COOK
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The Ami Food Magazine

24 Cheshvan 5781 November 11, 2020 Issue 492



'DINNER DONE' DEBUT

A SNEAK PEEK OF THE COOKBOOK WE ALL CAN'T WAIT TO OWN

Mint Smoothie + Sticky Apricot Jam Bars + Hot Poppers

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Hello Cooks

with Victoria Dwek

The Broken Bosch

I've always tried to keep my two "jobs" or "careers" or "things I do," no matter what you want to call them, separate. When it's time for *Whisk* or to write an article for *Ami/AmiLiving,* I zone in and block out everything else. And when it's time to work on Between Carpools, I focus and tackle my to-do list with resolve.

(The exception to all this is, of course, when I have a mental block and simply don't know what to do or write. Then I do things like Google "coat closet organization" or the like.)

Now, finally, after ten years here at *Whisk/Ami* and four years at Between Carpools, these two "things I do" have come together upon the debut of the new cookbook, *Dinner Done* by Between Carpools, which is featured this week in *Whisk*. I also take the unlikely role this week as the interviewee rather than the interviewer (thank you, Chana Zelda!).

It may seem like the first time we have a *Whisk*-Between Carpools connection in print. But that's not really true. Because the story of Between Carpools began years before five women (Leah Schapira, Shaindy Menzer, Esti Waldman, Renee Muller, and myself) came together to launch the Jewish lifestyle site.

And it began with *Whisk* as the backdrop.

So let's go back to January 2010, when my Bosch mixer broke. I didn't really want another one; I didn't like how it walked on the countertop. And so I pitched the following article to Rechy Frankfurter: I would interview different food personalities on what they use to make their challah. And then I would borrow and test the most popular high-capacity mixers and give my own review. (It was the first and last time I would make four batches of challah in the name of writing an article.)

I have been a writer for as long as I can remember, but that was my first food-related article. And one of the people I interviewed was Leah. It was the first time we spoke, and I'd meet her in person a little while later at Esty Weiss's (the editor of *Aim!*) wedding. Later that year, when *Ami* launched, I was the managing editor of *Whisk* and Leah was one of the food editors.

I then met photographer Esti when she began shooting, first parties, and then food for the magazine. And, of course, I met Renee when she won our first annual *Whisk* contest. That was how we found new talent back then: Readers would send in a sample column with their recipes and the winner would have her own *Whisk* column. Most of us knew Shaindy (and of her talent) through different connections, but it was the only one that didn't come about through *Whisk*!

So this is a story that is ten years in the making...and it explains a bit how a Syrian girl from Deal ended up friends and fellow "carpooler" with four women, all who live around the corner from each other in Lakewood.

And you want to know what's ironic about the whole thing? I began in the genre of food writing because my Bosch broke. But all this time it was never broken! The "broken" machine had been in storage for nine years. When I took the machine out, thinking maybe I could get it repaired, I realized it was only one bowl that was broken! I switched to the other bowl and the mixer worked perfectly fine.

But yet, that broken Bosch had to let down the series of dominoes that bring us to today.

You'll learn more about *Dinner Done*, Between Carpool's new cookbook, on the following pages. But this column is not about cookbooks or partnerships or careers. It's about a broken Bosch.

Because we all encounter the broken Bosch, sometimes very often in our lives.

But not always do we get to see that the mixer was running all this time.

Best always,

Victoria

victoria@amimagazine.org

Hello Cooks

with Victoria Dwek



Photo by
Chana Rivky Klein

When salmon has a sauce, the flavors get everywhere. But here the flavor is all in the crust. That's why I cut salmon into cubes for this recipe so every bite gets some flavor along with it. It's also a really fun salmon to eat because it works well with skewers; it may even be kid-friendly if your kids actually eat fish (wishful thinking for me...or maybe not wishful thinking—because then dinners would cost way more; remember the noodle mom?). Serve these alongside a salad or even in a wrap/sandwich for a complete meal.

Lemon Salmon Poppers

Yields: 2-3 servings

1 pound salmon fillets, cubed

4 tablespoons lite mayonnaise

2 tablespoons whole-grain Dijon mustard

½ cup fresh parsley leaves, chopped

⅔ cup panko crumbs

⅓ cup French fried onions

¼ teaspoon salt

Pinch black pepper

1 lemon

1. Preheat oven to 400°F.
2. In a bowl, whisk together mayonnaise, mustard and parsley. Add salmon cubes and toss to coat well.
3. Combine panko crumbs, French fried onions, zest of the lemon, salt and pepper in a bowl. Add salmon cubes, in batches, and coat in crumbs.
4. Place salmon cubes in a greased baking dish. Bake for 12 minutes. When serving, insert skewers and squeeze with the juice of the lemon.

readers' kitchen

In reference to "The Dinner Plan," Issue 483

Hi,

I get your magazine every week, and this week I felt like you were in my house. After Sukkos I made a meeting with my kids; everyone had to give their ideas of what they like for supper. In the end we came up with a very nice menu. Every Wednesday night I sit down with the menu and make my grocery and chicken order. At night I take out the chicken/meat from the freezer, and when I come home from work (I only work till 2), making supper is a breeze. I feel the trick is being organized. I prepare clothing, shoes, and snacks the night before. These things make life so much more relaxed.

