

IKARIA

Lessons on Food, Life, and
Longevity from the Greek Island
Where People Forget to Die



Diane Kochilas

photography by VASSILIS STENOS

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The remote and lush island of Ikaria in the northeastern Aegean is home to among the longest-living populations on earth, making it a "blue zone. Part cookbook, part travelogue, Kochilas's Ikaria is an introduction to the food-as-existence philosophy and a culinary journey through luscious recipes, beautiful photography, and captivating stories from locals. No-one knows the Ikarian way of living much better than Chef Diane Kochilas, who has spent much of her lifestyle on the island." Much of this provides been related to Ikaria's stress-free life style and Mediterranean diet-daily naps, frequent sex, a little seafood and meat, free-flowing wine, mindless exercise like strolling and gardening, hyper-local food, solid friendships, and a deep-rooted disregard for the clock. It's a portrait of the individuals who have achieved what so many of us yearn for: a fuller, even more meaningful and joyful existence, lived merely and nourished on true, delicious, seasonal foods that you could access anywhere. Ikaria is greater than a cookbook. Capturing the true spirit of the island, Kochilas explains the importance of shared food, medical benefits of raw and cooked salads, the bean meals that are passed down through generations, the greens and natural teas which are used in your kitchen and in the teapot as "medication," and the nutritional wisdom inherent in the substances and recipes which have kept Ikarians healthful for so long.



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A genuine picture of lifestyle and food on the island What a beautiful book! I was created on Ikaria and left for the United States when I was two. I go there normally as I can to visit my ancestral home and see my relatives. The photographs of Icarian life were amazing and the photos of the food made my mouth drinking water. I was now there last July and ideally will go once again next yr to celebrate my 80th birthday. Ikaria! Single. . usable and healthy recipes. The only downside is that some of the recipes demand ingredients not easily found in the US, but considering that the book is founded on a small Greek island, that's to be likely. An absolute delight to read, not forgetting the recipes. Great healthy recipes I've cooked several recipes out of this book and my children was not disappointed with them.. much better than your average dietary book Finally, a book that references longevity as a whole-spirited thing instead of just eliminating fats, or carbs, or particular grains, etc. There are recommendations for substitutions. Fascinating to read of their lives and much to learn from their cooking! Love the advice on healthful living too and find it inspiring to emulate their way of living. My issue was that some of the substances were hard to source, and there's an awful lot of story rather than really that many recipes. Liked this idea and who doesn't love Greek food Liked this idea and who doesn't like Greek food?. I think it's kind of meant for those who are already acquainted with the type of cooking and techniques in Greek and Turkish cooking food but want new tips. gorgeous cookbook filled with simple recipes for those who like greens, more fresh vegetables this is a striking cookbook filled with simple recipes for people who like greens, more fresh vegetables, Mediterranean flavors (and goat, no so sure about that one).. The picture taking is beautiful. Delicious food + long life. The stories of the culture, how they survived in lean occasions, how it affected their eating habits, how they celebrate their friendships today and how meals ties everything together. Talk about motivation! I bought this cookbook after reading about any of it on The Blue Zones internet site. The recipes are delicious and submitting, but what I love even more will be the stories of the island and individuals. What's never to love? Every. This is an awesome storybook and cookbook about the healthy lives of the people of Ikaria, a tiny Greek island off the coast of Turkey. Recipe. I've created from this cookbook has been flat-out wonderful. Love! The meals in this takes time and love, but that's what it's about and worthwhile because I've done several meals in this publication and each one has been so tasty and leaves the home smelling lovely! Love! This cookbook is AMAZING! Love!



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