



SIMPLY DELICIOUS GREEK COOKING

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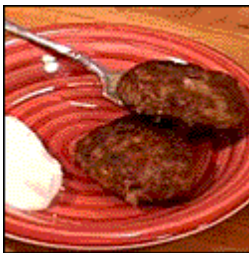
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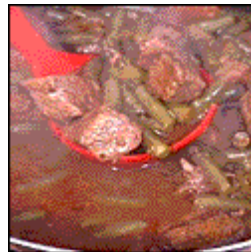
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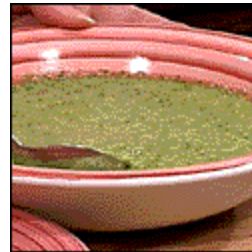
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SIMPLY DELICIOUS GREEK COOKING

Arnaki Spiti *Leg of Lamb*

A traditional Greek festival dish. Nothing beats the delicious aroma of roasting lamb with plenty of garlic, lemon, and oregano.

INGREDIENTS:

- 4 - 6 pound leg of lamb
- 1 - 2 lemons
- Salt and pepper
- 4 cloves garlic
- 1 teaspoon oregano
- Salt and pepper to taste
- 4 - 6 russet potatoes, peeled and cut into large chunks (optional)
- Olive oil or olive oil spray

DIRECTIONS:

- Wash lamb under cold water and blot dry.
- Trim the outer layer of fat from the lamb.
- Allow the lamb to reach room temperature.
- Place lamb in roasting pan.
- Slice cloves of garlic, lengthwise into thick slivers.
- Sprinkle garlic slivers with salt.
- Cut small slits, about 1-inch deep into lamb roast and insert garlic. Repeat this procedure until at least 6 slots on each side of roast are filled.
- Squeeze the juice from the lemons over the lamb.
- Lightly sprinkle entire lamb with oregano, salt, and pepper.
- Spray top with olive oil vegetable spray or rub lightly with olive oil.
- If using potatoes, sprinkle with salt, pepper, and oregano; toss with 1-tablespoon olive oil and place around lamb roast in pan.
- Roast lamb in preheated 400 degrees for 40 minutes so meat can brown.
- Lower heat to 350 degrees and roast for 40 to 50 minutes, or until lamb reaches desired temperature.
*
- Baste every 15-20 minutes with pan juices.
- Remove and let lamb stand about 30 minutes before carving.

*Allow 20 minutes per pound for total roasting time, or until a meat thermometer inserted into the thickest part of the lamb, with out touching fat or bone, registers 140 degrees for rare, 150 degrees for medium, and 160 degrees for well done.



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SIMPLY DELICIOUS GREEK COOKING

Gyros

Grilled Meat Patty Sandwiches

A favorite at Greek restaurants and festivals, these sandwiches may also be made at home. A delicious alternative to the American hamburger.

Ingredients:

- 1 pound lean ground lamb
- 1 pound lean ground beef/veal/pork
- 2 teaspoons oregano
- 2 tablespoons finely minced/grated onion (optional)
- 3 - 6 garlic cloves, crushed
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon pepper
- Olive oil

Directions:

- Mix all ingredients well.
- Form into eight VERY thin oval shaped patties.
- Heat skillet and brush with olive oil.
- Fry patties until well browned, turning once. *
- Serve folded into warm pita bread.
- Garnish with Tzatziki, thinly sliced onions, and thinly sliced tomatoes.
- Sprinkle with Feta cheese, if desired.

*Patties may be grilled, turning once.



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SIMPLY DELICIOUS GREEK COOKING

Keftedes *Meatballs*

These delicious meatballs are a staple of the Greek diet. Wonderful as appetizers or a main dish, served plain or simmered in tomato sauce.

INGREDIENTS:

- 2 lbs. lean ground beef or lamb
- 1 cup breadcrumbs
- Juice of half a lemon
- 1 8-ounce can tomato sauce
- 1 large onion, finely minced
- 2 - 4 cloves garlic, finely minced
- 1 egg
- 1 teaspoon each salt and pepper
- 1 teaspoon mint
- 1 teaspoon oregano
- 1 teaspoon dill
- ¼ cup parsley (optional)
- Flour
- Olive oil

DIRECTIONS:

- Combine all ingredients and mix well with hands.
- Shape into round patties, like thick hamburgers, about 16.
- Dredge patties in flour.
- Pan fry in oil until well browned and cooked all the way through.
- Serve hot or cold with either plain, unsweetened yogurt or Tzatziki.

Variation: Keftedes in Tomato Sauce :

INGREDIENTS:

- 2 tablespoons oil from frying
- 2 tablespoons flour
- 1 8-ounce can tomato sauce
- 2 cups hot water or broth
- Juice of half a lemon
- 1/2 teaspoon mint
- 1/2 teaspoon oregano
- 1/2 teaspoon dill
- 1/2 teaspoon each salt and pepper

DIRECTIONS:

- Remove cooked keftedes from pan; set aside.
- Pour off all but 2 tablespoons oil.



- Add the flour to the oil, stirring mixture to blend well.
- Allow oil/flour mixture to cook and bubble at least one minute.
- Slowly pour in heated water or broth, stirring continuously.
- Add tomato sauce and seasonings.
- Cook mixture until slightly thickened, about 10 minutes.
- Add keftedes and simmer an additional 10-15 minutes.
- Add more water or broth, if necessary.
- Serve with fried potatoes, noodles, rice, or bulgur wheat.



SIMPLY DELICIOUS GREEK COOKING

Kota Lemonato *Roasted Lemon Chicken*

So delicious to eat and lovely to look at! No one would guess just how easy this classic Greek dish is to prepare!

INGREDIENTS:

- 2-3 pounds chicken pieces
- 3-4 pounds potatoes

Marinade:

- ¼ cup olive oil
- 5 garlic cloves, crushed
- Juice of 3-4 lemons
- 1 teaspoon each salt and pepper
- 3 tablespoons oregano

DIRECTIONS:

- Clean and wash the chicken pieces.
- Mix the marinade ingredients*, and toss the chicken with it to coat all the pieces.
- Chill, covered in the refrigerator 2 hours, even over night.
- Turn chicken pieces at least once during marinating time.
- Peel and slice the potatoes into chunks or wedges.**
- Put potatoes into a large, greased casserole pan.
- Add the marinade and toss potatoes to completely coat.
- Arrange the chicken over the potatoes.
- For more tender chicken and potatoes, cover pan for first 45 minutes of baking.
- Bake at 350 degrees for about 60-90 minutes until both chicken and potatoes are completely cooked and tender.
- Baste 2-3 times while baking.
- If needed, add water to the pan until the potatoes are tender.

* May combine all ingredients in a blender.

**** Stove Top Method:**

- Remove chicken from marinade.
- In large skillet, using 1-2 tablespoons olive oil, saute chicken pieces until lightly browned on both sides.
- Add marinade and potatoes.
- Cover and simmer until both potatoes and chicken are completely cooked.
- If needed, add water to the pan until the potatoes are tender.





SIMPLY DELICIOUS GREEK COOKING

Briami

Baked Summer Vegetables

A variety of summer vegetables, baked in olive oil. A simple, tasty, and nutritious casserole. Use as a main dish or a delicious vegetable side dish.

INGREDIENTS:

- 1 pound summer squash (zucchini, crookneck, patty pan, etc.)
- 1 pound eggplant
- 1 pound potatoes
- 2 onions
- 1 - 1 1/2 pounds tomatoes (fresh or canned)
- 1/2 - 1 cup olive oil
- Salt and pepper to taste
- 1 cup chopped parsley
- 1/2 - 1 cup water, hot
- 2 green peppers (optional)
- 2 cloves garlic, minced (optional)
- 1 cup buttered breadcrumbs (optional)
- 1/2 cup grated Parmesan cheese (optional)

DIRECTIONS:

- Scrub squash and cut off ends; cut in 1/4 inch slices or in 1 inch chunks.
- Scrub eggplant and cut off ends; cut into 1/4 inch slices. (Eggplant may be salted and set aside on paper towels to absorb moisture for at least 30 minutes. Rinse well before adding to casserole.)
- Wash and peel potatoes; cut in 1/4 inch slices.
- Peel onions; cut in 1/4 inch slices.
- Wash, peel and cut tomatoes into slices (roughly slice or chop canned whole tomatoes).
- If using peppers, wash, remove seeds and cut into strips.
- Beginning with sliced potatoes, layer all vegetables in a large casserole.

- Salt and pepper each layer of vegetables lightly (If eggplant slices have been pre-salted, do not salt eggplant layer.)
- Add olive oil and hot water.
- Cover and bake at 350 degrees for 60 minutes.
- If desired, sprinkle with buttered breadcrumbs and grated Parmesan cheese.
- Uncover and bake for an additional 30 minutes.
- Let stand uncovered 10-15 minutes before serving.

For a complete vegetarian meal, serve with hearty bread slices and a fresh salad. May be served hot, warm, room temperature, or even cold.



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SIMPLY DELICIOUS GREEK COOKING

Fasolakia *Stewed String Beans*

A flavorsome combination of green beans stewed in a tasty tomato sauce. Simple, healthful, and delicious. A wonderful holiday alternative to the usual cream soup based green bean casseroles.

Ingredients:

- 2 pounds string beans, fresh or frozen
- 2 onions, chopped
- 2 – 4 cloves garlic, minced
- 1/2 - 3/4 cup olive oil
- 1 - 8 ounce can tomato sauce
- 1/4 - 1/2 cup fresh parsley, chopped
- 1-2 teaspoons mint
- 2 potatoes, peeled and cut in 1-2 inch chunks
- 2 carrots, sliced
- 1 cup water or broth
- 2 teaspoons salt
- Pepper to taste

Directions:

- In Dutch oven, saute onion lightly in olive oil.
- Add tomato sauce, string beans, and remaining ingredients.
- Cover and simmer over medium heat for about 60 minutes or until all vegetable are tender.
- Check after 30 minutes; add more water or broth if necessary.
- Stir occasionally.
- Serve hot or room temperature.



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SIMPLY DELICIOUS GREEK COOKING

Moussaka *Eggplant Casserole*

A classic Greek dish, famous throughout the world, and a favorite at Greek restaurants and festivals. Delicious eggplant layered with a spicy tomato sauce and topped off with a Parmesan flavored egg custard. A feast for the eyes and the palate!

INGREDIENTS:

Meat Sauce/Filling:

- 1 pound lean ground beef or lamb
- 2 large onions, finely chopped
- 2 – 4 cloves garlic, finely chopped
- 2 tablespoons olive oil
- 1 - 6 ounce can tomato paste
- ¾ - 1 cup water or broth (may substitute up to 1/2 cup wine for water or broth)
- 1/8-teaspoon allspice
- ¼ teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon Greek oregano
- Salt & pepper to taste

Eggplant:

- 3 large eggplants
- Vegetable oil
- Flour (optional)
- Egg (optional)

Cream Sauce:

- 1/2 cup flour
- 1/2 cup butter
- 2 cups warmed milk
- 4 eggs, beaten
- ¼ cup Parmesan cheese
- Dash nutmeg
- Salt to taste

DIRECTIONS:

Meat Sauce/Filling:

- Saute onion and garlic in olive oil until translucent; do not brown.
- In separate pan, brown ground beef or lamb; drain well.
- Add browned ground meat, tomato paste, water, broth, or wine, nutmeg, allspice cinnamon, and oregano to onion mixture.
- Simmer about 20 minutes over medium heat; sauce will not be juicy.

Season to taste with salt and pepper (do not over salt).

Cream Sauce:

- Melt butter and stir in flour.
- Cook over medium/low heat, stirring until mixture is well blended and bubbling.
- Off heat, add warmed milk slowly and stir continuously until sauce is well blended and thickened.
- Sauce will be quite thick.
- Season lightly with salt.
- Allow sauce to cool.
- Add beaten eggs to sauce; stir until all sauce is blended with eggs.
- Stir in ¼ cup Parmesan cheese and dash nutmeg.

Eggplant:

- If desired, peel eggplant.
- Slice into 1/3-1/2 inch rounds.
- Sprinkle both sides of slices heavily with salt.
- Set aside on paper towels to absorb moisture for at least 30 minutes.
- Rinse eggplant slices and blot completely dry.
- Choose a browning method for eggplant:
 1. Baked – Brush eggplant slices with oil and bake in 425 degrees oven, turning once, until both sides are golden brown (about 10 minutes per side); do not overcook.
 2. Broiled – Brush eggplant slices with oil and broil, turning once, until both sides are golden brown (about 5-7 minutes per side); do not overcook.
 3. Fried – Coat the eggplant pieces generously with flour (if desired, dip slices in egg wash and flour a second time); heat oil in a skillet and fry eggplant, turning once, until golden brown; do not overcook; drain well on paper towels.

