



The Greek Kitchen

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Amigdalota (Greek Almond Macaroons)

**1 pound ground almonds
3/4 cup granulated sugar
2 tablespoons toasted bread crumbs
4 egg whites
1/2 teaspoon lemon juice
Pinch of salt
1 teaspoon vanilla extract
Rose water
Confectioners' sugar**

Beat egg whites with salt until stiff, then add lemon juice. Add almonds, sugar and crumbs to egg whites, folding them in gradually. Add vanilla extract.

Cut a brown paper bag to fit a cookie sheet and grease the paper. Drop teaspoon-size macaroons onto paper and bake at 275 degrees F about 20 minutes, checking after 15 minutes so that Amigdalota don't burn.

Brush cookies with rose water when they come out of the oven. Loosen them from paper by moistening the paper slightly and lifting off macaroons. Sift confectioners' sugar over them and let cool.

Apple Baklava

Sauteing the apples first to let the water evaporate ensures a crisp crust.

6 Golden Delicious apples
6 Granny Smith apples
2 tablespoons unsalted butter
6 tablespoons granulated sugar
1/2 teaspoon cinnamon

Nut Mixture

2 1/2 cups walnuts, chopped
1/2 cup granulated sugar
1/2 teaspoon grated lemon peel
1/2 teaspoon cinnamon
24 sheets phyllo dough
1/2 cup unsalted butter, melted
2 tablespoons plain dry bread crumbs
2 tablespoons honey

Apple Layer: Peel and slice apples. Melt butter in Dutch oven over high heat. Add apples, sugar and cinnamon; cook, stirring occasionally, until apples are tender and juices are evaporated, 15 to 20 minutes. Cool.

Nut Mixture: Combine all ingredients in small bowl.

Preheat oven to 400 degrees F.

Trim phyllo sheets to 13 x 9–inch rectangles; cover with plastic wrap. Brush a 13 x 9–inch metal baking pan with butter. Place 1 phyllo sheet in pan and brush with some of the melted butter (keep remaining phyllo covered). Layer 5 more phyllo sheets on top, brushing each with butter. Spread 2 cups nut mixture on top and repeat layering with 6 more phyllo sheets and butter. Spread apple mixture on top; repeat layering with 6 more phyllo sheets and butter. Sprinkle remaining nut mixture on top; sprinkle with bread crumbs and layer with the 6 remaining phyllo sheets and butter. With sharp knife, cut lengthwise through pastry and filling into 1 1/2 inch–wide strips, then cut diagonally at 2–inch intervals to make diamonds.

Bake 35 to 40 minutes or until golden. Drizzle honey on top and bake 5 minutes more. Cool in pan on wire rack.

Serve warm or at room temperature with whipped or ice cream.

Artichoke–Parmesan Phyllo Bites

3 (6 ounce) jars marinated artichoke hearts, undrained
3/4 cup freshly grated Parmesan cheese, divided
1 clove garlic, minced
10 sheets frozen phyllo pastry, thawed

Drain artichoke hearts, reserving marinade; set marinade aside. Position knife blade in food processor bowl; add artichoke hearts, 1/2 cup cheese and garlic. Pulse 4 times or until artichoke hearts are finely chopped. Set aside.

Place 1 phyllo sheet on wax paper (keep remaining phyllo covered). Lightly brush phyllo sheet with oil portion of reserved marinade; sprinkle with 2 teaspoons of remaining cheese. Top with another phyllo sheet; brush lightly with oil portion of reserved marinade. Cut phyllo sheet in half lengthwise. Cut each half crosswise into thirds, making 6 sections, each measuring approximately 6 x 5 inches. Place a heaping teaspoon of artichoke mixture in center of each phyllo section. Gather corners of phyllo over filling, and gently twist to close. Place on a lightly greased baking sheet. Repeat procedure with remaining phyllo sheets, marinade, cheese and artichoke mixture. Bake at 350 degrees F for 14 minutes or until golden. Serve immediately.

Makes 30.

Athenian Salad (Salata Athenas)

1 medium head lettuce
1 bunch romaine
10 radishes, sliced
1 medium cucumber, sliced
6 scallions (with tops), cut into 1/2-inch pieces
1/2 cup olive or vegetable oil
1/3 cup wine vinegar
1 teaspoon salt
1 teaspoon dried oregano leaves
24 Greek or ripe green olives
1/4 cup crumbled feta cheese
1 (2 ounce) can rolled anchovies with capers, drained

Tear lettuce and romaine into bite-size pieces. Place lettuce, romaine, radishes, cucumber and scallions in large plastic bag. Close bag tightly and refrigerate. Shake oil, vinegar, salt and oregano in tightly covered jar; refrigerate.

Just before serving, shake dressing. Add dressing and olives to vegetables in bag. Close bag tightly and shake until ingredients are well coated. Pour salad into large bowl; top with cheese and anchovies.

Yields 8 servings.

Athenian Stuffed Peppers

1 pound ground beef
1 cup rice
2 onions, ground
1 clove garlic, minced
1/2 cup vegetable oil
1 (6 ounce) can tomato paste, divided
1 1/2 tablespoons salt, divided
3/4 teaspoon pepper, divided
1/2 teaspoon oregano
1 egg, well beaten
8 green bell peppers
6 cups water
5 medium potatoes, sliced

Combine meat, rice, onions, garlic, oil, 1 tablespoon tomato paste, 1 tablespoon salt, 1/2 teaspoon pepper, oregano and egg. Wash green peppers; cut and remove seeds. Fill peppers with meat mixture; place open side down in circle in roasting pan.

Combine remaining ingredients except potatoes; pour over peppers. Place potatoes in center of pan. Bake for 1 hour and 15 minutes at 400 degrees F.

Baked Macaroni with Beef and Cheese (Pasticcio)

2 cups uncooked ziti or elbow macaroni
3/4 pound ground beef
1 small onion, chopped
1 (15 ounce) can tomato sauce
1 teaspoon salt
1 1/2 cups grated Kasser, Parmesan or Romano cheese
1/8 teaspoon ground cinnamon
1 1/4 cups milk
3 tablespoons butter or margarine
1/8 teaspoon ground nutmeg

Cook macaroni as directed on package; drain. Cook and stir beef and onion in 10–inch skillet until beef is light brown; drain. Stir in tomato sauce and salt. Spread half the macaroni in a greased 8–inch square baking dish; cover with beef mixture. Mix 1/2 cup of the cheese and cinnamon. Sprinkle over beef mixture. Cover with remaining macaroni.

Cook and stir milk and butter in 2–quart saucepan until butter is melted. Stir at least half the milk mixture gradually into beaten eggs. Blend into milk mixture in saucepan; pour over macaroni. Sprinkle with remaining 1 cup cheese. Bake uncovered at 325 degrees F until brown and center is set, about 50 minutes. Sprinkle with nutmeg. Garnish with parsley if desired.

Yields 6 servings.

Baklava

2 pounds phyllo
2 pounds walnuts, chopped
1/2 teaspoon cinnamon
1 cup granulated sugar
1/2 pound butter

Mix together chopped nuts, cinnamon and sugar. Grease an 18–inch baking pan and line with 6 layers of phyllo. Cover with thin layer of nut mixture, then top with 1 layer of phyllo. Repeat until all nut mixture is used. Top with 6 layers of phyllo. Cut into diamond–shaped pieces. Place a clove bud in each diamond shape. Pour melted butter over all. Bake 1 1/2 to 2 hours at 300 degrees F until brown, then reduce to 250 degrees F.

Remove from oven and pour cool syrup over all.

Syrup

1 cup honey
2 cups granulated sugar
2 cups water
1 cinnamon stick
2 slices lemon

Boil for 25 minutes and let cool. Pour COOL syrup over HOT Baklava!

Beef and Onion Stew (Stifado)

1 medium onion, chopped
2 cloves garlic, minced
3 tablespoons olive oil
1 (2 pound) boneless beef chuck, tip or round, cut into 1-inch cubes
1/2 cup dry red wine
2 tablespoons red wine vinegar
1/2 teaspoon salt
1/4 teaspoon coarsely-ground pepper
1 bay leaf
1 stick cinnamon
1 (8 ounce) can tomato sauce
1 1/2 pound pearl onions, peeled
Crumbled feta cheese

Cook and stir chopped onion and garlic in oil in Dutch oven over medium heat until onion is tender; remove with slotted spoon. Cook beef in remaining oil, stirring frequently, until all liquid is evaporated and beef is brown on all sides, about 25 minutes; drain fat. Return onion and garlic to Dutch oven. Stir in remaining ingredients except onions and cheese. Heat to boiling; reduce heat. Cover and simmer 1 hour and 15 minutes.

Add white onions. Cover and simmer until beef and white onions are tender, about 30 minutes. Remove bay leaf and cinnamon. Garnish with cheese.

Beef with Thyme and Oregano Butter

1kg (2 pound) piece rump steak
1 tablespoon olive oil
Freshly cracked black peppercorns
Salt

Thyme and Oregano Butter
100g (4 ounces) soft butter
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh oregano
1 small clove garlic, crushed
2 teaspoons lemon juice

Cut steak into 6 pieces. Brush each steak with oil, sprinkle with salt and pepper to taste. Barbecue, pan-fry or grill steaks until cooked as desired. Serve with slices of thyme and oregano butter.

Thyme and Oregano Butter: Beat all ingredients in small bowl with electric mixer or wooden spoon until well combined. Spoon mixture onto a sheet of grease-proof paper in a rough log shape. Fold one side of the paper over roll, then, with a ruler, push against the butter so that the mixture forms a smooth log. Roll the butter in the grease-proof paper, refrigerate.

Serves 6.

Thyme and Oregano Butter can be made a day ahead.

