

A Passover menu

If you want to approximate a kosher meal there are certain details to remember. No flour, bread or raising agent can be used in any part of the meal. If meat makes up part of the meal, milk, cream or other dairy products must not be used in any part of the meal. No pork or seafood should ever be used. Do think through how the meal will be served. It will not be easy to do much last minute preparation just before you serve (this is where slow cookers and heated trolleys come into their own!). The most solemn part of Passover Seder comes immediately after the meal, so leave the clearing up until the end of the evening.

Setting the Table

Your table should have:

1. A white tablecloth
2. Two candlesticks with white candles and matches
3. A matzah cover containing three pieces of matzah
4. A large white napkin
5. A Seder plate with the ceremonial food
6. Red wine or grape juice
7. A small bowl of salt water
8. A small plate and a glass for each person, for the ceremonial part of the Seder
9. A large bowl and a jug of water with a towel near the table.

To start

10. Boiled eggs served with salad
11. Binding – the sandwich

Main course suggestions

12. Chicken in orange sauce
13. Baked potatoes
14. Green vegetables

Dessert suggestions

15. Cinnamon balls and coconut pyramids

Other

16. Charoset

Recipes

Chicken in orange sauce

This is an Israeli-style dish and is very good for Passover, as it will keep in a moderate oven for a long time, while you are having the first part of your Seder. If you use a slow cooker, follow the manufacturer's instructions for chicken casseroles.

For 6 people

- 6 chicken portions
- 1 large onion, chopped
- 1 clove of garlic, crushed
- Olive Oil
- 2 tablespoons matzah meal (or potato flour)
- Salt
- ¾ pt (430 ml) orange juice
- 1 teaspoon cinnamon
- 4 cloves
- 2 oz (55 g) almonds (optional)
- 3 oz (85 g) raisins

Using a frying pan, sauté the onions and seal the chicken pieces in the oil and garlic. Place into a casserole dish or slow cooker. Add the matzah meal (or potato flour), salt, cinnamon and cloves to the fat in the pan and stir to a smooth paste. Add the orange juice slowly, stirring all the time. Bring mixture to the boil and pour over the chicken. Cook at a moderate temperature, 160 degrees C (325 degrees F, gas mark 3) for two hours or until the chicken is cooked. It can remain in the oven for another hour while you have the first part of your Passover Seder.

Binding - The Sandwich

This is an Israeli-style dish and is very good for Passover, as it will keep in a moderate oven for a long time, while you are having the first part of your Seder. If you use a slow cooker, follow the manufacturer's instructions for chicken casseroles.

Olive size piece of roasted lamb
2 - 1 inch X 1 inch pieces of matzah
1 parsley sprout/romaine lettuce leaf dipped in horseradish

Binding – the sandwich

Take unleavened bread and bitter herbs and eat them together with the Paschal lamb that you might perform what is said, 'With unleavened bread and with bitter herbs shall they eat it.'

Each person should take two pieces of Matzah and put bitter herbs between them to make a sandwich, which they eat.

Cinnamon balls

Cinnamon balls and coconut pyramids are Ashkenazi Passover recipes, popular among British Jews.

2 large egg whites
2 tablespoons sugar
1 tablespoon ground cinnamon
8 oz (225 g) finely ground almonds
1 tablespoon potato starch

Grease two large baking sheets, then coat them with extra potato starch, tapping off excess. Beat egg whites until foamy, and then beat in the sugar. Continue beating for several minutes until the whites form stiff shiny peaks. Stir in the almonds, cinnamon and potato starch until well combined. Form into small balls and place about 2 inches apart on the sheet. Bake for 15-to-20 minutes in a moderate oven 160 degrees C (325 degrees F, gas mark 3). They should be firm and lightly browned. Store in airtight container.

Coconut pyramids

These are symbolic of the pyramids the Israelites were made to build.

2 egg whites
6 oz (170 g) desiccated coconut
3 oz (85g) caster sugar
1 tablespoon potato starch

Prepare tins as for cinnamon balls. Whisk egg whites stiffly. Add sugar and continue beating until the whites form stiff shiny peaks. Stir in coconut and potato starch and mix well. Form into pyramids and arrange on tins. Bake it in a very moderate oven (140 degrees C, 290 degrees F, gas mark 2) for 20 minutes or until they are slightly golden on the surface.

Charoset (apple, nut, spice and wine mixture)

How to make Charoset

1 apple, grated
1 teaspoon cinnamon

- 2 tablespoons sweet red wine or grape juice
- 1 tablespoon chopped walnuts
- 1 teaspoon honey

Prepare all the ingredients and then mix together well. The resulting mixture should be lumpy and of a similar consistency to heavy porridge or moist stuffing. If you have a food processor, the easiest way to make haroset is to blend it all roughly in one go, adding the apple at the end. The proportions are not exact but are based on a family meal for six to eight people.

Roasted egg

The egg should be baked or roasted if possible.

Matzah

This should be available in most supermarkets. It is the modern unleavened bread that is more like a large biscuit. Sometimes they are in boxes that say 'Not Kosher for Passover'. There are subtle differences but, unless you are in a Jewish home using special Passover crockery and a kosher kitchen, your Passover will not be technically kosher anyway, so these matzahs are fine. There are fourteen in an average box. You will only need about half a piece per person. Place three in the matzah cover and any others on a plate on the table. It is important that they are not broken beforehand.

Red wine or grape juice

There are four 'cups', so about one bottle is needed for every six people. Each 'cup' needs only be enough for a toast to be drunk.

The Seder Plate

A Seder plate can easily be made out of a large platter or else a round tray. This needs to be small enough to fit on your table but large enough easily to fit five small bowls in a circle. Those bowls are each filled with a different ceremonial food: horoset, horseradish, parsley, a roasted egg and lettuce. There should also be room to fit a lamb bone among the circle of dishes.

Most seder plates have six dishes for the six symbols of the Passover seder. These are:

- Maror (bitter herbs: *Horseradish*)
- Karpas (vegetable: *Parsley*)
- Chazeret (bitter vegetable: *Lettuce – ex. Romaine*)
- Charoset (*apple, nut, spice and wine mixture*)
- Zeroa (*Shankbone*)
- Beitzah (*Roasted Egg*)

