

# ***Tzimmes***

*Collection of 30 Recipes*

*Compliments of*



SERVING  
NOURISHING  
MEALS TO ALL

**masbia**



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Cover photo by Elise Meyer

## MASBIA SOUP KITCHEN NETWORK

is where the rubber meets the road in the fight against hunger. We feed hot, nutritious meals to hungry men, women and children. No statistics. No bureaucracy. No middleman. We deposit food in empty stomachs.

**1.5 MILLION  
MEALS A YEAR  
WE NEED  
YOUR HELP**

## ABOUT US

The **Masbia Soup Kitchen Network** was established in 2005 as a grassroots charity organization with the prime objective of feeding nourishing, nutritious meals to those in need.

Masbia currently serves 1.5 million meals annually.



Masbia prides itself on making clients feel comfortable by providing a restaurant-style setting and ensuring the dignity of those in need. It's all part of the Masbia motto: **"A HOT MEAL ALWAYS NEEDS A TOUCH OF WARMTH."**

Masbia is a direct-service, simple charity that routinely diminishes all of its resources by sharing them with the needy and constantly needs replenishment.

# DONATE

Meeting our annual budget of \$2.5 million relies almost entirely on private donations.

Here are some sponsorship opportunities.

**\$6**  
1 Meal

**\$5,000**  
A Day

**\$118,000**  
A Month



**We stretch every dollar to maximize the impact of the service we provide.**

**We put your money to work and make it go a long way** with volunteer labor, bulk purchasing and in-kind food donations. **Please be a part of this important cause.**

**[www.masbia.org/donate.asp](http://www.masbia.org/donate.asp)**

# VOLUNTEER

We could not do what we do without tens of thousands of hours of volunteer labor every year.

Peeling the vegetables, bagging the produce, ladling the soup, plating the main dish, washing the pots and pans and assembling the grocery food packages all happen only with the help of our devoted volunteers.

**PLEASE JOIN OUR TEAM OF VOLUNTEERS.**

Visit **[www.masbia.org/volunteer.asp](http://www.masbia.org/volunteer.asp)**  
Or email to **[volunteer@masbia.org](mailto:volunteer@masbia.org)**

## CURRENT YEAR-ROUND PROGRAMS

### Restaurant-style dinner served by volunteer waiters.

A typical dinner is made up of soup, protein, starch, vegetable and dessert with optional bread, beverage and salad.



### Free grocery packages.

Once a week families in need receive an emergency care bag filled with enough groceries to make nine meals for each person in the family. Based on the USDA My Plate formula, there is enough protein, grain, fruits and vegetables for three days. About

**30,000 POUNDS OF FOOD ARE DISTRIBUTED EVERY WEEK.**

## SPECIAL PROGRAMS

### Passover emergency food hot line.

1-855-Pesach-Food is the number to call to



reserve emergency food for Passover. Volunteers help deliver them to needy seniors. Each package contains eighteen meals for each member of the family - double the regular package. Close to

**400,000 POUNDS OF**

**KOSHER FOR PASSOVER FOOD** was distributed in 2015.

### Hurricane Sandy food relief.

**OVER 20,000 AIRLINE-STYLE HOT MEALS** were sent to Hurricane Sandy-

affected neighborhoods and evacuation centers. Similar emergency food campaigns were held on various occasions.

## The History of Tzimmes

On Rosh Hashana, the Talmud instructs us to eat various symbolic foods, simanim, as omens for the new year, allowing us to express our desires for a sweet new year and to be inscribed in the book of life. While some traditional foods of the Rosh Hashana meal go back thousands of years, the tzimmes dish is one of the latest additions, made especially prominent after being cited by Rabbi Shlomo Ganzfried of Uzhhorod (also known as Ungvar), the author of the famous *Kitzur Shulchan Aruch*.

For Ashkenazi Jews, tzimmes, one of the many different symbolic foods that either taste sweet or have names that sound similar to our hopes and prayers for the new year, became a fondly remembered dish of the Rosh Hashana meal.

The special prayer recited along with the tzimmes, “sheyirbu zechiyoseinu,” may we have more merits, is based on the Yiddish/German word for carrots, “mayeren”, which can also mean plenty or “more” and comes from the Hebrew word “marbeh”. In modern day Israel, carrots also took on new symbolism, since the Hebrew word for carrot is “gezer” and the prayer “shyigzor aleinu gezeiros tovos”, that Hashem should issue us only good decrees, became incorporated into the Rosh Hashana meal.

## Tzimmes and Masbia

This year we would like for your tzimmes, enhanced by this recipe collection, to symbolize more than just a prayer. While the prayer of the tzimmes is to have more merits, this year the tzimmes can symbolize actual accumulated abundance of merits earned by feeding the hungry, through a charitable donation to Masbia.

To us at Masbia, tzimmes has long been a symbol of emergency food. During Hurricane Sandy, Masbia joined the relief efforts by sending thousands of meals to disaster victims in the New York City area. Tzimmes was one of the ways in which we were able to provide nutritious food to our fellow New Yorkers. We literally filled every inch of oven space with carrots and let them slow-cook overnight, giving the chef a head start in the morning and enabling him to keep up with the unprecedented demand.

The following year in 2013, Masbia traveled to Washington together with anti-hunger activists to advocate against cutting SNAP (formerly known as the Food Stamp Program). There were \$40 billion in cuts on the table, the

greatest amount in decades, which if enacted would destroy the hunger safety net. Masbia's chef and senior staff served tzimmes at the Capitol Building between Rosh Hashana and Yom Kippur, bringing our congressional representatives a special and sweet high holiday message through our post-Hurricane Sandy relief work. Tzimmes was the perfect food when Masbia went from serving its standard 500 meals a day to 3,000 and we wanted to illustrate how just like Hurricane Sandy brought disaster to thousands, the pending cuts to SNAP had the potential to become a government-created disaster that would require emergency food providers like Masbia to serve exponentially more meals.

## **The Collection**

In honor of Rosh Hashana, we asked various personalities in the food world to share their favorite tzimmes recipes with us. The responses ran the gamut and we present them to you here, exactly as they were presented to us by the authors, some of whom also included pictures and short descriptions.

Organizing 30 recipes of the same dish ended up being more complicated than anticipated and we chose to present them in alphabetical order based on the authors' last names. The number of Rosh Hashana simanim included in each recipe is clearly listed and recipes are tagged by category, to help you find a recipe that best suits your taste and needs. Tags such as main dish, side dish, center of table and dessert will help you classify each recipe, while other tags better identify the contents of the dish. "Traditional" tzimmes are the ones just like Bubby used to make, while "Tzimmes Plus" has additions, including meat or dough. "Out of the Box" recipes signify recipes that have tzimmes-like components but are definitely not your classic tzimmes. Recipes are also classified as meat, parve, vegan and vegetarian and categorized according to palates of Jews from different origins. An index page, based on tags, simplifies the process of finding a particular style tzimmes.

## **Tzimmes Tips:**

While cinnamon and carrots are a perfect combination, cinnamon can alter the color of your tzimmes. Try this tip from our own Chef Ruben: use cinnamon sticks instead of ground cinnamon to add flavor and preserve the beautiful orange color of your carrots.



While at Masbia we always use fresh ingredients, I would advise home cooks to use either canned or frozen carrots. Since the carrots in the tzimmes are so sentimental and the color and uniform size are so important to make a good presentation, this quick shortcut will actually improve your finished product.

