



**MA(SA) NISHTANA**  
THE MASA COMMUNITY  
COOKBOOK FOR PESACH

## THE MASA COMMUNITY COOKBOOK FOR PESACH

This Passover will truly be different than all other Passovers. As we gather for our more intimate Seders this year, we are reminded just how resilient we are when we are more connected.

The global community we've built is leading us through this crisis and beyond. This is not a time of absolute isolation; rather, it's a call for our community to come closer together. We are finding new ways of celebrating, building bridges, and writing the next chapter of our beautiful Jewish story.

Our community is continuing to adapt, learn, and grow. Thousands of Masa Fellows in Israel and alumni around the world are engaging through alternative programs and online tools. And what would be without cooking in these times? That's why we came up with a Masa Pesach Recipe Book for delicious recipes from around the world.

Enjoy and Pesach Sameach!

Masa Israel Journey



**1**

# Pesach Rolls

FROM THE UK

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**PREPARATION**

30 min

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- **4oz of Tomor Margarine**
  - **1 tspn salt**
  - **1 tblspn sugar**
  - **4 eggs**
  - **1 large cup boiling water**
  - **4 large cups Matzo meal approx. 8oz – dependent on the size of the eggs**
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- Place the boiling water, margarine, salt and sugar into a saucepan. Place over a light heat and heat till the margarine has melted.
  - Take off the heat and add ½ cup of matzo meal. Mix thoroughly.
  - Gradually add each beaten egg and matzo meal alternately. Eventually you'll end up with a thick stiff dough like mixture.
  - Divide the dough mixture into 8 round roll shapes and place each on a baking tray. Leave some space between each roll.
  - Use the back of a knife to cut a line about a third of the way through the top of each roll to prevent over swelling.
  - Bake in a hot oven, about 200 degrees for 15-20 mins.
  - Eat fresh on the same day as baking where possible.
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**2**

# Cheese Bread

FROM BRASIL

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## PREPARATION

20 min

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- **200g of grated mozzarella cheese**
  - **2 eggs**
  - **500g of SOUR TAPIOCA FLOUR (other names of he same thing SOUR MANIOC STARCH, SOUR STARCH e SOUR CASSAVA STARCH)**
  - **1 1/4 cup milk**
  - **1 tsp of salt**
  - **1/2 cup of oil**
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In a bowl mix the cheese, eggs and the sour tapioca. In a pan boil the milk, salt and oil. As soon as it boils it pours over the mixture in the bowl. Mix by hand. Form balls of the dough and bake for 15 minutes.

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**3**

# Matza Cake

FROM THE NETHERLANDS

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**PREPARATION**

20 min

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- **21 ounces bittersweet chocolate, melted in the microwave**
  - **2 teaspoons ground espresso**
  - **1 (16-ounce container) frozen non-dairy whipped topping, thawed\***
  - **1/4 cup sugar\***
  - **1 teaspoon almond extract**
  - **1 box (16 ounces) matzo**
  - **1/2 cup chopped almonds**
  - **White chocolate and fresh berries for garnish**



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- Add the ground espresso to the melted chocolate; mix well. Set aside.
  - Using the beater attachment of your mixer, whip the topping as you slowly add the sugar and almond extract and form soft peaks.
  - Separate half the whipped topping into another bowl. Add about 1/2 cup of the cooled, melted chocolate into one of the whipped topping bowls. Gently fold the chocolate into the topping using a rubber spatula.
  - To assemble the cake: Using a pastry brush or a knife, smear a layer of the melted chocolate onto the top of each matzo square and serving meat for your main meal, you'll want to stick with the non-dairy approach.



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- Layer each chocolate covered matzo with whipped topping, alternating between the white topping and the chocolate topping. Sprinkle chopped almonds over each layer before adding the next chocolate covered matzo.
  - Repeat until you have come to the last piece of matzo.
  - Garnish the top of the cake with shaved white chocolate, fresh berries and any leftover chopped almonds.
  - Refrigerate for up to two hours before serving.
  - **Alternatively, you can use 2 cups of heavy whipping cream in place of the non-dairy whipped topping, and increase the sugar to 1/2 cup. That said, if you're observing kosher Pesach laws and serving meat for your main meal, you'll want to stick with the non-dairy approach.**
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# Israel

