

Matzo, Matza, Matzoh

Recipes & Tips for Passover



Congregation Beth Yam Outreach Committee

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PASSOVER COOKING TIPS

Many people are frustrated at how difficult it is to come up with meals for Pesach and how bland and tasteless Pesach meals can be. Actually, it's not that difficult if you reorient your thinking. It's human nature to focus on the things that you can't have. So many people make the mistake of trying to figure out how to make breakfast cereal, waffles, macaroni and cheese and pizza for Passover and wind up with very poor substitutes. Instead of focusing on the things you can't have, you should focus on the things you can have.

So let's focus on some foods you might want to eat for breakfast, lunch, or dinner and some fruits and vegetables that are permitted. I will also provide a few substitution suggestions and a few recipes. But before we get started, a few words about finding Passover food in your local grocery store.

Kosher-for-Passover Certification

Pesach foods generally require special Kosher-for-Passover certification. Regular *kashrut certification* is not sufficient for Pesach, and many foods that are perfectly kosher year-round are not kosher for Pesach. Look for a "P" (not the word "parve"!) to the right of the hechsher, or the letters KFP (Kosher for Passover) or KP, or the words Kosher for Passover in English or Hebrew, seen at bottom right.



Suggested Meals and Foods

To help you reorient your thinking, here is a list of things that you CAN eat during Pesach with minimal substitutions:

Dinner

- Good old-fashioned steak and potatoes
- Beef stew (without beans or barley if you normally use those; use potato starch for thickening)
- Pot roast (use potato starch for thickening)
- Meatballs or meatloaf (use matzoh meal instead of rice or bread crumbs)
- Stuffed peppers (use matzoh meal instead of rice or bread crumbs)
- Beef brisket
- Holishkes (stuffed cabbage)
- Roasted chicken or turkey (gravy can be thickened with potato starch)
- Chicken with lemon wine sauce (use matzoh meal for breading if desired)
- Matzoh lasagna

Breakfast

- Eggs (fried, scrambled, poached, whatever)
- Omelet
- Hash brown potatoes
- Matzoh brie

Lunch

- Leftovers from the previous night's dinner
- Tuna salad or egg salad on a tomato
- Cold cuts on matzoh or Atkins-style
- Salad (homemade vinaigrette dressing is best: mix olive oil with cider vinegar and spices)

Vegetables

Most people will eat any fresh or frozen fruits and vegetables from the grocery store, as long as the vegetable itself is kosher for Passover.

- Artichoke (but watch out for marinated ones! The marinade may not be KFP!)
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Leek
- Lettuce
- Mushroom
- Onion
- Parsley
- Parsnip
- Peppers (e.g., bell peppers, chili peppers)
- Potatoes (regular and sweet)
- Radishes
- Spinach
- Squash (eggplant, zucchini, spaghetti squash, etc.)
- Sweet potatoes
- Tomatoes
- Turnip
- ... and many more too numerous to list!

Fruits

- All fruits are Kosher for Passover!

Substitutions

You should generally avoid substitutions and focus on foods that are naturally kosher for Pesach. That being said, there are a few simple substitutions that can give you more options for your Pesach cooking without compromising flavor.

Potato Starch

Potato starch can be used instead of corn starch or flour to thicken sauces, stews or gravies.

Matzoh Meal

Matzoh meal is ground up matzoh in pieces about the size of bread crumbs. It is an effective substitute for bread crumbs to make breading for things like fried chicken or eggplant parmesan. It is also an effective substitute for bread crumbs or rice in recipes where they are used to hold ground beef together, such as stuffed peppers, meatloaf or meatball recipes. $\frac{1}{4}$ cup matzo meal = $\frac{1}{4}$ cup bread crumbs.

Matzoh Farfel

Matzoh farfel is chunks of matzoh about the size of a dime. It is a useful substitute for noodles, rice or pasta as a side dish. Serve your main course over matzoh farfel and it will soak up the sauces nicely. It can also be used much like croutons on a salad, or can be used as the basis for a Kosher-for-Passover stuffing.

THE SEDER TABLE

During the Seder the symbolic foods of the holidays are explained and tasted. Representative portions are displayed on a plate in front of the leader. The following foods are on most Seder plates:

Karpas: A mild green vegetable such as parsley or celery. At the beginning of the service the *karpas* is dipped into the salt water. The *karpas* symbolizes the new growth of spring; the salt water represents the tears shed by the enslaved Israelites.

Maror: A bitter herb, usually horseradish. It symbolizes the intense bitterness of slavery.

Charoset: A sweet spread made from fruit, nuts and wine. It represents the mortar the slaves prepared for the building of the pharaohs' cities and pyramids.

Zeroah: A roasted shank bone (or sometimes a roasted poultry neck), which represents the paschal lamb that was always sacrificed at the Temple before Pesach festival and then roasted for the meal.

Baytzah: A roasted egg. This is another symbol of a supplemental festival offering always brought to the Temple on Pesach. The egg also symbolizes the mourning Jews still feel for the loss of the Temple.

Other items on the Seder table are three matzos placed together on a plate, folded in one or two large napkins or in a special matzo cover. The three are necessary because 2 matzos are used for every festival and Shabbat; the third is needed to break in half for the *afikomen*. The *afikomen* is wrapped in a napkin and then hidden for the children to find for a reward of money or candy. The three matzos are also invested with symbolic meaning: the three religious divisions of the early house of Israel- Kohan, Levite, and Israelite- and the forefathers Abraham, Isaac and Jacob.

Small bowls of salt water should be placed around the table for dipping. Each diner should have a wine glass, and there should be a cup for Elijah.

A pillow or cushion should be placed on the left arm of the leader's chair to symbolize the reclining of all participants.

RECIPES FOR THE SEDER PLATE

Ashkenazik Charoset *Marcia Frezza*

2 medium-sized tart apples
½ cup walnuts, chopped
½- 1 tsp. cinnamon

2 – 3 tbsp. sweet red wine
1 tbsp. honey or sugar

Peel, core and finely chop or grate the apple. Mix with the rest of the ingredients. Place in a bowl and refrigerate.

Sephardic Haroset *Twyla Sable*

2 apples, cored and chopped
10 dates chopped
½ cup chopped pecans or walnuts
¼ cup white grape juice
1 tsp. cinnamon

½ tsp. nutmeg
½ tsp. ginger
½ tsp. cloves
1 tsp. lemon juice
Lemon zest

In food processor, chop apples, dates and spices until finely chopped. Pour in large bowl, add juices and nuts. Stir until juice is absorbed. Refrigerate.

Baytzah

To roast the egg place the egg in cold water, bring to a boil, reduce heat and simmer for 12 minutes. Place the boiled egg in a preheated 400°F oven for 20 minutes until it is brown and cracked.

Zeroah

To roast the shank bone, place it in the oven with the egg. It will take between 40 and 60 minutes to brown.

APPETIZERS & SOUPS

MATZOH BALLS *Judi Kleiman*

12 tbsp. vegetable oil (peanut oil) 4 tsp. salt
12 large eggs, slightly beaten 12 tbsp. soup stock or water
4 cups Matzoh meal

Blend oil, eggs and matzo meal and salt together. Add soup stock or water and mix until uniform. Cover and place in refrigerator overnight. Bring large pot of water to a boil. Lower heat and drop balls approximately 1" in diameter into water. Cover pot and cook about 30 - 40 minutes. Drain water and place matzo balls into soup.

MATZOH BALLS, THE EASY WAY *Angela Misthal*

Streits or Manischewitz Matzoh Ball Mix. Follow directions on the box. Secret for success is eggs and oil **must** mixed first, then add the mix. Mine have always been light and fluffy.

CHOPPED CHICKEN LIVER *Doreen Fischer*

2 pounds chicken livers ¼ cup minced fresh parsley leaves
1 cup rendered chicken fat 2 tsp. fresh thyme leaves
2 cups medium-diced yellow onion 2 tsp. kosher salt
 (2 onions) 1 tsp. freshly ground black pepper
1/3 cup Madeira wine (or Manischewitz) Pinch cayenne pepper
4 extra-large eggs, hard-cooked, peeled,
 and chunked

Drain the livers and sauté them in 2 batches in 2 tablespoons of the chicken fat over medium-high heat, turning once, for about 5 minutes, or until just barely pink inside. Do not overcook the livers or they will be dry. Transfer them to a large bowl.

