

MATZOH BALLS (KNAIDLECH)

- 3 eggs
- 3 tablespoons chicken fat
- 1/2 teaspoon salt
- 3 tablespoons hot water or chicken soup
- 3/4 cup matzoh meal

Separate the eggs

Beat the yolks until light colored and thick.

Add the chicken fat, which should be at room temperature, and the salt and water or soup.

Beat the whites until stiff but not too dry. Fold in.

Fold in the matzo meal.

Refrigerate the batter for about 1 hour, or until batter is thick enough to form balls.

Drop the balls carefully into 2 quarts of boiling salted water or hot soup. Cover and cook for 25 minutes.

Add Matzoh Balls to soup.

Cook for another 15 or 20 minutes in the soup.

FRUIT CASSEROLE PASSOVER

- 1/2 cup dried apricots
- 1/2 cup prunes
- 1/2 cup dried pineapple
- 1/2 cup raisins
- 3 apples, pared and sliced
- 9 egg whites
- 1 cup oil
- 1 cup sugar
- 1 cup fine matza meal
- cinnamon

Put the apricots, prunes and pineapple in a bowl. Pour boiling water over them to cover and let stand for at least one hour. Drain. Add the raisins and sliced apples.

Beat the egg whites, adding sugar gradually, to a stiff meringue. Add the oil and matza meal. Mix gently but thoroughly. Fold the batter into the fruit.

Transfer to an oiled, glass baking dish (about 12" x 15"). Sprinkle with cinnamon. Bake for 45 minutes at 350 F/160 C.

MY EXPERIENCE: I first came across this recipe as a low-cholesterol concept for Pesach cooking. My family loved it, but I found it horribly sweet. Because the dried fruits are themselves so sweet, I think the sugar can be cut to 3/4 cup; even a 1/2 cup. My guess is that the oil could also be cut to 3/4 or 2/3 cup.

Other fruits also can be substituted. I used dried pears, for example, when I couldn't find pineapple.

SPINACH BAKE PASSOVER

- 2 Onions chopped
- 1 lb Mushrooms coarsely chopped
- 8 carrots coarsely chopped
- 1 zucchini coarsely chopped
- 40 oz fresh spinach chopped
or 4 boxes frozen chopped spinach (thawed)
fresh spinach recommended
- 1 Cup Matzah Meal
- 6 to 9 eggs (you decide the consistency you'd like best)
- salt
- 2 double or 4 single chicken bouillon cubes smashed to powder
- pepper
- salt

Heat oven to 325 -- Prepare 9 x 13 pan -- grease well.

Saute onions and mushrooms in 2 T oil

Combine all ingredients together in a big bowl (you can add the sauted onions and mushrooms right to the mixture without cooling)

Mix thoroughly (hands work best!)

Put into prepared pan. Bake 45 mins to 1 hour. Should be firm and set.
This also freezes really well.

From: "Andrea Herrera" (andrea@utj.org)

BROCCOLI KUGEL PASSOVER

- 1 bag pesach wide noodles boiled and drained
- 10 - 16 oz. broccoli cuts
- 3 eggs (or egg substitute)
- 1/2 pkg onion soup mix.
- 1/2 cup mayonaise (I use lowfat/fatfree)

Mix ingredients well and pour into a 9x13 in pan sprayed with vegetable cooking spray. Bake at 350 degrees for around 30 minutes until crispy on top. Serve warm.

NOTE: This can be made year round substituting real noodles, etc.

From: *Sharon Matten (kipah@tezcat.com)*

VEGETABLE

ZUCCHINI -BAKED STUFFED PASSOVER

Serving Size : 2

- 2 zucchini -- cut in half lengthwise
- 1 small onion -- finely chopped
- 4 tablespoons tomato sauce
- 1/2 tsp parsley
- 1 clove garlic -- chopped
- 2 tablespoons matzo meal

Scoop out pulp of zucchini halves. Heat pulp, onion, sauce and spices in a pan for 5 minutes. Add matzo meal to mixture and mix well. Restuff zucchini with mixture. Place in a baking dish with a little water on bottom. Bake at 450F for 30 minutes until zucchini shells are soft.

