

# **A FAMILY COOKBOOK**

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# Contents

<b>1</b>	<b>BREAKFAST</b>	<b>3</b>
1.1	Butter Milk Biscuits . . . . .	3
1.2	Butter Milk Pancakes . . . . .	3
1.3	Baking Powder Biscuits . . . . .	4
1.4	Wheat Cereal . . . . .	5
<b>2</b>	<b>SALADS</b>	<b>7</b>
2.1	Grape Fruit Salad . . . . .	7
2.2	Greek Salad . . . . .	7
2.3	Palestinian Parsley Salad . . . . .	8
2.4	Pasta Salad . . . . .	8
2.5	Romaine Lettuce Salad . . . . .	9
2.6	Greek Romaine Lettuce Salad . . . . .	10
2.7	Tofu & Preserved Eggs Salad . . . . .	10
2.8	Spinach, Seaweed Salad . . . . .	11
<b>3</b>	<b>SOUPS</b>	<b>13</b>
3.1	Bean Soup . . . . .	13
3.2	Lentil Soup . . . . .	14
3.3	Youvarlakia (Meat Ball Soup) . . . . .	14
<b>4</b>	<b>VEGETERIAN</b>	<b>15</b>
4.1	Big Lima Beans . . . . .	15
4.2	Black-eyed Beans . . . . .	15
4.3	Briam . . . . .	16
4.4	BBQ Makaronada . . . . .	17
4.5	Broccoli with Chick Peas . . . . .	18
4.6	Brown Beans . . . . .	18

4.7	Champignons à la Grecque . . . . .	19
4.8	Carrots Saute . . . . .	19
4.9	Eggplant Dip . . . . .	20
4.10	Garlic Sauce . . . . .	20
4.11	Olives . . . . .	21
4.12	Spaghetti with Zucchini . . . . .	21
4.13	Stuffed Vegetables . . . . .	22
4.14	Tahini Eggplant . . . . .	23
4.15	Tomatoes Stuffed with Corriander . . . . .	23
4.16	Tourlou . . . . .	24
4.17	Saffron Rice . . . . .	24
4.18	Yellow Lentils . . . . .	25
4.19	Wild Rice . . . . .	25
4.20	Dried Tomatoes facon Quebecois . . . . .	26
<b>5</b>	<b>POULTRY AND EGGS</b>	<b>27</b>
5.1	Saudi Chicken . . . . .	27
5.2	Chicken with Plum Sauce . . . . .	28
5.3	Eggs with Tomatoes . . . . .	28
5.4	Spinach Quiche . . . . .	29
5.5	Paté de la Quiche . . . . .	30
5.6	Quail (Ortyki) à la Vassos . . . . .	31
<b>6</b>	<b>BEEF and VEAL</b>	<b>33</b>
6.1	Artichoke Pastitsio . . . . .	33
6.2	Beans with Veal . . . . .	35
6.3	Beef with Trachana . . . . .	35
6.4	Green Peas with Veal . . . . .	35
6.5	Burittos . . . . .	36
6.6	Cabbage Dolmathes . . . . .	36
6.7	Enchiladas . . . . .	37
6.8	Hamburgers . . . . .	38
6.9	Keftedes . . . . .	38
6.10	Liver with Oregano . . . . .	39
6.11	Palestinian Meat Dish . . . . .	39
6.12	Soutzoukakia . . . . .	40
6.13	Veal with Lemon . . . . .	41

<i>CONTENTS</i>	5
<b>7 LAMB</b>	<b>43</b>
7.1 Saudi Lamb . . . . .	43
7.2 Beans with Lamb . . . . .	43
7.3 Green Peas with Lamb . . . . .	43
7.4 Lamb with Cashews . . . . .	44
<b>8 PORK</b>	<b>47</b>
8.1 Spare Ribs . . . . .	47
8.2 Frikasse . . . . .	47
<b>9 FISH</b>	<b>49</b>
9.1 Fish Plaki . . . . .	49
9.2 Fish Savori . . . . .	50
9.3 Mussels with Rice . . . . .	50
9.4 Salmon . . . . .	51
<b>10 SAUCES</b>	<b>53</b>
10.1 Corriander Chutney . . . . .	53
10.2 Corriander Chutney Base . . . . .	53
10.3 Egg Lemon Sauce . . . . .	54
10.4 Lemon Yogurt Vinegrate . . . . .	54
10.5 Pasta Salad Sauce . . . . .	55
10.6 Vinegrate . . . . .	55
<b>11 BREADS</b>	<b>57</b>
11.1 Old Fashioned Bread . . . . .	57
11.2 Oatmeal Bread . . . . .	58
11.3 Homemade Phyllo . . . . .	58
<b>12 DESERTS</b>	<b>61</b>
12.1 Adventure Cookies . . . . .	61
12.2 Danish Apple Pudding . . . . .	62
12.3 French Puffs . . . . .	63
12.4 Samali . . . . .	63
<b>Index</b>	<b>64</b>









# Chapter 1

## BREAKFAST

### 1.1 Butter Milk Biscuits



1. 2 cups sifted flour
2. 1/2 teaspoon baking soda
3. 1/2 teaspoon baking powder
4. 1 teaspoon salt
5. 1/4 cup cold shortening
6. 1 cup cold buutermilk

Bake at 450*F* for 12 minutes.

SOURCE: EDA'S MOTHER

### 1.2 Butter Milk Pancakes



1. 2 cups sifted all purpose flour
2. 1 teaspoon baking soda

3. 1 teaspoon salt
4. 2 eggs beaten (separated)
5. 1&1/2 cups milk (butttter-)
6. 2 tablespoons cooking oil or melted oil or shortening

Sift flour with soda and salt in a mixing bowl. Combine eggs, milk and cooking oil and add flour to dry ingredients. Beat quickly until large lumps disappear. If butttter thickens upon standing, thin it with 1/4 – 1/2 cup milk. Pour butter onto hot lightly greased griddle (for electric griddle set to 375F). The pancake griddle is ready if a few drops of water dance on the griddle. Griddle need not be greased after first pancake. Bake until bubbles break and edges are cooked. Turn and bake other side. Serve immediately.

### Other Variants

1. BUUTERMILK: Add 1/2 teaspoon soda, decrease baking powder to 1 tablespoon and substitute 2 cups buttermilk for milk.
2. BLUBERRY: Sprinkle 1 tablespoon bluberries over each pancake just after pouring butter butter onto griddle.
3. CORN: Add 1 cup drained whole-kernel corn to liquid ingredients

SOURCE: UNKNOWN COOKBOOK

## 1.3 Baking Powder Biscuits



1. 3 heaping tablespoons crisco
2. 1 heaping tablespoon lard
3. 2 cups flour unsifted
4. 1 teaspoon salt
5. 3 level teaspoons baking powder

6. 1 cup milk

Preheat oven to  $425F$ . Use a medium large bowl. Blend ingredients with knife. Add milk. Make sure there is thick consistency. Mix very little. Put on floured board. Put into shape, cut. Bake 10 – 15 minutes on lowest shelf.

