

Recipes

from

A GRECIAN EVENING

BYC

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"Alcestis"

Greek Salad

Use any amount of the following, according to your taste:

Mixed greens
Green or red bell peppers, cored and thinly sliced
Cucumber, peeled and sliced
Tomatoes
Purple onions, peeled and thinly sliced
Feta cheese, crumbled
Kalamata olives, preferably pitted

Greek Salad Dressing

3/4 cup Extra Virgin Olive Oil
1/4 cup fresh lemon juice
2 tsp. dried oregano
Salt and pepper to taste

Place the onions, peppers, feta cheese, and olives in a bowl and add enough Greek Salad Dressing to coat. Let this marinade for about an hour.

Toss all remaining ingredients together with the marinated vegetables and dressing. Serve immediately.

Shish ke bob Marinade

1 Medium onion
1 1/2 cups olive oil
1/3 cup fresh lemon juice
3 Tbsp. minced garlic
3 Tbsp. dried oregano
2 Tbsp. black pepper

Pulse onion in food processor until mushy. Add remaining ingredients and pulse until combined. Marinade meat for 24 hours.

Pilafi

(Pee lah' fee)

Rice Pilaf with Lemon and Dill

2 Tsp. olive oil
4 scallions, thinly sliced
2 Tbsp. chopped fresh dill
1/2 tsp. freshly grated lemon zest
1 cup long-grain white rice
2 cups water
1/2 tsp. salt
1/8 tsp. ground allspice
1 Tbsp. fresh lemon juice

In a large sauce pan, heat oil over medium heat. Add scallions, dill and lemon zest and cook, stirring, for one minute. Stir in rice.

Add water, salt and allspice. Bring to a boil. Reduce heat to low, cover and simmer until water is absorbed and rice is tender, 15 to 20 minutes. Stir in lemon juice, fluff with a fork and serve.

Makes 3 1/2 cups, for 4 servings.

Spanakopita
(Spahn ah ko' peet ah)
(Spinach Pie)

2 (10 ounce) packages frozen chopped spinach, thawed and drained
1 cup thinly sliced green onions (including tops)
2 Tbsp. olive oil
6 eggs, lightly beaten
1 1/2 cups fete cheese, crumbled
1 cup small-curd cottage cheese
1/2 cup chopped fresh parsley
2 Tbsp. dried dill weed
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground nutmeg
2 sticks melted butter
12 sheets phyllo

Squeeze the spinach dry, place it in a large bowl. In a small fry pan, cook the green onions in the olive oil until limp. Add them to the spinach. Add the eggs, cheeses, parsley, dill, salt, pepper, and nutmeg and mix well.

Brush the bottom and sides of a 9 x11 baking pan with the melted butter. Line the pan with six sheets of phyllo, brushing each sheet with the melted butter and letting the phyllo overlap the sides of the pan. Spread the spinach mixture in the pan. Fold the overhanging phyllo over the filling. Cover with six sheets of individually buttered phyllo sheets. Brush the top with butter.

Bake the spanakopita, uncovered, 40-45 minutes or until the phyllo is golden brown and a knife inserted in the center comes out clean. Cut into squares and serve hot or at room temperature. Serves 12.

Pastitsio

(Pas teet' see oh)
(Greek Lasagna)

The Meat Mixture

1 1/2 lbs. lean ground beef
3 Tbsp. olive oil
1 large onion, chopped
2 garlic gloves, chopped
1 16 oz. can chopped tomatoes, drained
1/2 can tomato paste
1/2 cup red wine
1 tsp. salt
1 tsp. pepper
1/2 tsp. sugar

The Macaroni Mixture

1 lb. Greek macaroni or Italian ziti (long)
1 stick butter, melted
4 eggs, beaten
2 cups grated Parmesan or Romano cheese

The White Sauce

1 1/2 sticks butter, melted
9 Tbsp. flour
3 cups warm milk
6 eggs, beaten
Salt and pepper, to taste

Prepare the meat mixture by heating a large skillet with the olive oil. Saute the onion until golden. Add crumbled ground beef and cook until no longer pink. Add chopped garlic. Add remaining ingredients for the meat mixture and simmer, uncovered, for 20 minutes. Mixture should be thick. Set aside.

