

FOR IMMEDIATE RELEASE:

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**CELEBRATEGREECE.COM'S & ROMANCINGTHETABLE.COM'S VIDEO
RELEASE "A GREEK ISLANDS DESTINATION COOKING CLASS (DVD)
WAS SELECTED AS**

#1 NY TIMES ABOUT.COM CULINARY-TRAVEL DVD

**#1 search result at Google.com for the term "Greek Food DVD"
"A must have for every household" – Greek Star (Chicago)**



AN IDEAL CULINARY GIFT FOR FOODIES AND TRAVELERS

SANTA BARBARA, CALIFORNIA -- Just for a moment, imagine you are sitting at a cliff top restaurant table overlooking the Aegean blue Mediterranean sea and the tops of white-washed houses, while a warm gentle breeze lightly caresses your face. You've finally arrived at a breathtaking destination – the Greek island of Santorini. Ah... this island is truly a heavenly feast for both palate and eyes. On your table is a spectacular Greek meal for you to savor: a vine-ripened Horiatiki Salata (Greek Village salad of tomato, feta cheese, cucumber), marinated Ochtapothi (octopus), Arni (lamb roast), [Dolmathes me Kima](#) – (stuffed grape leaves with meat and rice) topped with avgolemono (egg-lemon) sauce, and [Spanakopita](#) (spinach and cheese pie). This romantic Greek feast is also popular with top celebrities in Hollywood and is just a small sampling of the cuisine which research on the Greek island of Crete has shown to be one of the healthiest in the world.

Now you too can experience this delicious cuisine and romance of Greece wherever you are with the new DVD or downloadable video called **"A Greek Islands Destination Cooking Class"**. In the blink of an eye you can transcend everyday life and transport yourself to this paradise with a simple click of the television remote or your computer's mouse. A Top 10 Amazon.com video download and #1 Fabulous Gift choice by New York Times' About.com Greek Food Guide, **"A Greek Islands Destination Cooking Class"** makes a perfect gift for yourself or someone special who would like to experience the romantic settings and flavors of Greece.

Join CelebrateGreece.com's and RomancingTheTable.com's award-winning television host, author and American Greco-Roman beauty Cynthia Daddona, as she and the professionals at the featured gourmet restaurant prepare a special multi-course gourmet dinner amid the splendor of Santorini, Greece.

In **"A Greek Island Destination Cooking Class"**, cooking demonstrations are enhanced by background information and history on the foods, herbs, cheeses, and specialty wines of this island region of Greece. In the program, the delicious gourmet Greek menu of dishes range from white eggplant stuffed with octopus and tomato, marinated roasted lamb stuffed in grape leaves with mizithra cheese, favaballs topped with caper-tomato sauce and, finally, a pastry dessert also mizithra cheese. The viewer can enjoy this feast while romantically dining al fresco and enjoying the spectacular island views from the restaurant's outdoor terrace.

In addition, this romantic culinary travel DVD recommends some "must-see" sites along with a look into Greek history and culture that includes a glimpse of a traditional Greek island wedding on Santorini featuring the filmmakers themselves! This delicious, fun and informative DVD is the next best thing to actually being there!

The DVD is a full 71 minutes of sensory bliss that will not only whet your appetite for some mouth-watering Mediterranean cuisine, but will have you rushing off to book your next dream vacation to a stunning Mediterranean destination. For information about Greek culture, cooking and travel or to even book your own romantic trip to Greece today, visit www.CelebrateGreece.com.

Nancy Gafyllia, the NY Times' About.com Greek Food Guide, says: **"A Greek Islands Destination Cooking Class (DVD) is my #1 choice for a fabulous culinary travel gift. It is one of the most**

beautiful and educational productions I've seen. Cynthia Daddona hosts this cooking-lesson-tour-romantic-interlude from the Greek island of Santorini. This DVD is as much a travelogue as it is a cooking video. The videography is beautiful, Cynthia is an engaging host, and the recipes are oh-so tempting. A section of the production is devoted to exploring ingredients, and it's fascinating! If you can't take a trip to the Greek islands this year, this is the next best thing!"

