

HABONIM DROR PESACH PACKAGE



Compiled for you this Pesach
- we're all in this together !

TAHINI COOKIES

INGREDIENTS

- 1/2 cup tahini (If you can't find tahini, try using a nut butter such as peanut or almond butter instead)
- 5 tbsp maple syrup (you could also use date syrup, agave nectar, golden syrup, or simple syrup made from equal parts of water and sugar)
- 1/2 tsp vanilla paste (you could also use vanilla extract, vanilla essence, or try another flavour such as almond extract if vanilla is not available)
- 1/4 tsp baking soda (I was unaware that baking soda is kosher for passover, but Chabad says it's okay!)
- pinch of salt
- 100 g almond flour/ground almonds
- 8 tbsp black/white sesame seeds (flaked almonds or other crushed/chopped nuts could also be used as a topping)

INSTRUCTIONS:

1. Preheat the oven to 180 °C
2. In a bowl, simply mix together all the ingredients except the sesame seeds.
3. Mix together the white and black sesame seeds (or other topping of choice) in a small bowl.
4. Shape one tablespoon of the cookie dough into a ball, roll it in the sesame seed mixture and place it onto a baking sheet lined with baking paper. Using the flat bottom of a glass or measuring cup, gently compress the cookie ball until it's about 5/8 cm thick.
5. Repeat with the rest of the cookie dough and refrigerate for about 15 minutes.
6. Bake the cookies for about 8 minutes, or until slightly spread out and light golden brown on top.
7. Immediately out of the oven, the cookies will be very soft. Allow them to cool on the baking sheet for about 10 minutes before transferring them to a cooling rack.
8. The tahini cookies keep well in a cool dry place in a closed container for about 1 week.

