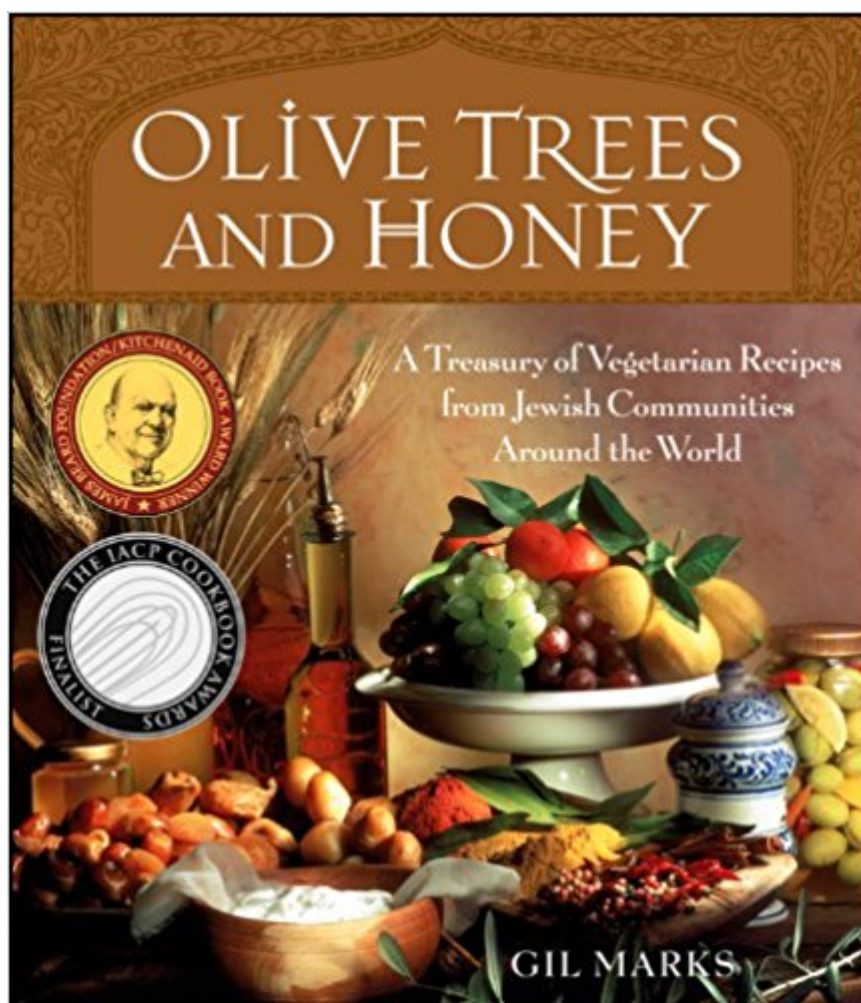


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# Olive Trees And Honey: A Treasury Of Vegetarian Recipes From Jewish Communities Around The World



## Synopsis

"A land of wheat and barley, of grape vines and fig trees and pomegranates; a land of olive trees and honey . . . you shall eat and be satisfied." —Deut. 8:8-10 A Celebration of Classic Jewish Vegetarian Cooking from Around the World Traditions of Jewish vegetarian cooking span three millennia and the extraordinary geographical breadth of the Jewish diaspora — from Persia to Ethiopia, Romania to France. Acclaimed Judaic cooking expert, chef, and rabbi Gil Marks uncovers this vibrant culinary heritage for home cooks. Olive Trees and Honey is a magnificent treasury shedding light on the truly international palette of Jewish vegetarian cooking, with 300 recipes for soups, salads, grains, pastas, legumes, vegetable stews, egg dishes, savory pastries, and more. From Sephardic Bean Stew (Hamin) to Ashkenazic Mushroom Knishes, Italian Fried Artichokes to Hungarian Asparagus Soup, these dishes are suitable for any occasion on the Jewish calendar — festival and everyday meal alike. Marks's insights into the origins and evolution of the recipes, suggestions for holiday menus from Yom Kippur to Passover, and culture-rich discussion of key ingredients enhance this enchanting portrait of the Jewish diaspora's global legacy of vegetarian cooking.

