

# Break the fast with a slowly smoked fish

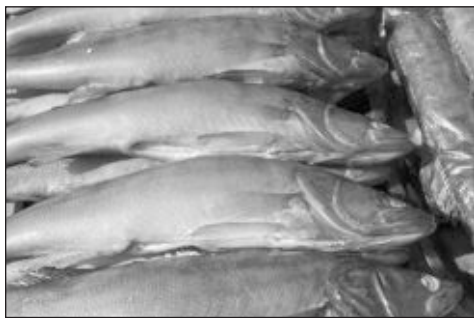
EILEEN GOLTZ

**W**hen it comes time to break the fast (any fast), speed and expediency are the watchwords. No time to get out of the way as starving omnivores return from shul, renewed and ravenous. Sure, I have the obligatory blintz souffle, quiche, and/or kugel and fresh fruit front and center. I also make it a point to use smoked fish, not just as a dish best served cold but as an ingredient that's really something special.

Smoking is one of the oldest methods of preserving fish or meat. Long before there were refrigerators and freezers, our ancestors combined salt and smoke to keep foods from spoiling. While smoking is no longer "necessary" to preserve foods (we now have chemicals for that), it nonetheless remains a favorite flavor for fish like salmon, trout, sturgeon, and sable.

Fish are either hot- or cold-smoked, depending on the temperature of the smoking chamber. In cold-smoking, the fish is slowly smoked, often for 24 hours or more, at a temperature from 60 to 110 degrees.

The best known cold-smoked fish is the type of smoked salmon known as "lox" or "nova." Hot-smoked fish actually cooks dur-



ing the smoking process, in which the smoke gradually reaches a temperature of up to 180 degrees.

Don't expect to slice hot-smoked fish the way you do lox; it will crumble if cut too thin. Cut hot-smoked fish into cubes, chunks, or thick slices or just flake it apart along the natural seams between the muscles. In this form, the fish is ready to use in salads and other cold dishes, or gently warmed in a pasta sauce.

## SMOKED SALMON WITH PASTA AND PINE NUTS

8 oz. cooked spaghetti or other pasta salt  
 1/2 cup toasted pine nuts  
 2 Tbsp. olive oil  
 1/3 cup chopped onions  
 2 tsp. minced garlic  
 1/3 cup dry white wine (can substitute pasta cooking water with a tablespoon of lemon juice added)  
 1/4 cup cream or half and half (optional)  
 1 Tbsp. lemon juice  
 2 Tbsp. lemon zest (divided)  
 2 Tbsp. chopped fresh parsley or dill  
 6 oz. smoked salmon, cut into bite-sized pieces  
 ground black pepper

Cook pasta al dente and drain, reserving one cup of water. Put pine nuts in a single layer in a large skillet. Heat on medium heat, stirring occasionally, until fragrant and lightly browned. Remove pine nuts from pan and set aside.

In a large skillet, heat olive oil on medium heat. Add onions and garlic, cook for two minutes, then add white wine, lemon juice, and one tablespoon of lemon zest. Increase the heat and let boil down by half. If you want a slightly creamy sauce, add cream and let boil a minute more. The sauce should be done about the same time pasta is done. If it's done earlier than the pasta, take it off the heat. Add drained pasta to

the skillet with sauce. Add back some of the pasta water if it is a little dry. Add smoked salmon, toasted pine nuts, parsley, and remaining lemon zest. Season with freshly ground black pepper.

Serves three to four for a main dish, four to six as a side.

## SMOKED FISH DIP

3/4 lb. smoked whitefish, trout or herring  
 1 8-oz. package cream cheese, softened  
 2 Tbsp. half and half or cream  
 2 Tbsp. lemon juice  
 1/2 tsp. liquid smoke  
 1/4 tsp. garlic salt  
 assorted crackers or chips

Remove skin and bones from fish, and flake. Combine all ingredients except crackers; mix thoroughly. Chill. Serve with assorted crackers or chips. Makes approximately two cups.

## AVOCADO WITH SMOKED FISH

1/2 lb. smoked fish  
 4 hard-boiled eggs  
 1/4 cup milk  
 1/4 cup lime juice  
 1/4 tsp. sugar  
 1/2 tsp. salt  
 1/3 cup oil  
 2 Tbsp. olive oil  
 2 large ripe avocados  
 1 large red bell pepper or 12 canned pimientos

Remove skin and bones from fish and flake flesh with a fork. In a deep bowl, mash egg yolks with milk until they form a smooth paste. Add sugar, salt, and one tablespoon lime juice. Beat in vegetable oil a teaspoon or so at a time. Add olive oil in the same manner.

