

ROSH HASHANAH

Sefardi Chicken, Rice & Carrots

2½ cups Uncle Ben's rice (use any rice but this is the best)	2 tbsp. oil
2½ tsp. salt	1 potato, shredded
¼ tsp. pepper	2 carrots, shredded
7 cups boiling water	1 pkg. minus 2 carrots, julienne (cut in 3 and then cut into sticks)
1 large onion, diced	8-10 chicken quarters, cut in half (best to use bottoms)

Place rice into a deep bowl. Add salt and pepper. Pour water over rice, enough to cover rice plus a bit more. Let stand while preparing the rest.

Sauté onion in a pot until golden brown, add oil, shredded potato and shredded carrots and keep mixing while the mixture is sautéing until the potatoes are golden brown. Put chicken in pot neatly, layering the bottom of the pot. Sear the chicken for about 5-8 minutes on each side. Layer the carrot sticks on top of the chicken. Add the rice with all the water on top of the carrots. Cover pot. Bring to a boil and make the flame low for 45 minutes.

Best to serve this on a nice tray layered. Take out rice nicely, then carrots, and the chicken on top. Serves 8-10 people.

Honey Glazed Sweet Potato

½ cup margarine	3 lbs. sweet potatoes or yams, cut into cubes
4 tbsp honey	Salt to taste
2 tsp lemon juice	Pepper to taste

In a small saucepan over med-high heat, stir together margarine, honey and lemon juice until margarine melts. Arrange sweet potato cubes in a lightly oiled 13x9" baking pan. Pour honey mixture over the sweet potatoes. Add seasoning. Toss well to coat. Bake uncovered at 350° for about 40 minutes until tender, stirring and turning occasionally.

Moist Honey Cake

4 eggs	1 cup strong tea	2 tsp. baking powder
1½ cup sugar	½ tsp. baking soda	Pinch salt
1 cup oil	Drop of lemon juice	½ tsp. cinnamon
1 cup honey	2½ cup flour	½ tsp. vanilla

In a large bowl, combine eggs, sugar, oil and honey. In a separate bowl, combine tea, baking soda and lemon juice. Add tea mixture to egg mixture and mix well. Combine remaining ingredients in separate bowl. Add to large bowl and mix everything well. Pour mixture into a bund pan and bake in preheated oven at 300° for 1 hour. Optional: Mix maple syrup with powdered sugar to frosting consistency and pour it over or spread it on the cake. (The syrup will be absorbed in the cake after a while.)