



Passport to Passover

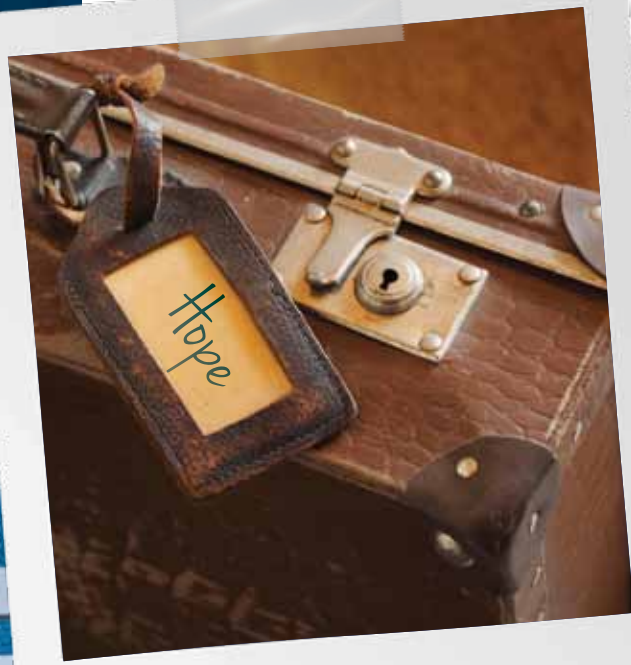


PASSOVER

A Journey of Promise

TRADITIONS, RECIPES & MORE
TO CELEBRATE OUR HERITAGE

Our Gift to You



Passport to Passover
A JOURNEY OF PROMISE

Passover begins on the 15th day of the month of Nisan. This year it starts at sunset on April 6, 2012.

מסע של הבטחה



Our lessons come from the journey, not the destination.
—anonymous

As the month of Nisan draws near, we will soon celebrate Passover. It is a special time in which we gather with family and friends to commemorate the liberation of our ancestors from slavery. For this reason, we are honored to offer you this magazine – it is your Passport to Passover.

As you prepare for the holiday, and then explore the 15 steps of the Seder, we hope the insight and interpretation we've provided help to guide you and your family through an even greater experience and understanding.

The special foods used in the Seder ceremony symbolize various aspects of the Passover story. Some of these items are highlighted in a fun children's section to help teach them the importance of Passover and the Seder. Engaging our children will keep this story and Passover traditions alive and strong, but the story is for every generation to remember and relive, so we hope this publication inspires hope and understanding for your entire family.

On behalf of our family, thank you for your loyalty. May you and yours have a memorable season filled with hope and promise!

From our family to yours,
we wish you a

HAPPY PASSOVER!

Visit www.GiantFood.com for recipes and much more!

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Prepare for your Journey

Preparing for Passover, though hard work, is also a labor of love. The hard work reminds us of our Israelite ancestors' toils in Egypt; the celebration of the holiday mirrors their joyous freedom. Many of us spend a good month scouring our houses, replacing everyday dishes with festive tableware, and of course, shopping for special ingredients used to prepare Passover favorites.

On the night before the first Seder, it is customary to have a scavenger hunt – a search throughout the house for any chametz (products containing leavened grain) that might have been overlooked in the cleaning process. To guarantee that we find some chametz, and to make the search fun for children, parents often hide wrapped pieces of bread for the kids to find. These bits of bread are then burned the next day in a ceremony called *biur chametz* (burning the leaven). These physical acts of searching for chametz and burning it help prepare us psychologically for our Passover journey.

Why must we rid our homes of chametz? After all, we eat bread and pasta all year long! "The difference between matzoh and bread is air," says Rabbi Mark Sobel. "At Passover, we're to remove our arrogance." Indeed, we're "clearing the air," or our demeanor. After all, it was because of Pharaoh's arrogance—of thinking that he was a god and could do as he pleased—that made him feel entitled to enslave others. Matzoh, made of flour and water, is a humble food. It reminds us that all people are made in the image of God, and no one is better than anyone else.

Having thoroughly cleansed the house of forbidden chametz, we are now ready to begin our Passover journey...



Make your own Charoset tradition with the recipe variations suggested on page 4.

So sweet!

