

Ingredients for a **Perfect Seder**

**Some ideas to help everyone
have a wonderful Seder**



**We want everyone to truly enjoy their Seder.
Please support our annual Pesach Chesed Appeal.**

Dear Friends,

Did you know that in 2013 a JPR survey found that 71% of Jews in the UK will be attending a Pesach Seder?

Why is Seder night more widely observed than any other of our rituals? I'd suggest that this is because the Seder is a time of unity and continuity.

Much of Seder night is geared towards teaching our traditions, especially to our young. The Hagada was delivering experiential education millennium before anyone had even heard of the term. Seder night isn't just something we do, it's something we experience.

It should be a time of celebration, yet as we sit down at our Seder, can we truly celebrate if we haven't played our part in helping those in need?

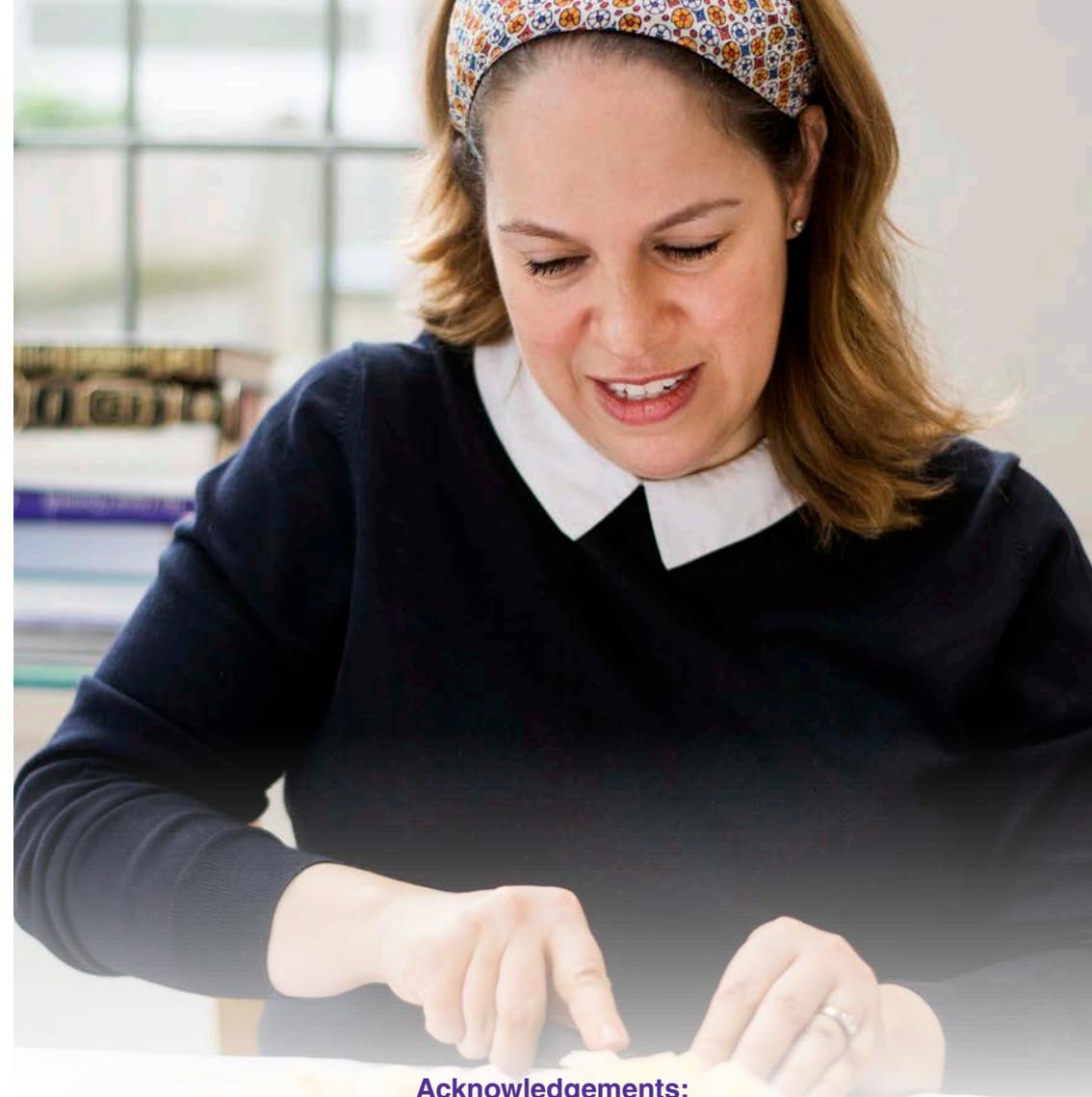
As you look through this booklet, please remember those for whom Pesach may not be a time of joy. We want every member of our community to be able to enjoy their Seder. We want everyone to have fun being involved. (Our 'build your own' matzah house on the back page is not just for the young ones; do send us a picture of your creations - the best will win a special prize and be published on our website!) We want our delicious recipes to be eaten by as many people as possible. But for all this to be possible there is one ingredient we all have to add: Chesed / Lovingkindness.

