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April 2008 | Issue 34
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FROM THE EDITOR'S DESK

Purim is behind us, and we have officially made it to spring. It has been quite a winter hasn't it? Even at the time of writing this, spring seems like nothing more than a point on the calendar, as the weather is certainly not reflective of spring's seasonal norms. Regardless, no matter what the weather is communicating. The fact is, Pesach is just around the corner, and there's lot's to do, as April 19 quickly approaches. There are houses, cars and offices to be cleaned. We'll be running around like detectives searching for the tiniest morsel of food, for that faded Mike and Ike hidden in some obscure location, just waiting for you to attain all that merit for fulfilling the mitzvah of discarding chometz.

Why are we cleaning anyway, driving ourselves insane looking for the tiniest crumb. To us it's not just spring cleaning. It's not just breaking out and opening up our homes after a long, long winter. One of the reasons for the physical cleaning, is its relationship to the internal spiritual accounting that must also be done for Pesach. The bread and

crumbs that regularly elude us are full of fluff, air, emptiness. Our goal, introspection, search for the fluff, the emptiness that makes us full of ourselves. The ego which interferes with who we are supposed to be, the best possible us! When we rid ourselves of conceit and ego, humility fills its place and allows us to achieve personal greatness. Of coarse you'll be so humble you won't consider it greatness at all. Moshe Rabbeinu, the most humble man that every lived, ironically didn't consider himself great. He said "if someone else had been given his gifts, they would have been far greater".

I just wonder how many people are reading this now and saying that's certainly not me, I'm humble! In any event, it probably wouldn't hurt to do an internal accounting anyway. You know, just in case? The thing is, when you get down to the serious cleaning, it's just amazing what you find, and I'm not referring to the Loonies and Toonies trapped between the seat cushions.

Pesach Kasher VeSameach 

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<i>Candle Lighting Times</i>			
	<i>Torah Portion</i>	<i>Light Candles</i>	<i>Shabbos Ends</i>
April 5	Adar II - 29	Tazriah	7:30 pm
April 12	Nissan 7	Metzorah	7:38 pm
April 19	Nissan 14	Acharei Mot	7:47 pm
April 26	Nissan 21	Pesach	7:55 pm
May 3	Nissan 28	Kedoshim	8:03 pm

Pesach

from preparation



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DEAR ESTHER

by Esther Friedman

pesach planning

It is fitting that today, on the day after Purim, I am thinking about the stresses of Pesach. It seems ironic that in our quest to observe and beautify the holiday we sometimes allow frustration and fears to detract from the holiday's meaning and splendor.

This month between Purim and Pesach is a most stressful time. It is difficult for most families and is especially traumatic for those that have ongoing coping difficulties. It is easy to observe the stress mounting and growing, coming to an alarming level in the last few days before the Seders. It is easily visible in increased temper flare-ups at home or in public. This is evident in more raised voices, less attention to routine matters, more forgetfulness and heightened anxieties. Examples of the above list are too numerous to mention and are highly individualized. As always, children are a great barometer to familial coping and in response they often act out at home, in the classroom and in the playground.

In our effort to welcome Pesach and fully observe and celebrate this great holiday with joy and elation, we must undertake and embrace the preparations as part and parcel of the holiday. Planning is of course the first step. It is important to set realistic goals. It is important to recognize that there are many choices.

Allow me to share a personal quandary as an example of pre-Pesach planning. Memories of my childhood include repainting the house before Pesach. It would be so meaningful to

continue this family custom. Before I embark on this undertaking I ask myself some questions. Is this a realistic quest? Is it physically possible? Is it financially viable? Is the effort to fulfill this custom going to have a negative effect? Is there a more effective way to achieve this quest? Should I abandon this wish and focus on more important activities?

Before making a decision on dilemmas like this we need to evaluate our resources, make a clear to-do list and give each item on this list a designated priority.

- Label each item on the list as **compulsory, optional or luxury.**
- Evaluate **financial budget, manpower or timetable.**
- Consider other factors that are unique to your specific family situation.



Clearly your first priority should be given to items on your list that you have designated as compulsory. Hopefully you can also achieve some of the other items on your list. It is important to remember that an item that we choose not to include this year is not necessarily lost forever. We can already start planning how such an item can become a reality for a future Pesach.

Hopefully a planning process will make holiday preparations less frustrating. The process of setting realistic goals will make holiday preparation more productive and joyous.

Wishing you a productive and not-so-hard Pre-Pesach, as well as a Pesach Kasher VeSameach. *

Esther Friedman M.S.W., R.S.W., Cert. Ed. Esther can be reached at 416-223-6440

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TORAH TALK

courtesy of Chabad.org

the four factions

We all know the feeling: you wake up one morning to the realization that the world is not as you would like it to be.

