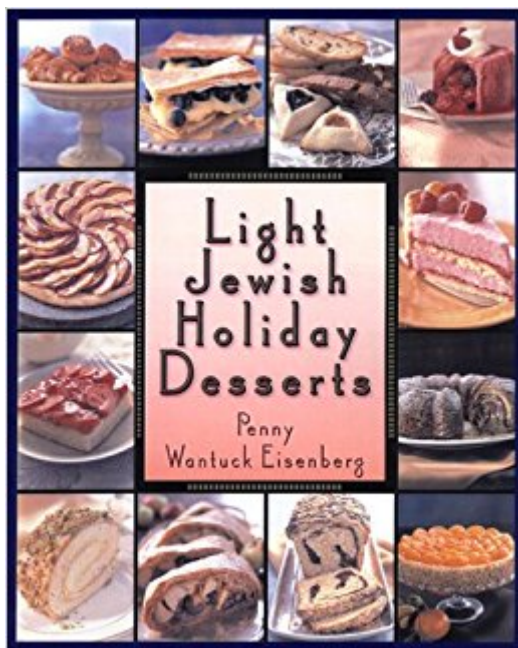


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Light Jewish Holiday Desserts



Synopsis

When most people think of Jewish desserts, the same old rugelach, babka, and stale macaroons come to mind. Author Penny Eisenberg, in her new book, *Light Jewish Holiday Desserts*, proves that Jewish baking has so much more to offer, including cookies, Charlottes, turnovers, loaf cakes, layer cakes, Bundt cakes, Napoleons, and tarts. Most Jewish desserts are also laden with fat, but Penny shows you, with her absolutely delicious recipes, how to cut the fat by as much as 75 percent in some cases without sacrificing any of the taste. Jewish holidays are steeped in culture and tradition, so the chapters are organized by holiday and explain why certain foods and recipes are significant. Some recipes, though, are just fun, like the Chocolate Nut Roulade that can be shaped to look like a Torah for Simkat Torah. For Passover (Pesach), very strict guidelines must be followed, like no consumption of wheat flour, so Penny offers a Fresh Strawberry Torte with a crust made from ground matzoh. Many of these recipes are so delicious, home cooks will want to prepare them year round. But come high holidays, these recipes are sure to impress family and friends.

Book Information

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Customer Reviews

Jewish cooking is tied to dishes reflecting where families came from and to ingredients with symbolic meanings. For Penny Wantuck Eisenberg, these links are more essential than specific recipes. It is the significance of honey on Rosh Hashanah that matters, not whether the cake is studded with nuts or made using applesauce in place of oil to cut down on fat. From this viewpoint, in *Light Jewish Desserts*, Eisenberg offers alluring desserts for every conceivable occasion, from

the High Holidays to Tu b'Shevat, a minor holiday celebrating trees and their fruits, and for weekly Shabbat dinner. There are recipes for less common treats, like Tayglach, crunchy dough balls bound together with gingery honey syrup, and Bimuelos, the yeasted doughnuts fried in oil enjoyed by Jews of Spanish heritage at Hanukkah. There are also very American sweets, from Maple Baked Apples to flaming Bananas Foster, the New Orleans creation symbolically suited to Hanukkah. If you think low-fat desserts are unexciting, the quality of Eisenberg's Chocolate Baklava; buttery Hamantashen, triangles filled with sweet poppy seeds or thick prune purée; and her spectacularly showy, creamy Lemon Charlotte will dispel all doubts. In fact, serve anyone the wonderful Rum Raisin Cheesecake Squares, Sherry-Soaked Mixed Fruit Trifle, and nutty, raspberry-filled Chocolate Sandwich Cookies and be prepared to hand out the recipes. Hesitant bakers will appreciate the careful guidance Eisenberg provides for choosing and using ingredients. Kosher cooks will find the recommendations for certified ingredients most helpful. --Dana Jacobi

Written in a no-nonsense style, this baking book will expand the range of holiday treats without drastically expanding their waistlines. Caterer and cooking instructor Eisenberg cuts much of the fat out of traditional recipes, replacing portions of the butter with lower-fat substitutions such as canola oil, nonfat sour cream and pureed fruits. Babka, for example, contains just three grams of fat rather than the usual 18. And Apple Latkes require less oil than usual. But Eisenberg has her priorities straight—flavor comes first. Aside from offering healthier variations, she also presents some unexpected variations. She enriches her repertoire with dozens of tempting ideas from Eastern European, Mediterranean and Middle Eastern traditions. The recipes follow the calendar, from the High Holy Days to the Sabbath observed each week, providing a concise overview of each holiday's significance and the food associated with its celebration. For Rosh Hashanah and Yom Kippur there's traditional Honey Cake and an Apple Mousse concoction. For Sukkot a refreshing Lemon Mousse Charlotte can grace the table, as well as a Deep Dish Pear Cherry Gratin topped with crunchy buttered bread crumbs. For Passover there's Fresh Strawberry Torte. Cookie recipes include chocolate spiral Rugelach with only one-third of the fat of unmodified recipes, as well as Sephardic Half Moon Cookies and date-filled Middle Eastern Filled Crescents. (Sept.) Copyright 1999 Reed Business Information, Inc.

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