Passover Recipes – JMIG Spring 2016 Newsletter Supplement

Seder Plate

Charoset Chremsel

Ingredients:
1 cup matzo cake meal (substitute matzo meal if you don’t have cake meal)
¾ cup charoset (whatever type you have on hand)
1 cup water (+ additional as needed if batter is too thick, this will depend on the liquid content of your charoset)
3 eggs or ¾ cup egg substitute

Directions:
Combine all ingredients, mix well. Prepare griddle or frying pan with cooking spray. Drop by ~ ¼ cupfuls onto hot pan. If the batter doesn’t “spread” much, press down with bottom of measuring cup.
Cook until browned on one side then flip and brown the other side.
These can be served with more Charoset, maple syrup or just as is.

Many chremsel recipes call for the separation of the eggs and beating of the egg whites to add fluffiness. Being a bit lazy (especially first thing in the morning), I just add the eggs or egg substitute whole and give it a good mix. The texture is good, no need for that extra step.

Yield: 12-16 pancakes

Submitted by: Sari Schlussel-Leeds, MS, RDN, CDN