

## **Thank you for your interest in Maria's Couzina – It's All Greek To Me!**

Included in the sample cookbook is a wide variety of Authentic Greek Recipes from Maria's cookbook. Also included is Maria's ingenious "**Hand System**" of categorizing the difficulty in preparing the recipes, a brief history of Greek food, and conversion tables.

"**Maria's Couzina – It's All Greek To Me**" is written in a "down-to-earth" comfortable style that almost seems as if Maria is in the kitchen with you, helping you prepare the wonderful dishes. I believe that as you read through this sample cookbook and most certainly the full version of "**Maria's Couzina**" you will find her work to be impeccable and beyond compare.

In working with Maria putting together this cookbook I was constantly amazed by her sense of humor, outgoing, friendly nature, and vast knowledge of food and cooking techniques. "**Maria's Couzina**" is one of those rare gems that are so few and far between.

I feel truly fortunate to have gotten to know Maria through working on this book with her.

Joe Harris  
**Carolina Country Cooking**

This sample cookbook contains the complete index of "**Maria's Couzina**" and the recipes **underlined** are available in this sample.

Feel free to share this free sample cookbook with friends and family alike. Also, if you have a website, you can give it away as a free gift to your visitors or newsletter subscribers.

If you would like to get the full version of "Maria's Couzina – It's All Greek To Me" – **[Click Here](#)**

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# *Maria's Couzina*



Authentic Greek  
Cooking With  
Maria Drogitis-Stoufis



*It's All Greek To Me!*

[Authentic Greek Recipes.com](http://AuthenticGreekRecipes.com)

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# A Little About Myself



*Hello, my name is Maria Drogitis-Stoufis and I would like to take the opportunity to tell you a little about myself and [Authentic-Greek-Recipes.com](http://Authentic-Greek-Recipes.com).*

*I'm a very friendly Greek, the younger of the 2 daughters of Scott and Soula, raised in a very loving, albeit sometimes loud family. I'm a fully grown woman now but I still feel like a teenager every now and again because I have been happily married to my teenage sweetheart (who swept me off my feet way back in our salad days) for 17 years now and I am a blessed mother of 2 wonderful, very lively daughters. Elisia aged 14 and Tanya almost 5.*

*I was born in Greece and, like many unfortunate people during those difficult times, emigrated to Australia in 1967 with my parents and sister. We lived in Australia for 16 often hard but good years and returned to our home island of Zakynthos in 1982. Roots are a very strong bond for any Greek and I have lived here ever since and have never regretted it. Although I have always seen myself as completely Greek, and very proud of it, I believe I am fortunate to have absorbed the best of both the worlds I have lived in.*

*So, where is Zakynthos you ask? Well, if you have a map of Greece look to her west coast lines and you will see a number of islands just off the main lands. At the top is Corfu, then Lefkas, the Islands of Strofáδες, Kefallonia and last, but by no means least, Zakynthos. These are the magnificent 'Iónia Eptánissa' - or the 7 Ionian Islands. Quite justifiably my home of Zakynthos - or Zante as it is still called by some - was nicknamed 'Fióro Dí Levánte' or 'Flower of the East' by the Venetians who occupied the island for 400 years up until the late 17th century.*

*AGR is a very personally run business which has been put together with a great deal of care and effort both from myself and my tremendous Agent/Publisher and good friend Joe Harris from Carolina Country Cooking whose years of experience and love for his work has made working on our site something I hope I can grow old in and never stop enjoying.*

*A lot of hard work has gone into what we have put together. I believe it shows and keeping in the belief that our members deserve only the very best quality we can possibly give them we both intend to continue giving you our very best efforts.*

*I first tried my hand at cooking when I was about 9 years old growing up in my mother's loving hands. Hands which could work small wonders out of scrap ingredients. Often was the time my father would also treat us with a hefty 'taste' of his considerable cooking abilities too. So much love and effort was put into*

*whatever they could make for us because times were very hard and a little had to go a long way. The love on their faces was enough to make both myself and my sister always feel like princesses. So, following in their foot steps cooking gradually flourished into a passion for me with the same love and care they also showed no matter what they made. Thanks mum. Perhaps I don't say it often enough but you know how much I love you and I owe you so much. This is also a tribute to you and dad, God rest his sainted soul.*

*All the recipes are well tried and tested and, as you may have realised by now, many have been personally handed down through generations of my family eventually down to me. Most were handed down only by word of mouth and by just persistantly nosing around every time we got wind that our parents were up to something in the kitchen. Many were the times that I can recollect that I did nothing but bug my aunties while they were scuffling about cooking just so I could pick their brains and pick up the 'little secrets'. The recipes have only now been put into writing which had been a personal dream of mine for many years.*

