

## Passover Seder and Last Supper Celebration Menu and Recipes

*Note: At MCOC we cook for a large group. Some of these recipes will be in parts instead of actual measurements so you can adjust portions accordingly. (ex. 3 parts water to 1 part salt)*

### **Appetizers: (suggestion only/ \*needed for the service)**

\*Charoset (see recipe below)

Sliced Apples and Honey for dipping

Raisins and Dates

Almonds

Grapes

\*Veggies and dip (nondairy) (celery, carrots, cucumber, peppers, tomatoes etc...)

Latkes (see recipe below) with Applesauce

\*Salt Water (for dipping)

\*Horseradish (either shred your own root *(if you're made of time or get the jar version)*)

Hard Boiled Eggs

\*Wine, Grape Juice or Water (NO milk products are used for the Seder meal)

**MATZAH:** (yields 8 matzah)

1 teaspoon all-purpose flour for dusting

1 cup all-purpose flour

½ cup water, or more if needed

½ teaspoon kosher salt, or as needed (Optional)

1 teaspoon olive oil, or as needed (Optional)

#### Step 1

Move an oven rack near the top of oven and preheat oven to 475 degrees F (245 degrees C). Preheat a heavy baking sheet in the oven.

#### Step 2

Dust a clean work surface and a rolling pin with 1 teaspoon flour, or as needed. Place 1 cup of flour into a mixing bowl; set a timer for about 16 minutes (18 minutes maximum). Start the timer; pour the water, about 1 tablespoon at a time, into the flour. Stir the water and flour together with a fork until the dough forms a rough ball, remove the dough to the prepared work surface, knead rapidly and firmly until smooth, about 30 seconds to 1 minute.

#### Step 3

Divide the dough into four equal pieces; cut each piece in half again to get 8 pieces total. Swiftly roll each piece into a ball. Roll each piece of dough out into a 5-inch pancake, dusting the top and rolling pin with flour as needed. Gradually roll the pancakes out to a size of about 8 inches, increasing the size of each by about 1 inch, then letting the dough rest for a few seconds before rolling again to the finished size. Roll from the center out. The bread rounds should be very thin. Using a fork, quickly pierce each bread about 25 times, all over, to prevent rising. The holes should go completely through the bread. Flip the bread over, and pierce each piece another 25 times with the fork.

#### Step 4

With at least 5 minutes left on the timer, remove the hot baking sheet from the preheated oven, and place the rounds onto the baking sheet. Place the baking sheet onto the rack near the top of the oven, and bake for 2 minutes; turn the breads over and bake an additional 2 minutes, until the matzot are lightly browned and crisp.

#### Step 5

Transfer to a wire rack to cool. Lightly anoint each matzah with olive oil, using a brush, and sprinkle generously with salt.

**NOTE:** The cook is allowed no longer than 18 minutes from the point they combine the flour and water to when they remove the matzah from the oven in order for it to be considered fit for Passover. Of course, non-kosher cooks may bake at a more leisurely pace if desired.

*Hey! They didn't have time for bread to rise!!*

*OR*

*Just buy your own packaged version. It will feel like church again!*

#### CHAROSET:

6 peeled (doesn't have to be) apples, coarsely chopped (food processor is a real blessing for this recipe)  
2/3 cup chopped almonds (can substitute walnuts)  
3 tablespoons sugar, or to taste (can use honey as well)  
½ teaspoon cinnamon (or to taste)  
Grated rind of 1 lemon  
4 tablespoons sweet red wine (Welch's grape juice, Manischewitz work well)  
(Some cultures use figs, dates, raisins, chili pepper coconut or apricots as well.)

Sometimes best if made a day or two before for flavors to really blend. It can be as coarse or fine as you desire. So much is left up to taste.

Charoset is the blend of fruit and nuts symbolizing the mortar which our forefathers used to build pyramids in Egypt and is one of the most popular and discussed foods served at the Seder. The fruit and nuts found in almost all charoset recipes refers to two verses in the Song of Solomon closely linked with the spring season: "Under the apple tree I awakened thee"(8:5) and "I went down into the garden of nuts" (6:11). The red wine recalls the Red Sea, which parted its waters for the Jews. The real purpose of the charoset is to allay the bitterness of the maror (bitter herbs) required at the Seder. Most people like their charoset recipe so well that it is not only spread on matzah and dipped in horseradish at the Seder table, but some families make large quantities to be eaten for breakfast, lunch and snacks throughout Passover.