A common experience, to be sure, but different people have different reactions. One person embarks upon a quixotic crusade to change the world. A second gives up the world for lost, and retreats into whatever protective walls he can erect around himself and his loved ones. A third takes a pragmatic approach, accepting the world for what it is and doing his best under the circumstances. A fourth recognizes his inability to deal with the situation, and looks to a higher power for guidance and aid.



Our forefathers experienced just such a rude awakening on the seventh day after their liberation from Egypt.

Ten devastating plagues had broken the might of the Egyptians and compelled them to free the Jewish people. After two centuries of exile and slavery, the children of Israel were headed toward Mount Sinai and their covenant with G-d. Indeed, this was the stated purpose of the Exodus; as G-d told Moses, 'When you take this nation out of Egypt, you will serve G-d at this mountain.'

But suddenly the sea was before them and Pharaoh's armies were closing in from behind. Egypt was alive and well; the sea, too, seemed oblivious to the destiny of the newly born nation.

How did they react? The Midrash tells us that the Jewish people were divided into four camps. There were those who said, 'Let us throw ourselves into the sea.' A second group said, 'Let us return to Egypt.' A third faction argued, 'Let us wage war upon the Egyptians.' Finally, a fourth camp advocated, 'Let us pray to G-d.'

Moses, however, rejected all four options, saying to the people, "Fear not; stand by and see the salvation of G-d which He will who you today. For as you have seen Egypt this day, you shall not see them again, forever. G-d shall fight for you, and you shall be silent" (Exodus 14:13). "Fear not, stand by and see the salvation of G-d," explains the Midrash, is Moses' response to those who had despaired of overcoming the Egyptian threat and wanted to plunge into the sea. "As you have seen Egypt this day, you shall not see them again" is addressed to those who advocated surrender and return to Egypt. "G-d shall fight for you" is the answer to those who wished to battle the Egyptians, "and you shall be silent" is Moses refection of those who said, "This is all beyond us. All we can do is pray."

What then, is a Jew to do when caught between a hostile mob and an unyielding sea? "Speak to the children of Israel," G-d says to Moses, "that they should go forward."

Not to escape reality, not to submit to it, not to wage war on it, not to deal with it only on a spiritual level, but to go forward. Do another mitzvah, ignite another soul, and take one more step toward your goal. Pharaoh's charioteers are breathing down your neck? A cold and impregnable sea bars your path? Don't look up; look forward. See that mountain? Move toward it. When you do so, you will see that insurmountable barrier yield and that ominous threat fade away. You will see that despite all the evidence to the contrary, you have it within your power to reach your goal, even if you have to split seas to do so. *



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MONEY MATTERS

by Daniel Gray

free \$3,000 rebate money – social security recipient nonfilers, general nonfilers & filers

The 2008 Economic Stimulus Act provides for stimulus checks for most Americans, including seniors living only on Social Security and disabled veterans, and the survivors of disabled veterans. The key guidance is that individuals will have to file a Form 1040 for 2007 to get a rebate in 2008. IRS will use the 2007 tax return to determine eligibility and calculate the basic amount of the payment, which IRS will begin mailing in May of 2008. Nonresident Aliens who file Form 1040 NR are not eligible for stimulus payments. The provision denies the basic credit and the qualifying child credit to individuals if the tax return does not include valid Social Security Numbers for all persons listed on the return.

In most cases, the payment will equal the amount of tax liability on the return with a maximum amount of \$600 for individuals (\$1,200 for taxpayers who file a joint return) and a minimum of \$300 for individuals (\$600 for taxpayers who file a joint return). Rebate checks will include a base amount determined by the greater of two options: (a) Income tax paid in 2007, with a maximum of \$600 for a single taxpayer and \$1,200 for married couples; or (b) \$300 for an individual and \$600 for a married couple. Parents and anyone else eligible for a stimulus rebate will also receive an additional \$300 for each qualifying child; the recipient is entitled to the full child credit without regard to income tax liability. The rebates are reduced by 5% of adjusted gross income (AGI) in excess of \$75,000 for individuals and \$150,000 for those who are married and file jointly.

Even those individuals who have little or no tax liability may qualify for a minimum payment of \$300 (\$600 if filing a joint return) if their tax return reflects \$1 of tax liability or \$3,000 or more in qualifying income, which consists of earned income (e.g., wages, net self-employment income; a self-employed American resident of Canada may not be subject to US self employment tax due to treaty

agreements) as well as Social Security. Many of these individuals normally wouldn't have to file a 2007 return because their incomes are below the filing thresholds, but they will have to file a return in order to receive a rebate. Thus, those receiving Social Security benefits who do not usually file US returns should file 2007 returns in order to receive this rebate money.