In the same pan, sauté the onions in 3 tablespoons of the chicken fat over medium-high heat for about 10 minutes, or until browned. Add the Madeira and deglaze the pan, scraping the sides, for about 15 seconds. Pour into the bowl with the livers.

Add the eggs, parsley, thyme, salt, black pepper, cayenne, and the remaining chicken fat to the bowl. Toss quickly to combine. Transfer half the mixture to the bowl of a food processor fitted with a steel blade. Pulse 6 to 8 times, until coarsely chopped. Repeat with the remaining mixture. Season to taste, then chill. Serve on crackers or matzo.

LIGHTER CHOPPED LIVER *Judi Kleiman*

½ lb. chicken livers	1 (15) oz. can chickpeas rinsed and drained
Kosher salt	
2 tbsp. vegetable oil	4-5 tbsp. chicken broth
2 medium onions, chopped	1 egg, hardboiled and chopped
	Salt and pepper

Preheat the broiler with the rack about 3 inches from the heat. Put the livers on a foil-lined broiler pan and sprinkle with kosher salt. Broil 3 minutes or until the top is light brown. Turn the livers over and broil about 3 more minutes until they are cooked through - **no pink**. Cool livers slightly. Heat the oil in a large, heavy skillet over medium-low heat. Add the onions and sauté stirring often for 15-20 minutes or until golden brown.

Grind the chickpeas and broth in a food processor. Transfer to a bowl. Chop the liver in the food processor. Add the onions and chop with on/off pulses until blended in. Return the chickpeas to the processor and pulse to blend, adding 1 tbsp. broth as needed. Transfer to a bowl. Lightly mix in egg. Season well with salt and pepper. This can be kept covered 2 days in refrigerator.

GEFILTE FISH MOLD *Ruth Reinhold*

1 quart borscht, keep liquid	2 tbsp. white vinegar
4 packages unflavored gelatin	1 (6) oz. jar red horseradish
4 tbsp. sugar	8 large pieces of gefilte fish (from jar or can)
6 tbsp. lemon juice	

Soften gelatin in 2 tbsp. cold water. Add juice from drained borscht (about 3 cups), sugar, lemon juice, and vinegar. Bring to a boil till gelatin is dissolved. Chill until mixture is syrupy and slightly thickened. Add horseradish and beets. Mix all. Drain a jar or can of gefilte fish as desired (8 large pieces) or sliced as you desire. Place in mold or loaf pan (spray with Pam for easy unmolding). Pour mixture over all. Chill well to gel. *Servings: 8 – 10*

BAKED GEFILTE FISH *Rose Valentine*

To each jar of gefilte fish, not drained add:	1 stalk of celery, sliced
1 sliced onion	Salt and pepper
1 carrot, sliced	

Heat oven to 250°F. Place gefilte fish (from a jar or can) on a bed of onions, along with jelly. Sprinkle with pepper. Bake for 2 hours, after one hour baste.

HELMA'S HERRING SALAD *Patricia Baer*

8 small red potatoes boiled and peeled
1 jar pickled herring in wine sauce,
drained 1 jar pickled beets, drained
1 small apple
1 hard-boiled egg
1 large dill pickle
Mayonnaise or sour cream

Chop all ingredients evenly. Combine in a bowl and add enough mayonnaise (or sour cream) to moisten.

CHICKEN SOUP *Phyllis Napoli*

1 (5 -6 lb.) chicken, with neck and giblets
2 large onions, peeled and sliced
3 carrots, peeled and cut into large chunks
Salt and pepper, to taste

Place chicken and vegetables in a large pot with 5 – 6 quarts of cold water. Water should barely cover chicken and vegetables. Bring to a boil; lower heat, skim foam that rises to the surface. Simmer partially covered, about 2 hours. Remove chicken to a large platter and when cool enough to handle, remove meat from the bones. In another dish, reserve chicken for something such as chicken salad. Return bones and skin to simmering soup and cook another hour. Strain soup into a large bowl and discard everything in the strainer. Cool soup and refrigerate overnight, Next day, remove and reserve fat that has hardened on the surface. (Use this fat for matzo balls). Before serving reheat soup and season with salt and pepper. *Servings: 8 - 10*

VEGETABLE SOUP *Lou Drucker*

2 medium onions chopped
2 stalks of celery, chopped
2 carrots finely diced
½ green pepper, minced
2 quarts water
Salt to taste about 1 tbsp.
1 medium potato diced
3 – 4 tomatoes peeled and chopped or 1
lb. can peeled tomatoes
½ tsp. sugar
2 tbsp. butter
3 tbsp. Passover egg barley

Cook onion, celery, carrots and green pepper in salted water 30 minutes; add potato and tomatoes. Continue to cook at lowest heat until vegetables are very soft. Add remaining ingredients; continue to cook slowly. Total cooking time should be about 1 hour. *Serves: 8*

BRIE EN MATZOH CROÛTE *Marcia Frezza*

1 wedge (6-8 ounces) brie
2 matzoh, finely ground

1 egg beaten
2 tbsp. vegetable oil

Place ground matzoh onto a flat plate. Pour egg into a large bowl. (The bowl should be big enough for the Brie to fit in it). Dip Brie in the egg (make sure you coat all of the cheese with egg). Place Brie in the matzoh and coat on all sides. Heat vegetable oil in a medium skillet over medium heat. Allow oil to heat about 30 seconds. Place Brie into the skillet and brown on all sides. Cook until the Brie becomes slightly soft in the center, about 4 minutes per side. Remove from skillet and place on a dish. *Servings: 8-10*

MATZOH SPANAKOPITA *Marcia Frezza*

12 prepared matzoh
½ cup chopped onion
1 tbsp. butter plus additional melted
butter or margarine for brushing
matzoh
5 boxes (10 oz.) frozen spinach, squeezed

½ cup chopped fresh parsley (do not
pack)
½ cup chopped fresh dill
¾ lb. feta cheese, crumbled
2 eggs
Salt & pepper to taste (not too much salt
because the feta is already salty)

Preheat oven to 400°F. Sauté onions in 1 tbsp. butter until soft. Mix together with spinach, parsley, dill, feta and eggs. Season to taste with salt and pepper. Trim all sides of prepared matzoh as close to the edge as possible. Brush matzoh with butter or margarine on both sides. Make strips by cutting matzoh in thirds following the grain. Place a heaping tsp. of spinach mixture on the end of each strip and fold up like a flag to make a triangle. Place seam side down and bake on a baking tray lined with parchment greased with butter or margarine. Bake in preheated oven for 25 minutes or until browned. Leftover spinach mixture can be frozen. *Makes 36 Triangles.*

ENTREES

ROSIE'S BRISKET OF BEEF *Rose Valentine*

4-5 large onions

3-4 lb. brisket

Garlic powder

1 can Pepsi (must be Pepsi)

1 cup ketchup

3 tablespoons Worcestershire sauce

2 tablespoons brown sugar

Preheat oven to 450°F. Cut up onions and put in heavy pot with a lid. Put brisket on top of onions. Sprinkle garlic powder on top of brisket. Braise in 450°F oven for ½ hour. Take out of oven and pour can of Pepsi over brisket. Make a mixture of ketchup, Worcestershire sauce and brown sugar. Add mixture over Pepsi covered brisket. Put back in 350°F oven for 2 ½ hours. When cool, slice at an angle and put in a serving dish that can go in oven. Put back in oven for ½ hour. Test for tenderness. *Servings: 4 - 6*

HOLIDAY BRISKET *Doreen Fischer*

1(4-7) lb. First Cut Brisket (*Have the butcher remove all of the fat from the meat. He may tell you it will not be tender, but cooked this way it will be quite tender and a whole lot healthier.*)

1 (12) oz. Can of Coca-Cola (*I use Diet Coke but any kind is OK*)

1 Jar of Heinz Chili Sauce

1 Package of Lipton's Onion Soup Mix

1 Tooth of Garlic Cut up

8 Carrots cut up

10 Small red "New Potatoes"

1 Reynolds Oven Roasting Bag (*Turkey Size*)

Preheat the oven to 350°F degrees. Mix the Coca-Cola, chili sauce, onion soup mix and garlic in a bowl. Put the brisket, potatoes, and carrots into the roasting bag. Pour the mix into the roasting bag. Seal the bag. Bake for 4 hours at 350 degrees; slightly longer for a larger brisket. Remove from oven and separate gravy from meat and vegetables then strain gravy. Slice thinly against the grain with an electric knife. Pour strained gravy over the meat. (*Brisket with gravy over it can be placed in a heated oven (350°F) while you are waiting to serve your guests. I also put some gravy in a gravy bowl.*)

You may make this dish ahead of time and freeze it. If I am making it to serve in my home I freeze it with some of the gravy over it. If I am bringing it to someone's house I freeze it with the gravy completely separate as it is easier to transport. If I am cooking it in advance I omit the potatoes and carrots.

