

Jewishhols

Ideas for a special holiday

Get Ready for Pesach
with Our
Taste of Passover
Program

March 19, 2023
10:30 am-12:30 pm

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Charoet Recipes from Around the World



CHAROSET RECIPES

Charoset is served at the Passover Seder as a symbol of the mortar and bricks that the Hebrews were forced to make for the pyramids and cities of Egypt.



Early American Sephardic CHaroset Balls With Raisins, Nuts, And Apple

(4 doz. balls)

Ingredients

- 3 cups raisins
- 2 cups almonds, blanched
- ½ apple
- ½ tsp. cinnamon

Directions

1. Grind the raisins and 1 ½ cups of the almonds. Peel and core the apple and add with the cinnamon; if using a food processor, grind in quick pulses so as not to over-process. Set aside in a bowl.
2. Using your hands, press the mixture into balls the size of large marbles. Press one of the remaining almonds into each haroset ball. There will be lots of haroset left over. Serve in bowls at the table during Passover.

Moroccan Charoset Balls With Dates, Raisins, And Nuts

(60 balls)

Ingredients

- 2 cups pitted dates
- ½ cup golden raisins
- ½ cup dark raisins
- ½ cup walnuts
- 1 to 2 Tbsp. sweet red Passover wine

Directions

1. Process the dates, raisins, and walnuts in a food processor until the mixture is finely chopped and begins to stick together. Add enough wine to make a sticky mass.
2. Line a baking sheet with waxed paper. Drop slightly rounded measuring teaspoonfuls of the mixture onto the lined sheet. Roll each mound with moistened palms into hazelnut-size balls. Refrigerate for at least three hours or until firm.

American CHaroset

(about 5 cups)

Ingredients

- 6 large apples
- 2 Tbsp. sugar
- 1 tsp. cinnamon
- ¼ cup sweet wine
- ½ cup chopped pecans

Directions

1. Core and quarter the apples
2. Put the apples in a food processor with the remaining ingredients.
3. Process in pulses. Leave a bit of crunch to the mixture. Adjust seasoning.



Turkish CHaroset

Ingredients

- ½ cup pitted dates
- 2 cups peeled and sliced apples
- ½ cup dried apricots
- ½ cup chopped walnuts and 1/3 cup finely chopped walnuts

Directions

1. Cook fruits together with water just to cover until apricots and dates are tender enough to mash with a fork.
2. Mix until well blended.
3. Add both textures of nuts.

Janos Wilder's New American CHaroset

(2 cups)

Ingredients

- 2 Granny Smith apples
Juice of ½ lemon
- ½ cup fresh mango, peeled and diced
- ½ cup chopped toasted pecans
- ½ tsp. cinnamon
- 1 Tbsp. honey
- 1 Tbsp. Port or sweet wine

Directions

1. Peel, core, and dice the apples.
2. Sprinkle with the lemon juice.
3. Place all the ingredients in a food processor. Pulse once or twice just to break up.
4. Set for an hour so flavors can blend.

Halek, A Biblical Date Jam

(4 cups halek and 4 cups chopped walnuts and almonds)

Ingredients

- 10 cups pitted Medjool dates
- 4 quarts water
- 2-tsp. ground anise
- 3 cups coarsely ground walnuts
- 1 cup ground almonds

Directions

1. Place the dates, water, and anise in a large saucepan.
2. Boil for about one hour, uncovered, until you "take out the goodness of the flavor." For the first 45 minutes stir occasionally and for the last 15 stir frequently. The dates should soften, open up, and reach the consistency of chunky apple sauce.
3. Press the date mixture through a sieve or a food mill. Return the thin, clear syrup to a smaller saucepan and simmer slowly, uncovered, over very low heat for about 3 hours, stirring frequently, until the halek thickens enough to coat a spoon.
4. Cool and just before serving place 2 cups of halek in a bowl. Sprinkle with half the walnuts and almonds. Reserve the remaining halek and nuts separately. Serve as haroset at the Seder and as a dip for matzah throughout the Passover



season.



Basic american charoset

Ingredients

- 3 apples, peeled and diced
- 1 cup walnuts, toasted and roughly chopped
- 1 teaspoon cinnamon, ground
- 1 teaspoon sugar, or brown sugar
- 1 tablespoon red wine, sweet like Manischewitz
- 1 tablespoon honey

Directions

1. Place all ingredients in a large bowl and toss to combine evenly.
2. If you want this to be more of a spread, combine all ingredients in the bowl of a food processor and pulse until just forming a paste.

Ginger Cinnamon Charoset

Ingredients

- ½ pound pitted dates
- 1 tsp. ground cinnamon
- 1½ cups raisins
- 1 tsp. ground ginger
- 2 apples, peeled
- ¼ cup orange juice
- ½ cup pecans, chopped

Directions

Put all the ingredients in a blender or in a food processor fitted with a steel blade and process briefly, until coarsely chopped.

Orange Wine Charoset

Ingredients

- ¾ cup dark raisins
- Grated peel and juice of 2 oranges
- 2 cups pitted dates
- 1/3-cup sweet wine

Directions

Process all the ingredients in a food processor, or grind the raisins and the

dates in a meat grinder and add the orange peel, the juice and the wine.

Libyan CHaroset

(about 3 cups)

Ingredients

- ¼ cup walnuts
- ¼ cup pecans
- ¼ cup almonds
- ¼ cup hazelnuts
- ½ cup raisins
- 1 cup pitted dates
- 1½ tsp. cinnamon
- 1½ tsp. allspice
- ½ tsp. ginger
- 1 tsp. nutmeg

Directions

1. Combine all the ingredients using a mortar and pestle or a food processor.
2. Serve the haroset with romaine lettuce as the bitter herb.

Persian CHARoset De-Spiced For American Children

(4 cups)

Ingredients

- 1 cup walnuts
- 1 cup almonds
- 1 cup raisins
- 6 strawberries
- 1 cup dates, pitted
- 2 apples, cored, pitted, and quartered
- 1 banana, cut up
- ½ cup sweet wine
- 1 tsp. cinnamon
- ¼ tsp. pepper

Directions

Grind all the ingredients together in a food grinder or throw them in a food processor and process until a crunchy paste is formed.

Persian Charoset

- 1 pear, un-peeled, cored and finely chopped
- 1 apple, un-peeled, cored and finely chopped
- 1 cup walnuts, finely chopped
- 1 cup almonds, finely chopped
- 1 cup hazelnuts, finely chopped

- 1 cup pistachio nuts, finely chopped
- 1 cup dates, chopped
- 1 cup raisins, chopped
- 2 teaspoons ground ginger
- 2 teaspoons cinnamon
- 2 tablespoons apple cider vinegar
- 1 to 2 tablespoons sweet Passover wine

Directions

In a large bowl, combine the pear, apple, walnuts, almonds, hazelnuts, pistachio nuts, dates and raisins. Mix well. Add the ginger, cinnamon, vinegar and enough wine to bind the mixture. Transfer to a platter, shape into a pyramid, cover with plastic wrap and chill well. Makes 5 cups.

Eastern European Charoset

Ingredients

- 2 tart apples
- ½ to 1 tsp. Cinnamon
- ½ cup ground walnuts or almonds
- dash of ginger (optional)
- 2 to 3 Tbsp. wine

Directions

1. Slice, core and grate or finely chop the apple.
2. Add the chopped nuts, cinnamon and ginger.
3. Add enough wine to bind the mixture. The consistency is thick.

Sephardic Charoset

Ingredients

- 4 medium apples
- 2 cups coarsely ground pecans or almonds
- 1 pound of pitted dates
- ½ cup sweet red wine
- ¼ cup vinegar

Directions

1. Slice, core, and peel the apples.
2. In a medium sized saucepan, combine the apples and the dates.
3. Add cold water to cover the fruit.
4. Cook over medium heat until the apples are tender and almost all the water is evaporated.
5. Put the apples and the dates through a grinder or blender.
6. Transfer the mixture to a medium sized bowl.

7. Add the ground nuts, vinegar, and wine. If the mixture is too thick, add a little more wine or vinegar.

Israeli Charoset

Ingredients

- 1 apple
- 3 sliced bananas
- sugar or honey
- 10 pitted dates
- juice and grated rind of ½ orange
1 tsp. cinnamon
- ½ cup of nuts
- juice and grated rind of ½ lemon
½ cup dry red wine
- matzah meal

Directions

1. Slice, core and peel the apple.
2. Place the apple, bananas, dates, nuts, lemon rind and orange rind (along with their juice) into a blender.
3. Blend at medium speed.
4. Transfer the mixture to a bowl.
5. Add ½ cup dry red wine and 1 teaspoon of cinnamon. The mixture will be rather loose. Add enough matzah meal to achieve the desired consistency. Add sugar or honey as needed.

Date Apricot Charoset

Ingredients

- ½ cup pitted dates
- ½ cup chopped walnuts
- 2 cups apples, peeled and diced
- ¼ cup sweet wine
- 1 cup dried apricots

Directions

1. Cook the dates, apples and apricots together with water.
2. Cover and boil for 15 minutes.
3. Remove the fruits from the water and drain well.
4. Process the fruits with the wine very briefly in a food processor until coarsely chopped.
5. Add the chopped nuts.

