

SHAVUOT WITH [EVEN MORE] FRIENDS

A Collection of Recipes from Temple Micah's Members and Staff





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Disclaimer

The 2024 edition of the Shavuot cookbook includes member recipes in the order those recipes were received by the editor. It also includes some new recipes from our staff! All of these recipes are our favorites and none have hard-to-find ingredients. A parking spot at Trader Joe's, however, remains hard-to-find and we have no suggestions in this matter.

Please feel free to print and distribute for personal use! Questions, comments, and lactase may be emailed to Jeannelle D'Isa, Director of Membership Engagement at disa@templemicah.org.

Contents

Introduction.....	5
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Shavuot Recipes from 2020-2024

Greek Spinach Squares	6
Cheese Latkes Zemel-Style	7
Beraha Family Ice Cream Lasagna.....	8
Milk & Honey & Cheese and Torah	9
Nana Mullen’s Mac and Cheese	11
Karen’s Kugel	13
Teddy’s Quiche.....	14
Cheese Latkes: A Winter Family Tradition...	15
Gratin of Rigatoni & Roasted Vegetables	16
Pumpkin Cake Cheesecake.....	18
Stacked Blintz Cake, Strawberry Coulis	20
MiTY Bourekas	22
Panna Cotta I	23
Buttermilk Bread Pudding	24
Decadent Kugel	26
Grandma Gruber’s Noodles and Cottage Cheese.....	27

Contents

Rice Pudding	28
Wild Mushroom-Wild Leek Kugel	29
Pesto Cheesecake	30
Chocolate-Raspberry Mousse	31
Panna Cotta II	32
NEW! Rabbi Slakman's Tunisian Pizza	33



Introduction

This third edition of our Shavuot cookbook is lightly refreshed, slightly expanded, and gently unhinged. We are so glad you've spent this year and more with us. Some of the faces may have changed, but Temple Micah is still our Jewish home.

To pass on a recipe is to pass on a story. We'd love to hear your stories (and see your photos!) as you cook from our Shavuot recipes. You are in our hearts as we all, together, write and receive new Torah.

Temple Micah

June, 2024 / Sivan, 5784

Greek Spinach Squares

“My Aunt Beth Ann Segal shared this recipe with me back in Minnesota over 40 years ago. It is still full of protein and cheesy deliciousness. Great addition to brunch, or paired with a salad for lunch or supper.” —Louise Zemel

Ingredients

- 2 or 3 eggs
- 6 Tbsp whole wheat flour
- 1 lb fresh spinach, torn up
- 1 lb cottage cheese
- 1/2 lb grated Cheddar cheese
- 3 Tbsp wheat germ for topping

Directions

1. Beat the eggs and flour together until smooth. Add the spinach, cottage cheese, Cheddar cheese, and salt. Pour into a well greased 9 x 12 inch baking pan.
2. Sprinkle top with wheat germ.
3. Bake, uncovered, at 350 degrees (325, if using Pyrex) for 35- 45 minutes.



Cheese Latkes, Zemel-Style

From Rabbi Zemel: “Louise made these for me last year on Shavuot. Zev and I loved them!
From Ha-aretz!!!”

Ingredients

- 1 15-ounce container ricotta cheese, or about two cups fresh farmer-style cheese
- 3 eggs
- 2 Tbsp flour
- 2 Tbsp potato **flour** (not potato starch!)
- 3 Tbsp sugar
- a dash of vanilla extract
- 3-4 Tbsp melted butter or ghee, for frying

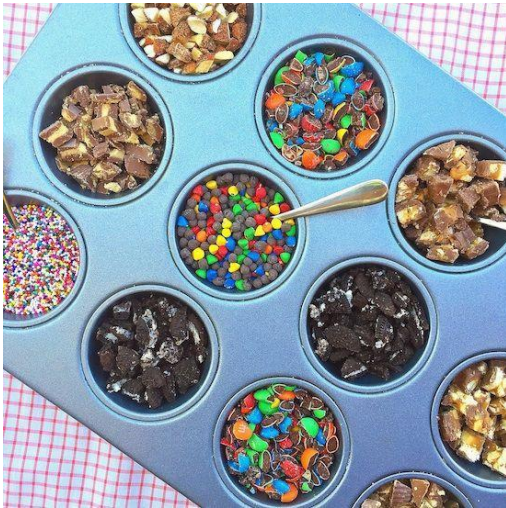
Directions

4. Mix all ingredients except butter until smooth. Put in fridge for half an hour.
5. Warm up a heavy skillet with some of the melted butter.
6. Using a tablespoon, lower mixture into pan, fry for 4-5 minutes until golden, carefully turn over and fry for 2-3 minutes on other side.
7. Serve with sour cherry jam and sour cream.

A note on ingredients: *potato flour* is not the same as potato starch, and you may need to check your label carefully, as some manufacturers use *potato starch flour* to describe potato starch. Potato flour is integral to the texture of these pancakes and also lovely in sandwich bread and dinner rolls. It can be purchased from King Arthur Flour, Bob's Red Mill, and others online.

Beraha Family

ICE CREAM LASAGNA



Highly endorsed by Rapha, Maya, and Lily.

“Ice cream lasagna: it exists. (I’m not kidding.)

I didn't invent it, but I wish I had.

It's what happens when you take a bunch of absurdly not-homemade-things and put them together in a pan and feel accomplished.

