

“Greek Cooking My Way”, A Review by Dr. Kathryn Green

Chef Stephania, a world traveler, restaurant owner and guest chef on Greek television, is the creator of this stellar cookbook, “Greek Cooking My Way”. She was born and raised in Greece on the Island Syros where she learned to use the naturally grown fresh herbs and spices of the region to make delicious traditional appetizers, soups, salads, breads, vegetables, entrees, and desserts infused with world flavors. Chef Stephania prepares cuisine for private clients in locations such as Syros, Greece; Palm Beach, Florida; Bridgehampton, New York; and Laguna Beach, California. Her clients and their guests have included some of the most renowned, discriminating, and health conscious entrepreneurs, executives, politicians, entertainers, sports personalities and an Academy Award winning screenwriter from whom she has continuously received rave reviews.

“Greek Cooking My Way” showcases Chef Stephania’s culinary creativity and artistic presentation excellence. The recipes are enhanced with high quality full color mouthwatering pictures of Chef Stephania’s prepared dishes. Included with the recipes are innovative vignettes of life in Greece and Chef Stephania’s childhood memories growing up in a food centered family. These recipes, handed down over generations from her grandmother, mother, and aunt to her, and subsequently to her daughter and grandchildren are inspired by her own originality satisfying the tastes of her sagacious clients and fans.

“The Book Buyers Bonus”, reference sections, and a comprehensive index enrich and complete this extraordinary work. In “Ask Chef Stefania” answers to common client questions are provided; “Greek Cooking My Way Glossary” explains culinary terms used in the book; and “The Ultimate Food Scout” furnishes a collection of useful culinary Web sites. All this and Stephania’s Specialty Menu Magazine makes this book a must have for every family.

Clear step-by-step recipe roadmaps with tips enable cooks to perfectly recreate her cuisine. My favorite recipes include those with a variety of fresh vegetable and herb flavors. There are so many outstanding culinary delights featured in the book, choosing favorites is a challenge. Standouts for my friends and I are:

Cocktail: Quzorita, the Greek Margarita

Starters: Vegetable Borscht Soup with chicken, beets, cabbage, potatoes, carrots, and celery garnished with sour cream, horseradish, and parsley.

Entrees: Stuffed Chicken Roulade with sun-dried tomatoes, spinach, and feta and seasoned with rosemary, oregano, sage, Parmesan cheese, and white wine and Syros Seafood Rice with shrimp, halibut, clam, and mussels with ginger, cardamom, turmeric, and saffron

Desserts: Poached Pears in Sweet Greek Dessert Wine with whipped cream or Mascarpone cheese and Mama’s Lava Soufflé with chocolate and Grand Marnier liqueur