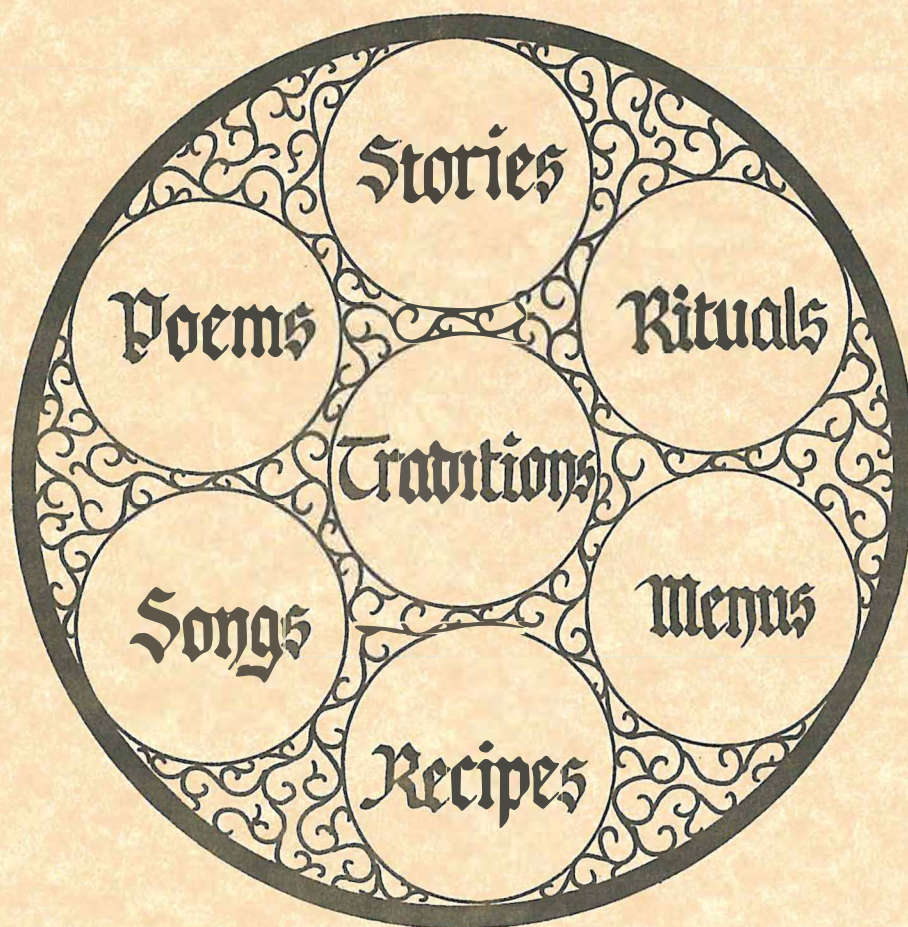


# Glimpses of Passover



Congregation B'nai Jeshurun



*This project is dedicated to:*

*The good people of Argentina who are in the midst of a difficult period.*

*We hope the fruits of these efforts will be of help to them.*

*...and to the memory of our teacher Rabbi Marshall T. Meyer*

March 2002

**Editor's Notes:**

Like the Israelites who had to leave Egypt so quickly they didn't have time for their bread to rise, so we saw the crisis in Argentina and knew something had to be done immediately. This book is a tribute to the giving spirit of the Bnai Jeshurun community, and the families and friends of the BJ members. On very short notice we were able to gather all the wonderful stories, poems, menus, songs, and recipes that are in this volume. We printed everything as it was presented to us. There was very little editing and no recipe testing. What this leaves is a charming combination of recipes (some that probably work as written and some that may require a sense of humor) and writings. These pages reflect many generations and many nations. Read the stories and the recipes - not just the ingredients, but the instructions as well. You will hear the personalities of the writers speaking to you.

We are sorry reprints and late submissions were not used. Please forgive any blunders or oversights and enjoy the spirit of giving presented here.

Many thanks to every one who took the time to write something for this book, and to those mothers, fathers, grandfathers and grandmothers who passed their memories and recipes on. Thanks to Allied Food Products for their advice. Also thanks to the members who typed and edited and stuffed and mailed. To Elana Weinberg who designed the cover and Devorah Stoll who printed this book, thank you, too.

Thanks to our rabbis Roly Matalon, Marcelo Bronstein, and Felicia Sol, and to our executive director, Deborah Pinsky, who gave their stamps of approval to this project

*You shall keep the [the Feast of] Matzot, for on this very day I brought your ranks out of the land of Egypt; you shall observe this day throughout the ages as an institution for all time.” (Exodus 12:17)*

What does it truly mean to “keep” *Hag HaMatzot*? In the coming pages you will find lists which will help you determine which foods are *kasher le-Pesah* and not, and ways to make your kitchen ready for Pesah. These lists, based on the *halakhot* of Pesah, guide us to “keeping” this Festival of *Matzot*. This observance, as the Torah states, is an “institution for all time.” In our times, perhaps the “keeping” has gotten easier- there are many more *kasher le-Pesah* items in our supermarkets; we can easily make our dishwashers, ovens, and microwaves *kasher le-Pesah* and many of us have alternative kitchen appliances that we use during this festival. All these items of “progress” help us to keep Pesah. However, how do we make sure that in our longing to keep Pesah and eat well, we do not miss the opportunity to savor the teaching of Pesah and matzah? Matzah is the unleavened bread, the basic simple bread which has not been fermented or processed. On Pesah, we are invited to go back to the basics, the essential ingredients in our diet, in our homes, in our lives- that is the reminder of our freedom. So, as we strip our kitchens of all its amenities and excess, and sell our *hametz* so as to rid ourselves of its “puffed up” nature, this time of year grants us the opportunity to free ourselves of the processed foods and items that we have become so accustomed to, and to savor that pure basic taste of the fruits, vegetables, matzah and natural foods. This year, and every year, we hope that keeping Pesah will inspire us to experience that which is essential in our lives and to recognize true freedom as a gift from God.

Rabbi Roly Matalon

Rabbi Marcelo Bronstein

Rabbi Felicia Sol

## **RABBINIC ASSEMBLY PESACH GUIDELINES**

The Torah prohibits the ownership of *hametz* (leaven) during Pesah. Therefore, we arrange for the sale of the *hametz* to a non-Jew. The transfer, *mekhirat hametz*, is accomplished by appointing an agent, usually the rabbi, to handle the sale. It is valid and legal transfer of ownership. At the end of the holiday, the agent arranges for the reversion of ownership of the now-permitted *hametz*. If ownership of the *hametz* was not transferred before the holiday, the use of this *hametz* is prohibited after the holiday as well (*hametz she-avar alav ha-Pesah*).

Since the Torah prohibits the eating of *hametz* during Pesah, and since many common foods contain some admixture of *hametz*, guidance is necessary when shopping and preparing for Pesah.

During the eight days of Pesah, *hametz* cannot lose its identity in an admixture. Therefore, the minutest amount of *hametz* renders the whole admixture *hametz* and its use on Pesah is prohibited. However, during the rest of the year, *hametz* follows the normal rules of admixture, i.e. it loses its identity in an admixture of one part *hametz* and sixty parts of non-*hametz* (*batel be-shishim*). This affords us the opportunity to differentiate between foods purchased before and during Pesah.

What follows is a general guideline. However, your rabbi should be consulted when any doubt arises. *Kosher le-Pesah* labels that do not bear the name of a rabbi or one of the recognized symbols of rabbinic supervision, or which are not integral to the package, should not be used without consulting your rabbi.

Most Ashkenazic authorities have added the following foods (*kitniyot*) to the above list: rice, corn, millet, legumes (beans and peas; however, string beans are permitted). The Committee on Jewish Law and Standards has ruled unanimously that peanuts and peanut oil are permissible. Some Ashkenazic authorities permit, while others forbid, the use of legumes in a form other than their natural state, for example, corn sweeteners, corn oil, soy oil. Sephardic authorities permit the use of all of the above. Consult your rabbi for guidance in the use of these products.

#### **PROHIBITED FOODS:**

Leavened bread, cakes, biscuits, crackers, cereal, coffees containing cereal derivatives, wheat, barley, oats, spelt, rye, and all liquids containing ingredients or flavors made from grain alcohol.

#### **PERMITTED FOODS:**

- A. The following foods require no *kosher le-Pesah* label if purchased prior to Pesah: unopened packages or containers of natural coffee without cereal additives (However, be aware that coffees produced by General Foods are not kosher for Passover unless marked KP); sugar, pure tea (not herbal tea); salt (not iodized); pepper; natural spices; frozen fruit juices with no additives; frozen (uncooked) vegetables (for legumes see above); milk; butter; cottage cheese; cream cheese; ripened cheeses such as cheddar (hard), muenster (semi-soft) and Camembert (soft); frozen (uncooked) fruit (with no additives); baking soda.
- B. The following foods require no *kosher le-Pesah* label if purchased before or during Pesah: Fresh fruits and vegetables (for legumes see above), eggs, fresh fish and fresh meat.
- C. The following processed foods (canned, bottled or frozen), require a *kosher le-Pesah* label if purchased during Pesah: milk, butter, juices, vegetables, fruit, milk products, spices, coffee, tea, and fish, as well as all foods listed in group D
- D. The following foods require a *kosher le-Pesah* label if purchased before or during Pesah: All baked products (matzah, cakes, matzah flour, farfel, matzah meal, and any products containing matzah); canned or bottled fruit juices (These juices are often clarified with *kitniyot* which are not listed among the ingredients. However, if one knows there are no such agents, the juice may be purchased prior to Pesah without a *kosher le-Pesah* label); canned tuna (since tuna, even when packed in water, has often been processed in vegetable broth and/or hydrolyzed protein--however, if it is known that the tuna is packed exclusively in water, without any additional ingredients or additives, it may be purchased without a *kosher le-Pesah* label); wine; vinegar; liquor; oils; dried fruits; candy; chocolate flavored milk; ice cream; yogurt and soda.

**DETERGENTS:** If permitted during the year, powdered and liquid detergents do not require a *kosher le-Pesah* label.

**MEDICINE:** Since *hametz* binders are used in many pills, the following guidelines should be followed: If the medicine is required for life sustaining therapy, it may be used on Pesah. If it is not for life sustaining therapy, some authorities permit, while others prohibit. Consult your rabbi. In all cases, capsules are preferable to pills.

**KASHERING OF UTENSILS:** The process of kashering utensils depends on how the utensils are used. According to halakhah, leaven can be purged from a utensil by the same process in which it was absorbed in the utensil (*ke-voleo kakh polet*). Therefore, utensils used in cooking are kashered by boiling, those used in broiling are kashered by fire and heat, and those used only for cold food are kashered by rinsing.

**EARTHENWARE** (china, pottery, etc.) may not be kashered. However, fine translucent chinaware which has not been used for over a year may be used if scoured and cleaned in hot water.

**METAL** (wholly made of metal) **UTENSILS USED IN FIRE** (spit, broiler) must first be thoroughly scrubbed and cleansed and then made as hot as possible. Those used for cooking or eating (silverware, pots) must be thoroughly scrubbed and cleaned and completely immersed in boiling water. Pots should not be used for a period of at least 24 hours between the cleaning and the immersion in boiling water. Metal baking utensils cannot be kashered.

**OVENS AND RANGES:** Every part that comes in contact with food must be thoroughly scrubbed and cleaned. Then, oven and range should be heated as hot as possible for a half hour. If there is a broil setting, use it. Self-cleaning ovens should be scrubbed and cleaned and then put through the self-cleaning cycle. Continuous cleaning ovens must be kashered in the same manner as regular ovens.

**MICROWAVE OVENS**, which do not cook the food by means of heat, should be cleaned, and then a cup of water should be placed inside. Then the oven should be turned on until the water disappears. A microwave oven that has a browning element cannot be kashered for Pesah.

**GLASSWARE:** Authorities disagree as to the method for kashering drinking utensils. One opinion requires soaking in water for three days, changing the water every 24 hours. The other opinion requires only a thorough scrubbing before Pesah, or putting them through a dishwasher.

**Glass Cookware:** There is a difference of opinion as to whether it is to be kashered. One opinion is that it must be kashered. After a thorough cleansing, there should be water boiled in them which will overflow the rim. The other opinion is that only a thorough cleansing is required.

**Glass Bakeware**, like metal bakeware, may not be kashered.

**DISHWASHER:** After not using the machine for a period of 24 hours, a full cycle with detergent should be run.

**ELECTRICAL APPLIANCES:** If the parts that come into contact with *hametz* are removable, they can be kashered in the appropriate way (if metal, follow the rules for metal utensils). If the parts are not removable, the appliance cannot be kashered. (All exposed parts should be thoroughly cleaned.)

**TABLES, CLOSETS AND COUNTERS:** If used with *hametz*, they should be thoroughly cleaned and covered, and then they may be used.

**KITCHEN SINK:** A metal sink can be kashered by thoroughly cleaning and then pouring boiling water over it. A porcelain sink should be cleaned and a sink rack used. If, however, dishes are to be soaked in a porcelain sink, a dish basin must be used.

**HAMETZ AND NON-PASSOVER UTENSILS:** Non-Passover dishes, pots and *hametz* whose ownership has been transferred, should be separated, locked up or covered, and marked in order to prevent accidental use.

*This guide was prepared for the Rabbinical Assembly Committee on Jewish Law and Standards by Rabbi Mayer Rabinowitz. It was accepted by the Committee on December 12, 1984. The last paragraph of the introduction as well as Parts A and C under "Permitted Foods," have been amended to reflect more recent decisions of the Committee affecting the status of peanuts, peanut oil, certain cheeses and canned tuna. For more information, consult the Summary Index of the Committee on Jewish Law and Standards*



## Passover

I confess that, if I may parody a once-popular song, I love Pesach in the springtime, I love Pesach best of all.

Yes, I am powerfully partial to Pesach. It's my favorite holiday on the Jewish calendar.

Mind you, I have nothing against the other holidays and holy days. They each have their own appeal to my heart. But Pesach . . . ah, Pesach is special. Let me explain the reasons for the romance.

In the first place, I love the *mood* of Pesach. It comes at the season when the earth discards its bleak winter garments and dresses itself in its most alluring colors...With the rebirth of nature hope is reborn, faith is rekindled, the step is a little livelier, the greeting more cheerful. In April, God seems to be doing an encore for us who were not present at the dawn of creation.

April is the easiest time of the year to believe in God. I think there are no atheists in April. The blooming flowers, the symphonic birds, the frolicking sunbeams. All unite to persuade us: "God is in heaven, all's right with the world."

In the second place, I love the *meaning* of Pesach. It tells of a God who wants humanity to be free. A God who hears the groaning of the slaves and sends a messenger to remind them in their agony that their cries have been heard.

When God proclaims the commandments, God's introduction to us is "I am the Lord your God who brought you out of the land of Egypt, out of the house of bondage." This is God's signature.

In the third place, I love the *method* of Pesach. It activates us. It makes demands upon us. It puts us to work. Change the dishes! Order the *matzot* and the wine! Clean the house! Get rid of the *hametz*! Invite the family! Make sure Ruthie knows the four questions. Get David new shoes and a new hat for mother. Let's see, now, how many *Haggadot* will we need?

Pesach is not a holiday you confront casually. You have to prepare carefully and diligently.

And the symbolic foods of Seder help us to relive and recapture our past. Israel Zangwill correctly said, "on Pesach, the Jew eats history." This food, this "bread of affliction," becomes the bread of our salvation. It nourishes our loyalty to our tradition, our love for our people, and our joy in living as Jews.

Finally, I love the *message* of Pesach. It is striking, when you stop to think of it, that the festival of freedom imposes the most restraints and the most restrictions.

On Pesach we are least free in our choice of what we may eat and where we may eat. Pesach calls for self-discipline. It demands obedience to law and tradition. Without these, the message of freedom evaporates...Pesach calls upon us to discipline ourselves, to take control over our lives, and to remove the shackles we ourselves have forged.

And so for all these things – for its mood, its meaning, its method, and its message – I love Pesach in the springtime! I love Pesach best of all!

Rabbi Sidney Greenberg

# Starters, Soups and Salads

## (and haroset)

*A wonderful brunch item - serve it on matzoh during Pesach and rye or pumpernickel or bagels after Pesach. Remember to start a day in advance so the spread can set. If you can find liquid smoke, I add about 1/4 teaspoon to make this Smoked Salmon Spread.* Paula Dubrow

### Salmon Spread

<b>1 large can salmon</b> <b>8 ounces cream cheese (can use low fat)</b> <b>1 tablespoon lemon juice</b>	<b>2 teaspoons grated onion or onion flakes</b> <b>2 teaspoons white horseradish</b>
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Soften the cream cheese. Drain salmon and flake. Cream the salmon and cheese together until smooth. Add all the other ingredients (taste as you go to see if you need more). Make into a mound. Refrigerate overnight.

*Optional:* chop 2 cup pecans and 3 tablespoons dried parsley and cover mound of salmon spread.

### Eggplant Dip

Sandee Brawarsky

<b>1 large eggplant</b> <b>1 onion diced</b> <b>1 red or green pepper, diced</b> <b>clove of garlic, minced</b>	<b>Small can of tomato paste</b> <b>Small can tomato sauce</b> <b>1 teaspoon sugar (optional)</b>
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Bake eggplant 350 to 400, until soft. Set aside. Fry onion and pepper until soft, then add garlic and mix together. Cut eggplant in half and scoop out the pulp, and place in the frying pan with onion and pepper; mix well. Add small amount of tomato sauce and a teaspoon of tomato paste and mix together; pour it in and mix together; repeat with the same mixture of tomato sauce and paste again, until it's firm (so it has the consistency of a spread). Mix in sugar if desired. Chill before serving.

**Passover Haiku**  
 Carp in the bathtub  
 Cuisinart beyond repair  
 Zabars fills the need



*This recipe was given to me by my friend Nancy Jarvis. It is very tasty and also low calorie. It is good for parties since it can be prepared up to two days ahead and kept refrigerated until serving. I like it best on small pumpernickel rounds, and have also served it with matzo on Passover.*

Maureen Schild

### **ROUMANIAN EGGPLANT SPREAD**

Serves: about 6.

<b>1 medium eggplant, whole</b>	<b>1 teaspoon or more lemon juice</b>
<b>1 small red onion, diced</b>	<b>1 teaspoon mayonnaise</b>
<b>1 green pepper, diced</b>	<b>Salt and pepper, to taste</b>
<b>2 tablespoons olive oil, extra-virgin preferred</b>	

Eggplant can be cooked in a conventional oven or in a microwave oven.

Preheat oven to 375 degrees. Wash and puncture skin of whole eggplant all over with a fork or knife. Place eggplant in a pan covered with foil. Cook for about 20 minutes, turn and cook for another 20 minutes or until it collapses in its skin. Remove from oven and cool.

Or Wash and puncture whole eggplant as above. Place eggplant in a microwave safe dish. Place eggplant in a microwave oven on medium high heat. Bake for about 10 minutes, turn, and finish baking. Remove from oven and cool.

Scoop out flesh of the eggplant from the skin with a spoon. Discard skin. Mash flesh in a food processor or with a potato masher or fork until smooth. In a large bowl mix the eggplant with diced onion, green pepper, olive oil and lemon juice. Taste. Add salt and pepper and one or more teaspoons of mayonnaise to smooth out taste.



*A garlic lover's treat that my friends served at parties but I discovered makes a delicious accompaniment to a baked potato.*

Paula Dubrow

### **BORANI**

**1 package fresh spinach**  
**16 ounces plain yogurt (I prefer one of the richer, thicker brands for this recipe)**  
**2-3 large cloves garlic (more if you want)**  
**lemon juice (optional)**  
**1 teaspoon salt**  
**Pepper (about 20 grindings)**

Cook spinach in a little water until tender (15-20 minutes). Chop and squeeze out any excess liquid.

Crush garlic and mix with yogurt, salt and pepper.

Add spinach and stir through.

If desired, add lemon juice to taste.

Chill for at least one hour.

Serve with matzoh cut in broken in small pieces so people can scoop.

*This recipe was perfected over the course of a very rainy summer, in Fair Harbor, many years ago. I also add 1 1/4 teaspoons chili powder for a tangier version.*

Karen Radkowsky

### **FIRE ISLAND GUACAMOLE**

Serves 8 as an appetizer

**3 very ripe Hass avocados (mashed)**

**2 tablespoons fresh lemon or lime juice**

**2 tablespoons grated yellow onion**

**1 teaspoon minced garlic (jar is fine)**

**1 teaspoon salt**

**1/2 teaspoon black pepper**

**2 medium tomatoes: peeled, seeded and chopped (canned are fine)**

**1/4 cup chopped fresh coriander (optional)**

Mix together all of the ingredients except tomatoes and coriander. Add tomatoes and coriander and mix again



### **Additions to the Seder**

Many families make one or both of the following additions to the standard haggadah text.

For egalitarian seders Miriam's Cup is added to the table and a blessing is said to remind us that Miriam was the provider of water during our wanderings in the wilderness.

Remembrance some families include readings that remind us of the freedom we have from the Nazis and/or in remembrance of those who were lost.



My father, Ernest Gelles, had many fascinating stories about his experiences during "The War." In addition to his stories, he brought back with him a souvenir - a place setting of silver with a swastika motif around the edges and the initials A.H. It is my tradition to have this silver on the seder table each year to remind us that "once we were slaves..."

Carol Gelles

*We always had chopped liver for guests who would be hungry before the seder. We served it with celery as we couldn't eat the matzoh yet. In the good old days, before the food processor, we used to put the liver and eggs through a hand cranked meat grinder. It was my job to turn the crank until my arm was numb. To add to my discomfort, Mom always attached the grinder to an old step ladder, which would dance around the room as I cranked - and the trick was not to let the bowl of ground liver fall onto the floor. My mom insisted that the liver be ground twice for just the right consistency - and frankly I do believe that mom's chopped liver did have a nicer consistency than the one I make in the food processor - but then my memories may be flavored with the sweet anticipation of the holidays in my mom's kitchen.*

Carol Gelles

### **Mom's Chopped Liver**

Makes: 2 1/2 cups

**1/4 cup vegetable oil**

**2 cups chopped onion**

**1 pound chicken livers, rinsed and any fat or membranes removed**

**4 hard cooked eggs, peeled and cut into quarters**

**1/3 cup mayonnaise**

**1 1/2 teaspoons kosher salt, or to taste**

**1/4 teaspoon ground black pepper**

Heat the oil in a large skillet, over medium high heat. Add the onion and cook, stirring, until golden. Stir in the livers and continue to cook, turning and moving the liver around the pan, until they are no longer pink in the center, about 7 minutes; set aside to cool completely.

Place the cooled liver mixture and eggs into a food process container. Cover and process until fairly smooth. Scrape into a medium bowl. Stir in the mayonnaise, salt, and pepper.



Haggadahs were always a problem at our seder table. For some odd reason we had half Maxwell House haggadahs and half Chase and Sanbourn haggadahs. So everyone at the table kept saying "what page is he on?" (meaning my dad who was the leader and always used the Chase and Sanbourn one). Finally, my sister Xeroxed the one dad used and we all got to read together. And if you are interested, the old Chase and Sanbourn haggadahs are still available sold under the name "Haggadah for the American Family" and published by Haggadah Institute. I have a complete set of them now.

Carol Gelles



### **Very Obvious**

**Be Prepared:** If you are going to have a meal away from home and are unsure if there will be matzoh available, just bring your own. If matzoh was available, leave yours in your bag...if it wasn't available, you're all set.



## HAPPY HAROSET

Cut up **one Granny Smith apple** per person. The pieces don't have to be very small.

Add a handful or two of **slivered almonds**. If it doesn't look like enough, add more.

Add a lot of **cinnamon**. Be generous, especially if you like the taste.

Add enough **sweet red Passover wine** so that you can stir everything and it gets a little reddish.

(Magan David grape is good, but if you are sophisticated you can use a drier red wine. If you don't like alcohol, you can use grape juice -- but we find even children like the Magan David. It's Passover!)

Optional: We cut up **dried apricots** (with scissors, it's easier) and throw those in, too.

Taste. If you think it needs it, add more of anything. Or everything.

Some people like to add **dates or honey**.

Experiment! Have fun! Sing! Make a little mess!

Put your Happy Haroset in a tightly covered dish. The wine keeps the apples from getting brown and makes it last for several days, so you can make this dish the day before your first Seder. Just make plenty because . . . it doesn't taste or look anything like bricks or mortar.



*This is my mother's special recipe for haroset for Passover. She kindly gave me the recipe when I told her about the book project. I grew up having this delicious - and different - recipe for haroset.*

Audrey Melkin

## Jean's Special Haroset

**2 large jars of applesauce, made with 100% macintosh apples**

**1 medium sized package of chopped walnuts**

**Cinnamon – a few teaspoons; enough to turn the applesauce slightly brown**

**Nutmeg – a teaspoon or so**

**Manischewitz grape wine – pour enough but not too much to make it runny;**

Pour applesauce in a big bowl. Add cinnamon and nutmeg. Add chopped walnuts. Add Manischewitz wine. Mix very well. Pour back in jars (and bowls); keep covered; refrigerate overnight. Serve at seder.



## Pesach Spelling Bee - Which is Correct?

Charoset Charosis Charoseth Harosis Haroset

Matza Matzah Mazto Matzoh

### **Charoses**

<b>2 grated apples</b>	<b>1 teaspoon ginger</b>
<b>1/2 cup raisins</b>	<b>1 teaspoon cinnamon</b>
<b>1/2 cup chopped dates</b>	<b>1/3 cup sweet wine</b>
<b>1/4 cup chopped walnuts</b>	

Soak raisins and dates in wine for about an hour. Add rest of ingredients and mix well. It will keep in the refrigerator throughout the Yom Tov.



### **Florence's No-fail Charoset**

Florence Simon

<b>8 apples ground coarse (golden are great!)</b>	<b>2/3 cup sweet Passover wine</b>
<b>1 cup of walnuts</b>	<b>1/2 cup sugar and more to taste</b>
<b>1 teaspoon of lemon juice</b>	<b>3 tablespoons of cinnamon</b>

Ground everything together coarsely. Can be done a day before and can be held for 2-3 days



*You may want to freeze a bag of cranberries in the autumn so you can have them on hand for the seder.*

Helen Radin

### **Cranberry-Apricot-Orange Charoset**

<b>1 bag cranberries</b>	<b>Pignoli nuts - a handful</b>
<b>1 orange</b>	<b>Yellow raisins - 1/2 cup or so</b>
<b>Dried apricots - about 4 to 5 ounces</b>	<b>Passover wine - 1/2 cup or so</b>
<b>Sugar, about 1 cup</b>	

Cook cranberries with sugar according to directions on package. Toast the pignoli nuts in the toaster oven tray on tinfoil till they become brown or do them in the oven. I find it takes about 15 minutes till they brown but keep an eye on them (I've burnt them many times). Process the apricots with the pulse mode until they get a bit chopped up. If you want large pieces, don't process too long; if you prefer smaller pieces, keep pulsing. Add to cranberries. Add raisins. Cut the orange in half - get rid of pits and put in processor and, again, process till the pieces of skin are small enough for your taste. Add chopped orange with juice into cranberries. Add the wine at this point, so they can continue cooking. I sometimes use apple juice or orange juice instead of wine. It's all going to taste great. Cook a little longer, toss in pignoli nuts. Chill.

*This is the charoset that my grandmother (from my father's side) used to prepare for Pessach - and that I have been enjoying since I was a kid. My mother, as well as my sister and I, has taken over the recipe - my grandmother is 101 today and she has given up with the preparation of it. And she is the Laide Tedesco, of course. And it is a "recipe inside the recipe" since to prepare the Charoset you need, first, to prepare the Passover biscuits to put in it.* Milka Foa

### **The Charoset of the Laide Tedesco**

So, let's start with the biscuits. They are called "Roschette" (which I would change into Roskette to keep the proper pronunciation).

**5 eggs**

**10 1/2-eggshells of olive oil**

**15 spoonfuls of sugar**

**2 or 3 bags of vanillin**

**peel of 1 orange and 1 lemon**

**cake meal – as needed**

Work all ingredients to get a very soft dough. If it is soft enough, you can put it on the oven dish with a spoon. This way the biscuits remain soft and they are tastier.

*And now the charoset. Here I have a small problem. I don't have the proportions. When we prepare it we keep tasting it till it is okay.*

**Apple**

**Pear**

**Sugar**

**Banana**

**Red wine (dry)**

**Orange juice**

**Crushed almonds (peeled and unpeeled)**

**Crushed roschette**

**Cinnamon (powder)**

Mix all ingredients – no cooking is needed. Bon appetit!!



During a visit with some older cousins on West End Avenue, originally from Poland via Belgium, when I was trying to find out more about earlier generations of our family, Rachel, my second cousin, said she thought we had originally come from Spain. My grandmother, her father's sister, was so dark, even swarthy, that Rachel had always thought she looked Italian. "And then," she said, "my father always used to make the charoset with ginger. The Ashkenazim never do that, only the Sephardim."

