



## ***Zahav: A World of Israeli Cooking*** 2016-2017 Program Resource Guide

This Resource Guide is intended to be a working guide, suggesting some programming ideas and background materials.

We encourage you to think beyond the traditional book discussion group in creating programs that will engage a wide range of community members – not just your “regulars.”

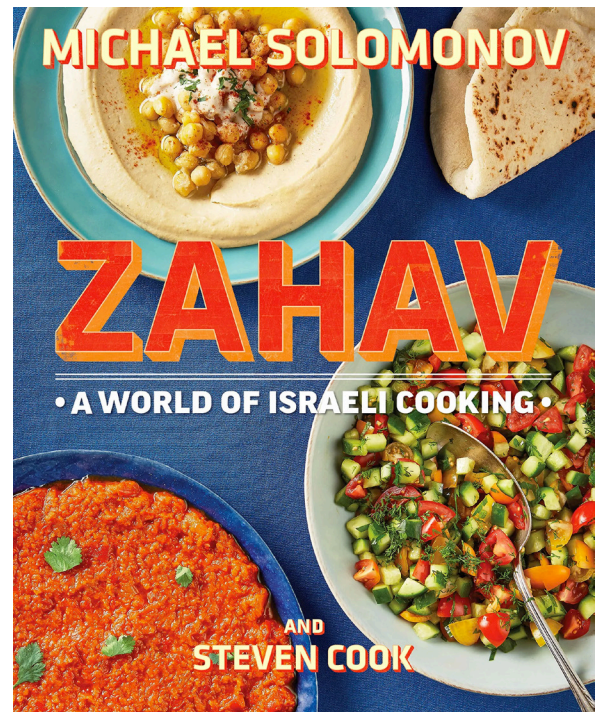
We also encourage you to consider collaborating with another synagogue or organization/ school/ library on planning and offering your activity. There are many ways to do this. You may decide to share resources to create a joint event; or perhaps you may work together to create complementary programs, and encourage your community members to attend both events.

# Zahav: A World of Israeli Cooking

By Michael Solomonov and Steven Cook

*Food has always been one of the important links for bringing the Jewish community together.*

In Talmud we read “there can be no joy without food and drink” and from our experience we know that food has helped define Jews as a people – from the traditional laws of kashrut to foods that are identified with various Jewish holidays, Jewish communities, and individual Jewish families. Zahav is the 2016 James Beard Award winner for “Best International Cookbook” and “Book of the Year.”



Steven Cook and Michael Solomonov

This visually stunning book is a unique combination of mouth-watering recipes and a memoir-like narrative about Solomonov’s search for a way to honor the memory of his brother, David, killed while serving in the Israeli Defense Forces, and to connect his two homelands, Israel and the United States.

Solomonov and Cook invite us to learn about the cuisine and to try the recipes which have been made accessible to the home cook, even including alterations to be more accommodating to the seasonal availability of foods in our community.



# Films about Jews and Food

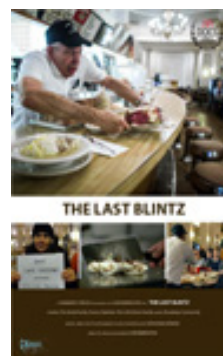
**The Sturgeon Queens.** Four generations of a Jewish immigrant family create Russ and Daughters, a Lower East Side lox and herring emporium. Features an extensive interview with two of the original daughters for whom the store was named, now 100 and 92 years old, and interviews with prominent enthusiasts of the store including Supreme Court Justice Ruth Bader Ginsburg, New Yorker writer Calvin Trillin, actor Maggie Gyllenhaal, chef Mario Batali and 60 Minutes correspondent Morley Safer.



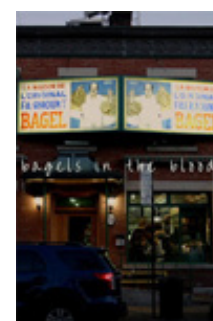
**Life & Hummus.** Life & Hummus documents a Jewish American filmmaker as he travels through Israel in hopes of finding the world's best hummus. Set to the backdrop of this beautiful region, his search for the food's origins also introduces him to both Arabs and Israelis with a common love for the iconic regional cuisine, discovering that this dish has a history and impact far beyond what he originally ever imagined.



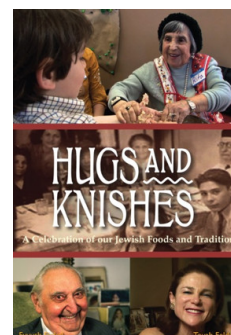
**The Last Blintz.** The closing of the The Cafe Edison (aka The Polish Tea Room), the Broadway diner immortalized in Neil Simon's 45 Seconds from Broadway, is not just a story about another famous show business haunt shutting its doors, it is the fading away of a piece of an America past. It is the true story about a multi-generational, big-hearted, mom-and-pop family business that is tragically and prematurely coming to an end. THE LAST BLINTZ is an impassioned plea for 'progress' that honors the past, protects the future and preserves the heart and culture of our great cities...before there's nothing left.



