

# **SUNDAY** 20 OCTOBER 2013



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Presented by







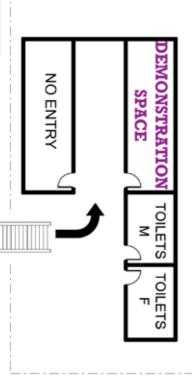


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# Venue Map



First Floor

# Velcome

# to the first ever **Sydney Jewish Food Culture Fest!**

Today is a celebration of Jewish food culture from around the world. It's an opportunity to delve into issues and ideas behind generations of Jewish gastronomy and experience tastes from across Europe, the Middle East and beyond. Food is a central part of Jewish culture and Jewish holidays are basically divided between days on which you must starve and days on which you must overeat (although this is one day where eating is strongly encouraged!).

So please enjoy the wonderful program of demonstrations, talks, workshops and food stalls on offer.

Expand your mind and your palate!

# **Acknowledgements**

Presented by

**Encounters@Shalom NSW Jewish Board of Deputies** 

**Proudly part of** 

The Sydney Morning Herald **Good Food Month presented by Citi** 

Supported by Network

**Associated with Gefiltefest London Jewish Food Festival** 

#### Our thanks to:

**Boon Chocolates** Elana Bowman for social media support. Gary Eckstein of OrganicWeb for website support. **Kepos St Kitchen** 















#### **Book Stall**

Check out the terrific range of cookbooks on sale for the perfect gift or addition to your own collection.

Supplied by Lindfield Bookshop (located at 328 Pacific Hwy, Lindfield; place an order by calling 02 9416 4201).

#### Entertainment

Enjoy the tunes and rhythms of the Balkansi Klezmer Band, a Sydney-based ensemble specialising in traditional Eastern European, Klezmer, Balkan and Gypsy music. They play twice: at **10.00am** and **11.45am**.

#### Food Stalls

Take a wander around the fabulous array of food stores to excite your taste buds and fill your stomachs, including:

- Bianca's Grub Store
- Brooklyn Boy Bagels
- Burbage Enterprise Mobile Coffee
- Drinks Bar
- Grandma Moses

- Katzimoto Catering
- Patisserie Le Marais
- Philbys Fine Foods
- Pita Mix
- Trialia Foods

#### Kashrut

All food prepared and distributed for tasting in the demonstrations, workshops and talks is kosher according to the NSW Kashrut Authority (KA). Most but not all food on sale at the food stalls is kosher. Food stalls will be clearly marked if they have KA certification.

# Workshop participation

Workshops are strictly limited to 15 people.

Most workshops will already be booked out prior to the event. However, if you would like to take a chance on the day to attend either as a participant or spectator, please arrive at the Workshop space prior to the workshop beginning. We apologise for any disappointment (but remember, there are lots of other tasty things going on elsewhere too so check out the demonstrations, talks and food stalls!).



# 10:00am-10:45am

## **Thoughtful Eating**

#### Talk | Session Space

Marla Bozic, Janet Granek, moderated by Joanne Fedler

We are told we should "eat right" but how do we define 'right'? What values or ethics inform our food choices – healthy, kosher, organic, etc? Right from the very beginning – in the Garden of Eden – there is the idea that there are foods to be eaten and foods that are forbidden. Then there are those who say "you are what

we eat". At the same time, we're told to do what "works best for your body". Nutrition and Health Coach Marla Bozic and social justice activist Janet Granek reflect on considered approaches to consumption.



# 10:00am-11:00am

# My Kitchen Rules: Shabbat Dinner in 1 Hour

#### **Demonstration | Demonstration Space**

Noah Rose, Clint Yudelman

After a long day at work and with guests about to arrive, don't you wish you could whip up Shabbat dinner just like that? My Kitchen Rules finalists Noah Rose and Clint Yudelman show us how by creating a scrumptious three-course Shabbat dinner in one hour. They will



demonstrate a delicious soup, main and dessert, plus provide tastings and recipes for you to take home.

