

---

## **Living Homegrown Podcast – Episode 113 Modern Preserves With Traditional Roots**

**Show Notes are at: [www.LivingHomegrown.com/113](http://www.LivingHomegrown.com/113)**

Theresa: This is the Living Homegrown podcast, episode 113.

Announcer: Welcome to the Living Homegrown podcast where it's all about how to live farm fresh without the farm to help guide the way to a more flavorful and sustainable lifestyle is your host, national PBS TV producer, and canning expert Theresa Lowe.

Theresa: Hey there, everybody, welcome to the Living Homegrown podcast. I'm your host, Theresa Loe and this podcast is where we talk about living farm fresh without the farm. That can mean preserving, small space food growing and just taking small steps towards living a more sustainable lifestyle. All the different ways that we can live closer to our food even if we have little or no garden space at all. If you want to learn more about any of these topics or my online courses or memberships, just visit [Livinghomegrown.com](http://Livinghomegrown.com).

Today's episode is all about modern preserves with traditional roots. I brought on an author who has been on this show before, her name is Emily Pastor. She came on then to talk about her book Food Swap which I'll talk about here in a minute. Today, I brought her back because she just came out with a new preserving book, and if you are a canner who is looking for some more unusual recipes or something to kind of spice up your canning this year, this is the book for you.

If you've never canned before, this is also the book for you because she has beginner recipes and recipes for refrigerator pickles and refrigerator preserves so that you don't even have to break out the canner if you don't want to. The name of the book is called *The Joys of Jewish Preserving: Modern Recipes with Traditional Roots, for Jams, Pickles, Fruit Butters, and More--for Holidays and Every Day*.

Now, here's the thing, I'm not Jewish but I am a big foodie and as I turned the pages of this book, I was getting more and more hungry and more and more inspired to try some of these fantastic preserving recipes. What Emily has done here is she has gone through and taken a lot of the traditional recipes and then, she spruced them up, she added a modern twist to some of them and just

---

actually made an introduction to those of us who are not Jewish, who may not be familiar with some of these recipes at all.

Let me tell you a little bit about Emily. Emily Paster is the author of two cook books, the 2016 book called Food Swap: Specialty Recipes for Bartering, Sharing and Giving. That book we discussed in episode 54 of this podcast. Then, she's also the author of this new book, The Joys of Jewish Preserving. Now, Emily is a graduate of Princeton University and the University of Michigan Law School. She redirected her career from law to food after the birth of her second child. She is a food writer, a photographer and she is the genius behind the website West of the Loop which has been called a family food blog to savor.

As the founder of the Chicago Food Swap, a community event where handmade foods are bartered and exchanged, Emily is a leader in the National Food Swap Movement. Emily teaches and speaks on garden to table cooking, canning and fermentation all throughout the country. Now, she knows her stuff. These recipes are really solid, they sound absolutely delicious and let me just tell you a few of the ones that caught my eye.

There is a recipe for apricot poppy seed jam and one for apple honey rosewater jam. There are syrup recipes, rose petal syrup, raspberry syrup, black currant syrup and she gives you information on how to can some of those syrups as well. There is wine jelly and something called pickled green tomatoes which absolutely sounds amazing. Now, in the show notes for this podcast, I will all the information about Emily, her website, her books but she has also agreed to share with us her recipe for pickled green tomatoes.

I thought this is such a great time of the year for that particular recipe because so many of us are getting towards the end of our tomato season and we may have tomatoes on the vine that aren't going to ripen in time before we start to get our first frost. If you are in that situation or if you just want to save this for next year, I highly recommend that you check out the show notes.

To get to the show notes, you go to [Livinghomegrown.com/113](http://Livinghomegrown.com/113) and I will have everything that is mentioned in today's episode including a downloadable PDF of the pickled green tomato recipe by Emily. Without further ado, I would love to dive in to this interview because it's really interesting how she came up with her ideas for some of these recipes and she actually walks us through how to make some of them such as the salted lemons with cinnamon and also how to make and use fruit syrups. I think you're really going to love this one. Let me share with you my interview with Emily Paster, the author of The Joys of Jewish Preserving. Hey, Emily. Thanks so much for coming back on the show today.

Emily: Thank you so much for having me.

Theresa: Yeah, I'm really excited to have you back. You came on, gosh, it was over a year

---

ago. It was episode 54 and I had you come on and talk about food swaps and I guess we should probably talk, this time before we dive into your new book, I'd love to have you kind of explain to everyone how you came into the world of preserving. You love to do canning and preserving so how did you get into it in the first place?

