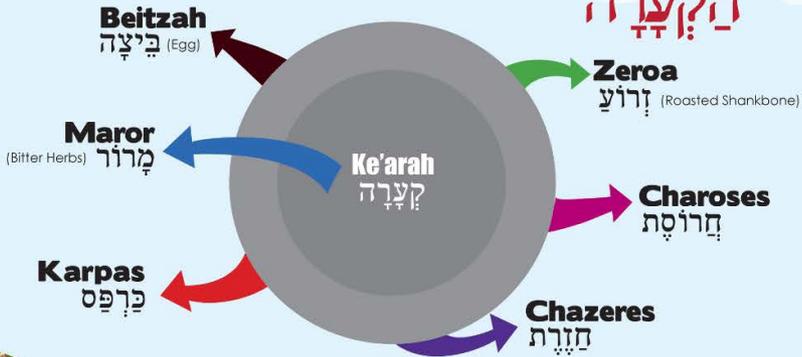


# THE Seder Plate



הקֶעֶרָה



## Charoses

A mixture of apples, nuts, cinnamon and sweet red wine chopped and mixed together.

The Charoses reminds us of the clay and mortar with which the Jews made bricks in Egypt. In addition, when eating the Maror at the Seder, we first dip it into the Charoses.

## Zeroa

A roasted shankbone or chicken bone.

The Zeroah is a reminder of the Pesach Sacrifice, which was a lamb that was offered in the Temple and eaten as part of the meal on Seder night. In Hebrew, Zeroah means "arm", referring to the "Outstretched Arm" with which G-d delivered us from Egypt. It is not eaten at the Seder.

## Maror

White grated horseradish which is very bitter. Some use romaine lettuce.

The Maror symbolizes the bitter and harsh times through which the Jews suffered while slaves in Egypt.

## Karpas

A non-bitter root vegetable. It is customary to use one of the following: parsley, celery, radish, onion or boiled potato. The Karpas is dipped into salt water at the beginning of the Seder.

Karpas symbolizes the back-breaking work of the Jews as slaves. The Hebrew letters of Karpas can be arranged to spell "Samech Perach." "Perach" means back-breaking work and "Samech" in numerical value equals 60, referring to the 600,000 Jewish males who were slaves in Egypt. In addition, the Karpas is a symbol of spring – the season in which Pesach falls. Spring symbolizes hope and a new beginning.

## Chazeres

Romaine lettuce. Some use white grated horseradish.

Chazeres is used when we eat the Maror between two pieces of Matzah as a sandwich. Romaine lettuce begins sweet, but if left to grow becomes hard and bitter. This hints to how the Jewish People were enslaved through soft words that ended in bitter exile.

## Beitzah

A hard boiled egg roasted until it browns.

The Beitzah is a reminder of the Holiday Sacrifice that was offered in the Temple and eaten as part of the meal on the Seder night. Even though this was meat, we use a Beitzah, a symbol of mourning, to remind us that we are still mourning over the destruction of the Beis Hamikdash and cannot offer any sacrifices in honor of Pesach. When we cook a Beitzah, it becomes harder and harder – just like the Jews. No matter the hardship, the Jews become stronger and stronger.

## Mei Melach

A salt and water solution which tastes very salty.

We dip the Karpas into the Mei Melach. The dipping is a sign of freedom, while the Mei Melach symbolizes the tears the Jews shed when they were slaves.

\* based on Kitzur Shulchan Aruch and Tazmei Haminhagim

PREPARATIONS

# SEDER PLATE PREP



## Zeroa: The Shank Bone

The shank bone represents the paschal sacrifice brought in Temple times. For this we use a chicken neck, or wing roasted on the stovetop.

Hold the chicken neck/wing over a burner with a pair of tongs, until blackened on both sides, or broil in the oven. Prepare one for each Seder plate. The shank bone is not eaten, and the same one can be used for both nights.

## Beitza: The Egg

The hard-boiled egg represents the holiday offering brought in Temple times. Prepare one egg per Seder plate.

To prepare: Place the eggs in a pot and cover with cold water. Cover the pot and bring to a boil. When the water reaches a rolling boil, turn the fire off and leave the eggs in the covered pot for about 12 minutes. To roast the egg either hold over a burner with tongs or broil in the oven

## Maror: The Bitter Herbs

The bitter herbs remind us of the bitter slavery and exile in Egypt. We use freshly grated horseradish root and/or romaine lettuce leaves.

To prepare the horseradish, peel and grate the horseradish root. You can use a hand grater or a food processor. Store in a glass jar for maximum freshness.

Prepare enough for each person to have two portions for each seder (many eat combined with Romaine lettuce leaves)

## Chazeret: The Lettuce

The lettuce symbolizes the bitter enslavement of our fathers in Egypt. The leaves of romaine lettuce are not bitter, but the stem, when left to grow in the ground, turns hard and bitter.

Likewise, when we were enslaved in Egypt, at first the deceitful approach of Pharaoh was soft and sensible, and the work was done voluntarily and even for pay. Gradually, it evolved into forced and cruel labor.

To prepare the lettuce, wash it well and check for bugs. I find the easiest way is to cut off the stem and place the leaves in a big bowl of water. Remove and check each leaf, and pat dry with a paper towel.

The lettuce and bitter herbs are used twice. After we finish the maggid portion of the Seder, when we tell most of the story of the Exodus, we wash hands and eat the matzah. Then we eat the maror (the grated horseradish wrapped in a couple of lettuce leaves), and after that, we eat the sandwich (another dose of horseradish and romaine, this time sandwiched between matzah).

Prepare enough for each person to have two portions for each seder (many eat combined with fresh grated horseradish)

RECIPES

# SEDER PLATE PREP



## Charoset: The Paste

Charoset reminds us of the bricks and mortar the Jewish people were forced to make while enslaved in Egypt. We use it as a type of relish, into which the maror is dipped (and then shaken off).

For a basic charoset, mix together 1 finely diced apple, 1 cup ground or chopped walnuts, ½ cup red wine and 1 tsp cinnamon.

## Karpas: The Vegetable

The vegetable alludes to the backbreaking work the Jews did in Egypt. The letters of the Hebrew word karpas can be rearranged to spell perech samech. Perech means backbreaking labor, and samech numerically alludes to the number of Jews enslaved in Egypt.

The vegetable is dipped in salt water and eaten at the beginning of the Seder, after saying kiddush and washing hands. The custom is to use a piece of cooked potato, parsley, radish or celery.

Peel and cut a potato and place in a small pot with enough water to cover. Bring to a boil and cook until the potato is fork tender. Prepare enough karpas for each person at the Seder.

## The Salt Water

The salt water represents the bitter tears our ancestors shed while enslaved for so many years. It is placed in a small bowl next to the Seder plate, and the karpas (vegetable) is dipped into it.

Make the salt water by mixing 1-2 tablespoons of salt into 2 cups water.

RECIPES