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I ♥ Kosher

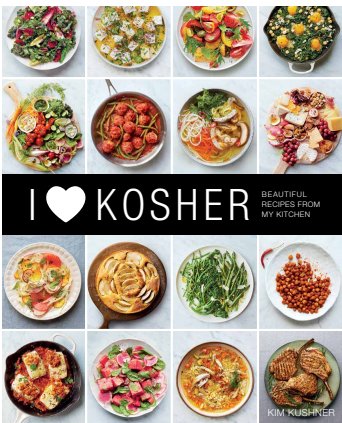
Beautiful Recipes from My Kitchen

By Kim Kushner, photography by Kate Sears

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(New York, NY) October 25, 2018 – There’s nothing better than being surrounded by good people and good food. Kim Kushner, award-winning author and culinary expert, knows how to craft sublime, uncomplicated meals – even on a weeknight. For the young and young at heart, the goal is the same: Eat well and live life.

Kim Kushner’s brand-new cookbook, *I ♥ Kosher*, is a modern take on kosher cooking that’s perfect for the at-home chef who wants to use fresh, seasonal ingredients but simply doesn’t have four hours to spend in the kitchen. Kushner offers creative inspiration and time-saving practical advice for Mediterranean-influenced cooking that will thrill any picky palate. And she should know, as all the recipes are kid-tested and approved by her four children. Each recipe renews the idea of “keeping Kosher” through unusual flavor combinations and Kushner’s personal flair for creating surprising, signature meals.



I ♥ Kosher features over 200 pages of sultry, colorful cuisine that inspires home cooks to break out of their comfort zone and step up their cooking game with new go-to recipes. Chapters include Ready to Go Basics, Appetizers and Nibbles, Brunch, Quick Stove-Top Mains, One-Pan Meals, Hot, Slow, and Simmered, Salads & Sides, and of course, never-too-be-skipped Desserts. Kushner helps readers:

- **Get Real:** Kosher recipes for a busy, multi-tasking life. Kushner offers methods to keep the chef on task and feeling relaxed while they cook delicious yet uncomplicated meals for themselves and their loved ones.
- **Get Creative:** New twists on classic favorites like Red Shakshuka and Medjool Date Squares with Quinoa, Pecans and Sour Cherries.
- **Get Organized:** Pantry staples to have on hand like kosher condiments, sauces, soups, marinades. Kushner helps chefs stay on top of the prep work which makes all the difference in elevating a meal from passably good to mind-blowingly great.

Kushner's style is to take comfort in a meal's balanced simplicity. It's the little things that turn a regular meal into a truly memorable experience. And she shares tangible, process-based strategies that modern chefs can use to imitate and ultimately, create their own elegant aesthetic with ease. Kushner's recipes don't require you to have every spice known to man, but rather, that having signature ingredients on hand at all times can elevate an ordinary cooking game to culinary genius status. And with Kushner's guidance, it's oh-so-easy to be ready to rock in the kitchen.

Between Montreal, Canada and summers in Israel, Kushner blends her worldly cuisine into stunning, colorful recipes too good not to share. They're young and fresh, but also honor the ancient ways of preparing and sharing meals that bring communities together. I ♥ Kosher nourishes the traveler's heart. Adventure seekers who want to go somewhere without leaving the comforts of home can do so easily with Kushner's easy-to-follow instructions.

I ♥ Kosher's clean, simple, and beautiful eating has plenty of delicious options for special occasions *and* weekday meals. You don't have to be restrictive to keep kosher, either. Skip the diet and eat what you want in a way that feels good. *Really* good.

For images, recipes, or to arrange an interview with the author, please contact Andrea Burnett at 650-207-0917 or andrea@andreaburnett.com.

Kim Kushner, author

Raised in Montreal, Canada, Kim learned to cook from her Moroccan-born mother and spent summers with family in Israel. A graduate of the Institute of Culinary Education in Manhattan, she has developed recipes for *Food & Wine* and *Chile Pepper* magazines and has worked as a private chef. She's appeared on *The Today Show* and has been featured in *The International New York Times*, *The Huffington Post*, *Saveur*, and *The Chicago Tribune*. She is known for redefining kosher cuisine; her cookbooks feature everyday recipes for delicious and artful dishes made from accessible, seasonal ingredients. Kim lives in New York City with her husband and four children.

Kate Sears, photographer

An acclaimed food, still life, and travel photographer based in New York City, Kate Sears is a contributor to *Martha Steward Living*, *O magazine*, *Food Network Magazine*, *Elle Décor*, *Every Day with Rachel Ray*, and *The New York Times*, among other publications.

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Inventive and healthy, colorful and satisfying. I ♥ Kosher features exuberant recipes for every occasion.
– Einat Admony, Chef-Owner Balaboosta, *Taim & Kish-Kash*

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