

# 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.