



Jewish Food

Eastern Europe -- Late
1800s-Early 1900s

By Elijah L



History and Development of Recipes (p. 1)

-
- Areas where people lived
 - Climate
 - Native dishes
 - Kashrut
 - Where people's families lived
 - Class and wealth



There are many different ways Jewish cuisine and recipes can develop and grow.

History and Development of Recipes (p. 2)

One of them was the area where people lived. Climate and native dishes in the areas where Jews lived played a large role. For example, root vegetables, grains, and stews all helped with the cold Polish and Russian climates.

History and Development of Recipes (p. 3)

Another large factor was kashrut. These dietary laws really helped shape dishes, and I'll talk more about them later.

History and Development of Recipes (p. 4)

Family, wealth, and so many other things played a role that the complexity of Jewish food makes a surprising amount of sense.

Food Relations with Non-Jews (p. 1)

- Influence seen by language
- Influence seen by similar non-Jew dishes
- Independent cuisine seen by kashrut
- Independent cuisine seen by food common in other countries

Though Jews were somewhat separate from outside communities and developed their own cuisine, they took some influence from native foods.



Food Relations with Non-Jews (p. 2)

Some of the influence from native foods can be seen in the name. For example, “gefilte” in gefilte fish is in German. (It means “stuffed”, as seen in the alternate preparations before.) “Knish” (more on these later) is Ukrainian for “dumpling”.

Food Relations with Non-Jews (p. 3)

Some influences from non-Jew culture can also be seen if natives eat foods that are the same or similar. One example of this is stuffed cabbage. Though it was often eaten by Jews, non-Jews still ate it and most likely came up with the dish.

Food Relations with Non-Jews (p. 4)

Independent Jewish influence can be seen in kashrut. Because kosher food must be supervised by a rabbi, Jews had to make their own food, and make sure it was kosher.

Food Relations with Non-Jews (p. 5)

Independent cuisine can also be seen by the fact that some Jews had foods from other countries that weren't common in Eastern Europe. That's how some active merchants got noodles from Italy, which weren't eaten in Poland and Russia. Some foods, like horseradish and pickles, though not brought by trade, still came from German family roots. I find it really interesting that, though the Jews didn't interact much with their neighbors, they still got some ideas from them and got some ideas from among themselves.

Gefilte Fish

- When is it eaten?
- What is it?
- What's it made of?
- How do you make it?



Gefilte Fish Recipe







...and that's the recipe!



Tsholent/Cholent or however you spell it

- What is it?
- How is it prepared?
- Why is it prepared like that?



Kugel

What is it?

What is its history?

When is it eaten?

Matzo Ball Soup

- What is it?
- What are some special properties of it?
- Are there different varieties?



Knish

- What is it?
- What does its name mean?
- What goes inside of it?



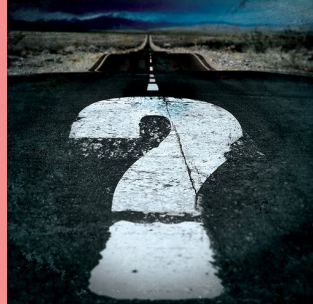
Thank you for coming!!!!!!!!!!!!!!

There are a lot of Jewish foods that I didn't talk about, and these are just a couple of examples. You can feel free to do some research on your own if you want, because I just scratched the surface.

Ask Me A Question



It's Free



Questions?



I Have A Question



ASK

