GREEK COOKING

“KALI OREXI”
Introduction

Greek cooking is very colourful, highly nutritious and relies heavily on fresh produce. The Greek diet comprises of a range of appetizers (‘mezethes’), soups, legumes, vegetable dishes, fish and seafood, meat and poultry, fresh fruit and a variety of sweets.

For the Greek, eating a meal is a social experience, not simply a means of satisfying hunger. ‘Mezethes’ Appetizers are a major part of the Greek diet. Greeks rarely, if ever, serve alcohol without food. ‘Mezethes’ are as simple as arranging a small plate of olives and fetta cheese, sliced, garden fresh cucumbers, ‘saganake’ (fried cheese), ‘dolmathes’ (stuffed vine leaves), ‘tiropita’ (cheese pies), ‘spanakopita’ (spinach pies), grilled or pickled octopus and Greek dips.

**Soups**  Chicken soup or ‘avgolemono’ (egg & lemon soup) is one of the most famous Greek soups. This soup is regarded as a remedy for a variety of ailments such as a cold or an upset stomach.

**Vegetable Dishes**  are eaten all year round, especially during the Greek Orthodox Lenten period. These dishes may include fresh beans, dried legumes, eggplant, zucchini, artichokes, rice dishes, such as ‘Spanakoristo (rice and spinach pilaf)’.

**Fish & Seafood**  Greeks enjoy a variety of fish including bait, red mullet, sardines, snapper, octopus which is cooked in many different ways including boiled, fried, baked, grilled and barbecued. Olive oil, lemon and oregano marinade are served as well.

**Meat & Poultry**  Chicken, Beef, Lamb and ‘game’(goat and rabbit) casseroles and stews are popular, as well as grilled, barbecued and skewered meats(souvaki).

‘Lamb on the spit’ is a popular food eaten especially on Easter Sunday or any celebration through-out the year.

**Salads**  are usually served with every meal. “Horiatiki” salad which consists of tomatoes, cucumbers, ‘fetta’ cheese, capsicum, olives, onion, olive oil, balsamic vinegar and oregano is very hard to resist. Fresh crusty bread is often served with salads to soak up the herbed, oil and vinegar dressing.

**Cheese**  “Fetta” cheese is the most famous Greek cheese which is made from goat or sheep’s milk. ‘Tiropites’ (cheese triangles) are a popular appetizer with Fetta cheese being the main ingredient.

**Olives**  Greece produces some of the world’s finest olives. Kalamata olives are a favourite and are seen accompanying many Greek meals, particularly legume dishes.

**Olive Oil**  Greek cooks like to use either Kalamata, virgin or extra virgin varieties of olive oil, rather than using butter or margarine.

**Bread**  Greeks regard their bread as sacred. Many Greek meals are accompanied with Greek bread. During Easter, Christmas and New Year, special breads, both sweet and savoury are baked.

Greek Holy bread is known as ‘Prosforo’. It is offered to parishioners, in small pieces, by the priest, following Holy Communion at Sunday church services. ‘Tsoureki’, is sweet bread which is usually decorated with red eggs and is synonymous with Easter. “Lagana”, which is flat bread with sesame seeds, is made on Clean Monday (“Kathari Deftera”) the first day of Lent. “Christopsomo” (Christ Bread) is made at Christmas and forms the centre piece of many Greek Christmas tables.

**Sweets**  There are a number of Greek sweets, some with a distinct Turkish influence, particularly those that rely heavily on filo pastry, nuts, honey, and cinnamon. “Baclava”, (layers of fine pastry, liberally sprinkled with nuts and cinnamon), “galaktobouriko” (a fragrant, custard sandwiched in filo pastry) and “karithopita” are just some of the well known Greek sweets. Greek sweets are in fact synonymous with specific occasions e.g. “kourabioethes” are usually made for Greek weddings. Greeks love to visit their local sweets shop called a “Zarharoplastio” with friends, to share a coffee and some gossip.

**Fresh Fruit**  Desserts are not always eaten after a meal, except for celebrations. Greeks prefer to finish with a plate of fresh fruit. Greeks enjoy eating figs, grapes, watermelon and prickly pears.

**Yoghurt**  Greek Style yoghurt (natural yoghurt) is very popular and can be eaten anytime of the day on its own or with aromatic Greek honey.

**Alcoholic Beverages**  **Retsina** is a Greek wine with a strong resin flavour. **Ouzo** is a clear spirit Greeks served as an aperitif and is the perfect accompaniment to appetizers like grilled octopus. **Tsipiro** is a popular home-made wine.

**Herbs**  Oregano, thyme, rosemary, dill, mint and basil are commonly used in Greek cooking.

**Herbal Teas**  Herbal teas are free of any stimulants such as caffeine or tannins and Greeks regard these as being good for your health. Chamomile (“Hamomili”) and wild sage (“faskomilo”) are two of the most commonly used herbal teas.

**Greek Coffee**  is always served black. Milk is never added to a cup of Greek coffee as it will disturb the thick sediment that forms at the base of the cup and this will result in a gritty drink. Coffee drinking is purely a social experience. It is always better shared with a friend or relative to chat about family affairs or politics and the meaning of life.
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CULTURAL COOKING

Easter Lamb

Mayiritsa
(Traditional Easter Soup)

Tsoureki Pascalino
(Easter Sweet Bread)

Paschaliatika Avga
Red Easter Eggs

Christmas & New Year Turkey

Vasilopita
New Year’s Cake

Greek Coffee

Loukoumia
Ingredients

Leg & shoulder of Lamb (can be cut into pieces if preferred)
Butter
1 Lemon (juiced)
Oregano, parsley, thyme or rosemary
Salt & pepper
Chicken or lamb Stock
Carrots/pumpkin/zucchini (optional)

Method

1. Cut lamb into pieces or use a leg of lamb and shoulder.
2. Wash them well and place them in a baking dish.
3. Rub with butter, lemon juice, herbs, salt and pepper to taste and bake at 250 degrees Celsius for 30 minutes.
4. Pour stock over hot lamb.
5. When lamb is half cooked, add potatoes and more stock.
6. Bake in oven, until lamb and vegetables are cooked, as desired.
(Traditional Easter Soup)

