Sample Recipe - Country

By Name

This is a Jewish side dish that comes from Germany and Eastern Europe. A kugel is similar to a casserole or pudding, and can be sweet or savory. My family makes a variety of kugels: potato, broccoli, spinach, and more, but noodle kugel is my favorite! This is a dairy dish (i.e. with milk products,) so in kosher homes it is often eaten with lighter meals and on the holiday Shavuot. It is delicious warm or cold, and you can use whatever dried, canned or fresh fruits you have on hand to flavor the kugel. This even makes a good breakfast! Although it is sweet, it is eaten during the meal rather than for dessert during Jewish holidays. I love it when the top of the kugel gets crunchy and the noodles brown!

**Ingredients:**

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| 🞻1 cup raisins (optional) | 🞻12 oz wide egg noodles | 🞻6 large eggs |
| 🞻1 lb sour cream (2 cups) | 🞻8 oz cottage cheese (1 cup) | 🞻8 oz cream cheese, softened |
| 🞻1 cup sugar | 🞻1/4 cup unsalted butter, melted | 🞻1/4 tsp salt |
| 🞻1/2 teaspoon cinnamon | 🞻Nonstick cooking oil spray |  |

**Prep Time:** 15 Minutes **Cook Time:** 60 Minutes **Servings:** 15

**Directions:**

1. An adult should preheat the oven to 350 degrees F. Cover the raisins with warm water or apple juice and let them soak to plump while you prepare the other ingredients.

2. With an adult, bring a large pot of water to a boil. Add the noodles to the pot, and let them cook till tender (not overly soft), about 5 minutes. Drain and return the cooked noodles to the pot.

3. In a bowl or blender, mix together the eggs, sour cream, cottage and cream cheese, sugar, cinnamon, melted butter, and salt. (You can use low-fat versions, although it works better with full-fat ingredients. Also, you can swap in flavored cream cheese or ricotta cheese for different versions.)

4. Pour the egg mixture over the cooked noodles in the pot and stir till well combined. Drain the raisins and pat dry. Stir them into the noodles.

5. Spray a 9x13 inch baking dish with nonstick cooking oil. Pour the noodle mixture into the dish.

6. Bake the kugel for about 60 minutes, turning once halfway through cooking, till the center of the kugel is set and the tips of the noodles turn golden brown. An adult should remove from the oven. Let the kugel rest for 15-20 minutes before slicing. Kugel can be served warm or cold.

**Tips:**

\* You can change the flavor by adding or substituting ingredients. Possible add-ins: canned crushed pineapple, drained; chopped dried apricots and/or apricot preserves; flavored cream cheese; cherry pie fillings; dried cranberries; canned peaches, chopped; chopped nuts

\* You can create a crunchy topping for the kugel with crushed cornflake cereal mixed with some melted butter, sugar, and cinnamon. Sprinkle the cornflake mixture over the top of the kugel before baking.