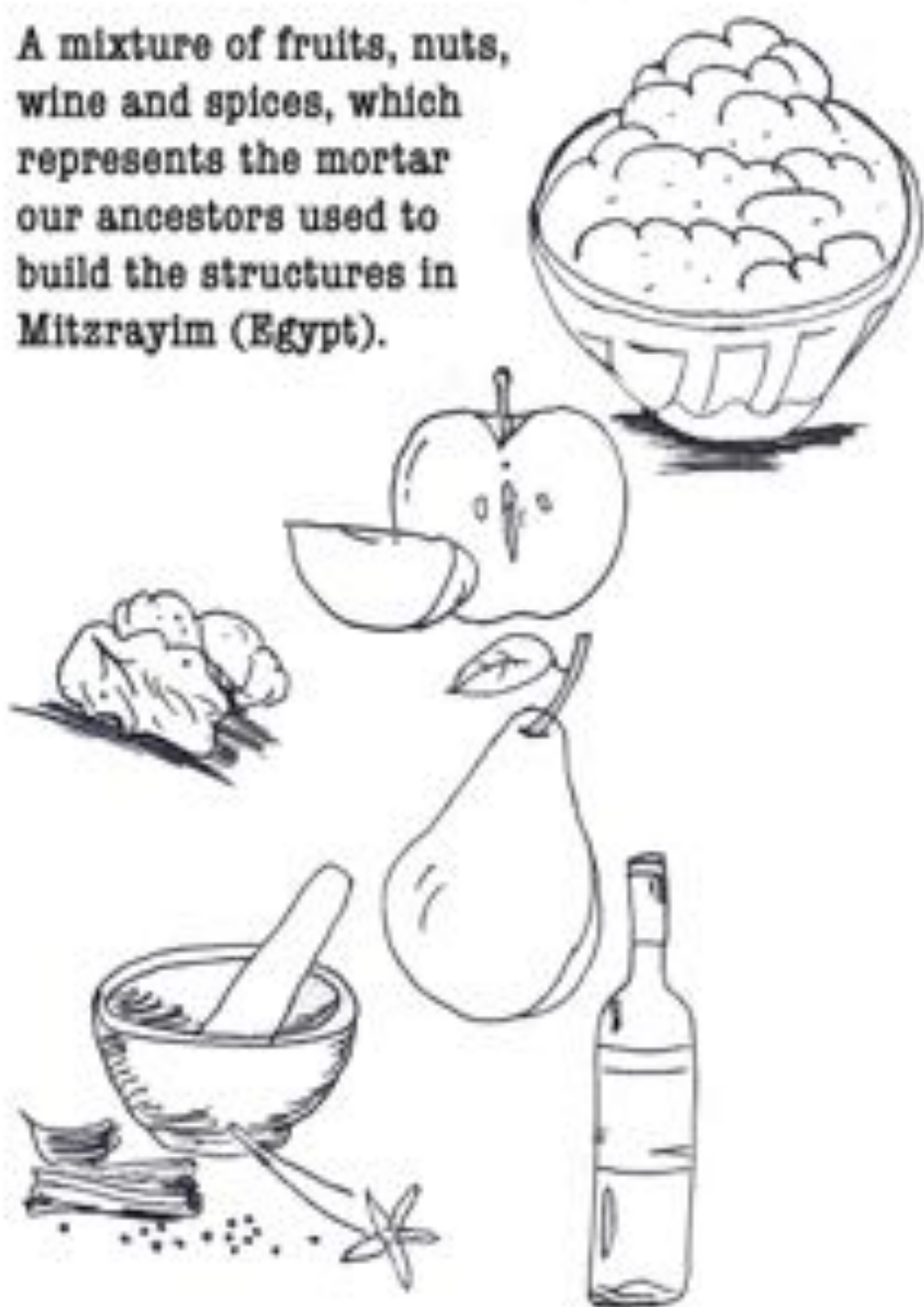


HABONIM DROR SEDER

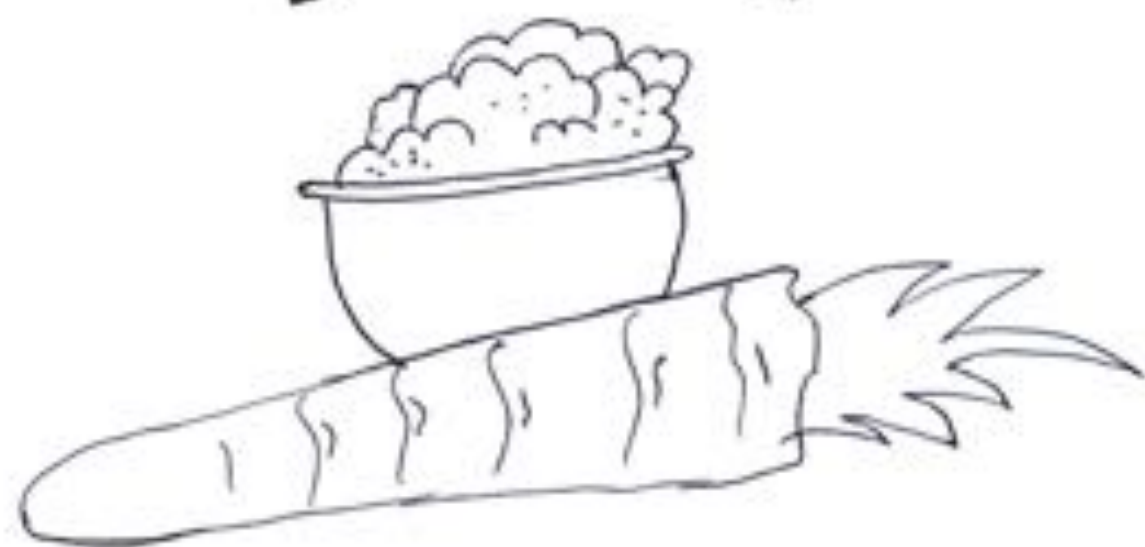


CHAROSET

A mixture of fruits, nuts, wine and spices, which represents the mortar our ancestors used to build the structures in Mitzrayim (Egypt).



