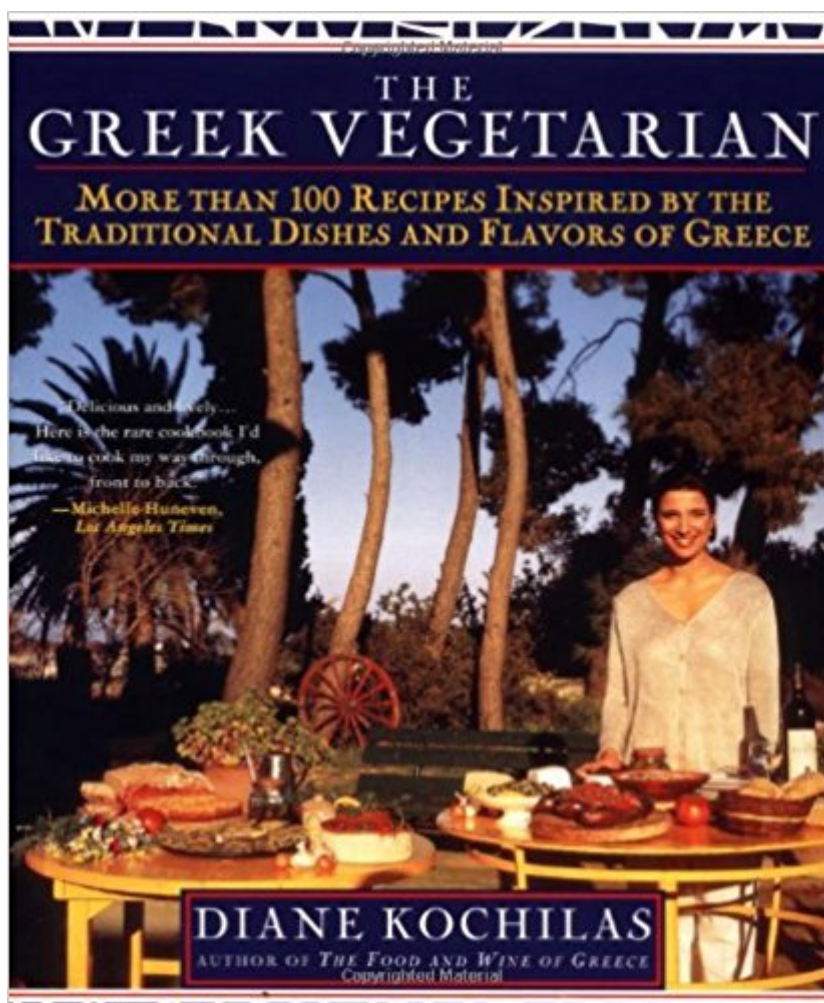


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# The Greek Vegetarian: More Than 100 Recipes Inspired By The Traditional Dishes And Flavors Of Greece



## Synopsis

Greek cooking offers a dazzling array of greens, beans, and other vegetables—a vibrant, flavorful table that celebrates the seasons and regional specialties like none other. In this authoritative, exuberant cookbook, renowned culinary expert Diane Kochilas shares recipes for cold and warm mezes, salads, pasta and grains, stews and one-pot dishes, baked vegetable and bean specialties, stuffed vegetables, soup, savory pies and basic breads, and dishes that feature eggs and greek yogurt. Heart-Healthy classic dishes, regional favorites, and inspired innovations, *The Greek Vegetarian* pays tribute to one of the world's most venerable and healthful cuisines that play a major component in the popular Mediterranean Diet.

## Book Information

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## Customer Reviews

In Ithaca, the villagers so revere the olive that they give names to the olive trees that bear them. We're not talking upstate New York here, but Greece, the land that gave us rosy-fingered dawns and spanakopita. Diane Kochilas gives us the Greek way with vegetables in *The Greek Vegetarian*, and she should be given some kind of humanitarian award for the effort. For anyone fussing over increasing greens, vegetables, and grains while reducing the place of meat in the usual American diet, *The Greek Vegetarian* is a place of comfort and repose, a place to settle back in the sun and flip through the pages and let the deliciousness of all these wonderful food ideas lap over your life like warm waves from the Aegean Sea. There are 100 recipes herein, and they come from the traditions of Greek cuisine. No one is stretching just to make a dish vegetarian (oh, OK: there's one recipe for vegetarian souvlaki). Only recently have Greeks gained the dubious title of biggest meat

