

# Passover Food Traditions and the Seder Plate

## Remembering Passover with Yeshua

[click this link](#)

[Click here in the digital document for some traditional Passover food recipes.](#)



What's on the Passover Seder plate?

Even though we can see Jesus in the Seder meal, there is no command to remember Passover in this way, Jesus rebuked the Pharisee traditions of men.

The Passover Seder is rooted in storytelling and symbolism. The event features a retelling of the biblical exodus from Egypt with the purpose of passing down the story to the younger generations. In fact, parents hide the middle matzah, called the afikomen, and then the children go looking for it around the house. The story is accompanied by a Seder plate containing six symbolic Passover foods:

- Horseradish (maror),
- Bitter greens (chazeret),
- Fruit and nut paste (charoset),
- Parsley or celery with salt water (karpas),
- Roasted lamb shank (zeroah), sometimes some families replace with chicken bone,
- A shell-on roasted hard-boiled egg (beitzah)

Three pieces of matzoh and a traditional ceremonial glass of Kosher grape juice for the prophet Elijah are also laid out for the feast. Seder is the Hebrew word for "order," and each of these items is eaten during a specific part of the story.

We all have associations of certain meals with holidays, but the way rabbinical Jews observe the Feast of the LORD and [Passover](#) takes food traditions to a whole new level beyond scripture.

**(Exodus 12:14)** And this day shall be unto you for a memorial; and ye shall keep it a feast to the LORD throughout your generations; ye shall keep it a feast by an ordinance **for ever.** **H5769**

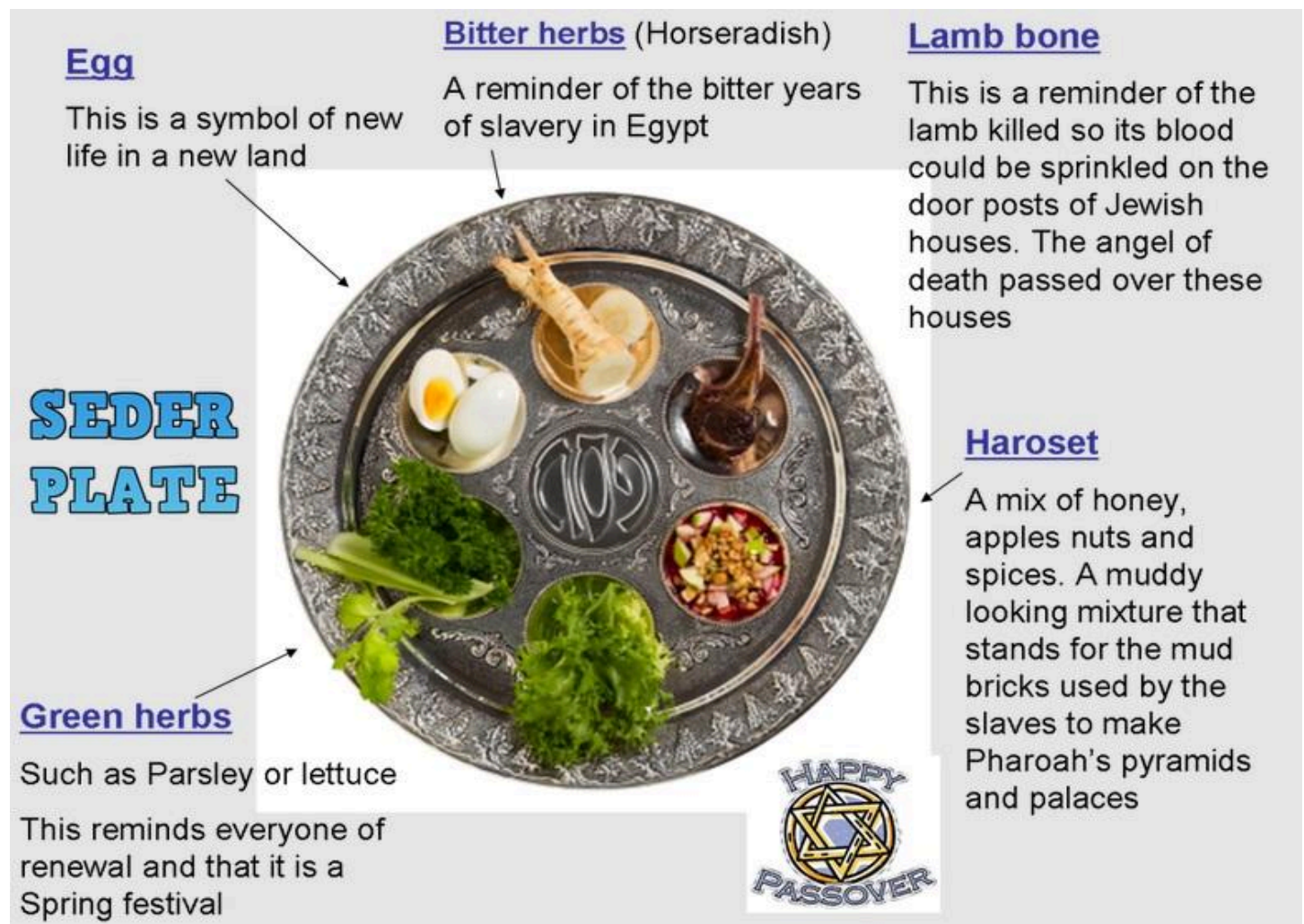
Passover, which begins just before sundown on [www.linktr.ee/devorahsdatetree](http://www.linktr.ee/devorahsdatetree) Aviv/Nissan 14 and eaten into the 15<sup>th</sup> that brings in feast of unleavened bread and lasts a week, is one of The LORD's most significant holydays for the assembly of Israel, celebrating the liberation of Israelites from slavery in Egypt. It's traditional for families to prepare a symbolic meal, called the [Seder](#), which is eaten while recounting the story of the Exodus from Egypt.

