

By GILA WERTHEIMER
ASSOCIATE EDITOR

TWO VERY DIFFERENT FOOD BOOKS — one beautifully artistic in both its design and its recipes, the other utilitarian, meeting the needs of every-day cooks — are recent additions to the ever-lengthening cookbook shelf.

Books about food have diverse purposes, and for anyone interested in food, its preparation and presentation, these each have much to offer.

If you're looking for quick and easy, this first book is not for you.

But for spectacular and unusual, turn the pages of **Kosher Elegance: The Art of Cooking with Style** by Efrat Libfroind (Feldheim, 2011, 257 pp., \$44.99). This is serious food preparation, raised to an art, for special occasions.

The author, an Israeli pastry chef and cooking teacher, wants with this book to remove the intimidation cooks may feel "at the thought of creating something truly impressive."

She's got a good point. But the gorgeous, full-page photos of each recipe created to perfection may themselves cause intimidation.

A home cook needs confidence, together with skill, patience and time to recreate the rolls, folds and garnishes — even when the recipes are not so complex — that Libfroind presents.

Weighing in at a hefty four pounds, the large format, beautifully designed book, a feast for the eyes, may prove rather awkward in the kitchen. Although desserts are Libfroind's signature, I have selected uncomplicated recipes from what she calls the "real food" offerings.

They may well give you the confidence to try such delectable-sounding sweets as Chocolate-Coated Halva-Almond Mousse

Food books to use and to peruse



WE'RE COOKING

Balls, Stained-Glass Petits Fours and Pistachio-Coated Cranberry Cream Rollade.

FOUR-COLOR TOMATO SALAD

Paveve
Serves 6

Salad:

- ❖3 cups cherry tomatoes, in four different colors
- ❖1 handful basil leaves, chopped
- ❖6 sprigs chives, chopped
- ❖4 tablespoons roasted pine nuts
- ❖3 tablespoons roasted, slivered almonds
- ❖2 cloves garlic, minced

Cut tomatoes in half and place in a bowl.

Toast almonds and pine nuts in a dry frying pan.

Place on top of tomatoes in bowl. Add basil, chives and garlic and toss.

Dressing:

- ❖3 tablespoons olive oil
- ❖2 tablespoons vinegar
- ❖½ teaspoon salt
- ❖¼ teaspoon black pepper

Mix dressing ingredi-

ents in a small bowl and pour over salad. Toss lightly and serve.

Place on a baking tray and bake for 12 minutes.



If I were to name a single cookbook that I continually turn to whatever the need or occasion, it would be my 30-year-old, food-stained, looseleaf book with the yellow plastic cover — *The Pleasures of Your Processor* by Norene Gilletz. Back then, she taught my friends and me how to prepare food and helped make that new invention, the food processor, an essential part of the kitchen (JEWISH STAR, Sept. 5, 1980).

Now a revised and updated, 30th anniversary edition, *The New Food Processor Bible* (Whitecap Books, 2011, 552 pp., \$29.95 pb) has been published. (The name change came with the 2002 third edition of the book.)

The food processor, introduced to the North American market in 1973, is no longer new, but Canadian cookbook author, food consultant and cooking teacher Gilletz packs her book so full of useful information, helpful hints and chatty asides, together with excellent recipes, that it remains a valuable kitchen companion.

There are more than 600 recipes, including a Passover section, a section on preparing baby food, some gluten-free recipes (they can be found in the index), nutritional analysis of each recipe, metric equivalents, charts of food information, plus the always useful note as to whether a recipe can be frozen.

The instructions for each are clear and easy to follow, and with 600 of them, there's bound to be many that appeal.

While not specifically a Jewish cookbook, there are many traditional recipes and all follow kosher guidelines, that is, no non-kosher cuts of meat or other ingredients are called for, and there is no mixing of milk and meat.

