

Many Haroset Recipes

Collected by Rabbi Abe Friedman

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Note that many recipes include nuts and other potential allergens. Please be sure to check recipes carefully and ask your fellow Seder participants if they have any allergies or sensitivities.

Ashkenazi (Eastern European)

Ingredients

8 Apples (half tart, half sweet)
2 cups walnuts
1 bottle dry red wine
Honey
Cinnamon
Nutmeg
Ground ginger

Directions

Chop apples and walnuts in your great-grandmother's chopping bowl (if you don't have your great-grandmother's chopping bowl, use a food processor). Add wine as you chop/blend, and add honey and spices to taste.

Thessalonika (Greek)

Ingredients

Chestnuts
Almonds
Hazelnuts
Dried figs
red raisins
Dates
Tart Apples

Wine vinegar
Spices: Ginger
Calamus
Frankincense
Spikenard

Directions

Peel and cook chestnuts; clean them and crush them well; peel the thin brown shell off of almonds and crush them; add a little hazelnuts, dried figs, red raisins, dates and crush one at a time; peel tart apples and crush them well; then blend them all together with strong wine vinegar a little at a time so that it becomes smooth; add spices like ginger, calamus, frankincense, and spikenard.

Moroccan Haroset

Ingredients

1 pound dried dates
1 cup coarsely chopped walnuts (or pecans)
1½ cups sweet wine
1 tablespoon cinnamon
½ teaspoon saffron
Dried rose petals

Directions

Simmer dates in wine over a low flame until they have a smooth consistency. Add spices and mix well. Remove from fire and add coarsely chopped nuts. Line a bowl with rose petals, pour in the haroset, and cover with more rose petals.

Romanian Haroset

Ingredients

2 MacIntosh Apples
10 dates

½ cup raisins
½ cup mixed nuts (walnuts, hazelnuts, almonds)
½ cup sweet wine

Directions

Grind dry ingredients in food processor. Place ground ingredients in small saucepan together with sweet wine. Simmer on low heat for 5 minutes or until all liquid is absorbed, stirring constantly.

Turkish Haroset

Ingredients

1½ cups finely chopped pitted dates
1 cup finely chopped dried figs
1 cup finely chopped raisins or dried apricots
1 peeled, cored, and chopped apple
¾ to 1 cup finely chopped walnuts or almonds
About ¼ cup sweet red wine

Directions

Chop together dates, figs, raisins or apricots, apple, and nuts. Add enough wine to make a thick paste.

Indian (Baghdadi) Haroset

Ingredients

1 pound dates
½ cup chopped walnuts, hazelnuts, or almonds
½ cup sweet wine
½ tsp cinnamon

Directions

Wash the dates and remove seeds, chop in a grinder or chopper. Put the dates in a pot and just barely cover with water. Bring slowly to a boil. Allow to simmer for 40

min, while stirring occasionally to avoid sticking to the pot, until the dates have a jam-like consistency. Remove from the heat and add the remaining ingredients. Don't panic if it's a little runny... that's the way it's supposed to be. In the end it should resemble a dark syrup.

Yemenite Haroset

Ingredients

15 dried figs, chopped
15 medium pitted dates, chopped
2-3 tablespoons sesame seeds, lightly toasted
1 teaspoon ground cinnamon
1 teaspoon ground ginger
Dash of ground coriander or cardamom
1 small chili pepper or pinch of cayenne
Dry red wine

Directions

Finely chop the figs, dates, sesame seeds, cinnamon, ginger, coriander or cardamom, and chili or cayenne. Stir in enough wine to make a paste.

Persian Halik (40 ingredients)

Ingredients

Fresh Fruit:

5 varieties of apple
2 varieties of pear
3 varieties of grape
banana

Dried Fruit:

2 types of dried fig
dates
dried apricots

dried peaches
dried cherries
dried prunes
red raisins
golden raisins
currants

Nuts (Dry Roasted, Unsalted):

walnuts
almonds
cashews
pistachios
hazelnuts

Spices:

fresh grated ginger
cinnamon
cardamom
allspice
nutmeg
fenugreek seeds (hilbeh)
saffron
cloves
black pepper

Liquids:

white wine
red wine
rose wine
vinegar
pomegranate juice

Directions

All fruits are washed, dried, peeled and chopped, then crushed in a mortar and pestle or food processor.