



The Canookbook

Kosher Canuck Cookbook



The Editor's Foreword



Though it isn't Yom Kippur, I have a confession to make: I'm a Canadian content (Can-Con for short) nerd! In university, I majored in Diaspora and Transnational Studies and minored in Canadian Studies (yes, it's such a thing!). My love for Canada can be found in all the corners of my life from the CN Tower menorah on my mantel, to my work as a Federal Public Servant, or my chuppah overlooking our national Parliament buildings. Being a proud Canadian Jew, I have been inspired by great Jewish Canadian history and I have also reflected on the ways Jewish life in Canada can sometimes be overlooked, especially when compared to our neighbours in the south. Inspired by the iconic B'Nai Brith Canada [Second Helpings, Please!](#) cookbook and an increasing need to be more engaged with our local community and economy, I wanted to challenge myself and our congregation on how we can celebrate Passover in a Canadian way.

Passover time can evoke many different feelings and memories. Like many Jewish holidays, Pesach revolves around food - for a whole 8 days in the Diaspora nonetheless! For some, the task of keeping Kosher for Passover can seem daunting. And shopping Canadian even more challenging. This cookbook's publication is evergreen, evolving with what is accessible at this given time. Thanks to your wonderful contributions, we can forge a Passover seder that is reflective of our community in Canada and supportive of local producers and businesses.

I've recently become a mother and will be hosting seders in my own house for the first time this year. I'm thinking a lot about the traditions and values I want to pass onto my son and the lessons he is already teaching me; in particular the values of slowing down and embracing change. I invite you to also slow down, experiment, embrace your family traditions and maybe even start a new one this Passover.

This edition of the Canookbook is inaugural, in hope that we can build on this great list of recipes and resources in years to come. KBI prides itself as a preeminent synagogue in our Nation's Capital; I believe this digital book can be a part of the amazing Jewish Canadian legacy KBI is building everyday with you, cherished community.

A hearty chag sameach to you and your loved ones, Myra Wein

In dedication to my sweet Zalman Pilpel.

Canadian Kosher for Passover Shopping Guide

Some products, if purchased before Pesach, do not require a special Kosher for Passover (KLP) label. Instead, you can purchase the regular kosher versions of products and use them during Passover! Doing this gives you more Canadian-made or Canadian-packaged items! This Includes:

- all pure fruit juices
- filleted fish
- plain cheeses (without added flavour morsels)
- frozen fruit (no additives)
- salt
- plain butter, either salted or unsalted
- pure white sugar (no additives)
- unrefined/raw brown sugar
- date sugar
- quinoa (with nothing mixed in)
- white milk
- frozen vegetables (needs to be checked for possible hametz before cooking)
- Some products sold by Equal Exchange Fair Trade Chocolate
- Plain, non-flavoured almond or cashew milk
- canned tuna with just tuna, water or oil, salt, and pyrophosphates.
- 100% maple syrup
- 100% agave
- ground salt and peppers
- pure honey
- dried fruit, prunes only without potassium sorbate

Another way to potentially find acceptable foods without a specific KLP designation during pre-Passover shopping is to prefer certified Gluten Free (and oat free) products.

For more information, see the [Rabbinical Assembly's Pesach Guide 2025](#).

Wine and Spirits

- [King's Lock Exodus Kosher for Passover Rum](#)
- [Tzafona Wine](#)
- [Todah Wine](#)

Sweets

- [Camino Chocolate Chips](#)
- [Organic Traditions Unsweetened Shredded Coconut](#)
- [Prana Unsweetened Shredded Coconut](#)

Olive Oil

- [Aurelius](#)

*You can click on any link in this PDF to access the referenced content.



Charoset Template

Contributor: Myra Wein and Micah Sienna
Original Tradition: The Sienna Family

Ingredients:

Any Nut/Seed

(Canadian, try pumpkin or sunflower seeds)

Any Fruit

(Canadian, try fresh greenhouse strawberries or dried cranberries)

Any Sweetener

(Canadian, maple syrup! Or a Kosher for Passover Niagara wine)

Any Spice

(Canadian, ginger powder or caraway)

The original Saadia Gaon (Rabbi) recipe for charoset dating back to the 10th century consisted of just date syrup and tahini!

Directions:

An essential part of the seder plate is charoset.

Try your hand at experimenting beyond the traditional Ashkenazi recipe of apples, walnuts, Manischewitz wine and cinnamon.

