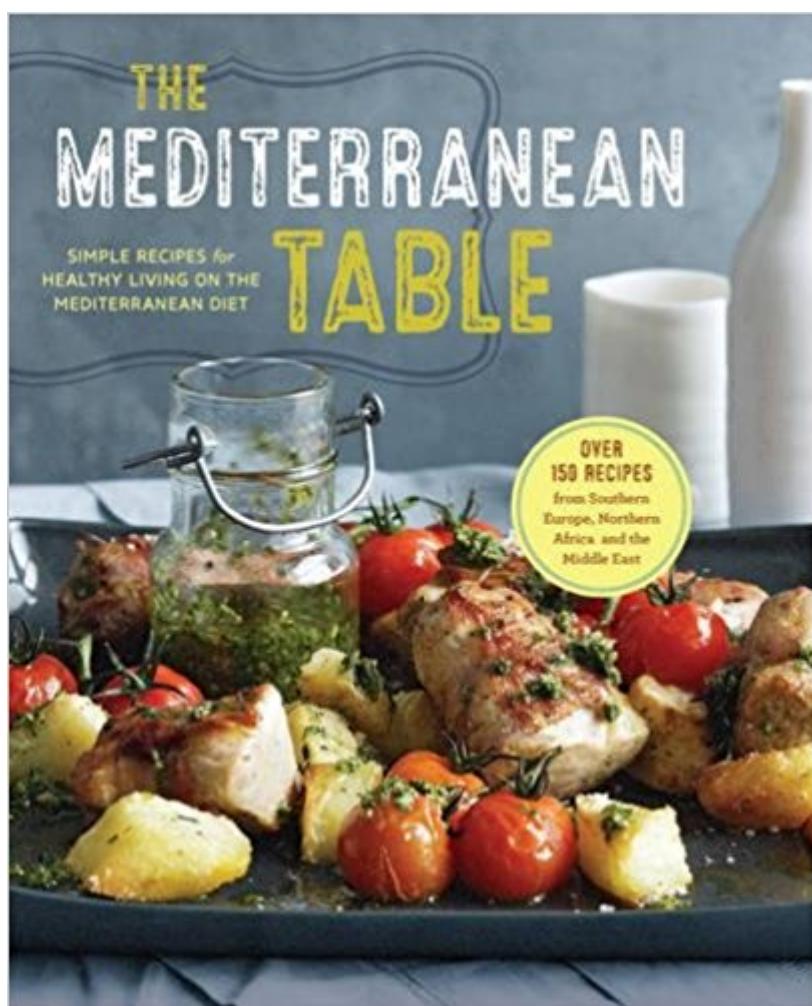


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# The Mediterranean Table: Simple Recipes For Healthy Living On The Mediterranean Diet



## Synopsis

In the age of green smoothie detoxes and elimination diets, it's easy to forget that you can actually enjoy flavorful, satisfying food and live a more healthful life. The cuisine of the Mediterranean is some of most nourishing and delicious in the world, and *The Mediterranean Table* includes more than 150 recipes that promise to make keeping the Mediterranean diet a natural, simple lifestyle change. While other Mediterranean cookbooks have a strict culinary focus or a strict diet focus, *The Mediterranean Table* marries the two and proves that you don't have to have a Sicilian grandmother to fill your kitchen with the flavors and traditions of this classic way of eating. With cooking tips, easy-to-prepare recipes, detailed nutritional information, an at-a-glance meal plan, and regional spotlights for every recipe, *The Mediterranean Table* will take readers on a culinary journey through Southern Europe, Northern Africa and the Middle East, all while sharing a time-tested tradition of healthy eating.

## Book Information

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## Customer Reviews

I'll fess up. I found and ordered this cookbook because it was featured on [dumpaday.com](http://dumpaday.com). I love Greek food and I've long wanted to learn more about preparing good Mediterranean food, so I bought it after dismissing the reviews that complain about hardly any pictures. First off, my cooking skills are intermediate. I'm much better than a beginner, but I'm a long way from ever being an expert. I rely on good cookbooks to give me good instructions because my skills and knowledge are still developing. Bottom line up front. I will be making a lot of recipes from this book. Everything so far

