

Welcome yakirlevy | [Log Out](#) | [My Account](#)

25 Adar 5764, Thursday, March 18, 2004



[America's Voices](#) | [JPost Français](#) | [International JP](#) | [Subscribe](#) | [Personals](#) | [JPost Archives](#) | [Shopping](#) | [Adv](#)

 

# arts & leisure recipes

## SERVICES

[Classifieds](#)

[Subscribe](#)

[Archives](#)

## SECTIONS

[Home Page](#)

[News](#)

[Opinion](#)

[Columns](#)

[Business](#)

[Features](#)

[Arts & Leisure](#)

[Real Estate](#)

[Travel & Tourism](#)

[Jewish World](#)

[Books](#)

[Sports](#)

[Science & Health](#)

[Audio Programs](#)

[In Jerusalem](#)

[Current Poll](#)

[Financial Tables](#)

[Weather](#)

[Shabbat Times](#)

## JPost Guides

[Passover 2004](#) **NEW!**

[Israel Programs](#)

[Charitable funds support Israel](#)

[Dating & Relationships](#)

**JPost Super Deals**  
March 8-15

[Yiddish Blessings and Curses book](#) \$15.95

[Hebrew Speaking Dictionary](#) \$139.95

[A magical tour in Israel](#) \$6.99

[Israel-Catalog.com](#)

[JPost.com](#) » [Arts & Leisure](#) » [Recipes](#) » **Using your noodle**

Mar. 18, 2004 10:49 | Updated Mar. 18, 2004 10:50

## Using your noodle

By [FAYE LEVY](#)

For as long as I can remember, noodle kugel has been one of my favorite foods.

So you can imagine my response when I was invited by Yiddishkayt Los Angeles, an organization that promotes Yiddish language and culture, to be a judge at their "Kugl Kukh-Off" (kukh is Yiddish for "cook." ) I jumped at the chance! However, I couldn't be sure it would be fun. When I judged a chocolate-cake competition at a county fair, I was disappointed. Instead of the lovely heirloom recipes I hoped to discover, many were horribly sweet and sticky.



Clearly, noodle kugels were kings; there were far more of them than any other kind. Most popular of all were the sweet, creamy type. Some had fruit, like apples or canned cherries.

Some had crunchy crusts made of crumbled corn flakes, an ingredient I scorned when I lived in Paris. The crusts made with them tasted pretty good, though the toppings made with almonds or pecans were even better. One noodle kugel was studded with chocolate chips - not traditional but very tasty.

Yet the top winner had neither fruit nor toppings. It was a model of purity and simplicity.

But this event was different. At this celebration of culinary heritage, complete with lively klezmer music, cooks did bring family favorites. There were more than 60 entries and quite a few were top quality.

- [Printer Friendly](#)
- [E-mail This Article](#)
- [Subscribe](#)



## More Recipes

- [Using your noodle](#)
- [Short Order: The chicken that came home to roast](#)
- [Food Bits](#)
- [Feedback](#)
- [Braise your bird](#)

[more »](#)



## Books

- [The Einstein papers](#)
- [Shades of red](#)
- [To be a Jew...](#)

## Features

- [The power of touch](#)
- [Oh Baby](#)
- [What's in a name?](#)

## Health

- [First Israeli gets mobile artificial heart booster](#)
- [Larry King to be guest of Rabin Medical Center](#)
- [Doing it your way](#)

## In Jerusalem

- [Dirty, polluted capital](#)
- [Antennas in our midst](#)
- [A helping home](#)

## Jewish World

### Specials

#### **JDate.com** **NEW!**

The only Jewish dating site you'll ever need.

#### **EI AI Online**

Information, special services, e-ticketing & online booking.

#### **Passover Gift!** **NEW!**

Up to 30% off on Hazorfim Silver Seder Plates.

#### **Celebrate Jerusalem!**

A fragrant blessing for Passover with Selah Parfums' gift set!

This was the kind of kugel that we considered "most like bubba used to make," that is, if your grandma was a superb cook. But the woman who came up to the stage to claim the grand prize, carrying her four-year-old in one arm and holding the hand of her seven-year-old, was no grandmother.

Lisa Share-Sapolsky is a neuropsychologist taking some time off to be a full-time mommy. And grandma was involved too. "I just signed you up for a kugel contest!" she announced to Lisa one day, knowing how fond she was of cooking.

Even if Lisa's kugel had not been so delicious, she definitely should have won the blue ribbon for effort. She baked her kugel at midnight in San Francisco, wrapped it in a blanket, and flew to Los Angeles. At the airport she had to contend with plenty of suspicious questions from the security guards, who nearly impounded it - undoubtedly they wanted to taste it themselves!

Another prize-winning kugel I loved was baked by Libby Sklamborg. With 50 years' experience making kugels, no wonder she came up with such a scrumptious one. Cottage cheese, sour cream, and butter made it creamy, and it gained interest from all sorts of good things, like pineapple, raisins, dried cherries, diced dried apricots, and pure vanilla. Her secret? She marinates the dried fruit overnight in orange juice and apricot nectar. For best flavor, she recommends seasoning the kugel with salt as well as sugar. I concur.

