

O'Mottel's Kitchen

Posted by obormottel - 02 Nov 2011 23:29

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It seems that a lot of us here suffer from malnutrition, which tends to bring about depression and other *machlas* of the mind. I mean, how are you gonna feel good about yourself, when you're 30 pounds overweight, and you don't even have an excuse of a recent pregnancy?

So pile in, and if you're sick of cholint and kishke, I'll set you up with a nutritious meal that is inexpensive and good for you at the same.

Oh, and we do give out complimentary drink tickets to Bardy's Pub with each meal. You may have to check with Bards, though, if he'll honor them for anything other than a shot of Crapowitz.

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Re: O'Mottel's Kitchen

Posted by obormottel - 05 Mar 2012 19:44

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please don't jeopardize my anonymity by posting my picture here!

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 05 Mar 2012 20:56

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"Motzo Isho Motzo Tov" vs. 'Moitzei Ani Mar Mimoves Es HoIsho"...

So the cemetery might be better... ???

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 08 Mar 2012 01:02

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its known that the chofetz chayim used to go to the beis hachayim very often

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Re: O'Mottel's Kitchen

Posted by ZemirosShabbos - 30 Mar 2012 15:06

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mottel, when is your kitchen being 'turned over'?

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Re: O'Mottel's Kitchen

Posted by obormottel - 01 Apr 2012 04:17

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Most of koshering is already done. I am finishing a couple of rolling racks tomorrow. I went easy this year, and just covered up a bunch of shelves instead of removing everything like I stubbornly did other years. I take a few weeks to prepare for the great onslaught of three days before Pesach. I think Pesach should last a month because its a shame to waste so much energy, time, work, money, etc for just one week.

As for the menu:

No gebrokts here, so no matzo balls or kneidlach. We go wild on all kinds of salads (all veggies, including tomatoes, peeled directly into garbage, of course). "Spaghetti" squash, all kinds of root veggies, sweet potatoes. I take it easy on cabbage, although I just reviewed a menu for a facility, and they are primarily serving cabbage all week, in all its forms: shredded in salad, steamed, cabbage soup, stuffed cabbage etc.

I do make gefilte fish, not because I want to, but because I have to.

We own a machine that turns fruits into dried fruit, so that gets used a lot. We add dried fruit to meat dishes, among other things.

I do use vegetable oil, but the Wife still boils sugar before Pesach, so we have sugar water for sweetener.

Another rule of my kitchen: if silverware falls on the floor, its no longer used, and I kosher all fallen pieces before next Pesach. I suspect that behind my back the family isn't so serious about this rule, but if you guys are gonna be visiting here, I expect responsible behavior.

What does it have to do with addiction recovery?

1. When you are busy, you have little time to be acting out.

2. When you fall, you need to pick yourself up, but some koshering maybe required before you snap back to sober living.

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 01 Apr 2012 05:03

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We're not so machmir on the dropped silverware. We just say "Fell Shmell" and rinse it off. Food that falls gets thrown away though.

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Re: O'Mottel's Kitchen

Posted by tehillimzugger - 04 Apr 2012 02:00

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[obormottel wrote on 01 Apr 2012 04:17:](#)

I expect responsible behavior.

I [as self-appointed mashgiach] second that.

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Re: O'Mottel's Kitchen

Posted by ZemirosShabbos - 18 May 2012 15:35

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closing the kitchen constitutes responsible behavior?

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Re: O'Mottel's Kitchen

Posted by tehillimzugger - 18 May 2012 15:39

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[ZemirosShabbos wrote on 18 May 2012 15:35:](#)

closing the kitchen constitutes responsible behavior?

he needs me to unlock it

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Re: O'Mottel's Kitchen

Posted by obormottel - 18 May 2012 17:59

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Alright, I get the hint. Let's unboard this place. TZ, fire up the ovens, and why don't you check 20lbs of cilantro, and a case of eggs?

Easy pasta: Cook a pack of spaghetti according to directions on the package. Some fine Asian noodles will do for this one also, just not soba. Maybe Ramen or Udon. Drain and pour in a couple of spoonfulls of olive oil while the pasta is still hot.