Chop egg whites finely; add them to the bowl, along with fish. Combine thoroughly but gently.

Just before serving, cut avocados in half, remove pits, and fill cavities with fish mixture. Garnish with pepper or pimento, and pass around the remaining lime juice to sprinkle on individual servings.

**Eileen Goltz is a freelance writer specializing in kosher foods and Jewish life. A graduate of the Cordon Bleu in Paris, she also runs a kosher consulting business. Send any questions to Goltz at eztlog@hotmail.com.**



## SUNDAY, Oct. 5

The Union YM-YWHA offers a **crystal jewelry workshop** at noon. The cost is \$60, \$50 for members. RSVP to 908-289-8112.

## MONDAY, Oct. 6

The Union YM-YWHA's senior men's club holds a **trip to the Showboat** casino in Atlantic City, leaving at 8:30 a.m. The trip costs \$25 with \$25 cash back, a \$5 food voucher, and box lunch. Contact 908-688-2360.

The Union YM-YWHA offers a **trial Ladies Kickboxing class**, 7:30-8:30 p.m. Call 908-289-8112.

Union County Torah Center, Westfield, holds a **Yom Kippur lecture** at 8 p.m. at the center, 509 Central Ave. Contact 908-789-5252 or info@torahcenter.org.

## WEDNESDAY, Oct. 8

Nurse practitioner Nancy Ellson presents **Women, Humor, and Health** at a Roselle-Cranford Hadassah meeting at 8 p.m. at Temple Beth-El Mekor Chayim, Cranford.

## THURSDAY, Oct. 9

A **Yom Kippur family service** is held at 1:45 p.m. at Temple Emanu-El, Westfield. All are welcome. Contact 908-232-6770 or cshane@tewnj.org.

## SATURDAY, Oct. 11

Temple Emanu-El, Westfield holds a **Simhat Shabbat**, 9-10:15 a.m., followed by refreshments. Contact 908-232-6770 or cshane@tewnj.org.

## SUNDAY, Oct. 12

NJ chapter of **Parents of North Ameri-**

**can Israelis meet** at 10 a.m. at Congregation B'nai Yeshurun, Teaneck, featuring a current events discussion. Call 908-352-3371.

## WEDNESDAY, Oct. 15

Temple Har Shalom, Warren, presents a community program, **Navigating the Highs and Lows of Raising Teens**, 6:30-8 p.m. with motivational speaker Randy Nathan. Call 732-356-8777 or visit www.templeharshalom.org.

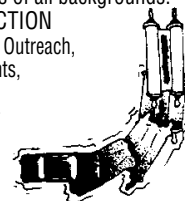
## ONGOING

The YM-YWHA of Union County, Union, invites members of the community to **have lunch at the Y** weekdays for \$1.75 per person. Call 908-289-8112 between 8:30-10:30 a.m. the same day.

The JCC of Central NJ, Scotch Plains, offers **F.A.S.T. Play**, a class taught by a pediatric occupational therapist focusing on foundation and social skills training for preschoolers ages three-five, on Thursdays. The one-hour class for three-year-olds starts at 12:30 p.m.; for four- and five-year-olds, 1:30. Contact rbrous@jccnj.org or 908-889-8800, ext. 204.

The JCC of Central New Jersey, Scotch Plains, offers 30-minute **yoga classes for special needs children**, taught by fitness director Karen Rosen in a one-on-one setting. Contact krosen@jccnj.org or 908-889-8800, ext. 224.

Turn your USED CAR into a new mitzvah. It's fully tax deductible and helps needy Jews of all backgrounds. **UMBRELLA TZEDAKA COLLECTION** for all forms of Jewish Education & Outreach, Orphans, Brides, Russian Immigrants, Campus Activities  
 If Necessary, **FREE** towing of your car  
 You've Heard Their Ads. Remember Maimonides Rule of Charity: ©  
**Give Locally First.**  
 Call Moshe Isenberg **1(800)37-DONATE**



**3 WEEKS ONLY! NOW THROUGH OCTOBER 19!**

Rodgers & Hammerstein's  
**Oklahoma!**

"PAPER MILL HAS DONE IT AGAIN, 'OKLAHOMA!' IS HOT"  
 NY Daily News, W.B.L.

**PAPER MILL PLAYHOUSE**  
 Call 973.376.4343 or visit www.PaperMill.org  
 22 Brookside Drive Millburn, NJ 07041

Adapted and produced by Paper Mill Playhouse. The Show and Song Lyrics by Leslie Bricusse.