**Ingredients**
- 2 kg lamb shanks, cut into pieces
- 1 kg tripe
- 2 tsp parsley, finely chopped
- 2 tbsp dill, finely chopped
- 3 medium onions, finely chopped
- 8 tbsp rice or one tbsp per person

**Method**
1. In a saucepan, boil the shanks and tripe with plenty of water for 15 minutes and discard the water.
2. Add fresh hot water, salt, pepper and 2 tbsp of plain flour (diluted in ½ cup cold water). Continue to boil the shanks and tripe until they are tender.
3. Strain the stock and put aside.
4. In another saucepan, brown onions in 100 grams butter.
5. Add the parsley and dill and most of the stock (keep 1 cup stock for making the *Avgolemono*-egg and lemon mixture).
6. Add rice to the stock and boil until cooked, then add the boiled shanks and tripe while still boiling.
7. Remove the saucepan from the stove and add the *Avgolemono* and carefully fold through the soup.
8. Re-heat, but do not boil, to avoid curdling of the egg.

**Avgolemono**

**Ingredients**
- 2 eggs
- Juice of 1-1½ lemons
- 1 cup stock

**Method**
1. Beat the egg whites and continue beating while adding the yolks.
2. Continue beating the mixture as you add the lemon juice and the stock.
3. Carefully fold the well beaten egg and lemon mixture into the pot of soup stock once it has been removed from the heat.
4. Serve immediately.
Ingredients

1 1/4 kg plain flour
6 eggs+ 1 extra egg
1 cup butter or margarine
1 cup sugar
1 cup milk
1 tsp grated orange rind
1 tsp salt
40 grams fresh or 20 grams dry yeast
1 tsp Mahlepi dissolved in ½ cup water (brought to the boil)

Method

1. Dissolve the yeast in ½ cup luke warm milk.
2. Add one cup flour and mix to a smooth batter.
3. Cover with a towel and stand for 2 hours in a warm place.
4. Put the remaining flour into a mixing bowl.
5. Add the salt, sugar, orange rind, melted butter, 6 eggs, Mahlepi and the yeast batter and mix by hand to form a soft dough which does not stick to your hands or the bowl.
6. Sprinkle some flour onto the top, cover with a towel and leave it in a warm place to rise until it becomes twice its volume.
7. Knead the dough on a floured board and divide it into 3 portions. Roll each portion into long ropes, forming various shapes of long or round braided buns (It is optional to place a boiled red dyed egg at the top or middle of each bun).
8. Place buns on a greased baking tray and cover with a towel and left once again to rise for two hours.
9. Brush with a mixture of one egg, one teaspoon sugar and a teaspoon of water.
10. Bake in a moderate oven for 30 minutes.

Mahlepi spice is a finely-ground, off-white, powder, made from the inner kernels of the fruit pits of a native Persian cherry tree. It can be purchased from your local Greek Delicatessen.
(Red Easter Eggs)

Ingredients

1 packet red dye (available from Greek food outlets)
12 eggs
75-90 ml white vinegar
1.2 litres of water
Olive oil

Method

1. Dissolve the dye in the vinegar.
2. Bring the water to the boil (preferably in an old pot, as the dye will stain the metal).
3. Add the vinegar dye mixture and continue boiling for a couple of minutes.
4. Turn the heat down and gently lower the eggs into the saucepan, ensuring they are covered by the solution so they can colour evenly.
5. Boil for 10-15 minutes.
6. Remove and place eggs in cold water, drain and dry with a paper towel.
7. Polish each one with a piece of cotton wool dipped in olive oil
8. Remove any excess oil from the eggs with a paper towel.

The eggs are cracked on Easter Saturday to celebrate the Resurrection of Christ.
Ingredients
1 medium turkey
Butter Oregano
Oil 1 potato
Lemon or orange juice 1 carrot
Salt and pepper 1 onion
Parsley 1 stick celery

Method

1. Wash in cold water and pat dry.
2. Rub inside and outside with butter or oil, lemon or orange juice, and sprinkle with salt, pepper, parsley and oregano flakes.
3. Tie legs to the tail, and wings to the body.
4. Stuff body of turkey with one potato, one carrot, one onion, one stick of celery, and sew securely.
5. Bake in a moderate oven for 2½-3 hours depending on size of turkey.

Serve in a platter with baked vegetables, or garnish with fried rice and turkey gravy.

‘Stuffing’ options include- meat, rice stuffing with sultanas, fruit stuffing and walnut and chestnut stuffing.
Vasilopita
(New Year’s Cake)

Ingredients
3 cups self-raising flour
200 grams butter
4 eggs
2 cups sugar
1 cup milk
2 tsp vanilla
2 tsp cinnamon
Some orange juice

Method

1. Cream butter and sugar.
2. Add the eggs, vanilla, cinnamon, orange and juice and continue mixing into a smooth mixture.
3. Pour mixture into a grease baking dish.
4. Glaze the top with egg and decorate with blanched almonds.
5. Bake in a moderate oven for about 50 minutes or until golden brown.

Vasilopita is traditionally baked in a round pan, about 30 cm in diameter. It is cut at midnight on New Year’s Eve.
Greek coffee plays a special role in Greek social life. It is traditionally served in small cups and is enjoyed by being sipped at times of relaxation and when discussing and ‘solving’ family and financial issues, arguing about politics and discussing current events, with friends and relatives. Greek Coffee is prepared in a special coffee making utensil, called a *briki*. It is only ever served hot and black, with or without froth (*Kaimaki*).

The most common preparation is called ‘metrios cafes’, which is made by boiling one heaped teaspoon of coffee with one teaspoon sugar in water equivalent to one Greek coffee cup, per person.

As it boils, the coffee rises and it is removed from the stove when it reaches the top of the container or just before the froth disappears from the centre of the coffee. It is poured into a cup with the froth and served hot. By adjusting the proportion of coffee and sugar, it is possible to make 2-4 cups of coffee at a time.

