

SECRETS

Ever wish you could serve homestyle meals that everybody loves without actually cooking? That's where Batya Kahan of Batya's Kitchen comes in. She and her team prepare a seemingly endless variety of dishes—everything from traditional gefilte fish and lukshen kugel to standing rib roast and lemon mousse—and they ship it all nationwide. Batya's Kitchen offers year-round fresh Shabbos and Yom Tov food, with a special Pesach menu. The recipes that follow are a small taste of Batya's offerings. These are totally doable dishes that will upgrade your next Shabbos menu or make your date night at home extra special.

*From
— the —
Chef*

Batya Kahan of
Batya's Kitchen
shares some of her
secret recipes

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Creamy Zucchini Soup

You only need three ingredients (not counting salt and pepper) to make this delicious, quick, and easy creamy zucchini soup. My family has been enjoying this for years.

2 tablespoons extra-virgin olive oil
2 Spanish onions
10 cloves garlic, sliced, or 10 cubes frozen garlic
Salt and pepper, to taste
10 peeled zucchinis, quartered
10 unpeeled zucchinis, quartered
2 tablespoons vegetable soup mix

1. In a 12-quart stock pot, heat oil and sauté the onions and garlic. Add salt and pepper to taste.
2. Add all zucchini and sauté for 5 minutes. Stir in the soup mix.
3. Fill the pot with water to cover the vegetables. Bring to a boil and cook on high for 20 minutes, then reduce heat to low and simmer 45 minutes.
4. With an immersion blender, blend the soup until smooth. **Tip:** If you like hearty zucchini pieces in your soup, remove some of the zucchini before blending and return it to the pot afterward. **TIP:** Whichever size pot you use, the vegetables should fill a bit more than half the pot.



NOTE: You will only need a small amount of the prepared rosemary oil for this recipe (reserve the rest for other chicken, lamb, or veal recipes). Pouring some of the oil into a separate dish keeps the rest of the batch from becoming contaminated. Once you use the brush on the raw capons, make sure not to dip it back into the rest of the rosemary oil.

Capons are a best seller because no matter how many times you re-heat them, they're still juicy! My favorite capon stuffing is kishka and pastrami, but the filling options are endless—I recommend trying spinach, broccoli, and quinoa too.

Rosemary Oil:
2 cups extra-virgin olive oil
10 garlic cloves
½ cup dried rosemary
½ cup dried thyme

1 (16-oz.) package kishka
1 (6-oz.) package pastrami, diced
6 dark capons with skin, cut in half
Salt and pepper, to taste
Honey, to drizzle

Capons:
1 onion

1. Prepare the rosemary oil: In a bowl, stir together oil, garlic, rosemary, and thyme. Set aside.

2. Prepare the capons: Preheat oven to 350°F and line a 9x13-inch baking dish with parchment paper.
3. In a skillet, heat 1 tablespoon of the rosemary oil and sauté onion and kishka. Stir in the pastrami.
4. Stuff spoonfuls of the kishka mixture under the skin of the capons and place them in the prepared baking dish.
5. Sprinkle salt and pepper over the capons. Pour some of the rosemary oil into a separate dish and brush it over the capons. Drizzle with honey.
6. Bake 1 hour.



Capons Stuffed — *with* — Pastrami and Kishka

Tips and Tricks from Batya's Kitchen

Cooling soup safely

Many of us prepare batches of soup on our days off to enjoy during the week, or we prepare them ahead for Shabbos or Yom Tov. It is important to remember a few food safety guidelines, especially related to cooling. Failing to properly cool foods is a leading cause of foodborne illness.

The best and healthiest way to cool down a soup for storage is to divide the soup into smaller portions while it's hot. Don't wait for the entire pot to cool, as it will take much longer and pathogens can fester. The soup must cool to between 140°F and 70°F within 2 hours, and between 70°F and 40°F within 4 hours. Once you have brought down the temperature, you can safely refrigerate or freeze the soup.

When we freeze soup in quarts at BK, we put one drumstick and one piece of carrot in each quart. If I put more than that, people would complain there is not enough soup! Often, when we make our big batches of soup, I post that people can come pick up extra cooked vegetables and blend them for baby food

Making everyone happy

Each person in my family is particular about their bowl of soup. My mother-in-law loves her turkey neck and must add black pepper (even before tasting). My husband likes clear broth with carrots (and absolutely no sign of chicken). My oldest daughter Meira will only have clear broth, while my son-in-law, Chaim'l, will take his fully loaded, please! Benny enjoys his bowl with everything but the carrot, with an added matzah ball and kreplach please, and on and on it goes. So when I prepare soup for my family I make sure to keep each ingredient in a separate Leiber's Sack'n-Boil bag. The peeled Spanish onions, sliced carrots, cubed sweet potatoes, cubed potatoes, 2 turkey necks, and 10 drumsticks without skin all get stuffed into separate bags. The checked dill goes into a doubled Landau's Wrap 'n Boil bag. Using these bags keeps the soup clear for my fussy eaters and makes it super easy to make everyone happy!