And it's delicious. (Obviously.)” – Rabbi Josh Beraha

Ingredients

- *At least 1 12-16 count box mini ice-cream sandwiches*
- *1 jar of your favorite hot fudge topping*
- *1 jar of caramel sauce*
- *1 container Cool Whip, thawed*
- *1 package store-bought cookies (Oreos! Chocolate chip! Both! All!)*

Directions

1. Line a pan with ice-cream sandwiches.
2. Cover them with room temperature hot fudge.
3. And then caramel sauce.
4. And then defrosted Cool Whip.
5. And then crumbled cookies.
6. Repeat.
7. Eat. (You're going to need some seltzer...)

Milk and Honey and Cheese and Torah

(Burrata and Figs Topped with Balsamic Reduction)

"Although I thought of submitting my favorite childhood dairy recipe, "Cottage Cheese and Shells," especially after discovering that it has deep Ashkenazi roots, I thought I might include something in our cookbook that is a little more intensive, and much more symbolic. It includes 4/7 of the Seven Species of Israel mentioned in the Torah, (Grapes in the balsamic vinegar, honey, pomegranates, figs) and has the added dairy for Shavuot. If you serve it with bread, then you get up to 5/7. If you have it with beer, you're up to 6. If you figure out how to incorporate olives, let me know." –Rabbi Stephanie Crawley

Ingredients

- ½ cup pistachios
- 3 Tbsp balsamic vinegar
- 1 ½ Tbsp honey
- 8-10 fresh figs (you could sub out for peaches, blackberries, or other delicious fruit if you can't get figs)
- 2 balls of burrata
- ½ cup fresh pomegranate seeds
- salt and pepper, to taste

Directions

1. Heat a small frying pan or your oven to 350 degrees, and toast the pistachios. About 5 minutes. Once toasted and cooled, roughly chop.
2. If using seeds from a full pomegranate, open the pomegranate and harvest the seeds. *(Rabbi Crawley recommends the following method: on the crown of the pomegranate, make three small incisions: a plus sign and then one straight cut down the middle of the plus sign. Then pull apart the pomegranate into 4 sections. In a bowl of warm water, pull out the seeds and allow them to fall to the bottom. The husk, along with any bad seeds, will float to the top. Skim the top, then drain the seeds.)*
3. Make balsamic reduction (as learned from Ottolenghi's Jerusalem cookbook): To make the balsamic reduction, place the balsamic vinegar and honey in a small saucepan. Bring to a boil, then decrease the heat and simmer for 2 to 4 minutes, until it thickens. Be sure to remove the pan from the heat when the vinegar is still runnier than honey; it will continue to thicken as it cools. Stir in a drop of water before serving if it does become too thick to drizzle.

4. Prep the figs or other fruit - remove stem from figs, cut in quarters or halves depending on size.
5. Gently tear the burrata and place on a platter. Spread the figs or other fruit on/alongside the burrata.
6. Drizzle the balsamic/honey reduction on top.
7. Garnish with pomegranate seeds and chopped pistachios. Salt and pepper to taste. Eat as is, or spread over toasted bread.



Nana Mullen's Mac and Cheese

(from Maggie Taphouse)

From former Executive Director Rachel Gross: "This is a new-to-me recipe that is AMAZING. This is from my step daughter-in-law's Nana. [We] all gathered on Zoom erev Thanksgiving and made this "together." The Old Bay is the secret ingredient."

Ingredients

- 4 Tbsp butter
- 1 large shallot (or 2 small) minced
- 4 Tbsp all-purpose flour
- 3 cups milk
- 1 tablespoon Old Bay
- One 8-ounce block cream cheese
- 3-4 cups grated cheese (I love a mix of Manchego, Gouda, and Cheddar cheese)
- 2 Tbsp fresh parsley or 2 tsp dried
- 2 Tbsp sherry, optional

Directions

1. Preheat oven to 375 degrees F.
2. For the sauce: Melt the butter in a saucepan. Add minced shallots and sauté for 1 to 2 minutes. Add the flour to make a roux. Cook for about 2 to 3 minutes to cook the flour.
3. Slowly, add 3 cups milk. When milk is incorporated into the roux, add the Old Bay seasoning, and the block of cream cheese. Cook until cream cheese is melted.
4. Add shredded cheeses and parsley. Cook until all the cheese is melted. Add the sherry, if desired.
5. Cook pasta according to package directions or until just al dente. Drain pasta. Stir cheese mixture into cooked pasta. Put mixture in a baking dish.
6. For the topping: mix melted butter, bread crumbs, seafood seasoning, and parsley. Sprinkle topping on the dish.
7. Bake in the oven for 15 to 20 minutes to make the topping crispy. Broil for a minute, watching closely, to brown the breadcrumbs. Garnish with fresh parsley.

Continued on next page...

- *One 16-ounce box penne, elbows, or whatever noodle you have on hand*

TOPPING:

- *2 Tbsp melted butter*
- *1 cup bread crumbs*
- *2 tsp Old Bay*
- *1 Tbsp fresh parsley or 1 teaspoon dried*

If you're making ahead of time and freezing, freeze before step 6. Bring to room temp before baking 30 minutes at 375F.



To approximate Old Bay, the editor suggests the following.

1 Tbsp ground dried bay leaves
2 tsp celery salt
1 ½ tsp dry mustard
1 ½ tsp ground black pepper
1 teaspoon paprika
1 tsp ground celery seeds
½ tsp ground white pepper
½ tsp ground nutmeg
½ tsp ground ginger
1/4 teaspoon crushed red pepper flakes, or more
1/8 teaspoon ground cloves
1/8 teaspoon ground mace
1/8 teaspoon ground cardamom
1/8 teaspoon ground allspice

Karen's Kugel

Rachel's mom's kugel. ~~Blatantly~~ Lovingly ripped off from another cookbook, but made unique by the substitution of Frosted Flakes for Corn Flakes.



