



The Feast of Passover



Passover - Leviticus 23:5-8

The Jewish faith is rich in rituals. We cannot relate religious significance to food, but there are certain days which are underlined by fasting, others which are exalted by feasting. The below recipes will serve as an outline of some of the traditional foods prepared for Passover. The Lord instructs us not to eat anything with leaven (yeast) in it during the Passover and the Feast of Unleavened Bread.

Flour Measurements for Passover

1 cup regular flour = ¼ cup matzah cake meal, ¾ cup potato starch

½ cup regular flour = 2 tablespoons matzah cake meal & 6 tablespoons potato starch

Sample menu

Wine

*Gefilte Fish**

*Vegetarian Chopped liver**

*Chicken Soup with Matzo Balls**

Brisket of Beef or Lamb**

Roast Chicken or Turkey

*Carrot Tzimmes**

*Potato Kugel**

Green Salad

*Passover Rolls**

Compote of Dried Fruits

*Passover Brownies**

*Passover Sponge Cake**

*Macaroons**

Fresh Fruit

**Signifies recipes are included*



Passover Recipes



Haroset

1 cup chopped Apples	2 Tbs Sweet Red Wine
1/4 cup chopped Walnuts (or Almonds)	grated rind of half a Lemon
1 tsp Sugar (or Honey)	1 tsp Cinnamon

Mix all ingredients together well. Add enough wine to bind together. Let set in refrigerator.

The fruit and nuts found in haroset recipes refer to two verses found in the Song of Songs linked with the spring season. “Under the apples tree I awakened thee” (8:5) and “I went down into the garden of nuts”(6”11). The red wine recalls the Red Sea, which the Lord parted for the Jews.

Most American Jews are familiar with the mixture of apples, almonds, cinnamon, wine, and ginger. This is by no means the only combination. Pine nuts, peanuts, even chestnuts can be mixed with apricots, coconuts, raisins, dates, figs and even bananas.



Haroset (Monumental Mizrachi Mortar)

Dee Weber's combo comes from some great recipes originating in Italy, Greece, Rhodes, Yemen, Iran (mostly), India, and Surinam - Jer. Post 2000.

1/4 cup Pine Nuts	1 whole Orange grated (including rind)
1 cup Almonds	2 Tbs Sesame Seeds
1 cup Hazelnuts (or Walnuts)	2 Tbs ground Poppy Seeds
1 cup Pumpkin Seeds	2 Tbs Apple Vinegar (or Wine Vinegar)
1 cup shredded Coconut meat	2 tsp Rosewater
1 cup Raisins	1 cup Sweet Red Wine
1 cup dried Apricots	
1 cup Date paste	2 tsp ground Cinnamon
2 Apples, finely chopped or shredded	1/4 tsp each of ground cardamom, nutmeg, ginger, & cloves

Coarsely chop nuts in food processor. Add together chopped small fruit and nuts, seeds. Then liquids, add spices (taste a bit). Mix well until like a thick paste. Should make up at least one day before, but it gets better with age. Keep in refrigerator, but serve at room temp.



Passover Rolls

2/3 cup Water	1 Tbs Sugar
1/3 cup Oil	3 Eggs
1 cup Matzo Meal	1/4 tsp Salt

Bring to a boil, oil, water, sugar, and salt. Stir in matzo meal, boil a second more and remove from fire. Mix thoroughly. When slightly cooled, beat in eggs one at a time. Wet hands and roll dough into balls of about 2 inches in diameter. Place them on a greased sheet. Dip forefinger in water and press holes in center of each ball. Bake at 375°- 400° F for about 40-45 minutes.



Gefilte Fish

(doctored!)

1 jar or canned Gefilte fish w/jelled broth	1-2 tsp Pepper to taste
4 large Fresh Carrots	2 Onions (save the skin)
2 stalks Celery	several sprigs Parsley

Place fish with jelled broth in soup pot. Cut up in bite size pieces all vegetables and place in pot. Add pepper. Bring to a boil and turn to down to low. Place onion skins on top of mixture and simmer for an hour. Remove fish and cool.

Some people like potatoes served hot with the cold fish. You can place cut up potatoes into soup broth after the fish is removed and cook the potatoes for an additional hour.

