

CONGREGATION

SINAI

Special Edition

Passover



Celebrate in Your Home

The Seder Plate



Seder Plate Meaning

What Items Go On A Seder Plate

Here is a list of popular Seder plate foods:

Maror: a bitter herb, often horseradish, or bitter greens like chicory or endive. It's supposed to be uncomfortably hot! It represents the bitterness of slavery.

Chazeret: a bitter vegetable or green, often Romaine lettuce. It's also a symbol of the bitterness of slavery, but it gets used in a different part of the seder than the Maror.

Karpas: a leafy green, very often parsley. Represents the rebirth of spring.

Bay-tzah: a roasted egg. Also represents the rebirth of spring and the national birth, or rebirth, of the Jewish people from out of the constraints of bondage. The roasting recalls the Passover sacrifice brought to the Temple in Jerusalem in ancient times.

Z'roah: a shank bone of a lamb. This Seder plate item represents the Passover offering of a lamb made at the ancient Temple in Jerusalem in the early spring. Sometimes a chicken neck is substituted, and in vegetarian homes, a beet or a carrot may be substituted.

Charoset: is a sweet, thick or chunky fruit and nut spread that symbolizes the mortar that Jewish slaves used in their hard labors building cities and brick buildings for the Pharaohs. Jews of European descent usually make it with apples, nuts, honey, sweet wine, and cinnamon. Jews from other lands have other ingredients, but it is always ground or chopped to resemble mortar and is usually brown in overall color.

*In some more liberal Jewish households, people add other **symbolic foods** to their seder plates to call attention to issues of oppression, liberation, justice, and inclusivity. Some of these seder plate items can include:*

Orange: A newer addition to Seder plates, originated by Suzannah Heschel, the orange represents our need to be inclusive of all who feel marginalized within the Jewish community. It was conceived as an affirmation of our welcome of gays and lesbians; however, the origins of this custom quickly become mythologized, with many believing the orange represents women's equality in Judaism.

Olives: A few years ago, olives started showing up on the Seder plate as a call for peace between Israelis and Palestinians.

“Why this olive?” “Because for millennia the olive branch has been the symbol of peace, and we seek to make peace where there has been war.”

Other items that appear on the Passover table:

Three matzot: Matzah (singular, the plural is matzot) is the cracker-like bread eaten by Jews during Passover. There are two explanations for this: matzah is the food of poor slaves or there was no time for our bread to rise in our hurried escape from Egypt. Three matzot are covered with a cloth and placed under or next to the Seder plate. You will also need enough matzah for your guests to eat during the Seder.

Salt water: We dip the greens in salt water. This represents the tears of the Israelites, whose sons were taken from them by the Pharaoh. You may need multiple bowls so all guests can easily dip. You may choose to add other dips for the greens as well.

Wine: We are commanded to drink four cups of wine (or grape juice) during the seder, so each guest needs their own wine cup. Why four? God made four promises to the children of Israel: I will take them out, I will rescue them, I will redeem them and I will make them my people. Some people also connect each cup to one of the matriarchs: Sarah, Rebecca, Rachel and Leah.

Cup of Elijah: A large cup filled with wine is placed in the center of the table for Elijah. Why? Because Elijah will accompany the Messiah, he symbolizes our hope for redemption. We open the door and invite Elijah, the prophet of hope and happy endings, as part of the seder ritual.

Cup of Miriam: A modern custom is to fill a cup with water and place it next to the cup of Elijah. Miriam, the prophet, has many connections to water. She watched over her baby brother Moses as he floated in a reed basket in the Nile and led the women in song after the miracle of the splitting of the sea. A well is said to have followed the Israelites as they traveled through the desert because of Miriam's faith.

Passover Substitutions:

If the recipe calls for:

Bread crumbs

Graham cracker crumbs for pie shell

Flour for thickening gravy

Cornstarch

1 c. all-purpose flour

You can use this:

matzoh meal

Passover cookie or cake crumbs;

matzoh meal; ground nuts or soup nuts

Half the amount potato starch;

 or egg yolk, 1 yolk=1 Tbsp flour

potato starch

5/8 c. potato starch; or matzoh meal; or a

combination

Ashkenazi (European Charoset)