Lakewood, NJ residents already receiving benefits under other government programs need not fret that the stimulus payments could impact such other existing programs, as the IRS emphasized that Stimulus payments will not count toward or negatively impact any other income-based government benefits, such as Social Security benefits, food stamps and other programs.



Most taxpayers will receive two notices from IRS. The first will be a general notice explaining the stimulus payment program. The second will confirm the recipients' eligibility, the payment amount and the approximate timetable for the payment. Taxpayers are told to save the second notice to assist them when they prepare their 2008 tax return next year.

Extending the Life of Foreign Tax Credits

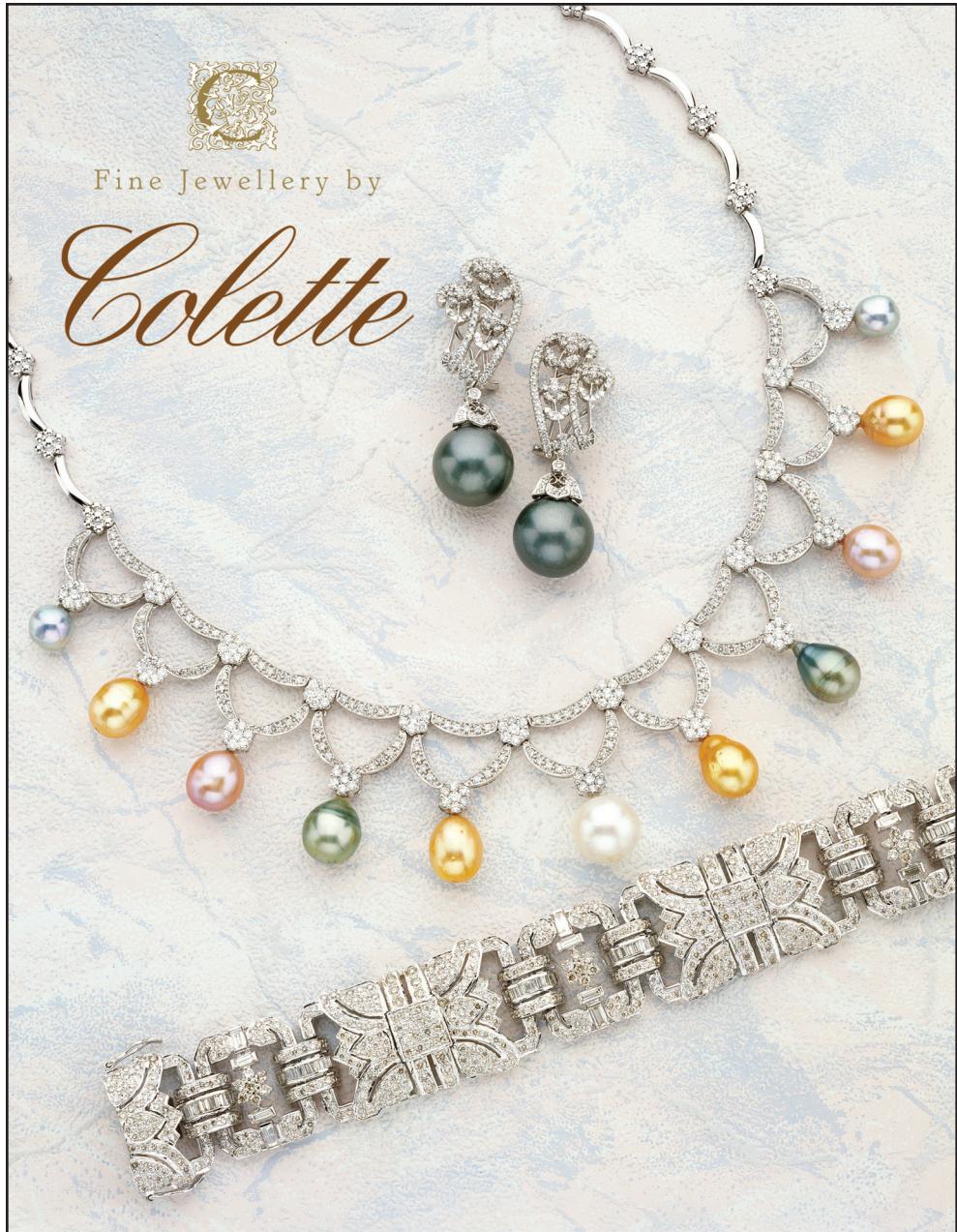
Foreign tax credits are essential to eliminating double country taxation on one's US return. Typically, as under statute, they expire after five years. Our office has identified and successfully implemented a method, fully acceptable by the IRS, to extend the life of certain foreign tax credits carry-forward to TEN years. This is especially helpful during years when US tax liability exists while Canadian tax liability doesn't exist in that same year (or US tax liability exceeds that year's Canadian foreign tax credits) – for example where income is exempted under Canadian tax law but not under US tax law (such as certain scholarship income). ☀