Moussaka Assembly:

- Brush bottom and sides of deep 13" x 9" baking dish with olive oil.
- Place 1/2 of eggplant slices onto bottom of pan; cut slices to fit so that the entire surface is completely covered with eggplant.
- Spoon meat mixture over eggplant.
- Top with remaining eggplant slices; cut slices to fit so that the entire surface is completely covered with eggplant.
- Pour cream sauce over all; spread evenly to completely cover all the eggplant.
- Bake at 350 degrees for 60 minutes (the top should be set, slightly puffy, and nicely browned).
- Let rest for 15 minutes before cutting into serving pieces.

VARIATIONS:

Potato:

For easier serving and a firmer texture, potatoes may be substituted for part or for all of the eggplant. Cut potatoes lengthwise into 1/3-1/2 inch thick slices and fry before assembling the casserole. Place potato layer on bottom of casserole.

Summer Squash:

Summer squash (zucchini, crookneck, pattypan, etc.) may be substituted for part or for all of the eggplant. Cut squash lengthwise into 1/3-1/2 inch thick slices and either fry or bake before assembling the casserole. Do not overcook squash, and do not use overgrown squash with large seeds.





SIMPLY DELICIOUS GREEK COOKING

Yemistes *Greek Stuffed Vegetables*

Greek style stuffed vegetables using the produce of a summer garden. A meal in itself, and a fine example of Greek home cooking.

INGREDIENTS:

Vegetables:

- 4 large bell peppers (green, yellow, red, etc.) -OR-
- 4 - 6 large, firm tomatoes -OR-
- 4 - 6 medium summer squash (zucchini, crookneck, patty pan, etc.) -OR-
- 2 medium eggplants -OR-
- Any combination of the above to serve 4-6

Stuffing:

- 1 pound lean ground beef or lamb
- ⅓ cup raw, long grain rice
- ⅓ cup water
- 1 large onion, finely chopped
- 2 - 4 cloves garlic, crushed or finely minced
- ¼ cup olive oil
- 1 8-ounce can tomato sauce
- 1 teaspoon dried mint
- 1 teaspoon dried dill
- 1 teaspoon oregano
- 1 teaspoon salt
- 1 cup hot water or broth
- Pepper to taste

DIRECTIONS:

Vegetable Preparation: *

Peppers:

- Slice off the top of the peppers.
- Remove white membrane and all seeds.
- If desired, remove stem from top piece and use to "cap" the stuffed pepper or chop and add to filling mixture.

Tomatoes:

- Slice off the top of the tomatoes.
- Scoop out the inside, pulp using a melon baller, grapefruit spoon, or spoon and knife.
- Leave about 1/2 inch thickness on sides and bottom of tomatoes.
- Tomato pulp may be chopped and added to filling mixture.
- If desired, remove stem from top piece and use to "cap" the stuffed tomatoes or chop and add to filling mixture.
- Be certain that tomatoes are not over ripe.
- They should be firm and not too soft or watery, otherwise they will not hold up during prolonged baking.

Summer Squash:

- Cut off both ends of squash and cut lengthwise.
- Carefully remove center seed area using a melon baller, grapefruit spoon, or spoon and knife.

Eggplants:

- Cut off both ends of eggplants.
- Do not peel.

Cut eggplants in half, lengthwise.

- Carefully remove center, fleshy area using a melon baller, grapefruit spoon, or spoon and knife.
- If desired, eggplant flesh may be chopped and added to filling mixture.
- Leave about 1/2 inch thickness on sides and bottom of eggplants.

* For softer vegetables, lightly steam peppers, squash, and eggplant before stuffing. Do not pre-steam tomatoes.

Stuffed Vegetable Preparation:

- Saute onion and garlic in olive oil until translucent.
- If using, add reserved chopped tomato, green pepper, or eggplant.
- Add rice and 1/3 cup water.
- Parboil rice until almost all liquid is absorbed; set aside.
- In bowl, combine ground beef or lamb, parboiled rice, onion, garlic, tomato sauce, mint, oregano, dill, salt, and pepper.
- Mix thoroughly.
- Place vegetable(s) of choice into lightly oiled baking pan.
- Salt cavities of vegetables lightly.
- Stuff the meat/rice mixture into vegetable(s) of choice.
- Add the hot water or broth (use only 1/2 cup water for tomatoes).
- Cover pan.
- Bake at 350 degrees for 60 minutes, until rice is tender and vegetables are cooked.
- Check at 45 minutes and add more water or broth if needed.
- Let stand covered 15-20 minutes.
- Serve with plain, unsweetened yogurt or avgolemeno sauce.



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SIMPLY DELICIOUS GREEK COOKING

Kreatopitakia *Meat & Tomato Appetizers*

A sumptuous combination of ground meat simmered in a cinnamon perfumed tomato sauce with tangy feta cheese and surrounded by crispy, flaky layers of fillo dough. The triangles make perfect appetizers. Use the filling in a traditional pan pita for a fantastic family meal!

Ingredients:

- Filling of choice (see filling recipes below)
- 1-pound fillo dough (thaw frozen dough at room temperature for 5 hours or in refrigerator overnight)
- Unsalted butter or extra virgin olive oil
- 1 lb. lean ground beef or lamb
- 1 large onion (grated or finely chopped)
- ¼ cup extra virgin olive oil
- Salt & pepper to taste
- 1 can tomato paste
- 1-cup water (or 1/2 cup water & 1/2 cup red wine)
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 2 eggs, beaten
- 2 tablespoons dried breadcrumbs
- 1/2 cup grated Parmesan cheese or 8 ounces chopped feta cheese

Filling:

- Saute onion in olive oil; do not brown.
- Brown ground beef or lamb; drain well.
- Add browned ground meat, tomato paste, water (or water & wine), cinnamon, and nutmeg to onion mixture.
- Simmer about 20 minutes over medium heat; sauce will not be juicy.
- Remove from stove; let cool for about 10 – 15 minutes.
- Season to taste with salt and pepper (do not over salt; cheese is salty).
- Add feta or Parmesan cheese, beaten eggs, and dried breadcrumbs; mix well.

Assemble Triangles:

- Prepare desired filling.
- Cover fillo sheets with a moist tea towel to prevent drying.
- Place 1 fillo sheet on clean work surface and brush with either oil or butter.
- Cut buttered/oiled sheet in half.
- Place 1 teaspoon of desired filling at bottom right hand corner of fillo strip.
- Fold corner over to opposite edge, making a triangle.
- Continue folding (as you would a flag), keeping triangular shape with each fold.
- Place each completed triangle seam side down on baking sheet.
- Repeat with remaining filling and fillo; brush each triangle top with melted butter.*
- Bake at 350 degrees for about 15 - 20 minutes until golden brown.



* Triangles may be frozen unbaked. When baking from frozen state, do not defrost first. Preheat oven to 350 degrees, and bake for about 20 - 25 minutes until golden brown. You may have to bake them a little longer or flip them over in the oven.

** Low fat version: use non-fat cottage cheese (or ricotta cheese or cream cheese), non-cholesterol egg substitute (such as Egg Beaters), and an olive oil vegetable spray (such as Pam)

*** May substitute one large tub of ricotta cheese or two 8-ounce packages of cream cheese.



SIMPLY DELICIOUS GREEK COOKING



Spanakopitakia *Spinach & Feta Appetizers*

Ingredients:

- Filling of choice (see filling recipes below)
- 1-pound fillo dough (thaw frozen dough at room temperature for 5 hours or in refrigerator overnight)
- Unsalted butter or extra virgin olive oil
- 2 packages frozen chopped spinach
- 3 eggs
- 1 large carton cottage cheese***
- 8 oz. Feta cheese
- 1 bunch green onions
- 1 tbsp. dried mint
- 1 tbsp. dried dill weed
- 2 tbsp. dry, unflavored breadcrumbs

Filling:

- Thaw spinach; drain & squeeze dry
- Beat eggs
- Chop green onions
- Chop/crumble Feta cheese
- Combine spinach, eggs, cottage cheese, Feta cheese, green onions, mint, dill weed, and breadcrumbs in large bowl. Mix well.

Assemble Triangles:

- Prepare desired filling.
- Cover fillo sheets with a moist tea towel to prevent drying.
- Place 1 fillo sheet on clean work surface and brush with either oil or butter.
- Cut buttered/oiled sheet in half.
- Place 1 teaspoon of desired filling at bottom right hand corner of fillo strip.
- Fold corner over to opposite edge, making a triangle.
- Continue folding (as you would a flag), keeping triangular shape with each fold.
- Place each completed triangle seam side down on baking sheet.
- Repeat with remaining filling and fillo; brush each triangle top with melted butter.*
- Bake at 350 degrees for about 15 - 20 minutes until golden brown.

* Triangles may be frozen unbaked. When baking from frozen state, do not defrost first. Preheat oven to 350 degrees, and bake for about 20 - 25 minutes until golden brown. You may have to bake them a little longer or flip them over in the oven.

** Low fat version: use non-fat cottage cheese (or ricotta cheese or cream cheese), non-cholesterol egg substitute (such as Egg Beaters), and an olive oil vegetable spray (such as Pam)

*** May substitute one large tub of ricotta cheese or two 8-ounce packages of cream cheese.





SIMPLY DELICIOUS GREEK COOKING

Tiropitakia *Fillo Cheese Appetizers*

Ingredients:

- Filling of choice (see filling recipes below)
- 1-pound fillo dough (thaw frozen dough at room temperature for 5 hours or in refrigerator overnight)
- Unsalted butter or extra virgin olive oil
- 3 eggs
- 1 large carton cottage cheese***
- 8 oz. Feta cheese
- 2 tbsp. dry, unflavored breadcrumbs

Filling:

- Beat eggs
- Chop/crumble Feta cheese
- Combine eggs, cottage cheese, Feta cheese, and breadcrumbs in large bowl. Mix well.

Assemble Triangles:

- Prepare desired filling.
- Cover fillo sheets with a moist tea towel to prevent drying.
- Place 1 fillo sheet on clean work surface and brush with either oil or butter.
- Cut buttered/oiled sheet in half.
- Place 1 teaspoon of desired filling at bottom right hand corner of fillo strip.
- Fold corner over to opposite edge, making a triangle.
- Continue folding (as you would a flag), keeping triangular shape with each fold.
- Place each completed triangle seam side down on baking sheet.
- Repeat with remaining filling and fillo; brush each triangle top with melted butter.*
- Bake at 350 degrees for about 15 - 20 minutes until golden brown.

* Triangles may be frozen unbaked. When baking from frozen state, do not defrost first. Preheat oven to 350 degrees, and bake for about 20 - 25 minutes until golden brown. You may have to bake them a little longer or flip them over in the oven.

** Low fat version: use non-fat cottage cheese (or ricotta cheese or cream cheese), non-cholesterol egg substitute (such as Egg Beaters), and an olive oil vegetable spray (such as Pam)

*** May substitute one large tub of ricotta cheese or two 8-ounce packages of cream cheese.



SIMPLY DELICIOUS GREEK COOKING

Yaprakia (Dolmas, Dolmathes) *Stuffed Grape Leaves*

This classic Greek dish can be served as an appetizer or main dish. Rolling the grape leaves may be time consuming, but it is certainly worth the effort. Delicious!

INGREDIENTS:

Filling:

- 1 1/2 pound lean ground beef or lamb
- 1 large onion, finely chopped
- 2 - 4 cloves garlic, finely minced
- 2 tablespoons olive oil
- 1 cup long grain white rice
- 1 8-ounce can tomato sauce
- 1 tablespoon mint
- 1 tablespoon dill weed
- 1 tablespoon oregano
- 1/2 cup chopped, fresh parsley (optional)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 16 ounce jar grape leaves (approximately 50 leaves)
- Juice of one lemon
- Beef broth, chicken broth, or vegetable broth

DIRECTIONS:

- Remove rolls of grape leaves from jar and unroll.
- Rinse under cold water and drain well.
- Set aside badly torn leaves for use later.
- Cut stems off grape leaves.
- (Optional: For more tender leaves, place leaves in large pot of boiling water and cook for 3 minutes.)
- Saute onion and garlic in olive oil until translucent; cool.
- Mix rice, onion and garlic mixture, tomato sauce, mint, dill weed, oregano, parsley (if using), salt and pepper in large bowl; mix well.
- Add ground beef or lamb to filling ingredients and mix thoroughly using hands.
- Lay a leaf, vein side up, in your hand with stem pointing toward you.
- Place tablespoon of filling (depending on size of leaf) on the part of leaf where stem begins (near center).
- The filling should form a narrow cylinder; do not over fill or the rolls will burst during cooking.
- Tuck in side edges to secure filling.
- Roll from you toward the tip of the leaf, forming a small cylinder approximately 2 1/2 inches long and 3/4 inches wide.
- Do not wrap too loosely or the roll will come undone during cooking.