Fig and Coconut Charoset

Ingredients

- ½ pound chopped dates
- 1 tsp. cinnamon
- ½ pound dried figs, chopped

- ½ tsp. ground cloves
- 1 cup grated coconut
- 1-cup sweet wine
- 1 cup dried apricots, diced
- 1 cup chopped pecans
- 1-cup plum preserves

Directions

1. Cook all the ingredients except the pecans, for about 30 minutes, in a covered saucepan.
2. Add small amounts of water, as required.
3. Remove from the heat and add the nuts.

Almond Raisin Charoset

Ingredients

- 4 apples peeled and sliced
- ½ cup ground almonds
- ½ pound pitted dates
- 1 cup sweet wine
- ½ cup raisins
- 3 Tbsp. lemon juice
- 2 cups water
- Sugar to taste

Directions

1. Put the apples, the dates and the raisins in a medium saucepan.
2. Add the water and cook for 15 minutes.
3. Strain and coarsely chop the fruits.
4. Add the almonds, the wine, the lemon juice and the sugar.

Iraqi Charoset

Ingredients

- 1 cup almonds
- 1 cup pine nuts
- 1 cup walnuts
- 3 Tbsp. red wine

Directions

Grind nuts together and add the wine.

Yemenite Charoset

Ingredients

- 20 dates, chopped
- 20 dried figs, chopped
- 2-tsp. ginger powder
- Matzah meal as desired
- dry red wine, to taste
- 2 3 Tbsp. sesame seeds

- 1 chili pepper, chopped

Directions

Mix all ingredients. Paste should be firm.

Italian Charoset

Ingredients

- 4 apples, chopped
- 6 walnuts, chopped
- 6 dates, chopped
- ½ cup raisins, chopped
- 3 hard cooked eggs, chopped
- 1 cup almonds, chopped
- Matzah meal
- Lemon juice

Directions

Mix all ingredients together, adding matzah meal and lemon juice as desired.

North African Charoset

Ingredients

- 2-oz. pine nuts
- ½ cup chopped walnuts
- 1 hard cooked egg
- 1 lemon, juice and rind
- 1 grated apple
- cinnamon to taste
- ½ cup sugar
- ginger to taste
- ½ cup ground almonds

Directions

Mix all ingredients together.

Gila Berkowitz, author of *The New Jewish Cuisine*, suggests adding any of the following ingredients when making haroset to create a more exotic taste.

- apricots, dried, chopped
- honey
- almonds, ground
- orange peel, grated
- brandy
- pears, shredded
- chestnut puree
- pine nuts, chopped
- dates, chopped
- poppy seeds
- figs, chopped



- raisins
- ginger root, grated
- walnuts, ground
- hazelnuts, ground

Salonikan Charoset

Ingredients

- 1 c. pitted dates
- ½ c. raisins
- ½ c. golden raisins
- 1 medium orange
- ¼ c. dried apricots
- ¼ c. ground walnuts or almonds
- ¼ c. grape juice
- 2 T apricot brandy

Directions

Wash orange. Grate orange peel (zest). Peel orange and split into sections. Mix ingredients in food processor till paste is formed. Add additional liquids if needed.

Moroccan Charoset

Ingredients

- 1 c. pitted dates
- 1 c. raisins
- 1 c. almonds
- wine or grape juice as needed

Directions

Chop and combine all ingredients in food processor. Add enough wine to create a dough-like consistency. Roll into 1 inch balls.

Ashkenazic Charoset

Ingredients

- 3 tart apples
- ¾ c. walnuts
- ¼ c. wine
- cinnamon
- ½ c. raisins (optional)

Directions

Slice, core, and finely chop or grate the apples. Add other ingredients.

Ashkenazic Apple-Nut Charoset

Ingredients

- 4 apples, (about 2 pounds) peeled and coarsely chopped
- 2/3 cup chopped almonds or wal-

nuts

- 3 Tbsp. sugar or more to taste
- 1/2 tsp. cinnamon
- Grated rind of 1 lemon
- 4 Tbsp. sweet red kosher wine

Directions

Combine all ingredients, mixing together thoroughly. Add a little more wine as needed. In a food processor, combine ingredients; process until you reach the desired consistency. Nathan likes her haroset in large pieces, with a crunchy texture, but her husband's Polish family prefers theirs ground to a paste. Chill.

Makes about 3 cups.

From "The Jewish Holiday Kitchen" by Joan Nathan, Schocken Books, 1988.

Mantuan Charoseth

(Finsi family tradition)

Ingredients

- 1 c. dried chestnuts
- ½ c. dates
- ½ c. figs
- ½ c. prunes
- 1 pear
- 1 banana
- 1 apple
- 2 oranges
- Orange and lemon rind
- Sugar and cinnamon to taste
- Matzah meal as needed
- Pine nuts to garnish

Directions

This recipe has been adapted from the original, which measures in grams and assumes no food processor access.

Cook the chestnuts in water (or don't use dried), then combine with the other ingredients in a food processor. The apple and pear should be peeled, and since you will be grating orange and lemon peel, you'll need to wash them first.

Italian Charoset

From Gil Marks' Encyclopedia of Jewish Food

Ingredients

- 1 ¼ cups (6 ounces) dried chestnuts
- 2 medium apples, or 1 apple and 1 pear, cored and peeled
- 1 ¼ cups pitted dates

- 1 ¼ cups dried figs or pitted dried plums
- 1 cup blanched almonds, finely chopped
- About 1 teaspoon ground cinnamon
- 1 cup raisins About 3 tablespoons orange juice
- About 3 tablespoons fruity dry red wine

Directions

Place chestnuts in a medium saucepan and add water to cover. Bring to a boil, reduce the heat to low, and simmer until tender, about 1 ½ hours. Drain and pat dry.

In a food processor or meat grinder, chop the chestnuts, apples, dates, figs, and raisins. Mix in the almonds, cinnamon, orange juice, and wine.

Syrian Charoset

Ingredients

- 3 pounds pitted dates
- 1 cup sweet red wine
- 1 t ground cinnamon (optional)
- 1 cup chopped walnuts (optional)

Directions

1. Put the dates in a medium saucepan with enough water to cover.
2. Bring to a boil, lower the heat and simmer.
3. Stir frequently, until dates are soft.
4. Pass the date mixture through a strainer or a rotary grader. A food processor may also be used.
5. Before serving, add the wine, cinnamon and walnuts and mix thoroughly.

Piedmontese Charoset

A different haroset from the land of Turin.

by Claudia Roden

Reprinted with permission from The Book of Jewish Food: An Odyssey from Samarkand to New York, published by Alfred A. Knopf, Inc.

Ingredients

- 1/3 cup (75 g) sugar or more to taste
- About 3/4 cup (175 ms) sweet red kosher wine
- 1/2 lb (250 g) cooked chestnuts
- 2/3 cup (125 g) blanched almonds
- 2 hard-boiled egg yolks
- Grated zest of 1 orange
- Juice of 1 orange
-

Directions

Boil the chestnuts for a minute or two, and drain. Grind the almonds fine in the food processor, then add the rest of the ingredients, including the chestnuts, and blend to a paste.



Nut Free Charoset Recipes

Ashkenazi

Ingredients

- 3 red apples, chopped
- ¼ cup grape juice
- ½ cup honey
- 1 cup raisins
- Cinnamon

Directions

Combine all ingredients in a bowl and mix well.

Nut Free Charoset, American

Ingredients

- 6 medium apples (peeled, cored, and sliced)
- 1 teaspoon cinnamon
- 1 teaspoon sweet red wine
- ¼ cup dates, pitted, checked, and chopped (optional)

Directions

1. Puree all ingredients in a food processor.
2. Consistency should be a coarse puree.

Notes:

- If making a traditional walnut version as well, be careful to label the

2 types clearly and to place them in different colored containers to avoid confusion.

- Quick and easy kid's version: apple-sauce, grape juice, and cinnamon.

Californian Charoset

Ingredients

- 1 large avocado, peeled
- juice of ½ lemon
- 1/2 cup golden raisins
- 1/2 cup pitted dates
- 1/2 cup pitted prunes
- 1/2 cup dried figs
- grated peel of one orange
- 1/2 cup orange juice

Directions

1. Toss the avocado and lemon juice in a bowl; set aside.
2. In a processor or blender, place the raisins, dates, prunes and figs. Process until coarsely chopped. Add the orange juice and process briefly to combine. Add the avocado and process 1 or 2 seconds more.

Greek Charoset

Ingredients

- 1 orange, peeled and seeded
- ½ cup raisins
- ½ cup pitted dates
- Cherry preserves
- Dark grape juice
- Ground ginger
- Pinch of cayenne pepper
- 1 T Sugar
- 1 T dark grape juice

Directions

Place all ingredients in a food processor and pulse a few time so that the mixture is coarsley chopped.

Persian/Iranian Charoset

- 1 chopped pear
- 1 chopped apple
- chopped pitted dates (1 cup)
- chopped raisins (1/2 up)
- 1 t cinnamon
- 1/2 t grated ginger root
- 1 t apple cider vinegar
- 1 T dark grape juice

Directions

Place all ingredients in a food processor and pulse a few time so that the mixture is coarsely chopped.

