

## Beth El family favorite Pesach recipes, 2021 Edition

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## **Home-Grown Karpas Chia Pets**

from Sandy Coy

I got the general idea from Chia pets - remember them? I saw a funny kid craft online to make faces on egg shells and grow grass “hair” out of the top. I found directions for growing cress online, which is perfect for the new sharp greens at the seder. It’s fun to grow cress, because it only takes about 10 days, and everyone can have their own egg with the cress growing in it. Kids will love it!

Plan for one egg per person.

Cut a hole about 1 inch across carefully in the top of a raw egg and empty it.

Wash the shell in warm soapy water.

Carefully poke a hole at the bottom for drainage.

Fill with fluffy cotton or sterile planting mix up to about 1/4 inch from the top edge.

Sprinkle 1/8 - 1/4 tsp cress seeds onto the top surface. No need to cover them.

To keep them upright, place in your egg into an empty egg carton. First poke a drainage hole in each egg carton section, insert your egg, and then place the top half of the carton into the bottom half to catch any spillage.

Spritz or dampen the cotton well with drops of water. Continue to spritz or put a few drops on them daily to keep moist while germinating and growing.

Watch them grow! At 10 days they will have sufficient growth to look cute and be a reasonable portion for individual seder plates. Snip or pinch off to eat.

[ Sorry these won’t be ready in time for this year’s Seder, but it’s a great idea for the future! ]

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**Sephardi Charoet (nut-free)**

from Aimee Yermish

Although I grew up with a traditional apples/nuts/sweet red wine charoet, when we lived in California, we had a regular Seder guest who was severely allergic to nuts, so I began making a Sephardi charoet instead. It's become a family favorite, great to spread on matzah as a snack during the rest of the holiday. During the Seder, it's particularly useful when we remember its historic roots as faux-mortar — you can build some pretty nice matzah houses with it.

This is less of a recipe and more of a general guide. It's really hard to go wrong. Leave out anything you can't find or don't like, add in anything you think will be good...

large quantity: Medjool or other gooey dates, pitted

medium quantity: dried apricots  
prunes ("dried plums" if you prefer to be chic)

small quantity: dried cranberries, cherries, etc

Cut all of these up into small pieces (1/8" - 1/4" dice).

Mix together.

Blitz about half the mixture in food processor until smooth, and return to the bowl.

(If you don't cut up the fruit before you blitz it, some will get liquidy while the rest stays too chunky, and it's generally frustrating. Ask me how I know!)

sesame seeds

poppy seeds

These are both optional, but add to the "mortar" look, and I like the flavor of both.

sweet white wine

lemon juice

Mix in to smooth out the mixture and adjust the sweet/sour balance.

fresh ginger, minced (this is very much not traditional but I like it!)

nutmeg, cinnamon, mace, allspice, cardamom, or other similar spices

Add to taste.

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**Important Seder Trick to Deal With the Starving Hordes**

from Aimee Yermish

Not sure if everyone knows this already, but once you've said the blessing over the green herbs, you can eat anything else that also counts as p'ri ha'adamah (fruit of the earth, almost all vegetables). In my home growing up, we always had large platters of cut-up veggies (red and green peppers, carrots, celery broccoli, jicama, etc) plus tasty dips. Roasted new or fingerling potatoes with olive oil and herbs are also delicious. This way, people can enjoy the interesting parts of the seder without getting stuck on the Fifth Question, "When do we finally get to eat?"

## Mock Chopped Liver

from Sandy Coy

I like it because it's easy, vegetarian/pareve, and tastes like the real thing. It's also gluten-free.

Recipe is from Arthur Schwartz, *Jewish Home Cooking*.

- 6 T mild-flavored frying oil, divided (Andrew likes peanut oil; if you're avoiding kitniyot, the Shiksa recommends KFP grapeseed oil)
- 2-3 medium onions, chopped
- 1 lb white mushrooms in 1/4 inch thick slices
- 3 hard boiled eggs, quartered
- 1/2 C shelled walnuts
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- sliced scallions and/or butter lettuce (optional - for garnish)
- matzo (to serve with - optional - use GF matzo if gluten free)

In a large skillet or sauté pan, heat 3 T oil over medium-high heat.

Add the onions, and sauté until dark brown. Stir them every couple of minutes to keep from burning (and scrape the pan with a flat spatula as you do so). You want them to get really dark and caramelized. This should take at least 20 minutes, maybe more. Remove from pan and let cool on a plate or bowl.

Using the same pan, and without cleaning it, add 3 T more oil and keep on medium-high heat.

Add the sliced mushrooms. Sauté until they soften and release their juices, then continue to cook until very browned, about 5 more minutes. Remove from pan and let cool.

Add the onions, the mushrooms, and all the remaining ingredients to a food processor (or blender). Pulse a few times, then scrape down the side of the bowl. Run the processor some more, scraping the mixture down again, and keep repeating this until it's all well-blended and the walnuts are pulverized into the mix (if you see walnut pieces, keep going). Don't overdo it, though, or it'll turn into a paste.

You can serve immediately (with matzo, of course), but it's actually even better when it has a chance to sit (refrigerated) for a few hours or overnight. Leftovers will keep, covered, in the fridge for about a week.

