

What's On This Week

David Zvi Kahn

Thursday, January 15th

Prayer Vigil for the I.D.F.

Service will be led by: Rabbi Moshe Stern - Shaarei Tefillah, Rabbi Immanuel Schochet - Chabad Lubavitch and other Rabbis. Israel Consulate 8:00 pm 180 Boor Street West (Across from the Royal Ontario Museum - North/West corner of Bloor & Avenue Rd) Please Bring Israel Flags and ask others to join.

Sunday January 18th

Toronto for Israel Rally

Nathan Phillips Square at 1pm This event will be an inspiring experience that exposes Israel's attempts at peace while addressing the need of the community of Toronto to show support for Israel. This event is planned by Hasbara Fellowships and generously sponsored and supported by numerous organizations and institutions. Admission to the rally will be free and open to the public.

Sunday January 25, 2009

Toronto Jewish Film Society presents BLACK BOOK

(2006, directed by Paul Verhoeven)

Featured Speaker: Eye Magazine film critic Adam Nayman Paul Verhoeven's Black Book functions simultaneously as a screw-tightening thriller about a Jewish singer (the remarkable Carice Von Houten) turned double-agent in occupied Holland, and a lacerating critique of anti-Semitism festering within the country's resistance movement. A deeply serious meditation on what it takes to stay alive during wartime. Mature content. Two screenings: 4:00 pm and 7:30 pm Al Green Theatre Rush Tickets on sale at the door 15 minutes before each screening: \$15 general admission \$10 18-29 (7:30pm only) For screening info please contact: Esther Arbeid x 606 film@mnjcc.org

Thursday January 29, 2009

Active Seniors

Miles Nadal JCC 750 Spadina Avenue at Bloor Street, 1:30 pm The Economic Crisis: Financial Management in Retirement Ellen Roseman, Toronto Star financial columnist, author Info: Phyllis, (416) 924-6211 x 155

January, 17

Humour In The Bible

Temple Har Zion presents Ray Havelock with a program on humorous incidents, stories and personalities in the Bible. Bring a dairy dish for potluck lunch. Interfaith couples welcome. Noon 905-889-2252

Sunday, January 25

Emergency Benefit Concert "Stand With Israel"

Sunday at 7:30 p.m. Featuring: Israeli ambassador to Canada Miriam Ziv; Doron Mazar will be flying in from Israel; Comedian Deb Filler, Koby Chai and others Tickets: \$25 in advance, \$36 at the door, 416.636.5425 Beth David Synagogue, 55 Yeomans Road, Toronto



By: Chef Margie Arosh

From Margie's Kitchen....

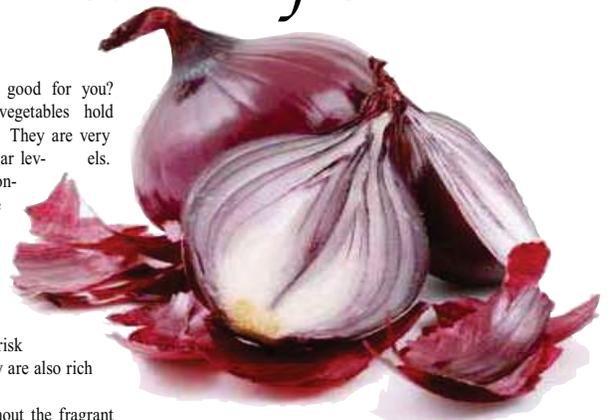
"The Secret World of Onions"

Did you know that onions are good for you? These delicious understated vegetables hold many secret health properties. They are very rich in chromium that lowers blood sugar levels. Onions like their cousins garlic also contain sulfur and vitamin B6 that reduce high cholesterol and high blood pressure. Another health benefit from this tasty vegetable is that onions contain "flavonoids", or antioxidants. Many studies shown that by eating them 2 to 3 times a week one can help reduce the risk for colon cancer and heart disease. They are also rich in vitamin C and fiber.

What would our kitchen be like without the fragrant smell of sautéing onions? Even though these tasty treats make us cry each time we chop them and also give us bad breath, we have an endless love affair with them. There are many theories of ways to eliminate those tears, but most of them are old wives tales. The only proven way to reduce the tears while chopping is by using a sharp knife and refrigerating the onions for an hour prior to cooking. This helps to slow the amount of sulfur released from the onion cells into the air while chopping. Always store onions in a cool dark place and allow for good air circulation.

The word onion comes from the Latin word unio for "single," or "one," because the onion plant produces a single bulb. The name also describes the union of the many separate, layers of the onion. Onions originated in the Middle East and India and have been revered in all cuisines of the world for their flavor and for their therapeutic properties.

Onions are a staple in my kitchen and the base of many recipes. When using ground beef or chicken I always grate an onion into the mix as it provides moisture and flavor. Today I will share with you a couple of my favorite recipes using onions.



Dip hands into a bowl of water.

Shape and pack about a 1/3 cup of the meat mixture into sausage shapes on a soaked wooden skewer. Repeat procedure for remaining meat and skewers. Grill and enjoy.

Majadera – Rice with Lentils & Caramelized Onions

Ingredients:

4 cups boiling water
1/2 tsp salt
2 cloves of minced garlic
2 cups long grain rice
1 15 oz can of lentil or boil dry lentils until fork tender
2 large onions finely sliced
3 tbsp olive oil
1/4 tsp cumin
1/4 tsp chili powder
Salt & freshly ground black pepper to taste

Directions:

Sauté the onions in 2 tbsp of olive oil with 1/2 tsp of salt. Cook until the onions become deep brown and caramelized, about 20 minutes, stirring every 4 or 5 minutes (if the onions color too quickly, reduce the heat to medium-low).

While the onions caramelize, make the rice. Heat the remaining tablespoon of oil in a saucepan over medium heat. Add the garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add the rice and stir, cooking it until the grains

begin to turn opaque, about 2 minutes. Add the water, lentils, spices; salt and pepper. Increase heat to medium-high and bring to a boil. Reduce the heat to low, cover, and cook until the rice is tender and has absorbed all of the liquid, about 20 minutes.

Serve topped with the caramelized onions

Beef Kebobs

Ingredients:

1 lb ground beef
1 medium or 1/2 cup grated onion
3 garlic cloves finely minced
2 tbsp finely-chopped fresh parsley
2 tbsp finely-chopped fresh cilantro
1/4 cup of water
1/4 cup of bread crumbs
1/2 tsp ground cumin
1/2 tsp paprika
1/4 tsp cayenne pepper
salt & freshly ground pepper to taste

Method:

In a large bowl combine all the ingredients and let sit for one hour. Soak 12 wooden skewers in water for at least one hour.

Preheat grill or broiler.



Chef Margie is a graduate of George Brown College and the owner of Margie's Kitchen. A Personal Catering Service and Cooking School She is also the chairman of UJA Food for Thought Program with the Israeli Mifgash Forum. Adult and Children cooking classes available. Book your private or child's Birthday party! margieskitchen@gmail.com