



## A Taste of Greece: Greek Cooking Made Easy with Authentic Greek Recipes (Paperback)

By Sarah Spencer

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Bring the flavors of Greece into your kitchen with easy to make, authentic Greek Recipes!\*\*\*BLACK AND WHITE EDITION\*\*\*From ancient times to the modern day, Greek cooking has evolved to be some of the healthiest around the globe. Greek culture has given a loving name for their own food; they call it "the food of the Gods." With a focus on including whole and local foods, the Greek diet helps to maintain heart health and prevent the development of diabetes, and some areas of Greece are recognized as having some of the lowest cancer rates in the world. And it's not just good for us; it's delicious! Greek food is hailed across the world for its amazingly textured cuisine that provides a perfect balance of different flavors. Greek foods are naturally healthy and full of flavors, reflecting the culture's deep and sentimental attachment to their local food. Inside, you'll find: Introduction to cooking food in Greece, the ingredients that are often used and the common methods. Delightful appetizer recipes such as the Fried Cheese Saganaki, the Spinach, and Cheese Pie Spanokopita, and the Traditional Greek Hummus. Tasty salad and soup recipes such...



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