

Authentic Passover Recipes

UNLEAVENED BREAD

1/2 cup whole wheat flour
1/2 cup white flour
1 teaspoon salt
1/2 cup water (or as needed)
Flour of cornmeal (for flouring the pan only)
1 tablespoon vegetable oil for greasing pan

Combine flours and salt. Slowly add water until dough sticks together. Knead until dough is soft and elastic.

Cover and let rest on a floured surface for 30-45 minutes. Divide dough into 12 small lumps. Dust hands with flour, pat lumps flat and gently stretch the dough until it is about 6 inches round. Flour the rounds and put in a very hot frying pan. When bread bubbles turn over and cook on the other side. When it puffs up turn over again and keep turning until both sides have black spots (about 3 minutes).

STUFFED VINE LEAVES

One of the most ancient dishes in Jerusalem cuisine.

Vine leaves (fresh or preserved)
2 cups long-grain rice
1 finely chopped onion
1 finely chopped tomato
Juice of 2-3 lemons
Salt, pepper
1 teaspoon turmeric
2 teaspoons garlic powder
3-4 cloves of garlic

Prepare the vine leaves. If fresh, put pile of leaves in a deep pot, add boiling water and let boil for about

10 minutes. Drain well. If preserved leaves, then put in a large bowl of boiling water and let stand for at

least 20 minutes. Drain soak in a bowl of cold water for 30 minutes and rinse, then drain well.

Pour boiling water over 2 cups of long grain rice and let stand at least 10 minutes. Drain. Add 1 finely chopped onion, 1 finely chopped tomato, salt, pepper, garlic powder, turmeric. Take a vine leaf with the vein side up, put a small tablespoon of rice on the bottom of the leaf and fold over tightly. Then fold in the two sides and continue rolling up tightly. Line a pot with vine leaves and slices of tomatoes, then pack the stuffed leaves in light layers. Make a mixture of water, oil, salt, pepper, turmeric, garlic and lemon juice and pour over the leaves. Put a plate on top of the leaves to keep them down in the water and then cover the pot. Cook over a very low flame for 1 - 2 hours, until tender.

TABBOULEH

2 cups cracked wheat
1 large onion finely chopped
1 small chopped tomato
Salt, pepper
1/2 cup chopped parsley
2-4 tablespoons chopped fresh mint
1/2 cup olive oil
Lemon juice

Soak cracked wheat in water for 1/2 hour, drain and squeeze out as much water as possible. Spread out to dry on clean cloth. Mix dried cracked wheat with onions, tomatoes and the remainder of ingredients. This salad should have a lemony taste.

STUFFED DATES (with Marzipan)

1 pound dates
3 cups whole, blanched (skinless) almonds (ground)
2 cups granulated sugar
1 cup water
2 egg whites (slightly beaten)
3/4 tablespoons confectioner's sugar
1 teaspoon vanilla extract

Heat water and granulated sugar in a saucepan until the sugar is dissolved and the mixture comes to a boil. Let it boil steadily, without stirring until the temperature reaches 232° on a candy thermometer. Remove from heat and beat until the mixture turns slightly cloudy. Stir in ground almonds, egg whites and vanilla. Cook over gentle heat for 2 to 3-minutes or until the mixture pulls away from the side of the pan. Turn mixture onto a surface that has been sprinkled with some of the confectioner's sugar. Knead the mixture until smooth, working in the rest of the confectioner's sugar. Pull off pieces and roll into balls or olive-shaped pieces. Remove pits from dates, open and stuff marzipan into middle. Close to remake date shape. Wrap any left-over Marzipan in foil or wax paper and store in an airtight container.

CARAMEL ALMONDS

1 cup fresh whole almonds with skin
1/2 cup sugar
1 cup water
2 tablespoons oil

Using a heavy frying pan, add all the ingredients stirring constantly over a high flame. The mixture will turn white at first, and then with constant stirring will turn a nice caramel color. At this point remove from flame and immediately turn onto an oiled marble counter. Using two forks, spread the mixture out so that the almonds are separated. Do this very carefully as the mixture is very hot, and if the nuts are not separated while it is still hot the skins will separate from the nuts.

HAROSETH

Haroseth is a mud like mixture that contains apple, raisins figs, nuts, wine and honey. Haroseth represents the hard labor of brick making by the Hebrew slaves in Egypt.

2 apples
1/3 cup (2 oz) walnut pieces
1/3 cup (2 oz) sliced or slivered almonds
1/2 cup honey
1/2 cup dry wine
4 dried figs
1/2 tsp cinnamon

Chop apples, walnuts and figs in food processor until fine. Mix with honey and wine. Let it set for 6-8 hours.