



HOW TO PREPARE A Last Supper Meal

This Last Supper Meal is broken into several sections; a shopping list (as shown below), a menu (which discusses the scriptural relevance and current significance of each dish), and recipes.

As none of us were there at the Last Supper, the following is a sampling for Christians today of some of the traditional foods that would have been eaten. Everyone is encouraged to learn more about the Seder and traditional Jewish Passover feast.

SHOPPING LIST

- Unleavened bread / Matzo
- Herb salad
- Olive Oil (1c)
- Honey
- Lemon
- Figs
- Olives
- Eggs (1 per person)
- Parsley
- Cinnamon (1/3 tsp)
- Lamb chops (1lb)
- Red wine
- Pomegranate juice
- Fresh Rosemary
- Salt
- Ground Pepper
- Garlic (1 clove)
- Apples (x4)
- Walnuts (1 cup)
- Sugar (1 tsp)

MENU

SIDE DISHES

- **matzoh/unleavened bread:** scriptural, was at the Last Supper and became part of our Holy Communion. It symbolizes the bread that the Israelites ate as they fled Egypt; rushing out as they were set free, they didn't have time to let their bread rise.
- **olive oil:** scriptural, was promised in Deuteronomy 8:8
- **honey:** scriptural, was promised in Deuteronomy 8:8
- **figs:** scriptural, was promised in Deuteronomy 8:8
- **olives:** scriptural, was promised in Deuteronomy 8:8
- **salad of bitter herbs & romaine lettuce:** these are traditionally served at a Seder representing the bitterness of slavery that the Israelites went through
- **hard boiled egg:** traditionally not eaten, the beitzah (roasted egg) represents the sacrificial offerings that were made in the days of the temple. Today, Christians see the egg as a symbol of new life
- **salted water:** represents the tears of the Israelites as they
- **karpas:** (typically parsley) represent the freshness of spring and new life

MAIN DISHES

- **lamb:** there is much debate as to whether there was a lamb at the Last Supper. If the Apostles were preparing for Passover, this would have included sacrificing and preparing a Passover Lamb (Exodus 12:21). However, historians disagree on the day that the meal was celebrated. Most recently, Pope Benedict announced in 2007 that Jesus ate dinner without lamb as Jesus himself became the sacrificial lamb the very next day.

DRINKS

- **red wine:** scriptural, was at the Last Supper and became part of our Holy Communion.
- **pomegranate juice:** pomegranates are scriptural, as was promised in Deuteronomy 8:8. Due to the season, these likely weren't at the table but they're included here as they are quoted in scripture.

SWEET SIDE DISH OR DESSERT

- **haroset:** a sweet dessert made of apples, cinnamon, and sweet wine traditionally served at Passover. When mixed together, it looks similar to and represents the mortar that the Jews used in servitude while locked in slavery.

RECIPES

SALAD & DRESSING

- Shred romaine lettuce into bowl
- Dice figs and olives and add to lettuce
- To make dressing: mix ¼ cup of olive oil with one tablespoon of honey and juice of one lemon in bowl. Zest lemon skin into bowl.

HARD BOILED EGGS

- Place four eggs in small pot and cover with cold water.
- Bring to a gentle boil, place lid on pot, and turn off.
- Let sit for ten minutes before removing eggs.

LAMB:

- Marinate 1lb lamb with 2tbsp minced rosemary, 2tsp salt, 1 tsp pepper, 1 tbsp grated garlic, and 4tbsp olive oil for 45min.
- Heat 2tbsp olive oil on pan. Sear the lamb chops 2-3min per side. Test for doneness.
- Let meat rest before serving.

HAROSSET:

- Place the walnuts and diced apples into a large bowl. Mix together cinnamon and sugar, and sprinkle over apples. Stir in 3 tbsp honey and ¼ cup red wine.