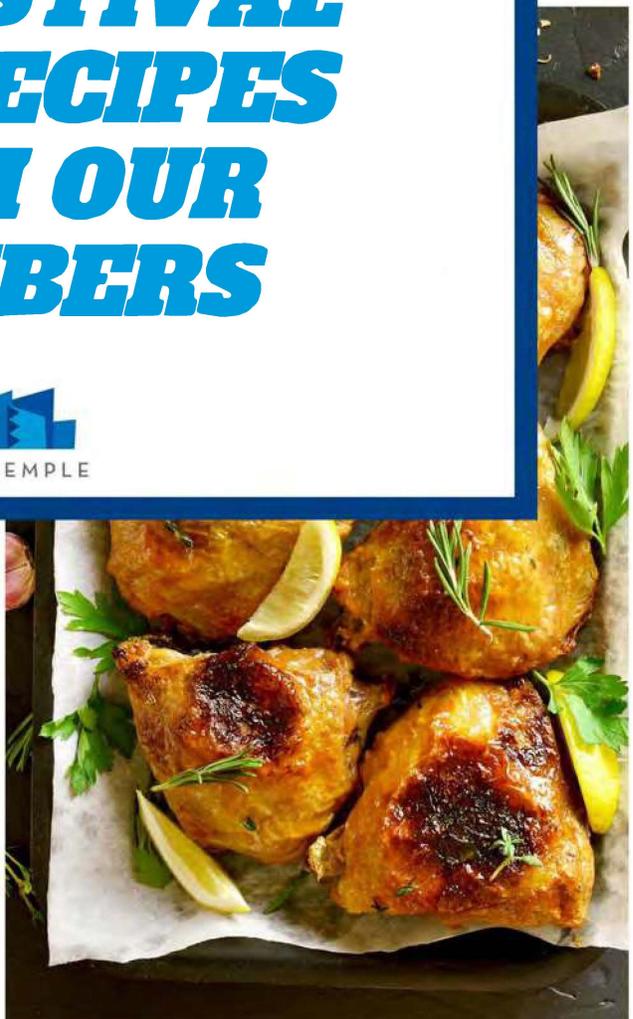




SINAI TEMPLE PRESENTS

PASSOVER

A JOURNEY INTO THE FESTIVAL AND RECIPES FROM OUR MEMBERS



Dear Friends,

Passover, perhaps more than any other holiday in the Jewish calendar, is not only a time to remember and retell the story of the liberation of the Jewish people and the everlasting symbol of hope it represents, but a very special time for the entire family to gather and enjoy the meals that are so central to this holiday.

Sinai Temple is proud to present this Virtual Booklet to enhance your enjoyment of the holiday. Past Ritual Committee Co-Chairs Rosa Berman Ruder and Faith Gershbock conceived of this project and worked closely with Adina Winnett to create the booklet. It consists of two parts, "A Journey into the Festival of Pesach" compiled by Rosa, with information you can share at your Passover seders, and a collection of Passover recipes and memories gathered from Sinai members. We hope you enjoy a sweet and kosher Pesach, together with family and friends.

**Chag Kasher v'Same'ach,
David Matloob, Ritual Vice President**

The Four Names for *Pesah*

Chag Ha-Matzot

Chag Ha-Pesah

Chag Ha-Aviv

Z'man Cherutenu

When did *Pesah* start being celebrated for **eight days**, and why?

- The Torah says to celebrate *Pesah* for seven days. [Lev. 23:7-8]
- A dependable calendar came into existence around the fourth century CE, and Talmudic sages made the 8-day practice *halachah*. "Be careful to keep the customs of your forefathers and keep two days of Yom Tov."
- *Pesah* is celebrated seven days in Israel and eight days outside of Israel.

Why is there
**no
benediction**
at the start of
the *Seder*?

Even though the *Seder* is in fulfillment of a Biblical commandment, the celebration is interrupted by translations, discussions, and explanation. Therefore, the benediction is recited after the reading of the relevant portions and not before.

It is the sanctification of the day as a Holiday.

It is the benediction over the first of the Four Cups of wine.

It is the introductory benediction for the ceremony of remembrance of the Exodus.

Why do we recite the *Shehecheyanu* on the first night of *Pesah*?

The benediction of thanksgiving for reaching the present time is required on all holidays and permitted on personal basis for all joyous occasions that happen not more than once a year, or other joyous, extraordinary occasions like building a new house, even if they happen repeatedly.



Why are the **blessings over wine and food** important in the Jewish religion?

- The *Talmud* says: “‘The Lord is the owner of the earth and everything in it,’ anyone who enjoys anything of this world embezzles sacred property unless he redeems it by giving proper praise to its Owner.”



Three reasons we eat *matzah* (unleavened bread) on *Pesah*

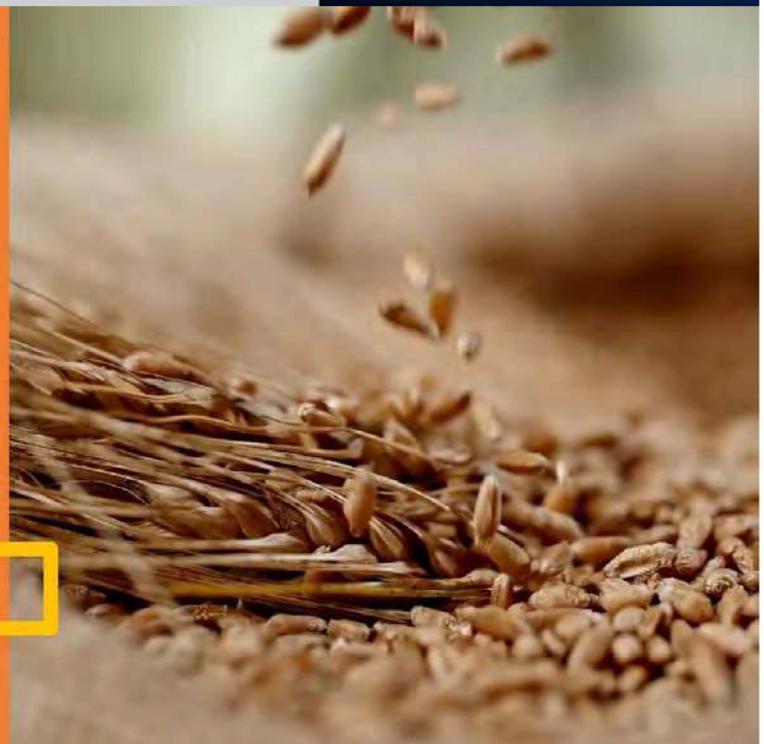
Our ancestors did not have enough time to let the dough rise when they fled Egypt

To remember the bread of affliction our ancestors ate in slavery

To remind us to get rid of our arrogance (which makes us puff up)

What are the **five grains** that can be eaten on *Pesah*?

