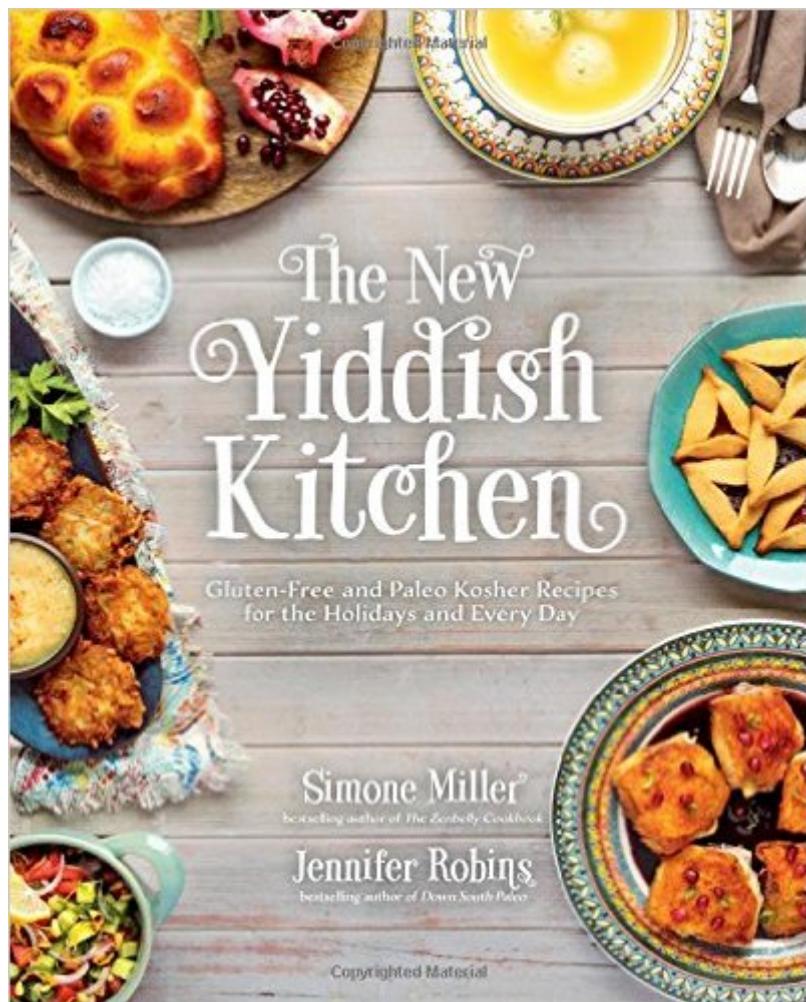


The book was found

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

Hardcover: 256 pages

Publisher: Page Street Publishing (March 8, 2016)

Language: English

ISBN-10: 1624142303

ISBN-13: 978-1624142307

Product Dimensions: 8.2 x 1 x 10.4 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars— See all reviews (65 customer reviews)

Best Sellers Rank: #29,397 in Books (See Top 100 in Books) #9 in Books > Cookbooks, Food & Wine > Special Diet > Kosher #102 in Books > Cookbooks, Food & Wine > Special Diet > Allergies #125 in Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

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

Jenniferâ™s humor shines through the food descriptions, making one want to try each dish. Iâ™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. Thereâ™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 beansâ™not Paleo. Jennifer and Simone have created a Roasted Squash Hummus (p. 19) that will make you forget all about âœstore-bought.â™ 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.

[Download to continue reading...](#)

The New Yiddish Kitchen: Gluten-Free and Paleo Kosher Recipes for the Holidays and Every Day

Paleo: Paleo Diet for beginners: TOP 100 Paleo Recipes for Weight Loss & Healthy Recipes for Paleo Snacks, Paleo Lunches, Paleo Desserts, Paleo Breakfast, ... Healthy Books, Paleo Slow Cooker Book 9) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet, Paleo Slow Cooker Cookbook - Top 80 Paleo Recipes (Paleo Series) Paleo: Paleo Slow Cooker Cookbook: Top 80 Paleo Recipes - Easy, Delicious and Nutritious Paleo Diet Cooking (FREE BONUS) (Paleo Crockpot, Paleo Baking, Whole Food) Paleo Diet: 200 Delicious Paleo Diet Recipes (Paleo Slow Cooker, Paleo For Beginners, Paleo Diet Recipes, Paleo Recipes, Paleo Diet Cookbook,) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Paleo For Beginners: Paleo Diet - The Complete Guide To Paleo - Paleo Cookbook, Paleo Recipes, Paleo Weight Loss (Clean Eating) Paleo: 30-Day Paleo Challenge - Change Your Life and Lose 15 Pounds with Paleo Diet (Paleo Cookbook, Slow cooker recipes, Whole food) Paleo Ketogenic Vegan Smart Moves: Avoid Dieting Mistakes (Paleo Ketogenic Vegan Diet, Paleo Ketogenic Vegan for Beginners, Diabetes Diet, Anti-inflammatory ... - Diet and Nutrition - PALEO Book 7) Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Jewish Warsaw Between the Wars: 20 stories translated from the Yiddish Wheat and Gluten-Free Bread, Rolls, and Biscuits: 50 Exciting Recipes using Healthful and Inspiring Ingredients WHEAT FREE Paleo: Paleo For Beginners, Clean Eating, Weight Loss & Autoimmune Healing Solutions Includes 10 Day Paleo Diet Plan & 41 Amazing Paleo Fat Burning Recipes ... lifestyle change, clean eating) Paleo:Ultimate Pale Diet Cook Book For Beginners-MELT 10 POUNDS IN 14 DAYS MEAL PLAN +100 Recipes,(FREE BONUS INCLUDED),Paleo Diet Plan, Paleo Diet cookbook: Paleo Diet Cook Book For Beginners Paleo Diet: Top Delicious Paleo Diet Recipes to Lose Weight, Boost Energy, Live Healthy, and Satisfy Your Hunger! (Beginners Cookbook Includes a 31 Day Paleo Diet Challenge - Best for Weight Loss) Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets

[Dmca](#)