SALMON TORTILLA PINWHEELS

Dairy
Makes about 32

- ❖2 green onions, cut in chunks
- ❖2 Tbsp fresh dill
- ❖1 cup cream cheese (light or regular)
- ❖2 Tbsp honey mustard
- ❖1 can (7¾ oz) salmon, drained
- ❖2 Tbsp sour cream or mayonnaise (light or regular)
- ❖four 10-inch flour tortillas
- ❖half of a 10-oz package baby spinach leaves
- ❖grape tomatoes, for garnish

Steel blade: Process green onions and dill until minced, about 10 seconds.

Add cream cheese, mustard, salmon and sour cream or mayonnaise. Process until blended, 15-20 seconds, scraping down sides of bowl as needed.

Spread mixture evenly on tortillas. Cover with a layer of spinach leaves, leaving a ½-inch border around the edge of each tortilla so that it will stick together when rolled up. Use any remaining spinach leaves to line serving platter.

Roll tortillas up tightly and wrap in plastic wrap. Refrigerate for at least an hour or overnight.

At serving time, slice each roll on the diagonal into 8 slices. (The ends are for nibbling!)

Arrange on a large platter lined with spinach; garnish with grape tomatoes.

CINNAMON TWISTS

Paveve
Makes 4-5 dozen

- ❖½ cup sugar
- ❖1 Tbsp ground cinnamon
- ❖3 eggs
- ❖1 cup granulated or brown sugar, lightly packed
- ❖¾ cup canola oil
- ❖3 cups flour
- ❖2 tsp baking powder

Pre-heat oven to 375°F.

☞ PLEASE TURN TO PAGE 10

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"Why Straight People Go to Gay Synagogues and What We Can Learn From Them"

Jewish Daily Forward.com, June 12, 2009



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Food Books

CONTINUED FROM PAGE 6

Steel blade: Process ½ cup sugar and cinnamon with several quick on/off pulses, then let machine run until well mixed. Empty mixture into a small bowl.

Process eggs, 1 cup sugar and oil until blended, about 5 seconds. Add flour and baking powder. Process with several on/off pulses, just until flour disappears. Do not overprocess.

Using about 1 Tbsp dough for each cookie, roll between your palms to form a pencil-shaped roll.

Shape into twists, crescents, rings, the letter S, or any initial you wish. Roll in cinnamon-sugar mixture.

Place on parchment-lined cookie sheets. Bake for 12 to 15 minutes, until nicely browned. Freezes well.

BROWNIE BITES

Pareve
Makes 28-30

- ♦ ½ cup tub margarine
- ♦ ½ cup granulated sugar
- ♦ ½ cup brown sugar, packed
- ♦ 6 Tbsp unsweetened cocoa powder
- ♦ 1 egg plus 1 egg white
- ♦ ½ tsp pure vanilla extract
- ♦ ½ cup flour
- ♦ ¼ tsp baking powder
- ♦ chocolate frosting or glaze (optional)

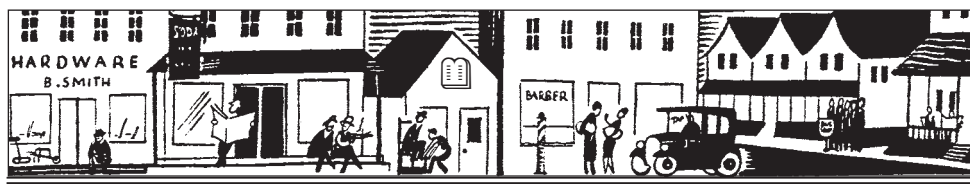
Pre-heat oven to 350°F. Spray miniature muffin pans with nonstick spray.

Process margarine, sugars, cocoa, egg plus egg white and vanilla extract until well mixed, about 1 minute. Scrape down sides of bowl.

Add flour and baking powder; process with quick on/off pulses, just until blended. Do not overprocess. Spoon batter into muffin pans, filling them three-quarters full. Fill any empty compartments half full with water.

Bake for 14 to 16 minutes; tops will spring back when lightly touched.