Storage: Covered in refrigerator; Microwave: Not suitable; Freeze: Butter suitable.

Braised Chicken in Aromatic Tomato Sauce (Pastitsatha)

1/4 cup olive oil
1 (3 pound) chicken, cut into 8 pieces
3 cups chopped red onions
6 whole allspice
1 cinnamon stick
1 teaspoon ground cumin
1 teaspoon paprika
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
Pinch cayenne pepper
1 (28 ounce) can whole Italian-style tomatoes, drained, juices reserved, tomatoes chopped
1 cup water
2 tablespoon (or more) red wine vinegar
2 tablespoon tomato paste
Pinch of granulated sugar
12 ounces perciatelli pasta or spaghetti
Freshly grated kefalotyri cheese or Parmesan cheese

Heat oil in heavy large Dutch oven over medium-high heat. Add chicken in batches and cook until brown on all sides, about 8 minutes per batch.

Place chicken on platter. Add onions to Dutch oven; sauté until tender, about 5 minutes. Add spices; stir until fragrant, about 1 minute. Stir in tomatoes and their juices and water. Return chicken to Dutch oven. Cover; simmer over medium-low heat until chicken is very tender, about 35 minutes.

Transfer chicken to platter. Tent with foil. Add 2 tablespoons vinegar, tomato paste and sugar to Dutch oven. Simmer until thickened to sauce consistency, stirring occasionally, about 10 minutes. Season with salt, pepper and more vinegar, if desired. Remove from heat. Cover to keep warm.

Cook pasta in large pot of boiling salted water until tender but still firm to bite. Drain. Transfer pasta to platter. Top with chicken, sauce and cheese.

Chandler Greek Festival Spanakopita

2 pounds fresh spinach
1 onion, finely chopped
4 tablespoons butter
1 cup cream sauce
6 eggs, beaten
1 cup feta cheese, finely crumbled
Salt and pepper
Dash of nutmeg
1/2 pound phyllo pastry sheets
Butter, melted

Wash spinach and discard stems. Dry thoroughly on absorbent paper and cut into pieces.

Sauté onion in butter until soft. Add spinach and sauté a few minutes longer. Cool.

Add cream sauce, eggs, cheese and seasonings. Mix well.

Place 7 layers of phyllo pastry sheets in an 11 x 14 x 2-inch pan, brushing each sheet well with melted butter. Add spinach mixture, then place 8 phyllo pastry sheets on filling. Again, butter each sheet well.

Bake at 350 degrees F for about 30 minutes or until crust is golden brown. Cut into small squares before serving.

Makes 16 squares.

Cheese and Honey Pie

Sesame Seed Pastry

16 ounces cream cheese, softened

2 eggs

1/2 cup granulated sugar

1/2 cup honey

1/2 cup whipping cream

1 teaspoon grated lemon peel

1/4 teaspoon ground nutmeg

Prepare Sesame Seed Pastry. Beat cream cheese in large mixer bowl on medium speed until creamy. Add remaining ingredients; beat until light and fluffy. Pour into baked pie shell. Bake at 350 degrees F until firm, 40 to 50 minutes. Refrigerate until serving time. Yields 10 to 12 servings.

Sesame Seed Pastry

1 cup all-purpose flour

1/3 cup butter or margarine, softened

1 tablespoon granulated sugar

1 tablespoon toasted sesame seed

1/4 teaspoon salt

Mix all ingredients until blended; press firmly and evenly against bottom and side of 9-inch pie plate. Bake at 475 degrees F for 5 minutes.

Chicken with Tomatoes and Olives (Kotopoulo me Tomatoes kai Elies)

Flour (for dredging)

Salt and pepper, to taste

1 (3 pound) frying chicken, cut into 6 to 8 serving pieces

1/2 cup olive oil

2 large red onions, peeled, chopped

3 garlic cloves, peeled, minced

1 1/2 cups peeled, chopped plum tomatoes

1/2 cup dry red wine

1/2 cup crumbled feta cheese

1 cup pitted Kalamata olives, rinsed and drained

1 teaspoon oregano

Combine flour, salt and pepper on a plate and lightly dredge the chicken. Heat 1/3 cup olive oil in a large, deep skillet and brown the chicken on all sides, over high heat. Remove with a slotted spoon.

Add remaining olive oil to skillet, and sauté onions until wilted and lightly browned. Add garlic and stir for 30 seconds. Place chicken back in the pan. Pour in the tomatoes and wine, and season with salt and pepper. Cover and simmer over low heat for about 45 minutes, or until the chicken is tender.

Ten minutes before removing from heat, add the crumbled feta and stir until melted. Five minutes before removing from heat, add olives and oregano.

Serve warm.

Yields 6 servings.

Cinnaamon Chicken (Kota Kapama)

**8 pieces chicken
4 tablespoons butter
1/4 cup extra virgin olive oil
1 1/2 cups finely chopped onions
1 teaspoon finely chopped or minced garlic
6 fresh garden tomatoes or 1 cup chopped,
drained, canned plum tomatoes
2 tablespoons tomato paste
1/2 cup chicken stock
1 (4-inch long) cinnamon stick
Freshly-grated Parmesan cheese**

Grind some sea salt and black pepper over the chicken pieces.

Heat the butter and olive oil over moderate heat in a sauté pan, and brown the chicken pieces. Transfer them to a plate.

Pour off all but a thin film of fat add the onions and garlic. Cook and stir for a few minutes until the onions are light brown. Stir in tomatoes, tomato paste, chicken stock, cinnamon stick, 1/2 teaspoon of sea salt and a few grindings of black pepper. Bring to a boil, and then return the chicken to the pan and baste it thoroughly with the sauce. Reduce the heat to low, cover and simmer, basting occasionally, for about 30 minutes.

Serve with white or brown rice or pasta. Spoon the tomato sauce over the chicken and rice or pasta. Sprinkle with Parmesan cheese if desired.

Faki Soupa (Greek Lentil Soup)

3/4 cup brown lentils
1 large onion, sliced
2 cloves garlic, crushed
1 (3 ounce) can tomato purée
8 ounces fresh tomatoes, peeled and seeded
Good pinch of oregano
2 tablespoons olive oil
3 3/4 cups water
Salt, to taste
Pepper, to taste

Cover lentils with cold water and bring to boil. Drain lentils and return to the pan with 1 1/2 pints water, garlic, onion, tomato purée, fresh tomatoes, oregano and olive oil. Bring to a boil and simmer until the lentils are soft. Remove from heat and blend, but stop blending before the mixture gets too smooth. Season to taste.

Galaktoboureko

Syrup

3/4 cup water

1 cup granulated sugar

Juice of 1 lemon

1 edge of orange rind

1 cinnamon stick

Boil for 10 minutes. Cool. Prepare this before making pastry.

Pastry

2 quarts milk

1 cup farina

6 eggs

3/4 pound unsalted sweet butter

2 teaspoons vanilla extract

20 phyllo sheets

Heat milk to scalding. Beat eggs until thick. Add farina and mix. Add mixture to milk with 1/4 pound butter. Heat, stirring, until thickened. Remove from heat. Add vanilla extract.

Melt remaining butter and butter bottom and sides of a 10 x 14 x 2-inch pan. Place 10 buttered phyllo leaves in pan. Pour farina mixture in and cover with remaining phyllo, buttering each leaf as it is laid. Butter the top sheet very well and score into diamond-shaped pieces. Bake at 350 degrees F for 50 to 60 minutes. Pour the COOLED syrup over HOT pastry.

Garides Me Feta (Shrimp with Feta Cheese)

**1/2 cup minced onion
1 1/2 tablespoons butter
1 1/2 tablespoons vegetable oil
1/2 cup dry white wine
4 ripe medium tomatoes, peeled, seeded and chopped
1 small clove garlic, minced
1 teaspoon salt
1/4 teaspoon freshly-ground black pepper
3/4 teaspoon oregano
4 ounces feta cheese, crumbled
1 pound raw large shrimp, shelled and de-veined
1/4 cup chopped fresh parsley**

In a heavy skillet, sauté onion in butter and oil until soft. Add wine, tomatoes, garlic, salt, pepper and oregano. Bring to boil, lower heat to medium, and simmer until sauce is slightly thickened. Stir in cheese and simmer for 10 to 15 minutes. Adjust seasonings.

Just before serving, add shrimp to hot sauce and cook for 5 minutes or until shrimp are just tender. Do not overcook. Garnish with parsley and serve immediately in large bowls with crusty French bread. Pass the rice!

Greek Beef Over Zucchini

1 1/2 pounds stew meat
1 large onion, chopped
Salt and pepper, to taste
1 teaspoon cinnamon
3 small cans tomato sauce
10 to 12 medium zucchini

Slice zucchini lengthwise. Brown in oil and drain. Put onto a large platter. Brown onion until clear. Add meat, then brown. Add tomato sauce and spices and simmer until done. Add water if needed. Pour this over zucchini and serve. Sprinkle on just a bit of cinnamon and grate Romano cheese over the top.

This may be served over spaghetti instead of zucchini.

Greek Butter Biscuits (Koulourakia Voutirou)

3/4 cup butter

3/4 cup granulated sugar

1 egg

2 egg yolks

3 1/2 cups (approximately) flour

1 beaten egg

2 teaspoons baking powder

Cream butter and sugar. Add the egg and egg yolks and beat until light and

fluffy. Add flour – sifted with baking powder– knead to make a soft dough, chill for an hour and form into small rings. Arrange on greased baking sheets, brush with beaten egg and bake in a moderate oven for about 10–12 minutes.

