



*The Jewish Federation Valley Alliance
Sylvia Weisz Women's Philanthropy*

"A Taste of India" Cooking Demo

Thursday, February 23rd, 2017 at Temple Aliyah

Roasted Cauliflower and Cumin Dip with Naan Bread

Chai Tea

Lentil and Chick Pea Dahl "Shakshuka"

Curried Coconut Soup

Tofu Kabobs

Vegetable Tikka Marsala

Mango Crunchy Parfait



Ruth Hurwitz left the corporate world in 1998 to pursue her culinary dreams to open a high-end bar and grill in Santa Monica called Flints Restaurant. Flints thrived until she sold in 2003 to stay at home with the arrival of her third son Joey. While there, she wrote a cookbook and began teaching cooking privately in cooking schools and for Jewish charity groups all over LA.

She returned as a Kosher Caterer in 2009, bringing her fresh, farm-to table Kosher menus to an industry that was out of touch to what customers were accustomed to eating in the L.A. restaurant scene.

She began to cater at the Malibu Jewish Center and Synagogue, Kehillat Israel, Kol Tikvah, University Synagogue, Temple Beth Hillel, Temple Adat Elohim, Leo Baeck Temple, Wilshire Blvd Temple and Stephen Wise Temple.

Tarte also caterers at many venues, wineries and hotels- such as Skyspace, Smogshoppe, the Intercontinental, Hyatt and Country Clubs such as Sherwood, Braemar and El Cab. Current clients consist of The Jewish Federation, AIPAC, Hadassah, JNF, Camp Ramah, De Toledo Jewish Community High School, Ilan Ramon Day School, Milken School, LA Holocaust Museum and Stand With Us Charity.

Tarte has earned the reputation as the only current Kosher Farm-to table caterer with global influences and a California fresh offering.

www.TarteCatering.com



Roasted Cauliflower and Cumin Dip

- 1 head of cauliflower
- 2 small onions, peeled and cut into quarters
- 1 ½ tablespoons canola oil
- 1 teaspoon cumin
- Kosher salt to taste
- 1-2 pinches or more of red (cayenne) pepper
- Freshly ground black pepper
- Juice of ½ lemon (about 1 tablespoon)

Preparation

- Preheat oven to 425 degrees.
- Peel onions and cut them into quarters. Cut the cauliflower stem as close to its base as possible, and remove any outer leaves.
- Put the cauliflower and onion in the large pan (not one with a plastic or wood handle!)
- Rub 1 tablespoon of oil on the cauliflower and drizzle another ½ tablespoon on the onions.
- Slide the pan into the oven and roast for 30-40 minutes until cooked through with nice color.
- Process the mixture in several pulses until it is a thick, smooth consistency. Use the spatula to pull any stray bits off the sides of the processor in between pulses.
- Chill the covered mixture for at least several hours – overnight is fine. Before serving, taste and if necessary add salt, pepper, cayenne, and/or roasted and crushed cumin to taste.



Chai Tea

Ingredients

- 2-inch piece fresh ginger, cut into thin rounds
- 2 cinnamon sticks
- 2 teaspoons black peppercorns
- 10 whole cloves
- 6 cardamom pods
- 6 cups cold water
- 6 bags of black tea (preferably Darjeeling)
- 2 cups whole almond milk
- 1/2 cup (packed) golden brown sugar

Preparation

1. Combine first 5 ingredients in medium saucepan. Using mallet or back of large spoon, lightly crush or bruise spices. Add 6 cups water; bring to boil over high heat. Reduce heat to medium-low, partially cover pan, and simmer gently 10 minutes. Remove from heat. Add tea bags and steep 5 minutes. Discard tea bags. Add milk and sugar. Bring tea just to simmer over high heat, whisking until sugar dissolves. Strain chai into teapot and serve hot.



Curried Corn and Coconut Soup

Ingredients

- 2 Tbsp. canola oil
- 4 C. white frozen corn
- 2 leeks... white part only
- 2 Tbsp. curry powder
- 1 1/2 C. apple juice unfiltered brand
- 1/4 tsp. coriander
- 6 stems cilantro
- 3 C. vegetable stock
- 1 C. unsweetened coconut milk... not low fat

Instructions

- Sauté corn and leeks in canola oil for 20 minutes until soft.
- Add remaining ingredients and cook for 20 more minutes.
- Puree.
- Top with extra corn.



