

Excerpts Only
JEWISH CUISINE



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"Jewish Cuisine" was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay about Jewish cuisine, but rather an observation about the generalities of Jewish food and recipes from an amateur home kitchen.

JEWISH DIETARY LAWS (*Kashrut*)

Dietary laws govern the daily culinary lives of practicing Jews. *Kashrut* is derived from the Hebrew root *Kaf-Shin-Reish*, defined as "fit, proper or correct." The standard is also commonly known as *kosher*. Non-kosher food is known as *treif*, which originally referred to non-kosher meat only but now applies to all foods not prepared according to Jewish dietary laws.

It is necessary for milk (*milchig*) and meat (*fleishig*) products to be kept completely separate in a kosher kitchen. The division commonly extends to different sets of crockery, cutlery, and different sinks to wash in. Glass utensils can be used for both milk and meat products because they are non-porous, and unlikely to hold traces of a previous meal. However, some Jews Some Jews boil kitchenware in water to remove impurities, while others might use a blowtorch.

After eating meat, Jewish dietary law states a person must wait before eating dairy products; waiting times vary from two to six hours.

> Meat & Poultry:

Animals that chew their cud and possess spilt hooves are considered kosher (beef, lamb, veal), while pork and rabbits are forbidden. Game birds are accepted as kosher if they are slaughtered properly, but not if shot in the wild. All traces of blood must be removed from meat before it is considered *kosher*. Animals are slaughtered according to Jewish ritual (known as *shechita*) by a *shochet* (a trained and licensed Jewish butcher) with a precise, single cut across the throat whereby all blood is drained from the body. Before preparing a meal, meats are typically soaked in water for thirty minutes, sprinkled with salt to remove telltale blood, and then allowed to sit for about an hour before being rinsed in water and cooked. Today, kosher meats can be purchased at markets or butcher shops in which the koshering process has already been completed.

Forbidden animals for use as food include camels, hares, pigs and rock badgers (aka *hyrax* or *shrewmouse*). Shellfish is also proscribed (see "*Kosher Fish*" section below).

> Kosher Cheese:

Common kosher cheeses include brie, colby, camembert, cheddar, cream cheese, gilboa, goat, gruyere, edam, feta, havarti, muenster, mozzarella, parmesan, provolone, ricotta and swiss, among others. Cheese made by non-Jewish companies and/or individuals (*Gevinat Akum*) or which include animal rennet (process that splits curds into whey) are not considered to be kosher. However, if rennet is used from animals slaughtered according to Jewish ritual, it is kosher. Since kosher rennet is not considered a meat product, it does not breach the exclusion of mixing meat with dairy.



> Kosher Eggs:

Kosher eggs are those gathered from chicken, Cornish hens, ducks, geese and turkey. Any blood found in an egg renders it non-kosher, and must be discarded whole. The *Yoreh De'ah*

portion of "Arba'ah Turim" (*Halakhic code*) by Rabbi Jacob ben Asher (1270-1340) indicates "if there is blood in an egg yolk hatching must have begun; therefore consumption of the egg is forbidden." Many modern Orthodox Jews adhere to the dictate. Ashkenazic Jews consider eggs non-kosher if blood is found anywhere inside, while Sephardic Jews view blood only in the yolk to be non-kosher. In addition, Sephardic Jews will consume such eggs if the blood is removed before use. **Note:** Eggs are considered *parve* (neither dairy nor meat) even though they are an animal product. Therefore, mayonnaise is typically accepted as *parve* because it contains egg.



> Kosher Fish:

Fish must have fins and scales to be recognized as kosher. Fish considered to be kosher include albacore, anchovy, angelfish, barracuda, bass, bluegill, bowfin, bream, brill, carp, cod, dab, flounder, goldfish, grouper, haddock, hake, halibut, herring, kelp, mackerel, mullet, perch, pike, pollock, redfish, rockfish, sablefish, salmon, sardine, shad, smelts, snapper, sole, tilapia, trout, tuna, walleye and whiting, among many others. There are no special rules regarding the preparation of kosher fish, although it is not usually served on the same plate as meat. **Note:** Shellfish is forbidden under Jewish dietary laws. According to the *Book of Leviticus*, Jews cannot eat shellfish because they do not possess characteristics of a kosher aquatic being; i.e. living organisms living in the sea must have fins and scales in order to be considered kosher. Since shellfish do not have fins or scales, they are non-kosher.



