

Diet

The diet of the Polish Jews at the time of this story was lacking needed nutrients. Due to poverty and discrimination, the Jews of Eastern Europe had trouble accessing good sources of protein. Servings of fish or meat were often limited to the Sabbath. Food staples included bread, noodle puddings, potatoes, soups, and gefilte fish.

Healthy recipe

Krupnik (a mushroom/barley soup) (serves 10-12)

Ingredients

3 tbsp. canola or olive oil
2 medium yellow onions, chopped
8 cups water
3 cloves garlic, peeled and crushed
3 tbsp. parsley, chopped
4 vegetable Maggi cubes
1 cup pearl barley, rinsed
2 lbs. fresh mushrooms, sliced
3 medium carrots, scraped and diced
2 large potatoes, peeled and diced
2 tbsp. nutritional yeast (optional)
1 bay leaf
Salt and pepper to taste

Directions

1. In a large pot or slow cooker, heat the oil over medium heat. Add the onions and saute until they become translucent.
2. Add the water, garlic, parsley, Maggi cubes, barley, mushrooms, carrots, potatoes, yeast, and bay leaf.
3. Bring mixture to a boil, cover, reduce the heat and simmer until barley is tender—about 45 minutes. Salt and pepper to taste.
4. To add nutrition to this entrée, serve with large tomatoes stuffed with tuna or chicken salad.