Cookbook queen Susie Fishbein joined us with her family at the Masbia kitchens one year before Rosh Hashana, cooking up a massive quantity of tzimmes. She introduced us to the wonders of date honey, known as silan, which is the real biblical honey. With the Torah mentioning date honey as a symbol of prosperity, and dates being one of the simanim for Rosh Hashana also incorporating the kedusha of Eretz Yisroel into the dish, silan is the perfect sweetener for your Rosh Hashana tzimmes.

My bubby always put kishka in her tzimmes, the perfect food to balance the sweetness of tzimmes.

Caramelized, minced onions are a fabulous addition to tzimmes, another tip from my bubby. With their golden sweetness, they can be used in place of some, or even all of the sugar or honey in your tzimmes.

After Hurricane Sandy decimated the greater New York area, we literally cooked around the clock, taking a break only for Shabbos. One week my grandmother was visiting with us from Canada and as soon as Shabbos ended, four generations of Rapaports were back in the kitchen, preparing almost 1,000 pounds of tzimmes. One of the shelters we went to was housing hundreds of seniors, all sharing one large room, with minimal access to running water. The tzimmes filled the room with a heavenly aroma and everyone enjoyed a fresh, hot meal.

### **The New Tzimmes Symbol**

We hope that this year your tzimmes will serve not only as a symbolic prayer for more merits but as a tangible reminder of your generosity of heart, as demonstrated by your charitable donation to Masbia in order to feed the needy and care for the poor.

Shana Tovah,

*Alexander Rapaport*

Executive Director



Chanie Apfelbaum:

# Tzimmes Roast

MAIN DISH

TRADITIONAL

TZIMMES PLUS

ASHKENAZI

MEAT

SERVES: 8-10

SIMANIM: CARROTS, FATTY MEAT, HONEY

## Ingredients:

2 lb. mock tender (see note)

1 tbsp olive oil

salt and pepper, to taste

2 large carrots, approx 1 lb., peeled and sliced

1 lg or 2 small sweet potatoes, approx 1 lb., peeled and diced

1 cup canned pineapple tidbits (reserve juice)

1/4 tsp cinnamon

1/8 tsp nutmeg

heaping 1/4 c honey

1/4 cup pitted dried prunes, optional



## Preparation:

Heat a dutch oven or oven-safe pot and add olive oil. Season the roast with salt and pepper and sear on all sides. Place carrots, sweet potatoes, prunes (if using), pineapple tidbits and all the juice from the can (it should equal about a cup, if it's less, add water to equal a cup) around the roast. Sprinkle the vegetables with cinnamon and nutmeg and drizzle with honey. Season, to taste, with salt. Cover the pot and bring to a gentle simmer. Remove from the fire and bake at 350 degrees for 1 hour. Flip the roast, stir the carrots, and bake for an additional hour.



## Chanie Apfelbaum

Remove the roast from the pot and let it rest for 10 minutes. Slice and place on a platter. Place the tzimmes around the roast and drizzle remaining sauce over the meat.

Note: The mock tender is a large kolichel cut from the shoulder. If your butcher does not carry it, use a shoulder roast instead.

Variation: use 1 cup orange juice instead of pineapple juice.



*Poopa Dweck:*

# Aleppo Style Carrot - Tamarind Tzimmes

SIDE DISH

TRADITIONAL

SYRIAN

PARVE

VEGETARIAN

VEGAN

SERVES: 10-12

SIMANIM: CARROTS

## Ingredients:

2 pounds carrots, 6 -8 medium or 4 large carrots cut into 1/2-inch chunks  
3 pounds yams cubed  
3 medium onions chopped  
1 pound pitted cherries  
2 tablespoons non-dairy vegetable butter  
1/2 cup tamarind concentrate  
1/2 cup lemon juice  
1/2 cup agave  
1/2 cup packed dark brown sugar  
2 teaspoons cinnamon  
1/2 teaspoon allspice  
1/2 teaspoon orange blossom or rose water  
1/2 teaspoon kosher salt  
Dried rose petals garnish

## Preparation:

1. Preheat oven to 350°. 2. Coat a 13-inch x 9-inch baking dish with 1 tablespoon vegetable butter. 3. Place carrots, yams, onions and pitted cherries in baking dish. 4. In a small bowl whisk tamarind concentrate, lemon juice, agave, 1/2 cup water; pour over vegetables. 5. Sprinkle with sugar, cinnamon, allspice, orange blossom or rose water and salt. 6. Cover inner part of baking dish with folded parchment paper (optional). 7. Completely cover baking dish and bake 350° for 1 hour. Uncover; using a small spoon in order to not bruise vegetables marinate the tzimmes with the sauce;

## Poopa Dweck

dot with remaining 1 tablespoon of vegetable butter and bake another 30 minutes or until caramelized. 8. Garnish with edible dried rose petals



## Poopa Dweck

# Carrot Honey - Pomegranate Tzimmes

SIDE DISH

TRADITIONAL

SYRIAN

PARVE

VEGETARIAN

VEGAN

SERVES: 10-12

SIMANIM: CARROTS, HONEY, POMEGRANATE

### Ingredients:

2 pounds carrots, 6 -8 medium or 4 large carrots cut into 1/2-inch chunks  
 3 pounds choice of rutabaga, turnips, parsnips peeled and chopped  
 3 medium onions chopped  
 2 tablespoons non-dairy vegetable butter  
 1 pound dried cranberries or raisins  
 1 cup pomegranate juice  
 1/2 cup lemon juice  
 1/2 cup honey  
 1/2 cup packed dark brown sugar  
 2 teaspoons cinnamon  
 1/2 teaspoon kosher salt  
 Fresh pomegranate for garnish

### Preparation:

1. Preheat oven to 350° 2. Coat a 13-inch x 9-inch baking dish with non-dairy 1 tablespoon vegetable butter. 3. Place cranberries or raisins, carrots, choice of rutabaga, turnips, parsnips and onions in baking dish. 4. In a small bowl whisk

pomegranate juice, lemon juice, honey, ½ cup water; pour over vegetables. 5. Sprinkle with sugar, cinnamon, and salt. 6. Cover inner part of baking dish with folded parchment paper (optional). 7. Completely cover baking dish and bake 350° for 1 hour. Uncover; using a small spoon in order to not bruise vegetables marinate the tzimmes with the sauce; dot with remaining 1 tablespoon of vegetable butter and bake another 30 minutes or until caramelized. 8. Garnish with pomegranate seeds.

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*Sandy Eller:*

## Mini Carrot Muffins

DESSERT

TZIMMES PLUS

PARVE

VEGETARAIN

OUT OF THE BOX

SERVES: 12

SIMANIM: CARROTS

Having grown up in a home where traditions were sacred and never to be broken, I spent years trying to find a tzimmes recipe that my family would love. Year after year, I tried recipe after recipe but while my husband and I enjoyed our tzimmes, our children had strong opinions otherwise. Eventually it occurred to me that it was carrots, not tzimmes, that bore special symbolism for Rosh Hashana, so I started making mini carrot muffins instead. End of story, everyone loves them!

### Ingredients:

3 carrots, grated

1 cup flour

1/2 cup oil

1 cup brown sugar

1 tsp. vanilla

2 eggs

1 tsp. baking powder

1 capful lemon juice

### Preparation:

Preheat oven to 350. Beat eggs. Mix in flour, oil, sugar, vanilla, eggs, baking powder and lemon juice. Stir in carrots. Pour into a mini muffin pan. Bake 10 minutes.