Nora Gaines



### **Tangy Haroset**

**1 cup shredded apple**

**1/2 cup ground almonds**

**1/4 cup sweet wine**

**Stir all the ingredients together**

Atara Fobar

**1 tablespoon honey**

**2 teaspoons minced fresh ginger**

**1/4 cup chopped dates**



*My family insists I make this one every year!*

Nina Priven

### **Moroccan Haroset**

**2 cups walnuts, chopped**

**25 dates, pitted and chopped**

**1 cup almonds, chopped**

**1/4 cup grape juice**

Mix the nuts and dates together. Add grape juice to make a smooth paste. Roll into 1-inch balls and sprinkle with cinnamon.



**Charoset recipes from around the world:** Carolyn Kahn

*This recipe is virtually identical in Ashkenazic communities from Alsace to Ukraine.*

~~~~~ **Ashkenazi**

**1 pound (about 3 large) apples, peeled, cored and chopped**

**1/2 to 1 cup (2-4 oz) chopped almonds or walnuts**

**1 to 2 tablespoons honey**

**1 teaspoon ground cinnamon**

**1/4 cup sweet red wine**

Chop together the apples, nuts, honey, and cinnamon. Stir in enough wine to make a paste that holds together. Store in the refrigerator for up to 5 days. Serve at room temperature.

~~~~~ **Egypt**

**1/2 pound pitted dates, chopped**

**1/2 cup sweet red Passover wine**

**1/2 pound large yellow raisins or sultanas**

**1/2 cup walnuts, coarsely chopped**

Put the dates and sultanas with the wine in a pan. Add just a little water to cover. Cook on very low heat, stirring occasionally, until the dates fall apart into a mush. Cook until it thickens to a soft paste. Pour into a bowl and sprinkle with walnuts.



### **The Shank Bone**

We have another tradition in our family. Each year my mother has used the same shank bone on our seder plate. I think she brought it back from Israel. Every year she's written the year (with a Sharpee pen) on the bone. It's easily over thirty years old and looks as dry as the desert the ancient Israelites wandered

Ellen Turk

## **Charoset recipes from around the world: Carolyn Kahn**

### **Georgian (Tblisi)**

**1/4 cup whole cloves**  
**1/4 cup boiling water**  
**1/4 cup almonds**  
**1/4 cup hazelnuts**  
**1/4 cup walnuts**

**6 medium (2 pounds) apples,**  
**cored and finely chopped**  
**6 medium (2 pound) pears,**  
**cored and finely chopped**  
**1/3 cup honey**

Pour boiling water over cloves and let stand for 15 minutes. Strain, reserving liquid. In a food processor or nut grinder, grind nuts until smooth. Combine fruit, nuts, cloves, water, and honey to taste.

### **Greek**

**1/2 cup black currants, finely chopped**  
**1/2 cup raisins, finely chopped**  
**1/2 cup almonds or pine nuts, finely chopped**

**1/2 cup dates, finely chopped**  
**2 tablespoons honey (optional)**  
**Sweet red wine**

Combine all ingredients, adding enough wine to make a paste.

### **Halek (Calcutta Date Syrup)**

**4 cups (about 24 oz) pitted dates**  
**8 cups water**  
**1 cup finely chopped walnuts or almonds**

Place the dates in a large bowl and add enough water to cover. Soak until soft, at least 24 hours. In a food processor or blender, puree the dates and soaking liquid. Let stand overnight. In batches, place a little of the date mixture in a linen towel and squeeze out the liquid. Discard the solids left in the towel. (Some people use a small manual wine press in place of the more tedious towel.) In a saucepan, bring the date liquid to a boil over medium-high heat. Reduce the heat to medium-low and boil, skimming the surface and stirring occasionally, until thickened and reduced to about 2 cups, about 1 hour. Cool, then pour into a jar. Store in the refrigerator for up to 1 year. If sugar crystallizes, place the bottle in a bowl of hot water until the syrup is smooth. To make the charoset, stir the nuts into the 2 cups of halek.

## **Charoset recipes from around the world: Carolyn Kahn**

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### **Israel**

|  |                                    |
|--|------------------------------------|
| <b>2 apples, peeled, cored and chopped</b> | <b>1/2 cup ground pistachios</b>   |
| <b>2 bananas, peeled and chopped</b>       | <b>1 teaspoon ground cinnamon</b>  |
| <b>Juice and grated peel of 1/2 lemon</b>  | <b>1/4 cup sweet Passover wine</b> |
| <b>Juice and grated peel of 1/2 orange</b> | <b>5 tablespoons matzo meal</b>    |
| <b>15 dates, pitted and chopped</b>        |                                    |

In large bowl, combine apples, bananas, lemon juice and peel, orange juice and peel, dates and nuts; mix well. Add cinnamon, wine and matzo meal; blend.

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### **Italy**

|  |   |
|--|---|
| <b>3 apples, sweet or tart</b>             | <b>1/4 cup yellow raisins or sultanas</b>         |
| <b>2 pears</b>                             | <b>4 ounce prunes, pitted and chopped</b>         |
| <b>2 cups sweet wine</b>                   | <b>1/2 cup sugar or 125 ml honey, or to taste</b> |
| <b>1/3 cup pine nuts</b>                   | <b>1 teaspoon cinnamon</b>                        |
| <b>2/3 cup ground almonds</b>              | <b>1/2 teaspoon ground ginger</b>                 |
| <b>1/2 pound dates, pitted and chopped</b> |   |

Peel and core the apples and pears and cut them in small pieces. Put all the ingredients into a pan together and cook, stirring occasionally, for about 1 hour, until the fruits are very soft, adding a little water if it becomes too dry.

---

### **Rhodes**

|  |  |
|--|--|
| <b>1/2 cup pitted dates, finely chopped</b>  | <b>1/2 cup almonds, finely chopped</b> |
| <b>1/2 cup raisins</b>                       | <b>cinnamon</b>                        |
| <b>1 orange, peeled, seeded, and chopped</b> | <b>about 1/4 cup sweet red wine</b>    |
| <b>1/4 cup honey</b>                         |  |

Cook dates, raisins, orange, and honey, stirring, until thick (about 20 minutes). Remove from heat and add remaining ingredients.



**Charoset recipes from around the world: Carolyn Kahn**

~~~~~ **Mohtaran**

Shirazi's Persian

|                                             |                                      |
|---------------------------------------------|--------------------------------------|
| <b>25 dates, pitted and diced</b>           | <b>1/2 to 1 cup sweet red wine</b>   |
| <b>1/2 cup unsalted pistachios</b>          | <b>1/4 cup cider vinegar</b>         |
| <b>1/2 cup almonds</b>                      | <b>1/2 tablespoon cayenne pepper</b> |
| <b>1/2 cup golden raisins</b>               | <b>1 tablespoon ground cloves</b>    |
| <b>1 1/2 peeled apples, cored and diced</b> | <b>1 tablespoon ground cardamom</b>  |
| <b>1 pomegranate</b>                        | <b>1 teaspoon cinnamon</b>           |
| <b>1 orange, peeled and diced</b>           | <b>1 tablespoon black pepper</b>     |
| <b>1 banana, sliced</b>                     |                                      |

Combine all the fruits and nuts. Add the wine and vinegar until a pasty consistency is achieved. Add the spices and blend well. Adjust seasonings.

~~~~~ **Morocco**

|                              |                       |
|------------------------------|-----------------------|
| <b>1 cup chopped dates</b>   | <b>sweet red wine</b> |
| <b>1 cup chopped walnuts</b> |                       |