CULINARY STYLES

Jewish cuisine is comprised of an eclectic collection of cooking styles gathered through many centuries. Cuisine was primarily influenced by living environments, such as the Mediterranean, Middle East, Germany, Spain and countries found in Eastern Europe, all of which are held to the unique dietary constraints of kosher ingredients (*kashrut*) and other Jewish laws.

Ashkenazic and **Sephardic** cooking styles are the most common in the Jewish kitchen. However, similar styles can also be found in **Maghrebi** and **Mizrahi** cuisines. In addition, Israeli cuisine comprises native fare often fused with Jewish dishes and culinary styles from across the globe (*Diaspora*).

COMMON JEWISH DISHES

- **Apple Cake** (*kosher*): Light, spongy sweet cake with chunks of apples. No dairy products are used to make the cake; where milk would typically be added in a non-kosher recipe, apple juice is used instead.
- **Baba Ghanoush** (*eggplant dip*): Pureed eggplant seasoned with garlic and lemon juice.
- **Babka**: Coffee cake (*Polish* or *Russian*); can be flavored with chocolate, cinnamon or lemon, and filled with cheese or fruit.
- **Bagel**: Circular bread roll with a hole in the center; chewy interior and crispy exterior. Typically eaten with cream cheese or Lox (smoked salmon).
- **Beitza**: Roasted, hard-boiled eggs commonly eaten at Passover Seder.
- **Bialy**: Similar to a bagel but with a softer consistency; has an indentation in the center rather than a hole.
- **Blintz**: Thin pancakes filled with cheese, and then fried in oil; eaten on Jewish holidays such as *Hanukkah* and *Shavuot*.
- **Borscht**: Beet soup; served cold with sour cream or hot with boiled potato.
- **Brisket**: Typical Hanukkah entrée of slow-cooked beef brisket (*breast or lower chest meat*); sliced thinly against the grain to serve.
- **Carciofi alla Giudia**: Deep-fried artichoke; common in Roman-Jewish cuisine. Dish name literally translates to "Jewish-style artichokes."
- **Challah**: Braided bread eaten on holidays and the Sabbath.
- **Charoset**: Apple/nut dish typically served at Passover.
- **Cholent**: Meat stew with potatoes and beans; typically served on the Sabbath.
- **Chopped liver**: See *Gehakte Leber*.
- **Chrain**: Horseradish sauce; commonly eaten with gefilte fish.
- **Dafina (d'fina)**: Sephardic variety of *Cholent*.
- **Eyerlekh**: Un-hatched eggs found in just-butchered chickens; used in soups.
- **Falafel**: Mashed chickpeas or fava beans formed into balls or patties and fried.
- **Fazuelos** (*Haman's ears*): Fried thin pastry commonly topped with brandy, cinnamon, honey or syrup; usually eaten for Purim or at the end of Yom Kippur.
- **Gefilte fish**: Cake or ball of poached and chopped fish, usually made using carp or pike. The chopped fish is often mixed with onions, parsley and vegetables (carrots and celery being the most common). It is held together by eggs and matzo meal, boiled in broth, and then served hot or cold with horseradish as an appetizer. Typically eaten during Passover.
- **Gehakte Leber**: Chopped chicken livers cooked with onions, hard-cooked eggs, oil or schmaltz (*rendered chicken fat*) and seasonings.
- **Goulash**: Meat stew with Hungarian origins; can also include noodles, vegetables and paprika seasoning.
- **Gribenes**: Chicken skin (*cracklings*) cooked with onions; sometimes eaten as a snack on pumpernickel or rye bread with salt, or served as a side dish with hot dogs and pastrami on rye sandwiches. Gribenes are a by-product of *schmaltz* preparation (rendering chicken fat).
- **Hamantashen**: Pastry filled with poppy seed, prune paste or fruit jams; eaten during Purim.

