

# Kostas' Favorite Greek Recipes

by Gus Hatziantoniou



Hello, my name is Gus. I am a greek living here in the United States. I was born here in America, but was raised on traditional greek dishes. I wanted to share some of these delicious recipes with you. In this eBook, I have compiled for you a few of my family's favorite Greek recipes. I know you will enjoy trying out these recipes. Here you will find traditional recipes which will help you enrich your knowledge of Greek cooking. Among these recipes are main courses, appetizers, soups, desserts, and salads. You can have fun preparing these recipes but most importantly you and your friends can have lots of fun enjoying these delicious greek dishes.

# Greek Salads

## **Aubergine (Eggplant) Salad -- Melitzanosalata**

3 to 4 (long type) Aubergines  
1 small grated Onion  
1 to 2 Cloves  
crushed Garlic  
1 large, peeled and chopped into small pieces Tomatoes  
3/4 cup Olive Oil  
1 tablespoon Vinegar  
Salt  
Pepper  
black Olives  
Green Peppers

Wash the aubergines, place in a baking pan and bake in a moderate oven for about one hour or until soft. Allow skin to turn black so as to give a smoke flavour to the salad. Skin aubergines while still hot and chop into small pieces. Continue chopping while adding slowly the onion, garlic, tomatoes, oil, vinegar, salt and pepper. Put in a salad bowl, and garnish with olives and green pepper. Put in a salad bowl, and garnish with olives and green pepper rings. Serve with roast meat, and grilled or fried fish. Serves 6

## **Greek Summer Salad -- Salata Therini**

3 Cut in wedges Tomatoes  
1 sliced Cucumber  
1 Sliced Onion  
2 Cut in rings Green Peppers  
6 Tablespoons Olive Oil  
2 tablespoons Vinegar  
Salt  
Pepper  
1/3 lb. Feta Cheese  
2 Dozen Black Olives  
chopped or crumbled dried oregano Parsley

Place the tomatoes, cucumber, onion and peppers in a large salad bowl. Shake together the olive oil, vinegar, salt and pepper. Pour the dressing over the salad. Put on top the feta cheese, cut in squares and the olives. Sprinkle with parsley or oregano.

## Lettuce and Egg Salad

2 heads Lettuce  
3 hard boiled Eggs  
1 demitasse cup Olive Oil  
1/2 demitasse cup (or use lemon juice) Vinegar  
2 tablespoons, chopped Onion  
1 tablespoon, chopped Dill  
Salt  
Pepper

Clean any yellow leaves from the lettuce. Wash the lettuce very well and cut in pieces. Wash in a colander and drain. Chop the onion and dill. Peel the eggs and cut in medium size pieces (6 pieces to an egg), cutting 1 egg in round slices. Mix the lettuce, eggs, onion and dill in a glass bowl. Lay the egg slices on top. Pour oil, vinegar or lemon juice over the salad and salt to taste.

This salad is typical of the Easter season when many colored, hard-boiled eggs are at hand.

## **Greek salad - (Horiatiki)**

Serves / Yields : Serves 4 persons

### **INGREDIENTS**

3 - 4 tomatoes

1 onion feta cheese

1 cucumber

olive oil

salt

olives

oregano

### **METHOD**

Cut the tomatoes, the onion and the cucumber in slices. Mix them, add salt and some pieces of feta cheese, oregano and at the end pour some olive oil.

## Greek salad (2) - (Horiatiki salata)

### INGREDIENTS

tomatoes

peeled and sliced 1 cucumber washed and cut in thin slices

1 green pepper cut finely in thin stripes

1 large onion, finely sliced

At least 100 gr hard feta cheese

Black Kalamata olives

parsley

oregano

salt

Extra virgin olive oil

A good vinegar

### METHOD

Place all ingredients on a salad bowl, salt them, pour vinegar, oil and mix very very well.

## Spinach and Feta Salad / Spanako me Feta Salata

makes 8 servings

2 pounds fresh spinach  
1/2 cup olive oil  
2 tablespoons white wine vinegar  
2 tablespoons lemon juice  
1/4 teaspoon ground cinnamon  
1/4 teaspoon dry mustard  
Salt and freshly ground pepper to taste  
1 cucumber, sliced  
1 cup cherry tomatoes, halved  
1/4 pound feta cheese, crumbled  
2 green onions, chopped

Remove stems from spinach. Wash and drain leaves, cut into 1-inch wide strips, and place in a salad bowl. Shake together the oil, vinegar, lemon juice, cinnamon, mustard, salt, and pepper; pour half the dressing over the spinach and mix well. Thinly slice cucumbers and arrange in a ring across the top with the cherry tomatoes. Sprinkle with cheese and onions. Pour remaining dressing over the salad.

# Appetizers

## **Dolmathes**

Grape leaf roll ups stuffed with rice.

Servings: 4

Ingredients:

- 1 Bunch Dill (Finely chopped)
- 1/2 lb Grape Leaves
- 1 Whole Lemons (Squeezed)
- 1 Bunch Mint (Finely chopped)
- 1 Cup Olive Oil
- 1 Cup Rice
- 1 lb Yellow Onions (Finely chopped)

Directions:

Briefly dip grape leaves in boiling water then rinse them with cold water and wipe dry.

Mix the onions with half the olive oil.

After a while, mix in the rice, 250mL hot water and the remaining ingredients, except for the oil and the lemon juice.

Boil the mixture for 4 to 5 minutes.

Wrap one tablespoon of the mixture with a grape leaf and repeat until completed.

Carefully place the dolmathes in a pot with some space between them.

Cover the dolmathes with a plate and add the rest of the oil and the lemon juice with 500mL of water.

Boil at low heat for 30 minutes, until some water is absorbed and the rice is done.

Serve cold with slices of lemon.

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## **Revithikeftedes**

Chickpea Balls

Servings: 6

Ingredients:

2.20 lb Chick Peas  
2 Whole Egg (Beaten)  
1/2 Cup Flour  
1 Medium Onion (Finely Chopped)  
1 Teaspoon Oregano  
1-2 Pinch Pepper (To Taste)  
2 1/4 Cup Potatoes (Mashed)  
2-3 Pinch Salt (To Taste)

**Directions:**

Soak the chickpeas overnight.

Boil chickpeas for 40 minutes.

Strain and mash.

Add the mashed potatoes, beaten eggs, onion, 4-5 tablespoons (60-75ml) flour and seasonings.

Mix the ingredients well and form into balls.

Turn and fry until browned.

Drain and serve hot.

Roll the balls in remaining flour and fry in a little oil until golden brown.

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## **Kalamari**

Deep fried squid, a crowd favourite.

Servings: 6

**Ingredients:**

1 Cup Kalamari (Chopped to bite-sized pieces)

1 Pinch Pepper (Freshly ground)

1 Pinch Salt (Or season to taste)

1 Cup White Flour

1 Cup White Onions (Finely diced)

**Directions:**

Wash the kalamari.

Place the flour in a mixing bowl and lightly flour the kalamari.

Salt and pepper the kalamari to taste.

Place the kalamari in the heated vegetable oil. Fry until golden.

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## **Tsatziki**

The famous cucumber dip that goes with everything.

Servings: 6

### Ingredients:

1 Item Cucumber  
1 Pinch Dill (diced/ to taste)  
4 Clove Garlic (pressed)  
2 Tablespoon Olive Oil  
1 Pinch Pepper (to taste)  
1 Pinch Salt (to taste)  
1 Teaspoon Vinegar  
2 Cup Yogurt (Pressed with cheese cloth)

### Directions:

grate the cucumber.  
strain tightly using a cloth until very dry.  
mix in all other ingredients.

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## **Tyropita**

A delicious, cheese filled pastry.

Servings: 6

### Ingredients:

3 Tablespoon Butter  
1 Pinch Dill (Diced)  
4 Whole Egg (Beaten)  
1 lb Feta Cheese  
1 lb Fyllo Pastry  
1/4 lb Kefalograviera Cheese (Ground)  
1 Small Margarine  
1 Cup Milk  
1 Pinch Pepper (To taste)

**Directions:**

Mash the feta cheese with a fork and add the kefalograviera, milk, butter, dill (or mint), eggs and pepper.

Butter a pan with the margarine and place half the sheets of fyllo on the bottom also buttered with the margarine (so it doesn't stick).

Pour the cheese mix and cover with the rest of the fyllo sheets, also buttered with margarine.

Bake in medium oven for about 1 hr.

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**Spanakopita**

Commonly known as spinach pie.

Servings: 6

**Ingredients:**

1 Bunch Dill (Diced)

2 Whole Egg

1 lb Feta Cheese

1 lb Fyllo Pastry

2/3 lb Green Onions (Sliced)

1 Whole Leeks (Finely chopped)

1 1/2 Cup Olive Oil

1 Pinch Pepper (To taste)

1 Pinch Salt (To taste)

2 lb Spinach

**Directions:**

Clean and boil the spinach lightly.

Strain it well and chop it.

Brown the green onions and the leek lightly in a pot using half the olive oil .

Remove from the heat and add the dill, the eggs, the spinach and salt & pepper.

Oil a pan and spread half the sheets of fyllo sheets.

Spread the spinach mix on top and sprinkle with Feta cheese and cover with the other sheets.

Oil the top and bake in medium oven for about 1 hr.

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## **Piperies Psites - Grilled Bell Peppers**

### **Ingredients:**

2 lbs. Green and Red types green and red types Bell Peppers  
1/3 cup Olive Oil  
5 tablespoons, red wine type Vinegar  
1 clove, minced Garlic  
1/2 teaspoon Dry Mustard  
1/2 teaspoon Chili Pepper  
Salt

### **Directions:**

Preheat the broiler and place the peppers on the rack about 5 inches away from the source of heat. Broil peppers until the skins blister, turning them carefully so they cook on all sides. When the skins are blackend and cracked, 2 to 3 minutes on each side, transfer to a big bowl and cover with plastic wrap. Let them sit for about 10 minutes. The skins will detach completely, and the peppers will be very easy to peel. Peel the peppers, discard the stems and seeds, and cut the flesh lengthwise into 2 or 3 sections. Collect the juices.

Mix the oil and vinegar in a small glass jar. Add the pepper juices, garlic, mustard, chili pepper, and salt and mix well.

While the peppers are still warm, arrange them in a deep dish and pour the dressing over them. Partially cover the dish and let it cool, then cover and refrigerate until 1 or 2 hours before you are ready to serve. Serve at room temperature.

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## **Gharithes Vrastes - Boiled Shrimp**

### **Ingredients:**

2 lbs. raw large Shrimp  
Salt  
Pepper  
4 tablespoons White Wine  
1 sliced Carrots  
1 sliced Onion

Bay Leaf  
or Olive Oil Mayonnaise  
Juice Lemon

**Directions:**

Wash the shrimp. In a saucepan, combine water, wine, carrot, onion, salt, pepper and bay leaf. Boil for 15 minutes. Allow to cool in the liquid. Drain, shell and serve coated with mayonnaise or with olive oil and lemon juice.

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**PIROSKI**

**Ingredients:**

4 cups Flour  
4 Egg Yolks  
1/3 cup Milk  
1/2 cup Butter  
3 leveled tablespoons Yeast  
1 leveled teaspoon Salt  
1 lb. Ground Beef  
Vegetable Oil for fying (you may also use olive oil)  
1 small Onion  
Parsley  
Tomato Sauce

**Directions:**

Warm the milk until lukewarm, then crumble the yeast into it with your fingertips. Add 1 cup flour and mix all into a smooth dough. Cover and let stand in a warm area to rise.

