

**"Why is this night different
from all others?"**



Life in Messiah Passover Seder Recipes

SUGGESTED MENU OPTIONS

Appetizer, if desired:

Relish tray (olives, pickles, sliced carrots, and other veggies)

First course:

Matzah ball soup or tossed salad

Main course:

Meat - broasted chicken, or any recipe not using dairy or bread products, beef brisket or roast beef

Vegetables - Any vegetable such as broccoli, carrots, or green beans (no cream sauces or bacon bits!)

Oven browned new potatoes (no butter or sour cream) or rice pilaf

Beverages:

Coffee or tea (non-dairy creamer); ice water and/or ice tea/or punch

Dessert:

Coconut macaroons; sponge or honey cake are the traditional dessert of Passover, but any dessert is acceptable that doesn't use butter, cream, yeast, baking powder or baking soda. Strawberry shortcake is also nice (use Cool whip, no whipped cream, and angel food cake without leavening)

REMEMBER: You can make any substitutions you would like as long as no dairy products or yeast are used for an authentic experience!

PASSOVER RECIPES

(Be creative and have fun)

HAROSET (one of the seder elements)

1 cup chopped apples

½ cup chopped walnuts

grape juice

1 tsp. cinnamon

1-3 tsp. sugar or honey, to taste

Core, peel, and dice apples very fine (or chop in food processor). Add cinnamon, chopped walnuts and a little honey to sweeten. Add just enough grape juice to moisten the mixture. Finished product should resemble mortar. Place in small dishes at each table so available to all sitting at that table.

Approximately 12 servings.

MATZAH BALL SOUP (Matzah ball mix may be purchased in most larger grocery stores; just follow directions on the package; if they are unavailable you may try the recipe for homemade matzah balls below)

2 T. chicken fat (or Crisco type fat)

½ cup matzah meal

2 eggs, beaten
2 T. water

1 tsp. salt

Mix together matzah meal, salt, eggs, water, and lard. Refrigerate 20 minutes. Roll mixture into balls. Balls should be about the size of a walnut. Drop balls into boiling salt water. Cook, covered, 30 minutes. (Don't peek or they'll sink and harden!)

May be prepared ahead and refrigerated. About one half hour before serving the soup, drop balls into boiling chicken broth (chopped veggies may be added for more flavor) to heat. Plan one large or two small balls per serving. (Note: they do expand when placed in broth.)

CARROT TZIMMES

6 carrots, sliced and cooked

1 cup chicken consomme

2 T. flour (substitute matzoh meal for Passover)

½ cup brown sugar

pinches of salt and pepper

2 T. chicken fat or margarine

Melt fat in frying pan. Stir in flour and slowly add consomme. Stir until thickened slightly. Add sugar, salt, and pepper. Gently fold in cooked carrots. Keep warm until serving time.

CHICKEN WITH FRUIT SAUCE (Lowfat and sugar-free)

6 boneless chicken breast halves (with skin on)

½ T. ginger

2 (16 oz.) cans sliced or halved peaches in juice

2 T. soy sauce

1 (6 oz.) can frozen orange juice concentrate

1 T. cornstarch mixed with ½ cup cold water

3 T. all-fruit orange marmalade

3 T. raisins

Place chicken in a baking pan that has been sprayed with cooking spray. Bake at 400 for 30 minutes. While chicken is cooking, drain juice from peaches into a saucepan; set peaches aside. Add orange juice, marmalade, ginger and soy sauce to juice in pan. Heat until boiling; stir in cornstarch mixture and stir until thickened, about 2 minutes. Add reserved peaches and raisins. Remove chicken from baking pan; remove skin, if desired. Drain drippings from pan. Return chicken to pan and pour sauce over all. Return to oven for 15 minutes more. Makes 6 servings.

*This recipe is from the Jews for Jesus Family Cookbook.

PLUM CHICKEN

3 lbs. chicken, cut into pieces

1 ½ tsp. lemon juice

1 onion, sliced thin

1 ½ tsp. Dijon mustard

1 clove garlic, crushed

1 (8 oz.) can crushed pineapple, in its own juice

2/3 cup plum preserves

In large frying pan or Dutch oven sauté onion and garlic in small amount of oil until soft; remove and set aside. Add chicken pieces to pan and cook over medium heat until tender and golden brown. Add sautéed onion and garlic along with remaining ingredients; bring to a boil. Cook over low heat until chicken is cooked, about 10 minutes. Serves 4-6.

*This recipe is from the Jews for Jesus Family Cookbook.

