

Your cut out and keep guide

STEP BY STEP GUIDE TO

Get ready for Easter with a difference

Increasing numbers of churches are marking the Last Supper with a Passover meal. Here distinguished chef COLIN NEVIN shows us how in this guide specially written for HEART readers. So gather your friends or church to celebrate the Last Supper the way that Jesus did



Colin Nevin, Chef, preparing Koshers at the Tel-Aviv Hilton

Colin Nevin was a chef for ten years in Israel and worked in the King Solomon Fine Dining Restaurant in the prestigious Hilton Tel Aviv where he fed many distinguished guests including the Prime Minister of Israel, Binyamin Netanyahu, and the then Prime Minister of Britain, Tony Blair, during a round of peace talks in the Presidential Suite of the hotel.

Colin learned about the biblical feasts which Jesus would have celebrated, the chief being Passover, or Pesach in Hebrew, and here he demonstrates for us how to prepare a Passover or 'Seder' plate and explains its symbolism which is directly related to the Passion of our Lord. This can be served as a symbol at church groups or at home with family and friends.

The purpose of this article is to show the reader how to assemble a Passover plate in order to sample a real Passover-style meal, just as Jesus would have done with his disciples.



View of Hilton Tel-Aviv from outside with the Hilton logo in Hebrew



View of the King Solomon Fine Dining Restaurant, Hilton Tel-Aviv

Did you know?.....

Many people are familiar with the story of the Last Supper, but often overlook the fact that this special meal was the annual Jewish Passover, which recalls the Exodus of the Israelites from Egypt.

The symbolism employed in this festive meal uniquely matches the suffering and death of Jesus, as God required a sacrificial lamb in order to redeem his people. The blood of the lamb daubed on the door posts of the people's houses caused the Angel of Death to 'pass over' them, thus the Paschal blood gave divine protection.

The Passover meal is called a 'Seder' meal. The word 'Seder' simply means 'order,' denoting a set meal with a certain order attached to it.

The story of the Exodus is read out along with prayers and blessings from a book which is called the 'Haggadah,' meaning 'to tell' (the story of the Passover). The Haggadah is read in a certain 'order' throughout the meal.

There is a Passover plate which is placed in the centre of the table and which is also known as the 'Seder plate.' It features six edible components which illustrate various aspects of the Passover story.

Also served is sweet red wine and unleavened bread with which Jesus instructed his followers to remember his death.

Suitable drinks

Some Christians prefer to serve grape juice, non-alcoholic wine, or even blackcurrant cordial in place of wine; however, the Passover Seder has four full glasses of sweet red wine, similar to that served every Friday night during the sabbath meal on 'Shabbat'.

The four cups have significance and are called: 1) The Cup of Sanctification, 2) The Cup of Judgement, 3) The Cup of Redemption and 4) The Cup of Praise or Restoration.

It was the third cup that Jesus, or as he was called by his disciples in Hebrew, Yeshua, offered up leaving instructions "as often as you do this" to remember his atoning and redemptive death.

How 'often' is Passover celebrated or 'done'? Obviously once a year, as unleavened bread is only available during the Passover festival week in the spring.

There is some opinion as to how much of the present-day Seder plate was in use at the time of Jesus, and just how much of it may have been adapted in the centuries since, however, the symbols are not some extra-biblical adaptation, but simply help to retell the Passover story. We have some clues in the Gospels that at least some of the elements were present, for instance during the Last Supper we read of Jesus "when he had dipped the sop." (John 13:26 KJV)

This 'dip' is likely to be the 'charoset' or fruit and nut paste that exists still today. It represented the mortar between the bricks that the Israelites had to make under Egyptian slavery. Knowing the Jewish people's record for keeping dates, feasts and festivals most meticulously, it is not impossible to assume that most, if not all, of the present-day elements on the Seder plate could well have been used in first century Judea.



Chefs' line-up at the opening of the new Jerusalem Hilton, Colin front right with white clogs

Recipe
charoset

2 sweet apples, peeled and cut into pieces.
200g dates, pitted
100g raisins
juice and grated zest of one orange
200ml sweet Passover wine or grape juice
2-4 tablespoons sugar, to taste
50g walnuts

Method:

Put all ingredients except the walnuts and sugar into a saucepan and cook on low heat until mixture is soft and liquid begins to reduce. Stir in sugar to taste. The amount will depend on the sweetness of the other ingredients. Blend to a paste in a food processor along with the walnuts. Pour into bowl and place along with other items on the Passover Plate.

CHAG SAMEACH! (Happy holiday!)

With the rich significance of Passover, surely it behoves us as Christians to not only understand more about the Last Supper that Yeshua shared before he was crucified, but also to participate by preparing and sharing in the rich symbolism and elements that make up the Seder meal.

"For as often as you eat this (Passover) bread and drink this (Passover) cup, you proclaim the Lord's death till he comes." (I Corinthians 11:26.) Yeshua never commanded us to remember his birth, or even his resurrection, but he did ask us to remember his death, which falls on the first day of Passover each year.

Perhaps we should heed his words and put his instructions into practice, "for Christ is our Passover... therefore let us keep the Feast." (I Corinthians 5:7-8.)

Interesting facts
about Passover:

No cakes or pastries or any food items with yeast or raising agents are consumed or prepared during this period. Houses are meticulously cleaned to make sure there is no contaminating leaven or 'hametz' in the home, which is the origin of the term "spring clean."