Some contestants brought offbeat entries, like a green kugel made of broccoli and potatoes.

I liked a mashed-potato kugel dotted with lox, but the other judges weren't impressed. Their pick for the most inventive kugel had yellow cheese, chilies, and spicy tomato salsa. It recalled an old California favorite - tamale pie, a Mexican-flavored corn casserole.

For dessert lovers, there was a dark brown "cappuccino kugel" that looked like a chocolate trifle, crowned with whipped cream and grated chocolate. In one recipe, there was an unusual step to follow after you put the kugel in the oven: "Pray."

My husband noticed that nobody made a peppery-sweet Jerusalem noodle kugel, and there was only one matza kugel. Another kugel category that appeared to be missing was savory noodle kugels, which I prepare often because I have always loved my mother's noodle-and-mushroom kugel. Among all the entries, I was surprised to find only one such kugel. Victor Arbiv, a health-conscious Israeli, made a pareve

[Diaspora Digest](#)

[Tracing the cellphone's Jewish roots](#)

[Wiesenthal Center: Don't visit Greece](#)

### Tourism

[Bird's eye view](#)

[Traveling with Tal Muscal](#)

[Raiders of the lost synagogue](#)

### Real Estate

[Push-button elegance](#)

[Shopping mall looks for investors](#)

[Diaspora Jews snatching up Jerusalem property](#)

noodle-mushroom kugel with red peppers, corn, and peas and seasoned it with cumin. After all the rich kugels, I found his dairy-free, low-fat creation very good. His other noodle kugel was equally interesting: it was studded with dates, dried figs, sliced almonds, and other fruits and nuts left from Tu Bishvat, and moistened lightly with syrup.

"I guess you won't want to eat kugel for a while," said a friend.

I see she doesn't know me that well.

#### **Lisa's Prize-Winning Noodle Kugel**

Unlike most creamy kugels, this one is sweetened with honey, but its taste is very delicate. Sometimes Lisa adds vanilla, pours in whole milk for a lighter result, or adds extra butter or cream cheese for an even more luscious kugel. Lisa came up with her kugel by experimenting and notes that the consistency and richness are a matter of personal preference. Regarding this rich recipe, she notes: "One must throw caution to the wind in terms of fat, cholesterol, calories, etc., and just enjoy this one."

350 to 450 gr. medium egg noodles

salt

300 gr. unsalted butter, softened

110 to 170 gr. cream cheese

1 cup honey

5 eggs

1 cup sour cream

Preheat oven to 175 C. Generously grease a 22 cm. x 28 cm. baking dish. Cook noodles in a large pan of boiling salted water according to package instructions, drain them and rinse with cold water. Spread them evenly in the baking dish.

In an electric mixer or food processor, beat or blend butter with cream cheese. Add honey, eggs and sour cream and beat until thick and creamy. Pour mixture over noodles.

Bake for 45 to 60 mins., or until golden brown. Serve warm.

Lisa says: "serves approximately 16 to 20 people, depending on how kugel-crazed folks are."

*Faye Levy is the author of 1,000 Jewish Recipes (Wiley).*

Ads by Google
<b><a href="#">Favorite Salmon Recipes</a></b> Great salmon recipes & cooking tips Accurate nutrition and health info <a href="http://www.salmonoftheamericas.com/">http://www.salmonoftheamericas.com/</a>
<b><a href="#">Cooking Recipe</a></b> Looking for a Great Meal? French's Recipes are Tasty, Quick and Easy <a href="http://www.FrenchsFoods.com">www.FrenchsFoods.com</a>
<b><a href="#">Cooking Pleasures</a></b> Get your free issue today. Full of Recipes, Tips, and Techniques <a href="http://Cookingclub.com">Cookingclub.com</a>

**JPost Sites:** [JPost Audio](#) · [Shopping](#) · [Personals](#) · [International JP](#) · [JRep.com](#)

**Sections:** [News](#) · [Business](#) · [Features](#) · [Opinion](#) · [Arts & Leisure](#) · [JPost Français](#) · [Sports](#) · [Books](#) · [Travel & Tourism](#) · [Estate](#) · [Hi-Tech](#) · [Science & Health](#) · [Jewish World](#) · [In Jerusalem](#) · [Maps of Israel](#) · [This Day](#) · [Looking Back](#) · [America's Voices](#) · [Supplements](#) · [Useful Links](#)

**Services:** [Print Edition](#) · [JPost CD-Rom](#) · [Subscriptions](#) · [Print Classifieds](#) · [Online Classifieds](#) · [JPost Advertisers](#) · [Isr Programs](#) · [JPost Charities](#) · [Readers' Letters](#)

**Information:** [About Us](#) · [Feedback](#) · [Media Kit](#) · [Sales](#) · [Staff E-mails](#) · [Privacy Statement](#) · [Copyright](#)

**Links:** [Chicago Sun-Times](#) · [Telegraph.co.uk](#) · [The Spectator](#)

© 1995 - 2004 The Jerusalem Post. All rights reserved.  
[About Us](#) | [Media Kit](#) | [Advertise with Us](#) | [Subscribe](#) | [Contact Us](#)