**Leviticus 23:2** Speak unto the children of Israel, and say unto them, *Concerning* the feasts of the LORD, which ye shall proclaim *to be* holy convocations, *even* these *are* **my feasts**.

If you are interested in following biblical God's time of the Aviv barley and monthly new crescent moons sightings from the Land where God placed His name (Jerusalem) go to this link: [www.linktr.ee/devorahsdatetree](http://www.linktr.ee/devorahsdatetree)

A feast follows the Seder, and throughout the week, observant Believers/Israel also maintain a certain diet. Read on to learn the significance behind the many Passover food traditions, from the foods of the Seder to the feast that follows.

### The Seder Plate



The centerpiece of the Seder table is the Seder Plate. Many Jewish families own a specially designed platter with designated sections for each food, but any large plate or platter can work, as long as each of the following six Seder foods are represented on the plate:

**Green Vegetable (Karpas):** A green vegetable, usually sprigs of parsley, is one of the first things eaten in the Seder, dipped in salt water. The salt water symbolizes the tears shed during slavery, and

the vegetable symbolizes different things, according to different sources, from the arrival of springtime and new life, to the Israelites' lowly origins. Some people use celery on their plate for Karpas, or boiled potatoes, a nod to the shortage of green vegetables in times of hardship.

### **Matzah:**



This flat, cracker-like piece of bread is commonly associated with Passover. Also spelled *matzah* or *matzoh*, it represents the speed with which the Israelites escaped from Egypt — there was not enough time for bread to rise, so they baked it unleavened. The lack of leaven is the representation of the removal of Pharaoh/evil/sin from the lives of Israel. Sin is slavery, Love of God is liberty.

Jews eat matzah, or unleavened bread, the entire week after Passover, but on the Seder table, there is a stack of three matzoh. Early on in the service, one piece is broken in half and hidden in the house. The children at the Seder hunt for this *afikomen* (or dessert) later, and the finder often gets a prize.

If you can make your own [matzah](#), “tradition” dictates it must be made in only 18 minutes from start to finish: partly as tribute to the haste of the Israelites departure, and partly because this is how long it takes for a grain exposed to liquid to ferment.

**Bitter Herbs (Maror):** Horseradish or romaine lettuce are the most common representatives of bitter herb on the Seder plate. It is symbolic of the bitterness and harshness of life as enslaved people. The bitter herb is used twice in the ceremony: once, eaten on its own, and again, with charoset between pieces of matzo. This “Hillel sandwich” is named for a sage who believed the combination represented a positive approach to the hardships in one's life.

**Charoset:** Derived from the Hebrew word for earthen clay, charoset represents the mortar the Israelites used to build the Pharaoh's monuments while they were enslaved. [Charoset](#) is usually made from apples, walnuts, grape juice, cinnamon, and honey or sugar. Other recipes might use dried fruit like dates or figs and almonds.

**Shank Bone (Z'roa):** The shank bone has its roots in the lamb that was scarified by the Israelites just before their departure from Egypt. On another level of interpretation, the word *z'roa* means arm, representing the outstretched arm with which God safely took the Israelites to freedom. This is one of the few things on the Seder plate that isn't eaten: instead it's a visual reminder of the sacrifice.

While some still use a roasted lamb shank bone, others may choose to roast a chicken bone.

**Egg (Beitzah):** A hard-boiled or roasted egg is unclear how it has entered into the Jewish seder tradition but, like many other Seder foods, has dual meanings. Some say it is a traditional food of mourning, since its roundness evokes the circle of life. Finally, a more overt interpretation is that eggs symbolize rebirth or the future. The egg on the Seder plate is usually [hard-boiled](#), and most hosts make enough so each guest can eat one at the end of the service, often dipped in salt water.

**Grape Juice:** [four small glasses](#) of grape juice are consumed throughout the Seder, and as with all the other foods, there are multiple explanations for why there are four; two are the liberation from the Pharaoh's four evil decrees, and the four ways God promised He'd deliver the Israelites to freedom.



An extra glass of grape juice is traditionally placed at the door to the house for the prophet who supposedly visits every Jewish house on Passover.

