



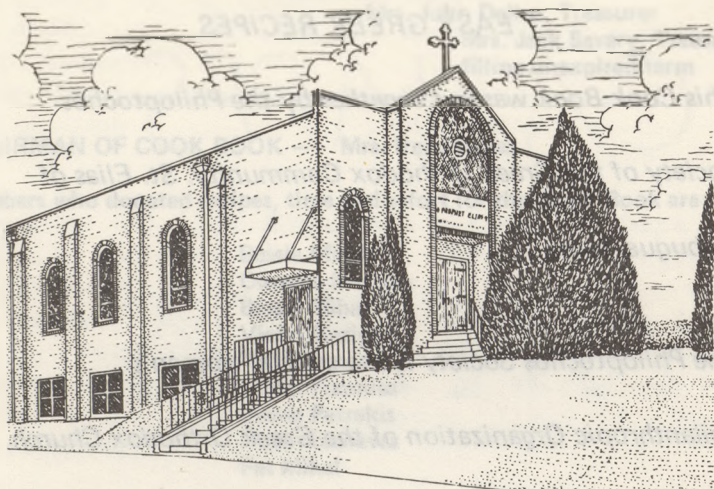
EASY GREEK RECIPES

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Greek Orthodox Church of St. Elias The Prophet Dubuque, Iowa

Construction of St. Elias the Prophet Greek Orthodox

Church of Dubuque, Iowa was started in May 1956.

The first Pontifical Divine Liturgy was given by Bishop

Ezekiel in January 1957.

This beautiful church was built by twenty-five dedicated

families, and many of our friends of Dubuque.

EASY GREEK RECIPES

*This Cook Book was put together by the Philoptochos
Society of the Greek Orthodox Community. St. Elias of
Dubuque, Iowa.*

*The Philoptochos Society is the official women's
Philanthropic Organization of the Greek Orthodox Church.*

*Its main purpose is to preserve and promote the Greek
Orthodox Faith and Traditions, and to provide relief
for the poor, the aged, the sick, the widows and orphans.*

*The Dubuque Chapter was organized in November of 1960 —
"Panagia Dakryrro—u—sa."*

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CANAPES APPETIZERS



Friends who assisted:

Mickey Boggs
Mary Moore

COCKTAIL MEATBALLS (Keftaidakia)

- | | |
|-----------------------------|----------------------------------|
| 2 lbs. ground chuck | 1 tsp. dried mint leaves |
| 1 med. onion, finely grated | 2 eggs |
| 1 tsp. salt | 1 Tbsp. grated Kefaloteri cheese |
| 1/2 tsp. pepper | 2 Tbsp. olive oil |
| 2 cloves garlic, minced | 2 Tbsp. flour |
| 1 tsp. oregano | 1 tsp. lemon juice |

Combine all ingredients and mix well. Shape into small balls and dust with flour. Fry in hot vegetable oil until brown on all sides, about 10 minutes. When meatballs are cooked, sprinkle with lemon juice (about 1/4 cup). Keep warm until ready to serve. Keftaidakia are served at festive gatherings. May be kept for hours and still retain their fine flavor. Yield 50. Spear with toothpicks.

MEAT TRIANGLES (Kreatotrigona)

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|---|---|
| 1 lb. pastry sheets or recipe of homemade philo | 2 cloves garlic, minced |
| 2 lbs. ground chuck | 1 to 2 tsp. salt |
| 1/2 lb. butter, more or less | 3/4 to 1 tsp. pepper |
| 1 large onion, minced | 1/4 tsp. mint leaves |
| 3 Tbsp. tomato paste diluted with small amount of water; or | 1/4 to 1/2 cup water |
| 1 small can tomato sauce | 1/2 to 3/4 cup grated Kefaloteri cheese |

Brown meat, onion and garlic in 4 tablespoons butter in skillet. (Reserve remaining butter for later use.) Stir constantly until onion is golden and meat well browned. Add water so meat will not stick to pan. Mix in other ingredients, except tomato paste. Seasonings may be adjusted to taste. Add tomato paste or sauce and stir until mixture begins

MEAT TRIANGLES (Kreatotrigona) Continued

to boil. Cover and simmer over low heat for about 30 minutes, or until meat is cooked; stir occasionally. Cool slightly and strain to eliminate excess liquid. Melt remaining butter.

Cut philo into strips about 2 inches wide and line them on a board; brush with butter. Place about one tablespoon or more of meat on one end of pastry strip; fold corner over to make a triangle; continue folding from side to side in the form of a triangle until desired size is reached. Proceed in the same manner until all filling and philo are used. Line triangles in buttered baking pan, brush each with butter and bake in hot oven, 375 to 400 degrees, about 15 minutes or until light brown. Serve warm. For pastry sheets see philo recipe.

Variation: Meat Rolls (Bourekakia) may be made using the above filling. Cut philo 6 x 4 inches. Brush with melted butter. Place a tablespoon or more of filling at end of pastry; fold up once, turn in sides and roll. Bake as above.

Note: May be frozen and baked as needed. To facilitate handling of pastry sheets, refrigerate two-thirds portion of philo until needed; cover remaining third with a slightly dampened towel. Remove one sheet at a time as needed.

CHEESE FILLED TRIANGLES (Tiropitakia)

2 to 2 1/4 lbs. Feta	3/4 lb. butter, more or less
cheese, crumbled	1 lb. pastry sheets or
3 eggs	recipe of home made philo

Beat eggs until fluffy. Combine crumbled Feta cheese with eggs and blend well. Refrigerate for about 30 minutes. Cut philo in 3 x 15 inch strips and brush each with melted butter. Place 1 tablespoon cheese mixture at one end; fold corner over to make a triangle; continue folding in the form of a triangle

CHEESE FILLED TRIANGLES (Tiropitakia) Continued

until entire strip is used. Press edges down. Repeat same procedure until all ingredients are used. Place on greased baking pan, brush tops with melted butter. Bake in 375 degree oven for 20 minutes or until golden brown. Serve warm. Yield: about 50. May be frozen and baked as needed. Very good served as appetizers or to accompany a luncheon salad.

Note: A combination of 1/2 pound cream cheese and 1 1/4 pound Feta cheese may be used instead of all Feta cheese.

SPINACH AND CHEESE TRIANGLES (Spanokopetakia)

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| 2 lbs. fresh spinach, washed
and chopped; or 2 pkg.
frozen chopped spinach,
thawed | 3 eggs
Salt to taste
3/4 lb. butter, more-less
1 lb. pastry sheets or
recipe homemade philo |
| 1 lb. Feta cheese, crumbled | |

Mix all ingredients together, except butter and philo. Blend well. Refrigerate 30 minutes. Cut philo as directed in Cheesed Filled Triangles and proceed in the same manner.

STUFFED GRAPE LEAVE APPETIZERS (Dolmathes)

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| 50 grape leaves, canned
or fresh | 1 tsp. salt |
| 4 Tbsp. butter | 1/2 tsp. pepper |
| 2 lbs. ground chuck | 1 Tbsp. parsley flakes |
| 1/2 cup rice | 1 cup olive oil or vege-
table oil |
| 1 large onion, grated | Juice of 4 or 5 lemons,
or less |
| 1/2 tsp. garlic powder | |
| 2 tsp. dill weed | 1 cup boiling water |

Rinse grape leaves and drain. Place meat in a

STUFFED GRAPE LEAVE APPETIZERS (Dolmathes) Continued

bowl. In a saucepan, brown onion in butter. Then, add garlic powder, dill weed, parsley flakes, salt, pepper and rice and mix well. Remove from heat. Add to meat and mix thoroughly. Put one teaspoon of the mixture in the middle of the grape leaf, shiny side on the outside; fold securely. Complete filling and fold each leaf. Place in large heavy pan (Dutch oven type) folded side down. Pour olive oil and lemon juice over the dolmathes. Add the boiling water to the pan. Place a plate directly over dolmathes (which remains throughout the cooking time), cover pan with lid and bring to a boil. Lower to medium heat and cook for 30 minutes. Insert toothpick and serve as appetizers.

Note: Use the amount of lemon juice desirable to your taste.

FISH ROE (Tarama)

4 oz. can Tarama	1 to 2 cups olive oil
1 small onion, grated	Juice of 2 lemons
4 slices bread	

Remove crusts from bread, moisten and squeeze out excess water. Beat fish roe until smooth. Add onion and bread; beating until well blended. Add alternately oil and lemon juice, beating constantly until cream colored. Serve on melba toast or crackers.

SAUTED KASERI OR KEFALOTERI CHEESE

Cut cheese into bite-size pieces. Saute in butter until light brown. Serve hot.

HOT CHEESE BALL APPETIZER

1 8 oz. grated Parmesan cheese
1 8 oz. Cream cheese, softened
2 eggs
Dash of Cayenne
1 Cup white bread crumbs
Peanut or salad oil for deep frying

In large bowl combine both kinds of cheese, the eggs, salt and cayenne. Beat with a wooden spoon until smooth. Refrigerate, covered 1 hour. Form into 1 inch balls. Roll each ball in bread crumbs on waxed paper. Refrigerate.

In a deep skillet or deep fat fryer heat oil (about 2 inches) to 350 degrees. Fry cheese balls, turning once, 1 minute or until brown. Drain on paper towels. Serve hot. Makes 60.

Note: If desired, make ahead and refrigerate covered.

CANAPES

Beautiful canapes begin with the clever cutting of assorted breads, plain or toasted.

CANAPE SUGGESTIONS:

Crushed feta cheese mixed with a little cream.

Anchovy paste with a little lemon juice.

Tuna fish with lemon juice and salad dressing.

Cream cheese and chopped stuffed olives.

Chopped cooked chicken livers, mixed with a little fried onion.

Caviar with minced raw onions.

CANAPES Continued

Shrimp, cooked and cut in small pieces and mixed with a little lemon and mayonnaise. (Any left-over meat or fish may also be used.)

Place sliced smoked breast of goose or turkey on toast rounds, garnish with white grapes and mayonnaise.

Spread toast rounds with Anchovy Butter, garnish with anchovy fillets and minced hard-cooked egg.

Spread toast rounds with prepared mustard and top with whole sardines marinated in olive oil and lemon juice.

Mix 3 ounces caviar with 4 teaspoons minced onion.

Spread on toast rounds and garnish with cream cheese or olives.

CANAPE BUTTERS

ANCHOVY BUTTER

1 cup butter 2 tsp. lemon juice
1/2 cup minced anchovies 3 drops onion juice

Cream butter thoroughly and combine with all ingredients.

CHEESE BUTTER

1/2 cup butter
1/4 cup grated Kefaloteri cheese or 1 1/2 oz. crumbled feta cheese

Cream butter and add cheese. Spread on assorted breads and garnish.

CHEESE FILLED TRIANGLES Continued

cottage cheese, cream cheese and mix thoroughly. Add eggs, one at a time and mix well. Proceed as follows: Cut philo into strips about two inches wide, and line them up on a board and brush with melted butter. Place one teaspoon of the filling on one end of pastry strip and fold corner over to make a triangle. Continue folding from side to side in the form of triangle until desired size is reached. Proceed this way until all filling and philo are used. Line the triangles in a buttered baking pan, sprinkle generously with butter on top and bake in moderate oven until golden brown.

MEAT FILLED TRIANGLES (Kreatotrigona)

1 lb. ground beef or lamb	1/2 lb. butter, melted
1 large onion chopped	1 lb. pastry sheets
2 Tbsp. tomato paste	1/2 cup wine
1/2 cup grated cheese	1 egg

Saute onion in a little butter until golden, add the meat and stir until brown. Dilute tomato paste with a little water and add to meat. Add wine, cover, and simmer for about thirty minutes, until meat is done and sauce is thick. Remove from fire, allow to cool, then mix in grated cheese and one egg, blending well. Proceed making triangles exactly as explained in the recipe for Cheese Filled Triangles, using one teaspoon of meat filling for each triangle.

GREEK MEATBALLS (Kefthakia)

2 lbs. chopped beef	2 eggs
(part lamb or pork)	3 Tbsp. chopped parsley
1 cup chopped onions	1/8 tsp. Oregano
2 cups moist breadcrumbs	Salt and Pepper

GREEK MEATBALLS (Kefthakia) Continued

Brown onion in a little butter and place in mixing bowl. Add meat, bread crumbs, eggs, and seasonings and blend well. Shape into tiny bite-size balls, roll in flour and fry in hot salad oil until done.

MEAT FILLED POTATO BALLS

4 cups cold mashed potatoes One recipe of Greek Meat-
(leftover mashed potatoes balls as above.
may be used)

Take one Tbsp. of mashed potatoes, flatten into circle in palm of hand, insert one small meatball and cover with the potatoes. Roll lightly in flour, then in beaten egg and again in flour. Fry in butter or deep fat until golden brown.

CHEESE ROLLED CANAPES (Bourakakia)

2 Tbsp. butter	1/4 tsp. salt
2 Tbsp. flour	1/8 tsp. white pepper
1 cup cream	1/4 tsp. nutmeg

Melt butter and blend in flour. Add cream gradually, stirring constantly. Reduce heat and cook three minutes longer; add seasonings. This will give you a medium white sauce to be used in the BOUREKAKIA.

1/2 lb. Greek Feta cheese (crumbled)	12 pastry sheets (the above white sauce)
2 Tbsp. butter	
3 eggs	

Add crumbled Feta cheese to cooled white sauce. Add eggs, one at a time and mix. Cut pastry sheets into 4 x 7" pieces and place one Tbsp. of cheese mixture

CHEESE ROLLED CANAPES (Bourekakia) Continued

at one end and roll, turn ends under to retain mixture. Continue to make BOUREKAKIA until the pastry sheets and cheese mixture have been consumed. Place cheese rolls in a buttered baking pan, brushing each roll with melted butter. Bake at 350° for 30 minutes or until golden brown. Serve warm.

Note: Triangle cheese canapes may be made by placing one teaspoon of cheese filling on one end of the pastry sheet and folding it over in the shape of a triangle, continue folding over to the end of pastry strip. Place in baking pan, brush with melted butter and bake as in above recipe.

ANCHOVY DIP

1 1/2 lb. pkg. cream cheese 2 tsp. onion (grated)
1 pt. sour cream 1 tsp. lemon juice
1 can anchovies (cut up fine) Few drops Worcestershire sauce

Mix together in mixer until consistency of thick whipped cream.

CRABMEAT SPREAD

8 oz. cream cheese 2 Tbsp. onion (chopped)
1 Tbsp. milk 1 Tbsp. cream style horse-
1 can or 6 1/2 oz. pkg. radish
frozen crabmeat 1/2 tsp. salt

Blend well and mold into baking dish. Bake in a 375° oven for 20 minutes. Serve with party rye or crackers from baking dish.

CRAB MEAT DIP

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|-----------------------------|-------------------------|
| 1 (8 oz.) pkg. cream cheese | 1/4 tsp. onion (grated) |
| 1 can crab meat | 1/4 tsp. salt |
| 2 Tbsp. sour cream | 1/4 tsp. pepper |
| 2 tsp. chili sauce | Few drops Tabasco sauce |

Put all in mixer until blended.

HOT CRAB ROUNDS

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|--------------------------------|------------------------|
| 1 cup flaked crab meat | 1/2 cup Cheddar cheese |
| 1/4 cup celery (finely diced) | (shredded) |
| 2 Tbsp. onion (finely chopped) | 1/2 cup salad dressing |

Spread on buttered toast rounds or triangles.

Broil until hot and browned.

HOT CRAB CANAPES

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|-----------------------------|-----------------------------|
| 1 (6 1/2 oz.) can crab meat | 1/2 clove garlic (optional) |
| 2 (3 oz.) pkg. cream cheese | Pinch salt |
| 1/4 cup cream | 1/4 cup lemon juice |
| 1/4 cup mayonnaise | 1/8 tsp. Worcestershire |
| 1 tsp. minced onion | sauce |
| 1/2 tsp. chives | 2 drops liquid hot pepper |
| | seasoning |

Whip cream and cheese till smooth. Beat in mayonnaise, add onions, chives, garlic, and salt. Blend well. Check over crab for bones and slivers and marinate in lemon juice for an hour. Drain and fold into sauce, add Worcestershire sauce and hot pepper. Spread on salted crackers or toast. Place on broiler pan and broil until brown and bubbly. (May also be used as a cold dip). Yield about 2 cups.

CRAB-STUFFED MUSHROOMS

3 doz. large fresh mushrooms	1 Tbsp. pimiento (chopped)
1 1/2 oz. can crab meat (drained and flaked)	1 tsp. capers
	1/4 tsp. dry mustard
1 Tbsp. parsley (chopped)	1/2 cup mayonnaise

Wash and dry mushrooms. Remove stems. Combine crab meat, parsley, pimiento and capers. Blend dry mustard into mayonnaise. Toss with crab mixture. Fill each mushroom cap with about 2 Tbsp. of mixture of crab. Bake in a 375° oven for 8-10 min., till hot. Makes 36 appetizers.

STUFFED MUSHROOM CAPS

2 lbs. large mushrooms	1/2 tsp. garlic salt
1/2 lb. butter	Pepper
4 Tbsp. cream	5 Tbsp. bread crumbs

Wash mushrooms thoroughly but do not peel. Separate caps from stems. Grind (or chop very fine) the stems. For 2 cups ground stems, melt 1/2 lb. butter and simmer together in a shallow pan for 10 minutes. Add garlic salt, pepper, bread crumbs and cream. Stir over medium heat. Fill each mushroom cap with cooked stem mixture. Bake 15 to 20 minutes in 350° oven. Serve. (A little water in the pan when baking is good and makes a little gravy).

BLUE CHEESE BITS

Frozen baking powder biscuits	2 to 3 Tbsp. butter
in a package or tube	blue cheese

Heat the butter and crumbled blue cheese in a baking dish. Snip frozen biscuits into quarters. Dip biscuit bits in mixture and coat well. Bake in

BLUE CHEESE BITS CONTINUED

large baking dish in hot oven (400°) for 15 min.
Should brown lightly.

