



gefiltefest

Gefiltefest
The London Jewish Food Festival
19th May 2013
London Jewish Cultural Centre,
Ivy House, 94-96 North End Road,
London, NW11 7SX



Leket Israel
The National Food Bank



natan

THE GROVE 
LONDON'S COUNTRY ESTATE



Welcome to our 4th Annual Gefiltefest

from Claudia Roden, Founding Patron



Jewish food is about so much more than cooking and eating. It is about roots and identity and every dish has its own unique history. But what is Jewish food? What is familiar in Britain as Jewish food was totally unknown to the Jews of Egypt, Morocco and India, while until fifty years ago, all that was known here of Jewish food was the cooking of immigrant Ashkenazi Jews, whose ancestors came from Eastern Europe and Russia. Then came Jews from countries such as India, Georgia, Tunisia and Iraq with a bewildering range of different dishes. With such diversity, can we talk of a Jewish cuisine? And were their cuisines different from those of non-Jews in their old homelands?

After years of research, I can say that although Jews adopted the foods of the country they lived in, their cooking was always a little different from that of the host country. It had a special touch and taste and characteristic features, as well as some entirely original and unique dishes which were distinctive and were recognized as theirs. One reason for the differences was the adaptations to comply with the dietary laws. Meat could not be mixed with dairy products. In the Middle East, you could tell a Jewish home by the smell of oil, which was used instead of clarified butter, because they could not use butter when they cooked meat. The substitution of forbidden foods created specialities like goose prosciutto and salami in Italy and Alsace. Cakes with ground nuts and almonds developed as a result of the prohibitions of leaven and flour during Passover. The laws of the Sabbath which prohibit any work, including lighting fires and cooking, gave rise to meal-in-a-pot dishes that were prepared on Friday and left to cook overnight. But the main influence on the development of Jewish styles of cooking was the mobility of the Jews. The adoption of dishes by communities in two or more homelands produced an interweaving of traditions and culinary hybrids.

Food has always been of great importance to Jews. The observance of religious dietary laws created a spiritual atmosphere around it, and feasting is a major part of festivals. Every holiday has dishes attached to it and these play a symbolic role in rituals and celebrations. We all have childhood memories of Rosh Hashanah, Chanukah, Passover, Purim and

Shavuot, when we have been with our families and enjoyed traditional foods. The recipes for those dishes are drawn from ancestral memories passed down in the family, and derive from old cultures in faraway places and worlds that have vanished. When I look at recipes given to me half a century ago by Jewish relatives and friends from Egypt, they evoke vivid memories of our old life. They are written in French and interspersed with remarks about who gave the recipe, how much the dishes were appreciated by a certain person, and the occasion on which they were served. The memory of the old worlds of our ancestors is kept alive through their recipes and food traditions.

Gefiltefest celebrates these traditions with a marvellous and varied programme for all today. The festival celebrates both Ashkenazi and Sephardi cuisines and the Food Awards recognize the best of our culinary traditions. But Gefiltefest is not only about acknowledging our past and living present. Through the annual festival and other events it seeks to challenge how the Jewish community thinks about food and considers our relationship with food and how it is produced, packaged and consumed. The programme of talks and debates addresses important issues concerning our food and heritage.

We hope people will learn how to cook Jewish dishes, learn about the history behind each recipe and understand Jewish food ethics. And, of course, there will be plenty to taste and enjoy. Thank you to all the presenters and participants today and to Michael Leventhal and his team of volunteers for making Gefiltefest a unique celebration of Jewish food.

Claudia Roden

Claudia Roden,
Founding Patron, Gefiltefest

Planning your visit today

We are running 50 sessions today, grouped both by time slot and by themed track. See the At A Glance pages in the centre of the brochure for an abbreviated version of what, where and when. For more detail on each session and its presenter(s), see the track pages on Special Events (SE), Cookery Demonstrations (CD), Cookery Workshops (CW), Kids' Programme (KP), Social Action (SA), Arts and Culture (AC), and Text and Learning (TL). See the What's in the Garden Page for information on stalls, music and book signings.

There is a map of the three Ivy House buildings on the back cover to help you find the session rooms, toilets and disabled access. Apart from the various tastings you can enjoy in sessions, the Café in the Main Building will be open.

Don't hesitate to ask any of the volunteers if you need any more information.

Parents depositing children for the 7+ sessions will find more information on the Kids' Programme page.

Special Events

12.20-1.10pm G1
**THE OVEN GLOVES ARE OFF:
ASHKENAZI VS SEPHARDI COOK-OFF**

In the blue Sephardi corner **Fabienne Viner-Luzzato** and **Eran Tibi**! In the red Ashkenazi corner **Josh Zaitchek** and **Simon Goldhill**! **Giancarlo Caldesi**, **Harry Lomas** and **Daniel Young** will judge and **Clive Lawton** will act as compère.

Giancarlo Caldesi is a chef with a passion for Italian regional food. He is the owner of the Caldesi Group of Restaurants and Cookery Schools with restaurants in London's Marylebone and culinary mecca Bray in Berkshire. www.caldesi.com

Simon Goldhill is Professor of Greek at Cambridge University where he is also Director of the Centre for Research in Arts, Social Sciences and Humanities. He has published widely on Greek Literature and Culture and on Jerusalem. He is a legendary host, cook and gourmet (adds the Editor).

Clive Lawton is teacher and scholar-in-residence at the LJCC and Senior Consultant to Limmud. He is a magistrate and writes and broadcasts extensively. He was longstanding Chair of Tzedek.