Emily: It's true, I do love canning. For me, I got started about 10 years ago now and one of the big inspirations had to do with my daughter and her many food allergies. When my daughter was little, she had, as I mentioned, a lot of food allergies and to pretty basic things like dairy and wheat and eggs. Happily, she's outgrown most of them actually. At the time, I was looking for something she and I could do in the kitchen together and I felt really daunted by all the restrictions.

Then, it occurred to me that one thing we could make together was jam because it's really just fruit and sugar. There was no possible dangers or allergy triggers for her and I'm also lucky enough to live in the Midwest and we have wonderful farmer's markets and we have wonderful fruit orchards in nearby Michigan so I was sort of surrounded by these wonderful fruits. It was the combination, I think, of those two things that got me started and I really got bit by the bug.

Theresa: Yeah, that's a really good point that you bring up though. When we are doing our own canning and preserving, we know exactly what's in it but more importantly, we know what's not in it. It's so wonderful when you can go to a farmer's market and you can pick up some fruits or vegetables and take them home and create something that can be on your pantry shelf and you can eat later, that you know exactly how it was made, you know exactly where that food came from. I can imagine that having the food allergies was a great venue for you to dive into this and I'm so glad you did. You are one of those people who come up with fantastic canning recipes and I was thrilled to have you on the show before when you talked about food swapping. Before we go into today's book, again, I want to have you talk a little bit about what is food swapping because since we've mentioned it, I think people might be going, "Huh, what's that?" Could you explain what food swapping is?

Emily: Of course and I think I said this last time I was on the show, I think food swapping is something every canner needs to know about. I think it is just the lot of every canner to end up with too much or gardeners too. Gardeners have this problem, as well. A food swap is a recurring event where home cooks, home gardeners, home bakers, we come together and we trade and barter our homemade and homegrown foods. No money is changing hands and that's sort of rule number one. Rule number two is everyone is bringing something that they made or grew or foraged themselves. The way I like to think of it is your labor is the currency at the food swap.

Theresa: I like that, yeah. You're absolutely right, gardeners have this problem too so if

---

they didn't want to do a food swap, definitely, a vegetable swap like zucchini for something else and fruits and things like that. It's a really great way to share what you've made and I know, I've done this so many times, where I've made a recipe and you're not really sure how much you're going to get and you end up with 10 jars when you really only need two for the whole year. It's a fantastic idea.

We will link in the show notes to your book and to the other episode, episode 54, where you talk all about that and you go deep into that. I'm excited to share that again with people who might not have heard that on the first round. Now, today, we're going to be talking about your new book and I was really thrilled to get this because I'm a bit of a foodie.

I love it when I have inspiration or new ideas, new food and flavor combinations so your latest book is called *The Joys of Jewish Preserving: Modern Recipes with Traditional Roots, for Jams, Pickles, Fruit Butters, and More--for Holidays and Every Day*. I was so excited to open up the pages of this because I am not Jewish but as a foodie, I was over the top thrilled with some of your ideas. I guess, I would love to have you talk about what made you decide to write this book, in particular, as your second book.

Emily:

Well, first of all, thank you so much for those kind words. First of all, this book is really, I say, it's the marriage of my two culinary loves which is preserving as we just talked about and also the Jewish cuisine that I grew up eating. For me to combine those two passions, it's really a labor of love for me and the inspiration for the book came because I was reflecting on how many iconic Jewish foods have, either a preserved food themselves or contain an element, a preserved element.

An example would be like the Kosher dill pickle which is obviously something that's preserved, sauerkraut on the Reuben sandwich, these are some iconic Jewish foods. Also, something like a latke or a potato pancake which is one of the things we traditionally eat on Hanukkah and we top those with apple sauce. There you go, there's another preserve. There's a very well-known Jewish cookie, I think a lot of folks who aren't even Jewish know, the cookie, rugelach, it's called.

It's often in a crescent shape, it's rolled up with a cream cheese dough and it's filled with jam. Again, it's one of the most iconic Jewish baked goods. There it is, jam is right in the middle of it. I thought, "Gosh, there's so many of our really treasured Jewish foods that have jam or pickles, I wonder if there's more to this." That was the inspiration for the book and then that sent me to the library and to my cookbooks to do research. In fact, I learned that there was a very robust and distinctive tradition of Jewish preserving that goes far beyond even though those iconic foods.