## Book Information

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## Customer Reviews

"Olive Trees and Honey doesn't shy away from recognising the cultural, historical, and religious relevance of traditional foods" (Jewish Tribune, 14th October 2004)

For more than three millennia, vegetarian cooking has been a central component of the rich fabric of Jewish culinary tradition around the world. *Olive Trees and Honey* is a tribute to this vital realm of Jewish heritage, showcasing an authentic collection of vegetarian dishes that have graced Jewish tables across the ages from Alsace to Uzbekistan, and are still very much alive today—at holidays, rituals, festivals, and everyday meals alike. In virtually any kitchen today, cooks need to possess a broad repertoire of vegetarian dishes for themselves or their guests—for health, theological, philosophical, or other reasons. In *Olive Trees and Honey*, eminent Jewish cooking expert Gil Marks presents a magnificent treasury of meatless fare suitable for any table: 300 simple, enticing recipes that accentuate signature flavors of time-honored dishes. The classics here—soups, salads, pastas, legumes, vegetable stews, egg dishes, and more—represent every part of the menu from an expansive global palette. From savory pastries like Syrian Miniature Lentil Pizzas to hearty entrées such as Moroccan Mashed Potato Casserole, nourishing Romanian vegetable stews to wholesome legume dishes like Tunisian Chickpeas with Greens, Marks brings the world of Jewish vegetarian cooking to the home kitchen. For those observing kosher laws, each recipe is labeled as Dairy or Pareve. Many recipes include tips and variations for years of fresh, inventive meals. Through brief chronicles of the Jewish diaspora's vegetarian legacy in diverse corners of the world and sidebars woven throughout the book, Marks sheds light on the origins and evolution of cuisines and dishes—and of the communities that created them. There are chapters on suitable recipes for key Jewish holidays and on essential ingredients and seasonings. Maps in each chapter chart the paths of several unique gustatory traditions through history. Perfect for the vegetarian kitchen or as a complement to meat-based menus, the exquisite dishes in these pages will enrich any diet and bring warmth to any table. At once a practical guide to Jewish vegetarian cooking and an illuminating portrait of its journey across continents and centuries, *Olive Trees and Honey* is a celebration of this enduring global mosaic.

I absolutely loved this book for two reasons. It is fun to read, and everything I've cooked out of it tastes great. I bought it in order to expand my meatless repertoire, but didn't want a book that depended on health rather than taste for the strength of its recipes. I am very happy with it, and am busy convincing all my relatives and acquaintances to buy it. The recipes are clear, and most of them have short descriptions to go along, which is helpful because I've never seen, tasted, or heard of many of the dishes inside. Many of the flavor combinations were unfamiliar to me, but the writing allowed me to envision a final product. Most of the recipes have multiple variations listed from

different countries. I've cooked several soups, a few cold salads, and many of the cooked vegetable dishes, but none of the pastries. Everything turned out delicious, with or without extensive tweaking. On a fairly tight budget, all of the recipes are very affordable. If I have a random vegetable that I don't know how to use, or need to throw together something to eat last minute without going to the store, this is my go-to book. One thing that I especially love about this book, is that the many variations give you a good feel for how you can change the recipe to suit the things you have on hand. It frees you up to be creative, and resourceful. This is a fun way to try new foods. I love the flexibility, this is not fussy, not high maintenance, just cheap, easy, and tasty. Not everything in here is a fast/easy recipe, but those are the kind I have cooked most frequently. There are dishes in here that would be fine for a nice dinner, and many dishes designed to be made ahead and held over (as opposed to sub-prime leftovers). You can set aside a slow day to cook something special and yummy, or you can open a can of beets and have a delicious salad ready in 3 minutes. It is a great read, part history, part recipes. As other people have noted, there are no photos (which I really don't mind at all) but some very interesting maps. I think I've read this book three times through, gleaning new ideas each time. Whenever I need to cook out of it, it is never on my bookshelf with all the other cookbooks, but rather on my kitchen counter next to the Joy of Cooking, or on my nightstand. When I cook out of this book, I feel like I am taking a historical tour across the "Old World."

