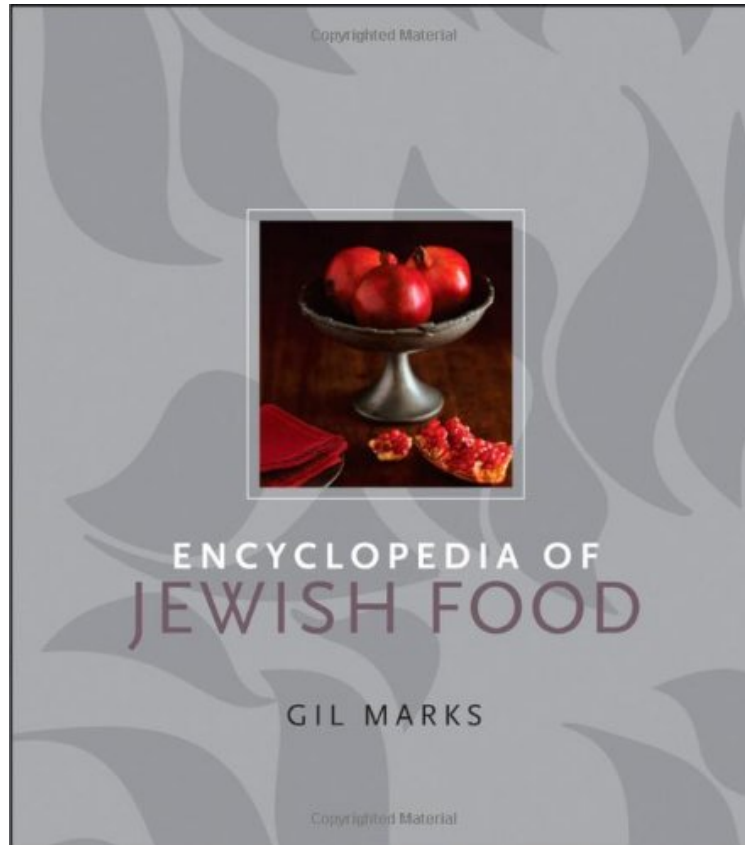


## Encyclopedia of Jewish Food

*Gil Marks*

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#279995 in Books John Wiley Sons 2010-08-25 2010-09-10Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.00 x 1.95 x 8.00l, 3.10 #File Name: 0470391308672 pages | File size: 79.Mb

**Gil Marks : Encyclopedia of Jewish Food** before purchasing it in order to gage whether or not it would be worth my time, and all praised Encyclopedia of Jewish Food:

6 of 6 people found the following review helpful. NOT JUST RECIPES, HISTORIESBy Alexander BellI expected another cookbook with recipes from different countries. What I got is a real encyclopaedia with food name headings, explanations and histories, biblical references, sociological and national information and recipes. There are recipes that I've never heard of from unusual cuisines, explanations about what makes something Jewish food, and more.The book is thick and heavy like an encyclopaedia should be. It is full of fascinating, scholarly and well researched information-a good read. The recipes are the bonus. It has already been picked up and browsed by many vistors to my home and everyone finds it fascinating. It is worth 6 stars, but since that is not an option I give it all five.1 of 1 people found the following review helpful. The history of the world is inside the pages of ...By Elaine CornThe history of the world is inside the pages of this all encompassing book. The Jewish Diaspora is full of recipes adopted by Jews all over the world as well as dishes the Jews brought with them with their kitchens as they relocated. The late Gil Marks was a thorough and joyous researcher, and all of his enlightenment beams through from these pages.1 of 1 people found the following review helpful. An amazing compilation of "who knewBy Lloyd DoiganJust a fascinating enlightening read. An amazing compilation of "who knew?". The one that amused me the most was the New York Times

description of the bagel as a "donut with rigor mortis". A truly great reference and coffee table book. I'm sorry I didn't know of Mr. Marks when he was alive.