PASSOVER STUFFED CABBAGE *Rose Valentine*

14-16 large cabbage leaves
1 lb. ground beef
1 matzo broken
½ cup of water
1 egg, beaten

1 large onion, sliced
¼ cup of lemon juice
½ cup sugar
¼ cup of water
1 can of tomato and mushroom sauce

Remove leaves from large bowl of cabbage carefully. Place in a large pot, cover with boiling water, and simmer for 5 minutes. Drain. Soak broken matzo in ½ cup of water until soft. Combine this mixture in the center of each cabbage leaf. Fold in sides to cover meat and roll. Place cabbage rolls in large saucepan with open sides down. Combine remaining ingredients and pour over cabbage rolls. Bring to a boil and then reduce heat. Simmer about 1 ½ hours, basting occasionally. *Servings: 5 - 6.*

LEMON BAKED CHICKEN *Angela Misthal*

1 lb. boneless chicken cutlets
1 lemon
¾ cup of Matzo Meal
1 egg

2 tbsp. cooking oil
2 tbsp. sugar
1 unpeeled lemon sliced thin
1 can clear chicken broth

Grate the skin of the whole lemon and set aside. Cut remainder of the lemon in half and squeeze juice over chicken cutlets. Dip chicken cutlets in egg and then Matzo Meal and gently fry in oil. Place chicken cutlets in covered baking dish. Spread grated lemon rind and sugar over top. Add lemon slices. Add clear chicken broth. Cover and bake for 30 minutes or until chicken is tender.

* This dish can be prepared the day before and on the day of the Seder add chicken broth and bake.

CHICKEN WITH PRESERVES *Judi Kleiman*

2 ½ - 3 lbs. chicken breasts
1 cup matzoh cake meal
¼ tsp. salt
Pinch of ground white pepper

6 tbsp. margarine
1 (16 oz.) jar of preserves – apricot,
cherry, or pineapple
½ cup white wine

Preheat oven to 350°F. Cut chicken breasts in half. Place cake meal in a plastic bag with salt and pepper. Coat each breast half with the mixture and arrange them in a greased 9" x 13" baking dish. Melt margarine in a medium saucepan. Add the preserves and white wine. Bring to a boil over high heat, stirring well with a wooden spoon. Pour over chicken breast halves. Bake uncovered for 30 – 45 minutes or until slightly brown and crisp.

*I make it a few days ahead of serving but I only bake it for 20 minutes. Then on the day I want to serve it, I take it out of the refrigerator and cook the rest of the way. Leftovers make great chicken salad. *Servings: 8*

STUFFED BONELESS CHICKEN BREAST WITH APRICOT JAM *Rose Valentine*

Stuffing:

1 cup boiling water (or ½ cup water & ½ cup chicken broth)
3 cups matzoh farfel
1 medium onion, chopped
½ green pepper, chopped

3 celery ribs, chopped fine
1 tbsp. oil
Add salt & freshly ground pepper to taste
3 large eggs, beaten

Chicken:

6 chicken breasts, boned and halved
Apricot jam

To make stuffing, pour boiling water over farfel and wait until all the water is absorbed. Cool. In the meantime, sauté the onion, green pepper, and celery over a medium heat until the onion is soft. Mix together the salt, pepper, and eggs. Set aside while preparing chicken breasts. Hold each breast half in one hand, skin towards the palm and spoon about 3 tbsp. of stuffing on top. Pull skin up around the stuffing and use a toothpick to fasten breast closed. Place open-side down in a greased, ovenproof pan and place a tsp. of apricot jam on the top of each roll. Bake in a preheated 350°F oven for 1 hour, uncovered. *Servings: 8 - 12.*

HORSERADISH SALMON EN MATZOH CROÛTE

Marcia Frezza

1 lb. salmon filet (skin removed)	Zest of 1 lemon
2 matzoh ground fine	2 tbsp. and 1 tsp. olive oil divided
½ cup horseradish (fresh or jarred)	½ tsp. salt
1 shallot minced	¼ tsp. pepper
2 tbsp. chopped fresh parsley	

Preheat oven to 450°F. Put matzoh, horseradish, shallot, parsley, lemon zest, 2 tbsp. olive oil, salt, and pepper into a food processor and pulse until combined. Rub baking dish with remaining 1 tsp. of olive oil. Place salmon in the baking dish and evenly distribute matzoh mixture on top of fish to create a crusty topping. Bake for 5 to 6 minutes on the upper rack of the oven, then turn oven to broil for 2 to 3 minutes or until crust is golden brown.

Servings: 2

MATZOH CHEESE LASAGNA

Marcia Frezza

1 box matzoh (11 matzoh)	3 cups ricotta cheese, divided
2 cups grated mozzarella cheese, divided	1 cup grated Parmesan cheese, divided
1 egg, beaten	2 tbsp. chopped fresh parsley
¼ tsp. salt	¼ tsp. pepper
1 (32 ounce) jar marinara sauce, divided	

Preheat oven to 350°F. Place a colander in the sink and run a very slow stream of cool water. Dampen each matzoh under the water one by one and then set aside. **DO NOT saturate the matzoh with the water. The matzoh should be pliable but not fall apart.** In medium size bowl, add ricotta cheese, egg, parsley, salt, and pepper and set aside. Place the parmesan cheese, mozzarella cheese, and tomato marinara sauce into three separate small bowls. Layer a single level of matzoh into an 8 x 12" baking pan. The matzoh should cover the entire bottom of the pan. Spread marinara sauce over the matzoh to cover about ½ cup per layer. Spread ricotta cheese to cover sauce, about 1 cup per layer. Layer mozzarella cheese about ½ cup per layer to cover ricotta cheese. Sprinkle parmesan cheese, about ¼ cup per layer, over mozzarella cheese. Repeat with 3 more layers and end with a matzoh layer on top. Spread marinara tomato sauce on top, about ½ cup. Sprinkle remaining parmesan cheese about ¼ cup and remaining mozzarella cheese about ¼ cup on top of last sauce layer. Bake uncovered for 35 to 40 minutes. *Servings: 12*

KNISHES *Marcia Frezza*

KNISH DOUGH

2 cups mashed potatoes, cooled	¼ tsp. black pepper
1 cup matzoh meal	4 tsp. dry minced onions
3 tbsp. potato starch	2 egg whites
½ tsp. salt	

CHILI CHEESE FILLING

1 cup grated kosher-for-Passover low fat cheddar cheese
2 tbsp. finely chopped chili pepper, or to taste
Cooking spray

Mix all the dough ingredients. Knead until dough is formed. Pinch off 12 balls and flatten each ball. Preheat the oven to 400°F. Mix the filling ingredients. Place about 1 tbsp. of the filling on each dough circle. Fold the dough over and press the edges together. Place on a well sprayed cookie sheet. Coat the tops of the knishes with the cooking spray. Bake for 15 minutes on each side or until golden.

