

Sukkot Menu Planner



Sukkot Menu

Sunday Night

October 9, 2022

Wine or Grape Juice

Challah with Honey

Gefilte Fish

Just Like Bubbie's Chicken Soup (pg 1)

Lime and Basil Chicken (pg 1)

Roasted Cauliflower

Petite Peas with fresh mint & Orzo

Monday Lunch

October 10, 2022

Wine or Grape Juice

Challah with Honey

Cholent

Crispy Southwest Chicken Chunk Salad (pg 2)

Deli Platter

Noodle Kugel

Monday Night

October 10, 2022

Wine or Grape Juice

Challah with Honey

Chopped Liver

Tuscan White Bean Stew (pg 2)

Home-Roast Turkey Breast (pg3)

Steamed Broccoli with Italian Dressing

Tuesday Lunch

October 11, 2022

Wine or Grape Juice

Challah

Gefilte Fish

Turkey Sweet Potato Shepherd's Pie (pg 3)

Rice Pilaf

Asparagus with lemon

Notes

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**Check out www.empirekosher.com/recipes
for more great holiday recipes!**



Sukkot Recipes

Just Like Bubbie's One Pot Chicken Soup



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

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 10 oz. 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).

Lime and Basil Chicken



INGREDIENTS:

- Empire Kosher® 8 Piece Cut-up Chicken or Quartered Broiler Chicken
- 1 whole head of garlic, outer layers removed
- 2 teaspoons olive oil
- 2 limes, juiced
- 2 tablespoons honey
- salt and pepper to taste
- ¼ cup coconut oil
- ⅓ cup fresh basil, chopped

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. Cut off the top of the garlic head (the pointed end) so that the individual cloves are exposed.
3. Wrap the whole head of garlic in foil. Before completely closing foil, pour olive oil over the garlic.
4. Roast for 1 hour.
5. In a food processor, combine garlic, lime juice, honey, salt and pepper.
6. Turn food processor on and slowly add coconut oil.
7. Add basil and pulse a few times.
8. Place the chicken pieces in a 9x13 glass baking dish.
9. Pour marinade over chicken and rub under skin.
10. Cover chicken with plastic wrap and refrigerate at least 2 hours or overnight.
11. Preheat the oven to 450°F.
12. Bake chicken for 30 minutes or until it reaches an internal temperature of 165°F.

Crispy Southwest Chicken Chunk Salad



INSTRUCTIONS:

Citrus Vinaigrette:

1. Add all ingredients into a blender; puree for about 15 seconds.

Chicken, Pineapple and Carrots:

1. Preheat the oven to 450°F.
2. Place chicken chunk pieces on half of an ungreased baking sheet.
3. Put carrot strips into a bowl, add olive or canola oil, salt and pepper and toss to coat.
4. Place the pineapple pieces and the carrot strips on the other half of the sheet.

INGREDIENTS:

Citrus Vinaigrette:

- ¼ cup orange juice
- 1 teaspoon orange zest
- 2 tablespoons lime juice
- 1-2 garlic cloves, minced (depending on your taste)
- 1 tablespoon fresh cilantro
- pinch of black pepper
- 2 teaspoons honey
- 1 tablespoon extra virgin olive oil

Salad:

- 1 lb. Empire Kosher® Chicken Breast Chunks
- 1 cup fresh pineapple, cut into 1/2" chunks
- ½ cup fresh carrots, cut into julienne strips
- 1 teaspoon olive oil or canola oil
- salt and pepper to taste
- 1 (5 oz.) bag spring mix salad greens
- 1 cup tortilla strips (southwest flavor) found in the Produce section of the grocery store

5. Bake for 14 minutes; stirring the carrots and turning the pineapple about halfway through the bake time.

6. Remove from oven and cool.

Salad:

1. Place the spring mix salad greens into a salad bowl.
2. Top with tortilla strips.
3. Cut the cooled chicken chunks into smaller pieces and add to the salad.
4. Add the pineapple and carrots to the salad.
5. Drizzle the citrus vinaigrette over salad, toss together and serve!

Tuscan White Bean Stew



INSTRUCTIONS:

1. Heat oil in a large pot or Dutch oven over medium heat.
2. Add ground turkey and cook until browned.
3. Stir in onion, celery and carrots. Cook until the vegetables are tender, about 15 minutes.
4. Add in garlic and cook for 5 more minutes.
5. Add broth, water, bay leaves, beans, kale and tomatoes.
6. Bring to a simmer and cook for 15 minutes.

