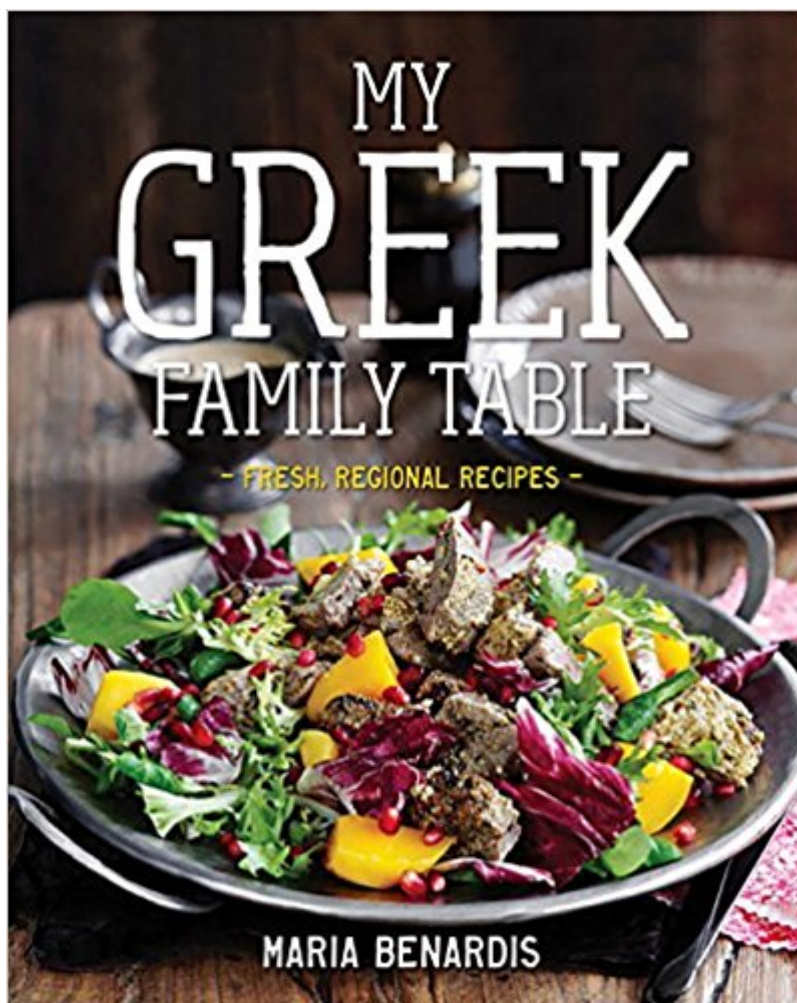




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My Greek Family Table: Fresh, Regional Recipes



Synopsis

More than 100 Greek recipes, updated for the modern home cookGreek dishes have influenced other cultures for thousands of years. The dishes and preparation are simple; the taste, divine. In *My Greek Family Table*, Maria Benardis describes her summers of cooking at her grandmother's elbow on the Greek island of Psara, and places an emphasis on eating for health and well-being. The foods of ancient Greece are as relevant and delicious as ever, showcased in recipes such as: Â Barley and Pomegranate SaladChicken with Herbed Feta CrustLamb with Avgolemono (egg and lemon sauce)Hippocrates' Spiced WineWritten with passion and beautifully photographed, *My Greek Family Table* is a personal invitation to experience all the depth and flavor of Greek cooking and the wonderful spirit of kerasma—the offering of food to those we love. Over 50 color photographs

Book Information

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Customer Reviews

Maria Benardis grew up in Australia, where she founded Greekalicious, Sydney's first exclusively Greek cooking school. She has been featured on nytimes.com, Huffington Post, Good Day New York, and Mind Body Green and teaches cooking classes at venues including the Natural Gourmet Institute and Sur La Table. Benardis lives in New York City.

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