

Happy Anniversary Kosher Connection + A GIVEAWAY: Peas + Shells (and baby bellas!) with Vegan Alfredo Sauce



Cauliflower: My ultimate food frenemy

Happy anniversary Kosher Connection! It's been one year since a few kosher cooking blog folks decided to get together and

create a connection; a place for kosher food writers/creators could get together to share ideas, recipes, mazal tovs on success and to gain advice. Some of us are more 'seasoned' (please, pun COMPLETELY intended) than others (read: me). I discovered the Connection late Fall. At the time, I had just come back to work after 3 months of a very tough and emotional maternity leave. I was battling undiagnosed (though I've diagnosed it) Post Partum Depression, lack of sleep and lots of stress. I was trying to find my place in this new world of parenthood meets full-time employment and felt I needed something more. Jewhungry had been on the back burner for roughly a year. I stopped cooking when I got pregnant and the intense food aversions set in and just never got back into it.

But all those nights spent trying to keep myself awake by the light of my iPhone and the Pinterest app., while attempting to not-so-successfully breast feed, got my creative cooking juices flowing (again, pun COMPLETELY intended). So I found this Connection, sent a few emails and then the next thing I know, I'm in.

I am so incredibly grateful for this group of people. As a social worker with a concentration in community organizing, I believe in the power of connectivity. I always have. I have found incredibly support and advice from this Connection and though I have never met any of the members in person, some I feel like I've known for years (I'm talking to you Yosef, Hindy and Sarah).

In honor of this most auspicious occasion, we are giving away two beautiful prizes from Emile Henry: A Bread Cloche valued at \$130 and a 4.2 qt Dutch Oven valued at \$170! Use the Rafflecopter below to win- you can enter up to 23 ways! Two winners will be chosen at random. Click on the "A RAFFLECOPTER Giveaway" link below for your chance to win!

a Rafflecopter giveaway



It's a lot easier to cook when the little one has her bestie over to play.

For this very special Monday Round-Up, every member of the Kosher Connection who decided to participate in this month's 'Round Up', was randomly assigned the blog of another Connection member. We could pick ANY recipe from that blog to recreate in your own kitchen and most importantly, we needed to make the dish our own. I was lucky to be assigned More Quiche, Please. Tali, the adorable creator of More Quiche, Please, was born into a vegetarian family and is still (to my knowledge), a vegetarian so she has a lot of delicious recipes to choose from. It was a little piece of heaven to go through her recipe index. It was also really intimidating—there were so many amazing recipes to choose from! In the end, I decided

on pasta shells with peas in a creamy Alfredo sauce. Now, since I cook for a Paleo and a vegan client, making it 'my own' meant making it so that it would roughly fit into their dietary needs, which means no dairy. For the sake of maintaining the integrity of the dish, I kept the real pasta shells but if I was making it for my sweet little Paleo client, I would have substituted it for quinoa pasta. The result was the creation of a vegan pasta shells with peas and because I had them on hand and I just love their flavor, I had to add baby bella mushrooms. The dish is really flavorful but, I have to admit that because I boiled the cauliflower in vegetable broth, it doesn't look like Alfredo. It does however, look like a delicious cheddar sauce. More than anything, it tastes delicious. So, happy anniversary Kosher Connection and bitayavon!



Pasta + peas



My family is, in fact, NOT vegan so we added parmesan to our dish and it was phenomenal.

Ingredients:

1 head of cauliflower

Coconut oil

6 cloves of garlic, minced

1 medium onion, chopped

1 carton of baby Portobello mushrooms, chopped

2 tbsp of white cooking wine

2.5 cups of vegetable broth

1 cup of frozen peas

1 carton of pasta shells

Sea salt

Pepper

Thyme

Juice of 1/2 of lemon

*Vegan, unsweetened almond milk



Can you smell the yumminess?

How:

Place 3 tbsp of coconut oil in a large frying pan. Add the onions and most of the garlic to the pan and saute over medium heat until onions are translucent and garlic is smelling up your house nicely. Remove from heat and place in a separate bowl. In the same frying pan, add the rest of the garlic and saute for one minute. Add the mushrooms and continue sauteing on medium low heat for an additional 3 -4 minutes. Add the white wine and 2 tsp of thyme. Saute for an additional 2 minutes. Remove from heat and place in a separate bowl from the onions and garlic. Next, place the chopped cauliflower together with the vegetable in a large stock pot and bring to a boil. Once the broth has come to a rapid boil, turn heat down to medium low and continue to boil until the cauliflower is tender. Meanwhile, cook the pasta according to the instruction on the packaging in a separate pot, careful not to over cook. With about 1 to 2 minutes left to cook, dump frozen peas into the boiling water with the pasta and stir. Let cook for an extra minute or two and drain in a colander that will

keep the peas in the colander and set aside. Meanwhile, back to the cauliflower – once cauliflower is tender, add the onions and garlic to the cauliflower pot plus salt and pepper to your taste. Using an immersion blender, blend the cauliflower, remaining broth (what hasn't boiled out), onions, and garlic until smooth. If you feel that you need a bit more liquid, add some almond milk to the mixture. Make sure you taste along the way, regardless, and add spices to your liking. Combine the cauliflower alfredo with the noodles, add the peas and the mushrooms and stir a bit to combine (we added parmesan cheese to ours and it really kicked up the flavor). Enjoy!



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