

No Crumb Left Behind

Charoset Variations



Passover Recipes from Leket Israel

Serving as the Israel's National Food Bank and largest food rescue network, Leket Israel works to alleviate the problem of nutritional insecurity among Israel's poor. Every year, with the crucial assistance of over 95,000 volunteers, Leket Israel rescues and delivers more than 2 million hot meals and 69 million pounds of fresh produce to underprivileged children, families, and the elderly. Nutritious food that would otherwise have gone to waste is redistributed to Leket's 300 nonprofit partner organizations caring for those in need, reaching 415,000 people each week.

To raise awareness about food waste in Israel and Leket Israel's solution of food rescue, we have compiled this cookbook with the help of leading food experts and chefs from Israel, the UK, and North America. This digital cookbook is our gift to you in appreciation of your support throughout the year. It is thanks to your generosity that Leket Israel can continue to rescue surplus fresh, nutritious food to distribute to Israelis who need it most.

To learn more about food waste, follow Leket Israel on [Facebook](#), [Instagram](#), and [Twitter](#), or visit our website, www.leket.org/en/. Together we will raise awareness, continue to rescue nutritious food, and make this High Holiday season a better one for thousands of Israeli families.

Happy Passover and as we say in Israel – B'teavon!



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Easiest Passover Charoset

Rochelle, creator of Rochelle's Kitchen London, is an accidental food influencer on Instagram, as a result of COVID, who has a lifelong passion for food. She is currently developing recipes and working with, and for, well-known brands in the food industry. She is delighted to share her recipes with Leket in support of the valuable work they do.

Instagram: [@rochelleskitchenlondon](https://www.instagram.com/rochelleskitchenlondon)

Facebook: [Rochelle's Kitchen London](https://www.facebook.com/Rochelle's%20Kitchen%20London)

Blog: rochelleskitchenlondon.wordpress.com

Ingredients:

(Serves 6)

- 1 cup (100g) ground nuts – I use ground almonds
- ½ large cooking apple, grated
- 2-3 teaspoons cinnamon
- 2 teaspoons caster/superfine sugar
- Kosher red wine or grape juice to moisten

Directions:

- Mix dry ingredients together and bind with wine or grape juice until you have a paste.

Serve on the Seder table.

Chag Sameach Everyone!

TIP

- Make ahead and double the quantities for a crowd.



Photo credit: Rochelle's Kitchen London



Charoset 3 Ways

Denise Phillips is one of Britain's leading Jewish chefs. She initially trained with Prue Leith before setting up her own catering business. She has written 7 popular books and has run a cookery school for over 20 years. Her passion is cooking traditional Jewish food with a modern twist. Through her books, weekly newspaper columns, and master classes, she has developed a tasty collection of Jewish food, and her enticing and stylish recipes are an original blend of the old and the new. In addition, Denise has created the very successful Date On A Plate concept; cookery classes providing singles of all ages a fun way of networking and meeting new people. An excellent and inspiring teacher, Denise also runs corporate cookery events that both entertain and assist with team building and the learning of new culinary skills.

www.jewishcookery.com

Instagram: [@denises_kitchen](https://www.instagram.com/denises_kitchen)

Traditional Ashkenazi Charoset

Ingredients:

- 3 eating apples – peeled and cored, chopped or grated
- 1 cup (110g) walnut pieces
- 2 teaspoons cinnamon
- 5 tablespoons Kiddush wine or other Passover sweet red wine
- Sugar or honey to taste

Directions:

- Combine and refrigerate.



California Charoset KITNIYOT

Ingredients:

- 1 cup (150g) pitted dates, chopped
- 1 orange, peeled
- 1 avocado, peeled and stoned
- 2 bananas, peeled
- 1 cup (100g) shredded coconut
- juice of ½ lemon
- ⅓ cup (50g) pine nuts
- ⅔ cup (100g) raisins
- 2 tablespoons matzah meal

Directions:

- Put all the ingredients into the blender and blend to desired consistency.
- Cover and refrigerate.



