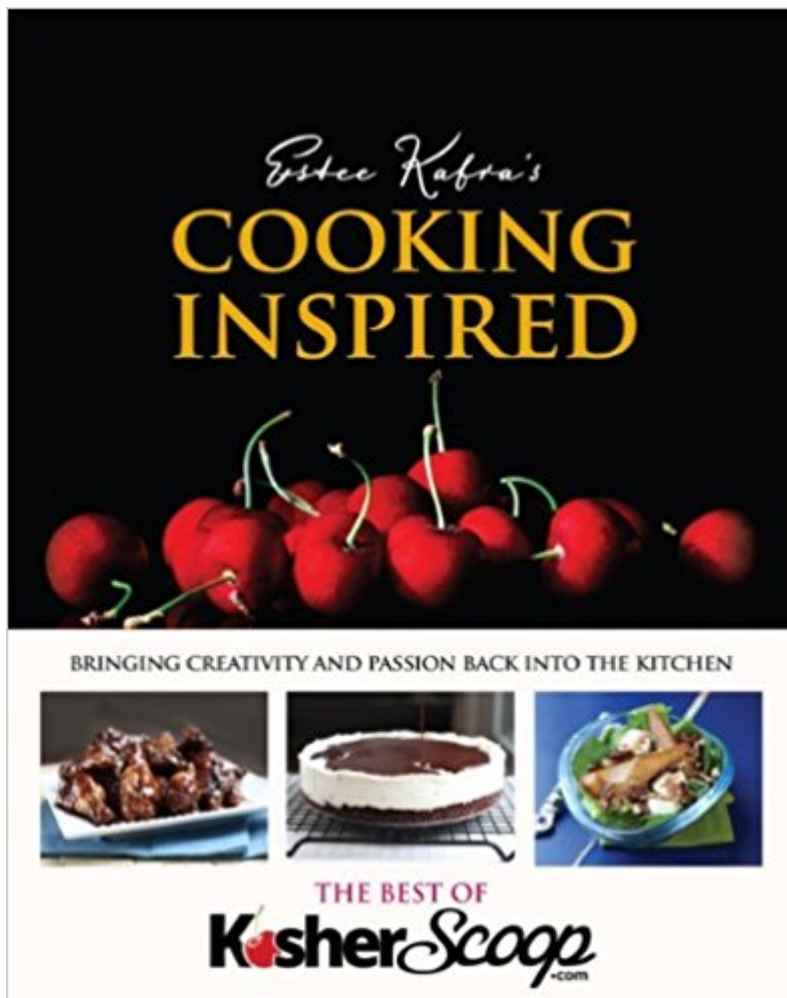




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# Cooking Inspired



## Synopsis

Food writer Estee Kafra's new cookbook takes the best recipes from KosherScoop.com and puts them into one encompassing collection of classic and innovative Jewish recipes. Food websites have become favorite destinations for home cooks to review and share recipes and cooking tips. Kosher recipes are especially popular whether Jewish or not and one of the fastest growing of the kosher websites is KosherScoop.com. Wanting to make cooking easier and more creative for home cooks, founder and cookbook author, Estee Kafra, has put together a collection of the best recipes from the site. "Cooking Inspired" is a sampling of the creative and reliable recipes that the site has become known for and will inspire home cooks to let loose their culinary creativity. Over 200 recipes are beautifully photographed and award-winning photographs are scattered throughout the book creating a visual feast for the eyes as well as the palate. "Food is one of our most primal needs, and for most of us, cooking is a basic, everyday chore. But food represents much more than the way in which we satisfy our cravings and keep ourselves alive. It is the way we nurture both ourselves and the people around us", Estee states. "I believe we can take this everyday act and elevate it into an experience of creativity, mindfulness, and meaning. In order to make the most of the world we live in, we need to open our hearts and minds to the inspiration all around us, to the myriad experiences and items that can shape our everyday lives. That's Cooking Inspired." In that spirit of community, family and creativity, recipes are divided into categories of inspiration such as: For the Five Senses, Family, Community, Roots, Nurture, Healthy Living, Holidays, Seasons, Special Occasions and Counter Cakes. Recipes are also easily identified as Gluten-Free, Passover-Friendly, and seasonal. Many recipes in the book have direct links to cooking videos on KosherScoop.com, providing home cooks with step-by-step visual instructions. "Creative cooking does not have to be time-consuming cooking. You may think that trying new ingredients or cooking with the seasons must mean more work, but on the contrary when using fresh and seasonal ingredients, it takes less time to make your food sing. Inspiration can come from every day, simple things. Usually, a few simple ingredients and some basic techniques are enough to do the trick and when you have done it long enough, this sort of cooking becomes second nature." From appetizers to side dishes, to main courses and a vast array of desserts, Cooking Inspired is the go-to cookbook for year-round inspirational kosher meals. Including Estee's recipes, contributors to the book read like a who's who of Jewish food writers and chefs including: David Blum, Chaia Frishman, Levana Kirschenbaum, Norene Gilletz, Daphna Rabinovitch, Sharon Matten, Paula Shoyer, and Alexandra Zohn.

