

PASSOVER—HOW TO PREPARE

by Avram Yehoshua

[The Seed of Abraham](#)

Preparations for Passover are both physical and spiritual. May His Spirit lead you as you prepare to honor the Lamb of God:

1. Physical—you'll want to do spring cleaning and make sure there aren't any crumbs of bread or pieces of candy containing leaven (yeast) behind the couch or in the bedrooms, etc. You'll also have to go through all the things in the refrigerator and cupboards as well. You'll be delightfully shocked at some of the things you'll find that have yeast in them that you'll either have to eat before Passover, or give it to a poor and needy person who isn't celebrating Passover (a day or two or more before Passover) or throw it out. Be careful about throwing it out on the day of Passover because it's not supposed to be in your home or anywhere in on your land. You might want to search out the leavened products about a week or more before Passover and eat them all up, wrapping up a very tiny piece of leavened bread for each person after the Passover meal, to be burned or thrown out at the appropriate time (after eating the Body and Blood).
 1. Anything with yeast *si'or*—*סֵאֹר* (yeast), which is a specific way of saying anything leavened with yeast, or (*hamaytz*—*חַמֵּץ*; leavened products) cannot be eaten during Passover and the Feast of Unleavened Bread and can't be found in your home or on your property.
 2. Yeast causes bread 'to puff up' and is a perfect picture of what pride does to a man (1st Cor. 5:6-8). Yahveh forbids these foods during Passover week because He has given us His Lamb to remove pride, sin and death from us, all pictured in yeast. Yeshua was humble (Mt. 11:28-30) and sinless, and is seen as the Bread from Heaven—bread *without* yeast (unleavened bread; *matza* in Hebrew), the bread of humility.
 3. Ancient man used the yeast in the air to make sourdough bread. That same yeast starts to break down the human body when one is dying and 'feeds' upon a corpse, and so it's related to death, something that is the opposite of who God is and what He has done for us.
 4. Yeshua was, and is humble, not proud. We want to get rid of all the symbols (food) of pride because Yeshua is not like that and we don't want to eat those things. He came to make us like Himself, and so we eat *matza*, which is a picture of Yeshua crucified.
 5. As you go through your cupboards and refrigerator looking for leaven products you'll note that our soul is like our home—it can be filled with things that aren't good for us. Ask Yeshua to help you to see what needs to be cleansed from your soul, so that you can walk in holiness and righteousness. That's what Passover is about and why we're searching for those things in our homes: to remind us that there are sinful things in our soul that need to be searched out and gotten rid of, by His body, His blood and His Spirit.
2. Spiritual—seek the Lord Yeshua in prayer and ask Him to lead you into a deeper understanding of Passover. Read Ex. 1–16; Is. 52:13–53:12; Mt. 26–28 and Revelation 1.¹ Reading the chapters and the articles

¹ Also, these articles will prepare you for Passover:

[Passover and Jesus.](#)

[Passover.](#)

[The Passover Ceremony.](#)

[Passover, Vinegar and Yeshua.](#)

will give you a greater appreciation of what our God has done for you, and also heighten your desire to do the Passover as unto Papa God. He takes Passover and the Feast of Unleavened Bread seriously (Ex. 12:15, 19; Num. 9:13) because He gave us His Son—crucified, and so we hold Passover in high esteem.

Matza

Store-bought *matza* gives Passover a bad name. It tastes like the cardboard box it comes in. My wife Ruti makes our *matza*, and the difference between them is like night and day. It's kind of like eating an apple and eating a picture of an apple. If you must, the store-bought *matza* tastes great with butter, or tuna fish (mixed with plenty of Hellman's Mayonnaise. Ruti's recipe for making real *matza*, the kind Yeshua would have eaten with His friends, is at the end of this paper.

For seven days we must eat unleavened bread—*matza*.² If you buy the store-bought *matza* don't be concerned if the box states 'not *kosher* for Passover,' as this is just a rabbinic technicality.³ You may eat any *matza* as long as it *doesn't* contain yeast or leaven. As ridiculous as this may sound, since the very definition of *matza* is bread without yeast (leaven), there is *matza* (*unleavened* bread) with *leaven* in it! It's made by Manischewitz and they call this brand, **American Matza**. How appropriate! Remember to buy enough *matza* for the entire week of Passover. Usually, one to one and a half boxes per person is enough for the week. Of course, if you're going to make your own unleavened bread you won't need as much, but it's good to have a box on hand, just in case you don't make any one day.

