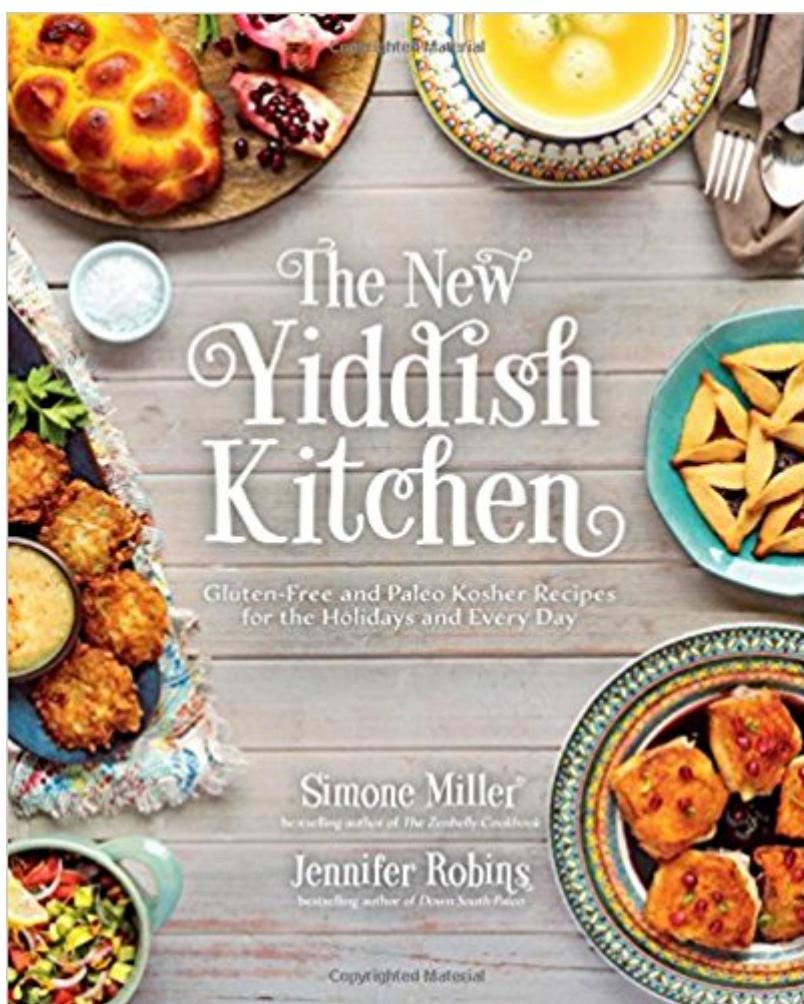


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# The New Yiddish Kitchen: Gluten-Free And Paleo Kosher Recipes For The Holidays And Every Day



## 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

"In The New Yiddish Kitchen, Simone and Jennifer have brought the classics back to life, and back to the table. Flipping through the pages will take you back, and cooking these recipes will keep your belly—and your soul—full and nourished."—Diane Sanfilippo, New York Times bestselling author of Practical Paleo and The 21-Day Sugar Detox "Bagels and cream cheese are back! With a focus on high-quality ingredients and solid technique, these recipes respect food, tradition and your health—while serving up deli dishes the Paleo world has been missing."—Melissa Joulwan, The Clothes Make the Girl, author of Well Fed and Well Fed

2"The New Yiddish Kitchen is a treasure trove of beloved recipes. You may just be interested in the amazing grain-free bagel recipes; those alone are well worth the price of admission. However, the real delight in this book is discovering the multitude of equally enchanting recipes, waiting to transport you back to your favorite bagel shop or corner deli. Filled with charming little notes from Simone and Jennifer's bubbes on many recipes, this book is as much a pleasure to cook from as it is to read."Bill and Hayley Staley, bestselling authors and creators of Primal Palate

Simone Miller is the author of the bestselling Zenbelly Cookbook and the owner of Zenbelly, a 100% gluten-free, Paleo-focused catering company. She also regularly posts recipes on the catering company blog. Simone lives in San Francisco, California. Jennifer Robins is the author of Down South Paleo, scheduled to be released in August 2015. She is the founder and author of the food blog Predominantly Paleo. Jennifer lives in Arlington, Virginia.

