



MAIN COURSES

“KIRIOS PIATA”











COCKEREL IN TOMATO SAUCE	p. 22
BEEF BAKED IN EARTHENWARE DISH	p. 23
BEEF BAKED WITH AUBERGINES	p. 24
BEEF STUFFED WITH VEGETABLES	p. 25
AUBERGINES WITH CHEESE	p. 26
COURGETTES WITH MINCED BEEF	p. 27
SWEET GREEN PEPPERS WITH OLIVES	p. 28
AUBERGINES AU GRATIN	p. 29
MOUSSAKA	p. 30
AUBERGINES WITH CHEESE	p. 31
LAMB IN FILO PASTRY	p. 32
STUFFED MUSSELS	p. 33
AUBERGINE LITTLE SHOES	p. 34
YOUVETSI (LAMB, BEEF OR CHICKEN)	p. 35
LAMB WITH CHEESE AND TOMATOES IN PACKETS	p. 36
LAMB WITH ARTICHOKEs	p. 37
SPRING LAMB BAKED IN EARTHENWARE DISH	p. 38
CHICKEN WITH OKRA	p. 39
STUFFED VINE OR CABBAGE LEAVES	p. 40
BAKED FISH WITH TOMATOES	p. 41
GOAT CASSEROLE IN TOMATO SAUCE WITH POTATOES	p. 42
LENTIL SOUP	p. 43
BRAISED RABBIT AND ONIONS	p. 44
COD CROQUETTES	p. 45
VEGETABLE CASSEROLE	p. 46
COD AND VEGETABLE CASSEROLE WITH RICE	p. 47
CUTTLEFISH WITH OLIVES AND ONIONS	p. 48
STUFFED TOMATOES	p. 49

COCKEREL IN TOMATO SAUCE

“Kokoras Kokkinistos”



Ingredients for 4-5 people

-  1 cockerel, cut into pieces
-  2 cups hilopittes*
-  1/3 cup olive oil
-  2 dessertspoons butter
-  1 large onion, finely chopped
-  2 cups juice from fresh ripe tomatoes
-  1 teaspoon tomato puree
-  juice of 1 lemon
-  salt, pepper
-  grated dried mizithra cheese

* tiny rectangular-shaped pasta, ready-made or home-made








Method

1. Put butter and oil in large saucepan and heat until butter melts. Add pieces of cockerel and brown well on all sides.
2. Remove the cockerel. Add onion and fry gently until transparent. Return the pieces of meat to the pan, heat thoroughly and pour on lemon juice. Add tomato juice, tomato puree mixed with a little water, salt and pepper and simmer over a low heat until the meat is tender.
3. With a slotted spoon remove the pieces of meat from the pan. Add enough hot water to cook the pasta (5 cups of water to 1 cup of pasta). Add hilopittes, salt if required, and simmer until tender and liquid has reduced to sauce consistency.
4. Towards the end of cooking time, return the meat to the pan and cook together for about 3 minutes. Grated mizithra cheese can be sprinkled over the pasta.

BEEF BAKED

in Earthenware Dish

Ingredients for 8 people

-  1 ½ kg beef
-  100 g Greek olives
-  1 tin tomatoes, peeled and chopped
-  5-6 cloves garlic
-  2 dessertspoons oil and a knob of butter
-  peppercorns, salt
-  250 g kefalotiri cheese, or Italian Sardo or Parmesan, cut into small cubes



“Moshari sto Pilino”

Method








1. Wash meat, cut into thin strips, drain well and dry with absorbent paper.
2. Put meat in deep earthenware dish (with lid). Add tomatoes, cubed cheese, whole cloves of garlic, ½ teaspoon pepper, oil, butter and a pinch of salt. Combine ingredients well and cover.
3. Place the dish in a preheated oven (150-160 C) and bake for about 2 hours. During baking time try to avoid lifting lid too often and add water only if necessary. Towards end of cooking time add olives. The sauce should be quite thick, not watery. This dish should be served hot with rice, tomato salad and corn bread.

BEEF BAKED WITH AUBERGINES

“Moshari me Melitzanes sto Fourno”



Ingredients for 4 people

-  6 thin slices beefsteak (650 g approx.)
-  2 aubergines
-  5 medium-size ripe tomatoes
-  100 g crushed green olives
-  4 leaves fresh basil
-  flour, oil, butter, salt and pepper
-  80 g kefalograviera cheese, or Italian sardo or Parmesan, roughly grated











Method

1. Wash and peel aubergines, slice thinly widthways. Sprinkle with salt, stand about 30 minutes.
2. Skin tomatoes, squeeze gently to remove juice and chop roughly.
3. Put chopped tomatoes into a large pan. Add 3 dessertspoons oil, a pinch of salt and cook for 10 minutes. Add roughly chopped olives and basil leaves, torn not chopped. Arrange the aubergines on top and simmer sauce for 2 minutes.
4. Cut meat into small pieces (5 x 5 cm approx.) and dust lightly in flour. Melt 4 dessertspoons of butter in pan and fry the meat for 3 minutes on medium heat, browning well on all sides. Sprinkle with salt.
5. Rinse aubergines and dry well. Fry in hot oil and drain on absorbent paper.
6. Put 2 dessertspoons of sauce into ovenproof dish and arrange meat on top. Sprinkle with 6 dessertspoons cheese and cover with aubergines and remaining sauce.
7. Sprinkle remaining cheese over the top and place dish in preheated oven (190°C) for 5 minutes. Serve immediately.

