

Round 6

**FOOD**

**FIGHT**

BROUGHT TO YOU BY

**ksher.com**  
let's talk food

**5 competitors**

**1 ingredient**

**1 prize**

Grand Prize Sponsor





Founded in 2003, KJ Poultry is a community-owned-and-operated business in Mid-Hudson Valley, New York, producing quality poultry and meat products. Since opening its doors, it has grown into the largest kosher poultry plant in New York State with over 250 employees, committed to producing the highest quality kosher poultry products under the strictest standards of rabbinical supervision. KJ Poultry is unique in that it is owned by the Kiryas Yoel Community, employing many of its community members, and with a portion of its proceeds going to Torah education.

Well, a chicken is a chicken is a chicken. Right? Wrong! The quality of chickens varies tremendously from farm to farm. KJ Poultry's chickens and turkeys are raised in Pennsylvania's lush countryside, where they have an enriched relaxed lifestyle with plenty of fresh air and a diet free of animal byproducts. The chicken and turkey are raised free of antibiotics and hormones by a team of expert farmers. This commitment to keeping the chickens 100 percent natural ensures their superior taste and exceptional quality. KJ Poultry's amazingly tender and juicy chickens are worthy of even the most discriminating palates.

Having its own state-of-the-art USDA plant allows for constant research and development of many new innovative products. In its continued commitment to enriching the selection and variety for its customers, KJ Poultry has introduced a new line of deli products, marking a major expansion of the company's already extensive line of kosher poultry products. As with all its products, KJ Poultry deli contains only natural ingredients and is gluten-free, low in sodium, and without any MSG. Some of the newest products currently on the market are KJ Poultry's Smoked Chicken Pastrami and Smoked Olive Turkey Breast.



## Ingredient:

KJ Poultry's Smoked Chicken Pastrami and Smoked Olive Turkey Breast





## Question:

**What was the most memorable dish/meal you ever made?**



### Rivky Kleiman

It's very hard to choose only one memorable dish or meal, but when I open a standing rib that was cooked to perfection, the silence that follows as everyone enjoys it is music to my ears.



### Rorie Weisberg

Narrowing down to one "most memorable" is a toughie! It's definitely a toss-up between the recipes I created for my dough mixes or my Banana-Nut Muffin recipe. There was a time in my life when I had to temporarily go off of grain and gluten. I couldn't imagine giving up some of my favorite foods — especially washing and eating challah for Shabbos! Necessity is the mother of invention, so I got really creative and developed an absolutely delicious gluten-free bread I could enjoy. Now my mix-and-bake dough mixes can be found online and in stores. My other favorite recipe, Banana-Nut Muffins, can be found at Kosher.com and at FullInFree.com.



### Chaia Frishman

I don't have any memorable meals that I've cooked myself, but I'll never forget the first time I tasted Levana Kirschenbaum's carrot dill soup. It was my first foray into exotic cuisine when I was all of 19, and it inspired the carrot dill soup we sell in our business.



### Brynie Greisman

On Chol Hamoed Succos, quite a number of years ago, one of my sons made a *siyum* on Gemara. I pulled out all the stops and prepared a lavish seudah with various cakes and desserts in our succah. The highlight was that his *rosh yeshivah*, Rav Binyomin Rimmer (son-in-law of Rav Elyashiv) attended. A memorable meal indeed.



### Chanie Nayman

For my first anniversary, I decided to make a fancy dinner instead of going out. I don't know why, but I had my heart set on making a duck. I had never made it before, so this was definitely going to be an adventure. The first step was acquiring the actual duck. I trekked to the butcher, and lugged the frozen duck home. After letting it defrost, I was very unpleasantly surprised to find that it was covered with hairs. (No one told me about this!) I took out tweezers, scissors, razors, the works, determined to figure this out. Once my duck was cleaned, I had four or five cookbooks open in front of me, plus advice from my mother-in-law, and each one said something entirely different from the next. I have zero recollection of how I seasoned it, but I do know it was delicious, and worth the effort! Duck is not something I make every day, but when I do make it, the memories of the tweezers sitting on my counter still make me laugh!

# Cook

All Family Table chefs in play will create a recipe featuring one ingredient.

# Vote

Text your favorite recipe number to 718-260-6292 (US residents) or log on to [Kosher.com/vote](http://Kosher.com/vote) by May 30th\*. Only the top five chefs will continue to the next round!

# Watch

The last three rounds will be exclusively shot live in studio for [Kosher.com](http://Kosher.com).