From: Annice Grinberg
(VSANNICE@WEIZMANN.WEIZMANN.AC.IL)

ZUCCHINI, TOMATO, AND CHEESE PIE

- 1 1/2 lb Zucchini
- salt
- 3 md Ripe tomatoes
- 4 tb Butter
- 1 tb Oil
- 3 Eggs; separated
- 2 c Swiss cheese; grated
- 1/2 c Feta cheese
- freshly ground pepper
- 1 tb Fresh basil; chopped or mint

Wash the zucchini, trim, and cut into 1/4 inch slices. Salt, drain, and pat dry. Meanwhile, peel the tomatoes, halve horizontally, and remove the seeds. Heat 2 Tbs. butter with the oil in large saute pan. Lightly brown the zucchini on both sides; drain on brown paper. Lightly brown the tomatoes until they soften slightly but do not become limp. Cool.

When you are ready to assemble the pie, beat the egg yolks, set aside. Place half the zucchini in 9 x 12 inch dish. Sprinkle with 1/3 of the grated Swiss cheese and half the Feta cheese, dot with 1 Tbs. butter, and sprinkle with salt, pepper, and half the basil or mint [I always use basil].

Beat the egg whites and fold into the yolks. Spread half of this mixture over cheeses. Slightly flatten the halved tomatoes, and arrange across the pie. Sprinkle with 1/3 of the Swiss cheese, half of the Feta cheese, and the remaining basil or mint. Top with the remaining zucchini slices, and season with salt & pepper. Spread with remaining egg mixture, top with the remaining Swiss cheese, and dot with remaining Tbs. butter. Bake in a preheated 400 oven for 25 - 30 minutes or until the eggs are set.

This can be done in a pie dish, quiche pan, or any 9 x 12 baking dish. It's delicious! Recipe says you can also make this without the eggs, but I can't vouch for it because I've never done it that way. Original recipe calls for putting this all in a 10 inch pastry shell, but I made it once that way, felt it wasn't worth the effort OR the additional fat and calories, and have made it without the crust ever since. This also makes it perfect for Passover, of course. Yields 4 servings.

Source: Penina Freedenberg

ONION PUDDING PASSOVER

- 6 egg yolks
- 4 onions, finely chopped
- 1/3 cup matzo meal
- 1-1/2 tsp. Salt
- 1/4 tsp. Black pepper
- 1/3 cup melted shortening
- 6 egg whites

Beat the egg yolks in a bowl. Add the onions, matzo meal, salt, pepper and shortening. Mix well. Preheat the oven to 350 f. Beat the egg whites until stiff but not dry. Fold them into the onion mixture. Pour into a greased 2-quart casserole or baking dish. Bake for 40 minutes.

VARIATIONS: can be made by adding sliced eggplant, green peppers or shredded cabbage between layers of matzos.

SQUASH PUDDING PASSOVER

Serving Size : 6

- 2 pounds summer squash -- peeled
- 2 carrots -- peeled
- 1 1/2 cups matzoh farfel -- or broken matzot
- 1/4 cup oil
- 3 eggs -- separated
- salt to taste

Brown farfel in oil. Cook veggies, and mash, Add farfel, salt, and egg yolks. Beat whites till stiff and fold in. Bake about an hour at 350F, till golden.

From: [Annice Grinberg \(VSANNICE@WEIZMANN.WEIZMANN.AC.IL\)](mailto:VSANNICE@WEIZMANN.WEIZMANN.AC.IL)

POTATO AND MUSHROOM CROQUETTES- RUSSIAN-PASSOVER

Serving Size : 5

- 1 1/2 lbs potatoes -- peeled and chopped
- 5 cups water
- 1 onion -- peeled and chopped
- 1/4 lb mushrooms
- 1 tsp oil
- 1 Tbsp water
- salt/pepper to taste
- 1 cup matzoh meal
- 1 teaspoon oil

Boil potatoes in water til tender. Drain and mash potatoes. In a separate pan, saute onions and mushrooms in oil and water over medium-high heat for three minutes. In a large bowl, mix mashed potatoes, sauteed onions and mushrooms, seasonings and matzoh meal together in a large bowl. Form 10 croquettes. Heat oil in a large non-stick frying pan over med-high heat and fry croquettes for 8 minutes on each side. Serving size is 2 croquettes per person.

MACAROONS (PASSOVER)

Source: June Rubin

Yield: 24 servings

- 1 1/3 c Flaked coconut
- 1/3 c Sugar
- 2 tb Potato starch
- 1/8 ts Salt
- 2 Egg whites
- 1/2 ts 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 to the batter if desired or you may add cherries to batter. Also good if you would like to dip them in chocolate to cover. Cookies should be light gold all over as well as edges; but do not let them get too brown. At other times of the year you may substitute flour for the potato starch.