Variations:

- **Spinach Cheese Filling:** ⅔ cup frozen or cooked spinach, squeezed dry, ½ cup kosher-for-Passover low fat white or cheddar cheese, (or feta cheese) ½ tsp. dry dill. Mix the ingredients and place about 1 tbsp. filling on each dough circle. Fold over and follow instructions above.
- **Tuna and Cheese Melt:** ⅔ cup water pack flaked tuna, drained, ½ cup grated kosher-for-Passover low fat American cheese, and a pinch of dill. Mix the ingredients and place about 1 tbsp. filling on each dough circle. Fold over and follow instructions above.
- **Knish Dogs for the kids:** Slice reduced-fat turkey or chicken hot-dogs into 3-4 slices and form the dough around each nugget. One recipe makes approximately 24 nuggets. You can wrap the dough to have the ends show or not, it's your choice. Bake in the same manner as above. Send these for lunch with a little Passover mustard for dipping. This is good throughout the year for kids' lunches or snacks. I have also made it with vegetarian hot dogs and it works beautifully. *Servings: 12*

YOM TOV MEAT BALLS *Rose Valentine*

1 matzoh finely broken
1/3 cup water 1 lb. ground beef
1 tsp. salt
1/3 cup matzoh meal
1 medium onion
1 can tomato and mushroom sauce

1 egg, slightly beaten
1/8 tsp. pepper
3 tbsp. vegetable shortening
3/4 cup of medium dry concord wine
1/2 tsp. sugar

Soak broken matzoh in water until is absorbed. Combine with ground beef, egg, salt and pepper. Form mixture into about 30 meat balls. Roll them in matzoh meal. Heat the shortening in a large skillet. Add meat balls and onion. Cook over medium heat until lightly browned on all sides. Combine remaining ingredients, pour over meat balls, cover and simmer for 15 minutes. *Servings: 4*

SHISH KEBOB *Marcia Frezza*

2 lbs. boneless shoulder of lamb, cut into
1 1/4" cubes
1/2 c. medium dry Concord wine
Thick wedges of tomatoes
Small white onions, parboiled, and whole
mushroom caps

1 green pepper cut into 1 1/4" squares
1/4 tsp pepper
1/4 cup of oil
1 large onion, finely minced
2 tablespoons of cider vinegar

Mix wine, pepper, minced onion, oil and vinegar. Marinate lamb cubes in mixture in refrigerator for a few hours or overnight. Using 10" or 12" skewers, arrange meat and vegetables alternately. Broil slowly until meat and vegetables are tender, turning periodically. Baste occasionally with left-over marinade.

VEGETABLES

SPINACH PIE *Lou Drucker*

6 tbsp. olive or vegetable oil	1 cup matzo meal
2 pounds fresh spinach or two packages thawed frozen spinach	1 cup fresh dill
2 cups chopped scallions, including some green tops	8 eggs
	4 tbsp. lemon juice
	2 whole matzos

Preheat oven to 350°F. With 1 tablespoon of the oil, grease the bottom and sides of a shallow 2 quart baking dish. Set aside. Clean fresh spinach, if using, removing the thick stems; chop coarsely (you will have about 8 cups). Heat remaining 5 tablespoons of oil in a heavy skillet. Add the scallions and after a couple of minutes, the spinach. Stir until wilted and well combined with oil. Stir in matzo meal and combine well, using a wooden spoon. Add dill, remove pan from heat. Beat the eggs with lemon juice until frothy, 4 or 5 minutes in an electric mixer. Add the spinach, salt and pepper. Break the whole matzos and scatter the pieces on the bottom of the oiled pan. Pour the spinach mixture into the pan. Bake 30 to 45 minutes, or until the top is nicely browned. Serve warm. *Serves: 6 - 8*

WHITE & YELLOW POTATO LATKES

Lou Drucker

2 large white potatoes	2 eggs
1 large sweet potato	1 ½ tsp. salt
1 medium onion	Dash pepper
¼ cup matzo meal	

Pare vegetables and grate or put through meat grinder. Add eggs, salt, pepper, and matzo meal. Drop by tablespoon into hot peanut oil which is almost deep enough to cover the pancakes. Fry over moderate heat until browned on one side. Turn and brown the other side. *Servings: 4 - 6*

POTATOES DEBORAH *Rose Valentine*

3 lbs. small new potatoes (about 18)	1/8 tsp. pepper
2 tsp. salt	3/4 cup condensed clear chicken soup
½ cup (1 stick) of parve margarine	

Pare potatoes and place in cold water until ready to use. Drain and place in saucepan. Cover with water, add salt. Bring to a boil, cover and simmer for 10 minutes. Drain thoroughly. Melt the margarine in a large heavy skillet. Place potatoes in a single layer in pan. Sprinkle with pepper. Cover tightly and cook over low heat for 10 minutes or until browned on one side. Turn carefully, cover and cook 10 minutes more. Add chicken soup, cover and simmer 10 minutes or until tender. Shake pan occasionally to prevent from sticking. *Servings: 6 - 8*

SWEET STUFFED CABBAGE (Vegetarian) *Sandy Leff*

1 small cabbage, steamed
5 sweet potatoes, baked
3/4 cup raisins
1 cup pineapple chunks
2 apples, chopped

1 1/2 tsp. cinnamon
29 ounce can tomato sauce
1 cup water
1/2 cup walnuts, chopped

Steam head of cabbage until leaves are soft. Mix together cooked sweet potatoes, raisins, pineapple, apples, and cinnamon (and nuts). Stuff leaves with mixture. Lay in deep baking pan. Mix tomato sauce with water and pour over cabbage so that leaves remain moist. Bake at 375°F for 30 minutes. Can make ahead and freeze. *Servings: 6 - 8*

CARROT TZIMMES *Doreen Fischer*

24 carrots scraped
6 medium sweet potatoes - peeled
20 pitted prunes
2 peeled apples
10 dried apricots

6 oz. orange juice concentrate
Pinch of nutmeg
6 tbsp. margarine
2 tablespoons honey
1 tbsp. brown sugar

Cut carrots into 1/2" slices. Cut sweet potatoes into 1/2" slices. Cut Apples. Boil until tender, not soft, about 9 minutes. Arrange evenly in a casserole dish with other ingredients. Sprinkle with brown sugar. Cover with foil and bake at 350°F for 1 hour. Uncover and bake another 8-10 minutes. *Servings: 12 - 16.*
1/2 c. medium dry Concord wine

SPINACH SOUFFLE *Marcia Frezza*

8 oz. cottage cheese
1/4 C. butter or margarine
1/4 lb. American cheese

1 lb. spinach
3 eggs
3 Tbs. cake meal

Cook spinach, drain thoroughly and chop. In a separate bowl cut American cheese into small pieces, blend. Then add all other ingredients except spinach. Beat lightly. Add spinach and blend again. Pour into well-buttered 8"X8" pan and bake at 350 degrees for 45 minutes or until firm. May be served with mushroom or cheese sauce.

KUGELS

APPLE MATZOH KUGEL *Marcia Frezza*

6 matzoh	½ cup margarine, melted
3 eggs plus 1 egg white	¾ cup chopped walnuts
½ tsp. salt	1 cup raisins
½ cup sugar	4 apples skinned & chopped
2 tsp. cinnamon	1 stick margarine

Break matzoh and soak in water until soft. Drain, but do not squeeze dry. Beat eggs with salt, sugar, cinnamon and melted margarine. Add to matzoh. Stir in walnuts, raisins, and apples. Pour mixture into greased casserole. Dot the top with additional margarine. Bake in 325°F oven for about 1 hour.

APPLE MATZO KUGEL *Helen Hauer*

4 Matzos	1 tsp. cinnamon
3 eggs	½ cup chopped walnuts (optional)
½ tsp. salt	2 large apples, peeled & chopped
½ cup sugar	½ cup raisins
½ cup melted butter (or parve margarine)	6 - 8 prunes diced

Break matzos into pieces, soak in water until soft. Drain but do not squeeze dry. Beat the eggs with salt, sugar, melted butter (or margarine) & cinnamon. Add to matzos. Stir in nuts (optional), apples, raisins, & prunes. Put in loaf or 9 x 13" pan. Bake at 350°F for 45 minutes (for loaf pan) until lightly browned. *Servings: 6*

PEACH KUGEL *Marcia Frezza*

1 (16 oz). can of sliced apricots or peaches with juice	8 eggs
1 cup (2 sticks) margarine, melted	1 cup sugar
3 cups cold water	1 tsp. salt
1 tsp. vanilla	1 tsp. cinnamon
	1 lb. matzoh farfel

In electric mixer, combine all ingredients, except farfel. Add farfel. Let stand for 15 minutes. Pour into greased and dusted lasagna sized baking pan. Bake at 375°F for 45 minutes. Turn heat down to 350°F and bake until firm.

