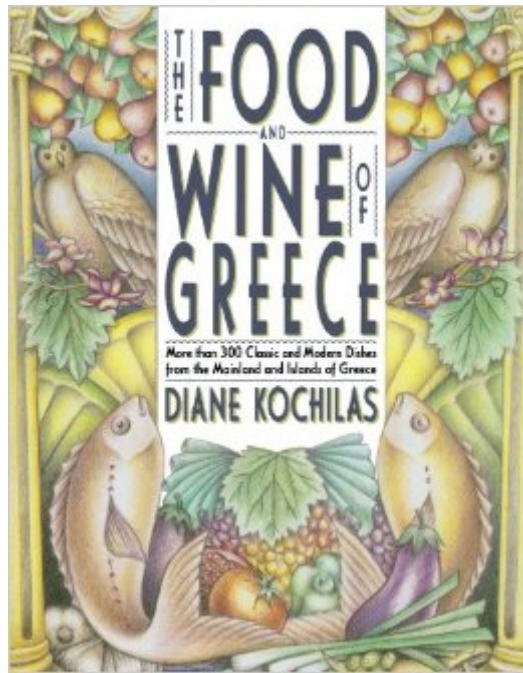


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# The Food And Wine Of Greece: More Than 300 Classic And Modern Dishes From The Mainland And Islands



## Synopsis

Greece and its many islands are rich with traditional and regional culinary dishes that go far beyond the standard fare of moussaka and spinach pie. To gather these special recipes and the culture that surrounds them, Diane Kochilas spent more than fifteen years living and traveling in Greece. From home cooks and professional chefs she coaxed a wonderful array of authentic recipes to augment her own creations, adapting where necessary to make them accessible to modern cooks with modern ingredients. This tantalizing collection of recipes covers all aspects of Greek cuisine and pays tribute to the history and tradition behind each dish. Each chapter--from olives and bread to appetizers, stews, savory pies, fish, poultry, meat, eggs, grains, vegetables, and sweets--is filled with detail on the ancient, religious and folkloric origins of various dishes. Basic preparations, such as those for phyllo, avgolemono, and grilling of fish and game, are covered, as are regional variations and local specialties, secrets of village home cooks, and guidelines on how to serve the foods in typical Greek fashion. Also included is a helpful guide on where and how to obtain Greek specialty items by mail.

## Book Information

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## Customer Reviews

I would recommend this book highly. As a Greek American I can vouch for the authenticity of most of the recipes. In some instances the author has to make substitutions (mostly with cheeses) with ingredients that would be difficult to find for the average American. Her wine selections are helpful and in my experience have paired well with the food. Her measurements are very accurate. For anyone who has cooked from many Greek cookbooks (in English) you will know that very often measurements are totally off. This is due to the fact for thousands or at least hundreds of years

these recipes were verbal and were not written down until relatively recently. I have suffered through many a dish trying to guess what amount is accurate. That has always been my biggest complaint with Greek cookbooks- AND that is not a problem with this one. Everything I have tried has come out wonderful. I would recommend this as a great book containing all the classics. Kali Orexi!

This cookbook is a masterpiece. It symbolizes greek cuisine at her best. The recipes are authentic and provide the novice or professional cook the best insight into the simplicity of greek food. The regional specialities are a delight. I have used this book countless times. It also shares with the reader little paragraphs about the recipes and their origins or variations. I own several greek cookbooks, but this one is my best and Diane has captured the heart and soul of greek cooking. From the meze to the deserts, all the recipes will stimulate the palate and keep you going back for more of her recipes. Some of the recipes reminded me of my childhood with my grandparents and my grandfather's cooking. This book should satisfy your cravings for greek cuisine.

We are so blessed here in the Detroit Metro area to have Greek Town with all its outstanding restaurants. You can even get their cookbook which is excellent: Opa! Greek Cooking Detroit Style. Kochilas' cookbook is even larger with over 300 recipes plus variations on most dishes, background sketches and wonderful memories of the dishes she's describing. I am in love with the way Greeks do Lamb Stews--scented with allspice and cinnamon with just right acidic balance of rich tomato sauce. Kochilas' recipe Arni Kapam (Lamb in a Spicy Tomato Sauce) has become a favorite. Surprisingly so, I am a nut for Snails, so her Cochli me Pligoui (Snail and Bulgur Pilaf) is out of this world as well as the Cretan Classic Snail Stew. Her classic Pastitsio and Mousakka are excellent as well as Chicken-Lemon Soup and syrupy Baklava desserts. One fine, well done cookbook.

Having lived in Greece, and having been a professional recipe writer and tester here in the US, I can give this book an enthusiastic thumb's up. In fact, I own the book already and am now getting one for my mother-in-law! The recipes are simple, deceptively so: you can't believe it's going to taste like the real thing, but it will. Greek cooking is truly a cuisine of limited resources and resourceful handling of those resources, and this book captures it well. The only thing missing is... food photos! But if you know Greek food well, you'll know why: it's uniquely unphotogenic, although the raw ingredients are usually worthy of a shot.

I bought this book based on other reviews I read, and have to agree the recipes sound fantastic and authentic. However I've never cooked anything from it because the way that the recipes are set out in the book makes them incredibly difficult to read and follow. The type is very small and not well spaced. The ingredients are listed on the left hand side of the method on the left pages of the book, and the right side of the method on the right hand pages, making it very confusing to read when a recipe runs across two pages. I just don't find it an enjoyable book to read from which is a shame because there are tons of really lovely sounding recipes in it. They should do a new edition and make it cleaner and easier on the eye - I would buy it in a second.

This is definitely the best Greek cookbook I own. The recipes are authentic - as Greeks have been cooking them for hundreds of years. It contains the recipes for all the classic Greek dishes and has a nice section on sweets. Best of all, it refers to everything by its Greek name (with an English translation, of course). So if you want to cook moussaka, kokkinisto, kotopoulo, avgolemono, fassolatha, psarosoupa, yuvetsi, yemista, galaktoboureko, vassilopita, koulourakia, loukoumathes, kourabiethes and much more, then this book is for you.

This book is informative, well put together, easy to use, and full of great recipes. I grew up with Greek food, but the author has provided a much wider overview of Greek cuisine than most cookbooks on the subject, and has provided much interesting information about regional differences.

I specifically purchased this book in the hopes that it might contain the recipe for the Ouzo Sauce in the Shrimp and Scallops in Ouzo served in the Pylos restaurant in NYC. Sadly, it does not. It does have several hundred other delicious Greek recipes. I'd compare it to the Joy of Cooking if Joy handled only Greek food. It doesn't have pictures, so if that's a deal breaker for you, you may prefer her newest title, *The Country Cooking of Greece*, which has many pictures and also covers a lot of ground. As a first-generation Greek-American, I'm glad I can have this resource for when my Yiayia is not able to offer her own recipes.

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