

# Greece



## Tzaziki

### Ingredients:

500 grams (1/2 quart) of Greek yoghurt (or natural full, dairy yoghurt)  
Three garlic cloves  
1/2 cup of olive oil  
1/2 sliced cucumber

### Directions:

Put the yoghurt in a bowl.  
Put the garlic through a garlic press and using the edge of a knife,  
Spread the garlic coming out of the press on the yoghurt.  
Take the cucumber and peel the skin.  
Slice it thinly, either with a knife or using a salad slicer.  
Mix the ingredients with a mixer (or a fork) and slowly add the oil.  
The oil will be absorbed, and when it is done, the tzaziki is ready.  
Serve with a spoon and a few olives spread on the top.  
Tzaziki is eaten with plenty of french bread.

## Horiatiki/Greek Salad

### Ingredients:

Four tomatoes, sliced in segments (must be hard, salad tomatoes)

One sliced onion

1/2 sliced cucumber

Some olive oil

Sliced féta cheese (a white, salty cheese made with goats milk)

Salt, pepper and oregano seasoning

### Directions:

Mix the ingredients together and spread the oil over them.

Sprinkle some salt, pepper and oregano.

# Mousaka

## Ingredients:

1 kilo / 2 pounds potatoes  
1/2 kilo / 1 pound ground beef  
1/2 chopped onion  
1 cup tomatoes from a can  
1/2 glass white or red wine  
1 cup of olive oil  
1/2 cup chopped parsley  
Salt, pepper and nutmeg  
For the topping:  
1 liter milk/2 pints  
1 cup flour  
1/2 cup of butter  
2 eggs  
Grated cheese (Emmenthal OK)

## Directions:

For just plain old Mousaka, remove the potatoes, however it is normally served with them.

Boil the potatoes and stop half way.

Peel them and let aside.

Fry the onion in the oil till brown, add the ground beef, wait 10 minutes while stirring, and add the wine, tomato, parsley, salt, pepper and about a tablespoon of sugar, and then add 1/2 cup of water.

When the water is absorbed, remove from heat, and add the grated cheese and the Egg yolks (keeping the egg whites for the topping).

In a saucepan bring three cups of milk to boil, mix the flour with the remaining cup and pour stirring constantly, making a thick paste - if too thick, add milk, if too thin, add some more flour.

Remove from heat, and add the egg yolks, egg whites and the nutmeg.

Butter a baking pan, and put the sliced potatoes in it.

Cover with the meat mixture and then cover with the contents of the saucepan.

When the topping turns brown, serve cool.

# Feta Greek Salad

Serving Size: 6

## -----SALAD-----

1	sm	Romaine lettuce - torn into bite size pieces
3		Tomatoes -- cut up
1		Onion -- thinly sliced
1		Green pepper- seeded and chopped
1		Cucumber -- peeled & sliced
1	c	Black olives, Greek
1/2	lb	Feta cheese - sliced or cut into chunks

## -----DRESSING-----

1/4	c	Olive oil
2	tb	Vinegar
1	pn	Oregano
		- salt and pepper to taste

### Directions:

Chill all vegetables, olives and cheese.

Combine dressing ingredients.

When ready to serve, toss all vegetables and olives.

Top with cheese and serve with dressing.

## Spinach Pie/Spanakopita

### Ingredients:

One pack of very thin 'filo' pastry (obtained from a specialist deli)  
1 Kg / 2 lb of spinach, either frozen or fresh  
1 kg / 2 lb of féta cheese  
250g / 1/2lb of butter or margarine  
2 cloves of garlic or garlic powder

### Directions:

If the spinach is raw, cook and slice thinly.

If frozen, defrost.

In either case, mix the féta cheese with the spinach to make a mixture, adding the chopped garlic.

Spread some butter on an oven tray.

Open the filo package and place each thin pastry (it is as thin as paper)

On the tray, buttering each one using a brush.

After you have done 8 filo slices, place the spinach/féta mixture and spread over the entire oven tray, covering the 8 pastry slices.

On top of this, place the remaining pastry slices, buttering each one of them as well.

Notch the last one creating 2 inch (5 cm) on a side, squares.

Place in a medium heat oven and cook till brown.

# Gyros

## 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

## --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

## Preparation:

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

# Greek Pastitsio

## Ingredients:

1 lb. macaroni (shells, elbows, etc.)  
1/2 c. milk  
2 eggs, beaten  
2 lbs. ground meat  
1 c. chopped onion  
4 tbsp. butter  
2 (8 oz.) cans tomato sauce  
1 1/2 tsp. salt  
1 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. pepper  
6 tbsp. butter  
6 tbsp. flour  
1/2 tsp. salt  
3 c. milk  
2 eggs, beaten  
2/3 c. grated cheese (Parmesan or Romano)  
2/3 c. grated cheese (Parmesan or Romano)

## Preparation:

Cook pasta according to package directions; drain.  
Stir in milk and 2 eggs, stirring constantly so eggs won't curdle.  
Cover and set aside.  
Brown meat and onion until tender in 4 tablespoons butter.  
Stir in tomato sauce, salt, cinnamon, nutmeg, and pepper.  
Cover. Set aside.  
Melt butter and blend in flour and salt.  
Stir in milk and stir until bubbly.  
Cook and stir for 1 more minute.  
Then stir half of the hot sauce into the 2 beaten eggs, carefully so eggs won't curdle.  
Return this mixture to the other half of sauce in pan.  
Add 2/3 cup of the grated cheese, stirring until cheese is melted.  
Layer half of pasta in 10x15 inch buttered and floured pan.  
Sprinkle other 2/3 cup cheese over this layer.  
Spoon meat over top and cover with remaining pasta.  
Spread cream sauce over all.  
Bake uncovered in 350 degree preheated oven for 50 minutes or top is lightly browned.  
Let stand 15 minutes before serving.  
Can be made the night before and reheated the next day.

# Hummus

## Ingredients:

3 cloves garlic  
2 c. chick peas (garbonzo beans) cooked  
1/2 c. water (add more as needed)  
1/3 c. tahini  
1/4 c. lemon juice  
1/4 c. olive oil  
1 tsp. salt

## Preparation:

Combine in a blender until smooth:  
Serve on lettuce leaf as first course with pita bread or use as a spread on crackers or corn chips.