



"Food for Thought was created to facilitate dialogue with our neighbors and to embrace and highlight the diversity of our OWA members. Gathering together at the table promotes fellowship and provides a place of love and peace.

We hope you enjoy this little collection of favorites from around the globe.



Brisket to Nurture the Soul



Mimi Friedfeld & family

I've been making my brisket for over 60 years. My mother and grandmother made it before me. It's one of our most cherished family recipes and we make it at every major Jewish holiday.

Brisket has been eaten by Ashkenazi Jews in Europe for special occasions since at least the 1700s. When they emigrated to America, they brought their favorite traditions with them and we are tastier for it 😊

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Brisket to Nurture the Soul – Mimi Friedfeld

Ingredients:

- One- 4-5 pound brisket
- One large sweet onion- sliced
- 4-6 carrots- sliced (1/4 inch thick or chunks)

Rub:

- One pkg. Lipton Onion Soup Mix
- 1/2 cup soy sauce
- 10 cloves fresh garlic (or powdered garlic)
- Fresh ground pepper
- 2-3 tbsp. Dijon mustard
- 1/2 bottle Heinz ketchup (or enough to cover the brisket)

Instructions:

- Preheat oven to 350 degrees
 - Pan: Pan should have apx. one inch clearance all around.
 - Cover bottom of the pan with carrots and onion
 - Place brisket on bed of carrots and onion
 - Sprinkle the rub on all ingredients (except the ketchup)
 - Add enough ketchup to cover the top of the brisket
 - Cover with foil
 - Cook apx 4 hrs- until fork tender at 350 degrees
 - Let cool and slice against the grain- 1/4" slices
 - Put back in the gravy and let rest(I do this often the day before a holiday)
 - Cover sliced meat and place in the 350 degree oven. Cook for one hour or until very tender.
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Ollie's Food for the Soul



*Dr. Millicent Knight
and her mother,
Dr. Ollie Knight*

"My dish is based on American Soul Food, however, my family has adapted it to be: 'Ollie's Food for the Soul'.

Sunday meals, often after church, with family and friends are a tradition in the African American family dating back to Africans enslaved in the US. Sunday was the only day slaves did not have to work, and could celebrate each other with delicious food prepared together, laughter, and music. Our traditional family recipes have evolved to access healthier ingredients and techniques, without losing the delicious flavors".

Dr. Knight

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Ollie's Food for the Soul – Dr. Millicent Knight

Ingredients:

- Organic Chicken Breast-
- Flour
- Olive Oil
- Potatoes
- Green, Red, Yellow Bell Peppers
- Garlic
- Onion
- Corn Bread Muffin Mix
- Sea Salt
- Turmeric
- Black Pepper
- Smoked Turkey-

Instructions:

Crispy organic baked chicken: season chicken and lightly dredge through flour. Place in corning ware with olive oil and bake at 350 degrees for 45 minutes.

Ollie's thinly sliced sautéed potatoes with pepper medley, fresh garlic and onions. Slice the potatoes (we like russet), season to taste with sea salt, black pepper, and turmeric, (turmeric has anti-inflammatory and blood sugar balancing attributes and is enhanced by the black pepper). Cover the bottom of a large skillet with organic canola oil and sauté the potatoes for ~ 10-15 minutes, then add the sliced onions, garlic (thinly sliced) and peppers in ringlets and saute another 5 minutes. Afterwards add 2-tbsp's of water & squeeze of lemon to the skillet, reduce heat to low, and cover to complete cooking for 5-10 minutes.

Serve with Greens by season :

Cold months: In a large pot, bring 2 cups of water or vegetable broth to a boil with smoked turkey, & chopped greens ~ 2 lbs. (turnips, mustard, collards), reduce heat to medium, add chopped onion, garlic, celery, carrots, and spices (sea salt, turmeric, black pepper, garlic powder). Cook for 45-60 minutes or until desired firmness. Overcooking may reduce the nutritional benefits. Per tradition, the pot liquid is sometimes consumed to take in all of the vitamins and minerals in the broth.

Warm months: Kale salad with drizzled olive oil, fresh chopped garlic, fresh squeezed lemon, balsamic vinegar, pumpkin seeds, flax seeds & chopped apple. Finish with cracked pepper and Himalayan sea salt to taste.

