

## The Passover Palate: Easy and Delicious Matzah-Free Recipes

By Helen Nash

*These recipes focus primarily on the middle days of the holiday and require few utensils and ingredients. Yet these meals are nutritious, interesting and, of course, easy to prepare.*

### Roasted Cauliflower

4 servings

There is no need for utensils in this recipe. The dish can also be served at room temperature.

1 medium head cauliflower, cut into florets (about 2 1/2 pounds)  
2 tablespoons olive oil  
2 medium garlic cloves, minced  
Kosher salt  
Freshly ground black pepper

Preheat oven to 350°. Place florets on a foil-lined baking sheet. Drizzle with olive oil. Place the garlic underneath the florets. Season with salt and pepper. Bake for 15 minutes, turn the florets over, and bake for another 15 minutes, or until tender.

### Chicken Roasted with Potatoes and Olives

4 servings

This is a convenient main course. Both the chicken and the vegetables are cooked in one dish.

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9 cloves garlic  
4 tablespoons fresh lemon juice  
4 tablespoons olive oil  
4 medium chicken breasts, boneless and skinless  
1 pound small red potatoes, washed and cut into quarters or eighths  
5 plum tomatoes, washed and quartered  
1/2 cup black olives, pitted and quartered  
10 sprigs fresh thyme  
Kosher salt  
Freshly ground black pepper

Preheat oven to 450°. Oil a glass or ceramic ovenproof dish large enough to accommodate the vegetables and chicken.

Marinade:

Mince and mash 4 garlic cloves with 1/2 teaspoon salt to form a paste. Place into a small dish, and combine with lemon juice, 2 tablespoons oil, leaves from 5 sprigs of thyme, salt and pepper. Coat the chicken with this marinade and set aside.

Quarter the remaining 5 cloves of garlic, and place in the prepared dish along with the potatoes, tomatoes, olives, the rest of the thyme leaves, 2 tablespoons olive oil, salt and pepper, and mix well.

Roast the vegetables, uncovered, in the center of the oven for 20 minutes or until almost tender. Place the chicken with the marinade over the vegetables and roast, uncovered, for 5 minutes; turn over, spoon some pan juices over the chicken and roast for another 5 minutes, or until the chicken has a trace of pink inside.

Serve the chicken in the center of the plate, and spoon the vegetables over it.

### Quinoa\*

3-4 servings

Quinoa is a wonderful high-protein grain. The National Academy of Sciences calls it "one of the best sources of protein in the vegetable kingdom." It makes a wonderful side dish, especially on Passover when we have limited choices. You can also add other vegetables such as steamed broccoli florets, sautéed mushrooms, sautéed diced leeks, steamed asparagus and parsley, among many other vegetables.

1 1/4 cups water  
1 tablespoon margarine  
Kosher salt  
1 cup quinoa

Bring water, margarine and salt to a boil in a small saucepan over high heat. Sprinkle the quinoa into the saucepan, reduce the heat, cover and cook for 15-20 minutes, or until all the water is absorbed and the grains are almost tender. Stir with a fork to fluff grains. Season to taste.

Note:

If the grains have absorbed the water, but are not tender, add 1 tablespoon hot water and continue cooking.

\* Quinoa, a grain, is neither *kitniyot* nor *chametz*. It does, however, require Passover certification to ensure that during the packaging process, the equipment used was approved for Passover.

### Passover Carrot Squares

16 2-inch generous squares

This dessert is more like a nutritious snack. It is not overly sweet; it is easy to make and it keeps well.

