

Celebrate Spring Festivals



INSTRUCTIONS AND RECIPES PREPARING FOR PASSOVER

What Do I Need to Know?

As adopted sons and daughters of God, most of us didn't grow up with parents talking about the annual traditions of Jesus' family. In fact, many of us have altogether forgotten the festivals celebrated by Jesus and the Early Church. You are about to embark on one of the pinnacle traditions that shaped the earliest Christians, clarified their view of God and strengthened their identities as his children.

Passover launches a holiday season of 7 weeks that leads to another big celebration called Pentecost. The two events are inextricably tied together. They are tied together by days called the Days of Counting the Omer.

Don't try to make everything perfect at your first Seder dinner, you'll improve with each successive year. For now, just keep three things in mind: Food, People and Remembering the Story. This the essence of Passover: eating, enjoying family and friends and telling the story of Passover.

Children are welcome! In preparation or during the event, they may enjoy watching The Prince of Egypt:

www.vimeo.com/397433165

Preparation Guide for Passover

The word Seder in Hebrew means "order" indicating that the evening follows with organizational structure and order. Every Seder is accompanied by a dinner booklet called a Haggadah, a Hebrew word that means "telling"--because of Seders focus on telling a story. This evening is set aside (kadosh or holy) and unlike any other night. Set aside 2 - 3 hours with a lot of story-telling before eating. We suggest you place appetizers on the table for your guest to nibble on during the first hour. You may also choose to serve a contemporary traditional soup with matzo balls listed below. Below you'll find a few categories for each table to help you plan. The first is a shopping list of food in addition to the dinner you plan to serve. The second consists of items you'll want on each the dinner table. And the third lists items you may want to have to have available during the reading of the plagues.

Preparation Lists for Your Seder

TABLE SETTING

- 2 Candles with matches or lighter
- A bowl for hand washing
- A hand towel for drying
- Small bowls for salt water (1 for every 4 persons)
- Small containers for items on the Center Plate List
- Simka Global Place-mats
- One Haggadah for each person

CENTER PLATE LIST

- Crackers (Matza, Ritz, toasted tortillas, etc)
- Apples, Walnuts and Dates for Charoset
- Horseradish
- Parsley
- Wine or Grape Juice

OPTIONAL PLAGUE ITEMS

- Red food coloring
- Marshmallows or cotton balls
- Flyswatter
- Liquid bubbles
- Toy frogs and insects
- Livestock toys like cows/sheep
- Sunglasses

FAMILY CELEBRATIONS OF BIBLICAL PROPORTIONS!

When you prepare your Passover dinner, you are taking part in a family tradition that dates back more than 3500 years. Jesus celebrated this meal every year of his life primarily with his family; the last year he told Peter and John to make the preparations for Passover, a meal we call the Last Supper. Now it's your turn ..



RECIPES

You may spend as much or as little time in dinner preparation as your time allows. This evening is patterned after the Passover dinner enjoyed by the earliest followers of Jesus which excluded shellfish, pork and any form of bread, yeast or leaven. The classic main dish is lamb though you can always add another protein.

Feel free to go potluck, get a caterer or prepare your own meal. A few menu items below may help your planning.

The first recipe below is for Charoset, an apple/nut mixture that appears on each table in a center plate as part of the Passover story.

A typical menu in the time of Jesus may have consisted

Laof mbfoods such as:

Lamb

Rice

Salad of cucumber and tomatoes

Flat bread

Fruit such as pomegranates, grapes, figs or

charoset

Olive oil

hummus

CHAROSET

This is one of the items unique to the Passover dinner. Although it is used at a specific time in the evening, you'll want to make extra because everyone loves it!

1/2 cup dates, pitted and cut in half

1/2 cup dried apricots, cut in half

1 apple, unpeeled, cored and diced

1/2 teaspoon ground allspice

1/2 cup chopped walnuts

Blend dates, apricots, apple and allspice in bowl of food processor until very finely minced. Add walnuts and pulse on and off until mixture is blended. Do not purée. Transfer to bowl, cover with plastic wrap and refrigerate 1 hour. Makes 2 cups

CONNIE'S TOMATO AND CUCUMBER SALAD

Tomato chunks or cherry tomatoes

Chunked cucumbers

Thinly sliced carrots

Thinly sliced red onions

Black pitted olives

Salt and pepper to taste.

