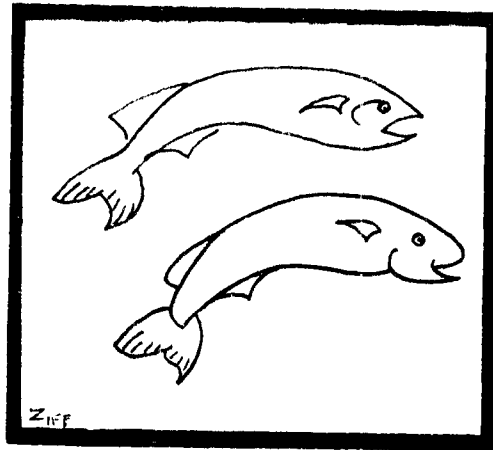
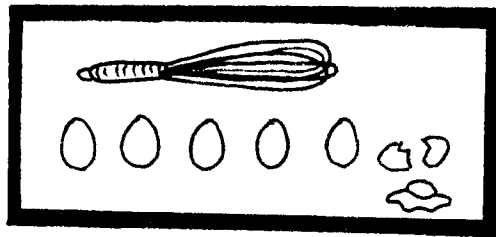


# FISH & MEATLESS



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## FISH - MEATLESS MAIN DISHES

### GEFILTE FISH

Mrs Louis Epstein

3 lbs. fish, buffalo and	1 tsp. matzo meal
carp or whitefish and trout	3 large onions
3 eggs, well beaten	1/2 to 1 c. water
1 large carrot, grated	

Grind fish and onion together and chop in wooden chopping bowl or grind together twice in grinder. Add eggs, carrot, matzo meal and water, chopped constantly. Longer chopping insures fluffier fish.

Cook bones and heads of fish with water in large kettle and add 2 slices onions, 1 sliced carrot and celery. Bring to a boil and make fish balls, moistening hands with cold water before shaping each ball. Place balls gently into fish stock. Stock should almost cover fish balls. Cover and cook in a heavy pot for 1 to 1 1/2 hours. Keep stock at a brisk boil. Shake pot periodically to prevent burning or sticking to pan.

### GEFILTE FISH

Pearl Lipshitz

5 lbs. whitefish fillet or	2 T. matzo meal, challah or
8 lbs. fish with bones	bread crumbs
2 lbs. onions	Salt, pepper
1 small apple	2 onions, sliced
3 eggs	2 to 3 carrots
1 heaping T. sugar	

If using whole fish, bone it and save the bones. If using fillets, save some small pieces for the cooking liquid. Grind fish, onions, and apple. Add eggs, sugar, matzo meal, salt and pepper. Grind for 1/2 hour. Makes for fluffier fish.

In a large covered pot boil bones or small fish pieces in salted water. Add 2 sliced onions and 2-3 carrots and a little sugar.

Make fish mixture into balls and place in pot. Lower flame and cook 1 1/4 hours. Cool.

**GEFILTE FISH****Rae Goodstein**

7 lbs. fish (1 lb. perch, 6 lbs. whitefish)	1 tsp. white pepper
7 eggs, well beaten	4 tsp. salt
7 onions, sliced	4 large carrots, sliced
1 scant c. water	Ac'cent, to taste

Filet and skin fish. Save the bones. Put fish through meat chopper with five onions. Then put in chopping bowl. Add eggs and continue chopping. Add seasonings. Add water and chop until mixture does not stick to chopping knife. (Too much water will make mixture too loose.)

Put fish, bones, sliced onions and carrots in two large soup pots. Fill 1/2 to 3/4 full with water. Bring to boil. Add salt, pepper and Ac'cent to taste. Shape fish mixture into balls and drop in boiling water. Should have enough water to cover fish. When it comes to boil, cover and cook for two hours. Then uncover and simmer one hour longer. Cool. Yields about 48 balls.

**BLINTZES****Sarah Glickman**

4 eggs, beaten until frothy	1/2 tsp. salt
1/2 c. water	4 heaping T. flour

Mix all ingredients together. Bake each leaf on lightly greased frying pan until it holds together (crepe style). Turn for one second. This makes 34 thin leaves.

