

The founders of the world-famous Gefilteria revitalize beloved old-world foods with ingenious new approaches in their debut cookbook.

LIZ ALPERN AND JEFFREY YOSKOWITZ are on a mission to reclaim and revolutionize Ashkenazi cuisine. Combining the inventive spirit of a new generation and respect for their culinary tradition, they present more than a hundred recipes pulled deep from the kitchens of Eastern Europe and the diaspora community of North America. Their recipes highlight the best of Ashkenazi home and store-front cuisine, tapping into the enduring Jewish values of resourcefulness and seasonality.

Drawing inspiration from aromatic Jewish bakeries (Classic Challah with a Marble Rye Twist, Seeded Honey Rye Pull-Apart Rolls), neighborhood delis (Home-Cured Corned Beef and Pastrami, Rustic Matzo Balls, and Old World Stuffed Gefilte Fish), old-fashioned pickle shops (Crisp Garlic Dilly Beans, Ashkenazi Kimchi), and, of course, their own childhood kitchens, Yoskowitz and Alpern rediscover old-world food traditions, helping you bring simple and comforting recipes into your home.

Dishes like Spiced Blueberry Soup, Kasha Varnishkes with Brussels Sprouts, and Sweet Lokshen Kugel with Plums celebrate flavors passed down from generation to generation in recipes reimagined for the contemporary kitchen. Other recipes take a playful approach to the Old World, like Fried Sour Pickles with Garlic Aioli and Sour Dill Martinis.

The Gefilte Manifesto is more than a cookbook. It's a call to action, a reclamation of time-honored techniques and ingredients, from the mind-blowingly easy Classic Sour Dill Pickles to the Crispy Honey-Glazed Chicken with Tsimmes. Make a stand. Cook the *Manifesto*. The results are radically delicious.

"After listening to [Jeffrey] talk about gefilte fish for a couple of hours, I was convinced that it's not just a food but also a revolution." —ROSE SURNOW, *Haaretz*

LIZ ALPERN, cofounder of The Gefilteria, got her start in the Jewish food world working with acclaimed cookbook author Joan Nathan. She curates and cooks for pop-up events and gives lectures and hands-on classes around the globe about Jewish food and culture. She holds an MBA from the Zicklin School of Business at CUNY Baruch College. She has been featured in *Forbes'* 30 Under 30 list for food and wine, as well as in *The New Yorker*, *The New York Times*, *Saveur*, and *The Wall Street Journal*.

JEFFREY YOSKOWITZ, cofounder of The Gefilteria, trained as a pickler at Adamah Farm, where he fell in love with the art of lacto-fermentation, and has worked in the food world as an entrepreneur and a consultant for food businesses, as well as a writer. He grew up visiting New York's finest Jewish food institutions and has written on food and culture for *The New York Times*, *The Atlantic*, *Slate*, and *Gastronomica*. He frequently speaks to audiences around the world and teaches workshops about Jewish food and culture.

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For reviews and more information,
please e-mail Marlena.Bittner@flatironbooks.com.

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THE GEFILTE MANIFESTO

New Recipes for Old World Jewish Foods



JEFFREY YOSKOWITZ & LIZ ALPERN



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SPICED BLUEBERRY SOUP

JEFFREY

There’s an intriguing tradition of fruit-based soups in Ashkenazi cooking, much as there is in Scandinavia. Growing up, I was familiar with sour cherry soup, but I hadn’t heard of blueberry soup until I began reviewing old Jewish cookbooks. I’m glad I found it.

Many old recipes call for straining out the blueberries, but Liz and I prefer the texture that the stewed fruit adds to the soup. This recipe is a great way to highlight the berry harvest in early summer or a delicious way to utilize frozen berries when the weather turns cold. Also, it is a very quick recipe. You can also serve it hot right after it’s done cooking but the flavor develops nicely after a day, so once cooled, you can refrigerate the soup and serve it cold (our preference) or room temperature.

SERVES 4 TO 6

2 cinnamon sticks	2 teaspoons whole black peppercorns	4 teaspoons fresh lemon juice	2 teaspoons lemon zest, plus more for garnish
2 teaspoons whole cloves	6 cups fresh or frozen blueberries	1 cup cold water	Sour cream or plain yogurt, for serving
1 tablespoon coriander seeds	¼ cup honey	2 egg yolks, lightly beaten	

1.