CHEESE PUFF CANAPES

1 small jar Old English 1/4 cup butter
cheese spread 1 cup flour

Blend cheese spread and butter at room temperature. Add flour. Roll into balls and bake for 15 minutes at 350°.

PICKER-UPPERS

1/2 lb. butter 1 1/2 pounds mild
2 8-oz. pkgs. cream cheese brick cheese, grated
2 1/4 cups flour 1 egg

Cream softened butter and cream cheese. Gradually add the flour. Beat until well mixed. Divide into three balls. Refrigerate. The next day, blend well the grated brick cheese and the egg. Roll each cream cheese ball into 1/4-inch thickness. Cut out by using a round cookie cutter. Place a heaping tablespoon of the brick mixture on each round. Fold and press ends shut with a fork. Bake on an ungreased cookie sheet in a 325° oven until golden brown, about 40 to 45 minutes.

HOT HORS D'OEUVRES

Fresh white bread, sliced 1 large pkg. cream cheese
1/2 pkg. dried onion soup Butter

HOT HORS D'OEUVRES Continued

Lightly butter pieces of fresh bread on one side. Cut off the crusts. Mix the dried onion soup with the cream cheese. (Use more onion if desired). Spread the mixture on the unbuttered sides of the bread. Roll each piece of bread as you would to make a jelly-roll. Slice each roll into 4 or 5 pieces, inserting a toothpick into each piece. Place on cookie sheet under broiler until golden brown, turning once. Serve hot. Recipe works well if made in advance and stored in refrigerator until ready to broil.

MUSHROOM HORS D'OEUVRES

1 doz. average size mushrooms	Onion juice to taste
1 3-oz. pkg. cream cheese	Salt to taste
1 egg yolk	Toast rounds

Fry mushrooms in butter. Mix cheese, egg yolk, onion juice, and salt together. Put one mushroom on a toast round. Cover with the cheese mixture and place under broiler to brown before serving.

TUNA-CHEESE ROLLS

1 6½ - or 7 oz. can tuna, undrained	1/16 tsp. curry powder 1/3 cup mayonnaise
1/2 cup grated American cheese	8-10 slices white or whole wheat bread
2 tsp. instant minced onion	Savory Topping

Combine undrained tuna, cheese, instant minced onion, curry, and mayonnaise, blending well. Remove crusts from bread. Spread each slice with tuna mixture. Roll up like jelly roll and fasten with toothpick. Arrange rolls in shallow pan; brush tops with

TUNA-CHEESE ROLLS CONTINUED

Savory Topping. Toast under the broiler or in a hot oven (425°) until heated and golden brown. Serve hot. Makes 8 to 10 servings.

Savory Topping

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|-----------------------------|---------------------|
| 1 tsp. instant minced onion | 2 Tbsp. mayonnaise |
| | 1 tsp. sesame seeds |

Combine onion and water and let stand for a few minutes. Stir in mayonnaise and sesame seeds.

DOLMATHES (Stuffed Grape Leaves)

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|---------------------------------------|---------------------------------|
| 1 level Tbsp. salt | 3/4 cup parsley, lightly packed |
| 1/2 contents of 1 jar of grape leaves | 1/2 tsp. pepper |
| 2 lbs. hamburger meat | 3 Tbsp. olive oil |
| 1/2 cup rice | 1 1/2 cups water |
| 1 onion, minced | 6 Tbsp. butter |
| | Boiling water |

Bring to a boil 1 quart of water. Add the salt and grape leaves. Cover and boil for 15 minutes, separating leaves with fork. Remove from fire; save liquid. Mix hamburger meat with the rice, onion, parsley, pepper, olive oil, and water. Take 1 tsp. meat mixture, placing it on a strip of grape leaf (or a whole leaf), making sure the rough side of leaf is next to meat, and roll as for jelly roll. Place fingers, or rolls, in large kettle, side by side, and in layers. This makes approximately 120 rolls. Add the butter on top of rolls and cover with boiling water. Cover and simmer 1 1/2 hours. Serve hot with Egg Lemon Sauce.

EGG LEMON SAUCE

2 eggs liquid from boiled grape
juice of 1 1/2 lemons leaves

Beat eggs and add lemon juice. Slowly add liquid from the boiled grape leaves beating constantly. Pour sauce over the filled grape leaves in kettle and shake kettle to distribute sauce evenly. Let stand 5 minutes before serving.

Let others share your sunny days
And you will find it true,
That others will be glad to share
The rainy days with you.

ANGOLENSE SAUCE

To 2 well beaten eggs, add small amount of cold water (about 1 Tbsp.) to prevent curdling. Slowly add juice of 1 1/2 lemons and continue beating. Then, gradually pour 1 Tbsp. at a time of broth (1 cup) from dish being served. Pour immediately over food and allow to settle before serving. This sauce is used as a finishing touch on many recipes, such as soups, meats and vegetables. If a less tart flavor is desired, use juice of 1 lemon only.

SOUPS

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GARLIC SAUCE WITH PECANS OR WALNUTS (Shardakia)

1 head garlic
1 cup pecans or walnuts, chopped fine
1 slice bread, soaked in water and squeezed dry
1 Tbsp. salt
2 Tbsp. vinegar
1/2 cup olive oil

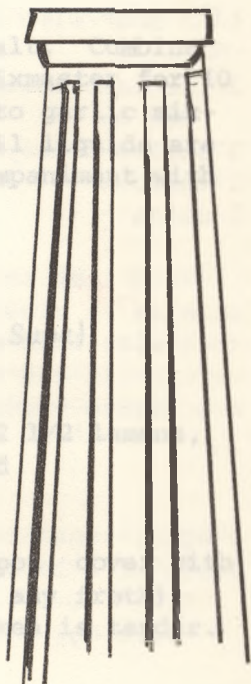
SAUCES

Clean garlic and wash well with salt water. Soak in bread and pecans, and beat with mixer for 10 minutes. Slowly add vinegar and oil to mixture, beating after each addition, until completely blended. An excellent accompaniment to plaki (fish).

CHICKEN AND RICE SOUP (Kofa Angolempas Soup)

3 to 4 lb. roasting chicken
1 cup rice, washed
3 Tbsp. salt
3 eggs
Juice of 2 lemons
strained

Clean and wash chicken, place in pot with cold water and bring to a boil. (Spoon off fat). Add 1 Tbsp. salt and simmer until chicken is tender.



AVGOLEMONO SAUCE

To 2 well beaten eggs, add small amount of cold water (about 1 Tbsp.) to prevent curdling. Slowly add juice of 1 1/2 lemons and continue beating. Then, gradually pour 1 Tbsp. at a time of broth (1 cup) from dish being prepared. Pour sauce immediately over food and allow to settle before serving. This sauce is used as a finishing touch to many recipes, such as soups, meat and vegetables. If a less tart flavor is desired, use juice of 1 lemon only.

GARLIC SAUCE WITH PECANS OR WALNUTS (*Skordalia*)

1 head garlic	1 tsp. salt
1 cup pecans or walnuts, chopped fine	2 Tbsp. vinegar
1 slice bread, soaked in water and squeezed dry	1/2 cup olive oil

Clean garlic and mash well with salt. Combine with bread and pecans, and beat with mixmaster for 10 minutes. Slowly add vinegar and oil to garlic mixture, beating after each addition, until liquids are completely blended. An excellent accompaniment with plaki (fish).

CHICKEN AND RICE SOUP (*Kota Avgolemono Supa*)

3 to 4 lb. roasting chicken	3 eggs
1 cup rice, washed	Juice of 2 1/2 lemons, strained
2 Tbsp. salt	

Clean and wash chicken, place in pot, cover with water and bring to a boil. (Spoon off any froth). Add 1 Tbsp. salt and simmer until chicken is tender.

CHICKEN AND RICE SOUP (Kota Avgolemono Supa) Continued

Remove chicken from pot, salt and pepper to taste, brush with melted butter and lightly brown in oven.

Strain broth. If broth does not measure 2 quarts, add water. (If broth is thin, add 2 Tbsp. butter). Bring broth to a boil, add 1 Tbsp. salt and rice. Cook on medium heat about 20 minutes or until rice is cooked.

In mixing bowl beat eggs until fluffly. Slowly stir in lemon juice; beat 2 minutes. Then, add broth, a little at a time, to the egg-lemon mixture, until most of the broth is used, beating constantly. (Do this slowly to prevent curdling). Very slowly, pour mixture back into pot with remaining broth, stirring constantly. Makes 6 to 8 generous servings.

LAMB SOUP WITH AVGOLEMONO SAUCE

3 lb. lamb shoulder, cut up	1/2 cup fide (vermicelli) avgolemono sauce
3 stalks celery	3 qt. water
2 carrots	Salt and Pepper
1 onion	

Add lamb to water and bring to boil, removing scum as it slowly boils. Chop all vegetables and cook with lamb until tender, about 2-3 hours. Add vermicelli and continue cooking 20 minutes. Add avgolemono sauce.

Avgolemono Sauce

3 eggs, separated	Boiling broth or stock
Juice of 2 lemons	Dash of salt

Beat egg whites until thick, adding salt as you

AVGOLEMONO SAUCE CONTINUED

beat. Add yolks and beat until well blended. Add lemon juice slowly and keep beating. Gradually pour the broth or stock and keep beating so the eggs will not curdle.

GREEK BEAN SOUP (Fasolatha)

1 lb. navy beans	1/2 cup celery, chopped
2 qt. water	1/2 cup carrots, chopped
1 tsp. salt	1/2 cup vegetable oil
1/4 tsp. pepper	1 tsp. mint leaves
1/4 cup onion, chopped	2 Tbsp. tomato paste

Soak beans overnight in water. Rinse. Cover beans with water; add 1/2 tsp. salt, onion, celery, and carrots. Bring to a boil and simmer until tender, about 1 1/2 hours. Meanwhile in a saucepan, heat oil; add 1/2 tsp. salt, mint leaves, pepper and tomato paste diluted in 1/2 cup bean soup and boil for 1 min. Serves 6 to 8.

LENTIL SOUP (Faki Supa)

1/2 lb. lentils	2 cloves garlic, minced
3 cups water	1 tsp. salt
1 Tbsp. butter or salad oil	1/4 tsp. pepper
2 Tbsp. tomato paste	1/2 tsp. paprika
1 onion, chopped fine	1/2 cup chopped green
1/2 tsp. dried mint or basil	pepper, optional

Wash lentils thoroughly in cold water; boil 5 min. for shells to come off. Drain, rinse in cold water at least 3 times. In small pan, heat 1 Tbsp. butter or oil and saute onion, garlic and other ingredients

LENTIL SOUP (Faki Supa) Continued

except lentils and water. In a large pot, bring lentils to a boil again in 3 cups water. Add the sauted ingredients to lentils, reduce heat, cook until tender, about 40 minutes. If desired, may be served with a dash of vinegar. Serves 4 to 5.

Lentil soup comes from the ancient Greeks and is usually eaten during Lent.

FISH SOUP

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| 2 lb. Red Snapper, cod
fish, porgy, sea bass,
trout or any fatty
varieties | 3 Tbsp. olive oil or vege-
table oil
1 onion, sliced
3 potatoes, quartered |
| 2 stalks celery, cut in
4 pieces | Salt and pepper
6 cups water |
| 3 carrots, sliced
lengthwise | 1/2 cup rice
3 eggs
Juice of 1 lemon |

If fish is large, cut in 2 pieces. Wash and season fish with salt and pepper. Set aside. In deep saucepan, place prepared vegetables, add water, olive oil and salt. Bring to boiling point, reduce heat, and simmer over moderate flame for 20 minutes or until vegetables are almost cooked. Add fish and lemon juice and cook until done; about 20 to 25 minutes. Remove fish and vegetables carefully; set aside on warm platter, for serving with soup.

Strain broth and bring to boiling point over high flame (a mashed potato may be added to thicken broth). Add rice, and cook about 20 minutes longer or until tender. Remove from fire and cool slightly. Beat eggs until stiff. Combine with lemon juice and continue beating until thick. Stir in a small amount of hot broth (about 1 cup) to egg mixture, blending quickly. Pour into soup and stir well. Serve hot.

GREEK FISH SOUP (Psarosoupa)

1 fish (approx. 3 lbs.)	4 Tbsp. olive oil
1 cup chopped onions	1 Tbsp. flour
1 clove garlic chopped	Juice of 1 lemon
1 cup chopped celery	3 eggs, separated (opt.)
1/2 cup rice	

Wash, scale and cut fish in five or six serving pieces. Season, sprinkle with a little lemon juice and set aside. In a soup kettle saute the onions, garlic and celery until golden. Add the flour and stir well. Add about a quart of water and allow to simmer for about half an hour. Drop the pieces of fish and cook for about 40 minutes. Carefully remove cooked fish onto a serving platter, and proceed as follows: Bring to a boil and add the rice. When rice is done, lower heat to simmer and prepare avgolemono sauce as for chicken soup above, or serve plain.

GREEK EASTER SOUP (Mageritsa)

1 lamb shoulder, neck bones, and lamb shanks	4 Tbsp. butter
1 cup chopped green onions	1/2 cup lemon juice
1/2 cup rice	3 eggs, separated
	3 Tbsp. fennel maratho

Put meats in large pot, cover with water and boil 1 hour. Remove from pot, allow to cool and with vegetable scissors cut into small pieces, discarding cartilages, membranes, etc. In the pot which soup will be made, saute onions and fennels in the oil or butter until golden. Add the chopped meat and brown very lightly. Strain the broth from the original kettle, season to taste, and bring all to a boil. Add the rice and cook until done. Prepare avgolemono sauce as for chicken soup and serve at once.

BEAN SOUP (Fasolatha)

1 lb. navy beans	2 Tbsp. tomato paste
1 large onion, cut fine	2 or 3 bay leaves
1 or 2 cloves garlic	1/4 cup vinegar
1/2 tsp. caraway seeds	Salt, pepper to taste
1/2 tsp. rosemary	

Wash beans and put on stove well covered with water. Bring to a boil and add bay leaves, caraway seed, rosemary, onion and garlic. Let simmer for over an hour until beans are done. Then add vinegar, salt, pepper and tomato paste. Let simmer for another 30 minutes and serve. Important: Do not add salt, pepper and vinegar until beans are cooked, as they will prevent them from getting done.

BEAN SOUP #2 (Fasolatha)

1 lb. northern beans	1/2 cup olive oil
1 small can tomatoes	Salt and pepper to taste
1 cup chopped celery	2 chopped onions

Soak beans in water overnight. Rinse beans and cover generously with water. Cover pot and allow to simmer slowly for about two hours. Add hot water while cooking to keep beans covered. Add other ingredients and cook until done. Keep pot covered during entire cooking time.

LENTIL SOUP (Fahki)

1 lb. lentils	1 lg. onion minced
1/2 cup olive oil	sautéed in oil
1 cup chopped celery	1 Tbsp. tomato paste
1/2 cup chopped carrots	2 cloves garlic
	Salt, pepper to taste

LENTIL SOUP (Fahki) Continued

Wash lentils and cover with about two quarts of water. When they start to boil, lower fire and let simmer until almost tender. Add the rest of ingredients and simmer again until done.

HOME MADE NOODLES (Hiliopites)

2 eggs 1 tsp. salt
2 cups flour (approx.)

Beat eggs, add salt and as much flour as can be worked into eggs to make a very stiff dough. Knead three minutes. Roll paper-thin and cut across into 1/8 in. strips. Unroll and allow to dry thoroughly. Cook in boiling soup until tender, about 20 to 25 minutes. Makes about 3-1/2 cups of noodles.

EGG AND LEMON SAUCE (AvgoLemono)

2 eggs Juice of 1 lemon (strained)
1 cup broth or stock

Beat eggs until light and fluffy. Add lemon juice and continue beating. Then pour, gradually, a tbsp. at a time, the broth or stock from dish being prepared. Be sure to do this slowly and beat constantly so that eggs will not curdle. Pour sauce over the food and remove from fire at once and serve.

GARLIC SAUCE (Skordalia)

1 head garlic	1/2 tsp. salt
3/4 cup Farina	1 cup oil
3 3/4 cups water	1/4 cup vinegar apple cider
	1 egg yolk

GARLIC SAUCE (*Skordalia*) Continued

Boil farina with the 3 3/4 cups water. Set aside to cook. Mash garlic cloves with the salt in large *gihi* (Greek garlic bowl which resembles a pharmacists mortar and pestle). Continue mashing until thin and smooth. Use electric mixer if possible to obtain creamy consistency. Add garlic paste to the farina mixture beating continuously. Add olive oil very slowly until completely absorbed. Add vinegar and beat thoroughly. Add egg yolk, beating until smooth paste is formed in about 10 minutes.

WHITE SAUCE (*Krema*)

1 qt. milk	1/2 cup butter
6 Tbsp. flour	1 tsp. salt

Melt butter in saucepan and blend in flour until smooth. Add milk gradually, stirring constantly until boiling point is reached. Reduce heat and cook a few minutes longer. (Use a wooden spoon to prevent sticking to bottom of saucepan). Add salt, and a little white pepper, if desired, and blend well. Continue cooking and stirring until sauce becomes smooth and thick. Place over hot water to keep hot and cover tightly to prevent film from forming.

VELVET SAUCE (*Velutho Krema*)

2 cups milk	1/2 cup grated cheese
2 Tbsp. flour	4 eggs, well beaten
1/4 cup butter	Salt and white pepper

Melt butter in a saucepan. Add the flour gradually, stirring constantly with a wooden spoon. Cook over low flame until mixture starts boiling and thickens. Remove from flame and stir into sauce the four well-beaten eggs and grated cheese, alternately.

VELVET SAUCE (*Velutho Krema*) Continued

Return to fire and cook a few minutes longer, stirring all the while. Season to taste and serve immediately.