# 11:00am-11:45am

# The What and How of Kosher Slaughter

#### Talk | Session Space

Rabbi Yehuda Niasoff

Learn how animals are prepared for slaughter according to the laws of kashrut. This fascinating demonstration (without any animals!) will explore what it takes for an animal to be acceptable for kosher slaughter (shechita), how they are prepared, and the process undertaken. We'll also discuss what 'Glatt Kosher' means.

# 11:15am-12:00pm

#### How to make... Challah

#### Workshop | Workshop Space

Romy Krassenstein

Come and learn how to make your own heavenly challah with one of the volunteers from Our Big Kitchen. Eaten every Shabbat and Jewish holiday, challah is a yeast-risen egg bread which is traditionally braided. This workshop will teach you how to make different shapes as well as the history and halachah (Jewish law) behind this special bread.

Workshop is strictly limited to 15 people.



# 11:15am-12:00pm

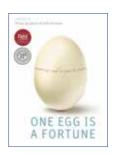
# One Egg is a Fortune

#### **Demonstration | Demonstration Space**

Pnina Jacobson, Judy Kempler

Come to a demonstration with tips and tastings not to be missed. Meet Pnina Jacobson and Judy Kempler, authors and publishers of *One Egg Is A Fortune*. Be inspired by their remarkable journey into the world of gastronomy and Jewish culture. Their unique cookbook, specifically created to raise funds for Jewish aged care, is a winner of 6 international awards and recognised alongside books from celebrity chefs.

One Egg Is A Fortune is a cookbook full of heart, one that mingles the warmth of nostalgia sociological record with stories. biographies and recipes from over 50 prominent Jewish people around including human rights the world. lawyer Alan Dershowitz, chocolate auru Max Brenner. legendary Fiddler on the Roof star



Chaim Topol, author Alan Gold and former White House advisor Dennis Ross. Sample the food and capture the spirit!

# 12:00pm-12:45am

#### Rich Bread, Poor Bread

#### Talk | Session Space

Michael Shafran

Two Polish-Jewish breads made it big in New York at the turn of the 20th Century, but then their paths split – bagels took over the world, while bialys remained behind as a local favourite. Brooklyn Boy Bagels founder Michael Shafran takes us from Bialystock to Brooklyn to Bondi as he shows us how to make these traditional breads of his birthplace, and then serves them up piping hot out of the oven.



# 12:15pm-1:15pm

# Ashkenazi - Sephardi Cook-Off

#### **Demonstration | Demonstration Space**

Esty Gutnick and aide (Chanie Light Gutnick) Shaul Ezekial and aide Judges include delicious. Danielle Oppermann and the winner of the AJN Bake-off

The two great traditions of the Jewish people go head to head in this exciting culinary contest. Using the humble core ingredients of potato and egg, Team Ashkenazi (led by Esty Gutnick) will compete against Team Sephardi (led by Shaul Ezekial) to determine who has the most delicious cultural heritage. Which cuisine will reign supreme?

# 12:30pm-1:15pm

#### How to make... Latkes

#### Workshop | Workshop Space

Shelley Borer and Brenda Gordon

In the lead-up to Chanukah, learn from the ladies at Bianca's Grub Store how to make both savoury and sweet latkes that will have everyone asking for more. Potato pancakes are traditionally eaten during the Chanukah festival. The oil for cooking the latkes is symbolic of the oil from the Chanukah story that kept burning miraculously in the Second Temple

Workshop is strictly limited to 15 people.

# 1:00pm-2:00pm

# Our Daily Bread: The Significance of Food in the Torah, Quar'an and Bible

# Talk | Session Space

Reverend Tara Curlewis, Rabbi Jacqueline Ninio, Wafa Zaim. Moderated by Donna Jacobs Sife

Food plays a very special and integral role within all religious, most notably during specific rituals and holidays. This session will explore the spiritual and physical significance of bread and broader conceptions of food within and between the three Abrahamic religions: Christianity, Islam and Judaism.

