

Hi there -

Hope this finds you doing well during these trying times!

This booklet contains many tried and true recipes. Some of them are my own original recipes, while others are from family members and friends. As you know, good recipes have a way of getting around!

Please feel free to share this recipe book with anyone you feel would like it. Also, if you would like more “basic” recipes, feel free to email your request to normangrouprealty@gmail.com.

Wishing a chag kosher vesameach to you and your family.

Stay safe and healthy!

All the best,
Nechama “Nicky” Norman



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Soups

TheLakewoodSoup.com

Celery Soup

I like how simple this is to prep...with delicious results.

Ingredients:

2 tablespoons olive oil
2 medium onions, diced
12 celery ribs, diced
2 garlic cloves, diced
2 tablespoons flour
¼ cup fresh dill leaves
6 cup water
1 ½ pounds flanken on the bone
1 teaspoon kosher salt
1/4 teaspoon white pepper

Directions:

Heat oil in a large saucepan or soup pot.

Add onion and celery and saute until onions start to turn golden.

Add garlic and cook, about 30 seconds.

Add flour and mix to form a roux.

Add water, dill, and flanken. Bring to a boil, lower heat, and simmer for 2 hours or until flanken is soft.

Season to taste and serve.

Yield: 6 servings

Chicken Butternut Squash Soup

This soup is genius; simply roast and puree. Mmm goodness.

Ingredients:

4 bone in, skin on, chicken thighs
1 medium butternut squash
1 large onion, cut into chunks
Salt, to taste
Black pepper, to taste
2 tablespoons olive oil
4 garlic cloves, crushed
1 teaspoon salt
¼ teaspoon black pepper
4 cups chicken broth
¼ teaspoon cumin
¼ teaspoon coriander
1-2 tablespoons lemon juice

Directions:

Preheat oven to 425°F.

On a baking sheet, combine chicken, squash, and onion. Season with salt and pepper and toss with garlic and oil. Spread evenly on the baking sheet and bake for 45 minutes.

In a soup pot, combine the roasted squash and onion. Add chicken broth, cumin, and coriander. Bring to a simmer and cook for 30 minutes over medium heat. Puree until smooth.

Remove skin and bones from chicken and cut into small pieces. Add to soup. Stir in lemon juice and season with salt and pepper to taste.

Yield: 6 servings

Bubby's Chunky Vegetable Soup

This recipe was based on a Pesach recipe I received from my dear Aunt Bashie. I spent many a Pesach by their home and loved this soup. I once went to make this soup and realized I didn't have any meat bones as I thought I did. Thankfully, I had just made a whole roasted chicken for dinner that night. I took the carcass and placed it into a net.....the result was delicious and no one could get enough of this!

Ingredients:

3 tablespoons olive oil
2 medium onions, chopped
2 celery ribs, diced
4 carrots, diced
1 chicken carcass in a net
1 tomato, diced (optional)
2 parsnips, diced
2 medium potatoes, diced
1/2 cup fresh parsley, chopped
1/2 cup fresh dill, chopped
6 cups water
1 tablespoon salt

Directions:

In a large pot, heat olive oil. Add onion, celery, and carrot and sauté about 10 minutes over medium heat.

Add remaining ingredients and bring to a boil. Simmer for 2 hours.

This soup thickens as it cooks. If you like more thickness, blend some of the soup with an immersion blender.

Yield: 8-10 servings

Salads

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Turnip Salad

When I ate by my Aunt Aviva w. On Shavuot, I couldn't quite figure out what the white stuff in the bowl was by her deliciously and overly abundant fish and salad course. It took a few tries and guessing rounds to get it. I now make it a staple in my home just as it has been a staple in her family since bubby rissel brought this from Russia.

Ingredients:

2 turnips, baseball sized in chunks
1 Spanish onion similar size to one of the turnips in chunks
¼ c olive oil
5 cloves garlic
½-1 tsp salt according to taste

Directions:

In a food processor (with the s blade) blend turnip, garlic and onion until finely chopped. Do not over process. You want the vegetables to be dry.

Add oil and salt and mix.

Salad stays good 2 weeks.

Scribble note: If you do over process ,like I did the first time I made this, use a clean tea towel or cheese cloth and strain all the liquid out by squeezing it in the tightly wrung towel.

Citrus Grilled Chicken Salad

I like the idea of a light but substantial appetizer behind served. The colors make it so springy and inviting.

Ingredients:

1 c oil
½ c white vinegar
1 large red grapefruit, juiced and pulp pieces kept
¼ c honey
½ tsp salt

Chicken add:

1 tsp paprika
¼ tsp freshly ground black pepper

Salad:

Spinach leaves or spring mix
3-4 grapefruit, segment
2 avocados
2 mango, sliced
¾ c sliced almonds, roasted

Directions:

Whisk dressing ingredients together.

