

# **JEWISH FLAVOR: PASSOVER PREP**

**with Vered Guttman**  
**Thursday, April 2**

600 I Street NW  
Washington, DC 20001  
[www.sixthandi.org](http://www.sixthandi.org)

sixth&i

# TUNISIAN HAROSET

Recipe by Vered Guttman

As with most nut recipes, the dish will taste extra good if the nuts are toasted. You have the option of buying toasted nuts (some of them can even be lightly salted too, it will just make the haroset taste better) or you can toast it yourself on a rimmed baking sheet in a 350 degrees oven until golden, for 5-20 minutes, depending on the nut.



When it comes to dates, there is such a variety on the shelves. Even when you're buying medjool dates, they may be plump and juicy like peaches or dry like the desert they come from. If the dates you got feel dry, soak them in boiling water for 10 minutes before continuing with the recipe.

Yields about 3 cups

## Ingredients:

2½ cups of toasted nuts (see note above), try to include 5-6 different kinds, like pistachio, peanut, macadamia, hazelnut, walnut, almond, etc.

15 large dates (see note above)

½ cup raisins

½ cup pomegranate juice (cranberry or sour cherry juice will do the job too)

1-2 teaspoons grated ginger

½ teaspoons rose water (optional)

½ teaspoon ground cardamom

½ teaspoon cinnamon

Pinch nutmeg

## Directions:

1. Toast nuts as needed (see note above). Soak dates in boiling water if they seem dry (see note above).
2. Put toasted nuts and raisins in the bowl of a food processor and pulse to a grainy mix. Add the rest of the ingredients and pulse to a grainy paste. If the paste is too dry, add more juice, one tablespoon at a time, to your liking.

Haroset is best served the same day, but will keep in the fridge for a few days. Take out of the fridge an hour before serving.

For more recipes follow Vered on Instagram [@veredguttman](https://www.instagram.com/veredguttman)

sixth&i

# **MINA DE KEZO — SEPHARDI MATZAH PIE WITH CHEESE**

**Recipe by Vered Guttman**

Mina is a Passover pie from the Sephardi cuisine, made with layers of matzo and filling. The most traditional ones are meat with pine nuts, also known as mina del Pesach and mina dei spinak with feta cheese and spinach.

For a vegetarian and parve mina, substitute the cheese with vegan cheese.

Serves 6 - Yield: Makes one 9-by-9-inch pie

## **Ingredients:**

For the filling:

6 leeks

1 medium gold or russet potato

3 large eggs, lightly beaten

1 cup grated Kashkaval (Balkan mild flavored hard cheese), parmesan or pecorino

For the pie:

2 cups hot water

8 plain matza (7-by-7-inch squares)

½ cup olive oil

2 large eggs

¼ teaspoons kosher salt

½ teaspoon freshly ground black pepper

## **Directions:**

1. To make the filling, Put salted water in a medium pot over high heat and bring to boil. Discard dark green parts of leeks (you can use it for chicken or vegetable soup) and clean of sand. Cut into 1 inch sections. Peel potato and quarter. When water is boiling, add leeks and potato in, bring back to boil, reduce to low simmer and cook until tender, 12-15 minutes. Pour into a colander and let leeks and potato cool down for about 30 minutes.
2. Put potato in a medium mixing bowl and mash with a fork. Use your hands to squeeze all liquid from leeks and add to potato. Add eggs and kashkaval, mix gently and set a side.



3. Preheat oven to 350 degrees. Grease a 9-by-9-inch baking dish with cooking oil spray. Put hot water in a tray wide enough to hold the matza. Soak 6 of the matzas in the water for 30 seconds to 1 minute, until they are flexible, yet still firm enough to hold their shape, shaking off any excess water. Line the bottom of the baking dish with a double layer of matza. Use 1 soaked matza to line each side of the baking dish. (They will be folded over the filling later.)
4. Spread the leek mixture over the bottom matza. Fold the matza from the sides over filling. Soak the remaining 2 matza in the broth and use them to create a double top layer.
5. Combine olive oil, eggs, salt and pepper and ½ cup water in a cup, stirring until well blended. Pour the mixture over the top matza, tilting the baking dish slightly to make sure the egg mixture covers evenly and soaks into the sides and corners. Bake for 40 minutes, until golden brown and somewhat firm.
6. Let rest for 5 minutes before serving.

# MEATBALLS IN SPRING VEGETABLES AND OREGANO-LEMON SAUCE

Recipe by Vered Guttman

This dish celebrates spring abundance in all its beauty and flavor. Feel free to include any spring vegetable, including baby zucchini, artichoke, fennel and asparagus. If you're going by the Sephardi law and include legume (kitniyot in Hebrew) in your Passover menu, you can also include fresh fava beans, which are in season now, green pea, spring pea and more. The only rule to remember is to add tender vegetables, like asparagus, zucchini, and fresh legume, towards the end of the cooking time, so you don't overcook them.