# 1:30pm-2:15pm

# Monday Morning Cooking Club: Sweet Jewish cooking from around the world

# **Demonstration | Demonstration Space**

Merelyn Frank Chalmers, Lisa Goldberg

Join Lisa Goldberg and Merelyn Chalmers as they discuss and demonstrate Jewish home cooking from generations gone by. The girls will share the secret of Hungarian beigli - perfect sour cream pastry encasing a soft, sweet poppy-

seed filling. Learn how to make lokshen kugel, a comforting ricotta cheese pie from Eastern Europe of old and mamoule, a classic middle Eastern biscuit stuffed with dates, nuts and spices.



# 1:45pm - 2:30pm

## How to make... Chapatis

#### Workshop | Workshop Space

Elana Benjamin

Make your own delicious chapatis (Indian flatbread) and learn how to cook with curry leaves. Eat your self-made chapatis with dhal (lentil soup). Elana Benjamin is of Iraqi-Sephardi heritage and grew up surrounded by the cuisine and spices of her parents' native India. Elana is the author of *My Mother's Spice Cupboard: A Journey from Baghdad to Bombay to Bondi*, a memoir/history about the Baghdadi Jews of Bombay. Elana will show you how to make chapatis while sharing some stories from her book about the central focus of food in her Sephardi family and the wider Sephardi community.

Workshop is strictly limited to 15 people.



# 2:15pm-3:00pm

#### Taste of Jewish Libya

#### Talk | Session Space

Ruth Harvey

The traditional Jewish Libyan kitchen consists of an array of culinary delights, reflecting the rich culture of this

community. It has become an integral part of Israeli cuisine. Come and see the preparation of the traditional Jewish Libyan staple dish, couscous, and learn about its connection to Biblical times.

Taste it with samples of other traditional dishes.

# 2:30pm-3:30pm

# MasterChef Mystery Box Challenge

#### **Demonstration | Demonstration Space**

Aaron Harvie, Alice Zaslavsky

Viewers of MasterChef will remember the formidable mystery box challenge, where contestants have to create a dish from a suprise bundle of ingredients. Former MasterChef contestants Alice and Aaron go head-to-head in this mystery box challenge filled with iconic Jewish ingredients. What will they whip up?

Clint Yudelman and Noah Rose from My Kitchen Rules join food writer and bagel chef Michael Shafran to judge this suspenseful session.



# 3:00pm-3:45pm

#### How to make... Chocolate

#### Workshop | Workshop Space

Galit Segev

Learn from chocolatier Galit Segev how to prepare decadent aromatic hot chocolate that invigorates your taste buds. Participants will also roll their own chocolate truffles in a variety of tasty toppings. Segev will illuminate the different textures and tastes behind the humble cocoa bean.

Workshop is strictly limited to 15 people.



# 3:15pm-4:00pm

## Whisky & Wood

#### Talk | Session Space

Hymie Eisman

A discussion about the importance of wood in whisky production. How does it affect the final product in terms of taste and kashrut? Whisky tasting included.

Strictly limited to 28 people.



# Presenters

## Elana Benjamin

Elana Benjamin is the author of *My Mother's Spice Cupboard: A Journey from Baghdad to Bombay to Bondi* (2012). A memoir/history, it's the story of Elana's family's migration from Iraq to India to Australia, intertwined with the history of the Baghdadi Jews of Bombay. Underlying the story is the importance of food and cooking to the Baghdadi Jews, which goes beyond the mere provision of sustenance to express boundless warmth, love and hospitality. Elana holds an Arts/Law degree from the University of New South Wales, and lives in Sydney with her husband and two children.

#### Marla Bozic

Marla Bozic is a Certified Health Coach specialising in diet, health and lifestyle. She trained at the Institute of Integrative Nutrition in New York City. Her practice, Vitamin L is focused on families and offers one on one sessions, group programs, cooking classes and health food store tours. Her mission is to inspire families to enjoy nourishing foods and a wholesome lifestyle.

#### Bianca's

Barry and Shelley Borer and Brenda Coburn immigrated from South Africa to Sydney in 2002. They took over Bianca's in March 2003 and have been very happy running the deli since. Bianca's specialises in traditional Jewish food and South African favourites.