Ingredients

- $\frac{1}{2}$ lb Wide noodles
- 12 Tbsp melted butter (180 g), divided
- 1 cup milk
- 1 Tbsp cinnamon
- $\frac{1}{2}$ cup sugar
- 3 oz cream cheese (70 g)
- 3 eggs
- 1 cup apricot nectar
- $\frac{2}{3}$ cup crushed Frosted Flakes

Directions

1. Preheat oven to 350°F. Boil and drain noodles.
2. Add 6 Tbsp melted butter.
3. In another bowl, mix softened cream cheese with $\frac{1}{2}$ cup sugar. Add 3 eggs. Mix well and add to noodles.
4. Pour into a 9x13 greased baking dish. Mix milk and apricot nectar and pour over noodles mixture.
5. Combine cereal with cinnamon and remaining butter. Mix thoroughly and sprinkle lightly over kugel.
6. Bake at 350°F for 1 hour.

Teddy's Quiche

"When my wife is OK with me cooking dinner, quiche is my go-to meal – mostly because she says it is the best thing I cook. I was going to offer the recipe for frozen pizza, but that's not nearly as much fun." – Teddy Klaus, longtime music director

Ingredients

- 1 pie crust – easily found in the frozen aisle at your favorite grocery store
- 4 eggs
- $\frac{3}{4}$ cup milk
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper
- 1 $\frac{1}{2}$ cups shredded cheese
- Any vegetables, like spinach and broccoli

Directions

1. Preheat oven to 375°F.
2. Prepare pie crust according to the label instructions for a pre-baked shell.
3. In a large bowl, whisk together eggs, milk, salt and pepper.
4. Sprinkle 1 cup of cheese (Teddy says: *any cheese you find in your refrigerator, although Jarlsberg is best. A bit of Cheddar could work. Gruyere and Emmental cheese are the gold standard, but some of us have to pay rent this month*) and the veggies into the pie crust and pour the egg mixture over top. Sprinkle remaining $\frac{1}{2}$ cup cheese on top of egg mixture.
5. Bake for 35-40 minutes until the center is completely set. Let cool for 5-10 minutes before slicing and serving.

Cheese Latkes:

A Winter Family Tradition

*“My favorite cheese recipe for Shavuot is actually borrowed from another time of year entirely. It has been tradition in my family for as long as I can remember to make these delicious **cheese** latkes during Chanukah—because, of course, cheese is delicious, and as we’ve often explained, “it wasn’t the miracle of the potato!”—but they’re so good that I take any excuse to make them year-round. I adapted this recipe from my godmother, “Aunt” Renee Nachbar, and it’s never not been a hit.” – Debra Winter, former Director of Spiritual Arts*

Ingredients

- 1½ cups cottage cheese
- ½ cup cream cheese
- 1 cup flour, sifted
- ½ tsp salt
- 2 Tbsp sugar
- 2 eggs

Directions

1. Separate eggs. Place yolks in a large mixing bowl and whites in a smaller bowl off to the side.
2. Beat egg yolks, and add sugar and salt.
3. Add cottage cheese, cream cheese, and sifted flour to egg yolks. Alternate adding wet and dry ingredients, and combine.
4. In a separate bowl with a clean whisk, beat egg whites until stiff. Fold into mixture using a spatula.
5. Heat oil in a frying pan over medium-high heat. Drop in batter, one spoonful at a time, and flatten each slightly with the back of the spoon. Flip after a couple of minutes to cook evenly on both sides.
6. As each latke finishes cooking, remove with a slotted spatula and place on a towel to drain excess oil. Keep drained latkes warm in a (toaster) oven on low heat (~200°F) before serving. One batch makes ~20 latkes. *Serve with sour cream; or applesauce, or both, or neither. This will continue to be one of the great questions of our people.*

Delia Smith's Gratin of Rigatoni with Roasted Vegetables

"This is a dish that I make fairly frequently and it always comes out great. It is a dairy dish, but not a typical Eastern European one!" – Sharon Tash

Ingredients

- 6 oz rigatoni
- 1 heaped tablespoon grated Parmesan for the topping
- 1 small eggplant
- 1 Tbsp salted capers or capers in vinegar, rinsed and drained
- 2 oz Mozzarella, grated
- salt and pepper
- 2 medium zucchini or summer squash
- 1 lb tomatoes, skinned
- 1 medium onion, peeled
- 1 small red pepper

Directions

1. Prep the eggplant and zucchini an hour ahead of time: chop them into 1½ inch chunks, leaving the skins on, and layer them in a colander with a sprinkling of salt between each layer.
2. Put a plate on top and weight it down with something heavy, which will draw out any excess moisture from the vegetables.
3. After an hour, squeeze then dry them in a clean tea cloth, then pre-heat the oven to its highest setting.
4. Now quarter the tomatoes and chop the onion and peppers into 1½ inch chunks. Next, arrange all the vegetables on the baking tray and sprinkle with the olive oil and chopped garlic. Give everything a good mix to coat all the pieces with the oil, then spread them out as much as possible.
5. Season with salt and pepper, then roast on a high shelf in the oven for 30-40 minutes, until browned and charred at the edges.
6. Now make the cheese sauce – place the milk, flour, butter and cayenne pepper into a medium saucepan and place it over a gentle heat. Then, using a balloon whisk, begin to whisk while bringing it to a gentle simmer. Whisk continually until you have a smooth glossy sauce, and simmer very gently for 5 minutes.

