

Contents

Foreword by Joan Nathan xxv

Translator's Preface xxix

Fania Lewando:

A Lost Treasure from Jewish Vilna, by Efraim Sicher xxxiii

To the Housewife:

A Few Words and Practical Advice, by Fania Lewando 3

*Why Are Fruits and Vegetables So Important for the Organism?,
by Dr. B. Dembski* 5

Vegetarianism as a Jewish Movement, by Ben-Zion Kit 9

Vitamins II

Salads

MAYONNAISE PROVENÇAL 14

SALAD WITH MAYONNAISE PROVENÇAL 14

GREEN SALAD WITH MAYONNAISE PROVENÇAL 14

TOMATOES STUFFED WITH SALADE PROVENÇAL 14

TOMATO SALAD 15

SALAD OF MARINATED PEARS 15

SALAD OF SAUERKRAUT WITH

MARINATED BOROVKES MUSHROOMS 15

EGGPLANT APPETIZER 15

VITAMIN SALAD WITH RAW CABBAGE	16
SALADE VINAIGRETTE	16
POTATO SALAD	16
FRENCH SALAD OF COOKED CARROTS AND GREEN PEAS	16
RADISH SALAD	16
VITAMIN SALAD WITH CARROTS	17
FRESH CUCUMBER SALAD	17
SALAD OF MARINATED CORNICHONS WITH MARINATED MUSHROOMS	17
BEAN SALAD	17
STUFFED TOMATO APPETIZER	17
RED CABBAGE SALAD	18
CHEESE SALAD	18
CREAM WITH CHEESE	18
SALAD WITH LEMON SAUCE (<i>MISERIA</i>)	18
VITAMIN SALAD	19
APPLE AND HORSERADISH SALAD	19
VITAMIN SALAD (ANOTHER ONE)	19
APPLE SALAD	19
ORANGE SALAD	20
LEEK APPETIZER	20
TOMATO APPETIZER	20

Soups

SOUP NUTS (<i>MANDLEN</i>) FOR VARIOUS SOUPS	24
PURÉED CARROT SOUP	24
VEGETABLE SOUP	24
BEER SOUP	24
LENTIL SOUP	25
MUSHROOM SOUP	25

POTATO SOUP	25
SAGO SOUP	26
FRENCH SOUP	26
OATMEAL SOUP	26
MUSHROOM BROTH WITH NOODLES	27
CAULIFLOWER SOUP WITH NEW POTATOES	27
ALMOND SOUP	28
FINE SEMOLINA SOUP	28
SOUR CREAM SOUP	28
JERUSALEM ARTICHOKE SOUP	29
SPLIT PEA SOUP	29
SUMMER SQUASH SOUP	29
RICE AND MUSHROOM SOUP	30
CHICKPEA SOUP WITH FARFEL	30
PRUNE BUTTER (<i>POVIDL</i>) SOUP	31
CRANBERRY SOUP	31
PLUM SOUP WITH APPLES AND PEARS	31
PRUNE SOUP	31
APPLE SOUP (<i>APPLESAUCE</i>)	32
RHUBARB SOUP	32
APRICOT SOUP	32
COLD CHERRY SOUP	32
COLD BLUEBERRY SOUP	33
ROLL SOUP	33
CABBAGE SOUP WITH MILK	33
POTATO SOUP WITH MILK	33
FARINA SOUP WITH MILK	34
FARINA SOUP WITH WATER	34
SAGO SOUP WITH MILK	34
RICE SOUP WITH WATER	34

RICE SOUP WITH MILK	35
POTATO SOUP WITH MILK	35
FARFEL WITH MILK	35
NOODLES WITH MILK	35
MILK SOUP WITH EGG DROPS	35
BEET BROTH WITH MUSHROOMS (PORCINI)	36
PICKLE SOUP	36
BEET SOUP WITH CABBAGE	36
CANNED-TOMATO SOUP	37
TOMATO SOUP WITH NOODLES	37
SAUERKRAUT SOUP WITH MUSHROOMS (KAPUŚNIAK)	37
BEET SOUP	38
PRESERVED SORREL SOUP	38
UKRAINIAN BORSCHT	38
CABBAGE AND APPLE BORSCHT	39
BRAN BORSCHT	39

