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# **1. First Dishes and Salads**

## 1.1 Aubergines-Salad

### Ingredients

- 5-6 aubergines
- 2-3 garlic cloves
- basil (be generous)
- 1/2tsp black pepper
- 1/2tsp (level) salt
- 1tsp oil
- 2tsp vinegar, preferrably balsamic



### Methods/steps

1. Wash and dry the aubergines well. Remove the stalk carefully, to avoid wasting any of the flesh. Line a baking sheet with greaseproof paper and arrange the aubergines on it without adding any oil or fat. Place the tray in a preheated oven, 200 degrees, for approximately 45 minutes.
2. When they come out of the oven, and as they are still hot, use a knife and fork to slice them open. Discard as many of the seeds as you can (as they may cause indigestion), and scrape and collect the flesh off the skins well.
3. Pass the collected flesh of the aubergines through a sieve, and press as much of the juices out as you can. Transfer the aubergine flesh into a food processor, add the rest of the ingredients and process till smooth. And you are done!! (it is not necessary to use a food processor, as the ingredients can be mashed together using a fork or spoon).

## 1.2 Greek Salad

### **Ingredients**

- 6 firm ripe tomatoes, coarsely chopped
- 3 Lebanese cucumbers, coarsely chopped
- 1 red onion, sliced into rings
- 1 red capsicum, halved, deseeded, coarsely chopped
- 200g marinated Greek olives
- 220g marinated feta, coarsely chopped
- 1 tsp dried Greek oregano
- 1 tsp salt
- 125ml (1/2 cup) olive oil
- 60ml (1/4 cup) white vinegar



### **Method/steps**

1. Combine tomato, cucumber, onion, capsicum, olives and feta in a salad bowl. Sprinkle with oregano and salt.
2. Whisk together the oil and vinegar in a jug. Drizzle the salad with dressing and toss to combine. Serve immediately.

### **Notes**

- Make this recipe just before serving. Dried Greek oregano is available from delicatessens. If it's unavailable, you can use regular dried oregano instead.

## 1.3 Tzatziki

### Ingredients

- 1/2 kilo thick greek yoghurt
  - 3-4 large cloves of garlic
  - 1 level tsp salt
  - 1 tbs vinegar
  - 1 large cucumber
  - 3/4 cup olive oil
- 

### Methods/steps

1. Peel the cloves of garlic, cut them in half, and remove the green sprout that you will find in the heart of the cloves.
  2. Mash the cloves and place the pulp in a mortar.
  3. Add the salt and mash with the pestle until you get a nice paste.
  4. DO NOT peel the cucumber. Cut lengthwise in half, and then each half again lengthwise.
  5. Using a spoon, scrape off the seeds of each quarter. You will be left with 4 "boats". Grate them, let them strain, and squeeze any excess juice out.
  6. Combine the yoghurt and strained cucumber in a large bowl, mix well.
  7. Add the rest of the ingredients, and stir well. The tzatziki is ready! Taste and add more salt if necessary.
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### Additional Tips

The cucumber's secret: we do not peel it because all the vitamins are in the peel. It also gives a nice color to our tzatziki. We remove the seeds and grate just the flesh with the peel. In this way we make sure that the tzatziki will not be too watery.

The garlic's secret: Remove the green sprout to avoid bad breath. Mash finely, rather than grate, the garlic cloves so that you get a better distribution of flavour in every spoonful of tzatziki.



## 1.4 Taramosalata

There are two essential things to a great taramosalata : A good fish roe and frequent tasting while making it!



### **Ingredients**

- 200 gr fish roe
- 350 gr white bread
- 1 grated onion
- 2 lemons
- olive oil
- pepper

### **Methods/steps**

1. Remove the crust of the bread and soak in water. Once done, squeeze out the water as much as possible.
2. In a blender, place the roe and the onion, the pepper, and the soaked bread. Blend well.
3. While the blender is running, add the lemon juice and then the olive oil, poured in a slow stream.
4. Taste the mixture and if necessary add more bread, olive oil, pepper or lemon to personal taste/preference.