TOMATO SAUCE

2 lbs. tomatoes or	1/8 tsp. Thyme
1 can (No. 2) tomatoes	1 Bay Leaf
1 clove garlic, chopped fine	2 Tbsp. chopped parsley
1/2 cup onions, chopped fine	1 tsp. flour
2 Tbsp. butter	Salt, pepper, sugar to taste
1/8 tsp. Sweet Basil	

Scald, peel and chop tomatoes coarsely, if fresh tomatoes are to be used. In a saucepan, fry the chopped onion and garlic until golden brown. Add the tomatoes, herbs and seasonings and bring the whole to a boil. Lower flame and simmer gently until thoroughly cooked -30 to 40 minutes. Thicken sauce by adding the flour mixed with a little water and cook a few minutes longer. A little fresh butter may be added to the sauce immediately before serving.

YOGOURT (*Yaourt*)

2 qts. milk or	1/2 cup yogourt (pre-made)
2% milk	1 cup coffee cream (opt.)

Boil the milk and keep stirring so that it does not stick to the bottom. Cook for about five minutes, remove from the fire and allow to cool until the little finger can remain for about 20 seconds. Thin the previously made yogourt with a little of this milk in a cup or glass and add to the rest of milk. Stir until well blended. Pour into one large heavy bowl or

YOGURT (Yaourt) Continued

individual molds, cover and keep warm for five or six hours, until set. Refrigerate until served. If a thicker or more creamy consistency is desired, place the yogurt in a muslin bag and suspend and let liquid drain.

LEMON AND EGG SOUP (Avgolemono Soupa)

3 lbs. stewing chicken	1 Tbsp. salt
3 qts. of water	3/4 cup Manestra Macaroni or rice

Avgolemono Sauce

4 whole eggs	1/2 cup strained lemon
1 Tbsp. water	juice

Wash and clean the fowl, cover with water, add salt and cook for about 2 hours or until the meat is tender. When done, remove the fowl, and add enough water to make 3 qts. of liquid. Bring back to boil and add 3/4 cup of Manestra Macaroni. Boil gently for about 25 minutes. Giblets may be cut up and put into broth.

Prepare sauce by heating the eggs. Add water until very light and then add the lemon juice, again beating to blend well. Slowly add 4 cups of the hot broth to the egg mixture and then combine with the rest of the broth. Serve in small bowls or cups.

BARBANZO SOUP GREEK STYLE (Rovithia Soupa)

2 No. 2 cans of Garbanzo Beans	1 large potato, peeled and diced
1/2 cup Olive oil	1 sprig of parsley, chopped fine
2 med. onions, cut fine	

GARBANZO SOUP GREEK STYLE *Continued*

1 clove of garlic, minced	1 Tbsp. tomato paste
1 or 2 carrots, sliced	1 8-oz. can of tomato
2 stalks of celery, cut	sauce
into small pieces	1 Tbsp. salt
Dash of pepper	5 cups water or stock (if
	water use 2 bouillon
	cubes)

Heat the oil in a skillet and cook the onions, celery and garlic for about 5 minutes. Add the remaining cut up vegetables, tomato paste and tomato sauce. Add the salt and pepper and boil gently for about 30 minutes. Add the 2 cans of well drained beans and the 5 cups of stock or water with the bouillon cubes. Bring back to boil and then simmer for 30 minutes. Stir well before serving.

LENTIL SOUP (*Faki*)

1/2 lb. lentils (wash well)	1 carrot, sliced
1/2 cup olive oil	1 sprig parsley, cut fine
2 medium sized onions,	1 Tbsp. salt-dash pepper
chopped fine	1 Tbsp. lemon juice
2 stalks of celery, cut fine	6 cups of water
1 clove of garlic, minced	2 beef bouillon cubes

Wash the lentils and cover with water. Bring to boil and cook gently for 10 minutes. Drain this water off. Heat the oil in skillet and saute the onions and garlic for 5 minutes. Add the chopped vegetables and cook slowly for 15 minutes. Add the drained lentils, 6 cups of hot water, salt and pepper. Bring to boil and cook for 60 minutes at reduced heat. Add the two bouillon cubes, stir until dissolved. Before serving, add 1 Tbsp. of lemon juice for better flavor.

CREAM SAUCE

1/4 lb. butter 4 slightly beaten eggs
3/4 cup flour 1/2 tsp. salt
1 qt. warm milk

Melt the butter in a saucepan, remove from heat and stir in the flour blending until smooth. Slowly add the warm milk, stirring all the time. Add this mixture to the slightly beaten eggs. Cook over a low heat until thick, being careful not to scorch. Pour over the above recipe and bake in a 375° oven for about 30 minutes or until custard is set. If not brown enough, place under the broiler for a few minutes watching carefully so as not to burn.

VEGETABLE SOUP

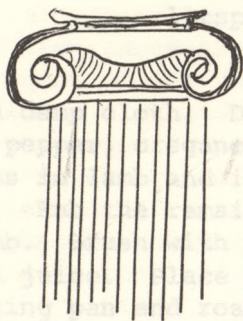
2 lbs. plate boil or chuck	Few sprigs parsley
2 lbs. marrow bone	1 (No. 2) can tomatoes
3 tsp. salt	4 small potatoes (diced)
1/2 tsp. white pepper	1 pkg. frozen mixed vegetables
3 qts. cold water	
2 small onions	1/2 cup Minute Rice (opt.)
4 stalks celery with tops	1 cup shredded cabbage
2 whole carrots	(opt.)

Sear meat in a large deep kettle. Add soup bone, salt, pepper and water to pot. Heat slowly until water boils. Remove scum. Add onion, celery, carrots and parsley. Cover kettle and let soup simmer for about 3 hours. Remove and discard bones, onions, celery and parsley (this may be done by straining). Add remaining ingredients to broth and meat. Cover and simmer about 1/2 hour or until vegetables are tender. Adjust salt and pepper to taste.

ROAST LEG OF LAMB (Aunt Fannie)

4 to 5 lbs. Leg of young
Spring lamb
1 large onion
Salt and pepper

2 to 3 cloves of garlic
1 tbsp. butter



MEATS

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ROAST LEG OF LAMB IN PAPER (Fannie and St. Neale)

4 to 5 lbs. Leg of young
Spring lamb
1 large onion
Salt and pepper
2 cloves of garlic

2 to 3 cloves of garlic
1 cup of butter
1/2 cup of oil
1/2 cup of vinegar
1/2 cup of lemon juice
1/2 cup of orange juice
1/2 cup of pineapple juice
1/2 cup of apple juice
1/2 cup of grape juice
1/2 cup of cherry juice
1/2 cup of strawberry juice
1/2 cup of raspberry juice
1/2 cup of blueberry juice
1/2 cup of blackberry juice
1/2 cup of elderberry juice
1/2 cup of huckleberry juice
1/2 cup of currant juice
1/2 cup of gooseberry juice
1/2 cup of mulberry juice
1/2 cup of plum juice
1/2 cup of apricot juice
1/2 cup of peach juice
1/2 cup of nectarine juice
1/2 cup of cherry juice
1/2 cup of strawberry juice
1/2 cup of raspberry juice
1/2 cup of blueberry juice
1/2 cup of blackberry juice
1/2 cup of elderberry juice
1/2 cup of huckleberry juice
1/2 cup of currant juice
1/2 cup of gooseberry juice
1/2 cup of mulberry juice
1/2 cup of plum juice
1/2 cup of apricot juice
1/2 cup of peach juice
1/2 cup of nectarine juice

MAIN

DISHES

Make three incisions in the skin of the lamb. Insert garlic cloves in the incisions. Rub the lamb with oil and salt. Sprinkle with mixture of salt, pepper, and sage. Place in brown paper bag and tie securely. Do not uncover or turn until done. Place in pan on rack and roast in moderate oven, 325 to 350 degrees, for 30 to 35 minutes per pound.

ROAST LEG OF LAMB (*Arni Psito*)

4 to 6 lbs. leg of young spring lamb 2 to 3 cloves of garlic
1 large lemon 4 Tbsp. butter
Salt and pepper 1 tsp. oregano

Wipe lamb with damp cloth. Do not remove skin or "fell". Mix salt, pepper, oregano and cloves of garlic. Make incisions in lamb and insert cloves of garlic and seasonings. Rub the remaining salt mixture over the entire lamb. Brush with melted butter and sprinkle with lemon juice. Place skin side down, on rack, in open roasting pan and roast in slow oven, 300 to 350 degrees, 30 to 35 minutes per pound. If desired, 1 cup hot water may be added after 1 hour of roasting. Baste occasionally until meat is browned. Pare small potatoes and/or small onions, peeled, and place around the roast the last hour of cooking. Turn occasionally to produce even browning.

ROAST LEG OF LAMB IN PAPER (*Psito Arni Sto Harti*)

4 to 5 lbs. leg of lamb Oregano
Juice of 1 lemon 1/2 cup Kefaloteri cheese,
Butter cut in strips, or
Salt and pepper grated (Romano cheese
2 cloves garlic may be used)

Make three incisions in each side of leg of lamb. Insert garlic cloves in one side and cheese in the other side. Rub meat with butter and lemon juice; sprinkle with mixture of salt, pepper, and oregano. Place in brown heavy paper bag and tie securely. Do not uncover or turn until done. Place in pan on rack and roast in moderate oven, 325 to 350 degrees, for 30 to 35 minutes per pound.

LAMB WITH TOMATO SAUCE (Arni Kokinisto)

Cut 2 pounds lamb into serving pieces. Combine salt, pepper and oregano to taste and rub into lamb. Brown in small amount of vegetable oil and transfer to a large pan. In saucepan, melt 1/2 cup butter and saute 2 medium onions, finely chopped. Add one 6-oz. can tomato paste and bring to a boil. Pour sauce over meat, add 1 1/2 to 2 cups water and 1 teaspoon Bouquet Garni (tied in a piece of cheesecloth). Cover and simmer about 2 1/2 hours. Sauce will be thick. Serve over cooked buttered manestra.

BAKED LAMB WITH MANESTRA (Arni Gevetsi)

2 lbs. lamb	2 to 4 Tbsp. butter
1 med. onion, chopped	1 (No. 2) can tomatoes
1 clove garlic, minced (Opt.)	1 Tbsp. tomato paste
1 to 1 1/2 cups manes- tra (Rosemarina)	Salt and pepper to taste
5 cups hot water, or more if needed	1/2 cup grated cheese (Kefaloteri or Kaseri)

Cut lamb (chops or shoulder) into serving pieces and place in roasting pan. Add butter, onion, garlic, tomatoes, tomato paste diluted with 2 cups hot water, salt and pepper. Mix well. Cover and bake in 375° oven for 1 hour or until meat is tender.

Turn meat occasionally to brown on all sides. Add manestra and remaining 3 cups hot water (or more if needed). Mix well, cover, and continue baking about 30 minutes, stirring over each serving. Serves 5 to 6.

Variations: If preferred, in place of manestra add spaghetti, rice, or an 8 ounce package of macaroni.

BAKED LAMB WITH MACARONI OR SPAGHETTI (Arni Gevetsi)

2 lbs. lamb, cut in pieces 1 to 2 sm. onions, minced
1 lb. macaroni (thin), spaghetti or noodles 3 Tbsp. tomato paste diluted in 1 cup water
Salt and pepper

Wash meat and place in baking pan. Add onions, diluted tomato paste, salt and pepper and enough water to cover meat. Cover and bake in 400° oven for 1 hour or until meat is almost tender. Add macaroni, stir 2 or 3 times until it begins to boil. If liquid is absorbed before macaroni is cooked, add more hot water. Cook until tender, about 25 to 30 minutes. Serve hot, sprinkled with grated Kefaloteri cheese.

Variation: Select a leg of lamb, or beef roast, about 4 - 5 lbs. Roast in oven at 325°. When done, remove from pan. Add 1 to 2 cups hot water, increase the temperature to 400°, and bring to a boil. Add spaghetti, macaroni or noodles and cook until tender, about 20 minutes.

LAMB FRICASSE (Arni Fricasse)

2 1/2 lbs. very young lamb 3 stalks celery, leaves included, chopped
2 large Scallions, chopped 3 carrots chopped
5 Tbsp. anitho chopped fine
3 cups water Salt and pepper

Cut lamb into serving pieces, wash and drain well. Place in large saucepan and add Scallions, carrots, celery and water and boil over high flame 15-20 min. Remove scum from top of broth which forms during boiling process. Remove vegetables and mash well together with fork. Add to meat and anitho (Fennell) and season to taste. Bring to a boil then reduce heat and cook about 50 minutes over low heat until meat is tender.

Prepare avgolemono sauce and pour over meat. Stir and allow to stand 10 minutes. Serve hot.

Variation: After removing meat from roasting pan squeeze juice of 1/2 lemon, add 2 Tbsp. butter, 1/4 tsp. oregano, and 1 cup water. Scrape sides of pan to incorporate flavorful flakes, bring to boil Add uncooked, quartered potatoes, baste completely with juices. Cook at 425° uncovered until golden, 15-20 min. Lower heat, and continue cooking until done, about 30 minutes.

LAMB STEW.

1 1/2 lbs. lamb shoulder, cubed	1 1/2 cup water 1/4 cup celery (opt.)
4 Tbsp. butter	Chopped parsley
6 oz. can tomato sauce (or 2 cups tomatoes)	Salt and pepper
1 large onion, chopped	

Wash meat, place in deep saucepan with 1 tsp. salt, and saute until meat juices are absorbed. Add butter, onions and seasoning. Brown well, add tomato sauce and water; cover. Cook over moderate heat until meat is almost done. Add vegetables and cook until tender.

Variations:

Cauliflower- Add 1 medium cauliflower, cut into small portions, and chopped celery.

Cabbage- One medium sized cabbage cut into wedges, combined with chopped celery.

Green Bean Stew- Add 4 cups water, 2 pounds green beans and 2 stalks celery.

Lamb and Peas- Add two #2 cans peas when meat is done. Heat thoroughly.

LAMB SHISH KEBABS (Arni Souvlakia)

5 to 6 lbs. leg of lamb, cut into 1 1/2 inch cubes	Whole mushrooms (opt.) 3 to 4 onions, peeled and quartered, or small
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LAMB SHISH KEBABS (Arni Souvlakia) Continued

1 to 2 large green peppers, onions halved
cut into squares 3 to 4 tomatoes, quartered
or whole cherry tomatoes.

Marinade:

1 cup olive oil 1/2 cup lemon juice
Juice of 1 lime 1/3 cup wine
1 to 2 cloves garlic, 2 to 2 1/2 tsp. salt
chopped 1 to 2 bay leaves
1 1/2 tsp. oregano 1/2 tsp. pepper
1/2 tsp. thyme

Place lamb cubes, green pepper squares and onion quarters in large pan, preferably glass or enamel.

Make marinade: Combine olive oil, lemon and lime juice, wine and remaining ingredients; mix well. Pour marinade over kebabs in pan; cover with foil. Refrigerate several hours or overnight, turning kebabs occasionally to thoroughly coat with marinade. An hour or so before cooking, place tomatoes and mushrooms in marinade.

On individual skewers, about 12 inches long, thread lamb cubes alternately with onion quarter, green pepper squares and mushrooms. Thread tomatoes on separate skewer. (Acidity of tomatoes toughens the meat).

Broil kebabs 4 inches from heat, 12 to 15 minutes, or until browned. Turn; brush with marinade and broil 15 minutes. Broil tomatoes the last 5 minutes of cooking time. Serve immediately.

The kebabs may be cooked over a charcoal fire, turning frequently and brushing often with the marinade. Cook about 15 minutes on each side.

Lamb shish kebabs are good served with rice pilaf, yogurt, and tossed green salad.

Makes 10 to 12 servings.

BEEF ROAST, GRECIAN STYLE

3 to 4 lbs. rump, sirloin tip or rolled rib roast	1/4 cup green pepper, chopped
1/2 cup butter	1 Tbsp. vinegar
3 small onions, chopped	2 Tbsp. tomato paste
Salt and pepper	diluted with 3/4
Flour	cup water

Wipe meat with damp cloth. Season with salt and pepper and roll meat in flour until covered. Brown meat in butter in large pan, adding chopped onion and green pepper. Combine diluted tomato paste with vinegar and pour over meat. Cover tightly and cook over low heat for about 2 hours. Serve with cooked noodles sprinkled with Kefaloteri cheese.

ROAST BEEF IN WINE

5 lbs. rump roast	3 bay leaves
2 cloves garlic	1 cup water
1 cup red wine	1 Tbsp. sugar
Juice of 1 lemon	2/3 can tomato paste
1 stick cinnamon	Salt and pepper to taste

Insert cloves of garlic in slots in meat. Cover meat with lemon, salt and pepper and allow to stand for 15 minutes. Brown the roast. Combine wine, sugar, cinnamon, bay leaves and tomato paste. Pour sauce over meat and cook for 1 minute. Add water and continue cooking until meat is tender. If sauce is too watery, cook longer; or too thick, add a little more water.

OVEN BEEF STEW (Yaihni sto Fournο)

2 lbs. top sirloin or beef	4 med. potatoes, halved or
chuck cut in 1 1/2"	8 sm. whole potatoes
cubes	3 or 4 stalks celery (opt.)
2 Tbsp. flour	cut the size of carrots
1 1/2 tsp. salt	1 (6 oz.) can tomato paste
Dash pepper	1 (10 oz.) pkg. frozen
2 Tbsp. fat	peas of green beans
6 carrots, cut in	1/2 tsp. salt
quarters	1 bay leaf
2 med. onions, quartered	Dash thyme
or 6 sm. whole onions	1 1/4 to 1 1/2 cups water
1 clove garlic, minced	
1 Tbsp. vinegar	

Thoroughly dredge meat in a mixture of flour, 1 1/2 tps. salt and pepper. Brown slowly in hot fat. Place meat, carrots, potatoes, onions and celery in a 2 1/2 to 3 quart casserole. Combine meat drippings with remaining ingredients except peas. Bring to boil and pour over meat and vegetables; mix gently. Cover, bake in moderate 350° oven for 1 1/4 hours. Add peas; stir well. Cover and continue baking 30 minutes or until done.

Makes 6 generous servings.

Note: The above can be frozen.