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## Gefilte Fish Not From a Jar

Aimee Yermish

When I was growing up, every year, the Sunday before Pesach was a big project. Bubbie Tybie, Bubbie Rose, Aunt Shelley, Aunt Ann, and my mom, plus the various cousins for as long as we would put up with it, would make gefilte fish, in large wooden bowls, hocking (chopping) it all day by hand, Mom tasting it periodically to see if we'd gotten the texture and flavor right yet. I still have the bowls. I was weirdly shocked as an adult to find out that you could make gefilte fish in a food processor, too. I was also surprised to find out that carp is no longer cheap, so we switched to other less-expensive fish, whatever was available. If you've never tried making homemade gefilte fish, it really is much, much better than the stuff in the jar!

fish skin and bones and heads and such — the fish store should give you these for free or cheap onions, celery, salt, herbs, whatever you like.

Fill a pot with water. Put everything in. Bring to boil, reduce to simmer.

Skim the foam, simmer about half an hour.

Strain, discarding solids. Keep warm.

2 lb fish filets (carp and pike are traditional, but whatever mix of fish you like is fine)

Grind in food processor, move to separate bowl

1 carrot

1 parsnip

1 onion

salt & pepper to taste

Grind in food processor, add to fish

1 egg, beaten

1/4 C matzah meal (approximately)

Mix into fish, adjusting matzah meal until the mixture will sort of hold its shape.

Bring stock back to gentle simmer.

Shape fish mixture into ovals about 3" long

Gently slip them into the fish stock — avoid stirring!

1 carrot, sliced into rounds (optional but pretty)

Add to stock with fish. Resist the temptation to stir.

Simmer 20-30 minutes, until cooked through.

Strain the fish patties and carrots and cool in refrigerator before serving.

You don't need to keep them in the stock.

Serve with grated horseradish.

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## Really, can we stop making gefilte fish? Salmon cakes are so much better!

From Steve Balzac

Although our nostalgic homemade gefilte fish is much better than the stuff in the jar, I started making salmon cakes a while back and they were far more popular. We even make them during the rest of the year sometimes because they're just that good.

Recipe adapted from Cook's Illustrated

1 small onion

1 carrot

2 celery ribs

(these amounts are approximate)

grind in food processor, remove to bowl

3 T matzah meal

2 T fresh parsley, minced

2 T mayonnaise

4 tsp lemon juice

1 T Dijon mustard

thyme

3/4 tsp salt

1/4 tsp pepper

cayenne pepper

add to ground vegetables

(these seasonings are approximate, feel free to tweak them)

1 1/4 lb skinless salmon filet

Cut into 1-inch pieces.

Divide into 3 batches.

Pulse each batch a few times in food processor until pieces are about 1/4" or so.

It's okay for them to be a bit chunky. Paste isn't so good.

Add to bowl, combine everything gently

Shape into patties about 1" thick, about 2 3/4" in diameter

more matzah meal in a plate

dredge to coat

1/2 C vegetable oil

heat in 12" pan over medium-high heat until shimmering

carefully place patties into pan, leaving room between them

cook without moving them until the bottoms are golden brown, about 2-3 minutes

turn carefully

cook the other side, again without moving, until golden brown, about 2-3 minutes

transfer to paper-towel-lined plate to drain at least a minute or two

Serve with lemon wedges, tartar sauce, or anything else your family likes.

Our family particularly likes these with chutney or cranberry sauce.

## **Salmon Cakes with Tropical Fruit Salsa**

Debby Young

Recipe from Whole Foods

It tastes like Spring and can be used as an appetizer (slider size) or main course.

Yields 10 cakes

Cakes: 2 lbs. of freshly baked salmon

1/2 red onion, finely diced

2 T matzo meal

2 large eggs, lightly beaten

1 tsp kosher salt (I omit)

Freshly ground pepper to taste

4 T olive oil

Salsa: 1 c. diced fresh pineapple

1/2 c. diced fresh mango

1/2 c. diced red onion

2 T chopped cilantro (I use fresh parsley)

1/2 a small jalapeno, de-seeded and finely chopped

Juice of one lime

1/2 tsp. kosher salt (I omit)

Gently flake salmon in large bowl. Combine with eggs, red onion, matzo meal, salt and pepper. Stir to mix well. Scoop about 1/3 cup at a time and form into round patty about 1/4-inch thick. Place on sheet pan and repeat until you've formed 10 cakes. Refrigerate for 30 minutes.

In separate bowl, combine salsa ingredients. Mix well and set aside.

Heat olive oil in large skillet over medium heat. Fry 5 cakes at a time about 5-8 minutes per side or until golden brown and crispy. Drain on paper towel-lined plate while frying remaining cakes.

To serve, top each cake with a few tablespoons of salsa.

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## Vegan Gefilte "Fish" (with Herbed Lemon Sauce)

from Jocylyn Bailin

Found this years ago - not sure where. Have tweaked over the years.

I have been vegetarian for 40 years. Have always looked for vegetarian/vegan foods to "replicate" some traditional meal parts of the seder. We eat kitniyot, so beans and soy are part of our Pesach repertoire.

