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SOME SUGGESTIONS By

RAE KONVISER

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THE SEDER TABLE :

The SEDER PLATE contains the following :-

1. Three Matsot (half the middle matzo is put away at the beginning of the Seder and eaten at the very end of the meal.)
2. Maror- the bitter herbs - horseradish - or onion.
3. Charoseth (Recipe given).
4. Roasted Shank Bone of a Shoulder of Lamb.
5. Roasted Egg.
6. Parsley or Lettuce.
7. Basin of Salt Water.

REMEMBER:

.....
The Cup of Elijah, which is filled with wine and set aside for the Prophet.

Cushions for the head of the house to recline on.

Basin of water for washing hands during the Seder.

.....
SUGGESTED MENU FOR THE FIRST SEDER NIGHT :

Hard Boiled Eggs with Salt Water. (If desired eggs may be chopped and served with chopped onion in salt water).

Gefilte Fish :

Chicken Soup with Knedels:

Roast Turkey or Chicken : Roast Potatoes: Pumpkins: Green Salad :

Tongue in Tomato Purée or Tongue in Sweet & Sour Sauce: or

Brisket in Prune or Carrot Tzimmis: Or Braised Brisket in Sauerkraut:

Fruit Salad : or Pineapple Scufflo : or Fresh Fruit :

.....

HINTS TO IMPROVE POULTRY: In the morning, flavour the bird well with salt

 pepper, ginger, garlic salt or chopped garlic (if desired). Add 1 cup
 wine or orange or pineapple juice and leave to marinate in this liquid for
 a few hours. Before roasting, add little fat, 1 cup water, place whole
 peeled apple, onion and a few carrots inside bird, cover all with tin foil
 or greaseproof paper and roast in slow oven.

.....
 Pans Beans and Rice may not be used over Fensch.

CHAROSETH:

| | |
|--|--|
| 1 sliced apple or same quantity stewed apples: | $\frac{1}{2}$ cup chopped almonds |
| Juice of half lemon. | or walnuts. |
| $\frac{1}{4}$ teaspoon cinnamon. | 2 mashed bananas (if |
| 1 tablespoon red wine. | desired). |
| 2 oz. raisins (if desired) | $\frac{1}{2}$ teaspoon sugar or honey. |

Mix all dry ingredients together, add rest of ingredients. Mix again
 well till smooth. Form into a neat block and place in a glass dish.

.....
MATZO KNEIDEL: 1.

| | |
|------------------------------------|---|
| 2 eggs (medium) | 1 tablespoon chicken fat |
| $1\frac{1}{2}$ cups matzo meal | $\frac{1}{2}$ glass warm water. |
| 1 teaspoon sugar, 1 teaspoon salt, | $\frac{1}{2}$ teaspoon cinnamon, little |
| pepper to taste | ginger. |

Beat eggs well, dissolve chicken fat in warm water, add beaten eggs,
 beat again, add spices and finally fold in matzo meal. Leave in Frig.
 for about $1\frac{1}{2}$ hours. Later form into balls (sakes about 8). Put into
 boiling salted water for 20 mins to $\frac{1}{2}$ hr, then transfer into strained
 chicken soup.

.....
MATZO KNEIDEL: 2.

| | |
|--------------------------|-----------------------------|
| 1 egg | $\frac{1}{2}$ teaspoon salt |
| 1 tablespoon chicken fat | little pepper & ginger |
| 3 tablespoons cold water | 3 tablespoons matzo meal. |

Beat egg well, add water, salt, pepper and ginger, beat again; add
 matzo meal. Allow to stand 20 mins. Put into boiling water or soup for
 15 mins.

.....

Remember to wet hands when forming matzo meal balls. Do not lift lid of pot for at least 10 mins. There are many different methods of making Knaidel. Some housewives prefer to beat yolks and whites separately, later folding in the whites after meal has been added, others omit water. The first Recipe I find most successful.

