

PASSOVER SEDER

Recipes



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Chez Leon, Users' Center

A NALWO event presented by
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Ashkenazic-Style Haroset

This recipe comes from the Jewish Holiday Cookbook by Gloria K. Greene. She notes that she had never measured the amounts of ingredients, since haroset is adjusted to taste, and the consistency is also a matter of personal preference.

Ingredients:

3 large firm apples, such as Stayman, Granny Smith, Golden Delicious, or Red Delicious, cored but unpeeled
1 cup walnut pieces (walnuts are traditional, but almonds, or hazelnuts or pecans can be used)
1 teaspoon ground cinnamon
2 to 3 teaspoons honey
about 1/3 cup sweet red Pesach wine (such as Manischewitz or Mogen David)

Put the apples and nuts into a food processor bowl fitted with the steel blade, and pulse-process until they are coarsely chopped. Add the remaining ingredients and process just a few seconds longer until the apples and nuts are finely chopped and the mixture forms a very rough paste. Do not puree it.

If a food processor is not available, very finely chop the apples and nuts by hand or put them through a food grinder. Then transfer them to a medium-sized bowl and stir in the remaining ingredients.

This makes about 2 1/4 cups.

Haroset from Turkey

2 sweet apples weighing 1/2 lb (250 g), peeled and cut into small pieces
1/2 lb (250 g) dates, pitted
1 cup (150 g) raisins
Juice and grated zest of 1 orange
1 cup (250 ml) sweet red Passover wine
2 – 4 tablespoons sugar or to taste (optional)
2 oz (60 g) walnuts, coarsely chopped

Put all the ingredients except the sugar and the 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.

See more haroset recipes at: <http://www.theyeshivaworld.com/news/recipes/89630/for-pesach-six-charoset-recipes-from-all-over-the-world.html#sthash.ze35tslh.dpuf>

This recipe comes from *the Book of Jewish Food*, by Claudia Roden.

Israeli-style Haroset

Also from from the Jewish Holiday Cookbook by Gloria K. Greene.

Ingredients:

1 medium-sized naval orange
10 pitted dates
½ cup slivered or whole blanched almonds (or possibly peanuts, among Sephardim)
1 large apple, peeled (if desired), cored and cut into large pieces
1 large or two small bananas
1 tablespoon fresh lemon juice
1 tablespoon sugar
1 teaspoon ground cinnamon
½ cup sweet red Pesach wine
about 1/3 cup matzo meal

Use a grater to remove most of the outer, colored part of the orange rind. Reserve the grated rind. Remove and discard the white pith from the orange. Cut the orange into pieces. Put the reserved grated orange rind, orange pieces, dates, almonds, apple, and banana through the fine blade of a food grinder, or finely grind them together in a food processor fitted with the steel blade. Stir in the lemon juice, sugar, cinnamon, and wine. Then stir in enough matzo meal for the desired consistency. (The mixture will get a bit thicker as it sits.) Refrigerate the haroset in a covered container, and serve it chilled. It will keep fresh for about 2 days in the refrigerator. Makes about 2 1/2 cups.

Yemenite-Style Haroset

Also from from the Jewish Holiday Cookbook by Gloria K. Greene.

6 large brown “calimyrna” dried figs
6 pitted dates
2 tablespoons sesame seeds (optional)
About 1 teaspoon honey or to taste
½ teaspoon ground ginger
1/8 teaspoon ground coriander seeds
pinch of cayenne pepper (optional)

Put the figs and dates through the fine blade of a food grinder, or finely grind them together in a food processor fitted with the steel blade, to make a very firm, sticky paste. Mix in the sesame seeds, honey, and spices, adjusting the latter to taste. Store the haroset in the refrigerator, tightly covered, for up to 2 weeks. For best flavor, let it come to room temperature before serving. Makes about 2/3 cup haroset mixture. If desired, this paste can be rolled into balls for serving.



Irene's Chicken Soup

from: The Complete American Jewish Cookbook

1 fowl (4 or 5 pounds)

3 quarts cold water

1 carrot, sliced

2 stalks celery

2 sprigs parsley

1 small bay leaf

1 tablespoon salt

¼ teaspoon pepper

Cut fowl into pieces. Place in kettle with cold water. Cover and bring slowly to a boil. Add seasonings and vegetables. Simmer gently about 3 hours. Strain, chill, and remove fat. Strain again.

