

O'Mottel's Kitchen

Posted by obormottel - 02 Nov 2011 23:29

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 Gevura Shebyesod - 08 Nov 2011 15:03

Forget lunch, what's for breakfast?

My favorite when I was a kid: Oatmeal or Farina mixed with some Cheerios, a little brown sugar and butter, with banana slices on top. Side order of cottage cheese and a large hot chocolate.

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 08 Nov 2011 16:06

we had greez with salt and butter on top

then a shokoman

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Re: O'Mottel's Kitchen

Posted by gibbor120 - 08 Nov 2011 16:46

How about a veggie and cheese omlet served with a toasted sesame bagel spread with scallion cream cheese and a latte.

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Re: O'Mottel's Kitchen

Posted by obormottel - 08 Nov 2011 17:02

I am not much of a breakfast person myself. These days it's just a huge coffee with a dash of milk or mocha mix and no sugar.

We used to have hot cereal as kids. But you guys help yourself to the pantry....

Banana slices, cottage cheese....that's good stuff, I gotta get into it.

Most Sundays the Wife makes cheese omelettes, or blintzes with cottage cheese and sour cream toppings.

Mezonos bagels with cream cheese are a good choice when I take her out for coffee and it's before davening (of course, you should say kriyas shma first).

I'll post the lunch menu a bit later, gotta run now.

Esst gezunterheit!

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Re: O'Mottel's Kitchen

Posted by gibbor120 - 08 Nov 2011 17:07

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 08 Nov 2011 17:12

Gedoila Legima Shemikareves....

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Re: O'Mottel's Kitchen

Posted by obormottel - 08 Nov 2011 19:56

~~(something like that, i forgot the rest of it~~

Ok, for lunch today:

Soba noodles (aka buckwheat pasta)

Home made tomato sauce (saute a small onion and a couple garlic cloves till golden-brown, with a pinch of salt; add 4-5 diced tomatoes, a tablespoon of dried basil, a tad of chili flakes; if the tomatoes are not juicy enough, add a 1/2 cup of semi-dry red wine; salt and pepper to taste)

Did you chop the onion and the garlic before sauteing?

A few generous slices of salami

A large Batampte pickle

A handful of cherry tomatoes

Keep sauce hot while cooking the noodles. Mix sauce and noodles immediatley after draining the latter. The chunkier the sauce, the better.

Keep the pickle and the salami on a separate plate lest they get dirtied by the sauce.

Enjoy.

You don't have eat the cherry tomatoes, but will it kill you if you do?

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Re: O'Mottel's Kitchen

Posted by Back on Track - 09 Nov 2011 05:35

If u decide not to eat'em throw em my way. I always get that. And what happened to BLACK

jellybeans in the mix?

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Re: O'Mottel's Kitchen

Posted by obormottel - 09 Nov 2011 05:44

[Back on Track wrote on 09 Nov 2011 05:35:](#)

And what happened to BLACK jellybeans in the mix?

didn't you read that they are bad for you?

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 09 Nov 2011 11:50

[obormottel wrote on 09 Nov 2011 05:44:](#)

[Back on Track wrote on 09 Nov 2011 05:35:](#)

And what happened to BLACK jellybeans in the mix?

didn't you read that they are bad for you?

No it's only the licorice that's bad. black jellybeans are still OK. And if you've got any of those that you don't want, throw them MY way. ;D

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Re: O'Mottel's Kitchen

Posted by Yossi.L. - 10 Nov 2011 00:31

when will yidden just be satisfied with cholent and gefilte fish?

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Re: O'Mottel's Kitchen

Posted by obormottel - 10 Nov 2011 06:21

That reminds me:

A guy once commented on my Friday night sushi that "this is so not-shabbosdik". It helps to know he doesn't keep Shabbos nor eats sushi.

Another guy lamented the fact that my Wife's hand-made wholewheat and flaxseed challas don't have "a shabbosdige reyach" of braided egg chala.

