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thirty-six of*

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fables,  
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Cat and the  
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Grasshopper,"  
and "The Vain  
Crow."

Women in  
contemporary  
Greek society

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*have been  
conventionally  
depicted as  
oppressed and  
socially  
inferior,  
circumscribed  
in behavior  
and segregated  
from the world  
of men. In  
1967 Ernestine*

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*Friedl's  
classic  
article, "The  
Position of  
Women:  
Appearance and  
Reality,"  
argued that  
this view was  
overly  
simplified and  
that in Greek*

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villages women  
Short And Happy  
in fact  
Tale Of Pippo  
exercise power  
Alampo  
in household  
decisions and  
in determining  
the economic  
and marital  
future of  
their  
children.  
Since that

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*article,*  
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*feminists and  
anthropologist  
s have*

*continued to  
discuss the  
appearances of  
prestige vs.  
the realities  
of power. In  
this volume  
scholars form*

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*a variety of  
backgrounds  
return the  
debate to the  
setting of  
Greece for the  
first time  
since Friedl's  
work.*

*Introduced by  
Jill Dubisch,  
the book*

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*contains eight  
original  
essays and a  
republication  
of the Friedl  
article. Among  
other topics,  
the essays  
examine  
changes now  
occurring in  
Greek gender*



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*roles, the  
ways women  
deal with  
oppression and  
act as  
mediators  
between the  
domestic  
sphere and  
life outside  
the home, and  
the extension*

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*symbolism of*  
*gender beyond*

*male and*  
*female roles.*

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*contributors*  
*are Juliet du*  
*Boulay, Anna*  
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*Jill Dubisch,  
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Michael  
Herzfeld,  
Tale Of Pinpo  
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*Kennedy,*

*Elftherios*

*Pavlides and*

*Jana Hesser,*

*and S.D.*

*Salamone and*

*J.B. Stanton.*

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towering*



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mountains,  
from crystal-  
clear seas and  
pristine  
beaches to  
stone villages  
steeped in  
tradition,  
with clear  
advice and  
honest*

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*opinions*  
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Book is "a  
real working  
guide to  
preparing the  
traditional  
dishes found*

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*all over*  
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*(Newsweek) .*

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*from the*  
*shores of*  
*Turkey to the*  
*Ionian Sea*  
*east of Italy,*  
*the Greek*  
*islands have*  
*been the*

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*crossroads of  
the  
Mediterranean  
since the time  
of Homer. Over  
the centuries,  
Phoenicians,  
Athenians,  
Macedonians,  
Romans,  
Byzantines,  
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Ottoman Turks,  
Short And Happy  
and Italians  
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Alampo  
have ruled the  
islands,  
putting their  
distinctive  
stamp on the  
food. Aglaia  
Kremezi, a  
frequent  
contributor to  
Gourmet and an

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*international  
authority on  
Greek food,  
spent eight  
years*

*collecting the  
fresh,  
uncomplicated  
recipes of the  
local women,  
fishermen,  
bakers, and*

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*farmers. Like*  
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*all*

Tale Of Pippo  
Alampo  
*Mediterranean*  
*food, these*

*dishes are*

*light and*

*healthful,*

*simple but*

*never plain,*

*and make*

*extensive use*

*of seasonal*

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*produce, fresh  
herbs, and  
fish. Passed  
from*

*generation to  
generation by  
word of mouth,  
most have  
never before  
been written  
down. All  
translate*



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*easily to the*  
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*American home*  
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*kitchen:*  
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*Tomato Patties*

*from*

*Santorini;*

*Spaghetti with*

*Lobster from*

*Kithira;*

*Braised Lamb*

*with*

*Artichokes*

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*is for all*  
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*cooks and*  
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*travelers who*  
Alampo  
*want to*

*experience*  
*this diverse*  
*and deeply*  
*rooted cuisine*  
*firsthand.*

*“The author*  
*has combined*  
*her*

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*cook who knows*  
*both American*  
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*kitchens to*  
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experiences, and  
back again.



