

RECIPES

FROM THE

LA
GREEK
Fest!

"YOUR PASSPORT
TO A GRECIAN
FEAST!"



BAKLAVA



Ingredients

6 Cups Chopped walnuts
3 T. Sugar
1/2 tsp. Cinnamon
1 Pkg. Commercial Phyllo dough
1 lb. Melted Butter

Syrup

3 Cups Sugar
1 Cup Water
1 1/2 Cup Honey

Instructions

Mix dry ingredients together in a bowl. Spread 7 sheets of phyllo in baking sheet, brushing each sheet with melted butter. Spread a thin layer of nut mixture, then 2 more phyllo sheets (*make sure to brush butter on each layer of phyllo*) Repeat process until you have 7 sheets of phyllo left. Layer on top of Baklava, brushing each with butter.

Bake in 350 degree oven for approximately 45 minutes. Make syrup by boiling sugar, water and honey. Pour over Baklava, making sure that if Baklava is hot, syrup is cold. If Baklava is cooled, syrup needs to be hot.

In Loving Memory of Bea Papadopoulos

FRIED CALAMARI

Squid Tenders



Ingredients

Vegetable Oil for deep-frying

1 lb. Clean squid with tentacles, bodies cut into 1/3 to 1/2 inch-thick rings

2 Cups all-purpose flour

2 Tablespoons dried parsley

Salt & freshly ground black pepper

2 Lemons, cut into wedges

Instructions:

Pour enough oil into a heavy large saucepan to reach the depth of 3 inches. Heat over medium heat to 350 degrees. Mix the flour, parsley, salt, & pepper in a large bowl. Working in small batches, toss the squid into the flour mixture to coat. Carefully add the squid to the oil and fry until crisp and very pale golden, about 1 minute per batch. Using tongs or a slotted spoon, transfer the fried calamari to a paper-towel lined plate to drain.

Place the fried calamari & lemon wedges on a clean plate, sprinkle with salt.

Courtesy of the Food Channel
Giada De Laurentiis

DIPLLES



Ingredients:

- 12 Eggs
- 1 Stick melted butter
- 2 T. frozen orange juice concentrate
- 5 1/2 to 6 Cups flour
- 1 Gallon oil for Frying

Syrup:

- 3 Cups Sugar
- 1 Cup Water
- 1 1/2 Cups Honey

Instructions:

Mix eggs and orange juice with enough flour so that it doesn't stick to your hands. Knead by hand, roll out on floured board and cut into strips. Roll into cylinders and fry in deep oil until lightly browned.

Make syrup by boiling sugar and water. Add honey and pour over cooled Diples. Dough can be made in advance and let sit in the refrigerator overnight.

In loving memory of Bea Papadopoulos

DOLMATHES

Stuffed Grape Leaves

Ingredients:

2 lbs mixture of ground beef and ground lamb
2 cups Rice, cooked
2 onions, grated
Bunch of 1 ½ oz. Grape Leaves
1T. Oregano
1 Cooks spoon Mint Leaves
1 Cooks spoon Granulated Garlic
1 Cooks spoon Salt
1 Cooks spoon White Pepper
2 Bunches Celery, chopped
Juice of 2 Lemons
2 Cups Stock Broth



Instructions:

Finely chop onions and mix all ingredients together thoroughly. Roll into grape leaves. Set for at least 2 to 3 hours, or overnight.

Cover bottom of hotel pan with 5 to 6 flat grape leaves. Place rolled grape leaves in layers to approximately 2 inches from top of pan. Place 2 small plates on top of leaves for weight. Add stock broth and squeeze juice of 1 lemon over top. Cook for 1 hour on top of stove at low heat.

Contributed by Ann Pappas

GALATOBOURIKO

Greek Custard

Ingredients

6 Eggs, well-beaten
1 Cup Sugar
1 Cup Cream of wheat or fine semolina
1 Qt. Milk
1 tsp. Vanilla extract
Peel of 1 sm. Lemon
1/8 tsp. Salt
4 oz. Butter
1 lb. Phyllo pastry sheets
1/2 Cup melted butter



Instructions

Combine the eggs and sugar and beat until thickened. Put into a saucepan over low heat and add the cream of wheat, milk, vanilla extract, lemon peel and salt; stir. When quite thick, add the 4 oz. of butter. When mixture is smooth and butter is well blended, remove from heat.

