

# *Celebrating and Creating Traditions*

PASSOVER RECIPES & IDEAS

A SMALL SAMPLER TAKEN FROM  
THE DIGITAL COOKBOOK



A COOKBOOK BY THE WOMEN OF TEMPLE RODEF SHALOM

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## Celebrating and Creating Traditions: Passover Recipes & Ideas

Back by popular demand!

The Cookbook Committee of the Women of TRS has recreated their sold out, print version, 2-volume Passover Cookbook into a digital, one volume edition that can be downloaded and then read using Adobe Reader.

This Sampler contains: Rabbi Amy Schwartzman's Introduction to the Passover Cookbook; a Guide on Preparing the Seder Table; a few of our favorite recipes for Passover, such as Charoset, Noodle Kugel, Broccoli Casserole, Brisket with Fabulous Gravy, and a classic dessert, Chocolate Glazed Torte. We hope you enjoy the Rabbi's Introduction and the recipes we chose for you to try.

Money raised from the sale of the complete digital Cookbook will help the many charities the Women of TRS supports, including the Temple. The Committee hopes you will try the recipes included in this Sampler and decide to buy your own digital copy of the complete cookbook with over 120 recipes.

“Celebrate and embrace Pesach as a joyful and distinct time: to live and eat in a different way.”

## RABBI'S INTRODUCTION TO THE PASSOVER COOKBOOK

Passover is my favorite holiday. For some people it feels like a burden, but not for me. I love this holiday from the spring cleaning to the beautifully set Seder table to the last serving of matzah brie. In my mind, Passover, or Pesach in Hebrew, brings with it our once-a-year china, special table linens, decadent desserts and an abundance of delicious foods. One can choose to see the holiday as a time of deprivation, not eating bread, pasta and pastries, or one can embrace Pesach as a joyful and distinct time to live and eat in a different way. I choose the latter.

Passover is a holiday of renewal, renewal of us as well as our people and its values. Through the rituals experienced during the Seder we remember the time when the people of Israel were slaves and when we were brought out of oppression and enslavement in Egypt. That significant event influenced not only the generation who left Egypt with Moses, but subsequent generations of Jews as well. The struggle for freedom, individually and as a nation, and the fight against oppression, for us and others, have defined us and guided us. We continue to strive for this ideal today.

One of the most exciting aspects of this holiday is that it is always changing. We celebrate our exodus from Egypt not only by getting rid of chametz (leavened foods) but also by bringing new ideas, symbols, ceremonies and foods into our lives. Some of the preparations and practices are the same each year. But we also look forward to each Pesach being a bit different from previous ones. New customs, new recipes, new Haggadot and songs keep this celebration fresh, dynamic and eternally relevant. I encourage everyone to enrich their Passover experience by considering expanding old rituals and adding new ones. For example, the cup of Elijah is a component of the Seder that dates back thousands of years.

Recently, a cup for Miriam was added to honor Moses' sister whose voice is not traditionally heard in the Haggadah. The midrash says that a *well* followed the Israelites as they wandered in the desert. This well was in honor of Miriam's bravery and devotion to the Jewish people. Not only is it wonderful to see this new custom added to the Seder table, it is often accompanied by discussions of inspirational women who have contributed to Judaism, or the singing and dancing of 'Miriam's song.' The possibilities are endless.

It is this blending of the old and the new, the known and yet –to-be-experienced, that is part of Passover. From customs to cuisine, we embrace long established roots while striving for to grow new branches and fresh fruits. We are not 'enslaved' to repetition and habit but 'free' to expand upon our rich tradition. We hope that this cookbook will enable new ways for all of us to enjoy the delicious flavors of the holiday.

*Rabbi Amy Schwartzman*

## PREPARING THE SEDER TABLE

Preparing the table for Passover is very important; it sets the mood for the Seder. It should be set with a lovely table cloth as you would do for an elegant dinner.

Each participant should have a Haggadah and wine glass. The person who leads the Seder should have a pillow or cushion on the chair. There should be a hand washing station for the leader to use before the Seder commences and for the participants to use before they eat.