To such a chicken broth, one can add noodles or rice, but for Passover, what is traditional is dumplings made of matzo meal.



Sue Mendelsohn's Matzo Balls

Ingredients:

3 eggs, separated

½ cup matzo meal

1 tablespoon chopped fresh parsley

½ teaspoon ginger

½ teaspoon salt or chicken broth powder

Separate the eggs and beat the whites until stiff. Mix the yolks well and carefully fold them in along with the remaining ingredients, trying not to deflate the whites too much. Refrigerate this mixture 15 minutes.

Form balls with wet hands. Cook in simmering water 15 minutes without peeking. Then put balls into chicken soup to serve.

Mady's notes: 1 tablespoon of chicken fat or olive oil makes the dough a little easier to handle. If it's not thick enough, add a little more matzo meal, but be careful not to add too much or the balls become heavy.

Susan's notes: every matzo meal box seems to have a recipe for matzo balls. Typically, they call for 2 eggs plus ¼ cup water and 2 Tbsp oil or fat for every ½ cup matzo meal, and salt or pepper to taste. Combine the eggs (not separated), fat, and water, stir in the matzo meal and salt and refrigerate for 30 minutes, to "set" the dough. Make balls about 1 ½" across and cook in a big pot of simmering slated water for 30 minutes.

Gefilte Fish

Gefilte fish was originally made by taking a whole fish and removing the flesh while leaving the head, skin and backbone intact. The fish mix was prepared and stuffed back into the fish, which was then poached—hence the name.

This recipe is from *Simple Jewish Cookery* compiled by Edna Beilenson, picture by Ruth McCrea, Peter Pauper Press, 1962

Ingredients:

2 lbs whitefish
2 lbs pike
2 lbs winter carp (see note)
4 large onions
2 quarts water
4 tsp salt
1 ½ tsp pepper
3 or 4 eggs
¾ cup ice water
½ tsp sugar
3 Tbsp matzo meal
3 carrots, sliced plus ½ carrot not sliced

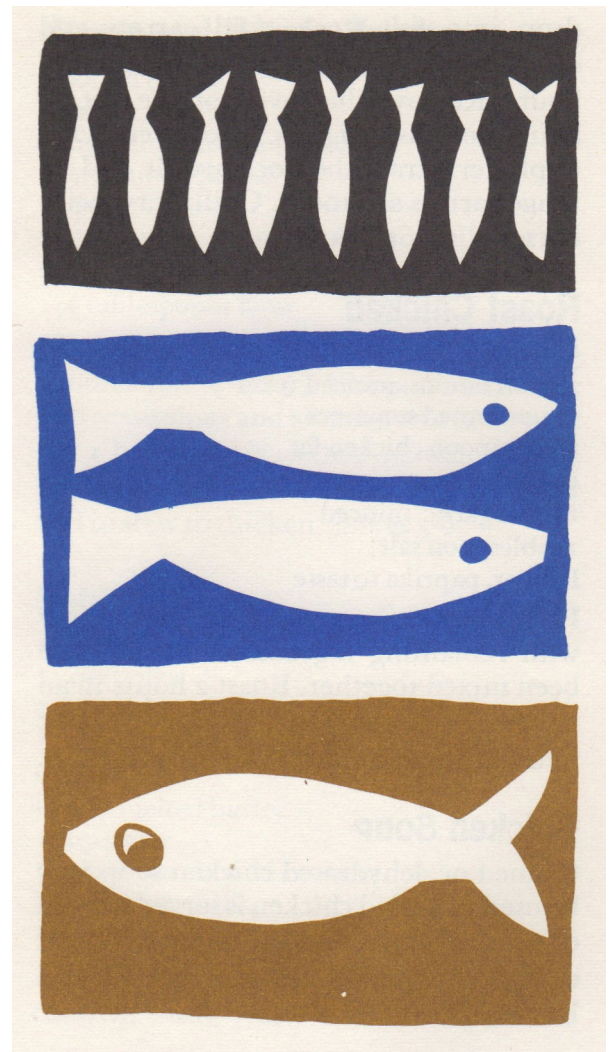
Directions:

Fillet the fish, reserving head, skin and bones. Combine head, skin, bones and 3 sliced onions with 1 quart of water, 2 tsp salt and ¾ tsp pepper. Cook rapidly while preparing fish.

