

Passover Under Pressure

The Shabbos Under Pressure Passover Guide

The following recipes can be made for Passover with possible substitutions listed below. If no substitutions are listed, then please use Kosher for Passover (KLP) versions of the products listed in the recipes.

Appetizers

- 1) Gefilte Fish Loaves
- 2) Tangy Gefilte Fish Loaves
 - a) Use KLP cocktail sauce or KLP pasta sauce
- 3) Honey Lemon Teriyaki Salmon with Bok Choy
 - a) Substitute olive oil for the toasted sesame oil
 - b) Use KLP imitation teriyaki sauce and soy sauce
- 4) The Best Stuffed Cabbage Ever
 - a) Substitute cauliflower rice for the long grain white rice, add one large egg
- 5) Stick to Your Riblets
 - a) Use KLP barbecue sauce
 - b) Use KLP beef stock. Can substitute KLP chicken stock.
- 6) Super Fluffy Meatballs
 - a) Use almond milk
 - b) Use KLP panko crumbs
 - c) Use KLP marinara sauce
 - d) Use KLP pasta or leave out of recipe
- 7) Super Simple Wings
- 8) Sweet and Sour Chicken Wings

Soup

- 1) Chicken Leek Soup
- 2) Stuffed Cabbage Beef Soup
 - a) Omit the egg noodles or use a KLP variety
- 3) Traditional Chicken Soup
- 4) Vegetable Vegetable Soup
- 5) Dried Fruit Soup

Chicken

- 1) Brown Sugar Chicken
 - a) Substitute olive oil for canola oil
 - b) Use potato starch to finish the sauce
- 2) Cajun Fried Chicken
 - a) Use KLP panko crumbs
 - b) Use 4 large room temperature eggs
 - c) Use KLP avocado oil or olive oil for frying
- 3) Crispy Panko Fried Chicken

- a) Use 4 large room temperature eggs
- b) Substitute olive oil for canola oil
- c) Use potato starch instead of corn starch
- d) Use KLP avocado oil or olive oil for frying
- 4) Chicken with ~~Rice~~ and Yukon Gold Potatoes
 - a) Use ½ cup chicken stock instead of 2 cups
 - b) Omit the water
 - c) Omit the rice
- 5) Mom's Chicken Cacciatore
 - a) Substitute 2 cups potato starch for the 2 cups flour
- 6) Stress Relieving Chicken Roulade
 - a) Filling Option #1
 - i) Substitute olive oil for canola oil
 - ii) Use KLP panko crumbs
 - b) Filling Option #2
 - i) Substitute olive oil for canola oil
 - ii) Use KLP panko crumbs
 - iii) You can substitute cauliflower rice for the cooked brown rice or omit the brown rice completely. If omitting the rice use a thinner layer of filling.
 - c) For the sauce
 - i) Use imitation KLP mustard
 - ii) Use KLP imitation soy sauce
- 7) Succulent Turkey Breast Roast
 - a) Substitute olive oil for canola oil
 - b) If you can't find KLP marjoram omit from the recipe
 - c) If you can't find KLP white pepper substitute freshly ground black pepper

Meat

- 1) Coca Cola Roast
- 2) Fresh Tomato Roast
- 3) Luscious Beauty Roast
 - a) Omit the mustard powder and cumin
 - b) Add 1 tablespoon KLP imitation mustard
- 4) Sweet and Sour Corned Beef
 - a) Substitute imitation KLP mustard for the Dijon mustard
- 5) Mom's Super Outstanding Veal Goulash
 - a) Substitute olive oil for canola oil
 - b) Use KLP wide egg noodles

Side dishes and vegetables

- 1) Apple Pecan Squash with Goji Berries
 - a) If you can't find goji berries use an additional ½ cup sweetened dried cranberries
 - b) If you can't find sweetened dried cranberries omit them from the recipe or substitute 1 cup fresh/frozen cranberries.
- 2) Beef Fry Fried Rice
 - a) Use imitations KLP soy sauce

- b) Substitute cauliflower rice for the long grain brown rice
 - c) Substitute 1 cup diced carrots for the frozen mixed vegetables
 - d) For step 3
 - i) Add the diced carrots to the EPC pot along with the cauliflower rice
 - ii) Do not lock the lid and close the pressure valve.
 - e) For step 4, sauté the cauliflower rice and diced carrots using sauté mode for 5 minutes or until the cauliflower rice is lightly browned.
- 3) Spaghetti Squash Yerushalmi Kugel
 - a) Substitute olive oil for canola oil
 - b) Omit the corn syrup
 - 4) Honey and Rosemary Rainbow Carrots
 - a) Substitute olive oil for canola oil
 - 5) Balsamic Beet Salad
 - a) Substitute olive oil for canola oil

Third Meal

- 1) Susan's Purple Potato Salad
 - a) Omit the corn
- 2) Spicy Eggplant Matbuca
- 3) Dad's Egg Salad
- 4) Eddie's Tuna Salad

Dessert

- 1) Pie Pumpkin Pumpkin Pie
 - a) Use a KLP pie shell
- 2) Hot Tamale Baked Apples
 - a) Use KLP brandy
 - b) Use KLP cinnamon flavored red candies. If you can't find them omit from the recipe.
- 3) Poached Pears

Sauces & Dressings

- 1) Cucumber Dill Sauce
- 2) Jalapeno Cucumber Dip