Wheat, oats, barley, spelt, and rye.



Six instances in which the **number four** appears at the *Pesah seder*

the four questions

the four sons

the four mothers of Israel

the four cups of wine

the four special *Pesah* symbols

the four promises of redemption

The Four Special *Pesah* Symbols

Matzah

Z'roa--roasted bone: sacrifice, also means arm, symbol of God's "outstretched arm," and the egg, a cooked dish, symbol of future redemption

Maror: bitter herbs

Haroset: mixture of apples, figs, dates, nuts and spices (mentioned in the Song of Songs) symbolizes the mortar the Israelites had to use in their labors in Egypt.

The Four Cups of Wine

- Is drinking of **four cups** of wine during the *Seder* conducive to making a person **drunk**?
- No. The size of the cup is supposed to hold the equivalent of 1.5 standard eggs, or between 2.5 and 3.5 fluid ounces. Therefore, it is relatively small.



The Four Promises of Redemption





When did the *cup of Elijah* (the fifth cup) become part of the *Seder*?

- There are actually five promises of redemption—the fifth promise is “I will bring you into the Land”—and since the rabbis in the Middle Ages could not decide whether to have an additional fifth cup, in the 18th Century they decided to let *Elijah* decide whether there should be a fifth cup.

- teiku . " תיקו is actually an acronym. Tishbi [Elijah]-will answer- questions- and inquiries.

Another reason for the cup of Elijah: He is the herald of the Messiah, the time of ultimate redemption. Until that time comes, wine from the cup of Elijah is not drunk.

Five different reasons we use 3 *matzot*?

The 3 measures of flour Abraham offered to the angels

The 3 patriarchs

The 3 classes of Jews: Priests (Kohen), Levites, Israelites

The 3 kinds of *matzah* required for a sacrifice of thanksgiving

The 3 chests that were used in the Temple for contributions

What are the three *mitzvot* women are required to observe during Pesah?

Rejoicing	Rejoicing during the festival.
Eating	Eating matzah.
Drinking	Drinking four cups of wine at the seder.



A Few of My Favorite Things: A Passover Song

[Sung to the tune of "These are a few of my favorite things"]

Cleaning and cooking and so many dishes
Out with the hametz, no pasta, no knishes
Fish that's gefillted, horseradish that stings
These are a few of our Passover things.

Matzoh and karpas and chopped up haroset
Shankbones and Kiddish and Yiddish neuroses
Tante who kvetches and uncle who sings
These are a few of our Passover things.

Motzi and maror and trouble with Pharaohs
Famines and locusts and slaves with
wheelbarrows
Matzoh balls floating and eggshell that cling
These are a few of our Passover things.

When the plagues strike
When the lice bite
When we're feeling sad
We simply remember our Passover things
And then we don't feel so bad.

What is the special obligation for the *Seder*, and what is the origin of this obligation?

To explain the Exodus and its implications to one's children. "Remember this day on which you left Egypt." [Exodus 13:2]

Remembrance can only be fulfilled by a "declaration," by telling the story: *Haggadah*. The plural *you* means that it is a community involvement in teaching and declaration.

Haggadah illustrated by Arthur Szyk, Polish Jewish Artist (1894-1951)



BYRON J. SHEKWIN — IRVIN UNGAR

What is the main part of the *Haggadah*?

A discussion of the Exodus leading up to an answer to the Four Questions.

The *Talmud* says that we start with "*genut*" and end with "*shevah*", which means glory. *Genut* means disgrace but has been substituted with "*tza'ar*" (pain). The original disgrace was that our forefather Jacob was forced to go into exile, and the glory was that the Lord gave us a land flowing with milk and honey. Other meanings of disgrace: our forefathers were idolaters; we were slaves in Egypt.

What do the **four sons** symbolize?

- The answers given to the sons are not found in the Torah but are expressions of deeper understanding of the text by oral tradition.

- The wise son
- The wicked son
- The simple-minded son
- The son who does not know how to ask



THE FOUR CHILDREN

THE BALLAD OF THE FOUR SONS
(BY BEN ARONIN)
(sung to "Clementine" or any song in 4/4 time)

Said the father to the children
"At the Seder you will dine,
You will eat your fill of matzoh,
You will drink four cups of wine."

Now this father had no daughters,
But his sons they numbered four,
One was wise, and one was wicked,
One was simple and a bore.

And the fourth was sweet and winsome,
He was young and he was small,
While his brothers asked the questions,
He could scarcely speak at all.

Said the wise one to his father
"Would you please explain the laws,
Of the customs of the Seder
Will you please explain the cause?"

And the father proudly answered
"As our fathers ate in speed,
Ate the Pascal lamb 'ere midnight,
And from slavery were freed,"

"So we follow their example,
And 'ere midnight must complete,
All the Seder, and we should not
After twelve remain to eat."

Then did sneer the son so wicked,
"What does all this mean to you?"
And the father's voice was bitter
As his grief and anger grew.

"If yourself you don't consider,
As a son of Israel
Then for you this has no meaning,
You could be a slave as well!"

Then the simple son said softly,
"What is this?" and quietly
The good father told his offspring
"We were freed from slavery."

But the youngest son was silent,
For he could not speak at all,
His bright eyes were bright with wonder
As his father told him all.

Now, dear people, heed the lesson
And remember evermore,
What the father told his children,
Told his sons who numbered four!



The Wise Son

- His question has nothing to do explicitly with Passover. The wise son quotes from Deut. 6:20: "What are the testimonials, the ordinances, and the laws that the Lord, our God, has commanded us?"
- The testimonials [*mitzvot*] are commandments, called testimonials because they are remembrances of His miracles and testimonies to them like matzah, Tabernacles, Passover, the *Sabbath*, the *tefillin*, and the *mezuzah*.
- The ordinances [*chugim*] are those commandments for which no reason is hinted at in the Torah.
- The laws [*mishpatim*] are the legal instructions of these commandments.

