



# *Passover* *Palate*

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A SUPPLEMENT TO THE  
**JEWISH EXPONENT**

APRIL 4, 2019



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# Delicious



# Memories

LINDA MOREL | JE FOOD COLUMNIST

“WHAT WOULD YOU like to eat on Passover?” I asked my granddaughters. “I’ll make anything you want,” opening a folder stuffed with favorite Pesach recipes.

“I like eating matzah,” 10-year-old Nicole said.

“Don’t worry,” I said. “We’ll have plenty of matzah.”

“I want the Moroccan charoset — those bite-sized balls of fruit,” 12-year-old Juliette said.

“Here is that recipe,” I said, pulling out a stained card. I’ve sprinkled some Sephardic dishes into my repertoire.

“What about the salad with oranges and strawberries?” she continued.

That’s always on my Passover menu because it’s a harbinger of spring, along with my chicken recipe, brimming with parsley.

“I love the almond cookies dipped in chocolate,” Nicole said.

I was gratified the girls requested foods I serve at Passover instead of clamoring for marshmallows and Nutella. For several years, I’ve tried to foster Passover food memories.

While my granddaughters love reciting the Four Questions, finding the afikoman and singing songs at the end of the seder, I’ve found preparing certain foods only at Passover is a meaningful way to instill attachment to Pesach. I could bake the almond cookies dipped in chocolate all year round, but when Passover rolled around, the girls wouldn’t look forward to them.

I was delighted there are foods my granddaughters crave at Passover. When they’re older, I’m hoping they’ll ask for my recipes.

## MOROCCAN CHAROSET | PAREVE

*Yield: 25 charoset balls*

½ cup pitted dates

½ cup raisins

½ cup blanched, slivered almonds

½ cup walnuts

1 tablespoon grape juice

Lettuce leaves, rinsed and patted dry

Small squares of matzah

Place the dates into the bowl of a food processor fitted with the metal blade. Process the dates until they are broken into tidbits the size of raisins. Add the raisins, almonds, walnuts and grape juice. Process until the nuts are finely ground and the mixture clumps together. This may take several minutes.

Remove a heaping teaspoon of the mixture at a time. Using your palms, roll the mixture into balls about an inch in diameter. If your hands get sticky, rinse them under cool water and dry them with paper towels.

Serve the charoset balls wrapped in lettuce leaves, or make matzah-charoset sandwiches by placing charoset balls between two squares of matzah.

See **Memories**, Page 6





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# Memories

Continued from Page 4

## COLORFUL SPINACH SALAD | PAREVE

Serves eight

- 1 16-ounce box of strawberries
- 1 5-ounce bag of baby spinach leaves, rinsed and dried in paper towels or a salad spinner
- 2 8-ounce cans mandarin oranges, drained
- $\frac{2}{3}$  cup cashew pieces

Rinse the strawberries under cold water well. Drain them on paper towels. Hull the strawberries and cut them into slices. Move the strawberries to a large bowl. Add the spinach leaves, oranges and cashews. The recipe can be made to this point and refrigerated for three hours before serving. Dress with citrus vinaigrette (below).

## CITRUS VINAIGRETTE | PAREVE

- Juice from 1½ lemons
- $\frac{1}{4}$  cup orange juice
- Salt to taste
- $\frac{1}{8}$  cup olive oil

Place all the ingredients in a small bowl. The recipe can be made to this point a day in advance if refrigerated. Whisk the ingredients together. Drizzle on the spinach salad

and toss well. Serve immediately after dressing the salad.

## SPRING CHICKEN | MEAT

Serves eight

- 8 chicken thighs, bone in and skin on
- Kosher salt to taste
- White pepper to taste
- $\frac{1}{8}$  cup olive oil, plus  $\frac{1}{8}$  cup
- 1 medium onion, diced fine
- 3 garlic cloves, minced
- 8 ounces mushrooms, sliced
- 4 Italian plum tomatoes, diced fine
- $\frac{3}{4}$  cup kosher-for Passover dry white wine (such as Borgo Reale pinot grigio or Goose Bay sauvignon blanc)
- $\frac{1}{2}$  cup chicken broth
- 2 teaspoons chopped parsley, plus 1 teaspoon
- $\frac{1}{8}$  teaspoon tarragon

Rinse the chicken under cold water and pat dry with paper towels. Sprinkle with salt and pepper.