Grind the fish, the remaining onion and the half carrot into a chopping bowl and add the eggs, water, sugar, meal and remaining salt and pepper. Chop until *very* fine.

Moisten hands; shape mixture into balls or patties 3-4" across. Carefully drop the balls into fish stock. Add sliced carrots and cover loosely and cook over low heat 1 ½ hours. Remove the cover for the last ½ hour. Cool fish slightly before removing to platter. Strain the stock over it and arrange the carrots around it. chill. Serve with horseradish. Serves 12.

Susan's note: My mother got her fish already filleted (later, she was able to buy it already ground from the fish store, and got fish heads thrown into the bargain). She used only ½ lb carp in the fish mix, and another ¼ lb in the stock. She also got carp roe from the fish store, but that's hard to find now. If you find roe, clean it and add it to the stock when you put in the fish balls. Usually, the fish is made in advance and stored refrigerated in jars along with the roe and carrots, and enough stock to fill the jars.



Sandy's Baked Brisket

Start with a 5 lb brisket of beef.

Sprinkle it with salt and pepper.

Dust it with flour

Brown it in some oil in a hot heavy pan.

Take the meat out of the pan.

Slice several yellow onions, add them to the pan and sauté until lightly browned..

Place the meat in a baking dish on top of the onions and 2 cloves of garlic that have been mashed or pressed. Spread a couple of tablespoons of tomato paste on top of the meat, add about a cup of broth and cover the pan with heavy foil.

The covered brisket bakes in a 325 degree oven for about 2 hours.

Take the meat out and slice it at that point, then place the sliced portions back into the pan and bake for 2 more hours and adding more broth, depending on how much moisture is needed.

This is loosely based on a recipe: Nach Waxman's Brisket of Beef from " The New Basics Cookbook" by Julie Rosso and Sheila Lukins She has changed the oven temperature and added broth...She does not typically add carrots....

Susan's Brisket for Company

Susan wrote this recipe from memory long after she was told it by Barbara Gilman. It is much like one she found on Cooks.com

Ingredients:

1 brisket, trimming off extra fat (but not all)

1 pkg onion soup mix

ketchup to cover (1/2 – 3/4 cup)

[the Cooks.com suggests adding optional brown sugar to make it sweet, and Susan suggests that canned or homemade cranberry sauce could be used for a sweet pot roast]

Preheat oven to 350°.

Cut a piece of heavy duty aluminum foil long enough to fold back over the brisket and seal (or use two pieces of regular foil). If not wide enough to close the package, use an additional piece at right angles to the first.

Put the brisket, fat side down, in the middle of the foil. Cover with ketchup and sprinkle the package of onion soup over it. Fold the foil back over the brisket and seal with a double fold.

Bake in oven in a big baking pan (or on a baking sheet) for 1 to 1 1/2 hours, depending on the size of the brisket. Remove from oven and open the foil package, being careful not to tear the foil. Put the brisket on a carving board and carve into slices across the grain. Carefully return the sliced brisket to the foil, reassembling it, reseal the foil, return to the oven, and bake for another 1 1/2 to 2 hours, or 3 hours total. Remove from oven and let stand for 10 minutes before opening the foil package and serving.

While the brisket is baking, you can put potatoes, carrots, and other vegetables in a baking pan, with a little oil, to roast at the same time as the meat.

Note: Chicken pieces can be prepared in a similar way, using orange marmalade instead of the ketchup. Bake for 1-2 hours.

Potato Kugel with Mushrooms

The layer of mushrooms and onions in the middle adds a festive touch

INGREDIENTS:

- 6 large potatoes (about 2 1/3 lbs)
- 1/2 cup oil (olive, vegetable or cottonseed)
- 2 1/2 cups chopped onions
- 12 ozs. mushrooms sliced or diced
- 1/2 teaspoons salt, divided
- 2 eggs, lightly beaten (or 1/2 cup Passover eggbeaters or 4 egg whites)
- paprika
- freshly ground pepper

PREPARATION:

