

A GLOBAL TASTE EXPERIENCE

CHAROSETS AROUND THE WORLD

On the first day of Passover each year, Jews around the world celebrate with a feast known as a *Seder*. **One of the most symbolic items on the seder plate is charoset (kharóset).** This mixture of fruits, nuts, and spices represents the mortar and clay that the enslaved Israelites used while building. *Charoset* is one of many ways in which hard work, difficulty, and the challenges of slavery are represented during the Passover Seder.

The preparation of *charoset* has evolved as the Jewish diaspora spread across the globe, making this Passover favorite a **great reflection of the diversity of the Jewish community.** Depending on where you are in the world, you might find ingredient combinations such as apples and walnuts, dates and pine nuts, or pears and pistachios.

As you think about celebrating Passover with your HMI family, here are some ideas on how to **incorporate new and diverse charoset recipes into your celebration:**

- Reimagine the seder ritual by hosting a *charoset* tasting that features different recipes - consider including *maror* (bitter herbs) and *matzah* (unleavened bread) for guests, too!
- Include a new *charoset* on your Seder table instead of, or in addition to, your traditional *charoset* recipe.
- Invite guests to each bring a new *charoset* to your Passover celebration.



Italian Charoset



Sephardic Charoset



Moroccan Charoset

Use Honeymoon Israel's Charosets Around the World recipe cards to bring something new to your Passover celebration.

LET'S MAKE ITALIAN CHAROSET

The history of Jews in Italy spans over 2,000 years and the charoset, like most Italian cuisine, can vary based on the region. Charoset in the north of Italy reflect the flavors and crops found in the Alps while southern Italian charosets include flavors and fruits that can be found in warmer climates.



Photo via [BreakingMatzo](#)

INGREDIENTS

- 3 apples (sweet or tart)
- 2 pears
- 2 cups sweet wine
- $\frac{1}{3}$ cup pine nuts
- $\frac{2}{3}$ cup ground almonds
- 8 ounces dates (pitted and chopped)
- $\frac{3}{4}$ cup golden raisins
- 4 ounces prunes (pitted and chopped)
- $\frac{1}{2}$ cup sugar or honey
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground ginger

DIRECTIONS

1. Peel and core the apples and pears. Cut them into small pieces.
2. Put all ingredients into a pan together and cook, stirring occasionally for about 1 hour, until the fruits are very soft, adding a little water if it becomes too dry.

Recipe courtesy of Syd's Yummy Stuff

LET'S MAKE SEPHARDIC CHAROSET

Sephardic Jews are a Jewish population who have historically descended from the Iberian Peninsula. Jews in this area have their own nearly extinct language and music called "Ladino" which is a combination of Castilian Spanish and Hebrew. In Sephardic charoset, you'll find items native to the Iberian Peninsula such as figs, pears, and pistachios.



Photo via [West of the Loop](#)

INGREDIENTS

- 2 apples
- 2 pears
- ½ cup marcona almonds
- ½ cup hazelnuts
- ½ cup walnuts
- ½ cup pistachios
- ½ cup chopped dates
- ½ cup chopped figs
- ½ cup yellow raisins
- ¼ teaspoon ground cloves
- ½ teaspoon ground ginger
- 1 teaspoon cinnamon
- 1 teaspoon lemon zest
- ½ cup dry red wine

DIRECTIONS

1. Peel, core, and finely chop the apples and pears and place in a large bowl.
2. In a food processor, pulse all the nuts.
3. Add the chopped dates, figs, and raisins as well as the wine to the food processor.
4. Pulse again briefly in the food processor or mix by hand.
5. Add the mixture to the bowl of chopped apples and pears and stir to combine.
6. Stir in the spices and lemon zest.

Recipe courtesy of *Breaking Matzo*

LET'S MAKE ASHKENAZI CHAROSET

Ashkenazi Jews typically refer to those with ancestral ties to Central and Eastern Europe. Ashkenazi Jews have traditionally spoken Yiddish, which is now a dying language and is a combination of Hebrew, German, Aramaic, and Slavic. This style of charoset might be the most familiar to you if you live in the U.S., since more than 90% of American Jews are of Ashkenazi descent.



Photo via [Food52](#)

INGREDIENTS

- 3 medium sweet apples (peeled and finely diced)
- 1 cup toasted walnuts (roughly chopped)
- ¼ cup golden raisins
- ¼ cup sweet red wine (such as Manischewitz)
- ½ tablespoon honey
- 1 teaspoon lemon zest
- ½ teaspoon ground cinnamon
- Pinch kosher salt

DIRECTIONS

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

Recipe courtesy of Syd's Yummy Stuff

LET'S MAKE PERSIAN CHAROSET

Mizrahi Jews come from Middle Eastern and African ancestry, including Persia (roughly present-day Iran), where a Jewish community has existed since the Biblical period. Although many have left due to persecution and political turmoil, there is still a small Jewish community in Iran. Today, the largest Persian Jewish population lives in Los Angeles. Sarah Gipoor, HMI's West Coast Director, loves adding pomegranate molasses to her charoset when celebrating with her family.



Photo via [Twice Cooked](#)

INGREDIENTS

- 1 6-ounce package ground walnuts
- 1 6-ounce package ground almonds
- ½ cup ground pistachio nut meats
- 1 cup date paste
- ½ cup ground raisins
- ½ cup grape juice
- 1 banana (peeled and ground)
- 1 apple (peeled and ground)
- 2 tablespoons charoset spice (or substitute using equal parts cardamom, ginger, and cinnamon)

DIRECTIONS

1. Grind together all the ingredients that do not come already ground. Combine very well.

Recipe courtesy of Persian Food from the Non-persian Bride: And Other Sephardic Kosher Recipes You Will Love

LET'S MAKE MOROCCAN CHAROSET

Also known as Maghbrebi Jews, Moroccan Jews have been in the area for millenia. This Moroccan-style charoset is served truffle-style, rolled in cinnamon. At the end of Passover, Moroccan Jews also celebrate "Mimouna," to mark the return to eating hametz (leavened bread). During Mimouna, it is a mitzvah (commandment) to welcome guests to your home. Friends and family join together to celebrate and feast on holiday favorites.



Photo via [MarcoMama](#)

INGREDIENTS

- 2 cups pitted dates
- ½ cup golden raisins
- ½ cup dark raisins
- ½ cup walnuts
- 1-2 tablespoons sweet, red wine (such as Manischewitz)
- Cinnamon (for rolling on the outside)

DIRECTIONS

1. Place dates, raisins, and walnuts in a food processor and finely chop until mixture begins to stick together.
2. Add enough wine to make the mixture pasty.
3. With moistened hands, roll walnut-sized balls of mixture and place on a baking sheet lined with wax-paper. Gently roll each ball in cinnamon to light coat the outside.
4. Refrigerate until firm.

Recipe adapted from Syd's Yummy Stuff