

Recipes celebrate Passover

COCHERO AL HORNO (SEPHARIC ROASTED LAMB SHOULDER)

A whole shoulder of lamb weighs 4 to 6 pounds; a boned shoulder weighs about 30 percent less, 3 to 4 pounds. Since bone conducts heat, the cooking time for boned lamb is actually longer.

This dish is a Passover and Rosh Hahannah favorite in many Sephardic households, especially during the time when the largest supply of lamb is available.

- 1(4- to 6-pound) shoulder of lamb, bone in
- 4 to 8 cloves garlic, sliced
- about 3 tablespoons olive or vegetable oil
- Salt to taste
- Ground black pepper to taste

Preheat the oven to 325°. Cut slits in the surface of the lamb and insert a garlic sliver into each slit. Rub with the oil, salt and pepper. Place in a shallow roasting pan. Roast, basting occasionally, until the exterior is browned and the interior is slightly pink, about 15 minutes per pound or until a meat thermometer registers 145 degrees for rare, 1 to 1½ hours. Let the roast stand 10 minutes before carving.

Variations:
Greek Roast Lamb with Lemon-Egg Crust: Blend together 12 lightly beaten eggs, ½ to 1 cup lemon juice, and salt and pepper to taste. Pour over the roasted lamb and place the lamb under the broiler. Broil until lightly browned but not rubbery, about 10 minutes.

Mosliw/Miachi (Moroccan Roast Lamb): With a mortar and pestle, crush together 1 cup chopped fresh parsley, 2 teaspoons ground cumin or 1 tablespoon cumin seeds, 2 to 3 teaspoons salt, 2 large cloves garlic, 1 teaspoon seeded and minced red chili or a dash of cayenne pepper, and if desired, ½ teaspoon crumbled saffron threads. Rub over the lamb, drizzle with 1 cup (2 sticks) melted margarine, and roast as above, basting frequently. (Note: Mosliw is usually prepared from a whole lamb in a brick or mud oven, but this is impractical for most home kitchens.) Serves 6-8.

Recipe courtesy of "The World of Jewish Cooking" by Gil Marks, (FireSide Books, 1999.)

NUSTORFE (ASHKENAZIC FLOURLESS NUT CAKE)

Since tortes rely on beaten eggs for leavening and contain little or no flour, they are perfect for Passover as well as any time during the year. This nut sponge cake is a typical Ashkenazic Passover dessert, customarily served plain or with wine-sauce, a wine sauce similar to the Italian zabaglione. Modern cooks find it very versatile, adding chopped dates or candied citrus; substituting 1 cup of mashed bananas or applesauce or ½ cup of grated apples or carrots for the wine; or adding 3 tablespoons of cocoa powder.

- 1 cup finely chopped walnuts, pecans, or hazelnuts
- ½ cup sweet red wine or orange juice
- 1 cup matzah cake meal (or ½ cup matzah cake meal and ½ cup potato starch)
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger or cloves
- ½ teaspoon salt
- 8 large eggs, whites and yolks separated
- 2 cups sugar
- ½ cup warm water
- 2 tablespoons lemon juice

Preheat oven to 350°. Grease and line with waxed paper two 8-inch-square baking pans, one 10-inch springform pan, or one 10-inch tube pan.

Soak the nuts in the wine or orange juice while you prepare the batter. Sift together the cake meal, cinnamon, ginger or cloves, and salt. Beat the egg yolks, sugar, and warm water until pale and creamy, 10 to 15 minutes. Stir in the milk mixture and lemon juice. Fold in the cake meal mixture.

Using clean beaters, beat the egg whites until stiff but not dry. Fold one-quarter of the egg whites into the yolk mixture to lighten, then gently fold in the remaining whites.

Pour into the prepared pans. Bake until a toothpick inserted in the center comes out clean, about 35 minutes for single layers, 45 minutes for the springform pan, and 50 minutes for the tube pan. Let cool completely. Wrap the cake and store at room temperature or in the freezer.

Variation: Increase the amount of nuts to 2 cups and omit the matzah cake meal.

Recipe courtesy of "The World of Jewish Cooking" by Gil Marks, (FireSide Books, 1999.)

Eight days of Passover begin Wednesday

WHEN IT IS

The Jewish holiday of Passover or Pesach (PAYSACH) in Hebrew, is observed for 8 days each year beginning with the 15th day of the month of Nisan on the Hebrew calendar. The holiday continues until sundown of the eighth day.

During the first two days and the last two days (Reform movement members, the first and last days only) many children do not attend school and many adults refrain from work. Activities continue as usual during the middle four days. (See heading How It is Celebrated for information on special handling food and kitchen utensils.)

ITS SIGNIFICANCE

Passover commemorates the liberation of the Jewish people from Egyptian slavery, approximately 1280 B.C.E. (Before the Common Era) which is equivalent of B.C. in common usage, and the resultant Exodus of the Children of Israel from Egypt.

THE HISTORY OF PASSOVER

Moses, as leader of the Jewish people in Egypt, asked Pharaoh to "let my people go." When Pharaoh refused, a series of 10 plagues, each one worse than the one before, were brought against the people of Egypt. But after each

plague, Pharaoh refused. The 10th plague was the death of all first-born males in Egypt. The angel of death slew every first-born Egyptian male, but "passed over" the homes of the Jews.

In their haste to leave Egypt, the Israelites did not have time enough to let their dough for bread-baking rise. To this day, unleavened bread is eaten during the eight days of Passover.

