



## Cooking with Loula: Greek Recipes from My Family to Yours

*Alexandra Stratou*

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In *Cooking with Loula*, Alexandra Stratou invites readers into her Greek family's kitchen, revealing their annual traditions and bringing their recipes to life—with touching remembrances of Kyria Loula (*Kyria* means “Mrs.” in Greek), the woman who cooked for three generations of Stratou’s family and who taught her that the secret ingredient in any beloved dish is the spirit the cook brings with her to the kitchen.

Many classic dishes are represented here, such as pastitsio and dolmades, as well as inventive, unconventional creations such as a green salad with avocado, apple, and Dijon mustard and a spinach gnocchi in which feta cheese appears alongside Gorgonzola. The nearly 100 recipes are all hearty and unfussy, and organized the way real home cooks think, with chapters for simple, healthful weekday dishes; more languorous Sunday meals; and traditional holiday fare. With hundreds of mouthwatering photographs and whimsical illustrations, this book is truly a gem.

## Cooking with Loula: Greek Recipes from My Family to Yours Details

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# From Reader Review Cooking with Loula: Greek Recipes from My Family to Yours for online ebook

## Irinel Finco says

Got this from the library, but after reading only half of it I bought my own copy.

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## LynnDee (The Library Lush) says

Review to come. Now I'm hungry for Greek food.

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## Sandra Lassiter says

Classic Greek food. What could be better? This book is stuffed with delightful, authentic dishes from the sun-soaked islands of Greece. From the simple to the complicated, recipes for every taste, occasion, time constraint and desire can be found here.

Fakes, a simple lentil soup is a classic illustration of simple food done well. Nine ingredients and done in under two hours, most of said time spent simmering on the stove, it is a classic, healthy, tasty dish. Vrasta Lahanika (Boiled Vegetables) are quick and easy, but delicious as well.

Keftedakia (Mini Meatballs), Svigous (Fried Dough Balls with Syrup), Spanakopita, Baklava, Moussaka...all your classic dishes are here with possibly a few new ones as well.

The only caveat I have with this book is personal. The binding is supposed to evoke the feeling of a hand-bound heirloom recipe book, but partial dust jacket and exposed spine didn't work for me. That being said, that is a personal opinion and it's pretty much the ONLY think I didn't care for. Delicious food well presented with clear instructions make for a delightful cookbook that I am happy to recommend.

I received a copy of this book from Artisan for my honest review. All thoughts and opinions are my own.

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## Bundt says

“Cooking with Loula” is the beautiful cookbook-slash-memoir of Alexandra Stratou, Athens native and classically trained chef, that centers on the recipes of Kyria (Mrs.) Loula, her grandmother’s cook. Kyria Loula had worked for several generations of the Stratou family, creating dishes that nourished the physical body as well as sustained family traditions and memories. Recipes are arranged with the home cook in mind; weekday recipes are specifically geared towards the harried modern cook, featuring dishes that can be on the table in half an hour or less. These include spanakopita, gemista, pastitsio, tomato-stewed chicken with orzo, stuffed zucchini, and oven-baked sea bass. “Sundays” includes more ambitious recipes with longer cook times, designed to let you linger over the table with family. Standouts include Hunkiar Beyendi (beef stew with smoked eggplant puree), chicken pie, stuffed cabbage leaves, beef stifado, roast pork with apple and

onion, and galaktoboureko.

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### **Ietrio says**

Strange, badly structured cook book. Quite boring.

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### **Teresa says**

The introduction is packed with some useful information including a chart with the recipes organized by cooking time and a great chart to seasonal Mediterranean produce. Recipe headers are written with a very clear theme but the overall tone is warm and gently encouraging. There are a lot of photographs and some nicely done stylistic choices in layout that do not distract from the recipes themselves. The recipes are primarily more Southern Greek with most of the Greek comfort food covered (my favorite silence buster in Greece is to get Greeks arguing about family recipes such as the proper proportion of tomato in Arakas so I'm well-versed in the variations of the most common dishes) with some inspiration from other cultures thrown in (1 cake is suspiciously Swedish in origin, a gnocchi is Italian) which works since Greece is a multi-national country. I've been looking for a cookbook like this-a good primer to the Greek classics in English.

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### **⌘Critterbee says**

This is a very approachable book about Greek cooking. The author seems honest and endearing, and very trustworthy.

I have had some Greek food, but do not eat it regularly, so this review is coming from a novicey-newbie point of view. This cookbook is stuffed with recipes, more than I expected. Lately cookbooks have seemed to be a bit thin on quality content, but this is packed with well-known classics and recipes that I am unfamiliar with, and some that do not seem to be traditionally Greek.

The book is laid out much like how a modern cookbook is done, with the author's philosophy, ingredient and equipment explanations, and useful tips. Also provided is a directory of the recipes with cooking times and course type (Main, Dessert, etc), which I liked. There also was a directory of the seasonality of Mediterranean ingredients, which I can see would be useful for those trying to really work on their Mediterranean cooking skill, but was not interesting to me.

The recipes are clearly written, easy to understand and thorough. When reading them, I felt like I could achieve the results and not have too many questions about the processes included.

Overall, a lovely introduction to Greek cooking, and the cooking style of Chef Stratou. I would recommend this to anyone interested in Greek cuisine.

\*\*eARC netgalley\*\*