MATZO MEAL NOODLES:

Beat up 2 eggs with half a teaspoon of salt, add 2 tablespoons matzo meal and mix thoroughly. Melt a little fat in a small frying pan and pour in sufficient of the mixture to cover the bottom; when cooked on one side, turn and cook on the other. Roll up each pancake and cut across into noodles $\frac{1}{4}$ " wide. Drop into boiling soup and cook for 2 or 3 mins.

Filling for Knaidel:

1 egg yolk
1 teaspoon cinnamon
2 tablespoons matzo meal

1 tablespoon fat
salt, pepper & little sugar,
little ground almonds.

Mix ingredients together to a fairly firm consistency. Fill Knaidel with about heaped teaspoon of this filling.

ALMOND BALLS FOR SOUP:

2 oz. Ground Almonds
grated rind of half lemon.

one egg.
pinch salt.

Separate yolk and white of the egg. Beat up the yolk, add the almonds and lemon rind and salt. Whip white of egg to stiff froth, add to other ingredients and mix lightly. Drop a little from the end of a small spoon into boiling fat, when puffed up and brown, remove, drain well. Put into soup just before serving.

BRISKET CARROT TIMBALS:

4 lb Brisket, salt & pepper to taste.
2 sliced potatoes.
1 tablespoon honey or sugar.

1 onion, 4 bunches sliced carrots.

Boil Brisket with onion till soft, add sliced carrots. When nearly soft add potatoes. Remove Brisket, place in roasting pan, add honey or sugar to carrot mixture. Pour over Brisket and leave in oven to brown slightly.

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PRUNE TIMMMS:

Vary the above Recipe by adding 1 pt prunes instead of carrots and later 4 whole potatoes. Cook the same way.

BRISKET IN SAUERKRAUT:

Cook Brisket with onion till soft, substitute finely shredded cabbage for carrots and add the juice of 1 1/2 lemons.

TONGUE IN SWEET & SOUR SAUCE:

1 small onion
1/2 oz potato flour
2 tablespoons vinegar
2 oz raisins or sultanas
juice of 1 lemon.

1 oz. fat
1 pint soup stock
1/2 teaspoon ground cinnamon.
2 oz. brown or ordinary sugar.
1 tablespoon honey.

Melt fat, add chopped onion, fry till golden brown, then stir in the potato flour and 1 pint of soup stock. Bring to boil, add honey, sugar and vinegar, lemon juice, raisins and sultanas. Simmer for 10 mins. Pour Sauce over cooked tongue and simmer for another 20 mins.

TONGUE IN TOMATO PURSEE:

Make a pursee of 3 onions fried in a little fat, add 4-5 skinned sliced tomatoes, 1 dessertspoon sugar, cook for 15 mins, pour sauce over pickled cooked tongue and saute for 20 mins. Sugar may be added if desired.

PINEAPPLE SOUFFLE:

2 pineapples grated
sugar to taste
3 eggs

1/2 cup orange juice.
1 tablespoon potato flour.

Boil together Pineapple, sugar and juice for about 10 mins. Thicken with 1 tablespoon potato flour made into a paste with a little water. Add three well beaten egg yolks and stir gently for 5 mins. When cool fold in stiffly beaten whites and set in Frig.

STEAMED FRUIT PUDDING :

1 1/3 cups self raising cake meal
 1/2 cup sugar
 1/2 teaspoon salt
 2 eggs
 1 tablespoon Jam or Honey
 2 ozs. each sultanas, dates & currants.
 4 ozs. shortening.

1 tablespoon hot water
 1 teaspoon Bicarb (or omit Bicarb and brown flour slightly).
 few chopped almonds or walnuts.

Sauce: 1 cup hot water
 1 cup sugar

pinch salt
 1/2 cup sweet wine.

