



My Greek Traditional Cook Book 1

Anna Othitis

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Have Fun and Enjoy These Greek Recipes

“LET’S GET GREEK COOKING NOW”

Natural Traditional Healthy Cooking with flavors from natural herbs.

Nutritional home cooked Greek food has been proved by researchers to lessen health problems. The answer is to cook and eat a wide variety of minimal processed foods to cover all the nutritional bases. The beauty of genuine Greek cooking and eating is using a good amount of extra virgin olive oil rich in oleic acid.

Legumes are rich in vitamins, vegetables high in vitamins and fibres, the probiotics in yogurt, cheeses, antioxidants in red wine, whole wheat breads, cold-pressed vegetable oils along with good exercise such as walking all increase “good” cholesterol and a healthy heart. Eat moderate portions and now and again spoil yourself with a Greek desert, baked with nuts and semolina.

My Greek Traditional Cook Book 1 Details

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From Reader Review My Greek Traditional Cook Book 1 for online ebook

Christoph Fischer says

"My Greek Traditional Cook Book 1" by Anna Othitis is not only a wonderful selection of recipes of Greek dishes, it is a homage to Greek and healthy cooking.

Othitis writes with great passion and sound knowledge of nutrition about the advantages of Greek cooking, what some of us call Mediterranean diet.

Like many great cook books this work introduces the important principles of a healthy diet, the sourcing of the right ingredients. Othitis then embarks on sharing her delicious family recipes with us. The recipes are simple and straightforward and easily prepared. Soups, salads and meat dishes, the book offers a broad variety of dishes, but it is the first in a promised series. I am looking forward to more.

Henning says

I believe most of the reviews for this book must be fake (friends/family/sockpuppets/bought), and any 5 star review that isn't must be a result of anchoring effect, because this is *not* a 5 star book in any way.

This very short book has a few recipes for simple appetizers, small meals and traditional small cakes.

I think a cookbook with this few recipes should contain a few more interesting dishes, and have something extra. The recipes are very simple and traditional. Not in the authentic root kind of way, but in the "here's a regular greek salad, enjoy" kind of way. You'll find these kinds of recipes everywhere. The author has done nothing to make anything her own, and there are no varieties or special touches to any of them.

The recipes are for the most part quite uninspiring, and the presentation does not help. I like the fact that there are pictures for all recipes, but both the motif and the quality of the photographs themselves are lacking; simple amateur shots of some colorless and mundane dishes. They do however give a quick look at what the recipe makes, so it's quick to browse, you can see how to form the cakes, and you will get a mental impression of the resulting tastes and textures.

The book is well structured, and there are fairly good and detailed descriptions of the procedures to go along with the recipes.

There is very little cultural information in the book. A short paragraph introduces every recipe, but it usually just contains information about what it is, and how it's eaten (i.e. it's a traditional and healthy dish, or it's a snack that can be eaten with yogurt). There is basically nothing about local techniques or history, nothing to distinguish inland from coastal, coastal from islands, no regional indications at all, nothing about original origins, a very small range of dishes and cooking methods, no soul and not much to learn or be inspired about.

Anna Burke says

In my never ending campaign for a healthy diet, I'm always looking for ways to add variety. This little book, has a number of terrific recipes. Simple and tasty, many are gluten free and vegetarian, low in fat and sugar...and did I say tasty? A great introduction to preparing Greek food that ought to be part of anyone's diet who's interested in good health and good eats! I got it for 99 cents, too, so what a deal!

Deborah McClatchey says

Wonderful selection of recipes of Greek dishes, it is a homage to Greek and healthy cooking. Most of all,easy preparation!!

Ms. Othitis writes about nutrition and the advantages of the Mediterranean diet. Loved this book and will be using the simple recipes. Excellent and looking forward to more cook books from her.

Stefania Mattana says

I knew some of the traditional Greek recipes included in this lovely book.
It was nice to find some new variations and tried them out.

The book is very easy to read and guides you step-by-step in the making of every dishes.
5 stars to me!

