



passover PALATE

.....
A SUPPLEMENT TO THE JEWISH EXPONENT | MARCH 30, 2017
.....



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DON'T HAVE TO
BE AS LIFELESS
AS MOSES' DESERT
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MEMORABLE AND
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TOO MUCH FUSS
- 18** FOUR CUPS,
FIVE STARS:
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KOSHER WINE
INCREASINGLY
POPULAR AT SEDERS

**JEWISH
EXPONENT**

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STEVEN ROSENBERG

EDITOR-IN-CHIEF
JOSHUA RUNYAN

MANAGING EDITOR
ANDY GOTLIEB

NEWS EDITOR
LIZ SPIKOL

SENIOR STAFF WRITER
JON MARKS

STAFF WRITERS
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MARISSA STERN

PRODUCTION DIRECTOR
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ART/PRODUCTION
COORDINATOR
LONNA KOBICK

GRAPHIC DESIGNER
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<u>Passover Dinner Includes</u>		<u>Deluxe Holiday Dinner also Includes-</u>			
<ul style="list-style-type: none"> Choice Of Entrée • Tender Roast Prime Brisket of Beef au jus • Half Roast Chicken (Classic, Herb Lemon Garlic, or Apricot Glazed) • Whole Roast Turkey with Savory Matzo Stuffing (Carved \$15) • Eggplant Rolotini with Roasted Red Peppers and Portobello Mushroom Stuffing (add \$1) • Boneless Stuffed Breast of Capon with Savory Matzo Stuffing and Wine Sauce(add \$1) • Apricot Glazed Stuffed Cornish Hen (add \$1) • Fresh Alaskan Salmon Filet- Grilled or Poached with Lemon, Dill, White Wine (add \$2) • Char-Grilled Prime Rib Eye Roast with Wild Mushroom Sauce(add \$5) • Herb Crusted Lamb Chops (add \$5) 		<ul style="list-style-type: none"> • Chicken Soup with Matzo Balls, or Harvest Vegetable Soup • Choice of Chopped Chicken Liver Mold, Homemade Gefilte Fish with Horseradish, Or Sweet and Sour Mini Meatballs • Choice of Entrée's listed • Sweet Tray with Holiday Cakes & Cookies, or Fresh Fruit Bowl <p style="text-align: center;">25.98 Per Person (min 10)</p>			
<u>Choice Of 2 Vegetables-</u> <ul style="list-style-type: none"> • Glazed Baby Carrots or Broccoli Cauliflower & Carrots • Herb Roasted Bliss Potatoes, Candied Sweet Potatoes, Roast Garlic Mashed Potatoes or Kugel (Potato & Onion, Spinach & Garlic, or Sweet Apple) 		<u>A La carte Items</u> <ul style="list-style-type: none"> • Half Roast Chicken (Classic, Apricot Glazed, Herb Lemon) • Tender Roast Brisket of Beef au jus • Char-Grilled Prime Rib Roast (wild mushroom sauce) • Herb-Crusted Rack of Lamb (wild mushroom sauce) • Stuffed Apricot Glazed Cornish Hens • Fresh 8 oz. Alaskan Salmon Filet- marinated and poached or grilled • Tender Roast Breast of Turkey • Homemade Gefilte Fish w/ Horseradish • Chicken Soup or Harvest Vegetable Soup • Homemade Large Matzo Balls • Chopped Chicken Liver Mold with Matzo Crackers • Homemade Kugel- Potato & Mushroom, Spinach & Garlic, or Sweet Apple Raisin • Tzimmes with Sweet Potatos, Apricots, Carrots and Prunes • Mini Meatballs with Sweet & Sour Sauce • Fresh Mixed Fruit Bowl • Fresh Sliced Fancy Fruit Arrangements • Holiday Cake Trays with Assorted Cakes, Macaroons, and Cookies • Rolled Eggplant with Roasted Red Peppers and Portobello Mushroom Stuffing • Our Delicious Matzo Bagel (Poppy, Onion, Plain, Cinnamon-Raisin) 			
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PASSOVER DESSERTS

Don't Have to Be as Lifeless as Moses' Desert

KERI WHITE | JE FOOD COLUMNIST

FOR TOO LONG, Passover desserts have been considered tasteless, dry and not worth the bother. This is simply wrong.

There are plenty of delicious options, particularly if you are following a dairy or pareve meal. But even if you need a pareve dessert, we've got you covered.

FLOURLESS CHOCOLATE TORTE

This cake is a showstopper. I made it for a friend's birthday recently and she said she never wants another cake for the rest of her life. This is perfectly elegant on its own, or can be

dressed up with fresh whipped cream, fruit or candied nuts.

