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 It's All Greek to Me
 Choosing Raw
 Opa! The Healthy Greek Cookbook
 All You Can Greek
 A Super Upsetting Cookbook About Sandwiches

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GONZALEZ RHETT

The Complete Greek Cookbook HMH

This New York Times Notable Book is “a real working guide to preparing the traditional dishes found all over Greece” (Newsweek). Stretching from the shores of Turkey to the Ionian Sea east of Italy, the Greek islands have been the crossroads of the Mediterranean since the time of Homer. Over the centuries, Phoenicians, Athenians, Macedonians, Romans, Byzantines, Venetians, Ottoman Turks, and Italians have ruled the islands, putting their distinctive stamp on the food. Aglaia Kremezi, a frequent contributor to *Gourmet* and an international authority on Greek food, spent eight years collecting the fresh, uncomplicated recipes of the local women, fishermen, bakers, and farmers. Like all Mediterranean food, these dishes are light and healthful, simple but never plain, and make extensive use of seasonal produce, fresh herbs, and fish. Passed from generation to generation by word of mouth, most have never before been written down. All translate easily to the American home kitchen: Tomato Patties from Santorini; Spaghetti with Lobster from Kithira; Braised Lamb with Artichokes from Chios; Greens and Potato Stew from Crete; Spinach, Leek, and Fennel Pie from Skopelos; Rolled Baklava from Kos. Illustrated throughout with color photographs of the islanders preparing their specialties, and filled with stories of island history and customs, *The Foods of the Greek Islands* is for all cooks and travelers who want to experience this diverse and deeply rooted cuisine firsthand. “The author has combined her reportorial skills, scholarly interests and superb instincts as a cook who knows both American and Greek kitchens to produce recipes that are simple, direct yet exciting.” —The New York Times Book Review

The Lambshank Redemption Cookbook Skyhorse

Gold Winner, 2019 Taste Canada Awards - Health and Special Diets Cookbooks Cheeky registered dietitian, food lover, and YouTube star Abbey Sharp is often described as “Nigella Lawson in a lab coat.” In her debut cookbook she shares fun, satisfying, and unbelievably healthy recipes that will ignite your love affair with food. In over 100 recipes, Abbey shows us how she eats: healthy and nourishing meals that are packed with flavour like PB & J Protein Pancakes, Autumn Butternut Squash Mac and Cheese, Stuffed Hawaiian Burgers, Chicken, Sweet Potato and Curry Cauliflower, Chocolate Stout Veggie Chili, Chewy Crackle Almond Apple Cookies, and Ultimate Mini Sticky Toffee Puddings. Many of her recipes are plant-centric and free of dairy, gluten, and nuts. Others contain some protein-rich, lean beef, poultry, eggs, and dairy, so there are plenty of delicious recipes for every one and

every occasion. Featuring gorgeous photography throughout, *The Mindful Glow Cookbook* is perfect for anyone looking to fully nourish their body, satisfy food cravings, and enjoy every snack, meal, and decadent dessert in blissful enjoyment.

My Big Fat Greek Cookbook Clarkson Potter

A perfect and irresistible idea: A cookbook filled with delicious, healthful recipes created for everyone on a tight budget. While studying food policy as a master’s candidate at NYU, Leanne Brown asked a simple yet critical question: How well can a person eat on the \$4 a day given by SNAP, the U.S. government’s Supplemental Nutrition Assistance Program informally known as food stamps? The answer is surprisingly well: Broiled Tilapia with Lime, Spicy Pulled Pork, Green Chile and Cheddar Quesadillas, Vegetable Jambalaya, Beet and Chickpea Salad—even desserts like Coconut Chocolate Cookies and Peach Coffee Cake. In addition to creating nutritious recipes that maximize every ingredient and use economical cooking methods, Ms. Brown gives tips on shopping; on creating pantry basics; on mastering certain staples—pizza dough, flour tortillas—and saucy extras that make everything taste better, like spice oil and tzatziki; and how to make fundamentally smart, healthful food choices. The idea for *Good and Cheap* is already proving itself. The author launched a Kickstarter campaign to self-publish and fund the buy one/give one model. Hundreds of thousands of viewers watched her video and donated \$145,000, and national media are paying attention. Even high-profile chefs and food writers have taken note—like Mark Bittman, who retweeted the link to the campaign; Francis Lam, who called it “Terrific!”; and Michael Pollan, who cited it as a “cool kickstarter.” In the same way that TOMS turned inexpensive, stylish shoes into a larger do-good movement, *Good and Cheap* is poised to become a cookbook that every food lover with a conscience will embrace.