Harry Lomas was Master Chef with the Parachute Regiment and Senior Catering Officer at Army Headquarters responsible for operational feeding of Troops in Afghanistan. More recently, Harry was responsible for catering at Excel for the 2012 Olympics and Paralympics, and is now Executive Head Chef at The Grove. He has appeared frequently on TV food shows.

Eran Tibi was inspired by his baker and pastry chef father and by the home cooking and entertaining of his mother. He trained at Le Cordon Bleu and has worked at Ottolenghi. He is head chef at the Roundhouse Made in Camden and with Josh Katz has established KTB Catering & Consultancy.

Fabienne Viner-Luzzato is a chef, cookery teacher and caterer. Raised in Paris, she learned to cook from her Tunisian mother and Italian father. She gives home cookery classes and writes recipes for the Jewish Chronicle.

www.homecookingbyfabienne.co.uk

Daniel Young has a London-based events company, whose blog youngandfoodish.com was listed in The Times 50 best food websites. He was food critic of The New York Daily News and has written for numerous newspapers and magazines. He is author of eight books, including *The Paris Cafe Cookbook* and *Made in Marseille*.

Josh Zaitchek trained as a chef in New York and has lived and studied in Israel. He now works as Education and Programmes Director for Hampstead Synagogue as well as running a catering business YOJO's.

5.00-5.50pm G1
**THE GEFILTEFEST 2013 FOOD AWARDS:
ANNOUNCING THE WINNERS & BLIND TASTING**

It's time to find out who the public has voted for in the annual awards. Besides announcing the awards, a panel of celebrity judges will conduct with the audience a blind tasting of challah and bagels. **Anthony Silverman**, the Silverbrownfood blogger, will chair.

Clarissa Hyman is an award-winning freelance food and travel writer. She contributes to a wide range of national publications and has written four books, including the much praised *Jewish Kitchen*. She is currently Vice-President of the Guild of Food Writers. **Michèle Hanson** is one of the UK's wittiest authors and a Guardian column writer. Her books have been serialised for radio and made into a BBC cartoon series. Her book *Living With Mother* won MIND Book of the Year in 2006, *What the Grown-ups Were Doing* was a Sunday Times best-seller, and her latest book *Absolutely Barking* was published in March. **Daniel Young** (see his biography above)

Cookery Demonstrations

10.00-10.50am G1
Come Dine with Me in 1846

Recipes from **Lady Judith Montefiore's** cookbook, *The Jewish Manual* (1846), the first English Jewish cookery book and how this book can change your life! **Rachel Davies** trained at Le Cordon Bleu, worked with some inspirational chefs and runs Rachel's Kitchen, a cookery school in North West London offering cookery classes to all ages, and to private and corporate groups www.rachels-kitchen.com. **Maureen Kendler** teaches on literature and Jewish texts, is Head of Education at the London School of Jewish Studies and a UJIA Ashdown Fellow. She is a Gefiltefest trustee.

10.00-10.50am LG1
Queen of Tarts

Impress your guests and families this summer with homemade quiche, fruit tart and delicious homemade pastry. **Fabienne Viner-Luzzato** (see her biography on the Special Events page).

11.10-12.00pm G1
Jewish Flavours of Tripoli

Dishes inspired by the cuisine of the once thriving Jewish Community of Tripoli: **Safra**, an aromatic semolina dessert with honey and orange glazing, home-made spicy Harissa and Tuershi, a tasty pumpkin dip. Born and bred in Rome, **Silvia Nacamulli** is an Italian-Jewish cooking expert living in London. She runs *La Cucina di Silvia - Cooking for the Soul*, where she teaches, caters, writes, lectures and delivers delicious traditional home cooking. www.cookingforthesoul.com

11.10-12.00pm LG1
It's So Parfait!

How to make a chocolate parfait and different ways to plate it. All the tricks of the trade to make even the simplest of desserts look professional! **Sarah Magnus** trained at Le Cordon Bleu, achieved a patisserie diploma course, then worked at the Bread Factory (a.k.a Gail's). She moved to the Berkeley hotel kitchens, then to the Savoy as Chef de Partie of pastry Service Section, and is now working freelance.

12.20-1.10pm LG1
Ashkenazi Alternatives

How to make traditional borsht, kasha with mushrooms and hamantashen, with a twist and served the stylish way. **Denise Phillips** is a cookery writer and professional chef, author of 5 books and runs a kosher cookery school and events for singles, *Date on A Plate*. www.jewishcookery.com

1.30-2.20pm LG1
Indian Kosher Cookery

How to make a typical Cochin Fish Curry. **Nikita Gulhane** a.k.a. the Spice Monkey has worked for DEFRA on food policy issues, made documentaries and reported on food for BBC Radio. He recently spent time in India exploring Jewish connections. www.spicemonkey.co.uk

2.35-3.25pm LG1
One Pot Cooking

Persian Aubergine Succotash in a great big steaming cauldron. **Alan Rosenthal** created *Stewed!* and is an entrepreneur in *Courvoisier's* Future 500 list. He trained at Leiths Cookery School where he runs regular courses. He has been consultant for the Nosh chain, guest judge on the Good Food Channel's cookery show *Perfect* and writes a monthly food column in a national magazine.

