

Passover Recipes

Charoset:

SERVES SIX TO EIGHT

INGREDIENTS

3 apples
75-115g/3-4oz^{1/3} - 1 cup
walnut pieces
7.5ml/1½ tsp ground cinnamon
75-90ml/5-6 tbsp sweet Pesach
red wine
sugar or honey, to taste

COOK'S TIP

This will keep in the refrigerator for the duration of the Pesach festival. It can be eaten as a snack or as part of a meal. It is usually spread on matzos.

Energy 84Kcal/349kJ; Protein 1.5g; Carbohydrate 3.7g, of which sugars 3.6g; Fat 6.5g, of which



1 Quarter the apples, remove their cores but do not peel them. Grate them by hand or chop the fruit very finely using a sharp knife.

Carbohydrate 3.7g, of which sugars 3.6g; Fat 6.5g, of which saturates 0.5g; Cholesterol 0mg; Calcium 11mg; Fibre 0.9g; Sodium 2mg



1 Quarter the apples, remove their cores but do not peel them. Grate them by hand or chop the fruit very finely using a sharp knife.



2 Put the apples and all the remaining ingredients in a bowl and mix together. Tip into a serving bowl, cover and chill in the refrigerator until ready to serve.

Recipe Guidance: ground walnuts, peeled ground apples, honey, cinnamon (for those who are allergic... No cinnamon), and Manischewitz or Mogen David wine. Put the walnuts in a food processor and grind them up first and then put them in a bowl. And then grind up the apples. We usually need to drain the liquid from the apples! Then we mix everything together and add the wine honey and cinnamon by taste!

****For those who are allergic to cinnamon we admitted the cinnamon and added brown sugar****

****For best taste let it sit overnight and have the next day****

Beet and Horseradish Relish

(Буряки з хрінном)

This is a traditional Easter relish served with ham and roast suckling pig. The amount of sugar and horseradish may be varied in this recipe to suit one's taste. Some home-makers prefer dicing or slicing the beets. Take your choice.

10 medium beets	2 cups mild vinegar
$\frac{1}{2}$ cup freshly grated horse- radish	$\frac{1}{2}$ cup sugar
2 teaspoons salt	1 tablespoon mixed spices

Cut off the stems 1 inch above the beets and leave the roots intact. Wash the beets thoroughly and cook in boiling water until tender. Drain and cover with cold water. Slip off the peel and cut off the stems and roots. Grate the beets on a coarse grater and mix with the horseradish. Combine the salt, vinegar, sugar and spices, and bring to a boil. Strain over the beet mixture. Mix and pack into sterilized sealers. Seal and store in a cool place. Allow the relish to stand for 24 hours before using.

****Adjustments can be made with vinegar and sugar—you do not need that much for smaller portions****