BEEF STUFFED WITH VEGETABLES

“Moshari Yemisto me Lahanika”

Ingredients for 6 people

-  1 kg beefsteak (one piece)
-  400 g potatoes
-  300 g small courgettes
-  1 clove garlic
-  3 eggs
-  2 dessertspoons parsley, finely chopped
-  150 g feta cheese, roughly chopped
-  100 ml dry white wine
-  oil, salt and pepper
-  1 dessertspoon chopped fresh rosemary



Method









1. When purchasing the meat ask your butcher to beat it until thin. Put potatoes in a pot of boiling salted water. Cook for 7-8 minutes. After 5 minutes add courgettes. When cooking time is up remove the vegetables from the pot with a slotted spoon and rinse under cold water. Vegetables should be al dente.
2. Cut potatoes and courgettes into strips. Put 4 dessertspoons oil into a pan, add crushed garlic, vegetables and saute over high heat, taking care to keep vegetable pieces whole. Sprinkle with salt and pepper and remove garlic from pan.
3. Beat eggs, add parsley, 3 dessertspoons feta cheese, salt and pepper and make an omelette approximately the same size as the meat.
4. Place omelette over meat. Spread half the remaining cheese over one half of omelette, arrange the vegetables on top and cover with the remaining cheese. Fold omelette and meat over filling and catch edges with white thread. Then secure roll with string without tying too tightly.
5. Brown meat in 4 dessertspoons oil, turning occasionally. Add rosemary, wine, 1 cup hot water and sprinkle with salt and pepper.
6. Simmer, covered, over low heat for about 50 minutes, turning frequently. If necessary, add a little water and wine during cooking.
7. Allow meat to cool, remove string and thread and cut into thick slices. Serve with mashed potatoes.

AUBERGINES WITH CHEESE

“Melitzanes me Tiri”



Ingredients for 4 people

-  6 medium aubergines
-  2-3 ripe tomatoes (approx. 300 g)
-  2 cloves garlic
-  1 medium onion
-  5 large basil leaves
-  2 teaspoons sugar
-  oil, salt and pepper
-  250 g kefalograviera cheese, or Italian sardo or Parmesan



Method

1. Wash aubergines, scoop out pulp with spoon leaving thin shells. Brush shells with oil, wrap individually in foil and bake for about 20 minutes at 200°C.
2. Chop pulp finely, sprinkle with salt and leave in colander for bitter juice to drain off. Finely chop onion and garlic. Scald and skin tomatoes, squeeze juice out gently and chop finely.
3. Heat 4-5 dessertspoons oil in pan, add onion, garlic and pulp, cook, stirring, until onion is soft. Add tomatoes, basil leaves torn by hand not chopped, sugar, salt and pepper, simmer for 10 minutes or until sauce is thick. Allow to cool.
4. Cut cheese into small cubes and add to sauce. Fill aubergine shells with mixture.
5. Place aubergines in single layer in greased ovenproof dish. Add 3-4 dessertspoons water and cover with foil. Bake for about 30 minutes at 180°C. Remove foil for the last 5 minutes.

COURGETTES WITH MINCED BEEF

“Kolokythakia me Kima”

Ingredients for 4 people

-  6 medium courgettes
-  300 g minced beef
-  1 small onion  1 clove garlic
-  1 wine glass dry white wine
-  1 egg and 1 extra yolk
-  6 slices stale white bread
-  6 dessertspoons milk
-  4 leaves fresh mint
-  3 dessertspoons pine nuts
-  1 cup kefalograviera cheese, or Italian sardo or Parmesan, roughly grated
-  1 chili pepper
-  oil, toasted breadcrumbs, salt and pepper



Method










1. Wash courgettes and scoop out pulp with spoon. Wrap shells individually in foil and bake for about 20 minutes at 180°C. Finely chop pulp, onion and garlic.
2. Heat 4-5 dessertspoons oil in pan, add minced beef, pulp, onion and garlic, cook, stirring until well browned. Pour in wine and continue to cook, stirring, for 2-3 minutes. Allow mixture to cool.
3. Soak breadcrumbs in milk. Beat egg and extra yolk. Finely chop mint and chili pepper. Add all these ingredients to meat mixture. Next add pine nuts, 2/3 of the cheese, salt and pepper, and combine well.
4. Fill courgette shells with mince mixture. Combine the remaining cheese with 1 dessertspoon of toasted breadcrumbs and sprinkle over stuffed courgettes. Pour a small amount of oil over the top.
5. Arrange courgettes in single layer in greased ovenproof dish. Add 5-6 dessertspoons water and cover with foil. Bake for about 30 minutes at 170°C. Remove foil for the last 5 minutes.