From: [Elaine Radis \(auntie_e@prodigy.com\)](mailto:auntie_e@prodigy.com)

BROWNIES

- 1 c cake meal (I just use matzoh meal)
- 2 c sugar
- 1 pkg vanilla sugar (if available)
- 1/2 c cocoa
- 3/4 c margarine
- 4 eggs, room temperature
- 1/2 - 1 c chopped walnuts

Melt margarine and add cocoa. Let cool. Beat eggs till light, gradually beat in sugar (and vanilla sugar). Blend in cocoa mixture and cake (matzoh) meal. Blend in nuts, or save them to sprinkle over the top. Pour into a greased 9X13 pan (or two 8X8 pans). Bake 25-30 minutes at 350. Cut into squares when cool.

Source: Annice Grinberg

MANDELBRODT PASSOVER

Serving Size : 36

- 2 cups sugar
- 1/2 lb margarine
- 6 eggs
- 2 3/4 cups matzo cake meal
- 1/2 tsp salt
- 3/4 cup potato starch
- 6 oz chocolate chips
- 1 cup walnuts -- chopped
- 1 tsp cinnamon
- 2 tsp sugar

Mix the smaller amount of sugar with the cinnamon and set aside.

Cream sugar with the margarine. Add eggs one at a time, beating thoroughly after each one. Sift together cake meal, salt and starch. Fold into creamed mixture. Add chocolate and nuts. Mix well.

Form into 3 loaves, about 2" wide. Sprinkle with the sugar/cinnamon mixture.

Bake on greased cookie sheets for 45 min. at 350 degrees

Recipe By : Nina Block/Barry Freidfertig

From: *Annice Grinberg (VSANNICE@WEIZMANN.WEIZMANN.AC.IL)*

CHOCOLATE PASSOVER TORTE

- 1 cup sliced or slivered almonds, toasted*
- 1 tablespoon plus 1 cup sugar, divided
- 3/4 cup (1-1/2 sticks) butter
- 1/2 cup **Hershey's** Cocoa
- 5 eggs, separated
- 1/8 teaspoon salt
- WARM CHOCOLATE SAUCE (recipe below)

1. Heat oven to 375°. Grease bottom of 9-inch springform pan; line bottom with foil. Place cooled almonds in bowl of food processor with 1 tablespoon sugar; process until finely ground.

2. In small saucepan, melt butter; cool slightly. Stir in cocoa; cool.

3. Beat egg yolks with 3/4 cup sugar in large bowl until pale yellow. Add chocolate mixture and salt; mix well. Stir in almonds.

4. Beat egg whites until foamy. Gradually add remaining 1/4 cup sugar, beating until stiff but not dry. Add about 1/4 beaten egg whites to chocolate mixture; stir until well blended. Gradually fold remaining egg whites into chocolate. Pour into prepared pan.

5. Bake 40 to 45 minutes or until set. Cool 10 minutes in pan on wire rack. Unmold and carefully peel off foil. Cool completely. Serve with WARM CHOCOLATE SAUCE. Garnish as desired.

About 12 Servings

WARM CHOCOLATE SAUCE

1/3 cup packed light brown sugar

2 tablespoons **Hershey's** Cocoa

1 teaspoon potato starch

3/4 cup evaporated milk

1/4 cup (1/2 stick) butter

In small saucepan, stir together sugar, cocoa and potato starch. Gradually stir in evaporated milk. Cook over medium heat, stirring constantly, until mixture thickens. Add butter; stir until melted. Cool slightly. About 1-1/3 cups sauce.

*To toast almonds: Heat oven to 350°. Place almonds in single layer on baking sheet or in shallow baking pan. Bake 7 to 8 minutes, stirring occasionally, until light brown. Cool completely.

CHOCOLATE CREAM PASSOVER TORTE

- 1/3 cup plus 1 tablespoon **HERSHEY'S** Cocoa, divided
- 1/4 cup boiling water
- 2 tablespoons butter or margarine, softened
- 1 teaspoon vanilla extract
- 6 eggs, separated
- 2/3 cup sugar, divided
- 1/3 cup finely ground blanched toasted almonds
- COCOA WHIPPED CREAM (recipe below)

Heat oven to 350 F.

Line bottom of 15-1/2 x 10-1/2 x 1-inch jelly-roll pan with parchment paper or line with foil (extending slightly over sides; grease foil).

In small bowl, stir together 1/3 cup cocoa and water until mixture is smooth. Stir in butter and vanilla; cool.