My Big, Fat, Greek Cookbook Ten Speed Press

After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common-sense approach to healthy eating and fuss-free recipes. *Choosing Raw*, the book, does in an in-depth manner what the blog has done for hundreds of thousands of readers: addresses the questions and concerns for any newcomer to veganism; makes a plant-based diet with many raw options feel easy instead of intimidating; provides a starter kit of delicious recipes; and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plantbased pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times–bestselling author of *Crazy Sexy Diet*, *Choosing Raw* is a primer in veganism, a cookbook, the story of

one woman’s journey to health, and a love letter to the lifestyle that transformed her relationship with food.

My Big Fat Greek Feast Clarkson Potter

An enchanting celebration of Greek provincial life—its charming culture and sublime food—captured in 100 delectable recipes and captivating stories from the Greek-American Tsakiris family, accompanied by more than 100 visually stunning full-color photographs by James Beard award-winning photographer Romas Ford. *Sea Salt and Honey* is a delightful ode to the rustic lifestyle of Nicholas Tsakiris’ birthplace. Though America has been his adopted country for the last thirty years, he felt himself irresistibly drawn back to his homeland after his two daughters, Olivia and Chloe, were grown. Over the years, Olivia and Chloe too felt the desire to reconnect to their roots. The family now live almost full time on the Mani coast, in a little house nestled in the Taygetos foothills close to Kardamili—a charming village of roughly 450 residents, where a walk across town takes five minutes. With the abundance of nature and boundless possibilities of ingredients around them, Nicholas, Olivia, and Chloe indulge in their favorite pastime—cooking delicious meals together while sharing family stories. They eventually began to grow their own food, working together to plant and harvest each season’s bounty in their garden. Like many Greeks, they eat seasonally, and most of the recipes they prepare are inspired by the food grown in their own backyard. In an age when retaining your roots, mindful eating, and work-life balance are becoming increasingly rare, *Sea Salt and Honey* is a reminder of the importance of tradition and a celebration of personal history that combines delicious, healthy recipes with a call to a simpler way of life. Nicholas, Olivia, and Chloe invite you to take a seat at their table, to enjoy the scenic vista of the Taygetos mountain range and the Messinian gulf, as you indulge in hearty, wholesome, and easy-to-make dishes such as: Smoked Trout and Wilted Lettuce Garden Salad Savory Greek Yogurt Bowls Winter Garden Pasta with Purple Cabbage, Broccoli, Cauliflower, Sage, and Dried Chiles Grilled Octopus Marinated in Red Wine Vinegar, Honey, and Oregano Lamb Slow-Cooked in the Gastra (Clay Pot) Sea Salt and Honey Chocolate Chunk Cookies James Beard award-winning photographer Romas Ford’s incredible images capture the sense of community and Greek culture that infuse and inspire these dishes. Filled with stories, adventures, memories, and beautiful photographs, *Sea Salt and Honey* pays tribute to authentic and Greek-inspired cuisine, and is a culinary celebration of a place where the love of the land, of nature, and of a simple but rich life makes you feel at home.

The Complete Book of Greek Cooking Workman Publishing Company

2020 finalist for the prestigious Next Generation Indie Book

Awards! 65 Deliciously Authentic Recipes Straight from Mama's Kitchen My Big Fat Greek Cookbook is a comprehensive, contemporary overview of Greek food, recipes, and family culture as documented by the son of a Greek immigrant as his mother neared the end of her life. "This Greek eating tragedy has a beginning (appetizer), a middle (main course), and an end (dessert)," Christos shared. "As my Mama is in her final act, it's fitting that a quarter of her recipes are desserts. Bon appétit! Kali Orexi! (Insert the sound of breaking plates here . . .)" This is more than just a list of ingredients or series of steps, of course. It's filled with simple recipes, gorgeous photographs, traditional meals, memories, and tidbits of information that draw family and friends to Greek tables time and again. It has everything from iconic egg-lemon sauce to rich soups, sweet pies, and traditional delicacies like rabbit stew and octopus with pasta, accompanied by tales of Greek history and insight into cultural nuances. Recipes include: Meatballs (keftedes) Lentils (fatkes) Stuffed vegetables (gemistra) Spinach pie (spanakopita) Tzatziki Spaghetti with cheese (makaronia me tyri) Roast lamb (arni sto forno) Moussaka Apple cake (milopita) Ride pudding (rizogalo) And more! With stunning photographs throughout and 65 deliciously authentic recipes, this book is a peek into a Greek family that has achieved what so many of us yearn for: a fuller, more meaningful, and joyful life, lived simply and nourished on real, delicious Greek meals that you can access anywhere with this cookbook on hand.