- 1 pound dark chocolate
- 2 sticks butter (or margarine)
- 8 eggs at room temperature
- 2 teaspoons vanilla extract

See Desserts, Page 6



Torte: Keri White; stock images — chocolate: MariuszBlach; butter: robynmac; eggs: Pavlo_K; vanilla beans: scisettialfio/iStock/Thinkstock.com

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• Matzo Farfel 9 oz. pkg.



88¢
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19 fl. oz. can



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Cereal
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1⁹⁹
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Lay's
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6 oz. pkg.



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Desserts

Continued from Page 4



Fresh whipped cream is not really a dessert — but it is a spectacular addition to any other dessert after a pareve or dairy meal.

Heat your oven to 350 degrees. Spray a 9-inch round pan with cooking spray and line the pan with parchment. Spray the parchment. Place the pan inside another larger pan in preparation for a water bath. Set aside.

In a microwave-safe bowl, melt the chocolate and butter on 50 percent power for 3 to 4 minutes. Stir until smooth and add the eggs, whisking constantly. Add the vanilla and mix again.

Pour the batter into the prepared pan, and place the “double pan” into the oven. Pour water into the outside pan so that it comes at least halfway up the cake pan. This keeps the cake from getting too crusty on the outside, and it maintains the creamy texture.

Bake for 25 to 30 minutes until the edges are starting to crust but center is still soft and glossy.

Remove the pans from the oven, allow them to cool in a water bath, and invert the cake on a plate. Peel off the parchment, and serve at room temperature or chilled.

Serves 12

FRESH WHIPPED CREAM

This is not really a dessert — but it is a spectacular addition to any other dessert after a pareve or dairy meal. It elevates

just about everything it touches, and if you have extra, put it in a Tupperware container; your morning coffee will be that much more special.

Some simple suggestions:

- Purchase Passover cakes or tarts and top them with homemade whipped cream.
- Serve pretty bowls of berries or other cut-up fruit with a dollop of whipped cream.
- Scoops of ice cream or sorbet are instantly more elegant and festive with a spoonful or two of whipped cream.
- For a dramatic presentation requiring a bit more effort, make parfaits: In a tall, fluted glass, layer crumbled Passover cookies or macaroons, whipped cream and chopped strawberries, ending with whipped cream and topping with a whole strawberry. Chill and serve.

The following recipe makes about 2 cups of whipped cream.

- 1 cup heavy whipping cream
- 1 tablespoon sugar
- ½ teaspoon vanilla

Place all the ingredients into a medium bowl.

Whip the mixture until soft peaks form and the cream is

beginning to hold its shape. Chill thoroughly until ready to use.

SORBET LOAF CAKE

This is relatively simple to make but requires advance planning and time in between steps to ensure proper freezing.

The decor possibilities of this cake are significant; edible flowers, candy, fruit or colored sugars can make this quite elaborate — or keep it simple. You can use any combination of sorbet flavors, toppings or fillings that you wish. Toasted nuts, coconut flakes, Passover cookie crumbs, chocolate bits, caramel, chocolate spread, pureed fruit — the sky is the limit.

This basic fruit version has a tropical vibe and is nicely colorful, but you can opt for any combo that suits your taste.

- 1 pint mango sorbet
- 1 pint coconut sorbet
- 1 pint raspberry sorbet
- ½ cup coconut flakes
- 2 ripe bananas, sliced

In a small skillet, toast the coconut flakes over medium heat, stirring constantly. When lightly browned, remove the flakes from the heat and cool completely. (This can be done far ahead of time.)

Remove the mango sorbet from the freezer and allow it

See Desserts, Page 8

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Passover Menu

5777/2017

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KOSHER STYLE*

Friday Night Brisket Dinner

3 lb. Slow Cooked Beef Brisket (with gravy)
3 lbs. Potato Latkes
2 lbs. Green Bean Almondine
2 lbs. Homemade Applesauce
3 pints Matzo Ball Soup
Flourless Chocolate Cake

\$109.99

Serves 6-8

KOSHER STYLE*

Whole Roasted Turkey—All Natural

(12-14 lb.)

4 lbs. Matzo Stuffing
2 lbs. Homestyle Gravy

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2 lbs. Homestyle Gravy

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16 oz. dinner

Accompaniments—Kosher Style*

Matzo Ball Soup.....	\$5.99 pint
Slow Cooked Beef Brisket.....	\$19.99 lb.
Rose Geranium Salmon.....	\$19.49 lb.
Roasted Sweet & Sour Chicken Split Breast...	\$7.99 lb.
All Natural Boneless Turkey Breast.....	\$12.99 lb.
Potato Latkes.....	\$7.99 lb.
Matzo Stuffing.....	\$5.99 lb.
Pineapple Kugel.....	\$6.99 lb.
Mashed Potatoes.....	\$4.99 lb.
Yukon Gold Roasted Potatoes.....	\$6.99 lb.
Orzo Saffron Cranberry Salad.....	\$5.99 lb.
Brussels Sprouts with Pecans & Garlic.....	\$6.99 lb.
Green Bean Almondine.....	\$6.99 lb.
Parisian Carrot Tzimmes.....	\$6.99 lb.
Seven Fruit Haroset.....	\$6.99 lb.
Homemade Applesauce.....	\$4.99 lb.
Brisket Gravy.....	\$4.99 lb.
Turkey Gravy.....	\$4.99 lb.
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Desserts

Continued from Page 6

to soften at room temperature for about 10 minutes. (Leave the other sorbets in the freezer for now.)