In large bowl, combine egg yolks and 1/2 cup sugar; beat on medium speed of electric mixer until light and fluffy, about 5 minutes.

Add chocolate mixture and almonds, beating until well blended. In another large bowl, beat egg whites until foamy. Gradually add remaining sugar, beating until stiff peaks form. Fold 1/4 egg white mixture into chocolate mixture. Add remaining egg whites, folding well.

Pour batter into prepared pan. Bake 18 to 20 minutes or until cake springs back when touched lightly in center.

Dust cake with 1 tablespoon cocoa; cover with clean dry towel. Cool in pan on wire rack. Cut cake into 4 equal pieces. Remove paper or foil before placing on serving plate.

Prepare COCOA WHIPPED CREAM; reserve 1-1/4 to 1-1/2 cups to frost sides and ends of cake.

Place one layer on plate; spread with COCOA WHIPPED CREAM. Repeat layering, ending with whipped cream. Spread reserved whipped cream on all sides of assembled cake.

Garnish as desired.

Refrigerate until serving time. Cover; refrigerate leftover dessert.

About 12 servings.

COCOA WHIPPED CREAM

In large cold bowl, combine 1-1/2 cups cold whipping cream, 1/3 cup sugar, 3 tablespoons **HERSHEY'S** Cocoa and 3/4 tablespoon vanilla extract; beat with cold beaters until stiff. About 3 cups whipped cream.

* To toast almonds: Heat oven to 350 F. Spread 1/3 cup blanched slivered almonds in thin layer in shallow baking pan. Bake 8 to 10 minutes, stirring occasionally, until light golden brown. Cool. To grind, process in food processor.

MAIN COURSE

EGGPLANT LASAGNA FOR PASSOVER

- 1 Jar of Tomato Sauce
- 1 Eggplant
- 8 cloves of garlic
- 2 onions
- 5 mushrooms
- 8 oz. of grated mozzarella cheese
- 1/2 cup of parmesan cheese
- oregano, powdered garlic, hot pepper flakes and rosemary (dried)
- 5 pieces of Matzah

A food processor makes this very quick, but its not necessary

1. Cut up the eggplant into quarters and then slice very thinly, saute in oil until it reduces into mush.
2. Cut and chop the onions, mushrooms and garlic all together and saute in oil, sprinkle in the spices, about a 1/4 tsp. of each, and mix all the eggplant and onions all together.
3. Grate the cheese, and spray Pam into a small rectangular baking dish.
4. Pour some sauce into the dish and lay down some of the Matzah into the sauce, like noodles.
5. Spread on the sauteed veggies, sprinke on more spices, some parmesean cheese and more sauce.
6. Continue this until you use up your ingredients, ending with cheese on top. Bake at 350 for about 35-40 minutes, slice up and its like lasange.....very tasty.

Cantor Gabrielle Clissold, Coral Gables, FL

MINIATURE POTATO KNISHES

- 3 cups mashed potatoes (approx. 2 large russet potatoes)
- 2 eggs, slightly beaten
- 2 Tbsp. margarine
- 1 tsp. salt (or to taste)
- 1/8 tsp. black pepper
- 3/8 cup matzah meal
- 1 egg yolk beaten with 1 Tbsp. water
- oil for baking sheet

In medium sized bowl, combine mashed potatoes with eggs, margarine, salt, pepper, and matzah meal. I sautee a diced whole onion until nice and brown and add to mixture as well (this really adds to the flavor). Form into walnut sized balls. Brush with diluted egg yolk. Place on a well-greased baking sheet and bake in a preheated 400 oven for 20 minutes or until well browned.

Makes approximately 42 miniature knishes. Easily doubled.

Can also substitute 1 sweet potato when doubling (1 sweet, 3 russet).

Penina W. Freedenberg, Rockville, MD

HERBED POTATOES

- 750 gm old potatoes
- 4 shallots/spring onions
- 2 tblspns chopped parsley
- 1 tblspn chopped dill
- salt,pepper,
- 90 gm butter or substitute

METHOD:

Slice peeled potatoes thinly (in food processor is easiest)

Grease lamington tin 28 cm x 18 cm.

Put a thin layer of potatoes on bottom of tin.

Combine finely chopped herbs , season with salt and pepper. Layer alternately herbs and potato slices, finishing with a layer of potatoes on top. Melt butter/margarine brush over top of potatoes, cover with aluminium foil- bake in hot oven approx. 1 hour, removing foil during last 15 minutes of cooking. Make sure top is crispy. Delicious!