Servings: 40

Greek Butter Cookies

1 cup sliced brown almonds
1 teaspoon baking powder
6 cups flour
1 pound sweet butter
1/2 cup confectioners' sugar
2 egg yolks
1 ounce whiskey
1 teaspoon vanilla extract

Soften butter at room temperature until very soft. Beat well with an electric mixer. Add sugar and beat until fluffy and light colored. Add egg yolks and beat thoroughly. Sift flour and baking powder and mix into butter mixture. Add nuts. Sprinkle dough lightly with whiskey and knead thoroughly. Roll out dough and make into desired shape. Bake on a cookie sheet at 350 degrees F for about 20 minutes.

After the cookies have cooled, sprinkle liberally with confectioners' sugar.

Makes about 3 to 3 1/2 dozen.

Greek Chicken

6 skinless chicken breasts
1 large can tomato sauce
1 small can tomato puree
1 can sliced mushrooms
1 can ripe olives
1 tablespoon garlic
1 tablespoon lemon juice
1 teaspoon oregano
1 onion, chopped
1/2 cup wine or brandy (optional)
2 cups uncooked rice
Salt to taste

Wash and remove fat from chicken. Bake in 350 degree F oven for about an hour.

Meanwhile, combine all other ingredients except rice. Put chicken and sauce in a crockpot on LOW heat and cook for at least 4 hours to blend flavors.

Before serving, cook rice according to directions.

Serve chicken and sauce over rice.

Serves 6.

Greek Chicken Phyllo Pie

1 broiler–fryer, cut up
5 cups water
1 onion, chopped
1 stalk celery, cut into 1–inch pieces (optional)
1 bay leaf
1 teaspoon salt
1/4 cup butter or margarine
1/3 cup all–purpose flour
3 large eggs, lightly beaten
1/4 cup grated Romano or Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon ground white pepper
1/4 teaspoon black pepper
1/8 teaspoon ground nutmeg
1 (17 ounce) package commercial frozen phyllo pastry, thawed
1 cup melted butter or margarine
Celery leaves (for garnish)

Combine first 6 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 40 minutes or until tender. Remove chicken, and cool slightly. Bone chicken, cutting meat into bite–size pieces; set aside. Remove and discard celery and bay leaf, reserving 3 cups broth and onion mixture; set aside.

Melt butter in a Dutch oven over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add reserved broth mixture; cook over medium heat, stirring constantly, until thickened. Gradually stir about one–fourth of hot mixture into eggs; add to remaining hot mixture, stirring constantly. Add cheese and next 4 ingredients. Cook over low heat, stirring constantly, about 3 minutes or until thickened. Add chick and set aside.

Unfold phyllo, and cut the stack of sheets in half crosswise. Trim each half to a 13 x 9–inch rectangle. Cover with a slightly damp towel to prevent pastry from drying out.

Coat bottom and sides of a 13 x 9–inch pan with melted butter or margarine. Layer 15 trimmed phyllo sheets in pan, brushing each with melted butter or margarine. Spread half of chicken mixture evenly over phyllo. Top with 12 additional trimmed phyllo sheets, brushing each with melted butter or margarine. Spread remaining chicken mixture over phyllo; top mixture with remaining trimmed phyllo sheets, brushing each with melted butter or margarine.

With a sharp knife, cut through only the top layer of phyllo to make 12 servings. Bake, uncovered, on lowest rack in oven at 375 degrees F for 1 hour.

Let stand 10 minutes. Garnish with celery leaves, if desired.

Yields 12 servings.

Greek Chicken with Artichokes (Kottopoulo me Anginares)

4 large chicken breast halves (about 2 pounds)
2 tablespoons vegetable oil
1/2 teaspoon salt
1/8 teaspoon pepper
1 clove garlic, chopped
1 cup water
1 teaspoon instant chicken bouillon
1 (14 ounce) can small artichoke hearts, drained
2 tablespoons lemon juice
1 teaspoon cornstarch
2 eggs

Remove bones and skin from chicken breast halves. Heat oil in 10–inch skillet until hot. Cook chicken over medium heat until brown on both sides, about 15 minutes; drain fat. Sprinkle chicken with salt, pepper and garlic. Add water and bouillon. Heat to boiling; reduce heat. Cover and simmer 10 minutes. Add artichoke hearts. Cover and simmer until chicken is done and artichoke hearts are hot, about 5 minutes.

Remove chicken and artichoke hearts to warm platter with slotted spoon; keep warm. Beat lemon juice, cornstarch and egg in small bowl until smooth, using fork. Add enough water to pan juices to measure 1 cup. Beat into egg mixture, using fork. Return mixture to skillet. Heat to boiling over medium heat; boil and stir 1 minute. Pour sauce over chicken and artichokes. Sprinkle with minced parsley if desired.

Yields 4 servings.

Greek Chicken with Olives

1 (2- to 3-pound) chicken, cut up
3 tablespoons olive oil
5 cloves garlic, chopped
3 yellow onions, chopped
3 cups tomatoes (fresh or canned), chopped
1 (6 ounce) jar green stuffed olives or 3/4 cup salad olives
Black pepper, to taste
1 tablespoon dried oregano (or 2 tablespoons chopped fresh)
1 cup dry red wine
Salt, to taste

Brown chicken in olive oil. Remove chicken and saute garlic and onions until tender. Add tomatoes and olives and saute until tomatoes (if fresh) are soft. Add pepper, oregano, wine, and chicken.

Cover and simmer about 30 minutes, or until tender. Taste for salt, as the olives are salty.

Serves 4 to 6.

Greek Chicken with Rice

1 (3 pound) broiler chicken
1 medium onion, chopped fine
3 cups boiling water
1 1/2 cups canned tomatoes
1 teaspoon cinnamon
1/3 cup olive oil
Salt and pepper

Clean chicken thoroughly and cut into pieces.

Heat olive oil in pan and brown chicken on both sides. Add onion, cinnamon, tomato and season to taste. Add 1 cup water; cover and cook over low flame until chicken is almost done.

Remove cover. Add rice and 3 cups boiling water. Cook over low flame until rice is tender. Add more water, if needed. Stir occasionally, but carefully, so as not to break up the chicken pieces.

Remove from heat and allow to stand for a few minutes before serving.

Greek Chocolate Balls

1/2 pound walnut meats

1/2 pound sweet cooking chocolate

9 pieces zwieback

1 1/2 tablespoons granulated sugar

1/2 teaspoon cinnamon

2 tablespoons rose water

Confectioners' sugar

Put first three ingredients through the fine blade of a food chopper. Add sugar, cinnamon and rosewater. Form into 36 small balls. Roll in confectioners' sugar. Store balls airtight.

Greek Coffee Cake

1 cup butter

1/2 cup margarine

1 2/3 cups granulated sugar

6 eggs

2 cups flour

1 tablespoon vanilla extract

1 tablespoon orange or lemon juice

Cream butter, margarine and sugar thoroughly. Add eggs; mix well. Add remaining ingredients; mix well. Bake in a greased and floured Bundt pan at 325 degrees F for about 1 hour.

Cool for 10 minutes, remove from pan, and sprinkle with confectioners' sugar.

Greek Croustade

1 (10 ounce) package frozen chopped spinach
1/4 cup chopped onion
1 small clove garlic, minced
3 tablespoons butter or margarine
3 tablespoons flour
1/4 teaspoon crushed tarragon (optional)
1/8 teaspoon fresh ground pepper
1 cup milk
2 eggs, beaten
1/2 cup creamed cottage cheese
1 cup crumbled feta cheese
10 (17 x 12–inch) single phyllo dough sheets, thawed
1/2 cup (1 stick) butter or margarine, melted

Cook spinach according to directions; drain well, pressing out excess liquid. In saucepan, cook onion and garlic in 3 tablespoons butter or margarine until tender. Stir in flour, tarragon and pepper. Add milk all at once. Cook and stir until mixture is thickened. Stir half of mixture into eggs; return egg mixture into remaining sauce. Add cheeses and spinach; set aside.

Unroll phyllo dough; cover with dampened towel. Remove 1 sheet of dough; brush lightly with some of the 1/2 cup melted butter. Fold the sheet in thirds lengthwise; brush top with butter. Place one end of the folded sheet in center of a 12– or 14–inch pizza pan, extending it over the side of the pan. Repeat buttering of remaining phyllo dough, arranging strips spoke fashion evenly around pan. (The ends of sheets will overlap in center and be approximately 3 inches apart at outer ends.) Spread spinach mixture in an 8–inch circle in center of pastry. Starting with the last sheet of dough placed in pan, lift end of leaf up and bring toward center of filling. Holding end with both hands, twist ends several times; coil and tuck end under to form a rosette. Lay rosette over filling, leaving a 3–inch circle in center (center should be visible). Repeat with remaining in reverse order they were placed. Drizzle remaining butter over all.

Bake at 375 degrees F for 35 to 40 minutes or until golden.

Serve warm or cool. Cut into wedges to serve.

Greek Easter Soup with Avgolemeno Sauce

1/2 chicken, cut up
3 cups water
1/2 cup (1 stick) butter
4 scallions, finely chopped
5 cups water or chicken consommé
1/2 cup fresh dill
1/2 cup parsley, finely chopped
1/2 cup rice
Salt and pepper

Boil chicken in the 3 cups water for 50 minutes. Remove from heat; strain broth and set aside. Chop chicken into pieces.

Cook onion, dill and parsley in butter with 1 teaspoon salt and a dash of pepper until soft and transparent, being careful not to brown. Add chopped chicken and cook over moderate heat for about 5 minutes, stirring frequently. Add chicken broth and enough water to make 2 quarts liquid; bring to boil and add rice. Reduce heat and cook until rice is done. Remove from heat and blend in Avgolemeno Sauce.

