

# Cooking demo with Naomi Nachman



Canada Chabad

Simanim Ceviche

Moroccan Chicken

Bobka



Recipe is shared by Naomi Nachman from Perfect Flavors with permission from Artsroll Publications.

Babka has had a huge comeback in the dessert world and has been featured across the world in culinary menus and media. Babka is not only filled with sweet fillings but people are using the dough also to make deli roll babka and pulled brisket babka.

## Loaded Babka

Pareve Yields 3 loaves

### Dough

1 warm cup water (no hotter than 115°F)  
1 Tablespoon yeast  
½ cup sugar  
½ Tablespoon vanilla sugar  
¾ cup oil  
2 eggs, lightly beaten  
4 cups bread flour, plus more as needed  
1 teaspoon salt

1. Combine water, yeast, and sugars in a large bowl; proof for 5 minutes, until foaming.
2. In a small bowl, combine oil with eggs; add to yeast mixture.
3. 1 cup at a time, add flour to the yeast mixture, followed by salt. Knead to combine. Turn dough out onto floured work surface; knead for 3-5 minutes until flour is well blended and a dough ball forms. The dough should be soft but not oily.
4. Sprinkle a bowl with 2 tablespoons flour. Transfer dough to the bowl; cover with a clean kitchen towel. Let rise in a warm place for an hour.
5. Preheat oven to 350°F. Coat 3 (2-pound) loaf pans with nonstick cooking spray. Line a baking sheet with parchment paper.
6. Divide dough into 3 portions. Roll 1 portion into a 13x10x¼ inch rectangle.
7. Spread on desired filling.

8. Roll dough over filling to form a log. Twist log; fold in half. Place into prepared loaf pan. Cut a shallow slit across the length of the log. Repeat with remaining portions. Top with babka crumbs.
9. Place loaf pans onto a baking sheet. Bake for 30 minutes; rotate pans. Bake additional 15 minutes; babka crumb topping should be golden brown.
10. Cool on cooling racks. Do not cut into babka until has cooled, as dough continues to bake even after being removed from oven.

Tip: in colder weather your dough may take longer to rise or may not rise as high as you would like. To speed up the process and yield a strong high rise, try this awesome trick! Take a clean kitchen towel or a few sheets of paper towel, fold them, wet them thoroughly with water; place moistened towel(s) in the microwave and “cook” for 45 seconds. Once the time is up, place bowl of dough into microwave (do not remove towel) and let it rise in the microwave for 45 minutes. The steam from the water and the warm towel will help the dough rise quickly and keep the dough soft.

Prepare 1 batch of Babka Dough for each type of filling you want to use, or use different fillings for each of the 3 portions. This dough is also perfect for cinnamon buns and danishes. Although the filling recipes below are enough to fill 3 babkas, if you don't use the entire amount, you can freeze the remainder in an airtight container.

### **Basic Babka Crumb Topping:**

- 1 cup all-purpose flour
- 1 cup powdered sugar or granulated white sugar
- 1 Tablespoon vanilla sugar, optional
- 6 Tablespoons canola oil

1. Mix all ingredients together until crumbs form. The consistency should be similar to wet sand.
2. If desired, add cookie pieces, chocolate chips, sprinkles, or nuts.

### **Filling**

#### **Cinnamon Filling**

Yields filling for 1 cinnamon babka or cinnamon buns

- ½ cup softened refined coconut oil or ⅓- ½ cup neutral oil
- ¼ cup dark brown sugar
- ¼ cup light brown sugar
- ½ Tablespoon vanilla sugar

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2½-3 Tablespoons cinnamon

1 apple diced

- Whisk together all cinnamon filling ingredients.

I developed this recipe for Manischewitz using their chicken broth. Don't be intimidated by the long list of spices. There is lots of action in the flavor profile and Moroccan cuisine is one of my favorites.

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## Moroccan Chicken

Meat Yields 8 servings

2 chickens, cut into quarters

2 Tablespoons oil

4 medium onions, sliced

4 cloves garlic, finely chopped

1 inch fresh ginger, finely grated

1 teaspoon freshly ground black pepper

1 teaspoon kosher salt

1 pinch saffron threads, crumbled

2 teaspoons turmeric

2 teaspoons cumin

2 teaspoons paprika

2 teaspoons nutmeg

2 teaspoons coriander

1 teaspoon cinnamon

1 cup chicken broth

¼ cup honey

1 cup cilantro or parsley, finely chopped

1 cinnamon stick

1 cup dried dates, halved

1 cup dried apricot, halved

1. Preheat oven to 375°F.
2. Heat a large sauté pan over medium heat; add oil. When oil is hot, sauté onions, garlic, and ginger till soft. Add the spices.
3. Lower heat; cook for additional 2 minutes. Transfer onion, garlic, and ginger to a large baking dish or 2 (9x13-inch) pans.
4. Increase heat to high; using the same sauté pan, sear the chicken pieces for a few minutes on each side until brown on both sides.
5. Place chicken into the baking dish; set aside.
6. In a small bowl, stir together broth, honey, cilantro cinnamon stick, dates, and apricots,; pour mixture over the chicken.
7. Cover pan(s) tightly with foil; bake for 45 minutes.
8. Raise oven temperature to 400°F. Uncover pan(s); baste chicken with pan juices and bake for another 20 minutes, uncovered, until chicken is golden brown.

Ceviche isn't considered raw, as it is cured with citrus juices. The acid "cooks" the protein. The dish originates in South America. There they serve it with assorted chilies in place of the fruit. Recipe is shared by Naomi Nachman from Perfect Flavors with permission from Artscroll Publications.

## **Simanim Ceviche**

Pareve Yields 8 servings

### INGREDIENTS

1 pound fish, such as halibut

¼ cup fresh lemon juice

¼ cup fresh lime juice

1 jalapeño pepper, seeded and finely chopped

2 Tablespoons olive oil

½ teaspoon kosher salt

½ teaspoon freshly ground pepper

¼ cup fresh cilantro or parsley, chopped

1 green apple, diced

½ cup pomegranate seeds

½ cup shredded carrots

1 leek, white part only, finely diced

1 Tablespoon silan

tostados or tortilla chips, for serving, optional

## DIRECTIONS

1. Cut fish into small cubes. In a glass bowl, combine fish with lemon juice, lime juice, jalapeño, oil, salt, pepper, cilantro, apple, pomegranate, and carrots. Cover and refrigerate; marinate for 2-4 hours. Taste; adjust seasoning, if necessary.
2. Serve with tostados or tortilla chips, optional.

Variation: Cooked fish option

1 pound salmon

½ teaspoon kosher salt

- freshly ground black pepper, to taste

2 Tablespoons olive oil

- juice of ½ lemon

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.
2. Place salmon on prepared baking sheet.
3. Sprinkle with salt, pepper, oil, and lemon juice.
4. Bake, uncovered, for 20 minutes. Continue with Step 1, above.



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