

**Recipe Booklet  
to Accompany the Video**

# **The Last Supper**



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# The Last Supper and Biblical Cuisine

"I have eagerly desired to eat this Passover with you..."  
(Luke 23:15)

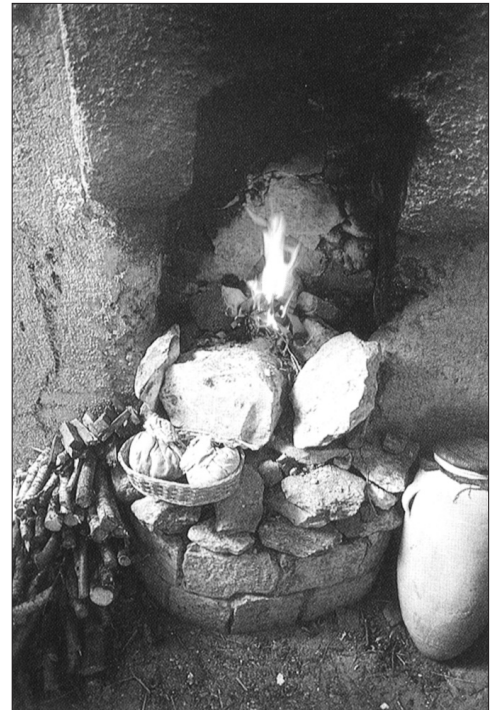
Jesus' last supper was the Passover meal, also known as the *seder* (the Hebrew word for order). The *seder* is a meal fit for a king. In this booklet we have attempted to reconstruct the authentic supper eaten during Passover. The recipes are based on the lavish fruits of the blessed Holy Land. Among these fruits are, of course, the "Seven Kinds" (Deuteronomy 8:8), as well as other provisions mentioned in the Bible, the Talmud and other traditional sources.

Little remains of the Jerusalem that Jesus knew, but every year in the spring, the Passover fervor fills the air. The sounds, the smells and the tastes serve as a reminder of Jesus' last supper, eaten in the company of his loving pupils.

In providing this booklet we hope that many of you will be motivated to try your own hand at preparing a complete meal symbolic of the one eaten by Jesus at the LAST SUPPER.

Most of the recipes are easy to make and do not require expensive ingredients.

"Bete'avon" - Hebrew for "Hearty appetite"



# THE LAST SUPPER MENU

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## WINE

Red wine

## FIRST COURSE

Unleavened Bread

Hamine Eggs

Bitter Herbs

Baked Apple Stuffed with Haroseth

Stuffed Vegetables

Namusiya (Kubeh)

## SOUPS

Fresh Coriander Soup

Red Lentil Soup

Chamusak (Kubeh Soup)

Bean Soup

## MAIN COURSE

Stuffed Breast of Lamb

Roast Lamb with Apricots and Prunes

Roast Lamb with Applesauce

## SIDE DISHES

Rice with Lentils

Carrot Dish (Tzimmes)

Homemade Jerusalem Pickles

Cooked Olives

## SALADS

Tabbouleh

Fried Eggplant

Cucumber with Dill

## DESSERT

Stuffed Dates

Caramel Almonds

Date Cake

## FIRST COURSE

### UNLEAVENED BREAD

1/2 cup whole wheat flour  
1/2 cup white flour  
1 teaspoon salt  
1/2 cup water (or as needed)  
Flour of cornmeal (for flouring the pan only)  
1 tablespoon vegetable oil for greasing pan  
Melted margarine

Combine flours and salt. Slowly add water until dough sticks together. Knead until dough is soft and elastic. Cover and let rest on a floured surface for 30-45 minutes.

Divide dough into 12 small lumps. Dust hands with flour, pat lumps flat and gently stretch the dough until it is about 6 inches round.

Flour the rounds and put in a very hot frying pan. When bread bubbles turn over and cook on the other side. When it puffs up turn over again and keep turning until both sides have black spots (about 3 minutes). Brush with margarine while bread is hot.



