

THE PASSOVER MEAL



APRIL 19, 2011

Prayers

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

SPICE PEOPLE

Sandy Walsh, BMCIC

Crew:

Barbara Aho

Teresa Barczak

Debbie Cliche

Nita Ellington

Cathy Hedges

Candida Jimenez

Geri Spudich

Elena Porras Trejo

Vicki Ziegler

2010 — 11 Guest Chefs:

Elena Porras Trejo

Sandy Walsh

Ted McVay

Fr. Neil Jones

Mark McCagg

Geri Spudich

Grandma Ruth's Brisket

1 brisket of beef (first cut)
1 to 2 large onions, coarsely chopped
Salt
Pepper
2 Tablespoons garlic powder
2 Tablespoons sweet paprika
2 Tablespoons ginger powder

Preheat oven to 350 degrees. Line roasting pan with a layer of the chopped onions.

Mix the seasonings together.

Season the onions with some of the seasoning mix.

Sprinkle seasoning over the brisket on all sides and rub in well. Place on the bed of onions. Add just enough water to reach a level of just under the height of the brisket. Cook in oven 3½ hours, turning every 30 minutes until tender. Let meat rest, then slice. Determine the grain of the meat and slice across the grain of the meat into ¼ inch slices. If the meat seems a bit tough, slice it thinner; if it is fall-apart tender, slice it up to ½ inch thick. Enjoy!

— Geri Spudich

Herb Roasted Potatoes

10 large potatoes, quartered and placed in large bowl
½ cup olive oil
2 Tablespoons parsley
2 teaspoons dried basil
1 teaspoon pepper

Preheat oven to 375 degrees.

Wipe bottom of shallow roasting pan with a little olive oil.

Pour oil over potatoes and seasonings and toss together until thoroughly coated.

Turn occasionally to prevent from sticking to bottom of pan,

Place in pan and bake uncovered for about 1 hour or until potatoes are cooked and lightly browned.

— Nita Ellington

Garlic Green Beans

Ingredients:

- 1 lb. favorite green beans
- 4 lg. garlic cloves, finely chopped
- 1/2 C. extra virgin olive oil
- salt to taste
- 1 pinch fresh ground pepper
- 1 dash paprika
- 1 sm. bay leaf (or 1/2 lg. bay leaf)

Directions:

Clean and wash green beans and sprinkle with salt. Place beans in microwave-safe dish, cover with paper and microwave on high for 5 minutes or until tender. Sauté garlic and bay leaf in olive oil until garlic is gold. Turn off fire; add the ground pepper and the paprika. Pour over the beans and serve.

— *Nita Ellington*

Hugo's Green Beans Piquant

4 - 6 cups of green beans (frozen, canned or fresh cooked)

Heat, drain and toss with spicy brown mustard and Balsamic vinegar to taste.

Simple, yummy and stolen from Elena and Hugo!!

— *Sandy Walsh*

Green Beans with Citrus Sauce

1 lb. fresh green beans, cleaned

1 Tablespoon olive oil

1 Tablespoon orange zest

1 Tablespoon lemon zest

1 Tablespoon butter

salt and pepper to taste

Steam beans until crisp-tender. Set aside for use later.

Make sauce: In a large skillet, heat oil over medium heat. Add both orange and lemon zests and garlic. Cook for 1 minute. Add chicken broth and cook an additional minute. Add butter and beans. Toss until beans are covered with sauce. Add salt and pepper to taste. Serve.

— *Cathy Hedges*

Matzo Caramel Crunch

(Dairy, Passover)

This Matzo Caramel Crunch is Paula Weinstein and Julie Remer's favorite Passover treat. For those who are invited out for a holiday meal, this addictive Pesach dessert makes the perfect hostess gift.

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- enough matzos to cover the bottom of a jelly roll pan
- 1/2 pound butter (much preferred over pareve margarine)
- 1 cup brown sugar
- 1/2 cup chopped nuts (walnuts, pecans, or almonds)
- 2 cups (or enough to cover the matzos) chocolate chips

Preparation:

1. Cover a large jellyroll pan with aluminum foil. Spray well and line with parchment paper.
2. Lay matzos flat in the prepared pan. Be sure the **entire** pan bottom is covered with matzo, trimming matzo if necessary.
3. Combine butter and sugar in a pot on the stovetop. Bring to a boil for 5 minutes, stirring constantly.
4. Pour butter-sugar mixture over matzos. Bake at 350 degrees Fahrenheit for 10 to 15 minutes, watching carefully to prevent burning.
5. Sprinkle chocolate chips over hot brittle. Let the chocolate melt, and then spread with a knife.
6. Top with chopped nuts. Drizzle chocolate (dark or white) over the nuts.
7. Refrigerate.
8. Break into pieces and serve.

