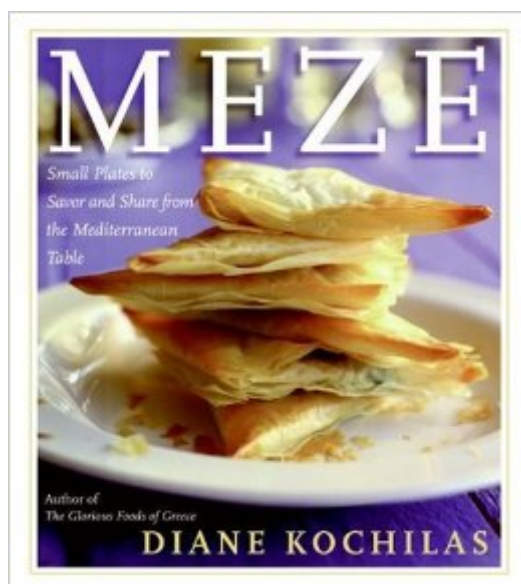


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Meze: Small Plates To Savor And Share From The Mediterranean Table



Synopsis

Now you can enjoy the food and fun of a meze feast. Meze, the small plates of just about everything from seafood, meat, and vegetables to handheld pies, colorful salads, nuts, olives, and cheeses, is the food of hospitality and conviviality, food meant to be shared with friends and family and savored with wines and spirits. Here, in *Meze*, Diane Kochilas, the award-winning author of *The Glorious Foods of Greece*, chef, restaurateur, and cooking teacher, takes you on a spirited journey across Greece and the rest of the Mediterranean, exploring these simple and simply irresistible dishes. The recipes are robust, dear, and easy to follow. These uncomplicated dishes are charged with flavor and based on fresh, accessible ingredients. The results are spectacular. *Meze* makes every meal a party, and no one knows how to throw a party better than the Greeks. You'll find tangy, skewered meats and juicy meatballs, delicious seafood dishes from simple steamed mussels to creamy ouzo-flavored shrimp. You'll find a healthful selection of aromatic bean dishes, and a recipe for the best fried potatoes in the world, Greek fries, which are hand cut and cooked in olive oil. The convivial and festive nature of the meze table is reflected in Diane's warm, inviting style. The innate attractiveness of the food -- the colors, textures, and shapes -- are captured in brilliant photographs that evoke the sunny, warm Mediterranean time. Whether you make just a few dishes for informal entertaining, or create an entire meal of meze, Diane Kochilas makes it possible to bring the spirit of fun and sharing the essence of meze throughout Greece and the Mediterranean -- to your own table at home.

Book Information

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Customer Reviews

Cooking from this book was a great joy after having spent several days with books dealing with French haute cuisine. I heartily recommend this book to just about anyone as a source of tasty, easy, traditional dishes. The only reservations would be to people who may not have the time or inclination to search out some of the speciality ingredients. Almost all recipes in this book use fewer than 12 ingredients and the technique rarely takes more than four (4) steps, taking no more than a half page of text. This is not exactly quick cooking, although there are a fair number of quick recipes herein. Some recipes do require long marinades, but very few require long cooking. Most heat is from either a quick saute or a grill. The issues with ingredients, especially for those who like to stay authentic, is probably solved if you live in a large city and there is a Greek or middle eastern grocery available. It is also probably not a big issue if you live near a 'megamart' which carries a generous supply of Greek and Turkish staples. Needless to say, even if you live in the sticks, there are internet sources for everything. The most important speciality ingredients are: Greek feta - There is barrel cured and tin cured. Some recipes recommend one type. Some the other. Other Greek Cheeses - Popular Italian cheeses like ricotta will substitute for most requirements. Greek Oregano - Dried Greek / Eastern Mediterranean yogurt - Fortunately, there is an easy way to make plain yogurt work. Dried Mint - Yes, dried. Fresh mint is also commonly used. Greek Extra Virgin Olive Oil - 'What is grown together goes together'. But Italian or Spanish will work. Phyllo - Supermarket Phyllo is fine. Octopus - The national seafood of Greece.

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