



# **The Vilna Vegetarian Cookbook: Garden-Fresh Recipes Rediscovered and Adapted for Today's Kitchen**

*Fania Lewando*

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**Beautifully translated for a new generation of devotees of delicious and healthy eating: a groundbreaking, mouthwatering vegetarian cookbook originally published in Yiddish in pre-World War II Vilna and miraculously rediscovered more than half a century later.**

In 1938, Fania Lewando, the proprietor of a popular vegetarian restaurant in Vilna, Lithuania, published a Yiddish vegetarian cookbook unlike any that had come before. Its 400 recipes ranged from traditional Jewish dishes (kugel, blintzes, fruit compote, borscht) to vegetarian versions of Jewish holiday staples (cholent, kishke, schnitzel) to appetizers, soups, main courses, and desserts that introduced vegetables and fruits that had not traditionally been part of the repertoire of the Jewish homemaker (Chickpea Cutlets, Jerusalem Artichoke Soup; Leek Frittata; Apple Charlotte with Whole Wheat Breadcrumbs). Also included were impassioned essays by Lewando and by a physician about the benefits of vegetarianism. Accompanying the recipes were lush full-color drawings of vegetables and fruit that had originally appeared on bilingual (Yiddish and English) seed packets. Lewando's cookbook was sold throughout Europe.

Lewando and her husband died during World War II, and it was assumed that all but a few family-owned and archival copies of her cookbook vanished along with most of European Jewry. But in 1995 a couple attending an antiquarian book fair in England came upon a copy of Lewando's cookbook. Recognizing its historical value, they purchased it and donated it to the YIVO Institute for Jewish Research in New York City, the premier repository for books and artifacts relating to prewar European Jewry. Enchanted by the book's contents and by its backstory, YIVO commissioned a translation of the book that will make Lewando's charming, delicious, and practical recipes available to an audience beyond the wildest dreams of the visionary woman who created them.

**With a foreword by Joan Nathan. Full-color illustrations throughout.  
Translated from the Yiddish by Eve Jochnowitz.**

*From the Hardcover edition.*

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#### **Elizabeth Fischer:**

The Vilna Vegetarian Cookbook: Garden-Fresh Recipes Rediscovered and Adapted for Today's Kitchen can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort to get every word into pleasure arrangement in writing The Vilna Vegetarian Cookbook: Garden-Fresh Recipes Rediscovered and Adapted for Today's Kitchen although doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be one among it. This great information could drawn you into new stage of crucial considering.

#### **Dianne Haire:**

The book untitled The Vilna Vegetarian Cookbook: Garden-Fresh Recipes Rediscovered and Adapted for Today's Kitchen contain a lot of information on that. The writer explains the girl idea with easy approach. The language is very simple to implement all the people, so do definitely not worry, you can easy to read it. The book was written by famous author. The author brings you in the new age of literary works. You can read this book because you can read on your smart phone, or gadget, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site and order it. Have a nice examine.

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