

DIASPORA DIARIES:

CHAROSES AROUND the WORLD

No matter where you live or what you call it- charoses, charoseth, haroses, or haroseth- look no farther than the Passover Seder meal for the richness of the Jewish Diaspora.

What's meant to represent the mortar that our ancestors used to make bricks in ancient Egypt takes a variety of forms. Many are a far cry from those Ashkenazi recipes of raw chopped apples, nuts, wine, and cinnamon with which most of us grew up and continue to eat at our American or Canadian family table.

We may be used to a near-fruit salad type of charoset, but among these recipes from every continent except Antarctica, you'll also find it in the form of compotes, pastes, syrups, and even sweet balls that can be eaten as desserts or snacks any time of year.

We hope these recipes bring you pleasure and launch new food traditions at your Pesach table!

Chag Pesach!

WRJ Pacific District Program Committee

April, 2022

CHAROSES AROUND the WORLD

SEDER MEAL RECIPES

Africa

Based on a recipe from *mideastweb.org*

1 lb. dates, pitted

½ lb. walnuts, chopped

½ c. sweet red wine

¼ c. raisins

Pulverize the dates and raisins before adding the walnuts. Add the wine to desired consistency.

Ashkenazi

Based on a recipe from *breakingmatzo.com*

Combine:

2 apples, medium, finely chopped

½ c. walnuts, chopped

2 tsp. sweet red wine

1 tsp. cinnamon

Optional: honey or sugar to taste

Australia

Based on a recipe from *Lavender and Lime* by Tandy Sinclair

Combine:

3 Fuji apples, chopped finely

1 ¼ c. pecans, chopped

Slightly over ½ c. white wine

Juice of one lemon (to keep apples from browning)

½ c. dried cranberries, chopped

2 Tb. + 2 tsp. honey

1 ½ tsp. ground cinnamon

1/8 tsp. vanilla extract

Chile

Based on a recipe from *thelosangelestimes.com*

1 apple, peeled and chopped

1 lemon- use only juice and zest

1 c. almonds, chopped

½ c. sugar

¼ tsp. ground ginger

¼ tsp. ground cinnamon

1 hard-cooked egg- use only yolk

Pulverize in the food processor to form a paste and refrigerate.

China

Based on a recipe from *breakingmatzo.com*

4 apples, finely chopped

Juice of 1 orange

1 ½ c. dates, finely chopped

½ c. pine nuts

4 Tb. honey

3 Tb. soy sauce (For Pesach, you may also use a gluten-free sauce, Bragg's Liquid Aminos or Coconut Aminos Soy Sauce substitute.).

Cook until the mixture is soft and smooth.

Egypt

Based on a recipe from *The Jewish Holiday Cookbook* by Joan Nathan

2 c. water

¼ c. sugar

¼ c. chopped walnuts or pecans

1 lb. raisins

8 oz. pitted dates

Soak the fruit (completely covered) in the water for an hour. Pour into a food processor, add sugar, and chop until course. Simmer until the water is absorbed, and the fruits are cooked (approximately 20 minutes). Add nuts when cool.

France

Based on a recipe from *joannathan.com*

1 tart apple, chopped

1 c. roasted chestnuts, peeled (fresh not needed)

1 c. figs, dried
1 c. raisins
1 c. apricots, dried
1 c. almonds, roasted/blanched, unsalted
½ c. pine nuts (may be toasted)
½ c. walnut halves
4-6 Tb. sweet red wine
3 Tb. red wine vinegar
1 tsp. ground ginger
1 tsp. ground cinnamon

Chop or pulverize the fruits and nuts (except for the pine nuts) in your food processor. Add the remainder of the ingredients, and process them, again. May be refrigerated for two weeks.

Greece

Based on a recipe from *myjewishlearning.com* and *amazingjourneys.net*

1 c. dates, mashed (Dried dates can be soaked into boiling water until sufficiently moistened.)
1 c. raisins
1 c. black currents
Sweet red wine
1 orange, for zest.
Nutmeg, allspice, cloves, and cinnamon to taste.
Finely chop the fruit, then put them into a food processor and pulse until desired consistency.
Add the zest, spices, and wine as desired.

