

Traditional Greek Dishes



Appetizers: Greek Salad (Xoriatiki :Salata)

Ingredients:

- 1/2 cucumber, peeled
- 1 green pepper, deseeded
- 1 medium onion
- 10 black Kalamata olives
- 100g feta cheese (sheep or goat preferable)
- Plenty of extra virgin olive oil
- 2 tablespoons vinegar, or to taste
- 1/2 teaspoon dried oregano



Method:

1. Chop the tomatoes, cucumber and pepper into medium pieces, quite rustique if you wish, and put all in a bowl.
2. Slice the onion into rings and add on top of the other vegetables.
3. Add the olives and feta cheese in a big piece, or, if you prefer, cubed.
4. Pour the olive oil and vinegar on top. Sprinkle with the oregano.

Tip Always use plenty of olive oil and a bit of bread to dunk it all up.



Appetizers: Tzatziki

Ingredients :

- 1 (500g) tub low fat Greek yoghurt
- 1 large cucumber - peeled, seeded and grated
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 20 fresh mint leaves, finely chopped



Method:

1. Line a colander or sieve with muslin or kitchen roll and place over a bowl. Empty yoghurt into the prepared colander and strain for at least 4 hours, until most of the water has drained.
2. Press excess liquid out of the grated cucumber. In a medium bowl, stir together the cucumber and strained yoghurt. Mix in the garlic, salt, pepper and mint. Taste and add more salt if necessary. Chill the mixture for 1 to 2 hours.

Tip:

For a richer tzatziki, add 2 to 4 tablespoons of extra virgin olive oil to the mixture.



Main Dishes: Mousakas

Ingredients:

- 3 eggplants, peeled and cut lengthwise into 1/2 inch thick slices
- salt
- 1/4 cup olive oil
- 1 tablespoon butter
- 1 pound lean ground beef
- salt to taste
- ground black pepper to taste
- 2 onions, chopped
- 1 clove garlic, minced
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon fines herbs



Ingredients:

- 2 tablespoons dried parsley
- 1 (8 ounce) can tomato sauce
- 1/2 cup red wine
- 1 egg, beaten
- 4 cups milk
- 1/2 cup butter
- 6 tablespoons all-purpose flour
- salt to taste
- ground white pepper, to taste
- 1 1/2 cups freshly grated Parmesan cheese
- 1/4 teaspoon ground nutmeg
-



Method:

1. Lay the slices of eggplant on paper towels, sprinkle lightly with salt, and set aside for 30 minutes to draw out the moisture. Then in a skillet over high heat, heat the olive oil. Quickly fry the eggplant until browned. Set aside on paper towels to drain.
2. In a large skillet over medium heat, melt the butter and add the ground beef, salt and pepper to taste, onions, and garlic. After the beef is browned, sprinkle in the cinnamon, nutmeg, fines herbs and parsley. Pour in the tomato sauce and wine, and mix well. Simmer for 20 minutes. Allow to cool, and then stir in beaten egg.
3. To make the bechamel sauce, begin by scalding the milk in a saucepan. Melt the butter in a large skillet over medium heat. Whisk in flour until smooth. Lower heat; gradually pour in the hot milk, whisking constantly until it thickens. Season with salt, and white pepper.

Method:

4. Arrange a layer of eggplant in a greased 9x13 inch baking dish. Cover eggplant with all of the meat mixture, and then sprinkle 1/2 cup of Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another 1/2 cup of cheese on top. Pour the bechamel sauce over the top, and sprinkle with the nutmeg. Sprinkle with the remaining cheese.



Main Dishes: Pastitsio

Ingredients:

500g penne pasta
2 tablespoons olive oil
60g butter
4 tablespoons grated Parmesan cheese
1 dash ground nutmeg
salt and pepper to taste
3 eggs, lightly beaten
Meat sauce
30g butter
1 large onion, chopped
1 clove garlic, crushed
675g lean minced beef

4 tablespoons tomato puree
125ml dry red wine
125ml vegetable stock
2 tablespoons chopped fresh parsley
salt and pepper to taste
:White sauce
125g butter
70g plain flour
750ml milk
1/4 teaspoon ground nutmeg
1 egg, lightly beaten
salt and pepper to taste



Methods:

1. Preheat oven to 180 C / Gas 4.
2. Bring a large pot of lightly salted water to the boil. Add penne and cook for 8 to 10 minutes or until al dente; drain and return to pan.
3. Melt butter until golden brown and pour over penne, add 4 tablespoons of the Parmesan cheese, nutmeg, salt, pepper and toss well; allow to cool. Add eggs and toss again; set aside.
4. To make meat sauce: Gently saute onion and garlic in butter in a frying pan over medium heat until onion is soft. Increase heat and add mince; stir well. Cook until mince begins to brown. Add tomato puree, wine, stock, parsley, salt and pepper. Cover and simmer over low heat for 20 minutes.
5. To make white sauce: Melt butter in saucepan, stir in flour and cook gently for 2 minutes. Pour in milk all at once and bring to the boil, stirring constantly. Boil gently for 1 minute. Add nutmeg, salt, pepper and cool slightly before stirring in beaten egg. Transfer 125ml of this sauce to the meat sauce.

Method

6. To assemble pastitsio: Grease a 22x33cm baking dish. Spoon half of the prepared penne evenly in the bottom and top with meat sauce. Top that with remaining penne. Pour on white sauce and spread to completely cover penne. Sprinkle remaining cheese on top. Bake in a preheated oven for 50 minutes or until golden brown. Let stand 10 minutes before cutting 7
7. into squares to serve.