*Susie Fishbein*

## Tzimmes Souffle

SIDE DISH

TZIMMES PLUS

PARVE

VEGETARAIN

OUT OF THE BOX

SERVES: 10-12

SIMANIM: CARROTS

This recipe is great all year-round. For an extra-special presentation, make this recipe in individual ramekins for single servings as pictured above.

### Ingredients:

Nonstick cooking spray

5 large eggs, separated

2 cups finely grated carrots, about 5-6 large carrots

1 cup sugar

3/4 cup matzo meal

1/2 cup vegetable oil

1 teaspoon lemon juice

2 tablespoons orange juice

1 (20-ounce) can crushed pineapple with heavy syrup

### Preparation:

Preheat oven to 350F.

Spray a 9- by 9-inch square pan with nonstick cooking spray. Set aside.

In a small bowl, lightly beat the egg yolks. Set aside.

In a large bowl, beat the egg whites until stiff. Using a spatula, fold in the carrots, sugar, and matzo meal. Fold in the egg yolks, oil, lemon juice, orange juice, and pineapple with the syrup.

Pour into the prepared baking dish. Bake 40–45 minutes or until top is golden. Scoop or spoon out.



*Susie Fishbein:*

# Tzimmes Puffs

SIDE DISH

TZIMMES PLUS

PARVE

VEGETARAIN

VEGAN

SERVES: 6

OUT OF THE BOX

SIMANIM: CARROTS

Prep Time: 10 minutes

Cook Time: 25 minutes

Yield: 18 puffs

**Ingredients:**

18 puff pastry squares or 1 (17.5-ounce) box frozen puff pastry sheets, defrosted according to package directions

1 1/2 cups firmly packed sweet potatoes, from a 28-ounce can, drained

1 cup frozen carrot coins or frozen baby carrots

1/4 cup whole berry cranberry sauce

1 (8-ounce) can crushed pineapple, drained

2 tablespoons all-purpose flour

2 tablespoons dark-brown sugar

**Preparation:**

Preheat oven to 400F. Spray muffin tins with nonstick cooking spray. Set aside.

Lay out the puff pastry squares on a work surface or cut each puff pastry sheet into 9 equal squares to total 18 squares.

Empty the drained sweet potatoes into a medium bowl. Mash with the back of a fork. Combine with the carrots, cranberry sauce, crushed pineapple, flour, and brown sugar. Toss to combine.

Place a heaping tablespoon of filling into the center of each pastry square.

Moisten the edges of each square with water. Gently stretch the dough and pull the two sets of opposite corners so they almost meet in the center, leaving some of the filling visible. Let all four triangular tips flop over; they will open slightly as they bake.

Place each puff pastry packet into the cup of a muffin tin. Bake, uncovered for 20–25 minutes, until puffed and golden. Serve warm.





*Jamie Geller:*

# Sweet Potato and Carrot Bake

CENTER OF TABLE

TRADITIONAL

ASHKENAZI

PARVE

VEGETARIAN

VEGAN

SERVES: 10-12

EASY

SIMANIM: CARROTS, DATES

60min. Duration

45min. Cook Time

15min. Prep Time

**Ingredients:**

2 pound sweet potatoes, peeled and cut into 1/2-inch dice

1 pound carrots, peeled and cut into 1/4-inch thick rounds

1 cup vegetable broth

4 tablespoon brown sugar

2 tablespoon margarine, melted

1 teaspoon orange zest

1/2 teaspoon kosher salt

Freshly ground black pepper

**Preparation:**

Preheat oven to 400° F. Grease a 9-inch square baking dish and set aside.

In a medium bowl, combine all ingredients and toss to coat. Pour into prepared pan and cover with foil. Bake 30 minutes. Remove foil and bake 15 more minutes or until vegetables are tender.



*Tamar Genger:*

# Beet Tzimmes

SIDE DISH

PARVE

TRADITIONAL

ASHKENAZI

VEGETARIAN

VEGAN

SERVES: 12

SIMANIM: BEETS, CARROTS, DATES, HONEY

I found a fantastic use for Gold's Borscht, it makes a flavorful base for the traditional sweet potato and carrot tzimmes. To be honest I never liked tzimmes much, but I hadn't had it a while and maybe my tastes have changed or this is just that good, but I love this side dish, perfect addition for Rosh Hashanah or Passover.

65min. Duration

60min. Cook Time

5min. Prep Time

## Ingredients:

- 1 pound large carrots
- 2 pounds sweet potatoes
- 1/2 cup dried cherries
- 1/2 cup dried apricots
- 1/2 cup dried dates
- 1/4 cup honey
- 1 teaspoon ground cinnamon
- 2 teaspoons orange zest
- 1 jar Gold's Borscht

## Preparation:

Peel and cut carrots and sweet potatoes. Place in a 9x13 pan. Layer dried cherries, apricots and dates over top. Drizzle honey all around and sprinkle cinnamon and orange zest. Pour borscht including beet pieces over top and bake uncovered for 60 minutes. Enjoy hot.



*Betty Goodfriend*

# Turkey Tzimmes

MAIN DISH

SIDE DISH

MEAT

TRADITIONAL

ASHKENAZI

TZIMMES PLUS

SERVES: 8-10

SIMANIM: CARROTS, FATTY MEAT, HONEY

Betty, a Holocaust survivor, was the wife of the celebrated Cantor Isaac Goodfriend. Her cooking was legendary in the Atlanta area. Turkey tzimmes is one of her signature recipes. Submitted by KosherEye.com

## Ingredients:

- 4 medium white potatoes
- 2 lbs. sweet potatoes
- 3 lbs. baby carrots, peeled
- 1 lb. prunes, pitted
- 1-½ lbs. turkey thighs with skin and bone
- 1-teaspoon cinnamon
- ½ cup honey
- 1 Tablespoon salt (or to taste)
- ½ cup dark brown sugar
- 5-6 cups water

## Preparation:

Peel and cut white potatoes into ¼ inch slices and layer on bottom of a large Dutch oven.

Peel and cut sweet potatoes into chunks, about 8 per potato.

Rinse baby carrots and prunes in cold water.

In a large bowl, combine carrots, sweet potatoes and prunes.

Put half of this mixture over white potatoes. Add turkey thighs skin side up.

Cover with remaining carrot mixture. Sprinkle with cinnamon. Pour honey over top of carrot mixture. Mix salt and sugar in 2 cups water and pour over vegetables. Add remaining water until liquid is about 2-3 inches below top of carrot mixture. Preheat oven to 325

*Continued*

On stovetop, bring to a boil then simmer covered for 20 minutes. Place uncovered in oven for 3-4 hours; Checking every 30 minutes, adding water if necessary. If sauce seems too watery, mix in 1-teaspoon potato starch or flour to water.

When done, everything should be tender. Remove turkey from bone and cut into bite size pieces and place atop tzimmes. Serve warm. If refrigerated, reheat at 325° until warm.

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*Leah Hadad:*

## Baharat Spiced Apricot Tzimmes

SIDE DISH

TRADITIONAL

MIDDLE EASTERN

PARVE

VEGETARIAN

VEGAN

SERVES: 6-8

SIMANIM: CARROTS, LEEK, HONEY, POMEGRANATE

Another opportunity for Mixin' Traditions is this carrot tzimmes dish, sweetened with honey and dried apricots and spiced with baharat, a spice mix used in Iraqi and other Middle Eastern dishes.

