



A SIMPLE SEPHARDIC PASSOVER

with the Sephardic Spice Girls

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MATBUCHA

¼ cup olive oil

10 large cloves of garlic, peeled and chopped

4 28 oz cans of whole peeled San Marzano tomatoes

4 large red bell peppers

1 large green bell pepper

2 spicy green peppers or 1 small can of fire roasted green diced chiles

or 2 teaspoons red chili flakes

1 teaspoon salt

1 teaspoon paprika



- 1) Roast the red, green and chili peppers, in the oven or on the barbecue.
- 2) Seed the peppers and peel off the charred skin. (A simple method is to immediately place the roasted peppers into a paper bag and let them steam for 20 minutes, causing the skins to fall away easily. Leave more seeds if you prefer a spicier matbucha or add more chili peppers to your pot.) Chop the peppers into long strips and set aside.
- 3) Heat oil in a heavy pot over low heat, then add chopped garlic.
- 4) Drain the canned tomatoes, setting the liquid aside.
- 5) Cut the tomatoes into large chunks and add to the pot and bring to a simmer over medium heat.
- 6) When the mixture starts to bubble, cover the pot and reduce heat to low.
- 7) Keep stirring the tomatoes every 30 minutes, adding some of the reserved tomato juice if the tomatoes become too dry.
- 8) After cooking the tomatoes for 4-5 hours, the mixture will be quite thick.
- 9) Add the roasted peppers, salt and paprika and simmer for another 30 minutes.

Supported by:



SEA BASS WITH HERBALICIOUS GREEN SAUCE

Herbaceous Green Sauce

- 1 bunch Italian parsley, washed and drained
- 1 bunch basil, washed and drained
- 1 bunch cilantro, washed and drained
- ½ cup mint leaves, washed and drained
- ¼ cup fresh dill, washed and drained
- 1 cup extra virgin olive oil
- 3 garlic cloves
- ½ cup lemon juice
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 jalapeño or 1 teaspoon red pepper flakes, optional

- 1) Trim the stems from the herbs.
- 2) Carefully de-seed jalapeño, making sure not to touch eyes or mouth.
- 3) Place all the ingredients in food processor and pulse to a thick, smooth consistency.
- 4) Store in a tightly sealed jar in the refrigerator for up to six days.
- 5) Sauce is perfect as a marinade for meat, chicken or fish, as a garnish on top of a cooked dish or as a condiment to accompany meals.

Fish

- 2 pounds sea bass or any firm white fish, cut into pieces with skin on
- ¼ cup olive or avocado oil
- 2 leeks, finely sliced
- 2 large golden potatoes, washed and thinly sliced
- 1 teaspoon kosher salt
- ½ teaspoon pepper
- 1 generous pinch of saffron, steeped in a ½ cup warm water
- 1 teaspoon turmeric powder, or 1 inch fresh turmeric, grated
- ½ cup white wine
- ½ preserved lemon, chopped finely or juice of one lemon and 1 teaspoon salt

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SEA BASS WITH HERBALICIOUS GREEN SAUCE (CONT'D)

Fish Prep

- 1) Place several pieces of paper towel on a dish, place fish filets on paper towel and salt liberally. Allow fish to sit for 15 minutes, then with a clean paper towel, gently wipe the fish of salt and moisture.
- 2) In a large heavy pan, warm oil over medium flame, then add the leeks and a half teaspoon of salt. Sauté for 3 minutes until leeks start to become translucent and golden.
- 3) Add the potato slices in a single layer on top of the leeks, then add half teaspoon of salt and pepper.
- 4) Slowly pour the saffron water into the pan.
- 5) Cover the pot with lid and simmer for 3 minutes.
- 6) Add the fish filets, skin side down, on top of the potatoes.
- 7) Slowly add the white wine to the pan.
- 8) Sprinkle turmeric over the fish.
- 9) Place the chopped preserved lemon or lemon juice and salt over the fish.
- 10) Replace lid and shake the pan so that juices spread evenly in the pan.
- 11) Simmer for 10 to 15 minutes, depending on the thickness of the fish.

To serve

Spread desired amount of Herbaceous green sauce on top of each piece of fish and serve with potatoes, leeks and juices from the pan.

QUINOA STUFFED VEGETABLES

Vegetables to stuff

- 10 mini bell peppers
- 4 tomatoes
- 6 white squash



- 1) Cut tops off bell peppers and tomatoes and set aside to reuse. Remove core and seeds.
- 2) Cut squash in half and core, leaving a half inch at the bottom.
- 3) Arrange cored vegetables in an ovenproof baking dish.

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QUINOA STUFFED VEGETABLES (CONT'D)

Tomato Sauce

- 1 tablespoon extra virgin olive oil
- 3 garlic cloves, finely chopped
- 1 14 ounce can of crushed tomatoes
- 1 lemon, juiced
- 3 tablespoons sugar or honey
- 2 teaspoons sweet paprika
- 1 teaspoon turmeric
- Salt and pepper

Stuffing

- 2 cups quinoa, prepared according to box directions
- 1 tomato, finely chopped
- 1 cup chopped pecans
- ½ cup finely chopped Italian parsley
- ½ cup mint
- 1 teaspoon extra virgin olive oil
- Salt and pepper

- 1) Preheat oven to 350°F.
- 2) In a large pot, warm olive oil over medium heat, then add garlic and sauté for two minutes.
- 3) Add crushed tomatoes, lemon juice, sugar, spices and seasonings.
- 4) Bring to a slow boil, then set aside.
- 5) In a large bowl, combine quinoa, tomato, pecans, parsley, mint, olive oil and seasonings and mix well.
- 6) Stuff each vegetable with the quinoa. Replace the tops of the tomatoes and mini peppers.
- 7) Pour the tomato sauce over the vegetables and bake for 90 minutes.



ALMOND MARZIPAN COOKIES (BASED ON TIKVA INY'S RECIPE. GLUTEN FREE)



This macaroon recipe from the Iraqi kitchen is perfect for Passover and all year round. Made with almond flour, egg whites and coconut sugar and subtly spiced with cardamom and cinnamon, these are the perfect sweet treat.

3 eggs, separated (egg whites only)

1 cup coconut sugar

3 cups almond flour

1 teaspoon cardamom

1 teaspoon cinnamon

1 tablespoon rose water or 2 tablespoons almond extract

- 1) Preheat oven to 350°F.
- 2) Place egg whites in a clean, dry bowl.
- 3) Using a fork, beat the egg whites until fluffy. Add the sugar and continue to beat by hand until the sugar has dissolved.
- 4) Add the almond flour, cardamom and cinnamon and mix well. Add the rose water or almond extract and mix well.
- 5) Make walnut size balls and place on parchment lined cookie sheet, leaving space between each ball.
- 6) Place a whole peeled almond on top of each macaroon and press down.
- 7) Bake until the macaroons turn golden, about 10 minutes.

Both men and women can be carriers of BRCA and other gene mutations.
Know your family history.

Keep up with your annual appointments and screenings.

Carriers of the BRCA mutation are at increased risk for breast, ovarian, male breast, prostate, pancreatic, and melanoma cancers.

For more information about Sharsheret, visit [sharsheret.org](https://www.sharsheret.org) or call 866-474-2774.

