



Fress: Bold, Fresh Flavours from a Jewish Kitchen (Hardback)

By Emma Spitzer

Octopus Publishing Group, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Fress, in Yiddish, means: to eat copiously and without restraint. BBC1 Masterchef finalist Emma Spitzer brings together a melting pot of Middle-Eastern and Eastern European flavors with this contemporary Jewish cookbook. Big on flavor and spice, this is happy, sociable food to feed the soul. Emma s style of cooking is unfussy and uncomplicated, extracting the maximum taste from the humblest of ingredients without spending hours in the kitchen. Her melting pot of inspiration embraces Poland and Russia, Jewish recipes learned from her mother, travels in Israel, Egypt, Jordan and North Africa, as well as Algerian recipes shared by her mother-in-law. From Slow-cooked Moroccan Chutney to Duck with Black Za atar and Puy Lentils, Baharat Spiced Chicken to Apricot and Orange Blossom Frangipane, these recipes are packed with punchy flavors and aromatic spices. Emma also includes delicious family recipes, from Grandpa Bugga s Turkey Schnitzel to Mummy s Golden Chicken Soup.



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