

**OUR RECIPE BOOK**

**51st JUNIOR HIGH SCHOOL OF ATHENS**

15/5/2019

# STARTERS

# Fennel Bread



## **Recipe Ingredients:**

- ✓ 1 recipe Greek bread
- ✓ 2 tablespoon lightly crushed fennel seeds
- ✓ 12 pitted Kalamata olives, chopped
- ✓ 1/2 cup grated kefalotiri or Romano cheese

## **Instructions on How to Bake Fennel Bread:**

- ✓ Prepare the bread according to the recipe ingredients. Add the fennel seeds, olives, and cheese just before kneading the dough. Knead it according to the recipe instructions.
- ✓ Place the dough in an oiled bowl after kneading. Brush the top of the dough with oil. Cover the bowl with plastic wrap and let the dough rise until doubled. This should take about 2 hours or so.
- ✓ Punch the dough down and knead it lightly for two minutes to release the air bubbles. Form into two loaf shapes and place the loaves on an oiled baking sheet. Let them sit on the counter until the loaves have doubled in size.

- ✓ Preheat the oven to 350 degrees Fahrenheit. Place the baking sheet in the center of the oven and bake until cooked all the way through. When you tap on the loaf, it should sound hollow. This should take about 30-40 minutes.

*Source:* <https://www.greekboston.com/food/fennel-bread-recipe/>

# Greek Almond and Garlic Dip

## (Skordalia)



### Recipe Ingredients:

- 2 cups whole, roasted almonds
- 8 whole garlic cloves
- 1/2 cup Greek olive oil, plus more if needed
- 1/4 cup lemon juice
- 1 teaspoon salt

### How to Make Almond and Garlic Dip:

Place the almonds in a food processor and pulse until pulverized. Transfer to a dish.

Add the whole, peeled garlic cloves into the food processor and pulse until mashed.

Transfer the garlic into to the bowl with almonds and stir to incorporate.

Pour the almond mixture back into the food processor. Slowly add the olive oil, lemon juice, and salt and pulse until a paste forms.

Add more olive oil if needed until the desired consistency is achieved.

*Source:* <https://www.greekboston.com/food/almond-garlic-dip-recipe/>

# Greek Chicken Pie

(Kotopita)



## Recipe Ingredients:

- 3 lbs. chicken
- 1 lb. sliced onion
- 1 stalk celery
- 2 teaspoons salt
- 1 cup butter
- 5 slightly beaten eggs
- 1 cup Kefalotiri cheese
- 2 cups Bechamel sauce
- Nutmeg
- 1 lb. Phyllo (pastry sheets)

## Directions to Prepare Greek Chicken Pie:

- Preheat oven to 350 Degrees Fahrenheit.

- Wash the chicken and place in a saucepan. Add the onions, peppercorns, celery and 3 cups boiling water. Cover and simmer gently over a low heat for about 2 hours or until chicken is tender.
- Add salt during the last hour and promptly remove from the heat.
- Discard skin and bones and dice meat.
- Return to saucepan, add 2 tablespoons of the butter and cook with the onions until stock has evaporated.
- Cool and add the eggs, cheese, béchamel sauce and nutmeg.
- Butter a 9×13 inch baking pan. Line the bottom and sides of the pan with 5 to 6 pastry sheets, brushing each sheet with butter.
- Spread chicken filling evenly over the pastry and cover with remaining pastry sheets, brushing each sheet with butter.
- Cut 3-inch strips through the three top pastry sheets diagonally across pan. Brush top with butter and sprinkle with water.
- Bake for 45 minutes. Cut into diamond shaped pieces.
- Serve hot.

*Source:* <https://www.greekboston.com/food/pies/kotopita-recipe/>

# Greek Island Style Beets

(Panzaria Nisiotika)



## Recipe Ingredients:

- 1 recipe ladolemono
- 6 small, 2-inch beets
- 1 cup chopped greens, such as spinach, beet greens, or arugula
- 1 small red onion, finely chopped
- 1/2 cup crumbled feta cheese

## Instructions to Make Greek Island Style Beets:

Prepare the ladolemono according to the recipe instructions and set aside.

Wash the beets and place in a pot of boiling water. Cook until they soften slightly. This should take about ten minutes. Remove the beets from the water and let them cool. Peel the skins off the beets and cut the beets into slices.

Place the beets in a bowl. Top with the greens and then the red onion. Drizzle with ladolemono and feta cheese just before serving.

Source: <https://www.greekboston.com/food/beets-recipe/>



# Greek Red Pepper (Ktipiti)



## Recipe Ingredients:

- 1/2 cup Greek olive oil
- 2 roasted red peppers, chopped
- 1/2 teaspoon ground red pepper
- 1 pound crumbled Greek feta
- 1 teaspoon dried Greek oregano
- 2 tablespoons lemon juice
- 3 tablespoons Greek yogurt

## How to Make Greek Red Pepper Dip:

Add all the ingredients to a food processor.