- 1 small yellow pepper, deseeded
- 3 Tbsp extra virgin olive oil
- 2 cloves garlic, peeled and chopped
- 2 oz pitted black olives, chopped
- 4 anchovy fillets, drained and chopped

For the cheese sauce:

- 2 cups milk
- 1½ oz flour
- 1½ oz butter
- pinch of cayenne pepper
- 2 oz Parmesan finely grated
- a little freshly grated nutmeg
- salt and pepper

7. Add the cheese and whisk again, allowing it to melt. Then season with salt, pepper and some freshly grated nutmeg.
8. Meanwhile, put a large pan of water on to boil for the pasta. About 5 minutes before the vegetables are ready, cook the rigatoni in the boiling water for exactly 6 minutes – no longer. Drain the pasta in a colander, transfer it to a large mixing bowl and combine it with the roasted vegetables, olives, anchovies, capers and cheese sauce.
9. At this point turn the heat down to 400°F, leaving the door open to let it cool down a bit quicker.
10. Now layer the mixture into the gratin dish, a third at a time, sprinkling the Mozzarella over each layer and finishing with Mozzarella. Finally, sprinkle the mixture with the heaped tablespoon of Parmesan.
11. Bake in the oven for another 6 minutes, and serve very hot with just a leafy salad and a sharp dressing to accompany it.

If you want to make this ahead of time, it will need 35-40 minutes in the oven at 400°F to heat it through from cold.



Pumpkin Cake Cheesecake

Bookkeeper Rhiannon Walsh has been known to bake this delicious confection for Temple Micah office potlucks and study sessions. Are you Team Pie? Team Cake? Team Cheesecake? This dessert is for you!

Ingredients

For the Cheesecake Filling:

- 2 8-ounce blocks (448g; 16 ounces) full-fat cream cheese, softened to room temperature
- 3/4 cup (150g) granulated sugar
- 1/4 cup (60g) plain yogurt or sour cream
- 1 teaspoon pure vanilla extract
- 1 Tbsp (8g) all-purpose flour
- 3 large eggs, at room temperature

For Pumpkin Cake:

- 3/4 cup (180ml) vegetable oil
- 1 cup (200g) packed brown sugar **(Cont'd)**

Directions

1. Adjust oven rack to the lower third position and preheat the oven to 350°F. Spray a 9-inch springform pan with nonstick cooking spray. Wrap aluminum foil on the bottom and tightly around the outside walls of the springform pan. Set aside.
2. **Make the cheesecake first:** Using a handheld or stand mixer fitted with a paddle attachment, beat the cream cheese and granulated sugar together on medium speed in a large bowl until smooth and creamy, about 2 minutes. Add the sour cream, vanilla extract, and flour and beat until combined. On low speed, add the eggs one at a time, beating after each addition until just blended. Do not over-mix the filling after you have added the eggs. Set aside.
3. **Make the pumpkin cake:** In a medium bowl, whisk the oil, brown sugar, eggs, vanilla extract, and *blotted-dry* pumpkin together until combined. In a large bowl, whisk the flour, baking soda, cinnamon, pumpkin pie spice, and salt together. Pour the wet ingredients into the dry ingredients and whisk until no large lumps remain. Avoid over-mixing the pumpkin cake batter.
4. Spread 1 and 1/2 cups of the pumpkin cake batter into the bottom of prepared pan. On top of the pumpkin batter, begin dropping large spoonfuls of both the cheesecake batter and pumpkin batter, alternating one after the other. It doesn't have to be neat or perfect. Do not swirl with a knife.

- 2 large eggs, at room temperature
- 1 tsp pure vanilla extract
- 1 1/3 cups (318g) pumpkin puree (canned or fresh)
- 1 cup (125g) all-purpose flour
- 1 tsp baking soda
- 1 1/2 tsp ground cinnamon
- 1 tsp pumpkin pie spice
- 1/4 tsp salt

For Cream Cheese Frosting:

- 4 ounces (112g) block full-fat cream cheese, room temperature
- 2 Tbsp (16g) unsalted butter, room temperature
- 2 cups (240g) confectioners' sugar
- 1/2 tsp pure vanilla extract
- 1/8 tsp salt
- 1-2 Tbsp milk

5. Place the springform pan into a large roasting pan and place into the oven. Fill with about 1 inch of hot water. The foil wrapped around the pan will prevent water from leaking inside.
6. Bake for 65-75 minutes or until the center is almost set. If you find the edges are browning, loosely place aluminum foil on top of the cake as it bakes. Once done, turn the oven off and open the door slightly. Let the cheesecake sit in the oven in the water bath for 1 hour. Remove from the oven, peel the aluminum foil off the bottom, wipe pan dry with a towel, then place in the refrigerator to chill for at least 6 hours or overnight (preferred).
7. After chilling, run a knife around the edge of the cake to loosen it from the rim. Remove the rim.
8. **Make the cream cheese frosting.** (This can be made up to 2 days in advance – cover and store in the refrigerator until ready to use.) Using a handheld or stand mixer fitted with a paddle attachment, beat the cream cheese and butter together on medium-high speed in a medium bowl until smooth and creamy. Add the confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then turn up to high speed and beat until smooth and creamy. Beat in 1-2 Tablespoons of milk, depending how thick or thin you want the frosting. Spread onto chilled cheesecake. Top with pecans, if desired.
9. Cut into slices and serve cheesecake chilled. Cover leftover cheesecake and store in the refrigerator for up to 4 days.