In a deep skillet, briefly heat  $\frac{1}{8}$  cup of oil over a medium flame. Using tongs, place the thighs in the skillet skin side down. Turn them when they are golden brown and sauté on the other side. Using the tongs, move the chicken to a platter. Remove the skillet from the flame and, when cool, discard the fat and oil.

In a large saucepan, briefly warm  $\frac{1}{8}$  cup oil. Sauté the onion, garlic, mushrooms and tomatoes until a bit of sauce forms. Move the chicken to the saucepan, skin side up. Add 2 teaspoons of parsley and the tarragon. Pour on the wine and chicken broth. Stir the ingredients gently.

Cover the saucepan and simmer over a medium-low flame for 30-40 minutes, until the chicken is cooked through and the juices run clear, not pink, when pierced with a knife. If the broth bubbles too quickly, reduce the flame. The recipe can be made to this point and refrigerated. Warm the chicken again before serving.

Move the chicken and sauce to a wide, low bowl. Sprinkle the remaining parsley over the top and serve.

## CHOCOLATE-DIPPED ALMOND MACAROONS | PAREVE

Yield: 36 macaroons

- 3 cups blanched, slivered almonds
- 1 cup sugar
- 3 egg whites
- 1 teaspoon kosher-for-Passover vanilla, such as Lieber's Imitation Vanilla Extract
- 12 ounces kosher-for-Passover semisweet chocolate, such as Lieber's Real Chocolate Chips

In a food processor, grind the almonds fine, until they look like coarse sand. Reserve.

Preheat the oven to 350 degrees. Cover three baking sheets with parchment paper.

Place the almonds, sugar and egg white in a large mixing bowl. Using an electric mixer, beat until the ingredients are well combined and stick together. Using a teaspoon, scoop up the dough and drop it onto the parchment paper. The macaroons will be irregular in shape. Place 12 macaroons on each baking sheet.

Bake for 12 to 15 minutes, until light brown. The



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macaroons will be soft when removed from the oven. Wait five minutes and move the macaroons to a large platter. They will firm up as they cool.

Meanwhile, set up a double boiler. Pour 2 inches of water in the bottom part. Place the chocolate in the top part and put on the lid. Bring the water to a fast simmering boil. Stir occasionally until the chocolate is completely melted.

Remove the top part of the double boiler from the bottom. Let the chocolate cool to warm with the lid on.

Dip about half of each macaroon in the chocolate. Let the excess chocolate drip back into the double boiler. Place the macaroons on the platter. Wait for the chocolate to harden slightly. Cover loosely with aluminum foil and refrigerate until two hours before serving. ●

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# Passover Side Dishes

KERI WHITE | JE FOOD COLUMNIST

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**SPRING HAS ARRIVED** and, with it, the joy of Passover.

Many cooks are becoming more focused on seasonal eating, and Passover presents an ideal opportunity to feature some early spring ingredients and flavors, which also highlight the renewal and rebirth themes associated with the holiday.

Tradition dictates that most seders feature a main dish protein such as brisket, chicken, fish or lamb. The following side dishes complement virtually all preparations of these dishes.

They are simple and straightforward enough to marry well with a saucy braise, a gravy-laden roast or a spice-rubbed fish, but they are also interesting enough that if a vegetarian guest shows up, he or she will not feel deprived.

These each showcase an early spring vegetable, are kosher for Passover and are pareve.

## LEMONY ASPARAGUS

*Serves four*

This recipe is intended to be served cold as a salad, but if you must have your veggies hot, you can heat it in a microwave or skillet before serving. It is best made a day ahead to allow the flavors to marinate into the asparagus, but if you are in a rush, the recipe still works.

- 1 pound asparagus, rinsed and trimmed
- ½ cup extra-virgin olive oil
- Zest and juice from one lemon (about 2 teaspoons zest and 2 tablespoons juice)
- 1 tablespoon white vinegar
- 1 teaspoon honey
- ½ teaspoon salt
- Generous grinding of fresh pepper

Bring a large pot of salted

water to boil. Plunge the asparagus into water and boil it for 2 minutes.

While the asparagus boils, fill a large bowl with ice and water. When the asparagus is finished boiling, drain it and plunge it into the ice water to stop cooking.