Stove Top Method:

- Line bottom of 5 quart Dutch oven with a single layer of the reserved torn grape leaves.
- Place rolls seam side down in bottom of pot, tightly together in concentric circles, layer upon layer.
- You want a tight fit so that rolls don't unravel when cooking.
- Continue until all rolls are in pot.
- Any leftover filling may be rolled in cabbage leaves or lettuce leaves or made into tiny meatballs and placed on top of rolled grape leaves in pot.
- (Optional: Cover top with another single layer of the reserved torn grape leaves.)
- Cover rolls completely with broth and lemon juice.
- Place a heavy plate that fits inside the pot over rolls as a weight to keep leaves from unrolling.
- For good measure, place a clean rock or stone on top of the plate to secure the rolls.
- Cover pot and bring to slow simmer.
- Simmer gently about 75-90 minutes or until rice is tender.
- Remove from heat when done.
- Let stand covered for 20-30 minutes before serving.

Baked Method:

- Line bottom of 13 x 9 baking dish with a single layer of the reserved torn grape leaves.
- Place rolls seam side down in rows in baking dish, layer upon layer.
- You want a tight fit so that rolls don't unravel when cooking.
- Continue until all rolls are in baking dish.
- Cover top with another single layer of the reserved torn grape leaves.
- Cover rolls completely with broth and lemon juice.
- Cover pan with aluminum foil that has been greased on inside.
- Bake at 350 degrees for 75-90 minutes until both meat and rice are done.
- Let stand covered for 20-30 minutes before serving.

Yaprakia/Dolmathes may be served hot, warm, or cold. If hot or warm, serve with avgolemono sauce prepared from broth or plain, unflavored yogurt. If cold, serve with plain, unflavored yogurt.



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SIMPLY DELICIOUS GREEK COOKING

me Voutyro

Pasta with Brown Butter Sauce

Simple yet delicious. Browned butter, tender pasta, and sharp, tangy cheese. A real treat for pasta lovers everywhere.

Ingredients:

- 1 pound. spaghetti or other pasta
- 1/2 pound butter (1 cup/2 sticks)*
- 1/2 cup grated dry Mezithra** or Parmesan
- Salt and pepper to taste

Directions:

- Add salt and bring to a rolling boil.
- Add pasta slowly, without breaking the boil.
- Cook until al dente, following package directions; stir frequently.
- Drain well in a colander and return to pan in which it was cooked.
- While pasta is cooking, melt butter and heat to a deep golden brown.
- Watch it carefully; it burns quickly and suddenly.
- Pour browned butter over drained pasta in pot.
- Add half the grated cheese and toss well to coat.
- Add salt and pepper to taste.
- Sprinkle each serving with the extra grated cheese.
- Serve with additional grated cheese and freshly ground pepper.

*If desired, substitute 1/2 cup very light olive oil for half of the butter.

**If using Mezithra cheese, substitute 1/2 cup sweet, unsalted butter to cut down on salt content.



SIMPLY DELICIOUS GREEK COOKING

Regular Pilaf *Bulgur Wheat or Rice*

A unique combination of flavors and ingredients makes this rice the perfect side dish for chicken. It also makes an excellent stuffing for the Thanksgiving turkey.

INGREDIENTS:

- 1 cup bulgur wheat or long grain rice
- 2 tablespoons butter
- 2 ¼ cups chicken broth or water
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS:

- Melt the butter in a medium saucepan, over a medium high heat.
- Saute the bulgur or rice until golden, about 10 minutes.
- Stir in the chicken stock, salt, and pepper.
- Reduce to a simmer and cook, covered, about 20 minutes.
- Remove from heat and let stand for 10 minutes.
- Fluff with fork before serving.

Special Pilaf *Bulgur Wheat or Rice*

INGREDIENTS:

- 2 cups bulgur wheat or long grain rice
- 4 tablespoons (1/2 stick) butter
- 1/2 small onion, minced
- 1 stalk celery, minced
- 1/2 cup dark raisins
- 1/2 cup pine nuts or slivered almonds
- 4 1/2 cups chicken broth or water
- ¼ teaspoon allspice
- 1 teaspoon salt
- 1 teaspoon pepper

DIRECTIONS:

- Melt the butter in a medium saucepan, over a medium high heat.
- Saute the bulgur or rice and onion until golden, about 10 minutes. Add the pine nuts or almonds and saute until golden.
- Stir in the chicken stock, salt, and pepper.
- Reduce to a simmer and cook, covered, about 20 minutes.
- Remove from heat and let stand for 10 minutes.
- Fluff with fork before serving.





SIMPLY DELICIOUS GREEK COOKING

Spanakorizo *Spinach & Rice*

A peasant dish that's perfect for vegetarians. Simple and tasty!

INGREDIENTS:

- ¼ cup olive oil
- 1/2 cup parsley, chopped fine
- 1 medium yellow onion, chopped fine
- 1 bunch green onions, chopped
- 2 - 4 cloves garlic, finely chopped
- 1-teaspoon mint
- 1-teaspoon dill weed
- 2 teaspoons oregano
- 1 1/2 - 2 cups water
- 1 8-ounce can tomato sauce
- 1 teaspoon salt and pepper
- 2 bunches spinach, washed, dried, stems removed, chopped (or 2 packages fresh spinach/baby spinach [stems removed] or 2 packages frozen chopped spinach [thawed and squeezed dry])
- 1 cup white rice

DIRECTIONS:

- In a large saucepan place the oil and heat it on medium high until it is hot.
- Add the parsley, onions, and garlic.
- Saute the ingredients until the onions are soft and translucent.
- Add the rice and saute for a few minutes, stirring constantly.
- Add the water, tomato sauce, salt and pepper; bring to a boil.
- Mix the ingredients together thoroughly so that everything is well combined.
- Cover and simmer the ingredients until the rice is almost tender, approximately 15 minutes.
- Add water as needed.
- Uncover and stir in the spinach.
- Cover the pan and continue cooking on very low heat, about 5-10 minutes, until the spinach has wilted and all the liquid has been absorbed and the spanakorizo is tender, not mushy.
- Adjust seasonings.
- Cover and let stand for at least 10 minutes before serving.

Serve Spanakorizo with grated Parmesan cheese and/or plain, unflavored yogurt.

*Variation: To make Prassorizo (Leek Rice), substitute 1 1/2 pounds sliced leeks (white and green portions) for the spinach and add with the liquid. Leeks need longer cooking time. Omit green onions.



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SIMPLY DELICIOUS GREEK COOKING

Baklava

Honey/Walnut Pastry

The most famous of all the Greek desserts! Layer upon layer of flaky fillo pastry, loaded with nuts, and bathed in a deliciously rich honey syrup. A must for the Christmas season!

Ingredients:

For one 16" x 11" pan:

- 1 1/2 lbs. fillo dough (thaw frozen dough at room temperature for 5 hours or in refrigerator overnight)
- 2 lbs. ground nuts
- 2 tsp. cinnamon
- 1/4 tsp. ground cloves
- 1/2 c. sugar
- 1 lb. **UNSALTED** butter (2 cups or 4 cubes) **No Substitutes!**
- Syrup (3 cups honey and 1 cup water heated in microwave or on stove top)

For one 13" x 9" pan:

- 1 lb. fillo
- 1 1/2 lb. ground nuts
- 1 1/2 tsp. cinnamon
- 1/8 tsp. ground cloves
- 1/3 c. sugar
- 3/4 lb. **UNSALTED** butter (1 1/2 c. or 3 cubes) **No Substitutes!**
- Syrup (2 cups honey and 2/3 cup water heated in microwave or on stove top)
- Follow directions above except cut whole stack of fillo dough in half to fit pan. Cut to make two
- 9" x 6 1/2" (approximate) stacks of dough.

Directions:

- In bowl, combine ground nuts, cinnamon, cloves, and sugar.
- Melt **UNSALTED** butter in microwave or on stove top.

- Unwrap fillo dough, and cut to pan size.
- Divide dough into approximately three equal portions
- Brush each layer of fillo dough with melted butter.
- Use approximately 1/3 of fillo for top layer.
- Use approximately 1/3 of fillo for middle layer. Layer the nuts, alternating with 3 - 4 filo until all nuts are used.
- Use approximately 1/3 of fillo for bottom layer.
- Cut and bake at 350 degrees until toasty looking, about 45 minutes to one hour.
- Let Baklava cool 1/2 hour before pouring over 3 – 4 cups lukewarm syrup.
- Let stand overnight to soak up syrup.
- After completely cooled, Baklava may be covered with plastic wrap to keep from drying out.



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SIMPLY DELICIOUS GREEK COOKING

Galatoboureko *Custard Pastry*

This classic Greek sweet features a creamy custard filling, with a touch of orange flavoring, sandwiched between buttery fillo layers, and drenched in a light cinnamon and honey syrup. Dessert doesn't get any better than this.

Ingredients:

For 10" x 15" baking pan:

Custard Filling:

- 8 cups milk
- 1- 1 1/4 cups farina or Cream of Wheat
- 8 eggs
- 1 cup sugar
- 1/2 cup (1 cube) melted sweet, unsalted butter
- 2 tablespoons vanilla extract
- Freshly grated peel of one orange

Pastry:

- 1 pound fillo dough
- 1 1/2 cups (3 cubes) sweet, unsalted butter

Syrup:

- 2 cups sugar (Optional: 1 1/2 cups sugar and 1/2 cup honey)
- 2 cups water
- 2 sticks cinnamon
- Orange peel slice (optional)

Directions:

Custard Preparation:

- In large saucepan, heat milk; remove pan from heat
- Gradually add Cream of Wheat, stirring constantly.

- Return saucepan to medium heat.
- Add sugar and butter; blend thoroughly.
- Continue to stir; do not allow mixture to burn.
- Cook about 10 - 15 minute until mixture thickens.
- Remove pan from heat and cool a bit.
- In separate bowl, beat eggs well.
- Slowly add the Cream of Wheat mixture to the beaten eggs, little by little (ladle by ladle).
- Pour and mix the egg mixture gently into the hot Cream of Wheat mixture and stir.
- Add vanilla and grated orange peel; blend well.
- Set custard aside.
- While cooling, stir occasionally to keep "skin" from forming.

Syrup Preparation:

- In saucepan combine sugar (or sugar and honey, if using), water, cinnamon sticks, and orange peel (if using).
- Bring mixture to boil.
- Continue to boil until syrup is slightly thickened, about 10-15 minutes.
- Remove from heat and set aside.
- Discard cinnamon stick and orange peel.

Galatoubouriko Assembly:

- Butter bottom and sides of pan well.
- Layer 1/2 fillo sheets for bottom.
- Do not cut bottom fillo sheets to pan size; keep sides up.
- Brush butter between each layer of fillo; brush sides.
- Pour in cooled custard filling.
- Leave room for folding over fillo to enclose filling. *
- Spread filling evenly.
- Fold fillo sides over to completely enclose filling.
- Cut remaining 1/2 fillo sheets to pan size.
- Continue layering fillo sheets, brushing butter between each layer.

- Trim excess fillo dough from sides and corners of pan.
- Cut through TOP 3-4 fillo layers ONLY; do NOT cut all the way through.
- Bake at 350 degrees for 50 – 60 minutes.
- Custard should be completely set and top layer of fillo should be light, golden brown.
- Let cool for 15 minutes.
- Pour syrup over warm galatobouriko.
- Let galatobouriko cool and absorb all of syrup before cutting all the way through (about 3-4 hours).
- Serve at room temperature or cold.
- Refrigerate leftovers.

Note: For an easy, simple, and quick variation, make the galatobouriko without the fillo. Prepare custard as above without incorporating the butter. Instead, pour the melted butter onto bottom of 13" x 9" baking pan. Spoon custard on top of the butter. Bake at 350 degrees for 45 – 60 minutes until custard is completely set and knife inserted comes out clean. Let cool for 15 minutes. Cut into pieces and pour syrup over warm galatobouriko. Let galatobouriko cool and absorb all of syrup before serving. Refrigerate leftovers.

* Leftover filling may be baked as indicated in note above. Use some leftover melted butter in a small casserole and then pour some syrup over the baked and cut filling.



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SIMPLY DELICIOUS GREEK COOKING

Halva *Sweet Farina*

A traditional Greek sweet made with farina and decorated with nuts. Easy, simple, yet tasty.

