Greek Village Cooking The Short And Happy Tale Of Pippo Alampo

Enriched with full-color photographs in honor of its twenty-fifth anniversary, The Silver Palate Cookbook is the beloved classic that brings a new passion for food and entertaining into American homes. Its 350 flawlessly seasoned, stand-out dishes make every occasion special, and its recipes, featuring vibrant, pure ingredients, are a pleasure to cook. Brimming with kitchen wisdom, cooking tips, information about domestic and imported ingredients, menus, quotes, and lore, this timeless book feels as fresh and exciting as the day it was first published. Every reader will fall in love with cooking all over again.

Take a culinary journey through Greece in All You Can Greek with Eleni Saltas, a blogger with a flair for Greek food, life, and travel. Eleni knows the power of oregano, olive oil, history, and friendship- just a few key ingredients that bring these approachable and traditional Greek recipes to life. A cookbook that also lists the best beaches and monasteries in Greece? Yes! Eleni blendstrue life tales and Greek spirit with the flavors of Greece so that you, too, will feelwhat it means to live andlove like a Greek.

Offering a comprehensive guide to economical travel in diverse regions of the world, these innovative new versions of the popular handbooks feature an all-new look, sidebars highlighting essential tips and facts, information on a wide range of itineraries, transportation options, off-the-beaten-path adventures, expanded lodging and dining options in every price range, additional nightlife options, enhanced cultural coverage, shopping tips, maps, 3-D topographical maps, regional culinary specialties, cost-cutting tips, and other essentials.

These are Greek recipes that many people would like to know how to prepare but cannot find in the traditional cookbooks. I have made the recipes very easy to prepare with easy-to-follow instructions. The recipes are short and to the point. They are all true Greek recipes that the Greeks prepare in the old villages in Greece. Greeks have always taken food very seriously and believe food is an art. Most Greek recipes were created in the old village kitchens, which had no electricity or running water. This is where flavorful, detailed foods were developed. This cookbook covers a collection of mouth-watering Greek recipes, including Tarama, Spanakopita, flaming Greek cheese, Greek popcorn, Greek fried eggs, Greek juice drinks, and more. This cookbook educates the reader on the surprises of Greek home cooking. My recipes are easy to tailor to your personal needs.

The Greek Village Series

Eleni

Hearing Before the Subcommittee to Investigate Problems Connected with Refugees and Escapees... 93d Congress, 2d Session, Sept. 26, 1974

Cooking, Skill, and Everyday Life on an Aegean Island

with the Best of the Islands

Platinum Recipes from Tha Boss Dogg's Kitchen

Women in contemporary Greek society have been conventionally depicted as oppressed and socially inferior, circumscribed in behavior and segregated from the world of men. In 1967 Ernestine Friedl's classic article, "The Position of Women: Appearnce and Reality," argued that this view was overly simplified and that in Greek villages women in fact exercise power in household decisions and in determining the economic and marital future of their children. Since that article, feminists and anthropologists have continued to discuss the appearances of prestige vs. the realities of power. In this volume scholars form a variety of backgrounds return the debate to the setting of Greece for the first time since Friedl's work. Introduced by Jill Dubisch, the book contains eight original essays and a republication of the Friedl article. Among other topics, the essays examine changes now occurring in Greek gender roles, the ways women deal with oppression and act as mediators between the domestic sphere and life outside the home, and the extension of the language and symbolism of gender beyond male and female roles. The contributors are Juliet du Boulay, Anna Caraveli, Muriel Dimen, Jill Dubisch, Michael Herzfeld, Robinette Kennedy, Elftherios Pavlides and Jana Hesser, and S.D. Salamone and J.B. Stanton. Jill Dubisch is Associate Professor of Anthropology at the University of North Carolina in Charlotte. Originally published in 1986. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

"A devoted and brilliant achievement." The New York Review of Books In 1948, as civil war ravaged Greece, children were abducted and sent to communist "camps" behind the Iron Curtain. Eleni Gatzoyiannis, 41, defied the traditions of her small village and the terror of the communist insurgents to arrange for the escape of her three daughters and her son, Nicola. For that act, she was imprisoned, tortured, and executed in cold blood. Nicholas Gage joined his father in Massachusetts at the age of nine and grew up to be a top investigative reporter for the New York Times. And finally he returned to Greece to uncover the story he cared about most -- the story of his mother's heroic life and tragic death.

