

PASSOVER COOKBOOK MAKES IT EASY TO PASS ON MEAT: [THIRD EDITION]

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Abstract (summary)

Full Text

THE VEGETARIAN COOK

With its double layer of dietary restrictions, being vegetarian and observing the Passover holiday can be a challenge. This Passover, a small new cookbook is available for those who want to celebrate in accordance with tradition while avoiding the gefilte fish, chicken soup, and roast turkey on so many tables.

Part manual, part manifesto, "The Vegetarian Pesach Cookbook" points out that there is no halachic requirement to eat meat.

Author Roberta Kalechofsky delves deep into the details of the Passover seder and offers a way to prepare a seder plate without a shank bone or an egg, along with a clarification of the Ashkenazi ban on eating kitniot (legumes and certain grains) during Passover.

Kalechofsky contributes several of her own recipes and adapts others from various kosher and vegetarian sources. She also points out that the spring harvest is a fine opportunity to take advantage of fresh produce.

On the whole, the book makes a powerful argument for Jewish vegans and vegetarians to stick by their principles so that this day remains different from all others in spirit - but not on the table.

"The Vegetarian Pesach Cookbook: Feasts of Freedom" (Micah Publications), by Roberta Kalechofsky, costs \$13 and is available from www.micahbooks.com.

POTATO-MUSHROOM KUGEL Serves 8 to 10. 6 medium-size potatoes,

peeled and diced 3 large portobello mushroom caps 2

tablespoons margarine 2 tablespoons oil 1 large onion, chopped
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1/2 pound button mushrooms, sliced Salt and pepper to taste 1.
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Set the oven at 400 degrees. Oil a 9-by-13-inch baking dish. 2. In a large saucepan of salted water, cook the potatoes for 15 minutes or until they are tender. 3. Arrange the portobello mushrooms in a roasting pan and roast them for 20 minutes. 4. When the potatoes are

cooked, drain them and transfer them to a bowl. Mash them with a potato masher, beating in the margarine. 5. Cut the portobello mushrooms into strips. Turn the oven temperature down to 350 degrees. 6. In a skillet, heat the oil and cook the onion for 5 minutes. Add the button mushrooms and cook, stirring occasionally, for 10 minutes or until they release their liquid. Drain the liquid from the pan. 7. Add the button mushroom mixture and salt and pepper to the mashed potatoes. 8. Transfer the mixture to the baking dish and decorate the top with the portobello strips. Bake for 15 minutes or until the mixture is very hot. Adapted from "The Vegetarian Pesach Cookbook"

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