

Passover special edition

THE UJA'S
SHINSHINIM PASSOVER COOK
BOOK



UJA FEDERATION
of Greater Toronto

Introduction

To the amazing Jewish community of Toronto, for the coming holiday of Passover, we wanted to wish you a happy and safe Passover.

We are celebrating this holiday a little differently than the rest of the years before it but still, we need to roll up our sleeves and get cooking!

We created this cookbook for you to enjoy some of our favorite recipes from our families.

Enjoy and Happy Passover
from The UJA ShinShinim

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MATZAH BALLS

A recipe from the UJA ShinShinit Ori

From a young age, my family goes to my Grandma and Grandpa's house for Friday dinner. One of my favorite things is the Matzah Balls in the chicken soup. I would wait for Friday to eat it and even now after a time living in Toronto my grandmother made them for me as soon as I landed in Israel. This dish will always remind me home and where I came from. And really this is the best Matzah Balls I have eaten ... try and see. Hope you would like it :)

INGREDIENTS

- A cup and a quarter of matza flour
- A cup of water
- 2 eggs
- 4 tablespoons oil
- Salt & pepper
- Soup powder

PREP TIME

- Work Time | 10 m
- Ready in | 30 m

PROCEDURE

- 01** In a big bowl place the warm cup of water and in it melt the soup powder. Add the salt, pepper, eggs and oil and mix.
- 02** Add the flour into the wet mixture until you can shape it in your hands.
- 03** Shape the matza balls and place them in a boiling pot of water that is well salted.
- 04** The balls will float within 15 minutes and then remove, refrigerate and put in the soup



Bon Appétit!
בתאבון **1**



PASSOVER BUNS

A recipe from the UJA ShinShinit Yael

Let's be honest- Passover food usually, well, is not the best. So, when Passover comes up I'm not too excited BUT in Israel there's a long vacation AND my mom's Passover buns! If I'll be honest, they don't resemble bread in any way shape or form, but these buns are kind of their own dish, and it's delicious!

Passover is always better because of these buns.

INGREDIENTS

- ½ a cup of canola oil
- 1 cup of water
- 1 cup of Matzah flour (or matzo)
- 4 eggs
- 1 teaspoon of salt
- ½ a spoon of sugar

PREP TIME

- Work Time | 20 m
- Ready in | 1 h

PROCEDURE

- 01** On the lowest heat setting, in a small pot, pour the oil, water and Matzah flour- mix slowly using a wooden spoon.
- 02** Mix all the eggs together and then add slowly to the mixture, while stirring, add the salt and sugar.
- 03** Take off the heat (don't let it boil), and let it cool off for a bit. Spread some oil in a 12 cupcake pan and put the mixture in the pan.
- 04** Put in the oven, preheated to 180 * c for 20 minutes, after that lower the heat to 160 * c and let the buns bake for another 20 minutes, until they have puffed up and browned.

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בתאבון

NOGA'S GREAT GRANDMOTHER'S KNEADLE RECIPE

A recipe from the UJA ShinShinit Noga

My great grandmother, Esther, was born in 1925 in Wlodawa, Poland. In 1939 when the Germans came to Wlodawa, she escaped to Russia with her two brothers, her aunt, Henia and her cousins. In 1949 she made "Aliyah" to Israel, and there she started a family. Her aunt Henia was like a mother to her after she lost her mother during the war. This recipe is one of the many things she learned from her.

PROCEDURE

- 01 Mix the eggs, add in the salt, oil, water and the matzo flour – as much as needed to make it thick but not too hard.
- 02 Leave it covered for a few minutes, until it stiffens a little.
- 03 Boil water with salt (in a 4-5 liter pot, put 1 tbsp of salt).
- 04 Wetten your hands a little and make ping pong size balls out of the dough. Place them in the boiling water.
- 05 When they are ready after a few minutes they will float, take them out with a perforated spoon and put them in a strainer.



INGREDIENTS

- 1 cup of matzo flour
- 1 cup of water
- 1 tbsp oil (corn or sunflower)
- 2 eggs
- Salt

- 06 Add them to your chicken soup and enjoy :)

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MY GRANDMOTHER'S BURMULICUS

A recipe from the UJA ShinShinit Lihi

Ever since I remember myself every Passover I used to eat my grandmother's Burmulicus It was something I always waited for. The special thing about this dish is that you won't find us eating in any other time of the year.

We hope you will enjoy it as much as we do.
Chag sameach!

