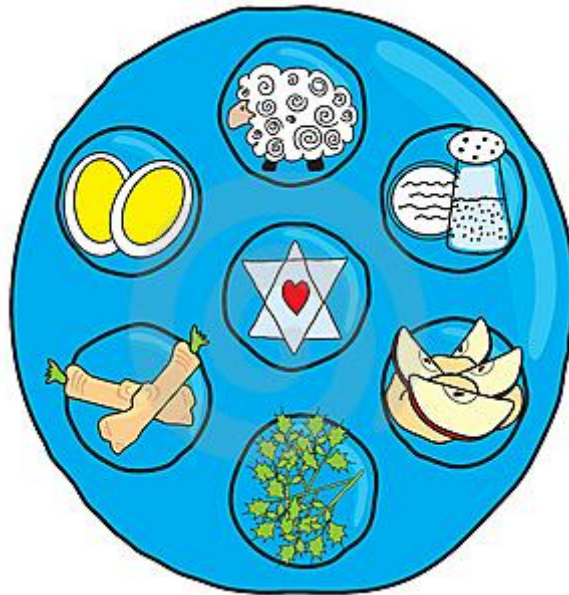


Tastes of the World

www.tastesofworld.weebly.com

February Newsletter – Pesach



What's cooking at Tastes of the World?

The Children of Israel were slaves in Egypt; don't let celebrating Pesach make you a slave to the kitchen.

Release yourself from bondage by letting us help you lighten the load over the holiday period. Order from Tastes of the World Catering; the whole meal or just a few dishes.

If you are not sure of your schedule make sure you order a few delicious home-cooked meals which can be on standby in the freezer.

Pesach menu below or at www.tastesofworld.weebly.com

Please place your Pesach orders by Sunday 14th March

Cooking hints for Pesach

Pesach Menu

Before Pesach begins write out a 7-day menu according to your family's tastes so that you are never at a loss as to what to eat. At Pesach you don't need to use recipes especially written for the holiday; go through your usual cookbooks and see how many of your regular dishes can be adapted. Or call **Tastes of the World** for fresh, ready-made tasty food.

Eggs

During Pesach we eat a lot of extra eggs; here are some tips to help make your cooking a success.

Eggs – Separating

Instead of tipping the egg from one shell to another, tip it into the palm of your hand and let the egg white run through your fingers. You are much less likely to pierce the yolk.

Eggs - Whisking

For best results the eggs should be taken out of the fridge at least 2 hours before use. Let them reach room temperature before separating and beating. Make sure that there is no trace of egg yolk in the egg white. The bowl must be completely clean, dry and free from grease. Try chilling the bowl before use. The cooler the air incorporated, the more the mixture will rise. To increase the volume of whisked egg whites add a pinch of salt.

Eggs – Removing unwanted shell

Remove the offending fragment with a larger piece of egg shell.

Eggs – Shelling

If you have ever tried to shell 20 hard boiled eggs in a hurry, you will know how frustrating it can be. The trick is to buy the eggs at least 1 week before you need to cook them; older eggs shell more easily than fresh. Otherwise try adding a spoonful of vinegar to the boiling water.

No blender for Pesach?

There are many ways to grind dry food without the use of modern equipment. Place the ingredients in a strong zip bag, remove as much air as possible and seal. Cover with a dish cloth and bash with a rolling pin or meat tenderizer. Believe me, it's great therapy! Small quantities of foods such as herbs can be placed in a small bowl and crushed with the end of a rolling pin. If you add coarse salt to the ingredients, it will make it even easier.

No piping bag for Pesach?

Place the contents that you wish to pipe into a sandwich or freezer bag, snip off the corner and squeeze.

Herbs

Instead of buying your usual stock of dried herbs (and so doubling up your food store after Pesach) try to use fresh herbs which give such a wonderful flavor. Strong hard herbs such as rosemary, thyme, bay, and oregano are normally added at the beginning of cooking to mellow their flavor. Soft herbs such as tarragon, basil, mint, parsley, coriander and, dill are added at the end of cooking. There are a few classic combinations that always work well - tomato and basil or oregano, mushrooms and parsley, chicken/fish and tarragon. Experiment at home - if you like the flavor, then it works!

