



A mother's *love*

Members of the Monday Morning Cooking Club (from left), Lisa Goldberg, Jacqui Israel, Merelyn Chalmers and Lynn Niselow, are the custodians of beloved recipes from the global Jewish community.





[♥ Mother's Day lunch]



Frangipani Cake
*For recipe,
see overleaf.*

Every Monday for more than 10 years, these four mums meet to preserve and honour the stories and recipes sent to them by Jewish women around the world. They call themselves The Monday Morning Cooking Club. We asked which of their contributors' recipes they'd like cooked for them this Mother's Day ...

FOOD PREPARATION BY ANGELA DEVLIN

PHOTOGRAPHY ● ALAN BENSON STYLING ● MICHELE CRANSTON



**Smoked Fish Pâté
with Lavosh**



SHEREE STONE

Sheree is a second-generation New Zealander, but has a rich Eastern European heritage. As a child, she spent hours in her grandmother Esther's kitchen, which she credits for her love of cooking. "I'm inspired by farmers' markets, recipe blogs and chefs like Yotam Ottolenghi."

Smoked Fish Pâté

BY SHEREE STONE • SERVES 8

¼ cup (65g) cream cheese
2 tablespoons sour cream
finely grated zest and juice of 1 lime
1 teaspoon extra virgin olive oil
1 tablespoon prepared horseradish
400g hot smoked salmon, skin removed
1 tablespoon dill sprigs
sea salt and ground black pepper
lime wedges, to serve

1 Place the cream cheese, sour cream, lime zest and juice, olive oil and horseradish in a food processor. Blend until smooth and creamy.
2 Gently break up the salmon fillets, flaking them into small pieces, and add them to the mixture in the food processor. Add the dill and process until the mixture forms a thick paste. Add salt, pepper and extra lime juice, to taste.
3 Cover with plastic wrap and place in the fridge for at least 2 hours. Serve chilled with lime wedges and lavosh (below).

Lavosh

BY SHEREE STONE • SERVES 8

"Who would've thought something we've always bought in packets is so easy to make at home with ingredients from your pantry?"

1 cup (150g) plain flour, plus extra
½ cup (50g) wholemeal plain flour



Frangipani Cake

HELEN CARP

"I live in Melbourne, a proud third-generation Australian. My father's family came to Australia from Warsaw in Poland in the 1920s. My Australian nana would make afternoon tea every Friday, which became a family tradition. They welcomed us with an abundance of food and love."

Frangipani Cake

BY HELEN CARP • SERVES 12

"How can anyone resist this gorgeous, moist, deep-yellow cake with its fluffy white topping, reminiscent of the colours of a summer frangipani flower?"

230g unsalted butter, at room temperature

6 egg yolks
1½ cups (340g) caster sugar
2 cups (300g) self-raising flour
1 cup (250ml) milk

TOPPING

6 egg whites
1 cup (230g) caster sugar
2 cups (180g) desiccated coconut

1 Preheat oven to 160°C (140°C fan-forced). Grease and flour a 22cm spring-form cake tin. Line with baking paper.
2 In an electric mixer, beat the butter, egg yolks and sugar until thick and creamy. Gently fold in the flour and milk. Pour the batter into the prepared tin.
3 **TOPPING** In a separate bowl, whisk the egg whites until soft peaks form, then, with the motor running, add the sugar slowly, continuing to beat until the sugar is dissolved and stiff peaks form. With a metal spoon or spatula, gently fold in the coconut. Spread the topping over the batter.
4 Bake for about 1 hour 45 minutes or until a skewer inserted in the middle comes out clean.



Glazed
Beef Brisket

MIKKI FINK

"I'm a second-generation American with a diverse heritage, now living in California. My grandmother was a fabulous cook and hostess, but never wrote anything down. As a child, I remember watching her and keeping certain things in my head, which I carefully recorded years later. I remember watching her bake and licking the bowl after the batter was poured into the tin. When my own grandchildren were old enough, I did exactly the same thing. They spent a lot of time cooking with me in my kitchen."

Glazed Beef Brisket

BY MIKKI FINK • SERVES 10

- 7 onions, sliced
- 2 cups (500ml) beef stock
- 2kg beef brisket, some fat left on
- SPICE RUB**
- 1 tablespoon mustard powder
- 1 heaped tablespoon garlic granules

- 1 heaped tablespoon dried parsley flakes
- 2 teaspoons sea salt

GLAZE

- ¼ cup (55g) brown sugar
- ¼ cup (60ml) tomato sauce
- ¼ cup (60ml) Dijon mustard

- 1 Preheat oven to 160°C (140°C fan-forced). You will need a large roasting pan.
- 2 Put the onion into the pan and pour over the stock.
- 3 **SPICE RUB** In a bowl, mix the mustard powder, garlic, parsley and salt together and rub over both sides of the brisket. Place the brisket on top of the onion.
- 4 Cover the dish with foil, place in the oven and roast for 2 hours. Uncover and continue to roast for a further hour or until fork-tender, basting from time to time.
- 5 **GLAZE** Meanwhile, in a bowl, mix together the sugar, tomato sauce and mustard. Spread on top of the cooked brisket; roast for an additional 30 minutes.
- 6 To serve, place the brisket on a platter, pile the onion on top and slice thickly.