Prepare the macaroni by bringing water to a boil in a large stock pot. Add salt and cook, uncovered, until al dente. DO NOT overcook! Drain and rinse with cold water. Place in large bowl and add melted butter, beaten eggs, and grated cheese. Put half of this mixture into a well-greased 9 x 13 baking pan. Top with meat mixture. Cover the meat with the remaining half of the pasta.

Prepare the white sauce by adding flour to melted butter over medium heat. Stir and cook briefly. Using a wire whisk, gradually add warm milk and cook until thickened and smooth. Add beaten eggs VERY slowly to sauce. Continue cooking until all is thickened and incorporated. DO NOT BOIL, as sauce may curdle. Pour the sauce over macaroni and bake at 350 degrees for 40-45 minutes. Serves 12.

Paxemathia

(Pax ee main' the ah)
(Greek Biscotti)

1 cup sugar
1 cup vegetable oil
6 eggs
1 cup chopped nuts (any kind)
4 cups flour
4 tsp. baking powder
1 tsp. vanilla

Beat sugar, oil, and eggs in an electric mixer until thick and light. Add vanilla. Sift flour and baking powder and add slowly to egg mixture. When well mixed add chopped nuts. Dough will be very sticky.

With floured hands, shape into 4 logs approximately 8 inches by 3 inches. Bake at 350 degrees for about 40 minutes. Let cool. Using an electric knife, slice into 3/4 inch slices. Return to oven and bake anywhere from 15-30 minutes, depending on the crispness you prefer.

Optional:

Very lightly dust with powdered sugar and cinnamon.

Kourambiethes

(Koo ram be en' tines)
(Butter Tea Cookies)

1 pound UNSALTED butter
1/2 cup powdered sugar
2 egg yolks
2 tsp. vanilla
1 tsp. baking powder
5-6 cups sifted cake flour
2-3 cups additional powdered sugar

In an electric mixer, whip the sweet butter for approximately 30 minutes until fluffy and white. Add the 1/2 cup powdered sugar, egg yolks, and vanilla. Gradually add the flour until it can be handled easily. Take about a teaspoon at a time and roll into a small ball. Place on parchment paper-lined cookie sheet and bake at 350 degrees for about 15 minutes. When done and while still hot, roll very carefully into remaining powdered sugar. Then sift any remaining powdered sugar on top to create small mounds. Makes approximately 50 cookies.

Baklava

(Bahk lah vah')

1 1/2 lbs. Unsalted (sweet) butter
2 lbs. chopped walnuts
2 tsp. cinnamon
1 tsp. ground cloves
2 lbs. phyllo sheets

Combine walnuts and spices in large mixing bowl. Melt butter. Brush bottom of 14" by 20" pan with melted butter and place one sheet of phyllo, brush with melted butter and repeat this process until four (4) phyllo sheets line the bottom of the baking pan. Brush the fourth layer with melted butter and sprinkle with the nut mixture. Add another phyllo sheet, brush with melted butter, sprinkle with nut mixture, repeating this process until all the ingredients are used., ending with four top layers. Brush top with melted butter and cut into diamond shapes. A clove bud may be placed in the center of each diamond if desired. Bake for one hour at 300 degrees until golden brown. *[During the last half-hour of baking you may test by removing the center piece of pastry; it is done when phyllo sheets in the diamond selected are all browned and not soggy]*

Syrup

1 pt. honey
1/2 tsp. lemon extract
2 lbs. sugar
juice of one lemon

Boil syrup ingredients together, cool and using a spoon pour very slowly over the entire surface of the baklava.