



“A Tribute to Iris”

*A Cookbook of
Family Favorites*

A Tribute to Iris

What better way to honor my mother than with a collection of recipes from the Morris family and friends. After all, Mom is the woman who taught us everything we know about the fine art of entertaining. Thanks to Mom's love of people and parties, the Morris table has always overflowed with good food, great smells, beautiful dishes and tablecloths, and outstanding conversation and laughter. Those of us who learned to entertain from Mom don't think twice about preparing Thanksgiving for 25 or a Yom Kippur Break Fast for 30.

I know we will all savor a piece of Mom's passion for life and love as we cook these familiar recipes.

Mom, you're the best,

With love,

Alice

February 2005



Table of Contents

The Favorites from our Heritage	4-10
Bagels, Blintz, Challah, Kugel, Latkes, and Popovers	
The Dips & Spreads	11-12
The Soups	13-18
The Salads & Sides	19-20
The Main Course	22-29
The Desserts	30-35

.....
©2005 by Alice Tariot and Family Associates. All rights are granted to any and all interested parties who love and cherish Iris. Any part of this book may be used or reproduced in any manner by this and all future generations of Iris' family, with no need for permission but donations of love and caring are accepted.
.....

The Favorites of our Heritage

Grandma Smith's Passover Bagels

2 cups matzo meal
1 teaspoons sugar
½ cup oil

1 teaspoons salt
1 cup water
4 eggs

Combine meal with oil, salt and sugar. Bring water to a boil and add to matzo meal mixture. Mix well. Beat eggs in thoroughly one at a time. Let stand for 10 minutes. With oiled hands, shape and make a hole in the center with finger. Place on a lightly greased cooking sheet. Bake at 350-375° for about 45 minutes.



Melissa and Pamela's Blintz Souffle

12 blintzes
⅓ cup sugar
1 teaspoon vanilla

4 eggs
1 pint (2 cups) sour cream
Butter

Grease 2 quart baking dish with butter, lay blintz in pan. Beat eggs, add sour cream, vanilla and sugar until smooth. Pour over blintz & bake at 350° for 1 hour. If not done, cook a little more, but watch closely.

Grandma Smith's Blintzes

Blintzes

3 eggs

½ teaspoon salt

¾ cup flour, sifted

1 cup water

2 tablespoons oil

Beat eggs and oil together. Heat butter in a 6" pan. Pour about 2 tablespoons of batter into the pan, tilting to coat the bottom just enough to make a thin pancake. Let the bottom brown and then turn over on a paper towel. Continue until all the batter is used.

Spread one heaping tablespoon of the filling along the side of the pancake. Turn opposite sides in and roll up like a jellyroll. Fry the blintzes.

Filling

2 cups cottage cheese

1 teaspoon salt

2 tablespoons sugar (optional)

Flour (optional)

1 egg yolk

1 tablespoon melted butter

Raisins (optional)

Beat all together. I like to add a teaspoon of flour to filling to help it hold together.



Challah

1 package dry yeast	¼ cup warm water
Large pinch of sugar	3 eggs
¼ cup plus 2 tablespoons sugar	Yellow food coloring
1½ teaspoons salt	¼ cup corn oil
¾ cup water at room temperature	1 egg yolk
1 tablespoon honey	Raisins, if desired
Sesame/poppy seeds, if desired	
5-6 cups unbleached flour	
2-3 tablespoons wheat germ (if desired, mix with flour)	

Combine yeast, water and sugar in Pyrex measuring cup. Allow to stand for about five minutes to proof the yeast. In processor with metal blade, combine eggs, sugar, color and salt. Process for one minute. Add combined oil and water. Process for one minute. Add two cups flour and process for one minute. Add yeast mixture. Process. Add remaining flour (start with three cups). Process until dough forms a ball. If sticky, add an additional cup of flour.

Place dough in greased bowl and turn once so it's coated with butter. Cover and allow to rise in warm place (Turn oven on warm for one minute. Turn off. Put covered bowl in for 1½ hours or until finger pressed in dough leaves impression.)

After dough has risen, punch down. Turn and cover. Let rest for 10 minutes. Divide dough in half. Each half weighs about 1½ lbs.

Divide each half into three equal portions. Add raisins, if desired. Roll them each into a long rope. Braid. Tuck ends under. Place the loaves on a lightly greased cookie sheet. Cover with towel. Allow to rise for one hour in warm place.

Brush with egg yolk & honey mixture. Sprinkle with sesame or poppy seeds if desired.

Bake at 350° for 30 minutes. Enjoy!

Alice T's Apple Matzoh Kugel

6 matzos	6 eggs, separated
1 cup sugar	½ teaspoon sugar
½ teaspoon salt	Dash cinnamon
Juice of 2 lemons	Juice of 2 oranges
6 apples, sliced and peeled	1 cup walnuts
½ cup butter	

Soak matzoh in cold water for a few minutes and squeeze thoroughly. Beat yolks with sugar, salt and cinnamon. Stir in juices, matzos, apples, walnuts and melted butter. Beat whites until stiff and fold into egg mixture. Bake in greased casserole at 350° degrees for 45 minutes.