Avgolemeno Sauce (Egg–Lemon Sauce)

7 eggs (at room temperature)
2 tablespoons water
Juice of 3 lemons

Beat egg whites with water until stiff. Blend in egg yolks, then add lemon juice, beating until thick. With a ladle, add a small amount of hot broth to the egg mixture, blending quickly. Pour sauce into soup and serve immediately.

Greek Farmer's Bread

16 ounces unbleached white flour
4 teaspoons instant yeast
2 teaspoons granulated sugar
2 cups lukewarm water
1 tablespoon vegetable oil
2 teaspoons salt

Put the flour into a bowl. Make a well in the middle. Put the yeast and the sugar in the well. Pour water over. Mix slightly. Cover and put in a warm place for 15 minutes.

Knead, adding the salt and oil, to a smooth elastic dough. Cover and put in a warm place for 15 minutes.

Knead thoroughly and place on a baking sheet. Cover and put in a warm place for 15 minutes.

Put into a cold oven and turn oven on to 375 degrees F. Bake for 40 to 45 minutes until golden brown. Let cool 20 minutes before slicing.

Greek Fried Cheese (Saganaki)

4 tablespoons butter

1 egg, well beaten

1 teaspoon flour

1/2 pound kasseri cheese*, sliced 1/2 inch thick

2 tablespoons brandy

Juice of 1/2 lemon

Heat the butter in a large heavy skillet over moderate heat. Beat the egg and flour together, and dip the cheese slices into the mixture. Fry until well browned on both sides. Remove from the heat and add the brandy. Carefully ignite the brandy with a match, and shake the skillet until the flame is extinguished. Squeeze the lemon juice over the cheese and serve from the skillet along with crusty bread.

Serves 6 to 8.

Greek Garlice Dip (Skordalia)

6 slices whole wheat or white bread, crusts removed

1/2 cup mashed potatoes

7 cloves garlic, peeled

1/2 cup chopped walnuts or almonds

1 cup extra virgin olive oil

1/2 cup lemon juice, or to taste

Salt and freshly-ground pepper, to taste

Soak the bread in water, then squeeze it to remove as much water as possible. Combine it with the potatoes, garlic, and nuts in an electric food processor and process until it becomes a smooth paste. With the processor running, add the olive oil in a thin stream. Add the lemon juice, salt and pepper to taste. Serve with pita bread and/or raw vegetables for dipping.

Makes about 3 cups.

Greek Goddess Salad

1 head romaine or green-leaf lettuce, rinsed and torn into bite-size pieces
1 medium green bell pepper, thinly sliced (about 1 cup)
2 medium tomatoes, cut into 8 wedges each
1/4 cup pitted, sliced olives, Kalamata or other oil-cured variety (optional)
1/4 cup crumbled feta cheese

Dressing

2 1/2 tablespoons fresh lemon juice
2 teaspoons olive oil
1 teaspoon chopped fresh oregano or 1/4 teaspoon dried oregano
1/4 teaspoon black pepper

To prepare the dressing: In a small bowl, combine lemon juice, oil, oregano, and pepper. Mix well and set aside.

Dry lettuce thoroughly in a salad spinner or with a double layer of paper towels. Place in a large salad bowl. Add bell pepper, tomatoes, olives, and feta. Pour the dressing over the salad. Toss gently to coat. Divide the salad among serving plates and serve immediately.

Serves 4.

Greek Honey Cream

Yield: 8 servings

**1/4 cup coarsely chopped walnuts
1/4 cup coarsely chopped almonds
1/4 cup coarsely chopped cashews
1/4 cup coarsely chopped pistachios
1 cup honey
1 cup chilled whipping cream**

Preheat oven to 325 degrees F.

Place all nuts in baking pan. Bake until lightly toasted, stirring occasionally, about 15 minutes. Cool completely.

Using electric mixer, beat honey in large bowl until thick and pale, about 2 minutes. Whip cream in another large bowl until stiff peaks form. Fold nuts into cream. Gently fold cream into honey, leaving a few streaks of cream. Cover and refrigerate until well chilled and slightly set, about 2 hours. (Can be prepared 1 day ahead.)

Place dollop of honey cream on each plate. Surround with fruit and serve.

Servings: 8

Greek Hot Potato Salad

4 to 5 large potatoes
1 large onion, sliced
1/2 cup celery, diced
Salt and pepper
1/2 cup olive oil
Juice of 2 lemons
Parsley, chopped

Boil potatoes until tender and keep hot. Slice onion into a large bowl. Sprinkle with salt and cold water, and allow to stand about 5 minutes; drain.

Slice hot potatoes and add to onions. Add olive oil, lemon juice and celery. Mix well to absorb dressing. Season to taste, and garnish with chopped parsley.

Serve warm.

Greek Lentil Soup (Soupa Fakez)

3 cups uncooked lentils
12 to 15 cups hot water
1 cup vegetable oil
4 to 5 cloves garlic
1 onion, minced
2 stalks celery
2 medium carrots, minced
1 sprig rosemary
1 1/2 pounds tomatoes, peeled and strained or
1 (30 ounce) can tomatoes
Salt and pepper, to taste
Vinegar (optional)

Soak the lentils overnight in cold water. Rinse and place in a large pot with plenty of water. Bring to a boil. Drain off this water and replace it with the 12 to 15 cups hot water. Add the remaining ingredients except the tomatoes and salt and pepper. Simmer for 45 minutes, then add the tomatoes and cook for about 20 minutes longer (until the lentils are soft). Season

Serve hot.

Greek Meatballs

2 pounds lean hamburger
1 egg, beaten
2 tablespoons mint leaves
1/2 teaspoon dill flakes
1 teaspoon vinegar
4 slices soft bread
6 cloves garlic, crushed
1 large onion, chopped
Salt and pepper, to taste

Mix all ingredients and form into walnut-size balls. Flour them lightly and brown in oil. Add to sauce. Simmer meatballs and sauce 20 minutes. Add water if needed. The meatballs can be put into grape leaves and simmered in sauce until done.

Sauce

2 (8 ounce) cans tomato sauce
1 onion, chopped
3/4 cup butter
1 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg
2 bay leaves

Greek Meatballs (Keftethes)

1 large onion, finely minced
1 tablespoon vegetable oil
1kg (2 1/4 pound) lean minced beef or lamb
2 cups unseasoned breadcrumbs, moistened
in about 3/4 cup warm water
2 eggs, beaten
1 1/2 tablespoons finely chopped mint (if not
available use chopped, dried mint)
2 1/2 teaspoons salt
Black pepper to taste
2 tablespoons Ouzo (optional)
1 1/2 tablespoons finely chopped fresh parsley
Plain flour
1 cup olive oil and corn oil mixed (you may
need slightly more)

Fry onions with vegetable oil over low heat until golden. Remove to a large mixing bowl.

Add meat and all other ingredients except flour and olive/corn oil mix. Knead for about 10 minutes or until mixture is a smooth paste.

Heat the oil mix in a large frying pan to the point of fragrance.

Meanwhile, start to shape mixture into balls about the size of a large marble by rolling lightly between palms of hands, I suggest that you do them in batches of say 12 – 16, each batch being enough to space evenly but separately in the frying pan.

As each meatball is formed place them on a large plate which has been liberally covered with plain flour. When the batch is finished lightly roll the meatball in the flour. At this point the oil in the frying pan should be just ready.

Put the batch of meatball into the pan (Use kitchen tongs as the oil is very hot).

Start on your second batch of meatballs, make them and place them on the floured plate. At this point it is time to turn the meatballs over and when you have completed this roll the second batch in the flour.

Now it is time to remove the first batch from the frying pan using a slotted spoon or kitchen tongs and place on paper towels to drain.

Put the second batch of meatballs into the pan to cook and carry on with the process until you have finished the mixture.

These meatballs are deliciously light and delicately flavoured and you can serve them hot, warm or cold or freeze for future use.

Greek Pasta Sauce

2 tablespoons olive oil
2 cups chopped onions
2 cloves garlic, minced
2 small bunches fresh spinach, washed well,
large stems removed, and coarsely chopped
1/2 cup sliced pitted black olives (preferably Greek olives,
such as kalamata)
Juice of 1 lemon
1/2 pound feta cheese, crumbled
Pepper to taste
1 pound cooked penne or other short thick pasta

Heat olive oil in large skillet and cook onions and garlic over medium heat until translucent. Lower heat and add spinach and cook, covered, until wilted, but still green. Add chopped olives, crumbled feta cheese, pepper and lemon juice. Stir in cooked pasta and serve.

Greek Rice Pudding

1/2 cup rice, preferably short-grain
1 cinnamon stick
2 cups water
6 cups milk
1 1/2 tablespoons cornstarch mixed with
2 tablespoons milk
1/2 cup sugar
Zest of 1 lemon
1 teaspoon vanilla extract
A grating of fresh nutmeg
Ground cinnamon (for garnish)

Combine rice, cinnamon stick and water in a saucepan and bring to a boil. Lower the heat and simmer covered for 15 minutes.

Add the milk, cornstarch mixture, and sugar to the pan. Increase the heat to moderate and stir constantly until the mixture thickens, about 15 minutes.

Add lemon zest, vanilla extract and nutmeg and stir to combine. Spoon into individual serving bowls or glasses and refrigerate for at least 2 hours. Dust with a little cinnamon before serving.

Serves 6 to 8.