- **Hamin** (*Israeli version of Cholent*): Chicken stew with beans, cinnamon, garlic, potatoes, rice, turmeric and whole eggs in the shell (*haminados*, see below). Hamin is known to be the Israeli version of *Cholent*.
- **Haminados**: Hard-boiled eggs (*Sephardic*) colored a deep russet with onion peels; served at Passover Seder to signify the circular nature of life.
- **Holishkes**: Stuffed cabbage leaves, typically served at Sukkot (*Feast of Tabernacles*).
- **Jachnun** (*traditional Yemenite dish*): Rolled dough baked on a low heat for several hours; eaten with hard-boiled eggs, tomato dip and *Zhoug* (hot sauce).
- **Kasha**: Buckwheat (*hulled grain, also known as groats*) cooked in water; can be mixed with fried onions, mushrooms and oil.
- **Kichel**: Flat, diamond-shaped sugar cookies commonly eaten with savory dips.
- **Kishke**: Boiled beef intestines filled with matzo meal, *schmaltz* and a variety of spices.
- **Kneidlach** (*Matzo Balls*): Dumplings made with matzo meal and *schmaltz*, and then boiled in chicken soup or stock.
- **Knish**: Dumpling which can be baked, grilled or deep-fried and filled with black beans, broccoli, cheese, fruit, ground meat, kasha, mashed potato, onions, sauerkraut, spinach, sweet potatoes or tofu, among others.
- **Kokosh**: Similar to *Babka* cake, but longer in shape without twists and streusel.
- **Kreplach**: Small dumpling filled with ground meat or mashed potatoes; typically boiled and served with chicken soup.
- **Kubaneh**: Breakfast bread made from yeast dough (*Yemenite*).
- **Kubbeh**: Meat-stuffed bulgur dumplings served in cooking broth or fried; ground lamb is a typical filling (*Mizrahi origin*).
- **Kugel**: A baked dish (casserole) made from egg noodles or potatoes and eggs.
- **Kugelhopf**: Yeast-leavened cake studded with almonds and raisins (*Yiddish with German origins*).
- **Lahoh**: Spongy pancake bread typically eaten with curry, ghee, honey, soup, stew and tea. The bread was popularized by Yemenite Jews. Nowadays, it is commonly sold by street vendors in Yemen.
- **Latkes**: Known as potato pancakes; can also be made used ground chickpeas.
- **Lekach**: Honey cake; usually prepared and served at Rosh Hashanah.
- **Lox** (*Lokshen*): Smoked and salted salmon.
- **Ma'amoul**: Shortbread pastries made using pure white flour (no semolina); fillings can include almonds, dates (*menenas*), figs, pistachios or walnuts.
- **Macaroons**: Sweet cookies made with almonds, coconut and egg.
- **Malawah**: Skillet bread with rich, flaky crust.
- **Mandelbrodt** (*Mandel Bread*): Hard almond bread similar to biscotti.
- **Mandlach**: Almond soup; also known as *Soup Mandel*.
- **Matzo Balls**: See *Kneidlach*.
- **Matzo Brei**: Matzo meal fried with eggs.
- **Mofletta**: Pancake with Jewish and North African origins; typically eaten warm with butter, honey, jam or syrup during *Mimouna* celebrations (day after Passover).
- **Pletzlach**: Onion rolls or onion-flavored flatbread (*Yiddish*).
- **P'tcha**: Calves foot jelly; similar to aspic in texture. Commonly eaten with chopped eggs on Sabbath, or served as an appetizer at weddings.

- Rugelach:** Small pastries made with cream cheese dough; filled with chocolate, honey, jam or nuts.
- Sabich:** Pita sandwich which can be filled with hard-cooked eggs, fried eggplant, hummus, potatoes or Tahini; usually eaten at breakfast with hot sauce and sprinklings of minced onion. At one time, Mizrahi Jews were known to eat *Sabich* on Shabbat morning.
- Schav:** Sorrel soup; also known as green borscht. Typically contains broth, water and sorrel leaves; can be served hot or cold and garnished with sour cream.
- Schmaltz:** Rendered chicken or goose fat; used in a variety of dishes such as Gebakte Leber (*chopped liver*), Gribenes (*chicken cracklings*), Kishke (*boiled beef intestines*) and Matzo Ball Soup among others.
- Schnitzel:** Boneless meat (beef, chicken, turkey or veal) which is tenderized, coated with breadcrumbs, beaten eggs and flour and then fried. *Schnitzel* originated in Austria.
- Shlishkes:** Dumplings made from mashed potato, egg, flour and water; boiled and then rolled in sugar and buttered breadcrumbs.
- Sufganiot:** Fried doughnuts; typically eaten at Hanukkah.
- Teiglach:** Small knotted pastries boiled in honey or syrup; traditionally served for Purim, Rosh Hashana, Simchat Torah and Sukkot.
- Tzimmes:** Sweet stew made with meat and carrots mixed with dried fruits (such as prunes or raisins); flavored with cinnamon and honey and cooked slowly.
- Vareniki:** Dumplings filled with shredded cabbage, grated cheese, hard-cooked eggs, mashed potatoes, meat or sauerkraut.
- Vorschmack:** Ground meat with onions, anchovies or herring; garnished with salty pickles.
- Yaprah (Dolma):** General name for various stuffed vegetables, such as eggplants, onions, peppers, tomatoes and zucchini. Fillings can include herbs, kidney beans, lentils, minced meats or grains, nuts, olive oil, peas, raisins or rice.

