

PESACH IN A PANDEMIC



A GUIDE TO THE PERPLEXED
from Lorraine Sherr

GUIDE TO THE GUIDE



- + The driving principles are isolation and food limits. Remember Pesach is only 8 days. So you need 8 dinners, 8 lunches and 8 breakfasts.
- + In isolation food is very important, and meal times take on a very important meaning.
- + Pesach is a very special time and this may help keep it a wonderful festival as we remember the hardships of the Jewish people.
- + These menus are assuming you managed the mayhem and have some basic ingredients such as sugar, oil, eggs, meat, fish, vegetables.
- + Go very simple, recycle leftovers, and be creative.
- + Here are some ideas

Chicken soup - the Jewish standby

Great for a meal enhancer and for wellbeing

Simple Chicken soup

Minimum ingredients: 1 Chicken wing, 1 carrot, 1 leek, 1 onion

(luxurious additions if you can – turkey neck, other vegetables)

Simmer all day.

Recycle the chicken wing by roasting for seder plate.

Kneidlach

+ Kneidlach. Use Kneidlach mix if you can. Use only egg yolk and save the whites to make meringues for desert. Substitute with a little oil or water to keep moist

Make your own? It is possible. My granny did!

+ Beat 2 eggs, add 2 tbsp. water and 2 tbsp. oil, pinch of cinnamon and pepper. Add matzo meal to give soft consistency.

Vegetable soup

- + Make a large pot of soup. It will last the whole week.
- + Soup and matzah can be an excellent meal.
- + Slice a leek (use it all – don't need to throw away any of the green). Toss in oil or margarine(very little) so that it softens. Take care that it does not catch.
- + Add some or all of the following to glaze: Carrots, Sweet Potato, Potato, Butternut, Tin of tomato, some garlic, bay leaf (for pesach pick fresh there are two trees in my garden if anyone wants)
- + Add water and simmer for at least an hour.
- + Liquidize. If you do not have a pesach liquidiser a simple good old masher or fork is fine.
- + Season with pepper and herbs.



My bay
tree



Borscht (beetroot soup) my mothers recipe



- + Scrub 4 beetroots but leave a bit of stem to stop it leeching when you boil. Add half a litre of cold water and boil till soft.
- + Grate two beetroots into the soup and remove the other two for salad.
- + Add seasoning to taste
- + Ideal to eat cold with warm boiled new potatoes and a dollop of cream (Makes it Milky).
- + Ideal to eat it cold with boiled new potatoes without the dollop of cream (Keeps it Porev).
- + **Caution Beetroot stains. Wear an apron or get to like bright purple clothing.**



Festive meal ideas

- + Roast chicken, roast potato, salad or vegetable
- + This meal is delicious and sufficient. Use the chicken carefully. Giblets and one wing go to a chicken soup.
- + *Add a treat – stuffing. Toss a chopped onion in some oil. Break matza into crumbs and stir into the onion. Add any herbs you can get (or none if you cannot). Add some grated apple. Add one egg. Mix into a ball and pack into the chicken before roasting.*
- + Place chicken in roasting dish or tin foil. Sprinkle paprika on the outside. Roast for 1.5 hours (or according to size)



Cottage pie



- + Perfect meal when ingredients are restricted
- + Potatoes, mince meat, 2 tablespoons oil, onion
- + Glaze chopped onion in 1 tbsp of oil. Add mince meat and stir until cooked
- + Boil potatoes till very soft. Drain leaving a bit of water, and mash till smooth
- + Place a thick layer of mashed potato into a baking dish or tin foil. Add the mince mixture, top with the remainder of the potato mash. Sprinkle pepper and the other tablespoon of oil.
- + Bake till golden.