Cookery workshops

3.40–4.30pm G1

Sour Lemon and Fragrant, Fiery Spice

How to make Moroccan–Jewish preserved lemon, then turn it into a zesty Yemenite–Israeli Zchug, all fire and spice; finally, she updates the classic North African Jewish brik by dipping tiny quails' eggs into the spicy zchug. **Marlena Spieler** is an award-winning writer and author of many cookbooks, including *The Jewish Heritage Cookbook*. www.marlenaspieler.com

3.40–4.30pm LG1

Dark Chocolate Mousse with Whipped Banana Custard

How to mix two kinds of velvety chocolate into a smooth light textured mousse, and serve it with whipped custard like you've never seen. **David Mendes** has worked in the finest restaurants and hotels in London and Tel Aviv. He is a graduate of the Tadmor Culinary Institute, Israel and the VALRHONA Chocolate chef training course in France. Straight from the source of the finest chocolate making on earth, David will let you in on some secrets.

5.00–5.50pm LG1

The Chicken and the Scotch Egg

Amy Beilin, partner at Kosher Roast, will show you how to cook one of her favourite snacks from scratch. Kosher Roast began with one aim: to eat a kosher roast in the local pub. Its mission is to create incredible kosher food experiences with seasonal pop-ups and collaborations all year round, using the best ingredients and flavours you wouldn't necessarily find in your average kosher restaurant. www.kosherroast.co.uk

10.00–10.50am CLC2 Challah Baking (1)

You will make and plait two challah loaves. Take one home to bake and eat. Donate the other for baking and distribution by Orli's Bakery and GIFT to those less fortunate. During the session, you will learn the history of challah from its Roman origins until today, and its various forms including schnecke and kitke. **Dina Brawer** was born to Moroccan parents in Milan and studied in Jerusalem and New York. She delivers informal Jewish education, trains Jewish Care volunteers and is UK ambassador for the Jewish Orthodox Feminist Alliance. **Josephine Bacon** has been a full-time food editor, writer, translator and journalist for 30 years. She has lived in the USA and worked on the Los Angeles Herald Examiner food and travel pages. She has translated more than 100 books from French and Hebrew and edited countless more. www.josephinebacon.com

11.10–12.00pm CLC2 Gefiltefest 2013 in Chocolate Letters

Create a chocolate masterpiece – a giant chocolate slab spelling out Gefiltefest 2013! Learn the importance of tempering chocolate and how to create and decorate your own delicious chocolate letter to take home with you. **Steph Saffer** is the owner of Kokopelli's Chocolate, a small artisan chocolate company. www.kokopellis.co.uk OR find her on twitter @Kokopellis_Choc

12.20–1.10pm CLC2 In a Pickle

Make your own pickles and sauerkraut – no prior pickling or Yiddish knowledge required (although a bissl might help). **Shana Boltin** is an Australian living in London who learnt to make pickled cucumbers in Yiddish in New York. She also spent her early 20s listening to her friends' advice of 'don't give up your day job' so spends Monday to Friday working in the NHS.

2.35–3.25pm CLC2 Challah Baking (2)

You will make and plait two challah loaves. Take one home to bake and eat. Donate the other for baking and distribution by Orli's Bakery and GIFT to those less fortunate. Learn about the Jewish London Bakers' Union whose banner is displayed at the Jewish Museum. **Ariella Levy** was born in Pennsylvania and raised on a farm. She trained as a chef at the Natural Gourmet Cookery School in New York, specialising in food and healing. She studied in Israel for 8 years at various midrashot for women. She is a Jewish educator and doula, and runs Rainbow Cookery cooking classes/parties. **Tali Krikler** is a member of the Jewish Museum's Learning Team. A former primary school teacher, she manages an Arts Council England Schools and Museums partnership programme, London Links.

3.40–4.30pm CLC2 Spice Up your Life (...and your kitchen)

Join a 'spice addict' for a practical taster and find out about 'spicy' Jewish customs. **Russell Collins** was raised as a British Ashkenazi foodie but says he was liberated by the discovery of his Sephardi heritage. He is a garlic and chilli addict with a taste for the exotic.

5.00–5.50pm F4 Knife Skills

Come chop with **Lisa Roukin** who has worked in some of London's finest restaurants including Mirabelle, L'Escargot, Quo Vadis and Le Caprice. She trained at Le Cordon Bleu and worked with **Tony Page**, the kosher caterer. Lisa now runs her own cookery classes for children and adults. www.cookwithlisa.com

Kids' Programme

Kosher Planet: food from around the world (aged 7+)

Children may attend sessions unaccompanied but must be dropped off at the special registration desk outside the Catherine Lewis Centre (CLC) where there is further information about collection. There is a waiting area in CLC5 for parents who arrive early for their child's session and a buggy park under a gazebo in the piazza/courtyard. We have a First Aider on site. We regret there is no crèche.

12.20-1.10pm CLC1

A Taste of Asia: healthy baked spring rolls, crispy curly kale seaweed, led by **Lisa Roukin** (see her biography on the adult Cookery Workshops pages).

1.30-2.20pm CLC3

Landscape of Israel: creating a scene of Tel Aviv beach that you can eat, led by **Fabienne Viner-Luzzato** (see her biography on the Special Events page).

2.35-3.25pm CLC1

Viva Italia: producing beautiful pasta from scratch, led by **Silvia Nacamulli** (see her biography on the Cookery Demonstrations pages).

3.40-4.30pm CLC1

Mugshots: creating edible famous characters from Jewish history, led by **Nic Abery**, who is a teacher, museum educator, founder of LooktoLearn and a fellow on the Susie Bradfield Educators' Programme. www.looktolearn.co.uk

3.40-4.30pm CLC3

Jewish Interactive: North African Adventures (1). Jewish Interactive specializes in online learning and digital applications. Today, with **Channah Goldblatt**, children will design comic strips around North African recipes using ipads and the StripDesign programme. This session is limited to 10-12 children, but is repeated later in the afternoon (see below). www.jewishinteractive.net

5.00-5.50pm CLC1

American Classic: appetizing waffles presented in different ways, led by **Jenny Hollander** who started making novelty cakes for her kids and their friends when they were at school. She taught Culinary Arts at Menorah High School for Girls, and now runs her own baking and cake-decorating business full time. www.jennyscakes.net

5.00-5.50pm CLC3

Jewish Interactive: North African Adventures (2). This is a repeat of the earlier session at 3.40pm (see above for more details).