SOURCE: EDA'S MOTHER

## 1.4 Wheat Cereal



- 1 cup wheat
- 1 stick cinnamon
- $2\frac{1}{2}$  cups water
- little salt

Boil for about  $\frac{1}{2}$  an hour. Serve with sugar, coconut, walnut and raisins.

SOURCE: KAITI



# Chapter 2

## SALADS

### 2.1 Grape Fruit Salad



1. grape fruit
2. palm tree hearts
3. vinegrait

Peel skin from grape fruit slices. Mix in a bowl with palm tree hearts and vinegrait.

SOURCE: FRENCH FAMILY

### 2.2 Greek Salad



1. redd firm tomatoes
2. cuke
3. green or red pepper
4. feta cheese
5. dill weed

6. olive oil
7. olives
8. rice vinegar
9. salt

Chop vegetables and place in a bowl. Add feta cheese and olives. Sprinkle salt, dill weed, rice vinegar and olive oil.

SOURCE: FAMILY

## 2.3 Palestinian Parsley Salad



1. 2 bunches parsley
2. 1 – 2 tablespoons mint
3. 1 big tomato
4. 1/2 a cup (or less) bulgar wheat (thick cracked wheat)
5. 1/2 to 1 bunch green onions
6. juice of 1 – 2 lemons
7. olive oil

Mince everything very well, while wheat is soaking in cold water. Then drain and squeeze wheat and mix everything together. Add salt, lemon juice and olive oil.

SOURCE: KAITI

## 2.4 Pasta Salad



## Vegetables

A variety of chopped vegetables may be used as desired. Pieces of meat (like ham) may also be added.

1. green onions
2. garlic minced
3. peppers (of any color), tomatoes, cucumber, cauliflower and/or broccoli, carrots, celery
4. lightly steamed snowpeas
5. green and ripe olives
6. parsley, basil, dill weed, pinch of thyme

## Sauce

1. mayonaise
2. olive oil
3. lemon or lime juice or vinegar
4. yogurt
5. dill weed
6. pepper

Boil water and cook pasta. Mix vegetables with pasta and add sauce.

SOURCE: ED AND MARGARET

## 2.5 Romaine Lettuce Salad



1. romaine lettuce
2. avocado

3. vinegrait

Chop romaine lettuce and cut avocado in small pieces. Mix in a bowl with vinegrait.

SOURCE: FAMILY

## 2.6 Greek Romaine Lettuce Salad



1. romaine lettuce
2. dill weed chopped
3. green onions
4. vinegar
5. olive oil
6. salt

Chop romaine lettuce, onions and dill weed. Mix in a bowl with vinegar, olive oil and salt.

SOURCE: FAMILY

## 2.7 Tofu & Preserved Eggs Salad



1. 4-6 pieces of Tofu
2. 3 Preserved Eggs (dark and already cooked)
3. Sesame oil (not too much)
4. Salt and sugar



Cut Tofu and preserved eggs into small pieces. Boil a pot of water with a little bit of salt, and put those smaller pieces of Tofu into the boiled water. After one or two minutes, take them out from the water. Mix Tofu, preserved eggs together with sesame oil, salt and sugar. It is done now, but if you like it colder, then put it into the refrigerator for a while.

SOURCE: FANG CHANG

## 2.8 Spinach, Seaweed Salad



1. One bag or on big bind of spinach
2. Some Dry Seaweeds (you should buy the sliced one, which is usually wrapped in bags, 1/3 of a whole bag is enough)
3. Some Vermicell (white and dry, looks like rice noddle)
4. Coriander (not too much, it looks like parsley, but has stronger smell)
5. Chinese dark vineger and soy sauce (more vinegar than soy sauce)
6. Salt and sugar
7. Sesame oil (not too much)

Put the Dry Seaweeds into a pot with cold water for an hour until it truns softer and expands more, then take it from water and squeeze the water out. Put spinach (don't need to cut them) into the boiled water until it turns darker and softer, then take it from water and squeeze the water out. Do the same thing to Vermicelli. Cut the Coriander into tiny pieces. Mix them together with salt, suger, and seasame oil. If you don't mind the garlic smell, add a little bit of smashed fresh garlic. Again if you prefer a colder one, put it into the refrigerator.

SOURCE: FANG CHANG



# Chapter 3

## SOUPS

### 3.1 Bean Soup



1. 1 pound dry white beans
2. one onion minced
3. pepper, salt, mint
4. 1 can whole tomatoes (or tomato paste)
5. carrots chopped
6. celery chopped
7. olive oil
8. 1 beef bouillon

In a large boiling pot boil 2 – 3 liters water and add the beans and bouillon. Add the tomatoes sliced, carrots, celery. Add the spices and a bit of olive oil. Bring to a boil and simmer for 2 hours or until are ready.

SOURCE: GREEK FOLKLORE

## 3.2 Lentil Soup



1. 1 pound brown lentils
2. 4 – 5 cloves garlic whole
3. pepper, salt, bay leaves
4. olive oil
5. 1 beef boullion
6. wine vinegar

In a larrge boiling pot boiling 2 – 3 liters water and add the lentils and boullion. Add the spices and a bit of olive oil. Bring to a boil and simmer for 1 hour or until are ready. Serve in bowls adding a tablespoon or two vinegar.

SOURCE: GREEK FOLKLORE

## 3.3 Youvarlakia (Meat Ball Soup)



1. 1 pound ground beef
2. one egg
3. pepper, salt
4. flour
5. 1 can whole tomatoes
6. 1 cup rice
7. 1 beef boullion

In a large boiling pot boil half a gallon water and add beef boullion and the tomatoes sliced. Put the ground beef in a bowl. Add the egg, pepper and salt and rice. Mix all the ingredients well. Make “little barrels” out of the mixture, dip them thoroughly in flour and put them in the boiling pot. Bring to a boil and simmer for an hour.

SOURCE: VAGELIS MOTHER

# Chapter 4

## VEGETERIAN

### 4.1 Big Lima Beans



1. 1 pound of big lima beans
2. 1 can whole tomatoes
3. 1 onion minced
4. salt, pepper, dill weed
5. olive oil

Put the beans in water overnight to soak. Change the water in the morning and boil the beans until ready but not very soft. Make sure beans absorb the water and if necessary remove the remaining water. Saute the onion in olive oil. Put the beans in a baking pan and pour the onion (with the olive oil), sliced tomatoes, salt, pepper and dill weed over the beans and mix. Bake for an hour in a 350*F* oven until lightly brown.

SOURCE: VAGELIS MOTHER

### 4.2 Black-eyed Beans



1. 2 cups black eyed beans
2. 6 cups water
3. 1 can whole tomatoes
4. 1/2 can tomato sauce
5. 1 teaspoon dill weed
6. 1/2 teaspoon salt
7. 1/4 teaspoon pepper
8. 2 medium onions minced
9. 1/2 cup olive oil.

