

*2021 Social Justice Seder  
Recipe Compendium*

## ~Introduction, contributed by Jacob Yeston~

When we first decided that this year's Social Justice Seder would be a virtual event, we were uncertain how to handle the food. We wanted to keep it fairly simple, but also to encompass the rich culinary variety that Passover celebrations around the world can feature. In the end, we thought a focus on charoset would strike just the right balance. Charoset (where the 'ch' is pronounced as in the name of the composer Bach) is an essential component of every Passover Seder. It's thick paste, meant to hearken back to the construction mortar that the Jewish slaves in ancient Egypt used in their forced labor. But it's also sweet, made from fruit—a reminder that God redeems us. It's a favorite of children (and frankly, many adults too), for whom it tempers the harsh bite of the horseradish that is also eaten to remind us of the bitterness of oppression.

In the pages that follow, you'll find 7 recipes provided by Agudas Achim congregants. Joan and Hedieh provided photos of their respective dishes; the other photos were chosen by my eager 8-year-old helper Audrey (who also arranged the layout in Powerpoint). Most Jews in America whose (great)(great)grandparents emigrated from Eastern Europe make charoset in the Ashkenazi tradition with apples, walnuts, and sweet wine, as in the first two recipes. The Sephardic traditions—both European (Greek, Turkish, Serbian/Croatian) and Middle-Eastern/North-African—incorporate a much wider variety of fruits and spices, as exemplified in the recipes that follow.

During the Seder itself, there will also be designated times to drink 4 small cups of grape juice (it's a little early in the day for wine), and if you'd like, to dip some parsley into salt water to symbolize spring and rebirth, tempered by tears as we recollect oppression.

~contributed by Barbara Klestzick~

#### INGREDIENTS

- 3 Macintosh apples, peeled, cored, and finely diced
- 1.5 cups of walnuts halves finely diced. I put them in a tightly sealed plastic bag and crush them with a hammer.
- .5 cup of Manischewitz concord grape wine

Enjoy, makes a great snack!





~contributed by Andi  
Bregstone~

#### INGREDIENTS

- 3 medium Golden Delicious, Gala, Fuji, or apples of your choice, peeled, cored, and diced or chopped
- 1½ cups walnut halves chopped
- ½ cup sweet red wine
- 1½ teaspoons ground cinnamon
- 1 tablespoon packed brown sugar

#### PREPARATION

- In large bowl, stir together all ingredients. Store, covered, in the refrigerator until ready to serve.





~contributed by Joan Hartman Moore~

*adapted from Sephardic traditions*

*This may not be the first version you should try if you've never tasted a charoset from Sephardic or Middle Eastern traditional recipes as it's made "to taste," and it helps if you have some idea of what it "should" taste like. As this is a "recipe" I basically made up, you can change the proportions—and even the fruits—as you'd like.*

*Cut into quarters about a dozen pitted dates (Medjool/Medjul are soft and sweet but also among the most expensive. Daglet Noor can also be quite good)*

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*Cut into quarters four or five dried apricots*

*Remove the stems and cut into quarters or sixths about three dried figs*

*Put the cut up fruit into the bowl of a food processor along with about 1/4 cup big, plump yellow raisins and a few tablespoonfuls of dark raisins. If your dark raisins seem dry, soak them in a little water to plump them up a bit. You can use the resulting "juice" to help moisten the charoset later in the process.*

*Occasionally, I throw in a cut up prune or two, but not always*

*Add a small piece of fresh ginger chopped up or a couple of pieces of candied/crystalized ginger, also chopped up*

*Add the zest of a small orange*

*Throw in a couple of tablespoonfuls of slivered almonds, blanched or toasted*

*Process the fruits by pulsing rather than using a consistent "on." You want some nice texture to remain—even little bits of identifiable ingredients. When it's still coarser than you ultimately want it to be, it's time to moisten the mixture. To do so, you can either peel, chop up and add the orange from which you've removed the zest (including as much of the juice as you can slide off your cutting board) or use a small amount of sweet wine or orange juice. If you're using liquid rather than the orange, start with two tablespoonfuls. Process a little more to incorporate and check the consistency. You want it moist enough to hold together nicely. You don't want it to be crumbly, but neither do you want a smooth paste.*

*Makes about 1 1/3 to 1 1/2 cups by volume.*

## ~contributed by Hedieh Fusfield~

Below is the Persian Haleg (Charoset) recipe that I learned from my mother and grandmother. There are slightly different versions across the country. This one is from Tehran. In Shiraz, they add an orange, Cayenne and black pepper.