Pulse all the ingredients until a smooth dip forms.

Store in the refrigerator in an air tight container.

*Source:* <https://www.greekboston.com/food/red-pepper-dip-recipe/>

# Greek Style Summer Bean Salad

## (Kalokerini Salata Fassolion)



### Recipe Ingredients:

- 3 cups cooked or canned beans, such as navy beans, kidney beans, chick peas, etc
- 1 onion, finely chopped
- 1 carrot, peeled and finely chopped
- 1 celery stalk, finely chopped
- 4 large tomatoes, chopped
- 1 1/2 cups chopped, mixed greens – such as watercress, purslane, spinach, dandelion, chicory, etc
- 1 recipe ladolemono
- 2 tablespoons fresh, chopped oregano
- 1 tablespoon fresh, chopped parsley

### **How to Prepare Greek Style Summer Bean Salad:**

Pour the beans into a large bowl.

Stir in the onion, carrot, celery, tomatoes, and chopped, mixed greens.

Prepare the ladolemono according to the recipe instructions.

Toss the dressing into the salad. Use about half, but keep the rest in a small dish so they can add more if they want.

Toss in the fresh oregano and then sprinkle the parsley on the top.

\*\* This recipe contains olive oil, which isn't permitted during strict fasting. If you adhere to a strict fast, omit the olive oil in the dressing.

*Source:* <https://www.greekboston.com/food/summer-bean-salad-recipe/>

# Omelette



## Recipe Ingredients:

- 3 eggs
- salt
- freshly ground pepper
- 2-3 tablespoons olive oil
- fresh thyme, finely chopped
- 50 g gruyere cheese

## How to Prepare Greek Style Summer Bean Salad:

- In a bowl, lightly whisk together the eggs, salt and pepper, using a fork.
- Place a nonstick pan over high heat.
- Add a very small amount of extra virgin olive oil. You can also use grape seed oil or butter.
- Let it heat for 20-30 seconds and immediately add the mixture to the pan.

- As soon as the edges are set but the center is still wet, do not turn flip the omelet over. Use a spoon to drag the omelet towards one end of the pan and tilt pan to let the raw omelet “run” and fill the empty side of the pan.
- Repeat this process until the omelet is set but still a little wet on the surface. It should take about 2-3 minutes.
- Remove from heat.
- It is actually cooked through and it is best not to overcook your omelet so it can remain nice and fluffy. Do not cook until golden.
- This process of dragging the omelet and tilting the pan will help create different textures in the omelet.
- To give it a nice presentation, tilt your pan over a serving dish and roll the farthest edge a little. Tilt the pan a little further and let the omelet roll on itself and fall in to the plate.
- Sprinkle with some fresh thyme and some gruyere cheese.
- Drizzle with some extra virgin olive oil, thyme, gruyere and serve.

*Source:* <https://akispetretzikis.com/en/categories/snak-santoyits/omeleta>

# Greek Garlic Cucumber Dip

## (Tzatziki)



### Recipe Ingredients:

- 1 medium, peeled and grated cucumber
- 1/2 pint Greek yogurt
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1-2 cloves garlic to taste
- 1 teaspoon chopped dill (optional)

### How to Prepare Greek Tzatziki Dip:

Place the yogurt in a bowl and add the crushed garlic.

Peel the cucumber, slice it in half, remove the seeds, and shred the cucumber using a cheese grater or food processor.

Squeeze out any excess water from the cucumber and add it to the yogurt mixture. This is an important step as the yogurt will be runny if the cucumber is not thoroughly strained.

Add the olive oil, salt and stir the mixture well.

Garnish with an olive or a slice of lemon.

\*\*If you would like, add 1 teaspoon of chopped dill in addition to the rest of the ingredients.

*Source:* <https://www.greekboston.com/food/sauces/tzatziki-recipe/>

**MAIN MENU**

# Artichokes with Egg Lemon Sauce

(Aginares Me Avgolemono)



## Recipe Ingredients:

- ❖ 4 medium-sized, fresh artichokes
- ❖ Water, to fill the pot
- ❖ 1 teaspoon salt
- ❖ 1 recipe avgolemono sauce
- ❖ 1 tablespoon chopped, fresh parsley
- ❖ 1/2 lemon, cut in wedges

## How to Make Artichokes With Egg and Lemon Sauce:

- ❖ Clean the artichokes by trimming the ends of the leaves, removing 1/2 inch of each of the stems, and remove the top layer of leaves at the base of the stem.
- ❖ Place the artichokes in a single layer at the bottom of a wide pot. Fill with water so that half of each artichoke is covered. Sprinkle the salt into the pot, cover it, and set it on a burner that has been set to medium heat.