**FILLING:**

2 boxes cottage cheese, 1 dry and 1 creamed	1 T. soft butter, size of egg
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Cream well; add salt to taste; add 1 egg and cream well. Fill each leaf with a heaping teaspoonful of cheese filling. Fold envelope fashion and place in buttered pan and fry to golden color, not too brown.

**BLINTZES****Pearl Lipshitz****DOUGH:**

4 eggs

1 c. milk

1 c. flour

1 tsp. sugar

1/2 tsp. almond extract

Shake salt

**FILLING:**

1 lb. ricotta cheese

2 (8 oz.) cream cheese

1/4 c. sugar

1 tsp. vanilla or almond  
extract

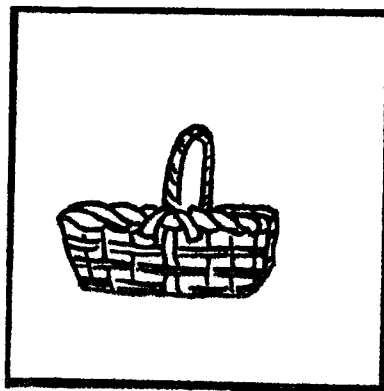
1/2 c. raisins

1/4 c. chopped nuts, optional

1 egg

Mix dough ingredients with beaters. Take 1/4 cup batter and pour into hot 6-inch pan sprayed with Pam. Turn over before brown and cook on other side and remove. Stack.

Mix filling ingredients. Place 1 heaping tablespoonful of filling on each leaf. Roll. Fry in pan until sealed.



**BLINTZES****Mildred Orman****BATTER:**

3 eggs	2 T. salad oil
1 c. milk or water	3/4 c. sifted flour
1/2 tsp. salt	Oil, for frying

Beat eggs, milk, salt, and oil together. Stir in flour. Heat a little oil in a 6-inch skillet, pour about 2 tablespoonfuls of batter into it, tilting the pan to coat the bottom. Use just enough batter to make a very thin pancake. Let the bottom brown slightly (sides will begin to loosen from the pan). Turn out carefully onto a paper towel, browned side up. Continue the rest of the pancake as above. Spread 1 heaping tablespoonful of filling along one side of pancake. Turn the opposite sides in and roll up like a jelly roll. You can fry in butter or oil, or bake in 425° oven until browned. Makes about 18. Serve dairy blintzes with sour cream.

**FILLINGS FOR BLINTZES:****APPLE:**

1 egg white	4 T. sugar
1 1/2 c. finely chopped apples	3 T. brown sugar
1/2 tsp. cinnamon	3 T. melted butter

Beat egg whites until they begin to stiffen. Fold in the apples, sugar and cinnamon. Fill pancakes. Sprinkle with brown sugar and butter. Bake in a 400° oven for 20 minutes. Makes about 18.

**CHEESE:**

2 c. dry cottage cheese	1 T. melted butter
1 egg yolk	2 T. sugar, optional
3/4 tsp. salt	1 tsp. lemon juice, optional

Beat cheese, egg yolk, salt and butter together. Add sugar or lemon juice if desired.

**BLUEBERRY:**

1 1/2 c. blueberries	1 T. cornstarch
3 T. sugar	1/8 tsp. nutmeg

**BLINTZ SOUFFLE'****Monica Lazere**

1/4 c. butter	1 tsp. sugar
12 frozen cheese blintzes	1 tsp. vanilla
1 c. sour cream	1 tsp. cinnamon
4 eggs	

Melt butter in a 13 x 9 inch pan. Add frozen blintzes, folded side down. Beat eggs with sour cream, sugar, vanilla, and cinnamon. Pour over blintzes. Bake at 375° for 35-45 minutes.

**MOCK GEFILTE FISH****Charlotte Levinger**

2 to 3 large onions	1 stalk celery
Salt and pepper	3 eggs
1 large can pink salmon, reserve liquid	3 heaping T. matzo meal
1 carrot	

Slice onions fine; add salt and pepper to taste. Add water to liquid from salmon to make 2 cups of liquid. Add carrot and celery. Reserve salmon. Boil onions, salt, pepper, carrot, celery in liquid for 10 minutes.

