

# Greek recipes

Get winning



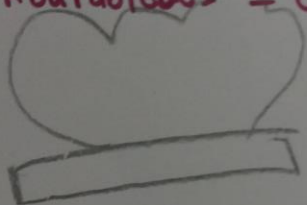
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\* Serving: On a platter, put some honey and a coarse nut. We lay a layer of melomakarona and repeat the same process several times



# Melomakarona (Christmas sweet)



## Ingredients

for the dough

- 7 cups (about 1 kg) of flour for all uses sifted
- 500 ml sunflower oil
- 200 gr sugar
- 200 ml orange juice
- zesting of 2 oranges
- 1 tbs cinnamon and cloves mixed
- 1 tbs soda
- 1 1/2 tsp baking powder

For stuffing

- 200 gr of coarse walnuts
- 1 tbs of cinnamon

For syrup

- 500 gr honey
- 500 gr sugar
- 500 ml water
- 1-2 cinnamon sticks

## How to do it:

Syrup: In a saucepan, put the water, sugar and cinnamon sticks. Put in the heat, let boil for 1 minute (from when boiling starts) and withdraw. Pour the honey and let it cool down.

Melomakarona: In a deep dish pour all the liquids. Add the powdered soda and all herbs together. Mix with the hand very well and add the flour. Gently continue mixing by hand from the center outwards so that the dough does not "twist". We place the melomakarona in small oval shapes (stuffed with a tsp of walnuts and cinnamon) and we pass one surface on a grater or a screen to get a rough look. Place them in a baking sheet and bake in a preheated oven at 180°C for about 30 minutes until they get a dark golden color. As soon as they leave the oven, pour them warm in the cold syrup. With a ladle, turn them for about 1 minute. Take them out and leave them to drain.

## New Year's Cake

### Ingredients

- 900 g butter, at room temperature
- 250 g icing sugar
- 1/2 teaspoon ground nutmeg
- 2 g mastic
- 7 g mahlab
- 2 tablespoons all-purpose flour
- 1 tablespoon granulated sugar
- grated zest of 1-2 oranges
- 2 packets vanilla powder or 2 teaspoons vanilla extract





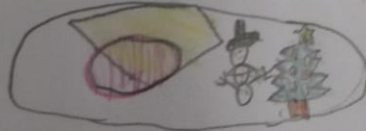
## Revani from Yeri

### Materials

- 300 g flour
- 270 g semolina coarse
- 2 and a half baking
- 250 g sheep butter melted (This in the jar)
- 300 g sugar
- 6 eggs
- 1 sprig of vanilla (its aromatic sprays)
- 1/4 c mastic sharpened
- 250 g yoghurt strained cow
- Syrup:
- 1 Kg of sugar
- 1 Kg of water
- 1/4 lemon juice
- The sponge of vanilla

How to do it:

PeBavi = Revani



# INGREDIENTS

## Chalvas

- 1 cup of seed oil
- 2 cups of semolina thick
- 3 cups of sugar
- 4 cups of water
- smells (cinamon, cinamon stick, orange peel or lemon)

How do we do it:

In a saucepan we put the water, the sugar and the smell we want... I put cinamon naturally. Boil the syrup. In another pot, we put the seed oil and semolina and heat it. Stir continuously to prevent the meal from burning. Once we get the hot syrup. (with a lot of attention because it flows and throws out... and it burns a lot)

Mix the halva until it coagulates and then put it in a mold or pan to cool it. Sprinkle with cinamon and enjoy



# Pancakes from Thface

name: Zoe



## Ingredients

- 9gr dry yeast or 30gr fresh yeast
- 1 cup warm milk
- 1 cup lukewarm water
- 2 eggs
- 1 teaspoon salt
- 2 teaspoons sugar
- all-purpose flour (as it takes)

## Directions

In a large bowl mix salt, sugar and yeast. Add milk and water. Whisk them all together. slowly add flour until the dough becomes "waterless".

Tip?

Sink a spoon to find out if the dough is ready. The mixture must leave from the spoon taking it out of the bowl.



## Kourabiedes (Christmas Sweet)

### Materials:

- 300 g milk butter (what is sold in the jar and is usually sheep and goat milk - we use it cold so it is in solid form)
- 120 g almonds undigested
- 1/2 tsp. baking powder
- 110 g powdered sugar + extra for sprinkling
- 25 g rum black or cognac
- 600 g flour for all uses

### How to make it:

Apply the almonds to a pan and bake them at 160°C (in a preheated oven, on the resistors) for 8 minutes to roast. Allow to cool well and shred them in the mortar in chunks or break them by pressing them with the roller between two sheets. Beat the butter in the feather mixer with the powder at a speed of about 20 minutes. (The more we beat it, the better it will become the dough. This is the secret to the curabi.) Then we gradually pour the flour, the baking powder and the vanilla and keep firing at a slower speed (why will the be set) for 10 minutes. Finally, add almonds and



