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PESACH RECIPE EXCHANGE

5780-2020

*A project of
Women's Chavurah Sisterhood
Anshe Sfard Synagogue
Akron, Ohio*

INDEX

SIDES

- Traditional Haroset
- Persian Haroset
- Potato Kugel
- Zucchini Kugel
- Savory Carrot Pie
- Carrot Kugel
- Matza Balls
- Mock Chopped Liver
- Avocado Mango Salad
- Carrot Apple Salad
- Mango Mandarin Lettuce

MAINS

- Mexican Gefilte Fish
- Gefilte Fish Latkes
- Moroccan Salmon Stew

- Sheperd's Pie
- One Pan Chicken/Potato
Eigahox
- Chicken Liver Matza
- Eggplant Rollatini
- Cholent/Meat Potato

DESSERTS

- Apple Cobbler
- Meringue Nut Cookie
- Strawberry Sorbet
- Brownies
- Avocado Choco Mousse
- 9 Layer Matza Cake

Sides

BARBARA YEDIDSON

TRADITIONAL HAROSET



Ingredients

1-1/2 cups chopped dried apricots
1/2 cup chopped figs
1 cup boiling water
1 cup blanched hazelnuts
Juice & zest of 2 lemons
Pinch saffron
1 T freshly grated ginger
1/2 cup orange juice
2 T honey

In a bowl rehydrate apricots and figs for at least 1 hour (can take up to 4). Transfer fruits & water to food processor & add the remaining ingredients and pulse, adding more water if necessary. This is so delicious and makes a wonderful topping on a chicken matzah sandwich.

BARBARA YEDIDSON

PERSIAN HAROSET



Ingredients

1 cup shelled & toasted pistachios
2/3 cup sliced banana
1 small apple peeled cored and chopped
1/2 cup chopped walnuts
1/2 cup grape juice (preferred white grape)
1 tsp cinnamon
2 tbsp pomegranate paste

Pureé all ingredients in food processor garnish with some chopped toasted pistachios

POTATO KUGEL



Ingredients

8 potatoes
2 onions
5 eggs
1 tbsp sugar (optional)
1 tbsp salt
1 tsp pepper (optional)

Pour enough oil to cover a 9 x 13 foil pan. Blend potatoes and onions. Mix all ingredients together and bake uncovered in 9 x 13 pan at 350 degrees for 1 hour.

ZUCCHINI KUGEL



Ingredients

1 1/2 lb. zucchini
1 lb. potatoes
2 medium onions
5 large eggs
Oil
Salt and pepper to taste

Pour oil to baking pan to cover bottom. Place in a 375 degree oven to heat the oil. Grate vegetables into a large bowl. In a separate bowl, combine, eggs, salt and pepper. Add eggs to grated vegetables and mix well with a fork. Remove the pan from the oven and pour in vegetable mix. Bake at 375 degrees for about 1 hour, or until top is slightly browned and kugel is firm.

SAVORY CARROT PIE



Ingredients

*1 kg carrot
3 large onions
1 tbsp olive oil
200g ground almonds
6 eggs
Salt
Flaked almonds (optional)*

Preheat oven to 350. Bring carrots to a boil and cook until tender. Drain. In a frying pan, saute the onions together. Stir in the almonds and salt. Separate the eggs. Add the yolks to the carrot mix and whisk the whites until very stiff. Fold the whites into the carrot mixture. Spread into a greased, round pan and bake for an hour until mostly set. Allow to cool. Sprinkle flaked almonds on top.

CARROT KUGEL



Ingredients

*4 eggs, separated
1/2 cup sugar
1 cup grated raw carrot
1/4 cup shredded apple
1/4 cup red wine
2 tbsp lemon juice
1/2 tsp grated lemon peel
1/3 cup potato flour*

Preheat oven to 375 degrees. Beat the egg yolks with sugar. Add grated carrot, shredded apple, wine, lemon juice, lemon peel and potato flour. Mix well. Beat the egg whites until stiff peaks form and fold them into the carrot mixture. Spoon into a well greased 1 1/2 quart casserole. Bake for 35 minutes, or until golden brown.

