

By Eileen Goltz



PASSOVER Recipe Substitutes

At some point during Passover preparations we've all tried to convert a mainstream recipe into a Passover one only to discover that we don't have a clue as to what to substitute for a chametz ingredient. This panic moment is why I started compiling my Complete List of Passover Substitutes. I've added some great new substitutions this year, thanks to readers who have sent in their own ingenious creations. If anyone has any other substitutions that they would like to share please let me know (eztlog@hotmail.com) and I'll include them in next year's list.



The Complete List of Passover Substitutes

1 oz. baking chocolate (unsweetened chocolate) = 3 *tablespoons unsweetened cocoa powder plus 1 tablespoon oil or melted margarine.*

16 oz. semi-sweet chocolate = 6 *tablespoons unsweetened cocoa powder plus 1/4 cup oil and 7 tablespoons granulated sugar.*

14 oz. sweet chocolate (German-type) = 3 *tablespoons unsweetened cocoa powder plus 2 2/3 tablespoons oil and 4 1/2 tablespoons granulated sugar.*

1 cup confectioners' sugar = 1 *cup granulated sugar minus 1 tablespoon sugar plus 1 tablespoon potato starch pulsed in a food processor or blender.*

1 cup sour milk or buttermilk for dairy baking = 1 *tablespoon lemon juice in a 1 cup measure, then fill to 1 cup with Passover nondairy creamer. Stir and steep 5 minutes.*

Butter in baking or cooking = *use pareve Passover margarine in equal amounts. Use a bit less salt.*

1 cup honey = 1 *1/4 cups granulated sugar plus 1/4 cup water.*

1 cup corn syrup = 1 *1/4 cups granulated sugar plus 1/3 cup water, boiled until syrupy.*

1 cup vanilla sugar = 1 *cup granulated sugar with 1 split vanilla bean left for at least 24 hours in a tightly covered jar.*

1 cup of flour = *substitute 5/8 cup matzoh cake meal or potato starch, or a combination sifted together.*

1 tablespoon flour = *1/2 tablespoon potato starch.*





1 cup corn starch = $\frac{7}{8}$ cup potato starch.

1 teaspoon cream of tartar = $1\frac{1}{2}$ teaspoon lemon juice or $1\frac{1}{2}$ teaspoon vinegar.

1 cup graham cracker crumbs = 1 cup ground cookies or soup nuts plus 1 teaspoon cinnamon.

1 cup bread crumbs = 1 cup matzoh meal.

1 cup matzoh meal = 3 matzot ground in a food processor.

1 cup matzoh cake meal = 1 cup plus 2 tablespoons matzoh meal finely ground in a blender or food processor and sifted.

3 crumbled matzot = 2 cups matzoh farfel.

1 cup (8 oz.) cream cheese = 1 cup cottage cheese pureed with $\frac{1}{2}$ stick butter or margarine.

Chicken fat or gribenes = 2 caramelized onions, saute 2 sliced onions in 2 tablespoons oil and 2 tablespoons sugar. Cook until the onions are soft. Puree the onions once they are golden.

1 cup milk (for baking) = 1 cup water plus 2 tablespoons margarine, or $\frac{1}{2}$ cup fruit juice plus $\frac{1}{2}$ cup water.

$1\frac{1}{4}$ cup sweetened condensed milk = 1 cup instant nonfat dry milk, $\frac{2}{3}$ cup sugar, $\frac{1}{3}$ cup boiling water and 3 tablespoons margarine. Blend all the ingredients until smooth. To thicken, let set in the refrigerator for 24 hours.

1 cup wine = 13 tablespoons water, 3 tablespoons lemon juice and 1 tablespoon sugar. Mix together and let set for 10 minutes.

For frying: Instead of chicken fat, use combination of olive oil or vegetable oil and 1 to 2 tablespoons pareve Passover margarine.

Egg = Passover egg substitutes don't work quite as well as the chametz egg substitutes. For kugels, matzoh balls, fried matzoh and some cakes the recipes will probably be OK. However, if you want to avoid them (and I do) you can add one extra egg white and $\frac{1}{2}$ teaspoon of vegetable oil for each yolk eliminated when baking. Use only egg whites as the dipping to coat and fry meats.



Italian Seasoning = $\frac{1}{4}$ teaspoon EACH dried oregano leaves, dried marjoram leaves and dried basil leaves plus $\frac{1}{8}$ teaspoon rubbed dried sage. This can be substituted for $\frac{1}{2}$ teaspoons Italian seasoning.

Curry Powder = 2 tablespoons ground coriander, 1 tablespoon black pepper, 2 tablespoons red pepper, 2 tablespoons turmeric, 2 tablespoons ground ginger. Makes $\frac{2}{3}$ cup.

Pancake syrup = use fruit jelly, not jam and add a little water to thin. I always like to combine the jelly and water in a microwave safe bowl and heat it gently before I serve it.

Seasoned Rice Wine Vinegar = 3 tablespoons white vinegar, 1 tablespoon white wine, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt. Mix to combine. Makes $\frac{1}{4}$ cup.

Flavored Vinegar = lemon juice in cooking or salad, grapefruit juice in salads, wine in marinades.

Water Chestnuts = substitute raw jicama.

Orange liqueur = substitute an equal amount of frozen orange juice concentrate.

Parsley = mince the tops of green onions and use them in recipes that call for chives or use celery tops.

Shopping After Passover

As noted earlier, *chametz* owned by a Jew during the holiday may not be consumed even after the holiday is over. Consequently, when shopping for *chametz* products after Passover, one must take measures to avoid *chametz* products that may have been subject to Jewish ownership during the festival. Because these restrictions are not limited to private individuals, Jewish owned stores, food manufacturers and distributors are required to rid themselves of *chametz* before Passover in an halachically valid

manner, and consumers need to stay clear of *chametz* products that were in such Jewish possession during Passover. Because tracking distribution is very complex and these determinations can be difficult, we suggest that ask your Rabbi for guidance.

