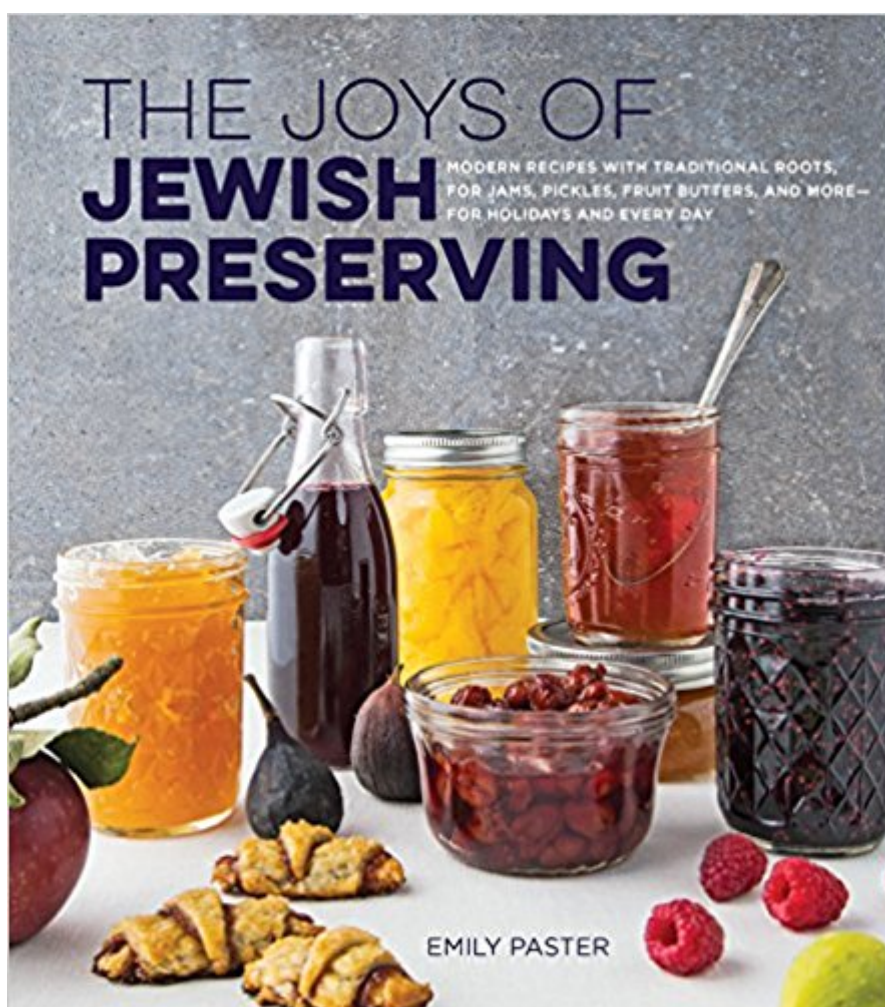


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# The Joys Of Jewish Preserving: Modern Recipes With Traditional Roots, For Jams, Pickles, Fruit Butters, And More--for Holidays And Every Day





## Synopsis

Learn about one of the most vital subtopics in Jewish cooking: preserved foods. Jewish cooks, even casual ones, are proud of the history of preserved foods in Jewish life, from the time of living in a desert two millennia ago to the era in which Jews lived in European ghettos with no refrigeration during the last century. In a significant sense, the Jewish tradition of preserved foods is a symbol of the Jewish will to survive. About 35 of the 75 recipes in this book are for fruit jams and preserves, from Queen Esther's Apricot-Poppyseed Jam or Slow Cooker Peach Levkar to Quince Paste, Pear Butter, and Dried Fig, Apple, and Raisin Jam. About 30 are for pickles and other savory preserves, including Shakshuka, Pickled Carrots Two Ways, and Lacto-Fermented Kosher Dills. The remaining 10 recipes bear the tag "Use Your Preserves," and these cover some of the ways that preserves are used in holiday preparations, like Sephardic Date Charoset, Rugelach, or Hamantaschen. The book often highlights holiday cooking, because there are many Jewish readers who cook "Jewish food" only on holidays. Many recipes are the author's own creations and have never appeared before in print or online. With terrific color photos by the Seattle photographer Leigh Olson, rich and detailed background info about Jewish food traditions, and, above all, with terrific and tasty recipes both sweet and savory, this book is a celebration of some of the best foods Jewish cooks have ever created.

## Book Information

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## Customer Reviews

Emily Paster's *The Joys of Jewish Preserving* is a jewel of a book. Clearly and appetizingly she tells the tales of pickles and preserves, both sweet and savory, from pomegranate

paste to prune lekvah. - Joan Nathan, author of Jewish Cooking in America and King Solomon's Table This is the book I have dreamed of for years! Emily Paster has flung open the larder of traditional and innovative multicultural Jewish pickles and preserves. Only a well-seasoned, well-traveled *balabusta* like Paster could have delivered this book. It will engage, enrich, and nourish anyone with an interest in home preservation and Middle Eastern, North African, or Eastern European cooking. - Karen Solomon, author of Jam It, Pickle it, Cure It Emily Paster serves up a delicious collection of recipes whose flavors and stories are rich in heritage and culture. Her recipes preserve an important tradition and show how that tradition is alive and evolving today. - Jenn Louis, chef/owner, Lincoln (Portland, Oregon), and author of Pasta by Hand Emily Paster taps into the bright, briny, and full-flavored potential of old-world food preservation, while expanding our understanding of what it means to "eat Jewish." - Leah Koenig, author of Modern Jewish Cooking To survive for thousands of years, often on the move and often living in inhospitable places, the Jews had their religion, their rituals, and their foods - and all three required adaptation and preservation. Thank you, Emily Paster, for reminding us that to preserve a food is to preserve a tradition, a culture, and a people. Your book has been a joy to read and your recipes will be a joy to follow. - Mark Russ Federman, Russ and Daughters, New York The Joys of Jewish Preserving is a buoyant and useful exploration of the Jewish preserving tradition that manages to be both modern and rooted in age-old culture. It should be a mandatory addition to anyone's collection of books on preserving. - Marisa McClellan, author of Food in Jars The Joys of Jewish Preserving is the most exciting resource in my pantry! Because pickles and jams were such an important part of my early food memories, I cannot wait to update them in my professional kitchen and my home cupboard with the help of Emily Paster's incredible book. - Michael Solomonov, co-owner and chef, Zahav (Philadelphia), and author of Zahav: A World of Israeli