Bring the beans and water to a boil and then simmer for about an hour. Dry the beans in a sieve. Fry the onion in (part of) the olive oil until limp. Empty the beans, onions and all remaining ingredients in the boiling pot. Simmer the contents for 1 to 1&1/2 hour.

SOURCE: VAGELIS MOTHER

### 4.3 Briam



1. Potatoes sliced thin (1/2 inch) like wheels
2. Zuckinis sliced thin (1/2 inch) like wheels
3. Mint
4. 1 clove garlic
5. 1 large onion cut in rings
6. pepper
7. a few fresh tomatoes sliced

8. olive oil

9. salt

Put all ingredients in a baking pan and add 1/3 a cup water. Bake for an hour until dry in a 350 $F$  oven,

SOURCE: VAGELIS MOTHER

## 4.4 **BBQ Makaronada**



This dish must be prepared in a BBQ fire with wood in order to get the burned wood flavor.

1. onion

2. garlic

3. mushrooms

4. fresh peppers

5. fresh tomatoes

6. bacon

7. olive oil (or butter)

8. wine

9. spaggeti

10. salt

11. pepper

Saute garlic, onion, fresh tomatoes, pepper, salt. Add cinamon and wine at the end. Use 1.5 liters of water per 1/2 kg of spaggeti.

SOURCE: FOTINI

## 4.5 Broccoli with Chick Peas



1. 2 pound bunch broccoli
2. 1&1/2 cups chick peas (drained)
3. 1 – 2 ounces parmesan cheese
4. 1 tablespoon chopped fresh chives
5. lemon-yogurt vinegraitte (see recepy 10.4)

Break broccoli into florets, peel stems and slice. Steam the broccoli until tender for about 5 – 8 minutes. Drain and refresh under cold water, shake dry and toss with remaining ingredients. Serve warm.

SOURCE: OTTAWA CITIZEN, 1992

## 4.6 Brown Beans



1. brown beans
2. tomatoes
3. red pepper, chopped
4. celery, chopped
5. cellery leaves
6. leeks, chopped
7. prosciutto ham with garlic (1 piece 150 grams)
8. salt
9. garlic, minced

Boil beans with some salt. Saute remaining ingredients and mix with beans.

SOURCE: HELOISE



## 4.7 Champignons à la Grecque



1. 1 pound small mushrooms
2. 2/5 of a cup dry white wine
3. 1/5 of a cup olive oil
4. juice of one lemon
5. 1/8 of a teaspoon grated rind
6. 1 tablespoon tomato paste
7. salt, pepper
8. pinch of bouquet garni (coriander, chopped parsley, powdered thyme, marjoran, 1/2 crunched bay leaves)

Heat oil and add everything. Cook over hot fire for 8 minutes stirring constantly.

SOURCE: NANCY'S FATHER

## 4.8 Carrots Saute



1. Carrots sliced thin (1/2 inch) like wheels
2. 1 clove garlic, minced
3. 1 large onion minced
4. oregano
5. olive oil
6. salt, pepper
7. lemon juice

Parboil (or microwave) the carrots for 5 minutes. Saute garlic and onion in olive oil. Add lemon juice, oregano, salt, pepper. Put lid on frying pan and let braise for 5 – 10 minutes.

SOURCE: GREEK COOKBOOK

## 4.9 Eggplant Dip



1. 1 large eggplant
2. A couple tablespoons olive oil
3. A couple of teaspoons rice vinegar
4. Salt to taste

Bake the eggplant for about 10 – 12 minutes in the microwave oven at maximum power (usually 700W). Skin the eggplant. Add the olive oil, vinegar, salt, eggplant, and juice of eggplant in a blender. Blend until smooth. Serve cool.

SOURCE: FAMILY

## 4.10 Garlic Sauce



1. cloves of garlic (as many as you wish)
2. salt
3. bread (may also use boiled peeled potatoes)
4. olive oil
5. lemon juice
6. vinegar

Squish the garlic in the mortar and pestel until smooth. Add salt. Wet the bread and dry by squeezing until there is no water left. Add into mortar and pestel and beat until smooth, Add olive oil, lemon juice, vinegar. Basically the bread (and/or potatoes) makes the garlic milder, so add as much as you feel will satisfy your taste.

SOURCE: VAGELIS MOTHER

## 4.11 Olives



Make slits in the olives. Leave the olives for 10 days in water (you change the water every day). Tie salt in a cloth and put it inside the pot of olives for 10 more days. At the end of these 10 days wash the olives very well and dry them. Cover the olives with wine vinegar. On the top of the pot put a couple of tablespoons of olive oil (it serves as lid). well

SOURCE: VAGELIS MOTHER

## 4.12 Spaghetti with Zucchini



1. 2 medium zucchinis
2. 8 ounces spaghetti 1 tablespoon olive oil
3. 1 medium onion minced
4. 1 clove garlic minced
5. 1/4 teaspoon crushed red pepper flakes
6. 1/2 teaspoon salt
7. 3 eggs lightly beaten
8. 1/2 cup grated parmesan cheese
9. 1/4 cup minced fresh parsley

10. freshly ground black pepper to taste

Bring pasta to a boil in a large boiling pot. Cut zucchinis crosswise into thirds. Cut each third in half lengthwise but each half into thin strips. Add the spaghetti in the boiling water and cook according to package directions. Heat the olive in a heavy skillet over medium heat. Saute onion and garlic. Add the zucchini, red pepper flakes and salt and saute until zucchini has softened. Drain the pasta and put back in the pot. Place over low heat. Add zucchini mixture and the eggs. Stir until spaghetti is coated and the eggs look slightly scrambled. Stir in the parmesan cheese, parsley and pepper. Serve immediately.

SOURCE: OTTAWA CITIZEN, MAY 20, 1992

### 4.13 Stuffed Vegetables



In this dish you can stuff and bake various kinds of vegetables. These include large tomatoes, peppers (green, red or yellow), eggplants, thick zucchinis. You must bake these vegetables separately because they have different cooking times. If arranged by increasing order of cooking time the vegetables are as follows: tomatoes, peppers, zucchinis, eggplants. In addition this can be a vegetarian dish if you do not add ground beef.

1. Enough large red tomatoes to fill your favorite baking pan.
2. 1 pound ground beef (optional)
3. 1 cups rice
4. 2 cups hot water
5. olive oil
6. 1 large onion minced
7. 1 clove of garlic minced
8. parsley minced
9. salt, pepper to taste.

10. a few currants and pine nuts

Cut a thin slice (lid) from the top of the tomatoes. Remove the interior of the tomatoes and save everything. Saute the onion and garlic in a large saucepan. Add the ground beef and saute until brown. Add the rice and pine nuts and brown a bit longer. Now add all the remaining ingredients (tomatoes, water, currants, spices) and cook for about half hour until rice is ready. Put the tomatoes in the baking pan and fill with the prepared stuffing. Cover tomatoes with their lids and bake in a preheated  $375^{\circ}F$  oven for about 30 minutes. (Other vegetables require longer baking times).