Mexican Charoset

- 1 pear, peeled, cored, and chopped
- 3 apples, peeled, cored, and chopped
- 3 bananas, peeled and mashed
- 2 cups pitted dates (about 1 lb)
- 2 tbs ground cinnamon
- 1 cup dark grape juice

Basic Nut-Free Charosets

(<http://www.melaniecooks.com/nut-free-charoset-recipe/909/>)

Ingredients

- 2 apples, peeled and sliced
- 1/3 cup raisins or dried cranberries
- 2 tbsp grape juice
- 1/2 tsp cinnamon

Directions

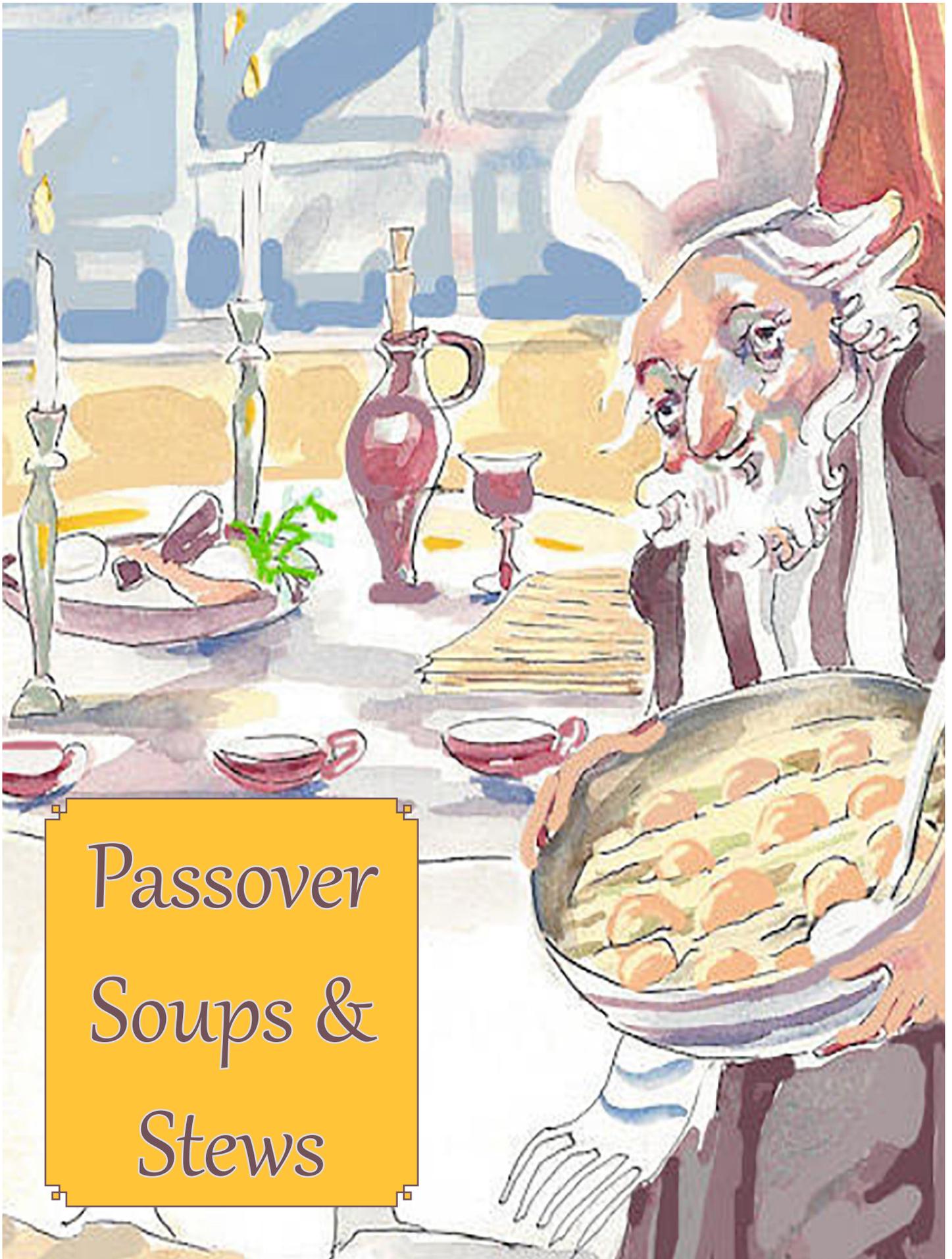
Put the raisins in the food processor and processed until very finely chopped. Add apples, cinnamon and grape juice. Pulse a few times until apples are finely chopped. Do not overprocess—apples should be chopped, not liquid.

Venetian Charoset

- 1/4 cup Matzo meal
- 1 peeled and cored apple
- 3 sliced bananas
- 10 pitted dates
- the juice and grated rind of ½ lemon
- the juice and well grated rind of ½ orange
- 3 chopped hard boiled eggs
- dark grape juice
- 1 tsp cinnamon
- sugar or honey

Directions

Place all ingredients in a food processor and pulse a few time so that the mixture is coarsely chopped.



Passover Soups & Stews



Passover Soups and Stews

Aviva Goldfarb's Creamy Potato Leek Soup

Jewish Food Experience: Passover recipe from the Washington Jewish Week, March 26, 2014

One of the subscribers to Aviva Goldfarb's website, The Six O-Clock Scramble, Ilana Knab says she grew up eating soup nearly every day of the year, and it was one of her warmest (literally and figuratively) memories of childhood. She shared her family's recipe for classic potato leek soup, which is smooth and creamy, while low in fat and high in vitamins and fiber. It's also a perfect option for Passover, given that leeks are one of the traditional foods eaten for the holiday.

Prep time: 10 minutes

Cook time: 20 minutes

Yield: 6 servings

Ingredients

- 1½ cups each
- 2 tablespoons butter or margarine
- 2 teaspoons minced garlic (3-4 cloves)
- 2 leeks, white and tender green parts only, chopped and thoroughly soaked and rinsed to remove dirt
- 1 pound baking potatoes, peeled and diced

- 32 ounces reduced-sodium chicken or vegetable broth
- ¼ teaspoon black pepper
- ¼ cup chives or scallions, minced (optional)
- 1 lemon, cut into wedges (optional)

Directions

In a large stockpot, melt the butter or margarine over medium heat. Add the garlic and sautee for about 30 seconds until it is fragrant. Add the leeks, potatoes, broth and pepper. Bring to a boil, reduce the heat and simmer for about 15 minutes until the potatoes are tender.

Using an immersion or standing blender, blend the soup until it is smooth. Serve immediately, topped with the chives and/or a squeeze of lemon. For a flavor booster, sprinkle the soup

with freshly ground black pepper and/or Old Bay or Cajun seasoning or Goya brand seasoning mix (found in the Latino section of many supermarkets). Soup may be refrigerated for up to 3 days.

Aviva Goldfarb is the founder of the Six O'Clock Scramble family meal planner. She is the author of four cookbooks. Aviva is a Washington Post contributor, freelance writer, cocktail concocter and private cooking coach for children and adults.

Fluffy Whole Wheat Matzah Balls

Ingredients

- 1 c. Matzah Meal; whole wheat ½ c. Seltzer (not flavored)
- 4 eggs, room temperature
- 2 T Vegetable oil
- To taste, Salt and pepper

Directions

1. BEAT eggs. Add seltzer, oil, salt and pepper to taste. Mix well
2. ADD Matzah Meal and stir thoroughly
3. REFRIGERATE for one hour
4. BRING 3 quarts salted water to boil using a 5-quart pot
5. MOISTEN hands with cold water and form into balls about 1" in diameter
6. DROP matzah balls carefully into the boiling water
7. COVER pot and cook on med-high flame (I use low) for 30 minutes or until done

Yield: 18-20 matzah balls. For variety, you can add chopped dill, parsley, ginger, nutmeg, or cayenne to the batter. To store, place in water to cover and then freeze. Thaw first, then place matzah balls into soup to re-heat.

Recipe found on 'BigOven at <http://www.bigoven.com/recipe/161045/fluffy-whole-wheat-matzah-balls>





Pumpkin Matzah Dumpling Soup

<https://jewishfoodexperience.com/recipes/pumpkin-matzah-dumpling-soup/>

Completely nontraditional and aligned with entirely the wrong Jewish holiday, these are definitely not your Bubbe's matzah balls. Bound together with roasted pumpkin puree, I prefer to think of them more as matzah dumplings, since they bear a denser, more toothsome texture than the fluffy pillows of Passover lore. Moreover, purists would be horrified at my cooking methods. A baked matzah ball, for crying out loud? That's downright heresy in some kitchens, I'm sure. The beauty of this approach is that rather than getting soggy dumplings, halfway dissolved into a puddle of lukewarm soup, they stay perfectly intact until the moment your spoon carves through the tender spheres. Allowing for effortless advanced preparation, just keep the dumplings safely out of the golden, vegetable-rich pool until the moment you're ready to serve. ©Hannah Kaminsky, <http://www.BitterSweetBlog.com>.