Emily Paster was born and raised in Washington, DC, where her mother was the Director of the Folger Shakespeare Library and her father was chairman of the public relations firm Hill and Knowlton. A graduate of Princeton University and the University of Michigan Law School, she redirected her career from law to cooking and food writing beginning about 10 years ago, when she had her second child. She writes the widely admired blog West of the Loop, primarily about food but with forays into parenting and family life. She is the co-founder of the Chicago Food Swap and is a national leader in the growing food swap movement (community get-togethers where handmade foods are bartered and exchanged). Her previous book is Food Swap (Storey 2016). A resident of

River Forest, Illinois, in suburban Chicago, she speaks often in the Chicago area on farm-to-table and garden-to-table provisioning and cooking and she has appeared numerous times on food and cooking segments for the major TV network affiliates in Chicago.

This is a wonderfully useful, entertaining, and informative cookbook. To me, it is more than a cookbook. The author is clearly knowledgeable and has done extensive research, and more than that, the recipes and writings come straight from her heart. All through the book, I can feel the loving influence of those who have cooked and taught the author how to cook. Joy is not only in the title, but throughout the book. Although it is clearly about preserving foods in the Jewish tradition, both Ashkenazic and Sephardic, there is plenty here for non-Jewish cooks as well. The recipes are interesting, very complete, and easy to follow. Best of all, the author includes a final chapter that shares recipes for showcasing the pickles, jams, and other preserved foods.

Emily Paster's book, *The Joys of Jewish Preserving* is a true delight. She teaches us the tricks and hints behind the traditions of her family, making everything approachable and taking away our fears. If you have wanted to try preserving foods and making jams, this is the book for you! Gorgeous photos by Leigh Olson enhance and entice us, making the recipes even more appealing. This is a beautiful book and one that will have well-worn pages in no time as you make recipe after recipe for your family and friends.

*The Joys of Jewish Preserving* is a book for everyone who likes to cook from scratch at home. It offers contemporary recipes for classic Jewish flavors. Canners will love the diversity of ideas for both sweet and savory preserved foods. The final chapter, "Use Your Preserves," ties it all together. The research behind each recipe and the stunning photography elevate the reader's experience.

Emily Paster has created a comprehensive, updated collection of traditional Ashkenazic and Sephardic recipes. Each recipe starts with the historical back story and many are accompanied by lovely photos. The first chapter covers fruit -- jams, jellies, syrups, preserves, conserves, ketchup, lekvar, chutney, applesauce, pastes, curd, and candied lemon peel. The second chapter covers vegetables -- pickled cucumbers, onions, radishes, tomatoes, beets, cabbage, eggplant, peppers, cauliflower, turnips, artichokes, okra, carrots -- as well as recipes for pickled plums and eggs, plus matbucha, harissa, and Moroccan lemons. The final chapter showcases ways to incorporate these home-made ingredients in your cooking. For example, if you own any kind of home soda maker, you

will be able to make healthy carbonated drinks with any of the syrup recipes. You can serve your latkes with applesauce or one of the delicious preserves and jams. You can make shakshuka (spicy poached eggs, which were a popular, cheap and filling student lunch when I attended Hebrew U) with Paster's matbucha recipe. Many of the jams would be perfect in hamantaschen. This is a great book both to own and to gift to others.

You don't have to be Jewish to enjoy Emily Paster's "The Joys of Jewish Preserving." Once again, the author offers lots of wonderful recipes in such an accessible book that I, for one, almost forgot how thorough and well researched it is. There is *\*so\** much here, and it's *\*so\** easy to navigate. Jewish or not, I think readers will appreciate the fascinating historical and cultural nuggets that we may well have missed before. This is an ideal entry for any synagogue's Hanukkah Book Fair!

I enjoyed reading this book, I appreciated the fact that the author told about her family history and how she started cooking for her family and loved ones to help to preserve her And their Jewish heritage!! enjoyed reading through all of the recipes - from pickling cucumbers, cabbage and beets to making special holiday treats such as sufganiyot jelly doughnuts, hamentascen and Hanukkah treats such as potato latkes!! especially want to try and make some Pumpkin Butter and Fig Jam this fall when the fruits are in season!

If you love food history this is a must. She gives such wonderful commentary. Food photo's are stunning. Recipes are easy to follow. It is always good to dwell on other cultures and how they connect people. Food is such a lovely universal topic no matter where you are from. You will not be disappointed.

This is such a fabulous book to buy for yourself or give as a gift. I have a lot of Jewish cookbooks but nothing like this. It's a fabulous addition to my cookbook collection and I'll be cooking from it often especially during the holidays. I always make the same brisket, latkes, etc for the Jewish holidays but Emily has shown me easy ways to jazz up my old standards. I loved learning all about about the rich Jewish history behind preserving and pickling.

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