Cutlets

CHICKPEA CUTLETS	42
CABBAGE CUTLETS	42
NUT CUTLETS	42
BEAN CUTLETS	42
EGG CUTLETS	43
BUCKWHEAT KASHA CUTLETS	43
CELERIAC CUTLETS	43
SPINACH CUTLETS	44
CAULIFLOWER CUTLETS	44
YELLOW MUSHROOM (LISITSHKES) CUTLETS	44
POTATO CUTLETS STUFFED WITH MUSHROOMS	45

LIMA BEAN CUTLETS 45

OAT CUTLETS 45

Stewed Dishes

PRUNE TSIMMES 48

STEWED ZUCCHINI WITH FRIED POTATOES 48

STEWED CUCUMBERS 48

CUCUMBERS STEWED WITH TOMATOES 49

SAUERKRAUT WITH PEAS 49

STUFFED CABBAGE 50

STEWED CABBAGE 50

STEWED CABBAGE WITH POTATOES 50

SAUERKRAUT STEWED WITH SOUR CREAM 51

STEWED CABBAGE WITH RICE 51

STEWED NEW POTATOES WITH SOUR CREAM 51

STEWED POTATOES WITH TOMATOES 51

NEW BABY CARROTS WITH FRESH BABY POTATOES 52

STEWED POTATOES STUFFED WITH MUSHROOMS 52

STEWED POTATOES WITH SOUR CREAM 52

POTATOES STEWED IN SOUR CREAM 53

STEWED TOMATOES 53

STEWED MUSHROOMS (CHANTERELLES) 53

STEWED RICE WITH DUTCH CHEESE 53

STEWED PEARS 54

STEWED ASPARAGUS 54

STEWED LENTILS 55

STEWED KOHLRABI 55

Miscellaneous Dishes

IMITATION VEAL "MEATLOAF"	58
STUFFED IMITATION KISHKE	58
IMITATION FISH MADE OF VEGETABLES	58
IMITATION CAVIAR MADE OF SAGO	59
JERUSALEM ARTICHOKEs	59
POTATO AND MUSHROOM ROAST	59
PEARS WITH POTATOES	59
LEEKs WITH BUTTER	60
NOODLES WITH NUTS	60
BROAD NOODLES WITH MUSHROOMS	60
NOODLES WITH PRUNES	61
BROAD NOODLES WITH SWISS CHEESE	61
BEANS WITH BUTTER	61
SAVOY CABBAGE WITH BUTTER	61
GREEN PEAS WITH TOASTED FARFEL	61
RICE WITH APPLES	62
RICE WITH MUSHROOMS	62
RICE WITH RAISINS	62
RICE WITH FARMER CHEESE	62
RICE WITH STRAWBERRIES	63
RICE WITH WHIPPED CREAM	63
RICE WITH SWISS CHEESE	63
CREAMED GREEN PEAS	63
CREAMED BEETS	64
CREAMED SPINACH	64
CREAMED CARROTS	64
UKRAINIAN CHEESE VARENIKES [PIEROGI]	65
UKRAINIAN STRAWBERRY VARENIKES [PIEROGI]	65

