

Matzoh is special during Passover

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Would you envision lasagna made with matzoh?

"Take tuna, matzoh and cheese. Add tomato juice or tomato sauce, and you got lasagna," she said. "Instead of the lasagna noodles you use the matzoh."

THEN, of course, there are the Passover staples.

In most families, Passover wouldn't be Passover without someone sitting down to a meal or a snack of matzoh and butter.

And at breakfast, matzoh "brise" is the big thing, Silverstein said.

For matzoh brise, matzoh is soaked in water and drained, then added to beaten eggs and fried in oil in a frying pan.

"Let it brown very well on both sides so it becomes almost like a pancake," Silverstein said.

It's eaten either alone or with sugar, jelly or syrup.

Vera Silverstein says the trick to fluffy matzoh balls is separating the eggs.

Here's her recipe for soft, fluffy "matzoh balls" or matzoh balls.

4 eggs
1/2 cup oil or shortening
1/2 cup water
1 teaspoon salt
pepper
1-1 1/2 cups matzoh meal

Separate eggs. Add to yolks shortening, water, salt and pepper. Beat whites until stiff. Add matzoh meal to yolk mixture and fold in whites. Refrigerate about 1 hour and form mixture into balls. Cook in boiling, salted water covered about 1/2 hour.

Another recipe for matzoh balls comes from "A Little Jewish Cookbook" by Barbara Bloch.

1 tablespoon freshly chopped parsley
1/4 teaspoon ground ginger (optional)
salt and pepper to taste
4 tablespoons melted schmaltz (chicken fat) or oil
4 eggs
1/2 cup sparkling water
1 cup matzoh meal

Stir parsley, ginger, salt and pepper into chicken fat. Add eggs and

LEAH RUBY of West Bloomfield uses a similar recipe, except that hers is made with matzoh meal and called a "chebule."

"It's a family recipe. We got it from my mother, and my sisters and I all make it," Ruby said.

Ruby separates three eggs, beating the whites until stiff. She gently folds in two tablespoons matzoh meal, the egg yolks, and salt and pepper to taste.

"It should be heated in cooking oil in a warm pan on a medium flame," she said.

It is turned when brown and then flipped once a plate like a pancake.

It can be served with breakfast, lunch or dinner, or as a dessert and topped with sugar, syrup, honey, jelly or fruit.

"My mother always put sugar on it. It's delicious like that, but it depends what people like," Ruby said.

And matzoh balls in chicken soup, though eaten throughout the year, are extra special on Passover.

Sparkling water and beat to blend. Stir in matzoh meal mixture should be moist. Refrigerate 1 hour. Wet hands and form into walnut-sized balls. Bring 6-8 cups chicken soup to a boil. Drop balls into boiling soup. Reduce heat and cover to simmer 20 minutes or until balls float on top. Serve 2-3 balls per person.

Try Hasidic Sove of Southfield's turkey stuffing made with matzoh.

One 16-20 pound turkey
8 pieces matzoh broken into pieces

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Lamb is flavorful and tender

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ANOTHER CHOICE might be mutton, which is a two-year-old male sheep. This lamb has a strong taste particularly enjoyed by the English.

Thanks to modern technology and shipping techniques, much of the lamb we enjoy comes from New Zealand and Australia. Never, however, underestimate the flavor of fresh lamb, especially from one of the butchers down in the Gratiot Central Market. A store's throw across the Fisher Boulevard from the Eastern Market main entrance. The metro Detroit's widely expanded Middle Eastern community has made our area a prime market for fresh lamb products.

If you are looking for the freshest

lamb, look for meat with a bright and light red tinge, not a dark, deep ruby red found in beef. You should be able to see some red in the bones. If they are white and bleached out, the lamb is old.

Lamb is the smallest of the four-footed meat animals. If you have never seen a lamb before, imagine the difference between lamb and beef with a leg of beef weighing in at more than 80 pounds while a leg of lamb comes in between six and eight pounds, maximum. Lamb is a fatty animal and, unlike pork, the fat is not edible. It is more like tallow. This contributes to the high price of lamb because by the time the lamb is trimmed of its fat and other non-edible parts, the resulting meat is only about 40 percent of its weight. The fat is another reason the best

time to purchase lamb is from May to November, when the lamb has developed less solidified fat than when it's older.