Guatemala

Based on a recipe from *myjewishlearning.com* and *amazingjourneys.net*

4 apples, finely chopped and smashed

5 oz. refried red beans

½ c. sweet red wine

3 Tb. maple syrup

1 ½ tsp. ground cinnamon

4 oz. almonds, chopped (as decoration)

Mix the apples, with wine, syrup, and spices, and finally the beans. Decorate with the almonds.

India

Based on a recipe from *breakingmatzo.com*

Papaya (2 small or 1 large), without seeds and peel, chopped finely

1 c. diced dried mango

¾ c. cashews, raw

½ tsp. peeled ginger, freshly grated

¼ tsp. cinnamon

1/8 tsp. cardamom

1/8 tsp. cloves, ground

1 lemon, juiced

Mix the lemon juice and spices with the mango and cashews.

Iran

Based on a recipe from *The Hadassah Jewish Holiday Cookbook* by Joan Michel

Combine:

1 apple, chopped

1 pear, chopped

1 c. raisins

1 c. dates, pitted and chopped

1 c. walnuts, chopped
1 c. pistachio nuts, chopped
1 c. hazelnuts, chopped
1 c. almonds, chopped
2 tsp. ginger root, grated
2 tsp. ground cinnamon
1 tsp. apple cider vinegar
Sweet red wine

Iraq

Based on a recipe from *breakingmatzo.com*

1 lb. of dates makes approximately 1/2 - 3/4 cup date syrup

1 1/2 c. date syrup

Pecans, handful of chopped

Unlike most recipes for charoset, the Iraqi version has the consistency of a thick liquid. You either can buy date syrup or prepare it yourself, in which case it would require 2-3 lb. of dates for this recipe.

Should you wish to cook the dates into a syrup, halve them, remove the pits, and then cover with water in a saucepan. Boil and then simmer them for 20 minutes. Drain them and boil and simmer for 2 hours, then squeeze the dates and strain out the liquid. Heat just the liquid for about 25-30 minutes until it become thick. Cool. Put the juice back on the stove in a sauce pan and reduce until it becomes a syrup. Takes about 25-30 minutes. Cool.

Whether you buy the date syrup or make your own, add pecans, and it's ready to serve.

Israel

Based on a recipe from *thespruceeats.com*

4 or 5 Granny Smith apples, peeled

2 bananas

½ c. raisins

¼ c. pecans

¼ c. pistachio nuts

¼ c. almonds

2 Tb. orange juice

2-4 Tb. sweet red wine

½ tsp. cinnamon

½ tsp. sugar (optional)

Pulse the nuts and fruits in a food processor. Add the spices and liquids, beginning with 2 Tb. of the wine. Add more to taste.

Italy

Based on a recipe from *The Book of Jewish Food: An Odyssey from Samarkand to New York* by Claudia Roden

3 apples, peeled

2 pears, peeled

½ lb. dates, pitted

¾ c. golden or sultana raisins

½ c. prunes, pitted

2/3 c. ground almonds

1/3 c. pine nuts

2 c. sweet wine

½ tsp. ground ginger

½ c. sugar or honey, as desired

Chop the apples, pears, dates, and prunes. Cook the ingredients in the wine until the fruits are very soft, about an hour. Watch for burning, and add a little water, if needed. You also may add other fruits (figs, lemon, or candied orange peel), nuts (pistachios or walnuts), or spices (cloves, ginger, or nutmeg) to your charoses.

Italy, Northern

Based on a recipe from *breakingmatzo.com*

2 hard-boiled eggs, yolks only

1 ½ c. chestnuts, cooked

⅔ c. almonds, blanched

1 orange, juice and zest only

¾ c. sweet red wine

⅓ c. sugar

To reach the consistency of a paste, pulverize the almonds in the food processor. Add the egg yolks, chestnuts, juice, wine, and sugar. Refrigerate.