Note

For this dessert to be kosher for Passover, all ingredients must be kosher for Passover.

Source

Our Customers' Favorites, by Paula Levine Weinstein and Julie Komerofsky Remer (Columbus, Ohio). Recipe reprinted with permission.

— Vicki Ziegler

Coffee Meringue Cookies

(Pareve, Passover)

By: Giora Shimoni

I was looking for a lite, easy-to-serve, sweet dessert to end the Passover Seder. I tested these Coffee Meringue Cookies this Shabbos, and everyone, even the kids, loved them. In addition, they had a surprisingly pretty appearance as the coffee grains give the meringues a nice color and stripe. Best of all, I can prepare these a few days before the Seder and store in an airtight container.

Prep Time: 15 minutes

Cook Time: 3 hours

Total Time: 3 hours, 15 minutes

Yield: 24-30 small meringues

Ingredients:

- large egg whites,
- 1/4 teaspoon salt
- 1 cup sugar
- 3 Tablespoons instant regular or decaf coffee (granules)
- 1 teaspoon vanilla extract

Preparation:

1. Preheat oven to 250°F (120°C). Line 2 cookie sheets with parchment paper. Set aside.
2. Separate eggs. Place egg whites in a mixing bowl. Using an electric mixer beat the egg whites and salt on high speed for 4-5 minutes.
3. With the machine running the entire time, sprinkle in the sugar a little at a time as you beat on medium high speed for 10-12 minutes. When you lift the beaters, the meringue should hold its shape and be shiny.
4. With a spatula, fold in the coffee and vanilla until just mixed and striped.
5. Roll down the top of the Ziploc bag, 2 or 3 rolls. This will make a cuff on the outside of the bag. Using a spatula, transfer the meringue from the mixing bowl into the bag. Unroll the cuff and twist the top a few times, to close the bag and force the meringue into the bottom of the bag.
6. Using scissors snip a very small corner off of the bag. Squeeze 1½ inch circles of meringue onto the cookie sheets. If it is coming out too slowly, snip the hole a little bigger. If you squeeze slowly and then pull the tip up you will get a pretty top.
7. Place into the oven and bake for 2 hours.
8. Turn oven off and partially leave oven door open. Leave meringues in oven for at least another hour.
9. Remove from oven and carefully remove from paper. If they stick at all, return them to the oven for another 30 minutes to finish drying out. Cool completely on oven racks. Store in an air tight container.

— Vicki Ziegler

Chocolate Truffle Pie **with/ Orange-Champagne Sabayon and Strawberries**

Truffle pie ingredients

1/4 cup almond meal or very finely ground almonds
1/4 cup matzo cake meal
1/4 teaspoon salt
1 pound plus 1 ounce bittersweet chocolate (do not exceed 61% cacao), chopped
6 tablespoons (3/4 stick) plus 1 tablespoon unsalted pareve margarine
3 large eggs
3/4 cup sugar
1 tablespoon vanilla extract
1 tablespoon finely grated orange peel
Sliced almonds, lightly toasted

Strawberries ingredients

1 1/4 pounds strawberries, hulled, sliced
2 tablespoons sugar
1 teaspoon finely grated orange peel
Orange-champagne sabayon

Directions for truffle pie

Preheat oven to 350°F. Coat 9-inch glass pie dish with margarine. Whisk first 3 ingredients in small bowl. Combine 1 pound chocolate and 6 tablespoons margarine in large microwave-safe bowl.

Microwave in 20-to 30-second intervals until smooth, stirring often. Set aside to cool.

Beat eggs in large bowl 1 minute. Add sugar and vanilla. Beat until thick and pale yellow, 3 to 4 minutes. Beat in orange peel, then chocolate mixture. Reduce speed to low; beat in dry ingredients. Transfer batter to pie dish; place on rimmed baking sheet.

Place baking sheet with pie in oven. Bake pie until cracked on top and tester inserted into center comes out with moist crumbs attached, 45 to 50 minutes. Cool to room temperature (center will fall).

Combine 1 ounce chopped chocolate and 1 tablespoon margarine in microwave-safe bowl.

Microwave in 15-second intervals until glaze is smooth, stirring often.

Drizzle glaze over pie. Sprinkle with almonds. *DO AHEAD: Can be made 1 day ahead. Chill until cold. Tent with foil; chill.*

Directions for Strawberries

Toss berries, sugar, and orange peel in medium bowl to blend. Chill until ready to serve, up to 4 hours. Cut pie into wedges; place on plates. Serve with strawberries and sabayon.

Orange-Champagne Sabayon Ingredients

6 large egg yolks
4 1/2 tablespoons sugar
2 teaspoons finely grated orange peel
3/4 cup champagne or other sparkling wine

Whisk egg yolks, sugar, orange peel, and pinch of salt in medium metal bowl until well blended. Gradually whisk in champagne. Place bowl over saucepan of gently boiling water (do not let bottom of bowl touch water); whisk constantly until custard is thick and instant-read thermometer registers 170°F, about 4 minutes.