Red Lentil and Chick Pea Dahl "Shakshuka"

Ingredients

- 1 cup of red lentils (toasted first in a dry pan. I use my fingers to stir and when it is too hot to touch, it is done)
- 1 unwaxed lemon chopped in quarters
- 1 onion sliced
- 2 cardamom pods
- 2 cloves
- 1 cinnamon stick
- 3 cloves garlic
- 2 inches of fresh ginger
- 1 tsp each of ground turmeric/ginger/cumin/coriander seed/hot chili powder
- ½ tsp salt
- 1 tsp sugar
- 1½ Pints of vegetable stock
- 1 Bag of spinach (washed)
- 2 cups canned chick peas drained

Instructions

1. Make a paste by blending the ginger and garlic with a little salt and water.
2. Put 2 tablespoons of oil into a hot pan and when it comes to heat, add the cardamom, cloves and cinnamon stick. Cook for 1 minute on a low heat until they release their flavor.
3. Add the onion and cook until it begins to soften and turn golden.
4. Add the ginger/garlic paste and cook for two to four minutes until it loses its rawness. Add the ground spices, sugar and salt and mix well with the onions and cook out for 4 minutes. If the mixture begins to stick add a little water.
5. Add the lentils and mix well so all the pulses are covered with the mixture.
6. Add 1½ pints stock and the quartered lemons and simmer for 30 mins until the lentils have broken down. Add more water if it sticks. Some lentils may take a little longer.
7. Add chick peas and let simmer for 10 minutes more.
8. Add the spinach, cover and allow to wilt.
9. The end result is quite a watery Dahl which is great served over a hardboiled egg.



Vegetable Tikka Masala

Ingredients

- 3 cloves garlic
- 2 inches fresh ginger
- 2 cups parboiled – still firm but cooked through- Weiser Colored Potatoes-cut in half
- 2 cups colored cauliflower cut into florets
- 2 tbsp thick whole milk yoghurt
- 4 tsp mixed Indian Tikka Masala spices
- 1 tsp sugar
- 1 tsp salt
- 2 tbsp vegetable oil
- 1 large white onion sliced thin
- 1 12oz can tomatoes
- 2 cups vegetable stock
- 1/2 cup fresh cilantro leaves, divided 1/4 cup, 1/4 cup
- 1/4 cup double (heavy) coconut milk

Instructions

1. Blend together the peeled garlic and ginger to make a fine paste. Add a little water and salt.
2. Cut the potatoes and cauliflower into chunks and place in a large bowl.
3. Add the yoghurt.
4. Combine the dry spices to the paste
5. Cover the bowl with plastic wrap and allow to marinate for a minimum of 2 hours.
6. While the vegetables are marinating, add 2 tbsp of vegetable oil to the sliced onion and cook until soft and golden.
7. Add in the tomatoes, the stock, half the fresh cilantro.
8. Simmer the sauce gently for 30 minutes and then blend with a hand blender
9. Return the sauce to the pan and add the vegetables until al dente- not mushy---
10. Add coconut milk and remaining cilantro and cook the sauce until it has reduced to a thick gravy.
11. When ready to serve, garnish with the remaining fresh cilantro, drizzle with the remaining cream and serve with boiled rice and Indian breads to sop up the sauce.



Tandoori-Tofu Kabob

Ingredients

- 2 Packages Firm Tofu
- 3 tablespoons of whole milk yogurt
- 2 inches of fresh ginger (peeled)
- 4 cloves of garlic (peeled)
- Pinch of saffron diluted in 2 tablespoons hot water
- 1 pinch of salt
- ¼ tsp hot chili powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 lemon (juice and zest)
- 1 pinch of saffron

Instructions

1. Blend the ginger, garlic and salt with a little water until it becomes a paste.
2. Place tofu in a bowl.
3. Add the ginger/garlic paste and massage well.
4. Add the spices and the saffron, cover the bowl and chill for two hours.
5. Twenty minutes before cooking time, combine the yogurt the tofu mixture making sure it is coated. Do not add the yogurt before this.
6. Remove excess marinade and grill the tofu on a ridged grill, turning once and making sure that they have taken on a slight char.



Mango Mousse Parfait

- 2 cups ready whipped cream
- 1 cup fresh mango in juice
- 1/3 cups crush candied nuts- chopped

Instructions

1. Process ½ the mango until a puree
2. Fold ½ the whipped cream with the pureed mango
3. Alternate whipped plain cream with the mango cream
4. Top with crunchy chopped nuts