

<<The Glorious Foods o>>

图书基本信息

书名：<<The Glorious Foods of Greece: Traditional Recipes from the Islands, Cities, and Villages (精装)>>

13位ISBN编号：9780688154578

10位ISBN编号：0688154573

出版时间：2001年04月

出版时间：William Morrow Cookbooks (2001年4月10日)

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内容概要

Moussaka, grilled fish, and feta salad with olives--that's it for Greek food, right? Wrong, as abundantly proved by Diane Kochilas's masterful *The Glorious Foods of Greece*. For over 10 years, Kochilas investigated the vast wealth of Greek cooking, traveling to its islands, cities, mountains, and villages and talking to cooks, bakers, fisherman, farmers, and cheese makers. She listened astutely, and the result is not only hundreds of authentic recipes, but a definitive culinary guide.

Following an introduction in which Kochilas details, among other fascinating information, the nature of each region's cuisine (Rooumali and Epirus are shepherds' domains, she writes, "where the reigning food is pita, as in savory pie, hundreds of them...."), she then offers chapter-by-chapter observations with straightforward recipes. These range from mezze (appetizers) and soups to breads, main dishes, sweets, and drinks. From the olive country of Peloponnesus, for example, readers are offered the likes of Roast Leg of Lamb with Wine, Garlic, Allspice, and Cheese. The Italian-influenced Ionian islands provide Chicken Stewed in Fragrant Tomato Sauce with Thick Pasta, among other dishes. Snd from Macedonia and Thrace come such fare as Roasted Potato Salad with Hot Pepper and Mint, and Leek and Yogurt Pie.

Throughout, Kochilas also provides interesting sidebars (The Sardines of Lesvos, for example, profiles this local treasure known for its sweetness), ingredient sketches, and preparation suggestions. A section that explores cooking techniques and a useful source list concludes the book, which is a tribute to a widely undiscovered cuisine and the author's steady yet exuberant powers of investigation. --Arthur Boehm

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