eaters in Europe, and even then all they did, according to the author, was make their plates bigger for the added meat. They still eat a diet rich in vegetables. Always have; always will. But some specifics. Kochilas divides her book into Meze, the little dishes of Greece, and Main Meals, the pastas, soups, stews, casseroles, savory pies and breads, the egg dishes. There's Beet and Apple Salad with a Yogurt Dressing, for starters. How about Roasted Eggplant and Chickpea Salad? Or Arugula Salad with Wrinkled Olives and Orange Slices? The Classic Greek Bean Soup is included. So too is a dish of Potatoes Stewed with Kalamata Olives. The possibilities build, one upon the other. This book bursts with flavor the same way a vine-ripened, sun-warmed tomato bursts at the first bite. It will dribble down your chin if you're not careful. --Schuyler Ingle

Kochilas, a chef and food writer (*The Food and Wine of Greece*) offers a delightful view into a cuisine whose "backbone... has always been what is harvested, in either wild or cultivated form, from the earth." Characterized by simplicity and purity of ingredients, these recipes for meat-free dishes promote an encouraging flexibility in terms of substitutions and meal planning that many home cooks will value. Creamy Orzo Casserole with Vegetables and a touch of cinnamon, while included in the Main Meal section might just as easily be served as a side dish; Giant Beans Baked with Honey and Dill could stand in for Boston Baked Beans. Many a family table or party buffet would be revitalized by the creative fusion of ingredients in such dishes as Small Tomatoes Stuffed with Eggplant Puree; Onion Pita (pie) with Dill, Raisins and Nutmeg; or Asparagus Frittata. Historical and cultural tidbits are included in recipe intros. Celebrating the joyful exuberance of Greek cuisine (the freshest of ingredients, fruity olive oil, crusty bread, olives, lemons), Kochilas also offers a deep appreciation for the historical and geographic development of its grain and vegetable tradition. Mail-order sources and bibliography are included; illustrations not seen by PW. Copyright 1996 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

if you read and follow the very simply guidance to simple eating as presented in this book. As we've read in recent years, the secret to long and happy and productive life is what we eat and how we exercise. The Mediterranean diet is very probably the ultimate solution. Anyone who has been to Italy and Greece and was conscious of how those people eat can't help but notice that high carbo, high fat, junk food for the most part is not on the menu. We are literally eating ourselves to death in this country and diabetes is at epidemic levels. This book describes an eating regimen that is simple, very tasty, and easy to incorporate into your lifestyle. Have you ever eaten a Greek salad with the feta cheese and olives and fresh lemon juice and Greek oregano and excellent extra virgin

olive oil? There are many excellent elegant recipes like that in this book and I urge you to get it and make it the bible of your eating life; it may just be what saves it.

It is good. I was looking for more of a traditional Greek cookbook, but this is a nice edition to Greek cooking.

Lots of interesting recipes in here. Many I've never heard of. Most of them can be made with items that are easily found in a regular grocer.

I'm trying to incorporate more vegetables as well as follow a Mediterranean diet. This book is wonderful. The Classic Greek Bean Soup is delicious, Grape leaves stuffed with hummus? Yum! Very easy recipes. Easy to find ingredients. Author gives you a short introduction on some recipes, as well as some good substitutions of ingredients.

I've made six recipes out of this cookbook and they were all delicious. I've never made Greek recipes and the combination of flavors is refreshingly different. I would recommend this cookbook. A few of the recipes take time to make, but are well worth the time.

A great collection of recipes from a favorite author of Greek cookbooks. It's been an important part of my healthy-food regime.

Unfortunately I've had the flu and not been at all able to cook or even hungry since the book arrived, but I did look through many of the recipes. Having spent 15 months of my youth living in Greece, I can say the recipes look very authentic. And not too difficult to prepare. If I change my mind when I start cooking the recipes, I'll come back and revise the review.

I actually go online to a website called Olives and Tomatoes. The Greek woman cooks many recipes from Crete and they are not over laden with dairy, which works for me since I'm mainly vegan. Everybody raves when I make her recipes, from family to company. But I hate having to go on my computer to get her recipes, so I ordered this instead. I will still have to go on the computer. This book is just okay. I wouldn't bother , actually.

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