

THE

Cabo Verdean-Jewish

COOKBOOK

PRESENTED BY:

Cabo Verdean-Jewish Passover Seder Committee



CONTENTS

THE SEDER PLATE.....	3
SEPHARDIC CHAROSET	6
PASTEL DI ATUM	7
KNISH.....	8
HOLINHO.....	11
MATZAH BALLS.....	12
CANJA.....	13
BRAISED CHICKEN WITH TOMATOES AND HONEY	15
CATCHUPA.....	16
COCONUT MACAROONS.....	18

The Seder Plate



The Seder Plate is a ritual object used to hold most of the ritual foods used during the Seder. Each food on the Seder Plate is symbolic of some aspect of the Passover story or representative of Cabo Verdean culture. We eat them at different points throughout a traditional Seder. If you have a Seder Plate already, please do not forget to add our special items to your plate. If you do not have a Seder Plate, use your imagination to craft one of your own to use at this special event! Also, while not a Seder Plate item, wine and matzah play a roll throughout the Seder. Be sure to have wine, grape juice, or another sweet juice available. If you cannot find matzah where you are, you can substitute another flat cracker in its place.

Bitter Herb/*Erba margós*

A bitter herb reminds us of the bitterness of slavery.

Charoset (see recipe on page 6)

A mixture of fruit, nuts, wine, and spices, which represents the mortar ancient, enslaved Jews used in building the pyramids and other structures of ancient Egypt.

Catchupa (see recipe on page 16)

A Caboverdean stew of hominy (dried corn kernels), beans, vegetables, spices and meat or fish; Caboverdeans trust in the power of catchupa to transform a simple meal into an occasion for storytelling and sharing memories. Tonight, as we tell the stories of both our peoples, we celebrate.

Cabo Verdean Agriculture

Amilcar Cabral, Cabo Verde's national hero, studied agronomy at the Instituto Superior de Agronomia in Lisbon before returning to West Africa. As a celebration of his agronomist roots, we put one of the crops grown in Cabo Verde today on the Seder plate. Choose between corn, sweet potato, or cassava (yuca) as a representation of Cabo Verde's farming tradition.

Parsley/*Salsa*

A green vegetable, which symbolizes spring, hope, and renewal.

Roasted Egg/*Ovu asadu*

A roasted egg, which represents the Passover offering, spring, and the cycle of life and death. If you are unable to roast an egg, a boiled egg may be used as well.

Orange/*Laranja*

A modern symbol representing social injustice in the world, particularly towards women and the LGBTQI+ community.

Appetizer

RECIPES

SEPHARDIC CHAROSET

INGREDIENTS

- ✓ 10 pitted dates, chopped (preferably Medjool)
- ✓ ¼ cup (60g) apricots, chopped
- ✓ ¼ cup (50g) golden raisins, chopped
- ✓ ¼ cup (30g) walnuts, chopped
- ✓ ¼ cup (35g) almonds, chopped
- ✓ 1 ½ tbsp honey
- ✓ ¾ tsp ground cinnamon
- ✓ ½ tsp ground allspice
- ✓ ¼ tsp ground ginger
- ✓ ½ tsp ground nutmeg
- ✓ ½ tsp ground clove
- ✓ 2 tbsp sweet red wine (malaga, port, muscat) or any sweet juice

Charoset is a sweet, dark-colored paste made of fruits and nuts. Its color and texture are meant to recall mortar, which the Israelites used when they were slaves in Ancient Egypt. The word charoset comes from the Hebrew word '*cheres*', which means clay. It is one of the symbolic foods that you will find on the Passover seder plate. During the seder charoset is eaten on matzah along with bitter herbs. This version can be used on matzah or toast instead of jam. It is also a great addition to yogurt or oatmeal! It is not just for Passover!



DIRECTIONS

- In a food processor, pulse the dates until smooth. Dates are very thick and constant running could overwork your food processor.
- Add apricots, raisins, wine and honey and pulse until combined with the dates.
- Add the walnuts and almonds, along with the cinnamon, allspice, ginger, nutmeg and cloves, and pulse until smooth.
- Transfer to a serving bowl and cover until ready to use.

Charoset can be stored at room temperature in a sealed container. This recipe makes 1 cup and can be easily doubled/tripled depending on how much you want to make.



