

# Family enjoys symbolic dishes for holiday

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add yeast mixture and knead to make a smooth, elastic non-sticky dough. Continue kneading and add raisins. When done kneading, oil surface of the dough, cover and let rise in a warm place for 1 hour. Roll the dough into a thick rope and curl down in a small shape. Let rise 40 minutes. Brush with beaten egg and bake in preheated 350 oven for 35 minutes.

**CROWN-SHAPED NOODLE KUGEL**  
1 stick of margarine, melted and divided

¼ cup brown sugar  
1 cup chopped walnuts  
1 16-ounce package of medium noodles  
1 teaspoon salt  
4 eggs beaten  
¼ teaspoon cinnamon  
½ cup sugar  
2 tablespoons margarine  
¾ cup applesauce

Spray bundt pan with non-stick spray. Pour ¾ cup melted margarine into bundt pan. Place brown sugar over the margarine. Place chopped nuts over the brown sugar. Cook noodles and drain. In large bowl, mix remaining ingredients to-

gether. Add noodles and mix thoroughly. Pour into bundt pan and bake at 350 for one hour or until brown. Remove from oven, turn upside down on plate and serve.

## SWEET CARROT TZIMMES

From "The Spice and Spirit of Kosher Jewish Cooking," by Lubavitch Women's Organization  
1 bunch of carrots cut into 1-inch pieces  
6 sweet potatoes  
¼ cup pitted prunes (optional)  
1 cup orange juice  
¼ cup honey  
¼ teaspoon salt  
¼ teaspoon cinnamon  
margarine or oil

Wash and peel carrots and sweet potatoes. Cook carrots and sweet potatoes in boiling, salted water to cover, until tender but firm. Line a shallow baking dish with foil. Drain carrots and potatoes and place in pan with prunes. Stir gently. Mix orange juice, honey, salt, cinnamon, and pour evenly over casserole. Dot top with margarine or corn oil. Cover with foil and bake in preheated oven at 350 for 30 minutes, stir gently and bake uncovered another 10 minutes.

**HOMEMADE NOODLE FARFEL**  
From "The Jewish Holiday Cookbook" by Gloria Kaufew Greene  
2 cups all-purpose white flour, preferably unbleached  
¼ teaspoon salt  
2 large eggs

Combine the flour and salt in a medium-sized bowl and make a well in the center. Break the eggs into the well and beat with a fork. Gradually beat in the flour from around the edges of the well until the dough is too stiff to use a fork. Then work the flour in with your hands until a very stiff dough is formed. Roll the dough into a thick log and let it air dry for at least one hour, or until it is stiff enough to grate.

Roll the dough across a coarse grater to form pieces the size of barley. Or finely chop the dough using a food processor fitted with the steel blade. If the farfel is sticky, toss it with a bit more flour. Then spread it on a dish towel to dry until you are ready to cook it. (If desired, the farfel may be dried completely and stored in an airtight container.)

Cook the farfel in salted boiling water or soup for about 10 minutes or until tender.

**CHOCOLATE MOUSSE CAKE**  
1 12-ounce bag of chocolate chips  
9 large eggs  
¾ cup sugar  
1 ¼ stick margarine  
1 package Rich's whip

Melt margarine and chocolate chips. Separate eggs, beating egg whites until stiff. In separate bowl beat yolks and sugar and add chocolate mixture. Once mixed, fold in egg whites.

Grease 9-inch springform pan and pour in ¾ of the batter. Bake at 350 for 1 hour.

In separate bowl, whip Rich's whip and then fold into remaining batter. Pour on top of cooled cake and freeze. Defrost ¼ hour before serving. Garnish with chocolate shavings before serving.

## HONEY CHIFFON CAKE

4 eggs, separated  
1 cup sugar  
1 cup honey  
1 cup oil  
3 ½ cups flour  
2 teaspoons baking soda  
2 teaspoons baking powder  
½ teaspoon salt  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1 teaspoon ground cloves  
1 cup strong tea  
¼-cup raisins

Beat egg whites and set aside. In a large mixing bowl, beat egg yolks until fluffy. Gradually add sugar and beat well. Beat in honey, then oil. Mix together all dry ingredients, and add alternately to mixture with tea. Stir in raisins. Fold in egg whites gradually and mix together again. Pour into a 9x13-inch greased pan. Bake at 300 for 1 hour.

# Kids can help out in making lunches

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**CHILDREN AGES 7 TO 11** can learn the basics of knife use, begin to use the stove, be taught to operate small appliances and the microwave, and manage to master measuring.

"By the time you're 11, I think you should be able to do everything in the kitchen," she said.

The children were noncommittal when Watson demonstrated how a breadstick spread with cream cheese and wrapped with lunch meat can serve as a sandwich.

But they really sat up and watched when she showed them how to cut a wedge out of a hard-boiled egg, add a red-pepper mouth and an olive for an eye, and create, magically, a frog.

"That looks yummy" was one 7-year-old's delighted reaction to Watson's vegetable man, who boasted carrot arms, a cucumber body, turnip legs, and a radish for his head.

For children who work in the kitchen, Watson reviewed a number of important tips and safety hints.

You should start by tying back your hair, washing and drying your hands, rolling up any floppy sleeves, reading the recipe, and collecting all the ingredients and equipment.

She also told the children to use thick, dry, pot holders; stir any hot mixtures with a wooden spoon; watch out for splatters when adding food to hot oil or butter; and turn off over and burners after using the fire.

MONICA FEDRIGO, 9, a fourth grader at Hoover Elementary School this year, thought Watson's class was fun.

She eats peanut butter and jelly for lunch "most of the time" but wants to try some of Watson's ideas, especially the vegetable man.

Watson says kids can keep busy preparing some of her recipes after school and then storing them in the freezer. Sandwiches can be stored up to two weeks, she said.

That should interest most parents. Especially if that means they won't have to pack the kids' lunch bags in the morning again.

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**ANTS ON A LOG**  
celery sticks  
peanut butter  
raisins

Fill celery sticks with peanut butter. Set raisins on top to look like ants.

## Great and Easy Desserts

**CAKE CONES**  
1 package cake mix (any flavor)  
25 flat-bottomed ice cream cones

Prepare cake mix as directed. Place 2 tablespoons batter into each cone. It should be half full. Bake as directed on cake mix box for cupcakes. Frost and decorate after they've cooled.

**INCREDIBLE EDIBLES**  
¾ cup butter or margarine (melted)  
1 (16-ounce) jar creamy peanut butter  
2 cups crushed graham crackers  
2 cups confectioners sugar  
1 12-ounce package semi-sweet chocolate chips

Combine butter, graham cracker crumbs, peanut butter and confectioners sugar. Beat with wooden spoon or electric beater. Press evenly into an ungreased 9x13-inch pan. Set aside. Melt chocolate chips in a double boiler or in the microwave and pour over the top of the mixture. Refrigerate until hard.

**POPCORN BALLS**  
1 quart popped popcorn  
2 tablespoons butter or margarine  
2 cups miniature marshmallows  
2-3 tablespoons red gelatin

Melt butter and marshmallows (1 ½ minutes in the microwave). Add dry gelatin and mix thoroughly. Coat the popcorn with the mixture and shape into popcorn balls.

**MEXICAN FRUIT STICKS**  
chunks of fruit such as orange segments, pineapple, strawberry, banana and watermelon marshmallows  
fresh lime or lemon juice  
2 tablespoons granulated sugar  
1 teaspoon cinnamon

Spear the fruit on a skewer, alternating with a marshmallow. Sprinkle with fresh lime juice and roll in the cinnamon sugar.