## **2. Main Dishes**

## 2.1 Sarmades

### Ingredients

- 1 medium cabbage
- 500g beef/pork mince (or mixed)
- 200ml risotto or pudding rice
- 2 spring onions, chopped
- 1 onion, chopped
- parsley, finely chopped
- 1tbsp corn flour (optional)
- olive oil
- salt
- 2 eggs
- pepper
- 1 lemon
- dill, finely chopped

### Methods/steps

1. Put the cabbage in a pot with about 2/3 water full, boil in medium fire until the leaves are tender and begin to open.
2. Combine the mince, onion, rice, parsley and dill in a large bowl. Add a splash of olive oil and taste with salt and pepper.
3. Lay a cabbage leaf on the work surface in front of you. Place about a tbsp of the mince mixture at the base of the leaf. Wrap once and then fold inwards the sides towards the centre to form a small parcel. Proceed to roll up your cabbage roll.
4. In a big pot arrange a couple of cabbage leaves to cover the base of the pot. Then place on top all your cabbage rolls arranged in a circular pattern. If necessary, start a new layer. Pour a little water over your rolls, a splash of oil, and season to taste with salt and pepper. If an ordinary pot is used, cover your rolls with an upturned dinner plate, to help them retain their shape while cooking.
5. When the cabbage rolls are cooked, prepare the egg-lemon sauce by whisking 2 eggs together with the juice of 1 lemon. If you prefer a thicker sauce, whisk in the mixture the tbsp of corn flour.
6. While whisking the egg-lemon mixture, add a few spoonfuls of the liquid in the pot containing the cabbage rolls. This will prevent the eggs from coagulating. Pour this mixture over the rolls. Grab the pot by its handles and shake it gently to ensure that the sauce permeates through the rolls.





## 2.2 Mousakas

### **Ingredients**

- 1kg eggplants
- 1kg potatoes
- 125g kefalotyri cheese, grated (or any hard type of cheese, like parmesan)
- salt, pepper, sugar
- 1/2 bunch parsley, finely chopped

### Meat filling

- 1kg ground beef
- 350g chopped peeled tomatoes
- 1-2 tbl tomato paste
- 125ml white wine (retsina if available)
- 2 onions, finely chopped
- 75ml olive oil
- 1 beef stock cube
- 4 egg whites
- 1 pinch each cayenne pepper, black pepper, salt
- 2-4 cloves of garlic
- herbs: 1 tbl parsley, 1 tbl mint, all chopped finely
- spices: 2 pinches origanum, 1 pinch each of ground cloves, ground cinnamon, ground coriander, and 1/2 of a bay leaf.
  
- 4 cups of bechamel sauce (with the 4 egg yolks)



## 2.3 Mpakaliaros



### **Ingredients**

- Salted, dried cod-fish
- 1 tin of beer
- all purpose flour
- 2 medium garlic cloves
- 2 day-old slices of bread
- 1 handful of walnuts
- salt
- 2 tbl oil
- 1 tsp vinegar
- salt and white pepper
- parsley (optional)

### **Methods/steps**

1. Remove the skin on the cod-fish. Let the dried fish soak in water for 24 to 36 hours. Make sure to change the water 3-4 times during the soaking period, to ensure the fish retains all its flavour.
2. Prepare the batter: in a bowl stir enough flour into the beer, till you achieve a batter thick enough to coat the fish. If necessary, season.
3. Bring a large quantity of oil to heat in a non-stick frying pan. When oil is hot, slip the coated fish in. Take care, it will spatter, so take the necessary precautions, and make sure children are not standing too close!
4. It is preferrable to prepare the garlic sauce from the previous day, to allow the flavours to develop. Store, well covered, in the fridge.
5. For the garlic sauce: in a food processor place the bread, garlic, salt, vinegar, nuts and start processing. While the machine is on, pour the oil in a steady, slow stream onto the rest of the ingredients. Once the ingredients are emulsified, taste, and season as preferred.
6. I haven't given exact amounts of the ingredients. I have noted the ingredients used, and each time I prepare it, I taste and adjust according to our personal preference.