In a ziploc bag, place 2 lbs of thin cutlets and paprika and pepper.

Pour in 12 of the dressing.

Allow to marinate a few hours or overnight.

Grill chicken about 4 minutes per side or until cooked through.

Spread lettuce on plate and add rest of the ingredients.

Dress right before serving.

Main Entree

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Beef Bourguignon

This is a hearty and filling stew-type dish. While it does require some prep before putting on the Crock-Pot, it is well worth the results. Serve with mashed potatoes to catch all the delicious gravy drippings.

Ingredients:

2 tablespoons olive oil
1 medium onion, diced
2 carrots, diced
8 ounces mushrooms, diced
1 cup pearl onions, whole
6 garlic cloves, crushed
2 1/2 pounds beef chuck in 1-inch chunks
1 teaspoon Italian seasoning
2 teaspoons salt
1/4 teaspoon pepper
1 bay leaf
1 1/4 cup dry red wine
2 cups chicken stock
1/2 cup tomato sauce
1/4 cup potato starch

Directions:

Heat olive oil in a saute pan over medium heat. Add onion, carrots, mushrooms, and pearl onion and saute until translucent, about 15 minutes. Add garlic and stir until fragrant. Add Italian seasoning, salt, pepper, and bay leaf. Add meat and brown the meat.

Add wine, chicken stock, tomato sauce, potato starch, and wine and mix until smooth. Add mixture to a Crock-Pot and cook on low overnight.

I let my bourguignon cook from 10 p.m. until 6 p.m. the next day on low. It was delicious the next day and the meat is butter soft. This also freezes well.

Yield: 8 servings

Braised Pot Roast

This pot roast is quick to prep, easy to clean up, and results in happy full bellies. Sounds like a good time for such an idea.

Ingredients:

3 pounds breast deckel roast or chuck eye roast
1 teaspoon salt
¼ teaspoon black pepper
1 (28 ounce) can whole tomatoes
1 cup brown sugar
1 head garlic, cloves separated (but peeling isn't necessary)

Directions:

Preheat oven to 250°F

Rinse roast and pat dry.

Pour whole tomatoes into a roasting pan.

Top with roast and sprinkle with salt and black pepper.

Pat brown sugar on top of roast.

Place garlic cloves around the roast.

Cover tightly and braise for 4 hours, or until meat slices easily with a fork.

Yield: 8 servings

Chicken Fajitas

This chicken dish is juicy and so flavorful!

Tip: I prep my peppers ahead and freeze the slices. Whenever I want to prepare a recipe that requires a lot of chopping (such as Moroccan fish, stir-fry, lo mein, or this), I pull the peppers out the freezer and add them directly to the dish, saving prep time.

Ingredients:

1 pound chicken cutlets in strips
2 plum tomatoes, cubed
1 medium onion, sliced
1 small red pepper, sliced
1 small green pepper, sliced
12 ounces Portobello mushrooms, sliced (optional)
2 tablespoons olive oil
¼ teaspoon cayenne pepper
2 teaspoons cumin
½ teaspoon garlic powder
¼ teaspoon salt

Directions:

Preheat oven to 400°F.

In a Ziplock bag, combine chicken, tomatoes, onion, peppers, mushrooms, olive oil, and spices. Mix.

Pour contents into a 9- x 13-inch pan.

Bake for 20-25 minutes, until chicken is cooked through.

Serve with cauliflower rice or mashed potatoes

Note: You can also use this recipe during the year by adding a whole green and serving all ingredients in 10 inch whole wheat wraps.

Yield: 3-4 servings

Hearty Chili

No one will realize how healthy this big-on-flavor chili really is. All year round, I like to have a stash of chili handy in my freezer. On Pesach, I serve this over zoodles. When purchasing quinoa, make sure the brand you purchase is kosher l'Pesach.

Ingredients:

1 medium onion, diced
2 celery ribs, diced
1 carrot, diced
1/2 pound ground chicken
1/2 pound ground beef
2 garlic, crushed
12 ounces Baby Bella mushrooms, diced
1 1/2 tablespoon salt
1/4 teaspoon pepper
3/4 teaspoon cayenne pepper
2/3 cup tomato sauce
2 cups water
1/3 cup quinoa (raw)

Directions:

Saute onion, celery, and carrot until translucent. Add ground meat and chicken. Break up bits and mix until almost cooked through and no big chunks remain. Add garlic and mushrooms mix until fragrant.

Add salt, pepper, and cayenne. Add tomato sauce, water and quinoa.