Today's menu at a glance

10.00-10.50am

Session Title	Presenter	Room	Track	Page
Come Dine with Me	Rachel Davies and Maureen Kendler	G1	CD	5
Queen of Tarts	Fabienne Viner-Luzzato	LG1	CD	5
Challah Baking (1)	Dina Brawer and Josephine Bacon	CLC2	CW	7
Enough Food for Everyone IF	Richard Verber and Ben Niblett	F1	SA	12
Do We Still Need Cookbooks?	Richard Ehrlich, Clarissa Hyman and Judy Jackson	Phoenix Theatre	AC	13
Supersize Me	Benji Stanley	F4	TL	15

11.10-12.00pm

Session Title	Presenter	Room	Track	Page
Jewish Flavours of Tripoli	Silvia Nacamulli	G1	CD	5
It's So Parfait!	Sarah Magnus	LG1	CD	5
Chocolate Letters	Steph Saffer	CLC2	CW	7
The Gift of Life	Nigel Cohen	F1	SA	12
Is 'IT' Still the Way to a Man's Heart?	Gillian Burr	F2	AC	13
Bread Givers, Makers, Winners and Refusers	Maureen Kendler	Phoenix Theatre	TL	15
The Meaning of Blessing	Jonathan Wittenberg	F4	TL	15

Gefiltefest is aiming to be a Zero Waste Festival.

We're grateful to the London Borough of Barnet for providing extra food waste bins. Please use them!

12.20-1.10pm

Session Title	Presenter	Room	Track	Page
Ashkenazi vs Sephardi Cook-Off	Celebrity chefs and judges	G1	SE	4
Ashkenazi Alternatives	Denise Phillips	LG1	CD	5
In a Pickle	Shana Boltin	CLC2	CW	7
A Taste of Asia	Lisa Roukin	CLC1	Kids' Prog	8
The Israeli Salad	Gidi Kroch	Phoenix Theatre	SA	12
Jewish Food Culture and Identity	Stephanie Segal	F1	AC	13
Wine in Jewish Ritual	Dina Brawer	F4	TL	15

1.30-2.20pm

Session Title	Presenter	Room	Track	Page
Indian Kosher Cookery	Nikita Gulhane	LG1	CD	5
Landscape of Israel	Fabienne Viner-Luzzato	CLC3	Kids' Prog	8
Israel, the Promised Land of Soft Drinks	Keith Kahn-Harris	F4	AC	13
Midrash in the Kitchen	Diana Lipton and Rachel Davies	CLC2	TL	15
Are Locusts Kosher?	Harvey Belovski	Phoenix Theatre	TL	15

2.35-3.25pm

Session Title	Presenter	Room	Track	Page
One Pot Cooking	Alan Rosenthal	LG1	CD	5
Challah Baking (2)	Ariella Levy and Tali Krikler	CLC2	CW	7
Viva Italia	Silvia Nacamulli	CLC1	Kids' Prog	8
Taste and Waste	Michelle Barnett and Avrohom Zeidman	F2	SA	13
Virtual Food Tour	Rachel Kolsky	CLC3	AC	13
Kubrick's Kosher Kitchen	Nathan Abrams	Phoenix Theatre	AC	14
What is Fasting for?	Clive Lawton	F4	TL	15

3.40-4.30pm

Session Title	Presenter	Room	Track	Page
Sour Lemon and Fragrant, Fiery Spice	Marlena Spieler	G1	CD	6
Dark Chocolate Mousse	David Mendes	LG1	CD	6
Spice up your Life	Russell Collins	CLC2	CW	7
Mugshots of History	Nic Abery	CLC1	Kids' Prog	8
North African Adventures (1)	Jewish Interactive	CLC3	Kids' Prog	8
The Art of the Restaurateur	Nick Lander	Phoenix Theatre	AC	14
The Lost Fish of Babylon	Natan Levy	F1	TL	15
Whose Bracha Is It Anyway?	Michael Rosenfeld	F4	TL	15

5.00–5.50pm

Session Title	Presenter	Room	Track	Page
The Gefiltefest 2013 Food Awards	Michele Hanson, Clarissa Hyman and Daniel Young	G1	SE	4
The Chicken and the Scotch Egg	Amy Beilin	LG1	CD	6
Knife Skills	Lisa Roukin	F4	CW	7
American Classic	Jenny Hollander	CLC1	Kids' Prog	8
North African Adventures (2)	Jewish Interactive	CLC3	Kids' Prog	8
The Paradox of Nutritional Insecurity	Gidi Kroch	CLC2	SA	13
Kosher Food in Contemporary Fiction	Francesca Segal and Ariel Kahn with Hester Abrams	Phoenix Theatre	AC	14

Social Action

10–10.50am F1
Enough Food for Everyone IF

This year, Gefiltefest has joined over one hundred charities, development agencies and faith groups in the Enough Food For Everyone IF campaign. Can we make 2013 the beginning of the end of hunger? **Richard Verber** is World Jewish Relief's first Campaigns manager, with a focus on poverty in the former Soviet Union and building a campaigning network for the organisation. After four years with UJS, he is now co-chair of Limmud Conference 2013. **Ben Niblett** is Campaigns Team Leader for Tearfund, a leading relief and development charity working with Christian agencies and churches worldwide campaigning on issues of poverty, climate change, corruption and good governance.

