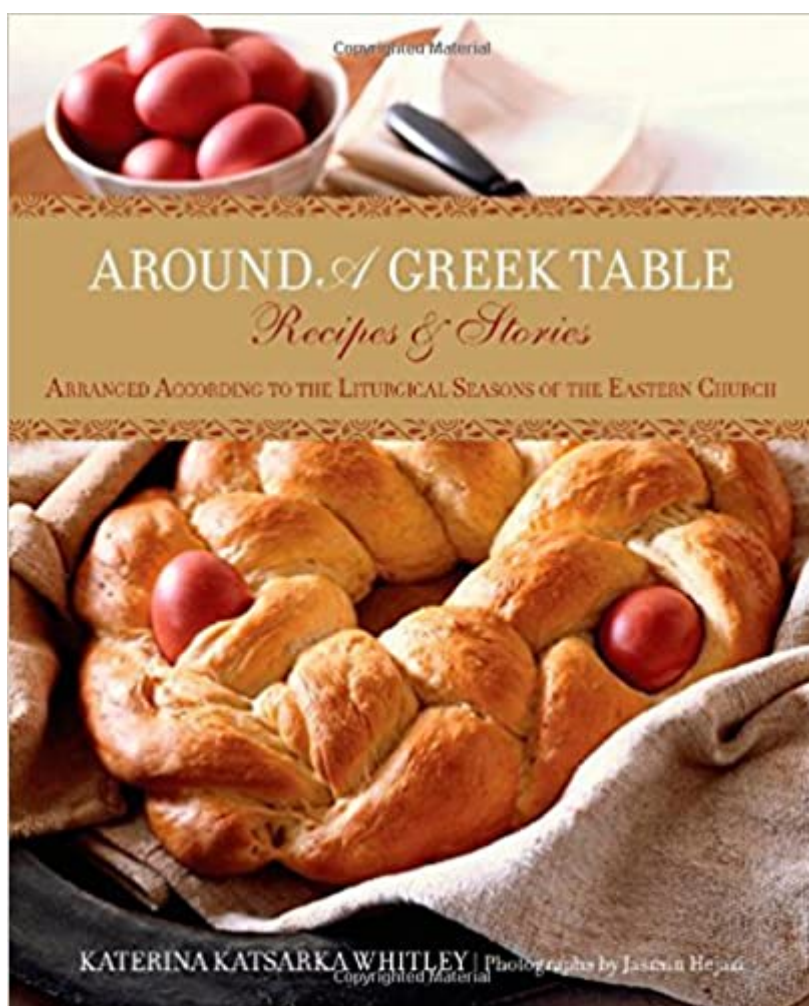


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# Around A Greek Table: Recipes & Stories Arranged According To The Liturgical Seasons Of The Eastern Church



## Synopsis

Kefi, loosely translated, is the Greek sense of joy, and is often found around the dinner table during large and boisterous family meals of Spanakopita, Keftedes (Greek meatballs), and much, much more. Largely considered a bit of a mystery to Americans, Greek cooking is far more expansive than simply prepping up a few gyro sandwiches and Greek salads. There is an earthiness about Greek cooking, an amalgam of many historic influences. Lighter than southern Italian, much less pretentious than French, much more refined than Middle Eastern, Greek cuisine at its best is aromatic, tasty, and satisfying. *À Around a Greek Table* explores the intricacies of Greek cooking and makes these once-mysterious recipes both understandable and possible. The book also delves deep into stories of Greek life and kefi around the dinner table. The 100 recipes are organized around the Eastern Church's yearly seasons, each explored in one of eight chapters, with historical and personal essays exploring the ancient stories that are told around Greek tables in the honored tradition of combining myths with food.

## Book Information

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## Customer Reviews

“Katerina’s love for cooking demonstrates her passion for life. Her recipes exemplify the warmth, tradition, and generosity of spirit found in Greek culture. This is truly a mouth-watering journey!”  
—Missy Watson, The Best Cellar Restaurant

A culinary exploration of Greece’s Kefi, loosely translated, is the Greek sense of joy and is often found around the dinner table during large and boisterous family meals of spanakopita, keftedes

(Greek meatballs), and much, much more. Largely considered a bit of a mystery to Americans, Greek cooking is far more expansive than simply prepping up a few gyro sandwiches and Greek salads. There is an earthiness about Greek cooking, an amalgam of many historic influences. Lighter than southern Italian, much less pretentious than French, much more refined than Middle Eastern, Greek cuisine at its best is aromatic, tasty, and satisfying. *Around a Greek Table* explores the intricacies of Greek cooking and makes these once-mysterious recipes both understandable and possible. It also delves deep into stories of Greek life and kefi around the dinner table. The 100 recipes—from Oven-baked Lamb with Potatoes to Zucchini Fritters to Triple Moussaka and more—are organized around the Eastern Church's yearly seasons, each interpreted in one of eight chapters, with historical and personal essays exploring the ancient stories that are told around Greek tables in the honored tradition of combining myths with food.

I'm sorry to sing a bit of a different tune to all the other reviews, but as an Eastern Orthodox Christian, I bought this cookbook because the title says that it has recipes according to the liturgical year of the Eastern Church. Fasts (which include vegan meals and a bit of shellfish) are an essential part of the year in the Eastern Church. Imagine my surprise to find not a single mention of the fasts of the Church (and their accompanying recipes) in this book! The author is a Greek Protestant and should not have given her book a title which indicates that it includes recipes for Orthodox Christians throughout the year. But the false advertising is working -- I myself bought it because I saw it in an Eastern Orthodox book catalog. Now I regret it.

I am torn on how to review this fairly in a 1-5 star scale. The book is lovely and the recipes seem great (I just got it and haven't made any yet) but I wanted this to give me recipes for the entire year, including Lent or the Great Fast. That season is simply skipped over entirely. It gets a mention in the book but not one recipe! At the very least the title of this book is very misleading. While the book seems very well put together and the content seems well thought out, I am deeply disappointed by the fact that an entire season is left out. The season that is most difficult and would have been most helpful to have suggestions for.

I just received this book and it is absolutely beautiful. There are gorgeous photographs of the recipes, which run from very simple to more complicated. The family stories brought back fond memories of my grandmothers making traditional dishes for Jewish holidays. My husband, who normally has no interest in cooking or cookbooks, paged slowly through the whole book and says

he may give these dishes a try. I'm going to start on the chicken soup with egg yolk and lemon!

This cookbook is chock full of fascinating stories and remembrances which makes it great reading. More importantly, each recipe is delicious and easy. The roasted potatoes and the yogurt mousse have become weekly favorites at our house. My kids have liked everything I've cooked from the book. I'm not Greek Orthodox but I love the arrangement of the the recipes around the liturgical year. It has always been my conviction that the family table is good theology.

I knew my waistline was in trouble when I read the first recipe. The recipes are well-written, easy to follow and delicious. It's also great to be given on-line resources for hard to find ingredients as I live far from a well-stocked grocery store. But the heart of this book is the storytelling. What a gift Katerina gives us in sharing her family stories! Tying the recipes to the liturgical calendar of the church and to Greek history makes this so much more than a cookbook. I read the book cover to cover. And then did it again. I have given the book as a gift to several friends after they ate dishes prepared using this book. They all asked for the recipes. And they have all loved the book.

Beautifully wrapped and delivered next day!

Around a Greek table is a great book that has taken me back to my childhood memories, where the food is made with love and to share with everyone. The recipes are creative and easy to follow. A great book for a gift to give or receive.

Beautiful book. I bought this as a gift and she loved it! Beautiful pictures. Lots of recipes. Worth every penny.

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