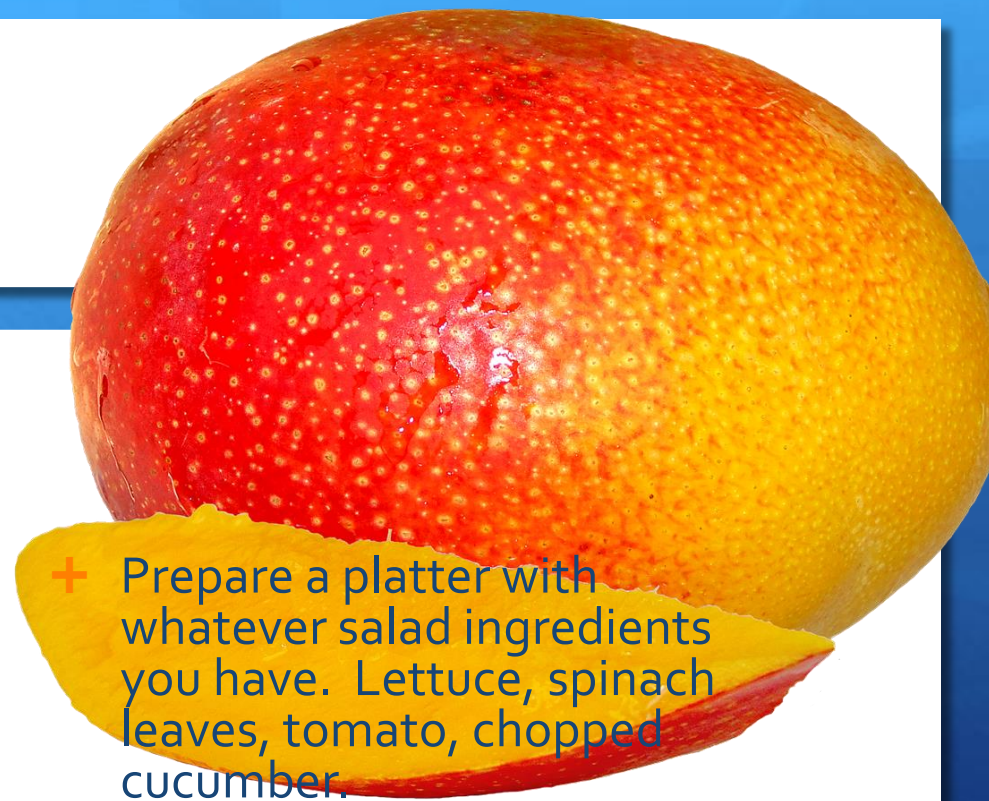
Salmon packets



- + Salmon, any vegetables
- + Take a square of tin foil paper and place some vegetables onto it. Use anything eg broccoli, cauliflower floret, asparagus, carrot slices, courgette slices.
- + Place piece of salmon on top
- + Drizzle olive oil and a squeeze of lemon
- + Seal the packet and bake for about 10-15 minutes – enough to steam the vegetable and cook the salmon.
- + Plate and serve. Decorate with a bay leaf (from my tree but in isolation so let me know)
- + A quick and very tasty meal.

Mango Chicken

- + Marinade chicken breasts in a mix of olive oil, mayonnaise and some chopped mango (just a little save the remainder for the final dish).
- + Place in the oven and roast until the breasts are cooked through (no pink if you slice it tells you it is cooked).
- + Remove from oven. Remove the cooked chicken breasts. Add some orange juice to the baking dish and stir with remaining marinade and create a sauce



- + Prepare a platter with whatever salad ingredients you have. Lettuce, spinach leaves, tomato, chopped cucumber.
- + Place the cooked chicken breasts on the salad
- + Slice mango slithers all over the salad.
- + Drizzle the sauce over the salad.

Potato bake (with cheese)



- + Peel some potatoes and slice thinly then place in a shallow dish or tin foil
- + Heat some butter (or olive oil for parev) in a pan and add some grated onion and any herbs you have (parsley, thyme)
- + Pour over the potatoes and bake.
- + When the potatoes are soft, add some grated cheese and return to the oven till it melts.

