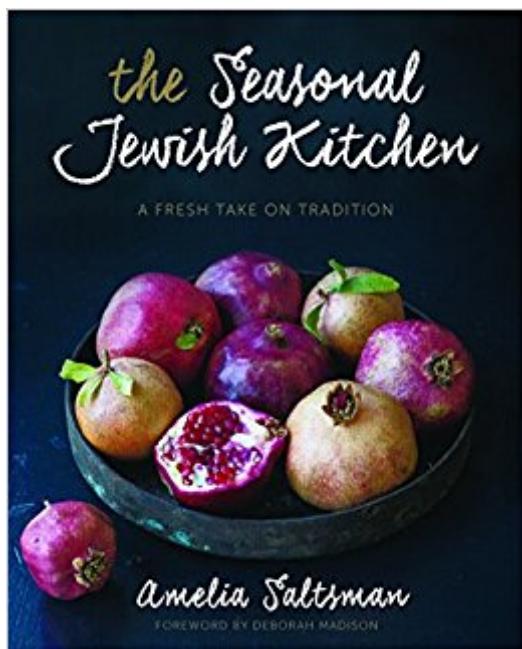


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# The Seasonal Jewish Kitchen: A Fresh Take On Tradition



## 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 kitchri (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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## Customer Reviews

\*Ã¢ “Saltsman (The Santa Monica FarmersÃ¢ ¸ Market Cookbook) organizes her latest collection of seasonal, produce-driven recipes according to the Jewish calendar. Though she defines and suggests menus for holidays such as Rosh Hashanah, Tu bÃ¢ ¸ Shvat, and Purim, this isnÃ¢ ¸t strictly a holiday cookbook. Vibrant recipes with Mediterranean, Middle Eastern, and eastern European influencesÃ¢ ¸ including lamb, butternut squash, and quince tagine; Bulgarian cheese puffs; and blood orange and olive oil polenta upside-down cakeÃ¢ ¸ are appropriate for a wide range of everyday and special occasions. TheyÃ¢ ¸re all identified as meat, dairy, or Pareve/vegan, making it easy to plan meals for guests observing Jewish dietary laws or other special diets. VERDICT Filled with stunning photographs and thoughtful historical research, this contemporary Jewish cookbook will tempt many home cooks.Ã¢ ¸•Ã¢ ¸•Library Journal (STARRED review) Ã¢ ¸“This could be my perfect book. Cultural Jewish cooking at its bestÃ¢ ¸ so many intriguing recipesÃ¢ ¸ combined with fascinating history, personal family anecdotes, and an emphasis on great seasonal ingredients. In the same way that Marcella Hazan made authentic Italian cooking come to life for non-Italians, AmeliaÃ¢ ¸s new work could have non-Jews preparing dishes like schmaltz-roasted potatoes, Tunisian lemon salad with harissa, salt-grilled chickpeas, and tzimmes every night!Ã¢ ¸•Ã¢ ¸•Ari Weinzweig, founding partner, ZingermanÃ¢ ¸s Community of Businesses Ã¢ ¸“Amelia Saltsman has a warmth and a vibrancy that comes through beautifully in this book; her recipes capture the aliveness of ripe, seasonal ingredients, the importance of our farmers, and the diversity of flavors in Jewish food.Ã¢ ¸•Ã¢ ¸•Alice Waters, owner of Chez Panisse, author of The Art of Simple Food Ã¢ ¸“Seasonal cooking guru Amelia Saltsman beautifully fuses her love of Old World ingredients and farmersÃ¢ ¸ market produce to create something truly magical and unique as she explores the world traditions of Jewish cuisine. As in her classic The Santa Monica FarmersÃ¢ ¸ Market Cookbook, her recipes are super-easy to followÃ¢ ¸ her passion for her subject and for cooking are impossible to resist!Ã¢ ¸•Ã¢ ¸•Chef Suzanne Goin, author of The A.O.C. Cookbook and Sunday Suppers at Lucques Ã¢ ¸“Just as she did for farm-to-table cooking in her Santa Monica FarmersÃ¢ ¸ Market Cookbook, here Amelia Saltsman makes a deep bow to her Jewish roots with an interpretation that is both fresh and modern, but also honors its broad historical, familial, and spiritual heritage. The recipes are approachable, unique, and weave seamlessly into any kitchen, and the stories are deeply personal and relatable no matter what your background. With Seasonal Jewish Cooking, Amelia draws us into her culture with the warmest open arms, and the most alluring aromas.Ã¢ ¸•Ã¢ ¸•Sara Kate Gillingham, James Beard award-winning cookbook author and co-founder of TheKitchn.com

“In this gorgeous book, Amelia Saltzman draws on deep familial ties in Europe and the Middle East to arrive at a modern reinterpretation of Jewish cuisine. Bringing a fresh sensibility to the best Old World delicacies, Saltzman’s seasonal and surprisingly light recipes form the core of the cookbook we’ve all been waiting for. You’ll never view Jewish food quite the same again.” •Sam Fromartz, author of the award winning *In Search of the Perfect Loaf: A Home Baker’s Odyssey* “I love Amelia’s take on Jewish cuisine—it’s modern, seasonal, and inspiring, a very fresh approach indeed.” •Tori Avey, PBS Food Columnist & Creator of [ToriAvey.com](http://ToriAvey.com)

Amelia Saltzman is the daughter of a Romanian mother and an Iraqi father who met in the Israeli army and immigrated to Los Angeles, where she was born and raised. Her cooking reflects her eclectic background, with the diverse flavors and cultural touchstones that have made her first book, *The Santa Monica Farmers’ Market Cookbook*, a beloved classic. Amelia’s name is synonymous with intuitive, seasonal cooking, and she is regularly sought out for her expertise by publications such as *Bon Appétit*, *Cooking Light*, and *Vegetarian Times*. She is a frequent guest on *KCRW’s Good Food* with Evan Kleiman and a longtime advocate for small family farms.

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.

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!

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!

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.

The photos are beautiful, the recipes I tried are great and not too labor intensive, and the stories and explanations that go with them are absolutely fascinating. I highly recommend to anyone who is looking for a deeper understanding of Jewish traditions and cooking.

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 is a farm to table cookbook that transcends ethnicity. A book for all seasons and cooks.

Beautifully written with great recipes and stunning photographs; I'm very happy! The book is a joy to read, and the food is absolutely delectable.

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