

Handy Dandy Passover Resources



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Welcome!

Passover is almost here—can you believe it?! Once again, we will be celebrating virtually rather than in person, and we know how overwhelming this can be. That's why we decided to create this handy dandy resource booklet to give you some ideas for how to make Passover meaningful for you and your family.

What you'll find inside...

- Prepping for Passover
Tips and resources for kashering your kitchen, setting the Seder table, and more.
- Recipe Ideas
Our very own Sandy Fangmeier shares her recipes for charoset and apple matzah kugel. YUM!
- Haggadot & Other Resources
With so many options out there, it can be overwhelming to find the right Haggadah and other resources you might need, so we decided to share some of our favorites.

Prepping for Passover

Kashering Your Kitchen

In preparation for Passover, we remove all *chametz* (leavened bread) from our kitchens. We do this in remembrance of our ancestors who, in their rush to leave Egypt, did not have time to wait for their bread to rise and thus brought unleavened bread with them. The biblical source for removing chametz from our homes is found in Exodus 12:19, which says:

No leaven shall be found in your houses for seven days. For whoever eats what is leavened, that person shall be cut off from the community of Israel, whether he is a stranger or a citizen of the country.

Many people will donate unopened items to a food pantry or authorize a rabbi to sell their chametz (more on the sale of chametz can be found here:

<https://www.rabbinicalassembly.org/story/hameitz-laws-and-customs>.

So, what qualifies as chametz? Well, some of the more obvious items are bread, pasta, cookies, and crackers, but there are others that might not immediately come to mind, like oatmeal, beer, and even vinegar. For a more thorough list, check out <https://oukosher.org/passover/articles/which-foods-are-chametz-2/>.

In addition to the removal of chametz, many people will thoroughly clean (kasher) their kitchens before Passover. This is like an intense form of spring cleaning for your kitchen. There are specific rules for kashering different items in your kitchen, so we recommend checking out this video as a helpful introduction to the process: https://youtu.be/3Y5iu_FWjBI.

Kashering Your Soul

Prepping for Passover doesn't just involve cleaning our kitchens. It also is time to look at the state of our souls, searching out and ridding our lives of "spiritual chametz." Rabbi Danya Ruttenberg wrote:

A lot of traditional commentators describe chametz as fluffy, swollen (think of bread rising), and talk about spiritual chametz as the puffy, overextended parts of our ego; the way we try to posture and preen, to achieve renown rather than just existing as we are, being gentle and modest; a mere humble matzah, if you will.

It's a lot harder to sweep out our illusions about ourselves, the ways in which we try to put ourselves first, the ways in which we hear others a little less well because we think of ourselves as more important, the ways in which we take shortcuts on our integrity and deepest values. There's no cabinet in which we can lock away our pettinesses and our meannesses for a week.

Rather, we have to seek them out. Like the search for physical chametz that happens in the dark, with a candle, we need to be intentional in our attempts to collect all of the parts of who we've been that are not nourishing, that are dragging us down. We need to look for it, and we need to be willing to find it; to confront it, to face it, to name it, to take it from where it's been hidden all this time. This work requires tremendous bravery.

And then, when we find it, we must burn it to give it up completely, to let it go, to transform ourselves by putting the worst of who we have been on the pyre.

We know, on some level, that, like the cookie crumbs under the sofa, some of it might come creeping back after Pesach is over. But it is the act of seeking it, naming it, and releasing it, to committing, year after year after year, to purifying the self and becoming the holiest version of who we are meant to be; it is the work of seeking out and releasing our internal leaven that is, in itself, an offering to God.

Taking a spiritual inventory is just one way to "kasher your soul" for Passover. You can also find readings to help spiritually prepare. If you're looking for a good place to start, we recommend checking out this Passover meditation guide:

<https://www.haggadot.com/haggadah/passover-meditation-guide>.

