

# IMMERSIVE TO PLAGUES SEDER MENU



# IMMERSIVE 10 PLAGUES SEDER MENU



@wearetaam

Why is this night different?

It's an age old question and one we hope to help you bring to life this Passover.

Ta'am exists to help Jews engage with their heritage through food, providing an opportunity to bring people together, put them in touch with their roots and engage with cultures and facets of Jewish life that they may never have known existed.

Food is such an innate part of Jewish culture, it is part of the fabric of our past, it brings us together in the present and will ultimately play a starring role in helping us to shape the future. This is no more evident than at Passover, where the Seder night meal forms the structure for us to relate the story of the Exodus to our children.

Whether this is your first Seder, or you're a dab hand, whether you have 'big kids' or small ones around your table, these recipes can elevate your Seder and serve as a jumping off point for conversation.

Discussion about the 10 plagues is one of the most important parts of the Seder and the story of the Exodus. So what better way to experience and immerse ourselves in the night of Seder than eating our way through the 10 plagues?

This book of recipes takes you on a journey through your meal for Seder night. Working in order of the plagues we have created abstract visual cues to help you bring the story to life.

We've tried to ensure that nearly everything can be prepped in advance and many items can be frozen, too. Where relevant we've also added meat free options and everything is kitniyot (legumes) free.

Whether you follow our recipes to the letter or use them as a springboard to rethink how we can pass on the story of our departure from Egypt, we simply invite you imagine, immerse and make memories.

We wish you a wonderful Seder and a an enjoyable Passover.

## The Ta'am Team

*With thanks to the team at Sophy Weiss Photography for their incredible artistry in capturing our vision and helping us to bring this Seder night menu to life, to Rabbi Rowe for permission to reprint excerpts from his Passover Haggadah, and to our recipe taster-testers for their invaluable feedback during the development process.*

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# INSIGHTS

WITH COMMENTARY EXCERPTS FROM  
THE PASSOVER HAGGADAH BY RABBI DANIEL ROWE

Seder night begins with an unusual meal which is designed to provoke questions: Pesach, Matza, Marror—the three most significant food elements at the Passover meal sit proudly on our table, helping us, prompting us to tell, discuss and pass on the story of the Exodus.

*"The Seder meal is not merely a festive meal like the other meals of the holiday. It is re-living the meal on the last night in Egypt. In fact, it is more than just that. The meal was one that the nation of Israel shared together. A first supper, so to speak, that belonged not only to the Israelites leaving Egypt, but to every member of the nation throughout all of history. It was a night that transcended time and place. It was a meal to which every single Jew was, and is, invited. Each Seder night, that invitation is extended. Each Seder night, Jews across the world rejoin that formative invitation..."*

*"At the start of the evening, these foods provoked conversation. The conversation crossed millennia, so that the words first spoken by Moses to the first generation of parents went from them to their children, and to their descendants after them, reaching our ears..."*

*"The food stimulated the conversation; the conversation redefined the food. The meal is now ready. It has been ready since the last night in Egypt. It is waiting for us inside the homes and tents of the Israelites of Egypt. We place within us the food of freedom and prepare ourselves to take the great leap to the highest freedom of all: a uniting of creation with our Creator."*

Just as the three pillars of the Seder night meal have opened the story, we hope that this Seder night menu provides you with the vehicle to keep those discussions going.

*Excerpts from The Passover Haggadah with commentary by Rabbi Daniel Rowe, (c) 2019 reprinted with permission*

## EQUIPMENT LIST

We have tried to make this menu as easy and accessible as possible by limiting the equipment needed to make this meal. Most dishes require nothing more than basic kitchen utensils—knife, chopping board, pot, pan or roasting dish, and a spoon for stirring. However, there are a few special items you will need to recreate our immersive 10 Plagues Seder menu in full, which we have listed below. Scan the QR code below to be taken to an Amazon shopping list with all the kitchen essentials and special purchases you'll need, including basics and recommended purchases for setting up a kitchen for the first time.

### ELECTRICALS

**Stick Blender for soup**  
*(essential, unless you have a stand blender)*

**Stand Blender**  
*(ideal but not essential)*

**Electric Whisk**  
*(ideal but not essential—however you will need at least a balloon whisk)*

### SPECIAL PURCHASES

**Wild Animal Cookie Cutter(s)**  
*(we recommend the large bear cookie cutter on our Amazon list, but have suggested alternative options, including bitesize cutters)*

**Spherical Ice Cube Mould**  
*(ideal but any ice cube tray will suffice)*

Amazon  
shopping list:



## INGREDIENT SHOPPING LIST

This list contains everything you will need to make this menu in full (each dish serves 6)

### MEAT & POULTRY

6 Chicken Leg/Thigh Quarters\*  
900g (2lb) Beef Mince\*  
and/or 6 Turkey Breasts\* (Shnitzels)

### DRY HERBS & SPICES

Salt  
Ground Black Pepper  
Garlic Powder  
Ground Coriander  
Paprika  
Turmeric  
1 Vegetable Stock Cube  
*(or powder—can be substituted for chicken/beef stock)*