While the sorbet softens, spray a 9-by-5-inch loaf pan with cooking spray, then line it with plastic wrap, leaving several inches overhanging in each direction. Spray the wrap.

Sprinkle toasted coconut on the bottom and up sides of a lined loaf pan. Carefully scoop the mango sorbet and spread it into the loaf pan, pressing down to make an even, thick layer (about 1½ inches; there may be extra sorbet; save for another use or eat it).

Spread the sliced bananas in one layer on top of the mango sorbet, press gently into to sorbet and place the pan in the freezer for about 45 minutes.

After about 35 minutes, remove the coconut sorbet from the freezer to soften. (Leave the pan in the freezer until the coconut sorbet is soft.)

Remove the pan from the freezer, and spread the coconut sorbet on top of the bananas in a thick, even layer, again, approximately 1½ inches. Add another layer of bananas, press gently and return the pan to the freezer for another 45 minutes.

Repeat this process with the raspberry sorbet, which should fill the pan. When filled, flatten the top and wrap the overhanging plastic over the raspberry sorbet. Press gently but firmly to condense the cake. Return the pan to the freezer for several hours or overnight.

When ready to serve, run hot water over the outside of the pan for about 10 seconds. Invert the pan onto an oblong plate or tray, lift the pan and peel off the plastic wrap. Run a serrated knife under hot water, and slice to serve.

Serves 8 ●



The decor possibilities for the sorbet loaf cake are significant; edible flowers, candy, fruit or colored sugars can make this quite elaborate — or keep it simple.

Raspberry and mango sorbets: vikif; coconut sorbet: unpict; coconut: valio84sl; banana: photomaru/iStock/Thinkstock.com



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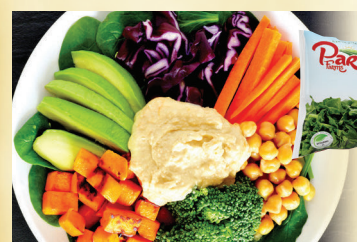
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PRECIOUS PASSOVER RECIPES

From Trieste, Italy

LINDA MOREL | JE FOOD COLUMNIST



WHEN PEOPLE HEAR my husband, David, is Italian and Jewish, they always ask him: “Have you ever heard of *The Garden of the Finzi-Continis*?”

They are referring to the 1970 Academy Award-winning movie about aristocratic Jews in Ferrara during the 1930s. Fascination with the film never fades because Americans can’t fathom Jews coming from the land of romance and pasta.

Although the Italian Jewish population has always been scant, it dates back 2,000 years and claims a distinctive cuisine, particularly at Passover. Influenced by Mediterranean food, Italian Jews have developed a rich cooking style flavored by olive oil and herbs, vegetables, lemons and fish galore.

“No one can believe my father’s last name was Morpurgo,” said David, a baby boomer born in Manhattan. He recalls trips with his parents and siblings to the port city of Trieste, where his father grew up.

“My father never understood eating fish from a jar,” David said.

At seders, his family enjoyed poached carp, instead of commercially prepared gefilte fish.

In Italy, regional recipes for haroset abound, calling for anything from pears to ginger, candied orange peel, chestnuts or pine nuts. The Morpurgo family recipe is a zesty composite of ingredients.

The signature dish of Italian Jewish cuisine, fried artichokes, originated in Rome

and is often served at Passover throughout Italy.

David’s seder memories include his Aunt Dora’s spinach torte. While this cake is pale green, it tastes lemony and light. It’s so delicate, it’s hard to believe it’s a Passover pastry.

While the Trieste synagogue was once filled with Morpurgos, only one cousin remains in town. The rest of David’s relatives have passed away or live in America and Israel.

“It’s sad,” he said. “There’s no reason to visit Trieste anymore.”

He cherishes Passover foods from his childhood, because they’re a tie to the scenic seaside city his family once called home.

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My husband cherishes Passover foods from his childhood, because they’re a tie to the scenic seaside city his family once called home.

Trieste waterfront: GordonBellPhotography/iStock/Thinkstock.com

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Trieste

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ITALIAN HAROSET

- 3 apples
- 2 pears
- 1 inch of ginger root
- 8 ounces pitted dates, cut into thirds
- $\frac{3}{4}$ cup golden raisins
- 4 ounces pitted prunes, cut into thirds
- $\frac{1}{2}$ cup honey
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon lemon zest
- 1 cup concord grape wine
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{3}$ cup pignoli (pine nuts)
- $\frac{2}{3}$ cup blanched almonds, coarsely chopped

Peel and core the apples and pears. Cut into $\frac{1}{2}$ -inch dice.