Which prompted me to ask him whether it's something off a goyishe baker's hand that infuses his store-bought challas with an odor that challas made specifically l'kovoid shabbos by a Jewish woman don't have.

As the Great one says, ...Nu.

Gefilte fish and cholint are great fun, to be sure. There is something to be said about the tear-jerking smell of chrein, slimy fishjello, and boiled carrot. Why it is our collective taste, beats my imagination, but it is Jewish to be in love with a food that used to be fish, and is now mechanically ground up and mixed with enough bread, eggs, and onions to make country breakfast for a small family. Add modified foodstarch and dextrose for commercial varieties, freeze it for six months, then boil the hell out of it with the help of some more carrots and onions, and you got yourself a lip-smacking delicacy proudly served at important family affairs.

And cholint? There isn't a goy in the world who would concede that a bloating mixture of beans and barley, slow-cooked over 24 hours in a chemicals-oozing aluminum pot, with huge

pieces of potato, carrot, onion (you notice a pattern here?) and meats from parts of the animal you didn't know existed, let alone were edible, is a concoction safe for human consumption. The funny thing is, not even the Jews. Except on Shabbos. By the Grace of G-d Who gives all His creations a fighting chance, cholint is given a one-time chance to make a good impression. I personally have had many a good cholint on Shabbos, but never any other time did it occur to me to consider cholint food.

Moreover, I always came to regret my shabbosdige indulgence. I think that the only explanation why we do it to ourselves time and again, is the amount of schnapps that is used to wash down the hot brown paste with 600 calories per spoonful. Now, I'm not an expert, so I don't know if it's schnapps that makes us crave cholint or if it's one of cholint's dark powers to make us drink so much while the sun is still up, but the combination is sure to send us into a lethargic state. Afterwards, we don't really remember what happened because we're in so much pain from not being able to inhale from one end, while unable to stop exhaling from the other.

There is nothing wrong with having a simple taste. Not every omelet needs to be spiked with lox, mushrooms, bell peppers, cheese, black olives, and capers. Sometimes a plain bagel beats a burnt-onion one. Canned sardines are best in a little bit of oil, no mustard or jalapenos necessary. Chicken soup doesn't call for all the vegetables of the world, from parsley root to yams to fresh ginger.

But cholint and gefilte fish are anything but simple. They are devious creations of a resourceful mind, masquerading as trying to feed many on a small budget.

In my kitchen, there will be very little of artery-clogging, blood-sugar raising, flatulence-inducing, unidentifiable and indiscernible food stuffs. Of course, I can't promise, but with G-d's help, I'll do my best one day at a time.

Thank G-d, we live in a time and a place which permit healthy food choices while satisfying a picky palate. Easy fresh salad vegetables are available year-round. Array of oils and nuts provide important fats and vitamins. Just a sprinkle of flax-seeds into your chala dough doubles its nutritional value (if you call going from zero to two doubling). "Catch of the day" fish markets and organic kosher butchers eliminate the need for frozen, processed, or otherwise "dead" food. Peaches and strawberries make for a great dessert, and you don't have to marvel that it's January.

Stick with me, boys, and with G-d's help, and, I have, enough schnapps, we shall overcome this cholint and gefilte fish addiction, one lunch at a time.

Eat this.

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 10 Nov 2011 15:44

wait wait wait mottel, before you start introducing new mottelised shabess meals

1) my wife buy fish sides and minces it herself for gefilte, its cheaper, tastier, healthier, motteler

2) why dont you try a light cholint? with potatoes, chicken wings, buckwheat, and dont eat an oversized tatte plate full to the brim, just take 4-5 spoons

3) vodka in the freezer taken b4 and in the mid and after the meal will flatten out all eating disorders instantly

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Re: O'Mottel's Kitchen

Posted by Gevura Shebyesod - 10 Nov 2011 16:34

Mottel, what's wrong with carrots and onions? They are healthy and full of vitamins.

. My favorite cholent is actually
pesachdik. Just potatoes onions, and meat (and i use good meat, usually a kalechel). And it
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Oh, and what's for lunch today?

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