

SEDER FOR ONE

by The Three Engels in the Kitchen



MENU AND RECIPES

seder for one
(or for 2, 3 or 4 people)



Jews all over the world celebrate Pesach with family and friends. In this year of the coronavirus, Jews all over the world are quarantined at home, many alone or with a small family. But nevertheless, we can still make our own little Pesach seder special and meaningful. Here are some ideas.

The coronavirus is making many of us think about our relationship to the environment. With issues like eco-Kashrut and environmental sustainability in mind, these recipes are also kosher, mostly vegan, pareve and vegetarian. They are easy, economical and suitable for a small household and almost everything can be prepared in advance as well.

Wishing you pesach sameach and a fun time cooking!

by Three Engels in the Kitchen
Karen, Janina and Milena Engel

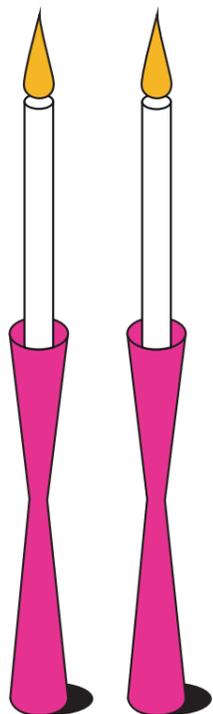
5	The Seder Plate
6	Haroset
7	Main Meal
17	Dessert

ZEROA

a roasted shankbone, representing the Paschal offering. Instead of a shankbone, you can use a roasted red beet.

BEITZA

a roasted egg, symbolic of the festival sacrifice brought in Temple times or a hard boiled egg, as a mourning symbol for the destruction of the Temple, and as a symbol of the life cycle.

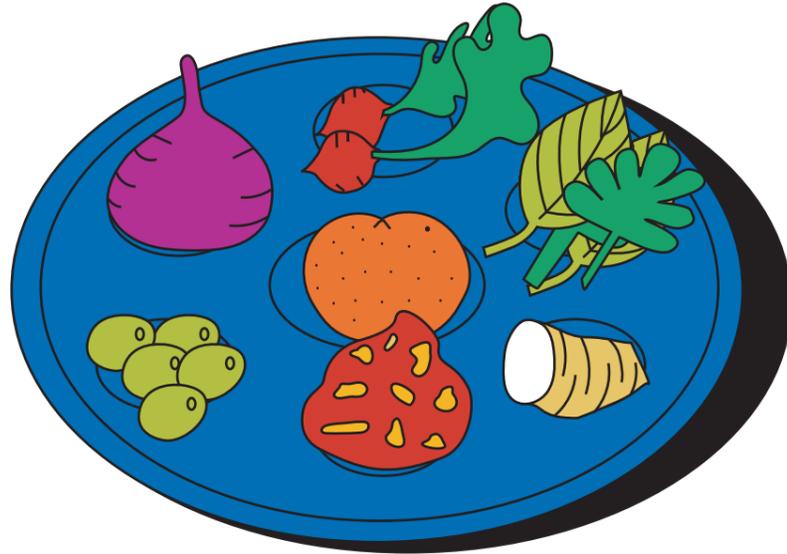


CANDLESTICKS AND CANDLES

to light the Yom Tov candles.

KARPAS

a vegetable to dip in salt water. Parsley, lettuce, celery, radish, potato can all be used.



HAROSET

a mixture of fruit and spice in which the maror is dipped, recalling the mortar with which the Israelites made bricks as slaves.

CHAZERET

a vegetable that has the same symbolism as the Maror. Here you can use a bitter vegetable like radish or arugula.

ORANGE

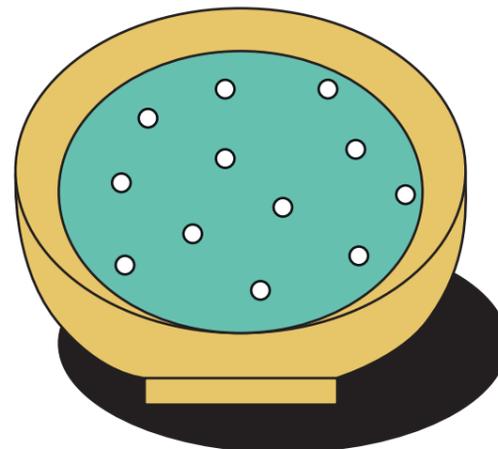
symbolizing a commitment to egalitarian seders.

OLIVE

symbolizing the desire for peace in the Middle East.

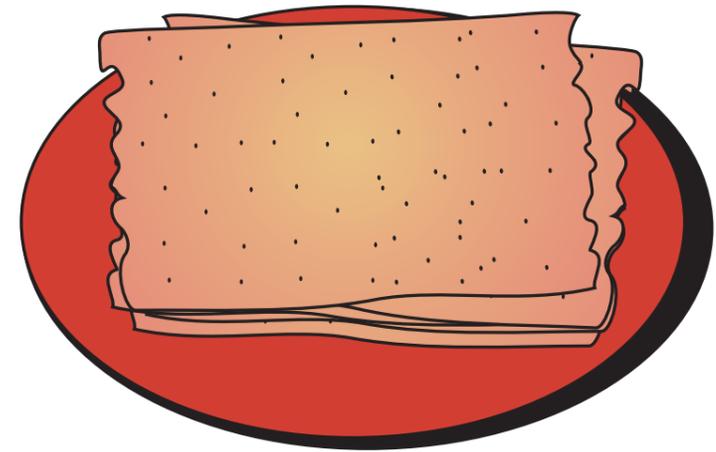
MAROR

fresh or pre-made horseradish, representing the bitterness of slavery in Egypt.



SALT WATER

recalling the tears of the Israelites.

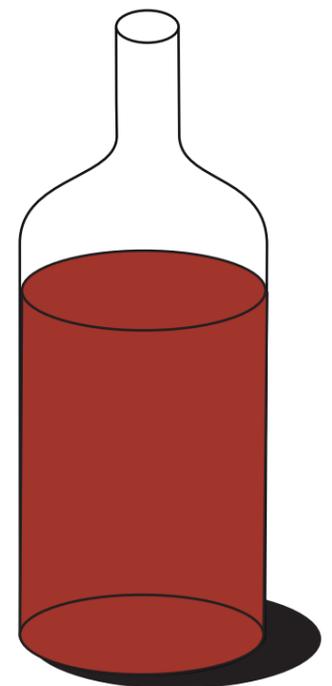


MATZO

three matzot, representing the double portion of bread to be eaten on Shabbat and festivals, and a third to represent the duty to eat matza tonight. You can use regular paper or cloth napkins to separate the three matzot.

WINE

since you will be drinking four glasses of wine at the seder, calculate about 1/2 bottle (or more) per person.