Combine all ingredients, adding enough wine to make a paste.

~~~~~ **Turkey**

|                                                       |                                            |
|-------------------------------------------------------|--------------------------------------------|
| <b>2 sweet apples, peeled and cut in small pieces</b> | <b>1 cup sweet red Passover wine</b>       |
| <b>1/2 pound dates, pitted</b>                        | <b>2 - 4 tablespoons sugar or to taste</b> |
| <b>1 cup raisins</b>                                  | <b>2 ounces walnuts, coarsely</b>          |
| <b>Juice and grated zest of 1 orange</b>              | <b>chopped</b>                             |

Put all the ingredients except the sugar and walnuts together in a saucepan and cook on very low heat until the mixture is soft and mushy and the liquid is reduced, stirring occasionally. Add sugar to taste. The amount will depend on the sweetness of the other ingredients. Blend to a paste in the food processor. Pour into a bowl and sprinkle with walnuts.

**1 pound fresh dates**

**1 pound raisins**

**3 pomegranates, peeled and seeded**

**1 tablespoon mixed spices (equal parts cinnamon, pepper,  
cardamom, cloves, ginger)**

**3/4 pound almonds**

**1/2 pound walnuts**

In a food processor, chop all the fruits, including the pomegranate seeds and juice and the nuts. Add the spices, adjusting each to your taste.



### **East and West -- And The Battle of the Eggs**

During the period of Pesach, Sephardim have a much greater variety of "Pesach-dik" food, foods that, for Ashkenazi Jews, have been verboten for centuries: rice, peanuts, beans, lentils, and a host of what are classified as kitniyot are part of the Sephardic diet on Pesach.

While the Passover seder follows the same order (seder) in both Ashkenazi and Sephardic families, the melodies may be different, and a look at the table will show some wonderful variations in the traditional meal.

The charoset will have a completely different texture, since in Sephardic traditions it's usually made with dates and almonds (or figs, or dried cherries) rather than the Ashkenazi traditional apples and walnuts. As one friend once remarked after attending an Ashkenazi seder, "How could chopped apples soaked in red wine ever make a brick?"

Even the matzah may be different. An Italian-born acquaintance said that matzah "should be soft, like the traditional unleavened breads of Northern Africa." And, indeed, nowhere in the Shulchan Aruch does it say that the matzah must have the consistency of a saltine cracker!

One favorite Sephardic ritual precedes the eating of a boiled egg dipped in salt water. The eggs are left unpeeled, and everyone at the table takes one. Carefully, with pointy ends out, each person turns to a neighbor and engages in The Egg Fight. You poke away at each other (some people use elaborate dodges and angles to try to gain the advantage) until one person's eggshell cracks. Then the remaining un-cracked eggs fight each other, and so on until there is just one person left. That person, with egg-shell intact, is named Queen or King of the Egg Battle, and they might even be given a present -- like the award for the afikomen.

Marcia Lane

*When I was a child in Chicago, the girls in my family weren't taught Hebrew, and we were given very little information about Judaism. Every Passover, while my mother and my five brothers and sisters and I sat around the table, my father would stand at the head, holding a glass of wine in one hand and a hard-boiled egg in the other, and chant over them in a strange sing-song language. Year after year, this continued; all I knew about Passover was that I couldn't eat bread and that I had to take salami-and-matzah sandwiches to school every day. (Ever try EATING a salami-and-matzah sandwich? ) It wasn't until I was an adult that I learned about the meaning of Passover and began to enjoy all its rituals. When I began writing children's books, I decided that I'd like to write the book I wish I'd had when I was a child--one that would be playful and informative, and give parents and children an enjoyable way of sharing the seder. In 1995, this picture book, THE MATZAH THAT PAPA BROUGHT HOME was published. I have been told by friends that they read it at their seders, or before them, and that some children sing it to the tune of Had Gad Ya. It was certainly inspired by that song!*

Fran Manushkin

*Here is the text of my book:*

This is the matzah that Papa brought home.

This is the feast that Mama made  
with the matzah that Papa brought home.

This is the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

This is me standing tall and proud  
to ask the Four Questions nice and loud  
during the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

These are the plagues that we counted-- all ten--  
by dipping our pinkies again and again  
after I stood up tall and proud  
and asked the Four Questions nice and loud  
during the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

This is "Dayenu," a very long song  
that we sang with our stomachs growling along  
after we counted the plagues--all ten--  
by dipping our pinkies again and again



after I stood up tall and proud  
and asked the Four Questions nice and loud  
during the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

These are the bitter herbs that we dipped  
after "Dayenu," a very long song  
that we sang with our stomachs growling along  
after we counted the plagues --all ten--  
by dipping our pinkies again and again  
after I stood up tall and proud  
and asked the Four Questions nice and loud  
during the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

This is the matzah ball soup that we sipped  
after the bitter herbs that we dipped  
after "Dayenu," a very long song  
that we sang with our stomachs growling along  
after we counted the plagues--all ten--  
by dipping our pinkies again and again  
after I stood up tall and proud  
and asked the Four Questions nice and loud  
during the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

This is the afikoman I found  
by searching the house and running around,  
after the matzah ball soup that we sipped  
after the bitter herbs that we dipped  
after "Dayenu," a very long song  
that we sang with our stomachs growling along  
after we counted the plagues --all ten--  
by dipping our pinkies again and again  
after I stood up tall and proud  
and asked the Four Questions nice and loud  
during the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

This is the door we opened wide  
inviting Elijah to step inside  
after the afikoman was found  
by searching the house and running around,  
after the matzah ball soup that we sipped  
after the bitter herbs that we dipped  
after "Dayenu," a very long song  
that we sang with our stomachs growling along  
after we counted the plagues-- all ten--  
by dipping our pinkies again and again  
after I stood up tall and proud  
and asked the Four Questions nice and loud  
during the Passover Seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

Finally, "Next year in Jerusalem!" we said  
then everyone hugged, and went to bed,  
after the Afikomen was found  
by searching the house and running around,  
after the door was opened wide, inviting Elijah to step inside  
after the matzah ball soup that we sipped  
after the bitter herbs that we dipped  
after Dayenu, a very long song  
that we sang with our stomachs growling along  
after we counted the plagues-- all ten--  
by dipping our pinkies again and again  
after I stood up tall and proud  
and asked the Four questions nice and loud  
during the Passover seder we shared  
to eat the feast that Mama made  
with the matzah that Papa brought home.

Now the Passover moon shines its beams,  
bringing the children of Israel sweet dreams...  
and we will remember the stories and matzahs  
our mamas and papas brought home.

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from THE MATZAH THAT PAPA BROUGHT HOME  
illustrated by Ned Bittinger, Scholastic. Inc.

*Phooey to the lighter-than-air matzoh balls. Our family always called ours hockey pucks being on the dense and possibly lethal side if struck by one. One year I was on the phone with a friend when I realized they were still simmering away. Opening the lid I cried out "OH NO! I have ruined the matzoh balls; they are light and fluffy!"*

*Of course in our family there is the infamous chicken soup story. Every year for Pesach my mother would make a huge batch of chicken soup. Since the garage was always cold she would keep the soup downstairs in the large pot. My job was to make the matzoh balls. This year it was warmer than usual which none of us thought about too much. When we went to get the soup a short while after I had added the matzoh balls, my mother noticed the soup appeared to be "simmering." She commented the matzoh balls must have been hot when they were added.*

*At dinner comments were made about how there was more dill taste to the soup than usual.*

*That night everyone in our family was sick sick sick.*

*Realizing the folly, my mother made a fresh batch of soup which we promptly refrigerated. All during the seder people kept taking bathroom breaks. We were all afraid to ask an elderly second cousin how her night had been [the previous one]. She was rather puzzled and said "just fine." We always commented on her iron stomach.*

*P.S. WE ALWAYS REFRIGERATE OUR SOUP THESE DAYS!!!*

*FOOD POISONING IS BAD.*

*I can't imagine many people wanting the chicken soup recipe, but I can supply the matzoh balls if needed.*

**Sandy Jacobs**

### **Matzoh Balls**

These proportions can be multiplied to get much much more. normally I use 12 eggs so I just multiply by 6

*mix together:*

**2 eggs**

**2 tablespoons fat (I use the fat off the top of the soup, oil can be used as well)**

**2 tablespoons chicken stock or water**

*add:*

**1/2 cup matzoh meal**

**1/2 teaspoon salt**

Let rest covered in fridge at least 15 minutes or even for several hours.

Keep wetting your hands in cold water when forming the matzoh balls, this keeps them from sticking to your fingers. Drop into a huge pot of simmering salted [or not] water.

Matzoh balls will rise to surface after a few minutes. Use a wooden spoon to loosen any stuck ones on bottom. Cover pot and simmer 30-45 minutes depending on size of matzoh balls; drain. Chill with cold water to prevent further cooking (and risk of getting light and fluffy thereby ruining a good batch.) Add to soup and enjoy.

P.S. maybe be firm to cut.

When my parents were alive, Passover was the annual holiday event at their house. My mother, Helen Cohen Finkelman, a notoriously disinterested cook, nonetheless made the world's best matzoh ball soup, and we all always looked forward to it. The recipe was a family secret, she'd always told me. And she'd kept the secret.

We'd get to their apartment early, and my daughters used to help Nanny set the table, attend to the last-minute details in the kitchen, etc., while I'd sit with my dad, Emanuel "Manny" David Finkelman, and discuss the haggadah, who'd read what parts, which songs to sing or omit, placement of pillows... You can see the division of labors.

My parents died 14 and 16 years ago, respectively, but many of their Passover traditions continue. About ten years ago, in my house, it came time to make the Matzoh ball soup. I didn't know my mother's family (secret) recipe, and yet, miraculously, my younger daughter Amy did. So the "world's best" matzoh ball soup became her job for the seder meal ever since, and the aura of mystery, around this family secret recipe of Nanny's, grew. Two years ago, with the presence at the seder of a new guest, Amy agreed to divulge the family secret, and, here it is for you, too:

1. Follow the recipe on the matzoh meal package with smiles and love.

2. Don't tell ANYone your secret!

Anne Ziff



*According to my mother, this type of matzoh ball is a specialty of Alsace, between France and Germany. The Jews of Alsace and Lorraine are said to be descendants of the very first to move North with the Roman legions - though there is no tradition that Roman Jews used this recipe.*

Hella Moritz

### **Matzoh Balls, Alsatian Style**

**4 matzoth**

**2 eggs**

**1 onion**

**chicken fat, oil, or margarine  
some matzoh meal**

Break matzoh in small pieces, soak them in water, then put them in a colander - they will look like matzoh brie.

Chop the onion, fry it in fat until light brown, add the matzoth and fry them with the fried onion. Let that mixture cook, then add the eggs.

Add enough matzoh-meal to be able to roll the mixture into small balls (wet hands with cold water as they will get sticky).

Drop balls into boiling broth or water: they are done when they come up (about 5 minutes)



Another tradition of the area (Alsace) is to drink only white wine during the Seder, because of the historic "ritual murder" accusations against Jews who were said to bake Matzoth with the blood of Christian children.

Hella Moritz



## **Grandma Annie Nathan Ginsburg Shapiro's Knaidlach**

Ricki Lieberman

My English grandmother (the family, en route from Russia to Boston in the early 1880s, ended up in Manchester, England for at least 12 years) made the best knaidlach. Not just the best, but THE BEST. Light, tasty. You could eat a dozen and still want more.

I never saw my grandmother even glance at a cookbook. On March 28, 1969 I did persuade her to give me "guidance" on how to make knaidlach. Specifically, she let me follow her around her comfortable but old-fashioned kitchen in Brookline to measure things (i.e. pinches) as they went into the pot. First we made chicken soup, with capon and chicken feet of course. No dill or parsley, just carrots, onions and celery. She then separated and whipped, apparently effortlessly, with a fork, 6 egg yolks until fluffy, and 6 egg whites until puffy. She took 14 "generous but not heaping" soup spoonful of Manischewitz matzo meal (NOT Rokeach, Streits or Goodmans) and gently mixed them into the gently combined mixture of the yolks and egg whites.

I repeated the process with the soup spoon and measured out exactly 1 cup. My 5', then 89 year old grandmother shrugged, "I feel more comfortable with the spoon". Actually, she could have been 87 or 92. Her birth certificate had been lost in a Manchester Town Hall fire, and after so many years, who could remember?

She then shook salt – I quickly inserted my hand between the box of kosher salt and the bowl - it measured a perfect tablespoon - into the mixing bowl with an extra shake for "good measure."

Two or 3 soup spoonfuls of simmering soup went into the bowl and she was ready to again gently mix, cover with a dish towel, and place in the refrigerator for 30 minutes, give but never take, that is more than 30 minutes would be ok, but not less.

During those 30 minutes she very carefully cleaned the utensils, replaced the remaining matzo meal in a plastic bag and put up water to boil with another pinch of salt. She mimed how she would wet her hands to prevent the mixture from clinging to them, and explained that she tried to make each knaidle the size of a "round egg."

We took out the mixture, gently stirred again, and she poked the mix to be sure the texture was to her liking. We shaped the knaidlach – my one to every 4 or 5 of hers – and dropped them into the boiling water. Along with my heart, they sunk. But my grandmother was not a bit fazed. "Not to worry, they come up soon." So they did. At that point she covered the pot, turned down the heat a bit and instructed me that they should stay that way (not even a peek!) for at least 15 minutes, at which point the cover comes off and the knaidlach bob and bubble for another 15 minutes. I was so relieved to see the knaidlach as I had always known them when the cover came off. Somehow they were all blown up but not touching each other or the sides. PERFECT! Carefully drained, they went into the soup, the heat was turned off and they rested.

Flash back several years: each year at the seder at our home, my father and I used to have a contest at the table as to who could eat the most knaidlach. One year when Pesach started quite late, we began tasting in the kitchen and of course there were only a few left when my grandmother came to check all the pots. Given the short time left before the seder, my mother persuaded my grandmother to whip up a batch with a mixer. Mortified, she did, on the condition that no-one should come into the kitchen. I think she was even more mortified when other relatives, who did not know of my father's and my transgressions, praised the knaidlach as being as good as ever, maybe even a little more if that was possible. My father and grandmother died within 3 years of each other and I became the keeper of the knaidlach.

Fast forward many years to KlezKamp in the Catskills over Christmas week, 1990. My son David is 7 years old. The children's program had asked each kid to bring a special family story to tell at an evening gathering. David, by now a fan of the almost-but-never-quite-as-good knaidlach, microphone in hand in front of 500 people, has made a huge poster board portraying me as a child and my father – his grandfather who he knew only through stories. There are huge holes for our mouths, and with a dozen paper mache knaidlach, the story is once again told. From generation to generation...

*For one recipe, although usually doubled or tripled for 12+ children and adults, with a few left over for the midnight clean-up*  
Ricki Lieberman

### **Grandma Annie Nathan Ginsburg Shapiro's Knaidlach**

1. Separate **6 eggs**. Beat yellow until foamy Beat whites until stiff
2. Mix together gently
3. Add **2 to 3 soup spoonfuls chicken soup** or water
4. Add **a large pinch of salt**
5. Stir in **meal**
6. Cover and leave in the refrigerator for at least 30 minutes
7. Boil water with a pinch of salt
8. Set aside a small bowl of cold water
9. Wet hands
10. Make little balls the size of a "round egg"
11. Drop in boiling water
12. Wet hands between each knaidle
13. Leave covered for at least 15 minutes
14. Uncover and boil a total of 30 minutes.
15. Drain well
16. Drop gently into de-fatted chicken soup or pile in a bowl
17. Warm in the soup
18. ENJOY!



To illustrate the importance of knowing the size of a pinch – a non-Pesachdicke example:

My grandmother also made THE BEST apple pie. One summer when I was living away from home, I decided to make a pie. I called my grandmother, who agreed to walk me through the crust. After listing the ingredients, she said to bind it together with a lemonade glass full of oil.

This I did, but the crust could not absorb the oil, no way. I gave up but told the story to my grandmother when I went home. She was very puzzled and took me to her cabinet to show me the glass. It was tiny. Who would have thought of a lemonade glass as 8 ounces, you know, the kind you got with green stamps? 32 years later, I still have the glass and use it whenever I make apple pie crust...

Ricki Lieberman

### Passover Memories

My mother is an artist who creates in the kitchen as well as with stone. Each year's Pesach menu was never the same. We came to like it that way. Although the rest of the menu varied from year to year-sometimes Sephardic, other times Russian, we could always rely on no variations on matzoh balls. She was right, she had discovered the secret to making them light as air.

She showed me. She'd use club soda instead of water and the bubbles in the club soda, she confided would make them float, light as air, in the chicken soup.

One year she was more rushed than ordinarily and she didn't look at the club soda bottle before she used it. My dad had bought flavored club soda. We tasted the soup, waiting for her truly wonderful matzoh balls, all of us looking up at the same time. What was that new flavor? She'd inadvertently used orange flavored club soda. We all agreed that she should stick to unflavored. Even though they really were "interesting."

Ellen Turk



*I make this vegetable/matzah ball soup several times per year, but I created it for Passover. I hope that you will enjoy it!*

Eliza Beringhause

### Vegetable Matzah Ball Soup

First make a vegetable stock. This is what I do:

**Take 2 bunches of leeks, clean them well  
and slice into large pieces**

**2 medium onions, cut into quarters or eighths**

**2 parsnips, chunked largely**

**salt**

**1/2 turnip, chunked largely**

**3 carrots, chunked largely**

**Stems of a large bunch of parsley  
about 2 teaspoons kosher**

Boil these together in a large stock pot with 16 - 20 cups of water, until all of the vegetables are very soft, and the stock is aromatic.

While this is cooking, prepare the following:

**2 medium or 1 large leek cleaned, and thinly sliced**

**2 carrots, diced into fine pieces**

**1/2 turnip, diced into bite-size pieces**

**1 to 2 parsnips, sliced thinly**

**the remainder of the parsley  
(the leafy parts), cut finely**

Prepare the matzah ball batter, and place in the refrigerator for at least 30 minutes.

(If someone has a good kneidalach recipe, refer to it. I use the boxed mixes)

When the stock is ready, strain it and discard all of the vegetables, leaving just the liquid. Return this to the stock pot. Salt to taste and add generous amounts of freshly ground pepper. Add more water if needed. When the stock returns to a boil, add all of the prepared vegetables to the pot.

Wet your hands, and with the soup at a full boil, begin forming and adding the matzah balls.

After all of the matzah balls are in the soup, reduce to a medium heat, but be certain that the soup is still boiling for 10 minutes. Lower heat to keep warm. Your soup is ready to serve.

When our son was a toddler and fidgety during the seder, we started a tradition that involved matzoh balls. When preparing them, we put a raisin inside enough of them so each guest got one. We had a small gift for each person who found a raisin. Of course, no good behavior during seder, no matzoh ball surprise! Our son's pleasure was increased when he realized that everyone at the table got a gift.

We learned the hard way that it's important to keep these special matzoh balls separate from the others you're cooking -- that is, unless you want a Passover scavenger hunt.

Jo Wein & Hillel and Jonathan Dershowitz



*My mother and grandmother both used stewing chickens (also called fowl or yearlings) when they made chicken soup...and when I was young, they also put in these tiny egg yolks and chicken feet. The chicken feet would make the soup gel and the tiny yolks were a treat for all the kids.*

Carol Gelles

### **Mom's Chicken Soup, Sort of**

**1 (6 to 7 pound) roasting chicken**  
**3 to 4 quarts water**  
**6 stalks celery + celery leaves**  
**5 carrots**  
**2 parsnips**  
**1 or 2 parsley roots**

**1 large onion**  
**1 soft tomato**  
**1 clove garlic**  
**1 bunch fresh dill**  
**1 bunch Italian parsley (flat leaf)**  
**Salt to taste**

1. Place the chicken into a large pot, add water and bring to a boil over high heat. Boil until foam rises to top of pot. Skim and discard.
2. Add the celery (and leaves), carrots, parsnips, parsley roots, onion, tomato, and garlic. Return to a boil. Reduce heat and simmer, uncovered, 1 1/2 hours. Add the dill and parsley, simmer 30 minutes longer. Salt to taste. Strain the soup. Place the parsnips, onion, tomato, garlic, and 2 of the celery stalks and carrots into a strainer. Press the vegetables over the soup so that the liquid from the vegetables is released into the soup; discard the pressed vegetables. Eat and enjoy the remaining vegetables.



### **Web Sites for Passover**

[www.passover.net](http://www.passover.net)  
[www.jewfaq.org](http://www.jewfaq.org)  
[www.kashrut.com](http://www.kashrut.com)  
[www.ou.org](http://www.ou.org)  
[www.star-k.com](http://www.star-k.com)



## Butternut Squash Soup

Shirley Dorfman

**4 small or medium butternut squash**

**Chicken broth (can be made from bouillon or powder)**

**1 tablespoon olive oil**

**4 large onions, chopped**

**4 carrots, sliced**

**1-inch fresh ginger, peeled and minced**

**6 garlic cloves, minced**

**Ground nutmeg (if you can find Kosher for Passover type), optional**

Pierce butternut squash with knife. Place in 400 degree oven long enough so you can peel it with potato peeler. After peeled, cut in half, scoop out seeds and cut in pieces.

Add enough broth to cover squash in a large pot. Cook till soft.

Heat the oil in a large frying pan, add sliced onion, carrots, garlic and ginger. Cook until tender. Put all ingredients in blender a little at a time with some soup. Add enough soup to make it the consistency you want. Add nutmeg to taste.



*This is an old Eastern European favorite, with a slight twist - lime and ginger. Be sure the cabbage is soft before you add the remaining ingredients.*

Carol Gelles

## Cabbage Soup

Serves: 8 to 10

**3 tablespoons oil**

**6 cups shredded cabbage**

**1 1/2 cups chopped onion**

**1/2 teaspoon ground ginger**

**2 16-ounce cans whole tomatoes  
in thick puree**

**4 cups water**

**1/4 cup firmly packed brown sugar**

**1 tablespoon fresh lime juice**

**1/4 teaspoon ground black pepper**

**Salt to taste**

Heat the oil in a 6-quart pot. Add the cabbage and onion; cook, stirring until softened. Stir in the ginger, then tomatoes with the puree. Break up the tomatoes into smaller pieces. Add water, sugar, lime juice, pepper, and salt. Bring to a boil; reduce heat; simmer, uncovered, 35 minutes.

*Please note that all measurements are approximate since I do not have an exact recipe.*

Vivian Salit

### **Borscht**

**6 quarts water**

**2 pieces flanken, about 1 1/2 pounds**

**meat bones**

**marrow bones**

**2 to 3 cups tomato juice**

**at least 2 bunches beets - one sliced, one grated**

**one large onion, sliced thin**

**Lemon juice and sugar to taste - usually 1 cup sugar**

**and enough lemon juice to make sweet and sour**

**garlic, if desired**

**Salt and pepper to taste**

Boil meat and bones in water, skimming fat until most is skimmed off (try to make borscht a day ahead and skim the rest of the fat off when it cools.) Add beets and onions and cook until beets soften somewhat. Add other ingredients except tomato juice and cook for 5 to 10 minutes. Add tomato juice, taste and adjust seasonings again. Please note: lemon bleaches the color and the tomato juice restores it. I usually use only 2 cups at most. If the tomato juice makes it too sour, add some more sugar. You must adjust for taste from time to time as the cooking progresses and then cook until all meat is tender



### **1997 - First Seder**

Hors D'oeuvres

Gefilte Fish

Soup with Matzoh Balls

Cornish Hens Stuffed with Tzimmes

Braised Bok Choy

Roasted Peppers

Suzan's Nusstorte

Len Sharzer

*This recipe takes forever to prepare and is very rich. I make it every year for my second seder only because everyone insists. Beware.*

Sharon Messitte

### **Cream of Carrot Soup**

Serves 12

**4 1/2 cups scraped, sliced carrots**

**2 medium yellow onion, peeled and chopped**

**3/4 cup butter**

**1 large sized potato, peeled and diced**

**3/4 cup water**

**1 1/2 teaspoons sugar**

**1 1/2 teaspoons salt**

**2 cups light cream (can use half and half)**

**1/3 cup potato starch**

**6 cups milk, scalded (I wouldn't use skim but any other would do)**

**pepper**

**paprika**

**1 clove garlic minced, optional (but good to add)**

**White wine, optional (if I make it during the year, I add a small amount of single malt  
scotch or very good bourbon)**

In a large skillet saute the carrots and onions in 6 tablespoons of the butter until softened but not brown. Add the diced potato, water, sugar, and salt. Cover and simmer until veggies are just tender, about 15 to 20 minutes. Puree the veggies in a blender with the cream.

Melt the remaining 6 tablespoons of butter in a skillet and stir in the potato starch. Cook until mixture is golden. Stir in the milk with a whisk. Cook over a very low heat, stirring often, until it is thickened.

Combine the carrot puree and the white sauce in a large pot. Grate in some pepper, add the paprika to taste (I add a bit of cayenne when it's not Pesach to give it a little heat). Add minced garlic. Add wine if you wish. Taste, it will probably need extra salt. Simmer 10 minutes, stirring occasionally

*I tripled the recipe and we used it for lunch Friday and had enough for dinner Friday evening. It also freezes very well. Enjoy.* Helen Radin

### **CURRIED BUTTERNUT SQUASH SOUP**

This should serve about 4-6 people

**4 tablespoons butter or oil**

**2 cups finely chopped onions - I do them in processor**

**4 to 5 teaspoons curry powder\* - I use more - do it to taste**

**3 pounds butternut squash (about 2)**

**2 apples, pared, cored and chopped (I use Granny Smith)**

**3 cups vegetable stock (I use veggie bouillon cubes)**

**1 cup apple juice**

**salt, pepper to taste**

**1 shredded apple for garnish (I forgot to do this when I made it)**

Melt butter. Add chopped onions, curry powder. Cook, uncovered over low heat, until onions are soft - about 25 minutes.

Peel squash, scrape out seeds, chop into chunks.

When onions are soft, pour in stock. Add squash and apples. Bring to a boil, reduce heat and simmer (partially covered) until squash and apples are very tender - about 1/2 hour.

Pour soup through strainer or sieve. Keep liquid. Put solids into food processor (use steel blade) with a little of the liquid and process until smooth. Do this in small quantities so it doesn't spill over. Put in bowl until you've processed everything.

Return pureed soup to pot, you should have used most of the liquid by now in processing the squash and apples. Add apple juices and any leftover cooking liquid. Simmer. Season to taste. Serve with some grated apple (what I forgot) on top. Grate apple just before you serve bowls of soup. Put a little on top of each bowl.

\*a recipe for curry powder is on page 45.



*Guests are often mystified that such a delicious soup can be so absurdly easy! The sweet taste of the oranges is mellowed by the herbs and celery. This can be served hot or cold.*

### **THREE INGREDIENT TOMATO SOUP**

Judd Kruger Levingston

Yield: 4 large servings

**2 (28-ounce) cans crushed tomatoes**

**2 (11-ounce) cans mandarin oranges, including juice**

**2 stalks celery, chopped fine**

**Optional: Add herbs to taste (marjoram and tarragon are particularly aromatic)**

To serve cold: Combine all ingredients. Chill in refrigerator.

To serve hot: Heat the tomatoes on a medium flame to a simmer. Lower the flame and add the remaining ingredients.



*My mother's late sister, Fritzie, married into a Greek Jewish family and she learned to cook from them. My mother couldn't cook so it was my aunt who taught me. The amounts of ingredients are approximate, as my aunt never measured anything. As my cousin told me when I once asked about an ingredient, she just used what she had in the refrigerator. (My grandfather, who was from Lvov, never believed that my uncle, who obviously didn't speak Yiddish and had different customs, was really Jewish, but that is another story.)*

Joyce Miller

### **Fritzie Ovadia's Egg Lemon Soup**

About 8 cups

**5 1/2 to 6 pounds chicken (1 chicken cut into eighths plus a package of parts such as necks, wings or drumsticks)**

**16 cups cold water**

**2 onions, cut into eights**

**3 to 4 carrots, cut into quarters**

**2 to 3 stalks of celery with leaves, cut into quarters**

**2 to 3 parsnips, cut into quarters**

**1 to 2 turnips, cut into quarters**

**Handful of chopped parsley**

**Salt and pepper to taste**

Bring to a boil, reduce to simmer, adding water to cover as needed. Skim soup as scum rises to top. Remove chicken when it starts to pull away from the bone or fall apart. Cook the rest for 2 to 3 hours. Taste soup as it cooks. It should have a rich flavor. If it does not, reduce the liquid until it does. Skim fat from top. Remove vegetables from soup or put it through a strainer.

When soup is ready to be served, reheat to a simmer, then take:

**3 large eggs**

**1/4 to 1/2 cup fresh lemon juice**

Beat the eggs in a bowl. Add 1/4 cup lemon juice. Stir in 1 cup of hot soup, about 1 tablespoon at a time, stirring constantly. Pour the combined mixture into the soup slowly, stirring constantly and keeping the soup at a simmer. DO NOT LET IT BOIL. The egg mixture should not form ribbons, the soup should just thicken and be creamy. This is not egg drop soup. Taste the soup. It should be somewhat sour. If you want it more sour, add more lemon juice.

Up to here, this is classic Greek Avgolemon or Egg-Lemon Soup/ For Passover, however, my aunt would now take:

**3 to 4 plain matzahs (not egg)**

Break the matzah into small pieces and add to the soup. When the matzah is soft, serve the soup

*This recipe is great served for lunch with a spinach and mazah pie and a salad.*

Gail Fleischman

### **Zucchini Soup**

**6 large green zucchini**

**3 large onions**

**5 large carrots**

**1 teaspoon fresh garlic**

**4 cups chicken broth or soup made from bouillon cubes**

**(4 small cubes + 4 cups water)**

In large pan or pot cook all ingredients until vegetables are tender.

Pour mixture into blender/cuisinart in 2 to 3 cups batches and puree. Continue until all soup is pureed.



### **HAMETZ SOUP**

Lizzie Kraiem

To make Hametz Soup, you will need:

**at least one young child**

**newspaper or plastic surface cover**

**1 large pot**

**water**

**stirring utensils**

1. Prepare kitchen and ingredients: Spread newspaper on a kitchen counter or on the floor, and place pot on top. Go through kitchen cupboards with child(ren) and determine what is hametz and what is not. (This is by no means obvious. Why, according to some authorities, are lentils hametz?). Set hametz aside.

When you have completed the hametz-gathering, determine which hametz you will donate, sell, and/or put away for the duration of the holiday.