**Note: If served immediately, the kugel will be fluffy. Served cold, it will fall a bit.*

MATZA BALLS



Ingredients

*4 large eggs
6 tbsp water
3 tbsp oil
1 tsp salt
1/4 tsp pepper
1/4 cup fresh dill chopped
(optional)
1 cup matza meal*

Whisk together eggs, water, oil, salt and pepper. Stir in the dill, add the matza meal and mix to combine.

Refrigerate for 15 minutes/until can form balls. Bring large pot of water to a boil, add 1 tsp salt. With wet hands, roll mix into 12 balls and carefully drop into water. Cover pot and simmer for 30-35 minutes until puffed and cooked through.

KAILA SASONKIN

MOCK CHOPPED LIVER



Ingredients

*1/4 cup olive oil
2 onions, chopped
3 1/4 cups chopped mushrooms or inside of 2 roasted eggplants
2 cloves garlic
1/2 cup walnuts
3-4 hard boiled eggs
1/2 tsp salt
1/4 tsp pepper*

Heat olive oil in pan. Saute onions until golden.

Add mushrooms and garlic and cook for 6-8 minutes, stirring occasionally until browned. Remove from flame and cool slightly.

Grind walnuts in food processor, add onion/mushroom mixture, salt and pepper and pulse until just combined.

Transfer to container and refrigerate until ready to serve.

AVOCADO MANGO SALAD



Ingredients

2 mango
1 avocado
Diced red onion

Dressing

Lemon juice
Salt

CARROT APPLE SALAD



Ingredients

6 carrots, grated
2 green apples, grated

Dressing

4 *tbsp* sugar
2 *tbsp* lemon juice
1 cup orange juice

MANGO MANDARIN LETTUCE SALAD



Ingredients

Lettuce
Mandarin
Mango
Diced red onion

Dressing

3 *tbsp* sugar water
3 *tbsp* lemon juice
3 *tbsp* oil
1/2 *tsp* salt

Mains

MIRI KOGAN

GEFILTE FISH A LA VERACRUZANA



Ingredients

For fish Patties

- 1 pound red snapper fillets,
no skin or bones
- 1 pound flounder fillets,
no skin or bones
- 1 white onion quartered
- 2 carrots roughly chopped
- 3 eggs
- ½ cup matzah meal
- 2 tsp salt
- ½ tsp white pepper

Fish patties: Rinse red snapper and fillets. Put through food processor. Pulse for 5-10 seconds. Add onion, carrots, eggs, matza meal, salt, pepper and mix.

Red sauce: Saute onions in oil till soft, Pour in crushed tomatoes and let mix thicken for 6 minutes. Add water, ketchup, salt and pepper. Bring to a boil and then turn down to simmer.

For red Sauce

- 3 tbsp oil
- ½ cup white onion, chopped
- 1 28 oz crushed tomatoes
- 3 cups water
- 2 tablespoons ketchup
- 1 tsp salt
- ¼ tsp white pepper
- 1 cup manzanilla olives stuffed
with pimientos
- 8 pepperoncini peppers in
vinegar brine
- 1 tablespoon capers

Wet hands and form small patties from the fish mix and drop into red suace.

Cover pot and let cook for 25 minutes. Add manzanilla olives, pepperoncini peppers and capers.,

Simmer for 20 minutes until fully cooked.

KAILA SASONKIN

GEFILTE FISH LATKES



Ingredients

1 frozen raw gefilte fish roll
2 eggs
1/2 cup oil

Defrost gefilte fish roll. Add 2 eggs. Pour oil to cover pan surface and fry the mixture into little patties.

Optional toppings:

Salsa

Tomato sauce

Horseradish

KAILA SASONKIN

MORROCCAN SALMON STEW



Ingredients

4 portions of salmon (cut to large bite size)
4 tomatoes
1-2 bunches of cilantro (cleaned well)
1/4 cup oil
1 lemon
1/3 cup osem PARVE vegetarian consommé
1/4 cup water
Optional veg:gies
1 carrot sliced
1 colored pepper, cubed
Salt, garlic,
hot pepper flakes, cumin

Stew tomatoes in oil with chopped cilantro on medium flame, covered for 15 mins.

Add soup mix, water, vegetables, spices. Cook covered for 30 mins on medium heat.

Cube salmon to large bite size pieces. Season with oil/lemons.

Bake for 10 mins at 350 degrees or microwave for 1 minute. (It will be softer.)