SOURCE: VAGELIS MOTHER

## 4.14 Tahini Eggplant



1. 1 large eggplant
2. 2 – 3 tablespoons tahini
3. juice of 1 – 2 lemons
4. garlic, minced
5. salt
6. olive oil
7. paprika

Prepare eggplant as in eggplant dip. Add tahini, lemon juice, garlic and salt. Pour on top a bit of olive oil and decorate with paprika,

SOURCE: KAITI

## 4.15 Tomatoes Stuffed with Corriander



This can be a complement to any lamb or beef dish.

1. 6 tomatoes
2. salt
3. corriander chutney base

Preheat oven to  $350F$ . Slice tops off tomatoes. Make vertical cuts into seed pockets, being careful not to break skin. Sprinkle with salt and invert on a rack to drain for 20 minutes. Stuff each tomato with 2 teaspoons corriander chutney base, poking mixture well down into cuts. Spread a little mixture over top. Bake tomatoes for 20 minutes.

SOURCE: CITY AND COUNTRY HOME, MARCH 1987

## 4.16 Turlou



1. olive oil
2. 1 large onion
3. Tomatoes
4. Oregano, salt, pepper to taste.
5. Various vegetables (zucchini, eggplant, potatoes, green beans, dandelions, etc) cut into medium sized pieces

In a large saucepan, saute the minced onion until brown. Add the vegetables, tomatoes last, salt, pepper and oregano. Cook until tender.

SOURCE: VAGELIS MOTHER

## 4.17 Saffron Rice



1. 1 packet saffron
2.  $2\frac{1}{2}$  cups warm chicken stock

3. 1 cup rice (long grain or Basmati)
4. salt (to taste)
5. chicken stock

Empty saffron package in 1/2 cup warm chicken stock and stir thoroughly. Add the liquid to remaining chicken stock in a large pan and bring to a boil. Add rice and salt. Cover pan and bring back to a boil. Reduce heat and simmer on low for 30 minutes or until rice is tender and liquid is absorbed.

SOURCE: CANADIAN MAGAZINE

## 4.18 Yellow Lentils



1. yellow lentils
2. curry powder
3. yogurt
4. chutney (any kind)
5. rice

Prepare yellow lentils with curry powder/ Prepare rice as usual. Serve lentils in a bowl. Serve rice separately with yogurt and chutney.

SOURCE: SIVARAMA'S WIFE

## 4.19 Wild Rice



1. Place 1 cup wild rice in wire strainer under cold running water and wash.
2. Soak for 1 hour in warm water to cover ... to soften the bran coating

3. Place 2 cups boiling water, 4 teaspoons butter, 1 teaspoon salt in top of double boiler. Cover and cook for about 2 hours
4. Saute mushrooms and onion in butter and add rice 5 – 10 minutes before serving

SOURCE: EDA'S MOTHER

## 4.20 Dried Tomatoes facon Quebecois



1. Fresh tomatoes.
2. Balsamic vinegar.
3. Salt, sugar and basel powder mix in equal parts.

Slice tomatoes in 2 *cm* thick slices and put slices in a pan. Sprinkle balsamic vinegar. Prepare mixture in equal parts of salt, sugar and basel-powder and sprinkle over the tomatoes. Bake overnight in lowest possible oven (175 *F*) leaving the oven door open (say, with a wooden spoon). Preserve tomatoes in olive oil in sealed jars.

SOURCE: MATHIEU COUTURE



# Chapter 5

## POULTRY AND EGGS

### 5.1 Saudi Chicken



1. Small pieces of chicken (usually legs and thighs)
2. olive oil
3. onion, garlic
4. 1 Tbsp. arab spice or other aromatic spice mixture
5. 1 tomato
6. 1 tablespoon tomato paste
7. either mushrooms and carrots, or mung beans
8. salt and pepper
9. 2 – 3 cups water
10. rice

Saute the onions and garlic, and brown the chicken. Add 2-3 cups water, chopped tomato, 1 Tbsp. tomato paste, 1 Tbsp. arab spice (or other aromatic spice mixture), and mung beans or carrots and mushrooms. Simmer

for 30 minutes or so. Then remove chicken and place on cookie sheet or shallow pan. Add enough rice to the remaining "soup" to absorb all the water. While the rice is cooking, make a thick sauce/paste with tomato paste, water, olive oil, salt, and some of the spice mixture. Brush this on the chicken and bake, uncovered, at 350F for about 15 minutes.

SOURCE: LAMA'S MOTHER

## 5.2 Chicken with Plum Sauce



1. 10 chicken wings
2. 4 teaspoons soy sauce
3. 2 teaspoons sherry
4. 1 clove garlic
5. 1/4 cup plum sauce

Mix ingredients but plum sauce. Marinate. Put the pieces on a baking pan and add plum sauce (diluted in water). Bake.

SOURCE: HELOISE

## 5.3 Eggs with Tomatoes



1. Eggs
2. Tomatoes
3. Pepper
4. Salt
5. Cinammon
6. Olive Oil

Grate the tomatoes and boil them in a frying pan until all the juice goes away. Add olive oil in the tomatoes. Add the beaten eggs when the olive oil is hot and mix well. Add pepper, salt and cinammon to taste. Serve warm.

SOURCE: VAGELIS MOTHER

## 5.4 Spinach Quiche



First prepare the pate brisée as follows.

### Paté Brisée

1. 2 cups all purpose flour
2. 1/2 cup frozen butter cut in 1 tablespoon pieces
3. 1/4 teaspoon salt
4. 2 whole eggs 1 tablespoon lemon juice

With metal blade in place add flour, butter and salt to beaker of food processor. Process turning on/off rapidly until butter is cut into flour and very small granules are formed (about 10 seconds). Add eggs and lemon juice. Continue processing until ball of dough forms on blades. If dough seems too soft sprinkle with 1 to 2 tablespoons flour and process until combined, about 6 seconds. Refrigerate and use as you would any recipe calling for pate brisee. Makes two 8 or 9 inch pastry shells.

### Main preparation

1. 1 pate brisée
2. uncooked beans or rice
3. beaten egg yolk
4. 2 pounds fresh spinach (or two 10 onze packages frozen spinach)

5. 4 ounces Gruyere or Swiss cheese cut in 1 inch cubes 3 drops lemon juice  
1/2 teaspoon salt
6. 3/4 teaspoon dried tarragon
7. dash of nutmeg
8. Dijon mustard
9. 3 eggs
10. 1 1/2 cups heavy cream or 3/4 cup plain yogurt

Use half pate brisee recipe. Roll out dough and line a 9 inch pie plate or tart pan. Prick bottom and sides with a fork. Cover bottom with a round of waxed paper or foil and weight it down with about 2 cups uncooked beans or rice. Bake in a preheated 425°F oven for 18 minutes. Remove beans or rice and the paper. Brush the pastry with a little beaten egg-yolk and bake until lightly brown (about 3 minutes longer). Cool before filling.