11.10–12.00pm F1
The Gift of Life: Inspiring People to Feed the Poor in the 21st Century

Open Kitchen is a multi-faith initiative inspired by Maidenhead Synagogue's Homeless Meals. **Nigel Cohen** is a member there and has been involved with Jewish and interfaith activities locally for a number of years.

12.20–1.10pm Phoenix Theatre
The Israeli Salad

A tasty and colourful look at how nutrition education inspires a healthy, fresh and creative approach for alleviating the problems of nutritional insecurity in Israel. **Gidi Kroch** is CEO of the Leket Israel-The National Food Bank, engaged in nutrition education and food rescue for Israel's insecure. Gidi trained in industrial engineering and has had numerous management posts in business development and logistics in high-tech companies in Israel and the USA.

2.35–3.25pm F2
Taste and Waste

Jewish festivals are often said to remember when "they tried to kill us, they failed, let's eat!". But what happens to all our leftovers and is there a Torah view? **Michelle Barnett** is founder and Director of GIFT which provides food parcels for 2,000 people a week. **Rabbi Avrohom Zeidman** is Assistant Rabbi at Edgware United and Senior Educator at GIFT.

Arts and Culture

10.00–10.50am Phoenix Theatre
People of the Book: Do We Still Need Cookbooks?

Richard Ehrlich has contributed to all the UK broadsheet nationals and written eight cookbooks. He is currently wine columnist for the *JC* and *Good Housekeeping*, a regular contributor to *Time Out*, and Chairman of the Guild of Food Writers. **Clarissa Hyman** (see her biography on the Special Events pages). **Judy Jackson** has written seven cookbooks. Her novel *The Camel Trail* was voted Best Food Literature book in the UK in 2007. Her daily food blog *The Armchair Kitchen* is read by 26,000 followers worldwide. www.lookitcookit.tumblr.com

11.10–12.00pm F2
Is 'it' Still The Way to a Man's Heart?

How has food changed for Jews living in England? **Gillian Burr** is currently Chair of St John's Wood Synagogue Ladies' Guild and continues her involvement with World Jewish Relief. In 1971 she published the first of many highly successful WIZO cookbooks, still in demand today.

12.20–1.10pm F1
Jewish Food Culture and Identity

London has historically welcomed Jews from many countries fleeing persecution or war. This participant inter-active workshop will focus on how cultural identity is retained through food, customs and practices linked to Shabbat and

5.00–5.50pm CLC2
The Paradox of Nutritional Insecurity and Large Scale Food Wastage

Learn how Leket Israel feeds 140,000 needy Israelis a week, with **Gidi Kroch** (see biography above).

festivals. **Stephanie Segal** is an organisational consultant with a specific interest in identity, culture and society. Author of two vegetarian food books, Stephanie is currently researching Jewish demography, food and identity for a new book.

1.30–2.20pm F4
Israel, the Promised Land of Soft Drinks?

Israel hasn't just developed a Jewish state, it's also developed its own home-grown food and drink. But do Israeli soft drinks taste good enough to uphold the best traditions of the Jewish people? In this session we will sample some and answer this pressing question. **Keith Kahn-Harris** is a writer and sociologist. He is passionate about discovering interesting soft drinks. He has held the first meeting of the first ever Soft Drinks Club in the world and threatens to do so again.

2.35–3.25pm CLC3
Virtual Food Tour: Bagels to Blooms, Salmon to Soho

Join a trip down memory lane reliving London's Jewish eating experiences of yesteryear. **Rachel Kolsky** is a prize-winning Blue Badge Guide. Her first book, *Jewish London*, was published in March 2012. She is a trustee of The Phoenix Cinema and a guest lecturer on cruises. www.golondontours.com

2.35-3.25pm Phoenix Theatre
Kubrick's Kosher Kitchen

This illustrated session will explore how Stanley Kubrick used food and drink in his films. Was there any Jewish meaning here? **Nathan Abrams** is a senior lecturer in film studies at Bangor University. He has edited *Jews & Sex* (2008) and most recently published *The New Jew* (2012).

3.40-4.30pm Phoenix Theatre
The Art of the Restaurateur

Everything you ever wanted to know about the highs and lows of the restaurant business. How to start your own - where you'll go wrong - and how to survive. **Nicholas Lander** interviewed 20 of the world's top restaurateurs for his new book *The Art of the Restaurateur*. He writes the 'Restaurant Insider' column for the *Financial Times*, which he started after running L'Escargot restaurant in London's Soho during the 1980s. He will be speaking to **Anthony Silverman**. Anthony sporadically writes the blog Silverbrow on Food but is more regularly found @silverbrow. He is partial to a good meal, whether eating out or cooking at home. He also is only too happy to moan about the quality of kosher food in the UK.

5.00-5.50pm Phoenix Theatre

Francesca Segal and **Ariel Kahn** in Conversation with **Hester Abrams**: Kosher Food in Contemporary Fiction

Hester Abrams has been an international journalist, communications strategist, mediator and TV researcher. As Director of Jewish Book Week, she was responsible for staging her first event in February 2013 with nine days of book-related talks, music, film and performance featuring 200 contributors from 15 countries and an audience of more than 6,000 people at Kings Place, London. **Ariel Kahn** is a Senior Lecturer in Creative Writing at Roehampton University. He has won the Bloomsbury New Writing Competition and the London Writers Competition for his fiction and poetry. He is the

founder of the JCC Arab Israeli Book Review, and has just completed his first novel, *Raising Sparks*. **Francesca Segal** was brought up in the UK and America. She studied at St Hugh's College, Oxford before becoming a journalist and critic. Her work has appeared in *Granta*, *Newsweek*, the *Guardian*, the *Financial Times*, and *Vogue UK* and US, amongst many others. She has been a features writer at *Tatler*, and for three years wrote the Debut Fiction column in the *Observer*. Her first novel, *The Innocents* recently won the Costa First Novel Award and the National Jewish Book Award for Fiction, and was long-listed for the Women's Prize for Fiction. She has just been named winner of the \$100,000 Sami Rohr Prize for Jewish Literature in the US.