Daniel Gray CPA, Director of Gray J & R, may be reached by contacting his administrative assistant @ 416-481-0718 x 321. Gray J & R is a Cross Border Tax Services Joint Venture between US Tax Services (www.ustaxservices.ca) and the law firm of Juroviesky & Ricci LLP (www.jruslaw.com). Our Yonge and Sheppard office hosts a daily minchah minyan. (1pm winter and 2pm summer)



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BRINGING OUR COMMUNITY CLOSER | 11



PESACH CLEANING

by Adrienne Gold

cleaning with purpose

On Monday mornings I watch a satellite shiur at the Village Shul, where the remarkable Shira Smiles weaves together an hour of Parasha that makes me forget to breathe. Sometimes I am listening so hard, so intently, that I feel as though I am holding my breath, fearful that I might miss a single pearl, a nuance, a hand gesture to help articulate the brilliant Torah she is giving over. In those moments, I get a hint of what it must feel like to learn in a Yeshiva, to study all day long, engrossed in the majesty that is connecting to the soul. But then the shiur ends, the phone rings, someone forgot their lunch, someone forgot their homework, someone forgot their permission form...and right away I am thrown back into the work-a-day world, where my breathing is conscious and sometimes even labored. This week, Mrs. Smiles reminded us that Pesach is soon upon us, and that the time to prepare for redemption is nigh. For a woman, that preparation must often take place within the work-a-day. She must find humility in the out-turning of pockets, strength in the shifting of furniture to vacuum, and wisdom in the strategic preparations. The trick, I think, is to imbue these things with the holiness inherent in them. To sanctify the mundane. To elevate the everyday. When we are enslaved with resentment and shackled with neurosis, we miss the obvious metaphors of our work, and in doing that, we miss the greatest opportunity for growth.

This year, my plan is a simple one. I am going to try to do each and every room in the merit of someone who needs a Refuah, whose Neshama should have an aliyah, for someone to find their Bashert. I am going to clean with

Torah Shiurs playing on the cd-player, so that my hands internalize the wisdom. I am going to combine study with service, I am going to clean with clarity. I am going to dust with dignity. (bli neder)

A spring cleaning is common the world over. Most people clean their windows on the outside, and realize how much light was blocked with a year's worth of shmutz and grime. Many people 'sweep under the rug', removing every thing that was stashed there and forgotten. Many people wash their walls, and discover that what they thought needed re-painting merely needed cleaning. Mrs. Smiles taught us that Pride, Wisdom and Wealth could make us prisoners of our own

selves. That we must be able to say that no matter how wise we consider ourselves to be, there is a vast wealth of knowledge far beyond our intuition. We need to understand that our mindset is limited, that humility is freedom. She taught us that Rabbi Nachman of Breslov tells us to turn our Torah into Tefillah...to take one idea you may learn and ask Hashem to help you in that area. Turn the learning into prayer. Make the intellectual personal. I would imagine that this works in reverse. If we ask Hashem to make the mundane meaningful, that all of our scrubbing and scouring and checking should be a prayer for our own internal checking, our own desire to be meticulously 'clean', then I certainly need a bigger house to clean than my own. But I am not cleaning yours. Complete redemption should probably be achieved through my mini-van. ☩



Adrienne Gold is a former television personality, hosted / appeared on scores of fashion/beauty programs. Popular teacher of Judaism for Aish HaTorah Village Shul. Adrienne can be reached at agold@aish.com