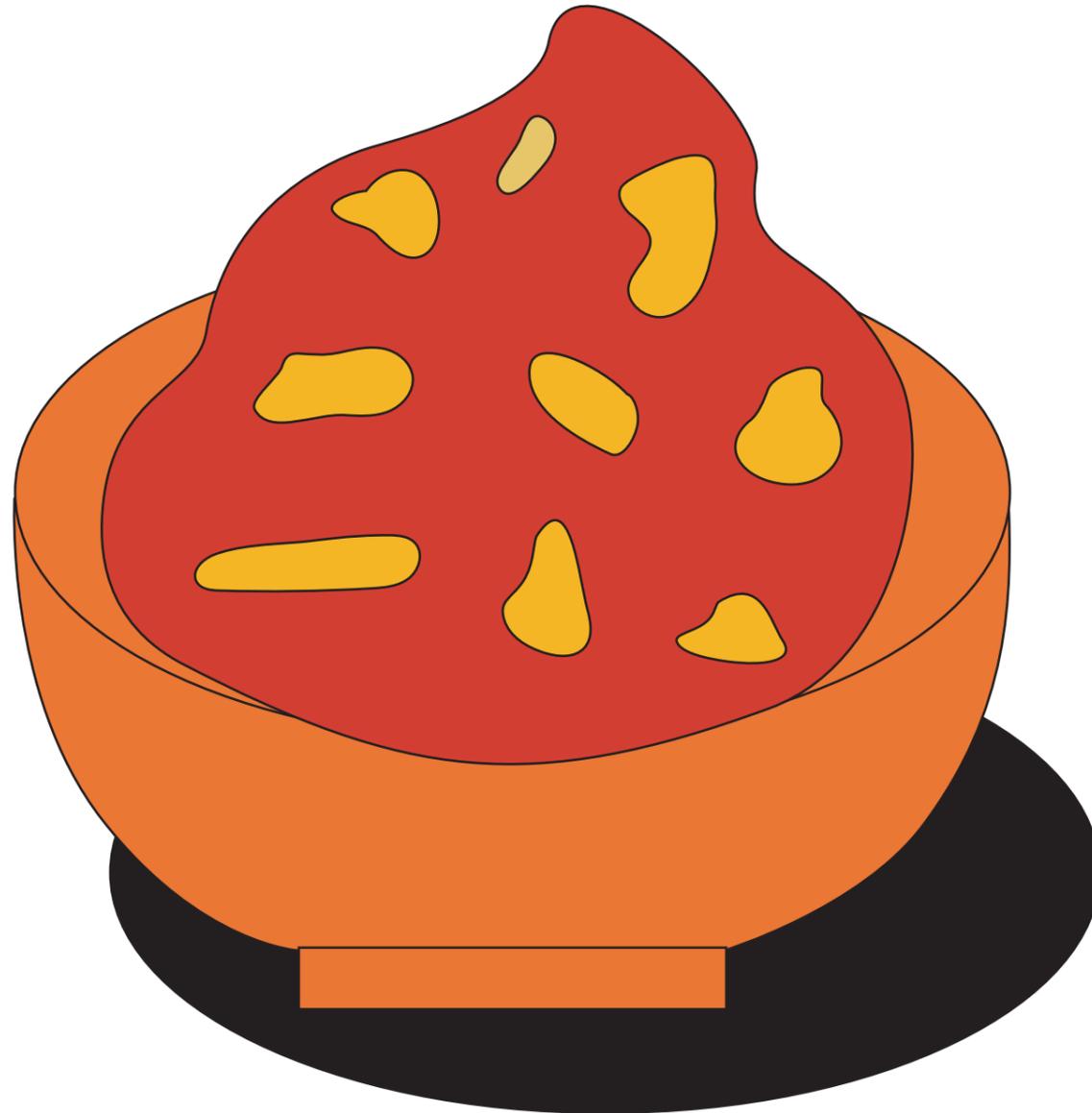


CLASSIC ASHKENAZI HAROSET

Makes about 1 cup or 4 – 6 servings

1/4 c. chopped walnuts
1/4 c. raisins (optional)
1 medium apple, grated (sprinkled
with optional lemon juice)
1/2 t. cinnamon
1/2 t. dried ginger (optional)
1/8 c. sweet Passover wine or
kosher grape juice

Add all ingredients, cover, and refrigerate. I think this charoset tastes best made shortly before the Pesach meal. Adding a little fresh lemon juice to the apple keeps it from getting too brown.



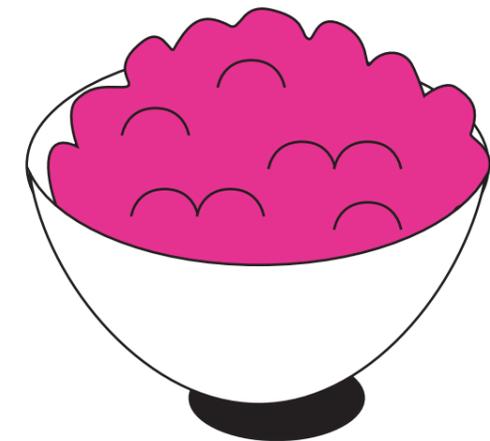
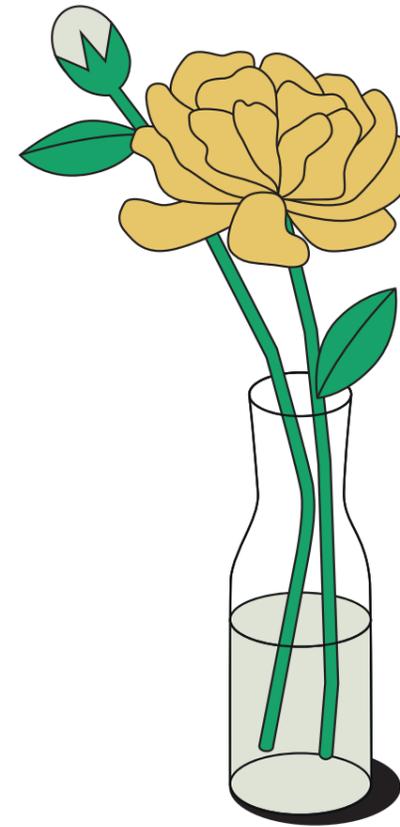
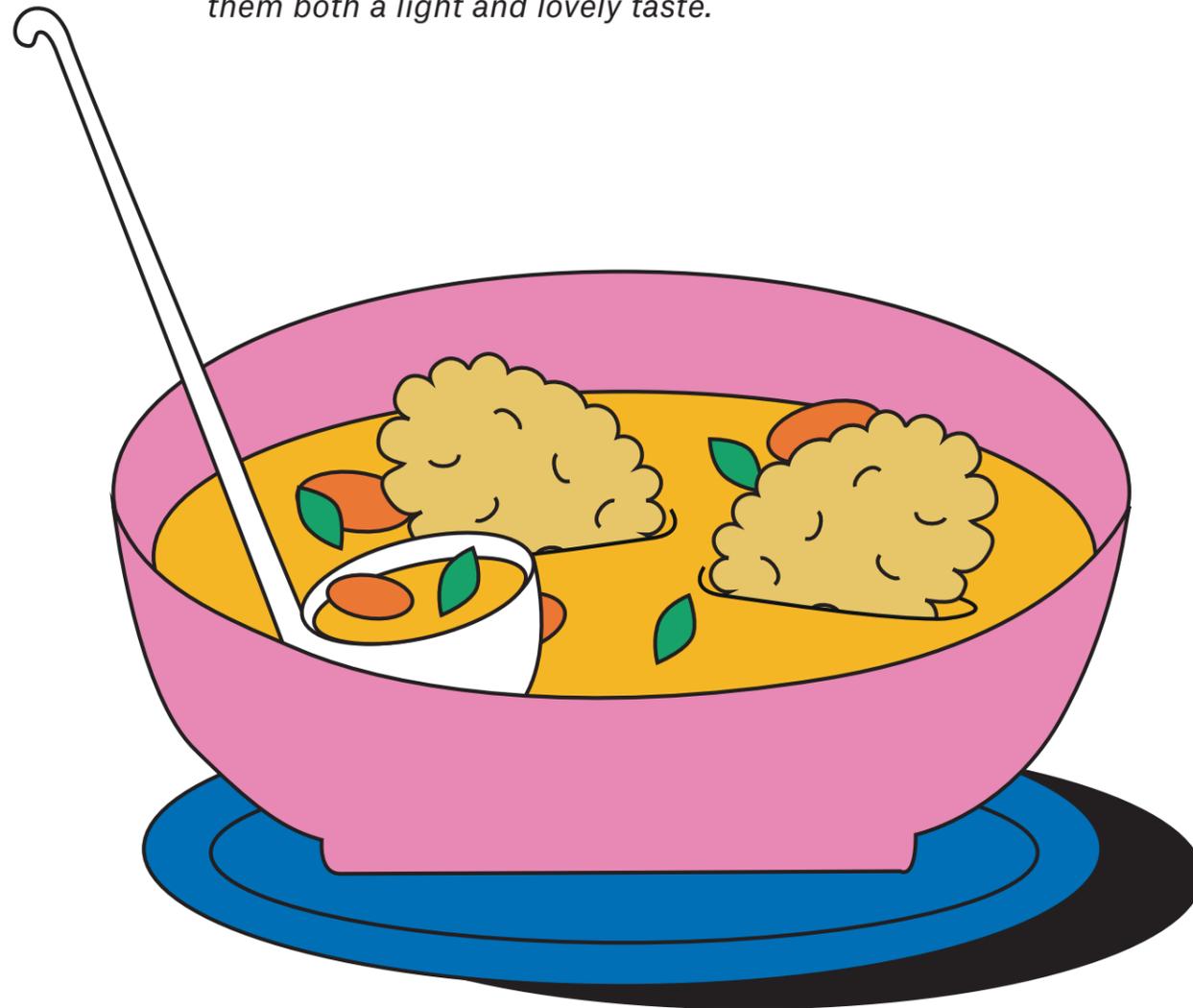
SEPHARDIC MOROCCAN HAROSET

Makes about 3/4 cup or 4 – 6 servings

1/4 c. cup (~30 g.) walnuts,
coarsely chopped
1/8 tsp. ground cloves
1/4 tsp. ground cinnamon
1/4 t freshly ground nutmeg
1/2 c. (125 g.) dates, pitted and chopped
1/2 c. kosher grape juice

Put the dates into a pan with the wine, cinnamon, and cloves and simmer, stirring occasionally, until you have a soft paste. Put through the food processor if you want a smoother texture. Let it cool and stir in the walnuts. Keeps for several days.

Obviously you're not going to make all this. But here are few recipes to help you put together a delicious, festive meal. With several salads and vegetable dishes, you don't even need a "main" dish, but I included one just in case. And all of these recipes make great leftovers. Leftover stew can also be easily frozen. After a large meal, I don't like heavy desserts, so I opted for two favorites of mine. The citrus orange give them both a light and lovely taste.