## 2.4 Octopus



### **Ingredients**

- 1 medium octopus
- vinegar
- 2 bay leaves
- oil
- origanum

### **Methods/steps**

1. Clean the octopus. (Remove the beak and the eyes.)
2. Wash well and place in a pot. Do NOT add water.
3. Add enough vinegar and the bay leaves.
4. Let cook over medium heat till tender.
5. Cut into small pieces, and serve drizzled with oil and sprinkled with origanum.

### **Additional Tips**

The success of the recipe depends on the fact that we do not allow the pot to dry out. We remove it from the heat when a thick sauce has formed. Also, it is not necessary to season with salt.

## Ingredients

## 2.5 Soutzoukakia



### For the meatballs

- 500 gr beef mince
- 150 gr lamb mince
- 1 egg
- 1 grated onion
- 3 garlic cloves (crushed)
- salt, pepper
- 2 tbsp chopped parsley
- 1/2 tsp ground cumin
- 1/2 cup olive oil
- 2 slices of stale white bread soaked in (red or white) wine until soft

### For the sauce

- 500 gr tinned tomatoes or passata
- 1 grated onion
- 2 minced garlic cloves
- 2 tbsp chopped parsley
- 1 tbsp chopped basil
- salt, pepper
- 2 glass of water
- 1/2 cup of olive oil
- pimento, cloves and cinnamon stick

**Methods/steps:** 1. Meatballs: Start by soaking the bread. Let the bread absorb the liquid for a few minutes. Squeeze out the liquid from the bread, crumble it and add to the large bowl with all the other ingredients: mince, onion, garlic, egg, parsley, salt, pepper, cumin, olive oil. Knead until everything has become pliable and well incorporated. You must be able to form the balls easily. The classic shape for soutzoukakia is not round, but oblong and it is medium in size. In a large skillet heat 2-3 tbsp of olive oil and add the meatballs. In a medium temperature brown them from all sides slowly. Don't burn them! The whole process takes about 20 minutes. Remove them from the pan and set them aside.

2. Preparing the sauce: Add 1/2 cup of olive oil in a pan and saute the onion and the garlic. Then add the tomatoes, parsley, basil, pimento, cloves, cinnamon stick, salt, pepper and the 2 glass of water. Let everything simmer until the tomatoes have cooked, about 20 minutes. When the sauce is ready, add the meatballs and let them boil in the sauce for 10 minutes. Serve with rice, pasta or mashed potatoes.

## 2.6 Pastizio

### **Ingredients**

- 500g various grated cheese or parmesan type cheese
- 1 1/2 pkts macaroni No3 (usually long, thick, hollow pasta)
- butter

### **For the mince layer:**

- 750 g mince
- 1 large onion, finely chopped
- 2 fresh ripe tomatoes, chopped
- ground nutmeg
- 200ml red wine
- olive oil
- 500ml Passata
- salt    ○ pepper
- 500ml (2 cups) water

### **For the bechamel sauce:**

- 7-8 tbsp flour
- 250g butter or margarine
- 4 eggs
- 1 can evaporated milk
- 1 can of water (use the now empty milk can)
- 300g grated cheese (this portion is taken from the 500g grated earlier)
- salt
- pepper
- 1 level tsp ground nutmeg

### **Methods/steps**

1. Boil the pasta in salted water.
2. Strain the pasta using a colander and rinse with cold water.
3. Melt 2 tbsp butter in the pot and return the pasta into the pot tossing it well to coat it with the melted butter.  
Leave it aside to cool.



