

## The Gifted Cook: How to Satisfy a Vegetarian on Passover

By Eileen Goltz

It's Pesach and you have a vegetarian in the house. Cause for a nervous breakdown or a chance to explore new and exciting recipes? I would choose the latter.

Vegetarianism is becoming more mainstream and is actually quite compatible with keeping kosher. It requires fewer sets of dishes—how bad could that be? And it's a healthy way of life.

The following recipes are great for vegetarians or anyone looking for a pareve Pesach recipe that tastes great.

### Creamy Cauliflower Soup

Makes 10 cups

1 1/2 cups potato chunks  
4 cups vegetable broth or water  
1 1/4 cups chopped celery  
5 cups cauliflower flowerets  
1 small onion  
1 clove garlic  
1 tablespoon olive oil  
1/2 cup dry white wine  
1 teaspoon salt  
pinch of pepper

#### Optional Ingredients:

1/2 pound fresh mushrooms—sliced and sautéed with 1 teaspoon each marjoram and parsley

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1/2 cup fresh parsley, chopped  
1/2 cup red bell pepper, diced

In a large stockpot, cook the potato in broth for about 10 minutes. Add the chopped celery and when the potato is nearly done (approximately 20 minutes), add the cauliflower and cook until tender. (As always in blended soups, the potato must be very well cooked, otherwise the soup will be gluey.) While the vegetables are cooking, chop the onion and sauté it with the garlic clove in olive oil. Cook them gently until very well done, but don't let them brown. Purée all the cooked vegetables and the onion and garlic in blender or food processor until smooth. To get very smooth soup, blend or process in small batches. Stir in the wine and the salt and pepper. Reheat, adjust seasoning as needed, and serve. If you want to add color or other flavors, stir in one or more of the optional ingredients.

### Passover Broccoli Knishes

Serves 6

1 cup mashed potatoes  
1/3 cup matzah meal  
2 tablespoons potato starch



Photo: Elie Begue

1/2 cup onion, finely chopped  
 2 egg whites\*  
 1/2 teaspoon black pepper  
 1/4 teaspoon salt  
 1 cup steamed broccoli, finely chopped  
 1 teaspoon minced garlic  
 A few drops of oil (optional)  
 Salt and pepper

\*Note: Or use 1/4 cup Passover egg substitute

Preheat oven to 375°. In bowl, combine all ingredients except the broccoli, garlic and oil. Stir the other ingredients well. Knead until thoroughly combined and is the texture of dough. Divide the dough into 6 portions. Flatten each portion into a 4-inch round circle, pressing down with waxed paper to flatten. In a bowl combine the broccoli, garlic, oil and a little salt and pepper. Mix well. Put 1/6 of the broccoli mixture into each circle, fold over and press edges of dough to seal. Grease a cookie sheet or use parchment paper. Arrange knishes on a single layer and place on bottom rack of oven. Bake 15 minutes on each side. Serve hot.

## Zucchini And Tomatoes with Herbs

Serves 4

1 cup onion  
 1 clove garlic, minced  
 2 teaspoons olive oil  
 5 cups sliced zucchini  
 1 bay leaf  
 1 teaspoon dried basil  
 1/2 teaspoon dried oregano  
 1/4 teaspoon pepper  
 1/3 cup water  
 2 cups unpeeled chopped tomato  
 1 teaspoon sugar

Cook onion and garlic in oil in a large stockpot over medium to high heat, stirring constantly, until tender. Stir in the zucchini, bay leaf, basil, oregano, pepper and water. Cover and cook over medium heat for 10 minutes. Stir in chopped tomato and sugar; cover and cook for 5 minutes. Remove and discard bay leaf. Serve immediately. This is great over a baked potato, mashed potatoes or baked fish.

## Apple Coleslaw

Serves 6

1 cup Pesach mayonnaise  
 1 tablespoon honey  
 3 cups shredded green cabbage

2 cups shredded red cabbage  
 1 1/2 cups chopped apples  
 1 cup toasted almond  
 2 hard-boiled eggs cut into wedges (optional) **JA**

Mix the mayonnaise and honey in large bowl. Add the cabbages and apples and mix well. Refrigerate for at least an hour. Just before serving add the toasted almonds and toss. Place in a serving bowl, and decorate with egg wedges if desired.

## Does Passover Measure Up?

Every cook who has wrestled with making a *chometz* recipe kosher for Pesach will want to cut this section out and tape it to the refrigerator. The following is a compilation of the most asked for "Pesach substitutes."

1 oz. baking chocolate (unsweetened chocolate) = 3 tablespoons unsweetened cocoa powder, plus 1 tablespoon oil or melted margarine.

16 oz. semi-sweet chocolate = 6 tablespoons unsweetened cocoa powder plus 1/4 cup oil and 7 tablespoons granulated sugar.

14 oz. sweet chocolate (German-type) = 3 tablespoons unsweetened cocoa powder plus 2 2/3 tablespoons oil and 4 1/2 tablespoons granulated sugar.

1 cup confectioners' sugar = 1 cup granulated sugar, minus 1 tablespoon sugar, plus 1 tablespoon potato starch pulsed in a food processor or blender.

1 cup corn syrup = 1 1/4 cups granulated sugar plus 1/3 cup water, boiled until syrupy.

1 cup vanilla sugar = 1 cup granulated sugar with 1 split vanilla bean left for at least 24 hours in a tightly covered jar.

1 cup graham cracker crumbs = 1 cup ground cookies or soup nuts plus 1 teaspoon cinnamon.

1 cup bread crumbs = 1 cup matzah meal.

1 cup matzah meal = 3 matzot ground in a food processor.

1 cup matzah cake meal = 1 cup plus 2 tablespoons matzah meal finely ground in a blender or food processor, and sifted.

3 crumbled matzah = 2 cups matzah farfel.

For butter in baking or cooking: use pareve Passover margarine in equal amounts. Use a bit less salt.

For frying: Instead of chicken fat, use a combination of olive oil or vegetable oil and 1 to 2 tablespoons pareve Passover margarine.

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