

# Recipes from a Greek island

## Simon & Schuster - Cretan Cuisine: Our Favorite Cretan Recipes

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 Lin, Bao.  
 Cookery, Greek. Recipes from a Greek island  
 -Recipes from a Greek island  
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## Traditional Breads of the Aegean Islands

They are a favorite throughout the year, and a Christmas tradition. A Greek favorite that makes everyone think you are a master chef and is sooo easy to make!! Put the sugar, orange juice, zest, cinnamon stick, cloves and 250ml water into a saucepan and bring to the boil, then reduce to a low heat and simmer for 5 minutes. The recipes of souvlaki, mousaka, spanakopita, Greek salad and Greek desserts are also included so the only thing you have to do is find the ingredients and start chopping and baking.

## Traditional Breads of the Aegean Islands

It is a very mild-tasting and versatile fish. The simple yet tasty dish was named after the homonym traditional Cretan rusk, which is one of the most fundamental ingredients of not only this meal but also the traditional Cretan diet.

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Yet, the similarity gamopilafo holds to risotto, leaves open the possibility for the dish having both western risotto and eastern pilav origins.

## The Daily Meal

From simple grilled foods and vegetable dishes to rich layered casseroles and delicate pastries, Greek food is a wonderful mix of dishes that appeal to all tastes.

## Mykonos Kremmydopita

Rusk was perceived to be the bread of the poor, having the ability to be maintained for a long time, due to the lack of moisture the excessive roasting at low temperatures granted. It's a traditional Greek sweet, soaked in a light lemony syrup after baking.

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