



Meringue

Pareve, Yields 6-8 servings

Ingredients

4 egg whites
1 1/2 c sugar
1/4 tsp lemon juice or cream of tartar
1 tsp vanilla extract (optional)

*Note: If possible, weigh egg whites and use double the weight of sugar to be more exact.

Instructions

1. A couple of hours in advance of making the meringue, wash a mixing bowl and whisk attachment very well with hot water and soap, then dry. With very clean hands, separate the egg whites into the bowl, being sure that no yolks break. If they do, begin again with a clean bowl, clean hands and new whites. Allow to warm to room temperature.
2. Preheat the oven to 230 degrees. Line a baking sheet with parchment paper, and on separate plates lay out any additional ingredients you may want to roll your meringues in: cocoa powder, chopped nuts, shredded coconut, etc.
3. Begin whipping the whites on medium speed. When the mixture is very foamy, add your lemon juice or cream of tartar and continue to beat, turning speed up a bit. As eggs approach soft peak, begin to add sugar very slowly into the bowl.
4. About halfway through, turn speed up again to a medium high. When sugar is completely added, turn speed to maximum and continue to beat. Stiff peaks should form around 8-10 minutes or so from this point - mixture will be very thick, glossy and white. Check by stopping the machine, removing the whisk and flipping it right side up: meringue will be standing straight up. At this point add vanilla, if using.
5. Using two spoons, scoop big globs of the meringue and gently drop into your add-in ingredients. Roll to coat and then transfer to the baking sheet, aiming for a nice tall portion. Repeat with remaining meringue, allowing space in between, and bake for approximately 1 1/2 hrs. Once cool, serve or store in an airtight container: meringue will soften with humidity.



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RECIPES

Maakouda

Pareve, Yields 8-10 servings

Ingredients

4 potatoes	6 eggs
1 sweet potato	2 tsp salt
3 carrots	1/2 tsp pepper
1/2 head cauliflower	1/2 tsp turmeric
1 yellow onion	1/4 tsp cumin
	Olive oil

Instructions

1. Bring a large pot of water to a boil and add unpeeled potatoes, sweet potato, carrots and the cauliflower. Boil, and as they become tender, remove (cauliflower will cook the quickest, followed by the carrots, etc.). Set aside to cool, with the potato in its own medium/large bowl.
2. Preheat the oven to 400 degrees. Heat about 3 T olive oil in a 12" oven safe saute pan. Chop the onion and cook over medium/medium high heat until caramelized, stirring frequently. Set aside to cool.
3. Peel the sweet potato and dice, scrape the skin off the carrots and dice, and break the cauliflower into bite-sized florets. These can all be set aside together. Peel the potatoes and mash in its own bowl.
4. Crack eggs into a small bowl and whisk, and combine all ingredients: whisk eggs into the potatoes until combined, then fold in all other cooked vegetables and seasonings.
5. Wipe onion pan clean and add a healthy dose of olive oil, about 1/4 c. Heat on medium-high and when the oil is very hot, pour maakouda mix in and spread evenly with a spatula.
6. Cook undisturbed on medium/high for 5 minutes, then transfer to the oven for 35-45 minutes; check that the maakouda is cooked in the middle and set all over. Cool for 15-20 minutes, then invert onto a serving dish.



All recipes provided by Chef Melinda McNeil of the East Valley JCC's Challah Factory.