Interestingly, the word 'hametz,' which denotes anything contaminated or not permitted during Passover, is related to the word for vinegar, which is 'hometz.' When Jesus was on the Cross they tried to give him hometz, or vinegar, but he refused to take it.

Jesus shared the unleavened bread and wine with his disciples which was full of significance for his upcoming passion. Unleavened bread, or 'matza,' is brittle - similar to a cream cracker or a water biscuit, as when it is baked in the oven without any yeast there is no sponginess or softness. It is also pierced with holes to prevent it from bubbling up in the heat of the oven. The intense heat gives it blackish stripes in places.

Therefore it is pierced and striped just as in the Messianic scriptures attesting to the suffering of the Messiah.

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A PASSOVER SUPPER



A silver-plated Passover plate available online from Greetings from Jerusalem, a Messianic store. Run by Barry and Batya Segal, similar items can also be purchased at their monthly worship and teaching meeting held at Citycoast Church, North Street, Portslade: the next are 25 February and 31 March.



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The seder plate ('Salachat Pesach') consists of:

1. **BEITZAH** - Egg, roasted in oven or hard boiled
2. **KARPAS** - Fresh greens, such as parsley, celery or heart of lettuce
3. **CHAROSET** - Sweet fruit and nut paste
4. **HAZERET** - Horseradish
5. **ZERUAH** - Shank bone
6. **MAROR** - Bitter herbs, such as chicory, cress, oregano or thyme

Significance of the elements:

1. **EGG** - the 'korban chaggigah' or burnt festival sacrifice as would have been offered in the Temple in Jerusalem.
2. **FRESH GREENS** - represents new growth or life and is dipped in salted water to symbolise the tears of the enslaved Israelites.
3. **FRUIT/NUT PASTE** - recreates a mixture to symbolise the mortar with which the Israelites made bricks under the Egyptians.
4. **HORSERADISH** - First kind of bitter plant served as a reminder of the bitterness of slavery.
5. **SHANK BONE** - either a lamb or chicken shank to represent the Paschal lamb or 'Korban Pesach.'
6. **BITTER HERBS** - second kind of bitter plant again reminding of the bitterness of slavery until God redeemed them.



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How to prepare your own Seder plate:

STEP 1: If you do not have an ornamental Passover plate made for the purpose, any large plate or small tray will do depending on the number of guests. If it is a large banquet simply provide more Seder plates for each table or each section of table. You will need six small to medium sized bowls for the food items and an extra one for salted water used for dipping. Simply arrange the bowls symmetrically on the plate or tray once they are filled with the various ingredients and your Passover Plate is ready!

STEP 2: Make a list of all the ingredients needed: egg/s, horseradish, fresh greens of choice (see above), ingredients for fruit/nut paste ie apples, raisins/sultanas, dates, sugar, walnuts, cinnamon/

nutmeg, orange - sweet red wine and Matza or unleavened bread, shank bone from either leg of lamb or from whatever meat is being served, ie chicken or turkey and bitter herbs (choice from above), salt and water.

STEP 3: The Charoset is the only real 'recipe' on the Seder plate so assembling a symbolic plate is really quite simple. Like stuffing for turkey, charoset will vary from country to country and from family to family, so you may experiment and vary the spices and flavourings to suit your own tastes. It is basically a paste made from dried fruit and apple, virtually a puree. (See recipe on opposite page.) Place into bowl to cool.

STEP 4: Wash fresh greens and set aside to drain. Cut into rough lengths or large pieces and place into bowl for this purpose. On festive Passover plates the bowls will have the names of the six ingredients on them. These are dipped into salted water to represent tears.

STEP 5: Grate some fresh horseradish root, or buy a jar of horseradish sauce and place into bowl. In Israel there are white and red varieties of this. Be warned, this has a hot taste!

STEP 6: Select medium sized egg/s and either boil for ten minutes until hard or roast in oven in shell alongside the meat. Peel and serve in allotted bowl. For a brown effect put one or two teabags in the boiling water and where cracks appear in the shell brown streaks will show on the egg, giving it a 'roasted' effect, although boiled. Peel egg/s and place in bowl. Prepare also bowl of salted water for dipping.

STEP 7: Remove shank bone from the leg of the meat being served and scrape of excess meat, fat or gristle. Place bone into bowl and on to Passover plate.

STEP 8: Select and wash choice of bitter herbs. Allow to dry. Place in remaining bowl and arrange all six in a circle on the plate/tray.

Your Passover plate is ready! Serve in centre of table along with ceremonial goblet for red wine and another plate for the unleavened bread. Four cups of wine are drunk throughout the ceremony and the Matza or unleavened bread is served as three pieces together wrapped in a napkin, or special pocket, and the centre one is broken during the recitations. This is the 'Afikomen.'

Many Messianic Jews liken the three pieces of matza to the Father, Son and Holy Spirit - the broken one being the broken body of Jesus.

THE MAIN COURSE

The main meal itself is any regular roast dinner, obviously excepting pork and a dessert without yeast such as pavlova or meringue is ideal. Share the elements of food with your family or friends just before the main meal. If you cannot get a Haggadah, which are usually in Hebrew anyhow, a reading from the Bible of the Passover story would suffice along with a grace and a reading of the Last Supper.

B'TEAVON! (Good Appetite!)



Example of main course from the King Solomon Kosher Restaurant, Hilton Tel-Aviv