The difficulty is how to equally apportion the *kaimaki* into each small Greek coffee cup. If you achieve this you will be highly commended and respected.
Ingredients
100 grams gelatine
100 grams arrowroot powder
1.6 kg sugar
1.1 litre water
2 tbsp rosewater

Method

1. Dissolve gelatine in ½ cup warm water and mix it with arrowroot and sugar using the rest of the water.
2. Bring the mixture to the boil, while stirring, and continue to boil for 30 minutes.
3. Spread the mixture onto a greased shallow dish and refrigerate overnight.
4. When mixture is firm, cut it into small squares and roll in icing sugar.
5. Store Loukoumia in air-tight container.

Option- Almonds may be added to the mixture, after they have been blanched and roasted in the oven for 8-10 minutes. Chop roasted almonds coarsely and add to mixture at end of boiling stage.
SOUPS

Soup Stock
(Beef/Chicken and Fish)

Fasolatha Soup
(Haricot Beans Soup)

Fakies
(Lentil Soup)

Kotosoupa Avgolemono
(Chicken Soup, Egg & Lemon Soup)
**Ingredients**
1.6 kg chicken or 2 kg beef bones or 1 kg whole fish
3 onions (quartered)
4 celery sticks including leaves (chopped)
2 carrots (cut into chunks)
Salt & pepper

**Method**

1. Wash the chicken (or bones or fish).
2. Remove any visible fat and place into a large saucepan.
3. Cover with water and add all other ingredients.
4. Bring stock to a boil and simmer until chicken is cooked
5. Remove Chicken and put aside.

The remaining stock may be used for making *Avgolemono* soup, rice *Pilafi* or any other dish requiring the incorporation of stock.
(Haricot Beans Soup)

**Ingredients**
500 grams Haricot beans (or any white bean)
250 grams sliced carrots
3 diced celery stalks
1 large diced onion
1/3 cup olive oil
3 tbsp tomato paste
Salt & pepper
1 tsp sugar
¾ tsp bi-carbonate soda (optional)

**Method**

1. Soak beans for 10-12 hours and discard the water.
2. Place beans in a saucepan and cover with water and boil for one hour.
3. Add all the vegetables and tomato paste and continue boiling for another hour or until the beans are soft and the liquid begins to thicken.
4. Add oil, salt and pepper, and if necessary, more water and boil for ten more minutes.

Depending on the quality of the beans, some types are difficult to boil soft and to form a thickish liquid. Adding soda softens the beans.

Serves 6
Ingredients

250 grams Lentils
4 Garlic cloves (whole)
2 Bay leaves
Olive oil
Salt
Vinegar (to taste)

Method

1. Check the lentils for any impurities, especially small stones.
2. Wash and soak lentils overnight.
3. Rinse lentils, add clean water in a saucepan and boil with the garlic and bay leaves for about 30 minutes or until soft.

Lentil soup can be eaten hot or cold and the oil, vinegar and salt are traditionally added to individual plates, according to taste.
Adding diced carrot and celery, is optional.
Serves 4
Ingredients

8 cups strained chicken stock
½ cup uncooked rice
2 eggs
Juice of 1 1/2 lemons

Method

1. Boil the chicken stock and add the rice, stirring frequently
2. Cook until the rice is tender but not overcooked and lower the heat to a minimum.

Avgolemono
(Chicken, Egg & Lemon Soup)

Method

1. Place eggs in a deep bowl and beat with a rotary beater until they are light and frothy.
2. Slowly add lemon juice and continue to beat with a fork.
3. Then gradually add small quantities of stock, about 2 cups in total, beating constantly until well mixed.
4. Pour all the mixture back in the pot, stirring with a wooden spoon several times over a low heat.
5. As soon as few bubbles appear, turn heat off and be careful not to boil soup at this point, otherwise the eggs will curdle.
6. Taste the soup and season with lemon and salt, as required.
7. Serve avgolemono, immediately, with a light sprinkle of parsley and/or pepper.

This delicious, tangy soup is regarded by Greeks as the ‘cure all’ for any ailment and is perhaps the most iconic of all Greek soups. It's on the menu in every household and every restaurant.
Ingredients
½ kg split peas
2 whole onions
½ cup oil
Juice of ½ lemon or vinegar
Salt & pepper (to taste)
7 cups water

Method

1. Wash split peas and place them in a large saucepan.
2. Add water to cover peas and let them boil for half an hour.
3. Add two whole onions to the saucepan and boil for 15 minutes.
4. Remove onions and puree the pea mixture in a blender or pass through a colander.
5. Add oil, lemon juice, salt and pepper to taste, to each individual plate.
6. Serve it cold or hot (traditionally served with olives).

Serves 4
SALADS

&

APPETISERS

Béchamel
(White Sauce)

Skordalia
(Garlic Sauce)

Tzatziki Dip

Taramosalta with Potato

Horiatiki Salata
(Village Salad)
**Ingredients**

3 cups of hot milk  
2 tbsp butter or margarine  
3 to 4 tbsp plain flour  
Salt & pepper (to taste)

**Method**

1. Melt the butter in a saucepan.  
2. Slowly add flour and brown.  
3. Add milk gradually and continue heating until sauce has boiled and thickened.  
4. Add salt and pepper to taste.

White Sauce can be used to complete a variety of meals including boiled pasta bake *Pastitsio*, mince and eggplant Bake (Mousakka) or used as a garnish with boiled meat and vegetables.

**Pastitsio with Béchamel Sauce**
**Skordalia**

*Garlic Sauce*

**Ingredients**

- 4 large slices crust-free stale bread (or equivalent amount of cold mashed potato)
- 4 cloves crushed garlic
- ¾ cup olive oil
- 3 tbsp lemon juice (or ¼ cup white vinegar)
- ½ tsp salt

**Method**

1. Squeeze any excess water from bread.
2. Place into a bowl and while continuously beating, add garlic, lemon juice and oil until the mixture is light and fluffy.

If texture appears a little dry, add a little water. The final consistency must be like a thick custard cream.

