



## Byrd's Kitchen

by Vivian Byrd

### Passover meals are traditional

Renee Epstein, a young West Bloomfield homemaker, takes cooking classes, collects cookbooks and invests a good deal of thought and energy into presenting interesting menus to her family.

Her husband, Bob, shares her interest in food and, like many other young couples, they encourage their children to sample a variety of tastes.

Mitchell, 12, and Danny, 10, have typical palates for their age groups, which means that sometimes they enjoy the new flavor, other times they just say, "Yuck!"

With Passover coming up (the first Seder, or dinner, is Monday, March 31), Renee has been searching her files and cookbooks compiling a menu that combines traditional and new dishes.

Any new dishes must fit within the dietary restrictions of the holiday.

Passover is the celebration of the escape of the Jews from slavery in Egypt. In the rush to leave, there was no time to let bread rise, so in commemoration of the last meal eaten in Egypt, no leavening agent is used in foods prepared for Passover.

Dishes are arranged so that the foods of slavery and freedom appear on the table. A plate of bitter herbs reminds of slavery; a dish of

### To save energy, fill refrigerator

Appliance manufacturers say you can cut home energy costs by paying closer attention to your refrigerator. Here are some tips to keep in mind:

1. Don't line refrigerator shelves with shell paper. It inhibits the free flow of cold air, cutting cooling efficiency.
2. A full refrigerator is more efficient than an empty one. Because solid objects retain lower temperatures more readily than air, your refrigerator won't have to work as hard to stay cool.

chopped apples and nuts offers the sweet taste of freedom.

A traditional menu might include gefilte fish with horseradish or chopped liver to start, chicken soup with matzo balls, a main dish of turkey or other poultry with matzo stuffing or brisket, roast potatoes, potato kugel or farfel (crunched farfel), and for dessert, sponge cake, honey cake or fruit compote.

Although Passover traditionally celebrates a specific event in Jewish history, some Jews see it more as a celebration of the renewal of life that the spring season represents. It certainly isn't necessary to be Jewish to share that feeling.

Renee Epstein likes the traditional brisket, potato kugel and less usual mousse recipe she shares below:

#### RENEE'S ROAST BRISKET

5 lb. brisket  
Seasoning salt  
Garlic salt  
Worcestershire sauce  
1 large onion, sliced thick

All the seasonings are to your own taste. Renee suggests a liberal sprinkling of each. Place the brisket in a roasting pan, fat side up, and season with seasoning salt, garlic salt, sprinkling liberally. Layer the sliced onion across top of the brisket. Bake ½ hour at 50-575 degrees uncovered. Add water one-third of the way up the pan. Cover and cook at 350 degrees until total cooking time including the half-hour of browning amounts to 45 minutes per pound, or until meat is fork-tender.

Let meat cool completely before slicing (that is the way to get good even slices), then reheat in the gravy before serving. Add water to the gravy if it cooks down too fast or seems less than the amount you wish to serve. Serve gravy on the side.

#### POTATO PUDDING

¼ cup chicken fat (or butter)  
¼ cup matzo meal (cracker meal)  
1 tsp. salt  
¼ baking powder  
4 cups grated, raw potatoes  
2 small onions, grated  
4 eggs, beaten

Mix dry ingredients together. Put potatoes in a tea towel; squeeze to remove excess moisture. Combine all ingredients. Blend well. Drop batter into greased muffin tins and bake at 350 degrees for one hour. Makes 12 muffins; serves 6 to 8.

#### PASSOVER MOUSSE

3 oz. semi-sweet chocolate (Passover chocolate bars may be used)  
1 tsp. coffee  
4 eggs, separated  
¼ cup sugar  
Day-old sponge cake

Melt chocolate with chocolate in double boiler. Beat egg yolks with half the sugar until fluffy. Mix into the melted chocolate. Beat egg whites until stiff. Add the other half of the sugar and beat a few minutes longer. Slowly fold in the chocolate mixture. Cut sponge cake into small squares. Lay sponge cake pieces on bottom of sherbet glasses. Sprinkle with a little wine. Cover with chocolate mixture. Repeat the process until glass is filled and chocolate is the top layer. Refrigerate. This same procedure can be done in large glass bowl and served by hostess. Top may be decorated with shaved pieces of chocolate if desired. Serves 10 to 12.

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### It's crunchy and moist

The familiar pudding cake takes a different twist, with the addition of crunchy nut-like cereal nuggets. Laced with the delicate flavor of orange juice, the ordinary pudding cake turns into something special.

#### HARMONY CAKE

1 orange  
1 cup crunchy nutlike cereal nuggets  
1 pkg. (2-layer size) yellow cake mix  
1 pkg. (4-serving size) lemon flavor instant pudding and pie filling  
4 eggs

¼ cup oil

Grate 1 teaspoon rind from orange; squeeze the juice and add water to make 1 cup. Combine measured liquid and cereal in bowl; let stand about 2 minutes. Combine remaining ingredients in large mixer bowl; add cereal mixture and rind. Blend; then beat at medium speed of electric mixer for 4 minutes. Pour into greased and floured 10-inch fluted tube or tube pan. Bake at 350 degrees for 50-55 minutes or until cake tester inserted in center comes

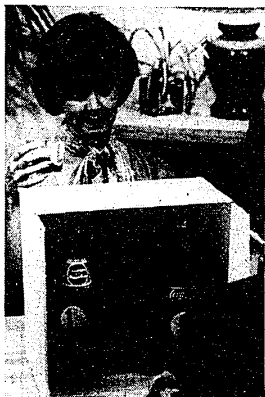
out clean and cake begins to pull away from sides of pan. Do not underbake. Cool in pan about 15 minutes, remove from pan and finish cooling on rack. Top with Orange Butter Glaze.

#### Orange Butter Glaze:

Heat 1½ tablespoons milk, 1 tablespoon butter or margarine and 1 tablespoon orange juice in small saucepan until butter is melted. Add to 1½ cups confectioners sugar and ¼ teaspoon grated orange rind in a bowl; beat until smooth. Makes ½ cup.

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