[The Olive and the Caper](#) HarperCollins

You don't need to be a vegetarian to eat like one! With over 100 recipes, the New York Times bestselling author of *Dinner: A Love Story* and her family adopt a "weekday vegetarian" mentality. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT AND TASTE OF HOME • "Whether you're vegetarian or not (or somewhere in-between), these recipes are fit to become instant favorites in your kitchen!" —Molly Yeh, Food Network host and cookbook author Jenny Rosenstrach, creator of the beloved blog *Dinner: A Love Story* and Cup of Jo columnist, knew that she wanted to eat better for health reasons and for the planet but didn't want to miss the meat that she loves. But why does it have to be all or nothing? She figured that she could eat vegetarian during the week and save meaty splurges for the weekend. The *Weekday Vegetarians* shows readers how Jenny got her family on board with a weekday plant-based mentality and lays out a plan for home cooks to follow, one filled with brilliant and bold meat-free meals. Curious cooks will find more than 100 recipes (organized by meal type) for comforting, family-friendly foods like Pizza Salad with White Beans, Cauliflower Cutlets with Ranch Dressing, and Squash and Black Bean Tacos. Jenny also offers key flavor hits that will make any tray of roasted vegetables or bowl of garlicky beans irresistible—great things to make and throw on your next meal, such as spiced Crispy Chickpeas (who needs croutons?), Pizza Dough Croutons (you need croutons!), and a sweet chile sauce that makes everything look good and taste amazing. The *Weekday Vegetarians* is loaded with practical tips, techniques, and food for thought, and Jenny is your sage guide to getting more meat-free meals into your weekly rotation. Who knows? Maybe like Jenny's family, the more you practice being weekday vegetarians, the more you'll crave this food on the weekends, too!

[A Taste of Greece](#) Bookbaby

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, *Skinnytaste*. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, *Skinnytaste* is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The *Skinnytaste Cookbook* features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started *Skinnytaste* when she wanted to lose a few pounds herself. She turned to *Weight Watchers* for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, *The Skinnytaste Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Once Upon a Chef: Weeknight/Weekend Simon and Schuster NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. "Jennifer's recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!"—Gina Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics.

Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn's recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

The Big Book of Casseroles Clarkson Potter

This glorious book is all about translating the evocative tastes, textures and traditions of Greek food in your own kitchen. The introductory section opens with a history of Greek cuisine and its regional influences, and then gives full details on how to choose the best ingredients and how to prepare them. The recipe section then offers more than 160 authentic seasonal dishes, both classic and modern - mezedes, soups, main courses, vegetable dishes and desserts. Every recipe is tested for the modern kitchen and uses accessible ingredients. Step-by-step photographs make the recipes easy to follow, ensuring perfect results every time.

The Mediterranean Diet Cookbook for Beginners Sourcebooks, Inc. With 100 recipes and practical advice, this is the only guide you'll need to get started on the authentic Mediterranean diet!

Introducing Mediterranean Diet Cookbook for Beginners, a one-stop guide to the authentic and much-loved Mediterranean Diet, featuring a perfect balance of vegetables, grains, fruit, generous portions of olive oil, and occasional servings of meat and fish, making this Mediterranean diet book both healthy and delicious! Want to adopt a healthy Mediterranean diet but don't know where to begin? Don't worry, we've got you covered! Dive straight into this delicious diet book to discover: -100 simple, tried-and-tested, healthy and delicious recipes made with fresh ingredients. -An easy-to-follow 14-day meal plan to get you started, with comprehensive shopping and food lists, and tips for creating your own menus. -Detailed guidance on how to shop for the right ingredients and how to cook the Mediterranean way. - Top tips for adopting a Mediterranean lifestyle that will improve your health and well-being. Did you know that the Mediterranean diet is universally accepted as the healthiest diet on the planet? So what are you waiting for? Get started today! Featuring expert advice from Registered Dietitian Nutritionist Elena Paravantes, this is the only guide you could ever need to get started on an awe-inspiring journey of Mediterranean cuisine. A must-have volume for individuals who want to convert to this incredibly healthy and delicious Spanish diet, but don't know where to start. Unlike other recipe books, this healthy cookbook contains recipes, meal plans, practical lifestyle tips, as well as cooking and shopping guidance, helping you to make the very most of all things Mediterranean and encourage healthy eating everyday.