The table should have

1. 2 candle sticks and candles
2. A large goblet for Elijah's Cup filled with wine
3. A second goblet for Miriam's Cup, a new tradition
4. A dish of salt water for dipping the greens\*
5. A plate with three matzos\*\*, each wrapped in a napkin, or a special matzo bag with three compartments to hold three matzos
6. Wine\*\*\* kosher for Passover, in a quantity sufficient for each participant to have four glasses
7. The Seder Plate with the following
  - a. Zeroa – roasted lamb shank bone symbolizing the Pascal lamb sacrificed in the Temple
  - b. Baytzah – roasted egg symbolizing a festival offering by pilgrims to the Temple
  - c. Karpas – parsley symbolizing Spring
  - d. Charoset – (see recipe on following page) symbolizing the clay used to make bricks for the Pharaoh to build the pyramids
  - e. Maror – horseradish bitter herb (fresh horse radish root or prepared horseradish, in a jar, kosher for Passover) symbolizing the bitterness of slavery
  - f. Chazeret – romaine lettuce bitter herb (see NOTE on following page)

\*Depending on the number of guests at your Seder table, you may want to strategically place extra bowls of salt water, parsley, Charoset, Maror and plates of matzo on the table, so as the participatory roles occur there is enough of everything to go around.

\*\*During the Seder the middle matzo is broken in half and one part is hidden as the afikomen to be found and then ransomed; the Seder cannot conclude until the afikomen is eaten as dessert. A napkin or something else is needed to wrap the afikomen.

\*\*\*Although any kosher Passover wine is acceptable, a sweet wine might be used for the first glass since that is the glass over which the Kiddush is said.

NOTE: that there are two bitter herbs on the Seder plate: one labeled Maror and one labeled Chazeret. The one labeled Maror is for Maror (horseradish) and the one labeled Chazeret (romaine lettuce) is for the Hillel sandwich. According to an ancient custom, Chazeret and Charoset are eaten between two pieces of matzo. That is known as the “Hillel” sandwich.

### Basic Charoset Recipe

1 C peeled, cored and finely chopped firm red apple

1 tsp cinnamon

¼ C chopped walnuts

Passover sweet wine

Mix first three ingredients. Add enough wine to bind mixture. Multiply ingredients to get to proper amount for size of Seder.

# AUNT PAULINE'S NOODLE KUGEL

*Servings: 8-10*

*Prep: 20 min    Bake: 60-75 min*

## Ingredients

**½ LB hard cooked Passover  
wide noodles**  
**6 eggs**  
**½ C sugar**  
**1 tsp vanilla**  
**1 LB cottage cheese**  
**½ LB cream cheese**

**½ LB farmers cheese**  
**1 PT sour cream**  
**2 C milk**  
**Topping: ½ C sugar**  
**1 tsp ground cinnamon**  
**3 tsp ground walnuts**  
**butter for greasing the pan**

## Special Utensils

*Pot and colander, 9" X 12" glass baking dish, mixing bowls, electric mixer*

## Directions

1. Preheat oven to 350 F, grease baking dish with butter
2. Cook noodles 5 min (al dente), rinse under cold water, drain excess
3. Spread noodles evenly on the bottom of the baking dish
4. Beat eggs well in large mixing bowl, add next 7 ingredients beating well after each addition
5. Pour egg mix carefully over noodles: immerse them in liquid
6. Bake 30 min in preheated oven, prepare topping
7. Topping: mix sugar, cinnamon and nuts together in a small bowl
8. After timed 30 min, open oven and carefully pull oven rack towards you: sprinkle sugar/cinnamon/nut mix all over kugel
9. Gently push back oven rack, close oven door, lower temperature to 325 F and bake 30-45 min more or until center tests done
10. May serve either hot, warm or cold

*Hint: All of the cheeses, sour cream and milk may be substituted with low fat products and does not affect the flavor.*

# BROCCOLI CASSEROLE

*by: Vicki Nelson*

*Servings: 4 main*

*Prep: 15-20 min Bake: 1 hr*

## Ingredients

**20 Oz fresh broccoli spears or floret\* do not use frozen**

**½ tsp salt**

**¼ LB butter or margarine**

**1 LB large curd cottage cheese**

**5 TB potato starch**

**3 eggs**

**½ C grated Swiss cheese**

**½ tsp salt**

**dash of pepper**

**1 TB butter or margarine for greasing pan**

## Special Utensils

*8" X 8" glass baking dish*

## Directions

1. Preheat oven to 350 F, grease pan
2. Steam fresh broccoli in salted water until barely tender, do not overcook, drain
3. Lay broccoli on the bottom of prepared glass dish
4. In medium size bowl: stir melted margarine, cottage cheese, potato starch, eggs, Swiss cheese, salt and pepper together
5. Pour stirred contents on top of broccoli
6. Bake 1 hr or until edges turn brown in preheated oven