BEEF WITH ONIONS (Stefatho)

2 1/2 lbs. lean beef, cut	2 cloves garlic
in inch cubes	Salt and pepper
3/4 cup butter	1 tsp. sugar
1/4 cup oil	1 bay leaf
3 to 4 med. tomatoes,	2 1/2 lbs. small boiling
cut in small pieces	onions, peeled
2 Tbsp. vinegar	

Place meat in a saucepan and saute with butter

BEEF WITH ONIONS (Stefatho) Continued

and oil. Add tomatoes, vinegar, garlic, salt and pepper, sugar and bay leaf. Cover and simmer for 30 minutes. Add onions and enough hot water to cover. Cover tightly and cook slowly for 1 1/2 hours.

FRIED MEAT BALLS (Keftethes)

2 lbs. ground chuck	1/2 tsp. pepper
1 med. onion, finely grated	1 or 2 cloves garlic, minced or 1/2 tsp. gar- lic powder
2 eggs	1 tsp. oregano
1/2 cup bread crumbs	1/2 tsp. dried mint leaves
1/3 cup olive oil	2 Tbsp. warm water
1 tsp. salt	

Mix all ingredients thoroughly. Shape into small balls and fry in hot vegetable oil until brown on all sides. Transfer to serving dish and sprinkle with lemon juice (about 1/2 cup). Keep warm until ready to serve. Serves 8 to 10.

Variation: Top with tomato sauce instead of lemon juice and sprinkle with grated cheese.

MEAT BALLS (Souzoukakia)

1 lb. ground chuck or lean beef	1 egg, beaten
2 slices bread, moisten and squeeze out excess water	1/2 tsp. kimino (cumin seed)
	1 clove garlic, minced
	Salt and pepper
	Butter

Combine first 6 ingredients and mix well. Shape into long ovals, 3 inches long. Brown well in butter. Add sauce, cover pan and simmer over low heat about

MEAT BALLS (Souzoukakia) Continued

30 minutes. Add a little hot water to sauce if too thick.

Sauce: Bring to a boil a combination of 1/2 cup tomato sauce, about 1 cup water and 1 tsp. sugar. Lower heat and simmer 20 minutes. Stir occasionally. (If desired, 1/2 Tbsp. sherry wine may be added to sauce).

MEATBALLS IN WINE SAUCE

Meatballs:

1 lb. ground beef	1/4 tsp. pepper
1 cup moist bread crumbs	1 Tbsp. chopped parsley
1 med. chopped onion	1 tsp. chopped mint
1 egg	leaves
1/2 Tbsp. salt	1/4 tsp. garlic powder

Mix together above ingredients thoroughly. Shape into small balls or into slender rolls. Roll in flour and fry in hot oil.

Wine Sauce:

1/2 can tomato paste	1/4 cup oil or butter
3 cups water	Salt and pepper to taste
1/3 cup red wine	1/4 tsp. garlic powder
	3 Tbsp. minced onions

Brown onion and garlic in oil and butter. Add tomato paste, water and wine. Salt and pepper to taste. Simmer 15 minutes, add meatballs and simmer 10 minutes longer. Sauce should be thick. An excellent cocktail hors d'oeuvre when shaped very small and served in chafing dish.

MEAT BALLS WITH LEMON SAUCE (Youverlakia Avgolemono)

1 lb. ground chuck	2 Tbsp. chopped parsley
1/2 cup rice, uncooked	1 Tbsp. mint leaves (opt.)
1 1/2 tsp. salt	4 cups water
1/4 tsp. pepper	1 tsp. salt
1 egg	Dash of pepper
	Avgolemono Sauce

Combine and mix well ground beef, rice, salt, pepper, egg and parsley. If needed, add about 1 Tbsp. water to soften mixture. Knead well and form into small egg shaped balls. Bring water, salt and pepper to boil and drop meat balls into the water while it is boiling. Reduce heat and cook about 25 to 30 minutes or until rice is tender. Remove from heat and prepare Avgolemono Sauce. Pour over meat balls, garnish with sprigs of parsley and/or mint.

Variation: Youverlakia me Saltsa: Prepare meat mixture as directed above and form into small round balls. Drop into 4 cups boiling water combined with 3 Tbsp. tomato paste, salt, and pepper. Cook until rice is tender, about 30 minutes.

BAKED FISH AND VEGETABLES (Psari Plaki)

1 large bass or trout	Juice of 1/2 lemon
1 cup olive oil	3 chopped onions
1 1/2 cups can tomatoes	1/2 cup chopped parsley
1 cup white wine	2 cloves garlic
	Salt and pepper to taste

Have fish cleaned and scaled. Wash thoroughly, rub with salt and pepper and sprinkle with lemon juice. Put chopped onions in oil to fry until golden brown; add wine, tomatoes and seasoning. Lay fish in greased baking pan and add vegetable sauce around it. Sprinkle with chopped parsley and garlic. Add a little water and bake at 350° for about 1 hour.

FRIED FISH (*Psari Tiganito*)

Select fresh fish and clean and wash thoroughly. Bass or porgies are best for frying, although fillets of your choice may also be fried. Split whole fish lengthwise, and then cut into serving pieces. Season with salt and pepper, roll in flour and fry in oil which is sizzling hot. When golden brown on both sides, carefully remove to a platter and sprinkle with a little more salt and a little lemon juice, if desired.

BROILED FISH (*Psari*)

Select good fish - Mackerel, porgies, bass, whitefish--

1/2 cup olive oil

1 Tbsp. oregano

Juice of 1 lemon

Salt and pepper to taste

Lemon slices

Clean, wash and salt fish and allow to stand in refrigerator for 1 hour. Sprinkle both sides with oregano. When ready to broil, pour over 1/2 of the olive oil and lemon juice, reserving half for the other side of fish. Broil fish close to the broiler for about 10 minutes. Brush over with olive oil and lemon juice and turn with spatula. Broil another 10 minutes. Garnish with parsley and lemon slices.

SALTED CODFISH WITH ONIONS (*Bakaliaros Plaki*)

1 1/2 lbs. salted codfish

1 cup tomatoes, fresh or
canned

1 cup olive oil

1/2 cup chopped parsley

1 lb. onions, chopped

Salt and pepper to taste

Cut dry codfish in service size pieces, wash thoroughly, and soak in cold water overnight. Fry onions in half the oil until golden; add tomatoes,

SALTED CODFISH WITH ONIONS *Continued*

parsley and a little water and seasoning. Cook a little longer, then spread in bottom of baking pan. Rinse codfish again and arrange on top. Bake in moderate oven until fish is done, adding a little more water if necessary.

FRIED SALTED CODFISH WITH GARLIC SAUCE

(*Bakaliarós Me Skordalia*)

Cut codfish in square pieces, wash thoroughly and soak in cold water overnight. Next day, rinse several times and allow to drain. When dry dip the pieces in a flour and milk batter and fry in hot oil until golden brown. Serve with Skordalia or Garlic Sauce.

SHRIMP AND RICE (*Garides Pilafi*)

2 lbs. shrimp	1 medium onion, sliced
1/2 cup olive oil	Sprig of parsley
1/2 can tomatoes No. 2	Salt and pepper to taste
2 medium onions, chopped	

Place shrimps in kettle with sufficient water to cover them, add salt, sliced onion and parsley, Par-boil about 10 minutes. Remove shells and make a cut along the lower back of shrimp and remove the black lines which are the intestines. Saute the chopped onions in olive oil. Add tomatoes, shrimp meat, salt and pepper and simmer a little longer, add rice and broth drained from boiling the shrimp (one part rice, two parts broth). Rice should be previously washed and fried in olive oil before adding to shrimp and sauce. Cook until rice is done, about 15 minutes.

BRAISED SHRIMP (*Garides Viahni*)

1 lb. shrimp	1 small piece celery,
1/2 lb. chopped onions	chopped
1/2 cup chopped parsley	2 Tbsp. tomato paste or
1/2 cup olive oil	1 lb. fresh tomatoes
1/2 cup dry white wine	Salt and pepper to taste

Saute the chopped onions with the olive oil. Add the tomatoes and let cook a few minutes, stirring constantly. Add the wine, parsley, celery, seasoning and cook until almost done. While this is being prepared, boil the shrimp in very little water for approximately 2 minutes. Clean shrimp and arrange in casserole with the above sauce and cook for about 15 minutes, or until done. Serve hot with rice pilaf.

FRIED SHRIMP (*Garides Tiganites*)

Plunge shrimp into boiling water which has been seasoned well with salt, lemon and chopped parsley. Bring to a boil, then simmer for 10 - 15 minutes. Drain. When cool, remove shells and black vein. Roll in seasoned flour, dip into slightly beaten egg, and then into dry bread crumbs. Fry in hot oil until golden in color. Drain on paper and serve at once.

TUNA BALLS

2 cans tuna fish	2 small onions, chopped
2 eggs, beaten slightly	1/4 tsp. salt
2 tsp. lemon juice	2 Tbsp. minced parsley
4 slices very dry bread	1 Tbsp. minced mint leaves
	1/4 tsp. oregano

Moisten bread in water, drain and squeeze out excess water. Mix with other ingredients. Form into small balls, roll in flour and fry in shallow fat until brown.

TUNA LOAF

2 cans tuna fish	2 Tbsp. lemon juice
2 chopped onions	1/4 tsp. salt
1 cup dry bread crumbs	2 Tbsp. minced parsley
1 cup warm milk	1 Tbsp. minced mint leaves
2 eggs beaten slightly	1/4 tsp. oregano
	3/4 cup celery, finely cut

Mix all ingredients together and bake in greased loaf pan at 350° about 1 hour or until brown.

ROAST CHICKEN (WHOLE)

1 roasting chicken, 5 lbs.	1/4 tsp. oregano
2 Tbsp. melted butter	Juice of half lemon
2 cups water	Salt and pepper
2 Tbsp. olive oil	

Wash and clean chicken thoroughly and wipe dry. Rub with lemon juice and sprinkle with oregano, salt and pepper. Add rest of ingredients and roast at 375° in a covered pan for about an hour and a half, basting when necessary.

ROAST CHICKEN WITH POTATOES

1 broiler, 4 lbs.	Juice of one lemon
1 1/2 cups water	Oregano
1/2 cup butter	Salt and pepper
10 medium potatoes, quartered	

Clean chicken and cut into serving pieces. Peel and quarter the potatoes and place around the chicken in a baking pan. Dot chicken and potatoes with butter and sprinkle generously with oregano. Add water and season to taste with salt and pepper. Pour

ROAST CHICKEN WITH POTATOES *Continued*

lemon juice over all and bake in moderate (350°) oven about one hour until done. Baste occasionally with juice from pan as needed. Serve hot.

ROAST CHICKEN (PIECES)

Clean chicken and cut in serving size pieces. Season each piece and dip first in flour and then in melted shortening or olive oil to which the juice of half a lemon and 1/4 tsp. of oregano has been added. Arrange in baking pan and roast at 325° for about one hour, basting occasionally. (This is a convenient way to prepare chicken for a large gathering).

CHICKEN WITH RICE

1 broiler, 3 lbs.	Dash of cinnamon
1 medium onion, cut fine	1 1/2 cups canned tomatoes
1/3 cup olive oil	3 cups boiling water
or butter	Salt and pepper to taste

1 1/4 cup rice

Clean chicken thoroughly and cut into serving pieces. Heat olive oil in pan and brown chicken on both sides. Saute onion, cinnamon, tomato and season to taste. Add one cup of water, cover and cook over low flame until chicken is almost done. Remove chicken, add 3 cups water and bring to a boil. Add rice and cook 25 minutes, then add chicken. Add more water, if needed. Stir occasionally. Remove from fire and allow to stand for a few minutes before serving.

STEWED CHICKEN (*Kapama*)

1 4 lb. chicken	Juice of 1/2 lemon
1/4 lb. butter	1/4 cup wine
1/2 cup tomato paste	1/2 cinnamon stick
1 1/2 cups water (boiling)	Salt and white pepper

Cut chicken into serving pieces, and sprinkle with lemon juice, salt and pepper. Brown chicken in butter. Mix tomato paste with water in large saucepan and bring to boil. Reduce heat and carefully place browned chicken in tomato. Pour butter through strainer over chicken and tomato. Add wine and cook for approximately one hour or until chicken is tender. This STEWED CHICKEN is very good served with macaroni, spaghetti, potatoes or rice.

CHICKEN WITH TOMATO SAUCE (*Kota Tsigaresti*)

4 lbs. chicken	2 cups water (boiling)
1/4 lb. butter	Salt
2 medium dry onions, chopped fine	Pepper
	2 cups canned tomatoes

Clean and cut chicken in pieces and drain. Place butter and chopped onions in large saucepan. When butter has melted, place chicken in pan and brown. Season browned onions and chicken and add tomatoes and water. Reduce heat and cook for approximately one hour or until chicken is well done. This is excellent with one box of 10 oz. frozen peas added to sauce during the last 10 minutes of cooking; also with steamed rice.

CHICKEN WITH MACARONI

Prepare Stewed Chicken. During last half hour of cooking prepare the following:

1 1/2 lbs. macaroni	1/4 lb. butter
5 qts. boiling water	2 cups grated kefaloteri
1 Tbsp. salt	cheese

Place macaroni in rapidly boiling water. Add salt and boil 10 - 15 minutes. Stir occasionally. Do not overcook. Drain thoroughly in a colander. Sprinkle some cheese on serving platter, and place half of the macaroni; sprinkle with cheese and place remainder of macaroni again sprinkling with cheese. Place butter in saucepan and brown until it becomes slightly brown or until butter begins to foam. Pour over macaroni platter and top with sauce from chicken. Serve chicken from another individual platter, or arrange chicken around macaroni.

CHICKEN WITH ARTICHOKE (Kota Me Aginares)

Prepare chicken as for Chicken with Tomato Sauce. Proceed as follows:

6 to 8 globe artichokes	Boiling water to cover
	1 tsp. salt

Wash artichokes in salted water and drain. Remove loose leaves around base and clip off tip of each leaf if sharp. Place artichokes in saucepan, add water and salt and cook for 10 minutes. Drain with bottoms up and place in Chicken with Tomato Sauce and cook for an additional 25 minutes.

ROAST STUFFED TURKEY (Vallos Parayemistos)

12 lbs. turkey	Turkey livers chopped fine
1 lb. ground meat	2 cups rice, long grain
1/2 lb. butter	2 Tbsp. tomato paste
3 cups water	1 Tbsp. cinnamon
1 Tbsp. chopped mint leaf	Juice of three lemons
2 medium onions chopped	Salt and pepper

Clean and wash turkey thoroughly and wipe dry. Rub entire surface and cavity with mixture of salt and pepper and brush all over with lemon juice. Let stand and proceed with preparation of stuffing as follows:

Saute onions in butter; add chopped livers and ground meat and fry until brown. Add rice, cinnamon, tomato paste thinned out with one cup of water, and chopped mint leaf. Season with salt and pepper to taste. Continue cooking over a low flame for an additional 10 minutes, stirring occasionally. Remove from fire, cool, stuff turkey and truss or tie up. Place in shallow roasting pan, add 2 cups of water and bake in moderately-high (400°) oven for about 1 hour. Reduce the heat to 325-350° and continue roasting an additional 2 hours, or until done, depending on size of bird. Baste with butter and lemon juice from time to time to prevent drying.

ROAST DUCK

Wash and clean bird inside and out. Wipe dry and rub with lemon juice. Season with salt and pepper. Bake uncovered and baste at first with a little water or wine; later with drippings from the pan. Bake in moderate oven, allowing 25 minutes to the pound.

DUCK WITH WINE SAUCE

1 duck	1 cup tomato sauce
2 Tbsp. butter	Dash of cinnamon
1 onion, chopped	Salt and pepper to taste
1 cup wine, red or white	

Wash and clean bird and cut into serving pieces. Saute onions in butter, add duck and brown on all sides. Add wine, cover and cook for about 20 minutes. Add tomato sauce diluted in a cup of water, dash of cinnamon, and salt and pepper to taste. Cover and simmer until duck is cooked. Add more water or wine, if needed. Sauce may be thickened with a little flour or cornstarch before serving.

ROAST PHEASANT, SQUAB AND QUAIL

Clean bird and wipe with a damp towel. Season with salt and pepper and roast uncovered in a moderate oven until meat is tender and bird is well browned. Baste every half hour with melted butter. When almost done, dilute a little tomato paste in a cup of water and pour on top. Cook a few minutes longer and serve with pilaf or potatoes.

ROAST LEG OF VENISON

Leg of venison	Salt and pepper
1/4 cup butter	1 cup red wine

Wash and wipe meat carefully. Rub entire surface with salt and pepper and lay in roasting pan. Brush with butter and bake uncovered for 15 minutes. Then pour wine diluted with a little water, cover and continue baking in moderate oven until done. Baste when necessary, adding more wine and water, when necessary.

VENISON WITH ONIONS

2-4 lbs. venison, cut in pieces	2 bay leaves
2 lbs. small onions	2 cloves garlic
1/2 cup olive oil	1/2 cup vinegar
1 8-oz. tomato sauce	1 tsp. mixed spices
	Salt and pepper to taste

Brown meat in oil in bottom of heavy skillet or saucepan. Peel small onions and leave whole. Add to meat, together with spices which have been tied in a piece of clean cheesecloth. Add garlic, vinegar and enough water to barely cover. Season to taste. Cook meat 1 hour, then add rest of ingredients. Cover and cook slowly until done.

RABBIT STEW (*Stifatho Lagos*)

One rabbit (4-5 lbs.)	10 small onions, peeled,
small orange peeling	whole
2 bay leaves	1/3 cup wine
cloves	3 tsp. vinegar
1/2 cup oil	1 8 oz. tomato sauce
	Salt and pepper to taste.

Wash rabbit and cut in pieces. Saute with onion in oil. Season, salt and pepper. Add tomato sauce and above ingredients. Cook for 1 hour then add onions. Cook until tender and meat is done.