We use grape juice and wine for the Passover. Whatever anyone's preference is. Ruti likes to mix about one-third wine and two-thirds grape juice for her glasses. I usually do about 50-50 for the first two glasses and then straight wine for the third cup, which pictures the blood of Yeshua. Also, even though traditionally each of the wine glasses for the Passover ceremonial meal should be full, you don't have to drink the entire contents of each glass immediately after the blessing is said for it. On the other hand, you can fill up and drink from the same glass a number of times, until the next glass with wine is offered up with thanksgiving to the Lord.

Any red wine will do. Most sweet wines are Jewish, like Mogan David or Manischewitz. Concorde grape is great and very sweet and good as our salvation in Yeshua is very sweet. You don't have to buy the ones that specifically say '*kosher* for Passover' as the ones that don't say it are just as *biblically kosher* for Passover as the others are. It's just that the '*kosher* for Passover' ones have been watched over and scrutinized especially for Passover by the Rabbis, but it's the same wine. You can also buy any red wine you like.

Traditionally, the wine is sweet, *red* wine; *red* to picture the blood sacrifice of the lamb, the Rabbis say, and I think that's right. This is important for the 3rd Cup, which Yeshua lifted up and proclaimed was His blood, shed for the forgiveness of sins. Whether you want sweet, semi-dry or dry red wine is up to you, as all are fine. As far as Manischewitz goes back, I don't think it's what the Apostles drank that night.

Nothing that has any *yeast* (leaven) in it should be eaten or found in your home for the week of *Matza* (the Feast of Unleavened Bread). Not all products in each category listed below have leaven in them, but most do. That's why it's very important to read all the labels. It's a spiritual lesson, too. In some of these things we

[The Feast of Unleavened Bread.](#)

[First Sheaf.](#)

² Ex. 12:15, 18, 20; 13:6; 34:18.

³ Some *matza* is made with eggs and this wouldn't be acceptable for the *matza* of Passover night when we eat the *matza* that speaks of Yeshua's body. The *matza* for Passover night should be simple.

If the store-bought *matza* doesn't have salt on it, take some olive oil and rub it on the *matza* and then lightly sprinkle salt on it because salt was always part of *matza*, as well as olive oil.

wouldn't expect to find leaven/yeast, and in some places in our soul we're surprised to find sin lurking:⁴

1. bread,
2. cake,
3. cookies,
4. chili,
5. canned soups and bullion for soups,
6. spice packets,
7. spaghetti (unless the package doesn't list any yeast or leavening agents), and
8. spaghetti sauce,
9. crackers (unless the package doesn't list any yeast or leavening agents),
10. most cold cereals contain leaven (read the ingredients),
11. anything that has malt in it, like beer and 'root-beer' soda.

It's a great idea to read all the labels you have on your canned goods, etc., because any with leaven needs to be thrown out or eaten before Passover, not stored or hidden in a closet or a cupboard. For those of you who soak your beans, if you put some salt in the water, it'll stop the fermentation process.

1. The following is a list of things that we shouldn't have during Passover/the Feast of Unleavened Bread:
 1. Baking Powder is a leavening agent, and even though it's not made of live yeast, but of chemicals, it should be removed.
 2. Baking Soda, too, is a leavening agent made of chemicals and should be removed if it's in food products, but not in things like toothpaste or laundry detergent, because it isn't leaven to be eaten.
2. The following is alright:
 1. Brewer's Yeast is a by-product of the fermentation of beer. It's rich in vitamins, especially B complex, but will not leaven anything.
 2. Corn Starch is not a leavening agent.
 3. Cream of Tartar is not a leavening agent.
 4. Eggs are not a leavening agent, but will make flour rise when the eggs whites are beaten. They will expand when the batter is heated, but it's not a leavening agent.
 5. Torula Yeast, also known as Yeast Extract, is the proteins derived from inactivated, dead yeast. It contains no live yeast cells and will not leaven anything. It's used as a flavor enhancer.
 6. Yeast Extract, also known as Torula Yeast, is the proteins derived from inactivated, dead yeast. It contains no live yeast cells and will not leaven anything. It's used as a flavor enhancer.
 7. Nutritional yeast flakes that are used as a substitute for powder cheese topping need not be removed, as they are not used to leaven food.