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small Greek  
village--the  
funeral, the  
singing of  
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food, the daily  
visits to the  
graves, and  
especially the  
rite of  
exhumation.

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help Greek  
villagers face  
the universal  
paradox of  
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can the living  
sustain

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with the dead  
and at the same  
time bring them  
to an end, in  
order to  
continue to live  
meaningfully as  
members of a  
community? That  
is the  
villagers'  
dilemma, and our  
own. Thirty-one

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justice to their  
great beauty)  
combine with  
vivid  
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the bereaved  
women of  
"Potamia" and  
with the words  
of the funeral

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laments to allow  
the reader an  
unusual

emotional  
identification  
with the people  
of rural Greece  
as they struggle  
to integrate the  
experience of  
death into their  
daily lives.

Loring M.

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these rituals  
occur. He  
explores  
important themes  
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life, such as

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the position of  
women, patterns  
of reciprocity  
and obligation,  
and the nature  
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relations within  
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history, Greek  
cooking has  
drawn upon  
influences  
ranging from the

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Gatzoyiannis,  
41, defied the  
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Tale Of Pinpo  
Alampo

her small  
village and the  
terror of the  
communist  
insurgents to  
arrange for the  
escape of her  
three daughters  
and her son,  
Nicola. For  
that act, she  
was imprisoned,  
tortured, and

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*executed in  
cold blood.*

*Nicholas Gage  
joined his*

*father in  
Massachusetts*

*at the age of  
nine and grew*

*up to be a top  
investigative*

*reporter for  
the New York*

*Times. And*  
*Page 80/214*



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*finally he  
returned to  
Greece to  
uncover the  
story he cared  
about most --  
the story of  
his mother's  
heroic life and  
tragic death.  
Offering a  
comprehensive  
guide to*

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Alampo*  
economical  
travel in  
diverse regions  
of the world,  
these  
innovative new  
versions of the  
popular  
handbooks  
feature an all-  
new look,  
sidebars  
highlighting

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*maps, regional*  
*culinary*  
*specialties,*

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essentials.*

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*Food of Greece  
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*Recipes from  
Tha Boss Dogg's  
Kitchen*

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*Greek*

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of every variety.

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Salad or Lentil Soup;  
proceed to Cretan-  
style Roast Lamb with  
Spicy Yogurt Sauce,  
complemented by  
Spinach with Lemon  
Oil Dressing and  
Cyprus-style Olive  
Bread with Onions  
and Mint. Finish with

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heavenly Brandied  
Almond-Honey Cake  
and a strong cup of  
Greek Coffee.

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of democracy and  
Western  
philosophical ideas.  
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encyclopedia is one-



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of-its kind in its down-to-earth approach and comprehensive analysis of complex issues now facing Greece. It analyzes such topics as government and economics without jargon and brings a lighthearted approach to chapters on such topics as etiquette (e.g., what gestures to

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Alamy

avoid so as not to offend), leisure (how Greeks celebrate holidays), and language (the meaning of "opa"). No other book on Greece is organized like this thematic encyclopedia, which has more than 200 entries on topics ranging from Archimedes to

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refugees. Unique to this encyclopedia is a "Day in the Life" section that explores the actions and thoughts of a high school student, a bank employee, a farmer in a small village, and a retired couple, giving readers a vivid snapshot of life in Greece.

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*Page 91/214*

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and Happy Tale of  
Pippo Alampo

A guide to the  
nation's colleges  
publishes extensive  
surveys--all written  
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students--from over  
three hundred  
educational  
institutions, covering  
admission, academics,  
quality of life, social

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**Michael**

**Pollan, the**

**bestselling**

**author of The**

**Omnivore's**

**Dilemma, Food**

**Rules, and**

**How to**

**Change Your**

**Mind, explores**

**the previously**

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**uncharted  
territory of his  
own kitchen in  
Cooked.**

**"Having  
described  
what's wrong  
with American  
food in his  
best-selling  
The  
Omnivore's**

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**Dilemma  
(2006), New  
York Times  
contributor  
Pollan delivers  
a more  
optimistic but  
equally  
fascinating  
account of how  
to do it right. .  
. . A delightful**



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**chronicle of  
the education  
of a cook who  
steps back  
frequently to  
extol the  
scientific and  
philosophical  
basis of this  
deeply  
satisfying  
human**

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**activity."**  
**—Kirkus**  
**(starred**  
**review)**

**Cooked is now**  
**a Netflix**  
**docuseries**  
**based on the**  
**book that**  
**focuses on the**  
**four kinds of "**  
**transformation**

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s" that occur  
in cooking.

