

# A TASTE OF SHABBAT

## FROM OUR HOMES TO YOURS

### BY CHAYA AND Yael



## BEST ROAST BRISKET

MEAT / GLUTTEN - FREE / FREEZES WELL / YIELDS 10-12 SERVINGS

### INGREDIENTS

1 beef brisket  
(about 5-6 lb/2.3-2.7 kg)

4 medium onions, chopped

2-3 tsp kosher salt

1 tsp black pepper

2 tsp dried basil

4 cloves garlic, minced (about 2 tsp)

3/4 cup ketchup

1/4 cup soy sauce or tamari

2 Tbsp lemon juice

1/2 cup brown sugar, lightly packed

2 tsp hot sauce

1/2 cup water or dry red wine

### METHOD

Place brisket and onions into a large roasting pan coated with nonstick cooking spray. Sprinkle brisket with salt, pepper, basil, and garlic. Rub to coat on all sides.

Make a sauce by combining ketchup, soy sauce, lemon juice, brown sugar, hot sauce, and water in a medium bowl. Mix well.

Pour sauce over, around, and under the brisket and onions. Cover and refrigerate for 1 hour or overnight.

Preheat oven to 325F

Bake, covered, for 3 1/2 - 4 hours or until meat is fork-tender. Calculate 45 minutes per round to determine the cooking time.

Let cool. Refrigerate for several hours or overnight.

Remove and discard hardened fat from gravy. Trim excess fat from brisket. Slice against the grain to desired thickness.

Reheat, covered, in pan gravy at 350F for 25-30 minutes.

### NOTES

A single brisket (first cut) is leaner and less tender than a double brisket (second cut), which has a thick layer of fat sandwiched between the two sections.

Slow Cooker Method: Season brisket and prepare sauce as directed above. Combine brisket and sauce in slow cooker insert coated with nonstick cooking spray. Marinate overnight in the refrigerator. Place insert into slow cooker; cook on low for 10-12 hours.

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## LEMON HERB CHICKEN

MEAT / PASSOVER / GLUTEN-FREE / FREEZES WELL / YIELDS 4-6 SERVINGS

### INGREDIENTS

1 chicken (about 3 lb/1.4 kg),  
cut into eights

Kosher salt

Freshly ground black pepper

1/4 cup chopped fresh parsley

1/4 cup chopped fresh dill

2 tbsp minced fresh rosemary

12-15 cloves garlic, peeled  
(about 1 head)

1/4 cup olive oil

Juice of 1 lemon (about 3-4  
tbsp)

2 tbsp honey

Additional herbs, for garnish

### METHOD

Preheat oven to 375F. Coat a 9 x 13 baking dish with nonstick cooking spray.

Trim and discard excess fat from chicken pieces. Arrange chicken, skin side up, in a single layer in prepared dish. Sprinkle with salt and pepper on all sides.

In a medium bowl, combine parsley, dill, rosemary, whole garlic cloves, oil, lemon juice, and honey. Mix well. Drizzle evenly over chicken.

Bake, covered, for one hour. Uncover and bake for 20-25 minutes more, until glazed and golden. Baste occasionally.

Transfer to a platter; garnish with additional fresh herbs.

### NOTES

Garlic cloves become sweet and mellow when roasted. You can often buy garlic cloves that are already peeled. Leftover roasted garlic is fabulous when spread and toasted bread, especially challah!

To peel garlic easily, place a head of garlic on a cutting board and cover with a dishtowel. Firmly hit the towel-covered garlic with the bottom of a heavy skillet. Remove the towel, separate the cloves, and pick out the papery skins. Repeat several times if necessary, discarding any remaining skins.

Variation: to make this into a musical dish, add 1 Tbsp chopped thyme leaves. You'll have them singing for their supper.



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## HERBED SALMON

PAREVE / PASSOVER / GLUTTEN-FREE / FREEZES WELL / YIELDS 6-8 SERVINGS

### INGREDIENTS

1 skinless boneless fillet of salmon (about 2 lb/1 kg)

Kosher salt

Freshly ground black pepper

1 and a half cups fresh parsley

1 cup fresh mint or basil

1 and a half cups fresh dill

6 scallions, trimmed

4 Cloves garlic (about 2 tsp)

2 Tbsp olive oil

juice of 2 lemons (about 6-8 Tbsp)

1-2 Tbsp honey

### METHOD

Preheat oven to 425F. Line a rimmed baking sheet with aluminum foil, coat with nonstick cooking spray.

Ace salmon onto prepared baking sheet. Sprinkle generously with salt and pepper.

Using a food processor or mini prep, process parsley, mint, dill, scallions, and garlic until coarsely chopped. Add oil, lemon juice, and honey; pulse briefly to combine

Remove 3-4 Tbsp of herb mixture and set aside. Spread remaining herb mixture evenly over salmon. Let stand 20-30 minutes if time allows.

Bake, uncovered, for 15-18 minutes, or until salmon flakes when lightly pressed with a fork.

Transfer salmon fillet to an oblong serving platter or cut it into individual portions.

Spoon on reserved herb mixture. Serve hot or at room temperature.

### NOTES

Pantastic: An easy way to transfer a salmon fillet to a serving platter is to use a rimless baking sheet as a giant spatula!