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# Stella's Sephardic Table: Jewish Family Recipes From The Mediterranean Island Of Rhodes



## Synopsis

To be seated at a Sephardic table is to bare witness to centuries of a mesmerizingly rich cultural heritage overflowing with traditions and festivities, symbols and superstitions, stories and insights, fragrances, tastes and culinary secrets &#150; all handed down from generation to generation around the ever-present Sephardic feast. Following the expulsion of the Jews in 1492 by King Ferdinand and Queen Isabella of Spain, Sephardic Jewish communities spread to new shores bringing with them their rich gastronomic heritage from Moorish Spain which naturally evolved into a wonderfully complex fusion of flavours incorporating Ottoman Turkish, Greek, Hispanic, African and other influences. Deeply inspired by her roots and constantly immersed in its traditions, author, artist and Sephardic cuisine expert Stella Cohen has set out to record the legacy of this vibrant, fascinating yet vanishing world for posterity and tell the story of her own family's cultural journey from Rodos (where her great-grandfather Haham Yaacov Capouya, was the esteemed sage and Rabbi of Rhodes) to Rhodesia (today known as Zimbabwe) where she has raised her family to continue the traditions as passed on to her. In 1986, 'Sephardic Cuisine' by Stella Cohen, a humble spiral bound cookbook, was independently published under the auspices of the Sephardic community of Zimbabwe and quickly became an international success, being reprinted many times over. For more than ten years, Stella has worked at revising and extending the original to include a more thorough exploration of the age-old subject and the techniques and traditions around it. Stella's Sephardic Table is a treasure trove of inspiration for the soul, filled with over 250 sumptuous easy-to-follow recipes, all lavishly illustrated and garnished with anecdotes, Ladino sayings, essays and rare insights into family-cherished tips and tricks traditionally passed from mother to daughter.

## Book Information

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## Customer Reviews

**ABOUT THE AUTHOR** Sephardic cuisine expert, artist, author, mother and grandmother, Stella Cohen is a passionate ambassador for the Sephardic community, dedicating her life to the celebration, preservation and education of its values and traditions. As the great granddaughter of Yaacov Copouya, The Rabbi of Rhodes, and with parents from Rhodes Island and Turkey, Stella, who was born and raised in Zimbabwe, has a family tree deeply entrenched in the Sephardi history. Listed as one of the "Women to Watch" by Jewish Women International, Stella is the honorary Life Chairlady of the Sephardi Hebrew Congregation of Zimbabwe and has worked closely with the JDC of New York in projects including establishing the first Zimbabwean ophthalmology clinic.

**ABOUT THE PHOTOGRAPHER** Marc Hoberman is a world-renowned photographer, designer and author and has produced more than 60 photographic coffee table book titles internationally on subjects ranging from travel to wildlife to food. Marc has received numerous accolades including Gourmand and Cordon Bleu awards for his food photography and is regularly commissioned by prestigious organizations and publications including Vogue, BAFTA and the Elton John Aids Foundation.

Stella's Sephardic Table is without a doubt the most gorgeous cookbook I've ever owned. Filled with the delectable Sephardic recipes, magnificent photographs and is beautifully bound, making it a stylish coffee table book too. It's also a wonderful book on the history of the Sephardic Jews from Rhodes. I love the photographs of Stella's family and pictures of her cooking, and I'm savoring it as you would a special treat. I look forward to trying each and every one of the recipes. I love this book !

This book was created and conceived with such love. We are absolutely privileged to bear witness to this love, with Stella Cohen sharing it all with us. The book itself is a complete work of art, both in the way it is designed and the way it is written and laid out. Ms. Cohen had quite a bit of her own incredible artwork in the book, as well as intensely beautiful photos--not just of the food (although those pics are beautiful as well), but of locations around the world, family photos and old maps. The backgrounds on each recipe are insightful and always interesting, and the recipes themselves are laid out perfectly for cooks. I particularly love the ladino sayings at the bottoms of pages. Some I

remember my grandmother (Nona) using, and some I remember my father and uncle using. This book is a joy to read, and even just look at. The peek into an ancient ethnic group and its history is mind-blowing, particularly if you are not familiar with Sephardic people. Enjoy!!!

I love this cookbook. I've purchased other Sephardic cookbooks before, but this one is outstanding and for once everything looks like the food my grandmother used to make - the Rhodesli way! The recipes are easy to follow, and the photos take me back in time. I was so excited about the recipes that I spent two days cooking everything I could for Rosh Hashana to give the entire family that wonderful trip back in time to our Sephardic roots. My wonderful 82 year old uncle who I doubt has ever cooked a meal in his life spent hours reminiscing and looking through the book. He tried to order the cookbook by phone from (hey he's 82 he doesn't have a computer!), but alas, he could not - so I'm ordering one for him right now! I particularly loved the family tree. Stella - it looks like we might be related! No wonder all the food looked like my grandmother's! What fun.

Being of Sephardic heritage-family from Salonika, Greece-descended from the Jews that left Spain during the Inquisition in the 15th century- I have collected cook books of the foods from this culture-Greek, Turkish, Middle Eastern and even Spanish from many years ago. I hate to cook but loved my mother's and Aunts cooking, but now that they are gone, I no longer have them to sit down with and copy down their recepies. This book made me wish I had !This book is magnificent! It is worth three times the price. When it arrived today, I could barely lift it as it is printed on the best quality paper and binding and the photography is spectacular. This book is like an Art "Coffee Table" book.Bravo to Stella and the publishers. I plan to alert what is left of my family to buy this book and give it to their chlldren and grandchildren to carry on the tradition of "Food is Love"!!

This is the most beautiful publication I have ever owned. The history is very interesting and the recipes, each with a picture, are fabulous. Also the detailing in instructions are wonderful. I saw this at a friend and ordered it immediately. I am a cookbook addict and have over 600 cookbooks but nothing I have compares. My late husband's family came from Rhodes as well and I visited there a few times so reading the history of the Jewish community there was very interesting to me.

As a Sephardic Jew with roots in Turkey and Greece it was obvious that I would be drawn to this book. When it came in the mail yesterday I was overwhelmed by the beauty and quality of this book. Stella tells a story that could be my own! She has included the recipes that I have grown up with in

my family and makes them easy to follow. My recipes from my grandmother are "a glass or this, a handful of that" so I appreciate that Stella has made these user friendly! I will buy copies for my daughters so the tradition can continue in their own kitchens. Thank you, Stella! This book, for my family, is a treasure!

Just beautiful!!!

Excellent! Written by someone who has first hand knowledge of the delicacies of Sephardic cooking and the spirituality behind it. For those unfamiliar with this type of cooking, let me tell you this may be some of the most savory food you will ever taste! The recipes are easy to follow, although they do require a little time, but once you taste the food, you will realize the art of "comfort food" doesn't get any better than this! Highly recommended as a gift for those who love history and great food. Get one for yourself, too.

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