Toasters—clean them out real good and they'll be fine. Any yeast in some bread particles that might still be in it have long since lost its live yeast by either having been toasted or by becoming stale.

⁴ I want to thank Sherry Flannigan for some of the items in the list, as well as the concept of finding 'hidden sin' in our lives, which is what the search for leaven is.

Sherry also states that 2-3 days into the Feast she might find more hidden leaven, even though she tried to get rid of all of it before Passover. She says that at those times it's so good to know that our God is a loving and forgiving God and that we can ask Him to forgive us. How true. Thank you, Sherry!

Passover and the Feast of Unleavened Bread

The first and seventh days of the Feast of Unleavened Bread are annual holy Sabbaths which can come on any day of the week. We need to keep them as such in spite of what the world is doing. You can prepare food on these annual Sabbaths,⁵ unless one coincides with the weekly 7th day Sabbath.⁶ Of course, this means no buying or selling on the annual Sabbaths and that we are to set ourselves apart to worship and to be with Yeshua and His Family (if possible).

The commandment to not have or to eat anything with leaven in it also says that we must eat *unleavened bread every day* of the Feast of Unleavened Bread (*Hag Matzot*). In other words, we can't substitute potatoes or rice, etc., for/or in place of the unleavened bread on any day of the Feast. If we want potatoes or rice, that's alright to eat, but we must have unleavened bread *every day* of the Feast, and as Yeshua spoke of the wine being His blood and the *matza* being His body, we should have both, every day unto Him.

We must not do as the Pharisaical Rabbis do, who allow their people to symbolically sell all their leaven products to someone who is not keeping the Feast (in Israel it's usually to an Arab for one shekel), and then after the Feast the Israeli Jewish man buys it back for a shekel, *but this is a perversion of God's Word*. We are also *not to cover our leaven or store it away* in a cupboard or in the garage (which is also done in Israel), or at a neighbor's house who isn't keeping the Feast. This, too, is a great perversion of God's Word. Covering the items with a sheet is done in supermarkets in Israel and the USA). It's a great sin against God.

We *must* eat *matza* (unleavened bread) *every day of the Feast*. Leaven products are not to be *seen* in our dwelling because God has sent His Son to take all our sins and sin nature away, which leaven symbolizes. If we store them we're saying that God hasn't taken our sin away by the sacrifice of His Son Yeshua. This is the reason for making sure that we don't eat them or have them in our possession, and making sure that we do eat the Bread of Life, Yeshua, pictured in the *matza* (unleavened bread), every day of the Feast.

Matza is the bread of humility—the bread of affliction. When someone is afflicted he is 'brought low.' When God afflicts us it is because He loves us and wants to mold us and make us like His Son, who although being God the Son, was severely afflicted in our place. No greater love is there than that a man lay down his life for his friends. You are my friends, Yeshua said, *if you do what I command you* (Jn. 15:13-14), and the Passover celebration is an intricate part of walking in His ways.

God commands us to eat unleavened bread *every day* of the Feast of Unleavened Bread and that no leaven is to be eaten by us or even be in our homes:

Exodus 12:15: '*Seven days you must eat unleavened bread. On the first day you shall remove leaven from your houses. For whoever eats leavened bread from the first day until the seventh day, that person shall be cut off from Israel.*'

Exodus 12:17-18: '*So you must observe the Feast of Unleavened Bread, for on this same day I will have brought your armies out of the land of Egypt. Therefore, you must observe this day throughout your generations as an everlasting ordinance. In the first month, on the four-*

⁵ "On the first day there shall be a holy convocation and on the seventh day there shall be a holy convocation for you. No manner of work shall be done on them, *but that which everyone must eat—that only may be prepared by you*" (Exodus 12:16).