Directed by  
Oscar-winning  
filmmaker

Alex Gibney  
and starring  
Michael  
Pollan, Cooked  
teases out the  
links between  
science,

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**culture and  
the flavors we  
love. In**

**Cooked, Pollan  
discovers the  
enduring  
power of the  
four classical  
elements—fire,  
water, air, and  
earth—to  
transform the**

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**stuff of nature  
into delicious  
things to eat  
and drink.**

**Apprenticing  
himself to a  
succession of  
culinary  
masters,  
Pollan learns  
how to grill  
with fire, cook**

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**with liquid,  
bake bread,  
and ferment  
everything  
from cheese to  
beer. Each  
section of  
Cooked tracks  
Pollan's effort  
to master a  
single classic  
recipe using**

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**one of the four  
elements. A  
North Carolina  
barbecue pit  
master tutors  
him in the  
primal magic  
of fire; a Chez  
Panisse-traine  
d cook schools  
him in the art  
of braising; a**

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**celebrated  
baker teaches  
him how air  
transforms  
grain and  
water into a  
fragrant loaf  
of bread; and  
finally, several  
mad-genius  
“fermentos” (a  
tribe that**



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**includes  
brewers,  
cheese  
makers, and  
all kinds of  
picklers)  
reveal how  
fungi and  
bacteria can  
perform the  
most amazing  
alchemies of**

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Tale Of Pippo  
Alambo

**all. The reader  
learns  
alongside  
Pollan, but the  
lessons move  
beyond the  
practical to  
become an  
investigation  
of how cooking  
involves us in  
a web of social**

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**and ecological  
relationships.**

**Cooking,  
above all,  
connects us.**

**The effects of  
not cooking  
are similarly  
far reaching.**

**Relying upon  
corporations  
to process our**

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**food means we  
consume large  
quantities of  
fat, sugar, and  
salt; disrupt  
an essential  
link to the  
natural world;  
and weaken  
our  
relationships  
with family**

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**and friends. In  
fact, Cooked  
argues, taking  
back control of  
cooking may  
be the single  
most  
important step  
anyone can  
take to help  
make the  
American food**

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Cooking The  
**system**  
Short And Happy  
**healthier and**  
Tale Of Pippo  
**more**  
Alampo

**sustainable.**

**Reclaiming  
cooking as an  
act of  
enjoyment and  
self-reliance,  
learning to  
perform the  
magic of these**

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**everyday trans  
formations,  
opens the door  
to a more  
nourishing  
life.**

**Driven by a  
need for some  
control in her  
life, Juliet sells  
up on impulse  
and buys a**

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**dilapidated  
farm house in  
a tiny Greek  
village, leaving  
her English  
life behind.  
The house is  
liveable by  
local  
standards but  
the job of  
restoring the**



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Alamno

**garden is too  
big. Juliet  
cannot bring it  
to life on her  
own. Aaman  
has traveled to  
Greece from  
Pakistan  
illegally. His  
task is to find  
work and raise  
money for the**

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**harvester his  
village  
desperately  
needs to  
deliver them  
out of poverty.  
What he  
imagined  
would be a  
heroic journey  
in reality is  
fraught with**

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**Cooking The  
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Alampo**

**danger and  
corruption. He  
finds himself  
in Greece  
where Juliet  
hires him. As  
the summer  
progresses,  
they discover  
they have  
something in  
common, an**

