

PASSOVER RECIPES LIKE MAMA USED TO MAKE....

Chicken Soup with Matzo Balls

There's nothing better when you're feeling under the weather than homemade chicken soup. Adding hearty matzo balls to the broth is a Passover tradition, but this soup is also perfect for any blustery day.

Ingredients

1 stewing chicken (4 lbs.)
10 cups cold water
3 carrots, cut into 1-inch pieces
3 ribs celery, cut into 1-inch pieces
2 medium onions, halved
1 parsnip, cut into 1-inch pieces
3 garlic cloves, peeled and halved
10 black peppercorns
3 parsley springs, divided
4 teaspoons salt

MATZO BALLS

4 large eggs, lightly beaten
1/2 cup water
1/3 cup rendered chicken fat*or shortening, melted
1 cup matzo meal
1 teaspoon salt
1/8 teaspoon freshly ground black pepper
Pinch ground nutmeg

Directions

Prep Time: 100 minutes
Cooking Time: 200 minutes

1. Place chicken and the 10 cups water in large saucepot. Bring to boil; reduce heat. Cover and simmer 30 minutes; skim broth. Add vegetables, garlic, peppercorns, 2 parsley sprigs and the 4 teaspoons salt; cover and simmer 2-1/2 hours. Cool slightly and remove chicken. (Reserve chicken for another use.)

2. Strain soup; reserve a few carrot pieces and cut into thin slices for garnish. Refrigerate overnight. Skim off fat.

3. Make Matzo Balls: Combine eggs, the 1/2 cup water and the melted fat in medium bowl. Stir in matzo meal, the 1 teaspoon salt, the pepper and nutmeg. Cover and refrigerate 1 hour.

4. Bring 1-1/2 quarts water to boil in medium saucepan. With wet palms, roll matzo mixture into 1-inch balls and drop into boiling water. Simmer, covered, 20 minutes. Remove with slotted spoon and add to soup. Garnish with remaining parsley sprig and reserved carrot slices, if desired. Makes 10 cups soup and 20 Matzo Balls.

*Note: To render chicken fat: Remove large pieces of fat from around cavity of raw chicken. Cut into small pieces and melt in small saucepan over medium-low heat. Cool and use for matzo balls.

Make-Ahead Tip: The strained soup can be made ahead. Cover and refrigerate up to 3 days. To serve, prepare matzo balls as directed. Re-heat soup. Serve as directed.

Total Time

50 minutes

Serving Size 8



Chocolate Macaroons – Dessert, best served with fruit cocktail

At one time, this traditional cookie was only available during Pass-over. For this holiday, desserts may not be prepared with any grain or flour, or leaveners such as yeast, baking powder, or baking soda.

Ingredients

8 ounces almond flour
6 ounces powdered sugar
3 ounces cocoa powder
4 large egg white
2 tablespoons granulated sugar

Directions

1 Sift the almond flour, powdered sugar, and cocoa powder together into a large bowl. Beat the egg whites and sugar to stiff peaks. Gently fold the sifted dry ingredients into the egg white mixture.

2 Line baking sheets with parchment paper. Fill a pastry bag fitted with a No. 6 tip with the chocolate mixture. Pipe into rounds 1 1/2 inches in diameter and about 1 inch apart.

3 Preheat oven to 400 degrees F (205 degrees C). Let the macaroons dry for 20 minutes at room temperature to develop a crust.

4 Bake the macaroons until puffed and cracked on the upper surface. Transfer the parchment paper, to a wire rack to cool completely.



SOUTHWESTERN TSIMMES STUFFED IN CHILIES

3/4 pound pitted prunes
6 medium peeled carrots, cut in chunks
3 medium sweet potatoes (about 2 pounds), peeled and diced
6 tablespoons honey
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/2 teaspoon salt
1 tablespoon lemon juice
1/4 cup orange juice
2 tablespoons chopped fresh coriander
12 green or red Anaheim chilies

1. Mix all the ingredients except the coriander and the chilies in a greased 3-quart baking dish.
2. Cover and bake in a preheated 250-degree oven, stirring occasionally, until the vegetables are soft, but not mushy, about 2 hours. Let cool.
3. Using a fork or a potato masher mash the mixture coarsely with the chopped coriander to facilitate stuffing into the chilies. This can be prepared a day ahead.
4. Place the chilies on a cookie sheet in a preheated 450-degree oven. Roast for about 20 minutes, turning occasionally, or until the skin is black. Remove to a plastic or paper bag and leave until cool. Peel off the skin.
5. With a sharp knife, make a slit from the bottom of the stem to the point of each chili.
6. Gently scrape out the seeds and rinse the inside of the chili.
7. Pat each chili dry and stuff with chopped tsimmes so that each chili is slightly overstuffed, causing the slit in the chili to open, exposing the filling.
8. Bake in a preheated 350-degree oven for 10 to 15 minutes. Alternately, you can merely put the stuffing mixture in a greased flat casserole, approximately 9- by 13-inch, and bake in a 350-degree oven for about 20 minutes or until it is warm.

Yield: 10 to 12 servings

CHAROSET

This mixture is used during the ceremonial portion of the seder.

8 apples
2/3 cup almonds
3 tablespoons sugar, or to taste
1/2 teaspoon ground cinnamon
Grated rind of 1 lemon
4 tablespoons sweet red wine

Equipment

Measuring cup
Measuring spoons
Vegetable peeler
Knife
Wooden chopping bowl
Old-fashioned chopper or food processor

Child: Peel the apples and cut them in quarters, removing the core. Using your chopping bowl and chopper, chop together all the ingredients. The apples and almonds should be about the size of the chunks in chunky peanut butter. Add red wine to taste.

