



*Charosets  
from around  
the world*



**AJC CINCINNATI  
COMMUNITY INTERGROUP SEDER  
MARCH 15, 2021**

# THE MEANING OF CHAROSET

---

Charoet symbolizes the mortar used by the Israelites when they were slaves in Egypt. Jews, who traveled to many lands and settled across the globe, brought the story of the Exodus and the celebration of Passover with them. The recipes for charoet reflect local ingredients and tastes.





# JOAN NATHAN'S CLASSIC AMERICAN CHAROSET RECIPE

---

## INGREDIENTS:

6 large apples

2 tablespoons sugar (about)

1 teaspoon cinnamon

1/4 cup sweet wine

One-half cup chopped pecans, almonds or walnuts

## INSTRUCTIONS:

Core and quarter the apples

Put the apples in a food processor with  
the remaining ingredients

Process in pulses, leaving a bit of a crunch to the mixture

Adjust the seasoning to taste.





# CHINESE CHAROSET

---

In contrast with most charoset recipes, this one is slightly savory.

## INGREDIENTS:

½ pound of dates, about 1½ cups, finely chopped

4 apples, finely chopped

½ cup pine nuts

3 tablespoons soy sauce

(Coconut Aminos or Bragg's Liquid Aminos can be substituted for soy sauce for Passover)

4 tablespoon honey

juice of one orange

## INSTRUCTIONS:

Heat all ingredients in a saucepan until soft and smooth, about 5 minutes





# CURACAO CHAROSET

---

## INGREDIENTS:

1 cup dried Medjool dates, pitted

1/2 cup dried figs

1/4 cup raisins

1 cup unsalted roasted peanuts

1/4 cup honey

1/4 cup orange juice

2 ounces Curaçao liqueur

1/2 cup shredded unsweetened coconut + 2 cups for rolling

## INSTRUCTIONS:

Soak dates and dried figs in warm water for 10 minutes to soften

Drain dates and figs from water, add all ingredients to a food processor or high-powered blender and puree until combined

Put mixture in a bowl, cover and chill for about 30 minutes to firm it up

Scoop out mixture into balls (about 2 tbsp each) and roll them in shredded coconut

Serve immediately, chill or freeze. They stay soft in the freezer so if you're making them ahead, you can serve them directly out of the freezer without thawing





# GUATAMALAN CHAROSET

---

## INGREDIENTS:

- 4 apples, peeled, cored, and finely chopped
- 1/2 cup sweet red wine (such as Manischewitz)
- 1 1/2 teaspoons ground cinnamon
- 3 tablespoon maple syrup
- 5 oz refried red beans
- 4 ounces chopped almonds

## INSTRUCTIONS:

Chop the apples by hand as finely as possible and press them with a fork.

Add the remaining ingredients. mixing everything well. Beans should be added at the end, depending on how juicy the apple is so that the charoset thickens

After plating, add a little of the almonds as decoration.





# INDIAN CHAROSET

---

## INGREDIENTS:

1 large or 2 small papayas, peeled, seeded and finely chopped

1 cup dried mango, diced

3/4 cup whole raw cashews

Juice of 1 lemon

1/2 teaspoon freshly grated peeled ginger

1/4 teaspoon cinnamon

1/8 teaspoon each ground cloves and cardamom

## INSTRUCTIONS:

Mix all ingredients together and serve.

For a different type of Indian Charoset,  
you can grind the ingredients into a paste which is  
part of the recipe tradition of the Bene Israel Indian Jews.





# PERSIAN CHAROSET

---

## INGREDIENTS:

- 25 dates, pitted and diced
- 1/2 cup unsalted pistachios
- 1/2 cup almonds
- 1/2 cup golden raisins
- 1 1/2 peeled apples, cored and diced
- 1 pomegranate, seeded
- 1 orange, peeled and diced
- 1 banana, sliced
- 1/2 cup sweet red wine
- 1/4 cup cider vinegar
- 1/2 tablespoon cayenne
- 1 tablespoon ground cloves
- 1 tablespoon ground cardamom
- 1 teaspoon cinnamon
- 1 tablespoon black pepper

## INSTRUCTIONS:

Combine all the fruits and nuts. Add the wine and vinegar until a pasty consistency is achieved. Use more wine if needed.

Add the spices and blend well. Adjust seasonings.







# SPANISH SEPHARDIC CHAROSET

---

## 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**

## INSTRUCTIONS:

Peel, core and finely chop the apples and pears and place in a large bowl

In a food processor, pulse all the nuts

Add the chopped dates, figs and raisins and wine to the food processor

Pulse again briefly in the food processor or mix by hand

Add the mixture to the bowl of chopped apples and pears and stir  
to combine

Stir in the spices and lemon zest





# SURINAM CHAROSET

---

## INGREDIENTS:

8 ounces unsweetened coconut

8 ounces walnuts or almonds, chopped

1/4 cup sugar

1 tablespoon cinnamon

8 ounces each of raisins, dried apples, prunes,  
dried apricots and dried pears

4 ounces cherry jam

Sweet red wine

## INSTRUCTIONS:

Combine everything but the jam and wine in a large, heavy  
pot/dutch oven

Simmer over low heat, adding small amounts of water and stirring  
occasionally to keep mixture from sticking to the pot.

Cook at least 90 minutes, until mixture is cohesive

Add the jam and remove from heat to cool

Once cool, add wine to desired consistency and refrigerate until  
serving





# UGANDAN CHAROSET

---

## INGREDIENTS:

4 cups roasted peanuts

3 apples, chopped fine

2 bananas, chopped into small pieces

1/2 cup honey

1/2 cup sweet wine

## INSTRUCTIONS:

Grind the peanuts in a blender

Place them in a medium-sized bowl

Mix with the chopped apples and bananas

Add the wine and stir

Add the honey and mix everything together

If the charoset isn't thick enough, add more peanuts





# YEMENITE CHAROSET

---

## INGREDIENTS:

1/2 cup pomegranate juice

1/4 cup sweet red Kosher wine

1/4 cup dates, pitted

1/4 cup raisins, finely chopped

1/2 cup almonds, chopped

1/2 cup walnuts, chopped

2 tablespoons sesame seeds, toasted (optional)

1 Granny Smith apple, cored, seeded and finely chopped

1/4 teaspoon each ground cinnamon, cloves, cardamom,  
ginger and cumin

## INSTRUCTIONS:

In small saucepan, heat pomegranate juice and wine to simmer

Remove from heat and add dates and raisins

Let sit for 5 minutes until they are hydrated and softened

Pour into a large bowl

Mix in remaining ingredients

Store in refrigerator

Can be made 2-3 days before but add apples  
at the last minute so they are bright and fresh.