Peel the ginger. Dice the ginger, and then chop the pieces finely.

Place the ingredients — except the nuts—in a nonstick saucepan. Simmer slowly on a low flame for an hour, or until the fruit softens. Add a little

more wine or water if the mixture starts sticking to the pot.

Cool to room temperature and mix in the nuts with a spoon. Store in a covered container and refrigerate. The mixture lasts at least two weeks.

Yields approximately 3 cups

POACHED CARP IN JELLIED BROTH | PAREVE

This appetizer is served instead of gefilte fish.

Equipment:

Fish poacher or large pot with rack or steamer basket

A flat-bottomed serving dish with a 1-inch lip

Ingredients:

Cooking oil for coating

- 1 small onion, peeled and cut into quarters
- 1 carrot, peeled and cut into sticks
- 1 celery stalk, peeled and cut into sticks
- 4 whole peppercorns
- $\frac{1}{4}$ teaspoon kosher salt, plus more for sprinkling
- 2 tablespoons dry white wine
- 4 carp steaks
- 1 wedge of lemon, plus a whole lemon
- 1 envelope unflavored pareve gelatin
- Several parsley sprigs

Coat the poacher and its rack with oil. In the bottom portion of the poacher, place the onion, carrot, celery, pep-

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In Italy, regional recipes for haroset abound, calling for anything from pears to ginger, candied orange peel, chestnuts or pine nuts. The Morpurgo family recipe is a zesty composite of ingredients.



Haroset: nata_vkusidey; pine nuts: Diana Taliun/iStock/Thinkstock.com

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Trieste

Continued from Page 12

percorns and ¼ teaspoon of salt. Add the wine. Set the rack in place. Pour in a generous amount of water, enough to cover the vegetables and reach the level of the rack.

Place the carp on the rack. The steaks may overlap. Cover the poacher and simmer on a medium flame for 10 to 15 minutes, or until the carp is cooked through and flakes when pierced with a knife.

With a wide spatula, carefully move the carp to a cutting board. With a sharp knife, cut each steak in half. Using the spatula, move the halves to a flat serving dish with a 1-inch lip. If the halves break, just place the pieces back together. Squeeze the lemon wedge evenly over the carp. Sprinkle with salt to taste. Reserve.

Remove the rack from the poacher. Cover the poacher and boil the contents for 10 minutes.

Place a colander over a large bowl. Spoon the contents of the poacher into the colander. Pour in the broth to strain. Move the broth to a clean pot. Add the gelatin and heat uncovered on a medium flame. Stir constantly until the gelatin dissolves. Pour the gelatin mixture over the carp.

Cool the carp to room temperature. Cover it with plastic wrap and refrigerate until the broth gels. It can be made to this point a day ahead.

When ready to serve, slice the lemon thinly. Arrange the lemon slices on the carp and garnish with parsley.

Serves 8

ROASTED RED SNAPPER | PAREVE

This sumptuous dish is a main course.

3½ - to 4-pound whole red snapper, or two 2-pound red snappers
Juice of 1 lemon
2 cloves of garlic, minced
1 tablespoon fresh basil leaves, plus several sprigs of basil, minced
Kosher salt to taste
¼ cup of olive oil, plus more for coating

Rinse the fish, inside and out, with cold water. Pat it dry with paper towels. With a sharp



photokitchen/iStock/Thinkstock.com

knife, cut the skin of the fish on a diagonal three times so it doesn't split during cooking and to help the marinade absorb. Place the fish in a large oblong Pyrex or other dish with similar sides. Reserve.

In a small bowl, whisk together the lemon juice, garlic, 1 tablespoon of basil, salt and ¼ cup of olive oil. Pour this marinade over the snapper, saving some to rub onto the cavity now. Cover the fish with plastic wrap and marinate in the refrigerator for 4 to 12 hours. Bring to room temperature.

Preheat the oven to 450 degrees. Coat a roasting pan and rack with olive oil. Move the snapper to the prepared pan and roast for 25 to 30 minutes or until the juices in the cavity run clear and the fish flakes when poked with a knife. Serve immediately. Sprinkle the remaining basil on top, if desired.

Serves 6-8

SPINACH TORTE WITH PASSOVER CONFECTIONER'S SUGAR | PAREVE

Equipment:

10-inch springform pan

Spinach Torte

2 pounds baby spinach
1½ lemons
Cooking oil for coating
Pinch of salt
7 eggs, separated into 2 large mixing bowls
¾ cup granulated sugar
1¼ cup golden raisins
1 cup matzo cake meal
½ cup pine nuts

Place the spinach in batches in a colander and rinse under cold water. Break off the stems. Move them to a vegetable steamer and steam until wilted, about 2 to 3 minutes. Return the spinach to the colander to drain. Move it to paper towels to drain further. Chop the spinach. Reserve.

