









CHAROSET FROM AROUND THE WORLD















INTRODUCTION: FROM 'THE SWEET STORY OF CHAROSET', MOMENT MAG, MAR-APR 2009, BY JOAN ALPERT

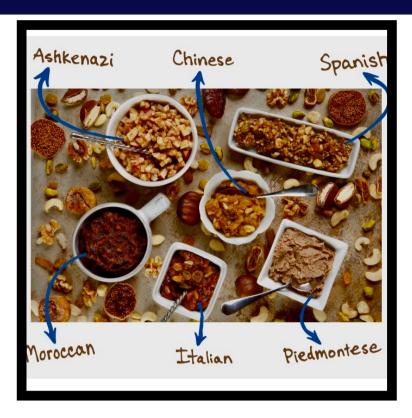
Charoset, that aromatic ensemble of fruits, nuts, spices and wine, may be the tastiest traditional food on the Seder plate, but why it is there is a matter of debate. The Torah does not command us to eat it, and, in fact, never mentions charoset at all. Nor is there a blessing for it in the Haggadah. Yet its connection to Passover is ancient.

Scholar David Arnow and others believe that charoset may have come to the Passover ritual through the influence of ancient Greek civilization. The Greeks held symposiums during which free men consumed large quantities of wine while discussing philosophical issues and "dipping" food in mixtures of pounded nuts and spices—key ingredients in charoset.

The symbolic meaning most often mentioned is that charoset reminds us of the mortar Hebrew slaves used to build clay bricks. The fact that Hebrew for clay is charsis or ceres is frequently given as proof for this interpretation. In his 11th century Mishneh Torah, Moses Maimonides gives one of the first written recipes for charoset in which it is said to look like clay mixed with straw: Crush "dates, dried figs, or raisins and the like...add vinegar, and mix them with spices," because, before being ground, spices are long and stringy like straw.

Properly prepared charoset tastes sweet so that it can soften the harshness of maror, the bitter herb. Reasons for dipping charoset in maror are explained by Rabbi Akiva: According to this second century CE Talmudic scholar, charoset is a reminder of the Egyptian apple orchards where Hebrew women secretly made love to their husbands and bore children, thus defying the pharaoh's ban on procreation. Akiva says that Israel was delivered from slavery in Egypt because of these "righteous women's deeds."

CHAROSET DEFINITION AND GLOBAL VOCABULARY FROM JEWISHLANGUAGES.ORG



<u>Charoset</u> – a sweet mixture of fruits and nuts – represents the sweetness of freedom, as well as the mortar the Israelite slaves used to build pyramids in Egypt. Jewish communities around the world have different words for this symbolic food placed on the seder plate, for example:

- Ladino in Sarajevo, Yugoslavia: *harosi*
- Yiddish in Lublin, Poland: *chroyses*
- Western Yiddish in Amsterdam, Netherlands: charouses
- Judeo-Greek in Ioannina, Greece: charoseth, charosef
- Judeo-Italian in Venice, Italy: *haroset*
- Judeo-French in Bayonne, France: *rharoche*
- Judeo-Persian in Tehran, Iran: *halegh*
- Judeo-Median in Hamadan, Iran: haliká
- Jewish Neo-Aramaic in Betanure, Iraq: həlliq
- Judeo-Arabic in Baghdad, Iraq: hilq, silan, shira
- Judeo-Arabic in Tripoli, Libya: *laḥliq*
- Judeo-Arabic in Sana'a, Yemen: *dukkih*

ASHKENAZIC APPLE-NUT FROM THE JEWISH HOLIDAY KITCHEN & THE CHILDREN'S JEWISH HOLIDAY KITCHEN BY JOAN NATHAN



YIELD - 3 cups

Ingredients

- 6 peeled apples, coarsely chopped
- 2/3 cup chopped almonds
- 3 tablespoons sugar, or to taste
- 1/2 teaspoon cinnamon
- grated rind of 1 lemon
- 4 tablespoons sweet red wine

Combine all ingredients, mixing thoroughly. Add wine as need. Blend to desired texture—some like it coarse and crunchy, others prefer it ground to a paste. Chill.





CHAROSET THREE WAYS: TROPICAL, PERSIAN, TEX-MEX FROM 'LITTLE FERRARO KITCHEN' FOOD BLOG BY SAMANTHA

FERRARO

PREP - 20 minutes YIELD - 8 servings

Tropical Ingredients

- 1 cup diced pineapple
- 1 cup cubed dragon fruit or sub papaya
- ¾ cup cubed mango
- ¼ cup ground macadamia nuts
- ¼ cup shredded coconut

Instructions

Add all ingredients to a bowl and stir to combine. Store in the refrigerator for up to three days.