MAROR



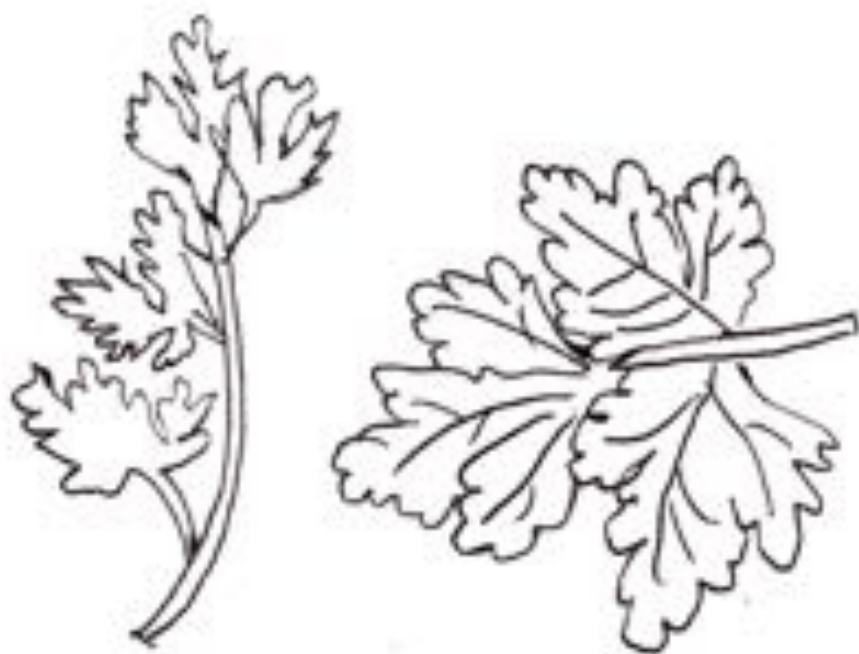
A bitter herb (horseradish), which reminds us of the bitterness of enslavement.

KARPAS

A green vegetable (beet greens), which symbolises hope and renewal).

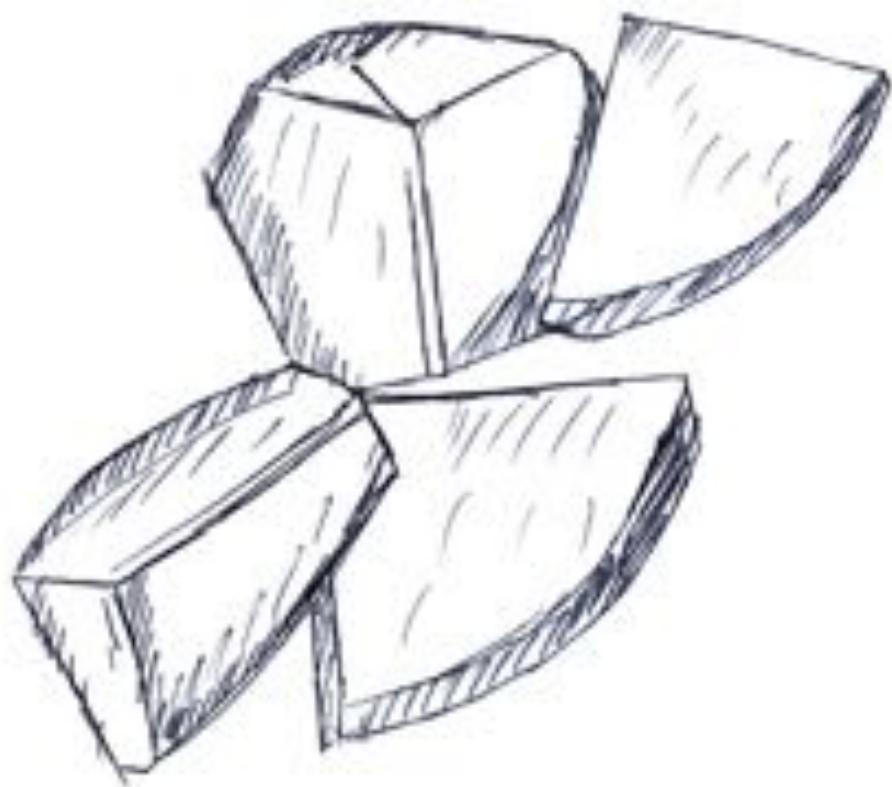


CHAZERET



A second bitter vegetable (parsley), again reminding us of the harshness of slavery.

