Click [here](https://sephardicspicegirls.com/) for Sharsheret in the Kitchen webinar – A Simple Sephardic Passover with the Sephardic Spice Girls.


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**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/quickier!
- 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.