INGREDIENTS

- **1 cup/150 grams walnut halves**
- **2 large or 3 small firm, crisp sweet apples (1 pound), such as Fuji or Gala, peeled, cored and diced in 1/4-inch pieces**
- **5 tablespoons sweet Passover wine, such as Manischewitz, or ruby port**
- **1 tablespoon fresh lemon juice**
- **½ tablespoon honey, plus more to taste**
- **½ teaspoon ground cinnamon, plus more to taste**

○ PREPARATION

Heat oven to 325 degrees. Spread walnuts on a rimmed baking sheet and toast in the oven, stirring once or twice, until fragrant and golden-brown at the edges, about 10 minutes. Transfer baking sheet to a wire rack to cool. Finely chop the nuts and place in a large bowl. Add remaining ingredients and toss to coat. Let sit for at least 30 minutes before serving. Taste and add more honey and cinnamon, if you'd like.

Sephardic Charoset

YIELD

Makes about 4 cups

INGREDIENTS

- **20 pitted dates, preferably Medjool**
- **3 bananas**
- **1/2 cup golden raisins**
- **1/4 cup sweet red wine such as Manischewitz Extra Heavy Malaga**
- **3 tablespoons date syrup (*silan*) or honey**
- **1/2 cup walnut halves, toasted**
- **1/2 cup unsalted shelled pistachio nuts (not dyed red), toasted**
- **1/2 cup whole almonds, toasted**
- **1 1/2 teaspoons ground cinnamon**

- **1 teaspoon ground allspice**
- **1/2 teaspoon ground ginger**
- **1 teaspoon ground nutmeg**
- **1 teaspoon ground cloves**

PREPARATION

- 1. In food processor, purée dates until smooth. Add bananas, raisins, wine, and date syrup and process to combine. Add walnuts, pistachios, almonds, cinnamon, allspice, ginger, nutmeg, and cloves and process until smooth. Store, covered, at room temperature until ready to serve.**
- 2. For chunkier charoset, Pulse all nuts once or twice until chopped. Set aside. Pulse fruit, syrup and spices until smooth. Add to chopped nuts. Store covered at room temperature until ready to serve.**

A Little Light Reading before Eating

The Israeli Ambassador who was at the U.N. for negotiations, began...

"Ladies and gentlemen before I commence with my speech, I want to relay an old Passover story to all of you ..

"When Moses was leading the Jews out of Egypt toward the Promised Land, he had to go through the nearly endless Sinai desert.

When they reached the Promised Land, the people had become very thirsty and needed water.

So Moses struck the side of a mountain with his staff and a pond appeared with crystal clean, cool water. The people rejoiced and drank to their hearts' content.

"Moses wished to cleanse his whole body, so he went over to the other side of the pond, took all of his clothes off and dove into the cool waters.

Only when Moses came out of the water, he discovered that all his clothes had been stolen.

'And,' he said, 'I have reasons to believe that the Palestinians stole my clothes.'"

The Palestinian delegate to the UN, hearing this accusation, jumps from his seat and screams out, "This is a travesty. It is widely known that there were no Palestinians there at that time!"

"Aha" said the Israeli Ambassador, "Now, we are ready for negotiations.."

The Passover Meal

The actual **Seder meal** is also quite variable. Traditions among Ashkenazi Jews generally include gefilte fish (poached fish dumplings), matzo ball soup, brisket or roast chicken, potato kugel (somewhat like a casserole) and tzimmes, a stew of carrots and prunes, sometimes including potatoes or sweet potatoes.



Mock Chopped Liver

Ingredients

¼ cup vegetable broth (or water)

½ cup chopped onion

2 cloves garlic, mince

½ tsp sea salt

2 cups button mushrooms, cleaned and sliced

1/2 cup walnuts

1 teaspoon balsamic vinegar

black pepper to taste

Directions

- 1. In a large skillet, heat vegetable broth (or water) over medium-high heat. Add the onion and garlic and sprinkle with a few pinches of the sea salt. Sauté for 10 minutes, adding a touch more vegetable broth (or water) if the onion begins to stick to the skillet.**
- 2. Add the mushrooms and another few pinches of sea salt . Add a little bit more vegetable broth if needed. Cook and stir for 5 more minutes, or until the mushrooms have softened.**
- 3. Place the cooked vegetables, remaining sea salt, walnuts, balsamic vinegar and black pepper in a food processor. Blend until well-blended but not completely smooth. Adjust seasoning to taste.**
- 4. Place in a serving bowl. Garnish with fresh parsley. Serve with celery sticks and matzo crackers.**

VEGETARIAN MATZOH BALL SOUP

INGREDIENTS

For the matzo balls: 1 Package Streits Matzoh Ball mix

Add ingredients on the box. (eggs and oil)

1 tsp kosher salt ¼ cup soup (cooled.)