"Fish" cakes

2.5 cups cooked chickpeas

2 sheets roasted nori, cut into small pieces (or buy pre-shredded)

2 T white or yellow miso

2-3 T vegan mayo

3 tsp lemon juice

1/2 tsp kosher salt

a few cracks of black pepper

1-2 green onions, green/light green parts only, minced

2T minced parsley (flat kind better)

3 T plus another half cup of Matzo crumbs. (note: matzo meal is too fine. I put a sheet of matzo into the blender and make coarser crumbs. To give you some idea, the original recipe called for panko)

Herbed lemon sauce (we don't use the sauce because most of my family doesn't like mayo and gefilte fish isn't usually served with a sauce. But it is a lovely and flavorful topping!)

1/4 cup vegan mayo

1T lemon juice

2 T minced parsley

1 green onion, green/light green parts only, minced

1/4 tsp salt pepper

Oven: 375°F

1. Pulse chickpeas in food processor a cup at a time. The goal is to have a coarse meal - not smooth like hummus, ok to even have a few whole chickpeas.
2. Put chickpeas in a bowl. Add nori.
3. In small bowl whisk mayo, lemon juice, miso, salt, pepper. Add to chickpea/nori and combine until mixed.
4. Add scallions, parsley, and 3T matzo crumbs and stir until well mixed.
5. Use a large serving spoon or a 1/4 cup measure to scoop up chickpea mixture. Using your hands, form the mixture into something the shape of a traditional gefilte fish. Lightly press into the remaining matzo crumbs and place on lined baking sheet. Repeat until all the mixture is used up. Bake 15-18 min or until golden brown.
6. While the "fish" cakes are baking, make the sauce by putting all the ingredients in the blender or food processor and blending until smooth.
7. Serve like you would your traditional gefilte fish (sliced carrot, parsley, sliced scallion, etc).



## **Huevos Haminados (stewed eggs)**

from Aimee Yermish & Steve Balzac

These are from the Sephardi tradition. They look lovely and taste even better. We always make lots of extras, because people often ask for seconds during the Seder, and these eggs also make good protein-rich snacks during the rest of the week. While we are doing the rest of our Pesach cooking, we save all of the onion skins and ends to throw into the pot.

Hard-boil a lot of eggs using your favorite hot-water or Instant Pot method.

Using the back of a spoon, crack the shells all over, but don't remove them! The goal is to create a sort of spiderweb pattern of cracks in the shell without breaking the membrane underneath.

Put the eggs in a large pot of water, along with:

- onion skins and ends

- tea bags (lapsang souchong tea makes a really nice smoky flavor, but anything is fine)

- coffee grounds (optional, but we usually like the taste)

- salt

- pepper

- vinegar (white or cider vinegar is best)

- whatever other spices tickle your fancy

Bring to boil, reduce to low simmer.

Simmer overnight (yes, overnight). That gets the color and flavor all the way through.

Remove the eggs and plunge them into cold water to loosen the shells.

Peel them gently, revealing the cool crackle pattern on the surface of the egg white.

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## **Lamb main course and lamb shanks for seder plate**

From Sandy Coy

I like it because it helps experience the Torah story.

3 lamb shanks (nets about 20 oz of cooked trimmed lamb meat)

Season shanks with salt, pepper and garlic powder.

Roast in a little veg oil at 400°F for 75 min, turning half-way through.

Remove as much of the meat as possible, trim and reserve.

Boil the bones in an Instant Pot set to Soup/Stew, or on the stove in a pan for an hour. For the water to boil the bones, use hot water and deglaze the roasting pan. Use enough water to cover the bones. Remove bones and pick meat to add to roasted meat.

Serve broth with the lamb as the entree.

The bones go on the seder plate.

## **Curried Apple Soup**

from Debby Young

I like that it works well served hot or cold.

(makes 8 servings)

2 large sweet onions, coarsely chopped  
¼ c. butter or margarine  
2 T curry powder  
juice of 1 lemon  
¼ c. cold water  
2 T cornstarch  
6 envelopes instant chicken or vegetable broth mix  
1 qt. hot water  
4 egg yolks, slightly beaten  
1 cup whipping cream  
2 apples, peeled, cored, finely chopped  
salt and pepper to taste  
thin slices unpeeled red apple

Cook onions in butter until soft, but not brown.

Stir in curry powder.

Blend cornstarch and cold water; add.

Dissolve instant broth mix in hot water; add.

Stir over low heat until slightly thickened and clear.

Add a little of the hot mixture to egg yolks; return to remaining hot mixture; cook and stir about 1 minute.

Add cream. Remove from heat.

Add diced apples. Put through electric blender or press through food mill or fine sieve.

Add lemon juice. Season to taste with salt and pepper.

Serve hot or chilled, garnished with thin slices of unpeeled red apple.

Hint: I use the parve chicken-like powder instead of chicken broth and 1% milk instead of cream and it comes out just fine.