Tools for your Travels

Our tradition gives us many tools to help us on this trek. We have the *Haggadah*, which is a combination script and tour book to give our voyage direction. We begin the Seder with an invitation, *ha lachma anya*, inviting all who are hungry to join us at our Passover table. As Maimonides teaches, "When a person eats and drinks at the festive meal, he is obligated to provide food for the stranger, the poor and the orphan..." Today, many communities have a special Passover charity drive called *ma'ot chitin* to provide Passover food for the needy.

Another tool is the collection of Seder songs that tell the story of the Exodus. One song is *Dayvenu*, with its step-by-step list of God's kindnesses to our ancestors. Another, *Who Knows One*, is a counting song and Jewish trivia game all wrapped up in one!

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RESEARCH



The cherries were a hit!

Yum!



And of course, in addition to matzoh, there are the other foods that remind us of slavery, freedom, or both. These foods are artfully displayed on a Seder plate:

Revisiting the Symbolism

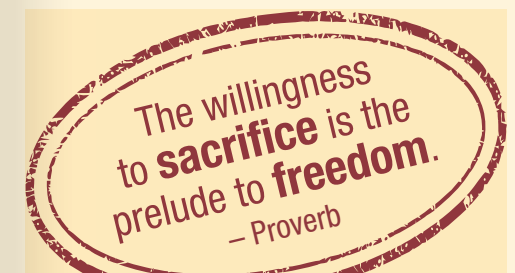
- **Karpas (parsley, celery, potato or lettuce):** Karpas represents springtime, and as such it symbolizes the birth of the Jewish people as well as the rebirth of nature each spring.
- **Bitter Herb (maror):** Some rabbis suggest Romaine lettuce over horseradish because it starts out sweet and ends up bitter, just as the Israelites started out in Egypt with a good sweet life, but ended up in bitter slavery. We eat the maror with charoset so that bitterness is never the overriding taste.
- **Charoset:** This combination of apples, nuts and wine or grape juice reminds us of the mortar the Israelites used when building the cities for Pharaoh. However, charoset brings sweetness to the bitterness of the maror to symbolize that no matter how difficult life can get, it also gets better.
- **Chazeret:** Some families include this second bitter herb in their Seder ceremony. It is usually horseradish or Romaine lettuce, as long as it is not the same as the first bitter herb, the maror. The chazeret is used to make the Korech, or matzoh sandwich.

The Seder plate also contains two items that we look at, but do not eat:

- **Shank Bone:** This represents the sacrifice of the Paschal lamb in ancient times, but also that whenever we have abundance, we should share it.
- **Roasted Egg:** This represents new birth, a new life of freedom, starting anew.

Other items at the Seder Table:

- **Afikoman:** We break a piece of matzoh into two. The bigger “half” is called the afikoman, which is hidden so the children can look for it. This will be the last taste of food for the evening. Some families recite the following as they break the matzoh: “This is how God split the sea.” The smaller “half” reminds us of the hardship of being poor.
- **Salt Water:** We dip our karpas into the salt water to remember the tears shed by our enslaved ancestors.
- **Elijah’s Cup:** A goblet is filled with wine and set aside for Elijah the prophet, who will hopefully “visit” our Seder. Some families pass the goblet to each participant, who then pours wine for Elijah from their personal cup. The lesson here is that we must each contribute to, and work for, the redemption of humanity.
- **Miriam’s Cup:** A “new tradition,” Miriam’s cup is filled with water and reminds us of Miriam’s watchful care over baby brother Moses, as well as the heroism of Moses’ mother, and Pharaoh’s daughter, who adopted the infant Moses. Without the heroism and courage of these women, the Exodus could not have happened.



Pareve

Simple Charoset

- 3 medium apples
- 1/2 cup walnuts
- 1/2 tsp. cinnamon
- 3 tbsp. sweet red wine or grape juice

Peel, core and grate apples. Chop nuts. Add cinnamon and wine and blend well. Serves 6.

**Nutrition Facts Per Serving: Calories 120, Total Fat 7g, Saturated Fat .5g, Cholesterol 0mg, Sodium 5mg, Carbohydrates 15g, Fiber 3g, Protein 2g*

Charoset Variations

Create your own recipe by adding any or a combination of:

- 1/4 cup chopped almonds, chopped honey-sweetened pecans, 1/4 cup chopped pitted dates or figs. Use apricots, pears and pistachios in place of apples and walnuts. Replace raisins with dried cherries or cranberries. Spice additions: ginger and nutmeg.