- ❖ Bring the mixture to a boil and then reduce the pot to low heat. Let it simmer for about 30 minutes, or until the artichokes are cooked all the way through. After 15 minutes of simmering, flip each artichoke over using a pair of tongs and replace the cover back on the pot.
- ❖ After the artichokes are cook, remove them from the water and set them aside. At this point, prepare the avgolemono sauce as directed in the recipe. Place each artichoke in a medium-sized bowl with some of the sauce, sprinkle with parsley, and serve with an extra lemon wedge.

*Source:* <https://www.greekboston.com/food/aginares-avgolemono-recipe/>

# Baked Pork Loin



## Recipe Ingredients:

- ✚ 1/2 cup Greek olive oil
- ✚ 4 garlic cloves, minced
- ✚ 1 tablespoon dried thyme
- ✚ 1 tablespoons dried oregano
- ✚ 1/2 teaspoon red pepper flakes
- ✚ 1 teaspoon salt
- ✚ 1 boneless pork loin, about 4 pounds
- ✚ Juice of 1 lemon

### **Directions to Prepare Greek Pork Loin:**

- ✚ Add the olive oil, garlic, thyme, oregano, red pepper flakes, and salt to small dish and mix with a small spoon. Rub the pork loin with the mixture and then place in a dutch oven. Cover the pork loin with aluminum foil and then place the lid on the dutch oven. Place the dutch oven in the refrigerator for 24 hours.
- ✚ Preheat the oven to 400 degrees Fahrenheit.
- ✚ Remove the aluminum foil from the pork loin and place the lid back on the dutch oven. Place the pan in the center of the preheated oven and bake for 30 minutes. Remove the dutch oven from the oven and squeeze the lemon juice over the pork loin. Replace the lid and place it back in the oven. Lower the heat to 375 degrees Fahrenheit and bake for another hour. Baste the pork loin every twenty minutes with its own juices, replacing the lid after each basting session.
- ✚ The pork loin will be done when a meat thermometer reads about 160 degrees Fahrenheit. Continue cooking the pork until that temperature is achieved. Remove from the oven and let pork loin sit for ten minutes in the pan before cutting it.

*Source:* <https://www.greekboston.com/food/to-chirino-tis-annas-recipe/>

# Baked Rabbit

## (Stifado)



### Recipe Ingredients:

- 4 ½ pounds of rabbit
- 3 pounds small or pearl onions
- 2 cups olive oil
- 1 bulb garlic
- 1 -2 cups vinegar
- 1lb.10 oz. tomatoes or 1/2 tablespoon tomato paste
- 2 -3 bay leaves
- 1 sprig rosemary
- Salt
- Pepper

### How to Make Greek Style Baked Rabbit:

Cut the rabbit in pieces. Place in a bowl, sprinkle with vinegar and let soak for about 2 hours.

Heat the olive oil. Wipe the rabbit pieces dry, then fry and put in a stewing pot.

Add the tomato paste or tomatoes, strained through a colander, the vinegar cloves of one whole garlic bulb, the bay leaves, rosemary, salt, pepper, 2 cups of water and the frying pan oil.

Let the meal cook for about 45 minutes at 375 degrees baked temperature.

In the remaining oil, fry the onions, already peeled and washed, then pour them into the stewing rabbit.

Cover the pot and let the meal cook slowly until only very little sauce remains.

*Source:* <https://www.greekboston.com/food/poultry/rabbit-recipe/>

# Greek Dolmades - Stuffed Vine Leaves



<https://www.youtube.com/watch?v=2wLEzvXVKm4>

# Greek fish soup

(Psarosoupa)



[https://www.youtube.com/watch?v=erz0\\_qOe7h8](https://www.youtube.com/watch?v=erz0_qOe7h8)

# Greek Octopus Stew

(Oktopodi Stifado)



## Recipe Ingredients:

- ✚ 12 cups water
- ✚ 1 cup plus 2 tablespoons olive oil
- ✚ 3 pounds of octopus (will need about 2 whole octopus), cleaned
- ✚ 3 1/2 pounds shallots, peeled, trimmed, and sliced
- ✚ 3 cloves garlic, minced
- ✚ 1/4 cups red wine
- ✚ 2 bay leaves
- ✚ 1 1/2 teaspoons salt
- ✚ 1/2 teaspoon black pepper
- ✚ 1 teaspoon dried rosemary
- ✚ 5 medium tomatoes, peeled, cored, and chopped
- ✚ 1/2 cup red wine vinegar
- ✚ 3 tablespoons chopped fresh parsley



