



Sephardic Israeli Cuisine: A Mediterranean Mosaic

Sheilah Kaufman

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These 120 kosher recipes celebrate the flavors of Israeli cuisine--a colorful and delicious mosaic composed of a variety of culinary traditions. Typical Sephardic ingredients include cinnamon, cloves, fenugreek, saffron, almond essence, rose and orange flower water, tahini paste, artichokes, fava beans, olives, fennel, couscous, semolina, and bulgur. Noted cookbook author Sheilah Kaufman guides home cooks through the Israeli kitchen with special sections on the origins and development of Israeli cuisine, kosher dining, Jewish holidays, and food terms.

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