



*THE*  
*PRESENTABLE*  
*PASSOVER*

A SIMPLE, COMMON SENSE GUIDE TO GETTING  
READY FOR PASSOVER AS BEST YOU CAN

BY AIMEE MORROW

# LEAVEN: WHAT IS IT?

Leaven is a substance that causes the fermentation and expansion of dough or batter, typically in the form of yeast or baking powder. That's pretty straightforward. It makes bread and cakes fluffy, airy, delicious, and generally irresistible to us year-round. This isn't bad, but in the lead-up to Passover, we must think about it both literally and abstractly, and then do without.

## HELLO, SWEETNESS!

Chametz is a lovely little verb that means 'to leaven' and 'to sour'. Think about bread for a moment. Yeah, it's yummy and light, but it also has that hint of sourness, right? Could you think about matzo? There is no sourness, no bitterness, just that little hint of sweetness.

Now, let's consider this sourness in the context of, say, Luke 12:1. Read it; I'll be right here.

Why would we want that sourness, that bitterness, of that leaven when we can have the sweetness of Messiah?

Just a thought.

## KVETCHING IN EARNEST

We've all complained about the store-bought matzo, which has become a staple of Seder tables in modern times. We've done everything we can to make it "edible", from slathering it with peanut butter to melting chocolate chips over top of it, to attempting to turn it into pizza. Yet, the kvetching continues. Honestly, this is just par for the course if we look back at Torah. But let me tell you something crazy: it doesn't have to be.

Of course, we take the time in our Seder to point out the similarities of the mass-produced cracker to the wounds inflicted on our Messiah. It's a wonderful teaching tool, and it gets me every time.

It is easy to complain about what we are commanded to eat, even though it is designed to remind us of our redemption.

Could you let that sink in for a moment?

# BEGINNING THE SEARCH

*Read the labels. Read all the labels.*

Label reading should be familiar territory even if you've been keeping Kosher for years or are only just beginning. This territory extends to finding what's Passover-friendly and what isn't. So, remember: when in doubt, check the label.

A quick Google search for a list of Kosher for Passover items or non-Kosher for Passover items can easily send you down into a black hole filled with thousands of opinions and numerous doctrines. So, my advice? Skip Google and keep things simple. Remember, we're looking for yeast and yeast in a Biblical context.

Of course, looking at the Biblical context in a modern world presents its share of difficulties. So, what do we do other than assume the fetal position and cry in a corner? We do the most obvious thing we can: we pray about it, ask for guidance, and do the very best we can. Goodness knows we're all trying and trying a bit differently from one another, but we're going to get there in the end.

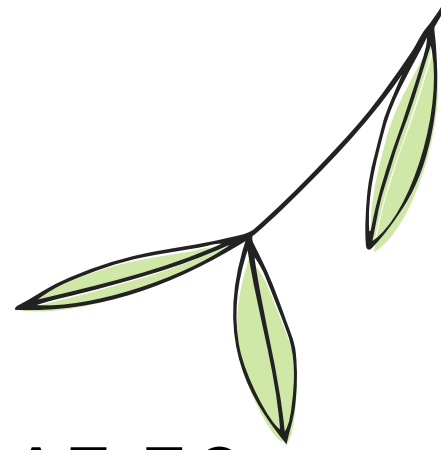
So, stop and breathe, visit your prayer closet, and then tackle your pantry and fridge.

## WHAT TO LOOK FOR

- Yeast
- Baking Soda
- Baking Powder
- Cream of Tartar
- Sodium Bicarbonate
- Leavening (Yep. Straight up leavening.)
- Self rising flour

The list above looks short, but these are the heavy hitters when it comes to leavening and are the ones you are most likely to see on the ingredients lists of things you regularly buy. If I listed every leavening agent, you'd be in that fetal position I mentioned earlier, trust me. Please remember what I said: Biblical context.