Skordalia, is often used to accompany fish and boiled greens.

Serve chilled or warm.
**Ingredients**
225 grams natural yoghurt
2 Lebanese cucumbers (finely chopped or grated and strained well with muslin cloth)
2 cloves garlic (crushed)
1 tbsp olive oil
Salt & pepper (to taste)

**Method**

1. Mix olive oil and garlic in a bowl.
2. Add yoghurt, cucumber, salt and pepper and mix well.

Serve chilled
**Ingredients**

100 grams *Tarama* (fish roe found in Greek Delicatessen)
1/3 cup lemon juice
2 cups olive oil
2 large potatoes or 6-8 slices of well strained, water-soaked white bread (crust-free)
2 tbsp finely chopped parsley
1 finely chopped medium onion
Salt & pepper for seasoning

**Method**

1. Boil and mash potatoes (or soaked bread).
2. Beat *tarama* with ½ cup of oil in a blender on low speed.
3. Add mashed potato (or bread) and oil, alternately until well blended.
4. Continue beating the mixture and add lemon juice, onion, salt and pepper until light and fluffy.

Add parsley as a garnish and serve chilled.

Stored bought *Taramosalata* is pink in colour due to red colouring which gives it a pink hue.
Horiatiki Salata
(Village Salad)

**Ingredients**

- 5 firm/medium tomatoes, sliced into wedges
- 1 lebanese cucumber, sliced
- 1 onion sliced into rings
- 50 grams Greek feta, diced
- olive oil
- salt
- vinegar

**Method**

All ingredients are mixed and the salad is tossed in the oil and vinegar dressing. Lettuce leaves can also be used after breaking them into reasonably small pieces.

To make the dressing, mix 2 to 3 tablespoons olive oil, one tablespoon vinegar and some salt.

Serve with nice crusty bread to soak up the salad juices.
VEGETABLE DISHES

Dolmathes
(stuffed vine leaves)

Tourlou or Briami
(Mixed Vegetables Casserole)

Kounoupidi au gratin
(Cauliflower with Bechamel)

Patates Lemonates
(Baked Potatoes with Lemon)

Rice Pilafi

Spanakorizo
(Spinach and Rice)
Ingredients
2 cups rice (washed and strained)
3 large onions, finely chopped
1 cup olive oil
2/3 cup dill, finely chopped
½ cup parsley, finely chopped
salt, pepper and lemon to taste

Method
2. Then add all other ingredients and two cups of water
3. Bring water to boil and let simmer until all water is absorbed.
4. Cool the mixture and use it as a filling for the Dolmathes.
5. Select young vine leaves, remove the stems.
6. Wash and boil vine leaves for 4-5 minutes (leaves are also available in tins ready to use).
7. Place each leaf flat on the table and place a dessertspoon of the mixture in the centre.
8. Fold the sides inwards and roll the vine leaf to seal in the filling.
9. Line base of a saucepan with vine leaves and or a piece of T-bone or piece of other meat, to make a tasty stock and to prevent the Dolmathes from sticking to the bottom of the pan.
10. Place the parcels in circular layers and cover every layer with a few vine leaves and continue until the mixture has finished (avoid overfilling the leaves to prevent them from splitting during cooking).
11. Add the rest of the oil, sprinkle a little salt and cover the Dolmathes with a plate to prevent movement while cooking.
12. Add two cups hot water, cover with lid and bring to boil. Allow to simmer for 50-60 minutes.

Serve hot or cold with some extra lemon juice and Greek-style yoghurt, if desired.
Serves 6
(Mixed Vegetables Casserole)

Ingredients
700 grams potatoes- sliced or diced
1 kg zucchini- diced
2 medium capsicums- diced
2 tbsp tomato paste
2 tbsp parsley-finely chopped
2 tbsp dill-finely chopped
Salt & pepper
1 tsp sugar

Method
1. Remove seeds from capsicums, slice and mix them with the pieces of potato and zucchini.
2. Add half the oil, mix and spread them in a baking dish.
3. Mix together the tomato paste, garlic, herbs, sugar, salt, pepper, the rest of the oil and one cup of water and spread them over the vegetable.
4. Cover the casserole dish and cook in moderate over for one hour.
5. Take the lid off and continue baking until they become crisp and tender and most of the water has evaporated.

Serve as a main meal or as a side dish to meat. YUM!!
Serves 6
Ingredients

1 kg cauliflower, cut into quarters
50 grams cheese, grated
2 cups béchamel sauce (page 20)
bread-crumbs – fresh or dried
parsley or oregano-fresh or dried (optional)
salt & pepper

Method

1. Place cauliflower in a saucepan and cover with water.
2. Bring water to a boil and add one tsp salt and one tsp lemon juice to improve taste and retain the colour of the cauliflower.
3. Lower temperature and bring water to a simmer. Cook cauliflower until it’s tender but not soft and over-cooked.
4. Place cooked cauliflower in a colander to drain out all water and transfer to a greased Pyrex or baking dish.
5. Pour béchamel sauce evenly over the cauliflower and then while using a fork, slowly disturb the contents of the dish for the sauce to penetrate deeper into the dish.
6. Sprinkle cheese and breadcrumbs over the sauce and bake in a moderate oven for 30 minutes.

Serve 6
(Baked Potatoes with Lemon)

**Ingredients**

1½ cups potatoes (cut into wedges)  
50 grams butter  
1 cup oil  
1 lemon (juiced)  
2 tbsp parsley (finely chopped)  
Salt & pepper

**Method**

1. Cut the potatoes into large size pieces.  
2. Put them in an oven dish in one layer, add the butter, oil, lemon, salt and pepper, and mix so that they are well greased.  
3. Add two cups of water and bake in a hot oven. After 30 minutes toss the potatoes with a spatula to coat with juices and put them back into the oven until they are cooked.  
4. Garnish with parsley, before serving.

