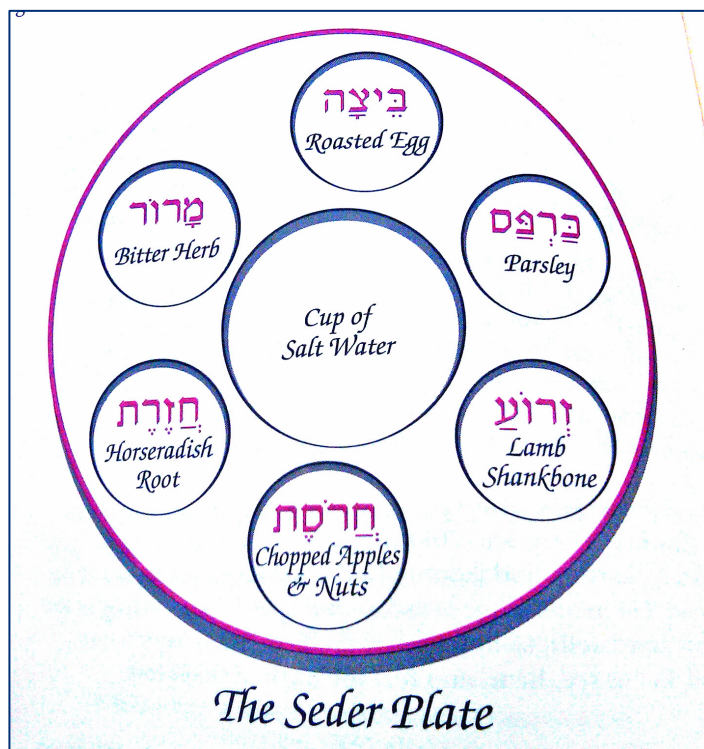




What you will need for your Pesach meal:

- A seder plate or any other plate to arrange the different ceremonial foods on.
- Grape juice
- Matzah
- Shank bone of a lamb
- Boiled egg
- Bitter herbs (such as horseradish, grated)
- Charoset
- Karpas (such as parsley)

We usually eat lamb as the main dish along with salads, vegetables and potatoes followed by a dessert of your choice. REMEMBER: It's a celebration!



The Seder Plate

The ingredients and the order of placement

The Seder bears the ceremonial foods around which the Seder is based: matzah, the 'zeroa' (shank bone), egg, bitter herbs, 'charoset' paste and 'karpas' vegetable.

The shank bone symbolizes the lamb which was sacrificed on that very first Passover.

Matzah is unleavened bread, since we do not eat leaven during Passover. (Leaven is a symbol of sin and we remove all leaven during Passover to remind us that we need to remove sin from our lives always.)

The word Charoset comes from the Hebrew word 'cheres' which means clay. It reminds of the clay used by the Hebrew

slaves in Egypt. (You'll find a simple recipe for charoset at the end of this page.)

Karpas means 'greens' and is the word used for the herbs which will be dipped into salt water during the seder.

Bitter herbs are a reminder of the bitterness of slavery.

The boiled egg is used by Jews to remind them of God's desire to deliver them from slavery. The Aramaic word for egg is bei'ah which is similar to the Aramaic word for desire.

Basic charoset recipe

You will need:

- 3 apples, peeled and diced
- 1 cup walnuts, toasted and roughly chopped
- 1 teaspoon cinnamon, ground
- 1 teaspoon sugar, or brown sugar
- 1 tablespoon honey

Place all ingredients in a large bowl and toss to combine evenly. If you want this to be more of a spread, combine all ingredients in the bowl of a food processor and pulse until just forming a paste. Serve with matzo.

You can watch a video of a recorded Passover meal on: (<https://kolkallah.com/videos/the-pesach-meal/>)