

B10

newsday.com /food

newsday.com /food

Explore U

food

how sweet it is

Delicious desserts to celebrate Rosh Hashanah

BY ERICA MARCUS
erica.marcus@newsday.com

It's the classic Rosh Hashanah dessert, full of symbolism and tradition. But honey cake is also sticky, heavy and often the last thing one wants to eat after consuming the typical gut-busting Jewish-holiday meal. We asked some area chefs what they like to serve after the New Year's feast, and we came up with three tempting desserts:

From caterer Alexandra Troy, a green-apple granita served with star-shaped honey wafers; from Mitch SuDock of Bistro M, his family's favorite mandelbrot; from Dani Tufeld, a chef at the new Israeli restaurant Tel Aviv, a light-as-air halvah parfait.

HOLIDAY TIMETABLE

Rosh Hashanah begins at sundown Monday, Sept. 29, and ends at sundown Wednesday, Oct. 1.

Yom Kippur begins at sundown Wednesday, Oct. 8, and ends at sundown Thursday, Oct. 9.

YOU WANT A NICE RECIPE FOR HONEY CAKE? GO TO

newsday.com /food

RECIPES, CONTINUED FROM B10

Halvah is rarely pressed into service when a light dessert is called for, but the chefs at the new (three-star) Tel Aviv restaurant in Great Neck use the dense sesame candy to provide the flavor base for this elegant "parfait." In Israel, said chef Dani Tufeld, dates are as traditional for Rosh Hashanah as apples are here. Thus the sauce for this dessert is made with silan, a date syrup available at Israeli or Middle Eastern groceries. (You can substitute honey with good results.) At the restaurant, the parfait is served with very thin sesame-flavored cookies.

Since Tel Aviv is glatt kosher, the kitchen uses nondairy creamer instead of cream, and the results are excellent.

HALVAH PARFAIT

6 tablespoons of sugar
6 tablespoons of water
5½ ounces halvah (or 3 bars, each 1.75 ounces)

1. In a small saucepan, mix the sugar and water and boil until the sugar completely dissolves; remove from the heat. (Alternatively, place sugar and water in a heat-proof glass measuring cup and microwave for 60 to 90 seconds, stirring occasionally, until sugar dissolves.) Let the mixture cool.
2. With a fork, break halvah into a fluffy mixture with no lumps. It should look a bit like canned tuna.
3. In a bowl, whip the cream until it forms stiff peaks. Set aside.
4. Put 1 inch of water in a medium saucepan and bring to a simmer over medium heat. Find a metal or heat-proof glass bowl that fits snugly over the saucepan. Into the bowl, place the egg yolks and the cooled sugar syrup. With a whisk or handheld mixer, beat until the mixture lightens in color, triples in volume and becomes thick and foamy on the surface, about 5 minutes with a whisk, less with an electric mixer. Remove from heat.
5. Add broken-up halvah and mix at high speed until the mixture is completely

SESAME TUILLES

¾ cup plus 1 tablespoon flour
½ cup sugar
3 egg whites

1. In a bowl with a rubber spatula, mix the flour and sugar, add the egg whites, and beat until the mixture is smooth without any lumps. Set aside.
2. In a medium bowl, beat the butter with a whisk until it takes on a mayonnaise-like texture. Add the butter, in thirds, to the flour-sugar-egg mixture, beating until it is well integrated before adding another third. When all is well mixed, scrape into an airtight plastic container and refrigerate for at least an hour. It can be stored in the refrigerator for up to 2 weeks; you can use part

SESAME-SILAN SAUCE

4 tablespoons raw tahini (sesame paste)

Whisk all the ingredients together until smooth. Don't be afraid if it looks broken apart at the beginning; it will combine



At Tel Aviv restaurant in Great Neck: halvah parfait with a sesame tuille

1 cup heavy cream or nondairy creamer
½ cup chopped pistachios
6 egg yolks

smooth and without any lumps. With a spatula, fold in the whipped cream gently by thirds. Do not overmix.

6. Line 6 (½-cup) disposable foil molds, ramekins, custard cups or muffin tins with plastic wrap and place a thin layer of chopped pistachio on the bottom of each mold. Spoon the halvah mixture into the molds and bring plastic wrap up to cover the filling. Place in the freezer for at least 6 hours, or overnight.

7. To serve, unmold the parfait: If using foil molds, make a small slit in the mold and bend back the foil; if using ramekins or muffin tins, dip briefly in warm water, then take hold of plastic wrap on top of filling and shimmy the parfait out. (If it doesn't budge, run a thin paring knife between the plastic wrap and the ramekin.) Place each frozen parfait upside-down on serving plate and carefully remove plastic wrap. Make a slit in each parfait to accommodate a cookie, then decorate the plate with the tahini-silan sauce and drizzle with droplets of pure silan or honey. Makes 6 parfaits.

7 tablespoons butter at room temperature
1 tablespoon sesame seeds

of the dough to make one batch of cookies and use the rest later.

3. Preheat oven to 325 degrees. Line a sheet tray with parchment paper or a Silpat mat. Place a teaspoon of batter on the tray and, using an offset spatula or the back of a spoon, spread it into a thin round. Sprinkle sesame seeds on top and bake until golden brown, about 15 to 25 minutes. Let cookies cool on tray, then use a thin spatula to gently remove. Keep in airtight container until ready to serve. Makes 30 to 40 cookies.

4 tablespoons cold water
2 tablespoons silan (or honey)

back together to a smooth consistency. Makes about ½ cup.