Mince salmon and bones. Add eggs and matzo meal (no additional seasoning). Form into balls. Drop into slowly boiling liquid. Simmer very slowly, covered, for 2 hours.

**TUNA CASSEROLE****Sally Levenstein**

2 c. medium noodles, precooked	1 can cheese soup
1/2 green pepper, finely diced	1/2 c. milk
1/3 sweet Spanish onion, diced	1 tsp. salt
1/4 c. margarine	1/8 tsp. pepper
	1 small can tuna, drained

Saute' green pepper and onion in margarine. Add soup, milk, salt, and pepper. Bring to a boil. Mix in noodles and tuna. Pour into baking dish and bake at 350° for 30 minutes. A little longer won't hurt if family is late.

**BLINTZES****Sara Levenstein****LEAVES:**

2 eggs  
 1/2 tsp. salt  
 1/2 c. milk

1 c. flour  
 1/2 c. water

**FILLING:**

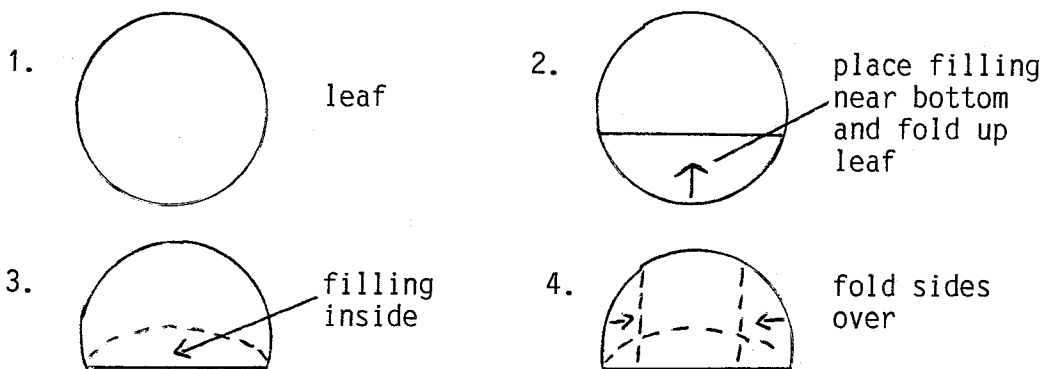
1/2 lb. dry ground cottage  
 cheese  
 1 egg

1/2 tsp. vanilla  
 1/2 lb. cream cheese  
 3 T. sugar

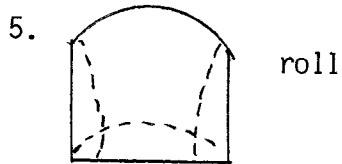
Leaves - Put all leaves ingredients into blender. Scrape sides and make sure all is blended. Pour into a 2-cup measuring cup for pouring. Add enough water to bring up to a 2-cup line. To make leaves, heat slight bit of oil in 7-inch frying pan. When hot, pour small amount of batter (just enough to cover bottom of pan) into pan. Pour off any extra back into measuring cup. Fry until edges begin to curl. Invert frypan onto piece of waxed paper or aluminum foil and bang out. You do not need to grease pan again until the leaves begin to stick. When they do, use paper towel with oil on it to lightly grease pan.

Filling - Grind dry curd cottage cheese in food processor. Add rest of filling ingredients to processor. Fill each leaf with a full tablespoonful of cheese mixture. Fold and fry in oil or freeze for later use.

Diagram for folding:



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**BLINTZES (Contineud)****TUNA CASSEROLE****Dee Peacock**

1 small onion	1 large green pepper, diced
T. oil or margarine	1 (3 oz.) can chow mein noodles
1 (7 oz.) can tuna	1/3 c. sliced almonds
1 (4 oz.) can sliced mushrooms	1 (No. 2) can pineapple chunks
1 (16 oz.) can chop suey or chow mein vegetables	2 tsp. soy sauce
1 can water chestnuts, sliced	1 can cream of mushroom soup
1 c. chopped celery	1/2 c. milk

Saute' onion in oil or margarine. Drain tuna, mushrooms and vegetables. Layer 2/3 can of noodles and all other ingredients except soy sauce, soup and milk in a greased 1 1/2 quart casserole. Combine soy sauce, soup and milk and pour over top of casserole. Bake 45 minutes at 350° then cover with remaining 1/3 can noodles and bake 10 minutes more.

