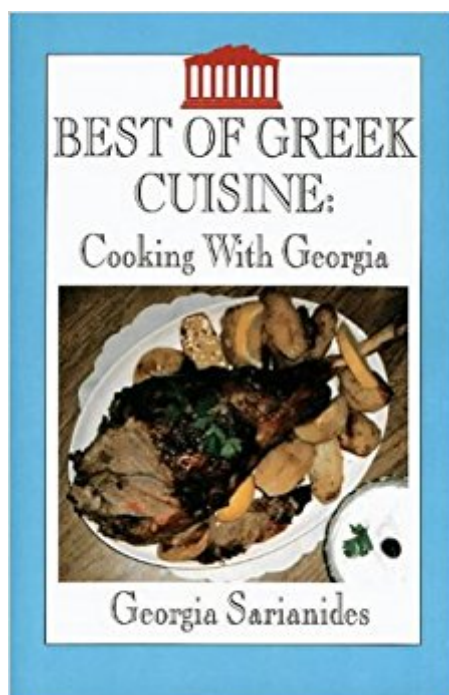


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# Best Of Greek Cuisine: Cooking With Georgia



## Synopsis

Let chef Georgia Sarianides introduce you to the world of authentic Greek cuisine with its emphasis on fresh produce, fragrant olive oil and liberal use of herbs and spices, all served up with classic Mediterranean warmth and gusto! You will learn to create delicious, satisfying dishes using fresh ingredients and pure olive oil. From traditional favourites like spanokopita and baklava to delectable lamb and seafood specialities, this book offers a health-conscious approach to authentic Greek cookery with over a 100 tempting low-fat, low calorie favourites. Among the recipes included are: Egg and lemon soup, Greek fisherman's stew, chicken stuffed with pine nuts, lamb fricassee, swordfish plaki and classic desserts such as walnut cake.

## Book Information

Hardcover: 176 pages

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (4 customer reviews)

Best Sellers Rank: #1,837,853 in Books (See Top 100 in Books) #175 in [Books > Cookbooks, Food & Wine > Regional & International > European > Greek](#)

## Customer Reviews

This is an excellent book on Greek cookery. It is filled with tasty recipes that you would find served in any Greek home. Considering some of the cookbooks you see these days that are filled with fancy recipes that no one has time to make, this book is a delight!

Best of Greek Cuisine: Cooking With Georgia by Georgia Sarianides offers easy-to-follow recipes that represent the basics of Greek cuisine. Chef Sarianides was born in Amalada in Peloponnese, Greece, and this cookbook contains the traditional Greek recipes that she learned in her Mother's kitchen, and also those that she has created herself. All of the recipes are uncomplicated, delicious, and satisfying. This 176-page cookbook is divided into five sections, Soups, Salads, and Vegetables, Savory Pies, Main Meals, Fish, and Pastries. The recipes represent a wide selection of traditional Greek foods, including such favorites as spanakopita, dolmades, pastitsio, and Greek meatballs.

The instructions are straightforward and easy to follow, and most recipes are prefaced with additional background information or serving suggestions. Recipe titles are in English, followed by the Greek translation. The cookbook does not offer photographs, although black and white line drawings are included. I particularly enjoyed the additional reference material this cookbook had to offer. For example, the Herbs and Spices section lists and defines the popular seasonings used in Greek cooking, such as basil, oregano, and olive oil. The General Food Tips section provides practical advice for choosing, preparing, and storing all types of foods, including garlic, tomatoes, and chicken. The Working with Phyllo dough section provides valuable tips and advice, and the Wine Selections section outlines the origin of six different Greek wines, and offers serving suggestions. I highly recommend this cookbook as a wonderful source of traditional Greek recipes, and as a valuable reference for anyone interested in Greek cuisine.

This is a wonderful greek cookbook. My parents are from the southern peninsula of Greece and this cookbook has the most common and popular recipes of that region.

Love watching Georgia and Dez on my local cable access - so I HAD to have her cookbook. No losers in this lot and everyone quick, delicious, and easy to make.

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