The Wicked Son

The Biblical answer to the wicked son: "The Lord passed over our houses when He smote the Egyptians, but He saved our houses."

- The bad child seems to question why we go to all the trouble and expense connected with the Passover celebration.
- The Bible says that the people gave thanks to God not only for the divine promise of being spared, redeemed, and blessed with children but also for not having died during the days of darkness in Egypt.
- The *Talmud* explains that the question of the bad son gives an implicit foretaste that there will be children that are ignorant of and hostile to the teachings of the *Torah*, but that there is goodness in there, that there will always be children.



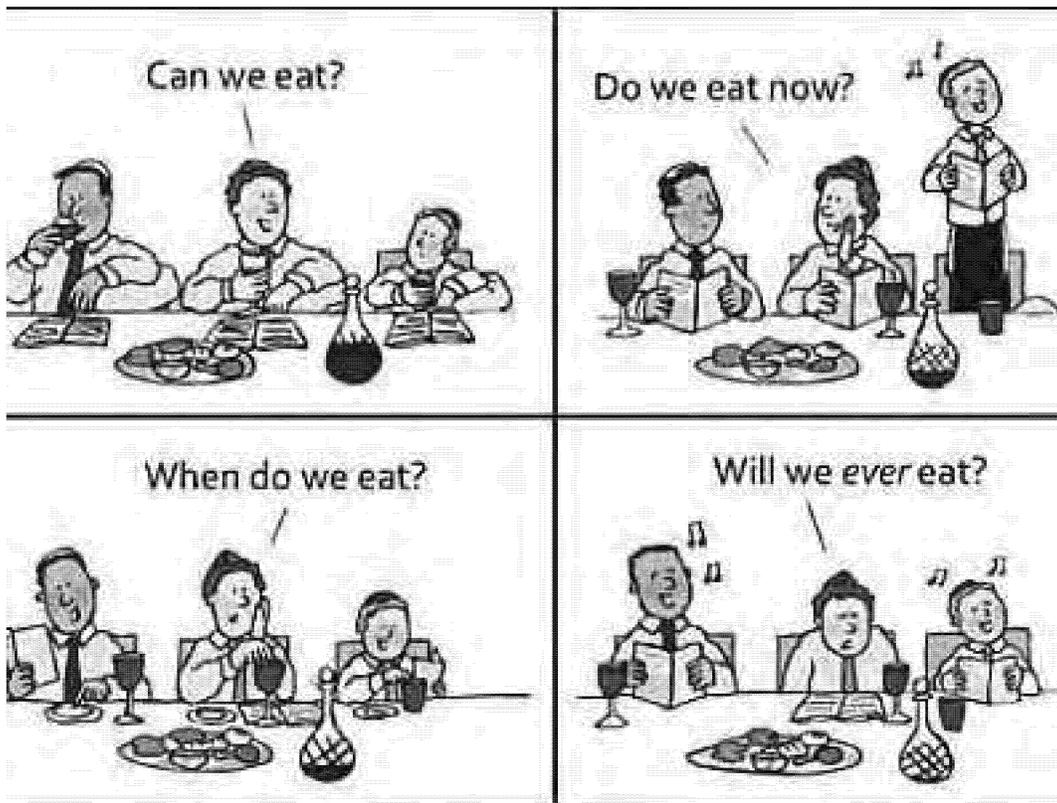
The simple-minded son

- His question is not about Passover at all, but about the sacrifice of firstborn animals and the redemption of firstborn sons. The question is essentially the same as the one asked by the wicked child, only here it is in wonder, not in rebellion.
- The answer to the simpleminded son is that "the Lord led us out of Egypt with a strong hand," the obligations of a Jew are of a personal nature, a kind of payment for services rendered, and not at all representative of universal moral values and obligations.

The Fourth Son

- The **fourth son**, the one who does not know how to ask, is a device to teach all the children about *Pesah*.
- Other questions, for another time:
 - The Four Questions "*Mah Nishtanah?*"
 - The Ten Plagues
 - What is the meaning of the Afikomen?





The Four Questions of the Seder

PART 2 | RECIPES

CHAROSET

SALADS

APPETIZERS & SIDE DISHES

KUGELS

MAIN COURSES

DESSERTS

CHAROSET

Halegh (Persian Charoset)

Submitted by Angela Cohan

"Every Jewish kid believes that his or her mother's Charoset is the best there is. I love my mom's sweet and sour Charoset. It has a dark, rich purple color and it's crunchy and delicious. My mom calls it a superfood since it's full of fruits and nuts. She makes a huge batch and shares it with family members for Passover. I have adjusted the portions for this recipe."

INGREDIENTS

- 1 cup raw walnuts
- 1 cup raw pistachios, shelled
- 1 cup raw almonds
- 1 cup raw hazelnuts
- ½ cup red raisins
- ½ cup dates, pitted and chopped
- 2 cups warm water
- 1 medium apple, peeled and chopped
- 1 cup sweet kosher wine (or 1 cup red grape juice)
- 1 cup pomegranate juice

DIRECTIONS

1. Soak the nuts and the dried fruits in warm water for 5 to 10 minutes. Drain the water.
2. Place all the ingredients in a blender or a food processor in batches and pulse until well incorporated. The mixture will be crunchy and dense.
3. Spoon the Charoset into a large bowl, cover and refrigerate. Serve with Matzah and enjoy!

NOTES

- Omit any nuts you don't like and/or are allergic to and feel free to add any spices you like (cinnamon, etc.)
- Charoset stays fresh in the refrigerator for up to three weeks.

Charoset 2 Ways

Submitted by Marilyn Stern

TRADITIONAL ASHKENAZI

INGREDIENTS

- 3 apples, peeled and diced (approximately 3 cups). I usually use Granny Smith apples
- 1 cup chopped walnuts
- 1 teaspoon cinnamon
- 2 Tablespoons honey
- 2 Tablespoons wine (I use Manischewitz concord grape) or grape juice

SEPHARDIC (NO NUTS)

INGREDIENTS

- 4 handfuls of black raisins diced – approximately 1 ½ cups
- 2 cups dates, pitted and diced
- 2 cups dried apricots, diced
- 4-5 apples peeled and diced (I use Granny Smith apples)
- 3 Tablespoons sweet red wine

NOTE: Amounts are approximate, adjust to taste

DIRECTIONS

Mix all ingredients in a container or bowl, then cover and put in refrigerator. I usually make this a few days in advance of the seder so the ingredients have time to marinate.