Through a sieve, squeeze the juice from the lemons into a small bowl. Zest the peels and add them to the juice. Reserve.

Preheat the oven to 350 degrees. Coat the springform pan with oil.

Add a pinch of salt to the egg whites. With an electric beater, beat until gentle peaks form. Check it often and do not over beat as egg whites turn watery. Reserve in a cool place away from the oven.

To the bowl with the yolks, add the sugar, lemon juice and zest. With an electric mixer, mix to blend. Add the spinach and blend well. Add the raisins and matzo cake meal and beat to mix. Fold in the pine nuts and egg whites and mix it by hand until they are well incorporated.

Spoon the mixture into the springform pan. Bake for 35 to 40 minutes, or until the edges brown, the cake feels springy to the touch and a cake tester or toothpick inserted into the center of the cake returns clean. Cool to room temperature. Just before serving, sprinkle with Passover confectioner's sugar.

Serves 10

PASSOVER CONFECTIONER'S SUGAR

6 tablespoons granulated sugar
½ teaspoon potato starch

Place the granulated sugar into a Cuisinart Mini Prep Processor or a clean coffee grinder. Cover with the top and process/grind for 2 minutes. Leave the top on for 2 minutes or fine sugar dust will settle in your kitchen.

Add the potato starch and process/grind for another 2 minutes. Leave the top on for 2 minutes before opening. Sugar should have the consistency of velvety fine powder. Continue to process, if necessary.

Yields approximately ½ cup ●

MAKING PASSOVER



MEMORABLE & DELICIOUS *Without Too Much Fuss*

ELIZABETH KURTZ | JNS.org

EVERYONE NEEDS crowd-pleasing recipes we can turn to over and over again. This is important for every holiday, but especially for Passover, when ingredients are usually more limited.

At the heart of every Jewish celebration is family or friends gathered around the table enjoying stories, conversation, tradition and great dishes. I believe with all of my heart that these traditions, these meals and these remarkable memories have held us together as a Jewish people for thousands of years.

The art and creation of an inspired (and delicious) Passover meal can be

challenging. For some, making the same recipes each year represents tradition, comfort and familiarity and, for others like me, trying new recipes makes me excited to come to the table and share new tastes with others.

The effort and energy one extends to prepare for family on any holiday creates a connection and the memories for one's family that will be cherished forever.

I am motivated to inspire people to taste new dishes, to broaden one's palate, or mostly to enjoy the moments they spend in the kitchen preparing for Passover. My mission is to share fantastic

recipes with my readers so they can make a fresh, fabulous, and easy meals that will be loved, wow guests and be treasured for years to come.

Here are my tips and tricks to making Passover cooking easy and delicious, followed by three Passover-friendly recipes — soup, main course and dessert — from my kosher cookbook, *CELEBRATE*.

Whenever possible, stick to recipes that are naturally kosher for Passover — recipes that include great natural flavor enhancers, like lemon and other citrus, fresh garlic, onion, wine, fresh and dried herbs, toasted nuts and the freshest

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Soup: Jupiterimages/Stockbyte/Thinkstock.com; meatball: jenifoto/iStock/Thinkstock.com

Fuss

Continued from Page 15

vegetables and fruits. Stay away from lots of matzo meal and potato starch dishes. You will feel better and look better, too.

Make lists, lots of lists. Lists like: your menu, your grocery list, the ingredients that you were able to store from last year, favorite recipes each year, guests at each meal, how much you bought and what you need to replace before next year. Keep these lists to use from year to year.

Create a menu so you can be organized and generate new lists from your menu. Always add one or two new recipes to the menu, but do not make a full menu of new recipes. Trust me, you will become overwhelmed and the cooking time could become burdensome.

Make ahead anything that can be stored in the freezer, like roasts, soups, dips, some kugels and desserts. Especially recipes that are better prepared ahead of time, like stuffed cabbage, short ribs, roasts and briskets.

A few days ahead of time, prepare recipes that can be stored in the refrigerator for a day or two, like salad dressings, dips, desserts, kugel and definitely chicken soup.

Follow these freezing tips: Let cool before freezing. Cover food with heavy-duty aluminum foil for the freezer. Defrost most food in the refrigerator, then move to the counter before reheating. Recipes with sauces freeze well, as do soups and roasts. Label the items in the freezer. Reheat fried foods like schnitzel and starchy dishes like potato kugel, directly from the freezer into a 250-degree oven. Do not defrost first; it might get soggy.

Cheat a little. Encourage guests to bring dishes to contribute to the meal; it makes them feel like a part of the event. Or buy something that looks great and makes life a little easier. Remember, you can dress up a flourless chocolate cake with some pureed berries

and whipped cream and make it look almost homemade.

