

Shavuot greetings from food suppliers below

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Shavuot recipes

Blintzes perfect Shavuot treat

Shavuot begins this year on the evening of Thursday, May 23 and concludes Saturday evening, May 25. Shavuot is the Jewish holiday that celebrates the giving of the Torah at Mount Sinai and the completion of the Covenant between God and the Jewish people.



KOSHER COOKING
 By **JILL KIRSHENBAUM**
 BSc, RD

Israeli grandmother with granddaughter wearing garland of flowers for Shavuot, festival of spring. Photo copyright: Israel Sun Ltd.

THREE CHEESE BLINTZES
FILLING:
 1 lb. cottage cheese
 1/2 cup farmer cheese
 1/8 c. cream cheese
 1 ea. egg
 2 tsp. matzah meal
 1/4 cup sugar
BLINTZES:
 2 cups flour
 1 1/2 cups water
 1 cup milk
 7 large eggs
 2 tbsp. potato starch

To make the filling, mix together thoroughly the cottage cheese, farmer cheese, cream cheese, egg, matzah meal and sugar in a bowl. Set aside in the refrigerator at least 1 hour.

To make the blintzes, put the flour, water, milk, eggs, and the potato starch in a blender or food processor in 2 batches. Blend each batch, pour into a bowl and then let the batter rest for a half hour.

Grease a non-stick 6-inch skillet or omelet pan with margarine. Pour in a small ladle of the batter. Tilt the pan so the batter covers the bottom and pour off any excess. Cook until the pancake blisters. Do not turn. Flip the pancake onto waxed paper, cooked side up.

Spread 1 heaping tablespoon of cheese filling along one end of the pancake. Turn the opposite sides in and roll up like an envelope.

Fry the blintzes in margarine or bake them in a preheated 425°F oven until brown. Serve the blintzes with sour cream. Makes about 3 dozen blintzes.

Nutrient analysis per serving: 63 calories, 1.3 gm. fat, 0.5 gm. saturated fat, 10 mg. cholesterol, 36 mg. sodium.

BLINTZ LOAF
 If you do not want the chore of cooking each pancake separately, try this quick blintz loaf

BATTER:
 1/4 cup melted unsalted butter
 1/4 cup sugar
 2 eggs
 3/4 cup milk
 1 1/4 cups flour
 1 tsp. baking powder
 1/2 tsp. salt

FILLING:
 1 lb. small curd cottage cheese
 1 large egg
 1 tsp. sugar
 Pinch of salt
 2 tbsp. melted butter

To make the batter, mix the butter, sugar, eggs, milk, flour, baking powder, and salt in a blender or mixer, processing until smooth. Pour half the batter mixture in a greased

Shavuot recipes

Kugel and blintzes customary on holiday commemorating Torah

By **NAOMI ARBIT**

BAYSIDE, Wis. (JTA) - Shavuot, which is celebrated seven weeks after Passover, commemorates the receiving of the Torah by Moses on Mount Sinai. It is customary to serve dairy foods, such as kugel and blintzes, during Shavuot. But fat-conscious dieters need not fret.

Eggless noodles, egg substitutes or egg whites, low or non-fat sour cream and cheeses, skim milk, cinnamon and vanilla as flavor enhancers and sugar substitutes can be used in the following recipes.

TRADITIONAL KUGEL
 1 16-oz. package broad egg noodles
 1/4 lb. butter or margarine, melted
 1 cup sour cream
 1 cup small curd cottage cheese, drained
 4-6 eggs, lightly beaten, or 1 cup egg substitute
 1/2 tsp. salt
 1/4 tsp. white pepper