Ingredients:

- 1¼ cups farina (Cream of Wheat)
- ¾ cube sweet, unsalted butter
- ¼-1/2 cup pine nuts or slivered almonds (optional)
- Ground cinnamon
- Chopped walnuts or whole, blanched almonds (optional)

Syrup:

- 1 1/8 cup sugar
- 2¼ cups water

Directions:

- In small pot, combine sugar and water.
- Bring to a boil and simmer 5 minutes.
- In saucepan, melt butter and heat to a deep golden brown..
- Watch it carefully; it burns quickly and suddenly.
- Add cream of wheat and pine nuts or almonds, if desired.
- Saute the cream of wheat and nuts until golden, about 5-10 minutes.
- Add syrup and cook for 3-5 minutes until all liquid is absorbed.
- Mixture will be quite thick.
- Let rest 2-3 minutes.
- Spread mixture into well buttered 8-inch square pan.
- Smooth top.
- Sprinkle with ground cinnamon.
- Decorate with chopped walnuts or whole, blanched almonds, if desired.



- When cooled, cut into squares or diamonds.



SIMPLY DELICIOUS GREEK COOKING

Karithopita *Walnut Cake*

This cake has all the tastes of more complex Greek desserts but with a simple, easy to follow recipe. A perfect ending to any meal!

INGREDIENTS:

Cake:

- 2 cups Bisquick
- 1 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground cloves
- 1 cup milk
- 1 cup oil
- 4 eggs, beaten
- 1 - 1 1/4 cups finely chopped or coarsely ground walnuts
- 1 teaspoon orange extract
- 1/2 teaspoon orange peel

Syrup:

- 1 cup sugar
- 1 cup water
- 2 tablespoons honey
- 1 teaspoon orange extract

DIRECTIONS:

- Combine syrup ingredients in saucepan.
- Bring to boil; cook until sugar is completely dissolved.
- Set aside to cool.
- Combine Bisquick, sugar, baking powder, baking soda, cinnamon, nutmeg, cloves, orange peel, and walnuts in bowl; mix well.
- Combine milk, oil, eggs, and extract in another bowl; blend well.
- Add egg mixture to Bisquick mixture; mix by hand. (Batter will be thin.)
- Pour the batter into a 9" x 13" greased and floured cake pan.
- Bake at 350 degrees for about 30 minutes.
- Cool cake 10 minutes.
- Cut into diamond shaped pieces (traditional Greek style), or poke holes in cake with fork and cut pieces just before serving.
- Pour cooled syrup over cake.
- Let stand at least two hours or over night before serving.
- Do not refrigerate.



SIMPLY DELICIOUS GREEK COOKING

Kota me Manestra *Chicken with Rice-shaped Pasta*

Delicious, tender chicken, baked in a tomato sauce seasoned with a hint of cinnamon. Add the distinctively shaped pasta called "manestra" for a wonderful taste treat.

Ingredients:

- 1 onion, chopped
- 2-4 cloves garlic, minced
- 2 carrots, chopped
- 2-3 lbs. chicken pieces (enough for 4-6 servings)
- 2 tablespoons olive oil
- 1 6-ounce can tomato paste
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1-teaspoon oregano
- 1-teaspoon salt
- 4-5 cups hot water or chicken broth
- 1-pound Manestra/Orzo (3/4 pound if making only 4 servings)
- Pepper to taste

Directions:

- Heat frying pan and add oil.
- Brown chicken pieces in frying pan; set aside.
- Saute onion and garlic in same frying pan.
- Preheat the oven to 375 degrees.
- Put the chicken, onions, garlic, and carrots in a roasting pan.

- Combine 2 cups hot water or broth with the tomato paste, cinnamon, nutmeg, allspice, oregano, and salt in frying pan; blend well.
- Add tomato mixture to roasting pan.
- Bake covered for about 20 minutes. *
- Add 2-3 cups of the remaining water or broth and orzo; mix well with the juices.
- Bake covered for another 20-30 minutes until orzo is just tender (al dente). Do **NOT** overcook. *
- Check after 10-15 minutes. Add more salt and, if necessary, hot water or broth as the orzo cooks.
- Do **NOT** bake until dry; orzo should have some sauciness.
- Adjust seasonings.
- Serve with Parmesan cheese and dollops of plain, unsweetened yogurt.

*Variation: Cook on stovetop. Stir orzo frequently to keep it from sticking to bottom of pan.



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SIMPLY DELICIOUS GREEK COOKING

Pastítsio *Macaroni Pie*

Tender pasta layered with a meaty tomato sauce and topped off with a Parmesan flavored egg custard. Similar to Moussaka, this classic Greek dish is famous throughout the world, and a favorite at Greek restaurants and festivals.

Ingredients:

Meat Sauce/Filling:

- 1 pound lean ground beef or lamb
- 2 large onions, finely chopped
- 2 – 4 cloves garlic, finely chopped
- ¼ cup extra virgin olive oil
- 1 6-ounce can tomato paste
- 1 cup water (or 1/2 cup water & 1/2 cup red wine)
- 1/8-teaspoon allspice
- ¼ teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon Greek oregano
- Salt & pepper to taste

Macaroni:

- 1 pound small elbow macaroni
- 1/2 cup grated Parmesan cheese

Cream Sauce:

- 1/2 cup flour
- 1/2 cup butter
- 2 cups warmed milk
- 4 eggs, beaten
- ¼ cup Parmesan cheese
- Dash nutmeg
- Salt to taste

Directions:

Meat Sauce/Filling:

- Saute onion and garlic in olive oil; do not brown.
- Brown ground beef or lamb; drain well.
- Add browned ground meat, tomato paste, water (or water & wine), nutmeg, allspice cinnamon, and oregano to onion mixture.
- Simmer about 20 minutes over medium heat; sauce will not be juicy.
- Season to taste with salt and pepper (do not over salt).

Macaroni:

- Cook macaroni until al dente in boiling salted water.
- Rinse in cool water and drain.
- Combine 1-cup meat sauce and 1/2 cup Parmesan cheese with macaroni; blend well.

Cream Sauce:

- Melt butter and stir in flour.
- Cook over medium/low heat, stirring until mixture is well blended and bubbling.
- Add warmed milk and stir continuously until sauce is well blended and begins to thicken.
- Take sauce off heat.
- Season to taste with salt.
- Allow sauce to cool.
- Add beaten eggs to sauce.
- Stir until all sauce is blended with eggs.
- Stir in 1/4 cup Parmesan cheese and dash nutmeg.

Pastitsio Assembly:

- Brush bottom of 13" x 9" baking dish with olive oil.
- Spread 1/2 of macaroni mixture into bottom of pan.
- Spoon remaining meat mixture over macaroni.
- Top with remaining macaroni mixture.
- Pour cream sauce over all.
- Bake at 350 degrees for 45 – 60 minutes (the top should be set, slightly puffy, and nicely browned).
- Let rest for 15 minutes before cutting into serving pieces.



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SIMPLY DELICIOUS GREEK COOKING

Souvlaki *Shish Kabab*

Mouth watering chunks of marinated lamb, grilled on a skewer. A perfect party or picnic dish that will win rave reviews.

INGREDIENTS:

- 2 pounds lean, boneless lamb, pork, or beef cut in 1 1/2-2" chunks
- 1 cup dry red or white wine
- 2 - 4 garlic cloves, minced
- 1 tablespoon oregano
- 1/2 cup olive oil
- Juice of one lemon
- 1 teaspoon salt
- Pepper to taste
- Bell peppers, mushrooms, onions, and cherry tomatoes as needed

DIRECTIONS:

- Combine wine, garlic, oregano, lemon juice, salt, pepper, and olive oil in large non-metallic bowl or pan.
- Add meat and stir.
- Cover tightly with plastic wrap and refrigerate 8 hours or overnight.
- Stir the mixture several times during the marinating period.
- Thread the chunks of meat onto long skewers.
- The vegetables may be grilled on separate skewers or alternated with meat.
- Grill over medium heat, turning once, until tender but still a bit pink on the inside.
- Baste with marinade if desired. (Bring marinade to a boil and cook a few minutes before using as basting sauce.)
- Serve with plain, unsweetened yogurt or Tzatziki.

Marinade may also be used with lamb chops, pork chops, steak, or any meat suitable for grilling. Use white wine when marinating pork, chicken, or turkey.



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SIMPLY DELICIOUS GREEK COOKING

Garithes me Feta *Shrimp with Feta Cheese*

This delicious casserole showcases shrimp. It can be served family style in a large casserole dish or as an impressive special occasion treat in individual ramekins or scallop shells.

Ingredients:

Sauce :

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 pound fresh chopped tomatoes or 1 large can diced tomatoes
- ¼ - 1/3 cup dry white wine (optional)
- 2 garlic cloves, finely minced
- 1/2 cup chopped parsley
- Salt and pepper to taste

Shrimp:

- 1 1/2 - 2 pounds raw medium (41 – 50 count per pound) shrimp, shelled and de-veined*
- (Optional: leave shrimp tail on for dramatic presentation)
- 2 tablespoons olive oil
- Juice of 1/2 a lemon

Topping:

- 4 – 6 ounces crumbled feta cheese

Directions:

- In a skillet, heat the oil, and saute the onions until translucent.
- Add the rest of the sauce ingredients.
- Simmer over medium heat with cover askew for about 20-30 minutes, stirring occasionally, until the sauce thickens.
- In another skillet, heat the oil and sear the shrimp, about 1 minute.
- Do not overcook shrimp.
- When the shrimp turn pink, remove them to a bowl.
- Toss shrimp with the lemon juice.
- Lightly oil a baking dish.**
- Spoon half of sauce into the bottom of baking dish.
- Arrange the shrimp in a layer over it.
- Top shrimp with the rest of the sauce.
- Sprinkle with the crumbled feta.
- Bake at 450 degrees in a pre-heated oven for only 15 minutes, until the feta begins to melt and brown.
- Do not over bake.
- Serve with crusty bread and rice pilaf or buttered noodles.
- Average serving is 12 shrimp per person.



- Garnish with parsley sprigs and thin lemon wedges.

* Cooked, shelled, and de-veined shrimp may be substituted for the raw shrimp. Do not saute; toss cooked shrimp meat with 1 tablespoon olive oil and the juice of 1/2 a lemon.

** Instead of one large baking dish, use 6 - 8 individual ramekins or scallop shells.

Note: If desired, substitute breast of chicken tenders or fajita strips for shrimp. s



SIMPLY DELICIOUS GREEK COOKING

Plaki *Baked Fish*

A simple, colorful, and flavorful baked fish casserole. Perfect for guests and family!

Ingredients:

- 6 fillets firm, fleshed fish such as cod, red snapper, etc. (approximately 2 pounds)
- 1 bunch green onions, cleaned and cut into 1 inch pieces
- 1 14-ounce can diced tomatoes
- 2-4 cloves garlic, finely minced
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped*
- 1/4 cup fresh basil, chopped* (fresh oregano or dill may be substituted)
- 2 lemons, thinly sliced (remove seeds)
- 1/4 cup olive oil
- Salt and pepper to taste

Directions:

- Rinse and dry fish.
- Brush a baking pan with olive oil.
- Place fish in pan.
- Heat frying pan and add olive oil.
- Saute green onions, garlic, parsley, mint, and basil in oil.
- Add canned diced tomatoes.
- Cover and cook for about 20 minutes.
- Pour tomato mixture over fish.
- Cover fish with lemon slices.
- Bake at 350 degrees for 25-30 minutes until fish flakes with fork.
- Serve with roasted potatoes or rice.



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*May substitute 1 tablespoon dried mint and basil (oregano or dill)



SIMPLY DELICIOUS GREEK COOKING



Glyki Kolokithopita *Pumpkin Pie*

A real change of pace from the traditional Thanksgiving pumpkin pie. Crispy fillo layers, a delicately spiced pumpkin filling, and it's all drenched in a luscious light honey syrup. Different and delicious.

Ingredients:

Filling:

- 2 large cans pumpkin
- 1/2 cup sweet, unsalted butter
- 1 teaspoon salt
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1 cup finely chopped walnuts
- 1 cup golden raisins

Syrup:

- 3 cups sugar
- 2 cups water
- 1/2 cup honey

Pastry:

- 1 pound fillo dough
- 2 cups finely chopped walnuts
- 1/2 - 3/4 pound (2-3 cubes/1-1 1/2 cups) sweet, unsalted butter

Directions:

Filling Preparation:

- In large saucepan, combine canned pumpkin, 1/2 cup butter (1 cube), and salt.
- Simmer over medium/low heat for 15 minutes to evaporate moisture and thicken; stir frequently and do not allow to burn.
- Remove from heat.
- Add sugar, cinnamon, cloves, raisins, and 1 cup walnuts.
- Set mixture aside.