Serve fish on a bed of greens with parsley and red or white horseradish. The hot potatoes can serve as a side dish to this. I have known some people to also do this process in the oven at 350° F.



Vegetarian Chopped Liver

2 (1 lb) cans green beans, drained well**	4 hard-boiled Eggs
1 (1 lb) can soybeans, drained well	2 lbs Onions (browned* in 2 T. olive oil & salted with ½ tsp. paprika)
1 (4 oz) can mushrooms, drained well	1/2 cup shelled Walnuts

Grind all ingredients. When using a food processor, remember you want to have a paste. Add lots of salt & pepper to taste and refrigerate. Serve with matzo crackers and olives. Your guests won't guess it isn't really liver.

** The darker the browning of the onions the more it will really look like real Chopped Liver.*

*** I use fresh green beans in this recipe. It seems to taste better than the canned. I steam the string beans and then when the onions are almost done I throw them in with the onions to make them a darker color too.*



Chicken Soup

1 "soup Chicken" and a few chicken necks	3 ribs Celery, cut in half
4 quarts of Water	3 Turnips, cut in half
1 large Onion, peeled and left whole	2 sprigs fresh Dill
4 Carrots, sliced lengthwise	2 sprigs fresh Parsley
3 Parsnips, sliced lengthwise	Salt & Pepper to taste
dash of Garlic	

Place chicken and necks in a pot in cold water. Heat to boiling. Simmer 5 minutes and skim residue on top. Add rest of the ingredients and simmer, covered partially, on low to medium flame for 1 ½ hours. Adjust salt and pepper to taste.

Chicken soup should always be made ahead, chilled and all fat removed before reheating to serve. Cheesecloth can be used to remove excess fat by straining it thru the cheesecloth. Some people remove all the vegetables and discard and serve only the broth with matzo balls, while others like to keep the vegetables or add others to replace the ones used for making the soup. Either way this is good Jewish penicillin!



Matzo Balls

6 Eggs, separated	1 tsp Salt
1 cup Matzo Meal	1/8 tsp Pepper
1 Tbs Fat or Oil	2 Tbs Water or Seltzer

Beat egg whites until stiff. Beat egg yolks until light. Add salt, pepper, liquid and fat or oil to beaten egg yolks. Fold into egg whites. Fold in matzo meal one spoonful at a time. Refrigerate covered with a dishtowel for at least one hour. Wet your hands and form batter into balls the size of a walnut and drop into rapidly boiling water. Reduce heat and cook slowly covered for about 30 minutes. Serves 12.



Glazed Chicken with Matzo Nut Stuffing

1/3 cup Vegetable Shortening	1/2 tsp Salt
1/3 cup Minced Onion	1/4 tsp Pepper
1/3 cup Celery, finely chopped	1 Egg
1/3 cup Almonds, chopped	4 Matzos, broken up
1 tsp Orange Peel, grated	4-4½ lbs Chicken

Glaze

1 cup Orange Juice	2 tsp Orange Peel, grated
1/4 cup Honey	1/4 cup oil

Preheat oven to 325° F. Sauté onion, celery and nuts in shortening until tender. Add matzo and sauté lightly. Combine salt, pepper, egg, soup, orange rind in a bowl. Add matzo and mix well. Fill chicken. Combine glaze ingredients and brush on chicken, saving some to continue to brush over chicken while baking. Place bird on a rack in open pan, breast side down ½ hour. Turn chicken. Bake 2-2½ hours longer.



Brisket

3 - 4 lbs Beef brisket (trim off fat)	2 tsp Salt
1 Tbs Oil	1/4 tsp Hot Pepper Sauce
2 cups Grapefruit Juice	3 Carrots, cut in 2-inch pieces
1 (6 oz) can Tomato Paste	3 ribs Celery, cut in 2-inch pieces
2 medium Onions, sliced	1/4 cup Brown Sugar, packed
1 clove Garlic	

In a large skillet or Dutch oven, brown brisket on both sides. Combine grapefruit juice and tomato paste, pour over meat. Add onion garlic, salt, pepper sauce, carrots, and celery. Cover and simmer 2 to 2 1/2 hours or until tender, turning brisket after 1 hour.* Remove brisket to cutting board and stir in brown sugar into sauce.

