

FOOD FORUM

DOROTHY JOHNSON

Traditional Easter & Passover Recipes

Easter feasting varies from one Christian country to another, but around the world, traditional dishes show similarities. The egg is a symbol of new life. The lamb, the first animal born in the spring, symbolized new life and purity. Fancy breads and desserts are associated with the day of the Resurrection--

Pesach, the Hebrew name for Passover, is a religious family festival which celebrates the exodus of the Israelites from their bondage in Egypt. The story of the exodus is recounted in the Haggadah, a special book which is read as part of the Passover Seder.

For eight days of the festival, the Jewish table replaces the leavened bread with matzo, a flat, crispy cracker symbolizing the bread of affliction eaten by Israelites, in bondage. All other Seder foods have symbolic meanings. The shank bone symbolizes sacrifice, a roasted egg represents life and its continuity. Charoset, a mixture of nuts and apple in wine, symbolizes the mortar used by the Jewish slaves in building the Pharaoh's pyramids and Karpas, bits of parsley, lettuce and other green vegetables denotes spring time or birth. The salt water used in dipping the vegetables recalls the tears shed by the Israelite slaves.

EASTER FRUITED BRAN BREAD

1-1/2 cups sifted flour,
1/2 cup sugar
1 tsp. baking powder
1 tsp. soda
1 tsp. salt
1-1/2 cups whole bran cereal
1/2 lb. dried apricots, cut up or
1-1/2 cups golden raisins
1/4 cup butter or margarine
1-1/2 cups hot water
1 egg
1 tsp. vanilla
3/4 cup chopped nuts

Sift together dry ingredients. Measure whole bran cereal, apricots, butter and hot water into mixing bowl. Stir until butter is completely melted. Beat in egg and vanilla. Combine sifted dry ingredients and nuts, then stir into cereal mixture only until combined. Spread evenly in well greased 9 x 5 in. loaf pan. Let cool thoroughly before slicing.

MATZOPLETZEL (Matzo Pancakes)

3 cups boiling water
6 matzos
6 eggs
1-1/2 tsp. salt
fat for frying.

TOPPING

Sugar and cinnamon to taste or sour cream mixed with honey or jam.

Pour the boiling water over the matzos and set aside for 10 minutes. Squeeze out the liquid and then mash the matzos. Add the egg and mix well. Drop the mixture by the spoonfuls into hot fat and fry until golden brown on both sides. Serve at once with either of the toppings.

PASSOVER SPICE CAKE

12 eggs, separated
2 cups sugar
1-1/2 tsp. cinnamon
1/4 tsp. cloves
1/3 cup tawny port wine,
1 cup chopped blanched almonds
1-1/2 cup matzo cake flour

Beat egg yolks with sugar until light and fluffy. Add cinnamon, cloves, wine, nuts and matzo flour alternately, mixing well. Beat egg whites until stiff and fold into flour mixture. Turn into a well greased 10-in. tube pan and bake at 325 degrees for 1 hr. Invert cake pan and cool completely before removing cake from pan.



"Make Your Own Delicious Easter Basket Cake"

Start with orange Chiffon Cake in 10" tube pan. Decorate cake as 'basket' with green tinted coconut "grass" and candy easter eggs from the variety store or Fondant eggs.

To Make Basket;

Shape a nest for eggs by using a sharp knife to cut a sloping slice from edge to center of cake. Cut center no deeper than 1/2 inch. Fill hole made by tube pan with cut cake.

To Frost Basket:

Tint fluffy white frosting mix pale yellow. Frost side of cake and lightly frost top. Make a basket weave pattern in frosting on sides of cake by drawing inch-long horizontal and vertical lines with tines of a fork.

Cover top of basket with green tinted coconut.

For Basket Handle:

Fashion handle of pipe cleaners or coat hanger. Wrap several strips of aluminum foil. Then wrap handle with pastel yellow ribbon, make ribbon secure with cellophane tape. Tie mauve ribbon on top. Press handle into top of cake basket.

Note: To tint coconut add green food coloring to water. Let coconut soak in it until desired color. Drain; dry.

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V A FACTS

Interest rates on home loans guaranteed by VA were reduced from 7.5 to 7 per cent on Feb. 18, the third reduction in recent months.

Any veteran who financed his home with a VA guaranteed loan before May 1968, still has a \$5,000 or \$8,500 loan entitlement available depending upon when he received his loan.

Needy veterans who served during America's border conflict with Mexico are now eligible for disability pension benefit from VA on the same basis as other wartime veterans.

Veterans and servicemen who have used their GI home loan guaranty and, through no fault of their own are forced to sell their homes for reasons of health, employment, condemnation proceedings, or other compelling reasons now may have their guaranty privileges restored by VA.

Veterans benefits such as compensation and pension, educational assistance, subsistence payments to vocational rehabilitation trainees, and grants for homes or autos to severely disabled veterans are exempt from taxation, and need not be reported as income on tax returns. GI insurance dividends also are not taxable. However, the interest earned on these dividends is considered earned income.

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