

## Hearty Dishes for Cold Winter Days

By Helen Nash

*The few recipes that I have selected to share with you are appropriate for winter days when stuffed cabbage, beef, beans and warm fruits are welcome.*

### Baked Flounder, Cantonese Style

4 servings

This is an easy dish to prepare and serve. You can pre-plate it, served over a bed of steamed rice combined with peas, snow peas or sugar snaps. Or you can serve it in the dish that you baked it in, with rice and vegetables on the side.

*1-inch piece fresh gingerroot, peeled and cut into thin slices*  
*4 flounder fillets*  
*Kosher salt*  
*3 tablespoons soy sauce (Kikkoman Lite)*  
*3 tablespoons dry white wine*  
*2 teaspoons sesame oil*  
*1/2 teaspoon sugar*  
*Freshly ground pepper*  
*3 scallions (including the green part), cut into 2-inch julienne strips (matchsticks)*

Preheat the oven to 400°. Scatter half of the gingerroot on the bottom of a baking dish that is large enough to fit the fish. Lightly season the fillets with salt and pepper. Fold the ends of each fillet underneath itself to form a small rectangular packet. (The silvery, connective tissue should be on the inside of the packet.)

In a small bowl, combine soy sauce, wine, sesame oil, sugar and pepper. Pour this mixture over the fish, and scatter the remaining ginger and scallions over it. Cover the pan tightly with foil, and bake in the center of the oven for 15 minutes, or until the center of the fish has changed color. Spoon the sauce and the scallions (without the ginger) over the fish and serve.

*Helen 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.*

### Barley Stuffed Cabbage Rolls

16 rolls, approximately

These sweet-and-sour bundles freeze very well. They can be served as an appetizer or as a main course.

*1 medium cabbage (about 3 pounds)*

Filling:

*3/4 cup medium barley, uncooked*  
*1 1/2 cups water*  
*2 medium carrots, peeled, grated medium fine*  
*2 tablespoons olive oil*  
*1/2 pound cultivated mushrooms, wiped with a damp paper towel, grated coarsely*  
*1/2 cup tightly packed Italian parsley, finely chopped*  
*1 clove garlic, peeled, minced*  
*1 large egg, lightly beaten*  
*1 teaspoon kosher salt (approximately)*  
*Freshly ground black pepper*

Sauce:

*One 35-ounce can peeled Italian tomatoes, undrained, crushed by hand*  
*One 8-ounce can tomato sauce*  
*2 tablespoons olive oil*  
*2 medium onions, finely chopped*  
*3 tablespoons freshly squeezed lemon juice (approximately)*  
*3 tablespoons dark brown sugar (approximately)*  
*1/2 teaspoon salt*  
*Freshly ground black pepper*  
*Italian parsley, finely chopped (for garnish)*

To prepare the cabbage leaves:

Remove and discard outer cabbage leaves that are bruised and discolored. With a pointed knife, cut out some of the hard-center core. Boil the cabbage for about 10 minutes in a large pot of boiling water to which 1 tablespoon of salt

has been added. Turn the cabbage as it boils. Lift out the cabbage by piercing the core with a large fork. Peel the leaves at the core. If the inner leaves are still too stiff to be removed, return the cabbage to the boiling water for another minute or so. Continue in this fashion until all the leaves have been removed. Any leftover, small or damaged leaves should be chopped coarsely and set aside for the sauce.

To prepare the filling:

In a small pan, bring the barley and water to a boil and simmer, covered, for 15 minutes or until the water has been absorbed; (the grains will still be firm). Transfer to a bowl, and stir in the grated carrots. Heat the olive oil in a small skillet, and sauté the mushrooms over high heat until they are dry. Add the mushrooms to the barley, along with parsley, garlic and egg. Mix well, and season to taste with salt and pepper.

Fill the cabbage leaves:

Spread out a cabbage leaf, and place about 2 tablespoons of the filling in the center. Roll halfway, fold sides towards the center, and roll tightly to the end. Continue until all the filling has been used.

Preheat the oven to 300°.

To prepare the sauce:

Heat 2 tablespoons olive oil in a small skillet, add the onions, and sauté for a few minutes over low heat until the onions are golden.