BAKED ORANGE CHICKEN (4-6 servings)

3 lbs. chicken (in parts)	¼ tsp. tarragon
2 tsp. paprika	¼ cup water
¼ tsp. pepper	½ tsp. fresh-grated lemon peel
¼ tsp. thyme	½ tsp. fresh-grated orange peel
2 tsp. salt	¼ cup freshly squeezed lemon juice
1 tsp. garlic powder (to taste)	½ cup freshly squeezed orange juice

Season chicken with seasonings. Place in shallow baking dish, skin side down. Combine rest of ingredients, and pour over chicken. Bake uncovered at 375 degrees for about 40 minutes. Turn the chicken and continue baking about 35 minutes more. Baste with pan juices once or twice.

For large groups - double amount of chicken to one recipe seasonings and juices.

BEEF BRISKET (8-10 servings)

3-5 lbs. Beef Brisket (plain, not corned beef)
3 T. Liquid Smoke
½ tsp. each meat tenderizer, salt, pepper, celery salt, garlic salt, onion salt, paprika
1 tsp. Worcestershire sauce
Barbecue sauce
Brown sugar

Brush meat with liquid smoke (usually found at the grocery store near the Worcestershire sauce) and Worcestershire sauce. Mix all dry seasonings in a small bowl, and sprinkle over both side of meat. Let marinade in glass pan or tupper overnight (or at least 3 hours). Wrap in heavy duty (or doubled regular) foil and place in 9X13 pan. Bake at 300 for 3 hours, roll back foil and continue baking another 2 hours. Don't pour off juice. Set aside to cool. When cool, remove from pan, slice thin and return to pan with juices. Refrigerate (up to a couple of days or freeze for up to a month). About 1 hour before serving, skim off hardened fat from juices, top with a little barbecue sauce and sprinkle with brown sugar. Reheat at 300 for 45 minutes to 1 hour, uncover for last 20 minutes.

This sounds like a lot of work, but it is my favorite recipe for company. All of the work is done ahead of time, and it always turns out tender.

MANDARIN ORANGE SALAD (serves 12-15)

Dressing: 2 cups olive oil (or vegetable oil)	1 cup sugar
1 cup red wine vinegar	4 tsp. salt
¼ tsp. pepper	1/3 cup dried parsley
8 drops Tabasco sauce	

Glazed Pecans or almonds: ½ cup pecans (or sliced almonds) 3 T. sugar

In heavy pan, constantly stir (to prevent burning) sugar and pecans until sugar melts and coats nuts. Remove to wax paper to cool.

Salad: Wash and tear into bite size pieces, 3 heads of red leaf lettuce (Romaine is ok, but not as tender). Add ½ cup diced celery; 1 small red onion, cut in thin rings; and 1 or 2 cans, drained, Mandarin oranges. Just before serving, add glazed nuts and toss gently with dressing.

COCONUT MACAROONS

8 egg whites	2 tsp lemon juice and a little grated rind
2 2/3 cups sugar	2 tsp vanilla
4 T. matza meal	pinch salt
6 cups coconut	

Separate out yolks from eggs; beat whites well, adding sugar gradually; add remaining ingredients. Drop by tablespoons on cookie sheet, greased and sprinkled with matzah meal. Bake in 325 degree F. oven for about 15 minutes.

RASPBERRY MERINGUE KISSES (Makes about 9 dozen)

3 egg whites	1/8 tsp. salt
3 ½ T. raspberry gelatin	1 cup mini chocolate bits
¾ cup sugar	1 tsp. vinegar

Beat egg whites and salt until foamy; add gelatin and sugar gradually. Beat until stiff peaks form and sugar is dissolved. Mix in vinegar; fold in chocolate bits. Drop from teaspoon onto ungreased cookie sheets covered with brown paper. Cookies will not spread so may be placed very close together. Bake at 250 degrees for 25 minutes. Turn oven off and leave cookies in oven 20 minutes longer.

SPONGE CAKE

¾ cup potato starch	½ tsp. almond flavoring
¼ cup fine matzah meal	1 tsp. fresh lemon rind
1 ½ cups sugar	1 tsp. grated lemon rind
8 eggs	¼ tsp. salt

Note: where matzah CAKE meal is available, use ½ cup matzah cake meal and ½ cup potato starch in place of above.

Preheat oven to 325 degrees.

Sift together (at least twice) the potato starch and matzah meal. Set aside.

Beat egg whites with salt until foamy; slowly add ¾ cup sugar, little by little; keep beating until whites are stiff but still shiny. Set aside.