Add bicarb to hot water. Rub shortening into dry ingredients. Add well beaten eggs in centre. Add Bicarb dissolved in hot water, Add Jam or honey. Mix all well together. Add fruit and nuts. Mix well. Mixture should be dry. Combine the ingredients to make the Sauce and stir well. Put Sauce in ungreased steaming bowl. Drop pudding mixture into Sauce. Tie cloth round bowl tightly and steam for 2 hrs. Serve hot or cold with wine sauce.

WINE SAUCE :

1 tablespoon potato flour
 pinch salt
 1/2 teaspoons lemon juice.

1/2 teaspoon sugar.
 1/2 cup of any fruit juice.
 1 cup wine.

Combine flour, sugar and salt. Add fruit juice stirring until smooth. Cook over low heat stirring constantly until thick and clear, add lemon juice and port wine. Bring to boiling point.

APPLE PUDDING:

4 large apples
 juice of 1 lemon
 1/2 tablespoons nutso meal
 1/2 cup chopped almonds.

4 tablespoons sugar
 4 eggs separated
 1 teaspoon cinnamon.

Slice apples thinly, add sugar, cinnamon and lemon juice. Add well beaten egg yolks, nutso meal and almonds. Fold in stiffly beaten whites. Bake in well greased pan for 45 mins in 350 oven.

- 6 -

APPLE CREAM PUDDING:

4 eggs
1 cup cake crumbs

3 grated apples
 $\frac{1}{2}$ cup sugar.

Mix all together thoroughly and pour into well-greased pan. Bake in 350 oven for $\frac{1}{2}$ hr.

ICE CREAM :

$\frac{1}{2}$ pint cream
2 eggs

2 tablespoons sugar
wine or orange juice.

Beat egg yolks with sugar. Beat cream and add to yolks and sugar. Fold in stiffly beaten whites. Add flavouring. Put in Freezer drawer of Frig. Cover with greaseproof paper. Ready in 1 hr.

PARIVA ICE CREAM :

3 eggs
7 oz. sug ar
1 large orange.

$\frac{1}{2}$ pint fruit juice or water.
1 cup washed fruit e.g. Bananas
(then use lemon juice) or stewed
pear, apple, etc.

Boil sugar and fruit juice or water together for 10 mins. Beat egg yolks and pour on slightly cooled syrup, return to gentle heat and stir till thickens but do not reboil, otherwise it will curdle. Add sieved or mashed fruit and rind and juice of orange or lemon, leave till cold. Whisk lightly, put in Frig freezing drawer for 1 hr. Remove to bowl, add stiffly beaten egg whites and return to Frig. Serve when firm.

JLM: (GOOSEBERRY OR GRAPE) :

Wash fruit well, put in pot with $\frac{1}{2}$ cup water, when just on the boil, add sugar, $\frac{1}{2}$ lb sugar to each lb of fruit. Boil gently until jam sets in cold water. Prick gooseberries and remove grape pips before cooking.

GUMVA JELLY:

Cut gumvas up roughly, cover with water and boil for 1 hr. Strain liquid off through muslin, when cool, add 1 cup of sugar for each cup of juice and 1 tablespoon lemon juice to each pint of liquid. Return to pot, boil gently until a little syrup poured into cold plate jellies.

.....
ALMOND CAKE:

$\frac{1}{2}$ lb ground almonds
 $\frac{1}{2}$ lb castor sugar

1 tablespoon cake meal.
6 eggs.

Beat yolks of eggs and sugar together until creamy. Gradually mix in ground almonds, then add cake meal. Finally fold in stiffly beaten egg whites. Bake in 350 oven for $\frac{1}{2}$ hr. Leave in tin for 1 hr to cool to prevent crumbling.

.....
RESAICH DUTCH TART:

$\frac{1}{2}$ lb ground almonds
 $\frac{1}{2}$ cup potato flour
 $\frac{1}{2}$ cups cake meal.

2 oz. butter.
 $\frac{1}{2}$ cup sugar.