---

Theresa: Well, yes. Let's backup a little bit, so you grew up eating a lot of these Jewish foods and you talk about that in your book about how, for you, you fell in love with some of the Jewish foods before you even got into the Jewish religion more as an adult. You had these exposure to these foods and it wasn't until later that they became more meaningful to you.

Then on top of that, when you got into preserving, you made that connection of the preserves with the Jewish traditions. Some of the recipes that you had in there that were kind of unique combinations in my mind were things like the apricot poppy seed jam. That was something I never thought of and that just sounds so delicious as I was reading your description.

Mulberry jam, of course, I've heard of mulberries. Actually, I'm growing a mulberry tree but you had mulberry jam which I thought was so clever how you put different berries together to create that flavor which is really fun. Then, you have things like pickled green tomatoes.

It's just like you said, it goes so far beyond just the Kosher dill pickle which you do have in the book and you tell how to do it the old-fashioned fermented way, as well as more of a quick pickle way which is fantastic. This is something the kind of has been your whole life work without you even realizing it.

Emily: That's really true. I think, Theresa, you touched on something when you were talking some of the different recipes which is that in Judaism, we have two really distinct cultures. It has to do where different groups settled once we were expelled from the Holy Land. We're now talking about thousands of years ago. The Jews who settled in Northern Europe and Russia and Central Europe who are known as the Ashkenazi Jews and then there are also the Sephardic Jews who, initially, had actually settled in Spain.

Then, were expelled from Spain during the Inquisition in the 1490s and they spread all around the Mediterranean, North Africa, in the Middle East. What has happened over the centuries is these two groups have come up with these really different cuisines as you might imagine. If you're in Russia, that's really different than if you're in North Africa. You're getting access to different ingredients, you've got different climates. I really touch on both traditions in the book.

I am, like most American Jews, my family is Ashkenazi. We're from Poland and that's pretty typical but I was lucky enough to be exposed to the traditions of the Sephardic Jews when I was a student and I was living in France. I lived with a family, actually, that were Sephardic Jews. They originally were from Algeria but had left Algeria in the 1950s when Algeria became independent. I got exposed to Sephardic traditions that way and the holidays and the foods. Again, for me the book is, again, a combination of my family's tradition and some of the foods I grew up eating and then, also as an adult being exposed to this other cuisine

---

and this other culture which, in itself, has a really rich preserving tradition as I talk about.

Theresa: That is so cool. One of the things you said in the book, it was just one sentence that you said, that really hit home to me as to what the book was about that made it interesting to me was you said that you take traditional recipes and you bring them up-to-date with modern techniques. That really resonated because there's so many recipes that are handed down through generations, whether you're Jewish or not, they're handed down and sometimes, we have to either update them or make them have more of a modern flair. I know that that's what you were doing with this book. When you were creating these recipes, where did you find the inspiration? Were some of these handed down recipes? Were they recipes that you discovered in your research? How did you go about that?

Emily: Most of them, I would say, I came across in my research. A few were inspired by, not so much foods that my family would make, but foods my family would enjoy when we were out eating like at a Jewish Deli or things like. The pickled green tomatoes, for example which you mentioned, that's something that if you went to a real authentic Jewish Deli, they would bring out to the table the Kosher dill pickles but also the pickled green tomatoes. They were a real favorite of my grandfather so I knew I wanted to include those.

Some of the recipes were things that my French family, the Sephardic family I lived with in France, they were inspired by things that the mother made. There's a Moroccan sauce called Matbucha which is like a really sort of spicy tomato and pepper sauce, very typical of North African cuisine. That something that she would make and so I have a recipe for that and I have a cute little sidebar about her, I call her my French mother, and she was a real character.

I got to sort of reminisce about that but a lot of the recipes were, in fact, things I came across in my research. Certain traditions or certain ingredients that would have been very traditional but even though there's a ton of research and a ton of, I think, really fascinating historical information in the book, it's not a food history book, it's not an anthropological book, it is a cookbook. My real hope is that people are going to be cooking from it and using it. Every recipe is really designed for how we want to cook today, how we want to eat today, the safe canning procedures with a real emphasis on the local food, the seasonal food which, I think, is how so many of us want to eat today.