### **How to Make Greek Octopus Stew:**

- ✚ Bring 12 cups of water to a boil in a large stockpot set over high heat. When the water boils, add 1/2 cup of the olive oil and then the octopus and boil over medium-high heat for 30 minutes with the pot uncovered. Drain the water and let the octopus cool.
- ✚ Run octopus under cold water once you can handle them and peel away the dark skin. Cut the octopus into 1/2 inch pieces after you peel it.
- ✚ Add the rest of the olive oil to a skillet set over medium heat and add the shallots. Saute for a few minutes and then add the octopus. Saute them together for an additional five minutes. Add the garlic and saute for another two minutes.
- ✚ Add the wine and stir the pan with a wooden spoon, scraping the bottom. Add the bay leaves, salt, pepper, rosemary, tomatoes, and wine vinegar and stir the ingredients together. Heat over medium until the mixture boils. Reduce the mixture to a simmer and cook for another 20-30 minutes. Garnish with fresh parsley just before serving. Note, you can cut the octopus into larger pieces if desired.

**Source:** <https://www.greekboston.com/food/seafood/oktopodi-stifado-recipe/>

# Greek Lamb Wrapped in Filo

## (Arnaki Se Filo)



### Recipe Ingredients:

- 6 boneless lamb steaks
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons Greek olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 12 sheets filo
- 1 stick salted butter, melted
- 3 tomatoes, cut into 12 total slices
- 5 ounces feta, cut into six slices
- 1 teaspoon Greek oregano

### Directions to Prepare Greek Lamb in Filo:

Preheat oven to 325 degrees Fahrenheit.

Sprinkle the lamb steaks evenly on both sides with salt and pepper. Add the olive oil to a frying pan and set the heat to medium-high. Add the lamb steaks in a single layer (you may need to cook in batches) and sear on both sides for five minutes on each side, or until both sides are browned. Remove from the skillet and set aside.

Lay one piece of filo flat on a clean work surface and brush with butter. Lay another piece on top of it and brush it with butter. Fold the filo in half (the short way) and brush the top with butter. Place one of the lamb steaks in the center, top with two tomato slices, one of the slices of feta, and sprinkle with oregano. Fold the filo over the lamb and brush with butter. Place the packet on a baking sheet with the seam side down and brush the top with butter. Repeat until you have made six packets

Place the baking sheet in the center of the preheated oven and bake until the filo packet is golden brown. This should take 25-30 minutes depending on your oven.

*Source:* <https://www.greekboston.com/food/arnaki-filo-recipe/>

# Greek Salad Gyro



## Recipe Ingredients:

- ✚ 4 Greek pita bread rounds
- ✚ 1 recipe Greek tzatziki
- ✚ 1 recipe Greek village salad (horiatiki)
- ✚ Slices of Gyro meat (eyeball it, but about 4-8 slices per sandwich depending on the size of the pita)

✚ Dried Greek Oregano

### **Directions on How to Prepare Greek Salad Gyros:**

Make the pita bread and tzatziki according to the recipe instructions, unless you're buying these two ingredients in the store.

Place a piece of aluminum foil down on a flat surface. Put a piece of bread in the center of the foil. Spread a generous amount tzatziki across the middle of the pita bread. Top with the Greek village salad add the gyro meat. Sprinkle with feta cheese and drop another spoonful of tzatziki over the top, if desired. Sprinkle some oregano over all the ingredients.

Roll the gyro sandwich and wrap it in aluminum foil so it can hold the shape. Repeat until you've used up all the bread.

*Source:* <https://www.greekboston.com/food/salad-gyro-recipe/>

# Greek Style Stuffed Vegetables

(Lahanika Yemista)



## Recipe Ingredients:

- 3 pounds assorted vegetables to stuff, such as tomatoes, bell peppers, zucchini, etc
- 2 tablespoons Greek olive oil
- 1 medium onion, finely chopped
- 1 1/2 pound ground beef
- 1/2 cup long grain rice
- 1 teaspoon Greek oregano
- 2 tablespoons fresh, chopped parsley
- Salt, to taste
- Pepper, to taste
- Several tablespoons water.

## Instructions to Prepare Greek Stuffed Vegetables:

Preheat the oven to 350 degrees Fahrenheit.

Prepare each of the vegetables for stuffing. Slice the tops off the tomatoes and peppers and scoop out the middles. Slice the zucchini and eggplant in the middle and scoop out the flesh. Don't scoop out all the flesh – the vegetables need to stay somewhat firm.

Spray a large baking dish with nonstick cooking spray. Arrange the vegetables in a single layer.

Drizzle the olive oil into a skillet and set the heat on medium. Add the onion and cook until it just begins to soften. This should take about 2-3 minutes. Crumble the ground beef into the pan and saute until cooked all the way through. This should take about ten minutes. Break apart the beef with a wooden spoon as it cooks.

Transfer the beef mixture to a medium bowl and stir in the rice, oregano, parsley, salt, and pepper. Stuff the mixture into each of the vegetables (divide as evenly as you can). Sprinkle the tops of the vegetables with water. Place the pan in the center of the oven and bake until cooked all the way through and the rice is softened. This should take 40-45 minutes.