Wash fresh spinach and place it in a heavy pan with no water except that clinging to the leaves. Cover and cook over medium to high heat only until wilted. If using frozen spinach, cook without salt according to package directions. Drain thoroughly, pressing down on spinach to extract all liquids. With the metal blade in place add cheese to beaker and process, turning on and off until cheese is finally chopped. Remove and set aside. Reinsert metal blade and add drained spinach, lemon juice, salt, tarragon and nutmeg to beaker. Process until finely chopped.

Spread baked pie shell with mustard. Spoon spinach mixture evenly over the mustard and sprinkle top with the finely chopped cheese. Again, using the metal blade, process eggs and cream until thoroughly mixed. Place pie on extended lower rack of oven. Pour egg-cream mixture over surface and gently push rack back into oven. Bake in a preheated 350°F oven for 30 minutes or until set. Makes 4 – 6 main course servings.

SOURCE: EDA'S MOTHER

## 5.5 Paté de la Quiche



### **Crust**

1. 250 grams all purpose flour
2. 125 grams butter (can mix butter and margarine for lighter)
3. 1 egg
4. salt (a sprinkle)

Put the flour in a big bowl, the egg in the middle (use soft butter to mix more easily). Add salt and mix. Add water or flour if it is too dry or too liquid, respectively. You can also buy a ready cooked crust.

### **Filling**

1. 4 eggs
2. pepper (a sprinkle)
3. a good piece of swiss cheese (the more the better)
4. milk plus cream
5. ham or bacon

It is easier to put the cheese in the crust first then add the mixture. Cook for at least 50 minutes at 400F. Check because it may take more than an hour. It is cooked when the bottom of the crust seems hard and brown and the top is light brown.

SOURCE: CLAUDIE

## **5.6 Quail (Ortyki) à la Vassos**



You wash the quail with plenty of water (as my mother would say), and then you rub them inside and out with salt and pepper.

Fry the quail lightly on a frying pan with a bit of olive oil. (You let the oil get hot first, and then put the quail on for just a couple of minutes, turning them over when they brown on one side.)

Preheat the oven to 400-450.

Put the quail in a pan with the liquid from the frying pan, add olive oil, the juice of one squeezed lemon, sprinkle them with oregano, and add some water (about a cup or so — exactly how much depends on the size of the pan, and the number of quail; however, if you discover that almost all the liquid has evaporated and the quail is far from being ready, you can just add more water).

Baste frequently and turn the beasties around so that all four sides are exposed to the heat. I like to cook them for about an hour. Some people find this excessive, but that's what happened to the quail you had when you came over. At the very end, turn on the broiler and give them a brief (2 minute) sizzle on each side.

Now the rice/stuffing: Rinse the rice well to get some of the starch off. Fry some onions, and when they have wilted slightly (not yet golden) add the rinsed rice and fry it slightly (while it is still uncooked) with the onions. Keep stirring while this is going on. Add water for the rice to the frying pan (I use two cups per cup of rice), and whatever nuts you like (pine nuts, almonds and especially previously boiled chestnuts are very nice). Cover and reduce the heat. Sometimes I like to let the rice burn at the bottom (apparently an Iranian method). When the rice is cooked, turn off the heat, take the lid off, cover the pot with a clean towel and let sit for about 10 minutes. (This last maneuver, also taught to me by an Iranian friend in grad school, is also not necessary if the crowds are hungry — but it makes the rice tastier.)

You can use some of the rice to stuff the quail, or you can serve it on the side (or both).

SOURCE: VASSOS HATZILACOS

# Chapter 6

## BEEF and VEAL

### 6.1 Artichoke Pastitsio



#### Meat Sauce

1. 4 tablespoons butter
2. 2 median sized chopped onions
3. 2 cloves garlic minced
4. 1 kilogram ground beef
5. salt and pepper to taste
6. 1&1/2 teaspoon cinammon
7. 1/2 teaspoon sugar
8. 8 tablespoons tomato sauce.

Melt the butter in a large skillet. Add the onion and garlic and cook until tender. Add the ground beef and brown it. Cover and simmer for 2 minutes. Add the salt, pepper, cinammon, sugar and tomato paste. Cook for 10 minutes. The ground beef mixture should be fairly dry, so cook longer if necessary.

## Bechamel sauce

1. 1/4 cup butter
2. 1/2 cup sifted flour
3. 3 cups hot milk
4. 1/4 teaspoon salt
5. 1/4 teaspoon pepper
6. 1/8 teaspoon nutmeg
7. 2 eggs
8. 2 egg yolks
9. 1 cup grated parmesan cheese

In a large saucepan, melt the butter and slowly stir in the flour. Cook in low heat. Stir and cook for about 1 minute. Gradually pour in the hot milk and stir until smooth. Add salt, pepper and nutmeg, and continue stirring until well blended. Take saucepan off the heat and blend in the egg yolks, add 2 eggs and stir. Add the parmesan cheese and stir.

## Main Preparation

1. 2 small cans artichoke hearts

Put a layer of quartered artichoke hearts at the bottom of a buttered baking pan (approximately 20 × 30 cm). Cover it with the meat mixture and on top of that add the bechamel sauce. Put into a preheated 300C oven. Lower heat to 190C and bake for 40 – 50 minutes or until top is golden brown. Let stand several minutes before cutting into large rectangular pieces. Serves 8 – 10 people.

SOURCE: RITSA



## 6.2 Beans with Veal



1. Lamb chops or Veal slices (as many as necessary)
2. olive oil
3. 1 large onion, minced
4. Tomatoes
5. 1 tablespoon oregano
6. salt, pepper to taste
7. Green beans

In a large saucepan, saute the minced onion until brown. Add the lamb (or veal) and brown. Add the green beans, tomatoes last, salt, pepper and oregano. Cook until tender.

SOURCE: VAGELIS MOTHER

## 6.3 Beef with Trachana



Boil the beef with onions, cellery and tomatoes the same way you would make a beef soup. Instead of pasta use 3/4 of a cup trachana. It takes a bit over an hour of cooking.

## 6.4 Green Peas with Veal



1. olive oil
2. 1 large onion, minced
3. 1 tablespoon dill weed

4. salt, pepper to taste.
5. Green peas

In a large saucepan, saute the minced onion until brown. Add the lamb (or veal) and brown. Add the green peas, salt, pepper and dill weed. Cook until tender.

SOURCE: VAGELIS MOTHER

## 6.5 Burittos



This dish can be served as vegetarian or by adding ground beef or anything that sounds good. Also may use fresh chopped tomatoes.

1. large flour tortillas
2. 1 pound can refried beans
3. 1/4 cup taco sauce
4. grated cheddar or Monterey Jack cheese

Preheat oven at 375F. Warm tortillas in oven for a few minutes until soft (don't let them crisp). Put hot beans on warm tortillas sprinkle with grated cheese, roll. Place on cookie sheet and put in oven for about 15 minutes until cheese melts. Serve with taco sauce.