Theresa: Exactly. That is exactly what turned me on to the book so much. You have a recipe in there for pickled eggs, for example. That's something that I've made in my family for years and years but we always make them really hot and spicy and your recipe was more of like a sweet pickle of the egg, a sweet pickling. You have some recipes like the eggs that you would put in the refrigerator and others that you actually can and put on the shelf. Even if someone doesn't actually want to pull out the water bath canner, you have ways for them to just

make a refrigerator pickle which is fantastic. When you were looking at these different recipes, could you give me an example of maybe where you took a recipe and kind of put your own twist on it to make it more modern? I would say I couldn't find anything in there that wasn't really accessible. Like you used things that I can find, spices that I can find and flavors that sound really enticing so what's something that you kind of had to do that with, an example?

Emily: Well, one of my favorite examples, there's a recipe in the book for it's called a lemon walnut eingemacht. Eingemacht is just a Yiddish word that means preserve, basically, so it would be really something that, I think, we would think of as like a marmalade. It's a lemon walnut jam or marmalade and it was inspired by this very particular tradition. We have a festival in the fall in Judaism called Sukkot, some people call it the Jewish Thanksgiving. It's really is a harvest festival. One of the elements of celebrating this holiday involves a fruit, we call it an etrog, that's a Hebrew word but in English we would call it a citron. It looks like a lemon, a giant lemon on steroids.

People may have seen them occasionally, they're these huge, huge lemons. That's very important in the holiday, we need to use it for ceremonial purposes. If you can imagine, hundreds of years ago, for Jews who are in cold places like Poland or Russia, the effort it must have taken them to get this piece of citrus fruit in the late fall which is when Sukkot happens. It was a great expense.

They were clearly exporting it from citrus growing regions in the Mediterranean so after the holiday is over, they're not just going to throw it out, they went to so much effort to get it. It was very traditional to make this preserve, a preserve with it. Again, something very similar to a marmalade because you would use the peel and they were very bitter, these citrons, so they would have to be boiled three times and it was this whole production. They would make this treasured preserve and they would save it and it would traditionally be opened on another holiday which we call Tu BiShvat which usually happens in the dead of winter. We call it the New Year for Trees, it's like Jewish Arbor Day.

Theresa: Okay.

Emily: Yeah, it's a hard holiday to explain. That's my best attempt. I read about this tradition and I was utterly charmed by the idea of people making this preserve and some people in really traditional communities, still do. The citrons that are grown today are typically grown for ceremonial purposes and so they use a lot of pesticides because the looks are almost more important than eating it. I really didn't want to encourage to go out and find a citron and make this preserve with it. What I did was I took this concept of this preserve, this lemon preserve, and I adapted it to use, I would recommend, personally, organic lemons. Again, you're using the peel and I would even recommend wonderful Meyer lemons which you probably have.

- 
- Theresa: Yes, I have a Meyer lemon tree. Yes.
- Emily: Jealous. I don't know about all the listeners but I love Meyer lemons and I just really look forward to the winter time when we can get them. This is a preserve that I would definitely encourage everyone to make with, the most wonderful, beautiful, organic lemons they can find. Just enjoy it and know that there is this history behind it but I tried to make it more in keeping with how we like to eat and to cook today.
- Theresa: Yeah, that's an excellent example and I love that you told everyone about the citron being so heavily sprayed. To get the same type of essence using a lemon or a Meyer lemon with the walnut jam sounds so delicious. Now, how would we typically use this? If we're not using it ceremonially or in a family, typical Jewish family meal, would we use it on sandwiches, would we use it on cheese and crackers? How would we use this type of jam?
- Emily: However, you would use marmalade. If you're a big marmalade fan and you just love spreading it on toast, I'd say go ahead and spread it on toast. It would also be wonderful with a cheese plate, for example, because it's got a little bit of that bitterness that you expect out of marmalade. People should feel free to make it without the walnut. I think I specifically say that in the recipe because I've got an allergy in my family, I know many people do and I think without the nuts in it, even, it might be a wonderful filling for a cake.
- Theresa: That sounds really good.
- Emily: Sometimes, I think, people do that with orange marmalade, right?
- Theresa: Yeah, absolutely. There's a lot of cookies that call for a marmalade or an orange or lemon flavor so you could do it with that. I love that.
- Emily: Mm-hmm (affirmative).
- Theresa: Yeah, that sounds really good. I think when I was reading that particular recipe, I was just imagining it on a beautiful cheese platter. It actually just sounds so gorgeous and delicious so I think it would be really good that way. I like the idea of taking the nuts out if you wanted to. I would make it with the nuts because that's the part that really intrigued me but you could certainly take them out and the recipe will still work so good point on that. Now, let me try that again. Hold on. Now, we've said numerous times you don't have to be Jewish to enjoy these recipes. I think one thing that I wanted to ask you though was if we are not used to some of these traditional recipes, what would be a recipe or two that you would definitely recommend that someone like me try that we may have never heard of that might be something kind of out there for us, kind of out of the blue that I would have never tried before?