Grease a large baking pan and lay down sheets of phyllo pastry, buttered on each side with melted butter. Lay half the amount of pastry sheets down on the pan, one on top of another. Spoon the cream of wheat mixture on top of the phyllo and turn the pastry edges up and over the sides. Cover the mixture with the remaining buttered phyllo sheets and add butter to the top.

With a sharp knife, cut squares through the top layers only, and sprinkle top with a little water. Bake at 350 degrees for 45 minutes.

Remove from oven and prepare the syrup to be poured over the dish.

Syrup:

1 1/2 Cup sugar
1 Cup water
1 T. Lemon juice
1 Sliver of lemon peel
1 Sliver of orange peel

In a saucepan, combine the sugar, water, lemon juice, orange & lemon peels. Boil for 5 minutes, stirring all the time. Strain over the Galatobouriko. Serve when the syrup has soaked through the pastry completely.

Yield: About 20 squares

Contributed by Zoe Fovos

GREEK SALAD



Ingredients:

1 Clove Garlic
1 Head chopped lettuce
3 Tomatoes, quartered
1 Cucumber, sliced
Several slices of Feta Cheese, crumbled
20 Kalamata Olives
1/2 Red onion, thinly sliced
2 Stalks celery w/tops, finely sliced
1/4 Green Pepper, thinly sliced
Salt & Fresh ground pepper to taste
Olive Oil, Canola Oil & White Vinegar

Instructions:

Rub a large salad bowl with garlic. Combine rest of ingredients, except oil and vinegar. Lightly coat salad using equal parts of the two oils, then toss lightly. Add approximately 1 capful of vinegar, and taste. Add more vinegar if necessary, a little at a time.

Yield: 8 Servings

Contributed by Jan Pastras, "Festival Goddess"

GYROS

With Tzakiki Sauce

Ingredients

1 lb. ground lamb
1 lg. clove garlic, pressed
2 tsp. lemon juice
1/2 tsp. basil
1/4 tsp. marjoram
1/2 tsp. thyme
1/2 tsp. rosemary
1/4 tsp. salt
1/2 tsp. pepper
1/8 c. snipped parsley
6 pita pockets
2 tomatoes, chopped
2 onions, chopped



Tzakiki Sauce:

16 oz. sour cream
1 med. cucumber, pureed (puree in blender & strain to remove liquid)
2 cloves garlic, pressed
1/4 tsp. salt
2 tbsp. Sugar

Instructions:

Combine first ten ingredients in large bowl; blend. Place mixture in skillet; cook over medium heat, stirring constantly until meat is browned. Drain off excess drippings. Combine sour cream, cucumber, garlic, salt and sugar in bowl. Blend well. Cut pita pockets in half; spoon in meat mixture, top with tomatoes and onions. Spoon sauce over each sandwich and serve immediately. Makes 6 servings. Makes a good main course served over rice.

KATAIFI

Ingredients

1 1/2 lb. Unsalted sweet butter, melted
2 pkg. Kataifi Phyllo

Mixture:

1 lb. Crushed almonds
1 lb. Crushed walnuts
2 T. Powdered cinnamon
2 T. Brandy
1 1/2 Cup Sugar



Syrup:

5 Cups Sugar
6 Cups Water
2 Cinnamon sticks
6 Cloves
1/3 Lemon
2 T. Honey

Instructions

Mix all ingredients in MIXTURE section well and set aside. Make syrup, so that it can be cold when poured over hot Kataifi. In a large saucepan, mix all ingredients of syrup, except honey. Bring to a boil, then simmer over medium heat for about 20 minutes. Add honey and set aside to cool.

Brush a 13x18 baking tray all over with melted butter. Unwrap first package of phyllo, pull apart end put under a moist towel while working with it. Cut into about 2x8 inch strips (a few at a time), brush lightly with butter, put a table spoon of nut mixture and wrap. Put on baking tray. Repeat until tray is full.

