



Bubbie's Kitchen Adventures

Featuring
Bea & Murray

Celebrate 25 Years with Us!



Bubbie, our feisty Jewish grandmother, is back and she's brought her beloved Zaydie, our Jewish grandfather, with her! Last year, we read what happens in the kitchen when Bubbie makes her knishes, blintzes, latkes, and rugelach. This year with Zaydie at her side, "Bubbie's Kitchen Adventures" will feature what happens in the kitchen when Bubbie and Zaydie team up to make traditional chicken soup with matzah balls, strudel, noodle kugel and beef brisket. Today Bubbie and Zaydie are ready to put on their aprons as they begin to prepare brisket, a Jewish Food festival Favorite that is Zaydie's specialty. But there is a secret ingredient, and Bubbie wants to know what it is.

Let's peek into the kitchen and see how it's done....

Bubbie: "Murray, everyone has been asking how you make that wonderful beef brisket. There is a flavor I cannot identify."

Zaydie: "Well Bea, I'll tell you over a glass tea. First you have to go out to the field and find a cow that is ready for the table. You put her in the back of the wagon and bring her to Saul the butcher and..."

Bubbie: "No, no, no. In this country we don't have a cow, we go to the grocery store and buy the brisket."

Zaydie: "Oh yes, much easier. Well, you buy the big brisket, I think here they call it a Packer cut. It has two parts: the flat and the round. But, In between there is a big layer of fat. For the brisket I make, we have to trim a lot of fat from this meat, and we only use the flat. Oy, it takes forever to trim. I should have brought Saul over from the old country with me, he could trim like no one else. When we are done trimming and separating, we only have about half the meat we started with."

Bubbie: "Murray, enough with the fat and the trimming! I want to know how you get that unusual flavor?"

Zaydie: "Shush, shush, I am getting to that. We have to mix up the secret soup to soak the meat in."

Bubbie: "Soup? Oy, you mean marinade."

Zaydie: "Ya, ya, marinade, schamranade; whatever you want to call it."

Bubbie: "What is in the marinade?"

Zaydie: "It's a secret."

Bubbie: "We told the readers we would tell them."

Zaydie: "Ya, ya. Well, you pick garlic from the garden, or I guess you can buy from your grocery store. Then chop it up into small pieces, add minced onion flakes, seasoning, and the secret American ingredient that Pilgrims told to our ancestors - whole berry cranberry sauce. You cover the meat with this paste and leave in a big *schissel* (pot) overnight. The next day you bake until ready, slice thin and eat with gravy made from the drippings in the pan."

Bubbie: "So that's what it is – cranberries - who would have thought the Pilgrims would have a say in your brisket!"

Zaydie: "I thought it would make my grandfather's recipe more "American Style" with a flavor nothing can compare. Tell your readers to get some from the New Hampshire Jewish Food Festival – they make it the same way."

Bubbie: "I think you just did!"

Next week, a Food Festival longtime favorite – STRUDEL – so good it melts in your mouth!

Until then, Zei Gazunt (be well). *Your Bubbie and Zaydie*