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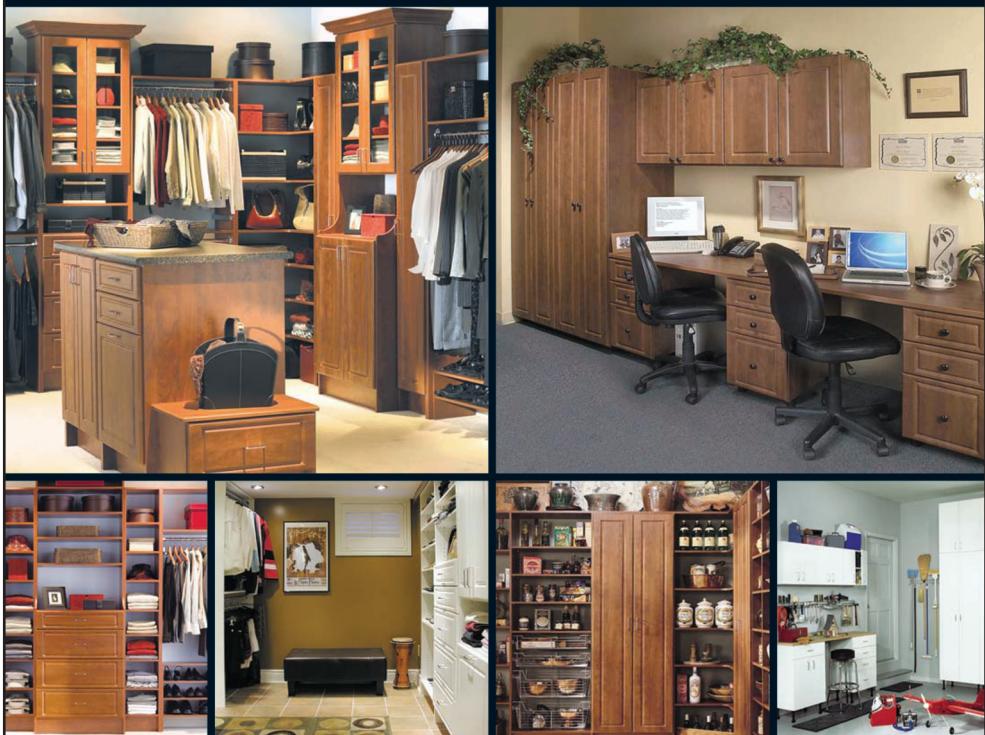
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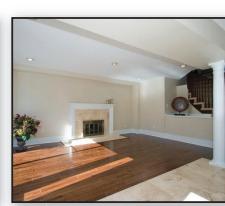
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TRAVEL TALK

by Dr. Reena Bassar

brief trips in town

GIBSON HOUSE

Nestled behind the North York Public Library, sits this gem of a historical house, a sort of miniature "pioneer village". I enjoy this mid-19th century Georgian house for many reasons.

David GIBSON was a land surveyor from Scotland. Many wealthy, educated people settled in Canada for money, adventure, and a new way of life. Canada was an English colony, but it was still vastly different. You could get your favourite hoop dress sewn by the local "spinster" (who took up residence in your house for six months), but would wear it on a small path fashioned just for you.

Don't fall asleep yet. Gibson House is the second home that this impressive man built for his family. Gibson was a fighter in the small, but legendary Rebellion of 1837 -his house was burned down by the government forces, he ran away to the States, and then he returned to his beloved land and built this house in, what was then known as Willowdale.

All the usual suspects are found in the House: kitchen, parlour room, and gift shop. That aside, I love this museum because of Shabbos. Yes, here I see up close what many of the 39 Av Melachos (Jewish categories of work related to Shabbos) really looked like. In the first room, a sort of hands-on museum for children, you confront eight melachos of wool and weaving. You also realize the hardships that many wool-oriented jobs entailed. Take

combing (or technically, carding) for example. Number 14 in the Melachos list, menapeytz, you realize how difficult it was to tease out the pebbles and other bits of dirt in the wool because you can try it out first-hand.

Don't stop there (even if the children can't get enough colouring or dressing up in period pieces). Go to the parlour room where you will witness the tricky art of spinning, Toveh. Notice the dark seats here - they're covered with horse's hair (feels silken), very common in that period.

The second floor also has its surprises. Ever wonder why people developed canopy beds? Decoration? Luxury? Nope. Spiders! Those annoying creatures used to surprise the sleeper and

in order to prevent this disturbance, tops on these large, four-postered beds were invented.

Learning about everyday life in Toronto from 150 years ago not only helps us appreciate our lives today, but also aids our understanding of the world of the Talmud and its complicated systems of work.

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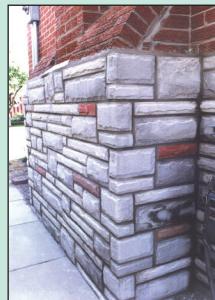
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NUTRITION BITS & BITES

by Miriam Leibowitz
Registered Dietician

nutrition strategies for a healthier passover

As Passover approaches, I am sure you are all busy cleaning your homes and stocking your cupboards with Pesach foods and snacks. Unfortunately it is more than likely that the foods making their way to your cupboards include potato chips, matzah, cream cheese, bazooka gum & candy. These foods may be high in fat, high in refined carbohydrates, or high in sugar. Although it may be difficult not to over eat on Pesach, following some of the strategies below may help you make better nutrition choices.

