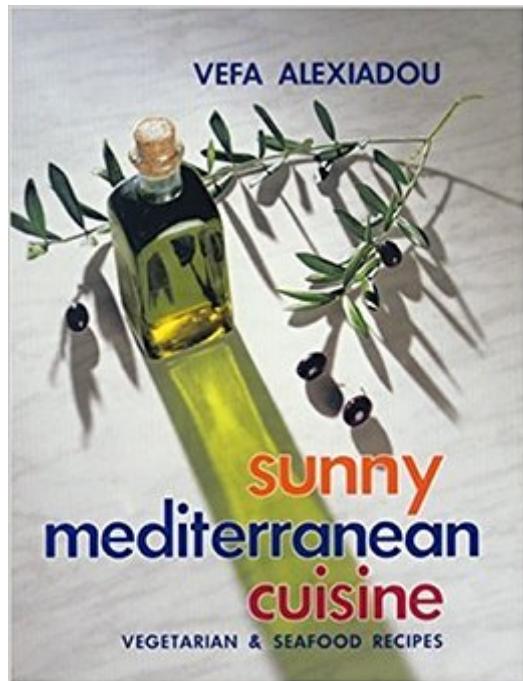


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Sunny Mediterranean Cuisine



Synopsis

The present cookbook shows Greek and International specialities made without any animal proteins or fat. This exciting collection of 300 recipes by Vefa and Alexia Alexiadou contains a wide variety of vegetable, Soya, pasta and seafood dishes as well as desserts, all tastily rendered without meat, eggs, or animal-derived dairy products. Inspired by the tradition of the "NISTIA" – the Christian Church fast – this beautiful cookbook will be appreciated not only by members of the Christian faith, but also by vegetarians or anyone seeking healthy alternatives for the daily family diet.

Book Information

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Customer Reviews

Greek-cooking celebrity, Vefa Alexiadou, earned her degree in chemistry from the University of Thessaloniki. Having studied nutrition at the University of California at Berkeley, Alexiadou worked to renew Greek cuisine while preserving all its renowned taste and tradition. She traveled around the world studying culinary arts, collecting a variety of international recipes and techniques. Her other books include "Greek Cuisine," "Greek Pastries and Desserts," and "Festive Cuisine." She appears daily on Greek Antenna TV's most popular morning talk show, which is now seen in North America by satellite.

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