Carrot tzimmiss

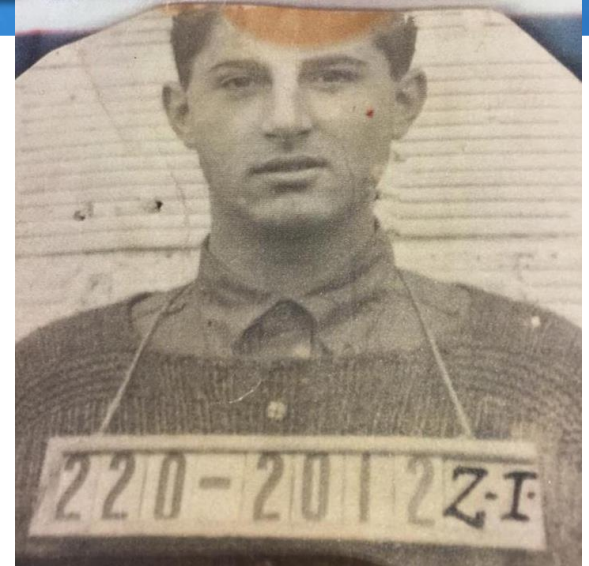
- + *Minimum ingredients: 2 carrots, handful of dried fruit, dollop of honey, water. Luxury additions, squeezed orange juice, cinnamon.*
- + Slice carrots and toss in oil to glaze. Add any dried fruit or prunes if you have (one handful is sufficient). Add some honey and enough water to cover. Slowly simmer until glazed and scrumptious.
- + Perfect vegetable for seder.



Baked Potato

"In the camps my father Salomon (aka Charles) Mammon said he had a boiled potato each day and that is how he kept pesach in St Denis prisoner of war camp" Yvonne Green

- + The humble potato can provide great meals.
- + Wash your potato thoroughly and pierce it with a knife
- + Place on a baking tray and in the oven (180) until soft. You can also bake in the microwave
- + When ready serve as a side vegetable, or as a meal in its own.
- + Suggestions for toppings: Cheese, tuna, or any leftovers.



Geschmirte matzos (from my granny)

- + Lay matzo on a baking sheet.
- + Take cream cheese and stir in some milk, 1 egg (optional if you do not have). Spread mixture over the matzos and add pinch of sugar and a dust of cinnamon.
- + Bake under the grill very quickly (don't allow to burn), or in the oven for a few minutes.
- + Very tasty snack.



Matzo Gebrai



- + Traditional dish – great for filling breakfast
- + Whisk eggs
- + Place nob of butter in frying pan and break matzo into it – stir
- + Pour eggs over it and scramble
- + Serve

Tuna Salad

- + Mix together 2 tins tuna, 2 peppers diced, 4 pickled cucumbers diced, mayonnaise to taste, 1 onion diced, 4 hard boiled eggs sliced, 4 tomatoes diced, dash of tomato sauce, sprinkle of paprika
- + All items are optional (except the Tuna). If you have to miss out the tuna you will need to rename the dish!!!
- + Serve on a nice dish with matzo
- + Decorate with a bay leaf (from my tree)



Dips – great with matzos or crisps

Guacamole al la pesach

- + Mash an avocado with diced tomato and a squeeze of lemon juice.
- + Sprinkle pepper
- + To make this go further add cream cheese (milky)



Egg mayo

- + Boil 3 eggs
- + Add mayonnaise and mash
- + Sprinkle with paprika to look posh



Chocolate mousse & chocolate mousse cake

Warning:
Chocolate
makes your
clothes shrink.

Chocolate Mouse

- + Melt dark chocolate over boiling water or in the microwave (easy to kasher microwave for pesach).
- + Separate eggs.
- + Whisk whites till fluffy and peaked
- + One by one stir the egg yolk into the melted chocolate (1 egg to 1 oz of chocolate).
- + Fold the melted chocolate and Yolks into the egg white and refrigerate.