Most always, there is some food left over: a bag of flour that is almost empty, broken pasta bits, stale bread crumbs, old Cheerios.

Set a small amount aside if you wish to perform the search for hametz, which takes place the night before Pesah. What you have left are your ingredients for hametz soup.

2. Pour water, as desired, into the pot. Add the ingredients in any order and quantity you desire. Stir often; splash when necessary. Final consistency will vary from thick and chunky to light and brothy. Toothpaste makes a nice garnish.

3. Serve to dolls and stuffed animals. Kitchen is now clear of hametz and ready to be cleaned for Pesah.

## **Salad Dressing**

Shirley Dorfman

**1/3 cup ketchup**

**1 cup oil**

**3/4 cup sugar**

Combine all ingredients and shake.

**1/2 cup wine vinegar**

**2 teaspoons salt**



## **CAULIFLOWER SALAD**

Paula Dubrow

**2 to 3 cups cauliflower, cut into bite-size pieces**

**2 cups thinly sliced raw mushrooms**

**2 cups sliced black olives, well drained**

**1 cup sweet red pepper, diced**

**1 cup plain yogurt**

**1/2 cup olive oil**

**1/4 cup chopped parsley**

**1 large clove garlic, crushed**

**1 teaspoon salt**

**Pepper to taste**

Combine cauliflower, mushrooms, olives, red pepper in large bowl and toss together.

Combine yogurt, oil, parsley, garlic, salt and pepper. Mix well and pour over vegetables.

Adjust salt, pepper, garlic to taste. Refrigerate overnight.



## **PASSOVER'S WE HAVE LOVED**

Each year we try to add something new to our seder in order to broaden our experience and understanding. One year we covered some furniture with material to resemble sand and put some pillows of various sizes on the floor. Then we had a seder similar to the ones our ancestors had in the desert.

Another time we passed out paper and envelopes. We asked our guests to write down what hametz they wanted to rid themselves of before next year's seder. They put what they had written into an envelope and self addressed it. They did not know we would mail their letters to them in time for next year's seder. One of our guests had so completely forgotten about what she had written that she wanted to know who had written to her.

We posed an interesting question one year when we asked each participant to indicate what they would take with them when they had to flee their homes as their ancestors did from Mitzriam. They could take only those items that would fill a pillow case.

In preparing for a seder our first decision was which haggadah to use? "On Wings of Freedom" and Marshall and Roly's "Aids Seder" have been the ones chosen most frequently.

We have had other experiences too long to enumerate here (including fire eating). However, the essential ingredients are family and friends who earnestly partake and for all of us to learn and enjoy.

Stu Feit

*This is the salad that I think of whenever I think of holidays. First Grandma, then in later years, Mom standing over the sink squeezing out the water from the cucumbers. The nice bonus with this salad is there's no oil - that probably didn't compensate for the amount of schmaltz in the rest of the meal!*

Carol Gelles

### **Wilted Cucumber Salad**

serves: 6

|                                                                 |                                    |
|-----------------------------------------------------------------|------------------------------------|
| <b>5 cups peeled, thinly sliced cucumbers</b>                   | <b>2 teaspoons white vinegar *</b> |
| <b>3/4 cup thinly sliced onion</b>                              | <b>1 1/2 teaspoons sugar</b>       |
| <b>1 1/2 tablespoons salt (that's right <u>tablespoons</u>)</b> | <b>1/8 teaspoon black pepper</b>   |
| <b>1 cup cold water</b>                                         | <b>1 clove garlic, minced</b>      |

(we never used garlic in this salad - but it's not a bad addition if you like)

\*if you are using white wine vinegar you may need a little extra

Layer the cucumber and onion in a large bowl, sprinkling each layer liberally with the salt. Place a plate almost the diameter of the vegetables and put a heavy object on top of the plate (I use a quart jar filled with water); let stand 30 minutes. Drain all of the liquid from the bowl, picking up small handfuls of the salted vegetables, squeezing them between your hands until no more liquid drips out. Place those squeezed vegetables into a clean bowl, and continue until all vegetables are squeezed. Taste the cucumbers; if they are still so salty they make you squint, rinse them under cold water until you like the flavor. In a small bowl, stir together the water, vinegar, sugar, and pepper, until the sugar dissolves. Pour over the vegetables; chill at least 1 hour.



*This has become a trademark Shabbat dinner salad which can be made moments before the guests arrive. In the winter, buy the avocados two or three days in advance to be sure that they will ripen in time.*

Judd Kruger Levingston

### **THREE INGREDIENT AVOCADO GRAPEFRUIT SALAD**

Yield: Salad for 4 to 6 people.

**Ripe avocados, peeled and pitted, cut into bite size pieces**

**Pink grapefruits, peeled and cut into bite size pieces**

**One medium head of red leaf lettuce cut into salad size pieces**

Wash the lettuce and place the lettuce in the bowl before adding the avocado and grapefruit. If the salad will be sitting out for a couple of hours, the grapefruit juice will help to prevent the avocado from turning color.

I recommend that the salad be dressed with a vinaigrette made with equal parts of good olive oil and balsamic vinegar.



*The weeks before Pesach last year I spent touring Sicily. During Greek and Roman times there was a large Jewish community there. I saw many lovely antique synagogue ruins but there no longer is an active community. Sicily was controlled by the Spanish circa 1492 so the Jews were expelled then and basically never really returned. These recipes are inspired by the flavors I tasted there.*

Diane Kaston

### **Citrus Salad Sicialiana**

Serves 12

**6 blood oranges**  
**2 medium Spanish onions**  
**Coarse salt**  
**Olive oil**  
**Balsamic vinegar**  
**Ground black pepper**

Combine peeled and pitted oranges in small sections with coarsely diced Spanish onions, drizzle with olive oil and a generous splash of fine quality balsamic vinegar. Add salt and pepper to taste. Allow to remain standing at room temperature at least one hour to permit flavors to meld, can be served refrigerated or preferably at room temperature.



### **Creamy Fenchio Salad**

Diane Kaston

Serves 12

**18 medium red bliss potatoes**  
**2 large bulbs fenchio (fennel)**  
**4 generous tablespoons mayonnaise**  
**Salt**  
**White pepper**  
**Olive oil**  
**Herbs de Provence**  
**White wine vinegar**

Boil potatoes with skin on until just tender. Rinse in cold water to stop cooking process. When cooled; slice into thirds, add to large bowl. Wash and trim fenchio, removing green tops. Slice into large chunks of about the same size as potato pieces. Add mayonnaise, generous drizzle of olive oil, a large pinch of coarse salt and a sprinkle of white pepper and herbs de Provence, to taste. Finish with a splash of white wine vinegar being careful not to dilute dressing too much. Toss and refrigerate until serving time.

Sherry Gelles

|                                              |                                |
|----------------------------------------------|--------------------------------|
| <b>3 cups shredded cabbage</b>               | <b>1/3 cup vegetable oil</b>   |
| <b>3/4 cup thinly sliced celery</b>          | <b>1/4 cup white vinegar*</b>  |
| <b>3/4 cup thinly sliced peeled cucumber</b> | <b>1 1/2 teaspoons sugar</b>   |
| <b>3/4 cup thinly sliced onion</b>           | <b>1 to 2 teaspoons salt</b>   |
| <b>1/2 cup thinly sliced green pepper</b>    | <b>3 cloves garlic, minced</b> |

Combine all the vegetables in a very large bowl. In a small bowl, stir together the oil, vinegar, sugar, salt, garlic, and pepper until the sugar dissolves. Pour over veggies and toss. Let stand at least 2 hours, preferably overnight.

[illegible]

Helen Radin

|                                                       |                                  |
|-------------------------------------------------------|----------------------------------|
| <b>4 cups shredded cabbage</b>                        | <b>1/3 cup mayonnaise</b>        |
| <b>1/2 cup shredded carrot</b>                        | <b>1/4 teaspoon black pepper</b> |
| <b>2 tablespoons thinly sliced scallion, optional</b> | <b>Salt to taste</b>             |

## Carol Gelles

Makes a very generous cup

**1 egg**  
**1 1/2 teaspoons fresh lemon juice**  
**1 1/2 teaspoons white wine vinegar**

**1/4 teaspoon salt**  
**1 cup safflower oil, divided**

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## ***An Ethiopian Passover Story***

*as told to the North American Conference on Ethiopian Jewry (NACOEJ)*

*By Elana Yeshiyahu*

**1989** When I was a little girl in Ethiopia several years ago, my big sister ran away to reach the Israel of our dreams.

The police came to our house and demanded of my father, "Where is your daughter?"

He could not tell them, so they took him to jail.

While he was in jail, Passover came. During Passover, like all Jews, we eat only unleavened bread. We also eat chickpeas. There is not much else we can eat during Passover in Ethiopia.

I knew my father could not get Passover food in jail and I was afraid he would have to break Passover to keep from starving. I cried and cried.

So when Passover was ended, and everyone else went back to eating other food. I myself kept Passover for an extra week—for my father.

Many months later, they let my father out of jail. He told us that during Passover he only drank water and ate a few chickpeas when he could get them. He was very hungry, but he would not break Passover.

Today I am in Israel with my sister. My father and my mother and my two little brothers are still in Ethiopia. I still cry for them.

But someday I know we will all be together for Passover. We will sit together at our seder table and sing of freedom.

That will be my true Passover. May it come soon, for my family, and for all Ethiopian Jews, and for all Israel.

**1990** This year, my family came home. My mother, my father, my little brothers came to me in Israel at last.

How can I tell you what I felt?

For five years I cried in the night because I thought I would never see my loved ones again.

For five years I held out my arms, but I could not reach so many miles to touch them.

And then—they came home.

The day we were all together again, we held each other and cried, this time for happiness.

We kissed many, many times, as Ethiopians do.

My little brothers had gotten very big in the five years we were apart, and at first they did not know me. But I knew them, for in my dreams I watched them grow.

Now, I will teach them Hebrew. I will show them Israel. I will say to them, "All this is yours. You have come home."

In a little while, we will thank our G-d, we will thank our true and eternal homeland Israel. And from the bottom of our hearts, we will thank thousands of American Jews who helped my family stay alive and come home. We will bless you because you made it possible for us to say, "This year in Jerusalem."

May you bring all my people to freedom and safety and joy, soon and in our day.

**1991** This year, my family will have our first Israeli seder together.

Last year, when NACOEJ brought my mother, my father and my brothers to Israel, they came just before Passover. My father made an Ethiopian seder like the ones he make in the village when I was little.

We do what the Bible says. We dress for making a journey. We eat lamb and do not leave any for the next day.

We tell the story in Amharic, the language of our village.

It is very beautiful but sad, because at an Ethiopian seder we talk about how the Jews had to suffer to reach the Promised Land.

But this year, my family are now Israelis! My biggest brother is in the army. My father and mother learn Hebrew at the absorption center.

This year: my father says, "I will make an Israeli seder!" We study together in a special hagaddah, with Amharic and Hebrew.

Our Israeli seder will be very joyful. Be there will be sadness, too, because Jews still have to suffer to reach Israel. My family is here but many families of my friends still cannot come.

We will feel their tears at our seder. I will remember my own tears while my family tried so long to come.

Dear American friends who helped my family, we all send you our love, from our seder table to yours. With your help, I believe in my heart Israel will bring all my people home. Until then, do not forget us.

We are still waiting at the Red Sea.

*Fish, Poultry, and Meat*  
*(and Eggs)*

*From the Bleckner kitchen with thanks to my mother Gussie Kushner and Lilly Kaufman. For this recipe you can have the fish store grind the fish for you, but be sure s/he gives you the head and bones so you can make the stock.* Sheila Bleckner

Makes: about 32

Makes: about 32

Fish:

**8 pounds of ground fish to include white fish, pike and (1 ½ pounds) buffalo carp**

Add to the ground fish the following:

**3 stalks celery, 1 carrot and 2 big onions - all grated fine.**

Add **8 eggs** and continue to chop as you add the eggs until all the above ingredients are mixed in with fish.

Gradually add 1 tablespoon salt or to taste, 1 teaspoon white pepper, 1/4 cup of sugar.

**Add 3 cups of cold water** gradually while continuing to chop the fish, alternating with 1/2 cup of matzoh meal. Chop until all the water is absorbed.

Stock:

In a large pot add the heads and bone from the fish with **3 large onions, 3 stalks of celery, 3 cut up carrots**. Fill the pot half full with **water and add salt**. Boil for 10 minutes. Form fish balls by hand. Drop fish balls into the water gently and cook about 2 hours. Cool in the pot and then carefully remove to a platter. Strain the stock, adjust seasoning and boil down to “yoich” (fish broth). Serve with chilled horseradish.



Making gefilte fish on Passover is a labor of love. It transports me to the warm kitchen of my childhood which was filled with the aroma of “yom tov” cooking. I watched my mother adding ingredients to the fish, measuring with her experienced eye and tossing in a pinch or handful with confidence. I waited my turn to chop the fish and as my eyes watered from the onions, I chopped, trying to keep my hand and the rhythm steady. After it was cooked and cooled came the usual verdict. It was the BEST fish we ever tasted.

Sheila Bleckner



*The following is my version of homemade-style gefilte fish. It's really tasty and delicious and a favorite of my family. And it leads into a second Pesach favorite at the Radin home.*

Helen Radin

### **Gefilte Fish**

(for 24 people - you do the division to cut it down)

**5 jars of gefilte fish (30 pieces) whitefish and pike (not sweet)**

**6 medium onions**

**8 stalks celery**

**1 pound carrots**

**3-4 cans of beets, sliced**

**lots of black pepper**

Remove the jellied broth from the jars and put into large pot. Add about an equal amount of water to the jellied broth. (you can even add more - it should be fish flavored but not too strong). Put gefilte fish in refrigerator till later.

Cut up the onions crosswise - 2 ways or pulse in food processor, but not too tiny

Split the celery stalks down the middle and cut across so they're about 1/4-inch thick.

Scrape the carrots and cut into rounds - 1/4 inch thick.

Rinse the beets in a colander till there's no or very little color running through. Cut into small pieces

Bring the jellied broth and water to a boil. Add the veggies and black pepper (we like it peppery so we use a lot - but suit your own family's taste) and cook over low to medium heat till carrots and celery are soft enough to eat. (about 1/2 hour)

Remove pot from heat and let cool. Then add back into pot the 30 pieces of gefilte fish. Refrigerate overnight or until the seder is about to begin.

Then place gefilte fish on lettuce covered platter with a piece of carrot on each piece of fish. Garnish with lots of parsley for decoration. (This can also be individually plated on small plates on a lettuce leaf with the carrot and parsley)

Part Two of this concoction is as follows:

### **Yoiyech**

Break up about **8-10 slices of matzo** into small pieces (don't use matzah farfel) and put in deep bowl. Bring the **broth/water/vegetable mixture** (from the gefilte fish) to a boil and pour over pieces of matzoh. Stir mixture so the matzo gets softened. Serve in small saucers and, voila, you have "yoiyech." (I don't know how it's spelled or what it means - would love to know if anyone has this information - but it's a hit at our seder table).

# Myriam Abramowicz

Serves: 6

## Sugar

Nechama Godinger-Rotstein

## The Secret of Making Gefilte Fish

My grandmother taught it to my mother and my mother taught it to me. You buy whatever fish you like-buffel, carp, whitefish. You grate onions and add beaten eggs, some salt and pepper, sugar and matzoh meal. Get some bones from the fishmonger to cook along with the gefilte fish and boil them up in the water. The secret? Taste the raw fish mixture before you form the patties. Once you taste the mixture - if your teacher knows that taste - she'll show it to you and your palate will remember it from one year to the next. It's true.

Ellen Turk



*This recipe is a Polish version of gefilte fish and will therefore be on the sweet side.*

Harold Fleishman

## Ester's Gefilte Fish

This recipe will feed 40 people (2 seders).

**Buy 3 pounds of white fish**

**2 pounds of yellow pike**

**2 pounds of winter karp**

Have the fish cleaned and filleted for grinding. Keep the heads (take out the eyes) and all bones for the fish stock.

Have all the fillets of fish ground with 3 onions, 1/2 cup of kosher salt and 4 tablespoons of black pepper. Add 6 eggs, matzo meal (for thickness), 3 cups of sugar and you may need another 1/2 cup of kosher salt. Mix until you have a fairly thick mix, so that you can make balls with the fish.

Get a big pot for water. Cut in 7 to 9 carrots, slice 3 onions and bring to boil. Add 1/2 cup of sugar, 3 tablespoons of pepper, 3 tablespoons of kosher salt along with all the fish heads and bones (make sure they are cleaned very well) into the water.

Wash hand so that the fish will not stick to your hands. Begin making balls of the fish and dropping them in the big pot. Allow the covered pot to cook over a medium fire until the fish is cooked (another 30 minutes). Then remove the cover and taste the broth. Add any ingredients necessary. Allow the pot to cook without the cover for an additional 60 minutes or so.



My mother, Muriel Brawarsky, makes great gefilte fish from scratch, but the essence of that recipe is in her fingertips; it's too hard to explain when the mixture of fish, eggs and matzah meal is the right consistency. But her secret, passed down from her mother, is to mix some buffel with the pike and white fish. "What's buffel," we ask every year, and we still don't know; it's one of those words that makes you laugh as you say it. The kosher fishmonger knows, and always includes some with her order.

Sandee Brawarsky

*Once during the seder, when I was very young I asked my father, "You explained everything else, but why do we eat gefilte fish on Pesach?" He said: "When the Red Sea was opened all of the fish were chopped!" We still eat gefilte fish but today, we really like to have poached salmon at the seder.*

Ricki Segall

### **Seder Poached Salmon**

Serves: 10 as main course 24 as an appetizer

**1 or 2 whole fillet of salmon**

**- that is one half of a fish or a whole fish**

**2 diced carrots**

**1 diced medium onion**

**2 diced stalks of celery**

**Lemons**

**1/4 cup white wine vinegar**

**1/4 teaspoon salt**

**Fresh tarragon or basil**

**Small sliced tomato**

In a deep pan large enough to hold 1 fillet, place all of the diced vegetables, add enough water to cover them by about 1/4 inch, add vinegar (enough to make it tart but not extremely sharp), and a salt and a squeeze of lemon. Bring to almost a boil on medium heat, add the herbs and place the salmon fillet on top of the diced vegetables and cover with the parchment paper or cover the pan. Cook for 10-12 minutes. Be very careful not to overcook the fillet. Cook until the fish is just done and has changed color and is not raw. Check the thickest part.

A second fillet can be cooked in the same liquid, but do not serve the cooked vegetables or the "broth". Discard them. Make yourself do it.

Remove the salmon to a serving platter.

Garnish by surrounding the salmon with slices of lemon, and small or sliced tomato, and add a few fresh herbs. Can be served warm, or at room temperature, or cold.



### **A Cordial to Begin the Seder**

Ricki Segall

My father and his siblings naturally brought their Eastern European drinking preferences with them to New York City. During the seder they really did drink four glasses of wine. Remember, it is understood that only Vodka is real alcohol after all, any other drink would be considered just a Pepsi in Russia, and so they drank a little something after the meal. Usually, it was delicate cordial glasses filled to the brim with Slivovitz Plum Brandy. Warning-It can knock your teeth out if you were born in the USA.

Even though my generation can not drink as they did- we still line up the same delicate cordial glasses, fill them with Slivovitz and toast their memory before we begin the seder.

My daughter says that she can see them sitting around the table talking and enjoying themselves as we line up the glasses and fill them.

## **HOT FISH RING**

Nancy Jane Goldstein

Serves: 6

**1 1/2 pounds halibut or salmon**

**1 1/2 pounds cod**

**2 medium onions**

**Salt, pepper, paprika to taste**

**1 carrot**

**4 eggs**

**1 1/2 cups sweet cream**

Grind fish with cut up carrots and onions. Add balance of ingredients. Butter ring spring-form or other 9-inch ring pan liberally, leaving 1/2 inch for rising. Bake in pan of water for one hour at 350 degrees.



Towards the end of the seder and the reading of the Hagaddah is Ehad, Me Yodeah? Or in the English, Who Knows One?

At our seders the entire table sings the question but only one person sings the answer, going around the table, each of the 13 answers is sung by a different person.

This means that at least 13 people have to stay alert enough to come in with their answer at the correct time. In addition, the contrast in voices is always fun to listen to.

As the seder nears its end, with the hour usually approaching midnight, it's a great way to wake every one up.

Ilene Richman



## **SALMON LOAF**

Nancy Jane Goldstein

Serves: 3 to 4

**1/2 pound canned salmon**

**2 eggs separated**

**1 onion, diced**

**1/4 pound mushrooms, diced**

**2/3 cup matzoh meal**

**1 cup scalded milk**

**1 green pepper, diced**

**2 tablespoons vegetable oil**

Saute diced mushrooms, onion and pepper until soft. Cool.

Soak matzoh meal in scalded milk. Cool. Mash salmon and egg yolks and add to wet meal. Fold in stiffly beaten egg whites. Season to taste. Bake in buttered loaf pan 45 minutes in 375 degree oven.



*When it's not Passover I add 6 tablespoons of fresh peas.*

Henry Meer

### **CURRIED SALMON PAPILLATE**

**2 (6 ounce) filets, skinned**

**2 medium sized carrots**

**2 cups white wine**

**4 small white onions, thinly sliced**

**2 tablespoons curry powder (see below)**

**6 sprigs Italian parsley**

**8 tablespoons butter**

**2 small zucchini**

**Salt and pepper to taste**

**4 plum tomatoes**

Preheat oven to 450 degrees.

Cut the tomatoes, zucchini and carrots into 1-inch matchstick julienne strips. Bring a medium sized pot of lightly salted water to a boil. Add the zucchini to the water and when it returns to a boil, cook for about 1 minute, until it is al dente. Remove with a slotted spoon and refresh by submerging in cold water. Drain and set aside. Add the carrots to the boiling water, and when it returns to a boil, cook for 2 minutes or until al dente. Drain and refresh in cold water. Drain and set aside.

In a saute pan place 4 tablespoons butter and heat over medium flame until foamy. Add the onion slices, curry and saute until onions are translucent.

Add the wine, raise the heat to high and reduce until there is 1/2 cup left. Add remaining 4 tablespoons butter, bit by bit, whisking with each addition.

Thoroughly butter 24-inch pieces of parchment paper or aluminum foil, then fold it in half. Make a pocket by closing 3 sides with small folds, like an envelope. Place on a jelly roll pan.

Season the salmon with salt and pepper and slip it in the envelope, adding the vegetables and parsley. Add the curry mixture and seal the parchment tightly.

Put the envelope in a preheated oven. Bake about 10 minutes, or until the Papillate inflates.



#### **Homemade Curry Powder**

Carol Gelles

**1 tablespoon ground turmeric**

**1 teaspoon ground cinnamon**

**1/2 teaspoon ground paprika**

Stir together all the ingredients.

**1 teaspoon ground ginger**

**1/2 teaspoon ground allspice**

**1/8 teaspoon ground white pepper**



#### **Passover Haiku**

peeled hard boiled eggs  
float in tepid salt water  
mom is exhausted

### **Pescado con Tomat (Fish with Tomato Sauce)**

Tuna Barkey

|                                                                               |                                            |
|-------------------------------------------------------------------------------|--------------------------------------------|
| <b>1 can of tomato sauce</b>                                                  | <b>1/3 cup oil</b>                         |
| <b>1 can of water</b>                                                         | <b>4 teaspoons parsley, finely chopped</b> |
| <b>1/2 teaspoon salt</b>                                                      | <b>1/2 teaspoon sugar</b>                  |
| <b>1 to 1 1/2 pounds of rock cod or salmon filet, cut into serving pieces</b> |                                            |

Mix all the ingredients (not the fish). Bring mixture to a low boil, add the fish. Boil the fish until it turns color (approx. 10 minutes). Place the fish and sauce into a baking pan and bake one hour at 300 degrees. Let cool and serve.



*Use any mild flavored fish with this sauce.*

Carol Gelles

### **Scrod with Tomato and Red Pepper Sauce**

**2 tablespoons olive oil, divided**  
**1/3 cup chopped onion**  
**3 cloves garlic, minced, divided**  
**1 cup chopped tomato**  
**1 1/2 pounds scrod**  
**Salt to taste**  
**Ground pepper to taste**  
**1/4 cup roasted red pepper**  
**1/2 teaspoon sugar**

Preheat the broiler. In a 1-quart non-stick saucepan, heat 1 tablespoon of the oil over medium high heat. Add the onion and one clove of garlic. Cook, stirring, until onion is softened, about 1 minute. Add the tomatoes and cook, stirring frequently until tomato is cooked through, about 4 minutes. While the tomatoes are cooking: in a small bowl, stir together the remaining 1 tablespoon oil and 2 cloves garlic. Brush over the fish; season with salt and pepper to taste. Cook the fish 6-inches from the heat 6 minutes or until fish flakes when lifted with a fork.

Place the tomato mixture into a blender container with the roasted red pepper, sugar, salt and pepper to taste. Cover and blend until smooth. Serve with fish.

*When it's not Pesach Katja adds some ground cumin and serves this over polenta, but it is delicious even without the polenta.* Katja Goldman

This recipe is from the Empire Kosher Chicken Cookbook by Katja Goldman and Arthur Boehm.

Clarkson Potter Publishers, 1999 New York

### **Chicken with Garlic and Tomato Essence**

Serves 3 to 4

**16 cloves garlic (12 unpeeled and 4 minced)**

**3 tablespoons vegetable oil**

**4 pound chicken, cut into eights, skin removed if desired**

**Freshly ground pepper**

**1/3 cup mild red wine vinegar**

**1/3 cup dry white wine**

**1 1/2 tablespoons fresh rosemary, chopped or 1 teaspoon dry**

**1 bay leaf**

**5 canned Italian tomatoes, chopped**

**1 1/4 cups chicken stock or canned low sodium broth**

**1/2 cup Italian parsley**

1. Bring a small saucepan of water to a boil. Add the whole garlic cloves and boil for 3 minutes. Remove, drain well, and reserve.
2. In a large skillet, heat the oil over medium high heat. Add the boiled whole garlic and stir. Season the chicken pieces with the pepper and add them to the skillet. Brown on all sides, about 8 minutes. Remove the chicken and reserve. Reduce the heat to medium low. Add the minced garlic to the skillet and allow to cook until golden, stirring, about 3 minutes. Add the vinegar and wine to deglaze the pan. Add the rosemary, bay leaf and tomatoes.
3. Bring the ingredients to a simmer and add the chicken. Reduce the heat to medium low, cover and cook for 15 minutes, turning the chicken pieces once.
4. Remove the chicken and the whole garlic cloves. Add 3/4 cup stock and stir to combine. Skim the fat from the pan sauce. Squeeze the soft pulp from the garlic cloves directly into a blender or food processor (discard the husks). Add the parsley and pan contents and puree. Add the remaining chicken stock gradually, blending until the mixture is saucelike. Pour the sauce over the chicken.

*Minna is a delicious dish of Sephardi origin. It makes a great luncheon or supper specialty that I serve as one of two main courses for the second seder dinner. This dish is even better the next day, reheated or at room temperature, so you can enjoy it as a kind of next-day-next-day treat.*

Katja Goldman

This recipe is from the Empire Kosher Chicken Cookbook by Katja Goldman and Arthur Boehm.  
Clarkson Potter Publishers, 1999 New York

### **Minna**

#### **Chicken Filling:**

**1 pound cooked chicken or turkey, shredded**  
**Kosher salt**  
**1/2 cup chopped Italian parsley**  
**1/4 cup chopped dill**  
**1/4 cup chopped fresh mint**  
**1 bunch scallion, white and green**  
**parts, very thinly sliced**  
**2 eggs, beaten**  
**Kosher salt and pepper**

#### **Eggplant Filling:**

**1 large eggplant (1 1/2 pounds)**  
**1/3 cup olive oil**  
**2 to 3 garlic cloves, minced**  
**1 large onion, chopped**  
**2 teaspoons tomato paste**  
**4 large tomatoes, peeled and**  
**chopped**  
**1/4 to 1/2 teaspoon ground allspice**  
**Salt and freshly ground black**  
**pepper**

#### **6 matzos**

**Chicken stock or low-sodium canned broth, for soaking the matzos**

**Olive oil, for brushing**

**3 eggs**

**1/2 cup tomato sauce**

**1/4 teaspoon freshly grated nutmeg**

**Freshly ground black pepper**

1. To make the chicken filling: in a medium bowl, combine the chicken, parsley, dill, mint, scallions, and eggs. Season to taste with the salt and pepper and stir to blend; reserve.

2. To make the eggplant filling, peel the eggplant and cut it into 1/2-inch cubes. Place in a colander and toss with the salt. Allow it to drain, about 1 hour. Drain well with paper towels

3. In a large, wide skillet, heat the olive oil over medium heat. Add the onion and garlic; saute constantly, until soft, 15 to 20 minutes.

4. Add the tomato paste and stir to incorporate. Add the tomatoes and allspice, + and cook, stirring, until the tomatoes fall apart and the mixture thickens, about 5 minutes. Season to taste with the salt and pepper. Remove from the heat and cool to room temperature.

5. Preheat the oven to 350°F. Oil an 8 x 12 x 3-inch rectangular, or 14 x 3-inch oval baking dish.

6. Place the matzos in a deep dish, pour over the stock and allow to soften, about 3 minutes. Layer 2 of the matzos in the bottom of the baking dish, breaking the second if necessary to fully cover the bottom of the dish.

7. Lightly brush the matzos with the olive oil and spread the eggplant mixture on top. Lay 2 more matzos over the filling and brush with the oil. Spread the chicken filling over the top with the remaining 2 matzos.

8. In a small bowl, beat together with a fork the eggs, tomato sauce, and nutmeg. Pour over the minna, covering it completely, and bake until firm, 45 to 50 minutes. Allow to rest 10 minutes, cut into squares, and serve.

## Stuffed Chicken Breasts

Elana Weinberg

- 8 chicken breasts
- 2 cups matzoh meal (approximately)
- 2 teaspoons garlic powder
- 8 ounce bottle Italian dressing
- 2 boxes frozen spinach
- 1 packet onion soup mix
- 4 tablespoons mayonnaise (enough to combine the spinach)
- 1 cup white wine

Pound the chicken breasts lightly (until about 1/3 inch thick). Place in a deep plate and coat with salad dressing. This can sit overnight, or if you don't have time just dip cutlets in dressing.

Thaw the spinach and squeeze out all the water from it. Mix in onion soup mix and mayonnaise (if it feels too dry and a bit more Mayonnaise-it only needs to hold together not be wet). Make 8 balls of spinach from the combination.

Combine matzoh meal and garlic powder. Coat both sides of the cutlets (That have already been dipped in dressing. Place a spinach ball(elongated) at the end of the cutlet and roll up. Place the seam side in a greased 9 x13-inch pan. Pour in wine and cover with foil. Bake for about 1 hour



*This can also be made with veal.*

Sandee Brawarsky

## Italian-style Chicken with Mushrooms

- 8 chicken cutlets, sliced thin, or 8 slices of veal cutlets, sliced thin
- 1 large or 2 small eggs, beaten
- 1 cup matzah meal
- Salt and pepper for seasoning
- Oil for frying
- 1 pound mushrooms, washed and sliced
- 1 cup white wine
- 1 cup chicken broth

Dip chicken or veal into beaten egg, then into matzah meal. Place individual slices on a platter after they are dipped.

When all the slices are coated, heat the oil in a large frying pan (be sure the oil is hot).

Lower the flame a bit and then brown each slice on both sides. Place in large pan (large enough to hold all in one layer).

