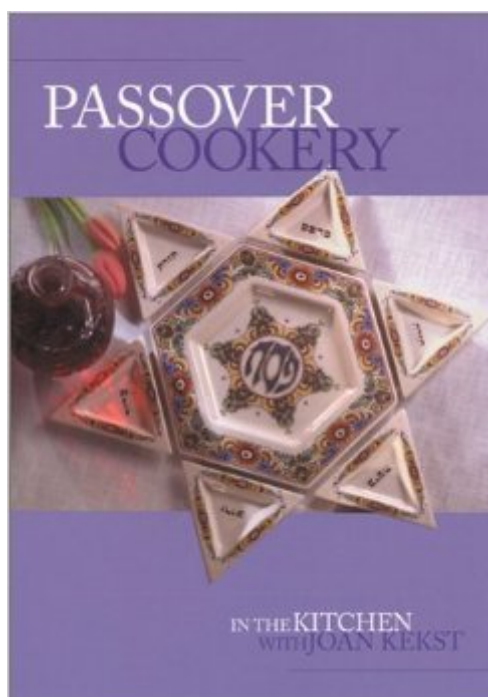


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# Passover Cookery : In The Kitchen With Joan Kekst



## Synopsis

From the novice to the seasoned cook, the Jewish holiday of Passover presents a host of culinary challenges. But whether your goal is to create a new and distinct feast or to reproduce the beauty and traditions of your grandmother's Seder, Joan Kekst paves the way in her upcoming book, *Passover Cookery: In the Kitchen with Joan Kekst*. Cleveland food columnist, lecturer, kosher cooking instructor, and passionate cook, Kekst wrote her book in response to frequent pleas for help from those making Passover for the first time. She combines common sense, easy to follow instructions, with creative recipes from her extensive private collection into this indispensable guide. *Passover Cookery* includes: Dishes that can be made in advance of the Seder Interesting foods children will love Numerous low-fat/low-cholesterol and vegetarian recipe suggestions Ethnic specialties from Sephardic and Ashkenazic heritage To help first time Seder makers, and those new to Judaism, Kekst provides easy-to-understand explanations of the holiday, its requirements, customs, unique cooking ingredients, and the symbolic foods of the Seder plate. Her "Countdown to Passover" guide helps busy cooks and their families to organize their holiday preparations into easy steps. Starting six weeks ahead, Kekst outlines a schedule for all the preparations necessary to create a "Kosher for Passover" home and a healthy, tantalizing, and meaningful Seder feast. Recipes accommodate all eight days of the Passover holiday.

## Book Information

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## Customer Reviews

Judy Bart Kancigor is the author of *Cooking Jewish: 532 Great Recipes from the Rabinowitz Family* "Passover Cookery" by Joan Kekst (Five Star Publications \$24.95) is no ordinary matzo

masquerade on parade. I'll be serving her Chicken Roulade with Scallion Sauce year round. Ditto her New York Style Cheesecake and Chocolate Mousse. Her full page on the proper beating of eggs is alone worth the price of the book! (My aunt's lemon sponge cake swelled from nice try to mile high under her tutelage.) "Passover Cookery" is more than a collection of recipes. It's a Passover primer, with equal appeal to mavens and neophytes. Especially helpful are her Six-Week Countdown to Passover and sample menus. A welcome twist are Kekst's low-fat Passover tips. (Low fat? Passover? Think that's an oxymoron?) "If you over-indulge on a one-day holiday, it's not so bad," says Kekst, "but keep that up for a whole week, and you'll get in trouble," so the book features a variety of fruit desserts and sorbets as well as defatting options throughout. I caught up with Kekst as she was preparing for her family's seder (the festive Passover meal) as she has for the last 20 years since her mother-in-law packed away her Passover dishes, pots and pans, put them in Kekst's car and said, "It's your turn from now on." 37 family members will attend, but with four out of five of her children local, "I never peel a carrot or dice an apple. They all just fall in and out of my house and do their jobs."

Reviewer: Norene Gilletz, Kosher cookbook author of "The Food Processor Bible" and "MealLeaniYumm! 800 Fast, Fabulous & Healthy Recipes" Joan Kekst truly understands that everyone recalls the aroma, nostalgia and 'taste memories' of childhood Passovers with their grandparents. Her user-friendly, comprehensive cookbook helps both the new and experienced cook capture and create traditional Passover flavors. In addition to wonderful recipes, it also contains a complete 'Countdown to Passover' guide to help busy cooks and their families organize holiday preparations into easy steps. Kekst includes Sephardic and Ashkenazic specialties, dishes that can be made in advance, foods that children will love, and low-fat/low-cholesterol and vegetarian recipe suggestions. Recipes include Boneless Stuffed Breast of Veal, Potato Knishes with Carmelized Onions, Spinach Moussaka, and Passover Grilled Cheese "Sandwiches." A friend raved about the Chocolate Chip Cookies, giving them the ultimate compliment - "These sure don't taste like Passover!" Passover Cookery is sure to provide many traditional and new food memories.

Joan Kekst is a Cleveland food columnist, lecturer, kosher cooking instructor, and passionate cook who in Passover Cookery has compiled an indispensable guide designed for the novice cook seeking to prepare a memorable Passover dining experience. Every aspect of this Jewish holiday meal is covered including its requirements, customs, unique cooking ingredients, and the symbolic foods of the Seder table. Passover Cookery provides a six week "Countdown to Passover" guide to

help busy cooks and families break down their holiday preparations into easy, worry-free steps for each week, resulting in healthy, tantalizing, and meaningful dinners for each of the eight days of this annual celebration. Passover Cookery is a "must" for anyone facing the preparation of their first Passover celebration, and has much of value for even the more experienced Passover kitchen cook.

from Norene Gilletz, author of "The Food Processor Bible" and "MealLeaniYumm! 800 Fast, Fabulous & Healthy Recipes", ...Joan Kekst truly understands that everyone recalls the aroma and nostalgia of childhood Passovers with their grandparents. Her user-friendly, comprehensive cookbook will help both the new and experienced cook capture and create traditional Passover flavors. It contains a complete "Countdown to Passover" guide to help busy cooks and their families organize holiday preparations into easy steps. Kekst also includes Sephardic and Ashkenazic specialties, dishes that can be made in advance, foods that children will love, and low-fat/low-cholesterol and vegetarian recipe suggestions. You'll find delicious recipes for dishes like Passover Grilled Cheese "Sandwiches," Potato Knishes with Caramelized Onions, Boneless Stuffed Breast of Veal, as well as Spinach Moussaka that can be made pareve or dairy. A friend raved about Joan's Chocolate Chip Cookies, giving them the ultimate compliment - "These cookies sure don't taste like Passover!"

I love this cookbook. I have yet to be disappointed in any recipe I have made from it. I gave a copy to my best friend, who cooks all of our passover seders. They always have a large number of people at their seders, and the recipes in this cookbook worked well when doubled or quadrupled.

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