INGREDIENTS:

- 1 tablespoon olive oil
- 1 pound Empire Kosher® Ground Turkey or Empire Kosher® White Ground Turkey
- 1 large onion, chopped
- 2 celery ribs, chopped
- 2 carrots, peeled and chopped
- 8 cloves garlic, peeled and crushed
- 4 cups chicken broth
- 3 cups water
- 2 bay leaves
- 2 (15.5 oz) cans cannellini beans, rinsed
- 1 bunch kale, chopped
- 1 (14.5 oz) can diced tomatoes, drained and rinsed
- 1 sprig fresh rosemary
- Salt and pepper to taste

7. Remove from heat and add in rosemary sprig. Let stand for 15 minutes.
8. Remove rosemary sprig and bay leaves.
9. Season to taste with salt and pepper.
10. If a thicker stew is desired, use the back of a spoon to crush some of the beans against the side of the pan.

Home-Roast Turkey Breast



INGREDIENTS:

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|-----|--|---|---|
| 1 | 7-lb Empire Kosher® Turkey Breast | 1 | medium onion, quartered |
| 1 | lemon | 1 | celery stalk, cut into 4 equal pieces |
| | salt and freshley ground black pepper | 1 | bunch fresh parsley or coriander (cilantro), tied together with kitchen twine |
| 5 | shallots | 1 | cup chicken stock |
| 1/2 | cup apple jelly or red currant jelly | 2 | tablespoons crushed juniper berries (optional) |
| 3/4 | cup apple cider, divided | 1 | bay leaf |
| 1/2 | teaspoon ground ginger | | |
| 1 | teaspoon dried thyme | | |
| 1 | teaspoon canola or other vegetable oil | | |

INSTRUCTIONS:

1. Place the breast in a baking pan. Squeeze the juice of the lemon inside and over the outside of the breast. Season with the salt and pepper.
2. Chop the shallots in a food processor. Add the jelly, 1/4 cup of the apple cider, the ginger, and thyme. Pulse to blend.
3. Preheat the oven to 425°F. Brush the underside of the breast (the side without skin) with the glaze, and brush the skin side with oil. Place the onion, halved, and the celery and parsley under the breast as well.
4. Place the breast in the oven and roast 20 minutes. Remove from the oven and brush with some glaze. Add the remaining cider, the stock, juniper berries, and bay leaf to the pan. Cover with foil and roast 2 hours, basting twice at even intervals. Remove the foil and brush with the remaining glaze. Lower the heat to 375°F and roast uncovered until the meat is a lovely caramel color, for 20-30 minutes or until the internal temperature reaches 165°F. Allow to rest 20 minutes before carving. Discard the bay leaf. Serve with the pan juices passed separately.

Turkey Sweet Potato Shepherd's Pie



INGREDIENTS:

- | | | | |
|-------|---|-----|--|
| 3 | large sweet potatoes | 1/2 | teaspoon rosemary |
| | salt and pepper, to taste | 1/2 | teaspoon sage |
| 4 | tablespoons Empire Kosher® Rendered Chicken Fat (divided) | 1/2 | teaspoon thyme |
| 2 | large carrots, peeled and chopped | 1 | (6 ounces) box peas |
| 4 | ribs celery, chopped | 1 | (1 lb.) package Empire Kosher® Ground Turkey |
| 1 | medium onion, chopped | 1/2 | cup crushed walnuts |
| 2 | tablespoons flour | 1/4 | cup brown sugar |
| 3 1/2 | cups turkey broth (divided) | | |

INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Poke holes in sweet potatoes and microwave each on high for 6 minutes, flipping potatoes over half way through cooking.
3. Meanwhile, in an oven proof skillet, heat two tablespoons of rendered chicken fat on medium high heat. Add ground turkey and brown until cooked through.
4. Add onions, carrots and celery and cook for 5 minutes or until vegetables are tender.
5. Add 2 more tablespoons of chicken fat and two tablespoons of flour to vegetables. Stir and cook the flour for a minute and then slowly add 3 cups of chicken broth.
6. Add rosemary, sage and thyme. Cook for three minutes to thicken.
7. Stir in turkey and peas and turn off heat.
8. Season to taste with salt and pepper.
9. Peel potatoes and mash in a mixer until smooth with 1/2 cup of broth Season to taste with salt and pepper.
10. Spread potatoes in an even layer over the meat mixture. Sprinkle with walnuts and brown sugar.
11. Place in the oven and bake for about 10 minutes or until bubbly.

