



The Greek Recipe Book

Appetizers of our traditional recipe

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Garlic dips (tzatziki)



Ingredients and Preparation

Ingredients

- 1 cow's yogurt
- 1 sheep's yogurt
- 1 authentic Greek yoghurt 2 %
- 1 carrot
- 1 medium cucumber
- 1 beetroot
- 3 cloves of garlic
- 6 tablespoons of white vinegar
- salt & pepper

Preparation

Put the 3 yogurt in 3 different Bowls. Grate the carrot, cucumber and beetroot. Smash the garlic cloves.

*Bouyourdi-Parcels with traditional
Feta Cheese*



Ingredients and Preparation

Ingredients

- 400gr. Feta Cheese cut into 4 pieces
2cm thick
- 2 tomatoes, sliced
- 1 green pepper sliced into rings
- 1 red pepper sliced into rings
- Salt
- A pinch of oregano & pinch of crushed
chili pepper
- Some olive oil
- 4 sheets of aluminum foil

Preparation

1. Pre-heat oven to 220°C. Spread the aluminum foil sheets onto the counter
 2. Place tomato slices onto the foil, dividing equally, sprinkle with a little sea salt and oregano and place a piece of Feta cheese on top.
 3. Evenly divide the rings of green and red pepper over the cheese, sprinkle with oregano and crushed chili peppers, a few drops of olive oil and wrap the foil into the bowl.
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Cheese pie with feta and yoghurt



Ingredients and Preparation

Ingredients

- 1 sheet pastry pack
- 0,5kg feta
- 0,5kg sheep's graviera
- 200gr authentic greek yoghurt
- 4 eggs
- 500ml fresh milk, 3,5% fat
- 80gr cow's butter
- olive oil

Whisk in a bowl eggs with yogurt and milk and add pepper. Mix together the cheese and melted butter and set aside. Grease a round pan about 26 cm. Lay one sheet of pastry in the tin, brush or spray with olive oil and layer with another sheet of pastry. Continue the process until you have used half of the pastry sheets. Spread the filling mixture evenly in top. Repeat the layering and oiling process with the remaining pastry sheets. Trim away any excess pastry. Bake in preheated oven at 180°C for 45 minutes or until golden brown. Allow to cool and serve.

Greek Salad with Feta Cheese



Ingredients and Preparation

- 200gr Feta cheese, cubed
 - 4 ripe, firm tomatoes
 - 2-3 small cucumbers (or 1 large)
 - 2 green peppers
 - 1 medium-sized onion
 - ½ lettuce
 - 4 tbsp. parsley, finely chopped
 - 100gr Kalamata olives (or other black olive) – pitted and sliced
 - 3 tbsp. capers
 - A few wholemeal rusks
 - A pinch of oregano
 - ½ teacup olive oil
 - Red or white vinegar to taste
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Preparation

Preparation

1. Cut the tomatoes, cucumbers and green peppers into 1cm cubes and place in a bowl. Add the onion, finely chopped, and the parsley, season with salt and mix well.
2. Cut the lettuce as finely as you can and lay it in a serving bowl or on individual plates, creating a green basis. Evenly share the remaining ingredients on top of the lettuce.

3. Sprinkle the rusks – broken into bite-sized bits – over the top, along with the capers, the Feta Cheese, the olives and the oregano. Shake the olive oil with the vinegar and a pinch of salt and pour the dressing over the salad.
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Main course of our traditional recipe

- ☐ Roast chicken with potatoes



Main course of our traditional recipe

→ Ingredients:

- 1 whole chicken
- Sea salt
- Black pepper
- ½ fresh thyme
- 1 head garlic
- 1 lemon
- Olive oil
- 250g potatoes
- 6 sprigs fresh rosemary

Main course of our traditional recipe

→ Method

- 1) Preheat the oven to 200 degrees C.
- 2) Generously salt and pepper the inside cavity of the chicken and add 4 rosemary sprigs, thyme, garlic and lemon. Tuck the wings back and under the chicken and tie the legs together for even cooking.
- 3) Place the chicken, breast side up, on a rack in a roasting pan and brush the sides with olive oil.

Main course of our traditional recipe

4) Roast the chicken in the oven for about 1 hour.

5) Then put the potatoes into a large bowl. In a small bowl, whisk the herbs, garlic, and oil, and then pour over the potatoes.

6) Roast the potatoes about 1 hour with the chicken.

Main course of our traditional recipe

7) Remove chicken with potatoes from the oven and cover with foil. Allow to rest for juices to redistribute, at least 15 minutes.

8) Carve the chicken with the potatoes and place it on the serving platter.

Main course of our traditional recipe



Local Desserts

Walnut

Ingredients

1 pound of green wad

1 kg of sugar

1½ glass of water

juice of 1/2 lemon

a little nutshells (carnations)

Local Desserts

Walnut

Preparation

1. Firstly, we choose tender small green nuts.
2. Secondly, we use a sharp knife in order to clean the thin outdoor.
3. Then, we cut a little the two peaks of each wick.

Local Desserts

Walnut

4. After, We boil them for 2 to 3 minutes in boiling water. We repeat the process twice more. After, we drain them.

5. When they cool down, we puncture them on the side of the stalk and let them drain well. We are kneading on each of 1 musk-cake.

Local Desserts

Walnut

6. Then, we add the nuts and the sugar in water to boil. Alongside we're weeping them.

7. After, boil them for 15-20 min and then let them cool in a saucepan.

Local Desserts

Walnut

8. Finally, put the sweet to the fire to bind the syrup properly and add the lemon juice.
9. Once it's cool, put the sweet in sterile jars.

Local Desserts

Walnut



Local Drinks

Tsipouro

The preparation of tsipouro is the way to "take advantage" of the grape. The raw material of the tsipouro is the grape marc, that is what remains after the "pressing", the pressing of the grapes for the production of wine, namely the grapes of the grape, the seeds and the flesh.

Local Drinks

Tsipouro

In any case, the raw material that reaches the distillery to become the tsipouro by the distillation method must have undergone an alcoholic fermentation earlier, a process that lasts for 20-40 days. During this time, the must must be in containers open to air and at regular intervals the sugars are measured. Then the tsipouro is produced by the distillation process.

Local Drinks