**4**

# Citron Plava

FROM THE UK

**PREPARATION**

30 min

- **light olive oil, to grease**
- **75 g potato flour**
- **65 g matzo superfine flour (see Baker's tips)**
- **150g caster sugar, plus 50 g extra**
- **5 eggs, at room temperature, separated**
- **50ml extra light olive oil**
- **50ml strained fresh orange juice**
- **1 tsp finely grated lemon rind**
- **1 tsp finely grated orange rind**
- **pinch of salt**
- **icing sugar, to dust**



- Preheat oven to 160°C. Grease a 2-litre (8 cup) capacity fluted ring tin with olive oil.
- Sieve the potato flour, matzo flour and caster sugar into a large bowl and mix well. Make a well in the center. In a large bowl, mix together the egg yolks, oil, orange juice and the lemon and orange rind. Add to the dry ingredients and stir with a wooden spoon until just smooth and a thick paste forms.
- Use an electric mixer with a whisk attachment to whisk the egg whites and salt in a large clean dry bowl on medium speed until soft peaks form. Add the extra caster sugar a tablespoon at a time, whisking well after each addition until thick and glossy. Add a third of the egg white mixture to the

egg yolk mixture and use a large metal spoon or spatula to fold together until just combined. Add the remaining egg white mixture and fold until just combined.

- Spoon the mixture into the greased tin and use the back of a spoon to smooth the surface. Gently tap the tin on the bench three times to get rid of any large air bubbles. Bake in preheated oven for 35-40 minutes until firm to a gentle touch and a skewer comes out clean.
- Remove from the oven and stand for 3 minutes before turning onto a wire rack to cool. Serve dusted with icing sugar.



5

# Goulash Soup

FROM HUNGARY

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## PREPARATION

1 hr 10 mins

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- 400g of beef shank (14.1 ounces) – cut into 1-inch cubes
- 3 medium or 2 large onions – diced
- 2 tsp lard or 6 tsp of vegetable oil (sunflower)
- 2 tsp of paprika powder
- 2 bay leaves
- 2 medium carrots – peeled and cut into 1/4 inch slices
- 1 medium parsley root or parsnip – peeled and cut into 1/4 inch slices
- 1 medium fresh tomato – chopped
- 1 sweet yellow pepper (or bell pepper, wax or banana pepper) – cut into small pieces
- 2-3 medium potatoes – peeled & cut into medium size cubes
- 1 clove of garlic – minced
- 1 teaspoon of ground caraway seeds
- 10 black peppercorns
- Salt to taste



The word *gulyás* originally meant only 'herdsman', but over time the dish became *gulyáshús* that is to say, a meat dish which was prepared by herdsmen.



- In a large soup pot, sauté the onions in vegetable oil over low heat, stirring frequently, until translucent. Do not let them burn. Salt lightly to help tenderize them. The onions should be cut into very, very small pieces. This is essential in order to achieve the "stew consistency". Add a small amount of water, if necessary, to keep them from sticking to the pan.
  - Remove the pot from the heat, add the sweet Hungarian paprika, stir. Add the tomatoes, the sweet yellow pepper and the meat, and stir again. Do not burn the paprika, or it will become bitter.
  - Add the bay leaves, the peppercorns, and about 7-8 cups (2 liters) of water. Salt to taste. Reduce heat, cover and simmer until meat is almost tender, adding water as necessary. It takes about 1.5-2 hours. If you use a pressure cooker add only 6 cups of water and cook for about 35-40 minutes or until tender.
  - Add the carrots, the parsley roots, the ground caraway seed, and the garlic. Salt to taste. Cover, bring back to a boil, reduce the heat and simmer. Add the potatoes when the vegetables are half tender and cook until the vegetables (including the potatoes) are tender.
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**6**

# Matza with Dulce de Leche

FROM ARGENTINA

**PREPARATION**

5 mins

**An argentinian pesaj all-time favourite for all ages!**

Treat yourself with a dulce de leche spreaded matza, throw in a nice warm Mate -typical argentinian drink- and you've got a dreamy duo for any breakfast or afternoon snack



**Dulce de leche** is a confection from Latin America prepared by slowly heating sweetened milk to create a substance that derives its flavor from the Maillard reaction, also changing color, with an appearance and flavor similar to caramel. Dulce de leche is Spanish for **"Sweet [made] of milk" or "caramel"**





