



From our EHRF Family to yours! Chag Pesach Sameach

Debbie Drapkin - Membership Engagement Lead

The phrase “let all who are hungry, come and eat”, means that our Seder table is always full of family and friends, both Jewish and non-Jewish. The Haggadah that we like to use is one that was written and illustrated by my children when they were at primary school, and we have since added to it over the years, so that it is full of fun facts and favourite songs, as well as the traditional prayers. Everyone takes it in turn to read page. We like to add an orange to our Seder plate, in recognition of the role of people who feel marginalized within the Jewish community.

If there is any Charoset left, then the following day, I like to turn into this delicious recipe:

No-churn Ice Cream

600ml double cream

397g can condensed milk

Left over Charoset

Put the condensed milk and cream into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream. Add the left over charoset and mix well. Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.

Jack Murphy - Head of Youth Development

Usually we just have a nice untraditional family meal and do little bits of Passover, read through the book a bit and do the bits that are fun. When I was younger when at my Grandparents house we did get to look for the Afikomen, and we did this most years where Grandpa would read from the Haggadah and then pretend to hide it on the counter behind a picture so we could just eat quicker (our Seder would about last 15 mins maximum!)

Anyway a few days later Grandma was cleaning the house and she found the Afikomen!



Marian Cohen - Director of Education & Youth

As a Jew by choice, I don't have a background of Jewish family traditions or recipes to hand down, so when it comes to Pesach I was very happy to adopt my husbands' family Sephardi customs. Pesach has real significance for Elliott's family who literally lived the escape from Egypt as they were expelled in 1957 during the Suez crisis. They came virtually penniless to Great Britain but brought with them all their memories of growing up in Alexandria, their Sephardi traditions and recipes. Like many other Sephardi families at Pesach whilst most Jews don't eat rice or peas etc. we do. Along with meenas (meat or cheese and spinach matzah pie) that we serve as a starter with a boiled egg. Another delicious recipe is for salabia, the most delicious matzah pancakes that make the most wonderful breakfast over Pesach! My sister-in-law also makes the most wonderful Plava, to date I have never tasted a better one. Please find the recipes for meenas and salabia below, I hope that if you try them you enjoy them as much as we do.

Meat Meenas

Fry 1lb of minced meat with seasonings until cooked. (For a veggie alternative, Beyond Meat mince is really good) Leave to cool.

Meanwhile soak the contents of a box of matzot in water until softened. Squeeze out excess water.

Add 3-4 beaten eggs. Salt and pepper to taste. Mix to a gooey, not too dry mixture.

Add oil to cover bottom medium size frying pan. Heat on medium setting. Add a layer of matzah mixture and a layer of minced meat. Add another layer of matzah mix and flatten and seal edges to form a pie. Carry on frying for about 5-8 mins.

In meantime, heat grill. When bottom of meenas is cooked, put frying pan under hot grill and cook until gently brown.

Oil a large plate. Place on top of meenas and carefully turn meenas onto plate.

Add a little more oil to pan, heat and carefully slide meenas into pan to continue cooking other side for approx another 5-8 mins.

When cooked, allow to cool and either serve with boiled egg, and pickles or wrap in foil, store in fridge for 2 days and re-heat for about half an hour in the oven, or freeze until needed. Defrost and heat in oven before use. Can also be eaten cold.

Spinach and Cheese Meenas

Follow as in step 2 and 3, but at this point also add a generous amount of grated cheese, chopped fresh spinach and salt, pepper and nutmeg to taste. Mixture should not be too dry or too gooey.

Follow as for the meat meenas.

You can add anything really to make these meenas, tuna and cheese is delicious too.

Salabiyah

Follow steps 2- 3 in meenas recipe but instead of salt and pepper at this point add 3 tablespoons of sugar, and cinnamon to taste. Mixture should not be too dry but pliable enough to form soft balls of matzah. Heat oil in pan. Take a small amount of matzah to form a pancake in hand and add to pan, fry on both sides until golden brown. Coat in icing sugar on both sides and eat whilst still warm.



Martine Allen - Office Manager

We honestly don't have any traditions – it's just bedlam from start to finish! The best story was that my nephew was dared to stick his hand in the chocolate mousse, which he did, then tripped and ended up putting his chocolatey hands all over the cream carpet in his Grandma's lounge!

Rabbi Debbie Young-Somers

Every year at Rosh Hashanah we throw bread (or now duck food!) away as a symbol of casting away our sins. We name them privately to ourselves and hope to do better in the coming year. Six months later, Pesach gives us a chance to check in and see how we have been doing. In our house the annual hunt for the chametz is always lots of fun, with 10 pieces wrapped up to be found by the kids, who search with candles surrounded in foil. We haven't lost one yet but have heard stories of lost pieces of chametz being discovered days later in the washing machine!

The next morning we light up a bbq or the fire pit, and as we throw our bread and chametz into the fire, we name out loud to each other the things we still need to burn out of our lives, even though we've already thrown them to the ducks! This way we have someone to hold us more accountable, and to remind us that we still have 6 months left to make the changes we want before the next Rosh Hashanah. I love how Jewish time gifts us these moments of spiritual technology to keep our houses not only spring cleaned, but emotionally and spiritually in order too.

