



## TRI-COLOR GEFILTE FISH

**2 loaves plain gefilte fish, defrosted in wrapper**  
**1 loaf salmon gefilte fish, defrosted in wrapper**  
**2 cubes of frozen dill**  
**1 lemon**

Preheat oven to 350 degrees. Spray a 9-inch springform pan with non-stick vegetable spray. Give it a heavy coat. Open each of the 3 gefilte fish wrappers.

Add the dill and juice from lemon into one of the plain gefilte fish loaves. Mix thoroughly so the dill is dispersed evenly. Set aside.

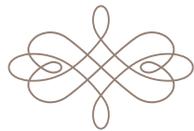
Using a thin spatula, spread the plain gefilte fish into an even layer in the bottom of the springform pan. Top with an even layer of the salmon. On top of the salmon, spread an even layer of the lemon dill fish mixture.

Cover the pan with foil. Bake for 1.5 hour. If the fish does not look set in the center, remove the foil and bake 5 minutes longer.

Let cool and refrigerate overnight. Can be made few days in advance. As an optional garnish, slice a long unpeeled cucumber by hand or by mandolin into paper thin slices. Lay the slices in concentric circles around the top of the fish.

Release the sides of the springform pan. To serve as individual servings, cut into wedges, like a pie. Trim any brown edges.

Yields: 10-12 servings



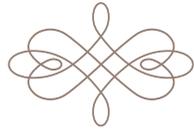
## PURPLE GLAZED SPINACH SALAD

<b>1 (6-ounce) bag fresh spinach leaves</b>	<i>Dressing:</i>
<b>½ cup chopped dried apricots</b>	<b>½ cup oil</b>
<b>1 pear, sliced</b>	<b>½ cup sugar</b>
<b>½ red onion, thinly sliced</b>	<b>¼ cup grape juice</b>
	<b>¼ cup white vinegar</b>
	<b>2 garlic cloves, crushed</b>
	<b>2 tablespoons honey</b>
	<b>1 teaspoon Dijon Mustard</b>
	<b>1.2 teaspoon salt</b>

In a large bowl combine spinach, apricots, pear, and red onion.

In a small bowl, whisk together dressing ingredients. Dress salad right before serving.





## HONEY & PECAN-CRUSTED CHICKEN WITH APRICOT CHUTNEY

### *Apricot Chutney:*

1 (16 oz) jar duck sauce  
1 cup dried apricots

### *Honey & Pecan-Crusted Chicken:*

½ cup honey  
¼ teaspoon salt  
¼ teaspoon freshly

ground black pepper  
½ teaspoon paprika  
2 teaspoons garlic powder  
1 ½ cups corn flake crumbs  
¾ cup chopped pecans  
6 boneless, skinless chicken  
breasts, pounded flat to an even  
thickness

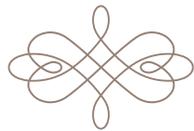
Combine the duck sauce with chopped apricots. Let the chutney sit for at least an hour.

Preheat oven to 400 degrees. Lightly spray a cookie sheet with non-stick cooking spray.

In a medium bowl, combine the honey, salt, pepper, paprika, and garlic powder. Whisk to combine. In a shallow dish, combine the corn flake crumbs with pecans.

Brush the chicken cutlets with the honey mixture and then dredge in the pecan mixture. Place in a single layer in the prepared pan; spray the tops with cooking spray. Bake for 20 minutes. Serve the chicken with the apricot chutney.

Yields: 6 servings



## BAKED BROWN RICE AND EDAMAME

2 cups of brown rice  
2 hot water  
1 tablespoon chicken or onion soup powder  
1 carrot, julienned, or 1 cup shredded carrots  
1 cup shelled edamame  
¼ cup soya sauce  
1 tablespoon of sesame oil

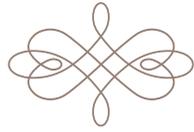
Preheat oven to 350

Place the rice and stock into an 11 by 13 baking pan. Stir to combine. Cover tightly with the foil. Bake for 20 minutes.