Secrets from the Greek Kitchen explores how cooking skills, practices, and knowledge on the island of Kalymnos are reinforced or transformed by contemporary events. Based on more than twenty years of research and the author's videos of everyday cooking techniques, this rich ethnography treats the kitchen as an environment in which people pursue tasks, display expertise, and confront culturally defined risks. Kalymnian islanders, both women and men, use food as a way of evoking personal and collective memory, creating an elaborate discourse on ingredients, tastes, and recipes. Author David E. Sutton focuses on micropractices in the kitchen, such as the cutting of onions, the use of a can opener, and the rolling of phyllo dough, along with cultural changes, such as the rise of televised cooking shows, to reveal new perspectives on the anthropology of everyday living.

Presents a collection of thirty-six of Aesop's fables, including "The Cat and the Mouse," "The Ant and the Grasshopper," and "The Vain Crow."

Gender and Power in Rural Greece

A Short History of a Long Story, 7,000 BCE to the Present

Flavours of Greece

Regional Greek Cooking

Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die

The Peloponnese

The ancient Greeks worshipped a host of gods and goddesses. Preserved today in poetry, art, and mythology, these divine beings were part of a religious pantheon from which worshippers sought health, good crops, and deliverance from enemies. This collection of mythical figures introduces youngsters to Greek mythology in an appealing way to fans of all ages.

"Reimagine Italian American cooking with more than 125 big-hearted recipes from the celebrated husband-and-wife chef team of Don Angie in New York City. Old-school, Italian American "red sauce" is a beloved style of cooking that is rich with nostalgia, a deep sense of family, and the promise of irresistible food--copious amounts of it. Offerings may include an endless assortment of antipasti at the start of every meal, multi-layered chicken and eggplant parms, enormous casseroles of luscious baked pastas laden with molten cheese--and don't forget dessert. In their debut cookbook, Angie Rito and Scott Tacinelli, the chefs of Don Angie in New York City's West Village, reinvigorate the genre with a modern point of view that includes multicultural influences inspired by New York City and updated dishes that proudly straddle the line between Italian and American. Italian American is organized by the backbones of the cuisine, including cold and hot antipasto, ragus, pastas, and even entire chapters dedicated to lasagna and meatballs. Inspired by influences both old and new, these comforting dishes feel familiar but are far from expected, including Campari & Orange Sticky Ribs, Eggplant Pinwheel Lasagna, Shrimp Parm Meatballs, and Spiced Lamb Ragu alla Marsala. Rich with family history from Scott and Angie's immigrant grandparents and great-grandparents, Italian American provides an essential, spirited introduction to an unforgettable way of cooking"--

This New York Times Notable Book is “a real working guide to preparing the traditional dishes found all over Greece” (Newsweek). Stretching from the shores of Turkey to the Ionian Sea east of Italy, the Greek islands have been the crossroads of the Mediterranean since the time of Homer. Over the centuries, Phoenicians, Athenians, Macedonians, Romans, Byzantines, Venetians, Ottoman Turks, and Italians have ruled the islands, putting their distinctive stamp on the food. Aglaia Kremezi, a frequent contributor to Gourmet and an international authority on Greek food, spent eight years collecting the fresh, uncomplicated recipes of the local women, fishermen, bakers, and farmers. Like all Mediterranean food, these dishes are light and healthful, simple but never plain, and make extensive use of seasonal produce, fresh herbs, and fish. Passed from generation to generation by word of mouth, most have never before been written down. All translate easily to the American home kitchen: Tomato Patties from Santorini; Spaghetti with Lobster from Kithira; Braised Lamb with Artichokes from Chios; Greens and Potato Stew from Crete; Spinach, Leek, and Fennel Pie from Skopelos; Rolled Baklava from Kos. Illustrated throughout with color photographs of the islanders preparing their specialties, and filled with stories of island history and customs, The Foods of the Greek Islands is for all cooks and travelers who want to experience this diverse and deeply rooted cuisine firsthand. “The author has combined her reportorial skills, scholarly interests and superb instincts as a cook who knows both American and Greek kitchens to produce recipes that are simple, direct yet exciting.” —The New York Times Book Review

