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# Culinaria Greece



## Synopsis

Those who seek out the land of the Greeks with their souls also like to nourish their bodies a la Greek. In the homeland of Homer, Sophocles, and Plato, where historical-cultural treasures and Mediterranean flair are part of everyday life, the love of good food is an integral element of the culture. This volume of Culinaria leads us from the banquet tables of ancient symposia to the sophisticated arrangements of haute cuisine in the metropolises as well as the simpler fare enjoyed by fishermen, farming families, and shepherds. Naturally, wine, olives, sheep's cheese, fish, and fruits play an important role in Greek dishes. This sensual journey across the mainland and the islands provides a view behind the scenes of Greek culinary culture for fans of this country, in which the Orthodox Easter celebration is just one of the highlights. More than 1,300 colored illustrations on 460 pages as well as numerous authentic recipes make even reading this book an experience for the palate.

## Book Information

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## Customer Reviews

I am living in Greece and was given this book as a gift. This book will give you so many insights into Greek regions, foods, wines and life. It is broken down into food groups such as vegetables, cheeses, meats, and wines from each region. The photography is also amazing. After having lived here for two years, I can really understand why certain foods are from each region and how the cuisine has evolved. I have found the book very accurate and the recipes excellent. I have given this book to 3 others since receiving it one month ago.

I am also Greek American and have been through at least 7 Greek cookbooks. Finally I found one

with a Pastitsio recipe that tastes just like Yaya's. The photos are beautiful, the recipes (I've used several) are very authentic, and the text is amazing. I love how they break down the regions. I could never find certain recipes that I grew up eating from the Thrace region, but they are in this book!!! I love this book and have given it as a gift as well. In fact, the entire Culinaria series cookbooks are great!

I have loved the CULINARIA series from the very first volume that I was given as a gift. If you are interested in learning the history and culture of Greece by learning about the food eaten there, this is the book for you. The book is divided into chapters by geographic regions. Each region is described by the physical features that make it unique, the foods and ingredients that are special to it, and recipes are given for the dishes that define it. There are abundant sidebars about significant topics either historical, political or cultural in the region that have shaped the food or people. Then there is the photography. Beautiful photographs of the landscape, detailed photographic charts of ingredients, appetizingly displayed prepared dishes, step-by-step series showing ingredients being made, and people lovingly portrayed going about their daily lives. This book is BIG, no bedtime reading with this one, you won't be able to hold it up! If you love cookbooks for the way they tell the story of a country, the CULINARIA Greece is not to be missed.

I see that others have found this cookbook to be great, but I've had issues with all of the recipes I've tried. Sometimes the recipe is unclear, other times it just seems wrong. One example is the Baklava. The syrup called for 6 cups of water and 1 cup of sugar, the syrup is boiled for 5 minutes then simmered for an undefined amount of time then honey and lemon juice are added and brought to a boil one more time. This amount of cooking does not reduce it by much and 6 cups of syrup is way too much to be absorbed by the baklava. The recipe itself tasted great, there was just the slight problem of either too much liquid or not enough cook time. I've run into problems like this with almost every recipe I've tried. I'm learning to look up a similar recipe from a different source to check if quantities or cooktimes seem to be way off. I do love that the book is broken into different regions and I love the bit of history that goes with each recipe or region. The photography is also great.

I just got my copy of this wonderful cookbook and I LOVE IT! It is broken down by region: Athens, Attica and Central Greece, The Peloponnese, Ionian Islands, Epirus, Thessaly, Sporades, Chalkidiki, Thessaloniki, Macedonia, Thrace, North Aegean Islands, The Cyclades, Dodecanese,

Crete, and finally Cyprus. The way most of the recipes are presented is within a monograph about a particular ingredient; first there's an essay on the ingredient and then a recipe or three at the end. This produces a book that's a treat to read just for entertainment and also seems to work well for recipes since there's a good index in the back of the book. There are wonderful pictures... some of the countryside, people, ingredients all of which are really fun, but importantly, there's a lot of pictures of finished dishes accompanying the recipes. With foreign cuisine, that's so important. I believe that someone completely unfamiliar with Greek cuisine could produce most of the recipes satisfactorily from the information, pictures and recipes in this lovely book. However, on the date of my review there is one four-star review (all the rest are fives) that cautions that the reviewer has had problems with every single recipe she has tried. It sounds like the problems she has had could be overcome if one has sufficient general cooking knowledge, but I appreciated the "heads up!" Unfortunately, I have not yet cooked from one of the recipes, but I will soon and report back by editing this review.

First, I don't normally spend time writing reviews... this book has enticed me to sing of its praises. When I was looking for a Mediterranean cookbook, I found a bunch of books on the specific diet. I thought it was interesting, but I didn't want to think of my cooking styles to be a "diet". So I decided to look for Italian, Spanish, Greek, etc cookbooks. I read reviews on this one and decided I'd try it over the other. I am so thrilled that I did! I happen to enjoy reading cookbooks (weird I know). This cookbook is not just filled with recipes from the entire country of Greece (p.5 is a map of Greece sectioned out with the names of the regions and each region is a chapter in this book), it is also filled with culture! As I'm reading through this book, I feel like I am immersing myself into the Greek culture. As one who had the opportunity to immerse herself into the Greek culture of a fantastic family who owned a house in Athens and on Andros Island, I was able to become one of the family for about a week. I worked in their gardens and fished in their seas while on my vacation. I learned a few words and learned that I loved Greek food and culture. Reading this cookbook has me reliving my memories and wishing I could do it again! The author discusses everything from livestock, to harvesting pistachios (I may not do that, but I can improvise), to why they dye their Easter eggs red, to death rituals, and wineries. If you don't want to read through the culture and are just interested in a "fish" recipe or "pasta" dish then all you have to do is turn to p.453 to check out the Index of Dishes or flip the page to the English Recipe Index; if you're feeling Greek (or can read Greek) flip the page to the Greek recipe Index. I must say... this is my new FAVORITE read and cookbook... until I find another anyways.

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