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# Greek Revival: Cooking For Life



PATRICIA MOORE-PASTIDES



## Synopsis

Take eighty-seven ambrosial recipes designed for the needs and appetites of everyday cooks, leaven with delectable anecdotes about the Greek lifestyle, then pepper with revealing scientific insight, and the result is Greek Revival: Cooking for Life--an appetizing introduction to wonderful flavors and health benefits of the traditional Mediterranean diet. Patricia Moore-Pastides, an accomplished cook and public-health professional, presents dozens of easy-to-make and impossible-to-resist recipes that infuse a healthful diet with the enticement of great taste. Greek Revival showcases a pantheon of healthy recipes, accompanied by beautiful color illustrations, helpful preparation techniques, and tips for making the most of familiar ingredients, from colorful fresh fruits and vegetables, to whole grains, beans, and seafood. These natural flavors are enhanced by rich extra-virgin olive oil, so the delectable dishes are savored without guilt. Following Greek tradition, meat is not eliminated from the diet, but rather saved for special occasion, and you will find a variety of succulent and creative meat recipes in Greek Revival as well. Always mindful of time, health, and budget, the author makes wonderful use of natural, minimally processed ingredients readily found in most neighborhood supermarkets. Recipes include dolmades (grape leaves stuffed with cracked wheat and pine nuts), imam baidi (caramelized eggplant), gemista (vegetables stuffed with barley and mint), xifias souvlaki (herbed swordfish kebabs), tavas (oven-roasted onion, tomato and lamb stew), kardopita (spiced walnut cake), and many more. Throughout the book Moore-Pastides shares lively stories of her days living in Greece and Cyprus that exemplify the enduring charm of an Old World lifestyle. Through her tales we see a snapshot of a world lost to fast-paced modern living, and we are introduced to the health benefits of the Mediterranean lifestyle. Her observations are supported with illuminating summaries of current scientific research. Health-conscious readers looking to improve their diets and protect themselves from the perils of heart disease, stroke, diabetes, cancer, and Alzheimer's disease will find hope in the author's research, presented in a way that is accessible and inspiring.

## Book Information

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## Customer Reviews

LOVE\_LOVE\_LOVE this book!! It definitely scored BIG points for me! Recently, I began dating a gorgeous Greek man, whom I invited to dinner for the first time. It was also my first attempt at cooking Greek food which I love to eat in restaurants. I am Italian and mostly a vegetarian/healthy eater. Naturally, I am attracted to healthy Mediterranean food, which I always order in restaurants. I was excited to try some traditional Greek recipes myself once I saw this cookbook with all the stunning photos. There are so many beautiful dishes to try in this cookbook but, I finally decided to make the Traditional Moussaka as a main, the Greek Salad, and Tzatziki to go along with some appetizers. I wanted to impress... and impress I did!!! I found a wonderful little known secret; a small Greek market in Hollywood, Florida called Hellas Imports. There I was able to buy traditional Greek products from Greece! The people there are so nice, cheerful and very helpful. A woman named Georgia helped me. She was surprised that I had never tasted moussaka and was attempting to make it for the first time for someone new, and she was very supportive and enthusiastic. After reading the cookbook, I felt pretty confident that it would all be ok - wellll, I was hoping anyway! Georgia helped me select the best Greek feta cheese and olives in brine, pita bread to season and grill, and baklava (I had no time to make the baklava recipe- but I intend to at some point). I also bought roasted Greek yellow peppers, roasted beets, capers and a very fine Greek olive oil. I thought it would be a perfectly delicious well planned meal. How could he not be impressed? The moment he walked in the door he said, "Wow, it smells like a Greek house in here". The best compliment ever!!

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