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Tale Of Pippo  
Alarino

**event that has  
defined how  
they interact  
and how they  
view**

**themselves.**

**Indianapolis  
Monthly is the  
Circle City's  
essential  
chronicle and  
guide, an**

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**indispensable  
authority on  
what's new  
and what's  
news. Through  
coverage of  
politics, crime,  
dining, style,  
business,  
sports, and  
arts and  
entertainment,**

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**each issue  
offers  
compelling  
narrative  
stories and  
lively, urbane  
coverage of  
Indy's cultural  
landscape.  
In this e-book  
edition, Tomie  
dePaola retells**

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Alampo  
**his classic  
story against a  
charming  
musical score.**

**Strega Nona—  
"Grandma  
Witch"—is the  
source for  
potions, cures,  
magic, and  
comfort in her  
Calabrian**

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**town. Her  
magical ever-  
full pasta pot  
is especially  
intriguing to  
hungry Big  
Anthony. Big  
Anthony is  
supposed to  
look after her  
house and  
tend her**



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Tale Of Pippo  
Alambo

**garden, but  
one day, when  
she goes over  
the mountain  
to visit Strega  
Amelia, he  
recites the  
magic verse  
over the pasta  
pot, with  
disastrous  
results.**

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**Hearing  
Before the  
Subcommittee  
to Investigate  
Problems  
Connected  
with Refugees  
and  
Escapees...  
93d Congress,  
2d Session,  
Sept. 26, 1974**

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**Cooking, Skill,  
and Everyday  
Life on an  
Aegean Island  
Eleni  
Cooked  
The  
Peloponnese  
The Death  
Rituals of  
Rural Greece**  
*Enriched with full-*

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*color photographs in honor of its twenty-fifth anniversary, The Silver Palate*

*Cookbook is the beloved classic that brings a new passion for food and entertaining into American homes. Its 350 flawlessly seasoned, stand-out dishes make every occasion special, and*

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*its recipes, featuring vibrant, pure ingredients, are a pleasure to cook.*

*Brimming with kitchen wisdom, cooking tips, information about domestic and imported ingredients, menus, quotes, and lore, this timeless book feels as fresh and exciting*

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*as the day it was first published. Every reader will fall in love with cooking all over again.*

*This book is about Greek Americans who have lived or live in Essex County, New Jersey. Greeks first started to immigrate to the United States in large numbers after*

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*1900. This book gives the stories of individual Greek American families. It gives a cross section of the Greek immigrants who come to America between 1900 and 1930. And it gives a cross section of the children of these immigrants. A Greek American community*

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*is synonymous with a parish of the*

*Orthodox Church. In Essex County the community consisted of four churches.*

*These churches are St. Nicholas, St. Demetrios, St.*

*Fanourios, and Sts Constantine and Helen. The priests who served these churches and their*



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*period of service are listed in the book.*

*The churches religious services and Sunday and Greek schools greatly participate in shaping the moral character of the people. This book contains the biographies of individual families of the community. The*

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*biographies are arranged alphabetically, except that biographies about children or grandchildren of a particular family immediately follow the root family biography, so as to maintain the continuity of that family. The chief*

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*characteristics of the first immigrants were their high moral character and their industriousness.*

*They passed these good characteristics onto their children.*

*These immigrants were also highly supportive of education, and saw to it that their*

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*children received a  
good education.*

*Because of all of  
these factors, today  
the immigrants  
children and  
grandchildren are  
leaders in commerce,  
industry, education,  
and government.*

*They have  
accomplished what  
their parents desired  
for them. Truly they*

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*have achieved the  
American dream.*

*Shares pressure  
cooker recipes for  
appetizers, soups,  
salads, main dishes,  
and desserts*

*Secrets from the  
Greek Kitchen  
explores how cooking  
skills, practices, and  
knowledge on the  
island of Kalymnos  
are reinforced or*

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*transformed by contemporary events. Based on more than twenty years of research and the author's videos of everyday cooking techniques, this rich ethnography treats the kitchen as an environment in which people pursue tasks, display expertise, and*

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*confront culturally  
defined risks.*