- 8 VEGAN MATZO BALLS IN VEGETABLE SOUP
- 10 ROASTED BEETS IN VINAIGRETTE
- 10 BEET PATÉ
- 11 BAKED ASPARAGUS WITH TOASTED WALNUTS
- 12 ITALIAN ROASTED CAULIFLOWER SALAD
- 13 MILENA'S SWEET POTATO WITH GREEN BEANS
- 14 QUINOA WITH LEMON AND THYME
- 15 JANINA'S QUINOA SALAD
- 16 MAGMOUR (LEBANESE EGGPLANT STEW)

VEGAN MATZO BALLS

Makes 2 to 3 servings

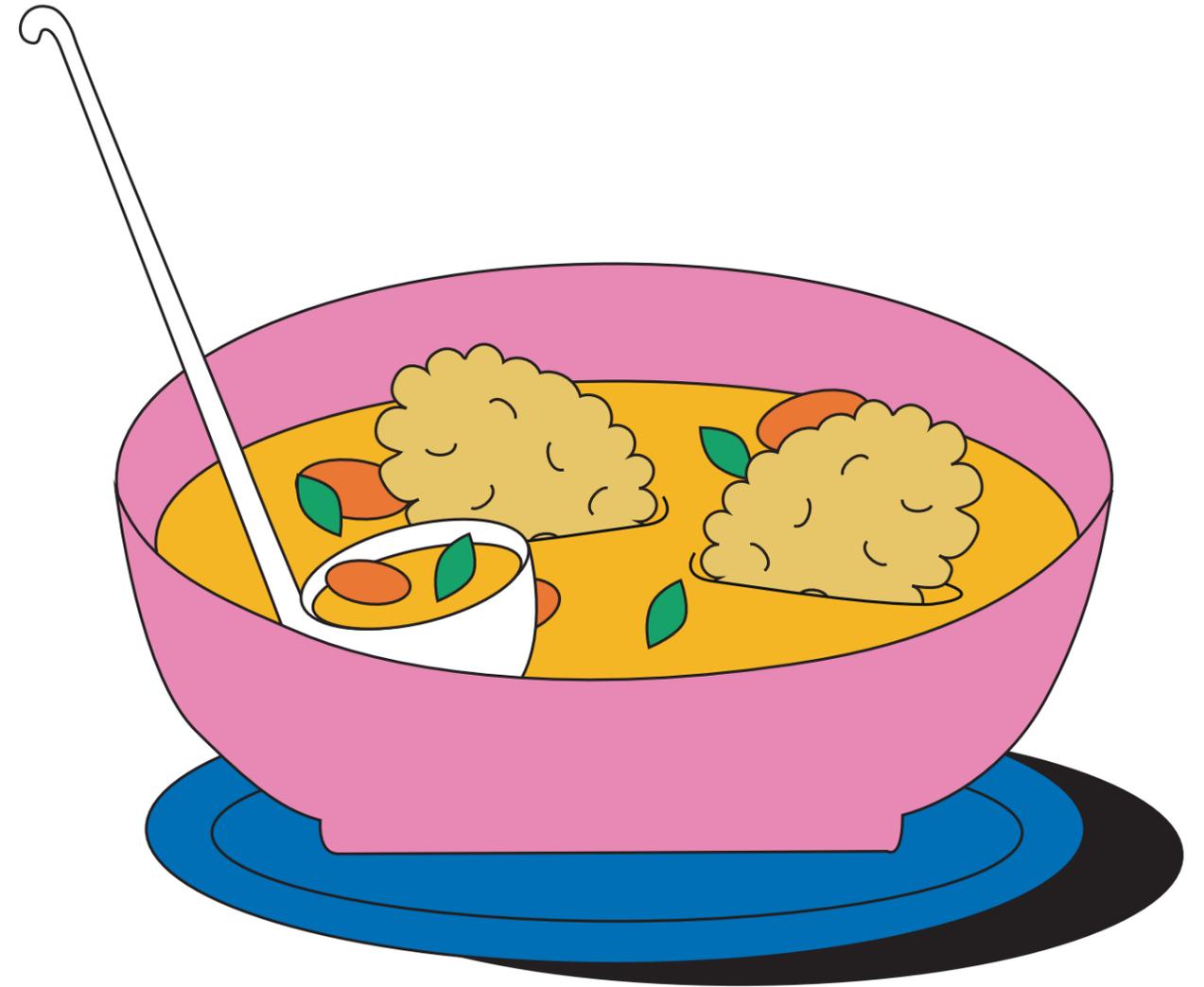
I like matzo balls that are soft and fluffy, so I keep them in the soup. I also think it is better to cook the matzo balls in the vegetable soup rather than in water and adding to the soup later. Cooked in the soup, the matzo balls get much more flavor. For more dense matzo balls, take them out after expanding, as explained below.

½ cup matzo meal*
1 ½ tbsp. potato starch
⅛ cup oil
½ cup water
¼ tsp. baking soda
⅛ tsp. salt
⅛ tsp. dried garlic
⅛ cup fresh or frozen parsley
1 liter vegetable broth**

Mix together the matzo meal, potato starch, oil, water, baking soda, salt, and garlic in a large bowl. Refrigerate for 40 minutes. Warm the vegetable broth in a pot. Bring to a slight boil then turn immediately down to a very slight simmer. Roll the matzo mixture into 1-inch balls. Drop into the soup and lightly simmer until the balls expand, about 20 minutes. Be careful not to boil the soup or the matzah balls will fall apart. Put a lid on the soup and keep it warm until serving.

For more densely solid matzo balls:

After simmering the balls for 20 minutes, remove with a slotted spoon and let sit for 30 minutes to 1 hour. Place back in the warm but not simmering soup 30 minutes before serving.



* If you didn't buy a package of matzo meal just for yourself, simply crush some matzo with a rolling pin or grind in a blender. Grind an extra couple of tablespoons to make the Orange Almond cake later on for dessert.

**See next page for a very easy, healthy and sustainable recipe for homemade vegetable broth.

HOMEMADE VEGETABLE BROTH

I learned how to make this broth from a gourmet chef in a resort in Bad Kleinkirchheim, Austria, many years ago as a radio reporter doing a story on the region. It's a fantastic way to help maintain a no-waste kitchen. It's important to use organic vegetables since you do not want any pesticide residues in the skins in your soup. As you do your normal cooking, save the following things that you would often throw away.

Additional optional ingredients:
(These are just added to adjust the intensity and flavor of the soup.)

1 onion, quartered with onion skin
2 carrots, cut in big chunks with ends
1 parsley root with ends
¼ celeriac bulb* with skin
1 small parsnip with ends
1 – 2 smashed garlic cloves with its skin
Pepper corns

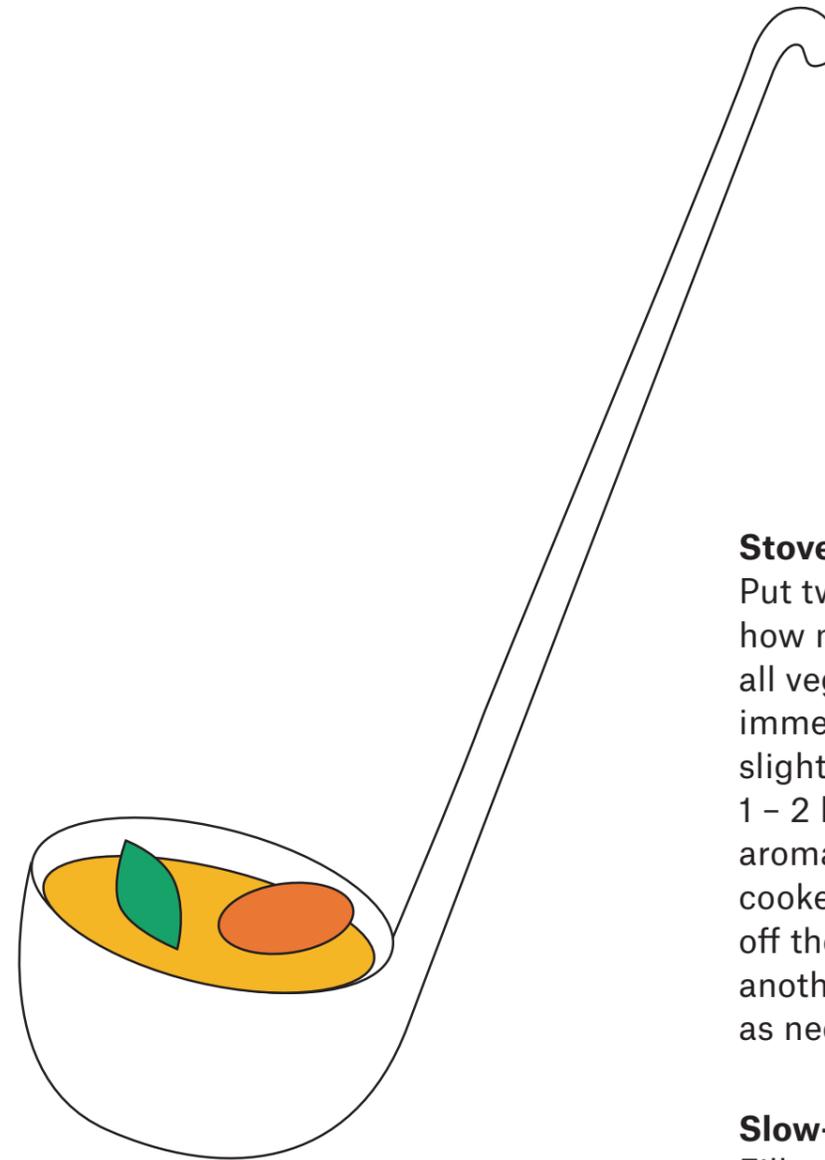
Note that I do not include potatoes or potato skins. That's because potatoes make a cloudy soup. I like a very clear broth, but you can add potatoes and their skins if you want to.