*Both Joe and I would like to feel that you consider yourselves at home when you are with us and that you are never on your own should you need anything whatsoever. Don't hesitate, I'm only an email away.*

*Greeks love big, closely knit families. It's not only a tradition but a way of life so I would like to extend that warm tradition to you in the hope that you will come to realise that once a member of Authentic Greek Recipes also a member of our family.*

*Kalí Órexi, filí mou,  
or Bon Appetit my friends,  
Maria.*

# *A Brief History Of Greek Food*

*Greek cooking is extremely popular world wide and Greeks are most capable cooks at making small masterpieces out of the simplest ingredients. But, did you know that in Ancient Greece meat was not a part of the Greeks' staple diet? It was eaten mainly during celebrations, festivities and on religious days. It was also used for religious offerings. During the Ancient Olympic Games the participating athletes, in preparation for the Games, drank only water and ate only olives, bread and raw meat! Of course, as we said before, Greek cooking has come a very long way since then*

*Greek cuisine is not standard countrywide. In Northern and Eastern Greece the sweets have been greatly influenced by the Middle East, after a Greece wide occupation (with the exclusion of the Ionian Islands that had long belonged to Venice) that lasted 400 years. The Aegean Islands are famous for their seafood as the sea has provided the islands with most of their means of income, therefore survival and because many of the islands had little cattle, sheep or goats other than for milk. In contrast, the Ionian Islands in Eastern Greece, namely Corfu, Lefkas, Kefallonia and Zakynthos have many popular meat dishes. These islands have always been green and luscious and able to support a great quantity of domestic animals.*

*In the Ionian Islands, in Eastern Greece, you will find quite a few dishes that are a wonderful cross between Italian and Greek cooking. This is to be expected, however, after 400 years of Venetian occupation of the islands, which ended in the 17th century. Even today Zakynthos (the southern most Ionian Island) is still referred to as the "Fióro di Levánte", the Flower of the East.*

*The Mediterranean diet is one of the healthiest in the world (despite the wonderful sauces). It owes its high quality largely to one of the wonders of nature: its superior olive oil. Up until the 20th century a staple Greek diet, even from the ancient years, consisted mainly of beans, lentils, chick peas (generally all leguminous foods), greens of all sorts, vegetables, olive oil and fruit (both fresh and dried). Even today you will find dozens of terrific recipes to transform the most boring of food into something oh so tasty.*

*Bread is a big part of eating in Greece, and wherever Greeks are found. This stems from the many occupations the country has suffered and the many wars it has survived. Need is the mother of ingenuity. Greeks performed small miracles out of the most basic ingredients. But, often the food was not enough to go around so they hugely supplemented the meal with bread... steaming and piping hot from outdoor woodburning ovens. Henceforth all those delicious sauces to dip the bread in.*

*Greeks enjoy a good celebration every chance they get and will go all out. They have mastered the roasting of meat through the ages because, in the past, rare was the occasion when there was meat on the table and a little had to go a long way. It also had to be prepared in such a way that it would satisfy the soul until the 'next time'. You've not seen a feast unless you've seen Greeks cooking a spiced and herbed whole lamb on the spit outdoors. And what an experience are the aromas arising from rows of 'souvláki' being cooked together in the open over a charcoal fire!*

*Greeks are quite a religious people and although the severity of fasting has greatly lessened in modern day Greece, fasting is still widely kept, by almost one and all. Particularly during the 40 day fasting period before Easter as Easter is the most important of the religious Christian holidays to all Greeks. This fasting at various times of the year gave way to most imaginative and delicious ways to prepare vegetarian and seafood dishes.*

*Bread has always been a very large part of any Greek meal. But how to give a different, happier note to the festive table during difficult times through the ages? Christópsomo - Christmas Bread, Tsouréki - Easter Plait, Kouloúres - Celebration and Wedding loaves (in villages they are given as invitations to weddings and Christenings even today). Sweet bread so delicious, some full of juicy sultanas and nuts that simply buttered they are divine. Fanourópitta - A bread like cake dedicated to Saint Fanoúrio and when made and offered to him it was said that he would reveal the man a maiden girl would marry. This bread is still made today (although not necessarily for the same reason) and while it's baking it slowly fills the kitchen with a wonderful aroma.*

*Did you know that Ancient Greece was not a united country but a collection of many City States individually governed? Each City State had its own customs and often very different cuisine. This largely*

*depended on its geographical location and what nature had to offer as Greece has always been very diversified. This varied cuisine has greatly carried on into modern day Greece and the result today is a smorgasbord of delicious variety.*

# The Hand system:

We have included a revolutionary system in the cookbook which will most certainly help each and everyone understand the difficulty level of each recipe before they have even started. We call it the 'hand system'. Every recipe is accompanied by 'hands' and the amount of hands beside each recipe denotes the difficulty level of preparation.