Melt butter and pour into other ingredients. Put into 2 9 inch layer tins. Coat 1 layer with white of an egg and decorate with nuts. Bake 15 mins in 350 oven. Turn out and spread with jam. Place decorated layer on top.

.....
ALMOND TART:

$\frac{1}{2}$ lb butter
 $\frac{1}{2}$ lb ground almonds or other nuts

1 lb cake meal
2 tablespoons sugar.

Knead all ingredients together to form dough, as for shortbread. Divide into two, pat into two 9 inch sandwich tins that have been floured with potato flour. Bake in 350 oven till light brown. When cool put together with jam.

.....

APPLE TART :

4-5 dessertspoons butter
1 egg yolk
1 tablespoon sugar
little cold water or lemon juice.

8 tablespoons cake meal
 $\frac{1}{2}$ cup cream
1 tablespoon oil

Cream butter with sugar, add egg yolk, oil and cake meal. Make a dough of soft consistency by adding cream and cold water. Pat pastry gently into greased pastry dish, spread with jam, bananas then stewed apple. Place strips of pastry on top or make a meringue top, and bake in moderate oven for about $\frac{1}{2}$ hr.

Alternative filling : Minced suitons, currants and raw grated apple.

CHEESE TART :

1 cup self raising cake meal
2 oz butter
pinch salt.

1 egg
2 heaped tablespoons
sugar

Filling:

$\frac{1}{2}$ lb cottage cheese
2 eggs (add one at a time)
juice of a small lemon.

3 heaped tablespoons
sugar
1 tablespoon cake meal
8 oss. milk.

Rub butter into meal, add sugar, salt and well beaten egg. Place in greased pan. Add filling and bake in 350 oven till done, but 10 mins after tart is in oven, sprinkle the top with a little cinnamon.

Filling: Beat all ingredients well together for 10 mins.

SPONGE CAKE :

6eggs
2 tablespoons Oil
6tablespoons sugar

4 tablespoons potato flour
4 level tablespoons cake meal
juice of orange or $\frac{1}{2}$ lemon

Add sugar and oil to egg yolks. Cream well until sugar is dissolved. Add juice, flour, mix well, lastly add stiffly beaten whites. Put mixture in 375 oven in a covered pyrex dish or pot, switch both elements off for 20-25 mins. Remove lid from pot and bake for another 10 mins.

SPONGE CAKE :

6 egg yolks
4 egg whites
6 oz castor sugar

4 oz. potato flour
grated lemon rind.

Beat yolks with sugar until creamy. Add lemon rind and stiffly beaten whites. Fold in flour, beat for $\frac{1}{2}$ hr. more. Line tin with oiled paper and bake in slow oven for $\frac{1}{2}$ hr.

PASSOVER WINE CAKE :

6 eggs separated
 $\frac{1}{2}$ cup wine
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup cake meal
 $\frac{1}{2}$ cup ground walnuts
pinch cinnamon.

Cream egg yolks and sugar till light. Add wine and sifted cake meal. Add pinch salt cinnamon and nuts. Fold in stiffly beaten egg whites. Bake at 325 for 1 hr. After removing from oven invert pan and allow cake to cool before removing.

HAZEL NUT CAKE :

4 eggs separated
5 ozs. sugar

5 ozs grated nuts
 $\frac{1}{2}$ rind of lemon and lemon juice.

Cream yolks of eggs with sugar. Add alternately the whipped whites and nuts and finally the lemon rind and juice. Bake in 350 oven for about 1 hr.

NUT CAKE :

5 eggs
1 tablespoon cake meal

1 teaspoon castor sugar
1 tablespoon brandy
7 ozs. almonds, minced with skins on.

Beat egg yolks, sugar, till creamy. Add cake meal, 1 tablespoon brandy, then nuts. Lastly add stiffly beaten whites. Bake in moderate oven (300) for 30 mins.

SWISS ROLL :

4 eggs
3 oss. Cake meal.