This latest volume in the Understanding Modern Nations series explores Greece, the birthplace of democracy and Western philosophical ideas. This thematic encyclopedia is one-of-its kind in its down-to-earth approach and comprehensive analysis of complex issues now facing Greece. It analyzes such topics as government and economics without jargon and brings a lighthearted approach to chapters on such topics as etiquette (e.g., what gestures to avoid so as not to offend), leisure (how Greeks celebrate holidays), and language (the meaning of "opa"). No other book on Greece is organized like this thematic encyclopedia, which has more than 200 entries on topics ranging from Archimedes to refugees. Unique to this encyclopedia is a "Day in the Life" section that explores the actions and thoughts of a high school student, a bank employee, a farmer in a small village, and a retired couple, giving readers a vivid snapshot of life in Greece.

My Big Fat Greek Cookbook

Fodor's Essential Greece

Food of Greece

Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!

Greek Village Cooking

Secrets from the Greek Kitchen

Throughout history, Greek cooking has drawn upon influences ranging from the Arabic flavors of North Africa to the cuisine of the Sephardic Jews of Spain, resulting in a rich, diverse culinary tradition. This family cookbook showcases dishes from the key regions of mainland Greece as well as the islands. The recipes are accompanied by fascinated historical notes and family anecdotes which bring to life the community spirit of Greek cuisine.

In an enchanting blend of cultural history and delectable recipes, Vilma Liacouras Chantiles offers cooks the pleasures of the Greek culinary tradition. Enjoy specialties ancient and modern, urban and regional, from appetizers to sweets of every variety. Begin your feasting with Whipped Caviar Salad or Lentil Soup; proceed to Cretan-style Roast Lamb with Spicy Yogurt Sauce, complemented by Spinach with Lemon Oil Dressing and Cyprus-style Olive Bread with Onions and Mint. Finish with heavenly Brandied Almond-Honey Cake and a strong cup of Greek Coffee.

Greek Village CookingThe Short and Happy Tale of Pippo Alampo

Michael Pollan, the bestselling author of The Omnivore's Dilemma, Food Rules, and How to Change Your Mind, explores the previously uncharted territory of his own kitchen in Cooked. "Having described what's wrong with American food in his best-selling The Omnivore's Dilemma (2006), New York Times contributor Pollan delivers a more optimistic but equally fascinating account of how to do it right. . . . A delightful chronicle of the education of a cook who steps back frequently to extol the scientific and philosophical basis of this deeply satisfying human activity." —Kirkus (starred review) Cooked is now a Netflix docuseries based on the book that focuses on the four kinds of "transformations" that occur in cooking. Directed by Oscar-winning filmmaker Alex Gibney and starring Michael Pollan, Cooked teases out the links between science, culture and the flavors we love. In Cooked, Pollan discovers the enduring power of the four classical elements—fire, water, air, and earth—to transform the stuff of nature into delicious things to eat and drink. Apprenticing himself to a succession of culinary masters, Pollan learns how to grill with fire, cook with liquid, bake bread, and ferment everything from cheese to beer. Each section of Cooked tracks Pollan's effort to master a single classic recipe using one of the four elements. A North Carolina barbecue pit master tutors him in the primal magic of fire; a Chez Panisse–trained cook schools him in the art of braising; a celebrated baker teaches him how air transforms grain and water into a fragrant loaf of bread; and finally, several mad-genius "fermentos" (a tribe that includes brewers, cheese makers, and all kinds of picklers) reveal how fungi and bacteria can perform the most amazing alchemies of all. The reader learns alongside Pollan, but the lessons move beyond the practical to become an investigation of how cooking involves us in a web of social and ecological relationships. Cooking, above all, connects us. The effects of not cooking are similarly far reaching. Relying upon corporations to process our food means we consume large quantities of fat, sugar, and salt; disrupt an essential link to the natural world; and weaken our relationships with family and friends. In fact, Cooked argues, taking back control of cooking may be the single most important step anyone can take to help make the American food system healthier and more sustainable. Reclaiming cooking as an act of enjoyment and self-reliance, learning to perform the magic of these everyday transformations, opens the door to a more nourishing life.