Please support our Pesach Chesed Appeal. Please help those who want to share in our celebration; a night or two every year, surrounded by family and friends, as our people have done since we went from a nation of slaves to a people who cherish their freedom.

Wishing all of us a wonderful and happy Pesach.



Rebbetzen Ilana Epstein



Acknowledgements:

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Over a thousand people every year rely on our support to make their Pesach



The Seder Plate:

This plate is the focus of proceedings at the seder. Whether an ornate dish or a humble napkin, it bears the ceremonial foods around which the Seder is based.

In addition, three matzot are placed on top of each other on a plate or napkin, and then covered. Some separate the matzot from each other with interleaved plates, napkins or special matzah covers.

Karpas:

Many have the custom to use parsley, called karpas in Hebrew. Others use radishes or boiled potatoes.

After Kiddush, all wash their hands as they would before eating bread or matzah, but without saying a blessing over this. Everyone then takes a very small piece of the vegetable, dips it in saltwater and after the appropriate blessing is said, the karpas is eaten.

Matzah:

With three matzot we can break one (as a slave would in sharing, because they would not have a whole matzah to themselves), and still have the two whole matzot needed to recite the Hamotzi blessing. On Shabbat and Yom Tov, we use two whole loaves / chalot; on Pesach we use matzot for this. This matzot also symbolise three groups of Jews: Priests (Cohanim), Levites and Israelites.



Charoset (Paste):

Charoset is a combination of fruits, nuts and wine, resembling the bricks and mortar made by the Jews toiling for Pharaoh. The maror is dipped in Charoset before it is eaten. Customs as to the ingredients for charoset vary by family; included in this booklet is a child friendly version.

Beitza (egg):

A hard-boiled egg represents the pre-holiday offering (chagigah) that was brought in the days of the Holy Temple. Many eat these eggs with saltwater which is set on the table.

Zeroa (shankbone):

A piece of roasted meat represents the lamb that was the paschal sacrifice on the eve of the exodus from Egypt, and annually on the afternoon before Passover in the Holy Temple in Jerusalem. Some use a foreleg of a lamb, though others use something that is distinct from the actual offering so as not to appear to offer a paschal sacrifice in the absence of the Temple. Many use a roasted chicken neck or wing as long as it is on the bone.

Maror and Chazeret (Bitter Herbs):

Bitter herbs (maror) remind us of the bitterness of our slavery in Egypt. Fresh grated horseradish, romaine lettuce or endives are common choices.

After the recital of most of the Haggadah comes the ritual handwashing with the usual blessing, before eating matzah. This is followed by some maror, and then a sandwich of matzah and maror; the latter is taken from the chazeret.

Inspiration for the main meal:

The following pages contain some delicious recipes with ingredients that should be within everyone's budget.

Pesach is a contradiction for the avid cook as so many foods are off limits. The idea is to make the most of the flavours that are available to us and build on them. An additional limitation is that in many homes there is the custom to not eat roasted foods at the Seder. Included in our menu are old fashioned dishes that rely heavily on stove top cooking, it's a bit of a throwback to the way my grandmothers used to cook, making the most of what you have.

Chicken Soup

This is more of a method than a recipe, and was handed down to me by my mother many years ago.

In a **very large soup pot** (between 6-8 litre capacity). Place a **small chicken** that has been cleaned and cut up into quarters. Cover the chicken with cold **water**, until about 2 inches short of the top of the pot. Bring to the boil uncovered and skim off the scum that appears at the top of the pot. When at a boil, add a large handful of **salt** and less than a teaspoon of **black pepper**. Add the vegetables, **3 onions peeled** with roots intact, **6 carrots peeled** with roots trimmed, **2 parsnips peeled** with roots trimmed, **6 celery stalks**. Optional vegetables that can also be added at this point include, the heart of a green cabbage, courgette, dill and parsley. Bring the soup to a boil. Once boiled, lower the flame so that the soup maintains a very slow rolling boil. Partially cover and allow to cook for two hours.





