



Passover

FOR THE FREEZER

Saving Dinner with



Passover for the Freezer

The recipes and instructions to plan, prepare and serve a hassle-free Passover dinner that you assemble and freeze ahead

Borscht

Sabra Style Golden Chicken

Baked Salmon

Kartoffel Latkes

Grilled Vegetables

Blackberry and Meringue Torte

Passover Dinner Timeline

TWO WEEKS AHEAD

- Firm up your guest list. Call and confirm as necessary.
- Plan your table. If you're using a linen tablecloth and napkins, do they need pressing? Press them now and hang them up or fold them for later use.
- Double-check your serving pieces and kitchen utensils against your menu and recipes. Make arrangements **now** to buy or borrow anything you need. Since several of the menu items need re-heating (with perhaps only one oven?), it would be nice for you to have one or two of those electric heating trays to keep things warm.
- Review your Shopping List and double-check your pantry to see what items you need – then head for the market, by yourself and at an off-time, if at all possible.
- You can buy everything now except **fresh produce and eggs. Be sure to check off items purchased as you shop.

TEN DAYS AHEAD

- Prepare and freeze Borscht (see recipe).
- Prepare and freeze Sabra Style Golden Chicken (see recipe).

ONE WEEK AHEAD

- Prepare and freeze Baked Salmon (see recipe).
- Prepare and freeze Kartoffel Latkes (see recipe).

THREE DAYS AHEAD

- Prepare and freeze Grilled Vegetables (see recipe).
- Prepare and freeze Blackberry and Meringue Torte (see recipe).

TWO DAYS AHEAD

- Clean out your refrigerator. You may also want to haul out that big cooler that may be in your garage and clean it out to use for extra refrigeration or ice. Ask one of your guests to bring ice.
- Make a quick trip to your grocery store to buy **fresh produce items.
- Pull together all of the pieces you're going to use for serving. It's important to decide what is going into what and write it on a 3 x 5 card then toss it into the particular serving piece. Then you can stick your bowls, platters, and other serving pieces in one area with the cards in them; cover with a towel to keep them dust-free. This process helps to avoid any confusion from your well-meaning volunteers at serving time. If you're using electric heating trays, set them up near an electrical outlet. If you have a dining room, you can pre-set your dinner table too; cover it with a sheet to keep it dust-free.

Supplies and Tools to have on hand:

- Sharpie felt pen
- 2 (1-quart) airtight plastic containers
- 2 (1-pint) airtight plastic containers
- Large saucepan or Dutch Oven
- 13 x 9-inch baking dish
- Microwave-safe baking dish
- 2 Large baking sheets
- Electric Mixer
- 9-inch springform cake pan
- 2 or 3 Large electric heating trays

THE MORNING BEFORE

- Transfer all frozen menu items from the freezer to your refrigerator:
 - Borscht
 - Sabra Style Golden Chicken
 - Baked Salmon
 - Kartoffel Latkes
 - Grilled Vegetables
 - Blackberry and Meringue Torte
- If you haven't already done so, set your table and cover it with a sheet to keep it dust-free.

THE MORNING OF

- Relax with a cup of coffee and review your plan for dinner. There's still much to do, but hopefully, you have things under control.

TWO HOURS AHEAD

- Preheat oven to 350 degrees. Bake Sabra Style Golden Chicken according to recipe directions.
- Remove the sheet from your dinner table and check for completeness. Place two sets of salt and pepper and two butter dishes on each end.
- Set up your coffeemaker for after dinner, so all you'll have to do is flick a switch.

ONE-HALF HOUR AHEAD

- Heat Kartoffel Latkes in preheated oven according to recipe directions.
- Raise oven temperature to 400 degrees and bake Grilled Vegetables according to recipe directions.
- Heat soup according to recipe directions.

TEN TO FIFTEEN MINUTES AHEAD

- Heat Baked Salmon according to recipe directions.

DINNER TIME!

- Place finished dishes on their designated serving pieces and serve.
- Relax – enjoy your guests and your Passover Feast!
- Serve Blackberry and Meringue Torte garnished with fresh berries. Offer coffee.

Passover Shopping List

Assembly and Mealtime Ingredients*

Recipe 1: Borscht

Recipe 2: Sabra Style Golden Chicken

Recipe 3: Baked Salmon

Recipe 4: Kartoffel Latkes

Recipe 5: Grilled Vegetables

Recipe 6: Blackberry and Meringue Torte

MEAT

1 (3- to 4-lb.) whole chicken [R2]

6 skinless salmon fillets (or buy frozen) [R3]

CONDIMENTS

Olive oil [R1,R3,R5]

Vegetable oil [R2,R4]

Honey [R2]

PRODUCE

Onions (1 1/2 medium plus 2 tablespoons diced) [R1,R4]

Red onions (1 large) [R5]

Garlic (1 clove) [R3]

Russet potatoes (1 pound plus 8 medium) [R1,R4]

Sweet potatoes (2 medium) [R5]

Beets (6 medium) [R1]

Green cabbage (3 cups chopped) [R1]

Green bell peppers (1 medium) [R5]