### Nuts:

1 ½ cups unsalted walnuts  
½ cup unsalted almonds  
½ cup unsalted pistachios

### Fruit:

2 peeled apples  
1 pear  
1 banana  
1 ½ cup dates  
1 cup raisins

### Liquids

1- 1 ½ cups pomegranate juice (enough to get thick texture)  
(if you don't have pomegranate juice you can use grape juice or wine)  
1/2 cup apple cider vinegar

### Spices:

2-3 tablespoons cardamom  
1-2 tablespoons cinnamon  
4 tablespoons cloves  
1/4 teaspoon fresh ground ginger  
1 teaspoon fresh ground pepper

### Instructions:

Using a meat grinder (ideally) or food processor, grind the nuts and fruit. Mix in pomegranate juice. In a separate bowl, mix the spices together. Add the mixed spices slowly to the nuts and fruit. Taste and add more pomegranate juice or spices until desired flavor and texture is reached.

### Hints:

-The texture should be smooth and thick and the color should be a rich brown (think of the mortar our ancestors used to lay bricks).

-Try not to use overripe bananas or it will overwhelm the other flavors. If this happens add more raisins, dates, and spices.

-To make the color richer, add more dates and raisins.

-Some people like to add hazelnuts too, if you decide to do this add 1 cup of walnuts and ½ a cup of hazelnuts instead of 1½ cups of walnuts.





# ~contributed by Katherine Allen, by way of *Festivals of Lite Kosher Cookbook*~

From Rhodes, a Greek island off Turkey

- 1 cup pitted dates
  - ½ cup pecan or almond pieces
  - 1 medium orange, peeled, seeded, and sectioned
  - ½ teaspoon cinnamon
  - 2 tablespoon kosher sweet red wine
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- In a food processor, combine the dates, pecans, orange sections, and cinnamon.
  - Process until the mixture is coarsely pureed. Stir in the wine. Makes 1 1/3 cups.



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~contributed by Samara Weinstein's  
cousin Debbie Mizrahi~



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Here is a recipe with origins in India, from a little booklet that was put together by a synagogue in Cleveland, using recipes contributed by ladies who were newcomers to the community....all w Sephardic heritage. Probably 1960s.....

I have "tweaked" it to be a good sized portion for our household. Every year it is the right amount!

Keep in mind everything is "approximate"...a little more or less should not greatly affect the finished product.

Shopping list:

One pound pitted dates. ( 16 oz. package usually found in produce section at this time of year)

Ground nuts. ( I buy ground walnuts and ground almonds in 6 oz packages....)

Sweet wine. (I use a shot glass to measure...I start with 2 and then....!)

Put dates in saucepan, cover w water, let sit undisturbed for about 24 hours, until dates seem puffed up.

Put pan on stove, use medium/low heat,

bring to simmer, use wooden spoon ....I also have potato masher and that is very useful. Smash it all together Until you have a thick paste....careful....pay attention so it doesn't burn.

Remove from heat and add ground nuts.

I usually use 1/2 pack of ground walnuts and 1/2 pack of ground almonds...at minimum. Can add up to 2 full packs.

You will see .... the dates absorb .... dark color of dates should not change.

Add wine carefully.....at least 2 shot glasses....taste....maybe a little more ?!

This is best made at least 3 days before serving....the longer it can sit the better ! The flavors meld together.

Enjoy! And have fun !



~contributed by Samantha Seigman, by way of Zahav~

Combine:

- 4 carrots, peeled and grated
- 1/2 apple, peeled and grated
- 1/2 cup chopped walnuts
- 1 cup fresh cilantro
- 2 T. fresh horseradish
- 2 T. raisins
- 1 T. white vinegar
- kosher salt