**1 hand - very simple**



**2 hands - easy**



**3 hands - average difficulty**



**4 hands - difficult**

## **A NOTE ABOUT THESE TABLES**

These converters have been designed to help one get almost exact measurements and temperatures regardless if the metric or imperial system is used. The tables are very easy to read and understand and it is easy to convert the measurements from metric to imperial and vice versa but when beginning with one set of measures you should stick to it and not change back and forth as they are not interchangeable.

When converting it would be quite alright to round off the measurement to the nearest round figure.

i.e. 1.8 pints - 1.75 pints (1 3/4 pints)

5.8 oz. - 6 oz. etc.

The measurements are given in metric system but in desserts, particularly in pastries and cakes, where the measurements should be more accurate, both exact metric and imperial are given.

### **LIQUIDS**

<b><u>Recommended metric</u></b>	<b><u>Exact</u></b>	<b><u>Imperial (pint)</u></b>
1 litre (1,000 ml)	990 ml	1 3/4 pints
900 ml	850	1 1/2
600 ml	570	1 pint
450 ml	425	3/4 pint
300 ml	280	1/2
150 ml	140	1/4

### **The “Glass” Measurement:**

The 'glass' measurement specified in many recipes is a normal water glass which contains approximately 300 ml which is usually also the average liquid content of a large cup.

## **SOLIDS**

28 grammes - 1 ounce (oz)

450 grammes - 1 pound (lb)

1 kilo - 2.2 pounds (or approximately 36 ounces)

## **SPOON MEASUREMENTS**

Please note that a teaspoon holds approximately 5 ml in all three measurements.

<b><u>EUROPEAN (&amp; BRITISH)</u></b>	<b><u>AMERICAN</u></b>	<b><u>AUSTRALIAN</u></b>
1 teaspoon	1 teaspoon	1 teaspoon
1 tablespoon	1 tablespoon	1 tablespoon
2 tablespoons	3 tablespoons	2 tablespoons
3 1/2 tablespoons	4 tablespoons	3 tablespoons
4 tablespoons	5 tablespoons	3 1/2 tablespoons

## **OVEN TEMPERATURES**

Please note that the measurements below are the recommended international equivalents.

	<b><u>Degrees C.</u></b>	<b><u>Degrees F.</u></b>
Very cool	110 - 120	225 - 250
Cool	140 - 150	275 - 300
Moderate	160 - 180	325 - 350
Moderately hot	190 - 200	375 - 400
Hot	220 - 230	425 - 450
Very hot	240 - 250	475 - 500

## ***Disclaimer And Legal Information:***

*All recipes and information provided in this cookbook are provided "as is". We cannot guarantee nor make any claims that the nutritional values, where provided, are accurate and that each recipe is appropriate for everyone.*

*In no event shall the author or Authentic-Greek-Recipes.com be liable for damages of any kind, due to the use of recipes and information provided in this cookbook or on the Authentic-Greek-Recipes.com website.*

*It is your responsibility to decide if the recipes and information is suitable for your personal diet. When in doubt please seek the advice of your physician or health care provider.*

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# STARTERS

## GREEK VILLAGE SALAD



*This sort of salad is now globally acknowledged as 'Greek'... a trademark...*



- 4**                    **large red, ripe tomatoes**
- 2**                    **small onions**
- 1**                    **green pepper**
- 1**                    **small cucumber**
- 3 tbspns**        **black olives**
- 150 gr**           **crumbled feta cheese**
- oregano**
- salt**
- olive oil & vinegar (optional)**

**Cut the tomatoes thickly and unevenly. Slice the onions and green pepper. Slice the cucumber without removing the green skin. Place everything into a bowl, mix, and then add the olives on top. Empty the vegetables into a salad bowl and crumble the feta cheese on top. Sprinkle with salt and oregano and add the oil and vinegar (optional).**

If you would like to get the full version of “Maria’s Couzina – It’s All Greek To Me” – [Click Here](#)

