

# the **Goldbergs** Cookbook



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UNIVERSE







# Bev's Bananas Banana Bread

SEASON 4, EPISODE 18: *Baré*

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**My schmoopie-poos love this bread, which I make at least once a week. Anything to make them happy.** • *Yield: 10 servings*

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**1½ cups all-purpose flour**

**1 teaspoon baking soda**

**½ cup (1 stick) unsalted butter, softened**

**1¼ cups sugar**

**4 ripe bananas, mashed**

**2 eggs**

**1 teaspoon vanilla extract**

**¼ cup sour cream**

**½ cup walnuts, chopped**

**¼ cup dark chocolate chips**

- 1.** Preheat the oven to 350°F. Grease a 5 x 9-inch loaf pan with nonstick spray.
- 2.** In a small bowl, mix together the flour and baking soda.
- 3.** In a large bowl, mix together the butter, sugar, bananas, eggs, and vanilla.
- 4.** Alternate adding the sour cream with the flour and baking soda mixture.
- 5.** Fold in the walnuts and chocolate chips.
- 6.** Pour into the prepared pan.
- 7.** Bake for 1½ hours, until a toothpick inserted in the center comes out clean.
- 8.** Let cool, then slice to serve.





# Frenta French Toast Soufflé

SEASON 6, EPISODE 17: *Our Perfect Strangers*

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**The perfect brunch requires two ingredients: my to-die-for French toast and a group of best friends to enjoy it. I treat my frentas—friend yentas—to this succulent soufflé-style French toast, and it’s such a hit we almost forget to catch up on all the neighborhood gossip. Almost.** • *Yield: 8 servings*

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**10 cups (approximately 16 slices) cubed, crustless white bread**

**1 (8-ounce) package cream cheese**

**8 eggs**

**1½ cups low-fat milk**

**⅔ cup half-and-half**

**½ cup maple syrup plus more for serving**

**½ teaspoon vanilla extract**

**2 tablespoons powdered sugar**

- 1.** Grease a 9 x 13-inch baking dish with nonstick spray.
- 2.** Place the bread cubes in the prepared dish.
- 3.** In a bowl, use a hand mixer to beat the cream cheese until smooth.
- 4.** Add the eggs one at a time, mixing well after each addition.
- 5.** Stir in the milk, half-and-half, the maple syrup, and vanilla until smooth.
- 6.** Pour the cream cheese mixture over the bread cubes, cover, and refrigerate overnight.
- 7.** Remove the baking dish from the refrigerator and let sit at room temperature for 30 minutes.
- 8.** Preheat the oven to 375°F, then bake for 50 minutes.
- 9.** Sprinkle with powdered sugar and serve with maple syrup.





# Bev's Perfect Momelette

SEASON 1, EPISODE 6: *Who Are You Going to Telephone?*

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**Breakfast is the most important meal of the day, and my special Momelette guarantees it's gonna be a good day. Like a bedazzled sweater, this recipe is really all about the accoutrements. They add the sizzle you need to really let your morning sparkle, whether you're power walking with the frentas, power washing the driveway, or power napping with your Murray.** • *Yield: 2 servings*

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**2 tablespoons unsalted butter**

**1 large onion, diced**

**1 bell pepper, cored and diced**

**½ cup cubed ham**

**½ cup sliced mushrooms**

**4 eggs**

**¼ cup whole milk**

**Salt and pepper**

**½ cup grated cheddar cheese**

- 1.** In a skillet over medium-high heat, melt the butter and saute the onion and bell pepper until soft.
- 2.** Add the ham and mushrooms to the skillet and cook for 5 minutes. Transfer the sauteed mixture to a dish and set aside. Do not clean the skillet.
- 3.** In a bowl, whisk together the eggs and milk. Season with salt and pepper.
- 4.** Pour the eggs into the same skillet over medium-low heat.
- 5.** Spoon the sauteed mixture onto the eggs.
- 6.** Cook for 1 minute, then add the cheese.
- 7.** Fold the eggs over the fillings, then cover with a lid for 1 minute, or until the omelette is cooked through.