Next, add the butter, egg yolks, salt and the rest of the flour and stir well. Knead into a rather tight and elastic dough. If necessary, add water or flour. Cover with a towel and again set in a warm place to rise a second time. Then knead once more to knock down the dough.

Break into small pieces.

During the rising of the dough, cook the ground beef.

Mix it with 2 tablespoons of butter, a finely chopped onion, chopped parsley and a small quantity of tomato.

Cook well, adding 4 or 5 tablespoons of grated cheese just before it is finished.

Take a small piece of dough and roll it flat, on a floured board with a rolling pin.

Lay one spoonful of cooked ground meat in the center of the dough.

Fold the dough in half to form a half-moon shape and enclose the filling. Shape it a little in the palm of your hand to make a more oval shape.

Smear with egg white. Place on a greased baking tin and set aside in a warm place to rise.

Then deep fry the turnover in oil until each turns a golden brown.

Take them from the oil with a perforated spoon, lay on paper towels to drain and serve them warm.

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# Soups

## **KOTOSOUPA - Chicken Soup**

### **Ingredients:**

1 about 4 lbs. Chicken  
8 cups, boiling Water  
1 Onion  
1 Carrots  
1 stalk Celery  
1 tablespoon Salt  
6 tablespoons Rice  
Egg and Lemon Sauce

### **Directions:**

Clean and wash fowl and place in a large saucepan. Add boiling water, carrot, onion, and celery; cover and simmer gently over a low heat for 2 hours or until tender. Add the salt during the last hour of cooking. Remove chicken from stock.

Strain stock, bring to a boil and add rice. Cover and cook for 20 minutes. Remove from heat and prepare egg and lemon sauce. Add to the soup gradually while stirring.

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## **MAGIRITSA - EASTER SOUP**

### **Ingredients:**

Liver, lungs, heart and intestines of a young lamb  
Salt  
juice of one Lemon  
5 finely chopped Chives  
1/2 cup Butter

1/2 bunch chopped Dill  
Pepper  
6 tablespoons Rice  
Egg and Lemon Sauce

**Directions:**

Wash liver, lungs and heart.

Wash the intestine and turn it inside out, using a pencil.

Rub it with salt and lemon juice and wash thoroughly.

Bring to a boil 7 cups water and put in the liver, lungs, heart and intestine.

As it begins to boil, remove scum which forms on top, add salt and simmer for 30 minutes.

Drain meat and cut into very small pieces.

Saute chives in the butter, in a saucepan, until soft.

Add chopped meat, dill, and pepper.

Cook, stirring for a few minutes.

Add the stock and simmer for 25 minutes.

20 minutes before serving time add rice.

Remove from heat and prepare egg and lemon sauce.

Add to soup, stir well and serve very hot.

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Faki - Lentil Soup

1/2 lb. Lentils

1 sliced Onion

2 cloves Garlic

1/2 cup Olive Oil

2 teaspoons Salt

1 Bay Leaf

3 tablespoons Vinegar

**Directions:**

Wash the lentils and soak in warm water for 2 hours; drain.

Add 6 cups water, onion and garlic.

Bring to a boil, cover, and simmer for 1/2 hour.

Add olive oil, salt, bay leaf and vinegar and simmer for 10 minutes longer or until lentils are tender.

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## FAVA - YELLOW SPLIT PEA PUREE

### **Ingredients:**

1 lb. Yellow Split Peas  
2 Onion  
Salt  
1/2 cup Olive Oil  
1 Lemon

### **Directions:**

Wash and cover peas and cold water; bring to a boil, add one onion quartered and simmer for about an hour or until soft.

Rub through a sieve, add salt and 4 tablespoons oil and simmer for 5 minutes, stirring continuously.

Serve on plates and sprinkle with finely chopped onion, lemon juice and remaining oil.

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## Soupa Avgolemono - Egg & Lemon Soup

### **Ingredients:**

2 -3 Eggs  
Broth  
1 -2 lemons Lemon Juice

### **Directions:**

Egg and lemon sauce is the most usual way for making a typical Greek soup.

To make the soup, use 2 or 3 eggs, or only the egg yolks.

The most sensitive part of an egg is the white, because heat cooks it much more rapidly than egg yolks.

To avoid this problem, work as follows:

Prepare a simple soup, a bouillon broth, for example.

Remove from the fire and let stand.

Squeeze the juice of 1-2 lemons.

Beat the eggs in a bowl, slowly adding the lemon juice.

Take one ladleful of broth from the soup and add to the beaten eggs.  
Beat well with a fork and gradually pour the mixture into the soup, stirring constantly.

If desired, add 1 tablespoon of flour to the beaten eggs.

The egg yolks can be beaten separately from the white, combining them afterwards to add to the soup, stirring all the while.

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## **Fasolia Soupa - White Bean Soup**

### **Ingredients:**

1 lb. White Beans  
1 cup canned or fresh tomatoes Tomatoes  
1/2 cup tops, chopped Celery  
2 finely chopped Onion  
2 sprigs, chopped Parsley  
3 small, diced Carrots  
1/2 cup Olive Oil  
1 1/2 teaspoon Salt  
Pepper

### **Directions:**

Wash the beans and soak overnight in cold water.

In the morning drain off the water, put in a saucepan with 8 cups of cold water.

Bring to a boil, reduce heat and allow to simmer for 1 hour.

Add remaining ingredients and cook gently for about an hour or until the beans and vegetables are tender.

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## **Domatosoupa**

A zesty tomato soup, great with a pasta.

### **Ingredients:**

1 Whole Celery Stalks

1/2 Cup Olive Oil  
1 lb Pasta  
1 Pinch Salt (To taste)  
1 Pinch Sugar  
3 Medium Tomatoes (Ripe)

**Directions:**

Wash, peel, core and crush the tomatoes.

Press the tomatoes through a strainer, removing any coarse pulp and the seeds.

Place the juice in a stock pot with the celery, the sugar, the oil, the salt and enough water.

Slowly boil the contents for 20 or so minutes then add your pasta of choice.

Continue to boil until your noodles are cooked to taste.

Remove the celery and serve hot.

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## **Youvarlakia Avgolemono**

Boiled meat ball soup

Servings: 5

**Ingredients:**

3/4 Cup Bread Crumbs  
1 Pinch Dill (To Taste)  
3 Whole Egg  
3/4 Cup Flour  
1/2 lb Ground Beef  
2 Whole Lemons (Juiced)  
1 Pinch Mint (To Taste)  
2-3 Tablespoon Olive Oil  
1 Medium Onion (Finely Chopped)  
2-3 Pinch Parsley (To Taste)  
1-2 Pinch Pepper (To Taste)  
1/2 Cup Rice  
2-3 Pinch Salt (To Taste)

**Directions:**

Knead together the ground beef, rice, bread crumbs, onion and seasonings..

Form the mixture into small balls and roll them in the flour.

Put the balls in a pot of boiling water or stock and add the olive oil and a little lemon juice.

Cook for 25-30 minutes.

In a separate bowl, beat the eggs and while still beating, slowly add the remaining lemon juice.

Slowly beat in some stock from the pot.

Slowly add this mixture back into the pot with the meat balls and continue stirring for one or two minutes.

Do not let boil.

Serve hot.

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### **Kremithosoupa**

Meat based or not, this is the Greeks' answer to French onion soup.

Ingredients:

1 Batch Meat Broth (Optional)

1/2 Cup Olive Oil

2 Cup Onion

1 Pinch Pepper (To taste)

2 Medium Potatoes

1 Pinch Salt (To taste)

2 Cup Tomato Sauce

Directions:

Peel, wash and cube the potatoes.

Pare and slice the onions.

Place these two items into a stock pot and add the tomato sauce, fill with enough water (or broth) to cover them.

Add the salt and pepper to taste and boil at moderate temperature for 30 minutes.

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### **Soupa Nisiotiki**

Island Soup. A hearty seafood ensemble.

Servings: 10

Ingredients:

2 Whole Bay Leaves  
3 Cup Canned Tomatoes (Whole tomatoes)  
1 Medium Carrots (Grated)  
1/2 Cup Celery Stalks (Diced fine)  
2 Dozen Clams (With liquid)  
1 lb Crabmeat  
1 Clove Garlic (Crushed)  
2 lb Haddock Fillets (Cut in 2" pieces)  
1/2 Cup Olive Oil (Light Olive Oil)  
1 Large Onion (Diced fine)  
1/2 Cup Parsley (Chopped)  
1/2 Teaspoon Pepper  
1 Tablespoon Salt  
1 lb Scallops  
1 lb Shrimp (Cleaned & de-veined)  
1 Cup White Wine (Dry)

Directions:

In a large saucepan, saute onion, carrot, celery, and garlic in olive oil.

Drain the tomatoes (reserving the liquid). Add the drained tomatoes, parsley, bay leaves, salt & pepper to saucepan.

Simmer 5 minutes.

Combine tomato and clam liquids, and add enough boiling water to make 3 cups, and set aside.

In a deep casserole, arrange layers of haddock, clams, shrimp, crabmeat, scallops covering each layer with some of the vegetable mixture and the white wine.

Cover and simmer 10 minutes.

Add reserved tomato/clam liquid and simmer uncovered 20 minutes.

Serve from the casserole.

Makes about 10 servings.

## MAIN ENTREES

### **Roast Leg of Lamb With Potatoes**

#### **Ingredients:**

4 lbs. leg Lamb  
3 -4 cloves Garlic  
and pepper Salt  
3/4 cup Butter  
1 Lemon  
1 cup hot Water  
2 1/2 lbs. Potatoes

#### **Directions:**

Wash meat and place in a pan.

Cut garlic into slivers, dust with salt and pepper and insert into incisions made in the lamb.

Peel potatoes and quarter them.

Arrange around meat in roasting pan.

Melt butter and pour over meat and potatoes.

Sprinkle with lemon juice, salt and pepper.

Add hot water.

Bake in a moderate oven for about 2 hours.

When lamb is done, remove to heated platter.

If potatoes are not brown enough place under grill. Arrange around the roast.

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### **Lamb Casserole With Pasta**

#### **Ingredients:**

2 1/4 lbs. shoulder Lamb  
1/2 cup (or olive oil) Butter  
1 chopped finely Onion  
4 Tomatoes

and pepper Salt  
1 lb. (small pasta the size of rice) Manestra  
1 cup grated Kefalotiri Cheese

**Directions:**

Cut meat into 5-6 serving pieces and put it in a casserole (yiovetsi).  
Add butter, onion, peeled and diced tomatoes, salt and pepper.  
Mix well, cover and bake in a hot oven for 1 hour or until tender.  
Add 6 cups boiling water and manestra and stir well.  
Cover and continue baking for 30 minutes, stirring occasionally.  
Serve at once with cheese.

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### **Souvlakia - Grilled Lamb on Skewers**

**Ingredients:**

1 leg, boned Lamb  
1/2 cup Olive Oil  
Lemon  
1 teaspoon Salt  
Pepper  
Oregano

**Directions:**

Cut lamb into 1 inch cubes and thread on metal skewers.  
Stand in oil mixed with 4 tablespoons lemon juice, salt and pepper and leave for about 1 hour.  
Grill meat over glowing coals, turning once, until done.  
Sprinkle with oregano.  
Serve with pilaf or fried potatoes and tomato salad.

