



# Back To My Roots: Sharing Recipes From The Villages Of Greece

*Krystina Kalapothakos*

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## **Back To My Roots: Sharing Recipes From The Villages Of Greece** Krystina Kalapothakos

*Back To My Roots* by chef Krystina Kalapothakos, of Kouzounas Kitchen, takes us back to the days of robust village life as we explore traditional Greek recipes with Krystina's own twist.

Inspired by her grandparents' village in Mani, Greece, and with the help of popular Greek food bloggers, this book is full of delicious Greek food recipes—such as *Spanakopita* (Greek Spinach Pie), *Karidopita* (Greek Walnut Cake), and *Keftedes* (Greek Meatballs)—plus Greek beverages, spices and teas.

*Back To My Roots* is not only packed full with mouth-watering recipes, but Krystina also shares her personal story, kitchen tips and tricks, bits and pieces of the history of olive oil and its benefits, and much, much more!

Take the journey with chef Krystina as she goes back to her roots and shares the tradition, the love, and most of all, the authentic food of her Greek heritage.

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