Pastel is similar to empanadas. They may be deep fried in oil or baked, as in this recipe. Pastel is typically served as an appetizer at Cabo Verdean parties and special events. While the dough is usually homemade, this recipe saves time by using 'discos' that can be found in grocery stores that sell food from Latin America and the Caribbean. Tuna is the traditional Cabo Verdean filling and what makes Pastel unique to the islands and differentiates them from empanadas.



PASTEL DI ATUM

TUNA PASTEL

INGREDIENTS

- ✓ 1 can Cabo Verdean tuna in oil or equivalent (13.58oz) reserving the oil
- ✓ 1 package frozen 'discos' (round pastry dough: 10 count), defrosted and room temperature
- ✓ 2 eggs, lightly scrambled
- ✓ ½ onion, finely chopped
- ✓ minced garlic
- ✓ finely chopped parsley
- ✓ 1 tsp salt
- ✓ ½ tsp pepper
- ✓ 1 packet of Sazon (optional)
- ✓ 1 egg, scrambled with 1 tbsp water (egg wash)

DIRECTIONS

- Preheat oven to 350°F (180°C) degrees. Line a baking sheet with parchment paper
 - In a large frying pan, sauté the onion and garlic in the tuna oil. Add flaked tuna into the pan, breaking up larger pieces with a wooden spoon. Add parsley and pepper (and Sazon if using) and increase the heat to medium high.
 - Add salt to the eggs and gradually stir them into the pan, lowering the heat afterward. Keep stirring until eggs are fully cooked.
 - Take one 'disco' and dab the outer edge with water using your fingertips. Place 2 tbsp of the tuna mixture in the center of the 'disco' and fold it over, into a half-moon (crescent) shape. Seal the edge with the tines of a fork. Brush the pastel with an egg wash.
- Bake pastel in batches for 25-30 minutes or until the dough is golden brown. Serve immediately!



Knish is a traditional Ashkenazi (Eastern European) Jewish snack food consisting of some type of filling covered with a dough that is usually baked, but sometimes deep fried. They are the Jewish version of an empanada or Cabo Verdean pastel. Traditional fillings are mashed potato, kasha (buckwheat groats), or cheese, but you can fill them with practically anything you want! Try the filling from the Pastel de Atum recipe if you want a truly intersectional treat! In this recipe we provide you with two fillings, one traditional and one not so traditional.

NOTE: I like to make the fillings the day before so that all the flavors have a chance to blend. I also like to play with the fillings. For example, after making the potato filling and before you add the feta cheese to the spinach and feta filling, split each recipe in half. Mix one half of the potato filling with the spinach mixture. Mix the other half of the spinach mixture with 4.5 oz (125g) of feta cheese. Now you have three fillings!

INGREDIENTS

Dough

- ✓ 2 cups (250g) all purpose flour
- ✓ 1 tsp baking powder
- ✓ ½ tsp sea salt
- ✓ 1 large egg, lightly beaten
- ✓ ½ cup schmaltz (chicken fat) or vegetable oil
- ✓ 1 tsp vinegar
- ✓ ½ cup lukewarm water
- ✓ 1 egg, scrambled with 1 tbsp water (egg wash)

Potato Filling

- ✓ 3 medium yukon gold potatoes
- ✓ 1 small onion (not sweet), chopped
- ✓ 2 tbsp olive oil
- ✓ 2 tsp sea salt

Spinach and Feta Filling

- ✓ 10 oz. (300g) frozen chopped spinach, thawed
- ✓ 1 small onion (not sweet), chopped
- ✓ 2 tbsp olive oil
- ✓ 1 tsp minced garlic
- ✓ 9 oz. (250g) feta cheese, crumbled

DIRECTIONS

Potato Filling

- Fill large pot with enough water to submerge the potatoes. Boil potatoes until tender, about 20 minutes. Drain and let cool.
- In a small frying pan, heat oil at medium heat and sauté onions until golden. Remove from heat and let cool.
- Mash potatoes, then add the sautéed onion and salt. The mixture is now ready to use.

Spinach and Feta Filling

- Press as much liquid out of the thawed spinach as possible. Too much liquid will make the filling runny and hard to use.
- In a small fry pan, heat oil at medium heat and sauté onions until translucent. Add the garlic and spinach and continue sautéing for another 5 minutes. Remove from heat and let cool.
- In a small bowl mix together the feta cheese and spinach mixture. The mixture is now ready to use.