SWEET GREEN PEPPERS WITH OLIVES

“Piperies me Elies”



Ingredients for 4 people

-  6 medium green bell peppers
-  12 slices white bread
-  1 ½ dessertspoons capers
-  12 Greek olives, stoned and finely chopped
-  6 filleted anchovies, in oil
-  300 g anthytyro, or cottage cheese or ricotta
-  ½ teaspoon origano
-  oil, salt and pepper
-  200 g kefalograviera cheese, or Italian sardo or Parmesan, roughly grated








Method

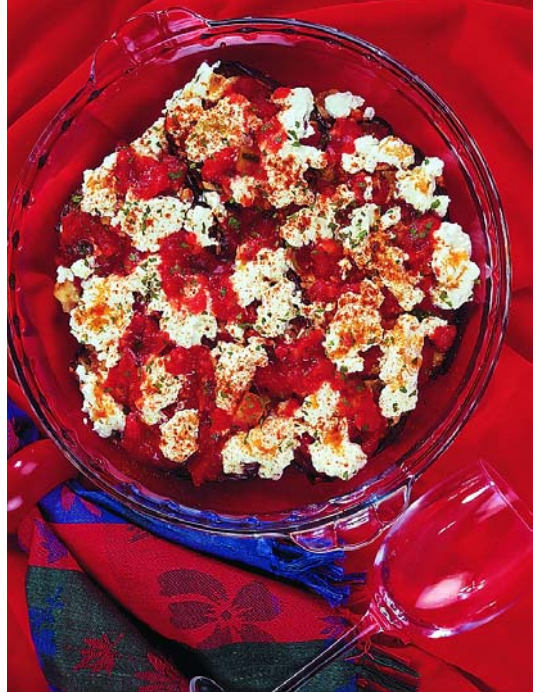
1. Wash peppers and cut off «lid» at stalk end. Remove seeds, wrap individually in foil and bake for about 20 minutes at 200°C.
2. Remove crusts from bread and cut slices into small cubes. Arrange in single layer on baking tray and grill until golden brown. Finely chop olives, anchovies, origano and capers.
3. Put the bread, olives, anchovies, cheeses, origano and capers in a bowl and combine well. Add 6 dessertspoons oil, a little salt and pepper and mix well.
4. Fill pepper shells with the mixture. Grease ovenproof dish with 2 dessertspoons oil and add 4-5 dessertspoons water. Arrange peppers in single layer in dish and cover with foil. Bake for about 30 minutes at 180°C.
Remove foil for the last 5 minutes.

AUBERGINES AU GRATIN

“Melitzanes Ogratin”

Ingredients for 8 people

-  5 lady-finger (oblong) aubergines
-  200 g feta cheese
-  6 skinned, finely chopped medium tomatoes
-  a little grated onion
-  3 cloves garlic, crushed
-  6 leaves fresh basil
-  1 teaspoon sugar, oil, salt and pepper



Method















1. Saute onion and garlic in 2 dessertspoons oil. Add tomatoes and sugar, cook for 5 minutes. Add salt, pepper and finely chopped basil. Simmer sauce for 1 minute.
2. Cut aubergines widthways into slices 6-7 cm thick. Fry gently in non-stick pan for a few minutes, without adding oil.
3. Arrange aubergine slices in ovenproof dish, brush with a little oil and on top put a little of the sauce and some finely chopped feta. Over the feta, spread more sauce, the remaining basil finely chopped, pepper and a little oil. Shortly before serving, bake for 8-10 minutes in oven preheated to 180°C.

MOUSSAKA

“Mousakas”



Ingredients

-  2 kg aubergines
- For filling*
-  700 g minced meat (mixed beef and pork)
-  5 dessertspoons oil
-  1 dessertspoon grated onion
-  1 wine glass dry white wine
-  2 cloves garlic
-  400 g skinned tomatoes
-  3 teaspoons sugar
-  fresh parsley, finely chopped
- For white sauce (bechamel)*
-  100 g butter
-  70 g flour  1 lt milk
-  salt and white pepper
-  1 cup kefalograviera cheese, or Italian sardo or Parmesan, grated










Method

1. Cut aubergines into slices, sprinkle with salt, stand for about 1 hour in colander for bitter juice to drain off. Rinse aubergines under cold water, squeeze gently and pat dry with absorbent paper.
2. For filling: Heat oil in pan and cook mince, stirring, until browned. Add grated onion. Continue to simmer for 2-3 minutes, stirring continuously. Add wine and cook until it has completely evaporated. Add garlic, tomatoes, sugar, parsley and salt. Simmer sauce for a further 10 minutes until reduced and leave to cool. Fry aubergines in oil, drain on absorbent paper.
3. For white sauce (bechamel): Heat butter in pan, stir in flour and stir over heat for 1 minute. Remove from heat, gradually warm milk, stirring continuously. Place pan over heat, stir for about 5 minutes until mixture boils and thickens. Add cheese, stirring until cheese melts, remove from heat. Sprinkle with salt and pepper.
4. Add 5-6 dessertspoons of white sauce (bechamel) to meat mixture and combine well.
5. Line ovenproof dish with one-half of the aubergines, top with half the meat sauce, a few dessertspoons of bechamel and sprinkle with grated kefalotiri, then the remaining aubergines and remaining meat sauce. Spread remaining bechamel over the top.
6. Bake, uncovered, for about 30 minutes in oven preheated to 180°C. Allow the moussaka to stand for 30 minutes before serving.