Ingredients

Matzah Balls

- 1 1/3 cups fine matzah meal
- 2 teaspoons salt
- 1/2 teaspoon garlic powder
- 1 teaspoon kosher-for-Passover baking powder
- 1/2 teaspoon kosher-for-Passover baking soda
- 1/4 cup very finely minced yellow onion
- 1 1/2 cups roasted pumpkin puree, or 1 14-ounce can 100% solid packed pumpkin puree

- 1/4 cup olive oil
- Vegetable Soup
- 6 cups vegetable broth
- 2 small carrots, thinly sliced
- 2 stalks celery, thinly sliced
- 1 medium yellow onion, diced
- 1/4 cup fresh dill, minced
- 1/4 cup fresh parsley, minced
- Salt and ground black pepper, to taste

Directions

Preheat the oven to 350 degrees and lightly grease a baking sheet.

In a large bowl, stir together the matzah meal, salt, garlic powder, baking powder and soda. Yes, it may seem like a lot of salt, but it gets rationed into many little matzah dumplings. Don't back down on the amount or else you'll risk making bland balls! Make sure all the dry goods are evenly distributed throughout before adding in the minced onion, tossing to coat.

Combine the pumpkin puree and olive oil in a separate container, whisking until smooth, and pour the wet mixture into the bowl. Mix with a wide spatula, stirring thoroughly to combine, until there are no remaining pockets of dry ingredients. Let the matzah batter sit in a cool spot for about 15 minutes to thicken before proceeding.

I like using a small cookie scoop for more consistent dumplings, but a good old-fashioned tablespoon will do just fine as well. Scoop out about 2 teaspoons of the matzah mixture for each dumpling, rolling them very gently between lightly moistened hands to round them out. Place each one on your prepared baking sheet about 1/2 an inch apart. There's no risk of them spreading, but giving them a bit of breathing room helps to ensure more even cooking. Repeat until all of

the batter is used and you have a neat little army of raw matzah balls ready to be baked. Lightly spritz the tops with olive oil spray for better browning, if desired.

Bake for 45 to 50 minutes, rotating the sheet pan halfway through, until golden brown all over.

Meanwhile, prepare the soup itself by combining the broth, carrots, celery and onion in a medium stockpot. Bring it to a boil and then reduce to a simmer, cooking until the carrots are fork-tender. Right before serving, add in the fresh herbs and season to taste with salt and pepper.

Ladle out some of the soup into each soup bowl and add in the baked matzah dumplings right before serving. Enjoy piping hot!

Indonesian Vegetable Stew

Makes 4 to 6 servings. Tamarind, coconut milk, and hot chilies combine with herbs and spices to transform everyday vegetables into a rich and exotic-tasting stew. Recipe adapted from the cookbook 1000 Vegan Recipes.

Ingredients

- 2 tablespoons canola or grapeseed oil (if you don't do kitniyot for Passover use a vegetable oil (e.g., grapeseed oil, safflower oil) that doesn't have kitniyot)
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 or 2 fresh hot chilies, seeded and minced (optional, I used 1 dried Jalapeno pepper chopped)
- 1 tablespoon grated fresh ginger
- 1 large russet potato or 2 medium sized Yukon gold potatoes, cut into 1/2-inch cubes
- 1 medium eggplant, peeled and cut into 1/2-inch cubes – I salt the eggplant and let it sit for 30-60 minutes. After salting rinse off the salt with cold water
- 8 ounces green beans, cut into 1-inch pieces (or use one 8 ounces bag of frozen green beans)
- 2 cups small cauliflower florets
- 1 1/2 cup vegetable broth or store bought (I like Better Than Bouillon No Chicken Base)
- 1 14.5 ounce can crushed tomatoes
- 2 tablespoons soy sauce (omit this for Passover)

- ½ teaspoon ground turmeric
- 1 13.5 ounce can unsweetened coconut milk
- 1 tablespoon tamarind paste
- 1 tablespoon light brown sugar or Agave Syrup
- Salt and freshly ground black pepper
- 2 tablespoons fresh lime juice
- 3 tablespoons minced fresh cilantro, for garnish
- 2 tablespoons minced scallions, for garnish

Directions

1. Heat the oil in a large pot over medium heat. Add the onion, garlic, chile, and ginger. Cover and cook until softened, about 7 minutes.
2. Add the potato, eggplant, green beans, cauliflower, broth, tomatoes, soy sauce (omit the soy sauce at Passover), and turmeric. Cover and cook until the vegetables are tender, stirring occasionally, about 45 minutes.
3. Uncover, reduce heat to low, and add the coconut milk, tamarind paste, sugar or agave syrup, and salt and pepper to taste. The amount of salt needed depends on the saltiness of your broth and whether you use soy sauce. Simmer uncovered, until the sauce thickens stirring occasionally, about 10 minutes. Stir in the lime juice. Serve hot, sprinkled with cilantro and scallions if using. Note: If you have trouble finding tamarind sauce (I found it at Whole Foods with other Asian/Indian foods) use a bit more of the Agave Syrup or sugar.

Roasted Root Vegetable Soup With Walnut “Croutons” And Crispy Parsley

Rivki Rabinowitz — March 26, 2016

<https://www.joyofkosher.com/recipes/roasted-root-vegetable-soup-walnut-croutons-crispy-parsley/>

This soup combines the earthiness and sweetness of root vegetables with an unexpected spiciness from the cayenne. The herbs add another dimension, and the sweet and spicy walnut “croutons” elevate it from a classic bisque to a multi textured soup worthy of any Pesach table! 45 minute cook time and 10 minutes prep time, Makes 6 servings.



Ingredients

Roasted Root Vegetable Soup

- 2 sweet potatoes, peeled and chopped to 1” pieces
- 3 parsnips, peeled and diced
- 2 carrots, peeled and diced
- 1 small celery root, peeled and diced
- 1 medium rutabaga, peeled and diced
- 1 cup non-dairy milk of choice
- 5 cups water or more, to reach desired consistency
- 1 ½ teaspoons salt
- ¼ teaspoon fresh or dried minced rosemary
- ¼ teaspoon cayenne pepper
- 1 tablespoon maple syrup
- 1 teaspoon fresh or dried minced thyme

Walnut “Croutons”

- ½ cup walnuts
- 1 tablespoon brown sugar
- ½ tablespoon oil
- ¼ teaspoon cinnamon
- Pinch salt
- 1/8-1/4 teaspoon cayenne pepper
- ¼ teaspoon dried rosemary

Crispy Parsley

- Half a bunch of parsley
- Cooking spray

Directions

To Prepare Roasted Root Vegetable Soup:

1. Preheat oven to 400°F.
2. Line two cookie sheets with parchment paper. Generously spray with cooking spray. On one cookie sheet, place the diced carrots and parsnips. On the other cookie sheet, place the sweet potatoes, celery root, and rutabaga.
3. Place both sheets in the oven and roast vegetables until tender,

around 45 or so minutes. The sheet with the carrots may be done first, so check once in a while.

4. When all the vegetables have finished roasting, remove from the oven and carefully transfer to a blender or food processor. Add the remaining ingredients. Process until smooth and very velvety.

To Prepare Walnut Croutons:

1. Preheat oven to 375. Combine walnuts with all the ingredients.
2. Spread on baking sheet and bake 10-15 minutes, or until golden brown and fragrant.

To Prepare Crispy Parsley Garnish:

1. Clean and shred parsley.
2. Heat a skillet and spray with cooking spray. Let parsley crisp in the pan until reached desired level of crispiness- but keep an eye on it, since it burns easily!

To serve: Spoon soup into bowls, top with walnut croutons and sprinkle with the crispy parsley. Add a sprinkle of cinnamon or cayenne for extra colour.

Optional: Add diced pears.

Easy Zucchini Soup

<https://www.joyofkosher.com/recipes/easy-zucchini-soup/>

Ingredients

- 1 red onion chopped
- 2 potatoes chopped
- 4 zucchini chopped
- 5 cups vegetable broth
- Salt and pepper to taste

Directions

In medium pot sauté onion in olive oil for about 3 minutes, add the potatoes and zucchini, stir for 2 minutes, add broth and salt and pepper to taste.

Cook for 20-25 minutes until vegetables are soft. You can use an immersion blender or if you prefer chunky soup, it is ready to serve.

Note: you can put as much zucchini to potato ratio as you like. It is an easy recipe to double or triple.



Salads & Side Dish- es



Salads and Side Dishes

BALSAMIC CUCUMBER AND CARROT RIBBON SALAD

Jamie Geller—January 22, 2013

<https://www.joyofkosher.com/recipes/balsamic-cucumber-and-carrot-ribbon-salad/>

Ingredients

- 4 tablespoons balsamic vinegar
- 4 tablespoons extra virgin olive oil
- 4 tablespoons finely chopped shallots
- 2 tablespoons mayonnaise
- 2 tablespoons honey
- Kosher salt
- Freshly ground black pepper
- 1 large cucumber
- 3 large carrots
- 1 pint multicolored grape tomatoes, halved
- 2 cups watercress, cut into 2-inch pieces
- Suggested Garnishes: pomegranate seeds

Directions

1. In a small bowl, combine vinegar, oil, shallots, mayonnaise, honey, salt and pepper and whisk well until dressing comes together. Set aside.
2. Using a vegetable peeler, peel cucumber and carrots into long ribbons. Transfer to a large bowl and add tomatoes and watercress. Add dressing and toss lightly to coat well. Serve immediately or refrigerate undressed for up to 1 hour.

