

# **The Simple Kitchen**

Passover cooking made easy  
with Chef Jack Silberstein

## **Baked Salmon with Pineapple-Grapefruit Salsa**

Yields: 10 servings

### *Ingredients:*

10, 5oz salmon fillets, skin off  
2 Tb lemon juice  
3 Tb olive oil  
1 Tb salt

1 pineapple, peeled and diced small  
2 grapefruits, cut into segments  
1 small red onion, diced small  
2 Tb grapefruit juice  
¼ tsp salt

### *Method:*

1. Place salmon on a baking sheet. Season with lemon juice, olive oil and salt. Bake in a pre-heated 350° oven for about 10-15 minutes.
2. While salmon is baking, combine remaining ingredients in a mixing bowl and stir well.
3. To serve, top salmon with salsa.

## Coconut Crusted Chicken with Mango Chutney

Yields: 10 servings

### *Ingredients:*

10 boneless-skinless chicken breasts  
2 coconuts  
Potato starch, as needed (optional)  
3 eggs, beaten  
Vegetable oil, as needed  
Salt, as needed

2 mangos, diced small  
1 small red onion, diced small  
¼ cup lime or lemon juice  
2 Tb sugar  
¼ tsp salt

### *Method:*

1. Insert a skewer into the eyes of the coconut and drain liquid. Place on a baking sheet and roast in a pre-heated 350° oven for 30 minutes. Remove and let cool 5 minutes.
2. Break coconut open using a hammer. Remove outer shell and discard. Using a vegetable peeler, remove remaining skin. Rinse coconut if necessary and shred using a food processor or box grater.
3. Place potato starch, eggs and shredded coconut into separate bowls. Working in sequence, coat chicken breasts in potato starch, eggs and then coconut. Place on a baking sheet.
4. Heat oil in a large skillet over medium heat. Working in batches, add chicken and cook about 2 minutes on each side until golden brown. Remove from pan, place on baking sheet and season with salt. Finish cooking in a 350°oven for about 10 minutes.
5. In a small pot, combine the mango, red onions, lime or lemon juice, sugar and salt. Bring to a boil and cook over high heat for about 8 minutes, until the mango is tender.

## **Eggplant and Beef Rollatini with tomato Sauce**

Yields: 10 servings

### *Ingredients:*

24 plum tomatoes  
2 Tb olive or vegetable oil  
1 medium onion, minced  
1 Tb salt

2 large eggplants, peeled and sliced ¼" lengthwise  
2 tsp salt  
3 Tb olive or vegetable oil

4 Lbs. ground beef  
1 large onion, minced and sautéed, if desired  
8 eggs, whole  
1 Tb salt

### *Method:*

1. Bring a large pot of water to a boil. Remove the stem from the tomatoes and using a sharp paring knife, score the bottoms with an x. blanch the tomatoes for about 10seconds, until the skin begins to fall off. Remove immediately and place in a bowl of ice water to stop the cooking.
2. Chop the tomatoes fine. Heat a large heavy bottomed pot over medium high heat with 2 Tb oil. Add onions and cook until they begin to soften. Add tomatoes and season with salt. Bring to a boil and cover. Cook over low heat for 1 ½ hours, stirring occasionally.
3. Place eggplant on a parchment lined baking sheet. Brush with oil and season with salt. Bake in a 400° oven for about 15 minutes, until soft.
4. In a large bowl combine remaining ingredients. Work together using your hands until the meat mixture thickens and the egg is incorporated into it, about 3 minutes.
5. Place some meat filling onto a slice of eggplant and roll over. Place seam side down in a greased baking pan.
6. Pour tomato sauce over rolled eggplant and bake covered in a 350° oven for 25 minutes. Uncover and bake an additional 10 minutes.