

Passover Recipes

Charoset

Yield: serves 10 (but you may want to make extra!)

4-6 Medium chopped or grated apples
1 cup finely chopped nuts
1 tablespoon honey
1 teaspoon sugar or brown sugar
2 teaspoons ground cinnamon
about ½ cup sweet wine or grape juice

Wash, core, and if you prefer, peel the apples. Chop them (you may use a food processor) to a size smaller than peas but larger than rice). Mix nuts, sugar, honey, apples, and cinnamon together until well-blended. Add the juice or wine slowly until the texture resembles a thick paste. Taste and adjust cinnamon, sugar, and liquid amounts if you desire. It is O.K. for the apples to turn brown, but cover tightly and refrigerate and use before 3 days.

Matzo Ball Soup

Yield: About 10 servings

Matzo Balls:

Yield: about 10 large or 28 small balls

4 large eggs
4 tablespoons melted margarine, oil, or chicken fat
1 cup matzo meal
½ cup seltzer water or club soda
½ teaspoon salt
½ teaspoon freshly ground black pepper
3 tablespoons chopped fresh dill (optional)
1 medium carrot, finely grated (optional)
½ cup chicken soup stock

In a large bowl, beat eggs with melted margarine and chicken soup stock until well blended. Stir in remaining ingredients for matzo balls. Refrigerate about 1 hour. Bring a large pot of salted water to a boil. With wet hands, gently form matzo balls about 1 ½ inches in diameter (ping-pong ball size). You should have about 28 balls (do not make them compact). Slip into boiling water. When they come to

the surface, turn water down to a bare simmer, cover (don't peek), and cook about 35 minutes. Remove with slotted spoon. Refrigerate if not using in the next hour or so.

Soup:

Yield: about 4 ½ quarts chicken soup

4 quarts chicken broth or consommé

1 can of chopped chicken (optional)

2 onions, chopped

½ cup chopped celery leaves plus 2 stalks celery and their leaves

1 cup shredded carrots

3 tablespoons chopped fresh parsley

3 tablespoons snipped dill

1 teaspoon pepper

Bring broth and above ingredients to a boil and let simmer on low for at least thirty minutes. About ½ hour before serving the soup remove any leaves and larger vegetable pieces, bring to a boil again, and drop balls into boiling chicken broth. Plan one large or two small balls per serving. (Note: they do expand when placed in broth.) Chopped veggies may be added for more flavor. Heat.

Beef Brisket

1 brisket of beef

1 cup ketchup

1 package onion soup mix

4 medium onions, sliced

1 10-ounce bottle ginger ale

½ cup red wine vinegar

1 thinly sliced ginger root (optional)

In the bottom of a Dutch oven, slice the onions. Place the brisket on top. Add ketchup, onion soup mix, ginger ale, vinegar, and ginger slices. Cook for 2 to 2 ½ hours until fork tender. Cool and slice. May be made ahead and frozen. May be simmered on top of the stove or place in a 350° oven for the same time. If you want more gravy, you can add more ginger ale or water.

Baked Passover Chicken Coating (for chicken pieces or cutlets)

Yield: Coating is for 12 pieces of chicken.

1 ½ cups finely ground matzo meal
¼ cup starch
1 ½ teaspoons garlic powder
1 ½ teaspoons salt
¼ to ½ teaspoons pepper
1 teaspoon paprika
2 teaspoons lemon zest, finely minced
2 tablespoons parsley, finely minced
Vinaigrette dressing marinade

Mix all ingredients (except vinaigrette) together. Double up recipe if you are doing a large batch. Soak chicken pieces in cold salt water for 1 hour, rinse, and soak again for 1 hour, rinse well. Marinate chicken cutlets or pieces in vinaigrette for a few hours, refrigerated. Drain off pieces, then coat in a plastic bag or roll in coating. Oven bake at 400° until done, about 35-45 minutes for whole breast pieces, 25 for boneless cutlets. Make sure chicken is completely cooked. When cut, juices will be clear, not red.

Sweet Potato-Carrot Tzimmes (very Jewish!)

Yield: Serves 8-10

12 large carrots, scraped
4 medium sweet potatoes, peeled
12 pitted prunes
2 cups dried apricots (reconstituted—soak in water for 1 hour)
6 oz. Frozen orange juice concentrate
pinch of nutmeg
3 tablespoon margarine
4 oz. Honey

Cut carrots in ½” slices. Cut sweet potatoes into ½” slices. Boil until tender—not soft—about 9 minutes. Arrange evenly in a casserole dish with other ingredients. Cover with foil. Bake at 350° for 30 minutes. Uncover and bake for another 8-10 minutes.

Herb Roasted Potatoes and Onions

Yield: 10 servings.

10 large potatoes, quartered
10 medium onions, quartered
½ cup vegetable oil
1 teaspoon pepper
2 tablespoons dried parsley
2 teaspoons dried basil
1 teaspoon dried marjoram

Preheat oven to 375°. Place potatoes and onions in a shallow roasting pan. Pour oil over vegetables and sprinkle with pepper, parsley, basil, and marjoram. Stir vegetables to coat all sides with oil and seasonings and bake, uncovered, for about 1 hour, or until fork-tender, turning occasionally to keep from sticking to the bottom of the pan. Serve immediately.

Passover Macaroons

Yield: 24 servings

1 1/3 cup flaked coconut
1/3 cup sugar
2 tablespoons potato starch
1/8 teaspoon salt
2 egg whites
½ teaspoon almond extract

Mix all ingredients together until well blended. Drop by teaspoonfuls on greased and potato starched cookie sheet. Bake at 325° degrees about 20 minutes or until golden around edges. Remove from cookie sheet immediately and place on platter to cool. These will freeze very well. You may add chocolate or cherries to the batter. Also good dipped into chocolate to cover. Cookies should be light gold all over as well as edges, but do not let them get too brown. You may substitute flour (not self-rising) for potato starch.

Passover Chocolate Macaroons

Yield: Makes about 4 dozen

1 cup granulated sugar
1/3 cup unsweetened cocoa powder
3 egg whites
pinch of salt
2 cups unsweetened desiccated coconut
1 teaspoon vanilla

Stir sugar with cocoa until smooth. In bowl, beat egg white with salt until stiff peaks form. On low speed gradually beat in sugar mixture 1 tablespoon at a time. Fold in coconut and vanilla. Drop by teaspoonfuls about 1 inch apart onto greased baking sheet. Bake in 325° oven for 15 to 17 minutes or until outsides are dry but insides are still soft. With spatula immediately transfer to racks and let cool.