If you are joining or hosting a Passover seder that is more traditional and plan on following a hagaddah completely, remember to serve your guests and children something before you start. I recommend a few meatballs with tomato sauce on baked potatoes. This way, everyone can enjoy the experience without hunger pains.

ALBONDIGA SOUP

This exotic Spanish soup is a Passover favorite for my family, precisely because it tastes nothing like Passover. Carrots and zucchinis, fresh cilantro, wonderful rich broth and flavorful meatballs — albondigas — make a filling first course that your family and guests will love.

For the meatballs:

- 1 pound ground turkey

- ⅓ cup matzo meal
- ¼ cup finely chopped fresh cilantro
- ¼ cup chopped fresh parsley
- ½ teaspoon ground cumin
- 1½ teaspoons kosher salt
- 1 large egg, lightly beaten

For the soup:

- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, finely chopped
- 2 cloves garlic, minced
- 6 cups chicken broth
- 2 cups water
- 2 tablespoons tomato paste
- 2 carrots, peeled and sliced
- 1 large zucchini, halved lengthwise and sliced
- ½ cup chopped fresh cilantro or parsley
- 1 teaspoon dried oregano
- ¾ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 1 avocado, pitted and chopped, for garnish
- 1 lime, cut into wedges, for garnish
- ¼ cup minced fresh cilantro

or parsley, for garnish

To prepare the meatballs: Combine the turkey, matzo meal, cilantro, parsley, cumin and salt in a medium bowl. Use a wooden spoon to gently stir the mixture until blended.

Add the egg, mixing until combined. Form into 1-inch balls.

To prepare the soup: Heat the oil in a large stockpot over medium-high heat. Add the onion and cook, stirring occasionally, until soft, about six minutes. Add the garlic and cook until fragrant, about one minute. Add the broth, water and tomato paste, stirring to dissolve. Add the carrots; bring them to a boil over high heat.

Reduce to a simmer and add the meatballs; cook for 15 minutes over medium-low heat. Add the zucchini; cook until the carrots and zucchini are tender and the meatballs are cooked through, an additional 10 to 15 minutes. Add the chopped cilantro, oregano, salt and pepper. Serve warm with avocado, lime wedges and a sprinkle of minced cilantro.

Serves 10



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ROASTED CHICKEN WITH SHIITAKE MUSHROOMS AND ARTICHOKE

Your house will smell amazing when you make this chicken. Wine, chicken, shallots, garlic, lemons, mushrooms — whoa! Artichoke bottoms are available in both the freezer section and in a can. If using frozen artichokes, thaw before using. You can also use marinated artichoke hearts from a jar in place of the artichoke bottoms. Just be sure to drain them before using. This must be served warm.



- 2 (3- to 4-pound) chickens, cut into eighths
- 5 tablespoons extra-virgin olive oil, divided
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- Zest and juice of 2 lemons
- 1 pound artichoke bottoms (or zucchini sliced in 1-inch rounds)

- ¼ pound shiitake mushrooms, sliced
- 10 large cloves garlic
- 8 shallots, peeled and halved
- 2 teaspoons fresh thyme leaves or ½ teaspoon dried
- 1 cup dry white wine
- 1 cup pitted green olives

Preheat your oven to 500 degrees. Place the chicken in a shallow roasting pan. Drizzle it with two tablespoons of oil, and season with the salt and pepper. Zest each lemon into long strips; squeeze the juice into a separate small bowl. Set the juice aside. Combine the lemon zest, artichokes, mushrooms, garlic, shallots and thyme in a medium bowl. Add the remaining three tablespoons of oil; toss to coat. Arrange the mixture in a pan around the chicken. Roast until the chicken is golden brown, about 40 minutes. Remove the chicken from

the oven. Pour the reserved lemon juice, wine and olives over the chicken. Return the chicken to the oven and cook for an additional 10 to 15 minutes. Serve warm with vegetables and pan juices.

Serves 8

CHOCOLATE ANGEL PIE

For the meringue crust:

- 4 egg whites, at room temperature
- 1 cup plus 2 tablespoons sugar
- 1 teaspoon potato starch
- 1 teaspoon distilled white vinegar
- ¾ teaspoon Passover vanilla extract

For the filling:

- 2 ounces unsweetened chocolate, chopped
- 4 egg yolks
- ½ cup sugar
- 2 tablespoons water
- ½ teaspoon salt
- 2 cups pareve whipping cream, whipped until soft peaks form, divided

Generous amount of chocolate and pareve white chocolate shavings, for garnish

Preheat your oven to 450 degrees. Grease a 9-inch deep-dish pie pan. To prepare the meringue crust: With an electric mixer, beat the egg whites in a large bowl until soft peaks



covered, in a dry place.