You only need 4 core ingredients and some creativity. Research a country or region's top nut/seed, fruit, sweetener and spice and give it a mix!



Marsha's Dip

Contributor: Micah Sienna
Original Recipe: Marsha Goldstein



Ingredients:

½ cup mayonnaise
½ cup sour cream
1 can of water chestnuts, finely chopped
1 packet of onion soup mix

Directions:

Mix together with love. Serve with cucumber or matzah crackers

Vegetarian Chopped Liver

Contributor: Micah Sienna
Original Recipe: Bon Appetit

Ingredients:

1 cup cashews soaked in water for at least 1 hour
3 hard boiled eggs
1 white onion
1 package of white mushrooms
1 clove of garlic

Directions:

In a pan, fry mushrooms, onion, and garlic. Add mixture into a food processor with the hard boiled eggs and cashews, blend until smooth (some lumps ok)

Add salt, pepper, and paprika to taste.

Serve with vegetables like carrots, cucumber, and bell peppers.



Eggplant Rollatini

Contributor: Micah Sienna
Original Recipe: Jews of Italy

Ingredients:

2-4 eggplants
1 can of pureed or crushed tomatoes
1 onion
Clove of garlic
Bunch of basil
Oregano (to taste)
Salt (to taste)
Pepper (to taste)
1 tub of ricotta
1 egg
Tomato paste (optional)
Kosher for Passover White Wine
Mozzarella or Parmesan Cheese (optional)

Directions:

Cut eggplant into thin, long strips (lengthwise). Salt and pat eggplant strips to remove excess moisture. Fry strips of eggplant in olive oil until lightly golden and soft. Let strips cool.

In a small sauce pot, fry onion and garlic in olive oil. Add tomato paste and white wine. Add pureed/crushed tomatoes. Add salt, pepper, basil, and oregano. Let simmer for 30 minutes.

In a separate bowl, mix ricotta until fluffy. Beat in one egg. Add one spoonful of ricotta mixture onto one end of the fried eggplant strip and roll into pinwheel shape.

Add pinwheels to a baking dish with tomato sauce layered on the bottom of the dish and on top of the eggplant ricotta pinwheels. Grate mozzarella and/or parmesan cheese on top.

Bake for 30 minutes at 375 F.



Sponge Cake

Contributor: Myra Wein
Original Recipe: Sylvia Wein

Ingredients:

8 eggs, separated
¼ cup hot water
1 ¼ cups sugar
Juice and rind of ½ lemon and ½
orange
½ cup of cake meal
½ cup potato starch

Directions:

Separate egg whites from yolks. Beat egg whites stiff with a pinch of salt and place in the fridge.

Preheat oven to 325 F.

Beat egg yolks and add sugar and a bit of water until golden yellow. Add juice and rind, beat. Add cake meal and potato starch, mix well. Add yolk mixture to egg whites and fold in.

Pour into a cake bundt pan sprinkled with cake meal. Bake for 1 hour.



Glazed Chocolate Cake

Contributor: Sylvia Wein
Original Recipe: A Taste of Pesach

Ingredients:

Cake Ingredients:

5 eggs
1 ½ cups sugar
1 cup oil
2 tsp vanilla extract
½ cup cocoa
Pinch of instant coffee
¾ cup potato starch
1 tsp baking soda
1 tsp vinegar

Glaze Ingredients:

1 cup confectioner's sugar
3 tbsp hot water
3 tbsp cocoa
3 tsp oil

Directions:

Preheat oven to 350 F. Lightly grease a 9x13 inch pan.

Using an electric mixer, cream eggs, sugar, oil and vanilla extract in a large mixing bowl until light in colour, thickened and creamy. Add cocoa, coffee and potato starch.

In a bowl, combine baking soda and vinegar. Add to batter. Mix well. Pour batter into prepared pan.

Bake for 1 hour. Allow to cool completely before glazing.

When cake is completely cooled, in a large bowl, combine glaze ingredients, stir until thick enough to pour. Pour over cake to cover.





Chicken Marbella



Contributor: Helen Zipes
Original Recipe: The Silver Palate Cookbook

Ingredients:

½ cup olive oil
½ cup red wine vinegar
1 cup pitted prunes
½ cup pitted Spanish green olives (or with pimientos)
½ cup capers with a bit of juice
6 bay leaves
1 head of garlic (peeled and finely pureed)
¼ cup dried oregano
Kosher salt and freshly ground black pepper (to taste)
4 chickens (2 1/2 pounds each; quartered)
1 cup brown sugar
1 cup dry white wine
½ cup fresh Italian flat-leaf parsley (or fresh cilantro; finely chopped)

Can be assembled ahead of time, frozen and then defrosted and roasted the day of!