AUBERGINES WITH CHEESE

“Melitzanes me Tiria”

Ingredients for 6-8 people

-  1 kg aubergines
-  3 large ripe tomatoes
-  3 cloves garlic
-  2 medium onions
-  300 g kasseri cheese, or cheddar
-  250 g feta cheese
-  2 bay leaves
-  2 dessertspoons finely chopped parsley
-  oil, salt and pepper



Method










1. Wash aubergines, clean and cut into slices. Sprinkle with salt and leave to stand in colander for about 30 minutes for bitter juice to drain off. Then rinse under cold water, squeeze gently and dry with absorbent paper.
2. Skin and finely chop tomatoes. Put 1 dessertspoon oil in pan, add tomatoes, garlic, finely chopped onions, bay leaves, parsley, salt and pepper, cook for 10 minutes. Remove bay leaves.
3. Grate kasseri cheese and break up feta with a fork. Fry aubergines in oil and drain on absorbent paper.
4. Line bottom of ovenproof dish with one-half of the aubergines, cover with half the sauce and sprinkle with the kasseri. Arrange a second layer with the remaining aubergines, cover with remaining sauce and top with feta cheese. Bake for 30 minutes in oven preheated to 180°C.

LAMB IN FILO PASTRY

“Arnaki Eksohiko”



Ingredients for 6 people

-  450 g filo pastry
-  1 kg leg of lamb, boned
-  2-3 carrots, sliced
-  1 cup peas
-  ½ cup fresh dill, finely chopped
-  1 cup oil
-  5-6 spring onions (scallions), finely chopped
-  salt and pepper
-  1 cup kefalograviera cheese, or Italian sardo or Parmesan, roughly grated











Method

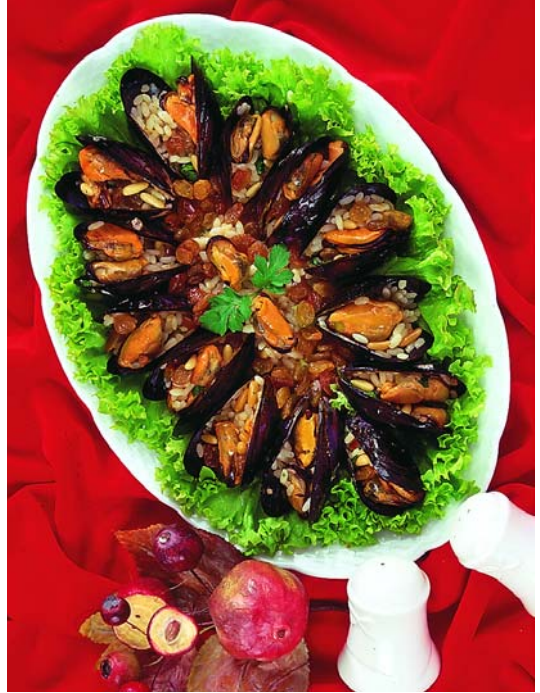
1. Heat oil in pan, add finely chopped onions and cook for about 5 minutes, until onion is soft. Add lamb (chopped into small pieces), carrots, peas, salt and pepper and simmer for about 30 minutes until sauce is reduced.
2. Remove from heat, allow to cool, add dill and grated cheese. Individually butter half the pastry sheets. Then place each buttered sheet on top of the other.
3. Put half the filling along the narrow end of the pastry and begin to roll up, folding in the edges of the sheets and you go. When completed, brush with a little more butter. Repeat with remaining pastry and filling. Put pastry rolls in greased oblong ovenproof dish (pyrex), bake in a moderate oven for 30-45 minutes or until browned. Served hot, cut in slices.

STUFFED MUSSELS

“Mithia Yemista”

Ingredients

-  20 large mussels, with shells
-  10 medium onions
-  5 dessertspoons short-grain rice
-  30 g pine nuts
-  ½ teaspoon cumin
-  pinch cinnamon
-  1 cup olive oil
-  juice of ½ lemon
-  salt and pepper, spice
-  sugar



Method










1. Scrub the mussels well, clean away the beards, rinse in cold water and leave to drain.
2. Brown pine nuts in half a cup of oil. Add finely chopped onions and saute until soft. Add rice, lemon juice and remaining ingredients. Remove filling from heat.
3. With a special knife open shells without damaging mussels. Fill each mussel shell with a dessertspoon of filling. Close the shells again tightly and tie with thread in criss-cross fashion, like a package.
4. Pack a shallow wide-based saucepan with the mussels, placing a glass plate on top to keep them in place. Add ½ cup oil and ½ cup water. Cover saucepan with lid and simmer mussels over low heat, until all the liquid has been absorbed. Serve cold.