4. Preparing the mince: Saute the onion and mince in the heated oil until the mince is browned.
5. Add the fresh tomatoes, passata, salt, pepper, nutmeg, water, and allow to simmer for approximately 40 minutes (or until most of the liquid is reduced). Just before removing the mixture from the heat, add the wine. Let the mince mixture to cool.
6. To prepare the bechamel sauce: Melt the margarine in a saucepan over medium heat, and add the flour, whisking constantly till flour is lightly browned.
7. While whisking constantly, pour in slowly the evaporated milk, water, eggs, salt, pepper, nutmeg and finally add the grated cheese. As soon as the sauce thickens, remove from heat and allow it to cool.
8. Preheat oven to 180 degrees C.
9. In a well greased ovenproof dish, place 2/3 of the pasta to create a bottom layer. Level out and sprinkle with some of the remaining 200g grated cheese.
10. Next spread the mince on top of the pasta.
11. Cover the mince with the remaining pasta, and more of the grated cheese.
12. Cover the whole pastitsio with the bechamel sauce, and sprinkle with the remaining cheese, which will add extra flavour as well as a golden colour to the finished dish.
13. Place dish in the pre-heated oven and bake for approximately 1 hour.

### **Additional Tips**

The ovenproof dish that I use is 33x38cm which is the standard size for most ovens. It takes up to 1kg of mince if you so wish. Once the pastitsio is baked, remove from the oven, allow to cool and settle for a few minutes before cutting into it. Do give this recipe a try! It will be worth your while! Enjoy!



## 2.7 Mpriam

### **Ingredients**

- 5-6 medium potatoes
- 5-6 carrots
- 5-6 zucchini
- 2-3 eggplants
- 3-4 long horn peppers
- 1 onion
- 3 cloves of garlic
- 1 tomato
- olive oil
- salt
- pepper
- 3 tbl chopped fresh peppermint



### **Methods/steps**

1. Wash and slice the vegetables into thick rings. Place them in a pan.
2. Process the onion, garlic, peppermint and the tomato in a mini-chopper or processor. Pour the mixture over the vegetables.
3. Add salt, pepper and a cup of water
4. Bake in a preheated oven, at 180 degrees, for approximately 45 minutes. Check regularly, your dish should neither dry out, nor be too runny.

### **Additional Tips**

This is a delicious and easy dish for vegetable lovers. You can add and remove vegetables according to your preference. I have even tried it with broccoli, and it was delicious.

## Ingredients

## 2.8 Spinach Pie



### For the fyllo (pastry):

- 500 gr flour
- 3/4 cup of olive oil
- a shot of vinegar
- warm water
- salt

### For the filling:

- 2kg spinach
- olive oil
- pepper
- 500g leeks, thinly sliced
- 400g feta cheese, crumbled
- spring onions, sliced
- 1 bunch dill, finely chopped

**Method for the fyllo (pastry):** 1. Place the flour in a bowl, make a hole in the centre and add the salt, olive oil and vinegar. Knead to mix, while adding enough warm water to achieve a smooth, soft dough, that is not sticky on your hands.

### **Method for the filling:**

1. In a pan, saute the onions, the leeks, the dill and the spinach in olive oil. Add the pepper.
2. Remove the pan from the stove and let the filling cool down
3. Grease well a medium-sized ovenproof dish.
4. Roll out 3/4 of the dough, thinly, and wide enough to cover the bottom and the sides of your dish. Arrange it in the dish, and brush lightly with olive oil.
5. Add half of the filling and sprinkle with half of the feta.
6. Take a small portion of the remaining dough and roll it out to cover the surface of the filling.
7. Repeat with the rest of the spinach filling and feta cheese.
8. Roll out the rest of the dough, and cover the pie.
9. Brush with olive oil and melted butter, score into pieces, and



bake in a preheated oven, at 180 degrees, for one hour.