Kneidel Balls

One of my son's friends calls these kneidel balls, inadvertently mixing the English and Yiddish together – I hope it catches on!

Ingredients

4 eggs
60 ml (1/4 cup) vegetable oil
60 ml (1/4 cup) sparkling water
130 grams (1 cup) matzah meal
1 teaspoon Salt

Method

In a medium bowl mix the eggs well with a fork. Add the oil, sparkling water, matzah meal, and salt, mix well. Cover and refrigerate for half an hour.
Dip your hands in cold water and make balls about an inch in diameter.
Bring water to a boil in a large pot. Add salt and place the matzah balls in the water. Cover and simmer for about 30 minutes until soft.

Egg Noodles

These are pure nostalgia in my family; these noodles are reserved only for Pesach, and though labour intensive are simple to prepare.

Ingredients

4 eggs
40 grams (1/4 cup) potato starch
80 ml (1/3 cup) water
Salt and pepper to taste

Method

Whisk together the eggs, potato starch, water and salt in a bowl until well blended and a bit foamy. Make sure you get all the potato starch blended into the eggs.
Heat a crepe pan over medium heat. Spray with non-stick coating or use small amount of oil.
For an 8" - 9" crepe pan, I use about 1/4 cup of batter. When the pan is hot, pour the batter into the pan and lift it from the heat. Roll the batter over the bottom of the pan until it is evenly covered. Set on the heat until the top seems dry.
Gently flip and just cook for 30 seconds or so on the second side. Turn the crepe out of the pan onto a plate. Repeat until the batter is used up.
Stack two or three crepes together, roll them up and with a sharp knife cut into thin strips. Set aside until ready to use, covered in cling film, otherwise these dry up fairly quickly.

Provençal style chicken

Ingredients

- 2 bone-in, skin-on chicken breast halves
- 4 bone-in, skin-on chicken thighs
- 2 tablespoons vegetable oil
- 400 grams white button mushrooms, cleaned and sliced in half
- 1 large shallot, finely chopped
- 3 tablespoons brandy
- 120 ml (½cup) dry white wine
- 470 ml (2 cups) chicken stock
- 1 can (400 grams) chopped tomatoes
- 1 tablespoon minced fresh parsley leaves
- 1 tablespoon minced fresh tarragon leaves

Method

Sprinkle chicken pieces evenly with salt and pepper. Heat oil in 12-inch skillet (with a cover – for later) over medium-high heat until very hot. Add chicken pieces skin side down and cook without moving them until skin is crisp and well browned, 5 to 8 minutes. Using tongs, turn chicken pieces and brown on second side, about 5 minutes longer. Place browned chicken on a plate and set aside while you prepare the sauce.

Pour off all but 2 tablespoons fat from pan. Add mushrooms and cook over medium-high heat until mushrooms start to brown, 6 to 8 minutes. Reduce heat to medium and add shallots; cook until softened, about 1 minute longer.

Add brandy and wine; using wooden spoon, scrape browned bits from pan bottom. Simmer briskly until reduced to glaze, about 3 minutes. Add stock and tomatoes and simmer over medium-high heat; simmer briskly until liquid, mushrooms, and tomatoes measure about 1 1/2 cups 15 minutes.

Add the chicken back to the pan, cover and cook until internal temperature of the breast reaches 160F degrees on instant-read thermometer, and thighs until internal temperature reaches 175F degrees, about 25-35 minutes.

Add parsley and tarragon and adjust seasoning with salt and pepper. Spoon sauce over chicken and serve.





Broccolini with chilli and garlic oil

Chilli and garlic oil can be used as a great dressing for all kinds of vegetables and salads. For tips on how to check vegetables please check out the Learn About Kosher section of The US website at www.theus.org.uk/kosher

Ingredients

Two large batches broccolini or broccoli (about a kilo)

60 ml (1/4 cup) olive oil

2 cloves garlic finely sliced

1 red chilli finely sliced (seeds removed, depending on how hot you can take it)

Salt

Method

Bring 1 litre of water to boil in large saucepan. Stir in broccolini and salt and cook until tender, about 2½ minutes. Drain broccolini and set aside.

Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge broccolini to stop the cooking process. Drain again.

Heat oil, garlic, and chilli in small skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Store the broccolini and garlic oil separately until ready to serve, just before serving drizzle the broccolini with reserved oil. Season to taste with salt.