Makes about 3 cups.



Matzoh Kugel a side dish to the main meal

There are many variations on this theme. This recipe comes from my good friend Laura who also enjoys the creative challenge of Passover.

Ingredients

6 matzas
6 eggs
1 cup sugar
1 teaspoon vanilla
2 tablespoons margarine, softened
1 cup soaked raisins
1/2 cup chopped pecans
2 granny smith apples, grated

Preparation

Preheat oven to 400 degrees F. Break matzah into small pieces. Place in a medium-sized bowl and cover with hot water. Wait one minute and drain.

In another bowl, beat the eggs. Add sugar, vanilla, margarine, raisins, pecans and apples. Mix with the matza. Pour into greased 3-quart casserole. Sprinkle with cinnamon and sugar. Dot with margarine. Bake at 400 degrees for 10 minutes. Lower heat to 300 degrees and bake for another 20 minutes. Great warm or cold.
Serves 8.



Chicken Cacciatore

Ingredients

2 tablespoons olive oil
3 boneless, skinless chicken cutlets (about 1/4-inch thick)
2 green peppers, chopped
2 red peppers, chopped
2 yellow peppers, chopped
2 large carrots, chopped
1 large can (28 ounces) stewed tomatoes
1 cup sliced black olives
1 cup sliced green olives
1/2 pound mushrooms, sliced
1 teaspoon oregano
1 teaspoon basil
salt and pepper to taste

Preparation

Heat olive oil in a large skillet over medium heat. Cook chicken until lightly browned (3-4 minutes per side). Sprinkle with oregano, basil, salt and pepper. Remove chicken from skillet. Add peppers, carrot, tomatoes, olives and mushrooms. Saute for 5 minutes. Return chicken to skillet. Cook, uncovered, for about 5 minutes.

Serves 8.



Moroccan Lamb Stew

Description

This adds a Moroccan flavor to your seder, connecting you to Jews of different countries. An unusual delight.

Ingredients

1/4 cup olive oil
1 large onion, chopped
4 garlic cloves, minced
1 teaspoon cinnamon
1 teaspoon cumin
1/2 teaspoon ginger
1/2 teaspoon coarsely ground black pepper
3 pounds lamb stew, cubed
3 cups beef broth
2 cinnamon sticks
1 tablespoon lemon peel
1 cup pitted prunes
1 cup whole blanched almonds

Preparation

Mix together olive oil, onion, garlic, cinnamon, cumin, ginger and pepper in a large Dutch oven. Add meat and stir to coat. Add broth, cinnamon sticks and lemon peel. Bring to a boil, then simmer, partially covered for 1/2 hour. Stir in prunes and almonds and simmer for another 1-1/2 hours. Serves 12



PREPARING FOR A PASSOVER SEDER AT YOUR CHURCH...

1. Publicity out 6 weeks prior to event and in church bulletins 3 weeks prior to the event
2. PSA out 6 weeks before hand ***INVITE THE COMMUNITY TO COME AND INVITE YOUR MEMBERS TO BRING THEIR UNSAVED FRIENDS!***
3. Identify setup/cleanup serving team for meals
4. Identify food preparation team
5. If you are having special music, have music to choir 5 weeks prior to event
6. Decorations committee (optional) **DO YOU HAVE A SCHOOL? GET THE CHILDREN INVOLVED IN DOING THEIR "PASSOVER ART" AND PLACE THEM WHERE EVERYONE CAN SEE!**
7. Preparation of the Haggadahs by 3 days before the event – **GET A TEAM TO PRINT, COLLATE AND STAPLE Haggadah.**
(THE RECIPES AND OTHER PAGES ARE NOT NEEDED FOR THE HAGGADAH)
8. Tickets on sale 4 weeks prior to event through the church office (IF YOU ARE SELLING TICKETS TO COVER THE COST OF THE MEAL)
9. Co-ordination meeting prior to event to discuss flow chart for Seder



Seder flowchart:

- A. food secured and ready for preparation in morning NO BREAD, Matzahs (UNLEAVENED BREAD) only!
- B. **tables set up, pre-set with these items before people arrive:**
 - I. candle & matches
 - II. box of matzah/table
 - III. bowl of parsley (enough for one sprig per person)
 - IV. bowl of salt water
 - V. bowl of horseradish (prepared medium hot, enough for at least a teaspoon per person)
 - VI. bowl with 4 eggs hard boiled, peeled and cut in half
 - VII. bowl of charoseth (see recipes – give lots, people love this!)
 - VIII. wine/grape juice (they are filled once and sipped from four times during the seder – this is a ceremonial item, not the drink of the evening!)
 - IX. wine glasses
 - X. silverware, napkins, condiments
 - XI. water glasses and pitcher of water
 - XII. bread baskets for the offerings & offering envelopes
- A. 1 head table with microphone and set up with ceremonial items, but no meal eaten there
- B. Choir begins with pre-seder music at 6:20 PM (optional)
- C. Order of service begins at 6:30 PM, choir music interspersed
- D. Food service to begin at approximately 7:10-7:15 PM (soup should be ladled and ready to go) food service to be cleared by 8:30 PM -
- E. Conclusion of the seder by 9:00 PM
- F. Cleanup and out the door by 10:00 PM
- G. **IF THERE IS GOING TO BE AN OFFERING FOR THE APPLE OF HIS EYE, Please send the offering and the envelopes to The Apple of His Eye HQ in St. Louis.**