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Chef celebrates Greek cuisine in new cookbook

With the goal of sharing his deep love for Greek cuisine, George Gkouveris, chef/owner of Sparta Taverna in Ridgefield Park, has released his first cookbook, “Simply Greek: From My Restaurant to Your Home.”

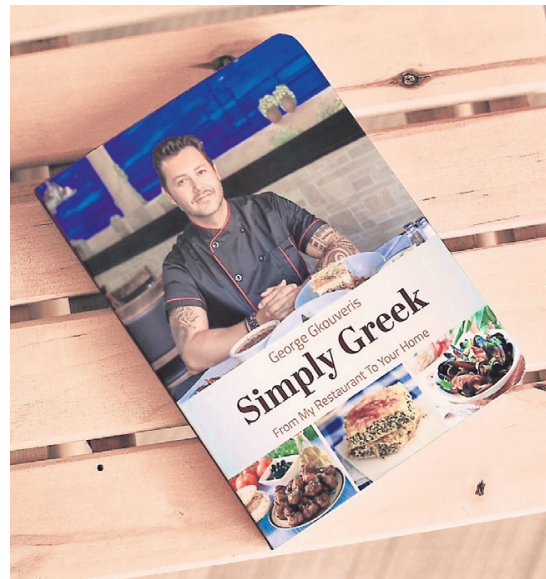
Born and raised in Sparta, Greece, Chef George showed a love for food as a young child growing up in his family’s restaurant, developing the deepest love for the Greek culinary arts and hospitality.

As a young man, he moved to the United States to further pursue his goal of excelling as a chef and opening his own restaurant. He soon earned his certificate in the culinary arts, and in 2004, his dream came true when he opened the Sparta Taverna.

Chef George believes in making fresh, homemade food that tastes great. He truly believes we are what we eat and that the right food can be medicine for the body and soul.

After years of dedication to his cooking, Chef George continues to develop new and innovative dishes while still using his mother’s cuisine as an inspiration.

His cookbook offers traditional and



modern recipes that thousands of people have enjoyed and still do at Sparta Taverna.

In “Simply Greek,” which includes quotes about food, coffee, and the love of cooking, you will also find the benefits of the Greek Mediterranean diet and the Greek way of life and tips for a better overall healthy lifestyle. The recipes are simple, inspiring home cooks to add ingredients to their liking.

You can buy “Simply Greek” on Amazon and at Sparta Taverna (206 Main Street, Ridgefield Park; SpartaTaverna.com; 201-296-0095).