

National and Popular
Food- 2nd Junior High
School of Kalymnos

Caramelised Crackers, By Helen Lazaris, A2

MATERIALS:

Two packages CRAKERS.

220g brown sugar,

250g butter,

400g chocolate drops,

Almonds toasted and chopped



Microwave Cake In A Coffee Mug Recipe

- **5 minutes** to make - A simple recipe for a chocolate cake zapped in your microwave! Very tasty and kids and adults will enjoy making it and eating it! Great for the cool winter months ahead! It is best if you put chocolate syrup and whipped topping on it! [Read more](#)
- **microwave**
- **1 large coffee** mug, 4 tablespoons plain **flour** (self-rising), 4 tablespoons **sugar**, 2 tablespoons **baking cocoa**,
- **1 egg**, 3 tablespoons **milk**, 3 tablespoons **oil**, 3 tablespoons **chocolate chips** (optional), Small splash of **vanilla**, **chocolate syrup** (optional), **whipped topping** (optional), Cherries (optional),

How to make it : Add dry ingredients to mug, & mix well . Add egg & mix thoroughly. Pour in the milk and oil and mix well.

Add chocolate chips (if using), vanilla, mix again. Set mug in the microwave & cook for 2½ to 3 min at 1,000 watts. Cake will rise over the top of the mug, but don't be alarmed! Some report that 2½ minutes works best. It depends upon your microwave. So, watch carefully to not over do it! Remove from microwave. Allow cake to cool a little, then tip out onto a plate, if desired. Drizzle with chocolate syrup and top with whipped topping and cherries, if desired! This can serve 2 if you care to share!

Cooking - Cooking - Diet : Kalymnian healthy recipes!

Diet : Kalymnian healthy recipes!

Octopus meatballs : Materials: 1 pound octopus, 3 eggs, 2 onions, ½ bunch parsley, chopped,

Oregano or flour as needed, Salt and pepper, Seed oil or soybean oil for frying, Preparation: 20-25;, Frying: 15-20;

Execution: Wash and clean the octopus and cook briefly in plenty of water until tender without being melted.

Drain and cut into small pieces. Pour into a deep bowl and add chopped octopus onions chopped, lightly

beaten eggs, parsley, oregano and pepper. You begin to mix the ingredients by kneading with hands. Add the

flour slowly and continue to knead until the mixture is shaped like meatballs. Then lubricate little hands and

conjure balls like meatballs. Cook the octopus in a deep fryer or skillet with plenty of hot oil. Place them on

kitchen paper to drain before they serve.

Mermizeli Kalymnian salad with dry roast bread

Materials: 1 coil Kalymnos, 2 tomatoes, 1 cucumber, 1 onion, 10 olives, ½ cup oil, Vinegar, Salt thrympi, Slice 1 piece

Execution

Lightly wet cake and break into small pieces in a deep bowl. Cut into the tomatoes, cucumber and onion. Add the olives. Pour the oil and vinegar and then add salt, feta and thrympi.

Revythia oven

Materials: 1 pound of chickpeas, 1 kilo of onions, 1 cup oil, 2 tablespoons tomato paste, Salt, pepper, rosemary

Execution

The night before, put the chickpeas in a bowl with enough water and a tablespoon of salt. T leave it that way until the next afternoon that drain and 't mix with the oil, tomato paste, salt and pepper. Then put them in a clay pot and cover with thinly sliced onions. Put a little rosemary. Are doing in our neighborhood bakery and the bakery bakes all night.

Pancakes Kalymnian

Materials: 2 pounds of flour, 1 teaspoon salt, 1 teaspoon Chian mastic, 80 g. fresh yeast, ½ glass of wine ouzo, Lukewarm water as needed, Cotton seed oil



Execution

We make a slurry with the above materials. Cover with towel for 1 hour to rise. In a deep pot, add plenty of oil. Once cooked well with a spoon (which has a hole in the middle and is specific for pancakes), fry the mixture. Leave for a little pancake on one side and then fried with a fork to turn the other side.

The put in a colander to drain the oil. Finally sprinkle with honey, cinnamon and roasted almonds.

Revithokeftedes (meatballs from chickpeas)

½ pound of chickpeas, , 1 large onion, 1 small tomato, 2 cloves of garlic, 1 spring onion, 15-20 mint leaves,

Greenstick, Salt, pepper, oregano, Flour, Sunflower

Execution

At night we put a pound chickpeas in a pot with fresh water to swell. In the morning strain, rinse and crush little by little into the blender. Grate the grater one large onion, a little tomato, two cloves of garlic and one chopped onion and fresh mint leaves 15-20 preferably chlorine. Add salt, pepper, oregano and 4 to 5 heaped tablespoons flour and kneaded to not dissolve and mix all the ingredients together. In a pan put sunflower and just burn, mold revythkefte one to one and pour. Once browned one side and we go the other. When you are ready to let it drain for two minutes on kitchen paper, then serve.