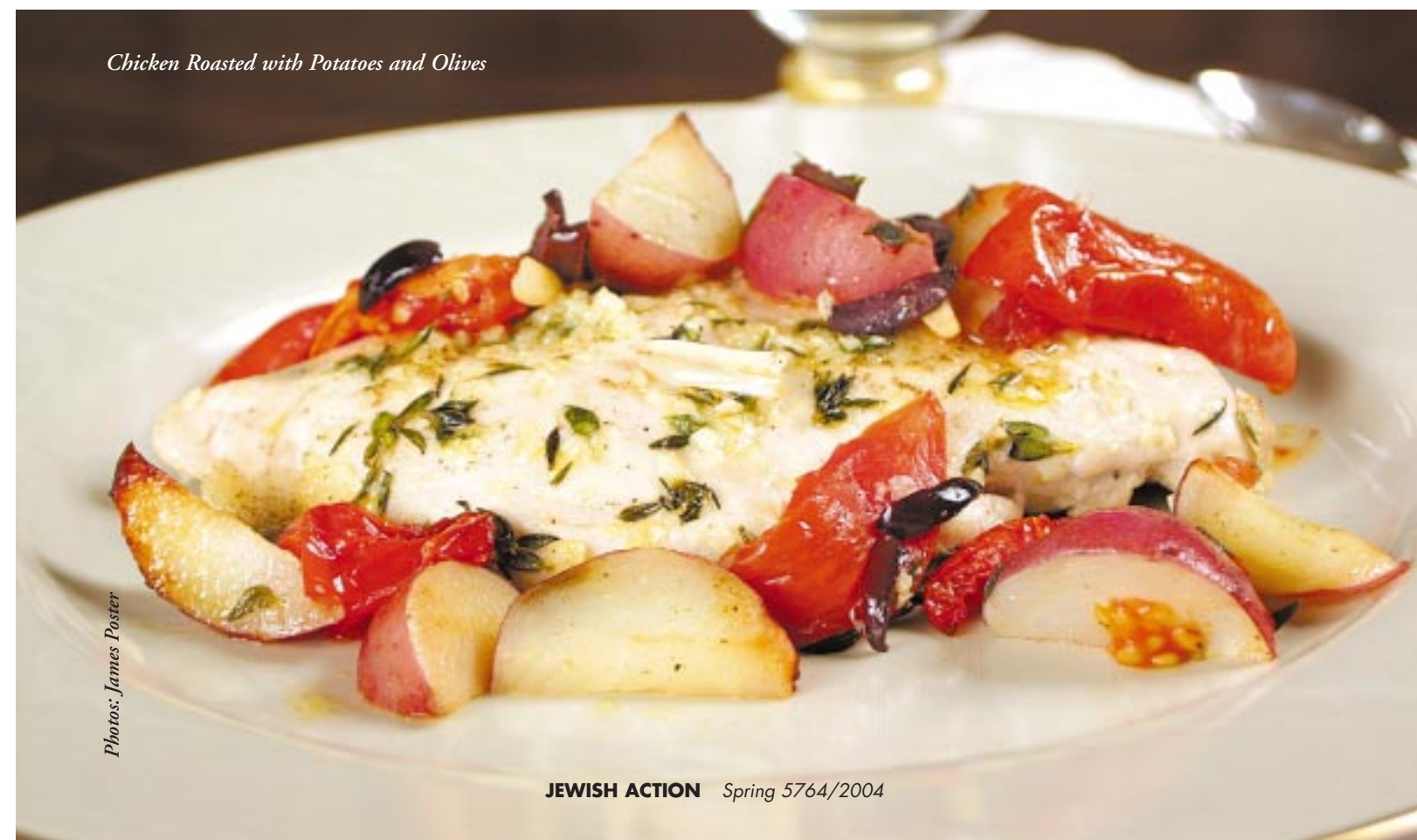
1/2 pound blanched almonds  
1 cup sugar, scant measure  
4 tablespoons potato starch  
1 teaspoon cinnamon  
1/4 teaspoon freshly grated nutmeg  
Grated zest of one lemon  
1 pound carrots, peeled and coarsely grated  
8 tablespoons unsalted margarine, at room temperature  
2 egg yolks  
1 teaspoon vanilla extract  
1/2 teaspoon almond extract  
6 egg whites

Preheat oven to 350°. Grease 9 x 9 inch baking pan with margarine, then dust with potato starch. Invert pan and tap to shake out excess potato starch. Place the almonds on a cookie sheet, and toast for about 10 minutes, or until golden.

In a food processor fitted with the steel blade, grind the nuts with 1/4 cup sugar until they are semi-fine. Transfer to a large bowl along with potato starch, cinnamon, nutmeg, lemon zest and carrots.

In a clean, dry bowl of an electric mixer, beat the margarine (at medium speed) with the remaining 3/4 cup sugar

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Photos: James Poster

for about 5 minutes, until light and fluffy. Beat in the yolks and extracts. Fold the nut-carrot mixture into this batter.

In a clean, dry bowl of an electric mixer, beat the egg whites at high speed, until they just hold soft peaks. Fold a third of the whites into the batter to lighten it. Then reverse the process, pour the batter over the whites. Gently fold the two mixtures together until just combined.

Pour batter into cake pan, and smooth the top.

Bake in the center of the oven for about 50 minutes, or until a cake tester or toothpick inserted in the center of the cake comes out clean, and the cake pulls away from the sides of the pan. Cool on wire rack.

Note:

Medium grating disc of food processor works very well for grating carrots.

## Chocolate-Almond Mini-Macaroons

*Makes 100, approximately*

Not only are these mini cookies easy to make, but they remain

crisp for a long period of time, if stored in a tin box in a cool place.

*3 ounces semi-sweet imported chocolate, broken into small pieces*

*8 ounces blanched almonds*

*3 egg whites*

*3/4 cup sugar*

Preheat oven to 350°. Grease 3-4 cookie sheets with margarine. Finely chop the chocolate in a food processor fitted with the steel blade, and then transfer to a bowl. Do the same with the almonds, chopping them in batches to a semi-fine texture. Add to the chocolate.

Beat the egg whites at a high speed until soft peaks form, then add sugar gradually until the whites become very stiff. With a rubber spatula, add the chocolate-nut mixture to the whites, combining well.

Drop flat teaspoonfuls of batter onto the cookie sheets. The best way to do this is to slide the batter with another teaspoon onto the cookie sheet, forming little kisses.

Bake for about 15 minutes, or until the tops feel firm to the touch. Let rest for a few seconds then transfer to a wire rack to cool completely. **1A**

*Quinoa with Vegetables*



*String beans and peas, which are kitniyot, are used by Sephardim on Pesach.*