* I prefer the taste of cooked celeriac than celery stalks, but you could use a celery stalk instead.

** A good rule of thumb is to use twice as much water as vegetables. The water will boil down and your soup will become more concentrated as it cooks. You can always add additional water to taste.

Leek tops
Onion skins
Carrot ends
Celery leaves and ends
Celeriac skins and stems
Parsnip ends and skins
Wilted parsley
Wilted chard leaves
Mushroom stems
Garlic skins
Ginger ends and pieces
Beet leaves
Radish leaves
Fennel stalks and leaves

These can be stored in a paper bag in your refrigerator for about a week until you use them. You don't need all the ingredients above. Those that are essential are in bold.



Stove-top method:

Put two liters of water (or more, depending on how many vegetables you have) in a pot.** Add all vegetables. Bring to a bare boil and then immediately lower the temperature to a soft slight simmer. Let everything simmer slowly for 1 – 2 hours, with the lid off the pot. A wonderful aroma will fill your home. After everything is cooked to very soft, salt the soup to taste. Take off the heat, cool, then strain the soup into another pot or bowl. Use or freeze into portions as needed.

Slow-cooker method:

Fill cooker with vegetables, add water to fill the pot, using around twice as much water as the volume of vegetables. Slow-cook on low for eight hours, then add salt to taste. Start this in the morning and have a great soup waiting for you in the evening!

Tip!

As you warm the soup for the matzo balls, add chopped carrots, celeriac, and parsnips for a hearty vegetable soup. And sprinkle the soup with some chopped parsley before serving.

ROASTED BEETS IN VINAIGRETTE

Makes 2 servings

Two raw or precooked beets
1 tbsp. olive oil
1 tbsp. apple vinegar*
salt
pepper

* apple balsamic vinegar or
raspberry vinegar works well too.

Optional toppings:

crumbled feta or goat cheese
chopped hard-boiled egg
chopped roasted walnuts
freshly grated horseradish

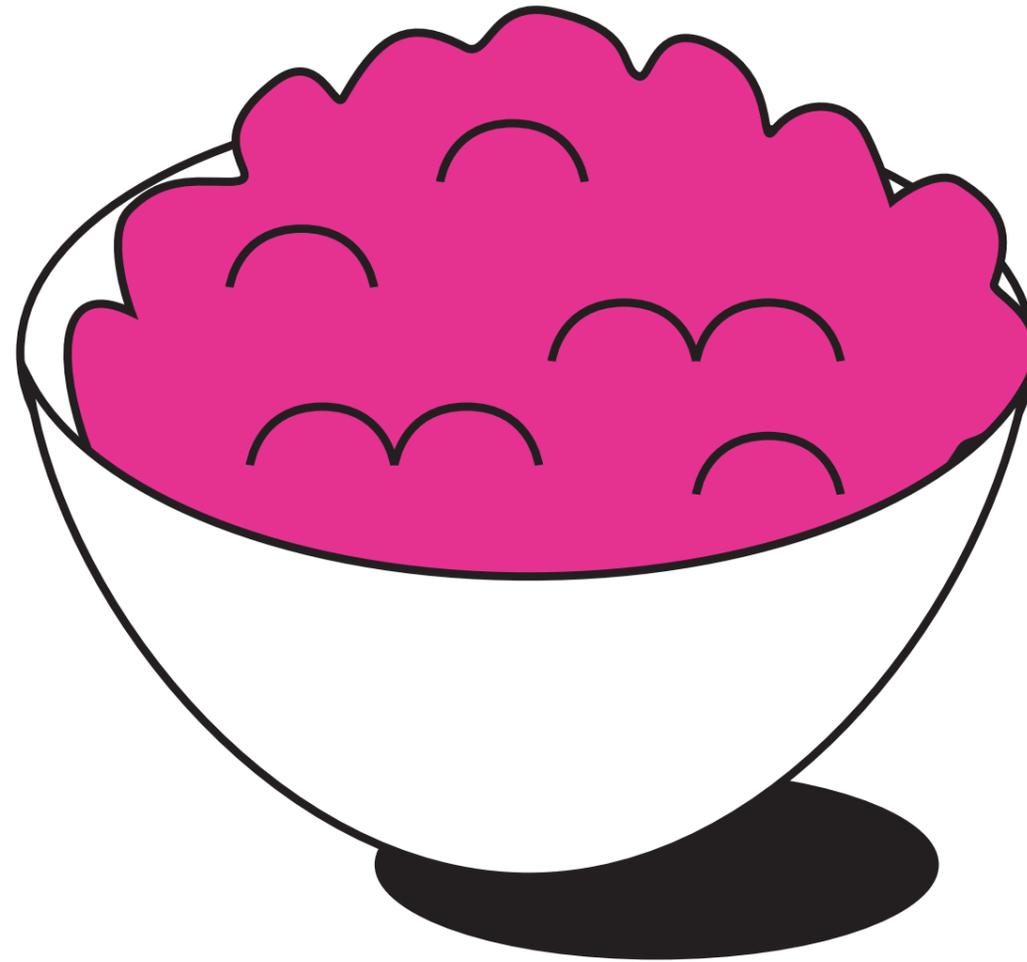
Wrap the raw beets with the skin still on in foil, place in oven, and bake at about 200° c. for an hour until soft. You should be able to easily insert a fork into the beet. Let cook slightly, and then peel off the skin, which you will see now comes off quite easily. Roasting gives the beets a wonderful flavor but you can also use precooked beets for convenience.

Slice the beets, add the oil and vinegar, salt and pepper, a topping if you like (or none at all!), and voilà, a delicious salad.

Tip!

Marinated beets keep for several days in the refrigerator so you can easily make this salad a head of time, and eat for several days after Pesach. And if you use a beet for your seder plate, you can add it to any leftover marinade to eat in the days to come.

If you roast several beets at once (saving on energy) you can make the following Beet Paté which is wonderful on matzo.



