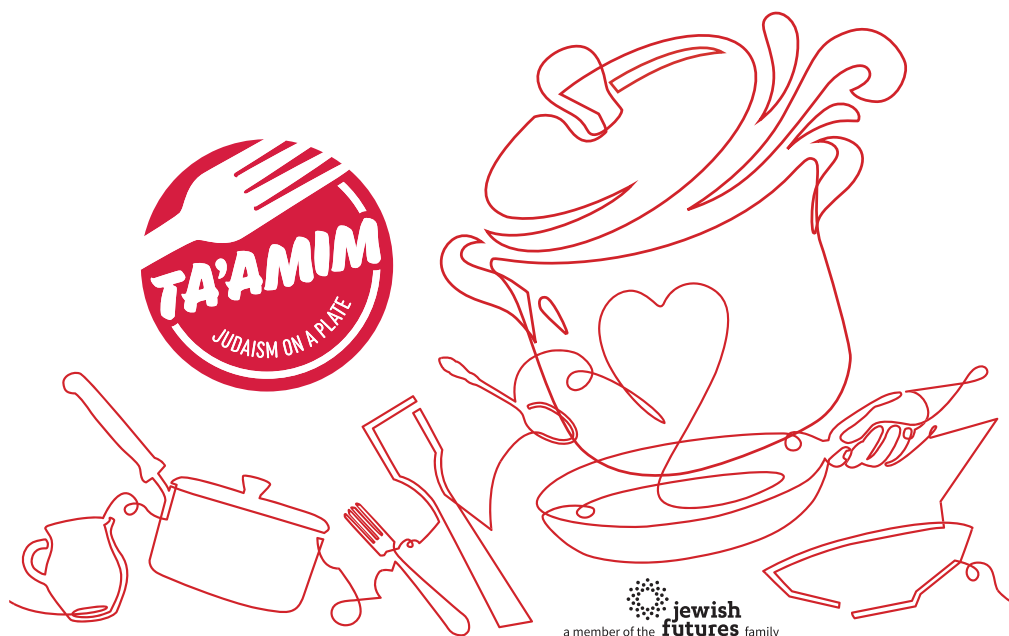


DOWNLOAD, PRINT & SCAN

PESACH

RECIPE INSPIRATION
& MEAL PLANNER



60+ original, cost-saving Kosher-for-Passover recipes
(including homemade condiments)

Plus: Daily meal planners, menu planners, shopping lists and checklists

WHY IS THIS NIGHT DIFFERENT?

We can all remember Seder nights from our childhood. Memories of family, friends and loved ones gathered round the table, sharing familiar food and the feeling of freedom as we recount the story of our ancestors' Exodus from Egypt, sharing in a 3,500 year old tradition that has been celebrated since the night of Exodus itself - the very first Pesach (Passover), when Hashem passed through the land of Egypt and took us out from there with a mighty hand and an outstretched arm.

The original and oldest continuously celebrated Jewish festival, Pesach is also the most widely observed. According to research published by JPR and PEW, more Jews observe Pesach in some way than any other Jewish festival or custom. This is amazing, when one considers that it is also the festival that requires the most active input of energy and resources, the most forward-planning, and lasts for over a week. It requires a change of diet, a deep clean of our homes and often a lot of new purchases.

Perhaps, however, it is this seismic shift that helps solidify the traditions and the memories that take us back home, back to our childhood and back to our roots. Maybe the very act of change and the often unusual rituals are what makes the festival so compelling.

Yet, even though we do it every year, we should not do it by rote. The dichotomy of Seder night is that on the one hand, we have our traditions and rituals, but on the other, we are obligated to bring the story to life and to recount the Exodus as if we ourselves were there, to ask new questions and engage in discussions that provoke insight and deepen our connection to our past.

And so, Ta'amim is proud to offer this booklet to help you with both. Five pages featuring over 60 Pesach-friendly recipes that we hope will inspire you to bring something new and perhaps thought-provoking to the table (e.g. our Seder Plate Salad, featuring Karpas, Maror and Charoset ingredients from around the world, or one or more of our 10 plagues recipes). Meanwhile, our checklists, shopping lists, menu and meal planners can help you to ensure that you have everything you need to mark the festival according to your own customs.

All the recipes featured can be found online at wearetaamim.com or by simply scanning the QR codes next to each recipe with your phone's camera app.

ALL FEATURED RECIPES ARE KITNYOT-FREE, BUT SOME CONTAIN GEBROCHTS.



RECIPE INSPIRATION

WHO SAID POTATOES ARE BORING?

"8 days of nothing but potatoes?!", we hear you cry. But we love potatoes. Potatoes are versatile, filling and delicious. Here's 8 great ways to serve up your spuds during Pesach.