Garlic and olive oil mashed potatoes

Ingredients

2 kilo russet potatoes, peeled and cut into medium pieces

5 medium cloves garlic, peeled

2 teaspoons kosher salt plus ¼ additional teaspoon

½ cup extra virgin olive oil plus 2 additional tablespoons

½ teaspoon ground black pepper

2 teaspoons fresh lemon juice

Method

Place potatoes in large saucepan with water to cover by 1 inch. Bring to boil over high heat; reduce heat to medium-low and cook at bare simmer until just tender (potatoes will offer very little resistance when poked with paring knife), 40 to 45 minutes.

While potatoes are simmering, mince 1 garlic clove (or press through garlic press). Place minced garlic on cutting board and sprinkle with 1/8 teaspoon salt. Using flat side of chef's knife, drag garlic and salt back and forth across cutting board in small circular motions until garlic is ground into smooth paste. Transfer to medium bowl and set aside.

Mince remaining 4 cloves garlic (or press through garlic press). Place in small saucepan with 1/4 cup olive oil and cook over low heat, stirring constantly, until garlic foams and is soft, fragrant, and golden, 5 minutes. Transfer oil and garlic to bowl with raw garlic paste.

Drain cooked potatoes; set food mill or ricer over now-empty saucepan. Working in batches, process through food mill or ricer into saucepan. Add remaining salt, pepper, lemon juice, and remaining 6 tablespoons uncooked olive oil to bowl with garlic and cooked oil and whisk to combine. Fold mixture into potatoes and serve.



AFICOMAN – THE SEDER DESSERT. At the end of the Seder meal we eat the Aficomani, The custom after eating this is that no more food is consumed until the morning so that the taste of the matzah remains on our palette. Thus all recipes for dessert should really be viewed here as 'pre-dessert' recipes!

Drunken chocolate mousse

Ingredients

- 150 grams plain chocolate finely chopped
- 4 tablespoons strong coffee
- 3 eggs separated
- 1 teaspoon vanilla extract
- 3 tablespoons liquor (brandy, orange and coffee liquor all work well here)
- 3 tablespoons caster sugar
- 100 ml parve whipping cream (optional)

Method

Place chopped chocolate, and coffee in a small bowl over a simmering saucepan of water, without letting the bowl touch the water. When the chocolate has melted stir together, then remove the pan from the heat.

In a large bowl whisk the egg yolks with the vanilla extract, then stir in the melted chocolate, when the mixture is smooth, stir in the liquor.

In a separate bowl whisk the egg whites until firm peaks form, add the sugar a tablespoon at a time, and continue whisking until stiff peaks form. Fold the egg whites into the chocolate mixture (if using cream, whisk the cream until it has thickened and hold its shape, and fold into the chocolate mixture after the egg whites).

Decant into small serving dishes, chill in the fridge for at least an hour.

Matzah Brittle

Ingredients

- 2 cups broken up matzah – from about 3 boards
- 400 grams (2 cups) granulated sugar
- 60 ml (1/4 cup) water
- 1/2 teaspoon salt
- 3 tablespoons salted butter or margarine, softened
- 150 grams sliced almonds

Method

Put oven rack in the middle position and preheat oven to 180°C/350°F.

Spread the matzah and almonds in a very large shallow baking pan (1/2 to 1 inch deep) and toast, stirring and shaking pan occasionally, until golden, 15 to 20 minutes. Transfer to a bowl, then cool pan and line with a non-stick parchment paper.

Bring sugar, water, and salt to a boil in a deep 2 to 2½ litre heavy saucepan over moderate heat, stirring slowly until sugar is dissolved. Boil gently, without stirring but washing down any sugar crystals on side of pan with a pastry brush dipped in cold water, until syrup begins to turn golden. Continue to boil, swirling pan occasionally, until syrup is a deep golden caramel. Immediately remove pan from heat and carefully stir in butter/or

margarine with a wooden spoon (mixture will rise up and bubble vigorously). When bubbling begins to subside, immediately stir in toasted matzo farfel and almonds and quickly pour into baking pan, spreading and smoothing with back of spoon before mixture hardens.

Cool brittle completely in pan. Break brittle with your hands into bite-size pieces, or make into a topping. Break into large pieces with your hands, then put brittle in a heavy-duty sealable plastic bag, seal bag, force out excess air, and lightly pound with a rolling pin into smaller pieces.



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