R.L.

In reference to Food Currents, Issue 489

Hi,

Some more tips for baking even cookies:

- If using margarine (or oil), it's important to cream with sugar first before adding other ingredients.
- Place on the middle rack or top, not on the bottom.
- Form even-sized cookies.
- Convection baking is optimal, if you have that feature on your oven.

Esther Bron

In reference to Super Simple, Issue 453

Hi,

I made this for my niece's Shabbos kallah. Thank you, *Whisk*, for the idea!

JB



In reference to Super Simple, Issue 452

Hi,

Thanks for a fine magazine, filled with delightful recipes and words of inspiration. Would like to add to your recipe "Breakfast Cookies," featured in the January 22, 2020, issue: For an interesting twist use sesame butter instead of peanut butter and add cinnamon. Truly simple, delicious and healthful, with no sugar or eggs. To up it healthwise, instead of chocolate chips use dried fruit like craisins. Pure goodness, with good-for-you ingredients.

Mrs. K. Brieger

Send your feedback to
whisk@amimagazine.org
We would love to hear from you!

Tanya's Tips

The Salty Truth!

Ok, ok… so it's not news that salt can cause water retention which causes bloating, nor is it news that the bloating goes down once that water weight is eliminated; but even so, feeling bloated can be quite discouraging and can knock you off track, especially when the scale reads that water weight.
Now, I'm not saying throw all salt "out the door", but you can certainly try lowering your sodium intake altogether. For those of you that absolutely love and need your salt, just try to avoid high intake the day before you get weighed, so the scale reads more accurately and you don't get discouraged.



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food(currents)

BY RIKKI SAMUELS



> Put grated ginger and chopped garlic and scallions into a large bowl and cover with water. Let it sit overnight to let the liquid soak up the flavors. Strain out the solids and use the flavored stock as a base for noodles, soup, dumpling filling or anything you like.

-**Simone Tong,**
restaurateur

Foods that Lower the Risk of Breast Cancer



white mushrooms



green tea



walnuts



flax seeds



blueberries



dark leafy greens



garlic and onions



Cool Gadgets

Cycle your way to a delicious slice of pizza. This adorable **bicycle-shaped pizza cutter** will make pizza night even more exciting!

Kitchen Hack

Use two skewers to pierce food instead of one when grilling or roasting to prevent your food from spinning around.

This Just In

Sugar Consumption Linked to Behavioral Issues

Diet high in fructose suspected of triggering impulsiveness



A new study has found a link between aggressive behavior, bipolar disorder and ADHD (attention deficit hyperactivity disorder) and the amount of fructose being consumed in both children and adults.

"We present evidence that fructose [a simple sugar derived from fruit], by lowering energy in cells, triggers a foraging response similar to what occurs in starvation," said lead author Dr. Richard Johnson, a professor at the University of Colorado School of Medicine. "While the fructose pathway was meant to aid survival, its intake has skyrocketed during the last century and may be in overdrive due to the high amounts of sugar that are in the current Western diet.

"We do not blame aggressive behavior on sugar, but rather note that it may be one contributor. The identification of fructose as a risk factor does not negate the importance of genetic, familial, physical, emotional and environmental factors that shape mental health."

Q&A

Perfect Peaks

"My egg whites won't stiffen! What am I doing wrong?"

Always start with eggs that are at room temperature. Make sure there are no yolks floating around in the bowl, even small drops. Be sure that the bowl and whisks are completely dry, and preferably use a copper bowl. Adding some sugar to the eggs will make them even stiffer.

nothin' fancy

BY BRUCHY DUSCHINSKY

Mushroom Barley Soup

Hands-off and hassle-free

Hi, everyone! It's great to see you here!

If you haven't figured it out by now, I love shortcuts.

In all parts of life, but especially the kitchen. (I have not yet found a shortcut for childrearing, though.)

I like serving my family filling dinners, but I hate, abhor, detest and loath (enough adjectives?) the messy stovetop, dirty pots and sink full of dishes.

Raise your hand if you can totally relate. There you go! What a nice show of hands :).

Soooo... that's where my creative mind comes into the picture.

You see, I experiment in the kitchen, but it's not because I love to *patchke*.

On the contrary, it's because I want to get out of there as fast as I can with a nutritious meal in tow.

It may sound like an oxymoron, but it's not.

I'll be sharing weekly nuggets of my easy-kitchen wisdom in this space so you can enjoy the fruits of my experiments too.

I'm generous like that :).

So watch this space for "I'm-a-harried-mother-disguised-as-Supermom" recipes.

You may remember my obsession with using the oven for cooking in my "Ditch the Stovetop" summer article.

To reiterate: I love the oven for its mess-free feature. No dirty pots, no messy stovetop, and best of all, there is no flame to watch so I can get errands done while dinner is cooking.

I took it one step further before Yom Tov.

I was staying at my mother's place and pitching in with the Yom Tov cooking.



I was determined to make the soups for all the meals from start to finish in the oven.

It worked out great!

I lined up four deep 9x13-inch pans on the countertop.

I filled each with the ingredients for a soup: butternut squash, zucchini, the third was mushroom barley, and finally a chicken soup.