Syrup Preparation:

- In saucepan, combine sugar, water and honey.
- Bring mixture to boil.
- Continue to boil until syrup is slightly thickened, about 15 minutes.
- Remove from heat and set aside.

Glyki Kolokithopita Assembly:

- Brush bottom and sides of 10" x 15" baking pan with melted butter.
- Layer about 5 fillo sheets for bottom of pita.
- Do not cut bottom fillo sheets to pan size; keep sides up.
- Brush butter between each layer of fillo; brush sides.
- For next 5 fillo sheets, brush with butter and sprinkle with chopped walnuts.
- Spoon in pumpkin filling; spread evenly.
- Fold fillo sides over to completely enclose filling and brush generously with butter.
- Cut remaining fillo sheets to pan size.
- Layer next 5 fillo sheets, brushing with butter and sprinkling with chopped walnuts.
- Layer last fillo sheets, brushing butter between each layer only.
- Trim excess fillo dough from sides and corners of pan.
- Brush top generously with butter.
- Cut through TOP 3-4 fillo layers ONLY; do NOT cut all the way through.
- Bake pita at 350 degrees for 50 – 60 minutes; pita should be light, golden brown.
- Let cool for 15 minutes.
- Pour syrup over warm pita.
- Let Glyki Kolokithopita cool and absorb all of syrup before cutting all the way through.
- Do not cover until completely cooled.
- Serve at room temperature or cold.
- Refrigerate leftovers.



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SIMPLY DELICIOUS GREEK COOKING

Karotopita *Sweet Carrot Pie*

The Greek version of an American favorite – carrot cake! A sweet carrot filling surrounded by flaky fillo pastry and drenched in delicious honey syrup.

(For 13" x 9" pan)

- 1/2 pound fillo*
- 1/2 pound unsweetened butter

Filling:

- 1/2 cup vegetable oil
- 3 cups ground carrots (1 large bunch)
- 1/2 cup light, seedless raisins
- 1/2 cup Cream of Wheat cereal
- 2 cups finely ground nuts
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves
- 4 tablespoons sugar

Combine all filling ingredients in large bowl.

Syrup:

- 1 1/2 cups water
 - 1 1/2 cups sugar
 - 1/2 cup honey
- Combine syrup ingredients in saucepan.
 - Bring to boil; cook until sugar is completely dissolved.
 - Set aside to cool.

To Assemble Pita:

- Layer 1/2 fillo sheets for bottom of pita.
- Do not cut bottom fillo sheets to pan size; keep sides up.
- Brush butter between each layer of fillo; brush sides.
- Pour in filling; spread evenly.
- Fold fillo sides over to completely enclose filling.
- Cut remaining 1/2 fillo sheets to pan size.
- Continue layering fillo sheets, brushing butter between each layer.
- Brush top of final fillo sheet with butter to aid browning.
- Trim excess fillo dough from sides and corners of pan.
- Cut into serving pieces before baking.
- Bake pita at 350 degrees for 45 – 60 minutes; pita should be light, golden brown.
- Let cool for at least 1/2 hour before pouring over lukewarm syrup.



Let stand at least two hours or over night before serving.

- Do not refrigerate.
- After completely cooled, pita may be covered with plastic wrap to keep from drying out.

* Leftover fillo dough may be re-frozen. Re-fold, wrap tightly in plastic wrap, place in plastic.



SIMPLY DELICIOUS GREEK COOKING

Kotópita

Chicken Pie with Rice

Chicken and rice enveloped in a flaky, crisp fillo dough crust. This tasty pie can be flavored two ways – one fragrant with spices and slightly sweetened from the addition of raisins; the other savory and tangy with mint and feta cheese. This isn't an ordinary chicken potpie!

Ingredients:

- ¼ cup olive oil
- 2 onions, finely chopped (or 2 bunches green onions, thinly sliced)
- 1 1/2 - 2 pounds cooked, shredded chicken, skin and bones removed
- ¼ cup white, long-grain rice
- ¼ - 1/2 cup pine nuts (optional)
- 1/2 cup water or broth
- 2 eggs
- Salt and pepper, to taste
- 1 pound fillo pastry
- 1 cup butter, melted, or olive oil for brushing

Flavorings:

- 2 teaspoons mint
- 1/2 cup grated feta, hard mizithra, or Parmesan cheese

– OR –

- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/8 teaspoon allspice
- 1/2 cup golden raisins

Filling:

- Heat half of the olive oil in a large skillet.
- Saute the onions until soft and translucent.
- In a large mixing bowl, combine the onions, shredded chicken, and desired flavorings.
- In onion skillet, saute rice and pine nuts, if using, in remaining olive oil.
- Add 1/2 cup water or broth.
- Bring to simmer and cook for 15-25 minutes until rice is tender and all liquid is absorbed (Add additional water/broth, if necessary).
- Let rice mixture cool.
- Add cooled rice, beaten eggs, salt and pepper to chicken mixture; combine thoroughly.

To assemble pita:

- Layer 1/2 fillo sheets for bottom of pita.
- Do not cut bottom fillo sheets to pan size; keep sides up.
- Brush butter or olive oil between each layer of fillo; brush sides.



- Pour in filling; spread evenly.
- Fold fillo sides over to completely enclose filling.
- Cut remaining 1/2 fillo sheets to pan size.
- Continue layering fillo sheets, brushing butter or olive oil between each layer.
- Brush top of final fillo sheet with butter to aid browning.
- Trim excess fillo dough from sides and corners of pan.
- Cut through TOP fillo layers ONLY; do NOT cut all the way through.
- Bake pita at 350 degrees for 45 – 60 minutes; pita should be light, golden brown.
- Let cool for at least 1/2 hour before cutting all the way through.
- Serve warm, at room temperature, or cold.
- Refrigerate leftovers.



SIMPLY DELICIOUS GREEK COOKING

Melópita *Cheese & Honey Pie*

Tasty, creamy, and sweet. Similar to cheesecake, but with a delicious honey twist.

INGREDIENTS:

- Prepared pastry crust (homemade, refrigerated, or frozen)
- 1 pound Greek fresh, soft Mizithra or Ricotta cheese
- ¼-1/2 cup sugar
- 1/2 cup honey
- 3 eggs, beaten
- 1 teaspoon grated fresh lemon peel or 1 teaspoon cinnamon
- 1/2-1 teaspoon vanilla extract (optional)

DIRECTIONS:

- Line the pastry crust with a sheet of aluminum foil and add some beans to weight it down.
- Partially bake the crust at 350 degrees for 15 minutes, until it is slightly golden.
- Let crust cool before removing the beans and foil.
- Using an electric mixer, combine the cheese, sugar and honey in a bowl.
- Add the eggs and lemon peel or cinnamon; mix well again.
- Pour the mixture into the cooled pastry shell.
- Sprinkle top with cinnamon, if desired.
- Bake at 350 degrees for 45-60 minutes or until the surface is golden brown or until a knife inserted in the middle comes out clean.
- Cracks may appear on it.
- Let cool for at least 30 minutes.
- Serve at warm, room temperature, or chilled.
- Top with fresh fruit, if desired.



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SIMPLY DELICIOUS GREEK COOKING

Spanakopita *Spinach & Feta Cheese*

Everyone loves spinach prepared this way! A famous Greek classic, spanakopita combines spinach, tangy feta cheese, and flaky layers of fillo.

Ingredients for 15" x 10" pan:

- 1 lb. fillo
- 2 packages frozen chopped spinach
- 4 - 5 eggs
- 1 large carton cottage cheese*
- 8 oz. Feta cheese
- 1 bunch green onions
- 1 tbsp. dried mint
- 1 tbsp. dried dill weed
- 2 tbsp. dry, unflavored breadcrumbs
- olive oil, extra virgin
- butter

Filling:

- Thaw spinach; drain & squeeze dry
- Beat eggs
- Chop green onions
- Chop/crumble Feta cheese
- Combine spinach, eggs, cottage cheese, Feta cheese, green onions, mint, dill weed, and breadcrumbs in large bowl. Mix well.

To assemble pita:

- Layer 1/2 fillo sheets for bottom of pita.
- Do not cut bottom fillo sheets to pan size; keep sides up.
- Brush olive oil between each layer of fillo; brush sides.
- Pour in filling; spread evenly.
- Fold fillo sides over to completely enclose filling.
- Cut remaining 1/2 fillo sheets to pan size.
- Continue layering fillo sheets, brushing olive oil between each layer.
- Brush top of final fillo sheet with butter to aid browning.
- Trim excess fillo dough from sides and corners of pan.
- Cut through TOP fillo layers ONLY; do NOT cut all the way through.
- Bake pita at 350 degrees for 45 – 60 minutes; pita should be light, golden brown.
- Let cool for at least 1/2 hour before cutting all the way through.
- Serve warm, at room temperature, or cold.
- Refrigerate leftovers.

* May substitute one large tub of ricotta cheese or two 8-ounce packages of cream cheese.

Low fat version: use non-fat cottage cheese (or ricotta cheese or cream cheese), non-

cholesterol egg substitute (such as Egg Beaters), and an olive oil vegetable spray (such as Pam).



SIMPLY DELICIOUS GREEK COOKING

Avgolemono Soup *Egg/Lemon Chicken Soup*

This is probably the most famous of the Greek soups. Heartwarming, flavorful, chock full of tender rice, and with a distinct lemon tang. It can serve as the beginning of a special dinner or as a wonderful meal all by itself.

Traditional Soup

INGREDIENTS:

- 1 whole chicken (3 - 4 pounds)
- 8 cups water
- 1 onion, cut into large chunks
- 2 carrots, peeled and whole
- 2 celery stalks, cut into large chunks
- 1 tablespoon salt
- Pepper to taste
- 1 bay leaf
- ¼ teaspoon allspice
- 1/2 - 1 cup white long grain rice

DIRECTIONS:

- Clean and wash chicken and place in large stockpot (do not use liver).
- Add water, onion, carrots, celery, salt, and pepper.
- Bring to boil, skimming off scum or foam that rises to top.
- Lower heat, cover, and simmer gently over a low heat for two hours or until chicken is completely tender.
- Remove chicken from stock.
- Remove vegetables from stock. (If desired, reserve cooked carrots and dice).
- Strain stock and return to stockpot.
- Add rice to stock and simmer covered until tender (about 15-20 minutes). *

- (For a vegetable/chicken soup, saute 1/2 finely minced onion and 1 finely minced stalk of celery in 1 tablespoon of olive oil or butter while rice is cooking.)
- Skin and bone cooked chicken meat and cut into bit size pieces (If desired, reserve chicken breast meat for another use).
- Add the chicken meat to the stock along with the reserved carrots and sauteed vegetables, if desired.
- Adjust seasonings.
- Remove pot from heat.
- Prepare Avgolemono Sauce** and add to soup gradually.

Easier Soup

INGREDIENTS:

- Canned chicken broth (enough to make approximately 8 cups or 64 ounces)
- 1/2 onion, chopped finely
- 2 carrots, peeled and chopped finely
- 1 celery stalk, chopped finely
- Salt and pepper to taste
- 1 bay leaf
- ¼ teaspoon allspice
- 1/2 - 1 pound boneless, skinless chicken breast or thigh meat (optional)
- 1/2 - 1 cup white long grain rice

DIRECTIONS:

- In large stockpot, bring chicken broth, vegetables, and seasonings to a boil.
- Lower heat, cover, and simmer for approximately 30 minutes.
- If using, add chicken breast meat after 20 minutes and continue cooking for about 10-15 minutes longer.
- Remove bay leaf.
- Remove chicken meat, if using, and cut into bite size cubes.
- Add rice to stock and simmer covered until tender (about 15-20 minutes). *
- Add the chicken meat, if using, to the stock.
- Adjust seasonings.
- Remove pot from heat.

Prepare Avgolemono Sauce** and add to soup gradually.

* Thick, Creamy, and Stable Soup:

- (Capable of keeping over low heat and reheating)
- Blend 2-3 tablespoons quick mixing flour (like Wondra) with 1/3-cup water or chicken broth.
- Add to soup after rice has cooked.
- Blend well and allow soup to cook and thicken for another 10 minutes.
- Add chicken meat, add vegetables, adjust seasonings, and remove pot from heat before preparing and adding the Avgolemono Sauce #1.

Avgolemono Sauce #1 (Thick and Creamy)

INGREDIENTS:

- 1 - 2 cups hot soup broth
- 2 eggs
- Juice from 2 lemons
- 1-2 tablespoons quick mixing flour (like Wondra)

DIRECTIONS:

- Mix the flour with the lemon juice and blend well.
- Beat the eggs well in a bowl.
- Add the flour and lemon mixture to the eggs and beat well.
- Slowly add the broth to the egg mixture, little by little (ladle by ladle), while continuing to beat.
- Pour and mix the avgolemono sauce gently into the hot soup and stir well.
- Serve immediately.

