



Gratz Insider, July 2013 - Story Continuation

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The Gratz Gourmet

JCHS “Food for Thought” programs are conveniently held in several synagogues throughout the Philadelphia metropolitan area. The Salmon Crown and pineapple pudding recipes below hail from a “Food for Thought” kitchen at Temple Sholom in Broomall. The Temple Sholom classes were taught this year by Amy Blum and Hana Bennett, both graduates of the Gratz high school program.

Blum, who not only graduated from the high school, but also from Gratz College, has been teaching “Food for Thought” at Temple Sholom for a number of years. As a testament to the popularity of her class, Blum has students who return annually. “I love having the opportunity to study and learn with the kids,” she says. “We go away having prepared and tasted some really good food.”

Gratz College Insider readers can now sample some of this food themselves by trying out the recipes below.

Salmon Crown

Dough

2 cups flour
4 teaspoons baking powder
2 teaspoons sugar
1/2 cup butter
3/4 cup plus 2 tablespoons milk

Filling

1 - 7 3/4 oz. can of salmon
1/4 cup finely chopped celery
1/4 cup grated cheddar cheese
2 tablespoons finely chopped onion
1/2 teaspoon dill weed

1. Flake salmon. Combine the flaked salmon and the juices from the salmon with the remaining filling ingredients.
2. Separately combine flour baking powder and sugar.
3. Cut in butter until mixture is mealy and crumbly.
4. Stir in milk to make a soft dough.
5. Knead dough and roll out into a large rectangle.
6. Spread salmon filling evenly over dough to within $\frac{1}{2}$ inch of edges.
7. Roll up jellyroll fashion from one long edge. Then turn into a ring and place on greased baking sheet.
8. Slash openings on top at intervals.
9. Bake at 375° for 30-40 minutes.
10. Slice into pieces and serve.

Yield: approximately 5 servings

Pineapple Pudding

20 oz. can crushed pineapple
3 tablespoons flour
4 eggs
1 $\frac{1}{2}$ tablespoon melted margarine
 $\frac{1}{2}$ teaspoon salt
juice of one lemon

1. Mix flour with pineapple juice and stir flour into crushed pineapple.
2. Beat eggs well, and add them to crushed pineapple.
3. Add margarine, salt and lemon juice, and mix well.
4. Pour mixture into greased baking dish, and bake at 350° for 45 minutes.

Yield: approximately 6 servings