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# Mediterranean Vegetarian Feasts



## Synopsis

In *Mediterranean Vegetarian Feasts*, Aglaia Kremezi, who introduced Greek cooking to an American audience, has gone back to her roots, rediscovering the delicious, fresh, healthy, easy-to-make recipes she grew up with, like Flat Bread with Dried Figs, Spicy Cheese, and Rosemary; Santorini Favas with Braised Capers and Onions; and more. *Mediterranean Vegetarian Feasts* will appeal to even the most avid meat lover with a cornucopia of 150 simple, yet abundantly flavorful, plant-based seasonal dishes. Attractive to the ever-expanding vegan and vegetarian market, as well as for fans of Mediterranean cooking, Kremezi's arsenal of master recipes for spice, nut, and herb mixtures, sauces, jams, and pastes inspired by eastern Mediterranean and north African traditions will transform even the most humble vegetable or grain into an irresistible dish.

## Book Information

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## Customer Reviews

Like many Greeks, Aglaia Kremezi grew up eating mostly vegetarian food: foraged greens, garden vegetables, beans of all kinds, fruity olive oil, and local cheeses and yogurt. Until recently, this was a typical Greek diet; meat was traditionally a rare and expensive commodity reserved for Sundays and holidays (daily meat consumption is still a relatively new phenomenon in Greece) and thus Greeks were mainly vegetarians out of necessity. Kremezi owns a cooking school in Greece called Kea Artisanal, and is the author of the popular *The Foods of Greece* and *Mediterranean Hot and Spicy*. Her newest cookbook *Mediterranean Vegetarian Feasts* contains 150 simple, yet abundantly flavorful, plant-based seasonal dishes from Greece, Turkey, Syria, Lebanon, France, and Italy. Sample seasonal menu suggestions offer a wide range of options, including

several buffet spreads and one-pot family meals. Recipes are conveniently labeled as vegan and/or gluten-free when applicable, and ingredients are given in American and metric measurements. There is a comprehensive list of online and mail order sources to ensure that you have the necessary ingredients on hand. In the spirit of Mediterranean cuisine, use only what is freshest and in season; Kremezi suggests that you go to your local farmers' market without a recipe or shopping list in hand, choose the seasonal produce that inspires you, and only then search the pages that follow for a recipe that will showcase your fresh ingredients. The book begins with a chapter on basic preparations and techniques. Here you will find an arsenal of herbs, seasonings, pickles and preserves that will allow you to quickly transform a dish. You'll also find an excellent guide to preparing and storing various types of leafy greens.

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