Tie the cinnamon sticks, cloves, coriander seeds, and peppercorns in a square of cheesecloth for easy removal later.
2.

In a medium saucepan, combine the blueberries, honey, lemon juice, spice bundle, and cold water. Bring to a boil over medium-high heat, then reduce the heat to maintain a simmer and cook for about 8 minutes. The berries will break down quite quickly and release a good deal of liquid.
3.

Remove the pot from the heat. Very slowly spoon 3 tablespoons of the hot
- blueberry liquid into the egg yolks (1 tablespoon at a time to avoid curdling the egg yolks). Whisk with a fork until thick, 1 to 2 minutes, then return the blueberry-egg mixture to the pot and return the soup just to a boil. Immediately reduce the heat to maintain a simmer and cook for 3 minutes more, until the soup has thickened. Remove from the heat, then immediately mix in the lemon zest.
4.

Serve hot, cold or room temperature, garnished with sour cream and lemon zest.





CRISPY CHICKEN WITH TSIMMES

LIZ

Tsimmes is a sweet Ashkenazi stew in which the ingredients vary depending on family origin and tradition. The dish is often eaten during the Jewish High Holidays to usher in a sweet new year. This sweet-and-savory chicken *tsimmes* is an easy dish with a built-in side. The moist prunes and carrots pair well with the crisp chicken, and the juices of the chicken enhance the flavors of the vegetables and fruit. It's quite filling when paired with a grain like barley or kasha, and it's colorful and complex enough to serve at a holiday meal.

SERVES 4

3 tablespoons grated
peeled fresh ginger
3 tablespoons honey
2 tablespoons
vegetable oil
2 teaspoons
kosher salt

½ teaspoon red
pepper flakes
1 teaspoon packed
lemon zest
2 to 2½ pounds
chicken pieces,
bone-in with skin

1 medium onion,
halved and
thinly sliced into
half-moons

½ pound pitted
prunes, coarsely
chopped (about
1½ cups)

1 pound carrots, cut
into ½-inch rounds
(about 3 cups)

Chopped fresh
parsley or cilantro,
for garnish

1. Preheat the oven to 400°F. In a small bowl, mix together the ginger, honey, 1 tablespoon of the oil, the salt, red pepper flakes, and lemon zest to make a glaze. Set aside.
2. In a heavy-bottomed oven-safe skillet, heat the remaining 1 tablespoon oil over medium heat. Place the chicken in the pan, skin-side down, and sear the pieces for about 5 to 7 minutes until brown. Remove chicken pieces from pan and place in a bowl. Generously coat with the glaze on all sides, and set the bowl aside.
3. Add the onion to the pan and cook until it softens and becomes aromatic, about 3 minutes. Add the carrots and prunes and cook, stirring, for about 10 minutes, until the carrots are just beginning to soften, adding a pinch or two more salt and red pepper flakes. Add ½ cup water to the skillet, scraping up the bits of carrot, onion, and prune that have stuck to the bottom of the pan. Place the chicken, skin side up, on top of the carrots, prunes, and onions, drizzling any glaze that has collected at the bottom of the bowl over the chicken.
4. Place the skillet in the oven, uncovered, and bake for 30 to 35 minutes, until the chicken is cooked through (the safe internal temperature for chicken is 165°F), its skin is crispy and browned, and the sauce looks thick and bubbly.
5. Serve the chicken with *tsimmes* and a side of cooked rice, kasha, or barley. Spoon over any pan juices that have collected at the bottom of the pan and garnish with parsley and/or cilantro.





THE GEFILTE MANIFESTO

“Gefilte fish is not just about your bubbe. It is not about kitsch or a foodie revolution. Gefilte is about reclaiming our time-honored foods and caring how they taste and how they’re sourced. It is about serving a dish with pride, and not simply out of deference to hollow convention. It is about taking food traditions seriously and reclaiming the glory of Ashkenazi food—what it has been and what it can be.

We of The Gefilteria plan to bring our foods out of the jar and back to the street, to the pushcarts where we began, to the flavors of the people.”

© 2011, by Jeffrey Yoskowitz, Liz Alpern & Jackie Lilinshtein,
co-founders of The Gefilteria