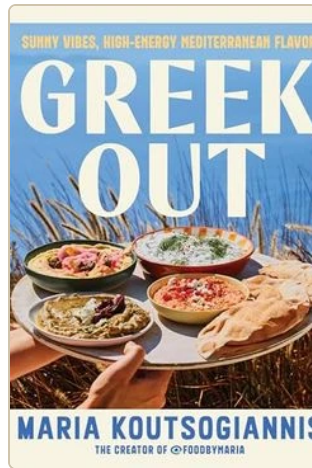


BOOK CLUB NIGHT KIT



Greek Out

Maria Koutsogiannis with Rachel Holtzman

🌙 COZY NIGHT

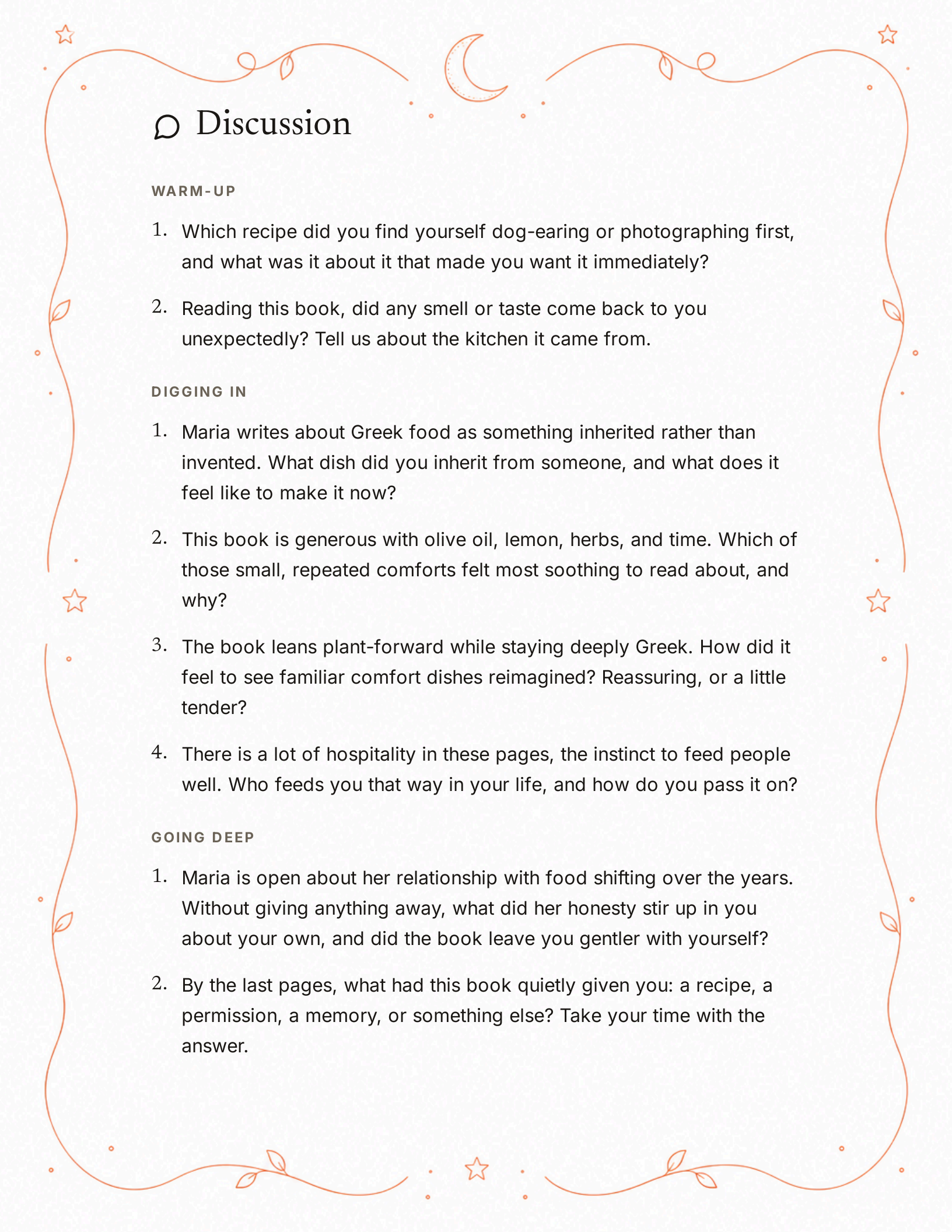
A Greek cookbook and food memoir where Maria Koutsogiannis (of FoodByMaria) blends bold, plant-forward Greek cooking with the story of her family, her heritage, and her relationship with food. It is the rare club pick that doubles as dinner.