### LARDER

300ml (1¼ cups) Olive Oil  
1 tbsp Extra Virgin Olive Oil  
1l (4 cups) Oil for Frying\*  
*(we prefer to use rapeseed oil.)*  
1 tin chopped Tomatoes  
9 Eggs\*  
200g (7oz) Caster Sugar  
*(approx 1 cup—granulated sugar can be substituted)*  
205g (7¼ oz) Margarine  
90g (½ cup) Pitted Green Olives  
350g (3 cups) Matza Meal\*  
*(we used fine, but you can use medium)*  
3 tbsp Apple Cider Vinegar  
3 tbsp Red Wine  
2 heaped tbsp Silan (date syrup)  
200g (7oz) Pavev Cooking Chocolate  
*(approx 1 cup)*  
80g (3oz) Ground Almonds *(approx ¾ cup)*  
60g (2oz) Potato Starch *(approx ½ cup)*  
1 tsp Baking Powder  
*(can be substituted for soda water/seltzer - see p8)*

### VEGETABLES

1.5kg-2kg (4lb) Potatoes  
1.5kg (3.3lb) fresh Tomatoes  
*(The reddest you can find!)*  
700g (1.5lb) Carrots  
575g (1.25 lb) Red Onions  
*(approx 6-8 medium onions)*  
375g Brown/White Onions  
*(approx 3-5 medium onions)*  
150g (5¼ oz) Mushrooms  
*(We use Chestnut mushrooms)*  
1 medium Cauliflower  
2 Green Bell Peppers  
2 Red/Orange/Yellow Bell Peppers  
5-10 Radishes  
4 cloves Garlic  
3 sticks Celery  
½ large Cucumber

1 Celeriac\* *Only required if making Celeriac Wild Animals.*  
6 Aubergines\* *Only required for Aubergine Marbella.*

### FRUIT

350g (12½ oz) Strawberries *(approx 1½ cups)*  
225g (8oz) Dates *(approx 1 cup)*  
100g (3½ oz) Pomegranate Seeds *(approx ½ cup)*  
3 Lemons *(for juicing)*  
½ Mango

### FRESH HERBS

80g (3oz) Parsley *(approx 1⅓ cup)*  
50g (2oz) fresh Basil *(approx 1 scant cup)*  
20g (¾ oz) chopped Mint *(approx ⅓ cup)*  
10g (3 tbsp) picked Oregano Leaves  
*(we used fresh, you can substitute with dry)*  
3g (1 tbsp) fresh Thyme leaves  
*(we used fresh, you can substitute with dry)*

#### \*PLAGUE 4 - WILD ANIMALS (P12)

*Beef mince only required if making beef patties burgers. Turkey breasts and oil for frying only required if making turkey schnitzels. Reduce to 110g / 1 cup Matza meal and only 7 eggs if not making schnitzels.*

Items in green represent vegan alternatives to the meat & poultry.

STARTER

BLOOD & FROGS



Roasted Tomato & Basil Soup  
with Herby 'Frog' Kneidlach

#1

## PLAGUE 1: BLOOD

### Roasted Tomato & Basil Soup

We wanted something warming to start the meal and while chicken soup might be traditional for many a festive feast, opening with tomato soup might just spark the question, 'Why is this night different?' This delicious soup is a winner all year through, and it freezes and reheats well, too. Served with our herby green, 'Frog' Matza balls, this is a tasty and dramatic opening to one of the most important meals of the year. It is hard to get the depth of colour here, and what we will say is that once the soup has settled we found it deepened in terms of red hue. We add a tin of tomatoes in the last part of the cooking process to help with colour, but you can also try adding roasted red peppers if you prefer.

#### INGREDIENTS

##### 1.5kg fresh Tomatoes

(around 12 medium-sized tomatoes)—  
the reddest you can find. We used vine  
tomatoes, but you can use any really.  
You can also try this with baby tomatoes.

##### ½ cup Olive Oil

(plus a little extra for frying)

##### Salt and Pepper to taste

##### 4 cloves Garlic crushed

##### 30g (½ cup) fresh Basil torn

##### 250-300g (5-6 cups) Carrots

peeled and chopped

##### 3 sticks Celery chopped

##### 175g (3 heaped cups) Onion diced

##### 1 Stock Cube

(we used vegetable but you could use  
beef or chicken for a meatier flavour)

##### 2 litres boiling Water

(could supplement with fresh vegetable or  
chicken stock)

##### 1 tin chopped Tomatoes

#### METHOD *Prep time: 30 mins | Cooking time: 2h 10mins*

- 1 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 2 Chop your tomatoes into halves or quarters (depending how big your tomatoes are). If using baby tomatoes you can leave these whole
- 3 Using a blender combine your olive oil, garlic, basil, salt and pepper to taste (we used 1tsp of salt and ½ tsp of black pepper)
- 4 Once combined, place your tomatoes in a large baking pan and pour over your basil/garlic dressing. Mix to generously coat all the tomatoes and roast for 1hr, stirring half way through.
- 5 Separately in a heavy-bottomed pot or stockpot, heat 1tbsp of olive oil and add your onion, carrots and celery and a pinch of salt, cook until softened, around 15-20mins on a medium to high heat.
- 6 Gently stir throughout to stop it catching.
- 7 Once softened, crumble in a stock cube and stir gently to combine, allow to cook for another few minutes until the stock cube has been combined and then turn off and leave to one side until your tomatoes are ready.
- 8 Once your tomatoes are ready, pour them into the stockpot (including all the cooking liquid) and replace it to the stove, mix your tomatoes, onions, carrots, celery and add one can of cooked tin tomatoes (this is largely to help deepen the red colouring more than for flavour).
- 9 Bring to the boil, then turn down to a simmer for 1 hour.
- 10 Once ready, blitz the soup in a food processor and your tomato soup... or should we say blood, is ready.