Avgolemono Sauce #2 (Traditional)

INGREDIENTS:

- 1-2 cups hot soup broth
- 2 eggs
- Juice from 2 lemons

DIRECTIONS:

- Separate the egg yolks from egg whites.
- In a large bowl, beat the egg whites until almost stiff.
- In smaller bowl, beat egg yolks with lemon juice.



- Gently combine the egg whites with the lemon/yolk mixture.
- Slowly add the broth to the egg mixture, little by little (ladle by ladle), while continuing to beat.
- Pour and mix the avgolemono sauce gently into the hot soup and stir well.
- The soup should be slightly thick and foamy.
- Serve immediately, before froth subsides.



SIMPLY DELICIOUS GREEK COOKING

Avgolemeno Stew *Beef Stew With Egg/Lemon Sauce*

A hearty stew, chock full of vegetables swimming in a tangy lemon flavored sauce. Greek home style cooking at its best.

INGREDIENTS:

- 1 1/2 - 2 pounds lean beef or lamb stew meat
- 2 tablespoons olive oil, extra virgin
- 1 large onion, chopped
- 2 – 4 cloves garlic, minced
- 1 teaspoon dill weed
- 3 cups water or broth
- 1-teaspoon salt
- 1/2 teaspoon pepper
- Vegetables (see below)
- Avgolemeno sauce (see below)

DIRECTIONS:

- Heat olive oil in heavy Dutch oven.
- Add beef in batches and brown well on all sides; set aside.
- Add onion to pot and saute until golden.
- Drain off any excess fat.
- Return beef to pot and add garlic, dill, salt, pepper, and water or broth.
- Bring to simmer and cook for 1-1/2 hours until meat is just tender.
- Add desired vegetable and cook approximately 30 additional minutes until meat and vegetables are completely tender.
- Adjust seasonings.
- Remove pot from heat.
- Prepare Avgolemono sauce* and add to stew gradually.
- If desired, Return to medium heat and stir for 5 minutes until sauce thickens slightly.

Serve with sweet French bread and/or roasted potatoes.

*** Avgolemono Sauce**

INGREDIENTS:

- 1-2 cups hot stew broth
- 2 eggs

- Juice from 2 lemons
- 1-2 tablespoons quick mixing flour (like Wondra) or cornstarch

DIRECTIONS:

- Mix the flour or cornstarch with the lemon juice and blend well.
- Beat the eggs well, until frothy, in a bowl.
- Add the flour and lemon mixture to the eggs and beat well.
- Slowly add the broth to the egg mixture, little by little (ladle by ladle), while continuing to beat.
- Pour and mix the avgolemono sauce gently into the hot stew and stir well.

Vegetable options:

Artichoke Hearts – Use 2 packages frozen (defrosted) or 2 cans (well drained). For fresh, use 8-12 small globe artichoke hearts. Remove tough outer leaves and most of stem. Cut in half and remove hairy choke. Submerge in bowl of cold lemon water to keep from discoloring. Fresh artichokes may need to be cooked in stew 45 minutes.

Celery – Use 1 bunch celery. If desired, peel the strings from stalks, using a vegetable peeler. Cut into 2-3 inch lengths. Pork can be used instead of lamb with this vegetable.

Endive – Use 4-6 heads endive, washed well and trimmed of any coarse leaves. Slit heads in half lengthways.

Lettuce – Use 2-3 heads romaine lettuce, leaves separated and washed well.

Dandelion Greens – Use 1-2 bunches dandelion greens, washed well and trimmed of tough stalks.



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SIMPLY DELICIOUS GREEK COOKING

Fasolada *Bean Soup*

Comfort food...Greek style! Thick, hearty, and full of vegetables. Peasant food fit for a king!

Ingredients:

- 1 lb. dry beans (great northern, lima, garbanzo, black eye pea, lentil)
- 1 onion, chopped
- 2 –3 stalks celery, chopped
- 2-3 carrots, chopped
- 2 – 4 cloves garlic, minced
- 1 lb. lean ground beef or lamb (optional)
- 1 – 2 bayleaf
- 1 tsp. oregano
- 1 8 oz. can tomato sauce
- ¼ c. olive oil
- salt
- pepper
- 2 – 3 quarts water

Dry Bean Preparation

Great Northern / Lima / Garbanzo:

1. Rinse beans
2. Soak beans
Overnight Soak Method – In large pot soak 1 lb. beans overnight in at least 2 quarts water
Quick Soak Method – Combine 1 lb. beans & 2 quarts water in large pot. Heat beans & water to boiling. Boil 2 minutes. Remove from heat, & let stand for at least 1 hour.
3. Drain soaking water & rinse beans
4. Add 2 quarts water
5. Cover & bring to boil
6. Reduce heat to simmer
7. Cook for 45 – 60 (or longer) until beans are just tender (not mushy)

Black Eye Pea / Lentil (no soaking necessary):

1. Rinse beans
2. Add 2 quarts water
3. Cover & bring to boil
4. Reduce heat to simmer
5. Cook black eye peas for 45 – 60 minutes until just tender (not mushy); cook lentils for 30 – 40 minutes until tender

Canned Bean Preparation:

1. Use equivalent to four (4) 15 oz. cans of desired beans

2. Drain & rinse beans
3. Add 1 1/2 quarts water

Soup Preparation:

1. Lightly saute chopped onion, celery, carrots, and minced garlic in olive oil. Cover and cook over medium heat until just tender (not mushy). Do NOT brown.
2. **OPTIONAL** – Brown ground beef/lamb; drain well.
3. Add vegetables (with oil) & meat (if used) to prepared beans (approximately 6 – 8 cups prepared beans).
4. Add salt, pepper, bay leaves, and oregano (dry beans will require more salt than canned beans).
5. Add tomato sauce.
6. Add additional quart water, if desired.
7. Cover & bring to boil
8. Reduce heat to simmer
9. Simmer for 30 – 45 minutes.
10. Taste & adjust seasonings

This soup tastes even better reheated the next day. It also freezes well.



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SIMPLY DELICIOUS GREEK COOKING

Greek Beef Stew with Tomato Sauce and Vegetables

A hearty stew, bursting with vegetables and simmered in a tasty tomato sauce. A fine example of Greek home style cooking.

INGREDIENTS:

- 1 1/2 - 2 pounds lean beef or lamb stew meat
- 2 tablespoons olive oil, extra virgin
- 1 large onion, chopped
- 2 – 4 cloves garlic, minced
- 1 – 2 bay leaves
- 1 – 2 teaspoons oregano
- Pinch of allspice
- 1 – 8 ounce can tomato sauce
- 3 cups water or beef broth
- 1-teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS:

- Heat olive oil in heavy Dutch oven.
- Add beef in batches and brown well on all sides; set aside.
- Add onion to pot and saute until golden.
- Drain off any excess fat.
- Return beef to pot and add garlic, bay leaves, oregano, allspice, salt, pepper, tomato sauce, and water or beef broth.
- Bring to simmer and cook for 1-1/2 hours until meat is just tender.
- Add desired vegetables and cook approximately 30 additional minutes until meat and vegetables are completely tender.
- Adjust seasonings.

- Serve with sweet French bread and/or roasted potatoes.

Vegetable options:

- Green Beans – Cut 2 pounds fresh green beans in 3-inch lengths, or use one large (28 ounce) bag of frozen green bean cuts.
- Peas – Use 2 pounds fresh-shelled peas or one large (32 ounce) bag frozen peas.
- Okra – Use 1-pound fresh okra or one 16-ounce bag frozen okra.
- Zucchini – Use 6-8 medium fresh zucchini (approximately 2 pounds) cut into large pieces.
- Lima Beans – Use 1 pound large fresh-shelled lima beans or one 16-ounce bag frozen large (NOT “baby”) lima beans.
- Potatoes – Use 2 pounds red or white potatoes cut into large pieces (peeled, if desired).
- Potatoes and Green Beans – Use 1 pound red or white potatoes cut into large pieces (peeled, if desired) and either 1 pound fresh green beans cut into 3 inch lengths or one 16-ounce bag frozen green bean cuts.



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SIMPLY DELICIOUS GREEK COOKING

Kota me Bamyas *Chicken and Okra Stew*

Braised chicken and okra in a light tomato sauce. This is Greek down home cooking at its best. Simple, tasty, and chocked full of vegetables.

INGREDIENTS:

- 2 - 3 pounds chicken pieces
- 1 8-ounce can tomato sauce
- 2 - 4 tablespoons olive oil
- 1 cup water
- 1/2 cup dry white wine (optional)
- 1 large onion, chopped
- 2 - 4 cloves garlic, minced
- 1 - 2 carrots, peeled and cut into small cubes
- 1 pound okra (fresh or frozen)*
- 1 - 2 teaspoons oregano
- 1 - 2 bay leaves
- Pinch of allspice
- 1 teaspoon salt
- Pepper to taste

DIRECTIONS:

- Prepare okra*, if desired.
- Rinse and dry the chicken pieces.
- Heat olive oil in heavy Dutch oven.
- Add chicken pieces in batches and brown well on all sides; set aside.
- Add onion to pot and saute until golden.
- Drain off any excess fat.
- Return chicken to pot and add garlic, bay leaves, oregano, allspice, salt, pepper, tomato sauce, carrots, water, and wine (if using).
- Bring to simmer and cook for 20 minutes until chicken is just tender.
- Add okra and cook approximately 15-30 additional minutes until chicken and vegetables are completely tender; do not overcook okra.
- Sauce should reduce and thicken slightly.
- Add a little more water if necessary.
- Serve with unsweetened, plain yogurt and bread, rice, bulgur wheat, or noodles.

*** Fresh Okra Preparation (optional):**

- Wash the okra in cold running, water.
- Clean by cutting off the stem ends, taking care not to cut into the flesh of the okra.
- Place in a glass baking dish.
- Sprinkle with 1/2 cup vinegar.
- Let stand 30 minutes.
- Wash thoroughly in cold water before adding to stew.

*** Frozen Okra Preparation (optional):**



- Defrost
- Place in a glass baking dish.
- Sprinkle with 1/2 cup vinegar.
- Let stand 15 minutes only.
- Wash thoroughly in cold water before adding to stew.



SIMPLY DELICIOUS GREEK COOKING

Stifado *Spicy Beef Stew*

This is not a typical beef stew. Spicy, meaty, and full of pearl onions! Family and friends will rave about this delicious concoction!

INGREDIENTS:

- 2 pounds lean stewing beef
- 2 tablespoons olive oil
- 1 - 2 pounds pearl onions, peeled
- 2 - 4 cloves garlic, minced
- 1 6-ounce can tomato paste
- 1 1/2 - 2 cups water or beef broth
- 1/2 cup red wine (optional)
- 1/4 cup red wine vinegar
- 2 bay leaves*
- 1/4 teaspoon cinnamon*
- 1/4 teaspoon allspice*
- 1/8 teaspoon ground cloves*
- 1 teaspoon each salt and pepper

DIRECTIONS:

- Heat olive oil in heavy Dutch oven.
- Add beef in batches and brown well on all sides; set aside.
- Add onion to pot and saute until golden; set aside
- Drain off any excess fat.
- Return beef to pot and add garlic, bay leaves, tomato paste, wine, wine vinegar, spices, and water or broth.
- Bring to simmer and cook for 60 minutes until meat is just tender.
- Add more water if necessary.
- Add onions and cook approximately 30 additional minutes until meat and onions are completely tender.
- Adjust seasonings.

Serve Stifado with rice, noodles, or potatoes.

*Variation: Use 1 - 2 tablespoons pickling spice instead of bay leaves and ground spices. Place pickling spices in cheesecloth square, tie, and simmer along with stew. Remove before serving.





SIMPLY DELICIOUS GREEK COOKING

Tzatziki *Cucumber & Yogurt Sauce*

This fresh and flavorful sauce is the perfect accompaniment for broiled meats, chicken, and ground meat dishes. This will add zip to any meal

INGREDIENTS:

- 2 cups plain yogurt, drained
- 2 standard cucumbers or 1 English cucumber
- 4 cloves garlic, pressed
- 3 tablespoons olive oil
- 1 tablespoon wine vinegar or lemon juice
- 1 teaspoon dill weed
- Salt and pepper to taste

DIRECTIONS:

- Optional: Place a piece of cheesecloth in a colander and pour in the yogurt. Allow the yogurt to drain for at least 2 hours.
- Peel cucumbers (do not peel English cucumber); remove seeds with a spoon; grate the cucumbers.
- Strain and squeeze dry cucumbers tightly using a cloth.
- Mix all the ingredients.
- Refrigerate for at least 1/2 hour.