In a shallow dish, mix the remaining ingredients with a fork until thoroughly blended.

Place the asparagus into a dish with the dressing, and stir to coat. Refrigerate several hours or overnight. Drain the excess dressing before serving.

## DILLY NEW POTATOES

*Serves four*

Be sure to get small new potatoes for this recipe; they should be closer to the size of a grape than a golf ball. If you can't get them smaller than a golf ball, increase the cooking time in

the boil to 15 minutes and the roast them for 25 minutes. Test them before serving to ensure that they are cooked through.

- 1 pound small new potatoes, rinsed and scrubbed
- 4 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt (or more to taste)
- 2 tablespoons chopped fresh dill
- Generous grinding fresh ground pepper

Bring a large pot of salted water to a boil, and add the potatoes. Cook for 10-12 minutes. The potatoes should be soft but still intact and not falling apart.

Heat your oven to 400 degrees.

Drain the potatoes, and place them in a baking dish.

Toss with 2 tablespoons of oil, the salt and pepper. Bake at 400 degrees for about 15 minutes until cooked through. Stir occasionally to ensure even browning.

Mix the dill and remaining olive oil in a small measuring cup. Toss it over the cooked potatoes; add more salt and pepper as needed and serve.

## HONEY MUSTARD ROASTED BABY CARROTS

*Serves four*

These are ideal with true baby carrots — the early spring sprouts that are about 2-3 inches long — not the “baby cut” carrots that come bagged in the supermarket. If you can't get the real thing, buy the green-topped fully grown carrots and cut them into 3-inch pieces; the flavor will be much better than the precut imposters.





- 1 pound baby carrots or  
1 pound carrots cut in  
3-inch pieces
- 2 tablespoons extra virgin  
olive oil
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced
- ½ teaspoon salt
- Generous grinding fresh  
cracked pepper

Heat your oven to 375 degrees and line a rimmed baking sheet with parchment.

In a small bowl, mix the oil, honey, mustard, garlic, salt and pepper.

Place the carrots in a single layer on the parchment and drizzle with the honey mustard mixture. Toss well to coat evenly.

Roast the carrots for 20-25 minutes, stirring occasionally. Serve hot or at room temperature.

#### BALSAMIC BROCCOLI

*Serves four*

This can be served hot out of the oven or at room temperature. Leftovers are great tossed in a salad for lunch or dinner on tomorrow.

- 4 cups broccoli florets
- 1 small onion, sliced
- 2 tablespoons olive oil
- 1 tablespoon balsamic  
vinegar
- ½ teaspoon kosher salt
- Generous grinding fresh  
cracked pepper

Line a rimmed cookie sheet with parchment, and heat your oven to 400 degrees.

Toss all the ingredients together and spread them in a single layer on a cookie sheet.

Roast for 20 minutes, stirring occasionally, until the edges are beginning to brown. •

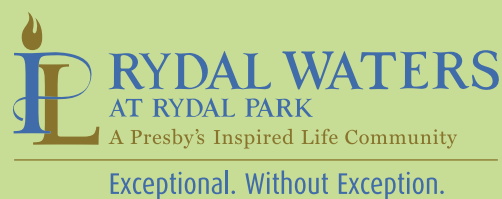


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**JEWISH EXPONENT**





# Setting the Seder Table

KERI WHITE | JE FOOD COLUMNIST

AS PASSOVER APPROACHES, hosts often have a laser focus on the menu. This is understandable and appropriate, given that the seder is, first and foremost, a ritual meal. But true balabustas also keep an eye on the table settings and seating arrangements.

I am not a great decorator. I am guilty of devoting all of my resources to the food and generally forgetting about the centerpiece until guests are on the verge of arriving. At that point, I let out a stream of obscenities and

scramble to come up with something that doesn't look like it was attacked by the cat and then placed on the table.

