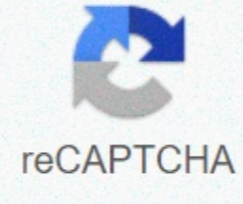




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Following their wildly successful *Zahav*, Michael Solomonov and Steven Cook embrace the informal, colorful, boisterous and simple food of the nation. The Israeli soul not only shows how food shaped the soul of Israel, but also brings that deliciousness home to American cuisine. On this site, readers will find food in hand like falafel; juicy, grilled and baked meat with spices called shawarma; richness of chopped salads; a fleet of kebabs; crispy chicken schnitzel; flatbreads and stuffed breads; pastry; ice cream; seltzers with fruit and herb infusion; and tehina trembles. Order an ISRAELI SOUL from the CookNSolo *Zahav* store, which represents cooking in Israel's melting pot, especially the influences of the Middle East, North Africa, the Mediterranean and Eastern Europe. Solomon's dish includes small dishes called mezze, such as the madly popular fried cauliflower in the restaurant; hummus so ethereal that he put *Zahav* on a culinary map; and pink lentil soup with lamb meatballs, which one critic called Jerusalem in a bowl. It also includes a majestic dome of Persian wedding rice and a whole roast lamb shoulder with pomegranate and chickpeas, which is a celebration in itself. All Solomon's dishes are brilliantly adapted to local and seasonal ingredients. Order ZAHAV from the CookNSolo store With a wad of cash in hand and a dream, FedNuts partners meet a Craigslist stranger in the parking lot and buy a used doughnut robot. It would do everything else, wouldn't it? Regrets, partly raw doughnuts, and long lines to follow, but soon partners work out loops and develop delicious dough finely spiced with Middle Eastern flavorings. Strawberry lavender, guava pomegranate, Nutella pomegranate, and salted tehina are just some of the imaginative flavors featured in this book. Also included are all the tips needed for making reliable doughnuts at home. There's also a bonus recipe for their next specialty: appallingly crisp Korean-style fried chicken. Order FEDERAL DONUTS from the CookNSolo James Beard Book of the Year and Best International Cookbook (2016) After stints working with chef Marc Vetri in Philadelphia and as a chef at Marigold Kitchen, Solomonov developed a passion for Israeli cuisine and his desire to show the full breadth of the cuisine began to take shape; in 2008 he founded his own restaurant *Zahav* in Philadelphia. Six years later, he won the James Beard Award for best chef in the Mid-Atlantic region. Solomonov shares his story as well as his wide-reach approach to Israeli cuisine in this impressive collection of recipes that are sure to challenge readers' prejudices. In addition to kibbe, kugel, latke and rugelach, Solomonov offers chicken albondigas, a Spanish standard tapas; keshu baklava cigars; and chocolate almond situation, its riff on a chocolate cake without flour. These Simple dishes add deliciously decadent fare, such as duck and foie gras kebab, and beluga lentil soup with marrow bones. Solomonov is not one for acting (or waste - the juices of his Israeli salad of cucumbers, tomatoes, parsley and lemon are added to gin to create an unusual martini), and virtually all book recipes are within reach of budding chefs. The reader's biggest challenge will probably be mastering the ubiquitous tehina sauce used as a basis for hummus and as an accent in countless dishes. Readers with adventurous tastes and an open mind will be richly rewarded with this amazing debut. Publishing weekly, the main review of *Zahav's* modern approach to Israeli cuisine is for the kind of book that redefines the conversation around Middle Eastern cuisine in America. - EATER.com of Michael Solomonov's soulful recipes feels like someone passionately kissed by one of the most interesting cuisines in the world - the master of his craft. I'm in love! Gail Simmons, TV presenter, author, *Talking With My Mouth Full* Cooking is how Michael found out he changed his life and then the world around him. Michael writes that 'nothing in my life has happened the way it was supposed to.' He means life with its beauty and terrible brutality. I think his life and especially this book is beshert, 'wanted to be.' I believe his *Zahav* will be one of the most valuable books of recent years, with incredibly delicious recipes from one of the brightest lights in our culinary world. I believe this book will be a beshert for you too. - Andrew Zimmern, chef, anthropologist, global thought leader *Zahav* is the most dishonest cookbook I've read in a long time. Mike's soulful depiction of his life brings the same heart and intelligence that comes out of his restaurant. *Zahav* is a vital read for anyone who wants to make the food of Israel - or Philadelphia - today. - Joan Nathan, author, *Food Of Israel Today* *Zahav* has become the basis of my Philly restaurant experience, but staples only keep the site down. Finally, there are the pages - and pages - of Michael Solomon's thinking about food, community and recipes that always get me back to *Zahav*. - Questlove I'm thrilled to have *Zahav*, a compendium of Chef Solomon's recipes, so I can recreate them. - David Lebovitz, author, *My Paris Kitchen* The great thing about Michael Solomon is that he just cooks from his heart. With *Zahav*, he developed perhaps one of the most innovative and thoughtful restaurants in America. After years of asking him for recipes, I'm relieved to finally get his book to