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A Fistful Of Lentils: Syrian-Jewish Recipes From Grandma Fritzie's Kitchen



Synopsis

Syrian-Jewish recipes from Grandma Fritzie's kitchen.

Book Information

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Customer Reviews

This recipe collection is full of history as well as useful cultural information and comparisons. I've been reading it nightly like a novel because it's so interesting. Makes up for the lack of photos. I have tried several of the recipes and intend to work my way through a broad representation of the rest. The clear instructions are easy for the beginner, and there are more advanced recipes for the accomplished cook. This book will not get lost or forgotten on the shelf!

I don't remember how exactly I found about this book but the title was so intriguing since I was looking to learn some kasherim syrian recipes, and after postponing for many months I bought it. I have to say I did follow the instructions to the T (I did read them and try to understand them very well before I started), and I did follow the measurements for the ingredients exactly as stated and the results were more than delicious. I was very surprised because I always wanted my babaganoush or hummus or salads to taste like the ones I buy from middle eastern restaurant but I just couldn't give my recipes THAT final touch.... With this book, I COULD! Last time I used this book was for a Syrian Shabbath dinner and everything I cooked was from this book (hummus, kibbeh niyyeh, babaganoush, syrian rice with vermicelli topping, beet salads, carrot salad and a few more recipes) and it definitely made me look (and feel!) like a Pro! lol Thanks Mrs. Abadi! ;)

I love this cookbook. I've had it for about 4 years now - and it is one of my go-to cookbooks for great-tasting, easy to prepare meals. I love the family stories interspersed with the recipes - and I get the strong sense that these recipes were put together by a woman who did not spend all her time in the kitchen. Great for moms who want to prepare home cooked meals that don't involve a lot of fuss. Love this one!

My wife and I often use recipes from this book to make our Sabbath meals. Last week we made several dishes from the book, including a stew and a rice-based dish, and we are still enjoying the leftovers several days later. They are delicious! All of the recipes have turned out well, with the possible exception of the M'jedrah, though I suspect that the difficulties I had with that recipe were due more to my own shortcomings as an amateur cook than with any flaws in the recipe itself. I should add that my wife and I are vegetarians, and that the book is great for vegetarians and vegans. Highly recommended.

I first checked this book out from our local library and fell in love with it. Knew we wanted to have it as a permanent part of our cookbooks. My husband is from Syria, though not Jewish or from Aleppo, he was familiar with most of the dishes and delighted with the previously unfamiliar ones. (He emphasized how well-respected and trustworthy the Jews are in Syria, and how they have had a good relationship with the Muslim majority. He could not remember ever hearing of a negative incident regarding a Jewish family.) We have made several things from this book and find them to be delicious, easy to prepare, and love that she is so easy to read. Her family photos are a neat bonus, though I wish she could have included some photos of the prepared recipes. This is a keeper!

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