Setting the Seder Table

ASSEMBLY OF YOUR SEDER PLATE

1. **Roasted Brown Egg (*Beitzah*)** – symbolic of Temple sacrifices
2. **Shank Bone (*Zeroa*)** – symbolic of the Angel of Death “Passing Over” Hebrew homes, whose doorposts were marked with blood of a lamb
3. **Horseradish (*Maror*)** – bitter herb, symbolic of the bitterness of slavery (place whole or can be sliced/shaved into strips for dipping)
4. **Celery (*Chazeret*)** – 2nd bitter herb (easier dipping into charoset at Seder)
5. **Charoset** – symbolic of the mortar used by Hebrew slaves to build pyramids (place about 1 tsp of your charoset on plate; serve rest at the Seder)
6. **Salt Water** – symbolic of the tears of slavery (add water to the vial of salt)
7. **Parsley (*Karpas*)** – symbolic of springtime, the season of Passover (use a small piece from your plant; save rest to dip in salt water at the Seder)

ON THE SIDE

1. **Matzah** – Place 3 full pieces of matzah on a separate plate and cover.
2. **Optional Hard-boiled Eggs** – another symbol of springtime, to nibble on after dipping the sprig of parsley
3. Don't forget your holiday candles and matches, a kiddush cup, Elijah's cup, wine cups for your guests, and an optional Miriam's cup filled with water.

THE HISTORY OF THE ORANGE ON THE SEDER PLATE

Susanah Heschel started a custom in the early 1980s of including a citrus fruit on her Seder plate. The tradition began when Heschel saw an early feminist hagaddah from Oberlin College that suggested adding a crust of bread to the Seder plate as a sign of solidarity with lesbian Jews who had been told by a local Chabad *rebbitzin* that lesbianism was akin to eating bread on Passover. Because she didn't accept the idea that lesbian and gay Jews are as incompatible with Judaism--as chametz is with Passover--at Heschel's next Seder, she used a tangerine on her Seder plate as a symbol of inclusion for lesbians, gays, and others who are marginalized by the Jewish community. Beth El provides you this clementine and encourages you to include it on your Seder plate to remind yourself of Heschel's vision: "No one stands alone, isolated in the Jewish world. We're all Jews, and we're all equal as Jews."

Recipes

"Chag Sameach!"

I hope you will enjoy trying these four recipes I like to make at Passover with my family.

Below you will find easy recipes for charoset, a side dish, entree, and a dessert.

CHAROSET

**Ingredients are included in your box.*

Directions

1. Slice the apple in quarters.
2. Remove core and seeds.
3. Cut the apple into small, diced pieces (leave skin on for color).
4. Sprinkle the containers of cinnamon and nuts (optional) over the apple.
5. Splash about 1/8 cup grape juice over apple/spice mixture, just enough to moisten. [*Note: You can save the rest of the grape juice for use at Seder.*]
6. Mix and chill in the refrigerator (no more than 2 days).



APPLE MATZAH KUGEL

Prep: 20 minutes

Cook: 45 minutes

Total: 65 minutes

Servings: 8

Ingredients

- 4 matzah sheets
- 3 eggs, beaten
- ½ teaspoon salt
- ½ cup sugar
- ¼ cup vegetable oil
- 1 teaspoon ground cinnamon, or to taste
- 2 apples - peeled, cored, and cubed
- ½ cup raisins

Directions

1. Preheat the oven to 350°.
2. Grease an 8x8 inch baking dish.
3. Break the matzah sheets into pieces and soak in a bowl of water until soft. Drain in a colander, mashing to squeeze the water out.
4. In a separate bowl, mix the eggs, salt, sugar, oil, and cinnamon. Add the soaked matzah and mix well. Fold in the apples and raisins. Spoon into the prepared baking dish and spread evenly.
5. Bake for 45 minutes in the preheated oven, until nicely browned and apples are tender.