Persian Ingredients

- 3 dried figs
- 3 pitted dates
- 6 dried apricots
- 2 tablespoons golden raisins
- 1 teaspoon pomegranate molasses
- 2 tablespoons roughly chopped pistachios + more for garnish
- 2 tablespoons roughly chopped almonds
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- 2 tablespoons fruit juice just in case mixture is too dry
- Dried rose petals for garnish (optional)

Instructions

Add all ingredients to a food processor and blend until evenly incorporated. If you don't have a food processor, you can chop all the ingredients finely and stir to combine

CHAROSET THREE WAYS: TROPICAL, PERSIAN, TEX-MEX FROM 'LITTLE FERRARO KITCHEN' FOOD BLOG BY SAMANTHA

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Tex-Mex Ingredients

- 1 avocado pitted and cubed
- 1 orange peeled and chopped into small cubes
- Juice of 1 lime
- 2 tablespoons ground almonds or ground pepitas
- ½ jalapeno seeded and finely diced (optional for heat)
- ½ teaspoon tajin spice or substitute lime zest + ½ tsp. chili powder
- Salt to taste

Instructions - Combine all ingredients in a bowl and stir to combine.

Notes

- The Persian charoset uses dried fruit and can be made into truffle balls as well.
- The other fresh charoset are best served within two days or the texture changes a bit.



YEMENITE STYLE CHAROSET FROM 'JEWISH HOLIDAY COOKBOOK' BY GLORIA KAUFNER GREENE

<u> YIELD - 2/3 cup</u>

Ingredients

- 6 large, brown (calimyrna) dried figs
- 6 pitted dates
- 2 tbsp sesame seeds (optional)
- about 1 tsp honey or to taste
- 1/2 tsp ground ginger
- 1/8 tsp ground coriander
- pinch of cayenne pepper (optional)

Instructions

Put the figs and dates through the find blade of a food grinder, or finely grind them together in a food processor fitted with the steel blade, to make a very firm, sticky paste. Mix in the sesame seeds, honey, and spices, adjusting the latter to taste. Store the charoset in the refrigerator, tightly covered for up to 2 weeks. For best flavor, let it come to room temperature before serving.



INDIAN STYLE CHAROSET OR JAROSETH BY JAMIE GELLER APRIL 6, 2017

Wine vinegar in this Indian style Charoset makes the Seder classic very similar to a chutney. The blend of sweet and sour adds another dimension to the condiment.

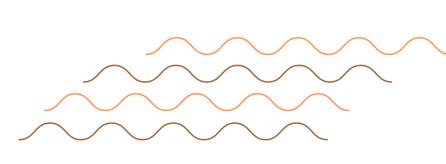
PREP - 10 minutes YIELD - 2 cups

Ingredients

- 2 ripe mangos, cut into medium dice
- ½ cup dark raisins
- ½ cup pitted dates
- ¼ cup slivered almonds
- ½ cup sugar
- 2 tablespoons red wine vinegar
- Pinch of kosher salt

Instructions

- 1. Pulse mangos, raisins, dates, almonds, sugar, vinegar and salt in a food processor until they are a paste. Alternatively, you can chop the ingredients very finely with a sharp knife.
- 2. The charoset can be made 3 days before serving and can be stored, covered in the refrigerator.





<u>PERSIAN CHAROSET (HALEG) BY REYNA SIMNEGAR</u> <u>MARCH 14, 2012</u>

Persian charoset (Haleg) is fabulous! Traditional, charoset symbolizes the mortar used by the Hebrews back in Egypt.



Ingredients

- 1 (6-ounce) package ground walnuts (1 1/2 cups)
- 1 (6-ounce) package ground almonds (1 11/2 cups)
- 1/2 cup pistachio nut meats, ground
- 1 cup date paste
- 1/2 cup raisins, ground
- 1/2 cup grape juice
- 1 banana, peeled and ground
- 1 apple, peeled and ground
- 2 tablespoons charoset spice

Instructions

Grind together all the ingredients that do not come already ground. Combine very well.

Tricks of the trade:

I buy already ground walnuts and almonds to make my life easier. I also purchase date paste so I don't have to grind that either. These are easily available kosher-for-Passover at many kosher groceries. The rest of the ingredients I process together into a wet paste similar in texture to chummus. Charoset spice is made by Sadaf and you can get it online; or simply mix equal parts of cardamom, ginger, and cinnamon. Keep haleg refrigerated and if it gets too thick, thin it with grape juice or even sweet wine to give it a grown up twist!



MOROCCAN CHAROSET BALLS BY LAUREN DADOUN <u>JULY 14, 2011</u>

Moroccans roll charoset into balls and place individual servings on each plate. That's what I always remembered in my grandmother's home, and that's what I do today.

For the first 10 years of my marriage, my family and I would travel back to Montreal to spend the holiday. When I started making my own Pesach, I called my mother, not knowing what to do or what recipes to use. This is my great grandmother's authentic charoset recipe, straight from Casablanca.



