

A Taste
OF
Chesed III

recipes, photos
and dishes by

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Carmona
NEW YORK & CO.







PRESENTED BY



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FOUNDED AS CHESD OF NEW SQUARE



A Taste OF Chesed III

Is there a secret recipe for chesed?

We all know that this mitzvah is one of the foundations of our world, but do we know the best way to give a helping hand?

Do we know how to offer support to those in need?

At Chesed 24/7, we have fine-tuned and perfected the recipe for bikur cholim.

Our wide range of services offers care and support to hospitalized patients and their families. From home cooked meals, to transportation, to friendly visitors, Chesed 24/7 provides comfort and sustenance to those going through a medical crisis.

On the following pages, you will find detailed recipes and exquisite presentations for delicious Yom Tov meals, along with Chesed 24/7's recipe for care and support.

As you enjoy these delicacies, remember those suffering in hospitals who turn to Chesed 24/7 for their Yom Tov meals, the comfort of a home cooked food and assistance from those who care.

You too can be a part of this great mitzvah. Support Chesed 24/7 and support patients and their families.

Wishing you and your family a happy and healthy new year,

Chesed 24/7



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Duck a l'Orange

DUCK

4 lb. **duck**

Salt

White pepper

Peel from **2 oranges**

(thinly sliced and cooked
in water for 10 minutes)

2 carrots

3 onions

$\frac{1}{4}$ stick **margarine**

SAUCE

2 tbs **sugar**

5 tbs **wine vinegar**

Peel from **2 oranges**

and one **lemon** (thinly grated)

$\frac{1}{2}$ cup **liquid from duck**

after cooked fully

$\frac{1}{2}$ cup **red wine**

Left over **carrots** and **onion** from duck

1 orange cut into segments

PREPARATION

DUCK

- 1 Clean the duck and lightly sprinkle with salt and pepper inside the duck and out.
- 2 Insert cooked orange peel inside the duck.
- 3 Sear duck in a hot pan with melted margarine to brown. Bake in a preheated oven for 30 minutes at 400°F.
- 4 Chop the onion and carrot and stir fry in same pan as duck was seared. Add it to the duck in the oven for the last 10 minutes of baking.

SAUCE

- 1 In a small pot, melt sugar until it caramelizes. Add wine vinegar, the fruit peel and orange segments.
- 2 Create a reduction by cooking it on a low flame until it is half of the quantity.
- 3 Add liquid from the duck, the carrots and the onion and again create a reduction by cooking on a low flame until it is half its quantity.
- 4 Organize oranges around duck, pour sauce on top and serve.


CHES ED 24/7 RECIPE FOR _____

MEALS TO HOSPITALS

Take hundreds of volunteers. Add food and packaging material. (Love and warmth will be added naturally.) Add drivers and vehicles. Recipe should yield **6,125 weekday meals** and **3,600 Shabbos and Yom Tov meals** per year.



Riblets in Wine and Onion Sauce with Potato Scoops and Asparagus

RIBLETS

- 1 ¾ lbs. of **riblets**
(for a neat look thread them to a ball on bottom of bone)
- 2 tbsp **extra virgin olive oil**
- 2 tbsp chopped **rosemary**
- 1 tbsp chopped fresh **thyme**
- 10 cloves of crushed **garlic**

ONION WINE SAUCE

- 2 **onions**, sliced into rings
- 1 tbsp **olive oil**
- 2 tbsp **flour**
- 7 ounces of **vegetable stock**
- 7 ounces of **red wine**
- 2 tbsp of **soy sauce**
- Salt, pepper** and **sugar** to taste

MASHED POTATO SCOOPS

- 6 **potatoes**
- 1 **egg**
- ¼ stick of **margarine**
- Chopped **scallions**
- Salt** and **pepper** to taste

ASPARAGUS

- 1 bunch **asparagus**
- 3 tbsp **margarine**
- 3 **garlic cloves** (crushed)

PREPARATION

RIBLETS

- 1 Pre-heat oven to 450°F.
Season riblets with salt and pepper.
- 2 Over a medium flame, heat oil in a heavy skillet and add riblets.
- 3 Using tongs to flip it, sear riblets about 10 minutes until brown. Add herbs.
- 4 Add garlic and place skillet in oven. Roast for about 10 minutes and let cool.