Mix together and add oil and vinegar dressing

CHICKEN SOUP WITH MATZO BALLS

1 cut up chicken (4-5lbs)

2 onions cut in half

3 carrots cut

4-5 celery sprigs with tops

1-2 T. of kosher salt

2 bay leaves whole

1 tsp of pepper

2 t. thyme

2 t. marjoram

Wash the chicken well. Place in deep kettle with a generous amount of water. Cover and bring to a boil. Add all of the above ingredients and simmer for at least 3-4 hours or until the chicken is very tender almost falling off the bone. Strain the broth, saving the chicken for another purpose and discarding the bones and vegetables. Stock should be clear with a slight golden hue. Chill well then gently skim off the fat that congeals on the top.

EASY PASSOVER SALAD

Fill Salad bowl with mixed greens or put on individual salad plate.

Add: thinly sliced cucumbers

Canned orange segments

Sliced almonds (toasted or plain) Raspberry-walnut (or similar) dressing

MAIN DISH RECIPES

ROAST LEG OF LAMB

6 lb. Leg of Lamb
1 sliced onion
2 garlic cloves – halved
1 t. black pepper
1 t. oregano leaves
1 T. olive oil
2 t. parsley
½ t. thyme
1 t. salt
2 t. rosemary
1/3 C. lemon juice

Wash leg of lamb and pat dry. Score shallow slits over entire surface of roast. Cut deep slits and insert each garlic clove half. Rub roast with lemon juice and then coat with olive oil. Mix herbs and spices; sprinkle and then rub into on roast. Place in covered roasting pan and place onion rings on top. Cook at 325° for 2 ½ to 3 hours. Slice and serve.

GARLIC BRISKET WITH HORSERADISH SAUCE

3 lbs of lean beef brisket
3 oz tomato paste
1 T. black peppercorns (crushed)
pinch of pepper
2 large onions thick sliced
a pinch or two of salt
2 carrots thick sliced
1 bay leaf
4 cups vegetable broth
2 stalks celery, sliced thick
4 cloves garlic, minced to a paste

Preheat oven 325°. Trim off excess fat. Rub crushed peppercorns on both sides to season. Brown both sides in a large frying pan. Then place onions, carrots, and celery in the bottom of a roasting pan. Place the browned beef on top. Add 4 cups of vegetable broth, cover and roast for 2-1/2 to 3 hours. Using a meat thermometer, when the temperature reaches 165°, remove the pan from the oven.

Increase the oven temperature to 375°F. Mix together the tomato paste and garlic spread over the brisket. Add a cup of water to the roasting pan if the bottom is dry. Return the pan to the oven, uncovered, for approximately 30 minutes more, or until internal temperature of 180°. Remove the pan from the oven and let the brisket rest for 20 minutes. Slice thinly, against the grain. Reserve the juice for the Horseradish Sauce (recipe follows). Serves 8



Horseradish Sauce:

1 cup of juice from cooking brisket
1 tsp cornstarch mixed with 1 tsp water
2 to 3 T. prepared horseradish

Skim off any fat from the brisket juice and bring the juice to a boil. Add water to make 1 cup. Thicken with the cornstarch mixture and simmer slowly for 4 minutes. Add prepared horseradish. Stir and serve on the side.

CHICKEN WITH FRUIT

Three chickens cut in fourths
Salt and pepper
Bag of dried fruit (apricots, apples, peaches, pears, plums, or any combination)

Place chicken in covered casserole dish. Salt and pepper to taste. Add some water. Place fruit on and around chicken. Bake at a 325 degree oven about 1 to 1½ hours.

SIDE DISH RECIPES

RICE WITH ALMONDS AND RAISINS

Preheat oven to 375 degrees
2-1/2 cups uncooked brown rice
1 1/4 cups sultana raisins
2 cloves garlic - minced
2/3 cup slivered almonds 1-1/2 t. salt
1/2 t. ground ginger
3 t. curry powder
1/4 cup olive oil
1/4 cup butter
1 t. turmeric
1/4 t. cayenne pepper
4 cups hot water
1 medium onion – chopped

Sauté onions and garlic in the butter and olive oil until tender. Add salt, spices and rice and sauté two more minutes. Add water and raisins. Stir well, cover and bake in preheated oven until liquid is absorbed, 30 to 40 minutes. Sprinkle toasted almonds over top and serve.

ROSEMARY VEGGIES

- 7 medium red potatoes
- 1 small bag baby carrots
- 1 C. white wine (optional)
- Salt and pepper to taste
- Fresh rosemary
- ½ yellow onion
- 3 stalks celery
- 4 C. vegetable broth

Cut celery and potatoes in hearty pieces. Put celery, potatoes, bag of carrots, and minced onion in a deep skillet. Add the chicken broth and white wine. Sprinkle sea salt and course black pepper and add 3 or 4 sprigs of rosemary (3-4" sprigs)–seasonings should be adjusted to taste. Slow cook until vegetables are soft.

