Regional Greek Cooking by Catherine Karayanis

Simple And Tasty!

This is a Greek family cookbook with unique flavours and home kitchen recipes. This book showcases dishes from the key regions of mainland Greece as well as the islands and introduces readers to little known spices and ingredients-providing ways to track them down. Of particular interest is a section on micro-brewed beers, regional wines, and different ouzos. Also included is an overview of the Hellenic, detailing the culinary history and culture of provincial and mainland Greece.

Features:
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My Personal Review:
I love this book! I'm originally from Australia where there is a large Greek community; many of the dishes from the book bring back happy memories of dining with friends in great Greek restaurants.

I particularly like the way meals are presented in relation to their region of origin, as it really adds to the obvious history and heritage of each dish. Restaurants in the regions are also listed, so this is a great book to take if you're ever lucky enough to travel through Greece.

The Ground meat Rolls in Tomato Sauce (Soutsoukakia Smyrrneika) is sensational. Finding dishes that incorporate anisette (one of my favorite flavors) such as the New Years bread from Sparta is a real bonus. I'm gradually working my way through the list of meals incorporating Ouzo as the flavor is just amazing. (Chicken with Seafood and Sweet Calabash Sauce, Coconut-Ouzo Syrup Cake... can't beat that!)

Beautifully written and presented, this is a highly recommended buy that I know I'll keep referring to over and over.
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