I HAVE CERTAINLY made up my mind for my first 18 years of not enjoying lamb. Occasionally, I splurge and have my meat man tie up a crown roast of lamb that will serve six people. Unfortunately, this comes pretty close to a day's wages and those days are few and far between. A sample polling of some of metro Detroit's finest restaurants found a rack of lamb for one person priced between \$15 and \$20.

On the other hand, every now and then I get the urge to pick up a small leg of lamb. If I shop around, I might be able to find it at under \$1.80 per pound. I slobber on imported olive oil

and then rub in rosemary, garlic and kosher salt with my hands, and roast it in a slow oven or toss on the barbe; cue a one-hour-old coals

Then again sometimes I'll just pick up a package of little lamb chops at a frightful price and pop them under a broiler for a light, low-cal dinner entree with a few steamed vegetables. Even the ground lamb patties available at most good markets easily can be made into stuffed cabbage, broiled by themselves, or mixed with rice, lemon juice and herbs for a stuffed grape leaf that would melt in your mouth.

So don't just enjoy lamb around Easter. The best lamb to hit the fresh market here in Detroit will be available beginning the first of May.

This recipe was created by Doreen Pollack of Detroit. Her son's and is featured in "Pollack's 24,000+ Recipes from the Great Dayton Hudson Cookbook," a book fit for the United Way. The book is available at most Dayton Hudson stores.

ORANGE HERBED RICE

1/2 cup butter or margarine
1/2 cup chopped celery
1/2 cup chopped onions
1/2 cup orange
1 cup water
1/2 cup orange juice
dash salt
1/2 teaspoon dried thyme
1 cup long-grain rice

In a 2-quart saucepan, melt butter. Add celery and onion. Cook over the dum heat about 3 minutes. Add water, orange juice, zest and spices. Heat to boiling. Add rice. Reduce heat to a simmer. Cook and cook 20 minutes. Uncover. Fluff rice with fork before serving.

ROAST LEG OF SPRING LAMB
1 leg of lamb, about 6-8 pounds
2 cloves garlic, peeled and sliced
1 tablespoon rosemary
salt and pepper to taste, preferably fresh ground
2 tablespoons oil
1/2 cup dry sherry, dry vermouth or water

Trim the lamb, leaving only a tiny amount of fat on to keep the juices inside. I like to remove all fat. Remove all the fat within the pelvic bone and whatever fat is on top of the round.

With a small, sharp knife, make a few deep cuts near the bone. In each, place some garlic, rosemary, salt and pepper.

Rub the surface of the lamb with oil and rub completely with garlic, salt, pepper and more rosemary.

Place the leg in a shallow roasting pan. Roast in a preheated 350-degree oven for 15-18 minutes per pound.

(About 1 1/2 hours per 6 pound leg for rare, 2 hours for medium rare, 2 1/2 hours for medium and 3 hours for well done.) Brush every half hour with sherry or water to make a gravy.

BROILED MARINATED LAMB CHOPS

8 lamb chops, about 1 1/2 inch thick
2 cloves garlic, peeled and chopped
1/2 teaspoon thyme
1/2 teaspoon of 1 lemon
salt and fresh ground pepper to taste

Place the chops in a deep glass dish and sprinkle them with the above ingredients. Refrigerate for at least 1 hour. Place 4-6 inches from the broiler and broil to desired doneness.

PERSIAN LAMB WITH ORANGE HERBED RICE

1/2 cup sliced almonds

1 1/2 pounds ground lamb
1 1/2 cups chopped onion
2 to 4 cloves garlic, minced
1 beef bouillon cube
juice of 1 lime
1 tablespoon dried mint
1 medium bunch fresh spinach, well washed
1 medium tomato, cut into wedges
1 ripe avocado, peeled, pitted and cut into wedges

Heat a small amount of olive oil in a large skillet. Add almonds, heat and stir until golden. Remove to a plate.

In same skillet, brown lamb with onions, garlic and bouillon, about 10 minutes. Add lime juice and mint, cook and stir 1 minute. Line a large platter with fresh spinach. Drain any fat from lamb, place in the center of the platter. Surround with tomato and avocado wedges. Serve with herbed orange rice.

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