⁶ The reason why the weekly Sabbath's rule, of not preparing food on it, overrides the annual Sabbath's exception and ability to prepare food on it when the two coincide is because we normally prepare for the weekly Sabbath a day before. The annual Sabbaths, which can fall on any day of the week, would make it difficult for Israel, if say, one fell a day or two before or after the weekly Sabbaths. God, in His mercy and wisdom, allows for food preparation on the annual, but when it coincides with the weekly, there's no difficulty for us as we always prepare food for the weekly Sabbath a day before. Therefore, the weekly Sabbath overrules the annual Sabbath when they coincide.

teenth day of the month at evening, *you must eat unleavened bread, until the twenty-first day of the month at evening.*'

Exodus 13:6-7: '*Seven days you must eat unleavened bread and on the seventh day there shall be a feast to Yahveh. Matza must be eaten seven days and no leavened bread shall be seen among you, nor shall leaven be seen among you in all your quarters.*'⁷

Exodus 34:18: 'You must keep the Feast of Unleavened Bread. *Seven days you must eat unleavened bread*, as I commanded you, in the appointed time of the month of Aviv, for in the month of Aviv you came out from Egypt.'

Leviticus 23:6: 'And on the fifteenth day of the same month is the Feast of Unleavened Bread to the Lord. *Seven days you must eat unleavened bread.*'

Deuteronomy 16:3: 'You must eat no leavened bread with it. *Seven days you must eat unleavened bread with it*, that is, the *bread of affliction* (for you came out of the land of Egypt in haste), that you may remember all the days of your life the day in which you came out of the land of Egypt' (i.e. the day of your salvation).

May we come to know the One who gave so much for us, because when we do, following His commandments are not grievous, but filled with Joy, as the Apostle John says:

1st John 2:3: 'Now by this we know that we know Him, *if we keep His commandments.*'

1st John 5:2-3: 'By this we know that we love the Sons of God, when we love God *and keep His commandments. For this is the love of God, that we keep His commandments and His commandments are not burdensome.*'

One definition of humility is to observe His commandments in this world of darkness. This brings us face to face with how others, even other believers, perceive us (different!) and how we perceive ourselves (we're the only ones doing this!). Will we give way to the pressures of darkness or will we follow the One who was *very different* and was 'the only one doing it,' picking up our wooden pole of crucifixion and entering into His Kingdom of Life? Come, let us go outside the Camp, which speaks of humiliation,⁸ for He is there waiting for us. Hebrews 13:13 states: 'Therefore, let us go forth to Him, outside the camp, bearing His reproach!' In this we are truly like Fathers Abraham, Isaac and Jacob; David, the Prophets, and also, Yeshua and His Apostles.

May your Passover be filled with His Presence!

All our love!

Avram & Ruti Yehoshua

P.S. What about non-believers? Can they celebrate Passover with us? Absolutely not. It's not a Passover

⁷ In English the word leaven (or yeast) appears twice, but in Hebrew they are two different words meaning the same thing—no leavened products, especially bread. In Ex. 13:7 it's written: 'Unleavened bread must be eaten seven days and nothing with leaven (*hamaytz*—leavened products) shall be seen among you, nor shall leaven (*si'or*—yeast) be seen among you in all your quarters.'

⁸ To go 'outside the Camp' spoke of those who were banished from Israeli society because they were unclean (e.g. lepers, etc; Lev. 13:46; Num. 5:1-3; 31:19). The writer of Hebrews speaks of Yeshua being crucified *outside* Jerusalem to emphasize that Yeshua was totally humiliated (as one might expect a leper to feel), and so, we shouldn't be afraid of being humiliated, either.

demonstration, but a real, live Passover unto our God. We partake of Yeshua's flesh and blood, and so what non-believer would want to do that? Even if they wanted to, if they weren't a believer it would be sin for us to give it to them and sin for them to have it. It's only for His Body. It's holy food that *must not* be profaned and treated as 'common.'

Also, the spiritual condition of a non-believer is not conducive to our celebration of Passover. Passover is *not a time for teaching* non-believers, but for us to enter into fellowship with our God and each other through the body and blood of His Lamb.

What of *grown* children (13-20 years old and older) who haven't been Born Again? Children fall under the spiritual authority of their parents. It's up to the father⁹ to determine if they are to drink and eat of His blood and body, or even be at the Passover Table.

What of *young* children? Should they be forbidden to eat of His body and blood because they might not understand it properly?

Matthew 19:14: "But Yeshua said, '*Let the little children come to Me and do not forbid them* for of such is the Kingdom of Heaven.'"

Young children are sanctified by their believing parents (1st Cor. 7:14) and *should* be given the body and the blood of Yeshua because they are 'one' with their parents.