Greek Rice with Feta

1/2 teaspoon olive oil
1 medium onion, chopped
3 garlic cloves, sliced
1 cup brown rice
3 cups vegetable stock
Salt
Juice and grated zest of 1 lemon
2 tablespoons crumbled feta cheese
1 scallion, sliced
1 tablespoon chopped fresh cilantro

In a deep sauté pan or saucepan, keep the oil over medium heat and sauté onion and garlic for two to three minutes. Add the rice and continue cooking, stirring, for two minutes, until coated with oil. Add the stock, stirring and scraping the sides of the pan, until the rice is cooked. Season to taste with salt. Cover and simmer over low heat for 25 to 30 minutes. Set aside, covered, to steam for five to six minutes. Uncover and test for doneness. If the liquid is not absorbed in the rice is not tender, return to the stove for a few minutes. Then add the feta, scallions and cilantro. Stir gently just to mix.

Serve immediately.

Greek Salad

1/2 cup extra-virgin olive oil
3 tablespoons red wine vinegar
3 tablespoons lemon juice
2 tablespoons chopped oregano
Salt and freshly ground pepper
4 romaine lettuce, torn
6 medium tomatoes, cored and cut into wedges
6 cucumbers, peeled and sliced 1/2 inch thick
1/2 pound feta cheese, crumbled (about 1 1/2 cups)
1 cup black olives, pitted (6 ounces)

In a small bowl, whisk together the olive oil, vinegar, lemon juice and oregano. Season with salt and pepper.

In a large bowl, combine the romaine, tomatoes, cucumbers, cheese and olives. Toss the salad with the dressing and serve at once.

Servings: 12

Greek Salad

1 bunch Romaine lettuce
1 small red onion
1 cucumber
4 Roma tomatoes
Kalamata olives
Feta cheese, crumbled

Dressing

1/4 cup good olive oil
3 to 4 tablespoons fresh lemon juice
1 or 2 cloves crushed garlic
1 teaspoon dried oregano

Whisk together dressing and let it sit while you prepare the vegetables.

Wash and spin dry lettuce, tear into pieces. Slice onion, tomato and cucumber. Add olives and feta to taste. Whisk dressing before pouring on salad and toss.

Serves 4. Goes well with focaccia bread or pita and hummus.

Greek Salad Dressing

3/4 cup olive oil

1/4 cup red wine or white vinegar

1/2 teaspoon salt

1/4 teaspoon oregano

1/4 teaspoon freshly-ground black pepper

Put all ingredients in small jar; shake thoroughly. Chill before serving.

Greek Seasoning Blend

2 teaspoons salt
2 teaspoons dried oregano
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 teaspoon cornstarch
1 teaspoon pepper
1 teaspoon beef bouillon granules
1 teaspoon dried parsley flakes
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Combine all ingredients; store in an airtight container.

Greek Sesame Bread

1/2 cup lukewarm water
2 tablespoons olive oil
5 tablespoons lukewarm milk
1 envelope active dry yeast
2 1/4 cups all-purpose flour
1/2 teaspoon salt
1 egg
2 tablespoons milk
2 tablespoons sesame seeds

Combine the water, oil, milk, and yeast in a mixing bowl and stir to dissolve the yeast. Add 1 cup of the flour and the salt and beat with an electric mixer for 2 minutes. Add the remaining flour and beat to form a stiff dough. Knead the dough on a floured surface until smooth and elastic. Place in a lightly greased bowl, cover with a dish towel, and allow to rise in a warm place until doubled in volume.

Punch the dough down and form into a round loaf on a lightly-floured baking sheet. Beat the egg with the milk and brush the dough with the mixture. Sprinkle with sesame seeds, and cut a deep cross in the top of the loaf with a very sharp knife or razor blade. Cover and allow to rise until double in volume.

Place a cake pan with 1 inch of water in it on the bottom shelf of the oven and preheat the oven to 400 degrees F. Bake the loaf for 15 minutes, then reduce the heat to 350 degrees F and bake an additional 15 minutes, until golden brown. Test for doneness by thumping the bottom of the loaf – it should produce a hollow sound. Cool on a rack.

Makes 1 loaf

Greek Shrimp

3/4 pound frozen shrimp
1 small onion, chopped
1/2 teaspoon powdered or crushed oregano
1 bay leaf
1 tablespoon chopped fresh parsley
3 tablespoons olive oil
1 can tomato wedges
1/4 cup dry white wine
1/2 teaspoon salt
Fresh ground pepper, to taste
1 1/2 teaspoons cornstarch
2 to 4 ounces feta cheese, crumbled

Sauté onion and spices in oil, in a skillet or pot that can be served at the table. Drain tomatoes; reserve juice. Chop tomatoes coarsely and add to skillet along with wine, salt and pepper; cook over high heat 5 minutes.

Mix cornstarch and reserved tomato juice and stir in. Cook over medium heat until thickened. Add shrimp and cook on low heat until pink and curled. Remove from heat and stir in cheese. Serve immediately.

Greek Spaghetti

1 pound cooked spaghetti, held warm
1/4 cup olive oil
4 cloves garlic, crushed
4 green onions, sliced thin
1 cup cherry tomatoes, split in half and seeded
1 handful coarsely chopped fresh spinach
1 cup crumbled feta cheese
1 tablespoon oregano
Salt and pepper, to taste
1/4 pound butter

Place the cooked spaghetti in the bowl you are going to serve it in. Heat a sauté pan and quickly sauté in the olive oil the garlic followed by the green onions and then the cherry tomatoes. Lastly, add the spinach and as soon as the spinach is cooked – this only takes a few seconds – pour the whole thing over the spaghetti.

Sprinkle the feta cheese and oregano over the spaghetti and toss like a salad. Season with salt and pepper. Add the butter to the pan you used for sautéing and brown it. Do not burn it, just brown it. Then drizzle over the spaghetti and enjoy.

Greek Style Shrimp

2 tablespoons vegetable oil
1 small onion, chopped
4 small tomatoes, diced
1 1/2 pounds raw shrimp
Salt and pepper, to taste
1 clove garlic, mashed
1 green bell pepper, diced
1/2 cup dry white wine
1 cup feta cheese

In a saucepan, heat oil. Add garlic, onion and green pepper. Sauté 5 minutes. Add wine and tomatoes. Simmer until thick and pulpy. Stir in shrimp and cook 5 to 10 minutes, stirring occasionally until shrimp are pink and firm. Season with salt and pepper, if desired. Pour into serving dishes and sprinkle with feta cheese.

Serve with rice, mixed with melted butter, ground cloves and pine nuts.

Greek Twirls Salad

1 (12 ounce) package rainbow twirls macaroni, uncooked
1 cup crumbled feta, Roquefort or blue cheese
1/2 cup chopped black olives
3/4 cup sliced radishes
1/4 cup sliced scallion
1 cup marinated artichoke hearts
1/2 cup olive or vegetable oil
2 tablespoons lemon juice
2 tablespoons chopped fresh parsley
1 clove garlic, minced
1 teaspoon oregano

Cook macaroni according to package directions; drain. In a large bowl, toss hot cooked twirls with cheese, olives, radishes, scallion and artichoke hearts until well blended. In a small bowl, combine remaining ingredients; toss with swirl mixture until evenly coated. Salt and pepper to taste. Chill.

Greek Trinity Loaf

Makes 1 loaf

3 to 3 1/2 cups all-purpose flour (divided)
1/4 cup granulated sugar
2 packages RapidRise or fast-acting yeast
1 teaspoon anise seed
1 teaspoon salt
1/2 cup water (70 to 80 degrees F)
1/3 cup butter or margarine, cut up
2 whole eggs plus 1 separated egg (divided)
1 cup golden raisins

In large bowl, combine 1 cup flour, sugar, undissolved yeast, anise seed and salt.

Heat water and butter until very warm (120 to 130 degrees F); stir into dry ingredients. Stir in 2 eggs, 1 egg yolk (reserve egg white) and enough remaining flour to make soft dough.

Knead on lightly floured surface until smooth and elastic, about 5 to 7 minutes. Cover; let rest 10 minutes.

To shape and bake dough: Remove 1/2 cup dough; reserve. Knead raisins into remaining dough; divide into 3 equal pieces. Form each into smooth ball; arrange on greased baking sheet in the shape of a 3-leaf clover.

Divide reserved dough into 4 equal pieces; roll each into 10-inch rope. Place 2 ropes side by side; twist together, pinching ends to seal.

Repeat with remaining ropes.

Arrange twisted ropes on 3-leaf clover in the form of a cross, tucking ends under. Cover; let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes.

Lightly beat reserved egg white; brush on dough. Meanwhile, preheat oven to 375 degrees.

Bake bread for 30 to 35 minutes or until done, covering with foil after 10 minutes to prevent excess browning.

Remove from pan; cool on wire rack.

Bread machine method: (For 1 1/2- or 2-pound bread machines.) Using 3 1/4 cups bread flour and 3 teaspoons rapid-rise or fast-acting yeast, add ingredients to bread machine pan in the order suggested by manufacturer. Process on dough/manual cycle.

When cycle is complete, remove dough to floured surface. If necessary, knead in additional flour to make dough easy to handle. Proceed as directed above to shape and bake dough.

Hawaiian–Style Baklava

16 ounces frozen phyllo (22 – 18 x 14–inch sheets)
1 cup finely chopped pecans
1 (3 1/2 ounce) jar macadamia nuts, chopped
1 cup coconut
1/4 cup brown sugar
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1 cup melted butter
3/4 cup granulated sugar
3/4 cup water
2 tablespoons honey
1 teaspoon lemon juice

Thaw the phyllo sheets and cut in half crosswise. Cover with a damp towel.

Butter the bottom of a 13 x 9–inch pan. Mix nuts, coconut, brown sugar, cinnamon and nutmeg. Set aside. Layer 15 half sheets of phyllo in the pan, brushing with melted butter between each sheet. Sprinkle half the nut mixture atop the phyllo. Repeat with another 15 sheets, remaining nut mixture and butter. Top with remaining phyllo, brushing with butter. Score the top into 1 1/2–inch diamonds. Bake at 350 degrees F for 40 minutes.