Beat eggs with whisk....add matzoh ball mix

Mix salt, matzoh mixture and cooled soup. Mixture should be thick. Add ¼ cup soup. If mixture is too runny, add 3 Tbsp matzoh meal.

Place in refrigerator for ½-¾ hour.

In boiling salted water or boiling vegetable stock, place small balls of mixture. Oil hands when making balls so they do not stick. Cover pot, leaving cover askew. Boil for 20 minutes on low-medium heat or until matzoh balls are 3 x size.

For the soup:

- **3 tablespoons olive oil**
- **1 onion, roughly diced**
- **4 small carrots or 2 large, roughly chopped**
- **3 celery stalks, roughly chopped**
- **½ cup sherry or white wine**
- **2 quarts Imagine "No Chicken" broth or homemade vegetable stock**
- **1 package Streits matzoh ball soup mix**
- **4 cloves garlic, minced**
- **1 teaspoon dried dill**
- **Fresh dill for garnish**

Place all ingredients in large soup pot. Cook over medium heat for 1-1 ½ hours, covered. This recipe is parve and no one will believe it is not chicken soup.

Main Courses



OVEN ROASTED CHICKEN WITH CRISPY POTATOES

1 3½-4-pound whole chicken

Kosher salt

1 ½ pounds russet potatoes, scrubbed, thinly sliced crosswise

2 tablespoons unsalted butter, margarine melted

1 tablespoon thyme leaves

2 tablespoons olive oil, divided

Freshly ground black pepper

Preparation

Step 1 Pat chicken dry with paper towels and season generously with salt, inside and out. (We use 1 tsp. Diamond Crystal or ½ tsp. Morton kosher salt per lb.) Tie legs together with kitchen twine. Let sit 1 hour to allow salt to penetrate, or chill, uncovered, up to 1 day ahead.

Step 2 Place a rack in upper third of oven and set a 12" cast-iron skillet or 3-qt. enameled cast-iron baking dish on rack. Preheat oven to 425°.

Step 3 Meanwhile, toss potatoes, butter, thyme, and 1 Tbsp. oil in a large bowl to coat; season with salt and pepper.

Step 4 Once oven reaches temperature, pat chicken dry with paper towels and lightly coat with half of remaining oil; sprinkle with dry rub, if using. Drizzle remaining oil into hot skillet (this helps keep the chicken from sticking and tearing the skin). Place chicken in the center of skillet and arrange potatoes around. Roast until potatoes are golden brown and crisp and an instant-read thermometer inserted into the thickest part of breasts registers 155°, 50–60 minutes (temperature will climb to 165° as

chicken rests). Let chicken rest in skillet at least 20 minutes and up to 45 minutes.

Step 5

Transfer chicken to a cutting board and carve. Serve with potatoes

BALSAMIC SHORT RIBS

YIELD

4 Servings

INGREDIENTS

1.

- **3 1/2 pounds beef short ribs**
- **Sea salt and cracked black pepper**
- **2 red onions, cut into wedges**
- **8 cloves garlic, peeled**
- **6 sprigs oregano**
- **1 1/2 cups balsamic vinegar**
- **1 (14-ounce) can chopped tomatoes**
- **4 1/4 cups beef stock**

2. Basil Gremolata:

- **1 cup small basil leaves**
- **1 tablespoon finely grated lemon zest**
- **1 clove garlic, crushed**
- **1 teaspoon extra-virgin olive oil**
- **Sea salt and cracked black pepper**

PREPARATION

- 1.
1. **Heat a large, deep, heavy casserole dish over medium-high heat. Sprinkle the ribs with salt and pepper and cook for 4–5 minutes on each side or until well browned. Remove from the dish and set aside.**
2. **Wipe the dish with absorbent paper, add the onion and garlic and cook for 5 minutes or until golden. Return the ribs to the dish with the oregano, vinegar, tomatoes, stock, salt and pepper, reduce the heat to low, cover and simmer for 2 1/2–3 hours or until the beef is very tender. Remove the ribs from the dish and keep warm.**
3. **Strain the pan juices and skim the fat from the surface. Pour into a saucepan and simmer over high heat for 5–10 minutes or until the sauce has thickened.**
4. **To make the basil gremolata, place the basil, lemon zest, garlic, oil, salt and pepper in a bowl and mix to combine.**
5. **Divide the ribs among plates and spoon the sauce over. Top with the gremolata to serve.**

Passover Brisket

By Ree Drummond (The Pioneer Woman)



Brisket like my friends in L.A. made. It's to DIE for.