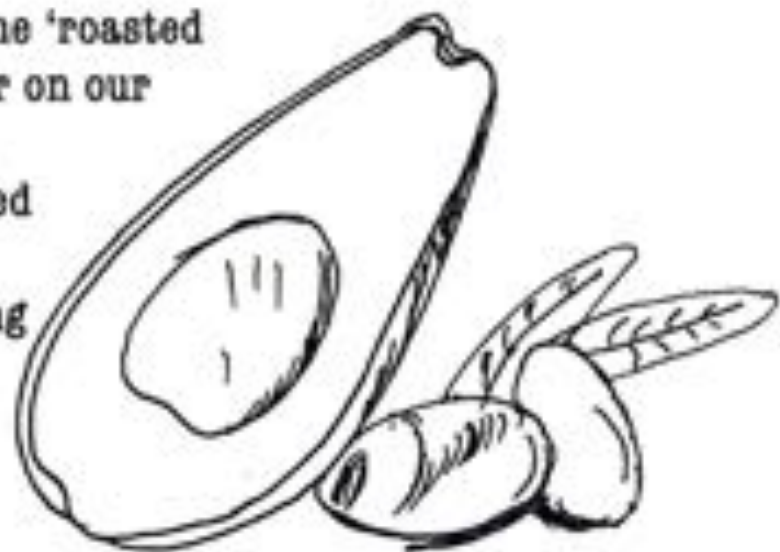
ZEROA



For some a 'roasted bone', but on our plate a roasted beet that represents the Passover sacrifice offered while the Temple stood in Jerusalem.

BEITZA

For some the 'roasted egg', but for on our plate is an avocado seed (or olives) representing both the Passover offering and the cycle of life and death.



ORANGE



Acknowledging the role of women in Jewish myths, community and society overall.

OLIVE



This year, our Seder plate has a new symbol - an olive !

Why an olive? Because for slavery to be truly over, for a people to be truly free, we must know that we can feed ourselves and our children, today, tomorrow, and into the following generations.

In the lands of Israel and Palestine, olive groves provide this security. When olive groves are destroyed, the past and future is destroyed.

Without economic security, a people can much more easily be conquered, or enslaved.

And so this year, we eat an olive, to make real our understanding of what it means each time a bulldozer plows up a grove.

Without the taste of olives, there will be no taste of freedom. Keep one olive on the Seder plate, and pass out the olives !

ADDITIONAL SEDER PLATE OPTIONS

POTATO



The potato symbolises the exodus of Ethiopian Jews from oppression to freedom, from famine to plenty, and recognising the suffering and starvation of those in concentration camps during the Holocaust.

ONION



Just as an onion has many layers of skin, one can imagine society as being like an onion with each layer representing a major part.

It is also a constant reminder that hierarchial layers within societies, religions and communities are very prevalent.

