

# About the Book and Cooking Philosophy

My mother, who has been my biggest influence in the kitchen, taught me to improvise while cooking and that is how I recommend that you use my recipes.

**Try them and then use them as a jumping off point to be inspired and make them your own.**

Switch up the vegetables or change the spices to create your own flavors - there's no such thing as failure in the kitchen, only learning experiences. Of course baking is all about accuracy, but there's still room to play there as well. Change plums to peaches or hazelnuts to almonds and see what happens.

As a trained nutritionist, my recipes emphasize healthy eating with lots of fresh fruits and vegetables, fish, grains, legumes and olive oil.



I rarely fry (except on Hanukkah when frying is a must!), I avoid butter and I rarely use fatty products. I prefer to make salad dressings, dough and bread from scratch and I hope to show readers not to be intimidated by this.

**The recipes in this book are very personal and reflect the way my family and I eat.** This book is a look into my home and my kitchen, a glimpse into my daily life and cooking classes. The recipes are inspired by my mother and grandmother, by newspaper clippings, by the shuk and by all the cultures that have come to Israel to make it the melting pot it is. They are largely inspired by the Sephardic cuisine that I grew up on and are

entirely kosher. In addition to simple, flavorful recipes that anyone can make, I've also included little tips and tricks to make cooking as easy as possible. These are things I've learned throughout the years from trial and error, fellow cooks and even my students.

Every recipe in the book has a photo to go along with it and many include step-by-step photos to illustrate the process. **The photographs were all taken in my home with no artificial additions or food styling tricks.** So you know what the finished product will look like and that you can get the same results in your kitchen.



These recipes have been tested again and again and approved by my family, students and friends. I'm confident that you'll enjoy the healthy, natural, homemade dishes in this cookbook **and hope they provide a tasty starting off point for recipes of your own...**