## 2.9 Cheese Pie

### **Ingredients**

#### For the pastry:

- 2 1/2 cups flour with 2tsp baking powder stirred in.
- 1/2 cup olive oil
- 1 cup plain yoghurt
- 1 tsp salt
- 12tbl cold butter
- 3tbl cold water

#### For the filling:

- 3cups feta, crumbled
- 1 egg
- 1/2cup milk
- 1 tbl dried mint
- pepper
- 1 bl ine semolina
- 1/2 spring onion, finely chopped
- groung nutmeg

#### Method for pastry:

1. Mix all the pasrty ingredients together and knead, adding more flour if necessary, to obtain a soft, pliable dough.
2. Cover th bowl and let the dough rest in the fridge for 30 min.
3. Divide the dough into 2 pieces. The piece meant for the base of the pie should be bigger.
4. Roll out both pieces. Oil an ovenproof dish, and cover its base and sides with the larger piece of pastry.

#### Method for the filling:

1. Combine all the filling ingredients, and pour evenly onto the pastry in the pie dish.
2. Cover with the remaining pastry sheet. Roll the edges neatly.
3. Score the surface of the pie into portions.
4. Brush with olive oil, and sprinkle with cold water.
5. If desired, you can sprinkle the surface with sesame seeds.
6. Bake in a preheated oven, 200 degrees, on the first shelf, till



golden brown.

# 3. Desserts

## 3.1 Ravani

### **Ingredients**

- 6 eggs
- 1 cup of sugar
- 1 cup of flour
- 1 cup of fine semolina
- juice and grated zest of one orange
- 1 baking powder
- 2 tsp vanilla essence

### For the syrup:

- 2,5 cups of water
- 2 cups of sugar
- 1 tbsp margarine
- half lemon
- 1 cup of milk (for the end)

### **Methods/steps**

1. Whisk the eggs with the sugar. Add the flour, the semolina, the orange juice and the grated zest and finally the vanilla essence and the baking powder.
2. Pour the batter into a greased ovenproof dish. Bake at 180 degrees for 30 minutes.
3. As soon as the cake comes out of the oven, drench it with the cup of milk. The milk can be either at room temperature or straight from the fridge. I left the milk out for 15 minutes before using it.
4. Follow the milk with the syrup, which you pour over the surface of the cake. Take care that the syrup is cool, while the cake is warm.



## 3.2 Melomakarona

### **Ingredients**

- 1/2 litre olive oil
- 1/2 litre corn oil
- 250 ml fresh orange juice
- 2 tblsp grated orange zest
- 1 tblsp ground cinnamon
- 1 tblsp ground cloves
- 2 level tsp baking soda
- 4 level tsp baking powder
- 1/2 cup cognac/brandy
- 500 g sugar
- 2 kg flour
- 500 g walnuts

### For the syrup:

- 1kg honey
- 1 cup sugar
- 1 cup water

### **Methods/steps**

1. Place all the ingredients in a large bowl and knead.
2. Shape the melomakarona. Take a walnut sized piece of dough and shape it into an oval.
3. Bake in a preheated oven, 180 degrees, approximately 30 minutes.
4. Prepare the syrup by bringing the syrup ingredients to a boil in a large pot.
5. Submerge the cookies into the hot syrup, a few at a time, for about 5 minutes. If you prefer them softer, let stand longer.

Arrange on a serving platter, scattering finely chopped walnuts



over every layer.

### **3.3 Galaktompsoniko**

#### **Ingredients:**

- 1/2kg phyllo pastry

#### **For the filling:**

- 1 cup semolina
- 1/2 cups sugar
- 3 tbs butter
- 700ml full cream milk
- 300ml fresh cream
- 4 eggs
- 2 tsp vanilla essence
- grated zest of one lemon
- 250g butter, melted, for brushing the phyllo

#### **For the syrup:**

- 700g sugar
- 400ml water
- 2 tbs glucose syrup
- peel of one lemon
- 1 tbs lemon juice