AUBERGINE LITTLE SHOES

“Melitzanes Papoutsakia”



Ingredients

-  6 aubergines
-  6 spring onions
-  300 g minced beef
-  2 dessertspoons butter
-  1 tomato, skinned, seeded and crushed
-  2 dessertspoons finely chopped fresh parsley
-  12 dessertspoons bechamel sauce (ready-made or home-made as for Mousaka)
-  salt, pepper, sugar
-  100 g kefalograviera cheese, or Italian sardo or Parmesan, grated









Method

1. Wash aubergines. Cut in half lengthways, scoop out pulp, chop finely. Fry shells, place, inside up, on oven trays and sprinkle with salt and pepper.
2. Heat butter in pan, add onion, cook, stirring, until onion is soft. Add mince, cook, stirring, until well browned. Add chopped pulp, crushed tomato, parsley, salt and pepper, 1 teaspoon sugar and half a cup of water. Bring to the boil, simmer until sauce is reduced.
3. Fill aubergine shells with mince mixture. Spread bechamel sauce over aubergines, sprinkle with grated cheese and pour melted butter over the top. Add half a cup of water to oven dish and bake in a moderate oven until lightly browned.

YOUVETSI

(Lamb, Beef or Chicken)

Ingredients for 4 people

-  1 kg meat
(lamb, beef or chicken)
-  1 onion, cut into rings
-  ½ cup oil
-  4-5 ripe tomatoes,
skinned, seeded
and crushed
-  ½ kg kritharaki (barley-shaped pasta)
-  1 cup grated cheese (hard feta, or
Italian sardo or Parmesan)
-  salt
-  pepper



“Youvetsi”

Method

1. Cut meat into 2cm pieces, wash it and put in ovenproof or earthenware dish. (Youvetsi can also be prepared in 5-6 small individual ovenproof dishes if preferred).
2. Season with salt and pepper, add tomatoes, oil, 1 cup water, bake in moderate oven. When almost ready, add 4 cups warm water, the pasta, and salt to taste. Mix well and return to moderate oven.
3. When pasta is cooked (about 15-20 minutes) remove from oven, sprinkle with cheese and serve hot.











LAMB WITH CHEESE

and Tomatoes in Packets



“Arnaki Kleftiko”

Ingredients for 4 people

-  1 ½ kg fillet of lamb, cut into cubes
-  500 g mixed vegetables (fresh beans, carrots, peas, sweet peppers)
-  2 large tomatoes, sliced
-  3 dessertspoons margarine
-  1/3 cup oil
-  juice of 1 lemon
-  salt and freshly milled pepper
-  origano,
2 cloves garlic
-  2 potatoes, cut into cubes
-  200 g kefalograviera cheese, or Italian sardo or Parmesan, cut into cubes











Method

1. Season meat cubes with salt and pepper, sprinkle with origano, add lemon juice, a little oil and stand for about 30 minutes.
2. Melt margarine in pan, saute vegetables (including potatoes). In another pan brown lamb. When almost ready, add garlic.
3. Saute tomatoes separately. Divide meat, mixed vegetables, tomatoes and cheese between six pieces of foil.
4. Sprinkle contents of each piece of foil with salt and pepper. Gather edges together to form a parcel, arrange in oven dish. Bake for about 1 hour in moderate oven. Shortly before baking time is complete, open parcels to brown meat.

LAMB WITH ARTICHOKEs

“Arnaki me Anginares”

Ingredients

-  1 kg lamb
-  10 artichoke hearts
-  1 cup oil
-  6-8 spring onions (scallions), chopped
-  salt
-  pepper
-  3 eggs
-  juice of 2 lemons
-  1 dessertspoon flour
-  small bunch fresh dill or fennel, finely chopped



Method

1. Heat oil in pan, add lamb, cook quickly until well browned. Add a little water, simmer over low heat.
2. Clean artichokes and put hearts in a bowl of water with some salt, lemon juice and a little flour to prevent discolouring. When meat is tender, add artichokes, spring onions and dill or fennel to pan. Add a little water and cover pan.
(Do not uncover pan during cooking time, otherwise artichokes with discolour. However, pan should be shaken from time to time).
3. When artichokes are tender, remove from heat and prepare egg and lemon sauce. Mix flour with the lemon juice and a little liquid from the pan, add beaten eggs, season with salt and pepper and pour sauce over meat and artichokes.













TIP: Potatoes and carrots can also be added to this dish.

