

Special Passover Information For Food Service Directors

What is Kosher and Not Kosher for Passover?

What food is NOT Kosher for Passover?

- ⊖ All leavened food where flour and water have been mixed together and left standing for longer than 18 minutes before baking.
- ⊖ Food made from fermented grain, e.g., grain vinegar.
- ⊖ Jews from Eastern Europe avoid leguminous vegetables, rice, and corn.

For more information about what may and may not be eaten on Passover, contact the Vaad HaKashrut of the Capital District at (518) 489-1530. The Vaad prepares a guide to Passover food every year.

If you wish to buy Passover food, you can find the basics at most area supermarkets. The most complete selection can be found at Price Chopper, 1892 Central Avenue, Colonie. You can also order complete Kosher for Passover meals from there. You can buy soups, entrees, side dishes, complete seder meals for 6, and just seder plate items. For an order form contact **John Piccolo at Kosher224 @pricechopper.com** . (or 518-456-9314; ask for Kosher Deli) **Orders MUST be in by Fri. March 27.** You may also order complete Kosher-for-Passover meals for 6 from there. You may also be able to order them from your local food supplier. You must specify that you want Kosher-for-Passover meals.

What Do You Serve People on Passover?

- ◆ Eggs
- ◆ Salad (no pea pods)
- ◆ Vegetables other than leguminous ones
- ◆ Potatoes
- ◆ Fruit
- ◆ Cottage cheese
- ◆ Meat and fish without breading
- ◆ Matzah or Egg Matzah spread with margarine, (and sprinkled with garlic salt or cinnamon sugar), apple butter, jam, farmer's cheese, or charoset.
- ◆ Gefilte fish with horseradish
- ◆ Passover macaroons
- ◆ Passover borsht with sour cream

Prohibited on Passover

Here are some foods that are prohibited on Passover without proper certification:

- ◆ Beer
- ◆ Bread
- ◆ Cakes
- ◆ Cereal
- ◆ Cookies
- ◆ Corn
- ◆ Crackers
- ◆ Ketchup
- ◆ Margarine
- ◆ Pasta
- ◆ Peas
- ◆ Rice
- ◆ Salad dressings
- ◆ Soda



Instructions for Hosting a Passover Seder at your Facility



Thank you for hosting a Passover Seder for your Jewish residents.

It is an important religious obligation for a Jew to be at a Passover Seder.

Almost all Jews in the United States grew up with some sort of Seder in their youth, and the prayers, songs, and traditional ritual foods will evoke wonderful memories and spiritual connections for them. (For explanations of the symbolism, see page 2 of the Jewish Life Passover Newsletter.)

Here is a list of the ritual foods that you need:

- ◆ Kosher grape juice/kosher sweet wine (available in the kosher section of many local supermarkets). Make sure there's enough for each participant to have 4 small cups (2 - 3oz./cups).
- ◆ Bite-sized pieces of parsley or celery for every participant.
- ◆ A jar of horseradish (red or white). Make sure it's Kosher for Passover, since it may have vinegar.
- ◆ Passover Matzah (avoid matzah that says "Not for Passover Use").
- ◆ A bowl of salt water (1/4 teaspoon to a cup should do it).
- ◆ Charoset (mix together 2 cups shredded, peeled apple; 2 cups chopped walnuts; 1 tablespoon cinnamon; 1/4 cup purple sweet wine or grape juice; and optional 2-3 tablespoons honey).
- ◆ A Roasted shankbone (use a chicken neck or wing, or if you can't get that, xerox a picture of a roasted neck or wing).
- ◆ A hardboiled egg. After boiling the egg, leave the shell on and put it under the broiler for a couple of minutes. Also, each guest should get a half hardboiled egg that has been peeled.

The parsley/celery, horseradish, charoset, shankbone, and egg should be on one plate; 3 whole matzahs should be on another plate. Cover the matzahs with a nice napkin or cloth.

Set the table nicely with tablecloths, plates, and wine cups, even if you're not going to serve a meal. Put an extra wine cup in the middle of the table.

Setting for a group: If you're going to have more than 4 people, fill some small bowls with extra horseradish, charoset, parsley/celery, and salt water for the other end of the table. Put some matzahs down there, too, to make serving easier. For every 4 participants, it's useful to have a "serving station."

IMPORTANT NOTE: Please be aware that it is inappropriate to serve conventional bread, pasta, cake, pork products, or shellfish at a Seder. It is also inappropriate to serve dairy and meat products together (e.g., chicken parmigiana.) If you are serving a meal, chicken soup, plain roast chicken, potatoes, and a nice carrot dish is appropriate. Fruit and Passover macaroons are good desserts. Gefilte fish as an appetizer will be a special treat for your residents!

Please call me if you have any questions: Rabbi Beverly W. Magidson: 783-7800 or 724-3310

Passover/Pesach Recipes

Look for these Symbols



I. Traditional Dishes

Charoset for Seder

2 cups shredded apples
2 cups chopped walnuts
1 tablespoon cinnamon
1/4 cup wine or grape juice
2-3 tablespoons honey (optional)

Mix everything together and enjoy.