The College Buzz Book

Transform Your Health the Mediterranean Way with My Family's Century-Old Recipes

Greece

with audio recording

The Death Rituals of Rural Greece

From the evocative ruins of Olympia to the towering Taygetos mountains, from crystal-clear seas and pristine beaches to stone villages steeped in tradition, with clear advice and honest opinions Bradt's Peloponnese shows you all.

Driven by a need for some control in her life, Juliet sells up on impulse and buys a dilapidated farm house in a tiny Greek village, leaving her English life behind. The house is liveable by local standards but the job of restoring the garden is too big. Juliet cannot bring it to life on her own. Aaman has traveled to Greece from Pakistan illegally. His task is to find work and raise money for the harvester his village desperately needs to deliver them out of poverty. What he imagined would be a heroic journey in reality is fraught with danger and corruption. He finds himself in Greece where Juliet hires him. As the summer progresses, they discover they have something in common, an event that has defined how they interact and how they view themselves.

This book is about Greek Americans who have lived or live in Essex County, New Jersey. Greeks first started to immigrate to the United States in large numbers after 1900. This book gives the stories of individual Greek American families. It gives a cross section of the Greek immigrants who come to America between 1900 and 1930. And it gives a cross section of the children of these immigrants. A Greek American community is synonomous with a parish of the Orthodox Church. In Essex County the community consisted of four churches. These churches are St. Nicholas, St. Demetrios, St. Fanourios, and Sts Constantine and Helen. The priests who served these churches and their period of service are listed in the book. The churches religious services and Sunday and Greek schools greatly participate in shaping the moral character of the people. This book contains the biographies of individual families of the community. The biographies are arranged alphabetically, except that biographies about children or grandchildren of a particular family immediately follow the root family biography, so as to maintain the continuity of that family. The chief characteristics of the first immigrants were their high moral character and their industriousness. They passed these good characteristics onto their children. These immigrants were also highly supportive of education, and saw to it that their children received a good education. Because of all of these factors, today the immigrants children and grandchildren are leaders in commerce, industry, education, and government. They have accomplished what their parents desired for them. Truly they have achieved the American dream.

Debbie Matenopoulos grew up in a traditional Greek household, eating delicious, authentic Greek cooking that her family had passed down for generations. When Debbie started her television career in New York on The View, she began eating a standard American diet. Despite carefully limiting how much she ate, she found herself gaining weight and losing energy. Debbie moved on to anchor and special correspondent positions at E! News and TV Guide Channel, then to many other roles that had her on the go all the time. It was only when she returned to her traditional Greek diet that she found herself easily—and healthily—realizing her natural weight and regaining the stamina she had as a teenager. In It's All Greek to Me: Transform Your Health the Mediterranean Way with My Family's Century-Old Recipes, Debbie shares 120 of her family's traditional Greek recipes and adds her own touch to make them even healthier and easier to prepare. After tasting Debbie's dishes, such as her mouthwatering version of Spanakopita and her take on Fasolatha, you'll be amazed that these delicious foods are good for you. Debbie even includes tips on how to adapt her recipes to meet any dietary needs, so all readers can enjoy her hearty meals. With a foreword by Dr. Michael Ozner, one of the nation's leading cardiologists, the recipes in It's All Greek to Me adhere to the healthiest diet on the planet: the traditional Mediterranean Diet. Modern science is catching up to what Greeks have known for millennia: health comes from eating natural, whole-food ingredients that haven't been processed or pumped full of hormones, antibiotics, or preservatives. Let It's All Greek to Me bring your friends and family together to share in the experience of a Greek meal and way of life. Opa! A portion of all proceeds will benefit the ALS Association.

Red Sauce Classics and New Essentials: a Cookbook

Cooking, Folkways, and Travel in the Mainland and Islands of Greece

Charming Small Hotel and Restaurant Guide

The Silver Palate Cookbook

Modern Greece

From Crook to Cook

This compelling text and dramatic photographic essay convey the emotional power of the death rituals of a small Greek village--the funeral, the singing of laments, the distribution of food, the daily visits to the graves, and especially the rite of exhumation. These rituals help Greek villagers face the universal paradox of mourning: how can the living sustain relationships with the dead and at the same time bring them to an end, in order to continue to live meaningfully as members of a community? That is the villagers' dilemma, and our own. Thirty-one moving photographs (reproduced in duotone to do justice to their great beauty) combine with vivid descriptions of the bereaved women of "Potamia" and with the words of the funeral laments to allow the reader an unusual emotional identification with the people of rural Greece as they struggle to integrate the experience of death into their daily lives. Loring M. Danforth's sensitive use of symbolic and structural analysis complements his discussion of the social context in which these rituals occur. He explores important themes in rural Greek life, such as the position of women, patterns of reciprocity and obligation, and the nature of social relations within the family.

