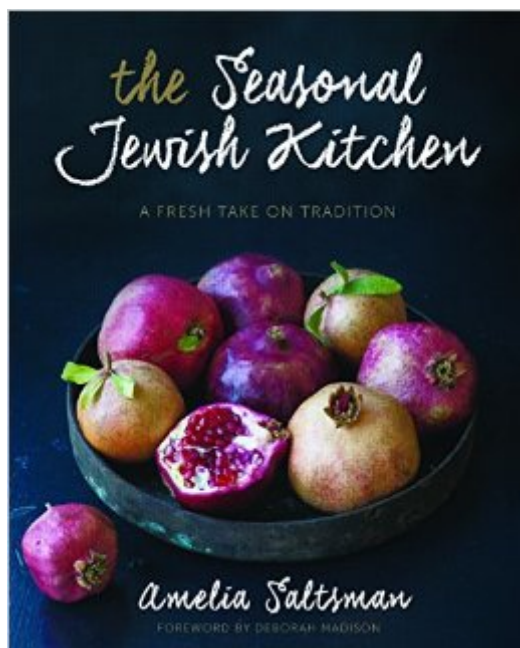


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# The Seasonal Jewish Kitchen: A Fresh Take On Tradition



## Synopsis

Here, at last, is a fresh, new way to think about Jewish food. In *The Seasonal Jewish Kitchen*, Amelia Saltsman takes us far beyond deli meats and kugel to a world of diverse flavors ideal for modern meals. Inspired by the farm-to-table movement, her 150 recipes offer a refreshingly different take on traditional and contemporary Jewish cooking. Amelia traces the delicious thread of Jewish cuisine from its ancient roots to today's focus on seasonality and sustainability. Guided by the Jewish lunar calendar, she divides the book into six micro-seasons that highlight the deep connection of Jewish traditions to the year's natural cycles. Amelia draws on her own rich food history to bring you a warmly personal cookbook filled with soul-satisfying spins on beloved classics and bold new dishes. From her Iraqi grandmother's kitchria "red lentils melted into rice with garlic slow-cooked to sweetness" to four-ingredient Golden Borscht with Buttermilk and Fresh Ginger and vibrant Blood Orange and Olive Oil Polenta Upside-Down Cake, Amelia's game-changing approach is sure to win over a new generation of cooks. You'll find naturally vegan dishes, Middle Eastern fare, and new ways to use Old-World ingredients "buckwheat, home-cured herring, and gribenes" in fresh, modern meals. Whether you're Jewish or not, observant or not, Ashkenazic or Sephardic, this yearlong culinary journey through the Diaspora will have you saying, "This is Jewish food? Who knew?" •

## Book Information

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Average Customer Review: 4.6 out of 5 stars • See all reviews (26 customer reviews)

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## Customer Reviews

Started cooking from the book the day it arrived. Matboucha. Wow. A revelation. A little labor

intensive but so worth it. The best, according to my husband, was the Hamut, a Syrian chicken dish. I was a bit iffy about tomatoes and lemon as a combination but I was wrong. The finished dish was vibrant and so tasty that my husband said it was the best chicken I'd ever made (in 48 years of cooking!). There's still some in the freezer, saved for a day when we need some more of the best chicken I ever made.

This is a beautiful book both in photography and in Saltzman's clear writing style. Amelia Saltzman's gentle hand holding through her recipes makes the recipe outcomes easier to achieve even for those of us who do not have Jewish cookery experience. Her stories and recipes gave me a deep respect and understanding for this historical and worldwide cuisine. I've had great success in recreating her well chosen recipes. I love her fresh take on handed down familial recipes. Saltzman's vast farmer's market experience shines through in most of her ingredient choices. This book was a joy of culinary discovery for me.

I grew up hearing my mom say, "Jewish food is heavy and stodgy; we don't really eat that way anymore." I wish she were around to enjoy all the light, fresh, global flavors in "The Seasonal Jewish Kitchen." I love it and know she would have too. Oh, and the Matboucha (tomato jam) is like crack. I've made it twice already ...

This cookbook was a fascinating mixture of absolutely delicious recipes and important Jewish Culinary History. I found it fascinating and completely unique. First cookbook with this theme of seasonal Jewish cooking!

Beautifully designed, gorgeous food styling, easy to follow recipes for the most part. Not for the beginner cook; some recipes are complex and need some skill. Others are delightfully easy and fool proof. The index is impossible to use though!

I love this cookbook! Fresh, seasonal, and festive dishes. Standout recipes are Halvah Cookies and Spring Saute'. The lemon spinach salad is a hit too! The recipes involve fresh produce and this cookbook is a breath of fresh air for my kitchen repertoire.

This book offers a wealth of versatile recipes that are helpfully explained and beautifully presented. The history behind the recipes--both personal and cultural--is a great bonus that makes this not only

a great working cookbook but also a fabulous read. I've already given several copies as gifts, and I know I will be getting more for the upcoming holidays.

One of the best additions to my cookbook collection! Amelia Saltsman has written a beautiful cookbook where the recipes live up to what is promised in the pictures. The emphasis on fresh vegetables and fruits delight the senses. It is refreshing to find a cookbook book with a Jewish focus in the classic school of Deborah Madison and Mollie Katzen. A lot of vegetarian, gluten free, and vegan recipes are included.(Note: this is not a Kosher cookbook, but most recipes can be adapted to the Kosher kitchen without many changes

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