Halegh (Persian Charoset)

Submitted by Claudia Mikail, MD, MPH

INGREDIENTS

FRESH FRUIT

- 1 peeled apple
- 1 peeled pear
- 1 orange
- 1 tangerine
- 1 banana
- ½ cup grapes

DRIED FRUIT

- 5 pitted dates
- 5 pitted apricots
- 5 pitted prunes
- ½ cup raisins (preferably golden)

NUTS

- ½ cup walnuts
- ½ cup almonds
- ½ cup pistachios
- ½ cup hazelnuts (filberts)

JUICE/WINE

- ½ cup grape juice
- ½ cup sweet red wine

SPICES

- ½ tsp. cinnamon
- ½ tsp. cardamom

Additional nuts, banana, or grape juice as needed to adjust consistency of mixture

DIRECTIONS

1. Start by soaking the nuts in the grape juice and wine to soften them
2. Peel the fresh fruit then chop them (and remove any seeds)
3. Chop the larger dried fruit into smaller pieces
4. Add the fruit and nuts in batches to a blender and process, creating a mortar-like consistency
5. Add remaining grape juice, wine, and spices to blender and mix, infusing purplish hue
6. If mixture is too watery, add more nuts or banana and blend
7. If mixture is too crumbly, add more grape juice and blend
8. Pour mixture into large bowl and refrigerate to set

Sephardic Charoset in the Shape of a Pyramid

Submitted by Rosa Berman Ruder

"I chop everything by hand, and while I'm chopping, it brings back memories of my mother chopping the charoset as I was growing up. This is a labor of love, giving and receiving. You can adjust the recipe for more people, or to have leftovers. Be creative, any way you do it will taste good and will look good. Leftovers won't last long. Enjoy!"



INGREDIENTS

- 14 large Medjool dates, pitted and chopped by hand
- 2 medium sized Gala apples, or 1 large Gala, peeled and finely chopped
- 1 cup raisins, chopped by hand—can use dark or golden raisins or a mixture of both
- 1 ½ cup chopped walnuts
- A few teaspoons of orange juice
- ¼ cup sweet red wine
- Ground cinnamon, to taste

DIRECTIONS

Mix together, add orange juice as needed. Serve in the shape of a pyramid, on top of lettuce leaves. Shape the pyramid with your hands. A pyramid has a square base and four triangular sides, meeting at the top. This mixture is not runny, it will hold together to stay put in this shape.

NOTES

- I find that dates and raisins can only be chopped by hand, nothing else works, as they are too sticky.
- Do not grate the apples. You want small apple chunks; you don't want to make the mixture watery.
- Similarly, don't use a food processor for the walnuts. You don't want to pulverize them, they need to be chunky, in small pieces.

Pop Culture Style, Yiddish-Inspired Charoset

Submitted by Dawn Snyder

"Sounds weird but tastes amazing. I made it before a few times when I lived at my grandma's house."

INGREDIENTS

- 2 Granny Smith apples, chopped finely
- ½ a pack of walnuts
- 2 cups of sparkling wine
- 4 tbsp. of Caffè D'Vita Cappuccino mocha mix

DIRECTIONS

Combine and enjoy!

Persian Charoset Recipe

Submitted by Gail Rollman

"See photo of treasured charoset plate made for us in 2001 by our dear friend, Yaffit Kaufman, former SAA Judaic Studies Teacher. For years, we hosted their family for Pesach. Our now 33 year old sons met in Mrs. Fell's kindergarten class and we've been friends since. Yaffit always beautifully displayed this yummy creation on a plate in a pyramid shape. The Charoset really looked like paste for bricks but the taste was scrumptious! We would enjoy it for days after as a breakfast treat on matzah! This is a version of that recipe."



INGREDIENTS

- 1 unpeeled pear, cored and finely chopped
- 1 unpeeled apple, cored and finely chopped
- 1 cup finely chopped walnuts
- 1 cup finely chopped almonds
- 1 cup finely chopped hazelnuts
- 1 cup finely chopped pistachio nuts
- 1 cup chopped pitted dates
- 1 cup chopped raisins
- 2 teaspoons ground cinnamon
- 2 teaspoons grated ginger root or 1 tsp dried ginger
- 1 Tablespoon apple cider vinegar
- optional: add nutmeg or other nuts.

SALADS



Fall (Autumn) Salad

Submitted by Angela Cohan

"This colorful salad is packed with vitamins and minerals. Sunflower seeds are rich in B-complex vitamins, phosphorus, magnesium, iron, calcium and vitamin E. Squash is rich in manganese – a mineral that helps boost bone health. It helps the body's ability to process fats and carbohydrates. Squash is also a great source of vitamin A, vitamin B6, folate and riboflavin."

INGREDIENTS

- 1 cup red leaf lettuce (or romaine lettuce or arugula)
- 1 cup baby spinach (or kale)
- 1 avocado, cored, peeled and sliced
- ½ cup cooked and sliced (or cubed) butternut squash
- 1 medium or 2 small red beets, cooked, peeled and sliced
- 1 Tablespoon balsamic vinegar (or pomegranate molasses)
- 2 Tablespoons avocado oil (or olive oil)
- ¼ cup shelled sunflower seeds or pumpkin seeds (optional)
- Salt and pepper to taste

DIRECTIONS

1. To make the salad dressing combine the olive oil, pomegranate molasses (or balsamic vinegar), salt and pepper in a cup or in a Mason jar. Set aside.
2. Arrange the lettuce, spinach and avocado on salad plates.
3. Arrange the squash and the beets around the greens. Get creative with your design.
4. Shake the Mason jar before dressing the salad. Sprinkle sunflower seeds (optional).

Southwest Salad with Cilantro Dressing

Submitted by Gail Rollman

"We enjoy this year round with the creamy avocado cilantro lime dressing! Beautiful colors, flavors and textures galore! I use a version of the dressing recipe that my friend, Susan Kianmahd gave me years ago. We met when our sons were in Marcia Fellner's first grade SAA class back in 1995."