Stacked Blintz Cake with Strawberry Coulis



“This slightly-innovative way to serve very traditional blintz components—cheese, thin pancakes, and really any tart, springtime fruit—is modeled after a mille crepe, and you can make blintz pancakes and stack them as high as you feel you can easily serve. I should probably say the cake’s shape and golden symmetry represent the wheels of Ezekiel’s chariot, but truly, it’s just a lot like work, as my grandmother z”l said, to roll and fill the number of blintzes our family can eat.” – Jeannelle D’Isa

Ingredients

For the Blintzes:

- 1 $\frac{1}{4}$ cup milk
- 2 Tbsp butter, melted
- 2 eggs
- 1 cup flour
- $\frac{1}{4}$ tsp salt
- 2 Tbsp sugar
- Butter for frying

For the Filling:

- 1 8-ounce block cream cheese, room temperature
- 1 15-ounce container ricotta

Directions

1. In your blender canister or a large bowl, combine first wet, then dry blintz ingredients. Blend on ‘batter’ setting or whisk until lump-free and well combined.
2. Rest blintz batter for 15 minutes.
3. **Make cheese filling:** combine all ingredients in a bowl and mix by hand with a strong spatula or use a hand mixer to combine thoroughly, until completely smooth and only a little grainy from the ricotta. Taste filling and add sugar/salt to your liking.
4. **Make the coulis:** In a small saucepan, combine berries, lemon juice, sugar, and a little salt. Cook over medium-low heat until the berries are thawed, soft, and have released their juices.
5. Mash berries with a potato masher or puree with a stick blender.

- *¼ cup sugar*
- *1 tsp vanilla extract*
- *Pinch salt*

For the Coulis:

- *1 cup frozen strawberries, or any tart berry, or frozen apricots if you can find them*
- *2 Tbsp lemon juice*
- *¼ cup sugar*
- *Pinch salt*

6. Push pureed berries through your finest sieve into a bowl wide enough to catch the juices and the smooth fruit sauce (this step is optional). Discard any fibers and seeds left in the sieve.
7. **Make blintzes:** Melt a little butter in your most nonstick pan. Pour ¼ to 1/3 cup of batter, depending on your pan size, onto the melted butter.
8. Tilt the pan to evenly coat the bottom with batter.
9. Cook each blintz about one minute over medium-low heat, until faint bubbles appear on the surface and it looks dry. Run a nonstick spatula around the edge of the pan to loosen the blintz, then flip the blintz and cook for 30 seconds more. Remove to a parchment-covered surface while you finish making blintzes, using ¼ to 1/3 cup of batter each time.
10. To assemble the cake, layer a blintz (un-rolled!) with a tablespoon or two of cheese filling, repeating until you run out of blintzes. Err on the side of UNDER-filling. Finish your layering with a blintz. Extra cheese filling can be used in a smoothie or just eaten.
11. Refrigerate cake at least half an hour before serving. Serve coulis and canned aerosol whipped cream on the side.

FOR THE CLASSIC BLINTZ: Do not flip your blintzes as they cook. Roll each blintz around 2-3 tablespoons of filling, tucking in sides to make a happy Ashkenazi burrito. Fry blintz seam-side down in butter for at least two minutes a side on medium heat, or fill a 9x13 pan with blintzes seam-side down and just touching, generously ladle melted butter over, and bake until golden.

MiTY Bourekas

These cheesy Sephardi pastries were baked at the inaugural teen cooking class, an epic collaborative effort. There was a lot of laughter! There was a lot of garlic powder! A few bourekas even escaped the kitchen and made it to the Adult Hebrew class happening simultaneously! Most of them, however, mysteriously vanished.

This recipe makes enough for 10 hungry teens, so trim it if your crowd is smaller.

Ingredients	Directions
• 3 - 1 lb sheets of puff pastry (freezer section) • 1 15-ounce container ricotta cheese • 1 - 8 ounce brick or container of feta • 2 - 8 ounce bags shredded gouda or Havarti • 2 tsp – 1 Tbsp garlic powder • 1 tsp black pepper or more • ¼ tsp salt or more • 3 eggs, plus 1 egg white	1. Thaw sheets of puff pastry in their parchment. 2. Gently unroll and even the sheets with a rolling pin if needed, until you have about a 12x12” square. Cut your square into 9 smaller squares, and set those squares on a parchment-lined baking sheet. Preheat oven to 350°F. 3. Combine all cheeses and the garlic, black pepper, and salt. Stir thoroughly – it’s fine if some chunks of feta remain. Taste for seasoning and adjust salt and garlic to your preference. Then add 3 eggs to the filling and mix thoroughly. 4. Place a scant tablespoon of filling in the center of each pastry square. Fold one corner to meet the opposite corner – turning each square into a triangle – and seal the edges by crimping with a fork all the way around. 5. Brush bourekas with 1 egg white mixed with a little water, and bake 30 minutes or until deep golden brown. Serve warm.

Panna Cotta

*“My favorite dairy dessert is panna cotta, an elegant Italian alternative to ice cream or cheesecake that’s surprisingly easy to make. It does require unflavored gelatin, so not suitable for those who choose to keep kosher. [Ed. Note: panna cotta can be set with agar, but you get more of a schlumpf than a wobble.] It’s delicious alone with visible seeds of a vanilla bean (better than extract alone), but to dress it up I like to top it with a layer of raspberry puree. As for my Micah connection, my most passionate connection is my longstanding work with **Sukkat Shalom**, our support group for refugees and immigrants.”*
—Dorian Friedman

Ingredients

- 1/2 packet (1 tsp) unflavored gelatin powder
- 1 1/2 Tbsp cold water
- 1 1/2 cups heavy cream, divided
- 1 cup plain whole-milk yogurt
- 1 tsp pure vanilla extract
- 1/2 vanilla bean, split and seeds scraped
- 1/3 cup sugar

Directions

1. In a small bowl, sprinkle the gelatin on 1 1/2 tablespoons of cold water. Stir and set aside for 10 minutes to allow the gelatin to dissolve.
2. Whisk together 3/4 cup of the cream, the yogurt, vanilla extract, and vanilla bean seeds.
3. Heat the remaining 3/4 cup of cream and the 1/3 cup of sugar in a small saucepan and bring to a simmer over medium heat.
4. Off the heat, add the softened gelatin to the hot cream and stir to dissolve. Pour the hot cream-gelatin mixture into the cold cream-yogurt mixture and stir to combine. Pour into 4 (6 to 8-ounce) ramekins or custard cups and refrigerate uncovered until cold. When the panna cottas are thoroughly chilled, cover with plastic wrap and refrigerate overnight.