Charoset 3 Ways

Moroccan Charoset

Ingredients:

- 25 dates, pitted and chopped
- $\frac{3}{4}$ cup (100g) pistachios
- $\frac{1}{3}$ cup (50g) whole blanched almonds
- $\frac{2}{3}$ cup (50g) raisins
- 2 apples, peeled, cored and diced
- 1 orange, peeled and finely chopped
- 1 banana, sliced
- $\frac{1}{3}$ cup (100ml) sweet red wine
- 1 pomegranate (juice only)
- 3 tablespoons cider vinegar (Kosher for Passover or use white vinegar)
- 1 teaspoon black pepper
- 1 teaspoon each of ground cardamom and cinnamon

Directions:

- Combine fruits and nuts or finely chop or grind in the food processor.
- Add the wine, pomegranate juice and vinegar to make a paste. Blend in spices.
- Store in a glass container in the refrigerator until serving – up to 1 day.



Charoset Balls

Danielle Renov is a Recipe Developer and Food & Travel Blogger/Vlogger. Originally, from New York, she made Aliyah and lives in Jerusalem with her husband and children. Follow her on [Facebook](#) and Instagram [@peaslovenicarrots](#).

Ingredients:

- 15 dates, pitted, checked, roughly chopped
- 1½ cups ground walnuts
- Pinch of cinnamon
- 2 tablespoons red wine

Directions:

- Put everything in the food processor.
- Process until it forms a thick paste.
- Scrape down the sides and process again.
- Form small balls.
- Place in a container lined with parchment paper.
- Refrigerate until the Seder.



Charoset Salad

Naomi Nachman, Cooking has always been Naomi's passion. In 2004, Naomi started her own kosher personal chef business, The Aussie Gourmet, catering and preparing meals for her local Long Island community and beyond. Naomi is often called upon to give cooking demonstrations and produce [kosher Chopped competitions](#) throughout the New York/New Jersey metropolitan area as well as across the country.

Naomi has her own cooking show on Kosher.com called [Sunny Side Up](#), and also hosts her own weekly show, "Table for Two with Naomi Nachman" on The Nachum Segal Network. In addition, Naomi writes a monthly column for the Mishpacha magazine covering food trends and is also a contributing editor to The Jewish Home newspaper distributed in Long Island, Baltimore and California.

Naomi published her debut cookbook, [Perfect For Pesach](#), in 2017, and her second cookbook, Perfect Flavors, in 2018, through Artscroll.

Instagram: [@naominachman](#)

Ingredients:

Candied Almonds

- 1 cup blanched, sliced almonds
- ½ cup sugar
- ½ teaspoon cinnamon

Dressing

- ½ cup [Kedem Cream Malaga](#) or other cream Malaga or sweet Kiddush wine
- ½ cup [Tuscanini Balsamic Vinegar](#)
- ¾ cup oil
- 2 tablespoons sugar
- 1 teaspoon salt
- ¼ teaspoon cinnamon
- pinch of cayenne pepper

Salad

- 5–6 ounces baby spinach or choice of lettuce
- 3 granny smith apples, diced
- 8 dried dates, pitted and diced



Photo Credit: Miriam Pascal

[Continued on the next page](#)



Charoset Salad (Continued)

Directions:

Prepare Candied Almonds

- Line a baking sheet with parchment paper; set aside.
- Heat a frying pan over medium heat. Add almonds, sugar, and cinnamon; cook for about 5 minutes, stirring frequently, until the sugar is dissolved. Do not overcook or sugar will burn.
- Spread the nuts in a single layer on prepared baking pan; set aside to cool.

Dressing

- Combine all dressing ingredients in a container; cover tightly and shake to combine.

Assemble the Salad

- Add spinach, apples, and dates to candied almonds in a large bowl. Just before serving, drizzle with desired amount of dressing (you will have extra); toss to combine.

Tips:

- Be careful when working with the candied almonds, as hot sugar can cause a painful burn.
- This recipe makes a large amount of dressing. Keep any extra in the fridge and use it to dress salads all Pesach.
- Nuts can be stored in an airtight container at room temperature for about a week.
- Dressing can be prepared ahead and stored in the fridge for about a week.

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Photography by Miriam Pascal.



Banana Charoset (No Kidding)

Paula Shoyer, “the Kosher Baker,” is the author of *The Healthy Jewish Kitchen*, *The Holiday Kosher Baker*, *The Kosher Baker*, and *The New Passover Menu*. Paula graduated with a pastry degree from the Ritz Escoffier in Paris and does cooking and baking demos around the world.