THE OVEN GLOVES ARE OFF
GEFILTEFEST 2013
LONDON'S JEWISH FOOD FESTIVAL
PLAYS HOST TO THE FIRST EVER

ASHKENAZI - VS - SEPHARDI
COOK-OFF

JOSH ZAITCHEK
SIMON GOLDHILL
TEAM ASHKENAZI

FABIENNE VINER-LUZZATO
ERAN TIBI
TEAM SEPHARDI

JUDGES: GIANCARLO CALDESI, HARRY LOMAS & DANIEL YOUNG
COMPÈRE: CLIVE LAWTON

WHICH CUISINE WILL REIGN SUPREME?

SUNDAY MAY 19TH 2013

IVY HOUSE
94-96 NORTH END ROAD
LONDON NW11 7SX

WWW.GEFILTEFEST.ORG WWW.LJCC.ORG.UK

GET READY TO CRUMBLE!
THE THRILLER IN VANILLA!

Text and Learning

10.00-10.50am F4
Supersize Me: The Merit of Size and Addiction

In the Babylonian Talmud the fruits of Genosar appear to be some sort of Rabbinic smack. Is there merit to addiction? **Benji Stanley** studied English literature at Oxford University and is about to graduate as a rabbi from Leo Baeck College. He is a Fellow of New York's Yeshivat Hadar.

11.10-12.00pm F4
The Meaning of Blessing Before and After our Meals

What did food blessings mean to the rabbis of the Talmud? What do we feel about them and what might they come to mean for us? **Jonathan Wittenberg** is longstanding rabbi of New North London Synagogue and Senior Rabbi of Masorti UK.

11.10-12.00pm Phoenix Theatre
Bread Givers, Makers, Winners and Refusers

What is so special about bread in Jewish tradition? Learn about its significance in texts ancient and modern - who eats it, who can't eat it, who provides it, who needs it, and why - with **Maureen Kendler** (see her biography on the Cookery Demonstrations pages).

12.20-1.10pm F4
The Transformative Power of Wine in Jewish Ritual

An exploration of how wine is represented in Jewish text and tradition with **Dina Brawer** (see her biography on the Cookery Workshop pages).

1.30-2.20pm Phoenix Theatre
The Crunch of the Matter: Are Locusts Kosher?

After the Seder and the 8th Plague, would you eat locusts? Are they meaty and how do you shecht them? **Harvey Belovski** is Rabbi at Golders Green Synagogue, an Oxford maths graduate and a Hermeneutics PhD in from London University. He is an author, broadcaster and counsellor and holds a wide number of positions as rabbi, teacher and research fellow. www.rabbibelovski.co.uk

1.30-2.20pm CLC2
Midrash in the Kitchen

The Israelites missed the food in Egypt, while making do with wilderness manna. Explore the role of food in parasha Be-ha'alotkha and learn to prepare simple but impressive melon dishes recalling what our ancestors loved to eat in Egypt, together with Andalusian olive cakes tasting almost as good as manna. **Diana Lipton** teaches and lectures at Tel Aviv University and at Hebrew University's Rothberg International School. She is an author on dreams in Genesis, the longing for Egypt and on Lamentations. **Rachel Davies** (see her biography on the Social Action pages).

2.35-3.25pm F4
What is Fasting For?

Fasting is one of the most widely practised religious rituals in both Jewish and other traditions - does it achieve its purpose, asks **Clive Lawton** (see his biography on the Special Events page).

3.40-4.30pm F4
Whose Bracha is it Anyway?

Food blessings demonstrate our engagement with Jewish Law, nature, biology and food. They also enhance the culinary and spiritual experience. Originally from the US, **Michael Rosenfeld** is Rabbi at Kingston, Surbiton & District Synagogue.

3.40-4.30pm F1
The Lost Fish of Babylon that Tastes of Pork

The shibuta was a fish lost to Jews after Babylonian exile, yet was recommended by the Rabbis as an alternative to pork. Now for the first time, the shibuta will be cooked in a kosher meal in England. **Natan Levy** is a rabbi, and Interfaith and Social Action consultant for the Board of Deputies. He is doing an Environmental Theology PhD at Bristol University.

Aubergine recipes

SILVIA NACAMULLI'S MELANZANE ALLA PARMIGIANA (Gratin of aubergines and mozzarella in tomato sauce)

This dish is probably the most well know Italian aubergine dish, originally from Sicily. It is also one of my absolute favourite dishes which I learned from my mother. You can shallow fry the aubergines or roast them instead, but the end result is not the same. I believe that this is one of those dishes that you need to do 'properly' or not at all. After all we are allowed a few treats in life and melanzane alla parmigiana to me is right at the top of those special fried treats, so enjoy! Serves 6 as a starter and 4 as a main course. Time: 1hr 15 mins.