YIELDS:8 servings

PREP TIME:0 hours 10 mins

COOK TIME:7 hours 0 mins

TOTAL TIME: 7 hours 10 mins

Ingredients

1 whole Beef Brisket, Trimmed Of All Fat (5 To 8 Pounds)

1 bottle (24 Ounce) Ketchup Or Chili Sauce (make Sure It's Kosher)

1 package Onion Soup Mix (make Sure It's Kosher)

Directions

Place trimmed brisket into a large baking pan.

Mix ketchup with onion soup mix. Add 1 cup of water or more to make it slightly thin.

Pour sauce over the meat, cover pan with foil, and marinate 12 to 24 hours in the fridge.

Place covered pan into a 275-degree oven and walk away for 6 to 8 hours, depending on how large the brisket is. Check tenderness when brisket has been cooking several hours: stick in two forks and pull in opposite directions. Meat should come apart easily.

When meat is done, remove from oven and place on a cutting board. Slice against the grain; don't be disturbed if meat totally falls apart! That means it's good.

Either return the sliced meat to the sauce until serving, or place meat on a platter and spoon sauce over the top

Passover Matzo Rolls

1/3 cup Oil
4 tsp sugar
1 cup matzo meal
2/3 cup water
1/2 tsp salt
3 eggs

Mix oil, water, salt, sugar in a saucepan and cook over heat until full boil. Add matzo meal until absorbed into mixture over heat. Cool mixture about 20 minutes. Keep stirring and folding until cool. Add eggs one at a time stirring well. Stir until firm and well blended. Wet hands and form into balls. Place on greased cookie sheet. Bake at 375 degrees for 45 minutes or until brown and done.

Alternate Entrees and Side dishes

Matzo Lasagna for Passover (Dairy)

9x13 roasting pan (use disposable)

1 yellow squash diced

1 diced zucchini

1 fennel bulb diced

2 diced onions

2 red pepper diced

Sliced mushrooms

Sautee all vegetables until soft in olive oil

Open 1 can of marinara sauce or your favorite sauce

Mix 1 lge jar of ricotta cheese with 3 eggs and a tsp of salt and ½ tsp pepper

Take 12 boards of matzo and wet softly in hot water. This will be 3 layers

Open 1 /2 lb shredded mozzarella cheese

Begin to layer your lasagna:

1. Marinara sauce. Barely cover bottom of pan

2. Soft boards of matzo to cover

3. Sautéed vegetables

4. Ricotta cheese mixture with mozzarella mixed in

Repeat with sauce, matzoh , sautéed vegetables, cheese and mozzarella in another layer, place last layer of matzoh , cover with sauce and mozzarella on top

Bake in 350 oven for 50-60 minutes

This makes a wonderful light meal with a salad or a side dish.

Salami & Eggs Matzah Brei (Meat)

Ingredients:

3 slices of matzah

1-2 teaspoons vegetable oil

6 ¼ " slices of salami (cut into quarters)

6 eggs

Salt and pepper, to taste

Sliced scallions, for garnish

Directions:

1. Break the matzah slices up into pieces so that it can fit into a colander, rinse with cold water until damp but not soggy. Gently with the back of a spoon press out the excess liquid. The matzah will break up into smaller bite-sized pieces. Set aside.

2. In a 10- to 12-inch skillet heat the vegetable oil over medium heat. Add the salami quarters and stir occasionally until browned on both sides (4-5 mins).

3. Meanwhile, in a large bowl beat eggs with a fork. Add the dampened matzah pieces and gently mix into the beaten eggs until the matzah is well-coated.

4. Add the matzah-egg batter to the skillet. Spread it out evenly, and let it cook until it begins to set. Lift and overturn sections as you would scrambled eggs “until you have a superb mélange of lightly crisp, chewy, moist, and fluffy pieces” rhapsodizes Jayne Cohen in Jewish Holiday Cooking.

