



Jewish Women's Circle



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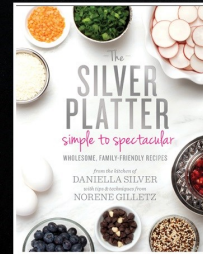
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# PRE-SHAVUOT COOKING DEMONSTRATION

TUESDAY, MAY 16  
7:30 P.M.

Chabad Romano Centre  
10500 Bathurst St.

With **Daniella Silver**  
author of "The Silver Platter",  
the Jewish world's up and  
coming cookbook.



RSVP [chabadrc.org/cookingdemo](http://chabadrc.org/cookingdemo) | 905-303-1880  
\$20 per person  
Refreshments will be served



## Cookie Chocolate Bark

Pareve, Passover option, gluten-free option, yields 8 servings

### Ingredients

1 (14 oz/400 g) bar semisweet chocolate, broken into chunks

2-1/2 cups coarsely crushed cookies, such as chocolate chip or sandwich cookies (regular or gluten-free)

### Method

1. Line a rimmed baking sheet with parchment paper.
2. Pour about 1 inch of water into a saucepan. Bring to a boil; reduce heat to a simmer.
3. Place chocolate into a large, dry, heatproof bowl wider than the saucepan. Place bowl over simmering water. Melt chocolate, stirring often. Cool slightly.
4. Stir half the crushed cookies into melted chocolate. Pour mixture onto prepared pan; and spread evenly. Sprinkle with remaining crushed cookies; press gently into chocolate.
5. Refrigerate for 45 minutes, until chocolate is set.
6. Break into small, irregular pieces. Store in an airtight container in the refrigerator or freezer.



## Spinach, Mango & Mozzarella Salad

Dairy, Passover, gluten-free, do not freeze, yields 6 servings

Everyone is always looking for that dairy salad - well, here's a beautiful one to impress your guests: simple and elegant, using lots of flavors, vegetables, and fruit.

### Ingredients

6 cups baby spinach  
1 medium head radicchio, trimmed, halved, thinly sliced  
2 large ripe mangoes, peeled, pitted, thinly sliced  
8 oz/250 g mozzarella cheese, cut into bite-sized chunks (about 2 cups)  
1 cup chopped fresh basil leaves

### Dressing

1/3 cup extra virgin olive oil  
1/4 cup balsamic vinegar  
2 Tbsp honey  
Kosher salt  
Freshly ground black pepper

### Method

1. In a large serving bowl, combine spinach with radicchio, mango, cheese, and basil. Cover; refrigerate.
2. Dressing: Combine dressing ingredients in a glass jar; seal tightly, and shake well.
3. Add dressing to salad shortly before serving.

### Norene's Notes:

Variations: Instead of radicchio, use 1 pkg (16 oz/500 g) shredded purple cabbage. Instead of mangoes, use nectarines or peaches.



## Sticky Sesame Salmon

Pareve, gluten-free option, yields 6-8 servings

### Ingredients

1/2 cup honey  
3 Tbsp soy sauce  
4 cloves garlic, minced (about 2 tsp)  
Juice of 1/2 lemon (about 2 Tbsp)  
1/4 cup sesame seeds, plus extra for garnish  
6-8 salmon fillets (about 6 oz/180 g) each

### Method

1. In a small bowl, stir together honey, soy sauce, garlic, lemon juice and sesame seeds.
2. Preheat oven to 425°. Line a rimmed baking sheet with foil; coat with non-stick cooking spray.
3. Arrange salmon in a single layer on prepared baking sheet. Drizzle sauce over fish. Let stand for 20 minutes, if time allows.
4. Bake, uncovered, for 12-15 minutes, basting occasionally, until salmon is glazed and golden.
5. Garnish with sesame seeds. Serve hot or at room temperature.



## Cheesy Potato Leek Soup

Dairy, pareve option, Passover, gluten-free, freezes well, yields 8 servings

Naturally thick and creamy, this potato soup is a perfect cold-weather get-together soup. An easy way to enhance its elegance is to garnish each bowl with some sautéed leeks.

Serve with a thick-cut slice of toasted French baguette. *Bon appetite!*

### Ingredients

- 1-2 Tbsp oil
- 1 bunch leeks, trimmed and sliced, white and light green parts only (from about 3-4 leeks)
- 4 cloves garlic, minced (about 2 tsp)
- 3 stalks celery, trimmed, sliced
- 6 medium potatoes, peeled, cut into chunks
- 6-7 cups water or vegetable broth
- 2 bay leaves
- 2 tsp kosher salt
- Freshly ground black pepper
- 1 cup grated Cheddar or Parmesan cheese, for sprinkling
- Scallions, thinly sliced, for sprinkling



### Method

1. Heat oil in a large soup pot over medium heat. Add leeks and garlic; sauté for 6-8 minutes, or until softened.
2. Add celery, potatoes, water, bay leaves, salt, and pepper. The water just cover the vegetables. Bring to a boil.
3. Reduce heat. Simmer, partially covered, for 35-40 minutes, or until potatoes are tender. Stir occasionally. Remove from heat; cool slightly. Discard Bay leaves.
4. Using an immersion blender, process soup until smooth. If soup is too thick, add a little water or broth. Adjust seasonings to taste. Garnish with cheese and scallions in each bowl.

### Norene's Notes:

Variations: Instead of potatoes, substitute 4 large sweet potatoes. For a lower carb soup, use half broccoli or cauliflower and half potatoes.

Pareve Option: Omit cheese. Still very delicious!

Potato Leek Soup, a classic French dish also known as Vichyssoise, usually contains cream and milk and is served chilled. The hot version is called Parmentier.

How to Clean Leeks: Trim off most of the green part of each leek. Make 4 lengthwise cuts almost to the root so that each leek resembles a broom. Fill the sink with cold water and swish leeks back and forth to remove any sand or grit. Dry well. Cut off and discard root end.

## Quinoa with Sundried Tomatoes & Feta

Dairy, Passover, gluten-free, do not freeze, yields 8 servings

Tangy, salty, and full of bright, Mediterranean flavors, this lovely quinoa side dish is so simple to make. I came up with the recipe over Shavuot when I couldn't find the right mix of flavors to match my menu. This dish met that challenge and then some - it's a winner!

### Ingredients

- 3 cups water
- 1-1/2 cups quinoa, rinsed and drained
- 8-10 sun-dried tomatoes, chopped
- 1/2 cup chopped red onion
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped fresh basil
- Toasted slivered almonds, for garnish (optional)

### Dressing

- 1/3 cup extra virgin olive oil
- 1/3 cup lemon juice (preferably fresh)
- Kosher salt
- Freshly ground black pepper

### Method

1. Bring water to a boil in a medium saucepan over high heat. Add quinoa; reduce heat. Simmer, covered, for 15 minutes or until tender. Remove from heat; let stand, covered, for 10 minutes. Fluff with a fork. Transfer to a large serving bowl; let cool.
2. Add sun-dried tomatoes, onion, feta cheese, and basil to quinoa. Drizzle in dressing ingredients; toss to combine. Cover; refrigerate until serving time.
3. Sprinkle with almonds before serving, if using.

### Norene's Notes:

Variation: Use pine nuts instead of almonds (but not for Passover).

Rinse or Not? Some brands of quinoa do not require rinsing. When in doubt, follow package directions.

If rinsing quinoa, always use a fine mesh strainer or the tiny seeds will fall through the holes. If you don't have a fine mesh strainer, line a regular strainer with a paper coffee filter.

