

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 ZemirosShabbos - 15 Nov 2011 21:21

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tofu cholent and tofu pizza

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Re: O'Mottel's Kitchen

Posted by gibbor120 - 15 Nov 2011 21:22

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Please no ode to tofu :o .

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Re: O'Mottel's Kitchen

Posted by ZemirosShabbos - 15 Nov 2011 21:24

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Re: O'Mottel's Kitchen  
Posted by JackAbbey - 15 Nov 2011 22:02

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"Six-pack of Miller High Life"

one every hour

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Re: O'Mottel's Kitchen  
Posted by obormottel - 17 Nov 2011 22:44

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[ZemirosShabbos wrote on 15 Nov 2011 21:24:](#)

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it took me three days.... ein ode.....hahahhaha

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Re: O'Mottel's Kitchen  
Posted by gibbor120 - 17 Nov 2011 22:53

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It took me until OM laughed to get it. ;D

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Re: O'Mottel's Kitchen  
Posted by obormottel - 17 Nov 2011 23:37

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So I was planning fish sticks and baked potatoes with some salads, but in light of UAJ's suggestion of preparing a meal for my wife when she gets home tonight (is it tonight yet?!)

here is a dinner idea:

Chilean Sea Bass fillet (or halibut if it's less expensive in your area), skinless.

1 can coconut milk (the original recipe calls for 1/4 can; but what are you gonna do with the rest? it just stays in the fridge till Pesach, and then it's thrown out. Better make more sauce and freeze the left-overs for next time).

1 large shallot (or small regular onion if you can't pronounce shallot)

Chop the shallot/onion and sautee till golden-brown (don't forget a pinch of salt) and add coconut milk as well as

4 tsp curry powder

4 tsp soy sauce (Mishpacha is OK, though not as good as Kikkoman; stay the heck away from Haddar or La Choy)

Pinch of pepper or a dash of some Asian chili sauce, like Sriracha.

Cook down the sauce till about 2/3 left of the original mixture. Don't overcook, which means you can't go checking GYE for new posts while the sauce is cooking - you will miss the burning point. This tip is boduk umenuseh.

Grill mark the fish: After cooking it on the grill for about 2 min, turn it (not flip it, just turn it) 45 degrees, and cook for 2 min longer;

then FLIP it onto a frying pan with a bit of oil (not olive, of course; we don't COOK with olive oil, it's for dressings only; but grapeseed or canola)

cover it up with sauce and cook on LOW for about 5-7 min, depending on how thick is the fish you got.

Serve it with some grilled asparagus if your Rov allows it; otherwise mashed potatoes are an excellent accompaniment.

Pinot Griggio or Chardonay would be my wine-pairing tip.

Of course some dry Sake will do well, too, if you wanna keep it Asian all the way.

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Re: O'Mottel's Kitchen  
Posted by Back on Track - 18 Nov 2011 04:33

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I'd just go back t'orderin in the pizza. And sing ein od milvado when she gets in. Dnt worry. So she'll think your nutty- just tell her its a gye minhag.

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Re: O'Mottel's Kitchen  
Posted by gibbor120 - 18 Nov 2011 14:40

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How'd it go mottel???

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Re: O'Mottel's Kitchen  
Posted by ZemirosShabbos - 18 Nov 2011 16:38

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maybe things got really Asian and mottel will be on Asian time, so today is already shabbos morning....

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Re: O'Mottel's Kitchen  
Posted by obormottel - 18 Nov 2011 18:03

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Full report [here](#).

Shabbos checklist will be posted shortly, unless I forget.

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Re: O'Mottel's Kitchen  
Posted by gibbor120 - 18 Nov 2011 18:11

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[obormottel wrote on 18 Nov 2011 18:03:](#)

Shabbos checklist will be posted shortly, unless I forget.

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Re: O'Mottel's Kitchen

Posted by obormottel - 18 Nov 2011 20:44

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Shabbos checklist:

1. Vodka

2. Vodka

Put it on your checklist to post your checklist

3. Cholent - don't ask, it's one of those things you have to do.

4. Chicken soup, matzo balls in a separate pot so they don't get soggy.

5. Hearts of Palm/Tomato salad; Beet/Onion/Walnut salad; Garden mix salad; maybe tuna on a bed of baby greens with mandarine oranges?

6. Seared tuna, poached salmon, and left-over seabass in curry-coconut

7. Vodka

8. Wholewheat chala

9. I know I'm forgetting something....Vodka? Ice cream?

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Re: O'Mottel's Kitchen

Posted by JackAbbey - 20 Nov 2011 12:54

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i like the tuna on the baby's green bed

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