Bake in 350 degree oven for about 45 minutes until golden brown. Remove from oven and pour cold syrup gently all over.

Yields about 60 pieces

Contributed by Eleni Kyriacou

KOURAMBIETHES

Dusted Butter Cookies

Ingredients

1 1/2 lb. Butter
1/3 Cup Powdered sugar
1 Egg yolk
2 T. Orange juice
1/3 Cup finely chopped almonds
3 Cups Flour
Few drops vanilla



Instructions

Melt butter over low flame, let stand until salt settles. Slowly pour butter into mixing bowl, allowing salt particles to remain at the bottom. Butter must be very clear. Place mixing bowl in refrigerator for butter to harden. Cream butter at speed #7 in mixer, scraping sides of bowl continuously.

When the mixture is stiff and fluffy, lower the speed and add sugar very gradually. Add egg yolk, add orange juice. Mix almonds with a cup of flour. Add this mixture to the butter with another cup of flour. Add a third of a cup of flour, little-by-little, in order to prevent dough from becoming thick. Make sure dough is very soft, almost sticking to your hands. If you have added all the flour and it is still too sticky, add a little more flour.

Roll small amounts of dough and shape them as you like. Bake at 375 degrees until golden brown (15 to 20 minutes). Allow to cool for 3 minutes. Remove from cookie sheet and place on waxed paper. Sprinkle lightly with rose water, then sprinkle with sifted powdered sugar.

Yields about 45 cookies

In loving memory of Pitsa Bonorris

CLASSIC KOULOURAKIA

Little Butter Cookies

Ingredients

1 lb. Butter
1 1/2 Cups Sugar
4 Eggs
5 to 6 Cups flour,
depending on egg size
2 tsp. Baking Powder
2 T. Vanilla



Instructions:

Cream butter, add sugar gradually and cream together thoroughly. Add eggs, beat well. Stir in dry ingredients and blend in flavoring. Knead well until dough is smooth. Pinch off pieces and roll on board lightly by hand to desired length, and shape into twists.

Bake at 350 degrees for 20 to 25 minutes, or until lightly browned. Serve with coffee and enjoy!

Cookies may be made ahead of time and frozen for several months—great to have on hand for guests.

Contributed by Mary Konakowitz

LOUKOUMATHES

Greek Doughnuts

Ingredients

2 Pkg. Dry yeast
1/2 Cup warm water
3/4 Cup scalded milk
1/4 Cup sugar
1 tsp. Salt
1/3 Cup soft shortening
2 Eggs
3 1/2 Cups sifted flour
Honey
Cinnamon



Instructions

Add yeast to water, let stand. Pour hot milk in bowl, add sugar and salt. Blend together and cool to lukewarm. Stir yeast mixture well and add to milk and sugar. Mix in shortening, eggs and flour. Beat vigorously until batter is smooth. Cover and let rise about 30 minutes, or until doubled. Stir down and let rest while oil is heating to 350 degrees in deep fryer. Have oil at least 2 inches deep. Drop batter from teaspoon into hot oil. Turn when edges show color, frying until golden brown. Drain on absorbent paper. Dilute honey with a little warm water and drizzle over loukoumathes while still warm. Sprinkle with cinnamon, chopped nuts or sesame seeds if desired.

In loving memory of Mary & Chris Pastras

MELOMAKARONA

Ingredients

1 1/2 Cup corn or olive oil
1 1/2 Cups Butter
1/3 Cup Sugar
1 Whole egg & 1 yolk
Rind of 1 lemon & 2 oranges
5 Full tsp. Baking powder
3/4 Cup Chopped walnuts
3/4 Cup orange juice
6 Cups flour



Syrup:

2 Cups Honey
1 Cup sugar
1/2 Cup water
2 Cups walnuts, chopped very fine

Instructions

Beat oil, butter and sugar until fluffy. Add eggs, beat a little more, lower the speed and add orange juice. Mix well. Empty the batter into a large bowl. Add rind and walnuts. Mix 5 cups of the flour with the baking powder and add it to the mixture.

Fold it in well. If the dough is very thin, add the rest of the flour.