The remote and lush island of Ikaria in the northeastern Aegean is home to one of the longest-living populations on the planet, making it a "blue zone." Much of this has been attributed to Ikaria's stress-free lifestyle and Mediterranean diet--daily naps, frequent sex, a little fish and meat, free-flowing wine, mindless exercise like walking and gardening, hyper-local food, strong friendships, and a deep-rooted disregard for the clock. No one knows the Ikarian lifestyle better than Chef Diane Kochilas, who has spent much of her life on the island. Part cookbook, part travelogue, Kochilas's Ikaria is an introduction to the food-as-life philosophy and a culinary journey through luscious recipes, gorgeous photography, and captivating stories from locals. Capturing the true spirit of the island, Kochilas explains the importance of shared food, the health benefits of raw and cooked salads, the bean dishes that are passed down through generations, the greens and herbal teas that are used in the kitchen and in the teapot as "medicine," and the nutritional wisdom inherent in the ingredients and recipes that have kept Ikarians healthy for so long. Ikaria is more than a cookbook. It's a portrait of the people who have achieved what so many of us yearn for: a fuller, more meaningful and joyful life, lived simply and nourished on real, delicious, seasonal foods that you can access anywhere.

Often funny, always thoughtful, and surprisingly esoteric in nature, the forty-four short essays written by award-winning author David A. Ross deal with expatriate living in detail - from myth to reality, from novelty to stagnation, from glorious experiences to down-right gory experiences, and back again.

The New York Times Editors' Choice collection of recipes featuring the seasonal foods and flavors of Greek and Mediterranean cuisine. The classic cookbook of Greek cuisine, Rosemary Barron's Flavours of Greece is regarded as the most authentic and authoritative collection of Greek recipes. Food explorers and cooks of all levels will enjoy more than 250 regional and national specialties—from the olives, feta, and seafood of mezes; to delicate lemon broths, hearty bean soups, grilled meats and fish, baked vegetables and pilafs; to fragrant, gooey honey pastries. Based on decades of research and refinement from Barron's legendary cooking schools on the island of Crete and in Santorini, these delicious recipes have set the standard for contemporary Greek cuisine, showcasing seasonal foods and flavors perfect for informal eating with family, friends, and entertaining.

Lonely Planet Europe

Cooking and Culture at the Crossroads of the Mediterranean

A Natural History of Transformation

Indianapolis Monthly

Let's Go Greece 9th Edition

Greek Village in America

This volume presents the Protogeometric through Hellenistic material (ca. 970–175 B.C.) from ASCSA excavations conducted in the 1950s at Lerna in the Argolid, one of the most important prehistoric sites in Greece. The material derives from two main sources: burials from a Geometric cemetery near the settlement and Late Archaic, Classical, and Hellenistic wells from the mound proper. Although the material consists primarily of pottery and other ceramic finds, it also includes human remains, animal bones and shells, coins, inscriptions, and bronze and stone objects. Heather Graybehl provides a petrographic analysis, Mark L. Lawall discusses the transport amphoras and import patterns, David S. Reese presents the faunal material, and David Scahill presents and catalogues two Doric capitals. This study not only gives scholars greater insight into ceramic developments in the Argolid, it brings much-needed focus to the material culture of a historic settlement not known for strategic trading, politics, or military prowess. Lerna VIII will greatly facilitate comparative studies with other modestly sized communities in ancient Greece.

Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

I make no secret of the fact that I'm not the world's best cook!Luckily for me most traditional Greek dishes are easy to make and forgiving of my mistakes...Quantities are not critical, and most of the recipes presented here can be made in many different ways, with any number of local variations. If you don't have a particular ingredient to hand, don't be afraid to experiment - who knows, you may come up with something new and delicious! (If you do, be sure to write and let me know!)I've included a selection of my favourites - simple, tasty and wholesome treats that never fail to please.Oh, and of course, I couldn't resist writing a story to accompany the recipes...Enjoy!Sara Alexi

Welcome to tha Boss Dogg's Kitchen The first cookbook and recipe book from Tha Dogg: You've seen Snoop work his culinary magic on VH1's Emmy-nominated Martha and Snoop's Potluck Dinner Party, and now, Tha Dogg's up in your kitchen...with his first cookbook. Recipe book that delivers 50 recipes straight from Snoop's own collection: Snoop's cookbook features OG staples like Baked Mac & Cheese and Fried Bologna Sandwiches with Chips, and new takes on classic weeknight faves like Soft Flour Tacos and Easy Orange Chicken. And it don't stop...Snoop's giving a taste of the high life with remixes on upper echelon fare such as Lobster Thermidor and Filet Mignon. But we gotta keep it G with those favorite munchies too, ya know? From chewy Starbursts to those glorious Frito BBQ Twists, you should have an arsenal of snacks that'll satisfy. And of course, no party is complete without that Gin and Juice and other platinum ways to entertain. If you're a fan of celebrity cookbooks such as Bob's Burgers, Magnolia Table Cookbook, Margaritaville cookbook, or the Gilmore Girls Eat Like a Gilmore; the Doggfather's got you covered – complete with epic stories and behind-the-scenes photos that bring his masterpieces to life.

The Historical Greek Village

A Memoir

Gregory's Pita Pocket Full of Simple Greek Recipes

The Short and Happy Tale of Pippo Alampo

The Foods of the Greek Islands

The Illegal Gardener

A guide to the nation's colleges publishes extensive surveys--all written by current or past students--from over three hundred educational institutions, covering admission, academics, quality of life, social life, and employment prospects.

Greece: A Short History of a Long Story presents a comprehensive overview of the history of Greece by exploring the continuity of Greek culture from its Neolithic origins to the modern era. Tells the story of Greece through individual personalities that inhabited various periods in the lengthy sweep of Greek history Uses an approach based on recent research that includes DNA analysis and analyses of archaeological materials Explores ways in which the nature of Greek culture was continually reshaped over time Features illustrations that portray the people of different eras in Greek history along with maps that demonstrate the physical sphere of Greece and major events in each of the periods

Lonely Planet: The world's leading travel guide publisher Lonely Planet Europe is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Enjoy the breath-taking views of Paris' Eiffel Tower, eat pizza in one of Rome's lively piazzas, or watch a magical sunset on the Greek Island of Santorini; all with your trusted travel companion. Get to the heart of Europe and begin your journey now! Inside Lonely Planet Europe Travel Guide: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sight-seeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights give you a richer, more rewarding travel experience - including history, art, literature, cinema, music, architecture, landscapes, wildlife, cuisine, wine, customs Covers Austria, Britain, France, Germany, Greece, Ireland, Italy, Netherlands, Portugal, Spain, Switzerland, Albania, Bulgaria, Croatia, Czech Republic, Hungary, Montenegro, Poland, Romania, Russia and more. eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet Europe, our most comprehensive guide to Europe, is perfect for both exploring top sights and taking roads less travelled. About Lonely Planet: Lonely Planet is a leading travel media company and the world ' s number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveler since 1973. Over the past four decades, we ' ve printed over 145 million guidebooks and grown a dedicated, passionate global community of travelers. You ' ll also find our content online, and in mobile apps, video, 14 languages, nine international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Whether you want to explore the Acropolis of Athens, watch the sunset in Santorini, or party in Mykonos, the local Fodor ' s travel experts in Greece are here to help! Fodor ' s Essential Greece guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-to-read layout, fresh information, and beautiful color photos. Fodor ' s " Essential " guides have been named by Booklist as the Best Travel Guide Series of 2020! Fodor ' s Essential Greece travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 30 DETAILED MAPS to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, activities, and more PHOTO-FILLED " BEST OF " FEATURES on " Best Beaches in Greece, " " What to Buy, " and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local people, art, architecture, cuisine, and more SPECIAL FEATURES on " The Acropolis: Ascent to Glory, " " What to Eat and Drink, " " Greece ' s Gods and Heroes, " " The March of Greek History " " The Meteora Monasteries, " and more LOCAL WRITERS to help you find the under-the-radar gems GREEK-LANGUAGE PRIMER with useful words and essential phrases UP-TO-DATE COVERAGE ON: Athens, the Acropolis, Delphi, Attica, Santorini, Mykonos, Milos, Crete, Corfu, Rhodes, Thessaloniki, Central Macedonia, Epirus, Thessaly, the Peloponnese, Meteora, the Dodecanese, the Ionian Islands, Delos, Folegandros, the Cyclades, Patmos, Hydra, Skopelos, Naxos, Paros, Antiparos, Kos, the Northern Aegean Islands, Heraklion, Greek mythology, Palace of Knossos, the best beaches in Greece, and more. Planning on visiting Europe? Check out Fodor ' s Essential Italy and Essential Croatia. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor ' s has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us!

