

The award-winning Greek chef Irimi Togia, our well-known and beloved Rena Tis Fteliás, presents the best Greek traditional recipes in their most successful version. After 35 creative and successful years, Rena finally made her dream come true. She gathered 45 of the most popular and best loved recipes in a single book, and now serves us with their secrets. Table of Contents My childhood's gemista (stuffed peppers and tomatoes)! Salad with black-eyed beans, flavouring & olives Crispy domatokeftedes (tomato fritters) with lots of peppermint Aromatic hortopita (vegetable and cheese pie) with homemade filo (dough) Octopus salad with multi-coloured peppers and lots of flavouring Stuffed squids Colourful salad with potatoes and courgettes Fried eggs and tomatoes Crispy kadaifi pastry stuffed with a variety of Greek cheeses Stuffed beets with yoghurt and grated walnuts Shrimps saganaki with fresh tomatoes, feta cheese and ouzo Renas pate with Greek smoked salmon Vegetable garden... cooked in the oven Dolmades (stuffed grape leaves) with fresh leaves! Bean stew with potatoes Sofrito (pan-fried veal with potatoes): the original recipe from Corfu! Chicken stew with okra Stuffed aubergines (imam bayildi) Hearty fasolada (bean soup) with plenty of celery and sweet Florina peppers! Stuffed courgettes with minced beef and avgolemono (egg-lemon sauce) The traditional pastitsada... with cinnamon flavour Stuffed meatloaves with omelette and graviera Bite-sized pieces of veal cooked in the pot with feta cheese and Kalamata olives Artichokes with peas, potatoes and lots of lemon Braised chicken with chilopites (Greek noodles) The famous oven-baked lamb with lemon and oregano Giouvetsi cooked in the pot (veal stew) Cod bites with skordalia (garlic dip) Perch bianco (white) stew with lemon juice and potatoes Our grandmothers giouvarlakia (meatball soup) Pork stew with leeks and celery...no further comment necessary Stuffed aubergines with feta sauce Cuttlefish stew with flavouring and orzo Crispy, pan-fried meatballs Cauliflower yiahi (stew) Oven-baked aromatic butter beans with herbs The classic moussaka; aromatic and light Chicken bites with dill and courgettes Pork stew with beans Shrimp salad with rice; full of colours and aromatic! Bouillabaisse... fish soup Loukoumades with yoghurt Samali (semolina cake with syrup) Homemade jam of 3 kinds of peaches Vissinada (sour cherry juice): offer it to your guests!

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