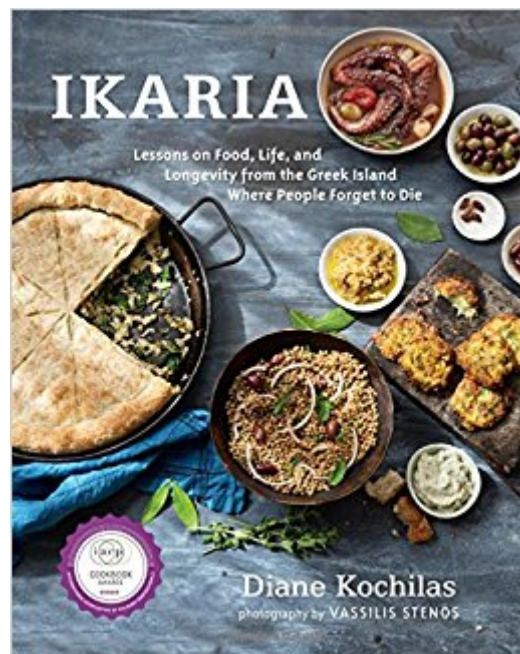




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# Ikaria: Lessons On Food, Life, And Longevity From The Greek Island Where People Forget To Die



## 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

Hardcover: 320 pages

Publisher: Rodale Books (October 14, 2014)

Language: English

ISBN-10: 1623362954

ISBN-13: 978-1623362959

Product Dimensions: 8.1 x 1.1 x 10.3 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 104 customer reviews

Best Sellers Rank: #30,120 in Books (See Top 100 in Books) #6 in Books > Cookbooks, Food & Wine > Regional & International > European > Greek #9 in Books > Travel > Europe > Greece > General #21 in Books > Health, Fitness & Dieting > Aging > Longevity

## Customer Reviews

Award-winning author DIANE KOCHILAS divides her time between New York, Athens, and her family's ancestral island, Ikaria, where she and her husband, Vasilis Stenos, run the Glorious Greek Kitchen cooking school. She has written 18 books on Greek cuisine. Her latest book, The Country

Cooking of Greece, was hailed by the Virtual Gourmet as her masterpiece and the Best Cookbook of 2012. She lives in Athens and New York City.

What a beautiful book! I was born on Ikaria and left for the United States when I was two. I go there as often as I can to visit my ancestral home and see my relatives. The photographs of Icarian life were wonderful and the pictures of the food made my mouth water. I was there last July and hopefully will go again next year to celebrate my 80th birthday.

My husband and I recently returned from Ikaria, and had tried very hard to recall how many of the delicious dishes we ate were made. But, there were so many delicious meals that I find myself forgetting some of the ingredients, dish names, etc. We are really glad to have found Diane's book (and website!). Her photos bring our trip all back, and her recipes do, as well. There are many recipes with very local ingredients which may prove to be hard to find, but there are so many others that I am able to make without any special-order ingredients. Since many of our meals were vegetarian, we also purchased her book, "The Greek Vegetarian", which we also love. But this book of Icarian recipes very near and dear to my heart, and keeps the trip alive for us.

This is an awesome storybook and cookbook about the healthy lives of the people of Ikaria, a tiny Greek island off the coast of Turkey. Fascinating to read of their lives and much to learn from their cooking! usable and healthy recipes.

this is a gorgeous cookbook full of simple recipes for people who like greens, fresh vegetables, Mediterranean flavors (and goat, no so sure about that one).. I think it's kind of meant for people who are already familiar with the type of cooking and techniques in Greek and Turkish cooking but want new ideas.

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. Ikaria is one of the world's Blue Zones, a place where inhabitants reach age 100 at rates 10 times greater than in the United States. The organic, unprocessed diet of Ikarians, as well as regular physical activity, laid-back attitude, and arguably nonexistent relationship with time (shops around the island read "Clocks, Anxiety and Stress Have No Place on Ikaria") are likely all contributing factors. Kochilas' interviews with Ikaria's octogenarians and above reveal a positive attitude and joy for life that we can all learn from. After an introduction explaining the Blue Zones, The Ikaria Study and the rhythms of traditional Ikarian life, the delicious recipes begin. In keeping with the unprocessed foods of Ikaria, most recipes call for only a handful of ingredients. There are instructions for making homemade goat cheese, homemade phyllo dough, and for drying vegetables for preservation. The chapter on salads features a very thorough lexicon of edible greens and wild herbs, including medicinal uses. Along the way, sidebars provide more in-depth info on particular ingredients, techniques, and local festivals. Not surprisingly, vegetables play a starring role in this book. An entire chapter devoted to using vegetables as a main course includes baked, stewed, braised, and stuffed veggies that will give you plenty of creative ideas for how to make the most of the season's bounty. One of my favorite discoveries was a delicious variation on stuffed grape leaves using collard greens and dried corn. The chapter on savory pies and breads includes a recipe for homemade phyllo, spanakopita and stuffed pies, fried hand pies, and skillet puffs and griddle pies. Ikarians are blessed with an abundance of fish and seafood, which is integral to the Ikarian diet. Small fish are fried, while large fish are generally grilled, baked, or made into soup. Meat is "consumed regularly but sparingly, more as a condiment than as a main-course protein," according to the author. Goat meat is the most popular meat on Ikaria, and you'll find several wonderful, unfussy preparations here including baby goat braised with fennel, oregano-roasted goat, and baby goat with yogurt avgolemono that are the perfect introduction to this versatile staple. In addition to making several of the mezedes (including the whipped feta spread), I loved the lentil salad with fennel, onions, and lots of herbs; the touch of mint and dill gave an unexpected brightness to the lentils. I opted for a lemon-infused olive oil as I thought it would pair well with the

fresh herbs (many of the legume recipes in the book call for a splash of lemon juice). I absolutely adored the baked zucchini fritters with oregano and mint and appreciated that several of the fried recipes also included lighter baked alternatives. As a sweet finale, I baked the spice cake for the revealing saint (fanouropita) in a decorative Bundt pan -- it makes the perfect afternoon treat with a cup of Greek coffee. Sprinkled throughout the book are gorgeous portraits of Ikaria's landscape and architecture, Ikarians engaged in daily activities and festivals, and mouthwatering food photography. The book is rounded out with resources, including a bilingual Greek/English bibliography, and a very handy metric conversion chart that also features pan sizes. Recipe names are given in English and transliterated Greek. This is a fabulous addition to your Mediterranean cookbook library and a wonderful introduction to regional Greek cooking. We can all stand to learn a thing or two about eating and living well from Ikaria! (This review originally appeared on Mediterranean Living as the October spotlight review)

Great book, I am inspired to try some of the recipes. Some are just not translatable to my grocery stores. I looked for some of the food online, like the fish roe, but I just do not know what to even look for in terms of quality or flavor. I do wish they had some suggestions for retailers in the back. Love reading the stories, beautiful book. I told my husband I want to go to Ikaria, who knows, maybe someday...

Liked this concept and who doesn't love Greek food? My problem was that some of the ingredients were hard to source, and there's an awful lot of story and not really that many recipes. The photography is beautiful.

This new award winning international cookbook is a real gem for home cooks like me who love simple, fresh ingredients prepared in new ways that celebrate the best of seasonal bounty. The spinach rice dish is amazing. I hope to attend Diane Kochilas' Glorious Greece cooking class this summer in Ikaria.

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