

Jerusalem Kugel
Lukshin (noodle) Kugel

INGREDIENTS:

Servings: 6 people

Short, thin to medium size, egg noodles	1 pound
Eggs	4
Sugar	1 cup
Cinnamon	1 tbs
Nutmeg	a pinch
Allspice	a pinch
Salt	a pinch

Caramel:

Vegetable oil	1/3 cup
Sugar	1/3 cup

TOOLS:

Large pot
Colander
Bowls
Small frying pan
Wooden spoon
Oven-proof dish with a lid or aluminum foil

INFO:

This is the kind of dish that most of the people in the world have come to think of as "Jewish food." Originally from the tiny villages of Eastern Europe, it has not lost any of its popularity in modern-day Israel. Jewish food is heavy, full of cholesterol, and hits the stomach with a bang. Notwithstanding, many have called such dishes the "heartland of nostalgia." This dish can be found on the Friday afternoon lunch table in almost every Orthodox home in Jerusalem, served as the perfect light meal before the heavy Friday night dinner. It is quite sweet and usually eaten with pickles.

TIME:

prep time : 00:40

cook time : 02:00

PREPARATION:

Boil a large quantity of salted water and cook the noodles until tender but not soft. Drain, refresh and pour the noodles into a bowl.

Preheat the oven to 350° F.

Make the caramel:

In a frying pan, cook the sugar and the oil until dark but not burnt. Pour the hot caramel over the noodles and mix well.

In another bowl, mix the eggs, sugar, spices, and salt. Mix until the noodles are completely coated with caramel. Pour the noodle mixture into a baking dish. Cover and bake for 2 hours.

Unmold the kugel and serve hot or warm.