

CARLA GINNIS' BEST IN KUGEL BLUE-RIBBON KUGEL

When we asked Carla for her award-winning recipe, she wrote, "Well I knew the kugel was good... but THAT good? Rick [her husband] says you want the 'recipe' for Kadima's website. If so, it'll have to be approximate. I made it with whatever veggies we had in the house! Here goes..."

For an 8x12" (glass) pan (serves 6-10, depending on how you cut it). Grease pan well. Pre-heat oven to 400F degrees.

Ingredients:

6 medium potatoes boiled and coarsely mashed (yes, mashed vs. grated!) There should be mostly mashed fine bits, but also larger pieces (up to ½ inch in size; if larger, cut down)

¾ to 1 cup chopped carrots (I softened them somewhat first by putting them in with the potatoes to boil before chopping)

All of the following, chopped into no larger than 1/2" pieces:

2 large onions (or less, to taste - we like onion)

1/2 to 3/4 cup zucchini

1/2 to 3/4 of a sweet pepper [any color, we like red for the contrast & the capsaicin (sp?)]

Fresh mushrooms to taste (I used 4 to 5 larger ones)

1 box of frozen chopped spinach or the fresh equivalent

¼ to 1/3 cup orange juice or maybe a bit more if the mixture seems to need moistening

2 large or 3 medium beaten eggs

Directions:

Sauté all veggies till they're soft, but not mushy.

While sauté-ing, I add salt (or fake salt), pepper and green herbs (the combination often called Italian Seasoning, which is primarily marjoram, thyme, rosemary, savory, sage, oregano and basil. You could alternatively use the French version, often called Fine Herbes. All seasoning is to taste, but my emphasis is on the herbs, though the pieces DOES require a bit of a salty bite. I estimate I used 1 teaspoon of the salt/pepper mixture and at least the same of the herb mix. Mix seasoning into veggies. Now comes my "secret", which will no longer be secret! I added ginger and curry powder to the seasoning mix, about ½ to 3/4 teaspoon of ginger and at least twice that for the curry powder (use less if you don't like the taste of this type of spice). Remember that the level of spicing is all "to taste", but the sharpness of some spices is blunted in the mixing/cooking process.

Combine potatoes, carrots and sautéed veggies. Mix in the beaten eggs and the orange juice. Mix well, adding any spicing which seems needed. You should definitely, but lightly, be able to taste the herbs, curry and at least a hint of salt and pepper. You should also be able to get a hint of the orange juice.

Put the mixture into the greased pan and bake for 45-60 minutes or until slightly crispy on top and cooked through internally.

As Julia Child said, 'Bon appétit!'

If you have any questions, let me know (office@kadima.org).

Carla