---

Emily: Well, gosh, I can think of a couple. One is, and maybe this isn't so out there, but there's a recipe for, I call it, plum lekvar. That's a term we use. It's basically like a plum butter, like a really thick spread and low sugar spread. It's one of my favorite recipes in the whole book. It is so delicious and that would have been a traditional preserve that we would use to fill cookies. For example, plums were very important for the Ashkenazi Jews in places like Poland and Russia.

They could keep very well and so they would be dried and they would be made into pastes and fruit butters. We have a traditional cookie that we serve in the holiday of Purim which is in the early spring and it's a triangular cookie. It's called hamentaschen. Some of your listeners probably have seen them and so a plus pate or a plum lekvar is a really traditional thing to use to fill this cookie. This is one of my favorite recipes in the book. Yeah, that one, the plum butter is really good.

Theresa: Yeah, it sounds good.

Emily: Yeah, it tastes like fall in a jar. Like it's just so yummy. Another one would be the charoset conserve. Charoset might be a new concept. For the listeners who aren't Jewish, charoset is something we serve on Passover. It's supposed to represent mortar that the Jewish slaves in Ancient Egypt had to use to build the pyramids so that's symbolically what it represents on our Passover table. Usually, it's like a chunky spread. It's one of those things that, depending on where the Jews were living and where they were from, it might be different ingredients.

For Jews in the Mediterranean or in the Middle East, they might use dates or figs to make their charoset but for Ashkenazi Jews, it was very typical to use apples. My mother-in-law makes a really delicious charoset that has apples and walnuts and honey and cinnamon and a little bit of red wine, that's sort of sweet red wine that we use, and it's just really delicious. I was really inspired by those flavors to create a conserve. Your listeners probably know a conserve is just a jam that's got pieces of dried fruit and nuts in it. I call it a charoset conserve but basically, it's an apple jam and it's got some dried fruit in it, it's got some nuts in it, it's got cinnamon, it's got a little bit of honey as one of the sweeteners. Then, just a little slug of red wine or a grape juice. A grape juice works in it.

Theresa: Yeah, that sounds so good. It's making me hungry just listening to it but that's what I'm talking about. When I was looking through your recipes, to me, that's a real indicator that it's fantastic is looking at the combination of flavors and spices and your descriptions. It just made me want to try every recipe in there. Fantastic job, I'm really excited to try both of those especially the plum paste or plum butter. We do have some plum trees and I'm always looking for new things to do with those plums. That sounds like a really fun one to do. Okay, I would love to have you talk about one of the recipes that you had in the book

---

which was salted preserved lemons. Now, some people may be familiar with salted lemons and preserving lemons in that way but you include cinnamon in the mix which I thought sounded really yummy. Would you like to tell us a little bit about that recipe?

Emily: Absolutely. Yeah, so preserved lemons, this is a great example of an ingredient that is very typical in Middle Eastern food, preserved lemons, or North African food. If you're at a Moroccan restaurant, if you're familiar with any of Yotam Ottolenghi's books like the Cookbook Jerusalem, he uses a lot of preserved lemons.

That's a thing that's really common throughout the Middle East whatever your background. I came across in my research that Jews, we like everything a little bit sweet, we like sweet and sour together. The addition of the cinnamon stick in the preserved lemons was a particularly Jewish touch. I thought that was really, really fun when I came across it in my research.

Preserved lemons are such a handy thing to have on hand and it's such an easy product. I would love to have everyone give them a try. Basically, what you do is you take your lemons and, again, this is one of those situations where it might be worthwhile to search out organic lemons because you are using the whole lemon.

You score the lemons so you cut into them but you don't cut all the way through. You fill the middle with salt and basically, the idea is to pack the lemons into salt and you want the lemons submerged in a combination of salt and lemon juice. I always have a couple of extra lemons that I use just for the juice.

