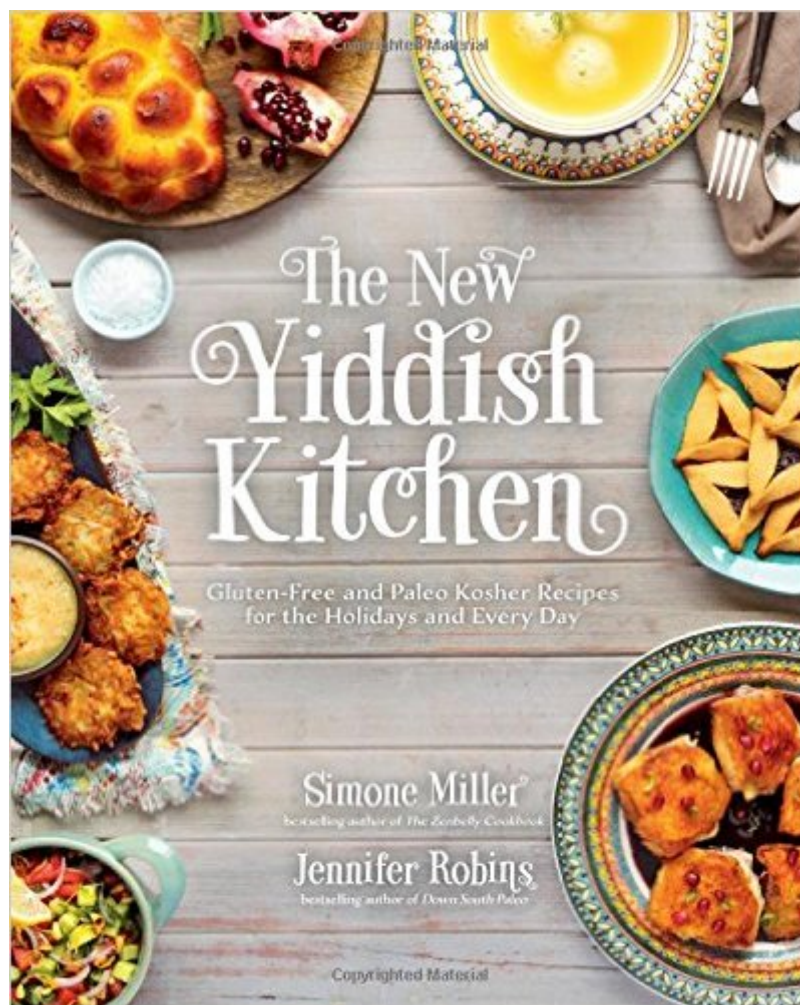


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The New Yiddish Kitchen: Gluten-Free And Paleo Kosher Recipes For The Holidays And Every Day



Synopsis

Traditional Jewish Meals Made Healthier From two leaders in the Paleo cooking community, *The New Yiddish Kitchen* is a fresh and healthful take on a beloved food tradition. Packed with over 100 traditional Jewish foods plus bonus holiday menus, this book lets you celebrate the holidays and every day with delicious food that truly nourishes. Authors Simone Miller and Jennifer Robins have selected classic dishes—like matzo balls, borscht, challah, four different bagel recipes, a variety of deli sandwiches, sweet potato latkes, apple kugel, black & white cookies and more—all adapted to be grain-, gluten-, dairy- and refined sugar-free, as well as kosher. The book is a fun mix of new and old: modern with the whole-foods Paleo philosophy, and nostalgic with the cooking tips of Jewish grandmothers just like your own bubbe. So when you're craving your favorite Jewish foods, don't plotz! Simone and Jennifer have got you covered with simple recipes for delicious Yiddish dishes you can nosh on all year long.

Book Information

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Customer Reviews

I review a lot of Paleo cookbooks, consequently, my bookshelf overfloweth with cookbooks. Nevertheless, when I read about *The New Yiddish Kitchen* by Simone Miller and Jennifer Robins, I had to have a copy. Not only do I follow a Paleo diet, I also keep a Kosher kitchen. Most Paleo books are awash in pork and seafood recipes. Not this one! *The New Yiddish Kitchen* features gluten-free and Paleo Kosher recipes for the holidays and every day. This is a beautiful hardcover book with exquisite photography—a photo for every recipe. Additionally, the Bubbes (grandmothers) comment on each dish, throwing in a bit of Yiddish slang. Simone's and

Jennifer's humor shines through the food descriptions, making one want to try each dish. I've only had the book less than two weeks and already have made several of the recipes. More on that later. The book is divided into eight sections: Appetizers and Soups; Grain-free Breads and Crackers; Not-So-Traditional Deli Fare; Pastured Meats and Main Courses; Garden-Fresh Salads and Veggies; Naturally Sweetened Treats; Dairy-Free Condiments and Sauces and Holiday Menus and Tips. There's even a Yiddish glossary to keep you from going meshuga. Now to the recipes: my husband loves hummus, but the ones in the store are made with garbanzo beans "not Paleo. Jennifer and Simone have created a Roasted Squash Hummus (p. 19) that will make you forget all about the store-bought. • This one calls for cubed butternut squash. I used a box from Costco and saved myself some work. I tried the Challah (p. 52) with success. I bought the silicone challah mold since braiding gluten-free dough is impossible. Next I made the Balsamic Braised Short Ribs (p. 122). This recipe calls for boneless short ribs, which I found at Costco.

I preordered this book last month and promptly forgot about it. Today I was delighted to see it on my front porch. I love this book already and it has only been about twenty minutes. I have already flipped through it twice, and there is a lot to love about this delightful book. The recipes are good, the pictures are amazing, and Bubbe's tips are a lot of fun to read. While the approach is light hearted and fun, a lot of work went into this book. As someone who has problems digesting gluten and casein, I appreciate the science and creativity behind the recipes. I have finally found a recipe for cream cheese that I can eat, that actually looks like cream cheese. If you have been cooking and baking for a long time, you know when a recipe sounds right, and you know that it will turn out right. That was the feeling I had reading this book. When I could spare the time from drooling, I was bookmarking recipes to try. Cream cheese and everything bagels are first on my list. Good bagels are hard for anyone to find, but add in being gluten or grain free, and the task seems almost insurmountable. I was buying a brand I liked online, because locally, it is almost like launching a crusade to find them. They were good enough because they were all I could find that were actually edible. My husband and son promptly went through a case of them, and they can eat gluten, so you know they weren't completely awful. The case price was reasonable, but by the time shipping was added on, those six small bags of bagels cost forty dollars, and who has room in the freezer for six bags of anything? I couldn't eat a lot of them at any rate, because these days, anything with grain flours sits in my stomach like a lead brick.

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