

PASSOVER—HOW TO PREPARE

by Avram Yehoshua

[The Seed of Abraham](#)

Preparations for Passover are both physical and spiritual. Let the Holy Spirit lead you as you prepare to honor the Lamb of God for what He has done for you:

1. Physical—you'll want to do spring cleaning and make sure there aren't any crumbs of bread or pieces of candy or cereal containing leaven (yeast) behind the couch or in the bedrooms, etc. You'll also want 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 to a poor and needy person who isn't celebrating Passover (a day or two 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 your land. You might want to search out the leavened products at least two days before Passover and eat them all up, saving a tiny piece of leavened bread for each person for after the Passover meal, to be burned or flushed down the toilet at the appropriate time (after eating the Body and Blood).
 1. Any food with yeast *si'or*—שֵׂאֹר (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 cannot 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, pictured in yeast.¹ 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 affliction and humility, and He certainly was afflicted for us.
 3. Ancient man used the yeast in the air to make (sourdough) bread. That same yeast in the air begins to break down the human body when one is dead and 'feeds' upon a corpse, and so it's related to death, something that is the opposite of who God is (life) and what He has done for us.
 4. Yeshua was and is humble, not proud. We want to get rid of the symbols of pride (leavened food) because Yeshua is not like that and we don't want to eat those things or even see them in our homes during Passover Week. He came to make us like Himself, and so we eat *matza*, which is a perfect picture of the pride-less, humble Yeshua crucified.
 5. As you go through your cupboards and refrigerator looking for leaven products (e.g. some cereals and canned products), 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 with Him. That's why Papa God gave us Passover 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 One.² Reading the chapters and the articles on Passover, etc., will give you a greater appreciation of what our God has done for you, and also heighten your desire to celebrate Passover as unto Papa God and Messiah Yeshua. They both take Pass-

¹ Yeast or leaven isn't always seen as pride/sin in Scripture (cf. Mt. 13:33), but during Passover Week it is.

² Also, these articles will help you prepare for Passover: [Passover and Jesus](#), [Passover](#), [The Passover Ceremony](#), [Passover, Vinegar and Yeshua](#), [The Feast of Unleavened Bread](#) and [First Sheaf](#).

over and the Feast of Unleavened Bread seriously (Ex. 12:15, 19; Num. 9:13) because Papa God gave His Son to be crucified for us, and so we should hold Passover in the highest honor and 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 mayonnaise). Ruti's recipe for making real *matza*, the kind Yeshua would have eaten with His Apostles, is on page 7.

For seven days we **must** eat unleavened bread—*matza*.³ 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.⁴ 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 unleavened bread or 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! Only American Jews would make a *matza* with leaven in it!

Remember to buy enough *matza* for the entire week of Passover. Usually, one box 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 at our 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 100% wine for the first glass, and then 50-50 for the second glass or even 100% grape juice, and then 100% wine for the Third Cup, which pictures the blood of Yeshua and what the Apostles would have had that night. 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, with different wine/grape juice ratios, or have soda, etc., after the filling of the glass, until the next glass with wine and/or grape juice 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 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 "down to the last grape that goes into the bottle," for Passover by the Rabbis, but it's the same wine. You can also buy any red wine you like. I like Lambrusco.

Traditionally, the wine is sweet, *red* wine; *red* to picture the blood sacrifice of the lamb, the Rabbis say, and I think that's as it should be. 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 old as Manischewitz is, I don't think it's what the Apostles drank that night.

No food 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

³ Ex. 12:15, 18, 20; 13:6; 34:18.

⁴ 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 and Unleavened Bread should be simple: flour, salt and olive oil.