AMY KRITZER

"I grew up in an all-American town in Connecticut and my grandmother gave me the taste for authentic Jewish treats. There was nothing better than helping her while she prepared memorable food. I loved cooking so much that I quit my corporate job and went to culinary school. On my blog, What Jew Wanna Eat, I combine Jewish flavours from around the world to put a modern spin on classic recipes."

Israeli Farro Salad

BY AMY KRITZER • SERVES 6-8 AS A SIDE DISH

- 1 cup (200g) roasted farro
- 400g can chickpeas, rinsed and drained
- ¼ cup (60ml) olive oil
- 1 tablespoon Amy's Za'atar (see recipe, opposite)
- 1 telegraph cucumber
- 4 cups (100g) rocket
- 300g cherry tomatoes, halved
- ½ red onion, thinly sliced
- 100g feta cheese, crumbled

DRESSING

- ½ cup (80ml) lemon juice
- ¾ cup (160ml) olive oil

AMY'S ZA'ATAR

- 2 tablespoons sumac
- 3 tablespoons dried thyme
- 2 tablespoons dried oregano
- 3 tablespoons sesame seeds, toasted
- 1 teaspoon sea salt flakes

- 1 Preheat oven to 200°C (180°C fan-forced).
- 2 In a large saucepan, bring plenty of salted water to the boil. Add the farro and bring back to the boil. Reduce heat to medium and simmer for 40 minutes or until tender. Drain and set aside.
- 3 Meanwhile, toss the chickpeas with the olive oil and spread on a baking tray. Roast for 15 minutes or until golden brown and crunchy, stirring occasionally; take care as they will splatter.
- 4 Remove chickpeas from the oven and add za'atar, tossing to coat well. Set aside.
- 5 Cut the cucumber into quarters, lengthways, remove the seeds and slice thickly. In a large bowl, place the farro, rocket, tomato, cucumber and onion. Dress with the lemon juice and olive oil and season to taste with salt and pepper. Add the roasted chickpeas, toss again and crumble the feta over the top.



Israeli Farro Salad

Amy's Za'atar

Combine all the ingredients together in a small bowl and mix to combine. This makes ¼ cup of za'atar, more than you will need. Store the remainder in an airtight container in a dark, cool place for up to 6 months.

Israeli Rice Pilaf
For recipe, see overleaf.

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Almond Bread



- 1 litre (4 cups) chicken stock**
- 1 teaspoon sea salt**
- 1 onion, roughly chopped**
- ¼ cup (40g) pine nuts**
- ¼ cup (40g) currants or sultanas**

- 1** Break up the vermicelli noodles into short pieces, about 4cm long.
- 2** In a large, preferably non-stick, saucepan, heat half of the oil over medium heat and cook the vermicelli, watching carefully, for a minute or two until they turn brown; take care, as they burn easily. Add the rice and sauté for a few minutes until it becomes opaque.
- 3** Add the stock and salt, bring to the boil, cover and reduce the heat to low. Simmer, undisturbed, for 20 minutes.
- 4** While the rice is cooking, heat the remaining oil in a small frying pan and sauté the onion for about 15 minutes or until golden. Add the pine nuts and currants (or sultanas), tossing to toast them lightly. Remove from the heat.
- 5** Turn the cooked rice onto a serving platter and fluff with a fork. Top with the onion, pine nuts and currants (or sultanas).

Almond Bread

HELEN CARP • MAKES 50

- 1½ cups (250g) raw almonds**
- 6 egg whites, at room temperature**
- 1 cup (230g) caster sugar**
- 2 cups (300g) plain flour**

- 1** Preheat oven to 165°C (145°C fan-forced). To toast the almonds, place them on a baking tray and cook for 20 minutes. Allow to cool slightly.
- 2** Lightly grease a small loaf tin.
- 3** In an electric mixer, whisk the egg whites until soft peaks form, then gradually add the sugar, whisking until thick and glossy. Mix in the flour, beating slowly. Using a spatula, gently fold in the almonds.
- 4** Pour the mixture into the prepared tin and bake for 1 hour or until a skewer inserted in the middle comes out clean. Remove from the tin and allow to cool. If not slicing immediately, wrap in plastic wrap and refrigerate for up to 2 days or freeze until ready to slice and bake.
- 5** Line 2 large baking trays. Remove the loaf and slice with a sharp serrated knife

into 3mm slices, then place the slices flat on the prepared trays.

- 6** Bake for 25 minutes or until light golden brown. Place on a wire rack to cool completely. Store in an airtight container for up to 2 weeks.

GLORIA JACOBSON PINK

"In Saint John, Canada, where I grew up, there was no kosher butcher, baker or caterer, so everybody cooked, baked and entertained from scratch. When it came time for a wedding or Bar Mitzvah, all the women gathered and prepared everything. It was the best of times with communal friends. My husband and I moved to Nova Scotia after marrying and I became one of the women who cooked, baked and entertained... the tradition goes on."

Israeli Rice Pilaf

GLORIA JACOBSON PINK • SERVES 8 AS A SIDE DISH

- 75g dried vermicelli noodles**
- ¼ cup (60ml) olive oil**
- 2 cups (440g) basmati or long grain rice**



It's Always About The Food by the Monday Morning Cooking Club, published by HarperCollins, is out now.