ROASTED BABY
POTATOES WITH HEADS
OF SOLO GARLIC



CHEESE &
TUNA POTATO
BOATS



POTATO
CROQUETTES



CONFIT GARLIC
AND HORSERADISH
MASHED POTATOES



SMASHED
POTATOES



CLASSIC
POTATO
KUGEL



POTATO
LATKES



MASHED POTATOES
WITH MUSHROOM
& ONION 'LICE'



NEED MORE IDEAS?

Roasties | Chips | Wedges | Hasslebacks | Jacket Spuds | Pommes Anna
Potato Salad | Dauphinoise | Aloo Makala | Boulangère | Skinny Fries
Bombay Aloo | Stuffed Skins | Sauteed Potatoes | Gratin | Bubble & Squeak

TIRED OF POTATOES? TRY OUT SOME OF THESE GREAT ALTERNATIVES:



VEGETABLE FRIED
CAULIFLOWER RICE



SWEET POTATO &
CELERIAC WEDGES



COURGETTI
BOLOGNESE



CASSAVA &
PLANTAIN CHIPS



RECIPE INSPIRATION

START YOUR DAY 8 DIFFERENT WAYS

With traditional toast and cereal off the menu, there's no need to panic! There's still plenty of great alternatives to choose from without having to reinvent the wheel.



YOGHURT, FRUIT
& HOMEMADE
PESACH GRANOLA



SWEET OR SAVOURY
MATZAH BREI



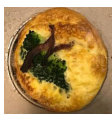
PESACH FRY-UP



BANANA
PANCAKES



SMOKED SALMON,
EGGS & AVO



BROCCOLI
BREAKFAST
MUFFINS



RAFFLES'
FETA-TOPPED
SHAKSHUKA



SMASHED AVOCADO
& FETA ON MATZAH



LUNCHBOX IDEAS

Whether you're heading into the office or off on a matzah ramble, these lunch box ideas are delicious, nutritious and a great way to use up leftovers.



CLASSIC
GREEK SALAD



HONEY & GINGER
SALMON WITH
ASIAN SLAW



'LEFTOVER'
CHICKEN SALAD



VEGETABLE
FRITTATA



NEED MORE IDEAS?

Eggs | Tuna | Smoked Salmon | Cheese | Deli Meat | Avocado | Leftovers

RECIPE INSPIRATION

STARTERS

Many of these dishes can be transformed into mains, or cooked and frozen in advance for an easy but tasty way to kick off your meal.



TOMATO & BASIL
SOUP WITH HERBY
KNEIDLACH
(Blood & Frogs)



GARLIC,
HONEY & LIME
CHICKEN WINGS



TRADITIONAL
CHICKEN SOUP



CHRAIMEH



LEEK
FRITTERS



LOADED MATZAH
NACHOS



MEAT/FISH MAINS

Many of the dishes in your normal repertoire can be adapted for Pesach. Use leftovers to top jacket potatoes or mix into salads. Try our P.F.C. for a crowd-pleasing 'fake-away'!



CHICKEN
MARBELLA



NONA'S
CHICKEN SOFRITO



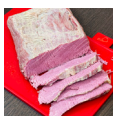
PASSOVER FRIED
CHICKEN (P.F.C.)



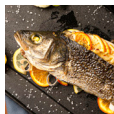
CLASSIC
SLOW-COOKER
POT ROAST



MEAT-STUFFED
AUBERGINES



HOMEMADE
SALT BEEF



CITRUS ROASTED
STUFFED SEABASS



TUNA STEAK WITH
LEMON GREMOLATA &
SMASHED POTATOES



RECIPE INSPIRATION

SIDES & SALADS

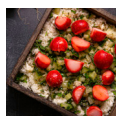
Sides and salads provide an excellent opportunity to get creative and/or make use of extra ingredients you may have in the fridge. Leftovers can often bolster lunches the next day.



SEDER PLATE SALAD



RATATOUILLE



CAULIFLOWER TABBOULEH WITH PICKLED RADISH 'BOILS'



SPICED CARROT SALAD WITH GREEN PEPPER & ONION 'LOCUSTS'



WATERMELON & MINT SALAD



ROASTED VEGETABLES WITH PESTO & FETA



ROOT VEGETABLE MEDLEY



CAPRESE SALAD WITH BLACK OLIVE TOPPING



CONDIMENTS

Over recent years, the cost of condiments for Pesach has reached new highs, prompting us to develop cost-saving alternatives which we think taste better than shop-bought! From mayo to pesto (see above), we've got you covered!