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### **Arni Skaras - Broiled Lamb Chops**

**Ingredients:**

Lemon  
1/3 cup Olive Oil  
1 teaspoon, crumbled Oregano  
2 lbs. chops Lamb  
and pepper Salt  
Parsley

**Directions:**

Mix together lemon juice, oil and oregano.  
Place chops in a shallow pan, pour over marinade, turning chops to coat well.  
Marinate 2-3 hours, turning occasionally.  
Barbecue over hot coals, turning chops once and basting with remaining marinade.  
Sprinkle with salt and pepper and garnish with lemon wedges and parsley.  
Serve with fried potatoes.

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**Arni A La Hasapa - Baked Lamb with Tomatoes**

**Ingredients:**

2 lbs. baby Lamb Chops  
3/4 cup Olive Oil  
Salt  
freshly ground Pepper  
2 1/2 cups canned Tomatoes  
juice of 1/2 lemon

**Directions:**

Place lamb chops in a baking dish.  
Add salt, pepper, tomatoes, olive oil and lemon juice.  
Bake, uncovered, in a moderate oven for about 1 1/2 hour.  
Serve with fried potatoes.  
Serves 4.

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**Pastichio - Baked Macaroni With Ground Beef**

Ingredients:

**The Filling:**

1 tablespoon Butter  
2 lbs. Ground Beef  
1 small, finely chopped Onion  
1 clove Garlic  
2 teaspoons Salt  
1/2 teaspoon Pepper  
chopped Parsley  
1/2 cup White Wine  
2-3 peeled and diced or Tomatoes  
1 lb. can Tomatoes  
1 egg whites Eggs

**The Sauce:**

1/2 cup Butter  
3/4 cup Flour  
4 hot cups Milk  
Salt  
Pepper  
Nutmeg  
1 cup grated (or Parmesan) Kefalotiri Cheese  
2 and 2 egg yolks Eggs

1 lb. Macaroni  
1 tablespoon Salt  
2 tablespoons Butter  
1 cup grated (or Parmesan) Kefalotiri Cheese

Directions

For the Filling

Heat the butter in a large frying pan and saute the ground beef and onion until slightly browned. Add remaining ingredients, except egg white, cover and cook over a medium heat; allow to cool and add egg whites.

To make the sauce:

Melt the butter in a heavy saucepan, add the flour and cook stirring constantly for 1 minute. Add the milk all at once, and stir until the sauce is smooth. Add salt, pepper and nutmeg. Remove from heat and stir in the cheese, eggs and egg yolks.

Cook the macaroni in salted boiling water until soft but firm. Drain and return to the pan. Add the butter.

Butter a baking pan and put in half the macaroni. Sprinkle with cheese and cover with the meat filling. Top with remaining macaroni. Sprinkle with cheese and cover with the sauce. Sprinkle top with the rest of the cheese and cook in a moderate oven for about 45 minutes or until golden brown. Leave for 20 minutes then cut into square pieces and serve.

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## **Hilopittes Me Kima - Noodles With Ground Beef**

### **Ingredients:**

1/2 cup Butter  
1 chopped Onion  
1 lb. Ground Beef  
1 cup Tomato Sauce  
1 lb. Hilopittes (square noodles)  
1 1/2 cups grated Kefalotiri Cheese

### **Directions:**

Melt 1/4 cup butter and add onion.  
Cook until onion is tender but not browned.  
Add meat and saute for 5 minutes.  
Stir in 1/2 cup tomato sauce and 1/2 cup water.  
Simmer, covered, for about 1/2 hour.

Cook noodles in boiling salted water.  
Drain well.  
Put 1/2 of cooked noodles in bottom of greased baking dish.  
Sprinkle with cheese.  
Place meat mixture over top.  
Cover with rest of noodles.  
Cover with rest of cheese.  
Bake in a moderate oven for about 15 minutes.

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## **Bourekakia**

Minced meat stuffed in a fyllo pastry.

### Ingredients:

1 A Little Butter (Unsalted)  
2 Whole Egg (Beaten)  
1 Cup Feta Cheese (Grated)  
1 Package Fyllo Pastry  
2 Tablespoon Marsala Liquor  
1/2 Teaspoon Nutmeg  
1/4 Cup Olive Oil  
1 Medium Onion (Grated)  
1-2 Pinch Pepper (To taste)  
2-3 Pinch Salt (To taste)  
2 Tablespoon Tomato Paste  
1 lb Topside Mince  
2 Cup Water

### Directions:

In a saucepan add oil & saute onion.

Add mince and brown.

Mix the tomato paste with about 2 cups water and add marsala and spices and cook on med. heat until mince is cooked and not much sauce remaining in pan.

Remove from stove, add grated feta cheese, beaten eggs, stir, put aside.

Remove fyllo pastry from package and cut down lengthwise.

Keep covered with a moist tea towel.

Take one cut sheet and brush with melted butter, then fold lengthwise again so you have a long strip, doubled.

At bottom, place a spoonful of mixture.

Pick fyllo from bottom and fold upwards about 3cm enclosing the meat mixture press sides, then start folding to make a triangle making sure the corners are not sticking outside the fold.

You go right, right, bring that point to the left side and left again and so on until you reach the top.

Brush top of triangle with melted butter and place on baking greased baking tray,

Bake in 200 degree oven until golden brown.

These triangles can be frozen uncooked.

When cooking from frozen stage don't defrost first.

Sometimes you may have to flip them over in the oven.

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## Kotopoulo Yemisto - Roast Stuffed Chicken

### Ingredients:

One 4 lb. Chicken  
2 teaspoons Salt  
3/4 cup Butter  
2 tablespoons Pine Nuts  
1/2 cup Rice  
1 cup Water  
2 tablespoons Currants  
1/4 teaspoons Pepper

**Directions:**

Prepare chicken for roasting.  
Rub neck and body cavities lightly with salt.  
Chop giblets into small pieces.  
In 1/4 cup hot butter in saucepan, saute pine nuts until they turn pink.  
Remove pine nuts and saute giblets in same butter.  
Add rice; saute 3 minutes.  
Add pine nuts, water currants, salt and pepper.  
Cover and cook alowly over medium heat for about 10 minutes, or until the water is absorbed.  
Fill chicken about 2/3 full, with the stuffing, packing it loosely, and sew or skewer the opening.  
Truss bird and roast.  
Place bird, with breast side up, on a rack in shallow pan.  
Cover top and sides of chicken with a piece of cheese cloth dipped in melted butter.  
Roast in a slow oven for about 2 hours.  
If cheese cloth dries, moisten it with some of the dripping in pan.  
Remove the cloth towards the end of the cooking period.  
Serve, garnished with the stuffing.

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**Kotopoulo Lemonato - Chicken with lemon**

**Ingredients:**

2 to 3lb. ready to cook, quartered Roaster  
1/2 cup Butter  
juice of 1 1/2 Lemon  
1/2 cup hot Water  
2 teaspoon Salt  
1/4 teaspoon Pepper

**Directions:**

Saute chicken in frying pan in hot butter until golden on all sides; remove to 3 quart casserole.

Pour over the strained lemon juice and water.

Sprinkle with salt and pepper.

Bake covered for 1 hour, or until chicken is tender, basting every 20 minutes.

Remove chicken to heated platter; pour sauce over chicken.

Serve with rice-pilaf.

Serves 4.

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## **Kotopoulo pilafi - Chicken Pilaf**

### **Ingredients:**

1-2 chickens (about 3/4 kilo each) Chicken

1/2 kilo (about 1lb.) Rice

3/4 kilo (1lb.10oz.) or 1 tablespoon tomato paste Tomatoes

1/2 cup, or margarine Butter

1 medium size Onion

Salt

Pepper

### **Directions:**

Clean, singe and wash the chickens well.

Cut them in portions, seasoning each with salt and pepper.

Drain them well in a colander.

Melt butter in a pot to saute the chickens.

Add one chopped onion to the chicken and continue to saute.

Next, add strained tomatos or tomato paste, diluted with a cup of water.

Add 1 cup of water and let the chickens cook for fifteen to twenty minutes.

Next add the water necessary to cook the rice, counting 2 1/3 cups of broth for 1 cup of rice.

Cover the pot and let all completely cook.

When finished, remove the chicken pieces form the broth through a colander and return the pot to boil.

In the meantime, wash the rice in the colander under running water until the water runs through completely clean.

Put the rice in the broth, stir for a few seconds with a spoon, cover the pot and cook, absorbing the liquid.

Then remove form the fire, place the chicken pieces over the pilaf and cover the pot with a clean towel.

Set the pot cover over that and leave for ten minutes.

Afterwards serve.

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## **Chicken with Peas - Kotopoula me Biselia**

### **Ingredients:**

2 each about 1 kilo (2lbs.3oz.) Chicken  
1 1/4 kilos (2lbs.12oz.) Peas  
1 medium sized Onion  
3/4 kilo (1lb.10oz.) or 1medium can of tomatoes Tomatoes  
1/2 cup or margarine Butter  
Salt  
Pepper

### **Directions:**

Clean and wash the chickens well.

Cut them in regular size portions.

Season with salt and pepper.

Melt butter in a pot and saute the chicken pieces well.

Before they brown completely add the giblets and chopped onion to saute in the hot butter.

Once sauteed, add strained tomatos.

After they have begun cooking, add 1 to 2 cups of water.

Let the meal cook for 30 minutes then add shelled and washed peas, some salt and pepper.

Cover and let the meal continue cooking until no liquid remains, only the melted butter.

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## **Chicken Manestra**

Kota manestra (orzo).

Ingredients:

1 Whole Chicken (Cut in pieces)  
2-3 Clove Garlic (Crushed, to taste)  
2 Tablespoon Olive Oil  
1 Medium Onion (Chopped)  
1/2 Cup Orzo  
1-2 Pinch Pepper (To taste)  
2-3 Pinch Salt (To taste)  
3 Tablespoon Tomato Paste  
4 Cup Water

Directions:

Saute onion in olive oil.

Brown chicken pieces.

Add water and tomato paste, simmer chicken for 30 minutes.

Add orzo and remaining ingredients, stirring with a watchful eye until orzo is tender.

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## **Gemista**

Rice (and meat, if desired) stuffed tomatoes and peppers.

Servings: 6

Ingredients:

3/4 lb Beef or Pork (Minced)  
1 Handful Bread Crumbs  
1 1/2 Cup Olive Oil  
2 Medium Onion (Chopped)  
1 Bunch Parsley (To taste, diced)  
1-2 Pinch Pepper (To taste)  
6 Medium Peppers  
1 1/2 Cup Rice  
2-3 Pinch Salt (To taste)  
2 Cup Tomato Juice  
6 Medium Tomatoes

Directions:

Slice-off the top of the tomatoes (& peppers) and carve-out the inside.

Save the "carvings", mash it and mix it with the rice, onion, parsley, salt & pepper and half the oil.

Stuff the tomatoes (& peppers) and lid them with their previously sliced-off tops and place them in a pan.

Top with the tomato-juice, bread-crumbs and the rest of the olive-oil and bake in a medium oven for about 1 hour.

Note: For meat lovers, saute minced meat with the onions and add to the rest of the ingredients.

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## **Hirino Ladorigani**

Pork with Oil and Oregano

Servings: 6

### Ingredients:

2 Medium Lemons (Juiced)

4 oz Olive Oil

2 Tablespoon Oregano (Fresh)

1-2 Pinch Pepper (To Taste)

2.20 lb Pork (Cut into Cubes)

1 Pinch Rosemary (To Taste)

2-3 Pinch Salt (To Taste)

2 Cup White Wine

### Directions:

Fry the cubed pork in the oil until brown.