**COD-SPAGHETTI GIOVANNI****JoEllen Hartman**

Refrigerate 1-2 days before baking.

2 c. chopped onions	1/2 c. stuffed green olives, sliced
1/2 lb. fresh sliced mushrooms	1/2 c. sharp Cheddar cheese, shredded
2 cloves garlic, minced	1/2 c. sour cream
1/2 c. butter	1 large can tomatoes
1/2 lb. spaghetti, cooked	1 1/2 tsp. salt
2 to 3 c. cod, boiled and seasoned	1/2 tsp. basil

Saute' onions, mushrooms, and garlic in butter. Mix rest of ingredients together. Add sauteed vegetables. Put in a 3-quart covered casserole. Bake at 350° for 35-45 minutes.



**NORTHWESTERN SALMON PIE****Roberta Gelatt**

1 can (1 lb.) salmon	2 T. butter or margarine
1 c. salmon liquid and milk	2 T. chopped parsley
1 c. soft bread crumbs	1 T. lemon juice
3 eggs, beaten slightly	3/4 tsp. salt
1 c. diced celery	1/2 tsp. dill
1/4 c. chopped onion	1 9-inch unbaked pastry shell

Drain salmon; reserve liquid. Add milk to salmon liquid to make 1 cup. Bone, skin, and flake salmon. Combine liquids, bread crumbs and eggs; let stand while preparing remaining ingredients. Cook celery and onion in butter or margarine until celery is tender. Add cooked vegetables, flaked salmon, parsley, lemon juice, salt and dill to egg mixture; mix. Pour into pastry shell. Bake in a hot oven 400° F. 25 to 30 minutes or until crust is done and mixture is set. Let stand 8 to 10 minutes before cutting. Makes one 8 to 9-inch pie. Serves 6.

**SALMON QUICHE****Sara Levenstein****CRUST:**

1 c. whole wheat flour	1/2 tsp. salt
2/3 c. sharp Cheddar cheese, grated	1/4 tsp. paprika
1/4 c. chopped nuts	6 T. oil

**FILLING:**

1 large can salmon, drained, reserve 1/2 c. liquid	1/2 c. sharp Cheddar cheese, grated
3 beaten eggs	1 T. chopped onion
1 c. sour cream	1/4 tsp. dill weed
1/4 c. mayonnaise	3 drops Tabasco sauce

Crust - Combine crust ingredients and press into 10-inch quiche pan or pie plate. Bake 10 minutes at 400°.

Filling - While crust is baking, combine filling ingredients, including the 1/2 cup liquid from salmon. When crust is brown, put filling in plate and bake for 45 minutes in 325° oven.

**FRIED FISH BATTER****Susan Annis**

1 1/2 c. flour	2 eggs
1/4 c. sugar	3/4 c. milk
2 tsp. baking powder	1 T. oil
3/4 tsp. salt	

Sift dry ingredients. In blender mix eggs, milk and oil; then add dry ingredients. Coat fish with batter and drop into hot fat until done.

**BROILING FISH****Jeanette Rifkin**

Pour 1/2 inch water in the lower part of pan to prevent dryness. Salt and pepper fish, place on well-oiled rack (lined with foil). Brush with a mixture of:

4 T. butter, melted	3 T. lime or lemon juice
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Place in preheated broiler 4 inches from heat; broil 6-9 minutes or until fish looks snowy white and flakes easily when touched with a fork. Sprinkle with chopped parsley or chives.