Then remove all burned bits of matzah meal from the frying pan and wipe the frying pan with paper towel, leaving some oil in the bottom.

Reheat oil; add mushrooms and saute until all water is gone. Add the wine. Bring to a boil, then add chicken soup and bring to boil again. Then pour over the chicken slices or veal. Cover with tin foil, place in heated over, 350 for 30 to 40 minutes.



## **Apricot Chicken**

Shirley Dorfman

Serves: 8

**4 chicken breasts**

**1 cup soup nut crumbs**

**1 teaspoon ginger**

**1 teaspoon garlic powder**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**2 eggs well beaten**

**1/2 cup white wine**

**Apricot preserves**

**1 tablespoon margarine**

Preheat oven to 350 degrees. Cut chicken breasts in half. Rinse and dry well.

Combine soup nut crumbs, ginger, garlic powder, salt and pepper.

Dip chicken into egg mixture (use one egg at a time) and then crumbs and place in a shallow baking pan. Bring preserves, wine and margarine to a boil. Pour over chicken breasts. Bake 45 minutes.



*This is a very easy dish to make and it is delicious.*

Ricki Segall

## **Paprika Chicken**

Serves: 4 to 6

**1 chicken cut into parts**

**2 to 3 tablespoons Real Hungarian sweet paprika**

**2 large onions, sliced**

**Marjoram**

**2 minced cloves of garlic**

**Salt and pepper**

**Water**

Heat oven to 350. Place chicken parts, skin side up, in a baking pan. Add **1/4 cup water**.

Surround and cover with sliced onions and garlic. Sprinkle the marjoram and paprika over everything.

Bake for about an hour, occasionally baste with the pan juices. Salt and pepper to taste.



I have a family tradition that it is a Mitzvah to drink five full cups of wine at the seder. That began for me at the tender age of four. My mother wasn't watching me and my favorite Uncle David made sure I would observe this Mitzvah. I've been told (many times) that I babbled and sang through the seder. My mother did, after all, have something important to keep her away from the seder. She was in labor for my sister. All I knew was that "The Boys" as my uncles were called had fun with me. My aunts and uncles had a way of enjoying themselves at my expense. When I was little I mispronounced "smoke", said something like "f\*\*\*"; I dutifully went as instructed to tell adults not to smoke and never (as a kid) understood why the adults laughed. Each year since my fourth, I've religiously drunk five cups of wine for the seder. The wine we used was homemade in an annual family ceremony I fondly remember. We all gathered in my grandmother's basement and shared preparing the wine in a large barrel. The wine was very sweet and not too strong.

Estare Weiser

*This is also good for Rosh Hashana. When it's not Pesach I serve this with rice.*

Judy Love

### **Judy Love's Chicken with Dried Fruit**

Serves 4.

Soak 1/2 cup dried prunes, 1/2 cup dried apricots, 1/4 cup dried cranberries, 1/4 cup seedless raisins and 1/4 cup dried cherries in water to cover about 20 minutes. Then cut prunes and apricots in half. Reserve soaking liquid.

Clean and wash 4 1/2 pound roasting chicken and cut into 8ths. Fry 1 large onion, chopped fine, in 2 tablespoons vegetable oil until onion is soft and golden. Add 2 apples peeled, cored and chopped and the soaked chopped fruits and saute gently for a few minutes. Season to taste with salt, pepper and 1 teaspoon cinnamon.

Put the chicken in large pot. Salt (not if it's a kosher chicken) and pepper. Pour on the sauteed fruit and add the soaking liquid. Cover with tin foil, then pot cover and roast in 350 oven for 1 1/2 hours.



### **Simple Garlic Roasted Chicken**

Ricki Segall

**1 whole chicken, all visible fat removed**

**1 large onion**

**1 stalk celery**

**10 to 12 garlic cloves, sliced**

**1/2 teaspoon dried rosemary**

**1 tablespoon vegetable oil**

**Black pepper**

Heat oven to 325 degrees.

Place the chicken in a roasting pan.

Cut the onion into four pieces, slice the celery stalk, and 2 cloves of sliced garlic, and stuff this loosely into the chicken cavity.

Rub the skin of the chicken with a small amount of vegetable oil and the remaining sliced garlic. Roast for about 1/2 hour, basting occasionally with pan juices; add the rosemary.

Roast 1/2 hour longer. Discard the cooked vegetables inside the chicken. Pepper the chicken before serving.



### **But What is Chometz?**

The following are items Orthodox sources consider to be questionable or not kosher for Passover (when following Ashkenazi guidelines):

Anise, Ascorbic acid, Beans, BHT, BHA, Buckwheat, Calcium Ascorbate, Caraway Seeds, Citric Acid, Confectioners' Sugar, Corn, Cumin, Dextrose, Emulsifiers, Fennel, Fenugreek, Glucose, Green Beans, H.V.P., Isolated Soy Protein, Isomerized Syrup, Lecithin, Malto-dextrin, Millet, MSG, Mustard Flour, NutraSweet, Peanuts, Peas, Rice, Sesame Seeds, Sodium Ascorbate, Sodium Erythorbate, Sorbitan, Sorbitol, Soy Beans, Stabilizers, Starch, Sunflower Seeds, Tofu

From: Kashrus Kurrents; "Kitniyos by Any Other Name" Rabbi Tzvi Rosen, editor

## HONEYED CHICKEN

Nancy Jane Goldstein

1. Beat **2 eggs** with **2 tablespoons water**. Mix **1 cup matzoh meal** with **1 teaspoon salt**. Cut up **2 fryers** and dip chicken in egg mixture and then roll in matzoh meal. Brown in **1/2 cup oil**. Remove to dutch oven or covered roaster.

2. Mix **1 cup hot water**, **1 cup orange juice**, **1/4 cup honey**, and pour over chicken. Cover and simmer slowly or bake at 325 degrees for 45 minutes. Just before serving, glaze under broiler.



*Although you don't really use 40 cloves of garlic, you do use lots of it. I like to make this dish because it's easy to throw together, then just sits in the oven for a long time.* Carol Gelles

### Chicken with Forty Cloves of Garlic

Serves: 8

**1 head garlic**  
**2 (3 1/2 pound) chickens, quartered**  
**1/2 teaspoon dried rosemary, divided**  
**1/4 teaspoon dried thyme, divided**  
**Salt to taste**  
**3/4 cup dry white wine**  
**1/4 cup water**

1. Separate the cloves of garlic from the head, but leave them unpeeled.
2. Place one of the chickens into a 6-quart Dutch oven or deep oven proof baking pan. Sprinkle with half of the garlic cloves, half of the rosemary and thyme, and salt to taste. Top with the remaining chicken, sprinkle with the remaining garlic, rosemary, thyme, and salt to taste. Add the wine and water.
3. Cover and bake 2 1/2 hours. Lift cover carefully so you won't get burned by the steam.



### Puerto Rican Style Chicken

Jane Gruber

|                                           |                                            |
|-------------------------------------------|--------------------------------------------|
| <b>1 (4-pound) chicken cut in eighths</b> | <b>1 teaspoon capers</b>                   |
| <b>1 (8-ounce) can tomato sauce</b>       | <b>1/2 cup raisins</b>                     |
| <b>1 teaspoon salt, or to taste</b>       | <b>1 whole head of garlic, peeled</b>      |
| <b>1 cup extra virgin olive oil</b>       | <b>1 medium onion, peeled</b>              |
| <b>1/4 cup vinegar</b>                    | <b>2 pounds potatoes, peeled and diced</b> |
| <b>12 stuffed green olives</b>            | <b>1 cup sweet white wine or sherry</b>    |

Put chicken, tomato sauce, salt, oil, vinegar, olives, capers, raisins, garlic, and onion in a large kettle. Cook rapidly to boiling. Add potatoes and rest of the ingredients and bring to a boil again. Cover and cook over moderate heat for 30 minutes. Uncover and cook about 30 minutes more or until liquid thickens a bit.

**Leonard Sharzer's Cornish Hens with Matzo Dressing**  
Serves 12.

|                                              |                                         |
|----------------------------------------------|-----------------------------------------|
| <b>6 large (2 pound) Cornish hens</b>        | <b>1 teaspoon thyme</b>                 |
| <b>6 tablespoons peanut or vegetable oil</b> | <b>1/2 teaspoon dried basil</b>         |
| <b>2 cups finely chopped onion</b>           | <b>Salt and pepper to taste</b>         |
| <b>2 cups coarsely chopped celery</b>        | <b>1 teaspoon paprika</b>               |
| <b>2 cloves garlic, minced</b>               | <b>1 clove garlic, pushed through a</b> |
| <b>2 cups fresh mushrooms, minced</b>        | <b>garlic press</b>                     |
| <b>4 to 6 cups matza farfel</b>              | <b>1/4 pound softened margarine</b>     |
| <b>1 cup chicken stock</b>                   |                                         |

Split the hens lengthwise and set aside.

In a large skillet, heat peanut oil and sauté onion, carrots and celery until soft, but not browned. Add garlic and mushrooms and sauté for 3 more minutes.

In a mixing bowl, moisten matza farfel with chicken stock. Add sautéed vegetable mixture, the thyme, basil, salt and pepper.

Spoon stuffing into a large roasting pan (big enough to hold all 12 halves of the hens, skin side down) in one layer. Cover with the halved hens, skin side up so that all chicken halves are touching but not overlapping. Blend paprika and pressed garlic into softened margarine mixture and brush hens with mixture.

Roast in a preheated 375°F oven for 45 minutes, or until thigh juices run clear when pricked. Transfer to a warm serving platter. Pass stuffing in a bowl.



**A Rose by Any other Name....**

How many different names can you think of for Passover?

Pesach, of course - but what about:

Chag Hamatzoh - the holiday of matzoh

Z'man Herusenu - the season of our freedom

Chag Heaviv - the holiday of spring

Echad M'shalosh Regalim - one of three walking holidays

**BONUS QUESTIONS:** What are the other two Shalosh Regalim?

*Sukkot, Shavuot*

Why are they called Walking Holidays? *Because each Jewish male was commanded to make a pilgrimage to the Temple in Jerusalem on these holidays.*

## **Turkey Stuffed Artichokes**

Dorothy King

Makes 10 servings.

**10 medium artichokes**  
**1 clove garlic, crushed**  
**Juice of 1/2 lemon or white wine**  
**2 bay leaves**  
**6 peppercorns**  
**1 1/2 teaspoons salt**  
**1 teaspoon or more of olive oil**

**Ground turkey filling**  
**1 tablespoon olive oil**  
**2 cloves garlic, chopped**  
**1/4 cup onion, finely chopped**  
**1 pound ground turkey breast**  
**2 tablespoons chopped parsley**  
**Salt and pepper to taste**  
**1/2 cup white wine**

### **Prepared tomato sauce (preferably a spicy sauce, but marinara or any favorite is okay)**

Cut the thorny tops off the artichokes. Trim away the stem and remove discolored leaves. Place about 4 inches of water in a pot large enough to hold the artichokes. Add the crushed garlic, lemon juice (or white wine), bay leaves, pepper corns, salt and olive oil. Cover and bring to a boil. Add the artichokes. Bring to a boil again, then cover and lower the heat. Simmer 20-25 minutes, until the artichokes are tender but not falling apart. Drain. Set aside to cool.

While the artichokes are cooling, prepare the filling: Heat the oil in a large skillet. Add the garlic and onion and cook until softened. Add the ground turkey, parsley, salt and pepper to taste. Cook, stirring frequently, until the turkey loses its pink color. Add the wine. Raise the heat and cook until all the liquid disappears.

When the artichokes are cool enough to handle, remove the thistle. First, pull out the center leaves, then open the remaining leaves gently so the artichokes doesn't fall apart. With a small spoon, remove the fuzzy thistle at the center bottom, leaving as much of the delicious heart as possible.

Stuff the artichokes with the cooked meat mixture and place them in a oven-proof baking dish. Top each with a generous spoonful of the prepared sauce. May be prepared to this point and refrigerated.

Heat oven to 350 degrees. About 30 minutes before serving time, place the prepared artichokes in the oven. Bake, covered, 15-20 minutes, depending on whether the artichokes were refrigerated or not. Remove the cover and continue baking until the artichokes are heated through and turkey is completely cooked..



Carolyn Kahn

## **Quick Pan-Fried Spinach Frittatas**

Yield: 4 Servings

**20 ounces leaf spinach, frozen**  
**3 pieces Matzah**  
**4 eggs, beaten**  
**Salt and pepper to taste**

**Dash nutmeg**  
**3 tablespoons. margarine**  
**Parmesan, grated**

Heat the spinach in a saucepan with 1/2 cup of water, until completely thawed (or use microwave). Strain the spinach, reserving half the amount of liquid. Crumble the matzah and pour the spinach and the remaining liquid over them.

Mix thoroughly until the matzahs are softened. Add the eggs, salt, nutmeg and pepper. Heat the margarine in a 12 inch skillet and add the spinach mixture. Cook on medium heat, uncovered for 5 minutes on each side. Sprinkle with grated Parmesan and serve immediately.





**Onion Cheese Tart**  
(serves 6)

Nina Priven

**2 or more matzoh, made into crumbs**  
**1 stick + 2 tablespoons butter or margarine**  
**2 1/2 cups thinly sliced onions**  
**3 eggs, beaten**  
**1 cup milk**  
**1/4 teaspoon salt**  
**1/8 teaspoon pepper**  
**1/2 pound shredded cheese (such as Monterey Jack, or fontina, or Jarlsberg)**

Preheat oven to 350 degrees.

In a 9-inch pie dish melt the stick of butter. Add the matza crumbs and stir. Press to form crust. Bake 5 minutes.

Saute onions in the remaining 2 tablespoons butter, and place on top of crust.

In a medium bowl, combine the eggs, milk, salt, and pepper. Pour over crust. Sprinkle cheese on top. Bake 35 to 40 minutes or until custard is set.



**Zucchini Pudding**

Sandee Brawarsky

**4 medium zucchini**  
**2 large eggs, lightly beaten**  
**1/2 cup matzah meal**  
**1/3 cup grated hard cheese**  
**1 to 2 teaspoons oil**

Preheat oven to 350 degrees.

Cut off the ends of the zucchini; rinse and pat dry. Using the large holes of a grater, grate zucchini into a bowl; pour off any liquid. Add beaten eggs, matzah meal and grated cheese. Add more matzah meal if needed (if the mixture is too loose). Lightly oil the bottom of a 10" oven proof casserole and pour in the mixture. Spread 1 teaspoon of oil on top.

Place in heated oven for 50 minutes. When it's brown around edges, broil it (500 degrees) for 2 - 3 minutes until the top turns brown.



*This is a Greco-Judeo recipe as well....*

Anita Altman

**Kolokythopita ( Zucchini Pie)**

|                                                     |                                   |
|-----------------------------------------------------|-----------------------------------|
| <b>1 pound zucchini</b>                             | <b>1/2 cup chopped fresh dill</b> |
| <b>Milk</b>                                         | <b>2 tablespoons olive oil</b>    |
| <b>1 cup mixed Parmesan and feta cheese, grated</b> | <b>Salt and pepper</b>            |
| <b>10 eggs, beaten</b>                              |                                   |

Preheat oven to 350 degrees. Clean and grate zucchini. Put in large saucepan with just enough milk to cover, bring to a low boil, simmer slowly until the mixture is thick. Cool it, then mix in the cheese, eggs, dill, oil, salt and pepper. Pour into a well greased baking pan and bake for 30-45 minutes, or until well browned on top.

*Please note this quiche has no crust! Can freeze up to 1 month. Each serving is about 140 calories.*

Carolyn Kahn

### **Low-Cal Zucchini Quiche**

Yield: 8 Servings

**3 medium zucchini, peeled**

**1 teaspoon salt**

**2 cups cheese (Swiss, mozzarella, cheddar)**

**1/2 onion**

**3 eggs**

**1 dash of pepper**

**1/2 teaspoon oregano**

**1/2 teaspoon basil**

**3 tablespoons Parmesan cheese,  
grated**

Put the grater attachment on your food processor. Cut the zucchini to fit the feed tube. Grate, using firm pressure. Transfer to a strainer and sprinkle with salt. Let stand 10 minutes. Press out all liquid. Grate cheese and onion, using medium pressure. **DO NOT EMPTY BOWL.**

Remove grater and insert plastic or steel knife. Add remaining ingredients except Parmesan cheese to processor bowl. Process with 3 to 4 quick on/off turns, just until mixed. Place in a greased 9 inch pie plate or ceramic quiche dish. Sprinkle with Parmesan cheese.

Bake at 350 for 35-40 minutes, until set and golden brown.



Traditionally in my family (Iranian Jews), the scallion has an important part of the festive seder table. When we are finished singing the Da-yaynu each child and adult lifts their scallions and playfully swats each other in remembrance of the pain inflicted on the Jews in Egypt.

Aviv Reuven



*Good brunch dish, served with matzo, various cream cheeses and a salad.*

Paula Dubrow.

### **WOK SCRAMBLED EGGS**

**8 eggs**

**2 tablespoons water**

**Dash of hot pepper sauce**

**2 teaspoons vegetable oil**

**1 clove garlic, minced**

**1 small onion, chopped**

**1 bunch green onions, chopped**

**1 small, sweet red pepper, chopped**

**1/2 cup diced celery**

**1/2 teaspoon fine herbs**

**1 to 2 cups fresh bean sprouts**

**1 cup sliced mushrooms**

**Salt and pepper (to taste)**

**Paprika**

Combine eggs, water, hot pepper sauce in a blender (or food processor) and mix thoroughly at high speed.

Heat oil in wok or large skillet until hot, coating all surfaces. Add garlic and stir briefly.

Add onion, pepper, celery, fine herbs and stir. Fry until onions are translucent.

Add egg mixture, bean sprouts, mushrooms, salt and pepper and stir until 2/3 done.

Remove from heat and allow eggs to finish cooking.

Place on a platter and sprinkle with paprika.

*Great on matzoh. I use frozen chopped spinach, then drain it well.*

Carol Gelles

### **Spinach Egg Salad**

Serves: 4

**10 hard cooked eggs**

**1/2 cup cooked chopped spinach**

**1/4 cup mayonnaise**

**3 to 4 tablespoons plain yogurt**

**1/4 teaspoon dried tarragon**

**1/8 teaspoon black pepper**

**Salt to taste**

Chop the eggs in a medium bowl. In a small bowl, stir together the spinach, mayonnaise, yogurt, tarragon, pepper, and salt. Stir the spinach mixture into the eggs until combined.



*A traditional appetizer for the Passover seder. The salt water reminds us of the tears shed by the Jewish people in Egypt and the bitterness that they endured. The eggs are reminiscent of both the Festival sacrifice and the cycle of life.*

Rachel Mintz

### **EGGS IN SALT WATER**

Yield: About 24 servings

**1 dozen eggs**

**Kosher salt to taste**

Boil the eggs until they are completely hardened (at least 10 minutes).

Using an egg slicer, slice eggs into a plastic bowl.

Add warm water to cover the eggs.

Mix in kosher salt gradually. Mix in a few tablespoons of salt and stir mixture. Taste. Continue this process until the water mixture is salty to taste.

Chill at least two hours. Serve in small dessert bowls.



*Believe it or not, my friend Irwin Srob raised chickens in East Hampton until just recently. Every year at Passover, he'd bring the eggs that his hens had laid that week (most eggs that you buy in the stores are MUCH older than that). The eggs would be brown or white or even baby blue. The only problem was, they were still raw and had to be cooked just before seder. Even the least experienced cook can hard boil an egg - the trick is to have the yolk cooked through and through without a green ring on the outside.*

Carol Gelles

### **Perfect Hard Cooked Eggs**

Serves: 8

**8 eggs**

Place the eggs in a 2-quart saucepan; add water to cover the eggs by 1 inch. Bring to a rolling boil over medium high heat. Boil 2 minutes. Remove from heat and let stand in the hot water 15 minutes. Pour off hot water and add cold water to cover. Let cool. Peel eggs; store in plastic bag in refrigerator.

*A Mintz favorite on the holidays anytime of year.*

Rachel Mintz

### **HARRIET'S CORNED BEEF**

Serves 10 – 15 people.

**5 pound piece of corned beef**

**2 bay leaves**

For Topping:

**1 cup honey**

**1 cup cranberry sauce**

**3 tablespoons red horseradish**

To cook corned beef, wash under running water to remove surface brine.

Cover with boiling water. Simmer 4 hours until a fork can penetrate to the center.

Mix together ingredients for topping and heat. Cover cooked corned beef with sauce and serve.



### **Pot Roast Florentine**

Nurie Relis

**5 to 6 pounds Brisket**

**1 to 2 cloves garlic**

**Salt and pepper**

**2 tablespoons oil**

**1 bay leaf**

**1/4 teaspoons dried thyme**

**or 1 teaspoon fresh thyme**

**1 medium onion chopped**

**1/2 cup chopped celery**

**6 to 8 carrots cut in half, lengthwise**

**4 plum tomatoes, peeled and quartered**

**1/3 cup red wine (or brandy)**

**2 cups red wine**

**3/4 cup sautéed mushrooms (about 1 cup raw)**

Rinse and dry meat, rub with cut side of garlic cloves. Sprinkle with salt and pepper. Rub meat with **cake meal** or very fine matzo meal (a substitute for flour.) Brown well in oil. Slip a rack under meat. Turn off heat, add brandy and ignite. Let blaze until flame dies down. Cover to put out the flame. Add all the carrots under the rack. Add bay leaf, thyme, onions, celery, tomatoes and wine. Cover and simmer 2 hours until meat is tender. Sauté mushrooms and add to pot roast when almost done. Thicken gravy with potato starch if desired.



### **Seder Discussion Topics**

Following the recitation of the ten plagues we sing Dayenu which translates to "enough" or more to the spirit of the song "it would have been enough" just one or two miracles would have been enough. We are reminded that each miracle built on the previous one. This concept allows for much creativity at the seder table.

Topics of discussion surrounding this song can include - when is enough, enough?

What is enough? Does anyone ever have enough?

Do we see the glass half empty or full - do we recognize enough or do we only see what's lacking?

Do we remember to be grateful in our lives for all the bounty we are given?

Do we remember those who do not have enough, and what can we do for them?



*Once I forgot to turn on the oven until after we sat down for our seder. I turned the oven up to 400, and by the time we blessed the matzah and maror and discussed the Hillel sandwich . . . it was ready to eat.*

Ellen Schecter

### **POT ROAST FOR THE OVER-WORKED (AKA Pot Roast for Idiots)**

Start with your largest rectangular cooking pan.

Line it in two directions -- length-wise and cross-wise -- with VERY long, VERY wide (18") sheets of aluminum foil -- long enough to eventually fold and pleat closed over the entire pan.

Now, into the pan, place your washed pot roast. Don't flour it, or sear it, or pre-cook it, or anything fancy like that. Remember, this is a recipe for the over-worked.

On top of the **pot roast**, throw **two bags of washed little baby carrots**.

Tuck them in around the edges. You can slice them lengthwise if you absolutely must but it is NOT necessary.

On top of the carrots throw washed **new baby potatoes**. Or, peel and slice larger potatoes if you want to be a martyr.

On top of the potatoes, throw **two packages kosher-for-Passover onion soup mix and some garlic salt**.

Or, **slice onions very thinly** and place them all over the potatoes. **Salt and pepper** to taste if you don't use the soup mix. Sprinkle garlic salt to taste.

Pour in **chicken broth** till it about half-covers the pot roast.

Now roll up the cross-wise foil and tuck it around all the ingredients.

Then roll up the length-wise foil and tuck it around the first layer of foil.

Children enjoy this part. You can call it tucking the pot roast in for a nap.

Bake in 375-degree oven for about two and a half to three hours. You really can't ruin this unless all the liquid dries up and you keep baking.

**BONUS:** After you serve, you throw out the foil and the pan is really easy to wash. Even a child -- or husband -- could do it.



### **Passover Tip: READ LABELS**

Just because something was Kosher for Passover last year doesn't mean it will be this year. Regular kosher products may not be kosher for Passover. One year Coke decided not to bother with Kosher for Passover - and boy did they ever get a lot of mail! The moral of this story is look at labels!

For the non-cook here are some items that are not kosher for Passover, even though they may be kosher: soy sauce (made from soy BEANS), Vegetable oil (usually contains some soy BEAN oil), mayonnaise (Soy BEAN oil again) Those soy BEANS sure get around!

Another tricky item is corn. Like in - CORN syrup - used to sweeten many items -even things like pickled beets that you might want to use with your horseradish. And don't even think about using anything with CORNstarch and that includes confectioners' sugar (unless it's kosher for Passover, and made with potato starch which is okay)!

*Traditionally I was the one who did Thanksgiving for the family. When my daughter was little and my parents elderly, it was time to start doing seders. I was already a turkey expert and had wonderful childhood memories of pot roast so I thought I could handle a brisket. Wrong -- the first one was dry shreds, but everyone was polite. The next year I found a simple recipe in a book, but couldn't resist adding a little here, adding a little there. Before I knew it, I was making Thanksgiving turkey out of beef, or maybe I had turned my Thanksgiving turkey into a poultry version of pot roast. Over the years this is what has evolved.*

Toni Seigel

### **Toni's Brisket**

Rub the meat allover with a little **salt, pepper and garlic**, then brown in a very hot oven. Turn and brown the other side.

Chop **celery, carrots, onions, parsnips, white turnips** and strew on the bottom of the pan (not too many or it will be too sweet, but a little sweet is good with brisket). Add a **bay leaf**. Place meat on top and put a handful of **sliced carrots and onions** on top of the meat.

Pour in **beef broth and dry red wine** in about equal quantities till meat is about two thirds covered. Cover pan with tin foil and bake in medium hot oven for several hours until meat is fork tender and has shrunk.

Refrigerate meat on a platter. Put pan juices into a bowl and remove excess fat. Be sure to scrape up any drippings. Use water or a little more broth or wine to scrape down the pan, if necessary.

You can reheat the gravy and serve as is, boil it down a bit, or puree in a food processor. Depends how you like it. We use it as is usually, but sometimes I add a little potato starch mixed with a little water if it seems excessively thin.

When the meat is chilled, slice it against the grain. Put it on an oven proof platter and pour gravy over it. Reheat it in the oven, or if there is enough hot gravy and the meat has been brought to room temperature, it may not need to be reheated. Serve and expect compliments.



Another Passover tradition in my family also started when we had young children, was to do much of the pre-meal portion in the living room so the kids didn't have to spend hours at the table. I also introduced children's picture books into the narrative. Sometimes I'd use them as a replacement for part of the narrative or in addition. It depended on the number and age of the kids, and on which books I was using. One I like especially is *Miriam's Cup* by our very own Fran Manushkin. Another is *Mrs. Katz and Tush*, by Patricia Polacco, but there are many.

Toni Seigel

*I make this brisket every Passover and everyone seems to love it. When I buy the meat, I tell the butcher that my wife is a vegetarian and therefore, I have to do the brisket all by myself. The butcher usually takes pity on me and gives me a very nice piece of meat. (And he always throws in shank bone at no extra charge.) I like to make it a day before because it always tastes even better when it's reheated.*

Edward Miller

### **Brisket**

Serves: 8

**1 brisket, 4 pounds (6 pounds fits into our pan)**

**paprika**

**salt**

**1 onion**

**4 tablespoons ketchup**

**1/4 cup water**

**1/2 cup red wine (not sweet)**

**2 cloves garlic, cut up**

**1/2 teaspoon basil**

**Parsley**

Sprinkle paprika on brisket. Brown 30 minutes on each side in 450 degree oven. Lower heat to 350. Add salt pepper and cut up onion. In a bowl, combine remainder of the ingredients. Pour over meat. Cover and cook two hours.



We were all gathered at my Aunt Alice's house for the first seder - all the aunts, uncles and cousins. My youngest cousin, Andrea, the first of our next generation, was almost 2 years old. We got to the part of the seder when we were singing Dayenu and we noticed a little voice in the singing. Andrea, wanting to be part of the celebration was singing with us. Not knowing the words to Dayenu she was singing one of the few songs she knew. "Dinah Won't You Blow Your Horn!" So, of course, we all joined her. Dayenu has never been the same for us.

Sue Fein



### **ROSELY'S BRISKET**

Rachel Mintz

**1 (5 pound) first cut brisket**

**Paprika**

**1 teaspoon oil**

**3 cups ginger ale**

**1 package onion soup**

**6 potatoes, peeled and quartered**

Preheat oven to 350 degrees F

Coat meat with paprika. Heat oil in Dutch oven. Add meat and sear both sides. Remove from heat.

Separately mix ginger ale and onion soup mix. Add to brisket. Cover pot and roast in oven for one hour. Turn meat over, recover pot and cook for another hour.

Add potatoes, recover pot and cook another 45 minutes.

*This is a great recipe if you have any matza balls left over from the soup. If you don't have leftover matza balls, serve it with mashed potatoes.*

Dorothy King

### **Beef Goulash with Matza Balls**

**3 pounds lean beef, cut in 1 1/2 inch cubes.**  
**3 tablespoons matza flour**  
**3 tablespoons hot melted shortening**  
**1 cup chopped onions**  
**1 clove garlic minced**  
**Cooked matza balls**

**1 (8-ounce) can tomato sauce**  
**Dash of red pepper**  
**2 bay leaves**  
**2 tablespoons Hungarian paprika**  
**Water**  
**Chopped parsley**

Dredge meat cubes in flour and brown on all sides in hot shortening in a large pot.. Remove from pot and add onions and garlic. Cook, stirring, until softened, about 3 minutes. Return beef to pot. Add water to cover. Simmer 1 1/2 hours. Add tomato sauce, onion juice, minced garlic and spices. Add salt to taste. Continue cooking over moderate heat 30 to 40 minutes. Serve with medium sized cooked (left-over) matza balls (let them absorb some of the sauce), sprinkle with parsley.



*This recipe for Sweet and Sour Meatballs was famous at the State University at Binghamton when my daughter was a student there. Every time she came home to Long Island she was expected to bring meatballs back to school. All ingredients are OK for Passover.*

Shirley Dorfman

### **Sweet and Sour Meatballs**

#### Meatballs:

**2 1/2 pounds ground beef**  
**2/3 cup matzoh meal**  
**1/2 cup water**  
**2 eggs**  
**1 large onion, chopped**  
**1 teaspoon salt**  
**1/4 teaspoon pepper**

Combine meatball ingredients. Mix well and shape into meatballs. In a large pot combine the sauce ingredients and bring to a boil. Reduce heat, add meatballs and simmer 1 to 1 1/2 hours. About 4 or 5 meatballs per serving.

#### Sauce:

**1 large onion (chopped)**  
**1/2 cup lemon juice**  
**1 cup sugar**  
**1 can tomato and mushroom**  
**sauce (Rokeach or other)**  
**1/2 cup water**



*This is a meatloaf that doesn't use bread crumbs. If you can't find Kosher for Pesach Worcestershire sauce, you can use some salt, pepper, and garlic powder instead.*

Bernice Levine

### **Kehzl (Little Cat?)**

Saute **2 chopped onions** until golden brown. Grate **2 medium potatoes**. Add to **1 to 1 1/2 pounds of chopped meat**. Stir in **1 tablespoons Worcestershire sauce**. Add **1/4 cup water**. Blend well (use a hand chopped for getting air into it).

Put into a 9 x 5 inch greased loaf pan or put in a wax paper-lined loaf pan. Refrigerate a couple of hours. Carefully turn onto a roasting pan. Bake at 350 degrees for 1 hour.

*These patties are to hamburger as a Rolls Royce is to a station wagon.*

Amy Pollack

### **Pesach Burgers**

**1 1/2 pounds chopped meat**  
**3/4 cup grated potatoes**  
**2 tablespoons diced onion**

**1 egg**  
**1 teaspoons salt, or to taste**  
**Oil for frying**

Mix first 5 ingredients in a bowl. Form into patties and place in hot oil in large frying pan fry until crisp on both sides.



### **My 42 Glatt Kosher Passovers**

It is apropos to begin with a modification of the holiday question of – what makes this night different? What makes my Passover story a little different? I will begin at the beginning – my birth. I am a Jew but I am a Jew by Choice – a convert - not a Jew by birth. Although I look British (my Aryan phenotype) – it is unanimous that I think and feel (q'vell and worry) as well as behave (cook and care for others) like a Yiddisha Mamma. I am also a passionate Zionist.

Why did I convert to Judaism when I was 22? To use the typical Jewish answer to a question with a question – why not? In college I became intrigued by two non-Christian religions – Judaism and Buddhism. Several of the things that won me over to Judaism was the emphasis on “family as the cornerstone of religion” – (orphans tend to be very sensitive about family) – and the intellectual gymnastic appeal of the concept that every Talmudic sentence had many, many different rabbinical (aka – teacher) interpretations.

Parenthetically may I add that I extrapolated my academic knowledge of biology and chemistry – my undergraduate major - to help me mentally apply the rules of keeping a glatt kosher kitchen. Candidly may I admit that I have never believed in kashruth from a religious edict perspective, but family was a major motivator to keep a glatt kosher kitchen for 40 years. I definitely wanted my home to be a Jewish home for my children and accordingly, it was important that my husband's family and other observant Jews could eat at our home.

Preparing for Passover required lots of energy for all the extra work. I perceived it as a challenge (my euphemism for difficult tasks) and an opportunity to celebrate the joy of life – Jewish life and history with the family