## Book Information

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## Customer Reviews

After completing photography classes in both Israel and Manhattan, Estee Kafra's interest in beautiful food photography led her to photograph some well-known kosher cookbooks. Estee later joined the team at Binah magazine, where she served as food editor for four years, publishing two best-selling cookbooks during her tenure at the magazine. Both *Spice it Right* and *Cooking With Color* were instant best sellers that continue to serve as great assets to thousands of kosher cooks. When *Mishpacha* magazine launched *Kosher Inspired*, Estee headed the team as editor, and the food magazine was hailed as a major success among its readers and fans. A year-and-a-half later, *Kosher Inspired* morphed into an online magazine called [KosherScoop.com](http://KosherScoop.com). Estee serves as the site's editor and contributes recipes and photographs on a regular basis. Believe it or not, Estee never uses cookbooks. Her love of new things ensures that she is always original and creative in the kitchen. Estee lives in Toronto with her family. For more information on Estee and *Cooking Inspired*, go to [KosherScoop.com](http://KosherScoop.com).

I bought this book on pre-order because I have all of Estee's other books and they are absolute favorites. This one takes cookbooks to a whole new level. it's beautiful, practical, and inspiring as well. I actually liked it so much that I sent one to each of my sisters-in-law, no birthday, no special reason, just 'I'm thinking of you'. They were so touched! If you get this book, you absolutely must check out the gluten free brownie recipe called 'you'll never know brownies'. i doubled it (in five minutes or less) it was gone (in about an hour or less) and no one would believe its actually healthy!

Although this cookbook is well-done and pictures of the finished products beautifully displayed, I was disappointed, mostly because I am a very "simple" chef and found some of the recipes rather exotic! I enjoy the author's Kosher Scoop newsletter and thought that the cookbook would be along the same vein. This is not to say that it would be a worthwhile purchase for those who are more adventuresome than I am! I would still highly recommend this to others.

I bought this book a few weeks ago and it is already one of my favorites. The recipes I've tried have been big hits with my family. The chocolate cake and apple bundt cake recipes are worth the cost of the book.

This book has lots of tempting recipes with wonderful and equally tempting photos. The only problem is deciding which recipe to try first.

I was totally blown away by this book. It is so professionally created- from the organization of the recipes, to the gorgeous photos and, of course, the recipes themselves! It's visually STUNNING. I love the way it has different, unexpected graphics and layouts as you keep turning the pages. Also, there's a really nice introduction and themed section breakers, both of which make it feel like you're reading a magazine that has been thoughtfully prepared for your enjoyment. The recipes are interesting and contemporary, and, from what I can tell, seem pretty easy and straightforward. Makes a great gift!

I love my job as a food writer! One of the great perks is receiving wonderful new cookbooks to devour. I was recently sent a copy of Estee Kafra's latest, titled Cooking Inspired - Bringing Creativity and Passion Back Into the Kitchen and I was wowed by the taste tempting recipes. Estee is an accomplished food photographer, cookbook author and magazine editor. After a couple of stints as a food editor for print magazines, one of which, Kosher Inspired, morphed into an online magazine KosherScoop.com. Estee serves as the site's editor and contributes recipes and photographs on a regular basis. Believe it or not, Estee never uses cookbooks. Her love of new things ensures that she is always original and creative in the kitchen. Estee lives in Toronto with her family. As I read through this fabulous cookbook I felt as though I got to know Estee, her friends and family. Many of these family members and friends inspired or contributed recipes to her book Cooking Inspired. I also realized that though I do not keep kosher myself, the recipes are really for anyone who enjoys good food. Using the best quality ingredients you can afford means that you

don't have to play around with them too much to make a delicious dish. And being a creative cook means that you can use her recipes as guides, as all recipes should be used, to prepare the dish your way. If you don't keep kosher it really doesn't matter. I was having friends for dinner and making an Italian inspired meal so I tweaked Estee's fabulous mushroom lasagna recipe and added spicy Italian sausage. Since neither our guests nor Steve and I keep kosher it was perfectly all right. And was it ever good!!!

“Creative cooking does not have to be time-consuming cooking”, states Estee. “You may think that trying new ingredients or cooking with the seasons must mean more work, but on the contrary—when using fresh and seasonal ingredients, it takes less time to make your food sing. Inspiration can come from every day, simple things. Usually, a few simple ingredients and some basic techniques are enough to do the trick—and when you’ve done it long enough, this sort of cooking becomes second nature.”

“Food is one of our most primal needs, and for most of us, cooking is a basic, everyday chore. But food represents much more than the way in which we satisfy our cravings and keep ourselves alive. It is the way we nurture both ourselves and the people around us,” Estee says. “I believe we can take this everyday act and elevate it into an experience of creativity, mindfulness, and meaning. In order to make the most of the world we live in, we need to open our hearts and minds to the inspiration all around us, to the myriad experiences and items that can shape our everyday lives. That’s Cooking Inspired.”

I highly recommend that you purchase a copy of this wonderful cookbook. I am totally confident that Jews and non-Jews alike will enjoy cooking her recipes and learn to become very inspired cooks!

I bought my copy a few days before it's release at Kosherfest 2014. The moment it was in my hands, the cover graciously invited me inside. It was a "feast" before my eyes!! Estee's style is bold and daring, but the recipes are surprisingly user friendly. She uses recognizable ingredients and emphasizes fresh herbs and spices. Lots of well styled photos will "inspire" you to try the recipes. She takes you on a culinary journey through the seasons, with a collage of photographs of "life".

Cookbooks are my favorite choice for gift giving, and this one has shot to the top of my list! It can be enhanced for any occasion by including a serving piece or a gift certificate from a gift store. (I've already started). Leave yours out on display. It will be well used and viewed!! Bravo, Estee!

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