



Temple Israel Presents “How to Seder”

A guide for those hosting a Passover Seder for the first time

WHAT WILL I NEED?

- A Seder Plate (or you can use any plate)
- Table settings for dinner
- Bowl for washing hands (or can just use the sink!)
- Haggadot (plural of Haggadah) – The Haggadah is the book that tells the story of Passover that guides the order of the meal
- Pillows for reclining (if desired)
- Extra wine cup for Elijah (more on this later...)
- Matzo
- Wine
- Parsley
- Bowls of salt water
- Boiled egg
- Roasted lamb or goat bone/shank bone
- Bitter herbs (horseradish, bitter root, etc.)
- Charoset (mix of chopped up apples, nuts, spices, wine/grape juice)
- Gefilte fish (if you like it!)
- Food for the Seder meal (traditional food such as brisket, kugel, matzo ball soup, desserts, etc.)

THE SEDER PLATE

The ritual foods of Passover tell the biblical story of the Exodus from Egypt and the story of the ancient rabbis who wrote the Haggadah. One contemporary rabbi, Jill Jacobs, adds: “During the Seder, we don’t just tell the story of the Exodus, we see, smell, feel and taste liberation.” You can have one main Seder plate on the table, and if you wish, put a little of each item on a smaller plate for each guest to taste as the Seder goes on.

Here’s a brief description of the six items on the Seder plate:

- **Maror** – A bitter herb, often horseradish, or bitter greens like chicory or endive. It’s supposed to be uncomfortably hot! It represents the bitterness of slavery.
- **Charoset** -A chopped mixture of fruit, nuts and wine. Represents the mortar and clay the Hebrews used in their work.
- **Chazeret** – A bitter vegetable or green, often Romaine lettuce. It’s also a symbol of the bitterness of slavery, but it gets used in a different part of the Seder than the maror.
- **Karpas** – A leafy green, very often parsley. Represents the rebirth of spring.
- **Bay-tzah** – A roasted egg. Represents the rebirth of spring and the national birth, or rebirth, of the Jewish people from out of the constraints of bondage.

- **Zeroah** – A shank bone. In ancient times, the Israelites were commanded to sacrifice one lamb per family to eat for the Passover meal. Today, we no longer sacrifice animals in Jewish worship. Instead we place a piece of roasted meat or bone on the Seder plate to remind us of the paschal lamb.

WHAT'S ON YOUR SEDER PLATE?

BITTER HERB, OFTEN ROMAINE LETTUCE

BITTER HERB, OFTEN HORSERADISH

PARSLEY OR BOILED POTATO FOR DIPPING IN SALT WATER

SHANK BONE

CHAROSET (MIXTURE OF CHOPPED NUTS AND APPLES, WINE AND CINNAMON)


HARD-BOILED EGG, OFTEN ROASTED

FOR VEGETARIANS, ROASTED BEET REPLACES SHANK BONE


FOR VEGANS, FLOWER OR SEED REPLACES THE EGG

NEW TRADITIONS


Some celebrants have introduced additions to their Seder plates.




ORANGE
in support of
LGBT inclusion




OLIVE
in support of peace
between Israelis
and Palestinians



ARTICHOKE
in support of
interfaith families



TOMATO
in support of
farmworkers' rights



THE 15 STEPS OF THE SEDER

The path from slavery to liberation was crafted by the ancient rabbis in 15 ritualized steps, each one represented by a named section of the Seder. Literally, “Seder” means order.

1. **Kadesh** – a blessing over wine
2. **Ur-chatz** – ritual washing of hands without the usual blessing
3. **Karpas** – eating some leafy greens or green vegetables
4. **Yachatz** – raising up and breaking the middle Matzah
5. **Maggid** – the telling of the Exodus story (the longest section of the Seder; includes 4 Questions, 4 Sons, 10 Plagues)
6. **Rach-tzah** – ritual washing of hands before the meal, with the blessing
7. **Motzi** – the blessing over the Matzah and the meal
8. **Matzah** – another blessing over the Matzah, this time emphasizing the special nature of eating Matzah as a Passover ritual act
9. **Maror** – eating bitter herbs
10. **Korech** – eating a sandwich of Matzah and bitter herbs and charoset
11. **Shulchan Orech** – the festive meal
12. **Tzafun** – eating the Afikomen
13. **Barech** – grace after meals (Birkat Hamazon)
14. **Hallel** – singing psalms of praise
15. **Nirtzah** – conclusion “Next Year in Jerusalem!”

COMMON CUSTOMS

- Pouring a cup of wine for Elijah and leaving the door open for him (or for others who may need a place at the table)
- There is a relatively new custom that accompanies Elijah’s cup... Miriam’s cup. The tradition of Miriam’s cup stems from the legendary well that followed her and the Israelites in the desert and the way in which she spiritually supported her people. The cup is meant to honor Miriam’s story and the spirit of all women, who nurture their families just as Miriam helped sustain the Israelites. (The cup is filled with water)
- Hiding the Afikomen and letting the kids find it
- Reclining with a pillow - When drinking the four cups of wine, and eating the matzot, the korech sandwich, and the *afikoman*, one is required to recline on a couch, an armchair, or on pillows. This is how royalty and nobility used to eat and on this night, the people of Israel are entitled to conduct themselves like royalty.
- Using four pieces of matzo instead of three to represent those who are not yet free
- The youngest child reads the Four Questions
- Drinking 4 cups of wine during the Seder

TIPS FOR A KID-FRIENDLY SEDER

- Afikomen search (wrap up the middle matzo and hide it for the kids to find; they receive a prize when they find it!)
- Using props or puppets for the reenactment of the 10 plagues
- Visit a library or bookstore and stock up on Passover themed books. Scatter them around the table for children to peruse during the longest stretches of the Seder.
- Prior to the big night, make “matzah tickets” out of index cards. Award the tickets to children throughout the Seder for reciting the *Four Questions*, answering tricky Passover trivia questions, helping little brothers and sisters. At the end of the evening let ticket-holders redeem their winnings for prizes.
- Have your kids make their own haggadot. In the weeks before the Seder, as you’re telling them about the Seder and the Passover story, have them draw pictures as they learn. They can draw matzo, a Seder plate, themselves singing the Four Questions, the ten plagues, Moses meeting Pharaoh, crossing the Red Sea to freedom, etc.