**GREEN SAUCE FOR FISH****Sara Levenstein**

1/3 c. each sour cream and mayonnaise	1 T. chopped parsley
2 tsp. chopped green onion	1 tsp. lemon juice
1/4 to 1/2 tsp. salt	1/4 tsp. dill weed
Generous dash bottled hot pepper sauce	

Combine ingredients; mix thoroughly. Chill at least one hour to blend flavors. Delicious served with hot or cold salmon. Makes 2/3 cup sauce.

**BAKED FISH-CREOLE****Dee Peacock**

6 slices fish fillet, flounder, halibut <b>or</b> haddock may be used	1 T. flour
2 T. salad oil	1 c. tomato juice
1 c. chopped onions	1 tsp. Worcestershire sauce
1/2 c. chopped green pepper	1 1/2 tsp. salt
1 clove garlic, minced	1/2 tsp. pepper

Heat oil in large skillet; add onions, green pepper, garlic and saute' 5 minutes. Blend in flour until smooth and add remaining ingredients. Simmer 5 minutes. Place fish in flat baking pan. Pour sauce over fish, covering all. Cover tightly with foil and bake in preheated oven 45 minutes at 350°. Serves 4.

**SPINACH LASAGNE****Reva Heifetz**

30 oz. tomato sauce	9 lasagne noodles
4 oz. sweet red wine	2 lbs. small curd cottage cheese
1/4 tsp. red pepper, more if desired	1 box frozen spinach, thawed <b>and drained</b>
1/2 tsp. basil	1 lb. mozzarella cheese, grated <b>or sliced</b>
Salt, to taste	Parmesan cheese

For sauce - Mix tomato sauce, wine and spices in pan and let simmer for 1/2 hour.

To fabricate lasagne - Boil noodles and drain. Combine cottage cheese and spinach and set aside. Place 3 noodles on the bottom of a lasagne pan. Cover with 1/3 sauce, 1/3 cheese and spinach mixture and 1/3 mozzarella cheese. Repeat whole process 2 more times. Bake at 325° for 30-45 minutes.

**LAZY DAY LASAGNE****Corine Neuman**

6 oz. lasagne noodles	1 c. cream style cottage cheese
1/4 tsp. oregano	1 (6 oz.) pkg. mozzarella cheese
1 (15 1/2 oz.) jar spaghetti sauce <b>without</b> meat	

Cook noodles and drain. Combine sauce and oregano. Grease 10 x 6 x 1 1/2 inch pan. Alternate noodles, cheese and sauce. Bake 375° oven for 30 minutes.

**VEGETARIAN SPAGHETTI****Lillian Brodsky**

6 oz. spaghetti	1 (8 oz.) can tomato soup
1/2 medium onion, diced	2 T. butter <b>or</b> margarine
2 large pieces celery, diced	4 slices American cheese, cut into small pieces
1/4 green pepper, diced	

Cook spaghetti according to directions. Drain and blanch. Saute' onion, celery, and green pepper in 1 tablespoonful of the butter or margarine. Add the tomato soup and the American cheese to the vegetables with heat turned off.

Melt 1 tablespoonful margarine or butter in a baking dish. Mix spaghetti, vegetables, tomato soup and cheese into baking dish. Bake in 350° oven for 30 minutes. Mix once or twice while baking. Serves 4.

**CRUSTLESS BROCCOLI QUICHE****Reva Heifetz**

1 (16 oz.) bag frozen broccoli	1 c. grated cheese, any kind
3 eggs, beaten	3 T. oil
1 c. cottage cheese	4 T. crumbs, any kind - e.g. Doritos, potato chips

Combine all ingredients. Place in 9 x 9 inch baking dish or quiche pan. Bake at 350° for one hour.

**DAIRY SPAGHETTI****Sally Levenstein**

1/2 large sweet onion	1 tsp. dry basil
1/2 sweet green pepper	1 tsp. dry oregano
4 stalks celery	1 dash hot pepper
2 T. peanut oil	1/2 tomato paste can wine
1 (2 1/2 lb.) can peeled, whole tomatoes	1 lb. thin spaghetti
1 (6 3/4 oz.) can tomato paste	1/2 lb. shredded mild Cheddar cheese

Dice onions, celery and green pepper fine and saute' in peanut oil. Add tomatoes, paste, basil, oregano, hot pepper and wine. Bring to a boil and turn down and simmer for 1 1/2 hours. Cook spaghetti according to directions on box. Put layer of 1/2 sauce, layer of spaghetti, layer of cheese, balance of sauce in baking dish. Bake in preheated oven for 1/2 hour.