Dough

- Whisk together your dry ingredients. Beat the egg in a small bowl.
- In another bowl add the schmaltz (or oil), vinegar and water and mix well.
- Make a well in the dry ingredients and pour in the egg and wet ingredients.
- Bring the dough together with a spatula, then knead lightly into a ball. Cover the bowl with plastic wrap and let the dough sit for an hour at room temperature to allow the dough to relax and hydrate.

Assembly

- Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
- Cut the dough into three equal pieces. Generously flour a wooden board (other surfaces will do, but wood is best for working with dough). Take one piece of dough and roll out as thin as you can get it without the dough tearing, trying to keep a rectangular shape as you roll.
- Place filling along the long edge of the rolled dough (about 1 inch (2.5cm) in diameter). Slowly roll the dough over the filling and slowly roll up the dough until it you reach the other end. Be careful not to roll the dough too tightly around the filling or else they may break open when baking.
- Trim excess dough from the long edge and sides, then pinch each end firmly.
- Pinch off 3-inch (7.5cm) pieces from the log using a twisting motion. This seals the filling inside each "sausage".
- Turn the "sausage" end up, and with the palm of your hand push down to form a 1-inch (2.5cm) cylinder. Push the center down slightly to keep the dough from crowning while baking. Repeat until all "sausages" are flattened.
- Repeat with remaining pieces of dough.
- Place the knish on the baking sheet and brush with egg wash. Place in oven and bake until crust is golden brown, about 30-40 minutes.



Soup &

Dumpling

RECIPES



HOLINHO

Holinho is a hardy Cabo Verdean dish that is stewed with meat in a rich broth. The choice of meat can vary according to one's preference, from beef to goat, and even fish! This recipe uses beef shanks. Sometimes yucca and sweet potatoes are added and cooked after the holinho is done. Making holinho can be fun for the whole family! Please note, some advanced preparation is required.

INGREDIENTS

- ✓ 1 cup warm water with 1 tsp salt
- ✓ 1 cup fine yellow corn meal
- ✓ 1 cup all-purpose flour
- ✓ 2 cups yellow corn flour
- ✓ ½ tbsp baking powder
- ✓ 1-2 lbs beef shanks or similar cut
- ✓ chopped parsley
- ✓ chopped garlic
- ✓ chopped cherry tomatoes
- ✓ bay leaves
- ✓ olive oil
- ✓ 3 packets granulated beef bouillon (or vegetable/fish if not using meat)

DIRECTIONS

- Marinate meat with parsley, garlic, olive oil and bay leaves (and other preferred seasonings) overnight.
- In a large, wide pot, heat 2 tbsp of olive oil over medium heat. Add the meat and tomatoes, turning meat to brown. Turn heat to low while preparing the dough. Cooking the meat slowly will produce its own juices.
- In a large mixing bowl, combine the corn meal, all-purpose flour, yellow corn flour and baking powder. Slowly add the warm water and mix until a soft dough is formed. Take a small amount of the dough and knead between your hands until it forms a small 'finger' shape. 'Break' the long piece of dough in the middle into two pieces and roll each piece into a ball between your hands. Continue until all the dough is shaped. Some pieces can stay in the small 'finger' shape.
- Add additional water to the pot and the beef bouillon packets. Bring to a rolling boil over medium heat. Slowly and carefully add the holinho ball ('fingers') into the pot in three batches, and immediately reduce the heat to a medium simmer. Cover and simmer for one hour.
- Take one holinho ball and cut in half, checking to see if the dough is cooked through. Simmer for additional time as needed.

MATZAH BALLS



Matzah balls are a dumpling made of matzah meal, which is ground matzah. If made correctly they are light and airy and will float in chicken soup. If not, they become too dense in the center and will sink to the bottom of the bowl, which is how we refer to matzah balls as 'floaters' and 'sinkers'. Try out the recipe as-is, or if you want to get creative, add one of the last three ingredients. Matzah meal is only available a few weeks out of the year just before Passover. If you cannot find Matzah meal, you can make your own.