ONION WINE SAUCE

- 1 Saute onions in oil for 10 minutes or until they are tender and lightly browned.
- 2 Add the flour and stir over heat for three to four minutes, until nut-brown in color. The mixture will be very dry.
- 3 Stir in the vegetable stock and wine, letting it simmer over moderate heat until the sauce thickens.
- 4 Add the soy sauce, then season with salt, pepper and a touch of sugar if you want extra sweetness.

HINT: This meat goes great with a rich red Bordeaux wine or any other rich earthy red wine.

MASHED POTATO SCOOPS

- 1 Boil potatoes in salted water until soft and tender.
- 2 Add 1 egg yolk and the ¼ stick of margarine.
- 3 Add chopped scallions and salt and pepper to taste.
- 4 Using ice cream scooper, shape into large potato balls.

ASPARAGUS

- 1 Melt margarine in a large skillet.
- 2 Add garlic and asparagus. Cover and cook for 10 minutes, stirring occasionally, until tender.



CHESED 24/7 RECIPE FOR BOOST IN A BOTTLE

Take 30,000 pomegranates, remove seeds and impurities, juice by hand. Place into bottles and immediately freeze in industrial freezer. Hand deliver or ship when necessary. Recipe should yield **20,000 bottles annually**.





Spinach Stuffed Salmon

4 salmon fillets
2 cups spinach
¼ cup toasted slivered almonds

GLAZE

1 tsp dijon mustard
1 tbsp apple cider vinegar
¼ cup olive oil
Salt and pepper

SPINACH

2 tbsp lemon juice
1 tsp salt
½ tsp pepper
Slivered almonds

PREPARATION

- 1 Puree spinach and slivered almonds to a paste.
- 2 Cut a slit lengthwise $\frac{3}{4}$ of the way through each salmon fillet and stuff with spinach paste. Place on a greased baking sheet.
- 3 Whisk together glaze ingredients and pour over salmon.
- 4 Bake at 350°F for 25 minutes or until done.
- 5 Garnish with parsley flakes and red currant berries, if desired.
- 6 Serve warm.

Mushroom Tomato Soup

4 tbsp **olive oil**
4 cloves of **garlic** (peeled)
1 **onion** (chopped)
½ lb. **mushrooms** (any kind)
1 lb. of ripe **beef tomatoes**
(peeled and diced)
2 sticks of **celery** (grated)
2-3 **potatoes** cubed
Salt and **pepper** to taste
Spicy paprika to taste
Fresh **basil**, 3-4 stems
Chunks of **lamb stew meat** (optional)

PREPARATION

- 1 Toss the garlic, onion, mushrooms and tomatoes into a pot with the olive oil and stir fry for a few minutes.
- 2 Add rest of ingredients and also water to cover. Simmer on a low flame for 45 minutes.
- 3 If lamb was added, simmer on a low flame for an hour.




CHESD 24/7 RECIPE FOR _____

CHESD 24/7 HOSPITALITY ROOM (FOR INTERMEDIARIES)

Stock refrigerator and freezer with prepared meals, sandwiches, juices, water, seltzer, cholov yisrael milk, yogurts, cheeses, ice creams, soups. Take pantry, stock with dry soups, cakes, chips, pretzels, chocolates, fruit, coffee, tea, sugar, crackers, paper goods. Recipe should yield an **oasis in the hospital**.





Chicken Loaf with Split Pea Sauce

CHICKEN LOAF

- 1½ pounds of **ground chicken**
- 1 large **onion** (chopped)
- ½ cups of **bread crumbs**
- 2 tsp of **mustard**
- ½ tsp of **salt**
- ¼ tsp of **white pepper**
- ⅛ tsp **nutmeg**
- 1 clove of **garlic** (crushed)
- 2 **egg whites**

SPLIT PEA SAUCE

- 2 tbsp **olive oil**
- 1 **celery stalk** (grated)
- 1 **onion** (thinly chopped)
- 2 **carrots** (grated)
- 1 package of **frozen peas**
- 1 package of **dry split peas with soup mix**
- 1 tbsp of **vegetable soup consommé**

PREPARATION

CHICKEN LOAF

- 1 Mix all of the ingredients together in a large bowl.
- 2 Shape the mixture into an oval shape and place into pan.
- 3 Bake at 375°F for approximately 45 – 55 minutes (until it is no longer pink in the middle.)
- 4 To serve, cut on an angle and place two pieces angled on the plate.

SPLIT PEA SAUCE

- 1 In a pot, saute the first four ingredients in the olive oil.
- 2 Cover and steam for 10 minutes.
- 3 Add the rest of the ingredients and add water to cover.
- 4 Let the soup cook until the peas are tender and the sauce thickens.
- 5 Pour generously over the plated chicken loaf.