*Source:* <https://www.greekboston.com/food/stuffed-vegetables-recipe/>

# Homemade Macaroni with Feta



## Recipe Ingredients:

- + 180-200 g water
- + 3 eggs
- + salt
- + pepper
- + ¼ teaspoon ground nutmeg
- + 350 g all-purpose flour
- + 1 tablespoon olive oil
- + 80-100 g butter
- + 1 clove garlic
- + 2 teaspoons chili flakes (1 tsp + 1 tsp)
- + ½ bunch parsley, finely chopped
- + 2 spring onions
- + 100 g feta cheese, cut into cubes (50 g+ 50 g)

## How to Prepare Greek Style Summer Bean Salad:

- + In a bowl, add the water, eggs, salt, pepper and nutmeg. Whisk to combine.
- + Add the flour and mix thoroughly to create the pasta dough.
- + Place a pot full of salted water over high heat and bring to a boil.

- ✚ Position a strainer over the pot, making sure that it does not touch the boiling water directly.
- ✚ If you don't have a strainer, you can use a disposable aluminum baking pan that is much wider than the pot so that it can remain over the pot. Pierce it with a sharp knife to make lots of holes on the bottom and position it over the pot.
- ✚ Add a portion of the dough in the strainer or pan.
- ✚ Using a spatula, keep pressing down on the dough and spreading it continuously so that it passes through the holes and breaks off into pieces that fall into the boiling water and become macaroni.
- ✚ BE CAREFUL! This needs to be done with very quick movements so that the pasta dough doesn't stick to the bottom of the strainer or baking pan.
- ✚ Repeat the same process until all of the dough has been made into macaroni.
- ✚ Boil the macaroni until they rise to the surface of the water. This should take about 2-3 minutes.
- ✚ Remove them with a slotted spoon or drain into a strainer.
- ✚ Transfer to a bowl, drizzle with some olive oil and toss to coat. This will keep them from sticking to one another.
- ✚ Place a pan over high heat.
- ✚ Add the butter, let it melt and cook until it becomes golden brown.
- ✚ Mince the garlic, add it to the pan and sauté.
- ✚ Add the chili flakes, some finely chopped parsley and spring onion. You can also reserve some of the parsley and spring onion for serving.
- ✚ Add the pasta and sauté for 4-5 minutes.
- ✚ Grate 50 g of feta cheese over the macaroni, toss and remove from heat.
- ✚ At this point you can also add some butter for extra aroma.
- ✚ Sprinkle with parsley, spring onions and 1 tablespoon chili flakes and gently toss to distribute.
- ✚ Crumble the remaining 50 g of feta over the top and serve.

Source: <https://akispetretzikis.com/en/categories/zymarika/spitika-zymarika-me-feta>



# Lamb Fricassee



## Recipe Ingredients:

- ✚ 3 tablespoons butter
- ✚ 2 1/2 lbs. cut up lamb shoulder
- ✚ 2 sliced onions
- ✚ 5 sliced chives
- ✚ 2 tablespoons flour
- ✚ 2 cut lettuce heads, as for salad
- ✚ 4 cups hot water
- ✚ 2 tablespoons salt
- ✚ 1/2 teaspoon pepper
- ✚ 1/2 cup parsley or dill
- ✚ 3 egg yolks
- ✚ Lemon

## How to Make Greek Lamb Fricassee With Lettuce:

- ✚ Add butter to a saucepan and let it melt over low heat. Raise the heat to medium and sauté meat and onions together. Sprinkle flour over and mix well.

- ✚ Add lettuce, water, salt, pepper, and parsley or dill. Simmer, covered, until meat is tender (about 1 hour).
- ✚ Remove from heat and set aside. Prepare the egg and lemon sauce:
- ✚ **For egg and lemon sauce:**  
Beat egg yolks with 2 tablespoons of water. Add lemon juice. Slowly beat in 1/2 cup of the lamb juices that were created during the cooking process. Beat it in one spoonful at a time.
- ✚ Pour egg mixture gradually over meat and gravy, stirring all the time.
- ✚ This dish is also delicious when prepared with artichokes or endive instead of lettuce.

