



# MUSTARD SLAW

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

SERVES 6

## Ingredients:

- 1 small head red or green cabbage (2 to 3 pounds), cleaned and cored
- 1 small red onion, thinly sliced
- 1 tablespoon yellow mustard seeds
- 1 tablespoon caraway seeds
- 2 teaspoons kosher salt
- 3 tablespoons distilled white vinegar
- 3 tablespoons apple cider vinegar
- ¼ cup fresh lemon juice
- 1 tablespoon grapeseed or canola oil
- 2 to 3 tablespoons honey
- ¼ cup chopped fresh dill

## Directions:

1. Finely shred the cabbage with a knife or mandoline on the thinnest setting and place in a large bowl with the red onion.
2. In a small jar, combine the mustard seeds, caraway seeds, salt, vinegars, lemon juice, oil, and honey. Let sit for 5 minutes, until the mustard seeds plump up.
3. Stir the dressing well (or cover and shake) until the honey has dissolved, then pour it over the cabbage and onion and mix well with a wooden spoon or your hands. Sprinkle the dill into the mixture and stir. Let sit at room temperature for at least 1 hour in its juices before serving so the flavors have time to meld. The longer it sits, the better. It will keep in the refrigerator for up to 1 week. The flavors intensify over time.

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



**EDLAVITCH**  
**DCJCC**  
ENTRYPOINTDC



# CRISP GARLIC DILLY BEANS

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

Yield | Quart pickled beans or cucumbers

## Ingredients:

2 cups filtered water

1 Tbsp and 1 tsp kosher salt

½ tsp yellow mustard seeds

½ tsp whole peppercorns

1 bay leaf (dry or fresh)

2 sprigs fresh dill

3 cloves garlic

½ pound Green or Pole Beans, washed and trimmed OR small kurby cucumbers OR Persian cucumbers (look for the thinner, smaller beans. The fresher and crisper, the crunchier they'll be)

## Directions:

1. Place 2 cups water in a clean quart-sized jar. Pour salt into water, cover with a tight fitting lid and shake to dissolve.
2. Place spices, dill, garlic in water, then add the green beans. Pack the beans in tightly, squeezing as many as possible into the jar, making sure the brine covers the vegetables. If it doesn't cover the beans, mix a heaping ½ Tbsp of salt with 1 cup water, then pour until vegetables are covered.
3. If the any of the beans are floating, create a seal by placing a narrower glass jar in the mouth of your quart-sized jar to push the beans beneath the brine. Cover with a towel to keep out any dust or bugs. If using a ceramic crock, use a plate or a wooden board to keep the beans beneath the brine (see p. TK for sealing instructions).
4. Let the beans sit at room temperature for 5-7 days, briefly opening the jar once every couple of days to "burp" it and allow any carbon dioxide to release. You'll notice that beans will turn pale after about 2 days. The time the beans take to ferment fully will vary depending on air temperature and elevation. Taste the beans each day after the fifth day until the desired sour level is reached. The brine will begin to appear cloudy and may be a bit fizzy. That's fine.
5. When you are happy with the taste of the beans, remove any white yeast or mold from top of your jar, if any appears. Place pickled beans directly in the refrigerator. The beans will keep in the fridge for up to 6 months.

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



EDLAVITCH  
DCJCC  
ENTRYPOINTDC



# SWEET OR SAVORY BLINTZES

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

MAKES 8 BLINTZES (4 cheese, 4 savory, plus some extra filling to enjoy)

## For the Crepes:

2 tablespoons unsalted butter,  
melted and slightly cooled, plus more for frying  
2 large eggs  
½ cup whole milk  
½ cup cold water, plus more as needed  
¼ teaspoon kosher salt  
1 tablespoon sugar  
1 cup all-purpose flour

## For the Sweet Cheese Filling:

1 ½ cups farmer's cheese (about 12 ounces)  
¼ cup cream cheese (2 ounces), softened  
2 Tbsp sugar  
2 teaspoon kosher salt  
1 large eggs  
1 tablespoon loosely packed lemon zest  
Sour cream, for serving (optional)  
Fresh or macerated berries (optional), for garnish