HINT: Sauce could be used as a soup as well. Add extra water and do not allow it to thicken.



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CHESED 24/7 RECIPE FOR _____

SHABBOS IN A BOX

Take a pair of electric candlesticks, a challah cover, a tablecloth the size of a hospital table, a Kiddush cup, a silk flower, a box of chocolates, and bisamim. Place them in a box. Add Chesed 24/7 Shabbos food. Add Shabbos. Recipe should yield **12,000 boxes annually**.

Sesame Chicken

CHICKEN

Chicken breast or thighs cut to pieces

2 tsp baking powder

½ cup water

½ cup light beer

1 cup flour

6 tbsp oil

SAUCE

12 tbsp sugar

4 tbsp soy sauce

4 tbsp wine vinegar

8 tbsp ketchup

2 tbsp cornstarch

1 cup water

Sesame seeds

PREPARATION

CHICKEN

1 Mix all the ingredients, except the chicken, on high speed.

2 Dip chicken pieces into mixture and fry in deep oil till golden color - set aside.

SAUCE

1 Stir all ingredients in pot on low flame until clear in consistency.

2 Pour over fried chicken and add sesame seeds.

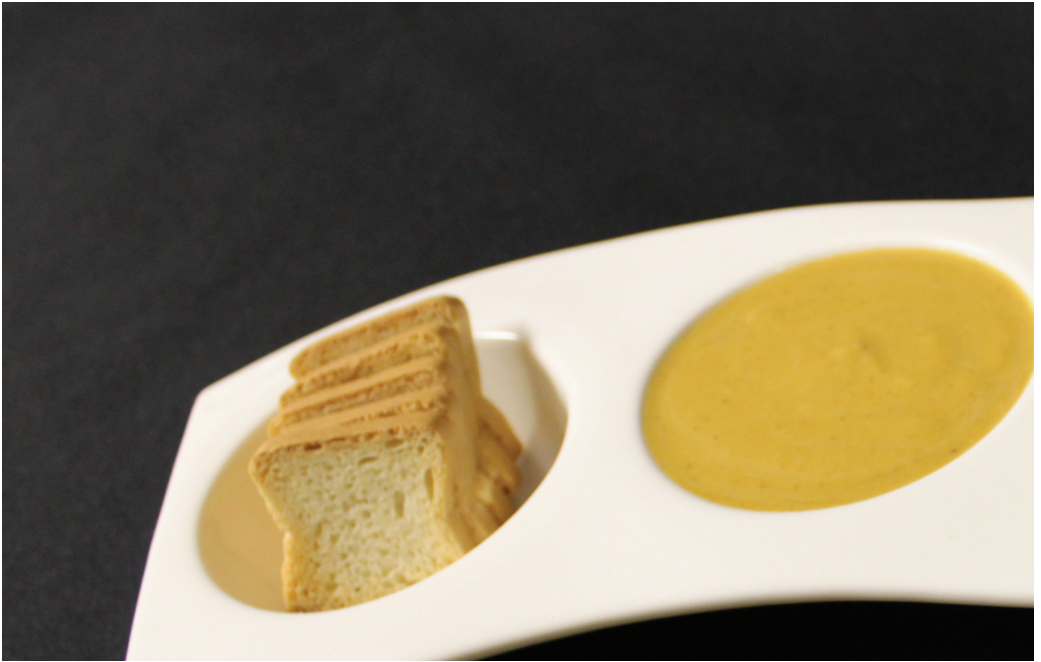



CHESD 24/7 RECIPE FOR _____

SMILE 24/7

Take one patient, add visitors to sit, talk, sleep overnight, sing, juggle, and dance. Recipe should yield **170 volunteers** and **hundreds of happy patients** each year.





Tri Color Soup

This is a creamy vegetable soup that is served in three colors. The serving dish, which is *Circ* from the *Carmona New York* line, gives four compartments instead of one, allowing you to serve three flavors of soup with croutons, bread crisps, or other accoutrements on the side.