SALAD

- 1 large head romaine lettuce cut in finely chopped pieces
- 1 orange bell pepper cut in pieces
- 1 yellow bell pepper cut in pieces
- 10 oz cherry/grape tomatoes
- 5 green onions cut into pieces or half red onion diced
- Cilantro pieces for garnish
- *optional for after Pesach, or during Pesach if you are Sephardic, add a can of rinsed and drained black beans and 2 cups of frozen corn, thawed corn

DRESSING

- 1 cup loosely packed cilantro (stems removed and roughly chopped)
- 1/2 avocado (or 1/2 cup plain yogurt) I prefer avocado
- 1-2 garlic cloves
- 1/4 cup olive oil
- 2 T fresh lime juice (about 1/2 line, more to taste)
- 1 1/2 tsp. white wine vinegar
- 1/8 tsp. salt
- Agave (1/8 to 1/4 cup- adjust to your taste)
- Cumin (1-2 tsp.- adjust to your taste)

Puree all ingredients in food processor/blender until smooth. You might want to add a bit of water to thin or adjust seasonings to your preference.



Garden Salad with Artichoke & Mango

SALAD

- 1 head or bag of butter lettuce
- 1 mango chopped in bit size pieces
- 1 10oz box of cherry tomatoes
- 1 can artichokes sliced

Toss all ingredients together

DRESSING

- 1/2 cup olive oil
- 1/2 cup apple cider vinegar
- 1/4 cup agave or other sweetener
- Juice of 1 lemon
- Season with black pepper, dried thyme and oregano
- optional: add 1 bunch of fresh parsley for added greens as it looks beautiful and is so healthy

Mix all above ingredients in a blender or Cuisinart. Keeps for several days in refrigerator. If it thickens too much, just add a couple teaspoons of water.

Submitted by Gail Rollman

Asian Salad with Dressing

Submitted by Gail Rollman

"I make this family favorite year round not only because of the taste, but because cabbage doesn't get soggy like lettuce, so it lasts several days in the refrigerator even with dressing tossed on, but it rarely lasts that long since it disappears so quickly :) "



SALAD

- 1 head green cabbage sliced very thin
- 1/4 head red cabbage sliced very thin (can only use green if you'd like)
- 5 carrots peeled and shredded (I use Cuisinart shredding disk)
- 6 green onions (use both white and green parts) slice thin
- Cilantro - 1/2 bunch - take off stems
- -optional to add blanched, raw or cooked broccoli pieces
- -also nice to add protein such as grilled salmon pieces or tofu

Mix all above in a large bowl

DRESSING

- 1/2 cup olive oil
- 1/4 cup canola oil
- 1/4 cup rice vinegar
- 1/4 cup agave or other sweetener
- 1-2 garlic cloves
- 2 Tbsp sesame oil
- 1 Tbsp fresh ginger chopped or 1/2 tsp dried ginger

Whisk above ingredients and adjust to taste

APPETIZERS &

SIDE DISHES



Knaidlach

Submitted by Ruth Merritt

"This recipe is from a book I made many years ago of my Mother's favorite family recipes. My Mother (Elissa Newlander z"l) taught me this recipe when I was young and had me make the knaidlach for our family sederim for all the years until I married and started making them for our own sederim. It is an easy recipe, and worth the effort that goes into it. Enjoy."

Makes about 12 medium-sized knaidlach.

INGREDIENTS

- 2½ tbsp. chicken fat
taken from top of chilled soup
- 2 eggs
- 1 tsp. salt
- 2-3 dashes pepper
- ¾ cup matzo meal
approximately
- ¼ cup warm water
not hot

DIRECTIONS

1. Beat chicken fat well; add the eggs and beat again. Add water, seasoning and enough matzo meal to form a thick batter. Refrigerate at least 3 hours.
2. Boil 4 quarts of salted water in large pot.
3. Wet hands with cold water and shape batter into small balls. Drop into boiling salted water' cover and cook for 30-35 minutes. Drain and serve in hot chicken soup.

NOTES

Knaidlach may be prepared a day in advance. To store, loosely stack in a wide-mouthed jar. Cover with the hot liquid in which they were cooked. Cover jar and store in refrigerator. To serve, drain ALL liquid and place in chicken soup. Heat and serve.

Sweet Potato and Apple Tsimmes

Submitted by Marci Maniker

INGREDIENTS

- 4 large yams/sweet potatoes
- 1 medium butternut squash, peeled, cut into ¾ " cubes
- 4 medium granny smith (green, tart) apples, cored and chopped coarsely
- 7-8oz. pitted prunes
- ¼ cup sweet red Pesach wine
- 1 ½ teaspoons of ground cinnamon
- ½ cup sugar or honey
- ½ teaspoon ground ginger (optional)

DIRECTIONS

1. Combine all ingredients into a large bowl
2. Pour mixture into greased 9x11 baking dish
3. Tightly cover with foil and cook at 350 for one hour or until sweet potatoes and squash are tender.
4. Stir before serving, slightly mash the apples (leave some chunks and make some mushy)

Passover Popovers

Submitted by Abby Solow

INGREDIENTS

- 8 eggs, plus 2 whites
- 1 ½ cups water
- ½ cup oil
- 1 ½ cups matzo cake meal
- ½ tsp salt
- 1 Tbsp. sugar

DIRECTIONS

1. Boil oil and water, stir into dry ingredients and cool.
2. Beat in eggs one at a time. (You can do all this in one pot.)
3. Preheat oven to 400 degrees. Grease custard cups (muffin tins) and heat briefly in the oven.
4. Fill cups ¾ full.
5. Bake at 400 degrees for 60 minutes.

Dolmeh (Stuffed Peppers)



Submitted by Angela Cohan

"Dolmeh is traditionally made with grape leaves. However, the process is time consuming. I have altered the original recipe and used Bell peppers and Acorn Squash instead. I substituted quinoa for rice. You can use the filling in this recipe or substitute your favorite vegan or vegetarian filling."

INGREDIENTS

- 3 or 4 bell peppers (or 2 Acorn Squash)
- ¼ cup olive oil
- 1 cup diced yellow onion
- ½ cup scallions, chopped
- 2 cloves garlic, peeled and finely chopped or minced
- 1 cup quinoa, cooked
- ½ cup fresh dill, finely chopped
- ½ cup fresh tarragon or parsley, finely chopped
- 1 teaspoon ground cinnamon

DIRECTIONS

1. Cut the top of the bell peppers and remove the seeds and veins.
2. Heat the oil in a skillet or a saucepan. Add onions, scallions, and garlic and cook until soft, about 4 minutes.
3. Add the quinoa, dill, and tarragon and season with salt and pepper. Remove from heat.
4. Spoon the quinoa mixture into the peppers. Place the stuffed peppers on a baking tray or baking dish and bake in a 350 degree oven for 45 minutes. Top with chopped parsley and cinnamon (optional).