4 oss. castor sugar
little grated lemon or
orange rind.

Beat egg yolks with sugar till creamy, add sieved meal lightly and fold in with rind, finally fold in stiffly beaten whites. Put mixture on greased and floured baking sheet for 10-15 mins in 400 oven. Turn onto dispaned sugared cloth, spread with hot jam and roll.

ALMOND CAKE :

6 eggs
 $\frac{1}{2}$ lb ground almonds

1 dessertspoon brandy
1 teacup sugar (not quite full)

Beat yolks and sugar till creamy. Mix in almonds. Add brandy and fold in stiffly beaten whites. Bake in slow oven for about 1 hr. Tin must be well greased and dusted with potato flour.

MATZO SPICE CAKE:

3 tablespoon Matzo meal or cake meal
 $\frac{1}{2}$ tablespoon cinnamon
6 EGGS

$\frac{1}{2}$ tablespoon ground ginger
 $\frac{1}{2}$ tablespoon ground cloves
6 tablespoon sugar.

Beat egg yolks with sugar until thick and lemon coloured. Fold in dry ingredients, which have been sifted together 4 times. Beat the egg whites until stiff but not dry, fold lightly into mixture. Bake in 325 oven until toothpick inserted in cake will come out dry. Time depends on the thickness of the cake.

BISCUITS :

ALMOND MACAROONS:

Ground Almonds 8 oz.
Caster sugar 8 oz.

Whites of 3 eggs
few blanched almonds.

Mix sugar and ground almonds, beat egg whites slightly and add sugar and almonds to form a paste. With wet hands roll mixture into small balls, place on baking sheet, (oiled) flatten and put half a blanched almond on top of each. Bake in 350 oven till wet and light biscuit colour (about 25 mins).

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ALMOND MACAROONS:

3 egg whites
 $\frac{1}{2}$ lb sugar
few blanched almonds

$\frac{1}{2}$ lb ground almonds
 $\frac{2}{3}$ tablespoons fine potato meal.

Whip egg whites stiffly, add sugar and fold in ground almonds and then meal. Moisten hands and roll mixture into small balls. Place half almond on top of each ball and place on ungreased greaseproof paper on a shallow tin. Bake at 325. When done lift paper with macaroons and place on wet board when macaroons will slip off paper easily.

.....
COCONUT MACAROONS :

6oz. desiccated coconut
4 oz caster sugar

1 oz. potato flour
whites of 2 eggs.

Mix coconut, sugar and potato flour together. Whip the egg whites to a stiff froth, then fold in the dry ingredients lightly. Put in little rough heaps on a well greased baking tin and bake in 325 oven till crisp and light biscuit colour - about 40 mins.

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COCONUT MERINGUES: 2.

$\frac{1}{2}$ cup sugar
whites of 2 eggs

$1\frac{1}{2}$ cups coconut.

Beat up whites with sugar until very stiff (as for meringues). Add coconut or other nuts (peanuts etc.) Drop teaspoonful of mixture onto well greased baking tin - not too close together. Bake slowly in 325 oven.

.....
MERINGUES:

4 egg whites

8 level tablespoons sugar.

Beat up whites stiffly and add 2 tablespoons sugar. Beat well then add another 2 tablespoons sugar. Beat well. Then 1 tablespoon sugar, beat well. The last 3 tablespoons fold in well. Bake at 250-275 slowly till done.

.....
PEANUT COOKIES:

2 egg whites
2 small tencups warmed raw peanuts
(remove shells).

1 small cup anster sugar.

Beat whites stiffly, beat in sugar. Mince the peanuts and fold into meringue mixture. Put into 300 oven with both switches turned low. Put heaped teaspoons of mixture well apart on baking sheet.

.....
BISCUITS:

$\frac{1}{2}$ cup matzo meal
 $\frac{1}{2}$ cup potato flour

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup almonds
2 eggs

Sift matzo meal and potato flour. Add sugar almonds and beaten eggs. Roll out dough in potato flour mixed with sugar. Cut and bake on greased tin in hot oven. Juice of lemon or orange and rind may be added to improve flavour.

