

Meichels

By Norma Barach
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Chicken In Red Wine

Looking for a quick and tasty way to prepare chicken? This preparation takes a couple of minutes and is ready in about an hour. Serve on a bed of wide noodles. Serves 6 adults.

- 2 fryers cut into eighths
- 2 cloves garlic, crushed
- 1 pkg. onion soup
- 1 1/2 cups dry red wine
- 1 1/2 cups water



Sprinkle garlic on top of chicken. Pour onion soup powder on top of chicken. Mix wine with water. Pour over chicken. Bake 1 hour at 350 degrees. Baste. Add water as necessary.

Sweet & Sour Fish

This is an old recipe from a late friend. It should be served cold, either as an appetizer or a main dish, with cole slaw and potato salad.

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| 3 lbs. whitefish or trout, cut into two-inch pieces | 2 tsps. cinnamon |
| 1 apple, cut up (medium) | 5 pepper corns |
| 1 small onion | 1 bay leaf |
| 1 tsp. ginger | 1/2 cup yellow raisins |

Wash and salt fish. Let stand for about 1 hour. Put remaining ingredients into pot. Place fish on top of ingredients and cover with water. Add 1/2 cup brown sugar. Cook for 3/4 to 1 hour. Add lemon juice to taste.

"Meatballs"

Every family these days has either family members or friends who are vegetarians. These "Meatballs" are a nutritious, protein-filled main course. They can be served over whole wheat or regular noodles.

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| 2 hard-boiled eggs | 1/3 cup bread crumbs |
| 1 small onion, chopped | 2 raw eggs |
| salt, pepper to taste | corn oil |
| 1/2 cup wheat germ | 16 ozs. tomato sauce |
| 1/2 cup ground walnuts | 1 tblsp. water |

Finely grate hard-boiled eggs. Add all ingredients except last three to it. Mix well. Form into small balls. Brown in hot corn oil. Add tomato sauce and water. Simmer covered for 1/2 hour.

Beignets

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| 1/2 cup boiling water | 1/4 cup warm water |
| 2 tblsps. vegetable shortening | 1 egg, beaten |
| 1/4 cup sugar | 3 3/4 cups sifted flour |
| 1/2 tsp. salt | 1 cup sifted sugar confectioners' |
| 1/2 cup evaporated milk | |
| 1/2 pkg. yeast | |

Pour boiling water over shortening, sugar and salt. Add milk and let stand until warm. Dissolve yeast in 1/4 cup warm water; add yeast and egg to milk mixture. Stir in about 2 cups flour and beat well. Add enough additional flour to make a soft dough. Place in greased bowl; grease top of dough and cover with waxed paper and a dry cloth. Place in refrigerator until ready to use.

Roll dough to 1/4 inch thickness. Work quickly, so dough does not rise before frying. Cut into 2 1/2-inch squares. Heat deep fat to 360 degrees in heavy skillet or deep fryer. Drop squares into fat a few at a time, allowing room for expansion. Brown on one side and then the other, turning only once. Drain on absorbent paper. Sprinkle with confectioners' sugar while still warm, or shake beignets in brown bag with sugar. Serve immediately. Makes about 30 beignets.

Community Calendar

Courtesy of Charlotte Chapter BBW

OCTOBER, 1985

- 6 - Women's Division Mini-Mission
- 7 - Lubavitch Simchat Torah Celebration
- 8 - Ha Lailah BBW Board Meeting
- 9 - Charlotte BBW Community Meeting on Teen Suicide
- 10 - Joint Adult Institute
Jewish Social Services
- 13 - JCC Club 23
- 14 - Chai-lites
Federation Executive Committee
JCC Board Meeting
- 15 - Ha Lailah BBW Meeting
- 16 - Hebrew Academy Board Meeting
- 17 - Charlotte BBW "Parenting with a Purpose"
B'nai B'rith Lodge
Joint Adult Institute
- 20 - JCC Building Tours
- 21 - Chai-lites
Charlotte BBW Board Meeting
Federation Board Meeting
- 22 - Community Relations Committee Meeting
- 23 - Women's Division Education Evening
- 24 - Joint Adult Institute
BBW Avodah Council
- 26 - Federation Doctor's Special Event
- 27 - JCC Club 46
Israel Bond Dinner
- 28 - Chai-lites
- 29 - JCC Parenting Program
- 30 - Hadassah Donor
- 31 - Joint Adult Institute

NOVEMBER 1985

- 2 - JCC Silent Auction
- 3 - JCC Jewish Book Month Afternoon
- 4 - Hadassah Board Meeting
- 5 - Ha Lailah BBW Board Meeting
- 6 - Women's Division Special Event
- 7 - Joint Adult Institute
- 10 - JCC Club 23
Federation Worker Training
- 11 - Chai-lites
Federation Executive Board
JCC Board Meeting
- 12 - Federation Campaign Kickoff

If you want your events on the Community Calendar call Vicki Hopkins, 554-1324.

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