

The Simple Kitchen

Passover cooking made easy
with Chef Jack Silberstein

Roasted Beets with Orange and Walnut Vinaigrette

Yields: 10 servings

Ingredients:

5 large beets
1 tsp vegetable oil
Salt, as needed
2 oranges, cut into segments
1 cup walnuts, toasted
1/3 cup olive oil
¼ cup orange juice
1 ½ tsp salt

Method:

1. Trim root end from beets. Place in a baking dish lined with a bed of salt. Drizzle beets with oil and cover pan with aluminum foil. Bake in a 350° oven for about 1- 1 ½ hours, until tender or a knife inserted into the center of the beet comes out without resistance.
2. Remove beets from the oven and allow to cool covered for about 1 hour.
3. Peel beets with a paper towel and trim ends. Cut beets into a large dice.
4. In the bowl of a food processor combine walnuts and remaining ingredients. Puree until just blended (walnuts should still be in small pieces). Pour dressing over beets and toss well.

Avocado and Mango Salsa

Yields: 10 servings

Ingredients:

4 avocados, diced small
1 mango, diced small
1 small red onion, minced
1 plum tomato, diced small, if desired
1 Tb lemon juice
¾ tsp salt

Method:

1. Combine all ingredients in a mixing bowl and stir well.

Salad of Romaine with Roasted Peppers and Creamy Balsamic Vinaigrette

Yields: 10 servings

Ingredients:

3 heads romaine lettuce, cut into small pieces
2 red bell peppers
3 plum tomatoes, sliced
1 large carrot, shredded

1 egg
1 cup oil
2 tsp lemon juice
½ tsp salt

2 tsp balsamic vinegar
½ tsp sugar
¼ tsp salt

Method:

1. Roast peppers over an open flame until the skin is charred on all sides. Place in a bowl and cover with plastic wrap. Allow to sit for about 15 minutes. Peel skin from peppers over running water. Remove seeds and cut pepper into thin strips.
2. Combine lettuce, red peppers, tomatoes and carrot in a large mixing bowl.
3. In the bowl of a food processor, blend the egg and salt. With the motor running, slowly incorporate the oil into the egg, to form the mayonnaise. When all the oil is incorporated, add the lemon juice and blend to combine.
4. To make the dressing, combine 4 Tb mayonnaise with balsamic vinegar, sugar and remaining salt. Pour dressing over salad and serve immediately.

Sangria

Yields: 10 servings

Ingredients:

2 cups red wine, such as merlot
1 pineapple, diced
1 mango, diced
2 cups orange juice
¼ cup lemon juice
¼ cup grapefruit Juice
Ice

Method:

1. Combine all ingredients in a large pitcher. Stir well and serve.