The Bottom Line:-Delicious-Affordable, Practical, Flexible-Fun

"A land of wheat and barley, of grape vines and fig trees and pomegranates; a land of olive trees and honey . . . you shall eat and be satisfied." Deut. 8:8-10

Tracing vegetarian Jewish Diaspora recipes is no easy task: Rabbi and chef Gil Marks has created a painstakingly researched cookbook that at times reads more like a history book. With recipes from Azerbaijan to Yemen, Olive Trees and Honey is a catalogue of the vast variety of Jewish vegetarian cuisines, including chapters on cheese and dairy spreads, pickles and relishes, soups, salads, savory pastries, cooked vegetable dishes, vegetable stews, beans and legumes, grains, dumplings and pasta, eggs, and sauces and seasonings. Each section features fascinating information about the origins and spread of each type of cuisine, often with illustrative maps. Some examples include a map of which type of cheeses are popular in which Diaspora community, or the spread of stuffed cabbage from Persia. Each recipe contains a myriad of further variations to try. Every recipe is labeled Dairy or Pareve for those keeping kosher, and many recipes offer Pareve alternatives (which generally are vegan). Some of the more interesting recipes that caught my eye were Moroccan Pumpkin Soup, Hungarian Wine Soup, a sangria-like cold soup (red wine and fresh/frozen fruit mixed with orange juice, lemon juice,

sugar, cinnamon, and cloves), Middle Eastern Bulgur-Stuffed Cabbage, Sephardic Cauliflower Patties (perfect for Passover if made with matza meal), Indian Coconut Rice, Middle Eastern Wheat Berry Stew, and the classic Ashkenazic Sweet Noodle Pudding (Kugel). Also included are suggested vegetarian menus for special occasions and holidays. This is a monumental work and one of the most beautiful vegetarian cookbooks out there, refreshing for the soul as well as body. I only have two small complaints: Rabbi Gil Marks wrote the excellent (and out-of-print) *The World Of Jewish Desserts: More Than 400 Delectable Recipes from Jewish Communities*. I would have liked to see the incorporation of more of his well-researched desserts as a final sweet note (there are recipes for several pastry-based desserts included). Also, the large number of variations in addition to the core recipes (example: ten recipes for red lentil soup, many of which are minor variations of the basic Sephardic Red Lentil Soup) made this a bit overwhelming; although I enjoyed browsing through the 300+ recipes, I honestly don't see myself ever making more than a handful on a regular basis.

If you are here because you were thinking about buying this cookbook and not just by accident -- add it to your cart NOW (hmmm... even if you're here by accident, pick it up anyway...). Let me expand -- I am a meat eater, and this is a great cookbook. We do a good deal of entertaining and I am always looking for a new vegetarian cookbook to create tasty and interesting side dishes. Often times I have found vegetarian cookbooks are reviewed by vegetarians who give it a high rating, and I have been very disappointed with the final product. The recipes in this cook book are authentic and varied and delicious. I have used them as main courses and side dishes, for fancy meals and family meals. These are accessible, clear recipes with wonderful thought to detail. If you are Jewish buy this now. If you are a non-Jew well, I have Indian friends who thought the Dal was superb so buy it now. If you are a vegetarian buy this now. And yup -- if you're a carnivore, buy it now...

Wonderful book! I have enjoyed making several of the recipes and have found some new favorites. It is simple easy everyday cooking with mostly common ingredients. The food is familiar and comforting with a twist. It is very hard to navigate on the Kindle but I think most cookbooks are. I ended up buying the book form. The physical book is very attractive and easy to read. It has lots of variations on each recipe so if you have an allergy there is likely already a solution there. It is the best, most used, cookbook I've bought in 30 years.

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