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## **Vegetarian Lentil Soup**

from Gail Shapiro

- 2 T olive or other veggie oil (feel free to use less, or even just non-stick cooking spray)
- 1 medium onion (or 2 shallots), peeled and diced
- 3-4 ribs celery, washed well and cut in dime-sized slices
- 1-10 cloves garlic, smashed, peeled, and chopped
- 3-4 carrots, washed, peeled, (unless they're organic or from the farmer's market) and cut in small dice (1 bag of baby carrots cut up in thirds or quarters would work too).
- 1 1/4 C dried brown lentils (sold in plastic bags under the canned beans in your grocery store or in bulk in health food stores)
- 11 C water and/or vegetable broth (if you use water, you'll want to add more salt at the end of cooking)
- 1 small can tomato paste
- 1 branch fresh rosemary, leaves torn off and finely chopped, or 1 tsp dried herb (rosemary, basil, oregano, etc.)
- 1 10-ounce bag fresh spinach, washed, if needed, and chopped
- salt and pepper to taste

1. Get out your biggest, heavy-bottomed soup pot. Heat the oil on medium-high heat until shimmering.
2. Sauté the onions and celery until translucent and softer but not brown, about 5 minutes.
3. Add the garlic and carrots and sauté 5-10 more minutes until the garlic is soft but not too browned.
4. Add the lentils and toss around for a minute.
5. Add the water or stock and turn heat to high. (If you're using water, not stock, add 1 tsp of salt now.)
6. Cover and cook until lentils are soft to the bite, 25-45 minutes. If the pot starts to boil over, lower the heat a bit. You do want a nice rolling boil though.
7. Stir every so often, making sure nothing is sticking. Add more water or stock, if needed.
8. When the lentils are tender, add the tomato paste, stirring well. Add the chopped rosemary or dried herb. Add the spinach.
9. As the spinach wilts, start tasting and seasoning. Add more salt as needed, plus pepper, hot sauce, etc., to taste.
10. When the spinach is just wilted (try not to overcook it too much) and the soup tastes good, you're done!

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## Chicken Soup with Knaidlach Whichever Way You Like Them

from Aimee Yermish

Matzah balls are a weird thing. Some people like them really light and fluffy. Some people like them really dense and toothsome. My father liked them cannonball-style, the way his own mother made them. My mother (a professional chef!), try as she might, could not make them come out any way other than fluffy. Yet Mom and Bubbie Tybie were both using the same recipe — the one on the back of the box of matzah meal.

So, when I was an undergraduate studying science, and living in a dorm where I cooked all of my own food, I got curious. Something had to be going on in the materials-and-methods. After much experimentation, I figured out what it was that they had been doing differently, and thus how to make the knaidlach come out however one likes. (Literally, a few years ago, my sister-in-law didn't believe I could do it, so I made another pot of soup the next day, the opposite way.)

I'm not going to tell you how to make chicken soup (other than to remind you that it's really worth it to brown the chicken parts and the onions before you make soup with them, and that any vegetables you want to serve in the soup later should be cooked when you do the matzah balls — everything you used to flavor the soup should be strained out). Or you can make a really lovely vegetable soup! And the recipe for the matzah balls is on the back of the box of matzah meal. Don't bother getting "matzah ball soup mix," that's just matzah meal and salt and dried parsley. Here's the key:

If you want your knaidlach *dense*, you need to let them cook *slowly*, so the air comes out of them slowly. After you add the egg, broth, and oil (come on, you know you want to use schmaltz!), put the mixture in the *refrigerator* to sit and hydrate the matzah meal. Have the soup at a *gentle simmer* when you form and add the knaidlach.

If you want them *fluffy*, you need the air bubbles in the mixture to *expand rapidly*, so they will poof up the matzah balls as much as possible. After you add the liquid ingredients, let the mixture sit at *room temperature* while the matzah meal hydrates. Have the soup at a *vigorous rolling boil* when you form and add the knaidlach, and don't turn it down to simmer until they're all in the soup.

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### **Sandy's Pesach Rolls ("Bulkies" in Boston-ese!)**

From Judy Katz

This recipe is from a friend & former neighbor Sandy Sirull

I love its texture, yumminess, & versatility, as for sandwiches, as dinner "rolls" & snacks, & (with a bit more sweetness) as a shell desserts (eg. cream puffs, eclairs)

I always double recipe batches. The bulkies fly off the table, all week long!!!

Baked bulkies freeze well. Suggestion: Heat gently, in oven or in microwave, to serve warm.

Questions: Call or text me at: 508-479-1343

A Zissen Pesach to all!!!!!!

1/2 cup mild vegetable oil

1 cup water

1/4 teaspoon salt

2 Tablespoons sugar (~ 2 Tbs. more if using as a dessert shell)

Boil together, stir to dissolve

Bring to rolling boil

1/2 cup cake meal (\* see note below)

1/2 cup matzah meal

Remove boiling liquid from heat.

Immediately add the cake meal and matzah meal all at once.

(Caution: It tends to froth & bubble up here!)

Mix so all is wet.

Set aside to cool (to tepid).

4 large eggs (\*\* see note below)

Add one at a time, mixing well after each.

Mix sufficiently to create a smooth, light batter.

Drop by heaping tablespoons onto parchment baking paper (or greased cookie sheet).

Bake at 375°F oven for 35-40 minutes (or convection oven at 380°F for 32-35 minutes)

Done when golden, and sounds hollow when tapped.

Asides:

\* Can't find cake meal? Have unused matzahs? Pulverize your matzah meal or matzahs in your blender until flour-like. Voila: Cake meal!!!

\*\* This recipe is so forgiving that you may use one whole egg & 6 whites, or 8 whites, or any combo if you prefer to reduce the number of yolks.