Meat

Passover Beef Bourguignon

- 2 cups matzoh meal
- Salt and pepper, to taste
- 2-1/2 lbs. beef chuck, cubed
- 5 tbsp. pareve margarine or vegetable oil
- 1 large yellow onion, chopped
- 2 cloves garlic, chopped fine
- 1 carrot, chopped
- 3-1/2 cups dry red wine
- Parsley, to taste
- 1/2 lb. mushrooms, cut largest into halves
- 10 pearl onions, whole, peeled

In a bowl, mix matzoh meal with salt and pepper. Dredge beef cubes in mixture.

Heat 3 tablespoons margarine or oil in a Dutch oven until sizzling. Add coated meat chunks; brown on all sides, then add chopped yellow onion, garlic and carrots. Vegetables should be just tender-firm. Pour off excess fat. Add wine and parsley. Cover and cook in 350°F oven for about 1-1/2 hours.

Heat remaining margarine or oil in a large sauté pan. Add pearl onions and sauté for approximately 3 minutes, then add mushrooms until just browned. Add onions and mushrooms to the Dutch oven; continue cooking, covered, for another 30 minutes. Serves 6.

**Nutrition Facts Per Serving: Calories 570, Total Fat 18g, Saturated Fat 5g, Cholesterol 83mg, Sodium 232mg, Carbohydrates 29g, Fiber 1g, Protein 46g*

Meat

Best Chicken Soup

- 1 4-5 lb. chicken, cut into 8 pieces
- 5 carrots
- 3 parsnips
- 4 stalks of celery
- 2 leeks
- Sprig of dill or parsley
- 2-1/2 qts. water
- Salt and pepper, to taste

Rinse chicken and trim off excess fat. Clean carrots and parsnips, and split cut. Clean celery and split cut. Trim off leek ends and top dark green leaves. Rinse leeks well and split cut. In a pot, combine chicken, carrots, parsnips, celery and leeks. Add water and dill or parsley. Bring soup to boil, then simmer for 1-1/2 to 2 hours. Remove bones. Serve with your favorite matzoh ball recipe. Serves 8. *Tip: substitute half chicken broth, half water for extra flavor.*

**Nutrition Facts Per Serving: Calories 270, Total Fat 10g, Saturated Fat 3g, Cholesterol 90mg, Sodium 130mg, Carbohydrates 18g, Fiber 4g, Protein 20g*

Pareve

Matzoh Apple Kugel

- 4 boards of matzoh
- 3 large apples, cored, peeled and thinly sliced
- 1/4 cup raisins
- 2 tsp. cinnamon
- 1/4 tsp. salt
- 3/4 cup firmly packed brown sugar
- 4 tbsp. melted pareve margarine
- 6 eggs, well beaten

Preheat oven to 350°F. Grease a 9” x 12” baking dish. Soak matzohs until soft. Press out as much water as possible. Place matzoh in mixing bowl and add raisins, cinnamon, salt, sugar and melted margarine. Mix well. Add beaten eggs and mix thoroughly. Pour half of mixture into prepared pan. Layer half the apple slices on top of mixture. Pour remaining mixture over apple layer. Top with remaining apple slices and sprinkle with additional cinnamon and sugar. Bake for 45 to 50 minutes, until apples are tender. Serves 6 to 8.

**Nutrition Facts Per Serving: Calories 300, Total Fat 9g, Saturated Fat 2g, Cholesterol 160mg, Sodium 200mg, Carbohydrates 49g, Fiber 2g, Protein 7g*

**The nutritional content of recipes is calculated by a registered dietitian. Because ingredients and measurements may vary, the values we give are close approximations.*

Please consult your local rabbinical authority to determine whether the items you choose are kosher or kosher for Passover.

See our website for more recipes!