Apio Agra-Dulce, Celery Root with Lemon

Submitted by Rosa Berman Ruder

"For some time now I have been thinking about posting a little spring vegetable often overlooked and yet so delicious and easy to make. Have you ever seen those gnarled downright ugly-looking bulbous roots with scrawny celery stalks and leaves sticking out of them at a farmer's market? They smell intensely like celery and when cleaned and peeled the roots are beautiful creamy white with a greenish cast inside. Apio is a Sephardic dish."

INGREDIENTS

- 5 medium-small celery roots (see picture--the larger ones are nice looking but their flavor is diluted and texture is not as dense.)
- 1 large carrot (optional)
- ½ cup fresh lemon juice (around 2 lemons)
- 2 cups or more of cold water
- 1 teaspoon salt
- 2 teaspoons sugar
- 2 tablespoons olive oil



DIRECTIONS

1. Cut the stocks and leaves off the celery roots. Peel them until they are clean white bulbs.
2. Peel the carrot. Slice the roots (apio) and carrot about ¼ to 1/3 inch thick. Place the apio in a heavy bottom saucepan. Put all the rest of the ingredients in the pan. The liquid should cover the tops of the sliced apio.



ROSA'S NOTES

You can cook as many celery roots as you want, and adjust the rest of the ingredients accordingly. It is good served cold, as an appetizer. My mother used to make this dish especially for Passover.

Spaghetti Squash Italienne

Submitted by Gail Rollman

"This recipe was given to me by Wena Dows, who is an architect by profession, but taught The Healthy Gourmet cooking class in 1988 as part of Hamilton High Adult Education. I took the class while pregnant and loved her creative and healthy recipes. I think our son Greg, who was in my tummy at the time, also enjoyed the class because he is a great cook, fearless in the kitchen and thoroughly enjoys making his own creations."

INGREDIENTS

- 3 lb. fresh tomatoes
- 2 Tbsp. olive oil
- 1 cup minced onion
- 2 cloves garlic, minced
- 1 bay leaf
- 1 1/4 tsp. Italian herbs (oregano, basil, thyme, rosemary, marjoram)
- 1/4 cup minced parsley
- 1 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- A pinch fructose
- 3-lb. spaghetti squash
- Grated Parmesan cheese

DIRECTIONS

1. Scald, peel, seed and juice tomatoes. Slice tomatoes in food processor. Heat olive oil in large saucepan, add onion and garlic and saute until onion is tender. Stir in tomatoes, herbs, salt, pepper and fructose. Simmer, stirring occasionally, 30 minutes, until tomatoes are softened and flavors blended.
2. Meanwhile, carefully cut spaghetti squash lengthwise in halves. Remove seeds and pierce skin with long-tined fork. Place squash in two-inches of boiling water and simmer, covered, 20 minutes until tender. Drain. Using a heavy spoon, scrape the spaghetti-like strands onto a platter. Top with tomato sauce. Serve with grated Parmesan cheese.

Matzo Balls 3 Ways

Submitted by Gail Rollman

"This is a beautiful way to start the Pesach meal. It always impresses the guests and tastes delicious, a win-win all around!"

SPINACH

- 2 large eggs, plus 1 egg white
- 2 Tbsp. olive oil
- 3 oz. fresh baby spinach leaves
- 1 cup matzo ball mix (usually both bags out of a box)

1. In a medium bowl whisk eggs and oil.
2. In the bowl of a food processor fitted with a metal blade, process the spinach until pureed. Squeeze the water out of the spinach.
3. Add the spinach puree into the egg mixture. Whisk to incorporate.
4. Sprinkle in 1 cup (2 bags) of the matzo ball mix. Stir in with a fork, mixing as little as possible. Don't overwork it.
5. Chill in freezer for 20 minutes.
6. Meanwhile bring a pot of water or chicken stock to a boil.
7. Wet your hands in a bowl of cold water. Using your hand, and manipulating as little as possible, scoop out a ping pong ball size of the mixture. Form it into a ball with your fingertips, using no real pressure. Turn the water down to a simmer. Drop the balls into the water. Cover the pot and simmer for 20 minutes. Makes 6 large matzo balls.

TOMATO

- 2 large eggs, plus 1 egg white
- 2 Tbsp. olive oil
- 3 Tbsp. tomato paste
- 1/2-3/4 cup matzo ball mix (usually 1-1 1/2 bags out of a box)

1. In a medium bowl whisk eggs and oil.
2. Add the tomato paste into the egg mixture. Whisk to incorporate.
3. Sprinkle in 1/2 cup (1 bag) of the matzo ball mix. Stir in with a fork, mixing as little as possible. Don't overwork it.
4. Chill in freezer for 20 minutes.
5. Meanwhile bring a pot of water or chicken stock to a boil.
6. Wet your hands in a bowl of cold water. Using your hand, and manipulating as little as possible, scoop out a ping pong ball size of the mixture. Form it into a ball with your fingertips, using no real pressure. Turn the water down to a simmer. Drop the balls into the water. Cover the pot and simmer for 20 minutes. Makes 6 large matzo balls.

TURMERIC

- 2 large eggs, plus 1 egg white
- 2 Tbsp. vegetable oil
- 1 tsp. turmeric
- 1/2-3/4 cup matzo ball mix (usually 1-1 1/2 bags out of a box)

1. In a medium bowl whisk eggs and oil.
2. Add the turmeric into the egg mixture. Whisk to incorporate.
3. Sprinkle in 1/2 cup (1 bag) of the matzo ball mix. Stir in with a fork, mixing as little as possible. Don't overwork it.
4. Chill in freezer for 20 minutes.
5. Meanwhile bring a pot of water or chicken stock to a boil.
6. Wet your hands in a bowl of cold water. Using your hand, and manipulating as little as possible, scoop out a ping pong ball size of the mixture. Form it into a ball with your fingertips, using no real pressure. Turn the water down to a simmer. Drop the balls into the water. Cover the pot and simmer for 20 minutes. Makes 6 large matzo balls.



