

## **Sukkoth Newsletter**



The free email newsletter on good food and drink.

Sukkot is part of the harvest festival which celebrates farming, nature and the gathering of fruit. Eating outside in a makeshift, cramped sukkah calls for easy to serve meals. As such the theme of this month's newsletter is "one-pot cooking" – and I've included some easy recipes too.

Sukkot dishes should be festive and include seasonal fruit and vegetables. Brightly colored dishes decorated with garnishes such as pomegranate seeds reflect the jubilant holiday and the multi-colored sukkah decorations. It's also traditional to serve stuffed foods.

It's a time when everyone is entertaining, so keep the food simple and don't be afraid to ask the guest to bring along a dish too. In order to make life even easier order a few dishes from Tastes of the World. See our Sukkot menu below.

## **Entertaining The Easy Way**

It's so easy to host the perfect Sukkot meal, dinner or party and being the host doesn't mean that you can't enjoy the event every bit as much as your guests.

Tastes of the World's food ordering and catering service lets you entertain without spending hours shopping or cooking. If you are inviting guests let us help you lighten the load.

Order just a few dishes or an entire menu including any furniture and equipment you require. Each order is individually prepared to your specific requirements, made with high quality ingredients without any added colors or food additives.

For our full menu, just send me an email request to Tastes of the World:  
[shalet@bezeqint.net](mailto:shalet@bezeqint.net)

Please forward to all your friends and colleagues so they can register to receive their own copy – see below

## Wonderful One-Pot Meals

A one-pot meal is one of the most ancient forms of cooking. It's beauty is in the convenience, as all the ingredients - the vegetable, the protein and the carbohydrate - are cooked together in one dish; the flavors of the ingredients combining appealingly when they are cooked together. Furthermore it's so practical to serve the meal from a single, steaming dish at the Succoth table. Just add a salad and perhaps a hunk of bread to mop up the juices and your meal is complete.

Once the initial effort of assembly is made, your all-in-one meal cooks by itself, leaving you to get on with other things. Ingredients go further, which helps the budget and there is less washing up. Once you've got the idea, there are no hard and fast rules so there's lots of room for experimentation. You can vary the flavors of dishes according to when you add a particular ingredient. Lemon zest added at the beginning, for instance, will subtly lighten the richness of a sauce without it being obvious but if you stir it in at the end it will add a strong citrus accent to the dish.

There are however a few things that you will want to keep in mind when preparing one-pot meals. Firstly the cooking must be gentle - a dish need not take long to prepare, but once any meat or fish has been added to the liquid, it must not be allowed to boil vigorously or you will find yourself eating rubbery chunks of protein. Secondly the order that ingredients are added and the size of the pieces of food are very important if you want everything in the pot to be cooked at the same time. Some meats like chicken and fish cook rather quickly; in which case you need to pick vegetables that also cook quickly. Adding a load of chunky potatoes with your chicken is going to produce either half cooked potatoes or dry chicken. Instead, choose a vegetable like squash or mushrooms to pair with chicken and faster cooking meats. Alternatively if you want to prepare carrots and potatoes with your meal, you could par-boil them before adding them to the pot or cut them into small pieces or start the cooking with the ingredients that take longer to cook first.

One-pot meals can be cooked on the gas with a \*diffuser or in the oven on a low to medium temperature. For best results use a heavy dish or saucepan if you have one or a slow cooker.

### \*Diffuser

Heat Diffusers are round in shape and made from cast iron with porcelain coating, heavy gauge steel or plated steel such as nickel and can be bought at all good cook shops. They are placed on top of the gas or electric burners to help cook slow simmering food. They distribute heat evenly across the bottom of a pan and eliminate individual areas of the cookware from becoming too hot.

