

<<地中海烹饪>>

图书基本信息

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内容概要

Simple yet elegant, Greek cuisine has preserved for centuries the Mediterranean specialties that are so delicious. Tender lamb, an abundance of vegetarian dishes made from vegetables grown in the sun, and, of course, fish and seafood of every kind - tasty and healthy regional specialties such as these, made with the best quality olive oil, are guaranteed to be a success with your family and friends. How about filled zucchini flowers, octopus with pasta, Chios rabbit with wild vegetables, or the sweet and seductive Mbourekakia pasties? In this book, 11 master chefs present authentic recipes from their homeland and let the reader into the secrets of Greek cuisine, providing ample expert knowledge and entertaining details along the way. Step by step, they explain how amateur chefs can recreate their exquisite dishes at home, capturing that special Mediterranean flair. Let yourself be led on a remarkable culinary journey, and rediscover the delights of Greek cuisine!

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书籍目录

Difficulty: Easy Medium Difficult Hot & Cold Appetizers Smoked Eggplant with a Trio of" Bell Pepper Coulis Feta Saganaki Filled Zucchini Flowers Broiled Vegetables Konstantinos Style Greek-style Mezze Mezze of Fried Vegetables with Yogurt Sauce Baked Florina Peppers Icaria Octopus Cooked the Karoubas Way Prasopita Kozanis Greek Salad Green Salad with Mussels and Marinated Anchovies Mytilene Sfougato Spetzofai from Volos Canea Lamb Pie Soups Kakavia Kreatosoupa Ntomatosoupa Potage of Lamb with Avgolemono Sauce Chicken Soup with Avgolemono Navy Bean Soup with Boukovo Garbanzo Bean Soup with Delbia Mani-style Fish Soup Mount Athos Fish Soup Yalitiki Soup Trachanosoupa Vegetable Dishes Eggplant with Fava Purde Chortomageria Stuffed Zucchini with Avgolemono Sauce Trachanas, Onion, and Mint Pie made with Phyllo Pastry Okra in Olive Oil Didymo Kayanas Chiropoiita Macaroni with Tomato Sauce Leeks with Yannina Prunes Stuffed Tomatoes and Peppers from Samos Fish & Seafood Meat & Poultry Desserts & Pastries

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