ORANGE COLORED SOUP

2 large **yams** or **sweet potatoes**
 3 medium size **carrots**
 2 regular **potatoes**
 1 medium size **onion**
 2 cloves of **garlic**
 (crushed or sliced)
 1 **turnip**
Salt and **paper** to taste

WHITE COLORED SOUP

1 tsp of **margarine** or **butter**
 1 **onion** cubed
 2 cloves of **garlic**
 2 cups **milk** OR 1 cup
heavy cream and 1 cup **milk***
 1 bag of **cauliflower**
 1¾ cups of **clear soup broth**
 Pinch of **white pepper**
 ¼ tsp of **nutmeg**

GREEN COLORED SOUP

1 **onion** (chopped)
 1 **celery stalk** (grated)
 2 bags **broccoli florets**
 2½ cups **soup broth**
 3 tbsps **butter** or **margarine**
 Half a handful of **flour**
 2 cups **milk** OR 1 cup
heavy cream and 1 cup **milk***
Salt and **black pepper** to taste

**if dietary restrictions are an issue or to make the recipe pareve, substitute with 2 cups of soy milk or nondairy creamer.*



CHESED 24/7 HOSPITALITY ROOMS (FOR BEGINNERS)

Take 30 volunteers. Send them to stock and/or clean the rooms daily or every other day. Recipe should yield **13 fully stocked, clean rooms.**



PREPARATION

ORANGE COLORED SOUP

- 1 Lightly sauté onion and garlic in olive oil.
- 2 Cut the yams, carrots, potatoes and turnip into medium size cubes and add to pot.
- 3 Cover with water and cook for 1½ hours until all the vegetables are soft.
- 4 Using an immersion blender, blend vegetables until soup has a smooth texture.

Serve it in the compartmental dish, as pictured, or in small shot glasses. Place each soup individually on a tray to create lines of colors. Pass around the Yom Tov table for a shot of soup that is beautifully rich in flavor.

WHITE COLORED SOUP

- 1 Sauté onion and garlic in butter or margarine, watching not to brown it.
- 2 Add cauliflower, stir and cover for 2 – 3 minutes.
- 3 Add broth and let simmer for 8 minutes or until tender.
- 4 Remove from flame and blend until smooth.
- 5 Place back on flame and add remaining ingredients.
- 6 Bring to a boil making sure not to burn it.

GREEN COLORED SOUP

- 1 Sauté onion and garlic in butter or margarine, watching not to brown it.
- 2 Add broccoli and soup broth. Cover and cook for 10 minutes or until soft. Remove from flame and blend until smooth.
- 3 In another pan, add butter or margarine and flour. Stir carefully. Add the milk / creamer and bring to a boil. Once this mixture thickens, add it to the soup pot stirring to mix well. This will thicken the broccoli soup.
- 4 Add salt and pepper to taste.



CHESD 24/7 RECIPE FOR

CHESD 24/7 HOSPITAL SHUTTLE

Take one hospital shuttle. Add a driver that makes two round trips daily. Recipe should yield **10,000 individuals** transported annually. Recipe can be doubled for two daily trips.





Seaweed Salad

1 cup **dried wakame seaweed**
1 tbsp **sesame seeds**
3 tbsp **rice vinegar**
2 tbsp **soy sauce**
1 tbsp **sugar**
¼ tsp **chili pepper flakes**
1 can **chickpeas**
Oil

PREPARATION

- 1 Soak the dry seaweed in cold water for 20 minutes. Drain and cut off the hard spine. Chop and set aside.
- 2 Mix the soy sauce, rice vinegar and sugar together and pour over the seaweed. In a frying pan, toss the chickpeas with a little olive oil and saute for a few seconds.
- 3 Once cooled, toss chickpeas into the seaweed salad and sprinkle in the rest of the ingredients.



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CHESD 24/7 RECIPE FOR _____

CHESD 24/7 HOSPITALITY ROOM (FOR ADVANCED)

Take room in hospital. Add couches, tables, two microwaves, a refrigerator and freezer, a hot water urn, Jewish books, magazines, sefarim. Recipe should yield a **home in the hospital**.

Portobello Rice Ball

2 cups **cooked rice** (not very dry)
with salt and pepper to taste
1 **egg**
2 **portobello mushrooms** (chopped)
1 small **red pepper** (chopped)
2 **garlic** cloves (crushed)
1 small **onion** (chopped)
Salt and **pepper** to taste
Olive oil
Bread crumbs
Oil for deep frying

PREPARATION

- 1 Sauté onions and garlic in olive oil. Add red pepper, mushrooms, salt and pepper. Cover and let cook for 10 minutes.
- 2 Drain liquid and add egg. Mix well.
- 3 Take a handful of the cooked rice into your palm. Create a hole in the center of the rice and insert mushroom filling. Cover the hole up to create a round ball.
- 4 Roll the ball in bread crumbs and deep fry for golden color.




