

MAROR

LEAVES

(The entire Area Enclosed
by the Blue Border)
8" x 10"

MAROR

STALKS

(Green Area)
3" x 5"

← MATZOH →

(Combined Red & Orange Areas)
6 1/4" x 7"

← KORECH →

(Orange Area)
4" x 7"

← AFIKOMEN →

(Combined Red & Orange Areas)
6 1/4" x 7"

MEASUREMENT GUIDE FOR THE SEDER

1. **THE FOUR CUPS** (*Arbah Kosos*) -- Preferably the Four Cups should be of red wine. One may, however, use white wine or wine mixed with grape juice in as strong a mixture as one can bear. If one cannot drink wine, one may drink plain grape juice, and may even dilute it with water if necessary (A *Rov* should be consulted as to the dilution ratio). The size of the cup should be at least 3.3 fluid ounces (97.6 ml) and should be filled to capacity. When the *Seder* comes out on Friday night, the first cup should be at least 4.42 fluid ounces (130.7 ml). It is best to drink each cup in its entirety, but if this cannot be done, the majority is sufficient. Each quantity should preferably be finished without a pause. If this cannot be done, one is allowed a maximum time period of 9 minutes. It is required to recline on the left side while drinking the Four Cups.

2. **KARPAS** -- Any vegetable that grows from the ground may be used for *Karpas*. It is customary to use either celery, potatoes, parsley or radishes. The *Karpas* is dipped into salt water and is then eaten. One should eat an amount smaller than the size of an olive.

3. **YAHATZ** -- The middle of the three *Matzos* is broken into 2 pieces for *Yahatz*. The larger piece is hidden for the *Afikomen*.

4. **MATZOH** -- For the *Mitzvah* of *Matzoh*, specially prepared *Matzoh* called *Matzoh Shemurah* should be used. Some of the upper *Matzoh* is given to each person for *Lechem Mishna*. The middle broken *Matzoh*, together with additional unused *Matzos*, are added to this first piece to equal the size of 6¼" x 7" (15.9 cm x 17.8 cm) - (The combined Red and Orange Areas). This is to be eaten at one time. If this cannot be done, it may be finished in a time period not longer than 9 minutes and preferably in less than 2 minutes. The *Matzoh* must be eaten while reclining on one's left side.

5. **MAROR** -- Romaine lettuce leaves or stalks, (or according to some *Poskim* even plain lettuce), or ground horseradish may be used for *Maror*. When Romaine lettuce is used, great care must be taken to *carefully* inspect each leaf - while held to a light - for insects. For ground horseradish, preferably 1.1 fluid ounces (32.5 ml) (slightly more than 3 level tablespoons) should be eaten. If this is difficult, one should eat at least 0.7 fluid ounces (20.7 ml) (slightly more than 2 level tablespoons). When using Romaine (or regular) lettuce *leaves* a sufficient quantity to cover an area of 8" x 10" (20.3 cm x 25.4 cm) (The *entire* Area within the Blue Border) should be eaten. When using *stalks* a sufficient quantity to cover an area of 3" x 5" (7.6 cm x 12.7 cm) (The Green Area) should be eaten. Some have the custom to combine horseradish with Romaine lettuce. Before the *Maror* is eaten it should be dipped into *Charoses* (a mixture of chopped apples, nuts, cinnamon and wine). The *Charoses* is then shaken off. The *Maror* should preferably be eaten at one time, but if this cannot be done, it may be finished in a time period of up to nine minutes. There is no requirement to recline while eating *Maror*.

6. **KORECH** -- For *Korech*, a sandwich is made of a piece of the third (bottom) *Matzoh* combined with sufficient additional *Matzos* to cover an area of 4" x 7" (10.2 cm x 17.8 cm) (The Orange Area). This is combined with enough *Maror* to fulfill the requirements of *Maror* (see #5), (however when using horseradish, 0.7 fluid ounces (20.7 ml) will suffice). The sandwich is then dipped into *Charoses* and the *Charoses* is shaken off. The *Korech* should then be eaten at one time. If this cannot be done, it may be finished in a time period of up to nine minutes. One must recline on the left side while eating *Korech*.

7. **AFIKOMEN** -- For the *Afikomen*, a piece of the hidden *Matzoh* (see #3 *Yahatz*) is given to each person along with additional pieces of *Matzoh* to cover an area of 6¼" x 7" (15.9 cm x 17.8 cm) (The combined Red and Orange Areas). This should preferably be eaten at one time. If this cannot be done, it may be finished in a time period not longer than 9 minutes and preferably in less than 2 minutes. One must recline on the left side while eating *Afikomen*.

The *Torah* has given specific quantities for the *Mitzvos* of the *Seder*. Thus in order to fulfill these *Mitzvos*, both men and women must eat no less than the required amounts. Any individual who is unable to eat or drink the amounts as listed in this guide because of illness, age, etc., should consult a *Rov*. The amounts in this guide are based upon the pamphlet distributed by *Beth Medrosh L'Torah V'Horoah* under the leadership of *HaGaon Rav Moshe Feinstein, shlita*. It should be emphasized that this guide does not contain all the laws of the *Seder* and can therefore in no way substitute for a thorough study of these laws. It is to be hoped, however, that this guide will be an aid at the *Seder* in measuring the various amounts required for these *Mitzvos*.