CHERRY VARENIKES	65
BAKED EGGS WITH PEPPER	65
RICE DUMPLINGS	66
CHEESE DUMPLINGS WITH BREAD CRUMBS	66
POTATO ZRAZY [STUFFED POTATO CAKES]	66
POTATO DUMPLINGS	67
POTATOES WITH EGGS	67
RICE WITH EGGS	67
SPINACH PÂTÉ	68
BIGOS [POLISH HUNTER'S STEW]	68
CAULIFLOWER WIENER SCHNITZEL	68
CARROT SCHNITZEL	69
GREEN PEA SCHNITZEL	69
STUFFED TOMATOES	70
CARROT FRITTERS (LITTLE CARROT SCHNITZELS)	70
BEEFSTEAK FROM FRESH MUSHROOMS	70
CELERIAC SCHNITZEL	71
SAVOY CABBAGE SCHNITZEL	71
FRIED ZUCCHINI (GREEN SQUASH)	71
FRIED MUSHROOMS (PORCINI)	72
RASPBERRY MOUSSE	72
ROLLS WITH JAM, FRIED IN BUTTER	72
FRIED SUMMER SQUASH	72
SQUASH WITH BLACKBERRIES OR JAM	72
STUFFED ZUCCHINI (GREEN SQUASH)	73
ASPARAGUS	73
GIANT LIMA BEANS WITH LEMON SAUCE	73

Blintzes (Stuffed Crepes)

BLINTZES FILLED WITH SPINACH	76
BLINTZES FILLED WITH ALMONDS	76
CHEESE BLINTZES	76
RHUBARB BLINTZES	76
BLINTZES FILLED WITH MUSHROOMS	77
BLINTZES FILLED WITH APPLES	77

Omelets

ROLLED SPINACH OMELET	80
TOMATO OMELET	80
CHEESE OMELET	80
EGG AND JAM OMELET	80
MUSHROOM OMELET	81
DUTCH CHEESE OMELET	81
SWISS CHEESE OMELET	81
SOUFFLÉ OMELET	81
ASPARAGUS OMELET	82
SPINACH OMELET	82
SPANISH ONION OMELET	82

Porridges

MASHED POTATOES	86
RICE PORRIDGE	86
SEMOLINA PORRIDGE	86
KRAKÓW KASHA (FINE SEMOLINA PORRIDGE) WITH SWISS CHEESE	86
KRAKÓW KASHA (FINE SEMOLINA PORRIDGE)	87
BARLEY PORRIDGE	87

BARLEY PORRIDGE WITH FARMER CHEESE	87
TOASTED FARFEL PORRIDGE	87
BUCKWHEAT KASHA (TATRKE)	88
MILLET PORRIDGE	88

Frittatas

RICE FRITTATA	92
LEEK FRITTATA	92
FRIED POTATO FRITTATA	92
FRIED CAULIFLOWER FRITTATA	92
TOMATO FRITTATA	93

Kugels with Cholents

CAULIFLOWER AND CARROT KUGEL	96
NOODLE KUGEL	96
RICE KUGEL	96
NOODLE KUGEL WITH NUTS	97
CREPE KUGEL WITH JAM	97
CHALLAH KUGEL	97
BREAD CRUMB KUGEL	98
TOASTED KUGEL	98
MILKHIK CHOLENT WITH NEW POTATOES	98
CHOLENT WITH BEANS, MUSHROOMS, AND POTATOES	99
PRUNE AND APPLE CHOLENT WITH POTATOES	99

Puddings

SPINACH PUDDING	102
BREAD CRUMB PUDDING	102

APPLE CHARLOTTE WITH WHOLE-WHEAT BREAD CRUMBS	102
APPLE PUDDING WITH RICE	103
SEMOLINA PUDDING	103
APPLE PUDDING	103
PUDDING WITH BLINTZ WRAPPERS LAYERED WITH CHEESE	104
FRESH MUSHROOM PUDDING (CHANTERELLES)	104
MILKHIK APPLE PUDDING	104

Latkes

CARROT LATKES	108
POTATO LATKES	108
COOKED POTATO LATKES	108
RICE LATKES	108
UKRAINIAN CHEESE LATKES (SIRNIKES)	108
POLISH PAMPUSHKES (LENIWE PIEROGI OR CHEESE DUMPLINGS)	109
FARINA LATKES	109
BUTTERMILK LATKES	109
APPLE LATKES	109
BLUEBERRY DUMPLINGS	110