Serve with warmed pita bread pieces, gyros, and raw vegetables.



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SIMPLY DELICIOUS GREEK COOKING

Hummus *Garbanzo Bean Dip*

A perfect dip for a party! Tasty, tangy, and full of nutrition!

INGREDIENTS:

- 1 cans garbanzo beans, drained
- 1-tablespoon Tahini or sesame seeds
- 2 cloves garlic, pressed
- ¼ cup olive oil
- Juice of one lemon
- Salt to taste

DIRECTIONS:

- Mix all of the ingredients together in food processor until smooth.
- Add additional drops of water if mixture is too thick.
- Cover and refrigerate for at least 1 hour.
- Adjust seasoning if necessary.
- If desired, drizzle with additional olive oil before serving.

Serve with pita bread, flat bread, or whole wheat/sesame crackers (like Ak Mak).



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SIMPLY DELICIOUS GREEK COOKING

Maidanosalata *Greek Parsley Spread*

Tangy, pungent, and bursting with flavor! This fresh spread perks up simple fried, baked, or even poached fish. It also adds an extra dimension to cold, leftover roast chicken, and livens up fried and boiled vegetables.

INGREDIENTS:

- 1 1/2-2 inch thick slice of hearty white bread (crust removed and soaked in water)
- 1/2 onion, roughly chopped
- 2 -3 cloves garlic
- 1 bunch parsley, washed and stems trimmed
- Juice of one lemon
- 1/3 cup olive oil
- 1 teaspoon wine vinegar
- 1/2 teaspoon salt
- Pepper to taste

DIRECTIONS:

- Squeeze the soaked bread to remove excess water.
- Place the bread in a food processor with the onion, garlic, lemon juice, vinegar, salt, and half the parsley.
- Process until everything is reduced to a paste.
- Add and process remaining parsley.
- While blending, slowly add the rest of the olive oil.
- Taste and adjust the seasoning, adding more salt, pepper, or vinegar if necessary.
- Refrigerate for 1/2 hour.

Serve with fried, baked, or poached fish; cold, leftover roast chicken; and fried or boiled vegetables.



SIMPLY DELICIOUS GREEK COOKING

Avgolemeno Sauce *Egg/Lemon Sauce*

Silky smooth, sumptuous and rich, with a distinct lemon tang. Nothing could be better served with cooked vegetables of all kinds, and especially stuffed cabbage or grape leaves. A true Greek classic!

Ingredients:

- 1/3-cup flour
- 1/3-cup butter
- 2 1/2 - 3 cups heated broth (chicken or vegetable)
- 2 eggs, beaten
- Juice of two lemons
- Salt and pepper to taste

Directions:

- Melt the butter in a saucepan.
- Add the flour, stirring mixture to blend well.
- Allow butter/flour mixture to cook and bubble at least one minute.
- Slowly pour in heated broth, stirring continuously.
- Cook mixture until thickened.
- Turn heat to low.
- Beat eggs in separate bowl with lemon juice.
- Add hot sauce, ladleful by ladleful, to egg mixture.
- Incorporate at least half of sauce into eggs.
- Slowly pour back egg/sauce mixture into sauce in pot.
- Add salt and pepper to taste.
- Cook over low heat for at least five minutes.
- Keep warm over very low heat.

Serve with cooked cabbage wedges, broccoli, cauliflower, brussel sprouts, zucchini, artichokes, stuffed cabbage leaves, and fish.



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SIMPLY DELICIOUS GREEK COOKING

Kadaife Ekmek *Custard Dessert*

A sweet, creamy dessert made with a base of kadaife pastry dough. Kadaife is finely shredded fillo dough that can be purchased at a Greek or Middle Eastern specialty grocery store.

INGREDIENTS:

Crust Ingredients:

- 1 pound frozen kadaife (shredded fillo pastry dough) or 1 box Shredded Wheat (large biscuits)
- ¾ cups sweet butter, melted
- Milk/water

Syrup Ingredients:

- 2 cups sugar
- 2 teaspoons honey
- 1 cup water
- 1 cinnamon stick (optional)

Custard Ingredients:

- 4 tablespoons cornstarch
- 1/2 cup sugar
- 4 cups milk
- 4 egg yolks, lightly beaten
- 1 teaspoon vanilla extract

Topping Ingredients:

- 2 cups whipping cream
- 1/2 cup powdered sugar
- 1 teaspoon vanilla extract
- Sliced toasted almonds (optional)
- Maraschino cherries (optional)
- Cinnamon (optional)

DIRECTIONS:

To Prepare Crust:

- Crumble frozen kadaife or shredded wheat biscuits into a 13x9-inch glass baking dish (If using shredded wheat, dip lightly in milk or water before crumbling into baking dish); make at least a 1/2 inch layer of kadaife/shredded wheat base.
- Drizzle with melted butter.
- Bake at 350 degrees for 30 minutes or until golden brown.
- Remove from oven and cool.

To Prepare Syrup:

- In small pot, combine sugar, water, and flavoring.
- Bring to a boil and simmer 10-15 minutes.
- Spoon syrup over kadaife and cool.

To Prepare Custard:

- Combine cornstarch and sugar in small bowl.
- Add cold milk and whisk until no lumps appear.
- Pour milk mixture into saucepan.
- Cook over low heat, stirring constantly until milk mixture bubbles and thickens.
- Turn heat to low.
- Beat eggs yolks in separate bowl.
- Add hot milk mixture, ladleful by ladleful, to egg yolks.
- Incorporate at least 1 cup of milk mixture into eggs.
- Slowly pour back egg/milk mixture into pot.
- Add vanilla.
- Cool custard for about 1 hour, stirring occasionally to prevent "skin" from forming.

To Prepare Topping:

- Beat the whipping cream with the powdered sugar and vanilla until stiff.

To Assemble Ekmek:

- Spread custard evenly over kadaife crust.
- Refrigerate 1-2 hours.
- Top with layer of whipped cream.
- If desired, decorate top with almonds and cherries or sprinkle top with cinnamon.
- Chill well before serving.





SIMPLY DELICIOUS GREEK COOKING

Koulouria

Sesame Cookie Twists

These delicious, lightly sweetened cookies are perfect for dunking in coffee or tea. But beware...one is never enough!

Ingredients:

Cookie:

- 1- $\frac{3}{4}$ cups butter (3 $\frac{1}{2}$ cubes)
- 1-cup sugar
- 4 tablespoons baking powder
- 2 teaspoons vanilla extract
- 4 eggs, beaten
- 6 cups flour

Topping:

- 1 $\frac{1}{2}$ cups sesame seeds
- 1 egg yolk, beaten
- 2 teaspoons milk
- $\frac{1}{2}$ teaspoon sugar

Directions:

- Using electric mixer, cream butter, sugar, eggs, and vanilla.
- Mix dry ingredients in separate bowl.
- Add egg mixture to dry ingredients, blending well. Add 1 tablespoon of milk at a time if dough is too dry. Dough should be pliable but very dense.
- Scoop out portions of dough about the size of a small lemon.
- Roll into 8 – 10 inch thin, long ropes. Ropes should be no thicker than a pencil or a woman's "pinkie" finger.
- Shape into twists.
- Dip tops of twists in bowl of sesame seeds; shake off excess seeds.
- Place twists on greased cookie sheet.
- Combine beaten egg yolk, 2 teaspoons milk, and $\frac{1}{2}$ teaspoon sugar.
- Brush/dab each twist with egg yolk mixture.
- Bake at 350 degrees for 20 – 25 minutes; tops should be a light, toasty brown. Be careful not to over brown or burn the cookies.
- Cool thoroughly; store in airtight container.



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SIMPLY DELICIOUS GREEK COOKING

Kourabiedes *Butter Cookies*

Traditional Greek Christmas cookies coated with powdered sugar. This is one of the confections traditionally consumed in large quantities in Greece during the holiday season.

INGREDIENTS:

- 1 pound sweet, unsalted butter
- 1/2 cup powdered sugar
- 1 egg yolk
- 4-4 1/2 cups flour (no more than 4 1/2 cups)
- 1-2 pounds powdered sugar

DIRECTIONS:

- Soften butter at room temperature.
- In large bowl, cream butter until light and fluffy using an electric mixer.
- Add sugar and egg yolk and continue to cream.
- Gradually add the flour, a little at a time, until a soft buttery dough is formed.
- Break off pieces slightly larger than a walnut and roll into balls, half-moons, or S-curves.
- Place on cookie sheets allowing an inch between each cookie.

- Bake at 350 degrees for 15-20 minutes or until golden colored, not browned; do not over bake.
- Remove from the oven and carefully.
- Place on paper towels and allow to cool.
- Sift powdered sugar over cooled cookies; they must be very well coated.
- Makes about 3 dozen cookies.
- For a colorful presentation, cookies may be served in individual paper muffin baking cups.

To Store:

- Line bottom of airtight container with wax paper.
- Separate cookie layers with wax paper.
- Sift additional powdered sugar on each layer.

Variations:

- Add 1/2 cup blanched and finely chopped almonds or finely chopped walnuts to the dough before shaping.
- Add 1 teaspoon vanilla with the egg yolk.
- Add 1/2 teaspoon baking powder for a lighter, fluffier cookie.
- Sprinkle cookies with 1-2 tablespoons rose water as soon as they come out of the oven.
- Stud each cookie with a whole clove before baking.

Do NOT inhale when taking a bite!



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SIMPLY DELICIOUS GREEK COOKING

Melomacarona *Greek Honey/Walnut Cookies*

Traditional Greek Christmas cookies soaked in honey syrup and topped with crushed walnuts. This is one of the confections traditionally consumed in large quantities in Greece during the holiday season. Perfect for a large buffet. Flavor improves upon standing, so may be made ahead.

INGREDIENTS:

Cookies:

- 3 eggs
- 1¾ cups vegetable oil
- 2 tablespoons baking powder
- 1/2 cube melted butter
- 1 tablespoon honey
- ¼ cup orange juice
- 5 1/2-6 cups flour
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 cups finely ground walnuts

Syrup:

- 1 1/2 cups honey
- 2 cups sugar
- 1 1/2 cups water
- Juice of 1/2 lemon

DIRECTIONS:

- In large bowl, combine melted butter and oil.
- Add eggs, honey, and orange juice.
- In another bowl, combine baking powder, cinnamon, nutmeg, and only **4** cups flour.
- Gradually add combined dry ingredients to liquid mixture.
- Add additional flour (up to two more cups) until a soft dough is formed.
- Knead dough until it feels soft and pliable and it no longer sticks to fingers or sides of the bowl.
- Shape dough into rounded 2 inch ovals.
- Place ovals 2 inches apart on ungreased cookie sheet and flatten slightly with palm of hand, fingers, or fork tines.
- Bake cookies at 350 degrees for 25 minutes until lightly browned.
- Meanwhile, make syrup. *
- Combine all syrup ingredients in large, wide-bodied saucepan.
- Bring to boil, reduce heat and simmer for 5 minutes.
- Remove from heat.
- While cookies are still warm, dip several at a time in warm syrup using slotted spoon.
- Be certain that all surfaces of cookies are coated with syrup.
- Do not keep cookies in syrup more than two minutes.
- Remove cookies and place on cookie sheet lined with wax paper.



- Sprinkle immediately with finely ground walnuts.
- Press walnuts lightly onto cookies.
- Store in airtight container lined with plastic wrap or aluminum foil.
- Let stand at least 2 hours to overnight before serving.

* Leftover syrup may be strained and stored in a cool place and used again.



SIMPLY DELICIOUS GREEK COOKING

Paximadia *Toast Cookies*

Similar to Italian biscotti, these cookies are toasty, slightly sweet, and perfect for dunking in coffee and tea.

Ingredients:

- 2 cubes butter (1/2 lb. or 8 oz.)
- 1 c. sugar
- 3 eggs, beaten
- 3 tsp. baking powder
- 1/2 tsp. baking soda
- 1 tbsp. lemon or orange rind
- 1 tsp. lemon or orange extract
- 1 tbsp. vanilla
- 5-1/2 c. flour
- 1/4 c. milk

Directions:

- Using electric mixer, cream butter and sugar.
- Continue mixing, adding eggs, vanilla, and lemon/orange extract.
- Mix dry ingredients in separate bowl.
- Add egg mixture to dry ingredients, blending well. Add 1 tablespoon of milk at a time if dough is too dry. Dough should be pliable but very dense.
- Divide dough into two approximately equal portions.
- Form one portion of dough into a long, flattened roll, approximately 4 inches wide on an unbuttered cookie sheet. Do the same with the other portion.
- Cut rolls in 1-inch slices; do NOT cut all the way through.
- Bake at 350 degrees for 20 – 25 minutes. Rolls should be very, very light brown. Do NOT over bake; they will look under baked.
- While still warm, slice the rolls, cutting all the way through the scored cuts.
- Lay each piece cut side up on cookie sheet.
- Bake at 350 degrees until toasty, turning once (about 7 minutes per side). Be careful not to over brown or burn the cookies.
- Cool thoroughly; store in airtight container.