Tonia Komesaroff, Melbourne, Victoria, Australia

MAIN COURSE

ROAST CHICKEN WITH CINNAMON, APRICOTS & APPLES

- 3 Roasting Chickens, thoroughly cleaned and cut into 8ths
- Salt, pepper and cinnamon
- Dried apricots, cut
- Cooking apples, sliced but not peeled

Spray bottom of roasting pan with passover non stick spray.

Place cut up apricots and apples on bottom of pan.

Rub chicken with mixture of salt, pepper and cinnamon.

Place chicken on top of apricots and apples.

Cover **TIGHTLY** and slow cook at 300 degrees until done (approx. 1 1/2 - 2 hrs.)

It is a good idea to check every 15 minutes and baste when necessary.

Remember, there are no specific measurements in this recipe. Use as many apples and apricots that you wish.

If you find that the apples do not provide enough liquid, you can add a bit of apple juice to pan.

Enjoy and Happy Pesach!

Elka Birnbaum, Toronto, Canada

SWEET-N-SOUR MEATBALLS

- 2 pounds either Kosher Ground Sirloin or Ground Turkey
 - 2 onions
 - pepper
 - 1 can Cranberry Sauce
 - 1 jar Marinara Sauce
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- Chop onions into small pieces and mix them in the meat. Season mix as desired.
 - Make small meatballs and place them in a pot on the stove
 - Add cranberry sauce and marinara sauce and cook over medium heat for approximately 30 minutes. Stir occasionally.
 - After 30 minutes, turn heat down and simmer for 2-3 hours.
 - You can leave them on the stove for a long time on simmer. Should make approximately 20 balls.

Debbie Silverberg, Coral Springs, FL

HONEY GOLDEN CHICKEN – SABRA STYLE

- 1 chicken, cut into serving pieces
- 1/2 lemon
- 2 teaspoons ground ginger
- salt to taste
- 1/3 cup oil
- 1/4 cup honey

Rub chicken pieces iwth lemon. Sprinkle with 1 teaspoon ginger and salt. Combine oil, honey and remaining ginger and brush the chicken with this mixture. Roast it in a moderate oven (350 F) for 1 1/2 - 2 hours, basting occasionally with honey mixture.

Gilda Kurtzman , Israel

MAIN COURSE

SWEET & “SEDERY” POT ROAST

- 4-5 lb Brisket
 - 2 cups mixed dried fruit (prunes pitted)
 - 1-1/2 cups water or stock
 - 2 medium onions sliced
 - 1 cup medium dry white wine
 - salt & pepper to taste
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- Brown meat in heavy pot.
 - Add onions & brown over medium heat.
 - Add wine, other liquid & dried fruit; bring to simmer; add salt & pepper to taste.
 - Simmer covered for 2-1/2 hours or until tender.
 - Remove roast from pot to slicing board; skim fat from gravy.
 - Slice meat. Arrange on platter & top with fruited gravy.

Knaidlach make a nice side dish. **(Serves 8 to 10)**

Cynthia Mashioff, Lake Worth, FL

"I CAN'T BELIEVE THIS IS A PASSOVER CAKE" YELLOW CAKE

Technically, this recipe is a cross between a true sponge cake, a classic genoise and a chiffon cake. I like it because I do not have to separate the egg whites and yet I get a well- textured cake. It is an exceedingly MOIST cake that keep well and is a good foundation for fresh fruit, pareve, Passover mousse, or a chocolate ganache topping. Although the eggs are not separated you must treat them with care. Another must is a good, stationary, electric stationary mixer (e.g. such as a Kitchenaid,) with a whisk or whip attachment that will properly mount the warmed, whole eggs. For people who loathe dry cakes and think Passover cakes are suspect at best, this is a must.

- 8 large eggs, warmed
- 1/3 cup matzoh cake meal
- 1/3 cup potato starch, not packed
- 3/4 cup sugar
- 1 tablespoon Passover vanilla sugar
- 1/4 teaspoon salt
- 1 tablespoon lemon or orange zest, finely minced
- 1 tablespoon lemon juice
- 3 tablespoons melted, unsalted Passover margarine or oil
- Extra Potato Starch for Dusting

Preheat oven to 350 F. Generously grease a ten inch springform pan or a 9 by 13 inch rectangular pan. Dust with potato starch and line bottom with parchment paper, cut to fit.

Warm eggs (still in shells - do not open) by placing in a bowl and covering with very hot water for 1-2 minutes (water should be hot but not so hot as to crack eggs open and cook them but hot enough to warm them up. This is the most important step. Do not omit it. Heat mixing bowl by filling with very hot water and then dry completely.

