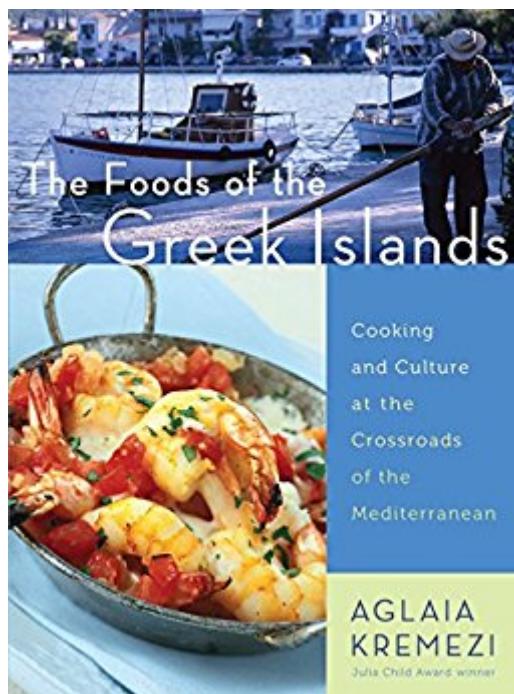


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The Foods Of The Greek Islands: Cooking And Culture At The Crossroads Of The Mediterranean



Synopsis

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 the past eight years collecting the fresh, uncomplicated recipes of the local women, as well as of 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.

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Customer Reviews

This book is gorgeous, both in the sumptuous photos and the stunning layout. The intro is fantastic with its summary of differences in cuisine between the mainland and the various islands, and the glossary in back is extremely helpful. Best of all is the food -- not a bad recipe so far and I've tried vegetables to meat to fish, appetizers to mains. This book has even made me like leafy greens. Braised corfu style, mustard greens and spinach turn out to taste as good as anything on the planet. Once that is, you get past the confusing directions. This book is not for beginning cooks. Even experienced cooks are likely to stumble. For instance, in the recipe for braised greens, the ingredients list calls for 2 large ripe tomatoes or 1 cup canned tomatoes with their juice or 1 cup water. Does this mean you can use fresh tomatoes, canned tomatoes or water, or does it mean that if you use canned tomatoes you can use either the juice they come in or a cup of water? Ambiguities like this abound. Do you know which are the tender stalks on fennel? When making meatballs with rice and herbs in lemon broth, when the recipe says the chicken broth mixture should completely cover the meatballs, what do you do when it doesn't? If you've cooked before you can eventually figure these things out, but it's clear that while the author really knows how to cook, she didn't have a fresh set of eyes and hands try out the recipes. Still, don't be scared away. Everything in here is great. The food tastes fantastic, and the introduction to each dish that sets it in context is wonderful. It never would have occurred to me to serve greens over polenta with currants and onions.

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