INGREDIENTS

- ✓ 2 eggs
- ✓ 2 tbsp vegetable oil
- ✓ ½ tsp salt
- ✓ ¼ tsp black pepper
- ✓ ¾ tsp ground ginger
- ✓ 5/8 cup (75g) matzah meal
- ✓ ½ cup soda water
- ✓ 6 cups chicken or vegetable stock, or 3 cups stock and 3 cups water

- ✓ ¼ cup parsley, finely chopped
OR
- ✓ 2 tsp ground turmeric
OR
- ✓ 3 tbsp (50g) tomato paste

DIRECTIONS

- In a medium size mixing bowl, combine the matzah meal with the spices along with one of the additional ingredients (parsley, turmeric or tomato paste).
- Stir in egg and oil to the dry ingredients and mix until well combined.
- Add half of the club soda and mix until combined, then add the other half and mix just enough to combine, but not over-mix to make all the bubbles disappear.
- Chill in the refrigerator for at least one hour.
- In a deep saucepan, bring the chicken (or vegetable) stock to a boil.
- Take 1 tbsp of the matzah ball mixture at a time and form it into a ball with your fingertips, using no real pressure. Pressing too much will make your matzah ball come out very dense (what we refer to as sinkers).
- Bring the stock down to a simmer and then drop the balls into the water. Be sure to not put too many balls in at once or else they will not expand. Simmer the balls for 45 minutes.



CANJA

INGREDIENTS

- ✓ 2lbs (1kg) chicken wings or 1 small chicken, cut in pieces
- ✓ 1 cup rice
- ✓ 1 quart chicken stock
- ✓ ¼ cup onion, finely chopped
- ✓ 1 tbsp vegetable oil
- ✓ 2 quarts (+) water
- ✓ salt to taste

Canja is usually consumed by Cabo Verdeans when they have a cold. In Cabo Verde canja is widely believed to help a person overcome colds, digestive problems, and other mild forms of sickness. In Cabo Verde, canja is sometimes served after the funeral, at the home of the deceased, perhaps because it "soothes" the heart. It is also served during special occasions, such as New Year's Eve, birthdays, and other special family events.

Since canja is very simple and light, it is often consumed before a main course meal as well as a late supper.

DIRECTIONS

- In a large stock pot, heat the vegetable oil. Once hot, sauté the onions until very lightly brown.
- Add the chicken, chicken stock and water and bring to a boil.
- Reduce the heat to low and cook for an hour.
- Add the rice and cook for another hour
- Check the taste and add salt or additional water if needed



Main Course

RECIPES

BRAISED CHICKEN WITH TOMATOES AND HONEY

INGREDIENTS

- ✓ 4 tbsp olive oil
- ✓ 4 skinless, boneless chicken breast, halved and quartered (about 2 lbs [1kg])
- ✓ 1 large onion, finely chopped
- ✓ 10 large meat tomatoes, peeled and seeded (or 2 24 oz. cans of good quality tomatoes)
- ✓ ½ cup chicken stock
- ✓ ¼ tsp saffron threads, dissolved in ¼ cup boiling chicken stock
- ✓ 1/3 cup honey (preferably citrus honey)
- ✓ 2 cinnamon sticks
- ✓ 1 1-inch piece of fresh ginger root, peeled
- ✓ ½ cup toasted slivered almonds



This dish is a specialty of the Moroccan Jews. The sweetness of the honey and cinnamon strengthens the aroma of the saffron, which gives this dish a vibrant orange color instead of the red of the tomatoes. For this recipe, we use skinless, boneless chicken breasts rather than the whole chicken, but you can use one whole chicken cut into its parts if you wish.

DIRECTIONS

- Heat the oil over medium-high heat in a deep, wide saute pain that has a tight-fitting lid. Brown the chicken on both sides and set aside. Saute the onion in the same oil until soft and translucent (about 6 minutes). Reduce the heat and deglaze with the chicken stock, scraping up browned bits with a wooden spoon.
- Add the tomatoes and cook until they begin to soften, stirring occasionally. Add the saffron and honey. Stir well to dissolve. Add the cinnamon sticks and ginger root. Return the chicken to the pot, making sure they are covered with sauce. Turn the heat down to simmer and cover the pan with foil, then cover it with the lid.
- Cook for 50 minutes. Test for doneness with a toothpick. If the juice runs yellow, the chicken is cooked. While the chicken is cooking, toast the almonds by cooking them in a cast iron skillet over medium heat, or baking on a cookie sheet in a 350°F (180°C) oven until browned.
- Remove the cinnamon sticks and ginger root from the pan. Serve on piece of chicken and cover it with sauce and toasted almonds. If desired, you can put the sauce in a blender to give it a smoother texture.



INGREDIENTS

Catchupa is the national dish of Cabo Verde, and every family has their own recipe that is by far the best ever. These recipes Are from the family of one of our planning committee members. If you are Cabo Verdean is your recipe the same or different? If you are Jewish and have never had Catchupa before, now is your chance to make it. As you can see these recipes do use pork, but where we can we've offered pork alternatives.