Please take note that I did not mention autolyzed yeast extract. That's because it's not a leavening agent. Autolyzed yeast extract is a flavoring (think vanilla extract) commonly used as a substitute for the dreaded MSG.



# WHERE IS IT?

Oh, leaven. Pesky, pesky leaven. It's almost like pollen in that it's practically everywhere. You think I'm joking, don't you? Nope. Not a chance. This stuff is absolutely where you least expect it. Sound familiar? Let's try this on for size:

**Clean out the old leaven so that you may be a new lump, just as you are, in fact, unleavened. For Christ our Passover also has been sacrificed. Therefore, let us celebrate the feast, not with old leaven, nor with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth.**

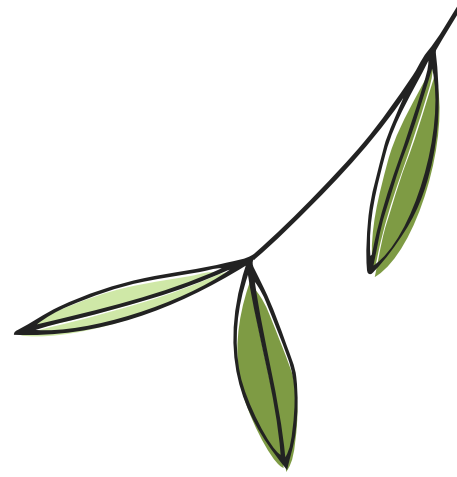
**1 Corinthians 5:7-8 NASB**

I don't know about you, but we seem to have some cleaning to do.

## THE ABSTRACT

We can go on and on about the leaven in our cabinets and the crumbs in our couch cushions until we're blue in the face. But if we do that, we've missed the point.

Remember, Messiah dwells within us. That simple concept makes our bodies a temple, a house. Logic dictates that we keep our house clean. Now's the time to get rid of the leaven that's hiding deep within the nooks and crannies of our beings so that His light can fully shine.



## THE LITERAL

When talking about the literal sense of leaven, we'll briefly return to my pollen analogy: it's everywhere. You can work yourself ragged trying to get it all out of your house and still miss some. I can speak from experience on this. This is the part where I revisit a statement I made on the previous page as I outline what we're going to do: we're going to pray about it, we're going to ask for guidance, and we're going to do our very best.

We can only be a Martha so many times before we realize that we have to sit down and be a Mary. I need that plastered on a wall somewhere as a reminder.



# BAKING SODA: HOW TO USE IT BEFORE YOU TOSS IT

*And y'all thought baking soda was just for making dessert...*

Do you feel bad about throwing out that 50¢ box of baking soda when you've barely made a dent? I know how you feel. So why not utilize it before the final leaven toss? You already have it on hand, and combined with other household ingredients, it makes for an excellent, natural cleaning agent.

## **To clean your microwave:**

- \*Add 2 tablespoons of baking soda to 1 cup of water.
- Microwave on high for 2-3 minutes, uncovered. The steam will help deodorize and loosen any caked-on gunk inside.
- Wipe clean.

## **To clean tough grease spots:**

- \*Sprinkle the offending surface with baking soda.
- Fill a spray bottle with white vinegar and spray over the surface.
- Let the bubbles do their stuff for 10-15 minutes before wiping clean with a damp cloth.



## **DIY Bath Bombs**

Bath bombs are a great way to relax after a long day or just because. While you can buy your own at a local boutique bath or big box store, making your own is simple and only requires a few ingredients.

