

**Around Cultural Heritage
Investigate European Values with
Erasmus+
ACHIEVE+ PROJECT**



**4th Junior High School
of Komotini,
GREECE**



Erasmus+

This project is funded by the European Union.





TRADITIONAL GREEK DISHES



STARTER

Tzatziki

Pasali Hasan Hakan

Zervouli Elisavet

Ingredients

- Greek yoghurt
- Cucumber
- Extra Virgin olive oil
- Garlic
- Salt
- Vinegar



Preparation

- First we cut the cucumber with the greater and push it so all the extra water will come off
- Later on we chop the garlic.
- We add Salt, Vinegar, extra virgin olive oil
- And lastly we mix everything together and our tzatziki is ready to be eaten!



SALAD

Greek Salad

Pasali Hasan Hakan

Zervouli Elisavet


Ingredients

- Cucumber
- Tomatoes
- Onion
- Green Pepper
- Greek Feta cheese
- olives
- Oregano
- Extra Virgin olive oil
- Salt



Preparation

- First we cut the tomatoes, the cucumber, the onion and the green pepper
- After mixing everything together, we add salt, extra virgin olive oil, oregano, olives, the green feta cheese and our salad is ready!



MAIN DISH

Halva

Koutsogianni Eleftheria

Danoglidi Elpida

INGREDIENTS

- 3 1/2 cups uncooked tubed pasta (No 2, spaghetti-like with a hole in the middle)
- Salt
- Greek extra virgin olive oil
- 3 tbsp grated Parmesan

INGREDIENTS

Meat Sauce

- 3 tsp Greek extra virgin olive oil
- 1 large yellow onion, chopped
- 1 1/2 lb lean ground beef
- 3 garlic cloves, peeled and chopped
- Salt
- 1/2 cup red wine such as merlot
- 28 oz canned crushed tomatoes
- 2 dried bay leaves
- 3/4 tsp ground allspice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- pinch sugar

INGREDIENTS

White Bechamel sauce

- 1/3 cup + 2 tsp Greek extra virgin olive oil
- 2/3 cup all-purpose flour
- 1/2 tsp salt, more if you like
- 1/4 tsp ground nutmeg
- 4 cups warm milk
- 2 large eggs

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Cook the pasta al dente according to package instructions. Be sure to add salt and olive oil to the boiling water. Drain and transfer pasta to a baking pan. While still hot, drizzle pasta with a little more extra virgin olive oil and sprinkle grated Parmesan. Toss to combine. Set aside for now.



INSTRUCTIONS

3. Make the meat sauce. In a large pan or skillet, heat olive oil over medium-high heat until shimmering. Brown onions until just golden, then add lean beef and garlic. Season with salt. Cook until meat is fully browned, tossing regularly and breaking up the meat with a wooden spoon (about 8 to 10 minutes). Carefully drain any excess liquid and return pan to heat. Add wine, crushed tomato, bay leaves, spices and a pinch of sugar. Mix to combine. Bring to boil for 5 minutes, then lower heat and let simmer for 10 to 15 minutes or so. Taste and adjust salt to your liking.



INSTRUCTIONS

4. While the meat sauce is cooking, prepare the bechamel. In a large saucepan, heat the olive oil over medium-high heat until shimmering. Stir in the flour, salt and pepper. Cook until golden (if needed, add a little more olive oil). Gradually add the warm milk, continuously whisking. Continue cooking, stirring occasionally, over medium heat for 5 to 7 minutes, until smooth and thick. Add the nutmeg.

5. In a small bowl, whisk a small amount of the hot bechamel mixture with the 2 eggs. Then pour the mixture back to the pan with the remaining bechamel mixture. Continue to stir or whisk the mixture, bringing to a boil for just 2 more minutes. Taste and add salt and pepper accordingly. Remove from heat and allow to cool and thicken a little more (you should have a creamy, thick and smooth bechamel sauce).



INSTRUCTIONS

6. Top the cooked pasta with the meat sauce; smoothen with a wooden spoon to fully cover the pasta. Now top the meat sauce with the bechamel sauce. Smoothen with a wooden spoon to cover the meat sauce evenly.
7. Bake the pastitsio in 350 degrees F heated-oven for 1 hour until golden brown. Remove from heat and set aside for 10 minutes before serving. Cut into square pieces and serve.





DESSERT

Greek pastitsio

Dimitra Apostolou

Georgia Vournazidou

Ingredients

- 2 cups of sugar
- 5 cups of water
- 8 cinnamon sticks
- 8 cloves
- 1 cup of olive oil
- 2 cups of semolina
- 1 cup of almonds



Instructions

- ▶ In a pot, add the 5 cups of water, 2 cups of sugar, 8 cinnamon sticks, 8 cloves, and bring to boil for 5 minutes. Turn off the heat.
- ▶ In a deep pot, on medium to high heat add the extra virgin olive oil and 2 cups of semolina. Constantly stir with a wooden spatula until the color changes from a golden blonde to a golden brown.

- ▶ Once the color changes add the 1 tablespoon ground cinnamon. Stir.
 - ▶ Very carefully, slowly add small amounts of the simple syrup to the semolina (the hot syrup will steam and splatter so be careful).
 - ▶ On a medium–low heat, continually stir until the mixture thickens. Add the almonds and stir.
 - ▶ Transfer to a cake pan and let it cool. Turn over onto a cake platter and dust with cinnamon.
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