

Passover Substitutions Presentation from Chef Jaime

1. Think about the quantity of ingredients to replace in a recipe; 3 cups of flour is not a good candidate for conversion, but a few tablespoons or ½ cup flour can be swapped for cake meal.

*Cake meal does not act like flour- it has already been cooked.

2. Think about equipment; if you don't have a high-speed blender to make the appropriate sub, may not want to make this recipe.

3. Quality of ingredients, yes you can get KFP soy sauce, mustard, maple syrup but they are gross and filled with chemicals. Stick with the most natural ingredients possible and stay away from imitations.

4. Focus on what you can eat, not what you cant or need to adjust; look at GF or Grain Free recipes for ideas, and recipes- automatically KFP.

5. Substitutions;

All Purpose Flour- cake meal + potato starch or ground nuts or cake meal

Breadcrumbs- matzo meal

Buttermilk- lemon juice or wine with milk

Powdered sugar- granulated sugar + potato starch pulverized to powder

Cornstarch- Potato starch

Corn syrup- sugar + water simmer until syrup

Graham Cracker Crumb- ground nuts or Passover cookies

Margarine- coconut oil

Peanut butter- blend own cashew or almond butter

Matzo meal- blend up matzah or farfel

Unsweet baking chocolate- cocoa powder + butter or oil

Cream of Tartar- lemon juice or vinegar

Thickener for gravies/sauces- make a slurry with potato starch (add water)

Easy Food swaps:

Pasta Swaps: zoodles, spaghetti squash, crepes and thin slice (egg/starch), peeled squash or carrots (ribbons), spiralize radish or sweet potatoes.

Grate cauliflower; and sauté to sub for rice- use as a side dish or stuff in peppers w meat or veggies

Stuff mushrooms or peppers with veggies and nuts

Bread Chicken; potato starch, then egg, then matza meal- for extra crunchy chicken

Frittatas or Fritters; veggies mixed with egg and herbs, a little starch or cake meal to bind- fry in oil.

Flourless chocolate cake- always a winner

Avoid grains all together- Sheet pan dinners:

Chicken, Pepper, Onion, Mushroom toss with mixed spices and bake- serve over shredded lettuce with salsa, guacamole and have fajita night.

Baked Cod w asparagus + mushrooms; toss w oil and fresh herbs, bake veggies, then add cod.