RECIPES (7 samples of 42)



Avocado & Egg Pate

- 1 large bunch of fresh parsley, chopped fine
- 1 small bunch of scallion bulbs, chopped fine
- 4 ripe avocados, peeled & mashed
- 1 TBS lemon juice
- 4 hard-boiled eggs, halved & mashed
- 1 tsp. salt
- Black pepper to taste
- 1 heaping TBS mayonnaise

In a large bowl, combine finely chopped parsley and scallion bulbs. Add mashed avocado, lemon juice, mashed hard-boiled eggs, salt and pepper. Add enough mayonnaise to bind mixture into a pate. Chill before serving. **Suggestions:** Serve with crackers or fingers of *Challah* bread.

Challah (*braided bread*)

Typically served on the Sabbath and holidays.

- 2-1/2 C warm water
- 1 TBS active dry yeast
- 1/2 C honey
- 4 TBS vegetable oil
- 3 eggs
- 1 TBS salt
- 8 C unbleached all-purpose flour
- 1 TBS poppy seeds (*optional*)



In a large bowl, sprinkle yeast over warm water. Beat in honey, oil, two of the eggs and salt. Add flour one cup at a time, beating after each addition. On a floured board or surface, knead until dough is smooth and elastic. Add more flour if necessary. Cover with a damp clean cloth and allow to rise for about an hour-and-a-half, or until dough has doubled in size.

Punch down dough; turn out onto floured board or surface. Divide dough in half; knead each half for about five minutes. Add more flour if dough is sticky. Divide each dough half into thirds; roll into long snake about 1-1/2 inches in diameter. Pinch ends of the three snakes together firmly and braid from middle. Place braids on a greased baking sheets; cover with towel and allow to rise for about one hour.

Preheat oven to 375-degrees F. In a bowl, beat the remaining egg and brush over each braid. Sprinkle with poppy seeds if desired. Bake for about forty minutes. Cool for about one hour before slicing. Recipe makes two loaves.

Creamy Cauliflower Soup

Typical dish served during Purim.

- 2-1/2 LBS cauliflower florets (*from 2 small cauliflower heads*)
- 6 to 7 C water
- 2 TBS butter
- 2 TBS flour
- 2 to 3 C milk
- Salt & white pepper to taste
- Ground nutmeg to taste
- 1/3 C whipping cream
- 1 TBS fresh chives or parsley, chopped (*for garnish*)

Add water to a cooking pot; lightly salt and bring to a boil. Add cauliflower florets. Reduce heat to simmer and cook for about thirty minutes or until cauliflower is tender; drain and set aside. In a medium-sized saucepan, melt butter over low heat. Add flour; whisk for about three minutes or until mixture is smooth. Remove from heat. Whisk in 1-1/2 cups of milk. Return to heat and cook over medium-high, whisking constantly until mixture comes to a boil and thickens. Add a pinch of salt, white pepper and nutmeg. Add cooked cauliflower florets and 1/2 cup of milk. Bring mixture to a boil; reduce heat to low. Cover and simmer for about twenty-five minutes, stirring frequently and crushing cauliflower with a spoon occasionally. Using a slotted spoon, remove cauliflower to a blender and puree. Add remaining mixture to blender and puree until smooth. Return mixture to saucepan and bring to a boil, stirring constantly. Add enough milk to reach desired consistency. Bring to a boil, stirring constantly. Add cream; bring mixture to a boil again, stirring constantly. Add salt, white pepper and nutmeg to taste; stir. Simmer for a few minutes if necessary to reach desired consistency. Garnish individual portions with chopped chives or parsley. Serve.