Meanwhile, sift together cake meal and potato starch. Place lemon juice and melted margarine in a small bowl together. Set these ingredients aside.

Break warmed eggs into mixing bowl of an electric mixer along with sugar, vanilla sugar, salt, and citrus zest. Using whip attachment, beat on low speed just very briefly just to combine ingredients. Then increase to high speed for 12 minutes. Batter will be extremely voluminous.

Pour batter into a very large mixing bowl. In a smaller bowl, stir together the potato starch/matzoh cake meal mixture, combining well. Then fold this mixture into egg batter, folding gently to combine but taking care not to deflate the mixture unduly (some deflation is impossible to avoid). Gently drizzle and fold in lemon juice and melted margarine or oil.

Pour batter into prepared pan. Bake 30-35 minutes until cake is set in centre or until cake seems just firm when lightly touched. Cool well before removing. Note: This is not a high cake (anywhere from 1 1/2 inches to 2 1/2 inches high) but it is very flavorful and moist. **Serves 8-10**

PASSOVER VANILLA CINNAMON MANDELBROT

- 3/4 cup oil
- 1 1/4 cup sugar
- 3 eggs
- 1/2 cup apple juice or gingerale
- 1 tablespoon Passover vanilla sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 cups approx. matzoh cake meal).

Mix everything. Bake in a log (or in a greased loaf if batter is too loose and requires support). Bake 350 F for about 45 minutes or until top is slightly firm.

Cool well (even wrap in foil and chill to make slicing easier), slice, rebake at lower heat, grind into crumbs if this is for a recipe such as the apple crisp.

*This recipe is from **A Treasury of Jewish Holiday Baking** by Marcy Goldman and has been reprinted with permission from the author. The book will be available in September, 1998, from Doubleday.*

MATZAH LASAGNA

- 4 matzahs
- 1 lb. cottage cheese
- 1¼ cups grated mozzarella cheese
- ½ cup grated parmesan cheese
- ½ teaspoon black pepper (optional)
- 30-34 oz. prepared marinara or flavored tomato sauce

Directions

1. Grease pan big enough to fit matzahs (can use olive oil spray)
2. Place enough marinara sauce in it to cover the bottom, about ½ cup.
3. Place a matzah on top.
4. Spread tomato sauce over matza
5. Place some of cottage cheese mixture on top of the matzah in the pan.
6. Sprinkle mozzarella and parmesan cheeses over cottage cheese
7. Repeat steps #3 to #6 until out of matzah
8. End with tomato sauce
9. Top with the ¼ cups mozzarella cheese and parmesan cheese not used earlier
10. Add 1/2 cup water
11. Cover
12. Bake at 350° for 35-40 minutes.

yields 4-6 servings

VEGETABLE

POTATOES AND ONIONS BAKED IN BROTH

6 medium potatoes peeled and sliced into 1/2 in slices

2 cups chopped onions

1 and 1/2 cup vegetable broth

1 tsp oil

salt and pepper to taste

Place all ingredients in a 9 x 13 baking pan and cover.

Bake 350°F for 1 hour

Serves six

VEGETABLE

CUCUMBER SALAD

3 to 4 cucumbers
1 tbsp salt
1 onion, sliced
1/2 cup vinegar
1/2 cup water
1/2 tbsp sugar
1/4 tsp pepper

Peel and slice cucumbers
Place cucumbers in salt and let stand for at least 1/2 an hour
Drain extra fluid from cucumbers
Add sliced onion
Mix remaining ingredients in another dish
Pour over the cucumbers

QUINOA TABOULI

2 cups cooked quinoa (see [Quinoa pilaf](#))
1-2 tbsp freshly squeezed lemon juice (to taste)
1 tbsp extra virgin olive oil
1 tsp kosher salt (or to taste)
1 cup fresh chopped parsley and/or mint leaves (more of less to taste)
1 cucumber (chopped)(optional)
1 tomato (chopped)(optional)
freshly ground pepper (to taste)

Mix quinoa and parsley/mint together
Add rest of vegetables
Add lemon juice and olive oil, stir adjust to taste
Season with salt and pepper, to taste