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BURRIS:

2 cups meal (oats)
 2 cups water
 1 large cooking apple
 $\frac{1}{2}$ cup wine
 1 tablespoon chopped walnuts or almonds.

sugar, salt & ginger to taste
 3 eggs
 $\frac{1}{2}$ cup raisins
 1 tablespoon ground almonds.

Place all dry ingredients in a bowl and mix. Add grated apple and then wine and beaten eggs. Add sufficient water so that mixture is thin enough to drop from spoon. Mix very well. Drop either tablespoons or whole mixture into hot oil, fry till brown and crisp. Drain well remove carefully from pan, sprinkle with a mixture of sugar and cinnamon.

PASSOVER BISCUITS:

$\frac{1}{2}$ lb butter
 $\frac{1}{2}$ tascup sugar.

1 heaped tablespoon ground almonds
 1 ~~tablespoon~~ cream

Knead all ingredients well together as you do for shortbread. Roll dough into small balls and flatten slightly by pressing a nut on top. Bake in 450 oven for 10-15 mins.

PASSOVER B.LINTIES:

$\frac{1}{2}$ cup oats meal
 $\frac{1}{2}$ cup potato flour
 3 eggs

$\frac{1}{2}$ cup caster sugar
 $\frac{1}{2}$ cup chopped nuts
 $\frac{1}{2}$ lb butter

Mix together oats meal and potato flour. Rub sugar in butter. Add eggs. Add meal mixture and finally nuts. Roll out to $\frac{1}{2}$ inch thickness. Cut into shapes, put nut on top. Paint with little egg or milk. Sprinkle with sugar and cinnamon. Bake in moderate oven.

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- 16 -
CHEESE MIXTURES :

Make a Cheese Mixture as follows:-

| | |
|--------------------------------|----------------|
| 1/2 lb cream or cottage cheese | sugar to taste |
| 2 tablespoons cream | pinch salt |
| 1 well beaten egg | |

Mix the above ingredients to form a soft consistency, add more cream if necessary or use Cheese Mixture as given for Cheese Tart. Either dip Mince squares in milk or spread with butter, spread cheese mixture thickly on top, brush over with egg yolk. Place on greased baking sheet and bake in 300° oven for 10 mins till brown on top.

DATE Dainties :

| | |
|--------------------------------------|--------------------------------|
| 1/2 lb chopped dates | 1 cup currants or raisins |
| 1 cup chopped nuts | 1 teaspoon bicarb (if desired) |
| pinch salt | 1 cup sugar |
| 1 cup boiling water | 2 cups oats meal. |
| 1 dessertspoon butter | 2 well beaten eggs. |
| Cinnamon & little ginger if desired. | |

Take dates, salt, bicarb, sugar, butter, raisins and mix well in dish. Cover with boiling water, when cool, add well beaten eggs. In separate dish take flour and nuts, mix well and stir in wet mixture. Mixture should be fairly firm consistency. Bake in greased flat dish at 350 for 15 mins. Cut into squares. When cool dust with castor sugar.

DATE BISCUITS :

| | |
|-------------------------------|----------------------------|
| 1 and 1/3rd teacups cake meal | 6 teaspoons potato flour |
| 1 and 1/3rd cups sugar | pinch salt |
| 2 eggs | 1 cup stoned chopped dates |
| | 1 cup chopped walnuts. |

Separate whites and yolks of eggs, beat each well. Then beat together. Add sugar and flour, then dates and walnuts. Spread thinly into a greased pan and bake for 25 mins in a 325 oven. Later sprinkle with sugar, cut into strips. When cool remove from tin.

BREAKFAST DISH :

Soak 6 matzos in cold water until soft. Squeeze out water and add 4 beaten eggs and $\frac{1}{2}$ teaspoon salt. Cook as you would scrambled eggs.