What of young adults who believe and want to celebrate Passover, but their parents don't? It would be good to celebrate it at another's home or congregation. If not, and it's alright with their parents, they can celebrate it by themselves in their room. Make sure that the room is leaven free and you'll be able to keep the Passover/Feast of Unleavened Bread as unto the Lord. We are called to do all that we can do.

⁹ The father is the God ordained authority in the family (Gen. 18:12; 1st Cor. 11:3, 8-9, 16).

RUTI'S BARLEY MATZA

Grind whole grain barley (not pearled barley) into fine flour, or buy barley flour at a health food store.

This is cooked one piece of *matza* at a time, hence, 'for 1 serving.' I sometimes 'double' the recipe and use two 'same size pans' and make it at the same time. Of course, if you have three pans you can do three pieces of *matza* at a time, etc.

When you finish making the *matza* in the pan, let the pan cool down before you put the next batter in. If you put the batter into a hot pan it'll begin to cook the batter before you have time to spread it out.

For 1 serving:

- One third cup of barley flour
- Two tablespoons of extra virgin olive oil
- Add water gradually and mix in until it looks like Gerber's Baby Cereal
- Herbamare vegetable salt (or regular salt)

Place the batter in a 21 centimeter (8 inch) heavy non-stick pan, with the bottom surface of it being about 15 centimeters (6 inches), or place on a griddle or other pan and just spread out. With a circular bottom you can fit the dough around the pan so it makes a round piece of *matza*. This is the shape it would have been in the days of Yeshua.

Spread it out evenly with a tablespoon. Sprinkle the top lightly with salt or herbal salt (Herbamare is the best and doesn't have any yeast in it).

Sesame seeds can be added, but not for the Passover *matza*. The sesame seeds give it an additional taste, but were most likely not used for the Passover meal. You can use it for the other days, though.

Now comes the tricky part. Everyone has different burners; gas or electric, and so:

Gas Stove

- On a gas stove use the smallest burner at the highest flame for five to six minutes. When the bread begins to bubble, poke some holes in the bread with a plastic utensil (like a spatula, so you don't ruin the pan). In the ancient days they would put holes in the *matza* so the dough wouldn't 'bubble up.'
- You'll want to cook it until it has light-brown spots; these are the bruises. Flip it and turn the heat down to low for about three minutes.
- Turn the heat up to a high flame for two minutes more.
- Place on a slatted bread board and eat when cooled off. Without the sesame seeds, this *matza* is like the *matza* that Yeshua and His Apostles ate for their Passover meal.

Electric stove

- On an electric stove that has 1-6 possible heating increments, start it on six until the burner is hot and let it start to cook, but just barely.
- Then make the piercings in it and turn it down to four for a few minutes; checking it every so often to see if it has brown spots on it (bruises) and when it does, flip it over.
- Then turn the heat down to three and leave it there for a minute and then turn it down to either two or one and let it cook the rest of the way.

You might want to experiment and make a few practice pieces before Passover so you'll get the hang of it.

RUTI'S HAZERET—MAROR (BITTER HERBS)

Horseradish is a root, kind of whitish-pale-light brown. Just call around until you find a supermarket that has 'horseradish root' in their vegetable section; many do.

Then find a place, maybe a health food store in their Middle Eastern section, that has a jar of unhulled *tehina* paste (sesame paste). It's like peanut butter, but smoother and made from sesame seeds.

- Take a quarter to a third of a cup of the *tehina* paste, put it in a semi-deep mixing bowl and add the juice of one lemon and stir. (If serving more than 4-6 people, use more *tehina*; a little goes a long way.)
- Mix it with a fork until it's mixed and then start adding water to it until you get a creamy consistency (not super thick, but a medium-thick paste). As you use it, you'll have to add more water anyway.
- Peel the horseradish root, the outer-light brownish part, using a paring knife. Then grate the horseradish root *CAREFULLY*. You must be very careful with it in terms of breathing in the freshly grated horseradish. It can cause choking and unconsciousness. It's powerful. Make sure the room is well ventilated.
- Add the grated horseradish (a lot of it) to the *tehina* and mix it in. Add to taste (until your eyes tear). Make it at least one day before Passover because it needs to meld with the *tehina*. It makes an excellent *maror*. Seal it and let it stay overnight in the refrigerator. It should be good for the entire Feast, if it lasts that long and you don't have to make some more.