Come Hungry, Stay Late

We are reading Greek Out and then eating like it. Lentil soup, warm spanakopita, mountain tea, and a long conversation about the food that raised us. Bring a family recipe card if you have one.

Reading level: Easy

Best for: A club that likes to eat together and talk about home, family, and the food that raised them



Discussion

WARM-UP

1. Which recipe did you find yourself dog-earing or photographing first, and what was it about it that made you want it immediately?
2. Reading this book, did any smell or taste come back to you unexpectedly? Tell us about the kitchen it came from.

DIGGING IN

1. Maria writes about Greek food as something inherited rather than invented. What dish did you inherit from someone, and what does it feel like to make it now?
2. This book is generous with olive oil, lemon, herbs, and time. Which of those small, repeated comforts felt most soothing to read about, and why?
3. The book leans plant-forward while staying deeply Greek. How did it feel to see familiar comfort dishes reimaged? Reassuring, or a little tender?
4. There is a lot of hospitality in these pages, the instinct to feed people well. Who feeds you that way in your life, and how do you pass it on?

GOING DEEP

1. Maria is open about her relationship with food shifting over the years. Without giving anything away, what did her honesty stir up in you about your own, and did the book leave you gentler with yourself?
2. By the last pages, what had this book quietly given you: a recipe, a permission, a memory, or something else? Take your time with the answer.

☺ On the table & to sip

TO EAT

☺ **Warm pita, whipped feta, and a bowl of good olives**

The easiest possible Greek welcome. Set it out before anyone sits down so the night starts with people hovering and grazing.

☺ **A tray of spanakopita, cut into squares and served warm**

Flaky, herby, and the definition of a dish someone's yiayia would push on you. Store-bought phyllo is completely fine and keeps the effort moderate.

☺ **Lemony lentil soup (fakes) with crusty bread**

Humble, plant-forward, and exactly the kind of nourishing everyday cooking the book celebrates. One pot, ladled into mismatched mugs and bowls.

TO SIP

☺ **Greek mountain tea with honey (no alcohol)**

Herbal, faintly floral, and traditionally the tea of comfort and care. Serve in a pot with a honey jar and let people fuss over their own cups.

🏠 **A simple carafe of Assyrtiko or any crisp white**

Poured, not mixed. Bright and citrusy enough to sit beside lemon, oil, and herbs without any effort on your part.

☺ **Ouzo with cold water and ice, for the curious**

A tiny pour, just enough to pass around and watch it cloud. Anise is divisive, which makes it a good conversation starter.



Run of show

7:00

Doors open, hands in the dip

No agenda. Pita, whipped feta, olives, tea already steeping. Let people arrive slowly.

7:20

Warm-up round

Go around with the two warm-up questions. Everyone answers, nobody has to be clever.

7:45

Soup and spanakopita at the table

Serve dinner before the deeper questions. Full people talk more honestly.

8:10

Theme questions over dinner

Pull two or three from the theme cards. Let tangents about grandmothers run long, that is the point.

8:40

Honey, tea, and the deep two

Refill cups, dim the lights a little, and ask the two deep questions. Allow silence.

