

Healthy And Traditional Recipes From Crete

Discover the rich culinary heritage of Crete, an enchanting Greek island known for its healthy and traditional recipes that have been passed down through generations. The Cretan diet is highly regarded as one of the healthiest in the world, promoting longevity and well-being.



The Cretan Diet

The Cretan diet is primarily based on fresh and locally sourced ingredients. It is characterized by the abundant use of olive oil, vegetables, fruits, legumes, whole grains, and fresh herbs. The dishes are prepared with minimal processing and are often grilled or oven-baked, preserving the natural flavors and nutrients of the ingredients.



Cooking With Katerina: Healthy and traditional recipes from Crete

by Jill Silverman Hough (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 116 pages
Lending : Enabled





Traditional Cretan Recipes

Let's dive into some mouthwatering and healthy recipes from Crete:

1. Dakos



2. Gemista



3. Sfakianopita



4. Psarosoupa



5. Boureki



Crete, with its diverse terrain and fertile land, offers an array of healthy and traditional recipes that showcase the island's culinary tradition. The Cretan diet is a true embodiment of the Mediterranean lifestyle, promoting not only good health, but a sense of cultural heritage. Incorporating these delicious recipes into your own diet will not only satisfy your taste buds but also contribute to your overall well-being.



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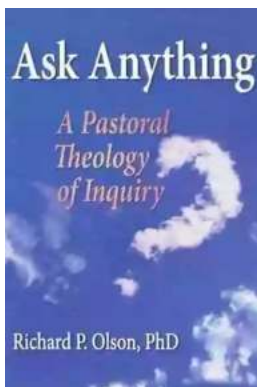
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Katerina Goniotaki was born on Crete and has been cooking for as long as she could reach the stove top.

Using recipes and traditions handed down from her family from generation to generation, Katerina will guide you through the delights of traditional Cretan cooking using only the freshest ingredients and helping you to enjoy the healthy Mediterranean Diet.

With full colour pictures and step-by-step instructions, 'Cooking With Katerina' will have you preparing the finest Cretan Cuisine for your family in no time.



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