Gehakte Leber (*chopped liver*)

- 1 LB chicken livers (*do not use frozen*)
- 1 large or 2 small onions, chopped
- 4 hard-cooked eggs, peeled & chopped
- 1/4 C vegetable oil or schmaltz (*rendered chicken fat, see page 31*)
- Salt, black pepper & paprika to taste

In a large skillet, sauté onions in vegetable oil or schmaltz until semi-translucent. Add chicken livers and cook for about ten minutes, turning occasionally. Allow mixture to cool before lacing in a food processor or blender with chopped hard-cooked eggs; blend on chop setting as not to cream chicken livers. Add salt, black pepper and paprika; mix gently. Transfer mixture to a covered container and chill before serving. Keep unused portions refrigerated. **Suggestions:** Serve on crackers or *Challah* bread. **Healthier Variations:** Omit oil or schmaltz and broil chicken livers rather than frying; add mayonnaise to taste for moister consistency; for vegetarians, substitute chicken livers with chopped mushrooms and fresh parsley.

Lox & Avocado Bagel

- 1 ripe avocado, peeled
- 1 tsp. lemon juice
- Black pepper to taste
- 2 bagels
- 2 slices of lox (*or 4 thin strips*)*
- 2 slices red onion
- 4 slices tomato
- 1 tsp. capers, rinsed (*optional*)

In a bowl, mash together avocado and lemon juice. Season with pepper to taste. Split bagels; spread each half with avocado. Top with lox. Layer onion, tomato and capers. Serve.

***Note:** *Lox is defined as a "fillet of brined salmon" that is first cured in a solution of water, salt, sugars and spices and then cold-smoked. Not to be confused with common smoked salmon, cold-smoking requires a smoker-cooker capable of keeping the temperature at 80-degrees F or less. Prepared lox can be found in grocery stores and specialty markets. Trivia: "Lox" is the Yiddish word for salmon.*

Pastrami & Eggs with Mushrooms

- 3 TBS vegetable oil
- 8 oz. small button mushrooms, quartered
- 1/4 tsp. black pepper (*or to taste*)
- 6 large eggs
- 2 TBS fresh parsley, chopped
- 2 oz. beef or turkey pastrami, thinly sliced & cut into thin strips



Heat vegetable oil in a large skillet. Add quartered mushrooms; season with black pepper. Sauté for about seven minutes, stirring often, or until mushrooms are tender and lightly browned. In a bowl, beat eggs with chopped parsley until well-blended. Reduce skillet heat to low; add egg mixture to mushrooms. Scramble eggs, stirring often, until they are set. Gently stir in pastrami and heat through. Serve.

Salmon Casserole

Typically served during Shavuot.

- 3 russet or Yukon Gold potatoes (1 LB), unpeeled & quartered
- 2 TBS vegetable oil
- 2 medium onions, finely chopped
- 4 TBS butter, cut into pieces (*sub with vegetable oil*)
- 1 can (15 oz.) pink or red salmon, drained & mashed
- 2 large eggs
- 3/4 C plain yogurt
- Salt & black pepper to taste
- 1 tsp. lemon juice

- 3/4 C plain breadcrumbs
- Paprika to taste

In a large cooking pot, boil potatoes in salted water until tender. Drain and set aside to cool. If preferred, potatoes can be cooked in a microwave to desired tenderness. Preheat oven to 350-degrees F. Heat vegetable oil in a skillet. Add onions and sauté until golden in color, about seven minutes, stirring frequently. Peel the potatoes and cut into medium-sized pieces. Place potato pieces in a bowl and mash with one tablespoon of butter. Stir in the onions, mashed salmon, eggs, yogurt, salt and pepper, and lemon juice. Grease a baking dish; sprinkle bottom with breadcrumbs. Add potato/salmon mixture; smooth. Sprinkle top with more breadcrumbs; dot with remaining butter and sprinkle paprika. Bake for about forty-five minutes, or until firm. Cut into squares or scoops and serve. **Variations:** Cook diced bell pepper and celery with onions; add a few teaspoons of *Worcestershire* sauce for extra flavor; substitute mayonnaise for yogurt. **Suggestions:** Serve with seafood cocktail sauce, tartar sauce or mild horseradish sauce.