Fisherman's spaghetti



Materials: ½ pound spaghetti, 10 large shrimp, 10 black mussels, 1 red pepper, 5 cloves of garlic, 1 glass of white wine, Salt, Freshly ground pepper, Parsley, Olive oil, Execution

Wash the prawns and clean without removing the head. Put the shrimp in a deep skillet over medium heat. Clean and wash the mussels well. Add the mussels to the pan with the shrimp and strengthen the fire. Once the prawns change color salt and pepper and add the wine. After two minutes, add the sliced garlic and chopped pepper.

Pour the olive oil and stir. Boil the pasta. Just boil the pasta, drain and add to the pan with the shrimp and mussels. Stir. We offer our spaghetti on a platter and sprinkle with parsley.

Squids with rice inside (kalamarackia gemista)

Ingredients for sauce : 1 pound squid, ½ pound rice Carolina, 1 large onion, Parsley, 1 cup oil, Pepper, salt, 1 cup tomato sauce, 3 cups water,

Execution Wash the squid, remove the tentacles. Finely chop the onion, parsley and tentacles. In a saucepan, saute the onion and oil. Add the parsley, salt and pepper, tomato sauce and three glasses of water. Allow to cook 30 minutes over low heat, let it cool.

Ingredients for the filling :½ pound rice Carolina. 1 large onion, Parsley, 1 cup oil, Pepper, salt, 1 cup tomato sauce, 5 cups water.

Execution In a deep pan, add the chopped tentacles oil, onion and parsley, sauté., Then add the sauce with salt, pepper and water. Allow to cook for 20 minutes over very low heat and add the rice and stir for two minutes. Then remove from heat for 2 minutes.

Fylla Kalymnos

Materials: ½ pound vine, ½ pound of ground beef, ½ pound ground pork, 2 cups glutinous rice, 1 cup tomato juice, 2 large onions, chopped, 3 tablespoons vegetable butter, 1 cup olive oil, 2 ripe tomatoes, 2 eggs, Juice of one, lemon, Salt and pepper.

Execution

Steam them in a little hot water the vine, until softened. In a large bowl knead well minced meat, rice, onions, butter, tomato puree and seasoning as desired. Then we lay on the bottom of a wide pot some leaves until they reached the bottom, let us stick to the food. Then take a vine leaf, put it in the center of a little of the mixture in the pan tightly wrap it in packets and put the pot next to each other in a circle. This process continues until the entire mixture over. In the end, above the sheets we lay the tomatoes cut into thin slices, drizzle with olive oil, salt and pepper and cover the leaves with a deep dish, upside down.

Kalymnian mououri

Materials: 1 kid, the gutted carcass. The liver and lungs minced goat., 3 to 4 onions, Butter, margarine, olive oil, 1 kilo of rice nychaki, Tomato puree, Salt and pepper, Cinnamon, Blanched almonds, cut in the shape of pine, 1 lemon, Some vine branches 1 deep clay pot (mououri)

Execution First prepare the kid. Wash it well, add salt and pepper, brush with the lemon inside and out.

Exterior baste with butter, cinnamon and tomato paste. We go to the filling. Inflating the lung, put it in slightly warm water and chop into small pieces. Chop and liver. Put the livers and lungs to drink their water. Then add the oil, a little butter, chopped onions and saute. After throwing almonds and after rice since we wash in warm water and natural salt analogue. Delve into the rice with stir remaining ingredients and add half a glass of water. Fill the carcass with the stuffing and sew the belly. Spread the bottom of the hull with vine branches and spread over the stuffed goat. Close the pot and seal the cracks with dough made from flour and water. The sealed hull comes in a traditional oven that have lit branches, since warm enough of the fire and let the coals. Then we put in the mououri door and build with bricks and mud to close tightly.



The morning opened and the mououri ready. By Mariaambouris, B1

Recipes of Greece

<http://padlet.com/wall/sz38nke281>

Pie "bugatsa"

Whether savory or sweet version. Made with love by the hands of the mother for all hours of the day but especially in the morning.



Carrot Onions

<http://www.fotobabble.com/mv/Rm5fdy?gc3BaGs?>



Filla of Kalymnos

1 kilo minced meat (mixed veal with pork meat)

1 cup Caroline rice

1-2 soup spoon tomato paste

2-3 big onions, grated

Thin slices of tomato

Salt, pepper

We knead the mince with the rise, the tomato paste, the onions, the salt and pepper very well. Then we take

Pie with grape leaves

<http://www.fotobabble.com/m/RvWRUktMaDY3cmc9>

Mrs. ATHENA TERZAKI

MATERIALS : half Mr. vine leaves, 1 cup Carolina rice, 1 onions 1

EXECUTION

Wash the leaves with hot water and spread on the pan to cover it completely. Saute onions and green, parsley and dill. Wash the rice thoroughly, pour and add 2.5 cups of warm water. The spread in the whole mixture over the leaves and cover the entire pan with a little ampelofylla. Vazoume ladaki and after the lid with foil put it in the oven at 180-200 degrees.

Tips: The pie should be fine to stay granular rice.
GOOD LUCK

