

Seder Meal Ingredients and Setup

You will need:

- Leavened bread to hide around the area in which you're celebrating the Seder, plus a basket to collect it in (this could be a few pieces of sliced bread, a few dinner rolls, or anything that contains yeast). This is called the Chametz, which is hidden and then found and removed (preferably by the younger children) to symbolize searching for hidden sins. The bread is collected and then carried out of the room.
- A small bowl with plain water for washing hands
- A candle
- A tray with 4 small cups of wine per person
- A plate holding 3 matzoh, covered with a napkin (you can find boxes of matzoh at the grocery store, typically in the international section. One box will be plenty.)
- A large plate to hold the main ingredients for the Seder. The basic list is below; explanations and instructions follow later for some of the items.

On the Seder Plate:

1. A roasted egg (explanation follows)
2. A roasted bone (explanation follows)
3. A small bunch of parsley (1 sprig per person, plus an extra)
4. A small bowl of prepared horseradish (the jarred variety, from the grocery store), with a spoon
5. A small bowl of saltwater (warm water mixed with about ½ tsp. salt, stirring to dissolve)
6. A small bowl of haroseth (recipe follows)

Explanations/Recipe

1. For the roasted egg, I would recommend hard-boiling 2 or 3 eggs, just in case one cracks. After the eggs are boiled and cooled, leave the shells on, and roast them on a tray in a 400° oven until the shells begin to brown somewhat (this will take about 10-15 minutes). If some darker spots develop, this is completely fine and even desirable. You will not be eating these eggs, so food safety isn't a concern – just appearance. After they are roasted, remove from the oven, cool to room temperature, and refrigerate.
2. For the roasted bone, a lamb shank is traditional but hard to come by, so I use a chicken thigh bone instead. If you have chicken thighs or legs from dinner, just save a bone, clean it well, remove the cartilage at the top and base, and roast the bone on a baking sheet at 375° until it is *thoroughly* dry (this will take 15-20 minutes, but thorough dryness is the best test, regardless of how long it takes).
3. Haroseth is a mixture of finely chopped apples, nuts, honey, spices, and wine to represent the mortar that the Israelites used to make bricks in Egypt. Any leftovers you might have are great on toast, crackers, or oatmeal!

Haroseth

2 medium Gala or Fuji apples, peeled and finely chopped

¼ cup finely chopped toasted walnuts

1 tablespoon sweet red wine or red grape juice (we've always used grape juice for the church Seder meals)

1-2 tablespoons honey

½ -3/4 tsp. cinnamon, to taste

Combine the apples, walnuts, wine, 1 tablespoon honey, and cinnamon in a medium bowl. Stir well to combine, then add additional honey if needed for sweetness and consistency. You want something fairly thick and not too runny so that it's easy to eat with the matzoh. Refrigerate, covered, at least 1 hour before serving for flavors to blend. It will keep in the refrigerator for several days.