

Passover Meal

Unlike the rest of the Seder, the Passover meal does not follow a specified structure, nor does it include mandatory items. It is meant to carry a light, joyous, and festive atmosphere. Songs may be sung, lively conversation is a given, and wine may be drunk. Of course any wine drunk at this time does not count toward the four cups that are required as part of the Seder. It is during the meal that different cultures show their uniqueness most.

For Sephardi and North African Jews, the traditional main dish has continued to be lamb, although chicken and turkey are also common. Ashkenazi Jews typically eat kneidlach, dumplings made of matzah meal. A typical Eastern European meal might consist of gefilte fish (the dish that really sets apart the Jews from the Gentiles!), matzah ball soup (everyone's favorite), some kind of meat as a main course, honey cake or sponge cake with tea for dessert, and after meal snacks including unshelled walnuts, fruit, macaroons, candies, and Passover honey dips called teiglach.¹

¹ Levin, Meyer. *An Israel Haggadah for Passover* (New York: Harry N. Abrams, Inc., no date) 30