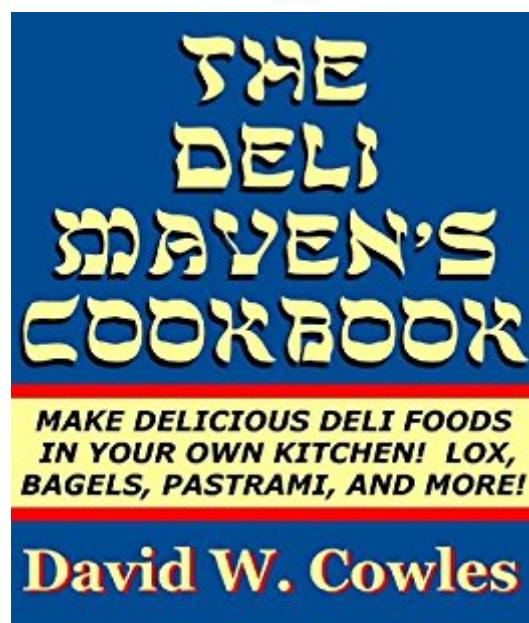


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# The Deli Maven's Cookbook



## Synopsis

When author David W. Cowles moved to Gig Harbor, Washington he was shocked to discover there wasn't even one good Jewish deli in the entire state. Frustrated and deli deprived, Cowles researched and perfected deli recipes for home preparation. He became so proficient he taught a hands-on course in making deli food at a synagogue in Tacoma. Cowles tells his story in **THE DELI MAVEN'S COOKBOOK**. **THE DELI MAVEN'S COOKBOOK** is not a comprehensively detailed history of that great, venerable American institution, the Jewish delicatessen. Nor is it an encyclopedia of Jewish recipes gathered from the entire diaspora. It is not a recipe book of Israeli cuisine. It is not a summary of kosher foods and dietary laws. It has no recipes for Jewish holiday foods, unless they're served year-round in a deli. Yet it touches on all the above. **THE DELI MAVEN'S COOKBOOK** is not intended to replace Jewish delicatessens, for which there are no acceptable substitutes. There's a lot more to delis than just the food—such as the ambrosial aromas, the noisy ambience, and the camaraderie. Delis are a social institution, a way of life. Rather, **THE DELI MAVEN'S COOKBOOK** is the self-help answer for those unfortunate souls stranded hundreds of miles from the nearest Jewish deli, so hungry for real deli food they want to scream. If you live in an area that doesn't have a good deli—or perhaps none at all—fret no more. This book is the solution to your troubles. You'll learn how to quickly, easily, and inexpensively prepare delicious and authentic deli food at home—including pastrami; corned beef; pickled tongue; lox and Nova; matzo ball soup; kasha varnishkas; matzo brei; lox, eggs, and onions; bagels, bialys, and breads; New York style cheesecake; black & white cookies; and scores of other deli, appetizing, and bakery delights—all made from scratch. As the TV pitchman says, "Wait there's more!" Enjoy the deli stories, deli jokes, and histories of your favorite deli foods. If Jewish delis are important to you, you owe it to yourself to get **THE DELI MAVEN'S COOKBOOK**. It's a fun book to read, even if you don't cook! **THE DELI MAVEN'S COOKBOOK** is in Kindle format and available exclusively from .com.

## Book Information

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## **Customer Reviews**

Many a day I've fondly recalled the stunningly good Reubens, served up with potato salad and all-you-can-eat dill pickles on the side, to be had at my favorite deli. That was years ago and far away. These days, the closest I can come to a real deli is the grocery store counter or my own kitchen. About a year ago someone did open an "Italian deli" not far from the state capitol in Montpelier, but I've never seen more than a single car in the parking lot. Thus, I was delighted to come acrossÃ ª The Deli Maven's Cookbook, stayed up late to read every word and even shared it with my friends on Facebook because it is THAT good!David Cowles is a cook after my own heart! He had my full attention the very second that he talked about buying a dozen or more corned beefs when they are on sale for St. Patrick's day. I do exactly the same and am counting the days until corned beef goes on sale again. My freezer is bare! (No worries, I'll just pick up a brisket the next time I go to town and give David's recipe for making my own corned beef a whirl.) I was further encouraged when I found that a fair number of the recipes that he provides are nearly identical to my own and that he thinks the best rye bread he ever made is the exact same one that I have ever made, found inÃ ª Secrets of a Jewish Baker: Recipes for 125 Breads from Around the World, one of my Top 3 books of bread baking!This is an extensive book, full of information, stories and jokes that will keep you interested and reading from the first page to the last. Wonderfully formatted, Cowles has even been thoughtful enough to include links to sources of things like mustard & spice