PASSOVER RECIPES

Pictured In Order:

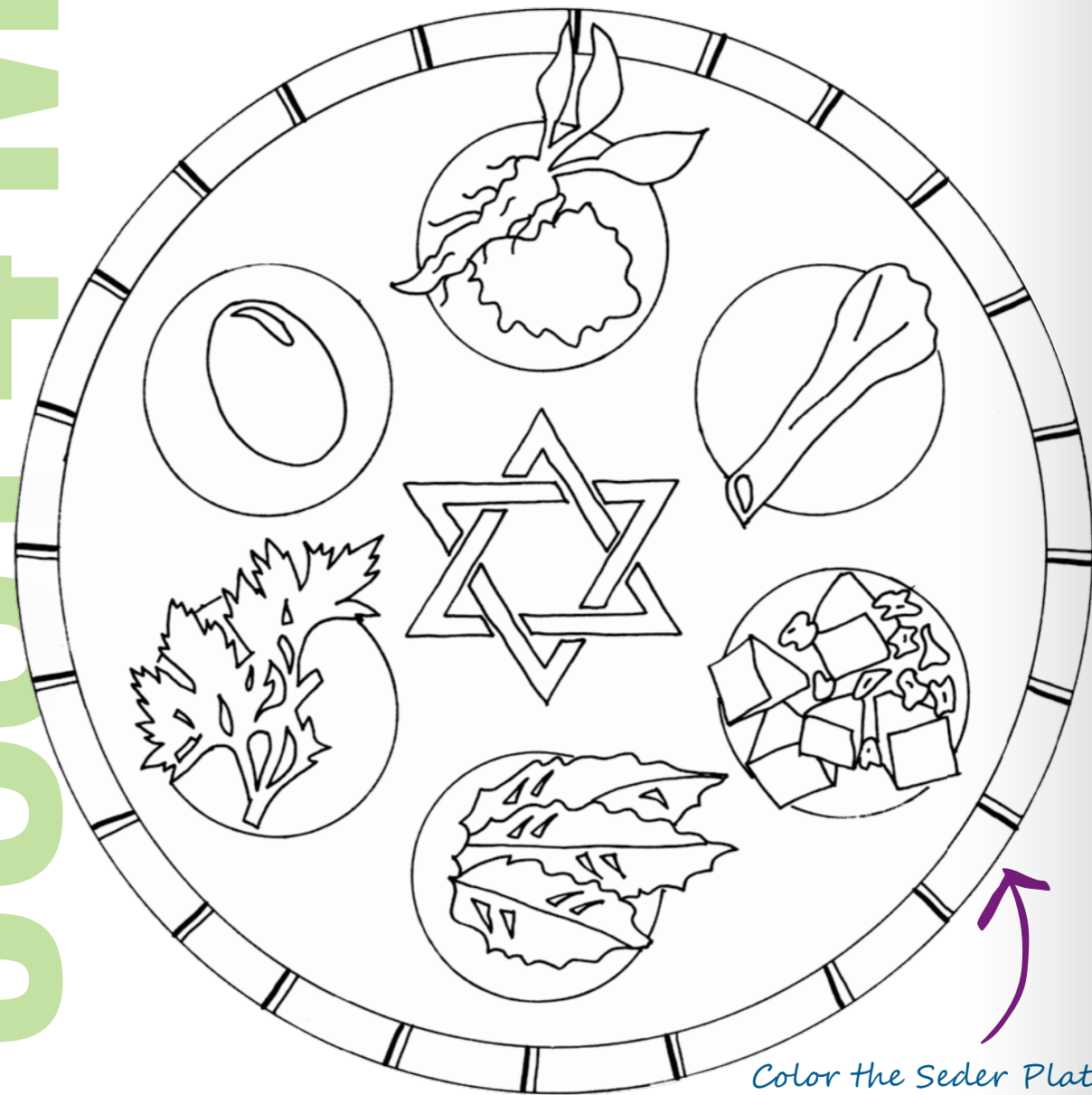
Charoset with Apples, Apricots & Dried Cherries

Passover Beef Bourguignon

Best Chicken Soup

Matzoh Apple Kugel

Kids' Korner: Before the Passover Seder every year, we arrange six items on a beautiful Seder plate. Each item reminds us of the Passover story.



my SEDER PLATE

Color the Seder Plate!
Then match the symbols to their Hebrew name.