You can add crushed garlic and/or finely chopped parsley or coriander if you like. You might want to try one plain batch first. This is Avram's favorite—Industrial Strength! :)

You can place some in extra virgin olive oil if you can't find *tehina*. The reason we place it in the *tehina* is because of oxidation, and also it dilutes it so one can eat it. In the *tehina* it can still draw tears to the eyes when placed on *matza*. It's also great with the lamb or salad.

RUTI'S HAROSET RECIPE

Haroset is a traditional Jewish dish for Passover. It's optional, but very tasty. You'll need:

- 8 small green apples
- 5 handfuls of finely crushed walnuts
- cut-up pieces of golden and/or black raisins (to taste)
- 5 tablespoons of date honey (or regular honey or sorghum molasses or pure maple syrup)
- cinnamon
- 1 small lemon (juice)
- light sprinkle of cloves
- golden raisins and/or a cup of dates
- 1/3 to 1/4 sweet red wine (grape juice optional, or you can make it without either one)

Grate the apples. Grind the walnuts relatively fine (or break them up with a hammer, using something over the hammer's head so as not to dirty the nuts with it). Mix with the apples and add the rest of the ingredients and mix. Place in refrigerator one day before Passover so it can meld together. It should serve about six to eight people and it'll look like the mortar our Fathers made in Egypt for Pharaoh and his building projects.

WHAT TO BUY FOR PASSOVER

Here's a general list of things you might want to consider having at your Passover Table, along with the necessary foods (items 1-3 in **bold**), and also, food for the early morning hours:

1. **Lamb**—If you're not roasting a whole lamb, you'll want about a third of a kilo (or about two-thirds of a pound) for each adult. By the time the bone and the fat are taken into consideration, and shrinkage when cooked, it won't be too much.
 - a. If you cook it over a spit or grill it, you don't have to be concerned about the fat or the blood as they will be consumed by the fire, but if you cook it in the oven you'll want to trim the fat off before and not put anything (e.g. potatoes) in with the lamb as it'll soak up the blood and some of the left-over fat.
 1. If you cook a leg of lamb or some ribs over a grill or on a spit, you'll want to take most of the fat off because it might catch on fire and burn the meat.
 - b. Put olive oil on the lamb after you've taken the fat off and it'll tenderize it, along with cooking it in olive oil (in the oven). Ruti uses extra virgin olive oil and puts garlic under and on top of it.
 - c. Also, realize that the Lord commanded Israel to burn all the left-over lamb by dawn (Ex. 12:10; Dt. 16:4). You may not be roasting a whole lamb, but we should follow all the commandments that we can follow, and so whatever is left of the lamb should either be burned or thrown out by dawn. God commands this because the lamb is a picture of the one-time sacrifice of Yeshua (Hebrews 7:27; 9:12; 10:10).
2. **Bitter Things**—*Maror* מָרוֹר¹⁰
 - a. *Hazeret* is the term used in Israel today for horseradish root. This is the traditional 'bitter' thing at Passover (*maror* being written on many Passover plates and found in Ex. 12:8) and it's wonderful with the meal. Be careful, though, if you buy this root fresh and grate it because it's potent. The fresh fumes will burn the lining of the lungs and irritate the eyes, so don't breathe it deeply when grating it. This only happens during the grating process, when the gases are released. Do it in a well ventilated room (open the windows; have a fan on, etc.).
 1. See Ruti's recipe above.
 2. Horseradish that is already prepared is alright, too, and can be bought in a grocery store. Try to get the beige colored one, and not the red one, as the red one generally won't bring tears to the eyes.
 - b. You could also use parsley for the 'bitter thing' and/or
 1. Watercress and/or
 2. Baby Greens and/or
 3. Coriander and/or
 4. Radish (you don't have to have all of these, but you do need to have at least one).
3. **Matza**—if you're making your own, make it fresh every day. You can grind a lot of grain the day before Passover and store it in the fridge, using it daily or buy flour. *Matza* is like Manna; it's only good

¹⁰ In the only two places where *bitter herbs* are mentioned in English (Ex. 12:8; Num. 9:11) the Hebrew word speaks only of 'bitter' (in the plural). 'Herbs' has been added to the translation, but the 'bitter thing/s' need not scripturally be an herb like parsley. It can be a vegetable like celery or lettuce, etc., or a root like horseradish.

for one day. Of course, making it on the 7th day Sabbath is prohibited (Ex. 16:4-5, 22-26), so, like Manna, you'll need to make a double portion on Friday. Ruti puts our Sabbath *matza* in our electric oven at 350° for 15-20 minutes to 'toast it' lightly, which freshens it up a bit, making it more cracker-like, but better than eating the day old *matza* without toasting it. (It should be an electric oven and not a gas oven because fire is prohibited on the 7th day Sabbath; Ex. 35:1-3).