**Hint** - When cooked, there should be no water left in the pan. The potatoes rest in the butter/oil mixture. When serving the potatoes, remove them from the dish with a minimum of oil and serve hot with a variety of other dishes, including *Kefiethes* (lamb/beef rissoles), fried fish, grilled or fried steak or with a green salad and cheese.
Ingredients

2 cups rice
4 cups chicken or meat stock
2 tbsp butter
salt & pepper to taste

Method

1. Heat butter in saucepan.
2. Add rice and fry until sealed.
3. Add the hot stock, bring to boil, stir with fork, cover saucepan and simmer for 20 minutes.
4. Remove from stove and allow rice to stand for 5-10 minutes before serving.
   Pilafi should be smooth and creamy and slightly mushy.
5. Serve hot with a sprinkling of black pepper.
(Spinach & Rice)

Ingredients

1 kg spinach or one bunch silver-beet (remove stems)
1/3 cup olive oil
1 large onion (finely chopped)
1½ cups white rice
3 medium tomatoes (skinned and chopped)
2 tbsp tomato paste
salt & pepper (to taste)
1 tsp sugar

Method

1. Separate the green part of the leaves and wash them well by changing the water three times.
2. Drain and chop into small pieces.
3. In a large saucepan heat oil and brown the onion.
4. Add spinach and heat for 2 minutes while mixing.
5. Add the rice, 2 cups of water and the rest of the ingredients.
6. Cook with the lid on, until rice is soft.
7. Add more water if needed and avoid overcooking the rice.

Serves 6
FISH & SEAFOOD

Kalamaria Tiganita
(Fried Kalamari)

Psari Tiganito
(Fried Fish Fillets)
Ingredients

1 kg Kalamari (serves 6)
1 cup olive oil (for frying)
Plain flour, for coating

Method

1. Clean Kalamari (or small squid) by removing the intestines and if necessary the eyes and mouth parts
2. If Kalamari is large in size, slice into rings, roll in plain flour and fry (shallow or deep), in oil, for about 4 minutes.

Be careful not to overcook the Kalamari, as it will become tough. If required, tenderise the squid by cleaning and soaking the pieces overnight in milk, to which 2/3 teaspoon soda bi-carbonate has been added.
Serve hot with lemon wedges or with Skordalia (page 21) and a Horiatiki Salata (page 24)
(Fried Fish Fillets)

Ingredients

1 kg fillets or fish cutlets (about 2 cm thick)
2 eggs
plain flour
oil (for frying)
1 lemon

Method

1. Cut fish fillets into small sections.
2. Coat fish with flour and then dip in egg wash.
3. Heat oil and ensure there is enough oil to cover about half the thickness of the fish while frying.
4. Cook fish pieces on each side until crisp and golden brown.

Hint- Cook fish 2-3 minutes on each side. Dipping floured fish in egg wash before frying is optional, but it does produce better results.

Serve with Skordalia (page 21), a squeeze of lemon, mayonnaise, mashed potato, fried potato chips or a green salad.
MEAT & POULTRY

Kota kokinisto me patates
(Braised Chicken with Potatoes)

Sautéed Chicken Livers with rosemary

Moussaka

Fasolakia me kreas
(Green Beans with Meat)

Keftethes me Domata
(Meat Rissoles in Tomato Sauce)

Souvlakia

Arni Sto Fournon
(Baked Lamb with Potatoes)

Kreas Stifatho
(Beef with Onions Casserole)

Kota Pilafi
(Chicken with Rice Pilafi)
Ingredients
500g chicken breast fillets or thighs, no skin
5 medium sized potatoes cut into wedges
2 large onions, coarsely chopped
2 cloves of garlic, crushed
2 tbsp extra virgin olive oil
1 cup chicken stock
1 tsp oregano
½ cup dry red wine (optional)
Salt & pepper to taste

Method
1. Cut chicken up into medium size pieces.
2. In a saucepan, heat the oil and sauté the onion and garlic until it changes colour.
3. Add chicken pieces and brown on both sides, stirring occasionally.
4. In a bowl, combine the wine, water and stock, then pour the mixture over the chicken and stir well.
5. Reduce the heat and simmer gently until the chicken is tender.
6. Add the potatoes and all other ingredients, cook until potatoes are tender.
7. Add salt & pepper to taste.

Serves 6
**Ingredients**

500 grams chicken livers  
½ cup oil  
2 medium onions (chopped in quarters)  
2 sprigs fresh rosemary  
salt & pepper

**Method**

1. Wash and separate livers and allow them to drain in a colander.  
2. In a very hot pan, drop livers and allow all the moisture to evaporate.  
3. Add oil, salt & pepper and sauté livers until browned.  
4. Add onions and rosemary and toss until cooked.  
5. Serve livers hot or cold as an appetizer (meze) or as a main meal.  
6. Accompany with a good, Greek red wine.

Serve with Risotto or Rice Pilafi (page 30)
Ingredients

½ cup olive oil
600 grams minced meat
4 medium sized eggplants
500 grams potatoes
2 medium onions, finely chopped
2 tbsp tomato paste, diluted in 1 cup water
½ cup white wine
3 tbsp parsley, finely chopped
½ cup grated cheese (parmesan, romano or cheddar)
dried breadcrumbs

Method

1. In a saucepan heat oil and brown onions and mince.
2. Add wine, tomato paste, parsley, salt & pepper and cook slowly for 40 minutes.
3. Slice eggplant and potatoes in less than 1cm thick slices and fry in oil until brown then take them out of the frying pan and place them flat on paper towels to absorb the excess oil.
4. In a greased baking dish, place on the bottom, a layer of fried potato slices, a layer of eggplant slices, and cover them evenly with half the mince mixture.
5. Continue with a second layer of eggplant and the other half of the mince mixture.
6. Spread the Béchamel sauce (page 20) on top and sprinkle with a little cheese and breadcrumbs.
7. Cook in moderate oven for 60 minutes or until.
Ingredients

1 kg meat, lamb or beef
2 large onions, finely chopped
¼ cup oil
3 medium tomatoes, skinned & chopped or 1 small tin tomatoes
2 tbsp tomato paste
1 kg green beans, cut into halves
salt & pepper
½ tsp cinnamon

Method

1. Heat oil and fry onions in a saucepan, until transparent, then add the meat and brown well.
2. Add all the other ingredients, except the beans and cover the contents with water and allow them to simmer until the meat is almost cooked.
3. Add the beans and cook until tender.
4. Towards the end of cooking, remove the saucepan lid, so that any excess amount of water, is evaporated.

