

**Flourless      Chunky      Monkey  
Brownie Cookies – Bring. It.**

*Flourless Chunky Monkey*  
**BROWNIE COOKIES**



There's an understanding in the general outside world that

Jews don't celebrate Valentine's Day. Rather, religiously observant Jews don't celebrate Valentine's Day. And this is true though, again, I'm speaking in general. My husband and I aren't big on it. What with the whole "St." Valentine thing and whatnot, it's just generally accepted as something the 'goyim' do. However, I grew up 'celebrating' and loving Valentine's Day and to be honest, I still do. I have rather fond memories from elementary school that have all kind of become jumbled in my head as one big heart-shaped, pink doily.

By the time I reached high school, being a nerd and all, I'm pretty sure Valentine's Day was spent with my beloved girls friends. We probably went to our local Chili's and drowned our love-sorrows in sweet tea and queso dip all the while saying how we didn't need a boyfriend but secretly wishing we could at least experience ONE Valentine's Day with a boy. I do have vivid memories of a Valentine's Day spent during my senior year with my dear friend, Allison. I believe we had dinner at La Madeleine (Do those still exist?!) followed by a romantic viewing of Lethal Weapon 4 (I had a thing for Mel Gibson in high school all thanks to a kilt, a Scottish accent and some blue face paint—shalom, Braveheart. Of course that crush was quickly squelched after the whole Passion of the Christ incident). What can I say? We lived large.

MAKE IT RAIN



As high school came and went and I entered college, Valentine's Day got kicked up a notch. There was this one Valentine's Day my Freshman year when I went to a fancy restaurant with a very sweet guy who proceeded to shower me with gifts so obviously I dropped him the next day. Dating ineptitude-aside, I honestly have to say that my favorite Valentine's Day memory involves my first real boyfriend. We were together for 3 years and our first Valentine's Day together he got me the usual—roses, chocolate, etc. But the piece de resistance came in the form of a homemade card that had pictures of my favorite neo-soul/hip-hop artists from that time on it (read: D'Angelo and Q-Tip) wishing me a happy Valentine's Day. I mean, he nailed it with that one.



But my husband didn't grow up with Valentine's Day and so we just don't get on the Valentine's Day-train. Now, that being

said, it doesn't mean I still don't love the hearts, the doilies and, of course, the fact that food plays a very big role in the celebration of the day. It also doesn't mean that, one day, if my beloved husband decided he wanted to come home with roses or, you know, diamonds on Valentine's Day I'd turn them away. It just means that we share our love for one another each and every day (OK, maybe not EACH and every day) and if it happens to be on a day dedicated to St. Valentine, then so be it.



Presto, change-o: 15 minutes later you have yumminess



Try them with some milk, perhaps?

Ok, this recipe. This recipe! It's quick. It's flourless.  
It's easy. That being said, because it's flourless, they do

become a bit crumbly over time so do try to eat them within a few days of baking, which shouldn't be a problem because they are that good.



Just so we're clear . . .

# Flourless Chunky Monkey Brownie Cookies

## Ingredients:

- 3 cups powdered sugar (use gluten-free if you need)
- $\frac{3}{4}$  cup unsweetened cocoa powder
- 1 teaspoon kosher salt
- 2 large egg whites

- 1 large egg
- 1/4 cup dark chocolate chips
- 1/8 cup white chocolate chips
- 1/8 – 1/4 cup crushed walnuts
- 1/8 – 1/4 cup banana chips

## How:

1) Preheat to 350°. Whisk powdered sugar, cocoa powder, and salt in a large bowl, then whisk in egg whites and egg; fold in chocolate chips, banana chips, and walnuts. Spoon batter by the tablespoonful onto 2 parchment-lined baking sheets, spacing 2" apart.

2) Bake, rotating sheets once, until cookies are puffed, cracked, and set just around the edges, 14–16 minutes.

3) Transfer baking sheets to wire racks and let cookies cool on pan (they'll firm up).

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## Great News + Cauliflower Tomato Bake with Basil & Parmesan



Cauliflower + Tomato Bake  
W/BASIL & PARMESAN

Good morning! I hope ya'll are doing wonderfully. I am currently enjoying the decadence that is a chocolate croissant from Aroma Espresso Bar so obviously, I'm doing great. Sure, I have a cold and deadlines and I missed work yesterday and I'm under a bit of stress but, did I mention the chocolate croissant!? Sometimes a delicious chocolate croissant really does make it all better.

I'm going to keep this post short and sweet as I am THIS close to unveiling the new Jewhungry redesign so needed to take a break from posting new content so as not to interfere with the unveiling. However, a few exciting things happened this week in my world o' blogging and food and I just couldn't NOT share, Jew know?



First things first, I received the most beautiful, HUGE, ruby red Le Creuset Dutch oven (see above) yesterday as a result of winning This American Bite's Most Inspiring Recipe of 2013. I was so dang excited when the UPS guy dropped it off that I gave him several freshly baked cookies that had just come out of the oven. I honestly would have hugged him but I didn't want to give him the wrong impression. Yesterday also brought a feature of Jewhungry on My Jewish Learning's site, The Nosh (see the full interview [here](#)). And today brings the accompanying recipe to the interview. Here are a few pictures to get you drooling so make sure you head on over to The Nosh for the full recipe.

See you at the Redesign Unveiling, I hope!

xo



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# Sweet Potato + Black Bean {Beer} Chili



I'm writing this post from several thousand feet in the air as I am on a plane bound for LA, my family's future home. This is just one of many little incidences that are screaming, "Sh\*t's getting real! Pay attention!" We are T minus 6 months away from our big family change and I'm really starting to feel it. I notice when I'm hanging with close friends or dear colleagues here in Miami, that I keep telling myself to soak it all in; pay attention to them as well and keep building these relationships. I tell myself that, no matter how overwhelmed or busy I might become once the move happens, I will need these faces and these friendships more than ever. It's so hard to attempt to be present when half of me is

already 8 months in the future wondering how I'm gonna do this.

