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# Greek And Vegetarian Cookbook: The Way Greeks Eat At Home

## *Greek and Vegetarian Cookbook*

BY DORA KITINAS GOGOS

Recipes, tips, and techniques  
from a Greek-inspired kitchen



Greek-Australian food columnist presents healthy and delicious recipes and tips for healthy cooking.



## Synopsis

Hi, everyone. I'm an Australian with a Greek background. I grew up with one of the world's great culinary cultures; a culture that is proud to include one of the five Blue Zones of the world; the island of Ikaria in the Aegean Sea. As an adult, I went back to the country of my heritage. I lived and worked there and got to know the real Greece and the Greeks living there. Greece is a small country in population with only just over eleven million people. Four million of them live in Athens due to migration from the mainland provinces and the islands. Geographically, Greece is very diverse and this diversity can also be found in the food. During my thirteen years living in Greece, I became aware of this diversity; it could be heard in the way people spoke, the music, the dances, and the variety of diets. I took an interest in the food and began to collect recipes and to explore this diversity. When I came back to live in Melbourne, I was asked to write a weekly food column by a local Greek bilingual paper. I began to research not only recipes but also their origins, the cultural background, and history that they stemmed from. On my food page on Facebook, I post many of those articles that I have written. Go to the page and like it so you can get updates. <https://www.facebook.com/dkgreekfood/>

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