- a. You can make it out of any grain (or flour) and more than one grain if you like:
 1. Barley grain/flour and/or
 2. Whole wheat grain/flour and/or
 3. Spelt grain/flour
 - a. No grain has any leaven in it, but if you buy it as flour in a store, there is some, like pancake flour, that may have leaven in it. Read the labels on everything you buy, including flour.
 - b. Or you can buy the already made *matza* in the box. Just make sure it doesn't have any leaven in it and don't confuse the *matza* with the picture of the *matza* on the box, even though the two might taste the same.
4. Wine—about half a bottle on average for each person. Manischewitz Concorde Grape is tasty. Some like Mogen David's Concorde Grape. Any sweet, red wine will do, but you can also have a dry or semi-dry red wine if you like.
 - a. Alfred Edersheim states that wines were always mixed with water, especially at Passover, but this was in the time of Yeshua. I'm fairly certain that King David did not have wine mixed with water in it (Isaiah 1:22).
 1. In Yeshua's day it was one part wine and two parts water (*Nidd.* 2.7), but at Passover it was one part wine to three parts water (*Pesach* 108b) because of the number of ceremonial glasses for the meal.¹¹
 - b. A full cup of wine symbolizes fullness of joy, but one doesn't have to drink all the wine that is in the cup every time a blessing is said. Passover is not a time to get rip-roaring drunk—it's a time to get drunk in the Lord!
 - c. *The New International Encyclopedia of Bible Words* states that *yayin*, Hebrew for wine in Scripture, is 'fermented wine, which in Bible times contained about seven to ten percent alcohol.'¹² Mixing it with water would lessen the alcoholic content by 75% for Passover (i.e. the biblical water wine mixture would contain about 2% alcohol).
5. Grape Juice—about half a bottle on average for each person.
6. Water/and or any other beverage for the meal that doesn't have malt/yeast in it (if one doesn't want to have only wine and/or grape juice).
7. Possible Vegetables:
 - a. Avocado
 - b. Bok Choy
 - c. Broccoli
 - d. Carrots

¹¹ Alfred Edersheim, *The Life and Times of Jesus The Messiah* (Peabody, MA: Hendrickson Publishers, 2000), p. 619.

¹² *New International Encyclopedia of Bible Words*, 'Wine' (Accordance electronic ed. Altamonte Springs: OakTree Software, 2006), n.p.

- e. Cauliflower
 - f. Cucumbers
 - g. Lettuce
 - h. Peas
 - i. Peppers: Red and/or Yellow
 - j. Etc.
8. Potatoes and/or
 - a. Beans and/or
 - b. Rice and/or
 - c. Sweet Potatoes,
 - d. and olives go very well with potatoes.
 9. Butter, which goes well with the potatoes and store-bought *matza*.
 10. *Humus*, which goes well with the potatoes, homemade *matza* and veggies.
 11. Olive oil (extra virgin) for dipping the homemade *matza* into, if one wants, or on salads or for on lamb, and potatoes (instead of butter), and for salad.
 12. *Tehina* (to put the freshly grated horseradish in).
 13. Lentil Soup (or any other soup; just make sure if you make it from a mix or packet that it doesn't have leaven in it), or make it fresh from whole lentils.
 14. Nuts
 - a. Almonds
 - b. Brazil Nuts
 - c. Cashews
 - d. Pistachios
 - e. Pecans
 - f. Walnuts
 - g. Etc.
 15. Dates—*Halawi* are the best! Taste like caramel.
 - a. Medjool are also very tasty.
 16. Apples
 17. Bananas
 18. Figs
 19. Raisins
 20. Etc.¹³

¹³ Revised on May 8, 2018.