- | | |
|--|--------------------------------|
| bone <input type="radio"/> | <input type="radio"/> beitzah |
| egg <input type="radio"/> | <input type="radio"/> chazeret |
| bitter herb <input type="radio"/> | <input type="radio"/> charoset |
| apples & walnuts <input type="radio"/> | <input type="radio"/> zeroah |
| parsley <input type="radio"/> | <input type="radio"/> maror |
| lettuce <input type="radio"/> | <input type="radio"/> karpas |

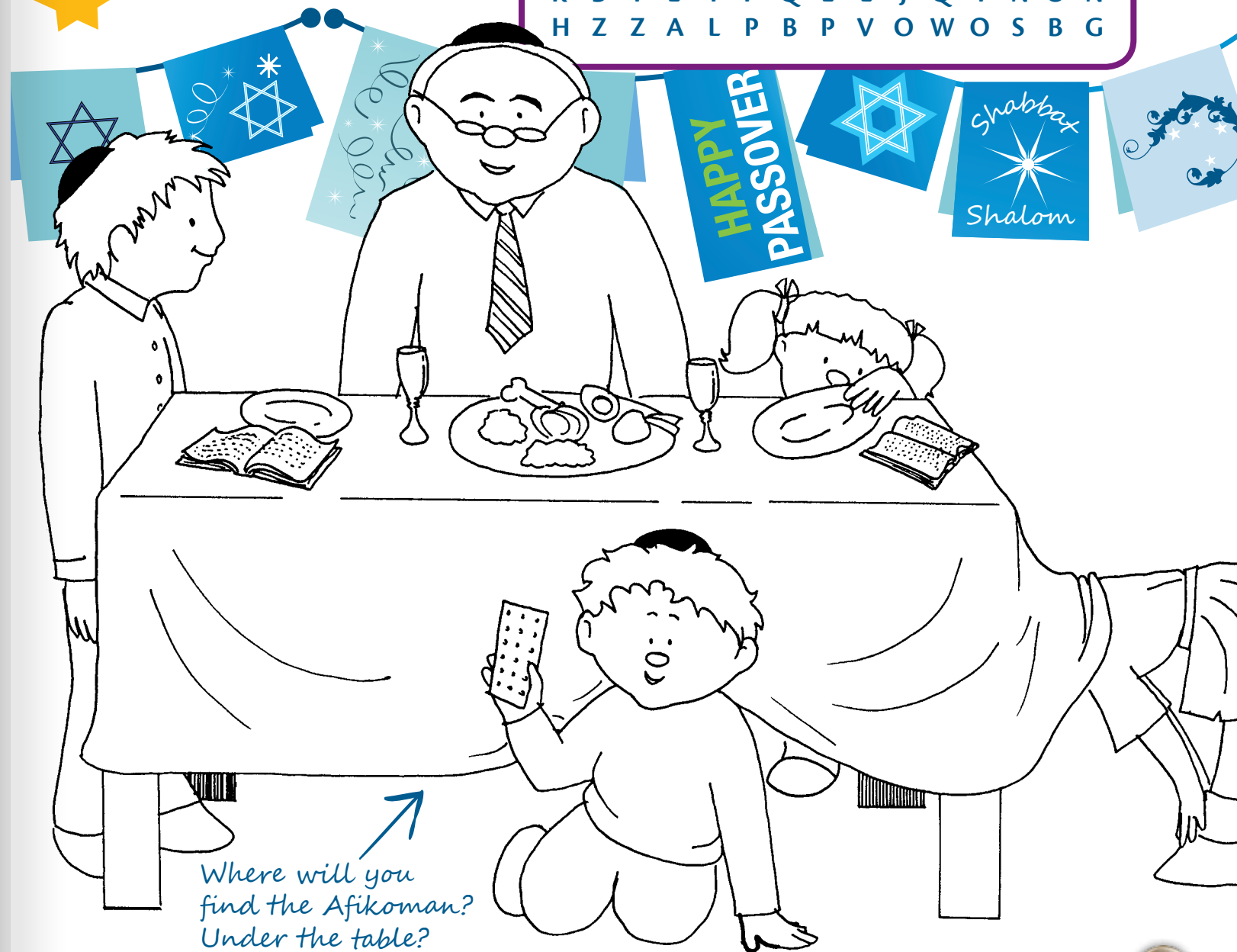
bone - zeroah • egg - beitzah • bitter herb - chazeret • lettuce - karpas • parsley - maror • apples & walnuts - charoset

Word Search: the Seder Plate

Find the hidden words below!

