

INTERNATIONAL TASTERS  
Barrington Area Branch  
American Association of University Women  
May 5, 1990



TZATZIKI  
TARAMASALATA  
CHEESE PIES  
TAHINI BEAN DIP  
FISH SOUP AVGOLEMONO  
BARBECUED BONED LEG OF LAMB  
PASTITSIO  
COLD ASPARAGUS, GREEK STYLE  
MIXED VEGETABLE IN PHYLLO  
VILLAGE SALAD WITH CABBAGE  
OLD GREEK BREAD  
HALVAH CAKE  
COFFEE FRAPPE

## TZATZIKI

4 cups fresh yogurt unflavored  
1 medium cucumber, peeled and coarsely grated  
4 cloves garlic, crushed  
2 Tablespoons olive oil  
1/2 teaspoon dried dillweed  
salt and pepper to taste  
Additional olive oil for garnish

Place a piece of cheesecloth in a colander and pour in the yogurt. I always make my own so that it will be good and tart. Allow the yogurt to drain for several hours. Use the whey in a soup or in baking.

Place the grated cucumber in another colander and allow to drain for 2 hours.

Mix together all ingredients except the additional olive oil and chill. Place in serving dishes and drizzle additional olive oil on top. Serve as a spread for bread or as a dip for vegetables. This is generally served as a first course

## TAHINI BEAN DIP

2 cans (15 1/2 ounce size) garbanzo beans  
1/4 cup olive oil  
1 Tablespoon white wine vinegar  
1/4 cup peeled and coarsely chopped yellow onion  
2 cloves garlic chopped coarsely  
pinch of cayenne pepper  
1/2 cup tahini  
salt to taste

Open both cans of garbanzos and drain the juice from one. Pour the contents of both cans into a food processor and add all other ingredients. Process until very smooth. Serve as a dip for crackers, olives, pita bread, cucumber slices.

Tahini (makes 1 1/2 cups)

3/4 pound sesame seeds  
2 teaspoons plus 3 Tablespoons peanut oil  
salt very little (optional)

Place seeds on baking sheet and toast in 350 F oven for 20 minutes or until lightly roasted. Process in medium-sized processor for 3 minutes. Add 2 teaspoons peanut oil and process on high for 30 seconds. Add 3 Tablespoons peanut oil and process until very smooth, about 2 minutes. Add the additional salt.

## FISH SOUP AVGOLEMONO

2 quarts fish stock  
1 medium yellow onion, peeled and coarsely chopped  
1 1/2 cups coarsely chopped ripe tomatoes  
1 cup coarsely chopped celery tops  
1 cup olive oil  
1/2 pound cod fillets, boneless, cut into 1 1/2 square pieces  
1/2 pound mussels, trimmed, soaked in cold water for 1 hour and drained.  
1/2 pound medium prawns, shelled  
8 egg yolks  
2 lemons, juice of  
parsley, chopped for garnish

Prepare the fish stock

In a heavy 6 quart stockpot saute the onions, tomatoes, and celery tops in the olive oil until the onions are transparent, about 15 minutes. Add the fish stock to the pot and bring to a simmer. Add the cod and simmer for 3 minutes. Add the mussels and simmer for 3 minutes more. Just as the mussels begin to open add the shrimp and continue cooking for about 2 more minutes, or until the shrimp have changed color and are a bit opaque. Strain the seafood from the pot. Mix the egg yolks and lemon juice together, beating until a froth is formed. Stir into the hot stock and cook gently, stirring all the time. Until the soup is thickened. Return the seafood to the pot and bring up to serving temperature. Season with salt and pepper. Garnish with parsley and serve.

## FISH STOCK

Pick up fresh fish bones, skin, heads, and tails. Just tell your fishmonger what you are preparing and he will take good care of you. Be sure that everything is very fresh.

Rinse the bones in fresh water and then place in a soup pot. Add 1 quart of water for each pound of bones and a few chopped carrots, yellow onions, celery ribs, and a bit of salt and pepper. Do not oversalt as you may wish to reduce the stock. Bring to a boil and then turn to a simmer. Cover and cook for 1 hour. Strain the stock and discard the solid material. Chill

Freeze in 1 quart containers for future use.

## BARBECUED BONED LEG OF LAMB

Have the butcher bone a leg of lamb, and cut it so that it will lie fairly flat. Do not tie the lamb. Make a marinade of the following ingredients:

Crush 1 clove of garlic  
1 cup French dressing  
2/3 cup chopped onion  
2 tsp barbecue spice  
1 tsp salt  
½ tsp oregano  
1 bay leaf, crushed

Pour this over the lamb, which has been placed in a large bowl. Turn the meat once or twice while it is marinating, and marinate overnight or even for two days--the more time, the better flavor.

When ready to cook, place meat inside a wire rack and lock firmly in place. Cook for 45 minutes to 1 hour, turning frequently and basting from time to time with the marinade, which you have saved.

If you are cooking this in your oven, put your meat fat side up toward the heat, brush well with the marinade, and broil 4" from the heat until the fat takes on a golden-brown color, about ten minutes. Then turn, baste, and continue to broil for another 10 minutes until this side is browned. Now set oven control to 450°. Bake for 30-35 minutes, giving a total cooking time of 1 hour. Reverse the meat, putting fat side back up for about 5 minutes at the end of the baking. The meat will be a little pink, quite juicy, and heavenly eating. If you like it more well done, cook it a little longer.

NOTE: I use Wishbone Creamy French Dressing.