Bake one to see if it needs a little more flour. Take small amounts of dough and press them on a surface with a design (e.g., a cut crystal glass). Roll it off the glass and press the sides in. Bake at 350 degrees until golden brown. Allow to cool.

Bring honey and sugar to a boil. Remove from the fire. Dip some Melomakarona. They should be immersed in the syrup for a few minutes. With a slotted spoon, remove them from the syrup. Let them drain on a rack a little. Set them on the walnuts and cover them with more walnuts. Reheat the syrup again and continue the same procedure with the rest of them. If needed, prepare more syrup.

In loving memory of Pitsa Bonorris

MOUSSAKA

Eggplant Casserole

Ingredients

4 Medium Eggplants
Salt
4 T. Butter
2 lbs. Ground Beef
3 Onions, chopped
2 T. Tomato Paste
1/4 Cup Parsley, Chopped
1/2 Cup Red Wine
1/2 Cup Water
Dash of Cinnamon
Salt & Pepper to Taste



Bechamel Sauce

2 to 3 Eggs, beaten
1/2 Cup Grated Cheese
1/2 Cup Bread Crumbs
6 T. Butter
6T. Flour
3 Cups Hot Milk
4 Egg Yolks, lightly beaten
Dash of Nutmeg
Salt & Pepper to Taste
Cooking Oil

Instructions:

Remove 1/2 inch wide strips of peel lengthwise from eggplants, leaving 1/2 inch peel between the strips. Cut into thick slices, sprinkle with salt, & let stand between 2 heavy plates while browning meat & making sauce. In frying pan, melt the 4 Tablespoons butter & in it, sauté meat & onions until meat is browned. Add tomato paste, parsley, wine, salt & pepper & water. Simmer until liquid is absorbed.

Cool. Stir in cinnamon, eggs, cheese & half the bread crumbs.

Sauce: In saucepan, melt the 6 Tablespoons butter over low heat. Add flour & stir until well blended. Remove from heat. Gradually stir in milk. Return to heat & cook, stirring until sauce is thick & smooth. Add salt & pepper to taste & nutmeg. Combine egg yolks with a little of the hot sauce, then stir egg mixture into sauce & cook over very low heat for 2 minutes, stirring constantly.

Brown eggplant slices on both sides in hot oil. Grease an ovenproof casserole dish & sprinkle bottom with remaining bread crumbs. Cover with layer of eggplant slices, then a layer of meat & continue until all eggplant & meat is used, finishing with a layer of eggplant. Cover with sauce, sprinkle with grated cheese and bake in 350 degree oven for 1 hour. Serve hot.

Yields 10—12 servings.

Contributed by Zoe Fovos

PASTITSIO

Greek Lasagna



Meat Filling:

1 oz. Butter
1 1/2 lb. Ground Beef
2 T. Tomato Paste
3/4 Cup Dry Red Wine
1/2 tsp. Nutmeg
Salt & Black Pepper to taste
1/4 tsp. Cinnamon
1 Large Onion, Finely Chopped
1/2 Cup Dried Bread Crumbs
1 1/2 Cup Grated Kefalotiri
or Parmesan Cheese

Pastistio:

8 ox. Pkg. Macaroni(2 Cups raw)
1 T. Olive Oil

Bechamel Sauce:

1/2 Cup Butter	4 to 6 Egg Yolks
8 T. Flour	1/4 tsp. Nutmeg
4 Cups Milk	Salt & White Pepper

Instructions:

Melt 1 ounce of butter in a large skillet & sauté onion until soft & transparent. Add the meat, cook until browned. Mix tomato paste with wine & add to meat. Continue cooking, adding nutmeg, salt, pepper & cinnamon. Cook about 15 minutes. Take of heat. Cool & mix in half the bread crumbs & half the grated cheese; set aside. Do not allow meat to “bulk”, keep it separated.

Cook the macaroni in boiling water with oil until soft. Drain & set aside. Make Bechamel Sauce. Stir in 1/4 cup cheese.