ROAST LEG OF LAMB (*Psito Buti*)

5 lb. leg of lamb	2 oz. butter
(potatoes or onions if desired)	1 cup water
1 lemon	garlic
	Salt and pepper

ROAST LEG OF LAMB (*Psito Buti*) Continued

Wash the meat well and set aside in the roasting pan. In a small bowl mix salt, pepper and the peeled cloves of garlic. Into incisions made in the leg of lamb with a sharp knife, place the cloves of garlic and a little butter. Sprinkle the rest of the meat with the salt and pepper, rubbing it in. Melt the remaining butter and rub it with the juice of the lemon. Cover the roasting pan and set to cook in a medium hot oven. Cook slowly. After awhile add one cup of water to the liquid in the pan and baste often with this until the meat is browned and done to taste. When the meat is half done, small peeled potatoes or small onions, as desired may be placed in the roasting pan around the lamb.

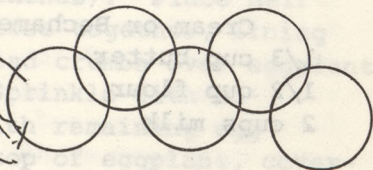
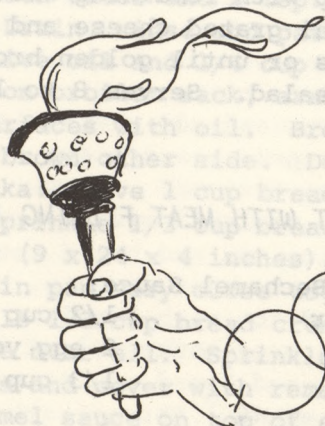
PILAF

1 cup rice	1/3 cup butter
3 cups water or stock	salt, pepper to taste

Wash and drain rice. Put stock or water to boil with butter. Add salt and pepper. When it starts to simmer, add the rice. Stir well with a wooden spoon. Cover and simmer very slowly. In about half an hour, add a little more butter and stir slightly with a fork to separate the grains of rice. Serve each portion of pilaf topped with the meat and sauce.

Sugar and Spice and everything nice
These are the things that are yummy!
But lean red meat and puddings of rice
These are the things for a flat tummy.

VEGETABLES



BAKED MACARONI WITH MEAT (*Pastitsio*)

3/4 lb. macaroni	3 cups milk, hot
1 1/2 lbs. hamburger	6 Tbsp. flour
1 med. onion, chopped	8 Tbsp. butter
5 eggs, beaten	1/2 cup Kefaloteri or
2 Tbsp. tomato paste or	Romano cheese, grated
#2 can whole tomatoes	Salt and pepper
peeled and mashed	1/4 tsp. cinnamon

Cook macaroni in boiling salted water. Rinse in hot water, drain, set aside. Brown onion and hamburger in a little butter. Add tomato paste. Season with salt, pepper and cinnamon. Cook 20 minutes. Prepare medium white sauce with 6 Tbsp. butter, 6 Tbsp. flour and 3 cups of hot milk. Beat with egg beater while cooking until thick. Let stand to cool, add beaten eggs. Mix macaroni with half of meat mixture and half of white sauce and remaining 2 Tbsp. butter and cheese. Pour half of macaroni mixture in greased pan, about 13 x 9 x 2 inches. Spread remaining meat mixture over entire surface and cover with remaining macaroni. Top with remaining white sauce, sprinkle with additional grated cheese and bake in 350° oven for 45 minutes or until golden brown. Serve with tossed green salad. Serves 8 to 10.

BAKED EGGPLANT WITH MEAT FILLING (*Mousaka*)

Cream or Bechamel Sauce:

1/3 cup butter	1/2 cup half and half cream
1/2 cup flour	2 egg yolks, beaten
2 cups milk	1/3 cup grated cheese

Blend butter and flour to soft dough over low heat. Slowly add milk and cream, cook until thick. Mix a little of the sauce to beaten egg yolks, then add yolks to cream sauce. Add grated cheese, stirring until a creamy and thick consistency. Set aside to cool.

BAKED EGGPLANT WITH MEAT FILLING (Mousaka) Continued

Prepare Meat Sauce:

In large pot, add the ingredients in order given:

- | | |
|---|--|
| 2 large onions, finely chopped-parboiled in 1/4 cup water | 1 med. can peeled tomatoes |
| 1/3 cup butter, stir with onions until golden in color | 2 Tbsp. tomato paste |
| 1 Tbsp. olive or vegetable oil | 1/2 cup chopped parsley |
| 3 lb. ground beef or chuck saute with onions | 1 tsp. salt, 1/2 tsp. cinnamon, dash of cloves |
| | 1/4 tsp. allspice (Opt.) |
| | 1/4 cup grated Kefaloteri cheese (Head cheese or Parmesan) |

Cover tightly, simmer for about 2 hours. Remove from heat. Add 1/4 cup grated Kefaloteri and 2 beaten eggs to meat sauce. For best results, blend 3 to 4 Tbsp. meat sauce to eggs first and then add to meat mixture.

Prepare eggplants. Select 4 medium eggplants, peel and slice crosswise into 1/2 inch slices. Place in bowl and cover with water and 2 tsp. salt. Let stand 30 minutes. Drain, rinse and pat dry.

Mix 1/4 cup olive oil and 1/4 cup vegetable oil. Brush a little oil on broiler rack, arrange eggplant slices and brush surfaces with oil. Broil until golden brown, turn and brown other side. Do not overcook.

Assemble mousaka: Have 1 cup bread crumbs on hand. Butter and sprinkle 1/3 cup bread crumbs on bottom of large pan (9 x 24 x 4 inches). Place half of eggplant slices in pan very close together, lining entire pan. Sprinkle 1/3 cup bread crumbs over eggplant and spoon meat sauce over all. Sprinkle with remaining bread crumbs and cover with remaining eggplant. Spoon bechamel sauce on top of eggplant, covering entire surface. Sprinkle with nutmeg (opt.).

Bake in 350° oven for 1 hour. Allow to stand 1 hour before cutting into 3 inch squares. Serves 12 generously. Serve with Greek Salad.

Note: Both cream sauce and meat sauce may be prepared the day before and refrigerated.

EGGPLANT AND POTATO CASSEROLE (Mousaka)

Filling:

1 lb. ground chuck	1 med. sized eggplant
1 sm. onion, finely chopped	2 med. sized potatoes
1 (8-oz.) can tomato sauce	(sliced crosswise)
Salt and pepper	Pinch of cinnamon

Cream Sauce:

4 Tbsp. butter	Pinch of nutmeg
4 cups milk	2 eggs
4 Tbsp. flour	1 Tbsp. fine bread
2 oz. grated Kefaloteri	crumbs
or Parmesan cheese	

Prepare filling: Brown beef and onion, blend tomato sauce, salt and pepper and cook about 10 min. Add cinnamon, set aside.

Meanwhile allow eggplant, which has been peeled and sliced, to soak in cold salted water about 30 minutes. Brown sliced potatoes in hot vegetable oil, drain and set aside.

Sauce preparation: In large saucepan, melt butter, blend in flour and mix to smooth paste. Add milk all at once; stir for 5 minutes. Add Kefaloteri and nutmeg, and continue cooking until smooth textured. Beat eggs and add when slightly cooled.

To meat mixture, blend 1 cup of sauce mixture to give a creamy texture.

Assemble by sprinkling bread crumbs in bottom of shallow baking pan and build the casserole as follows: eggplant, beef mixture, potatoes, more beef mixture and top with eggplant slices. Pour remaining sauce over mousaka, and sprinkle additional Parmesan cheese and bread crumbs to form a top. Bake uncovered at 450° for approximately 30 minutes or until custard is set. To serve cut in squares. Serves 8.

STUFFED GRAPE VINE LEAVES (*Dolmathes*)

50 grape vine leaves	1/2 cup uncooked rice
1 1/2 lbs. hamburger	1/4 cup chopped parsley
1/2 cup butter	1/4 cup dill weed
2 to 3 med. size onions, chopped	2 cups hot water
	Juice of 1/2 lemon
	Avgolemeono Sauce

Fresh grape vine leaves are desirable. First scald for one minute in boiling water. Rinse and drain. If using canned grape leaves, rinse and drain. Combine the next 5 ingredients together, add 1/2 tsp. salt and 1/2 tsp. pepper. With the smooth shiny surface of the leaf on the outside, begin filling the leaves with a teaspoon of filling in the center of each leaf. Fold like an envelope and roll lightly to allow for the puffing of the rice. Place 2 to 3 coarse vine leaves on bottom of the utensil. Arrange the leaf balls on top, side by side, and in layers. Add the hot water and lemon juice. Again, place several coarse leaves as a covering and press with a plate (which remains in place during cooking time) and cover with lid. Allow to simmer for about 50 minutes. Prepare Avgolemeono Sauce and pour over dolmathes when ready to serve.

Variation: Cabbage leaves may be used in place of grape vine leaves. (Prepare cabbage as directed in Stuffed Cabbage recipe). Use 1/2 pound ground pork in place of 1/2 pound hamburger.

STUFFED CABBAGE (*Lahana Dolmathes*)

1 large head cabbage	Salt and pepper to taste
1 lb. ground chuck	1 tsp. mint leaves
1 med. onion, chopped fine	2 Tbsp. tomato paste
1/2 cup washed rice	diluted in 1/2 cup water

Continued to next page

STUFFED CABBAGE Continued

Discard coarse outer leaves of cabbage. Separate carefully remaining leaves and place into boiling salted water for 5 minutes. Drain and cool. Combine meat, onion, rice, salt and pepper, mint leaves and tomato paste. On each cabbage leaf place a heaping tablespoon of the stuffing. Roll each leaf into a cylinder, loosely, folding in the ends as you do. In the bottom of the pot put 3 or 4 loose cabbage leaves. Place cabbage rolls in the pot, layer upon layer. Place an inverted plate over the rolls to keep them from unrolling.

Dilute 1/2 can of tomato paste in 1 cup water. Add enough boiling water to cover the top of the rolls. Boil for approximately 1 hour at a medium flame.

Variation: Avgolemono Sauce may be prepared and poured over the cabbage. Serve at once.

BUTTERED MACARONI WITH CHEESE

Cook macaroni in salted water as directed on package for about 10 minutes. Drain and rinse with hot water. Sprinkle grated Kefaloteri on a platter and arrange half of the macaroni, sprinkle generously with cheese. Add remaining macaroni and top with cheese. In a saucepan, combine 1 tablespoon vegetable shortening with 1/4 cup butter (or all butter may be used) and cook until bubbles are formed and is a light brown (sizzling hot). Pour over macaroni and cheese. Serve immediately. (Noodles and spaghetti may be prepared the same way.)

BUTTERED ROSEMARINA (Manestra)

Cook manestra as directed on package. Drain. Lightly brown 1/4 cup butter (or more) in a saucepan over high heat. Pour over manestra and mix thoroughly. Spaghetti may be prepared the same way. Sprinkle generously with grated Kefaloteri or Kasserì cheese.

RICE PILAF

1 cup rice, long grain	2 Tbsp. butter, margarine
1/4 cup chopped onion	or salad oil
2 1/2 cups beef broth,	1/2 to 1 tsp. salt
consomme, or bouillon	
or any type of meat	
stock; part water may	
be substituted	

Saute onion and rice in melted butter in skillet for about 5 to 8 minutes, or until golden. Set aside. Bring liquid to a boil and add the rice and onion; cover tightly and simmer for about 25 minutes or until liquid is absorbed by the rice. Serves 4 to 5.

BAKED FISH WITH VEGETABLE SAUCE

4 lb. Snapper, Black Grouper	3 sprigs parsley cut up
or Trout, cut into serving	fine
pieces	2 cups of canned tomatoes
Salt	2 Tbsp. tomato paste
2 Tbsp. fresh lemon juice	3 cloves of garlic chop-
3/4 cup olive oil	ped fine
2 cups sliced onion	2 tsp. salt
2 medium sized sliced	1 tsp. pepper
carrots	1 cup hot water
1 small sliced green pepper	
2 stalks celery cut into pieces	

BAKED FISH WITH VEGETABLE SAUCE *Continued*

Wash fish, salt well and put in strainer to drain, for 10 minutes. Brush with lemon juice on both sides. Heat the oil in skillet and when hot, saute the sliced onions and chopped garlic for about 5 minutes. Add the sliced carrots, green pepper, celery, parsley, tomatoes, tomato paste, salt and pepper. Cover and cook gently for 15 minutes. Place fish in a baking dish and bake in a 350° oven for 10 minutes to dry slightly. Pour the vegetable sauce over the fish and continue baking for another 45 minutes. More water may be added if necessary. Serve with hot rice, spooning the gravy over all.

BROILED FISH WITH GREEK STYLE LEMON & OLIVE OIL SAUCE

Filet of Pompano, Black Grouper, Trout, Mackerel or Red Snapper Steaks

6 portions of fish	1/2 cup olive oil
salt	4 Tbsp. lemon juice
3/4 cup of olive oil and 1/4 cup of lemon juice. Put into bottle and shake vigorously to blend.	
oregano	chopped parsley

Filet of fish should be prepared leaving the skin on so no turning of fish is necessary when broiling. Fish steaks must be turned when half of broiling is completed.

Brush the filets or steaks with lemon juice and oil, place the filets with skin side down on broiler rack and place about 3 inches from broiler flame. Filets are broiled about 12-15 minutes depending on thickness. Steaks are broiled about 10 minutes on one side and then turned and broiled about 5-8 minutes more. To serve, sprinkle generously with the blended lemon and oil mixture, adding a dash of oregano and a sprinkling of parsley on top of all.

sauce and Greek Salad.

CRACKED POTATO BROTH

4 eggs 1 cup warm milk

sprinkle with grated cheese. Bake 15 minutes.

POTATO CAKES (POTATO KEFTETHES)

2 lbs. potatoes	6 eggs
3 Tbsp. grated cheese	1/2 clove garlic mashed
Parsley, salt and pepper to taste	

Boil potatoes in skins. Peel and mash thoroughly. Add rest of ingredients and mix well. Shape into flat round cakes, roll in flour and fry in hot olive oil on a low flame until golden brown.

ARTICHOKES (ORIENTAL STYLE)

8 medium sized artichokes	1 teasp. fennell
10 small onions, whole	1/2 cup chopped parsley
1 cup chopped onions,	Juice of 1 lemon
preferably scallions or	1 cup oil
fresh green onions	Salt and pepper

Remove the outer leaves and feathery centers of artichokes. Dip immediately in water to which lemon juice and one Tbsp. of salt have been added. Place whole small onions and artichokes side by side in pan, add olive oil, chopped onions and parsley. Season to taste, cover with a heavy plate, add a little water and simmer until tender. Serve cold.

ZUCCHINI SCRAMBLE

2 small zucchini squash	1 small onion
3 Tbsp. butter	2 large eggs
little tomato	Salt and pepper

Wash and scrape zucchini. Slice across into thin slices and drop into melted butter in frying pan. Cover and let cook over low flame until tender and brown lightly, stirring occasionally to prevent sticking.

ZUCCHINI SCRAMBLE *Continued*

Beat eggs and pour over zucchini in pan. Add salt and pepper to taste. Stir gently until eggs are cooked. Yield, one large or two small servings.

PARAGEMESTA STUFFED VEGETABLES

¹⁸
16-~~18~~ mixed vegetables, Tomatoes, Zucchini squash, egg plant and green peppers, or you may use one variety.

3 lbs. choice ground chuck	2 Tbsp. parsley
1 cup rice	1 tsp. mint
2 onions chopped fine	3/4 cup olive oil
2 cloves garlic minced	Tomato sauce

Cut tops off tomatoes allowing a hinge so they may be raised up and down as a lid. Scoop out pulp with teaspoon, saving pulp for use in ground beef. Strain remaining liquid from tomatoes and add to the bottom of roasting pan. If additional tomato is desired you may add 2 Tbsp. tomato paste or tomato puree to the ground beef.

Zucchini squash and egg plant may be cut lengthwise cutting a thin slice and using it as a lid save some of the pulp chopped fine and add to the ground beef.

Green peppers cut stems carefully saving tops for covers. Scoop out seeds and wash, salt and pepper insides of vegetables.

Mix ground beef, rice, onion, garlic, parsley, mint, pulp from vegetables salt and pepper to taste, fill each vegetable with meat mixture adding a pinch of butter in each vegetable close lids, turn upside down in deep baking dish. Pour remainder of tomato juice and oil over then cover with aluminum foil and bake 40 minutes at 350°. Remove foil and bake 1 hour

STUFFED VEGETABLES *Continued*

or until done. If necessary add additional liquid to bottom of pan.

BAKED VEGETABLE DINNER

1 lb. potatoes	1 lb. tomatoes (fresh or
1 lb. okra	canned)
1 lb. squash	1 lb. onions
1/4 cup parsley	1 cup olive oil
salt and pepper	1 sprig dill Maratho

Peel potatoes and prepare vegetables. Slice potatoes, onions, squash and okra. Arrange vegetables on top layer. Sprinkle dill and parsley between layers, also salt, pepper and olive oil. Add a little water and bake in moderately hot oven about 2 hours or until done.

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SALADS



GREEK GREEN SALAD

The Greek salad has become famous in many parts of the country.

Select salad greens, wash thoroughly, shake off excess water and wrap in paper towels or cover with cellophane bag; place in refrigerator to chill and crisp. Tear in bite-size pieces and put in bowl that has been rubbed with the cut surface of a clove of garlic (or add garlic to the salad dressing). Use one, two, three or more of the following greens: lettuce, romaine, escarole, chicory, endive, leaf lettuce, watercress, parsley. Add all or part of the following: unpared cucumber, scored with fork and sliced thin; sliced green onions or thinly sliced red or white onion; red cabbage; green pepper strips; tomato wedges; shredded carrots; celery strips; sliced radishes; Greek ripe olives; crumbled or cubed Feta cheese (allow 1 cup of this per six servings); canned whole beets, drained. Season to taste with salt and cracked or fresh ground pepper, oregano, and monosodium glutamate (optional). Toss lightly until all greens are coated but not dripping with a dressing of 2 parts olive oil and 1 part wine vinegar or lemon juice. Top with whole anchovy fillets.