(I like to put the gravy in the blender and blend until smooth) Allow brisket to cool and then slice against the grain. Serves 8.

**After browning, you can also place in a 350° F oven for 2 to 2 ½ hours.*



Herb-Roasted Lamb

Recipe courtesy of Ina Garten

12 large unpeeled Garlic Cloves	2 Tbs unsalted Butter, melted
1 Tbs fresh Rosemary, chopped	1 (6-lb) boneless leg of Lamb, trimmed and tied
Kosher Salt	4 - 5 lbs small unpeeled potatoes (16 to 20)
Freshly ground Black Pepper	2 Tbs good Olive Oil

Preheat the oven to 450° F. Place the oven rack in the lower third of the oven so the lamb will sit in the middle of the oven.

Peel 6 of the cloves of garlic and place them in the bowl of a food processor fitted with the steel blade. Add the rosemary, 1 tablespoon salt, 1 teaspoon pepper, and butter. Process until the garlic and rosemary are finely minced. Thoroughly coat the top and sides of the lamb with the rosemary mixture. Allow to sit at room temperature for 30 minutes to 1 hour.

Toss the potatoes and remaining unpeeled garlic in a bowl with the olive oil and sprinkle with salt. Place in the bottom of a large roasting pan. Place the lamb on top of the potatoes and roast for 1 1/4 to 1 1/2 hours, or until the internal temperature of the lamb is 135° F (rare) or 145° F (medium). Remove from the oven and put the lamb on a platter; cover tightly with aluminum foil. Allow the lamb to rest for about 20 minutes. Slice and serve with the potatoes.



Matzoh Farfel Pudding

1 lb. Matzoh farfel	1 tsp Vanilla flavoring (or almond or lemon)
7 Eggs	1 cup Sugar
3/4 lb Butter (or Margarine)	3/4 tsp Salt
1 large can Peaches in syrup	Cinnamon and sugar mixed (for topping)

Put farfel in strainer and pour hot water over it; drain. Beat eggs and add to farfel. Melt margarine and add to farfel. Add syrup from peaches and all the other ingredients except the fruit. Pour half of the mixture into a 9x13 inch greased baking pan and top with 1/2 the peaches. Add remaining farfel and cover with rest of the fruit. Sprinkle with cinnamon and sugar. Bake at 375° F for one hour.



Carrot Tzimmes

8 large Carrots	1/2 tsp. Salt
2 large Sweet Potatoes	3/4 cup honey
1 cup Pitted Prunes	1 Tbs Lemon juice
3 Tbs Butter (or margarine)	3 Tbs Flour

Slice carrots and sweet potatoes 1/4-inch thick. Put in saucepan with enough water to cover. Cook until almost tender. Drain off most of the liquid. Add salt, honey and lemon juice. Simmer 10 minutes. Melt butter in skillet and blend in flour. Add to pot and blend. Pour into greased casserole and brown under broiler.



Potato Kugel

2 lbs Potatoes	1 tsp Salt
1 medium Onion	3/4 tsp Pepper
1 large Carrot	2 Eggs
1/4 cup Matzo meal	2 Tbs Vegetable Oil

Preheat oven to 350° F. Peel all vegetables and grate in a food processor. Add eggs, matzo meal, salt, pepper, and oil. Mix well. Grease a 9 by 5 by 2 inch baking dish. Put the mixture in and bake uncovered for 90 minutes. The Kugel is done when it is nicely browned and its edges look crisp.



Spinach Kugel

2 Eggs	1/2 tsp Salt, dash pepper, dash nutmeg
1 small Onion, minced	1 (10 oz) pkg chopped Spinach, thawed and well drained
1/3 cup Matzo meal	
4 cups Chicken or Vegetable broth	2 Tbs melted Butter (or Margarine)

Preheat oven to 350° F. Beat eggs, stir in spinach, onion, matzo meal, salt, pepper, nutmeg and margarine. Turn into a greased 9 inch loaf pan. Bake in oven for 40 minutes. Slice. Serves 4-8.



