

YIDDISH CUISINE

AUTHENTIC
AND DELICIOUS
JEWISH RECIPES

—

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COOKING AND ITS AMAZING ABILITY TO COMMUNICATE

WELCOME TO THIS JEWISH DISTRICT OF PARIS—AND WELCOME TO MY STORE ON THE CORNER OF THE RUE DES ÉCOUFFES AND THE RUE DES ROSIERS.

This little store is more than a bakery–delicatessen. It is an ambassador for the kind of eating that is slowly disappearing. I like to think of myself as a neighborhood landmark for all those still searching for their roots. In our modern age, when the poetry of belonging is hard to come by, I hope that my store will continue to play this role for some of you.

We all need to have an anchor in life. And it's the same when it comes to roots. Because roots, well buried in the ground, are also what nourish us. Our identity and culture, Judaism, are not only passed on through religion. Food is another way in. My customers are not all religious.



I like the idea of rediscovering our roots through taste and smell—these things can remind us of the history of our ancestors, be it painful or pleasant. I took up this trade for love and I have continued through my love of it. My parents were very moved when I took over this store—in their eyes I was creating a connection between the generations, between religion and the family.

There are fewer and fewer stores run by Jewish families in this neighborhood. In my opinion, it's important to preserve a certain authenticity, a soul, to link tradition with modernity. Our store is listed as a historic building, so we can be sure that its beautiful frontage will not be destroyed.

HUMMUS

“*Hummus is originally a Lebanese dish, but over time it has become a classic of Jewish cuisine, because Ashkenazi cuisine likes to be open to other food cultures.*”

2½ cups (500 g) chickpeas, cooked
 ½ garlic clove
 1 cup (250 g) tahini (sesame paste)
 3½ tbsp olive oil
 2 tsp lemon juice
 1 tsp four spices
 1 tsp ground paprika + a pinch for decoration
 1 tsp salt
 ½ tsp pepper
 7 tbsp very cold water
 3 sprigs parsley

- Blend the chickpeas to a very fine purée.
- Peel the half clove of garlic and crush it with the blade of a knife or in a pestle and mortar.
- In a bowl, mix the tahini paste with the olive oil, lemon juice, four spices, paprika, crushed garlic, salt, and pepper. Add the cold water and leave until it has been completely absorbed by the tahini.
- Then add the chickpea purée and mix everything well with a fork.
- Decorate with chopped parsley and a pinch of ground paprika.





A PASTRAMI SANDWICH

Rue des Rosiers.



HERRING IN A FUR COAT

4 firm-fleshed potatoes
2 large beets, cooked
2 large carrots
4 eggs
6 herring fillets
1 onion
1 small can peas
2 large gherkins
1 bunch parsley
1 jar mayonnaise
salt, pepper

“ *This dish is Russian in origin, and is served for family festivities, as a starter or a main dish. It looks very spectacular as it is often presented in the form of a very large dome, with a striking mixture of colors.*

- Wash the potatoes and, without peeling them, put them in a saucepan of cold salted water. Bring to a boil. Let them simmer for about 20 minutes, then check whether they are cooked by piercing with a small pointed knife. Put them on one side and leave them to cool.
- Peel the cooked beets. Cut half of a beet into thin slices using a small pointed knife. Then grate the rest of the beets. Peel the carrots and cook them in a saucepan of boiling salted water. They should remain firm. Grate them coarsely, using a grater with large holes. Place the eggs in a saucepan of cold water and, once the water has boiled, cook them for about 10 minutes. Put them in cold water to cool before shelling and grating them. Cut the herring fillets into fine ribbons using a small pointed knife. Peel the onion and slice thinly. Drain the peas in a sieve and rinse under cold running water. Cut the potatoes and gherkins into thin slices. Wash and chop the parsley.
- Arrange the ingredients in the following order, in a tall glass dish, in a circle with greaseproof paper on top, or in small round glasses. Spread a thin layer of potatoes over the bottom. Cover these with a thin layer of mayonnaise. Add a layer of herrings, half the sliced onion, a thin layer of mayonnaise, a layer of grated beetroot, a thin layer of mayonnaise, a layer of grated carrots, a thin layer of mayonnaise, all the peas, a thin layer of mayonnaise, a layer of herrings, the rest of the onion slices, a thin layer of mayonnaise, a thin layer of potatoes, a thin layer of mayonnaise, the gherkin slices, the beetroot slices, and a thin layer of mayonnaise. Decorate with the grated hard-boiled eggs and the finely chopped parsley.