A comprehensive, A-to-Z guide to Jewish foods, recipes, and culinary traditions. Food is more than just sustenance. It's a reflection of a community's history, culture, and values. From India to Israel to the United States and everywhere in between, Jewish food appears in many different forms and variations, but all related in its fulfillment of kosher laws, Jewish rituals, and holiday traditions. The Encyclopedia of Jewish Food explores both unique cultural culinary traditions as well as those that unite the Jewish people. Alphabetical entries from Afikomen and Almond to Yom Kippur and Za'atar cover ingredients, dishes, holidays, and food traditions that are significant to Jewish communities around the world. This easy-to-use reference includes more than 650 entries, 300 recipes, plus illustrations and maps throughout. Both a comprehensive resource and fascinating reading, this book is perfect for Jewish cooks, food enthusiasts, historians, and anyone interested in Jewish history or food. The Encyclopedia of Jewish Food is an informative and eye-opening guide to the culinary heart and soul of the Jewish people.

**Recipe Excerpt: Sufganiyot (Israeli Jelly Donuts)**

The first record of filling a fried piece of dough with jelly was in Germany in 1485. Within a century, jelly doughnuts reached Poland, where Jews called them *ponchiks* (from the Polish word for flower bud), and in some areas they became a popular Hanukkah treat, filled with plum, raspberry, or rose petal jam. In the late 1800s, Polish immigrants brought the *ponchik* to Israel, where it eventually took the Hebrew name *sufganiyah* (*sufganiyot*-- plural), from a spongy dough mentioned in the Talmud. At first, jelly doughnuts were not widely eaten in Israel, even on Hanukkah, as they were difficult and intimidating for many people to make. Only a few homes and bakeries continued to prepare them. Then in the late 1920s, the Israeli labor federation championed *sufganiyot* as a Hanukkah treat because they provided work - preparing, transporting, and selling the doughnuts -- for its members. *Sufganiyot* soon emerged as by far the most popular Israeli Hanukkah food, filled not only with jelly but also dulce de leche, halva, crme espresso, chocolate truffle, and numerous exotic flavors. These jelly doughnuts are irresistible. The trick to making non-greasy, fully-cooked doughnuts is working with the temperature of the oil. If the oil is not hot enough, the dough will absorb oil; if it is too hot, the outsides of the dough will brown before the insides have cooked. To test the temperature of the oil, use a candy thermometer or drop a cube of soft white bread in the oil; it should brown in 35 seconds. A traditional sign of proper cooking is a light-colored ring around the center of the doughnut, indicative that the fat was hot enough to push the doughnut to the surface before browning too much of the dough. A typical 3-inch jelly-doughnut is made from cup (2 ounces) dough and contains tablespoon (1 ounce) of jelly.

**Recipe Makes about 16 medium doughnuts**

**Ingredients** 1 (-ounce) package (2 teaspoons) active dry yeast or 1 (0.6-ounce) cake fresh yeast cup warm water (105 to 110 degrees for dry yeast; 80 to 85 degrees for fresh yeast) cup sugar or vanilla sugar cup milk, soy milk, or water 6 tablespoons vegetable oil, vegetable shortening, or softened butter 3 large eggs (or 2 egg yolks and 1 large egg) 1 teaspoon table salt or 2 teaspoons kosher salt teaspoon ground nutmeg or mace, 1 teaspoon grated lemon zest, teaspoon lemon extract, or 1 teaspoons ground cinnamon (optional) About 3 cups (18 ounces) bread or unbleached all-purpose flour About 5 cups vegetable oil, safflower oil, sunflower oil, peanut oil, or vegetable shortening for deep-frying About 1 cup jelly or pastry cream Confectioners' or sugar for dusting