PESHACH MEAT BLINTZES:

3 eggs
2 cups water
 $\frac{1}{2}$ cup potato flour

1 cup Cake meal
pinch salt.

Sift dry ingredients. Add to beaten eggs. Use water to make smooth batter. Grease pan (heated) lightly with fat, pour batter thinly to cover base of pan. When dry, turn out on board. Grease pan for each pancake.

Meat Filling:

1 lb cooked steak
2 tablespoons fat

1 egg
2 small onions, fried.
seasoning.

Mince meat and onions. Add remaining ingredients. Put small quantity of meat in each pancake. Fold over sides, roll up to form blintze. Fry in chicken fat. Serve hot.

SWEDISH HERRING :

Soak sharrings overnight. Skin fillet and cut each fillet into 4 pieces. Take 1 cup sliced onion which has been scalded and drained after water is cold. 1 cup sliced apple.

Sauce:

$\frac{1}{2}$ cup oil
 $\frac{1}{2}$ cup sugar
1 cup tomato puree
 $\frac{1}{2}$ teaspoon pepper

1 teaspoon mustard (if desired)
 $\frac{1}{2}$ cup brown vinegar.

Dissolve sugar in oil as much as possible, add mustard and pepper, then tomato puree and vinegar. Place layers of herring, onion and apple in dish, pour over sauce and keep in Frig.

MENJIS (UNCOOKED)

1 lb dried apricots
1 cup sugar

caster sugar
pinch salt.

Wash apricots well, if very dry soak for a little while in cold water. Dry. Mince and knead well with salt and sugar. Dampen hands and flatten to about $\frac{1}{4}$ inch thickness on dampened board. Cut into rounds with egg cup or slice into diamond shapes. Coat with caster sugar. Pack in layers of greaseproof paper.

APRICOT SQUARES:

2 lbs dried apricots

3 lbs sugar

Pour boiling water onto apricots and allow to soak for 1 hr. Drain, mince fruit and add sugar. Place in pot and put on slow oven, stirring at regular intervals, so that mixture does not stick to bottom of saucepan. Have ready a board which has been dampened with water, when mixture is thick and ready, spread on wet board to $\frac{1}{4}$ inch thickness. Decorate with blanched and sliced almonds. When dry, cut into squares and roll in sugar.

CARROT INGERSHAM:

$1\frac{1}{2}$ lbs carrots
3 ozs. almonds

1 lb sugar
1 teaspoon ginger.

Cook carrots, wash and press off juice through strainer or cloth. Add sugar and ginger. Put in saucepan and cook on low flame for an hour or more, stirring often. When thickening, add almonds and ginger. When mixture sets in cold water, turn onto dampened board, which has been sprinkled with sugar and a little ginger and spread to about $\frac{1}{4}$ inch thickness. Sprinkle top with sugar and ginger and when slightly cooled, but before mixture has hardened, cut into one inch diamond squares.

COCONUT ICE :

3 cups coconut
1 cup milk

4 cups sugar
1 teaspoon butter.

Boil sugar, milk and butter in pot for 5 mins, then add coconut, boil for another 8 mins. Put half the mixture in greased sandwich tin, colour other half with beetroot juice and put on top. When cold, cut into squares.

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PEMACH TAIGLECH:

6 eggs
1 tablespoon Pemach brandy
Cake meal.

1 tablespoon oil
1 teaspoon ginger
 $\frac{1}{2}$ lbs honey
4 cups water.

Boil sugar, honey and water together for 5 mins to make a syrup.
Dough for Taiglech: Beat up eggs, add oil, brandy, ginger and

enough cake meal to make the mixture suitable for rolling. Roll out into balls, put into boiling syrup, boil for 25 mins with lid on. Remove lid, stir and boil till golden brown. Test one by putting into cold water and if it floats, then it is ready.