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:⁵

1. bread,
2. bullion for soups,
3. cake,
4. some cookies,
5. chili,
6. some canned soups,
7. some spice packets,
8. spaghetti (unless the package doesn't list any yeast or leavening agents), and some noodles and,
9. many cold cereals (read the ingredients), and
10. 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. Although Baking Powder and Baking Soda are leavening agents, it's not made of live yeast, but of chemicals, and so it's alright, as well as:

1. Brewer's Yeast, which 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 yeast leavening agent, but you shouldn't have any "bread like" or cake-like foods on the Passover table (like cake made with eggs). Why? Because it looks like it has leaven in it, and you don't want that for Passover because if it looks like cake or bread with yeast, and it tastes like bread or cake with yeast, the body doesn't register the difference and some people may think it actually is a bread or cake with yeast. The Apostle Paul tells us to,
 - a. "Abstain from all appearance of evil." (1st Thessalonians 5:22 KJV)
 - b. Cake or bread made with eggs would not have been on Messiah Yeshua's Passover Table.
5. Torula Yeast, also known as Yeast Extract, are 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. 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.

⁵ 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 symbolizes.

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 holy in spite of what the world is doing. You may prepare food on these annual Sabbaths, even when they coincide with the 7th day Sabbath.⁶

The commandment to not have or to eat anything with leaven has a complement to it that says *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 His body and blood every day unto Him, in a joyous time of taking His body and His blood. Every day for seven days, which is a unit of time (a week), we are eating holiness, purity and sinlessness to ourselves in the One who is Holy, Pure and Sinlessness, which speaks of us becoming like Him, for the week of Unleavened Bread and also, another unit of time—the year ahead, until the next Passover.

We must not do as the Pharisaic 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 products or store them 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 affront to God, but what can they do who don't Him? To them it's just a strange rule. Covering the items with a sheet is done in supermarkets in Israel and the USA. God sees it as sin.

Leaven products are not to be *seen* in our dwellings because God has sent His Son to take all our sins and our sin nature away, which leaven pictures. 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. Papa God is making us holy, like His Son.

Matza is the bread of freedom, humility, affliction and Yeshua. 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)

The Passover celebration is an intricate part of walking in His ways—Him who is Freedom:

Exodus 12:15: '*Seven days you must eat unleavened bread*. On the first day you shall remove leaven from your homes. 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 because 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 fourteenth 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

⁶ "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).

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. remember every day the day of your salvation, which means remembering both the day of Messiah’s crucifixion and your personal day of coming to Him).

Following God’s commandments are not grievous, but filled with Blessing and Joy. The Apostle John says:

‘Now by this we know that we know Him, *if we keep His commandments*.’ (1 Jn. 2:3, cf. v.6)

‘By this we know that we love the Son 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*.’ (1st John 5:2-3)

One definition of humility is to observe His commandments in this world of darkness. This brings us face to face with how others, even and especially other believers, perceive us (different and heretical) 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 is Light and was *very different, and seen as heretical in the eyes of the Pharisees and Sadducees*, and was ‘the only one doing it,’ picking up our wooden crucifixion pole and continue to walk in His Kingdom of Life? Come, let us go outside the Camp, which speaks of humiliation,⁸ for He is there waiting for us. Heb. 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; King David, the Prophets, and also, Yeshua and His Apostles.

May your Passover be Filled with His Presence!

All our love!

Avram and Ruti Yehoshua

P.S. What about non-believers? Can they celebrate Passover with us? Absolutely not!

1. It’s not a Passover *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 didn’t want to do it there is no place at the Passover Table for those not wanting or willing to take of His Body and Blood. 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.

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.

They would be taking both condemnation and death unto themselves and we would be responsible for it. His Body and Blood are only for His Body. It's holy Food that *must not* be profaned, defiled and treated as 'common.'

2. 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 Papa God and each other through the Body and Blood of His Lamb.
3. 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 to be at the Passover Table.
4. What of *young* children? Should they be forbidden to eat of His body and blood because they might not understand it properly? "But Yeshua said, '*Let the little children come to Me and do not forbid them* for of such is the Kingdom of Heaven'" (Matthew 19:14). 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.
5. 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 and the Feast of Unleavened Bread as unto the Lord. We are called to do all that we can do (cf. 2nd Chron. 30:18-20).

