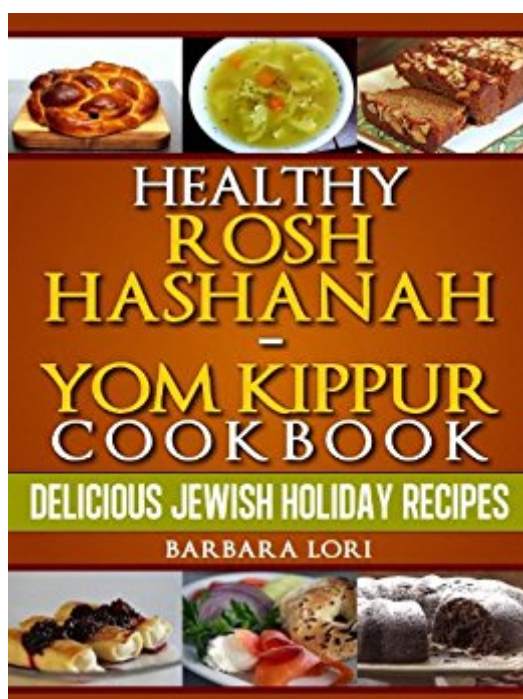


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# Healthy Rosh Hashanah & Yom Kippur Cookbook: Delicious Jewish Holiday Recipes (A Treasury Of Jewish Holiday Dishes Book 1)



## Synopsis

Family recipes are the theme of Barbara Lori's holiday cookbook centered around the Days of Awe in the Jewish calendar. Celebrating Rosh Hashanah feasting as well as preparing for and then breaking the Yom Kippur fast, Lori includes a full menu of appetizers, salads, main and side dishes, breads and desserts. Recipes range from traditional (roast brisket, kreplach, gefilte fish balls, challah) to exotic (spiced Moroccan soup, Persian barbari bread, Faludeh-e-sib). With a nod to busy cooks, she provides a few recipes using crockpots and bread machines, and to accommodate special diets offers gluten-free and vegan dishes, and alternatives for butter, oil, sugar and milk. She also describes the origins of many of the dishes.

## Book Information

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## Customer Reviews

The Jewish Apple Spice Cake is very easy to put together. Very good flavor and I would share this yummy desert at any gathering. This nice dense coffee cake is perfect for traveling. Can't wait to work my way thru the entire cook book!

I have now made two of Barbara Lori's dishes: one was the Honey Cake for Rosh Hashanah, the

other was the Sweet and Sour Brisket. Each was excellent. I have made and tasted many Honey Cakes over my lifetime and I can say that this was if not the very best it was close to it. It had some unusual ingredients in it, such as whiskey and coffee. I have tasted cakes with coffee in them but this left an intriguing kind of mysterious taste which added to the pleasure of eating it. The whiskey I used was Jack Daniels and it also had an interesting quality. The entire recipe was for a wonderful taste experience and I highly recommend it as a dessert for any meal. The Sweet and Sour Brisket was made according to the instructions and the results were beyond belief terrific. Tender, tasty, melt in your mouth delicious. I could eat all 5 lbs. of it myself it was so good. I passed it around to some friends and also were blown away by how good it was. In addition to the taste, it was also good for the cook, because it was so simple to do. All I had to do was put the 3 ingredients of the marinade on top and put it into the refrigerator over night (Refrigerator did all that work). Then I put it into the oven the next day and the oven did the cooking. So it was easy on the cook as well as a delicious product to enjoy.

I have enjoyed several recipes from this grand opus of Jewish cooking, so much so that I feel strongly compelled to share these experiences with you, if I may. The first gastronomic delight that I discovered was the hummus. I have tried many different types of hummus - prepared by people of differing backgrounds - each enjoyable in their own right, yet, for me, the one that has stood out from all the rest was that one whose preparation is described so carefully in this easily readable book. There is just the right balance of ingredients (tahini, garlic, olive oil, garbanzo beans [buy the book and obtain the rest]), that no one flavor dominates, which would render the dish overwhelming. No. It is light and fresh, not to mention healthy. My only criticism is that you may not want to stop eating it. Enjoy!

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