Directions:

Combine the olive oil, vinegar, prunes, olives, capers and juice, bay leaves, garlic, oregano, and salt and pepper in a large bowl. Add the chicken and stir to coat. Cover the bowl and refrigerate overnight.

Preheat the oven to 350 F. Arrange the chicken in a single layer in one or two large, shallow baking pans and spoon the marinade over it evenly. Sprinkle the chicken pieces with the brown sugar and pour the white wine around them.

Bake, basting frequently with the pan juices, until the thigh pieces yield clear yellow (rather than pink) juice when pricked with a fork, 50 minutes to 1 hour.

With a slotted spoon, transfer the chicken, prunes, olives, and capers to a serving platter. Moisten with a few spoonfuls of the pan juices and sprinkle generously with the parsley or cilantro. Pass the remaining pan juices in a sauceboat



Apple Pudding

Contributor: Carol Pascoe
Original Recipe: Second Helpings, Please!

Ingredients:

8-10 matzas (soak, drain, crumble)
About four cups total pitted prunes and
apricots (let sit in warm water for a
couple of hours, drain, chop)
1 or 2 apples, peeled and chopped
1 cup sugar
4 tbsp oil
6 beaten eggs
1 tsp cinnamon

Directions:

Mix crumbled matza with:

1 cup sugar, 4 tbsp oil, 6 beaten eggs and 1 tsp
cinnamon

Stir in fruit.

Place mixture in a large greased casserole, 350
degrees for 45 minutes to one hour, till light
brown on top.



Roasted Veggie & Chickpea Bowls

with Maple Dijon Tahini Dressing

Contributor: Rabbi Erin Polansky

Original Recipe: Jamie Oliver

Ingredients:

1 cup chickpeas, drained and rinsed
1 zucchini, sliced
1 bell pepper, chopped
1 sweet potato, cubed
1 tbsp olive oil
Salt and pepper to taste
2 cups cooked quinoa or rice
Fresh parsley (optional, for garnish)

For the Maple Dijon Tahini Dressing:

2 tbsp tahini
1 tbsp Dijon mustard
1 tbsp maple syrup
1 tbsp lemon juice
2 tbsp water (to thin)
Salt and pepper to taste

Directions:

Preheat oven to 400°F (200°C). On a baking sheet, toss the chickpeas, zucchini, bell pepper, and sweet potato with olive oil, salt, and pepper. Roast for 20-25 minutes, stirring halfway through, until veggies are tender and lightly browned. While the veggies roast, whisk together tahini, Dijon mustard, maple syrup, lemon juice, and water in a small bowl. Season with salt and pepper to taste.

To assemble, divide the cooked quinoa or rice into bowls. Top with roasted veggies and chickpeas. Drizzle with the Maple Dijon Tahini Dressing and garnish with fresh parsley if desired.

Note: mustard and chickpeas are considered kitniyot thus this recipe is only for those who eat legumes on Pesach, though mustard is not strictly speaking a legume. In 2015, Conservative Rabbis [have ruled that kitniyos קטניות are indeed KLP](https://www.rabbinicalassembly.org/sites/default/files/public/halakhah/teshuvot/2011-2020/Levin-Reisner-Kitniyot.pdf) See here:<https://www.rabbinicalassembly.org/sites/default/files/public/halakhah/teshuvot/2011-2020/Levin-Reisner-Kitniyot.pdf>



Healthy Avocado & Egg

Contributor: Rabbi Erin Polansky
Original Recipe: Food Lovers

Ingredients:

2 ripe avocados
2 large eggs
1/2 cup almond flour (or coconut flour for a richer flavour)
1/4 cup shredded cheese (cheddar, mozzarella, or parmesan)
1/4 cup spinach or finely chopped kale (optional)

Directions:

Start by mashing the avocados in a bowl until smooth. This will give you that creamy base you want.

In a separate bowl, whisk the eggs until well beaten. Combine the eggs with the mashed avocado and mix thoroughly. Stir in almond flour (or coconut flour if you prefer), shredded cheese, and the spinach/kale if you're adding them.

Heat a non-stick pan over medium heat and lightly grease it (with a bit of olive oil or butter).

Pour the mixture into the pan and cook for about 2-3 minutes on each side until golden and set.