Meanwhile, combine sugar, water and honey. Boil gently, uncovered, for 10 minutes. Remove from heat. Stir in juice. Pour syrup over pastry. Cut into diamonds. Cool.

Honey Cookies (Traditional Greek Christmas Cookies)

1 1/4 cups light olive oil
1/3 cup granulated sugar
1 cup orange juice
3 to 4 cups flour
2 1/2 teaspoons baking powder
1 1/2 cups semolina
1 grated lemon rind
1 grated orange rind
1 teaspoon cloves
1/2 teaspoon cinnamon

Syrup

1 cup granulated sugar
1 cup honey

Topping

1 cup walnuts, coarsely ground
2 teaspoons ground cloves

Beat olive oil with sugar. Add orange juice. Mix 2 cups of flour with baking powder and add to oil and orange mixture. Beat in brandy, semolina, orange and lemon peel, cloves, and cinnamon. Knead dough on floured surface, adding more flour as needed for strong elastic dough. Let stand covered for 20 minutes.

Preheat oven to 350 degrees F.

Shape dough into oval cookies about 2 1/2 inches long. Bake on oiled cookie sheet for 25 minutes. Let cool.

In saucepan bring sugar, honey and water to a boil. Simmer 10 minutes and remove from heat. Mix walnuts with cloves and sprinkle over cookies. Cool before serving.

Honey Curls (Diples)

6 eggs
1 teaspoon vanilla extract
2 3/4 cups flour
1/3 cup vegetable oil
4 cups vegetable oil (for deep-frying)

Beat eggs well with vanilla extract. Add flour slowly, kneading lightly. Add the 1/3 cup oil and mix well. Separate dough into five sections. Keep unused portion covered to keep from drying. Roll one part on floured board until paper thin. With pastry wheel, cut into strips 2 inches wide and the length of pastry. Roll on a fork to form circle. Drop into very hot oil in a deep fat fryer so that dough will rise properly. Drain on absorbent paper. Dip Diples in hot syrup; sprinkle with cinnamon and nuts.

Syrup
2 cups honey
1 cup water
2 tablespoons granulated sugar

Boil for 10 to 15 minutes.

Horiatiki (Greek Country Salad)

1 pound tomatoes, diced
1/2 cucumber, peeled and sliced
1 small green pepper, pith and seeds removed, thinly sliced
1 onion, thinly sliced
5 ounces feta cheese
12 black olives
Pinch of oregano
4 tablespoons olive oil
Salt and pepper, to taste

Place tomatoes, cucumber, pepper and onion in a bowl. Dress with olive oil, salt and pepper. Arrange feta cheese and olives on the top and sprinkle on the oregano.

Imam Bayaldi (Stuffed Eggplant)

2 medium eggplants
4 scallions (including green tops), chopped
6 cloves garlic, peeled and minced
1 cup chopped celery, including some leaves
2 medium tomatoes, chopped
1 green bell pepper, seeded and chopped
1/2 teaspoon crumbled bay leaves
1/2 teaspoon dried oregano
1 teaspoon dried mint
3 tablespoons diced fresh parsley
1/4 cup olive oil, divided
1 cup chicken broth
Freshly-ground black pepper
Kalamata olives (optional)
Feta cheese (optional)

Peel eggplants lengthwise, leaving 1-inch bands of peel. Halve eggplants lengthwise. Scoop out centers to make boats. Chop scooped-out eggplant pulp; put into a large mixing bowl. Add scallions, garlic, celery, tomatoes, green pepper, bay leaves, oregano, mint and parsley; mix well.

Stuff eggplant boats with mixture. Sprinkle with a little olive oil. Place boats in a baking dish. Pour chicken broth and remaining olive oil into dish, around the boats. Cover and bake in a preheated 325 degree F oven for 45 minutes, or until eggplant is tender.

Garnish with freshly ground black pepper, Kalamata olives and feta cheese.

Note: This dish does not freeze well.

Koulourakia (Greek Butter Twist)

3/4 cup butter, softened
1/4 cup shortening
1 cup granulated sugar
3 eggs
1 teaspoon vanilla extract
4 cups all-purpose flour
1 tablespoon baking powder
1/4 teaspoon baking soda
1 egg yolk, beaten
1 tablespoon water
2 to 3 teaspoons ground cinnamon
2 to 3 teaspoons sesame seeds

Cream butter and shortening in a large mixing bowl; gradually add sugar, beating well at medium speed of electric mixer. Add eggs, one at a time, beating well after each addition. Add vanilla extract; beat until blended. Combine flour, baking powder and baking soda; gradually add to creamed mixture, mixing after each addition. Chill dough 1 to 2 hours.

Divide dough into fourths. Divide each fourth into 16 portions. Roll each portion into a 4-inch rope; fold each rope in half, and twist. Place twists 2 inches apart on greased baking sheets. Combine egg yolk and water; brush over twists. Sprinkle lightly with cinnamon and sesame seeds. Bake at 325 degrees F for 20 to 25 minutes or until light golden brown. Immediately transfer to wire racks to cool.

Kolokythia Krokettes (Zucchini Pancakes)

3 cups grated zucchini
1 teaspoon salt
3 eggs
1 cup grated feta cheese
1 1/2 teaspoons minced fresh mint leaves
3 tablespoons flour
Pepper
Butter

Mix zucchini with salt and let stand 1 hour. Squeeze out moisture. Beat eggs. Add zucchini, cheese, mint, flour and pepper to taste. Fry 1 tablespoon at a time in butter over medium heat. Brown on both sides.

Makes 18 pancakes or 6 servings.

Kotopoulo Me Elies (Chicken Casserole with Olives)

1 broiler–fryer chicken
3 tablespoons olive oil
2/3 cup red wine
1 stick cinnamon
3 cloves
2 whole allspice
1 bay leaf
1 (14 ounce) can tomatoes
16 black or green olives
Salt and pepper, to taste

Wash and dry chicken; season with salt and pepper and fry in the olive oil. Pour wine into the pan, add spices, bay leaf and tomatoes. Cover and simmer for 1 hour or until the meat is tender. Add olives the last 10 minutes, by which time the sauce should be thick. Serve with rice or pasta.

Kourambiethes (Greek Butter Cookies)

1 cup soft butter
1/4 cup granulated sugar
2 egg yolks
1 teaspoon vanilla extract*
1/2 teaspoon almond extract
2 1/2 cups unsifted flour
1/2 cup chopped walnuts
Whole cloves
Confectioners' sugar

In large bowl with electric mixer at medium speed, beat butter, sugar, egg yolks and extracts until light and fluffy. Add flour and nuts. Mix well with hands. Turn dough out onto lightly floured surface. Divide dough in half. With hands, shape each half into a 16-inch long roll. Cut each roll into 16 pieces, then shape into balls. Press a whole clove into each piece. Place 1 inch apart on ungreased cookie sheet. Bake at 350 degrees F for 20 minutes or until cookies are set but not brown.

Remove cookies to a wire rack and sprinkle lightly with confectioners' sugar while still warm. Cool. Before serving, sprinkle with confectioners' sugar again.

Make Your Own Gyro Meat

1 pound ground lamb
1/2 cup very finely chopped (or shredded) onion
2 teaspoons fresh minced garlic
3/4 teaspoon salt (preferably sea salt)
1/2 teaspoon dried ground marjoram
1/2 teaspoon dried ground rosemary
1/4 teaspoon black pepper

Mix everything together and let sit in the fridge for 1–2 hours.

Blend in a food processor for about 1 minute. (When cooked, this will help give it a more traditional gyro feel on your palate. Otherwise, it just tastes like cooked minced meat.)

Form into an oblong around a spit, and slow cook over a grill for around 30–45 minutes, cooking far from the coals, and rotating slowly. Alternatively, bake in the oven in a meatloaf shape for about 45 minutes to 1 hour, at 325 degrees F. It should be a bit dry.

Melomacarina (Greek Cookies)

1 cup (2 sticks) margarine
1/4 cup granulated sugar
1 1/4 cups vegetable oil
1 1/2 teaspoons baking powder
1/2 cup orange juice
1 teaspoon baking soda
4 to 5 cups flour

Beat margarine, sugar and oil. Add baking powder and beat well. Add baking soda to orange juice and stir until foamy, then add to first mixture. Beat well. Add flour — as much as is needed to form cookies. Knead by hand and form cookies in oblong shape. Bake at 375 degrees F on ungreased cookie sheet. When slightly brown on the bottom, remove from oven to let cool.

When cooled, dip cookies in 1/2 honey and 1/2 water which has been brought to a boil. Do this one at a time. Sprinkle with chopped walnuts and sprinkle of cinnamon. Makes about 70 delicious cookies!

Mourabiedes

1 1/2 cups butter
2 tablespoons confectioners' sugar
1 egg yolk
1/2 cup coarsely grated or finely chopped almonds
3 1/2 cups flour
2 pounds confectioners' sugar

Preheat oven to 275 degrees F.

Cream butter until light and fluffy. Mix in the 2 tablespoons confectioners' sugar and egg yolk, creaming well. Beat in almonds. Stir flour; measure and gradually add just enough flour to make a soft dough that you can shape with your hands. Pinch off pieces of dough the size of a walnut and roll between your hands. Shape into half moons or stylized S shapes. Place on an ungreased baking sheet and bake for 45 minutes or until lightly browned.

Remove from oven; let cool in pan until lukewarm.

Sift confectioners' sugar onto wax paper.

Carefully transfer the cookies from baking sheet to sugared paper. Sift more sugar over the top, coating them at least 1/4 inch with sugar. Let stand until cool; then store in a cookie jar or crock.