**Pesach  
sameach**

**7**

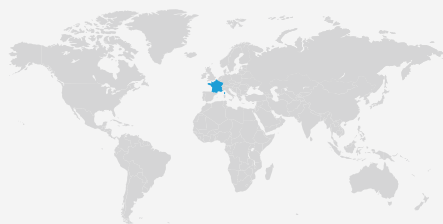
# Pesach Pancake

FROM FRANCE

**PREPARATION**

20 min

- **1 glass of matzah flour (the fine, the one for cakes)**
- **2 glasses of potato starch**
- **1/2 glass of sugar**
- **1 pinch of salt**
- **4 whole eggs, beaten as an omelet**
- **1 tablespoon of oil or melted butter**
- **3/4 liter of milk**
- **1 tablespoon orange blossom water or vanilla flavor (optional)**



Mix well so that the dough is homogeneous and free of lumps. Cook in the pan, turning them halfway through cooking as in any traditional pancake. Add a soft and sweet cheese inside!



**8**

# Gefilte Fish'

FROM SWITZERLAND

**PREPARATION**

1 hr 10 mins

- **500g (net) fresh carp fish**
- **3 eggs**
- **3 medium onions**
- **15g sugar**
- **Pinch of salt**
- **1 teaspoon white pepper**
- **1/4 cup of tonic water (or soda)**
- **70g fine matzo flour**



- Remove head, tail and spine and save for the broth
- Grind the fish meat along with the 3 medium onions
- Add the eggs, sugar, salt and pepper.
- Add Matzo Flour - The mixture should be thick but still sticky
- Allow 20 minutes to set. Taste and complete seasoning.
- If the mixture is too dry, add some tonic water
- Divide into units of 80g
- Make oval patties 10 cm long and 6 cm wide and 1.5 cm thick



**Broth**

- **2 liters of water**
- **Fish head, tail and spine**
- **15 g sugar**
- **Salt and white pepper, to taste**
- **2 large onions, sliced**

**Decoration**

- 1 carrot
- Tablespoon black pepper
- Boil the carrots with the pepper seeds, and cook for 5 minutes on a low heat.
- Slice into thin slices for decoration.

- Boil water in a wide pot with head and fish bones.
- Remove the head and bones.
- Add salt, pepper and onion slices and boil again.
- Add the patties. Bring to another boil, and simmer for about an hour.
- Remove the patties and place on a serving dish.
- Drain the water to get as clear a gel as possible, reduce, and pour back over the patties.

**9**

# Tishpisti

FROM TURKEY

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**PREPARATION**

1 hr

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**For the cake:**

- 4-5 large eggs
- 1 cup oil
- 1 cup sugar
- 2 cups matzo meal
- 2 cups ground blanched almonds or walnuts (or a combination of these two)
- Juice and zest of 1 orange
- 1 teaspoon baking powder - kosher for Pesach

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**For the syrup:**

- 2 cups sugar
- 2 cups water
- 1 tsp freshly squeezed lemon juice

**To prepare the syrup:**

Place all syrup ingredients in a small saucepan and bring to a boil. Simmer on medium heat for 15 minutes. Remove from heat and let the syrup return to room temperature while you are preparing the cake.

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Tishpishti is a walnut/almond cake soaked in syrup that is served as a dessert in Pesach seders in Turkey. Tishpishti, also known as tishpitti, tezpishti, tespishte, and tezpistil, is a dessert credited to the Sephardic Jews who immigrated to Turkey after 1492. There are similar recipes that exist in Northern Spain, so the dessert may have originated there.

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**To prepare the cake:**

- Preheat the oven to 150 degrees (celsius).
  - Mix together almond flour, walnuts, and matzo meal in a bowl. You can use food processor to ground nuts very fine and powdery.
  - In a separate mixing bowl, whip 4-5 eggs with a mixer. Gradually add the sugar, whisking until well blended.
  - Add oil, orange peel and juice, and baking powder. Continue whipping till mixture is well blended and frothy.
  - Slowly add the almond-walnut-matzo meal mix to the egg mixture and stir. Grease the cake pan/baking dish, and pour the mixture onto the cake pan, using a flexible spatula to even the top.
  - Traditionally, this cake is served in diamond-shaped pieces. Cut the cake into diamonds by slicing the dough crosswise, then making diagonal cuts across the rows. (Optional: Garnish the center of each piece with a whole almond.)
  - After slicing, place cake in the oven and bake for 30-35 minutes, until top is firm and edges are browned. Test for doneness with a toothpick.
  - Pour the room temperature syrup evenly over the freshly baked hot cake. Cover with foil and allow the cake to absorb the syrup for at least 2 hours
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**Hag  
sameach**