#### LATKES: (yield 24 cakes)

Russets are ideal for this latke recipe. Their high starch content means you won't need flour to bind the pancakes.  
1lb. large russet potatoes (4–6)  
1lb. Vidalia or yellow onions (about 2 medium)  
3/4 cup fine plain dried breadcrumbs  
2 1/2 teaspoons kosher salt  
1teaspoons baking powder  
1/4 teaspoon freshly ground black pepper  
2 – 3 large eggs  
2 tablespoons (or more) schmaltz (chicken fat; optional)  
2-4 tablespoons (or more) vegetable oil

Applesauce and sour cream (for serving)

Step 1

Peel potatoes. Using the large holes of a box grater or the grater disk on a food processor, grate potatoes and onions. Transfer to a large kitchen towel. Gather ends of towel; twist over sink and squeeze firmly to wring out as much liquid as possible. Open towel; toss mixture to loosen. Gather towel; wring out once more.

Step 2

Whisk breadcrumbs, salt, baking powder, pepper, and 2 eggs in a medium bowl to blend. Add potato mixture. Using your fingers, mix until well coated. Latke mixture should be wet and thick, not soupy; mix in remaining egg if mixture is too dry and doesn't hold together.

Step 3

Line a large rimmed baking sheet with several layers of paper towels. Set a wire rack inside another large rimmed baking sheet; set aside. Heat 2 tablespoons schmaltz, if using, and 2 tablespoons oil (or 4 tablespoons oil if not using schmaltz; fat should measure about 1/8 inches) in a 12 inches nonstick skillet over medium-high heat. Drop a small amount of latke mixture into pan. If the fat sizzles around the edges, it's ready. (Do not let fat smoke.)

Step 4

Working in batches and adding more schmaltz and oil to skillet as needed to maintain 1/8 inches fat, drop large spoonfuls of mixture into pan, pressing gently with the back of a spoon or spatula to flatten slightly. (If mixture becomes watery between batches, mix to incorporate; do not drain.)

Step 5

Cook latkes, occasionally rotating pan for even browning, until golden brown and cooked through, 2 1/2-3 minutes per side. (If small pieces of potato floating in the oil start to burn, carefully strain out.)

Step 6

Transfer latkes to paper towel-lined baking sheet to drain, then transfer to prepared wire rack. Place sheet with latkes in oven to keep warm and crisp while cooking remaining latkes.

*SOUNDS EASY AND NEAT, RIGHT? NOT!! They are delicious though.*

*OR*

*You can also do my preferred version and get frozen latkes from Trader Joe's and cook in the oven!! (SHHH!!)*

### **Matzah Ball Soup: (served before main course)**

*Note: To make things easier with such a larger meal the Streit's Matzah Ball soup mix is perfect for a family size. I then add scallion to the matzah balls and the soup as well as some chopped celery and carrot.*

*OR*

Chicken Bouillon or stock (salt to taste) (add celery, scallion and carrot to stock optional)

Matzah Balls:

- 1 cup Matzah meal
- 4 Eggs
- 4 tablespoons Oil
- 2 teaspoons baking powder (optional for firmer Matzah balls)

Mix ingredients and put in refrigerator for 30 minutes then pull out to roll into balls. *Recommend doing this a few days before so you can freeze the matzoh balls and then take out for cooking.* Thaw the matzoh balls and heat seasoned chicken stock (add any additional scallion, celery and carrot to the stock to cook). Carefully drop matzoh balls into the stock and simmer for 30 minutes.

### **Main Course “Dinner is Served!”:**

*We base these dinner selections on both Sephardic (Spanish/Arabic/Mediterranean) and Ashkenazic (Eastern European) traditions. These are just ideas of myriads of dishes that can be served.*

Suggestions:

Roasted Veggies (asparagus, carrots or potatoes)

Rice/Couscous/Quinoa/Kasha with Veggies

Salmon

Lamb

Beef Brisket

#### **ROASTED CARROTS:**

Peeled and cut carrots in segments

1 part onion to 3 parts carrots (diced)

Ginger Root to taste

Fresh Garlic to taste

Satl, Pepper to taste

Worcestershire Sauce to taste (this can be used in lieu of salt)

Roast in oven covered at 350 degrees until soft. YUM!

#### **ROASTED ASPARAGUS:**

Asparagus cleaned and snapped (break them where they want to break)

Olive Oil

Salt, Pepper, Garlic powder

Lemon

Put asparagus in flat roasting pan, drizzle with olive oil, add spices and lemon. Mix and then cook at 350 degrees until lightly crunchy – not too long! Remove and add more lemon to taste. YUM!

#### **ROASTED POTATOES:**

Smaller potatoes or larger potatoes cut in cubes

Salt, pepper, garlic

Olive Oil

Assemble potatoes, spices and oil in flat roasting pan. Cook 350 degrees until soft (not too soft). YUM!

