



# **From the Jewish Heartland: Two Centuries of Midwest Foodways (Heartland Foodways)**

*Ellen F. Steinberg, Jack H. Prost*

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From the Jewish Heartland: Two Centuries of Midwest Foodways reveals the distinctive flavor of Jewish foods in the Midwest and tracks regional culinary changes through time. Exploring Jewish culinary innovation in America's heartland from the 1800s to today, Ellen F. Steinberg and Jack H. Prost examine recipes from numerous midwestern sources, both kosher and nonkosher, including Jewish homemakers' handwritten manuscripts and notebooks, published journals and newspaper columns, and interviews with Jewish cooks, bakers, and delicatessen owners. Settling into the cities, towns, and farm communities of Ohio, Indiana, Wisconsin, Michigan, Illinois, Missouri, Iowa, and Minnesota, Jewish immigrants incorporated local fruits, vegetables, and other comestibles into traditional recipes. Such incomparable gustatory delights include Tzitzel bagels and rye breads coated in midwestern cornmeal, baklava studded with locally grown cranberries, tangy ketchup concocted from wild sour grapes, rich Chicago cheesecakes, and savory gefilte fish from Minnesota northern pike. Steinberg and Prost also consider the effect of improved preservation and transportation on rural and urban Jewish foodways and the efforts of social and culinary reformers to modify traditional Jewish food preparation and ingredients. Including dozens of sample recipes and ample illustrations, From the Jewish Heartland: Two Centuries of Midwest Foodways takes readers on a memorable and unique tour of midwestern Jewish cooking and culture.

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