MATZOH BALL SOUP

- 4 Tablespoons schmaltz (chicken fat)
- 1 whole chicken (about 4 pounds), cut up [in 8 pieces]
- 10 cups mineral or filtered water
- 1 large Spanish onion, chopped
- 2 celery stalks, chopped
- 3 carrots, peeled and chopped
- 1 bunch fresh thyme, leaves chopped and stems reserved
- 2 bay leaves
- 2 teaspoons kosher salt
- ½ teaspoon ground black pepper
- 2 cups fresh shelled green peas
- ½ cup dry vermouth
- 1 teaspoon minced fresh garlic
- 1/2 cup chopped fresh Italian parsley

REGINA'S MATZOH BALLS:

- 2 ½ cups mineral or filtered water
 - ¾ cup schmaltz (chicken fat), or vegetable oil
 - 1 ½ teaspoons kosher salt
 - 2 1/2 cups matzoh meal
 - 1 ½ teaspoons chopped fresh Italian parsley
 - ½ teaspoon ground ginger
 - 7 eggs
1. Melt 2 tablespoons of the butter in a large stockpot over medium heat. Add the chicken pieces and brown on all sides. Add the water, bring to a boil, reduce heat, and simmer for 10 minutes, until the chicken is cooked through. Remove the chicken with a slotted spoon, reserve the poaching liquid, and when cool enough to handle remove the meat from the bones and set aside. Strain the poaching liquid to remove solids, reserving 8 cups, and set aside.*
 2. Melt the remaining 2 tablespoons of butter in the pot over medium heat. Add the onion, celery, and carrots and sweat for 4 minutes, until tender. Tie the thyme stems together and add them to the pot with the bay leaves, salt and pepper.
 3. Add the chicken and reserved poaching liquid and bring the mixture to a boil. Reduce heat, partially cover, and simmer for 20 minutes.
 4. Meanwhile, to make the matzoh balls, combine the water, schmaltz, and salt in a medium saucepan over medium heat and bring to a boil.
 5. Gradually add the matzoh meal and stir with a wire whisk until the mixture pulls away from the sides of the pan. Stir in the parsley and ginger and mix well.
 6. Add the eggs, one at a time, mixing well after each addition. Reduce heat to low and cook for 25 minutes, stirring frequently.
 7. Drop the matzoh dough by heaping spoonfuls into the simmering soup. Cover and simmer 15 minutes.
 8. Stir in the chopped thyme, vermouth, and garlic and heat through.
 9. To serve, remove the bay leaves and thyme stems, ladle the soup into bowls, and top with the chopped parsley. Yield 10 cups

* To de-fat the stock, refrigerate for 1 hour, until a fat layer forms on the surface. Skim the layer of fat off the top and discard.

SWEET POTATO LATKES

- 2 cups finely grated sweet potatoes
- 1 medium onion, finely grated
- 2 large eggs, beaten
- 2 tablespoons matzo meal
- salt and pepper to taste
- vegetable oil for frying

Mix all ingredients together. Heat oil in frying pan until hot. Drop batter into pan by tablespoons and flatten. Fry over medium heat until brown on both sides.

FILLET OF SOLE FLORENTINE

This elegant dish makes a great dinner and is especially nice for a Shabbat or holiday meal.

3 lbs (1 and 1/2 kilos) fresh spinach - cooked, chopped and drained well
2 T. butter
3 cloves garlic - crushed
2 lbs (1 kilo) fillet of sole
1/2 cup (125 ml) white wine
1/4 cup (60 grams) melted butter
1/4 tsp. salt
1/2 tsp. pepper
1/4 cup (60 grams) flour (potato flour during Pesach)
1 cup (250 ml) heavy cream mixed together with
1 cup (250 ml) milk
1 cup (250 grams) grated kosher Swiss cheese
2 tsp. sweet paprika

Melt the 2 T. of butter with the garlic and mix into the spinach. Put aside and keep warm. Poach the fish in the wine over a low heat until tender (around 10-12 minutes). Put the spinach into a rectangular baking dish.

Lay the fish on top of the spinach. In a saucepan melt the 1/4 cup (60ml) butter over medium-low heat. Add the salt, pepper and flour. Stirring continuously, add the milk/cream mixture and bring to a boil. After one minute of boiling, remove from the heat and let cool for another minute. Stir in the cheese and pour over the spinach and fish. Sprinkle with paprika and broil until browned lightly.

HORSERADISH

1 large piece horseradish root (3/ 1 pound)
1/2 cup liquid sugar
2 medium beets
1 cup water
2 tablespoons coarse salt
juice of 2 lemons (6 tablespoons)

Peel and wash horseradish and beets. Grind into large bowl. Add salt, sugar, water, and lemon juice. Add more beets if you desire more color, more water for thinner consistency. Adjust seasonings to taste. Yields 2 cups.

