

A Taste of Greece

GREEK FOOD RECIPES

DOLMATHES *Meat-stuffed grape vine leaves*

Serving size: 40-50

Ingredients:

2-pounds lean ground beef (for more flavor, add a quarter-pound ground lamb)

4 eggs

1 fine-chopped onion

1/2 cup chopped mint

1 cup uncooked rice

1 large jar of California grape leaves or fresh grape leaves

1 can chicken broth

Juice of one lemon

Salt and pepper

How to cook it:

Unwrap and rinse leaves in cool water. Mix beef and eggs; add onion, rice, salt, and pepper; mix well. Take leaf with wrong side facing up (remove stem) and place a small amount of beef mixture in center and wrap. Fold ends to seal in meat mixture.

Layer tightly together in large pot. Add broth and 1 can water. Place plate (same size as pot) upside-down, on top of the dolmathes. This will keep them in place. Simmer on stove for 45 minutes.

For the sauce, beat two eggs and when that's thick, very slowly add lemon juice and keep beating. Slowly add small amount of broth to egg mixture, keep beating and adding small amount of broth until mixture looks full and thick. Pour mixture into remaining broth in pot, and let stand for five minutes.

Pour the sauce over the grape leaves and serve with crusty bread.

Recipes courtesy of St. Paul's Philoptochos.

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BAKLAVA *Sweet, rich pastry made of layers of phyllo dough filled with chopped nuts, and sweetened with syrup.*

Serving size: One pound in 12" x 17" Baking Tray

Ingredients:

- 1 pound phyllo dough
- 1 pound butter (melted)
- 1 pound finely chopped walnuts
- 1 cup sugar
- 2 tablespoons cinnamon
- 10 saltine crackers

Lay the Saltine crackers on a cutting board and using a rolling pin, crush the crackers. Combine sugar, cinnamon and finely chopped nuts. Add the crackers to the nut mixture and blend well.

Brush the bottom of the tray with the melted butter and begin arranging one phyllo dough into the bottom of the pan. Butter each layer before applying the next layer and continue until there are ten buttered layers in the pan. The next ten layers of phyllo will be alternated with the nut mixture being evenly and lightly sprinkled onto the phyllo dough. The last ten layers will be added following the same method as the first ten. Cut Baklava in three-inch squares and then cut the three inch squares diagonally. Pour the remainder of the drawn butter over the entire pan. Bake at 300 degrees for one hour, or until the top has reached a light brown color.

Syrup:

- 4 cups sugar
- 2 cups water
- 2 cinnamon sticks
- 2 fresh orange slices
- 1/2 cup honey

Boil these ingredients for 10 minutes. Pour syrup over Baklava as soon as it comes out of the oven. Let cool. Cut and place in cupcake cups and serve.



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KOULOURAKIA *Butter cookies with egg glaze*

Serving size: 72

Ingredients:

- 2 pounds butter
- 2 cups sugar
- 6 eggs, whole
- 2 teaspoons orange flavor
- 1 tablespoon baking soda
- 1 1/2 tablespoon baking powder
- 10 cups flour

How to cook it:

Cream butter and sugar until light and fluffy. Add eggs and mix well. Add flavoring and flour. Beat together until smooth. Roll into twists or round (circle-shaped) cookies. Brush egg wash over Koulourakia and sprinkle with sesame seeds. Bake in 350 degrees oven for 12 to 15 minutes.

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KARITHOPITA *Single-layer, dark, moist nut cake*

Serving size: 15

Ingredients:

- 1/2 pound butter
- 1 cup sugar
- 6 large eggs
- 2 teaspoons baking powder
- 1 teaspoon orange flavor
- Full shot of whiskey
- 1 teaspoon cinnamon
- 1 cup walnuts, ground fine
- 1 cup farina

Syrup:

- 3 cups sugar
- 2 cups water
- 2 cinnamon sticks
- 1 slice lemon

How to cook it:

Make syrup first by combining ingredients for syrup in a saucepan; boil 10 minutes. Set aside to cool.

Proceed to make cake batter. Cream butter and sugar until light; add eggs one at a time, beating constantly. Add flour, farina, baking powder, cinnamon, orange peel. Beat well. Add walnuts and mix thoroughly. Pour batter into a 9x13 inch buttered pan and bake at 350 degrees for 30 minutes. Pour cooled syrup over the hot cake. Allow to cool and cut into diamond shapes.