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## **CHEESE PIES**



*Another trademark of Greece? Definitely... and justifiably so.*



**750 gr**            **flaky pastry**  
**200 gr**            **(strained) cottage cheese**  
**200 gr**            **grated medium hard yellow cheese (not spicy)**  
**1**                 **well beaten egg**  
**1 tspn**           **olive oil for the filling**  
**1 pinch**         **pepper**  
                      **light vegetable oil for deep frying**

**Mix the strained cottage cheese, yellow cheese and olive oil well so as to become an even mixture. Add the beaten egg and mix again. Finally, add the pepper.**

**Cut thin layers of the pastry into strips of about 7 cm by 15 cm (approximately) and at the end of each place a spoonful of the cheese mixture and then fold the strips into triangles. (Much like folding a flag.) Deep fry until golden in a light vegetable oil.**

**A good idea is to place them, for straining any excess oil, on kitchen paper when removed from the oil.**

**Serve hot.**

*\* A cooking variation of cheese pies, if you would prefer to avoid frying, is to bake them, on a lightly greased baking tray, in a moderately heated oven at 180 C until golden.*

If you would like to get the full version of “Maria’s Couzina – It’s All Greek To Me” – [\*\*Click Here\*\*](#)

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# ***SKORDALIÁ***



## ***GARLIC MASHED POTATOES***

*A particular favourite in winter, a real tummy warmer, wonderful with 'Bakaláo' - deep fried cod.*

<b><i>5 - 6</i></b>	<b><i>finely crushed garlic cloves</i></b>
<b><i>250 gr</i></b>	<b><i>hot peeled and boiled potatoes</i></b>
<b><i>1/2 cup</i></b>	<b><i>olive oil</i></b>
	<b><i>the juice of 1 lemon</i></b>
	<b><i>salt (to taste)</i></b>

**The garlic must be finely crushed so it can distribute evenly throughout the potato. Cut the hot boiled potatoes into pieces and put them in a blender with the garlic. Add the salt, start blending and gradually pour in the oil. Lastly add the lemon juice and blend everything again until it is just like creamy mashed potatoes.**

**Empty it into a deep dish and pour a little olive oil on top in circular motions and serve.**

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# VEGETABLES / VEGETARIAN

## BRIÁM



### MIXED VEGETABLE BAKE IN TOMATO SAUCE

*This recipe has to be, without a doubt, one of the most delicious ways conceivable in which to prepare vegetables.*

<b>500 gr</b>	<b><i>thickly cut zucchini</i></b>
<b>500 gr</b>	<b><i>thickly cut eggplants</i></b>
<b>500 gr</b>	<b><i>potatoes peeled and cut into small roasting pieces</i></b>
<b>1</b>	<b><i>large sliced onion</i></b>
<b>4</b>	<b><i>sliced garlic cloves</i></b>
<b>1</b>	<b><i>sliced and seedless red pepper</i></b>
<b>1</b>	<b><i>sliced and seedless green pepper</i></b>
<b>2</b>	<b><i>sliced ripe medium tomatoes</i></b>
<b>1/2 glass</b>	<b><i>condensed tomato juice</i></b>
<b>1</b>	<b><i>flat teaspoon oregano</i></b>
<b>3/4 glass</b>	<b><i>olive oil</i></b>
<b>200 gr</b>	<b><i>thickly crumbled feta cheese</i></b>
	<b><i>salt, pepper</i></b>

**Place the potatoes first in an oven pan and then add the zucchini and eggplants, then the red and green peppers, garlic and onion and lastly the sliced tomato evenly spread out on top. Sprinkle the oregano everywhere and salt and pepper the vegetables. Pour in the olive oil over the vegetables and the tomato juice. Lastly, add enough water to 3/4 cover the ingredients and bake everything in a medium preheated oven at 180 C until the vegetables are cooked and have browned in places.**

**While cooking mix the vegetables occasionally so the top layer does not burn. When the vegetables have cooked and the tomato juice has thickened turn off the oven. Sprinkle the crumbled feta cheese onto the vegetables and mix it in. Leave the pan in the oven for 5 minutes, remove it and then serve the Briám hot.**

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## **BROCCOLI with CHEESE SAUCE**



*Another not so favourite vegetable that can be easily transformed into a delicious side dish.*



<b>1 kg</b>	<b>broccoli</b>
<b>1</b>	<b>tablespoon flour</b>
<b>30 gr</b>	<b>butter</b>
<b>250 gr</b>	<b>milk</b>
<b>2</b>	<b>tablespoons fresh cream</b>
	<b>salt &amp; pepper to taste</b>
<b>200 gr</b>	<b>hard yellow cheese (not too spicy)</b>
	<b>a pinch or so of ground nutmeg</b>

