

Vegetable Kugel

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Progressive Congregation of the ACT Jewish Community

Ingredients

- 2-3 carrots
- 2 stalks of celery
- 2 zucchini
- 2 potatoes
- 1 parsnip
- 1 large onion
- 2 cloves garlic
- 3 large eggs (lightly beaten)
- 1 cup potato starch
- 1 teaspoon baking powder
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 3/4 cup oil

Directions

- Heat the oven to 190 C / 375 F and oil 11x8-inch baking pan.
- In a food processor (or hand-grate), grate the carrots, celery, zucchini, potatoes, parsnip, onion and garlic; place in a large bowl.
- Stir in the lightly beaten eggs; add potato starch, baking powder, salt and pepper and mix well, then add the oil.
- Pour kugel into the prepared baking dish; bake for 1 hour and 10 minutes, until browned on top.

Tips

- This recipe is great hot out of the oven or can be made in advance.
- To reheat, warm in oven, but cover dish tightly with tin foil to prevent too much browning.
- A healthy variation: use only egg whites (the equivalent of three large eggs) instead of whole eggs. The colour of the kugel will be whiter than yellow, but will still taste good.