

POTATO AND PARSNIP KUGEL

A kugel is a baked pudding. Some are sweet and some are savory. They may be made with raw or cooked potatoes, noodles or matzos.

9 medium-size all-purpose potatoes
(about 3 pounds), well scrubbed and
quartered (12 cups)

1 pound parsnips, peeled and cut in
2-inch chunks (4 cups)

4 tablespoons chicken fat or margarine

3 cups coarsely chopped onions

3 tablespoons matzo meal

3 large eggs

1½ teaspoons salt

½ teaspoon pepper

⅛ teaspoon ground nutmeg

1. Cook potatoes and parsnips in a large pot with water to cover until tender, 20 to 25 minutes. Drain and let stand until potatoes are cool enough to handle.

2. Meanwhile melt 3 tablespoons chicken fat in a large skillet. Add onions and cook over medium-low heat 15 to 20 minutes until very tender and translucent.

3. Heat oven to 400°F. Grease a shallow 2½- to 3-quart baking dish with remaining 1 tablespoon chicken fat. Sprinkle with the matzo

meal to coat.

4. Peel potatoes and mash with the parsnips. Stir in onions, eggs, salt, pepper and nutmeg. Pack evenly into prepared dish.

5. Bake 45 to 60 minutes until top is golden brown.

■ Makes 8 servings. *Per serving: 246 cal, 7 g pro, 39 g car, 8 g fat, 84 mg chol with chicken fat, 77 mg chol with margarine, 477 mg sod*