Buttermilk Bread Pudding

Choir member Suzanne Saunders says of her not-too-sweet pudding: “Have some creative fun. Try adding raisins or dried cherries or other dried fruits to taste. Add nuts of your choice. Frill it with powdered sugar at serving. Try making it with challah. Add whipped cream, sour cream or ice cream. I’ve also done a savory version with mushrooms and leeks and a really nice Pain de Campagna or a sourdough. Just leave out the sugar!”

Ingredients

- 9 large butter croissants
- 8 oz. good salted butter, melted
- 1 ¼ cup brown sugar
- 8 large eggs
- 2 cups whole buttermilk
- 1 Tbsp real vanilla extract (optional)

Directions

1. Croissant: If they are very fresh, let them sit out overnight. Next tear them apart (lightly- they’ll mash if you’re too heavy handed) into small pieces-about the size of your whole thumb. Lay the shreds out on a baking sheet and crisp in a warm oven. Adjust timing based on the time you have available. You can do this slowly in a slow oven (200 degrees or less) overnight or more quickly at 350 while paying closer attention so you don’t burn them. 9 croissants take up 2 full sized rimmed sheet pans.
2. Custard: Melt the butter and cool a bit-microwave is fine. Add the sugar and stir to dissolve. Add the 8 whole eggs. (I use an immersion blender for this because it’s handy.) Once the eggs are incorporated, add the 2 cups of buttermilk. Blend all until the big bits of brown sugar are ‘quiet’. *Other sweeteners work for this as well. For instance, half white sugar/half maple syrup. I’ve not tried it with Agave but that could work too. I taste test before the final steps. If it’s too sweet, add a couple more eggs and another half cup of buttermilk. If not sweet enough, add a bit on honey or other sweetener until it seems sweet enough. This also depends on how you’re serving it. If it will be served with a really sweet sauce, a less sweet pudding is probably most appropriate. Solo, it can be a bit sweeter.*

- 3. Construction:** In your very biggest bowl or even a large stock pot, pour the custard mixture over the dried croissant pieces. I toss them together with my hands, lifting to help keep the mixture as light as possible, this is why the large vessel is useful. This recipe will fill a 9x13 pan nicely. Other kinds of casseroles of similar size will work as well. You could even do them in muffin pans-just watch them because the time will need to be reduced. Butter the pan liberally. Put the mixture into the buttered pan, taking care keep the mixture airy. In fact, I get it evenly distributed and then “aerate” by sticking my fingers into the mix to make more space. That makes room for the bread to expand as it absorbs the custard and as the eggs expand without the mix getting very dense. Bake in a 350 degree oven 45 min to an hour. Take care not to overcook. It wants to be solid in the center, bubbly around the edges and nicely browned.



Decadent Kugel

“This dish serves a big group and is enjoyed by children and adults. I’ve served it at my daughter’s synagogue in Blacksburg, Virginia.” This recipe requires overnight chilling, but is worth the wait!

*Harriette Kinberg contributes to **Micah Cooks, Wise Aging, and Lunch and Learn.***

Ingredients	Directions
• <i>½ pound medium-width noodles</i> • <i>1 pound cream cheese</i> • <i>½ pound plus 3 tablespoons unsalted butter</i> • <i>1 1/3 cups sugar</i> • <i>1 pint sour cream</i> • <i>1 tsp vanilla</i> • <i>8 large eggs</i> • <i>½ cup crushed pineapple, canned or fresh, drained</i> • <i>4 ounces walnuts</i> • <i>1 tsp cinnamon</i>	1. Cook noodles according to package directions, drain and place in a 4-quart bowl. 2. Put cream cheese and ½ pound butter in food processor; blend until smooth, scraping down sides. Add 1 cup sugar and process until well combined. Add sour cream, vanilla and eggs, and process until well mixed. Fold into bowl of noodles. Stir in pineapple. 3. Grease a 13-by-9-inch Pyrex dish with about 1 Tbsp butter and pour in the mixture; it will almost overflow. Cover with plastic wrap and refrigerate overnight. 4. Remove from refrigerator about 1 hour before baking. Preheat oven to 350 and bake mixture for 50 minutes. 5. Combine walnuts with remaining 1/3 cup sugar and cinnamon, and sprinkle on top of kugel. Dot with remaining 2 tablespoons butter and bake another 20 minutes. Serve warm or at room temperature, cut into 25 pieces. Yields 25 servings.

Grandma Gruber's Noodles and Cottage Cheese



“When I was growing up we spent every Sunday at my grandmother’s house where the local family and sometimes out-of-towners would gather. We had a big meal at noon but in the late afternoon the kids were always hungry so my grandma would make this very simple dairy “Milchig” dish. To this day the next generation of Gruber grandchildren enjoy this dish. I don’t remember it specifically made for Shavuot but we kept kosher so it makes sense that it would have been.