Prep Time: 30 min.

Cooking: 45 minutes



**Ingredients:**

- 2 lb. mini carrots
- 1 cup sliced leeks, white and light green parts only
- 1 bulb fennel, halved and thinly sliced
- 4 shallots, halved and thinly sliced
- 1 tsp. salt, divided
- 3 Tbsp. olive oil, divided
- 6 cloves garlic, sliced and cut into strips
- ½ cup dried apricot, sliced into strips
- 1 tsp. fresh ginger, grated
- 1 Tbsp. Baharat (Iraqi spice blend; available at kosher markets)
- 1-cup white wine
- ½ cup vegetarian stock
- 2 Tbsp. honey
- 1 tsp. pomegranate molasses
- ¼ cup parsley, chopped
- ¼ cup roasted slivered almonds

**Preparation:**

1. Place 2 Tbsp. olive oil in a shallow roasting pan, add the carrots, fennel, leeks and shallots, sprinkle ½ tsp. salt and mix well to coat. Bake on the lower shelf of a preheated 400° F oven for 40-45 min., till done. Make sure to turn vegetables few times for even roasting.
2. While vegetables are roasting, heat up 1 Tbsp. oil in a frying pan and sauté the garlic for 5 minutes. With a slotted spoon remove the garlic to a small bowl and reserve. To the same pan, add the apricots, ginger, baharat and ½ tsp. salt and sauté for 5 min. Add white wine, stock, honey and pomegranate molasses and bring to a simmer and cook for 10 minutes on low. Adjust seasoning to taste.
3. Move vegetables into a serving platter, add the apricot sauce and mix. Adjust seasoning.
4. Before serving, sprinkle the parsley, roasted almonds and sautéed garlic all over the vegetables. Stir lightly to incorporate.

Enjoy!

*Leah Hadad*

# Lemon Date Tzimmes

MAIN DISH

TRADITIONAL

YEMENITE

PARVE

VEGETARAIN

VEGAN

SERVES: 6-8

SIMANIM: CARROTS, DATES, HONEY



Mixin' Traditions, the name of Tribes-A-Dozen's blog and on which I post the recipes I develop, sums my attitude to cooking. As an Israeli of Yemenite Jewish ancestry, I like to find my own twist on true and tested traditional American Ashkenazi dishes. This Lemon Date Tzimmes marries elements from my tradition and my American Ashkenazi husband's tradition – dates and hawajj, a Yemenite turmeric spice mix, as well as cilantro with the a sweet carrot dish of Ashkenaz. A wish for peace, dates are one of the ceremonial foods – 'simanim' -- upon which Mizrahi/ Sephardi Jews say a blessing at the Rosh Hashannah Seder. Serve as a side dish or heaped on a serving of quinoa for a satisfying and nourishing vegetarian main.

Prep Time: 30 min.

Cooking: 45 minutes

**Ingredients:**

- 2 lb. mini carrots
- 1 lb. parsnips, peeled and cut into 2-inch sticks
- 1 bulb fennel, halved and thinly sliced
- 1 onion, halved and thinly sliced
- 3 Tbsp. olive oil, divided
- 1 tsp. coarse salt, divided
- 6 cloves garlic, sliced and cut into strips
- 10 dates, pitted and cut lengthwise into 6 strips
- 1 tsp. fresh ginger, grated
- 1-cup red wine
- 1-cup vegetarian stock
- 1 tsp. honey
- 1 Tbsp. Howaij (Yemenite turmeric spice blend is available at kosher markets)
- ½ preserved lemon, diced
- ¼ cup cilantro, chopped
- ¼ cup parsley, chopped
- ¼ cup roasted slivered almonds

**Preparation:**

1. Place 2 Tbsp. olive oil in a shallow roasting pan, add the carrots, parsnips, fennel and onion, sprinkle ½ tsp. salt and mix well to coat. Bake on the lower shelf of a preheated 400° oven for 40-45, till done. Make sure to turn vegetable around for even roasting.
  2. While vegetables are roasting, warm up 1 Tbsp. oil in a frying pan and sauté the garlic for 5 minutes on low and transfer into a small bowl with a slotted spoon. Add the dates, howaij, ginger and ½ tsp. salt to same pan and sauté for another 5 min. Add wine, stock and honey and bring to a simmer and cook for 5 minutes on low. Adjust seasoning.
  3. Move vegetables into a serving platter, add the date sauce and mix. Adjust seasoning.
  4. Before serving, sprinkle the cilantro and parsley, preserved lemon, sautéed garlic and roasted almonds all over the vegetables. Stir lightly to incorporate.
- Enjoy!

*Naftali Hanau:*

# Grow and Behold Meat Tzimmes

MAIN DISH

TRADITIONAL

MEAT

ASHKENAZI

TZIMMES PLUS

SERVES: 6-8

SIMANIM: CARROTS, FATTY MEAT

## Ingredients:

2-3 lb Beef Cheeks or Flanken

1 T Paprika

1 T Toasted Garlic Powder

1 t Toasted Onion Powder

2 Cups Chicken Broth

2lb Carrots cut 1/4 inch thick

1lb Pitted Prunes (or other dried fruit)

## Preparation:

Coat beef cheeks with spices. Place in covered roasting pan with chicken stock and braise at 300° until fork tender. 3-4 hours. Cool, skim fat, and shred into small pieces.

Cook carrots and prunes on stovetop until carrots are soft and prunes are mushy. Mix in shredded beef cheeks and pour out into casserole dish. Bake at 400° for 20-30 minutes, until there is a crust on top.

---



*Jordana Hirschel:*

# Simanim Duck Salad

MAIN DISH

MEAT

AMERICAN

TZIMMES PLUS

OUT OF THE BOX

SERVES: 6

SIMANIM: BEETS, SQUASH, LEEK, HONEY, POMEGRANATE, APPLES, FATTY DUCK

My family doesn't like tzimmes so we eat carrots with our fish. The other simanim are very seasonal and fresh so we love eating them in different ways. Here is one of my favorites.

## Ingredients:

\* = simanim

Arugula

\*2 Roasted Beets, diced

\*1 Roasted Butternut Squash, diced

2 Seared Duck Breasts, sliced (recipe to follow)

\*Seeds from 1 Pomegranate

\*1 Gala Apple, diced

Shallot Cider Vinaigrette (recipe to follow)

\*Frizzled Leeks

## Preparation:

Seared Duck Breast:

2 Boneless Duck Breast

Kosher Salt

Pepper

Score duck skin and season with salt and pepper. In a screaming hot skillet, place duck breast, skin side down in skillet and let cook 4-7 minutes until skin gets brown and crisp. Turn breast over and cook an additional 4 minutes until cooked medium rare. Remove from skillet and let sit covered for 10 minutes.



Slice on a bias.

Shallot Cider Vinaigrette:

1 medium Shallot, peeled

1/3 cup Apple Cider Vinegar

1/3 cup Extra Virgin Olive Oil

2 Tbsp. Honey

2 Tbsp. Dijon Mustard

Kosher Salt

Fresh Cracked Pepper

Puree shallot in food processor, add vinegar and pulse until smooth. Add remainder of ingredients and mix well. YUM!

