



**THE CITY CONGREGATION**  
**for HUMANISTIC JUDAISM**

# **HAROSET RECIPES FROM AROUND THE WORLD**



**Assembled by  
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**2007**

## Sources:

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PERSIAN (IRANIAN) HAROSET – VARIATION 4

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PERSIAN HAROSET – VARIATION 3 (adapted)

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YEMENITE HAROSET – VARIATION 2

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PERSIAN (IRANIAN) HAROSET – VARIATION 2

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Jewish Food: The World at Table, by Matthew Goodman  
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YEMENITE HAROSET – VARIATION 1

<http://nosheteria.com/dailyspecial/2005/04/passover-charoses.html>  
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DECONSTRUCTED HAROSET

Haroset (or Charoset, Charoses, Charoseth), is a fruit and nut blend that symbolizes the mortar that our enslaved ancestors were said to use to make bricks in ancient Egypt. Additionally, the apples are supposed to remind us of the fruit trees under which Jewish women supposedly enticed their husbands to make love and later gave birth, thus propagating the Jewish people even in the face of persecution. Perhaps it is this aphrodisiacal quality that makes it one of the most popular food items at the Passover Seder!

However, while most American Jews are acquainted with an Ashkenazic-style Haroset – that features apples, walnuts and wine – there are countless recipes for this wonderful dish that celebrate the diversity of the Jewish people and the many cultures in which we have lived. And, unlike the American version that centers around apples, these versions don't include apples at all. Sephardic recipes, in contrast, feature dried fruits. Greek Jews add in raisins, Turkish Jews combine an orange, Egyptian Jews include dates, and Italian versions include chestnuts, apricots and pears. It's no wonder that a modern American variation now includes mango.

These days it is convenient to use a food processor to prepare these recipes, but be sure not to over grind the ingredients. Purists still insist on chopping everything by hand to maintain a coarse texture. This also lets these cooks experience the hard work of our ancestors when it came to making the mortar in the first place.

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**From *The Liberated Haggadah: A Passover Celebration for Cultural, Secular and Humanistic Jews*, by Rabbi Peter H. Schweitzer, published by The Center for Cultural Judaism, 80 Eighth Avenue, NY (212-564-6711)**

***Haroset - Why do we eat haroset tonight?***

***To remind us of our bondage in Egypt when we mixed clay to make mortar and bricks for Pharaoh.***

***And to remind us that just as the parsley is dipped in salt-water to sharpen its flavor, so do we dip the unleavened bread and bitter herb into the haroset to sweeten our taste. In this season of life, we remember the goodness of life.***

***And to teach us, too, that our foremothers took risks for freedom and acted courageously when they gave birth to the next generation under the shade of the Egyptian apple trees.***

*Note: Grape juice can easily be substituted for wine in any of these recipes.*

## **AMERICAN HAROSET**

6 large apples  
2 tbsp sugar  
1 tsp cinnamon  
¼ cup sweet wine or grape juice  
½ cup chopped pecans

Core and quarter the apples. Put apples in the food processor with remaining ingredients. Process in pulses, leaving a bit of a crunch to the mixture.

Makes about 5 cups.

## **AMERICAN HAROSET – VARIATION 2 Sephardic Haroset Balls**

3 cups raisins  
2 cups almonds, blanched  
½ cup apple  
½ tsp cinnamon or to taste

Coarsely grind the raisins and 1½ cups of the almonds. Peel and core the apple and add the cinnamon. If using a food processor, grind in quick pulses. Set aside in a bowl. Using your hands, press the mixture into balls the size of large marbles. Press one of the remaining almonds into each haroset ball. There will be lots of haroset left over; serve in bowls at the table.

Makes about 4 dozen balls or 5 cups.

## **ASHKENAZIC HAROSET – VARIATION 1**

6 peeled apples, coarsely chopped  
2/3 cup chopped almonds  
3 tbsp sugar, or to taste  
½ tsp cinnamon  
grated rind of 1 lemon  
4 tbsp sweet red wine or grape juice

Combine all, mixing thoroughly. Add wine as need. Blend to desired texture – some like it coarse and crunchy, others prefer it ground to a paste. Chill.

Makes 3 cups.