Passover Foods

PASSOVER OMELET	114
PASSOVER APPETIZER WITH VEGETABLES AND CHEESE	114
PASSOVER WINE SOUP	115
MILKHIK PASSOVER MATZO BALLS	115
PASSOVER CHEESECAKE	115
MATZO BREI	116
PASSOVER TORTE	116
PASSOVER NOODLES	116

Substantial Puddings

BUCKWHEAT PUDDING	120
POTATO PUDDING	120
POTATO AND MUSHROOM PUDDING	120
NOODLE PUDDING WITH MILK	121
RICE PUDDING	121
FRUIT PUDDING	121
APPLE NOODLE PUDDING	122
BAKED BUCKWHEAT KASHA WITH CHEESE	122
FRENCH TOAST	122

Sauces and Creams

MILK CREAM	126
ALMOND SAUCE	126
LEMON SAUCE	126
APPLESAUCE	126
TOMATO SAUCE	126
PRUNE SAUCE	127
CREAM SAUCE	127
MUSHROOM SAUCE	127

Stuffed Foods

SEMOLINA DUMPLINGS	130
TOMATOES STUFFED WITH RICE	130
RICE STUFFED WITH MUSHROOMS	130
CABBAGE KREPLEKH	131
FRIED STUFFED EGGS	131
POTATO KREPLEKH	131
APPLE KREPLEKH	132

FRENCH CAKE WITH CHEESE OR APPLES	144
OIL COOKIES	144
EGG COOKIES	144
APPLE CAKE	144
FILLED CAKE WITH YEAST DOUGH	145
SPONGE CAKE	145
VITAMIN-RICH FIG CAKES	145
CABBAGE PIE	146
CHEESE PASTRY FOR VARIOUS FRUIT SOUPS	146
ALMOND CAKE WITH FILLING	147
MANDLBROYT	147
APPLE CHARLOTTE [SZARLOTKA]	147
APPLE BREAD FOR TEA	147
CHALLAH CHARLOTTE	148
SPECIAL BREAD FOR A STOMACHACHE	148

Jams and Preserves

CANDIED ORANGE PEEL	152
RADISH PRESERVES	152
CRANBERRY PRESERVES	152
SOUR CHERRY PRESERVES	153
PLUM JAM	153
APRICOT JAM	153
RASPBERRY JAM	154
STRAWBERRY JAM	154
RASPBERRIES WITH CREAM	154
STRAWBERRIES WITH CREAM	154
APPLES WITH HONEY	154
PEARS AND APPLES WITH SUGAR	155

EGGS STUFFED WITH MARINATED MUSHROOMS	132
GREEN PEPPERS STUFFED WITH CARROTS	132
GREEN PEPPERS STUFFED WITH RICE	132
FRIED GREEN PEPPERS	133
EGGPLANT STUFFED WITH RICE	133
STUFFED KOHLRABI	133
POTATO DUMPLINGS STUFFED WITH PRUNES	133
TOMATOES STUFFED WITH MARINATED MUSHROOMS	134
RICE DUMPLINGS STUFFED WITH PRUNES	134

Baked Goods

MUSHROOM PIES (<i>PIROSHKI</i>)	138
DOUGHNUTS	138
FRITTERS (<i>KHRUST</i>)	138
SHORTBREAD CAKE WITH FARMER CHEESE	139
NUT CAKE	139
CHEESECAKE	139
POPPY SEED CAKE	140
ENGLISH CAKES	140
STUFFED CAKE (CROWN)	140
ROLLED CAKE	141
SHORTBREAD COOKIES FOR TEA	141
STUFFED SHORTCAKE	142
POPPY SEED COOKIES FOR TEA	142
CRACKERS FOR VARIOUS SOUPS	142
RYE FLOUR HONEY CAKE	142
CAKE WITH STRAWBERRIES	143
CAKE FILLED WITH CABBAGE	143
BUTTER CAKE	143