SOURCE: EDA'S MOTHER

## 6.6 Cabbage Dolmathes



1. 1 whole cabbage
2. 1 pound ground beef
3. 1/2 cup rice

4. onion (ninned)
5. salt
6. dill weed
7. egg lemon sauce

Boil cabbage and separate leaves. Put meat in a bowl and add all ingrediends. Mix well. Put a bit of the mixture on each leaf and roll. Place in a cooking pot and simmer until done. Add egg lemon sauce as in Frikase.

SOURCE: VAGELIS MOTHER

## 6.7 Enchiladas



### Sauce

1. 1&1/2 – 2 cups tomato sauce
2. 1/2 cup taco sauce (less if hot)

Pour in suacepan and simmer while making filling.

### Filling

1. 1 pound lean ground beef
2. 1 clove garlic pressed
3. 1/4 cup chopped black olives
4. 1 chopped green tomato
5. 1 chopped fresh green tomato
6. 1 small can green chillies
7. 2 hard boiled eggs

8. 1/2 teaspoon cumin seed
9. 1 cup or more grated Monterey Jack cheese

Saute meat. Drain excess fat when browned and cool slightly. Heat oven at  $375F$ . Use corn tortillas. Dip them in sauce to soften. Put about 1/4 cup of meat mixture in center of tortilla and roll up. Place same down in  $13 \times 8$  inch pan. Pour sauce all over and bake for about 20 minutes.

SOURCE: EDA'S MOTHER

## 6.8 Hamburgers



1. 1 pound ground beef
2. one egg
3. pepper, salt
4. 1 medium onion minced
5. 3 slices bread wet and thoroughly dried (or breadcrumbs)

Put the ground beef in a bowl. Add the egg, pepper and bread. Mix all the ingredients well. Make hamburgers out of the mixture and broil or grill

SOURCE: VAGELIS MOTHER

## 6.9 Keftedes



This same dish can done in microwave (highest level for 5 – 6 minutes) in which case you neither dip the meatballs in flour nor fry.

1. 1 pound ground beef
2. a few slices bread wet and squeezed dry (or breadcrumbs)
3. 1 egg

4. 1 clove garlic (minced)
5. 1 medium onion (minced)
6. mint, parsley (minced)
7. flour
8. olive oil

Mix well all ingredients (but the flour) in a bowl. Make “little thick discs” with the meat, dip in flour and fry in olive oil until brown.

SOURCE: VAGELIS MOTHER

## 6.10 Liver with Oregano



1. 1 pound liver cut in small pieces
2. juice of 1/2 lemon
3. salt, pepper
4. tomato paste
5. olive oil
6. oregano

Add ingredients in a saucepan and a little bit of water. Simmer until done.

SOURCE: VAGELIS MOTHER

## 6.11 Palestinian Meat Dish



## Shell

1. 1 pound or more ground beef
2. 1 cup bulgar wheat (thick cracked wheat)
3. salt, pepper, allspice

## Filling

1. 3 onions minced
2. 1/2 pound ground beef
3. pine nuts
4. salt, pepper, allspice, and a bit of cinnamon

Soak wheat in warm water. Fry pine nuts in olive oil until golden brown. Remove and drain excess oil. Fry onions until soft. Add ground beef and spices. Saute until beef is browned. Mix in the nuts.

Drain wheat and squeeze out water. Mix with spices and meat. Knead very well. Divide mixture into 2/3 and 1/3 parts. Place the 2/3 part in greased baking dish. Spread filling and put remaining 1/3 of crust mixture as top layer (a la patchwork quilt). Put a little butter on top. Make hole in middle or knife slits and put in butter (also pull edges away from pan and insert butter). Bake at 350F until done (about 45 minutes). Good with plain yogurt.

SOURCE: KAITI

## 6.12 Soutzoukakia



This dish can be served on rice, kritharaki, spaghetti or any other pasta as desired with parmesan cheese.

1. 1 pound ground beef
2. one egg

3. 2 slices of dry bread (or breadcrumbs)
4. 1 clove garlic, minced
5. pepper, salt, cinnamon
6. flour
7. 1 can whole tomatoes
8. 1/3 of a cup sweet sherry
9. 1 cup rice

Prepare 1 cup of rice with two cups of water in the usual manner. In a saucepan start heating the tomatoes and pour in the sherry. Put the ground beef in a bowl. Add the egg, grated dry bread, minced garlic, pepper, cinnamon and salt. Mix all the ingredients well. Make “little barrels” out of the mixture and dip them thoroughly in flour. Pour olive oil in a frying pan and saute the meat barrels until lightly brown. Add the barrels in the saucepan and simmer for about an hour.

SOURCE: VAGELIS MOTHER

## 6.13 Veal with Lemon



This dish can be served either on rice or with fries.

1. 1 pound veal sliced
2. olive oil
3. juice of one lemon
4. pepper, salt
5. carrots sliced like wheels
6. 1 onion minced
7. 1 cup of rice

Prepare the rice in the usual way. Boil the veal slices with a bit of water. Keep removing the foam from the veal turning the meat until it absorbs the water. Next add olive oil and saute. Add juice of lemon, pepper and salt to taste as well as the carrots and onion and simmer for about 1/2 an hour. Serve it over the rice.

SOURCE: VAGELIS MOTHER



# Chapter 7

## LAMB

### 7.1 Saudi Lamb



Same as recipe 5.1 but replace chicken with lamb.  
SOURCE: LAMA'S MOTHER

### 7.2 Beans with Lamb



Same as recipe 6.2 but replace veal with lamb.  
SOURCE: VAGELIS MOTHER

### 7.3 Green Peas with Lamb



Same as recipe 6.4 but replace veal with lamb.  
SOURCE: VAGELIS MOTHER

## 7.4 Lamb with Cashews



1. 1 teaspoon fennel seeds
2. 1 tablespoon cumin seeds
3. 2 tablespoons peanut oil
4. 1 cup chopped onion
5. 2 cloves garlic chopped
6. 1 tablespoon chopped fresh ginger
7. 1 pound minced lamb (from leg)
8. 1&1/2 cups chopped tomato
9. 1 hot green chili pepper, seeded and chopped
10. 1 teaspoon salt
11. 2 teaspoons freshly ground black pepper
12. 1&1/2 cups canned chick peas, drained
13. 1/2 cup toasted broken cashew pieces

### Mixture

*This mixture may be prepared a day ahead. Refrigerate.* Lightly crush fennel and cumin. In a large saucepan, over medium high heat, saute fennel and cumin in oil for 1 minute or until they begin to brown, Reduce heat to medium and add onion, garlic and ginger. Saute 2 minutes, stirring. Add lamb. Saute until mixture dry and has just begun to brown. Add tomato, chili, salt and pepper. Reduce heat and simmer mixture, uncovered, for about 20 minutes, stirring occasionally. Do not allow mixture to become too dry. Add water by the tablespoon if necessary.

### **Final Preparation**

Five minutes before serving, add chick peas and cashews and heat through.  
Serve with warm pooris for guests to fill.