**10**

# Nutella Cake

FROM ITALY

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## PREPARATION

20 min

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- **For the short crust pastry:**
  - **2 eggs**
  - **100 gr sugar**
  - **100 ml seed oil**
  - **1 teaspoon baking powder kosher le pesach**
  - **mix of potato starch and matza flour (about 350 gr) when it is no longer sticky it is ready**
- 



As you all may know, in Italy we are obsessed with the food. We love cooking and eating. During the Pesach Holidays, we put a lot of effort in ensuring that the flavors remain the same in our dishes. being unable to use flour, it is really difficult to achieve this goal desserts. For this reason the most cooked dessert during this Hag is undoubtedly the tart

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Process the eggs with the sugar  
Add the oil  
Add the flour  
Add the baking powder  
Work the dough with a fork first and then with your hands  
Let rise for 30 min  
Make the shape you want  
Cover with Nochella  
Bake at 180 degrees in a static preheated oven for about 30 min (until it becomes golden brown)

### PLEASE NOTE:

the dough must be soft and elastic, if it crumbles too much you have overdone it with potato starch, if it is too hard there is too much matza flour.



**11**

# Charoset

FROM ALGERIA

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## PREPARATION

20 min

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- 500 gr dates
  - 40 gr walnuts
  - 50 gr almonds
  - (1/4) of a cup of pomegranate seeds
  - 1 cup of orange juice
  - half cup of red wine
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Our family is the first family to make aliyah from Constantine, my uncle, the second of ten children to flee to Israel to fight with the Palmach in 1948. Today there are only 30 Jews remaining in Algeria so it is important for our family to maintain the tradition of this community.

**Tamar Zer-Aviv, community manager of Masa Israel Journey.**

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**12**

# Kneidlach (Matzo Balls)

FROM THE ASHKENAZI WORLD

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## PREPARATION

20 min

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- **1 onion**
- **3 Tbs oil**
- **1.5 cups of matzah flour matzo meal**
- **3 eggs**
- **1-2 tps salt**
- **1 cup of boiling water**
- **Portions of your favourite simple stock vegetables or chicken stock is best**



- Dice onion finely. Bring a pan to medium-high heat, add oil, and fry the onion pieces until they are translucent (do not let it brown). Take off heat and let them cool slightly.
- Whisk the eggs, until the yolks and whites are well combined. I believe that the more you whisk, the fluffier will your kneidlach be (this is probably not true, but do whisk the eggs a bit). Fold the eggs into the matzo meal. Add the onions and fold everything together. Add salt and fold.
- Boil a cup of water. Then slowly add water to kneidlach. Start by adding 1/4 of a cup and mixing to combine. If mixture is still dry, add another 1/4 cup. Mixture should be sticky at this point, enough to form it into balls of similar size to meatballs. Let



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mixture rest for 30 minutes. Test stickiness level again, and if it forms into balls that stay together, then proceed. Bring a large pot of salted water to a boil. With clean hands or with two spoons, form the kneidlach mixture into meatball-sized balls, and drop them one by one into the boiling water. Let kneidlach cook on medium-high heat for 10 minutes, until water is boiling again and the kneidlach rise to the top (do not remove them as soon as they float to the top, but give them some time to fluff up). Remove them into a large container or bowl with a slotted spoon.

- When ready to eat, add two or three kneidlach balls to each bowl of soup. Garnish with cilantro or parsley, and dig in.
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**13**

# Matzaquiles

FROM MEXICO

**PREPARATION**

30 min

- **Matza**
- **Cheese**
- **Cream**
- **Green sauce**
- **Onion**
- **Beans**

For this recipe, you will have to create different layers in a container with your matzah and cheese.

Create your first layer with the matzah bread and then add a layer of cheese. Repeat this step until you have at least three layers of the matzah bread and two layers of cheese. Make sure you end up with the third layer of matzah on top to add the next ingredients.

This is how it goes

1. Layer of matzah
2. Layer of cheese
3. Layer of matzah
4. Layer of cheese
5. Layer of matzah

For the next step, you'll have to add a can of green sauce on top your third layer of matzah bread with some cream and some more cheese on top. Then take it to the oven and let it cook for 20 min.

After that you can add some more cream and cheese on top as well as some beans and sliced onion to go with the dish. And voila!



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