

# THE PASSOVER MEAL

## RECIPES

### Matzah Ball Soup

\*3 – 4 lb. stewing chicken, cut up  
3 qts. (12 cups) water  
2 tsp. salt  
6 peppercorns or 1/4 tsp. pepper  
1/4 tsp. poultry seasoning (optional)  
2 medium stalks celery, chopped with leaves  
1 small onion, chopped  
3 carrots, sliced  
parsley to taste, fresh or dried  
1 – 2 cans clear chicken broth  
1 pkg. matzah ball mix

In large pot, combine chicken, water, salt, pepper and poultry seasoning. Bring to boil. Cover and simmer 2 to 2-1/2 hours or until chicken is tender. Remove chicken and peppercorns (if used). Skim off fat. Cut meat from bone and return to soup. Add remaining ingredients. Continue simmering, covered, 30 to 40 minutes or until vegetables are tender.

Meanwhile, prepare matzah balls according to package directions (see recipe below for making your own matzah balls from scratch). When soup is just about finished turn heat to high, drop matzah balls into the soup and cook, covered for five to ten minutes. Matzah balls will expand (like dumplings do) and will absorb the soup. Either serve soup immediately or remove matzah balls to separate container until ready to serve soup. Keep warm, and allow at least 1 matzah ball per bowl of soup.

\*It is a good idea to skin the chicken(s) before cooking in order to keep the fat content to a minimum. Also, for a large group of people, it is a good idea to tie each chicken used in cheesecloth to keep bones from separating into the soup.

Makes about 10 servings.



### Matzah Balls

4 large eggs	parsley
salt	pepper
1 full c. matzah meal	

Beat eggs and spices together. Add matzah and mix slowly with spoon. Make balls from around sides of bowl (form balls to about 1" diameter). Dip hands in water and drop balls in boiling water or soup. Cook 30 minutes. Makes 13 balls.

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### Easy Matzo Ball Soup (for large group)

12 Large Cans Chicken Broth (enough for 1 cup per person)

1-2 bags of carrots - sliced

1 bunch parsley - chopped small

Early morning peel and slice carrots and clean and chop parsley. Put chicken broth in large soup cooker along with carrots and parsley. Cook all day on low heat. At about 3:00 (if *seder* is to start at 6:00) start mixing your matzo balls (at least one per person). Turn the heat up on your soup so it will be boiling rapidly by the time you're ready to put the matzo balls in the soup. (Think of matzo balls as dumplings for chicken and dumplings.) When you put the matzo balls in the boiling soup, they will sink to the bottom then pop up to the top and start fluffing up to about 3 times the size. Then just keep warm until serving time.

Serves 25



### Charoset (for the seder plate)

1 apple, peeled, cored and chopped fine

$\frac{1}{2}$  cup walnuts, almonds or pecans, finely chopped

$\frac{1}{2}$  tsp. sugar or 1 tsp. honey

$\frac{1}{2}$  tsp. cinnamon

1 tbsp. red wine or grape juice

Mix together apple, nuts, sugar (or honey) and cinnamon. Add the liquid and mix thoroughly. Allow 1 tsp. per serving. You don't need very much. (This recipe can be made very successfully in the food processor as long as you are careful not to process for too long. It should be a little chunky.) Don't be alarmed that this mixture is brown, it's supposed to represent mortar.

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### Noodle Kugel

1 lb. fine noodles (egg)	1 pt. sour cream (light)
1 pt. cottage cheese, small curd	8 eggs
1-1/2 c. sugar	2 tbsp. vanilla
2 sticks butter or margarine	1 lb. cream cheese
raisins (optional)	

Will make 2 huge pans. Freezes well.

Beat cottage cheese, sugar, 1 stick butter, cream cheese, sour cream, eggs & vanilla until liquid. Cook and drain noodles. Add beaten mixture. Add raisins if desired. Melt 2<sup>nd</sup> stick of butter and pour over top. Bake at 350° for 45 minutes.

Other options - Can sprinkle sugar and/or cinnamon on top. Can put crumbled corn flakes over top.



### Potato Kugel

6 med. potatoes, grated (put in ice water to keep color)	1 tsp. salt
1 large onion, grated	2 tbsp. flour
2 eggs, well beaten	2 tbsp. butter
1/2 c. melted chicken fat or butter/margarine	

Preheat oven to 375°. Drain off ice and water from potatoes, mix with onion. Add eggs, salt, 1/2 c. fat & flour, mix well. Melt 2 tbsp. fat in baking dish (can put dish in oven while preheating). Bake approximately 1 hr. or until browned. (You may need to start at 400°, then turn down to 350°). Serves 12.

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### Sweet Potato & Carrot Tsimmes

1 lb. carrots  
6 sweet potatoes  
1/2 c. pitted prunes (optional)  
1 c. orange juice  
1/2 c. honey or brown sugar  
1/2 tsp salt  
1/4 tsp cinnamon  
2 tbsp margarine  
1 20 oz. can pineapple chunks, drained  
1 11 oz. can mandarin oranges, drained

use 3 qt. saucepan & 3 qt. casserole

Peel carrots and cut into 1" slices. Peel and slice sweet potatoes into 1/2" slices. In a 3 qt. saucepan cook carrots and sweet potatoes in boiling salted water to cover, until tender but firm. Drain carrots and sweet potatoes and place in casserole with prunes. Combine gently.

Preheat oven to 350°.

Mix orange juice, honey, salt and cinnamon. Pour evenly over casserole. Dot top with margarine. Bake covered for 30 minutes. Uncover, stir gently. Add pineapple chunks and oranges and bake another 10 minutes.

Makes 8 servings.

Variation: Cook pineapple and mandarin oranges in their own juices instead of draining and putting in water.

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### Passover Coconut Macaroons

3 egg whites  
1/2 cup sugar  
2 1/2 cup coconut

pinch of salt  
1/2 tsp. lemon juice

Beat egg whites until stiff. Add salt. Gradually add sugar. Beat again. Add lemon juice and coconut. Mix well. Drop by teaspoonfuls on cookie sheet covered with parchment paper. Bake 15 minutes at 350°.

Make 24 large macaroons.



### Crystal's Squares for Passover

Use 9 x 13 pan

3 sticks butter or margarine  
3 c. sugar

Mix until light and fluffy.

Add-  
4 eggs  
3 c. plain flour (NOT self-rising)  
1-1/2 tsp salt  
2 tsp vanilla flavoring  
1/2 tsp almond flavoring  
1-1/2 c. chopped pecans (optional)

Bake at 325° for 55 minutes. Makes about 25 squares.