**EGGPLANT PARMESAN****Carol Ziff**

1 medium eggplant, peeled	1/2 c. cooking oil
1/4 c. all-purpose flour	1/3 c. grated Parmesan cheese
1/2 tsp. salt	2 c. spaghetti sauce
1 beaten egg	1 (6 oz.) pkg. sliced mozzarella cheese

Cut eggplant into 1/2-inch slices. Combine flour and salt. Dip eggplant into egg, then flour mixture. Brown in hot oil in large skillet; drain well on paper toweling.

Place 1 layer of eggplant in a 10 x 6 x 2 inch baking dish, cutting to fit. Sprinkle with half of the Parmesan cheese, then 1 cup spaghetti sauce and half of the mozzarella cheese. Repeat layers, ending with the mozzarella. Cut last layer of mozzarella into triangles. Bake uncovered in 400° oven for 15 to 20 minutes. Makes 6 servings.

**BUSY DAY CHEESE SOUFFLE'****Monica Lazere**

1 (11 oz.) can Cheddar cheese soup  
4 eggs, separated  
4 oz. sharp process American cheese, grated

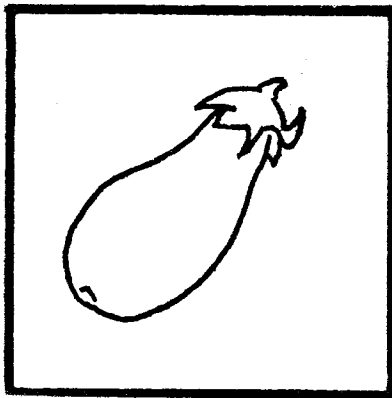
Combine soup and cheese in saucepan. Cook and stir over low heat until cheese melts. Remove from heat.

Beat yolks until thick and lemony; slowly add cheese mixture to beaten yolks. Stir constantly. Beat egg whites until stiff (soft peak). Fold cheese mixture into egg whites. Pour into ungreased souffle' dish or casserole. Bake at 300° for 1 hour or until knife inserted comes out clean. Serve immediately. Good and easy.

**NOODLE SOUFFLE'****JoEllen Hartman**

4 eggs  
1 c. sour cream  
1/3 c. sugar, optional  
1/4 lb. (4 oz.) fine cooked noodles  
1/4 lb. butter  
3 oz. cream cheese  
1/2 tsp. salt

Blend all ingredients except noodles. Add noodles. Bake in greased souffle' pan at 350° for 1 hour.



**AVOCADO POCKET SANDWICH****Sara Levenstein**

1 avocado, seeded <b>and</b> peeled	1/2 c. chopped tomato
1/2 c. chopped cucumber	1/2 c. cubed monterey jack cheese
1/2 c. chopped carrots	1/2 c. bottled Italian dressing
1/2 c. chopped cauliflower	4 pita breads
1/2 c. sliced mushrooms	1 tsp. lemon juice

Dice half of avocado, reserve the other half. Toss diced avocado, cucumber, carrots, cauliflower, mushrooms, tomato, and cheese with Italian dressing. Slit pita breads to form pocket. Fill each with one-fourth of the mixture. Mash remaining avocado with fork and stir in lemon juice. Spoon inside each sandwich. Makes 4 sandwiches.

**BRUNCH EGGS****Roberta Gelatt  
Dee Peacock**

2 c. diced Cheddar cheese	1/2 tsp. freshly ground pepper
1/4 c. butter	12 eggs, beaten
1 c. light cream	Chopped fresh parsley <b>or</b> chives, for garnish if desired
2 tsp. prepared mustard, Dijon	
1/2 tsp. salt	

Serves 6.

Preheat oven to 325°. Spread cheese in greased casserole. Dot with butter.