Libya

Based on a recipe from *Jewish Cooking in America* by Joan Nathan

Combine in a food processor:

1 c. dates, pitted

½ c. raisins

¼ c. almonds

¼ c. pecans

¼ c. walnuts

¼ c. hazelnuts

1 ½ tsp. allspice

1 ½ tsp. cinnamon

1 tsp. nutmeg

½ tsp. ginger

Mexico

Based on a recipe from *jewishfoodsociety.org*

2 Honeycrisp apples

1 Asian pear

3 celery stalks

1 shallot

1 c. honey

1 c. fresh orange juice (from approximately 3 medium oranges)

½ c. red wine vinegar

1 1/3 Tb. horseradish, freshly grated

2 tsp. fresh oregano

Peel and dice the apple and pear. Mince the celery and shallot, and chop the oregano. Warm the honey over low heat until it bubbles. Turn the heat down to very low, and stir in the celery and shallots for one minute. Stir in the vinegar, then the fruit. Caramelize the mixture by keeping it on very low heat and occasionally stirring for about 45 minutes to an hour. Make sure it doesn't burn. Stir in ¾ c. of the juice when the charoses darkens. Lower the heat, again, and cook for about 10 minutes, smashing the fruit as it cooks. Then remove the charoset from the stove, and add the remainder of the juice, as well as the oregano and a tablespoon of the horseradish. Garnish with the rest.

Morocco

Based on a recipe from *breakingmatzo.com*

1 cup walnuts, chopped

1 lb. dates, pitted and chopped (about 3 cups)

1½ c. sweet red wine

1 tsp. ground cinnamon

½ tsp. ground cloves

Combine and simmer everything except the walnuts until it reaches the consistency of a soft paste. If you prefer a texture that's smoother, you may pulse it in the food processor. Add walnuts when cool.

The Netherlands

Based on a recipe from *mideastweb.org*

1 large apple, peeled and cubed

1 c. almonds

1 c. raisins

1 c. semi-dry red wine

Pinch cinnamon

Pulverize the nuts and fruits in the food processor. Add the wine and cinnamon.

Spain

Based on a recipe from *breakingmatzo.com*

2 apples, peeled and chopped

2 pears, peeled and chopped

½ c. yellow raisins

½ c. chopped figs

½ c. chopped dates

½ c. Marcona almonds (Spanish almonds available at Costco, but you can substitute with regular)

½ c. pistachios

½ c. walnuts

½ c. hazelnuts

½ c. dry red wine

1 tsp. lemon zest

1 tsp. cinnamon
½ tsp. ground ginger
¼ tsp. ground cloves

Pulse the nuts in a food processor. Add wine and the dried fruits and lightly pulse. Then combine the mixture to the fresh fruit in a bowl before adding lemon zest and spices.

Surinam

Based on a recipe from *The Jewish Holiday Cookbook* by Joan Nathan

8 oz. dried apples
8 oz. dried apricots
8 oz. dried pears
8 oz. dried prunes
8 oz. raisins
8 oz. almonds or walnuts (chopped or grated)
8 oz. coconut, unsweetened
½ c. cherry jam
¼ c. sugar
1 tsp. cinnamon
Sweet red wine

Mix the fruit, nuts, and spice in a saucepan. Add just enough water to cover and simmer. Should it stick, slowly add water. After 90 minutes, stir in the jam and cool. Add wine to taste.

Syria

Based on a recipe from *myjewishlearning.com* and *amazingjourneys.net*

3 lb. dates, pitted
1 c. sweet red wine

1 c. chopped walnuts (optional)

1 tsp. ground cinnamon (optional)

Soften the dates by covering them with water in a saucepan, bringing it to a boil, and then simmering it until the dates are soft. Stir frequently. Chop or pulverize the drained dates in a food processor, and then the rest of the ingredients.

Turkey

Based on a recipe from *mideastweb.org*

1 apple

1 lb. dates

1 c. figs

1 c. raisins

1 c. sweet red wine

Pulverize the fruit in the food processor and add wine.

Uganda

Based on a recipe from *myjewishlearning.com* and *amazingjourneys.net*

4 c. roasted peanuts

2 bananas

3 apples

½ c. honey

½ c. sweet wine

Pulverize the peanuts in a food processor. Chop the fruit and add. Pour in wine, stir, and add the honey. Additional peanuts can be added to thicken, if desired.