INGREDIENTS

- 4 matzos
- 1 egg
- Salt
- Pepper

PREP TIME

- Work Time | 20 m
- Ready in | 20 m

PROCEDURE

- 01** Soak the matzot in water for about fifteen minutes and then remove the water and gently squeeze the matzot.
- 02** Take a bowl and in it mix salt, pepper and the egg.
- 03** Deep each matza and fry in a pan with oil. completely.

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GRANDMA'S BEAN RICE

A recipe from the UJA ShinShinit Roni

Every first Seder of Pesach we celebrate with my grandmother and my aunts and uncles (my mom has 6 siblings!) Everyone comes around the afternoon, all dressed up for the Seder and of course everyone is hungry! Every year I smell the rice but always feel like I can't ask for it because in a few hours it's the Seder and you have to come hungry! And then..... I see someone (usually one of my younger cousins) eating the rice and immediately I ask for it to- and every year it gets better!!

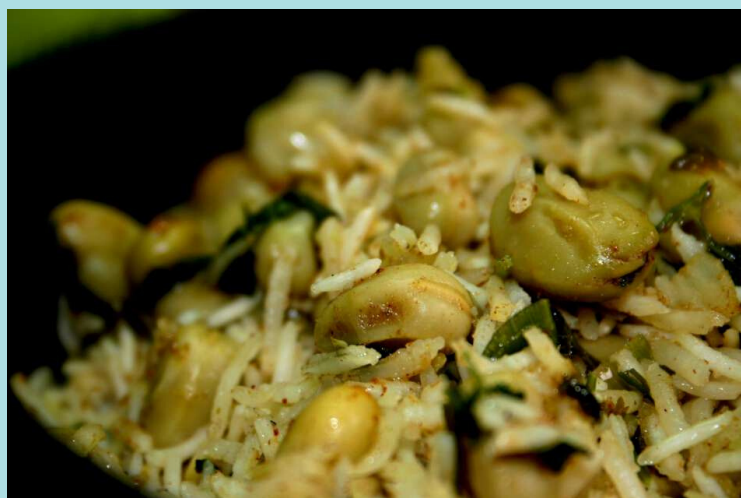
INGREDIENTS

- 1 kg rice
- 800 grams beans
- 1 large onion (cut into small dice)
- Parsley (cut into small pieces)
- Cilantro (cut into small pieces)
- 5 / 6 celery sticks (cut into small pieces)
- 5 / 6 lettuce leaves (cut into small stripes)
- Half a tablespoon of vegetable oil
- Half a teaspoon Paprika
- 100 grams of tomato sauce
- Salt Pepper
- 2 liters of water

PROCEDURE

How to make it? It is the easiest! You just take a large pot that can contain all of the ingredients and mix it all together!

Put it on the stove for hour - hour and a half and stir every 15 minutes!



PREP TIME

- Work Time | 20 m
- Ready in | 1 h 30m

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LEAK CUTLETS

A recipe from the UJA ShinShin Matan

I picked this recipe because it is a traditional Bulgarian dish and an absolute must at the Passover Seder for as long as I can remember.

Everyone in my family always asks if my mom will make them because they love it so much.

INGREDIENTS

- 1 ½ kg chopped leaks
- ½ kg ground beef
- 3 eggs
- 2 spoons matzah flour
- Salt
- Pepper

PROCEDURE

- 01** Place the chopped leaks in boiled water for 10-15 minutes until the leaks soften.
- 02** Cool the leaks and squeeze out the water with your hands.
- 03** Put the leaks in a food processor and add it to a bowl with the ground meat, eggs and matzah flour.
- 04** Put oil in a pan. Form patties and put them in the oil until they have a brownish color and your done.



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MOROCCAN LAMB TANZIA

A recipe from the UJA ShinShin Shalev

PROCEDURE

- 01** In a grill pan heat a little bit of oil and lightly fry the Lamb Chops. Once fried, move the Lamb Chops to a bowl.
- 02** Heat up 2tbsp of oil in a pot and fry the onions until golden.
- 03** Add the Dried Plums, Dried Apricots, Raisins, Cinnamon and Clove Powder.
- 04** Move half of it to a pot, put the Lamb Ribs on top, spice it with the Black Pepper and then add the remaining Onion-Dried Fruit mixture.
- 05** Add the Ginger Powder, Sugar, Silan, Ground Nutmeg, Salt and Water. Boil and cook on a low fire for 2 hours.