- Take it easy on the matzah. If you can, choose whole wheat or spelt. Keep in mind that matzah is still carbohydrates and calories. Generally one slice of box matzah is 140 calories, 30 grams of carbohydrates and equivalent to 2 slices of bread. Remember to drink lots of water or whole wheat matzah will cause digestion problems for you.
- Consider dry wines. Some dieters as well as diabetics might consider using dry wine for the four cups at the Sedarim. The sweeter and heavier the wine, the more calories it contains. FYI: four standard wine glasses of grape juice have about 680 calories which is roughly 1/3 of our total calorie requirements per day.
- Small meals are recommended during the Seder days. For the Sedarim, try not to eat from 4 p.m. until the evening meal. The Seder meals are particularly rich and heavy. This can help balance the daily calorie intake.
- Stay away from a lot of processed or packaged Pesach foods, as they are generally high in calories and fat. Their ingredients contain crushed nuts, coconut and sugar.



• Substitute recipe ingredients with healthier choices. Many Pesach recipes call for lots of eggs. In many cases, egg whites can be successfully used instead of yolks. Avoid fried foods whenever possible and stick to reduced-fat recipes that involve baking, steaming and boiling. Purchase a good non-stick fry pan for sautéing or even a George Forman style grill.

• Avoid eating Pesach Kugels that are made mostly from eggs and oil. There are many basic and interesting recipes that are made from vegetables. You can find them in most non Pesach cookbooks.



• Healthy snacks to choose are; fruit, vegetables, yogurt, low-fat cheese and nuts. If you do buy potato chips, look for ones that are baked and trans-fat free.

• Remember basic nutritional tips when preparing meals. Eat two or three fruit portions a day, take walks and try to increase your physical activity. Drink at least 8 glasses of liquid each day, preferably unsweetened. Water is always best.

ENJOY YOURSELF!

INDULGING A LITTLE BIT WON'T HURT. ☩

Miriam Leibowitz is a Registered Dietitian and Registered Nutritionist. Miriam can be reached at (416)937-7411 or nutritionist@sympatico.ca



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YOUR LIFE COACH

by Carly Cooper

guilt. what is it good for?

If you're a red-blooded mom, feeling guilty is as natural as blinking your eyes. We feel guilty over things we should do, shouldn't do, can't do, want to do, don't want to do, and the list goes on.

We feel this guilt because of the enormous pressure and high expectations we put on ourselves. We look at society and our friends as the standard for what a good mom "should" be. It's time to stop "shoulding" on yourself. It just sets you up for failure.

Having some occasional guilty feelings and thoughts is normal and quite healthy. It shows you have compassion for other people's feelings. But it's vital that you get past the guilt and move on. Here's how:

Figure out what's causing your guilt. Is your guilt appropriate? In the grand scheme of things, how much does the issue matter? If it's not that big a deal, let it go.

Acknowledge your guilt and learn from it. If your guilt is justified, take the necessary steps to make things right. Assess the situation and apologize.

Take things off your to do list. Moms often feel guilty about the things they don't have time to do. Take a look at your schedule, prioritize and remove the unnecessary tasks.

Lower your expectations. Moms think they should be able to do it all perfectly. When you feel the pressure, remind yourself that you're doing the best you can.

Learn to love yourself. Instead of beating yourself up for all the things you didn't do right today, focus on the things you are doing right. Celebrate the small things in your life and be proud of the mom that you are. You are exactly what your kids need.



Live by your values. It's so easy to get caught up in the latest trends, gadgets and programs. But giving in can leave you feeling confused and stressed out. Decide what's right for you, your family, and your budget.

Stick to your guns. Decide with your partner what your rules and regulations are. Be consistent and firm. Remind yourself that you are making your kids better people by giving them boundaries and discipline.

Make yourself a priority. Lots of moms feel guilty for wanting to go back to work or for taking some "me" time. They sacrifice their needs to give themselves entirely to their kids. This breeds a mom who is tired, stressed out, depressed and resentful. When you take a break, you get recharged and rejuvenated and ready to face anything that comes your way.

Practice good role modeling. We all want our kids to be respectful and caring individuals. But we can't expect them to learn these important skills when we're at their beck and call and neglecting ourselves. It's important for kids to learn independence and to know that mommy has a life too.

Action challenge:

Look at this list and choose to change one thing today. When the guilty feelings emerge, tell yourself "**I am doing the best that I can.**" It's time get over the guilt. It's really not good for anything. ☀

Carly Cooper is a CTA Certified Life Coach, also known as the Guilt-Free Mom Coach. She specializes in working with Mom's who want to get rid of the guilt for good so they can be positive role models for their children. For more information about Carly and what coaching can do for you, visit her website at www.listenincoaching.com or you can contact her at carly@listenincoaching.com.