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 "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. When

the meat is done, remove it to a plate and reduce the remaining sauce by half, then pour it over the meat. The resulting sauce is absolutely delicious! I also made the Savory Lamb Goulash (p. 133) and loved it. Ground lamb combines with peppers, potatoes, carrots and onion and is seasoned with cumin, paprika, smoked paprika and turmeric. The Pan-Roasted Chicken with Figs and Olives (p. 129) was superb. I used bone-in chicken thigh for this dish. Next time I'll use prunes instead of the figs. I served it with Dilly Slaw (p. 163), a delightful slaw variation (be sure to use fresh dill). Also included in the recipes I tried is the Israeli Salad (p. 164). This one, like the Dilly Slaw, keeps well in the fridge. The Pan-Fried Brussels Sprouts with Cranberries and Pine Nuts (p. 168) was a hit with the hubby, as was the Honey Dijon Asparagus (p. 175). So far, every recipe has been very tasty and easy to prepare. Can't say enough good things about this book. Get yourself a copy. You'll be glad you did.

This cookbook has saved me from never eating bread again. I'm in my third year of eating a primarily paleo diet. Off and on I also have to resort to more of an AIP diet. The Yiddish Kitchen has so many wonderful recipes (some allergen free for more of an AIP approach when I'm needing that). My entire family loves the bagels!!! An extra bonus is the festival menu planning at the back of the book. While my family isn't Jewish, we do a lot of Old Testament studies with our children and being able to incorporate some of these meals during our history lesson is OUTSTANDING! I can't say enough about this book. Thank you to Jennifer and Simone for collaborating on this piece of work!

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. To be honest, a lot of starches have the same effect, but if I eat smaller portions, I can alleviate that symptom. It is going to be really hard to hold back on these bagels though! There are also raisin bagels, plain bagels, chocolate chip bagels, and allergen friendly bagels. In other words, there is one for whatever takes your fancy. There are even bialys. Lots of amazing desserts too, but desserts don't really float my boat. If your name is bread, hello darling, can we talk? I have avoided breads for a long time, so it will be a treat to make these bagels, and I will not be spending an arm and a leg for them. As someone else said, you don't have to be Jewish to love this cookbook. You just need eyes and a keen appreciation for well crafted recipes leavened with a healthy dose of humor. I was also amazed at how inexpensive this amazing book is. I am going to buy a copy for my son who loves to spend time in the kitchen. My daughter in law is also gluten free, but was having problems finding good food that tasted good. Problem solved! Lest you think this book is only breads and bagels, there are also main dishes and desserts. I am going to try knishes after I cure my bagel obsession. I also thought the fish cakes looked amazing. I love the creativity of this book. Tradition gets a new twist, and is all wrapped up in a beautiful package. Hurry and buy this book before I buy them all. It would make a great gift for anyone, and it might get them cooking. Also, matzos and matzo balls. I. Have never tried that most iconic food because by the time I knew about them, I couldn't eat them. It will be really fun and delicious cooking my way through this book. A huge thank you to Simone and Jennifer for writing and compiling this amazing book. It is literally a steal at this price. It is not some flimsy little book, but 256 pages of awesomeness. So what are you waiting for? Buy it already.

So glad this cookbook incorporates cassava flour! My son has a nut allergy and I was kind of afraid that all the baking recipes would be almond flour based. I also love the holiday section in the back.

I am in LOVE with this book! I have recently changed my diet to paleo and was getting pretty sentimental about my Jewish favorite foods. What does every Jewish holiday or event include? Food! Most of them traditionally are not paleo friendly. When I got this book, that all changed! There are recipes for cassava matzah balls, roasted chicken, sweet potato kugel, hamentashen and the list goes on and on. I just made the cinnamon raisin bagels and they are so delicious! Recipes are

very easy to follow. There are special blurbs of info on each page called "Bubbe's tips" that help you while you are cooking and they are filled with Jewish sarcasm that will have you laughing out loud. 5 star purchase for sure! Highly recommend!

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