## **ASHKENAZIC HAROSET – VARIATION 2**

1 cup finely chopped apple, a mix of sweet and tart  
¼ cup chopped walnuts  
2 tsp honey  
grated zest of 1/2 lemon  
1 tsp cinnamon  
2 tsp red wine (approximately)

Mix all of the ingredients. Add enough wine or grape juice to bind the mixture.

## **DECONSTRUCTED HAROSET**

2 sweet, crisp red apples, diced (something like Pink Lady or Gala)  
Spritz lemon juice to prevent apples from turning brown  
½ cup dried apricots, diced  
½ cup pine nuts, toasted in a dry skillet until golden  
2 tsp strong-tasting honey, or more to taste  
Pinch allspice  
Dash cinnamon  
Smidge ground coriander

Combine in a large bowl. Mix well, and serve slightly chilled.

## **EGYPTIAN HAROSET**

1 pound raisins  
8 ounces pitted dates  
2 cup water  
¼ cup sugar  
¼ cup chopped walnuts or pecans

Cover raisins and dates with water; let stand 1 hour. Add the sugar and blend or food-process until roughly chopped. Transfer to a heavy saucepan and simmer 20 minutes or until fruits are cooked and water is absorbed. When cool, stir in chopped nuts.

Makes 4 cups.

## **GREEK HAROSET**

1-¼ cup dates, finely chopped  
1 large orange  
½ cup honey or sugar  
cinnamon to taste  
ground cloves to taste  
½ cup almonds, finely chopped  
½ cup walnuts, finely chopped  
5 ounces sweet red wine

Peel the orange and cut it into pieces. Remove the seeds, add the chopped dates, and mash together into a paste. Put the paste and honey in the top of a double boiler over gently simmering water and stir constantly with a wooden spoon for about 20 minutes or until it is quite thick. Add the cloves, cinnamon, wine, and simmer until very thick. Remove from the heat, stir in the chopped nuts, and turn out into a large bowl to cool.

Makes about 3 cups.

## **ITALIAN HAROSET – VARIATION 1**

2-½ cups blanched almonds  
1-½ cups pitted dried dates  
½ large red apple, such as Fuji or Gaia  
½ large pear  
juice of 2 oranges  
3 tbsp sweet red wine, or to taste  
ground cinnamon (optional)

Finely chop the almonds and dates by hand or in the bowl of a food processor fitted with the metal blade. Grate the apple and pear by hand on a box grater or in a food processor equipped with a shredding disk. Place the almonds, dates, apple, and pear in a large bowl. Add the orange juice, red wine, and cinnamon (if using) and stir to combine

## **ITALIAN HAROSET – VARIATION 2**

3 apples, sweet or tart  
2 pears  
2 cups sweet wine  
1/3 cup pine nuts  
2/3 cup ground almonds  
½ lb dates, pitted and chopped  
¾ cup yellow raisins or sultanas  
4 ounces prunes, pitted and chopped

½ cup sugar or honey or to taste  
1 tsp cinnamon  
½ tsp ground ginger

Peel and core the apples and pears and cut them in small pieces. Put all the ingredients into a pan together and cook, stirring occasionally, for about one hour, until the fruits are very soft, adding a little water if it becomes too dry.

#### *Variations*

Other possible additions: chopped lemon or candied orange peel, walnuts, pistachios, dried figs, orange or lemon juice, ginger, nutmeg, and cloves.

### **JANOS WILDER'S NEW AMERICAN HAROSET RECIPE**

2 Granny Smith apples  
juice of one-half lemon  
½ cup fresh mango, peeled and diced  
½ cup chopped toasted pecans  
½ tsp cinnamon  
1 tbsp honey  
1 tbsp Port or sweet wine

Peel, core and dice the apples and sprinkle with lemon juice. Place the apples, mango, pecans, cinnamon, honey, and wine in a food processor. Pulse once or twice just to break up. Let sit for the flavors to meld.

Makes about 2 cups.

### **LARRY BAIN'S BUBIE'S HAROSET**

½ pound walnuts  
¼ pound dried apricots  
¼ pound dried prunes, without pits  
3 peeled apples, cored and quartered  
1 large navel oranges, with skin, quartered  
½ sweet wine  
2 tbsp brandy  
½ tsp cinnamon  
1/8 tsp ground cloves  
1/8 tsp nutmeg  
1 tbsp lime juice  
2 tbsp matzo meal (or as needed)

Using the steel blade of a food processor, chop very fine, but not to a paste, the walnuts, apricots, prunes, dates, apples and orange. Add the wine, brandy, cinnamon, cloves, nutmeg and lime juice. If needed, add enough matzo meal to make a mortar-like consistency.