# Crusty Sausage Puffs

SEASON 5, EPISODE 17: **Colors**

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**When I host a frenta brunch, I always pair my sweets with something savory like my crusty sausage puffs. These bite-size treats are the perfect appetizer for an afternoon of bedazzling, trading Tupperware, bedazzling that Tupperware, scrapbooking, bedazzling the scrapbooks, and gossiping about whose neighbor's sister's cousin-in-law's son got wait-listed at Brandeis.** • Yield: 24 puffs

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**1 pound pork sausage, casings removed**

**½ cup diced onion**

**½ teaspoon garlic powder**

**½ teaspoon salt**

**¼ teaspoon onion powder**

**¼ teaspoon pepper**

**1 (17-ounce) package puff pastry sheets, thawed**

**1 egg, lightly beaten**

**¼ cup grated Parmesan cheese**

- 1.** Preheat the oven to 375°F. Grease two 12-cup muffin tins with nonstick spray.
- 2.** In a skillet over medium-high heat, combine the sausage, onion, garlic powder, salt, onion powder, and pepper and cook until the sausage is browned. Set aside.
- 3.** Lightly flour a work surface and unfold one sheet of puff pastry. Cut into 12 squares. Repeat with the second sheet for a total of 24.
- 4.** Spoon a heaping tablespoon of the sausage mixture into the center of each square.
- 5.** Brush the edges of the squares with the beaten egg, then fold the corners to the center to seal.
- 6.** Place in the prepared muffin tin.
- 7.** Brush the tops with more egg, then sprinkle with the Parmesan.
- 8.** Bake for 20 minutes, until golden brown.
- 9.** Let cool slightly, then serve.





# Deviled Eggs for Your Angels

SEASON 3, EPISODE 21: **Rush**

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**My kids and I are so close, but every once in a while they want their “space.” So that’s when I whip up a batch of my devilishly good deviled eggs. My boofaloes just can’t say no to them, so it’s the perfect way to intrude on their lives and never leave, even if they ask politely.** • Yield: 6 servings

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**8 eggs**

**3 to 4 tablespoons  
mayonnaise**

**1 tablespoon sweet relish**

**¼ teaspoon onion powder**

**¼ teaspoon paprika,  
plus more for sprinkling**

**¼ teaspoon salt**

**Pinch of pepper**

**Parsley for decoration**

- 1.** Place the eggs in a pot and cover them with 1 to 2 inches of water. Bring to a boil.
- 2.** Turn off the heat, cover with a lid, and let sit for 12 minutes.
- 3.** Transfer the eggs to an ice bath and let cool.
- 4.** Once cooled, peel the eggs. Slice the peeled eggs in half lengthwise and scoop out the yolks.
- 5.** In a bowl, stir together the egg yolks, mayonnaise, relish, onion powder, paprika, salt, and pepper.
- 6.** Place the egg yolk mixture into a piping bag and pipe the filling into the egg white centers.
- 7.** Sprinkle with more paprika and some parsley, to serve.





# Rugelach

SEASON 3, EPISODE 3: *Jimmy 5 Is Alive*

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**Rugelach is a sweet pastry, so whenever my friends are getting salty, I pull out my rugelach recipe. It's the perfect thing to keep their frenta-mouths full, so I'm the one who gets to do all the talking. And I wouldn't have it any other way.** • *Yield: 4 dozen cookies*

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## **For the dough:**

2 cups (4 sticks)  
unsalted butter,  
softened

1 (8-ounce) package  
cream cheese, softened

4 cups all-purpose flour

4 tablespoons sugar

3 tablespoons sour  
cream

1 teaspoon salt

## **For the filling and to finish:**

¼ cup sugar

1 teaspoon ground  
cinnamon

2 cups filling (raisins,  
chopped nuts, mixed  
jelly, or mini chocolate  
chips)

2 egg whites plus  
1 tablespoon sugar  
for glaze

## **Make the dough:**

- 1.** In a bowl, mix together the butter, cream cheese, flour, sugar, sour cream, and salt until the dough just comes together. Divide into four discs, wrap in plastic wrap, and refrigerate overnight.
- 2.** Preheat the oven to 375°F. Line baking sheets with parchment paper.
- 3.** On a floured surface, roll out one dough round to a ¼-inch thickness.

## **Make the filling:**

- 1.** In a small bowl, stir together the sugar and cinnamon. Sprinkle one-fourth of the mixture evenly onto the rolled-out dough.

## **To finish:**

- 1.** Spread the filling of your choice over the dough. Cut into 12 wedges.
- 2.** Starting at the long end, roll to form a crescent. Place on the prepared baking sheets.
- 3.** Repeat with the other three dough discs.
- 4.** In a small bowl, whisk together the egg whites and sugar, then brush on the rugelach.
- 5.** Bake for 25 to 30 minutes, until golden brown. Let cool on a wire rack.