### HAMINE EGGS

Eggs are an ancient symbol of mourning.

8 Fresh eggs  
Skin of one onion  
2 tea bags

Boil eggs in a large pot of water and add the skin of an onion and tea bags. Simmer over low heat for 6 to 7 **hours**. The eggs will be a nice brown color on the outside and the yolks will be creamy.

### BAKED APPLE STUFFED WITH HAROSETH

Haroseth is a mud like mixture that contains apple, raisins figs, nuts, wine and honey. Haroseth represents the hard labor of brickmaking by the Hebrew slaves in Egypt.

2 apples  
1 cup walnuts  
1/2 cup honey  
1/4 cup wine  
4 dried figs

Chop apples, walnuts and figs in food processor until fine. Mix with honey and wine.

Take six apples and core them and stuff with the Haroseth mixture. Bake in a medium hot oven for about an hour until apples are cooked through.

## STUFFED VINE LEAVES

One of the most ancient dishes in Jerusalem cuisine.

Vine leaves (fresh or preserved)

2 cups long-grain rice

1 finely chopped onion

1 finely chopped tomato

Juice of 2-3 lemons

Salt, pepper

1 teaspoon turmeric

2 teaspoons garlic powder

3-4 cloves of garlic

Prepare the vine leaves. If fresh, put pile of leaves in a deep pot, add boiling water and let boil for about 10 minutes. Drain well. If preserved leaves, then put in a large bowl of boiling water and let stand for at least 20 minutes. Drain soak in a bowl of cold water for 30 minutes and rinse, then drain well.

Pour boiling water over 2 cups of long grain rice and let stand at least 10 minutes. Drain. Add 1 finely chopped onion, 1 finely chopped tomato, salt, pepper, garlic powder, turmeric. Take a vine leaf with the vein side up, put a small tablespoon of rice on the bottom of the leaf and fold over tightly. Then fold in the two sides and continue rolling up tightly. Line a pot with vine leaves and slices of tomatoes, then pack the stuffed leaves in light layers. Make a mixture of water, oil, salt, pepper, turmeric, garlic and lemon juice and pour over the leaves. Put a plate on top of the leaves to keep them down in the water and then cover the pot. Cook over a very low flame for 1 - 2 hours, until tender.



## STUFFED ONIONS, SQUASH, EGGPLANT OR ARTICHOKES

The following meat filling is good for all of the vegetables listed above, and they may be stuffed and cooked together in the same pot for variety.

2 large chopped onions

1 pound of ground meat

Oil

1/2 cup pine nuts

Salt, pepper, garlic

Fry 2 large chopped onions until brown, then add one pound of ground meat and stir until brown. Add 1/2 cup pine nuts and continue stirring, add salt, pepper, and garlic, remove from fire and cool.

For the eggplant and artichoke: do not fry the meat mixture so it will hold together.

Prepare the vegetables as follows:

ONION - peel the onion and make a cut from bottom to top on one side of onion through to the center. Put into boiling water and cook for about 10 minutes until the onions start to open about ten minutes. Drain and cool. Separate the layers. Put a tablespoon of filling in each onion layer and roll up tightly. Fry in melted margarine in a frying pan until golden, then put aside.

SQUASH - carefully remove the middle of the squash with an apple corer or sharp knife. Stuff with uncooked meat mixture and fry in margarine until golden.

EGGPLANT - cut into thick slices and put in a colander with salt to drain the bitter juices. Place meat mixture in between 2 slices and sauté in margarine for a few minutes on each side.

ARTICHOKE - Use canned artichoke bottoms. Stuff with the uncooked meat mixture and sauté in margarine for a few minutes on each side.

In a large pot put a mixture of tomato sauce, salt, pepper, oil, sweet paprika, sugar and lemon to taste. Put all the above vegetables with the meat mixture inside the pot, arranging them close together.

