

SWEET GREEK

Simple Food & Sumptuous Feasts

Renowned for her 'Sweet Greek' produce shop, Kathy Tsaples now shares her favourite recipes learned in her mother's kitchen, in this beautifully produced book.

The book is themed around the traditional Greek holidays such as Lent, Easter, Name Day, and so on, each with accompanying recipes for a feast. But as Kathy points out, each recipe can be used at any time, and every time family and friends get together is an occasion for a feast.

Kathy's story is also inspirational. After being diagnosed with breast cancer, she quit her profession to pursue her dream of cooking and opening a shop to offer the best of authentic Greek cuisine. Thousands of Melburnians are glad she did!

The recipes are about celebrating life: taking traditional food, cooking it today and passing it on to new generations.

The book features stunning food styling and photography.

A fantastic Mother's Day book!

About the Cover

"In April 2009, I was diagnosed with Stage 3 breast cancer. It was our Holy Week. After I came home from the surgery rooms, I wondered how I would tell my family about the cancer diagnosis. As I walked through the front door, I saw my mother dyeing our eggs red — a very important tradition during Holy Week. It was difficult to face her. In a strange way, I felt like I was letting her down. It was my responsibility, as a *noikokira* (woman of the home), to continue our traditions and pass them on to my sons and grandchildren, just as my mother had done with me. But would I survive to fulfil my role?"



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