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The Everything Mediterranean Cookbook: Includes Homemade Greek Yogurt, Risotto With Smoked Eggplant, Chianti Chicken, Roasted Sea Bass With Potatoes ... Meringue Phyllo Tarts And Hundreds More!



Synopsis

Hundreds of recipes for healthy Mediterranean meals! People who live in the Mediterranean region enjoy one of the healthiest diets in the world--they have the lowest rates of chronic diseases and one of the highest life expectancies in the world. Thanks to a local diet rich in vegetables, fruits, whole grains, nuts, and of course, olive oil, a healthy lifestyle is a staple of the Mediterranean culture. Open The Everything Mediterranean Cookbook, 2nd Edition to find 300 of the most sumptuous--and healthy--recipes that the Mediterranean has to offer, including: Breakfast baklava french toast Fried calamari Roasted beets with almond-potato skordalia Greek summer sangria Lemon meringue phyllo tarts Just because you don't live in the Mediterranean doesn't mean you can't eat like you do! With this easy-to-use cookbook, you have everything you need to enjoy the lush, vibrant foods of the Mediterranean--all at home!

Book Information

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Customer Reviews

I have followed his Kalofagas blog for years, and have enjoyed many of his recipes posted on his blog. I am in awe of his tireless energy in maintaining the website and supporting Greece and things Greek. The book will be a great addition to our Mediterranean collection. I wish it were in hardback, as it will receive heavy usage and wear out before long! I wish I lived close to Toronto so I could join his numerous Greek themed dinners there.

Not for beginners. In quite a few recipes one or more items in the list of ingredients are not called out in the directions and the directions call out ingredients that are not listed. Steps are missing and not in order. This book needs a better editor. Although, some of the recipes are quite nice if you know what to do.

I bought this as a gift for a friend who has been trying the Mediterranean Diet. She likes it. I'm not sure I would buy it for myself because it has a lot of recipes for vegetables that I really don't care for (e.g. eggplant and squash). My friend has promised to make me some of the dishes to help me change my mind since she does like it so much.

Peter Minaki is the real deal when it comes to Greek cooking. I've been cooking recipes from his blog and was ecstatic to see him come out with a book. I've tried quite a few recipes in this book now and they are all winners so far

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Tomatoes, Chicken and Sweet Potato Stew, Shrimp Creole, Island-Inspired Fruit Crisp and hundreds more! The Everything Peruvian Cookbook: Includes Conchitas a la Parmesana, Chicken Empanadas, Arroz con Mariscos, Classic Fish Cebiche, Tres Leches Cake and hundreds more! Caroline's No Nightshade Kitchen: Arthritis Diet - Living without tomatoes, peppers, potatoes, and eggplant! The Everything Ice Cream, Gelato, and Frozen Desserts Cookbook: Includes Fresh Peach Ice Cream, Ginger Pear Sorbet, Hazelnut Nutella Swirl Gelato, ... Lavender Honey Ice Cream...and hundreds more! Mediterranean Slow Cooker Cookbook: A Mediterranean Cookbook with 101 Easy Slow Cooker Recipes Homemade Living: Home Dairy with Ashley English: All You Need to Know to Make Cheese, Yogurt, Butter & More Constructing Walking Jazz Bass Lines, Book 1: Walking Bass Lines- The Blues in 12 Keys Upright Bass and Electric Bass Method The Greek Yogurt Kitchen: More Than 130 Delicious, Healthy Recipes for Every Meal of the Day 200 Easy Homemade Cheese Recipes: From Cheddar and Brie to Butter and Yogurt Fish & Shellfish, Grilled & Smoked: 300 Foolproof Recipes for Everything from Amberjack to Whitefish, Plus Really Good Rubs, Marvelous Marinades, Sassy Sauces, and Sumptuous Sides Sunday Is Family Dinners: From Roast Chicken and Mashed Potatoes to Apple Pie and More (The Everyday Cookbooks)

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