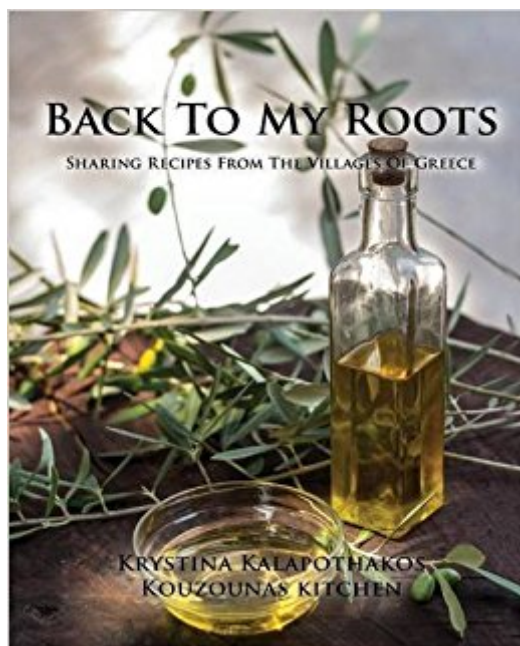


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Back To My Roots: Sharing Recipes From The Villages Of Greece



Synopsis

Back To My Roots by chef Krystina Kalapothakos, of Kouzounas Kitchen, takes us back to the days of robust village life as we explore traditional Greek recipes with Krystina's own twist. Inspired by her grandparents' village in Mani, Greece, and with the help of popular Greek food bloggers, this book is full of delicious Greek food recipes such as Spanakopita (Greek Spinach Pie), Karidopita (Greek Walnut Cake), and Keftedes (Greek Meatballs) plus Greek beverages, spices and teas. Back To My Roots is not only packed full with mouth-watering recipes, but Krystina also shares her personal story, kitchen tips and tricks, bits and pieces of the history of olive oil and its benefits, and much, much more! Take the journey with chef Krystina as she goes back to her roots and shares the tradition, the love, and most of all, the authentic food of her Greek heritage.

Book Information

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Customer Reviews

Chef Krystina Kalapothakos is an extremely passionate chef, a jack of all trades. Graduating from Le Cordon Bleu as a pastry chef, Krystina started noticing a growing desire for culinary cuisine in its entirety. Growing up in a Greek household, she quickly learned how to make traditional Greek recipes such as spanakopita at the age of seven.

Other than a concise, handy cookbook with quick, easy, authentic Mediterranean recipes that you'll keep reaching for again and again, and yet... again(!), Back To My Roots: Sharing Recipes From The Villages Of Greece is also the perfect embodiment of what it means to carry a passionate

soul: chef Krystina Kalapothakos is truly committed to culinary arts and devoutly ardent about her Greek heritage. It only makes sense, that a product of so much love and hard work is nothing less than awesome!

My father in law made many of the recipes in this book. When I begged for directions, he just said a pinch of this, and a pinch of that. The recipes in this book are exactly what he made, but now I have the right proportions. Enjoyed reading about Greece, the value of olive oil and other tidbits of historical nature. A very heart warming book with delicious food. I'm Irish, but delighted to cook from this book.

Amazing, healthy and delicious recipes!

Other than a concise, handy cookbook with quick, easy, authentic Mediterranean recipes that you'll keep reaching for again and again, and yet... again(!) "Back To My Roots" is also the perfect embodiment of what it means to carry a passionate soul: chef Krystina Kalapothakos is truly committed to culinary arts and devoutly ardent about her Greek heritage. It only makes sense, that a product of so much love and hard work is nothing less than awesome!

Back To My Roots is a wonderful cookbook about a passionate Chef with a Greek Soul. I enjoy reading Krystina's stories about her yiayia (grandma) and her love for Greece. This cookbook has a nice collection of savory and sweet recipes. I highly recommend it.

Wonderful recipes and stories. I have many recipes marked to try but not enough time to try them all! Chef Krystina is an amazing chef and really puts her heart into her craft.

I recently purchased this Cookbook and its amazing. As an inexperienced cook, I found the recipes easy to follow. I also love the tidbits of information about Greece, it's history, and cuisine. I highly recommend this cookbook!! Thanks Kouzounas Kitchen :)

This book is very well organized, very easy to read and to understand. The stories Christina is great for the experience in Greece and love for cooking. From the first few pages you see the good and hard work that makes. The recipes are all traditional Greek with simple materials and by following the instructions Christina are always successful and wonderful .

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