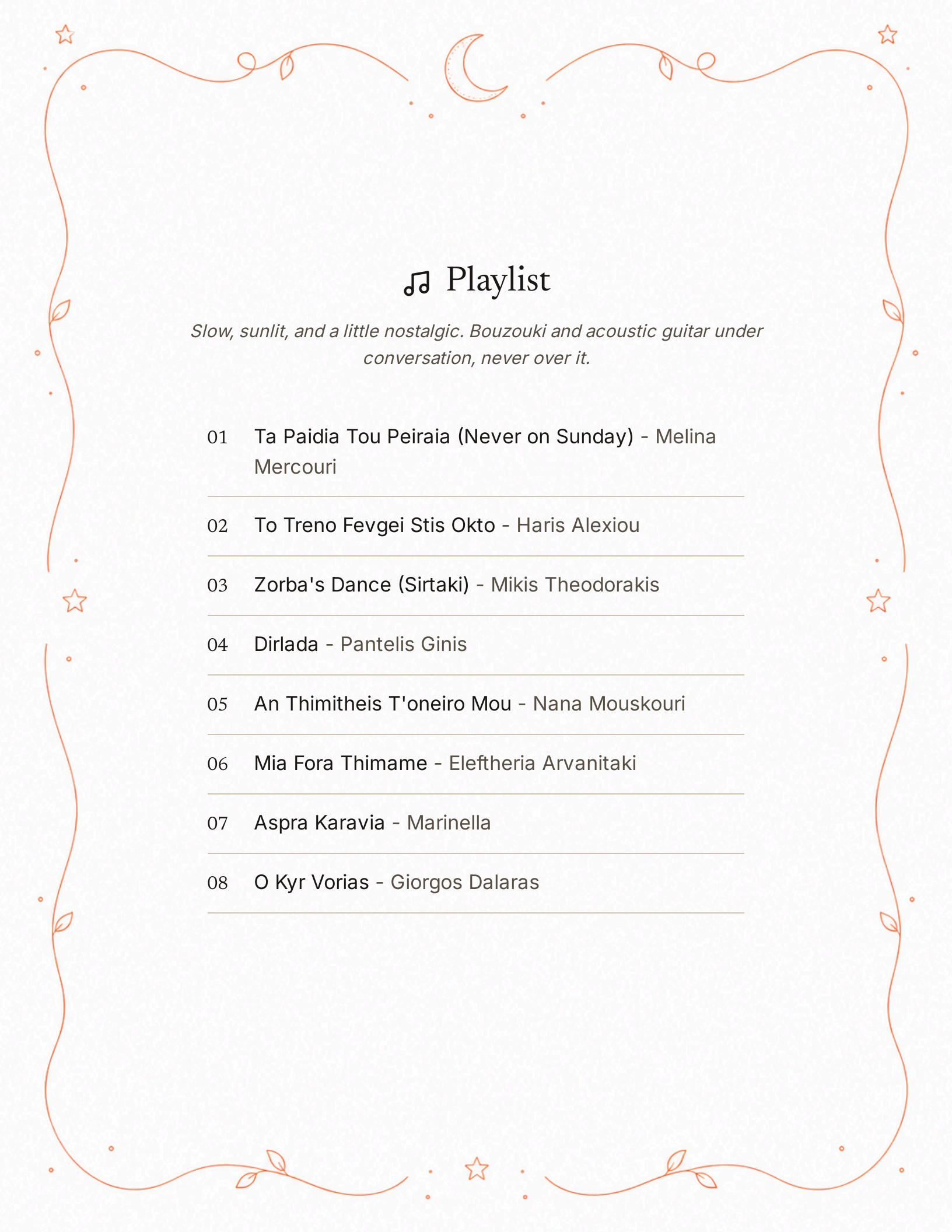
9:05

Trivia, scorecards, and recipe claiming

Light and loose to close. Have everyone claim one recipe to cook before next time and report back.

HOST TIPS

- Cook one thing yourself and assign the rest. A host stuck at the stove misses the conversation.
- Ask people to bring a photo or a handwritten recipe card from their own family. It does more for the night than any question you could write.
- Give the deep questions room. Count to ten in your head before you rescue a pause, the best answers arrive late.



♪ Playlist

Slow, sunlit, and a little nostalgic. Bouzouki and acoustic guitar under conversation, never over it.

01 Ta Paidia Tou Peiraia (Never on Sunday) - Melina Mercouri

02 To Treno Fevgei Stis Okto - Haris Alexiou

03 Zorba's Dance (Sirtaki) - Mikis Theodorakis

04 Dirlada - Pantelis Ginis

05 An Thimitheis T'oneiro Mou - Nana Mouskouri

06 Mia Fora Thimame - Eleftheria Arvanitaki

07 Aspra Karavia - Marinella

08 O Kyr Vorias - Giorgos Dalaras



✧ Trivia

1. Maria Koutsogiannis is better known online by what recipe brand name? (FoodByMaria.)
2. Who is credited as Maria's collaborator on this book? (Rachel Holtzman, a cookbook collaborator and co-writer.)
3. What broad culinary approach does the book take to Greek classics? (Plant-forward and vegetarian-leaning, while keeping the flavors traditional.)
4. Which three ingredients form the backbone of most Greek home cooking? (Olive oil, lemon, and oregano (herbs generally).)
5. What is the Greek name for the lemony lentil soup found in Greek home kitchens? (Fakes.)
6. What paper-thin pastry dough is used for spanakopita? (Phyllo (filo).)
7. What anise-flavored Greek spirit turns cloudy white when water is added? (Ouzo.)
8. What is the Greek word for hospitality, the ethic of caring for a guest? (Filoxenia.)

📖 Bookmarks

Print, cut, and tuck one at every seat, a small keepsake from the night.



☆ Rate the book

Comfort factor ☆ ☆ ☆ ☆ ☆

Recipes I will actually cook ☆ ☆ ☆ ☆ ☆

Made me call someone ☆ ☆ ☆ ☆ ☆

Warmth of the writing ☆ ☆ ☆ ☆ ☆

Photos I stared at ☆ ☆ ☆ ☆ ☆

One word for how this book made me feel: _____

The recipe I am making first: _____

A person this book reminded me of: _____

THAT'S A WRAP

Thank you for coming

We hope the company was good and the conversation even better. Until the next chapter.



Plan your own book club night

Scan the code or visit **bookclubnight.com**

Book Club Night