5. Season with salt and pepper. Garnish with a scattering of fresh chopped scallions.

Makes 3 or 4 servings



Old Fashioned Potato Kugel

I got this recipe from a British grandmother. It is hands-down the best potato kugel my family (and most of my guests) ever tasted

Makes 1 9x13-inch pan

Ingredients

2 tablespoon vegetable oil

10 pounds of potatoes, peeled and grated

2 onions, peeled, grated

5 eggs **1/3 cup vegetable oil**
1 1teaspoon black pepper

2 teaspoons salt

Directions

- **Step 1**
Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan with 1 tablespoon of vegetable oil.
- **Step 2**
Combine the potatoes and onions in a large bowl. Mix in the eggs, 1/3 cup of vegetable oil, salt, and pepper. Pour the mixture into the prepared pan.
- **Step 3**
Bake in the preheated oven until the top is golden brown and crisp, 1-1 1/2 hours

TZIMMIS

2 CANS CANDIED SWEETS DRAINED RESERVE LIQUID

1/2 C BRN SUGAR

1 LG CAN MANDARIN ORANGES DRAIN AND RESERVE SYRUP

1 LG CAN CRUSHED PINEAPPLE DRAIN AND RESERVE LIQUID

1 LB PKG CARROT COINS MICROWAVED to AL DENTE

1 1/2 TSP CINNAMON

Directions:

**CUT SWEET POTATOES INTO PIECES THE SAME SIZE AS CARROTS
MIX ALL INGREDIENTS TOGETHER IN A 9X13 GLASS BAKING DISH
SPRINKLE CINNAMON AND BROWN SUGAR ON TOP**

PLACE ½ OF ALL RESERVED SYRUP IN SAUCEPAN (ABOUT 1 ½ - 2 CUPS

Bring to a boil and boil for 3-4 minutes

Pour over ingredients and bake at 325 for 30 minutes

Enjoy

Apple/Apricot Farfel Kugel

8 cups farfel that has been soaked in water, and then water is squeezed out

5 eggs

1 pint sour cream

¾ cup golden raisins

½ cup sugar

pinch salt

grated medium apple

1 stick melted butter

1 small can apricot halves with juice

Topping:

½ cup brown sugar

2 T. butter

handful of farfel

Mix eggs, add sugar, sour cream, salt, melted butter, apples, raisins and juice from apricots. Pour into a 9 x 13" greased pan.

Make topping by toasting farfel in 2 T. butter and add brown sugar. Sprinkle on top of kugel and then top with apricot halves.

Bake 350° oven for 40 minutes.

Vegetable Kugel

¼ cup chopped green pepper

¼ cup red pepper

1 cup chopped onion

½ cup chopped celery

1½ cups chopped carrots

2 T. oil

1 (10 oz.) package frozen chopped spinach

3 eggs, beaten

1 t. salt

1/8 t. pepper

6 T. melted margarine

¾ cup matzoh meal

Sauté green pepper, red pepper, onion, celery, and carrots in the oil for about 10 minutes, stirring occasionally. Cook spinach and drain.

Combine all vegetables, eggs, salt, pepper, melted margarine, and matzoh meal. Spoon into 12 well-greased large muffin tins or 24 cupcake size tins. I usually spray with Pam. Bake in 350° oven for 45 minutes or until firm. Cool 10 minutes before removing from pan.

Serve plain or with sour cream. Top each muffin with thin tomato slice as garnish, if desired.

(Note: This may also be put into 8 x 8 x 2" greased pan; double recipe and use a 9 x 13" pan.)

Freezes well.

Passover Blintzes

Dairy

Ingredients:

3 eggs

½ t. salt

1 cup water

½ cup matzoh cake meal

1 to 2 cups prepared blintz filling (see variations)

Blender Directions: Place all ingredients except filling in blender goblet and blend on high speed until smooth. Pour a small amount of batter into hot greased frying pan. Cook on one side, then turn out of pan onto towel.

Place a spoonful of prepared filling (see Variations below)

on cooked side of Blintz. Roll up Blintz, folding in sides. Fry again, in greased pan, turning to brown both sides.