## One-pot recipes

### ***Stuffed butternut squash***

Serves 2

#### Ingredients

- 1 small handful of dried porcini mushrooms
- 1 butternut squash, halved and seeds removed
- olive oil
- 1 red onion, finely chopped
- 1 clove of garlic, finely chopped
- 1 teaspoon coriander seeds, pounded
- a pinch of dried chilli, to taste
- 2 sprigs of fresh rosemary, leaves picked and finely chopped
- 5 sun-dried tomatoes, chopped
- sea salt and freshly ground black pepper
- 100g basmati rice, washed, soaked and drained
- ½ a handful of pine nuts, lightly roasted

#### Method

Soak your porcini for 5 minutes in 140ml of boiling water. Preheat the oven to 200°C. Scoop out some extra flesh from the length of the squash with a teaspoon or melon-baller, to make a larger cavity. Finely chop this flesh and add to a frying pan with 4 lugs of olive oil, the onion, garlic, coriander seeds, chilli, rosemary and sun-dried tomatoes\*. Fry for 4 minutes until softened. Add the porcini and half their soaking water. Cook for a further 2 minutes before seasoning. Stir in your rice and pinenuts, pack the mixture tightly into the 2 halves of the squash and then press them together. Rub the skin of the squash with a little olive oil, wrap in tin-foil, and bake in the preheated oven for about 1¼ hours.

#### Cook's tips

\*For a meaty version, stir in 200g mince meat after you have added the sun-dried tomatoes and fry stirring all the time until browned.

### ***Spicy Chicken with Chickpea Couscous***

Serves 4

#### Ingredients

- 400g Chicken breasts, cut into chunks
- 1 red onion, sliced
- 250g cherry tomatoes, halved
- one can chickpeas, drained
- 1-2 tsp Crushed dried chilli, to taste
- 1 tbsp olive oil
- 2 tsp Chicken stock paste or 3 tsp powder
- 400g Couscous
- Grated zest and juice of 1 lemon
- 1 handful parsley leaves roughly chopped

#### Method

Preheat the oven to 200°C, gas mark 6. In a large roasting tin, mix the chicken pieces, red onion, cherry tomatoes and chickpeas with the chilli and olive oil. Season and roast for about 10 minutes.

Make up the stock with 600ml boiling water. Stir the couscous into the roasting tin followed by the stock, lemon zest and juice. Cover and return to the oven for 15-18 minutes until the stock has been absorbed, the chicken is thoroughly cooked and there is no pink meat.

Stir the parsley through, using a fork to lightly separate the couscous.

#### Cook's tips

For a vegetarian version, use diced butternut squash or sweet potato in place of the chicken, and replace the chicken stock with vegetable stock. For a different flavour, add harissa paste instead of the crushed chili.

### **Sukkot menu**

*Traditionally stuffed foods and fruit and vegetables are served at Sukkot. The following menu is a selection of foods from my main menu that aims to include symbolic holiday foods and festive dishes which are easy to serve in a sukkah. For my full menu please send an email with the subject 'Autumn and Winter menu'*

<b>Item Description</b>	<b>Parve/ Milky</b>	<b>Quantity</b>	<b>Price</b>
<b>Pates, dips and starters</b>			
Mushroom, spinach and walnut pate	Milky	0.5 ltr	80
Zucchini and onion pate	Parve	0.5 ltr	50
Tuna Pate - a great combination of tuna, mayonnaise, parsley & pickled cucumber	Milky or Parve	0.5 ltr	55
Slices of eggplant wrapped around goat's cheese served with a pesto sauce	Milky	30 pcs/10 ptn	150
Italian goats cheese pate covered in black olives and served with a red pepper sauce	Milky	900ml / 15-20 ptn	235
Italian roasted peppers stuffed with tomato and/or anchovy	Parve	10 pcs/ 5-10 ptn	90
Pecan and smoked salmon roulade	Milky	8 ptns	140
<b>Soups</b>			
Zucchini and dill	Parve	3ltr/10 ptn	100
Sweet potato and butternut soup with thyme	Parve	3ltr/10 ptn	90
Carrot and coriander soup - a bright orange soup speckled with fresh green coriander	Parve	3ltr/10 ptn	80
Traditional chicken soup with kneidelach	Parve	3ltr/10 ptn	150
<b>Meat Main courses</b>			
Chicken with a date, apricot and walnut stuffing – whole chicken, sliced and portioned	Meaty	4-5 ptns	150
English chicken and mushroom pie	Meaty	6 ptns	160
Mexican chili, mincemeat cooked in a rich tomato sauce with red kidney beans – Chili con carne	Meaty	6 ptn	160
Roasted chicken on a bed of colorful roasted vegetables - whole chicken portioned	Meaty	4-5 ptn/10 pcs	155
Lemon stir-fried chicken	Meaty	8 ptns	195
Chicken casserole with leeks and apricots – made with chicken legs and thighs	Meaty	8 ptns/16 pieces	265
Mini Italian meatballs in a rich tomato sauce	Meaty	8 ptn/80 pcs	175
Moussaka - layers of tomato sauce, mincemeat, eggplant and sliced potato, baked in the oven	Meaty	8/13 ptn	210/300