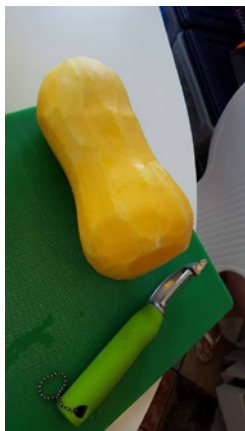
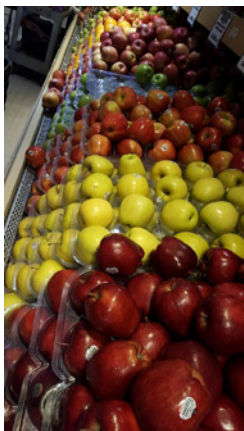
Frizzled Leeks:

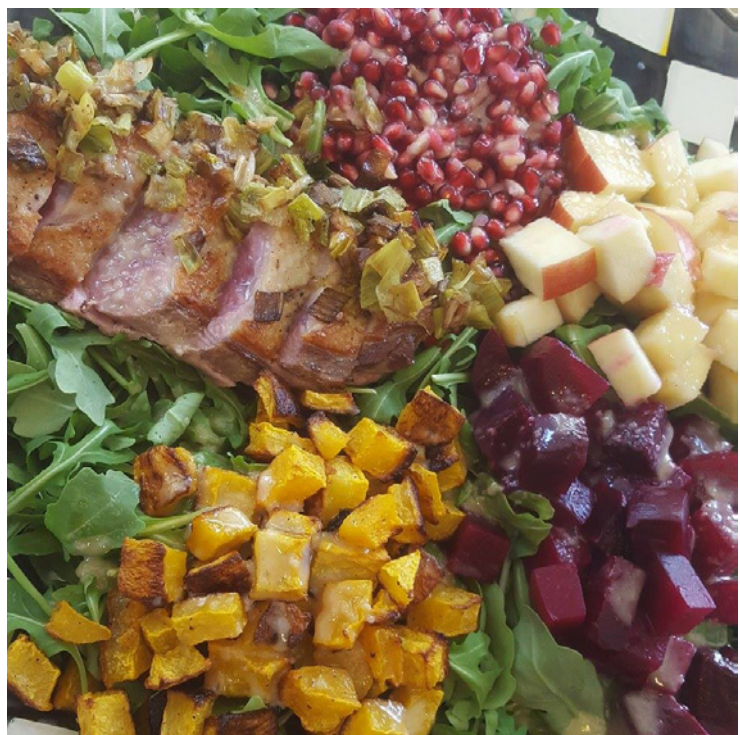
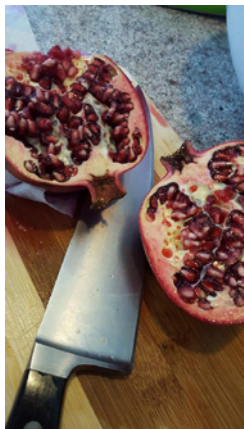
3 Leeks, sliced lengthwise and cut into half moons, washed thoroughly.

Oil

Salt

Dry Leeks, then fry until crispy let drain on paper towel and salt.





*Levana Kirschenbaum:*

# Tzimmes Recipe

## Frugal Tzimmes Version

## Tzimmes Loaf Variation

SIDE DISH

PARVE

TRADITIONAL

ASHKENAZI

VEGETARIAN

VEGAN

SERVES: 3-4

SIMANIM: CARROTS, APPLES

There seems to be no Rosh Hashana without Tzimmes, as it is the perfect quintessence of all our prayers on a dinner plate: Sweet, strong, deep, spicy, nourishing, delicious. My Tzimmes Recipe is included in my giant Rosh Hashana Recipe and Menu File, with an amazing selection.

Tzimmes falls in a grey area between savory and sweet: Although it is meant as a side dish for meat and poultry, it often errs on the sweet and cloying side, making it sometimes unsuitable even for dessert. There is no good reason for that. My Tzimmes relies mostly on naturally sweet vegetables, fruit and spices for sweetness, and has very little sugar added, so it amply falls in the category of healthy cooking. Even what little sugar I use can easily be replaced with stevia.

Tzimmes has more ingredients than I like my dishes to have (Tzimmes! Hello! Not for nothing does it get its affectionate name!) but it gets assembled quickly. I am also including a recipe for a very streamlined and more frugal recipe version at the bottom, for times we need to cook for a crowd on a shoestring budget.

### Ingredients:

- 1 medium onion
- 1 large sweet potato, diced small
- 1 large carrot, diced small
- 2 Granny Smith apples, unpeeled, diced small
- 1 cup canned unsweetened crushed pineapple, juice and all
- 1 cup dried apricots or pitted prunes, quartered, optional
- 1/2 cup golden raisins
- 1 tablespoon ground cinnamon



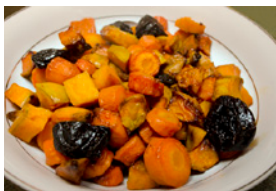
## Levana Kirschenbaum

1 tablespoon ground ginger

1/3 cup olive oil

1/4 cup light brown sugar or sucanat. (Sugar-restricted: Use 1-2 tablespoons stevia)

Salt and pepper to taste



### Preparation:

Preheat the oven to 375 degrees.

Combine all ingredients thoroughly in a bowl. Arrange the mixture in one layer on a baking sheet with sides, and bake about 45 minutes, or a few minutes longer, until ingredients are a nice golden color and the cooking liquids thicken into a natural sauce. Serve hot. Makes 8 ample servings.

### Variation: Zimmies Loaf or Individual Servings

I love to make my zimmies in a loaf pan or in muffin molds. It's a little more work and a couple more ingredients than cutting the ingredients in dice, baking them and calling it a day, but this is a nice fun departure, and looks more festive. The food processor will make short work of the preparation steps: no dicing. With the shredding blade, shred the sweet potato, carrot and apples. Transfer the shredded mixture to a mixing bowl, with all remaining ingredients. Increase the oil to 1/2 cup. Add 3 eggs and 1 cup flour. Mix thoroughly (avoid squeezing so as not to extract more moisture). Pour into a greased tube cake pan or 9×13 pan., or into 1 1/2 dozen medium muffin molds. Bake for 1 hour (muffins: 40 minutes) or until a knife inserted in the center comes out clean. Cut into slices or chunks. Serve warm as a side dish.

### Variation: Frugal Zimmies Version

Follow the basic recipe instructions on top, using a simplified and more economical ingredient list: 1 medium onion, 1 large sweet potato, 2 large carrots, 1 cup canned crushed pineapple (1/2 cup reconstituted frozen orange juice if crushed pineapple is hard to get), 1 cup raisins, 2 tablespoons cinnamon, 1/3 cup vegetable oil, 1/4 cup sugar, salt and pepper to taste.

If you decide to make a "frugal" zimmies loaf: follow the instructions for zimmies loaf, using the simplified ingredient list in the frugal version above.

*Levana Kirschenbaum:*

# Moroccan Hot and Sweet Parsnips

SIDE DISH

PARVE

TRADITIONAL

MOROCCAN

VEGETARIAN

VEGAN

SERVES: 8

SIMANIM: CARROTS, APPLES

Poor parsnips too often serve as crowd actor, and then get discarded (as in chicken soup), but here they are “it”. Who knew they could be so fabulous? hot and sweet is a great treatment for them, and the easiest. They are delicious at room temperature as well. Sephardi Tzimmes? I do like like traditional tzimmes as well, but this dish is made in a jiffy. Straight from my latest cookbook! Naturally gluten-free, naturally Passover-friendly, and naturally great for you!

