

JEWISH FLAVOR: PASSOVER PREP

with Vered Guttman
Tuesday, April 2

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MOROCCAN HAROSET OF DATES, WINE AND NUTS

Recipe by Vered Guttman

Pressed dates are available at Middle Eastern and some Kosher supermarkets, as well as online. Alternatively, you can use tender, pitted dates.

Yields about 3 cups

Ingredients:

12 oz. (about 1¾ cup) pitted dates or 12 oz. pressed dates (see note above)

1½ cup red wine

1 teaspoon rose water (optional)

2 teaspoon cinnamon

Pinch ground cloves

1 cup chopped toasted walnuts

Dried rose petals, for serving

Directions:

1. Put dates, red wine, cinnamon and cloves in a sauce pan over medium heat. Bring to boil and cook, stirring frequently, to create a smooth paste. Remove from heat and let cool for 10 minutes.
2. Mix in toasted walnuts. Spoon into a serving bowl with rose petal on top. Can be prepared up to three days in advance and kept in a sealed container at room temperature.

TAHINI BREAD

Recipe by Vered Guttman

This must be the easiest gluten free bread to make. No wonder it became a huge hit in Israel in the last couple of years. The recipe comes from an Israeli mom's group chat, and is now prepared in many households during Passover (for Kitniyot eaters) and year round.

Yields one 6" or 7" loaf

Ingredients:

6 tablespoons tahini
4 large eggs, at room temperature
2 tablespoons honey
1 teaspoon kosher for Passover baking powder
½ teaspoon kosher salt

Directions:

1. Oven to 350 degrees. Grease an 6" or 7" loaf pan.
2. Mix all ingredients in a bowl to a smooth, thin batter. Pour into prepared loaf pan and bake for about 20 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
3. Let cool on a rack and serve. Keep lightly wrapped in aluminum foil at room temperature up to 5 days.

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QUINOA IN COCONUT MILK WITH YAMS AND TUSCAN KALE

Recipe by Vered Guttman

Serves 4-6

Ingredients:

- 1 can light coconut milk (13.66 oz).
- 1 cup quinoa.
- ½ teaspoon turmeric.
- 1½ teaspoon kosher salt.
- 2 large or 4 small yams or sweet potatoes.
- 1 tablespoon brown sugar.
- 1 teaspoon olive oil.
- 1 large bunch Tuscan kale.
- Pinch dried crushed red pepper.

Directions:

1. Oven to 425 degrees. Spray a cooking sheet with oil.
2. Put coconut milk, quinoa, turmeric and one teaspoon of salt in a sauce pan. Bring to a boil over medium-high heat, cover and reduce heat to low. Cook for 15 to 20 minutes, until the quinoa is tender and has absorbed all the coconut milk. Then, remove from the heat.
3. Peel yams, cut to half-inch cubes. Put in a bowl. Add a half-teaspoon of salt, brown sugar and olive oil and mix. Place on a baking sheet and roast for 5 minutes, stir and continue for another 5 minutes. Take out of the oven.
4. Transfer the quinoa into a large bowl. Gently mix in the yam.
5. Slice kale into thin strips, discarding the bottom 2 inches of the stem. Gently mix with the quinoa, sprinkle the crushed red pepper and mix again. Serve warm.



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DANDELION AND POTATO MAAKOUDA

Recipe by Vered Guttman

Maakouda is a Moroccan potato dish, served either as pie or as fritters, that became a traditional Passover weekday dish for many the Moroccan Jews. Similarly to the Ashkenazi potato kugel, the maakouda is a simple pie of potatoes and eggs, the staples of Passover in so many Jewish communities around the Diaspora.



And just to make it a bit more interesting, healthy and fun, I added a bunch of chopped fresh dandelions to the original recipe, and loved the results. You can experiment with the greens of your choice, from herbs to kale, spinach or Swiss chard. Look at it as the bitter herb of the Passover Seder.