You can half this. This is good for Passover.

The Junior League of Rochester Makes Kugel

Kugel:

You can make this ahead and freeze

¼ pound margarine, melted	6 eggs (or use Egg Beaters)
½ cup sugar	2 teaspoons vanilla
1 8-ounce whipped cream cheese	1 pint sour cream
1 16-ounce package egg noodles, cooked (I have also used the no-yolk egg noodles)	

Combine margarine, eggs, sugar, vanilla, and cream cheese in a blender or food processor until well mixed. Add sour cream. Blend. Mix noodles with sour cream mixture. Pour into 2-quart ovenproof casserole. (Can split into smaller dishes too)

Topping:

1½ cups crushed corn flakes (I have substituted other cereals)
¼ pound (1 stick) melted margarine
½ cup sugar

Combine topping ingredients and sprinkle over noodles. Cover and freeze kugel.

Bake while frozen and covered. Bake at 400° for 2 hours. Serve hot. Serves 10-12.

Grandma Smith's Potato Latkes

4 large potatoes
1 teaspoon salt
1 small onion, grated (I sometimes leave this out.)
Oil

1-2 eggs
3 tablespoons flour

Grate potatoes in food processor and drain. As they sit, they will make more water and get a bit pink, but don't worry. Add the beaten eggs; add potatoes and then the rest of the ingredients. Fry in a hot frying pan. Keep hot in a single layer in the over at 350°. Enjoy with applesauce.



Carol's Popovers

3 eggs
2 tablespoons butter, melted
1 teaspoon sugar

1 cup milk
½ teaspoon salt
1 cup flour

Preheat oven to 425°. Mix together well everything but flour. Slowly beat in flour until mixture is perfectly smooth. Butter muffin tins. Fill halfway and place in oven for 15 minutes at 425°. Reduce heat to 350° and bake for another 15-20 minutes. DO NOT OPEN DOOR! Makes 9 popovers.

Notes

The Dips & Spreads

Jessica Berenblatt's Artichoke Dip

2-14 or 16 ounce cans of artichoke hearts
1 cup grated Parmesan cheese
1 cup mayonnaise
1 small yellow onion
Scallions

Chop artichoke hearts finely and place into mixing bowl. Add 1 cup of grated Parmesan to mixing bowl. Add 1 cup of mayonnaise to mixing bowl. Chop 1 small onion into diced pieces and add to mixing bowl. Chop a couple of scallion stems into diced pieces, add to mixing bowl and mix everything together.

Preheat oven to 350°. Place the mixture into a backing dish. Can sprinkle a little of Parmesan cheese on top. Cook dish for 45 minutes or until top gets a little bubbly and turns light brown.

Let cool for a minute, serve with sliced bread or crackers. Makes enough to serve 6-15 people as an appetizer.

Everybody's Favorite Artichoke Dip

1 can artichokes, drained well and chopped and broken up
1 cup parmesan cheese, grated finely
¾ cup mayo

Mix all together. Bake 350° until brown, about 30-45 minutes.



Aunt Joyce's Spinach Dip

- 1 package Knorr vegetable soup mix
- 1 pint low fat sour cream
- 1/2 cup grated parmesan
- 1 package chopped raw spinach, drained well
- Fresh dill

Mix it all up and place fresh dill on top.



Laurie's Salmon Spread

- 1 pound canned salmon
- 8 ounces cream cheese (not whipped)
- 2 teaspoon red horseradish
- 2 tablespoons grated onion
- 1-2 teaspoon lemon juice
- Walnuts or pecans chopped fine
- Fresh chopped parsley

Drain salmon well. Mash with a fork or mixer. Add the other ingredients and put in mixer on low for a minute. Place in glass bowl in refrigerator overnight, covered lightly. Mix nuts and parsley. Roll salmon in ball or log and roll in nut/parsley mix. Keeps 2-3 days.

The Soups

Carrie's Matzoh Ball Soup (dictated to Alice)

Soup

3-5 lbs. chicken pieces	Large pot of water
Onions	Celery
Parsnips	Turnips
Parsley	Dill
Carrots	Salt and pepper
Carmel soup mix	

Clean chicken. Boil water and add chicken. Let it boil and skim the top. Add onions and celery. Cook 20 minutes. Add the rest of the veggies. Season with salt and pepper and soup mix as needed. Cook 1½ to 2 hours.

Take out chicken and veggies. Throw out onions and celery. Strain soup and add back cut up veggies and chicken. Freezes well.