has been delicious. It's a good cookbook, but it has some flaws. I'm on my 4th recipe, and I've already encountered many issues with the instructions and organisation of the book. First of all... the index is just plain bad. It's superficial and expects you to know the first letter of any recipe that you want. For example... say you want to make mint pesto chicken.... The pesto recipe is in a different part of the book. After I prepared that pesto... I wasn't 100% sure of the name of the chicken recipe that required it, so I looked up "chicken" in the index. Nothing there that matched my recipe. Was this the wrong book? I didn't think so. I checked the table of contents, and there under poultry was "Mint Pesto Chicken" It's a chicken recipe, but the dang index doesn't list it. Well// it does, but it's under "Mint" not "Chicken." Under Chicken, it doesn't even say that there are other chicken recipes. It doesn't say "see also mint pesto chicken" Bottom line - this index is painfully literal and limited to the exact name of the recipe only. That's one annoying complaint. The big complaint is this: Instructions. This is why I dropped my rating to three stars. As an intermediate cook, I've prepared a lot of potatoes. So when I went to prepare the Spanish tortilla with potatoes, red onion, and egg, I was happy to slice 2lbs of potatoes cut into 1/4" slices. The recipe then directs you to cook them in a 1/2 cup of olive oil in a medium skillet for 20 minutes or until soft. Do I cover them? guess not. Says I should use a large skillet because that's a lot of potatoes. What size is large? Doesn't say. I used my "large" 10' all-clad. You know what? That's not adequate. That many potatoes overwhelms the skillet. They don't cook evenly. Should I have done them in batches? doesn't say to. Plus, that not enough oil to do batch cooking. Bottom line - that much time + that much oil in that sized skillet is simply not sufficient. You know what you need to do? Use a bigger skillet and cover it. That's common sense if you know how to cook potatoes. Am I wrong? maybe, but departing from the instructions produced a wonderful tortilla. I know enough about cooking to know that those instructions don't work w/o more time and skill. So I have had to add cooking notes to ever recipe that I've made so far. That Mint Pesto Chicken I mentioned? The pesto is awesome! I never would have thought mint and walnuts would work so well for pesto). The problem is the chicken. It needs to be cut up or flattened and maybe you should \*not\* use breasts. It will cook with the instructions given, but don't expect it to absorb all that pesto flavor. You get dry flavorless chicken with an amazing coating. A standard breast is simply too thick. Cutting it up or pounding it to a uniform thickness improves cooking time and flavor penetration. Does it suggest that? Nope. So again... Another great recipe with inadequate instructions and I've made more notes in the book. I made fig/almond/yogurt phyllo tarts this AM. They tasted amazing, but it tells you to use two cookie sheets. Why? to make six servings. What size sheet? it doesn't say. Just one half-sheet pan is all that you actually need. Again... making more notes in the book. Also.. you have to thaw the dough

first. Probably a "duh" sort of comment, but in later phyllo recipes, it makes a specific mention to thaw it. Not this one. By the time I've made everything, I'll probably have added preparation notes to every single recipe. Does that make this a bad cookbook? No. There are some awesome recipes in here. I've loved everything I've made so far. If you use this cookbook, you're going to make good and healthy food. Recipes might take longer than you think and instructions might be inadequate, but it'll still be good. I'd give this five stars if the instructions and the index were better. I recommend that you write down the name of all the recipes you want to make - because if you don't the first word of the name, you're going to have hard time finding again. So.. complaint aside, I think that this will become one of my favorite cookbooks. I'm just not sure that I'd recommend it for beginners. You really need to know when the cooking and prep instructions are inadequate or even wrong, but the food.. it's just so good you forget the annoyance.

Not being very familiar with Mediterranean food, I initially flipped through the book, saw recipes like "Clam Cataplana with Chourico" and "Pan Con Tomate with Jamon Serrano" and thought 'No way am I cooking ANY of this.' I was convinced all the recipes would be out of my league, both in skill and ingredient availability. But I was WRONG! A few days after my initial glance, I picked it back up, actually read some of the recipes and to my humbled surprise, was able to recognize almost all the ingredients and knew instantly I could find them at the local grocery store. As I read more and more, I became excited to try some of the unpronounceable dishes. The ingredients seemed whole and fresh! (I'm not sure I found one processed ingredient) A lot of lemon, tomato and fresh herbs. The other thing I found surprisingly enjoyable (besides fresh, simple ingredients) was that prep was quick and uncomplicated. Most of the recipes have a total prep/cook time of 30 min or less. The meals themselves are very tasty and full of flavor. I've tried four recipes so far and my family has told me to keep three of them (Those aren't bad odds in my opinion). I believe anyone (beginner or expert) could really enjoy this book and use it to expand their culinary horizons. I received a complimentary copy of this book in exchange for my honest review.

Bought this after a vacation in that part of the world. We loved the food there, and we are loving the ideas and recipes in this book! The food "feels" light and healthy, tastes wonderful. Great resource to add to our library of cookbooks.

I have high blood pressure and wanted to lose weight. ... I also have a family history of heart disease. .... The recipes in this book are good to eat and they're not too bad to get the ingredients

for.... A vegan cookbook had recipes better for my heart but the food wasn't that good. This book has amounts of oil that I lessen for my health but I can't criticise the book because if you don't include oil at all there is less taste and satiation.

I have always wanted a Mediterranean cookbook! I received this for review and so glad I did! I have always been a fan of this food but always just went to restaurants! The Italian tuna and olive salad is my favorite recipe so far! A lot of the ingredients are just basic stuff which is so great!

Love this book! Perfect recipes, easy and fairly simple. Familiar with a lot of them, so it was awesome to make these authentic on my own!!

I love this cook book. It has lots of great historical information as well as great pictures. All of the recipes are healthy and easy to make. Most of all my picky eating family likes the meals I am making from this cookbook.

Great cook book.

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