Greek food is also gaining popularity amongst celebrities in the US! While Cynthia was at the 1st Annual Los Angeles Greek Film Festival, she asked the stars on the red carpet to name their favorite Greek dishes. The answers were as varied as the celebrities themselves! Oscar® winner Olympia Dukakis' favorite is grilled octopus; Alexander Payne's (Oscar® winner for the movie ***Sideways***) is Greek lamb; Melina Kanakarides (CSI:NY) favors [Dolmathes me Kima](#) with avgolemono sauce (stuffed grape leaves with meat and rice with egg-lemon sauce); and, Michael Constantine (***My Big Fat Greek Wedding*** co-star) enjoys spanokopita (fillo stuffed with spinach and cheese). Host Cynthia Daddona herself favors a Horiatiki Salata (a Greek village salad, of cucumbers, tomatoes, peppers and feta) which she eats as part of a Mediterranean menu everyday. Clips of the interviews from this Telly Award-winning program can be seen at [CelebrateGreece.com](#) and [RomancingTheTable.com.com](#)

You can learn more about Greek cuisine that is gaining popularity in America with "**A Greek Islands Destination Cooking Class**" DVD filmed on location in romantic Santorini, Greece. This video gem tantalizes the senses and celebrates the food, romance, history and beauty of Greece and makes a superb holiday gift (or an "Escape from the Ordinary Day" gift as well!) for those travelers, culinary collector friends, Greek enthusiasts and family foodies on your gift list.

To purchase your copy (\$24.95 for DVD, \$12.99 or less for downloads) for yourself or those on your **foodie and traveler gift** list simply order at [www.CelebrateGreece.com](#), [RomancingTheTable.com](#) or Amazon.com today! It is also available on the website for instant download to your television, computer, iPod, TiVo, Mobile phone from the website as well. [RomancingTheTable.com](#) offers Recipes Celebrating Life, Love, Mediterranean Food and Travel. [www.CelebrateGreece.com](#) offers Video Journeys Exploring Modern and Ancient Greece. OPA!

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Background:

"A Greek Islands Destination Cooking Class" was produced by the husband and wife team of Dr. James Stathis (an American-Greek) and Cynthia Daddona-Stathis (an American Greek-Italian). They were married in a traditional Greek Orthodox wedding in Oia, Santorini, including a donkey ride through the village to the church.

James' Greek heritage originates from Kalamata and Tripoli in the Peloponnese. He is the founder of CelebrateGreece.com which offers, not only DVDs, but Greece-On-Demand video via Internet Delivered Television, featuring technology that delivers Greek culture directly to your television, computer desktop or doorstep.

Cynthia's Greek-Italian background is from the former ancient Greek colony of Benevento, in Southern Italy. In addition, "Daddona" derives from "Dodona", the ancient Greek city in Northwestern Greece (Epirus), where legend has it the goddess Athena whispered to mortals through the wind in the sacred oak trees.

Cynthia Daddona is a dynamic award-winning on-camera personality, author and lifestyle journalist. She is the host of RomancingTheTable.com®, a video website-blog, which celebrates life, love, Mediterranean food and travel -- a featured link on the NY Times' About.com (a website with over 58 million visitors per month.)

Cynthia's recipes for positive living, happy relationships, romantic date nights, and living a healthy Mediterranean-inspired lifestyle that includes its delicious and nutritious cuisine, help audiences create and savor healthier and happier times together around the table.

Audiences enjoy Cynthia's wit, wisdom and life stories derived from her American-Greco-Roman heritage, culinary travels, in the field-interviews, home-Mediterranean cooking experiences, happy marriage and a soul nourishing lifestyle.

In addition to hosting the #1 New York Times' About.com culinary-travel DVD - *A Greek Islands Destination Cooking Class* filmed in Santorini, Greece. She is also the author of the Amazon.com top-selling book *Diary of A Modern Day Goddess*®, a lighthearted wellness

guide for nurturing the body, mind and soul. (Published by HCI, who also publishes the *Chicken Soup for the Soul* ® series.)

Cynthia's on-camera talent lies in her engaging and joyful presence. Her lighthearted and insightful commentary style stems from a professional background in TV, radio, print journalism, acting and improvisational comedy. Her work has appeared on *CBS, NBC, ABC, E!, NPR, USA Network, Martha Stewart Living Radio Network*, as well as the *LA Times, Travel World News, First for Women, USA Today* and many others.

As a lifestyle journalist, she has interviewed over 150 celebrities and traveled extensively in the Mediterranean. Recently, Cynthia recently won a second Telly Award for her on-camera, red-carpet interviews at the Los Angeles Greek Film Festival where she asked celebrities questions about film and food.

As part of her efforts to promote a delicious and healthy Mediterranean lifestyle, Cynthia is a Culinary Advisory Board Member for the Mediterranean Foods Alliance – a group whose efforts help educate the public about the benefits and pleasures of eating Mediterranean cuisine --- one of the healthiest in the world! She is also a member of the Slow Food Association, an international grass-roots movement that began in the Italy and emphasizes the enjoyment of food with a commitment to community and environment. In addition, she is a member of the American Institute of Wine and Food in Santa Barbara which was the Institute's first chapter founded by the late Santa Barbara resident Julia Child.

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