

# **Recipes from Greece**

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## *Moussaka*

Eggplant Casserole

4 entrée portions

- |               |      |                            |
|---------------|------|----------------------------|
| 1             | lb   | Eggplant                   |
| 2             | tbsp | Olive Oil                  |
| 8             | oz   | Ground Beef or Ground Lamb |
| 1             | cup  | Diced Onions               |
| ¼             | tsp  | Black Pepper               |
| ½             | tsp  | Dried Oregano              |
| 4             | oz   | Red Wine                   |
| 2             | tbsp | Tomato paste               |
| 1             | tbsp | Minced Garlic              |
| Salt to taste |      |                            |
| 1             | cup  | Milk                       |
| 2             | tbsp | Flour                      |
| ½             | cup  | Feta Cheese                |
| 2             | ea   | Egg Yolk                   |
| 2             | ea   | Roma Tomatoes – Sliced     |

Flour for Dredging

Oil as needed for frying.

1. Peel and slice the eggplant ¼ of an inch thick.
2. Soak the eggplant in salted water for 20 minutes to remove the bitterness.
3. While the eggplant is soaking prepare the meat filling.
4. In a medium sauté pan heat the olive oil and brown the ground meat. Add the onion and continue to cook.
5. Add the seasonings, red wine and tomato paste with the garlic. Simmer for 5 minutes. Adjust the flavor with salt.
6. Dredge the eggplant in flour and fry until golden brown.
7. Place the cooked eggplant on a paper lined pan to absorb the fat.
8. Combine the milk, flour and feta in a 1 qt sauce pan with a whisk and bring to a simmer until thickened. Cool over a bowl of ice.
9. Stir the egg yolks into the cooled sauce and reserve.
10. Divide the eggplant into 3 different piles.
11. Arrange the first stack of eggplant into the baking dish.
12. Pour half of the meat mixture over the eggplant.
13. Layer the second stack of eggplant over the meat.
14. Pour the other half of the meat mixture over the eggplant.
15. Top with the final layer of eggplant.
16. Pour the feta egg sauce mixture over the eggplant.
17. Bake covered for 20 minutes then uncovered for 20 minutes.

## *Dolmathes*

### Stuffed Grape Leaves

20 - 25	ea	Grape Leaves
2	tbsp	Olive oil
½	cup	Rice
½	tsp	Ground Cinnamon
1	tbsp	Pine Nuts
¼	cup	Dried Currants
1	ea	Bay Leaf
1	cup	Chicken Stock
2	tbsp	Chopped Parsley
1	tbsp	Chopped Dill
8	oz	Ground Beef or Lamb
4	ea	Scallions Sliced
½	cup	Olive Oil
1	ea	Lemon Sliced

1. Blanch the grape leaves in 1 gallon of water then rinse in cold water
2. In a 1 qt sauce pan heat the olive oil and sauté the rice until coated with the oil.
3. Add the spices, currants and nuts and stir for 10 – 15 seconds.
4. Add in the stock. Bring to a simmer and cover.
5. Place in the oven for 15 minutes then cool.
6. Combine the cooled rice, meat , herbs and scallions. Mix well.
7. Portion 1 ½ - 2 tbsp of the filling into the grape leaves. Roll the stem side away from you then the sides are rolled in. Finally roll into a cylinder.
8. Arrange the stuffed grape leaves in a casserole and top with lemon slices and olive oil. Cover with foil and bake in a oven for 45 minutes.
9. Serve warm or cold.