Place the cabbage rolls, seam side down, very close to each other in a large heavy saucepan. Try to fit them into

the pan in one layer, if possible. Scatter the onions over the cabbage rolls. In a bowl, combine the tomatoes, tomato sauce, lemon juice, brown sugar and salt, and pour over the cabbage rolls. Scatter the leftover chopped cabbage on top. Bring to boil over medium heat. Cover and place in the oven for 1 hour, or until the cabbage is soft.

Season to taste with lemon, sugar, salt and pepper. Garnish with chopped parsley.

### Sliced Filet of Beef

12 servings

This is a convenient dish to serve either for a buffet or to a large group. It is flavorful when served at room temperature, even without the sauce. Arrange it in overlapping slices on a serving dish, and serve the warm sauce on the side. Good quality meat is very important.

*4 pounds lean fillet of beef (eye), tied with a string*

Marinade sauce:

*4 cloves garlic, finely chopped*  
*1/4 cup soy sauce (Kikkoman Lite)*  
*2 tablespoons lemon juice*  
*2 tablespoons honey*  
*2 tablespoons ketchup*  
*2 tablespoons olive oil*

Place the fillet in a non-reactive dish, pour the marinade over it, cover with plastic wrap and foil.

Refrigerate overnight, turning the meat once.

Preheat the oven to 450°. Bring the meat to room temperature. Pour the marinade into a non-reactive saucepan and set aside.

Line a roasting pan large enough to accommodate the meat with heavy-duty foil, doubling the foil. Brush the foil with olive oil, and place the meat on it. Roast the meat for 30 minutes, for rare meat. (It will register 120° on the thermometer.) Remove from the oven, and cover with foil for 10 minutes.

Cut off the strings and slice the meat into *thin* slices. Return the slices to the foil and wrap to keep warm.

If there is any remaining juice in the roasting foil or on the board that accumulates from slicing the meat, add it to the reserved marinade, which will become the sauce.

Note:

If you are making a smaller roast, reduce the roasting time by 5 minutes.



Barley Stuffed Cabbage Rolls

Photos: James Poster

# Beans Provencal

8 servings

This winter dish is nutritious and easy to prepare. It is a good accompaniment to meat or poultry.

*1 pound red kidney beans*  
*4 tablespoons olive oil*  
*2 medium onions, finely chopped*  
*2 cloves garlic, finely chopped*  
*1 1/2 cups vegetable broth*  
*2 medium tomatoes, peeled, seeded and cubed*  
*1/2 cup loosely packed Italian parsley, coarsely chopped*  
*Kosher salt*  
*Freshly ground black pepper*

Put the beans in a bowl, add cold water to cover, and soak overnight. Drain the beans and pick them over.

In a medium saucepan, heat the olive oil, add the onions and the garlic, and cook covered, over low heat, until the onions are soft. Add the beans and the vegetable broth, and bring to a boil. Reduce the heat, and cook gently, partially covered, for about 1 1/2 hours. Just before the beans are almost soft, add the tomatoes, and cook until tender. Mash 1/4 of the beans with a fork, then return them to the pan. Add parsley, and season to taste with salt and pepper.

# Baked Seckel Pears

6 servings

This method of cooking can be applied to any fruit. Baking the fruit brings out its natural flavor. You can serve it warm or at room temperature.

*6 Seckel pears (1 1/2 pounds, approximately), not overly ripe, with stems*  
*3/4 cup pomegranate juice, plus some pomegranate seeds*  
*2 tablespoons brown sugar*

Preheat oven to 450°. Core the pears using a melon scooper, then peel the fruit. Be sure not to damage the stems. Place the pears on their side in an ovenproof dish.

Combine the pomegranate juice and the sugar, and pour the mixture over the pears. Bake for about 10 to 15 minutes, turning the fruit once, or until the fruit is soft but still keeps its shape.

Serve the pears with the stems up, with juice and a sprinkling of pomegranate seeds.

Note:

If you are peeling many pears, keep them in acidulated water to prevent them from discoloring.

Two pomegranates yield approximately 3/4 cup juice. **JA**

*Baked Flounder, Cantonese Style*