YIELD: 8 to 10 Blintzes

VARIATIONS: Use the following mixtures as fillings for Passover Blintzes:

Cheese-filled Blintzes

2 cups cottage cheese

1 egg

½ t. salt

Dairy

1 T. sugar

1 t. cinnamon

4 T. butter

Combine cheese, egg, salt, sugar and cinnamon, and use as a filling for Blintzes. Melt butter in a frying pan and fry Blintzes on both sides

Blueberry or Apple Blintzes

1 can blueberry or apple pie filling

3 T parve margarine

Fill blintzes as above. Fry in parve margarine or oil.

Sprinkle top with powdered sugar or cinnamon

The Best Part of Passover...Dessert

If a fudgy brownie and chewy chocolate chip cookie had a baby, it would be this decadent creation.

Ingredients

MAKES 2 DOZEN

3 cups gluten-free powdered sugar

$\frac{3}{4}$ cup unsweetened cocoa powder

1 teaspoon kosher salt

2 large egg whites

1 large egg

4 oz. bittersweet chocolate, chopped

3 tablespoons cacao nibs

Preparation

INSTRUCTIONS

Step 1 Place racks in lower and upper thirds of oven; preheat to 350°. Whisk powdered sugar, cocoa powder, and salt in a large bowl, then whisk in egg whites and egg; fold in chocolate and cacao nibs. Spoon batter by the tablespoonful onto 2 parchment-lined baking sheets, spacing 2" apart.

Step 2 Bake, rotating sheets once, until cookies are puffed, cracked, and set just around the edges, 14–16 minutes.

Step 3 Transfer baking sheets to wire racks and let cookies cool on pan (they'll firm up). Cookies can be baked 3 days ahead. Store airtight.

Passover Chocolate Chip Cookies #23255

Great nibble for Passover, we always take them on our Passover hikes.

- 3/4 cup white sugar
- 3/4 cup brown sugar
- 1 cup margarine
- 2 eggs
- 1 cup cake meal
- 1/4 cup potato starch
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons vanilla
- 1 package chocolate chips

3 dozen Change size or US/metric

45 minutes 10 mins prep

1. Cream the sugars with the margarine.
2. Add the eggs and vanilla.
3. Add the rest of the ingredients except for the chocolate chips.
4. Now add the chocolate chips.
5. Roll balls of dough and flatten into cookies.
6. Place on a parchment paper covered cookie sheet.
7. Bake at 350 degrees F or 175 C for 10-15 minutes or until done.

Passover Fudge Squares

½ cup cake meal

½ cup potato starch

½ tsp potato starch

4 Tbsp unsweetened cocoa

4 eggs

2 cups sugar

2 c chopped pecans or walnuts

1 c oil

Mix dry ingredients together and reserve. Beat eggs and sugar together and beat until fluffy. Add oil and mix well.

Add dry ingredients and blend well. Stir in chopped nuts and spread in 8 or 9 inch square well oiled baking pan. Bake for 40-45 minutes or until done.

Passover Apple Cake

Cake

3 eggs

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

$\frac{1}{3}$ cup oil

$\frac{3}{4}$ cup cake meal

5 apples, peeled and sliced (granny smith are best)

Topping

$\frac{1}{3}$ cup chopped walnuts

$\frac{1}{2}$ cup sugar

2 tsp cinnamon

In a medium sized mixing bowl, beat the eggs with the sugar and oil until the mixture is light. Add the cake meal and mix well. Pour half of the mixture into a lightly greased 8 or 9 inch square pan. Distribute half the apples over the batter. Pour the remaining batter over the apples and cover with the remaining apples.

Combine topping ingredients in a small bowl and sprinkle over the apples. Bake in a pre-heated 350 degree oven for approximately 1 $\frac{1}{2}$ hours. Serves 8.

You can double this recipe and bake in a 9x13 pan.

Passover Macaroons

INGREDIENTS

FOR PLAIN MACAROONS

Cooking spray

3 large egg whites

2/3 c. granulated sugar
1/2 tsp. pure vanilla extract
Pinch kosher salt

5 c. sweetened shredded coconut

FOR CHOCOLATE MACAROONS ADD

1/4 c. unsweetened cocoa powder
1 1/2 c. chocolate chips, melted, divided
1 tbsp. coconut oil

DIRECTIONS

TO MAKE PLAIN MACAROONS

Preheat oven 350° and line two large baking sheets with parchment paper and grease with cooking spray.

In a large bowl, whisk together egg whites, sugar, vanilla, and salt until the mixture is light and foamy. Fold in shredded coconut.