English shepherd's pie - A rich bolognaise sauce topped with mashed potato and baked in the oven	Meaty	8 ptns	215
<b>Milky main courses</b>			
Quiches, 20 different fillings	Milky	8 ptns	From 65
Cornish Pastie - a delicious Cheese, onion and potato pie (individual pasties also available)	Milky	6 ptns	90
Vegetarian chili, with beans	Parve	10 ptn	130
Lasagna	Milky	8/13 ptn	160/220
Mussaka	Milky	8 8/13 ptn	185/260
<b>Side dishes</b>			
Sweet and sour red cabbage with apples and raisins	Parve	10 ptns	70
Mixed roasted vegetables with lemon and garlic	Parve/ Milky	10 ptns	110
Beetroot baked in balsamic vinegar	Parve	10 ptns	65
Thai Fried rice with colorful vegetables (slightly spicy)	Parve	10 ptns	85
<b>Fish</b>			
English fish pie- Layers of fish and vegetable in a creamy sauce topped with mashed potato & cheese		8 ptns	190
Fish cakes - made with tuna or salmon with potato & herbs		8 ptn/16 pcs	120/140
<b>Salads</b>			
Lentil and sun-dried tomato with mixed lettuce leaves, feta and a balsamic vinegar dressing - NEW on the menu			85
Couscous salad with griddled vegetables	Parve	10 ptns	85
Pasta salad with mixed peppers and zucchini	Parve	10 ptns	65
Coleslaw with raisins and nuts in a mayonnaise/yoghurt dressing	Parve/ Milky	10 ptns	70
Bulgar wheat salad with aromatic herbs, almonds and pistachio nuts and dried cranberries	Parve	10 ptns	80
Spicy Moroccan carrot salad with lemon, coriander & chili	Parve	10 ptns	60
Roasted antipasti salad with lemon and garlic	Parve	10 ptns	110
<b>Desserts</b>			
Chocolate tart	Parve or milky	10 ptns	120
Apple tart with a crumble topping	Milky		130
Almond and pear tart	Parve or milky	10-12 ptns	125
Chocolate fingers (bite-sized)	Milky	20 pieces	35
Chocolate blondies (bite-sized) (brownies with a white chocolate topping)	milky	24 pieces	30
Chocolate brownies (bite-sized)	milky	24 pieces	30
Apple and nectarine crumble with a pecan nut topping	Parve	10 ptns	80
Pavolva with a lemon mousse filling topped with a pomegranate syrup and fruits of the	Parve or milky	10 ptns	130

forest			
Cheese cake	Milky	12-14 ptns	130
Carrot cake/with cream cheese topping (loaf)	Parve/milky	8-10 slices	45/55
Banana and chocolate chip cake (loaf)	Parve	8-10 slices	50

Abbreviations:  
ptn - portions  
pcs – pieces  
ltr - liters

Chag Semeach

Warm regards

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