Dorothy King



*Have the butcher score the bones on the back.*

Bernice Levine

### **Yummy Veal Breast**

**1/2 breast of veal (I prefer the shorter half)**  
**Cut up large carrots**  
**2 onions, diced**  
**a few potatoes, quartered**

Roast covered at 350°F for 3 hours. Watch to see if water is needed during cooking.



From: Tales of Elijah The Prophet Jason Aronson Inc., Northvale, NJ, London 1991

In Lebanon there lived two women who were neighbors. One was very poor because her husband could never earn even a penny, no matter how hard he worked. The other was very rich, but she was never happy with what she had. She was always complaining to her husband about her ill fate.

Now Pesach was approaching, and in the house of the poor woman there was nothing for the festival. Her heart was sad about it, but in her heart there was also hope.

That day the woman decided to take all her children's clothes to the river to wash them. At least this way they would be clean and bright in honor of the holiday. The woman sat along the bank of the river, scrubbing and washing the clothes. And her tears became mixed with the water of the river.

All of a sudden, standing next to her was an old man. "What happened to you, dear woman?" he asked with great pity. "Do you need something? Why are you weeping?" "Oh, no," answered the woman hurriedly. "Only some of the soap bubbles have gotten into my eyes, and this is the cause of my tears." And she quickly wiped her eyes with her apron.

"Have you prepared everything for the holiday?" asked the man.

"Yes, of course," answered the woman.

"And do you have matzot and wine?" he asked.

"And the candles and the tablecloths? Are they ready?" he continued questioning.

"Oh, a long time ago," she said.

"And the meals? And everything you need?" he asked.

"Yes of course. Everything has been prepared," she answered.

"If that is so," said the man, "then I'll say good-bye and wish you a happy holiday!"

The next day, the rich neighbor also went to the bank of the river to wash the children's clothes. But she was grumbling about the hard work that accompanies the preparation of such a holiday.

All of a sudden, next to her stood the same old man. He started asking her the very same questions. But the woman answered these questions with anger and bitterness because she didn't have anything yet prepared for the holiday. And about her husband she spoke with the same anger, for he was a good-for-nothing.

The old man wished her a happy holiday and disappeared.

The evening of the holiday of Pesach, there wasn't anything in the poor woman's house. Darkness seemed to be everywhere, for there were not even candles. But the hungry children were dressed and clean.

But not so in the rich woman's house. There was much on the table but no happiness in their hearts. Instead, their mouths and faces were full of complaints and arguments.

All of a sudden, the old man with the white beard appeared. With his long walking stick, he knocked on the door of the rich household and said to the rich woman, "Whatever you wished on the bank of the river, this is what you'll have."



*This veal dish is spectacular but difficult and time consuming.*

Len Sharzer

### **Veal Breast Stuffed with Chicken Mousse with Morel Sauce**

|                                                                                    |                                                                               |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>1/3 cup dried morel mushrooms</b>                                               | <b>1 teaspoon salt</b>                                                        |
| <b>8 to 10 boneless chicken breasts (enough to make<br/>8 cups ground chicken)</b> | <b>1/2 teaspoon freshly ground pepper</b>                                     |
| <b>4 to 6 tablespoons Cognac</b>                                                   | <b>1 cup shelled pistachio nuts</b>                                           |
| <b>2 whole eggs</b>                                                                | <b>1 large veal breast, boned<br/>(reserve bones for stock)</b>               |
| <b>4 tablespoons minced shallots</b>                                               | <b>Several large spinach leaves</b>                                           |
| <b>1 teaspoon dried tarragon (or 1 tablespoon fresh)</b>                           | <b>1 1/2 cups each of carrots, onions,<br/>celery, cut into 1-inch strips</b> |

Soak the morel mushrooms in water for four hours

Process the chicken in a food processor until finely ground. Add the cognac, eggs, shallots, tarragon, salt and pepper. Mix thoroughly.

Drain and coarsely chop the morels. Add the morels and the pistachios to the chicken mixture.

Open the boned veal breast, and cover with the spinach leaves.

Fill with the stuffing and cover with more spinach leaves.

Roll into a large cylinder and sew or skewer the open ends.

Wrap with cheesecloth and tie with string at intervals.

Roast in a preheated 450 degree oven for 15 minutes.

Add the vegetables, reduce heat to 350 and roast another 30 to 45 minutes.

Remove from oven and let stand at least 20 minutes before slicing.

#### Morel Sauce

**1 cup dried Morels**

**2 cups white wine**

**3 cups reduced veal stock**

Soak the Morels in water for 4 hours.

Deglaze the roasting pan with the white wine. Pour into sauce pan and reduce by half.

Add the stock, the morels and their liquid; cooking until the sauce coats a wooden spoon.

#### Veal Stock

**2 to 4 pounds veal marrow bones**

**2 cups water**

**1 pound carrots coarsely chopped**

**1 bay leaf**

**1 pound onions coarsely chopped**

**2 sprigs parsley**

**1/2 pound celery coarsely chopped**

**1 tablespoon peppercorns**

Roast bones at 350 for 3 hours. Add vegetables and water and roast 1 hour more.

Transfer to large (15 to 20 quart) stock pot. Fill with water add bay leaf, parsley, and peppercorns.

Simmer for 8 hours. Strain through double thickness of cheesecloth.

Return to pot and boil until liquid is reduced to 3 cups.

*The secret to a good Ossobuco is to use good quality wine and veal.*

Dorothy King

### **Ossobuco (Braised Veal Shanks)**

**6 ossobuco (veal shanks about 1 1/2-inch slices)**

**1/2 cup cake meal**

**1/3 cup + 1/4 cup olive oil**

**2 1/2 cups crushed canned tomatoes in puree**

**4 tablespoons of tomato paste**

**1 or more carrots, shredded or sliced small**

**1 cup celery, finely diced**

**1 cup onion, finely chopped**

**Salt and pepper to taste**

**Bouquet garni: ( small cheesecloth tie together: 1 clove garlic + 2 bay leaves + 1 sprig fresh thyme + 4 whole cloves + 1 sprig fresh rosemary)**

**1 1/2 cups good dry white wine: eg. Pinot Gregio**

**2 cups of chicken stock or several bouillon cubes**

**Optional: 1 small piece lemon rind or**

**Rind of 1 orange in strips + juice of 1 orange**

In a heavy braising pan, wilt the onions in olive oil. Add shredded carrots, diced celery and the bouquet of herbs. Salt lightly and simmer at low temperature for 10 minutes.

In the meantime, lightly dredge the veal shanks in the meal, shake excess off. In a wide, heavy skillet, heat olive oil, and brown the shanks on each side – not edges.

Add the browned ossobuco to the braising pan, add tomato paste and braise for additional 10 minutes. Add the white wine, bring to a boil, than add orange and lemon rind, orange juice and bring all to a vigorous boil for 10 minutes.

Add the crushed tomatoes, let simmer for 30 minutes. Add a cup of hot chicken stock, mix, cover and let simmer over low flame on top of stove for 1 1/2 hours or more, adding remaining stock as necessary. Test for doneness with a cooking fork.

When cooked, remove meat, untie, and pass sauce through a sieve. Return the meat to the sauce, until ready to serve.



### **Passover Traditions**

Create new traditions that your children and their children can continue. It can be something special for the table, such as a new matzoh cover or plate, a cup for Miriam, or a blessing that is new for your family.

Adapted from Taverna Paridiso. (Name of restaurant in a small town on Sicilian coast.)

Diane Kaston

### **Lamb Shanks Trapani**

Serves 12

**4 tablespoons olive oil**

**12 lamb shanks**

**4 medium yellow onions**

**8 cloves garlic, peeled and minced**

**4 cups red wine a Shiraz, or Cabernet Sauvignon will do nicely.** (Please no cooking wine, I believe the wine you cook with should be of the quality you serve and fine kosher for Passover wine is easily available now.)

**6 ribs celery, cut into large dice**

**6 carrots, cut into large dice**

**4 anchovy fillets**

**4 cups tomato puree**

**4 cups chicken broth**

**4 bay leaves**

**4 tablespoons fresh thyme, chopped**

**2 teaspoons fresh ground black pepper**

**2 teaspoons coarse salt**

**2 cups finely chopped flat Italian parsley**

**1/2 pound Black Sicilian olives\* marinated in olive oil and spices**

\*also available at almost any gourmet store.

Heat the oil in a heavy-bottom pan. Add the lamb shanks and sear over medium heat until golden brown, about 5 minutes per side. Remove and set aside. Add the onions and garlic sauté until both are translucent about 8 minutes. Turn the heat up high add the wine to deglaze the pan, scrape any remaining bits on bottom of pan and incorporate into pan juices. Immediately reduce heat, simmer and reduce liquid by about one third. Add the remaining ingredients except parsley and olives. Stir to combine. Return the shanks to pan. Partly cover and simmer over medium heat for about 4 hours, occasionally skimming the top of pan to remove excess fats. If there is not enough liquid add more wine to insure that the meat is covered in liquid at all times. Approximately 1/2 hour before meat is done add parsley and olives to pot. The cooking is finished when the meat is about to fall off the bone. Remove bay leaves. Season to taste with more salt and pepper.

Place one shank on each plate and ladle with sauce.



# Side Dishes

## Passover Spinach Souffle

Makes 8 side servings.

Randy Kraft

**1/2 cup chopped onion**

**Salt and pepper to taste**

**1 clove garlic, minced**

**3 eggs**

**1 tablespoon margarine, melted**

**2 packages frozen chopped spinach  
(thawed and well drained)**

**8 ounces Philadelphia cream cheese, softened**

**8 ounces farmer or pot cheese**

**1/4 teaspoon paprika**

**1/8 teaspoon ground nutmeg**

In a medium skillet, cook and stir onion and garlic in margarine until tender . Beat onion mixture, cream cheese, farmer cheese, salt and pepper with electric mixer on medium speed until well blended. Add eggs, one at a time, mixing well after each. Blend in spinach. Pour mixture into 9-inch square baking pan. Sprinkle with paprika and nutmeg. Cover. Bake at 325 degrees: 30 minutes. Uncover and bake another 15 minutes.

Seder is a wonderful way to see how time is passing. I started having seder in my home when my best friend Randy's daughters were about 1 and 3 years old. When we started, Dana, the elder daughter read the 4 questions with a little help from her mom. By the next year she read them by herself. The following year her younger sister, Julie, read them with help from her mom...now they're both lovely grown up women - and although they are usually still the youngest at the table we don't make them read the questions anymore. We go around the table with the questions.

Carol Gelles

*We have been making this recipe for years. No matter how many we make, it seems that there are none left at the end of the seder meal!*

Irv Rosenthal and Ruth Jarmel

## Potato Kugel Bites

Yield: Twenty-four kugels for six servings.

**1 cup grated and drained potato (2 potatoes)**

**1 teaspoon coarse kosher salt**

**1/4 cup grated onions**

**Freshly ground pepper to taste**

**2 eggs, well beaten**

**2 tablespoons schmaltz (rendered chicken fat) plus some to grease muffin tins**

**Matzoh meal for dusting muffin tins**

Preheat the oven to 375 degrees. Combine all the ingredients.

Grease a 24-cup mini-muffin tin with chicken fat and dust with matzoh meal. Place one tablespoon of filling per muffin cup and bake for 25 minutes, until golden.

*This is good for veal, chicken, or as a side dish for pot roast.*

Elga Stulman

### **MATZOH STUFFING**

**TAKE 3 OR 4 EGG MATZOHS, SOAK THEM IN SOME HOT WATER. DRAIN WELL, SQUEEZE OUT ALL WATER**

**SAUTE ONIONS AND CREMINI MUSHROOMS. IN OLIVE OIL OR CHICKEN FAT. ADD TO THE EGG MATZOHS AND THEN SAUTE ALL TOGETHER FOR A LITTLE BIT. ADD SALT AND PEPPER TO TASTE**



I wanted to submit the best recipe I ever made for seder (of course I've only made seder once) so I asked my friend Elga if it would be okay with her for me to submit her stuffing recipe – and she said she already submitted it!

Phyllis Shatsky



### **Vegetable Kugel**

Elana Weinberg

**5 cups matzah farfel**

**2 chopped onions**

**3/4 pounds chopped broccoli**

**5 eggs**

**1 1/2 teaspoons salt**

**paprika to garnish**

**1 chopped pepper**

**3 1/2 cups hot chicken soup**

**3 tablespoons oil**

**1 cup mushrooms**

**1/4 teaspoon pepper**

Combine farfel and soup. Let stand until liquid is absorbed. Preheat oven to 375. Place broccoli in bowl - covered with vented plastic wrap. Microwave for 4-5 minutes till tender crisp. Let stand 1 minute covered. Uncover and let cool. Combine onions and peppers with oil in 3 quart casserole. Microwave for 4 minutes uncovered. Stir in mushrooms and microwave for 2 minutes. Beat in eggs and combine all ingredients and mix. Spread evenly in 9x13 pan. Sprinkle paprika on top. Bake at 375 for 45 to 55 minutes. Kugel will be crispy.



### **Vegetable Kugelach**

Shirley Dorfman

Serves 12.

**6 tablespoons margarine**

**1/4 cup chopped red pepper**

**1 cup chopped onion**

**1/2 cup grated raw carrot**

**10 ounce package frozen chopped spinach, thawed (squeeze out liquid)**

**3 eggs**

**1 1/2 teaspoons salt**

**1/8 teaspoon pepper**

**3/4 cup matzo meal**

Saute first 4 ingredients in margarine for 10 minutes. Add all other vegetables and other ingredients. Spoon into 12 well greased large muffin tins. Bake at 350 degrees for 45 minutes. Allow to cool 10 minutes before removing.

*This recipe was written by my friend Eunice Zarett Spielman, formerly of the East Northport Jewish Center. She was the food editor at the old Jewish World on Long Island.* Shirley Dorfman

### **Tasty Stuffing (Kugel)**

- |                                             |                                           |
|---------------------------------------------|-------------------------------------------|
| <b>1 1/2 cups onions, sliced thin</b>       | <b>3-ounce package potato pancake mix</b> |
| <b>1/2 pound mushrooms, canned or fresh</b> | <b>5 eggs, beaten</b>                     |
| <b>3/4 cup margarine</b>                    | <b>3 cups cold water</b>                  |
| <b>5 tablespoons onion soup mixed in</b>    | <b>1 teaspoon salt</b>                    |
| <b>2 cups boiling water</b>                 | <b>1/2 teaspoon pepper</b>                |
| <b>1 pound matzo farfel</b>                 | <b>1 1/2 teaspoon paprika</b>             |

Brown onions and mushrooms in margarine. Cool. Add soup mix and hot water.

Separately blend farfel and pancake mix. In a large bowl, beat eggs, water, salt, pepper.

Add all previously prepared ingredients. Mixture should be loose (like potato pancake mix)

Pour into pan 16 x 11 x 1-inches which has been greased and dusted with matzo meal.

Sprinkle paprika and bake 350 degrees for one hour. Cool 10 minutes and cut into serving pieces. May be frozen.



### **Fleishig Pesach Kugel**

Jane Gruber

- |                                                       |                                 |
|-------------------------------------------------------|---------------------------------|
| <b>3 to 3 1/2 cups matzoh farfel (soak and drain)</b> | <b>1 cup chopped onion</b>      |
| <b>1 3/4 cups chicken soup</b>                        | <b>1/2 pound chicken livers</b> |
| <b>6 tablespoons margarine</b>                        | <b>2 to 4 eggs, beaten</b>      |
| <b>(or, if you don't mind, chicken fat)</b>           | <b>Salt and pepper to taste</b> |

Preheat oven to 350 degrees. Saute the onions in the fat until translucent. Add chicken livers, chopping them into pieces as they cook. Let cool. Add the rest of the ingredients and pour into a 10-inch

round casserole. Bake for 30 minutes or until set.



### **Carrot Kugel**

Jane Gruber

- |                                   |                                                      |
|-----------------------------------|------------------------------------------------------|
| <b>3 cups grated raw carrots</b>  | <b>1/4 minced onion</b>                              |
| <b>3/4 cup matzoh meal</b>        | <b>1 teaspoon salt</b>                               |
| <b>2 eggs, lightly beaten</b>     | <b>2 tablespoons melted chicken fat or margarine</b> |
| <b>10 1/2 ounce can condensed</b> | <b>2 teaspoons minced parsley</b>                    |
| <b>chicken soup, undiluted</b>    |                                                      |

Preheat oven to 325 degrees F. Combine all ingredients and mix well. Pour into greased 1-1/2 quart baking dish. Bake for 50 minutes or until firm.

One of the things I have always treasured about Passover in my mother's kitchen, is how she has always managed to make tasty Pesadic meals that don't taste too much like matzo. My mother, Carol Meyers, a professor at Duke University, has collected the following recipes over the years from various sources, one from a former student. Since mom is the expert, I'm including three of her favorites below, along with her own notes on each recipe. ENJOY!

My mother and I are happy to contribute these recipes to show our support for Congregation Bet El, in honor of my beloved late Great Uncle, Marshall T. Meyer. Dina Meyers



### **Sweet Kugel**

Hettie Frank

|                                     |                                              |
|-------------------------------------|----------------------------------------------|
| <b>3 cups matzoh farfel</b>         | <b>1 teaspoon grated orange rind</b>         |
| <b>1/4 cup vegetable oil</b>        | <b>1/2 cup raisins</b>                       |
| <b>1 cup sugar</b>                  | <b>3 large apples, diced</b>                 |
| <b>5 well beaten large eggs</b>     | <b>20 dried apricots, diced</b>              |
| <b>1/2 large can yams, mashed</b>   | <b>1/2 cup dried currants or cranberries</b> |
| <b>1 teaspoon grated lemon rind</b> | <b>1 teaspoon cinnamon</b>                   |

Pre-heat oven to 350 degrees. Grease a 8-inch square pan.

Place farfel in a colander and run under hot water until the farfel is soft. In a large bowl, add the farfel and combine with the remaining ingredients, EXCEPT the cinnamon, mixing well. Pour mixture into the pan and top with the cinnamon, sprinkling evenly. Bake for 45 minutes.

Serve warm or cool. The kugel is easier to slice once it has cooled.



### **Mushroom Pudding**

Vivian Salit

Serves: 6

|                                   |                                 |
|-----------------------------------|---------------------------------|
| <b>1 pound matzo farfel</b>       | <b>4 tablespoons oil</b>        |
| <b>1 cup onions, chopped fine</b> | <b>6 eggs, separated</b>        |
| <b>1 cup celery, chopped fine</b> | <b>Salt and pepper to taste</b> |
| <b>2 cups chopped mushrooms</b>   |                                 |

Place farfel in sieve. Pour hot water over it. Squeeze dry at once (leave matzoh semi-crisp).

Saute onions, celery, and mushrooms 5 minutes. Add to farfel. Add seasonings. Beat egg white till stiff; fold into mixture. Bake in greased 10 x 12-inch pan; 40 to 45 minutes at 325 degrees

## **Spinach Pudding**

Vivian Salit

**2 pounds fresh spinach**

**4 matzos**

**7 large eggs, beaten**

**1 onion, chopped**

**1 1/2 teaspoons salt**

**1/2 teaspoon ground black pepper**

**Vegetable oil**

Preheat oven to 350 degrees. Wash spinach thoroughly. Break off and discard stems. Chop leaves finely. A food processor is perfect. Soak matzos in warm water to cover until soft. Squeeze out as much water as possible from matzohs. Combine eggs, salt, and pepper with matzo pulp. Stir into spinach. Pour oil to cover bottom into a 9 x 13-inch baking pan. Heat oil until hot. Pour mixture into the pan and brush top lightly with oil. Bake 1 hour.



## **Passover Cheese Knaidlach (Matza Balls)**

Nurie Relis

**2 tablespoon soft sweet butter**

**2 extra large eggs, beaten**

**3/4 cup matza meal**

**Salt**

**2/3 cup cottage cheese, drained**

Mix together all ingredients. Cover and chill in refrigerator for 1/2 to 1 hour.

In a three-quart saucepan boil salted water. When the water is boiling turn down the heat to simmer.

Form knaidlach into equal size balls. Gently drop into water, cover and set. Remove and drain. Serve hot with cinnamon-sugar and sour cream.



*Here's the recipe I think is a little different.*

Mildred Rudolph

## **Cheese Knaidel**

**1/2 pound cottage cheese**

**3 eggs**

**3/4 cup matzo meal**

**Salt and pepper**

Mix ingredients. Let stand 15 minutes. Roll mixture into small balls, cook in boiling salted water for 10 minutes. If crispness is desired, sprinkle with butter or margarine and brown in 375 degree oven for 10 to 15 minutes.



*This super-easy recipe is my own creation. It can be made in the most bare-bones Passover kitchen -- all you need is a disposable pan, a plastic spoon and a knife. And each portion is only 7 Weight Watchers points!*

- Karen Radkowsky

### **Spinach Matzoh Lasagna**

Serves 4 hungry people

- 1 (14 or 15 ounce jar/can) of tomato sauce**
- 3 whole full-size matzohs (slightly wet but not falling apart)**
- 1 (8 ounce) container low fat cottage cheese (or ricotta, if you can find it)**
- 1 (10 ounce) box frozen chopped spinach (defrosted and drained well)**  
**or 1/2 bag fresh spinach (washed well, with stems removed)**
- 1 (8 ounce) package shredded low-fat mozzarella (you can use less)**
- 6 large fresh shitake mushrooms or 1-2 sliced portobellos (stems removed)**

1. Preheat oven to 350°F
2. Lightly coat an 8-inch square pan (a disposable pan is fine) with 2 tablespoons of tomato sauce
3. Place 1 matzoh in the pan. Top with 1/2 cottage cheese, all of the chopped spinach, 1/3 remaining tomato sauce, and 1/3 of mozzarella.
4. Cover with a second matzoh, remaining cottage cheese, the mushrooms, 1/2 remaining tomato sauce, and 1/2 of mozzarella.
5. Top with third matzoh, remaining tomato sauce and mozzarella.
6. Cover with aluminum foil and bake 45 minutes. Uncover and bake an additional 15 minutes (can be reheated in oven or microwave).



**Really Yummy Passover Matzah Lasagna** Sylvia and Viktor Gorstayn

**Matzah**

**Grated Parmesan Cheese**

**Tomato Sauce**

**Grated Romano Cheese**

**Grated Monterrey Jack Cheese**

**Dry Curd Cottage Cheese**

**Grated Cheddar Cheese**

**1/2 cup water**

Pre-heat oven to 375 degrees. In a 9 x 13-inch baking pan, layer matzah, cheeses and tomato sauce the way you would any conventional lasagna. Top with Parmesan and Romano. Add 1/2 cup of water and seal with aluminum foil. Bake 1 1/4 hours, until matzah is tender.

Hilda Greenberg

**Serves: 4 as entree, 8 as side dish**

**2 whole matzoh**

**1/2 pound cottage cheese**

**1 egg, beaten**

**1/4 pound Meunster cheese**

In a large skillet, saute the Bermuda onion. Add the eggplant and cook, covered, over low heat until the eggplant turns dark and is completely soft; about 1/2 hour. Add tomato and mushroom sauce; cook a few minutes longer. Cool slightly, add eggs and mix thoroughly. Rinse matzoh in cold water. Place one matzoh on the bottom of an 8-inch square baking dish. Spread eggplant over matzoh. Add a layer of cottage cheese and a layer of Meunster cheese. Repeat ending with layer of Muenster cheese. Bake in 425 degree oven 1/2 hour until cheese melts and browns slightly.



## Carolyn Kahn

**Yield: 4 Servings**

**3 matzohs (whole, full-size, slightly wet but not falling apart)**

**10 ounces spinach (frozen, chopped, defrosted, and drained well)**

**8 ounces low-fat mozzarella, shredded**

**6 large shiitake mushrooms, fresh, stems removed**

Lightly coat an 8-inch square pan (a disposable pan is fine) with 2 tablespoons of tomato sauce. Place one matzoh in the pan. Top with 1/2 cottage cheese, all of the chopped spinach, 1/3 remaining tomato sauce, and 1/3 of mozzarella. Cover with a second matzoh, remaining cottage cheese, the shiitake mushrooms, 1/2 remaining tomato sauce, and 1/2 of mozzarella. Top with third matzoh, remaining tomato sauce and mozzarella. Cover with aluminum foil.

**Bake in preheated 350 oven for 45 minutes. Uncover and bake an additional 15 minutes**

## **Vegetarian Matzo Pizza**

Carolyn Kahn

Yield: 1 serving

**Matzos**, especially Garlic, or Onion

**FIRST LAYER:** CHOICE OF Pizza sauce, black olive paste, tomato paste

**TOPPINGS:** CHOICE OF Mushrooms, onions, peppers, artichoke hearts, olives, fresh or sun-dried tomatoes

**SEASONINGS:** CHOICE OF Fresh garlic, oregano, basil, thyme, rosemary

**CHEESES:** CHOICE OF Mozzarella, Fontina, Parmesan, Romano, goat cheese

Cover matzo layer with your choice of FIRST LAYER ingredients. Add your choice of toppings. Sprinkle with your choice of seasonings.

Finish with your choice of cheeses, if desired.

Bake in preheated 350 oven about 7 - 9 minutes or until cheese is melted.

For the cheese lover... Try a white matzo pizza with a blend of four cheeses, garlic and oregano!



*This dish can be used for a main course or as an appetizer or side dish. It is good either hot or at room temperature and may be garnished with slices of lemon and black olives, if desired.*

Maureen Schild

## **RATATOUILLE**

**3 tablespoons olive oil or vegetable oil**

**2 yellow onions, diced**

**2 cloves garlic, diced**

**1 green pepper, diced**

**2 zucchini, diced**

**1/2 pound mushrooms, slice**

**1 small eggplant, peeled and cubed**

**1 teaspoon basil and thyme**

**Salt and pepper**

**1 (15 ounce) can Italian style whole  
tomatoes, chopped**

Heat oil in a large frying pan (with cover) or a Dutch oven. With pan uncovered, sauté onions and garlic in oil for about 2 minutes. Add green pepper and zucchini. Saute until slightly browned. Add mushrooms and mix in. Saute until they are tender. Turn off flame. Add eggplant, tomatoes with juice from can and herbs and spices. Mix well. Cover pan and cook on low heat for about 15 minutes, or until eggplant is tender. Stir frequently. Uncover pan. If mixture is watery, simmer uncovered for five to ten minutes until the sauce thickens.

*Although my sister has been given credit for this recipe, it actually came from a friend of mine who had a 6-table restaurant in the back of her clothing boutique in the Boston area.*

### **RATATOUILLE**

Paula Dubrow

**3 cups (1 eggplant) 1 eggplant, peeled and cut into 1/2-inch cubes**

**1/3 cup sweet red pepper, chopped**

**1 medium onion, chopped**

**2 medium cloves garlic, crushed**

**1/3 cup olive oil**

Combine all of above ingredients in covered pot. Cook gently for about 30 minutes, stirring occasionally.

Add:

**1 cup tomato paste**

**1/2 cup of mushroom pieces (including stems)**

**1/4 cup water**

**2 tablespoons red wine vinegar**

**1/2 cup pimento stuffed green olives, sliced**

**1 teaspoon seasoned salt**

**1 1/2 teaspoon sugar**

**1/2 teaspoon oregano**

**1/4 teaspoon course ground black pepper**

Cover and simmer for about 30 minutes or until eggplant is tender.

Can be served warm as a vegetable accompaniment to a meal or at room temperature as a dip with triangles of matzoh. This freezes well so you can make in advance.



### **Second Seder 1990**

Hors D'oeuvres

Gefilte Fish Terrine

Chicken Soup with Matzoh Balls

Apricot Glazed Cornish Hens

Tsimmes

Asparagus with Roasted Peppers

Sponge Cake with Strawberry-Raspberry Sauce

Len Sharzer

*This is one of my mom's great recipes.*

Carol Dikman

### **Nana Rose's Sweet Potato Souffle**

(For 8 people)

**10 large sweet potatoes or yam**

**1 stick of melted margarine**

**1/2 cup of maple syrup**

**1 large can of drained crushed pineapple**

#### **Crushed matzah for topping**

Grease baking pan or casserole and set oven at 350 degrees.

Bake sweet potatoes until tender. Peel sweet potatoes and cut into slices.

Add melted margarine, drained crushed pineapple, and maple syrup.

Put in food processor or blender and puree well. Turn mixture into pre-greased pan.

Sprinkle top with crushed matzah, dot with extra margarine, and drizzle with remaining syrup.

Bake for 30 minutes or until top is nicely browned.



*This tzimmes is quite easy and very versatile. It is also a wonderful stuffing for Cornish hens or veal.*

Len Sharzer

### **PASSOVER TZIMMES**

THIS RECIPE SHOULD SERVE 10-12 AS A SIDE DISH.

**2 POUNDS LARGE CARROTS, CUT INTO PIECES**

**1 CUP HONEY OR BROWN SUGAR (TO TASTE)**

**2 POUNDS SWEET POTATOES, CUT INTO PIECES**

**1-2 CUPS AMARETTO (OR BRANDY)**

**1 POUND WHITE POTATOES, CUT INTO PIECES**

**CHICKEN STOCK**

**1 POUND PITTED PRUNES (OR AS DESIRED)**

**OPTIONAL: CANNED CRUSHED PINEAPPLE**

**1 POUND BLANCHED ALMONDS**

**DRIED APRICOTS OR OTHER FRUIT**

1. SOAK PRUNES IN AMARETTO AT LEAST 1 HOUR
2. TOAST ALMONDS IN OVEN UNTIL GOLDEN BROWN
3. COMBINE INGREDIENTS IN OVEN PROOF CASSEROLE WITH COVER
4. BAKE COVERED 3-4 HOURS UNTIL CARROTS AND POTATOES ARE QUITE SOFT  
(ADD STOCK AS NECESSARY TO PREVENT DRYING OUT--IF THERE IS TOO MUCH LIQUID  
BAKE UNCOVERED UNTIL EVAPORATED)



## Arlene Brandon

**Serves 8 as a side dish.**

**2 cups water**

**3 whole cloves**

**2 cups sliced carrots**

**2 cups cubed butternut squash**

**1 1/2 cups cubed sweet potatoes**

**1/2 cup golden raisins**

**1/3 cup dried apricots**

**3 tablespoons firmly packed**

**dark brown sugar**

Add water and cloves; bring to boil. Add carrots, squash, sweet potato, raisins, apricots, and brown sugar and return to boil. Reduce heat and simmer uncovered, stirring occasionally, for 40-45 minutes, or until sweet potato is tender.



## Ellie Mirne

**Yield: 6 one cup servings**

**1/4 pound Turkish apricots**

**1/4 pound pitted prunes**

### Water to cover vegetables

Peel and wash yams. Cut them into wedges approximately 1-1/2 inches long (the pieces should be a little larger than the carrots).

Place carrots and yams into a 4 quart saucepan. Cover vegetables with water. Add cinnamon and pinch of salt. Bring mixture to a rolling boil. Once the mixture comes to a boil, lower the heat and **SIMMER** uncovered for approximately 2 hours. Most of the water will have evaporated.

A half hour before finished, mix in apricots and prunes. Add a little water, if necessary and salt, if desired.. Tzimmis should be “saucy.”

Stir mixture every few minutes until finished cooking to enhance flavor and to prevent sticking.

*A true "gantze tsimmes" (Yiddish) would include chunks of beef which had been spiced and slow simmered. This is my Upper West Side vegetarian version.*

Ricki Segall

### **The Whole Tsimmes (\*not on Pesach)**

|                                                          |                                           |
|----------------------------------------------------------|-------------------------------------------|
| <b>2 medium sweet potatoes, cut into large cubes</b>     | <b>(1 teaspoon ground cumin* )</b>        |
| <b>2 white potatoes, cut into large cubes</b>            | <b>1 to 2 tablespoons ground cinnamon</b> |
| <b>1 parsnip, sliced</b>                                 | <b>1/2 teaspoon ground allspice</b>       |
| <b>1 to 2 large Vidalia onions, quartered and sliced</b> | <b>1 teaspoon salt</b>                    |
| <b>3 to 4 carrots, in thick slices</b>                   | <b>Pepper to taste</b>                    |
| <b>1 to 2 tablespoons ground ginger</b>                  | <b>1/2 cup sweet wine or grape juice</b>  |
| <b>1 box (12 ounces) mixed dried fruit</b>               | <b>1 to 3 tablespoons honey</b>           |

(don't make this dish so sweet that it dominates the spices and flavor of the other ingredients it should taste distinctly spicy. It should not be as sweet as a carrot tsimmes.

Place sliced potatoes in a heavy pot or 5 quart Dutch oven, add salt and enough water to cover and simmer for 10 minutes, until the potatoes are soft. Add sliced onion, carrots, parsnip, dried fruit, spices, and wine and simmer for 15 minutes. Check to see if it needs a bit more water, but be careful not to turn this into a soup. Add honey and correct the spices.



*This recipe was given to me by Nicholas Modlin of the Gerard Bollei Salon. He makes it in large batches and always keeps some in his freezer. My innovation was the fresh ginger. The tzimmes is a little sweet but not too sweet. It can be made without sugar if desired.*

Maureen Schild

### **EASY VEGETARIAN TZIMMES**

|                                                     |                                         |
|-----------------------------------------------------|-----------------------------------------|
| <b>4 large fresh yams, cut up into large chunks</b> | <b>1/2 teaspoon ground cloves</b>       |
| <b>1 pound carrots, cut up into 2-inch lengths.</b> | <b>1/2 teaspoon allspice</b>            |
| <b>Orange juice to cover</b>                        | <b>1/2 teaspoon salt</b>                |
| <b>2/3 cup pitted prunes</b>                        | <b>1 tablespoon grated fresh ginger</b> |
| <b>1/2 stick margarine or butter</b>                | <b>1/4 cup brown sugar</b>              |
| <b>1 tablespoon ground cinnamon</b>                 |                                         |