Pour in the wine and lemon juice.

Add all other ingredients and stir.

Cover and simmer for 40 minutes, adding water if needed.

Continue to cook until just the sauce is left.

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## **Pork With Celery**

### Ingredients:

2 1/2 lbs. Pork

3/4 cup Butter

1 chopped Onion  
2 sliced Carrots  
and pepper Salt  
1 bunch Celery  
2 tablespoons Flour  
2 Egg Yolks  
1 -2 Lemon  
chopped Parsley

Directions:

Cut meat into 5-6 portions.

Put into a saucepan with 1/2 cup of butter, onion, carrots, salt and pepper; add 4 cups boiling water, cover and cook for 1 1/2 hours.

Peel the strings from stalks, using a vegetable peeler.

Cut each stalk lengthwise, then crosswise into 2-inch pieces.

Parboil for 3 minutes, drain and cook with the meat.

Cover and cook for 30 minutes.

Just before serving, prepare egg and lemon sauce.

Sprinkle with parsley and serve hot.

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## **Feta, Spinach and Chicken Pasta**

Irresistible single dish creation!

Servings: 4

Ingredients:

1 A Little Butter  
4 Item Chicken Breast (Boneless and Skinless)  
1 Package Egg Noodles (Narrow Width)  
1 block Feta Cheese  
1-2 Pinch Garlic Powder (To Taste)  
1 Small Lemons  
1 Large Onion (Diced small)  
1-2 Pinch Pepper (To Taste)  
2-3 Pinch Salt (To Taste)  
2 Package Spinach (Canned or Frozen, drained well)  
1/4 Cup White Wine

**Directions:**

Boil noodles and some salt in 2 quarts of water until done.

In a Large frying pan, add a small amount of oil and heat.

Add chicken pieces and cook until juices run clear.

Take out of pan and set aside.

Add 1-2 tbsp. of butter to pan and add onions, garlic, salt, pepper, and sautee until translucent.

Add 1/4 cup wine and let simmer until reduced.

Add drained spinach and cook a little longer.

Crumble 1/2 block of feta cheese into the mixture and mix well. (Add a small amount of lemon if you choose).

On a large platter put down your egg noodles and top with spinach mixture, then top off with chicken breasts.

When time to serve crumble remaining feta cheese on top.

Warm pita pockets/bread in a 325 degree oven for about 3-4 mins until warm and somewhat toasty. (Optional). Serve with dinner as a side.

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**Makaronopitta**

Spaghetti pie

Servings: 6

**Ingredients:**

4-5 Tablespoon Butter

4 Whole Egg (Beaten)

2 Cup Feta Cheese (Grated)

6-8 Sheets Fyllo Pastry (Or Home-made)

5 oz Kefalotiri (Grated)

1-2 Pinch Pepper (To Taste)

2-3 Pinch Salt (To Taste)

1.10 lb Spaghetti (Thick)

**Directions:**

Boil the spaghetti as directed.

Drain and place in a large bowl and add the grated cheeses, the eggs, a little butter , salt and pepper.

In a baking dish, layer the pastry sheets, brushing each layer with a little butter.

Add the spaghetti mixture on top and layer with the remaining pastry, again brushing each layer with a little butter.

Brush the top layer with butter and score with a sharp knife into individual sized

portions.

Bake at 375F until it becomes golden brown.

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## **Garithes Santorini**

Shrimp Santorini.

Servings: 4

Ingredients:

3 Tablespoon Bread Crumbs

2 Teaspoon Butter (Unsalted)

1 1/2 Tablespoon Dill (Fresh, minced)

1/4 Cup Feta Cheese

2 Clove Garlic (Minced)

1 1/4 lb Jumbo Shrimp

3 Tablespoon Olive Oil

1/8 Teaspoon Pepper (red) (Crushed)

1 1/4 lb Tomatoes (Chopped & seeded)

1/4 Cup White Wine (Dry white wine)

Directions:

Preheat the oven at 375F.

Heat half the oil in an ovenproof skillet.

Add the butter and the red pepper.

Saute the shrimp, in batches if necessary, 4-5 minutes, turning occasionally until the shrimp is pink.

Stir in the wine and garlic and boil 3-4 minutes.

When the liquid begins to thicken, stir in the chopped tomatoes and remove from the heat.

Sprinkle with dill and cheese and cover with breadcrumbs.

Drizzle remaining olive oil over top and broil 6 inches from heat source 3-4 minutes until bubbly.

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## **Octapothi**

Grilled octopus and some ouzo, as Greek as it gets.

Ingredients:

5 Clove Garlic (Finely chopped)

4 Whole Lemons (Squeezed)  
1 Whole Octopus  
3/4 Cup Olive Oil  
1 Tablespoon Oregano  
1-2 Pinch Pepper (To taste)  
2-3 Pinch Salt (To taste)  
1 Cup Vinegar

**Directions:**

Beat the octopus with a hammer or against the concrete to soften it up. This may take 15 minutes or more.

Cut and clean the octopus into pieces about twice the size of a serving because the meat will shrink when cooked.

It might be an idea to marinate the octopus over night in the vinegar, a 1/4 cup of olive oil, the garlic, some oregano, salt and pepper.

To cook, warm the BBQ to low-medium heat and lay on the meat.

Baste with a mixture of the remaining olive oil, the juice from the lemons, and the oregano, being careful not to cause a flame to erupt in the BBQ.

When cooked, pour the remaining basting mix over the removed octopus and serve.

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## **Spetsiota**

Fish prepared with a Greek flair.

Servings: 6

**Ingredients:**

1 Handful Bread Crumbs  
3 Clove Garlic (Diced)  
3 1/2 lb Halibut or Red Snapper  
1 Whole Lemons (Squeezed)  
1 Cup Olive Oil  
1 Bunch Parsley (Diced)  
1-2 Pinch Pepper (To taste)  
2-3 Pinch Salt (To taste)  
1 Tablespoon Tomato Paste  
6 Whole Tomatoes (Ripe)

**Directions:**

Sprinkle the fish with lemon juice, add salt and pepper and place in a pan.

Peel half the tomatoes, grate them, add the tomato paste (thinned in a bit of water),

garlic, parsley, olive oil and salt & pepper.

Mix and pour over the fish.

Slice the rest of the tomatoes in thick slices, place them over the fish and top with the bread crumbs.

Bake in medium oven for about 40 minutes.

## FRIED AUBERGINES/EGGPLANTS

### Ingredients:

Four eggplants/aubergines  
Two eggs, beaten  
Some cooking oil

Clean the eggplants and slice them, in 1/16 inch (3mm) slices. Put the oil in a skillet and heat. Take an eggplant slice at a time and cover it with the egg mixture. Place onto the skillet and cook for a minute or so. Turn and cook other side. Repeat until all of the slices are done. Serve with Tzaziki.

## Scrambled Eggs with Feta Cheese

Serves 2-3

### Description/Notes:

Delightful variation on scrambled eggs with the delicious addition of feta cheese and tasty vegetables

### Ingredients:

5 eggs  
3 ripe tomatoes, grated  
2 green peppers, finely chopped  
2 onions, finely chopped  
1 teaspoon dried rubbed oregano  
salt and pepper  
4 tablespoons of olive oil  
half a cup of crumbled feta cheese

### Cooking Instructions:

Heat the olive oil in a skillet or frying pan and cook the onions and peppers until softened  
Add the tomatoes then continue to simmer until the liquid has almost evaporated, stirring occasionally  
Break the eggs and put into the skillet, one at a time, stirring with a wooden spoon or spatula until they are cooked and combined with the rest of the ingredients in the skillet  
Add the cheeses, oregano, salt and pepper and cook gently for a further 5 minutes, or until the liquid is cooked off, stirring occasionally  
Serve while still warm

## Grecian Chicken Gyros Pizza

3/4 lb Boneless, skinless-chicken breast cut into-2 x 1/4 x 1/4" strips  
1/3 c Purchased Caesar Dressing (not-creamy) or vinaigrette salad dressing  
10 oz Can Pillsbury Refrigerated All Ready Pizza Crust  
1/4 c Light sour cream  
1 1/2 ts Chopped fresh mint OR  
1/2 ts Dried mint leaves  
1/2 ts Pepper  
1 Garlic clove, minced  
2 tb Reduced-calorie margarine  
1 md Onion, halved lengthwise  
-& cut into 1/8" slices  
1 c Shredded Monterey Jack cheese  
2 Plum tomatoes, thinly sliced  
1/2 c Diced seeded cucumber, drained on paper towels  
1/2 c Crumbled feta cheese

In shallow bowl, combine chicken and salad dressing; stir to coat. Cover, refrigerate. Heat oven to 425 degrees. Lightly grease 12" pizza pan or 13 x 9" pan.

Unroll dough and place in greased pan; starting at center, press out with hands. Bake for 8 to 10 minutes or until crust is light golden brown.

Meanwhile, in small bowl combine sour cream, mint, pepper and garlic; mix well. Drain chicken; discard marinade. Heat margarine in large skillet over medium-high heat until hot. Add chicken and onion; cook and stir 6 to 8 minutes or until chicken is no longer pink.

Spread sour cream mixture over partially baked crust, including edges. Top with Monterey Jack cheese. Using slotted spoon, place chicken mixture evenly over cheese. Top with tomato slices, cucumber and feta cheese. Bake for 10 to 15 minutes or until edges of crust are deep golden brown and Monterey Jack cheese is melted. Garnish with fresh mint leaves, if desired.

## CALAMARI IN THE GREEK SYTLE

INGREDIENTS: *4 ounces virgin olive oil*

*1 medium red onion, thinly sliced*

*4 cloves garlic, thinly sliced*

*2 Japanese eggplant, sliced lengthwise into 6 pieces each*

*2 Roma tomatoes, chopped into 1/4 inch dice*

*12 baby calamari, whole, peeled and cleaned (about 1 1/2 pounds)*

*Juice and zest of 1 lemon*

*1 bunch basil, chiffonade, to yield 1/8 cup*

PREPARATION:

In a 12 inch to 14 inch saute pan, heat together oil, onion and garlic over medium high heat until soft, about 8 to 10 minutes. Add eggplant and cook until just softened. Add tomatoes and lemon and season with salt and pepper and cook until they fall apart, about 4 to 5 minutes. Add calamari, season again, and cook until just opaque, about 2 minutes per side. Add basil and toss. Arrange on platter and serve.

Yield: 4 servings

## **Rice with Shrimps and Mussels (Ryzi tou Psara)**

Serves 5-6

luxurious dish of prawns and mussels in a savory rice mixture with an added hint of ouzo

### **Ingredients:**

9 oz, (250g) shrimps  
1 lb. 2 oz. (half a kilo)rice  
9 oz. (250g) mussels  
3 medium tomatoes, finely diced  
2 medium onions, sliced  
2 teacups of olive oil  
2 tablespoons of ouzo  
salt and pepper

### **Cooking Instructions:**

Heat the olive oil in a pan and lightly sauté the onions

Add the shrimps, mussels and the tomatoes and cook over a medium heat for 5 minutes

Pour in the ouzo then add the rice and as much water as needed, i.e. one part rice to two parts water

Season with salt and pepper then continue cooking for a further 15 minutes

Serve immediately with a fresh salad and olive bread

## **Fried Mussels (midia tiganita)**

Makes 10 portions of 6 mussels

Delectable mussels in batter, great start to your meal

### Ingredients:

3 lbs.(1.5 kilos) mussels

three quarters of a cup (medium tea cup) milk

1 egg, beaten

1 soup spoon of oil

1 cup of flour

salt and pepper

oil for frying

### Instructions:

Wash the mussels carefully and open with a sharp knife

Remove the contents of the shell and wash them again, then drain well

Mix the egg, milk and a spoonful of oil, then season with salt and pepper

Add the flour, beat well until smooth, then leave the batter to stand for one hour

Put a liberal amount of oil in a frying pan and heat well

Dip the mussels individually in the prepared batter and drop in the hot oil to fry

Serve garnished with wedges of lemon and lettuce leaves

## TASKEBAP / STEWED MEAT

### Ingredients:

1 kg / 2 lb meat in squares

One sliced onion

1 litre/1 quart of liquid tomato paste for cooking

Two spoons of sugar

1/2 cup olive oil

### Instructions:

Salt, pepper and oregano seasoning

Chop the onion and brown in a pot with the oil. Add the meat and brown the sides.