*Excerpted from The Spice and Spirit of Kosher Passover Cooking.
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MATZAH BALLS

1 pound matzah meal or 1 pound ground matzah
3-4 eggs, well beaten
pinch of salt
3/4 cup soup stock
1/4 cup water

Mix matzah meal, eggs and salt. Form into balls and boil in 6-quart pot filled with salted water for 20-30 minutes.

Remove and drain. Put in soup broth until ready to serve.

*Excerpted from The Spice and Spirit of Kosher Passover Cooking.
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Brooklyn, NY.*

PERFECT MATZAH BALLS

2 eggs slightly beaten
2 tablespoons oil or chicken fat
2 tablespoons soup stock or water
1/2 cup matzah meal
1 teaspoon salt

Beat eggs slightly with fork. Add other ingredients, except matzah meal, and mix. Add matzah meal gradually until thick. Stir. Refrigerate for 20 minutes in covered bowl.

Wet hands and form into balls. Drop into bubbling chicken soup or into a large wide pot into which 1 quart water seasoned with 1 tablespoon salt has been added and has come to a boil. Cook for 30 minutes. Yields 4 balls per each 1/4 cup of matzah meal.

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VEGETABLE

TZIMMES

2 pounds carrots
1/2 pineapple, crushed
3/4 cup water sugar syrup (optional)

Peel and slice carrots. Cook in slightly salted water for about 20 minutes or until almost done.

Crush pineapple in blender. Add to carrots. Cook another 15 minutes until soft. Add sugar syrup to taste.

Variation: Substitute sweet potatoes for pineapple and add more sugar.

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My Synagogue puts on a community seder for about 100 people.

From the head table, we do a variation of objects representing the 10 plagues.

We throw out into the community - Red jellybeans for the Blood, toy Frogs, small toy insects for Vermin, small toy dinosaurs for wild beasts, white jelly beans for lice, red kush balls for boils, plastic baseballs for hail, toy grasshoppers for locusts, black jellybeans for darkness, little toy babies for death of the firstborn. The sight of these things coming out of the sky as we read off the plagues is quite amusing.

APPLE MATZAH KUGEL

6 matzahs
3 eggs plus 1 egg white
1/2 tsp. salt
1/2 cup sugar
2 teaspoons cinnamon
1/2 cup margarine, melted
3/4 cup chopped walnuts
1 cup raisins
4 apples, skinned and chopped
1 stick margarine

Break matzah and soak in water until soft. Drain, but do not squeeze dry. Beat eggs with salt, sugar, cinnamon and melted margarine. Add to matzah. Stir in walnuts, raisins and apples. Pour mixture into greased casserole. Dot top with additional margarine. Bake in 325 degree oven for about 1 hour.

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Apple Matzah Kugel	Bread
Brownies – Passover	Dessert
Broccoli Passover Kugel	Vegetable
Chocolate Cream Passover Torte	Dessert
Chocolate Passover Torte	Dessert
Cucumber Salad	Vegetable
Honey Golden Chicken – Sabra style	Main
Roast Chicken with cinnamon, apricots and apples	Main
Eggplant Lasagna – Passover	Main
Fruit Casserole – Passover	Fruit
Horseradish	Condiment
Matzah Lasagna	Main
Macaroons – Passover	Dessert
Mandelbrodt – Passover	Dessert
Mandelbrot – Passover Vanilla Cinnamon	Dessert
Matzah Balls	Bread
Perfect Matzah Balls	Bread
Matzoh Balls (Knaidlech)	Bread
Matzoh Ball Soup	Soup
Meatballs – Sweet-N-Sour	Main
(Russian) Potato and Mushroom Croquettes – Passover	Vegetable
Onion Pudding – Passover	Vegetable
Potato Kinishes (MINIATURE)	Potato
Potatoes – Herbed	Potato
Potatoes and Onions Baked in Broth	Potato
Pot Roast – Sweet & Sedery	Main
Quinoa Tabouli	Salad
Fillet of Sole Florentine	Main
Spinach Bake – Passover	Vegetable
Squash Pudding – Passover	Vegetable
Sweet Potato Latkes	Potato
Tzimmes	Dessert
Yellow Cake “I Can’t Believe this is a Passover Cake”	Dessert
Zucchini – Baked Stuffed – Passover	Vegetable
Zucchini, Tomato and Cheese Pie	Vegetable