SALADS

The traditional Greek salad, for many generations has consisted of a vegetable or greens boiled in salted water and eaten cold with the addition of oil, vinegar or lemon juice, salt and a little pepper. Greens and vegetables prepared and served in this manner are many in number, some of which are:

Dandelion greens	Cauliflower
Beet tops and beets	Swiss Chard
Cabbage	Asparagus
Spinach	Endive
Squash	Escarolle

GREEK SUMMER SALAD

1 head lettuce	1 cucumber, sliced
2 tomatoes, quartered	1/2 cup oil
1 onion, sliced	1/4 cup wine vinegar
dash garlic salt	seasonings to taste
1/2 tsp. oregano	

Cut the head of lettuce, wash well, and combine with the tomatoes, onion, pepper, cucumber. Mix in a bowl and add salt, pepper to taste, oil and vinegar. A few black olives or anchovies may be added for garnish, if desired.

GREEN BEAN SALAD

1 1/2 lbs. fresh green beans, split lengthwise, then cut in half. Cook in boiling salted water until tender; drain.

Combine:

1/2 cup olive oil	1/3 cup wine vinegar
1 1/2 tsp. salt	dash of pepper
1/2 cup chopped green onions	

Toss beans with oil mixture, chill for several hours. Sprinkle before serving with one hard-cooked egg, chopped fine.

CHICORY SALAD BOWL (*Rathki Salata*)

Lettuce hearts	1/2 tsp. salt
clove of garlic	Dash of pepper
1 head chicory	Tarragon vinegar
2 Tbsp. minced onion	Olive oil

Rub salad bowl with clove of garlic. Remove wilted greens from greens and wash well. Drain and

CHICORY SALAD BOWL Continued

chill in refrigerator until crisp. Dry thoroughly by shaking in wire basket. Line salad bowl with lettuce pieces. Break chicory into large pieces. Toss with just enough oil to coat salad greens. Add salt and pepper to vinegar using $\frac{1}{4}$ as much vinegar as oil; pour over salad and toss. Sprinkle with crumbled Feta cheese if desired. Serves 6.

GREEN SALAD BOWL WITH WINE VINEGAR

1 clove garlic	$\frac{3}{4}$ tsp. salt
$\frac{1}{2}$ head lettuce	Dash pepper
$\frac{1}{2}$ head escarole	$\frac{1}{2}$ cup olive oil
$\frac{1}{2}$ head chicory	4 Tbsp. red wine vinegar
$\frac{1}{2}$ bunch watercress	

Rub large salad bowl with garlic. Tear salad greens into pieces. Place in a bowl, season with salt and pepper and pour olive oil slowly over greens and toss together until coated. Pour wine vinegar over salad and toss once again. Serves 10.

TOMATO SALAD

4 tomatoes, cut in eighths	Wine vinegar
1 medium onion, chopped	Oregano (opt.)
Olive oil	

Place tomatoes and chopped onion in salad bowl and use just enough oil to coat salad. Sprinkle with oregano. Serves 4.

BEET SALAD (Kokinogouli)

1 cup diced cooked beets (Fresh or canned)	2 Tbsp. chopped parsley
1 onion, minced	Olive oil
Salt and pepper to taste	Vinegar
	Dash garlic salt

Combine diced beets with onion, parsley and seasonings. Use enough oil to coat salad and 1/4 as much vinegar. Chill and serve.

ARTICHOKE AND CRAB-MEAT SALAD (AGINARA KAVOURA)

1 cup diced cooked artichoke hearts	Salt and pepper to taste
1 cup crab meat	Olive oil
1/4 cup chopped ripe olives	Lemon Juice

Mix artichoke, crab meat, chopped olive and seasonings. Use enough oil to coat ingredients and 1/4 as much lemon juice. Chill and serve.

EGGPLANT SALAD

4 small eggplants (long variety) or 2 large round eggplants	1 small onion, grated
3 tomatoes, cut in quarters or eighths	1 cup oil
2 Tbsp. chopped parsley	3 Tbsp. wine vinegar
	Salt and pepper to taste

Bake the eggplants in a moderate oven for about an hour. Remove, dip in cold water, and peel. Dice the meat and place in a salad bowl, previously rubbed with garlic. Add the tomatoes, onion, parsley, oil, vinegar and season to taste. Stir well with a wooden

EGGPLANT SALAD *Continued*

spoon. Allow to marinate before serving. Delicious when served with roast meats or fish.

LOBSTER SALAD (*Astakos*)

2 cups lobster meat, fish,	1/2 cup olive oil
boiled or canned	1 Tbsp. lemon juice
1/2 tsp. salt	Dash of pepper
1/4 cup chopped celery	Salad greens

Break lobster meat into pieces. Marinate in olive oil and lemon juice for one hour. Add celery, salt and pepper. Mix lightly and serve on salad greens. Garnish with lobster claws, wedges of hard-cooked eggs and capers.

GREEK SALAD

6 boiling potatoes	1 Avocado pear peeled
2 medium sized onions or	and cut into wedges
4 green onions	4 portions of Feta
1/4 cup fine chopped parsley	1 green bell pepper
1/2 cup thinly sliced green	cut into 8 rings
onion	4 slices of canned
1/2 cup salad dressing	cooked beets
Salt	4 peeled and cooked
1 large head of lettuce	shrimp
3 cups of potato salad	4 anchovy filets
12 roka leaves (Greek vegetable)	12 black olives
or 12 sprigs watercress	12 med. hot Salonika
2 tomatoes cut into 6 wedges	peppers
1 peeled cucumber cut	4 fancy cut radishes
lengthwise into 8 fingers	4 whole green onions
1/2 cup distilled white vinegar	Oregano
1/4 cup each of olive and salad oil blended	

GREEK SALAD *Continued*

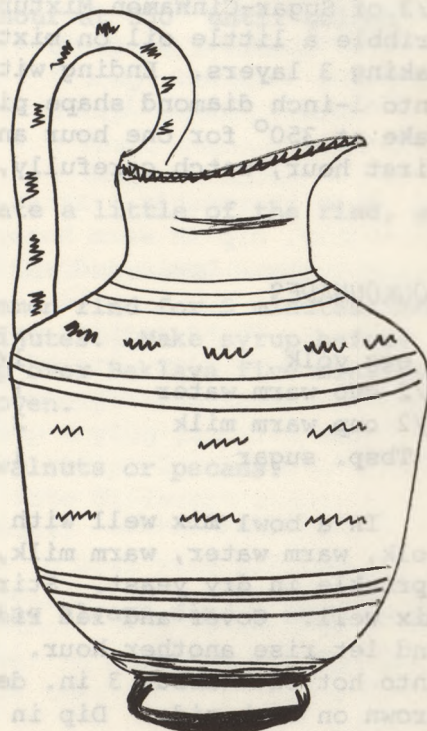
Line a large platter with the outside lettuce leaves and place 3 cups of the potato salad in a mound, in the center of the platter. Cover with the remaining lettuce which has been shredded. Arrange the roka or watercress on top of this. Place the tomato wedges around the outer edge of salad with a few on the top, and place the cucumber wedges in between the tomatoes, making a solid base of the salad. Place the avocado slices around the outside. Slices of Feta cheese should be arranged on the top of the salad, with the green pepper slices over all. On the very top, place the sliced beets with a shrimp on each beet slice and an anchovy filet on the shrimp. The olives, peppers and green onions can be arranged as desired. The entire salad is then sprinkled with the vinegar (more may be used) and then with the blended oil. Sprinkle the oregano over all and serve at once. Garlic toasted Greek bread is served with this salad, and this serves enough for 4 persons.

SHRIMP SALAD

Boil 2 pounds shrimp for 20 minutes. Add 1 Tbsp. vinegar to deepen the color of shrimp. After boiling, strain and allow to cool. Shell and cut off tails. Cut shrimp into small pieces. Place in a salad bowl and mix together with 1/2 cup celery, cut same size as shrimp, 1/3 cup oil, juice of 1/2 lemon, 1/2 cup mayonnaise and a little parsley. Add salt and pepper to taste.

When things go wrong through all the day long.
Mother tells me there's no use in crying.
She'll open a new bag of patience tomorrow.
And I'll start a new day of trying.

DESSERTS



PUMPKIN STRUEDEL (*Kolohethopeta*)

1 med. size Sweet Pumpkin	4 1/2 cups sugar
or Butternut Squash, grate	3 Tbsp. Cinnamon
1 Tbsp. Salt	1/2 tsp. Cloves
1 cup chopped English Walnuts	2 cups Wesson Oil
Rind of 1 orange, grated fine	1 lb. Pastry Sheets

Cut and pare pumpkin, removing seeds. Cut pumpkin in small pieces and shred on grater. Sprinkle salt on and place pumpkin in colander with a large bowl underneath. Refrigerate over night to remove moisture. Next morning, use 6 cups well strained pumpkin and add walnuts and rind of orange. Mix very well. Mix together sugar, cinnamon and cloves. Set aside. Brush bottom of 12 x 18 inch pan with oil, place one Pastry Sheet, brush with oil. Repeat. Brush with oil each time until you have 5 sheets. Spread 1/3 of Pumpkin Mixture over Pastry Sheets, and 1/3 of Sugar-Cinnamon Mixture over Pumpkin Mixture. Dribble a little oil on mixture. Repeat, as above, making 3 layers. Ending with 5 Pastry Sheets. Cut into 1-inch diamond shape pieces with sharp knife. Bake at 350° for one hour and 20 minutes. After the first hour, watch carefully, until golden brown.

LOUKOUMADES

1 egg yolk	1/8 tsp. salt
1/2 cup warm water	1 tsp. vanilla
1/2 cup warm milk	2 pkgs. dry yeast
4 Tbsp. sugar	1 1/2 cups flour

In a bowl mix well with a wooden spoon the egg yolk, warm water, warm milk, sugar, salt, and vanilla. Sprinkle in dry yeast. Stir well. Stir in flour and mix well. Cover and let rise for 1 hour. Stir down and let rise another hour. Drop batter from teaspoon into hot fat (about 3 in. deep). Fry until lightly brown on each side. Dip in warm diluted honey, sprinkle with cinnamon.

BAKLAVA

1 lb. Filo (Pastry Sheets) 4 tsp. cinnamon
1 lb. butter (melted) 1/4 tsp. cloves
5 C. chopped English walnuts 3/4 C. sugar (granulated)
1 C. finely chopped Zwiebach Rind of Med. size orange

Combine walnuts, Zwiebach, sugar, cinnamon and cloves and orange rind. Mix thoroughly.

Melt butter. Brush bottom of 12 x 18 inch pan with melted butter. Place one pastry sheet, brush with butter, repeating this process until five (5) pastry sheets are used. Sprinkle two (2) cups of nut mixture, evenly over pastry sheets. Sprinkle with a little melted butter. Repeat above procedure using three layers of nut mixture. Top with five (5) of more pastry sheets. Using all the butter. Cut into one inch diamond shape pieces. Bake for 1 hour at 350° until golden brown.

Syrup:

4 Cups sugar
2 Cups water
1 Tbsp. lemon juice and grate a little of the rind, add to syrup.

Boil sugar and water and lemon rind for 5 minutes. Add lemon juice, boil 2 more minutes. Make syrup before making Baklava, pour syrup over Baklava five minutes after taking Baklava from oven.

Variation: Add almonds, walnuts or pecans.

Those who wish to sing always find a song.

HONEY COOKIES (Melomacarona)

1 1/2 cups Mazola oil	
1/2 lb. soft butter	1 cup orange juice
1/4 tsp. baking soda	8 to 9 cups flour, more or
1/2 cup sugar	less (as needed to form
1/4 tsp. cinnamon	a soft dough)
1/2 tsp. cloves	2 to 3 cups chopped walnuts
1 tsp. baking powder	

Beat oil and melted butter together. In a cup combine baking soda with orange juice. Add sugar, water and orange juice mixture to butter and oil and beat for 15 minutes. Mix 3 cups flour with baking powder and spices. Add gradually to mixture. Add additional flour as needed until a soft dough is formed. With a teaspoon or more of dough form each cookie into a flattened egg shape and make 3 or 4 indentations with a silver knife across cookie to hold nuts. Bake on ungreased cookie sheet at 350° for approximately 25 minutes. Yield 50 or more, according to size.

Prepare the following syrup:

2 cups honey	1 cup water
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Heat thoroughly. After cookies have cooled thoroughly, dip in warm honey but do not allow to become soggy. Drain and sprinkle with chopped walnuts.

Note: These cookies may be prepared several weeks ahead of time, stored in a container, and dipped in honey mixture when ready to use.

NUT CAKE (Karethopita)

1/2 lb. butter	1/2 lb. walnuts, chopped
1 3/4 cups sugar	1 tsp. cinnamon
3 tsp. baking powder	1/2 tsp. cloves
2 cups flour	1 tsp. vanilla
8 eggs	

NUT CAKE (Continued)

Cream butter well; add sugar gradually. Mix in cup of flour with baking powder and spices. Stir in eggs, one at a time, beating well after each. Add second cup of flour and nuts. Pour into greased 13 x 9 x 2 inch pan. Bake at 350 degrees for about 40 minutes or until done.

While cake is baking, prepare the following syrup:

2 cups sugar	2 cups water
Juice of 1/2 lemon	

Bring to boil and cook for about 5 minutes. Allow cake to cool. Ladle hot syrup over cake. Serve when cooled.

HONEY RIPPLES (Diples)

3 whole eggs	Juice of 1 orange
Plus yolks of 3 eggs	1 Tbsp. butter
3 cups flour	1 tsp. baking powder
1 tsp. salt	2 Tbsp. cognac
1 cup chopped nuts	1 Tbsp. cinnamon
1 1/2 cup honey	

Break eggs into large bowl and add remaining eggs, flour, salt, juice, butter, baking powder and cognac. Knead by hand to form a stiff dough as in bread. Take a portion and roll out very thin on floured board. With a pastry wheel, cut in strips about 3 inches long and 2 inches wide. In a deep frying pan with very hot vegetable shortening fry strips 2 or 3 at a time until golden. Fold strips into different shapes while frying. Drain on paper towels.

Pour honey in saucepan to boil with 1/2 cup water. Arrange a layer of diples on a platter, sprinkle with chopped nuts and cinnamon. Dribble with hot syrup. Arrange another layer on top and continue same process until all diples are used.

HONEY PUFFS (Loukoumathes)

3 1/4 cups warm water 1 1/4 tsp. salt
1 cake yeast(or dry yeast) 4 1/2 cups flour

Pour warm water into large mixing bowl. Crumble cake of yeast in water until dissolved. Add salt. Stir in flour gradually, and beat with a wooden spoon until smooth. Cover bowl with a large plate and clean dish towel. Set aside in warm place to rise.

In a 2 quart saucepan pour vegetable oil about half full, and heat to very hot temperature. After dough has risen, drop batter, a teaspoon at a time into oil. Fry until golden brown on each side. (Dip spoon in water each time before dipping to prevent batter from sticking to spoon). After loukoumathes are fried, arrange on a platter and sprinkle with honey and cinnamon. (A mixture of cinnamon and sugar may be used.) Honey may be diluted with a little water and heated.

Very homey served hot while drinking coffee on a winter afternoon or evening.

RICE PUDDING (Rizogalo)

1 qt. milk 1/2 cup rice(Uncle Ben's)
1/2 stick butter or Cinnamon
1/4 cup
3 Tbsp. sugar, more or less

Bring milk, butter and sugar to boil. Add rice; reduce heat and cook until tender, about 40 to 50 minutes, stirring occasionally, until milk is absorbed.

Serve in individual dishes and sprinkle with cinnamon. Serves 4 to 6 persons. Very good served warm, or may be refrigerated and served following day.

RICE PUDDING (Rizogalo)

- | | |
|---------------|------------------|
| 1 qt. milk | 1 egg, separated |
| 1/2 qt. water | 3/4 cup sugar |
| 1 cup rice | Cinnamon |
| 1 lemon wedge | |

Combine milk, water, rice and lemon wedge and bring to a boil. Lower to medium heat and cook 30 minutes or until rice is tender. Remove from heat and discard lemon. In bowl, beat egg white until stiff. Add yolk and continue beating. Add sugar and mix well. Add a small amount of hot mixture to egg; stir into remaining hot mixture. Place on low heat and stir until thick. Spoon into dessert dishes and sprinkle with cinnamon. Good served either warm or cold.

GRECIAN PEARS

- | | |
|--------------------------------|------------------------|
| 6 fresh pears, Anjou or Comice | 1 stick cinnamon |
| 2 cups water | 3 or 4 whole cloves |
| 3 - 4 cups sugar | 1 pt. dairy sour cream |
| | Mace |

Peel pears and core from blossom end, leaving stems on. Combine water and sugar in large saucepan; cook over low heat, stirring until sugar is dissolved. Place pears in syrup and boil gently for 15 minutes or until tender. Remove from heat and add cinnamon stick and cloves. Refrigerate several hours until well chilled. Place pears upright in individual crystal sherbets and pour syrup over top. Spoon sour cream around pears; sprinkle with mace. Serves 6.

A stranger is just a friend you haven't met.

HALVA

1 cup cornstarch 2 cups warm water
1 1/2 cups sugar 1/2 cup blanched almonds
1/4 lb. unsalted butter

Melt butter in saucepan, add almonds and cook until lightly brown. Add cornstarch to butter mixture and stir constantly. Blend sugar with warm water until sugar melts; combine with butter mixture, stirring constantly until thick. Pour into a mold pan and set aside to cool. Sprinkle with cinnamon. Keep refrigerated.

GRAPEFRUIT PRESERVES (*Frapa Glyko*)

6 whole grapefruits, 3 cups water
 thick-skinned 2 Tbsp. lemon juice
6 cups sugar

With grater, lightly scrape rind of fruit. Using a knife section whole grapefruit, lengthwise, into about 8 slices. Separate and remove fruit from rind. Roll each section of rind and thread through with a darning needle and strong string. Tie the ends of string together to prevent unrolling.