#### **Reverend Tara Curlewis**

The Reverend Tara Curlewis is one of the co-chairs of the Australian National Dialogue of Christians Muslims and Jews and a former General Secretary of the National Council of Churches in Australia (NCCA). She is an ordained Minister in the Uniting Church of Australia. Tara has developed her ecumenical skills as a longtime supporter of the movement in Australia and overseas and is a former President of the NSW Ecumenical Council. Tara is a member of the Australian Civil Society (C20) Steering Group to contribute to Australia's G20 Presidency in 2014.

#### **Hymie Eisman**

Ḥymie Eisman is a Personal Whisky & Spirits Consultant and Founder at The Spiritual Guide, which sells premium and boutique spirits privately to connoisseurs across Australia.

#### Joanne Fedler

Joanne Fedler is the author of six books, including Secret Mothers' Business (2006), When Hungry, Eat (2010) and The Reunion (2012). In 2012 she co-authored, with Graeme Friedman, It Doesn't Have to Be So Hard: Secrets of Love and Intimacy. Joanne takes women on writing adventures to exciting destinations as well as being a motivational speaker and a lover of caffeine, cats and the silences in between the words. www.joannefedler.com.

# **Janet Granek**

Janet Granek is the Sydney Education Coordinator of Jewish Aid Australia and mum of two precious little girls. She has worked with the Jewish community in Sydney since 2004, mainly developing youth, young adult and family programs at North Shore Temple Emanuel. At Jewish Aid Australia, she is excited to provide the Jewish community opportunities to connect to their Judaism through social justice work.

#### **Esty Gutnick**

Esty Gutnick was born in Cincinatti, Ohio where she lived until she met her husband Rabbi Moshe Gutnick. Together, they moved to Sydney, Australia where she and her husband ministered to Strathfield Synagogue. During this time. Esty pursued her career in Jewish education and became the mother of nine children. For over thirty years, Esty has been involved in various levels of Jewish education ranging from primary to high school and was a Melton Facilitator for more than twelve years. She has always had a passion for cooking and baking, hosting hundreds of people in her home over the thirty years she has lived in Australia. As the Rebbetzin of Mizrachi Synagogue for over twenty years, she became known as a "master chef" in her own right, inviting people to indulge in her delicacies, both traditional and innovative in style and taste. She will be assisted by her daughter Chanie Light.

#### **Ruth Harvey**

Israeli born, Ruth has been living in Sydney for the last 29 years. She has dabbled in various careers, settling finally into her passion, which is teaching. Today she heads the high school Hebrew department at Emanuel School.

#### **Aaron Harvie**

Aaron Harvie was part of the 2010 series of MasterChef Australia and 2012 series MasterChef All Stars and is now host of Network TEN's innovative food program, 'Love to Share'. A former band manager, Aaron became renowned for his unique approach to cooking and his three specialties: pasta, Mexican and Rock & Roll. Writing about food and pop culture is another love of his life and his recipebased food blog, 'Food That Rocks', is hugely popular. His food and entertainment business of the same name acts as an independent menu consultant for restaurants, venues and brand events including Westfield, Coles, Latina Fresh and Old El Paso. Aaron appears at food festivals around the country and hosts cooking master classes at universities. His recipes appear monthly in a range of media and he is an ambassador for Profiline cookware and KitchenAid. Aaron has also been involved in charity work, including Room to Read, Giveability, the Brain Injury Awareness Week campaign Bangonabeanie, and Movember, www.foodthatrocks.net

# **Donna Jacobs Sife**

Donna is an educator, writer, award-winning storyteller and peace-worker. She has taught Jewish studies for over 30 years and was well known for her regular column that ran for several years in the *Australian Jewish News*. Donna currently works as the School Program Director for Together for Humanity Foundation, a non-profit organisation set up to enable people of all faiths to reduce prejudice and cultivate a more harmonious society. She is co-founder of Jewish Voices for Peace and Justice and the Palestinian Jewish Dialogue Group.

# Pnina Jacobson

Pnina Jacobson emigrated from South Africa to Sydney, Australia in 1987 with her husband Ivor. She continued her teaching career and furthered her University studies whilst raising her family.