Remove sauce from fire and add salmon. Mix gently.

Serve warm or cold.

KAILA SASONKIN
**SHEPERD'S
PIE**



Ingredients

2 lb ground meat
2 large onions, sauted
2 large tomatoes
1 cup oil
1 carrot shredded/sliced thin
(optional)
Salt, garlic, pepper to taste
1 egg (optional)

*Combine ground meat,
tomatoes and spices in
skillet. Cook on medium heat
for 30 minutes covered till*

*tomato pieces are barely
seen, In another skillet, dice
and saute 2 onions in
1/2-3/4 cup oil, add
shredded zucchini and
carrot, cook for 20 min until
soft. Mix veggies with meat
and cover bottom of 9x13
pan.*

*Top Layer: Cook 6 large
potatoes. Mash with salt and
oil from onion saute.
(Optional: add 1 egg beaten to
make fluffy.*

*Put potato mixture on top of
ground meat layer. Bake
uncovered for 40 minutes at
350 degrees in greased pan.*

Serves 6-8

KAILA SASONKIN

ONE PAN CHICKEN/POTATO DISH



Ingredients

1 cut up chicken with skin
2 leg quarters and breasts
with bones
1 onion, cubed/rings
1 tomato sliced in rings
4 potatoes, peeled,
cubed/rings
1 carrot, peeled, cut in rings
(optional)
1 zucchini sliced in thick
rings
Salt

*In 9x13 pan lay onions,
tomato rings, cut potatoes,
carrot rings, salt (and any
other spices you would like).
Lay raw chicken on top of
vegetables. Layer zucchini on
top of chicken. Sprinkle with
salt. (Saute onion if desired).
Cover tightly Bake 1.5 hours
on 350 degrees. When
chicken and potatoes, bake
uncovered for 15 minutes to
get golden color on chicken.*

AIMEE GREENFIELD

EIGAHOX



Ingredients

6 mashed potatoes
3 hard boiled eggs
1 small onion
Olive oil/Shmaltz to taste
Salt to taste

Mix mashed potatoes and
hard boiled eggs together.
Chop onion (you can choose
to saute or leave it raw) and
add to mixture. Add olive oil
and salt to taste.

BELA SHTEINHAUZ

CHICKEN LIVER MATZA CASSEROLE



Ingredients

10 pieces Matzo
(Manischewitz is better,
it's denser)

2 onions
oil for frying

2 LB chicken livers cut
up into 4 pieces

10 eggs separated

*Break up 10 pieces of matzo
and soak in cold water for
30 to 40 min. Squeeze the
extra water out.*

*Slice 2 onions into half circles
and fry in a skillet to light
brown. Save 10 pieces for
garnish. Add the chicken livers
and fry 5-6 min together. Let
them cool. In a separate
bowl, whip the whites with a
bit of salt till they are stiff. Add
the yolks to the matzo/liver
mix and mix well. Fold in the
whites. Spray a 9X13 Pyrex
with oil, pour the mixture in,
garnish with the reserved
onions and bake at 350F for
30-40 min, or until light brown*

KAILA SASONKIN

EGGPLANT ROLLATINI



Ingredients

1 eggplant

1 tbsp salt

Sauce:

1 onion, sauteed

1/4 cup olive oil

2 garlic cloves, minced

1 can (15 oz) tomato sauce

2 tbsp minced fresh parsley

2 tsp sugar

1/2 tsp salt

1/2 tsp dried basil

1/4 tsp pepper

Diary Filling:

1 carton (15 oz) ricotta cheese

1 cup shredded mozzarella

1/2 cup grated Parmesan

1/4 cup minced fresh parsley

1 egg, lightly beaten

1/8 tsp pepper

Coating:

1 cup Parmesan cheese

2 garlic cloves, minced

2 tbsp minced fresh parsley

Dash of salt and pepper

Slice eggplants into 4 long strips, oil lightly and bake at 400 degrees for 15 mins.

Combine diary filling in a bowl. Stuff each eggplant slice with filling. Lay in 9x13 pan. Combine sauce ingredients in a bowl and pour sauce over the stuffed eggplants. Top with coating. Bake covered at 350 degrees for 30 mins, uncovered for 15 mins.