Makes about 30.

Moussaka

1 large eggplant
1 pound ground beef or lamb
Vegetable oil
2 medium onions, chopped
2 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon thyme
1/2 teaspoon oregano
1/2 teaspoon nutmeg
2 tablespoons chopped parsley
1 1/4 cups canned tomatoes
1/2 cup white wine
2 egg whites
1/2 cup bread crumbs
2 tablespoons grated Parmesan cheese

Pare eggplant and cut into 1/2-inch slices. Sprinkle with salt and set aside for 30 minutes. Rinse and dry thoroughly. Brown meat in vegetable oil with onions and garlic. Drain off the fat. Add salt, seasonings, parsley, tomatoes and wine. Cover and cook slowly for 30 minutes. Cool. Mix in unbeaten egg whites and half of the crumbs. Brown the eggplant slices in vegetable oil. Sprinkle bottom of a 13 x 9-inch baking dish with remaining crumbs. Cover with the eggplant. Spoon meat mixture over the eggplant. Pour Sauce over this mixture. Top with cheese and bake at 350 degrees F for 45 minutes.

Sauce

3 tablespoons butter
3 tablespoons flour
1 1/2 cups milk
2 egg yolks
1/2 teaspoon salt
1/4 teaspoon pepper

Melt butter. Add flour slowly, stirring constantly. Remove from heat. Slowly stir in the milk. Return to heat and stir until the sauce thickens. Beat egg yolks well. Gradually stir yolks, salt and pepper into the sauce. Blend well.

Old Fashioned Greek Shortbread

1 pound butter (NO margarine)
2 egg yolks
1 cup confectioners' sugar
1 teaspoon anise
4 to 5 cups flour

Beat butter at medium speed of electric mixer for 10 minutes. Add egg yolks and confectioners' sugar. Beat 5 more minutes. Add anise. Add flour one cup at a time, kneading. Roll dough into 1-inch balls and bake on ungreased cookie sheet at 375 degrees F for 12 to 15 minutes or until very lightly browned.

Dust with confectioners' sugar. Makes 5 or 6 dozen.

Pastitsio (Baked Macaroni)

1 pound macaroni
1/4 pound butter
1 1/2 pounds ground turkey or beef
1/2 can tomato paste
6 ounces grated Romano or Parmesan cheese
1 medium onion, chopped
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
Salt and pepper

Sauce

4 cups warm milk
5 eggs
6 tablespoons flour
3/4 cup (1 1/2) sticks butter

Cook macaroni (but not well done) in boiling, salted water and drain. Sauté onion in a little butter. Add ground meat and stir until brown. Add tomato paste, thinned with a little water. Add salt, pepper, cinnamon and nutmeg. Cook until meat is done. Melt butter; pour over drained macaroni, mixing carefully. Spread half of the macaroni on the bottom of a 13 x 9-inch pan. Sprinkle half of the grated cheese on top. Spread entire meat mixture on top. Cover with remaining macaroni and remaining grated cheese.

For the Sauce, boil 3 cups of the milk with 1 1/2 sticks butter. Add flour to remaining 1 cup milk and blend well. Add flour mixture to boiling butter and milk. Thicken and cool. After this has cooled, add 5 beaten eggs, or drop small amounts of the milk mixture into the eggs while stirring constantly. Once the egg mixture gets warm to hot, add the remaining milk. Pour sauce over the macaroni. Shake the pan and insert a knife to penetrate thoroughly. Bake at 350 degrees F for 40 to 45 minutes.

Paximadia (Zwieback)

1 cup vegetable oil
1 cup granulated sugar
3 large eggs
3 1/2 to 4 cups flour, divided
1 tablespoon baking powder
1 1/2 teaspoons cinnamon
1/8 teaspoon nutmeg
1/2 cup chopped walnuts
1/4 cup toasted sesame seeds

Preheat oven to 350 degrees F. Lightly grease two baking sheets.

Beat oil and sugar. Add eggs one at a time.

In bowl, measure and mix together 2 cups flour, baking powder, cinnamon, nutmeg, nuts, and sesame seeds. Add flour mixture to egg mixture and add remaining flour as necessary to make a soft dough. Divide dough into four equal balls. Roll each to 12 inches long x 3 inches wide and 1/4-inch thick. Bake for 15 minutes on prepared baking sheets.

Remove loaves from oven. While warm, slice 3/4-inch thick diagonally or straight across. Place each slice cut side down back on baking sheet. Return to oven and lightly brown about 5 minutes per side to make a light toast.

Yield: 5 dozen

Pontica (Orange Cake in Syrup)

Cake

1/4 cup (1/2 stick) butter, melted
6 eggs, separated
1 cup granulated sugar
1 teaspoon orange rind
1 teaspoon vanilla extract
1 cup all-purpose flour
1 tablespoon baking powder

Syrup

1 cup orange juice
1 cup water
1 cup granulated sugar

Preheat oven to 350 degrees F. Butter an 8 x 12-inch pan with 1/4 cup melted butter.

Make syrup by combining orange juice, water and sugar in saucepan. Bring to a boil; reduce heat and simmer about 20 minutes. Remove from heat. Allow to cool.

Beat egg whites until stiff.

In another bowl, beat egg yolks until light yellow. To yolks add sugar, orange rind and vanilla extract; cream well.

Mix flour and baking powder together, set aside.

To egg yolk mixture, add egg whites, alternating with 2 tablespoons of flour, ending with egg whites. Pour batter into prepared pan. Bake for 35 minutes or until a wooden pick inserted in center of cake comes out clean. Remove cake from oven; cut into diamond shapes. Pour cold syrup over hot cake. Let cool completely before serving.

Revanie (Yogurt Cake)

Syrup

2 cups water
2 cups granulated sugar
1 slice lemon
1 slice orange

Batter

1 cup flour, sifted
1 teaspoon baking powder
4 eggs, thickly beaten
1 cup granulated sugar
2 cups plain yogurt
1 1/2 teaspoons grated orange rind

Combine water, sugar, lemon and orange slices in small saucepan. Cook at a slow boil until clear and syrupy. Set aside.

Mix and sift flour and baking powder. Add sugar to eggs gradually, beating constantly, until smooth and thick. Stir in yogurt. Add orange rind and flour–baking powder mixture; mix smooth. Pour into an 8–inch square baking pan. Bake at 375 degrees F for 35 minutes; remove. Cake will have a delicate brown color. Pour cool syrup slowly over hot cake until absorbed; cool. Cut cake diagonally into diamond shapes. Serve plain or garnished with diced orange sections, whipped cream, toasted almonds, chopped pistachio nuts or whatever else you desire.

Rice with Garbanzos and Currants

4 tablespoons olive oil
2 medium onions, chopped
1 cup long-grain rice
1/4 cup white wine (optional)
2 cups fresh or canned chicken stock, or water
**1 (15 ounce) can garbanzo beans (chick-peas, ceci),
drained or 1 cup dried garbanzo beans, soaked
overnight and boiled for 45 minutes, until tender**
1/2 cup dried currants or raisins
Juice of 1 lemon
Salt and freshly-ground pepper, to taste
Chopped parsley (for garnish)

Heat the oil in a large saucepan over moderate heat. Sauté the onions until translucent, about 5 minutes.

Add the rice and stir to thoroughly coat the rice with the oil. Add the optional wine and cook for 2 minutes.

Add the chicken stock or water and the remaining ingredients and simmer covered over low heat for 15 to 20 minutes, until the rice is done.

Sprinkle with the chopped parsley.

Serves 4 to 6.

Rolled Baklava

1 pound filo dough, thawed
1 cup vegetable oil
Nut Filling
Syrup

Spread out 1 sheet of filo dough. Dab or lightly brush with oil. Over this, evenly place a second sheet of filo. Brush sheet with oil and lightly sprinkle with Nut Filling. Place a third sheet of filo over this, brush with oil and sprinkle with more Nut Filling. Roll up tightly (the 3 sheets together) jelly-roll fashion. Slice diagonally into 1-inch pieces. Place on a lightly greased baking sheet. Repeat until all filo dough and filling are used. Bake in preheated 350 degree oven 20 minutes or until light golden. Cool.

Freeze at this point, if desired. When ready to serve, prepare Syrup, cool and pour over individual pieces. Serve in paper candy cups.

Makes about 4 to 5 dozen.

NUT FILLING: In a medium bowl, combine 5 cups almonds OR pecans, chopped fine in food processor, 1 cup sugar, 1 teaspoon ground cinnamon, 1/2 teaspoon ground cloves (optional) and 1/2 cup toasted sesame seeds (optional). Mix well.

SYRUP: In a saucepan, combine 1 1/2 cups sugar, 1 1/2 cups honey and 1 cup water. Heat to boiling and cook until sticky, about 5 to 8 minutes, until syrup coats the back of a spoon. Do not overcook.

Skorthalia (Garlic Sauce)

3 slices white bread, crusts removed

Cold water

3 large cloves garlic

Juice of 1/2 lemon or 2 tablespoons

white wine vinegar

1/2 cup olive oil

1/2 cup walnuts

Soak bread in cold water for 5 minutes and squeeze dry. Put into a blender with the garlic, lemon juice or wine vinegar and walnuts, if desired, and process well. Gradually pour in the olive oil until you have a sauce the consistency of mayonnaise.

Serve with vegetables or triangles of pita bread for dipping.

Spankopita (Spinach–Cheese Pie)

2 pounds fresh spinach
1 onion, finely chopped
4 tablespoons butter
1 cup cream sauce
6 eggs, beaten
1 cup finely–crumbled feta cheese
Salt and pepper
Dash of nutmeg
1/2 pound phyllo pastry sheets
Butter, melted

Wash spinach and discard stems. Dry thoroughly on absorbent paper and cut into pieces. Sauté onion in butter until soft. Add spinach and sauté a few minutes longer.