It's All Greek to Me

Cooked

Karpofora and Its Reluctant Farmers

Good Morning Corfu: Living Abroad Against All Odds

The Gut Balance Revolution

Life in a Changing Greek Village

65 Deliciously Authentic Recipes Straight from Mama's Kitchen My Big Fat Greek Cookbook is a comprehensive, contemporary overview of Greek food, recipes, and family culture as documented by the son of a Greek immigrant as his mother neared the end of her life. "This Greek eating tragedy has a beginning (appetizer), a middle (main course), and an end (dessert)," Christos shared. "As my Mama is in her final act, it's fitting that a quarter of her recipes are desserts. Bon appétit! Kali Orexi! (Insert the sound of breaking plates here . . .)" This is more than just a list of ingredients or series of steps, of course. It's filled with simple recipes, gorgeous photographs, traditional meals, memories, and tidbits of information that draw family and friends to Greek tables time and again. It has everything from iconic egg-lemon sauce to rich soups, sweet pies, and traditional delicacies like rabbit stew and octopus with pasta, accompanied by tales of Greek history and insight into cultural nuances. Recipes include: Meatballs (keftedes) Lentils (fatkes) Stuffed vegetables (gemistra) Spinach pie (spanakopita) Tzatziki Spaghetti with cheese (makaronia me tyri) Roast lamb (arni sto fourno) Moussaka Apple cake (milopita) Ride pudding (rizogalo) And more! With stunning photographs throughout and 65 deliciously authentic recipes, this book is a peek into a Greek family that has achieved what so many of us yearn for: a fuller, more meaningful, and joyful life, lived simply and nourished on real, delicious Greek meals that you can access anywhere with this cookbook on hand.

Shares pressure cooker recipes for appetizers, soups, salads, main dishes, and desserts

In this e-book edition, Tomie dePaola retells his classic story against a charming musical score. Strega Nona—"Grandma Witch"—is the source for potions, cures, magic, and comfort in her Calabrian town. Her magical ever-full pasta pot is especially intriguing to hungry Big Anthony. Big Anthony is supposed to look after her house and tend her garden, but one day, when she goes over the mountain to visit Strega Amelia, he recites the magic verse over the pasta pot, with disastrous results.

Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism, appetite regulation, energy expenditure, and endocrine regulation. Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less. In The Gut Balance Revolution, Dr. Gerard Mullin--the foremost authority on digestive health and nutritional medicine--explains how to prevent leaky gut, inflammation, and insulin resistance, which are major contributors to obesity. This book will teach you how to rebalance the gut microbiome using a simple three-step method: Reboot: Weed out fat-forming bad bacteria by eliminating foods that make them grow and promote inflammation, insulin, and fat accumulation, and reignite fat burning metabolism with exercise and dietary supplements. Rebalance: Reseed your gut with goods bugs and fertilize these friendly flora to establish a healthy gut ecology, reduce stress, and reinstitute a healthy lifestyle including sleep hygiene. Renew: Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods. The book features step-by-step meal plans, shopping lists, restaurant guides, recipes, recommendations on dietary supplements, and exercises for each phase so you can easily reboot, rebalance, and renew your health.

Classic Mediterranean Soul Food Recipes

Greek Gods and Goddesses

Strega Nona

All You Can Greek

The Pressure Cooker Cookbook

Food, Life, Travel