

A Recipe from KNOPF



NOODLE SCHALETH (Noodle Kugel with Apples)

© Michael Lionstar



When the French make noodle kugel, it is more delicate and savory than the rich, creamy confections that Americans know. This nudel schaleth or pudding is derived from the Sabbath pudding baked in the oven overnight. Here is where linguistic immigration gets all mixed up—some call it noodle schaleth, others noodle kugel.

INGREDIENTS

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| 4 tablespoons melted butter or vegetable oil, plus more for greasing the dish | 1 teaspoon vanilla extract |
| 8 ounces egg noodles | ¼ cup raisins or currants |
| Salt to taste | ¼ cup rum |
| 4 large eggs, separated | 3 large apples, peeled, cored, and cut into 1-inch pieces (about 3 cups) |
| ¼ cup sugar | |

Preheat the oven to 375 degrees and grease a 6-cup soufflé dish or equivalent baking dish with butter or oil.

Cook the noodles in boiling salted water until *al dente*, slightly less than recommended by the package instructions. Drain in a colander.

Put the egg whites in the bowl of an electric mixer and beat until stiff but not dry.

Put the egg yolks in another bowl, and whisk in the sugar, ½ teaspoon salt, the vanilla, raisins, rum, apples, and melted butter or oil. Gently fold in the noodles and then the beaten egg whites. Spoon the mixture into the prepared soufflé pan, and bake for 50 minutes.

YIELDS: 4 TO 6 SERVINGS