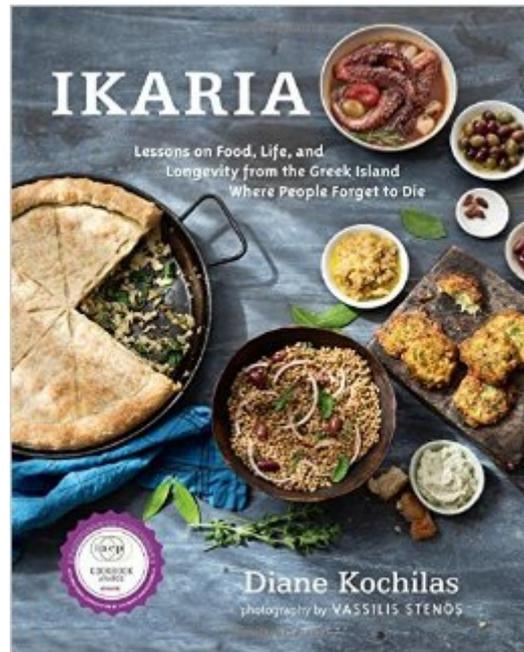


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# Ikaria: Lessons On Food, Life, And Longevity From The Greek Island Where People Forget To Die



## Synopsis

The remote and lush island of Ikaria in the northeastern Aegean is home to one of the longest-living populations on the planet, making it a "blue zone." Much of this has been attributed to Ikaria's stress-free lifestyle and Mediterranean diet-daily naps, frequent sex, a little fish and meat, free-flowing wine, mindless exercise like walking and gardening, hyper-local food, strong friendships, and a deep-rooted disregard for the clock. No one knows the Ikarian lifestyle better than Chef Diane Kochilas, who has spent much of her life on the island. Part cookbook, part travelogue, Kochilas's *Ikaria* is an introduction to the food-as-life philosophy and a culinary journey through luscious recipes, gorgeous photography, and captivating stories from locals. Capturing the true spirit of the island, Kochilas explains the importance of shared food, the health benefits of raw and cooked salads, the bean dishes that are passed down through generations, the greens and herbal teas that are used in the kitchen and in the teapot as "medicine," and the nutritional wisdom inherent in the ingredients and recipes that have kept Ikarians healthy for so long. *Ikaria* is more than a cookbook. It's a portrait of the people who have achieved what so many of us yearn for: a fuller, more meaningful and joyful life, lived simply and nourished on real, delicious, seasonal foods that you can access anywhere.

## Book Information

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## Customer Reviews

As a vegetarian/pescetarian, Greek food has long appealed to me. Two of my favorite Greek cookbooks are *The Greek Vegetarian: More Than 100 Recipes Inspired by the Traditional Dishes and Flavors of Greece* and *Meze: Small Plates to Savor and Share from the Mediterranean Table*,

both by Greek-American cookbook author Diane Kochilas. Kochilas has written nearly 20 books on Greek and Mediterranean cuisine and is a collaborating chef at Molyvos in New York. Her cooking philosophy is rooted in the tenets of the Greek-Mediterranean Diet: keep it simple, respect seasonality, use ingredients that have integrity and are easy to find, eat lots of greens and vegetables, share, and finally, the golden rule - Nothing in Excess. So I was super-excited to see that Kochilas had a new cookbook coming out that focuses on the cuisine of Ikaria, her ancestral homeland and the location of her cooking school Glorious Greek Kitchen. Kochilas has devoted her life to promoting the natural, healthy and delicious foods of Greece.. Her new book "Ikaria: Lessons on Food, Life, and Longevity from the Greek Island Where People Forget to Die" chronicles the wisdom and food traditions of generations of Ikarians. More than just a collection of excellent recipes, this is a unique glimpse into an island where time seems to stand still and the worries and stresses of modern life melt away.

3.5 stars I love to cook, that's no secret. Since my dad's a chef, I grew up learning and appreciating all sorts of different types of cuisine. That being said, I will always have a soft spot for Greek cooking. It is my absolute favorite to eat, and I read as many cookbooks as I can on the subject. This book makes a pretty good addition to my collection. What makes this book cool is the voice that it's written with. There's a lot of personal connections and stories that make the book more personal, which makes the recipes feel like they were handed to you by someone dear to you. There's also a lot of cool history and facts about what life in Ikaria is like, as well as tips and hints that are scattered throughout, and a bibliography at the end for more reading. You've got to love a book that encourages more reading. The recipes are divided into sections: Small bites, salads, soups, savory pies and breads, vegetables as a main course, beans and legumes, pasta and rice, sea life, meat, and sweets. I like this style of organization, since it's easy to find the recipe that you're in the mood for. The skill level for this book is really varied. Some of the recipes are really complex, with lots of ingredients and techniques and time management skills. Other dishes are much more simple, like roasted onions. I think that's good, because that makes it approachable to any cook, no matter of what their skill level in the kitchen is. I am bummed that there's not many pictures, since I generally take that into large consideration when I'm buying a cookbook. The steps are short and to the point, and they include variations to the recipes when applicable.

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