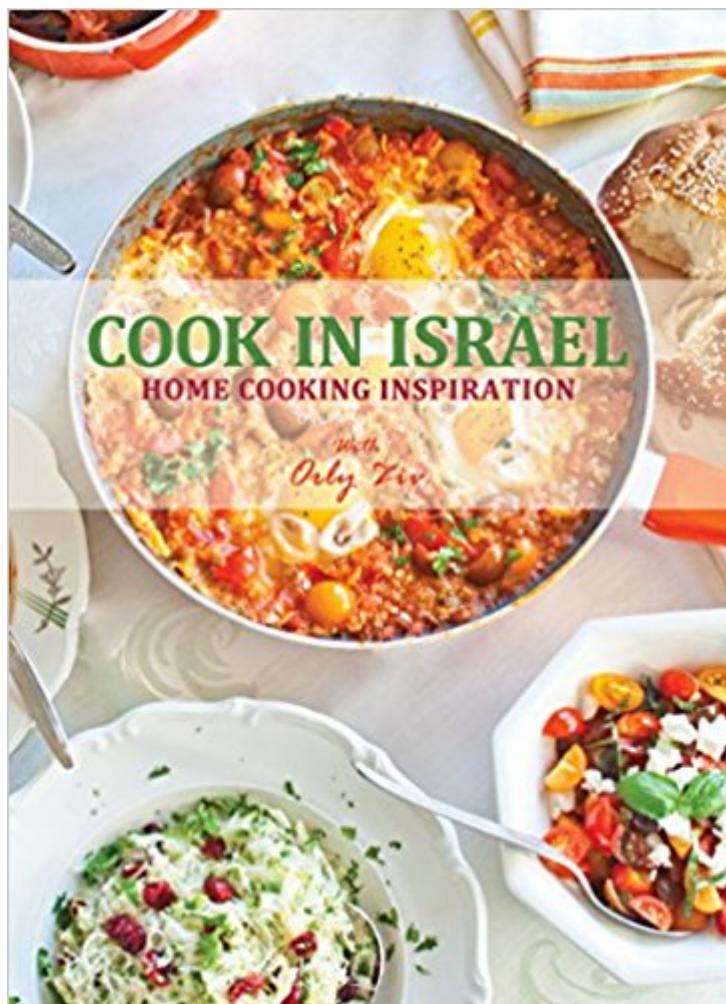


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# Cook In Israel: Home Cooking Inspiration



## **Synopsis**

Nutritionist, cooking instructor, and culinary tour guide Orly Ziv is pleased to announce the release of her first cookbook, Cook in Israel: Home Cooking Inspiration with Orly Ziv. Filled with 100 kosher, mostly vegetarian Israeli recipes accompanied by beautiful color photographs (including many step-by-step illustrations), the cookbook shows that healthy and delicious home cooking doesn't need to be time consuming or complicated. Drawing on her Jewish-Greek heritage and the Middle Eastern and Mediterranean flavors of her Tel Aviv home, Orly focuses on fresh flavors and simple techniques that are as suitable for weeknight meals as they are for entertaining. Through her company, Cook in Israel, Orly welcomes people from around the world into her city and her home to get to know her culture through food and cooking. Now, this experience is available to anyone, anywhere through her cookbook. Winner of the 2013 Gourmand Award for Best First Cookbook - Israel.

## **Book Information**

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## **Customer Reviews**

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Cook in Israel in 2009. Through her company Orly offers culinary tours around Israel and intimate cooking classes out of her home. Cook in Israel won Best Cookbook Photography / Third from Gourmand World Cookbooks Awards 2013

Whenever I use this cookbook I am reminded of our trip to Israel. The recipes are so fresh, colorful and vibrant. They also leave a lot of room for improvisation. Best of all, the recipes are all light, healthy and mostly vegetarian. Some of the recipes call for ingredients that are not readily available in U.S. supermarkets, but they can be found easily online or in any kosher market.

This book is really good! I'm a stay at home mom of 3. I don't have a lot of time every day to cook but there are A LOT of recipes I've used in this book since I bought it a few weeks ago and even some repeat favorites already! Beautiful, simple, easy, healthy food!

Absolutely must have book if you like Israeli cooking. The book is so colorful, the recipes are delicious, healthy and very easy to make, you can see the dish while reading the author's story and the ingredients. Perfect for healthy family meals.

Great book..beautifully laid out with color photographs, writing.....great recipes. Mainly vegetarian recipes. Can't wait to go to Israel to take her class!

I took Orly's cooking tour and class this summer and have been using her cook book ever since. The recipes are interesting and delicious but very easy to follow. Especially helpful are the cooking hints that make seemingly intricate dishes user friendly. My family loves the dishes I make from this book. They love them so much, I bought my adult son a copy so that he can cook them too!

I love this cookbook. The photos are beautiful and REAL. So helpful when cooking a new dish. There are a few ingredients that I can't get locally....but I have been able to find them online. The recipes are simple, healthy, and delicious.....just as I found the food to be when I visited Israel. I received the book for Christmas and its the gift that keeps on giving.

This is a wonderful cookbook. Easy to understand and authentic. We bought the book after a fabulous cooking class with Orly, the author in Tel Aviv. Highly recommend this book and her class should a Tel Aviv trip be on the horizon.

It is an amazing book for people that love israeli food and want to learn how to cook.

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