*Kalymnian islanders,  
both women and  
men, use food as a  
way of evoking  
personal and  
collective memory,  
creating an elaborate  
discourse on  
ingredients, tastes,  
and recipes. Author  
David E. Sutton  
focuses on*

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*micropractices in the kitchen, such as the cutting of onions, the use of a can opener, and the rolling of phyllo dough, along with cultural changes, such as the rise of televised cooking shows, to reveal new perspectives on the anthropology of everyday living.*



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Long Story, 7,000  
BCE to the Present  
The Historical Greek  
Village*

*The Silver Palate  
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*My Big Fat Greek  
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Choice  
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collection of  
recipes featuring  
the seasonal  
foods and  
flavors of Greek  
and  
Mediterranean  
cuisine. The  
classic cookbook  
of Greek cuisine,

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Greece is  
regarded as the  
most authentic  
and  
authoritative  
collection of  
Greek recipes.  
Food explorers  
and cooks of all

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levels will enjoy  
more than 250  
regional and  
national

specialties—from the olives, feta, and seafood of mezes; to delicate lemon broths, hearty bean soups,

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grilled meats  
and fish, baked  
vegetables and  
pilafs; to  
fragrant, gooey  
honey pastries.  
Based on  
decades of  
research and  
refinement from  
Barron's  
legendary

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cooking schools  
on the island of  
Crete and in  
Santorini, these  
delicious recipes  
have set the  
standard for  
contemporary  
Greek cuisine,  
showcasing  
seasonal foods  
and flavors

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perfect for  
informal eating  
with family,  
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History of a Long  
Story presents a  
comprehensive  
overview of the  
history of  
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exploring the  
continuity of  
Greek culture  
from its

Neolithic origins  
to the modern  
era. Tells the  
story of Greece  
through  
individual  
personalities  
that inhabited



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various periods  
in the lengthy  
sweep of Greek  
history Uses an  
approach based  
on recent  
research that  
includes DNA  
analysis and  
analyses of  
archaeological  
materials

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that

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demonstrate the

physical sphere

of Greece and

major events in

each of the

periods

This volume

presents the

Protogeometric

through

Hellenistic

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material (ca.  
970–175 B.C.)  
from ASCSA  
excavations  
conducted in the  
1950s at Lerna  
in the Argolid,  
one of the most  
important  
prehistoric sites  
in Greece. The  
material derives

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from two main sources: burials from a Geometric cemetery near the settlement and Late Archaic, Classical, and Hellenistic wells from the mound proper. Although

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the material  
consists  
primarily of  
pottery and  
other ceramic  
finds, it also  
includes human  
remains, animal  
bones and  
shells, coins,  
inscriptions, and  
bronze and

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stone objects.  
Heather  
Graybehl  
provides a  
petrographic  
analysis, Mark L.  
Lawall discusses  
the transport  
amphoras and  
import patterns,  
David S. Reese  
presents the

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faunal material,  
and David  
Scahill presents  
and catalogues  
two Doric  
capitals. This  
study not only  
gives scholars  
greater insight  
into ceramic  
developments in  
the Argolid, it



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brings much-needed focus to the material culture of a historic settlement not known for strategic trading, politics, or military prowess. Lerna VIII will greatly

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facilitate  
comparative  
studies with  
other modestly  
sized  
communities in  
ancient Greece.  
Welcome to tha  
Boss Dogg's  
Kitchen The first  
cookbook and  
recipe book

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from Tha Dogg:  
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You've seen  
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Snoop work his  
culinary magic  
on VH1's Emmy-  
nominated  
Martha and  
Snoop's Potluck  
Dinner Party,  
and now, Tha  
Dogg's up in  
your

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kitchen...with  
his first  
cookbook.