Top and bottom

When preparing any food for the

freezer, line the bottom and top of the dish with parchment paper and cover the tin tightly. This will prevent moisture from forming, which ensures long-lasting freshness and helps you avoid freezer burn. At BK, we put every dish in a double foil pan so it will hold up well in the freezer when stacking.

Dry ice safety

At BK, we pack food in zip-top bags. Challah bags are the perfect size for a 9x13-inch pan. When packing a box of several pans, separate each layer of pans with bubble wrap and make sure there is no movement in the box. Add dry ice, and you're ready to ship your food to your children or loved ones, wherever they are. You can find dry ice at your local ice cream wholesaler or in some retail stores. (You'll need "¼ of a cake" of dry ice for a grocery-size box.) Make sure the box is fully insulated before shipping.

Airline approval is required for dry ice. Packages must not be airtight and they must allow the release of carbon dioxide gas. For checked baggage that contains dry ice, the package must be marked "dry ice" or "carbon dioxide, solid" along with the net quantity or an indication that it is 2.5 kg. (5.5 lbs.) or less. FedEx does not allow dry ice on its planes unless specified. Dry ice releases heavy carbon dioxide vapor that can cause rapid suffocation, so make sure to leave windows open for air circulation, and never leave dry ice in a parked passenger vehicle (doing so can result in the accumulation of dangerous concentrations of asphyxiating carbon dioxide).

Keepin' it crunchy

Here's the best way to keep your frozen broccoli and cauliflower crunchy and feeling fresh before sautéing or making a salad:

1. Preheat oven to 350°F.
2. Spread out frozen broccoli or cauliflower on a baking sheet lined with parchment paper.
3. Bake uncovered until all the water is released and vegetables are crunchy.
4. Continue with your recipe.



Lemon herb sea bass is a healthy, clean dish packed with flavor that makes a beautiful addition to any Shabbos or Yom Tov table. You can enjoy it as a side dish, but it's also nice enough to serve as a main.

Herb Oil:

- ½ cup avocado oil
- 6 cloves garlic
- 1 teaspoon dried parsley
- ½ cup fresh lemon juice
- Salt and pepper, to taste

Sea Bass:

- Skinless sea bass
- Fresh lemon juice
- Salt and pepper, to taste

Garnish:

- 1 lemon, sliced

1. Preheat oven to 350°F and line a 9x13-inch baking dish with parchment paper.
2. Prepare the herb oil: In a food processor, combine avocado oil, garlic, parsley, lemon juice, salt, and pepper. Set aside.
3. Prepare the sea bass: Pat the fish dry. Squeeze lemon juice over it and season with salt and pepper.
4. In a pan, heat 2 tablespoons of the prepared herb oil and pan fry sea bass and lemon slices, cooking the fish for 2–3 minutes per side.
5. Place fish in the prepared baking dish and brush lightly with the prepared herb oil. Top with seared lemons.
6. Cover and bake 25 minutes.

Lemon Herb Sea Bass

Baby Lamb Chops

Baby lamb chops are a worthwhile splurge for a special Shabbos meal that kids and adults will love. There's nothing like that melt-in-your mouth tenderness!

6 tablespoons extra-virgin olive oil

6 cloves garlic, minced, or 6 cubes frozen garlic

½ teaspoon salt

¼ teaspoon black pepper

8 baby lamb chops

1. In a shallow dish, mix the oil, garlic, salt, and pepper. Remove 2 tablespoons of the mixture and set aside (for use in step 5).
2. Add lamb chops to the remaining oil and coat them in it. Marinate for 10 minutes and set aside until the chops come to room temperature.
3. Preheat oven to 350°F. Line a shallow roasting pan with parchment paper and place lamb chops inside.
4. Cook for about 20 minutes (flipping once during cooking), depending on how pink you like the meat and how crispy you like the skin.
5. Light your grill or preheat your oven to the broiler setting. Grill over high heat or broil in the oven for 5 minutes, basting with the reserved oil (from step 1).
6. Flip the lamb chops and cook the second side until done, about 5 minutes.

NOTES:

Move once: When grilling quick-cooking items such as lamb chops, only flip them once. If you leave the meat alone for a few minutes before flipping it will have a chance to form a nice brown crust. If you move it too soon, the meat will stick and you'll pull off the crust. Once that brown edge forms, the meat is easy to move.

No forks: When you do flip the meat, use tongs or a spatula. Never poke a fork into the meat or the precious juices will escape.

Temperature: Temperature is by far the most critical part of cooking lamb chops. Undercooking even tender lamb chops can render them unpleasantly chewy, while overcooking will lead to tough, dried-out meat.

Variation: Add 1 teaspoon dried rosemary to the oil mixture.

