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Greek Revival: Cooking For Life



Synopsis

Take eighty-seven ambrosial recipes designed for the needs and appetites of everyday cooks, leaven with delectable anecdotes about the Greek lifestyle, then pepper with revealing scientific insight, and the result is Greek Revival: Cooking for Life--an appetizing introduction to wonderful flavors and health benefits of the traditional Mediterranean diet. Patricia Moore-Pastides, an accomplished cook and public-health professional, presents dozens of easy-to-make and impossible-to-resist recipes that infuse a healthful diet with the enticement of great taste. Greek Revival showcases a pantheon of healthy recipes, accompanied by beautiful color illustrations, helpful preparation techniques, and tips for making the most of familiar ingredients, from colorful fresh fruits and vegetables, to whole grains, beans, and seafood. These natural flavors are enhanced by rich extra-virgin olive oil, so the delectable dishes are savored without guilt. Following Greek tradition, meat is not eliminated from the diet, but rather saved for special occasion, and you will find a variety of succulent and creative meat recipes in Greek Revival as well. Always mindful of time, health, and budget, the author makes wonderful use of natural, minimally processed ingredients readily found in most neighborhood supermarkets. Recipes include dolmades (grape leaves stuffed with cracked wheat and pine nuts), imam baidi (caramelized eggplant), gemista (vegetables stuffed with barley and mint), xifias souvlaki (herbed swordfish kebabs), tavas (oven-roasted onion, tomato and lamb stew), kardopita (spiced walnut cake), and many more. Throughout the book Moore-Pastides shares lively stories of her days living in Greece and Cyprus that exemplify the enduring charm of an Old World lifestyle. Through her tales we see a snapshot of a world lost to fast-paced modern living, and we are introduced to the health benefits of the Mediterranean lifestyle. Her observations are supported with illuminating summaries of current scientific research. Health-conscious readers looking to improve their diets and protect themselves from the perils of heart disease, stroke, diabetes, cancer, and Alzheimer's disease will find hope in the author's research, presented in a way that is accessible and inspiring.

Book Information

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Customer Reviews

Down-home Greek, even Mediterranean cooking is best experienced as a meat-light peasant diet, embracing olive oil, grains, beans, vegetables, and fruits as its main ingredients. No wonder that public-health professional (and first-time author) Moore-Pastides, Greek by marriage, not only provides 87 authentic recipes but also promotes this healthy way of eating through frequent references to current scientific research. Many of these diet's benefits are widely recognized, especially protection against heart disease; other features, like the avoidance of highly processed foods and the use of omega-3 fatty acids, are well documented within her text and in the appended references. Each recipe, though simple to follow, doesn't emulate modern cookbooks in its format; instead, all are written in a narrative, surrounded by the author's stories of living in Greece and Cyprus. Color photographs and occasional sidebars also help cooks complete dishes successfully, whether a traditional gyros or saganaki or a special-occasion moussaka or tava (slow-cooked lamb stew). A foreword by Dimitrios Trichopoulos, from Harvard School of Public Health, emphasizes the goodness of Greek eats. --Barbara Jacobs

In Greek Revival Patricia Moore-Pastides celebrates Greek cuisine as a healthy way of living and as an inseparable part of Greek culture for centuries. Her commitment to authenticity and accuracy in the scientific and culinary dimensions of her beautiful book shine through in every recipe and story. She shares with us an insider's view of Greek culture and deserves high praise for her engaging writing, creativity, and deeply felt passion for promoting a more healthy and balanced way of life. Zoe Kosmidou, minister counselor for cultural affairs, Embassy of Greece Patricia Moore-Pastides is a talented writer, a person of sharp intellect and, more important, sensitivity and compulsion to perfection. . . . Patricia draws a parallel between the revival of classical Greek architecture in the United States at the beginning of the nineteenth century and the current revival of the traditional Greek diet. Culture has many dimensions, and different people rank them in different ways. Patricia's book honors a particular aspect of Greek culture and, just as important, provides a blueprint for cooking for life—a longer, healthier, and more enjoyable life. Dimitrios Trichopoulos,

Vincent L. Gregory Professor of Cancer Prevention at the Harvard School of Public Health, from the ForewordThe delectable recipes in Greek Revival are distinctive, flavorful, and representative of their chef's commendable passion for healthy living through time-tested Old World cooking practices. Patricia Moore-Pastides retains the innate taste and texture of Mediterranean cuisine while updating the techniques and diet constraints in innovative ways for today's lifestyle. Like the recipes contained here, this elegantly presented book is a delight to be savored and shared.Nathalie Dupree, celebrated Charleston chef and author of Nathalie Dupreeâ™s Shrimp & Grits Cookbook and Nathalie Dupreeâ™s Comfortable EntertainingMy qualifications to comment on this charming memoir and cookbook rest more in my capacities as an eater than as a chef. But I enjoyed the author's stories and her perceptions when, after marrying into a Greek family, she discovers Greece, Greeks, their customs, and their cuisine. Along the way she provides renewed credence to the merits of the renowned Mediterranean diet. As a professional storyteller of Greek ways, I appreciated the tales shared in these pages. And the recipes are a bonus.Harry Mark Petrakis, Greek American novelist and two-time National Book Award finalist

I strongly recommend this book to anyone who has thought about learning how to cook Greek food but has always felt intimidated by it. This cookbook has shown me that Greek dishes are actually quite simple to prepare. The dishes featured in this cookbook are easy to cook, and the best part is--these dishes are so good for you! I love the fact that this book explains the health benefits of eating Greek--from garlic and olive oil to delicious tomatoes and broccoli. Beautifully photographed with engaging stories that are great to read while waiting for your dishes to cook. This book is wonderful!

Both a cookbook and a guide to the mediterranean style of eating, Greek Revival works beautifully on a number of levels. The nutritional information on the benefits of the traditional greek diet and how it balances with the modern diet is presented very well. The photography amazes as well. And most of the recipes I've tried have been very tasty.My biggest problem with the book is it seems to be more American than Greek when it comes to the recipes. Some of the seasonings appear to have been changed for the American palate. The same goes for the ingredients. There is nary a mention of squid or octopus - both of which are much loved in Greek cuisine. There are one or two other things that just don't quite fit. It just seems a bit odd to me, though it doesn't detract from the book overall.If you are looking to dip your toes into Greek cooking this is an excellent book for you. if you're looking for something beyond that - for a much more in depth foray into Greek food I

suggestÃ The Country Cooking of GreeceÃ by Dian Kochilas.

Greek Revitalize Cookbook is one of the best cookbooks I've purchased. It's like reading a good book. The recipes are all so healthy but delicious and I can't wait to try out these new recipes.

I have friends that lived near Greece, this is fairly similar to food they make from their home towns. Everything I've tried is excellent so far

Great recipes and Greek culture info

A beautifully written cookbook with every dish beautifully pictured...explicit directions make first time attempts result in delicious outcomes. My every meal has become Greek!

I have been looking for a book like this for ages. Something that backs the benefits of the Greek diet with recipes scientific proof and anetodal experiences from the author. This book does this and much more. It looks at the lifestyle and not just the diet. If you want a manual based on the Mediterranean Greek diet to help you change you life for the better then this is the book

The recipes in this book are amazing. One great dish after another. Easy, beautiful and healthy. The Imam Baldi is truly spectacular as is the chard with black-eyed peas.

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