PINEAPPLE MATZO KUGEL

Betty Goodfriend's recipe/Phyllis Napoli

½ cup margarine
2/3 cup brown sugar
1 - 20 oz. can unsweetened pineapple
slices or chunks ½ cup liquid
reserved
8 matzos, broken in large pieces

¾ cup raisins
4 eggs
¾ cup granulated sugar
1/3 cup + 2 tbsp. vegetable oil
1/3 cup Kaluha liqueur

Preheat oven to 350°F. Melt margarine and pour into 9 x 13" glass baking dish. Spread margarine making sure all sides are greased. Sprinkle brown sugar evenly over bottom. Arrange pineapple slices or chunks to cover the bottom then sprinkle walnuts over pineapple. In bowl, cover matzo pieces with warm water to soften. Soak for 3-4 minutes then drain, squeezing out liquid completely. In a bowl, cover raisins with hot water and soak for 3-4 minutes then drain. In large bowl, whisk together eggs, sugar, oil, reserved pineapple juice, liqueur, and cinnamon. Mix matzo and raisins in egg mixture then pour matzo mixture over pineapples in baking dish. Bake for 1 hour, testing at 45 minutes to see if the bottom is getting too dark. If so, move to higher rack and bake. Let Kugel rest 10 minutes before serving. Using oven mitts, flip kugel onto a slightly larger serving dish.

APPLE MATZO FARFEL KUGEL *Marcia Frezza*

6 cups matzoh farfel
6 eggs, beaten
Salt
3 Granny Smith apples, peeled & cored
2 pkg. dried apricots (at least) chopped

Water
6 tbsp. chicken fat
¾ cup honey
3 Green Golden Delicious apples peeled & cored

Lightly butter or spray a large rectangular Pyrex pan. Pour hot water over farfel in colander and drain immediately. Combine eggs, honey, salt, and fat with farfel. Slice apples. Spread the bottom of the pan with a layer of sliced apples. Cover with a layer of farfel mixture. Sprinkle with apricots. Make another layer of apple, farfel, and apricots. Top with farfel mixture and cover with more apples. Sprinkle with cinnamon. Bake covered at 350°F for 30 to 45 minutes. *Servings: 12*

MATZOH VEGETABLE KUGEL *Judi Kleiman*

3 onions chopped	1 tsp. salt
3 stalks celery chopped	¼ tsp. pepper
3 carrots grated	2 tsp. paprika
½ green pepper chopped	2 eggs slightly beaten
4 tbsp. butter	1 can clear chicken soup or 10 oz. water & 2 chicken bouillon cubes
4 cups matzoh farfel	1 ¼ cups hot water
1 pkg. frozen spinach (thawed & drained)	

Sauté the onions, carrots, celery, and green pepper in butter until tender. Add farfel. Combine remaining ingredients and add to farfel mixture. Pour into a well greased 9 x 13" baking dish. Bake at 375°F until kugel is fairly dry, about 50-60 minutes. *This is truly a winner, making a wonderful side dish for any time of year. *It also freezes well!* *Servings: 8*

MACAROON KUGEL *Marcia Frezza*

1 lb. stale macaroons	3 egg whites
3 apples, peeled and chopped	2 Tbs. sugar
½ c. chopped nuts	sweet wine, or fruit juice

Grease medium sized baking dish. Dip each macaroon in wine or fruit juice and arrange in bottom of dish. Put a layer of apples and nuts on macaroons. Repeat macaroon and apple layers until dish is filled within 1 ½" from top, ending with macaroons. Bake in 350 degree oven 30 minutes. Let cool. Make meringue. Beat egg whites with sugar until stiff. Spread over cooled Macaroon Kugel and brown in 325 degree oven for 5 minutes

MISCELLANEOUS MATZO DISHES

HERB MATZOH BREI *Marcia Frezza*

2 matzoh	2 eggs
1 tbsp. butter	1/8 tsp. salt
1/2 tsp. pepper	1/2 cup water
1 tbsp. parsley, finely chopped	1 tbsp. dill, finely chopped

Break matzoh into 1 inch pieces. Place matzoh in a medium size bowl. Pour water over matzoh and allow it to soak for 2 minutes. Drain water from matzoh mixture. Place matzoh mixture back into bowl. Beat eggs in a separate small bowl. Add salt, pepper, parsley, and dill to eggs and combine. Add egg mixture to matzoh mixture and combine. Melt butter in a medium skillet over medium to high heat. Pour matzoh/egg mixture into skillet. Spread out to cover the bottom of the pan. Cook for 3 to 4 minutes on each side or until golden brown. *Servings: 2*

MATZOH BREI (FRIED MATZOH) *Judi Kleiman*

4 whole matzoh	Salt
2-3 eggs	Peanut oil

Rinse matzoh under warm water for about 1 minute. Press excess water out of matzoh. Set aside. Beat eggs and add salt to taste. Break up matzoh with your hands and mix into eggs and stir well. Pour mixture into fry pan with butter or peanut oil. Matzoh Brei is done when it is not too soggy and not too dry. *Servings: 2 - 3*

MATZOH MEAL PANCAKES *Judi Kleiman*

3 eggs, separated	1/2 cup cold water
1 tsp. salt	3/4 cup matzoh meal

Beat together egg yolks, salt and water and then stir in the matzoh meal. Beat whites until stiff and fold them carefully into the batter. Drop the batter by tablespoon into hot oil in skillet. Cook until light brown on both sides. Sprinkle with sugar and cinnamon or jam.

GRANDMA'S PASSOVER ROLLS *Jeri David*

1 cup water	4 eggs
1/2 cup peanut oil or vegetable oil	1 tsp. salt
2 cups matzoh meal	1 tbsp. sugar

Bring oil and water to boil. Add dry ingredients, mix well. Add eggs one at a time and beat until glossy or put dry ingredients in Cuisinart and add eggs one at a time and mix until glossy. Let mixture stand for 15 minutes. With oiled hands, shape into rolls and bake on well greased cookie sheet at 375°F for 50 minutes. *Servings: 12*

DESSERTS

CHOCOLATE CAKE *Judi Kleiman*

8 eggs separated	2 tbsp. cocoa
1 ½ cups sugar	¼ cup Passover wine
¼ cup orange juice	¾ cup cake meal
1 orange rind, grated	

Grease two 8" square pans and line with wax paper. Sift cake meal. Beat egg yolks and add sugar and beat until thick and lemon colored. Add grated orange rind, cocoa, orange juice and wine, mix thoroughly. Gently stir in cake meal. Beat egg whites until stiff, not dry and fold into batter. Pour into prepared pans and bake at 350°F for 40 – 50 minutes. Turn out on cake rack and remove wax paper. When cooled, sprinkle with confectioners' sugar.