5-MINUTE PASSOVER MAYONNAISE
(For under £2!)



SERIOUSLY GOOD HOMEMADE KETCHUP



BBQ SAUCE



KFP SALAD DRESSINGS



HERB & CITRUS EVERYTHING DRESSING



MANGO, LIME & CHILLI SALSA



RECIPE INSPIRATION

VEGGIE & VEGAN DISHES

Plant-based diet at Pesach? No problem! Earthy mushrooms and root vegetables pack flavour in droves and can provide an excellent central element to a veggie or vegan dish. You'll find loads more vegetable-forward dishes on the previous pages, too.



AUBERGINE
MARBELLA



CELERIAC
WILD ANIMALS



LARA'S VEGAN
CREAMY
MUSHROOM SOUP



SOPHIA'S VEGETABLE
STIR FRY WITH
CAULIFLOWER RICE



BBQ MUSHROOMS



VEGETARIAN
STUFFED
AUBERGINES



DESSERTS & SNACKS

Whether it's homemade almond macaroons, pre-packaged cakes, stewed fruit, salty crisps or pink bubblegum, desserts and snacks are king at Pesach. Here's a handful of our favourite Passover treats.



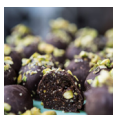
GF CHOCOLATE MOUSSE
CAKE, DARK FRUITS &
STRAWBERRY COULIS
(Darkness & Firstborn)



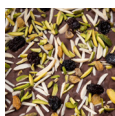
FLOURLESS
CARROT CAKE



CINNAMON
'HAIL' BALLS



DATE & PISTACHIO
BLISS BALLS



CHOCOLATE
BARK



COCONUT
PYRAMIDS



GF CHOCOLATE &
PECAN CAKE WITH
MERINGUE TOPPING



LARA'S RAW
VEGAN CHOCOLATE
CHEESECAKE



DAILY MEAL PLANNER

We are acutely aware that Pesach can be very expensive and often wasteful. As the cost of living increases, many will be looking for ways to save.

By careful planning, many ingredients can be re-used and leftovers re-imagined into new meals. We've created dozens of cost-effective KLP meals and home-made condiments including ketchup, mayo and BBQ sauce. Scan the QR code above for loads of recipe inspiration, and add any of your own favourites to craft your day-by-day Pesach meal plan! Use our printable menu planners and shopping lists to break down your dishes and save on your shopping bill!

Seder night also provides a great opportunity to introduce fun and engagement, and food can be an excellent springboard for fascinating discussion and debate. Check out our 'Ten Plagues Immersive Seder Menu' and 'Sweet Seder' dishes for even more creative menu inspiration.



'Ten Plagues Immersive Seder Menu'



Sweet Seder



For more great Passover recipe ideas, visit wearetaamim.com

EREV PESACH / FIRST SEDER NIGHT*

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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FIRST DAY PESACH* / SECOND SEDER NIGHT*

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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SECOND DAY PESACH*

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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DAILY MEAL PLANNER

THIRD DAY PESACH

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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FOURTH DAY PESACH

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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FIFTH DAY PESACH

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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SIXTH DAY PESACH / EVE OF SEVENTH DAY*

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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DAILY MEAL PLANNER

SEVENTH DAY PESACH*

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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EIGHTH DAY PESACH*

DATE:

BREAKFAST	LUNCH	DINNER	SNACKS
Adults Kids:	Adults Kids:	Adults Kids:	

NOTES:

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PESACH FOOD CHECKLIST

Use this list as a springboard for your supermarket sweep, but remember - Pesach only lasts for just over a week!

(We recommend using our menu planner to help work out what you need).

ESSENTIAL

- Coffee
- Tea
- Matzah
- Milk
- Vegetables
- Fruits

SEDER

- Wine
- Grape Juice
- Eggs
- Maror
(Horseradish/Lettuce)
- Shank Bone
- Charoset/Dates
- Potatoes
- Parsley

FRIDGE

- Yoghurt
- Cream
- Cream Cheese
- Eggs
- Smoked Salmon
- Butter

HERBS & SPICES

- Salt
- Pepper
- Chilli Pepper
- Paprika
- Garlic Powder
- Turmeric
- BBQ Spice
- Cinnamon
- Bay Leaves
- Oregano
- Parsley
- Basil
- Coriander

BOTTLES

- Mayonnaise
- Ketchup
- Apple Cider Vinegar
- Balsamic Vinegar
- Marinara Sauce
- Olive Oil
- Vegetable Oil