Roasted Tomato & Basil Soup  
with Herby 'Frog' Kneidlach

**SERVING SUGGESTION:**

ACCORDING TO THE MIDRASH, ONE GIANT FROG EMERGED FROM THE NILE. WHENEVER THE EGYPTIANS TRIED TO SMITE THEM TO KILL THEM, IT EXPLODED AND MULTIPLIED.

SERVE EACH PORTION OF SOUP WITH AT LEAST TWO MATZA BALLS (OR IN MULTIPLES OF TWO) TO REPRESENT THIS AND GIVE AN OPPORTUNITY TO TALK ABOUT THE MULTIPLYING FROGS

(NO ONE WILL COMPLAIN ABOUT EXTRA MATZA BALLS EITHER, WE GUARANTEE IT!)

**PLAGUE 2: FROGS**

**Herby 'Frog-tza Balls' (Kneidlach)**

#2

**INGREDIENTS**

**120g (1 cup) Matza Meal**  
*(we used fine, but you can use medium)*

**1 tsp Baking Powder\***

**Salt and Pepper** *to taste*

**Pinch of Garlic Powder**

**20g (1/3 cup) fresh Basil** *very finely chopped (as small as you can make it)*

**20g (1/3 cup) fresh Parsley** *very finely chopped (as small as you can make it)*

**4 Eggs**

**30ml (2 tbsp) Olive Oil**

\* For an alternative recipe using sparkling water/seltzer, visit <https://wearetaam.com/Matza-balls>, or add herbs to your favourite recipe

**METHOD** *Prep time: 30 mins | Chilling time: 1h 30 mins | Cooking time: 5-10 mins*

- 1 Combine the first 4 ingredients (your dry ingredients) in a large bowl.
- 2 Now it's time to add the 'green' element. The key to these herby Matza balls is to get the herbs as finely diced as you can, so use a good knife, take your time, we promise it's worth it.  
  
Keeping a small amount aside for garnish, add in the chopped herbs slowly and combine—you may find all 40g of herbs too much, so add and combine as you go. You can always use any excess to decorate your soup, but do make sure your mixture is really green and herb laden.
- 3 In a separate bowl, beat your eggs and add the oil, combining them together.
- 4 Slowly pour the egg and oil mixture into your dry mixture and combine. If it feels too loose, add a little matza meal a spoonful at a time until it can hold its form.
- 5 Place the mixture in the fridge covered with cling film for about 30 minutes.
- 6 Once chilled, form into small balls, about the size of walnuts. This recipe will make between 20 and 30, depending on the size of your Matza balls.
- 7 Place on a cling film-lined tray and freeze (preferably overnight—this also means any you aren't using can be ziplocked and kept until needed)
- 8 To cook through, fill a pan with boiling water and drop the Matza balls in, cooking for 5-10 minutes—you should see them fluff up. Drain and leave to one side to cool.
- 9 Bring to room temperature before serving in your tomato soup, and use the saved herbs as garnish.

MAIN  
COURSE  
- DISH 1 -

Mashed Potatoes topped with  
Onion & Mushroom 'Lice'

PLAGUE 3



MAIN COURSE SERVING SUGGESTION:

AS WE MOVE TO MAIN COURSE, EACH DISH IN THIS MENU REPRESENTS ANOTHER PLAGUE. FEEL FREE TO BRING THEM TO THE TABLE IN ORDER, AS A WAY TO GET PEOPLE DISCUSSING THE PLAGUES. WE HAVE LISTED THE DISHES ACCORDING TO THE ORDER IN WHICH GOD AFFLICTED THE EGYPTIANS.

#3

PLAGUE 3: LICE

Mashed Potatoes with Mushroom  
and Caramelised Onion 'Lice'

The Egyptians tormented the Israelites by forcing them to sweep dirt from the streets, and when the third plague struck, that same dust turned into lice tormenting the Egyptians. According to the Yalkut Shimoni, a mixture of 24 different forms of lice struck Egypt ranging in size from a hen's egg to a goose egg. Our larger-than life 'lice', however, are a delicious mixture of mushrooms and onions strewn across fluffy mashed potatoes. Who said potato was boring?!