To prepare the filling: Melt the chocolate in a medium saucepan over low heat, stirring until smooth. Cool to lukewarm. Using an electric mixer, beat the egg yolks, sugar, water and salt until frothy. Stir into the pan of melted chocolate. Cook the mix-

At the heart of every Jewish celebration is family or friends gathered around the table enjoying stories, conversation, tradition and great dishes.

form. Gradually add the sugar and potato starch, constantly beating. Stir in the vinegar and vanilla; beat until stiff peaks form and the meringue is thick and glossy.

Spoon the meringue into the prepared pie pan; press against the sides to form a crust. Place in the oven and turn off the heat. Leave the meringue in the oven for 3 hours; remove the pan to cool. The meringue can be stored for up to 2 days,

ture over low heat, whisking constantly until thick, about four minutes. Cool completely.

Fold the chocolate mixture into half of the prepared whipped cream. Pour it into the cooled shell; chill in the refrigerator until the mousse is set. Top with the remaining half of whipped cream; garnish with the chocolate and white chocolate shavings. Store the pie in the refrigerator until ready to serve.

Serves 10 •

Soup (facing): Jupiterimages/Stockbyte/Thinkstock.com; mushrooms: sommail; meringue: StephanieFrey/iStock/Thinkstock.com

PASSOVER EAT-IN DINNER MENU

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- Garden Vegetable soup

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- Gefilte Fish with Red Horseradish
- Chopped Liver
- Sweet 'n Sour Meatballs

Entrée's: (Choose one)

- Stuffed Cabbage in sweet and sour sauce
- Beef Brisket sliced thin and served with gravy
- Roasted Half Chicken served with Matzo stuffing
- Roasted Turkey Breast served with Matzo stuffing and gravy
- Chicken Breast (bone in) roasted in a sweet orange marmalade glaze
- Broiled Salmon topped with oven roasted tomatoes and green olives

Side Dishes: (Choice of two)

- Roasted Herb Potatoes
- Roasted Garlic and Rosemary Mashed Potatoes
- Roasted Fingerling Sweet Potatoes
- Tzimmes
- Whole Green Beans
- Roasted Vegetable Medley
- Matzo Stuffing

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FOUR CUPS, FIVE STARS

Sophisticated Kosher Wine Increasingly Popular at Seders

DEBORAH FINEBLUM | JNS.org

EVEN THE MOST finicky wine snob won't be able to "pass over" the new generation of kosher wines. Increasingly, the mindset is that since Jews are commanded to drink four cups of wine at the Passover seder, they might as well drink high-quality wine.

The last decade has witnessed a veritable explosion of high-quality kosher wines, a far cry from the heavy, sweet and vaguely medicinal wines that graced

the seder tables of yesteryear.

"These days there are so many different kosher wines out there that even Trader Joe's sells them, and you know what? They're not bad," said Arlene Mathes-Scharf, speaking at the time of year when her email was humming, her phone was ringing off the hook and her website — kashrut.com — was getting countless hits from consumers who find themselves in Passover-related food and wine quandaries.

Indeed, industry insiders report that for more than a decade, the variety and quality of kosher wine has been on the rise, matching customers' tastes and demands.

"Today's Jewish consumer is more sophisticated and discerning, and not

satisfied with sacramental wine," said Jay Buchsbaum, a vice president at the New Jersey-based Royal Wine Corp. "They have more disposable income, and they're willing to spend a little more for a good wine. They're not willing to settle."

In addition to kosher wine industry giants such as Carmel from Israel, Baron Herzog from California and Bartenura from Italy, many smaller European boutique wineries are securing kosher certification for a segment of their wines.

"They like that there's a ready market for better kosher wine today," Buchsbaum said. "They know that the moment the grapes are crushed, the wine has already been bought."

WHY IS PASSOVER HIGH SEASON FOR KOSHER WINE?

The demand for kosher wine also makes a steep climb around the time of Passover, the widely celebrated Jewish holiday that often attracts a mix of family members and friends with varying needs at the same seder table. In such scenarios, even those who don't keep kosher laws might purchase kosher wines. "It's safer that way," Buchsbaum said.

It's no wonder, then, that 40 percent of all kosher wine is sold in the months leading up to Passover.

"If you estimate that a seder has 18 adults who each drink four cups, that adds up. There's a lot of wine coming in the

door," said Israeli wine blogger and columnist David Rhodes, who runs the "Drink Israel" Facebook page.

Since seder participants drink so much wine at the traditional gathering — much of it on a relatively empty stomach — before the meal, it's important to supply wine that won't make them too drunk to appreciate the message of the seder, warned California-based kosher wine critic and blogger David Raccach, who runs kosherwinemusings.com.

"That's why it's the worst time to try 'bombastic,' high-alcohol wines," Raccach said. "You'll want to stick to light wines like Via Sparkling, preferably under 10 percent alcohol, that won't land you flat



Top: Brunomsbarreto; corks (left): bookzaa; stain and cork: photohomepage; corkscrew (facing page): inbj/iStock/Thinkstock.com

on your back by the time the food is served.”