Yellow bell peppers (1 medium) [R5]

Zucchini (2 medium) [R5]

Yellow squash (1 medium) [R5]

Eggplant (1 medium) [R5]

Lemons (1/2 plus 1 tablespoon juice) [R1,R2]

**Dill (chopped, for garnish) [R1,R3]

**Thyme (2 tablespoons chopped leaves) [R5]

CANNED GOODS

Low sodium beef broth (2 1/2 quarts plus extra if desired) [R1]

1 (14.5-oz.) can diced tomatoes [R1]

SPICES

Ginger [R2]

Lemon pepper [R3]

Dill [R3]

Kosher salt [R2,R4,R5]

DAIRY/DAIRY CASE

Eggs (10 large) [R4,R6,R6]

Cultured soy (1 cup) [R1]

Margarine [R6]

DRY GOODS

Potato starch (1/2 cup) [R4]

Sugar [R6]

Matzo cake meal [R6]

FREEZER

6 skinless salmon fillets (if not using fresh) [R3]

2 (1-lb.) bags unsweetened blackberries [R6]

OTHER

Passover blackberry wine (2/3 cup) [R6]

Heavy-duty aluminum foil wrap

Freezer quality zipper-topped plastic bags:

2-gallon 4

1-gallon 4

1-quart 1

***NOTE:** The shopping list contains items for the Seder supper, but not what you'll need if you plan to include a Seder plate.

SHOPPING LIST LEGEND

[R1] – [R10] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Borscht

Recipe 1 — Serves 8

INGREDIENTS:

4 tablespoons olive oil 6 medium beets, peeled and cut into 1-inch pieces
1 pound russet potatoes, peeled and cut into 1-inch 1 (14.5-oz.) can diced tomatoes, un-drained
cubes 3 cups chopped green cabbage
1 1/2 medium onions, chopped 1 tablespoon lemon juice
2 1/2 quarts low sodium beef broth (plus extra if 1 cup cultured soy**
desired) Chopped fresh dill**



Heat the oil in a large Dutch oven or soup pot with a tight-fitting lid over medium-high heat. Add potato and onion and saute for 5 minutes, stirring occasionally. Add broth, beets and tomatoes. Bring to a boil then reduce heat, cover and simmer until vegetables are tender, about 20 minutes. Add cabbage, return soup to a boil and cook for 5 minutes.

Place 4 cups of the soup in a blender and puree until smooth; return to soup pot; add more broth to thin soup, if desired. Add lemon juice; stir to combine. Remove soup from heat and cool to room temperature. Pack in 2 quart-size and 1 pint-size airtight containers marked BORSCHT and date prepared; place in the freezer.

**To be used as garnishes for hot soup at time of serving.

Cooking/Serving Directions

Place soup in a large saucepan or Dutch oven over medium heat; gradually bring to a boil then reduce heat and keep warm till serving time. Serve garnished with chopped fresh dill.

Sabra Style Golden Chicken

Recipe 2 — Serves 8

INGREDIENTS:

1 (3- to 4-lb.) whole chicken, cut up into serving
pieces
1/2 lemon

2 teaspoons ground ginger, divided
Kosher salt, to taste
1/3 cup vegetable oil
1/4 cup honey



Preheat oven to 350 degrees. Rub chicken pieces with lemon and sprinkle with 1 teaspoon of ginger and salt to taste; place chicken pieces in a 1 gallon zipper-topped plastic freezer bag; squeeze bag to remove excess air; seal bag. In a cup or small bowl, combine oil, honey and remaining ginger; place mixture in a 1 quart zipper-topped plastic bag. Place the chicken bag and honey bag in a 2 gallon zipper-topped plastic freezer bag; squeeze the bag to remove excess air; seal bag. Write SABRA STYLE GOLDEN CHICKEN on the bag and the date prepared; place it in the freezer.

Cooking/Serving Instructions

Preheat oven to 350 degrees. Place chicken on a 13- x 9-inch baking dish and bake for 1 1/2 to 2 hours, basting occasionally with honey mixture. Remove from oven and place on a serving platter; keep warm till serving time.

Baked Salmon

Recipe 3 — Serves 8

INGREDIENTS:

1 tablespoon olive oil 1 teaspoon lemon pepper
1 clove garlic, pressed 1 teaspoon dried dill
6 skinless salmon fillets Chopped fresh dill, for garnish**



Preheat oven to 400 degrees. In a baking dish, combine olive oil and garlic. Cut salmon fillets in half and place in baking dish; turn to coat, then sprinkle with lemon pepper and dill; bake, uncovered, for 12 to 15 minutes. Remove from oven and cool to room temperature. Place cooled salmon in a 1 gallon zipper-topped plastic freezer bag; gently squeeze the bag to remove excess air; seal the bag. To prevent freezer burn, place bag in a second 1 gallon freezer bag; gently squeeze the bag to remove excess air; seal the bag. Write BAKED SALMON on the bag and the date prepared; place it in the freezer.

**Chopped fresh dill to be added at time of serving.

Cooking/Serving Instructions

In a microwave-safe dish, warm salmon fillets, 4 to 6 pieces at a time, at full power for just a few minutes, until heated through; place on a serving platter and garnish with chopped fresh dill.