APPLE MARMALADE	155
PLUM MARMALADE	155
BLACK CHERRY JAM	155
ORANGE PRESERVES	155

Turnovers

CHALLAH DOUGH	158
BAKED CHERRY TURNOVERS	158
BAKED APPLE TURNOVERS	158
BAKED GOOSEBERRY TURNOVERS	159
BAKED STRAWBERRY TURNOVERS (<i>PIROSHKI</i>)	159
RICE TURNOVERS	159
CABBAGE TURNOVERS COOKED IN BUTTER	159
POTATO TURNOVERS COOKED IN BUTTER	160
LENTIL TURNOVERS COOKED IN BUTTER	160
CHEESE TURNOVERS (<i>PIROSHKI</i>)	160
BAKED BLUEBERRY TURNOVERS	161

Compotes and Desserts

LEMON CREAM	164
APPLE CREAM	164
CRANBERRY CREAM	164
CHEESE CREAM	164
LEMON CREAM (ANOTHER ONE)	165
COFFEE ICES	165
GOOSEBERRY DESSERT	165
ÎLE FLOTTANTE (MILK AND EGG DESSERT)	165
MOCHA KISSEL	166

COCOA KISSEL	166
RHUBARB KISSEL	166
RASPBERRY KISSEL	167
CRANBERRY KISSEL	167
LEMON KISSEL	167
LEMON JELLY	167
VITAMIN-RICH DRIED FRUIT COMPOTE	168
ORANGE COMPOTE WITH WINTER APPLES	168
WINTER APPLE COMPOTE	168
RHUBARB COMPOTE	168
VITAMIN-RICH ORANGE, BANANA, AND APPLE COMPOTE	169
PEAR COMPOTE	169
BAKED APPLES WITH CREAM	169
VITAMIN-RICH STRAWBERRY COMPOTE	169
VITAMIN-RICH RAW FRUIT COMPOTE	169

Glazes and Garnishes for Cakes

SWEET FARFEL [STREUSEL]	172
GLAZE FOR CAKES	172
CHOCOLATE GLAZE FOR CAKES	172
LIQUEUR FOR CAKES	172

Coffee, Buttermilk, and Yogurt

FRUIT TEA (FOR THE SICK)	176
WHIPPED BUTTERMILK	176
COFFEE WITH EGG YOLKS	176
MATSONI (YOGURT OR "ARMENIAN SOUR MILK")	176

Marinated Foods

MARINATED RED CABBAGE	180
MARINATED SOUR PICKLES	180
MARINATED PEARS	180
MARINATED PLUMS	180
MARINATED MUSHROOMS	181
CLARIFIED BUTTER (FOR COOKING, FRYING, AND BAKING)	181
PRESERVED TOMATOES	181
PRESERVED EGGS	182
SAUERKRAUT	182
PICKLED ANTONOVKA APPLES	183
PICKLED CUCUMBERS	183

Ices

RHUBARB SORBET	186
STRAWBERRY SORBET	186
VANILLA ICE CREAM	186
CHOCOLATE ICE CREAM	186
COFFEE ICE CREAM	187
ORANGE SORBET	187
RASPBERRY SORBET	187
CHERRY SORBET	187
LEMON SORBET	188

Wine, Mead, and Liqueur

SPIRIT LIQUEUR	192
COGNAC WITH EGG YOLKS	192
MEAD	192

STRAWBERRY WINE	193
RAISIN WINE	193
CURRANT WINE	193
GRAPE WINE	193
ANTONOVKA APPLE WINE	194

Vitamin Drinks and Juices

CRANBERRY LEMONADE	198
LEMON LEMONADE	198
ORANGE AND LEMON LEMONADE	198
ORANGE SYRUP	198
LEMON SYRUP	198
VITAMIN-RICH BEET JUICE	198
VITAMIN-RICH CARROT JUICE	199
CRANBERRY SYRUP	199
CHERRY SYRUP	199
RASPBERRY SYRUP	199
CURRANT JUICE	199
KVASS FROM DRY ROLLS	200

Excerpts from the Guest Book in

Fania Lewando's Vegetarian-Dietetic Restaurant 203

Biographical Sketches from the Guest Book 209

Acknowledgments 213

Index 215