# Win

1 FT chef will win a \$5,000 appliance package from Town Appliance.



\*To keep voting fair, all chefs in play will appear in random order. All recipes will appear in random order. Vote by texting RECIPE NUMBER to 718-260-6292 or on [kosher.com/vote](http://kosher.com/vote). One vote per device per day. Text to vote option available for US residents only. Void where prohibited. Grand prize value is \$5,000.





## Deconstructed Deli Sandwich

**Vote this recipe!**

Text "Recipe 1" to 718-260-6292 or at [kosher.com/vote](https://kosher.com/vote)

You also don't like to wash during the week? Enjoy this pie with all the components of a cold cut sandwich, without the washing. Positively yum!

**Serves 8**

### DOUGH

1 cup flour  
 1/3 cup boiling water  
 1/3 cup oil  
 1/2 tsp baking powder  
 pinch salt

### FILLING

1/2 lb (450 g) KJ Poultry Smoked Chicken Pastrami, or use part Smoked Olive Turkey Breast  
 1 heaping Tbsp Gefen light mayonnaise

small squirt mustard  
 1 medium onion, sliced  
 2 medium tomatoes, sliced  
 1/3 cup sauerkraut, well drained  
 1 red pepper, thinly sliced  
 1/2 light green pepper, thinly sliced  
 salt and pepper, to taste  
 ketchup

Preheat oven to 350°F (180°C).

Mix all ingredients together in a small bowl until a dough forms. Divide in half. Press half onto the bottom and sides of a standard pie dish. Prick lightly with a fork. Prebake crust for approximately 10 minutes.

Spread the other dough half on a sheet of parchment paper, to fit the top of the pie. Set aside.

For the filling: Finely chop the deli you're using and set aside. Remove the pie crust from oven. Combine mayo and mustard together and smear evenly over the crust. Layer onion, tomatoes, sauerkraut, red pepper, green pepper, salt and pepper, and chopped pastrami. Top with a generous drizzle of ketchup. Cover with reserved piecrust. Pinch edges to seal. Prick top with a fork.

Bake the pie for approximately 30 minutes, or until golden and veggies are soft. Let sit at least 15 minutes before serving. It's easiest to cut this pie when totally cooled.

**TIP:** You can also make this in individual mini pie/muffin tins.



## Cauliflower Soup with Smoked Chicken Pastrami Croutons

Cauliflower soup is one of my favorites. It's thick, creamy, and super filling. However, when it comes to presentation, it needs help! This simple recipe adds flavor and color, making a simple soup into an appealing appetizer.

**Serves 4-6**

3 Tbsp Gefen olive oil  
 1 large onion, diced  
 1 lb (450 g) frozen cauliflower  
 3 large zucchini, peeled and cut into chunks  
 1 large turnip, peeled and cut into chunks  
 1/2 small celery root, peeled and cut into chunks  
 1 1/2 cups unsweetened coconut almond milk  
 1 1/2 cups vegetable broth or water  
 salt and pepper to taste

### CROUTONS

2 Tbsp Gefen olive oil  
 1 6-oz (170-g) pkg KJ Poultry Smoked Chicken Pastrami, cut into strips

Heat 3 Tbsp oil in a pot on a low flame. Add onion and sauté for about 10 minutes. Add cauliflower, zucchini, turnip, celery root, coconut milk, and broth. Adjust liquid as needed so that it just covers the vegetables. Add salt and pepper. Bring the soup to a boil and simmer for 1 hour. Stir occasionally.

Remove from heat and blend. If it's too thick, add some coconut milk or broth. If it's too thin, simmer uncovered for a few minutes.

For the topping: Heat 2 Tbsp oil in a frying pan over low heat. Add the strips of meat and cook, stirring occasionally, until browned. Turn off the heat and leave the meat in the pan to get extra crispy. Top the soup with deli strips.

**Vote this recipe!**

Text "Recipe 2" to 718-260-6292 or at [kosher.com/vote](https://kosher.com/vote)



## Best Ever Pastrami-Filled Burgers

**Vote this recipe!**

Text "Recipe 3" to 718-260-6292 or at [kosher.com/vote](https://kosher.com/vote)

An all-new burger experience!