Yields one 9" round pie

Ingredients:

2 lb. Golden potatoes, skin on, scrubbed
4 tablespoons olive oil, divided
1 yellow onion, chopped
0.5 lb. dandelion, chopped
1.5 teaspoons kosher salt
0.5 teaspoon turmeric
0.25 teaspoon ground black pepper
5 eggs, separated

Directions:

1. Oven to 425 degrees. Spray a 9" round cake pan with oil and drizzle one tablespoon olive oil at the bottom.
2. Put the potatoes, skin on, in a medium pot and cover with cold water. Bring to boil over high heat, cover, lower the heat and cook until tender, about 25 minutes. Drain and transfer the potatoes to a large bowl. Mash the potatoes in their skins with a fork, leaving small chunks.
3. While the potatoes are cooking, put olive oil in a pan over medium-high heat and sauté the onion until golden. Add the chopped dandelion and sauté about 3 minutes longer. Remove from the heat.
4. Add the dandelion mixture into the bowls with the mashed potatoes and mix. Add salt, turmeric, black pepper and egg yolks and mix again.
5. Whip egg whites to form soft peaks and then fold into potato mixture. Transfer to the pan and drizzle a little olive oil on top. Bake for 10 minutes, then reduce the heat to 350 degrees and bake for 30-35 minutes longer, until the top is golden and the pie is firm. Let sit for 5 minutes, then slice and serve.

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ROASTED CHICKEN IN POMEGRANATE AND DATE MOLASSES

Recipe by Vered Guttman

Serves 6

Ingredients:

1/2 cup date molasses
1/4 cup pomegranate molasses (see ingredients list)
1/3 cup olive oil
Kosher salt
2 lb. halved baby potatoes, or golden potatoes cut into 2 inch cubes
6 chicken thighs
6 chicken drumsticks

Directions:

Preheat oven to 400 degrees. Spray a large roasting pan with oil.

Mix date molasses, pomegranate molasses, olive oil and 2 teaspoons kosher salt in a large bowl. Add chicken to bowl and mix until it is well covered with marinade. Cover with plastic wrap and let stand for 30 minutes at room temperature. Put potatoes in the prepared roasting pan in one layer, spray with oil, sprinkle with a little salt and roast for 20 minutes.

Take pan out of oven and carefully arrange chicken on top of potatoes, skin side up. Drizzle any marinade from the bowl over the chicken.

Roast for 50 to 55 minutes, basting chicken 4 times during roasting, until the chicken is cooked through and potatoes are tender. It is crucial to baste chicken to keep it moist, so don't skip this step. Remove from oven, cover lightly with aluminum foil and let stand for 10 minutes. Serve right away.



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DATE AND ROASTED WALNUT HAROSET BALLS

To keep the recipe pareve, simply use pareve dark chocolate.

Pressed baking dates are available at Middle Eastern and some Kosher supermarkets.

Ingredients:

1 cup walnut pieces

One 13-ounce package pressed baking dates

8 ounces dark (semisweet or bittersweet) chocolate, chopped (pareve, if preferred)

Directions:

1. Preheat the oven to 350 degrees. Spread walnuts on a baking sheet and toast in the oven for 5 minutes. Shake the baking sheet, then toast for 5 to 7 minutes longer, until walnuts turn darker in color and are fragrant. Let cool completely.
2. Meanwhile, if the dates seem dry, place them in the bowl of a food processor and pulse until coarsely chopped. Transfer to a small mixing bowl. Otherwise, soften an opened package of the dates for 15 seconds or so in the microwave.
3. Place the walnuts in the bowl of the food processor and pulse until they are finely chopped; reserve some of the more powdery nuts (a tablespoon or so). Add the remaining chopped nuts to the chopped or softened dates; use your hands to press the mixture together until the nuts are evenly incorporated. Pinch off pieces and roll them into 1-inch balls, placing them on a baking sheet.
4. Line a rimmed baking sheet with parchment paper.
5. Melt chocolate in a microwave-safe bowl in 30 seconds segments. Stir the chocolate until it is smooth. Let cool for about 1 minute.
6. Use a fork or skewer to dip each ball in the melted chocolate until completely coated. Return them to the baking sheet as you work; sprinkle the reserved chopped walnuts on top. Allow the chocolate to set before serving. You can put the date balls in the fridge for about 20 minutes to help the chocolate set, but keep in mind that this may cause the chocolate to lose its shine.



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