

## **Noodle Kugel with Cornflake Topping**

Please see below for a recipe that is served every year at the Food Festival following Love thy Neighbor. It is a favorite...

Before we get to the recipe though, we figure some people may not know the origins and history of kugel. So here is some background information.

### **What is a kugel anyway?**

It can be savory or sweet. It can be made with noodles or potatoes. Some like it simple and others prefer a more elaborate kugel made with fruit and/or toppings. Whichever way you prefer--it is definitely delicious and it is a favorite for Jewish people in many parts of the world. Kugel is definitely not dietetic, in fact for many it may be the original comfort food. Kugel is a great side dish at Shabbat and holiday meals and also is often the star of the show at brunch when served with fruit and veggie salads, bagels, lox and cream cheese.

An article from the South Florida Sun Sentinel originally published on January 25, 2016 helps to explain the history of this beloved dish:

### **“Iconic Kugel has Helped Preserve Judaism” by Dr. Yvette Alt Miller**

Kugel, one of the most iconic Jewish dishes, has the power to transport us back to memories of Shabbat (the Hebrew word for Sabbath) and holiday tables. Over the past thousand years, it has spread to virtually every corner of the Jewish culinary world, but kugel's origins are in Germany and – surprisingly – in China.

In the Middle Ages, the practice of cooking noodles or dumplings – dough boiled in a liquid – spread from China to Italy, as merchants traded spices and other goods along the Silk Road. From Italy, Jewish traders brought the practice of making dumplings to Germany, and soon it became popular as a Shabbat dish. Jewish housewives started dropping balls of batter into their weekly Shabbat stew, to be prepared on Friday afternoon and simmered overnight. The resulting dumpling was a delicious treat, served alongside the stew after synagogue on Saturday morning. In fact, "kugel" means ball in German, reflecting its dumpling origins.

Soon, however, Jewish women experimented with cooking kugels by themselves, varying the ingredients. In eastern Jewish communities, Jewish women incorporated local ingredients like rice, spices and dried fruits into their kugels. In Europe, noodle kugels soon became popular. After the introduction of the potato to European soil, Jewish cooks in Eastern Europe began making kugels with the new vegetable. A popular Yiddish song captures both the limited diet of impoverished Jewish communities – and the special place that kugel held as a special Shabbat dish:

Sunday potatoes, Monday potatoes, Tuesday and Wednesday potatoes, Thursday and Friday potatoes, but the Sabbath, for a change, a potato kugel.

## **Noodle Kugel with Cornflake Topping**

**adapted by Rita Fagan and Joan Nathan, Tablet magazine**

12 servings

1 1/4 sticks unsalted butter, softened

1 cup sugar

6 large eggs

8 ounces cream cheese, softened

8 ounces sour cream

16 ounces cottage cheese

1 teaspoons vanilla

1 teaspoon salt

8 ounces egg noodles, medium or wide (uncooked)

1 cup corn flakes, crumbled

1/2 teaspoon cinnamon

In the bowl of a standing mixer with a paddle attachment, cream one stick of butter and 3/4 cups of the sugar. Add the eggs one by one and beat until well mixed. Stir in the cream cheese, sour cream, cottage cheese, vanilla, and salt. Stir in the uncooked egg noodles, using a spoon to avoid breaking them.

Preheat the oven to 350 degrees and grease a 9 x 13 casserole dish. Pour the egg, cheese, and noodle mixture into the casserole. Bake the kugel for 45 minutes and then remove. Lower the oven temperature to 325.

Melt the remaining 1/4 stick of butter. Toss it with the remaining 1/4 cup sugar, corn flakes, and cinnamon. Sprinkle the kugel with the topping. Return to the oven and bake for another 25 minutes. Serve hot or at room temperature.