*Source:* <https://www.greekboston.com/food/meats/lamb-fricasse-recipe/>

# Moussaka



## Recipe Ingredients:

- + 3 potatoes
- + 2 zucchini
- + 2 eggplants
- + salt
- + pepper
- + sunflower oil, for frying

## For ground meat

- + 1 onion
- + 2 tablespoons olive oil
- + 1 clove of garlic
- + thyme
- + 1 teaspoon granulated sugar
- + ½ teaspoon ground cloves
- + 1 levelled teaspoon ground cinnamon
- + 1 tablespoon tomato paste

- + 500 g ground meat
- + 400 g canned chopped tomatoes
- + salt
- + pepper
- + ½ bunch parsley
- + ½ bunch basil

#### For béchamel sauce

- + 100 g butter
- + 100 g all-purpose flour
- + 750 g milk
- + salt
- + pepper
- + pinch of ground nutmeg
- + 150 g parmesan, grated
- + 3 egg yolks

#### To serve

- + fresh herbs
- + 1 teaspoon olive oil

### How to Prepare Greek Style Summer Bean Salad:

- Place a deep pan over high heat. Add the sunflower oil and let it get hot.
- Peel the potatoes and slice them into thin rounds.
- Slice the eggplants and zucchini into thin rounds and fry in a separate pan for 5-10 minutes.
- Remove with a slotted spoon and transfer to a baking pan lined with paper towels. Allow to drain from excess oil.

#### For the ground meat

- Place a pot over high heat and add the olive oil.
- Coarsely chop the onion and add to pan.
- Finely chop the garlic and add to pan along with thyme and sugar. Sauté for 2-3 minutes until they caramelize nicely.
- Add the ground meat and break it up with a wooden spoon. Sauté until golden brown.
- Add the tomato paste and sauté so that it loses its bitterness.

- Add the chopped tomatoes, lower heat and simmer for 5-10 minutes until the sauce thickens.
- Remove from heat and add the parsley and coarsely chopped basil. Season with salt and pepper.

#### For the béchamel sauce

- Place a pot over medium heat.
- Add the butter and let it melt.
- Add the flour and whisk until it soaks up all of the butter.
- Add the milk in small batches while continuously whisking so that no lumps form.
- As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from heat.
- Add the nutmeg, salt, pepper, 100 g parmesan and 3 egg yolks. Whisk thoroughly.

#### To assemble

- Preheat oven to 180\* C (350\* F) Fan.
- In a 25\*32 cm baking pan, spread a layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini. Season in between layers.
- Add 2-3 tablespoons of béchamel sauce to the ground meat mixture and mix. Spread the ground meat over the vegetables.
- Cover with the béchamel sauce, spreading it evenly and sprinkle with 50 g of grated parmesan.
- Bake for 35-40 minutes.
- When ready, remove from oven and allow to cool.
- Serve with fresh herbs and olive oil.

*Source:* <https://akispetretzikis.com/en/categories/lachanika/moysakas>

# Pastitsio



## Recipe Ingredients:

### For ground meat

- 750 g ground beef
- 2 onions, finely chopped
- 1 clove of garlic, minced
- 2 beef bouillon cubes
- 1 can chopped tomatoes (400 g)
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 100 ml red wine
- fresh thyme
- 1 teaspoon ground cinnamon
- 2 tablespoons olive oil, for the onion
- 2 tablespoons olive oil, for the ground meat
- 2 bay leaves
- ½ bunch of parsley, finely chopped

### For béchamel sauce

- 100 g gruyere cheese, grated
- 1 liter milk
- 100 g butter
- 3 egg yolks
- 100 g all-purpose flour
- ½ teaspoon ground nutmeg
- salt

- pepper

#### For pasta

- 300 g long ziti or bucatini pasta
- 2 eggs
- 200 g feta cheese, crumbled
- ½ bunch of parsley, finely chopped
- 30 ml olive oil
- a generous amount of fresh thyme

#### For the ground meat

- Place a pan over high heat.
- Add 2 tablespoons of olive oil, the finely chopped onions, 1 tablespoon granulated sugar and finely chopped thyme.
- Sauté for 3-4 minutes, until the onions caramelize nicely.
- Add the garlic and continue to sauté.
- Add the tomato paste and sauté for at least 2 minutes. It is important to sauté the tomato paste to give it a more intense flavor.
- Add the ground meat. Break it up with a wooden spoon and brown for 4-5 minutes. At this point you may need to add another 2 tablespoons of olive oil.
- Add the wine and let the alcohol evaporate.
- Add the canned tomatoes, cinnamon, sugar, bouillon cubes and bay leaves.
- Turn the heat down to low and simmer for 10-20 minutes, until the sauce reduces and the ground meat is cooked.
- When ready, remove from heat. Discard the bay leaves and set aside until needed.

#### For the béchamel sauce

- Heat the butter in a **pot** over medium heat. As soon as it melts (do not let it burn), add the flour. Beat with a hand whisk and sauté the flour for a few minutes.
- Scrape down the sides of the pot to release any flour, so it doesn't burn.
- Add the milk, in small batches, whisking continuously so that no lumps form in the mixture.
- The mixture will be quite thick at first. You need to be persistent and patient. As you add more and more of the milk, you will see how the béchamel sauce will start to become nice and creamy.
- When the béchamel sauce starts to thicken, you have to be very careful not to let it burn on the bottom. Whisk continuously to avoid this.
- When ready, remove from heat and add salt, pepper, nutmeg and all of the grated gruyere, apart from 1 tablespoon which will be added at the end of the recipe.
- To complete, add the 3 egg yolks and whisk to incorporate.
- Set aside until needed.