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 (organic) barley (not pearled barley) into fine flour, or buy barley flour at a health food store. (If you can't find barley, wheat or wheat/spelt will do.) 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 cut up in small pieces
- 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 to small pieces (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 and drink (points 1-4), and also, food and drink for the early morning hours:

1. **Lamb**—If you're not roasting a whole lamb, you'll want about a third to a half of a kilo (or about two-thirds of a pound to 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 most of 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 in the dumpster 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).
 - d. If you can't find lamb then get chicken or beef. It's not what God commands, but it's the best you can do and ask Him to forgive you, and that next year you'd like to have lamb.
2. **Bitter Things**—*Maror* מָרֹר¹⁰
 - 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 on p. 8.
 2. Horseradish that is already prepared is alright, too, and can be bought in a grocery store. Try to get the brand we use. It's found in the refrigerated section of Walmart called, Silver Spring Prepared Horseradish, Course Cut (8 oz). If you can't get that then open and eat some of the one that you do get before and see if it's strong. Many are not.
 - b. You could also use parsley for the 'bitter thing' or,
 1. Watercress,
 2. Baby Greens,
 3. Coriander or
 4. Radish (you don't have to have all of these, but you do need to have at least one).

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.

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 for one day. Of course, making it on the 7th day Sabbath is prohibited (Ex. 16:4-5, 22-26), unless it’s also the 7th day of the Feast, an annual Sabbath, and so like Manna you’ll need to make a double portion on Friday. Ruti puts our already made 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. (You can also put it into a gas oven.)
 - a. You can make matza 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 may be leaven in it, as pancake flour has leaven. 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. I know that’s ridiculous, as the definition of matza means there is no leaven in it, but “American Matza” by Manischewitz has leaven in it! Only in America!
4. **Wine**—about half a bottle on average for each person and the three glasses. Manischewitz Concorde Grape is tasty and very sweet. Some like Mogen David’s Concorde Grape, which is also sweet. Any red wine will do, though; sweet or dry.
 - a. Alfred Edersheim states that wines in Yeshua’s day 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
 2. I might mix my first and/or second glass of wine with grape juice, and even put in some Ginger Ale to make them spritzers, but the Third Glass should only be wine because it symbolizes His sacrificial Blood.
 - 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. It’ll still be there after the Meal is finished, and you can come back to it during the long night.
 - 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 3-4% alcohol), but this would happen in Joshua’s day.
5. Grape Juice—about half a bottle on average for each person, and soda if you like, except Root Beer, which has malt/leaven. Kedem Organic is the best.
6. Water
7. Possible Vegetables, perhaps made into a salad:
 - a. Avocado, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Cucumbers, Jalapeños, Lettuce,

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.

Peas, Peppers: Red and/or Yellow, etc.

8. Potatoes and/or,
 - a. Beans and/or,
 - b. Rice and/or,
 - c. Sweet Potatoes,
 - d. and olives go very well with potatoes and salad.
9. Butter, which goes well with the potatoes and store-bought *matza*.
10. *Humus*, which goes well with the potatoes, homemade *matza* and veggies. Cedar Organic is the best in the States.
11. Olive oil (organic extra virgin is the best) for dipping the homemade *matza* into or on salads or for with the lamb and potatoes/rice (instead of butter).
12. *Tehina* (to put the *freshly grated* horseradish in; not the store bought horseradish).
13. One of the best store-bought horseradish is Silver Spring (Course Cut) Prepared Horseradish (8 oz.). It can be bought in the refrigerated section of Walmart.
14. 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.
15. Nuts
 - a. Almonds
 - b. Brazil Nuts
 - c. Cashews
 - d. Pecans
 - e. Pine Nuts
 - f. Pistachios
 - g. Walnuts, etc.
16. Dates—*Halawi* are the best. They taste like caramel.
 - a. Medjool are also very tasty if they are fresh and not shriveled up, which means they're old and dried out.
17. Apples
18. Bananas
19. Figs
20. Raisins, etc.¹³

¹³ Revised on Saturday, April 20, 2024.