I covered them tightly and placed two on each oven rack, baked them...and presto! Four soups were done.

I repeated this again and had eight soups in total.

Imagine that: Soup for the entire Yom Tov done in just a few hours. No pots to wash, no stovetop to scrub.

Want to share your recipe? Email it to whisk@amimagazine.org, subject line: Bruchy@nothinfancy.



And there was no need to transfer the soups into aluminum pans to freeze; they went from oven to freezer (with a stop in between for cooling).

Here's how you can replicate the mushroom barley soup:

1. **Fill a deep 9x13-inch pan with the following:**

1 diced onion or one can of Easy Onions

1 can of mushrooms

1-2 carrots, sliced

¼ cup oil

2 stalks celery, sliced

4 tablespoons mushroom soup mix (you can sub any flavor)

2 teaspoons salt

1 teaspoon black pepper

1¼ cups barley

2. **Add water to fill the pan until ½ inch from the top.**

3. **Cover tightly. Bake in a preheated oven at 500°F for 2½ hours. If the oven is not preheated, bake for 3 hours.**

What about the other soups?

They follow a similar method of placing all the ingredients in the pan and baking. The butternut and zucchini I blended upon removing from the oven.

You can try making them with your go-to squash soup recipe, or watch this space... they may show up here one day.

Bruchie

Go ahead, ask me what dish is the most requested dinner by my ten-year-old: THIS dish.

My spicy Asian beef, chicken and broccoli is her absolute favorite thing I make.

For many, many years I have, and at times still do, made this dish on the stovetop: dredging the meats in the cornstarch slurry, pan-frying and then making the sauce, letting it all cook and serving it up.

It was a good 40-50 minutes at the stove with a few dirty dishes after to wash. Normal for dinner time—but not always time that I had or wanted to spend on some crazy-busy work days.

So after a few weeks of saying no to making this dinner, I decided to see if there was some way to tweak the recipe so I could cook the dish slow and low in the Crock-Pot and get the same yummy results.

The Art of Low & Slow Cooking



Normally, most Asian dishes like this need to marinate in a cornstarch slurry so that the meat gets all nice and tender and not chewy when they do a high-heat wok cooking.

Also, the cornstarch works as a thickener for the delicious sauce that everything cooks in.

I was hesitant to skip this cornstarch step.

But on the other hand, I rationalized, a slow and low cook method usually makes even the toughest meat tender. Would it do the same for this recipe if I didn't add the cornstarch slurry in the beginning?

Well, obviously it worked brilliantly. And even though I couldn't eliminate the cornstarch entirely from the recipe—I still needed it to make the sauce thicker—adding it in at the end was a game changer.

Not to mention just throwing in cooked broccoli at the end also.

I will tell you a secret: We like it better this way! Sometimes I don't even let the broccoli cook in the pot; I just microwave it and throw it on top of the plate. This way they are still cooked but are not mushy and have a little bite to them.

I get why my kid loves this dish so much.

And, oh yeah, why beef and chicken together? Well, you could do each by themselves, but this is how I get rid of those one or two pieces of leftover steaks or chickens from the package that I didn't use up but are sitting in baggies in my freezer.

But you do you.

Enjoy this recipe. It's a slow cook winner.



Spicy Asian Beef, Chicken & Broccoli

SAUCE

1 cup cold water

⅔ cup soy sauce (low sodium)

⅓ cup brown sugar

2 tablespoons sesame oil

½ cup teriyaki sauce

2 cloves minced garlic

1 lb. cubed beef (I cut boneless rib steak or flank steak—anything low in fat and that can cut easily)

1 lb. chicken tenders (I cut pargiyot or skinless chicken breast)