So here I am, on a flight, which I've paid WAY too much money for internet usage on but I'm only 2 hours in with 3.5 hours to go so that \$7 for one hour of Internet seemed worth it. Have I mentioned I hate flying? I LOVE travel. I hate flying. Maybe one day I'll open that wound and talk about why I hate flying but for now I'm feeling way too vulnerable. Therefore, I will instead try to focus on finding my "happy place". I do this on every flight. If I can't sleep or get lost in a book or there's no movie playing, then it's up to me to take my mind off the fact that I'm in the air, which, after ALL the dang travel I've done you'd think I'd be used to by now but I'm not. I once sobbed like a wee baby out of pure fear while flying over the Alps on my way to Italy (did I mention I was 19 at the time?). I've been known to grab onto the hands/arms of complete strangers while going through rough turbulence as my fear is that intense. For several days before a flight, I get into a bit of a dark place as my fear and anxiety start to take over a little bit. But, I'm proud to say, that even with all this fear of flying, I still get on the G. D. plane. What gets me through is a lot of praying and a lot of "happy" list making. My "happy" list is exactly as it sounds; a list of things, big or small, that make me happy. I don't usually include the obvious things like my beloved daughter and husband because, well, if it's not obvious by now that they are number one on that list I got some 'splainin' to do.

So here's my latest list of the most recent top 6 items making it to my "happy" list. I hope y'all have a great week. Sending love and Bloody Mary's from 10,000 feet. xox

Happy List:

1. Le Creuser/This American Bite/My first win – If you follow Jewhungry on Facebook, you might have seen that I won the 2013 Most Inspiring Recipe contest being hosted by Yosef over at

This American Bite. I'm not sure who nominated me but it shockingly wasn't myself and even more shocking? I won! I've never won anything before so that fact that I won a recipe contest still blows my mind PLUS the fact that I won a 5 qt. Le Creuset Dutch Oven! I'm still so grateful/excited I could pee a little.

2. The hubby and I saw The Secret Life of Walter Mitty on my last day of winter break. We were exhausted and a little vulnerable due to the fact that the kiddo had a bout of sleep-regression, which I'm happy to report is no longer an issue. We were hoping to see a "feel good" movie and this one absolutely fulfilled our expectations. Go see it. You will not regret it.

3. It dipped down into the 40s last week in Miami. I made potato leek soup. We pulled out the down comforter, put on a movie and snuggled on a school night. 'Twas awesome.

4. I signed on the dotted line and hired a real life designer, Sara Bee Jensen, to upgrade the blog. She's super talented and inspiring. I "met" her through my girl Maggie over at The Rural Roost. Sara redesigned Maggie's site and the work was so beautiful I knew I needed to get over myself and hire her. For inspiration, Sara asked me to make a board on Pinterest of colors, fonts, textures, styles that inspire me. I had so much fun with that I can't even describe it. It was like a creativity high. It also is very clear to me that I shouldn't fight it anymore, I love neon pink. Thank you Miami.

5. Collaborations are coming. More cooking. More opportunities. It's such an honor and such a privilege. Gets me giddy just thinking about it.

6. Beer in food.



THE CHOP



VEGGIES IN THE POT



## **Sweet Potato + Black Bean {Beer} Chili**

### Ingredients:

- 4 Tbsp of olive oil
- 2 Sweet potatoes, peeled and chopped small
- 1 Medium purple onion, chopped
- 3 Cloves of garlic, diced
- 1 Orange, yellow or red pepper, chopped
- 1 Bottle of beer
- 2 Cans of diced tomatoes
- 1 Can of black beans
- 1/2 a Cup of frozen corn
- 2 Tbsp Cumin
- Kosher salt
- Pepper
- Sriracha
- Juice of half a lime
- Handful of cilantro. Chopped
- Cheddar cheese
- Sour cream



Before the toppings

How

Place oil in a large stock pot over medium heat. Place onions in pot and sauté for about 3 -4 minutes or until translucent. Add the garlic and sauté another minute. Next, add the peppers and sauté for another 2 minutes. Add sweet potatoes, cumin, salt and pepper and sauté for roughly 5 – 6 minutes or until sweet potatoes start to turn a bit golden.

Once you've sautéed your veggies and spices together and they've become nice and fragrant, add the entire contents of the beer (aside from the obvious sips you've taken to "test" it out. If you don't want to include beer, feel free to deglaze with 2 cups of veggie broth instead). Stir the veggies and beer and let sit for a minute. Next, add your canned tomatoes and beans. I do not strain my beans but that's up to you. Mix all together. If you want more of a "soupy" chili, add a cup of water. Let the chili simmer on low for about 10 – 12 minutes, stirring occasionally making sure to taste along the way to adjust seasoning to your liking. After 10 – 12

minutes, add your frozen corn and a hit of Sriracha, stir and continue to let simmer over low heat for another 10 – 12 minutes. After a total of 20 – 25 minutes of simmer time, check your sweet potatoes for softness. If potatoes are still a bit hard, let sit another 5 minutes or so until desired softness. This will vary depending on how small you chopped your potatoes.

Once chili is almost done, go ahead and squeeze the juice of half a lime in there to give it a hit of acid. Scoop completed chili into bowl and top with your favorite fixin's (or "toppings" for you Yankees), which is my favorite part of chili.



Ahh yes, the fixin's.