CHESED 24/7 RECIPE FOR _____

INDIVIDUALIZED TRANSPORTATION TO HOSPITALS AND DOCTOR'S APPOINTMENTS

Take 150 drivers, add Chesed 24/7 dispatch coordinators. Recipe should yield **7,558 trips** annually, **320,000 miles** driven, **thousands of patients** transported saving **\$450,000 in car services**.





Pear Crepes

CREPES

- 1 cup **flour**
- 4 **eggs**
- 3 tbsp **margarine**
- ½ cup **water**
- ½ cup **pear flavored water**
(Neviot from Israel is available in many kosher groceries)
- 1 tbsp **sugar**
- 4 small **soft pears**, peeled
- 3 tbsp **brandy**

FILLING

- 8 **pears** peeled and sliced
- ¼ stick **margarine**
- 1 cup **apple liquor**
- 2 tbsp **apple sauce**

PREPARATION

CREPES

- 1 Blend all ingredients except for the four pears and set aside overnight.
- 2 The next day, grate pears with fine grater, add brandy and mix well.
- 3 Add to flour mixture and mix.
- 4 Fry in a skillet with a little margarine until crepes are thinly cooked.

FILLING

- 1 Stir fry pears for 2-3 minutes in margarine.
- 2 Add remaining ingredients and let simmer until pears are softer but not very soft.
- 3 Fill crepes with pear filling.
- 4 You can pour some filling on top of the crepe and sprinkle with confection sugar to decorate.



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CHESED 24/7 RECIPE FOR

SHABBOS IN CHESED HOSPITAL ROOM

Take Chessed 24/7 Shabbos food from the Shabbos warmer. Add challah, grape juice, and white tablecloth located in Chessed Hospitality Room. Add Shabbos and zemiros provided by other families in Chessed Room. Recipe should yield an **uplifting Shabbos with new friends**.

Chocolate and Spice and Everything Nice Cake

2 eggs
1 cup **sugar**
1 cup **flour**
½ tsp **baking powder**
¼ cup **dark cocoa**
½ cup **oil**
½ cup **water**
½ tsp **vanilla extract**
¼ tsp **cinnamon**
⅛ tsp **nutmeg**
⅛ tsp **cardamom**
¼ lb **blueberries**
Pistachios to sprinkle on top

PREPARATION

- 1 Mix all ingredients in a bowl and add blueberries.
- 2 Pour into a bakeable dish.
- 3 Sprinkle pistachios on top and bake at 350°F in pre-heated oven for 30 minutes.

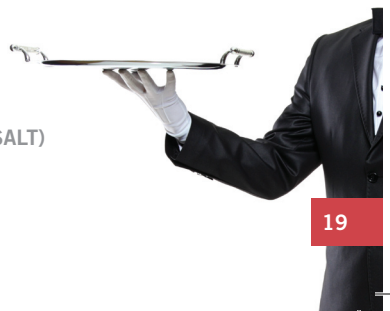
HINT: Vanilla ice cream on top is an excellent combination!




CHESD 24/7 RECIPE FOR _____

SPECIAL FOODS
(VARIATIONS CAN INCLUDE CROHN'S, DIABETIC, LOW SALT)

Take 35 volunteers. Add food, direction and care.
Recipe should yield **350 people served annually**.





Pistachio Pie

PASTRY

- 7 oz. **cake flour**
- 2 oz. **confection sugar**
- Pinch of **salt**
- 3½ oz. **margarine**
- 1 **egg yolk** (lightly beaten)
- 1 **tblsp ice water**

FILLING

- ⅓ cup **maple syrup**
- ½ cup **sugar**
- 3 oz. **margarine**
- 3 **tblsp clear honey**
- 3 **tblsp rum**
- Pinch of **salt**
- 3 **eggs**
- ½ cup **pistachio nuts**

PREPARATION

PASTRY

- 1 Mix the margarine and flour with the other dry ingredients.
- 2 Add the lightly beaten egg yolk and water. Mix well.
- 3 Knead lightly until the dough comes together.
- 4 Roll dough and press into individual pie pan.
Place in fridge for 15 minutes.

FILL

- 1 Gently heat the maple syrup, butter, honey, rum and salt over a low flame.
- 2 When the mixture is warm, add sugar and melt it.
Make sure the sugar is totally melted before removing from the heat.
- 3 Once it has cooled, add eggs and pistachio nuts and whisk well.
- 4 Fill pastry dough with the pistachio mixture and bake at 350°F for 15 minutes or until set.
- 5 Garnish with fresh fruit, ice cream or fruit sauce.