When we've got your whole score of lemons sort of submerged in this salt and lemon juice brine, they will sit there for, I usually leave mine down in the basement, for about a month just like that and they will soften and pickle. After about four weeks, you'll end up with this lemon that is tart and sour like a lemon but also has a salty, briny, pickled element.

It just adds so much flavor to the dish, whatever dish you use them in. When I'm keeping mine, I'll add a little bit of, maybe, some chilies and then also this cinnamon stick which will give it just this sort of earthiness that's very subtle but is really fun.

Theresa: I love that. When you use the lemons, I know you rinse them off people are probably going, "I don't want to add that much salt to my dish." You can pull out the lemon and you can rinse off or brush off a lot of it. I like to brush off the salt when I do that so that I keep some of the salt in the jar but then, you can rinse off the salt and use it. How do you use the lemons and what sort of recipes do you use it?

Emily: Yeah, you're exactly right. You can take it out, you can brush off any excess salt. You only use the rind, you don't use the flesh of the lemon and I dice them up very finely. You don't need much because it adds so much flavor. I use them in anything that's sort of Middle Eastern-inspired so you can use it in like a tajine or a stew but it's also a wonderful addition to like a green salad.

Theresa: That sounds really good, yeah. You can also, if you need to, like when I'm cooking fish or chicken, I can reach in and just take a little bit of that lemon salt and use it just as a flavoring. You can do that. If people are worried about like, "Well, wait a minute, the lemons are just sitting there at room temperature for a month in the basement or in the closet." It's perfectly safe because you, first of all, have the acid of the lemons and the salt and both of those are preservatives. You are preserving, this is a way of preserving and it's perfectly safe to do this. You don't have to worry about botulism, botulism can't grow in this situation so you're perfectly safe to do this. That is such a great recipe but I love the addition of cinnamon and I did see that you had chilies in there too. It gives people permission to kind of change it up a little bit if they wanted to.

Emily: Absolutely, absolutely.

Theresa: Okay, so another recipe I would love to talk about, actually, you had a couple of them in your book and that was syrups. You had fruit syrups in there where make the different syrups and you actually can some of them so that you can keep them on the shelf. This is something that I love to do, I actually make plum syrup because of our plum trees and you talk so much about the different ways to use the syrups. I think you had a raspberry syrup, a black currant and even a rose petal syrup which is kind of fun. I was wondering if you could talk a little bit about syrups and maybe walk us through how someone would make a raspberry syrup, for example.

Emily: Absolutely. I think we're kind of in the middle right now of a sparkling water boom. Many people have the machines at home like the soda streams or whatnot that you can make your own sparkling water at home which is such a fun thing. I just think if you've got all these sparkling water, you need something to flavor it with so that's one of the reasons that I think it's sort of a great moment for making drink syrups and different syrups.

I was really interested in this idea because one of the things I came across in my research was that the Jews in, again, in the sort of northern and central climates, the Russian Jews and the Polish Jews, they had abundant berries that were growing and that were growing wild so they could be foraged. Even the poorest peasants, anyone could go out and forage these wild berries.

It was very traditional to do so and then, in fact, cook these berries down to a syrup. The syrups were, then, saved for the winter and they were believed to

---

have helpful properties and were actually given as tonics to people who were feeling poorly or feeling ill. I find that really interesting because they didn't know about vitamins and vitamin C or anything like that.

The fact of the matter is something like a raspberry or a black currant, black currants in particular, they're super foods. They're just utterly packed with antioxidants and vitamins. It's one of those folk remedies that probably had some truth behind it. They probably, if you were really feeling poorly and maybe it was a vitamin C deficiency and you got some of these syrups as a medicine, it probably actually really helped you out.

I loved that idea. The key when you're making a syrup like this is you want to extract the flavor from the fruit or the rose petals, in the case of the rose syrup, but of course, you want it to stay liquid so that it will mix nicely with your sparkling water or your sparkling wine too. I don't want to leave out that possibility.

The thing to do, basically, is you want to cook the berries with some water until they're sort of nice and broken down. Then, you do need to strain them through a really fine mesh, sieve and lined with some cheese cloth possibly. What you want is you want all the liquid, that flavored, beautifully colored liquid, but you want to leave behind the pulp and the seeds.