Serves 4-6

## Ingredients:

### For the meatballs:

½ cup matzo meal, plus more for coating

½ cup water

1 lb. ground beef

1 large egg, lightly beaten

1 small yellow onion, grated

2 minced garlic cloves

1 teaspoon kosher salt

½ teaspoon white pepper

### For the vegetables and sauce:

Juice of ½ lemon (about 2 tablespoons)

3-4 artichokes or baby artichokes

2 fennel bulbs

1-2 celery root or parsnip

3 sliced garlic cloves

¾ cup olive oil

1 cup lemon juice

1½ cups water

1 teaspoon salt

½ teaspoon white pepper

5-6 springs fresh oregano

1 lb. green and/or white asparagus

1 lb. fresh peeled fava beans or green pea



## Directions:

1. To make the meatballs, put matzo meal and water in a medium mixing bowl and mix. Add the rest of the meatball ingredients and mix briefly (mixing too much will make the meatballs harder, that's true for any recipe). Cover the bowl and put in the fridge for 30 minutes.
2. In the meantime, prepare the veggies. Prepare a large bowl with 3 cups water and juice of ½ lemon. To clean the artichokes, first remove outer leaves from the bottom. Use a serrated knife to cut off the leaves, leaving about 1 inch from the bottom. Dip artichoke in lemon water to prevent it from becoming black. Use a small knife to trim more leaves on the outside until you reveal the artichoke bottom. Now use a spoon to remove the chokes. Peel the stem to reveal the tender white part, cut artichoke in half lengthwise and keep in lemon water until ready to cook. Repeat with the rest of the artichokes. If you're using baby artichoke, use a serrated knife to cut off the thorny leaves at the top, cut in half, remove chokes and you're done.
3. Trim off fennel stalks, then cut bulb in half, and each half into 3-4 sections. Peel celery root and cut into 1 inch thick sticks. Set aside. Slice garlic cloves.
4. Sprinkle matzo meal on a rimmed baking sheet. Take meatball mixture out of the fridge, form 2 inch meatballs and arrange on matzo meal sprinkled baking sheet. Use your hand to lightly press down meatballs and sprinkle more matzo meal on them.
5. Put ¼ cup oil in a frying pan over medium-high heat and fry meatballs (you may need to do it in two batches) until golden brown, about 2 minutes per side. transfer to a tray lined with a double layer of paper towels.
6. Put ½ cup olive oil in a wide pan or pot over medium-high heat. Add sliced garlic cloves and sauté for a few seconds. Add artichoke, fennel and celery root, mix and sauté for 6-7 minutes. Add lemon juice, water, salt pepper and oregano and bring to boil. Push veggies aside and arrange meatballs at the bottom of the pan. Baste meatballs, bring to boil, then reduce heat to low simmer, cover pan and cook for 30 minutes, basting after 15 minutes.
7. While meatballs are cooking, cut asparagus into 1 inch sections, peel fava beans if using. Add asparagus and beans after meatballs have been cooking for 30 minutes, baste, cover pan and cook for another 15 minutes. Sprinkle with more fresh oregano leaves and serve.

# RAW ZUCCHINI AND RADISH SALAD WITH OREGANO-LEMON VINAIGRETTE

Recipe by Vered Guttman



Serves 4

## Ingredients:

2 small zucchini

2 yellow zucchini

4-5 watermelon radish or regular radish

2 carrots, preferably purple

¼ cup freshly squeezed lemon juice

⅓ cup olive oil

1 minced garlic clove

Salt to taste

Pinch pink peppercorn, crushed with mortar and pestle (or white pepper)

1 tablespoon Fresh oregano leaves

## Directions:

1. Use a vegetable peeler to peel ribbons of the zucchini, radish and carrots. Put in a large bowl. Cover and keep in the fridge if not using immediately.
2. Mix lemon juice, olive oil, garlic and crushed pink peppercorn.
3. When ready to serve, mix dressing with veggie ribbons, add oregano leaves, adjust salt to taste and serve.

# PASSOVER ALMOND AND ORANGE CAKE

Recipe by Vered Guttman

Not only is it kosher for Passover, this cake is parve too! Coconut flour is available at Whole Foods and online. Substitute with matzo meal if needed.

Serves 8-10

## Ingredients:

- 1 cups sugar, plus more for dusting
- ½ cup coconut flour
- ¼ cup almond flour
- 1 teaspoon kosher for Passover baking powder
- ¼ teaspoon kosher salt
- ½ orange, peel on
- 1 teaspoon almond extract (optional)
- 1 teaspoon vanilla extract
- 7 oz. almond paste
- 1 cup corn oil or very mild olive oil
- 5 large eggs, lightly beaten



## Directions:

1. Oven to 350 degrees. Spray a 9" x 5" pan with oil, sprinkle sugar all around and discard excess sugar.
2. Mix together coconut and almond flour, baking powder and salt. Set aside.
3. Use a food process to smash the orange, peel included. Add almond and vanilla extract and set aside.
4. Beat almond paste for one minute on slow in the bowl of a stand mixer fitted with paddle attachment. Add the sugar in a slow stream and mix to create crumbs. Now add oil and mix on medium speed to small crumbs, about two minutes. Stop the mixer and scrape the sides with a spatula as needed. Add orange mix and mix for another 30 seconds. Reduce speed to slow and add eggs, mix for one minute, then add flour mixture and mix for another minute.
5. Pour batter into pan and bake for 50-55 minutes, until firm and toothpick inserted in the center of the cake comes out clean. Let cool completely on a wire rack. The cake will taste better the next day and will keep for a few days at room temperature, lightly wrapped with foil.

For more recipes follow Vered on Instagram [@veredguttman](https://www.instagram.com/veredguttman)

sixth&i