## Ingredients:

1 ½ dozen very thin parsnips, peeled and left whole (settle for 5–6 larger ones, peeled and quartered lengthwise)

2 cups water

3 tablespoons olive oil

3 tablespoons sugar or Sucanat

1 tablespoon paprika

1 teaspoon turmeric

1/4 teaspoon cayenne pepper,

or less to taste

1 tablespoon ground cinnamon

Salt and pepper to taste

## Preparation:

Place all the ingredients in a wide heavy pot and bring to a boil. Reduce the heat to medium, cover, and cook for about 20 minutes, or a drop longer, until the parsnips are tender and the liquids in the pot have thickened. Pour the sauce over the parsnips. Serve hot or at room temperature.



Sarah Klinkowitz

*Sarah Klinkowitz:*



# Tzimmes with 'Facon'

MAIN DISH

SIDE DISH

MEAT

AMERICAN

TZIMMES PLUS

SERVES: 3-4

SIMANIM: APPLES, CARROTS, HONEY

This tzimmes is designed to be served either as the main dish or as a side. I love the fact that there are many simanim in it (honey, apples, carrots, sesame seeds) incorporated. Enjoy for a truly sweet New Year!

## Ingredients:

- 1 lb carrots, peeled and sliced into coins
- 2 Macintosh apples
- 1/2 cup dried cranberries or craisins
- 6 oz facon or beef fry
- 2 cups water
- 3 oz honey
- (optional) 2 oz sesame seeds

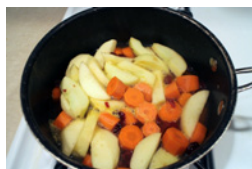


## Preparation:

On the stove top, bring the carrots and water to a boil. Lower to a simmer and add the apples and cranberries. In a preheated oven, lay the facon on a baking sheet and drizzle honey on each slice, topping with sesame seeds (optional).

Bake at 350 for 15 mins, or until the edges are very dark. Turn off oven and let sit for additional 10 mins, so the meat crisps.

Strain the water from the apple mixture. Using kitchen shears, cut the facon into small pieces and add to the apple mixture. Scrape off the honey that is left over on the tray, and use a spatula to gently incorporate the meat and honey into the apple mixture. Best served immediately and hot.



*Sarah Klinkowitz:*

# Tzimmes

SIDE DISH

PARVE

TRADITIONAL

ASHKENAZI

VEGETARIAN

VEGAN

EASY

SERVES: 3-4

SIMANIM: CARROTS, APPLES

This is the tzimmes recipe I make for my family. My oldest calls these 'Mommy's Rosh Hashana carrots'. He doesn't like vegetables at all, but he looks forward to these all year!

## Ingredients:

1 lb. carrots, peeled  
and sliced into coins  
1/2 cup golden raisins  
1 1/4 cups sugar  
1 cup water  
pinch of salt

## Preparation:

On the stovetop, add all ingredients and bring to a boil. Lower to a simmer and cook for 10 mins or until carrots are mostly tender. Can be served at any temperature.





*Gloria Kobrin:*

# Old-Fashioned Tzimmis

MAIN DISH

TRADITIONAL

TZIMMES PLUS

ASHKENAZI

MEAT

SERVES: 12

SIMANIM: CARROTS, FATTY MEAT

## Ingredients:

4 pounds sweet potatoes  
2 pounds white potatoes  
1 pound pitted prunes  
1 pound baby carrots  
3 pounds Flanken  
 $\frac{3}{4}$  cup dark brown sugar  
juice of 2 lemons



## Equipment:

Large Dutch oven with cover  
Oven to table serving casserole

## Preparation:

1. Peel sweet potatoes and white ones. Cut potatoes into slices  $\frac{1}{2}$  inch thick.
2. Arrange some of the Flanken on the bottom of Dutch oven. Arrange slices of sweet and white potatoes over the meat. Scatter some prunes and carrots over potatoes. Sprinkle some of the brown sugar and lemon juice over this layer. Repeat this process until all the ingredients are finished. Fill the Dutch oven with water until the ingredients are barely covered. Bring to a boil on top of the stove and reduce to a simmer. Simmer ingredients for 1  $\frac{1}{2}$  hours. Remove from heat and let it cool.
3. Carefully remove meat, potatoes, carrots and prunes from liquid. Arrange in oven to table serving dish. Place gravy in freezer several hours or in refrigerator overnight until fat congeals at the top. Remove fat. Taste gravy and adjust seasoning by adding more brown sugar and or lemon juice if necessary. Pour gravy over sweet potato mixture. Place in preheated 375 F. oven and bake for two to three hours basting constantly until gravy has thickened and glazed ingredients. Serve hot. This dish may be cooled completely and frozen.

*Gloria Kobrin:*

# Vegetarian Tzimmis

CENTER OF TABLE

PARVE

TRADITIONAL

ASHKENAZI

VEGETARIAN

VEGAN

SERVES: 12

SIMANIM: CARROTS

## Ingredients:

4 pounds Sweet Potatoes peeled  
2 pounds White Potatoes peeled  
1 pound pitted prunes  
1 pound baby carrots  
3/4 cup Dark Brown Sugar  
2 large lemons juiced

## Equipment:

4 1/2 quart Dutch Oven  
Oven to table serving dish

## Preparation:

1. Preheat oven to: 375 F.
2. Cut potatoes into 1/2 inch thick slices. Alternate slices of sweet and white potatoes on the bottom of Dutch Oven. Scatter some prunes and carrots over potatoes. Sprinkle some of the brown sugar and lemon juice over this layer. Repeat this process until all the ingredients are finished. Fill Dutch Oven with enough water to just barely cover vegetables. Bring to a boil, reduce to a simmer and cook uncovered for about 20 minutes or until potatoes and carrots have somewhat softened. Place immediately into oven and bake. Baste constantly over the course of 60-90 minutes until sauce has thickened and glazed the Tzimmis. Spoon into a serving dish and serve hot.
3. For advance prep: Cool tzimmes completely. Wrap tightly and refrigerate for a day or two or freeze. Defrost completely before reheating.



Avi Levy:

# Sweet Ginger Carrots

CENTER OF TABLE

PARVE

TRADITIONAL

VEGETARIAN

VEGAN

EASY

SERVES: 12

SIMANIM: CARROTS, HONEY

## Ingredients:

About 10 sweet organic carrots

Touch of salt

Some raw honey or pure maple syrup

Fresh Ginger Root

## Preparation:

This is one of my favorite carrot recipes and has become a real staple in my house. My kids love it and so do we. In fact, our guests will always comment on them and ask how hard they are to make. Of course I always smile and just say that you have to have a lot of finesse to get them right.

But here's my secret. They're really very easy. I start with about ten peeled sweet organic carrots. I cut them into rustic chunks. Don't worry about them all looking uniform, just try and get them all about the same mass. That way they'll cook up somewhat evenly.

Put them into a saucepan of lightly salted boiling water. Cook until aldante. Soft enough for a fork to pierce most of the way in, but firm enough to still give you some resistance when you bite them. Drain the water, keep the heat at a medium high and add some margarine. You want to quickly glaze the carrots. If they don't taste sweet enough for you add a touch of raw honey or pure maple syrup. Not too much.

Then grate some fresh ginger right on top of the carrots and toss in the pan. If you really like the smack of ginger in your mouth add more, if you're a bit ginger shy, go light. Whatever amount you add, be careful because the ginger can burn easily on the higher heat settings. Quickly put the carrots along with the ginger sauce (margarine, ginger and any sweetener you added) into a serving dish. The ginger will continue to caramelize on the carrots from the residual heat. Serve and smile at the compliments you get. Just don't tell them how easy it was.