PREP TIME - 10 minutes YIELD - 12 balls

Ingredients

- 1 cup walnutes (almonds can be substituted)
- 1 green apple, peeled and cubed
- ½ cup pitted dates
- ½ cup raisins
- ½ cup pitted prunes
- 2 teaspoon grape juice
- ½ teaspoon cinnamon
- ½ teaspoon sugar



Instructions

- 1. In the jar of a blender, add the walnuts, apple, dates, raisins, prune, juice, cinnamon, and sugar.
- 2. Blend to desired consistency.
- 3. Some prefer their Moroccan charoset more textured and nutty; others prefer to puree more and achieve a smoother consistency.
- 4. Shape into balls and refrigerate until ready to serve.



CHINESE CHAROSET FROM BREAKINGMATZO.COM

Common ingredients in Chinese cuisine are highlighted in this version of charoset: soy sauce, pine nuts and honey. In contrast with most charoset recipes, this one is slightly savory.

YIELD - 6 cups

Ingredients

- ½ pound of dates (about ½ cups, finely chopped)
- 4 apples (finely chopped)
- ½ cup pine nuts
- 3 tbsp soy sauce (you can use gluten-free) Coconut Aminos or Bragg's Liquid Aminos can be substituted for soy sauce for Passover.
- 4 tbsp honey
- juice of one orange

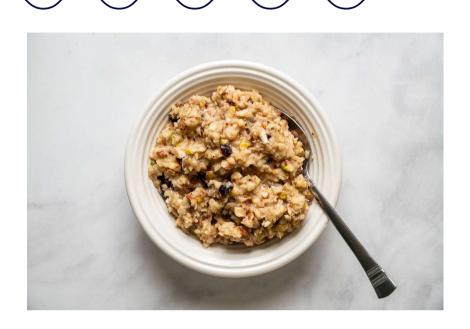
Instructions

1. Heat all ingredients in a saucepan until soft and smooth (about 5 minutes).



ISRAELI STYLE "A PASSOVER SEDER WITH ISRAELI FLAVOR," FROM THE ST. LOUIS POST DISPATCH BY JUDY ZEIDLER

YIELD - 10 side-dish servings



Ingredients

2 apples, peeled, cored and chopped 2 bananas, peeled and chopped Juice and grated peel of 1/2 lemon Juice and grated peel of 1/2 orange 15 dates, pitted and chopped 1/2 cup ground pistachios 1 teaspoon ground cinnamon 1/4 cup sweet Passover wine 5 tablespoons matzo meal

Instructions

In large bowl, combine apples, bananas, lemon juice and peel, orange juice and peel, dates and nuts; mix well. Add cinnamon, wine and matzo meal; blend thoroughly.

ITALIAN STYLE FROM "THE BOOK OF JEWISH FOOD" BY CLAUDIA RODEN

Ingredients

3 apples, sweet or tart

2 pears

2 cups sweet wine

1/3 cup (50 g) pine nuts

2/3 cup (50 g) ground almonds

1/2 lb (250 g) dates, pitted and chopped

1/4 cup (100 g) yellow raisins or sultanas

4 oz. (100 g) prunes, pitted and chopped

1/2 cup (100 g) sugar or * cup (125 ml) honey or to taste

1 teaspoon cinnamon

1/2 teaspoon ground ginger

Instructions

Peel and core the apples and pears and cut them in small pieces. Put all the ingredients into a pan together and cook, stirring occasionally, for about 1 hour, until the fruits are very soft, adding a little water if it becomes too dry.

Variations: Other possible additions: chopped lemon or candied orange peel, walnuts, pistachios, dried figs, orange or lemon juice,

ginger, nutmeg, and cloves.



CHICKEN WITH THYME, INCLUDING LEFTOVER CHAROSET FROM THE PHILADELPHIA JEWISH EXPONENT/THE NOSHER

YIELD - 4 servings

Ingredients

8 chicken drumsticks
1 head garlic, cut in half widthwise
2 large red onions, finely sliced
1 lemon, sliced into rounds
1 lemon, juiced
½ cup leftover charoset
6 sprigs fresh thyme
¾ cups water
Olive oil



Instructions

Preheat your oven to 400 degrees.

Place the garlic and sliced onions in a medium-sized roasting dish. Dot the lemon rounds around the dish and sprinkle with the thyme. Drizzle with a tablespoon of olive oil.

In a separate mixing bowl, toss the chicken pieces with the charoset and add the lemon juice, a pinch of salt and pepper, and 2 tablespoons olive oil. Mix well, allowing the mixture to get under the chicken skin.

Place the chicken pieces in the roasting dish, along with the garlic, onions, lemon and thyme. Pour water in the bottom of the roasting dish and roast for 30 minutes. Turn the chicken pieces over and continue cooking another 15 minutes. The chicken should be caramelized and crisp, and the onions should be softened.