¼ teaspoon chili flakes

CHICKEN

2½ tablespoons cornstarch

4 tablespoons cold water

1 bag frozen broccoli florets

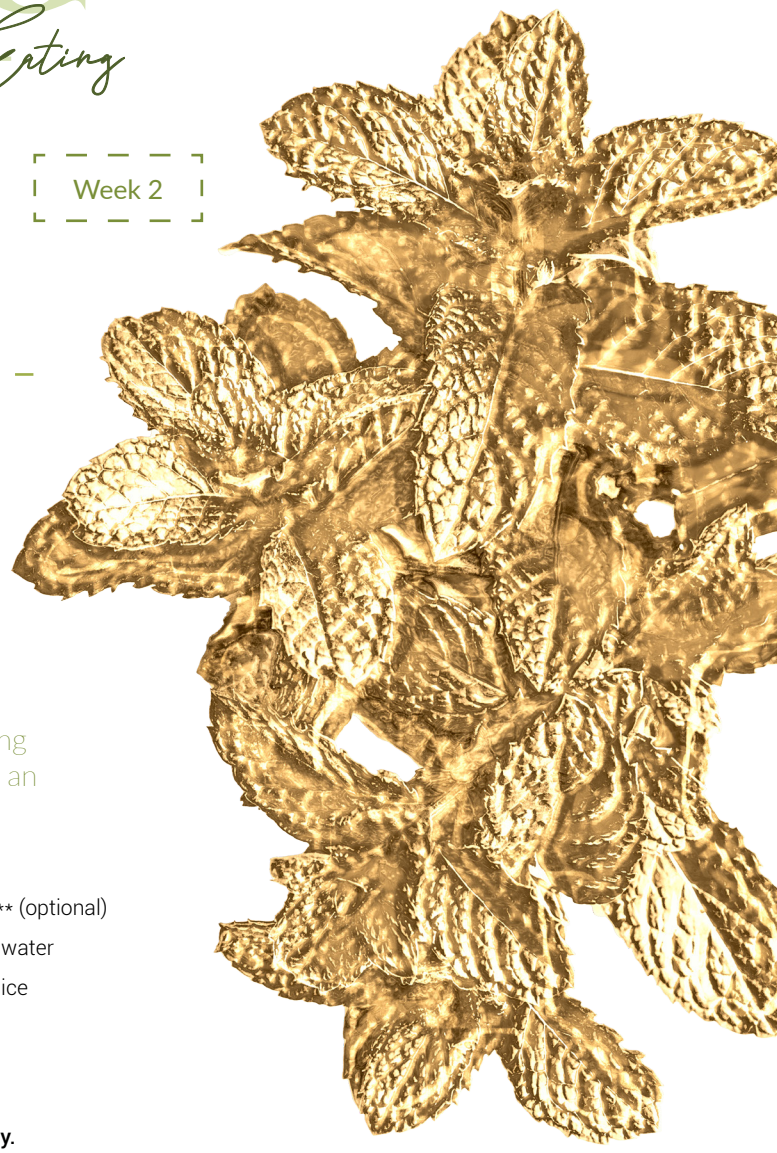
1. Spray your Crock-Pot well. Add everything but the last three ingredients and mix well. Cover and set on high for 2-3 hours. You can also keep it longer on low if you are away the whole day.
2. Mix the cornstarch and water together 25 minutes before you are ready to serve. Add to the Crock-Pot and mix well and let cook for another 20-25 minutes.
3. Microwave your broccoli for 5-6 minutes in a microwave-safe dish with a little water on the bottom. (This is why we love frozen broccoli; you can also usually just microwave it straight in the bag.) Drain the water and then throw the broccoli into the Crock-Pot and mix.
4. We love it with a little heat, so we usually add some more chili pepper flakes to the Crock-Pot before serving.
5. Serve hot with a side of rice or noodles.

The leftovers freeze splendidly.

EATING CLEAN

6 Weeks of Better Eating

Week 2



POWER GREEN MINT SMOOTHIE

The subtle mint flavor brightens this incredibly refreshing smoothie for a perfectly healthy breakfast on the go or an afternoon pick-me-up.

½ cup green grapes, seedless

½ cup frozen pineapple chunks

¼ cup baby spinach leaves

¼ cup watercress leaves*

8–10 mint leaves

1 small Persian cucumber, peeled and sliced

1 teaspoon shelled hemp seeds** (optional)

¼ cup water

½ cup ice

In a blender, combine all the ingredients until smooth. Serve immediately.

Watercress is packed with good nutrients but can be substituted with spinach leaves or another neutral-tasting green.

****Hemp seeds have a mild flavor—you won't even know it's in the smoothie—but it will add protein and omega-3s to this delicious power smoothie.***



Recipes and Styling by
DORIT TEICHMAN

Photos by
HEATHER WINTERS

Hello Winter

Week 3 - A series of winter goodies

The sweet and tart flavor of apricot jam makes it a great additive to the classic jam bar. The crunchy oats and the perfect #JamPull creates an awesome cold winter pick-me-up. These taste great straight out of the oven but they also freeze really well.

Leah Setton

Sticky Apricot Jam Bars

2 cups rolled oats

2 cups all-purpose flour

¾ cup light brown sugar

¼ cup sugar

½ teaspoon baking soda

½ teaspoon cinnamon

½ teaspoon salt

1 cup (2 sticks) margarine, at room temperature

12 ounces apricot jam

Confectioners' sugar, for dusting

1. **Preheat oven to 350°F.**
2. **Mix oats, flour, sugars, baking soda, cinnamon, and salt until combined. Press ⅔ of the mixture into a 9x13" baking dish. Top with apricot jam, then place under the broiler for 2 minutes to warm the jam. Spread evenly, then top with remaining crumb mixture.**
3. **Bake for 35 minutes, until jam begins to bubble through the crumble.**
4. **Let cool, then cut into bars and dust with confectioners' sugar.**



Photo by
Rachel Beraja
@Arbee.photography



DINNER DONE

CHANA ZELDA WEISS

VICTORIA DWEK NEEDS NO INTRODUCTION. REGULAR WHISK READERS KNOW HER AS THE GROUNDED AND INSPIRATIONAL VOICE IN HER WEEKLY HELLO COOKS COLUMN, WHERE SHE WEAVES A STORY ON THE STRUGGLES OF EVERYDAY MOTHERHOOD TOGETHER WITH MOMENTS OF CLARITY, CUTTING THROUGH THE NOISE TO REMEMBER WHAT REALLY MATTERS. ASIDE FROM HER YEARS AS PART OF THE WHISK FAMILY, READERS KNOW VICTORIA AS A KEY COMPONENT OF THE MAGIC THAT IS BETWEEN CARPOOLS, THE WILDLY POPULAR WEBSITE (AND APP) DEDICATED TO HELPING WOMEN AND MOTHERS NAVIGATE THEIR EVERYDAY LIVES.

