



Food and Cooking in Ancient Greece (Cooking in World Cultures (Library))

Mr Clive Gifford

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Food and Cooking in Ancient Greece (Cooking in World Cultures (Library)) Mr Clive Gifford The culture of ancient Greece was one ruled by art, philosophy, and architecture. The Greeks also enjoyed a Mediterranean diet rich in rich, olives and olive oil, figs, and cheeses. This book introduces readers to the culture of ancient Greece through their recipes and food-related customs.



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