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SIMPLY DELICIOUS GREEK COOKING

Psaria Skordhalia me Dendrolivano *Fish in Rosemary and Garlic Sauce*

The rosemary, garlic, and vinegar in this recipe add a delicious distinction to simple fried fish.

INGREDIENTS:

Fried Fish:

- 3 pounds firm fleshed fish, fillets or whole* (smelts, trout, red snapper, catfish, etc.)
- Salt and pepper to taste
- Flour
- Vegetable oil

Sauce:

- 3 tablespoons flour
- 1 cup hot water
- 1/2 cup white wine vinegar
- 2 teaspoons dried rosemary
- 3 cloves garlic, minced

DIRECTIONS:

- Wash the fish well under running water; pat dry with paper towels.
- Season the fish with salt and pepper.
- Season flour with salt and pepper.
- Dredge fish in the flour and shake off the excess.
- Heat ¼ - 1/2 inch of oil in a skillet.
- Fry the fish over medium heat until golden brown on both sides and cooked through. Place fish in a deep serving dish.
- Strain 3 tablespoons frying oil into a saucepan.
- Saute the garlic until it is light gold.
- Add 3 tablespoons flour, stirring mixture to blend well.
- Allow oil/flour mixture to cook and bubble at least one minute.
- Slowly add the hot water, vinegar and the rosemary, stirring continuously.
- Cook mixture until thickened.
- Season with salt and pepper to taste.
- Simmer for 2-3 minutes.
- Pour sauce over the fish.

The longer the fish stand covered in sauce, the more pronounced the flavors. This may be eaten hot, room temperature, or cold.

* Whole fish should be cleaned and gutted, but heads may be left on (yum!).



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SIMPLY DELICIOUS GREEK COOKING

Tiropita *Feta Cheese Pie*

A classic dish, popular at Greek restaurants and festivals. Creamy filling with the tang of feta cheese surrounded by layers of flaky fillo pastry dough. A treat for the taste buds!

Ingredients for 15" x 10" pan:

- 1 lb. fillo
- 4 – 5 eggs
- 1 large carton cottage cheese*
- 8 oz. Feta cheese
- 2 tbsp. dry, unflavored breadcrumbs
- olive oil, extra virgin
- butter

Filling:

- Beat eggs
- Chop/crumble Feta cheese
- Combine eggs, cottage cheese, Feta cheese, and breadcrumbs in large bowl. Mix well.

To assemble pita:

- Layer 1/2 fillo sheets for bottom of pita.
- Do not cut bottom fillo sheets to pan size; keep sides up.
- Brush olive oil between each layer of fillo; brush sides.
- Pour in filling; spread evenly.
- Fold fillo sides over to completely enclose filling.
- Cut remaining 1/2 fillo sheets to pan size.
- Continue layering fillo sheets, brushing olive oil between each layer.
- Brush top of final fillo sheet with butter to aid browning.
- Trim excess fillo dough from sides and corners of pan.
- Cut through TOP fillo layers ONLY; do NOT cut all the way through.
- Bake pita at 350 degrees for 45 – 60 minutes; pita should be light, golden brown.
- Let cool for at least 1/2 hour before cutting all the way through.
- Serve warm, at room temperature, or cold.
- Refrigerate leftovers.

* May substitute one large tub of ricotta cheese or two 8-ounce packages of cream cheese.

Low fat version: use non-fat cottage cheese (or ricotta cheese or cream cheese), non-cholesterol egg substitute (such as Egg Beaters), and an olive oil vegetable spray (such as Pam).



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SIMPLY DELICIOUS GREEK COOKING

Melintzanosalata *Roasted Eggplant Salad*

Deliciously different! A perfect appetizer spread with crackers.

INGREDIENTS:

- 1 large eggplant
- 1 medium onion, finely chopped
- 2 garlic cloves, finely minced or crushed
- ¼ cup chopped parsley
- ¼ cup olive oil
- ¼ cup wine vinegar or lemon juice (juice of 1 lemon)
- Salt and pepper to taste

DIRECTIONS:

- Place whole, washed eggplant in greased baking pan.
- Bake at 350 degrees oven 60 minutes, until soft. Allow skin to turn black so as to give a smoky flavor to the salad.
- Allow eggplant to cool off a bit so you can handle it.
- Slice the eggplant down the middle and scoop out the pulp.
- Put the eggplant pulp on a cutting board and chop it up finely.
- Lightly saute chopped onion and garlic in olive oil.
- In a bowl, combine the chopped eggplant, onion and garlic mixture with all the olive oil, and vinegar or lemon juice.
- Salt and pepper to taste.
- Cover and refrigerate for at least 1 hour.
- Adjust seasonings if necessary.

Serve with pita bread, flat bread, or whole wheat/sesame crackers (like Ak Mak).



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SIMPLY DELICIOUS GREEK COOKING

Patatosalata *Potato Salad*

Fresh, lively, and bursting with flavor. This salad brightens any meal and is a delicious alternative to the typical mayonnaise-laden versions.

Ingredients:

- 2 – 2 1/2 lbs. wax potatoes (white, Yukon Gold, or red)
- 1/2 cup extra virgin olive oil
- Juice of 1- 2 large lemons
- 1 red onion, finely diced
- 1 cup finely chopped fresh parsley
- 1 teaspoon dried Greek oregano (optional)
- Salt and Pepper to taste

Directions:

- Finely chop onion and parsley.
- In a small bowl, combine olive oil, lemon juice, oregano (if used), parsley, 1 teaspoon salt and onion. Mix well and set aside.
- Wash potatoes well.
- Add potatoes to a large pot of boiling, lightly salted water. Cook potatoes at low boil for about 15 - 20 minutes, or until potatoes are just tender. Do not overcook.
- Drain water and let potatoes cool slightly to touch.
- When slightly cooled, peel and cut potatoes into slices or large dice (If desired, leave skin on red potatoes).
- Place potatoes in a large bowl; add dressing and season with additional salt and pepper to taste. Toss to coat.
- Cover bowl and refrigerate for several hours or overnight. Stir every once in a while to redistribute dressing.



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SIMPLY DELICIOUS GREEK COOKING



Xoriatiki Salata *Greek Village Salad*

Fresh, flavorful, and full of good things! Serve with dinner or add some crusty bread, and make it a light meal all by itself.

INGREDIENTS:

- 2 - 3 tomatoes
- 1 cucumber, peeled and thinly sliced
- 1/2 small red onion, thinly sliced
- Lettuce (small head or 1 bag)
- 4 - 6 ounces Feta cheese, crumbled
- 1/2 cup Kalamata olives, pitted and halved
- 3/4 cup olive oil
- 1/4 cup lemon juice or red wine vinegar
- 1 teaspoon Greek oregano
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- Pepper to taste

DIRECTIONS:

- Cut the tomatoes in wedges.
- Tear lettuce in pieces.
- Mix tomatoes, cucumber, onion, and lettuce in a salad bowl.
- Top with the olives and Feta cheese.
- Combine the olive oil, lemon juice or vinegar, garlic, and oregano.
- Pour the dressing over salad and toss.
- Add pepper to taste.



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SIMPLY DELICIOUS GREEK COOKING

Ladolemeno Sauce *Lemon & Oil Sauce*

This simple and tasty sauce is traditionally served over cooked vegetables.

Ingredients:

- Juice of one or two lemons
- 1/2 cup olive oil
- Salt and pepper to taste

Directions:

Combine all ingredients.

Serve over cooked cabbage, broccoli, cauliflower, or brussel sprouts; cooked spinach, Swiss chard, or any other dark, leafy greens.



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SIMPLY DELICIOUS GREEK COOKING

Skordhalia Sauce *Fresh Garlic Sauce*

This sauce packs a garlicky punch! Bursting with flavor, this fresh spread perks up simple fried or boiled vegetables, and it also livens up fried fish.

Ingredients:

- 6 to 8 cloves fresh garlic
- 1-teaspoon salt
- 1-cup mashed potatoes or fresh white breadcrumbs (moistened and squeezed dry)
- 1/2 cup olive oil
- ¼ cup lemon juice
- 2 tablespoons wine vinegar

Directions:

- Mortar and Pestle:

Clean and crush garlic with salt in a mortar. Add either the mashed potatoes or the breadcrumbs. Pound well until a smooth paste is obtained. Add olive oil, lemon juice, and vinegar alternately in very small quantities, stirring the sauce with the pestle.

- Electric Mixer:

Crush garlic with garlic press; mix potatoes or breadcrumbs with garlic and salt in bowl with electric mixer, adding olive oil with the lemon juice and vinegar very slowly until completely absorbed. Continue to beat until the sauce is stiff enough to hold its shape.

- Blender:

In an electric blender, blend garlic, salt, lemon juice, and vinegar; add mashed potatoes or breadcrumbs. Add olive oil slowly. If mixture is too thick to blend, add one tablespoon of water at a time

Serve with broiled or fried fish, fried eggplant or zucchini and with cooked beets and beet greens.



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SIMPLY DELICIOUS GREEK COOKING

Rizogalo Rice Pudding

Old fashioned rice pudding like grandma used to make in Greece. With no eggs, this is not a custardy pudding, but it certainly is delicious!

INGREDIENTS:

- 1/3 cup short grain rice
- 1/2 cup water
- 1 quart warmed milk
- ¼ - 1/2 teaspoon cinnamon
- ¼ - 1/2 teaspoon vanilla extract
- 1-tablespoon butter
- 1/2 cup sugar
- 1/2 cup raisins

DIRECTIONS:

- Cover the rice with 1/2 cup of water and set it aside for at least 5 minutes.
- Combine the milk and the sugar in a saucepan; bring them to a boil over moderate heat.
- Add the rice with the water to the hot milk and bring it to a boil, while stirring constantly.
- Reduce the heat and gently simmer the mixture until it is thick and creamy and rice is completely tender, about 15-20 minutes.
- If the liquid has evaporated before the rice is cooked, add a little more hot water to it.
- Do not overcook; mixture will thicken upon cooling.
- Add the cinnamon, raisins, butter, and vanilla.
- Cook 5 minutes longer.
- Pour the pudding into small serving bowls.
- Sprinkle with additional cinnamon if desired.

Pudding may be served warm, after it has cooled at least one hour, or it may be refrigerated and served cold. Top with whipped cream, if desired.



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SIMPLY DELICIOUS GREEK COOKING

Vasilopita *New Year's Cake*

A dense, pound cake like treat, traditionally served for New Year's. A coin is hidden in the cake. Whoever gets the slice with the hidden coin is said to also get good luck all throughout the coming new year.

Ingredients:

Cake:

- 1 pound sweet, unsalted butter
- 2 cups sugar
- 6 eggs
- 2 teaspoons vanilla
- 3 teaspoons baking powder
- 1 teaspoon salt
- 7 cups flour

Topping:

- Blanched, whole almonds
- 1 egg yolk, beaten
- 2 teaspoons milk
- 1/2 teaspoon sugar

Coins:

- Assorted silver coins (washed well and wrapped in aluminum foil)

Directions:

- Using electric mixer, cream butter, sugar, eggs, and vanilla.
- Mix dry ingredients in separate bowl.
- Add egg mixture to dry ingredients, blending well; dough will be thick and dense.
- Pat cake mixture into two buttered 8" x 8" square pans. *
- Spread batter between 1 – 1 1/2 inches thick.
- Hide coins in cake batter.
- Decorate cake tops with almonds.
- Combine beaten egg yolk, 2 teaspoons milk, and 1/2 teaspoon sugar.
- Brush each cake top with egg yolk mixture.
- Bake at 350 degrees for about 40 minutes until golden brown and pick inserted near center of cake comes out clean.
- Cool completely.
- Serve cake slices with fruit, if desired.

* Smaller, individual cakes may be made instead of two larger cake. Spread batter between 1 – 1 1/2 inches thick.

Note: Leftover cake may cut into 1 inch slices and toasted in oven like Paximadia.. Lay each piece cut side up on cookie sheet. Bake at 350 degrees until toasty, turning once (about 7 minutes per side). Be careful not to over brown or burn the cake slices.