CHOCOLATE CAKE – BOX MIX *Flora Berkun*

2 boxes Manischewitz Chocolate Cake Mix	1 cup water
1 box Instant chocolate pudding	½ cup oil
4 eggs	

Mix all ingredients together. Bake in greased tube pan at 350°F for 45 to 50 minutes. Check at 40 minutes. *Servings: 10*

CHOCOLATE CHIP COOKIES *Twyla Sable*

Sugar	½ tsp. salt
1/3 cup Potato starch	2 eggs beaten
2/3 cup Cake Meal	½ cup chopped walnuts (optional)

Soften margarine to room temperature. Combine margarine, sugar and egg; mix well. Add potato starch, cake meal, salt, chocolate chips, and mix well. Add nuts if using at this time. Drop a teaspoonful onto parchment lined cookie sheets approximately 1 ½ inches apart. Bake at 400°F for 10 - 12 minutes. Let cool on parchment paper on a wire rack. *Servings: 3 dozen*

MACAROONS *Twyla Sable*

6 egg whites	2 cups chopped nuts
1 cup sugar	$\frac{1}{3}$ cup cocoa (optional)
1 $\frac{1}{2}$ tsp. vanilla or almond extract	10 oz. chocolate chips (optional)
14 oz. shredded coconut meat	

Beat egg whites stiff. Add slowly add sugar. Add vanilla. With wooden spoon, mix in coconut and chopped nuts. Bake at 325°F for 15 to 20 minutes until lightly browned on greased or parchment lined cookie sheet. You may add $\frac{1}{3}$ cup of cocoa to coconut and chopped nuts to make chocolate macaroons or add one 10 oz. bag of chocolate chips for yummy macaroons. *Servings: 4 to 5 dozen.*

MANDEL BREAD *Twyla Sable*

4 eggs	2 cups cake meal
1 $\frac{1}{2}$ cups sugar	$\frac{1}{2}$ cup potato starch
1 cup safflower oil	1 cup ground nuts
$\frac{1}{2}$ tsp. salt	1 tsp. vanilla

Beat eggs well. Add sugar, oil and salt. Then add cake meal and potato starch. Add nuts (add either grated orange or lemon rind). Refrigerate for $\frac{1}{2}$ hour. Wet hands and form dough into 4 long strips on oiled cookie sheets. Bake for 25 minutes at 375°F. Cut into 1 inch pieces. Place on sides and return to oven under the broiler to toast (lightly browned). Turn and brown other side. *Servings: 12*

MARBLE CHIFFON CAKE *Twyla Sable*

2 tbsp. cocoa	$\frac{1}{4}$ cup sugar
3 tbsp. boiling water	$\frac{3}{4}$ cup cake meal
$\frac{1}{4}$ cup potato starch	1 $\frac{1}{2}$ cups sugar
1 tsp. salt	10 egg yolks unbeaten
10 egg whites	$\frac{1}{2}$ cup orange juice
$\frac{1}{2}$ cup oil	

Mix together in small bowl cocoa, sugar and boiling water. Let cool. In large mixing bowl, sift cake meal, potato starch, sugar, and salt. Make a well, and put in unbeaten egg yolks, oil, and orange juice. Mix in electric mixer until thick and creamy. Beat egg whites until stiff -- fold into flour mixture. Pour half the batter into ungreased 10 inch tube pan. To rest of batter, add cocoa mixture, and swish with knife to swirl into other batter. Bake at 350°F for 1 hour then reduce oven heat to 300°F and bake 10 minutes more. Invert pan and cool before removing from pan. *Servings: 12*

MATZOH CLUSTERS *Rose Valentine*

3 cups chocolate chips - melted
3 sheets crumbled matzoh
1 cup dried cherries
1 cup slivered almonds
1 cup coconut

Combine ingredients. Drop by teaspoonful onto waxed paper lined baking sheets. Refrigerate until firm. *Servings: 10 - 12*

MERINGUE COOKIES *Sandy Leff*

2 egg whites (at room temperature)
1/8 tsp. cream of tartar
3/4 cup sugar
1/2 tsp. vanilla
6 oz. pkg. chocolate chips
1/2 cup chopped walnuts or pecans

Combine egg whites, cream of tartar, and vanilla. Beat until soft peaks form. Gradually add sugar and continue to beat until stiff peaks form. Fold in chocolate chips and nuts and drop well rounded tsp. on cookie sheet covered with brown paper (cut from grocery store bag). Bake at 300°F for 20-25 minutes. Store cookies in an air tight container.

MERINGUE CUPS *Sandy Leff*

3 egg whites (at room temperature)
1/2 tsp. vinegar
1/4 tsp. vanilla extract
1/8 tsp. salt
1 cup sugar

Combine egg whites, vinegar, vanilla, and salt; beat until frothy. Gradually add sugar, 1 tablespoonful at a time, beating until stiff peaks form. Spoon the meringue into equal portions on brown unglazed paper (see above). Using back of spoon, shape meringue into circles then shape each circle into a shell (sides should be about 1 1/2 inches high). Bake at 300°F for 45 minutes. Cool meringues away from drafts. Fill with fresh fruit or yogurt.

PASSOVER BROWNIES *Marcia Frezza*

1 stick margarine
2 cups sugar
5 eggs
2 squares melted bitter sweet chocolate
1 cup matzo cake meal
1 cup raisins and nuts or chocolate chips

Cream together margarine and sugar. Add eggs one at a time, beating well after each. Add melted chocolate, then stir in cake meal, raisins, nuts, or chocolate chips. Pour into a greased 9 x 13" pan. Bake 1 hour at 350°F.

OATMEAL-LIKE COOKIES *Twyla Sable*

1/3 cup safflower oil	1/2 tsp. cinnamon
2 eggs	1 cup matzo farfel
1 cup matzo meal	1/2 cup raisins
3/4 cup sugar	1/2 cup chopped nuts

Place raisins in small saucepan, cover with water and simmer until raisins are plump and tender. Drain thoroughly. Set aside. In large bowl, beat eggs and oil. In medium bowl, combine matzo meal, sugar, and cinnamon. Blend well. Combine with egg mixture. Add remaining ingredients. Place by rounded teaspoon on GREASED cookie sheet. Bake at 400°F for 10 minutes. *Servings: 12 (36 cookies)*

PASSOVER CHOCOLATE CAKE *Twyla Sable*

2 boxes Manischewitz Chocolate Cake Mix	1 cup water
1 box Instant chocolate pudding	1/2 cup oil
4 eggs	

Mix all ingredients together. Bake in greased tube pan at 350°F for 45 to 50 minutes. Check at 40 minutes. *Servings: 10*

LEMON BARS *Marcia Frezza*

2 sticks margarine	1/2 cups cake meal
1/2 cup sugar	4 eggs
2 cups sugar	4 T. potato starch
6 T. lemon juice	grated rind of 1 lemon

For the crust, mix together margarine, cake meal and 1/2 cup sugar. Press into a greased 9"X13" pan. Bake at 325 degrees for 20 minutes. For the filling, beat together remaining ingredients until light and frothy. Pour over baked crust and bake at 325 degrees for an additional 20 minutes until golden brown and filling is set. Refrigerate and cut into 2 inch squares.

HUNGARIAN PRUNE DUMPLINGS

Marcia Frezza

8 medium cooked potatoes	¼ tsp. cinnamon
1 tsp. salt	¾ c. melted shortening
4 eggs	½ c. sugar
1 c. matzo meal	½ c. prunes (pitted)

Mash potatoes in large mixing bowl. Beat eggs slightly and stir into potatoes, alternating with matzo meal. Add 2 Tbs. shortening. Form into balls the size of a small apple. After all balls are formed, bring to a boil 2 quarts of water in a large kettle. Make a depression in center of each ball or dumpling and fill hollow with a prune, bringing the dough up to cover filling. Drop dumplings into boiling water, one at a time. Adjust the kettle cover partly to permit escape of steam and keep at a gentle boil for 10 minutes. The dumplings float to the top when done and should be skimmed out with a slotted spoon.

Roll dumplings in sugar and cinnamon, baste generously with remaining melted shortening and brown lightly in the oven at 375 degrees for 10 min, or under broiler flame. Serve as dessert. *Yields 10 to 15, depending on size.*

Surviving Passover



A Guide to Family Friendly Recipes for Breakfast, Lunch and Snacks

Congregation Beth Yam, Outreach Committee

March 2013

Breakfast

Passover Banana Muffins

½ cup oil	½ cup potato starch
¾ cup sugar	1 teaspoon cream of tartar
2 eggs	1 teaspoon baking soda
1 ½ cups mashed bananas	½ teaspoon cinnamon
¾ cup matzo meal	

Preheat oven to 350 degrees. Coat muffin pan with cooking spray or line with paper liners. Beat oil with sugar. Add eggs, one at a time. Add bananas and combine. In a separate bowl, combine matzo meal, potato starch, cream of tartar, baking soda and cinnamon. Blend well.