Moroccan Spicy Carrot Salad

Ingredients

- 1 pound carrots, peeled, sliced into thin rounds
- 2 cups water
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 teaspoon sweet paprika
- 1 pinch cayenne pepper, or to taste salt and ground black pepper to taste
- 1 tablespoon wine vinegar (or 1 T lemon juice)
- 1/2 teaspoon ground cumin

Directions

1. Steam carrots until soft (about 20 minutes)
2. Combine garlic, olive oil, vinegar (or lemon juice), paprika, cayenne pepper, salt and black pepper. Mix well.
3. Remove carrots from heat and add to dressing mix well. Allow salad to cool to room temperature.
4. Garnish with cilantro to serve.

Prep—5 minutes, Cook time—20 minutes, ready in 1 hour.

Todd Grey's Salad of Roasted Heirloom Beets with Capers and Pistachio

Reprinted with permission from *The New Jewish Table* by Todd Gray and Ellen Kassoff Gray, © 2013, St Martin's Press. Photo courtesy of Renee Comet.

Be careful to bake the two types of beets separately so the former don't bleed into the latter. It doesn't affect the taste if they do, just the appearance, so try not to let the salad sit very long after you've added the dressing.

For a bigger salad, you can mix this with baby salad greens or serve over quinoa and top with shaved Parmesan cheese.

Prep time: 60-75 min. Cook time: 1 hr, Yield: 6 servings

Ingredients

- 2 medium red beets
- 2 medium golden beets
- 1 tablespoon olive oil
- Freshly ground black pepper
- ¼ cup golden raisins
- ½ cup toasted pistachios, chopped
- 3 tablespoons capers, rinsed and drained (omit if you can't find kosher for Passover capers)
- 1 medium red onion, thinly sliced
- 1 small bunch fresh chives, cut into ½-inch pieces
- Lemon Vinaigrette
- 1/3 cup lemon juice (from about 2 medium lemons)
- 1/3 cup olive oil
- 1/3 cup canola oil
- 1 teaspoon salt
- 1/8 teaspoon freshly ground pepper

Directions

Preheat the oven to 325 degrees. Rub the olive oil over the beets and sprinkle them with salt and pepper. Loosely wrap

each type in a separate aluminum foil packet. Place them in the oven and roast until the beets are tender and can be easily pierced with a sharp knife—about 1 hour. Transfer the packets to a wire rack, unfold the foil and let the beets cool. Peel the beets (use rubber gloves to keep your hands from staining) and cut them into bite-size chunks; place in a large bowl.

While the beets are roasting, place the raisins in a small bowl. Add hot water to cover and set aside to soak for 1 hour. Drain the raisins in a mesh strainer before using. For the vinaigrette, whisk together all ingredients until combined. To make the salad, add the pistachios, capers, raisins and onions to the bowl with the beets. Pour in ½ cup of the lemon vinaigrette and toss to mix. Taste the salad and add more salt or pepper if you wish.

Todd Grey and Ellen Kassoff Gray are co-owners of Equinox Restaurant and Harvest Moon Hospitality Group, which includes three other restaurants and two catering companies. They are co-authors of *The New Jewish Table*.

Vegetable Kugel

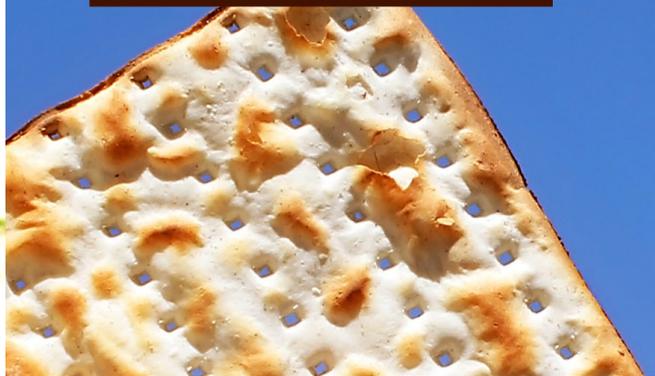
Ingredients

- 6 Tbsp. melted margarine
- 3 eggs, beaten
- ¼ cup green pepper, chopped
- 1½ tsp. salt
- 1 cup onion, chopped
- 1/8 tsp. pepper
- ½ cup celery, chopped
- ¾ cup matzah meal
- 1½ cup grated raw carrot
- oil for frying
- 2 10 oz. packages chopped spinach

Directions

1. Sauté green pepper, onion, celery and carrot in oil for about 10 minutes stirring occasionally.
2. Cook spinach and drain.
3. Combine vegetables.
4. Add eggs, salt, pepper and melted margarine and matzah meal.
5. Spoon into greased 1½ quart baking dish.
6. Bake at 350 degrees for about 45 minutes or until firm.

Main Dishes



Main Dishes

Leek-Feta Patties

The Passover Gourmet, Nira Rousso (Makes 10 12 patties)

Ingredients

- 1 large leek
- 5 oz. Feta cheese
- 2 matzah
- ½ tsp. ground black pepper
- 3 eggs, beaten
- oil for frying

Directions

1. Discard the dark green leek leaves
2. Cut the leek lengthwise and rinse thoroughly
3. Dice and parboil in salt water for 10 minutes
4. Break the matzah into crumbs and add ¾ cup of the boiling water.
5. Mix well and allow to stand for 5 minutes.
6. Strain and mash the leek.
7. Add the matzah mixture, the eggs, the cheese and the pepper.
8. Mix well.
9. Heat the oil in the frying pan, and drop the leek mixture in by tablespoonfuls.
10. Fry until golden brown on both sides. Drain on paper towels. Serve warm or cold.

Esther's Zucchini Frittata

- 1½ pounds fresh zucchini
- 1 onion
- 3 Tbsp. oil
- 5 pieces of matzah
- 1 cup cottage cheese
- 1 tsp. salt
- 5 eggs
- 1 cup sour cream
- 1¼ cups (5 oz.) grated cheddar cheese

Directions

1. Peel and grate the zucchini and onion
2. Sauté them in the oil for ten minutes.
3. Break the matzah, soak them in warm water for 5 minutes and squeeze them dry.
4. Mix the zucchini, onion and matzah with all the other ingredients.
5. Grease a 13x9 inch baking pan, spread the mixture evenly with

moist hands and bake at 350 degrees for about 50 minutes or until golden brown.

6. Serve with yogurt, sour cream or lemon juice.

Potato-Yogurt Cakes

(Makes 12 cakes)

- 3 potatoes
- ½ tsp. salt
- 2 Tbsp. chopped dill
- 2 eggs
- 3 Tbsp. potato starch
- 2 oz. butter
- 2 onions, grated
- ½ tsp. pepper
- 2 cups plain yogurt

Directions

1. Peel, slice and cook the potatoes for 20 minutes. Drain.
2. Sauté the onions in the butter until golden.
3. Mash the potatoes and mix with all the remaining ingredients. Make sure the butter in which the onions were sautéed is incorporated in the mixture.
4. Grease a 12 muffin tin and heat in a preheated 325 degree oven for 5 minutes.
5. Divide the potato mixture between the muffin cups and bake at 325 degrees for 45 minutes or until golden brown.

Tuna Croquettes in Lemony Tomato Sauce

(Makes 10 croquettes)

The Passover Gourmet, Nira Rousso

Ingredients

- 2 cans tuna packed in water (10 oz. each)
- 1 grated onion
- ¼ cup matzah meal
- Salt and pepper to taste
- 2 eggs, beaten
- Oil for deep frying
- 1 Tbsp. chopped parsley

For the Sauce

- 3 Tbsp. lemon juice
- 1 tsp. sugar
- 1 cup water
- Salt and pepper

- 1 large tomato, crushed

Directions

1. Drain and flake the tuna.
2. Add the matzah meal, the eggs, the parsley, the onion, the salt and the pepper.
3. Form balls with wet hands.
4. Heat the oil and fry the croquettes, a few at a time, until golden brown on both sides.
5. In a small saucepan, mix all the sauce ingredients and bring to a bowl.
6. Serve the croquettes hot, with the warm sauce on the side, or chill the croquettes in the sauce, and serve as an appetizer.

Matzah Lasagna

Ingredients

- 2 cans tomato and mushroom sauce
- 1½ cup cottage cheese
- 6 pieces of matzah
- 2 eggs
- ¾ pound mozzarella cheese, grated

Directions

1. Mix cottage cheese and eggs together.
2. In 9x13 greased pan alternate layers of sauce, matzah and cheeses.
3. Repeat until all ingredients are used up, ending with the sauce.
4. Bake at 350 degrees for 30 minutes.

Vegetable Stuffed Eggplant Rollatini

If you don't eat tomatoes, you can just skip the tomato sauce, as the eggplant rollatini is delicious as is.

To make this recipe vegan leave out the eggs in the filling, it won't stick together as well, but will still work.

