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**NEW COOKBOOK REVEALS SECRET RECIPES FROM POPULAR
VEGETARIAN RESTAURANT**

Renowned chef unveils his delicious, low-fat and innovative vegan cuisine

***Vegetarian Traditions: Favorite Recipes from My Years at the Legendary Inn Season Café* by George Vutetakis; 200 pages; hardcover; \$29.99 retail**

ROYAL OAK, Mich., Feb. 21, 2011 – When **George Vutetakis** first donned his chef coat at the cozy Inn Season Café on the outskirts of Detroit nearly 30 years ago, he hoped the public, vegetarian or not, would enjoy his unique approach to healthy, yet flavorful cuisine. What he might not have anticipated was the longstanding devotion of the café's regulars, the lines down the sidewalk or the frequent visits by celebrities performing in town and needing to quell their cravings for local, organic, vegetarian, vegan and/or gluten-free fare. Vutetakis put Detroit on the map of healthy and sustainable cuisine as well as the farm-to-table revolution. His stories and closely-guarded recipes are revealed in his new book, ***Vegetarian Traditions: Favorite Recipes from My Years at the Legendary Inn Season Café***.

Vutetakis' first book unveils recipes for many of the dishes that established the Inn Season Café as a favorite destination for natural, vegetarian and vegan dining. During the years he was chef and proprietor (1981-2002), he introduced Metro Detroiters to creative dishes inspired by his travels to Greece and India. By using spices and techniques not usually found in American vegetarian cuisine, he wowed his patrons with dishes such as Roasted Stuffed Polenta, Spinach Walnut Torte, Vegetable Almond Quesadilla, Warm Cherry Napoleon and Chocolate Almond Cream Cake—naturally low-in-fat vegan dishes, which can all be found in *Vegetarian Traditions*.

More than a cookbook, *Vegetarian Traditions* weaves bits of food lore, tales of the local hard-working farmers and anecdotes from the author's travels among the recipes. Chef George draws on worldwide vegetarian traditions to create cuisine that doesn't try to imitate meat, but allows fruits, vegetables, whole grains, nuts and beans to reign supreme.

Though Vutetakis now resides in San Diego, the 50-seat Inn Season Café in Royal Oak, Mich. continues to thrive as a bastion for vegetarians, locavores and foodies to enjoy fresh, flavorful and extraordinary cuisine. Frequently named "Best Vegetarian Restaurant" by the local media, the café was recently recognized as one of the six healthiest restaurants in America by Health.com.

Vegetarian Traditions features more than 150 vegan entrees, soups, salads and desserts in an easy-to-follow format. The 200-page full-color, hardbound edition retails for \$29.99 and is available on Amazon.com, select bookstores and Inn Season Café. Signed copies can be purchased on the author's website, www.thevegetarianguy.com, where Vutetakis shares recipes, blogs, videos and stories showcasing organic farmers in Michigan and Southern California.

In Michigan, Chef Vutetakis teaches classes on the *Yoga of Food* and is collaborating with cardiologist Dr. Michael Dangovian of the Wellness Training Institute on his *Food Is Medicine* program.

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Editor's Note: For photos, recipes and/or to arrange an interview, contact publicist Cyndi Summers at cyndisummers@prodigy.net or 586-945-8775