



Good Eating's

PASSOVER RECIPES



Chicago Tribune

A NOTE TO THE READER

This book was created using various content and recipes published by the Chicago Tribune over the past decades. The editors have carefully selected from the Tribune's rich archive of material. Not all recipes are certified kosher. *For kosher or kosher-for-Passover compliance, check the rules with your rabbi.*

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SAUCE & STOCK

BASIC FISH STOCK

Preparation time: 10 minutes

Cooking time: 30 minutes

Yield: About 7 quarts

About 5 pounds fish bones and heads, or more

2 large onions, about 6 ounce each, quartered, with skin on

3 carrots, peeled, sliced

3 ribs celery, sliced

2 teaspoons salt or to taste

2 bay leaves, optional

7 quarts water

1. Clean blood from fish bones; remove gills and brains. Your fishmonger will do this on request, but still check for blood and remove any.
2. Place all ingredients in large pot; simmer 30 minutes. Skim occasionally. Strain finished stock through fine mesh strainer. Refrigerate up to 1 week or freeze up 8 months.



HORSERADISH SAUCE

Yield: 1/2 cup

1/4 cup sour cream, crème fraîche or plain yogurt

2 tablespoons bottled horseradish, drained and squeezed dry

2 teaspoons lemon juice

2 teaspoons German-style or Dijon-style mustard

White pepper and salt

1. In a bowl, combine sour cream, horseradish, lemon juice and mustard. Stir until blended, then add pepper and salt to taste. Cover and refrigerate until needed.

LEMON-HORSERADISH SAUCE

Makes about 1 1/4 cups

- 1 cup commercial mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon prepared horseradish
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons Dijon mustard
- 1/2 tablespoon soy sauce
- 1 tablespoon chopped chives, optional

1. In a medium bowl, thoroughly combine mayonnaise, lemon juice, horseradish, pepper, mustard and soy. Taste, adjust seasoning as desired, and stir in optional chives.

PLUM SAUCE

Preparation time: 15 minutes

Cooking time: 5 minutes

Yield: 1 cup

This sauce can be made 5 days in advance and refrigerated.

1 can (16 ounces) red or purple plums

1/4 cup red currant jelly

3 tablespoons lemon juice

1. Drain plums and remove pits. Puree plums, jelly and lemon juice in a food processor or blender until smooth.
2. Heat to boil in a small pan, then simmer 2 minutes. Serve hot.

SALADS

CARROT & CILANTRO SALAD

Preparation time: 15 minutes

Cooking time: 20 minutes

Yield: 6 servings

Adapted from a recipe from Ayelet Danino.

8 carrots, peeled, thinly sliced

1/2 bunch cilantro, finely chopped

Juice of 1 lemon

2 cloves garlic, minced

1/4 teaspoon each: ground cumin, sweet paprika

1 teaspoon each: salt, freshly ground pepper

1. Cover carrots with water in a large saucepan. Heat to a boil over medium-high heat; reduce heat to a simmer. Cook until fork-tender, about 20 minutes. Drain; set aside.
2. Combine cilantro, lemon juice, garlic, cumin, paprika, salt and pepper in a medium bowl. Add carrots to mixture; toss to evenly coat carrots. Set aside at room temperature 30 minutes or refrigerate overnight.

EGGPLANT & RED PEPPER SALAD

Preparation time: 20 minutes

Standing time: 45 minutes

Cooking time: 30 minutes

Yield: 6 servings

Adapted from a recipe from Ayelet Danino.

4 long, slender eggplants, unpeeled, cut into thick slices

1 tablespoon plus 1 teaspoon salt

2 cloves garlic, minced

Juice of 1 lemon

1/4 teaspoon each: paprika, cumin, freshly ground pepper

2 red bell peppers, seeded, finely chopped

6 dill pickles or 20 cornichon pickles, chopped

1 cup olive oil, about

1. Place eggplant on a paper towel-lined baking sheet. Sprinkle with 1 tablespoon of the salt. Let stand 30 minutes.
2. Meanwhile, combine garlic, lemon juice, 1 teaspoon of the salt, paprika, cumin and pepper in a large bowl; stir in bell peppers and pickles. Set aside.
3. Pat eggplants dry with paper towels; dice into 1/2-inch cubes. Heat about 1/2 cup of the oil in a medium skillet over medium-high heat; cook eggplant, in batches, stirring often and adding more oil only if needed, until golden around the edges, about 5 minutes per batch. Transfer cooked eggplant to a pan lined with paper towels; cool about 5 minutes.
4. Transfer eggplant to large bowl; stir in dressing to coat. Let stand 15 minutes before serving.

PASSOVER SALAD WITH HORSERADISH DRESSING

Preparation time: 30 minutes

Chilling time: 1 hour

Yield: 6 servings

Dressing:

1/3 cup vegetable oil

2 tablespoons each: red wine vinegar, prepared horseradish

1 teaspoon Dijon mustard

1/4 teaspoon each: salt, freshly ground pepper

Salad:

1/2 cup each: finely diced red onion, celery, red pepper

1 can (16 ounces) julienned beets, well drained 1 box (10 ounces) frozen tiny green peas, thawed

1 head iceberg or leaf lettuce

1 hard cooked egg, thinly sliced

1. For dressing, combine ingredients in a jar with a tight fitting lid. Shake well to combine.
2. For salad, toss together onions, celery, red pepper, beets and peas in a large bowl. Add dressing, cover and refrigerate 1 hour.
3. Line 6 salad plates with lettuce leaves and add salad. Garnish with sliced egg. Serve immediately.