Remove the foil, add the carrots, edamame, soya sauce, and sesame oil. Stir to combine. Return to the oven uncovered and cook for about 5 minutes to heat edamame through. Can be served warm or at room temperature.

Makes 6 servings





## MINUTE ROAST WITH BROWN SUGAR GLAZE

**3 ½ lb London Broil**

***Rub:***

**1 tablespoon oil**  
**2 tablespoons honey**  
**1 tablespoons paprika**  
**1 teaspoon salt**

**2 teaspoons onion powder**  
**½ teaspoon black pepper**  
**1 teaspoon ground coriander**

***Glaze:***

**¼ cup mustard**  
**¾ cup brown sugar**

Preheat oven to 350. In a small bowl, combine all ingredients for the rub. Rub into roast. Place roast in a 9 x 13 inch pan.

In a small bowl, combine mustard and brown sugar. Pour over the meat. Cover well with 2 layers of foil. Bake for 4 hours.

Remove roast from oven and let cool. Slice. Before ready to serve, return to oven and bake, uncovered, for 30 minutes.

Makes 10 servings



## SAKE GLAZED SHITAKE AND PORTABELLA MUSHROOMS

**½ cup Sake**  
**4 tablespoons brown sugar**  
**6 tablespoons soy sauce**  
**2 cloves garlic, minced (fresh or frozen)**  
**4 teaspoons toasted sesame oil**  
**3 tablespoons canola oil**  
**½ lb shitake mushrooms, sliced thick**  
**½ lb. portabella mushrooms, sliced thick**

In a small bowl whisk the sake, brown sugar, soy sauce, garlic, and sesame oil.

In a large, non-stick skillet, heat 2 tablespoons canola oil, add mushrooms and cook over high heat, stirring occasionally for about seven minutes until tender and browned. Add sake mixture and cook for additional three to four minutes until all the mushrooms are glazed and the sauce has thickened a bit. Transfer the mushrooms to a plate. You can pour these mushrooms over roast, fish or chicken.





## ORANGE COCONUT CAKE

**3 cups all-purpose flour**  
**2 cups sugar**  
**1 tablespoon baking powder**  
**½ teaspoon salt**  
**1 cup canola or vegetable oil**  
**1 cup orange juice**  
**1 teaspoon pure vanilla extract**  
**4 large eggs**  
**zest 1 orange**

***Coconut crunch:***  
**1 cup all-purpose flour**  
**½ cup dark brown sugar**  
**½ cup sweetened flaked coconut**  
**6 tablespoons (¾ stick) margarine, melted**

***Glaze:***  
**3 cups confectioner's sugar**  
**4 ½ tablespoons orange juice or less**  
**1 cup sweetened coconut**

Preheat oven to 350. Heavily grease and flour bundt pan or tube pane.

In a medium bowl, whisk the flour, sugar, baking powder, and salt.

In the bowl of a stand mixer, at medium speed, beat the oil, orange juice, vanilla, eggs, and orange zest until smooth. Blend in the flour mixture. Mix for 2 minutes on medium speed. Set aside.

Prepare the coconut crunch: In a medium bowl, combine the flour, brown sugar, coconut, and melted margarine. Use your fingertips to pinch into coarse crumbs.

Pour half the cake batter into prepared pan. Top with half the



coconut crunch. Top with remaining cake batter. Sprinkle remaining crunch on top.

Bake for 55 minutes, or until a toothpick inserted into the center comes out clean. Allow the cake to cool for 5 minutes. Turn the cake out into a rack to cool completely.

Prepare the glaze: in a small bowl, mix the confectioner's sugar and 2 tablespoons orange juice. Stir vigorously. You should add as little liquid as possible so that the glaze is thick and dark. Add remaining orange juice, as needed, to make a thick but pourable glaze. Spoon over the cake. Immediately sprinkle on flaked coconut, pressing it lightly into the sides.