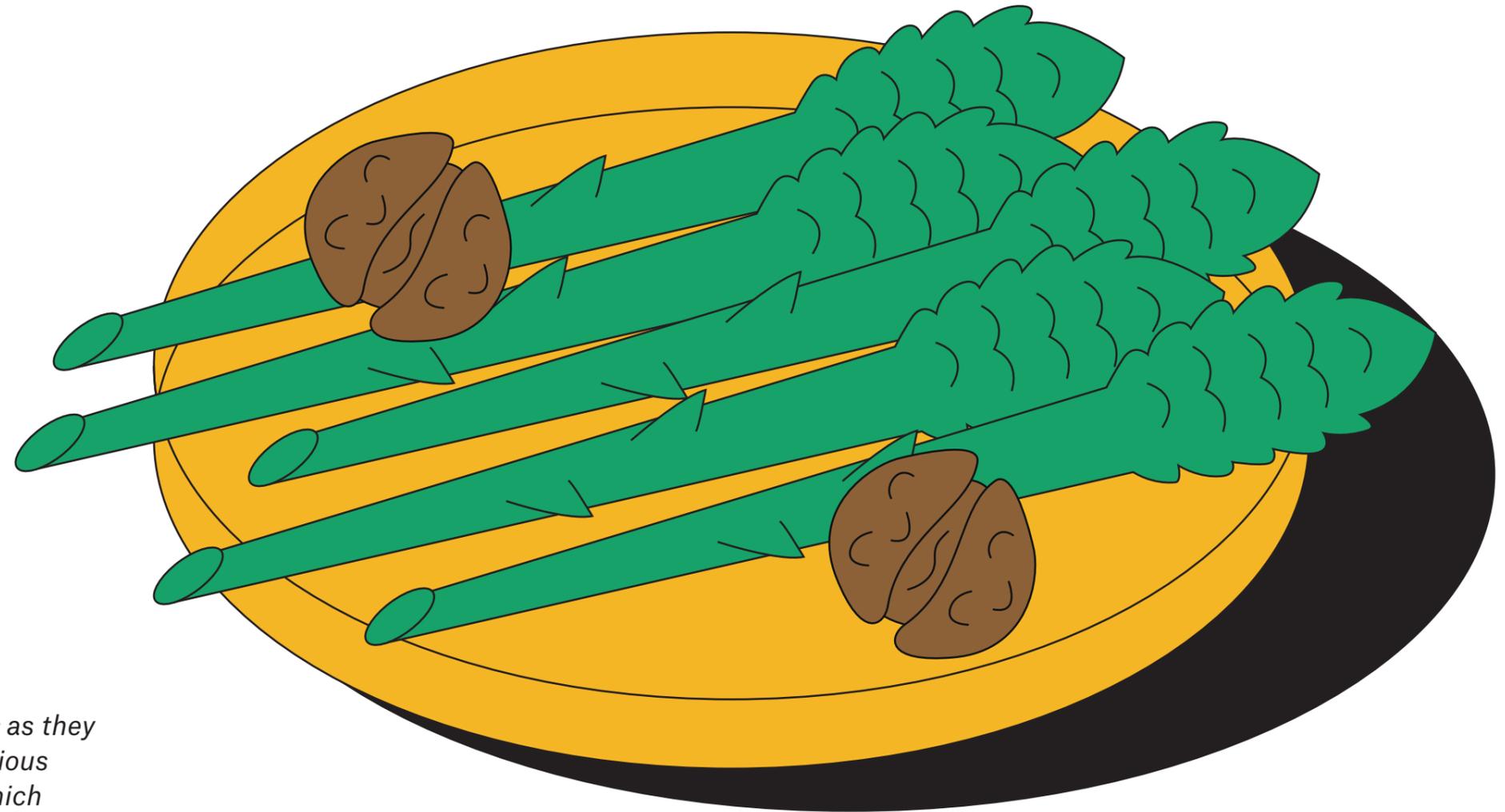
BEET PATÉ

Makes 2 or more servings

Otherwise known as pancar ezmesi, this recipe comes from Elisabeth Raether's column in Die Zeit.

2 roasted (or precooked) beets
60 g. organic almonds toasted in a non-oiled pan and then chopped
1 small cloves of garlic, minced
2 ½ tbsp. of sour cream or vegan cashew sour cream
juice from 1 lemon

Peel and chop the roasted beets, add the almonds and garlic and purée with a hand blender. Add sour cream and lemon juice to taste. Put in a bowl and drizzle with a little bit of olive oil. Eat with matzo.



BAKED ASPARAGUS WITH TOASTED WALNUTS

Makes 2 servings

It's a special delight to eat asparagus as they come into season. And they are delicious lukewarm or at room temperature which makes them perfect for Pesach. This recipe is adapted from Fast & Festive Meals for the Jewish Holidays by Marlene Sorosky.

1 bunch of asparagus
salt
1 tsp. olive oil

Walnut Topping:

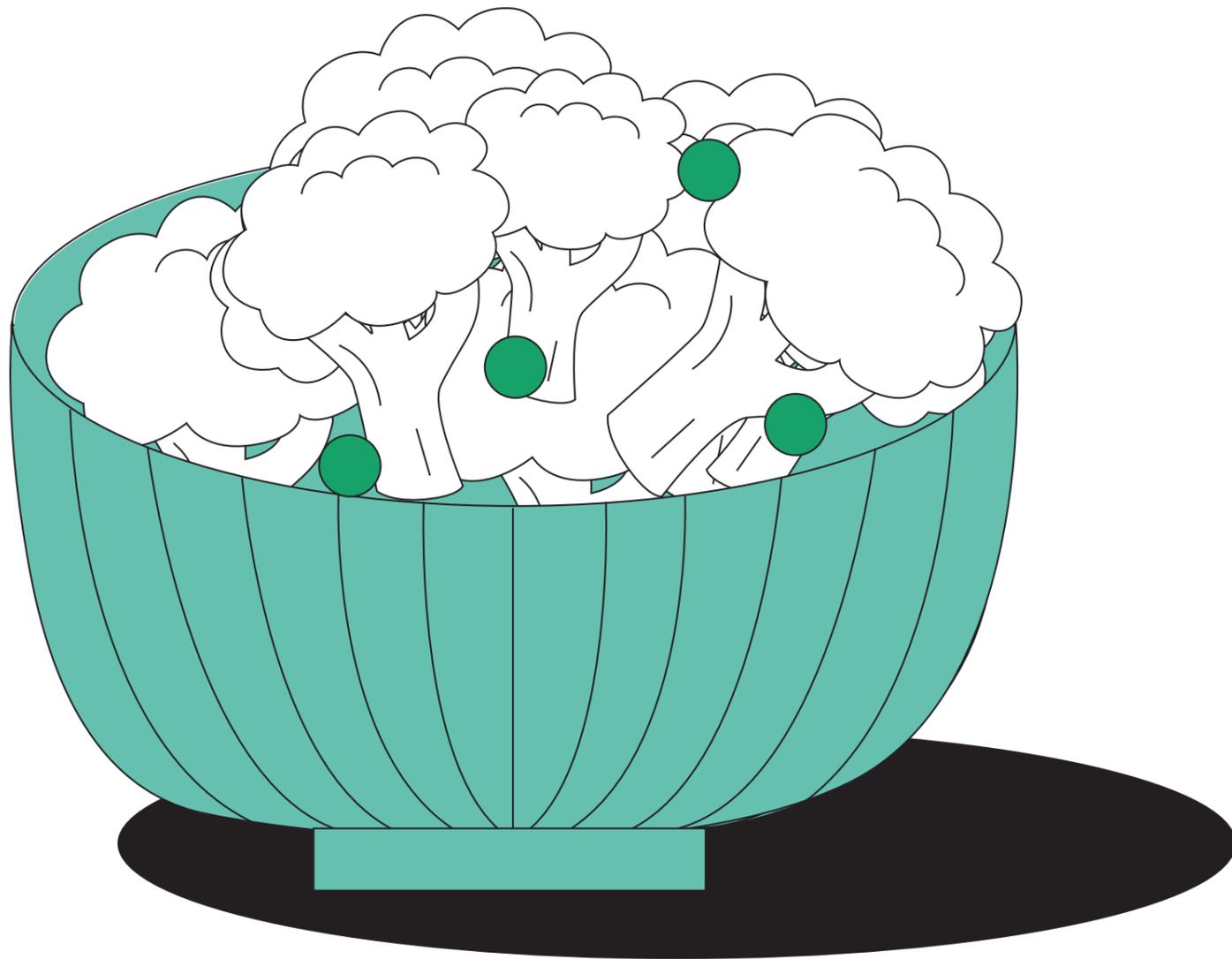
½ tbsp. of walnut or olive oil
½ tbsp. lemon juice
salt
freshly ground pepper
2 tbsp. chopped walnuts, toasted in a non-oiled pan.

Preheat oven to about 175° c. Break off the woody stems of the asparagus. Place on a baking tray lined with baking paper. Drizzle with ½ teaspoon olive oil, toss to coat all the asparagus, sprinkle lightly with salt and pepper and bake for 20 – 30 minutes until tender but still crisp.

In a small bowl, whisk together oil, lemon juice, salt and pepper.

Before serving, spoon over asparagus and sprinkle with walnuts.

There are never any leftovers.



ITALIAN ROASTED CAULIFLOWER SALAD

Makes 3 servings

Adapted from: www.toriavey.com/toris-kitchen/italian-roasted-cauliflower-salad/

- 1 small cauliflower
- 1/8 cup olive oil, divided in two portions
- 1 clove garlic, minced
- 1/8 cup chopped parsley
- 8 pitted Kalamata olives, chopped
- 1 tbsp. capers*
- 3/4 tbsp. fresh lemon juice
- 1/8 tsp. red pepper flakes, or more to taste
- salt
- pepper

* Use capers with a kosher for pesach certification (because of the wine vinegar brine) or simply add additional olives.

Preheat oven to 250° c. Line a baking sheet with baking paper. Cut the head of the cauliflower in four, remove the stem and leaves, Slice each quarter into 6 – 8 pieces. You want as many flat surfaces as possible on each floret – the flat surfaces caramelize best. Caramelization is the key to giving the roasted cauliflower flavor.

Place the florets in a large bowl and drizzle them with 1/2 tbsp olive oil. Add the minced garlic to the bowl. Toss the cauliflower florets till they're coated with olive oil and minced garlic. Spread the florets out in an even layer on the

baking sheet. Sprinkle the cauliflower florets lightly with pepper and roast for 10 minutes. While the cauliflower is roasting, prep your other ingredients – chop the parsley, juice the lemon, etc. After 10 minutes, remove the baking sheet from the oven. Use tongs to turn over the florets, making sure that the florets with flat surfaces are pressed directly against the baking sheet. This will enhance caramelization. Let the cauliflower roast for an additional 10 – 20 minutes till tender. When it's ready you will be able to pierce them easily with a fork. Remove the cauliflower and let cool.

Throw the room temperature cauliflower into a salad bowl along with the remaining olive oil, parsley, chopped olives, capers, lemon juice and red pepper flakes. Toss gently to combine all ingredients. Season with salt and pepper to taste. You can also add more olive oil to taste, if desired.

Serve salad at room temperature.

