



Two Jews Making Food Episode 17

Potato Salad, Kasha Varnishkes, Cole Slaw, and Watermelon Salad

GRANDMA DOTTIE'S POTATO SALAD

by Amy's Grandma Dorothy Steinhaus

INGREDIENTS:

- 1 bag of potatoes of choice (gold or red are good options)
- 1 red onion, chopped (optional)
- Shaved carrots (optional)
- Mayonnaise – as much as you need to coat the potatoes
- Salt and Pepper to taste

DIRECTIONS:

- Boil the potatoes (unpeeled) for about 20 minutes, or long enough that they are tender when poked with a fork. Rinse and fill the pot with very cold water and let the potatoes sit to cool off (or refrigerate them)
- Get a big bowl. When the potatoes are cool, cut them in quarters (or more if they are really big). Each potato piece should be sized as one bite! Put the potatoes in the bowl and add mayo, onions, celery if you like that, and salt and pepper to taste.
- Mix it all together and refrigerate until cold.
- If you want to get fancy, garnish with some parsley and serve!

Note: This is a very basic potato salad but totally delicious. It's even great with just potatoes, mayo, salt and pepper. Do it up however you like. Add celery if you want (Amy doesn't like that) – whatever makes you happy.

KASHA VARNISHKES

INGREDIENTS:

- 2 Cups chopped onions, or more
- ½ Cup rendered chicken fat or olive oil
- ¾ Cup kasha (buckwheat groats)
- Salt and ground black pepper
- ½ pound farfalle (bow-tie) or other noodles

DIRECTIONS:

Step 1

- Put onions in a large skillet with a lid over medium heat. Cover skillet and cook for about 10 minutes, until onion is dry and almost sticking to pan. Add fat or oil, raise heat to medium high and cook, stirring occasionally, until onion is nicely browned, at least 10 minutes or so longer.

Step 2

- Meanwhile, bring a large pot of water to a boil. In a separate, medium saucepan, bring 1½ cups water to a boil, stir in the kasha and about a teaspoon of salt. Cover and simmer until kasha is soft and fluffy, about 15 minutes. Let stand, off heat and covered.

Step 3

- Salt the large pot of boiling water and cook noodles until tender but still firm. Drain and combine with the onions and kasha, adding more fat or oil if you like. Season with salt and lots of pepper and serve immediately.

REBECCA'S COLE SLAW

INGREDIENTS:

- 1/4 Cup red wine vinegar
- 1 to 1 ½ Tablespoons sugar
- 2 Tablespoons peanut or vegetable oil (eyeball it)
- One 16 oz. package of shredded cabbage mix for slaw salads
- 1 teaspoon salt
- Pepper (to your liking)

DIRECTIONS

- Get your favorite bowl and combine all of the ingredients. Taste and season more as needed. Serve!

AMY'S WATERMELON SALAD

INGREDIENTS:

- Half of a seedless watermelon, cubed into bitesize pieces
- One Lime, zest and juice
- Fresh mint

DIRECTIONS:

- Put the cut-up watermelon in a pretty bowl. Zest the lime into the bowl then roll the lime to release the juices. Squeeze the juice of the lime in. Chop the leaves 4 sprigs of mint and add to the bowl. Toss and serve!

Note: If you want to use a full watermelon, just double everything else.