Cool. Add cream sauce, eggs, cheese and seasonings. Mix well. Place 7 layers of phyllo pastry sheets in an 11 x 14 x 2–inch pan, brushing each sheet well with melted butter. Add spinach mixture, then place 8 phyllo pastry sheets on filling, again buttering each sheet. Bake at 350 degrees F for about 30 minutes, or until crust is golden brown.

Cut into small squares before serving.

Yields 16 squares.

Spanakorizo (Spinach with Rice)

1 pound spinach
2 medium onions, chopped
1 tablespoon parsley, chopped
1/4 cup rice
1/4 cup olive oil
Salt and pepper
Mint leaves

Sauté onions in heated oil until golden. Add the spinach which has been thoroughly washed and drained. Add a little water and bring to boil. Sprinkle parsley and add the washed rice. Stir; season to taste; allow to simmer for about 15 minutes, or until done.

Spinach with Lemon Dressing (Horta)

1 1/2 pounds fresh spinach
2 tablespoons olive oil or vegetable oil
1 tablespoon lemon juice
1/4 teaspoon salt
Freshly-ground black pepper

Wash spinach very thoroughly to remove all of the grit and remove stems; drain. Place spinach leaves and just the water that clings to them in Dutch oven. Cover and cook until tender, 7 to 8 minutes; drain thoroughly. Shake oil, lemon juice and salt in tightly covered jar; toss with spinach. Sprinkle with pepper.

Yields 6 servings.

Spinach with Rice (Spanakouzo)

1 (10 ounce) package chopped spinach, thawed
1 medium onion, chopped
1/4 cup olive oil
1 (8 ounce) can tomato sauce
2 tablespoons lemon juice
Salt and pepper, to taste
1 1/2 cups water
1/2 cup long grain rice

Sauté onion in olive oil in saucepan until tender. Add tomato sauce, lemon juice and water. Bring to boil. Add spinach, rice and season with salt and pepper. Cover and simmer 20 minutes or until rice is absorbed.

Makes 4 servings.

This recipe can easily be doubled.

Saint Basil's Bread (Vasilopeta)

2 cups granulated sugar
3 cups all-purpose flour
6 eggs
2 teaspoons double-acting baking powder
1 cup lukewarm milk
1/2 teaspoon baking soda
1 1/2 tablespoons fresh lemon juice
1/2 cup chopped nuts (walnuts, almonds, or pistachios)
1/4 cup granulated sugar

Preheat oven to 350 degrees F.

Cream butter and sugar together until light. Add flour and stir until mixture resembles coarse meal. Add eggs, one at a time, beating well after each addition. Stir baking powder into milk and stir into egg mixture.

Mix baking soda and lemon juice and stir in. Mix well. Pour into a greased round layer cake pan 10 inches in diameter and 2 inches deep. Randomly throw in a clean coin. Bake for 20 minutes.

Sprinkle with nuts and sugar and bake 20 to 30 minutes longer, or until cake tests done. Cool 10 minutes in pan and invert onto serving plate. Serve right side up.

Strava

Syrup

3 pounds honey

1 cup water

1 cup granulated sugar

Bring the ingredients to a boil. Set aside to cool.

Pastry

1 cup olive oil

2 pounds plain flour

Water

Rub oil into flour and add sufficient water to make a soft dough. Knead for at least 10 minutes until dough is smooth in texture and whitish in color. Divide into 3 sections. Roll out fairly thin. Brush with olive oil. Combine filling ingredients. Sprinkle pastry all over with Nut-Coconut Filling and roll up firmly. Cut on oblique lines at approximately 3-inch intervals.

Heat oil and cook pastry for about 12 minutes. Place in colander to drain off surplus oil. Place Strava in honey mixture and leave for 10 minutes.

Makes 60 Strava.

Nut-Coconut Filling

1 pound walnut pieces

1 cup shredded coconut

1 level teaspoon ground cloves

1 level teaspoon ground nutmeg

1 level teaspoon cinnamon

1 pound almond pieces

1 cup granulated sugar

Peanut oil (for frying)

Stuffed Grape Leaves (Dolmades)

1 1/2 pounds ground round or turkey
1 onion, finely chopped
1/2 cup raw rice
Salt and pepper, to taste
1 tablespoon mint
1 tablespoon parsley
1 egg, beaten
1 cup canned tomatoes, undrained
1/2 teaspoon dill
1/2 teaspoon oregano
1 (16 ounce) jar grapevine leaves
3 bouillon cubes
1 tablespoon butter

Combine first ten ingredients and mix well. Wash the grape leaves carefully and remove the brine. Put any broken leaves into the bottom of a greased Dutch oven. Put a heaping teaspoon of the mixture in the center of each leaf (on the vein side). Fold edges over and roll tightly toward point of leaf.

Dissolve bouillon cubes in enough water to cover the rolls, then pour over the rolls. Dot tops with butter. Cover with a heavy plate to prevent the rolls from opening as the rice puffs. Cover the pan and steam over low heat for 1 hour or until leaves are tender.

Tiropetes (Cheese–Filled Triangles)

1 pound feta cheese
2 eggs, slightly beaten
1/4 cup finely chopped chives
1/4 teaspoon white pepper
1 pound frozen phyllo leaves, thawed
1/4 cup butter or margarine, melted

Crumble cheese in small bowl; mash with fork. Stir in eggs, chives and white pepper until well mixed. Cut phyllo leaves lengthwise into 3 strips. Cover with wax paper, then with damp towel to prevent drying.

Using 2 layers phyllo at a time, place 1 heaping teaspoon filling on end of 1 strip; fold end over from one side to the other (to form a triangle) to opposite end. Place on greased cookie sheet. Repeat with remaining filling. Puffs can be covered and refrigerated no longer than 24 hours at this point.

Preheat oven to 350 degrees F.

Brush puffs with margarine. Bake until puffed and golden, about 20 minutes. Makes about 36 triangles.

With ingredients at room temperature, cream the cream cheese, cottage cheese and feta cheese with an electric mixer. Beat eggs and add to cheese mixture.

Cut phyllo into 3–inch strips. Place one heaping teaspoon of filling on one end of the pastry strip and fold the cover over to make a triangle. Continue folding from side to side in the form of a triangle. Line the Tiropitas in a buttered baking pan and brush each with melted butter. Bake at 350 degrees F until golden brown.

Tomato Pilaf

2 medium tomatoes, coarsely chopped
2 tablespoons chopped onion
2 tablespoons butter or margarine
2 cups water
1 cup uncooked regular rice
1 teaspoon instant beef bouillon
3/4 teaspoon salt
1/8 teaspoon pepper

Cook and stir tomatoes and onions in butter in 2–quart saucepan over medium heat for 2 minutes. Stir in remaining ingredients. Heat to boiling, stirring once or twice; reduce heat. Cover and simmer 14 minutes without lifting cover or stirring.

Remove from heat. Fluff rice lightly with fork; cover and let steam 5 to 10 minutes. Serve with grated Parmesan cheese if desired.

Yields 8 servings.

Traditional Greek Lamb in Egg Lemon Sauce

2 pounds lamb shoulder
1/4 cup butter
1 teaspoon dry dill weed or 1 tablespoon fresh dill
Salt, to taste
Pepper, to taste
6 bunches scallions, chopped
1 1/2 cups water

Trim excess fat from meat and cut into stew pieces. Place in deep saucepan over high heat. Add butter and seasonings. Brown meat well until juices are absorbed. Add green scallions. Cover and cook over low heat until soft. Add water. Continue cooking slowly for 1 1/2 to 2 hours or until meat is done. Serve with Egg Lemon Sauce.

Egg Lemon Sauce
3 eggs, well beaten
2 lemons, juiced
1 cup hot chicken broth

Beat eggs until light and fluffy. Add lemon juice slowly, beating well. Gradually add hot broth, beating constantly at low speed.

Tzatziki (Greek–Turkish)

4 cucumbers

3 cloves garlic, peeled and minced

1 tablespoon olive oil

Salt and pepper, to taste

2 cups yogurt, or yogurt and sour cream mixed

Peel and seed the cucumbers, and put through a fine grater (not a blender). Allow to drain in a colander until the juices have stopped running.

In a small bowl, mash the garlic with the olive oil, salt and pepper. Stir in the cucumbers and yogurt. Chill, covered, for 1 hour or more.

Serve as a dip with crackers or raw vegetables.

Xoriatiki (Greek "Village" Salad)

Serves 6

4 ripe tomatoes

1 cucumber

1 onion

1 green bell pepper

Olives

Capers

Oregano

Salt

1/3 pound feta cheese, crumbles

1/2 cup olive oil

Cut the vegetables into slices and mix in a salad bowl. Top with the olives, capers and oregano and cover with crumbled feta cheese. Pour the olive oil evenly over the top.

Zesty Chicken Oregano (Kotopoulo me Riganates Skaras)

1 (2 1/2 to 3 pound) broiler– fryer chicken, cut up
1/2 cup olive oil or vegetable oil
1/4 cup lemon juice
2 teaspoons dried oregano leaves
1 teaspoon salt
1/2 teaspoon pepper
1 clove garlic, chopped
Lemon slices

Place chicken in ungreased 13 x 9–inch baking pan. Mix remaining ingredients except lemon slices; pour over chicken. Bake uncovered at 375 degrees F, spooning oil mixture over chicken occasionally, 30 minutes.

Turn chicken; cook until thickest pieces are done, about 30 minutes longer. Garnish with lemon slices.

Yields 6 to 8 servings.