After authoring or co-authoring seven of her own cookbooks, Victoria was ready to move on from that chapter in her life. “Between the development, testing, styling and shooting of the recipes and the writing, re-reading, and editing of the book, it’s a lot of work,” says Victoria. “No matter what, those last few weeks are always so hectic. You can be busy writing a dinner cookbook, but when it comes down to the last week or so of crunch time not even have time to cook dinner for your own family.” But the more people turned to Between Carpools for quick and easy ideas, the more the team realized there was a void in the world of kosher cookbooks. “There are plenty of recipes available these days,” adds Victoria, “and yet there is no one who doesn’t relate to the dilemma of figuring out what to make for dinner.”

You might think that someone with a resume like Victoria’s thinks about food all the time and loves to spend all her time in the kitchen, but she categorically dismisses those assumptions. “It surprises people when I say this, but I’m not a foodie,” she says. “When you focus too much on food, it becomes too materialistic.” Like everything else in our lives, she explains, food should serve a purpose beyond self indulgence. Whether it’s your teenagers coming home from a long day of school or guests sitting at your Shabbos meal, you want to feed those around your table, to nurture and satisfy. Of course, the food should taste good, but Victoria remains focused on the larger picture, where our roles in this world are filled with meaning and purpose.

It was with those intentions that Victoria, along with her Between Carpools teammates, chose the recipes that would be featured in their new cookbook, *Dinner Done*. “Between Carpools is all about solving the problems that women everywhere can relate to,” says Victoria. “As time went by, our families grew, and we came to understand what people need. Even for people who like fussing in the kitchen, we all have those days that we just need to get dinner on the table, and it needs to be something that everyone in the family will like.” The *Dinner Done* recipes rely primarily on pantry items that you’re likely to have on hand, with lots of quick and easy shortcuts to make dinner come together quickly. The popular online 9x13 series became a chapter dedicated to meals that can be made almost entirely in the dish itself (or with a single mixing bowl—no appliances!), positioned in the beginning of the book for quick and easy access.

Although collaborating a cookbook proved to be quite challenging in an era of lockdowns and social distancing, looking back, Victoria says that being part of a team transformed the experience. “I loved working on writing my cookbooks,” she reflects, “but I didn’t always love the work involved in prepping and needing to worry about styling every recipe.” This time around, Victoria could focus on the part she enjoys most, the writing, rather than worrying about the prep and look of the photos (that part was left to Renee Muller, food stylist extraordinaire). “Each of us was able to focus on doing what we love, which made the whole experience so much more enjoyable.”

Aside from the production of the cookbook, collaborating on the recipes themselves often led the team to new ideas. The team would identify the function each new recipe needed to achieve, and then brainstorm ideas that would fit that need, tweaking as needed to reach their goal. On one occasion, a labor-intensive fried orange chicken dish was adapted to a one-pan format to fit the 9x13 chapter. Another time, during a shared car ride home from their publisher right before the book was wrapped up, they bounced ideas off each other for a simple salmon recipe; Leah wanted to use silan, Victoria suggested a new spice combination, Renee proposed adding sliced garlic on top, and a new recipe was born. On yet another occasion, after Leah shared her family-favorite chicken popper recipe, the team debated on the most crowd-pleasing level of spiciness before testing versions on their own families and agreeing on the perfect proportions. And when Esty and Shaindy (who specialize in photography and graphic design, respectively) initially hesitated to contribute their “non-recipe recipes” to the cookbook, it was Leah who reminded them that those simple dinners they turn to time and time again are the ones that women want most.

“Our goal is to fill a need,” concludes Victoria. “We’re not writing these recipes because we like to cook all day, but because we want to care for our families and serve them delicious food, while balancing everything else we’ve got on our plates.” Ultimately, these talented women produced a result that proves a team can be worth more than the sum of its parts.



ONE POT NO-CREAM FETTUCCINE ALFREDO

OUR KIDS ORDER FETTUCCINE WHENEVER WE GO TO A RESTAURANT. SO WHY DON'T WE MAKE IT AT HOME MORE OFTEN? FIRST, BECAUSE OF THE HEAVY CREAM (IT'S HEAVY AND WE JUST DON'T HAVE IT ON HAND). SECOND, BECAUSE WE NEED TO USE TWO POTS. THIS FETTUCCINE IS THE EASIEST, CREAMIEST VERSION YOU'VE EVER TRIED. ONLY USE A BRAND OF PARMESAN THAT YOU KNOW YOUR KIDS ENJOY; SOME BRANDS ARE TOO SHARP FOR KIDS' TASTE BUDS. ALTHOUGH NOT AUTHENTIC, IT'S FINE TO USE OTHER CHEESES AS WELL.

YIELDS: 4-6 SERVINGS

4 tablespoons butter
4 garlic cloves, crushed
3 cups water
3 cups whole milk
1 lb. fettuccine, broken in half (raw)
3 teaspoons salt
½ cup shredded Parmesan cheese

1. Melt butter in a large saucepan over medium heat. Add garlic; cook for 1 minute.
2. Add water, milk, fettuccine, and salt. Raise heat and bring to a boil.
3. Return heat to medium; simmer for 20 minutes, stirring often. Serve topped with Parmesan cheese.

