



Tyramine-Free Sample Recipe

Looking for new, tasty and safe easy-to-make tyramine-free recipes designed to please every member of your family? Each featured monthly FD NOW recipe has been made from scratch, and has been sampled in our kitchens by at least one person with FD with no adverse side effects. A picture of the actual dish made in our kitchens appears below.

Peach Matzo Kugel

from Beth Nudelman (*Illinois*)

Matzo Kugel is a traditional side dish served one time a year during Passover, a Jewish holiday which is celebrated in early spring. Start a new tradition in your family by serving Peach Matzo Kugel during summer, the height of the fresh fruit season. Peach Matzo Kugel has an ideal consistency for those that prefer a softer diet.



Ingredients

(Amounts listed are for an 8 x 8 pan. Double these amounts for a 9 x 13 pan.)

4 unsalted matzos	3 fresh eggs (check expiration date to ensure freshness)
½ tsp salt	¼ cup melted butter (check expiration date to ensure freshness)
½ cup sugar	2-3 just-ripe peaches, cut into ½" to 1" chunks (cut away any bruising, leave on the skin)
1 tsp cinnamon	

Directions

Break matzos into pieces and place in bowl of warm water to soak. In a separate bowl, mix eggs, salt, sugar, butter and cinnamon. Set aside. Wring excess water from matzo and add soggy matzo to egg mixture bowl and stir. Add peaches and stir. Pour mixture into in lightly greased 8 x 8 baking pan. Dot with pieces of butter. If 8 x 8 pan, bake for 1 hour at 350 degrees. If 9 x 13 pan, bake for 1 hour and 15 minutes. Kugel is done when bubbling on the sides, top is lightly browned and toothpick comes out clean. After pan cools, cut into squares and enjoy. Wrap, label, date, and freeze leftovers. Great to defrost then take on the go!

Variations

Substitute fresh peaches with 2 peeled, finely chopped or grated fresh, apples. Try a Granny Smith with a Red Delicious! Experiment with other safe fruits listed on the Tyramine-Free Food List.