Sea Salt and Honey Simon and Schuster

Moving beyond familiar rustic, old-fashioned Greek fare are the delicious and unique offerings of premier chef, Pano Karatassos, tailored for the home cook. These 100 best-loved recipes served at Chef Pano's award-winning Atlanta restaurant, Kyma, showcase his inspiration: paying homage to the flavors and traditions of Greece, and to the wealth of insight about Greek cooking passed down from his grandmother; his classical French training, and even a touch of his Southern roots. The 100 dishes are Chef Pano's updated takes on Greek flavor combinations and ingredients. Meze include Spicy Red Pepper Feta Spread; Grilled Eggplant and Walnut Spread; Steamed Mussels with Feta Sauce; Braised Octopus with Pasta and Tomato Sauce; and Lamb Phyllo Spirals. Entrees showcase seafood in Braised Whole Fish with Tomatoes, Garlic, and Onions and Olive Oil-Poached Cod with Clams and Melted Leeks; as well as meat dishes such as Grilled Lamb Chops with Greek Fries. Manouri Cheese Panna Cotta, Semolina Custard and Blueberry Phyllo Pies, and Hazelnut Baklava Sundaes are among the desserts. Accompanying the dishes are approximately 60 full-color photographs by renowned food photographer Francesco Tonelli. Greek wine expert Sofia Perpera provides the wine pairings.

The Weekday Vegetarians Workman Publishing Company Greece: The Cookbook is the definitive work on the rich and fascinating cooking of modern Greece. Greece: The Cookbook is the first truly comprehensive bible of Greek food in English. Rapidly increasing in popularity, Greek food is simple to prepare, healthy and delicious, and, more than most other cuisines, bears all the hallmarks of the rich cultural history of the land and sea from which it is drawn. It is the original Mediterranean cuisine, where olive oil, bread, wine, figs, grapes and cheese have been staples since the beginnings of Western civilization. With hundreds of simple recipes by Vefa Alexiadou, the authoritative grand dame of Greek cookery, the book also includes information on regional specialities, local ingredients and the religious and historical significance of the dishes, and is illustrated with 230 colour photographs. Greece: The Cookbook is the definitive work on the rich and fascinating cooking of modern Greece.

Good and Cheap National Geographic Books

Modernized Recipes Passed Down Through Generations! With an emphasis on the use of fresh ingredients, limited use of processed raw ingredients, and a generous dose of olive oil in almost every dish, this is a cookbook that moves focus away from weight-

management enthusiasts, toward the more health-conscious foodie. In *The Ultimate Healthy Greek Cookbook*, you will find recipes for colorful, vibrant salads, delicious specialty breads, an array of dips for every occasion, and an abundance of desserts influenced by Greece's geographical position as a checkpoint between the East and the West. Fragrant syrups, eastern spices, and heartwarming custards adorn the pages of this contemporary, yet traditional cookbook. Recipes include: Vine leaf and rice rolls Shrimp in tomato and ouzo sauce Lemon chicken with rice Spinach and feta cheese pie Yellow split pea dip Black olive bread Granddad Georgio's garlic potatoes And many more! [My Greek Family Table](#) Phaidon Press

Take a culinary journey through Greece in *All You Can Greek* with Eleni Saltas, a blogger with a flair for Greek food, life, and travel. Eleni knows the power of oregano, olive oil, history, and friendship- just a few key ingredients that bring these approachable and traditional Greek recipes to life. A cookbook that also lists the best beaches and monasteries in Greece? Yes! Eleni blendstrue life tales and Greek spirit with the flavors of Greece so that you, too, will feel what it means to live and love like a Greek.

The Greek Slow Cooker Skyhorse

"Tyler and his approach to sandwiches are equal parts clever, hilarious, and deeply dirty (in all the right ways). I'm obsessed with the never-ending possibility of what a sandwich can be, and so I'm a supreme fan girl of everything that Tyler and his crazy mind inserts between these pages and two pieces of bread."