RECIPE FOR _____

CHESED 24/7

Take dedicated staff members. Add many dedicated volunteers. Add dedicated supportive donors. Recipe yields a **chesed organization that does not rest, providing patients and their families assistance and help, 24 / 7.**

Chesed Hospitality Rooms

The **CHESED 24/7 HOSPITALITY ROOMS** consist of a room or suite of rooms equipped with a refrigerator, kosher cakes and snacks, hot water and coffee, milk, yogurt and other dairy products, prepackaged meals and soups, comfortable chairs or recliners, Jewish reading materials, tapes and other sources of inspiration, Shabbat food warmers and any other amenities a Jewish individual would require. More importantly, it offers a quiet place where family members can sit, relax, and recover their emotions in a more private setting.

CHESED HOSPITALITY ROOM LOCATIONS:

COLUMBIA UNIVERSITY MEDICAL CENTER - MILSTEIN

- COLUMBIA UNIVERSITY MEDICAL CENTER - BABIES AND CHILDREN'S
- LENOX HILL HOSPITAL
- CORNELL MEDICAL CENTER
- HACKENSACK UNIVERSITY MEDICAL CENTER
- GOOD SAMARITAN HOSPITAL
- ENGLEWOOD HOSPITAL
- MOUNT SINAI HOSPITAL
- MEMORIAL SLOAN KETTERING
- HOSPITAL FOR SPECIAL SURGERY
- EINSTEIN MEDICAL CENTER
- VALLEY HOSPITAL

Meals

Chesed 24/7 prepares **SPECIAL HOT MEALS** for hospitalized patients and their families, delivering them to hospital rooms daily. On Yom Tov, Chesed 24/7 employs a non Jewish driver to deliver freshly prepared and specially wrapped meals to the hospitals so that patients and their families can have fresh, hot food on Yom Tov.

Transportation

Chesed 24/7 runs **TWO DAILY SHUTTLES** transporting people from Rockland County to Manhattan area hospitals for doctor's appointments, treatments, or visitation. In case these shuttles are either at inconvenient times or inconvenient locations, Chesed 24/7 also coordinates hundreds of volunteers who donate their time transporting people door to door from their homes to doctor's appointments or hospitals.

Smile 24/7

This program provides talented, caring volunteers who **SING, DANCE, PERFORM SKITS, MAGIC SHOWS**, and many other interesting feats to provide happiness and light in what can be a dreary hospital stay.

Catskills Division

The Catskills division of Chesed 24/7 operates **CHESED ROOMS IN CATSKILL REGIONAL MEDICAL CENTER** (Harris Hospital) and **ELLENVILLE REGIONAL HOSPITAL**. It also provides a 24 hour advocate or liaison that can help you within Harris hospital with any issue that may arise.

Shabbos in a Box

Every Shabbos, Chesed 24/7 delivers hospitalized patients a **BOX WHICH CONTAINS ALL ITEMS NECESSARY TO PROPERLY BRING IN SHABBOS**. Included in the box is a pair of electric candlesticks which the patient can light in their hospital rooms, a challah cover, a Kiddush cup, a silk flower, a box of chocolates, and bisamim to use for Havdalah.

Boost in a Bottle – Pomegranate Juice

Chesed 24/7 distributes **THOUSANDS OF BOTTLES OF PURE, FRESHLY SQUEEZED POMEGRANATE JUICE** to patients that are undergoing chemotherapy treatment or other severe treatments and need to regain their energy and blood levels.

Medical Supplies

Chesed 24/7 has **MEDICAL SUPPLIES AVAILABLE FOR LOAN** to any person who requires them. Medical supplies include: wheelchairs, hospital beds, crutches, walkers, etc.

Share 24/7

Share 24/7, a division of Chesed 24/7, provides **COMPREHENSIVE CARE AND ADVOCACY FOR DEVELOPMENTALLY DELAYED AND DISABLED INDIVIDUALS** and their families. Combining skilled professionals, devoted staff members and selfless volunteers, Share 24/7 assists challenged individuals achieve personal satisfaction and fulfillment to the utmost of their abilities. Some of the programs run by Share 24/7 include: Habilitation Services, Residential Programs, Respite Programs, Case Management, Group Homes, Supported Employment, Vocational Training, Sunday, Weekend and Holiday Programs, Family Reimbursements, and Weekend Retreats.

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