On occasion, I have had the forethought to outsource this task — truly a best-case scenario. It is a great job for someone who wants to “bring something” but can't cook. Every host has one of those guests and lives in preholiday dread of what they might offer — this is a win/win work around, and wise hostesses will assign the centerpiece to

See [Table](#), Page 12

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# Passover Menu 5779/2019

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## KOSHER STYLE\*

### Slow Roasted Brisket Dinner

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

**\$109.99**

Serves 8-10

## KOSHER STYLE\*

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## KOSHER STYLE\*

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Parisian Carrot Tzimmes  
Homemade Apple Sauce

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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.....	\$4.99 lb.
Mashed Potatoes.....	\$4.99 lb.
Yukon Gold Roasted Potatoes.....	\$6.99 lb.
Brussels Sprouts with Pecans & Garlic.....	\$6.99 lb.
Green Bean Almondine.....	\$5.99 lb.
Parisian Carrot Tzimmes.....	\$6.99 lb.
Fruit Haroset.....	\$6.99 lb.
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Flourless Chocolate Cake.....	\$19.99 ea.

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### ✧ Entrees ✧

Traditional Tender Potted Brisket of Beef w/ Brisket Gravy  
Bubbie's Favorite Stuffed Cabbage - Tomato/ Raisin Sauce  
Stuffed Breast of Capon w/ Apricot Glaze  
Stuffed with Matzoh, Onion & Mushroom Stuffing  
Half Roasted Herb Chicken with Savory Matzoh Stuffing  
Natural Roasted Turkey Breast w/ Gravy  
Savory Matzoh Stuffing (White Meat Only)  
Broiled Fresh Salmon Pomodoro (Add \$1.00 pp)  
w/ Diced Tomatoes, Greek Olives, Fresh Garlic & Herbs  
Stuffed Peppers w/ Rice & Veggies in Tomato Sauce (★Vegetarian★)  
Moroccan Style Chicken  
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### ✧ Side Dishes ✧

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String Beans Almondine • Carrot Tzimmes w/Yams  
Crispy Potato Latkes • Mushroom & Onion Matzoh Stuffing

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## Table

Continued from Page 10

this guest, with clear parameters of height, dimension, color, etc.

But if you are inclined to handle your own centerpiece, and you consider it in advance of the first guest ringing the doorbell, you are in good shape. If you are aiming for a formal look and plan to pull out the best Passover china, silver, crystal and table linen, then a special centerpiece is a must.

Flowers are beautiful and traditional. Just be sure to order (or make) an arrangement that is low enough for guests' eyes to meet across the table. You don't want an arrangement so large and dramatic that it dwarfs the gathering. Seasonal spring flowers are traditional for Passover; these include lilies, violets, carnations, irises, cherry blossoms, hyacinths, tulips, daisies and daffodils.

In planning your tablescape, consider the number of dishes that will be on the table — the seder plate, matzah, soup, main dish and sides take up a lot of space, so make sure to use your real estate wisely. If you are super-squeezed for table space, consider having your candles do double duty; cluster a few elegant

candlesticks in the center of the table. This delivers a minimal, elegant look and is a nifty way to create an attractive focal point without adding apparent clutter.

I am a huge fan of the floating candle centerpiece. Fill a shallow, wide-topped glass vase or bowl half way with something colorful and attractive — cut lemons or limes, cranberries, flower petals, leaves, even decorative beads. Then fill the vessel with water, and place tealight candles floating in the top. It's beautiful, eye-catching and low cost.

Aiming for a less-formal table? Consider a basket or bowl of fruits and vegetables. Mix colors and textures for visual interest. Or strew some Mason jars or short candle holders filled with tealights (floating or not) along the length of the table.

Table aesthetics are, perhaps, the easier part of the non-food aspects of hosting. The other, creating a seating arrangement that prevents bloodshed, can be more of a challenge. Some hosts prefer to let guests sit where they wish. This might be fine. Spouses will likely sit with spouses, kids with kids,



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and hosts in their “regular seats,” or at the head of the table to preside.

But if you have a large gathering, assigned seats with place cards are a great way to mix up the crowd and streamline the process of getting everyone seated. They can also add a decorative element, whether you buy pretty place cards, make something festive or recruit a creative relative to help.

The cards provide a strategic way to manage, ahem, personalities. Take, for example, the youngster who plays his mom and grandma like fiddles, disrupting the seder and generally wreaking havoc on the evening. Sit him next to his strict schoolteacher aunt who will take no nonsense.

As for the political extremists? Opposite ends of the table, please, surrounded by people who will either distract them from their dogma, or are well able to quash the discussion. And it may not be a bad idea to declare the seder table a “politics free zone” for the duration of the holiday. This is well within a host’s right, and arguably his or her duty to ensure a peaceful seder for all gathered.