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## **Cold Peanut Noodles**

from Gail Shapiro

Many vegan, gluten-free dishes are KP or can be adapted easily. We serve these cold peanut noodles with broiled tofu for a complete meal. In fact, that's our Erev Shabbat menu this week, when we eat neither hametz nor matzo...

Recipe by Parsley

Noodles:

- 1 lb brown rice noodles (Tinkayada brand)
- 1 C shredded carrot
- 1 C chopped scallion
- 1/2 C thinly-sliced red bell pepper
- 1/4 C chopped parsley or cilantro
- 1/4 small red cabbage, shredded

Sauce:

- 1/3 C smooth peanut butter
- 1/4 C reduced sodium soy sauce (note that not all soy sauces are KP)
- 2 T rice vinegar
- 3 T sesame oil
- 2 T maple syrup
- 1/4 tsp black pepper
- 1/4-1/2 tsp ground ginger
- 1/4-1/2 tsp hot sauce, I use red pepper flakes
- sesame seeds, for garnish (optional)

1. Bring a large pot of boiling water to a boil. Cook noodles according to package directions; drain; rinse in very cold water and drain again.
2. Place cooled noodles in a large bowl and toss with the carrots, scallions, bell pepper slices, and parsley or cilantro.
3. In a small bowl, whisk together the sauce ingredients until smooth.
4. Drizzle the sauce over the noodles mixture; toss to coat well.
5. Serve room temp or cold.
6. Garnish with sesame seeds if desired

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## **Topsy-Turvy Traditional Foods**

From Jen Stevens

One tradition we have that isn't exactly a recipe is taking foods from other holidays that can work for Pesach and intentionally making them. So we make latkes as Pesach, and we have made matzah brei at Chanukah.

## **Everyday Chickpea-Quinoa Salad with Balsamic Vinaigrette**

from Gail Shapiro

recipe from Isa Chandra Moskowitz, *Appetite for Reduction*

- 2 C cooked, cooled quinoa
- 1 small red onion, sliced thinly
- 4 C chopped romaine lettuce
- 1 15-ounce can chickpeas, drained and rinsed

optional add-ins:

- roasted garlic
- baked tofu or tempeh
- shredded carrot
- sprouts
- fresh basil

Balsamic Vinaigrette:

- 1/4 cup cashew pieces (soak for at least an hour in water to soften if you can)
- 2 Tbsp chopped shallot
- 1/2 cup water
- 1/4 cup balsamic vinegar
- 2 tsp Dijon mustard
- 1 tsp agave nectar or maple syrup
- 1/2 tsp salt
- few pinches freshly ground black pepper

Place the cashews and shallots in a food processor or blender and pulse a few times to get them chopped up. Then simply add the rest of the ingredients. Blend for at least 5 minutes, using a rubber spatula to scrape down the sides often, until completely smooth. It's really important that you blend for the full time, otherwise your dressing may be grainy.

In a large mixing bowl, mix all the salad ingredients together. Mix the dressing and toss to coat. Keep chilled in a tightly sealed container up to 3 days.

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### **Tempeh “Bacon”**

From Gail Shapiro

Recipe from Isa Chandra Moskowitz, *Appetite for Reduction*

5 oz tempeh (140 g)  
1 T soy sauce or tamari [note that some soy sauces use wheat]  
1 T extra virgin olive oil  
1 T agave syrup or maple syrup  
1/2 tsp red hot sauce  
2 tsp smoke flavoring  
1/2 tsp ground cumin  
black pepper to taste  
salt to taste

Slice the tempeh as thin as you can without it falling apart.

Mix the rest of the ingredients (except the salt) in a bowl. Soak the tempeh slices in the marinade for 1-2 minutes.

Heat extra virgin olive oil in a sauté pan and when it's hot, add the tempeh and cook for 1 or 2 minutes each side over high heat until both sides are browned and crisp.

Lay cooked tempeh on paper towel to cool.

Add salt to taste.

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### **Potato-Carrot Kugel**

From Marjorie Wolozin Pechet

Recipe from my Aunt Sonia Goldman

Carrots look pretty. Serve it with applesauce — homemade, of course!

2 1/2 pounds russet potatoes  
1 huge and 1 regular onion  
3 eggs  
4 huge carrots  
2 T olive oil for baking dish  
3 eggs  
2 T potato starch

Grate potatoes (well-scrubbed before grating).

Then let sit and use a colander to squeeze out the water.

Add grated carrots and onions, lots of pepper, and starch.

Preheat oven 400°F for 5 minutes.

Then take out very carefully your 9” by 13” pan (or a bit smaller actually) and pour in mixture.

Bake for 65 minutes.

Cool before slicing.



## **Roasted Root Vegetables**

from Gail Shapiro

2 large carrots  
2 medium parsnips, peeled  
2 medium beets, peeled  
1 medium red onion  
1 medium sweet potato  
3 T extra-virgin olive oil  
1 1/2 T apple cider vinegar or balsamic vinegar  
1 T fresh herbs, such as thyme, rosemary, or sage  
1/2 t kosher salt  
1/2 t ground pepper

Position racks in upper and lower thirds of oven: preheat to 425°F. Line 2 large baking sheets with parchment paper.