Sprinkle salt and pepper. Add the sugar, cover with the tomato juice and add the same amount of water. Let cook for an hour or more until the meat is soft (in a pressure cooker it takes 20 minutes). Serve with rice or fries/chips.

## SOUTZOUKAKIA

### Ingredients:

1 kg/2 lb ground beef  
2 eggs  
1 sliced onion  
1 litre/1 quart of liquid tomato paste  
Some olive oil  
Salt, pepper and oregano seasoning  
Cumin seasoning  
Some flour  
2 spoons of sugar

### Instructions:

Mix the meat with the eggs, and add the chopped onion, the cumin, salt and pepper. Form into elongated balls and turn inside a bowl with the flour. Fry the floured meatballs in the oil at high heat. When cooked add the tomato paste and sugar, and let cook for another 10-15 minutes at medium heat. Serve with either rice or fries/chips.

## SOUVLAKI

### Ingredients:

1 kg/2 lb of pork meat, cut in cubes with 1 inch (2.5cm) sides

6 Pita breads

Juice of 4 lemons

Salt, pepper and oregano seasoning

6 wooden skewers

Tzaziki (see above)

### Instructions:

Put the pork meat in the wooden skewers, salt and pepper them. Cook over a barbecue fire, on a skillet or under an oven grill. In the meantime, spread some oil on the pitas and place under the oven grill, browning slightly each side, but not drying them. When the meat is done, dip them in a long glass containing the lemon juice and then holding a pita bread in one hand empty the skewer contents in it removing the skewer. Sprinkle with oregano and salt, add tzaziki and the souvlaki is ready.

## Greek Style Shrimp Scampi

Prep: 10 min, Cook: 25 min.

2 tsp. olive oil

4 garlic cloves, minced

1-1/4 lbs. canned whole tomatoes, drained and coarsely chopped

1/3 cup fresh parsley, chopped, divided

13 ounces large shrimp, peeled and deveined

3 ounces feta cheese, crumbled

1 Tbs. plus 1 tsp. fresh lemon juice

1/8 tsp. freshly ground black pepper

### Instructions:

Preheat oven to 400°F. Heat oil in a heavy nonstick skillet over medium heat. Sauté garlic 30 seconds. Stir in tomatoes and 2 Tbs. plus 2 tsp. parsley and simmer 10 minutes. Stir in shrimp and cook 3 minutes. Transfer to an oiled baking dish and sprinkle with cheese. bake 8-10 minutes, until shrimp is just cooked throughout. Sprinkle with lemon juice, remaining parsley and pepper to taste. Serve immediately.

## Greek Burgers

Prep: 20 min, Cook: 10 min.

3 tomatoes\raw, peeled and cut into wedges

1 cucumber, peeled and sliced

2 Tbs. lime juice

1 Tbs. lemon juice

1/2 tsp. cumin

1/4 tsp. salt (optional), or to taste

3 Tbs. olive oil

1 lb. lean ground beef

2 tsp. dried mint, or 2 Tbs. fresh mint, chopped

1/3 cup feta cheese\grated, crumbled

8 black olives, pitted and finely chopped, optional

4 whole wheat pitas, cut in half

1 cup plain nonfat yogurt

### Instructions:

Turn on broiler. Combine tomatoes and cucumbers in a salad bowl. Combine next 5 ingredients and pepper to taste in a jar with a tight-fitting lid. Shake vigorously. Pour dressing over vegetables and toss. Cover and set aside. Turn on broiler. Combine beef and next 3 ingredients in a mixing bowl. Gently form into two 1 inch thick patties per serving. Season with salt and pepper to taste. Broil burgers 4-5 minutes per side or until meat is cooked throughout. Serve burgers in pita bread pockets with tomato and cucumber mixture. Top with a dollop of yogurt.

## Greek Beef Stew with Macaroni

Prep: 10 min, Cook: 1:30.

1 Tbs. plus 1 tsp. olive oil  
1-1/4 lbs. beef chuck, cut into 1 inch cubes  
2 small onions\cooked, peeled and quartered  
1 clove garlic, minced  
1/4 cup plus 3 Tbs. dry red wine  
2/3 cup beef stock  
2 Tbs. tomato paste  
1 Tbs. plus 1 tsp. red wine vinegar  
2 tsp. brown sugar  
3/4 tsp. dried oregano  
3/4 tsp. dried rosemary  
1/8 tsp. ground cinnamon  
1/8 tsp. ground cloves  
2/3 cup elbow macaroni

### Instructions:

Preheat oven to 350°F. Heat oil in a flameproof casserole over medium high heat. Sauté meat, in batches if necessary, 6-8 minutes, stirring occasionally until browned on all sides. Stir in onions and garlic and cook 4-5 minutes, stirring frequently, until onions begin to soften. Stir in wine, scraping up any browned bits from bottom of pan. Add remaining ingredients, except macaroni, and season with salt to taste. Cover casserole and **bake** 1-1-1/2 hours, stirring occasionally, until beef is tender. **Cook** macaroni in a large pan of boiling water 8-10 minutes, or until al dente. Drain and serve stew over macaroni.

## Greek Skillet Snapper

Prep: 15 min, Cook: 22 min.

1 Tbs. olive oil  
1 lb. skinless red snapper fillets, cut into 1/2 inch slices  
1 onion\cooked, cut into thick slices  
2 cloves garlic, minced  
6 ounces tomato paste  
1/2 cup dry white wine or vegetable stock  
1/3 cup vegetable stock or chicken stock  
2 Tbs. lemon juice  
1/4 tsp. cumin  
1/4 tsp. cinnamon  
1/8 tsp. pepper  
1/2 cup feta cheese\grated, crumbled  
1/3 cup chopped walnuts, toasted  
3 Tbs. cilantro or parsley, chopped

### Instructions:

Heat oil in a heavy nonstick skillet over high heat. Sauté fish fillets 3-5 minutes or until just browned. Transfer fish to a platter and set aside. Reduce heat to medium and sauté onion and garlic 4-5 minutes or until onion is tender. Add tomato paste, wine, stock, lemon juice, cumin, cinnamon and pepper to taste. Bring to a boil stirring frequently. Reduce heat to low. Cover skillet and **simmer** 10 minutes, stirring occasionally. Return fish to skillet and simmer until heated throughout. Serve fish sprinkled with feta cheese, walnuts and cilantro.

## Grilled Greek Loin Roast

Prep: 15 min, Marinate: 8:00, Cook: 1:00.

1/4 cup olive oil

1/4 cup lemon juice

1 tsp. oregano

1 tsp. salt

1 tsp. pepper

6 cloves garlic, minced

2-1/4 lbs. boneless pork loin roast

1 cup plain yogurt

1 cucumber, peeled and chopped

1/2 tsp. garlic, crushed

1/2 tsp. coriander seeds, crushed

1/4 cup red onion\cooked, minced

1/4 tsp. crushed red pepper

### Instructions:

Combine first 6 ingredients in a bowl. Place pork loin in a large sealable bag. Pour marinade over pork in bag. Seal bag and marinate in refrigerator overnight. Remove pork from marinade, discard marinade. Prepare grill. Place pork over drip pan on grill. Grill 1 to 1-1/2 hours over indirect heat in covered grill, or until meat thermometer registers 155°F. Let rest 10 minutes before slicing thinly. Internal temperature will rise slightly upon standing. While pork is cooking, combine remaining ingredients in a bowl. Cover and refrigerate until ready to serve with pork roast.

This recipe serves 8 people. Due to the nature of this recipe, it adjusts the number of servings in multiples of 8 only.

## Santorini Shrimp

Prep: 15 min, Cook: 15 min.

2 Tbs. plus 2 tsp. olive oil

2 tsp. unsalted butter

1/8 tsp. crushed red pepper

1-1/4 lbs. large shrimp, tails left attached, peeled

2 cloves garlic, minced

1/4 cup plus 3 Tbs. dry white wine

1-1/4 tomatoes\cooked, seeded and chopped

1 Tbs. plus 1 tsp. fresh dill, minced

2 ounces feta cheese, crumbled

2 Tbs. plus 2 tsp. dry breadcrumbs

### Instructions:

Turn on broiler. Heat half the oil in a heavy ovenproof skillet or shallow flameproof casserole dish over medium high heat. Add butter and red pepper. Sauté shrimp, in batches if necessary, 4-5 minutes, turning occasionally, until shrimp turn pink. Stir in wine and garlic and boil 3-4 minutes. When liquid begins to thicken, stir in chopped tomatoes and remove from heat. Sprinkle with dill and cheese and cover with breadcrumbs. Drizzle remaining olive oil over top and broil 6 inches from heat source 3-4 minutes until bubbly.

## Vegetarian Moussaka

Prep: 25 min, Cook: 1:20.

2 Tbs. olive oil  
1 cup onion\cooked, chopped  
1 cup mushrooms\cooked, chopped  
1 cup zucchini\cooked, chopped  
1 tsp. ground cinnamon  
1/2 tsp. oregano leaves, rubbed  
1/2 cup fresh parsley, chopped  
2 tomatoes\cooked, seeded and chopped  
3 Tbs. tomato paste  
1/2 cup red wine  
2 large eggplants, peeled and cut into 1/2 inch slices  
2 cups milk  
2 Tbs. unsalted butter  
3 Tbs. all purpose flour  
1/8 tsp. nutmeg  
1/2 tsp. white pepper  
1 cup ricotta cheese  
2 eggs, beaten  
1 cup seasoned breadcrumbs  
1 cup grated Parmesan cheese

### Instructions:

Heat olive oil in a heavy saucepan over medium high heat. Sauté onion 4-5 minutes until lightly browned. Stir in mushrooms and zucchini and sauté 2 minutes. Stir in next 6 ingredients and salt and pepper to taste. Reduce heat to medium low and simmer 10-15 minutes, stirring occasionally until most of liquid has evaporated. Remove from heat and set aside.

Turn on broiler. Arrange eggplant slices on an oiled broiler rack. Broil 3-4 minutes per side until browned. Set aside. Make bechamel sauce by scalding milk in a heavy saucepan over medium high heat until tiny bubbles appear. Remove from heat. Melt butter in a heavy saucepan over medium heat until just bubbling. Do not brown. Slowly whisk in the flour, stirring constantly until smooth. Do not brown. Slowly whisk in hot milk, stirring constantly 2-3 minutes until mixture is thickened. Remove from heat. Stir in seasonings and set aside to cool slightly. Beat ricotta cheese in a bowl until creamy. Gently fold ricotta into the bechamel sauce. Stir in beaten eggs until thoroughly incorporated.