It's kind of a situation where if you leave it to drain in your sieve, that's almost the easiest way to do it is to cook the berries with the water, put them into your sieve and walk away. The liquid will drain when left behind. Then, what you need to do is you need to take that juice and you cook it again with some sugar, maybe a little bit of lemon juice and you're going to cook that into a lovely, thick syrup and then, it's safe to can because it's got that nice acidity.

Theresa: Yes, you definitely had in your recipe a little bit of lemon and it serves so many purposes. It, first of all, assures that the acid level is right but it also helps to brighten the flavor of the fruit. Adding that lemon juice, people might think, "I don't want to add lemon because it's already so sweet," but it actually helps with the sweetness and brings out the different levels of the flavors of the fruit, whatever it is that you're using. What are some of the different ways that you use one of the syrups? There's so many ways that you can use them but once you've made them, they have a multitude of uses. What are some of the ways that you use them?

Emily: Like I said, mix it with sparkling water for a really lovely drink, mix it with Prosecco or champagne for a really special cocktail. That would be something that would be so lovely at brunch. It doesn't even necessarily have to be drinks, I mean, instead of maple syrup on your pancakes, you could use a berry syrup and think how fun it would be if you were making blueberry pancakes and you serve like raspberry syrup with it. It would be such a delicious, fruity experience.

---

Poured over pound cake, as well, it's just something really elegant to do.

Theresa: Yes, absolutely. One of the things I use mine for, my plum syrup is like you said, I use it, my kids love it, on pancakes and waffles. You can also use it to sweeten things. Like you can add it to lemonade and tea which I think you even mentioned in your book and cocktails, they work great as a cocktail addition. You can create your own cocktails from a lot of different syrups. Something else you mentioned in your book which I thought was a great idea was adding it to whip cream so that you can take this raspberry syrup and you could make a raspberry whip cream by just adding a little bit of syrup when you're whipping.

That's good. Drizzling it on fruit, drizzling it on ice cream, pretty much anywhere, it's just a lovely, lovely way to use up what you might have grown or picked up at the farmer's market. Really good ideas. I am so excited that we got to talk about this book, Emily, because I really think that there are some fantastic kind of thinking outside the box ideas on different ways that we can preserves and different flavor combinations and different spices and nuts that one might not have ever thought of before on my own. I just wanted to thank you for coming on the show today and sharing your information. I really think people will get a lot of inspiration from this book.

Emily: Thank you so much. It was my hope that Jewish cooks who maybe haven't gotten into preserving before, that this might inspire them. At the same time, that all the canners out there who are passionate like me but who aren't from a Jewish background, that it would do exactly as you're saying, that it's going to give them some different flavor combinations that they might not have thought of before but that are going to be fun. Those of us who are canning are always looking for something new, we know that we have to look at recipes, we know we have to be safe but we're always trying to find like, "What's the new flavor thing? What's the new thing I can do this year?"

Theresa: Exactly, because we don't want to get bored with what we're making but we certainly don't want to give the same thing every year if we give away any of our preserves at the holidays or for gifts. Yes, I definitely think you hit the nail on the head there so thank you so much for creating it. I'm excited to dive in.

Emily: Well, thank you. I'm so delighted that you liked it. That makes me feel great.

Theresa: Good. Well, I hope you enjoyed that interview with Emily Paster who's the author of *The Joys of Jewish Preserving*. I will have, in the show notes, links to everything that she talked about including the full recipe for how to make pickled green tomatoes. We'll have that as a downloadable PDF for you. I'll also have information to her other book, her website and everything else.

Now, one thing that we didn't mention in today's talk was that at the end of this book, she has a whole slew of recipes and ideas for how to use the preserves



*Live farm fresh without the farm®*

---

that you made. That is so wonderful when a book does that because sometimes, we make up these things and they're delicious but we're unsure of what to do with them next.

Well, since some of these recipes may not be familiar to us, if we're not Jewish, she has recipes for how to use them at the back of the book. I just wanted to throw that out there because that's one thing we didn't talk about but it was an aspect of her book that I really loved. If you would like to get all of the information that we talked about today, remember, just to go to [Livinghomegrown.com/113](http://Livinghomegrown.com/113) and we'll have everything there for you. Until next time, just try to live a little more local, seasonal and homegrown. Take care, everybody.

Announcer: That's all for this episode of the Living Homegrown podcast. Visit [LivingHomegrown.com](http://LivingHomegrown.com) to download Theresa's free canning resource guide, and find more tips on how to live farm fresh without the farm. Be sure to join Theresa Lowe next time on the Living Homegrown podcast.