Beat yolks until frothy; slowly add balance of sugar (¾ cup), beating until very thick. Add lemon juice, lemon rind, and almond flavoring and mix. Gently fold egg whites into egg yolks. Slowly sift potato starch/matzah meal mixture over egg batter, folding gently as you sift. When blended, pour into an ungreased tube pan and bake 1 hour. Remove from oven; immediately turn pan upside down. Cool

cake 1 hour before removing from pan. Makes a good cake for strawberry shortcake!

CHOCOLATE RASPBERRY MOUSSE (Serves 8-10)

¼ cup sugar	1/3 cup red raspberry syrup
4 oz. bittersweet chocolate	2 egg whites
2 cups non-dairy whipped topping	

Cook sugar and syrup in a small saucepan over very low heat until sugar is dissolved; do not let it turn brown. Let cool.

Melt the chocolate and add to the syrup. (If mixture seems too thick, add a tsp or two of boiling water or raspberry syrup.)

Beat egg whites until very stiff. Fold chocolate mixture into egg whites. Fold the whipped topping into the chocolate mixture. Chill well before serving.

PASSOVER CAKE (Serves 8-12)

11 eggs, separated
4 cups Hazelnuts, ground
2 cups sugar
4 T. matzoh meal
1 rounded T. potato starch

Beat egg whites until stiff, set aside. In large mixing bowl, beat egg yolks, ground hazelnuts, sugar, matzoh meal and potato starch. Gently fold in beaten egg whites. Slowly pour cake batter into well greased 10" springform pan that has also been sprinkled with matzoh meal. Bake at 350 for 1 hour. Cool completely before removing from pan.

FALLEN CHOCOLATE SOUFFLE TORTE

¼ cup blanched almonds (1 oz.)
3 T. potato starch
1 cup sugar
½ cup boiling water
3 ounces of bittersweet or semi-sweet chocolate, chopped fine
½ cup unsweetened cocoa
2 egg yolks
1 T. brandy
4 egg whites (room temperature)

Optional Raspberry glaze:

¼ cup red currant jelly or seedless raspberry jam
1 pint of raspberries

Position the rack in the lower third of the oven and preheat to 375. Place a round of parchment paper in the bottom of the pan and spray the sides with vegetable oil spray.

In a food processor or blender, grind the almonds with the flour until very fine. Set aside.

Combine the chopped chocolate, cocoa, and $\frac{3}{4}$ cup of the sugar in a large mixing bowl. Pour in the boiling water and whisk until mixture is smooth and chocolate is completely melted. Whisk in the egg yolks and brandy. Set aside.

Beat the egg whites in a medium mixing bowl on medium speed until soft peaks form. Gradually sprinkle in the remaining sugar and beat on high speed until stiff but not dry. Whisk the potato starch and almonds into the chocolate mixture to lighten it, Fold in the remaining egg whites. Scrape the batter into the pan and level the top if necessary.

Bake for 30-35 minutes, or until a toothpick or wooden skewer inserted into the center comes out with a few moist crumbs clinging to it. Cool in the pan on a wire rack. Torte will sink like a souffle.

Taking care not to break the edges of the torte, slide a knife between the torte and the pan and run it around the pan to release the cake completely. Invert cake onto a plate and remove pan and paper liner. Turn right side up on a cardboard circle or platter. Torte may be stored, covered, at room temperature for 1 day or frozen for up to 2 months.

Optional Raspberry Glaze: Simmer jelly or jam for 1-2 minutes. Brush evenly over the top and sides of torte. Arrange 1 pint of raspberries in concentric circles on top of the torte until it is completely covered.

CHOCOLATE MACAROONS

$\frac{2}{3}$ cup blanched almonds (3 oz.)

1 cup sugar

2 T. unsweetened cocoa

$\frac{3}{8}$ tsp. almond extract

1-2 egg whites

Line cookie sheet with parchment paper.

Grind the almonds with the sugar and cocoa in a food processor until fine. Add the almond extract and pulse to combine. With the motor running, slowly add just enough of the egg white to form a thick sticky paste that barely holds its shape when dropped from a spoon.

Drop slightly rounded teaspoons of batter about 1-1/2 inches apart onto the sheets. Let stand at room temperature for 30 minutes before baking.

Position the racks in upper and lower third of the oven and preheat to 300. Bake macaroons for 20-25 minutes. They will puff and be slightly crisp and crackled on top; centers will still be moist but not completely gooey. Cool completely on a rack before peeling of the parchment paper. Macaroons may be stored, airtight, at room temperature for up to 3 days, or frozen for up to 2 months.

* The other option is buying mixes if they are available in your area. (I usually do for the Matzah balls. The mix is easy; just add water, egg and oil and follow the directions.) And there are many different type dessert mixes. They are a bit expensive, but not more than the ingredients usually for making from scratch. It just depends on your personal preferences, time and budget.