Instagram: [@kosherbaker](#)

Facebook: [The Kosher Baker](#) and [Kosher Baker Facebook group](#)

Ingredients:

Makes 3 cups (Serves 25 for Seder)

- 3 large ripe bananas
- 2 cups ground walnuts
- 2 tablespoons sugar
- ½ teaspoon ground cinnamon
- 2 tablespoons sweet kosher wine
- 2 apples, shredded on the large holes of a box grater
- 1 cup walnut halves, chopped into ⅓-inch pieces

Directions:

- In the bowl of a food processor fitted with a metal blade, place the bananas, ground walnuts, sugar, cinnamon and wine. Process until the mixture comes together.
- Transfer to a small bowl, add the apples and chopped walnuts, and stir to combine.

Tip:

- You can buy nuts already ground, with the skin or without. I have a coffee grinder dedicated to grinding nuts. You can also use a food processor, as long as it can reduce the nuts to a fine grind, almost like a powder, when you need almond flour for baking. If you grind nuts for too long, you will end up with nut butter.

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Photo credit: Paula Shoyer



Apple Beet Charoset

Amy Kritzer is the founder of the modern Jewish cooking blog [What Jew Wanna Eat](#) and author of the 2016 cookbook *Sweet Noshings*.

Facebook: [What Jew Wanna Eat](#)

Instagram: [@whatjewwannaeat](#)

An alternative to traditional charoset for Passover with the addition of beets, dates and candied walnuts!

Ingredients

- 1½ cups chopped walnuts
- ½ cup sugar
- 4 medium beets, washed, peeled and diced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon kosher salt
- 4 medium apples (I use Pink Lady. Gala is tasty too)
- ½ cup dates, pitted and chopped
- ½ teaspoon ground cinnamon
- 2 tablespoons honey
- ⅓ cup Manischewitz (I like blackberry) or sweet red wine



Photo credit: Amy Kritzer

Instructions

- Preheat oven to 350° F. Set aside a piece of wax or parchment paper.
- Place walnuts in a single layer on a foil-lined baking sheet and bake until toasted, about 5-7 minutes.
- Place sugar in a medium saucepan on medium heat and mix while melting the sugar.
- As soon as the sugar is melted, add the nuts and quickly coat the nuts. Transfer nuts to piece of wax or parchment paper and immediately break up the nuts with a spoon.
- After you make your nuts, get those beets cooking! Toss beets in olive oil and salt and place on a foil lined baking sheet. Roast for 15 minutes or until tender. Let cool.
- Peel and core your apples and dice them and toss with beets in a large bowl. Then add the diced dates and cooled nuts. Then add cinnamon, honey and wine and mix one more time.

Tips

- Beets can be cooked ahead of time.



Italian Chestnut and Orange Haroset – KITNIYOT

Vered Guttman is an Israeli chef and food writer living in Washington, DC. Her columns on Israeli and Jewish food appeared in **Haaretz** for six years. Vered's writing was also published in The Washington Post, Slate, Moment Magazine and others.

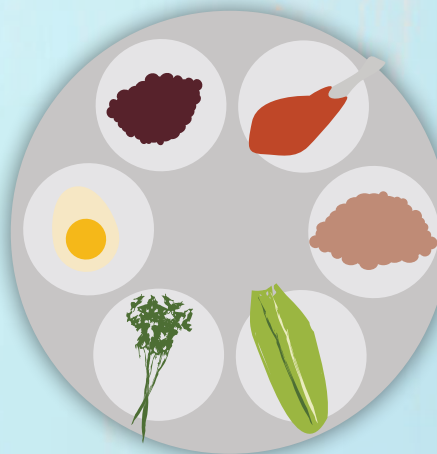
This haroset comes from the Venice region, and is adapted from Joyce Goldstein's excellent book *Cucina Ebraica, Flavors of the Italian Jewish Kitchen*.

Website: Vered's Israeli Cooking

Instagram: [@veredguttman](https://www.instagram.com/veredguttman)

Ingredients

- 1¼ cups cooked chestnuts
- ½ cup dessert wine, such as muscat (Moscato)
- ½ lb. dates, pitted
- ½ lb. dried figs, coarsely chopped
- 2 tablespoons poppy seeds
- ½ cup walnuts, coarsely chopped
- ½ cup almonds, chopped
- Grated zest and juice of 1 orange
- ½ cup golden raisins
- Honey to taste (start with 1 teaspoon)



Directions

- Combine chestnuts and wine in a food processor and process to a paste. Add the rest of the ingredients and pulse to a coarse paste.
- Transfer to a bowl, cover and refrigerate until serving. Serve at room temperature.