answer all my questions! - Chef Marc Vetri The humanity of it, that's the thing. Presence. Joy. A real connection that is forged between a person cooking and a person eating. In *Zahav*, recipes do not end when the food is done cooking - there are for bringing things to the table, how to serve, how to eat, how to share, how to finish... The result is cooking, which feels for a world class restaurant as well as for home cooking, a dish that is both an education and a pleasure. - EATER.com MICHAEL SOLOMONOV, Chef *Zahav*, named essential eater restaurant, is 2017 James Beard Outstanding Chef in America and 2016 Eater Chef of the Year. STEVEN COOK, his business partner, and SOLOMONOV wrote *Federal Donuts* and award-winning *Zahav*. Together they own restaurants *Zahav*, *Federal Donuts*, *Abe Fisher*, *Dizengoff*, *The Rooster* and *Goldie*. Facts: *Rux Martin/Houghton Mifflin Harcourt* 368 pages, \$35.00 (or Amazon Hardcover \$21.42, Kindle \$16.99) Photograph: *Over 400! Recipes: More than 150 Word* *Zahav* means gold in Hebrew. It may be prophetic when Michael Solomonov, in 2008, named his restaurant, *Zahav*. In 2011, Solomonov was named best chef, Mid-Atlantic by the James Beard Foundation. Solomonov was born south of Tel Aviv but grew up in Pittsburgh. After culinary school, he cut his teeth at Marc Vetri's restaurant in Philadelphia and thoroughly enjoyed cooking Northern Italian food. But after the stunning and sudden death of his brother (while on patrol in Israel near the Lebanese border), the opportunity arose, allowing him to cook Israeli food. He decided it was a powerful way to honor his brother's memory. His cookbook (with business partner Steven Cook), *Zahav: The World of Israeli Cuisine*, released in autumn 2015, is full of photos, recipes and personal vignettes. Many liken this book to those of Yotam Ottolenghi - I say yes and no. It's like comparing Lidia Bastianich to Giada DeLaurentiis - their market basket may be similar, but what they do with these ingredients can vary greatly. Each chapter begins with an apropos narrative about family, tradition and history. In the chapters he notes on ingredients such as schmaltz, pistachios, pomegranate molasses, za'atar, etc. The book begins with an autobiographical sketch of Solomon, where, according to his statements, he decided to follow the kosher rules of the restaurant. They feel it helps to separate Israeli cuisine from Lebanese or Turkish, Greek or Syrian. Although the recipes as listed in the book are kosher, he often makes suggestions for non-kosher variations. (He himself does not keep kosher at home). The first chapter presents recipes Tehina (tahini). He underscores his love of sesame flavor in hummus and tarator (tehina/walnut or almond sauce) plus recipes involving tehina over chicken/fish/eggplant. Tehina in desserts? Sure, from cookies to halva (candy) to foam, and even semifreddo. The Chapters of Salatim (salads) and Mezze (small plates) remind me of my time in Turkey, where tasting a little of the many plates is so enjoyable. Presentation and throughout the book is wonderful, but the mezze photos are an absolute feast for the eyes. He has a special affinity for boreks (a tribute to his grandmother - and the practical guy who is, allows shop-bought puff pastry to be replaced with boreka dough). These boreks are filled with minced meat, or dirty rice or kashkaval cheese and others. I don't want to shortchange any of the chapters, but in short, Live Fire focuses on skewered fish, meat and vegetables; Ben-Gurion's rice contains Persian rice, freekah, i.e. cracked wheat berries, Israeli couscous and pilafs. I saw the word tahdig, and smiled, as any Persian would, as he is the star of Persian rice, called the prized layer. The Chapter of Mesibah (It's Party Time) begins with a beautiful recipe for Shakshouku, then whole fish and chicken, chests, leg of lamb - food for feeding the crowd. Finally, Milk & Honey Desserts – Think Babka Chocolate and Turkish Coffee Ice Cream. I've already chosen Mom Honey Cake with Apple Confit for a little meeting later this month. In the meantime, enjoy this mezze, kibbe naya, an aromatic blend of raw lamb and onions enhanced with sweet apples and bitter walnuts. © photo by Michael Persico Kibbe Naya with apples and walnuts 2/3 cup bulgur wheat 1 pound lamb loin, minced or ground to the most quarished setting of a meat grinder 1/2 cup ground onion 1/4 cup peeled and chopped apples 1 teaspoon ground cumin 1/2 teaspoon ground spice Kosher salt Chopped toasted walnuts Chopped fresh mint Minced urfa pepper (see note) Leaves of Roman salad, for serving Put the bulgur in a bowl, cover with cold water by at least 2 inches and leave to stand for 1 hour. Squeeze out the excess liquid and transfer to a large bowl. Refrigerate for 30 minutes. Add the lamb, onion, apples, cumin, spices and 1 1/2 teaspoons of salt to the bulgur and mix to combine. Top with walnuts, pepper, urfa pepper and more salt. Serve immediately with salad leaves for packing. Urfa Peppers are medium spiced Turkish peppers that are dried in the sun during the day and tightly wrapped at night, bringing a rich, greasy pepper with notes of chocolate and smoky rozins. Urfas is sold. They work with duck and lamb, but also with such sweets as cinnamon and white chocolate. I love to bloom ground Urfa in brown butter as a dressing for boiled vegetables. If you can not find ground pepper Urfa, use ground anchos.

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