—Christina Tosi Known genius and broccoli savant Tyler Kord is chef-owner of the lauded No. 7 Sub shops in New York. He is also a fabulously neurotic man who directs his energy into ruminations on sandwich philosophy, love, self-loathing, pay phones, getting drunk in the shower, Tom Cruise, food ethics, and what it's like having the names of two different women tattooed on your body. But being a chef means that it's your job to make people happy, and so, to thank you for being there while he works out his issues, he offers you this collection of truly excellent recipes, like roast beef with crispy shallots and smoky French dressing, a mind-blowing mayonnaise that tastes exactly like pho, or so many ways to make vegetables into sandwiches that you may never eat salad again. *A Super Upsetting Cookbook About Sandwiches* will make you laugh, make you cry, and most of all, make you hungry.

Greece: The Cookbook BenBella Books, Inc.

My Big, Fat, Greek Cookbook elicits a fusion of both old world traditional cooking recipes and techniques, as well as Chef Elaine's own flavorful and innovative methods to offer a unique, hands-on cookbook to create delicious, heart-healthy Grecian delicacies.

Vegan Burgers & Burritos Page Street Publishing

Debbie Matenopoulos grew up in a traditional Greek household, eating delicious, authentic Greek cooking that her family had passed down for generations. When Debbie started her television career in New York on *The View*, she began eating a standard American diet. Despite carefully limiting how much she ate, she found herself gaining weight and losing energy. Debbie moved on to anchor and special correspondent positions at E! News and TV Guide Channel, then to many other roles that had her on the go all the time. It was only when she returned to her traditional Greek diet that she found herself easily—and healthily—realizing her natural weight and regaining the stamina she had as a teenager. In *It's All Greek to Me: Transform Your Health the Mediterranean Way* with *My Family's Century-Old Recipes*, Debbie shares 120 of her family's traditional Greek recipes and adds her own touch to make them even healthier and easier to prepare. After tasting Debbie's dishes, such as her mouthwatering version of Spanakopita and her take on Fasolatha, you'll be amazed that these delicious foods are good for you. Debbie even includes tips on how to adapt her recipes to meet any dietary needs, so all readers can enjoy her hearty meals. With a foreword by Dr. Michael Ozner, one of the nation's leading cardiologists, the recipes in *It's All Greek to Me* adhere to the healthiest diet on the planet: the traditional Mediterranean Diet. Modern science is catching up to what Greeks have known for millennia: health comes from eating natural, whole-food ingredients that haven't been processed or pumped full of hormones, antibiotics, or preservatives. Let *It's All Greek to Me* bring your friends and family together to share in the experience of a Greek meal and way of life. Opa! A portion of all proceeds will benefit the ALS Association.

The 400-Calorie Mediterranean Diet Cookbook Fair Winds Press

Natural Greek cuisine this healthy and this delicious has never been this easy. Bring the healthy and mouthwatering flavors of Greece home with Opa! *The Healthy Greek Cookbook*. Filled with traditional dishes, this Greek cookbook combines great tastes with food that's good for you. From Kalamata Olive Spread and Vegetable Moussaka to Shrimp Santorini and Spinach and Feta Stuffed Chicken Breasts, these dishes will have you shouting "Opa!" Worried about finding the right ingredients? This Greek cookbook brings you authentic dishes without needing to visit the Mediterranean to shop. Learn how to stock your pantry, explore Greek flavor profiles, and master cooking techniques. Opa! *The Healthy Greek Cookbook* includes: 90 healthy Greek

recipes—Discover how easy it is to craft sumptuous Greek dishes in your kitchen using easy-to-find ingredients and simple instructions. Helpful tips and tricks—This Greek cookbook is filled with handy suggestions for substituting ingredients, advice for better cooking, timesavers, and more. Live Greek—Get insight into why Greek food is so good for you—as well as healthy lifestyle tips drawn straight from Greece. Eat healthy without sacrificing flavor thanks to Opa! The Healthy Greek Cookbook.

The Paleo Healing Cookbook Southwater

Greek cuisine is as warm, friendly, and inviting as the country from which it hails. With a history dating back 4,000 years, the Greek culinary experience is based on fresh, sun-kissed ingredients; an appreciation of the bounty of land and sea; and a unique philosophy of eating and sharing meals. With an intense appreciation of rich Mediterranean flavors and the tradition of

Greek culinary excellence, Chef George Kyrtatas gives old-world recipes a new-world twist. Emphasizing seasonal ingredients and simple preparations, George's recipes draw from family experiences and his own creative ideas. From flavor-charged first courses, dips, and salads to simple skillet dishes and tempting desserts, these recipes burst with the bold tastes and warmth of a Greek family table and offer a fresh perspective on an ancient cuisine.