Cut carrots and parsnips into 1/2-inch-thick slices on a diagonal, then cut into half-moons. Cut beets and onion into 1/2-inch-thick wedges. Cut sweet potato into 3/4-inch cubes. You should have about 12 C raw vegetables.

Toss the vegetables with oil, vinegar, herbs, salt, and pepper in a large bowl until well coated.

Divide between the prepared baking sheets, spreading into a single layer.

Roast the vegetables, rotating the pans top to bottom halfway through, until fork-tender, 30-40 minutes.

To make ahead: refrigerate roasted vegetables in an airtight container for up to 5 days.

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## **Cauliflower Cheese Pie with Grated Potato Crust**

From Susan Tohn

Recipe from *The Moosewood Cookbook* by Mollie Katzen (page 130)

We make this every year at Pesach and only at Pesach so it's special.

Makes 1 9-inch pie

Preparation time: about 2 hours, including baking

Crust:

2 C     packed, grated raw potato (2 medium potatoes)

1/2 tsp salt

1       egg, beaten

1/4 C   grated onion

Heat oven to 400°F.

Set the freshly-grated potato in a colander over a bowl. Salt it and leave it for 10 minutes. Then squeeze out the excess water (which can be used for soup stock) and add it to the remaining ingredients.

Pat it into a well-oiled 9-inch pie pan, building up the sides of the crust with lightly-floured fingers.

Bake for 40-45 minutes, until browned.

After the first 30 minutes brush the crust with a little oil to crispen it

Turn oven down to 375°F.

Filling:

1 heaping, packed cup grated cheddar cheese (5 oz.)

1 medium cauliflower, broken into small flowerets

1 medium clove crushed garlic

1 C     chopped onion

3 T     butter

dash of thyme

1/2 tsp basil

1/2 tsp salt

2       eggs. }

1/4 C   milk. } beaten together

black pepper

paprika

Sauté onions and garlic, lightly salted, in butter for 5 minutes.

Add herbs and cauliflower and cook, covered, 10 minutes, stirring occasionally.

Spread half the cheese into the baked crust, then the sauté, then the rest of the cheese.

Pour the custard over and dust with paprika.

Bake 35-40 minutes, until set.

## **Corned Beef Brisket**

from Esther Heimberg

Thank you chef extraordinaire Diane Reeder for her double secret amazing corned beef recipe. Her text started with “So the thing with corned beef... it’s basically pickled to mimic a Canadian style pork/bacon that was beloved in Ireland in the 1800’s. In 1852, at the tail end of the potato famine in Ireland, there was a wave of immigrants landing in NYC and many settled there, on the outskirts of more established Jewish neighborhoods (this is important). The Irish bemoaned the absence of the bacon they loved (our US bacon isn’t even the same part of the pig!). So the Jewish butchers figured out that since the pork was so expensive (and treif) they’d substitute beef. They “corned” the brisket with large kernels of salt, and used a curing salt (thusly the pink) That meant the meat could be stored for long periods and stretched into many meals. After the pickling process, the protein becomes resistant. The simmering does two things: it draws out the salt to balance the salinity, and tenderizes a very pissed-off muscle. The trick is to heavily flavor your water without salting it.”

Boil the brisket for an hour or so with spice pack, star anise , garlic, bay leaf.

Then turn Penzey’s Corned Beef Spice into dust in a spice mill, mix with deli mustard (and honey — I would go minimal on the honey but the sugar does help a beautiful crust develop).

Slather it on fat side up, and braise it, covered, in the oven till tender.

Blast it at 450°F until crusted.

Save some of the boiling water that is left when you fill the pan for the braise, because there is too little water left to baste it without scorching the pan, so add some more water before you turn it up to 450°F to keep the bottom of the pan wet

mmmmmmmmmm

I might try smoking instead of braising.....because you can.

I'd smoke until crust develops then wrap tightly like a regular brisket.

## **Chocolate Lava Cakes**

From Judy Goldberg

I am attaching my new favorite seder dessert recipe. Made it first last year.

Recipe from Jamie Geller

These warm, rich chocolate lava cakes are gluten free and are super simple to make. No need to melt chocolate, or make tons of bowls dirty. This is a one bowl, no mixer, make ahead dessert. Serves 6.

1 cup sugar

2 eggs

1/2 cup extra virgin olive oil, such as Colavita olive oil

2 tablespoons brewed coffee

1/2 cup cocoa powder

3/4 cup potato starch (or tapioca starch)

1/2 cup almond flour or freshly ground almonds sifted to remove large pieces

1/2 teaspoon salt

1/2 teaspoon baking powder

Garnish: whipped cream or ice cream (pareve or dairy) and strawberries

1. Preheat oven to 350°F.
2. Whisk sugar and eggs until well blended.
3. Add oil and coffee and continue to whisk until light and fluffy.
4. Sift potato (or tapioca) starch, almond flour, baking powder and cocoa powder and pinch of salt and whisk until well blended.
5. Fill 4 ounce ramekins 3/4 full with brownie mixture (you can use 1/3 measuring cup) and bake at 350°F for 15 minutes. Extra richness: add a chunk of your favorite dark chocolate in the center of the batter before baking.
6. Remove from oven and serve immediately with some ice cream or coconut cream and fresh berries.

To make ahead of time: Freeze in ramekins and place directly from freezer into oven, bake an additional 5 minutes.