Makes 6 cups.

### **LIBYAN HAROSET**

¼ cup walnuts  
¼ cup pecans  
¼ cup almonds  
¼ cup hazelnuts  
½ cup raisins  
1 cup pitted dates  
1-½ tsp cinnamon  
1-½ tsp allspice  
½ tsp ginger  
1 tsp nutmeg

Combine all ingredients using a mortar and pestle or a food processor.

Makes about 3 cups.

### **MOROCCAN HAROSET BALLS**

2 cups pitted dates  
½ cup golden raisins  
½ cup dark raisins  
½ cup walnuts  
1 to 2 tbsp sweet red Passover wine

Process the dates, raisins and walnuts in a food processor until finely chopped and the mixture begins to stick together. Add enough wine to make a sticky mass. Line a baking sheet with waxed paper. Drop slightly rounded teaspoons of the mixture onto the lined sheet. Roll each mound with moistened palms into hazelnut-size balls. Refrigerate for at least 3 hours or until firm.

Makes approximately 60 or 3-½ cups.



## **PERSIAN HAROSET – VARIATION 1**

25 dates, pitted and diced  
½ cup unsalted pistachios  
½ cup almonds  
½ cup golden raisins  
1-½ peeled apples, cored and diced  
1 pomegranates  
1 orange, peeled and diced  
1 banana, sliced  
½ cup sweet red wine, to 1 cup  
¼ cup cider vinegar  
½ tablespoon cayenne  
1 tbsp ground cloves  
1 tbsp ground cardamom  
1 tsp cinnamon  
1 tbsp black pepper

Combine all the fruits and nuts. Add the wine and vinegar until a pasty consistency is achieved. Add the spices and blend well. Adjust seasonings.

Makes 5 cups.

## **PERSIAN (IRANIAN) CHAROSET – VARIATION 2**

1 unpeeled pear, cored and finely chopped  
1 unpeeled apple, cored and finely chopped  
1 cup finely chopped walnuts  
1 cup finely chopped almonds  
1 cup finely chopped hazelnuts  
1 cup finely chopped pistachio nuts  
1 cup chopped pitted dates  
1 cup chopped raisins  
2 tsp ground cinnamon  
2 tsp grated ginger root  
1 tbsp apple cider vinegar  
Sweet wine

Combine pear, apple, walnuts, almonds, hazelnuts, pistachio nuts, dates and raisins in a large bowl, and blend well, being careful not to chop the mixture into a paste. Add cinnamon, ginger root, cider vinegar and enough wine to bind. Place on a platter and shape into a pyramid. Cover and refrigerate.

### **PERSIAN HAROSET – VARIATION 3**

#### **Soofer Family Iranian-Israeli Haroset**

1/3 cup pistachio nuts, out of the shell  
1/3 cup unblanched almonds  
3/4 cup cashews  
1/3 cup hazelnuts  
3/4 cup walnuts  
2 pears, peeled and quartered  
2 red apples, peeled and quartered  
3 cups seedless black raisins  
1 cup golden seedless raisins  
2-3/4 cups dates, pits removed  
1-1/4 cups pomegranate juice  
3 cups sweet wine (about)  
1 tsp cinnamon  
1/2 tsp cayenne pepper, or to taste  
1 tsp ground cardamom  
1/2 tsp ground cloves  
1 tsp ground coriander  
1 tsp cumin  
1 tsp ground nutmeg  
1 tsp ground ginger

Roast the pistachio nuts, almonds, cashews, hazelnuts and walnuts by placing them in the microwave on medium power about 5 minutes, stirring frequently. Place the nuts in a food processor fitted with the metal blade and process until coarsely ground. Add the pears, apples, raisins and dates and use on/off pulses until the nuts are finely ground and the fruits coarsely chopped. Gradually add the pomegranate juice, continuing to process until thick. Add the wine and the spices and process once more to incorporate, adjusting to taste.

Makes 10 cups.