- 1 cup baking soda
- 1/4 cup cream of tartar
- 1/2 cup cornstarch
- 1/2 cup Epsom salt
- 1 tablespoon oil (olive, sweet almond, coconut)
- Essential Oils (lavender, rosemary, and peppermint would be excellent choices)
- 1-2 drops food coloring (optional)
- A small spray bottle of water

## **Step One:**

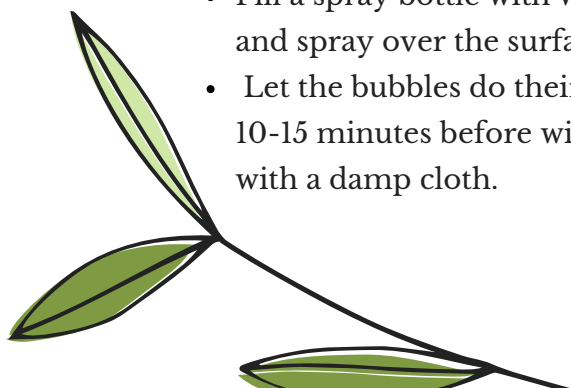
Add all the dry ingredients to a glass or metal bowl—plastic and aluminum are no-go. Could you whisk it all together?

## **Step Two:**

In a separate bowl, mix your carrier oil of choice along with 6-8 drops of your Essential Oil. If you want to add color, this is the time to do it.

## **Step Three:**

Combine everything and press into the silicone mold of your choice, using a spritz of water as you shape it to help hold its form. Let this set overnight, and enjoy.



# THE NITTY GRITTY

*Spring Cleaning can be an extreme sport if you try...*

Many people, myself included, use the season of Passover cleaning as an opportunity to go through the house and get rid of things that are no longer needed, no longer fit, or are just worn out. It's also a fantastic time to do a good old-fashioned deep clean. Are these requirements? Not at all. But I thought I'd include a deep clean checklist just to give you a template to work from.

This is where you take all of the information I've thrown at you and tailor it to the needs of your household. Go nuts! Or not. It's totally up to you. Maybe start brainstorming for next Passover, scheduling weeks in advance to go through certain areas of your house one at a time.

If you do, I would suggest working with background music. It always makes dull tasks more fun; if an impromptu praise and worship session breaks out, it becomes even better.

## THE LIST

- Dust every surface (including walls, ceiling fans, and light fixtures)
- Vacuum carpets & upholstery
- Wash bedclothes & linens
- Wash curtains (including shower curtains)
- Change air filters
- Shampoo rugs & carpets (as needed)
- Clean out the lint trap of your dryer (deep clean if necessary)
- Clean stove top & oven
- Clean microwave
- Clean out fridge & freezer
- Clean out pantry
- Vacuum out kitchen drawers and cabinets (you wouldn't believe the crumbs that can accumulate)
- Clean kid's rooms (check their pockets, too!)
- Clean out your car (you've already got the vacuum out)
- Clean windows & windowsills
- Clean out and organize your papers & files
- Swap out seasonal clothing
- Deep clean bathrooms
- Take any donations to designated drop off points
- Clean front door & exterior windows
- Take your pets to the groomer for a bath, or take your chances and do it yourself

# OH MATZO

Now, what if I told you that the mass produced, store bought matzo wasn't a necessity? Because it's not. Sure, it does the job, but making your own is easy and has that wonderful sweetness that I mentioned earlier.

It also makes a great pizza crust.

## PROCESS

- Preheat your oven to 375.
- Combine oil, honey, & eggs in a large bowl and mix well. Add salt and cold water. Refrigerate this mixture if needed.
- Add 4 cups of flour and fold in using a silicone spatula. Mix until stiff and sticky (like Silly Putty). Add more flour if needed.
- Turn out onto a lightly floured sheet of parchment paper & divide into 3 pieces. Roll each piece into a large rectangle.
- Cut into squares & pierce with a fork before placing onto a greased cookie sheet.
- Thin bake 10-11 min.
- Medium bake 13-14 min.
- Thick back 15-20 min.
- The matzo should be golden brown and stored in an airtight container.

## INGREDIENTS

- 1/4 cup vegetable oil
- 1/4 cup honey
- 2 tsp. salt
- 3 eggs
- 1 1/2 cups water
- 6 - 6 1/2 cups all purpose flour