## Directions:

1. To make the crepe batter: In a large bowl, food processor, or blender, mix together the melted butter, eggs, milk, cold water, salt, and sugar. Add the flour and mix to remove as many lumps as possible.
2. In an 8-inch nonstick pan (or whatever we've got), melt a small pat of butter over medium heat. Pour about 1/3 cup of the batter into the center of the hot pan. Lift and rotate the pan immediately so batter coats the bottom entirely, then place the pan back on the heat to cook. You'll get the hang of it after a couple of tries. At first, each crepe will take about 1 minute, but the process speeds up as the pan gets hotter, and each crepe should take 30 to 45 seconds. When the crepe is mostly cooked, the edges will lift up. With a spatula, check to make sure the crepe has splotches of brown on the bottom. When one side is fully cooked, flip the crepe onto a nearby plate lined with parchment paper so that the side that has not cooked is facing down. Repeat with the remaining batter, stacking each crepe on top of the others. No need to butter the pan between crepes—only add more butter about every fifth crepe. Note that the first crepe never comes out well. Don't despair. If batter seems thick, add a bit more water and stir.
3. To make the sweet cheese filling: Combine all the ingredients in a bowl and mix well. Or make savory filling (recipe for savoring filling follows this recipe).

*(continued on next page)*

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



**EDLAVITCH  
DCJCC**  
ENTRYPOINTDC



# SWEET OR SAVORY BLINTZES

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

---

*(continued from previous page)*

4. To form the blintzes: Spoon about 1 cup of the filling onto the cooked side of a crepe, in the middle of the lower half. Spread out the filling from side to side in a horizontal line. Fold the bottom of the crepe up to cover the filling, and then fold each end into the center to create a small package. Roll up the crepe tightly to form a compact blintz. It will be about 4 inches in length. Repeat with the remaining crepes and filling. At this point, you can fry them up now, or refrigerate or freeze the blintzes to eat later. To refrigerate, wrap each blintz individually in parchment paper (so they don't stick together) and store in an airtight plastic container for up to 5 days. To freeze, set the wrapped blintzes on a baking sheet in the freezer until they harden, then transfer to an airtight plastic container and freeze for up to 3 months.
5. If you prepared your blintzes in advance, be sure to bring them up to room temperature before frying them (so the filling doesn't remain cold). Place a small pat of butter in a nonstick skillet over medium-low heat and place the blintzes in the pan, seam side down. If your blintz is cylindrical, flatten it slightly with a spatula for even cooking. Do not crowd the pan. Cook the blintzes until golden on the bottom, then flip to the other side and cook until golden brown and the sides are soft, 3 to 4 minutes total. You may need to flip each blintz multiple times to avoid them getting too brown.
6. Serve the blintzes hot. Garnish sweet blintzes with sour cream and berries. Keep just-fried blintzes warm in the oven at 250°F until ready to serve.

---

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



**EDLAVITCH**  
**DCJCC**  
ENTRYPOINTDC



# SAVORY BLINTZES

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

## For the Savory Mushroom-Potato Filling:

- 1 teaspoon kosher salt, or to taste, plus additional for boiling water
- 1 pound russet potatoe (about 3 medium), peeled and cut into chunks
- 1 dried bay leaf 1 tablespoon unsalted butter, melted, plus more for frying
- 4 ounces coarsely chopped stemmed fresh mushrooms (chanterelles, shiitakes, porcini, etc.)
- 1 ½ tablespoons chopped fresh sage, plus more for garnish
- 1 ½ tablespoons chopped fresh tarragon, plus more for garnish
- ¼ cup whole milk, warmed
- 1 large egg yolks, lightly beaten
- ½ teaspoon freshly ground black pepper
- Sour cream, for serving