Matzoh Balls

5 eggs, separated	½ cup water
1-2 cups of matzo meal	Salt and pepper
Parsley flakes	
1/3 cup chicken fat, melted (can use other shortening)	

Mix yolks with water, chicken fat, salt and pepper and parsley flakes. Add 1 cup of matzo meal and mix. If very soupy add more matzo meal until thick. Beat egg whites stiff. Fold into batter. Shape into balls. Place in boiling water for 20-25 minutes. Carrie never covered them, but both recipes tell you to cover and not peek. Try it both ways. Drain and serve. Freezes well.

Grandma Elaine's (Steve Schwartz's Mother) *Beef Barley Soup*

Knuckle/marrow beef bones	2 pounds lean stew beef
1 large onion, chopped	5 carrots, sliced
4 celery stalks, chopped	14 ounces can cut tomatoes
1 can College Inn Broth	Parsley
1 clove garlic	1 bay leaf
½ teaspoon basil	Salt and pepper
½ cup barley	½ cup dry baby lima beans
1 package mixed frozen veggies	
2-3 tablespoons Wyler's chicken broth mix	

Boil bones and beef until froth rises. Skim. Add the rest. Cook 2½-3 hours on a low heat.



Iris' Turnip Soup

3 cups of turnips, peeled and sliced
3-4 cups of chicken broth, canned or homemade
1 potato, sliced and peeled
¼ onion, diced

Sauté potato and onion briefly, add turnips and sauté briefly. Add 3-4 cups of chicken broth. Bring to a boil and add turnips. Cook 25 minutes until turnips are soft. Drain, reserving 2-3 cups of liquid. Puree turnips with ½ cup skim milk. Add salt and pepper to taste. If needed, can add some of the reserved liquid. Good hot or cold.

Grandma Berenblatt's Black Bean Pumpkin Soup

3-15½ ounce cans black beans (about 4½ cups), rinsed and drained
1 cup drained canned tomatoes, chopped
1¼ cups chopped scallion
½ cup minced shallot
4 garlic cloves, minced
1 tablespoon plus 2 teaspoons ground cumin
1 teaspoon salt
½ teaspoon freshly ground black pepper
½ stick (¼ cup) unsalted butter
4 cups beef broth
16-ounce can pumpkin purée (about 1½ cups)
½ cup dry Sherry
½ pound cooked pancetta, cut into 1/8-inch cubes
3-4 tablespoons Sherry vinegar

Garnish: sour cream and coarsely chopped lightly toasted pumpkin seeds or parsley

In a food processor coarsely purée beans and tomatoes.

In a 6-quart heavy kettle cook pancetta, scallion, shallot, garlic, cumin, salt, and pepper in butter over moderate heat, stirring, until pancetta is cooked and scallion is softened and beginning to brown. Stir in bean purée. Stir in broth, pumpkin, and Sherry until combined and simmer, uncovered, stirring occasionally, 25 minutes, or until thick enough to coat the back of a spoon.

Just before serving, add vinegar and simmer soup, stirring, until heated through. Season soup with salt and pepper. Serve soup garnished with sour cream and toasted pumpkin seeds or parsley.

Makes about 9 cups.

Laurie and Ed's Vegetarian Soup

- ½ pound dried white beans; soaked overnight, drained and rinsed
- ½ teaspoon salt
- ⅓ cup olive oil
- 1 onion chopped
- 2 large carrots, sliced
- 1 stalk celery, chopped
- 3 cloves garlic, chopped fine
- 2 zucchini, chopped
- ½ pound green beans, trimmed
- ½ pound potatoes, diced
- 2 cups green cabbage
- ½ pound Swiss chard or kale
- 28-ounce can tomatoes, drained and chopped
- 4½ cups broth
- Barley (handful)
- Parmesan, grated

Placed soaked beans in a saucepan and combine with water to cover by 2 inches. Simmer uncovered, adding more water if necessary to keep barley covered for 45 minutes to 1 hour. Add salt and simmer for 5 minutes more. Remove from heat and let stand.

In a separate pan, add oil, sauté onion until soft. Add carrots, celery, and garlic; cook 4 minutes. Add zucchini, green beans and potatoes and cook 4 minutes. Add the cabbage and kale and cook until cabbage is wilted. Add tomatoes, broth and simmer for an hour. Drain beans, reserve liquid. In a food processor, puree ½ of the beans with 1 cup of the liquid from the beans; stir puree into soup. Simmer 15 minutes uncovered. If needed, add more of the reserved liquid. Top with cheese after serving.



Suzanne Pender's Split Pea Soup

Split peas

Bullion cubes

Assorted veggies of choice

Heat large spaghetti size pot half filled with water to boiling. Add bag of split peas. Boil awhile (1 hour or so) until peas expand and become very soft. Be careful not to boil over as it makes a mess.

Add 4 or so bouillon cubes. I prefer vegetable or chicken. May need to add water or pour off excess. We prefer the soup to be thicker. (Note: it will thicken with time and cooling.)

Cut up and add carrots and onions, depending on taste. I have been known to add broccoli, cauliflower, etc.