SOURCE: CITY AND COUNTRY HOME, MARCH 1987



# Chapter 8

## PORK

### 8.1 Spare Ribs



1. 1 kilo spareribs
2. 4 tablespoon soysauce
3. 2 tablespoons honey
4. 1&1/2 tablespoons hoisen sauce
5. 1 tablespoon dry sherry
6. 1 tablespoon tomato ketchup
7. 1 tablespoon sugar
8. 2 cloves garlic squished

Mix ingredients and marinate. Bake for an hour or grill.

SOURCE: HELOISE

### 8.2 Frikasse



1. pork cut in small pieces
2. 1 large onion minced
3. salt, pepper
4. olive oil
5. cellery leaves (or any other greens)
6. egg lemon sauce (beat 1 egg and juice of 1 lemon with the recipe juices in a blender until smooth)

Saute the onion and add the meat, salt and pepper. Saute until brown. Boil the greens in water and drain them when ready. Prepare the egg lemon sauce and use the meat liquids from the cooked meat mixture to make the egg lemon sauce. Add greens to the meat and pour the egg lemon sauce on the meat and greens.

SOURCE: VAGELIS MOTHER

# Chapter 9

## FISH

### 9.1 Fish Plaki



1. 1 pound cod fish bonned and skinned (frozen is very good). Cod is best but sole is fine.
2. 1 can whole tomatoes
3. 1 clove minced garlic
4. 1 large onion cut in rings
5. fresh minced parsley
6. dill weed
7. juice of 1 lemon (or lime)
8. 1 lemon (or lime) sliced in rings with the skin
9. salt

Saute the garlic and onion rings with olive oil in a frying pan. Add some olive oil at the bottom of the baking pan and lay the code filets. Pour lemon juice over the cod, add salt (to taste) and dill weed. Place the sauted onions and garlic on the fish. On top of this place the sliced tomatoes to cover the

whole fish. Sprinkle the parsley and add on top the onion rings. Bake for 30 – 45 minutes in a preheated 350 $F$  oven.

SOURCE: VAGELIS GRANDMOTHER

## 9.2 Fish Savori



1. Small fish
2. garlic cut in rings
3. teaspoon of flour
4. tomatoes
5. a few leaves daphni
6. a bit of dendrolivano
7. salt, pepper (to taste)
8. vinegar (to taste)

Fry the fish in olive oil and place them in a platter. In the used olive oil add the flour, garlic, tomatoes, daphni, dendrolivano, salt, pepper, and vinegar. Boil these ingredients and add the sauce on the fish.

SOURCE: VAGELIS GRANDMOTHER

## 9.3 Mussels with Rice



1. 1 kilo mussels
2. 1 onion minced
3. butter
4. 1/2 glass wine



5. 200 grams red tomatoes (or 1 tablespoon tomatoe paste plus 1 glass water)
6. salt, pepper
7. hot water
8. rice

Boil the mussels in hot water with all the ingredients but the rice. Add rice and cook until ready. When ready add towel on top.

SOURCE: DIMITRA

## 9.4 Salmon



Pieces of salmon about 1 inch thick. Microwave for 5 minutes. Serve with lemon juice and sprinkle some pepper.



# Chapter 10

## SAUCES

### 10.1 Corriander Chutney



1. 3 tablespoons corriander chutney base (see recepy 10.2)
2. 1 cup plain yogurt

Stir together until blended.

SOURCE: CITY AND COUNTRY HOME, MARCH 1987

### 10.2 Corriander Chutney Base



This mixture is extremely versatile and can be used as a seasoning for many other dishes.

1. 2 cups packed, cleaned corriander
2. 1/4 cup lime juice
3. 3 large cloves garlic
4. 3 hot green chilli pepppers, seeded
5. 1 tablespoon grated fresh ginger

6. 1/2 teaspoon salt

Place ingredients in food processor and process until finely chopped. Mixture may be refrigerated 2 – 3 weeks or frozen in plastic containers.

SOURCE: CITY AND COUNTRY HOME, MARCH 1987

### 10.3 Egg Lemon Sauce



This mixture is extremely versatile in Greek cooking. Can improve the flavor in soups, dolmades dishes etc.

1. 1 egg
2. 1 lemon

Beat the egg and lemon juice until smooth. Add slowly juice of recipe you are preparing, beating continuously.

SOURCE: VAGELIS MOTHER

### 10.4 Lemon Yogurt Vinaigrette



1. 1/4 cup lemon juice
2. 1 – 2 tablespoons vinegar (red wine, champagne, sherry or cider)
3. 1 small garlic clove minced
4. 2 teaspoons mustard
5. 3/4 plain low-fat yogurt

Mix everything well but the yogurt. Whisk in the yogurt.

SOURCE: OTTAWA CITIZEN

## 10.5 Pasta Salad Sauce



See sauce in recipe 2.4.

SOURCE: ED AND MARGARET

## 10.6 Vinegraité



1. 2 tablespoons rice vinegar
2. 1 tablespoon mustard
3. 1/2 a cup olive oil

Put the vinegar and mustard in a cup. Mix well with teaspoon until smooth. Add olive oil and mix again well until smooth. To achieve smoothness you may need to add a bit of extra vinegar. Cool in refrigerator for later use.

SOURCE: FAMILY



# Chapter 11

## BREADS

### 11.1 Old Fashioned Bread



1. 1&1/2 cups cracked wheat cereal
2. 2 cups boiling water
3. 3 tablespoons soft shortening
4. 1/2 brown sugar
5. 1 tablespoon salt
6. 2 packages active dry yeast
7. 2/3 of a cup warm water
8. 5&1/4 – 5&1/2 stone ground whole wheat flour

Pour cereal into large mixing bowl. Pour boiling water over cereal and mix well. Add shortening, sugar, salt and stir until shortening is melted. Cool to lukewarm. Dissolve yeast in warm water. Stir into cereal mixture. Gradually add 3&1/2 cups wheat flour and beat well after each addition. Cover with damp towel. Let rise in warm place until double in size. Stir down. Stir in 1 cup whole wheat flour. Turn dough onto board sprinkled with whole wheat flour. Knead in remaining whole wheat flour as needed and dough is smooth

and elastic and no longer sticky. Place in well-greased bowl turn to grease top and cover with damp towel. Let rise in warm place 30 minutes. Punch down. Let rest 10 minutes. Shape into two loaves. Place in greased loaf pan. Cover and let rise until almost double in size. Bake in moderate oven  $350F$  until done for 40 – 45 minutes.

SOURCE: WHEAT CEREAL BOX

## 11.2 Oatmeal Bread



1. 1 cup oat groats
2. 2 cups boiling water
3. 1/2 cup molasses
4. 1 tablespoon salt
5. 2 tablespoons olive oil
6. 2 packages yeast (10&1/2 teaspoons for double recepy)
7. 1/2 cup warm water
8. 6 cups whole wheat flour

Place oatmeal and boiling water in a bowl. Stir and let cool. Add the molasses, salt and shortening. Dissolve the yeast in the 1/2 cup of warm water. Add to the oatmeal mixture and then add the flour. Cover with a cup towel or wax paper and let rise to double in bulk. Knead down and put into two tins greased with shortening. Let rise for 2&1/2 hours and bake at  $375F$  for 50 minutes.