ISRAELI WINES: THE ‘HOTTEST TREND’

When they’re combing the supermarket shelves this time of year, many consumers reach for wines from Israel, which exports some 1.5 million bottles to the U.S. each year.

“Not only is Israel the place that the story of Passover is about — wine is mentioned over 70 times in the Torah — but buying Israeli is a chance to support Israel and Israelis,” said Rhodes, who added that vineyards are an efficient way to use the Jewish state’s land since grapes are both a low-water and high-profit crop.

“You can get upscale French and Italian kosher wines along with California ones, but the hottest trend is the Israeli wines,” Royal Wine’s Buchsbaum said.

According to Rhodes, Israel’s expanding high-quality wine market took off in 1983, when Golan Heights Winery (under its Yarden label) opened its doors. These days, Israeli wines are bringing home prizes from international competitions.

Eran Pick of Tzora Winery was recently named Israel’s first-ever accredited “Master of Wine,” and a story on Israeli wines was featured on the cover of the October 2016 issue of the popular *Wine Spectator* magazine. The same magazine’s 2016 list of the world’s top 100 wines included two from Israel, selections from the Tzora and Galil Mountain wineries.

“We’re only the 36th wine producer in the world in terms of size. We produce 1/400th of the French output, a drop in the barrel. But our recognition is growing geometrically,” Rhodes said.

Raccach said the Israeli market is still somewhat bifurcated between the religious Jews “who just want to make kiddush [the blessing on wine for Shabbat and holiday meals]” and the more yuppified Tel Aviv market “that demands excellent boutique wines whether for home or to order in restaurants.”

But Rhodes said he is optimistic that the two market sectors can coexist, “since Israel is increasingly able to produce kosher wines that are religiously proper while still pleasing a more refined palate.”

“You don’t have to compromise anymore,” Buchsbaum

added. “You can buy kosher, support Israel and still enjoy wonderful wines.”

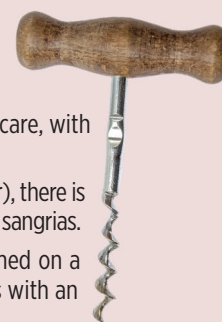
What may be the ultimate affirmation for the growing field of top-flight kosher wine is the following sentiment that Buchsbaum said he has heard hundreds of times from consumers: “I’m not really kosher, but I had to bring something nice to a seder once and I’ve been drinking that wine ever since.”

“Look at it this way,” Buchsbaum said. “The largest-selling Moscato [an Italian sparkling wine] in the world is a kosher wine by Bartenura that sells 5 million bottles annually. Most of those customers aren’t even Jewish. They just like the wine.” ●

PICKING A KOSHER WINE

Ahead of Passover, industry experts Jay Buchsbaum, Arlene Mathes-Scharf, David Raccach and David Rhodes convey the following advice to kosher wine consumers:

- **Take it from the pros.** Try to buy from a wine store that specializes in customer care, with a wide selection of kosher wines and knowledgeable staffers.
- **Check your labels.** Although most kosher wines are marked KP (kosher for Passover), there is the occasional kosher wine that isn’t approved for the holiday, including some fruity sangrias.
- **Avoid inebriation.** Since most of the ceremonial four cups of wine are consumed on a relatively empty stomach in the first hour of the seder, you’ll want to buy wines with an alcohol content of under 10 percent.
- **Drink up year-round.** The more varieties you sample, the better your palette will evolve, and eventually you’ll start to taste the difference between high-quality and low-quality wine. Go to local wine events or get together with friends for wine tastings.
- **Don’t break the bank.** You can get some very good wines in the \$15 to \$20 range. Spending any more than that doesn’t guarantee that you’re getting a vastly superior wine.
- **Be ready for special cases.** Prepare for guests who have sulfite allergies (symptoms like headaches can surface as additional cups are consumed at the seder). Have at least one bottle of kosher for Passover organic sulfite-free juice or wine on hand, just in case. ●



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Borscht Romanoff

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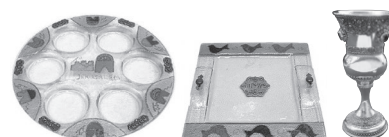
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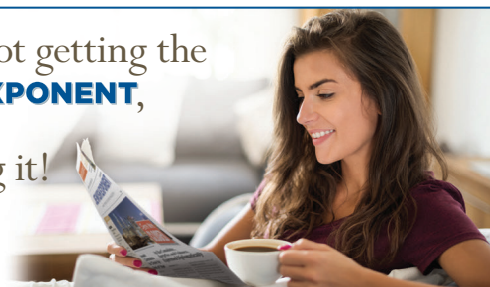
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5 lb. box 2462321



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