*Jonathan Margolin:*

# Sweet Potato, Fig & Almond Tzimmes

SIDE DISH

PARVE

VEGETARIAN

VEGAN

SERVES: 8-10

SIMANIM:

Prep time: 20 minutes

Cook time: 1 ½ hours

## Ingredients:

4-5 large sweet potatoes

6 ripe fresh figs, quartered

½ cup roasted unsalted almonds

4 tablespoons of unsalted margarine

¼ cup water

½ cup maple syrup

¼ cup brown sugar

½ teaspoon salt

1 teaspoon cinnamon

## Preparation:

Heat oven to 400° F. Pierce each sweet potatoes several times with the tines of a fork. Place the sweet potatoes on a baking sheet lined with foil. Bake until tender, about 45 minutes.

When cooled, peel and cut potatoes into 1/4-inch thick rounds. Layer potatoes and figs in greased baking dish. Reduce the heat of the oven to 375° F

In small saucepan on medium heat melt the margarine and stir in the sugar until dissolved. Add water with the cinnamon and salt. Stir. Bring to a boil, add maple syrup, reduce heat to a simmer and cook for 2 minutes. Remove from heat and then pour over potatoes and figs, top with almonds.

Place the baking dish in the oven uncovered and bake for another 35-40 minutes or until brown and the syrup has thickened more.

On a budget you can substitute the fresh figs with dried figs or dried prunes/apricots.

*Elise Meyer:*

# Roasted Rainbow Carrots with Honey and Thyme

CENTER OF TABLE

PARVE

VEGETARIAN

VEGAN

OUT OF THE BOX

SERVES: 4

SIMANIM: CARROTS, HONEY

## Ingredients:

2-3 large bunches of small rainbow-colored organic Carrots, scrubbed, trimmed, leaving about 1/2 inch of stem.

Olive oil to coat

1/4 cup honey

6-8 sprigs of Fresh Thyme, stems removed

Coarse Sea Salt or Fleur de Sel

Freshly ground Pepper

(1 cup Prunes, optional)

## Preparation:

1. Preheat oven to 400 degrees
2. Scrub the carrots well but don't peel them.
3. Spread the carrots out on a rimmed sheet pan.
4. Drizzle with olive oil, honey, and sprinkle with coarse sea salt, fresh ground pepper and thyme leaves.
5. Roast, tossing occasionally until the carrots are browned and done, about 30 minutes.
6. If you are adding the prunes, you can toss them onto the pan for the last 10 minutes.

Serve hot, warm, or at room temperature.

Note: this is also delicious with Mint instead of Thyme.



Carrots from  
Elise Meyer's  
vegetable  
garden

*Elise Meyer:*

# Roasted Baby Carrots and Chick Peas with a Mid-East Touch

SIDE DISH

PARVE

VEGETARIAN

VEGAN

OUT OF THE BOX

MIDDLE EASTERN

SERVES: 6

SIMANIM: CARROTS

## Ingredients:

2-3 bunches baby carrots, scrubbed well and trimmed

1 can chick peas, drained and rinsed

Olive Oil

1 tsp smoked paprika

1 tsp cumin

1/2 tsp. cinnamon

salt and pepper to taste

1 lemon

handful fresh mint, chopped

## Preparation:

1. Preheat oven to 425 degrees.
2. Spread carrots and chick peas on a rimmed baking sheet.
3. Drizzle with oil.
4. Sprinkle with smoked paprika, cumin, cinnamon, salt and pepper (if you like spice, some cayenne is great too).
5. Roast until carrots are cooked, about 30 minutes.
6. Remove to serving platter and squeeze lemon over, and sprinkle with the mint.

Good hot, warm, or room temperature.

If you have some on hand you can use a mid-east spice blend like Ras el Hanout instead of the paprika etc.



*Naomi Ross:*

# Grandma's Tzimmes

MAIN DISH

TRADITIONAL

TZIMMES PLUS

ASHKENAZI

MEAT

SERVES: 8-10

SIMANIM: CARROTS, FATTY MEAT, HONEY

## Cooking Concepts

You always remember the tastes you grew up with. Here is a transcription of my Grandma Sylvia's famous Galician tzimmes...in her words!

## Ingredients:

3 lbs. Carrots - buy the large loose ones, not the small ones in a bag, sliced about 1/4 inch thick on the bias.

4 sweet potatoes, cut into chunks

2 whole large onions, peeled, trimmed and scored with an "X" on top

2 pieces flanken (about 3 lbs.) – very important to choose meaty, non-fatty pieces of flanken. Cut each piece into 4 sections in between the bones for a total of 8 pieces.

Water – “enough” to cover

Start with 3/4 cup brown sugar – you may need to add more later.

Start with 3/4 cup honey – you may need to add more of that too.

Start with 1 1/2 tsp. kosher salt and 1/2 tsp. black pepper – plus more to taste.

1 basic matzo ball recipe - any recipe from the back of a matzo meal box is fine as long as it uses seltzer instead of water (it comes out fluffier). If it is a very “light and fluffy” matzo ball recipe, you may have to go a little heavier with the matzo meal.

## Preparation:

Place flanken in a large soup pot and cover with at least 1 1/2 inches of cool water. Place over medium-high heat and bring to a boil. Skim off whatever fat or foam rises to the top. (This should take about 15-20 minutes). Add in all of the remaining ingredients (except matzo balls), and make sure that there is enough water to cover all the vegetables. (Grandma says it's okay if you've added too much water because you can always boil it off and “cook it out” by

uncovering the pot during the cooking). Bring to a simmer, reduce heat, and cook partially uncovered for about an hour and a half. You can now start to taste and season the broth with more honey, brown sugar, salt and pepper (it should have a full-bodied sweetness with plenty of flavor!).

In the meantime, prepare your matzo ball mixture and chill in the refrigerator for at least 30 minutes.

Bring tzimmes to a rolling boil and start dropping in your knaidlach – you can do this by forming the balls in your hands. Make sure your hands are wet so that the balls don't stick to your hands. Cook partially covered for another hour. Then season to taste once again, adding more salt or pepper or brown sugar as needed. If there is too much water (the consistency is very watery), then you need to cook it down by uncovering the pot. The end result should be firm knaidlach that have soaked in all the wonderful broth laying on the top of the tzimmes. The broth should be slightly thicker than soup, sort of saucy. Before the tzimmes is finished, taste one last time to adjust seasonings. (as a child I was called upon to taste and to taste again – with pleasure!). Once the dish is finished, transfer it to baking dishes or tins. Remove and discard the onions. Reheat covered in the oven – uncovered if the liquid still needs to reduce more.

[www.JewishCookingConcepts.com](http://www.JewishCookingConcepts.com)

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*Karla Schaus:*

# Canadian Style Carrot Tzimmes with Pomegranate

SIDE DISH

TZIMMES PLUS

PARVE

TRADITIONAL

VEGETARAIN

VEGAN

SERVES: 4

SIMANIM: CARROTS, HONEY, POMEGRANATE

## Ingredients:

- 4 cups carrots, sliced into 1/4" thick circles
- 3 tbsp extra virgin olive oil
- 1 tbsp maple syrup
- 2 tbsp honey
- 1/2 tsp dried thyme
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 1/4 cup toasted pine nuts
- 1/2 cup pomegranate arils

## Preparation:

1. Preheat oven to 450F. Line a baking pan with parchment and drizzle with oil.
2. Place carrots on baking sheet and drizzle with maple syrup and honey. Sprinkle thyme, kosher salt, and black pepper. Use tongs or hands to toss until carrots are evenly covered.
3. Place in oven for 15 minutes, stopping to stir every 5 minutes. Remove from oven. Top with pomegranate arils and pine nuts. Serve right away or leave as is covered until ready to serve. This recipe holds heat well on its own when covered.