Place strings of rolled grapefruit rind into a large pan filled with water. Boil until tender; drain; repeat boiling for a few minutes. Drain and boil again. Drain; leave in fresh water overnight. This eliminates the bitterness of the rind. The next day, drain and dry on clean towel to absorb moisture.

Combine sugar, water and lemon juice and boil. To test syrup, dip spoon into syrup and let drip until spoon is coated or a drop sticks to spoon tip. When syrup is ready, remove string from rind rolls and place fruit in syrup. Simmer 5 minutes. Remove from heat; let stand for a day. The next day, boil fruit again until syrup is thick. When cooled, preserve in jars.

GREEK FARINA DESSERT

2 cups of farina (cream of wheat may be used)
1/4 lb. butter 4 cups sugar
1 cup of lightly toasted 4 cups water
 pignolia nuts or pecans

Cook the sugar and water to a light syrup. Toast the nuts in oven until lightly browned. Melt butter in a skillet, allowing it to brown a little. Add the farina, tossing it in the butter so as to absorb it all and also to brown slightly. Add the hot syrup and stir until smooth. Cook for about 5 minutes and add the nuts, stirring well to distribute evenly. Cover the pan and allow to steam off of flame, for 30 minutes more. This may be served warm or put into molds to cool. Sprinkle with cinnamon before serving.

GREEK WEDDING CAKES (Kourabiedes)

1/2 lb. or 1 cup of lightly salted butter
1/4 cup sugar 2 Tbsp. brandy
1 egg yolk 1/2 cup chopped pecans
1/2 tsp. baking powder 2 1/2 cups sifted all
 purpose flour

Cream the butter in electric mixer until it is light and fluffy. Add the sugar slowly beating all the time. Add the egg yolk and the brandy. Sift the baking powder with the flour and fold into the first mixture, by hand. Add the chopped nuts a little at a time. Knead gently with hands adding a little flour to keep the dough from sticking. Using about 1 Tbsp. of dough, shape into crescents or balls. Place on ungreased baking sheet and bake about 35 minutes in a 375° oven or until golden brown. Watch carefully. Remove at end of baking time and allow to cool slightly. Sprinkle heavily with confectioners sugar while warm. These cakes may be stored when cold.

SESAME PASTRY DELIGHTS (Spartan Baklava)

1 lb. pastry sheets 1/4 lb. sesame
3/4 cup sugar 1 lb. butter
1 tsp. cinnamon 1/2 tsp. lemon rind
1 lb. blanched almonds

Saute sesame until golden brown. Combine sesame, almonds (ground fine) sugar, cinnamon and lemon rind. Brush bottom of pan with melted butter and place one pastry sheet, brush with melted butter, repeat until you have four sheets on bottom of pan. Sprinkle with nut mixture, place another layer of buttered pastry sheet and nut mixture repeating until the nut mixture has been consumed. Top with four buttered sheets of pastry. See Baklava for instructions in cutting. Bake at 375° for 30 minutes and reduce oven to 350° and bake an additional 25 minutes or until browned to desired shade.

SYRUP:

2 cups sugar 1 tsp. lemon juice
2 cups water 1/4 cup honey

Combine sugar and water and boil until thickened, stir in honey and lemon juice. Cool and pour over warm baklava.

BAKLAVA PINWHEELS (Saragli)

1 lb. pastry sheets 1 lb. butter
1 lb. chopped pecans 2 tsp. cinnamon
(4 cups) grated rind of 1 orange

Cut pastry sheets in half. Combine nuts, orange and cinnamon. Use a quarter of the number of sheets at a time, about eight or nine -- one cup nut mixture. Sprinkle nut mixture on first sheet add pastry sheet and continue in this manner until all are used, ending

BAKLAVA PINWHEELS *Continued*

with a top sheet of pastry. Roll tightly lengthwise and cut in one inch rolls. Arrange on cookie sheet, tightly, cut side down. Use rest of sheets and nut mixture in the same manner. Melt butter and dribble evenly over rolls. Bake at 350° about 40 minutes or until golden brown. Pour cooled syrup over hot rolls. Allow to stand several hours, turn rolls over and let stand till served.

SYRUP:

2 cups sugar	1 slice orange
1 1/4 cups water	1 Tbsp. lemon juice
2 Tbsp. honey	

Boil sugar, water and orange slice to a thick syrup or 225° on candy thermometer. Mix in honey.*

*A jigger of cognac or ouzo may be added to syrup if desired.

ALMOND PASTRY

2 lbs. blanched ground almonds	1 tsp. baking soda
1 cup ground zwieback	1 tsp. vanilla
5 eggs, separated	1 oz. cognac(optional)
1 cup sugar	1/2 lb. pastry sheets
1 tsp. baking powder	1/2 lb. butter, melted

Beat egg yolks, gradually adding sugar. Add remaining dry ingredients and flavorings. Beat egg whites until stiff but not dry and fold into egg yolk mixture. Grease a baking pan 10 x 15" and line with half of the pastry sheets, brushing each with butter. Pour in filling and top with the remaining pastry sheets, brushing generously with butter. Score top of pastry in 2" diamond pieces and pour all remaining melted butter over entire pastry. Bake at 375° for

ALMOND PASTRY Continued

30 minutes then reduce heat to 350° and bake for 30 minutes more or until pastry is browned to desired shade.

SYRUP:

2 cups sugar	Juice of 1/2 lemon
1 cup water	1 oz. cognac
1 tsp. cinnamon	

Boil sugar and water until a thin syrup is formed. Stir in cinnamon, lemon juice and cognac. Cool. Pour cooled syrup over hot pastry. Almond Pastry is delicious served warm or cold.

ALMOND ROLL

1 lb. pastry sheet	6 eggs
2 lbs. blanched ground almonds	2 cups sugar
	2 oz. whiskey
1 1/2 lb. sweet butter	

Beat egg yolks until light and add sugar, beat until creamy. Beat egg whites stiffly. Alternating, add ground almonds and egg whites into egg yolk mixture, add liquor. Put three buttered pastry sheets one on top of other and pour 1/4 of the mixture along one end of pastry and roll like a jelly-roll turning in the ends to retain mixture. Makes five almond rolls. Place rolls side by side in pan and pour melted butter over rolls. Bake for 30 minutes in 350° oven.

SYRUP:

5 cups sugar	slice of 1 lemon
4 cups water	

ALMOND ROLL Continued

Boil syrup until thickened and pour cool syrup over hot pastry, slice immediately.

TRICORN PASTRY (Trigona) Walnuts or Almonds

1 lb. ground walnuts	2 Tbsp. sugar
1 lb. butter	2 egg yolks
1/2 tsp. cinnamon	1 lb. pastry sheet

Mix walnuts, 1/4 lb. butter, cinnamon, sugar and yolks. Cut pastry sheets in half and brush with melted butter, fold lengthwise, fold over again brushing with butter and place one teaspoon of nut mixture on triangle and fold to retain mixture. Place on baking sheet and bake at 375° for 20 minutes.

SYRUP:

1 lb. sugar	2 1/2 cups water
1 Tbsp. lemon juice	

Boil until syrup is thickened. Dip each tricorner in hot syrup.

EASTER CUSTARD (Galopita)

1 qt. milk	3/4 cup butter
1 1/4 cups sugar	8 eggs, separated
1/8 tsp. salt	1 tsp. vanilla
1/2 cup farina	

Place milk, one cup of sugar and salt in saucepan and cook over low heat until the milk is warmed. Slowly add farina, stirring constantly until mixture is smooth and thick. Add butter and remove from heat to cool. Beat egg yolks with 1/4 cup sugar until light and creamy. Beat egg whites until stiff and fold into

EASTER CUSTARD *Continued*

egg yolk mixture. Slowly fold egg mixture into cooled farina mixture. Pour into 9 x 13" greased pan and bake at 375° for 30 minutes. Cool and sprinkle with confectioners' sugar and cinnamon. Cut in squares and serve.

GREEK CUSTARD (CALOPITA)

1 qt. milk	4 Tbsp. melted butter
6 Tbsp. cornstarch	2 tsp. vanilla
2 cups sugar	nutmeg
8 eggs (beaten)	

Mix milk with cornstarch, slowly add other ingredients and mix well. Pour in greased baking pan and sprinkle with nutmeg. Bake at 350° approximately 1/2 hour or until top is lightly browned.

"NEVER FAIL" YOGURT CAKE

1 cup butter	1/2 cup milk
2 1/2 cups sugar	3 cups sifted cake flour
5 eggs, well beaten	1 cup walnuts chopped fine
3 tsp. baking powder	1 cup yogurt
1/2 tsp. baking soda	

SYRUP:

Combine 1 1/2 cups sugar and 2 1/2 cups of water in heavy sauce pan and boil gently for about 25 minutes. Remove from heat and allow to cool.

To prepare cakes: Melt butter and allow to cool. Add sugar a little at a time and cream together thoroughly. Add beaten eggs and mix well. Stir in yogurt. Combine soda and milk and add to mixture. Blend in one cup

"NEVER FAIL" YOGURT CAKE CONTINUED

at a time the sifted flour and baking powder combined. Beat batter vigorously until it is thoroughly blended. (If electric mixer is used be careful not to overbeat when each ingredient is added to batter to prevent air holes in finished cake).

Pour batter into 13 x 9" greased pan and bake in 325° oven about 60 minutes or until cake springs back when touched and is medium brown on top. Remove cake from oven, while still hot cut into serving pieces, sprinkle nuts over top and spoon cooled syrup over hot cake slowly. Yield 20 pieces.

EASY ORANGE CAKE

Grind rind of 1 orange and 1 cup of raisins three times. In bowl put:

1 cup sugar	3/4 cup sour milk
1/2 cup shortening	1 tsp. baking soda
1 tsp. salt	1 Tbsp. baking powder
2 eggs	2 cups flour

Mix well, add raisin mixture, mix again and pour into 9 x 12" pan. Bake at 375° for 40 minutes. When done, mix 1/2 cup sugar and juice of one orange and pour over top.

YOGURT SWEET CAKE (Ravani Me Viaourti)

6 eggs separated	1/2 lb. butter
2 1/2 cups sugar	3 cups cake flour
1 tsp. soda	1 oz. cognac
1 cup yogurt	

Beat the butter and sugar until creamy. Add

YOGURT SWEET CAKE *Continued*

the egg yolks and the yogurt, and continue beating. Dissolve the soda in cognac and add to mixture, alternating with the flour until all are used up. Beat egg whites into a stiff meringue and fold into first mixture. Pour into a 9x14" well buttered pan and bake for 10 minutes at 375° and 30 minutes at 350°. In the meantime, prepare syrup consisting of 3 cups sugar and 2-1/2 cups water. Boil for 5 minutes. Remove cake from oven when done, and let cool for 10 minutes. With a toothpick make several indentations and pour half the syrup on top, and let cool for another 10 minutes. Pour remaining syrup, let cool and then cut into diamond pieces.

GREEK SUGAR CAKE (*Ravani*)

8 eggs	3 tsp. baking powder
1 cup sugar	1/4 cup cognac or water
1 cup cake flour	1 tsp. orange
1 cup farina	1/2 tsp. cream of tartar

Separate whites from yolks of eggs into 2 bowls. Beat yolks slightly; add sugar and continue beating. Add cognac or water and beat until creamy and lemon colored. Add orange and beat a little longer. Sift flour, farina and baking powder together 3 times and set aside. In a large mixing bowl beat egg whites with cream of tartar until stiff but not dry. Do not underbeat. Slowly fold in the egg yolk mixture, alternating with the flour-farina mixture, a little at a time, until all are blended together, being careful to keep texture fluffy. Pour into a 10 x 15" baking pan into which a little butter has been melted. Smooth with spatula and bake 30-40 minutes in moderate oven.

ORANGE TORTE (Ravani Me Portokali)

1/2 lb. butter	1/4 tsp. salt
3/4 cup sugar	6 eggs, well beaten
1 cup farina	1 orange rind, grated
1 cup flour	1/2 cup orange juice
2 Tbsp. baking powder	1 cup finely chopped almonds, (opt.)

Mix butter and sugar well; add farina gradually and continue to mix. Add eggs slowly, mixing well. Sift dry ingredients and add alternately with juice and grated orange rind. Mix in almonds. Pour in 11 x 7" pan, which has been previously greased, and bake at 350° about 30 minutes.

Syrup: 2 cups sugar 2 cups water 1 thick slice lemon

Boil together 15 minutes. Cool slightly, and pour over cake. When cold cut into diamond shaped pieces.

WALNUT CAKE (Karethopeta)

1/2 cup butter	4 cups chopped walnuts
1 cup sugar	1/4 cup coarsely chopped nuts (for topping)
8 eggs, separated	
3 cups cake flour	2 tsp. cinnamon
1/4 tsp. cream of tartar	2 tsp. baking powder

Cream butter and sugar well, add egg yolks and beat in mixer until very light. In a separate bowl, beat egg whites and cream of tartar into a stiff meringue. Combine all dry ingredients except coarse nuts and fold into mixture. Pour into a 10 x 15" pan, sprinkle with coarsely chopped nuts and bake at 350° for 1/2 an hour or until done. When cool, cut in diamond shapes and pour syrup over top and let stand for at least 2 hours before serving.

Syrup: Boil 1 cup sugar and 1/2 cup water until it spins a thread; add 1 cup honey, 1/2 tsp. cinnamon and a little lemon juice or rum if desired.

ALMOND CAKE (Amegthalopeta)

12 eggs, separated	Grated rind of 2 thick-
1 lb. almonds (shelled)	skinned lemons
2 cups sugar	Juice of 1/2 lemon
1 tsp. baking powder	1 tsp. almond extract

(Blanch almonds the night before and grind the next day).

Beat egg yolks until fluffy. Slowly add sugar and cream well. Add ground almonds, baking powder, lemon rind and almond extract. Add lemon juice and blend thoroughly. Beat egg whites until stiff but not dry. Fold into egg yolk mixture carefully until well blended. Pour into greased baking pan and bake in slow oven (250°) for 45 min. until done. Remove from oven and allow to stand for 10 minutes. Cut into diamond shaped pieces and pour syrup over entire top.

Syrup: Boil 2 cups sugar, 1 cup water and 1/2 lemon, including skin.

ALMOND PUDDING CAKE (Amegthalopeta)

2 cups almond, cut fine	1 1/2 cups sugar
6 eggs, separated	2 cups zwieback crumbs
3 tsp. baking powder	(paximathy)

Beat egg yolks until thick and light colored; add sugar, a little at a time and continue beating. Beat egg whites until stiff but not dry. Mix almonds, paximathi and baking powder together and add to egg yolk mixture, alternating with egg whites. Fold and bake in moderate oven (350°) for about half an hour. Test with toothpick. Remove from oven and pour on top the following syrup:

1 1/2 cups sugar	3/4 cup water	1 slice lemon
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Boil together until slightly thickened. Use hot.

FARINA DIAMONDS (Halva)

1/4 lb. butter	1 1/2 cups sugar
1 cup farina	Cinnamon
1 quart milk	Walnut Halves

Boil milk, add sugar and cook 10 minutes. In heavy saucepan, heat butter, add farina stir constantly until farina is golden brown. Add milk slowly, stirring until mixture thickens. Pour mixture into 9" greased pan and sprinkle with cinnamon. Cool and cut in diamond shaped pieces centering each with a walnut half.

RICE PUDDING (Richer version)

1/3 cup water	2 eggs
1 quart milk	1 tsp. vanilla
1/3 cup rice	Cinnamon
Dash of salt	1/4 cup butter
3/4 cup sugar	

Cook rice in boiling water until water is absorbed; add hot milk and cook slowly till rice is tender. Add sugar and heat until sugar is dissolved. Remove pan from heat. Beat eggs and stir until melted and blended. Pour this into rice mixture. Replace pan on heat and stir a few seconds until creamy. Add vanilla, mix and pour into dessert dishes and sprinkle with cinnamon. Cool and serve. Serves six.

SIMPLE RICE PUDDING

3/4 cup rice	2 quarts milk
1 cup sugar	2 cups water
1/4 tsp. salt	1 tsp. vanilla

SIMPLE RICE PUDDING *Continued*

Wash rice and bring to boil with the 2 cups of water. Continue boiling, over low flame, until water is absorbed. Add the 2 quarts of milk and boil slowly until rice is done and pudding is thickened. Add the sugar, salt and vanilla, stir until dissolved and pour into individual dishes. Sprinkle with cinnamon and serve when cold.

GRAPE JUICE PUDDING (*Moustaleria*)

2 cups Welch's grape juice	2 Tbsp. sugar
or fresh Mousto	2 Tbsp. corn starch
	(heaping)

Boil grape juice and sugar over medium heat. Dissolve corn starch in a little cool water and gradually add to grape juice mixture, stirring constantly, taking care not to scorch. When pudding comes to a boil, remove from heat, stir until slightly cooled, pour into sherbet glasses and serve. Top with chopped nut meats or toasted sesame seeds, if desired. Serves 6.

GOLDEN RAISIN COOKIES

2 cups golden raisins	1 tsp. vanilla
1 cup water	1 tsp. orange flavoring
1 cup butter or margarine	3 cups flour
1 1/2 cup white sugar	1 tsp. soda
3 eggs, at room temp.	1/2 tsp. salt

Put raisins in pan and let simmer until water is absorbed. Turn out on plate and let cool to room temp. over night. Cream butter or margarine and sugar. Add eggs, one at a time, beating after

GOLDEN RAISIN COOKIES *Continued*

each addition. Stir in vanilla and orange flavoring. Sift flour, soda, and salt together and mix in. Add in raisins. Nuts may be added as an optional ingredient. Drop by teaspoons into a mixture of cinnamon and sugar. Bake on a greased cookie sheet at 350° for about 12 minutes.

HONEY COOKIES (Melomakarona)

	2 TSP. CINNAMON
1 cup butter	3 egg yolks
1 cup Mazola	3 Tbsp. water
1 cup Crisco	3 Tbsp. Cognac or Whiskey
1 cup granulated sugar	1/2 tsp. baking soda
2 oz. Orange Juice	2 tsp. baking powder
	Cake flour

Mix together in large bowl butter, Mazola, Crisco and sugar, beat for 20 minutes. Add egg yolks, beat thoroughly. Add orange juice, water, liquor. Stir in baking soda and baking powder. Add enough flour to make dough easy to handle (not sticky). Shape into "ovals" using a heaping teaspoon of dough. Bake about 15 minutes (golden brown). Cool.