Preheat oven to 300°F. Lightly grease a 9x13 inch baking pan and sprinkle the bottom

with 2 Tbs. breadcrumbs. Place a layer of eggplant in the pan. Spread a layer of tomato mixture over top. Sprinkle with breadcrumbs and Parmesan cheese. Repeat layering as long as ingredients last. Pour the ricotta sauce over the top and bake 1 hour, or until top is golden. Transfer moussaka to a wire rack and let stand 20-30 minutes before slicing.

This recipe serves 8 people. Due to the nature of this recipe, it adjusts the number of servings in multiples of 8 only.

## **LAMB Exoxiko 2 lbs Lamb leg**

2 onions (chopped)

1 cup butter

1/2 lb kefalograviera cheese

Salt & pepper

6 sheets puff pastry

### Instructions:

Cut the lamb in portions. Simmer the onion in a frying pan with a little water. Add a teaspoon of butter and brown lightly. Add the lamb and salt & pepper and brown for a few more minutes. Turn the element off, add the cheese and separate in portions. Butter each sheet of pastry and use them to wrap each portion. Place in a buttered pan, top with the rest of the butter and bake in medium-low oven for 2 1/2 hr. It can be either with beef

## **Bifteki (burgers)**

2 1/2 lbs. ground beef minced meat

1 lg. onion, chopped

2 eggs

Juice from 2 lemons

Salt

2 cups of bread crumbs

Ground Pepper

3 cloves garlic, chopped

1 cup bread crumbs

A little olive oil

Mint

Thyme

### Instructions

Combine all ingredients and mix well with hands. Shape into oval patties, like hamburgers. About 16. Broil them in oven until desired doneness.

You can also omit the lemon and mint from patties and flavor cooked patties in a creamy tomato gravy. Cook meat drippings, 6 tablespoons tomato paste, 1 cup beef broth, and 1/2 cup red wine in large skillet over low heat until thickened. Remove from heat, stir in 1/2 cup sour cream. Add patties and simmer 10 minutes.

## **Kokoretsi**

1 kilo liver (1,5 lbs)

1 kilo (2 lbs) lights

2 kilos (4lbs) lamb guts

salt, pepper, oregano

Clean very well the guts and turn them inside out. Wash the lights and the liver and cut them in pieces. Put on them a lot of salt, pepper and oregano.

Put in the spit the pieces of liver and light. Wrap them with the guts as tie as you can.

Put salt, pepper on the kokoretsi and let it drain with the spit in a vertical position.

Cook it on the charcoal, turning the spit quickly in the beginning and slower later, until is done

## GREEK SAUSAGE - LOUKANIKO

### INGREDIENTS:

1 lb. ground pork  
1/2 lb. ground beef  
1/4 c. dry wine  
1 Tbsp. chopped parsley  
1/4 c. grated cheese  
1 Tbsp. grated orange peel  
anise flavoring to taste  
salt, pepper and hot pepper  
flakes to taste

Combine all ingredients; mix well. Roll into small balls. Broil until well done. Serve hot.

## KEPHTETHES - Greek style meatballs!

### INGREDIENTS:

1 large onion, very finely minced  
1 lb. ground lamb or beef or a mixture of both  
1 large or 2 medium-sized tomatoes, skinned and finely chopped  
1/2 c. fairly fine, but fresh bread crumbs  
1 to 2 Tbsp. ground cumin, to taste  
1/4 c. packed flat leaf parsley, chopped  
small handful fresh mint leaves, finely chopped at last minute  
sea salt to taste  
fresh ground pepper to taste  
flour for rolling the meatballs  
olive oil for frying (preferably Greek)

Place minced onion in small saucepan, together with about 1/4 cup water. Simmer gently until the onion is tender, about 10 minutes. All of the water will have evaporated by now. Remove the pan and set on one side for a few minutes. Watch onion. In a small, dry saute pan or saucepan, gently heat the ground cumin for a few minutes, or until it begins to give out an aroma. This is proof that the heat is releasing the essential oils of the cumin. Set on one side for a few minutes.

In a large mixing bowl, place the meat, onion, chopped tomato, parsley, cumin, mint and bread crumbs. Add some salt and plenty of pepper, as well as about half of the cumin. Taste the mixture and be prepared to add the rest of the cumin (or even more). Add egg and more salt. Refrigerate meat for 1/2 hour.

Have a large plate ready, covered with flour. Lightly flour your hands with some of it. Form the mixture into small balls, the size depending entirely on your preference. In Greece, they are usually the size of a silver dollar and slightly flattened, if served as a main course and about the size of a half dollar (and again, slightly flattened), if being used as a first course. Heat some olive oil in a large saute pan. Prepare your grill or oil a baking sheet for the oven. Cook the Kephtethes in your preferred way (the oven should be about 375 degrees for small or 400 degrees for large), turning them very carefully after they have been browned on one side. Baking

sheet should be heated.

Serve hot, cold or somewhere in between as they do in Greece, decorated with a little chopped parsley or mint. Don't overcook.

## GREEK STYLE STUFFED EGGPLANTS

### INGREDIENTS: SERVES 4

- Three 1/2-pound eggplants
- 1 teaspoon salt
- 4 tablespoons olive oil
- 2 cups chopped onion
- 2 garlic cloves, minced
- 1/3 cup minced fresh parsley leaves
- 3 tablespoons minced fresh mint leaves
- 3 plum tomatoes, halved lengthwise, seeded, and cut into julienne strips
- 1 cup crumbled Feta cheese

### PREPARATION:

- Halve 2 of the eggplants lengthwise, score their pulp deeply with a sharp knife, being careful not to pierce the skins, and with a grapefruit knife scoop out the pulp, reserving it and leaving 1/2-inch-thick shells. Sprinkle the shells with salt and invert them on paper towels to drain for 30 minutes. Cut the reserved pulp and the remaining whole eggplant into 1/2-inch pieces, in a colander toss the pieces with the salt, and let them drain for 30 minutes.
- Pat the shells dry with paper towels, brush them with 1 tablespoon of the oil, and broil them on the rack of a broiler pan under a preheated broiler about 4 inches from the heat for 5 minutes, or until they are tender. In a skillet heat the remaining 3 tablespoons oil over moderately high heat until it is hot but not smoking and in it sauté the eggplant pieces, patted dry, stirring, until they are golden.
- Stir in the onion and the garlic and cook the mixture over moderate heat, stirring, until the onion is softened. Remove the skillet from the heat, stir in the parsley, the mint, the tomatoes, the Feta, and salt and pepper to taste, and divide the filling among the shells, mounding it. Broil the stuffed eggplants in a large flameproof baking dish for 5 minutes, or until the filling is bubbling and golden.

## **Lamb, Country Style (Aranaki Exohiko)**

Serves 6

tender lamb and tasty country vegetables baked in delicious fillo pastry parcels

### **Ingredients:**

3 lbs. 6 oz. (one and a half kilos) leg of lamb, boned

1 lb. 2 oz. (500g) round potatoes

1 lb. 2 oz. (500g) carrots, coarsely cut

4-5 spring onions, sliced

11 oz. (300g) peas

11 oz. (300g) cottage cheese, unsalted

salt and pepper

1 lb. 2 oz. (500g) fillo pastry

1 teacup butter, melted

one and a half teacups of olive oil

2 tablespoons of dill, finely chopped

### **Cooking Instructions:**

Heat the oil in a pot or saucepan and sauté the onions in it

Add the boned lamb and cook for a further 10 minutes or until the lamb has browned

Add a sufficient amount of water to allow the meat to boil for one hour

Add the vegetables and allow everything to boil for a further 20 minutes

Remove the saucepan from the heat and allow to cool

Cut the fillo pastry into strips of about 20 cms. in width

At one end of each strip place a piece of lamb and some vegetables

To the lamb and vegetable mix add pieces of cheese

Brush melted butter on the end of the pastry sheets and fold over the lamb and meat to form 'parcels'

Place the fillo parcels on a buttered oven dish and bake in a medium-oven for about 35-40 minutes

Serve hot

## **Peasant Omelets (Omeleta Horiatiki)**

Serves 4

flavorful omelets with a colorful mix of red peppers, black olives, onions and feta cheese

### **Ingredients:**

12 eggs

three and a half ounces (100g) black olives

7 oz (200g) feta cheese, cut into chunks

2 onions, cut into round slices

1 lb 2oz (500g) refined oil

salt and pepper

2 red peppers, sliced

### **Cooking Instructions:**

Heat 3-4 tablespoons of oil in a frying pan and sauté the onions for 5 minutes

Remove the olive pits and cut the olives in half

Add the olives, red peppers and feta cheese to the onions and cook gently for a further 5 minutes

Beat 3 eggs in a bowl then add 2 tablespoons of the onion, olive, cheese mixture

Heat 2 tablespoons of oil in another frying pan and pour in the omelet mixture

Fry the omelet on both sides then repeat the process until all omelets are done

Serve hot

## **Greek Chicken Pie (Kotopita)**

Serves 3-4

Try a slice of this delicious chicken, cheese and onion pie at any time of the day; it's delicious

### **Ingredients:**

1 x two and a quarter pounds (1 kilo) chicken, cleaned and washed

1 lb. (450g) shortcrust pastry

1 medium onion

salt and pepper

2 eggs, beaten

1 cup of butter

parsley, finely chopped

1 cup of kefalograviera cheese, or a hard strong cheese

### **Cooking Instructions:**

Boil the chicken in salted water with the onion until tender, making sure that a cupful of the chicken broth remains at the end of boiling. Remove the chicken and when cooled, remove skin and bones and cut the meat into small pieces

Mix the chicken meat with the eggs, parsley, pepper and the cheese, then add the juice from the boiled chicken

Lightly fry the softened onion and add to the mixture

Butter a medium-sized baking tin then line it with most of the pastry, leaving enough to cover the pie

Make sure the pastry in the tin is well greased then spread the mixture evenly on it

Place knobs of butter at various points on top of the mixture

Cover the mixture with the remaining pastry, buttering the outside of it

Bake the pie in a moderate oven for 50-60 minutes or until the pie is golden in colour

# DESSERTS

## **Baklava**

### **Ingredients:**

1 lb. Phyllo (pastry sheets)  
1 1/2 cups Butter  
1 lb. chopped fine (or walnuts) Almonds  
1/2 cup Breadcrumbs  
1/4 cup Sugar  
1 teaspoon Cinnamon  
1/2 teaspoons Cloves

### For the Syrup:

4 cups Sugar  
2 cups Water  
1 teaspoon juice of Lemon

### **Directions:**

Place 1 pastry sheet in well-buttered baking pan and brush with butter. Place second pastry sheet on top of the first and butter again. Repeat until 6 layers of buttered pastry sheets have been built up.

Mix walnuts or almonds, breadcrumbs, sugar, cinnamon and cloves. Sprinkle top pastry sheet thick with walnut mixture and place two buttered pastry sheets over this. Repeat in same manner until all ingredients have been used, ending with 6 pastry sheets.

Brush top with remaining butter and trim edges with sharp knife. Cut diagonal lines the length of the pan to make diamond shaped pieces. Sprinkle with water.

Bake in moderate oven for about 1 hour or until golden.

