

Celebrate new year sweetly

See related story on Rosh Hashana on Taste front. Here are some traditional recipes.

CLASSIC APPLE CAKE

1 cup oil
2 cups sugar
3 eggs
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
1 teaspoon vanilla extract
3 cups peeled, cored and cubed apples
1 cup raisins
1 teaspoon cinnamon
Preheat oven to 350 degrees.
Grease and flour a 9-inch tube or bundt pan. In a large mixer bowl, beat oil with sugar. Add eggs, then flour, salt, baking soda, and vanilla. Set aside.
In a separate bowl, toss cubed apples, raisins, and cinnamon until apples are coated. Stir apple mixture into batter. Batter will be very stiff.
Spoon into the greased tube or

bundt pan and bake for 1 hour. Cool completely before cutting. Yield one cake.

BASIC CHALLAH

2 packages dry yeast
2 1/2 cups warm water
1/4 cup honey
1 tablespoon salt
1/4 cup oil
4 eggs
9 cups flour
Glaze
1 egg yolk, beaten
1 teaspoon water
Poppy seeds
Dissolve yeast in water in a large bowl. Add honey and let stand 2 minutes, until yeast foams. Add salt, oil and eggs and mix well.
Gradually add flour, 2 cups at a time, mixing after each addition. As mixture gets stiff, use floured hands and begin kneading. Knead for 7 minutes, turning dough over often. Let rise in greased bowl until

doubled in size, approximately 1 hour. Punch down dough.
Divide dough into thirds, shape as desired, and place in greased pans or on baking sheet. Let rise again until doubled in size.
Preheat oven to 375 degrees.
Brush with glaze. Bake for 45 minutes to an hour on baking sheets or loaf pans until brown. Remove from pans and cool on racks.
Do not let dough rise longer than 1 hour. If unable to shape loaves after first rising, punch down dough and let rise again.

Recipe from: "Spice and Spirit: The Complete Kosher Cookbook."

HONEYED CARROTS

1 1/2 pounds carrots, peeled and sliced into round coins about 1/4-inch thick
1/2 cup honey
3 tablespoons brown sugar
Pinch of salt
1 teaspoon oil
Combine carrots in saucepan

with water nearly covering them. Add a pinch of salt and oil when the water begins to boil. Bring to a full boil and add honey and brown sugar. Simmer with cover on until carrots are tender.

Uncover saucepan and continue simmering until most of the liquid is cooked off and the carrots turn deep orange.

Recipe from Helene Weiss.

CHICKEN A LA CRANBERRY

3-4 whole chicken breasts, boned, skinned, split
1 package prepared stuffing mix
1 can whole cranberries
2 tablespoons orange juice
1/2 cup parve margarine
Prepare the stuffing. Place a scoop on each breast. Role or fold over and place folded side down in pan.
Bake uncovered for 1 hour in a 350 degree oven.



WILLIAM HANSEN

Meal preparation: Izzy Weiss cuts carrots to help his mom make Rosh Hashana Honeyed Carrots, a traditional dish.

Mix cranberries, orange juice, and parve margarine in pan until blended. Brush cranberry mixture over chicken and continue to bake for 1/2 hour, basting frequently. Watch that chicken and sauce do

not get too brown. Refrigerate remaining sauce and serve with chicken. Serves 5.
Recipe from Sisterhood of Congregation Shaarey Zedek "From Generation to Generation."

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By meaningful, Weiss refers to the many symbolic foods which are eaten on the holiday. Honey, crown-shaped loaves of challah bread and unique fruits like apricots are some of the things which grace the traditional Rosh Hashana table.
"We dip our bread and apples in honey asking God that the coming year should be sweet," said Rabbi Elimelech Silberberg

of Bais Chabad Torah Center in West Bloomfield. "We eat carrots, which in Yiddish is the same word for to multiply, to herald our hope that our merits will multiply."
As orthodox Jews, the Weisses do not shop, use the phone, car, or do any food preparation or cooking on Saturday, their Sabbath, so that leaves them even less time to get things done.

"You'll often find me or my husband at the store at the most unusual hours, but often that is when they are least crowded and we can be the most efficient in getting what we need out of the way."

Helene Weiss

"Thank goodness for 24-hour stores and Sundays," said Weiss. "You'll often find me or my husband

at the store at the most unusual hours, but often that is when they are least crowded and we can

be the most efficient in getting what we need out of the way."

Some people thrive on a hectic pace. Such is the case for David Robinson, co-editor of "The Health Club Cook," a cookbook published by the Jewish Community Center of Metropolitan Detroit.

"I just try and do things ahead of time," this mother of three said. "I bake my challah, make

my soup and freeze them both. Then when the holiday comes, it's like money in the bank."

Despite feeling breathless for the few weeks preceding the holiday, Weiss says it all pays off in the end.

"It's so special to sit down at a beautiful table with the people you care about, to begin the Jewish New Year in a significant and unforgettable way."
See recipes inside.

Fresh corn with garlic butter, corn cakes tasty

See related Taste Buds column on Taste front.

