EMANU-EL EATS FEBRUARY 2015

Cold Weather Comfort Foods

s the cold winter weather continues, we have three perfect-for-winter "comfort food" recipes to share with you...

SWEET POTATO TROPICANA*

Courtesy of Life Trustee Jeanne R. Theodore...

(Serves 6)

- 6 large sweet potatoes, boiled until tender, peeled and mashed
- 3 ripe bananas, mashed
- 1 20-ounce can crushed pineapple, drained
- 2 cups fresh orange juice, plus grated zest from oranges
- Light rum, to taste (optional)
- Salt, to taste
- 1. Preheat oven to 350 degrees Fahrenheit. Grease a two-quart casserole.
- 2. In a large mixing bowl, combine mashed potatoes, bananas, crushed pineapple, orange juice and zest, and rum, if using. Season with salt to taste.
- 3. Transfer mixture to prepared dish and bake until heated through, about 30 minutes.
- * Winner of a 1942 contest in The Miami Herald for recipes using the fewest amount of ration points

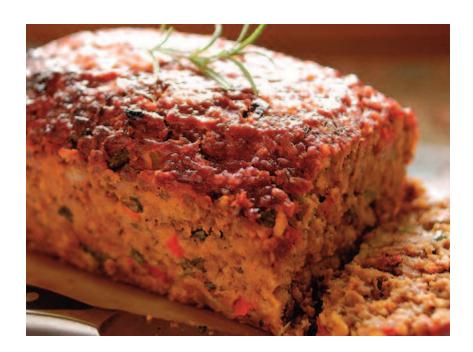


VEAL LOAF

Courtesy of Marlene Borey...

(Serves 4)

- 1 pound chopped veal
- ½ onion, chopped
- 1 cup carrots, diced
- 2 eggs: one raw, one hard-boiled
- Salt and fresh pepper to taste
- Pinch of herbs de Provence
- Mustard to taste



- 1. Preheat oven to 350 degrees Fahrenheit. Line a cookie sheet with foil. Top foil with parchment paper, if you wish.
- 2. In a large bowl, mix together the veal, onion, carrots, raw egg, salt, pepper and herbs de Provence. Place half the mixture on the prepared cookie sheet, and shape it into a rectangle measuring about 8-inches by 4-inches. Make a slight depression in the center for the meat for the hard-boiled egg. Completely cover the egg with the remaining meat mixture. Brush loaf with mustard.
- 3. Bake loaf in preheated over for 30 to 40 minutes. Loaf is cooked through when a meat thermometer registers 140 degrees Fahrenheit when inserted in the meat.

TURKEY MEATLOAF

Courtesy of Eve Haberman...

(Serves 4 to 6)

- 1 pound ground turkey
- 1 medium onion or 2 to 3 large shallots, chopped •
- 1 cup fresh breadcrumbs
- 1 egg, lightly beaten
- ½ cup pine nuts, toasted

- 12 sun-dried tomatoes in oil, drained and chopped
- ½ cup broth
- 2 teaspoons fresh oregano or ½ teaspoon dried
- 2 teaspoons fresh rosemary or ½ teaspoon dried
- Salt and freshly ground pepper to taste
- 1. Preheat oven to 375 degrees Fahrenheit.
- 2. In a large bowl, mix all ingredients together and place in an 8-inch by 4-inch loaf pan.
- 3. Bake until meat is cooked through, about 45 minutes.