- | | | |
|-------------|---------|--------|
| APPLE | KARPAS | SALT |
| BEITZAH | LETTUCE | SEDER |
| BONE | MAROR | WALNUT |
| CHAROSET | MATZOH | WATER |
| CHAZERET | PARSLEY | WINE |
| EGG | PLATE | ZEROAH |
| HORSERADISH | ROOT | |

Word search answers are found on the back cover.
See more Kids' Korner activities on our website.



Where will you find the Afikoman?
Under the table?
In a book? On a shelf?

Shopping List

Your Passover

- Produce:**
- Apples
 - Apricots
 - Avocados
 - Beets
 - Carrots
 - Celery
 - Garlic
 - Horseradish root
 - Leeks
 - Lettuce
 - Mushrooms
 - Onions / Pearl
 - Parsley
 - Parsnips
 - Peppers
 - Potatoes
 - Radishes
 - Romaine lettuce
 - Sweet potatoes
 - Tomatoes
 - _____

- Fish/Meat:**
- Gefilte fish
 - Salmon / Other
 - Beef
 - Poultry
 - _____
- Beverages:**
- Coffee / Decaf
 - Herbal tea
 - Soda
 - Wine / Grape juice
 - _____
 - _____
- Dairy:**
- Cream cheese
 - Hard cheese
 - Milk
 - _____
- Condiments:**
- Ketchup
 - Horseradish
 - Olives
 - Pickles
 - _____
 - _____

- Passover Must-Haves:**
- Baking powder, KFP
 - Baking soda, KFP
 - Brown sugar
 - Chicken stock
 - Chocolate chips
 - Cinnamon
 - Eggs
 - Extracts
 - Garlic powder
 - Ginger
 - Herbs: basil, dill
 - Margarine
 - Matzoh cake meal
 - Matzoh farfel
 - Matzoh meal
 - Matzoh, regular
 - Matzoh, Shmurah
 - Nuts
 - Oil
 - Onion powder
 - Paprika

- Entertaining Misc.:**
- Pepper, ground
 - Potato starch
 - Raisins
 - Salt, Kosher
 - Shankbone
 - White sugar
 - _____
 - _____
 - Dishwashing soap
 - Foil
 - Napkins
 - Pain reliever
 - Paper towels
 - Party tableware
 - Plastic wrap
 - Sponges
 - Steel wool pads
 - Tissues
 - _____
 - _____
 - _____

Denotes Seder Plate Element

* Not all items listed are available in all stores. Please consult your local rabbinical authority to determine whether the items you choose are kosher or kosher for Passover.

FAMILY FUN!

Fill in the spaces on this passport. Where have you been? Or where would you like to go?

Name one thing you would take with you if you had to leave in a hurry like our ancestors did.

Fill out, cut out, then bring your passport to your Seder dinner and take turns sharing.

Page 7 word search answers

PASSPORT to Passover

Name: _____

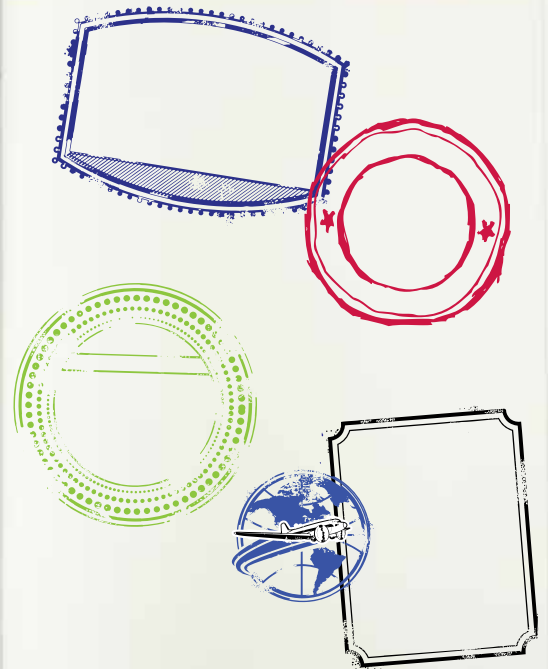
Place I was born: _____

My favorite Passover memory: _____

If I had to leave in a hurry I would take: _____

Discuss what is special about this item and why you would bring it.

Discuss the reason you went, or why you would want to go.



See our website for printable passports.



VISIT US ONLINE AT:
WWW.GIANTFOOD.COM