## **Chocolate Toffee Matzo Brittle**

From Jen Stevens.

Everyone loves matzah brittle. There are many recipes on the internet — here's a good one:

Adapted from Marcy Goldman of [Better Baking](#)

preheat oven to 350°F.

line a baking sheet with aluminum foil and then parchment

4-5 matzot — cover the whole tray, piecing as needed  
brush lightly with olive oil or vegetable oil and sprinkle salt on top

2 sticks (1 cup) unsalted butter

1 cup firmly packed dark brown sugar

combine in medium saucepan

cook over medium heat, whisking constantly, until boiling

boil and whisk 3 more minutes, until foamy and thickened

pour over matzot, using spatula to spread into even layer

bake 350°F for 8-10min, until toffee is crackled and bubbling all over

remove pan from oven, place on wire cooling rack

1 (12-ounce) bag semi-sweet chocolate chips (or 12 oz of good dark chocolate cut into bits)

immediately scatter evenly over top

wait 3-5 minutes for chips to soften

use offset spatula to spread into even layer

1 heaping C. toasted chopped pecans (or other toasted chopped nuts) (optional)

1/2 teaspoon sea salt flakes or kosher salt

sprinkle

refrigerate until chocolate is firm, about 45 minutes.

(if you let it go too long, it will be hard to cut)

lift the foil to transfer to a large cutting board.

using a large sharp knife, cut into 2-inch squares.

Store in an airtight container in the fridge and serve cold.

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## Coconut Macaroons

From Cathryn "Cat" Kaner

Decades ago, we stayed at a B&B on Martha's Vineyard. When tea time rolled around, the manager brought out freshly baked coconut macaroons. Until then, I had only eaten the ones from the can.

To my delight, these homemade beauties were incredible! Beautiful & scrumptious. Even more thrilling, the manager gave me her recipe.

I modified this recipe to be gluten free - especially good for Pesach. You're welcome to use the original wheat flour (if not for Pesach) - or whatever GF equivalent you'd like.

14 oz. package shredded coconut  
(the moister, the better; medium shred preferable)

14 oz. can sweetened condensed milk  
(or try cream of coconut for dairy free)

1/8 tsp salt

1.5 tsp vanilla extract

1/2 to 2/3 cup flour of your choice - if you don't need these macaroons to be nut free, I highly recommend almond flour for that added nutty deliciousness. For flours free of gluten \*and\* nuts, try buckwheat, coconut (it's also paleo), sorghum, 1:1 GF flour, brown rice, or plantain (paleo).

Combine coconut, flour, and salt.

Add condensed milk (or cream of coconut) and vanilla; mix well.

Drop by 1/4 cupfuls onto cookie sheet.

Bake at 350°F for 20 minutes.

Makes 1.5 - 2 dozen.

Optional: add 2 tsp cinnamon

Enjoy!

## **Coconut Lime Macaroons**

Steve Balzac

Adapted from a recipe from Cook's Illustrated

14 oz flaked coconut (sweetened or unsweetened)  
1.5 C sugar (or whatever amount you like the taste of)  
3 large egg whites (about 1/3 cup)  
Juice and zest of 1 lime

Preheat oven to 350°F

Process the coconut in a food processor (you could also use a word processor, but you'll end up with split infinitives).

Add the sugar and process for a few more seconds.

Add the egg whites, lime juice, and zest. Process a few seconds, scrape down the sides, and then process until you have a stiff paste. If it's too dry, add a little water or a little more egg white.

Roll into 1-inch balls and place on parchment lined baking sheet, or pipe with a pastry bag.

Bake 20-25 minutes, until golden brown. Let cool for a couple minutes on the sheet, and then transfer to a rack and cool completely.

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## **Almond Macaroons**

Steve Balzac

Recipe from Cook's Illustrated

3 C almonds  
1.5 C sugar  
3 large egg whites (about 1/3 cup)  
1 t almond extract

Preheat oven to 350°F.

If you care about the color of the macaroons, you can blanch and peel the almonds or buy silvered almonds. I usually don't worry about it. Grind the almonds in a food processor (you could also use a word processor, but you'll end up with sentence fragments).

Add the sugar and process for a few more seconds.

Add the egg whites and almond extract. Process a few seconds, scrape down the sides, and then process until you have a stiff paste. If it's too dry, add a little water or a little more egg white.

Roll into balls and place on parchment lined baking sheet. Bake 20-25 minutes until golden brown. Transfer, parchment included, to a rack and cool.

## **Passover Lemon Pavlova**

From Carol & Barry Sheingold

We just love the lightness of the pavlova along with the lemon curd and fruit -- a beautiful finish to the Seder (It will fulfill your egg requirements for the year, however :)

Recipe from The Global Jewish Kitchen, by Linda Capeloto Sendowski

Meringue:

6 egg whites

1 3/4 C sugar

Pinch of salt

Preheat the oven to 375°F.

Line a rimmed cookie sheet with parchment paper and trace a 9 or 10 inch circle on the sheet to be your measurement guide.

In a stand mixer, beat the egg whites and salt with the whisk attachment on medium low until frothy.

Turn up the speed to medium-high and beat the whites until soft peaks are forming, and then slowly add the sugar a couple of tablespoons at a time while continuing to beat.

