

Chapter 1 : Hilchot Shabbat

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At the KosherFeast dinner, which took place at Le Marais, we had an incredible buffet of excellent dishes and more than kosher foodies attended the dinner. With American Thanksgiving coming up on Thursday, November 24th, and with all the feasting involved, I know that many of my readers will appreciate recipes that are somewhat healthier and less caloric! Modern Kosher cooks will do what all those who have come before them have done: Dishes that take advantage of the bounty of produce and products available today. Dishes that Grandma never cooked, using ingredients she never knew existed. Today, more and more of us are cooking with and eating new ingredients. Lemon-grass, freekeh, ponzu sauce. It gets easier to do all the time, too, because every year thousands of new Kosher-certified products become available to meet the demands of sophisticated Kosher home cooks. Let the feasting begin! But more often than not I let the grains cool and use them for salad. Place the oat groats in a saucepan, cover with the water, and bring to a boil over high heat. Turn the heat to low, cover the pan, and cook for about 25 minutes or until the groats are tender but still a bit chewy. Drain any water that has not been absorbed. Spoon the groats into a bowl. Place the carrots and cauliflower on a baking sheet. Add the lima beans and red onion, toss with the carrots and cauliflower, and roast for another 5 minutes. Remove vegetables from the oven, let cool, and add to the cooked oat groats. Mix in the olives. Pour in the remaining olive oil and the white wine vinegar and toss to coat the ingredients. Sprinkle with thyme and season with salt and pepper. Toss the ingredients and let rest for at least 15 minutes before serving. Makes 6 to 8 servings

Serving Suggestions and Variations: Use farro, spelt, or wheat berries instead of the oat groats; use peas or edamame in place of the lima beans. Place all the chutney ingredients in a saucepan. Mix and bring to a boil over high heat. Reduce the heat and simmer for about 40 minutes or until the sauce has thickened. Serve with the turkey cutlets. Makes about 3 cups g.

Make the Turkey Cutlets: Place the flour in a dish. Beat the egg and water in a bowl. Mix the Panko with the garlic powder, salt, and pepper in a third dish. Coat the turkey cutlets with the flour; shake off the excess. Coat the cutlets with the beaten egg. Press the cutlets into the Panko mixture, coating the entire surface. Let the cutlets air-dry for about 15 minutes. When the oil is hot enough for a Panko crumb to sizzle, add the cutlets, a few at a time, and cook them for 2 to 3 minutes per side or until crispy and cooked through. Drain on paper towels. Serve the cutlets with the chutney.

Chapter 2 : Sabbath Mode Appliances | Ranges, Ovens, & Refrigerators with Sabbath Mode – Debbie's

