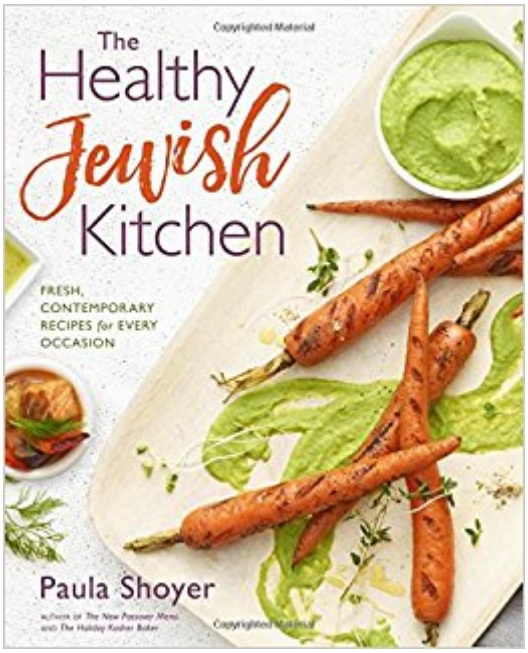
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The Healthy Jewish Kitchen: Fresh, Contemporary Recipes For Every Occasion



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Synopsis

Jewish soul food . . . finally made healthy! Too often, Jewish cookbooks still feature many recipes that lack whole grains and include too much salt, fat, sugar, and processed foods. But Paula ShoyerÃ¢â ¬â„¢s delicious take on Jewish cooking is different: she uses only natural ingredients and offers a fresh, nutrient-dense spin on every dish. Here youÃ¢â ¬â„¢ll find very little frying, and no margarine, frozen puff pastry, soup stocks and powders, and most jarred sauces. More than 60 recipes recipes include both Sephardic and Ashkenazy Jewish classics (Israeli Herb and Almond Salad, Sourdough Challah, Tzimmes Puree, Potato and Scallion Latkes, Schnitzel with Nut Crust) as well as American and international dishes that extend beyond the Jewish culinary world. In ShoyerÃ¢â ¬â„¢s words: Ã¢â ¬Å“This book has food youÃ¢â ¬â„¢ll recognize, because you still want to feel connected to your ancestorsÃ¢â ¬â„¢ kitchens, but IÃ¢â ¬â„¢ve made it more nutritious and often easier to make.Ã¢â ¬Â• Ã Â The array of delicious international dishes includes: Arroz con Pollo with Brown Rice and Salsa Verde * Korean Bibimbap with Tofu * BouillabaisseÃ Â *Ã Â Cambodian Spring Rolls with Lime Chili and Peanut Dipping Sauce *Ã Â Feijoada (Brazilian Cholent with Collard Greens and Farofa)Ã Â *Ã Â Fish Tacos with Cilantro Lime Rice *Ã Â Indian Barbecue Chicken * Japanese Lamb ChopsÃ Â *Ã Â Vietnamese Chicken Noodle SoupÃ Â *Ã Â and much more!

Book Information

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Customer Reviews

Paula Shoyer is a graduate of the Ritz Escoffier pastry program in Paris and teaches French and Jewish baking classes in the Washington, DC, area. She conducts large-scale baking

demonstrations across the United States and Canada. Paula is the author of The New Passover Menu (Sterling Epicure), The Holiday Kosher Baker (Sterling Epicure), and The Kosher Baker (Brandeis) and is a contributing editor to kosherscoop.com, as well Joy of Kosher with Jamie Geller, Whisk, and Hadassah. Shoyer has appeared on major TV cooking shows, is a frequent TV news guest, and edited the popular cookbooks Kosher by Design Entertains and Kosher by Design Kids in the Kitchen (both from Mesorah Publications). Shoyer lives in Chevy Chase, MD, with her husband and four children. To learn more about Paula Shoyer visit thekosherbaker.com.

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