## **Judy Kempler**

Judy Kempler is from Sydney, Australia. With her husband John, she also spent a few years in Melbourne and Singapore while her children were young and was able to continue her work in IT. Judy was a carer for her late mother-law and realised so much more was needed to help our ageing community.

# **Romy Krassenstein**

Romy Krassenstein is the mother of four beautiful children and a dedicated volunteer at Our Big Kitchen (OBK). She helps with their many wonderful ongoing activities which include working with teens to cook meals for those in need as well as facilitating challah baking workshops. She also spends time at OBK baking her own unique "Holy Seeds" sourdough loaves which she distributes to the community.

# **Monday Morning Cooking Club**

## Merelyn Frank Chalmers and Lisa Goldberg

In 2006 a group of Sydney Jewish Women came together to share recipes, talk about food and find a way to raise money for charity through their favourite past time - cooking. Merelyn and Lisa were two of those women, and they cooked, ate, drank endless cups of tea and discussed, often heatedly, the merits of different recipes gathered from a community of many cultures and generations. The "Monday Morning Cooking Club" (MMCC) was born and six members of the "sisterhood" handpicked more than 100 best recipes from more than 60 cooks living in Jewish communities across Sydney for publication in their first book, Monday Morning Cooking Club - The Food The Stories The Sisterhood. The book's first edition was published in April 2011 and went on to become a critical and commercial success in Australia, raising over \$350,000 for various charities. A second title will be published in April 2014 with a new collection of recipes and stories from Jewish homes across Australia.

#### Rabbi Yehuda Niasoff

Rabbi Yehuda Niasoff was born in New York and moved to Sydney in 1993 to work with the Sydney Jewish community whilst continuing his rabbinical studies. He learnt shechita (kosher slaughter) during his studies and has been working as a shochet (kosher slaughterer) for the NSW Kashrut Authority for nearly 20 years, shechting all manner of kosher animals and working mainly in a battoirs in Sydney. Rabbi Niasoff is also Chazan Sheini and choir master at the Central Synagogue. Born to a family of musically talented and internationally known Chazanim, he has been performing from a young age. He is also a qualified Mohel and volunteers for Hatzola ambulance service. Rabbi Niasoff is married to Devora and they have five children.

# Rabbi Jacqueline Ninio

Rabbi Jacqueline Ninio has been a rabbi at Emanuel Synagogue since 1998. She has a passion for storytelling and an interest in liturgy and creative rituals. She wrote her rabbinic thesis about Jewish Ritual and Liturgical Responses to Jewish Communal Catastrophe and Disaster. She is a member of a medical research ethics committee.

#### **Galit Segev**

Galit Segev is a food scientist with a Masters in Biochemistry and Food Science. Galit is also a qualified chef and pastry chef. Galit Food Innovation focuses on product development and innovation as well as education and volunteering. One of her product innovations is an organic bread mix that anyone can make, as part of the 'Spread the Bread' concept. Galit has won a number of excellence awards, including two bronze medals in the Callebout Chocolate competitions, reflecting her flair for chocolate and molecular gastronomy.

#### Michael Shafran

Brooklyn-born Michael Shafran is the founder and "dough raiser" of Brooklyn Boy Bagels, the acclaimed artisan New York bagel business that launched in Sydney in February. Michael learned trade secrets by visiting bagel experts in New York and San Francisco. Brooklyn Boy Bagels is kosher, wholesales to top Sydney cafes, offers free home delivery across Sydney, and specialises in organising creative bagel pop-ups within eat/drink venues. Michael is also a professional food and travel journalist and has contributed to many of Australia's most prestigious food and travel titles, including delicious., The Sydney Morning Herald, MasterChef Magazine, Vogue Entertaining + Travel, Jetstar Magazine and New Zealand's Cuisine, as well as reviewing for The Sydney Morning Herald's Good Food Guide and Good Cafe Guide. Among his food projects is The Melting Pot (www.themeltingpot.com. au), the country's first crowd-sourced cookbook project, promoting home cooks and multicultural recipes. A pioneering food blogger and social media advocate, he has been named among the globe's top 100 food Twitters for his social media presence @gosstronomy.

