

## PASSOVER RECIPES FOR YOUR LIBERATION

Enjoy the following recipes for/during Passover. I wrote them all as pareve here, except for the Matzah Brei Parmigiana, which is dairy. Even here, theoretically, you might find vegan (*pareve*) cheese that is kosher for Passover. Alternatively, if you are serving a dairy meal, you certainly could easily use butter, for example, if no pareve margarine is available. In any event, I hope these recipes help make your Passover a bit tastier!

*Chag kasher v'samei-ah--a joyful, meaningful, kosher Pesah!*

Rabbi Sacks

### HALEK (PERSIAN HAROSET)

*This haroset has a sharp kick to it, but its distinctive taste is fantastic!*

#### Ingredients:

1 c. almonds  
1 t. ground ginger  
1 c. roasted, shelled pistachios  
½ t. ground nutmeg  
1 c. walnuts  
1 large apple--peeled, quartered, and cored  
1 c. black raisins  
1 large pear--peeled, quartered, and cored  
1 c. golden raisins  
2 bananas, peeled  
1 c. pitted dates  
2-3 T. cider vinegar  
2 t. cinnamon  
½1 c. pomegranate juice  
2 t. ground cardamom  
½1 c. sweet kosher wine

#### Instructions:

1. In a large food processor, combine the nuts, raisins, dates, and spices. Pulse until nuts are coarsely chopped.
2. Add apple, pear, and bananas. Pulse until coarsely chopped.
3. Add 2 T. vinegar, ½ c. pomegranate juice, and ½ c. sweet kosher wine. Pulse again, adding vinegar, juice and/or wine as needed to make a coarse paste. Do not puree, as mixture should retain some crunch.

NOTE: If the mixture is too liquidy for you, add matzah meal and pulse more.

## CARIBBEAN TOMATO-CARROT SOUP

*Orange juice brightens this blender-smooth soup. This soup is zesty in flavor, low in calories. Great alternative to the matzah ball soup.*

### Ingredients:

1 t. margarine  
2 instant vegetable stock base cubes *or* 2 t. *Instant* vegetable stock base  
1 medium onion, chopped  
2 lb. chopped canned tomatoes  
1 c. orange juice  
1 large carrot, chopped  
salt and pepper  
1 t. *each dry basil and sugar*  
1 *whole orange, thinly sliced (optional)*

### Instructions:

1. Melt butter in a 3-quart pan over medium heat. Add onion and cook until soft.
2. Stir in tomatoes, carrot, basil, sugar, and stock base cubes/granules.
3. Bring to a boil over high heat; cover, reduce heat, and simmer, stirring often, until carrot is tender (15-20 minutes).
4. In a blender or food processor, whirl soup, a portion at a time, until smooth.
5. Return puree to pan and add orange juice. Cook over medium heat, stirring occasionally, until soup is steaming.
6. Season to taste with salt and pepper.
7. Serve with orange slices on top, if desired.

*Makes about 5 cups.*

## SWEET POTATO-CARROT KUGEL

*Delicious kugel, easy to make. Do not worry about the exact proportions of the apple or vegetables.*

### Ingredients:

$\frac{3}{4}$  c. grated apple  
1 t. salt  
1  $\frac{1}{4}$  c. grated sweet potato  
1 t. baking soda  
1 c. grated carrot  
1 t. cinnamon  
1 c. matzah meal  
1 t. nutmeg  
 $\frac{1}{2}$  c. margarine, melted  
 $\frac{1}{2}$  c. sugar *(optional)*

### Instructions:

1. Preheat oven to 325 degrees. Spray/grease a 10-inch casserole (or use baking cups for muffins).
2. Mix all ingredients together well.
3. Pour into the baking dish. Cover with aluminum foil and bake 45 minutes. If using baking cups, bake 30 minutes.
4. Raise oven to 350 degrees, remove cover, and bake an additional 15 minutes

## MATZAH BREI PARMIGIANA

### Ingredients:

6 matzah squares  
1 T. chopped fresh parsley  
1 onion, chopped  
5 eggs  
1 clove garlic, minced salt and black pepper to taste  
1 T. oil Spray or oil for casserole  
2 c. tomato sauce  
¾ c. diced hard cheese of your choice

### Instructions:

1. Soak the matzah squares in (about 2 c.) water in a large bowl until soft.
2. Drain, then squeeze out the excess water. Set aside.
3. Preheat oven to 325 degrees.
4. In a large skillet over low heat, saute the onion and the garlic in the oil until golden.
5. Add tomato sauce and parsley. Simmer for 15 minutes.
6. In a large mixing bowl, beat the eggs with the salt and pepper. Combine the reserved matzah squares with the beaten eggs. Stir to blend.
7. Pour half of the egg-matzah mixture into a 2-quart greased casserole. Sprinkle with half of the diced cheese.
8. Top with the remaining matzah mixture, then with the remaining cheese.
9. Pour the prepared tomato sauce over all.
10. Bake casserole uncovered in the preheated oven for 25 minutes.

*Serves 5-6.*

## PEARS IN RED WINE

### Ingredients:

8 firm pears--peeled, cored, stems left on  
3 c. dry red wine  
1 c. sugar, or to taste  
1 stick cinnamon

### Instructions:

1. Bring the wine and sugar to boil in a heavy-bottomed saucepan.
2. Add cinnamon stick. Cover and boil over low heat until sugar is dissolved, about 5 minutes.
3. Add the pears and cook them gently over low heat, turning occasionally, until tender, about 10 minutes. (Test by piercing with a sharp, narrow-bladed knife.)
4. Remove cinnamon stick and cool the pears in the syrup, covered.
5. Using a slotted spoon, remove the pears to a serving dish. Stand them upright and pour the syrup over them. Can be served hot or cold.

*Makes 8 servings.*

## DATE SQUARES

*We love dates at our house, so this quick, easy recipe comes in handy at Passover.*

### Ingredients:

3 eggs

1/8 t. Salt

3/4 c. sugar

2 t. baking powder

1 t. lemon rind,

grated 1 3/4 c. chopped dates

1 t. Vanilla 1 c. chopped nuts

1 c. potato flour

### Instructions:

1. Beat the eggs.
2. Add the rest of the ingredients one at a time. Mix thoroughly.
3. Bake in a 9-inch square pan at 350 degrees for 30 minutes or until toothpick comes out clean.
4. For added lemon flavor brush gently on top with mixture of one t. Lemon juice and one t. sugar, just before done--then finish baking.

### NOTES:

- 1) You can substitute some other kosher for Passover flour for the potato flour.
- 2) If you cannot find baking powder that is kosher for Passover, then use 1 1/2 t. Potato flour mixed with 1/2 t. baking soda.