INGREDIENTS

- 5kg Lamb Chops
- 2kg Onion – Thinly Sliced
- 200g Dried Plums (Seedless)
- 200g Dried Apricots
- 150g Raisins
- 1/3 cup Silan (Date Honey)
- 1/4 cup Water 1 tsp Sugar
- 1 tsp Cinnamon Powder
- 1/2 tsp Black Pepper
- 1/8 tsp Ginger Powder
- 1/4 tsp Clove Powder
- 1/4 tsp Ground Nutmeg
- Canola Oil

PREP TIME

- Work Time | 40 m
- Ready in | 3 h

RECOMMENDATIONS

If you eat kitniyot during Pesach, it is recommended to serve it along with rice!

You can also add 100g of nuts such as walnuts, almonds, cashew and pistachio to it!

The Lamb Tanzia is personally one of my most favorite foods, in my family we only make it once a year, and that is during Pesach.

In my family, it is my mother who makes this dish every year, but she got the recipe from her grandmother (my great-grandmother) who used to make it every year on Pesach when my mom was growing up. My mom told me that her grandmother would make this dish because of the tradition of making lamb on Pesach (also known as the Passover Lamb) and the reason it has fruit in it is because fruits are a sign of wealth and fertility.

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FILLED ARTICHOKE

A recipe from the UJA ShinShinit Gaya

We make this dish every year on Pesach, it's originally created by my grandma but now my mom makes it.

It's one of my favorite dishes of all times and that is what I asked to eat when I got back home from Toronto.

INGREDIENTS

For the artichoke:

- Canola oil
- 2 canned Artichoke hearts cans
- Half a kilo ground beef
- Small size zucchini
- Medium size white onion
- 2 eggs
- Salt and pepper
- 3 tablespoons of gluten free flour/ matza flour

For the sauce:

- A bit of oil canola (around 4 tablespoons)
- 6 garlic cloves cut to circles
- 2 tablespoons of soup powder
- The juice of half a large size lemon
- 1 ½ cups of water

PROCEDURE

- 01** You take the zucchini and white onion and chop them in a food processor.
- 02** Add the zucchini and white onion mix to a bowl with the ground beef, eggs, flour, salt, and pepper.
- 03** Mix it until combined. Fill the artichokes with the mixture.
- 04** Dip the meat side in flour and fry on that side for a short time around 3-4 minutes.
- 05** While frying the meat make the sauce – use a wide shallow pot. In the pot place oil, garlic, soup powder, lemon juice, and water.
- 06** Cook on medium flame and then place the artichokes in the sauce. The sauce should reach to the middle, where the meat and the artichokes touch.

PREP TIME

- Work Time | 30 m
- Ready in | 1 h

07 Cook without a cover for 20-30 minutes and keep an eye that the sauce doesn't evaporate.

*If you would like you can add: cooked chickpeas, green peas or green fava beans

Bon Appétit!

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PICKLED LETTUCE

A recipe from the UJA ShinShin Ravid

This recipe is a recipe that comes from my great great grandmother from my mom's side. My grandmother only prepares it for Passover and no one in the family knows why. They make these pickles on Passover (really! I did some research!) But it is the most identified thing about Passover in my family and there is no Passover Seder without pickled lettuce.

INGREDIENTS

- One head of lettuce
- 250ml of vinegar
- 1 spoon of sugar
- 1 teaspoon salt
- 1 garlic head
- Glass jar (1 liter)
- Water- 250ml.

PREP TIME

- Work Time | 30 m
- Ready in | 24 h

PROCEDURE

- 01** Wash and cut the lettuce (Width of two fingers).
- 02** Cut the garlic into small, thin piecesIn the jar, arrange the layers of the lettuce and on that put pieces of garlic.
Do that until the end of the jar.
- 03** Mix the sugar and salt with a little boiling water and mix.
- 04** Mix the vinegar, water and sugar and salt mixture together and pour into the jar.
- 05** Let the jar stay one day at room temperature and one day in the refrigerator and then serve.
- 06** Be'Te'A'Von- Priyatava Appetita (As they say in Hebrew and Russian)

Bon Appétit!
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PASSOVER KUBA

A recipe from the UJA ShinShinit Avia

PROCEDURE

01 Place the potatoes for ½ an hour in boiling water until they become soft

02 Cut the onions and fry them in a pan for 15 minutes on a medium fire with ¼ cup of oil.

03 Add the meat to the onion for another 15 minutes.

04 When the meat is ready we strain the liquid from the meat and add the spices.

05 Mix the flour with the resti ingredients in a bowl until the dough becomes uniform

06 Put a towel on the bowl and let the dough rest for 15 minutes

07 Now it's the time to make our kudas! Take a small amount of dough , flat the dough inside your hand and stuff the dough with the meat. Put the ready kudas in an oily template and warm oil a fryer.

