

ROASTED GARLIC POTATO KNISH

Makes about 30 small knishes

Dough:

3 cups flour, plus another ¼ cup more for rolling out dough
1 tsp sugar
2 tsp salt
½ cup vegetable oil
1 cup lukewarm water

Mashed Potato Filling:

2 heads of garlic
3 pounds Yukon Gold potatoes, peeled and cubed
4 large onions, peeled and sliced thinly
1 cup schmaltz or oil
1 tsp pepper
4-8 tsp salt

Alternative Filling Ideas: (optional)

Cooked kasha with sauteed onions
Farmers cheese plus fruit preserves
Potatoes plus sauteed kitchen scraps (rainbow chard leaves and stems, herbs)
Other root vegetables (parsnip, sweet potato, carrot)

1. Preheat oven to 400 degrees. Wrap whole heads of garlic in foil and place in oven. Let cook until completely soft, about 30 minutes.
2. To make the dough: In a medium bowl, stir together the flour, sugar, and salt. Pour in the oil and lukewarm water and knead lightly until a sticky dough is formed. Set aside, covered, for at least 1 hour while you prepare the filling.
3. Meanwhile, sauté onions in schmaltz or oil until sweet and caramelized, about 20 minutes. Meanwhile, in a large pot of salted water, boil potatoes in salted water. Start with cold water, and boil until tender. Drain potatoes and mash with a jar until most lumps are gone. Stir in garlic, onions, oil, salt and pepper.
4. Separate dough into 6 pieces and roll out dough very thinly in a rectangle. Fill with a line of filling and brush the rest of the dough with oil. Fold knishes as demonstrated.
5. Preheat oven to 450 degrees Fahrenheit. Bake 20-25 minutes until skin is brown. Start knishes on lower rack and move to top rack halfway through. Serve warm with mustard.

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FOR PICKLES:

1 glass jar (ideally quart-sized with a wide-mouth, but we'll work with whatever they have)
1 quart-sized plastic Zip-top bag
Filtered water (or tap water)
1.5 Tbsp plus extra, Kosher salt (or any non-iodized salt),
1 pound fresh green beans OR 1-1.5 pound Kirby (Pickling) cucumbers
dill, 1-2 sprigs
garlic cloves, 3-4
whole black peppercorns, 1 tsp
whole coriander seeds, 1 tsp
yellow mustard seeds, 1 tsp
Bay Leaves, 1-2
whole cloves, 1/2 tsp (optional)
cinnamon stick, 1 (optional)
whole dried chili pepper, 1 (optional)

FOR SAUERKRAUT

1 glass jar (ideally quart-sized with a wide-mouth, but we'll work with whatever they have)
1 quart-sized plastic Zip-top bag
2-2.5 pounds cabbage (a small head of cabbage or part of a larger head of cabbage)
2 Tbsp kosher salt (or any non-iodized salt)

Recipe for Crisp Garlic Dilly Beans or Cucumbers

1. Fill a pint sized jar with water (2 cups). Add 1 heaping Tbsp kosher salt and shake or stir to dissolve the salt fully.
2. Place cucumbers or green beans in the jar (as many as will fit! Squeeze them in tightly!), along with 1-2 bay leaves, 1-3 cloves chopped garlic, 2 sprigs of dill and 1/2 tsp seeds such as mustard seeds, peppercorns, coriander seeds, etc. If needed, add more water/salt mixture (same ratio) and cover the veggies, leaving at least an inch between the liquid and the top of the jar.
3. Seal the jar. After the first two days, "burp" the jar. Check them daily after that. When you like the flavor, transfer the jar to the fridge. Enjoy!

Basic Formula for Sauerkraut

1. Core a 3-pound head of cabbage, removing any crusty outer leaves (remaining cabbage will weigh about 2 ½ pounds). Shred cabbage into thin slices and massage shreds with 1 ½ Tbsp kosher salt, adding a little at a time. The cabbage will begin to sweat. Let it rest and continue to massage until a handful of cabbage drips. Mix in any spices.
2. Pack the cabbage into a glass jar or ceramic crock, pressing it down until the liquid rises and cabbage is submerged. If necessary, use a weight or small jar to keep cabbage pressed down.
3. Seal the jar. Leave on counter at room temp. After the first two days, "burp" the jar. Cabbage takes about 1-2 weeks to ferment. It's ready when you like it. Keep in fridge to store.

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LILYA'S SUMMER BEET BORSCHT

SERVES 6 TO 8

2 pounds whole beets, scrubbed but unpeeled
2 carrots, unpeeled and coarsely chopped
2 celery stalks with leaves, coarsely chopped
2 medium onions:
1 quartered, 1 diced
5 garlic cloves: 2 left whole, 3 minced
2 dried bay leaves
2 tablespoons kosher salt
2 tablespoons whole black peppercorns
2 tablespoons caraway seeds
4 cups cold water
2 tablespoons olive oil
3 tablespoons honey
3 tablespoons apple cider vinegar
Sour cream, for garnish
Chopped fresh dill, for garnish

1. Preheat the oven to 400°F. Wrap 1 pound of the beets individually in aluminum foil and set on a baking sheet. Roast until they can be easily pierced with a fork, 40 minutes to 1 hour, depending on the size of the beets (larger beets take longer). The skin should peel off easily under cold running water. Dice the beets into bite size pieces and refrigerate until serving.
2. While the beets are roasting, in a large soup pot, combine the remaining 1 pound beets, the carrots, celery, quartered onion, whole garlic cloves, bay leaves, salt, peppercorns, caraway seeds and 9 cups water. Bring to a boil, then reduce the heat to low and simmer for 1 hour. Remove from the heat.
3. Fill a large bowl with water and ice. Remove the boiled beets from the pot and place them in the ice-water bath. When cool, peel and coarsely chop them. Strain the broth through a fine-mesh strainer into a large bowl, discarding the solids.
4. Rinse and dry the soup pot and set it over medium heat. Add the olive oil and diced onion and sauté until the onion is fragrant, about 3 minutes. Add the minced garlic and sauté for 3 to 5 minutes more, until the onion begins to turn golden. Add the beet broth and coarsely chopped boiled beets to the pot and simmer over low heat, covered, for about 20 minutes.
5. Remove from the heat and puree the soup in the pot using an immersion blender. (Alternatively, transfer it in small batches to a standing blender and puree—just be careful!) Add the honey and vinegar and simmer over very low heat for 5 minutes.
6. If serving hot, place 2 tablespoons of diced roasted beets in the bottom of each bowl and then ladle the hot soup over them. Garnishing with sour cream and chopped fresh dill. If serving chilled, remove from the heat and let the soup cool completely and then refrigerate overnight. Be sure to stir the soup well and taste immediately before serving. Once cooled, many soups require a touch more salt. If necessary, add more salt, a teaspoon at a time. As with hot borscht, place 2 tablespoons of the roasted beets at the bottom of the bowl and ladle the soup on top. Serve garnished with sour cream and chopped fresh dill.

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