Regardless of what is on the table or who is seated around it, the most important thing is to focus on the joy of the celebration. Happy Passover to all! •



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Stuffed Breast of Capon w/Matzoh Stuffing & Gravy  
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| • Chopped Liver   | • Sliced Roast Brisket of Beef w/gravy  | • Potato Kugel         |
| • Chicken Soup with Matzoh Balls                        | • Sweet and Sour Meatballs              | • Spinach Matzoh Kugel |
| • Potato Pancakes, 1/2 size                             | • Oven Brown Potatoes                   | • Sweet Fruit Kugel    |
| • Whole Roast Turkey w/Matzoh Stuffing (min. 10 people) | • Sweet Potato and Carrot Tzimmes       | • Broccoli Kugel       |
| • Capon Breast w/ Matzoh Stuffing                       | • String Beans w/ Almonds               | • Sponge Cake          |
| • 1/2 Roasted Chicken with Matzoh Stuffing              |   | • Marble Cake          |
|   |   | • Honey Cake           |
|   |   | • Chocolate Chip       |
|   |   | • Banana Cake          |
|   |   | • Regular Matzoh       |
|   |   | • Egg Matzoh           |
|   |   | • Fruit Salad          |

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# Revamp Tried-and-True Passover Recipes

EILEEN GOLTZ | JE FEATURE

**MOST PEOPLE THINK** that Pesach is a celebration of our release from Egyptian bondage and deliverance into Israel. I prefer to think of it as the time of the great debate: Do I serve floaters or sinkers with the chicken soup?

I grew up with sinkers, and my husband was raised with floaters. We have great “discussions” every year about which matzah ball is the best matzah ball. (I’m right, of course.)

I would never presume to tell anyone what to cook for seder. Every family has traditional specialties they serve, and woe to the person who tries to tamper with them.

Last year, I suggested that we try a wonderful new glazed sweet potato recipe I had found. I wanted to skip the boring sweet potato and pineapple casserole that’s been served every year since Moses told Zipporah to throw a few things together and get a move on.

Saying that I got a negative reaction is like saying Pharaoh got a little wet. I relented and kept the menu pretty much the same as it has always been.



I did, however, promise myself that this year I would make a few additions to the menu. It's a little extra work, but after chopping 35 onions and peeling 4,000 eggs, what's a few extra? Hopefully, these recipes will become part of our seder tradition, and I can kiss my potato kugel goodbye.

## POTATOES AND LEEKS

Serves eight to 10

- 2 pounds new potatoes, quartered
- 8 leeks, washed, trimmed, diagonally sliced
- 2 garlic cloves, crushed
- 2 tablespoons oil
- 4 teaspoons chopped fresh tarragon
- 2 teaspoons grated lemon peel
- 1 teaspoon salt

In a large saucepan, combine the potatoes, leeks and garlic. Cover with water, add the salt and cook 12-17 minutes or until the potatoes are fork tender. Drain.

Pour the oil over the hot vegetables and sprinkle with tarragon and lemon peel. Toss gently and serve warm or cold. Season with salt and pepper, if desired. Garnish with fresh tarragon or lemon.

## VEGETABLE KUGEL

Serves six to eight

- 1 cup grated raw apple
- 1 cup grated raw sweet potato
- 1 cup grated raw carrot
- 1 cup matzah cake meal
- 1 cup margarine or oil

- 1 teaspoon salt
- 1 teaspoon Passover baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- $\frac{3}{4}$  cup sugar

Preheat your oven to 325 degrees. Grease a 10-inch casserole dish. Mix all the ingredients together well. Pour them into the baking dish. Cover with aluminum foil and bake for 45 minutes.

Raise the oven temperature to 350 degrees, remove the cover and bake an additional 15 minutes. Slice and eat hot.