Combine dry mix with banana mixture. Do not over-mix. Fill prepared muffin tins with batter. Bake for 20 – 25 minutes until tops are brown and toothpick inserted in center comes out with moist crumbs.

* About this recipe: “Breads & desserts are hard to come by during Passover, and this one is a winner for breakfast, dinner or dessert. Feel free to add some nuts if you like them. NOTE: Baking soda is allowed during Passover from the sources that have been checked. In fact, baking soda & cream of tartar is listed as a substitution for baking powder, which is not allowed unless you buy a kosher for Passover brand.”

Scrambled Eggs with Vegetables

1 tablespoon butter	6 large eggs
½ cup chopped onion	½ cup shredded cheddar cheese
½ cup chopped zucchini	½ teaspoon kosher salt
½ cup chopped yellow squash	½ teaspoon black pepper
1 small red pepper, chopped	

Heat a large skillet over medium heat. Add butter. Once butter is melted, add onion, and cook 3 to 5 minutes until softened. Add zucchini, yellow squash and red pepper. Cook another 5 minutes or until vegetables are soft. Beat eggs in a medium mixing bowl. Pour eggs into skillet. Allow eggs to cook a minute, and then stir gently with whisk. Sprinkle cheese over eggs. Cook another minute until cheese is just melted and eggs are set. Season with kosher salt and pepper. Remove from heat and serve immediately.

Passover Muffins with Fresh Berries

½ cup sugar	¼ teaspoon salt
1/2 cup oil	1 cup fresh or frozen raspberries or blueberries
3 large eggs, lightly beaten	1 teaspoon lemon zest
½ cup matzo cake meal	
¼ cup potato starch	

Preheat oven to 325 degrees. Line a muffin pan with paper liners or grease generously. Beat sugar and oil together. Beat in eggs. Add eggs, cake meal, potato starch and salt, stirring until combined. Rinse berries and pat dry. Fold berries and lemon zest into batter. Fill muffin tins up to the top with batter. Bake 45 minutes. *Servings 6*

Breakfast Pizza

2 eggs

½ cup chopped tomatoes

4 tablespoons low-fat mozzarella
cheese

Cooking spray

In a small bowl, beat the eggs with a fork until smooth. Preheat a small non-stick skillet on high and coat with cooking spray. Lower the heat to medium-high and pour in eggs. Cook until eggs are solid. Slide your Breakfast Pizza onto a plate. Add cheese and tomatoes evenly over the top. Slice like you would a pizza. *Serving 2*

Passover Cherry Muffins

1/3 cup margarine

1 cup sugar

1 teaspoon vanilla

3 eggs (add with above and beat)

½ cup matzo cake flour

¼ cup potato starch

½ teaspoon salt

1 can pitted cherries, drained

Preheat oven to 350 degrees. Combine wet ingredients and dry ingredients separately. Add the wet ingredients to the dry, and combine thoroughly. Add cherries. Pour batter into lined muffin tins. Bake at 350 degrees for 45 minutes. *Servings 6*

Passover Cottage Cheese Pancakes

2 eggs, beaten

1 cup milk or 1 cup buttermilk

2/3 cup cottage cheese

1 cup matzo meal or 1 cup matzo
cake meal

Salt and pepper

Oil, for griddle

Lightly oil griddle or frying pan and heat the pan. Mix all ingredients together in a bowl. Adjust thickness of batter by adding liquid (or matzo meal). Pour batter into hot pan and cook the pancakes on each side. These are great with strawberries and yogurt. *Serving 4*

Breakfast Mice

2 hard boiled eggs, peeled and
halved

2 teaspoons low fat mayonnaise

$\frac{1}{4}$ teaspoon salt

2 radishes, thinly sliced and root
ends reserved

8 raisins

1 ounce cheddar cheese, cubed
or shredded

Spinach or lettuce leaves,
optional

Gently scoop egg yolks into small bowl. Mash yolks, mayonnaise and salt until smooth. Spoon yolk mixture back into egg halves. Place 2 halves, cut side down, on each serving plate. Cut 2 tiny slits near the narrow end of each egg half; place 2 radish slices on each half for ears. Use the root end of each radish to form tails. Push raisins into each egg half to form eyes. Place small pile of cheese in front of each mouse. Garnish with spinach leaves, if desired. *Serving 2*

Lunch

Kid's Favorite Passover Pizza

¼ cup marinara sauce (tomato sauce)	¾ cup shredded mozzarella cheese
2 matzo crackers	1 tomato, sliced
1 pinch garlic salt	¼ cup sliced black olives
1 pinch dried oregano	(Optional others: peppers, pineapple, etc.)

Preheat oven to 350 degrees. Spread marinara sauce on the pieces of matzo. Sprinkle garlic salt and oregano over the tomato sauce. Cover with cheese, tomato slices, and olives. Place pizza on cookie sheets. Bake for 5 minutes at 350 degrees, or until cheese has melted. *Serving 2*

Passover Lasagna

4 eggs	½ to 1 pound mozzarella cheese, shredded
1 ½ pounds cottage cheese	1 jar tomato sauce
Clove garlic minced or ½ teaspoon garlic powder	Salt and pepper to taste
9 whole matzos	Oregano to taste
Milk as needed	

Preheat oven to 350 degrees. In a bowl, combine the eggs, cottage cheese, salt, pepper, garlic and oregano. Wet matzos in the milk. Pour a little tomato sauce into the bottom of a casserole or lasagna pan. Layer ingredients as follows: matzos, cheese mixture, tomato sauce, mozzarella cheese. Continue layering until you have finished all the ingredients. End with a layer of mozzarella cheese. Sprinkle the top with Parmesan cheese. Bake at 350 degrees for 45 to 50 Minutes. Let the lasagna rest for 5 to 10 minutes before cutting. *Serving 6*

Passover Macaroni and Cheese (Dairy)

3 cups matzo farfel	¼ teaspoon salt
½ pound (8 oz) cheddar cheese	¼ teaspoon pepper
6 tablespoons melted butter	2 cups milk
3 eggs, beaten	1 ½ cup sour cream

Mix all ingredients together. Put in 2 quart casserole dish. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 15 minutes longer or until brown. Can serve with a salad.

Great Zukes Pizza Bites

1 medium zucchini	¾ cup (3 oz) shredded reduced-fat mozzarella cheese
3 tablespoons pizza sauce	¼ cup shredded Parmesan cheese
2 tablespoons tomato paste	
¼ teaspoon dried oregano leaves	8 slices pitted ripe olives

Preheat broiler; adjust rack 4 inches from heat. Trim off and discard end of zucchini. Cut zucchini into 16 (1/4-inch-thick) diagonal slices. Place zucchini on nonstick baking sheet. Combine pizza sauce, tomato paste and oregano in small bowl until well blended. Spread scant teaspoon sauce over each zucchini slice. Combine mozzarella and Parmesan cheeses in small bowl. Top each zucchini slice with 1 tablespoon cheese mixture, pressing down into sauce. Place 1 olive slice on each of 8 pizza bites. Broil 3 minutes or until cheese is melted and zucchini is tender. Serve immediately. *Serving 8*

Passover Rolls

1 cup water	½ cup potato starch
1 cup vegetable oil	1 teaspoon salt
8 eggs	2 tablespoons sugar
1 ½ cup cake meal	

Boil water and oil for 1 minute. Sift cake meal, potato starch, salt and sugar in bowl. Pour water and oil into dry ingredients and mix together. While still hot, add eggs. Beat until smooth. Drop onto greased cookie sheet. Bake at 400 degrees for 25 minutes or until browned.

Easy Passover Popovers

2 cups water	1 cup cake meal
1 cup vegetable shortening (Crisco e.g.)	1 teaspoon salt
1 cup potato starch	4 tablespoons sugar
	12 eggs

Preheat oven to 425 degrees. Bring water and vegetable shortening to a boil until shortening dissolves. Stir in (or use mixer) potato starch, cake meal, salt and sugar. Add 12 eggs, one at a time, beating constantly in mixer.

