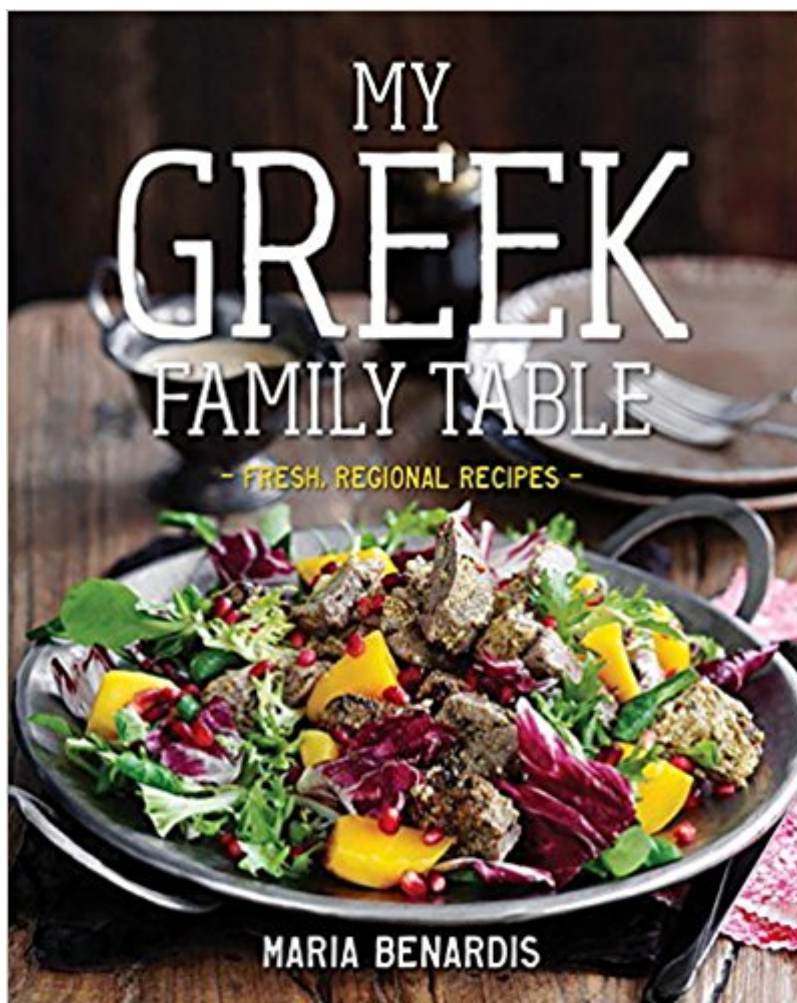


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My Greek Family Table: Fresh, Regional Recipes



Synopsis

More than 100 Greek recipes, updated for the modern home cookGreek dishes have influenced other cultures for thousands of years. The dishes and preparation are simple; the taste, divine. In *My Greek Family Table*, Maria Benardis describes her summers of cooking at her grandmother's elbow on the Greek island of Psara, and places an emphasis on eating for health and well-being. The foods of ancient Greece are as relevant and delicious as ever, showcased in recipes such as: *Barley and Pomegranate Salad**Chicken with Herbed Feta Crust**Lamb with Avgolemono* (egg and lemon sauce)*Hippocrates Spiced Wine*Written with passion and beautifully photographed, *My Greek Family Table* is a personal invitation to experience all the depth and flavor of Greek cooking and the wonderful spirit of *kerasma* the offering of food to those we love. Over 50 color photographs

Book Information

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Customer Reviews

Maria Benardis grew up in Australia, where she founded *Greekalicious*, Sydney's first exclusively Greek cooking school. She has been featured on *nytimes.com*, *Huffington Post*, *Good Day New York*, and *Mind Body Green* and teaches cooking classes at venues including the *Natural Gourmet Institute* and *Sur La Table*. Benardis lives in New York City.

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