*I joined the Temple Micah **Choir** from the first moment we arrived 29 years ago and making music with this group and Teddy always uplifts me. I also volunteer with **Hineni** and am really grateful for the times my family has been on the “receiving” end of these incredible mitzvah makers.” —Jennifer Gruber*

Ingredients

- 1 12 oz. package of “Extra Wide” egg noodles
- 1 16 oz. container of cottage cheese (4% milkfat is “better” but any kind will work)

Directions

1. Follow the directions to cook the egg noodles. You can add a tablespoon of salt to the water.
2. When the noodles are ready, drain but don’t rinse the noodles.
3. Mix with the cottage cheese and serve while still warm. That’s it! *Feel free to modify by adding a bit of sugar, a handful of raisins and a dash of cinnamon. Or go with “savory” and add salt and freshly ground pepper to taste.*

Maunika Gowardhan's

Rice Pudding

*"I'm happiest considering myself a member of the Temple Micah community, and find many different ways to engage. But the best is just identifying with this synagogue and knowing it is my spiritual home," says Judith Hadley, who participates in Rabbi Zemel's **Downtown Discussion Group** and more, and loves rice pudding.*

Ingredients

PUDDING:

- 1/3 cup Basmati rice
- 1/2 cup full fat milk
- 1 cup coconut milk
- 1/3 cup jaggery or unrefined brown sugar
- 5 cardamom pods; seeds only - pounded to a fine powder

TOPPING:

- 2 Tbsp butter
- 1 Tbsp cashew nuts
- 1 Tbsp pistachios
- 1 Tbsp raisins
- Pinch of saffron

Directions

1. **TO PREPARE THE PUDDING:** In a wide, heavy-bottom saucepan add the rice, full fat milk, coconut milk over medium heat and bring to a boil. Stir frequently.
2. Reduce to a simmer and add the jaggery and cardamom powder.
3. Cook for an hour, stirring often and scraping the bottom and sides of the pan making sure it doesn't stick. Once the rice is cooked and the pudding is a creamy consistency turn the heat off and cover with a lid. Leave to cool slightly.
4. **TO PREPARE THE TOPPING:** In a frying pan heat the butter and add cashew nuts and brown slightly. Add the pistachios and raisins and fry for a few seconds.
5. Pour the fried nuts and butter over the payasam and serve warm.

Micah Cooks Presents

Adrienne's Wild Mushroom-Wild Leek Kugel

*Adrienne Umansky, a co-founder of **Micah Cooks**, graciously opened the recipe file for our Shavuot cookbook. She shares this elegant and unique take on kugel, which can be made dairy or parve as needed.*

Ingredients

- 4 large eggs
- 12 oz wide egg noodles
- 5 Tbsp sweet butter (or oil)
- 1 onion, minced
- chopped fresh herbs (rosemary, thyme etc.), salt, pepper to taste
- 3-4 garlic cloves, chopped
- 2 cups wild mushrooms, cleaned and sliced
- 1 bunch wild or domestic leeks, cleaned and chopped, including bulbs and greenery (about 2 cups)

Directions

1. Cook the noodles according to package directions; drain and coat noodles with 2 Tbsp oil to keep from sticking.
2. In a skillet, heat butter or olive oil over medium heat and stir in minced onion and garlic. Cook until golden, then add leeks and continue cooking for 15 minutes.
3. In a separate pan on high heat, cook mushrooms (shiitake, crimini, or your favorites) with butter or oil for about 4 minutes. Add herbs, salt and pepper and combine with leeks, onions and mushrooms.
4. Add vegetables to the drained noodles and put in a greased 9x13 pan.
5. Bake at 350 for 45 minutes to an hour. The top should be crispy. Yield: 24 - 30 2" squares.

Micah Cooks Presents Barbara's Pesto Cheesecake

This savory appetizer from a former Micah Cook is just one of four top-secret treasures we're unlocking for you in this year's cookbook. You will need a springform pan and homemade, or unseasoned store-bought, non-panko breadcrumbs.

Ingredients	Directions
• 1 Tbsp butter, softened • 1/4 cup fine dry bread crumbs • 1/2 cup plus 2 Tbsp Parmesan cheese • Two 8 ounce packages cream cheese, softened • 1 cup ricotta cheese • 1/4 tsp salt • 1/8 tsp cayenne pepper • 3 eggs • 1/2 cup pesto sauce • 1/4 cup pine nuts • Crackers to serve	1. Preheat oven to 325F. Grease bottom and sides of a 9 inch springform pan with 1 tablespoon butter. Mix bread crumbs and 2 tablespoons Parmesan cheese. Coat pan with mixture. 2. Using an electric mixer, mix cream cheese, ricotta, remaining Parmesan, salt and cayenne until light. Add eggs, one at a time, beating well after reach. Transfer half of the mixture to another bowl. 3. Mix pesto sauce into remaining half. Pour pesto mixture into prepared pan, smoothing top. Gently spoon plain mixture on top, again carefully smoothing it out. Sprinkle with pine nuts. 4. Bake about 45 minutes, until center no longer seems liquid. Cool completely on a rack. 5. Cover well and refrigerate overnight. Release pan from cheesecake and serve with crackers.

Micah Cooks Presents Shelley's Chocolate-Raspberry Mousse

Shelley Grossman's take on a classic French dessert has been in the Cooks' rotation since 2004. Shelley adapted it for **Micah Cooks** from Maida Heatter between sessions of **Torah Study** and **Downtown Discussion Group**.