Excellent the next couple of days as well

MILENA'S SWEET POTATO AND GREEN BEAN SALAD

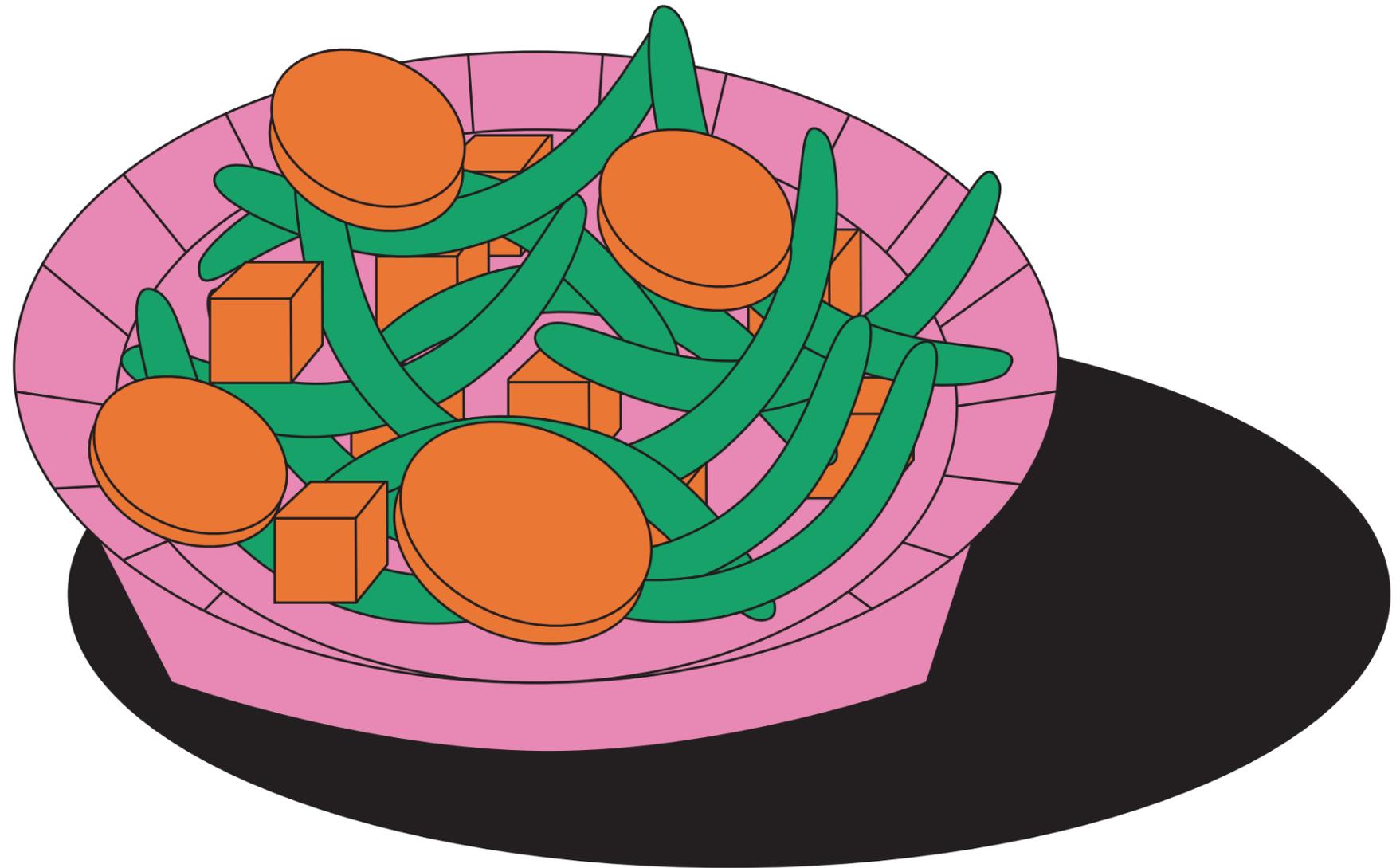
Makes 3 - 4 servings

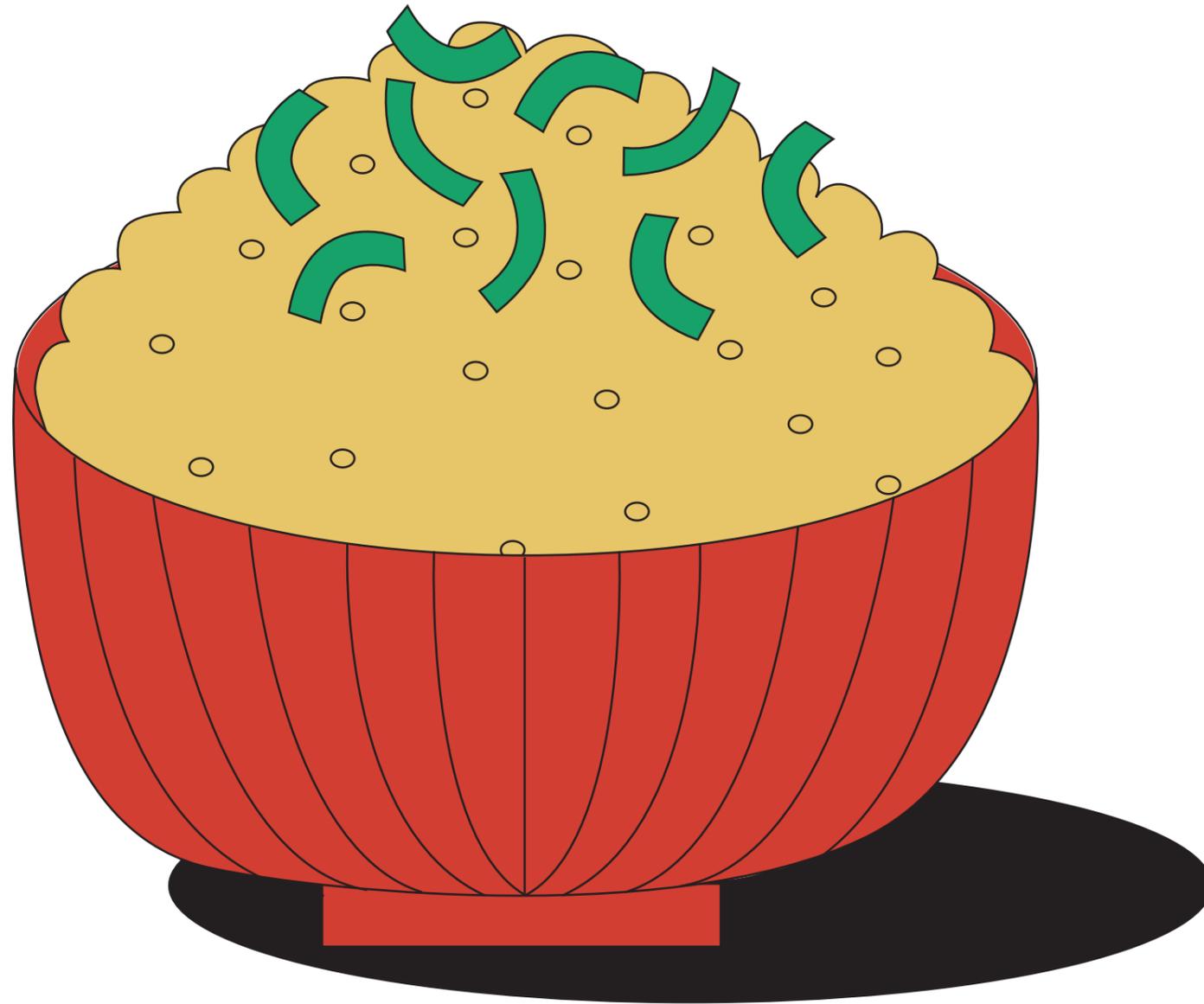
1 sweet potato
½ kg. of fresh or frozen green beans
1 red onion
salt
½ tsp. pepper
½ tsp. salt
1 tsp. paprika
chili
pomegranate seeds
feta cheese or roasted cashews

Dressing:

½ tsp. dijon mustard
2 tbsp. apple cider
1 tbsp. olive oil

Peel and slice sweet potato in small pieces and spice it with salt, paprika, pepper, and a little chili. Roast in oven until crispy. Cook the green beans for four minutes, strain and rinse with cold water. Finely chop the red onion. Mix altogether in a bowl. Add the dressing and sprinkle with pomegranate seeds and feta or cashews.





QUINOA WITH LEMON AND THYME

Makes 3 Servings*

- ½ onion, minced
- ½ tsp. olive oil
- ½ cup quinoa, rinsed and dried on a towel
- 1 cup vegetable broth
- ½ tsp. grated lemon zest
- ½ tsp. minced fresh thyme or ¼ tsp. dried
- 1 tsp. fresh lemon juice
- 1 tbsp. minced fresh parsley, basil, cilantro or scallions
- Salt and pepper

Combine the onion, oil and a dash of salt in a saucepan. Sauté over medium-low heat, stirring occasionally, until the onion is softened, about 8 minutes. Stir in the quinoa, increase the heat to medium, and cook, stirring often, until the quinoa is lightly toasted and aromatic, about 5 minutes. Stir in the broth, lemon zest and thyme and bring to a simmer. Reduce the heat to low, cover and simmer until the quinoa is transparent and tender, 16 - 18 minutes.