INGREDIENTS

**1.5kg-2kg (4lb) Potatoes**

*(A good, floury all-rounder like Maris Piper, King Edward or Rooster works perfectly. Avoid waxy potatoes like Charlottes and Jersey Royals.)*

**80g (1/3 cup) Margarine**

*(or Extra Virgin Olive Oil if preferred)*

**3 small Red Onions** very finely diced

**150g (3/4 cup) Mushrooms** finely diced  
*(we used chestnut mushrooms for their colour and earthy flavour)*

**1 tsp Garlic Powder**

**1 1/2 tbsp Salt** *(adjust according to taste)*

**Black Pepper** to taste

**1 tbsp Oil**

METHOD *Prep time: 30 mins | Cooking time: 30-45 mins*

- 1 Peel and chop your potatoes into small cubes, approx 2.5cm (1") in size.
- 2 Fill a large pot with well-salted water, and add the potatoes—the salt helps to remove starch from the potatoes and also adds flavour. This is the only salt we added to the potatoes. Make sure there is enough water to cover the potatoes completely.
- 3 Bring to the boil and reduce to a simmer—this will result in the potatoes cooking through evenly.
- 4 Cook until soft enough to break easily with a fork—approximately 20 mins.
- 5 Meanwhile, add 1/2 tsp of salt to your finely chopped raw onion and mix.
- 6 Heat 1 tbsp of oil in a pan and add onions. Gently cook down your onions over a medium heat until soft.
- 7 Add in your mushrooms and 1 tsp of garlic powder. Stirring regularly, continue to cook down until mushrooms are soft and onions start to caramelize. Around 10-15 mins.
- 8 Turn the heat off and set to one side. Your potatoes should now be close to, if not completely ready. Check that they are soft enough to break easily, remove and drain from the heat when ready. Put into a pan or bowl that doesn't scratch easily and mash with a potato ricer or masher.
- 9 Add in your margarine (or oil) and black pepper (for both flavour and extra lice effect) and then mix together, mashing and fluffing up with a fork.
- 10 To serve, plate the potatoes in a bowl or dish, and top with your very tiny (and utterly delicious) 'lice' mixture, sprinkling extra round the edges for dramatic effect!

**Both the potatoes and the mushroom/onion mix can be made in advance. Store and heat separately before serving.**

**Leftovers can be reheated or spun into potato croquettes—check out the recipe at [wearetaam.com/potato-croquettes](http://wearetaam.com/potato-croquettes)**

Wild Animal Shnitzels  
& Beef 'Bearger' Patties



WILD ANIMALS

VEGAN  
ALTERNATIVE   
Celeriac Animals

## PLAGUE 4: WILD ANIMALS

### Wild Animal Shnitzels & Beef 'Bearger' Patties

# #4

Seder night is maybe the one time it's acceptable for kids to play with their food. We wanted to bring some levity to the table and our wild animal burgers and shnitzels do just that. Each recipe makes 6 pieces. They are child-sized portions, but as an added meat option they present a fun extra, even if you only have big kids at the Seder. We have given you two meaty options for making this one, but if you would like a vegan alternative, scan the QR code opposite.

Both of these meat recipes use a large bear animal cookie cutter—we tried a number of different cutters but found the large bear was the best. We bought ours on Amazon and you can find the link for the exact cutter we chose on page 4.

Midrash says that after the second plague, the bodies of frogs littered the cities of Egypt, but after the fourth plague, the animals disappeared as miraculously as they came, so that the valuable skins could not be plundered. So eat up, and leave no burgers or shnitzels behind!

#### BEEF 'BEARGER' PATTIES

Prep time: 15 mins | Cooking time: 10-40 mins

Perhaps it's not quite the same trying to eat a burger between two pieces of Matza, but our beef 'beargers' are quick, delicious, fun and waste-free. Plus, these patties are so simple to make that even the kids could do it—so why not get them involved in the meal prep?

#### INGREDIENTS

900g (2lb) Beef Mince  
Black Pepper  
Other seasonings to taste  
(Garlic powder, onion powder,  
herbs, finely diced onions etc.)  
1 tbsp Oil

#### METHOD

- 1 Separate your meat into 6 x 150g (approx) balls. Flatten down each one into a patty until it is big enough for the bear cookie cutter.
- 2 Press down on your mince with the sharp edge of the cutter, pressing all the way through the patty.
- 3 Tracing round the edge of the cutter with a finger (or a spoon if you prefer) scoop up any excess from the edges and put back into the mold, pressing down and filling in any gaps.

(Continued overleaf)

#### TURKEY SHNITZELS

Prep time: 45 mins | Cooking time: 30-45 mins

This is the more labour intensive of the two, and costs a little more—you will need six turkey breasts for this, which will only make you six schnitzels—but you can save the offcuts for a turkey stir fry or bake for another meal.

(Head to [wearetaam.com](http://wearetaam.com) for more recipe ideas).

#### INGREDIENTS

6 Turkey Breasts (Shnitzels)  
2 Eggs beaten  
Salt and Pepper to taste  
Matza meal (medium or fine)  
Oil (for frying)

#### METHOD

- 1 Beat your turkey pieces out flat (to do this, we placed in a ziplock and then gave them a good bash with a foiled rolling pin).
- 2 On a chopping board, push out the shape using the sharp edge of the animal cutter, banging down the edges with the rolling pin if necessary, and use a sharp knife (or meat scissors) to cut away the excess.
- 3 The more defined you can get the shape, the better.
- 4 Pat your schnitzels dry (this step is very important!)