Prepare syrup: boil sugar, water and lemon juice for 10 minutes. Pour hot syrup over cooked baklava. Allow to stand several hours before serving

## **Loukoumathes**

### **Ingredients:**

1 package dry or 1 oz. fresh Yeast  
2 cups warm Water  
1 teaspoons Sugar  
4 cups Flour  
1 teaspoon Salt  
Olive Oil or vegetable oil  
and cinnamon Honey

### **Directions:**

Dissolve yeast in 1 cup warm water. Add 1 teaspoon sugar and 1 1/2 cups flour; beat batter until smooth, cover and leave in a warm place. When its size is doubled, add remaining water, salt and enough flour to make a thick batter. Cover again and allow to rise until it begins to bubble- about 1 1/2 hours.

Heat plenty of oil in a deep frying pan. When it begins to smoke. drop in the dough in small spoonfuls, about 10 at a time. Fry over a moderately slow heat until puffed and golden brown; take them out with a perforated spoon and pour over honey. Sprinkle with cinnamon and serve hot.

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## **Galaktoboureko - Milk Pie**

### **Ingredients:**

6-8 Eggs  
1 cup Sugar  
1 1/2 cups (or cream of wheat, or rice flour) Semolina  
7 cups Milk  
grated peel Lemon  
3 tablespoons Butter  
1 1/2 lbs Phyllo (pastry sheets)  
3/4 cup melted Butter

### **Syrup:**

2 cups Sugar  
1 cup Water

1 tablespoon juice Lemon

**Directions:**

Beat the eggs with the sugar until thick.

Add semolina, milk and flavoring.

Cook over a low heat until mixture thickens stirring continuously.

Remove from heat; add 3 tablespoons butter.

Butter a baking pan and lay 2/3 of pastry sheets, brushing each sheet with melted butter.

The edges of the pastry sheets should come up above the top of the pan.

Spread milk mixture over pastry sheets and turn in the edges of the phyllo over the cream.

Cover with remaining pastry sheets, brushing each with melted butter.

Pour any remaining butter over top.

Cut through the first 3 pastry sheets in 3 inch squares and sprinkle with water.

Bake in a moderate oven for 45 minutes. Allow to cool.

Boil the sugar, water and lemon juice for 5 minutes.

Pour lukewarm syrup over "galatoubourek". Cool before serving.

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**Revani - Semolina Cake**

**Ingredients:**

2 cups Flour

3 1/2 teaspoons Baking Powder

1/4 teaspoon Salt

6 separated Eggs

1 cup Sugar

1 1/2 cup Butter

1 grated rind of Orange

1 cup Orange Juice

1 cup or cream of wheat Semolina

1/3 cup blanched and shredded Almonds

For the Syrup:

3 cups Sugar

2 cups Water

2 tablespoons Brandy

**Directions:**

Sift flour, baking powder and salt.

In large electric mixer bowl, beat egg whites until frothy.

Gradually beat in 1/2 cup of the sugar.

Continue beating until very stiff and glossy.

Set meringue aside.

Beat egg yolks, remaining sugar, and butter until very light and fluffy.

Add orange rind.

Beat in dry ingredients alternately (slowly, on a low speed) with orange juice and semolina.

Fold in meringue.

Turn into greased pan and sprinkle with almonds.

Bake in moderate oven for 40 minutes. Cool.

For the Syrup:

Boil sugar and water for 3 minutes. Add brandy. Pour syrup over cake. Cool and cut into squares.

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**Karydopita me Avga - Walnut Cake with Eggs****Ingredients:**

5 separated Eggs

1/4 cup Sugar

1/4 cup Semolina

5 tablespoons Breadcrumbs

6 tablespoons, ground Walnuts

1 teaspoon Baking Powder

1/2 teaspoon ground Cinnamon

1/3 teaspoon ground Cloves

1/3 cup Brandy

For the Syrup:

1 cup Water

1/2 cup Sugar

**Directions:**

Preheat the oven to 375 F. Oil a loaf pan.

In a large bowl, beat the egg yolks with the sugar.

In another bowl, beat the egg whites until stiff.

Mix the semolina, bread crumbs, walnuts, baking powder, cinnamon, and cloves and

add them to the yolks.

Stir well and pour in the brandy.

Fold whites into the yolk mixture and pour into loaf pan.

Bake for about 30 minutes, or until a tester inserted in the center comes out clean.

While cake is baking, make the syrup.

Boil the water with the sugar for 8 to 10 minutes.

As soon as the cake is done, pour the syrup over it.

Let cool and serve.

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## **Halvas Tou Fournou - Baked Halva**

### **Ingredients:**

1/2 cup Flour

2 teaspoons Baking Powder

1/4 teaspoon Salt

2 cups Semolina

1 cup finely chopped Nuts

3/4 cup Butter

1 cup Sugar

3 Eggs

3/4 cup Milk

grated Lemon rind:

3 cups Sugar

3 cups Water

3 Cloves

pinch Cinnamon

### **Directions:**

Sift together flour, baking powder and salt; mix in semolina and nuts. Cream butter and sugar until light; add well beaten eggs. Add milk alternately with dry ingredients. Stir after each addition until just smooth. Add a little grated lemon rind and put in a greased square pan. Bake in a moderate oven for about 45 minutes.

Boil the sugar, water, cloves and cinnamon for about 5 minutes and as soon as Halva comes out of the oven pour the syrup on top. Cool and cut into square pieces. If desired, it can be served with whipped cream.

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## Amygdalota - Almond Biscuits

### Ingredients:

1 lb. Shelled, blanched, and finely ground Almonds  
1 1/2 to 2 cups cups Sugar  
1/2 cup Water  
1-2 tablespoons Orange Flower Water  
Confectioner's Sugar for sprinkling

### Directions:

In a large heavy pot, heat the ground almonds, sugar, water and orange flower water. Stir with a wooden spoon until the mixture no longer sticks to the bottom and sides of the pan, 5 to 8 minutes. Let cool slightly, then wetting your fingers with orange flower water, take tablespoonfuls and shape the biscuits to form small pears about 1 1/2 inches high.

Sprinkle the biscuits with confectioners' sugar until they are completely covered.

Note: Keep the mixture covered while you work because it dries out quickly

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## Kaltsounia Sto Tigani - Fried Sweet Cheese Pies

### Ingredients:

4 cups Flour  
4 tablespoons Olive Oil  
1 teaspoon Salt  
3/4 cup Water  
1 lb. Or manouri or cottage cheese Mizithra Cheese  
1 lightly beaten Eggs  
1/2 teaspoon Cinnamon  
1 teaspoon grated Lemon rind  
2 tablespoons Sugar  
Olive Oil for frying  
Sugar  
Cinnamon

### Directions:

Prepare a stiff dough with the flour, olive oil, salt and water. Leave, covered, for an hour.

Mix cheese, egg, cinnamon and sugar.

Roll out pieces of dough 1/8 inch thick, onto a floured board and cut into small rounds 3 inches in diameter. Place 1 tablespoon of the cheese mixture on each round of dough, moisten edges; fold over and seal well, pressing the edges together with a fork. Deep fry in hot oil until golden brown. Sprinkle with sugar and cinnamon and serve hot.

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## **Tsourekia - Sweet Easter Bread**

### **Ingredients:**

3 packages ( or 2ozs. of fresh yeast) Yeast

1/2 cup (warm) Water

1 cup Milk

10-11 cups Flour

7 cups Eggs

1 1/2 cups Sugar

1 cup (melted) Butter

(grated) or 1 tablespoon powdered anise seeds Lemon rind

### **Directions:**

Dissolve yeast in warm water.

Add milk, 1 teaspoon sugar and 2 cups of flour.

Stir batter, cover and set in a warm place for about 1 hour.

Beat 6 eggs, sugar and lemon rind over hot water.

Stir mixture into batter.

Add remaining flour.

Put dough on floured pastry board and knead, adding the butter, until smooth and elastic.

Place in a large buttered bowl and brush surface lightly with melted butter.

Cover with a cloth and let it rise in a warm place until it has doubled its size-about 2 hours.

Shape dough into long ropes 3/4 to 1 inch diameter and cut into 12 inch lengths.

Braid together loosely 3 ropes on a greased baking sheet.

Let it rise, covered, until doubled - about 1 hour.

Brush with beaten egg and bake in moderate oven 25 to 30 minutes.

**Note:** You may also press into the braids one or more dyed eggs. In addition, you may also sprinkle the breads with sesame seeds and/or shredded almonds

## **Koulourakia Voutirou - Butter Biscuits**

### **Ingredients:**

3/4 cup Butter  
3/4 cup Sugar  
1 egg, 2 egg yolks Eggs  
3 1/2 cups (approx) Flour  
1 beaten Eggs  
2 teaspoons Baking Powder

### **Directions:**

Cream butter and sugar.

Add the egg and egg yolks and beat until light and fluffy.

Add flour - sifted with baking powder - knead to make a soft dough, chill for an hour and form into small rings.

Arrange on greased baking sheets, brush with beaten egg and bake in a moderate oven for about 10-12 minutes.

Makes about 40.

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## **Easy New Year's Cake**

### **Ingredients:**

4 cups, sifted Flour  
6 teaspoons Baking Powder  
1 teaspoon Salt  
1 cup Butter  
2 cups Sugar  
4 Eggs  
1 1/2 cups Milk  
grated Lemon rind  
confectioner's or powdered sugar Sugar

### **Directions:**

Sift flour, baking powder and salt.

Cream butter, add sugar gradually; beat together until mixture is light and fluffy.

Add eggs, one at a time, beating well after each addition.  
Beat in alternately, until just smooth, flour mixture and milk.  
Add 1 teaspoon grated lemon rind.

Grease a 12 inch baking pan and line with waxed paper.  
Turn batter into the prepared pan, put in a silver or gold coin and bake in a moderate oven for about 40 minutes.  
When cold, sprinkle over powdered sugar.  
The lucky person gets the coin.

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## **Kourabiethes - Greek Butter Cookies**

### **Ingredients:**

1 cup, unsalted Butter  
1 cup, powdered Sugar  
1 egg yolk Eggs  
1 tablespoon Brandy  
3 cups Flour  
1/2 teaspoon Baking Powder  
1 lb. Powdered Sugar

### **Directions:**

Mix butter and 1 cup sugar until very light and fluffy.  
Stir in egg yolk and brandy.  
Then add sifted flour and baking powder, a little at a time.  
Knead well until dough is smooth.  
If it is too soft, add a little flour.  
Take small pieces of dough and shape into balls, the size of a small egg or shape into crescents, or into small pears and insert a clove in the top of each.  
Place on lightly greased baking sheets.  
Bake in moderate oven, about 20 minutes.  
Roll Kourabiethes while warm in powdered sugar.  
Then sift sugar over as they must be very well coated.  
Makes about 3 1/2 dozen.  
You may add 1/2 cup blanched and finely chopped almonds to the dough.

## **Yaourttopita - Greek Sour Milk Cake**

### **Ingredients:**

3 1/2 cups Flour  
1 teaspoon Baking Powder  
1/2 teaspoon Baking Soda  
1 cup Butter  
1 1/2 cups Sugar  
6 yolks, well beaten Eggs  
1 cup (plain) Yogurt  
6 whites Eggs

### **For the Syrup:**

2 cups Sugar  
1 cup Water  
the juice of 1/2 Lemon

### **Directions:**

Sift flour, measure ; add baking powder, soda and sift again 3 times.  
Cream butter; add sugar gradually and beaten egg yolks.  
Add the sifted dry ingredients alternately with the yogurt.  
Beat egg whites until stiff and fold into mixture.  
Pour batter into greased pan.  
Bake in a moderate oven for about 45 minutes  
Cool

## **Stafithopita - Raisin Cake**

### **Ingredients:**

4 cups Flour  
5 teaspoons Baking Powder  
1 teaspoon Cinnamon  
1/2 teaspoon, ground Cloves  
1/2 teaspoon Salt  
2 cups Raisins  
1 cup Butter  
1 1/2 cups Sugar  
3 beaten Eggs  
1 1/2 cups Milk  
confectioners' or powdered sugar

### **Directions:**

Sift flour, baking powder, cinnamon, cloves, and salt.