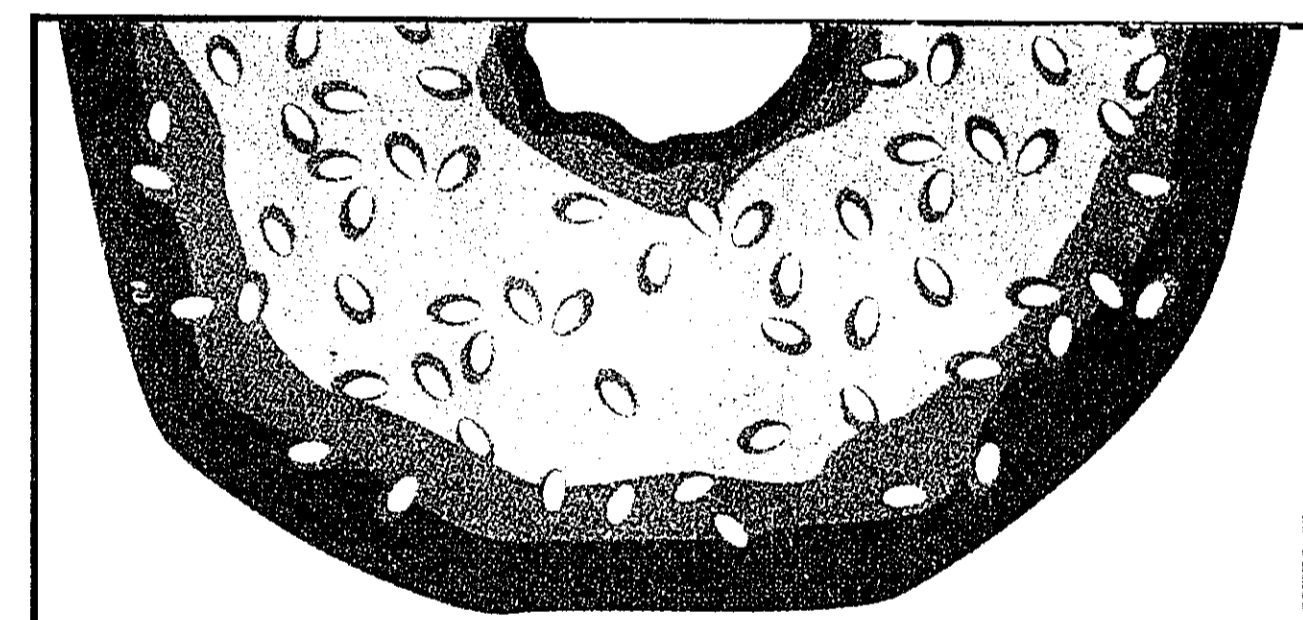
Cook noodles uncovered in boiling water for 7 minutes or until tender. Place in a colander and rinse with cold water to stop cooking action; drain well. Combine all ingredients until well-blended; do not overbeat. Add noodles and place in a

well-oiled 9-inch x 13-inch casserole dish. Bake in a 350-degree oven for 45 minutes or until it feels firm and top is lightly browned.

PINEAPPLE UPSIDE-DOWN KUGEL
 1/4 cup margarine canned sliced pineapple
 maraschino cherries
 brown sugar
 walnut halves
 2 eggs
 1/4 cup vegetable oil
 1/4 cup sugar
 8 ozs. wide noodles, cooked and drained

Melt margarine in a cast iron or heavy 10-inch skillet. Place 1 slice of pineapple in the center with a cherry in the middle. Cut rest of slices in half and arrange these in a circle around the center slice like the spokes of a wheel, with the rounded edges facing the same way. Fill spaces with cherries and walnuts. Sprinkle with brown sugar. In a large bowl, beat eggs, sugar and oil. Stir in noodles. Pour into skillet and bake in a 350-degree oven for 40 to 50 minutes. Let stand for 5 minutes. Loosen sides and invert over serving dish.

NOODLE KUGEL BUNDT
 1/4 cup melted butter or margarine
 3/4 cup firmly packed brown sugar
 1/2 cup coarsely chopped walnuts
 4 eggs, beaten, or 1 cup egg substitute
 1/2 cup sugar
 1 cup non-fat yogurt
 3/4 cup unsweetened applesauce
 12 ozs. yolk-free noodles,



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