#### For the pasta

- Add the pasta to a pot full of salted water. Boil 1-2 minutes less than the instructions on the box. They need to be al dente because they will cook further in the oven, so do not overcook.
- Brush a baking pan with olive oil.
- When the pasta is ready, drain and spread in the baking pan.
- Add the 2 eggs, lightly beaten, a generous amount of thyme, parsley and crumbled feta cheese.
- Season to taste and set aside until needed.

### To assemble

- Preheat oven to 180\* C (350\* F) Fan.
- Bring back the baking pan containing the pasta mixture.
- To the ground meat, add a ladleful of the béchamel sauce. Mix until completely incorporated.
- The béchamel sauce will make the ground meat mixture hold together better when serving.
- Spread the ground meat mixture over the pasta in the baking pan.
- Pour the remaining béchamel sauce over the ground meat.
- Last, sprinkle the reserved grated gruyere over the top. You can also add some small cubes of butter.
- Bake for 40 minutes or until the béchamel turns golden brown.

*Source:* <https://akispetretzikis.com/en/categories/zymarika/to-pastitsio-toy-akh>



# Rice With Fish

## (Psaropilafo)



### Recipe Ingredients:

- 1/3 cup plus 2 tablespoons Greek olive oil
- 2 medium onions, chopped fine
- 2 garlic cloves, minced
- 2 pounds fish, such as sea bass, cod, or haddock, cleaned, skinned, and cut into a few pieces
- 5 cups water
- 1 1/2 cups medium grain rice
- 1 tablespoon tomato paste
- 2 tablespoons fresh, chopped parsley (to garnish)

### How to Make Greek Fish With Rice:

- Add 1/3 cup olive oil to a skillet and set the heat to medium. Add the onions and saute until translucent. This should take 5-10 minutes. Add the garlic and saute for another minute. Add the fish the water and cover the mixture. Bring it to a boil over medium heat and then drop it to low once it boils.

- Simmer for thirty minutes. Remove the fish and pass the water through a sieve. Reserve 4 cups of the water and stir in the tomato paste. Add the water to a medium saucepan. Add the rice and stir well. Cover the pan and bring the mixture to a boil over medium heat. Set the heat to low and simmer until all the water is absorbed. This should take about 15 minutes.
- Remove from heat. Place the rice in a serving bowl and toss in the cooked fish. Sprinkle the parsley on top and serve immediately.

*Source:* <https://www.greekboston.com/food/psaropilafo-recipe/>

# Spinach and Ricotta Cannelloni



[https://www.youtube.com/watch?time\\_continue=78&v=PwWnmHBtFDk](https://www.youtube.com/watch?time_continue=78&v=PwWnmHBtFDk)

# Vegetarian Soutzoukakia



## Recipe Ingredients:

### For oriental meatballs

- + 500 g chickpeas
- + 3 tablespoons olive oil
- + 1 tablespoon baking powder
- + 1 teaspoon ground cumin
- + grated zest of 1 lemon
- + juice from ½ lemon
- + 3 onions
- + 1 clove of garlic
- + 1 tablespoon mint
- + 1 tablespoon parsley
- + salt
- + pepper
- + 200 g all-purpose flour

### For sauce

- + 2 tablespoons olive oil
- + 1 onion
- + 1 cinnamon stick
- + 3 bay leaves
- + 1 teaspoon dry oregano
- + 1 clove of garlic
- + 1 teaspoon granulated sugar
- + 1 tablespoon tomato paste
- + 3 tomatoes

- ✚ salt
- ✚ pepper

#### To serve

- ✚ basmati rice, boiled
- ✚ thyme
- ✚ fresh oregano
- ✚ 1 tablespoon olive oil

#### For vegetarian oriental meatballs

- ✚ Place the chickpeas in a bowl with a generous amount of water and add salt. Soak them for 12 hours or overnight, until they soften.
- ✚ When ready, drain, rinse and dry off. Transfer to a food processor and pulse a little, making sure you don't create a paste.
- ✚ Transfer to a bowl and add olive oil, baking powder, cumin, lemon zest, lemon juice, grated onion, grated garlic, finely chopped mint, salt and pepper. Mix thoroughly.
- ✚ Shape the mixture into oval shaped meatballs, dredge in flour.
- ✚ Place a deep pan over medium to high heat, add the oil and let it get hot. Carefully add the meatballs in batches and fry until they turn golden. Transfer to a baking pan lined with paper towels to drain.