JEWISH TRADITIONS

FOOD BLESSINGS (*Brachot*)

The Torah indicates a blessing must be said before food is consumed. Six different blessings coincide with various categories of food, which belong to the *bircat ha'nehenin* (blessings of pleasure). The categories of food include breads (*ha-motzi*), grains (*mezonot*), wine and grape juice (*ha-gafen*), fruit (*ha-aitz*), vegetables (*ha-adamah*) and a combination of candy, dairy, fish, liquids, meat and mushrooms (*she-hakol*).

After-blessings (*bracha acharonah*) are also said following a meal where at least one ounce (*k'zayit*) of food or six ounces of liquid (*revi'it*) was consumed. They include *Borai Nefashot* (after eating fruits or vegetables), *Bircat Main Shalosh* (after eating grains, wine or the five fruits of Israel), and *Bircat Hamazon* (after eating about one ounce of bread).

JEWISH CALENDAR

The Jewish (*Hebrew*) lunisolar calendar indicates moon phase and solar year time. It is primarily used to determine dates for Jewish holidays and religious observances, but can also be utilized to commemorate the death of a family member and to schedule daily Psalm readings or other ceremonial events.

1. **Nissan** (30 days, March-April).
2. **Iyar** (29 days, April-May).
3. **Sivan** (30 days, May-June).
4. **Tammuz** (29 days, June-July).
5. **Av** (30 days, July-August).
6. **Elul** (29 days, August-September).
7. **Tishri** (30 days, September-October).
8. **Cheshvan** (29-30 days, October-November).
9. **Kislev** (29-30 days, November-December).
10. **Tevet** (29 days, December-January).
11. **Shevat** (30 days, January-February).
12. **Adar I** (leap years only; 30 days, February-March).
13. **Adar** (29 days, February-March).

Days of the Week:

1. **Yom Rishon** (Sunday).
2. **Yom Sheini** (Monday).
3. **Yom Shlishi** (Tuesday).
4. **Yom R'vi'i** (Wednesday).
5. **Yom Chamishi** (Thursday).
6. **Yom Shishi** (Friday).
7. **Yom Shabbat** (Saturday; Sabbath).

WORDS & PHRASES

Common Hebrew and Yiddish words and phrases, including slang terms.

- **Averah:** Sin; moral transgression against God or man.
- **Azoi?:** Really?
- **Betayavon!** (*Hebrew*): Good appetite!
- **Bevakasha:** Please/you're welcome.
- **Bubbala:** Darling (*term of endearment*).
- **Bupkes:** Worthless; nothing, nada, zilch.
- **Chesid:** Good deed or favor.
- **Chutzpa:** Courage, daring, determination; also audacity, effrontery.
- **Dreck:** Garbage (*refers to objects or people*).
- **Emmes:** Truth.
- **Feh:** Expression of disgust.
- **Ganef** (*gonif*): Thief, scoundrel, rascal.
- **Geh avek:** Go away.
- **Geh shlafen:** (*German origin*): Go to sleep.
- **Geh vays:** "Go figure."
- **Gesundheit** (*after sneezing, German origin*): Bless you.
- **Glitch:** Problem, malfunction, snag.
- **Golem:** Man-made monster; humanoid, android, Frankenstein.
- **Goy** (*goyim*): Non-Jew; also known as gentile.
- **Grepse:** Belch.
- **Haimish** (*heimish*): Homey, friendly, folksy.
- **Halacha:** Jewish Law.
- **Handel:** To bargain, especially in the price of goods.
- **Hegdesch:** Mess, pigpen.
- **Huck:** Pester, bother incessantly.
- **Ken:** Yes.
- **Kibbitz:** Small talk, idle chatter; or unwanted/intrusive advice.
- **Klop:** Loud bang; wallop.
- **Klumnik:** Empty person; good-for-nothing.
- **Klutz:** Clumsy person.
- **Kvel:** To express great pleasure and pride.
- **Kvetsh:** Complain.
- **L'Chayim:** Cheers!
- **Lo:** No.
- **Loshen hora:** Slander.
- **Ma nishma?:** What's up?
- **Macher:** Big shot; important person.
- **Maven:** Expert (*connoisseur*).
- **Mazel Tov:** Congratulations/Good Luck!
- **Megillah:** Detailed and tedious discussion or document.
- **Mentsh:** Honorable, decent person.
- **Meshugge:** Crazy, insane.

