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The Food and Cooking of Greece: A Classic Mediterranean Cuisine: History, Traditions, Ingredients and Over 160 Recipes

By Rena Salaman, Jan Cutler

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Food and Cooking of Greece: A Classic Mediterranean Cuisine: History, Traditions, Ingredients and Over 160 Recipes, Rena Salaman, Jan Cutler, This title helps you create the evocative tastes and traditions of Greek cuisine easily and simply in your own kitchen. The recipe section offers 160 delicious and authentic dishes, both classic and modern - mezes, soups, main meals, vegetable dishes and desserts. You can enjoy delightful mezes such as filo fish pies and hummus; progress to classic main-course moussaka or kleftiko; and end the meal with mouthwatering desserts including walnut cake, baklava, or aromatic fruit and nut pastries. It features over 700 photographs, with stunning pictures of every finished dish. It offers easy-to-follow illustrated step-by-step instructions to ensure perfect results every time. It includes complete nutritional information for every recipe. The culinary heritage of Greece is shaped by the sun, the sea and the rich Mediterranean land. It makes full use of ripe summer fruits, herbs and vegetables, particularly tomatoes and olives, and ingredients fresh from the farms and small-holdings - succulent lamb; fish; yogurt; feta cheese, and home-baked bread. This book opens with an inspiring introduction to Greek cuisine followed...



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