



# PASSOVER

Passover, or Pesach (PAY-sahk), is an eight-day holiday that starts with a seder meal and includes the retelling of the Jewish people's freedom from slavery in Egypt. Special foods include horseradish as a reminder of the bitterness of slavery, parsley and eggs dipped in salt water as a reminder of the tears shed by the slaves, and matzoh to remember how the Jewish slaves fled from Egypt without time to let their bread rise before baking.

## Mrs. Bergman's Magnificent Matzoh Ball Soup

This recipe has two parts. Preparation time: 1 hour. Cooking time: 2½ hours. Makes 8 servings.

**This recipe should be made with adult assistance and supervision.**

### Soup ingredients

1–2 lbs. of boneless chicken breasts  
8 cups water  
½ teaspoon salt  
3 stalks celery  
1 parsnip  
4 stalks parsley  
1 medium onion  
4 carrots  
2 bay leaves  
½ teaspoon pepper  
thyme and more salt, to taste

### Matzoh ball ingredients

2 tablespoons vegetable oil  
2 large eggs, slightly beaten  
½ cup matzoh meal  
2 tablespoons stock from soup above

### Soup

1. **Cut** raw chicken breasts into quarters.
2. **Put** chicken in pot with water.
3. **Bring to a boil**, and **remove** white residue from top.
4. **Add** salt, cover, and **simmer** for about an hour.
5. While the pot simmers, **chop** celery, parsnip, parsley, onion, and carrots.
6. **Add** the vegetables to the pot, then bay leaves, pepper, thyme, and salt to taste.
7. **Simmer** another 30 minutes.
8. **Strain** soup into another pot, **shred** the chicken, and **place** it back in the broth.
9. **Puree** vegetables in a blender. **Pour** vegetable puree back into soup and stir.

### Matzoh balls

1. **Mix** oil, eggs, and matzoh meal together. **Add** soup stock until blended.
2. **Cover** and place in refrigerator for 15 minutes.
3. **Remove** from refrigerator.
4. **Make** balls of approximately one inch diameter by rolling the mixture between your hands.
5. **Bring** the soup to a boil, and one by one **drop** the balls into it.
6. **Cover** pot, and **simmer** for 30–40 more minutes.