



Sephardic Israeli Cuisine: A Mediterranean Mosaic.

By Kaufman, Sheilah.

Hippocrene Books York, New York. Softcover. Condition: New. 261 pages. Softcover. New book. COOKBOOKS. "Since Biblical times, Jews in Israel ate the foods of the land, many of which were mentioned in the Bible. After their expulsion from Spain, Jews came to the Holy Land and brought their cultural and dietary influences, as did other Jews from Greece, Italy, Morocco, Persia, Yemen, Ethiopia, and other countries. Today Israel has developed an authentic food culture, which offers a wealth of colorful, rich, and delicious choices, including foods that came from neighboring Arab cultures." --from the author's introduction These 120 kosher recipes celebrate the flavors of Israeli cuisine. A colorful and delicious mosaic composed of a variety of culinary traditions. Typical Sephardic ingredients include cinnamon, cloves, fenugreek, saffron, almond essence, rose and orange flower water, tahini paste, artichokes, fava beans, olives, fennel, couscous, semolina, and bulgur. Noted cookbook author Sheilah Kaufman guides home cooks through the Israeli kitchen with special sections on the origins and development of Israeli cuisine, kosher dining, Jewish holidays, and food terms. (Key Words: Cookbook, Food, Cooking, Israel). book.

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