#### For the sauce

- ✚ In a shallow pot, add the olive oil, finely chopped onion, cinnamon stick, bay leaves, dry oregano, pepper, chili, minced garlic, granulated sugar and tomato paste. Sauté.
- ✚ Add the grated tomato, salt and pepper. Lower heat and add the fried meatballs to the pot. Cover with lid and simmer for 10 minutes.
- ✚ Serve with boiled basmati rice, thyme, fresh oregano and olive oil.

*Source:* <https://akispetretzikis.com/en/categories/ospria/nhstisima-soytzoykasia>

# DESSERTS

# Cheese Tart

(Melopita)



## Recipe Ingredients:

- 1 sheet puff pastry or prepared pie crust
- 1 1/2 cups ricotta cheese that has been strained overnight in a cheesecloth
- 1/3 cup Greek honey
- 1/2 teaspoon ground mastic
- 1/2 teaspoon ground cinnamon
- 2 large eggs

## Instructions to Make Greek Cheese Tart:

Preheat oven to 375 degrees Fahrenheit.

Line a 9-inch spring form pan with the puff pastry or pie crust. Cover with aluminum foil and place the pan in the center of the oven. Bake for about 15 minutes to let the crust or puff pastry set. Remove from the oven, remove the foil, and poke the pastry with a fork several times across the surface. Return to the oven and bake until the crust or puff pastry turns golden brown. Remove from oven and set aside. Let cool completely.

When ready to make the tart, preheat the oven to 350 degrees Fahrenheit.

Add the ricotta, honey, mastic, cinnamon, and eggs to a food processor and pulse until smooth. Pour the filling into the cooled pie crust and bake in the oven for 30 minutes, until the tart is set. Remove from oven and let cool for about an hour before serving.

*Source:* <https://www.greekboston.com/food/melopita-recipe/>



# Frozen Greek Yogurt



<https://www.youtube.com/watch?v=0pTDKPIUvUI>

# Galatopita



## Recipe Ingredients:

- 4 cups whole milk
- 3/4 cups granulated sugar
- 4 tablespoons unsalted butter
- 2/3 cup semolina flour
- 6 large eggs
- 1 tablespoon cinnamon
- 1 teaspoon vanilla extract

## How to Prepare Galatopita:

- Preheat oven to 350 Degrees Fahrenheit.
- Add the whole milk, granulated sugar, and 2 tablespoons of the butter to a medium saucepan and bring to a boil over medium high heat. As the mixture is boiling, whisk in the semolina flour and continue to whisk until the mixture thickens slightly.

- In a separate dish, beat 4 whole eggs and 2 egg whites together. Slowly whisk into the semolina mixture. Once mixture thickens a little more, pour it into a 9 x 9 glass baking dish.
- Melt the remaining 2 tablespoons of butter in the microwave and stir in the cinnamon and vanilla. Pour into the baking dish and mix gently using a butter knife until it's well incorporated. Add to the center of the oven and bake for 45 minutes. Remove from the oven and let it cool completely before serving. Garnish with anything you want, such as chocolate sauce, cinnamon, and even honey!

*Source:* <https://www.greekboston.com/food/desserts/galotopita-recipe/>

# Greek Halva



<https://www.youtube.com/watch?v=WgwfNpNN3Q8>

# Loukoumathes



<https://www.youtube.com/watch?v=X5jVTeuO5a4>

# Greek Chocolate Cake

(Sokolatopita)



## Recipe Ingredients:

### *For Syrup:*

- 2 sticks butter, melted
- 1 cup boiling water
- 1 1/2 cups granulated sugar
- 3/4 cup cocoa powder
- 1/4 cup Greek brandy (Metaxa)
- 2 teaspoons vanilla

### *For Cake:*

- 4 large eggs
- Pinch of salt
- 3/4 cup granulated sugar
- 2 tablespoons butter, melted
- 3/4 cup all-purpose flour
- 1/4 cup cocoa powder

- 1 1/2 teaspoon baking powder

**Instructions on How to Bake Greek Chocolate Cake:**

Whisk together the butter, water, and granulated sugar into a saucepan. Set the heat to medium and continue stirring the mixture until the sugar is dissolved. Once the sugar melts, remove the pan from the heat and whisk in the cocoa powder, brandy, and vanilla. Set it aside.

Preheat the oven to 350 degrees Fahrenheit. Spray a 9 x 13 baking pan or a Bundt pan with cooking spray.

Add the eggs to a mixing bowl and beat until scrambled. Add the salt, sugar, and butter and beat together until smooth. Beat in the flour, cocoa powder, and baking powder until the batter is smooth.

Pour the batter into the cake pan and place in the center of the oven. Bake until a toothpick inserted in the center comes out clean. This should take about 30 minutes.

Pour the syrup over the cake as soon as you remove it from the oven.

*Source:* <https://www.greekboston.com/food/chocolate-cake-recipe/>