Passover is observed universally each year as a reminder to Jews that the Children of Israel were delivered from slavery in Egypt. It is also a reminder to each Jew that, because his forefathers were freed, he or she was delivered from slavery. With this knowledge of the evils of oppression, one must act righteously and strive for justice for all.

HOW IT IS CELEBRATED

The first two nights of Passover are celebrated in Jewish homes with a feast called the seder (SAY DER). The word seder literally means "order" of the service.

It is a ceremonial dinner marked by the retelling of the story of the Exodus from Egypt through the use of prayers, songs, and ceremonial foods.

A special book, the Haggadah (HAH-GAH-DAH), is used during the seder. The word Haggadah means "the telling" of the story or narrative. A book that has emerged

over the centuries fixing the rituals of the seder, it is frequently illustrated, often very beautifully.

The head of the household serves as the leader of the seder, directing the reading of the Haggadah. Everyone present participates, including the youngest person, who recites a Passover tradition, "The Four Questions." The Haggadah tells the story of Passover through answers to The Four Questions.

During the seder, participants sit with a pillow behind them. This signifies the freedom obtained from the Exodius, in that all free people sit in a relaxed manner.

FOODS OF THE SEDER

Matzah (MA-TZA), unleavened bread, is eaten throughout the seder.

Three matzahs are placed on the seder table and covered in a cloth container. The seder plate is a large plate, usually a beautifully decorated work of art, which has a place for each of the ritual seder foods.

As a reminder of the lamb which was ritually slaughtered and then eaten by Jewish families on the eve of Passover in biblical times, a roasted lamb bone is placed on the seder plate.

Horseradish, or Maror (MAROR) is the bitter herbs which reminds us of the bitterness of slavery. Charoset

(CHA-ROW-SUS), a sweet mixture of chopped apples, nuts, cinnamon, and wine, symbolized the mortar made to hold together the bricks the Jews produced while slaves in Egypt. Karpas (CAR-PAS), is a green vegetable usually parsley or celery, used to symbolize spring and renewal. It is dipped in salt water, which symbolizes the tears of the Jews in Egypt. A roasted egg is also placed on the seder plate as a symbol of the burnt offerings made by the Israelites in ancient times.

A special cup of wine is placed on the seder table for the prophet Elijah. According to Jewish tradition, Elijah will foretell the coming of the Messiah.

During the service, there is time when the door of the house is opened and Elijah is "invited to enter."

No leavened bread is eaten during Passover's eight days. In addition, certain other foods containing yeast or other leavening agents are forbidden by Jewish law to be eaten at the time.

All such forbidden foods, called chometz (CHUM-MUTZ), are removed from the home no later than the morning of the day before Passover begins. Separate dishes, silverware and cooking utensils are customarily used during the eight-day celebration.

Information compiled by the Jewish Community Council of Metropolitan Detroit.

PASSOVER

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horrendous." Roisman referred to last year's hotel bombing that killed 28 people.

"With the war she was grateful that things had quieted down in Israel, but she also hoped that calm would continue not just in Israel, but that American troops are safe, too. "On the night of the seder we will be keeping the soldiers in our minds and thoughts," Roisman said. "We're hoping

things will take a turn for the better and that there will be peace for all of us."

The seder also features the traditional reading of the Haggadah, or the telling of the story with answers to The Four Questions. "That's the big tradition of the seder meal is the retelling of the story," Roisman said. "It's a wonderful time of year to come together for renewal and rebirth."

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the prophet Elijah, a messenger who will foretell the coming of the Messiah. During the service there is a time when the door of the house is opened and Elijah is "invited to enter."

Roisman celebrates Passover with friends, Jews and non-Jews. This year she will invite some Chaldean friends who will experience Passover for the first time.

"As a whole, I think we're reflective and very happy," Roisman said. "We all hope things will take a turn for the better."

TASTE CALENDAR

Party Planning
Learn how to throw a fabulous party and enjoy it too. Benefit from 36 years of professional party planning experience of Harold Blodwin by participating in this class Monday, April 28, 7-9 p.m. at Seaholm High School. Learn organizational skills, short cuts to dazzle guests and cost cutting, and how to create themes from invitations. Class fee is \$39. For more information, call (248) 203-3600.

Southern Cooking
Doris Tackell, test editor for Taste of Home magazine, will demonstrate the wonderful art of southern style cooking. Fried chicken, milk gravy, homemade biscuits and pie will be featured. This class is scheduled 7-9 p.m. Friday, April 25 at Nanny's Kitchen, 304 East Street, Rochester, MI 48307. Cost is \$45 per person. For information, visit www.nannyskitchen.com or call (248) 651-1622.

Wine Tasting
More than 500 wines from wineries in the Great Lakes region will be judged, including the wines from Canada, of the Eighth Annual Great Lakes Great Wine Judging and Walk Around Tasting 6-8:30 p.m. Wednesday, May 14 at the Orchard Ridge campus of Oakland Community College inside Building J. Wineries will be judged for gold, silver and bronze medals. Restaurants, including Steve & Rocky's, Travis Pointe Country Club, Confectionately Yours Bakery, Great Oaks Country Club, and Morels, will prepare dishes to pair with the wines. Tickets are available for \$45 per person. Entertainment provided by the OCC Jazz Band. All proceeds benefit scholarships and travel scholarships for students at the Culinary Studies Institute at OCC. Call (248) 522-3100 for information.

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In 100 words or less, tell us why your man deserves a make-over. If you are one of two winners, your man will receive:

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RULES:

- Entries must be received by April 25, 2003
- Entrants must be at least 18 years old
- Entries must be 100 words or less and include a non-returnable photograph
- Entries must include name, age, address, phone, e-mail
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