Ingredients

- 2 large eggplants (2 ½ pounds total)
- Kosher salt
- Olive oil
- Vegetable filling (recipe below)
- Fresh tomato sauce (recipe below)

Vegetable Filling

- 2 tablespoons olive oil
- 2 Russet or Idaho potato, peeled and shredded
- 2 large carrots, peeled and shredded
- 1 small onion, peeled and shredded

- Kosher salt
- Coarse black pepper (optional)
- 2 eggs, lightly beaten (optional)
- 2 tablespoons potato starch

Fresh Tomato Sauce

- 15 ripe vine tomatoes (about 4 ½ pounds)
- 2 tablespoons olive oil
- 1 large sweet onion, finely diced
- 1½ tablespoons sugar
- 2 teaspoons kosher salt
- ½ teaspoon coarse black pepper (optional)

Directions

Preheat oven to 400°F.

1. Cut off the ends of eggplant. Cut eggplant lengthwise, into ½-inch thick slices. Sprinkle both sides with kosher salt. Allow eggplant to sweat for 20 to 30 minutes. Pat dry with paper towels.
2. Grease a rimmed baking sheet. Arrange dry eggplant slices on the sheet. Brush with olive oil. Bake for 10 minutes, until eggplant has softened. When eggplant is cool enough to handle, place 2 heaping tablespoons of vegetable filling on one end of each eggplant slice. Roll into a tube, secure with a toothpick to keep it from unraveling. Arrange rollatini on a clean, well greased, rimmed baking sheet. Brush eggplant with more olive oil.
3. Bake eggplant rollatini for 25 minutes. Carefully loosen rollatinis with a spatula, taking care not to unravel or tear eggplant.
4. To serve, spread a bit of fresh tomato sauce on each plate, and top with 2 to 3 rollatini. Remove the toothpicks, and serve.

Vegetable Filling

Heat oil in a large skillet.

1. Add shredded vegetables and sauté for about 10 minutes. Season with salt, and pepper. Allow to cool.
2. Once vegetables have cooled, add eggs (if using) and mix well. Sprinkle with potato starch, and mix again.

Fresh Tomato Sauce

1. Fill a large pot with water, and heat until boiling.
2. In the meantime, fill a large bowl with ice water. Set aside. Mark an "x" on the bottom of each tomato. Drop the tomatoes, a few at a time,

into the boiling water for 1 minute, to loosen the tomato skins. Remove with slotted spoon and plunge immediately into ice water.

3. Peel the tomato skins; the skins will basically slip off the tomatoes as you handle them. Carve out the tops of the tomatoes, using a pointed knife. Squeeze out the seeds and juice.
4. Place the tomatoes in a large pot over medium heat. Do not add water. Heat the tomatoes through and bring to a simmer. Simmer for 20 minutes, stirring constantly so that tomatoes don't splatter.
5. In the meantime, heat olive oil in a small skillet and sauté onion for 5 to 8 minutes. Set aside.
6. Add the sautéed onion, sugar, salt, and pepper if using to the tomatoes. Raise heat and bring to a boil. Lower heat and simmer in a mostly covered pot for an additional 20-25 minutes.

Cauliflower Steaks with Gremolata (vegan)

These vegan cauliflower steaks are a wonderful main course for Passover or anytime. Great for vegetarians and non vegetarians, it is a wonderful way to get more veggies in your diet.

Ingredients

- 1 head cauliflower
- 2 tablespoon olive oil
- salt and pepper
- 2 cups of your favorite tomato sauce

Gremolata

- 1/2 cup walnuts
- 1/2 cup fresh parsley
- 1 garlic clove, minced
- 1 lemon, zested
- salt and pepper

Directions

1. Remove leaves and trip stem end of the cauliflower leaving core intact. Using a large knife cut out 1/2" steaks from the center of the cauliflower, and cut any remaining smaller steaks out too.
2. Preheat oven to 400 degrees F. Heat 1 tablespoon oil in a large heavy skillet. Cook steaks in hot pan about 2 minutes per side until they are golden brown. Remove to a baking sheet. Halfway through cooking add another tablespoon oil. Once all steaks are browned place the pan

in the oven for about 15 minutes to ensure the steaks are tender.

3. Meanwhile, warm up your tomato sauce and prepare gremolata.
4. Finely chop walnuts, place on a dry baking sheet. Bake 5-7 minutes until lightly toasted, stirring once or twice. Cool. Finely chop parsley and place in a small bowl. Add zest and cooled walnuts, garlic, salt and pepper.
5. When ready to serve, spoon tomato sauce on to a plate, top with cauliflower steak and sprinkle with gremolata.

Quinoa Crust Pizza

Ingredients, Quinoa Crust

- 3/4 cup uncooked quinoa, soaked for at least 8 hours
- 1/4 cup water
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 tablespoon grapeseed oil (to grease the pan)

Pizza

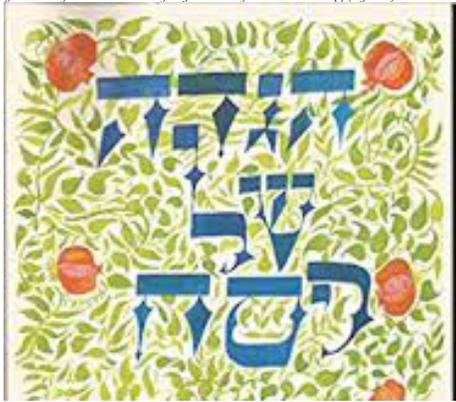
- Toppings of your choice (asparagus, broccoli, mushrooms, etc.)
- Marinara sauce
- Cheese (optional, can use vegan cheese)

Directions

1. Line a 9" springform pan with parchment paper. Lightly grease the pan with grapeseed oil, and set aside.
2. In a bowl, cover the quinoa with at least 1 inch of water and soak the quinoa for at least 8 hours. Soaking longer will further reduce any bitter flavour from the quinoa.
3. Drain and rinse the quinoa, and transfer it to the cup of a food processor. Add the 1/4 cup water, baking powder and salt, and pulse until you have a smooth batter (about 2 minutes), scraping down the sides as needed to ensure an even texture .
4. Pour the batter into the pan, smoothing the surface with a spatula.
5. Bake the crust for 15 minutes at 400°F, then flip the crust (while removing the parchment paper) and cook for another 5 minutes, until the edges of the crust start to brown.
6. Add your marinara sauce and toppings of choice, and return to the oven for another 5-10 minutes until the toppings are well cooked and any cheese has melted nicely.

Hagadah Helpers

(from the former Partners for Jewish Life and Learning (PJLL))



Where was the most unusual place you celebrated the Pesach Seder?



Deep Pesach Thoughts

When we say "Next Year in Jerusalem" at the end of the Seder, what does that mean to you?



Hmmmmmm...

Which biblical personality would you like to invite to your Seder, and which famous modern day personality would you like him/her to sit next to?



When inviting guests to your Seder...

Contact your guests in advance and ask them to bring with them something that symbolizes freedom in their lives and in the past year.

- Have the guests raise them at relevant points during the Seder and explain why it symbolizes freedom to them.
- Compare the symbolism of your items with the traditional items on the Seder plate.
- Create a new Seder plate with your items.



On Pesach, we open our houses to the needy to come and eat with us. How could you really make this happen?



What Pesach taste stays with you the longest once Pesach is over?

Who knows 10?

Create a David Letterman-style Top Ten List of "Signs the Seder is Going Too Long."



Pesach means "passed over." What is something that you have passed over this past year?

If you had to do it again, would you still pass it over?



Sephardic Passover Traditions

The leader of the Seder asks a series of three questions to a child who is dressed as if he has just left Egypt:

1. "From where have you come?"
The child answers: "I have come from Egypt."
2. "Where are you going?" The child answers: "I am going to Jerusalem."
3. "What are you taking with you?" The child points to a sack or napkin full of matzah.

If you were leaving your home for another city or country and could only pack what you were able to carry, what would you bring?



Did you know...Moses, Aaron and Miriam were siblings. Instead of another biblical story about sibling rivalry, the Passover tale highlights how these siblings used their strengths to support the others' weaknesses.

When has a sibling or family member filled in for you at a moment of weakness?



Where is the Craziest place you hid/ found the afikomen?



If you were a breadcrumb in your house, where would you hide over Pesach?



What, other than rituals, can you absolutely count on happening every year at your Seder?

At what age did you get your first taste of freedom? What was it? How did it taste then? Does it still taste that way now?



After you spill off some wine to remember the Egyptians who drowned, spill off some saltwater, and ask yourself: "Which countries have populations for whom we need to shed tears and remain vigilant?"

If you had the staff of Moses and the power to work wonders, what would you do for victims of natural disasters?



Orange on the Seder plate?



In the early 1980's, while speaking at Oberlin College Hillel, Susannah Heschel, a well-known feminist scholar, was introduced to an early feminist Haggadah that suggested adding a crust of bread on the Seder plate as a sign of solidarity with Jewish lesbians. Heschel felt that putting bread on the Seder plate implied that Jewish lesbians and gays violate Judaism like hametz (leavened food) violates Passover.

So at her next Seder she chose an orange as a symbol of inclusion for gays, lesbians and others who are marginalized within the Jewish community. Each orange segment had a few seeds that had to be spit out- a gesture of spitting out homophobia in Judaism. She writes, "Somehow, though, the typical patriarchal maneuver occurred. My idea of an orange and my intention of affirming lesbians and gay men were transformed. Now the story circulates that a man said to me that a woman belongs on the bimah as an orange on the Seder plate. A woman's words are attributed to a man, and the affirmation of lesbians and gay men is erased. Isn't that precisely what's happened over the centuries to women's ideas?"