Ingredients

4-5 tablespoons of extra virgin olive oil
2 finely sliced cloves of garlic
700g passata or chopped plum tomatoes in tomato juice
6-7 leaves of fresh basil
1 litre of olive/sunflower /corn oil
3 medium aubergines
300-400g of mozzarella cheese
Freshly grated parmesan cheese
Salt and freshly ground black pepper to taste

Cooking Directions

Preheat the oven to 190°C.

Prepare the tomato sauce. Warm the extra virgin olive oil over medium heat together with the garlic. Add a little salt and the passata or tomatoes. Leave to cook for 20-30 minutes, partially covered and stirring occasionally. Once cooked, add the basil.

While the tomato sauce is cooking, wash and dry the aubergines and cut off their ends. Cut into round (or long) slices, 1 cm (1/3 in) thick. Heat the oil in a large frying pan with high edges or a saucepan. Once the oil is very hot put a few aubergine slices into the deep oil. The slices should not overlap. Leave each side to fry for a couple of minutes until golden, remove with a slotted spoon and place on paper towels to absorb and drain the extra oil. Repeat the frying process with the rest of the aubergines.

Take a medium size baking tray (about 25x30cm) and put one thin layer of tomato sauce at the bottom of it, followed by one layer of aubergines, a little tomato sauce on each slice, some diced mozzarella and grated parmesan cheese. TIP: It is important not to put too much tomato sauce on top of the aubergines, otherwise it becomes soggy and it will also overpower the flavour of the aubergines. Put another layer of aubergines on top and repeat the process until you create three layers of aubergines, tomato sauce and cheese. The last layer should have more tomato sauce and parmesan and less mozzarella (if there is any left over, otherwise use only parmesan).

Bake for 20-30 minutes, until any liquid dries out. Leave to rest for 5 minutes before serving. If too greasy, scoop up some of the oil before serving. Serve hot, ideally with some bread.

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Email: silvia@cookingforthesoul.com

LINDA DANGOOR-KHALASTCHI'S SHEIKH MEHSHI (stuffed aubergines)

This is one of my mother's specialities, a sweet and sour dish which brings out the flavour of the aubergines. Usually the vegetable is stuffed whole. The recipe below, however, calls for it to be cut sideways so as to open up like a concertina. The stuffing is then placed between the slices. Lamb is the favoured meat, but you can substitute beef or soya mince. Serves 4 to 6.

Ingredients

4 slim aubergines

The Stuffing

300g lean minced lamb
2 to 3 celery stalks, finely chopped
1/2 lemon, juiced
1 teaspoon tomato paste
2 onions, finely chopped
4 tablespoons flat parsley, finely chopped
2 tablespoon fresh mint, finely chopped
1/2 teaspoon olive oil

The Sauce

3 1/2 lemons, juiced
300g fresh or canned tomatoes, chopped
1 teaspoon tomato paste
2 teaspoons sugar
1 teaspoon pomegranate juice (optional)
Salt and pepper to taste

Cooking Directions

Wash and cut the tops of the aubergine. Lay them on their sides and cut slices across the width about 1cm thick. Do not slice right through, the disks must remain attached along one long side of the aubergine. TIP: to make the presentation even more decorative, you can peel the skin of the aubergine in alternate stripes lengthways before cutting them sideways.

Prepare a bowl of cold water near you. Combine all the stuffing ingredients in another bowl. Wet your hands and knead well.

Stuff the mixture between the slices of aubergine. You will notice that the aubergine will fan out.

Carefully lay them in a suitably sized saucepan, in a single layer, so that the slices hold firmly together.

Mix all the sauce ingredients, making sure that the sugar dissolves. Taste and adjust the seasoning. Pour over the aubergines.

Bring to the boil, then lower the heat to medium simmer, cover and cook for 30 minutes or until the aubergines look slightly wrinkled and the sauce has thickened. (Watch that the water does not dry up. Top up if necessary.)

Linda Dangoor, *Flavours of Babylon: A Family Cookbook* (2011)

www.lindadangoor.com

A Food Blogger recommends

Anthony Silverman a.k.a silverbrownfood.com recommends these foodie blogs, websites and twitter feeds

The Jew and the Carrot - www.blogs.forward.com/the-jew-and-the-carrot/
The food blog is a collaboration between the Forward and Hazon. It covers a broad range of topics relating to Jewish food, ranging from recipes and news to sustainability.

Hazon - www.hazon.org
The US group focused on creating sustainable Jewish communities. They have an annual conference and a vegetable box scheme.

Tablet - www.tabletmag.com/?cat=35
The food section of the Jewish magazine has a broad selection of food articles.

Kosher food guide - www.theus.org.uk/jewish_living/keeping_kosher/keeping_kosher/kosher_product_search/ Online kosher food guide from the United Synagogue.

Yeah thats Kosher - www.yeahthatskosher.com
A kosher food and travel guide written by someone who cares about food, rather than just about the fact it is kosher.

Feed me Bubbe - www.feedmebubbe.com/ Bubbe cooks for Avrom
A wonderful series of videos of a Jewish grandma doing what she does best, feeding her grandchildren. It's pretty hilarious.

The Kosher Foodies - www.thekosherfoodies.com
Despite use of the dreaded 'f' word, it's a good blog for a variety of thoughtful kosher recipes that don't veer too much into the world of dairy substitutes. Few things scare me as much as margarine.

Some Twitter feeds to follow:

@youngandfoodish - www.twitter.com/youngandfoodish
What Dan Young doesn't know about food in London and New York isn't worth knowing. Current host of the best pop-ups in London and formerly a New York restaurant critic, follow his tweets for his next event. His events cover the full gamut of food - and most certainly aren't kosher - but his roots as a New York Jew mean that he's the man if you want to know about the best bagels or babka.