## **My Kitchen Rules**

#### Noah Rose & Clint Yudelman

Melburnians Clint Yudelman and Noah Rose were runners-up in the first season of the Seven Network cooking show, My Kitchen Rules. Clint and Noah developed a strong passion for cooking in their teenage years which has continued into their professional lives. This passion developed whilst travelling across the globe, experiencing the diversity of food in different cultures and, as vegetarians, learning how to make the most out of non-meat ingredients. Currently Clint is a veterinarian in Melbourne, training to specialise in becoming the equivalent of a human physician for dogs and cats. Noah is involved in the property development industry. The two of them still hold the dream of one day opening up their own gourmet dining experience. The style of their food reflects an influence of their Jewish roots mixed with a modern Australian twist. After their experience on MKR in 2010, the two runnersup have done various promotional work and still perform cooking demonstration and offer private boutique gourmet catering for small functions. When not in the kitchen, Clint and Noah like to surf or eat out at some of Melbourne's finest restaurants, which they say helps provide them with ideas for their cooking.

18

#### **Wafa Zaim**

Wafa Zaim has worked in the field of community development and women's issues for over 30 years. She has actively pursued the promotion of good relations between the Muslim and wider Australian community through the development of social justice issues, programs and interfaith dialogue. She is currently the Centre Manager at the Muslim Women's Association in Lakemba, a community based organisation that supports and empowers women of diverse needs and cultural backgrounds.

# Alice Zaslavsky

Alice Zaslavsky will always be a teacher - it's in her DNA. But these days, her classroom goes far beyond four walls and a white-board. With her bubbly personality and boundless enthusiasm, she has taken her passion for learning, for food and, above all, for living life with gusto, to kids and grown-ups alike. Alice is the new host of Channel 9 and GO's! popular children's program 'Kitchen Whiz'. She travels across the country to appear, explore and cook at a myriad of gastronomical events and has a young adult reference book about 'real food' on the way. Her recipes, foodie experiences and general musings on life can be found at www.alicez.com. au or you can follow her on various forms of social media as @aliceinframes.

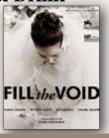


# Fill the Void + Think & Drink

Wednesday 6 November 6.30pm @ Event Cinemas, Bondi Junction

Encounters@Shalom joins with the Jewish International Film Festival for a special event with this unmissable festival highlight.

The film will be followed by a discussion at Set Bar, featuring Simon Holloway (academic, educator and former Yeshiva student) and an Orthodox Rebbetzin.





#### From Door To Door Performance

Moira Blumenthal Productions presents: **FROM** 

By James Sherman Directed by Moira Blumenthal

Join us for a special performance of From Door To Door followed by a light supper and an uplifting panel discussion about the play, with three generations of Jewish women: director Moira Blumenthal, author Joanne Fedler and social innovator Tooti Jacobs,

moderated by Shirli Kirschner Date: Wed 13 Nov

Time: 7.00 - 9:45pm

Venue: Theatrette @ The Sydney Jewish Museum 148 Darlinghurst Rd. Darlinghurst

Bookings: Phone 9381 4160 or visit www.encounters.edu.au

NEW SOUTH WALES **JEWISH BOARD OF DEPUTIES** 

Sunday November 10 6:30pm • The Great Synagogue

KEYNOTE SPEAKER

Race Discrimination Commissioner

Dr Tim Soutphommasane

Inquiries: 9360 1600











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Date Sunday, 3rd November 2013 5.45pm for 6.00pm start Westella Renaissance 3 New Street E, Lidcombe 2141

# NOMEN OF FAITH DINNER 2013

10TH YEAR ANNIVERSARY

Entertainment: cultural musi and dancing

Keynote Speaker

Commissioner Inaam Tabbaa AM

Cost

Booking and payment are essential to reserve your place! All payments to be made to the NSW Jewish Board of Deputies (Vegetarian and kosher meals to be requested at the time of registration).





RSVP benmenashe@nswjbd.com or call 9360 1600 by October 18