## Directions:

1. Bring a large pot of salted water to a boil. Add the potatoes and bay leaf. Reduce the heat to maintain a simmer and cook until the potatoes are very tender and can be easily pierced with a fork, 12 to 15 minutes.
2. While the potatoes are boiling, in a skillet, melt a pat of butter over medium-high heat. When the butter is just melted, add the mushrooms and 1 teaspoon of the salt and cook, undisturbed, for 1 minute to darken the mushrooms. Cook, stirring occasionally, until the mushrooms are lightly browned and their liquid has evaporated, 5 to 7 minutes. Remove from the heat and stir in the sage and tarragon.
3. Drain the potatoes, discarding the bay leaf. Roughly mash the potatoes with a fork, a potato masher, or the bottom of a jar, removing any lumps. Stir in the remaining 1 teaspoon salt, taste, and adjust the seasoning to your preference. This mixture should be saltier than what you're accustomed to, as the egg and the crepe itself will mute the saltiness significantly. Whisk in the 2 tablespoons melted butter and the milk. Add the egg yolks, stirring quickly to avoid curdling. Fold in the mushroom mixture and the pepper.
4. Fill the blintzes and fry (or store for later) as directed in Sweet or Savory Blintzes recipe. Serve garnished with sour cream, chopped sage, and minced tarragon.

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



**EDLAVITCH**  
**DCJCC**  
ENTRYPOINTDC



# BABKA!

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

MAKES 2 BABKAS (Hot tip: can also make 1 babka and 1 challah)

## For Dough:

1 packet active dry yeast  
1/3 cup plus 1 tablespoon sugar  
3 Tbsp lukewarm water  
1/2 cup boiling water  
2 Tbsp vegetable oil or grapeseed oil  
3/4 teaspoons kosher salt  
2 large eggs, lightly beaten  
2 1/2 - 3 cups all-purpose or bread flour, plus more as needed  
Sesame seeds or poppy seeds, for sprinkling (optional)

## For the Simple Syrup:

1/3 cup water  
1/4 cup sugar  
Cinnamon Filling:  
1/4 cup unsalted butter or margarine, melted  
1/3 cup sugar  
2 tsp ground cinnamon  
pinch salt

## Alternative Fillings: [you might have these ingredients at home!]

Nutella  
Jam  
Chocolate Chips + Butter + a splash of corn syrup

## To Make Dough:

1. In a small bowl, combine the yeast, 1 tablespoon of the sugar, and the lukewarm water. Stir and set aside. In a large bowl or in the bowl of a stand mixer, combine the remaining sugar, the boiling water, oil, and salt. Stir until the sugar has dissolved. Add the beaten eggs (reserve about

*(continued on next page)*

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



EDLAVITCH  
DCJCC  
ENTRYPOINTDC



# BABKA!

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

*(continued from previous page)*

- 1 tablespoon of the eggs for coating the loaves at the end), pour in the yeast mixture, and stir to combine.
2. Add the flour 1 cup at a time. Start by stirring in the flour with a fork, then switch to kneading by hand or using the stand mixer fitted with the dough hook. Don't be afraid to add more flour. You do not want sticky dough. Knead the dough until it is soft and pliable and bounces back when you poke it with your finger, about 12 minutes if kneading by hand. If you're using a stand mixer, you'll want to let it run on speed one or two until it forms a ball of dough and pulls off the sides of the bowl, about 7 minutes.
  3. Transfer the dough to a clean bowl and cover with a kitchen towel or plastic wrap. Let rise in a warm place for at least 2 hours, or until the dough has doubled in size.
  4. When the dough has risen, punch it down and lightly knead it on a floured surface. Separate the dough into 3 equal pieces. Set aside. [If you want to make challah from this dough, this is the moment to do so with one or two of the pieces! This is challah dough! And can be braided as you like, coated with an egg wash, rested for another 30 minutes and baked at 350 for about 30 minutes].