## PASSOVER LEMON BARS

- 1 cup matzah cake meal
- $\frac{1}{2}$  cup margarine
- $\frac{1}{4}$  cup powdered sugar
- 4 large eggs
- 2 cups sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{3}{4}$  cup fresh lemon juice

Preheat your oven to 350 degrees. Beat together the cake meal, margarine and powdered sugar until well blended. Press the mixture into the bottom of a 9-inch square pan. Bake 15 to 20 minutes (lightly browned)

Combine the eggs, granulated sugar, baking powder, salt and lemon juice, and beat until smooth. Pour it over the baked crust and return it to the oven until bubbly and lightly browned, about 30 minutes. Cool and sprinkle with confectioners' sugar and cut into bars.

Note: I find that my ingenuity is tested to its limit at this time of year. I can't always find



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## Recipes

Continued from Page 15



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the kosher-for-Passover items that I need. So rather than do without, I make them myself.

### Powdered Sugar

- 1 cup granulated sugar minus 2 tablespoons
- 2 tablespoons potato starch

Mix together in a food processor for about 2 seconds or place in a plastic bag and shake together.

### Baking Powder

- $\frac{1}{2}$  tablespoons baking soda
- $\frac{1}{2}$  tablespoon cream of tartar

Mix together in a plastic bag.

### AMBROSIA MEDLEY

Serves 10

- 2 cups fresh pineapple cubes
- 2 bananas, sliced
- 2 cups fresh strawberries, sliced
- 4 tablespoons powdered sugar
- 1 cup flaked coconut
- $\frac{1}{2}$  cup orange juice

Layer half of the pineapples, bananas and strawberries in a medium serving dish or dessert dishes. Sprinkle with 1 tablespoon of the powdered sugar and 2 tablespoons of the coconut. Repeat

layers. Top with remaining coconut. Slowly pour orange juice over fruit. Chill until serving time.

This recipe can be doubled or tripled.

### FRUIT GAZPACHO

Serves eight

- 2 cups tomato puree
- 3 cups orange juice, with pulp
- 2 teaspoons sugar
- Zest of 1 orange and 1 lime
- 2 cups diced cantaloupe
- 2 cups diced honeydew
- 1 mango peeled and diced (optional)
- 1 apple peeled and diced
- 1 cup blueberries
- 1 cup green or red seedless grapes, cut in half
- Fresh strawberries
- 1 or 2 kiwi, peeled and sliced

Combine the tomato puree, orange juice, sugar, orange and lemon zest, cantaloupe, honeydew and mango in a large bowl. Process half the mixture in a food processor until smooth. Pour the mixture over the fruit in the bowl. Mix well. Stir in the apple, blueberries and grapes. Refrigerate covered for several hours. Ladle the soup into bowls and garnish with several strawberry halves and a couple of kiwi slices. ●



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**JEWISH EXPONENT**



# Lighten Up Passover Meals With Salads

EILEEN GOLTZ | JE FEATURE

ONE OF THE biggest problems with the week of Pesach is that so much of the food is heavy. Eggs, oil, matzah meal and meat — lots and lots of meat and chicken and then maybe some more meat.

Sometimes all you want is a little bit of nothing to fill in the times between the gigantor meals or to serve with the gigantor meals.

Enter the salad.

I'm not talking about opening a bag of prepacked greens and drizzling on some

prepackaged dressing here. I'm saying I have some knockout fabulous recipes for you to whip up. They are terrific, and it's not an accident that they just happen to be kosher for Pesach. They stand on their own as a quick snack, can be served at a meat or dairy meal and are so good that you can serve them year around.

Oh, and there's no matzah in any of the recipes. Nada, zero, zip, none and I do mean less than none so that anyone, like me, who thinks that eating matzah is akin to munching on cardboard can rejoice.

Just in case you want to serve a dairy meal during the week, the addition of cheese to some of these salads adds protein and a nice smooth taste. I have added a dairy suggestion at the end of each recipe if applicable.

Note that there should be extra care taken with examining vegetables, salad greens and spinach for bugs at all times.

See **Salads**, Page 18

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Matzo Ball Soup

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# Salads

Continued from Page 17

## SPINACH AND MANGO PEPPER SALAD | PAREVE

Serves eight

- 2 ripe avocados, cubed
- 3 tablespoons lime juice, divided
- 2 ripe mangoes, cubed
- 1 jalapeno, stemmed, seeded and finely chopped
- Salt and freshly ground black pepper
- 1 teaspoon grated lime zest
- ¼ teaspoon sugar
- 2 tablespoons chopped parsley, plus more for garnish
- 3 tablespoons olive oil
- 2 red bell peppers cut into slivers
- 3 cups fresh spinach leaves

In a bowl, combine the avocado cubes with 1 tablespoon of the lime juice. Add the mango, jalapeno and salt and mix to combine. Set aside.