SPRING LAMB BAKED

in Earthenware Dish



Ingredients for 4-6 people

-  2 legs spring lamb
-  1 bay leaf
-  6 cloves garlic
-  50 g kefalotiri cheese, or any hard
-  sharp cheese,
cut into small pieces
-  salt and freshly milled pepper
-  1 kg potatoes
-  6 dessertspoons mustard
-  juice 1 small lemon
-  1 teaspoon origano
-  30 g butter, oil
-  fresh dill to garnish

“Arnaki tou Galaktos sto Pilino”








Method

1. Clean garlic and cut each clove in half. Crush bay leaf into a bowl, add salt and pepper. Add garlic to bowl and cover well in bay leaf mixture. Using point of knife, make small incisions over both legs of lamb. Place a slice of garlic in each incision. Make further incisions and place a piece of cheese in each.
2. Sprinkle remaining bay leaf mixture over lamb, place both legs in ovenproof dish with lid. (To shorten cooking time, oven dish lid can be covered with foil).
3. Peel potatoes and cut into irregular pieces. Pound remaining 2 cloves of garlic with salt in a mortar to form a smooth paste. Slowly pour in oil. Add mustard, salt and pepper, origano and lemon juice, beating continuously to obtain well-blended sauce. Pour over potatoes, mix well and arrange around lamb in oven dish. Put small pieces of butter over top. Cover and bake at 140°C for 2 ½ - 3 hours. Garnish with dill and serve.

CHICKEN WITH OKRA

“Kotopoulo me Bamies”

Ingredients

-  1 chicken
-  1 onion
-  1 kg okra
-  1 cup oil
-  1 teaspoon sugar
-  lemon juice or vinegar
-  5-6 tomatoes, skinned and finely chopped



Method










1. Remove skin from chicken, cut into pieces. Heat oil in pan, dry onions gently until transparent. Add chicken pieces and brown well on all sides. Add chopped tomatoes, salt and pepper, a little water and simmer over low heat. Half way through cooking time remove chicken pieces from sauce with slotted spoon.
2. To clean okra, wipe off bristle and cut away stem without opening pod. Soak in lemon juice or vinegar for 1 -2 hours, then add to sauce in pan with a little water. Season with salt and pepper and add sugar. Cook over medium heat without stirring, shake pan from time to time.
When cooked, add to chicken pieces.

STUFFED VINE OR CABBAGE LEAVES

“Dolmathes”



Ingredients

-  1 large cabbage, or 40 vine leaves
-  small bunch parsley
-  fresh mint
-  150 g long-grain rice
-  450 g minced pork and beef
-  2 tomatoes, skinned, seeded and crushed
-  2 cups oil
-  3 onions, finely chopped
-  salt and pepper











Method

1. Cut any thick core from leaves. Add to large pan of boiling water, simmer, uncovered, until leaves are soft. Pat dry with absorbent paper. To make filling, combine all remaining ingredients in large bowl. Cut each leaf in half, removing central vein. Place a spoonful of filling at the end of each leaf, roll up to enclose filling.
2. Place rolls close together over base of large pan, add water and 2 dessertspoons oil. Place a plate on top of the rolls to keep them in position during cooking, simmer over low heat. From time to time, shake pan with circular movement, to prevent rolls sticking. Serve with egg and lemon sauce (as for Lamb with Artichokes).

BAKED FISH WITH TOMATOES

Psari sto Fourni Plaki

Ingredients

-  1 kg fish
(grouper, sea bream, bonito)
-  1 cup oil
-  small bunch parsley
-  2 cloves garlic, finely chopped
-  1 cup toasted breadcrumbs
-  750 g ripe tomatoes, skinned and seeded
-  juice of 1 lemon
-  salt
-  pepper
-  vegetables or pasta



Method












1. Scale fish, remove entrails and gills. Wash and dry well with absorbent paper.
2. Finely chop parsley, combine with finely chopped garlic, salt, pepper and toasted breadcrumbs. Finely chop half the tomatoes (skinned and seeded), place over base of ovenproof dish. Place fish on top of tomatoes and season.
3. Arrange remaining chopped tomatoes on top of fish, pour over oil and lemon juice and bake in moderate oven.

GOAT CASSEROLE IN TOMATO SAUCE

with Potatoes



Ingredients

-  1 ½ kg leg or shoulder of goat, cut into portions
-  700 g potatoes, peeled and cut into slices
-  1 cup oil
-  1 small onion
-  1 kg ripe tomatoes
-  10 dried apricots
-  1 bay leaf
-  1 clove garlic
-  salt
-  pepper
-  parsley to garnish

“Katsiki Kokkinisto me Patates”