ORAGAMI PROJECTS

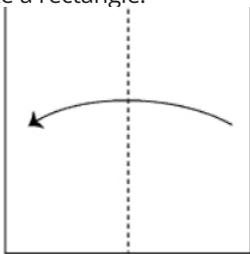
https://web-japan.org/kidsweb/virtual/origami2/exploring01_06.html

Plague of Frogs

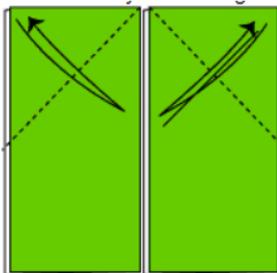
At one time Jews were slaves in Egypt, which was ruled by a Pharaoh. To persuade him to free the Jews, God sent ten terrible plagues. In one of them millions of frogs descended on the country. As a reminder of this event, make a lot of jumping paper frogs.

Note: Instructions do not specify the size of paper to use. I used a 3 by 5 index card and skip the first step. Otherwise use a square piece of paper and start with the first step.

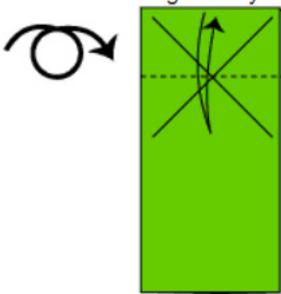
1. Fold the paper in half sideways to make a rectangle.



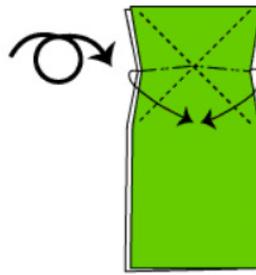
2. Fold the corners down and unfold them right away, repeating this for both top corners of your rectangle.



3. Flip the paper over and fold the top of the paper down at the spot where the diagonal creases meet. Unfold right away.

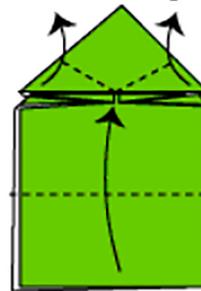


4. Flip over once again, and fold the two edges toward you so they meet each other. The top of your rectangle will fold down to form



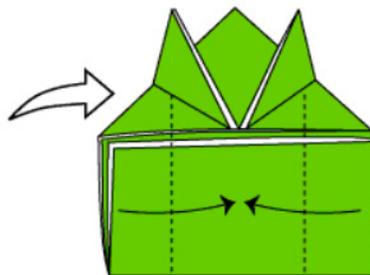
a triangle.

5. Fold the bottom of the paper up so that its edge meets the bottom of your triangle. Fold the two corners of the triangle up to form the "front



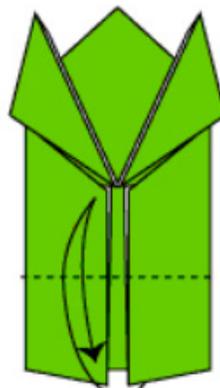
legs" of the frog.

6. Fold the sides inward to meet at



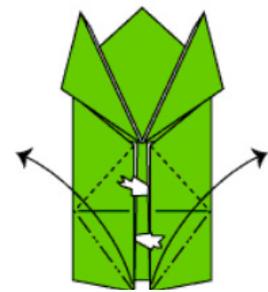
the center.

7. Fold the bottom of the paper upward so its edge touches the bottom of the "legs," and unfold

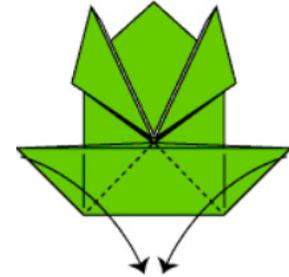


right away.

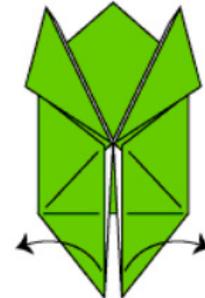
8. Insert your fingers into the inside of the flaps, and pull the bottom corners outward to the sides, so that the bottom edge comes up to



touch the bottom of the "legs."

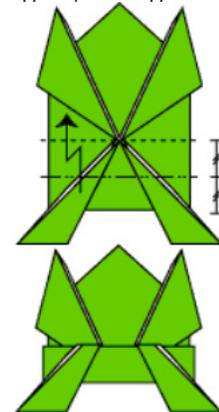


9. Fold the corners down so they meet at the bottom of the figure.



10. Fold the bottom corners outward to form the "back legs" of the frog.

11. Create a zigzag fold at the bottom of the figure, folding the bottom



half up and then the bottom quarter back down.

12. Your frog is ready to go. Press its back and release to make it hop!



Absolutely Magnificent Caramel Matzah Crunch

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<http://www.koshercooking.com/recipes/passover/buttercrunch.html>

An outstanding, unique, and easy confection. If you make only one thing at Passover, make it this one.

Ingredients

- 4-6 unsalted matzoh boards or sheets
- 1 cup unsalted butter or unsalted Passover margarine
- 1 cup brown sugar, packed firm
- 3/4 cup chocolate chips or semi-sweet chocolate, coarsely chopped

Directions

1. Preheat oven to 375 Degrees F.
2. Line a cookie sheet completely with foil. Cover bottom of pan with baking parchment - on top of foil. This is very important as mixture becomes sticky during baking. Line bottom of pan evenly with matzoh boards, cutting extra pieces of matzoh, as required, fitting any spaces on the cookie sheet as evenly as possible.
3. Combine margarine or butter and brown sugar in a 3 quart, heavy-bottomed, saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking 3 more minutes, stirring constantly. Remove from heat and pour over matzoh.
4. Place in oven and immediately reduce heat to 350 F. Bake 15 minutes, checking every few minutes to make sure mixture is not burning (if it seems to be browning too quickly, remove from oven, lower heat to 325 F, and replace)
5. Remove from oven and sprinkle matzoh boards immediately with chopped chocolate or chips. Let stand 5 minutes then spread melted chocolate over matzoh. While still warm cut into squares or odd shapes. Chill in refrigerator until set. This makes a good gift. You can also serve it in confectioners' paper cups as a candy.

Variation

You can also use white chocolate, coarsely chopped (or both white and dark) and chopped, toasted almonds

(sprinkle on top as chocolate sets). Another variation is to just sprinkle Pecans on top.

Recipe Background

"MY TRADEMARK" CARAMEL MATZOH CRUNCH

About fifteen years ago I was in a Passover "rut". I made scores of cakes and labored over all sorts of interesting Passover tortes and pastries. All tasty, but I noticed, as the Seder concluded, everyone was too full to do these desserts justice. I also noticed that people have a tendency to just nibble at sweets after a big meal. Small items had a real appeal. I wanted to make something modest but sweet and for a change, nut-free (since so many Passover treats have nuts). I also was looking for something that was egg-free as a change to offer family and Seder guests.

Then I had it! For years, I had made a confection-like recipe that called for nothing but soda crackers, butter, and brown sugar. I believe I got the recipe from an old Farm Journal cookbook but noticed others seem to make the same recipe as well. Some people make a similar recipe using graham crackers. Now, I thought, what could I use to replace those soda crackers? And then it came to me - matzoh boards! How logical, how appropriate. I wondered at first if the matzoh would absorb the sugar and butter as could the soda crackers and happily, I found they did. When I discovered unsalted Passover margarine and kosher-for-Passover brown sugar, I knew I was in business.

Well, the resultant Caramel Matzoh Crunch, aka Matzoh Buttercrunch was an instant hit. It had the perfect one-two punch of ease of preparation and dynamite taste. I printed out copies and copies of it, each year, for friends in my community (I did by the way, credit Farm Journal and the soda cracker concept. Many times readers would write and inform me that the soda cracker version was their special family secret recipe - goes to show you that a good recipe does make the rounds). Each Passover feature I ever contributed to the many newspaper food sections I contributed to: it travelled from Montreal, to the Washington Post, Boston Globe, Buffalo

News, Chicago Tribune, Toronto Star, the Detroit Free Press, the Vancouver Sun, and Newsday - and other places I probably don't even recall. I wrote many features on Passover - but the Passover Matzoh Buttercrunch became my legendary recipe.

Once a neighbor gave me a copy of the recipe (printed out on my own printer and photocopied umpteen times!) - unknowing that it emanated from me. I chuckled and told her that the recipe came from my Passover feature etc. etc. "Sure, she said, humoring me, "Sure, that's what they all say!". I have been flattered to see it in other people's cookbooks as well as on the Internet - although on this occasion, it is because I am happy to share with visitors at Kosher Express. I am thrilled to know I have been part of a new tradition. And I thank whoever it was who stumbled on the soda cracker idea. If I knew who you were, I would credit you by name. I would also share with you my version - who knows - maybe you also could also use an easy Passover recipe.