Pour boiling water over vegetable to cover. Put a plate on top to hold them down, and cook over a low flame for one to two hours until tender.

## SOUPS

Soups were served as a way to stretch meat as far as possible, allowing for good nourishment to be within everyone's reach.

### FRESH CORIANDER SOUP

Finely chopped bunch of fresh coriander

Garlic

Oil

Thick slices of potatoes

Salt, pepper

Dash of lemon salt

1/2 pound of ground meat

Handful of finely ground natural almonds

1 egg

Chop a bunch of fresh coriander and steam with garlic and oil until soft. Add 5 cups of water and thick slices of potatoes, salt, pepper and dash of lemon salt, then bring to boil. Prepare meatballs with ground meat, add the almonds, one egg, salt, make tiny meatballs and add to boiling soup. Cook for 1/2 hour.

## RED LENTIL SOUP

2 cups of red lentils  
1 large chopped onion  
Salt, pepper  
2 tablespoons of powdered chicken soup mix pepper  
A handful of thin noodles or rice  
Tomato sauce or ketchup (optional)

Wash 2 cups of red lentils thoroughly. Fry one large chopped onion; add red lentils, water, salt, 2 tablespoons of powdered chicken soup mix, and pepper. Cook in a pressure cooker for about 1/2 hour. Before serving throw in a handful of thin noodles or rice and cook for about 15 minutes longer. Amount of tomato sauce or ketchup may be added before cooking.

## CHAMUSAK (KUBEH) SOUP

Soup:

2 celery stalks  
3 tomatoes  
2 squash  
2 onions  
Salt, pepper

Kubeh (ancient matza balls):

1 large chopped onion  
1/2 pound ground meat  
Salt, pepper, garlic  
3 cups matza meal  
3 eggs  
3 tablespoons oil  
Lemon juice (optional)

Cook in a large pot: celery, tomatoes, squash and onions covered with water until vegetables are soft. Cool and remove vegetables and place in food processor to puree. Afterwards return the mixture to the water in pot, add salt and pepper and bring to boil.

While soup is cooking, prepare Kubeh. Fry large onions and ground meat until brown, add salt, pepper garlic and let cool. Make Kubeh by mixing 3 cups matza meal, 3 eggs, 3 tablespoons of oil and water until a dough is formed. Wet hands (keep wet all the time with water) and take a piece of dough about size of a walnut with one hand, and with the other hand make a hole in the center of the dough and fill with a teaspoon of the meat mixture. Close and gently place into boiling soup. When all the Kubeh is in the soup, lower the flame and cook for about 1 hour. Lemon may be squeezed into the soup for those who like it sour.



## BEAN SOUP

2 cups of white navy beans  
2 big chopped onions  
Marrow bones or small pieces of meat  
Salt, pepper  
Several spoonfuls of tomato paste

Soak 2 cups of white navy beans overnight. Fry two large chopped onions until light brown. Add the beans, marrow bones or small pieces of meat, salt and pepper, several spoonfuls of tomato paste and water to cover. Cook in pressure cooker for a 1/2 hour.



## MAIN COURSE

### LAMB

The Paschal lamb is eaten as a symbol of freedom. A young lamb was sacrificed in the Temple of Jerusalem, commemorating the Exodus from Egyptian bondage.

### STUFFED BREAST OF LAMB

Stuffing:

2 medium chopped onions  
1/2 pound chopped meat  
2 cups rice  
Oil  
Chopped parsley  
Salt, pepper  
1/2 cup pine nuts  
Apricot preserves  
Large breast of lamb with pocket cut between skin and ribs

Fry onions, add ground meat and brown. Add rice, parsley, and pour in 5 cups boiling water. Cover pan tightly and simmer until all moisture is absorbed. Cool and add nuts.

Rub the meat with salt, pepper and oil, then stuff the breast with the rice mixture. Roast uncovered for about one hour until meat is tender. Cook apricot preserves and pour over meat and glaze in oven for about 10 minutes.