#### **ASSORTED VEGGIES TO ADD TO RICE/COUSCOUS/QUINA/KASHA:**

Red, Yellow and Green Peppers

Green and Yellow Squash

Sweet Onion

*You can add any veggies you like the more colorful, the better! Veggies like broccoli, spinach and kale will cook faster than these veggies.*

Olive Oil

Salt, Pepper, Curry, Cumin

Fresh Garlic (minced)

Cube veggies and put in sauté pan with olive oil and spices. Mix until soft. Keep liquid to make rice, quinoa, couscous and kasha more moist. Add veggies and mix. You can warm later as a combo. Great for vegetarians. YUM!

#### SALMON:

Salmon

Salt, Pepper, Garlic, Parsley, Tumeric, Paprika

Lemon

Fresh Parsley

Olive Oil

Put Salmon on flat pan and cover lightly with olive oil. Add spices and some lemon juice. (sometimes a nice sharp mustard is good on the salmon as well). Cook at 350 degrees until flaky. Remove and garnish with additional lemon slices and juice and fresh parsley. YUM!

#### LAMB:

*There are so many recipes out there depending on how you want your lamb spiced. You can use a fruit based (orange/lemon) marinade (for a day) or you can use a Balsamic glaze with wine, brown sugar rosemary and garlic it's up to you!!*

*Whatever you do, put these spices and marinades on 24 hours in advance so that lamb can absorb the flavors. You can grill or cook in the oven. YUM!*

#### BEEF BRISKET:

*This is the recipe I was told by a wonderful Jewish neighbor in our building and it can't go wrong!! So easy, too!*

Beef Brisket

Lipton's French Onion Soup

Olive Oil

Pepper, Garlic

Marinate Beef in fridge overnight in the soup. In sauté pan put olive oil. When hot drop the brisket in to sear on each side (just to seal the meat's juices in). When seared, take the meat to put back in the marinade (don't worry, it will all cook). Make sure the meat is covered with liquid, cover and cook on 275 degrees until it's fall apart good!! YUM!! Serve with the gravy and horseradish.

#### Dessert:

Baked Pear and Apples (Raisins optional)

Rugelach (*purchase ready made unless you are made of time*)

Chocolate Matzah (*purchase - I've tried to make this myself and it was a nightmare and a mess*)

Almond Cake with Cardamom and Pistachio

*Note: It's all up to you! Remember to be a traditional Passover Seder meal there are no milk products used.*

BAKED PEAR: (A crowd pleaser)

Pears (peeled whole – leave stem)

Cinnamon, nutmeg, Ginger

Honey

Maple Syrup

Pre-heat oven to 350 degrees. Put peeled pears in a flat roasting pan (line with aluminum foil for easier clean up). Sprinkle on spices then add the honey and maple syrup. Cook until soft (depending on your ripeness of pear this could take a while). Serve with knife for easy eating. YUM!

BAKED APPLE (RAISIN):

Green and Red Apples (variety makes for a tasty dish)

Raisins (*optional - some folks have a love/hate relationship with them*)

Cinnamon, nutmeg, honey

Water

Plain oatmeal just to add a little something (optional)

Cube apples and put in flat roasting dish (foil is helpful). Add spices, honey and oatmeal and then sprinkle some water to get the oatmeal going. *Yes, this would be better with butter but .....* Cook 350 degrees until soft. YUM!

ALMOND CAKE WITH CARDAMOM AND PISTACHIO (GLUTEN FREE AND MY FAVORITE):

½ vegetable oil plus additional for pan

7 large eggs, separated

3 cups almonds (or I've used almond flour coarse)

1 cup sugar

1 tablespoon matzah meal

2 teaspoons ground cardamom

1 tablespoon almond extract

Confectioner's sugar for dusting

Finely chopped pistachio nuts, for garnish

Honey for drizzle on top

Heat oven to 350 degrees. Oil a 9 inch bunt pan or 9 inch square pan and set aside. Using a mixer, whisk egg whites until stiff but not dry, and set aside.

Using a large food processor, pulse almonds until very finely ground (or coarse almond flour – same thing).

In a medium bowl, combine egg yolks and sugar, and whisk to blend. Add ground almonds, matzah meal and cardamom. Add almond extract and ½ cup oil. Gently fold in egg whites.

Pour batter into prepared pan. Bake until a tooth pick inserted in the center come out clean. About 50 minutes. Allow to cool for 10 minutes and then remove from pan and finish cooling. Decorate with powder sugar and pistachios. *I also like to drizzle honey on top!!* YUM!!

One 9 inch cake (up to 10 – 12 servings)

Adapted from Soraya Nazarian.