1. Drop potatoes in boiling water to cover in a large saucepan.
2. Reduce heat and simmer for 30 minutes or until tender.
3. Drain and set aside until cool enough to handle.
4. In a large skillet, heat 3 tablespoons of the oil.
Add onions. Saute over medium heat until golden (about 15 minutes).
5. Remove about 1/2 cup sauteed onions to mix with potatoes. Add mushrooms and another tablespoon of the oil to remaining onions. Saute until mushrooms are tender. Add 1/2 teaspoon salt and 1/4 teaspoon pepper. Let Cool.
6. Peel potatoes. Mash with a potato masher in a large bowl.
7. Add remaining oil, reserved sauteed onions, salt and pepper, any mushroom liquid and eggs to the potatoes. Mix well.
8. In greased 2 qt casserole, layer half of the potato mixture. Top with the mushrooms, then add another layer of potatoes. Smooth top. Sprinkle with paprika.
9. Bake at 350 degrees Fahrenheit for 1 hour or until the top is firm and the edges are golden.
10. Let stand for 10 minutes before serving. Spoon out.

NOTE:

Yields 8 servings.



Sweet Potato and Apple Tsimmes

(Vegetable-Fruit Casserole)

from the Jewish Holiday Cookbook by Gloria K. Greene

Most Ashkenazic households have at least one dish similar to this on the Seder table.

4 large sweet potatoes (or “yams”), peeled and cut into $\frac{3}{4}$ inch cubes, (about 5 cups)
1 medium-sized butternut squash, peeled seeded and cut into $\frac{3}{4}$ inch cubes (about 2 cups)
4 medium sized apples, peeled, cored, and coarsely chopped
about 24 pitted prunes (7 to 8 ounces)
 $\frac{2}{3}$ cup sweet red Pesach wine (may be half water)
about $\frac{1}{2}$ cup sugar or to taste
1 $\frac{1}{2}$ teaspoons ground cinnamon
 $\frac{1}{2}$ teaspoon ground ginger (optional)

In a large bowl, combine all the ingredients and mix well. Turn them out into a greased 9-by 11-inch casserole dish or baking pan. Cover the dish tightly with aluminum foil and bake the tzimmes in a preheated 375degree oven for about 1 hour, or until the sweet potatoes and squash are tender. Stir the tzimmes before serving to evenly distribute the sauce and slightly mash the apples. Makes about 8 servings.

Tahina (Lemony sesame dip or salad dressing)

$\frac{1}{2}$ cup tahini (pure sesame paste)
2 to 3 tablespoons fresh lemon juice
salt and freshly ground pepper to taste
1 tablespoon finely chopped fresh parsley leaves
other herbs and seasonings to taste such as finely chopped or pressed garlic (optional)

Put the tahini into a small bowl and add the water in a slow stream, stirring constantly until the mixture eventually becomes very smooth and velvety. (At first, the mixture will become very stiff; then it will thin out and become lighter in color.) Stir in the remaining ingredients, adjusting the amounts as desired for taste and consistency. If the tahina is too thick, add more water; if it is too thin, stir in a bit more tahini.

If time is available, refrigerate the tahina for several hours to give the flavors a chance to blend. (It gets slightly firmer when chilled.) Stir the tahina again shortly before using it. Serve it cold or, preferably, at room temperature, with falafel, or as a dip with pieces of pita bread or sliced raw vegetables. For use as a salad dressing, thin the tahina a bit more.

Susan's Pesach sponge cake

Ingredients

6 eggs
juice of $\frac{1}{2}$ lemon and grated rind
8 oz sugar
4 oz matzo cake meal
2 oz potato flour

Note: for a larger cake, use 9 eggs and increase the other ingredients proportionally. A tube pan works well; let the cake cook upside down completely before removing from pan.

Beat egg yolks and stir in lemon juice.

In a large bowl, beat egg whites and then gradually add sugar, 2 tablespoons at a time, beating after each addition until a stiff meringue is formed. Fold egg yolks into this mixture. Combine matzo cake meal and potato flour, then fold them in, sprinkling a small amount of the meal mixture at a time on the egg mixture.

Bake in an ungreased pan at 325 degrees for 1 hour.

King's Cake - - Torta del Re

INGREDIENTS:

- A 10-inch (25 cm) spring form pan
- 2 tablespoons unsalted butter or margarine for greasing the pan
- 5 eggs, separated
- A pinch of salt
- 1 1/4 cups (250 g) sugar
- 2 1/2 cups (225 g) blanched almonds, finely chopped (if you use a blender, go easy, with short bursts --
- you don't want them to liquefy and give off their oil)
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract (vary this if you use different nuts)
- The grated zest of a lemon
- Confectioner's Sugar or
- blend some granular sugar for a few seconds to turn it to a powder).
- Slivered almonds (or whatever other nut you are using), toasted

PREPARATION:

Prepare the pan and set it aside.