**Cut the broccoli into large pieces. Place it in a large pot in salted, boiled water and 2-3 drops of lemon juice. Boil it until it can be easily punctured with a fork. Strain it carefully and place it in a pan.**

**Place the butter in a small pot. Over a low fire, melt the butter (careful not to burn it) and add the flour, mixing continuously. Add the milk, fresh cream, salt, pepper and nutmeg and about half the cheese. Allow it to melt slowly and then pour it over the broccoli. Grate the remaining cheese over the sauce and broccoli. Place it in the oven at about 180 C until it turns a golden colour.**

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# SPAGHETTI & PASTA

## MACARONI TONO alá CREME



*An unlikely combination but what a lovely surprise!*



**SERVES 4 - 5**

**500 gr**            **macaroni**  
**400 gr**            **tinned Tuna fish in oil**  
**500 gr**            **fresh cream**  
**1/2**                **medium finely chopped celery stalk**  
**salt**  
**200 gr**            **grated Parmesan cheese**

**Boil the macaroni in water with a little salt (don't overboil). When it has cooked, strain it and scald it with cold water and strain it again. In a large pot tip in the macaroni. Strain the tinned Tuna fish and add it well crumbled to the macaroni, then add the celery and a little salt. Pour in the cream and place the pot over a medium flame. Mix everything well but gently and constantly until the cream has thickened.**

**Divide the pasta into servings and sprinkle the cheese over them.**

*\* The celery can be substituted with finely chopped parsley if it is preferred.*

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# SPAGHETTI IONIAN VEGETARIAN



*A truly delicious way of preparing simple vegetables for pasta.*

<b>300 gr</b>	<b>spaghetti</b>
<b>2</b>	<b>large ripe tomatoes peeled and chopped</b>
<b>150 gr</b>	<b>fresh thinly sliced mushrooms</b>
<b>1</b>	<b>finely chopped onion</b>
<b>1/2</b>	<b>finely chopped green pepper</b>
<b>100 gr</b>	<b>thinly sliced leak</b>
<b>6 tbspns</b>	<b>fresh cream</b>
<b>5 tbspns</b>	<b>olive oil</b>
<b>1/3 tspn</b>	<b>finely ground basil</b>
<b>4 tbspns</b>	<b>condensed tomato juice</b>
	<b>salt, pepper</b>

**Boil the spaghetti in salted water. Strain them, scald them with cold water and strain them again.**

**When the spaghetti is almost cooked prepare your sauce.**

**Heat the olive oil in a pan and add the onion, green pepper, mushrooms and leak. Sauté them well but do not allow them to attain much colour. Add the chopped tomato and basil. Cook everything stirring with a wooden spoon until the tomato is completely soft. Add the salt and pepper and stirring with a wooden spoon pour in the cream. Let it boil for a few seconds, over a low flame, to thicken and then pour in the tomato juice. Let everything simmer for 2 - 3 minutes over a low flame, constantly stirring, and then having divided the spaghetti into servings, pour the hot sauce onto the spaghetti.**

**Sprinkle with Parmesan cheese (if desired) and enjoy.**

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# PIES

## FETA CHEESE PIE



*The King of Traditional Greek Pies.*



<b>750 gr</b>	<b><i>filo or flaky sheet pastry</i></b>
<b>500 gr</b>	<b><i>crumbled feta cheese</i></b>
<b>3</b>	<b><i>eggs</i></b>
<b>1/2 cup</b>	<b><i>milk</i></b>
	<b><i>pepper to taste</i></b>
<b>50 gr</b>	<b><i>melted butter</i></b>
<b>1 tspn</b>	<b><i>oregano (optional)</i></b>

**Beat the eggs and milk with a steel whisk and add the crumbled feta cheese and pepper and oregano (if desired) and mix them together well.**

**Thickly butter a low pan or pie dish and line it with half the pastry sheets at the bottom making sure there is pastry hanging over the sides. Pour the mixture evenly into the pastry and add the remaining sheets of pastry on the top. Pat down onto the cheese mixture.**

**Moisten the pastry edges slightly and twist them to seal the pie. Moisten the top pastry slightly with a brush and cut through the 2-3 top layers of the pastry into squares or triangles (depending on the shape of your pie dish) equivalent to servings. Pour the melted butter on top making sure it goes everywhere evenly. Brush the twisted edges with a little butter.**

**Cook in preheated oven at 180 C for about 30 minutes or until golden.**

\* *It is wise not to add salt because the feta cheese is already quite salty.*

\*\* *Do not use an oven fan because this will cook the pastry prematurely and the top layer will burn.*