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Therefore, Jews who strictly observe kashrut divide their kitchens into different sections for meat and for dairy, with separate ovens, plates, and utensils or as much as is reasonable, given financial and space constraints; there are procedures to kasher utensils that have touched dairy to allow their use for meat. Oil, pareve margarine, rendered chicken fat often called schmaltz in the Ashkenazi tradition, or non-dairy cream substitutes are used instead. Despite religious prohibitions, some foods not generally considered kosher have made their way into traditional Jewish cuisine; sturgeon, which was consumed by European Jews at least as far back as the 19th century, is one example. Each Jewish community has its traditional dishes, often revolving around specialties from their home country. In Spain and Portugal, olives are a common ingredient, and many foods are fried in oil. The idea of frying fish in the stereotypically British fish and chips, for example, was introduced to Britain by Sephardic Jewish immigrants. The Jews of Netherlands specialized in pickles, herring, butter cakes and bolas jamrolls. In Poland, Jews made various kinds of stuffed and stewed fish along with matzo ball soup or lokshen noodles. In North Africa, Jews eat couscous and tagine. Thus, a traditional Shabbat meal for Ashkenazi Jews might include roast beef, pot roast, or chicken, carrots tzimmes, and potatoes. A traditional Shabbat meal for Sephardi Jews would focus more on salads, stuffed vine leaves, couscous and other Middle Eastern specialties. History of Jewish cuisine[edit] Main article: Ancient Israelite cuisine Emmer wheat, cultivated in biblical times The daily diet of the ordinary ancient Israelite was mainly one of bread, cooked grains, and legumes. Bread was eaten with every meal. Vegetables played a smaller, but significant role in the diet. Figs and grapes were the fruits most commonly eaten, while dates, pomegranates, and other fruits and nuts were eaten more occasionally. Wine was the most popular beverage and sometimes other fermented beverages were produced. Olives were used primarily for their oil. Meat, usually goat and mutton, was eaten rarely and reserved for special occasions, such as celebrations, festival meals, or sacrificial feasts. Game, birds, eggs and fish were also eaten, depending on availability. Most food was eaten fresh and in season. Fruits and vegetables had to be eaten as they ripened and before they spoiled. People had to contend with periodic episodes of hunger and famine. Producing enough food required hard and well-timed labor and the climatic conditions resulted in unpredictable harvests and the need to store as much food as possible. Thus, grapes were made into raisins and wine, olives were made into oil, figs, beans and lentils were dried, and grains were stored for use throughout the year. For example, rice was introduced during the Persian era. During the Hellenistic period, as trade with the Nabateans increased, more spices became available, at least for those who could afford them, and more Mediterranean fish were imported into the cities. During the Roman period, sugar cane was introduced. In the Bible, this trio is described as representing the divine response to human needs Hosea 2: Bread was made not only from wheat, but also from barley, rice, millet, lentils, etc. Many kinds of fruit were eaten. There was a custom to eat apples during Shavuot, [12] while specific fruit and herbs were eaten on holidays and special occasions such as, Rosh Hashana. Children received nuts and roasted ears of grain especially on the evening of Passover. Olives were so common that they were used as a measure zayit. Meat was eaten only on special occasions, on Shabbat and at feasts. Deer, also, furnished meat, as did pheasant, chickens, and pigeons. Fish was eaten on Friday evening in honor of Shabbat[citation needed]. Pickled fish was an important article of commerce, being called "garum" among the Jews, as among the Greeks and Romans. Pliny [13] says expressly of a "garum castimoniale" i. A specific type of locusts were eaten. Eggs were so commonly eaten that the quantity of an egg was used as a measure. Titbits parperet were eaten before and after the meal Ber. Wine was flavored with myrrh [16] or with honey and pepper, the mixture being called conditum. There was vinegar wine, [17] wine from Amanus, and Cilicia, [18] red wine from Saron, Ethiopian wine, [19] and black wine. In Arabic countries the author of the Halakhot Gedolot knew some dishes that appear to have been specific Jewish foods, e. He recommends bread baked from wheat that is not too new, nor too old, nor too fine, [29] further, the meat of the kid, sheep, and chicken,

and the yolks of eggs. Honey is good for old people; fish with solid white flesh meat is wholesome; so also are wine and dried fruits. Fresh fruits, however, are unwholesome; and he does not recommend garlic or onions. It discusses [31] pies, chestnuts, turtledoves, pancakes, small tarts, gingerbread, ragouts, venison, roast goose, chicken, stuffed pigeons, ducks, pheasants, partridges, quails, macaroons, and salad. These were considered luxuries. The oppressed medieval Jews enjoyed large meals only on Shabbat, festivals, circumcisions, and weddings. For example, the Jews of Rhodes , according to a letter of Ovadiah Bartinura, , lived on herbs and vegetables only, never tasting meat or wine. Generally, only one dish was eaten, with fresh bread daily. Shabbat pudding, kigl or kugel in Yiddish, is also well known. Modern era[edit] Most of the dishes cooked by Jewish people of Eastern Europe origin are akin to those of the nations among whom they dwelled, and in much of Europe including most of the English-speaking world is the dominant style associated with "Jewish cooking"; substitutions were made to accommodate the dietary laws. Hence, dishes which Gentiles make with pork are made with veal or chicken; chicken fat or, more modernly, hydrogenated vegetable oil such as Crisco is used in place of lard. Thus the kasha and blintzes of the Russian Jews , the mamaliga of the Romanians , the paprika of the Hungarians , are dishes adopted by the Jews from their gentile neighbors. Only on religious and ceremonial occasions did they cook special Jewish dishes. In the United States, in particular, Jewish cooking and the cookbooks that recorded and guided it evolved in ways that illuminate changes in the role of Jewish women and the Jewish home. The foods have come from here because these lands were once a part of the Islamic world and directly reflect the related food customs of this culture. The foods also directly affect the socio-economical standings and this was seen to flourish in the early Middle Ages when the Jewish lands culturally and economically grew. When the Jews were expelled from Spain, they decided to show off their traditions and carry them with them to North Africa and the Ottoman lands where they were able to show off their cuisine. For instance the Ashkenazi Jews were poor and their foods reflected this and their migration of the community that was first based in Germany before coming to North Africa. Bagels, knishes, and borscht are the Ashkenazi foods familiar to the United States. Majority of the Jews were located on the East Coast in the early twentieth century but lived and traveled throughout the United States. The best known foods associated with Israel right now are hummus, falafel, and Israeli Salad. Jewish cuisine variations[edit] Fried Jewish artichokes Jewish cuisines vary widely depending on their regions of origin, but they tend to be broadly categorized into Sephardi Iberian and North African , Mizrahi Middle Eastern and Central Asian and Ashkenazi Eastern and Central European families. Still, there is significant overlap, between the different cuisines, as Jews have often migrated great distances and as different regions where Jews have settled e. Southeastern Europe have been influenced by different cultures over time. Since the rise of Ashkenazi Jewish migration to 19th-Century Palestine and the establishment of the State of Israel, increased contact between Ashkenazi, Sephardi, and Mizrahi Jews has led to a rising importance of Middle Eastern and Mediterranean cuisine amongst Jews of all ethnicities. Origins[edit] While Ashkenazi cuisine as it is known today is largely based within the context of American-Jewish and Ashkenazi-Israeli food, much of the culinary tradition of Ashkenazi Jews springs from Central and Eastern Europe. After having been expelled from Western Europe in the Middle Ages, Jews were forced to live in poverty and thus were limited in terms of ingredients. This is often why some dishes in Ashkenazic cuisine are known for being blander than dishes in Sephardic or Mizrahi cuisine. Fish[edit] Gefilte fish with carrot slices and chrain With kosher meat not always available, fish became an important staple of the Jewish diet. In Eastern Europe it was sometimes especially reserved for Shabbat. As fish is not considered meat in the same way that beef or poultry are, it can also be eaten with dairy products although some Sephardim do not mix fish and dairy. Even though fish is parve , when they are served at the same meal, Orthodox Jews will eat them during separate courses, and wash or replace the dishes in between. Gefilte fish and lox are popular in Ashkenazi cuisine. The fish skin and head were then stuffed with the mixture and poached. While traditionally made with carp , gefilte fish may also be made from any large fish: In United States whitefish is added to the above as a mince. The combination of lox , smoked salmon , or whitefish with bagels and cream cheese is a traditional breakfast or brunch in American Jewish cuisine , made famous at New York City delicatessens. Vorschmack or gehakte hering chopped herring , a popular appetizer on Shabbat, is made by chopping skinned, boned herrings with hard-boiled eggs , onions ,