Recipe book that  
delivers 50  
recipes straight  
from Snoop's  
own collection:  
Snoop's  
cookbook  
features OG  
staples like

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Baked Mac &  
Cheese and  
Fried Bologna  
Sandwiches with  
Chips, and new  
takes on classic  
weeknight faves  
like Soft Flour  
Tacos and Easy  
Orange Chicken.  
And it don't  
stop...Snoop's

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giving a taste of  
the high life with  
remixes on  
upper echelon  
fare such as  
Lobster  
Thermidor and  
Filet Mignon. But  
we gotta keep it  
G with those  
favorite  
munchies too,

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ya know? From  
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chewy  
Tale Of Pippo  
Starbursts to  
Alampo

those glorious  
Frito BBQ Twists,  
you should have  
an arsenal of  
snacks that'll  
satisfy. And of  
course, no party  
is complete  
without that Gin

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and Juice and  
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other platinum  
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ways to  
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entertain. If  
you're a fan of  
celebrity  
cookbooks such  
as Bob's  
Burgers,  
Magnolia Table  
Cookbook,  
Margaritaville



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Tale Of Pippo  
Alampo

cookbook, or the  
Gilmore Girls Eat  
Like a Gilmore;  
the Doggfather's  
got you covered  
– complete with  
epic stories and  
behind-the-  
scenes photos  
that bring his  
masterpieces to  
life.

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Lessons on  
Short And Happy  
Food, Life, and  
Tale Of Pippo  
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Longevity from  
the Greek Island  
Where People  
Forget to Die  
Boost Your  
Metabolism,  
Restore Your  
Inner Ecology,  
and Lose the  
Weight for

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Good!

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Secrets from the  
Greek Kitchen

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The Gut Balance

Revolution

Modern Greece

Ikaria

**Research shows  
that gut microflora  
and intestinal  
microbiota play a  
pivotal role in**

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weight  
maintenance  
through its  
influence on  
metabolism,  
appetite  
regulation, energy  
expenditure, and  
endocrine  
regulation. Gut  
flora imbalance is  
why so many

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people can't lose weight despite exercising more and eating less. In The Gut Balance Revolution, Dr. Gerard Mullin--the foremost authority on digestive health and nutritional medicine--explains how to prevent

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leaky gut, inflammation, and insulin resistance, which are major contributors to obesity. This book will teach you how to rebalance the gut microbiome using a simple three-step method: Reboot: Weed out

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fat-forming bad  
bacteria by  
eliminating foods  
that make them  
grow and promote  
inflammation,  
insulin, and fat  
accumulation, and  
reignite fat burning  
metabolism with  
exercise and  
dietary

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supplements.  
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Rebalance:

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Reseed your gut  
with goods bugs  
and fertilize these  
friendly flora to  
establish a healthy  
gut ecology,  
reduce stress, and  
reinstitute a  
healthy lifestyle  
including sleep



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hygiene. Renew:  
Carry this lifestyle  
adjustment forward  
and maintain your  
weight with good  
eating habits with  
allowances for  
pleasure foods.

The book features  
step-by-step meal  
plans, shopping  
lists, restaurant

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guides, recipes,  
recommendations  
on dietary  
supplements, and  
exercises for each  
phase so you can  
easily reboot,  
rebalance, and  
renew your health.  
The ancient  
Greeks  
worshipped a host

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of gods and  
goddesses.

Preserved today in  
poetry, art, and  
mythology, these  
divine beings were  
part of a religious  
pantheon from  
which worshippers  
sought health,  
good crops, and  
deliverance from

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enemies. This collection of mythical figures introduces youngsters to Greek mythology in an appealing way to fans of all ages.

Debbie

Matenopoulos

grew up in a

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traditional Greek household, eating delicious, authentic Greek cooking that her family had passed down for generations. When Debbie started her television career in New York on The View, she began

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eating a standard  
American diet.

Despite carefully  
limiting how much  
she ate, she found  
herself gaining  
weight and losing  
energy. Debbie  
moved on to  
anchor and special  
correspondent  
positions at E!

