

## **Ingredients for Passover Cooking with Larry Adler**

### **Chopped Liver**

1 pound chicken livers (approximately 16)  
4-6 large eggs, hard cooked and shelled  
2-3 medium onion, peeled and sliced  
4 tablespoons oil or chicken fat  
½ teaspoon black pepper  
2-3 teaspoons salt

*Vegetarian Chopped Liver recipes are included but will not be demoed*

### **Chicken Stock**

3 pounds chicken backs, wings, necks or feet  
3½ Quarts cold water  
2 onions, peeled and halved  
2 whole cloves  
4 unpeeled garlic cloves  
1 rib celery, halved  
2 carrots, halved  
1 teaspoon salt  
6 long parsley sprigs  
12 black peppercorns  
½ teaspoon dried thyme, crumbled  
1 bay leaf

### **Chicken Soup with Matzah Balls**

3 Qts chicken stock  
1 lb of chicken meat (*legs, thighs, breast*)  
Salt and pepper  
2 carrots cut into rounds or cubes  
1 onion diced  
2 celery stalks, diced  
1t thyme  
1 bay leaf

### **Matzo Balls**

For every ½ cup of matzo meal, mix with:

2 eggs  
2T vegetable oil (*chicken fats*)  
2T water, stock or (*for light fluffy balls use club soda*)  
1 t Salt  
½ t pepper

**For Fish Stock**

4 qts water  
4lbs Fish bones  
1 onion (*quartered*)  
1 carrot cut into one inch pieces  
1 bay leaf  
1 T peppercorns  
1 T salt

**For Gefilte Fish**

4 lb fish fillets, several varieties  
2 onions  
2 Teaspoons salt  
½ Teaspoon pepper  
2 Large eggs  
¼ cup matzo meal  
3 carrots, sliced

**Homemade Horseradish**

10-12 inch horseradish root  
2 red beets (*peeled*)  
¼ cup vinegar  
Sugar to taste

**Meatball and Cabbage**

1 head cabbage  
2lbs ground beef  
2 bottles chili sauce (*in the ketchup section of grocery*)  
¼ cup matzah meal (*at other times of year rice*)  
12oz grape jelly  
1 lemon

## **Ingredients and Recipes for Passover Cooking with Larry Adler**

### **Chopped Liver**

1 pound chicken livers (*approximately 16*)  
4-6 large eggs, hard cooked and shelled  
2-3 medium onion, peeled and sliced  
4 tablespoons oil or chicken fat  
½ teaspoon black pepper  
2-3 teaspoons salt

Sauté chicken livers and onions in oil (*saved chicken fat can be used*) until livers are done and onions are browned. Lift the livers and onions from the pan reserving the remaining oil to add as needed to the grind. Add eggs into food processor and pulse chop until desired consistency. Careful not to over chop or you will end up with a gooey pate'. Add pepper and salt and reserved oil as needed to achieve desired level of moisture. Refrigerate in mold or bowl until cool (*even though it's pretty good right out of the food processor*).

### **Vegetarian Chopped Liver 1**

2 tbsp vegetable oil  
1 cup onion, sliced  
1 cup chopped walnuts, toasted  
4 peeled hard boiled eggs, divided  
15 oz peas, drained (*1 can*)  
Salt and pepper to taste

*Passover Note: This recipe is Kosher for Sephardic Passover. Some Ashkenazi Jews do not eat peas during Passover.*

1. Heat up the oil in a skillet over medium heat until hot enough to fry. Sauté the chopped onion for several minutes until it softens and caramelizes.
2. In a food processor, combine onion, walnuts, peeled hard boiled eggs, and peas.
3. Pulse, then process until the puree resembles chopped liver. Add salt and pepper to taste, and process again to blend.
4. Chop up the remaining egg. Garnish the vegetarian chopped liver with the last chopped egg and parsley. Serve with crackers for spreading, or matzah during Passover.

## **Vegetarian Chopped Liver 2**

6 tbsp vegetable oil,  
2 medium onions, diced  
1 lb sliced white mushrooms  
3 hard boiled eggs, quartered  
½ cup shelled walnuts  
½ tsp kosher salt  
¼ tsp freshly ground black pepper

1. In a large skillet or sauté pan, heat 3 tbsp oil over medium-high heat. Add the onions, and sauté until dark brown. This should take at least 20 minutes, maybe more. Remove from pan and let cool on a plate or bowl.
2. Using the same pan, and without cleaning it, add 3 more tbsp oil and keep on medium-high heat. Add the sliced mushrooms. Sauté until they soften and release their juices, then continue to cook until very browned, about 5 more minutes. Remove from pan and let cool.
3. Add the onions, the mushrooms, and all the remaining ingredients to a food processor (*or blender*). Pulse a few times, then scrape down the side of the bowl. Run the processor some more, scraping the mixture down again, and keep repeating this until it's all well-blended and the walnuts are pulverized into the mix (*if you see walnut pieces, keep going*). Don't overdo it, though, or it'll turn into a paste. You can serve immediately (*with matzo, of course*), but it's actually even better when it has a chance to sit (*refrigerated*) for a few hours or overnight. Leftovers will keep, covered, in the fridge for about a week.