Add mixture to Crock-Pot. Cook on high for 6 hours.

Yield: 8 servings

Italian Capons

My aunt Miri makes something similar to this during the year using za'atar spice. The juice from this chicken is so delicious. Make sure to serve it with something that can soup up the juice!

Ingredients:

1/2 cup olive oil
1/4 teaspoon Italian seasoning
1/2 teaspoon onion powder
1 teaspoon salt
1/2 teaspoon garlic powder
Cloves of 1 head garlic, peeled
1/4 cup black olives, sliced
1 1/2 pounds chicken capons

Directions:

Whisk together all ingredients and marinate chicken overnight.

Preheat oven to 375°F. Pour entire mixture into a baking pan, tucking garlic underneath the chicken.

Cover and bake for 20 minutes, uncover and bake for 5-10 minutes, or until chicken is crisp at the edges.

Yield: 6 servings

Pear Glazed Roasted Chicken

Some may be put off by the idea of cooking a whole chicken. Try it. You will be so surprised by how surprisingly tender and juicy it is. Plus it's super easy. Did I mention that already? To serve, use clean chicken shears to slice.

Note: I always aim to buy smaller chickens. They are younger chickens and, in my opinion, taste much fresher.

Ingredients:

1 (3 pound) whole chicken
1 pear, sliced
2 tablespoons balsamic vinegar
2 tablespoons brown sugar
1 tablespoon olive oil

Directions:

Preheat oven to 325°F.

Rinse chicken and pat dry.

Place pears in roasting pan.

Place chicken on top.

Pour vinegar, sugar, and olive oil over chicken.

Cover and bake at 325°F for 2 hours.

Note: Feel free to omit pears completely or add an apple instead.

Yield: 6 servings

Salt Encrusted Standing Rib Eye Roast

Making a standing rib roast is really not as intimidating as it sounds. With the right tools and by following instructions you are good to go. I cooked mine to medium- well. Don't judge. That's how my family likes it. I'm not sure if we all enjoy it that way because we watched my grandmother and uncles literally eat meat so rare it looked like it was raw with a bruise or just because that's what our palates simply enjoy? Who knows? Point is, This made the most amazing crust. Using a meat thermometer is essential. It is a cheap investment.

Ingredients:

1- 6 lb standing rib eye roast with bones (bones should be cut away and tied together with butcher string)
10 cloves garlic
2 tbsp kosher salt
2 tbsp olive oil
½ tsp fresh black pepper (optional)

Directions:

Pulse garlic in processor until finely minced.

Preheat oven to 500. Allow it to be heated at least 30 minutes.

Allow meat to come to room temperature (about 3 hours) to ensure even cooking. Place roast standing on bones with fat side up. Rub oil on roast.

Mix garlic, salt and pepper together and place on top of roast to form a crust.

Place on a roasting pan. Bake for 15 minutes.

Lower oven to 325 and bake about 15 minutes a lb for medium- well. I cooked mine for 1 hour and 45 minutes.

You'll want to use a meat thermometer to check the doneness. Take out a few degrees before the number you want as the meat continues to cook and rise in temperature after it is taken out of the oven. Once ready, make a tent out of foil, to loosely cover meat and allow to rest before you cut it, this will cook it more and make the juices stay in the meat.

120-130- rare
130-140- medium
140- and on- well done

I was aiming for about 140.

Sticky Sweet Chicken Legs

I came up with this recipe one day on my quest to make a "Chinese style" dish that was kosher for Pesach. This recipe is finger-licking good. It seems to please all ages and stages. You can also use the sauce over batter-fried schnitzel.

Ingredients:

2 tablespoons olive oil
1 small onion, diced
3 garlic cloves, crushed
3 tablespoons balsamic vinegar
1/2 cup sugar
1/2 cup honey
2 pounds chicken drumsticks
1/8 teaspoon pepper
1/2 teaspoon salt

Directions:

Heat olive oil in a saute pan over medium heat. Add onion and saute until lightly brown. Add garlic and mix until fragrant. Add vinegar and stir, coating the onion and garlic. Add sugar and honey and mix until smooth. Bring to a boil, then remove from heat.

Add raw chicken legs to a greased Crock-Pot. Season with salt and pepper. Pour sauce on top.

Cook on high for 4-6 hours, turning over occasionally if possible.

Garnish with scallions.

Yield: 6-8 servings

Sides

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Apple Kugel

My kids absolutely love when my mother makes this kugel. This is a great, easy version to add to your repertoire.

Ingredients:

4 Granny Smith apples, half sliced and half shred
1/2 cup plus 2 tablespoons sugar
8 eggs
1/2 cup potato starch
1/2 cup oil
Cinnamon and sugar, for sprinkling

Directions:

Preheat oven to 350°F. In a bowl, combine apples, sugar, eggs, potato starch, and oil.