## The Passover Seder Dinner

Traditionally, only a nibble of each of the symbolic foods on the Seder plate is eaten during the service. When it's over, the real feast begins!

While Passover dinner can include [many different main and side dishes](#), as long as they stick to the Bible Passover dietary instructions, certain dishes are common to Passover food traditions. Here are a few of our favorites:

**Gefilte fish:** Love it or hate it, these molded cakes of ground fish often kick off the Passover feast. You can credit (or blame) European Jews for gefilte fish. They were inexpensive to make, could be prepared the day before the Sabbath, and were an easy kosher option.

**Matzoh Ball Soup:** Passover dinner might also start with a steaming bowl of [matzoh ball soup](#). Some jokingly refer to this chicken broth soup as "Jewish penicillin" since it has the same anecdotally restorative properties as chicken noodle soup. But on Passover, it's simply the first of the many different ways Jews prepare and enjoy matzoh.

**Lamb:** Some Jews serve lamb as their main course, reenacting the last night before the Exodus, and literally ingesting part of the story. A [roast lamb](#) is certainly an elegant addition to any passover feast.

**Brisket:** This long-cooking cut of beef has become a mainstay of many Jewish meals, including Passover. Brisket became synonymous with Jewish cuisine since it's naturally kosher, being a cut from the front of the animal, and because its low cost was affordable to even poorer Jewish families.

**Tzimmes:** A tzimmes is basically a casserole or a stew, and it usually has a sweet flavor profile; carrots or other root vegetables and dried fruit are often included. Although it doesn't have Passover-specific symbolism, it goes great with braised or roasted meats, and can be made in a batch big enough for company.

**Kugel:** Starchy baked side dishes, often made with noodles or potatoes in a custard base, are part of the Jewish culinary experience, in part because Orthodox Jews who don't use power on the Sabbath, can cook them slowly overnight. For Passover, cooks opt for versions that don't include flour or noodles, such as savory [potato-based kugels](#) or sweeter versions made with matzoh or [farfel](#), a tiny egg noodle.

**Dessert:** The Passover kosher diet prohibits leaven of any kind. But this doesn't mean skipping dessert. Instead, Jewish cooks get creative when it comes to capping off the Passover feast.

## Common Passover Substitutions

Although baking on Passover requires some extra thought, it's far from impossible — after all, what's a holiday meal without dessert? There are many recipes out there — like [flourless chocolate cake](#) and [French macarons](#) — that isn't Passover specific but typically fit the specs.

Here are some ingredients you can use in place of flour; many are common in gluten-free baking (note that if you substitute these for all-purpose flour the results will be different and may not be as good, so it's best to seek out recipes that specifically call for these).

- **Matzo meal.** This is the old standby of Passover baking. It's simply matzo that has been finely ground (you can make your own or purchase a box at the store). Matzo cake meal, if you can find it, is ground even finer. It can be used to make cake, cookies, and brownies, though the results can be quite dense (which isn't always a bad thing).
- **Potato starch.** You might not typically think of baking with potato starch, but it's a traditional flour substitute for Passover. Some people combine it with matzo meal (typically  $\frac{3}{4}$  cup potato starch mixed with  $\frac{1}{4}$  cup matzo cake meal can be substituted for 1 cup of all-purpose flour), while some recipes rely solely on potato starch.
- **Almond flour.** Made from very finely ground blanched almonds, almond flour has become an increasingly popular ingredient in recent years (in part because it's gluten-free and Keto-friendly). Almond meal, which is more coarsely ground, can work as well in recipes where you don't need a superfine texture (like brownies or muffins). You can make your own if you have a good quality food processor.
- **Coconut flour.** Made from dried and ground coconut meat, coconut flour is an excellent gluten-free option that is also a good source of fiber and healthy fats with a slight coconut flavor. The only issue is that it's still difficult to find certified kosher-for-Passover coconut flour for those who adhere strictly to the orthodox regulations.
- **Coconut oil.** Although not Passover-specific, finding a dessert recipe that is dairy-free (so it can be served with a meat meal and still be kosher) can be tricky. Using coconut oil in place of butter is an easy substitute that can quickly transform a dessert from dairy to *pareve* (neither meat nor dairy).

In these times, knowledge will increase as two sticks are brought into one, all into one fold. when Jews and Christians come together and share each side's understanding. We get a perspective of Old Testament Hebraic understanding from the Jews and the New Testament Faith in Jesus from the Christians. And when they all come together we can immediately recognize the associations of the **seder plate** point to Jesus. As all God's time and feasts point to Jesus, it's clear in the seder that the bitter herbs are the separation from God and the salt water is the tears of sorrow of His divorce, The shank is the outreached arm of Jesus the sacrificed Lamb and the unleavened bread/Matzah represents the leaven/sin removed from our lives that brings the sweet Charoset/honey, synonymous to the promised salvation and green leaves of life returning to the embrace of God manifest in the flesh Jesus. All the feasts of the LORD are appointments with Him... Jesus!