



Bubbie's Kitchen Adventures

Featuring
Bea & Murray

Celebrate 25 Years with Us!



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Today in "Bubbie's Kitchen Adventures," Zaydie is craving one of his favorite comfort foods - a traditional sweet Jewish noodle kugel like only Bubbie can make! Let's peek into the kitchen and see how it's done....

Zaydie: "Bea...it's been long time since you made my favorite sweet *lokshen* (noodle) kugel. I will go get a clean white tablecloth so you can roll out the *lokshen* dough and cut into strips?"

Bubbie: "Murray, Murray, Murray...in this country the *lokshen* are called egg noodles and I don't have to make a *gantseh megillah* (a big fuss) mixing and rolling and cutting the *lokshen*... I can just send you around the corner to see Harry at the market. Tell Harry I need medium noodles and a box of corn flakes. I will make the sweet custard while you are gone."

Zaydie: "How much *lokshen* do you need and why do you need corn flakes?"

Bubbie: "Oy gevalt Murray...do I have to tell you everything? OK, ask Harry for a 24 oz. bag of medium noodles. And the corn flakes are for you to crush for the topping. It won't take long for the water to boil so don't start *kibbitzing* (joking/talking) with Harry."

While Murray goes off to see Harry at the store, Bubbie starts making the custard for the kugel.

Bubbie: "Hmmm, now let's see...I need to slowly melt the butter, and add in the sour cream, milk, beaten eggs and of course sugar, to make it sweet for Murray."

Zaydie: "Bea...I'm home and I didn't forget anything!"

Bubbie (laughing): "I would hope you remembered...there were only two things on the list! It's a good thing you're back, Murray because the water is already boiling in my big *schissel* (pot) for the *lokshen* to cook. It's time for you to crush the corn flakes into small pieces. When the corn flakes are crushed, add the sugar

and cinnamon that I measured. Good, now take the crushed corn flake mixture and stir it into the small pan with the melted butter to make the topping."

Zaydie: "Bea, my sweet...I think the *lokshen* is cooked."

Bubbie: Yes, my darling...I will drain it in the colander my Bubbie used.

Zaydie: "And now you mix the noodles into the sweet custard with the wooden spoon that my Bubbie used."

Bubbie: "Yes Murray. I feel like our Bubbies are in the kitchen with us when we use their things. Now it's almost time to bake. Please *schmear* (spread) the butter in the baking dish and hold for me to pour in the *lokshen mit* (with) the custard.

Zaydie: "And the corn flakes?"

Bubbie: "Yes Murray...and now you can spread the topping to cover the kugel."

Zaydie: "And let me help you put it in the oven."

*...and as the kugel is placed in the oven, Murray thinks how lucky he is that his Bea is a true balaboosta (a good cook and homemaker)!! The kugel smells so delicious, and Murray cannot wait for it to be done so he can have a *bissel nosh* (little snack)!!*

Are you ready for some noodle kugel, just like Bubbie used to make? Order your kugel from The New Hampshire Jewish Food Festival before they are sold out. You won't be sorry. Oh, and tell them "Murray sent you."

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Next week, we will be making the most famous of all Jewish foods –Matzah Ball Soup- better known as Jewish Penicillin. If you get sick, it will make you feel better fast.

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