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News and TV  
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Guide Channel,  
Tale Of Pippo  
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then to many other  
roles that had her  
on the go all the  
time. It was only  
when she returned  
to her traditional  
Greek diet that she  
found herself  
easily—and  
healthily—realizing

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her natural weight  
and regaining the  
stamina she had  
as a teenager. In

It's All Greek to

Me: Transform

Your Health the

Mediterranean

Way with My

Family's Century-

Old Recipes,

Debbie shares 120



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of her family's traditional Greek recipes and adds her own touch to make them even healthier and easier to prepare. After tasting Debbie's dishes, such as her mouthwatering version of

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Spanakopita and her take on Fasolatha, you'll be amazed that these delicious foods are good for you. Debbie even includes tips on how to adapt her recipes to meet any dietary needs, so all readers can

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enjoy her hearty meals. With a foreword by Dr. Michael Ozner, one of the nation's leading cardiologists, the recipes in It's All Greek to Me adhere to the healthiest diet on the planet: the

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traditional

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Mediterranean  
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Diet. Modern  
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science is catching up to what Greeks have known for millennia: health comes from eating natural, whole-food ingredients that haven't been processed or

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pumped full of hormones, antibiotics, or preservatives. Let It's All Greek to Me bring your friends and family together to share in the experience of a Greek meal and way of life.

Opa! A portion of

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all proceeds will  
benefit the ALS  
Association.

I make no secret  
of the fact that I'm  
not the world's  
best cook! Luckily  
for me most  
traditional Greek  
dishes are easy to  
make and forgiving  
of my mistakes...Q

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quantities are not critical, and most of the recipes presented here can be made in many different ways, with any number of local variations. If you don't have a particular ingredient to hand,

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don't be afraid to experiment - who knows, you may come up with something new and delicious! (If you do, be sure to write and let me know!)I've included a selection of my favourites - simple, tasty and



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wholesome treats  
that never fail to  
please. Oh, and of  
course, I couldn't  
resist writing a  
story to  
accompany the rec  
ipes... Enjoy! Sara  
Alexi

Cooking and  
Culture at the  
Crossroads of the

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Mediterranean  
Short And Happy  
The Greek  
Tale Of Pippo  
American  
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Community of  
Essex County,  
New Jersey

The Foods of the  
Greek Islands

The Short and  
Happy Tale of  
Pippo Alampo

Charming Small

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Cooking The  
Hotel and  
Short And Happy  
Restaurant Guide  
Tale Of Pippo  
From Crook to  
Alampo  
Cook

The remote and lush island of Ikaria in the northeastern Aegean is home to one of the longest-living populations on the planet, making it a "blue zone." Much

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of this has been attributed to Ikaria's stress-free lifestyle and Mediterranean diet--daily naps, frequent sex, a little fish and meat, free-flowing wine, mindless exercise like walking and gardening, hyper-local food, strong

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friendships, and a deep-rooted disregard for the clock. No one knows the Ikarian lifestyle better than Chef Diane Kochilas, who has spent much of her life on the island. Part cookbook, part travelogue, Kochilas's Ikaria is

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an introduction to the food-as-life philosophy and a culinary journey through luscious recipes, gorgeous photography, and captivating stories from locals.

Capturing the true spirit of the island, Kochilas explains

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the importance of shared food, the health benefits of raw and cooked salads, the bean dishes that are passed down through generations, the greens and herbal teas that are used in the kitchen and in the teapot as

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"medicine," and the nutritional wisdom inherent in the ingredients and recipes that have kept Ikarians healthy for so long. Ikaria is more than a cookbook. It's a portrait of the people who have achieved what so many of us



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yearn for: a fuller,  
more meaningful  
and joyful life, lived  
simply and

nourished on real,  
delicious, seasonal  
foods that you can  
access anywhere.

These are Greek  
recipes that many  
people would like to  
know how to prepare

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but cannot find in  
the traditional  
cookbooks. I have  
made the recipes

very easy to prepare  
with easy-to-follow  
instructions. The  
recipes are short and  
to the point. They  
are all true Greek  
recipes that the  
Greeks prepare in

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the old villages in Greece. Greeks have always taken food very seriously and believe food is an art. Most Greek recipes were created in the old village kitchens, which had no electricity or running water. This is where flavorful,

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detailed foods were developed. This cookbook covers a collection of mouth-

watering Greek recipes, including Tarama, Spanakopita, flaming Greek cheese, Greek popcorn, Greek fried eggs, Greek juice

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drinks, and more.