Remove the pot from the heat, lay a clean folded kitchen towel across the top of the pot and replace the lid. Let sit for 10 minutes, then fluff the quinoa with a fork. Stir in the lemon juice and fresh parsley or herbs. Season with salt and pepper to taste and serve.

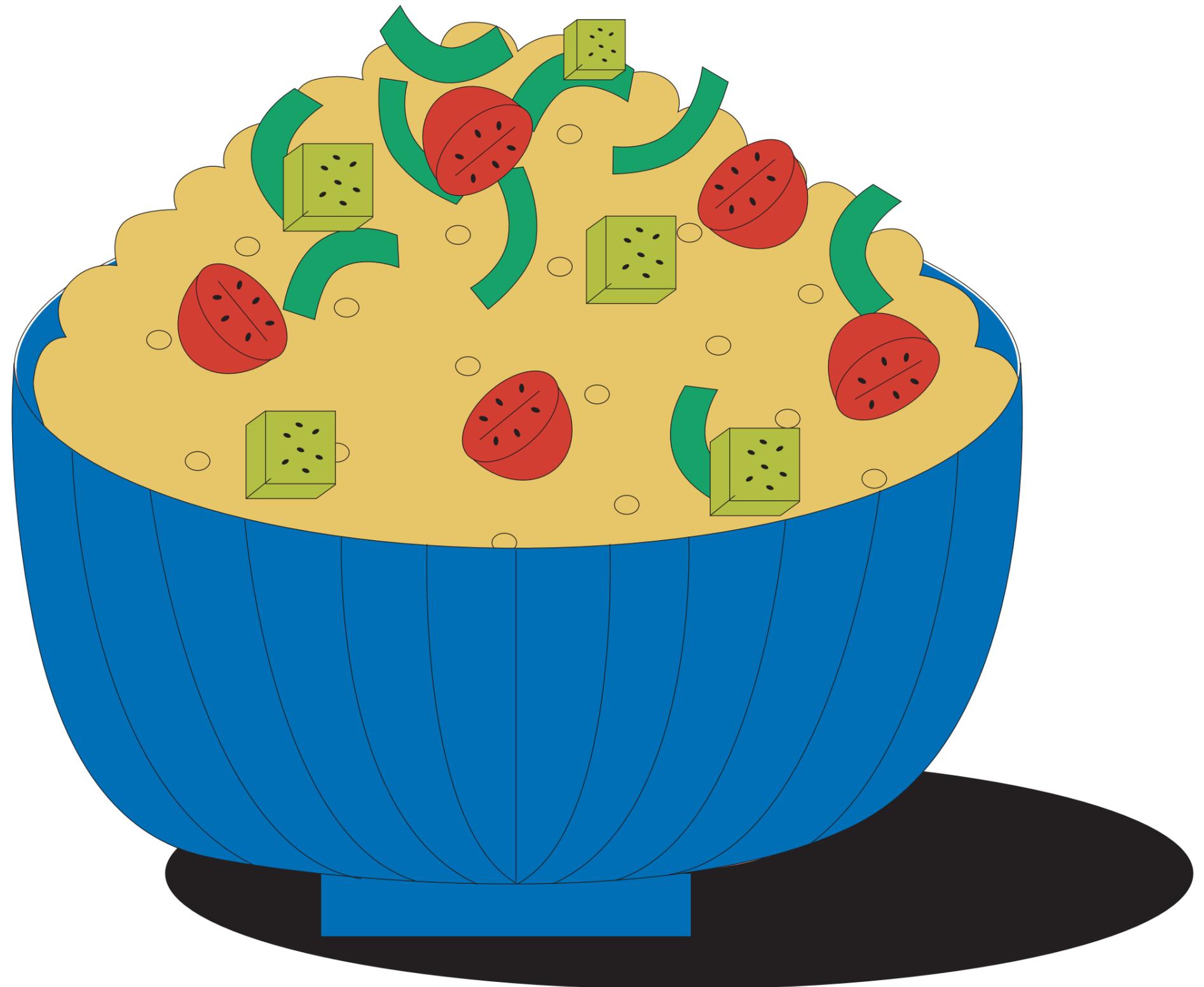
* Make double the recipe so you can make quinoa salad with the leftovers.

JANINA'S QUINOA SALAD

Use the leftover quinoa for this delicious healthy salad. It keeps for a few days in the refrigerator.

Leftover quinoa
1 Tbsp. of uncooked quinoa
¼ cup olive oil
2 tomatoes
1 avocado
½ lemon
1 red onion
30 g. sunflower seeds
½ cucumber
2 small carrots
parsley
arugula

Roast the uncooked quinoa in a pan with a bit of the oil. Make sure it doesn't burn. Ideally it should get a nice crispy color to it. Chop up the vegetables and add them to the washed arugula in a big salad bowl. Add your leftover quinoa and mix all together. Combine lemon juice, olive oil and salt and pepper for the dressing. Add sunflower seeds and roasted quinoa on top of the salad to give it some extra crunch.



MAGHMOUR (LEBANESE EGGPLANT STEW)

Makes about 4 servings

I love this recipe and I served this dish at the first Pesach I hosted in Berlin. Since then, it has become a family favorite. The dish does include kityinot so it is not suitable if you avoid kityinot during Pesach. This recipe is easy, delicious, and vegan, and you could easily adopt it for a slow-cooker. I adapted the recipes from Two of a Kind Cooks and Slow Burning Passion to come up with this version. This dish also freezes well.*

1 large eggplant cut into cubes
 ¼ cup olive oil
 ½ onion, diced
 2 garlic cloves, minced or more to taste
 1 can (400 g) whole peeled tomatoes
 ½ cup of cooked chickpeas
 ½ tbsp. pomegranate molasses
 ½ tbsp. tomato paste
 ½ tsp. sugar or agave syrup
 ½ tsp. sea salt
 ½ tsp. ground allspice
 ½ tsp. of cayenne pepper
 ½ tbsp. of dried mint (optional) or a few sprigs of fresh mint
 ½ tbsp. ras el hanout

1 tbsp. chopped fresh parsley or cilantro
 ¼ cup water or vegetable bullion chopped carrots if desired



Preheat oven to 200°C. Place the eggplant on a baking sheet lined with baking paper. Drizzle with 1 tablespoon olive oil and toss to coat. Spread eggplant in a single layer. Broil or roast the eggplant, flipping once, until eggplant is tender and browned, about 15 minutes. Remove from the oven and set aside.

In a large heavy pot, heat remaining 2 tablespoons olive oil on medium-high heat. Add onion and cook, stirring occasionally, until tender, about 5 minutes.

Add garlic and cook for 1 minute.

Add tomatoes with juice to pot, crushing with a spoon or fork as you add them, then add the water or bullion. Add broiled eggplant, chickpeas, (carrots if desired) pomegranate molasses, agave syrup, salt, allspice and ras el hanout. Stir and bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally, for 40 minutes.

Top stew with parsley and/or cilantro, and a few fresh mint leaves if available and serve with quinoa.

* www.twoofakindcooks.com/lebanese-eggplant-stew/ www.slowburningpassion.com/maghmour-the-moussaka-from-lebanon-that-will-make-youhappy/

ORANGE ALMOND CAKE

Makes 4 servings or about 6 cupcakes

*This recipe is adapted from Claudia Roden's classic oeuvre, *The Book of Jewish Food* which really should be on every Jewish cook's bookcase. This cake is truly light and delicious, and super easy to make. I cut the original recipe in half. Use a small spring-form cake tin (roughly 17 cm) or make cupcakes instead.*

1 large organic orange
3 eggs
125 g. sugar
½ tsp. baking powder
125 g. ground almonds

Line the spring-form with baking paper and butter it (or use and dust it with some matzo meal or ground almonds. Or put paper cupcake liners in a cupcake tin.