Next, increase the speed to high and beat the meringue until stiff and glossy.

Scoop a generous amount of meringue out onto the cookie sheet within the traced circle. Using a spatula form walls with a bowl in the center, like a high-sided crust.

Turn down the oven temperature to 200°F and place the meringue in the lower third of the oven. Bake for 5 hours. Turn off the heat and leave the meringue overnight to finish drying out. You can do this several days ahead but make sure to store the meringue shell in an absolutely dry and airtight place until you are ready to fill it.

There will be more meringue than you need to make the shell. On another parchment-lined cookie sheet, make Ashuplados (meringue cookies) by mounded spoonfuls.

Preheat the oven to 400°F.

When you place the Ashuplados in the oven turn it down to 220°F.

Bake for 1 hour, turn the oven off, and then leave them in the oven overnight.

Lemon curd:

6 extra large eggs

3 egg yolks

2 cups sugar

1 stick plus 2 tablespoons of unsalted butter or margarine

juice of 3 lemons

4 tablespoons lemon zest

In a medium mixing bowl beat the eggs and egg yolks together.

Gradually whisk in the sugar until thick and lemony-looking.

Melt the margarine.

Add the lemon juice to the eggs and sugar, whisk to combine and then add the melted margarine.

Lastly add the lemon zest.

Place the egg, sugar, lemon batter into a medium saucepan.



Set the pan on medium low heat and whisk in figure-8 pattern continuously for around 15-20 minutes. The lemon curd will slowly begin to thicken. You must watch and stir the whole time. When the curd is thick, take it off the heat before it comes to a boil. If it boils, it is ruined and will separate.

Scrape all the lemon curd out into a bowl. Place a piece of plastic wrap on the top touching the surface so it will not form a skin. Refrigerate until you are ready to fill the shell.

To complete the dessert, place the meringue shell on a serving plate. Fill the shell with the lemon curd and garnish with strawberries or raspberries, plus the extra Ashuplados (meringue cookies).

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### **Almond Blondies**

from Gail Shapiro

These gluten-free almond blondies are easy to make with only a few basic ingredients.

1/4 C oil  
1/3 C sugar  
1 1/2 C almond flour  
2 eggs  
1/2 tsp kosher salt  
1 C chocolate chips

1. Preheat oven to 350°F
2. Mix all ingredients together until fully combined, adding in the chocolate chips at the end.
3. Pour mixture into a parchment-lined 8-inch brownie pan and bake for 30 minutes.
4. Allow to cool and cut into squares.

**Mandelbrot**

From Marjorie Raskin

Recipe from a Natick neighbor of mine who Sandy Bernstein introduced me to in 2007

Growing up, I did have a sweet tooth and when the seder was over, I would eat the left-over sponge cake that my grandmother made. As a young adult, I would crave dessert during the week-long holiday and just eat extra matzah with peanut butter. It wasn't much fun, so when a new friend in Natick offered me some mandelbrot during a playdate with our kids, I started making this every year even before I make the chicken soup. FYI, Roanne Miller offered a similar recipe in the 'Collection of Recipes from the Families of Beth El Preschool' published in 2007.

2 cups sugar

1/2 lb (2 sticks) butter

6 eggs

2 3/4 cups Passover cake meal

1/2 tsp salt

3/4 potato starch

12 oz. chocolate chips

1 cup chopped nuts

1 tsp cinnamon, with 2 tsp sugar

preheat oven to 350°F

cream sugar and butter

add eggs one at time, beating after each addition

combine cake meal, salt and potato starch

fold into cream mixture

add chocolate chips and and nuts

Mix well

Form into two loaves on greased cookie sheet or parchment paper (it is pretty sticky, not easy to work with)

Sprinkle with cinnamon sugar.

Bake for 35-40 minutes

Slice while warm

## **Almond Raspberry Torte**

from Kath Bean

I hope you all enjoy this dessert for Passover that I have made for many years.

Recipe adapted from Amy Levine

potato starch or cake meal (for the pans)

6 eggs, separated

1 C plus 1 tsp sugar

1 C ground almonds

1/2 tsp vanilla extract

1 C heavy cream

1 jar raspberry jam, with or without seeds

extra ground almonds (for garnish)

1 pint fresh raspberries (to serve, optional)

1. Set the oven at 350°F. Grease 2 8-inch cake pans and dust them with potato starch or cake meal.
2. In a mixer, beat the egg yolks and 1 cup of sugar at high speed for 1 minute or until pale and fluffy. Add the almonds and vanilla and mix until combined.
3. In a separate bowl, beat the egg whites into stiff peaks. Add about 1/4 of the egg whites to the almond mixture. Fold gently. Repeat with remaining whites; do not overman.
4. Divide the batter between the pans. Bake the cakes in the center of the oven for 25 to 30 minutes or until the edges come away from the sides of the pan and a toothpick inserted in the centers comes out clean. Cool for 10 minutes in the pans, then gently run a knife along the edges and invert cakes onto separate plates.
5. Beat the cream with the remaining 1 teaspoon sugar until firm. Spread the jam over one layer of the cake. Place the other layer on top. Just before serving, frost the cake with the whipped cream, using the back of a spatula to create decorative peaks. Sprinkle with ground almonds and garnish with raspberries, if using.