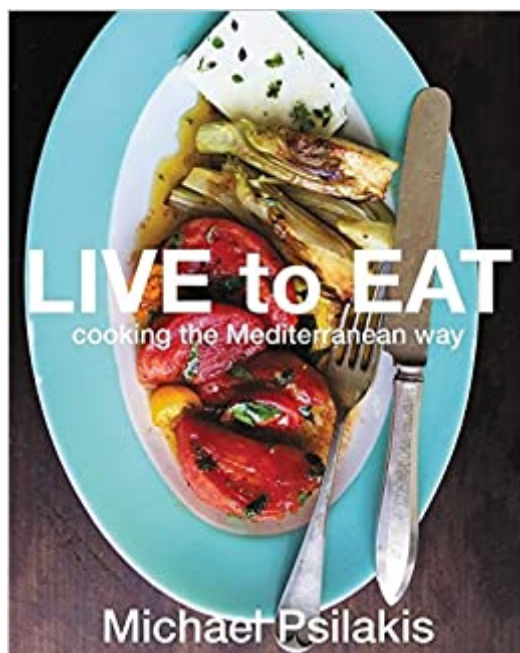


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# Live To Eat: Cooking The Mediterranean Way



## Synopsis

The acclaimed chef and author of *How to Roast a Lamb* offers a simple strategy for healthy cooking, highlighting the ease, deliciousness, and proven benefits of the Mediterranean diet. Doctors have extolled the virtues of the Mediterranean diet for decades, but no chef has given home cooks the recipes they'll want to make again and again--until now. In *Live to Eat*, Michael Psilakis modernizes the food of his heritage to prove that clean, healthy meals can also be comforting and easy to prepare. Cooking the Mediterranean way means deliciousness, not deprivation: a nearly endless array of satisfying weeknight meals for your family can start with just seven easy-to-find staples, from Greek yogurt to simple tomato sauce.

## Book Information

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## Customer Reviews

"I have a few hundred cookbooks, but only one Greek cookbook... So it's a good thing I now have celebrity chef Michael Psilakis' new book *Live to Eat: Cooking the Mediterranean Way...* [it's] strikingly simple." —Eater

Rather than ignore his professional chef status in order to gain trust from home cooks, Psilakis takes inspiration from it, using his experience to craft a brilliantly-structured Mediterranean cookbook. He focuses on restaurant-grade prep work—specifically in terms of seven key ingredients, which he uses as building blocks for subsequent recipes in the book. Because when you have blanched vegetables and tomato sauce on hand—two of Psilakis' all-important base ingredients—weeknight dinners of sautéed pork tenderloin or cinnamon-scented cauliflower with tomato soup can become a habit." —Tasting Table

Michael Psilakis is responsible for putting Modern Greek cuisine on the culinary map. Psilakis has earned many of the food world's highest honors including Chef of the Year from Bon Appétit and Esquire, a Michelin star, and a James Beard Award nomination. He owns Kefi, Fishtag, and MP Taverna in New York.