United States

Based on a recipe from *myjewishlearning.com* and *amazingjourneys.net*

Blood oranges (2 small or 1 large)

1 c. hazelnuts, roasted

1 c. dried apricots

1 c. dried figs

2 Tb. pomegranate molasses (sold at Middle Eastern grocers)

Orange juice, if needed

Place the nuts and fruit into the food processor, along with the pomegranate molasses. Pulverize until it looks like a paste. It can be moistened with orange juice.

Uzbekistan

Based on a recipe from *mideastweb.org*

1 large apple, peeled and cubed

1 c. raisins

1 c. walnuts

½ c. red wine

Pulse the fruit in the food processor and add wine.

Yemen

Based on a recipe from *breakingmatzo.com*

1 Granny Smith apple

¾ c. dates, pitted and chopped

½ c. walnuts

½ c. almonds

½ c. pomegranate juice

¼ c. raisins

¼ c. sweet red wine

¼ tsp. cumin

¼ tsp. ground cinnamon

¼ tsp. ginger

¼ tsp. cardamom

¼ tsp. cloves

2 Tb. toasted sesame seeds (optional)

Simmer wine and pomegranate juice. Remove the saucepan from the heat and add dates and raisins to soften. After 5 minutes, add the nuts, spices, and the sesame seeds, if desired. Right before serving, add chopped apple.

DESSERT/SNACK RECIPES

Cuba

Based on a recipe from *myjewishlearning.com* and *amazingjourneys.net*

For balls:

1 c. toasted coconut

½ c. toasted almond slivers

8 oz. dried unsweetened pineapple, chopped

5 oz. dried unsweetened mango, chopped

Waxed paper

For coating:

1 c. toasted coconut

Soak mango for 30 minutes and drain. Add the mango to all the other ingredients except for the coating coconut and lightly pulse in the food processor until it starts to form the consistency of a ball. Moisten your hands and form small balls of whatever size desired. Roll them in the coating coconut, and lay them on a cookie sheet with wax paper. Refrigerate for at least an hour or until they become firm.

Curaçao

Based on a recipe from *breakingmatzo.com*

For balls:

1 c. peanuts, roasted and unsalted

1 c. dates, dried and pitted

½ c. figs, dried

½ c. coconut, unsweetened and shredded

¼ c. orange juice

¼ c. honey

¼ c. raisins

2 oz. Curaçao liqueur

Parchment or waxed paper

For coating:

2 c. coconut, unsweetened and shredded

Soften the figs and dates by soaking them in warm water. Puree the drained fruits, as well as all the other ball ingredients, in the food processor. Chill about 30 minutes. Moisten your hands, and form balls of about 2 Tb. each. Roll them in the coconut coating and place on a cookie sheet covered with parchment or waxed paper. The balls can be frozen.

Morocco

Based on a recipe from *Jewish Cooking in America* by Joan Nathan

2 c. dates, pitted

½ c. walnuts

½ c. each dark and golden raisins

1-2 Tb. sweet red wine

Waxed paper

Process the nuts and fruit until they become sticky. Add the wine. Slightly moisten your hands and roll balls the size of rounded teaspoons. Drop them onto a cookie sheet covered with waxed paper. Refrigerate until firm. (Count on at least 3 hours.)

Sephardic Balls for Mimouna

Based on a recipe from *hamatcon.com*

(For Mimouna, the traditional Sephardic celebration the night after the last day of Pesach)

For balls:

1 c. walnuts

15 dates, pitted

3-4 Tb. grape juice

½ Tb. sugar

1 tsp. cinnamon

Parchment paper

For coating:

2 Tb. powdered sugar

2 Tb. cocoa

Add the juice to your food processor and then the other ingredients. Process until the charoses is thick and a bit sticky. Cover and refrigerate it for at least 2 hours. Form them into balls and place them on a cookie sheet covered with parchment paper.

Mix the cocoa and sprinkle over the balls. (You may use a sieve or a pierced spoon.)

They're best served cold, and can be frozen.

Ashkenazi Favorite of WRJ PD Cookbook Co-Editor Dina Bedak

Ingredients:

9 huge dates, chopped

2 handfuls walnuts, chopped

2 apples, chopped

½ large lemon, juiced

¼ c. wine

1 tsp. honey

1 tsp. cinnamon

Combine. May add chopped, dried fruit.