

Helzel

INGREDIENTS

Flour

finely chopped:

goose liver

heart

gizzard

onions

Caramelize onion in rendered goose fat

Poultry seasoning.

Recipe may be doubled or tripled.

You can also make with a combination of flour,
matzo meal, oat meal, or farina.

Bread crumbs may be used instead of flour

METHOD

Combine all ingredients.

Sew up the small end of goose neck skin and fill $\frac{3}{4}$

Sew up other end.

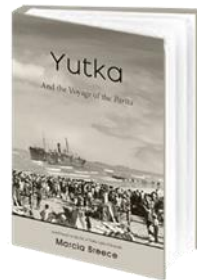
Wash with cold water

Dip in boiling water to make skin smooth.

Cook in salted boiling water with an onion for
about 30 min.

Add to Tshulent (Sabbath stew) or

Roast in oven with meat or chicken or by itself in
well greased pan.



YUTKA And the Voyage of the Parita

Page 35

Marcia Breece

www.marciabreece.com