Shmini Atzeret/ Simchat Torah Menu

Sunday Night

October 16, 2022

Wine or Grape Juice

Challah with Honey

Gefilte Fish

Naomi Nachman's Chicken Soup with Kreplach (pg 5)

Fanny's Chicken Cutlets (pg 5)

Spinach, Tomato and Hearts of Palm Salad

Monday Lunch

October 17, 2022

Wine or Grape Juice

Challah with Honey

Gefilte Fish

Cholent

Mediterranean Chicken Salad with Almonds
and Balsamic Pears (pg 6)

Brown Rice

Oven Baked Carrot Stick Fries

Monday Night

October 17, 2022

Wine or Grape Juice

Challah with Honey

Turkey Kibbeh with Caramelized Onions Plums
and Pomegranate (pg 6)

Potato Kugel

String Beans with Teriyaki Sauce

Tuesday Lunch

October 18, 2022

Wine or Grape Juice

Challah

Honey Pecan Chicken (pg 7)

Deli Salad

Yerushalmi Kugel

Creamed Spinach

Notes



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Naomi Nachman's Chicken Soup with Kreplach



INSTRUCTIONS:

Soup:

1. Heat oil in a large pot over medium heat. Add carrots, celery, onion and zucchini; sauté 3-4 minutes.
2. Add garlic; sauté 30 seconds longer. Add broth. While broth is coming to a boil, add chicken to pot. Once broth is boiling add, Italian seasoning, salt, and pepper.
3. Cover; simmer on low for 2 hours. Remove chicken from soup and let cool. Pull chicken from its bones and return to soup.

Kreplach:

1. Heat oil in a sauté pan on medium heat. When oil is hot, add onions and cook until translucent. Add garlic, ginger and salt; cook on low for 2 minutes.
2. Remove from heat and place in a mixing bowl to cool.

INGREDIENTS:

Soup:

- 2 tablespoons canola oil
- 2 large carrots, diced
- 3 stalks celery, diced
- 2 medium onions, diced
- 2 zucchinis, diced
- 4 cloves garlic, minced
- 8 cups chicken broth or water
- 4 Empire Kosher® Chicken Leg Quarters
- 2 teaspoons Italian seasoning
- kosher salt, to taste
- freshly ground black pepper, to taste

Kreplach:

- 2 tablespoons canola oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- ½ teaspoon ginger, minced or 1-2 frozen cubes
- 1 teaspoon kosher salt
- 1 pack Empire Kosher® Ground Chicken
- 1 teaspoon soy sauce
- ½ teaspoon sesame oil
- 1 cup panko crumbs
- ¼ cup chopped fresh cilantro or parsley or mix of each
- 1 (9 oz.) package wonton wrappers

Once cooled, add ground chicken, soy sauce, sesame oil, panko crumbs and herbs. Gently mix everything together and set aside.

3. Place wonton wrappers on a lightly floured counter or cutting board. Lightly brush each wonton wrapper with water. Place one teaspoon of filling in center of wrapper. Seal edges by folding over and pressing to form a triangle out of the square.
4. Place filled wontons on a baking tray lined with parchment paper. When tray gets full, add another layer of parchment paper on top of first layer and continue to use up mixture. After all wontons are added, place in freezer for 20 minutes to firm up.
5. When ready to cook: Take some broth from the chicken soup and bring to boil (or you can use tap water to boil). Add desired number of wontons directly from freezer to boiling broth and simmer for 15 minutes. To serve, ladle kreplach in each bowl with heated soup.

Cook's note: These can also be pan fried with oil in a sauté pan.

Fanny's Chicken Cutlet Recipe



INSTRUCTIONS:

1. Remove the tenders (the partially attached striplike pieces) from the cutlets. Reserve.
2. Place the cutlets between waxed, parchment, or freezer paper. Pound the cutlets lightly to a uniform thickness.
3. Pour the crumbs onto a shallow dish, and season with the salt and pepper. Mix and distribute the crumbs evenly. Pour the eggs onto a second shallow dish. Add the garlic and beat with a whisk to incorporate.
4. Cover a platter with waxed paper. Dip the tenders into the egg and then into the crumbs. Turn to coat well, shake to remove excess crumbs, and place on the waxed paper. Repeat the

procedure with the cutlets.

5. In a large, heavy skillet, add the oil to a depth of ¼ inch. Heat the oil over medium-high heat until hot. Add the cutlets and sauté until golden brown and firm to the touch, turning once, 5 to 10 minutes per side. Remove from the pan and drain on brown paper or paper towels. Add the tenders and sauté 2 to 3 minutes per side. Serve.

Note: You can also prepare these ahead. Don't sauté them to completion; spread the partially prepared cutlets on a baking sheet and finish the cooking in a 300°F oven minutes or until it reaches an internal temperature of 165°F.

Mediterranean Chicken Salad with Almonds and Balsamic Pears



INSTRUCTIONS:

Chicken Marinade:

1. Combine oil, oregano, juice, garlic, salt and pepper in a bowl.
2. Add chicken breasts and marinate for at least 30 minutes.