Serve hot with baked or crispy fried potatoes, rice or fresh crusty, Greek bread.
Ingredients

1½ cups tomato puree
2 tsp tomato paste, diluted in water
½ cup olive oil
½ cup red wine
2 medium onions, finely chopped
2 tbsp plain flour mixed with 2 cups flour
1 tbsp parsley, chopped
salt & pepper
2 bay leaves

Method

1. Brown onions in a saucepan and add the tomato puree, tomato paste, flour and water mixture, parsley, bay leaves, sugar and pepper.
2. Boil for approx. 5 minutes then add the wine (while, off the heat) and slowly add the rissoles.
3. Cook at a low heat, for about 15 minutes and serve with rice or potatoes or on its own as a Meze.
**Ingredients**

1 kg lamb, beef or chicken meat  
½ cup olive oil  
½ cup white wine  
1 lemon (juiced)  
2 tbsp oregano  
2 cloves garlic (crushed)  
salt & pepper  
1 capsicum or zucchini (optional)

**Method**

1. Cut meat into 3 cm cubes and place them in a glass bowl.  
2. In a separate bowl, mix all other ingredients to make the marinade and then pour it over the meat pieces.  
3. Mix well and leave them overnight to marinate in the refrigerator.  
4. Separate the meat and thread six pieces at a time onto wooden skewers.  
5. One or two pieces of capsicum or zucchini may be placed between each piece of meat, on each skewer.  
6. Cook on a hot grill, over charcoal, for about 15 minutes or until cooked.

Serves 6 to 8
Ingredients

1 leg of lamb (2-3 kg)
2 kg potatoes, quartered
2/3 cup olive oil
4 cloves garlic, sliced in half
salt & pepper
oregano
1 lemon, juiced

Method

1. Wash lamb, cut 4 slits at different points using a sharp knife, and insert into each one of them (using the index finger) some salt, pepper and garlic.
2. Rub the whole surface of the lamb with lemon, oil, salt and pepper. Sprinkle some oregano and put it in a baking dish and bake for 1½ hours at 200 degrees Celsius.
3. Arrange the potatoes, around the leg and pour the rest of the oil over the vegetables.
4. Add 4 cups of water and cook at 200 degrees Celsius for 40 minutes or until the meat and vegetables are cooked (baste the lamb and vegetables with pan juices after 20 minutes cooking time and return to oven a further 20 minutes).
(Beef and Onion Casserole)

**Ingredients**

1.2 kg gravy beef or similar slow-cook cut of meat, cut into 3 cm cubes  
1.2 kg whole, small onions, peeled  
½ cup olive oil  
3 tbsp tomato paste  
4 garlic cloves, chopped  
½ cup vinegar  
1/3 cup red wine  
2 bay leaves  
salt & pepper  
1 tsp sugar

**Method**

1. Brown beef in half the oil, add the rest of the oil and sufficient water to cover the meat and boil for 30 minutes  
2. Add all other ingredients, season to taste, cover with water, put the lid on and cook on low heat until the meat and onions are soft  
3. Remove the lid and continue heating, if there is a need to evaporate any excess water from the sauce.  
   Hint- Shake the saucepan, gently, during the cooking process, to mix ingredients. Avoid stirring, as this will break up the onions.

The sweet-sour taste of *Stifatho*, gives it its special qualities. Greeks love using game meat, like hare, for this dish.
**Chicken with Rice Pilafi**

**Ingredients**

1½ kg chicken (fresh or frozen)
600 grams rice
1 celery stick, sliced
1 carrots, sliced
parsley sprigs
2 onions

**Method**

1. Defrost chicken and boil with vegetables, salt, pepper and plenty of water
2. By using chicken stock boil the rice (care should be taken not to over cook the chicken.
3. Remove chicken from saucepan when it is tender and strain the stock. Use the stock to boil the rice (1 cup rice to 2½ cups stock) Reserve one cup of stock to make the sauce. If stock and rice are used at the correct proportions, the rice will have absorbed all the liquid by the time it is cooked.

**Chicken Sauce**

**Ingredients**

3 tbsp butter
4 tbsp flour
1 cup chicken stock
Milk, as necessary
2 tbsp grated cheese, optional for topping

**Method**

Heat the butter in a saucepan, add the flour and brown.
Add the stock and sufficient milk, stirring constantly, while on the stove. Adjust the quantity of milk to achieve a thick consistency.
Add the grated cheese and boil for 3 minutes.
Put the rice on a platter with pieces of boiled chicken placed in the middle. Pour the sauce over the chicken. Serves 6
CAKES

Karythopita
(Walnut Cake)

Lemon, Yoghurt Semolia Cake

Cake with Orange Juice
(Orange Cake with Icing)

Yiaourtopita
(Yoghurt Cake)
Walnut Cake

Cake Ingredients

- 1 cup sifted flour
- 1 cup semolina
- 1 cup butter
- ½ cup milk
- 2 cups walnuts, chopped
- 1 cup caster sugar
- 4 eggs
- 4 tsp baking powder
- 2 tsp each cinnamon
- 2 tsp grated orange rind

Syrup Ingredients

- 2 cups sugar
- 2 cups water
- 3 cinnamon sticks
- 1 tsp lemon juice

Method-

Combine all the ingredients and boil for 8 minutes. Use syrup while hot.