**Bagels in the Blood.** Nestled between shops in a residential neighborhood in Montreal lies a quiet brownstone building – an old converted house with a wood-fired oven in the back. Irwin Shalafman, third-generation owner of the famous Fairmount Bagel store, shows how it all started....and few secrets to making the perfect bagel.



**Hugs & Knishes: A Celebration of Our Jewish Foods and Traditions.** Mouthwatering moments with a diverse range of Jewish families celebrate the importance of food as a cultural connection to the past, and a hope to maintain tradition in the future. Snippets of home life, holiday gatherings, humor and history come together like the ingredients of a favorite grandmother's Shabbat chicken soup, reflecting a community's collective memories and perhaps sparking new ones as recipes are prepared step-by-step on screen and families share their favorite traditions.

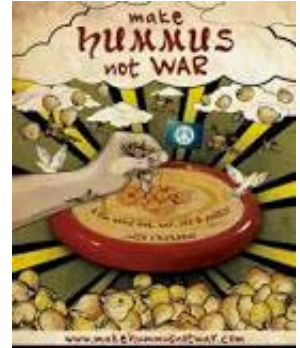


# Films about Jews and Food (cont.)

**In Search of Israeli Cuisine.** In a gastronomical expedition, celebrity chef-restaurateur Michael Solomonov zigzags Israel to savor a food revolution rooted in centuries-old tradition. Israel's food scene is among the most dynamic in the world, extending beyond falafel and hummus to include tasty ethnic and regional specialties. Having won the James Beard award for embracing these authentic flavors, Israeli-American Solomonov returns to his homeland to discover his culinary heritage anew.



**Make Hummus Not War.** Every week in his Bondi Beach home, Australian filmmaker Trevor Graham observes the hummus making ritual, mashing chickpeas, lemon juice, garlic and tahina. This film is a humorous homage to the chickpea's most distinguished dish, as well as the story of a father who served in Palestine during WW II and had two loves in his life, one Syrian, one Jewish, with whom he shared a great culinary passion.



**Falafel! Give Peas a Chance.** This movie takes veteran filmmaker Ari Cohen all over the Middle East in order to discover the true potential behind falafel and it's potential role as a gateway to peaceful coexistence in the region. Tracing the history of this common street food from the time of the pharaohs to the present, Falafel explores the hotly disputed origins of falafel between Israelis, who claim the snack as its national food, and other Arab nations who claim it has been wrongly appropriated – mirroring issues of the larger Middle East conflict. Cohen learns how this dish has brought people together in far-off places and tries to see whether similar unity can be achieved in the Middle East as well.



**A Reuben by Any Other Name.** This film takes a humorous look at the differences between Orthodox and Reform Judaism played out in terms of the differences between the New York and Los Angeles versions of the Reuben sandwich.

**California Shmeer.** 350 years after the establishment of the first Jewish community in North America, Jewish food plays a central role in the American culinary experience. No better example of this phenomenon exists than the bagel as explored in Alan H. Rosenberg's short film.

**Crossing Delancey.** Thirty-something Isabelle "Izzy" Grossman (Amy Irving) spends her time going from her tiny, solitary West Side apartment to that of her grandmother (Reizl Bozyk) on the Lower East Side. While her grandmother plots to find her a romantic match, Izzy is courted by a married, worldly author, yet can't seem to shake the down-to-earth appeal of Sam (Peter Riegert), a pickle vendor.



# Books about Jews and Food

***A Drizzle of Honey: The Life and Recipes of Spain's Secret Jews***

by David M. Gitlitz and Linda Kay Davidson

***From Lokshen to Lo Mein: The Jewish Love Affair with Chinese Food***

by Don Siegel

***Kosher Chinese: Living, Teaching and Eating with China's Other Billion***

by Michael Levy

***Kosher USA: How Coke Became Kosher and Other Tales of Modern Food***

by Roger Horowitz

***Miriam's Kitchen: A Memoir***

by Elizabeth Ehrlich

***My Mother's Spice Cupboard***

by Elana Benjamin

***One Egg is as Fortune: Memories and Recipes to Share from 50 Prominent People from Around the Globe, Sharing their Nostalgic Recipes and Anecdotes***

by Judy Kempler and Pnina Jacobson

***Pastrami on Rye: An Overstuffed History of the Jewish Deli***

by Ted Merwin

***Rhapsody in Schmaltz: Yiddish Food and Why We Can't Stop Eating It***

by Michael Wax

***Russ and Daughters: Reflections and Recipes from the House that Herring Built***

by Mark Russ Federman

***Save the Deli: In Search of Perfect Pastrami, Crusty Rye and the Heart of Jewish Delicatessen***

by David Sax

***The Dinner Party***

by Brenda Janowitz

***Tomorrow There Will be Apricots***

by Jessica Soffer

***97 Orchard: An Edible History of Five Immigrant Families in One New York Tenement***

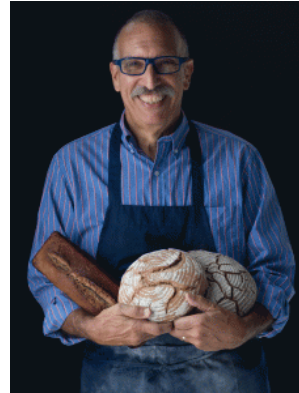
by Jane Ziegelman.