Method

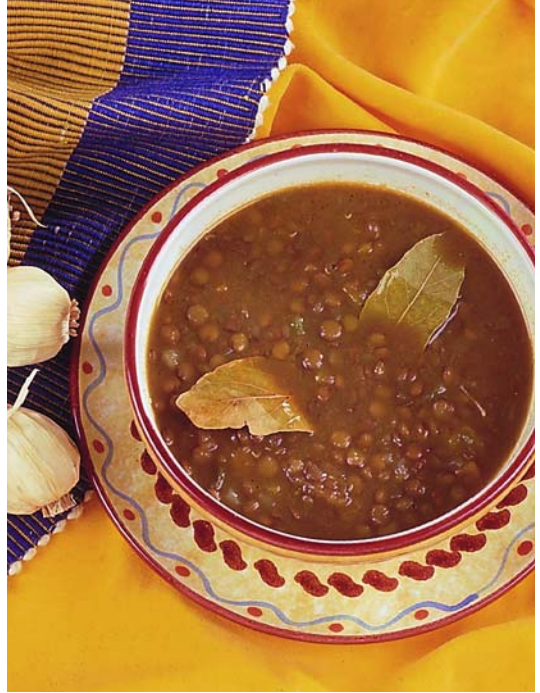
1. Season meat and brown well in pan with oil and onion. Add tomatoes, skinned and finely chopped, apricots, salt, pepper and a little water if necessary. Simmer over low heat.
2. Half way through cooking time, remove meat from oven dish and put in potatoes, garlic and bay leaf. When half-cooked, move potatoes to one end of the oven dish and replace meat at the other end. Place a plate on top to keep everything in position and simmer for 20-30 minutes.
Garnish with parsley.

LENTIL SOUP

“Fakes Soupa”

Ingredients

-  ½ kg lentils
-  1 cup olive oil
-  1 dessertspoon tomatoe puree
-  1 onion, finely chopped
-  2-3 cloves garlic
-  3 bay leaves
-  salt
-  pepper
-  ½ wine glass of vinegar



Method















1. Boil large pot of water, add lentils and bring to the boil, simmer for a few minutes. Remove from heat, drain and rinse lentils, throw out water.
2. Heat oil in pan, add onion, fry until transparent. Add lentils, whole cloves of garlic, tomato puree mixed with a little water, salt, pepper and bay leaves. If necessary add a little warm water, simmer until lentils are soft. A few minutes before removing from heat add vinegar.

BRAISED RABBIT AND ONIONS

“Kouneli Stifatho”



Ingredients

-  1 rabbit,
-  1 cup vinegar
-  1 cup oil
-  1 ½ cups water
-  3 bay leaves
-  5-6 cloves
-  5-6 peppercorns
-  spice, salt
-  2 onions, roughly chopped
-  ½ kg baby onions,
whole
-  ½ kg tomatoes
-  200 g mushrooms (optional)
-  cayenne pepper, origano
-  cumin, 5 cloves garlic

Method

1. Wash rabbit, cut into portions and place in bowl. Pour vinegar over pieces and leave to stand. Put in pan, sprinkle with salt, add bay leaves.

Simmer over low heat until liquid has been absorbed. Add oil, cloves, pepper and a pinch of spice, cook until browned all over.

2. Stir in wine, simmer until liquid has been absorbed. Remove rabbit from pan with slotted spoon, add mushrooms (optional), roughly chopped onion and whole baby onions. When well browned all over, remove half the onions and mushrooms, replace rabbit pieces to pan.












Cover rabbit with onions and mushrooms which were previously removed.

Simmer for 5- 10 minutes.

COD CROQUETTES

“Bakaliarokroketes”

Ingredients for 4-6 people

-  750 g side of salt cod
-  ½ lemon
- For the batter***
-  2 courgettes
-  250 g all-purpose flour
-  2 cups oil
-  ½ glass beer or red wine
-  ½ glass orange juice
-  pinch salt
-  pepper
-  oil for frying
-  100 g kefalotiri cheese, or Gruyere or Emmental, grated



Method

1. The previous evening, rinse all loose salt off cod in basin of cold water which is changed frequently. Cut cod into small pieces and sprinkle with lemon juice.
2. Prepare batter: peel and wash courgettes, grate into a bowl and add all remaining ingredients for batter. Batter should be quite thick. (If batter is too thick, add a little water).
3. Dip cod pieces into batter and dry in hot oil

TIP













To make sure croquettes are crunchy, remember to fry few pieces at a time. Serve hot with garlic dip and beetroot.

VEGETABLE CASSEROLE

“Briam”



Ingredients

-  250 g string beans
-  500 g white beet (turnip)
-  3 medium potatoes, cut diagonally in thin slices
-  300 g courgettes, cut diagonally in thin slices
-  1 medium aubergine, cut diagonally in thin slices
-  100 g courgette flowers (optional)
-  3 cloves garlic, crushed
-  2 onions, cut in rings
-  freshly ground black pepper
-  ½ cup olive oil
-  1 kg ripe tomatoes, skinned, seeded and crushed
-  1 teaspoon sugar, salt












Method

1. Sprinkle aubergine slices with salt, stand in colander for 20 minutes. Rinse aubergine under cold water, drain, pat dry with absorbent paper. Half cook beans and white beet, separately, for 4 minutes, drain and cut into pieces. Saute potatoes, courgettes, aubergines, courgette flowers and garlic in oil.
2. Put white beet, beans and tomatoes in ovenproof dish sauted vegetables, salt, pepper and sugar and bake for 30 minutes at 190 C. If necessary, add a little water. Serve this dish with fresh bread.