DILLED CARROTS and PARSNIPS

- 3 medium carrots
- 3 medium parsnips
- 3 cups water
- 1/4 tsp salt
- 1/2 tsp dill

Wash, peel, and slice the carrots and parsnips, 1/8- inch thick. Bring the water to a boil. Add the salt and dill. Add the carrots and parsnips, cover, and simmer for 3 to 5 minutes, depending on how crunchy you like your vegetables. Drain the water and serve the vegetables hot. Makes 8 Servings.

EGGPLANT and MIXED VEGETABLES

- 1 eggplant, cut into 1-inch chunks
- 2 cloves garlic, minced
- 1/4 c. dry white wine (optional)
- 1 large onion, chopped
- 1 green bell pepper, cut into 1-inch squares
- 1 red bell pepper, cut into 1-inch squares
- 3 zucchini, sliced 1/2-inch thick
- 1 tsp. dried thyme or 1 T. fresh
- 2 bay leaves
- 4 tomatoes, cut in 1-inch chunks
- 1 tsp. salt
- 1/4 cup fresh basil or 1 tsp. dried
- 1/2 lemon
- 1/4 cup olive oil
- 1 tsp. black pepper

Heat olive oil in a large pot. Sauté onions until they are translucent. Add garlic, thyme, basil, salt, pepper, and bay leaves. Cook about 2 minutes. Add tomatoes and wine. Simmer uncovered for 30 minutes, stirring occasionally. Add eggplant, zucchini, red and green peppers.



Simmer covered for about 15 minutes or until the vegetables are tender, stirring occasionally but do not break up the veggies.

Chill overnight. Sprinkle with lemon juice and serve hot over rice. Serves 6

CARROTS AND SWEET POTATO

- Slice 2 pounds of raw peeled carrots
- Slice 2 pounds of raw sweet potatoes with peeling 3/4 cup dried prunes and apricots
- 2 T. grated lemon rind
- 3 T. honey
- Butter

Put carrots and sweet potatoes in oiled or non- stick casserole dish. Top with chunks of butter. Add dried prunes, apricots and lemon. Pour honey on top. Bake uncovered at 325 degree oven about 45 minutes or until tender.

DESERT RECIPES

SAUTEED APPLES WITH ICE CREAM

- granny smith apple
- nutmeg
- 1 T. butter
- ½ t. vanilla extract
- 2 T. brown sugar
- vanilla ice cream or frozen yogurt
- 1/4 cup of granola
- cinnamon
- 1/4 cup of chopped almonds, walnuts or pecans

Clean, core, and peel the granny smith apple. Chop into 1/2" cubes or slice into 3/4" wedges. Place in skillet with butter. Sprinkle brown sugar, vanilla extract, and a little cinnamon and nutmeg. Cook on medium heat until apples are soft. While the apples are cooking, place granola and nuts on a cookie sheet and brown in the oven.

When the apples soften, place nuts and granola in the bottom of a bowl, add apples and top with either vanilla ice cream or frozen yogurt. Multiply the ingredients per number of people present.

COCONUT SEDAR MACAROONS

4 egg whites
1 t. Vanilla
Dash of Salt
1 1/3 c Sugar
2 2/3 c Flaked coconut

Grease a cookie sheet Beat egg whites, vanilla and salt until soft peaks form. Slowly add sugar and beat until stiff peaks form. Fold in coconut gently. Drop by teaspoonful onto cookie sheet. Bake at 350 F for 20 minutes.

ADDITIONAL RECIPES

UNLEAVEN BREAD

5 cups flour
1 2/3 sticks butter
1 pint whipping cream

Mix together flour, butter and cream. Knead until mixed. Press onto cookie sheet and bake at 450 degrees for 15 minutes or until lightly golden. There are many Unleavened Bread recipes around, this one is fairly easy.

GRAPE JUICE WINE

1/2 case organic concord, black or red grapes (about 8 lbs)
1/4 cup Probiotic or
Continental Acidophilus 1/2 T
Celtic Sea Salt

Use vegetable juicer preferably, otherwise a high speed blender or food processor will do. Remove stems and wash grapes well. Pass the grapes through the juicer.

Place the liquid in a large bowl with salt and probiotic or acidophilus Cover and leave at room temperature for two days (scoop off skins and strain juice if you used a blender or food processor) Store in the refrigerator.

Makes 2-3qts



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