Passover Rolls

Submitted by Clara Bruno

DIRECTIONS

1. In large bowl, combine matzo meal, salt and sugar. Set aside.
2. In saucepan, bring water and oil to boil. Pour into matzo meal mixture. Mix well. Beat in eggs, one at a time, until completely blended. Let stand 15 minutes.
3. With oiled hands, scoop up a fistful of dough, or whatever size you desire, shape into rolls, and place on a well-greased baking sheet, 2 inches apart. Bake at 375 degrees 40 to 50 minutes or until golden brown. Makes 15 to 20 rolls.

INGREDIENTS

- 2 cups matzo meal
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 cup water
- ½ cup vegetable oil
- 4 large eggs

Passover Pancakes

INGREDIENTS

- 1 Cup (8oz) Cottage Cheese
- 4 Large Eggs, beaten
- ½ Cup Matzo Meal
- 2 Tablespoons (¼ stick) butter, melted
- pinch of salt
- 1 teaspoon lemon or orange zest (optional)
- ¼ Cup (½ stick) butter and ¼ Cup vegetable oil, for frying.
- Toppings (optional, see below)

Submitted by Dahlia, Avi & Shira Fox

"These spongy and fluffy pancakes are a quick and easy treat during Passover."

DIRECTIONS

Heat 2 tablespoons butter and 2 tablespoons oil in a large heavy frying pan. Add about 1 Tablespoon batter for each pancake and fry over medium heat until lightly browned on each side, about 2 minutes each side. Flip them carefully. Remove with a slotted spoon or spatula when done and continue frying remaining batter, adding more butter and oil to pan as needed, reduce heat if butter/oil begins to brown.

*Serve hot with syrup, chocolate sauce, mixture of cinnamon sugar, sour cream, or jelly. Can be used a savory appetizer with a topping of sauteed vegetables such as sauteed mushrooms

KUGELS

Mazos Farfel Fluff *Submitted by Marilyn Stern*

INGREDIENTS

- 1 box matzah farfel*
- 7 eggs (or egg beaters)
- ¾ lb. margarine, melted
- 1 cup sugar
- 2 large cans (29 oz.) sliced peaches
- 2 cups juice from peaches
- ¾ tsp. salt
- Cinnamon (to taste)

*I like to make my own matzah farfel by taking a box of matzah and breaking it into small pieces.

DIRECTIONS

1. Preheat oven to 350 degrees. Grease 3 quart casserole or 11x9 inch baking pan. Soak farfel and squeeze out water. Mix in eggs and margarine, then sugar, peach juice and salt.
2. Place half the mixture in prepared pan and layer half the peach slices over this. Pour in remaining half of mixture, then top with remaining peaches. Sprinkle with cinnamon and bake 1 hour. Serve hot or cold. Can be frozen.

Passover Apple Kugel *Submitted by Abby Solow*

INGREDIENTS

- 4 Granny Smith apples peeled and sliced
- 4 matzos
- 4 eggs lightly beaten
- 1 cup sugar
- ¼ tsp. cinnamon
- Cinnamon-Sugar mixture:
 - ¼ tsp. cinnamon plus 1 Tbsp. sugar
 - ¼ cup melted butter or margarine

DIRECTIONS

Pour hot water over matzo and pour off immediately. Crumble matzo and squeeze out excess moisture. Beat eggs; add sugar and cinnamon. Stir in crumbled matzo and apples. Place in well-greased 2 ½ quart casserole. Sprinkle with cinnamon and sugar mixture. Pour melted butter over all. Bake at 350 degrees for 45 min.

Vegetable Passover Kugel *Submitted by Rosa Berman Ruder*

INGREDIENTS

- 1 onion, chopped. Sautee in oil
- 2 -10 oz. packages frozen spinach, cook in microwave till defrosted, squeeze liquid out
- ½ c. matzo meal
- 1 teas. Salt
- 2 tbsp vegetable oil
- 4 carrots, peeled and grated
- 4 eggs lightly beaten
- ¼ teas. Pepper
- 2 tbsp chicken soup mix

Bake 45 min at 350 degrees in 9 ½ by 13" pan. Freezes well!

MAIN COURSES

Easy & Fabulous Dairy Lasagna

Submitted by Marilyn Stern

INGREDIENTS

- 4 eggs (or egg beater equivalent)
- 2 lbs. cottage cheese (32 oz.)
- white pepper to taste
- 2 large cloves garlic, minced
- 6 to 8 whole matzos
- 10 very small mushrooms sliced (or 1 box pre sliced)
- 1 bunch fresh basil, chopped in food processor
- 21 oz. of Streits, Rokeach or Manischewitz tomato sauce
- 1 lb. shredded Muenster cheese

You can also prepare this recipe the day before, cover with foil and put in the refrigerator, then bake the day of.

DIRECTIONS

1. Grease a 9 by 12 pan; preheat oven to 350 degrees.
2. In a mixing bowl, beat the eggs.
3. Add the cottage cheese, mushrooms, basil, pepper and garlic. Mix well
4. Wet the whole matzos with water until moistened, but not soggy.
5. Pour a little sauce into the baking pan and distribute evenly.
6. Layer the remaining ingredients, alternating matzo, cottage cheese mixture, tomato sauce, Muenster cheese. Repeat, ending with the Muenster cheese.
7. Bake 60 to 75 minutes.
8. Let lasagna rest for 5 to 10 minutes. Enjoy!

Serves 12 to 16

Mina de Carne

Submitted by Rosa Berman Ruder

"Mina means layers. This recipe is a favorite in my family, and is thoroughly enjoyed by both Sephardic and Ashkenazi members. I usually make a double or triple recipe, using a bigger baking pan. Enjoy!"



INGREDIENTS

- 1 lb. ground beef
- 4 to 5 matzos, plain
- 1 large onion, chopped
- 2 eggs
- 1 teaspoon salt
- ¼ teaspoon pepper
- oil

DIRECTIONS

1. In a large frying pan, on top of the stove, brown onion; add beef and cook together, stirring until crumbly. Add salt and pepper, then cool. Meanwhile, soften matzos slightly as follows: Wet matzos with water on both sides and place on paper towels. Do not allow to soften too much, or they crumble. When slightly soft, separate them in pieces to fit a 7 x 11 or 8 x 12-inch baking dish.
2. Beat one egg and stir into the cooled meat mixture. Oil very lightly the bottom of the baking dish, and place a layer of matzos on it. Spread with half the meat mixture. Repeat layers ending with matzos. Brush with oil. Beat egg slightly and pour over casserole. Bake uncovered at 350 degrees 5 to 10 minutes. Remove from oven and cut into squares. This last step is very important. If you wait until later to cut the squares, the crust will be crispy and will break unevenly. Return to oven and bake uncovered 50 to 60 minutes longer or until browned. Makes 6 servings.



