



CHABAD WOMEN'S CIRCLE  
Invites You to a Virtual

# Pre-Pesach Cooking Class

FEATURING TRADITIONAL PESACH FOODS FROM AROUND THE WORLD!



**Rakott  
Krumpli:**  
*Hungarian Potato  
and Egg Casserole*  
with Agnes Imani



*Bene Israel*  
**Indian Fish  
Curry** with  
Michele Sankar



*Sephardic (Syrian)*  
**Quinoa  
Kubeeh Pie**  
with  
Lina Mochon

**MONDAY, MARCH 15 | 7:00 P.M.**

Join us on Zoom: ID 6481726736 passcode: 089917

# **Rakott Krumpli**

## **Hungarian Potato and Egg Casserole**

### **Ingredients:**

4 medium Potatoes  
3 Eggs + 1 Egg Yolk  
1 1/2 Cups Sour Cream  
Salt to Taste  
Pepper to Taste  
Butter for Greasing

### **Instructions:**

Bring 2 small pots of well-salted water to the boil.  
Add in the potatoes to one and the eggs the second pot.

Boil the eggs for 10 minutes before removing. Remove the potatoes after 30 minutes.

Allow both to cool for 10 minutes and then peel both.

Mix the egg yolk with the sour cream.

Cut the boiled eggs and potatoes into 3-4mm thick slices.

Grease an 18cm X 12cm gratin dish with butter.

Layer up the dish starting with potatoes, then egg and then a third of the sour cream.

Season this layer with salt and pepper and add another identical layer.

Finish with a layer of potatoes and then add the remaining sour cream.

Place in an oven and cook for an hour at 375°F.

*Recipe by: Agnes Imani, TheFoodGen*  
[www.thefoodgen.com](http://www.thefoodgen.com)

# Indian Fish Curry

**Serves 6 people**

## **Ingredients:**

2 pounds firm white skinless fish fillets (pollock, cod, haddock, sea bass) cut into 2-inch chunks  
1/2 teaspoon salt, or more as needed  
1/2 teaspoon ground turmeric  
1/2 teaspoon chili powder  
Juice of 1 lime  
2 cloves garlic  
1-inch piece peeled ginger root, coarsely chopped  
1/2 cup chopped cilantro leaves and tender stems  
2 or 3 small green chiles, such as serrano, stemmed and seeded if you want less heat  
2 fresh/frozen curry leaves (optional; see headnote) OR grated lime zest OR Bay Leaves  
1 tablespoon tamarind paste (see headnote) (1 tbsp vinegar + 1 tbsp brown sugar)  
1/4 cup vegetable oil  
1 medium onion, chopped (1 cup)  
2 vine-ripened tomatoes, cut into small dice

## **Instructions:**

Place the fish in a nonreactive bowl or dish. Sprinkle with the 1/2 teaspoon salt, turmeric, chili powder and lime juice. Toss to coat, then cover and refrigerate for no more than a few hours.

Meanwhile, combine the garlic, ginger, cilantro, green chiles (to taste), curry leaves, if using, and tamarind paste in a mini food processor. Puree to form a paste; transfer to a bowl.

Line a plate with a few layers of paper towels. Heat 3 tablespoons of the oil in a large nonstick skillet over medium-high heat. Once the oil shimmers, add the fish (working in batches, as needed). Cook for about 2 minutes per side until golden. Use a slotted spatula to transfer the fish to the lined plate.

Wipe out the skillet, then add the remaining tablespoon of oil and heat over medium heat. Add the onion and tomatoes; cook for 5 to 8 minutes until the onion has softened, then stir in the garlic-tamarind paste. Reduce the heat to medium-low; return the fish to the skillet and gently stir to incorporate, trying not to break up the fish pieces. Once the mixture has warmed through, the fish curry is ready to serve.

*Recipe by: Joan Nathan*

*Adapted by: Michele Sankar*

# **BAKED QUINOA MEAT LOAF KUBEH FOR PASSOVER**

## **Middle Eastern © Villa Lina Gourmet**

### **Ingredients:**

#### **For Filling:**

1 tablespoon vegetable oil  
1 onion, finely chopped  
½ pound (500 grams) minced beef  
½ teaspoon salt ¼ teaspoon black pepper  
½ teaspoon allspice  
2 tablespoons pine nuts, toasted (optional)

#### **For Dough:**

1-1/2 pounds (750 grams) ground beef  
1-1/2 cups quinoa flour  
1 teaspoon salt  
1 cup water (as needed)  
1 tablespoon vegetable oil (for baking dish)

#### **For Baking:**

1 cup water  
1 tablespoon consomme seasoning (bouillon)  
1 teaspoon salt MINT TOMATOES SALAD (optional)  
5 firm tomatoes, seeded and cubed  
1/2 red onion, thinly sliced  
1/2 cup parsley, finely chopped  
10 fresh mint leaves, finely chopped or 1 teaspoon dried mint.  
the juice of 1 lemon  
1 garlic clove, minced  
1 tablespoon olive oil  
sea salt to taste

### **Direction:**

#### **For Filling:**

In a medium skillet, heat oil over medium heat, sauté onions until soft. Stir in the minced beef, breaking it up with a masher, or a wooden spoon. Season with salt, pepper and allspice and cook for 15 minutes or until water is completely absorbed and the beef is thoroughly cooked. Transfer to a bowl to cool and set aside.

#### **For Dough:**

In a separate large bowl, combine minced meat and quinoa flour and salt. Mix together using your hands, add water as needed and knead until mixture is smooth and homogenous.

#### **Assembling:**

Lightly grease a 9 x 13 x 2 inch baking dish with oil. Place half of dough into the dish, pressing down using your hands. Make sure you have a flatten layer base. Spread filling mixture over the flat base layer. Press firmly the remaining dough, to cover the filling evenly. Use a knife to score through the loaf into a diamonds shape pattern.

#### **For Baking:**

Preheat oven at 350°F In a bowl mix ingredients and add to prepared loaf. Bake covered for 30 minutes. Uncover, and bake for additional 10 to 15 minutes or until all water is absorbed. Place pine nuts in the center of each diamond for decoration (if using). Enjoy with a Mint Tomatoes Salad and Avocado slices.