To Assemble: Grease a baking dish (like a lasagna pan) & sprinkle it with bread crumbs. Spread half the cooked pasta over the bottom of the dish & sprinkle it with 1/4 cup reserved cheese. Spread all of the meat over the pasta. Pour half the sauce over the meat & spread the rest of the pasta over it. Sprinkle it with 2 tablespoons of cheese.

Pour the rest of the sauce on top & smooth with a spatula. Sprinkle with the rest of the cheese & bread crumbs; bake in preheated 350 degree oven for 50 to 60 minutes. Let stand 10 minutes before cutting into squares.

Serve with Greek salad and lots of chilled retsina wine!

SAGANAKI

Saganiki is the Greek word for the heavy skillet used to cook this dish.

Ingredients:

8 Oz. Kelafotyri or Haloumi Cheese
1/2 Cup all-purpose flour
Freshly-ground black pepper to taste
1/4 cup olive oil
2 T. Freshly-squeezed lemon juice



Instructions:

Cut cheese into slices 3 inches long and 1/2 inch thick, rinse under cold running water & pat dry on paper towels. Place the flour on a plate & season with the pepper. Toss the slices of cheese in flour to coat evenly. Heat the olive oil in a heavy-based skillet & cook the slices of cheese in batches, shaking off the excess flour before frying.

Cook for 2 to 3 minutes on each side, then transfer to a warm plate and pat with paper towels to soak up any excess oil, if necessary. Sprinkle the Saganaki with the lemon juice and serve immediately. Serve with

Ouzo!

Prep time: about 15 minutes

Yields 4 to 6 servings.



Contributed by Julia Antoniadis

SPANIKOPITA

Spinach Pie

Ingredients:

2 lb. Spinach
1 Bunch scallions
1 lb. Bulgarian Feta Cheese
7 Eggs
3/4 Cup Olive oil
1/4 Cup Butter
1/2 lb. Pastry Sheets (Filo Dough)
Salt & Pepper to Taste



Instructions:

Clean & wash spinach; allow to drain. Chop spinach in a large mixing bowl; allow to drain. Chop onion in a large mixing bowl. Brown onion in olive oil (1 Tablespoon). Add unbeaten eggs to spinach. Break Feta cheese into small pieces & mix with spinach. Add browned onion to mixture & season with salt & pepper. Melt butter & mix with olive oil. Add 3 to 4 tablespoons of the butter/oil mixture to the spinach mixture, combining all the ingredients; set aside.

Brown 4 sheets of pastry individually in 350 degree oven (2 to 5 minutes on a cookie sheet); place aside. Grease a 10c15-inch pan & place 6 pastry sheets into pan, brushing each with the butter/oil mixture. Top with one of the baked pastry sheets. *(The use of the individually bakes pastry sheets in this recipe guarantees a pie that is not "soggy")* Sprinkle with spinach mixture, alternating with baked pastry sheets and spinach. Cover with 6 individually buttered/oiled pastry sheets. Bake at 350 degrees for 30 minutes. Remove from oven and pour remainder of butter/oil mixture over entire pie. Replace in oven and bake an additional 30 minutes. Cool and cut into squares.



Contributed by Eleni Yokas

TIROPITAKIA

Little Cheese Triangles

Ingredients:

- 1 lb. Filo leaves
- 1 lb. Feta Cheese, crumbled
- 3 Egg yolks
- 1 Cup melted butter
- 1 Cup Grated Parmesan or Romano Cheese
- 2 T. Chopped parsley
- 1 Cup Bechamel Sauce (See Recipe for Moussaka)



Instructions:

Prepare béchamel sauce and allow it to cool; add feta cheese, eggs, grated cheese, parsley & 3 tablespoons melted butter to sauce & mix well. Cut filo sheets into long strips, 3 inches wide, and brush with melted butter. Place 1 teaspoon of the cheese mixture at the bottom of each strip and fold the corner up to form a triangle; continue folding in a triangular shape until the entire strip is folded. Continue this method until all the ingredients are used.

Place triangles on cookie sheets; brush each with butter and bake at 375 degrees for 15 to 20 minutes, until golden brown. Serve at once. Tiropites may be prepared ahead of time and frozen until ready to bake.

Yields approximately 100 pieces

Contributed by Sophia Konugres