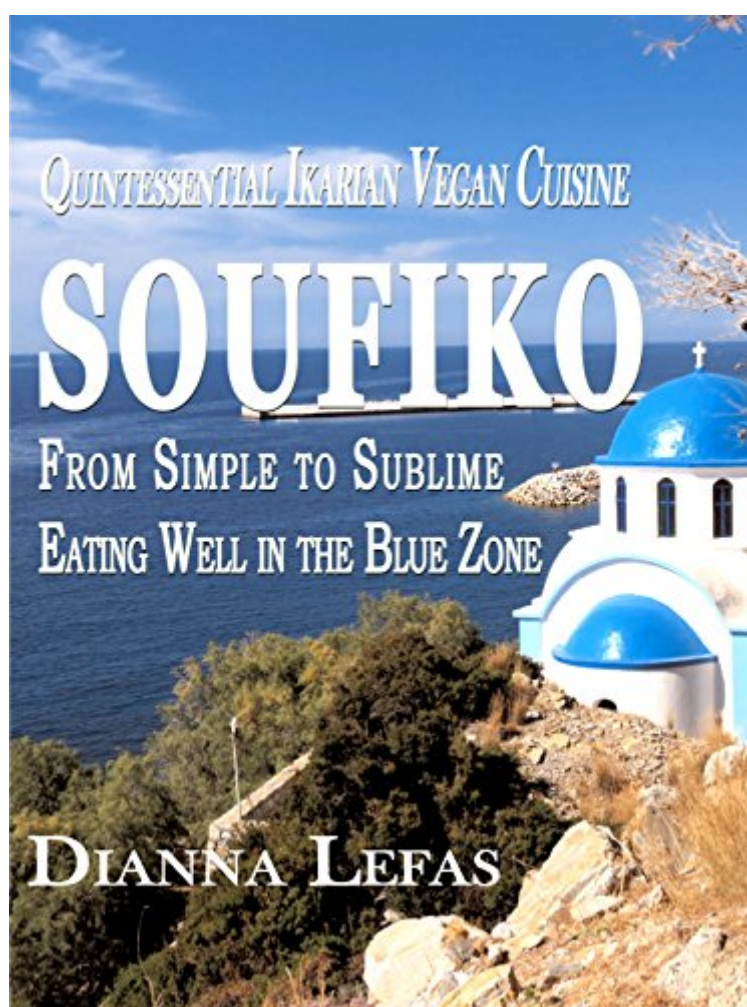


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# **SOUFIKO ~ From Simple To Sublime Eating Well In The Blue Zone.: Quintessential Ikarian Cuisine**



## Synopsis

If you can describe the Ikarian character in one word, it would be Filotimos. If you can describe Ikarian philosophy in one word, it would be Soufiko. The former is a highly prized character trait which means pride in one's honor, pride in one's self and respect for others. The latter is a food unique to the island made, they say, when one ingenious wife answered her husband's inquiry of supper by going down to the garden and throwing the whole harvest onto one pan, making a hodgepodge of vegetarian babel that miraculously delivered, exquisitely but in reality, it is the heart, soul and tenacious philosophy of a people. During the hardships of WW2, the British motto was "Make do." In Ikaria, that motto was a recipe. That recipe - that clean, honest, simple vegetarian cuisine - has prolonged the lives of a hearty people, turning their once ignored North Aegean island into a Blue Zone discovered by Dan Buettner, where people live the longest, healthiest and happiest lives. While we can't take all aspects of the Ikarian life-style with us, we can eat those foods that are pure and wholesome, free from the chemical sprays and GMOs that are killing modern society. Let's go back to a simpler, more honest way of eating; that is the one aspect of the Blue Zone that we have the power to reproduce where we are, encapsulated in that quintessential Ikarian dish - Soufiko.

## Book Information

File Size: 2247 KB

Print Length: 22 pages

Publisher: Perdiki Publishing (February 21, 2017)

Publication Date: February 21, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06WJ56P64

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #606,372 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39

Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

European > Greek #109 in ÃÂ Books > Cookbooks, Food & Wine > Regional & International > European > Greek #297 in ÃÂ Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Cookbooks, Food & Wine

## Customer Reviews

A delightful little book painting a picture of the Ikarian people through their tasty food. There is a wide variation of soufiko recipes to try and a bunch of other recipes as well. Now I'm hungry!

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