Using a medium cookie scoop or a tablespoon, scoop evenly sized mounds onto prepared baking sheet. Bake for 25 minutes, then let cool completely on baking sheets.

To dip in chocolate: In a medium bowl, melt together 1 tablespoon coconut oil with 1 cup chocolate chips. Dip bottoms of cooled macaroons in chocolate mixture, then drizzle tops with remaining mixture.

TO MAKE CHOCOLATE MACAROONS

- 1. Preheat oven 350° and line two large baking sheets with parchment paper and grease with cooking spray.**
- 2. In a large bowl, whisk together egg whites, sugar, vanilla, and salt until the mixture is light and foamy. Fold in cocoa,**

one-third the melted chocolate, and shredded coconut until evenly combined.

- 3. Using a medium cookie scoop or a tablespoon, scoop evenly sized mounds onto prepared baking sheet. Bake for 25 minutes, then let cool completely on baking sheets.**
- 4. In a medium bowl, whisk together remaining melted chocolate and oil until smooth. Dip the bottoms of cooled macarons in chocolate mixture, then drizzle the tops with remaining mixture.**

Passover Pistachio Bark

YIELD: About 25 pieces of bark (each about 2 x 3 inches)

TIME: Prep: 15 minutes

Chill: 4 hours

Total: 4 hours, 15 minutes

INGREDIENTS

- 1 3/4 pounds good-quality 60% cacao semisweet chocolate, chopped**
- 2 1 1/4 cups roasted unsalted almonds, chopped**
- 3 1 1/4 cups roasted shelled pistachios, chopped**
- 4 1/2 teaspoon pure vanilla extract**
- 5 1 1/2 teaspoons coarse flake sea salt**

PREPARATION

- 1. Line a baking sheet with parchment paper.**
- 2. Place the chocolate in a microwave-safe bowl and melt it in a microwave in 10-second intervals, stirring often, until**

smooth. Add 1/2 the cup of the almonds, 1/2 the cup of the pistachios, and the vanilla and stir well to coat the nuts.

3. Use a rubber spatula to spread the mixture evenly on the prepared baking sheet. Sprinkle the salt and the remaining 3/4 cup almonds and 3/4 cup pistachios over the top.

4. Cover and refrigerate until the chocolate is set, 2 to 4 hours.



ALMOND LEMON TORTE WITH FRESH STRAWBERRIES

CAKE

Mild olive oil (not extra-virgin) for brushing pan plus 6 tablespoons

4 tablespoons unsalted matzo meal, divided

2 cups almond flour or almond meal*

1 cup sugar, divided

6 large eggs, separated

2 tablespoons fresh lemon juice

1 tablespoon orange juice

2 teaspoons finely grated lemon peel

1/2 teaspoon salt

1/2 cup sliced almonds

SAUCE AND BERRIES

5 cups sliced stemmed strawberries (about 2 pounds), divided

1 tablespoon (or more) sugar

Preparation

CAKE Step 1

Preheat oven to 350°F. Brush 10-inch-diameter springform pan with oil. Line bottom with parchment paper round. Brush paper with oil. Place 2 tablespoons matzo meal in pan and shake to coat; tap out excess.

Step 2

Combine remaining 2 tablespoons matzo meal, almond flour, and 1/3 cup sugar in medium bowl; whisk to blend. Place egg yolks in large bowl; place egg whites in another large bowl. Add 1/3 cup sugar to yolks. Using electric mixer, beat yolk mixture until thick and fluffy. Beat in 6 tablespoons olive oil, then lemon juice, orange juice, and lemon peel. Mix in dry ingredients. Add 1/2 teaspoon salt to whites; using clean dry beaters, beat until soft peaks form. Gradually add 1/3 cup sugar and beat until stiff but not dry. Fold whites into yolk mixture in 3 additions. Transfer batter to prepared pan. Sprinkle almonds over.

Step 3 Bake cake until golden brown and tester inserted into center comes out clean, about 40 minutes. Place pan on rack; cool cake completely in pan. DO AHEAD Can be made 2 days ahead. Cover cake pan with foil and let stand at room temperature.

SAUCE AND BERRIES

Step 4

Combine 2 cups sliced strawberries and 1 tablespoon sugar in processor; blend until smooth. Sweeten sauce with more sugar, if desired; transfer to small bowl. DO AHEAD Can be made 1 day ahead. Cover and chill.