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# SEAFOOD

## HERB FISH FILLET with BABY POTATOES



*A simple but delicious way to prepare fish fillet without clouding its natural flavour.*

<b>2</b>	<b>medium Perch or Sole fillets</b>
<b>4 tbsps</b>	<b>vegetable cooking butter</b>
<b>1</b>	<b>finely chopped garlic clove</b>
<b>1/2 tspn</b>	<b>finely chopped parsley</b>
<b>2 pinches</b>	<b>rosemary</b>
	<b>the juice of 1 lemon</b>
	<b>salt, pepper</b>
<b>10</b>	<b>boiled baby potatoes</b>

**Steam the fish fillets until they are 3/4 done. (If you do not have a steamer 3/4 fill a pot with water, place a fine wire rack over the pot with the water. When the water starts boiling place the fish fillets carefully on the rack and continue boiling the water until the steam rising from the pot 3/4 cooks the fish.)**

**When you begin steaming the fish boil the baby potatoes. When the fish is 3/4 cooked heat the butter, rosemary, garlic, salt, pepper and parsley in a pan and allow them to soften a little over a low fire. When this is done place the steamed fish in carefully. Cook the fish over a low flame for about 2 minutes and then gently turn it over on the other side and cook it for another 2 minutes. Pour in the lemon juice and continue cooking it for 1 minute over a slightly hotter flame.**

**Divide the boiled baby potatoes onto 2 plates and lift the fish carefully on to each plate and then pour the butter from the pan onto the potatoes and the fish.**

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## **GRILLED PRAWNS with LEMON & HERB BUTTER**



*This recipe is an inspiration given to me through my husband's love of the sea.*

**600 gr**                    **fresh uncleaned large prawns**  
**1 1/2 cups**                **long grain rice**

### **FOR THE BUTTER**

**200 gr**                    **soft butter**  
**1 tspn**                    **garlic powder**  
**1/2 tspn**                  **finely chopped parsley**  
**3 tbspns**                 **lemon juice**  
**1/3 tspn**                  **sweet paprika**  
                                 **salt**  
                                 **a pinch of ground coriander**

**Boil the rice and divide it into servings. Grill the prawns but do not overcook them.**

**Beat the butter, salt, garlic powder, coriander, paprika, parsley and lemon juice. Put the herb butter in a pan and melt it. When it has heated well (careful not to burn it) add the grilled prawns and sauté them in the butter for 2 - 3 minutes over a low - medium flame.**

**Immediately divide the prawns onto the rice on each plate and pour the butter over everything.  
Serve hot.**

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# MAIN DISHES

## MEDITERRANEAN BEEF POT ROAST



*It has that extra 'something' that has made Greek cooking so popular.*

<b>2 kg</b>	<b><i>beef joint for pot roasting</i></b>
<b>4</b>	<b><i>chopped garlic cloves</i></b>
<b>1 1/2 glass</b>	<b><i>olive oil</i></b>
<b>2</b>	<b><i>whole medium slender carrots peeled</i></b>
<b>2 pinches</b>	<b><i>rosemary</i></b>
	<b><i>salt, pepper</i></b>

**Push a hole right through the joint of meat and push the one carrot into it, then push half the chopped garlic and 1 pinch of the rosemary into it. Push the other carrot into the incision from the other end and if any carrot protrudes from the meat cut it off. Salt and pepper the meat well and wrap it tightly in aluminium foil. Heat the oil in a deep pot and place the wrapped meat in it and brown it wrapped in the foil. (A little caution here when turning the meat over while browning it so as not to tear the foil.) Add the remaining garlic and rosemary to the oil, sauté the garlic, add some salt and pepper and then pour in enough water to completely cover the meat. Cook the meat over a medium flame until it is tender (you may have to add some more water while cooking) and only juices are left in the pot, not excess liquids.**

**Remove the roast from the pot, unwrap it and allow it to cool a little before cutting it into slices. Serve it with mashed or roast potatoes, parboiled rice or combine the side dishes. It can be served with the pot juices as they are or you can add a little water and salt to the juices (if necessary), dissolve a couple of teaspoons of corn flour in a little water and add it to the juices and heat it so they it may thicken into a delicious gravy.**