#### **Methods/steps**

1. Place all the syrup ingredients in a saucepan. Bring to boil and let boil for 4 minutes. Remove from heat and allow syrup to cool.
2. Using a pastry brush, liberally grease the bottom and sides of an ovenproof dish with melted butter.
3. Brush each phyllo with melted butter and layer the first 5 into your dish, making sure the sides of the dish are also covered. Work fast, because phyllo pastry dries up very quickly. Keep the remainder of the phyllo covered with a damp dishcloth, to prevent it from drying out.
4. Prepare the filling: Place a saucepan over low heat, and combine the filling ingredients, stirring well.
5. Separate the 4 eggs. Beat the egg whites till stiff.
6. Whisk the yolks separately.



7. Fold the egg whites gently into the whisked egg yolks.
8. Add this egg mixture into the filling mixture and stir in using a wooden spoon.
9. Add 3 tbl butter, while stirring all the time in circular motions, until the filling thickens into a smooth, velvety and light cream. Remove from the heat.
10. Pour the filling over the 5 layered phyllo sheets.
11. Spread evenly.
12. Layer the rest of the phyllo sheets over the filling, brushing each phyllo sheet first well with butter.
13. Tuck in all the excess pastry into the sides and into the bottom of the oven dish.
14. Using a sharp knife, score the top layers of phyllo sheets into squares.
15. Pour melted butter over the whole surface and then generously sprinkle with cold water.
16. Bake in a preheated oven, 180 degrees, for 1 hour, until golden.
17. As soon as the galaktobouriko comes out of the oven, and while it is still hot, spoon over the whole surface the cooled syrup. Make sure the phyllo pastry is well drenched.
18. Let the galaktobouriko cool completely and absorb all the syrup. Do not cover while it is cooling, or it will get soggy.

### 3.4 Kourambiedes

Traditional Christmas butter cookies



#### **Ingredients**

- 500 g butter, at room temperature
- 300 g corn oil
- 1 cup peeled and roasted almonds, roughly chopped
- 1 3/4 cups icing sugar, sifted
- 1 tsp bicarbonate of soda
- 1 1/2 -2 kg all purpose flour
- vanilla essence
- 1 tot ouzo

#### **Methods/steps**

1. Beat the butter either by hand or wooden spoon till light and soft.
2. Add the oil while whisking with a whisk, till emulsified.
3. Add the vanilla essence, the soda dissolved in a little water, the ouzo, the sugar, and enough flour to obtain a soft and light dough. Eventually, add the chopped almonds.
4. Cover a baking sheet with baking paper.
5. Shape the cookies and place them on the baking sheet, spacing them.
6. Bake in a preheated oven, 180 degrees, on the 2nd shelf, at the most for 20 minutes.
7. Sift plenty of icing sugar over the cookies, and tower them onto a serving platter.
8. Cover with cling wrap.

#### **Additional Tips**

If preferred, you could keep the almonds whole and encase as

many as you wish in each cookie!

### 3.5 Milk Pie

A delicious milk pie that always takes me back to the flavors of my childhood...



#### **Ingredients**

- 2ltr full fat milk
- 4 eggs
- 2-3 tsp vanilla essence
- 1/2 cup sugar
- 1/2 kg phyllo pastry
- 250g semolina
- 250g margarine

#### **Methods/steps**

1. Place the milk, semolina, margarine and sugar in a saucepan.
2. Bring to boil, while stirring constantly. You should be left with a thick sauce, of pouring consistency. Remove from the heat.
3. In a separate bowl, beat the eggs with the vanilla essence, and then stir them in the milk sauce.
4. Thoroughly brush a large ovenproof dish with melted margarine. Layer half the phyllo sheets to cover the base and sides of your dish, making sure to brush each sheet well with melted margarine first.
5. Pour the filling in. Roll the edges of the phyllo pastry to create a crust around the pie. Brush the crust with melted margarine.
6. Bake in a preheated oven, 180 degrees, for approximately 1 hour, until golden. Dust liberally with



ground cinnamon, and proceed to... devour!!	
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