08 Fry the kudas and beteavon!

*Tips: *while you make the kudas keep your hands wet, use water to avoid stickiness.
* don't touch the kudas while frying



INGREDIENTS

For the stuffing:

- 250 ml veggie oil
- 2 large onions
- 1/2 kilo ground beef
- 1 tbsp salt
- 0.5 cup of pine nut
- 1 tbsp paprika
- 1 tbsp black pepper
- 1 tbsp nutmeg

For the dough:

- 2 meduim potatoes
- ⅔ packaage of matza flour
- 3 spoons of oil
- 2 eggs
- 2 cups of water
- 1 spoon of soup powder
- 1 tbsp salt

My bubie used to make them for the seder. The kudas are my favorite holiday dish! You can't tell the difference between ordinary kudas without matza flour. The taste reminds me of my grandma and her endless love and kindness.



GLUTEN FREE CHOCOLATE CAKE

A recipe from the UJA ShinShin Gal

PROCEDURE

- 01** Melt the dark chocolate and the butter in a small pot until you get a homogenous mixture.
- 02** Add to the pot 1 cup of sugar and mix well.
- 03** Turn down the heat and let the mixture to cool a little.
- 04** Place the mixture in a mixer. Add 4 eggs, then 1 cup of potato flour and 1 bag (10 grams) of baking powder, mix until you get a homogenous mixture.
- 05** Put the mixture in an oily pan and bake it in 180 Celsius degrees for 40 minutes. I recommend to put Nutella chocolate on top!

INGREDIENTS

- 200 gr butter
- 1 cup of potato flour
- 1 bag of baking powder
- 1 cup of sugar
- 2 packages of dark chocolate
- 4 eggs

PREP TIME

- Work Time | 20 m
- Ready in | 1 h

When I was 4 years old, I was diagnosed with Celiac (A sensitivity to gluten). Since then, I had to get along to a new way of life which is without wheat (and I was very picky) and that was hard at the beginning but right now I don't even remember what I miss. At first, I was always jealous that I was not able to eat some things like pasta, pizza, some snacks and especially cakes such as birthday cakes and more deserts. So my mother searched any way that she could make for me a gluten free cake, and eventually she developed this recipe that for me is the best cake ever and even for almost every Shabbat dinner my mother bakes it to the family and everybody love it.

Bon Appétit!
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PAREVE VANILLA ICE-CREAM!

A recipe from the UJA ShinShinit Ariella

My mom makes this ice-cream all summer starting from Peasach and it's delicious!! Never fails! We sometimes add chocolate chips :)

PROCEDURE

- 01** Separate the eggs and beat egg whites in the mixer until almost stiff.
- 02** Keep the mixer going and add sugar gradually. When well combined add the vanilla package.
- 03** Add oil gradually and the vanilla essence.
- 04** Add the yolks one at a time, finish mixing and pour into a dish. Place in the freezer over night.

INGREDIENTS

- 10 eggs
- 1 cup sugar
- 1/2 cup oil
- 1/2 package Osem vanilla pudding powder
- 1 tsp vanilla essence

PREP TIME

- Work Time | 20 m
- Ready in | 24 h

Bon Appétit!
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KREMBO CAKE

A recipe from the UJA ShinShinit Maayan

The story behind this Passover tradition is, in honest truth, that my sister and I really don't like matza and we were tasked with making a cake for the holiday and we we're determined to make a recipe without it.

Since then it became a holiday classic.

INGREDIENTS

The Base

- 200 grams of dark chocolate
- 1/4 cup of milk
- 5 eggs separated and in room temperature
- 1/2 cup sugar

The Fillings

- 500 ml whipping cream
- 1 cup milk
- 1 bag of instant pudding (preferably the one by Osem)

The Topping

- 100 grams of dark chocolate
- 100 ml whipping cream

PROCEDURE

01

For the base

Preheat oven to 175 degrees.

Melt the chocolate and the milk over a double boiler and then let cool.

Slowly add one egg yolk at a time and mix well before adding the next.

02

In a different bowl mix the egg whites with the help of a mixer until you get white fluffy foam.

Slowly add sugar until you get stiff peaks.

Move the chocolate mixture to the whipped cream and gently fold until a uniform mixture is created.

03

Transfer the batter to the baking pan (24 centimeter cake pan) and bake for 20 minutes. The cake will swell very much during baking and will shrink with cooling.