Step 5

Cut around cake; release pan sides. Cut cake into wedges. Serve with sauce and remaining sliced strawberries



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Just for fun...Pizza for Pesach



Cauliflower Pizza Crust

Ingredients for Cauliflower Pizza Crust

- **Cauliflower:** You will need a large head of cauliflower, 6" – 7" in diameter, about 2.5 – 3 lbs.
- **Egg:** Egg is part of "the glue" that holds cauliflower pizza dough together.
- **Cheese:** As cheese melts during baking, it helps to bind small pieces of cauliflower into a crust. Cheese is crucial! So is the egg. Sorry cannot be vegan.
- **Spices:** Simple dried herbs like oregano, basil or Italian mix plus salt and pepper add flavor to the crust. Cauliflower itself is pretty bland. Also you can add garlic powder.

How to Make Cauliflower Pizza Crust

1. Separate Cauliflower Head into Florets

- **Using cauliflower rice:** Skip this step.
- **Preheat oven:** It is a good time to preheat oven to 375 degrees F. We first cook rice in it and after bake the crust, so it makes sense to keep the oven on.
- **Separate cauliflower:** Using a paring knife, remove outer leaves, rinse and cut off florets one by one.

Rice the Cauliflower

- **Food processor:** Place cauliflower florets in a food processor and process until "rice" texture. Some coarse chunks are fine. You will be baking and then squeezing the cauliflower, so chunks do not matter.
- **Using cauliflower rice:** Skip this step.

Cook “the Rice”

- **Dish:** I spread rice on same baking sheet I will be using for baking or use pie plate for microwave.
- **Oven:** Bake in the oven for 15 minutes.
- **Or Microwave:** For 8 minutes.

4. Let Cool a Bit

- **Line large bowl with cheesecloth:** You can also use linen tea towel. We will be folding and squeezing “rice” in this material.
- **Transfer and cool:** Then transfer cooked cauliflower “rice” to prepped bowl and let cool down until safe to the touch. We will touching the ball with hands to squeeze.

5. Squeeze All Water Out

- **Fold, hold and squeeze:** Holding by the four corners of [a cheesecloth](#) with one hand, squeeze out as much liquid as you can with another hand.
- **How much to squeeze? Squeeze really well. Quite a few times. I mean it!** Count it as an arm workout for the day. I squeezed and then moved the cauliflower around a bit, and squeezed again. If your arm is sore for a bit after, you did it well.
- **Final product:** You should be left with a cauliflower mash that is very-very dry.

6. Form the Crust

- **Increase oven temperature to 450 degrees F:** If you cooked “rice” in the oven, it is a good idea to keep it on. And now is a good time to crank up the temperature for baking the crust.
- **Make pizza dough:** Transfer squeezed cauliflower to a bowl. Add egg, oregano or basil, cheese, salt and pepper, and mix well.
- **Prep baking sheet:** Line rectangle or round baking sheet with parchment paper or silicone baking mat and spray with cooking spray well. Can also use pizza stone but line and spray!
- **Flatten the crust:** Using your hands, flatten pizza dough. I made it a bit too thin and edges burnt a bit, which is not the end of the world though.

7. Bake the Crust

- **How long to bake?** Bake for 20 minutes at 450 degrees F.
- **Make crispy:** Flip and bake for a few more minutes until crispy.
- **Ready!** Your healthy pizza crust is ready for toppings
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8. Add Toppings and Bake

- **Load it up in this order:** Add pizza sauce, toppings, cheese and bake again until cheese is melted.
- **Not too much:** Do not overload the crust with heavy toppings as you won't be able to hold the slice then.

FAQs and Tips

- **You will use oven 3 times:** To cook "rice, to bake crust and then to bake pizza with toppings. It's easier to keep oven running.
- **Double the recipe:** Make 2 pizza crusts at a time if you want to feed more than two. Means two large heads of cauliflower. It's best to buy 2, you can always make roasted cauliflower with one if you change your mind later.
- **Can I use store bought cauliflower rice?** Yes, you can use store bought fresh or previously frozen cauliflower rice instead of making your own. About two 12-16 oz packages.
- **Frozen cauliflower rice:** No need to thaw, just cook from frozen. Same idea with cauliflower fried rice. It is best not to thaw it to avoid mushy dish.
- **How to make crust even more crispy?** Bake for 20 minutes, carefully flip with spatula and bake for a few more minutes