Place cut up yams, carrots, and prunes in a casserole dish or a deep baking pan. There should be room to cover with orange juice liquid below. In a small pot on the stove top, or in a microwave oven, heat together orange juice, margarine, spices, salt and brown sugar until blended. Pour over yams, carrots, and prunes. This liquid should cover the vegetables. Add more juice if needed. Cover tightly, either with a lid or aluminum foil. Bake in 350 degree oven for one hour or more, until vegetables are tender when pierced with a fork. Take off cover and continue baking until the orange juice liquid thickens and becomes like syrup.

### **Roast Root Vegetables**

**Small red skinned potatoes, left whole and unpeeled**

**Beets, peeled and quartered**

**Fennel, bulb only, cut into eighths**

**Turnip (small ones are the sweetest), peeled and halved**

**Red onion, peeled and cut into eighths**

**Fresh thyme**

**Kosher salt**

**Freshly ground black pepper**

**Olive oil**

**Balsamic vinegar**

Preheat oven to 350 degrees.

Wash, peel and cut up vegetables as noted above.

Mix vegetables together in a shallow baking dish that comfortably holds them all without too much overcrowding.

Sprinkle chopped fresh thyme, kosher salt and black pepper on the vegetables.

Sprinkle equal amounts of olive oil and balsamic vinegar on the vegetables. The amount depends on the amount of vegetables you use – it could be as little as 2 tablespoons of olive oil and 2 tablespoons of balsamic vinegar to 1/3 or 1/2 cup of each.

Place root vegetables in oven. Do not cover them. Toss the vegetables periodically while roasting. 30 minutes after placing the vegetables in the oven, raise the temperature to 425 degrees. Check on the vegetables every 10 to 15 minutes until they feel soft on the inside and browned and a bit crispy on the outside.



(I don't know where I got this idea from. Unfortunately, it is not my own. It is very good at getting children engaged in the holiday.) A few weeks before Pesach start collecting items for a "plague bag." Bring the bag to the table for the seder. As the plagues are recounted, pull each item out of the bag and show the children. It really encourages them to ask questions and to understand what some of these rather unfamiliar words are. Some of the items are easy: plastic frogs, plastic locust, etc. For blood, I brought grape juice in a slender bottle and poured it out. I used Ping-Pong balls for hail. I painted dolls with glue/nail polish bumps for boils. And so on. As silly as it sounded to me when I began, I have never had the children ask so many questions.

Robin Harper

*This recipe was given to me by my friend Susan Solomon. It was her grandmother's. At my Hanukkah parties I make the batter ahead of time and ask for "frying volunteers" so the latkas are fresh.*

Maureen Schild

### **Rose Solomon's Potato Latkes**

Yield: About 50 pancakes, depending on their size. Serves about 10 people for sit down dinner or 20 for buffet party with additional food. Pass the applesauce or sour cream.

**3 or 4 medium sized yellow onions**

**1 clove garlic**

**5 pounds of white potatoes**

**3 to 4 eggs, beaten**

**2 to 3 tablespoons matzo meal**

**Salt and pepper**

**Vegetable oil for frying**

**(check that it is kosher for Passover)**

Peel the onions and garlic and chop finely in food processor. Remove to a small bowl and keep covered.

Peel potatoes and cut into pieces immersed in cold water so they do not turn brown.

Using the shredder blade of the processor, shred drained potatoes in batches, storing in a large bowl while finishing shredding.

Remove shredding disk of the processor and insert sharp blade. Return shredded potatoes to food processor and chop in batches until potato mixture is the texture of oatmeal. Drain any excess potato juice.

Immediately mix potatoes with onions and garlic, matzo meal, eggs, and salt and pepper. Store in a very large bowl or pot in the refrigerator, covered, until ready to fry latkes. Batter can be kept for up to two hours in the refrigerator.

### **Frying Instructions**

Heat about 1-inch of oil until very hot in a large frying pan.

Add about 3 tablespoons of the hot oil to the potato mixture, mixing well.

Using one or two large frying pans, drop spoonfuls of the potato batter into hot oil and turn pancakes when golden brown. Pancakes are best when fried just before serving, but they can be kept on baking sheets in a warm oven until ready to serve. Do not use a microwave oven. Use paper towels to drain excess oil.



### **Seder Discussion Questions**

Different haggadot name different plagues, why? blood, frogs, flies, vermin, boils, hail, wild beasts, pestilence, locusts, murrain, darkness, slaying of the first born

Let each guest pick a plague and prepare a (no longer than 5 minute) d'var about it.

Bonus points for anyone who knows what murrain is.

*Our mother was always a gracious hostess, fabulous cook, and thoroughly modern woman. Her potato latkes won raves from anyone lucky enough to taste them. The same is true for us - as we follow in our mom's footsteps and use her here-to-for secret recipe for her almost potato-chip-like latkes. We serve these with cinnamon-sugar, but any usual topping is good too.*

Carol and Sherry Gelles

### **Mother's Famous Potato Latkes**

Take **1 box of potato pancake mix** (the kind with onions) - any brand will do.

Prepare according to package directions (that's combine **2 eggs + 2 cups water** for the large box) and let stand 20 minutes. Once mix has thickened, keep adding **extra water** until the mix is the consistency of Mott's apple sauce (regular - not chunky style)

Add **oil** (Safflower for Pesach - vegetable oil for Channuka) to cover the bottom of a large skillet to a depth of 1/8 inch; heat over medium high to high until bubbles form when you add a drop of the batter to the skillet. Drop by soup spoonsful into the oil and flatten with the back of the spoon so the latke is nice and thin. Cook until nicely browned on the bottom. Turn and cook second side until nicely browned as well. Drain on paper towels. If the heat of your oil was correct you should have potato latkes with lacy edges. Can be made ahead and reheated (but they're better fresh).



### **Passover Popovers**

Makes 12 popovers

Randy Kraft

**3/4 cup water**

**1/4 cup vegetable oil**

**2 teaspoons sugar**

**1 cup matzo meal**

**3 eggs**

Grease cupcake pan.

Place oil, water and sugar in pot and bring to a boil. Turn off heat

Add and matzo meal and stir thoroughly. Add eggs, one at a time and mix well.

Spoon batter into cupcake pan to 3/4 full. Bake at 350 degrees: one hour



## Searching for Chametz

What is the purpose of the bedikat chametz, the search for chametz? Is it not a foolish exercise to go around hiding ten pieces of bread, only to go looking for them moments later? Surely having just hid them ourselves, we know where they are! Yet, very often, when we go to search for the chametz, we have trouble finding at least one of the pieces; we forget where we hid it. Indeed, we read in the Shulchan Arukh laws specifically addressed to this problem, of hiding ten pieces and finding only nine.

And this is in fact part of the meaning of the bedikat chametz . One of our central tasks on Pesach is to clean our souls of the chametz within -- that which is vinegary, acidic, or puffed up. As we go around depositing small parcels of chametz around our homes, we are reminded that the chametz within was in fact put there by none other than ourselves. We are responsible for removing it, because we are responsible for its being there in the first place.

The difficulty is that even though we are the ones who placed the chametz within our own souls, very quickly we forget where we put it, or even that we put it there at all. The crumbs of bread get hidden away, buried beneath layers of defensiveness and ego, where they continue to leaven and expand. We are left with the results -- the effects on our actions, our emotions, our attitudes, our thoughts -- but we no longer remember the cause.

And so every year we must remind ourselves that we are responsible for our own chametz. We must remember that we put it there, and we must diligently search all the corners of our soul until we find where it is hidden.

We search at night, with a candle and a feather. In the gentlest possible way, with love and compassion for ourselves. For who among us could withstand the harsh light of day shining directly into our souls?

Jan Uhrbach

Rabbinic Leader,

Conservative Congregation of the Hamptons



### Passover Haiku

Feather and candle  
revealing secret fragments  
hidden in my heart

*I know everyone has recipes for Passover rolls but these are really good.*

Sharon Messitte

### **Passover Rolls**

Makes 12 rolls

**2 cups matzoh meal**

**1/2 cup oil**

**1 cup boiling water**

**4 to 5 eggs**

**1 1/2 teaspoons salt**

**Pepper to taste**

Preheat oven 350 degrees.

Mix the matzoh meal with the oil. Mix mixture with boiling water. Let cool.

Separate eggs. Beat whites until quite stiff. Beat yellows until frothy.

Stir egg yolks into matzoh mixture. Delicately fold in whites.(at this point my mother would tell me to add a little seltzer to the bowl which contained eggs and add that to the mixture). Add salt and pepper. Place on greased cookie sheet. Bake 50 minutes to one hour.



*These rolls taste a lot like popovers. They're great for breakfast, and make much "neater" sandwiches than matzo!*

Karen Radkowsky

### **PASSOVER ROLLS**

Yield: 6 rolls

**1 cup matzo meal**

**2/3 cup water**

**1/3 cup vegetable oil**

**1 tablespoon sugar**

**1/2 teaspoon salt**

**3 large eggs**

Preheat oven to 350 degrees F.

Pour matzo meal into a large mixing bowl and set aside.

In a saucepan, bring oil, sugar and salt to a boil. Remove pan from heat. Pour hot mixture over matzo meal and stir. Add eggs, one at a time, and mix well. Let stand 5 minutes.

Wet hands and shape batter into 6 ovals or rounds.

Place rolls on a well-greased cookie sheet that has been lightly dusted with matzo meal..

To form "bagels" poke a hole in the center of each round roll. Bake for 55 minutes until golden.

*We always found that, when it came to adapting meals to Passover for the children, breakfast was the hardest. Matzoh was a poor substitute for cinnamon swirl bread, and kosher for Passover cereals were even worse. These Passover rolls have proven to be an acceptable substitute.*

Irv Rosenthal and Ruth Jarmel

### **PASSOVER ROLLS**

**2 cups matzoh meal**

**1 teaspoon salt**

**1 tablespoon sugar**

**1 cup water**

**1/2 cup oil**

**4 eggs**

Combine Matzoh meal, salt and sugar. Bring water and oil to a boil and add matzoh meal mixture. Beat one egg at a time into the mixture. Let stand for 15 minutes. With wet or (preferably) oiled hands, shape mixture into rolls (about 2 inches in diameter) and place on greased cookie sheets. Bake at 375 degrees for 50 minutes or until golden brown.



*The recipe can be prepared ahead and frozen.*

Carolyn Kahn

### **Passover Vegetable Puffs**

Yield: 32 Pieces

**2 onions, chopped**

**4 tablespoons vegetable oil**

**1 pound fresh mushrooms, coarsely chopped**

**1 cup matzah meal**

**40 ounces chopped frozen spinach, defrosted/drained**

**1 teaspoon salt**

**8 carrots, peeled and grated**

**1/2 teaspoon black pepper**

**4 tablespoons chicken soup mix (parve)**

**8 eggs, lightly beaten**

Grease three 12-cup muffin tins or a 9 x 13-inch baking dish. Sauté onions and mushrooms in skillet and set aside. Add to beaten eggs (mixing thoroughly after each addition) spinach, carrots, onions, mushrooms, salt, pepper, soup mix, and matzah meal. Put mixture into pan and bake in preheated 350 oven for 45 minutes. Release puffs from muffin tins with spatula or, if you use a baking dish, cut into squares. Serve warm.

*While our Ashkenazi friends are eating matzo brei for breakfast during Passover, my family serves these Turkish Sephardic treats which can be easily described as fried matzo balls, but my children call them delicious!*

Judy Safran

### **BUMELAS**

Yield: 20 balls, portion size 2 to 5 balls apiece

1 (1 pound) box farfel

5 eggs

2 glasses warm water

1 teaspoon salt

Pour water on farfel and cover with towel.. Let stand for two hours.

Mix eggs and salt and add to mixture. Mix with hands. Refrigerate mixture for 30 minutes.

Make into 2 inch diameter balls. Heat oil in skillet which is 3 inches deep. Oil should bubble when a drop of mixture is placed in it. Gently drop balls into skillet, one at a time so they are not touching one another. Fry until golden brown. Remove and drain on paper towels.

This can be stored in refrigerator or freezer in plastic bags. Reheat in preheated oven at 350 degrees for 10 minutes.



I wanted to make my own matzah. I found a recipe from Antonio Cardoso. I was able to make it in the specified 18 minutes from start to finish. The outcome was very good, but the matzah tasted more like crackers than the familiar squares you get in the supermarket. You get the excitement but you don't have to leave town.

Amy Pollack



*My mother always made the matzoh brie very brown and crispy.*

Sherry Gelles

### **MATZOH BRIE**

Serves 4.

**1 cup warm milk, more or less**

**3 cups matzoh farfel**

**2 eggs or 4 whites, beaten**

**1/2 teaspoon salt, or more or less to taste**

**3 tablespoons salted butter**

Soak the matzohs in the warm milk until milk is absorbed. If milk is absorbed but matzoh are not softened, add extra milk. Stir in the beaten egg and salt.

Heat the 1 to 2 tablespoons of the butter in a large skillet. Pour half the mixture into it. Fry until browned on both sides. Repeat with remaining butter and matzoh mixture.

Serve with a little cinnamon-sugar sprinkled on top, or with a little jelly or maple syrup..

*Matzo brie is traditional Pesach fare. It can, however, be served for breakfast, lunch, or even a light supper during any season. Children who are old enough to cook over the stove can easily make it themselves.*

Terry Rosenberg

### **MENDEL'S MATZO BRIE**

Serves 2

**3 eggs**

**1/2 cup 1% milk**

**3 pieces lightly salted matzo**

**1 tablespoon margarine**

**Salt and pepper**

**Light sour cream**

Beat the eggs and milk in a medium sized bowl. Break the matzo into pieces (about 1-inch squares) and soak it in the egg-milk mixture for 5 minutes, stirring a few times to cover all the pieces. Meanwhile melt the margarine in a nonstick 9-inch skillet. Cook the matzo over a medium flame as you would scrambled eggs, adding salt and pepper to taste. Turn the matzo frequently and cook until the moisture is absorbed and the matzo is softened. Serve immediately with sour cream on the side.



Grandpa Mendel journeyed by himself from Lithuania to Milwaukee at the age of 15. His first job was as a human pin-setter in a bowling alley, before he even knew how the game was played. Many bruises later he began a lifelong career as a green grocer. Grandpa enjoyed his eggs, his rich dairy products, and most of all his salt – they appear here in modified form.

Terry Rosenberg



### **A PEOPLE'S HISTORY - A FAMILY'S HISTORY**

The colorfully appliqued white tablecloth is the background. The beautiful china, shining silver and glistening crystal create 14 individual still life miniatures, each anchored by its haggadah. The seder plate is completed, the salt water is waiting for dipping, Elijah's and Miriam's cups prepared.

Every year, as I visualize and arrange a centerpiece of flowers and candles, different at each seder, I am in awe of the gift of creativity given me. In two delicate Belleek baskets, the matzot are swaddled in embroidered linen liners, one covered by hand painted silk, the other by the afikomen bag. Its appearance is a dramatic contrast to the table: a "grayed," stained, blue and white plastic with an inscription commemorating the establishment of Medinat Yisrael on May 15, 1948, 6 Iyar 5708. The graphics illustrate the historic and contemporary story of our people: Moshe leading the Israelites across the Red Sea, and the dramatic contrast of a marching band greeting arriving immigrants as they disembarked their boat.

I remember when my parents purchased the plastic afikomen bag at the B'nai Jeshurun gift shop in the building where I went to Hebrew School, now home of the Heschel School. The plastic afikomen bag graced my parents' seder table for many years and has adorned mine for the past thirty. For me, the plastic afikomen bag represents evolving and cherished history, traditions and continuity.

Nancy Wolkenberg Greenblatt



### A Woman's Prayer for Passover

Adonoi, let not the line at the supermarket be too long  
Let the produce be fresh and crisp, and let there be  
Just one more jar of Kosher-for-Passover mayonnaise left.  
You see, I forgot  
That there is school next week, And tuna fish falls off matza sandwiches  
so easily  
When it is not held together with enough mayonnaise.

God, please let everyone be well for the two  
Seder nights. And while you're at it, could you please make it  
The rest of the year too? And if you do not make me spend  
So many hours swabbing chicken pox with calamine lotion,  
I promise that I will  
Devote the leisure to ecology and UJA and things like that

Almighty God, let the children behave at the seder table,  
For I have labored so long to make everything right and lovely.  
Suffer not their little fingers to spill wine on the table cloth and carpeting;  
It never seems to come out.  
And let them pipe the Mah Nishtanah and the Chad Gadya  
In such abundant glee and wisdom  
As to make the car pool to Hebrew School worth it.

Sovereign of the Universe, it seems  
That I will never get all these dishes changed  
And everyone's clothes ready, and all the chamatz  
Out of the house in time. So remember, Dear Lord,  
to please make sure my helper shows up.

Master of the World, Let each year  
Our table be fuller  
Not only with Your bounty, but with people –  
All our loved ones, dear friends, new babies  
And young lovers shyly brought home  
For approval. And let this year begin,  
And next year see, our banquet seats overflowing  
With our long-lost brothers who crouch in fear behind the  
Iron Curtain

God of Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah, Let me not,  
In the hustle and rush of preparation, forget what  
The Passover really means

Hilda Greenberg - borrowed from Esther Blaustein

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# Desserts

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## Matzo Apple Pudding

Evelyn Cornick

Serves 6 to 8.

**3 matzos**

**3 large apples**

**1/2 cup currants**

**3/4 cup raisins**

**2 teaspoons cinnamon**

**1/4 teaspoon salt**

**Dash of nutmeg (optional)**

**Grated rind of 1 lemon**

**3/4 cup firmly packed brown sugar**

**4 tablespoons melted cooking fat**

**6 eggs, well beaten**

Soak matzos until soft. Press out as much of water as possible. Pare and cut apples into small pieces. Add apples, currants, raisins, cinnamon, salt, nutmeg, lemon rind, sugar and melted fat. Mix well. Add eggs, mixing thoroughly. Pour into a greased casserole.

Bake in moderate oven (350 degrees) about 45 minutes, or until apples are tender.



## Passover Apple Crisp

Miriam Hiesiger

**6 apples, peeled and sliced**

**1/2 cup sugar**

**1/2 teaspoon salt**

**2 cups matzoh farfel**

**1/4 cup brown sugar**

**1/2 teaspoon cinnamon**

**1/2 cup margarine, softened  
or room temperature**

Mix apples slices with salt and sugar. Place in a lightly greased 8-inch round cake pan.

Moisten farfel with water and drain immediately and mix farfel together with brown sugar, cinnamon and margarine to make a crumbly mixture. Spoon over the apples

Bake in a pre-heated oven for 45 minutes or until the apples are golden brown. Serve warm.

*This tastes like apple pie! Melts in your mouth. Recipe can easily be multiplied for larger numbers of people. Can be frozen and reheated.*

Joyce and Jeanette Gottlieb

### **Apple Kugel**

Serves 6

**3 matzot ( soaked in water, squeezed dry)**

**3 large apples, peeled and into small thick pieces**

**1/2 cup chopped dates**

**1/2 cup raisins**

**1/2 teaspoon ground cinnamon**

**Rind of 1/4 lemon grated**

**3/4 cups brown sugar**

**1/4 cup melted shortening**

**3 eggs (beaten til light and thick)**

Combine all ingredients. Place into greased 1 quart baking dish ( 9" square). Bake at 350 for 50 minutes.



### **John's Apple Kugel**

Elana Weinberg

**4 matzohs**

**3 eggs**

**1/2 teaspoon salt**

**1/2 cup sugar**

**1/4 cup (half a stick) Passover margarine**

**1 teaspoon cinnamon**

**1/2 cup chopped walnuts**

**2 sweet apples, peeled and chopped**

**1/2 cup raisins**

Preheat oven to 350F. Break matzoh and soak until soft. Drain, but do not squeeze dry.

Combine next 5 ingredients in a bowl. Add matzoh. Stir in chopped walnuts, apples, and raisins.

Pour mixture into a buttered casserole dish. Dot top with additional margarine.

Bake about 45 minutes.



### **Macaroon Kugel**

Mildred Rudolph

**1 pound stale macaroons**

**3 apples peeled and chopped**

**1/2 cup chopped nuts**

**3 egg whites**

**2 tablespoons sugar**

**sweet wine or fruit juice**

Grease medium size baking dish. dip each macaroon in wine or juice. Arrange in bottom of dish.

Put a layer of apples and nuts on macaroons. Repeat ending with macaroons. Bake in 350 oven

15 minutes. Cool. Make meringue: Beat egg whites with sugar until stiff. Spread over cooled

kugel and brown in 325 degree oven for 5 minutes.

*Quite a few years ago (in 1970s), when my children and I were spending Passover week with my mother, I suddenly realized that all of my mother's "meicholim" (delicious foods) were made without recipes. She instinctively or out-of-habit knew just the right amounts and combinations so as to create the wonderful dishes she served for the holidays. At that point, I encouraged Rebecca, my daughter, to write down the recipes as my mother dictated them to her. Here is one for Dora Manchester's Matza-Cottage Cheese Meichl. There is a certain amount of improvisation that is necessary, but the result is well worth the effort.* PENINNAH SCHRAM

### **Dora Manchester's Matza-Cottage Cheese Meichl**

Heat oven to 400 degrees for 20 minutes while you are doing the following:

Take a baking pan and spread butter all around the pan (10" square size).

**2 pounds of cottage cheese** in a bowl.

Stir in: **melted butter (about 4 tablespoons)**

**3 eggs.**

**Salt (or omit).**

**Sugar to taste** when all above is mixed together (possible 1/2 cup).

Place matza (regular or whole wheat) on bottom of pan and break other pieces of matza to fill in spaces, and sides (about **3 matzas**).

Pour 1/2 batter on top of matza.. Put more matzas as a middle layer (another **1 1/2 matzas** or so)

Pour rest of batter on.

Put more matzas on top of batter (also **1 1/2 or 2 matzas**). You can make 4 layers if you wish and have a deep enough pan.

On final layer of matzas, spread:

**4 tablespoons of melted butter**

**1 pint or more of sour cream and spread evenly**

Top with a sprinkling of a mixture of **cinnamon and sugar** on top. Amount can be to your taste.

When oven has been heated at 400 degrees for 20 minutes, then put pan in and turn oven to 250 degrees. Bake for one hour.

Eat warm or cold. It's great for breakfast, brunch, dessert...anytime. ENJOY!

*My mom made this recipe - now everyone in the whole family makes it! My niece makes it with grape jam - but that turns it purple! I once made it with the Sugar Twin but really I didn't like it. You can easily increase this recipe just use a larger pan.*

Bernice Levine

### **Matzoh Pudding**

Serves: 8

**4 matzoh**

**3 to 4 eggs (can substitute some egg whites for the some of the yolks)**

**1/2 teaspoon salt (or not)**

**1/2 cup sugar (or 6 packages Sugar Twin or Sweet and Low)**

**1/4 cup fat (margarine or butter or can be as little as 2 tablespoons)**

**1 teaspoon vanilla (optional)**

**1 teaspoon ground cinnamon**

**2 large apples (cortland or macintosh) peeled, cored, and sliced**

**1/2 cup raisins**

**1/2 cup chopped walnuts (optional)**

**Cherries or strawberries from jam or preserves**

Break the matzos into a bowl, soak with water, the drain. Beat the eggs with the salt, sugar, fat, vanilla, and cinnamon. Add the apples, raisins, and walnuts.

Put 1/2 of the mixture into a well greased 9-inch round cake pan. Dot with the cherries or strawberries from the jam. Top with the rest of the mixture. Dot with margarine.

Bake 45 minutes at 350°F.



MY PARENTS LIVED ON EAST 68TH ST IN A BIG 2 BEDROOM APARTMENT. THE LINEN CLOSET WAS QUITE LARGE AND IT ALSO HAD A FREE STANDING CARDBOARD SET OF DRAWERS IN IT, WHICH MY MOTHER KEPT ALL HER SILVER, INCLUDING HER SERVING PIECES.

THE CLEANING LADY, CORA, WAS VERY MUCH A PART OF THE FAMILY INCLUDING MY CHILDREN. SHE WAS THE ONE WHO CLEANED THE SILVER ETC.

WE WERE UP TO DESSERT WHEN MY MOTHER ASKED CORA TO GET HER ANOTHER CAKE SERVER. CORA RETURNED TO THE DINING ROOM WITH AN OPEN NAPKIN AND A PIECE OF MATZAH INSIDE. SHE EXCLAIMED, "WHO PUT THIS MATZAH IN THE DRAWER WITH YOUR SILVER?" OF COURSE WE ALL LAUGHED AND MY CHILDREN THEN EXPLAINED THIS PART OF THE SEDER TO HER.

Elaine Nevins



## Farfel Pudding

Vivian Salit

**3 cups matzo farfel**

**4 large eggs, separated**

**1/2 cup honey**

**1/8 teaspoon ginger**

**Salt to taste**

**1/4 teaspoon ground cinnamon**

**1 tablespoon lemon juice**

**1/2 cup chopped nuts**

**1/2 cup golden raisins or chopped dates**

**#2 can (1 pound 4 ounces) fruit (peaches  
or apricots or fruit cocktail) in juice**

**2 peeled, sliced apples + 1/2 cup orange**

**juice may be substituted for canned  
fruit**

Preheat oven to 350 degrees. Prepare 9 x 13 x 2-inch pan with 1/8-inch oil on bottom. Pan must be preheated before batter is poured in. Oil should sizzle. Cover farfel with cold water and drain immediately. Farfel should be moist but not soggy. Beat egg yolks with honey, salt, cinnamon, ginger, lemon juice and 1/2 cup juice from fruit. Mix with farfel. Add cut up fruit, raisins and nuts. Beat whites till stiff. Fold into batter. Pour pudding batter into preheated pan. Bake 45 minutes to 1 hour. Top should be well browned. Serve hot or cold.



*A Passover Ritual as Practiced in my daughter and son-in-law's home in Ashdod, Israel.  
My son-in-law, Emile Zafrany, was born in Marrakesh, Morocco. Peninnah Schram*

At the Passover seder, just after the host breaks the matza and hides the afikomen, and before the "Maggid" begins the story of the hagaddah, they enact the following Moroccan ritual. The woman/hostess of the home picks up the seder plate with all of the ritual items on it and stands next to each person at the table and waves the plate around in a circular motion over that person's head while everyone at the table sings, "Bebelo (Bebehela) yatzanu mimitzrayim beshana haba'a b'Yerushalayim" - "In a rush we left Egypt. Next year in Jerusalem." And then the woman adds a personalized blessing for each person. For a young woman, she might say, "May your luck be green." (Green is an important symbolic color for fertility, good fortune, springtime, renewal, etc.) At the end, the host waves the seder plate over the head of his wife as everyone sings "Bebelo..." Instead of the seder plate, which is the traditional ritualistic object to use, some households use a vase with fresh flowers to wave over the heads of each person at the seder. As to the melody for the chant of "Bebelo", it varies from household to household, and from city to city in Morocco. Since there are no published musical notations, the differing melodies have been passed down from family to family in the oral tradition.

## **Nana Rose's Passover Farfel Pudding**

Carol Dikman

Yield: 4 servings

|                                        |                                                          |
|----------------------------------------|----------------------------------------------------------|
| <b>3 cups of matzah farfel</b>         | <b>1 small can (8 ounce) crushed pineapple and juice</b> |
| <b>1/2 cup sugar</b>                   | <b>1 teaspoon vanilla</b>                                |
| <b>1/2 to 1 teaspoon salt</b>          | <b>2 eggs, beaten</b>                                    |
| <b>2 apples peeled and sliced thin</b> | <b>1/2 teaspoon cinnamon</b>                             |
| <b>1/2 cup raisins</b>                 | <b>3 tablespoons oil or margarine</b>                    |

Preheat oven at 350 degree. Moisten farfel thoroughly in a colander with hot water. Put farfel in a mixing bowl with all other ingredients except oil and cinnamon. Mix well. Use oil or margarine to grease a baking dish or casserole. Add pudding mixture and sprinkle top with cinnamon. Bake for 1 hour.



## **Pinsky's Passover Pudding**

Deborah Pinsky

|                                  |                                        |
|----------------------------------|----------------------------------------|
| <b>8 eggs, separated</b>         | <b>1 cup grated walnuts or almonds</b> |
| <b>1 cup sugar</b>               | <b>2 tablespoons lemon juice</b>       |
| <b>1 1/2 cups grated carrots</b> | <b>1/2 teaspoon ground ginger</b>      |

Beat egg yolks and sugar until light and thick. Add grated nuts, lemon juice, and ginger. Beat egg whites until stiff and then fold into nut mixture. Pour into greased baking dish and bake at 325° for 1 hour or until well browned. Cut into diamond shapes.



*Courtesy of my friend's daughter who lives in Lexington, Massachusetts. As to what type of chocolate to use: Semi-sweet chocolate is usually parve. Milk chocolate can be used if the meal is dairy or veggie.*

Shirley Dorfman

## **Chocolate Covered Matzo**

|                              |                           |
|------------------------------|---------------------------|
| <b>4 to 6 pieces matza</b>   | <b>1 cup brown sugar</b>  |
| <b>1 cup sweet margarine</b> | <b>6 ounces chocolate</b> |

Preheat oven to 350 degrees. Lightly grease cookie sheet. Line with matzo.

Combine sugar and margarine in sauce pan. Bring to boil. Cook 3 more minutes. Stir constantly. Remove from heat pour over matzo. Bake 15 minutes. Check to make sure it doesn't burn. Remove, sprinkle on chocolate. Let stand for 5 minutes. Spread, then refrigerate. Break up then cool.

*This dessert recipe comes from my cousins in Israel and has become a tradition at my seder table each year.*

Barbara Goldman

### **Chocolate Matzoh Layer Cake**

**7 matzoh**

**1 cup of sweet Passover wine**

**8 ounces of semi sweet baking chocolate**

**Strawberries**

Melt the chocolate.

Dip a whole slice of matzoh in wine using a shallow square dish.

Remove the matzoh from the wine and place it on a flat dish (a piece of card board covered with tin foil also works well).

Spread chocolate on top of the matzoh.

Repeat for each slice of matzoh, layering the matzoh one on top another.

Cover the top matzoh with chocolate.

Garnish with strawberries.

Refrigerate for about an hour.



At a certain point in my family Passover seder years ago, my dad, Emanuel Jacob Gordon, would have everyone at the table speak briefly about what they were thankful for in their lives. He also encouraged us to talk about any sort of volunteer work we were involved in at the time that helped humanity.

At one seder, my dad encouraged me to talk about the volunteer work I was involved in, which was helping Jews in the Soviet Union emigrate to Israel, at a time when it was practically impossible for them to do so. I will always cherish the memory of those seders and my father's innate goodness.

Eileen Gordon



### **Passover Haiku**

families gather

Zaidyes read the hagaddah

new memories made

*This was the dessert that I made at my first seder, in 1993. It is from my friend Dale Dancis' aunt, and is very light and moist—much better than most Passover recipes.* Maureen Schild

## **PASSOVER NUT CAKE WITH CHOCOLATE FROSTING**

1 large tube cake which serves over ten people.

### Cake

**2 cups ground walnuts**

**9 large eggs, separated into whites and yolks**

**1 cup granulated sugar**

**2 tablespoons matzo cake meal**

**1/2 teaspoon grated orange rind**

**1 teaspoon natural vanilla extract**

### Icing

**1 cup granulated sugar**

**1/2 cup milk**

**3 1/2 squares unsweetened chocolate**

**1/2 teaspoon salt**

**1 teaspoon vanilla extract**

**1 teaspoon margarine or butter**

Preheat oven to 350 degrees. Prepare a 9 or 10-inch tube pan for baking, lining the bottom of the pan with waxed paper, leaving the pan ungreased. Grind nuts in food processor until fine. Place egg whites in a bowl and beat until stiff. In another large bowl, beat egg yolks until foamy, then add sugar and vanilla. Mix ground nuts, cake meal and orange rind together. Stir into yolk mixture, beating well. Fold in the stiff egg whites, mixing carefully until just combined.

Pour into tube pan and bake for about 45 minutes, or until toothpick comes out dry.

Turn pan upside down and remove cake when cooled.

### For the icing:

Cook all ingredients together in the top of a double boiler for about one half hour, stirring frequently. Cool mixture by placing ice cubes and cold water in the bottom of the double boiler.

Frost the cake when the mixture has thickened and the cake is cool.

**Note:** Cake can be served without the icing with fresh fruit or whipped cream.

*Note about the nuts: the nuts need to be ground in an old fashioned nut grinder. They come out light, almost like a flour. If you grind the nuts in a food processor they become oily and will result in a heavy cake. You can sometimes find ground walnuts in a package in the stores around Pesach. You can use all walnuts if you can't find ground almonds. The combination of the two makes the best cake. I weigh the nuts after they are ground. I don't know if that makes a difference or not. Also, my mom used to have the nuts ground in a nut specialty store.*

Paula Rudolph Minsky

### **Bubbi's Fabulous Nut Cake**

**9 eggs, separated**  
**1 cup sugar**  
**5 ounces finely ground almonds**  
**5 ounces finely ground walnuts**  
**Rind of 1 lemon, grated**  
**2 tablespoons cake meal**

Preheat the oven to 325 degrees

