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Preparing for the Seder table

The table should be set with the following special items.

The Seder plate, which contains, in clockwise order:

- *Zeroa* – roasted lamb shank bone
- *Charoset* – a mixture of apples, fruit, nuts, honey, and spices
- *Maror* – ground horseradish (bottled pulp, not creamy)
- *Karpas* – parsley or celery
- *Beitzah* – a roasted egg (or hard-boiled)

A covered plate or pouch to hold three pieces of *matzah*

A small bowl of salt water for dipping the parsley

A wine glass for each person, and kosher wine or grape juice for each to have 4 small cups

An extra place setting Elijah the Prophet.

A pillow under which to hide the Afikomen until after dinner

A basin, pitcher of water, and hand towel

A festive meal

Preparing for Passover

One may eat unleavened bread (*matzah*), and Kosher-for-Passover Matzo meal, during the Feast of Unleavened Bread, which commences with Passover. For those 7 days, no leaven may be consumed. Further, it is customary to completely remove all “leaven” from the house. This includes:

Wheat products	Rye products	Barley products
Oat products	Flour	Bread and breading
Pasta, gravy	Crackers, croutons	Anything with flour

For your meal:

Foods not permitted: Seafood without fins and scales (e.g. catfish, shrimp), pork products, leavening agents, grains (wheat, rye, oats, barley, spelt) (flour, breading, pasta, crackers)

Foods permitted: beef, chicken, vegetables, lamb, fruits, nuts, potatoes, gefilte fish, herring (it’s very healthy !)

Note: Check labels on packaged foods for the **Kosher For Passover** statement. Not all items that are kosher the rest of the year are kosher for Passover, as they may contain leaven.



Some Example Passover Recipes

Charoseth

6 large fragrant red apples (e.g. Gala), peeled, whole and uncored
½ c. chopped walnuts
1 ½ c. raisins, soaked in ½ cup of Passover wine or grape juice to soften
1/3 c. brown sugar
1 T. honey
1 t. cinnamon
Pinch of salt

Use a non-metallic bowl. Shred the apples on a cheese grater, rotating until you get to the core. Add other ingredients, and mix.

Matzo Ball Soup

1 whole chicken
7 large carrots, cut into bite-size pieces
1 bunch celery, cut into bite-size pieces
1 onion, cut into bite-size pieces
1 bunch fresh dill, chopped
1 bunch fresh parsley, chopped
6 cups water
4 eggs
1/4 cup vegetable oil
1 cup Kosher For Passover matzo meal
1 quart chicken stock
salt and pepper to taste

In a large stockpot, put chicken, carrots, celery, onion, dill, and parsley. Cover with water. Boil 1 hour, until the chicken begins to fall apart. Remove chicken and set aside. Season soup with salt and pepper. Whisk eggs and oil in a medium-sized bowl; add matzo meal, and stir until well mixed. Cover and refrigerate for 20 minutes. Gently roll into 1 inch balls (do not to over-roll or the matzo balls will be tough). In a separate pot, heat chicken stock. Put matzo balls in the stock and simmer until soft, about 1 hour. Move the matzo balls into the soup. Pull chicken off the bone in small pieces, and put in the soup.

Tzimmes

3 pounds sweet potatoes (about 4 large), peeled and cut into chunks
2 pounds medium carrots, cut into 1/2-inch chunks
1 package (12 ounces) pitted dried plums, halved
1 cup orange juice
1 cup water
1/4 cup honey
1/4 cup packed brown sugar
2 teaspoons ground cinnamon
1/4 cup butter, cubed

In a greased 13-in. x 9-in. baking dish, put sweet potatoes, carrots and plums. Mix the orange juice, water, honey, brown sugar and cinnamon. Pour over vegetables. Cover and bake at 350° for 1 hour. Uncover; dot with butter. Bake 45-60 minutes, stirring every 15 minutes, until vegetables are tender and sauce is thickened.

Some More Passover Recipes

Honey Glazed Carrots

1 pound carrots, sliced
1/4 cup butter
2 1/2 tablespoons honey

Add carrots to a pot of boiling water. Cook until tender but firm (about 5 minutes). Drain. In a large skillet over low heat, melt butter with honey. Add a little ground ginger and lemon juice, if you like. Mix in carrots and simmer.

Greek Green Beans

1 lb. frozen green beans
1 handful minced onion
1 small handful crushed parsley
8 T. tomato paste
1 T olive oil
1 c. vegetable stock
dash black pepper (if you like)

Cook all ingredients on low for 1 hour.

Passover Macaroons

14 oz shredded coconut
14 oz. eagle brand sweetened condensed milk
1 t. vanilla
2 egg whites (at room temp)
¼ t. salt

Mix coconut, condensed milk, and vanilla. Beat the eggs and salt to firm peak. Fold the egg mixture into the coconut. Bake on a silpat or parchment paper at 325F for 20-25 minutes. Optional: drizzle them with a little melted chocolate.

Passover Brownies

4 eggs
2 cups white sugar
1 cup butter, melted
6 tablespoons matzo meal
1 cup cocoa powder
1 cup chopped walnuts (optional)
4 (1 ounce) squares semisweet chocolate, melted
1 tablespoon butter, softened
1/8 teaspoon water

Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking pan. In a medium-size mixing bowl, blend eggs, sugar, and butter. Mix in matzo meal, cocoa powder and walnuts (if desired). Transfer batter to prepared baking pan. Bake at 350 degrees F (175 degrees C) for 30 minutes. In a small mixing bowl, blend chocolate, butter or margarine and water. Spread over cooled brownies.