

HELZEL - (vegetable stuffing)

NOTE: amounts can vary; feel free to add peppers, mushrooms, or other vegetables to your mix. Increase or decrease your fat amount according to the amount of vegetables and binder used.

Ingredients

2 lbs carrots - peeled or scrubbed well

1 medium bunch celery

2 medium onions

2/3 cup margarine, butter or neutral oil

Salt / pepper to taste

Binder - Bread crumbs, flour, oats or matzah meal - (½ - 1 cup)

- 1) Finely chop vegetables - this works well in a food processor. Sauté chopped vegetables in margarine for 5-7 minutes over medium heat. Turn off heat and add bread crumbs, salt & pepper to taste.

- 2) Place vegetable mixture in a greased pan. (11 x 7) The smaller the pan, the thicker the stuffing. This can be made in a loaf pan for a veggie loaf. For individual servings, I like to use muffin tins. For authentic helzel, vegetable mixture should be filled inside a sewn turkey or other poultry neck skin.

- 3) Bake in preheated 350 degree oven for 30 - 45 minutes, or until vegetables are tender and top is golden brown.

NOTE: To make this a vegan recipe, use vegan margarine or oil and vegan bread crumbs or other binder.

SMASHED POTATOES

INGREDIENTS:

1 lb small potatoes (Yukon gold, fingerlings, dutch baby)

3 TBS butter

1 TBS olive oil

Salt & pepper to taste

DIRECTIONS:

- 1) Cook potatoes in salted boiling water until you can pierce them with a fork - 20-30 minutes depending on the size.
- 2) Drain potatoes and flatten potatoes with the bottom of a flat glass, potato masher, or meat tenderizer.
- 3) Melt butter and oil in the bottom of a large skillet. Add smashed potatoes to the skillet and pan fry until the bottoms get crispy, about 5-7 minutes each side. Flip potatoes and crisp up the other side. Season with salt and pepper to taste.

NOTE: Potatoes can be crisped in a 350 degree oven - drizzle smashed potatoes with melted butter &/or olive oil and bake for 30 minutes or until top is crisp.

ROASTED CARROTS WITH HONEY & BROWN SUGAR

INGREDIENTS:

2 lbs carrots peeled or scrubbed

2 TBS olive oil

4 TBS honey

3 TBS brown sugar

½ tsp salt

¼ tsp pepper

DIRECTIONS:

- 1) Preheat oven to 400 degrees. Par cook carrots in salted boiling water for 10 minutes
- 2) On a parchment paper lined baking pan, place par cooked carrots. Drizzle carrots with olive oil and cook in 400 degree oven for 10 minutes. While carrots are baking, mix brown sugar with salt & pepper. After 10 minutes, drizzle carrots with honey. Sprinkle carrots with brown sugar mixture. Continue baking for 20 more minutes until carrots are cooked through and browned.