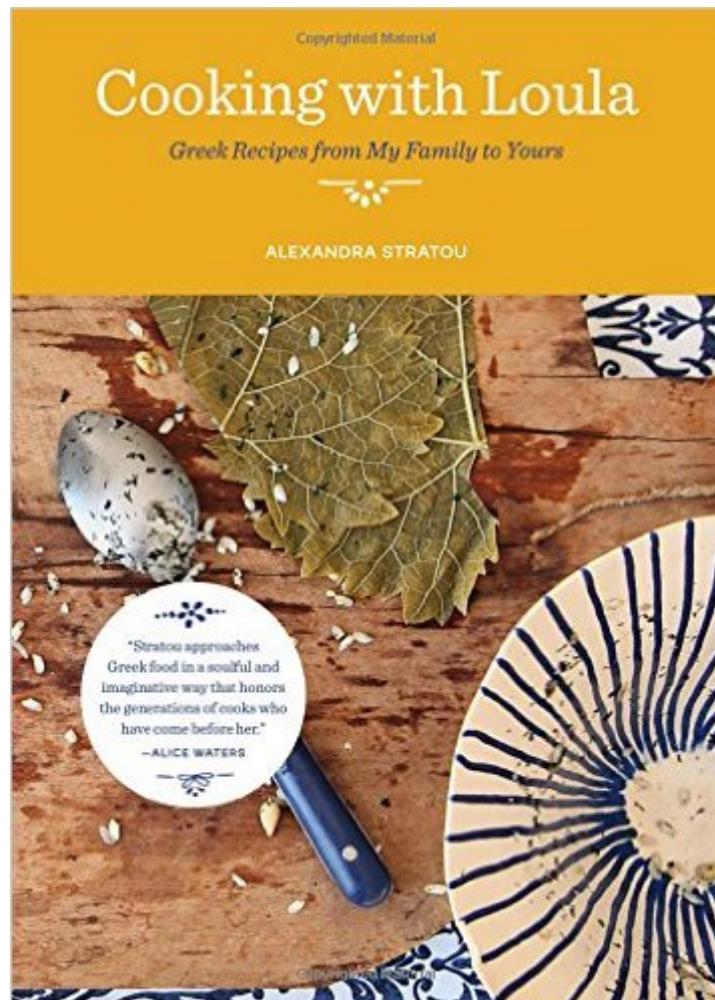


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# Cooking With Loula: Greek Recipes From My Family To Yours



## Synopsis

In *Cooking with Loula*, Alexandra Stratou invites readers into her Greek family's kitchen, revealing their annual traditions and bringing their recipes to life "with touching remembrances of Kyria Loula (Kyria means "Mrs." in Greek), the woman who cooked for three generations of Stratou's family and who taught her that the secret ingredient in any beloved dish is the spirit the cook brings with her to the kitchen. Many classic dishes are represented here, such as pastitsio and dolmades, as well as inventive, unconventional creations such as a green salad with avocado, apple, and Dijon mustard and a spinach gnocchi in which feta cheese appears alongside Gorgonzola. The nearly 100 recipes are all hearty and unfussy, and organized the way real home cooks think, with chapters for simple, healthful weekday dishes; more languorous Sunday meals; and traditional holiday fare. With hundreds of mouthwatering photographs and whimsical illustrations, this book is truly a gem.

## Book Information

Hardcover: 240 pages

Publisher: Artisan (May 3, 2016)

Language: English

ISBN-10: 1579656684

ISBN-13: 978-1579656683

Product Dimensions: 6.8 x 1.1 x 9.4 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars (See all reviews) (5 customer reviews)

Best Sellers Rank: #90,592 in Books (See Top 100 in Books) #10 in Books > Cookbooks, Food & Wine > Regional & International > European > Greek #169 in Books > Cookbooks, Food & Wine > Cooking Education & Reference > Essays #336 in Books > Cookbooks, Food & Wine > Entertaining & Holidays

## Customer Reviews

"Cooking with Loula" is the beautiful cookbook-slash-memoir of Alexandra Stratou, Athens native and classically trained chef, that centers on the recipes of Kyria (Mrs.) Loula, her grandmother's cook. Kyria Loula had worked for several generations of the Stratou family, creating dishes that nourished the physical body as well as sustained family traditions and memories. I first discovered this title on NetGalley (where I've been a reviewer for the past couple of years); as a huge fan of all things Greek, I was eager to dive into the galley (and later the

physical copy). As I work full-time and have very little time for cooking during the week, I was hoping that the recipes would be on the simple side; luckily this is so, with short ingredient lists yet delicious results. I love that not only does Ms. Stratou include pantry staples, but also includes other essential tips, my personal favorite being à œBless your food when you reach the point where it could turn into a success or a failure. • A lovely illustrated guide to essential tools and a guide to cooking with the seasons rounds out the introduction. The seasonal chart will help you choose recipes based on what is in season at the moment (and of course, if you can support your local farmerâ™s market if you have one, your recipe will turn out all the better for it). And here is the major difference between Greek cooking and our modern lives: In Greece (particularly Crete), meals still revolve around seasonality. A tomato should only be consumed when in season, unlike the plastic tasteless varieties available year-round at American grocery stores.

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