



Gratz Insider, November 2013 - Story Continuation

[To return to the newsletter, close this page.]

The Gratz Gourmet

As a child, Yaffa could identify the time of year by the aromas wafting through her mother's kitchen. The tantalizing smell of *sufganiot* - or *sfinge*, as they are called in Morocco - was not always a harbinger of Hanukkah though. Symbolizing all kinds of joyous celebrations, these irresistible treats would also sizzle on the stove of Yaffa's childhood home for newlyweds, b'nai mitzvah and new mothers. Unlike the Israeli style, jelly-filled *sufganiot*, the Moroccan variety is a golden ring of fried dough, powdered with sugar or dipped in honey - with a taste that Yaffa describes as heavenly.

Moroccan Doughnuts (*Sfinge*)

1 pack (1/4 oz.) Fleischmann's Rapid Rise Highly Active Yeast (Red Star yeast can also be used)

6 cups sifted flour

1 teaspoon salt

Canola or vegetable oil

1. Dissolve yeast in 3 cups of warm water.
2. Mix the water and dissolved yeast with flour and salt and start kneading.
3. While kneading, gradually add up to 1 additional cup of water until dough reaches a soft consistency.
4. Cover dough with a cloth and let it rise for 3 or 4 hours.
5. Rub oil on your hands and grab a small ball of dough.
6. Hold the ball in both hands, press your fingers through the center to make a hole and then stretch the ball out slightly to form a ring.
7. Repeat steps 5 and 6 until you have used up all the dough.
8. Drop rings one by one into hot oil until golden brown on both sides.

The doughnuts are best when served hot, immediately after cooking. Provide bowls of honey, confectioners' sugar or melted chocolate for dipping. (Although her mother did not use chocolate for dipping, Yaffa offers it as a deliciously popular option.)

In addition to the Moroccan-influenced dishes of her past, Yaffa, having lived in the United States for 24 years, has expanded her culinary repertoire to include traditional American fare, such as the Thanksgiving feast. In fact, she is delighted that Thanksgiving coincides with the first day of Hanukkah this year because it facilitates meal planning: Thanksgiving dictates the main course, and Hanukkah takes care of the dessert. Always the gracious host, Yaffa caters to her guests who do not eat turkey by offering an alternative main dish: her delicious chicken schnitzel, whose simple recipe appears below.

Chicken Schnitzel

2 large eggs

1 cup orange juice

½ teaspoon coarse salt

½ teaspoon ground pepper

Panko bread crumbs

4 chicken cutlets (about 6 oz. each) pounded thin or a package of chicken tenders

Light olive oil or canola oil

1. Marinate chicken in orange juice for at least 1 hour.
2. Beat eggs in a bowl and add salt and pepper.
3. Place Panko bread crumbs on a separate plate.
4. Thoroughly dip each piece of chicken into egg mixture.
5. Dip egg-covered pieces of chicken into bread crumbs. Pat crumbs onto each piece until chicken is well coated.
6. Heat oil in a large nonstick skillet over medium-high heat.
7. Cook chicken until golden brown on each side and cooked through, adding oil to the pan if necessary.