

*Tasty Tuesday*

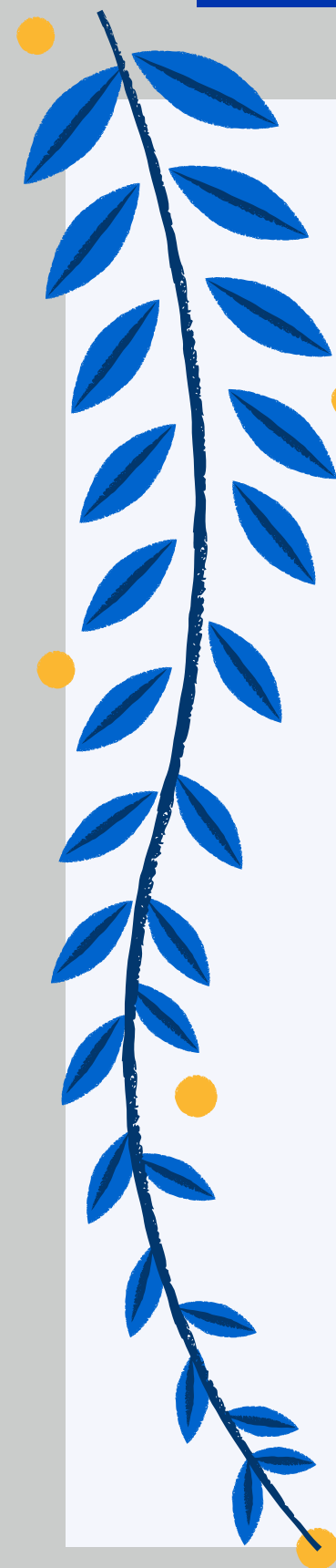
ARE YOU DOING KUGEL  
FOR ROSH HASHANA?



@congregationbetheltx

## *a lil' history*

**Kugel originated in Ashkenazi Jewish cuisine in Eastern Europe and is often eaten on Hanukkah or Rosh Hashana. "Kugel" comes from the Yiddish word which means "sphere, globe, or ball". Originally kugel was spherical, but modern kugels are square or rectangular.**



## a lil' history

Originally created out of necessity as a warm dish to eat on Shabbat, when cooking is/was forbidden, it was prepared in the oven overnight, steamed by sealing it with dough or placing it in a cholent pot.

The first kugels were savory and made from bread and flour, but about 800 years ago Jewish cooks began using lokshen noodles or farfel instead. Eggs were added, and eventually cottage cheese and milk created a custard-like consistency that's common in today's dessert kugels.







# NOODLE KUGEL WITH CARAMELIZED ONIONS & BROWN BUTTER

RECIPE FROM @FOOD52  
WEBSITE: FOOD52.COM

# Ingredients

- 1 stick unsalted butter(+ more)
- 2 tablespoons olive oil
- 2 yellow onions, thinly sliced
- 2 cups cottage cheese
- 1 cup sour cream
- 1 1/2 tablespoons kosher salt(+ more)
- 6 eggs
- Freshly ground black pepper, to taste
- 12 ounces wide egg noodles
- 2 tablespoons minced sage
- 1 teaspoon minced thyme

## Directions

- Preheat the oven to 375° F
- Grease a 9-by-13-inch baking dish with butter.
- In a large nonstick skillet, heat olive oil over medium heat.
- Add the onions and cook, stirring often, until softened and lightly caramelized, 20 minutes.
- Transfer to a large bowl.
- To the skillet, add butter and cook, stirring often, until browned and nutty in aroma, 5 to 6 mins.
- Transfer to a blender and let cool.

## Directions

- To the blender, add the cottage cheese, sour cream, salt, eggs and black pepper.
- Blend until smooth, then add to the large bowl with the onions.
- Bring a large pot of salted water to a boil.
- Add egg noodles and cook until al dente, about 7 mins.
- Drain, then add to the bowl along with the sage and thyme. Toss until well coated.
- Add the noodle mixture to the prepared baking dish and smooth the top with a spatula.
- Bake until golden brown and set, 45 minutes.
- Let rest for 5 minutes, then slice and serve.



*Share Your Kugel!!*

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Tap Love



Save for later