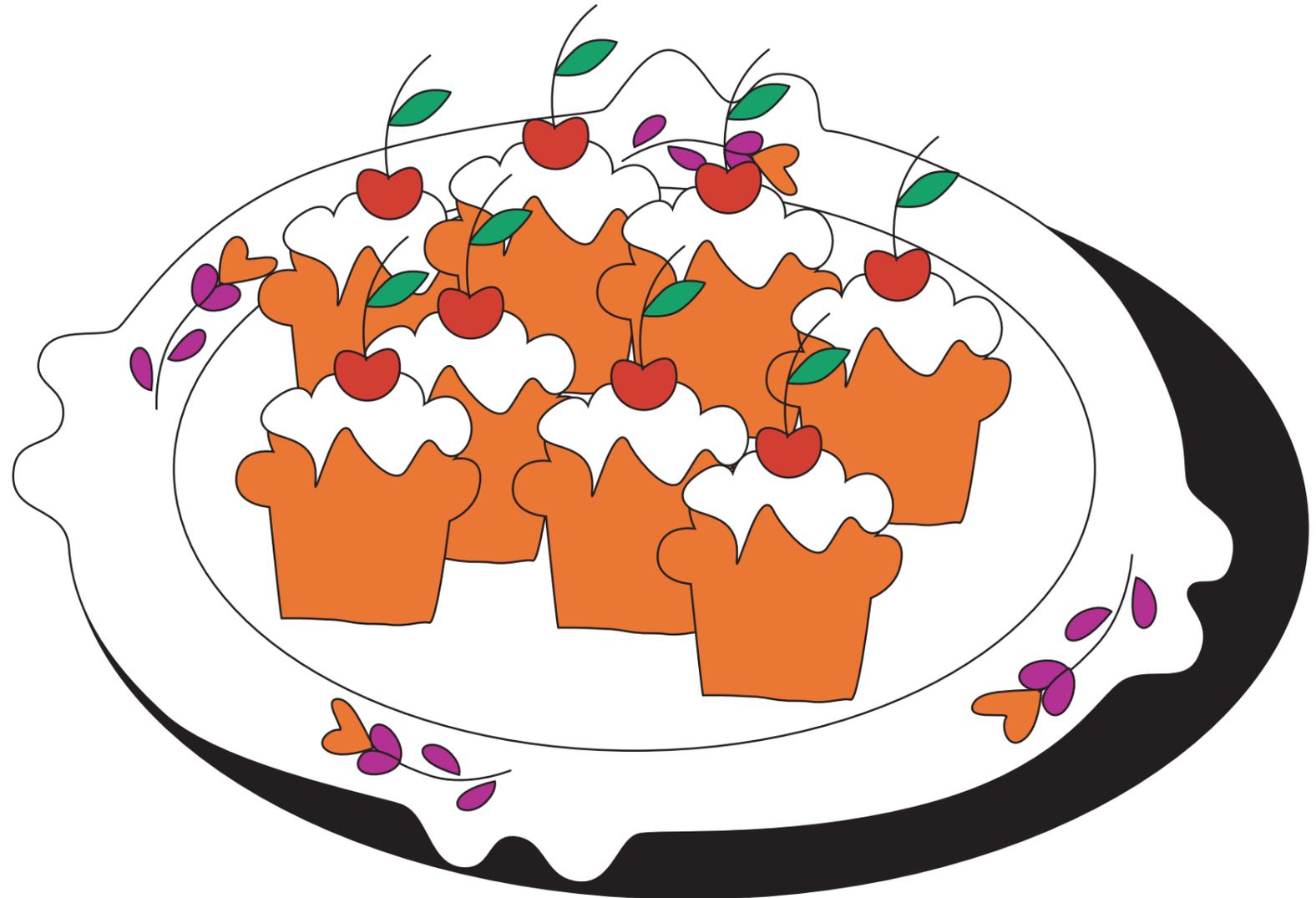
Preheat oven to 175°

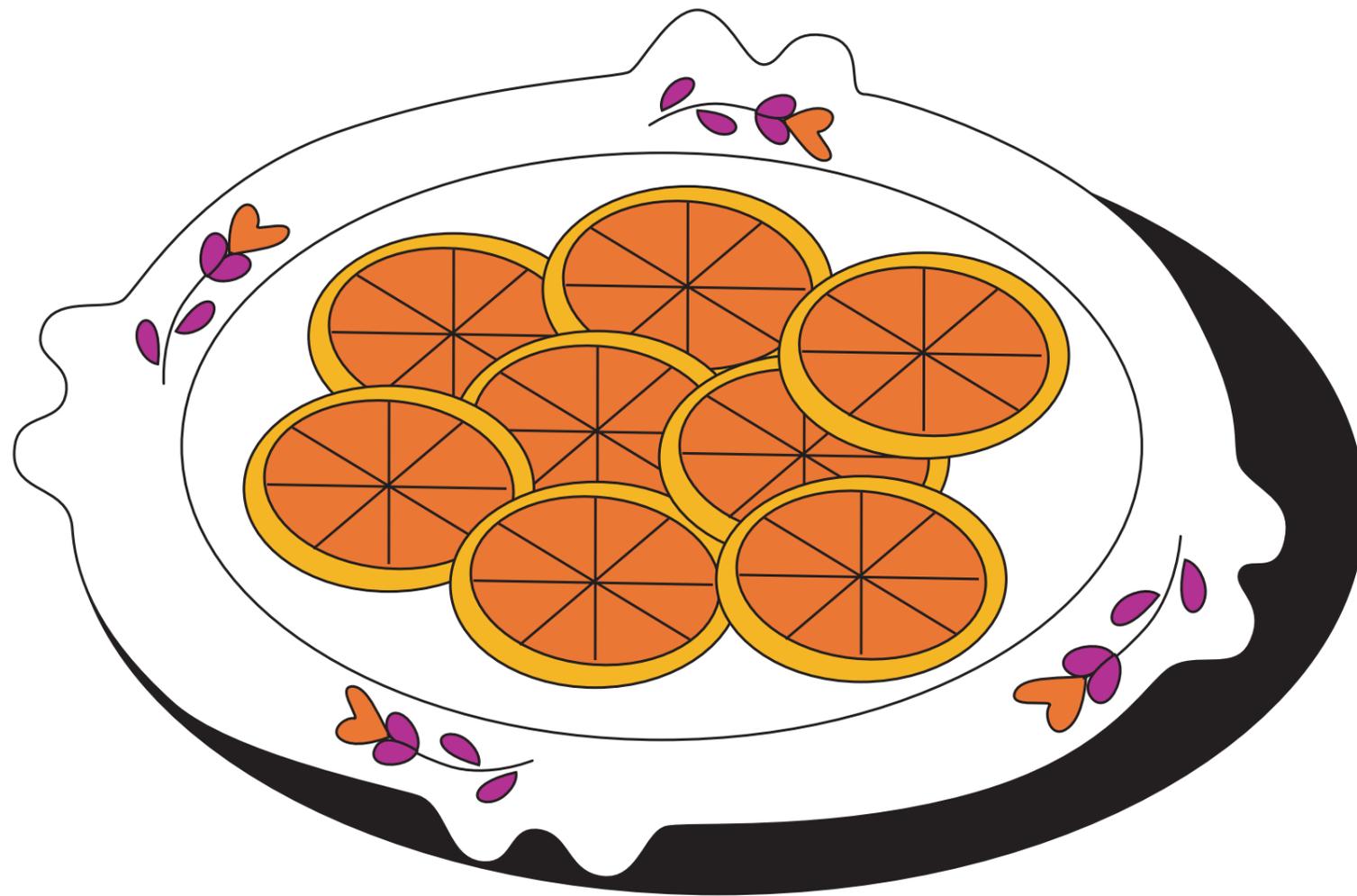
Put the whole washed orange in a small pot, cover with water, put on the top, and boil the orange for about 1.5 hours. A lovely aroma will permeate your abode. The orange is cooked when you can easily pierce it with a fork. Take out the orange and let cool. Then cut it in pieces, remove any seeds, and then put all the rest, including the skin and pith in bowl and puree with a hand blender.

In another bowl, beat the eggs with the sugar. Add the baking powder and the ground almonds, and then the pureed oranges and mix well. The mixture will be quite moist.

Fill the cake tin or cupcake tin and bake for about an hour – though probably only 30 or so for cupcakes. Insert a knife or toothpick in the middle – it should come out clean. Let cool. Turn the cake over onto a plate and remove the baking paper.

Can be served with bit of whipped cream or crème fraiche, or without.





ORANGES IN RED WINE

Makes 4 servings.

I personally like something light for dessert after such a large Pesach meal. I'm usually stuffed anyway and hardly have room for something else. This is a perfect ending. This dessert also keeps for several days in the refrigerator and the oranges get all the more tastier as they marinate. Obviously, it's great to make this ahead of time.

2 cups of sweet red wine*
 Zest of one organic lemon (peeled)
 Zest of one organic orange (peeled)
 2 cloves
 1 tsp. of juniper berries
 1 cinnamon stick
 ¼ cup sugar**
 3 star anise pods

4 oranges (preferably valencia)
 6 fresh mint leaves

In a medium saucepan, combine all the syrup ingredients and bring to a boil. Reduce heat to low and simmer until mixture is reduced by one third, about 25 minutes. Strain mixture, cool and refrigerate. The consistency should be like honey.

Slice the tops and bottoms of the oranges. Then remove all the peel and pith around them. Slice along the sides of each segment and pull out the segment. Spoon the syrup into a bowl and arrange the orange segments over it. Sprinkle with mint leaves on top.

* This is the perfect recipe to use up kiddush wine that people give me because I actually don't like sweet kiddush wine. But you can also use dry red wine.

** use ¾ cup if using dry wine

Copyright © 2021 by Janina Engel

Author
Karen, Milena and Janina Engel

Design
Janina Engel

Illustration
Janina Engel

www.janinaengel.com