For the last few Passovers, I have made several batches of Caramel Matzoh Crunch, all intended for holiday gifts. To this day, not one batch has ever got that far. Everyone eats it first. Each year, I figure I will outsmart the appetites around me and make EVEN MORE..... but I have not caught up yet. In fact, all the matzoh intended for consumption during Passover week (like breakfast time, etc.) gets pressed into service as Matzoh Buttercrunch. Sometimes it seems that I am stocking up on matzoh for the holidays only to keep my Passover Matzoh Buttercrunch "factory" in operation!

This recipe is sublime made with unsalted butter (and that is what I use when it is not being served at the Seder meals) but still wonderful made with unsalted Passover margarine. If you choose, it can also be made with white chocolate and added chopped toasted nuts, such as almonds. It is pure confectionary delight - but you do not need any special techniques or even a candy thermometer to make it. In fact, if you are terrified of Passover baking, just make this. It is a winner.

This recipe is from A Treasury of Jewish Holiday Baking by Marcy Goldman .



Kitniyot: Not Quite Hametz (from My Jewish Learning)

The Passover debate surrounding rice, millet, corn and legumes.

by Jeffrey Spitzer

<https://www.myjewishlearning.com/article/kitniyot-not-quite-hametz/>

Rice, millet, corn and legumes are not among the five prohibited grains on Passover, but Jews of European origin have traditionally avoided them during the holiday.

There are five grains, and five grains only, that, according to Jewish law, can ferment and become hametz (any food that is leavened or has a leavening agent). These are wheat, barley, spelt (also known as farro), oats, and rye. These are also the only grains that can be made into matzah. Traditional Jewish law forbids eating, owning, or deriving benefit from these five grains in any amount and in any form throughout the holiday (other than when they are baked into matzah).

On its own, this rule requires fairly extensive effort to observe, but it is, at least, quite clear. For the past 700 years, however, Ashkenazic Jews have complicated Passover observance by avoiding rice, millet, and legumes. These

are collectively known as kitniyot, from the Hebrew word katan (little). (In recent years, the discovery of the New World food quinoa, which most Jews now consider kosher for Passover, has eased the kitniyot burden somewhat.)

Note: The Conservative movement's Committee on Jewish Law and Standards ruled in December 2015 that kitniyot now are permitted on Passover.

The Talmudic Discussion of Kitniyot

Although the earliest mention of the custom to prohibit kitniyot dates from the 13th century, the discussion concerning their use goes back to Tannaitic times. The second century Rabbi Johanan ben Nuri considered rice and millet to be close enough to the five grains that one could use them for matzah:

"Our Mishnah [which defines the five grains that can leaven and can therefore be used for matzah] disagrees with R. Johanan b. Nuri, who holds: Rice is a species of grain, and one is punishable for [eating it in] its leavened state. For it was taught: R. Johanan b. Nuri prohibits rice and millet, because it is close to leaven" (Bavli Pesachim 35a).

Here, the Talmud points out that Johanan b. Nuri's approach disagrees with the Mishnah. A later Talmudic

discussion mentions that the amoras (rabbis of the third to sixth centuries) R. Huna and Rava used to put rice on the seder plate, from which behavior, Rav Ashi concludes, "We do not pay attention to the opinion of R. Johanan b. Nuri" (Bavli Pesachim 114b).

Reasons for Prohibiting Kitniyot

During the 13th century, rabbis in France began to refer to a custom of prohibiting kitniyot, including rice, dried beans, millet, and lentils, although most of the reasons explaining (or justifying) the prohibition were developed later. The 13th-century talmudist Rabbenu Peretz b. Elijah of Corbeil suggests that people might get confused because hametz and kitniyot are boiled similarly, and in some places they make kinds of "bread" out of kitniyot. People might wrongly assume that what is permitted for rice or beans might also be permitted for the five grains. In the 14th century, R. Jacob b. Asher, the author of the Arba'ah Turim, suggested that grain might be mixed up with kitniyot during storage.

Reasons for Allowing Kitniyot

On the other hand, the custom has been widely criticized. As the Israeli Masorti (Conservative) Rabbi David Golinkin has shown, not only is the custom

contrary to the opinions in the Talmud, but more than 50 different early sages reject it outright. One of the earliest sages to mention the practice, the 13th-century Samuel b. Solomon of Falaise, considered it a “mistaken custom,” and others called it a “superfluous stricture” or even a “stupid custom.”

Some authorities consider it obligatory to abolish a stupid custom. The 18th-century Rabbi Jacob Emden wrote that he would have abolished the custom had he had the authority to do so. In the 19th century, R. Israel Salanter, the founder of the Musar (ethics) movement in Lithuania, ate kitniyot on Passover in public during a time of scarcity, dramatically demonstrating that kitniyot were not the same as hametz (which he clearly did not permit).

Although scarcity has not been a serious issue in recent times, modern arguments against the custom focus on how it raises the cost of observance, how it detracts from the joy of the holiday, and how it divides the Jewish community, especially in Israel, where there is a significant split between Ashkenazic Jews who observe the custom and Sephardic Jews who do not.

Reasons for Maintaining the Custom

A 700-year-old custom, however, should not be lightly abandoned. Rabbinic sources abound with warnings not to remove the boundaries set by previous generations. Indeed, many customs ultimately develop legal force. While in Israel most “kosher for Passover” products are made for people who eat kitniyot, in North America, it is almost impossible to find kitniyot products that reliably do not have hametz.

Furthermore, since most Jews in North America are Ashkenazic, there is little basis for an argument that maintaining the custom divides the Jewish community. To the contrary, wholesale abandonment of the prohibition on kitniyot might contribute to further divisiveness.

Customary Confusion

Each year, more questions are asked about kitniyot than are asked about hametz, which makes some rabbis concerned that our educational focus has lost its sense of priority. One rabbi reports how a well-meaning but ill-informed congregant “knew” that string

beans were a prohibited legume, but planned on making lasagna (with regular wheat pasta) since it’s flat and doesn’t rise. Regular pasta is, of course, outright hametz according to all authorities (though special kosher-for-Passover pasta is sold these days).

While incidents like these argue for a re-evaluation of what is taught, they also indicate that the concerns about popular confusion are quite real. Nevertheless, the widely held and generally correct perception that the rules about kitniyot seem to change from year to year is probably the most significant factor contributing to the confusion.

Kitniyot May Not Leaven, but the Prohibition Expands

In addition to what has already been mentioned, items that have been considered prohibited by some community or other include peas, caraway, fennel seed, mustard, garlic, corn, soybeans, and peanuts. Another way in which the customary prohibition has expanded has been to limit the use of derivatives of kitniyot, including derivatives that could not be confused with grain or flour, like soybean oil and peanut oil.

Potatoes provide an interesting contrasting case. Unlike peas, potatoes do make a flour that is used quite effectively in Pesachdik (Yiddish for “Kosher for Passover) cakes and brownies. Nevertheless, potatoes are not prohibited. Indeed, one of the leading halakhic (Jewish legal) authorities of the 20th century, Rav Moshe Feinstein, has argued that potatoes were initially not prohibited because they simply weren’t known in Europe. Once they became known, they weren’t prohibited because there were early authorities that considered the kitniyot prohibition a “foolish custom.” On this basis, Rav Feinstein permitted peanuts; he also permitted peanut oil with the additional reason that it was a derivative.

According to this line of thinking, items that were traditionally prohibited could continue to be prohibited, but there was no basis for expanding upon the list of prohibited items (Igrot Moshe, Orah Hayyim 3.63).

Over the past decade, peanut oil has become far less available for Passover. Safflower oil, which had also been considered acceptable, is

also hard to find. The most commonly available oil now is cottonseed oil. But that oil will also probably disappear from our shelves, since many Israeli rabbinic authorities have declared it unacceptable. Ignoring Rav Feinstein’s reticence to expand the prohibition, most kashrut authorities in North America are quick to adopt new strictures.

Kosher, but Perhaps Educationally “Unacceptable”

On the other hand, some commercially produced foods that use potato starch and/or matzah cake meal to create imitations of regular, hametz foods—such as Pesach noodles, breakfast cereal, and cookies—while technically Pesachdik, might be avoided for precisely the same reason that kitniyot originally were. How is one to teach a child (or an adult) what hametz is if many of the primary forms of hametz in a child’s diet are also available in fairly indistinguishable forms on Passover? Surely, technology will soon yield Pesachdik sliced bread! Foodies will quickly aver that Passover noodles are inferior and will never be confused with the real item, but then, what is the point of buying them in the first place.

Some Final Thoughts

While one is prohibited to own, use, or benefit from hametz, Ashkenazic tradition for kitniyot only applies to consumption. One does not have to sell one’s kitniyot along with one’s hametz. Furthermore, one can continue to use cornstarch-based bath powder. Even medicines that use corn starch as a binder are permitted.

Especially in Israel, where there is a substantial Ashkenazic minority, kitniyot can be a very divisive issue. North America has far fewer Sephardim, but the dual trends of expanding lists of prohibited items and a backlash among liberal Ashkenazim, who are limiting or abandoning their observance of avoiding kitniyot, can lead to serious divisions in the Jewish people. Therefore, people should be aware that someone who does not eat kitniyot may still eat from the dishes of someone who does eat kitniyot. It is appropriate to be strict on Passover; it may not be appropriate to make “little things” into such a big thing that it separates Jew from Jew.

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