Cake Method:

1. Cream butter, sugar and orange rind until fluffy.
2. Add eggs and continue beating until well blended.
3. In a separate bowl combine the flour, semolina, baking powder and cinnamon.
4. Add the dry ingredients and the milk, alternately, to the creamed butter and beat until a smooth batter is formed.
5. Fold in the walnuts to distribute evenly in the cake mixture.
6. Pour mixture into a greased cake dish (33 x 23 x 5 cm).
7. Bake in a moderate oven for about 45 minutes or until firm, when tested with a skewer.
8. Pour the hot syrup over the hot cake.
9. Allow the cake to cool and then cut into squares or diamonds.
Ingredients

125g butter, softened
¾ cup castor sugar
whole rind of 1 lemon, finely grated
4 eggs
1 cup fine semolina
2 tsp baking powder
1 cup almond meal
1 cup raisins
½ cup almonds, flaked
200g yoghurt

Syrup:
1 cup castor sugar
250ml lemon juice
½ cup honey

Method

1. Cream the butter, sugar and lemon rind with electric beater until light and fluffy.
2. Add each egg, separately, to the mixture and beat well.
3. Fold in semolina, baking powder and almond meal.
4. Add raisins, almonds and yoghurt and fold lightly.
5. Pour mixture into the base of a casserole dish with an open vent and cook on medium heat (approx 180 degrees Celsius) until the lid is hot to touch, then lower the temperature.
6. Cook in oven for approximately 30-40 minutes.

Syrup:
1. In a small saucepan, combine sugar, lemon juice and honey.
2. Cook on a low heat for 15-20 minutes (or until a syrup forms).
3. Once cake is cooked, turn out on a cooling rack.
4. Using a skewer, poke holes in the cooled cake, evenly and pour the slightly cooled syrup over the cake.
Ingredients

125 grams butter
2 eggs
180 grams sugar
250 grams self-raising flour
½ cup orange juice
1 tbsp grated orange rind

Icing

1 cup icing sugar
1 tbsp butter
2 tbsp orange juice

Method

Cake

1. Cream butter and sugar.
2. Add eggs and beat well.
3. Add rind and orange juice and fold in the flour.
4. Pour mixture into a greased cake tin and bake in a moderate oven for about 45 minutes.
5. When cake is cooled, spread icing on the top and decorate with orange rind curls.

Icing

1. Add melted butter to icing sugar and mix well.
2. Add the orange juice and continue beating until smooth and fluffy.
Ingredients

100 grams unsalted butter or margarine
170 grams caster or granulated sugar
4 eggs, separated
150 grams natural yoghurt, Greek style
1 lemon, grated
225 grams self-raising flour
1 tsp baking powder
55 grams icing sugar

Method

1. Cream the butter/margarine and sugar until light and creamy.
2. Add the egg yolks, one at a time, beating in between each addition.
3. Add the yoghurt and lemon rind and mix well.
4. Sift the flour and baking powder together.
5. Whisk the egg whites until stiff.
6. Using a metal spoon, fold tablespoons of flour into the egg whites, alternating with the butter mixture, until all ingredients are well combined.
7. Pour the cake mixture into a greased ring mould, or a spring-form tin and bake in a pre-heated at 180 degrees Celsius for 45 minutes.
8. Allow the cake to cool in the tin and then transfer to a serving platter.
9. Sprinkle the cake with sifted icing sugar before serving.
SWEETS

Baklava

Greek Tourta with Custard Cream

Kataifi

Koulouria
(Greek Sweet Rusks)

Kourabiethes
(Shortbread)

Melomakarona
(Honey and Nut Biscuits)

Rizogalo
(Rice Pudding)

Loukoumathes
(Greek Honey Puffs)
**Baklava**

**Ingredients**

- 2 packets Filo pastry, 750 grams
- 1 cup walnuts, chopped
- 1 cup almonds, chopped
- ½ cup sugar
- 1 tsp cinnamon
- ¼ tsp ground cloves

**Method**

1. Line baking dish (approx. 30 x 28 x5 cm) with one packet of filo
2. Brush every second sheet with melted butter.
3. Mix the nuts, sugar and spices together in a bowl and spread evenly over the filo.
4. Cover the lot with the second packet of filo sheets which have been buttered, as above.
5. Pour remaining butter over it and cut the baklava into diamond shapes.
6. Sprinkle with water and bake in moderate oven for 80-90 minutes.

If pastry becomes golden brown too early, cover with foil. Allow baklava to cool and pour the hot syrup evenly over the surface.

**Syrup**

**Ingredients**

- 4 cups sugar
- 2½ cups water
- ½ cup honey
- 1 tsp lemon juice
- A little lemon rind
- 1 cinnamon stick

**Method**

Mix all ingredients together and simmer for ten minutes until a thin syrup forms.
**Filling**
200 grams walnuts (coarsely chopped)  
200 grams almonds (coarsely chopped)  
60 grams sugar  
2 tbsp brandy  
1 tsp cinnamon

**Syrup**
450 grams  
1 1/2 cups water  
1 tsp lemon juice  
2 pieces lemon rind  
2 cinnamon sticks

**Filling:** Mix ingredients thoroughly in a bowl

**Method**
1. Spread *Kataifi* flat on a table to cover an area of 30 x 15 cm and less than 1 cm thick and with a brush dab a little melted butter the pastry.  
2. Spoon the filling over the pastry leaving a 2 cm edge.  
3. Roll the pastry to enclose the filling.  
4. Cut the roll into three 10 cm pieces each and place them on a greased baking dish.  
5. Brush rolls with melted butter and bake in a moderate oven for 50-55 minutes until golden colour.  
6. Let the *Kataifi* rolls cool and then pour the hot syrup over them.  
7. Allow the rolls to stand and absorb the syrup for 20 mins.  
8. Store *Kataifi* in sealed containers for the pastry to remain moist.
**Ingredients**

*(Greek Sweet Rusks)*

- 250 grams butter
- 1½ cups milk or orange juice
- 4 eggs
- 4 cups self-raising flour
- 1 tsp vanilla

**Method**

1. Cream butter and sugar and vanilla.
2. Add eggs one at a time and beat well after each addition.
3. Add the flour and milk, alternately.
4. Knead mixture until a stiff dough is formed and then shape into braids or ‘S’ shapes.
5. Glaze the *Koulouria* with some beaten egg yolk and apply with a pastry brush or cotton wool ball.
6. Bake in a moderate oven, until golden brown in colour.
**Ingredients**

