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New cookbook with Lenten recipes and dishes published by Vatopedi Monastery



A new edition published under the auspices of the Holy and Great Monastery of Vatopedi, on Mount Athos, entitled “New Lenten Dishes and Sweets”, by author Katy Mantzaridou, has recently been unveiled.

Just in time for the ongoing Great Lent, the special cookbook includes a variety of well-known and new recipes, including dishes prepared with cooking oil and without, a preparation guide and all of the Lenten periods of the year on the Orthodox ecclesiastical calendar.

For more information and to order visiting the site www.vatopedi.gr

Saint Joseph the Hesychast