Trishna Malam - Education, Young Families & Youth Administrator

We really look forward to Pesach! There are multiple strands, firstly trying to reduce the amount of chametz at home. A good Spring clean, swapping out all our dinner/cook ware, polishing the silver, shopping for Pesach food. We talk about menus and invite our friends and family to come for the Seders. My Mother in Law is fabulous and cooks up a delicious feast on both nights. I am the decorations committee (setting the table)! It's all very well planned from making sure everyone has a copy of the Haggadah (we all take turns to read), creating a beautiful Seder plate to preparing a gift for who finds the Afikomen. It's a full house and my daughter Maya loves entertaining everyone, she's of course always the center of attention.

It is a tradition that I hope we will continue in our own home and in Maya's one day.



Rabbi Mark Goldsmith

My experience of Pesach has been of transformation from generation to generation.

When I was growing up Seder was led by my grandparents with my grandmother's cinnamon balls and charoset taking centre stage. When she reached her nineties the charoset was the last thing that she was able to make and twenty years on I can still taste it. Who knows what her recipe was? We never will. Then it became my parents who hosted Seder. My brother and sisters and I with various aunts and uncles would enjoy the night. We loved our singing and, once we all started to go to Jewish summer camp, the bircat ha mazon (grace after meals) became a highlight as we all sang at the top of our voices reinforced by mother's cold fried fish which we had just enjoyed for Seder night dinner, the aroma of whose cooking the day before would still hang heavy in the air.

About fifteen years ago Nicola and I became the Seder hosts. Now we brought together our two families for the first time. For some years we had alternated who we were with for first night Seder. My father and Nicola's father were still co-leaders and then eventually reduced their leadership and passed it on to me. The cold fried fish was still the meal but now it was bought in from the Stoller's fishmonger. My mother had taken over the cinnamon balls and Nicola was now the charoset maker. Bircat ha mazon was still a highlight but we could no longer land the longest verse of Echad mi Yodea on my mother's sister, as my dad always used to contrive to do, as she had died some years ago. So now I did the same to my brother in law!

This year there for the first time we will experience the next generational move. Our daughter Alice and her husband Jonny are going to host us for Seder. Nicola and I are making the cinnamon balls and bringing the charoset. We will be two families together, Alice and Jonny's, and will need to share our different traditions. It will be both a little tough to move on and also very positive. That the Seder is moving down its next generation is what it is all about, and new traditions will begin.

As it says in our Haggadah – 'In every generation we should consider ourselves as if we ourselves came out of Egypt'.



Rochelle Franks - Receptionist

I celebrate Pesach with my daughter, grandchildren and one night with family friends. 2 most enjoyable evenings. This is an amazing recipe to share for Pesach.

Pesach Friendly Apple Crumble - serves 8-10

1 cup chopped walnuts 1½ cups sugar (divided in 2)
¾ tsp cinnamon
¾ tsp nutmeg
¾ tsp ginger
¾ tsp allspice
3 large eggs – room temperature
⅓ cup vegetable oil
¾ cup almond meal/matzo cake meal
5 apples – peeled and cored and cut into ¼ inch thick slices
⅓ cup raisins
Non-stick cooking spray

Preheat oven to 350°F/175 C

Mix together walnuts, ¾ cup sugar, cinnamon, nutmeg, ginger, and allspice in a medium bowl and set aside. Beat the eggs on medium speed, in a stand mixer with the whisk attachment, until light and frothy. Slowly add the sugar a tablespoon at a time, until the mixture is thick and foamy. Slowly pour in the oil, with the mixer running. Scrape down the sides of the bowl as necessary. Add the almond meal/matzo cake meal and mix to combine.

Spray an 8-inch square baking dish with non-stick spray. Pour half of the batter into the baking dish. Sprinkle over half of the apples and top with the raisins and nut mixture. Pour over the remaining batter and top with remaining apples, raisins, and nut mixture.

Bake the cake on the middle rack of the oven until the sides of the cake pull away from the baking dish slightly and the topping begins to caramelize (about 75 minutes). Remove cake from oven and let it stand for several hours until completely cool, before cutting.



Rosalinde Bloom - Membership Officer

Delectable Pesach Chocolate Cake

7 oz dark cooking chocolate
4oz butter or margarine
4 large eggs
2 tbs potato flour
1 tsp baking powder

Melt the broken pieces of chocolate and butter/margarine together [in the microwave]

Whisk the egg whites with a pinch of salt until stiff

Add the egg yolks to the chocolate mix and whisk till blended

Fold in the potato flour and baking powder

Fold the egg whites into the chocolate mix Pour mixture into a lined [round] tin

Bake in the centre of an oven at 180 for approx. 40 mins or until a knife comes out clean

Grate some chocolate over the top of the cake while hot or decorate to taste

The potato flour can be substituted with self raising flour if making at other times of the year – and you will, because it is delicious!