(Continued overleaf)

## BEEF PATTIES

(Continued)

- Carefully push the patties out onto a flat surface from the top (to avoiding the sharp edge—you may wish to use the back of a spoon, and children should be supervised).
- Once you have done this with all your mince, you're ready to cook your wild animal patties.

### IF COOKING ON A STOVE TOP:

- Dip your patty in a little bit of oil (pour a couple of tablespoons of oil onto a lipped plate).
- Cook in a hot griddle pan or regular frying pan for 4-5mins per side. For best results, only flip once, and avoid pressing down with the spatula. Patience is key!

### TO COOK IN THE OVEN:

- Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- Rub patties with a little oil and place on a foiled tray.
- Bake in the oven, 30-40 mins, turning once halfway. They will release quite a lot of moisture, and have a tendency to pool, so carefully drain the liquid at the first turn to avoid your patties going soggy.



## TURKEY SHNITZELS

(Continued)

- Next, beat two eggs together in a wide, dish and set up a second dish beside it with Matza meal in (if you want to add any dried seasoning to the Matza meal, now is the time).
- Dip your turkey bear into egg, coating both sides, then dip into the Matza meal to coat and lay on a plate ready to fry. For an extra crispy schnitzel, you can repeat the egg and Matza meal coating for a second time.
- Heat a pan with oil - we like to fry ours in a decent amount of oil to coat the schnitzel and give them space to 'float'.
- Fry until cooked through—approx 2-3 mins per side or until the Matza meal coating is golden-brown and crispy on both sides.

### SERVING SUGGESTION:

ACCORDING TO SOME SOURCES, THE CLIMATE OF EACH WILD ANIMAL'S NATURAL HABITAT CAME WITH THEM— WHY NOT PLATE YOUR WILD ANIMALS AMONGST SALAD LEAVES AND ROCKET TO MAKE IT SEEM LIKE THEY'RE EMERGING FROM A FOREST?

BOTH THESE RECIPES CAN BE MADE IN ADVANCE, FROZEN AND REHEATED BEFORE SERVING.

## MAIN COURSE

- DISH 3 -



*Chicken Marbella*



# #5

## PLAGUE 5: PESTILENCE

### Chicken Marbella

adapted from Yotam Ottolenghi's 'Simple'

We thought about lots of different ways we could represent pestilence. For us it's all about the bones, as this really signifies the carcasses of the Egyptians' livestock, their cattle and the animals which they looked upon as gods. We pondered the great theatricality of serving a rack of 'dino' beef ribs, but we also wanted to offer something that was easy to make and inexpensive—as we all know, Pesach can easily get out of control, cost-wise.

This is an adapted version of Ottolenghi's Chicken Marbella, packed with Passover twists. Ottolenghi's substitution of the more traditional prunes for dates is perfect for Pesach—most Sephardim and Mizrahim use date syrup or chopped dates for their charoset. In addition, dates and olives were two of the seven species named in the Torah as being special products of the Holy Land to which our ancestors made their exodus; the 'land flowing with milk and honey' was almost certainly referring to Silan, the date honey used in this recipe; and the red wine hints at the four cups we drink on Seder night.

We make this delicious tray-bake all year round, but this adapted version we devised for Pesach was devoured by our taste-testing guests—leaving literally, just the bones.



### VEGAN ALTERNATIVE Aubergine Marbella

Our vegan option swaps out the chicken for roasted Aubergines.

Full recipe at [wearetaam.com](http://wearetaam.com)



### INGREDIENTS

#### IN THE TRAY:

**6 Chicken Leg/Thigh Quarters**  
*(Remember you want to see bones in the dish)*

**1 medium Onion** *ribbioned*

**2 Bell Peppers** *thinly sliced*  
*(we used red and orange, use what you can—although we don't recommend green peppers for this dish)*

**½ tsp Salt**

**1 tbsp Olive Oil**  
*(for base of the roasting dish)*

**225g (1 cup) Dates**  
*(225g pre pitted or 210g pitted)*

**90g (½ cup) Pitted Green Olives**  
*(one small jar, drained)*

#### FOR THE MARINADE:

**1 tsp Black Pepper**

**3 tbsp Olive Oil**

**3 tbsp Apple Cider Vinegar**

**3 tbsp Red Wine**

**10g (3 tbsp) picked Oregano Leaves**  
*(we used fresh, you can substitute with dry)*

**3g (1 tbsp) fresh Thyme Leaves**  
*(we used fresh, you can substitute with dry)*

**2 heaped tbsp Silan (date syrup)**

**METHOD** *Prep time: 20 mins | Marinating time: up to 12 hours | Cooking time: 2h 15 mins*

- 1 In a blender, (or using a hand blender) combine all the marinade ingredients.
- 2 Place chicken pieces in a bowl, pour over the marinade and refrigerate. In an ideal world you'd leave this for 12 hours or overnight, but we've made it straight away and we promise it is just as good!
- 3 Preheat your oven to 200°C / 180°C fan (Gas Mark 6 / 400°F)
- 5 In a big and deep ovenproof dish pour 1 tbsp of olive oil to grease.
- 6 Layer in your onions and peppers, add ½ tsp salt and mix. Try to even out your vegetables on the base of the dish.
- 7 Sprinkle in ⅓ of the olives and dates.
- 8 Place the marinade-coated chicken on top and scatter the remaining olives and dates, pushing them into crevices between the chicken pieces. Pour over whatever marinade remains and seal the dish with foil.
- 9 Place in the oven and cook for 1.5 hours. There will be a lot of liquid, so don't worry—the chicken stays really moist.
- 10 Remove foil and cook for a further 30-45 minutes to crisp up the skin.

