



Sharsheret in the Kitchen - A Simple Sephardic Passover with the Sephardic Spice Girls

Follow Up
April 4, 2022

- Click [here](#) for Sharsheret in the Kitchen webinar – A Simple Sephardic Passover with the Sephardic Spice Girls.
- Recipes from this webinar: <https://sharsheret.org/wp-content/uploads/2022/03/SITK-April-2022-Sephardic-Spice-Girls-Recipes-FINAL.pdf>

FOLLOW SEPHARDIC SPICE GIRLS:

- Website: <https://sephardicspicegirls.com/>
- Instagram: <https://www.instagram.com/sephardicspicegirls/>
- Facebook - Sephardic Spice SEC FOOD: <https://www.facebook.com/groups/184382281991699/>

SEPHARDIC SPICE GIRL'S TIPS:

Matbucha

- Eaten as a dip in Moroccan culture (also used instead of ketchup!). Serve alongside salads.
- If you chop your own tomatoes, keep the liquid nearby in case you need more liquid.
- Stew tomatoes for 4-5 hours; stir every half hour so it doesn't stick to the pan. A little char makes it more delicious. Add peppers after 3 hours; add paprika and salt another 30-60 minutes later.
- Delicious on matzo! Tastes almost like a jam. Can be used for Shakshuka, to poach a fish, or anything!
- You can add jalapeno, harissa, fire roasted chilis, red pepper flakes if you like it spicy.

Seabass with Herbalicious Sauce

- You can use any type of fish: seabass, branzino, sole, cod; use whatever looks fresh! You can use skin on or off.
- You could also do this dish in an oven safe dish and bake it in the oven with the green sauce on top. Bake at 350° and cook for 15-20 minutes depending on the thickness for a whitefish; for something thicker like salmon, cover it and cook for 15 minutes, then uncover and cook for 15 minutes more (but watch it and adjust as needed based on thickness).

Herbalicious Sauce

- If you make a big jar, you can serve it with meat, chicken, fish, or thin it out for a quinoa salad, kale salad, over grilled vegetables (peppers, eggplant, asparagus), pasta, anything! It keeps for a week in your fridge.

- Use any herbs you love! Omit any you don't.
- Soak the herbs (soak them longer if not organic), and then dry on towels.
- If you don't like garlic, omit! If you love it, add more!
- This is basically a pesto without nuts or cheese.
- Himalayan pink salt is better for you because it has minerals. Just make sure to get a finely ground one if you use it in this recipe.
- Using a mandolin makes chopping your leeks and potatoes so much easier/quicker!
- Make sure to always soak your leeks because they hold so much dirt.
- Yellow gold potatoes are their preference because they're soft and creamy. But any potatoes work.
- You can buy saffron anywhere, even Trader Joes. Steep saffron in hot water, keep in a glass jar on your counter top. It can stay on your countertop for weeks, but it's okay to put in the fridge too.
- Preserved lemon gives more flavor, but takes a month or two to preserve. But it's okay to squeeze fresh lemon juice. [Here](#) is the Sephardic Spice Girls recipe and Instagram demo on how to make it.
- You can omit the wine; sub with water instead.

Quinoa Stuffed Vegetables

- Don't use zucchini; gets bitter. Mexican or white squash is better. You can stuff any vegetables - beets, potatoes, onions (cook onions a little beforehand so they get soft).
- This is great for guests because each person can have one or more of each vegetable.
- Could be a main dish for lunch with a side salad.
- Many people make this with ground meat (any meat), but adding nuts and quinoa gives you protein, so you won't miss it.
- Use the lids of the vegetables to cover them.
- Don't be precious about not spilling the filling as you stuff the vegetables. It actually looks and tastes better when it spills out.
- They taste even better when you reheat the leftovers.

Almond cookies

- Any spices or flavors you like can be added. Cardamom, vanilla, cinnamon, nutmeg, cinnamon, cloves, coconut, chocolate chips, raisins etc.
- This is a kosher for Passover dish, but it's delicious year-round.
- This is a great dish to make with kids.
- Coconut sugar and maple syrup are great for people with diabetes or sugar allergies. Coconut sugar has a bit of a maple flavor and has a darker color.




- Cardamom gives a menthol/eucalyptus flavor; used a lot with Middle Eastern or Indian cooking. You can also put it in tea. In Arabic, it is called Hale.


Miscellaneous

- Always have a trash bowl on the counter when chopping/cooking.
- Great idea to always have cooked quinoa in your fridge; lasts 5-6 days in the fridge; longer in the freezer.
- Olive and avocado oils are the healthiest oils.
- Preserved lemons are great for gut health, like any pickled vegetables. Great on fish, chicken, salads, anything.
- [Click here](#) to see the Sephardic Spice Girls' Amazon.com store where you can find the mandolin and grater mentioned during the webinar.
- Cast iron pans give wonderful color and flavor. Lodge brand is the best, affordable. Cuisinart and Le Creuset pots and pans are great too.
- Low calorie snacks: apples, celery, carrots, fennel, jicama, a handful of nuts, dates with peanut butter or stuffed with almonds/walnuts, and HUMMUS!!!
- Top quinoa with baby spinach and cook an egg on top.


CANCER GENETICS FAST FACTS



EVERYONE who carries a cancer gene mutation has a **50%** chance of passing it on to the **NEXT GENERATION**.




Multi-gene panel testing can **IDENTIFY MUTATIONS** in genes other than BRCA1 or BRCA2, such as ATM, CHEK2, Lynch or PALB2, that may predispose you to a variety of cancers including male breast, colon, pancreatic, prostate, uterine and melanoma.



If the results of genetic testing in a family are negative, it is **STILL POSSIBLE** that the cancer in the family is **INHERITED**, resulting from genetic mutations that we do not yet know how to identify.



1 IN 40
Ashkenazi Jews, **BOTH MEN AND WOMEN**, carries a BRCA1 or BRCA2 gene mutation.



Individuals who carry genetic mutations should **HAVE THE OPPORTUNITY** to make choices about high risk screening and risk-reducing surgery and treatment that can **SAVE THEIR LIFE**.

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.