TIP: Want to make a creamy pesto pasta? Add in a pack of frozen basil cubes during the last few minutes.

MAKE AHEAD: This pasta is best fresh. It will take 30 minutes from start to finish. Don't try to make it ahead!


THE KIDS WILL BE WATCHING
THE KITCHEN TIMER, COUNTING
DOWN UNTIL IT'S READY.

SERVE WITH:
RICE OR POTATO WEDGES



COULD WE MAKE A SIMPLER, EASIER VERSION OF EVERYONE'S FAVORITE TAKE-OUT DISH? WE THOUGHT YES.

NO-FRY HOT POPPERS

SINCE WE WROTE THIS RECIPE, THIS HAS BECOME THE NUMBER-ONE DINNER IN OUR HOMES. WE KEEP TURNING TO IT AGAIN AND AGAIN. THIS CHICKEN COMES OUT SURPRISINGLY SOFTER THAN IN TRADITIONAL FRIED HOT POPPERS, EVEN THOUGH THESE ARE BAKED. LEAVE SOME HOT POPPERS PLAIN FOR THE LITTLE ONES WHO DON'T LIKE HOT SAUCE. IF YOU LIKE THINGS SPICIER, ADD MORE HEAT TO YOUR TASTE!

YIELDS: 4-6 SERVINGS

1 ½ lb. skinless, boneless chicken breasts, cubed

1 egg

½ teaspoon lemon juice

¼ teaspoon paprika

¼ teaspoon salt

¼ teaspoon garlic powder

Dash black pepper

2 tablespoons oil

1 ½ cups panko or cornflake crumbs

½ cup hot sauce

½ cup honey

1. Preheat oven to 425°F. Line a baking sheet with parchment paper; grease with oil.
2. In a bowl, combine egg, lemon juice, paprika, salt, garlic powder, and black pepper. Place cubed chicken into egg mixture; stir to coat. Marinate 5 minutes.
3. Place crumbs into a bowl. Add marinated chicken in batches, coating each piece in crumbs. Place on prepared baking sheet, making sure there is space around each piece. Spray tops of chicken with cooking spray (alternatively, you can flip pieces on the baking sheet so that both sides are coated in a thin layer of oil).
4. Bake for 15 minutes, until chicken is golden at the edges.
5. Meanwhile, in a bowl, combine hot sauce and honey. When chicken has baked, toss with hot sauce mixture; serve immediately.

TIP: Do your kids love buffalo sauce? Double the sauce and keep it in a squeeze bottle.

MAKE AHEAD: You can prepare, bread, and refrigerate the hot poppers until ready to bake fresh.

LOADED SWEET POTATOES

TALK ABOUT AN UNEXPECTED DAIRY DINNER. IF YOU'VE GOT ADVENTUROUS EATERS AROUND WHO LOVE SOMETHING FRESH, UNIQUE, AND LOADED WITH FLAVOR, THIS IS THE DISH TO TRY. EVEN THOSE WHO DON'T LOVE SWEET POTATOES WILL WANT TO HAVE A SECOND SERVING. THINK OF THIS AS YOUR CHEESY SWEET POTATO QUICHE—BUT WAY MORE EXCITING. THERE ARE SOME STEPS INVOLVED, BUT YOU'LL FIND THAT THIS IS A DINNER THAT'S SUPER FUN—NOT ONLY TO EAT, BUT TO COOK TOO.

YIELDS: 4-6 SERVINGS

4 sweet potatoes, halved

Olive oil, for schmearing

Kosher salt, for sprinkling

6 oz. shredded mozzarella or cheddar cheese

1 (15 oz) can black beans, drained

1 avocado, cubed

1 jalapeno, sliced

½ cup plain yogurt

1 tablespoon fresh lemon juice

1 tablespoon water (if needed)

½ teaspoon kosher salt

TOMATO SALAD

1 cup cherry tomatoes

1 teaspoon chives

¼ red onion, finely diced

1 tablespoon olive oil

½ teaspoon kosher salt

Pinch black pepper

1. **Preheat the oven to 425°F. Grease a baking sheet.**
2. **Brush sweet potatoes all over with olive oil and salt. Place cut side down on a baking sheet; bake for 40 minutes.**
3. **Flip sweet potatoes and mash the flesh with a fork. Sprinkle with half the cheese. Top with black beans; top with remaining cheese. Return to the oven for 10-15 minutes, until the cheese melts.**
4. **Meanwhile, prepare the tomato salad. Combine all salad ingredients. Top sweet potatoes with tomato salad, avocado, and jalapeno.**
5. **Combine yogurt with lemon juice, water, and salt. Drizzle over sweet potatoes and serve.**


STUFFED BAKED POTATOES GET
AN EXCITING MAKEOVER.



MAKE IT FUDGY... OR NOT.

CUT BROWNIES INTO LITTLE CUBES AND TOSS WITH SEMI-DEFROSTED ICE CREAM. REFREEZE FOR BROWNIE BITS ICE CREAM.

