

## New Flavors for the New Year

By Helen Nash

Some of you may want to welcome Rosh Hashanah with recipes that introduce new ingredients, spices and flavors. The following recipes are sweet-tasting, nutritious and low in calories. In addition they may be prepared in advance and served at room temperature.

### Carrot Ginger Soup

6 servings

This soup is good hot, cold or at room temperature. The ingredients are easily attainable, and you can garnish the dish with snipped chives or shredded or grated, steamed carrots.

2 tablespoons olive oil  
 1 medium onion, sliced  
 2 garlic cloves, quartered  
 4 medium carrots (about 2 pounds)—use 3 for the soup and the rest for garnish—peeled, thickly sliced  
 1 small Granny Smith (about 6 ounces) peeled, thickly sliced  
 1 inch piece fresh ginger, peeled and quartered  
 5 cups vegetable broth  
 2 tablespoons fresh lemon juice (approximately)  
 Kosher salt  
 Freshly ground white pepper  
 Chives, snipped, or shredded or grated, steamed carrot

In a medium saucepan with a cover, heat the oil. Add the onion, garlic, carrots, apple and ginger. Sauté for a few minutes. Add 4 1/2 cups of broth (reserve 1/2 cup). Bring to a boil. Reduce heat and cook covered, until the carrots are tender (about 1/2 an hour). Cool. Puree in batches in blender until smooth. Return the soup to the pan. Adjust the consistency with the reserved 1/2 cup broth, and season to taste with lemon juice, salt and pepper. Garnish with chives or carrot.

*Garnish:*

Peel the carrot, steam for 2-3 minutes, then grate, shred or cut into matchsticks.

*Ms. Nash is the author of Kosher Cuisine (New Jersey, 1995) and Helen Nash's Kosher Kitchen (New Jersey, 2000). She lives in New York City.*

### Chicken With Honey and Mustard

4 servings

This dish is best served at room temperature. It is moist, flavorful and well seasoned.

4 single skinless and boneless chicken breasts, medium size

*Marinade:*

2 tablespoons Dijon mustard  
 1 1/2 tablespoons honey  
 1 inch piece of fresh ginger, minced  
 1 1/2 tablespoons soy sauce  
 3 tablespoons orange juice  
 2 tablespoons dry white wine  
 1 tablespoon lemon juice  
 Freshly ground black pepper  
 Chives snipped, for garnish

Place the chicken in a single layer in a glass or ceramic dish. In a small bowl, mix the marinade well and pour over the chicken. Cover and refrigerate for 3-4 hours, turning once.

Preheat the broiler. Bring the chicken back to room temperature. Line the rack of a broiler pan with aluminum foil, and place the chicken on it. Pour the marinade over the chicken. Broil the chicken close to the heat source (approximately 6 inches from it) for 5 minutes, turn over and broil for another 2-3 minutes. It should be lightly pink on the inside.

*To Serve:*

Cover with aluminum foil and let chicken rest for a minute. Slice chicken on a diagonal into medium slices. Spoon the accumulated juices over it, and garnish with chives.

### Glazed Salmon

2 servings

This dish can be served at room temperature as well.

2 center-cut salmon fillets, approximately 2 inches wide, skinned

*Glaze:*

1 tablespoon orange marmalade  
 1 teaspoon fresh ginger, minced  
 1 clove garlic, minced  
 2 tablespoons rice vinegar or white wine vinegar  
 2 tablespoons fresh lemon juice  
 2 tablespoons fresh orange juice  
 1 tablespoon olive oil  
 Kosher salt  
 Freshly ground black pepper  
 Zest of 1 navel orange as a garnish, optional

*Glaze:*

Combine all the ingredients except oil, salt and pepper in a non-reactive saucepan. Bring to a boil. Reduce the heat to low and let simmer, uncovered, until the sauce is reduced to half. Add the oil and season to taste with salt and pepper.

*Garnish:*

Remove the zest of an orange with a zester, place zest in a little saucepan with enough water to cover it. Bring to a boil, drain and pat dry.

Preheat the broiler. Line the rack of a broiler pan with aluminum foil and oil it lightly. Place the fish on it; season it lightly with salt and pepper and spoon glaze over fish. Broil 6 inches from the heat source for 5-6 minutes on one side only or until the fish is slightly pink on the inside. Garnish with the reserved zest, if you'd like.

### Parsnip Potato Puree

12 servings

This is a nutritious dish with a pale pink color. It can be served with meat, poultry or fish.

1 1/2 pounds parsnips, peeled and sliced  
 1 1/4 pounds baking potatoes, (2 russet potatoes), peeled and sliced  
 2 medium carrots, peeled and sliced  
 4 cloves garlic, peeled  
 1 tablespoon olive oil  
 1/2 to 3/4 cups soymilk



Photos: James Poster

*Kosher salt*  
*Freshly ground white pepper*

Steam all the vegetables in a steamer for about 10 minutes, or until tender. Place into a food processor fitted with the steel blade. (You may have to do this in 2 batches if you have a small processor). Add the olive oil and the soymilk to make a smooth puree. Season to taste with salt and pepper. Keep warm in a double boiler or in the oven.

## Zucchini Loaf

*12 servings*

This cake is moist, light and nutritious. It also freezes very well.

*1/4 pound hazelnuts*  
*2 cups unbleached flour (Wondra flour for dusting loaf pan is good)*  
*1 teaspoon baking soda*  
*3/4 teaspoon baking powder*  
*1/4 teaspoon salt*  
*3/4 generous cup sugar*  
*2 large eggs*  
*1/2 cup vegetable oil*

*2 teaspoons orange zest*  
*1/3 cup fresh orange juice*  
*1 1/2 inches fresh ginger root, peeled, finely grated*  
*1 teaspoon vanilla extract*  
*1 medium zucchini (no more than 7-8 ounces) grated coarsely*

Toast the hazelnuts in a toaster oven or 350° oven for about 15 minutes or until the skins are blistered. While the nuts are still hot, rub them in a dishtowel to remove most of their skin (some skin will remain). Chop coarsely in a food processor fitted with the steel blade and set aside. Grease 9x5-inch loaf pan with vegetable oil, and dust evenly with flour or Wondra flour. Preheat oven to 350°. Sift the flour, baking soda, baking powder and salt into a large bowl. Stir in the sugar. In another bowl, whisk together the eggs, oil, orange juice, zest, ginger and vanilla.

Pour the wet ingredients into the flour and fold with a rubber spatula until just combined (don't overmix). Fold in the zucchini and the hazelnuts. Spoon the batter into the prepared pan, and smooth the top.

Bake in the center of the oven for about 60 minutes or until a cake tester inserted into the center of the cake comes out clean.

Cool on a wire rack. Loosen the sides of the cake with a knife and invert onto a serving dish. **JA**

