

Making charoset Charoset pronounced (kha-ROE-set) is a traditional food eaten during the Passover Seder meal. It is a sweet, fruit and nut mixture that symbolizes the mortar used by the Israelite slaves in Egypt to make bricks. Charoset is one of the symbolic foods placed on the Seder plate and is typically eaten with matzah.

¹The exact ingredients of charoset can vary depending on cultural and regional traditions, but it commonly includes a combination of the following:

1. Apples: Often grated or finely chopped, apples provide sweetness and texture to the charoset.
2. Nuts: Commonly walnuts, almonds, or pecans are used, either chopped or ground, adding richness and crunch.
3. Sweet Wine: Red wine is traditionally used to bind the ingredients together and add flavor. The wine also symbolizes the sweetness of freedom.
4. Spices: Cinnamon is a common spice used in charoset, though other spices such as cloves or nutmeg may also be added for flavor.
5. Honey or Sweetener: Some recipes include honey or another sweetener to enhance the sweetness of the mixture.
6. Dried Fruits: Raisins, dates, or figs are often included in charoset, providing additional sweetness and texture.

Charoset recipe:

To prepare charoset, the ingredients are mixed to form a thick, paste-like consistency.

- 3 medium apples, such as Fuji or Honeycrisp, peeled and finely diced
- 1 cup toasted walnuts, roughly chopped
- ¼ cup golden raisins
- ¼ cup sweet red wine, such as Manischewitz
- ½ tbsp. honey
- 1 tsp. lemon zest
- ½ tsp. ground cinnamon
- Pinch Kosher salt

Combine all ingredients in a medium bowl and stir to combine. Let sit 30 minutes before serving.

¹www.lexiscleankitchen.com/wp-content/uploads/2019/03/Charoset4.jpg