Elias Zapple says

My slugs and I love Greek food and we love healthy food and so this cookbook of tradition Greek cuisine is absolutely ideal for us. With nutritious, tasty recipes told in an easy to follow way, you can imagine yourself back in a white villa, sitting on the terrace under an orange tree as the ouzo flows... A worthy addition to your range of cookbooks.

Normandie Alleman says

I'm so glad Anna Othitis brought us this collection of recipes. I love to eat, and anytime I can do it healthier I feel better, both physically and mentally. I already had a couple of Mediterranean dishes in my repertoire, but now I have dozens. My family loves them and so do I. Get yourself a copy of this cookbook. You'll be glad you did!

Mandus says

The recipes in this book speak for themselves, and the author's expertise and passion for greek food is evident from the start. Judging from the recipes that I have tasted thus far, the recipes are exquisite and are easily prepared and cooked. If you're looking for a wonderful and delicious addition to your greek cooking arsenal, or simply want to try something new and creative, you can't go wrong with this cook book. Highly recommended.

Anna Othitis says

Great book authentic traditional healthy Greek cooking with olive oil. Tasty recipes simple Greek cuisine. Snacks, dips, meals and more

Zoe Saadia says

Living on the shores of the Mediterranean myself (not far away from the Greek Islands,) I love trying out new recipes concerning our rich, spicy dishes and appetizers. When I saw this book, I knew I won't pass it by. Which turned out to be a good decision on my part.

"My Greek Traditional Cook Book" is full of helpful, easy to understand and follow recipes, with detailed instructions and a stress on a healthy diet. Meat dishes and soups, salads and desserts, it's all there, easy to prepare, delicious to enjoy.

I'm ready for the book 2 in the series.

Lobstergirl says

The text contains punctuation errors (it's for its, missing periods and commas). The author presents the food pyramid without crediting its source, as if she created it herself. The author goes on and on about the health benefits of a Greek food diet, yet presents the outdated food pyramid. (It was revised way back in 2005, both in content and in design.) I read the free sample, which included only one recipe. I have to conclude based on the small sample I read that there are numerous other punctuation errors throughout the "book."

Disturbingly, the book has a 4.99 average rating (85 ratings, 20 reviews before I post) because the author has gotten all her author cronies and friends to upvote the book.

Angel Sefer says

A wonderful collection of healthy, mouthwatering Greek recipes!

I love Greek cooking—it's not only because I'm Greek, but because it has an endless variety of mouthwatering, healthy recipes to satisfy all tastes. I enjoyed this book and picked up some tips on new recipes to try.

Lilian Roberts says

“My Greek Traditional Cook Book 1” is delightful. Filled with great recipes that this wonderful author is willing to share with the world.

I am familiar with most of these foods and I know they are delicious, however I have not tried the gluten free or the vegetarian low fat recipes I am willing to go for it. They look too delicious and too tasty.

I think Anna’s collection is amazing and it will give many folks the chance to try and taste completely different foods. I am happy to have a copy of this book.

Anna Othitis says

Have Fun and Enjoy These Greek Recipes “LET’S GET GREEK COOKING NOW” Natural Traditional Healthy Cooking with flavors from natural herbs. Nutritional home cooked Greek food has been proved by researchers to lessen health problems. The answer is to cook and eat a wide variety of minimal processed foods to cover all the nutritional bases. The beauty of genuine Greek cooking and eating is using a good amount of extra virgin olive oil rich in oleic acid. Legumes are rich in vitamins, vegetables high in vitamins and fibres, the probiotics in yogurt, cheeses, antioxidants in red wine, whole wheat breads, cold-pressed vegetable oils along with good exercise such as walking all increase “good” cholesterol and a healthy heart. Eat moderate portions and now and again spoil yourself with a Greek desert, baked with nuts and semolina.(less)

Darrin Mason says

A wonderfully delicious collection of Greek recipes, Greek food being one of the most delicious, made even more so by Anna's deft touch. A delightful book that is worth its place in any collection of cookbooks, electronic or print.

DISCLAIMER: I received a free copy of this book in return for a review.