Syrup: 1 cup sugar 1/2 cup water 1 tsp. lemon juice

Boil sugar and water 5 minutes, add lemon juice, boil 2 minutes. Dip cookies in warm syrup, sprinkle with Cinnamon and chopped (very fine) walnuts.

GREEK WEDDING CAKES (Kourabiedes)

1/2 lb. or 1 cup of	1/2 tsp. baking powder
lightly salted butter	2 Tbsp. brandy
1/4 cup sugar	1/2 cup chopped pecans
1 egg yolk	2 1/2 cups flour

GREEK WEDDING CAKES (Kourabiedes) Continued

Cream the butter in electric mixer until it is light and fluffy. Add the sugar slowly, beating all the time. Add the egg yolk and the brandy. Sift the baking powder with the flour and fold into the first mixture, by hand. Add the chopped nuts a little at a time. Knead gently with hands adding a little flour to keep the dough from sticking. Using about 1 Tbsp. of dough, shape into crescents or balls. Place on ungreased baking sheet and bake about 35 minutes in a 375° oven or until golden brown. Watch carefully. Remove at end of baking time and allow to cool slightly. Sprinkle heavily with confectioners sugar while warm. These cakes may be stored when cold.

GREEK DOUGHNUTS (Loukomades)

1 tsp. active dry yeast	1/2 tsp. salt
1 Tbsp. sugar	1 1/2 cups unsifted all-purpose flour
1 cup warm water	Fat for frying
2 eggs	Honey and cinnamon

Dissolve yeast and sugar in warm water. Beat eggs and add salt. Add flour alternately with water and yeast. Beat well, cover and let rise in a warm place 2 hrs. Fry, 1 tsp. at a time, in hot deep fat (375°) turning to brown both sides. Drain on absorbent paper, then dip in warmed honey and sprinkle with cinnamon. (These can be reheated in a warm oven before dipping in honey). Makes about 4 dozen.

Men make a camp;
A swarm of bees a comb;
Birds make a nest;
A women makes a home.

PECAN ROLLS

3 cups bread flour	1 tsp. salt
3 eggs	1 cup butter (melted)
1 cup sour cream	1 cake compressed yeast
1/2 cup sugar	

Mix all ingredients together in mixmaster. Place in refrigerator overnight. Before rolling out, remove from refrigerator and let stand at room temperature for a short while. Prepare pans before rolling dough thusly: Into each muffin tin cup place in order:

1 tsp. brown sugar	1/2 tsp. Karo syrup
1/2 tsp. butter	2 pecans

Place rolls of dough on this. Bake. This will form glaze. Rolls must be removed immediately when taken from oven.

ORANGE COOKIES (Soft)

1 1/2 cups brown sugar	1 tsp. baking soda
1 cup shortening	2 tsp. baking powder
2 eggs	Pinch salt
1/2 cup sour cream	Juice and rind of 1 orange
4 cups flour	1 tsp. vanilla

Cream sugar and shortening. Add eggs and beat well. Add sour cream; then flour, soda, baking powder, salt. Blend in orange rind, juice and vanilla. If mixture seems too dry, add a little more juice. Drop by spoonful on greased cookie sheet. Bake in 350 oven. Makes about 60 cookies.

Orange Frosting: Cream 2 cups powdered sugar and 2 Tbsp. butter well, adding 2 Tbsp. milk or water and juice and rind of orange. Mix until thin enough to spread.

APPLE NUT CAKE

1 3/4 cups sugar (scant)	Pinch nutmeg
3 eggs	1/2 tsp. salt
1 cup oil	1 tsp. vanilla
2 cups all-purpose flour	1 cup nuts (chopped)
1 tsp. soda	2 cups apples (diced or
1 tsp. cinnamon	sliced--about 3 or 4)

Combine first 8 ingredients, mix well. Add nuts and apples. Bake in greased and floured pan (9x13) at 350° for 45-55 minutes.

ORANGE KISS ME CAKE

2 cups flour	1 large orange (reserve juice
1 tsp. soda	for topping, grind rind
1 tsp. salt	and pulp with raisins)
1/2 cup shortening	1 cup raisins (ground)
1 cup sugar	1 cup milk
2 eggs	

Sift together flour, soda and salt. Cream shortening and sugar. Blend in eggs, one at a time. Add ground orange and raisins. Add milk and dry ingredients. Blend thoroughly after each addition. Pour into well greased and lightly floured pan. Bake in moderate oven 350°, 30-35 minutes in 13x9" pan. Drip orange juice (about 1/3 cup) over warm cake. Sprinkle with sugar, cinnamon and nut topping.

Topping:

1 tsp. cinnamon	1/4 cup walnuts (chopped)
1/4 cup sugar	

Any housewife, no matter how large her family, can always get some time to be alone--by doing the dishes.

MARSHMALLOW ICING FOR BIRTHDAY CAKE

Syrup:

- | | |
|--------------------------|--------------------------|
| 1 1/2 cup sugar | 3/4 tsp. cream of tartar |
| 1/2 cup water | 1/4 tsp. salt |
| 2 Tbsp. white corn syrup | |

Bring syrup ingredients to a boil. Be sure all the sugar is dissolved.

- 2 egg whites
- 1 tsp. vanilla

Put 2 egg whites into mixing bowl, start beating high speed and immediately start pouring boiling syrup slowly in fine stream. Add 1 tsp. vanilla and continue beating until icing peaks about 5 or 6 minutes. Plenty of icing for 2 or 3 layers. Cover top and sides, sprinkle with 1 can Downy Flake coconut.

PEANUT BUTTER FROSTING

- | | |
|--|-----------------------|
| 2/3 cup butter or margarine | 1/2 cup peanut butter |
| 1 1/3 cups confectioners' sugar (sifted) | |

Cream butter, add 1 cup of the sugar gradually, cream until fluffy. Stir in peanut butter until blended. Fold in remaining sugar.

SEA FOAM ICING

- | | |
|--------------------------|------------------|
| 1 1/2 cup sugar | 1/4 tsp salt |
| 1/2 cup water | 2 egg whites |
| 2 Tbsp. maple syrup | 1/2 tsp. vanilla |
| 3/4 tsp. cream of tartar | |

SEA FOAM ICING *Continued*

Bring sugar, water, syrup, cream of tartar and salt to a boil over medium heat. Beat egg whites at high speed and immediately start pouring boiling syrup slowly in fine stream. Add 1/2 tsp. vanilla and continue beating until icing forms peaks about 5 or 6 minutes.

STRAWBERRY WHIP FROSTING

1 egg white 1 box strawberries
3/4 cup sugar (frozen, drained)

Beat all ingredients together in electric mixer for 20 minutes.

APPLE PIE

1/2 recipe very rich plain pastry.
6 apples 1/4 tsp. cinnamon
1/2 cup seedless raisins 2 Tbsp. cornstarch
3/4 cup pecan pieces 3 Tbsp. butter
1/2 cup brown sugar 1 tsp. orange rind
1/2 cup granulated sugar 3 Tbsp. orange juice
1/4 tsp. nutmeg 1 Tbsp. lemon juice

Peel and core apples. Soften raisins in hot water, pat dry. Roll pastry, place in 9 in. pie plate, building edges high. Spread raisins over bottom. Slice apples in eighths and place an even layer over raisins. Add pecans and another even layer of apples. Blend together starch, sugar, cinnamon, nutmeg, orange juice, orange peel and lemon juice; sprinkle over apples. Bake in 300° oven 1 1/2 hours. (If apples brown too quickly, cover top with aluminum foil). Cool.

DOWN-UNDER APPLE PIE

Line 9 in. pie plate with pastry dough. Peel, quarter and thinly slice 8 tart apples. Toss slices lightly with mixture of 1 cup sugar, 2 Tbsp. flour, 1 tsp. cinnamon, 1 tsp. grated lemon peel, 1/8 tsp. cloves and 1/8 tsp. salt. Arrange apples overlapping in pie pan. Combine 1/2 cup flour and 1/4 cup sugar, 1/8 tsp. salt and 1/2 cup grated sharp Cheddar cheese. Mix in 1/4 cup melted butter and sprinkle crumbly mixture over apples. Bake in 400° oven for 40 minutes or until crust and topping are golden. Serve warm with a generous spoonful of sour cream. Yield 6-8.

PEACH CRUMBLE PIE

1 standard pie crust	1 cup <u>plus</u> 3 Tbsp. flour
16 medium peaches (fresh)	1/4 tsp. cinnamon
3/4 cup brown sugar	1/2 cup butter

Line 9 in. pie plate with crust dough. Peel and halve fresh peaches. Place in pastry shell, cut side up. Mix 1/4 cup brown sugar, 3 Tbsp. flour, and cinnamon. Sprinkle on fruit. Mix 1/2 cup brown sugar with 1 cup flour. Cut in butter to crumb-like consistency. Sprinkle over fruit. Bake in preheated oven 450° for 15 minutes. Reduce heat to 350° and bake for about 35 minutes or until peaches are tender.

FRENCH STRAWBERRY PIE

1 qt. fresh strawberries (washed and hulled)	2 Tbsp. sweet cream
1 cup sugar	3 Tbsp. cornstarch
1 (3 oz.) pkg. cream cheese	1 baked pie shell

Have cheese at room temperature. Mix with sweet cream until soft enough to spread on baked pie shell.

FRENCH STRAWBERRY PIE Continued

Over this place 1 pint berries. Now mix other pt. of berries with sugar and cornstarch. Cook 10 min. until clear red and thick, stir well, cool. Pour this over pie and chill. Serve with whipped cream.

LEMON PIE

3 Tbsp. cornstarch	2 cup boiling water
2 Tbsp. flour	3 egg yolks (beat slightly)
1 cup sugar	1 Tbsp. butter
1/2 tsp. salt	5 Tbsp. lemon juice
1/2 cup cold water	Rind of 1 lemon

Mix cornstarch, flour, sugar, salt and cold water together in top of double boiler. Add boiling water and cook until thickened. Add egg yolks and cook a little longer. Remove from fire and add butter, lemon juice and lemon rind. Cool a little and put in baked butter pie crust. Cover with meringue.

MERINGUE

3 egg whites
6 Tbsp. sugar

Make meringue by beating whites and adding sugar and a little salt. Spread over top of filling to the edge of the crust and bake in oven 325° for 15 or 20 minutes.

Each time you turn the pages
Looking for something new to cook
Fondly remember each person
Who makes possible this book.

FRESH PEACH OR BERRY PIE FILLING

- | | |
|--------------------------------|---------------------|
| 1 qt. washed berries <u>or</u> | Cinnamon, nutmeg or |
| sliced peaches (about 3 c.) | desired flavoring |
| 3/4-1 cup sugar (according to | 2 Tbsp. butter |
| sweetness desired) | Juice of 1/2 lemon |
| 3 Tbsp. Minute Tapioca | |

Mix fruit with sugar, tapioca, juice and flavoring. Let stand while rolling desired crust. Fill crust and dot with butter. Bake 15 minutes in hot 400° oven. Reduce heat to 325° and bake 30 minutes more or until crust is well browned.

PIE CRUST

- | | |
|-----------------|--------------------|
| 1 1/2 cup flour | 1/2 cup shortening |
| 1/2 tsp. salt | 4 Tbsp. ice water |

Blend shortening into flour and salt. Add ice water gradually. Roll out and line pie pan. Bake in 450° oven for 15 minutes.

BUTTER PIE CRUST

- | | |
|-----------------|----------------|
| 1 1/4 cup flour | 1 stick butter |
| Pinch salt | 1 tsp. vinegar |

Sift together flour and salt. Cut butter into dry ingredients. Add vinegar; mix with fork.

EASY PIE DOUGH

- | | |
|-----------------------------|--------------------|
| 2 cup flour (sifted) | 1/4 cup butter |
| 1 tsp. salt | 1/4 cup sour cream |
| 1/2 c. vegetable shortening | Juice of orange |

EASY PIE DOUGH Continued

Blend shortening and butter with flour and salt. Add juice of orange and sour cream to make a soft dough. Chill. Use as desired. *Secrets of successful pie crust: cold ingredients and minimum handling. Chill crusts before adding filling and again before baking for maximum flakiness.

APPLE CRISP

3 cup canned sliced apples	1/4 cup butter
2 Tbsp. sugar	1/2 cup brown sugar
1/2 tsp. cinnamon	1/2 cup flour
1 Tbsp. lemon juice	

Butter a 9 in. square cake pan. Cover bottom with apple slices, sprinkle with sugar, cinnamon and lemon juice. Crumble butter, brown sugar and flour together. Sprinkle over apple slices. Bake in 350° oven for 30 minutes.

APPLE COBBLERS

2 Tbsp. flour	Butter
1 cup sugar	Cinnamon
6 apples (cut small)	2 Tbsp. water

Line an 8x8 in. pan with flour, and sugar mixed together. Cover with apples, dot with butter, sprinkle with cinnamon and 2 Tbsp. water. Cover with crust.

Make your cakes as best you can,
For that's the way to please a man.

PAXIMADIA

1 lb. butter	2 tps. vanilla
1 2/3 cup sugar	7½ cups flour
4 medium eggs, beat slightly	2 tsp. baking soda
1/4 tsp. Anise oil	2 tsp. baking powder
	1 cup chopped pecans

Cream butter in large mixmaster bowl. Add gradually the sugar and continue beating. Add eggs and beat until well blended. Add oil and vanilla and mix only until well blended. Remove from beaters and pour mixture into larger pan for mixing with flour. Sift together flour, baking soda, and baking powder 3 times and add to mixture. (Optional) Add to flour mixture and knead dough only until it leaves the sides of the pan and is not sticky. NOTE: Recipe calls for 7½ cups flour. If eggs are exceptionally large, a little more flour will be required, or if the butter contains more moisture. However, add only enough to form a large ball.

Divide dough into 4 parts. Shape each section into a long loaf about 3 inches across and 3/4" deep. Cut into each loaf making 1/2" slices about 1/2" deep. (Do not cut all the way through in slices). Top with a little beaten egg across each loaf and sprinkle with sesame seeds. Bake in a moderate oven (375°) for about 1/2 hour, or until lightly browned. Remove loaves from pans and place on large bread board and finish cutting slices. Then arrange slices, face down, in pans again and return to oven to brown slightly. When both sides have been browned slightly, remove with spatula and allow to cool on board. NOTE: Use 2 large long cookie sheets or pastichio pans.

PROSPHORON: ALTAR BREAD

The symbolic importance of wheat is great. From wheat is bread made. Speaking to the Jews, our Lord Jesus said:

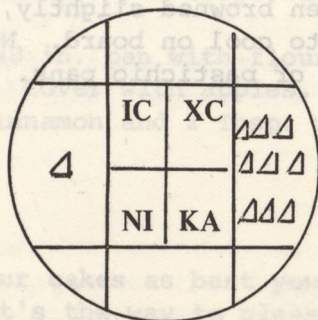
"I am the bread of life...I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world." (John 6:51)

The role of bread, therefore, in the Greek Orthodox Church is paramount. At every Diving Liturgy, the priest commemorates, re-enacts and relives the Last Supper of Christ, our Lord.

"The Lord Jesus the same night in which he was betrayed took bread: and when he had given thanks, he broke it, and said, "Take, eat: this is my body, which is broken for you: this do in remembrance of me. (I Cor. 11:23)

The round loaf of bread used in the preparation of the gifts of Holy Communion is called Prosporon, meaning Offering, i.e., "the bread of offering."

On the top surface of the prosphoron is stamped the following seal:



The center portion which is called the "lamb", since it is to become the body of the Crucified Christ, is removed by the priest and placed on the paten. The Greek letters IC and XC are abbreviations for the words Jesus Christ. The letters NIKA mean conquers.

The large triangular piece is removed and placed in the paten in honor and commemoration of the Lord's Mother, the Blessed Virgin Mary. The nine smaller triangular pieces are removed and also placed in the paten in commemoration of the Angelic Hosts and the Saints of the Orthodox Church.

PROSFORON ALTAR BREAD

Prosforon is a round loaf of bread that the faithful bake and bring to the church as an offering to God. A seal of the cross is stamped on the dough before baking and that part of the bread is used in preparing communion. The remaining is cut into small cubes and is given to the congregation by the priest at the end of the liturgy as antidoran.

RECIPE FOR PROSFORON

5 cups warm water	Makes 4 large or 5 small
2 tsp. salt	loaves
3 packages dry yeast	

Remove 3/4 cup flour from 5 lb. bag all-purpose flour; use remaining flour.

Dissolve the yeast in warm water about 1/2 cup. In large bowl put 1/3 of the flour, the salt, and the warm water. Add the dissolved yeast; mix thoroughly. Adding remaining flour, knead well until smooth (wetting hands occasionally with warm water when kneading). Cover; let stand in warm place until double in size. Punch dough; let stand for another 3/4 of an hour. Then shape and put in floured (not greased) cake pans. Dip seal in flour and very lightly sprinkle a little flour over bread and press seal deep into the dough; lift carefully; let stand in warm place until double

in size and bake in 350° oven for 45 minutes.

KOLIVA

Koliva is boiled wheat mixed with sugar, raisins, nuts, cinammon and sesame seeds. It is distributed to the congregation at the end of the Memorial Service (Mnemosinon) for the remembrance of the departed and to induce the faithful to pray for the repose of the sould of the deceased. Tradition calls for (Mnemosinon) Memorial Services to be held on the third, the ninth and the fortieth day and also on the sixth month and the first year after the death.

2 - 5 lbs. whole wheat

Wash well several times. Place in large bowl. Soak in cold water 4-5 hrs. Pour this water out. Put fresh water and boil 2 hrs.; turn fire off the burner; let stand overnight. Next day pour in colander and rinse well with cold water and spread on clean sheets or towels to dry.