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Binding

Mashed potato is excellent for binding savory foods and can be used to replace flour. Potato flour can be used to replace flour to thicken or bind food.

Boost the Fiber

Foods at Pesach are low in fiber; therefore choose whole wheat matzo whenever possible. Whole wheat matzo contains three to four grams of fiber per sheet, whereas plain matzo contains only one gram. To get additional fiber, eat lots of fresh fruits and vegetables.

Tastes of the World – Pesach Menu 2010

Please place your Pesach orders by Sunday 14th March, after that date we will do everything to accommodate your order but cannot guarantee.

If your location is not listed please ask. Delivery times will be confirmed by email on Friday 26th March. Deliveries will be made on the evening of Sunday 28th March or early afternoon on Monday 29th April.

Portion sizes are approximate

Item Description	Parve/ Dairy/ Meat	Suitable for Freezing	Quantity	Price NIS
Seder Plate				
Seder plate, all items (excluding charoset) - burnt egg and bone, sticks of horseradish, parsley and lettuce	Meaty		20 pts	60
Honey date charoset - simply delicious, use the 'left-overs' on matzo	Parve		300ml	70
Hard-boiled eggs –shells removed just add your own salt water	Parve		10	30
Dips, Pates Starters				
Tuna Pate - a great combination of tuna, mayonnaise, parsley & pickled cucumber	Dairy or Parve		0.5 ltr	65
Egg salad (egg mayonnaise)	Parve		0.5 ltr	50
Egg and onion salad	Parve		0.5 ltr	55
Italian goats cheese pate covered in black olives and served with a red pepper sauce	Dairy		900ml / 15-20 ptn	235
Chopped herring dip	Parve		0.5 ltr	75
Platter of crudités inc. strips of cucumber, carrot, peppers and cherry tomatoes	Parve		for 25	95
Italian roasted peppers stuffed with tomato	Parve		10 pcs/ 5-10 ptn	120
Soups				
Kneidelach – as light as a feather	Parve	Yes	10ptns/20 balls	45
Traditional chicken soup - bringing the holiday flavor to the table	Meaty	Yes	3ltr/10 ptn	155

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Item Description	Parve/ Dairy/ Meat	Suitable for Freezing	Quantity	Price NIS
Sweet potato with thyme - a smooth soup with a subtle nutmeg & cinnamon flavor	Dairy or Parve	Yes	3ltr/10 ptn	115
Carrot and coriander soup - a bright orange soup speckled with fresh green coriander	Parve	Yes	3ltr/10 ptn	105
Leek and potato – partially liquidized to add flavour and texture	Parve	Yes	3ltr/10 ptn	115
Vegetarian "chicken" soup	Parve	Yes	3ltr/10 ptn	110
Fish				
English fish pie- layers of fish and vegetable in a creamy sauce topped with mashed potato and cheese	Dairy or Parve	Yes	8 ptn	200
Fish goujons - fingers of fish coated in matzo meal and fried - delicious hot or cold	Parve	Yes	8 ptns/56 pcs	200
Fish cakes - made with tuna, potato & herbs	Parve	Yes	8 ptns/16 pcs	150
Nile perch cooked in lemon, white wine and butter or olive oil	Dairy or Parve	Yes	5 pcs	140
Vegetarian Main Courses				
Mussaka - layers of home-made tomato sauce, eggplant and sliced potato, topped with cheese and baked in the oven	Dairy or Parve	Yes	8/13 ptn	195/275
Stuffed eggplant - an eggplant shell filled with mushrooms, zucchini, peppers, onion and parsley	Dairy or Parve		4 ptn	90
Neapolitan tomato sauce with fresh basil and oregano, just add to Pesach pasta or gnocchi	Parve	Yes	4 ptn/1 ltr	55
Ratatouille	Parve		6 ptn	135
Chicken Main Courses				
Chicken schnitzel	Meaty	Yes	8 ptn/16 pcs	200
Chicken schnitzel fingers - great for kids	Meaty	Yes	8 ptn/48 pcs	240
Chicken casserole with leeks and apricots - dark chicken with a natural sweet taste	Meaty	Yes	8 ptn/16 pcs	280
Traditional roasted chicken - whole chicken portioned	Meaty	Yes	4 ptn/8 pcs	100
Herb roasted chicken - stuffed with herbs for a wonderful flavor, whole chicken portioned	Meaty	Yes	4 ptn/8 pcs	110
French Burgundy chicken - dark chicken saluted and roasted in red wine, mushrooms and onions	Meaty	Yes	8 ptn/16 pcs	300
Meat Main Courses				
Mussaka - layers of tomato sauce, mincemeat, eggplant and sliced potato, baked in the oven	Meaty	Yes	8/13 ptn	215/300
English shepherd's pie – a rich bolognaise sauce topped with mashed potato	Meaty	Yes	8 ptn	225
Beef Stew in Red Wine with Potatoes, Celery and Carrots – A whole meal in one (800g raw beef)	Meaty		4 ptn	220