**Yields 18 burgers**

3 lbs (1½ kg) ground beef  
1 small onion, grated  
3 Tbsp Gefen barbecue sauce  
¾ cup seasoned panko crumbs (1 used gluten free)  
2 Tbsp soy milk  
1 egg  
½ tsp salt  
¼ tsp pepper

### PASTRAMI FILLING

2 Tbsp olive oil  
1 medium onion, diced  
2 large shallots, diced  
1 6-oz (170-g) pkg smoked KJ Poultry Smoked Chicken Pastrami, diced  
2 Tbsp Gefen barbecue sauce  
1 Tbsp honey

1 Tbsp teriyaki sauce

### GLAZED CHICKEN PASTRAMI

1 6-oz (170-g) pkg KJ Poultry Smoked Chicken Pastrami  
2 Tbsp Gefen barbecue sauce  
1 Tbsp honey  
1 Tbsp teriyaki

For the filling: Heat olive oil in a frying pan over a medium flame. Add the onions and shallots and sauté for 5 minutes. Add in the diced chicken pastrami, raise the heat, and stir for 1 minute. Add the barbecue sauce, honey, and teriyaki sauce. Stir until the sauces are almost absorbed. Remove from flame and cool.

In a large bowl, combine the ground beef, grated onion, barbecue sauce, panko crumbs, soy milk, egg, salt, and pepper. Mix well.

Shape into 18 4-inch (2.5-cm) round patties.

Place 1 tsp chicken pastrami filling in the center. Fold all edges over the filling and form into a patty. You may freeze the patties at this point.

Prepare the glazed chicken pastrami by arranging the chicken pastrami on a parchment-lined and sprayed baking sheet. Set the broiler to high heat. Brush the deli with the barbecue sauce, honey, and teriyaki sauce. Broil on high for 4-5 minutes. Set aside to cool.

Preheat your grill to high. Grill both sides of each burger for 4 minutes. Brush the burger with additional barbecue sauce if desired. Remove from heat.

To serve: Slice open your bun (you can toast it on the grill first). Place a piece of lettuce, an onion ring, and a slice of tomato on the bun. Place a burger on the veggies. Top with half a piece of glazed chicken pastrami and the second half of the burger

## Smoked Pastrami Salad with Creamy Dill Dressing

**Vote this recipe!**

Text "Recipe 4" to 718-260-6292 or at [kosher.com/vote](https://kosher.com/vote)

Great for a Shabbos morning or an emergency dinner idea!

**Serves 4**

3-4 cups shredded lettuce of your choice  
1 can mandarin oranges, drained  
1 Persian cucumber, thinly sliced  
1 6-oz (170-g) pkg KJ Poultry Smoked Chicken Pastrami  
zest of 1 lemon  
1 avocado, sliced into thin wedges  
candied almonds or peanuts

### DRESSING

¼ cup Gefen mayonnaise (low fat is fine)  
juice of 1 lemon (3 Tbsp lemon juice)  
2 cubes frozen dill or 1 Tbsp fresh dill  
1 cube frozen garlic  
1 Tbsp honey  
1 Tbsp vinegar  
1 tsp salt  
½ tsp fresh cracked black pepper

In a small container, mix together dressing ingredients until well combined. Layer the salad ingredients in a large bowl and toss. Add dressing to taste.



## Deli Twist Breadsticks



This was hands down the best chicken pastrami I ever tasted. Soft and moist without an artificial aftertaste, this recipe is a winner for a Shabbos side dish, or just a fun Rosh Chodesh dinner treat.

### **Yields 10-12 twists**

1 15-oz (425 g) pkg Gefen  
puff pastry dough, defrosted  
¼ cup Dijon mustard  
1 6-oz (170-g) pkg KJ Poultry  
Smoked Chicken Pastrami  
1 egg, beaten

Preheat oven to 350°F (180°C).  
Line a baking sheet with  
parchment paper.

Roll out defrosted puff pastry  
until it's even. Your rectangular  
dough should be facing you  
with the wider side lying  
horizontally, and the shorter  
side vertically.

Spread mustard across the  
dough, leaving ¼ inch empty  
space around the perimeter.

Lay slices of deli across  
dough vertically until the dough  
is covered. Try not to overlap.

Using a sharp knife, measure  
½-inch (1-cm) slices through the  
deli, mustard, and dough, all  
the way down until you finished  
slicing to the end. You should  
have 10-12 slices.

Carefully lift the top of the  
first slice and fold it over to  
meet the bottom. Separate it  
from the rest of the dough,  
and, using your fingers, curl the  
dough using a twisting motion  
three times. Lay on lined baking  
sheet. Repeat with rest of slices.

Brush egg over the twists.

Bake twists for half an hour  
or until browned on the bottom.

**Vote this recipe!**

Text "Recipe 5" to 718-260-6292 or at [kosher.com/vote](http://kosher.com/vote)