

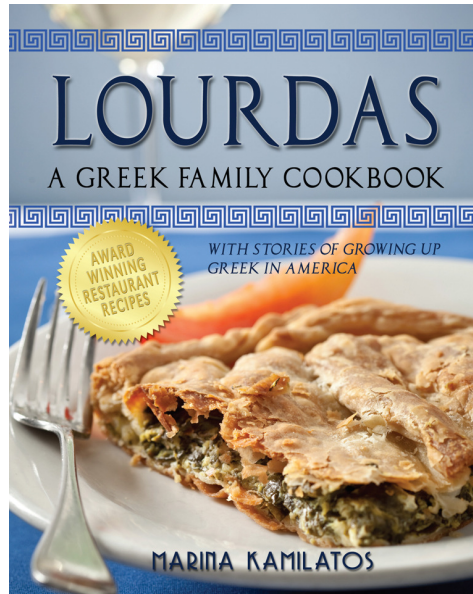


STRATEGIC BOOK GROUP

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FOR IMMEDIATE RELEASE

LOURDAS: A GREEK FAMILY COOKBOOK



The owner of award-winning restaurant Lourdias has written *Lourdias: A Greek Family Cookbook* to share her family's recipes with yours.

Author, Restaurant Owner and Chef Marina Kamilatos has compiled her “best of the best” family and restaurant recipes and added inspiring family stories and her fascinating trips to Greece. From her Yiayia's specialty dishes and cooking techniques to her father's recipes from Kefalonia and her mother's recipes from her treasured Macedonian heritage, you'll love the *Yemistes Pipieries Tsi Yiayias* (stuffed peppers), Greek soul food, *Pastitsatha* (pasta and beef), and *Fassoulatha* (white bean soup). There's a recipe that everyone in your family will enjoy. And most of the recipes, like *Spanakorizo* (spinach and rice), are quick, simple and easy to make.

***Lourdias: A Greek Family Cookbook* (ISBN: 978-1-60911-182-3) will be available July 21, 2010 for \$36.95 and can be ordered through the publisher's Web site:**

<http://www.strategicpublishinggroup.com/title/Lourdias-AGreekFamilyCookbook.html>

Or at www.amazon.com or <http://search.barnesandnoble.com>

Wholesalers please e-mail BookOrder@AEG-Online-Store.com

About the Author:

The role of family, celebrations, and cooking techniques kindled the beginnings of author Marina Kamilatos' passion for cooking. Each recipe is taken from her father's island of Kefalonia and her mother's Macedonian heritage, and then adapted to her own unique style of cooking. Marina is the chef owner of Lourdias Greek Taverna in Bryn Mawr, a restaurant in the Main Line suburbs of Philadelphia.

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