



Kosher for Everybody: The Complete Guide to Understanding, Shopping, Cooking, and Eating the Kosher Way (Arthur Kurzweil Book)

Trudy Garfunkel

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You don't have to be Jewish to enjoy the benefits of kosher food. In fact, of the millions of people who buy kosher products, only 8 per cent do so for religious reasons. In *Kosher for Everybody*, the ultimate guide to the ever growing world of kosher foods and services, you'll find detailed information on The meaning of kosher and how to interpret the symbols used to identify kosher products Kosher meats and poultry Cooking kosher, including more than fifty tasty, easy-to-prepare recipes, from appetizers and soups to main courses and desserts How to buy and prepare food that is healthy and kosher Kosher wines Buying Kosher products by mail Kosher foods for vegetarians and those who suffer from lactose intolerance or an allergy to milk products Where to find kosher hotels, resorts, camps, restaurants, supermarkets, and caterers in the United States, Canada, and worldwide Traveling kosher, including kosher cruises, kosher tours, and travel agents Kosher cooking classes Online resources for the kosher consumer And much more

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Lily Terry:

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