Place bowl in larger bowl of ice and water. Whisk until sabayon is cool, 4 to 5 minutes. DO AHEAD: *Can be made 4 hours ahead. Cover and chill.*

Bon Appétit
April 2011
by Diane Rossen Worthington
2011-03-16 12:17:26.0

— *Elena Porras Trejo*

Elena found this recipe at [epicurious.com](http://www.epicurious.com). You can view the complete recipe online at:
<http://www.epicurious.com/services/referral?messageKey=7f6affca4d9b8845749d33f99874cc61>

South Georgia Trifle*

*(also known as Banana Pudding)

1 small box instant vanilla pudding
1 can sweetened condensed milk
1 can evaporated milk
8 oz. sour cream
8 oz. cool whip
whipped cream or additional cool whip
4 bananas
chocolate syrup

Mix pudding mix, milks and refrigerate for 10 minutes. Fold in sour cream and cool whip. Line trifle dish with wafers and slice bananas over this. Drizzle chocolate syrup over this. Pour in a half of the pudding and repeat process. Top with additional cool whip or whipped cream and serve.

— *Sandy Walsh*

Flourless Chocolate Cake

ACTIVE: 30 MIN

TOTAL: 1 HR 5 MIN (PLUS CHILLING)

SERVES: 16

- 1 $\frac{3}{4}$ cup pecans
- 14 oz. bittersweet chocolate, chopped
- $\frac{1}{2}$ cup plus 3 Tablespoons unsalted butter
(cut into small pieces)
- 8 large eggs, separated
- $\frac{3}{4}$ cup granulated sugar
- 1 Tablespoon instant espresso
- $\frac{1}{2}$ teaspoon pure vanilla extract

1. Heat oven to 350°F. Coat a 9-inch springform pan with cooking spray, line the bottom with parchment paper, and coat the paper with cooking spray.
2. Using a food processor, pulse 1 cup of the pecans until finely ground. Coarsely chop the remaining $\frac{3}{4}$ cup pecans and set aside. In a microwave –safe bowl, melt 8 oz. of the chocolate with $\frac{1}{2}$ cup of the butter on high, stirring every 20 seconds until smooth, about 1 minute.
3. Using an electric mixer, beat the egg yolks and sugar in a large bowl until pale yellow in color, about 2 minutes. Stir in the ground pecans and melted chocolate. In a second large bowl, using an electric mixer (with clean beaters), beat the egg whites until stiff peaks form. Stir 1 cup of the whites into the chocolate mixture. Using a large rubber spatula, gently fold the rest of the whites into the chocolate mixture until no streaks remain. Spread the chocolate mixture evenly into the prepared pan and bake until the cake has set and is slightly puffed, 30 to 35 minutes.
4. Let the cake cool completely in the pan, then invert onto a serving plate. In a small bowl, dissolve the espresso in 1 Tablespoon hot water. In a microwave-safe bowl, melt the remaining 6 oz. chocolate and 3 Tablespoons butter, stirring every 20 seconds, until smooth, about 1 minute; stir in the vanilla and espresso. Using a spatula spread the glaze evenly over the top and sides of the cake. Press the chopped pecans onto the sides and refrigerate uncovered, until the glaze is set, at least 30 minutes and up to 1 day.

PER SERVING: 339 CAL, 27 G FAT (12 SAT FAT), 127 MB CHOL, 38 MG SOD, 6 G PRO, 25 G CAR, 20 G SUGAR, 3 G FIBER

— *Nita Ellington*

PEACH-GLAZED ALMOND CAKE

Preparation: 30 minutes
Planning: Can prepare ahead

Baking: 45 minutes
Servings: 10

2 $\frac{3}{4}$ cups all-purpose flour,
divided
 $\frac{3}{4}$ cup plus 2 Tablespoons
sugar, divided
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup butter
1 Tablespoon water
3 eggs, separated
 $\frac{3}{4}$ cup peach preserves,
divided
 $\frac{1}{8}$ teaspoon cream of tartar

$\frac{1}{2}$ cup unblanched almonds,
finely chopped
 $\frac{1}{2}$ cup milk
 $\frac{1}{3}$ cup vegetable oil
 $1\frac{1}{2}$ teaspoons baking
powder
 $1\frac{1}{4}$ teaspoons almond
extract
 $\frac{1}{2}$ teaspoon salt
1 (28-ounce) can cling peach
slices, drained

