

MAROR: EAT BITTER VEGETABLE

Maror: What To Eat

The ideal bitter vegetable for maror at the Passover seder is horseradish. Horseradish for maror:

- Must be fresh enough to be sharp.
- Should be ground (if ground ahead of time, it must be stored in a covered container until the seder).
- Must not have liquid (horseradish with beets added is not suitable for use as maror).

NOTE Many people have the custom to use romaine lettuce for maror (be careful to check for bugs on the romaine).

Maror: How Much To Eat

The minimum amount to fulfill the mitzva of eating maror at seder is 0.65 fl. oz. (19 ml), or about the volume of 1/3 of an egg.

NOTE If you choose to use romaine instead of horseradish for maror, the minimum amount is about 2-3 stems (depending on their size), or enough leaves if crushed to make up 0.65 fl. oz.

NOTE It is even better to eat at least 1.3 fl. oz. (39 ml, or 1/6 cup).

Maror: How To Eat It

Say the blessing “*al achilat maror.*”

Dip the maror into the charoset and shake off all but a little bit of the charoset.

Do not lean when eating the maror.

NOTE The blessing for maror was included in the borei pri ha'adama blessing, which was said on the karpas earlier in the seder.