Hot water corn bread: 1 cup cornmeal, 1 teaspoon sea salt, 1 cup boiling water, ½-1 cup canola/coconut oil. Heat the oil in iron skillet, mix the dry ingredients with the boiling hot water in a medium bowl. Scoop a spoon size of the mixture, and carefully place in the hot skillet for 5 minutes. Turn for even browning. Drain well, and lightly glaze with butter. Enjoy plain or drizzle with honey or organic dark maple syrup if you prefer it sweeter.



Cioppino



*Allesandro Baronti
and Mamma Rita*

"The 'Cacciucco', known in America as 'Cioppino', is an ancient recipe from Livorno, an Italian coastal city in the region of Tuscany. Mamma Rita taught me how to cook this amazing dish. My recipe is my gift to all of you."

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Cioppino – Alessandro Baronti

Serves: 8

Ingredients:

- 3 pounds Octopus, Halibut, Seabass, and Calamari
- 2 pounds mussels or clams
- 1 pound shrimp
- 8 small lobster tail
- 3 cloves garlic, minced
- 1 ½ cups bell pepper
- 2 cups red wine
- 1 spoon tomato paste
- 1 chopped onion
- 1 batch chopped parsley
- 1- 28 oz. can tomato
- 2 cups tomato juice
- 1 herbs bouquet
- 2 cups fish stock
- 6 large slices of Italian bread
- ½ cup olive oil
- 1 tsp. salt
- 2 tsp. black pepper
- 2 tsp. hot sauce

Instructions:

- Cut Octopus and Calamari into pieces
- Cut halibut and seabass into 8 pieces
- Steam mussels/clams in small amount of water until they open- dispose of any that did not open

Soup Base:

- In a deep covered pot, use ½ cup of olive oil and sauté' onion, garlic, and bell pepper on medium heat until garlic and onions turn blonde (do not burn)
 - Add tomato juice, fish stock, tomato paste, red wine, herbs bouquet, salt, pepper, hot sauce. Then add the octopus, halibut, seabass, calamari.
 - Bring to a simmer and cook for 40 minutes, until a significant reduction-then cook for addtl 30 minutes. Add the lobster tail, shrimp and mussels or clams- cook for addtl 20 minutes, until you notice a reduction of the liquids. (May add a glass of water if seems dry during cook time)
 - Toast bread at 400 degrees until crispy
 - Serve in large bowls by positioning the bread first and the Cioppino over it. Enjoy.
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Tres Leches Cake



*Kathy Cruz &
mom, Gloria*

We grew up with our Nana (mom's mom) serving us Mexican sweet bread (pan dulce), usually for breakfast. We dipped our coffee, which was more milk than coffee, which moistened the bread. As kids, we wanted that as our dessert for every meal. My mom started making Tres Leches cake for dessert for family dinners. Both became my favorite desserts.

Tres Leches is a family dessert throughout Mexico. Soaking cake in "leche" was an easy way to revive stale cake. They added three types of milk because one was not sweet enough. This dessert can be topped with a caramel sauce or fresh fruit. Lucky for us, we can enjoy it anytime.

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Tres Leches Cake - Kathy Cruz

Ingredients:

Cake

- 4 large eggs, separated at room temperature
- 2/3 cup sugar
- 2/3 cup cake flour
- Dash of salt
- 3/4 cup heavy whipping cream
- 3/4 cup sweetened condensed milk
- 2 tsp vanilla extract
- 1/4 tsp rum extract

Topping

- 1 1/4 cups heavy whipping cream
- 3 tbsps sugar
- Optional toppings: caramel syrup or fresh fruit

Instructions:

- Place egg whites in a large bowl. Line bottom of 9-inch springform pan with parchment paper- grease the paper.
 - Pre-heat oven to 350 degrees
 - In a separate bowl, beat egg yolks until slightly thickened. Gradually add 1/3 cup sugar, beating on high speed until thick and lemon color. Fold in flour, 1/3 at a time.
 - Add salt to egg whites using clean beaters, beat on medium until soft peaks form. Fold 1/3 of the whites into the batter, then fold in remaining whites. Gently spread into prepared pan.
 - Bake until top springs back when lightly touched, apx 20-25 minutes. Cool 10 minutes before removing from pan to a wire cooling rack.
 - Place cake on rimmed serving plate. Poke holes in the top with a skewer.
 - In a small bowl, mix cream, evaporated milk, sweetened condensed milk and extracts- brush slowly over the cake. Cover and refrigerate 2 hours.
 - For topping, beat cream until it begins to thicken. Add sugar, beat until peaks form. Spread over top of cake. If desired, top with caramel sauce or fresh fruit.
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