ROASTED BEET, RADICCHIO, AND WALNUT SALAD

Preparation time: 30 minutes

Cooking time: 1 hour

Yield: 8 servings

Serve the beets atop a salad of bitter greens dressed with vinaigrette flavored with a little walnut oil. Roasted walnut oil is available at specialty food stores and by mail. Pistachio oil is also delicious here. Candied walnuts add a sweet touch everyone enjoys.

Roasted beets:

- 4 large beets, trimmed, quartered
- 3 large cloves garlic, halved
- 3 sprigs fresh sage
- 1/2 teaspoon Sea Salt and Four Pepper Seasoning, see recipe below, or salt and pepper to taste
- 2 tablespoons olive oil
- 1/2 small red onion, very thinly sliced, rinsed
- 1 tablespoon each: blackberry vinegar, roasted walnut oil

Salad:

- 3 tablespoons each: vegetable oil, roasted walnut oil
- 1/4 cup blackberry or raspberry vinegar
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 1 medium head curly endive, well rinsed, torn into pieces
- 1 small head radicchio, halved, thinly sliced
- Coarsely chopped candied or sugared walnuts for garnish, optional

1. Heat oven to 325 degrees. Arrange beets on a double thickness of heavy-duty foil cut large enough to wrap the beets well. Sprinkle the garlic, sage, seasoning and oil over the beets. Wrap the beets tightly to enclose them. Place the packet on a baking sheet. Bake until the beets are tender when pierced with a knife, about 1 hour. Let cool. Peel the beets with a small knife and slice them thinly. Toss with the onion and 1 tablespoon each of vinegar and walnut oil.

2. For the salad, mix the oils, vinegar, salt and pepper in the bottom of a large bowl. Add endive and radicchio and toss well to coat. Divide among serving plates. Top each with some of the beet mixture. Sprinkle with walnuts and serve.

CLASSIC HAROSET

Eight servings

Preparation time: 20 minutes

1/3 cup each: shelled walnuts, almonds, hazelnuts
2 or 3 tablespoons sugar
1/4 cup strained fresh orange juice
1 medium or large apple, peeled, halved and cored
3/4 cup dates, chopped
2 tablespoons sweet or dry red wine
3/4 teaspoon ground cinnamon
Pinch of black pepper, optional
Matzos for serving

1. Grind walnuts, almonds and hazelnuts with 2 tablespoons sugar and the orange juice in a food processor fitted with a metal blade until fairly fine, leaving a few small chunks. Transfer to a bowl.
2. Coarsely grate apple. Add to nut mixture. Stir in dates, wine and cinnamon. Taste, and add pepper and more sugar if desired. Spoon into a serving bowl. Serve at room temperature or cold, accompanied by matzos.

EGYPTIAN HAROSET

Preparation time: 10 minutes

Standing time: 1 hour

Cooking time: 20 minutes

Yield: About 4 cups

1 pound dried raisins

8 ounces pitted dates

2 cups water

1/4 cup each: sugar, chopped walnuts or pecans

1. Place the raisins and dates in a bowl with enough water to cover. Let stand for 1 hour.
2. Stir in the sugar. Process mixture in a blender, a few spoonful at a time, or a food processor until fruits are chopped.
3. Transfer the chopped fruits to a heavy saucepan. Simmer over low heat, stirring often, until fruits are soft and liquid is absorbed, about 20 minutes. Remove from the heat and place in a jar. When cool, sprinkle with chopped nuts.

SURINAME HAROSET

Preparation time: 10 minutes

Cooking time: 1 1/2 hours

Yield: About 5 cups

8 ounces unsweetened coconut, about 2 cups

8 ounces walnuts, chopped, or almonds, grated

1/4 cup sugar

1 tablespoon cinnamon

8 ounces each: raisins, dried apples, dried prunes, dried apricots, dried pears

1/2 cup cherry jam

Sweet red wine

1. Combine everything except the jam and wine in a large, heavy non-aluminum saucepan. Add water to cover. Simmer over low heat, stirring occasionally with a wooden spoon, until the mixture is thick and cohesive, about 1 1/2 hours. Add small amounts of water periodically, so that the mixture does not stick to the pot.
2. Stir in the cherry jam. Let stand until cool.
3. Add enough sweet wine to be absorbed by the haroset mixture. Refrigerate.

YENEMITE CHAROSET

Prep: 10 minutes

Steep: 1 hour

Cook: 5 minutes

Makes: 12 servings

Adapted from a recipe by Laura Frankel.

1 cup each: stemmed dried black figs, pitted dried dates, dried apricots

3 cups dry red wine or apple juice

1/2 cup toasted almonds

1/4 cup brown sugar

1 tablespoon cinnamon

1 teaspoon freshly grated ginger root Ground almonds, optional

1. Place the dried fruit in a large bowl. Heat the wine or apple juice to a simmer. Pour over the fruit; steep 1 hour.
2. Squeeze all the liquid out of the fruit, reserving the liquid. Place the fruit in a food processor; pulse until the mixture is slightly chunky. You may need to add some of the reserved soaking liquid to help the fruit stick together.
3. Add the almonds, sugar, cinnamon and ginger; stir to combine. Roll the charoet into walnut-size balls; roll in ground almonds, if desired.

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