## Moussakas



### Materials

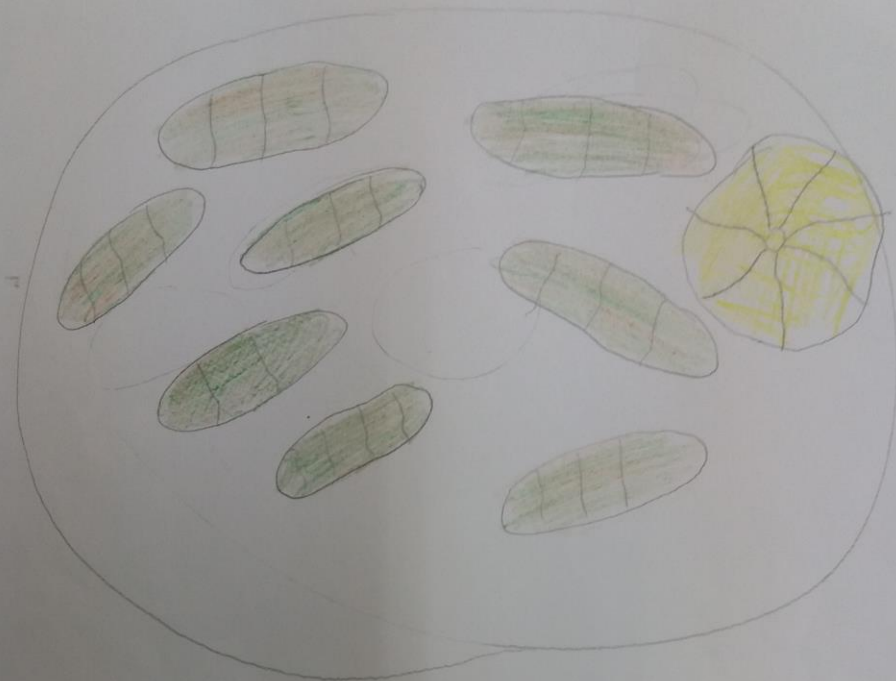
- 6 aubergines (flakes)
- 1/4 cup of chopped fried tea
- Olive oil for frying
- for stuffing
- 1 kilogram of beef mince
- 3 cups of ripe mature tomatoes chopped
- 2 tablespoons of tomato paste
- 2 cloves of garlic chopped
- 1 large dry onion finely chopped
- 6-8 tablespoons of olive oil
- 1 glass of wine white dry wine or red dry wine
- 1 pinch of cinnamon
- 1 pinch of nutmeg
- 2-3 tablespoons of parsley finely chopped
- salt Pepper

## Beans in the oven (fasoulia/εγυας)

### Materials

- 1 1/2 kg beans moderate
- 3 onions and 1 for boiling
- 2 tablespoons of tomato paste
- 1 tbsp. red pepper (paprika)
- 2 cups of olive oil
- 1 cu. sesame oil (alternatively 1 tbsp tahini)
- salt





## Cretan marshmallows with fresh vine leaves

Materials (for half a kilo of vine leaves):

- 1/2 kilo of fresh vine leaves
- 2 cups of rice
- 2 large or 3 medium dried onions grated on the grater or finely chopped (not ground to the multi)
- 1 bunch (5-6) green onions finely chopped
- 1 cup olive oil half of the stuffing and the other half in the saucapan)
- 1 bunch of parsley finely chopped (about a cup)
- 1 bunch of dill finely chopped (about a cup or a little less)
- 1 small bunch of marshmallows
- 1 large tomato grated
- 2 artichokes finely chopped (or 1 courgette grated on the grater and a finely chopped)



## GREEK STUFFED TOMATOES AND PEPPERS

Materials for 6 people:

- 6 large tomatoes
- 6 peppers large
- 3 potatoes
- 500g onions
- 1 1/2 fl. rice
- 2 fl. Olive oil
- 1 bunch of parsley finely chopped
- 1 little dill finely chopped
- Salt Pepper

Cut the top of peppers and tomatoes and keep it. Remove the peppers from the tomatoes and keep it. Bake the oil in a pan, slicing the onion until browned, pour the rice, parsley, dill, tomato pepper and salt pepper. Stir the mixture and fill the tomato peppers. Cut the potatoes into slices and put them all in an oiled baking dish. Bake in a moderate oven for about 45'.

## Ladenia from Kimolos island



### Recipe ingredients

For dough

- 750 g flour for all uses
- 4 tbl. olive oil
- 1 sachet of instant yeast
- 1/2 tsp. salt
- about 1 1/2 glasses of lukewarm water

For "stuffing"

- 3 tomatoes mature and tight
- 3 dried onions
- salt, freshly ground pepper, oregano
- 1/4 fl. olive oil

Optional: Colored peppers, olives, mushrooms, anything you like for you children and you

### How to do it:

- ♥ Sift the flour into a bowl.
- ♥ Sprinkle yeast and sugar.
- ♥ Add the olive oil and rub the flour with the fingers.
- ♥ Add the rest of the materials with the water a little bit and salt.
- ♥ Add the water a little bit and salt and knead until we have a dough uniform that does not stick to the hands.