TINS & JARS

- Tuna
- Pickles
- Olives
- Capers
- Hearts of Palm
- Chopped Tomatoes

BAKING PANTRY

- Ground Almonds
- Ground Walnuts
- Desiccated Coconut
- Whole Almonds
- Slivered Almonds
- Flaked Almonds
- Potato Starch
- Tapioca Starch
- Baking Chocolate
- Cocoa Powder
- Baking Powder
- Baking Soda
- Chocolate Chips
- Vanilla Extract
- Vanilla Sugar
- Granulated Sugar
- Icing Sugar
- Brown Sugar
- Cake Meal
(Super Fine Matza Meal)
- Gelatine

CUPBOARD

- Jam
- Date Spread
- Chocolate Covered Matza
- Dried Fruit
- Chocolate Bars
- Marshmallows
- Candy/Sweets
- Chocolate Spread
- Crisps
- Nuts

MEAT/FISH

- Chicken (whole/pieces/cubed)
- Beef (cubed/joint/minced)
- Brisket (fresh/pickled)
- Hot Dogs/Viennas
- Salmon
- Cod/Fried Fish
- Gefilte Fish/Fried Fish Balls

FROZEN

- Gefilte Fish Loaves
- Broccoli
- Chips/French Fries
- Crushed Garlic
- Crushed Ginger
- Whip Topping
- Ice Cream

KITNIYOT

- Lentils
- Peanut Butter
- Popping Corn
- Rice
- Rice Cakes
- Chickpeas
- Tinned Sweetcorn
- Tehina

PESACH EQUIPMENT CHECKLIST

Use this as a guide for purchasing useful new kit, but don't panic if you haven't got every single bit of it!

(We recommend using our menu planner to help work out what *you* need).



COOKING

- Roasting/Baking Trays
- Large Pot
- Medium Saucepan
- Small Saucepan
- Frying Pan
- Wooden Spatula
- Big Flat Spatula
- Soup Ladle
- Chopping Boards
- Chef's Knife
- Serrated Knife
- Paring Knife
- Mixing Bowls
- Spoons for Mixing
- Vegetable Peeler
- Box Grater
- Food Storage Containers/Bags
- Can Opener
- Bottle Opener
- Kettle
- Foil/Cling Film
- Baking Parchment
- 3-day candle



BAKING

- Mixing Bowl
- Spoons
- Spatula
- Baloon Whisk/
Electric Whisk
- Measuring Cups & Spoons
- Measuring Jug
- Scales
- Baking Tins
- Baking Tray/Cookie Sheet
- Cooling Rack



DINING

- Dinner Plates
- Salad/Side Plates
- Soup Bowls
- Mugs
- Glasses
- Wine Glasses
- Serving Dishes
- Cutlery
- Serving Spoons
- Serving Tongs



SEDER

- Seder Plate
- Matzah Cover
- Hagaddah
- Hand Washing Cup
- Wine Glass/Kiddush Cup
- Small Bowls
- Napkins/Serviettes



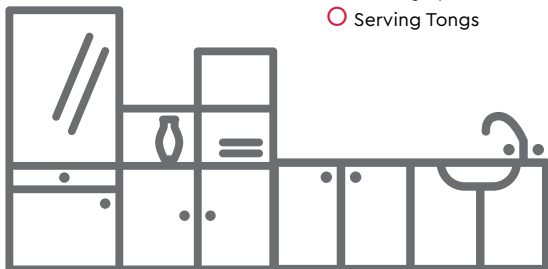
SINK

- Sponge
- Brush
- Draining Rack
- Washing Bowl



EXTRAS

- Food Processor
- Hand Blender
- Stand Mixer
- PVC Tablecloth
- Cupcake Tin
- Crêpe Pan
- Mandolin
- Potato Ricer/Masher



SHOPPING LIST

SEDER PLATE/TABLE ITEMS

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MATZAH/MATZAH PRODUCTS

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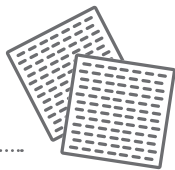
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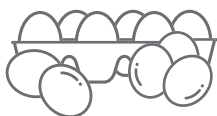
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EGGS

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MEAT/POULTRY

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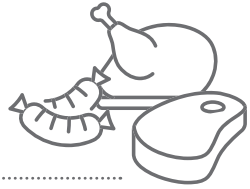
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FISH

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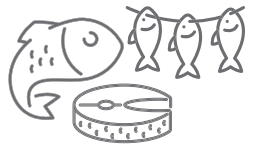
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SHOPPING LIST

LARDER

*Cans, bottles, condiments,
oils, herbs & spices, spreads etc.*



SHOPPING LIST

BAKING



NOSH



HOUSEHOLD *Cleaning products, disposables, foil, utensils, toiletries, etc.*





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