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How To Roast A Lamb: New Greek Classic Cooking



Synopsis

A rising star in the food world, Michael Psilakis is co-owner of a growing empire of modern Mediterranean restaurants, and one of the most exciting young chefs in America today. In *How to Roast a Lamb*, the self-taught chef offers recipes from his restaurants and his home in this, his much-anticipated first cookbook. Ten chapters provide colorful and heartfelt personal essays that lead into thematically related recipes. Gorgeous color photography accompanies many of the recipes throughout. Psilakis's cooking utilizes the fresh, naturally healthful ingredients of the Mediterranean augmented by techniques that define New American cuisine. Home cooks who have gravitated toward Italian cookbooks for the simple, user-friendly dishes, satisfying flavors, and comfortable, family-oriented meals, will welcome Psilakis's approach to Greek food, which is similarly healthful, affordable, and satisfying to share any night of the week.

Book Information

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Customer Reviews

Starred Review. Psilakis, highly acclaimed chef and owner of New York City's Kefi and Anthos, honors Greek cuisine in this nostalgic and charming book. More than a collection of recipes, this book is a celebration of Greek culture and its extraordinary effect on the author. Each section begins with a personal story demonstrating how his love of food was ingrained in him. The recipes that follow are organized by the foods tied to the experiences he describes. *My Father's Garden* pays homage to the family garden and includes a tantalizing recipe for sweet and sour eggplant and onion stew. *Open Water* includes grilled swordfish with tomato-braised cauliflower, and *Kefi*—A Time to Dance offers fried pork and beef meatballs and a variety of spreads including chickpea with roasted pepper and feta. Psilakis recounts a moving story about raising a young lamb

and kid, resulting in recipes for both roasted leg of lamb and braised goat. The author includes a helpful list of ingredients for those less familiar with Greek cuisine and offers optional shortcuts, such as using high-quality prepared ingredients to aid those pressed for time. Complete with full color photographs of many dishes and numerous black and white family photos, the work enables readers to embrace not only Greek cuisine but its culture as well. (Oct.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

New York never really appreciated great Greek cooking till Psilakis appeared on the Manhattan dining scene a few years ago. Psilakis's restaurants became overnight sensations, offering intelligent cooking that presented classic Greek dishes done to perfection, unusual meats rarely seen outside Greece, and wholly imaginative adaptations of standard ingredients reworked with contemporary inspirations. At the heart of Greek cooking lie vegetables and seafood. Traditional small plates include four-cheese stuffed zucchini blossoms, artichokes, fish-roe spread, and garlicky potato puree, perfect for dipping. Cod, skate, octopus, and cuttlefish all star in grilled, fried, and stewed guises. Eggplant gets the royal treatment in moussaka, which Psilakis prepares with goat instead of lamb or beef. Not content with popular lasagna-like pastitsio, Psilakis deconstructs its components, even specifying handmade feta macaroni for a showstopping presentation. An important addition to any culinary library, not just ethnic Greek collections. --Mark Knoblauch

This is a wonderful book! I bought it to try gyros from scratch, and they were absolutely phenomenal. To make the Gyros, you've got to make several different recipes that are components. The first is Garlic Confit. Amazing stuff! It produces a mason jar full of sweet, soft, fragrant garlic. Only a tiny portion is used in the gyros, so I have plenty for other recipes, or smearing on bread. The Lamb Gyro is to die for! You can prepare this the day before. Then there's Horiatiiki (Greek Salad) and Red Wine and Feta Vinaigrette. They are both truly special. The Tzatziki blows away any other Tzatziki recipe I've ever tried. To make the Gyros Arniou, you slice the gyro meat and cook it in an oil flavored with freshly toasted and ground spices, and you put it all together. The Garides, Kritharaki, Tomata (Shrimp with Orzo & Tomato) was amazing!!! And that one was really fast because I'd already made the Garlic Confit. The Youvarlakia (Beef & Rice Meatballs in Egg-Lemon Soup) tastes perfect. My daughter held her empty bowl upside down to make sure she didn't miss any. The Psito Boutaki Arniou (roasted leg of lamb) gets butterflied and stuffed with sun dried tomatoes, olives, garlic confit, herbs, etc. The whole house smelled amazing!! I'm so glad I bought this amazing book! I can't wait to try the rest of the recipes!

This book looked like it was brand new when it arrived, earlier than I expected. If you enjoy Greek food - this is the cookbook for you. It is filled with wonderful descriptions of family life and the recipes are simple but definitely tasteworthy. It was like being back in Greece.

Well written. Some of the recipes are involved, but taking time makes for a delicious dish. Others are fast and delicious. Michael's restaurant is on our list to visit in NYC....

Great recipes, great pics , and heartwarming family history. Have used many times and buy as house gift when visiting. Have also gotten a gift card to his restaurants and book to give as anniversary or wedding gift.

great item

Love this cookbook. Been a huge fan of Michael Psilakis for quite a while and have enjoyed dining at Kefi several times and can't say enough about this "cookbook". I say "cookbook" as it's way more than that. Michael shared traditions, family and his rise to fame throughout the book and his passion for Greek food has renewed my interest in cooking this wonderful food and not just eating it out. The book itself is weighty and features amazing quality paper (I'm a fan of good paper). The photos of the food and of Michael's family are great and left me wanting more. Love the fact that Michael could have made the recipes complicated to show off his grasp of fine cooking, but opted to make each dish something even a basic home cook could recreate. His goal to make Greek food accessible and simple to share with family and friends was accomplished - in a big way. Looking forward to dining at Anthos and Michael's next book. Well done.

There's a good balance of commentary (none of which gets in the way, but helps one better appreciate the Greek culture and context of the food) and recipes. The only thing I wish for is MORE RECIPES. It's a book for people who know their way around a kitchen, but it is not needed to know your way around a Greek kitchen before you pick this up and begin. He helps you out. Not every recipe has a photograph, but that's not a detriment to those of us with good visual powers. The photographs that do exist are enticing. I do live in an area (New England) where I can get nearly all of the ingredients used. But with the Internet I don't foresee much problem elsewhere. If you like Greek cooking, and want an approachable cookbook, or you want to explore cuisines along the

Mediterranean, I'd highly recommend this book.

Psilakis is an awesome chef and I have enjoyed watching him cook on the food network on different shows. His recipes are great, but what is even better is that he talks about traditions and techniques. I also like that he explains how the meats work with brining and marinades. I enjoy cooking with whole natural foods, and that is what he does! Can't wait to eat at one of his restaurants in NYC.

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