

Rosh Hashana

Menu Planner



Rosh Hashana Menu

WINE OR GRAPE JUICE

CHALLAH

APPLES & HONEY

MUSHROOM & HERB
MATZO BALL SOUP

GREEN SALAD WITH
POMEGRANATE SEEDS

MOROCCAN STYLE
ROSH HASHANA MEATBALLS

RICE OR COUSCOUS

ROASTED VEGETABLES

Holiday Menu

Sunday Night

September 25, 2022

Wine or Grape Juice

Challah

Apples and Honey

Mushroom & Herb Matzo Ball Soup (pg 1)

Green Salad with Pomegranate Seeds

Moroccan Style Rosh Hashana Meatballs (pg 1)

Rice or Couscous

Roasted Vegetables

Monday Lunch

September 26, 2022

Wine or Grape Juice

Challah with Honey

Gefilte Fish

Ultimate Rosh Hashana Chicken (pg 2)

Pasta Salad

Tzimmus

Monday Night

September 26, 2022

Wine or Grape Juice

Challah with Honey

New Fruits

Just Like Bubbie's Chicken Soup (pg 2)

Glazed Grilled Chicken Drumsticks (pg 3)

Mashed Potatoes

String Beans

Tuesday Lunch

September 27, 2022

Wine or Grape Juice

Challah with Honey

Chopped Liver

Roasted Turkey with Pomegranate Glaze (pg 3)

Chicken Salad with Mango Dressing (pg 4)

Roasted Brussel Sprouts

Potato Kugel

Notes

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for more great holiday recipes!**



Rosh Hashana Recipes

Mushroom & Herb Matzo Balls



INSTRUCTIONS:

To prepare the night before:

1. Melt rendered chicken fat gently in a small skillet.
2. Whisk eggs in a small bowl. Slowly add chicken fat while whisking.
3. To the bowl, add salt and pepper, then parsley and sage, whisking to incorporate.
4. Add mushrooms and mix.
5. Slowly add matzo meal while mixing.
6. Stir in club soda.
7. Chill mixture in refrigerator, covered, for several hours or overnight.

INGREDIENTS:

- 5 tablespoons Empire Kosher Rendered Chicken Fat
- 4 eggs
- ½ teaspoon salt
- Pinch of pepper
- ½ cup chopped fresh parsley
- 1 tablespoon fresh sage (or ¼ tsp. dried sage)
- 5 large button mushrooms, diced small (¼")
- 1 cup matzo meal
- 3 tablespoons club soda
- 1 gallon chicken broth (purchased or your favorite recipe)
- Your favorite vegetables

To finish the recipe:

1. Bring chicken broth to a boil in a large stock pot. Add vegetables.
2. With damp hands, form cold matzo mixture into 1-inch balls.
3. Drop matzo balls into boiling water.
4. Reduce heat to low, cover and allow matzo balls to simmer 40 minutes, until tender.
5. To serve, ladle soup and matzo balls into bowls. Garnish with chopped fresh parsley.

Moroccan Style Meatballs for Rosh Hashana



INSTRUCTIONS:

1. In a food processor, combine the garlic, ketchup, cumin, cinnamon, rosemary, red pepper flakes, oats, salt and pepper. Pulse until completely blended, forming a thick paste.
2. In a large bowl, gently mix the turkey with the paste and the parsley until completely combined.
3. Place bowl in the freezer to keep the turkey chilled. The meat is easier to form into meatballs when it is very cold.
4. Meanwhile, to make the sauce, heat 2 tablespoons of olive oil over medium heat in a large saucepan.
5. Add onion and garlic and sauté until soft.
6. Add lemon zest and olives and cook for one minute.

INGREDIENTS:

Meatballs:

- 3 cloves garlic, minced
- 2 tablespoons ketchup
- 1 teaspoon cumin
- ⅛ teaspoon cinnamon
- ½ teaspoon rosemary
- A pinch to ½ teaspoon red pepper flakes (to taste)
- ⅓ cup rolled oats (not instant)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 package Empire Kosher White Ground Turkey (1 lb.)
- 2 tablespoons parsley, chopped

Sauce:

- 4 tablespoons olive oil, divided
- 1 small onion
- 2 cloves garlic, chopped
- Zest from 1 lemon
- ¼ cup pitted olives, chopped
- ½ cup chicken broth
- 1 can (14 oz.) crushed or diced tomatoes
- 1 tablespoon honey
- A pinch to ½ teaspoon dried red pepper flakes (to taste)
- ⅛ teaspoon cinnamon
- Salt and pepper to taste

7. Stir in chicken broth to deglaze pan and reduce for two minutes.
8. Add tomatoes, honey, red pepper flakes and cinnamon. Reduce heat to low and simmer.
9. Add salt and pepper to taste.
10. Form turkey mixture into meatballs, about 1 inch in diameter.
11. In a separate large sauté pan, heat 2 tablespoons oil over medium heat.
12. Brown the meatballs in batches and transfer to the pan with the sauce. Simmer for 20 minutes.

Serving Tip: Serve over rice or couscous.

Ultimate Rosh Hashana Chicken



INSTRUCTIONS:

1. Pat chicken pieces dry with a paper towel. Season lightly with salt, pepper and cayenne.
2. Preheat oven to 350°F.
3. Heat rendered fat in a Dutch oven or large 12" skillet on medium high heat until smoking.
4. Add 4 chicken pieces to the skillet and brown on both sides for 5 minutes.
5. Remove from skillet to a clean plate. Repeat with remaining 4 pieces of chicken.
6. Leaving the juices in the pan, add the garlic and shallot, stirring and browning until fragrant, about 1 minute.
7. Add the pomegranate juice and broth, stir, scraping the brown bits from the bottom of the pan.
8. Bring to a boil and add apple pieces.
9. Simmer, uncovered for about 15 minutes, until the volume is reduced by half.
10. Add honey to the skillet and stir into sauce.
11. Place the browned chicken pieces in a casserole dish large enough to accommodate all 8 pieces.
12. Pour the sauce over the chicken and bake for 40 minutes, or until cooked through (165°F).

