

# PASSOVER (Pesach)



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“Festival of Unleavened Bread”

Passover 2014 begins at sunset on **Monday, April 14**, and concludes at nightfall of **Monday, April 21**.

**Passover, also known as Pesach, is the first of three festivals with religious, historical and agricultural significance (the other two are Shavu'ot and Sukkot). The primary observances of Pesach are related to the Exodus from Egypt after generations of slavery.**

## Observances:

Pesach lasts for eight days (seven days in Israel). For some, no work is permitted on the first two days and last two days. The story of the Exodus from Egypt is retold unleavened bread (matzah) is eaten.



## Customs:

A “Seder” is held on the first day(s) of the holiday - during which a family or community retells the story of Exodus. (See backside for details about a seder.) One avoids all leavened grain products and related foods. Before Passover, many people kasher their kitchens – ritually transforming them to chametz-free zones.

## Passover Glossary:

TERM:	MEANING:	PRONOUNCED:
Pesach	Passover	PAY-sahkh
Matzah/Matzo	Unleavened bread	MAHTZ-uh
Chametz	Leavened things	KHUH-mitz
Seder	Ritual performed on the first two nights	SAY-d'r
Haggadah	The book read during the seder	huh-GAH-duh
Leavened	Any one of a number of substances used in doughs and batters that causes a foaming action that lightens and softens - such as bakers yeast, buttermilk and beer which cause the dough to rise.	

## FOOD CUSTOMS

The Jewish home is chametz-free for eight days. Some of the types of foods eaten during Passover week include:

- **Matzah** - The grain product eaten during Pesach is called matzah, the bread that the Jews made for their flight from Egypt. Matzah is unleavened bread, made simply from flour and water and cooked very quickly.
- **Kneydlach** - Chicken soup broth with matzah ball dumplings
- **Matzah brei** – Softened matzah fried with egg and fat; served either savory or sweet
- **Matzah kugel** – A kugel made with matzah instead of noodles
- **Poached fish patties** or fish balls made from a mixture of ground deboned fish

\* Traditions and views often differ from family to family. Source: MyJewishLearning.com

## Passover Seders

### WHAT IS A SEDER?

The seder is a meal that takes place on the first night(s) of the holiday, and is the Passover centerpiece where family and friends get together to celebrate. The word seder derived from the Hebrew word for "order," and the Passover seder has 15 separate steps in its traditional order. These steps are laid out in the Haggadah, the book used during the seder which tells the story of the Exodus from Egypt and explains practices and symbols of the holiday. A Hebrew rhyme can be used to summarize the 15 steps:

**Kaddesh, Urechatz, Karpas, Yachatz, Maggid, Rachtzah, Motzi, Matzah, Maror, Korekh, Shulchan Orekh, Tzafun, Barekh, Hallel, Nirtzah**

**KADDESH: Sanctification** – recital of Kiddush blessing and drinking of the first cup of wine

**URECHATZ: Washing** – the washing of the hands, without blessing

**KARPAS: Vegetable Greens** – dipping of the karpas in salt water

**YACHATZ: Breaking** – breaking the middle matzah; the larger piece becomes the afikoman which is eaten at the end of the meal

**MAGGID: The Story** – retelling the Passover story, including recital of "the four questions" (see below for details) and drinking of second cup of wine

**RACHTZAH: Washing** – second washing of the hands – with blessing

**MOTZI: Blessing over Grain Products** – traditional blessing before eating bread products

**MATZAH: Blessing over Matzah** – blessing before eating matzah

**MAROR: Bitter Herbs** – eating of the maror

**KOREKH: The Sandwich** – eating of a sandwich made of matzah and maror

**SHULCHAN OREKH: Dinner** – "set table," the serving of the holiday meal

**TZAFUN: The Afikomen** – eating of the afikoman at the end of the meal

**BAREKH: Grace after Meals** – blessing after the meal and drinking of the third cup of wine

**HALLEL: Praises** – recital of the Hallel, traditionally recited on festivals; drinking of the fourth cup of wine

**NIRTZAH: Closing** – conclusion

### "THE FOUR QUESTIONS"

The youngest person of the family asks a set of questions about the proceedings designed to encourage participation in the seder.

It's designed to satisfy the needs of four different types of people: the wise one, who wants to know the technical details; the wicked one, who excludes himself; the simple one, who needs to know the basics; and the one who is unable to ask, who doesn't even know enough to know what he needs to know.

Source: [reformjudaism.org](http://reformjudaism.org), [myjewishlearning.com](http://myjewishlearning.com)

## Recipe



### CROCK POT CHICKEN MATZAH BALL SOUP

Prep Time: 15 min

Total Time: 8 hr 30 min

Servings: 4

#### INGREDIENTS

2 pounds bone-in chicken, skin removed (I used chicken legs)  
2 large carrots, peeled and sliced  
2 celery stalks, chopped  
1 medium white onion, peeled and vertically sliced  
3 cloves garlic, thinly sliced  
1 bay leaf  
3 sprigs fresh thyme  
8 cups water  
1/2 teaspoon (or more to taste) freshly-cracked black pepper  
2 teaspoons (or more to taste) salt  
1/2 cup matzah ball mix  
2 tablespoons vegetable oil  
2 eggs

#### DIRECTIONS

Add first 10 ingredients (chicken through salt) to a slow cooker and stir to combine. Cook covered on low heat for 8 hours.

Once cooked, remove the chicken with a slotted spoon and discard the bones. The chicken should just fall apart, but if there are large pieces, use a fork to shred. Then return chicken to the soup.

Meanwhile, in a separate bowl, stir together the matzo ball mix, vegetable oil and eggs until combined. Refrigerate for 15 minutes to chill. Then remove and shape the mix into 1-inch balls.

Carefully place the balls back in the soup, and cover and cook for an additional 20 minutes.

Season the soup one final time with additional salt and pepper if needed.

Source: [www.tablespoon.com](http://www.tablespoon.com)