Saffron Chicken

Submitted by Angela Cohan

"This fragrant dish has become a favorite among guests who eat chicken and those who are looking for a new recipe. If you are short on time you can make Saffron chicken on the stovetop or you can bake it in the oven. However, the 2-step cooking process of searing the chicken prior to placing it in the oven, results in an even more flavorful dish. The bright yellow hues of turmeric and saffron add exquisite color and depth of flavor to this recipe."

INGREDIENTS

- 4 to 6 chicken pieces (thighs and legs)
- 2 large red onions or yellow onions, cut in 2-inch thick slices
- 1 clove of garlic, minced or chopped (optional)
- 3 Tablespoons olive oil
- 1 teaspoon turmeric powder
- 1 teaspoon ground cardamom
- 2 teaspoons saffron strands or saffron powder plus ½ cup warm water
- Salt and pepper to taste
- 3 cups vegetable broth

DIRECTIONS

1. In a small cup or bowl, prepare the saffron water and stir. Set aside.
2. Place the sliced onions on the bottom of a glass (Pyrex) oven-safe dish. Set aside.
3. In a large skillet over medium heat the olive oil and turmeric for about 2 minutes.
4. Add the chicken pieces, cardamom, and salt and pepper to your taste. Cook for 15 to 20 minutes, until the chicken pieces are no longer pink.
5. Remove the chicken from the skillet and arrange them on top of the sliced onions in the oven-safe dish.
6. Pour the vegetable broth and the saffron mixture evenly over the chicken and onions. Add the garlic (optional).
7. Cover and bake in a 350 oven for 30 minutes, or until the chicken and onions are tender and have a golden color. Serve warm with rice, vegetables and/or salad.

Matzo Lasagna for Pesach *Submitted by Amy Blumenthal*

There are many variations of lasagna....Just substitute regular Matzo for the noodles, and it becomes kosher for Pesach. (no need to soak the Matzo). Here is one of my favorite recipes:

1. Make the sauce using any combination of canned sauce, diced, whole, flavored, or cook your own tomatoes (yellow tomatoes cut the acid) and put in a large pot.
2. Then add (to the sauce) 1 can of tomato paste, diced onions, diced red and yellow peppers, mushroom stems and pieces, and any spices you like...I add a pinch of chili powder, Spanish paprika, and parsley.
3. Layer with shitake mushroom caps, spinach or eggplant.
4. For the creamy cheese layer, mix ricotta with Queso Fresco or small curd cottage cheese in a bowl and set aside.
5. For the shredded topping cheeses, I like to mix shredded mozzarella, 4 cheese, and any other white cheese I can find that is shredded and put that in a bowl.
6. Then layer, and bake for an hour at 375 degrees.
7. Enjoy !

DESSERTS

Chocolate Chip Cookies for Passover

Submitted by Abby Solow

INGREDIENTS

- 1 cup margarine
- 1 ½ cups sugar
- 2 eggs
- 1 Tbsp. orange juice
- 1 ½ cups matzo cake meal
- 1 tsp. potato starch
- 1 tsp. salt
- 6-8 oz. chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees and grease cookie sheets.
2. Cream margarine and sugar. Add eggs and mix. Add all remaining ingredients, adding chocolate chips last and mix well. Drop by teaspoon onto cookie sheets.
3. Bake 20-25 minutes or until light brown.

Yield: Approx. 4 dozen cookies.

Apple Crisp

Submitted by Rosa Berman Ruder

APPLES

- 6 cups tart baking apples, peeled, cored and sliced
- 2 tsp. lemon juice, pour over apples to prevent discoloration
- ½ cup sugar
- 1 tsp. cinnamon

Combine sugar and cinnamon in bowl, sprinkle and toss to coat the apples

TOPPING

- ⅓ cup sugar
- ½ cup matzo meal
- ⅛ tsp. salt, optional
- 2 tbsp. melted margarine, Pareve, kosher for Passover
- ¼ cup almonds, chopped

DIRECTIONS

Pour apples in 1 ½ qt. baking dish, or 7 by 11" Pyrex. Place topping on top.

Can make ahead, cover and refrigerate. Bring to room temperature before baking.

Bake at 350 oven for 40 minutes, until apples are tender and browned topping.

Enjoyed by all, young and old alike.

Tishpishti

Submitted by Clara Bruno

"This Sephardic dessert originated in Turkey. The word for the dish, Tishpishti, has a number of different English spellings (tezpishti). Jews adopted the cake because, like macarons, it is unleavened and can be eaten during Passover. The cake's flavor is quite exotic; it's a dense cake that is soaked in sugary syrup. The longer you soak it, the better it tastes.



CAKE

- 2 cups walnuts, small pieces (chopped, not pulverized)
- 3 cups matzo meal
- 1 cup oil
- 1 1/4 cup sugar
- 4 eggs
- 1/2 cup orange juice
- 2 tablespoons orange peel (grated)

SYRUP

- 1 3/4 cup sugar
- 1 cup water
- 3 tablespoons lemon juice

Whole almonds or walnuts for garnish (optional), one in the center of each piece



1. Preheat oven to 350 degrees. Mix all the cake ingredients well in a large bowl. Grease a 9" by 12" rectangular Pyrex dish. You can also use aluminum or stainless-steel baking dish. Put the mixture into the baking dish and spread evenly. Traditionally, this cake is served in diamond-shaped pieces. Cut the cake into diamonds by slicing the dough crosswise, then making diagonal cuts across the rows. Or you can cut it into squares if you prefer. After slicing, place cake in the oven and bake for 30 - 35 minutes, until top is firm, and edges are browned. Test for doneness with a toothpick. Remove cake from oven. Run your knife through the cuts again, making sure the slices go all the way through the cooked cake to the very edges. Set cake aside to cool.
2. In a small saucepan, boil the sugar and water, adding the lemon juice. Boil for 5 to 10 minutes. Do not let it caramelize. Once it is room temperature, pour the syrup, with a spoon, evenly over the cooled cake. Cover with foil and allow the cake to absorb the syrup for at least 2 hours or overnight, if possible. The cake will keep for several days. No need to refrigerate.

This cake is not unmolded. Remove the pieces directly from the pan to serve them.