Chocolate mouse cake

- + Make two chocolate mousse (known as chocolate mice)
- + Place one of them into a baking dish and cook in the oven (a bit like a soufflé).
- + When cooked, remove and cool.
- + Spoon the other chocolate mousse on top of the cooked one.
- + Serve small portions to everyone – keeping the largest portion as it is yummy.

Meringues

- + Egg whites (ratio is 3 egg whites to 1 cup of sugar).
- + *Tip: If you are using Kneidle mix for soup, use only egg yolk and add water or oil to substitute for the whites. Save the egg white to make meringue.*
- + Sugar
- + Beat egg whites till stiff.
- + Slowly add sugar until it is completely absorbed
- + Spoon dollops of mixture onto baking sheet and bake in very low oven.
- + Turn oven off and leave in the oven overnight.
- + Serve with any fruit you can get



Sometimes I wrestle with my demons. Other times we just hug and eat cheesecake.

SNARKECARDS



Sherr cheesecake

- ◆ Crumble any pesach biscuits or some of the pesach cake in to a dish.
 - ◆ Mix 1 lb cream cheese, 3 tablespoons of sugar, 2 eggs, half a tsp lemon juice in a bowl
 - ◆ Pour (or scoop) cheese mixture over the crumb base and cook in a 180 degree C oven for 10-20 minutes.
 - ◆ Spoon a tub of sour cream over the top of the cheesecake when cool, just before serving.
- ◆ VARIATIONS. No recipe is exact. Changes can always be made. Any base will do. Bigger cheese cake - add more cream cheese. I often reduce the sugar as it is really sweet enough! If you cant be bothered to measure the lemon just squeeze - always tastes nice. If you squeeze and lemon pips drop into the mixture make sure you remove with a spoon and wash your hands. I cook everything on 180 and am sure I should adjust heats - so just make it up - any temperature will do. If the cake gets a sort of crack in the top that is a sign that it is perfect. If you forget it in the over (because you are on the phone) don't worry it still tastes yummy. Any tub of sour cream will do - small medium or large. If it is out of date don't worry as all that means is it may go sour - but it is supposed to be sour!!!

Fun food for kids – they can help prepare and hopefully eat!

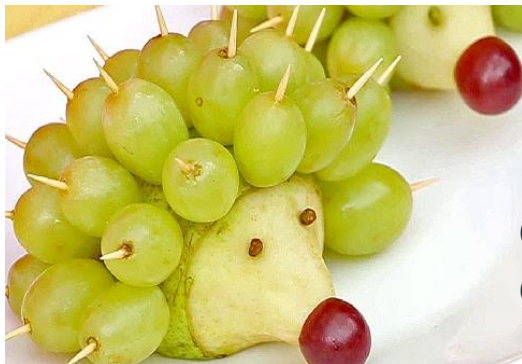
+ Creative decorating



Bunny – 1
orange,
3 strawberries,
3 blueberries



Frogs for the
ten plagues,
Avocado,
strawberry

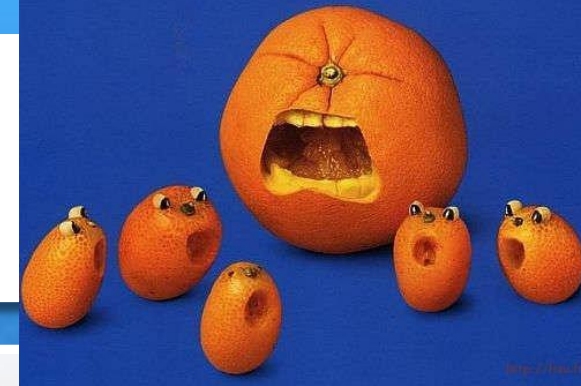


Green and red
Grapes, 1 pear.



Peacock, grapes,
blueberries and a
pear,
Carrot for legs and
nose

Home schooling and nutrition



- + Pack of paper plates
- + Draw funny faces and decorate with vegetables
- + Let children be creative
- + Some inspiration ideas



If all else fails, some suggestions for the extra loo rolls (courtesy of my nephew Joshua)