Sweet Potatoes with Fruit

6 sweet potatoes (or yams)	Cinnamon
1½-2 cups apples, thinly sliced & peeled	lemon juice
1/2 cup brown sugar	lemon rind

Parboil potatoes and peel. After peeling, cut into half inch slices. Cook until nearly done. Add apples and if not tart then sprinkle with lemon juice. Grease baking dish and place alternate layers of sweet potatoes and apples. Sprinkle layers with brown sugar and dash cinnamon and grated lemon rind. Bake 350° F oven for 30 mins.



Kasha with Almonds

2 cups whole Grouts (Buckwheat)*	4 tbsp Onion, chopped
1 cup blanched slivered Almonds	½ cup Olive Oil
4 tbsp chopped Green Pepper	1 clove Garlic, minced
4 cups Chicken or Vegetable Broth	

Sauté almonds in olive oil until brown. Remove and save almonds. Add garlic, onion and green pepper to oil remaining in sauce pan and sauté until onion is golden brown, stirring frequently. Add grouts and broth and mix well. Pour into casserole and bake in slow oven (325° F degrees) for 30 minutes. Stir in almonds. Bake for 15 minutes.

There is also a dish called Kasha Varnishkes (also know as Kasha and bow-ties) It would be made similar to this, leaving out the almonds and adding cooked bow-tie pasta.

** Dark colored Quinoa can also be substituted for Buckwheat.*



Sponge Cake

12 Eggs, separated
2 cups Sugar
2 Lemons, juiced
grated Lemon peel

1 cup Flour or Cake Meal
1 tsp Potato Starch

Beat egg yolks and add sugar gradually then add grated lemon rinds, lemon juice, cake meal and potato starch. In a separate bowl, beat egg whites to form peaks. Fold the egg whites into the mixture. Put into an ungreased tube pan. Bake in a 325° F oven for 50 minutes or until done. Turn pan over and allow cake to sit on an open rack to cool thoroughly.



Brownies

4 oz Bittersweet Chocolate
 $\frac{1}{4}$ cup Butter (or Margarine)
2 Eggs
 $\frac{1}{4}$ cup chopped Walnuts (optional)

$\frac{2}{3}$ cup Sugar
 $\frac{1}{2}$ cup Cake Meal
dash Salt

Melt chocolate and margarine. Cool. Beat eggs and salt until thick and lemon colored. Beat in sugar. Add chocolate mixture. Gradually add cake meal. Beat until well blended. Stir in nuts. Spread evenly in greased 9-inch pan. Bake in 350° F oven for 35 minutes. Cut while hot. Cool in pan.



Coconut Macaroons

Recipe courtesy of Karen Blenner

3 Egg whites
 $\frac{3}{4}$ cup sugar

$2 \frac{1}{2}$ cup coconut
2 Tablespoon potato starch

Beat egg whites till stiff. Gradually beat in rest of ingredients. Drop by teaspoon on a really greased pan. (OR use parchment paper) Bake at 350° F oven for 15 minutes. Can add mini chocolate chips. Makes 20 macaroons.



French Almond Macaroons

Recipe courtesy of Susie Fishbein, *Kosher by Design*

2-1/4 cups Confectioner's Sugar
1 cup blanched slivered Almonds
1/4 cup all purpose Flour

3 large Eggs
pinch of Salt

Preheat oven to 400° F. Line 2 large cookie sheets with parchment paper.

Place the sugar and almonds into a bowl of a food processor fitted with a metal blade. Process for a full 3 minutes so that the almonds are ground to a powder. Add the flour and process for 1 minute more. Transfer the mixture to a medium bowl. Set aside.

Place the egg whites and salt into a chilled bowl of a stand mixer. Beat on high speed until stiff peaks form.

With a spatula, fold the almond mixture into the egg whites in three parts, using the spatula to fold the egg whites over and over until the almond mixture is incorporated. The batter will be sticky and thick.

Spoon the batter by full tablespoons onto the prepared sheets, leaving room for the macaroons to spread as they bake.

Bake 1 sheet at a time for 8-10 minutes, or until the cookies are puffed, shiny and have formed a skin on top.

When the cookies come out of the oven, slide parchment paper off the hot cookie sheet and allow to cool completely before removing the cookies

Yields 24 cookies.