

Summer 2019

CAMP AARON

Cookbook



Week 1: Challah French Toast w/Apples

* Prepare for next group to eat.

Ingredients:

8 eggs, beaten	½ cup butter/margarine
1 cup milk	1 cup brown sugar, packed
1 tsp vanilla extract	1 loaf challah bread, torn into large pieces
1-2 medium apples, cored & sliced	

Directions:

1. Combine eggs, milk, vanilla, cinnamon and salt in large bowl.
2. Melt butter and brown sugar for 30 seconds in microwave
3. Saturate challah bread pieces in egg mixture and fill 9x13 baking pan.
4. Add apple slices throughout; stir/mix evenly.
5. Pour butter/brown sugar mixture evenly over bread.
6. Cover & refrigerate overnight.
7. Preheat oven to 350 degrees F.
8. Bake for 35-40 minutes until eggs are set.
9. Enjoy while warm!

Week 2: Roasted Butternut Squash w/ Apples & Onions

* Prepare for next group to eat.

Ingredients:

1 large onion	1 Tbsp. balsamic vinegar
2 apples, Fuji or Honey Crisp	kosher salt to taste
4-5 cups butternut squash, cubed	black pepper to taste
3 Tbsp extra virgin olive oil	½ tsp cinnamon
1 tsp dried thyme	½ cup dried cranberries

Directions:

1. Preheat oven to 350F
2. Cut onion into ½ inch strips. Place on a large rimmed baking sheet covered with parchment paper or foil (dull side up). Set aside.
3. Using an apple corer/slicer, cut apple into eighths and then cut each wedge into 3 or 4 chunks. Add to the onions along with the squash cubes.
4. Add the oil, thyme, vinegar and salt and pepper to the baking sheet and toss.
5. Spread out in a single layer and bake for 30 minutes or until onions are golden and squash is tender when pierced with a fork.
6. Remove from the oven. Sprinkle with the cinnamon & dried cranberries. Toss lightly and place in a serving dish.

Week 3: Sufganiyot

* Prepare for next group to eat.

Ingredients:

1 roll biscuit dough	canola oil
granulated sugar (rolling)	powdered sugar (rolling)
flour (sprinkling)	½ cup straw/raspberry jam

Directions:

1. Allow dough to sit at room temperature for 20 min.
2. Cut each biscuit in half and sprinkle with flour on each side.
3. Heat 2 inches of oil in pot to 360 degrees.
4. Fry dough until deep brown on both sides. Pat dry on paper towel.
5. Coat with sugar of choice and allow to cool for 5 minutes.
6. Use squeeze bottle of jam to fill in center with jam of choice
- 7.

Week 4: Zesty Israeli Salad w/ Couscous

*Eat what you prepare!

Ingredients:

1 cup Israeli Couscous	1 handful minced parsley
1 cup water	3 Tbsp. olive oil
½ veggie bouillon cubes	1 tsp. red wine vinegar
¼ red bell peppers, diced	1 tsp honey
½ cucumber, diced	1 tsp pepper
1 cup cherry tomatoes, in halves	2 oz feta cheese (dairy days only)
2 Tbsp. minced red onion	

Directions:

1. Lightly toast Couscous w/ 1 tsp olive oil
2. Add water & veggie bouillon and cook Couscous according to package
3. Strain couscous & dry before mixing w/ diced veggies
4. Mix dressing using olive oil, red wine vinegar and honey.
5. Pour dressing over salad and enjoy!
6. On dairy days: sprinkle w/ Feta

Week 5: Potato Kugel Cups

* Prepare for next group to eat.

Ingredients:

1 ½ cups EVOO	½ tsp black pepper
3 eggs	1 bag frozen shredded potatoes
2 tsp kosher salt	1 large onion

Directions:

1. Preheat oven to 425 degrees.
2. Beat eggs; add salt & pepper
3. Heat potatoes w/ onions in EVOO in fry pan and spoon into heated & oiled cupcake pans.
4. Cook for 1 hour or until tops look crunchy and sides golden brown.
5. Loosen out of pan & serve hot.

Week 6: Hamantaschen (Dairy Free)

* Prepare for next group to eat.

Ingredients:

2 large eggs	2 ¼ cups flour
2/3 cup sugar	1 tsp baking powder
¼ cup canola oil	¼ tsp salt
1 tsp orange zest	1-5 tsp water (if needed)
1 tsp vanilla	nonstick cooking oil spray
apricot jam	strawberry jam

Directions:

1. Preheat your oven to 350 degrees F.
2. In a mixing bowl, whisk together the eggs, sugar, canola oil, orange zest and vanilla.
3. In another bowl, sift together the flour, baking powder, and salt.
4. Slowly stir the dry ingredients into the wet, using a large wooden spoon and using circular motions till crumbly dough begins to form.
5. Knead until smooth and slightly tacky to the touch. Try not to overwork the dough, only knead till the dough is the right consistency. If the crumbles are too dry to form a smooth dough, add water slowly, 1 teaspoon at a time, using your hands to knead the liquid into the dough. (Dough needs to be rolling consistency) Too wet, add flour slowly.

6. Lightly flour a smooth, clean surface. Use a rolling pin to roll the dough out to ¼ inch thick.
7. Use a 3-inch cookie cutter (not smaller) or the 3-inch rim of a glass to cut circles out of the dough.
8. Place a teaspoon of filling (whichever filling you choose) into the center of each circle. Cover unused circles with damp towel to avoid them from drying out as you fill the others.
9. Assemble the hamantaschen in three steps. First, grasp the left side of the circle and fold it towards the center to make a flap that covers the left third of the circle. Then do the same on the opposing side and bottom side to then create a triangle.
10. Pinch each corner of the triangle gently but firmly to secure the shape.
11. Place them onto lightly greased cookie sheets and place in the oven. Let them bake at 350 degrees F for 20-25 minutes, till the cookies are cooked through and lightly golden.

Week 7: Icebox Matzo Cake

* Prepare for one of tomorrow's group to eat.

Ingredients:

2 cups Grape Juice (16 oz)	2 eggs
1 ½ boxes Matzo	6 oz. semi-sweet chocolate
1 cup margarine	1 tsp milk
1 cup sugar	

Directions:

1. Prepare Chocolate Cream by mixing margarine, sugar & eggs.
2. In saucepan, melt chocolate & milk
3. Combine margarine w chocolate mixture
4. Dip matzo in grape juice and stack in layers.
5. Place small amount of chocolate cream in between a few layers while stacking.
6. Top stacked Matzos w/ Chocolate cream.
7. Place in fridge for minimum of 4 hours