30 minutes or until golden brown.
- ☐ A good check is to use an instant digital thermometer to test your bread. The temperature should be between 200 and 210 degrees.
- ☐ Remove from oven and transfer to wire rack and cool slightly.
- ☐ While still warm, spread the Powdered Sugar Icing over the top of the stollen.
- ☐ Decorate with candied fruit and chopped nuts.
- ☐ Serve warm or at room temperature.
- ☐ Stollen can be prepared up to 1 day ahead.
- ☐ Cool completely.
- ☐ Wrap stollen in plastic and store at room temperature.
- ☐ Makes 2 regular stollen loaves or 3 small for gift giving.

### **Powdered Sugar Icing:**

#### **Ingredients**

- ☐ 1 cup powdered (confectioners') sugar
- ☐ 2 teaspoons hot water
- ☐ 2 teaspoons butter, at room temperature

#### **Directions**

- ☐ In a small bowl, combine powdered sugar, hot water, and butter and stir until smooth.





# LEA'S LEBKUCHEN

## INGREDIENTS

- ☐ 1/2 cup honey
- ☐ 1/2 cup molasses
- ☐ 3/4 cup packed brown sugar
- ☐ 1 egg
- ☐ 1 Tablespoon lemon juice
- ☐ 1 teaspoon lemon zest
- ☐ 2 3/4 cups all-purpose flour
- ☐ 1/2 teaspoon baking soda
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cloves
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground nutmeg
- ☐ 1/3 cup diced candied citron
- ☐ 1/3 cup chopped hazelnuts

## GLAZE

### INGREDIENTS

- ☐ 2 Tablespoons whole milk
- ☐ 1/2 cup plus 3 Tablespoons confectioners' sugar

## DIRECTIONS

- ☐ In a medium saucepan stir honey and molasses. Bring to a boil, then remove from heat.
- ☐ Stir in brown sugar, egg, lemon juice and lemon zest.
- ☐ In a large bowl whisk flour, baking soda, cinnamon, cloves, allspice and nutmeg.
- ☐ Add molasses mixture to flour mixture and stir well.
- ☐ Add citron and hazelnuts and stir well.
- ☐ Cover dough and chill overnight in refrigerator.
- ☐ Preheat oven to 350 degrees.
- ☐ Line cookie sheets with parchment paper.
- ☐ Pinch off a small amount of chilled dough at a time and roll into balls between floured palms.
- ☐ Place balls in rows one inch apart on parchment papered cookie sheets.
- ☐ When tray is full, add another layer of flour dusted parchment paper and gently press to flatten cookies to approximately 1/4 inch thick.
- ☐ Remove top layer of parchment paper and bake cookies approximately 10-12 minutes in preheated oven until no imprint shows when lightly touched.





- ☐ While cookies are baking, mix confectioners' sugar and whole milk to form a glaze.
- ☐ Brush glaze over cookies while they're hot.
- ☐ Remove cookies to wire cooling racks.
- ☐ When cooled, store cookies in airtight containers with a few orange or apple slices to mellow.

\*Lebkuchen taste and smell of Christmas!







# OMA'S CREAMY POTATO SOUP

*ADAPTED FROM NAOMI GOHLKE'S RECIPE*

## INGREDIENTS

- ☐ 1 large onion (1/4 onion for every two potatoes), peeled and coarsely chopped
- ☐ 2 potatoes per person, peeled and cut into small cubes, and rinsed twice
- ☐ fresh parsley or celery tops, chopped or torn into small pieces
- ☐ 1 carrot, grated
- ☐ milk (mix with fat free half and half if you prefer a richer taste)
- ☐ butter to taste
- ☐ cornstarch or flour
- ☐ salt and pepper to taste

## DIRECTIONS

- ☐ Place chopped onion and cubed potatoes in a soup pot. Barely cover with water. Bring to a boil and cook until not quite soft.
- ☐ Add fresh parsley or celery tops, grated carrot, and enough milk to make up the volume of soup desired, saving back 1/2 cup. Heat through over medium heat.
- ☐ Add butter.
- ☐ Mix 2-3 Tablespoons cornstarch **or** 1-2 Tablespoons flour (depending on amount of milk used) with 1/2 cup milk until smooth and add to soup, stirring constantly.
- ☐ Reheat, bringing to a gentle boil as soup thickens, stirring until soup reaches desired consistency.

\*For thicker soup, increase amount of cornstarch or flour in milk.

\*For thinner soup, decrease amount of cornstarch or flour.

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