Photo credit: Vered's Israeli Kitchen

Moroccan Charoset Truffles

Sharon Gomperts and Rachel **Emquies Sheff** have been friends since high school. The Sephardic Spice Girls project has grown from their collaboration on events for the Sephardic Educational Center in Jerusalem. Upcoming events include interviewing Chef Shimi Aaron at the WIZO Purim Luncheon and a Sharsheret Passover Cooking Webinar.

Follow them on Instagram [@sephardicspicegirls](https://www.instagram.com/sephardicspicegirls) and on Facebook at [Facebook at Sephardic Spice SEC Food](https://www.facebook.com/SephardicSpiceSECFood).

Ingredients:

- 1 cup walnuts, roughly chopped
- 2 cups pitted dates
- 1 cup raisins, golden or dark
- 1 teaspoon cinnamon
- ¼ teaspoon ground cloves
- ¼ cup sweet wine
- Finely ground almond flour and/or dried rose petals to roll charoset balls in (optional)

Directions:

- In a food processor, combine chopped walnuts, dates, raisins and spices until mixture begins to stick together and is finely chopped.
- Add wine and mix.
- Using a small cookie scooper, make the balls the same size and place on parchment-lined tray. Wet hands with water and roll into perfect balls.
- Refrigerate for 1 hour.
- Optional: roll truffles in toasted almond flour, chopped nuts or rose petals.
- Can be stored in refrigerator in airtight container for 2 months.
- Makes 3 dozen truffles.



Photo credit: Sephardic Spice Girls



Charoset Bars

Chanie Apfelbaum is a food blogger, recipe developer and food photographer who blogs about her cooking adventures at www.busyinbrooklyn.com. She has been featured in The Wall Street Journal, The Meredith Vieira Show, The Huffington Post, News12 Brooklyn, NY1, Thrillist, and more. Her debut cookbook, *Millennial Kosher* (Artscroll Mesorah Publications) was released in April 2018.

Social Media: [@ChanieApfelbaum](https://www.instagram.com/ChanieApfelbaum)

Sephardic charoset incorporates dried fruit (like dates, raisins, apricots, or figs), nuts (often almonds or walnuts), and cinnamon. Ashkenazi charoset includes fresh fruit (my dad always used pears, but apples are also common), walnuts, and red wine. This recipe fuses both versions into delicious bars that are so good, it's hard to imagine that they are kosher for Passover!

Ingredients:

- 3 cups superfine blanched almond flour
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup walnut or grapeseed oil
- 1 extra large egg
- $1\frac{1}{2}$ teaspoons kosher salt, divided
- 1 ripe pear or Granny Smith apple, peeled, cored, and roughly chopped
- 14 plump medjool dates, pitted (about 10 ounces)
- $\frac{1}{4}$ cup dry red wine
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{2}$ cup chopped walnuts (about 2 ounces)



Photo Credit Chanie Apfelbaum

Directions

- Preheat the oven to 350°F. Line an 8×8-inch pan with parchment paper.
- In a medium bowl, stir together the almond flour, sugar, oil, egg, and 1 teaspoon of the salt until combined into a smooth dough. Remove 1 cup of the dough and set aside.
- Using your hands, press the remaining dough into the bottom of the prepared pan in an even layer.
- Bake for 12 minutes, until lightly puffed. Cool for 5 minutes.
- In the bowl of a food processor, pulse together the pear (or apple), dates, wine, cinnamon, and remaining $\frac{1}{2}$ teaspoon salt until pasty, scraping down the sides of the bowl with a rubber spatula as needed (it should resemble mortar, just like the story of the Exodus!).
- Add the walnuts to the reserved 1 cup of dough and mix with your fingers to combine.
- Spread the charoset filling over the cooled baked dough and crumble the walnut mixture over top. Bake for 18 minutes, until browned around the edges. Cut the bars into squares and store in an airtight container (use parchment paper if layering). Store at room temperature for up to 2 days or refrigerate for up to a week.
- To freeze, wrap squares individually in plastic wrap, transfer to a zip-top bag, and freeze for up to 2 months.

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My Recipes

Handwriting practice lines for recipes.



My Recipes

Lined area for writing recipes.