**SERVES 6, CAN BE MADE AHEAD AND FROZEN, REHEAT THOROUGHLY BEFORE SERVING. LEFTOVERS FROM THE REHEAT CAN BE EATEN COLD THE NEXT DAY AND CAN BE TOSSED THROUGH A SALAD.**

### SERVING SUGGESTION:

MAKE A FEATURE OF THE BONES. TRANSFER TO A LARGE PLATTER, CAREFULLY PLACING THE CHICKEN ON TOP OF THE VEGETABLES AND DATES, WITH THE LEGS STICKING UP AT SHARP ANGLES.

# BOILS



## SERVING SUGGESTION:

THE CAULIFLOWER IN OUR RECIPE REPRESENTS THE SOOT THAT MOSES THREW TOWARDS THE HEAVENS TO TRIGGER THE PLAGUE OF BOILS. WE DON'T ENDORSE THROWING CAULIFLOWER, BUT YOU CERTAINLY COULD THROW EXTRA HERBS OR POMEGRANATE SEEDS OVER THE SALAD AS GARNISH WHEN YOU PLACE IT ON THE TABLE!

## PLAGUE 6: BOILS

### Cauliflower Tabbouleh with Pickled Radish "Boils"

# #6

There's nothing painful about our 'boils!' This refreshing tabbouleh salad is super simple to make, and with its zesty pickles on top, it is the perfect counterbalance to the rich unctiousness of our chicken marbella. This dish does require a little pre-prep, as the radishes should ideally be prepared the day before, but it's only about 5 minutes' worth, and the effect of the pickling on the radishes looks great, so stick with us!

This is an excellent way to use up any leftover radishes if it's your custom to use them for Karpas and you have more than you need. And, of course, if cauliflower isn't your thing, you can always use the radishes to top a green salad, or serve them on their own. If you don't have any radishes you can substitute these with halved cherry tomatoes (but we'd skip the pickling process here!).

#### INGREDIENTS

##### FOR THE TABBOULEH:

1 medium Cauliflower  
60g (1 cup) chopped Parsley  
20g (1/3 cup) chopped Mint  
1/2 large Cucumber  
*deseeded and finely chopped*  
100g (~ 1/2 cup) Pomegranate Seeds  
*(optional)*

Salt and Pepper to taste  
1 tbsp Extra Virgin Olive Oil  
Juice of a Lemon

##### FOR THE BOILS:

5-10 Radishes  
Juice of a Lemon  
1 tbsp Sugar

**METHOD** Prep time: 15-20 mins | Pickling time: up to 24 hours (for the Radishes)

- 1 THE DAY BEFORE YOU NEED THIS SALAD**  
Clean your radishes and slice the tips off either end, then slice in half .
- In a lidded container mix together juice of a lemon and 1 tbsp of sugar. Mix until the sugar is dissolved, then toss your radishes in the mixture, cover and leave in the fridge until needed. You don't need the whole radish to be covered but if you feel there isn't enough pickling liquid, add a little water.  
**You can prepare the entire dish one day in advance, but it is best if the rest is as fresh as possible.**
- Section your medium cauliflower into quarters, clean and dry thoroughly, before grating on the small-holed side of a grater. It should appear like a fine grain.
- If you have a muslin you might want to pile your cauliflower grain in and squeeze over a sink, because it can retain a lot of moisture, but this step is optional. We've done it both with and without squeezing and it tastes great either way.
- Set the cauliflower to one side, chop up mint and parsley and deseed and dice your cucumber.
- Just before serving, in a large bowl, toss together the cauliflower, the herbs and the pomegranate seeds (if using).
- Add salt and pepper (to taste), a generous tablespoon of extra virgin olive oil and the juice of a lemon. Toss together.
- Top with your pickled 'boil' radishes and serve at room temperature.

MAIN  
COURSE  
- DISH 5 -



HAIL

Mango & Pomegranate Ice

#7

## PLAGUE 7: FIERY HAIL

### Mango & Pomegranate 'Fire & Ice' Hailstones

"AND THERE WAS HAIL, AND FIRE FLAMING WITHIN THE HAIL, VERY HEAVY, THE LIKES OF WHICH HAD NEVER BEEN THROUGHOUT THE ENTIRE LAND OF EGYPT SINCE IT HAD BECOME A NATION."

*Exodus 9:24*

The plague of hail that struck the land of Egypt was essentially flaming balls of ice, so what better and more fun way to depict this than in fiery hail ice balls.