THE SEDER MEAL

Here are a few ideas of traditional foods eaten on Passover that you can either purchase or make at home.

Traditional Passover Foods:

- 1) Matzo Ball Soup
<http://allrecipes.com/recipe/17110/omas-fabulous-matzo-ball-soup/>
<http://www.foodnetwork.com/recipes/matzo-ball-soup-recipe> <http://www.vegkitchen.com/recipes/spring-vegetable-soup-with-vegan-matzo-balls/>
<http://www.marthastewart.com/899472/vegetarian-matzo-ball-soup>
- 2) Macaroons
<http://toriavey.com/toris-kitchen/2013/03/dark-chocolate-dipped-macaroons/>
<http://www.popsugar.com/fitness/Almond-Coconut-Macaroon-Recipe-Passover-22386125>
how-to-make-easy-coconut-macaroons-cooking-lessons-from-the-kitchn-186918
- 3) Kugel
<http://allrecipes.com/recipe/217777/passover-sweet-kugel/>
<http://toriavey.com/toris-kitchen/2016/04/passover-potato-kugel/>
<http://www.yummly.co/#recipe/Apple-Matzo-Kugel-Allrecipes>
- 4) Tzimmes
<http://www.tasteofhome.com/recipes/tzimmes>
<http://www.vegkitchen.com/recipes/carrot-and-sweet-potato-tzimmes/>
<http://allrecipes.com/recipe/17298/orange-juice-tzimmes/?internalSource=staff%20pick&referringId=992&referringContentType=recipe%20hub&clickId=cardslot%207>
[http://www.foodnetwork.com/recipes/millies-tzimmes-recipe?_escaped_fragment_ =](http://www.foodnetwork.com/recipes/millies-tzimmes-recipe?_escaped_fragment_=)
- 5) Brisket
<http://www.yummly.co/#recipe/Passover-Brisket-The-Pioneer-Woman-Cooks--Ree-Drummond-41275>
<http://allrecipes.com/recipe/103067/jewish-grandmas-best-beef-brisket/>
<http://www.myrecipes.com/recipe/red-wine-onion-braised-brisket>
- 6) More Passover Side Dishes
 - Rosemary Red Potatoes: <http://allrecipes.com/recipe/18254/bellas-rosemary-red-potatoes/?internalSource=hub%20recipe&referringId=992&referringContentType=recipe%20hub&clickId=cardslot%2020>
 - Pan-Fried Asparagus: <http://allrecipes.com/recipe/18318/pan-fried-asparagus/?internalSource=hub%20recipe&referringId=992&referringContentType=recipe%20hub&clickId=cardslot%2013>
 - Lemon Pepper Zucchini: <http://www.yummly.co/#recipe/Lemon-Pepper-Zucchini-635261>
- 7) More Passover Desserts
 - Chocolate Pavlova: <http://www.realsimple.com/food-recipes/browse-all-recipes/red-berry-chocolate-pavlova>
 - Caramel Almond Ice Cream Torte: <http://www.realsimple.com/food-recipes/browse-all-recipes/caramel-almond-ice-cream-torte-recipe>
 - Pineapple Flan: <http://www.realsimple.com/food-recipes/browse-all-recipes/flan-recipe>
 - Chocolate-Covered Toffee Matzo: <http://www.food.com/recipe/chocolate-covered-toffee-matzo-matzah-81676>

SELECTING AND PURCHASING YOUR HAGGADOT

It is important to choose a Haggadah that meets the needs of those who will be at your Seder. Not every Haggadah is the same. Some also choose to create their own book by compiling different sections from various Haggadot and adding prayers or topics they feel are missing. Get creative!

Some ideas on what Haggadot are available to order:

<http://www.kveller.com/passover-shopping-guide-choosing-a-haggadah/>

<http://www.kveller.com/how-to-choose-your-passover-haggadah/>

MORE RESOURCES/READING

“My Family Celebrates Both Passover and Easter” (Kveller):

<http://www.kveller.com/my-family-celebrates-both-passover-and-easter-this-is-how/>

“This Is What Our Interfaith Seder is Like” (Kveller):

<http://www.kveller.com/this-is-what-our-interfaith-seder-is-like/>

How to make the Seder inclusive for non-Jews:

http://www.interfaithfamily.com/holidays/passover_and_easter/Tips_for_Interfaith_Families_How_to_Make_a_Seder_Inclusive.shtml

Guide to Passover for Interfaith Families:

<http://www.interfaithfamily.com/files/pdf/GuidetoPassoverforInterfaithFamilies.pdf>

Please feel free to contact Rabbi Amy Feder afeder@ti-stl.org or 314-432-8050 with any questions regarding the Passover Seder and she will be happy to provide you with answers, ideas, and other resources so that your Seder is meaningful, delicious, and fun!