*\*Broccoli floret has smaller stems that resemble the full sized broccoli. Broccoli casserole has been tested using ¾ C egg beaters (egg substitute) in place of the 3 eggs and low fat large curd cottage cheese and it did not affect the taste.*

*Hint: Serve broccoli casserole with a salad and matzo for a great vegetarian luncheon meal on Passover. When served as a side dish, this recipe will serve 6.*

# BRISKET WITH FABULOUS GRAVY

*by: Judy Seiff*

*Servings: 8-10*

*Prep: 15 min Cook time: 4 hr*

## Ingredients

**4-5 LB brisket (trim away most of the fat)**      **1 16 Oz can sliced carrots**  
**1 jar apricot preserves**      **1-2 envelopes onion soup mix**

## Directions

1. Preheat oven to 350 F, line 3-5 QT baking dish with heavy duty aluminum foil so that it drapes over all the sides of the dish
2. Cut 2 long pieces of heavy duty aluminum foil (bigger than baking dish size) and lay it on your counter (lay one horizontally and one vertically)
3. Blend preserves, and next 2 ingredients in food processor until smooth, spread ¼ of sauce on top of foil
4. Place meat, fat side up, on top of sauce
5. Top meat with remaining sauce, wrap meat tightly in foil
6. Transfer foil/meat package to foil lined baking dish, rewrap meat again to prevent foil from breaking, bake 4 hr
7. Meat cooks in sealed package and forms gravy
8. After 4 hr: cool down sealed package 30 min before transferring to refrigerator overnight; do not remove foil
9. Remove foil: transfer ½ of cold gravy to a 3-4 QT baking dish
10. Transfer meat to cutting board and slice meat on the diagonal
11. Add sliced meat to baking dish, top meat with remaining gravy
12. Cover with foil and proceed to step 13 or freeze for later use
13. To serve: Preheat oven to 325 F, reheat covered in foil 45 min
14. Pass extra gravy in separate dish or use a special gravy boat
15. Defrost brisket in refrigerator overnight then follow steps 13-14

*Hint: Judy has switched to using low sugar preserves and low sodium vegetables and soup mix to make the sauce healthier to eat. Brisket tastes better made 1-2 days before serving. Clean up is extremely easy, if the foil does not break. Freeze cut brisket in its sauce for up to 1 month.*

# CHOCOLATE GLAZED TORTE

*by: Bernice Porrazzo*

*Servings: 16*

*Prep: 25 min    Bake: 75 min*

## Ingredients

<b>non stick cooking spray</b>	<b>2 TB oil</b>
<b>1 TB cake meal for dusting pan</b>	<b>6 TB unsweetened cocoa</b>
<b>5 large eggs separated</b>	<b><u>Glaze and Garnish</u></b>
<b>pinch of salt</b>	<b>8 Oz bittersweet chocolate</b>
<b>1 ¼ C sugar</b>	<b>broken into small pieces</b>
<b>1 tsp vanilla</b>	<b>¼ C half and half</b>
<b>2 tsp almond extract</b>	<b>toasted slivered almonds</b>
<b>½ C ground almonds</b>	

## Special Utensils

*9" spring form pan, wire whisk*

## Directions

1. Preheat oven to 325 F, grease spring form pan with non stick cooking spray and dust with cake meal
2. Beat egg whites and salt until stiff peaks form, set aside
3. Beat egg yolks and sugar for 10 min until pale and thick
4. Add to yolk mix: next 7 ingredients, should be a very hard paste
5. Mix in 1/3 of stiffened egg whites to the chocolate almond mix
6. Use wire whisk to fold in remaining egg whites until whites all incorporated
7. Pour batter carefully into prepared pan
8. Bake on middle rack for 1 hr without opening the door then turn oven off and open door and leave cake in the oven for 10-15 min more
9. Remove from oven, release cake from pan when cooled
10. Top with chocolate glaze
11. Glaze directions: bring half and half to boil; add chocolate (a piece at a time) stir after each addition until chocolate melts
12. Immediately spread chocolate glaze all over top of cake; cool cake to set chocolate glaze; use your creativity to garnish cake's glaze with toasted almonds; serve at room temperature

*Hint: Freezes well, bring to room temperature to serve.*