This cookbook  
educates the reader  
on the surprises of  
Greek home  
cooking. My recipes  
are easy to tailor to  
your personal needs.

65 Deliciously  
Authentic Recipes  
Straight from  
Mama's Kitchen My

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Big Fat Greek  
Cookbook is a  
comprehensive,  
contemporary  
overview of Greek  
food, recipes, and  
family culture as  
documented by the  
son of a Greek  
immigrant as his  
mother neared the  
end of her life. □This

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Greek eating tragedy  
has a beginning  
(appetizer), a middle  
(main course), and  
an end (dessert),

Christos shared. As  
my Mama is in her  
final act, it's fitting  
that a quarter of her  
recipes are desserts.

Bon appétit! Kali  
Orexi! (Insert the

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sound of breaking  
plates here . . .)

This is more than  
just a list of  
ingredients or series  
of steps, of course.  
It's filled with  
simple recipes,  
gorgeous  
photographs,  
traditional meals,  
memories, and



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tidbits of information that draw family and friends to Greek tables time and again. It has everything from iconic egg-lemon sauce to rich soups, sweet pies, and traditional delicacies like rabbit stew and

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octopus with pasta,  
accompanied by  
tales of Greek  
history and insight  
into cultural  
nuances. Recipes  
include: Meatballs  
(keftedes) Lentils  
(fatkes) Stuffed  
vegetables  
(gemistra) Spinach  
pie (spanakopita)

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Tzatziki Spaghetti  
with cheese  
(makaronia me tyri)

Roast lamb (arni sto  
fourni) Moussaka

Apple cake

(milopita) Ride

pudding (rizogalo)

And more! With

stunning

photographs

throughout and 65

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deliciously authentic recipes, this book is a peek into a Greek family that has achieved what so many of us yearn for: a fuller, more meaningful, and joyful life, lived simply and nourished on real, delicious Greek

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meals that you can  
access anywhere  
with this cookbook  
on hand.

"Reimagine Italian  
American cooking  
with more than 125  
big-hearted recipes  
from the celebrated  
husband-and-wife  
chef team of Don  
Angie in New York

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City. Old-school,  
Short And Happy  
Italian American  
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"red sauce" is a beloved style of cooking that is rich with nostalgia, a deep sense of family, and the promise of irresistible food--copious amounts of it.

Offerings may

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include an endless assortment of antipasti at the start of every meal, multi-layered chicken and eggplant parms, enormous casseroles of luscious baked pastas laden with molten cheese--and don't forget dessert. In their debut

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cookbook, Angie  
Short And Happy  
Rito and Scott  
Tale Of Pippo  
Tacinelli, the chefs  
Alampo  
of Don Angie in  
New York City's  
West Village,  
reinvigorate the  
genre with a modern  
point of view that  
includes  
multicultural  
influences inspired



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by New York City  
and updated dishes  
that proudly straddle  
the line between

Italian and  
American. Italian  
American is  
organized by the  
backbones of the  
cuisine, including  
cold and hot  
antipasto, ragus,

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pastas, and even  
entire chapters  
dedicated to lasagna  
and meatballs.

Inspired by  
influences both old  
and new, these  
comforting dishes  
feel familiar but are  
far from expected,  
including Campari &  
Orange Sticky Ribs,

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Eggplant Pinwheel  
Lasagna, Shrimp  
Parm Meatballs, and  
Spiced Lamb Ragu  
alla Marsala. Rich  
with family history  
from Scott and  
Angie's immigrant  
grandparents and  
great-grandparents,  
Italian American  
provides an

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essential, spirited  
Short And Happy  
introduction to an  
Tale Of Pippo  
unforgettable way of  
Alampo  
cooking" --

Hearing Before the  
Subcommittee to  
Investigate Problems  
Connected with  
Refugees and  
Escapees of the  
Committee on the  
Judiciary, United

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States Senate,  
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Ninety-third  
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Congress, Second  
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Transform Your  
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with My Family's  
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