Preheat oven to 350 degrees. In a large bowl, mix $1\frac{1}{2}$ cups flour, 2 Tablespoons sugar, and $\frac{1}{4}$ teaspoon salt. With pastry blender or two knives used scissor-fashion, cut butter into flour mixture until mixture resembles coarse crumbs. Stir in water and one egg yolk. With hands, work dough until smooth. Press dough evenly and firmly on bottom and sides of 9-inch round cake pan. Brush dough with $\frac{1}{4}$ cup peach preserves. In small bowl with mixer at high speed, beat 3 egg whites and cream of tartar until stiff peaks form; set a-side. In large bowl, with mixer at low speed, beat almonds, milk, oil, baking powder, almond extract, salt, 2 egg yolks, $1\frac{1}{4}$ cups flour, and $\frac{3}{4}$ cups of sugar until smooth; fold in beaten egg whites. Pour into dough-lined cake pan, spreading batter evenly. Bake 45 minutes, or until cake springs back when touched with finger. Cool cake 20 minutes on wire rack or until side of cake shrinks from pan. Remove cake from pan and cool completely on rack. Place cake on platter. Brush top of cake with $\frac{1}{4}$ cup peach preserves. Arrange peach slices on top of cake; brush with remaining $\frac{1}{4}$ cup peach preserves.

— *Barbara Aho*

German Raw Apple Cake

Holtzinger Fruit

2 ¼ cups flour	2 cups peeled and thinly sliced
2 large eggs	Holtzinger Fruit* apples
½ cup brown sugar	(Granny Smith, Jonagold or
1 cup white sugar	Golden Delicious)
¼ teaspoon salt	
2 teaspoons baking soda	<i>TOPPING:</i>
2 teaspoons ground cinnamon	¼ cup brown sugar
½ cup shortening	¼ cup white sugar
1 cup sour milk (1 Tablespoon	½ teaspoon ground cinnamon
Vinegar + 1 cup milk)	½ cup chopped nuts

Preheat oven to 350°F.

In a large mixing bowl, combine flour, eggs, brown sugar, white sugar, salt, baking soda, cinnamon, shortening and sour milk. Mix until well blended. Fold in apples.

Pour the batter into a greased 12-by-9-inch cake pan.

To prepare the topping, combine all ingredients and mix to blend. Sprinkle over the cake batter.

Bake for 45 minutes or until a toothpick inserted in the center comes out clean.

Makes 12 servings.

— *Barbara Aho*

**Brands may vary by region, substitute a similar product.*

MOCK NAPOLEON — CHOCOLATE DESSERT

2 (3-ounce) packages instant vanilla pudding mix
3 cups milk
1 (8-ounce) container frozen whipped topping, thawed
1 (16-ounce) package chocolate graham crackers
¼ cup milk
⅓ cup unsweetened cocoa powder
1 cup white sugar
2 Tablespoons butter
1 teaspoon vanilla extract

In a large bowl, combine pudding mix and 3 cups milk; mix well. Fold in whipped topping and beat with a mixer for 2 minutes.

In a buttered 9x13 inch baking dish, spread a layer of whole graham crackers on the bottom of the dish.

Spread ½ of the pudding mixture over the cracker, then top with graham crackers. Spread remaining pudding over crackers; top second pudding layer with another layer of crackers.

To make topping: in a medium saucepan over medium-high heat, combine ¼ cup milk, cocoa and sugar and allow to boil for 1 minute; remove from heat and add butter and vanilla. Mix well and cool.

Pour sauce over graham cracker layer and refrigerate until set; serve. Leave in refrigerator at least 12 hours.

— *Nita Ellington*

SAUVIGNON BLANC POUND CAKE with SAUVIGNON BLANC GLAZE
(Makes 12 Servings)

2/3 cup milk
1/3 cup Sauvignon Blanc
1 cup butter, softened
2 cups sugar
4 large eggs
3 cups all-purpose flour
½ tsp. baking powder
½ tsp. baking soda
¼ tsp. salt
1 tsp. vanilla extract

1. Preheat oven to 325 degrees. Stir together milk and wine; let stand 10 minutes.
2. Beat butter at medium speed until creamy. Gradually add sugar, beating at medium speed until light and fluffy. Add eggs, 1 at a time, beating just until blended after each addition.
3. Stir together flour, baking powder, baking soda, and salt. Add to butter mixture alternately with milk mixture, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in vanilla. Pour batter into a greased and floured 12-cup Bundt pan.
4. Bake at 325 degrees for 1 hour and 5 minutes to 1 hour and 10 minutes. Cool in pan on a wire rack 10 to 15 minutes; remove from pan to wire rack.

SAUVIGNON BLANC GLAZE
(Makes 2/3 cups)

Whisk together 1-1/2 cups powdered sugar, 2 Tbsp. Sauvignon Blanc, and 1 Tbsp. milk until smooth. Brush or drizzle Sauvignon Blanc Glaze over top and sides of cake. Cool completely (about 1 hour).

Enjoy! Submitted by: Teresa Barczak