.....
GRAPE FRUIT POMERANTZEN:

3 Grape Fruit skins, soak in cold water for 2 days. Put skins in large pot of water and bring to boil. Strain, return skins to another pot of cold water and reboil. Strain, quarter skins and prick well with fork. Now put in a saucepan containing 3 cups sugar and 3 cups water, which have been well mixed together. Simmer slowly until fruit crystallises, stirring at intervals to prevent burning. When fruit is transparent and syrup thick, place on wet board and sift fruit with sugar, if desired. Allow to dry.

.....
ORANGE POMERANTZEN:

Boil the skins of 4 oranges till soft. Remove rind. Add 1 cup sugar to each orange and place skins and sugar in a saucepan over a slow fire. Boil slowly until skins are transparent and sugar syrupy. Flatten skins and sandwich together with the rinds outside. Beat up the syrup with an egg beater till white and pour over skins. Cut into shapes.

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MAJELIPAN SWEETS :

1 lb almonds
1 lb sugar

2 cups cold water
white of 1 egg.

Put sugar, water and well beaten egg white into pot and boil, reserving scum which will form on top. Boil until a thick syrup is formed. Blanch and mince almonds very finely, add this to thick syrup and stir until the syrup has been absorbed. Remove, then cool, roll out and cut into pieces.

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SESAME SEED SWEETS :

1 glass cleaned roasted sesame seeds

1 glass sugar.

Heat a dry saucepan on the stove, when hot put in sugar and stir until it melts into a thick syrup. Take off stove and put on side, stir in sesame seeds or as an alternative, roasted peanuts. Turn out quickly onto a tray greased with oil. Roll quickly, using a lumen as a rolling pin and cut into shapes.

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U.S. Many households do not use Peanuts during Pesach.

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BEST PRESERVE :

4 lbs beets
3 lbs sugar
5 ozs. ginger.

1/2 lb almonds
juice of 3 lemons

Wash and peel young beets, slice thinly and put through sieve. Cover with water and cook slowly until tender. Add sugar, ginger lemon juice and rind. Cook slowly until thick and clear. About 1 hr. When almost done, add blanched almonds cut up. Place in jar and use as required.

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BERGMAN PASSOVER WINE :

40 lbs grapes

10 lbs sugar.

Remove stalks from grapes, place grapes into barrel, add sugar, stir grapes and sugar a few times with a wooden stick or rod, cover top of barrel with muslin (to protect from dust) leave for 7 days to ferment, during fermentation a bubbling noise is heard, stir mixture through occasionally. After 7 days close top of barrel with cork. Wine should mature in about 3 months.

VITAMIN DRINK :

Skins and cores of 10 medium sized apples.
3-4 pints of cold water
1/2 cups sugar.

Juice of 1 lemon or
orange.

Place skins and cores of apples into a pot, cover with water and boil for 10-15 mins. Strain liquid through strainer into separate pot, add sugar and lemon juice and boil again for 5 mins. When cool pour into a jar and keep in Frig. Use as required.

Same recipe may be used successfully with :-

skins of 12-18 guavas, skins and cores of 6-8 well washed pineapples, skins of 24 peaches (especially Clingstone variety).

FRUIT SYRUP:

4 large lemons
1 packet tartaric acid
8 cups boiling water.

4 cups sugar
1/2 packet Epsom Salts

Cut a ring of lemons, squeeze juice, remove pipe, cut up pulp, add to dry ingredients. Pour over boiling water. Stand overnight, strain and bottle next morning.

PICKLED CUCUMBER (QUICK METHOD):

Slice 3 or 4 cucumbers and salt very well. Cover and allow to stand for several hours. Wash very well in strainer.

Boil together:

1 cup vinegar
few peppercorns and bay leaves

2 or 3 tablespoons sugar

Pour liquid over cucumbers whilst hot. Dilute vinegar mixture if found to be too strong. Leave for a day in Frig.

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