Salad:

1. Pour salad mix into a large salad bowl.
2. Cut up the pear into 1/2" cubes and put into a small bowl. Pour vinaigrette dressing over pears, stir and allow pears to soak.
3. Cut tomato into 1/2" pieces. Add to salad.

INGREDIENTS:

Mediterranean Chicken

- 2 Empire Kosher® Boneless Skinless Chicken Breasts
- 1/4 cup olive oil or grapeseed oil
- 1 teaspoon dried oregano or 1 tablespoon fresh oregano, chopped
- 1 tablespoon lemon juice (fresh is best)
- 3 garlic cloves, minced
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Salad:

- 1 (10-12 oz.) spring mix or Mediterranean salad mix
- 1 Anjou pear
- 1 tomato
- 1 orange bell pepper
- 1/4 cup balsamic vinaigrette dressing (look for those containing olive oil)
- 3 tablespoons dried cherries, or dried cranberries
- 1/3 cup oven roasted sliced almonds (look for these in the produce area)

4. Add dried cherries to the salad and toss.
5. Preheat oven to 350°F.
6. Line a baking sheet with foil and place the chicken breasts on top. Bake 25-30 minutes, until meat thermometer reaches 165°F.
7. While chicken is cooling, pour the pears with the vinaigrette over the prepared salad. Add the almonds and toss, coating evenly.
8. Slice the chicken into thin slices along the diagonal and fan the pieces over the top of the salad.

Turkey Kibbeh with Caramelized Onions, Plums, and Pomegranate



INSTRUCTIONS:

1. Pour the Tabouleh mix into a bowl and add 1 cup water. Soak for 20 minutes. Set aside while preparing the other ingredients.
2. Preheat the oven to 375°F. Spray a baking sheet with cooking spray.
3. Place ground turkey in a large bowl. Add salt, pepper, mint, and garlic and blend well.
4. After the Tabouleh mix has soaked in the water for 20 minutes, strain excess water. Add to ground turkey mixture and mix.
5. Shape 1" meat balls with hands and place on a baking sheet. Brush meatballs with olive oil.

INGREDIENTS:

- 1 (5.25 oz.) box Tabouleh mix (Near East is a popular brand)
- 1 (1 lb.) package Empire Kosher® Ground Turkey
- Salt and black pepper
- 2 tablespoons fresh mint leaves, finely chopped
- 3 cloves garlic, minced
- Extra virgin olive oil (for brushing over meatballs)
- 2 tablespoons olive oil
- 1 large onion, thinly sliced
- 1/3 cup chopped walnuts
- 1/3 cup dried plums (prunes), chopped into 1/4" pieces
- 2-3 tablespoons water
- 1 tablespoon yellow mustard
- 1 tablespoon pomegranate molasses plus some extra for drizzling

6. Bake 12-15 minutes, checking for doneness with a meat thermometer (should be 165°F)
7. While meatballs are in the oven, make the topping.
8. Heat oil in a skillet to medium heat. Add onions with a dash of salt and pepper.
9. Cook and stir occasionally over medium heat until onions are nicely browned, about 10 minutes.
10. Add the walnuts and reduce temperature to medium-low and continue cooking for 5 minutes.
11. Add plums and continue cooking for about 2 minutes, stirring occasionally.
12. Add water, mustard and pomegranate molasses and stir.
13. To plate the Kibbeh, place the meatballs on a serving plate. Top with onion mixture and drizzle with pomegranate molasses around the outside of the serving place (Be careful with the pomegranate molasses! It is a strong flavor). Serve with rice.

Honey Pecan Chicken



INGREDIENTS:

- 1 garlic clove, minced
- 1 shallot, minced
- ¼ cup pomegranate juice (all natural unsweetened cranberry juice is also good)
- ¼ cup honey
- ¼ cup chopped pecans
- 2 Empire Kosher® Boneless Skinless Chicken Breasts
- Salt, pepper to taste
- ¼ teaspoon cayenne pepper
- 1 tablespoon Pareve margarine or Empire Kosher® Rendered Chicken Fat

INSTRUCTIONS:

1. In a food processor, finely mince the garlic and shallots, adding pomegranate juice in a drizzle while processing.
2. Add honey and half of the pecans; process briefly until smooth.
3. Sprinkle chicken breasts with salt, pepper and cayenne.
4. Heat margarine at medium-high heat in a large 10-12" skillet or braising pan.
5. Brown chicken breasts on each side, then reduce heat to low.
6. Add the contents of the food processor to the skillet, stirring and scrapping any brown bits from the pan.
7. Sprinkle the remaining half of the pecans over the chicken. Bring the sauce to a simmer, reduce heat again to low, cover, and cook 10-12 minutes.

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Shopping List

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