**Directions** 1. To make the dough: Dissolve the yeast in the water. Stir in 1 teaspoon sugar and let stand until foamy, 5 to 10 minutes. Blend in the milk, remaining sugar, oil, eggs, salt, optional nutmeg, and 2 cups flour. Gradually beat in enough of the remaining flour to make a smooth, soft dough. Cover and let rise until double in bulk, about 1 hour. 2. Punch down the dough. Fold over and press together several times. Let stand for 15 minutes. Roll out the dough inch thick. Cut out 2- to 3-inch rounds. Place in a single layer on a lightly floured surface, cover, and let rise until double in bulk, about 1 hour. 3. In a large deep pot, heat at least 2 inches of oil over medium heat to 375 degrees. 4. Using an oiled spatula, carefully lift the doughnuts and drop them, top side down, into the oil. If you drop them bottom side down, the doughnuts are difficult to turn and do not puff up as well. The temperature of the oil should not drop below 350 degrees. Fry 3 or 4 at a time without crowding the pan, turning once, until golden brown on all sides, about 1 minutes per side. Remove with a wire mesh skimmer or tongs and drain on a wire rack. 5. Place some of the jelly in a cookie press, pastry syringe, or a pastry bag fitted with a 1/2-inch hole or nozzle tip. Insert the tip into a side of a doughnut and gently fill with about 1 tablespoon jelly. Roll the doughnuts in the sugar. The fresher the doughnut, the better the flavor and texture.

**Variations:** To make doughnuts without a cookie press or pastry bag: Place 1 teaspoon of jelly in the center of half of the unrisen dough rounds. Brush the edges with egg white, saving a white from the eggs used to make the dough. Top with a second dough round and press the edges to seal.

**Additional Recipe Excerpts:** Borscht--a soup made with beets Foulare/Folar--a sweet pastry enwrapping a hard-boiled egg or a Sephardic long-cooked egg Kouclas--a dumpling cooked in Sabbath stews

'...thorough and fascinating read on the history of Jewish food , recipes and customs.' (Culinaria Libris, March 2011). From the Inside Flap: Food is more than just sustenance. It's a reflection of a community's history, culture, and values and this is especially true for the Jewish people a community that spans the globe. From Brooklyn to India and everywhere in between, Jewish food is represented by a fascinating array of dishes, rituals, and traditions. Jewish

cuisine is truly international. In every location where Jews settled, they brought culinary traditions with them and also adopted local dishes, modifying them to fit their dietary laws, lifestyle, and tastes. Unique traditions and dishes developed within the cuisines of North Africa, Europe, Persia, Asia, and the Mediterranean, but all are recognizably Jewish. The Encyclopedia of Jewish Food explores the foods and culinary traditions of individual communities, such as the honey-nut sformato cookies beloved by Italian Jews in Tuscany, as well as those that unite Jews everywhere, like the key elements of the Passover Seder plate. Alphabetical book entries from Afikomen and Almond to Yom Kippur and Za'atar present recipes, ingredients, and holidays that are significant to the story of Jewish food, spanning three thousand years. Even those with a well-developed knowledge of Jewish food will find plenty of new and compelling information here: dishes and ingredients they've never heard of, surprising and delicious variations on favorite traditional recipes, and plenty of historical and cultural tidbits that explore how, when, and why Jewish foods developed into what they are today. For anyone interested in Jewish cooking, culture, or history, the Encyclopedia of Jewish Food is an enlightening and engaging tour through the culinary heart and soul of a people.

From the Back Cover: A unique and compelling guide to Jewish food around the world. A comprehensive A-to-Z compendium of Jewish foods, recipes, and culinary traditions, the Encyclopedia of Jewish Food is both a practical reference for the kitchen and a fascinating look at the history, culture, and foods that unite Jews around the world. Did you know: Matza was originally soft and relatively thick? The Pilgrims learned how to make baked beans from Sephardim in Holland? European citrus production developed from the Jewish need to cultivate citrons for Sukkot? The original bagel had more hole and less bread? Potato latkes only became a prominent Jewish food around 1850 and derive from Italian cheese pancakes?