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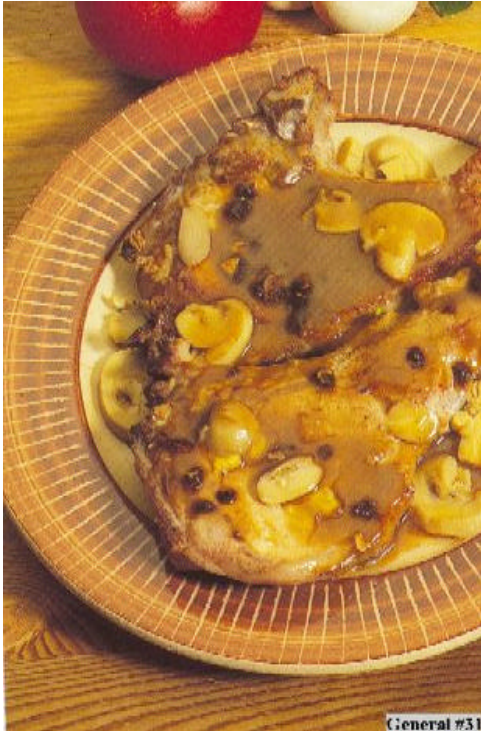
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# **PORK KRASÁTO**



## **WINE PORK**

Enjoyed in any and every weather this delicious preparation of pork meat always reminds me of summer afternoons.



**1 1/2 kg  
cubes**

**4 - 5**

**2 tspns**

**1 glass**

**1 glass**

***leg of pork, boneless, not completely lean and cut into large***

***finely chopped garlic cloves***

***oregano***

***olive oil***

***dry white wine***

***salt, pepper***

**Heat the oil in a wide pot and add the meat and brown it. Add the garlic and continue browning it until the garlic has softened. Add the oregano, salt and pepper and then enough water to cover the meat. Boil the pork over a medium flame until it is tender and there are ALMOST no excess liquids left in the pot. Turn up the flame and pour in the wine. Continue cooking the pork until the wine has ALMOST evaporated.**

**Serve it with French fries or parboiled rice sprinkled with grated cheese.**

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# BREAD, SWEET BREAD & BISCUITS

## COUNTRY BREAD



*Bring out the sauces and 'kalí órexi'!*

<b>8 cups</b>	<b>whole wheat flour</b>
<b>3/4 cup</b>	<b>luke warm water</b>
<b>50 gr (1.8 oz)</b>	<b>yeast</b>
<b>2 cups</b>	<b>water</b>
<b>1/4 cup</b>	<b>milk</b>
<b>2 tbsps</b>	<b>sugar</b>
<b>1/4 cup</b>	<b>corn oil</b>
<b>1 tbspn</b>	<b>salt</b>
<b>1 tspn</b>	<b>sesame seeds</b>

**Dissolve the yeast in the luke warm water. Boil the milk and water together and empty them into a bowl and then add the sugar, oil and salt. When it cools to luke warm add the yeast and 1/2 the flour and beat the mixture until it becomes an even batter. Add the remaining flour and kneed it for about 10 minutes into a dough. Place the dough in another bowl that has been brushed with corn oil and brush the surface of the dough with corn oil also. Cover the dough with a slightly damp kitchen towel and leave it in a warm place until it has risen and doubled in size which should take about 60 minutes.**

**Press the dough down so it deflates and kneed it again for another 5 minutes and role it out into 2 equal loaves and place them into 2 greased bread tins or on a large greased baking tray with plenty of space between the 2 loaves. Brush the loaves with a little water and sprinkle the sesame seeds on them. Place the loaves covered with a kitchen towel on your stove top and turn on the oven to 200 C to preheat. By the time the oven has heated the loaves will be ready for baking. Bake the loaves at 200 C for 25 - 30 minutes. As soon as you remove the loaves from the oven turn them out of the tins immediately and allow them to cool.**

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# **CHEESE KOULOÚRIA**



## **SPICY DOUGH COOKIES**

Something you are bound to enjoy munching on any time of the day.

<b>1 cup</b>	<b><i>cubed butter at room temperature</i></b>
<b>1/2 cup</b>	<b><i>grated Parmesan cheese</i></b>
<b>1/2 cup</b>	<b><i>grated Gruyere cheese</i></b>
<b>1/2 cup</b>	<b><i>cold milk</i></b>
<b>1 tspn</b>	<b><i>baking powder (soda)</i></b>
<b>3 cups</b>	<b><i>plain flour</i></b>
<b>1/2 tspn</b>	<b><i>salt</i></b>
<b>2 pinches</b>	<b><i>pepper</i></b>
<b>1</b>	<b><i>beaten egg white for basting</i></b>
<b>1/3 cup</b>	<b><i>mixed grated Parmesan &amp; Gruyere cheese</i></b>