Preheat your oven to 325 f (160 C).

Beat the egg whites and the salt to firm peaks.

Whisk the yolks until they're foamy, then gradually incorporate the sugar and continue to whisk until the mixture is lemon-colored.

Gradually incorporate the chopped nuts, the extracts, and the zest; at the end of this the batter will be quite stiff. Mix a third of the egg whites into the batter to soften it, then delicately fold in the remainder.

Pour the batter into the pan and bake it for an hour without opening the oven door. Turn off the heat, open the door a crack, and let it cool for 15 minutes before removing it and standing it upside down to finish cooling.

Remove it from a pan to a cake dish, dust it with confectioner's sugar using a sifter, and sprinkle it with the slivered nuts.

Flourless Chocolate Cake

Here is the recipe that Sandy has from her mother-in-law, who told her she got this from the Washington Post years ago and that there are many variations.

Ingredients:

10 oz semisweet chocolate chips
1 1/2 cups baked sweet potato (soft)
1/3 cup sugar, plus a 1/4 cup
1 teaspoon vanilla
4 oz softened margarine (Sandy prefers softened butter)
6 large eggs, separated
1/4 t salt

For the Glaze:

6 oz chocolate chips,
1/4 cup water



Preheat oven to 350 degrees.

Grease a 9 inch springform pan.

Melt chocolate chips in the top of a double boiler and let cool.

Using a wire whisk, combine the mashed sweet potatoes with 1/3 cup sugar, vanilla, softened butter or margarine. Blend all these ingredients well. The mashed sweet potatoes should be at room temperature.

Stir in the egg yolks and then the melted chocolate.

In a clean dry bowl, whip the egg whites, first gently then at high speed. Slowly add salt and then slowly add 1/4 cup of sugar. Beat to form soft peaks.

Fold in 1/3 of the egg whites into the sweet potato mixture and work well to lighten the batter. Gently fold in the remainder, blending well but do not deflate the mixture. Spoon the mix into the prepared pan and bake about 40 minutes

There may be a slight crack on top. The middle will be soft but firm. Cool in the pan for 20 minutes, then remove the sides of the pan and cool on the wire rack.

Chill for at least an hour.

For glaze, boil 1/4 cup of water add 6 oz of semisweet chocolate chips and stir briskly and then quickly spread on the cake. Cool for an hour in the fridge.

Caramel Matzo Crunch

from "A Treasury of Jewish Holiday Baking" by Marcy Goldman.
Found in The Washington Post, 9/16/98

Ingredients:

4-6 unsalted matzos
1/2 lb. (2 sticks) unsalted butter or unsalted Passover margarine
1 cup firmly packed brown sugar
3/4 cup (6 oz.) coarsely chopped semisweet chocolate or chocolate chips
chopped toasted almonds (optional)

Makes 12 servings

Preparation:

Preheat the oven to 375 degrees. Line a large baking sheet (or two smaller ones) completely with foil. Cover the bottom of the sheet with baking parchment - on top of the foil. This is very important since the mixture becomes sticky during baking.

Line the bottom of the baking sheet evenly with the matzos, cutting extra pieces as required to fit any spaces.

In a 3-quart, heavy-bottomed saucepan, combine the butter or margarine and the brown sugar. Cook over medium heat, stirring constantly, until the mixture comes to a boil (2-4 minutes). Boil for 3 minutes, stirring constantly. Remove from heat and pour over the matzoh, covering completely.

Place the baking sheet in the oven and immediately reduce the heat to 350. Bake for 15 minutes, checking every few minutes to make sure the mixture is not burning (if it looks like it's browning too quickly, remove the pan from the oven, lower the heat to 325, then replace the pan.)

Remove from the oven and sprinkle immediately with the chocolate bits. Let stand for 5 minutes, then spread the melted chocolate over the matzo. If desired, sprinkle some chopped or slivered toasted almonds on top as the chocolate sets. Chill the entire pan in the freezer until set, then break into squares or odd-shaped pieces.

Serve at room temperature. Stand by for cheers!