

PASSOVER REENACTMENT FOODS

Dr. Jeremy Holmes

- Wine: Not just in cups but in a bottle, because the ceremony requires that it be served several times during the meal. For kids, dilute as necessary.
- Parsley: Participants need sprigs of parsley on the side, because they are supposed to dip a sprig in a dish of salt water
- Salt water: There is no need for each person to have an individual bowl of salt water, but a bowl should be within reach of every participant.
- Lamb: This should be roasted, not boiled or fried. Sandwich-sized slices would be perfect.
- Flatbread: Any kind of unleavened bread will work; whole-wheat tortillas work well.
- Bitter herbs: Romaine lettuce or endives are the most common choice.
- Charoset: This is a relish made out of apples. There are lots and lots of recipes out there, but the main thing is that it should be a paste rather than a liquid. Here is one recipe for charoset:
- 2 parts diced apples
 - 1 part chopped walnuts
 - 1 part chopped raisins
 - Cinnamon to taste
 - apple juice to moisten the whole thing to the consistency of a paste