

Gluten Free, Vegetarian, Healthy SEDER RECIPES

Not-Chicken Soup serves 8, **more** with matzoh balls

8 C. water	
8-10 garlic cloves, halved (could be more)	chunks/ a handful of mushrooms, cleaned, trimmed
2 tsp. Salt	
2 stalks celery, coarsely chopped	2 medium sized onions, cut in chunks
1 8-inch parsnip, cut in chunks	½ tsp turmeric (for color)
2 scallions	Fresh chopped dill
2 large carrots, peeled or scrubbed and cut in	Black pepper

Combine everything in a large kettle. Bring to a boil, lower to simmer and partially cover. Cook slowly for about 1-1/4 hours, turn off heat, let cool to room temperature. Strain out the vegetables, put carrots back in. Heat the broth gently before serving. Use a Crock pot to bring?

ALTERNATIVELY The food coop sells not-chicken broth in 32 oz containers. This could be heated with carrots, celery, garlic and dill.

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GF Matzoh Balls, Serves 6 (Double to make enough)

4 eggs	1/4 tsp pepper
2 tsp sea salt	2 C. blanched almond flour (sold in coop)

In medium bowl beat eggs, 1 tsp. salt and pepper for two minutes. Stir in the almond flour. **Refrigerate 2-4 HOURS.** Remove from refrigerator. Heat a large pot of water with 1 tsp salt and bring to boil. Roll the batter into 1 inch balls and drop into the pot of boiling water. Reduce heat, cover, simmer 20 min. Heat soup and add the finished balls. Ladle soup plus 2-3 matzoh balls into individual bowls.

Potato Carrot Kugel, serves 4-6 (double)

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| 1 C. grated carrots | |
| 2 eggs, separated | 1/4 C. margarine |
| 2 T. chopped onions | Pinch pepper, dash (lots) garlic |
| 1/4C.GF flour | 1-1/2 tsp. salt |
| 3/4 vegetable stock (better) or water | 3 C. grated potatoes |
| 1/2 C. toasted almonds, ground fine | 1 tsp. baking powder |

Preheat oven to 300 degrees. Cook carrots and onions in stock and margarine for several minutes until tender. Grate potatoes and add immediately. Remove from heat and stir in beaten egg yolks.

Mix together the GF flour, ground toasted almonds, baking powder and seasonings and add to vegetables. Beat egg whites stiff and fold into vegetable mixture. Pour into a greased baking dish and bake 1 hour.

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TZIMMES (Sweet Vegetable Mixture) Serves, 6-8

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| 1-2 T. vegetable oil | dried apricots? Crushed pineapple and juice? |
| 2-3 lbs. Carrots, sliced | Water and apple cider |
| 2-3 large sweet potatoes, quartered (leave skins on) | Cinnamon and ginger? |
| 1 sm. onion, left whole with cuts made in it | Brown sugar or maple syrup |
| 1 lb. prunes | lemon juice? Pomegranate juice? |

Saute carrots, sweet potatoes, and onion in the oil Put everything in a casserole dish, add fruits and sweetening and liquid and bake covered at 350 degrees for 30 (+?) Minutes until fruits and veggies soften and liquid cooks out. A sweet and sour taste is what we want.

DESSERTS

Maccaroons, which are almond or coconut drops, can be bought at the Coop as well as soymilk ice creams. There will be all sorts of sugary/floury things, cookies and cakes for Passover, that will be sold at the Slingerlands Price Chopper and at other grocery stores you see. However, if any of you like to cook, I have made the “Blood Orange Cake” and it’s amazing and not too hard and I’ve included some other healthier recipes.

Blood Orange Olive Oil Cake (9 by five loaf pan)

Butter for greasing pan	1-3/4 C. almond flour
1-1/2 tsp baking powder	Scant 1/2 C. buttermilk or plain yogurt (or soy yogurt)
3 blood oranges (found at coop)	3 large eggs
1/4 tsp baking soda	Honey-blood orange compote, for serving
1 C sugar (maple syrup, zylitol, or just use less)	2/3 C. extra virgin olive oil
1/4 tsp salt	With whipped cream or soy whip, optional

Compote: *Supreme* 3 more blood oranges according to directions following. Drizzle in 1-2 tsp honey. Let sit for 5 min. then stir gently.

To Supreme: Cut off bottom and top so fruit is exposed and orange can stand upright on a cutting board. Cut away peel and pith, following curve of fruit with your knife. Cut orange segments out of their connective membranes and let them fall into a bowl. Repeat with another orange. Break up segments with your fingers to about 1/4- inch pieces.

Preheat oven to 350 degrees. Butter a 9X5 inch loaf pan. Grate zest from 2 oranges and place in a bowl with sugar. Using your fingers, rub ingredients together until orange zest is evenly distributed in sugar.

Halve remaining orange and squeeze juice into a measuring cup; you’ll have about 1/4 cup. Add buttermilk or yogurt to juice until you have 2/3 cup liquid altogether. Pour mixture into bowl with sugar and whisk well. Whisk in eggs and olive oil.

In another bowl, whisk together flour, baking powder, baking soda and salt. Gently stir dry ingredients into wet ones. Fold in pieces of orange segments. Pour batter into prepared pan.

Bake cake for 50-55 minutes, or until it is golden and a knife inserted into center comes out clean. Cool on a rack for 5 min, then unmold and cool to room temperature right-side up. Serve with whipped cream and honey-blood orange compote if desired.

Cantaloupe, Kiwi, and Strawberry Tart (8 servings)

The Crust: 1 can (10 oz.) soft Passover, coconut macaroons (about 26)
2 T. margarine or butter melted

Filling: ½ C. chopped cantaloupe, ¼ C. sugar, 8 oz light soy or reg. Cream cheese, softened

Topping: 1 small cantaloupe, 2 ripe but firm kiwis, 1 pint strawberries.

To Make Crust: Place rack in center of oven and preheat to 350 degrees. In food processor with metal blade, process macaroons into crumbs. Add margarine and process until mixture holds together. Press into bottom and sides of 9 inch tart pan (I have one) with removable bottom. Place on a baking sheet and bake for 13 to 15 minutes, or until edges are golden brown. Remove and cool to room temperature.

To Make Filling: In food processor, process cantaloupe and sugar till pureed. Add cream cheese and process until blended. Spread into crust. Cover with plastic wrap and refrigerate for at least 2 hours. (May be refrigerated overnight.)

To top with Fruit: As close to serving as possible, quarter cantaloupe, remove seeds and rind,

and thinly slice. Peel kiwis, cut in half lengthwise, and thinly slice. Set aside 1 pretty strawberry. Stem and slice remaining berries. Beginning with the outer edge, arrange alternate circles of cantaloupe, kiwi and strawberries over tart, ending with reserved strawberry at center, Refrigerate till serving.

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Passover Apple Blintzes (Crepes) Makes 20-22

Pancake Batter: 6 eggs
2 C. water
1 C. potato starch (find in Passover section)
Oil for frying

Apple filling:
½ tsp. grated lemon rind
¼ C. chopped walnuts (optional)
2 lbs. Apples, peeled, cored, and diced
½ C. raisins
¼ C. sugar
1 tsp. cinnamon