Chop a bunch of basil finely, or use frozen basil cubes from Israel. Toss pasta and basil and sliced kalamata olives together. Notice I didn't say chopped olives. You want nice rings of juicy kalamatas for this one.

Voila: you have Basil Pasta with Kalamata olives.

Put some protein on a side:

To stay within Mideiterranean theme, grilled branzino (as in fish) would be delicious. No need to patchke with a whole fish: have your local fishmonger fillet the fish for you, but leave the skin on. Sprinkle both sides with salt, and the skinless side also with pepper. Grill till desired doneness. Load the fillet with chopped parsley before serving.

Or you can just go the lazy way, and throw some salami slices on the plate. Just as well.

Pair it with a couple of bottles of Chardonnay if it's breakfast or lunch. A six-pack of Dark beer or

a vodka cocktail if it's dinner.

Allow your wife to sit next to you while you eat. They enjoy that. If you want to really score some points with the wife, let her talk while you eat. It may upset your digestion a bit, but it's worth it in the long run, as wives tend to soften up after a nice long monologue. Maybe she'll let you have a friend over next time you babysit.

Hey, this is not a relationship hotline, it's a man's kitchen.

Ok, enough out of me.

Gut Shabbos,

Mottel

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Re: O'Mottel's Kitchen

Posted by tehillimzugger - 21 May 2012 10:39

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Here's you cilantro, all checked!

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Re: O'Mottel's Kitchen

Posted by tehillimzugger - 07 Jun 2012 06:49

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Look, are you going to do anything with all that cilantro? 'Cuz it was a hell of a lot of work checking...

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Re: O'Mottel's Kitchen

Posted by Blind Beggar - 07 Jun 2012 11:41

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[TehillimZugger wrote on 05 Jun 2012 11:05:](#)

**Official Post:**

The good news we discussed last time is that ***I'm getting rid of the internet***, not for everybody, just for myself. I will still pop in from time to time [like when I'm in the library] but I'll basically be gone, thank you Citifield, but more importantly thank you Shavuos Hisoreres and Shabbos in Meron [also a shtickel a thank you to Orange for sending me bills each month]. Bye :'( :-\*

Oy TZ! We really miss you. The Forum is just not the same without you (and Bards).

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Re: O'Mottel's Kitchen

Posted by ZemirosShabbos - 07 Jun 2012 14:23

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Name: Cilantro And Corn Kugel

Type or Cuisine: American Southwestern

Description: This sweet noodle dish is a combination of savory and sweet ingredients. As a sweet kugel, the inclusion of cilantro and corn adds flavors of the Mexican kitchen, and make for a surprising and refreshing dessert or side dish. I am almost tempted to drop the sugar and instead add some black beans paste and fresh hot peppers and serve with lime... Adapted from a Joan Nathan recipe.

**Ingredients:**

1 stick butter (115gr), at room temperature  
500g or 1lb egg noodles or regular pasta  
1/2lb (225gr) cream cheese, softened  
2 cups yogurt (or sour cream)  
6 eggs, separated  
1 cup cooked corn kernels (or 1 can)  
1/4 cup finely chopped fresh cilantro  
1 cup sugar

**Instructions:**

Oil an 20cm x 20cm x 5cm (8"x8"x2") baking pan, or, better still, a dutch oven or large metal pot that can withstand an oven.

Boil the noodles in plenty of water according to manufacturer's instructions, drain, rinse and mix with the butter. Cover and let sit till butter is melted.

In a blender, puree the cream cheese, yoghurt and egg yolks. Add the mixture to the noodles and blend well. Add corn and cilantro and mix.

In a mixer or using a hand mixer, whip together the egg whites and the sugar till thick and glossy (or shiny and stiff). Fold the whipped whites into the noodles mix.  
Pour the mixture into the pan, dutch oven or pot, and bake, uncovered, at a preheated 350F/180C oven for 1 hour or until the top is golden brown. Let cool, then cut into wedges and serve warm, at room temperature, or chilled.

Comments and Discussion:

This dish is good reheated the next day. It takes well to freezing and then microwaving. You can brown 1/3 cup breadcrumbs in 1 tbsp butter, and sprinkle on top of the dish before baking for a crunchy topping, but I do not find it necessary.

Cooking Time: 2 hours

Yield: 8-12 Servings

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