Desserts: Galaktoboureko

Ingredients:

For the syrup

300ml water

500g caster sugar

1 cinnamon stick

1/2 lemon

1/2 orange rind

20ml or 1 tablespoon glucose syrup

For the custard

700ml full fat fresh milk

300ml full fat milk cream

150g caster sugar, divided

1 fresh vanilla pod cut in half

or 1 1/2 teaspoons vanilla

extract

6 egg yolks

2 eggs

1 pinch salt

80g corn flour

To assemble

1 package phyllo pastry
(about 12 phyllo sheets)

200g unsalted butter, melted

Method:

1. For the syrup:

2. First prepare syrup. Syrup should be at room temperature and galaktobourekos should be sizzling hot in order to assemble them successfully!
3. In a medium pot, add all the ingredients, except the glucose syrup. Stir until mixture comes to the boil. Let it simmer for 4 minutes. Remove from the heat. Add glucose syrup. Stir and remove cinnamon stick, orange rind and lemon. Cool before pouring.



Method:

1. **For the custard:**
2. In a heavy pot and on medium heat add milk, milk cream, 75g of sugar and the vanilla pod or extract. Stir until sugar is dissolved.
3. In a medium bowl, whisk yolks, eggs, salt, corn flour and the rest of sugar together until smooth. Slowly add the mixture of the bowl into the pot, stirring constantly with a whisk until it thickens. Remove pot from the heat. Do not overcook the eggs or you'll end up with an omelette! Pour cream in another pan or bowl and remove the vanilla pod, if used. Cover with cling film and set aside. Cling film should "touch" the surface of the cream firmly. Air should stay away from our cream!
4. Preheat the oven to 190 C / 170 C fan / Gas 5. Grease a 30x25cm baking dish.

Method:

1. **To assemble:**

2. Add 7 phyllo sheets, making sure to butter each one with a pastry brush. When laying each phyllo sheet, change the direction every time (crosswise). Press in the phyllo sheets with your hands to fit all around the baking dish. The edges of the phyllo should hang over the sides of the dish. Pour in the cream. Spread evenly using a spatula. Fold over the hanging phyllo sheets, buttering each time.
3. Lay the remaining 5 phyllo sheets on the top, folding them in half and tucking in the sides. Again do not forget to butter all the sheets! Use a sharp kitchen knife and carefully cut on the top the phyllo sheets vertically and horizontally, preferably making 4 columns by 3 rows (12 pieces of galaktoboureko). Do not cut all the way through to the cream, just the phyllo sheets! With your fingers, lightly sprinkle water all over the top of the phyllo.

Method:

4. Bake for 1 hour or until golden brown. Remove dish from the oven. Use a ladle and pour cold syrup all over the galaktoboureko. Galaktoboureko needs to cool for 1 to 2 hours before you cut it (but if you are impatient like us you can eat at once!!). Preferably serve along with delicious vanilla ice cream. Sprinkle some cinnamon on top and enjoy!



Desserts: Revani (Cake)

Ingredients:

175g caster sugar

4 large eggs

325g fine semolina

200g plain flour

225ml olive oil

2 teaspoons vanilla extract

3 1/2 teaspoons baking
powder

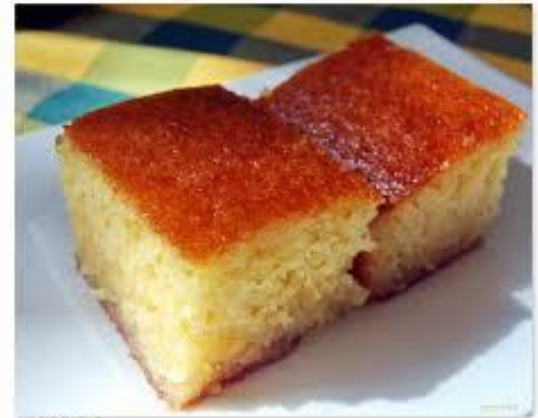
250ml water

*Orange syrup

500ml water

450g caster sugar

1 1/2 tablespoons orange
flower water



© 2010 S.M.C. Ltd.

Method:

1. Preheat the oven to 200 C / Gas 6. Grease a 23cm square baking dish.
2. Beat together the eggs and sugar till creamy. Add the semolina, flour, olive oil, vanilla, baking powder and water and mix well.
3. Tip cake mixture into the prepared dish and bake in the preheated oven for 30 to 45 minutes or until the cake tests done in the centre and the top is golden brown. Remove the cake from the oven and allow to cool completely.
4. Once the cake is cool, prepare the syrup. Combine all syrup ingredients in a saucepan and bring to the boil (there's no need to stir). Leave at a moderate boil for 10 minutes, then pour the hot syrup over the cooled cake (never pour hot syrup over a hot/warm cake). Leave for 30 minutes before serving to allow the syrup to be evenly absorbed.

Method:

Cook's note

Don't skip the syrup! Most Greek cakes are soaked in sugar syrup, making them deliciously moist. If you think you'd like less sugar, try reducing the sugar in the cake mixture from 175g to 100g.

Orange flower water is available in larger supermarkets, online or in some Turkish shops. If you can't find any, simply make the sugar syrup as stated, adding a large piece of orange peel to the mix instead while the sugar syrup boils (this is actually the more traditional way of making this sugar syrup in Greece).



The End

**Georgios Toutziaris*

**Kostas Georgiadis*

**Kostas Thomasiadis*

**Johnny Kesidis*

**Traianos Vantis*

**Stergios Kalaitzidis*