255 grams butter  
250 grams plain flour  
250 grams SR flour  
1 egg yolk  
1 tbsp brandy  
½ cup icing sugar, extra for coating  
½ cup almonds, roasted and chopped  
Rosewater for flavouring (optional)

**Method**

1. In a mixing bowl, cream butter and mix well with ½ cup of icing sugar.
2. Continue beating while adding the two egg yolks and brandy.
3. Slowly add the flour and almonds and continue mixing until all ingredients are well combined.
4. Take small amounts of mixture and shape into crescents or any desired shape.
5. Place them on a greased baking tray and bake in a moderate over for about 20 minutes or until pale brown colour.
6. Leave to cool, sprinkle some rosewater and transfer onto a sheet of paper covered with icing sugar.
7. Coat biscuits with the icing sugar and store in an airtight container.
(Honey and Nut Biscuits)

Ingredients

4 cups self-raising flour
300 grams butter
1 cup olive oil
2/3 cup sugar
600 grams honey
1/3 cup brandy
1 tsp vanilla
1 orange, juiced
cinnamon
½ cup milk
almonds, crushed

Method

1. Beat butter and sugar to a creamy consistency and add oil, orange juice, cinnamon, milk, vanilla and 4 tbsp flour.
2. Add the remainder of the flour to the mixing bowl and knead, to form a firm dough.
3. Roll small amounts of dough and shape them into oval shapes 6-7 cm long and 1½ cm thick.
4. Place the shaped dough pieces on a greased baking tray and bake in a moderate oven for about 25 minutes.
5. Allow biscuits to cool and then dip them in warm syrup for 10 seconds.
6. Sprinkle Melomakarona with crushed almonds and cinnamon.

Syrup

Dilute 500 grams of honey with water and boil for 3 minutes.
(Rice Pudding)

Ingredients

1 cup uncooked rice, short or long grain
4 cups milk
3 tbsp sugar
1 tbsp grated orange rind (optional)
cinnamon powder
vanilla essence

Method

1. Boil uncooked rice with plenty of water for 6 minutes and then drain.
2. In a large saucepan, bring the milk to boil, add the rice, cover and simmer for about 30 minutes or until the liquid becomes creamy and the rice is soft.
3. Add the sugar, vanilla essence and orange rind and continue simmering for another 3 minutes.
4. Pour mixture into dessert dishes and sprinkle with cinnamon
5. Serve warm or cold.
Greek Honey Puffs

**Ingredients**

- 5 cups flour
- 1 tsp. salt
- 1 pkg. dry yeast
- 2 1/2 cups warm water
- 2 tsp. sugar
- vegetable oil
- honey
- cinnamon
- sugar

**Method**

1. Dissolve yeast in warm water.
2. In a large bowl sift flour, then and add sugar and salt.
3. Make a small "well" in the center of flour and pour the yeast mixture into the "well" then mix with a wooden spoon.
4. Put dough in a warm place to rise for 2 to 3 hours. When it has doubled in size, give it one last stir with a wooden spoon.
5. Put vegetable oil in a deep fryer and heat to 350 degrees. Drop a teaspoon full of dough in the hot oil, (be careful not to crowd dough while it is cooking in the oil)
6. Turn the dough over in the hot oil, until golden brown. Remove dough from oil and place on paper towels to absorb excess oil.
7. Drizzle with Honey, Cinnamon, and Sugar - Serve Warm.
Portokali Glyko (Orange Preserve)

Stafitha Glyko (Grape Preserve)

Greek Style Yoghurt
Portokali Glyko
(Orange Preserve)

Ingredients
7 thick skinned oranges
3 cups sugar
3 cups water
1 tsp lemon juice

Method
1. Lightly grate the surface of each orange and remove the peel in 3 cm wide segments, from the top to bottom.
2. Soak the peel in water overnight.
3. Tightly roll each piece of soaked peel and pass a needle and thread through each roll to secure their shape. Place 10 rolls on each thread.
4. Boil each string of rolled peel, three times, changing the water each time.
5. Remove the rolls from the water and arrange them on a towel to drain and dry out for 2-3 hours.
6. Boil the sugar with 3 cups of water and the lemon juice for 10 minutes.
7. Add the rolls and boil them for 15 minutes.
8. Allow the orange rolls to stand overnight and boil again, until they soften and the syrup has become thick enough for the dessert to be preserved.
9. Spoon the Glyko into screw top jars and store in a cool place.

The orange peel can be substituted with grapefruit or lemon peel.
**Stafitha Glyko**

*(Grape Preserve)*

**Ingredients**

- 2 kg sultanas
- 1 kg sugar
- 2 tsp lemon juice
- 1 tsp vanilla

**Method**

1. Boil grapes in, with ½ litre of water, for half an hour.
2. Add the sugar and lemon juice and continue to boil until the syrup has thickened.
3. Allow the grapes to stand overnight and boil again until the desired syrup consistency is achieved. This ensures that all the moisture from the grapes is expelled.
4. Heat the glass jars before filling them with the *glyko* to prevent them from cracking.
5. Slivered almonds may be added to the grape preserve at time of serving or during the second boiling stage.

The *glyko* is served on small individual dishes, accompanied with coffee and iced water.
**Greek Style Yoghurt**

**Ingredients**

1 litre fresh milk  
3 tbsp milk powder  
2 tbsp commercial yoghurt

**Method**

1. Blend fresh milk and powder in a glass bowl.  
2. Boil for 2 minutes and cool to until luke-warm in temperature (about 40 degrees C)  
3. Dilute the commercial yoghurt in a little warm milk and blend with the rest of the milk  
4. Pour the mixture into glasses and cover with gladwrap.  
5. Keep yoghurt warm at 40-55 degrees C overnight.  
6. Transfer glasses of yoghurt to a refrigerator.  
7. Serve cold with honey and walnuts.
Produced by: ‘Thesmi’ Community Partners Program
GOC Care, Aged and Community Care Services.

The Program received funding by the *Australian Government Department of Health and Ageing.*