jars and extra information, like the debate over the origins of curry powder. If I have a quibble, it is that he has not discovered yet that the barley malt syrup so necessary for real, authentic bagels is cheaper by far here on , bothÂ ª Barley Malt Syrup, 16 fl. oz.Â ª andÂ ª Eden Foods Organic Barley Malt.Highly recommended!

I'm a Nazarene Church kid from behind the "Orange Curtain". I don't think I've ever been in a real Jewish deli; I'm sure I haven't, in fact. I was a guest at a Seder meal once when I was 9; that's my entire exposure to Jewish culture.But after reading this book, if I don't make a batch of knishes soon, I'm going to implode. Chicken-in-the-pot WILL be on my table, and soon. Who the heck knew you could MAKE cream cheese?!? But now, I feel that I must.Tortuously good book.

While reviewing another of Mr. Cowles' interesting cookbooks, I realized that I had neglected to rate and review this terrific one that first introduced me to his writing. I'm a serious cook and cookbook collector with hundreds of print books on food and now about 150 digital examples so far on my Kindle.I love a book that is both well written and with recipes that actually work. There are all too many alleged cookbooks that are just pirated from recipe sources or badly put together or simply don't make good food. Cowles' book is well edited and tells an interesting story as well. It is a book that I recommend highly to the curious or adventurous cook. The recipes are detailed enough that even beginners should be successful. Most of all, the food and the recipes are workable and delightful.My introduction to what is largely Jewish ethnic food came from my mother. She was raised in a Southern Baptist family whose cook for many years kept Kosher! She might be turning in her grave to see how much her liver-loathing eldest now lusts after good chopped liver, though. While she was an accomplished cook, she mangled liver badly with vulcanized liver that even the starving would have been hesitant to eat. Cowles presents recipes that just might jar her and you into trying some new and delicious things like homemade pastrami.The recipes in this book are also quite frugal compared to buying deli style food and in time of tight money, that's yet another thing to recommend the work. If you aren't quite convinced by these reviews, at least try a sample and enjoy the writing style as well as the recipes.

The Deli Maven's Cookbook is a delightfully written book that explains what a deli is and how to find one that will keep your tummy happy. The writing is exceptional and the recipes look delish. Some of the recipes are real basics while other recipes using deli ingredients to cook up a delicious recipe. Gracing the book's pages are lovely photos showing some of the different types of foodstuffs.Here

are some of the recipes featured in this cookbook:Pastrami (this is a recipe for making your own pastrami at home)Pickled TongueGravlaxBelly LoxKreplachMatzo BallsA numerical listing of different deli sandwiches with the ingredients listed by sandwich typePotato SaladColeslawLindy's New York CheesecakeBlack and White CookiesHighly recommend.

One of my biggest desires is to go into a deli in the US and order a Reuben. But I can't. I'm danish and sometimes an 8 hour flight seems too long. But this book is great! The part where David hunts down delis, when the craving for real pastrami and pickles overpowers him, to the part where he describes in detail how to make deli wonders in your own home are entertaining and educational. This book has made me doing my own sauerkraut and pickles. Soon i will make my own pastrami. I strongly recommend this book! Also to us europeans who only can dream about these things, but sit in a comfortable chair and read about moist brisket. I hope some americans would come here to Denmark, open delis everywhere and introduce this culture to us. This book deserves a Nobel price..

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