When cooled, frost or glaze (if desired). Freezes well. ❏



COMMUNITY CALENDAR



Congressional Delegations in Israel

As the political season gets underway, Democratic and Republican Congressional delegations visited Israel this month.

Top: On August 12, the 26-member Democratic delegation met with President Shimon Peres; on August 17, the 29-member Republican group met with the Israeli leader. On August 22, House Majority Leader Eric Cantor (R-Va., top right) met in Jerusalem with Prime Minister Netanyahu.

In addition to Peres, the two congressional groups met with Prime Minister Benjamin Netanyahu and other political, military, religious and business leaders.

They also met with Palestinian Authority leaders, and toured Jewish, Christian and Islamic holy sites, border areas, the security fence as well as U.S.-Israel defense and technology projects.

The trips were under the auspices of AIPAC's American Israel Education Foundation. ❏



MARK NAIMAN PHOTOS / ISRAELNET

Aug. 26 - Sept. 8

Arts & Entertainment

Sun., Aug. 28 – Lincolnwood Chamber Orchestra concert series begins, 2 p.m., Lincolnwood Place, 7000 McCormick, Lincolnwood.

Music director Philip Simmons will conduct music of Mendelssohn, Liszt, Britten and Glazanov; free.



PHILIP SIMMONS PHOTO

Call 847-673-7166.

Sat., Sept. 3 – "Golem", an Eastern European folk-punk band will perform songs in Yiddish and

English, as well as music that combines Balkan folk music with Klezmer, flamenco, Latin, with influences from classical music and American jazz, 9:30 p.m., Martyrs, 3855 N. Lincoln, Chicago.

Call 773-362-4760.

Thurs., Sept. 8 – Screening of the documentary film, "Too Early to be Quiet; Too Late to Sing", Chava Alberstein and Yiddish poets, 12:15 p.m., Skokie Public Library, 5215 Oakton; free; a program of Chicago YIVO Summer Festival of Yiddish Culture.

Call 847-673-7774.

To Sept. 15 – "Chapter 3: North, South, East and West." Stories of Jewish Chicago, exploring demographic shifts in Chicago Jewish life.

Spertus Institute, 610 S. Michigan, Chicago; free. Call 312-322-1773.

Environment

Sun., Aug. 28 – The Gan Project's Urban Jewish Homesteading workshop, "Food Preservation 101: Fruit", 4-7 p.m., Horwich JCC, 3003 Touhy, Chicago. www.theganproject.org

Speakers

Mon., Aug. 29 – Prof. Irwin Weil of Northwestern University will speak on "Russian Jewish Culture", 12:15 p.m., Evanston Public Library, 1703 Orrington; free; a program of the Chicago YIVO Summer Festival of Yiddish Culture. Call 847-448-8600.



SYNAGOGUE GUIDE

AGUDAS ACHIM NORTH SHORE CONGREGATION

5032 N. Kenmore
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High Holiday services will take place this year at Agudas Achim, under the leadership of Rabbi Philip Lefkowitz. There is no charge for seats.

The synagogue serves seniors from the former Soviet Union, who are now free to express their Jewish heritage and enjoy the warmth of our tradition.

With its large, architecturally significant sanctuary, the synagogue is in need of donations from others in the Jewish community to help with maintenance and repair.

Any assistance is appreciated.

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Tickets to High Holiday services are available for the unaffiliated.

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Synagogues

Mon., Aug. 29 – Second part of a discussion, "Middle East Peace", based on the book *The Prime Ministers* by Yehuda Avner (JEWISH STAR review, Oct. 15, 2010), 7-8:30 p.m., B'nai Torah, 2789 Oak St., Highland Park. Call 847-433-7100.

Fri., Sept. 2 – Tot Shabbat Pray and Play: a Shabbat Family Experience, 6:30-7 p.m., Cong. Beth Judea, Rte. 83 and Hilltop Rd., Long Grove; a family service with songs and stories, followed by an oneg/dessert and playtime; designed for children through 2nd grade. RSVP 847-634-0777. ❏



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