## To assemble Babka:

1. Make syrup: In a small saucepan, bring the water to a boil. Stir in the sugar until it dissolves. Remove from the heat.
2. To make filling: Rinse out the saucepan and then melt butter on a low flame, then remove from the flame and add the sugar, cinnamon and cardamom together in the saucepan. Set aside.
3. Take one piece of dough and roll it into a square with a rolling pin as thin as possible without tearing the dough. It doesn't have to be a perfect square.
4. Coat the square with the cinnamon-sugar filling on the entire rectangular surface. Use a rubber spatula (or a spoon or pastry brush) to evenly coat.
5. From the short side of the rectangle, roll the dough into a log. Cut off the edges, about an inch off each side. Then, using a knife or a bench scraper, cut the log in half, lengthwise. Face

*(continued on next page)*

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



EDLAVITCH  
DCJCC  
ENTRYPOINTDC



# BABKA!

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

---

*(continued from previous page)*

- the open center of each strand upward, then braid the two strands together and place, possibly squeezing to fit, inside a greased loaf pan. Set aside, covered by a damp towel, for 30 minutes.
6. Preheat the oven to 350°F. When you place challah on the top rack, place the babka on the bottom rack. At 20 minutes, remove the babka and brush with the syrup two times. Bake the babka for 15 more minutes. Then remove and brush with the syrup 3 more times. Then let cool on the wire rack.
  7. Babka freezes well and can be thawed and reheated before serving.

---

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON 

**EDLAVITCH**  
**DCJCC**  
ENTRYPOINTDC 





# QUICK AND CREAMY FARMERS' CHEESE [BONUS RECIPE!]

with *The Gefilteria's* Liz Alpern and Jeffrey Yoskowitz

Makes 2 pounds

## Ingredients:

1 gallon whole milk  
½ cup white vinegar or lemon juice  
2 tsp salt

## Directions:

1. Pour milk into medium sized, heavy-bottomed soup pot or saucepan. Heat over a medium low flame, stirring frequently to avoid burning milk until bubbly white foam forms on the surface. Remove from flame. If you have a thermometer, remove from flame when milk reaches 180-190 degrees Fahrenheit.
2. Once removed from flame, pour in vinegar (or lemon juice) and gently stir. The milk will instantly begin to curdle. Milk solids will form, separating from the yellowish-whey liquid. Let sit for 15 minutes.
3. While the cheese curdles, drape a large piece of cheesecloth over a colander or large mesh strainer and place in a large bowl (to catch the whey that will drain off). Gently pour or ladle the milk mixture over the cheesecloth to strain out the liquid whey and catch the solid bits of cheese. Run cold water for about five seconds over the cheese mixture, then sprinkle salt. Let drain for at least 10 minutes. Put whey aside for later use.
4. Take each of the four corners of your cheesecloth and tie a knot to wrap up a bundle of cheese. Hang the knot on a hook, ideally over the sink, and let drip for about an hour. You may have to improvise to find a way to hang your cheesecloth if you don't have a hook handy. Hooks on wire hangers work well. Just place a bowl beneath your dripping cheese to catch the whey.
5. After about an hour, open your cheesecloth bundle. If mixing-in herbs, stir them in once you remove from cheesecloth. Pack cheese in a Tupperware container to store in refrigerator or use immediately in another recipe. Farmers Cheese will last about two weeks in your fridge.

Recipes excerpted from the book *THE GEFILTE MANIFESTO* by Jeffrey Yoskowitz & Liz Alpern. Copyright © 2016 by Gefilte Manifesto LLC. Reprinted with permission from Flatiron Books. All rights reserved.

Jewish Cooking Mastered is a program of EntryPointDC, the Edlavitch DCJCC's program for Jewish adults in their 20s and 30s. This program is funded by The Jewish Federation of Greater Washington and The United Jewish Endowment Fund.

[edcjcc.org/EntryPointDC](http://edcjcc.org/EntryPointDC)

The Jewish Federation  
OF GREATER WASHINGTON



**EDLAVITCH  
DCJCC**  
ENTRYPOINTDC