

What's On This Week

David Zvi Kahn

Thursday, January 8

Rally with Israel

starting at 7:30 pm. Beth Tzedec Synagogue (1700 Bathurst Street) Join thousands of community members to support the people of Israel in its battle against Hamas as it attempts to rid Southern Israel residents of constant missile attacks that have been paralyzing the area for almost eight years.

Tuesday January 13

Help Me With My Child

Goldie Plotkin leads an interactive parenting workshop, "Help Me Understand My Child" 8 – 10 PM \$20, \$30 per couple. RSVP 905-886-0420 ext. 227

Wednesday January 14

The Feminine Palette with Susie Fishbein

Chabad uptown offers an evening of kosher culinary delights for women with celebrity chef Susie Fishbein, author of "Kosher by Design". The evening will include a cooking demonstration, entrees and appetizers. 7 PM at the Baycrest Terrace. \$54 RSVP, 416-635-9696 or visit www.uptownchabad.com

Sunday January 25, 2009

Toronto Jewish Film Society presents

BLACKBOOK

(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

February 27 – March 1

JACS Toronto Conference

JACS hosts "Judaism and Recovery Hand in Hand" a conference where Jews in recovery from addiction along with their family and friends can join in a weekend of spiritual growth and awareness. The weekend will include ongoing meetings, workshops and speakers in a safe environment for Jews of all denominations. February 27 to March 1 For Registration and information call 416-638-0350 ext.221 or visit www.jacstoronto.org

Smouldering Masterpiece Theatre

presents Deb Filler Starring in a hilarious new work "Well, I'll Tell Ya.!" Directed by Louise Fagan Thursday January 29, 2009: 8:00 pm Saturday January 31, 2009: 8:00 pm Sunday February 1, 2009: 3:00 pm Al Green Theatre (Venue Partner) Tickets: \$25 To purchase tickets: (416) 924-6211 x 0, www.mnjcc.org

Sign up now for Hebrew Language Courses:

Beginner, Intermediate, Conversation and Grammar and Yiddish Classes too! Registration fees for all language classes are: Members: \$175.00/ Non-members: \$200.00 For more information, call 416-924-6211 x 154, jewishlife@mnjcc.org

Bathurst Jewish Community Centre and Koffler Centre of the Arts

Register now for winter workshops in visual arts, music and dance for all ages at the Koffler Centre for the Arts 416-636-1880 ext.235

The Jewish Discovery Museum offers the following new programs:

"Shabbat Club" 3-5 year olds sing songs, tell stories, make challah, play games and do Shabbat crafts. Fridays, 9:45-11:15 AM beginning January 9 Registration 416-636-1880 ext. 390



From Margie's Kitchen....

By: Chef Margie Arosh

"Thyme for Comfort"

A New Year has begun and with it old fears and familiar worries. With our soldiers at risk and our home at war our hearts are heavy and full of prayer.

I thought that nothing comforts us more than a warm bowl of soup on a cold winter night.

Not only are they flavorful and nutritional but they are a great way to hide veggies from your picky eaters.

One of the first things I learnt in cooking school is that cooking is an art, a recipe, is just a canvas or guideline. Personalize your food, experiment with flavors that you like. This can easily be done by adding any of your choice of chicken, beef, vegetables, beans, and herbs.

The secret to a great soup is a strong flavorful stock. Stock, is the essence and base for all soups. From stock you can create your family's favorite soups.

It is very important to start your soup with cold water. The reason being is that cold water extracts flavor. When preparing a good stock we slowly extract the goodness of the chicken and vegetables. The longer a stock is simmered the more concentrated the stock.

When catering in the winter I love serving my creamy "Orange Seven Vegetable Soup", in an espresso cup garnished with a breadstick and toasted pepitas. By pureeing vegetable soups in a blender you can obtain a creamy texture without the cream. Remember chicken soup is "Jewish Penicillin".

HOMEMADE CHICKEN STOCK

INGREDIENTS:

- 4 pounds chicken bones
- 1 large onion
- 3 large carrots, chopped
- 4 stalks celery, chopped include leaves
- 1 leek, cleaned well and chopped
- ½ bunch of parsley
- 8 to 10 whole peppercorns
- 1 or 2 to 3 bay leaves
- 1 teaspoon salt
- 18 cups cold water

DIRECTIONS:

Place bones in an 8-quart stockpot. Add the onions, carrots, celery, leek, thyme, rosemary, peppercorns, cloves and bay leaves. Add enough cold water to cover and bring to a boil over high heat. As the water comes to a boil, skim off the scum



that floats on top.

Reduce heat to low and simmer stock very gently, uncovered, for at least 2 hours. Do not boil or the stock will be cloudy. Do not stir as this can cause the stock to be cloudy also. Strain the stock through a fine sieve and cool. Keep refrigerated for up to 3 days or freeze immediately.

Margie's Creamy Orange 7 Vegetable Soup

INGREDIENTS:

- 1 large whole onion
- 4 carrots large chop
- 6 stalks celery large chop
- 1 leek cleaned and cut into 3
- 1 cup cubed butternut squash or pumpkin
- 4 medium zucchini peeled and chopped
- 5 medium potatoes large chopped
- 10 cups chicken stock or/
- chicken pieces without skin plus one tablespoon chicken soup powder
- 1 small bunch of parsley tied for easy removal
- 1 bay leaf
- ½ teaspoon turmeric
- Salt and freshly ground pepper

If using chicken pieces, place in an 8 quart stock pot with 10 cups of cold water and bring to a boil. Immediately, reduce heat to a simmer and skim off all the scum. Then add rest of ingredients.

If using stock pour into pot and add all the ingredients and seasonings. Bring to a boil, skim off any excess fat and reduce to a simmer for at least 2 hours. Vegetable should be very tender. Remove chicken, parsley, onion, leek and 2 cups of stock. Blend all the vegetables and add reserved stock until you have a smooth and creamy soup. Adjust seasoning and serve.

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

