

Vefa's Kitchen

Vefa Alexiadou

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- **The Bible of authentic Greek cooking by Vefa Alexiadou, the leading authority on Greek cuisine**
- **Greece is the mother of Mediterranean cuisine, where olive oil, breads and honey have been staples since ancient times**
- **Over 800 simple and healthy recipes, including many vegetarian dishes**
- **Includes regional specialities that reveal the rich variety of Greek cooking from the mountains to the coast**
- **Explores the fascinating social, mythological and religious history of Greek food**

Vefa Alexiadou is the leading authority on Greek cookery. A best-selling author of many cookbooks in Greece, she also has her own television series and regularly writes articles for magazines and gives lectures and demonstrations on Greek recipes. She has served on the board of the Centre for the Preservation of Traditional Greek Gastronomy.

'When we talk of Mediterranean food and produce, we tend to think of Italy, and yet some of the best products come from Greece, the sleeping beauty of cuisine.'

Gordon Ramsay

