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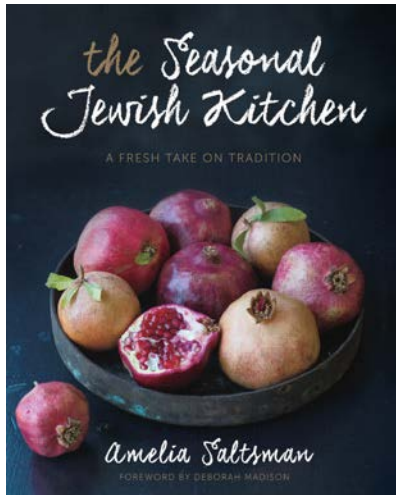
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# The Seasonal Jewish Kitchen

## *A Fresh Take on Tradition*

*by Amelia Saltsman, foreword by Deborah Madison, photography by Staci Valentine*

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Here, at last, is a fresh, new way to think about Jewish food. In *The Seasonal Jewish Kitchen*, Amelia Saltsman takes us far beyond deli meats and kugel to a universally appealing world of diverse flavors ideal for modern meals. Inspired by the farm-to-table movement, her 150 recipes offer a refreshingly different take on traditional and contemporary Jewish cooking.

Amelia traces the delicious thread of Jewish cuisine from its ancient roots to today's focus on seasonality and sustainability. She draws on her own rich food history to bring you a warmly personal cookbook filled with soul-satisfying spins on beloved classics and bold new dishes. From her Iraqi grandmother's *kitchri*--red lentils melted into rice with garlic slow-cooked to sweetness—to four-ingredient *Golden Borscht with Buttermilk and Fresh Ginger* and vibrant *Blood Orange and Olive Oil Polenta Upside-Down Cake*, Amelia's melting-pot approach will win over a new generation of cooks.

Guided by the Jewish calendar, Amelia divides the book into six micro-seasons that highlight the deep connection of Jewish traditions to the year's cycles. Today's sustainability and gleaning projects are founded in the agricultural and social justice lessons of the Bible, and it's no coincidence that holiday foods are seasons-based—the spring herbs of Passover, for instance, or the autumn pomegranates and apples of Rosh Hashanah.

Whether you're Jewish or not, observant or not, Ashkenazic or Sephardic, this yearlong culinary journey through the Diaspora will have you saying, "This is Jewish food? Who knew?"

**Amelia Saltsman** is the daughter of a Romanian mother and an Iraqi father who met in the Israeli army and immigrated to Los Angeles, where she was born and raised. Her cooking reflects her eclectic background, with the diverse flavors and cultural touchstones that have made her first book, *The Santa Monica Farmers' Market Cookbook*, a beloved classic. Amelia's name is synonymous with intuitive, seasonal cooking, and she is regularly sought out for her expertise by publications such as *Bon Appétit*, *Cooking Light*, and *Vegetarian Times*. She is a frequent guest on KCRW's "Good Food with Evan Kleiman" and a longtime advocate for small family farms. Visit Amelia at [www.ameliasaltsman.com](http://www.ameliasaltsman.com).



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### ***The Seasonal Jewish Kitchen* by Amelia Saltsman**

Sterling Epicure

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## Advance Praise for *The Seasonal Jewish Kitchen*:

“This could be my perfect book. Cultural Jewish cooking at its best—so many intriguing recipes—combined with fascinating history, personal family anecdotes, and an emphasis on great seasonal ingredients. In the same way that Marcella Hazan made authentic Italian cooking come to life for non-Italians, Amelia’s new work could have non-Jews preparing dishes like schmaltz-roasted potatoes, Tunisian lemon salad with harissa, salt-grilled chickpeas, and tzimmes every night!”

—Ari Weinzwieg, founding partner, Zingerman’s Community of Businesses

“Amelia Saltsman has a warmth and a vibrancy that comes through beautifully in this book; her recipes capture the aliveness of ripe, seasonal ingredients, the importance of our farmers, and the diversity of flavors in Jewish food.”

—Alice Waters, owner of Chez Panisse, author of *The Art of Simple Food*

“Seasonal cooking guru Amelia Saltsman beautifully fuses her love of Old World ingredients and farmers’ market produce to create something truly magical and unique as she explores the world traditions of Jewish cuisine. As in her classic *The Santa Monica Farmers’ Market Cookbook*, her recipes are super-easy to follow—her passion for her subject and for cooking are impossible to resist!”

—Chef Suzanne Goin, author of *The A.O.C. Cookbook* and *Sunday Suppers at Lucques*

“Just as she did for farm-to-table cooking in her *Santa Monica Farmers’ Market Cookbook*, here Amelia Saltsman makes a deep bow to her Jewish roots with an interpretation that is both fresh and modern, but also honors its broad historical, familial, and spiritual heritage. The recipes are approachable, unique, and weave seamlessly into any kitchen, and the stories are deeply personal and relatable no matter what your background. With *Seasonal Jewish Cooking*, Amelia draws us into her culture with the warmest open arms, and the most alluring aromas.”

—Sara Kate Gillingham, James Beard award-winning cookbook author and co-founder of [TheKitchn.com](http://TheKitchn.com)

“In this gorgeous book, Amelia Saltsman draws on deep familial ties in Europe and the Middle East to arrive at a modern reinterpretation of Jewish cuisine. Bringing a fresh sensibility to the best Old World delicacies, Saltsman’s seasonal and surprisingly light recipes form the core of the cookbook we’ve all been waiting for. You’ll never view Jewish food quite the same again.”

—Sam Fromartz, author of the award winning *In Search of the Perfect Loaf: A Home Baker’s Odyssey*

“I love Amelia’s take on Jewish cuisine—modern, seasonal, and inspiring, a very fresh approach indeed.”

—Tori Avey, PBS Food Columnist & Creator of [ToriAvey.com](http://ToriAvey.com)