

Holidays are often celebrated with special food, so I offer you two recipes for Haroset, a delicious mixture of nuts, fruit, wine and sweet spices representing the clay from which Israelis made bricks while in slavery—turning the bitter into the sweet!

An Ashkenaz (Eastern Europe) version

2 medium-sized tart apples
1/2 cup chopped walnuts
1/2- 1 teaspoon cinnamon
2-3 tablespoons sweet red wine

Pare and core apples. Chop apples and nuts together finely. Add cinnamon, honey and wine. Makes 2 cups.

A Sephardic (Spain, Portugal, Middle East, N. Africa) version

3/4 cup vacuum-packed chestnuts
1/2 cup golden raisins
1/3 cup dried figs
1/2 cup dried dates
1/4 cup dried apricots
1 unpeeled apple
1/2 cup pine nuts
Juice and zest of 1/2 orange
2 1/2 tablespoons honey
1 crumbled cinnamon stick
2 cloves
1/4 teaspoon ground ginger
1/3 cup sweet wine

Crumble chestnuts into pan, add raisins. Chop figs, dates, apricots, add to pan. Core apple, add to pan with rest of ingredients. Stir well, bring to boil, lower heat, partially cover and cook for 1 to 1 1/2 hours to a dense sticky mass. Makes 2 cups

Traditionally eaten as a spread on matzo during Passover, Haroset is delicious spread on a toasted English muffin any time you are craving a sweet treat.

L'chaim - To Life!