

EASY SEPHARDIC HAROSET RECIPES

RHODIAN HAROSET

4 apples, peeled, cored 2 c. ground almonds
and quartered ¼ c. wine vinegar
1 lb. pitted dates ½ c. sweet wine
½ c. water 1 t. ground cinnamon

1. Cook apples and dates in water until tender, about 15 minutes. [Add additional water during cooking, if necessary.]
2. Mash apples and dates. Mix with ground almonds, vinegar, and wine.
3. Stir in cinnamon.
4. Cover and refrigerate until 1 hour before serving.

Makes 4 cups.

MOROCCAN HAROSET from TETOUAN

1 pear ½ lb. blanched almonds
3 apples 2 T. ground cinnamon
3 bananas 1 c. sweet wine
1 lb. pitted dates

1. Peel and core pear and apples. Peel bananas.
2. Puree fruits and nuts.
3. Mix in the cinnamon and wine.
4. Place mixture in saucepan and simmer 20 minutes. Cool.
5. Cover and refrigerate until 1 hour before serving.

Makes 4 cups.

CARIBBEAN TOMATO-ORANGE SOUP

1 T. butter/margarine 1 t. sugar
1 medium onion, chopped 2 vegetable stock base cubes, or
2 lbs. crushed tomatoes, canned or 2 t. Instant vegetable stock granules
fresh, cored and chopped 1 c. orange juice
1 medium-large carrot, chopped salt and pepper, to taste
1 t. basil 1 whole orange, thinly sliced (optional)

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

Makes about 5 cups.

VEGETARIAN ROAST

¼ c. margarine 2 t. soup granules
1 large onion, chopped 4 c. small-curd cottage cheese
3 large eggs, well-beaten, or 1 c. toasted walnuts, finely chopped
1 ¼ c. egg substitute 3 c. Passover farfel

1. Preheat the oven to 350.
2. In a large skillet, melt the margarine over medium heat.
3. Add the onion and cook, stirring, until wilted.
4. Add the remaining ingredients and cook 2-3 minutes more, stirring well.
5. Place the mixture into a greased/sprayed 9" x 13" baking pan. Bake for 45-60 minutes.
6. Let cool. Then remove from the pan. Slice and serve with a mushroom or fresh tomato sauce, if desired.

GLAZED SWEET POTATOES

6 med. sweet potatoes ½ t. nutmeg
1 c. granulated sugar 4 T. butter/margarine
½ c. brown sugar 2 t. lemon juice
1 T. potato starch 1 t. vanilla

1. Preheat oven to 350.
2. Grease/spray a large baking dish.
3. Wash potatoes and place in a 3-quart saucepan with 1 c. water.
4. Bring to a boil. Cover, turn heat to simmer, and cook 25-30 minutes or until soft when pierced with the tip of a knife.
5. Drain. Remove skins and slice the potatoes lengthwise. Place in baking dish.
6. Combine the sugars, potato starch, nutmeg, butter, lemon juice, and vanilla with ½ cup water in a small saucepan.
7. Boil for 2 minutes, stirring constantly.
8. Pour over the potatoes and bake for 45 minutes.

DRIED APRICOT MOUSSE

½ lb. dried apricots ½-¾ c. sugar, or to taste
1 c. dry white wine 3 large egg whites
2 apples, peeled, cored and sliced 2 T. toasted almonds
Juice of ½ lemon

1. In a saucepan, simmer the apricots in the wine with the apples, lemon juice and sugar, covered, until soft, 15-20 minutes.
2. Remove from the heat. Cool and puree in a food processor.
3. Meanwhile, in a bowl, beat the egg whites until they form stiff peaks.
4. Using a whisk, fold them into the apricot puree.
5. Spoon the mousse into wine glasses or individual bowls. Chill for 1-2 hours.
6. Just before serving, sprinkle with the almonds.

Make 4-6 servings.

MUSTACHUDOS (Rhodian Spicy Nut Balls)

2 eggs, lightly beaten ½ t. ground cloves
1 c. sugar 1 ½ c. ground walnuts
1 t. Ground cinnamon 2 ½ c. ground almonds

1. Preheat oven to 350 F.
2. Lightly grease/spray 2 medium cookie sheets.
3. Combine eggs, sugar, cinnamon, and cloves.
4. Mix in ground nuts to make workable dough.
5. Roll between palms into 1" balls and place on prepared cookie sheets.
6. Bake in preheated oven 10-12 minutes, or until bottoms of cookies are golden.
7. Cool on sheets for 10 minutes. Remove to racks and cool completely.

Makes 4½ dozen.

DESSERT CARROT SQUARES

¼ c. concentrated frozen apple juice 1 ½ t. cinnamon
¼ c. water 1 t. baking soda
½ c. honey 1 c. cake meal
1 T. oil 1 ½ c. grated carrots
4 egg whites ½ c. black raisins
1 t. Vanilla ½ c. chopped nuts (walnuts, almonds,
1 ½ t. nutmeg hazelnuts--whatever you prefer!)

1. Preheat oven to 350.
2. Whisk the first 8 ingredients in a large bowl.
3. Mix together the cake meal, and baking soda.
4. Add the dry ingredients, all at once, to the mixture, whisking until just smooth.
5. Fold in carrots, raisins and nuts (if using).
6. Bake in a non-stick baking pan for 45 minutes. This cake should be moist.
NOT OVERBAKE.
7. Cool and cut into squares.

DO

Serves 6 to 9.

NOTE: The recipe can be double and baked in a 9" x 11" non-stick baking pan for approximately 55-60 minutes or just until a cake tester comes out clean.