## *Spanakopita*

Spinach Feta Cheese Pastries

1      tbsp   Olive Oil  
½     cup     Minced Onion  
10    oz     Fresh Spinach- chopped  
2     tbsp    Chopped Dill  
1     cup     Crumbled Feta Cheese  
1     wedge  Lemon  
salt and black pepper to taste

10    ea     Phyllo Sheets  
¾     cup     Melted Butter

1. In a medium large sauté pan sauté the onions in the oil until translucent.
2. Add in the chopped fresh spinach and cook until tender.
3. Add in the dill, feta and juice of 1 lemon wedge. Season to taste
4. Cool in the refrigerator until cool.
5. Place a sheet of phyllo on a clean dry cutting board.
6. Brush with butter.
7. Repeat with another layer of phyllo and butter.
8. Slice the phyllo into 5 or 6 strips as demonstrated.
9. Portion 1 tbsp of the filling on the phyllo strip and fold into triangles like a flag or a paper football. Brush with additional butter.
10. Bake in a preheated 350° oven for 15 minutes or until golden brown.

## *Gyro Kebabs*

1	cup	Diced Onion
1	lb	Ground Lamb
2	ea	Garlic Cloves – Minced
2	tbsp	Chopped Parsley
1	tbsp	Chopped Mint
2	tsp	Chopped Oregano
1	tsp	Ground Cumin
1	tsp	Black Pepper
½	tsp	Salt
2	tbsp	Flour
¼	cup	Milk

1. Combine all ingredients and puree in a food processor until smooth.
2. Portion the mixture into 3 oz portions and spread on to skewers
3. Grill, broil or bake the kebabs at a high heat to sear in the flavors.
4. Cook until the lamb reaches an internal temperature of 165°

## *Hummus*

### Chick Pea Dip

1	cup	Chickpeas – Soak overnight
2	ea	Lemons – Juiced
2/3	cup	Tahini Paste
2	ea	Garlic Cloves Minced
½	tsp	Cumin
3	tbsp	Olive Oil
Salt to taste.		

1	tbsp	Chopped parsley
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Puree all ingredients together until smooth . Season to taste and stir in the chopped parsley.

## *Tsatsiki*

### Cucumber Yogurt Dip

1	ea	Cucumber- peeled, seeded and diced
1	ea	Garlic Clove – minced
½	cup	Sour Cream
½	cup	Plain Yogurt
2	tsp	Fresh Chopped Mint.

Combine all ingredients and season to taste.

## *Salata Horiatiki*

### Greek Salad

Yields 2 entrée portions

½	ea	Cucumber- peeled, seeded, and diced
1	ea	Tomato- Diced
½	cup	Diced Green Peppers
¼	cup	Diced Red Onion
2	oz	Feta Cheese
1	tsp	Chopped Capers
½	tsp	Chopped Oregano
½	tsp	Garlic Clove- Minced
1	tsp	Chopped Dill
1	tsp	Chopped Parsley
1	ea	Lemon Juiced
2	oz	Olive Oil

2	cup	Romaine Lettuce – diced and cleaned
8	ea	Calamata Olives
4	ea	Pepperocini Peppers

1. Combine all of ingredients in the first section.
2. Lay the lettuce on to plates or in a decorative bowl. Pour the marinated salad mixture on top.
3. Garnish with olives and pepperoni peppers.

## *Baklava*

1 box Fillo Dough  
6 oz Butter- Melted  
2 cup Ground Pistachios

### **Syrup**

½ cup Honey  
½ cup Water  
½ cup Sugar  
1 Lemon  
2 Cinnamon Sticks  
8 Whole cloves

1. Combine, boil then reduce the syrup over medium heat for 6-8 minutes.
2. Place a sheet of fillo dough on a dry cutting board and lightly brush it with melted butter.
3. Place a second sheet of fillo on top and brush with butter. Sprinkle with ¼ cup of ground pistachios over the buttered surface.
4. Roll the fillo from the side lengthwise into a log.
5. Place the fillo log on a butter sheet pan.
6. Repeat the process 7 more times.
7. Preheat an oven to 350°.
8. Slice the logs on an angle about ¼ inch deep. This will portion the baklava into the desired size pieces. 6 slices per log are recommended.
9. Bake in the oven for 20-25 minutes or until golden brown and crispy.
10. Allow the baklava to cool then drizzle the syrup over the baklava and serve.

Yields 48 pieces.