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Item Description	Parve/ Dairy/ Meat	Suitable for Freezing	Quantity	Price NIS
Italian meatballs in a rich tomato sauce	Meaty	Yes	8 ptn/80 pcs	220
Bolognese sauce, just add to Pesach pasta	Meaty	Yes	6 ptn	140
Vegetable Side Dishes				
Baked carrots with oregano & white wine	Parve		10 ptn	75
Roasted antipasti vegetables with lemon and garlic	Parve		10 ptn	115
Roasted sweet potato	Parve		10 ptn	95
Potato latkes	Parve		30pcs/10 ptn	125
Sweet potato latkes	Parve		30pcs/10 ptn	155
Potato kugel	Parve		6/8 ptn	65/85
Vegetable kugel	Parve		6/8 ptn	80/95
Sweet and sour red cabbage with raisins	Parve		10 ptn	75
Tzimmus	Parve		10 ptn	75
Beetroot cooked in balsamic vinegar with garlic	Parve		10 ptn	75
Salads				
Spicy Moroccan carrot salad with lemon, fresh coriander & chili	Parve		10 ptn	70
Roasted antipasti salad with lemon and garlic	Parve		10 ptn	120
Quinoa, roasted vegetables and fresh herbs	Parve		10 ptn	95
Coleslaw with raisins & walnuts in a mayonnaise dressing or mayonnaise & yoghurt dressing	Dairy or Parve		10 ptn	85
Potato salad in a mayonnaise & dill dressing or mayonnaise dill & yoghurt dressing	Dairy or Parve		10 ptn	80
Mixed lettuce salad with a honey and garlic dressing	Parve		10 ptn	90
Beetroot Salad with balsamic vinegar	Parve		10 ptn	75
Sauces and Dressings				
Mayonnaise and dill dip - great with fingers of fish	Parve		300 ml	35
Olive oil and lemon juice salad dressing	Parve		300 ml	35
Honey and garlic salad dressing	Parve		300 ml	40
Desserts				
Nut chocolate torte	Parve	Yes	10ptn	135
Flourless chocolate cake	Parve	Yes	10 ptn	125
Moist chocolate and orange cake	Parve	Yes	10 ptn	125
Pavlova with a lemon mousse filling topped with strawberries	Dairy or Parve		10ptn	135
Moist apple and almond cake	Parve	Yes	10 ptn	125
Fruit compote, served hot or cold	Parve		10 ptn	95
Chocolate cake with a chocolate icing - great for a Pesach birthday	Parve	Yes	25 child ptn	85

Tastes of the World

Delivery charges				NIS
Hod Hasharon, free for orders over 500NIS				Free/25
Kfar Saba				40
Raanana				50
Netanya				120
Tel Aviv Centre				110
North Tel Aviv				100
South Tel Aviv				120
Ramat Aviv				90
Hertzlia Petuach				90
Modiin				150
Rehovot				150

Abbreviations:

ptn - portions
 pcs - pieces
 ltr - liters
 ml - milliliters

All food is made to order using the freshest natural ingredients.

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