PASSOVER APRICOT CHICKEN

Ingredients

- 1/2 cup matzo meal
- 1 teaspoon salt
- 4 chicken pieces (I prefer thighs for this recipe)
- ½ cup Earth Balance pareve spread
- ¼ cup apricot preserves (or Manischewitz Duck Sauce for Passover)
- ¼ cup orange juice



Directions

1. Combine matzo meal and salt. Dredge chicken in matzo meal-salt mix.
2. Melt spread and pour over chicken.
3. Bake ½ hour at 350°.
4. Mix preserves and orange juice and pour over chicken. Bake 30 minutes longer, basting often.

Dish can be held at 200° if needed for up to 1 hour with frequent basting

MACAROONS

Ingredients (purchase ingredients before Passover)

- 1 14-ounce bag fresh shredded kosher coconut
- 1 14-ounce can sweetened condensed milk
- 1 teaspoon vanilla extract
- Kosher for Passover chocolate chips



Directions

1. Mix first 3 ingredients together until moistened
2. Use a 1-tablespoon scoop to form Macaroons - place on cookie sheet
3. Bake at 350° for about 20 minutes or until edges start to brown.
4. Cool, then dip bases in melted chocolate chips (microwave with bit of Passover oil)

Finding the Perfect Haggadah

The Haggadah is essentially the script we follow at the Seder. The word *haggadah* literally means “telling,” and that’s exactly what it does: it helps us tell the story of our freedom from slavery and exodus from Egypt. There are countless Haggadot (plural for Haggadah) out there, and it can be overwhelming to find and decide which one to use. So we decided to make our own list and share it with you. We hope that you find a Haggadah on this list that works for you, but please share if you find a great one somewhere else that we should know about!

- <https://www.haggadot.com/haggadah/comedy-seder>
- <https://www.haggadot.com/haggadah/coloring-book-haggadah-1>
- <https://www.haggadot.com/haggadah/10-minute-dayenu-seder>
- <https://www.rabbinicalassembly.org/webform/form-download-feast-freedom-passover-haggadah>
- <https://images.shulcloud.com/1071/uploads/2021-Programs/Passover/Haggadah2021-WEB.pdf>

Additional Resources

Kid-Friendly Passover Ideas

- <https://pjlibrary.org/passover>
- <https://www.pbs.org/food/passover/>
- <https://www.parents.com/holiday/passover/traditions/ways-to-make-the-passover-seder-fun-for-kids/>
- <https://info.jewishinteractive.org/pesach-resources-2019>
- <http://haggadot.com/haggadah/seder-young-children>
- <https://www.bimbam.com/judaism-101/passover/>

Additional Resources (cont'd)

More Passover Info/Prep

- <https://www.myjewishlearning.com/article/passover-2021>
- <https://www.heyalma.com/passover-facts-you-didnt-learn-in-hebrew-school>
- <https://www.jewbelong.com/holidays/passover>
- <https://www.yumpu.com/en/document/read/65336981/beth-meyer-synagogues-guide-to-pesah>
- <https://herefor.com>
- <https://www.haggadot.com/haggadah/30-days-of-passover-prep>
- https://issuu.com/onetablesabbat/docs/onetablexpassover_2020_guide?r=sODU1YjEwNzgzMzQ
- <https://www.hadar.org/torah-resource/pesah-reader>
- <https://www.jewishlive.org/passover-2021>
- https://vimeo.com/517932472?utm_source=email&utm_medium=vimeo-cliptranscode-201504&utm_campaign=29220
 - <https://www.rabbinicalassembly.org/tzedek-justice/slavery-and-human-trafficking/human-trafficking-guide-and-one-pagers>

Virtual Seder Tips

- <https://jewishjournal.com/judaism/holidays/312689/how-different-will-night-be-10-tips-for-your-virtual-seder>
- <https://www.haggadot.com/blog/howtosederrecording>
- <https://www.heyalma.com/how-to-host-a-virtual-passover-seder>
- <https://www.myjewishlearning.com/article/how-to-find-an-online-passover-seder>

Who We Are

Beth El Synagogue is a pluralistic and diverse congregation welcoming all who wish to enjoy an enriching experience through spiritual growth, observance, and mitzvot. We seek to create a *Kehilla*, a Jewish village, molding responsible citizens of our local communities and the larger world.

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