COCONUT

PYRAMIDS

INGREDIENTS

- 265 g shredded coconut (you could also use desiccated coconut)
- 1/4 tsp vanilla extract (vanilla paste or essence will also work)
- 30 ml maple syrup (you could also use date syrup, agave nectar, golden syrup, or simple syrup made from equal parts of water and sugar)
- 1 1/2 tsp melted coconut oil (if you can't find coconut oil another oil can be substituted, although a flavourless oil is recommended)
- 75 g dairy-free dark chocolate (optional)

INSTRUCTIONS:

1. Preheat oven to 180 C and lightly grease a baking sheet with oil
2. Add coconut to a food processor or high-speed blender and blend, scraping down sides as needed, until the texture feels like a dough if you squeeze it between your fingers. If you went too far, add more coconut and it should firm back up.
3. Add maple syrup and vanilla and mix again until just incorporated.
4. Shape spoonfuls of the mixture into pyramids, and gently lay on the oiled baking sheet
5. Brush the tops lightly with melted coconut oil and sprinkle with leftover crumbs on top. Bake for 8-10 minutes or until the edges/bottoms are golden brown. Set aside.
6. While the pyramids are cooling, melt chocolate over a double boiler or in the microwave in 30 second increments.
7. Once cooled, pick up pyramids and dip in the chocolate, allowing it to come up over the edges slightly. Be gentle as the pyramids can be fragile. Wipe away excess with a spoon.
8. Leave the pyramids on a cooling rack or parchment lined plate for the chocolate to set before serving.



4 SIBLINGS QUESTIONS & ANSWERS

In Habonim Dror, one of our central values is Shivyon Eresh Ha'adam (the equality of human value), which recognises the divine spark and unique potential within every one of us. This value informs how we educate a lot, because we realise that everyone has different strengths and different needs. If the four siblings came to camp, we would do like the parents in the story, and answer their questions in the way that is appropriate for them. HOWEVER, we would not be so harsh to the "wicked" child, and we would not tell them that God would not have brought them out of Egypt. We believe that you cannot teach empathy without practicing it, so we would try to include this child, and have patience with their frustrations. When they ask "What makes this relevant to you today?" we don't assume they are being insolent, but instead use their question to discuss the values celebrated in the Pesach story, such as freedom, and who is free or enslaved in the world today.



The Wise One Asks: "What are the laws that are commanded?"

The answer is that there are many laws that are commanded in Judaism that teach us how to live, behave and show respect. These laws show us how to treat others, ourselves and the world. We should focus on those laws above all so that we bring the greatest good to society.



The Wicked One asks: "What purpose do these laws serve to you?"

The answer is that in the past, through the upkeeping of Jewish practice - whether it be religiously or culturally - Jews have been able to overcome suffering and persecution and flourish in life.

The Simple one asks: "What is this celebration about?"

The answer to this is that we are commemorating the fact that we were brought out of Egypt. When we think of this, we must also remember that there are people in the world now who are enduring suffering and slavery, and we must do all we can to recognise this, and even help if we can.



And for the one who cannot ask,

you must explain the story of the Exodus, so that one day they can too pass on the history of the Passover to the people in their lives. They can then teach others the qualities of bravery, trust, kindness and strength.



EGG FREE KNEIDLACH

INGREDIENTS

- 1/2 cup matzo meal
- 1/4 tsp xanthan gum (This can be ordered online cheaply, if it is not available in your local supermarket)
- 3/4 tsp salt
- 1 1/2 tsp baking powder
- 3 Tbsp water
- 2 Tbsp oil
- 7 Tbsp aquafaba (liquid from a can of chickpeas or other white beans, for those who would like egg free kneidlach but do not eat kitniyot during Passover, other online recipes use quinoa flour, potato starch, and many other substitutes for eggs. If you try one out, let us know if they work!)

INSTRUCTIONS:

1. Preheat the oven to 180°C.
2. Mix batter and refrigerate for at least 15 minutes to allow the mixture to thicken so that it can be rolled into balls. Put at least 6 cups of broth (or salted water) to a boil if planning to make soup right away.
3. Roll the batter into balls about the size of a golf ball, or however big you like your kneidlach. You should be able to make 12-15 matzo balls.
4. Bake them in the oven on a parchment-lined cookie sheet for 10-12 minutes, until set and just very, very slightly turning golden.
5. Kneidlach are not usually baked, but this step helps to prevent them from falling apart when placed in the boiling water as there is no egg in the mixture to bind them together.