DIRECTIONS

- In a large pot soak the samp in cold water overnight. Pour out excess water. Add 3 quarts (or more) water to the pot. Bring to a boil and the reduce heat to low and simmer for 1 hour.
- Add in the pig's feet (or chicken feet). If you are using ham cocks (or smoked turkey legs) add this to the pot as well, and cook for an hour.
- Add in the corned ribs, if using, and cook for an hour.
- Add the beans and continue cooking for another hour. Add in more liquid as needed.
- Wash the kale and add. Bring to a boil and cook for another 30-40 minutes.
- Slice the linguica (or smoked turkey/chicken sausage) and cook for about 15 minutes.
- Taste and add salt if needed, then serve!

- ✓ 2 pig's feet (or 4 chicken feet), halved
- ✓ 2 lbs (1 kg) corned ribs or processed ham hocks (or smoked turkey legs)
- ✓ ½ lb (250g) linguica (or smoked turkey/chicken sausage)
- ✓ 1 cup samp (dried corn)
- ✓ 1 cup dried large white lima beans
- ✓ 1 bunch Kale
- ✓ salt to taste
- ✓ 6-10 quart pot



INGREDIENTS

- ✓ 3 cups samp
- ✓ 2 cups dried large white lima beans
- ✓ 2 lbs (1kg) beef short ribs
- ✓ 1 lb (450g) linguica (or smoked turkey/chicken sausage)
- ✓ 2 onions, diced
- ✓ 1 bunch kale or 20 oz. (575g) frozen kale, par-boiled
- ✓ 1 stick of 4 oz (115g) margarine
- ✓ 1 tbsp paprika
- ✓ 1 bay leaf
- ✓ 1 tbsp vegetable oil
- ✓ 1 tbsp black pepper
- ✓ Salt to taste

DIRECTIONS

- Wash samp and beans seperately
- Fill a large pot ¾ full with water. Add the bay leaf and samp to the pot and cook for one hour.
- Add the beans, linguica (or turkey/chicken sausage), and short ribs along with salt to taste.
- In a frying pan, heat the oil until hot. Add the onions and sauté until translucent.
- Reduce heat on the large pot to low, add the onions and cook for 4 hours.

Dessert

RECIPES

COCONUT MACAROONS

INGREDIENTS

- ✓ 4 egg whites
- ✓ ½ cup (100g) sugar
- ✓ 1 tsp vanilla extract or 1 whole vanilla bean
- ✓ 2 cups (195g) sweetened shredded coconut
- ✓ 2 ¼ cups (195g) unsweetened shredded coconut



Macaroons were always a treat at the Passover table. They came in a can, in many different flavors. But you have not had a great macaroon until you have had one from a French bakery (via Italy)! Because there is no starch in them (such as the tapioca starch or potato starch used in the canned version), these macaroons are light and airy. After making these once, you will never want to go back to the store-bought kind. I like to use sweetened coconut flakes because it also adds some moisture to the mixture.

DIRECTIONS

- Preheat the oven to 325°F (160°C). Line two baking sheets with parchment paper.
- Blitz the coconut in a food processor (optional). If measuring in cups, this measurement should be taken after blitzing.
- Add egg whites, sugar, vanilla extract (or the seeds from 1 vanilla bean) into the bowl of a large stand mixer with whisk attachment. Beat the ingredients together starting on low speed and slowly increasing to the highest speed. Keep beating until soft peaks form (about 5 minutes).
- Fold in the coconut by hand, making sure all the coconut gets covered with the egg batter. Chill batter for 15 minutes. This will help form your macaroon and allows them to keep their shape while baking.
- Place a tablespoon of the mixture and arrange on the baking sheet, keeping each macaroon 2" (5cm) apart.
- Bake the macaroons for 15-20 minutes, or until they are slightly golden and some of the coconut is crispy.
- Remove from oven and cool for 10 minutes on the baking sheet before transferring them to a wire rack to completely cool.
- Repeat until all the coconut mixture has been used.
- Optionally you can now decorate your macaroons. These will keep for 3 days at room temperature or 1 week in the refrigerator.

This cookbook was a collaborative work of several of this year's planning committee members. I would like to thank these people for their help in making this possible!

Gina Gibau
Alma Gottlieb
Joshua Lakin
Rebecca Ottinger
Steven Siegel
Tillyruth and Gary Teixeira
Aviva Weinstein