Sarah Koster - Head of Development & Engagement for Families

I have so many memories of growing up and Seder nights. We don't have a big family, so Seder always involved our closest family friends and I looked forward to them coming over to join us each year. My dad always led the service, using the beige Reform Hagadahs, well stained with grape juice and charoset! Each family member took it in turn to read from it, and many giggles were shared by me and my friends on some of the words that we thought were 'rude'. My grandad would 'shhsh' us and we would just be having the best time down at the 'kids' end of the table. Every year my poor brother had to read the 4 questions as he was always the youngest, but we all joined in. Let's just say the second half of the service after eating rarely happened, but many a fight over who won the Afikomen did occur!

In more recent years with kids of my own, our Seder's remain small, however I love bring creativity to our Seders to engage the children and hope they enjoy them as much as I do. My friend, with her child also attends when she can, and it is so special to be sharing them together all these years on with our own families. We now see friends for 2nd night Seder, and this year will be joining the Communal Seder at EHRS, wanting to acknowledge both nights and be around our friends and community.

I don't have a recipe to share, but being allergic to apples means I have to be creative in making Charoset, instead I use grapes and this works just as well!



Cantor Tamara Wolfson

For as long as I can remember, I've sat around the Pesach table on first night Seder with my family. It was a tradition I looked forward to every year. We would get together with my grandparents, aunts, uncles, and cousins and spend rare quality time together as one big extended family.

Long before I knew I wanted to be a Cantor, I'd always team up with my Dad to lead a family discussion at the Seder. I loved the opportunity to talk about theology and philosophy with him, and to bond with him over our shared love of Judaism.

My family would read through the Haggadah from start to finish, with each family member having their "part" that they always did. There are certain passages of the Haggadah that I will always hear in my grandma's voice, my uncle's voice, my mom's voice, etc. I treasure these memories, especially now that I live across the ocean.

On Pesach, our house would always be filled with the smells of the holiday: my great-grandma's matzo ball soup, my mom's tzimmes, my dad's brisket, and my grandma's chocolate-covered toffee matzo. I've included the recipe below, but make it at your own risk... it's completely addictive!

From Kosher Cooking: Passover Recipes: "My Trademark, Most-Requested, Absolutely Magnificent Caramel Matzoh Crunch"

4-6 unsalted matzoh boards or sheets
1 cup unsalted butter or unsalted margarine
1 cup brown sugar, packed firm
 $\frac{3}{4}$ cup chocolate chips, coarsely chopped

Preheat oven to 375 F / 190 C Line a cookie sheet completely with foil. Cover bottom of pan with baking parchment - on top of foil. This is very important as mixture becomes sticky during baking. Line bottom of pan evenly with matzoh boards, cutting extra pieces of matzoh as required to fit any spaces as evenly as possible. Combine margarine or butter and brown sugar in a heavy-bottomed saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Continue cooking 3 more minutes, stirring constantly.

Remove from heat and pour over matzoh.

Place in oven and immediately reduce heat to 350 F / 175 C. Bake 15 minutes, checking every few minutes to make sure mixture is not burning (if it is browning too quickly, remove from oven, lower heat to 325 F / 160 C, and replace).

Remove from oven and sprinkle matzoh boards immediately with chocolate chips. Let stand 5 minutes then spread melted chocolate over matzoh. While still warm, cut into squares or odd shapes. Chill in refrigerator until set.



Val Joseph - Head of Community Care & Wellbeing

Pesach in the Joseph household always involves a lot of baking especially as my family love almond macaroons, cinnamon balls, coconut pyramids and I have also inherited many recipes that I just cannot let go of, especially as they remind me of my childhood in Cardiff and our family Seders. My late mum Rose always used to make a sponge called Plava which many will be familiar with but I was never keen on it, so when I found the recipe below several years ago I was delighted and I have added it to my Pesach recipe collection. Another favourite at Pesach and in fact all year round is stewed fruit or 'Fruit Compot' as we used to call it and the Orange and Almond cake is delicious with it – see both recipes below.

Orange and Almond Cake – Serves 8

2 large oranges

6 eggs (I always buy at least 4 trays of kosher eggs at Pesach as so many are used for baking and cooking)

250g ground almonds

250g caster sugar

1 teaspoon kosher baking powder (Gefen or similar)

20cm loose bottomed cake tin

Preheat oven to 180C/300F/gas mark 2

Wash and simmer the two large unpeeled oranges, covered in water, for two hours.

When cool, cut them open and remove the seeds.

Puree the oranges in a food processor.

Beat the eggs in another food processor or large bowl.

Add the remaining ingredients, including the orange puree and mix thoroughly.

Pour into a buttered and floured (with potato flour) cake tin.

Bake for one hour, or until a knife inserted in the centre comes out clean.

Cool in the tin before turning out.

Easy Stewed Fruit

Either buy a mixed pack of dried prunes, apricots and apple rings in the kosher shops – usually available at Pesach, or buy them separately. Tip into a saucepan and then cover with cold water, bring to the boil and allow to simmer for 20 minutes. My mum used to add a cinnamon stick, up to you! Allow to cool and enjoy!

