

## HOLIDAY RECIPES

Ed. Note: The following are taken from a new book, "The Varied Kitchens of India" by Copeland Marks, published by M. Evans & Co., Inc., N.Y. A section in it entitled "Jews of Calcutta," imaginatively combines Middle Eastern & Indian elements. Cuisine of this dwindling community follows the dietary laws.



### Pilau Matabak

#### Old-Fashioned Rice

This is a *pukha* (real!) Jewish rice cooked by the Orthodox Jews of Calcutta on Simchat Torah. Any gala occasion would be a good time to prepare this pilau.

#### Potatoes

4 small potatoes, cut into 1/4-inch-thick round slices  
1 cup sliced onions  
1/2 tsp. ground turmeric

1/2 tsp. salt  
1 tbsp. oil  
1/2 cup water

#### Rice

1 tbsp. corn or peanut oil  
2 cups raw rice, rinsed & well drained  
1/2 tsp. ground turmeric

1/2 tsp. salt  
2 tsp. garam masala  
3 cups water

#### Fish

1/2 pound fillet of sole, flounder or similar fish, cut into 2-inch cubes

1/4 tsp. salt  
1/4 tsp. ground turmeric  
2 tsp. corn or peanut oil

1. Mix potatoes & onions with turmeric & salt.  
2. Put tablespoon of oil in large saucepan. Place onion slices in the bottom of pan & cover them with potato slices. Fry mixture slowly over low heat for 5 minutes. Do not stir to disturb the slices. Add water, cover pan, & continue to steam/fry for 15 minutes, or until the water has completely evaporated. Set aside.

3. Heat oil for the rice in a saucepan. Over moderate heat lightly brown rice for 3 minutes, adding turmeric, salt & garam masala during process. Add water, stir mixture, bring to a boil, cover pan, & turn heat to low. Cook for 10 minutes.

4. Rub fish with salt & turmeric. Heat oil in skillet & lightly fry fish over moderate heat for 2 minutes. Remove fish cubes from oil.

5. Spread fish cubes over potatoes in their original pan. Cover fish completely with rice. Cover pan & fry pilau slowly over low heat for 15 minutes. This may also be done in a 350°F. oven for 15 minutes.

Serve warm. Serves 6

### Hanse Mukmura

#### Duck with Almond, Raisin and Spice Sauce

This richly assembled *mukmura* is eaten on festival days such as Simchat Torah and the New Year. Butternut squash, pumpkin or West Indian calabasa are all firm squashes or pumpkins that can be used in this festive preparation. American ducks have a lot of fat and so it is best to prepare the *mukmura* the previous day, refrigerate overnight, and then remove and discard the congealed fat.

1 duck, 4 to 4½ pounds, cut into 8 serving pieces, loose skin and fat discarded  
4 cups plus 1 tbsp. water  
1/4 cup fresh mint leaves  
1 tsp. salt  
2 large onions, sliced thin (3/4 cup)  
2 tbsp. corn or peanut oil  
1/2 teaspoon crushed fresh ginger  
1/2 tsp. crushed garlic  
1/2 tsp. crushed fresh hot green chili

1/2 tsp. ground turmeric  
1 cup chopped ripe tomatoes  
2 cups yellow pumpkin cubes  
2 tbsp. raisins  
2 tbsp. blanched almonds, halved lengthwise  
1 bay leaf  
1 tbsp. garlic, sliced thin lengthwise  
1/4 cup tamarind paste, dissolved in 1/2 cup water & strained  
2 tsp. sugar

1. Cook duck in 4 cups water with salt over moderate heat for 45 minutes. Reserve 2 cups of liquid.

2. In another large pan, brown onions in oil for 2 minutes. Add ginger, garlic, chili & turmeric, & fry for another 2 minutes.

3. Add 1 tbsp. water & then tomatoes & cook for 5 minutes to combine flavors & reduce mixture to a puree (*hamiss*).

4. Add pumpkin cubes & mix well. Add cooked duck, raisins, almonds, bay leaf, garlic slices, tamarind liquid & sugar. Stir a few times, add reserved duck liquid, & bring everything to a boil.

5. Cook over moderate to low heat for 30 minutes, until duck is tender & flavorings combined. At this time adjust salt & sugar, if you wish, for more intense flavor. Sprinkle in mint leaves & stir a moment. Should the sauce reduce too much, add 1/2 cup water since the *mukmura* should have ample sauce.

Serve warm. Serves 6 to 8.

## Community Calendar

Courtesy of Charlotte Chapter BBW

### OCTOBER

- 1 - Charlotte BBW Evening with John Rosemond
- 6 - Chai-Lites
- 7 - Federation Leadership Tuesday
- 8 - Yiddish Vinkl
- 9 - HaLailah BBW "Moms & Mavens" Program  
B'nai B'rith Lodge Board Meeting  
Jewish Social Services
- 14 - HaLailah BBW Board Meeting  
Federation Executive Committee
- 15 - Hadassah Education Workshop  
Hebrew Academy Board  
Hadassah Evening Group
- 16 - "J" Health and P.E. Committee
- 20 - Chai-Lites  
Charlotte BBW Board  
Federation Board Meeting
- 21 - Lubavitch Sukkot Party  
HaLailah BBW Meeting
- 22 - B'nai B'rith Lodge Meeting
- 23 - BBW Avodah Council
- 27 - Chai-Lites  
Foundation Board  
President's Council
- 28 - Community Relations Committee

### NOVEMBER

- 1 - Federation Campaign Kickoff
- 2 - Federation Worker Training  
"J" Club 45
- 3 - Chai-Lites  
Hadassah Board Meeting
- 4 - Election Day - VOTE
- 5 - Charlotte BBW Meeting  
Yiddish Vinkl
- 6 - Hadassah Meeting

To ensure that all of our organizations have maximum participation at monthly meetings and special events use the Community Calendar to clear your dates. To place your events on the Community Calendar call Vicki Hopkins, 554-1324.

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## World Beat

(cont'd from p. 4)

Since the 1973 Yom Kippur War, the drug problem in Israel has continued to escalate. For the past 10 years the most accessible drugs have been marijuana, hashish and heroin.

### Tid-Bits

SANTIAGO (JTA) — In a formal ceremony in the city of Vina del Mar, a central plaza was dedicated as Golda Meir Square. The commemorative plaque describes Meir as "a woman who forged a world of peace and friendship."

JERUSALEM (JTA) — Police have increased their fight against road accidents, which have risen recently at an alarming rate. Leaves of absence for police personnel have been shortened in order to have more of them on traffic and road patrols. Increased preventive activities have also been put into effect.

These steps were taken when the country's 42nd traffic accident victim in 15 days died.

JERUSALEM, (JTA) — Prof. Yosef Singer, chairman of Israel Air Industries and president of the Haifa Technion, recently visited the people's Republic of China. Singer, who is considered a senior scientist in the field of aeronautics, was in China on what was described as a "professional" visit.

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