

TASTY MORSEL KNISHES

Makes about 4 dozen. Freezes beautifully

PASTRY:

2 CUPS PLUS 2 TABLESPOONS FLOUR

½ POUND UNSALTED BUTTER

1 CUP SOUR CREAM

SALT TO TASTE

Mix well. Divide into four parts. Wrap each part in saran, flatten to a disc, and refrigerate overnight. On a floured board, roll each disc into a thin rectangle (10 x 15"). On the bottom long edge, place ¼ of the filling, leaving a half-inch space on either side with no filling. Roll tightly, stretching the roll to even out the filling. Cut with the side of your hand into 12-14 pieces. Seal with floured fingers to encase the filling. Place on lightly-greased cookie sheet or use parchment paper. Brush with beaten egg and bake in a 350 degree oven until lightly browned and puffy, about 20 minutes for the cheese filled knishes and 25-30 minutes for the beef knishes.

BEEF FILLING (FOR 4 DOZEN OR MORE)

1 ½ POUNDS CHUCK ROAST

2 LARGE POTATOES, PARED AND CUT IN HALF

1 LARGE ONION, PEELED AND CUT IN HALF

2 CARROTS, PARED AND CUT INTO CHUNKS

Place all ingredients in a roasting pan, sprinkle with Kosher salt, cover and bake until very tender at 325 degree oven for 2 ½ hours or more. Cool and grind, or use the food processor. Include all the juices. Place in a bowl, add two beaten eggs, and two tablespoons chopped fresh parsley. Test for additional salt and pepper.

CHEESE FILLING (FOR 4 DOZEN OR MORE)

¾ POUND FARMERS CHEESE

¼ POUND CREAM CHEESE

1 LARGE EGG

½ TEASPOON SALT (OR TO TASTE)

1 TABLESPOON SUGAR

1 ½ LARGE ONIONS, COARSLEY CHOPPED
2 TABLESPOONS BUTTER
2 TABLESPOONS POTATO STARCH

Sauté onions and butter until transparent (not brown). Mix remaining ingredients well by hand. Do not use food processor. It will be too smooth. Add onion and butter. Taste for seasoning. Chill overnight.