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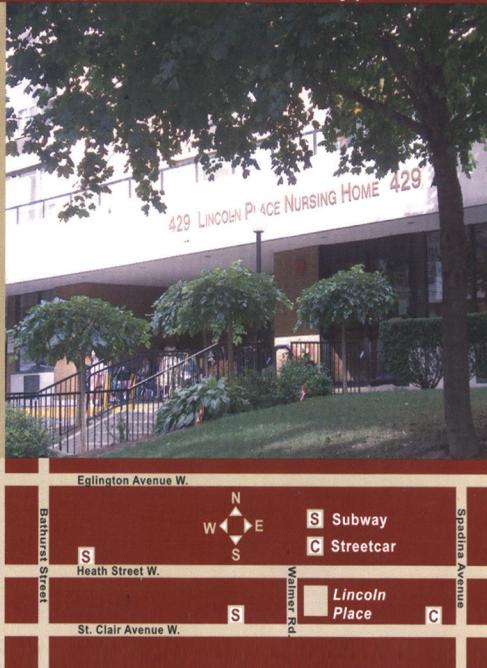
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PARTY PLANNING

by Phil Kravetsky

mrs. simcha

For me the Simcha starts while I am bringing in the PA system and disc player. I see her from across the empty party room or dance hall. It's the mom or as I've come to know her, MRS. SIMCHA. She is running the show. The party is about to start, guests will be showing up in 45 minutes. Everyone is making a beeline towards MRS. SIMCHA and everyone wants to know where he or she should make final adjustments or where to set-up. The photographer, the florist, the caterer, the balloon guy, the t-shirt air-painter, the popcorn machine setter upper, the roving card-trick magician, the chocolate fountain builder, the bartender with the daiquiri mix blenders, the uncle who will sing along with a CD, the aunt who will sing along with a CD or the ex choir boy cousin who will sing along with a CD and the list goes on and on. There have been performers on stilts, clowns, henna artists, extra musicians, keyboard players, violin players, lazerbeam artists and slide show presentations. So many wonderful ideas and they all fall on MRS. SIMCHA at about the same time, and I see it party after party, Simcha after Simcha.

Well, if it sounds overwhelming, it must be. After all MRS. SIMCHA is dressed for her party, has all her little children dressed beautifully and is trying to keep them clean and out of trouble. Usually the out of town guests arrive early and want to wish MRS. SIMCHA well, so they are also in her close area. And all MRS. SIMCHA really wants is for someone to say, "Hey, can I help you with that?" She is busy with her own preparations, seating, speech refining, and hall decorations.

That must be the nature of the Simcha. I usually tell my clients to make sure to take a deep breath and remember to enjoy the party because it will be over quicker than they would like. I dedicate this little piece to all the hard working MRS. SIMCHA'S that I've seen. If no one told you about how wonderful the party truly was, allow me to now. Your Simcha was an exceptional event. I know you worked hard, and at the very least the DJ appreciated it!! ☺

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sudoku

8	9				6			
2	5				1			
		1	8	9			4	
		4	1	9				6
4		3	2	8				
	1		6	3	7			
		5				6	3	
		1				2	5	

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how to play:

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once.

solution from last JTO issue

4	6	2	3	1	5	9	7	8
1	7	3	6	9	8	2	5	4
8	5	9	4	2	7	1	3	6
3	9	7	5	4	1	6	8	2
2	1	6	8	7	3	5	4	9
5	8	4	9	6	2	3	1	7
7	3	5	2	8	6	4	9	1
9	2	1	7	3	4	8	6	5
6	4	8	1	5	9	7	2	3

brain teasers

1

Which of these numbers is the odd-one-out?

43 26 50 37 17 82

2

Here are the names of four flowers with the vowels removed. What are the four flowers?

GRNM GRDN CLMBN CLNDN

3

Which of the following words is the odd-one-out?