Chana Zelda Weiss is a full-time mom of 3, part-time program administrator and freelance food editor in Pomona, New York, who loves to cook and entertain. You can find her and her sister DL

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ONE-BOWL BROWNIE

A BROWNIE IS A RECIPE THAT IS A LONG TIME COMING FOR OUR 9 X 13 SERIES. SINCE ALL BROWNIE RECIPES HAVE THE SAME BASIC INGREDIENTS, WE HAD TO TRY MULTIPLE VERSIONS TO REALLY FIND THE BEST. WE ALSO RULED OUT ANY VERSIONS THAT CALLED FOR MELTING CHOCOLATE. THIS RECIPE CAN BE MADE DIRECTLY IN THE 9X13 AND THERE IS NO EXTRA BOWL OR POT TO CLEAN. THE BASIC RECIPE RESULTS IN A CAKE-LIKE BROWNIE; SEE OUR TIP TO MAKE THE FUDGY VERSION.

YIELDS: 20 BROWNIES

2 cups sugar
⅔ cup oil
4 eggs
1 teaspoon vanilla extract
¾ cup cocoa
1⅓ cups flour
1 teaspoon baking powder
Dash salt
½ cup chocolate chips

1. Preheat the oven to 350ºF.
2. Place all wet ingredients into a 9 x 13-inch baking pan. Mix with a fork.
3. Add all dry ingredients and mix until combined.
4. Bake for 25-30 minutes.

TIP: For fudgier brownies, use ⅓ cup less flour and add another ½ cup chocolate chips

MAKE AHEAD: For a great crunchy addition, add your favorite streusel on top before baking.

Girl on a Diet

Postpartum

Last week we established that Sari has diastasis rectus abdominis, a split between her abdominal muscles. I outlined a few exercises for her to do to strengthen her abs and help get rid of her belly pooch.

This week I can tell there is a difference in Sari. When she comes in, she sits down without even eyeing the scale. She's standing a little taller and seems quite calm. She tells me that her week has been great. She feels so good to be eating well. She is taking time to do some meal prep when she can, but she is also allowing herself shortcuts when she needs it, like making one dinner for herself and her kids. She seems to have digested a lot of the things we have spoken about. That tells me she is learning to value eating better instead of only caring about the number on the scale.

I am so proud of Sari's progress. She is losing weight steadily and doing her diastasis recti exercises consistently.

I also have the pleasure of seeing little Moshe again, Sari's baby. He has gotten so big in the last few weeks!

Sari asks me about a particular challenge she had this week. "I think Moshe is teething. Last night he woke up five times and I am tired to the bone. When I wake up bleary eyed and exhausted, how do I refocus myself to eat well?"

Sari is right. When life is perfect, and we get eight hours of restful sleep a night, we make better food choices. We have the luxury of our brains working fully. Unfortunately, many of us don't have the perfect night's sleep every night. Maybe not even every other.

"Meal planning is very important here. If you are waking up without the energy to make a healthy breakfast, make it the night before. Stick overnight oats in the fridge. Make omelet cups and separate them into Ziploc bags. Make a batch of healthy muffins. Portion out cereal into a bag if that is all that time will allow you. Go to sleep knowing what you will have in the morning so there is zero thought that has to go into it when you wake up."

Sari feels like that is doable for her.

"Anything else?" I ask.

"I have this fear," says Sari.

"Ya? What's that?"

"I'm nervous about losing my milk as I lose weight. I have a few friends who had that happen to them. Dieting made them lose their supply. I know that if I have to start giving my baby bottles after each feeding, I won't continue to nurse. It would feel counterproductive to me."

I totally get that.

"Is this a current problem or are you worrying about 'what ifs'?"

"Definitely 'what ifs'. Moshe is eating well and gaining weight."



The Client
Sari

The Diagnosis
Postpartum

Moshe makes an adorable gurgling sound, right on cue.

"Okay, in that case, there is no need to worry that you are not eating enough food to maintain your milk supply. Eating a well-rounded, healthy diet and drinking enough water to keep you hydrated is the best way to keep your milk up. The friends you are talking about may have jumped into a fad diet that didn't give them enough calories or might have non-food-related reasons for losing their milk. That being said, there are foods that are known to boost your supply. Incorporating them into your meal plan can calm your worries."

1. **Barley:** Barley contains the highest concentration of beta glucan of any other food. Beta glucan has been shown to increase the breastfeeding hormone. Add barley to your soups or salads or eat it as a side dish.

2. **Oats:** Oats contain the second-highest concentration of beta glucan. They are super versatile and can be made into overnight oats for a filling and quick breakfast that is prepared the night before. A healthy, milk-boosting breakfast that cuts down on morning hecticness? Win-win!

3. **Fennel:** Fennel and its seeds, fenugreek, have both been said to boost milk supply. The flavor of fennel is reminiscent of black licorice and you either love it or you hate it. Shave some fresh fennel into your salad for a refreshing twist!

4. **Pumpkin:** Pumpkin is known as a galactagogue, which means it helps increase your milk supply. Cinnamon and other aromatic spices might be helpful too, so have yourself some pumpkin overnight oats with a sprinkle of cinnamon for a truly impressive meal! Check out the full recipe attached.