Ingredients

- 12 ounces semisweet chocolate
- 6 eggs at room temperature (graded large or extra-large); 4 of the eggs should be separated and 2 left whole.
- 2 ½ Tbsp raspberry syrup
- 2 cups heavy cream
- pinch salt

Directions

1. Place the chocolate in the top of a double boiler over hot water on moderate heat. Cover until the chocolate is partially melted. Uncover and stir until completely melted and smooth. Remove from the hot water and set aside, uncovered, briefly to cool.
2. Place the 4 egg yolks and 2 whole eggs in a large mixing bowl. Add raspberry syrup. Stir with a wire whisk to mix well (they should be thoroughly mixed but not beaten until airy). Then gradually add the warm chocolate, stirring constantly with the whisk, until smooth. Set aside.
3. In a chilled bowl with chilled beaters whip the cream only until it holds a definite shape but not until it is stiff (stiff cream will make the filling heavy and buttery instead of light and creamy). Set aside.
4. In the small bowl of an electric mixer add the salt to the 4 remaining egg whites and beat until the whites hold a shape or are stiff but not dry. In 2 or 3 additions add the whites to the chocolate/egg mixture and fold them in using a rubber spatula. Then in 2 or 3 additions, add the whipped cream and fold that in. Do not handle any more than necessary to blend ingredients. Turn into a bowl. Mousse is better if made the day before. If you are going to decorate it, do so right before serving. Recipe says will serve 12-14. Will probably serve 20, especially if you are having other desserts.

Micah Cooks Presents Judith's Panna Cotta

Judith Capen, a Micah Cooks co-founder, annotated and adapted this delicate recipe for the Cooks file. As she says, leaf gelatin “just feels more Italian!”

Ingredients

For gelatin soak:

- $\frac{1}{4}$ c. cold milk
- 3 sheets leaf gelatin or 1 envelope Knox

For panna cotta:

- $\frac{1}{4}$ cup cream and $\frac{3}{4}$ cup milk, or any mix of cream and milk (can be made lower-fat)
- $\frac{1}{2}$ c. powdered, superfine, or granulated sugar
- 1 tsp vanilla extract or a vanilla bean

Directions

1. Put gelatin leaves to soak in cold milk, or stir unflavored gelatin powder into milk, and let sit at least 15 minutes.
2. Combine milk/cream, sugar, vanilla in saucepan; heat on low, taking care not to boil.
3. Just short of boiling, turn off heat and add the squeezed gelatin and the milk it soaked in. Stir to smooth. Pour into small bowls or ramekins & cool in fridge for at least 2 hours. “In my experience it is jelled at 2 hours & really delicate. The longer chilled, the more solid.”
4. You can run hot water on the bowls/ramekins & unmold onto a plate with drizzles of strawberry, wild fruit sauce, caramel, and/or Celestial chocolate sauce.



Tunisian Pizza

Rabbi Healy Slakman contributes her musical and sermon-writing talents to our Shabbat services and her poetry and recipes to the Temple Micah Vine. Her perspective enlivens any moment and any dish. This recipe makes two large pizzas, usually made and served in rectangular pieces.

Ingredients

Dough:

- 2 cups lukewarm water
- 1 pinch sugar
- 1 and ½ T active dry yeast
- 2 T olive oil
- 5 and ¼ C flour
- 1 and ½ tsp salt

Tunisian Pizza Sauce:

- 1 onion
- 1 T sugar
- 1 tsp vinegar
- 1 red pepper
- 3 tomatoes
- 3 T tomato paste
- 1 tsp turmeric
- 2 T coriander
- 2 T paprika or smoked paprika
- 1 tsp cayenne
- 2 Tbs vegetable oil
- 1-2 T consommé (optional -but grandma recommends it)

Directions

For the dough: **if using Rabbi Slakman's homemade dough, please make it and let it rise an hour before you need it.**

1. Place the yeast and sugar in a large bowl.
2. Pour water into the bowl to dissolve and mix. Wait ten minutes or until you see frothing bubbles.
3. Mix in olive oil and salt. Slowly add the flour until mixed.
4. Knead the dough until elastic. Place in clean bowl, cover with a cloth and let it rise until doubled (about an hour.)

For the Tunisian Pizza Sauce:

1. Grate the tomatoes and red pepper on a box grater into a bowl and set aside, include all the juices.
2. Dice the onion.
3. Chop the jalapeños or other hot pepper if using. Use seeds if you want spicier sauce and not if you don't.
4. Heat the oil in the pan over medium heat.
5. Add onions, sugar, and vinegar and sauté until translucent.
6. Then add turmeric, coriander, paprika, and cayenne pepper. Stir until combined and fragrant.
7. Add in grated tomatoes and pepper with all the juices. Mix.
8. Add tomato paste, water, consommé if using and fresh chopped oregano. Mix.
9. Let simmer until the sauce thickens and is a deep red.
10. Remove from heat.

Putting the Pizzas Together

Toppings: Tuna in oil (so it doesn't dry out in baking), cheese, corn and olives are all classic toppings. One can make this according to taste and dietary need mixing and matching the toppings. Mozzarella, "yellow" cheese, Parmesan are all good. Corn can be canned or frozen but

defrosted. Green olives – should be the kind without stones.

Baking

1. Preheat the oven to 450F.
2. Divide the pizza dough into half.
3. Generously oil a baking sheet. A half sheet pan is perfect for this.
4. Place the dough into the pan and stretch it out until it is just under an inch thick.
5. Top the dough to the edges with half of the sauce.
6. Top with toppings according to taste.
7. Bake for 15-20 minutes according to your desired doneness.
8. Cut the pizza into squares. Serve hot or at room temperature. This freezes well!