## **Chicken Stock**

3 pounds chicken backs, wings, necks or feet  
3½ Quarts cold water  
2 onions, peeled and halved  
2 whole cloves  
4 unpeeled garlic cloves  
1 rib celery, halved  
2 carrots, halved  
1 teaspoon salt  
6 long parsley sprigs  
12 black peppercorns  
½ teaspoon dried thyme, crumbled  
1 bay leaf

In a stockpot or kettle combine the chicken parts with cold water minus 1 cup. (*If using wings, cut each wing at the joints into 3 pieces*) Bring the water to a boil, skimming the froth, add the remaining 1 cup cold water, and bring the mixture to a simmer, skimming the froth. Add onions, cloves, garlic, celery, carrots, salt, parsley, peppercorns, thyme, and bay leaf. Simmer the mixture, skimming the froth, for 3 hours. Strain the stock through a fine sieve or cheesecloth. If a more concentrated flavor is desired, simmer the stock until it is reduced to the desired concentration. Chill the stock and remove the fat. The stock keeps, covered and chilled for 1 week and can be frozen.

### **Chicken Soup with Matzah Balls**

3 Qts chicken stock  
1 lb of chicken meat (*legs, thighs, breast*)  
Salt and pepper  
2 carrots cut into rounds or cubes  
1 onion diced  
2 celery stalks, diced  
1t thyme  
1 bay leaf

Simmer chicken in stock until cooked. Skim off the foam and fat that collects on the top. Continue to simmer chicken for at least 30-45 minutes and then remove chicken to cool. Add vegetables, thyme and bay leaf. Cook slowly for another 45 minutes. Debone cooled chicken, cut it into small pieces and add back to the soup. Adjust seasonings to taste.

### **Matzah Balls**

For every ½ cup of matzo meal, mix with:

2 eggs  
2T vegetable oil (*chicken fats*)  
2T water, stock or (*for light fluffy balls use club soda*)  
1 t Salt  
½ t pepper

Combine eggs, liquids and seasonings in a bowl, stir in matzo meal until ingredients are well distributed. Cover and refrigerate for at least 45 minutes. Bring 3 quarts of salted water to a boil. Wet your hands with cool water and roll the mixture into small (*golf ball size*) balls. Drop each ball into the water. Cover the pot and reduce to simmer. Cook for 30-45 minutes, until balls have sunk to bottom of pot. Remove from water and add to soup.

## **Gefilte Fish**

*Yield: 12 servings*

### **For Fish Stock**

4 qts water  
4lbs Fish bones for stock  
1 onion (*quartered*)  
1 carrot cut into one inch pieces  
1 bay leaf  
1 T peppercorns  
1 T salt

Combine bones, onion sliced onions, salt and pepper and carrots in large pot. Cover with cold water and bring to a boil. Reduce heat to medium and simmer for 45 minutes. Strain stock and put aside.

4 lb fish fillets, several varieties  
2 onions  
2 Teaspoons salt  
½ Teaspoon pepper  
2 Large eggs  
¼ cup matzah meal  
3 carrots, sliced

Grind fish and onion using grinder or pulse in a food processor add seasonings, eggs and matzah meal. Shape into balls and drop into boiling stock. Add sliced carrots to stock, Cover and simmer 1- 1/2 hours. Cool and serve.

### **Homemade Horseradish**

10-12 inch horseradish root  
2 red beets (*peeled*)  
¼ cup vinegar  
Sugar to taste

1. Peel horseradish root using a vegetable peeler.
2. Grate horseradish and beets using grater blade on a food processor
3. Remove grater attachment and replace with chopping blade. With blade attachment chop finely.
4. Add vinegar, 1 teaspoon of sugar and water. Process until well combined - not pureed.
5. Process until well combined but still has some texture - not pureed.
6. Transfer to jars or an airtight container. Cover and store in the refrigerator.

## **Meatball and Cabbage**

1 head cabbage  
2lbs ground beef  
2 bottles chili sauce (*in the ketchup section of grocery*)  
 $\frac{1}{4}$  cup matzah meal (*at other times of year rice*)  
12oz grape jelly  
1 lemon

1. Core and then parboil cabbage for 10 minutes, allow to cool and separate leaves. An alternate method of preparing leaves is to place head of cabbage in the freezer the day before you need to use it. Remove from freezer and allow to thaw. Once thawed leaves will separate easily.
2. Prepare sauce by melting together chili sauce, grape jelly and lemon juice. Taste sauce for appropriate level of sweetness or tartness. Add additional lemon juice or jelly if desired.
3. Mix raw meat with  $\frac{1}{4}$  cup of sauce mixture and matzoh meal. Roll into golf ball size balls and roll meatball in cabbage leave and place seamed side down in a roasting pan. Pour remaining sauce over beef and cabbage. Cover and bake at 350 degrees for 2  $\frac{1}{2}$  hours.
4. Remove meatballs from mixture and defat gravy by placing in a container and refrigerate. Fats will congeal and can be removed as a solid. Pour remaining gravy over meatballs and cabbage and reheat for service.