Combine cream, mustard, salt, and pepper. Pour half this mixture over cheese. Pour in eggs, then remaining cream mixture. Bake 40 minutes. Garnish with chopped fresh parsley or chives.

**STUFFED FRENCH TOAST****Sandy Perlmutter**

8 oz. pkg. cream cheese, softened	1 c. whipping cream
1 tsp. vanilla	1/2 tsp. vanilla
1/2 c. chopped walnuts	1/2 tsp. ground nutmeg
16 oz. loaf French bread	12 oz. jar (1 1/2 c.) apricot preserves
4 eggs	1/2 c. orange juice

Beat cream cheese and 1 teaspoonful vanilla together until fluffy. Stir in nuts. Set aside. Cut bread into 1 1/2 inch slices, about 10-14 depending on length of loaf. Cut a pocket in the top of each slice (about 2/3 way down). Fill each pocket with 1 1/2 tablespoonfuls of cream cheese mixture. The amount will vary slightly depending on the number of slices per loaf, but it is better to use ample filling and not use all the bread if filling runs short.

Beat together eggs, whipping cream, 1/2 teaspoonful vanilla and nutmeg. Carefully dip filled slices into egg mixture and cook on well-buttered hot griddle until both sides are golden brown. Meanwhile, stir together and heat the preserves and orange juice. Serve the apricot mixture drizzled over hot French toast slices. Serves 5.

**LYN'S FLUFFY PANCAKE****Corine Neuman**

1/2 c. unbleached flour	Cinnamon <b>and</b> vanilla, optional
1/2 c. milk	4 T. butter
2 eggs	

Combine flour, milk, eggs, dash cinnamon or vanilla if desired. Leave batter a little lumpy. Melt butter in 12-inch skillet with heatproof handle. When very hot, pour in batter. Bake at 425° for 15-20 minutes or until golden brown. Serve immediately with favorite syrup. Serves 2.



**APPLE PANCAKE AND FILLING****Norma Altman****PANCAKE:**

3 large eggs	3/4 c. cool milk
3/4 c. sifted flour	1/2 tsp. salt
1 T. butter or margarine, for 10-inch skillet or 1 1/2 T. for 12-inch skillet	

**FILLING:**

1 1/2 lbs. apples, peeled and sliced thin	1/4 c. sugar
1/4 c. butter	1/4 tsp. nutmeg
	1/4 tsp. cinnamon

Pancake - Combine all ingredients except butter in a food blender or bowl. If using blender, blend about 30 seconds. If using bowl, beat with egg beater or electric beater 2-3 minutes. Melt butter in heavy 10 or 12-inch skillet. When very hot, pour in batter. Bake in oven at 450° for 15 minutes and then at 350° for 10 minutes. If pancake puffs up in center during first part of baking, puncture with fork. Turn out onto platter and spread 1/2 of pancake with warm filling. Fold over to enclose filling, sprinkle top with powdered sugar and serve with pancake syrup.

Filling - Saute' apples in butter for several minutes. Add sugar and cook 5-8 minutes. If apples appear too firm, cover pan and steam about 5 minutes.

Apples should be crisply tender, but not too soft. Season with nutmeg and cinnamon and mix well. Can make filling early and reheat.

To serve more people, double both recipes. Use one 10-inch and one 12-inch skillet. Use larger pancake for bottom layer. Spread with filling and top with smaller pancake.

**SOUR CREAM PANCAKES****Roberta Gelatt**

2 c. Bisquick	1 egg
3/4 c. cold water	2/3 c. sour cream
Canned peaches	

Mix everything but peaches. Cook pancakes on a griddle or in a frying pan. Serve with warm peaches.

**WAFFLES****Jill Bernstein**

2 c. sifted flour	2 T. sugar
4 tsp. baking powder	1 1/2 tsp. salt
2 eggs, slightly beaten	1 1/2 c. milk
1/2 c. corn oil	1 tsp. vanilla

Sift flour with sugar, baking powder and salt. Combine eggs, milk, corn oil, and vanilla. Blend into dry ingredients. Bake in hot waffle iron about 3 minutes or until steaming stops. Makes 6 waffles.