SOURCE: EDA'S MOTHER

## 11.3 Homemade Phyllo



1. 1/2 kg all purpose flour



2. salt
3. olive oil
4. warm water
5. lemon or vinegar

Place flour in a bowl. Add salt and olive oil. Keep mixing the flour with one hand while adding slowly water with the other. Continue mixing until dough is made. Place dough on a counter and make phyllo. Adding lemon (or vinegar) will make the phyllo crispy.

SOURCE: VAGELIS' SISTER, SOPHIA



# Chapter 12

## DESERTS

### 12.1 Adventure Cookies



#### Fruits and nuts

1. 4 slices candied pineapple (cut fine)
2. 1 pound whole candied cherries (8 oz each green and red)
3. 1 cup whole filberts
4. 1 pound dates (cut in half)
5. 1 cup pecans
6. 1 cup walnuts
7. 1 cup brazil nuts (cut in half)

In a very large pan mix fruits and nuts together with 1 cup of flour. Add the butter and the fruit and mix thoroughly.

#### Mixture

1. 1&1/2 cups brown sugar

2. 1/2 cup flour
3. 1&1/2 teaspoons cinnamon
4. 1 teaspoon soda

Add in small chunks 1 cup butter or oleo and mix with fingers until fine. In blender whip 2 eggs and 1 teaspoon vanilla and add to flour-oleo mixture and beat until creamy.

Place by spoonfulls (tablespoon) on greased cookie sheets. Allow for spreading of dough. Bake at  $375F$  for 10 to 12 minutes.

SOURCE: EDA'S MOTHER

## 12.2 Danish Apple Pudding



1. 1/2 cup all purpose flour
2. 1/2 cup light brown sugar
3. 1 teaspoon ground cinnamon
4. 1/4 teaspoon nutmeg
5. 1/4 teaspoon salt
6. 1/2 cup raisins
7. 1/2 sliced or chopped onions
8. 2 tablespoons very soft or melted butter
9. 1 egg, lightly beaten
10. 1 cup (2 small) tart apples, pared, cored, and chopped

Preheat oven to  $350F$ . Butter an 8 inch round cake pan. Measure all the ingredients into a large mixing bowl. With a wooden spoon stir until well mixed and all dry ingredients are moist. Turn into the prepared pan and spread until smooth, Bake for 35 minutes or until a toothpick inserted in the center comes out clean. Serve warm, cut in wedges, with whipped cream or ice cream on top. Makes about 6 servings.

SOURCE: MATA'S FAIRY TALE BOOK

## 12.3 French Puffs



1. 1/3 cup shortening
2. 1&1/2 cup flour
3. 1&1/2 teaspoon baking powder
4. 1/2 teaspoon salt
5. 1/4 teaspoon nutmeg
6. 1/2 cup sugar
7. 1 egg
8. 1/2 cup milk
9. 6 tablespoons melted butter
10. 1/2 cup sugar
11. 1 teaspoon cinnamon

Mix to fine powder. Add 1 egg and then milk little by little. Fill greased muffin tins. Bake at 350 $F$  for 20 – 25 minutes. Roll in butter, sugar and cinnamon.

SOURCE: EDA'S MOTHER

## 12.4 Samali



1. 1/2 *kg* semolina (half thin and half thick)
2. 3 cups yogurt 2 %
3. 1 teaspoon grated *masticha*
4. 1 teaspoon baking soda

5. 2 cups sugar
6. sirup: boiling following ingredients for 5 minutes.
  - (a) 3 cups sugar
  - (b) 4 cups water
  - (c) 2 vanillas
  - (d) 3 to 4 drops lemon
  - (e) 1 stick cinamon

Mix ingredients in a deep bowl and place the mixture in a buttered baking pan. Bake in preheated oven (180 degrees C) for about 30 minutes. Prepare the sirup and pour it over the baking pan as it comes out of the oven (both hot).

SOURCE: NIKOLEIA, MARATHON

# Index

- Apple Pudding
  - Danish, 62
- Beans
  - big lima, 15
  - black-eyed, 15
  - brown, 18
  - with Lamb, 43
  - with Veal, 35
- Bechamel
  - Sauce, 34
- Beef
  - with Trachana, 35
- Biscuits
  - baking powder, 4
  - butter milk, 3
- Bread
  - Oatmeal, 58
  - Old Fashioned, 57
- Briam, 16
- Broccoli
  - with Chick Peas, 18
- Burittos, 36
- Carrots
  - saute, 19
- Cereal
  - wheat, 5
- Champignons a la Grecque, 19
- Chick Peas
  - with Broccoli, 18
- Chicken
  - Saudi, 27
  - with Plum Sauce, 28
- Chutney
  - Corriander, 53
- Chutney Base
  - Corriander, 53
- Cookies
  - Adventure, 61
- Dolmades
  - with Cabbage, 36
- Eggplant
  - dip, 20
  - with tahini, 23
- Eggs
  - with Tomatoes, 28
- Enchiladas, 37
- Fish
  - Plaki, 49
  - Savori, 50
- French
  - Puffs, 63
- Frikasse, 47
- Hamburgers, 38
- Keftedes, 38
- Lamb

- Saudi, 43
  - with Cashews, 44
- Lentils
  - Yellow, 25
- Liver
  - with Oregano, 39
- Makaronada, 17
- Mead dish
  - Palestinian, 39
- Mushrooms
  - a la Grecque, 19
- Mussels
  - with Rice, 50
- Olives, 21
- Pancakes
  - butter milk, 3
- Pastitsio
  - Artichoke, 33
- Peas
  - with Lamb, 43
  - with Veal, 35
- Phyllo
  - Homemade, 58
- Quail
  - a la Vassos, 31
- Quiche
  - Pate de la, 30
  - with Spinach, 29
- Rice
  - Wild, 25
  - with Saffron, 24
- Saffron Rice, 24
- Salad
  - Grape Fruit, 7
  - Greek, 7
  - Greek Romaine Lettuce, 10
  - palestinian parsley, 8
  - pasta, 8
  - Romaine Lettuce, 9
  - Spinach, Seeweed, 11
  - Tofu, 10
- Salmon, 51
- Samali, 63
- Sauce
  - Bechamel, 34
  - egg Lemon, 54
  - Garlic, 20
  - Pasta Salad, 55
- Soup
  - Bean, 13
  - Lentil, 14
  - with meat balls, 14
- Soutzoukakia, 40
- Spaghetti with zucchini, 21
- Spare Ribs, 47
- Tahini
  - Eggplant, 23
- Tomatoes
  - Dried, 26
  - with corriander, 23
- Tourlou, 24
- Veal
  - with Lemon, 41
- Vegetables
  - Stuffed, 22
- Vinegrate, 55
  - Lemon Yogurt, 54
- Wild Rice, 25