We adore Psilakis's book, *How to Roast a Lamb: New Greek Classic Cooking*. I tread lightly with "healthy" cookbooks, so I tried all the recipes in the preview first, and am delighted to say that they all had that knock-out flavor profile, but are good for you, quick, and easy peasy. Garlic, lemon, and yogurt are on a pedestal. And I'm thrilled to say that if I hadn't hit the buy button right away, my kids would have! My 12 year old said she hopes that I play in this book a lot. Recommend! Pictured below: 1) Chicken Souvlaki p49 with Ladolemono p161, and Tzatziki p36. The chicken is so lemony, fragrant, perfectly tender and juicy. Awesome. 2) Shaved Fennel, Red Onion, and Grapefruit Salad p205 with Red Wine Vinaigrette p192. Perfectly balanced, and totally crave-worthy. He suggests adding grilled shrimp to make it a main dish. Trying that next time! 3) Grilled Fillet of Branzino with Warm Roasted Tomatoes, Cauliflower, and Olives p119 with Roasted Cherry Tomatoes p114 with Ladolemono p161. Delicious, speedy, and pretty! My youngest said it was the best fish she ever had. This generates twice the tomatoes used in the recipe, but they didn't even make it to a Tupperware in this house. "This fish has several names. My fish guy has it tagged Loup de mer." 4) Greek Turkey Burgers p45 with Garlic Puree p141, and Cucumber Yogurt Dip (Tzatziki) p36. Fantastic burger! Hard to get your mouth around, but you'll manage somehow. 5) Yogurt Parfaits with Stewed Strawberries p29 and Pistachio Butter p27. These will become a staple here. Easy, flavorful start to the day. 6) Open Faced Smoked Salmon Sandwiches p23. Very fresh, yummy, and colorful. Minutes to put together. 7) These are some of the sub-recipes that you make batches of and they show up throughout the book. Garlic Puree (the garlic oil is just a happy bonus from this), Ladolemono (garlicky lemon oil), Tzatziki, Red Wine Vinaigrette, and Pistachio Butter. These are all terrific. The Garlic Puree is the only thing that is time consuming. You have to peel 3 cups of garlic cloves. Yes, it's totally worth it, so just start peeling now and you'll be ready to go when your book shows up. :) 8) Haricot Verts with Tomatoes and Feta p77 with Red Wine Vinaigrette p192. This one's just so attractive. 9) Grilled Chicken Sandwiches with Spinach and Garlic Ricotta p143 and Garlic Puree p141. Yum! 10) Modern Greek Salad with Grilled Hanger Steak - p195. Fabulous! 11) Rigatoni with Chicken

Sausage and Broccoli Rabe. Yum! I'll double it the next time. These are the sort of leftovers the kids go hunting for before school.12) Grilled Spicy Chicken Kebabs with Wilted Spinach - p166. I went with the Spicy Red Rub/Gyro Spice Mix combo he recommends and everyone loved it!

I wanted to like this book. I like the meal planning aspect of it and making some basic items that are used in a multitude of ways. But, the recipes themselves fell flat. The tzatsiki was easily the most boring of the four recipes I have. The turkey burgers are missing in flavor. They needed more than garlic, salt, and pepper. English muffins for burgers were not substantial enough. The Greek turkey burger recipe has the cook throw some mixed herbs on; evidently the ones we should have put in the sauce or in the burgers. The one highlight was the garlic confit recipe, which I am addicted to, but that was not enough for me to keep the book. Underflavored recipes, probably in an effort to allow for more non-conflicting combinations, meant a cookbook sent back.

I have just received this book and have read through it. As to one reviewer's complaint, yes, you need to make some of his staples to make the dishes. BUT, when he gives you the recipe for one of the staples like cucumber yogurt sauce, he lists all the recipes this can be used which also opens the door in my mind to use in many other recipes of my own. And if you are looking for a healthier way to eat without losing flavor, this book looks like a gold mine. I am going to zero in on the yogurt sauces, pistachio butter and garlic confit - but the tomato sauce recipes - oh my gosh.

This book was exactly what I was looking for. More than just a cook book but helps you plan the meals.

Awesome cookbook and so easy to follow. I love the fact he calls the recipes guidelines and want the reader to make them their own...I am in love with herbs and spices and like to use them to my taste. I have been using this book for 2 months and have lost 20 pounds while still eating!!! It's a high protein, low carb, high fruits and veggies and whole grains and has taken away my cravings and feeling hungry. I am hoping to see even better results and better overall health. Finally a healthy way of eating that tastes good and doesn't leave me feeling deprived. Thank you for this book, it has given me hope when I was ready to give up.

More than a regular cookbook. I cook a lot. The instructions are not perfect however I like what he does here in terms of making very doable every day. Showing the core items of Mediterranean

cooking. Really builds the building blocks to be able to cook like you grew up always cooking and being around Mediterranean cooking. I am from Texas and my wife Mexico. When she moved in I definitely learned what true Mexican food is and all the various techniques that go with it (grew up with BBQ and grilling meats). This is the first cookbook that I feel provides the same experience. Not just a follow the recipe like a robot type book. Also all the recipes taste great. Using mint, yogurt, and dill in ways I would have never thought of doing.

Good info, well organized, easy receives to follow. We're organizing our meals now using the magnificent seven. Giving books to friends.

Live to eat has some very healthy recipes explained in a doable way.

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