

## Inspiration for the Main Meal

Pesach is a contradiction for the avid cook - the food is the highlight of the meal, yet so many food are off limits for the days of Pesach.

The idea is to make the most of the flavours that are available to us and build on them. An additional limitation is that in many homes there is the custom to not eat roasted foods on Seder night. Included in our menu are old fashioned dishes that rely heavily on stove top cooking, it's a bit of a throw back to the way my grandmothers used to cook, the idea of making the most of what you have.



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