

Seder

Maundy Thursday

Note: We have included five main course recipes for simple variety's sake, not because you are expected to serve all five. Choose one lamb dish (because lamb is traditional for Passover) and perhaps one other dish (because not everyone likes the taste of lamb). You are free to serve a recipe all your own, of course. But please observe this caution: absolutely NO DAIRY would be served in a Jewish Seder celebration. That includes butter (margarine is fine).

Setting One Table

To set one, eight-person table, you will need:

- 9 plates (one for the matzos)
- 8 wine glasses
- 8 glasses/bowls for the water to wash hands
- 8 glasses/bowls for salt water
- 9 napkins (one is for wrapping the matzos)
- 8 spoons
- 1 wine carafe
- 8 hard cooked eggs, peeled
- 1 bunch fresh parsley
- 1 two-cup recipe (eight servings) of charoseth
- 1/2 cup (eight servings) of horseradish
- 3 matzos (wrapped in a napkin placed on a plate)
- 1 candle (kosher is preferred)
- 1 book of matches/lighter

The Head of your table (Head of your family)

For the head placesetting you will need these additional items:

- 1 plate
- 1 wine glass (a special one)
- 1 chair (a special one)
- 1 lamb shank bone

The Foods

Serving

A Passover Seder is a busy, complicated celebration, and we recommend that everything be made ready before the family sits. Three matzos should be wrapped in a napkin and placed on the table.

A Passover Seder is a family meal celebrated at home.

A Word About Wine

The traditional Passover wine is a sweet, red, kosher wine (if you have such wines available to you) produced from the concord grape. Two such wines that are available in most areas are Mogen David and Manischewitz. Each participant will be served four 4-ounce cups of wine/grape juice over the course of the meal.

Candles

Believe it or not, kosher candles are available in many grocery stores. They are sold near the kosher foods (with matzos). Small Manischewitz brand kosher candles cost about one dollar each. Have matches or lighter near candle.

Water

A small cup of water is served. This water is not for drinking. It is used to ceremonially wash the hands.

Do not serve drinking water on the table (to avoid clutter on an already busy table). Have pitchers of drinking water on the serving table, available upon request.

Unleavened Bread

Matzos are available at many grocery stores throughout the year. Around Passover supply tends to rise. A popular brand name is Manischewitz.

Three whole matzos should be wrapped in a napkin and placed on a plate on the table before the celebration begins.

Salt Water and Green Vegetables

The green vegetable is traditionally parsley. Each participant's plate receives two separate servings of parsley (four medium springs of parsley per serving) before the celebration begins.

The salt water can be served before the celebration in a small bowl (like a finger bowl), or in a small opaque plastic cup (four ounces). Make the salt water by mixing three tablespoons of kosher salt per quart of warm water.

Bitter Herbs

The bitter herbs are usually horseradish. Red shredded horseradish is preferred. However, deli shredded is also acceptable. Do not use horseradish sauce, as it contains dairy.

Each plate receives one whole hard-cooked egg, peeled.

Charoseth

Each plate receives a small serving (about 1/4 cup) of charoseth—a sort of an apple/walnut salad. Although only a small portion is served, we recommend that extra be made, reserved on the serving table—charoseth is a popular dish.

Here is a recipe for charoseth:

2 apples, peeled, cored and chopped

1 cup chopped walnuts

1 tsp. cinnamon

2 tsp. honey

1/3 cup red wine

In a bowl, combine apples, walnuts, cinnamon and honey. While stirring, pour wine over the mixture. The apples will turn brown, but that is appropriate—charoseth is supposed to resemble ancient mortar.

This recipe will yield two cups of charoseth—enough for eight servings. But remember, extra is usually required.

Serving the Meal

If you serve a green salad with the meal, be sure to avoid dairy—no cheese .. no Ranch dressing. Italian dressing and French are usually dairy free (although some Italian dressings contain Parmesan cheese). Check labels.

We have included recipes for five main course stews. Choose one or two. (We do recommend that one be a lamb dish.)

Two Lamb Stews

Lamb and Artichoke Stew

4 Tbsp. olive oil, 2 lbs. boneless lamb, cubed; 3 yellow onions, peeled and chopped; 2 cloves garlic, minced; 1/2 cup parsley, chopped; salt and pepper to taste. 1- 6 oz. can tomato paste, 1 cup dry white wine, 2-14 oz. cans artichokes, drained 1/2 tsp. dried dill, 3 Tbsp. lemon juice.

In a large skillet, brown the lamb in the olive oil. Remove the meat, and saute' the onions, garlic and parsley. Place the meat, onions, garlic and parsley in a large kettle, add salt, pepper, tomato paste and wine. Simmer, covered, for 1 1/2 hours.

Serves 8 (one table).

Curried Lentil and Lamb Stew

2 tsp. olive oil, 2 lbs. boneless lamb, cubed; 3 cups chopped onion, 2 tsp. minced ginger, 2 Tbsp. curry powder, 4 cups water, 3 cups canned diced tomatoes in juice, 2 cups dried green or brown lentils, 6 carrots, sliced, 2 cups frozen green peas

In a large pot, brown the lamb in the olive oil (about 5 minutes). Add onion, garlic and ginger. Saute' 5 minutes. Add curry powder; stir 30 seconds. Add water, tomatoes, lentils and carrots. Bring to boil, then reduce heat. Let simmer, covered, one hour, stirring occasionally. Add peas and simmer until heated through (about 5 minutes). Season with kosher salt and pepper.

Two Chicken Dishes

Hearty Chicken Vegetable Soup

1 whole chicken, 1 onion, chopped; 1 green pepper, chopped; 2 quarts water, 1 dash garlic powder, 1 bag frozen corn, 4 stalks celery, chopped; 4 bunches broccoli chopped, 4 bunches cauliflower, chopped; 3 carrots, chopped; 1/2 red cabbage, chopped; 3 cups green beans

Boil the chicken in the water with the onions, green pepper and garlic. When the chicken is tender, remove and add the remaining ingredients. Pull the chicken off the bones, breaking it into smaller pieces. Return chicken pieces to the pot and simmer, covered, for one hour, until the vegetables are tender. Season to taste.

Serves 16 (two tables).

Chicken Marengo

2 lbs. chicken, bones and skin removed; 4 cans diced tomatoes in juice, 1 onion, chopped; garlic to taste, 3 tsp. dried basil, 1 Tbsp. dried parsley, black pepper to taste, 2 cans black olives, whole; 1 can V8 or tomato juice, 3 cups cooked rice

Combine first nine ingredients (all except the rice) in a large pot. Bring to a boil. Reduce heat and simmer, covered, for one hour. Season to taste. Serve over rice.

Serves 8 (one table).

One Vegetarian Dish

Hearty Potato-Leek Soup

6 large potatoes, diced to 1/2-inch cubes; 6 cups leeks, chopped (reserve some of the green portion for garnish); 2 stalks celery, chopped; 2 carrots, chopped; 1/2 cup olive oil, 8 cups vegetable stock (or seasoned water), 1/4 cup potato flakes

In a large saucepan, sauté the potatoes, leeks, celery and carrots in olive oil (about 5 minutes). Add the stock or water and bring to a boil. Reduce heat, cover and let simmer until the potatoes are soft (about 30 minutes). Reduce from heat. Remove about 2/3 of the mixture and puree it, adding the potato flakes to the puree. Return the puree to the saucepan and reheat. Season to taste with kosher salt and pepper. Top the soup with a garnish of the reserved leek greens.

Serves 8 (one table).