

The book was found

Mediterranean Vegetarian Feasts



Synopsis

In *Mediterranean Vegetarian Feasts*, Aglaia Kremezi, who introduced Greek cooking to an American audience, has gone back to her roots, rediscovering the delicious, fresh, healthy, easy-to-make recipes she grew up with, like Flat Bread with Dried Figs, Spicy Cheese, and Rosemary; Santorini Favas with Braised Capers and Onions; and more. *Mediterranean Vegetarian Feasts* will appeal to even the most avid meat lover with a cornucopia of 150 simple, yet abundantly flavorful, plant-based seasonal dishes. Attractive to the ever-expanding vegan and vegetarian market, as well as for fans of Mediterranean cooking, Kremezi's arsenal of master recipes for spice, nut, and herb mixtures, sauces, jams, and pastes inspired by eastern Mediterranean and north African traditions will transform even the most humble vegetable or grain into an irresistible dish.

Book Information

Hardcover: 256 pages

Publisher: Stewart, Tabori and Chang (October 7, 2014)

Language: English

ISBN-10: 1617690732

ISBN-13: 978-1617690730

Product Dimensions: 9 x 1.1 x 10 inches

Shipping Weight: 3.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #83,174 in Books (See Top 100 in Books) #64 in [Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean](#) #174 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian](#)

Customer Reviews

Like many Greeks, Aglaia Kremezi grew up eating mostly vegetarian food: foraged greens, garden vegetables, beans of all kinds, fruity olive oil, and local cheeses and yogurt. Until recently, this was a typical Greek diet; meat was traditionally a rare and expensive commodity reserved for Sundays and holidays (daily meat consumption is still a relatively new phenomenon in Greece) and thus Greeks were mainly vegetarians out of necessity. Kremezi owns a cooking school in Greece called Kea Artisanal, and is the author of the popular *The Foods of Greece* and *Mediterranean Hot and Spicy*. Her newest cookbook *Mediterranean Vegetarian Feasts* contains 150 simple, yet abundantly flavorful, plant-based seasonal dishes from Greece, Turkey, Syria, Lebanon, France, and Italy. Sample seasonal menu suggestions offer a wide range of options, including

several buffet spreads and one-pot family meals. Recipes are conveniently labeled as vegan and/or gluten-free when applicable, and ingredients are given in American and metric measurements. There is a comprehensive list of online and mail order sources to ensure that you have the necessary ingredients on hand. In the spirit of Mediterranean cuisine, use only what is freshest and in season; Kremezi suggests that you go to your local farmers' market without a recipe or shopping list in hand, choose the seasonal produce that inspires you, and only then search the pages that follow for a recipe that will showcase your fresh ingredients. The book begins with a chapter on basic preparations and techniques. Here you will find an arsenal of herbs, seasonings, pickles and preserves that will allow you to quickly transform a dish. You'll also find an excellent guide to preparing and storing various types of leafy greens.

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

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) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) Mediterranean Diet: 150 Recipes to Lose Weight, Get Healthy and Feel Great (Mediterranean Diet, Mediterranean Diet For Beginners, Mediterranean Diet Cookbook, Mediterranean Diet Recipes) 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) Mediterranean Diet: 365 Days of Easy, Delicious, and Healthy Mediterranean Diet Recipes (Mediterranean Diet Cookbook, Mediterranean Diet for Weight Loss) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch, Snacks and Dinner) Mediterranean Diet: The 4 weeks Challenge (Mediterranean Diet Cookbook, Mediterranean Diet for Beginners, Mediterranean Diet Meal Plan) Mediterranean: Slow Cooker: Paleo: Crockpot: Box Set: The Ultimate Recipes Cookbook Box Set(30+ Free Books Included!) (Mediterranean Diet, Mediterranean ... Beginners Guide, Mediterranean, Cooking) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight, Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Mediterranean Vegetarian Feasts Vegetarian Quick & Easy - Under 15 Minutes: (100 Simple Natural Food Recipes) (Weight Maintenance & Low Fat

Lifestyle) (Vegetarian Weight Loss) (Special ... & Vegetarian Recipes Collection Book 2) Vegetarian: The Beginners Guide to a Vegetarian Lifestyle~ Â© with The Top 170+ Healthy Recipes (Includes 8 FULL Weeks FULL Month Meal Plan, Vegetarian Diet Weight Loss Cookbook) Vegetarian: 50 The Best Vegetarian Slow Cooker Recipes-Great, Healthy, Delicious Place To Start With Vegetarian Slow Cooker Mediterranean Diet: The Mediterranean Diet for Beginners: 110 Delicious Recipes and The Complete Guide to Going Mediterranean Mediterreanean Diet for Weight Loss: Eat Like a Spartan: Leverage Mediterranean Diet To Achieve Spartan-Like Health, Lose Weight, Get Fit, All While Eating ... (Mediterranean diet, Mediterranean recipes) Mediterranean Diet: Revealed! 65 Delicious Mediterranean Diet Cookbook Recipes Sure To Delight and Amaze All While Losing Inches (mediterranean cookbook, ... weight loss motivation, weight loss tips 1) Mediterranean Diet: Mediterranean Diet For Diabetes-A Beginners Guide On Weight Loss While Lowering Your Blood Sugar To Reverse Type 2 Diabetes(Mediterranean ... blood sugar diet,the blood sugar solution,) RECIPES:THAI FOOD: VEGE-THAI-RIAN: MOUTHWATERING THAI VEGETARIAN RECIPES (Vegan, Vegetarian Quick Easy Reference): Child Approved Simple Recipes, Fusion ... Special Diet Special Occasions) Vegetarian: Vegetarian Quinoa Cookbook-Gluten Free Plant Based Superfood Recipes (forks over knives,raw till 4,whole 30,Slow cooker,crockpot,Cast Iron)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)