## ROAST LAMB WITH APRICOTS AND PRUNES

2 pounds cubed leg of lamb  
1 teaspoon ground ginger  
Salt, pepper, ground coriander  
1 teaspoon cinnamon  
1 cup each pitted prunes and apricots  
2 tablespoons honey

Put meat in saucepan covered with water. Add ground ginger, salt, pepper, ground coriander, cinnamon, and simmer until the meat is tender and water is thick. Add prunes and apricots and cook for about 20 minutes. Stir in 2-3 tablespoons honey and cook for another few minutes. Roast lamb with prunes and apricots.

## ROAST LAMB WITH APPLESAUCE

4 large legs of lamb, cut into pieces  
Oil  
Garlic, salt, pepper, paprika  
Applesauce  
Prunes  
Apricots  
Ground ginger, salt, pepper, ground coriander, cinnamon  
2-3 tablespoons honey

Take 4 large legs of lamb and cut into pieces. Rub on a mixture of garlic, salt, pepper, paprika and roast covered in the oven for about 2 hours until tender. Pour applesauce over top and roast uncovered until applesauce is absorbed and meat is browned.

## SIDE DISHES

### RICE AND LENTILS

2 cups rice  
1 cup brown lentils  
Salt, garlic powder, pepper, turmeric  
Fried onion (optional)

Cook 2 cups rice. Cook 1 cup brown lentils for about 1/2 hour, until tender but still whole. Mix the cooked rice and cooked lentils together. Add salt, garlic powder, pepper, turmeric and mix, adjust to taste. Enhance with fried onions, if desired.

## CARROT TZIMMES

2 pounds carrots, peeled and cut in slices  
1/2 tablespoon salt  
1 cup honey  
1 tablespoon lemon juice  
1/2 cup margarine  
3 tablespoons flour

Cook carrots in water until tender. Add salt, honey, lemon juice, and let simmer for about 20 minutes until liquid had been reduced to half. Brown flour in melted margarine and add to carrots. Cook for 5 minutes.

## HOMEMADE JERUSALEM PICKLES

1 small cauliflower  
1/2 head cabbage  
2 or 3 carrots  
Celery stalks  
1 cup green beans  
1/2 cup oil,  
One cup vinegar  
12 heads garlic cloves  
1/2 tablespoon turmeric  
One tablespoon salt  
1/2 tablespoon lemon salt  
4 cups cold water

Put all vegetables in large bowl and pour boiling water to cover and soak 15 minutes. Drain. Pack vegetable in large pickling jar. Add 1/2 cup oil, one cup vinegar, 1/2 head garlic cloves, 1/2 tablespoon turmeric, one tablespoon salt, 1/2 tablespoon lemon salt and 4 cups cold water. Leave in jar for about 3-4 days.

## COOKED OLIVES

4 cups pitted olives  
Oil  
1 cup tomato sauce  
1 cup crushed tomatoes  
Salt, pepper, hot pepper (optional)

Boil olives in pot of water and pour off the water. Repeat. Put olives in pot with oil, tomato sauce, crushed tomatoes, salt, pepper. Add hot pepper if desired, and cook for about ten minutes.

## SALADS

### TABBOULEH

2 cups burghul (Cracked wheat)  
1 large onion finely chopped  
1 small chopped tomato  
Salt, pepper  
1/2 cup chopped parsley  
2-4 tablespoons chopped fresh mint  
1/2 cup olive oil  
Lemon juice

Soak burghul in water for 1/2 hour, drain and squeeze out as much water as possible. Spread out to dry on clean cloth. Mix dried burghul with onions, tomatoes and the remainder of ingredients. This salad should have a lemony taste.

### FRIED EGGPLANT

2 eggplants  
Oil for deep frying  
1 red pepper  
Salt  
3-4 cloves garlic finely chopped  
1/2 cup vinegar  
1 cup sugar

Cut eggplant into cubes (if skin is thin there is no need to peel eggplant) and deep fry in hot oil until very brown. Remove from oil and drain well. Deep fry slices of red pepper until slightly brown. Remove and drain. Mix eggplant, red pepper, garlic, salt, vinegar, sugar and gradually add water to make sauce.