Add eggs; beat thoroughly and add the dry ingredients alternately with the milk, stirring after each addition.

Turn into a greased and floured pan.

Bake in a moderate oven for about 1 hour.

When cool, dust with powdered sugar and cut into squares.

## Glykisma Amigthalou - Almond Torte

### Ingredients:

2 1/2 cups sifted Flour  
2 teaspoons Baking Powder  
1/2 teaspoon Soda  
2/3 cup Butter  
1/2 cup Sugar  
3 Eggs  
3/4 cup Yoghurt  
1 cup ground Almonds  
For the Syrup:  
2 cups Sugar  
1 cup Water  
1/2 Lemon juice

### Directions:

Sift flour, baking powder and soda.

Cream butter and sugar until light and fluffy. Beat in eggs one at a time; add sifted dry ingredients alternately with yogurt , mixing well after each addition. Add almonds.

Pour batter into greased pan. Bake in a moderate oven for about 45 minutes. Cool.

Boil sugar, water and lemon juice for 5 minutes. Pour syrup over almond torte. Cool and serve with whipped cream, if desired. Cut into 18 or 24 squares.

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## Svinghi - Greek Donuts

### Ingredients:

1/3 cup Butter  
1 cup Water  
1/2 teaspoon Salt  
2 tablespoons Sugar  
1/2 teaspoon grated Orange Rind  
1 cup sifted Flour  
3 Eggs  
Olive Oil for frying  
2 cups Sugar  
1 cup Water

1 tablespoon Lemon Juice  
Cinnamon

**Directions:**

Place butter in a small saucepan. Add water, salt, sugar, orange rind; bring to a boil. Add all the flour at once; stir until smooth. Cook, stirring until the mixture leaves sides of pan in a ball that does not separate. Remove from heat and cool till lukewarm. Add eggs, one at a time, beating after each addition till smooth.

Drop dough from a teaspoon into plenty of hot olive oil. Cook over a moderately slow heat only as many doughnuts at a time as will float easily in oil. As soon as doughnuts rise to surface, turn with a long handled fork. Turn often until golden. Remove, hold over oil 1 second; drain on absorbent paper.

Prepare syrup as follows: boil 2 cups sugar, 1 cup water and 1 tablespoon lemon juice for 10 minutes. Pour syrup over doughnuts, sprinkle with cinnamon and serve hot.

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**Pasta Flora - Jam Tart**

**Ingredients:**

3 cups Flour  
1 teaspoon Baking Powder  
1 cup unsalted Butter or margarine  
1/3 cup Sugar  
2 Egg Yolks  
2 tablespoons Brandy  
1 tablespoon grated or Lemon rind  
1 teaspoon Vanilla or any flavor desired  
1 lb apricot or strawberry jam  
blanched Almonds

**Directions:**

Sift together the flour and the baking powder into a bowl.

Cream the butter with an electric mixer. Add the sugar and beat them together until the mixture is pale and fluffy.

To ensure that all the sugar is blended in, scrape the sides of the bowl with a rubber spatula from time to time.

Add the egg yolks one by one.

Then add the brandy and the flavoring.

Stop beating, and fold in the flour a little at a time, with a wooden spoon, blending it

evenly into the mixture.

When the dough becomes too stiff to stir, mix the flour by hand until the dough is light and smooth.

Avoid overworking the dough. This would strengthen the gluten, making the dough tough when baked.

On a floured surface, roll out 2/3 of the dough into a round and line a greased 10-inch pie dish.

Spread the jam over the dough.

Roll out the reserved dough to a thickness of 1/8 inch and cut it into strips 1/2 inch wide.

Lay them across the filling in lattice pattern.

Decorate with the almonds and bake the tart in a 350 degree oven for 30-35 minutes until slightly golden.

Store the tart, uncovered in a dry, cool place to prevent it from getting soggy. It can be kept one week at room temperature.

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## **Melomacarona**

### **Ingredients:**

2 cups Olive Oil

3/4 cup Sugar

3/4 cup Orange Juice

1/4 cup Brandy

7-8 sifted Flour

2 teaspoons Baking Powder

1 teaspoons Soda

For the Syrup:

2 cups Honey

2 cups Sugar

2 cups Water

### **Directions:**

Beat together first 4 ingredients. Sift flour, baking powder and soda 3 times. Add the sifted dry ingredients to the oil mixture and knead gently.

Pinch off small portions of dough the size of an egg and form into little patties. Roll them to make oblong rolls. Place on ungreased baking sheet and bake in moderate oven for 30minutes.

Boil honey, sugar and water for 5 minutes. Pour syrup over "melomacarona". Allow to soak for 15 minutes, take them out of the syrup and place on large plate. Sprinkle with chopped walnuts and cinnamon.

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## **Kataifi**

### **Ingredients:**

3 lbs. Kataifi Phyllo

4 cups Almonds

1 1/2 cups Butter

1 teaspoon Cinnamon

2 Eggs

4 tablespoons Sugar

For the syrup: For the Syrup:

3 lbs. 6oz. Sugar

5 cups Water

1 Lemon rind

1 teaspoon Lemon Juice

### **Directions:**

Blanch the almonds and chop in small pieces.

Put them in a bowl with sugar, cinnamon and eggs.

Gently open the kataifi pastry with your fingers, lay it on a piece of wood or marble and put one tablespoonful of almond mixture on one end, then roll the kataifi pastry into a cylinder.

Take care to fold the pastry a little tight at first so that the filling is securely enclosed. Put it in a buttered baking dish. Melt the butter and cover every piece of rolled with it. Bake in a moderate oven for almost 30 minutes.

Meanwhile, prepare the syrup. Cook the sugar with the water and lemon rind for five to ten minutes.

Add the lemon juice and let all briefly cook until the syrup becomes somewhat thick. After removing the kataifi from the oven and before it becomes cold, pour the syrup over it.

Cover the pastry with a clean towel and let cool as it absorbs the syrup.

Note: be careful to leave a little space between each piece of kataifi when placing them in the baking dish. If you don't, they touch each other, the sides of each won't bake and the syrup will make the pastry soggy.

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## **Rizogalo - Rice Pudding**

### **Ingredients:**

4 tablespoons uncooked Rice  
1 cup Water  
1 quart Milk  
1 1/2 tablespoons Flour  
1/2 cup Sugar  
1/2 teaspoon or lemon rind Vanilla  
Cinnamon

### **Directions:**

Boil water; add rice, stir once and simmer for 15 minutes.  
Add milk and simmer 30 minutes longer, stirring occasionally.  
Mix flour with 4 tablespoons water.  
Add to rice mixture slowly and stir.  
Add sugar and simmer for 15 minutes.  
Remove from heat, add vanilla or lemon rind, and pour into 4 individual custard cups or small dishes. Sprinkle with cinnamon.

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## **Zorbre Katasha**

One for chocolate lovers.

Servings: 6

### **Ingredients:**

1 Tablespoon Cocoa  
1/4 block Cooking Chocolate (Melted)  
1/2 Cup Icing Sugar  
3 Cup Milk

### **Directions:**

Melt cooking chocolate in a pan  
Add cocoa and icing sugar to pan.  
Pour chocolate, icing sugar and cocoa into bowl.  
Add milk.  
Put in freezer for 30 mins.  
Place in fridge until its not runny.

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## Rum Nut Cake Diamonds

makes 3 dozen

Rum Syrup: Combine in a saucepan

1 cup sugar,

2 teaspoons grated orange peel

1/3 cup water

Bring to a boil and boil until clear. Remove from heat and stir in 1/4 cup rum.

6 eggs, separated

1/8 teaspoon each salt and cream of tartar

1 cup sugar

1/2 teaspoon almond extract

1/2 cup fine bread crumbs

1 teaspoon baking powder

1 teaspoon grated orange peel

2-1/2 cups ground almonds

Preheat the oven to 350°F. First prepare the rum syrup and let cool. Beat the egg whites until foamy; add the salt and cream of tartar and beat until soft peaks form. Gradually add 1/2 cup of the sugar, beating until the meringue stands in peaks; set aside. With the same beater, beat the egg yolks until pale yellow and gradually beat in the remaining 1/2 cup sugar, beating until thick and lemon colored. Beat in the extract. Mix the crumbs with the baking powder and grated peel and beat into the yolks. Mix in half the nuts. Fold in the egg white meringue and remaining nuts. Turn into a buttered, floured 9 by 13-inch baking pan. Bake in the oven for 30 minutes, or until the top springs back when touched. Let cool 5 minutes. While hot, pour over the cool syrup. Let cool and cut into diamonds.

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## Theepless

Honey dipped fried batter.

Ingredients:

1 Pinch Cinnamon (To taste)

4 Whole Egg

4 Cup Flour (Self-rising)

2 Cup Honey

1 Whole Lemons (Rinded)  
2 Tablespoon Olive Oil  
1 1/4 Cup Sugar

Directions:

Place the flour in a big, deep bowl.

Mound the flour and make an opening in the middle.

Meanwhile, beat eggs with the sugar, lemon rind and oil.

Place the egg mixture in the opening and knead the dough until firm.

Divide the dough equally many times and roll each division into thin pieces.

Cut the pieces in triangle sections.

Heat the oil well, and stick the dough strips in the hot oil one by one.

Quickly, using two large forks roll each strip of dough in a cylindrical shape and cook the pieces until golden brown.

Take them out, and place somewhere to cool.

Heat the honey with one cup of sugar until boiling.

Spoon out the froth that forms, and lather the ready theepless with the honey syrup, and sprinkle cinnamon and walnuts as a garnish.

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## Saffron and Honey Pears

A Sweet Delight!

Servings: 8

Ingredients:

1 1/4 Cup Caster Sugar

6 Tablespoon Honey (Clear)

1 Whole Lemons

1 Whole Oranges

8 Whole Pears (Slightly under ripe)

2 Pinch Saffron (Saffron Strands)

2 Cup Water

Directions:

Steep the saffron stands in 2 Tablespoons boiling water for 5 minutes.

Meanwhile, peel the zest from the lemon and orange in thin strips using a swivel vegetable peeler.

Squeeze the juice from the lemon.

Place the orange and lemon zest in a large saucepan with the caster sugar and water.

Bring slowly to a boil, stirring until the sugar is dissolved.

Reduce the heat and simmer gently for about 2-3 minutes.

Add the saffron strands with their soaking water and the honey.

Peel the pears with a swivel vegetable peeler.

Using the end of the peeler or the tip of a small sharp knife, remove the core from the base.

Leave the stalks in place for decoration.

Add the pears to the saffron honey syrup and bring to the boil.

Reduce the heat, cover the pears with a wetted, crumpled sheet of greaseproof paper to hold them under the syrup, cover the pan and simmer for about 30 minutes, turning the pears occasionally, until tender.

Remove the pears with a slotted spoon and place in a large jar with a tight-fitting lid (ideally a Kilner-type jar).

Boil the syrup for 10 minutes to thicken slightly and pour over the pears.

Leave until quite cold before serving.

To serve: Home-made crème brulee or a fifty-fifty mixture of marscapone to whipped double cream, sweetened with vanilla sugar

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Gus(cycledad66)