**Sift the flour, baking powder, salt and pepper. Add the butter and rub it into the flour thoroughly. Add the 1/2 cup of Parmesan cheese and the 1/2 cup of Gruyere cheese and mix them in. Gradually pour in the milk kneading the mixture to make a dough that doesn't stick. (If necessary add a little more flour.) Work the dough into a ball, cover it and leave it in the fridge for 1 hour to set.**

**Divide the dough into pieces about twice the size of a walnut and role them into thick ropes and twist them. Bake them in a medium preheated oven at 180 C for 15 minutes. Take them out of the oven and QUICKLY brush the kouloúria with the egg white and sprinkle the mixed cheeses on them. Bake them at the same temperature for another 15 minutes until they are golden.**

**Cool them on a wire cake rack.**

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# DESSERTS

## GALAKTOBOÚREKO



### COLD CUSTARD PIE

*There is, most likely, not a single Greek who doesn't love Galaktoboureko... One of the top 10... A real experience eaten cold from the fridge in summer...*

<b>5 cups</b>	<b>milk</b>
<b>1 cup</b>	<b>fine semolina (#3 if available)</b>
<b>3/4 cup</b>	<b>sugar</b>
<b>4</b>	<b>well beaten eggs</b>
<b>1/3 cup</b>	<b>butter</b>
<b>1/2</b>	<b>flat teaspoon vanilla powder</b>
<b>1</b>	<b>grated lemon rind</b>
<b>450 gr (16 oz)</b>	<b>filo or fine sheet pastry</b>

### FOR THE SYRUP:

<b>2</b>	<b>glasses sugar</b>
<b>1/2 cup</b>	<b>water</b>
	<b>juice of 1 lemon</b>

**Put the sugar, milk and lemon rind in a pot over a medium flame. As soon as it starts to boil add the semolina, butter and vanilla powder and stir well until the butter has melted and the custard has thickened considerably. Remove the pot from the fire and when it has cooled add the beaten eggs and mix well with a whisk. Place the custard to one side for the time being.**

**Butter a large pie dish and place 1/2 the pastry sheets on the bottom covering the sides of the dish as well, buttering each sheet individually as you place it. Empty the custard onto the pastry and spread it out evenly. Place the remaining 1/2 of the pastry sheets on top of the custard, buttering each individually as you place it, again. Pat the top layers down very gently. Cut away any excess pastry from the sides of the pie dish. Carve the top pastry carefully and gently into diamond shaped servings. Sprinkle the pastry with a little water, evenly everywhere.**

**Bake in a moderately preheated oven at 180 C for 40 - 50 minutes until the pastry is golden. When the custard pie has cooled bring the syrup gently to the boil again and pour over the custard pie. When it has cooled cut the pie into servings following the carvings previously made before cooking.**

*\* The top sheet of pastry should remain relatively crispy when the pie has absorbed most of the syrup.*

*\*\* The syrup should drip when lifting each piece from the pie dish.*

*\*\*\* Do not, under any circumstances, use an oven fan as this will burn the top pastry.*

# **LOUKOUMÁDDES**



## **EXCEPTIONALLY FLUFFY DUMPLINGS WITH HONEY**

*These dumplings are a particular favourite in any Greek household. Cold winter evenings and a mound of 'Loukoumáδες' will warm your heart right through to your very happy tummy.*

**25 gr (1 oz)      yeast**  
**500 gr (1.1 lbs)    self raising flour**  
**1 flat tspn        salt**  
**3 glasses         light vegetable oil for deep frying**  
**1/2 cup            juicy sultanas**  
**honey**  
**ground cinnamon for sprinkling**

**Dissolve the yeast in 1/2 cup of lukewarm water (not hot because it will 'kill' the yeast). Mix the flour and salt in a deep bowl. Dig a small trench in the centre of the flour and pour in the yeast liquid. Pour in gradually, a little at a time, another cup of lukewarm water and beat the mixture until it turns into an even, slightly thick batter. Add the sultanas and mix everything well but gently. Cover the bowl with a damp kitchen towel and leave it in a warm place for about 90 minutes to rise. (It will also form air pockets.)**

**Fill a glass with water and place a large teaspoon in the glass. Heat the oil well in a medium pot. Drop teaspoons of the dough into the hot oil, dipping the teaspoon regularly into the glass of water so the dough will not stick to it. The loukoumáδες should be stirred in the oil as they cook very quickly. When they are a light golden colour remove them from the oil and strain them on thick kitchen paper as they will retain excess oil.**

**Place them in serving bowls, pour the honey over them generously and sprinkle them with cinnamon.**

*\* The sultanas are optional and if you prefer the honey can be substituted with a generous sprinkling of fine sugar.*

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