INGREDIENTS:

- 1 Empire Kosher 8 Piece Cut Up Chicken
- Salt, pepper to taste
- ½ teaspoon cayenne pepper
- 1 tablespoon Empire Kosher Rendered Chicken Fat
- 1 garlic clove, minced
- 1 shallot, minced
- ¼ cup pomegranate juice (all natural unsweetened cranberry juice is also good)
- ¼ cup low salt Kosher chicken broth
- 1 granny smith apple, cored and diced into ½" pieces
- ¼ cup honey

Just Like Bubbie's One Pot Chicken Soup



INSTRUCTIONS:

1. Clean chicken, remove excess fat.
 2. Place all ingredients in the 8 quart pot and fill with water to the top and cover.
 3. Bring to boil, reduce to simmer (covered) for 2 hours.
 4. When soup is ready, separate chicken leg meat from bones and skin. Discard bones and skin.
- Optional: 15 minutes before shutting flame, add 10oz of egg noodles OR make Matzo Balls as per direction on box but boil them in the soup, instead of their own pot of water (for 20 minutes).

INGREDIENTS:

- 4 Empire Kosher Chicken Leg Quarters
- 8 quart stock pot
- 1 tablespoon salt
- 1 teaspoon ground pepper
- ½ bunch fresh dill, washed well and chopped
- ½ bunch fresh flat leaf parsley, washed well and chopped
- 1 onion
- 1 parsnip
- 3 large carrots, cut in pieces
- 3 stalks celery, cut in pieces

Glazed Grilled Chicken Drumsticks



INSTRUCTIONS:

Chicken Drumsticks:

1. Preheat grill on medium high heat.
2. Brush chicken drumsticks with oil and sprinkle with salt and pepper.
3. Grill the drumsticks until just evenly browned on each side.
4. Move the drumsticks to a cooler part of the grill and cover with a lid.
5. Continue cooking for about 30 minutes. While cooking, prepare the glaze.

INGREDIENTS:

Chicken Drumsticks:

- 8 Empire Kosher Chicken Drumsticks
- Olive oil for brushing
- Salt and pepper, to taste

Glaze:

- 1 tablespoon olive oil
- 1 shallot, minced
- 2 cloves garlic, minced
- ½ cup rice wine vinegar
- 1 cup chicken broth
- ¼ cup honey
- 1 cup pineapple juice
- ⅓ cup soy sauce
- 1 tablespoon Dijon mustard
- Salt and pepper to taste

Glaze:

1. In a large skillet, heat oil on low heat, add shallot and garlic until golden brown.
2. Increase heat to medium high, adding remaining ingredients.
3. Heat to boil, then reduce to a simmer.
4. Continue cooking on medium-low heat until mixture is reduced by half - about 20 minutes. Glaze should be thick, resembling maple syrup.

To finish cooking and glazing:

1. Brush the glaze on the drumsticks. Cook for 10 minutes longer, at medium heat.
2. Brush additional glaze on the drumsticks for another 10-15 minutes until the drumsticks are cooked through.
3. Check temperature with a meat thermometer. Drumsticks should register 165°F.
4. Remove from the grill and allow chicken to cool 10 minutes.

Pomegranate Glaze (for Roasted Turkey)



- 2 cup chicken broth
- ½ cup pomegranate juice
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 4 tablespoons honey
- ½ teaspoon allspice

1. Heat chicken broth, pomegranate juice, salt and pepper in a skillet over medium-low heat and simmer until liquid is reduced by half.
2. Add honey and allspice. Adjust salt and pepper to taste.
3. Using a pastry brush, apply glaze over turkey during last 15 minutes of cooking.

Chicken Salad with Mango Dressing



INGREDIENTS:

Salad:

- ½ cup almonds
 - cooking spray
 - ¼ teaspoon cayenne pepper
 - ¼ teaspoon sugar
 - Salt and pepper to taste
 - 1 bag (9 oz) spinach
 - 1 bag (4 oz) arugula
 - 1 cup left-over Empire Kosher Chicken*
 - ½ Asian pear, sliced thin (1/8")
 - ½ red pepper, chopped
 - ¼ cup dried cranberries
- *Any leftover chicken may be used, or try julienne Empire Kosher Smoked Turkey Breast Slices

Dressing:

- 1 fresh mango, peeled and cored
- 1 lime (juice and zest)
- 2 tablespoons rice vinegar
- 4 tablespoons coconut oil, melted
- 2 tablespoons honey
- 4 tablespoons water
- ½ teaspoon salt
- Pepper to taste
- 1 teaspoon fresh basil, chopped

INSTRUCTIONS:

1. Preheat the oven to 350°F.
2. Line a baking sheet with foil. Place almonds on the baking sheet and spray with cooking oil spray.
3. Sprinkle nuts with cayenne pepper, sugar, salt and pepper and mix to evenly coat.
4. Bake nuts for 5 minutes.

Dressing:

1. In a food processor, blend mango, lime juice and zest, rice vinegar, coconut oil, honey, water, salt and pepper until completely smooth.
2. Add basil and pulse until basil is finely chopped.
3. Place greens in a large bowl and top with chicken, Asian pear, red pepper, cranberries and almonds. Drizzle dressing over top and serve.

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