

Shabbat Salads With Chef Levana Kirschenbaum

Panzanella Recipe

Ingredients:

1 pound loaf whole grain bread, gluten-free ok, cut into small cubes
1 seedless cucumber, sliced very thin
1/2 medium red onion, sliced very thin
3 large tomatoes, or 6 plum tomatoes, diced
1 cup nicoise or oil-cured olives
1/2 cup mint leaves, packed, cut in ribbons
1/2 cup basil leaves, packed, cut in ribbons
Optional: 1 cup tiny cubes strong cheese, such as feta, cheddar or kashkeval

Instructions:

Place all salad ingredients in a salad bowl. Pour the dressing (recipe follows) over the salad and toss, preferably 2-3 hours before serving. If you decide to serve it with salad leaves, toss them in just before serving.

DRESSING:

Ingredients:

3 tablespoons capers
1/2 bunch flat parsley, stems and leaves
3 tablespoons Dijon mustard
4 large cloves garlic
1/2 cup extra virgin olive oil
1/4 cup wine vinegar
1/2 cup water
1 tablespoon oregano
Salt and pepper to taste (you might not need any salt: taste first)

Instructions:

Place all the ingredients in a food processor and process until smooth, about half a minute. If the dressing gets too thick as it sits, thin it

with a little more water. Makes about 2 cups. Store in a glass jar.

Fresh Corn Salad Recipe

Ingredients:

6 ears of corn kernels, all husks removed
1/4 cup finely chopped dill
1/2 red pepper, cut in tiny dice
4 scallions, sliced very thin
1/3 cup extra virgin olive oil
3-4 tablespoons balsamic vinegar
Salt and white pepper to taste

Instructions:

Bring water to boil in a large pot. With a sharp knife, using a vertical motion, scrape off the corn kernels from the cob on top of a cutting board, cutting as close to the cob as you can. Add the corn and boil five minutes. Drain and let cool. (Skip the boiling step if the corn is very tender, and use it raw). Transfer to a mixing bowl. Add all remaining ingredients and mix. Serve at room temperature.

Moroccan Spicy Romaine Lettuce Chickpea Salad Recipe

Ingredients:

Dressing:

8 cloves garlic
3 ribs celery, peeled
1 jalapeño, stem cut off
1 bunch flat-leaf parsley
½ preserved lemon, skin only, rinsed (page 19 settle for zest of 2 lemons if you don't have any on hand)
½ cup olive oil
1/3 cup fresh lemon juice
2 tablespoons cumin
1 tablespoon oregano
Bottled hot sauce to taste

Salad:

3 cups canned chickpeas (1 large can), drained and rinsed
6 plum tomatoes, seeded and diced small
1 cup pitted Moroccan (oil-cured) olives
¼ cup capers
3 romaine hearts, sliced very thin

Instructions:

Make the dressing: In a food processor, finely grind the garlic, celery, jalapeño, parsley, and preserved lemon. Add the oil, lemon, cumin, oregano, and hot sauce, and pulse just 1–2 times, until combined but still chunky. Place all the salad ingredients in a platter. Toss with the dressing. Serve at room temperature. Makes 8 servings.

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Cabbage Cucumber Apple Slaw Recipe

Ingredients:

1 small head cabbage or nappa, shredded thin (slicing disk)
4 ribs celery, peeled and grated (slicing disk)
1 seedless cucumber, grated coarse (shredding disk)
2 Granny Smith (green) apples, unpeeled, cored, and grated coarse (shredding disk)
1 bunch scallions, sliced very thin
1 bunch dill, minced (chopping blade)

Dressing:

½ cup olive oil
¼ cup unfiltered apple cider vinegar (health food stores)
2 tablespoons prepared white horseradish, or 2 tablespoons wasabi diluted in a little cold water
Salt and white pepper to taste
2 tablespoons sugar

Instructions:

Place all the vegetables in a mixing bowl. Mix the dressing ingredients thoroughly and pour over the mixture. Toss gently so as not to extract moisture. Store refrigerated in glass jars. Makes about 2 quarts. Serve at room temperature.

Variations:

- Throw in some grated daikon, or some sliced endive or fennel.
- Thrown in some diced orange or grapefruit slices.

Minted Tabouleh Recipe

Ingredients:

1 cup quinoa, thoroughly rinsed and drained
2 cups cold water
4 whole scallions, sliced very thin
1 small bunch flat-leaf parsley, chopped fine
1 small bunch fresh mint (no substitutions), leaves only, chopped fine
1/4 cup extra virgin olive oil
Juice of two lemons
1 tablespoon ground cumin
Salt and pepper to taste

Directions:

Place the **quinoa** and water in a saucepan, and bring to a boil. Reduce the flame to medium low, cover and cook 15 minutes, or a little more, until the kernels open up and show a little white “tail”. Let the grain cool a little. If using **bulgur**: Place 1 cup bulgur and 1 cup boiling water in a stainless steel bowl and cover tightly with foil. Let the mixture rest 15 minutes, then fluff with 2 forks. The grain is ready to use. Meanwhile, cut the scallions, parsley and mint. Transfer to a bowl. Add the oil, lemon juice, cumin, salt and pepper to taste. Add the quinoa or bulgur and combine thoroughly. Serve at room temperature.