Grease muffin tins. Fill each ½ to ¾ full. Bake at 425 degrees for 35 to 40 minutes. *Serving 24 (2 dozen)*

Potato Latkes

4 large potatoes

2 eggs

1 teaspoon salt

1 teaspoon pepper

3 tablespoons matzo meal

1 tablespoon grated onion

1 teaspoon chopped parsley

Oil for frying

Peel and grate potatoes. Rinse in water and drain most of the liquid. Beat eggs and add to potatoes. Add all the other ingredients (except oil). Drop spoonfuls of the mixture into a hot well-greased frying pan with the oil. Turn with a spatula to lightly brown on both sides. Serve hot with sour cream for a dairy topping and/or applesauce. *Serving 4 to 6*

Matzo Meal Pancakes

½ cup matzo meal

¾ teaspoon salt

1 tablespoon sugar

3 eggs, separated

½ cup cold water or milk or a
combination of the two

Butter or vegetable oil for frying

Jam or sour cream

Combine the matzo meal, salt, and sugar. Beat the egg yolks lightly, add the water and/or milk, and combine with matzo meal mixture. Beat the egg whites until stiff but not dry. Fold into the matzo meal batter. Heat a coat of butter or oil in a large, heavy skillet. Add the batter by tablespoonfuls. Fry for 3 to 4 minutes, turn the pancakes, and fry for another 2 or 3 minutes. The pancakes should be golden on both sides. Don't crowd the pan - - a 10 inch skillet will hold 6 to 7 pancakes comfortably. Adjust the heat so neither the pancakes nor the fat burns, and add more butter or oil as necessary. Drain for a moment on paper towels and serve immediately with jam or sour cream. *Serving 6 (3 dozen 2 inch pancakes)*

Tossed Salad

Zipper bags
Lettuce

Carrots, Celery, Tomatoes
Salad dressing

Wash the lettuce and other ingredients. Cut into bite-size pieces. Put some lettuce in a bag. Add carrots, celery and tomatoes. Put a spoonful of dressing. Zip! Gently “toss” in the air. Enjoy your “tossed” salad

Bunny Salad

Lettuce leaves
Pear halves
Cottage cheese

Carrot sticks
Raisins
Cherries

Lay down a lettuce leaf. Put a pear on top for the bunny’s body. Add raisins for eyes. Make a mouth from a cherry. Use carrot sticks for ears. Add a cottage cheese tail. “Hop” to it and eat it!

Sunshine Salad

½ carton plain yogurt
1 tablespoon honey

1 slice pineapple

Mix the yogurt and honey. Put 1 slice pineapple in each dish. Put 1 tablespoon yogurt mixture in the middle. Eat the Sunshine!

. Hungarian Potato and Egg Casserole

2 pounds potatoes	¼ teaspoon pepper
1 onion, chopped	2 eggs, boiled and sliced
2 tablespoons oil	2 tablespoons matzo meal
1 cup sour cream	Hungarian paprika
1 ½ teaspoons salt	

Do not peel or slice the potatoes. You will be cooking them whole. Heat salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add potatoes. Heat to boiling. Reduce heat. Cover and cook until tender. Test with a fork or a knife for tenderness. Drain and cool slightly. Cook onion in oil until tender. Mix onion, oil, sour cream, salt and pepper. Peel potatoes and cut into ¼ inch slices. Gently mix potatoes and sour cream mixture. Arrange half the potatoes in greased 10x6x1 ½ inch baking dish or 1/1/2 quart casserole. Arrange eggs on top and add remaining potatoes. Sprinkle with matzo meal and paprika. Bake, uncovered, at 325 degrees until light brown, 30 to 40 minutes.

Chinese Jewish Passover Stir Fry

2 tablespoons olive oil	1/8 teaspoon cayenne pepper
1 small red pepper, cut into 2 inch long, thin strips	2 cloves finely minced garlic
4 scallions cut into small rings	½ pound sliced fresh mushrooms (preferably Shitake, but any type will do)
1 cup thinly sliced celery (against the diagonal)	1 pinch salt
1 cup sliced carrots	3 cups cooked diced chicken

In a large skillet or a wok, heat the oil. Add the red pepper, scallions, celery, carrots, cayenne pepper and garlic. Sauté until tender. Add the ginger, salt and mushrooms. Cook for an additional 5 minutes. Lower the heat and add the chicken. Make sure you heat the chicken thoroughly. Serve over Matzo Farfel or Passover noodles. *Serving 6*

Snacks

Bugs on a Log

4 stalks of celery, cleaned but with some leaves let on
½ cup low-fat cream cheese or Neufchatel cheese
Currants, raisins, and shelled sunflower seeds

Cut the cleaned celery stalks into 4 inch logs. Fill each log with a tablespoon of cream cheese. Put a few currants, raisins and sunflower seeds on top for your bugs. *Serving 8*

Passover Caramel Pecan Squares

4 plain matzos	1 cup chopped nuts, pecans, or
1 cup margarine	walnuts (optional)
1 cup brown sugar (packed)	1 cup parve chocolate chips
	½ cup sliced almonds (optional)

Preheat oven to 350 degrees. Line a 10 x 15 inch pan with tin foil. Grease it really well. Fit the plain matzos in the pan, breaking them up if necessary to fit. Cook the margarine and brown sugar in a medium size pot to about 234 degrees on a candy thermometer, stirring constantly. If you are using nuts, when sugar mixture reaches 234 degrees, add them in, off of the heating element. Pour over matzos. Bake at 350 degrees for 15 to 20 minutes. Remove from oven and sprinkle with chocolate chips. Turn oven OFF and place back in oven for 2 minutes to melt the chips. Take out and spread the chocolate chips to make a smooth top. Sprinkle with sliced almonds, if desired. Immediately cut into triangles and serve. *Serving 10*

Rainbow Kabob

Red strawberries
Blue blueberries
Green grapes

Yellow bananas
Wooden skewers or toothpicks

Wash your hands. Clean the fruit and cut into bite-size pieces. Push fruit onto skewers to make a rainbow of colors. Make a wish and eat!
Hint! Use pineapple chunks, kiwi, apples, pears, and other types of fruits.

Low Cholesterol Passover Apple Cake

1 cup matzo meal	½ cup oil
½ teaspoon salt	¼ cup orange juice
5 egg whites (3 in one bowl, 2 in another)	1 cup sugar
	½ teaspoon cinnamon

4 cups thinly sliced apples (3 to 4)

Stir matzo meal and salt together; set aside. Beat 3 egg whites until stiff; set aside. Beat remaining 2 egg whites, oil, orange juice and ¾ cup sugar together for 5 minutes. Stir matzo meal until thoroughly blended; fold in stiffly beaten egg whites. Spoon half the batter into greased 8-inch square pan. Arrange apples over batter. Mix remaining ¼ cup sugar with cinnamon and sprinkle over the apples. Spoon rest of the batter over apples. Bake at 375 degrees for 35 to 40 minutes.

Pineapple-Banana Milk Shake

1 cup canned crushed pineapple, packed in juice	1 cup ice water
1 medium banana, cut up	2/3 cup non-fat dry milk powder
	8 ice cubes

Combine pineapple, banana, water and milk powder in a blender and blend until smooth. Add ice cubes, two at a time, and continue to blend until thick and smooth. *Serving 2*

Matzo Candy Buttercrunch

5 boards' unsalted matzo	6 ounces semisweet chocolate, chopped, coarsely (or chocolate chips)
1 cup margarine, unsalted	
1 cup brown sugar, firmly packed	

Preheat oven to 375 degrees. Lightly grease a jellyroll pan. Line bottom of pan evenly with matzo, using what you need and cutting pieces to fit any spaces on the cookie sheet. Combine margarine and sugar in a medium saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking three more minutes, stirring constantly. Remove from heat and pour over matzo. Bake 15 minutes, checking every few minutes to make sure mixture is not burning. (If it seems to be browning too quickly, remove from oven.) Remove from oven, then sprinkle with chocolate pieces. Let stand five minutes, then spread chocolate evenly over surface. Cool thoroughly, refrigerating if necessary to set. Break into randomly-sized and shaped pieces.

Variations:

- Use coffee-flavored chocolate chips
- Try it with white chocolate chips
- Add nuts or dried fruit