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apples , sugar , pepper , and a dash of vinegar. The soup may be served with noodles lokshen in Yiddish or rice. It is often served with Shkedei marak lit. Some reserve kneidlach for Passover and kreplach for other special occasions. In the preparation of a number of soups, neither meat nor fat is used. Such soups formed the food of the poor classes. An expression among Jews of Eastern Europe, soup mit nisht soup with nothing , owes its origin to soups of this kind. Soups such as borsht were considered a staple in Ukraine. Soups like krupnik were made of barley, potatoes, and fat. This was the staple food of the poor students of the yeshivot; in richer families, meat was added to this soup. At weddings, "golden" chicken soup was often served. The reason for its name is probably the yellow circles of molten chicken fat floating on its surface. Today, chicken soup is widely referred to not just among Jews in jest as "Jewish penicillin," and hailed as a cure for the common cold. One is kraut or cabbage borscht, made by cooking together cabbage, meat, bones, onions, raisins, sour salt citric acid , sugar, and sometimes tomatoes. Beet borsht is served hot or cold. In the cold version, a beaten egg yolk may be added before serving, and each bowl topped with a dollop of sour cream. This last process is called farweissen to make white.

Chapter 3 : Sabbath mode - Wikipedia

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Good Shabbos, Shabbat Shalom! I just returned from a short visit to my favourite city, New York, to attend KosherFeast and calendrierdelascience.com the KosherFeast dinner, which took place at Le Marais, we had an incredible buffet of excellent dishes and more than kosher foodies attended the dinner.

Chapter 5 : The Shabbat Table " Life's Just Peachy!

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Chapter 6 : L.Y. Halperin (Author of Shabbat and the Modern Kitchen)

The Party Plan: A Modern Summer Shabbat Dinner. Focusing on dishes from my cookbook Modern Jewish Cooking: Recipes & Customs for Today's Kitchen, I recently hosted a summer-inspired Shabbat dinner with a menu that delighted my guests, and would be equally delicious for any warm-weather fÃte.

Chapter 7 : The Shabbat Table: Recipes from The Modern Kosher Kitchen

Shabbat and the Modern Kitchen. By Rabbi L I. Halpern Rabbi Halpern puts the applications of the ancient laws of Shabbat into the context of the modern world.

Chapter 8 : Jewish cuisine - Wikipedia

L.Y. Halperin is the author of Shabbat and the Modern Kitchen (avg rating, 0 ratings, 0 reviews, published).