COD AND VEGETABLE CASSEROLE

with Rice

Ingredients for 6 people

-  1 kg salt cod
-  2 leeks
-  2 carrots
-  2 medium potatoes
-  2 dessertspoons finely chopped fresh dill
-  3 dessertspoons finely chopped fresh parsley
-  5-6 spring onions
-  1 cup finely chopped tomatoes (fresh or tinned)
-  2 cups oil
-  1/3 cup rice
-  pinch of salt



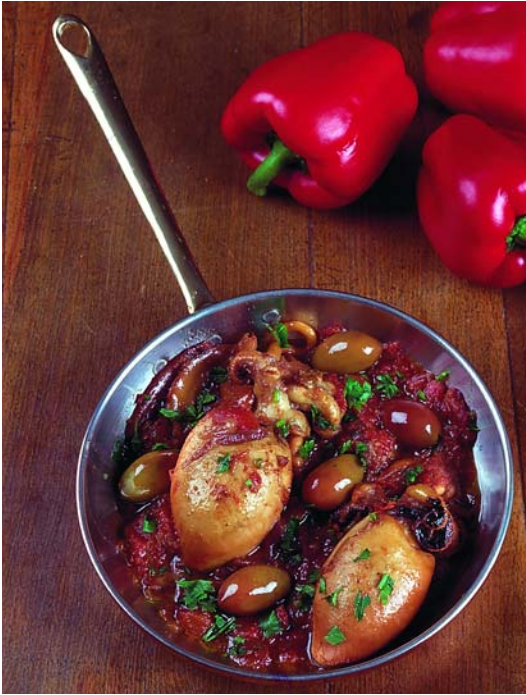
“Bakaliaros me Mirothika ke Rizi”

Method












1. Cut cod into portions and rinse off all loose salt from previous evening, changing the water frequently. Finely chop spring onions.
2. Heat oil in large pan, add onions, saute. Clean remaining vegetables (potatoes, carrots, leeks) and cut into cubes.
3. Spread chopped vegetables on bottom of pan and lightly season with salt and pepper. Place the cod pieces on the vegetables and sprinkle dill and parsley over the top. Add chopped tomatoes and ½ cup of water.
4. Simmer for 1 hour over low heat. Fifteen minutes before cooking is completed, add rice and, if necessary, a little water.

CUTTLEFISH

with Olives and Onions



Ingredients for 6 people

-  1 kg cuttlefish, cleaned and cut into strips
-  200 g Greek olives
-  200 ml red wine
-  4-5 spring onions, finely chopped
-  fresh dill, parsley and mint, finely chopped
-  3 dried onions
-  15 green peppercorns
-  4 pimentos, 1 bay leaf
-  500 g tomato juice
-  100 g olive oil
-  1 teaspoon sugar, salt and pepper

“Soupies me Elies ke Kremithia”











Method

1. Cook dried onions in half the oil until soft, add cuttlefish and stir well. Add tomato juice, wine, sugar, pimentos, bay leaf and peppercorns. Simmer over low heat for 45 minutes, then remove bay leaf and pimentos.
2. Heat remaining oil in another pan, add spring onions, cook until transparent. Add dill, parsley and mint, salt and pepper, olives, cuttlefish and sauce. Simmer over low heat for 15-20 minutes, stirring occasionally.

STUFFED TOMATOES

“Yemista”

Ingredients for 4-6 people

-  6 large firm ripe tomatoes
-  6 green peppers
-  2 onions
-  1 cup olive oil
-  1 cup long-grain rice
-  2 dessertspoons
pint nuts (optional)
-  salt, pepper, a little sugar
-  toasted breadcrumbs
-  3 potatoes
-  small bunch fresh parsley, finely chopped



Method

1. Wash tomatoes and peppers well. Cut tops off, to be used later as «lids».
2. Spoon pulp carefully from tomatoes, put pulp in colander to drain, removing seeds first. Remove seeds from peppers. Season the insides of tomatoes and peppers with salt and pepper. Turn upside-down on absorbent paper to drain.
3. Grate onion, saute in half the oil. Add first the rice, then the pine nuts and saute for 2-3 minutes. Add chopped tomato pulp, stir. Season with salt and pepper, add sugar and simmer over low heat for 10 minutes. Remove from heat, allow to cool. Add parsley, stir.
4. Fill to two-thirds the tomato and pepper shells, cover with «lids». Place in greased oven dish and pour over remaining oil. Arrange cut potatoes in the spaces between tomatoes and peppers. Sprinkle tomatoes and peppers with salt, pepper and some toasted breadcrumbs. Bake in moderate oven for 1 ½ hours.

TIP

Tomato pulp can be liquidized in blender before using in filling.