BAGELS

“ *There’s nothing like our real homemade bagels. Once you have tasted one, you are spoilt forever. It’s an essential item in our store, and we make it in several versions: with poppy seeds, sesame, onions, caraway ...*

For the dough
 7 cups (1 kg) flour
 ½ cup (100 g) sugar
 1 tbsp salt
 7 tbsp (100 ml) sunflower oil
 2 whole eggs
 2½ tbsp water
 1½ oz (40 g) baker’s yeast
 (for dried yeast, follow maker’s instructions)

To finish
 2 whole eggs
 Choice of seeds or herbs: poppy, sesame, caraway, sage, onion, rosemary, etc.

- Pre-heat the oven to 375 °F (190 °C) and line a cookie sheet with greaseproof paper.
- In a food processor, mix all the dough ingredients, except the yeast, for 5 minutes, with the beater on the first speed setting. After 3 minutes, add the crumbled yeast, then increase the speed to the second setting for 7 minutes.
- Divide the ball of dough into pieces of equal size, about 2½ oz (70 g) each.
- Roll each piece of dough into a sausage shape about 10 inches (25 cm) long.
- Twist the dough shapes together in twos and form a circle.
- Once all the bagels are made, brush them with the whole beaten eggs and turn them over onto a layer of your chosen seeds or herbs so that they become coated.
- Place the bagels on the lined cookie sheet and bake in the pre-heated oven for 22 minutes.



MAKES 6–8 croissants
PREPARATION: 30 minutes a week in advance and 30 minutes on the day of cooking
COOKING TIME: 10–12 minutes

PISTACHIO CROISSANTS

generous 1 lb (500 g) best-quality, whole peeled pistachios
 2 cups (450 g) sugar
 1¾ oz (50 g) untreated lemon (preferably organic)
 3 egg whites

To finish
 generous 1⅓ cups pistachios

” *These are a luxury version of almond croissants.*

- Prepare the pistachio paste at least 1 week before making the recipe. Crush the pistachios with a pestle and mortar. Then liquidize the whole lemon, including the skin.
- In a large bowl, mix the pistachios with the sugar and liquidized lemon. Then gradually mix in 2 egg whites. Stir well, then leave this pistachio paste to stand in a cool place for at least 1 week.
- On the day you plan to cook, pre-heat the oven to 375 °F (190 °C) and line a cookie sheet with greaseproof paper.
- Take a small quantity of the pistachio paste and add a very tiny bit of egg white to make it just a little softer. However, the paste should remain quite firm. Make this pistachio paste into a sausage shapes, then roll it over a layer of pistachio nuts that you have previously crushed with the help of a knife. Make sure it is covered on all sides because this is what gives it its irresistible crunchiness ... Then bend the roll of pistachio paste to form a horseshoe shape. Put half a glacé cherry in the center.
- Continue in the same way with the rest of the pistachio paste until you have used it all up. Arrange the croissants on the prepared cookie sheet.
- Bake in the pre-heated oven for 10 to 12 minutes.



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Florence Kahn

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Delphine Constantini

Disclaimer

It is advisable not to serve dishes that contain raw eggs to very young children, pregnant women, elderly people, or to anyone weakened by serious illness. If in any doubt, consult your doctor. Be sure that all the eggs you use are as fresh as possible.

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