To make these round balls, you will need to buy a spherical ice cube mould (these are easily found online—the one we chose was from Amazon and is linked on [wearetaam.com](http://wearetaam.com) and on our social media channels). However, the recipe also works for cube-shaped ice, if you only have access to a standard ice tray.

This should be prepared a day ahead.

#### INGREDIENTS

Handful Pomegranate Seeds

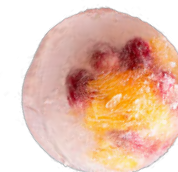
½ Mango chopped into small cubes

Water

#### METHOD

Prep time: 5 mins | Chilling time: up to 24 hours

- 1 Fill the bottom of your ice mould with 3-6 pomegranate seeds and a 2-3 small pieces of mango. You don't want them to be overfull, just enough to show the color of fire through the ice cube.
- 2 Fill your spherical ice mould with water according to manufacturer's instructions.
- 3 Freeze overnight.
- 4 Serve in jugs of water or lemonade so they can really shine, or place one in each guest's cup.



# SWARMS OF LOCUSTS

" THEY COVERED ALL THE  
GROUND UNTIL IT WAS BLACK.  
THEY DEVOURED ALL THAT  
WAS LEFT AFTER THE HAIL—  
EVERYTHING GROWING IN THE  
FIELDS AND THE FRUIT ON  
THE TREES. NOTHING GREEN  
REMAINED ON TREE OR PLANT  
IN ALL THE LAND OF EGYPT."

Exodus 10:15

## PLAGUE 8: SWARMS OF LOCUSTS

### Spiced Carrot Salad with Green Pepper & Onion 'Locusts'

# #8

According to the Midrash, the locusts consumed not only the trees and vegetation, but also Egyptian clothing, jewellery, and other precious items. In our interpretation of the plague of locusts, our delicious sweet and savoury bed of carrots represent the crops; the onions and peppers swarming on top in bitter contrast. But we promise, the only devouring going on will be by your guests!

**METHOD** Prep time: 20 mins | Cooking time: 30-45 mins

**NB** \*This method leaves carrots al dente. If you prefer softer carrots, boil the whole carrot for 10-15 min before slicing, drain, cool and slice into 5mm rounds.

- 1 Heat 1 tbsp oil in a pan. Add your sliced carrots, 1 tsp ground coriander, 1 tsp garlic powder, 1 tsp turmeric, 1 tsp paprika, 1/2 tsp black pepper and juice of half a lemon.
- 2 Stir whilst cooking to combine. Fry on a medium-low heat until softened, around 20 to 30 min, stirring regularly. They should be cooked through but not mushy.
- 3 In a separate pan heat 1 tbsp olive oil and add salted onions, 1/2 tsp black pepper and 1 tsp garlic powder. Cook on a medium-

low heat until your onion starts to soften, around 6 to 8 min, stirring regularly.

- 4 Add green pepper to the pan and fry on medium heat for a further 15 minutes, continuing to stir regularly to avoid burning. The skins should start to crinkle and may bubble. We think this adds to the effect!
- 5 Remove the peppers from the heat and cover with lid to allow residual heat to keep cooking the pepper and onion.
- 6 To serve, pile the carrots onto a dish and top with the onion and pepper 'locust swarm' mixture, serving at room temperature.

### INGREDIENTS

#### FOR THE CARROTS:

400g (8 cups) Carrots  
peeled and sliced into slim rounds\*  
(approx 5mm)

1 tbsp Olive Oil

1 tsp Turmeric

1 tsp Paprika

1 tsp Garlic Powder

1 tsp Ground Coriander

Juice of 1/2 a Lemon

#### FOR THE 'LOCUSTS':

2 Green Bell Peppers *thinly sliced, and ideally leaving the curved tops to emulate the tapering shape of the locusts.*

200g (2 cups) Red Onions *ribbed and lightly salted prior to cooking*

1 tbsp Olive Oil

1/2 tsp Black Pepper

1 tsp Garlic Powder

DESSERT

# DEATH OF THE FIRSTBORN



# DARKNESS

*'Queen of Sheba' Chocolate Mousse Cake  
served with Dark Fruits & Strawberry Coulis*



Our final conversation starter. How does one talk about the plagues of Darkness and Death of the Firstborn whilst offering guests a sweet treat? The Darkness that paralysed the Egyptians, also served as a lifeline for the Jews to get ready to leave Egypt. The start of our fruitful journey, it is represented with a simple and sweet dark fruit salad.

But how, when we do not rejoice in the suffering of our enemies, do we represent Death of the Firstborns through dessert? Rather than focusing on the loss of life, we chose instead to celebrate the coming together of the Israelites. The chocolate brownie in this dessert represents the doorposts of the Jews in Egypt. The strawberry coulis 'blood' on the plate is symbolic of the blood of the Paschal Lamb on the doorposts of our ancestors' homes, which spared us from the devastation as God "passed over".

## PLAGUE 9: DARKNESS

### Dark Fruits Prep time: 5 mins

The simplest of all our dishes, the plague of darkness is represented by dark fruits. We have opted for black grapes and blueberries, but you could use any fruits of your choice. Place a few pieces of washed fresh fruit on each plate, or alternatively serve as a dark fruit salad in a black bowl, if you have one.