Beat the yolks. Add the sugar and beat until they are thick and pale in color. Add the lemon rind.

Mix the nut meal with the cake meal. Beat the whites until stiff. Stir a small amount of the whites into the egg yolks then fold the rest of the whites into the yolk mixture. Fold the nut mixture in.

Bake for 55 to 60 minutes in a 10-inch angel food cake pan (ungreased) -- it comes out light, like a sponge cake or bake for the same amount of time in a 10 inch springform--it comes out a little heavier, more like a torte. Turn upside down to cool in pan.



Jane Gruber

### **Carrot Walnut Torte**

|                            |                                       |
|----------------------------|---------------------------------------|
| <b>6 eggs, separated</b>   | <b>1 cup ground nuts</b>              |
| <b>1 1/2 cups sugar</b>    | <b>1cup (3 medium) grated carrots</b> |
| <b>3/4 cup matzoh meal</b> | <b>Juice and rind of 1/2 lemon</b>    |

Preheat oven to 350 degrees . Beat egg yolks until thick. Add sugar and beat. Fold in nuts, carrots, and juice and rind of lemon. Beat egg whites until stiff but not dry. Fold into carrot mixture. Put in 10-inch tube pan and bake for about 50 minutes.

*This is for the BJ Passover cookbook. It's a fabulous recipe that my mom has made for years, and it was passed down from my grandfather's mother, my great-grandmother, Rose Singer. My middle (Rose) and Hebrew name (Raizel) are in honor of her*

Amy R. Moses

### **ROSIE'S PASSOVER NUT TORTE**

Serves: 10

**6 eggs**

**1 cup sugar**

**Juice of half lemon**

**1 cup finely ground walnuts**

**1/2 cup matzah cake meal**

**1/3 cup concord wine**

Beat egg whites until stiff using electric mixer. Beat yolks in the electric mixer until thick. Add in sugar, lemon juice, walnuts, cake meal, and wine into the yolks. Fold-in the whites by hand using a wire whisk. Pour into ungreased round (9-inch) pan and bake for 1 hour at 300 degrees. Cool on rack.



*This cake is a favorite at our Passover Seder. It is simpler to prepare than most Passover cakes, and is pareve.*

Judy Safran

### **PASSOVER NUT CAKE**

Yield: 16 (2" x 2") pieces of cake

**6 eggs**

**1 cup sugar**

**1 cup matzo meal**

**1/2 cup oil (safflower oil)**

**1 pound of walnuts, chopped**

**1 lemon or orange rind and juice**

Preheat oven to 350 degrees.

Using 8 x 8-inch pan or two loaf pans, grease with oil on bottom and dust with matzo meal.

Beat eggs with hand or electric beater. Mix in sugar. Add oil and mix well. Mix in matzo meal and walnuts. Add lemon or orange rind and juice. Mix well in one direction. Pour into baking pan.

Bake for 45 minutes. Let cool in pan. Cut diagonally into diamonds.



## Sherry Kohn

**1/2 pound ground nuts -- walnut or hazelnut or a mixture (see below how to prepare nuts)**

**8 eggs, separated**

**1 1/4 cups sugar**

**Grated rind of a 1/2 lemon and it's juice**

### Grated orange rind

**1/2 cup matzo meal (when not Pesach you can use breadcrumbs)**

**a few drops of vanilla**

Beat the egg yolks with the sugar until light and thick. Add the nuts, the grated rind and juice, the 1/2 cup matzo meal. In another bowl beat the egg whites until stiff and fold gently into mixture. Bake in springform pan at 325 degrees for about 30 minutes. (Test that is finished with a thin knitting needle or knife.) When cake is done, turn off the oven and allow the cake to cool slowly in the oven before taking it out (you can put a rolled up dish towel to hold the door open a bit to cool it down) Once fully cooled cut the cake into 2 layers horizontally.

You can use whipped cream or butter cream icing to top the cake. (See below)

**To prepare hazelnuts:** Toast/Roast shelled nuts in 350 degree oven on cookie sheet for 10 minutes. Remove nuts and roll them in a clean dish towel and the skins will come off. Then grind in blender or food processor.



*My grandmother and mother used an espresso butter cream icing with bittersweet chocolate shavings and put whipped cream in the coffee she served with it.* Sherry K

Sherry Kohn

## Butter Cream Icing

Using a mixer cream **1/4 pound sweet butter** until smooth. Gradually mix in a **1/2 cup of confectioners' sugar**.<sup>\*</sup> Add 1 egg and mix until mixture is light and fluffy.

**For espresso:** melt 1 ounce of semisweet chocolate in a double boiler add a few drops of vanilla and 1 tablespoon of instant coffee to the chocolate mixture. Allow chocolate mixture to cool at room temperature so that it doesn't melt the butter mixture when added.

Add cooled chocolate mixture into the butter base using a mixer. Chill icing in the refrigerator until it has consistency to spread on the cake.

**For chocolate** do the same as above but leave out the coffee

**For Strawberry** (or any other fruit flavor you like) add enough fruit preserves to your taste to the butter cream base



**Passover Tip:** You can make your own confections sugar by putting 1/2 cup granulated sugar into a blender with 1/4 teaspoon potato starch and blend until powdery

*In 1988, my husband and I traveled to Moscow and Leningrad to spend Passover with refusnik families. On the third day of our visit, we gathered for their first seder. In many ways, the story of the exodus mirrored their own stories. During the seder, our hostess, who knew next to nothing about Passover except that hard-boiled eggs were an important part of the seder, would pop up from her chair every time we turned a page in the haggadah, and ask, "Now is the time for the eggs?" Since then, at our family seders, when the moment arrives for eating the hard-boiled eggs, we remember Shelly Mendeleev, (now happily settled in Israel), and say, "Yes, now it's time for the eggs!"*

Susan Zuckerman

### **Torta del Re (An Italian King's Cake - Sense the Majesty)**

**2 tablespoons non-dairy margarine**

**2 tablespoons matza meal**

**5 eggs, separated**

**1 small pinch of salt**

**2 1/2 cups (10 ounces) blanched almonds, chopped very fine**

**1 tablespoon vanilla extract**

**1 teaspoon almond extract**

**Grated rind of 1 lemon**

**Sliced or slivered almonds, optional**

1. Grease and sprinkle a 10-inch spring form pan with matza meal and set aside.
2. Beat the egg whites with salt until stiff and dry; set aside.
3. In a larger bowl, beat the egg yolks until foamy. Gradually add the sugar and continue beating until the mixture is lemon-colored. Gradually add the chopped almonds, then the two extracts and the lemon rind. You should have a very hard paste.
4. Mix 1/4 cup of the beaten egg white with the almond mixture to make it softer.
5. Delicately fold in the remaining egg whites and pour into prepared cake pan.
6. Place in the center of the middle rack in preheated 325° oven and bake for 1 hour without opening the oven door.
7. After the hour is over turn off the oven, leave the oven door ajar for 10 to 15 minutes, then remove the pan from the oven and place it upside down on a cooling rack.
8. When the cake is thoroughly cool, remove it from the pan and place it upside down over a cake dish. Sprinkle with sliced or slivered almonds, if desired.

*This recipe uses "old world" measurements. To be really true to the recipe you would weigh the ingredients instead of measuring. This Passover recipe is from my mom.* Evelyn Cornick.

### **Elsie's Espresso Nut Torte**

|                                                          |                                    |
|----------------------------------------------------------|------------------------------------|
| <b>8 eggs, separated</b>                                 | <b>2 tablespoons matzo meal</b>    |
| <b>250 grams sugar (a measuring cup to the brim)</b>     | <b>1/2 cup very strong coffee</b>  |
| <b>250 grams ground almonds (1 1/2 6 ounce packages)</b> | <b>3 1/2 ounces good chocolate</b> |
|                                                          | <b>Raspberry jam</b>               |

In 1/2 cup coffee, melt the chocolate and set aside to cool. Beat egg whites and set aside. Cream egg yolks with sugar, add almonds, coffee with chocolate and matzo meal. Fold in egg whites. Bake at 350 for one hour.

(NOTE: Line the bottom of the pans with a circle of wax paper -- trace the outside of the pan onto the paper. Let cake cool a little, then run a knife around the edge, turn upside down on a plate and bang on the pan to release the cake.)

Put layers together with jam. Then ice cake with glaze (recipe follows).

#### Glaze

|                             |                                        |                                    |
|-----------------------------|----------------------------------------|------------------------------------|
| <b>5 tablespoons butter</b> | <b>6 ounces German sweet chocolate</b> | <b>3 tablespoons strong coffee</b> |
|-----------------------------|----------------------------------------|------------------------------------|

Melt chocolate and coffee. Add butter. Glaze cake.



*A few year ago, I realized that Aunt Annette's 'chomtez' recipe (below) was 100% suitable for Passover without any modifications. This elegant and easy cake has now become a seder tradition. And who said a parve dessert can't taste great?*

- Karen Radkowsky

### **CHOCOLATE MOUSSE CAKE**

|                                              |                                                           |
|----------------------------------------------|-----------------------------------------------------------|
| <b>8 ounces margarine (or butter)</b>        | <b>8 ounces sugar</b>                                     |
| <b>8 ounces dark chocolate (bittersweet)</b> | <b>8 eggs separated (set aside 1 egg white by itself)</b> |

1. Melt margarine and chocolate together in double boiler
2. Add sugar and stir. Remove from heat and let cool
3. Beat egg yolks till pale yellow in color; then add cooled chocolate mixture
4. In a separate bowl, beat 7 eggs whites till stiff
5. Fold 3/4 of chocolate mixture into beaten egg whites and pour into a lightly greased 8 to 9-inch springform pan. Bake 35 minutes at 350\*.
6. Meanwhile, beat remaining egg white and combine with leftover chocolate mixture. Pour on top of baked cake and refrigerate at least 1 hour. Garnish with grated chocolate or chopped nuts before serving.

## **Chocolate Roll**

Jane Gruber

**7 eggs, separated**

**1 cup sugar**

**10 ounces semi-sweet chocolate bits**

**7 tablespoons coffee**

**2 cups non-dairy whipped topping**

**Unsweetened cocoa**

Preheat oven to 350 degrees. Oil a jelly roll pan (10" x 15-inch), then line with waxed paper. Oil the waxed paper as well. Melt chocolate with coffee in microwave. Let cool. Beat yolks with sugar until fluffy. Add chocolate to yolk mixture and combine thoroughly. Beat whites with a pinch of salt until stiff but not dry. Fold chocolate mixture into whites. Spread into prepared pan and bake for 15 to 20 minutes. Remove and cool for 5 minutes. Cool completely at room temperature after having covered the jelly roll with a damp towel. Refrigerate for an hour. Beat non-dairy whipped topping until stiff. Remove jelly roll from refrigerator and sift cocoa over top. Put enough waxed paper on flat surface to accommodate the jelly roll when you turn it out of the pan. Remove waxed paper from the bottom and spread with whipped topping. Use waxed paper to help roll up jelly roll. Keep covered with waxed paper, held in place with toothpicks, until ready to serve. Keep refrigerated



The real story behind Peach Upside Down Cake: When I was editing the book, I had to delete any recipes that we couldn't get permission to reprint from the publisher. Unfortunately, one of the deleted recipes had been used in the copy for the order form. I quickly looked for a replacement recipe, but I was in such a hurry I "saw" Peach Upside Down Cake - when the recipe was really titled Pesach Upside Down Cake. The "real" recipe used stewed apricots and prunes. With Hilda's permission it was transformed into peaches.

*-Editor*



## **Peach Upside Down Cake**

Hilda Greenberg

**1/4 cup honey**

**15 canned peach halves**

**1 tablespoon slivered almonds**

**4 eggs separated**

**3/4 cup sugar**

**1/4 teaspoon salt**

**1 tablespoon lemon juice**

**1/2 cup matzo cake meal**

Grease an 8-inch square baking pan. Spread honey in the bottom of the pan. Arrange drained peach halves, cut side up, on honey, sprinkle with almonds. Beat egg yolks, gradually beating in sugar until smooth. Beat in cake meal. Beat egg whites until stiff but not dry. Gently fold into yolk mixture. Pour batter over fruit. Bake in 350 degree oven 50 to 60 minutes or until center springs back. Let cool in pan 2 minutes, then loosen with spatula and invert on a plate. Serve hot or cold.

*The following recipe is over 60 years old, and was given to my mother years ago by her best friend. It is easy to make, and makes a delicious Pesach dessert.* Gail Landis

### **Passover Sponge Cake**

**9 eggs, separated**

**3/4 cup cake meal**

**1/4 cup potato starch**

**1 1/2 cup sugar**

**1/2 teaspoon salt**

**Rind and juice of 1 lemon**

Beat egg yolks - 2 minutes. Add lemon rind, juice, and sugar. Beat 2 minutes. Add cake meal and potato starch and beat until well combined. Beat egg whites til stiff; fold into batter.

Bake at 325 for 1 hour in 10-inch tube pan.



*This recipe is from my Aunt Hilda Chaban. She has been gone 10 years but this cake goes on. It was always made with love. This sponge cake is wonderful. Hope you enjoy it.* Susan Elefant

### **Aunt Hilda's Sponge Cake**

**3 heaping tablespoons matzo meal**

**3 heaping tablespoons cake meal**

**5 heaping tablespoons potato starch**

**10 eggs**

**Grated peel of one lemon**

**2 tablespoons orange juice and 1 lemon**

**Pinch salt**

**1 cup walnuts, ground**

**3/4 cup bitter sweet chocolate, grated**

**1/2 cup oil**

Separate eggs. Make snow (beat until stiff) with one glass sugar and refrigerate. Into the yolks put 1/2 glass sugar, oil, salt, lemon and orange. Mix well together in mixer: matzo meal, cake meal, potato starch (1 1/2 glass) must be sifted 3 times into the snow. Sift once more and put in a little at a time. Put in mixture of yolks, then the rest of ingredients. The last put in the nuts and chocolate. Put wax paper in bottom of pan and grease both sides of paper. Bake one hour at 350 degrees. Do not open oven. If not for Passover, put in one level teaspoon baking powder.



MY FATHER HAD AN EGG STORE IN BROOKLYN SO WE HAD LOTS OF EGGS GROWING UP. I PERSONALLY HATED EGGS THEN NOW THAT I CANT EAT THEM I LIKE THEM. WE USE TO WORK IN HIS STORE ON PASSOVER. THE WOMEN WOULD COME IN AND BUY 5-8 DOZEN EGGS FOR PASSOVER AND MY FATHER WOULD GIVE THEM A PENNY A BOX WHEN THEY RETURNED THEM. HE WOULD GIVE THEM A DISCOUNT ON CRACKED EGGS FOR BAKING. IT WAS AN EXPERIENCE WORKING THERE.

Susan Elefant

### **Nechama's Passover Cheese Cake**

#### **The Crust**

Line bottom of pan with crust containing **3 tablespoons sugar, 3 tablespoon margarine, 1/4 cup matza farfel, 1/4 cup chopped almonds or walnuts**

#### **The Batter**

**1 pound Philadelphia cream cheese**

**5 egg yolks, beaten**

**1 cup sugar mixed with 3 tablespoons potato starch**

**2 cups thick sour cream**

**1 teaspoon vanilla**

**1 teaspoon lemon juice**

**5 egg whites**

Beat egg whites and set aside.

Mash cheese with beater, add sugar and potato starch. Blend in yolks separately, sour cream, vanilla and lemon juice. Fold in egg whites. Pour into pan carefully

Bake for 1 hour at 300-325 degrees

Turn off heat, leave door closed for an hour. Open door for 1/2 hour. Cool and chill for several hours or overnight. Before chilling, loosen sides of pan. After chilled, remove sides and add topping

#### **Glaze for Topping**

Separate **canned fruit** from juice. Use **1 cup of juice** (or add water to make a cup). Mix with **1 tablespoon potato starch**. Heat on stove to thicken, then add fruit and place on top of cake



### **Strawberry Ices**

Miriam Hiesiger

**1 basket of strawberries**

**1/2 cup of sugar**

**6 egg whites**

Simmer strawberries and sugar on a low flame to make syrup. Remove from heat; cool.. Beat egg whites until stiff and fold in. Freeze and enjoy.



## Stealers and Hiders

In the world of family afikomen traditions, there are stealers and there are hiders. The stealer families are the ones where, sometime after the afikomen is broken in half, and the one "steal-able" half is wrapped in a napkin (or in one of these new-fangled fancy-schmancy afikomen bags), one child will furtively slip the afikomen from its place, and hoard it until such time as an unsuspecting adult says, "Why, where could the afikomen have gone to?" Then highway robbery will take place. Bargaining and wheedling and manipulating will take place.

Our family, on the other hand, was a hiding family, and the way in which the afikomen was hidden remains one of the great and abiding memories of my childhood.

The half piece that would be the afikomen would be broken in half again by my grandfather, who would then place one piece in his jacket pocket. After that, my sisters and cousins and I all had our assignments: watch the afikomen. Do not take your eyes off the afikomen even for an instant. If the soup spilled, or the charoset fell in your lap, what did it matter? If (as sometimes happened) you had to go to the bathroom, you would say, "I gotta go! Someone watch it!" And we did. But it didn't help. At some moment that must have been predetermined between all the adults, each one took a half piece of matzah. And then they carefully, in unison, put their hands under the table and began to pass all those pieces around and the "official" one, too, until finally their hands surfaced once again. None of the kids knew who had the real one, and there were too many pieces to keep track of.

Then the adults would get up to stretch, or go to the kitchen, or just walk around the dinner table, and pieces of matzah would be strategically placed all over the house. When the signal was given at the end of the dessert, all eight of us would scramble over the entire house, snatching up pieces of matzah and taking them to our grandfather for confirmation. He would solemnly take the piece from his pocket and check to see if the broken edges matched. If they didn't, we would crumble the piece we had found, so as not to confuse the issue further. When someone finally discovered the real afikomen, the prize was already predetermined: five dollars for the winner, single silver dollars for everyone else. The collection of silver dollars is still in the safe in my mother's house, testimony to 20 years of Passover seders.

Marcia Lane



### Doggone Lucky

It just happened that I was passing the bedroom as the youngest girl was retrieving the afikomen from its hiding place - THE DOG'S BED! After the reward had been paid, I suggested that perhaps this year we might want to skip actually eating the afikomen.

Carol Gelles

*These are really the best Passover cookies ever!*

Dori Jaffe

### **Dori's Amazing Pecan Cookies**

Makes: 36 cookies

**2 cups plus 3 dozen pecan halves**

**1 egg white**

**1 cup light brown sugar**

**1 teaspoon lemon juice**

**Pinch salt**

1. Preheat the oven to 375°F. Grease 2 cookie sheets well.
2. Chop the 2 cups of pecan halves until powdery fine. Add brown sugar and salt. Add unbeaten egg white and lemon juice and stir.
3. Form into small balls. Place on prepared cookie sheets. Press one pecan half into each ball. Bake 10 to 12 minutes. Cool on wire rack



### **Seder Discussion Questions**

*The Four Sons (or Children if you have an egalitarian seder)*

Look at the 4 attitudes expressed in this reading and think about how, at different times and in different moods, we each display the characteristics of each of the 4 sons. How can you use this reading to alter some of your own attitudes?

*The Seder Plate*

What is the meaning of these symbols in relation to the seder and do they have any application to your life today? *matzoh, shank bone, roasted egg, moror, haroset, karpas*



### **Grandma Rosie's Passover Cookies**

Sharon Messitte

**1 1/2 cups matzoh cake flour**

**1/2 orange, juice and some peel**

**1/2 cup potato flour**

**1 cup oil**

**4 eggs**

**1 1/2 cups sugar**

Preheat oven 350 degrees.

Mix ingredients. Drop tablespoon sized cookies onto a greased cookie sheet.

(Spread out cookie dough otherwise cookies will run into each other).

Top with chopped nuts or a small amount of jam and bake 10-15 minutes.

*Very Good!*

Hilda Greenberg

### **Pesach Knishe Bread (Mandelbroit)**

Makes about 40

|                                         |                                     |
|-----------------------------------------|-------------------------------------|
| <b>1 cup sugar</b>                      | <b>1 1/2 cups matzoh cake meal</b>  |
| <b>1 egg</b>                            | <b>2 tablespoons lemon juice</b>    |
| <b>3 egg white, discard extra yolks</b> | <b>3/4 cup chopped almonds</b>      |
| <b>1 cup oil</b>                        | <b>1/2 teaspoon ground cinnamon</b> |
| <b>3/4 cup potato starch</b>            |                                     |

Mix all the ingredients in the order given. Shape into logs on lightly greased baking sheet. Bake 30 minutes at 350 degrees.

Slice - don't turn. Bake another 30 minutes.



*As a variation, you can use dried cranberries, dried cherries, or raisins instead of the chocolate chips.*

Sheila Bleckner

### **Passover Mandelbrot**

|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>2 cups sugar</b>                | <b>6 eggs</b>                     |
| <b>1/2 pound margarine</b>         | <b>2 3/4 cups matzo cake meal</b> |
| <b>Pinch salt</b>                  | <b>3/4 cup potato starch</b>      |
| <b>6 ounce bag chocolate chips</b> | <b>1 cup chopped nuts</b>         |
| <b>2 teaspoons sugar</b>           | <b>1 teaspoon ground cinnamon</b> |

Cream the sugar and margarine. Add eggs one at a time, beating after each addition. Sift cake meal, salt, and potato starch. Fold into egg mixture. Add the chips and nuts, mix well. Form into 4 loaves and sprinkle with a mixture of sugar and cinnamon. Bake on a greased baking sheet in a 350 degree oven for 40 to 45 minutes. Slice on the diagonal while still warm.



It was Passover. Friends and family gathered in the Tudor style one family home on a quiet, tree lined street in New Haven. There were adults, children and three dogs.

We read, we ate, we read.

The children were being contained. The dogs were getting restless.

As in all Seders, we came to the dramatic point of hoping that Elijah was outside waiting to join us. Our host opened the door for Elijah. In a flash all three dogs dashed out and raced down the street with three wild dog owners dashing after them.

What they were saying doesn't appear anywhere in the text of the haggadah.

Vivian Yale

*This is another recipe for baked goods that are Pesadic but have no matzo meal, etc. A student of mine gave this to me. It's intriguing because you leave it in the oven overnight.*

Carol and Dina Meyers

### **FORGOTTEN COOKIES**

**2 egg whites**

**1/4 teaspoon salt**

**3/4 cup sugar**

**1 teaspoon vanilla**

**1 cup broken pecans**

**1 cup chocolate chips**

Preheat oven to 350; line 2 cookie sheets with foil, and grease foil.

Beat egg whites with electric mixer until soft peaks form. Add sugar slowly, continuing to beat. Add vanilla and salt. Beat until very shiny. Fold in pecans, chocolate chips. Drop by teaspoons onto prepared sheets, and put sheets in preheated oven. Turn off oven and forget cookies until next morning. (Don't open oven at all, for best results, until morning.)



### **Unforgettable Cookies**

Karen Gorstayn and Toby Baldinger

**2 egg whites**

**3/4 cup of sugar**

**6 ounces chocolate chips**

Preheat the oven to 375 degrees at the very start (very important). Beat egg whites until soft peaks form. Add sugar while continuing to beat. Beat until stiff meringue forms. Fold in chocolate pieces. Drop by a level teaspoon onto greased cookie sheet. Place in the oven and turn off the oven. Let cookies remain in the oven until the oven has completely cooled. Can be left in overnight



*This is a third generation recipe and a family favorite for Passover.*

Gail Cohen

### **FARFEL COOKIES**

Yield: 25 cookies

**4 cups matzo farfel**

**1 cup vegetable oil**

**1 cup sugar**

**1 1/2 cups coarsely chopped walnuts**

**2 handful raisins**

**Dash of cinnamon**

**4 eggs**

Mix everything. Form the cookies by putting some of the batter in a large serving spoon, then slide each cookie, using your forefinger, onto a piece of brown paper placed on a cookie sheet. The brown paper helps to drain off the oil. Bake in a 375 oven for 15 minutes. Remove from oven and immediately transfer cookies to a cooling rack.

*This dessert is perfect for Passover since there is no flour in the recipe and the pistachios are a nice change from the usual almonds in pastries. For real pistachio lovers serve a scoop of green pistachio ice cream with a pistachio cookie or two dipped into it.* Jennifer Felicia Abadi

### **Ka'ik ib Fis'dok (Flourless Pistachio Cookies)**

Excerpted from *A Fistful of Lentils* by Jennifer Felicia Abadi,

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**1 1/2 cups shelled pistachios**

**egg whites from 2 large eggs**

**1-2 teaspoons orange water (optional), to taste**

**1/2 cup granulated sugar**

1. Place the pistachios in a food processor and blend until finely ground. Set aside.
2. In a large bowl, beat the egg whites on high speed with an electric hand-held mixer until stiff peaks form.) If you decide to add the orange water, fold it into the beaten egg whites at this point.) Gently pour the sugar over the stiff egg whites and fold in with a wooden spoon. Add the ground pistachios and fold in with wooden spoon until fully mixed into the egg white mixture.
3. One tablespoon at a time, place the pistachio "dough" on a greased baking sheet, leaving 1 inch in between each cookie. Bake until lightly golden around the edges, about 15 minutes.
4. Allow to cool for half an hour before removing from the sheet or the cookies may break apart.
5. (You may freeze the cookies at this point by placing them between layers of waxed paper and tightly sealing inside a plastic container. they will last up to 3 weeks. When ready to serve, remove each layer of cookies on the wax paper and put on the counter top to defrost for half an hour.) Sprinkle the top of the cookies with confectioner's sugar and serve on a decorative platter with pistachio or vanilla ice cream (or with sorbet) and shay h'naan'na (mint tea).



### **My Favorite Coconut Macaroons**

Rachel Mintz

**Matzoh meal**

**5 egg whites**

**1 cup sugar**

**1 1/2 cups sweetened shredded coconut (the kind you buy in a bag)**

**1 teaspoon almond extract**

**1/2 teaspoon vanilla extract**

Grease 2 baking sheets and sprinkle with matzoh meal.

In a medium saucepan, stir together the eggs and sugar. Stir in the coconut. Cook over low heat, stirring constantly, until the mixture remains separated when a spoon is pulled through. Stir in the extracts.

Preheat oven to 300 degrees.

Drop by measuring teaspoonsful onto the prepared baking sheets. Let cool, about 15 minutes. Bake 20 to 25 minutes or until golden. Let stand on baking sheet 1 minute. Cool on rack.

Laura Shapiro Kramer

Combine all the ingredients in a saucepan and cook until fruits are soft.



## Paula Dubrow

Serve warm (can be rewarmed)



## Paula Dubrow

\* a recipe for curry powder is on page 45



*This is a dessert that my mother makes for Passover. It's always a hit.*

Ellen Perecman

**Rivke Perecman's Famous Compote**

**1 pound bag of dried prunes**

**1 pound bag of mixed fruit (or a combination of apricots, pears, and apples totaling 1 pound)**

**2 cups raisins**

**1 cup dried apples (in addition)**

**1 cup dried cherries\* (optional)**

**1 cup cranberries (optional)**

**Water**

*\*available in specialty candy shops*

Combine all fruit in very large pot (dried fruit will expand) and add enough water to cover fruit with about 6 inches of water. Bring to slow boil for about 45 minutes or until fruit is tender but not mushy. Do not be alarmed if dried apples float to the top. If mixture is too thick you may add boiling water at any time, even after cooking.



**A Perecman Family Tradition**

After each of the children at the table has received proceeds from the sale of the stolen afikomen back to the head of household, he (first my great grand uncle, then my grandfather and for the last almost 40 years, my father) breaks the afikomen into small pieces and hands these pieces out to each of the adults at the table. The adults then bite around the edges of the piece of afikomen until it is a(n almost) perfect circle, symbolizing their wishes for a well-rounded year to come. Keeping them for the duration of the year --and beyond-- is optional but highly recommended.

Ellen Perecman



*This is nothing fancy, but it's fool proof. I use low fat cottage cheese and sour cream as well as sugar free jello and it comes out great*

Gail Fleischman

**Lemon Cheese Refresher**

(Serves 12)

**1 package (6 ounce) lemon flavored jello or ko-jel**

**1 can (6-ounces) frozen concentrated  
orange juice (thawed)**

**1 teaspoon salt**

**8 ounces boiling water**

**16 ounces cottage cheese**

**16 ounces sour cream**

Dissolve jello and salt in boiling water. Stir in orange juice. Chill until partially set.

Beat cottage cheese until almost smooth. Stir in sour cream. Fold cottage cheese mixture into jello. Pour into oiled 6 1/2 cup mold. Chill until firm..

Unmold on serving platter. Surround with fruits.

*When our 3 children were grown enough to stay up for seder, we decided to have a totally child centered service, inviting friends with their children.*

*With a lot of singing, and storytelling for the kids, Marshall divided everyone (including adults) into 2 teams: the Egyptians and the Israelites (guess who always played God?)*

*We had 30 minutes to invent costumes and plan our skit and then came running back to the dining room, mostly dressed in sheets and towels to enact our roles.*

*We continue this tradition today and I'm sure that neither my children nor grandchildren will ever forget what this holiday is really all about.*

Naomi Meyer

### **Lemon Ambrosia**

**1 sponge cake (see below)**

**1 package lemon flavored gelatin or ko-jel**

**3/4 cup hot water**

**6 eggs separated**

**1 1/2 cups sugar**

**Grated rind and juice of 2 lemons**

Cut the sponge cake in half and use the bottom half. Dissolve the gelatin in the hot water and set aside. In the top of a double boiler, beat the egg yolks with 3/4 cup sugar, lemon rind and juice. Cook over hot water until thick, beating constantly. Add to the gelatin and set aside. Beat the egg whites until stiff, adding the remaining 3/4 cups sugar gradually. Fold gently into the yolk mixture. Pour over the sponge cake and chill until set.

### **Sponge Cake**

**8 eggs, separated**

**1 1/2 cups sugar**

**1 cup sifted matzo cake meal**

**1/2 grated lemon rind and juice**

**Pinch salt**

Preheat oven to 350 degrees. Beat together the egg yolks until light. Gradually add the sugar, beating until thickened and light in color. Add the pinch of salt and lemon juice and rind.

Stir in the meal. Beat the egg whites until stiff but not dry. Turn into a 10-inch spring form pan. Bake 45 minutes or until lightly browned and the cake shrinks from the sides of the pan. Invert and cool.

## Spiced Sugared Nuts

Jane Gruber

**1 egg white**

**1/2 cup sugar**

**1 tablespoon margarine, melted**

**1 teaspoon cinnamon**

**1/2 teaspoon vanilla**

**1/2 teaspoon salt**

**1 pound walnut halves**

Preheat oven to 250 degrees F. Beat egg white with a whisk until foamy. Fold in melted margarine and vanilla. Add nuts and coat completely. Combine sugar, cinnamon and salt. Fold into nuts and stir to coat. Spread nuts in a single layer on a pan lined with foil and coated with non-stick spray. Bake for 25 minutes. Stir nuts, then continue baking until very crisp and dry, about 30-45 more minutes.



*If you make one thing, make this, it's YUMMY!!*

Emily Shiller

## Matzah Crunch

*Similarly from Carrie Harris*

**4 to 6 unsalted matzah sheets**

**1 cup packed brown sugar**

**1 cup unsalted butter or margarine**

**3/4 cup semi-sweet chocolate chips**

**(optional: crushed nuts, white chocolate, mini marshmallow)**

Preheat oven to 375F. Line cookie sheet with foil; cover foil with parchment

Line pan with matzahs (as evenly as you can cover the whole pan) Melt butter and sugar over medium heat in a saucepan until boiling; stir constantly for 3 minutes Remove from heat and pour over matzah Place in oven and reduce heat to 350F, bake for 15 minutes Remove from oven and sprinkle with chocolate chips.

Let stand for 5 minutes and then spread melted chocolate over matzah (add any optional topping now) While warm break into odd shapes. Chill until set



*This was my nanny's recipe:*

Eileen Gordon

## Nan Herman's Recipe for Passover Raisin Wine

**2 pounds of light raisins**

**1 lemon, cut rind and juice**

**6 quarts of water**

**3 sticks of cinnamon (about 1 ounce)**

**1 pound of sugar**

Chop raisins and add the other ingredients in the order listed.

Using a large well covered crock, let stand covered at room temperature for 1 week.

Stir once a day to keep mixture well under the cover. Fermentation will make the liquid rise and bubble over if not given at least 4 inches of space under the cover.

Strain at end of the week. A muslin cloth placed in a large funnel over another crock makes an excellent strainer. Return to crock.

Cover with muslin and then adjust cover, or bottle, and store in a cool place away from light for at least 2 weeks.

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