### CUCUMBER WITH DILL

6 large cucumbers  
Salt  
Vinegar  
Sugar  
Dill  
green onions or onion slices

Slice cucumbers thin and add salt. Let stand 10-15 minutes. Drain juices. Add vinegar, sugar, salt, pepper, chopped dill and chopped onions. Adjust to taste.

## DESSERT

### STUFFED DATES

1 pound dates

1/2 pound good quality marzipan

Remove pits from dates, open and stuff marzipan into middle. Close to remake date shape.

### CARAMEL ALMONDS

1 cup fresh whole almonds with skin

1/2 cup sugar

1 cup water

2 tablespoons oil

Using a heavy frying pan, add all the ingredients stirring constantly over a high flame. The mixture will turn white at first, and then with constant stirring will turn a nice caramel color. At this point remove from flame and immediately turn onto an oiled marble counter. Using two forks, spread the mixture out so that the almonds are separated. Do this very carefully as the mixture is very hot, and if the nuts are not separated while it is still hot the skins will separate from the nuts.

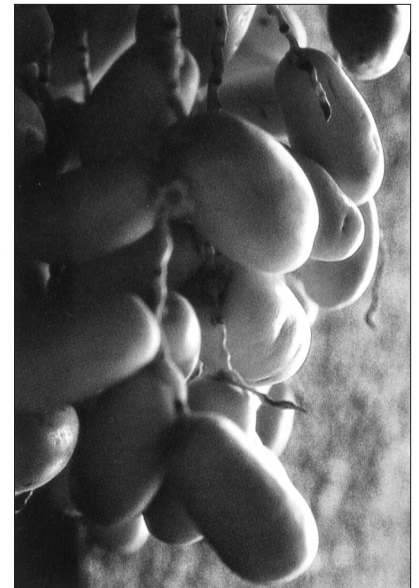
### DATE CAKE

2 pounds pitted dates

1/2 pound pecan halves

1 cup chocolate chips

Take a deep bowl and lay out the pitted dates in a single layer on the bottom of the bowl and press down with another bowl that fits inside. Sprinkle nuts and chocolate chips and add another layer of dates and press down. Continue until you have a "cake" of about 3 inches high. Press entire cake, remove and cover with tinfoil to hold shape. Cut into small pieces when serving.



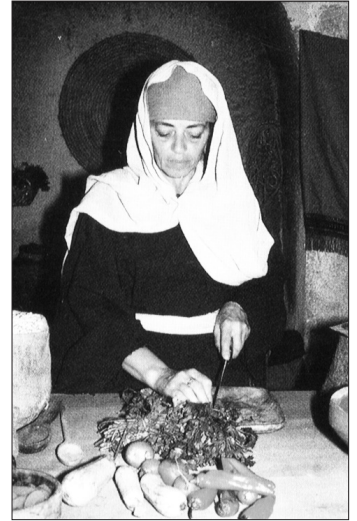
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#### A Special Video Tape with Authentic Biblical Recipes

For the first time, the most elaborate and extensive film ever to be made on Last Supper. This extraordinary video tape was filmed and dramatized entirely on authentic locations of the Holy Land and the Middle East.

Jesus met with his twelve disciples in the "upper room," where they shared the meal that history knows as the "Last Supper." It was the traditional Jewish Passover *seder* meal, which, to this day, symbolizes the deliverance from slavery to freedom and commemorates the last supper the ancient Hebrews shared before leaving Egypt on their long journey to the Promised Land.

The LAST SUPPER restores this special event emphasizing both its Christian tradition and Jewish roots. It explores the recipes of the exotic Biblical courses served at the supper: The bread, salads, herbs, olive dish, lamb, wine, fruit and all other magnificent courses.



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