Pastel, an Israeli spiced meat pie. Credit Andrew Scrivani for The New York Times.



# Blogs about Jews and Food

*The Rye Baker*: A Blog about rye breads and the people who love them. Written by Stanley Ginsberg, owner-proprietor of The New York Bakers ([www.nybakers.com](http://www.nybakers.com)) and online purveyor of professional baking ingredients, supplies and equipment to home and hobbyist bakers.



*The Jew and the Carrot*. From Shabbat recipes to sustainability tips, from cholent to compost from restaurants to remoulade, Hazon's award winning blog Jew and the Carrot (in partnership with The Jewish Daily Forward) serves as the homepage for online conversations and ideas around Jews, food, and contemporary life. Whether you're contemplating what to make for dinner or whether conventionally raised meat is really kosher - be sure to check out Jew and the Carrot for tips, thoughts, and delicious recipes for all occasions.



**the jew & the carrot** jews, food & contemporary issues

a Forward & Hazon partnership ✨



House smoked sable. Challah, fried egg, poppy.

*“We remember the fish, which we did eat in Egypt... the cucumbers, and the melons, and the leeks, and the onions, and the garlic.”*

*- Numbers 11*

## Taylor Mardis Katz New York Egg Cream

It doesn't have eggs and it doesn't  
have cream. Once it was made  
with siphon-poured seltzer—  
that's seltzer from a bottle  
with a cold silver lever but today

club soda from the store will  
surely suffice, though if you've  
a neighbor with a siphon, rewind  
& use hers. This drink was designed  
by Jews of the Lower East Side

when they came and survived  
with less space than an egg is allowed  
in its carton. According to legend Fox's  
U-Bet is the wise syrup choice to account  
for the chocolate. Have you ever enjoyed

one, this thick drink with milk, perhaps  
at night with a friend or your father  
in town? Have you sat at a diner and sipped  
through a straw, striped and too tall  
for the glass? You may be in New York;

you may be way out west or in the midst  
of a bend caused by a film whose finish  
is less than an end. Your friend at your side  
will surely misjudge what you request  
from the waiter. An egg cream? But

it doesn't have eggs and there's no  
trace of cream. Your companion is told  
this but continues to dream of being stuck  
in your carton: thin shell touched  
with chocolate, thin shell of sweet milk

## Paul Violi Counterman

What'll it be?  
Roast beef on rye, with tomato and mayo.  
Whaddaya want on it?  
A swipe of mayo.  
Pepper but no salt.  
You got it. Roast beef on rye.  
You want lettuce on that?  
No. Just tomato and mayo.  
Tomato and mayo. You got it.  
...Salt and pepper?  
No salt, just a little pepper.  
You got it. No salt.  
You want tomato.  
Yes. Tomato. No lettuce.  
No lettuce. You got it.  
...No salt, right?  
Right. No salt.  
You got it. Pickle?  
No, no pickle. Just tomato and mayo.  
And pepper.  
Pepper. Yes, a little pepper.  
Right. A little pepper.  
No pickle.  
Right. No pickle.  
You got it. Next!  
Roast beef on whole wheat, please,  
With lettuce, mayonnaise and a center slice  
Of beefsteak tomato.  
The lettuce splayed, if you will,  
In a Beaux Arts derivative of classical acanthus,  
And the roast beef, thinly sliced, folded  
In a multi-foil arrangement  
That eschews Bragdonian pretensions  
Or any idea of divine geometric projection  
For that matter, but simply provides  
A setting for the tomato  
To form a medallion with a dab  
Of mayonnaise as a fleuron.  
And—as eclectic as this may sound—  
If the mayonnaise can also be applied  
Along the crust in a Vitruvian scroll  
And as a festoon below the medallion,  
That would be swell.  
You mean like in the Cathedral St. Pierre in Geneva?  
Yes, but the swag more like the one below the rosette  
At the Royal Palace in Amsterdam.  
You got it.  
Next!



# Marge Piercy

## House Built of Breath

Words plain as pancakes syrup with endearment.  
Simple as potatoes, homely as cottage cheese.

Wet as onions, dry as salt.  
Slow as honey, fast as seltzer,

my raisin, my sultana, my apricot love  
my artichoke, furry one, my pineapple

I love you daily as milk,  
I love you nightly as aromatic port.

The words trail a bitter slime like slugs,  
then in the belly warm like cabbage borscht.

The words are hung out on the line,  
sheets for the wind to bleach.

The words are simmering slowly  
on the back burner like a good stew.

Words are the kindling in the woodstove.  
Even the quilt at night is stuffed with word down.

When we are alone the walls sing  
and even the cats talk but only in Yiddish.

When we are alone we make love in deeds.  
And then in words. And then in food.