

# Geula's Israeli Sephardic Charoset: a family favorite!!

Serves 10-15 guests

May make the week before Passover!

Zoe said "I helped Savta!!"



*Jews are divided into two basic groups: Ashkenazic (those who came from Northern Europe) and Sephardic (those from Southern Europe and Africa). When Jews immigrate from all over the world to Israel, they bring their culture, food, and customs. I love Sephardic cooking because of its interesting blend of spices.*

*For six years, Geula & Shabtai Mizrachi were our landlords in Israel. We loved the wonderful cooking aromas that wafted down to our garden apartment! She is a fabulous cook & taught me to make this Sephardic-style Charoset.*

## Ingredients:

- 1/4# (2-3 cups) organic dark raisins  
or 12oz box of Sun Maid raisins (Walmart)
- 1/2# (3-4 cups) organic dates, pitted & chopped  
or 8oz bags of Sun Sweet chopped dates = 32oz total (Walmart)
- 1 cup organic pecans/walnuts, chopped into small pea-sized pieces  
or 6-8oz bag of honey roasted pecan pieces (Walmart)
- 1 1/2 tsp cinnamon
- 1-1 1/2 tsp ginger, start with 1 tsp add more, if needed (optional)

## Instructions:

1. Soak overnight – at least 3-4 hours:
  - a. In 1 pan, soak the raisins – just cover with water for soaking.
  - b. In a 2<sup>nd</sup> pan, soak dates – just cover with water.
2. Next day:
  - a. Drain soaking water from dates or add to smoothie.
  - b. Drain liquid from raisins, *reserve*.
  - c. Put dates in pan, cover with reserved *raisin* water (only 1/2" above dates)
  - d. **Simmer dates**, until dates are very soft and mushy.
    - i. Every few minutes, stir to make sure dates do not stick to pan.
    - ii. If additional liquid is needed, add *only* enough reserved raisin soaking water to keep dates from sticking to the pan.
    - iii. Simmer until it resembles a paste: generally, it takes 45 plus minutes
3. In pan with 'date paste':
  - a. Stir in drained & soaked raisins
    - i. Simmer briefly to allow raisins to meld slightly into dates
  - b. Then, stir in
    - i. 1 tsp cinnamon (2tsp if recipe is doubled)
    - ii. 1/2 tsp ginger, opt (may add more ginger to taste)
    - iii. Chopped nuts
  - c. The texture should be chunky.
4. If color is too light, add a little purple grape juice.
5. If not sweet enough, add sugar or agave to taste.
6. Store charoset in glass container or plastic container dates came in.

*Enjoy!*

*Les'a Cole - 03/31/2023, updated*