@kosherroast - www.twitter.com/kosherroast
Amy Beilin is a lone wolf, the only person doing really interesting things in kosher food in London at the moment. Follow her on Twitter to find out when her next event is.

@gefiltefest - www.twitter.com/gefiltefest
Find out about all that is keeping Michael and the team busy and up to date on events throughout the year.

TODAY: If you're on Twitter you can follow us @gefiltefest. Anyone using the hashtag #gefiltefest2013 today will be entered into a prize draw to win a signed Claudia Roden cookbook.

What's in the Garden?

Enjoy music in the garden by Shir 11am-3pm.

Buy a book and get it signed!

Many authors are speaking today and will sign books - Daunt will be selling their books both at the end of sessions and on their stall in the garden. Other book signings taking place at the Daunt stall in the garden are the Jewish Princesses at 12.00 and Claudia Roden 2.15pm.

Visit the wonderful stalls in the Ivy House garden, including:

Antonio Russo	Leket Israel (hourly prize draws)
Bean About Town	Me Too Foods
Cocoa Bijoux	Pereles Cakes
Daunt Books	Riverford
Falafel Feast	Rumplers
Jewish Vegetarian Society	RIVA
Jewish Volunteer Network	Saffron
Kosher Candy King	Slimming World

Gefiltefest is supported by wonderful presenters who donate their time to support the festival. We are also tremendously grateful to the unseen army of volunteers who have worked tirelessly on the festival, the forthcoming Gefiltefest cookbook and other Gefiltefest projects:

Richard Baruch, Allan Bailey, Judy Berman, Shana Boltin, Nelson Burke, Naomi Capper, Joanna Cohen, Russell Collins, Denise Connick, Melody Dadon, Lainie Dropkin, Josh Dwek, Anthony Foreman, Rebecca Geller, Tasha Kahn, Andrew Kennard, Tarryn Klotnick, Miri Lewis, Rachel Marcus, Toni Marcus, Eddie Marshbaum, Arnold Moscisker, Debbie Newman, Ruth Newman, Susannah Raye, Michelle Rose, Steph Saffer, Dani Serlin, Daniel Sher, Daliah Sherrington, Sophie Silver, Anthony Silverman, Katie Susser, Danielle Vides, Annie Wigman, and Lea Yehud.

If you want to get involved or support us in any way please email gefiltefest@gmail.com

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The Shoresh Trust

Find your way around Ivy House

Phoenix Theatre

➔ Path to Garden Stalls

The Catherine Lewis Centre

Main Building

Garden

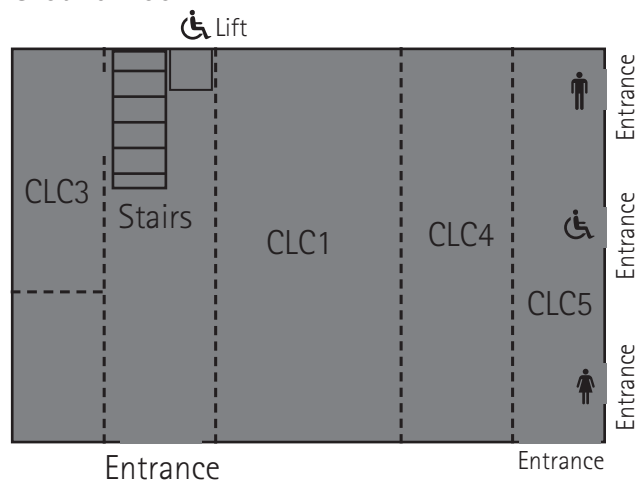
Entrance

Entrance

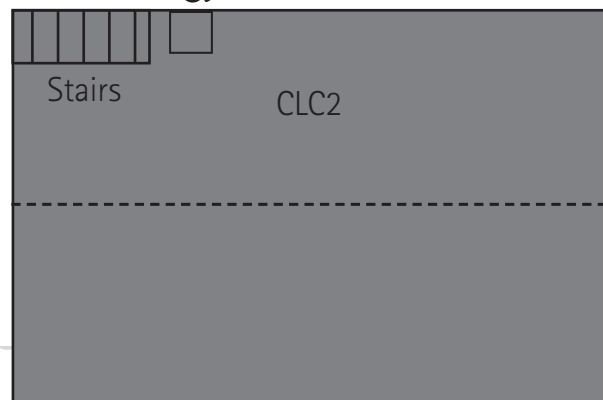
Main Gate

The Catherine Lewis Centre

Ground Floor

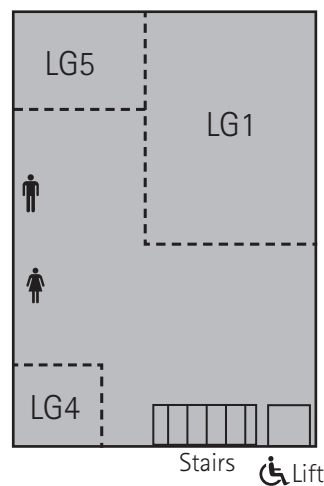


First Floor

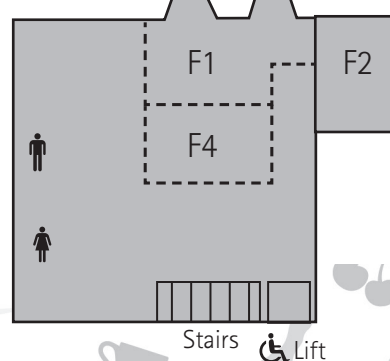


Main Building

Lower Ground Floor



First Floor



Ground Floor

