

# הקשר היהודי שלך

## Your Jewish Connection - In Praise of Jewish Food

Brought to you by the Lifelong Learning Committee

By Linda S Trapasso

*“Praised be the One who makes us able to grow, prepare, and enjoy food.”*

I am a self-confessed cookbook collector. Over the years I've picked up all kinds of cookbooks and tried my hand at cooking a variety of items. I enjoy cooking, not only day to day but especially at holiday time. And with all the cooking shows on television, I've picked up a few tips and tricks and learned things I never would have known otherwise.

As with many groups of people, Jews associate certain foods with holidays and Shabbat. And every family has their holiday favorites. Oh, how I love cooking these special foods!



All the cookbooks I have provide menu inspiration for a special evening or family gathering. I can happily spend hours looking through cookbooks. And for Pesach, I had a stack of six cookbooks at the ready for when I needed that special recipe. (And I did find one of the best Pesach brownie recipes.)

But who authors these cookbooks and recipes? A search in Google (<http://www.google.com>) of Jewish cooks or Jewish chefs or Jewish recipes supplies a long list of items. Most of the major recipe web sites have a section on Jewish recipes (go to the particular web site and do a search on Jewish) submitted by readers. You can find recipes for brisket, matzoh ball soup, challah, kugel, coffee cake, roast chicken, and more.

Chabad has a section on kosher cooking and recipes ([bit.ly/ZpkLSU](http://bit.ly/ZpkLSU)) including cooking videos ([bit.ly/10Ufx31](http://bit.ly/10Ufx31)).



My Jewish Learning has a good list of kosher recipes ([bit.ly/umgMY5](http://bit.ly/umgMY5)).

Joy of Kosher has a large number of modern kosher recipes that are fresh and inspiring (<http://www.joyofkosher.com/>) along with videos (<http://www.youtube.com/joyofkosher>).

ShalomBoston has many recipes submitted by readers ([bit.ly/ZpnRpT](http://bit.ly/ZpnRpT)). Scroll to the bottom of the page to search by category and/or holiday and/or type.

Recipe.com has a few recipes, all from popular magazines, like this one for chocolate challah ([bit.ly/ZTPUNi](http://bit.ly/ZTPUNi)).

Some well-known cookbook authors include Joan Nathan, Faye Levy, and Edda Servi Machlin. Go to Epicurious and check out the list of their seven favorite Jewish cookbooks ([epi.us/XzyOYF](http://epi.us/XzyOYF)). PBS Television ran a cooking show based on Joan Nathan's *Jewish Cooking in America*. Though I don't think the show is currently airing, you can view the list of episodes and recipes at their web site ([to.pbs.org/157hAGm](http://to.pbs.org/157hAGm)).



Read about some of the top Jewish chefs in this article at The New York Jewish Week, an online magazine ([bit.ly/aONctu](http://bit.ly/aONctu)). And if you'll be traveling to Philadelphia, go to the Jewish Exponent to find a list of Jewish chefs and their restaurants in that city ([bit.ly/UtEW1R](http://bit.ly/UtEW1R)).



Be sure to check out Jewish TV Network (<http://www.jewishtvnetwork.com/>). They have a cooking channel with videos on holidays, starters, first course, main course, and dessert. Many book shopping web sites have Jewish cookbooks on a variety of topics – Ashkenazi, Sephardi, Israeli, Italian, Chinese, vegetarian, and more. And if you're in Brookline, MA, the Israel Book Shop carries cookbooks.

So go ahead – try out some new recipes and have fun in the kitchen!