## PLAGUE 10: DEATH OF THE FIRSTBORN

### 'Queen of Sheba' Chocolate Mousse Cake & Strawberry Coulis

Our chocolate 'doors' will hopefully open the way to discussions about the blood of the Paschal Lamb, anointed by the Israelites onto their doors, in order for the Angel of Death to 'pass over' their homes (and how the festival got its name), saving their firstborns from the 10th plague that smote Egypt.

While we commemorate this every year at Passover, Jewish homes also have a mezuzah, a small scroll affixed to their doorposts, containing the Shema prayer that not only symbolises and demarkates a Jewish home, but it is a constant reminder of this very moment: the time God saved the Israelites and took them out of Egypt, sparing our firstborns.

# #9

# #10

## INGREDIENTS

### FOR THE CAKE:

- 200g (approx 1 cup) Parev Cooking Chocolate
- 125g (½ cup) Caster sugar
- 125g (½ cup) Margarine
- 80g (¾ cup) Ground Almonds
- 60g (½ cup) Potato Starch
- 3 large Eggs *(Separate yolks and whites)*

### FOR THE COULIS:

- 350g Strawberries *cleaned, tops removed and chopped into quarters*
- 50g (¼ cup) Sugar
- ¼ tsp Lemon Juice
- 80ml (⅓ cup) Hot Water

**METHOD** *Prep time: 30-45 mins | Cooking time: 30 mins | Cooling time: 1-2 hours*

### FOR THE CAKE:

- 1 Preheat your oven to 190°C / 170°C fan (Gas Mark 5 / 375°F)
- 2 Break up chocolate and dice margarine. Melt together in a bain marie.
- 3 Take the egg yolks only and beat together with the sugar until light and creamy (resembling a mousse). An electric whisk or stand mixer makes this process much faster, if you have one!
- 4 Beat the egg whites until stiff peaks form.
- 5 Mix the melted chocolate and margarine into the egg yolks and sugar mixture and add the almond and potato starch little by little, stirring constantly with a spatula.
- 6 Then very gently fold in the egg whites, being careful not to overwork or knock too much air out of the batter.
- 7 Grease a rectangular cake tin or a foil tray (8" x 10" / 9" x 9") with margarine, and transfer the batter into the tin, again being careful not to knock too much air out.
- 8 Bake for 20-25 minutes, or until cooked through (test with a toothpick or skewer - it should come out mostly clean).
- 9 Allow cake to cool in its tin, on a cooling rack or trivet for an hour.

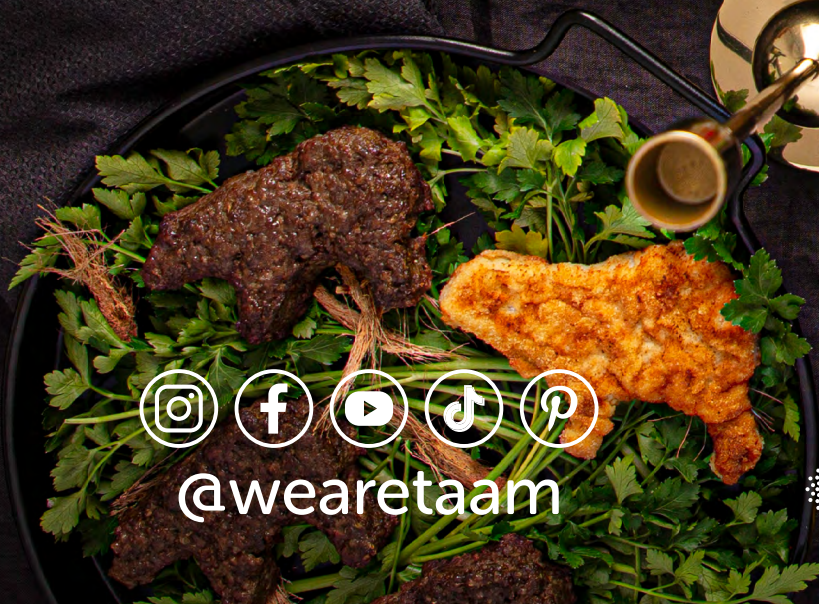
- 10 This cake can be prepared in advance and freezes well, though it will also keep fresh and moist for several days in foil or an airtight container at room temperature.
- 11 When ready to serve, cut into small rectangles and plate with coulis and fruit.

### FOR THE COULIS:

- 12 Clean and remove the tops from 350g strawberries and chop into quarters.
- 13 Add to a pan with 50g sugar and ¼ tsp lemon juice and reduce over a medium heat for 15min, stirring occasionally.
- 14 Add 80ml (⅓ cup) of hot water.
- 15 Mix and continue to simmer down for 5 mins.
- 16 Remove the mix from the heat, strain through a fine sieve and leave to cool for an hour.
- 17 You'll want to leave the mixture in the sieve to strain for a while, then use the back of a spoon to push more through the strainer to get the most out of the mixture.
- 18 This can be plated at room temperature once cooled, or made in advance and refrigerated in an airtight container for up to two days.



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a member  
of the  
**jewish  
futures**  
family