Kartoffel Latkes (Potato Pancakes)

Recipe 4 — Serves 8

INGREDIENTS:

8 medium russet potatoes 1/2 cup potato starch
2 tablespoons finely diced onion 1 1/2 teaspoons kosher salt
2 large eggs 1 cup vegetable oil



Peel potatoes and grate very finely into a large bowl (there should be about 6 cups grated); squeeze out some of the moisture. Add onion, eggs, flour and salt; beat until well blended. Heat the oil in a skillet until hot; drop batter by the heaping tablespoonfuls into the hot oil and cook until crisp and browned on both sides; remove from skillet and place on a paper towel-lined plate to cool to room temperature. Place cooled latkes in a 1 gallon zipper-topped plastic freezer bag; gently squeeze the bag to remove excess air; seal the bag. To prevent freezer burn, place the bag in a 2 gallon zipper-topped freezer bag; squeeze the bag to remove excess air; seal and mark KARTOFFEL LATKES on the bag and the date prepared; place it in the freezer.

Cooking/Serving Instructions

Preheat oven to 350 degrees. Arrange latkes on a baking sheet and bake until heated through; place on a serving platter and keep warm.

Grilled Vegetables

Recipe 5 — Serves 8

INGREDIENTS: 1 medium yellow squash
2 medium sweet potatoes 1 medium eggplant
1 large red onion 1/4 cup olive oil (plus a little
1 medium green bell pepper additional to coat baking sheet)
1 medium yellow bell pepper 1/2 teaspoon kosher salt
2 medium zucchini 2 tablespoons finely chopped fresh thyme leaves**



Preheat oven to 400 degrees.

Wash and slice vegetables; arrange them in a single layer on baking sheets lightly coated with a little olive oil; brush vegetables with olive oil and sprinkle with thyme and kosher salt; bake for about 30 minutes or until just slightly undercooked. Remove from oven and cool to room temperature. Place cooled vegetables in a 2 gallon zipper-topped freezer bag; gently squeeze the bag to remove excess air; seal the bag. To prevent freezer burn, place the bag in a second 2 gallon freezer bag; gently squeeze the bag to remove excess air; seal the bag. Write GRILLED VEGETABLES on the bag and the date prepared; place it in the freezer.

**Chopped fresh thyme leaves to be added at time of cooking/serving.

Cooking/Serving Instructions

Preheat oven to 400 degrees. Spread vegetables on a baking sheet and bake till cooked through and golden; place on a serving platter.

Blackberry and Meringue Torte

Recipe 6 — Serves 8 to 10

INGREDIENTS: Sabayon and sauce:

Meringues: 2 (1-lb. bags) frozen unsweetened
Melted margarine blackberries, divided
Matzo cake meal 1 3/4 cups sugar, divided
6 large egg whites 2/3 cup Passover blackberry wine
1 1/4 cups sugar 8 large egg yolks



For meringues:

Position racks in upper and lower thirds of oven and preheat oven to 200 degrees. Line baking sheets with aluminum foil wrap and brush foil with margarine; dust lightly with matzo cake meal. Using an electric mixer, beat egg whites in a large bowl until soft peaks form; gradually add sugar, beating until whites are very thick, stiff and shiny, about 5 minutes. Drop meringue onto prepared baking sheets by rounded tablespoonfuls, spacing 1 inch apart. Bake until dry and crisp to touch and pale ivory, about 2 hours and 45 minutes. Turn off oven and cool meringues for 1 hour in the closed oven. Place in a large zipper-topped plastic bag and freeze.

For sabayon and sauce:

Place 6 cups of frozen berries in a large bowl and remaining berries in a medium bowl; thaw all berries. Puree the 6 cups of berries and their juices in a blender; press through a sieve into a large measuring cup to yield about 2 1/2 cups of puree. Transfer 1 1/4 cups of puree to a small bowl and chill while making egg mixture. Add remaining puree to the berries in a medium bowl (for the sauce); add 1/2 cup of sugar; cover and chill. Using a hand-held electric mixer, beat remaining sugar, wine and egg yolks in a large metal bowl; blend well then set the bowl over a large saucepan of simmering water (do not allow the bottom of the bowl to touch the water) and beat for 12 minutes or until mixture is very thick and a thermometer registers at least 160 degrees. Remove bowl from the simmering water and add 1 1/4 cups of cold berry puree; continue to beat until sabayon is cool, about 8 minutes. Place 1 layer of meringues on the bottom of a 9-inch spring form pan; pour sabayon on top then top with more meringues pressed into sabayon at a slight angle and arranged in 2 concentric circles. Freeze until firm, about 6 hours, then wrap in a double layer of heavy-duty aluminum foil wrap. Mark BLACKBERRY AND MERINGUE TORTE and date prepared and place in the freezer. Place berry sauce in an airtight plastic container and mark BLACKBERRY SAUCE and date prepared; place in the freezer.

Serving Instructions:

Cut around the edges of the torte then remove the pan sides. Cut torte into wedges and spoon sauce on top; serve.