- Metzuyan:** Excellent.
- Mishpocheh** (*Mishpokhe* or *Mishpucha*): Family.
- Na'eem meh'od:** Pleased to meet you.
- Naches:** Contentment, gratification, pride.
- Nebbish:** Loser.
- Noodge:** Pushy, nosy, whiny.
- Nudnik:** Pest.
- Oy!:** Oh!
- Oy vay!:** Oh no!
- Oytzer:** Sweetheart, dear.
- Pisher:** Inexperienced person; nobody.
- Plotz:** Explode (*in anger*).
- Potch:** Slap, spank.
- Putz** (*Narr*): Fool.
- Schlemiel** (*Schlimazel*): Habitual bungler, dolt, unlucky person.
- Schlepper:** Slow-mover; lazy, sloppy person.
- Schlock:** Shoddy, inferior.
- Schmaltzy:** Sentimental, gushing.
- Schmatta:** Junk or low-quality merchandise; rag.
- Schmo:** Stupid person.
- Schmooze:** Chitchat.
- Schmuck:** Jerk, detestable person, stupid, foolish.
- Schmutz:** Dirt, filth, garbage.
- Schnook:** Passive, wishy-washy person.
- Schnoz:** Nose; large nose (*Yiddish*).
- Shalom:** Hello/goodbye/peace.
- Shamus:** Detective (*said to be derived from the Irish name Seamus*).
- Shemozzle:** Brawl, quarrel.
- Shikker:** Drunk.
- Shlep:** Carry unwillingly, drag.
- Shmendrik** (*shmendrick*): Foolish or contemptible person.
- Shteig:** To accumulate wealth and possessions; or to grow in wisdom.
- Shtick:** Gimmick, routine.
- Shvitz:** Steam bath, or to sweat.
- Slicha:** Excuse me/sorry.
- Spiel:** Sales pitch or speech meant to persuade.
- Toda:** Thank you.
- Tsuris:** Troubles.
- Tuchus** (*tochis*): Buttocks.
- Ungerspart:** Stubborn.
- Yenta** (*Yente*): Busybody, gossip.
- Yiddisher Kop** (*Jewish head*): Smart person.

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- *Polish Kuchina*
- *The Potato*
- *Russian Kitchen*
- *Savory Spain*
- *Scottish Vivers*
- *Swedish Koket*
- *Swiss Chuchicha*
- *Thai Cookery*
- *Thanksgiving with Food Fare*
- *Welsh Coginio*

Visit the Culinary Collection web site:

<http://shenanchie.tripod.com/culinary/index.htm>

Titles in the collection are available at Amazon, Barnes & Noble and Kobo Books.

ABOUT FOOD FARE

Food Fare offers recipes from a variety of countries and cultures around the world. Their official web site also contains a collection of personal recipes, many of them "comfort foods" inherited through the generations.

Food Fare is also home to the *Ambrosia Cookbook*, *Community Garden Cookbook*, *Food Fare Cookbook*, *Furry Friends Cookbook*, *Recipes-on-a-Budget Cookbook* and the fiction-novel-inspired *Larkin Community Cookbook*.

Food Fare's exclusive Culinary Collection features more than thirty books in Kindle, Kobo, Nook and Adobe Digital Editions. The titles include information about the food and culture of different countries across the globe, holidays and food-specific topics. They also contain history, food traditions, lifestyle and dishes native to various countries, as well as authentic recipes, words and phrases in the native tongue of the subject, along with food and cooking terms.

LINKS

Appetizing Muse (*Shenanchie's food blog*):

<http://shenanchie.tripod.com/weblog/>

Culinary Collection:

<http://shenanchie.tripod.com/culinary/index.htm>

Facebook:

Cookbooks: <https://www.facebook.com/pages/Food-Fare-Cookbooks/149099465190632>

Culinary Collection: <https://www.facebook.com/pages/Food-Fare-Culinary-Collection/293349730696594>

Shenanchie/Food Fare: <https://www.facebook.com/shenanchie.otoole>

Food Fare:

<http://shenanchie.tripod.com/FoodFare/>

Food Fare Cookbooks:

<http://shenanchie.tripod.com/cookbook/index.htm>

Twitter:

<https://twitter.com/FoodFare>