

# Side Dishes



© 2008 Photo by Gail Rosenthal

**Sara Paul**, born in Czechoslovakia in an area that is now the Ukraine, was in Auschwitz-Birkenau and Buchenwald Concentration Camps. **Ernest Paul** was born in Budapest, Hungary. During the Holocaust, Ernest was in the underground disguised as a Nazi. He was recognized by the Hungarian government and received a medal for bravery in 1964. The two met in Bucharest, Romania, after liberation, where Ernest was organizing a Zionist movement. There 250 people, mostly Holocaust survivors of the concentration camps were recuperating. After Sara recovered, they married in Bucharest; Ernest was seventeen, and Sara, sixteen. The couple then went to Budapest and eventually to Italy where they organized young people to make *aliya* to Israel. The couple went to Israel in 1947 but came to the United States in 1956, because Ernest's brother wanted them closer to him. Sara died in 2004.

Ernest lives in Atlantic City.

Sara brought her recipes with her to the United States. She often made cucumber salad for her family. Ernest and her children continue the tradition. Ernest loaned us Sara's cookbook for this recipe.

## ❖ Cucumber Salad ❖

Yield ~ 2 cups

### Ingredients

- Cucumbers 4 large
- Onion 1 (optional)
- Vinegar  $\frac{1}{2}$  c
- Sugar 3 T
- Salt 2 T
- Water cold,  $\frac{1}{2}$  c

### Method

Peel cucumbers and slice very thin.  
Slice the onion very thin as well.  
Salt the cucumber and onion and press salt in as well.  
Let stand for 1 hour.  
Squeeze out the juice and cover with a little cold water.  
Add sugar and vinegar. Stir.

*Note:* This salad can be refrigerated for 3-4 weeks in a tightly covered jar.

# Main Courses



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## "Mamaliga"

Yield ~ 12 - 2" squares

### Ingredients

- Skim Milk 4 c
- Salt to taste
- Cornmeal 2 c
- Sour cream
- Cheese 1 c ea. (variety of 3: Mozzarella, Swiss, Cheddar)

### Method

Mix milk, cornmeal, and salt together.

Grease baking dish. Put a thin layer of cornmeal mixture on the bottom of the baking dish.

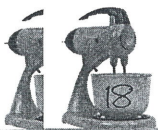
Add 1 Tbsp sour cream.

Top with one tbsp each of Mozzarella, Swiss, Cheddar cheeses.

Alternate layers of cornmeal mixture with sour cream and cheeses.

Top with sour cream and cheeses.

Bake at 350° for 15-20 minutes. Bake covered for the first 5 minutes.



## Main Courses



© 2007 Photo by Sheila McCloy-Nuss

**Ita Len Spiller** was born in a *shtetl* near Chelm, Poland. Ita's parents, Esther and Rachmil, were prosperous owners of a grocery store. Ita and her siblings, Perry and Chava, grew up in a traditional Jewish family. Ita remembers her mother preparing for the High Holidays.

Both the Soviets and the Germans occupied their *shtetl*. Ita's family, except Perry, survived the war in hiding. Ita, disguised as a Polish girl, was forced to work on the local estate of Count Tarnowski; she remembers carrying water from the river to the estate, backbreaking work. After the Russians liberated the area in July 1944, Ita went to Berlin, Germany, where she met her husband-to-be, Ari, in a displaced persons camp, and in 1946, the couple immigrated to the United States. Ita's parents and her sister, Chava, immigrated to Israel. Ita, a widow, lives in Atlantic City, New Jersey

This recipe for kugel came down from Ita's mother, Esther, who made this for her family.

## Kugel Pudding

Yield ~ 12 - 2" squares

### Ingredients

- Short noodles 1/2 lb. thin
- Apricot or Orange preserves 1/2 c
- Eggs 4
- White seedless raisins 1/2 box
- Crushed pineapple 1 small can
- Olive Oil 1/2 c
- Corn flakes 1 c

### Method

Cook noodles, drain, and cool in cold water.

Beat the eggs.

Add the preserves, pineapple, oil, and noodles, and stir until well mixed.

Pour into pyrex pan. Not necessary to grease the pan. Top with the crushed corn flakes.

Bake in 350° oven. Check after 1/2 hour.



# Desserts



© 2006 Photo by Kim Clark

**Cyla Zelanska Kowenski's** mother, Rachela, used to make this compote for *Shabbat* dinner for the Zelanska family in Vilna, Poland. Her parents owned the Hotel Handlowy on Zawalna Street in Vilna. After Cyla, her mother, Rachela, and sister, Ester, were liberated from the Vilna Ghetto, they went to displaced persons' camps in Italy, immigrating to the United States.

When Cyla married Joel Kowenski, her mother gave her the compote recipe.

## Compote

Yield ~ 8 - 5oz. servings

### Ingredients

- Orange Juice 6 c
- Water 1 c
- Apples or Pears 4 lg, peeled and cut into pieces
- Apricots 20 fresh, peeled and cut into pieces
- Raisins 1 c
- Cherries 1 c, pitted and sliced in half (if available)
- Strawberries 1 c
- Lemon 1
- Sugar 1/3 c
- Cherry Jello

### Method

Mix ingredients well.

Cook for 45 minutes on top of the stove - lower heat. Cook until the apples or pears are softened.

Add 1 package of cherry jello after compote is finished cooking. Mix well.

Chill in the refrigerator - keep refrigerated when finished.

