

The book was found

Greek And Vegetarian Cookbook: The Way Greeks Eat At Home

Greek and Vegetarian Cookbook

BY DORA KITINAS GOGOS

Recipes, tips, and techniques
from a Greek-inspired kitchen



Greek-Australian food columnist presents healthy and delicious recipes and tips for healthy cooking.



Synopsis

Hi, everyone. I'm an Australian with a Greek background. I grew up with one of the world's great culinary cultures; a culture that is proud to include one of the five Blue Zones of the world; the island of Ikaria in the Aegean Sea. As an adult, I went back to the country of my heritage. I lived and worked there and got to know the real Greece and the Greeks living there. Greece is a small country in population with only just over eleven million people. Four million of them live in Athens due to migration from the mainland provinces and the islands. Geographically, Greece is very diverse and this diversity can also be found in the food. During my thirteen years living in Greece, I became aware of this diversity; it could be heard in the way people spoke, the music, the dances, and the variety of diets. I took an interest in the food and began to collect recipes and to explore this diversity. When I came back to live in Melbourne, I was asked to write a weekly food column by a local Greek bilingual paper. I began to research not only recipes but also their origins, the cultural background, and history that they stemmed from. On my food page on Facebook, I post many of those articles that I have written. Go to the page and like it so you can get updates. <https://www.facebook.com/dkgreekfood/>

Book Information

File Size: 4378 KB

Print Length: 159 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 30, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06XYQSRLQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #426,525 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

European > Greek #82 in Books > Cookbooks, Food & Wine > Regional & International >

[Download to continue reading...](#)

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Greek: Greek Recipes - The Very Best Greek Cookbook (Greek recipes, Greek cookbook, Greek cook book, Greek recipe, Greek recipe book) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian, Vegetarian Cookbook, Vegetarian ... low carb, Vegetarian low fat) Greek and Vegetarian Cookbook: The way Greeks eat at home GREEK MYTHOLOGY: Greek Gods Of Ancient Greece And Other Greek Myths - Discovering Greek History & Mythology - 3rd Edition - With Pics (Greece, Greek, Egyptian ... Greek History, Mythology, Myths Book 1) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) 50 Dutch Oven Recipes For The Vegetarian – Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide Through The Best Vegetarian Recipes Ever (vegetarian, Instant pot slow cooker, ... lunch, dessert, dinner, snacks, SERIES 2) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two) Greek Cookbook Series:- Delicious Greek Appetizers: Delicious Homemade Greek Appetizer Recipe one can make from scratch with Detailed Instructions for ... (General Cookbook, healthy, appetizers The \$5 a Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat (Everything Books) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German

Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Vegetarian Cookbook for Beginners: The Essential Vegetarian Cookbook to Get Started Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy Vegetarian Slow Cooker Cookbook: 125 Fix-And-Forget Vegetarian Recipes Vegetarian Cookbook: 101 Family-Friendly Vegetarian Recipes Inspired by The Mediterranean Diet for Better Health and Natural Weight Loss: Mediterranean Diet for Beginners (Healthy Cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)