Refrigerators completely.

PREP TIME

- Work Time | 30 m
- Ready in | 3 h

04 Make the filling –
In a mixer bowl whip the
whipping cream, milk and vanilla
pudding together. Place the
filling in a piping bag and pipe
on to the cooled base and even
out the top using a spatula and
put in the fridge cool. (Leave
some of the filling for the
topping).

05 For the topping put the
cream and chocolate in
a double boiler and melt
together.
Wait for the mixture to cool
down but still to be liquid and
then using ladle slowly pour
the chocolate mixture on top
and then place in the fridge
for the top to harden.

06 Using the filling you have left
pipe some on the top for
decoration.

Bon Appétit!

בתאבון



BOUNTY CAKE

A recipe from the UJA ShinShinit Ofri

This cake is my grandmother's favourite dessert for Pesach. My mother's birthday almost always falls on Pesach. My grandmother (her mom) tried to think about a desert that she will like and that will also be kosher for Pesach.

Then she remembered that my mom's favourite chocolate bar is Bounty.

So, since then, every Pesach my grandmother makes this cake for my mom.

INGREDIENTS

The First Layer

- 4 Eggs
- 2 Spoons sugar
- 2 Spoons cocoa
- ¼ Cup water
- 50g Dark chocolate
- 4 Spoons matzah flour
- 50g Butter
- 2 Teaspoons baking powder

The Second Layer

- 200g Shredded coconut
- 1 can sweetened condensed milk

Top Layer

- 1 whipping cream container
- 150g Dark chocolate

PREP TIME

- Work Time | 1 h
- Ready in | 2 h

PROCEDURE

- 01** For the first layer-
Whip the egg whites and gradually add the sugar until you get stiff peaks - when done set aside.
- 02** Melt the butter, chocolate, cocoa powder and water in a small pot. Add the Matzah flour and the baking powder to the mix and when well combined fold in the whipped eggs white.
- 03** Take a round baking dish and grease it. Put the mixture in the baking dish.
- 04** Bake for about 10 minutes at 180 degrees. Put it on the side to cool.
- 05** For the middle layer -
Mix the shredded coconut with the sweetened condensed milk.
- 06** Once the base has cooled add the coconut mixture to the base.



07 For the top layer-
Mix the whipping cream and chocolate over a double boiler until melted and then wait until it cools lightly but is still liquid. Pour the chocolate mixture on the cake.

08 Put it in the fridge for 30 minutes and enjoy!

Bon Appétit!

בתאבון





GLUTEN FREE PASSOVER CHOCOLATE CAKE

A recipe from the UJA ShinShinit Dana

PROCEDURE

- 01 Hit the oven for 350 Fahrenheit degrees.
- 02 Grease a round baking tray (22-24 cm) and place parchment paper.

INGREDIENTS

- 280 gram of dark chocolate
- 140 gram of butter
- 5 large eggs- separated
- 120 gram of sugar

PREP TIME

- Work Time | 20 m
- Ready in | 1 h

- 03 Melt the chocolate with the butter in a medium size bowl, in the microwave. Mix till you get a smooth mixture.

- 04 In a mixer bowl, whip the egg yolks with the sugar for 5-6 minutes, until you will get a thick bright foam (it is a bit liquidly and not as stiff as an egg whites' foam- it's ok!)

- 05 Move the egg yolks mixture into a big separate bowl, add in the melted chocolate- slowly and fold the mixture until you get a well-mixed, even mixture.

- 06 Wash the mixer bowl and dry it well in a towel (make sure it is completely dry, unless the egg whites will not be whipped well.)

- 07 Whip the egg whites in the mixer for 3 minutes, till you get a foam mixture that reminds little hills.

08 Fold the egg white's mixture into the chocolate-egg yolks mixture gently.

09 Pass the batter into the baking tray and bake for 25-30 minutes.

10 Until the cake looks dry and cracked a bit. Check that a toothpick comes out clean.

11 Take the cake out of the oven and chill it well in room temperature until the cake loses its height- it's a good thing!

12 Pass the cake to chill in the fridge for 3 hours. You're good to go

13 My family, usually put whipped cream on top of the cake and serve with fruits.

Bon Appétit!
בתאבון

I found this recipe on Passover 6 years ago. Actually- I was just looking for a chocolate, gluten free recipe that I could make for our Passover seder. I tried this recipe with my sister, and we are making this cake every Passover (and in a few more occasions) every year. My family loves this cake, especially because we're a chocolate loving family. So, if you're a chocolate lover you **MUST** try this cake!

