



Culinaria Greece: A Celebration of Food and Tradition

Marianthi Milona

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Those who seek out the land of the Greeks with their souls also like to nourish their bodies à la Greek. In the homeland of Homer, Sophocles, and Plato, where historical-cultural treasures and Mediterranean flair are part of everyday life, the love of good food is an integral element of the culture. This volume of Culinaria leads us from the banquet tables of ancient symposia to the sophisticated arrangements of haute cuisine in theme tropolises as well as the simpler fare enjoyed by fishermen, farming families, and shepherds. Naturally, wine, olives, sheep's cheese, fish, and fruits play an important role in Greek dishes. This sensual journey across the mainland and the islands provides a view behind the scenes of Greek culinary culture for fans of this country, in which the Orthodox Easter celebration is just one of the highlights.

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