CORN ON THE COB WITH PARMESAN GARLIC BUTTER

8 tablespoons (1 stick) unsalted butter, room temperature
1/4 cup fresh grated Parmesan cheese
3 tablespoons finely chopped fresh parsley
1 teaspoon salt
1 teaspoon very fine chopped garlic
8-10 ears fresh sweet corn
Combine all the ingredients except the corn in a medium sized mixing bowl. Mix well. Cover and refrigerate. (The butter can be made 1-2 days in advance and kept covered in the refrigerator.)
Allow the butter to sit at room temperature for 30 minutes before serving. Bring water to a boil in a large stock pot or deep pan.
Shuck ears of corn while waiting for the water to boil. Drop in corn, return to a boil. Remove from heat and allow to stand for exactly 5

minutes.
Drain, serve the butter with the corn and brush generously with the butter. Serves 6-8

MONTEREY JACK CORN CAKES

1 cup all purpose flour
1 teaspoon baking powder
1 teaspoon salt
1/2 cup milk
1 large egg
1 tablespoon vegetable oil
1 cup (3 ears) fresh corn kernels
1/2 cup Monterey Jack cheese,
grated
1/2 cup minced shallots or green onions
2 tablespoons fresh chopped parsley
2 dashes hot pepper sauce (Tobasco for example)
Generous pinch cayenne pepper
4 slices bacon
Sift the flour, baking powder and salt into a large bowl. Add the milk, egg and vegetable oil and combine with a fork until just barely mixed. Stir in the corn, cheese, shallots,

parsley, hot pepper sauce and pepper.
Mix 15 seconds and allow to stand at room temperature for 30 minutes.
Meanwhile, fry the bacon in a heavy skillet over medium heat until crisp. Drain bacon on paper towels, reserving the fat in the skillet.
Chop bacon and stir into batter. Pour off all the bacon fat reserving a thin coating in the skillet. Heat skillet over medium high heat and add the batter by heaping tablespoons in batches, do not crowd. Flatten each cake slightly with

the back of a fork. Cook the corn cakes until golden brown and cooked through, about 2 minutes per side. Add more bacon fat as necessary. Place each batch of corn cakes on a baking sheet and keep covered in a 250 degree oven until all are cooked.
Chef's secret: I made these and omitted the bacon and pan fried them in a little oil and they were great!

Source: Betty Rosbottom's "Cooking School Cookbook." (Workman Publishing, Copyright 1997, \$10.95)

Dinner from page 1B

p.m. Thursday, Sept. 30, and the mothers are planning a luncheon 11:30 a.m. Friday, Oct. 1. Preview party tickets are \$25 per person in advance, \$30 at the door. Luncheon tickets are \$15 in advance. Call 642-1513 for reservations.
Saputo works at least 60 hours a week, manages over 100 employees, and cooks dinner about three times a week. She's full of energy

and smiles at all her customers, even when they accidentally spill pop. Owing a restaurant was one of her dreams, and she loves her work.
"It gets to be hectic. You learn to be organized or go crazy," she said with a brilliant smile.
She's up every day at 4 a.m. and opens the restaurant in Royal Oak at 5 a.m. William spends most of his time at the Rochester

Hills restaurant. Teresa said she tries to leave work every day by 2 or 3 p.m. to be home when Jessica and Bill return from school.
Saputo said she has a well-stocked pantry, and plans ahead. "There's nothing worse than getting home, and running out of something you need to make dinner."
On the way home, she'll stop at Kroger's or Western Market for meat and produce. Her kids help a lot by making salads and doing the dishes, but their main priority is getting their homework done. "Going to school and getting good grades. That's their job," she

said.
Chicken and Rice and Chop Suey are two family favorite dishes. Instead of reaching for a measuring cup, Saputo measures all of her ingredients in soup cans. With items from her pantry, and fresh meat, making dinner is no problem. While dinner is cooking, Saputo tosses a load of laundry into the washing machine.
"Our family is big on pasta. In the winter we eat a lot of soups and casseroles," she said. "Sometimes I cook meals in advance and stick it in the freezer." Her chop suey recipe is a perfect example. You can cook the meat the


day before and reheat it the next day after work. Add Chinese vegetables and serve over rice, or add a jar of gravy and serve over egg noodles for a simple strongmanoff. When she makes spaghetti sauce, she'll make extra and freeze it for

lasagna or stuffed shells.
She enjoys baking, but doesn't always have time. "Sometimes I'll melt semi-sweet chocolate chips in the microwave and dip the ends of fortune cookies into the chocolate."

Farm offers u-pick blueberries

They're still picking organic blueberries at the Blueberry Patch, 13007 East Michigan, in Grass Lake. "Kids are welcome, it's a great family outing. The blueberries are in a grassy area," said Steve Toth. Hours are 8 a.m.

to 5 p.m. Sunday through Friday. Call (517) 522-4796 for more information.
To get to the Blueberry Patch, take I-94 west, exit 157 Pierce Road, turn left go 6 miles west to the farm.



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