Pour into a grease 8- x 10-inch baking pan. Sprinkle with cinnamon and sugar.

Bake for 2 hours, or until golden.

(Note: You can also bake these in muffin tins for about 12-16 minutes.)

Yield: 10-12 servings

Cauliflower Bites

My brother-in-law, Bernie, has been gluten free way before it was the rage. He literally used to look forward to pesach every year where he could enjoy food and boxed goods (and his birthday cake!) without having to go through every ingredient list on the box. Every time I drop something off for my sister Faige's expert critique, he insists I bring over some gluten free goodies for him. With some tweaking and testing, he gave this dish his gluten free seal of approval. Happy birthday YD, I guess this wouldn't make a great pesach birthday cake but it IS gluten free. I hope that counts.

Ingredients:

12 ounces cauliflower, drained and dried (if using frozen use towel to squeeze out excess water)
1 small onion
2 eggs
1 clove garlic
½ c almond flour
1 tsp salt
⅛ tsp pepper
Oil

Directions:

In a food processor, blend cauliflower until coarse pea size crumbs. Remove.

Blend together rest of ingredients and fold in cauliflower.

Wet your hands with oil and form small mini logs.

Place on a lined baking sheet.

Bake at 400 for 20 minutes per side.

Serve with roasted garlic aioli (1 head of garlic roasted with 1 c mayo, ½ tsp salt, ⅛ tsp white pepper and 2 tbsp water to thin out)

Smashed Sweet Potatoes

If you remember way back when I was competing to become a food columnist in whisks ami, I prepared an amazing sweet potato dish that got everyone ranting. This recipe is a similar type of idea with a different look.

Ingredients:

2 sweet potato peels and sliced into ½" slices
¼ c olive oil
2 clove garlic, mashed
⅛ tsp pepper
½ tsp salt

Directions:

Bring potatoes to a boil. Boil for about 20 minutes until soft.

Whisk together oil, garlic, salt and pepper.

Strain potato pieces and place on a tray. With a fork press down on potatoes to create a lined impression.

Drizzle oil on top and bake on 450 for 20 minutes.

Turn slices over and bake another 20 minutes until pieces to start brown and inside is soft.

Desserts

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Pineapple Curd Pavlova

If there's one thing the Aussies do really well, it's their pavlova. Although many argue over what country of origin pavlova comes from, what's not arguable is how delicious, light and versatile it is. After spending a summer together in Lviv, Ukraine Esther pearl k. and I stayed in touch. When I opened my catering business in Israel, I outsourced my fresh salads on the menu to her. I knew I could trust her to come up with original, crisp and sensational salads and Esther pearl did not disappoint. If this recipe makes it back to the shores of Australia, warm regards to you my dear friend. I still think about you and enjoy your culinary delights!

Scribble: I have not made this with fresh pineapple. I like that it uses a trusty can. Its especially great for places like Israel where the price of fresh pineapple is ridiculously expensive.

Ingredients:

Meringue:

8 eggs, separated
2 c sugar
2 tbsp potato starch, sifted
2 tsp white vinegar

Directions:

Beat egg whites with sugar until stiff peaks form.
Add corn starch and vinegar.
Trace a 9" round pan on 2 baking sheets and spoon meringue to fill.
Bake at 275 for 1 hour 15 minutes.

Ingredients:

Filling:

2 20 oz can pineapple pieces in their own juice
6 tbsp sited potato starch

Directions:

Blend together.
Place in a pot on a low flame until brought to a boil.
Add 8 egg yolks and 1 tsp vanilla.
Stir quickly so that curd doesn't curdle.
Pour not cooled meringue and add whatever fruit you like.

Serve that day or your meringue will melt. (True story!)

Scribble: If you live in a place where passion fruits are sold like apples and oranges and not like in America where they are sold exclusively in the high end expensive grocers for a hefty price tag. Then please do add the pulp of about 8 passion fruit to the curd before putting it onto the meringue.

Strawberry Fluff

This recipe is a family tradition in our home. We make this every single Pesach without fail. The day my mother bought a stand mixer for Pesach, we all celebrated, specifically because we'd be able to prepare this recipe that we received from my Aunt Miri.

Ingredients:

2 egg whites
1/2 cup sugar
1/8 teaspoon salt
2 cup (1 pint) strawberries, cubed

Directions:

In a mixer, beat whites with salt and sugar until stiff.

Add strawberries and beat on high for 10 minutes.

Freeze immediately.

Serve with fresh fruit.

Yield: 6 servings