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Love, Laughter And Lunch: The Evocative Memories Of A Cypriot Family's Journey



Synopsis

Over 25 delicious and easy-to-make Greek recipes, accompanied by dazzling photography of Sheinman's culinary creations

Featuring stunning images of unique pottery and textiles from contemporary Cypriot artisans, with a full catalogue detailing each piece

Food is nothing without the love of the people who share it. As a young girl, Helen Tsanos Sheinman grew up eating and cooking with a large and boisterous Cypriot family, and developed a passion for food as a gateway to reconnect with her heritage. For Helen, food is also an unfaltering opportunity to create wonderful new memories with family and friends. In *Love, Laughter and Lunch: The Evocative Memories of a Cypriot Family's Journey Recalled Through Traditional Greek Cypriot Recipes That are Perfect for Today*, she invites readers to visit her childhood growing up in London, and her adulthood spent in New York and on the Greek Island of Serifos, through over 25 mouth-watering, easy-to-make recipes that have been passed down by her family from generation to generation. Featuring photography of Helen's culinary creations and dazzling images of unique pottery and textiles made by contemporary Cypriot artisans, *Love, Laughter and Lunch* will undoubtedly hold a special place in your heart for years to come.

Book Information

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Customer Reviews

Helen Tsanos Sheinman was raised in London, England, by Cypriot parents. After graduating from King's College, London with a B.A. in philosophy, modern Greek literature, and linguistic studies, she moved to New York where she served as a diplomat at the Consul General of the

Republic of Cyprus to the United Nations. Although she has no formal training as a chef, Helen learned to cook at a young age and loves to spend time preparing meals for her family and friends. This is her first book.

This book is an absolute delight! It is perfect for gift giving too. There are tons of high quality photos and the quality of paper is perfect. The point of view is also delightful (sharing a family's journey from cyprus to america). The recipes are easy to prepare and accurate. I prepare some recipes from this cookbook over and over again especially the Louvana soup (a great inspiration of yellow split pea soup which is light yet bright with a hint of sunshine from the lemmon). I also love the faggi (lentils with rice). The custard with rose water and cardamon is delicious. I would have loved to see more recipes in this book because each one is so easy and tasty. I would definitely buy this for yourself or for gift.

This is a well written, thoughtful and beautiful book with interesting recipes that are easy to prepare. The photos are also enticing - These are dishes that I was unfamiliar with so I am happy to have this book.

What a beautifully presented book! The photos are amazing and as both of my parents were Greek-Cypriot, I could really relate to it. The recipes are easy to follow and bring back fond memories of my relatives whipping up some of these yummy dishes for me on my recent trip to the beautiful island of Cyprus.

AWESOME book, love it!

Shipped PERFECT-FAST!!!Lovely sweet book!!

Absolutely wonderful to read and look at and the recipes are easy and the delicious.Such a lovely book to enjoy.

A great read and a fabulous resource. I loved being swept away by Helen's story and her Greek ancestry. I am looking forward to cooking some of the recipes.

Wonderful recipes and stories!

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