*Karla Schaus:*

## Super Easy Citrus Carrot Tzimmes

CENTER OF TABLE

PARVE

TRADITIONAL

ASHKENAZI

VEGETARAIN

VEGAN

EASY

SERVES: 6-8

SIMANIM: CARROTS, HONEY

### Ingredients:

- 6 cups carrots, sliced into 1/4" thick circles
- 2 Tbsp margarine or butter if preparing for dairy meal
- 1 Tbsp vegetable oil
- 3 Tbsp honey
- 3 Tbsp brown sugar
- 2 Tbsp lemon juice
- salt and pepper to taste



### Preparation:

1. Mix all of the ingredients together in a medium saucepan and bring to a boil over medium heat.
2. Cover with a lid once boiling, and reduce the heat until carrots are tender but still slightly crisp, about 25 minutes.
3. Remove the lid and turn the heat back to medium. Cook until the majority of the liquid has evaporated. Serve!

*Leah Schapira*

## Simple Caramelized Carrots

CENTER OF TABLE

PARVE

TRADITIONAL

ASHKENAZI

VEGETARAIN

VEGAN

EASY

SERVES: 8

SIMANIM: CARROTS

While some serve carrot stews with dates, raisins, sweet potatoes or meat, my mother (and grandmothers) always served a simple version- just carrots and sugar. And as often as I've tried other versions, we always go back to this one.

Recipe originally printed in “Fresh & Easy Kosher Cooking” by Leah Schapira/ Mesorah Publications.

Serving/Yield: 2 cups

Prep Time: 10 min

Cook Time: 1 hrs

### Ingredients:

8 carrots

1 cup sugar

½ cup oil

1 lemon, juice of (about 3 Tbsp)

1 pinch salt

### Preparation:

1. Peel the carrots and slice thinly.

2. In a small pot, heat the oil. Add the carrots and sauté for 5 minutes.

Add the sugar, lemon juice, and salt.

3. Cook, covered, over low heat for 45-60 minutes. Uncover the last 5-10 minutes. Stir occasionally.



*Roberta Scher:*

## Slow Cooker Tzimmes, vegetarian or meat

MAIN DISH

TRADITIONAL

TZIMMES PLUS

ASHKENAZI

MEAT

VEGETARIAN

VEGAN

SERVES: 8-10

SIMANIM: APPLES, CARROTS, FATTY MEAT, HONEY

### Ingredients:

1 ½- 2 lbs. sweet potatoes, peeled and cut into small chunks

2 cups baby carrots or full sized carrots sliced into 1" pieces

3 parsnips, peeled and diced

3 cups dried fruit (such as apples, apricots, prunes)

2 cups orange juice

4 Tablespoons honey



1/4 cup brown sugar  
1/2-teaspoon salt  
1/2-teaspoon cinnamon

### Preparation:

Optional: Add 1 lb. flanken, or short ribs with bones, or cut up chuck.

Place fruits and vegetables into a 5-6 quart slow cooker and combine well. Sprinkle with brown sugar and seasonings, and then add the orange juice. Drizzle the honey on top of everything. Replace lid. Set temperature on low and let cook for 8-10 hours.

Alternatively: Simmer covered in the oven at 225 degrees for about 6 hours.

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*Itta Werdiger-Roth:*

## Tzimmes

MAIN DISH

TRADITIONAL

TZIMMES PLUS

ASHKENAZI

MEAT

SERVES: 6-8

SIMANIM: CARROTS, FATTY MEAT, HONEY

Tzimmes is a hot, sweet carrot dish often served on Rosh Hashanah, for a sweet new year.

I'm a traditionalist. If you're going to make tzimmes, I say, do it properly. This is my grandmother's recipe, which dates to her time in the town of Kharkov, Russia.



**Ingredients:**

1 1/2 teaspoons salt  
1 lb flour (a mixture of white flour and course semolina is optimal)  
2 white onions  
1 lb schmaltz--unrendered/raw chicken fat (or 3 sticks margarine)  
a squirt of honey  
4-5 prunes (optional)  
1 cup brown sugar  
1 lb carrots peeled and sliced into rounds  
1/2 teaspoon course ground pepper  
1 white onion  
Salt and pepper  
A piece brisket or flanken

**Preparation:**

Place the carrots in a bowl. Add the sugar and honey. Stir well and let sit in the refrigerator at least a few hours, preferably overnight.

Preheat the oven to 400 degrees and place the carrot-sugar mixture in a large casserole dish. Add the prunes if you're using them.

Chop the onions and place in another bowl. Chop the schmaltz and add to the onions. Add the flour, salt and pepper. Start mixing with a wooden spoon and then knead with your hands until it becomes doughy. Roll the dough like a sausage and place it in the center of the casserole dish, with the carrot mixture.

If including the optional meat, rub the brisket with salt and pepper. Sautee an onion and pan-sear the brisket in the same pan. Bury the meat under the carrots, together with the kneidlach mixture.

The carrots should have released some liquid. Depending on the amount of moisture, add some water—just enough so the carrots are covered.

Cover the dish and place it in the oven. After 15 minutes, turn the temperature down to 320 degrees. Cook for about three to four hours, checking periodically to make sure the dish doesn't boil over.

Can be frozen and reheated.

*Itta Werdiger-Roth:*

# Healthy Tzimmes

CENTER OF TABLE

PARVE

TRADITIONAL

VEGETARIAN

VEGAN

SERVES: 3-4

SIMANIM: APPLES, CARROTS, HONEY, LEEK

Tzimmes is a hot, sweet carrot dish often served on Rosh Hashanah, for a sweet new year.

I'm a traditionalist. If

you're going to make tzimmes, I say, do it properly. But not everyone likes the idea of sugar-soaked carrots roasted slow and low in schmaltz (chicken fat), with plumped prunes and knaidlach (dumplings) stewing their flavor into the broth. That's why I've made this vegetarian, organic tzimmes recipe. It's healthier, fresher, easier and schmaltz-free. As my grandmother says, "In Russia, we needed fat to keep warm, but there is no need for this extra fat these days..."



## Ingredients:

1/4 cup coarsely chopped shelled walnuts or pistachios

2 or 3 cloves in cheesecloth (discard before serving)

1 teaspoon ground cumin

1/2 teaspoon freshly grated ginger

2 teaspoons chopped fresh mint

1/2 teaspoon ground nutmeg

1 cinnamon stick (discard before serving)

1/4 teaspoon salt

1 cup apple juice or apple cider

1/4 cup honey (or a little less of agave nectar)

1 lb carrots, peeled and sliced

1 tablespoon olive oil

a small bunch of scallions, a leek, or a bunch of chives

## Preparation:

Saute the onions in the oil for a minute. Add the carrots and when browned, add everything else, including whatever spices you've chosen. Bring to a boil in a large pot. Reduce the heat to low, cover, and simmer for 15 minutes, or until the carrots are very soft. Remove and discard cinnamon stick and cloves before serving.







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