5. **Whole grains:** Whole grains also have a good source of beta-glucan. Sometimes the impact of whole grains on your milk supply is overlooked because it is expected that they are already part of your diet. Swap your white grains for whole grains whenever you can!

6. **Reduce stress:** While stress won't necessarily impact your milk production, it can impact your milk letdown. That can cause your baby (and you) to get impatient and think there is not enough milk.

The foods on this list are regular, healthy foods that can be eaten if you are breastfeeding or not. If you intend to take any of these (or any others) in excess or supplement form, please consult your doctor first. Everything can have side effects when not used correctly or in the right doses.

Sari says I have helped to ease her worries a bit. That is what I am here for!

Riqi Schonbrun, MPH, CPT, is a licensed nutritionist, certified personal trainer and group fitness instructor (as well as a certified pastry artist!) based in Lakewood. She offers phone and video sessions for non-local clients. She can be reached at 917-675-0484 or nutritionwithaq@gmail.com.

To share your story and have Riqi help you, reach out to us at whisk@amimagazine.org.

Overnight Pumpkin Spiced Oats

Not all of us have time to make a healthy, nutrient-dense breakfast in the morning. These overnight oats are put in the fridge the night before and are perfect in the morning. The oats will keep you full for hours and the pumpkin and warm spices are just right for fall. Take the liberty to make this recipe yours. Experiment with the spices and sweetness level until it is your breakfast of champions!

½ cup old-fashioned oats

¼ cup canned pumpkin (make sure to get real pumpkin, not pumpkin pie filling!)

½ cup low-calorie almond milk/skim milk

1 tablespoon honey

½ teaspoon cinnamon

3 tablespoons sweetener of your choice

½ teaspoon lemon juice

Sprinkle of ginger and nutmeg

Mix all the ingredients in a cup. Put it in the fridge overnight. No cooking necessary. Enjoy one less thing to do in the morning!

Qitchen Halacha Qs

Please send your questions to whisk@amimagazine.org

BY RABBI BERISCH LUDMIR

Dear Rabbi,

I use a warming drawer on Shabbos to keep the food warm. A warming drawer is an appliance with several heat levels. The maximum heat it can be set on 175°F. (I usually set it to 150°F.)

My question is, since it's impossible to cook something at 175°F, meaning that the warming drawer is incapable of cooking (everyone knows that, so there is consequently no issur of "appearing to cook"), am I allowed to put cold baked or cooked foods in the drawer on Shabbos? For example, could I put challah in the drawer on Shabbos morning to warm it up for the meal?

(Just to clarify, the warming drawer can be halachically opened and closed on Shabbos. There are no lights that go on or off and the temperature doesn't fluctuate.)

Thank you for your help.
I enjoy your column every week.
- G.S.

Dear G. S.,

Thank you for your kind words.

The short answer is:

Yes. One may place foods that are solid (like challah) into a warming drawer on Shabbos to warm them up before eating.

The Source

One of the 39 *melachos* that are prohibited on Shabbos is *bishul* (cooking). In the *halachic* sense, cooking is defined as a process through which a substance is transformed (and improved) through heat.

Once something has gone through this transformative process, the *halachah* differentiates between solids and liquids. Solids that were cooked once may be reheated, but liquids may not.

The reason for this distinction is that solids don't improve significantly by being cooked a second time, whereas liquids improve by being reheated even after they are cooked. (Most people will eat cold chicken, but they'll turn their noses up at cold chicken soup).

Those who follow the Rema's psak are lenient with regard to liquids as long as they are still above room temperature.

To further safeguard against the prohibition of cooking on Shabbos, *Chazal* enacted other restrictions. One of them is that it is prohibited to put food in a place that might give others the impression that one is cooking *(mechzi k'mevasheil).* In practical terms, this means anywhere it is common to cook (for example, a stovetop or oven).

There are certain things one can do to overcome this restriction, the most common being an overturned pot or pan. When one places an object between the source of heat and the food, there is obviously no issue of *mechzi k'mevasheil*, as no one cooks things in such a manner.

What If?

I want to use my oven instead of using the warming drawer. Is that allowed?

One may only do so on Shabbos if an oven insert is in place, in which case it has the same status as a *blech.* Otherwise, we run into the issue of *mechzi k'mevasheil.* That being said, one may use an oven as a warming drawer if everything is placed inside it before Shabbos, the knobs are removed, and if taking out the food won't immediately trigger the thermostat. Once the food is taken out, it cannot be put back.

I want to put the food directly on a hotplate

There are different opinions among the *poskim* as to whether a hotplate is considered something that is used for cooking and would therefore fall under the restriction of *mechzi k'mevasheil.* Most *poskim* are stringent and require an empty pot separating the heat source from the food.

May I transfer things from my warming drawer to my blech?

Yes. But one mustn't take things from the blech and transfer them to the oven, in the same way one mustn't return previously removed food—again, due to the principle of *mechzi k'mevasheil.*

Reviewed by Rav Dovid Steinhauer, Rosh Chaburah at The Jerusalem Kollel

HOW'S BUSINESS?





Ami will be publishing an expanded business magazine giving business owners the chance to share their experiences and growth during 2020!

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