

# Honey-Mustard Capon Bundle

Recipe By Rivky Kleiman



Cooking and Prep:  2  
h 45 m

Serves:  6

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Shabbat, Purim,  
Rosh Hashanah, Sukkot

Source: Family Table by  
Mishpacha Magazine

Tired of the same old chicken? Here's a totally spectacular burst of flavors all bundled together. This is definitely the ultimate capon experience.

Capons and pastrami in photo are compliments of Matam Chofetz Chaim of Jerusalem.

## Ingredients (10)

### Capons

- 6 capons
- 3 slices [Meal Mart Kishka](#)
- 6 slices [Meal Mart Pastrami](#)
- 1/4 cup [Gefen Duck Sauce](#)
- 1 heaping tablespoon yellow mustard

onion powder, garlic powder, seasoned salt, and pepper, to taste

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## Honey-Mustard Sauce

1/4 cup canola oil

1/2 cup honey

a little less than 1/2 cup Dijon mustard

1/2 cup crushed French-fried onions (I use French's or Hadar)

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## Start Cooking

### Capons

1. Preheat oven to 350°F (180°C). Rinse and clean capons.
2. Cut kishke slices in half. Wrap a slice of pastrami around each piece of kishke.
3. Mix the duck sauce and mustard together. Arrange the capon skin side down, place 1 teaspoon of the mixture in the center of the each capon and smear.
4. Place the pastrami-wrapped kishke in the center of the capon. Fold capon neatly around the kishke and place seam-side down in a greased baking dish.
5. Lightly season capons with onion powder, garlic powder, seasoned salt, and paprika. Cover with silver foil and bake for 45 minutes.
6. Combine oil, honey, and Dijon mustard and pour over capons. Sprinkle with French-fried onions. Cover and bake for another 1 hour and 25 minutes.

### Credits

Photography: Daniel Lailah

Styling: Amit Farber