KAILA SASONKIN

GLUTEN FREE CHOLENT / MEAT POTATO STEW



Ingredients

1 lb boneless flanken (or any
stew meat)

1 carrot sliced in thick rings

1 yam peeled/large cubes

5 potatoes, peeled, diced in
large cubes

1 onion, diced and sauted

4 large tomatoes stewed in
onion saute

1/2 cup ketchup

4 cups water

Salt, pepper, garlic to taste

Onion soup mix to taste
(optional)

*Place all ingredients in
crockpot on low Cook for
6-8 hours for stew, or
overnight for cholent.*

Desserts

APPLE COBBLER



Ingredients

8-10 apples

1/2 cup sugar

1/2 cup chopped nuts

Slice apples and place in baking pan. Mix the sugar and nuts together and sprinkle on top of the sliced apples. Bake covered for 45 minutes and then uncovered for another 45 minutes at 350 degrees.

This scoops nicely when cooled. Scoop onto a plate and top with your favorite choice of ice cream or whatever else you would like to pair it with!

RHODA FISHLER

MERINGUE NUT COOKIE



Ingredients

2 cups (about 1/2 pound)
finely chopped walnuts

3/4 cup sugar

4 eggs whites, beaten

Preheat the oven 350 degrees and lightly grease a cookie sheet/line with parchment paper.

Chop the walnuts in a food processor, nut grinder or by hand with a serrated knife in a rocking motion. Combine the sugar and walnuts.

In

egg whites until stiff but not dry. Gently stir the nuts into the beaten egg whites. Drop by generous teaspoonfuls on the lined baking sheet, about 1-inch apart as they spread while baking. Bake at 350 degrees for 20 minutes or until lightly brown. They should still be a bit sticky and soft in the center.

Variation: Stir in 1 tablespoon of cocoa powder, with walnuts and sugar.

BARBARA YEDIDSON

STRAWBERRY SORBET



Ingredients

3 cups strawberry pureé
2 cups sugar
3 T lemon juice.

Mix well in food processor or hand mixer and process or mix until sugar is dissolved. Partially freeze and beat 2x

BROWNIES



Ingredients

Nonstick cooking spray
4 large eggs
2 cups sugar
1 cup oil
½ tsp fine sea salt
¾ cup dutch process cocoa powder
1 cup potato starch
½ cup semi-sweet chocolate chips (optional)

Preheat oven to 350. Spray 11x7" brownie pan with nonstick cooking spray. Set aside. In mixer, beat the eggs and sugar till smooth. Add oil, salt and of sprinkle cocoa. Add potato starch and mix. Stir in chocolate chips. Pour into pan. Bake for 35-40 min. Cool before serving.

AIMEE GREENFIELD

AVOCADO CHOCOLATE MOUSSE



Ingredients

5 avocados depending on their size
5 oz of bitter / semi sweet chocolate
2 T pure maple syrup
1/4 t. Vanilla
1/4 t kosher salt

Melt chocolate. Run avocados through food processor. Add melted chocolate, maple syrup, vanilla and salt. Mix well. If you want to thicken the mixture, you can mix in whipped cream.

JULIE GELLER

9 LAYER NO BAKE MATZA CAKE



Ingredients

21 ounces bittersweet chocolate, melted in the microwave
2 teaspoons ground espresso
1 (16-ounce container) frozen non-dairy whipped topping, thawed
1/4 cup sugar
1 teaspoon almond extract
1 box (16 ounces) matzo
1/2 cup chopped almonds
White chocolate and fresh berries for garnish

To assemble the cake:
Using a pastry brush or a knife, smear a layer of the melted chocolate onto the top of each matzo square. Layer each chocolate covered matzo with whipped topping, alternating between the white topping and the chocolate topping. Sprinkle chopped almonds over each layer before adding the next chocolate covered matzo. Repeat until you have come to the last piece of matzo.

Preparation:

Add the ground espresso to the melted chocolate; mix well. Set aside. Using the beater attachment of your mixer, whip the topping as you slowly add the sugar and almond extract and form soft peaks. Separate half the whipped topping into another bowl. Add about 1/2 cup of the cooled, melted chocolate into one of the whipped topping bowls. Gently fold the chocolate into the topping using a rubber spatula.

Garnish the top of the cake with shaved white chocolate, fresh berries and any leftover chopped almonds.

Refrigerate for up to two hours before serving.