IBIS IBEX ORYX SIIKA ZEBU

4

A man died, leaving \$10,000,000 for his widow, 5 sons and 4 daughters. Each daughter received an equal amount, each son received twice as much as a daughter, and the widow received three times as much as a son. How much did the widow receive?

answers on page 34

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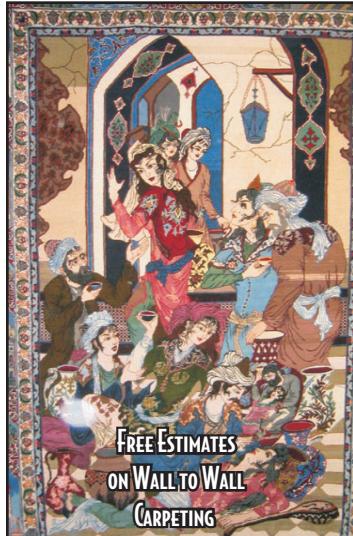


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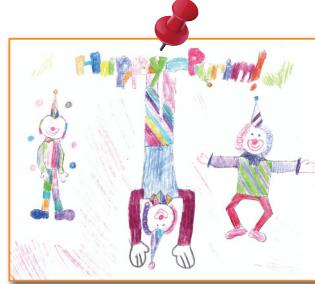


MASTERPIECES OF THE MONTH

"your Purim costume"



Nechama Issacs, Age 8



Chaya Esther Sanders, Age 9

We will choose 3 drawings to be published in our next issue.

The theme of the artwork: Draw a picture of spring flowers

Artwork is due: April 16, 2008. Contest is open to children ages 12 & under.

Winner is entitled to a surprise gift from JTO! (No pencil drawings please, they don't reproduce well)

Send drawings to: 332 Worth Blvd., Thornhill, Ontario L4J 8B5

Make sure to include child's name & age and phone number.

If you have won masterpiece of the month and have not yet received your prize, please contact JTO at (905)731-1778



KID-FRIENDLY FUN

what to do on chol halamoed?

Here's a few ideas that are close to home, fun for the whole family and a chance to get MOM out of the kitchen for a few hours!!!!

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Answers to Brain Teasers found on page 24:

1. 43 - all the others are 1 greater than a square
2. Geranium, gardenia, columbine, celandine
3. The IBIS is a bird; the others are mammals
4. \$3,000,000

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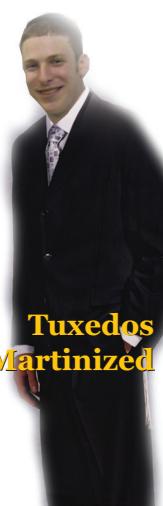
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the seder

Traditional Ashkenazi Charoset

2 cups	chopped apples
2 cups	chopped walnuts
2 tsp.	cinnamon
2 tbsp.	sweet red wine

Combine and refrigerate

California Charoset

1/2 cup	dates, chopped
1	orange
1	avocado
3	bananas
1/2 cup	grated coconut
1/4 cup	pine nuts
1/2 cup	raisins
2 tbsp.	matzoh meal
Juice of 1/2 lemon	

Peel the fruits, place in blender. Add the almonds, raisins and matzoh meal. Cover and refrigerate.

Stuffed Chicken Breasts

9	whole chicken breasts
1	egg
1 tbsp.	water
matzo meal	
basil	
salt & pepper	
oil, for browning	

Stuffing

1	onion, grated
2	carrots, grated
1	stalk celery, chopped
1 1/2 tsp.	salt
3	eggs
1/8 tsp	pepper
1/2 cup	water
1 cup	matzo meal
2 tbsp.	chopped parsley

Yemenite Charoset

1/2 cup	dried apricots, chopped
1/2 cup	dates, chopped
3 tbsp.	toasted sesame seeds
3 tbsp.	dry wine
2 tbsp.	honey
1 tsp.	ground ginger
1/4 tsp.	cumin
1/4 tsp.	black pepper
1/4 tsp.	cloves
Juice of 1/2 lime	
Pinch of coriander	
1 small red chili pepper, seeded and minced	

Combine all ingredients and refrigerate*



Sauce

6 tbsp.	margarine
4 1/2 tbsp.	potato starch
3/4 tsp.	salt
3/4 cup	white wine
Parsley, chopped	
Mushrooms, sliced and sautéed	

Pound chicken breasts to flatten and cut into halves. Saute onion in margarine; add remaining ingredients for stuffing. Place a spoonful on each chicken breast and roll up tightly. Dip the chicken rolls into mixture of egg and water; roll into crumb mixture (matzo meal, salt, pepper and basil). Heat oil in skillet and brown pieces on all sides.

To make sauce, blend potato starch, salt and pepper into melted margarine. Stir in broth and cook over medium heat. Add wine, stirring with wire whisk; simmer for two minutes. . Pour sauce over chicken and bake, covered at 350° for 5 minutes. Garnish with sautéed sliced mushrooms and parsley.*



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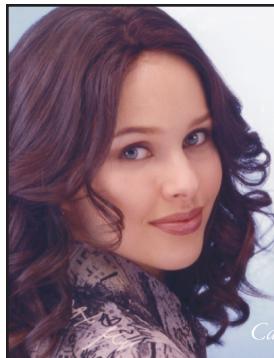
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