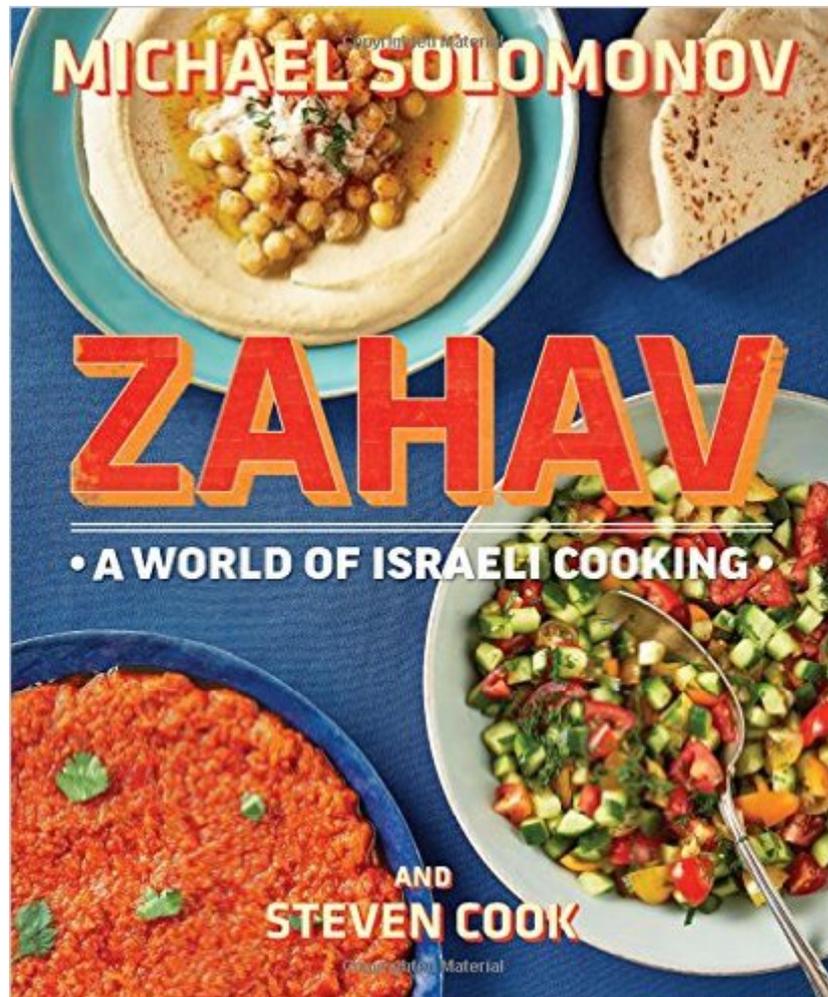


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Zahav: A World Of Israeli Cooking



Synopsis

James Beard Book of the Year and Best International Cookbook (2016) The James Beard Award "winning chef and co-owner of Philadelphia's Zahav restaurant reinterprets the glorious cuisine of Israel for American home kitchens. Ever since he opened Zahav in 2008, chef Michael Solomonov has been turning heads with his original interpretations of modern Israeli cuisine, attracting notice from the New York Times, Bon Appétit, ("an utter and total revelation"), and Eater ("Zahav defines Israeli cooking in America"). Zahav showcases the melting-pot cooking of Israel, especially the influences of the Middle East, North Africa, the Mediterranean, and Eastern Europe. Solomonov's food includes little dishes called mezze, such as the restaurant's insanely popular fried cauliflower; a hummus so ethereal that it put Zahav on the culinary map; and a pink lentil soup with lamb meatballs that one critic called "Jerusalem in a bowl." It also includes a majestic dome of Persian wedding rice and a whole roasted lamb shoulder with pomegranate and chickpeas that's a celebration in itself. All Solomonov's dishes are brilliantly adapted to local and seasonal ingredients. Zahav tells an authoritative and personal story of how Solomonov embraced the food of his birthplace. With its blend of technique and passion, this book shows readers how to make his food their own.

Book Information

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Customer Reviews

View larger Twice-Cooked Eggplant from Zahav Makes 5 cups This is probably my favorite eggplant preparation of all time. It first uses pan-frying to char and sweeten the flesh, followed by a second cooking with tons of vinegar. The result is a sweet, sour, and smoky salad that converts

unsuspecting eggplant haters into passionate fan boys in a single bite. As a bonus, this recipe flouts all conventions of French technique by charring the eggplant until just before it's burnt. Most of the chefs I've worked for would have made me throw it out if they saw it on my station. But by taking the eggplant to the edge, you can develop rich, deep, and almost chocolaty flavors that make this one of the punchiest bites there is. The flavor intensity of this salad makes it a great complement to roasted lamb, and it's out of control as a sandwich addition. Directions Sprinkle the eggplant slices with the salt and let stand for 30 minutes on a paper towel or a rack. Film the bottom of a large nonstick skillet with olive oil and set over medium-high heat. When the oil is shimmering but not smoking and working in batches if necessary to avoid crowding, remove the cooked eggplant to a plate. Add the eggplant slices in a single layer and cook until almost black on the first side, about 10 minutes. Turn and repeat on the other side, adding more oil as needed. Add 2 tablespoons of the olive oil, the red pepper, onion, coriander, and paprika to the skillet. Cook, stirring occasionally, until the vegetables are very soft but not brown, about 12 minutes. Add the eggplant and sherry vinegar to the pan, breaking it up and mashing it coarsely with a wooden spoon until well combined. Cook until the vinegar has evaporated, about 8 minutes. Off the heat, add the parsley and lemon juice. Serve warm or at room temperature.

Ingredients 2 tablespoons salt
2 medium eggplants, cut into rounds 6 tablespoons olive oil, plus more as needed 1 cup chopped red bell pepper 1 cup chopped onion 1 tablespoon ground coriander 1 teaspoon sweet paprika 1/2 cup sherry vinegar 1/2 cup chopped fresh parsley 1 tablespoon lemon juice

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