### **PERSIAN (IRANIAN) HAROSET – VARIATION 4**

1/3 cup hazelnuts  
1 cup whole pitted dates  
1/3 cup whole blanched almonds  
1/4 cup raisins  
1/4 cup golden raisins  
2 tablespoons sweet red wine  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cardamom  
1/4 teaspoon ground cinnamon

1/8 teaspoon ground cloves  
1 cup shredded peeled Granny Smith apple (about 8 ounces)  
1/3 cup sliced banana

Preheat oven to 350°.

Place hazelnuts on a baking sheet. Bake at 350° for 10 minutes, stirring once. Turn nuts out onto a towel. Roll up towel; rub off skins. Combine hazelnuts, dates, almonds, raisins, and golden raisins in a food processor. Process until ground, scraping sides of bowl occasionally. (Mixture will be thick and crumbly but will hold together when pressed.) Add wine, ginger, cardamom, cinnamon, and cloves; pulse 4 times or until combined. Add apple and banana; pulse 4 times or until combined. Transfer mixture to a bowl. Cover and refrigerate 1 hour.

Makes about 2 cups (serving size: 2 tablespoons)

### **PERSIAN HAROSET, DE-SPICED FOR AMERICAN CHILDREN**

1 cup walnuts  
1 cup almonds  
1 cup raisins  
6 strawberries  
1 cup dates, pitted  
2 apples, cored, pitted, and quartered  
1 banana, cut up  
½ cup sweet wine  
1 tsp cinnamon  
¼ tsp pepper

Grind all the ingredients together in a food grinder or throw them in a food processor and process until crunchy paste is formed. Or better yet, place in a wooden bowl and allow the youngest member of your family to pound everything with a hand food chopper until it forms the consistency of a crunchy paste.

Yield: 4 cups.

### **SEVEN-FRUIT HAROSET FROM SURINAM**

8 ounces unsweetened coconut  
8 ounces chopped walnuts or 8 ounces grated almonds  
¼ cup sugar  
1 tsp cinnamon  
8 ounces raisins  
8 ounces dried apples  
8 ounces dried prunes  
8 ounces dried apricots

8 ounces dried pears  
4 ounces cherry jam  
sweet red wine

Combine everything except the jam and wine in a pot. Cover with water and simmer over low heat. Periodically, add small amounts of water to prevent sticking. Cook at least 90 minutes. When it is cohesive, stir in the jam and let stand until cool. Add enough sweet wine to be absorbed by the haroset and chill.

Makes 5 cups.

### **VENETIAN HAROSET**

1-½ cup chestnut paste  
10 ounces dates, chopped  
12 ounces figs, chopped  
2 tbsp poppy seeds  
½ cup chopped walnuts  
½ cup chopped almonds  
½ cup pine nuts  
grated rind of 1 orange  
½ cup golden raisins  
½ cup chopped dried apricots  
½ cup brandy  
honey, to bind

Combine all ingredients, using just enough honey and brandy to make everything bind together.

Makes 4 cups.

### **YEMENITE HAROSET – VARIATION 1**

1 pound fresh dates  
1 pound raisins  
¾ pound almonds  
½ pound walnuts  
3 pomegranates, peeled and seeded  
1 tbsp mixed spices (equal parts cinnamon, pepper cumin, cardamom, cloves & ginger)

In a food processor, chop all the fruits, including the pomegranate seeds and juice and the nuts. Add the spices, adjusting each to your taste.

Makes 7 cups.

## YEMENITE HAROSET – VARIATION 2

¼ cup pomegranate juice or sweet kosher red wine  
¾ cup coarsely chopped pitted dates (4 ounces)  
¼ cup raisins (2 ounces)  
½ cup whole almonds (2 ounces)  
2 tbsp sesame seeds  
1 large Granny Smith apple, cored, coarsely chopped  
¼ tsp cinnamon  
2 large pinches each of freshly ground black pepper, ground cloves, ground cardamom, ground ginger, ground cumin

Preheat the oven to 400F. In a small saucepan, warm the pomegranate juice. Add the dates and raisins and let soak until softened, about 10 minutes. Spread the almonds and walnuts on a baking sheet and bake for 6 to 8 minutes, or until lightly toasted. Transfer the nuts to a work surface and let cool, then chop coarsely. Spread the sesame seeds in a pie pan and bake for 1 to 2 minutes or until lightly browned. Combine all the ingredients in a large bowl and mix well. Serve chilled or at room temperature.

Makes about 2 cups.