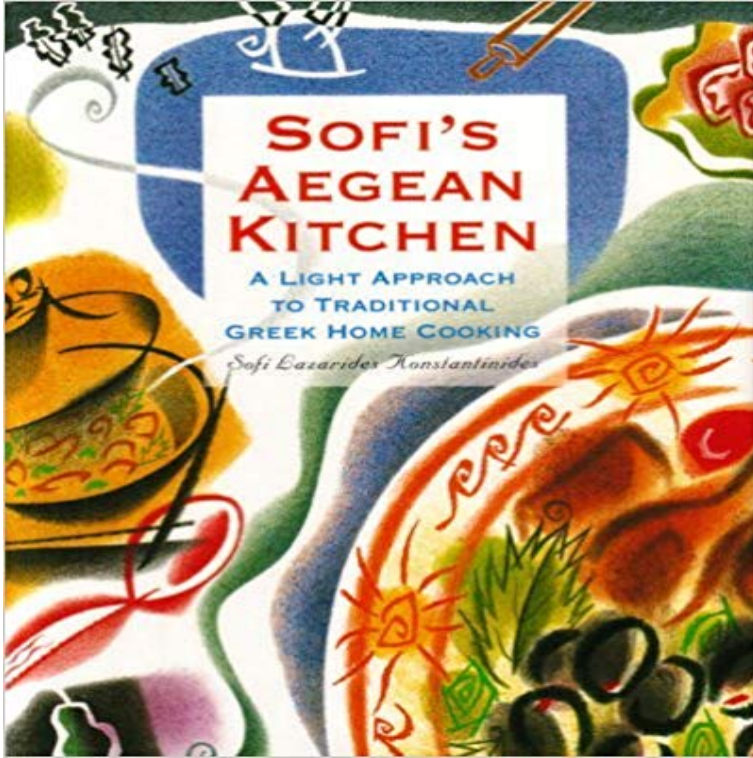


## Sofis Aegean Kitchen: A Light Approach to Traditional Greek Home Cooking



Sofi Konstantinides, proprietor of the acclaimed Los Angeles restaurant Sofi, shares the culinary legacy of her native Greece, presenting 145 recipes made lighter by using less oil, butter, and sugar than is customary. Filled with reminiscences about her family and friends, Sofis Aegean Kitchen is both a loving tribute to generations of talented Greek cooks and a health-conscious offering of their best home cooking. Black-and-white photographs and line drawings.

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