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Mediterranean Cookbook:: A Tasta of Greece (culinary journey cookbooks Book 3)

shira barak

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Mediterranean Cookbook-A Tasta of Greece

Another book from the best seller cookbooks series:"A Culinary Journey - a journey between landscapes and recipes"

And this time – **GREECE**>
Greece - amazingly diverse country offers its visitors a whole world: ancient cities, archaeological sites worldwide importance, impressive monasteries, green mountains, forests and streams of water, picturesque villages, sunny beaches and beautiful islands.
Mediterranean climate combined with ouzo and locals who know what real joy is, make Greece one of the liveliest countries in continental Europe. The food takes up an important part of Greek culture, meals are conducted peacefully and calmly and include mezze (hot and cold dishes served in small dishes), and main dishes consists mainly of fish, seafood and grilled meats. Greek food is made and served with passion and love. In Greece I learned how to celebrate life and enjoy simple and delicious food. No wonder the Mediterranean diet is so successful in recent years. There is something about Greek cuisine that just feels right...
Simple, easy and absolutely delicious!
I want to take you on a culinary journey through recipes and landscapes that will give you a deeper glance on Greece with The 50 best recipes of the region, gathered especially for you.
This is not a regular cookbook; In this book I will try to introduce you briefly the history and culture of Greece and especially the principles of the Greek cuisine.
Through the recipes and the beautiful pictures of the dishes and landscapes, I hope you can feel for a moment as though you are now seating at a small charming taverna, listening to the sounds of bouzouki and with a glass of ouzo, enjoys all the great dishes served in front of you ... Yasu!

The recipes in this book are divided to 6 categories:

1. salads
2. soups
3. vegetarian dishes
4. meat/chicken
5. Fish/sea food
6. sweets
7. Quick and easy (less than 30 minutes)

Wishing you a delicious and spiritual journey.

tags: Greek food, Mediterranean cookbook, vegetarian Mediterranean cookbook, Greek food cookbook, easy Mediterranean food, Greek recipes, Mediterranean recipes, culinary gurney, Greece, Mediterranean diet

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Johnny Allen:

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Alan Johnson:

As people who live in the particular modest era should be update about what going on or details even knowledge to make these keep up with the era that is always change and make progress. Some of you maybe may update themselves by looking at books. It is a good choice for you personally but the problems coming to you actually is you don't know what kind you should start with. This Mediterranean Cookbook:: A Tasta of Greece (culinary journey cookbooks Book 3) is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

Shawn Francis:

People live in this new day of lifestyle always try and and must have the free time or they will get lot of stress from both day to day life and work. So , whenever we ask do people have spare time, we will say absolutely yes. People is human not really a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to an individual of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative in spending your spare time, the particular book you have read is actually Mediterranean Cookbook:: A Tasta of Greece (culinary journey cookbooks Book 3).

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