In a bowl, combine the remaining 2 tablespoons of lime juice, the zest, sugar and parsley in a large bowl. Whisk in the oil until combined. Season with salt and pepper. Add bell peppers and spinach and toss to combine. Serve in a large bowl or on individual plates.

Note: You can add shredded Monterey Jack or mozzarella.

## AVOCADO, ONION AND HEARTS OF PALM SALAD | PAREVE

Serves eight

- 1 (14-ounce) can hearts of palm, drained, sliced into rounds
- 4 ripe avocados, diced
- 1 small red onion, sliced thin
- ½ to 1 cup pine nuts, toasted
- Bibb or red leaf lettuce leaves, shredded

### Dressing

- 1 teaspoon minced garlic
- ¼ cup chopped parsley
- 3 tablespoons lemon juice
- ½ teaspoon sugar
- 2 teaspoons dried dill
- ¼ teaspoon salt
- ½ cup oil

Place all the dressing ingredients in a bowl and whisk them together. You can also put the ingredients in a container with a tight lid and shake it to combine. Set the dressing aside.

In a large salad bowl, combine the hearts of palm, avocado and red onions. Add the dressing and toss to coat. Divide the lettuce between eight plates, and mound the hearts of palm mixture on top. Sprinkle the pine nuts on top and serve.

Note: You can add shredded or grated Parmesan or mozzarella.



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## APPLE AND ASPARAGUS SALAD | PAREVE

Serves eight

- 40 asparagus stalks, ends trimmed cut in half
- 2 tablespoon plus ½ cup olive oil
- Kosher salt
- Ground pepper
- ¼ cup apple cider vinegar
- 3 tablespoons honey
- 1 to 2 tablespoon chopped parsley
- 2 teaspoons minced garlic
- Mixed salad greens
- 2 Granny Smith or Golden Delicious apples, peeled and diced
- ½ cup chopped walnuts, toasted

Preheat your oven to 375 degrees. Place the asparagus pieces on a cookie sheet with sides and drizzle the 2 tablespoons of oil over the top. Sprinkle the kosher salt and pepper over the top. Roast the asparagus just until it's starting to wilt, about 5 to 7 minutes. Remove from the oven and let it cool.

In a bowl, combine the vinegar, honey, oil and garlic. Whisk to combine, and then add the chopped parsley. Whisk to combine again and taste, adjusting the sweetness and salt levels to your preference. Add the apple pieces and mix to coat.

Divide the salad greens between eight plates. Divide the asparagus pieces between the plates and mound them on top of the greens. Spoon the apple dressing over the top of the asparagus and on the greens. Top with the toasted walnuts and serve.

## OLIVE SALAD | PAREVE

Serves eight

You don't need to add salt as the olives are salty enough without adding more.

- 1 cup sliced black olives
- 1 cup sliced pimiento stuffed green olives, sliced
- ½ cup olive oil
- 2 tablespoons minced red onions
- ½ tablespoon sugar
- 3 to 4 stalks chopped celery
- 2 tablespoons minced parsley
- 2 teaspoons minced garlic
- 1½ teaspoons black pepper
- 4 to 5 cups spinach leaves
- 1 cup chopped tomato, garnish

Place the black and green olives and olive oil, sugar, red onion, celery, parsley and pepper in a bowl. Mix to combine. Cover and refrigerate until ready to use. (The olive mixture can be covered and refrigerated for up to 5 days).

Divide the spinach between eight plates. Top with 2 to 3 tablespoons of the olive mixture and top with chopped tomatoes. There will be more than enough olive mixture for this salad. It's also great on Pesach rolls and matzah.

Note: You can add shredded Monterey Jack or mozzarella. •



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BLUE BELL, PA

## PASSOVER EAT-IN DINNER MENU

**\$27.95pp 4 Course • \$23.95pp 3 Course**

### **Appetizers** (Choose one)

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

### **Soups:** (Choose one)

- Matzo Ball Chicken soup
- Garden Vegetable soup

### **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

**Desserts:** Assorted cakes and Passover desserts

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