Charoset is used at the Seder to represent the mortar used by the Israelite slaves. It's tasty enough to be used for snacks during the rest of the holiday.

Matzah Brei (supper dish)

(Brei rhymes with fry)

Many Jewish homes serve this year-round, but it's always a treat on Passover!

2 matzahs
2 eggs, beaten
Splash of milk
Salt

Wet matzah under running water. (The wetter the matzah, the softer the result.) Egg matzah also produces a softer result.

Break matzah up into small pieces. Mix with rest of the ingredients.

Method #1: Make either small pancakes or a large pancake the size of your frying pan. Fry in frying pan in oil or butter. This can be cut into wedges or served to one hungry individual. Sprinkle with sugar or cinnamon and sugar, pour on honey or syrup, or spread with jam.

Method #2: Scramble the egg-matzah mixture as you would scrambled eggs in butter or oil. Serve with salt or cinnamon and sugar.

Matzah Balls for Soup

After much thought and discussion in our office, we have concluded that the matzah balls made from the boxed mix are very good. Be sure to follow the instructions on the back of the box.

II. Side Dishes

Since pasta of all kinds is prohibited on Passover, one of the challenges to the cook is what to serve with your main dish of meat or fish. Besides potatoes, here are some other options. Your dietary staff should be aware that matzah is binding on the digestive tract; dried or stewed fruits and salad are a useful balance to it.

Apple Matzah Kugel

4 matzahs
2 teaspoons salt
1/4 cup Passover margarine
2 cups chopped nuts (not peanuts)
2-3 apples, cored and chopped
additional margarine as needed
3 eggs
2 cups sugar
1 teaspoon cinnamon
2 cups raisins

Preheat oven to 350°.
Break matzah and soak in water until soft.
Drain, but do not squeeze dry.
Beat eggs with salt, sugar, margarine, and cinnamon.
Add matzah. Stir in chopped nuts, apples, and raisins.

Pour mixture into a greased casserole dish. Dot top with additional margarine. Bake for about 45 minutes.

Potato Kugel

2 onions
3 large potatoes
1/4 cup oil
2 eggs
1/4 cup matzah meal
2 teaspoons kosher for Passover baking powder or potato starch
1 teaspoon salt
1/8 teaspoon pepper

Preheat oven to 350°.
Mince onions and sauté until golden and soft. Blend potatoes in blender. Mix together potatoes, oil, onion, and eggs. Add dry ingredients and mix thoroughly. Pour into greased 8 X 8 square pan.
Bake for 1 hour. Serves 6-8.

Sweet Potato and Prune Casserole

6 medium sweet potatoes
1 jar stewed prunes
3/4 cup honey
3/4 teaspoon cinnamon
1 teaspoon salt
2 tablespoons prune juice
2 tablespoons lemon juice
1/4 cup melted margarine

Preheat oven to 350°.
Cook potatoes until tender.
Skin and cut into 1/4 inch slices.
Cut prunes in half.
Make mixture of remaining ingredients.
In a 2-quart casserole dish, arrange alternate layers of sweet potatoes and prunes, pouring the honey mixture over each layer.
Bake uncovered, basting occasionally for 45 minutes. Serves more than 4.

(OPTIONAL) Add Kosher for Passover marshmallows on top during the last 5 minutes of baking.

Kosher for Passover Rolls

2 cups of matzah meal
1 teaspoon salt
1 tablespoon sugar
1 cup water
1/2 cup oil
4 eggs

Combine matzah meal with salt and sugar. Bring oil and water to a boil. Add to matzah-meal mixture and mix well. Beat in eggs thoroughly, one at a time. Allow to stand 15 minutes. With oiled hands, shape into rolls and place on a well-greased cookie sheet. (Optional: Press thumb into center of each roll to give it more of a donut shape.) Bake at 375° for 50 minutes, or until golden brown. Makes 12-13 rolls.

Eggplant Casserole

3 tablespoons oil
1 large onion, chopped
1 medium eggplant, peeled and cubed
1/2 cup diced green pepper
1 1-oz. can tomato mushroom sauce (buy in Kosher for Passover aisle)
1 teaspoon salt
1/2 teaspoon pepper
28-oz. can of diced tomatoes
1 1/2 cups matzah farfel (buy matzah farfel where you buy matzah, or break up matzah into coin-sized pieces)

Saute onions in oil until tender. Combine onions, eggplant, green pepper, tomato sauce, and seasoning. Cook covered for 15 minutes or until eggplant is tender. Stir in diced tomatoes. In a 2-quart baking dish, arrange the vegetables and matzah farfel in alternate layers. Begin and end with the vegetables. Bake at 350° uncovered for 25 mins.

Find more great recipes at:

www.koshercooking.com/Recipes/Passover/index.html
[www.jewishfood-list.com/recipes/pesach/
&klp_main_index.html](http://www.jewishfood-list.com/recipes/pesach/&klp_main_index.html)