Variation: I inserted small slivers of garlic in the lamb with very small pieces of anchovy.

Fresh oregano was used.

Lucy Jane Block

Greek salad dressing of lemon juice and oil was used.

Pat Jones

## PASTITSIO

### MEAT MIXTURE

6 Tablespoons butter  
3/4 cup peeled and finely chopped yellow onion  
2 cloves garlic, crushed  
1 1/4 pounds lean ground beef  
1 16 ounce can peeled tomatoes, mashed  
1/2 cup canned tomato sauce  
1/2 cup water  
1 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1/2 teaspoon cinnamon  
1/8 teaspoon cloves

### THE MACARONI

4 quarts of water  
salt  
3/4 pound Greek macaroni or Italian ziti (Use long, medium size, not elbow or short pasta)  
1/4 cup butter, melted  
6 eggs, beaten  
1 cup grated Parmesan or Romano cheese

### THE WHITE SAUCE

6 Tablespoons butter  
6 Tablespoons flour  
2 cups warm milk  
3 eggs, beaten  
2 Tablespoons dry sherry  
1/2 teaspoon nutmeg  
1/2 cup grated parmesan cheese  
1/2 teaspoon salt  
dash of pepper

Prepare the meat mixture by heating a large skillet and adding 2 Tablespoons of butter. Saute the onion and garlic until golden. Add remaining butter and the crumbled ground beef. Add remaining ingredients for the meat mixture and simmer, uncovered, for 20 minutes, or until most of the liquid has been absorbed. Mixture should be thick. Set aside.

Prepare the macaroni by bringing the water to a boil in a large stockpot. Add the salt and the macaroni. Stir gently and cook uncovered until tender, about 7 or 8 minutes. Drain and rinse with cool water. Drain well and place in a large bowl. Add the melted butter, beaten eggs, and grated cheese. Put half of this mixture into a greased 9x9x2 inch baking pan and top with the meat mixture. Cover the meat with the remaining half of the pasta.

NOTE: I like to arrange the pasta in straight rows so that when you cut and serve the dish the pasta is even and beautiful. That is how they do it in Greece.

Prepare the white sauce by melting the butter in a medium saucepan. Stir in the flour and cook for a moment. Gradually add the heated milk, stirring constantly, and cook until thickened and smooth. Beat the eggs in a separate bowl and stir in 1/2 cup of the sauce. Blend and stir the egg mixture into the saucepan. Continue to stir and cook over low heat until all is thickened. Add remaining ingredients for the sauce. Pour the sauce over the macaroni and bake at 350 F for 25 minutes, or until the top is delicately browned.

VARIATION: Prepare all of the ingredients for a Pastitsio but do not construct the final dish.

Brush and 11-inch diameter tube pan (3 inches deep) with melted butter. Brush 5 or 6 sheets of phyllo with melted butter and line the pan with the sheets, leaving a bit to hand over the edges so that you can fold the excess over the top when the construction is completed.

Mix the meat sauce and pasta together and lay this in the pan, with a bit of the white sauce, in 2 or 3 layers. Fold the excess phyllo over the top and brush with a bit more butter. Bake at 350 F until the phyllo is golden brown, about 50 minutes or so. To serve, place a large serving plate over the top of the pan. Turn both pan and plate over at once so that the pastitsio comes out upside down on the serving platter.

COLD ASPARAGUS, GREEK STYLE

Fresh asparagus  
Olive Oil  
Fresh lemon juice  
salt and pepper

Clean the asparagus, blanch or cook until al dente (do not overcook, it should be slightly crisp)

Prepare a dressing of 2 parts Greek Olive Oil and 1 part fresh lemon juice. Salt and pepper to taste.

Dress the asparagus in plenty of sauce and serve.

## ARTICHOKES WITH POTATOES, GREEK STYLE

1 medium yellow onion, peeled and sliced  
3 cloves garlic, peeled and crushed  
3 Tablespoons olive oil  
1/2 cup coarsely chopped parsley  
1 pound new potatoes, unpeeled and quartered  
2 cups chicken broth  
3 cups frozen artichoke hearts or fresh  
salt and freshly ground pepper to taste

Saute the onions and garlic in the oil until almost transparent. Add the parsley, potatoes, and chicken stock and cook, covered for 10 to 15 minutes, or until the potatoes are just barely tender. Add the artichokes and simmer, covered, for another 10 minutes. Cook fresh artichokes first and then add potatoes. Add salt and pepper to taste.

## VEGETABLES IN PHYLLO

1/2 pound spinach  
1/2 pound broccoli  
1 yellow onion chopped fine  
2 green onions (white only) chopped fine  
2 Tablespoon olive oil  
8 ounces of feta cheese  
2 eggs, beaten  
2 Tablespoons of chives  
2 Tablespoons of fresh dill or 1 Tablespoon of dry dill  
1/2 cup of parsely  
pepper  
24 phyllo leaves  
1/2 cup melted butter

Preheat oven to 350 F. Saute onions until golden brown.  
Add vegetables cook 5 minutes. Add everything else.

In a 9x13 pan layer 12 of the phyllo leaves spreading each with butter before adding another leaf. Top with vegetable mixture. Layer with remaining butter and leaves. Mark the top leaves for serving. Bake for 1 hour or until golden brown.

## VILLAGE SALAD

### DRESSING

1 clove garlic, crushed  
2 Tablespoons olive oil  
2 Tablespoons fresh lemon juice  
2 Tablespoons white wine vinegar  
1 Tablespoon anchovy paste  
2 or 3 dashes Worcestershire sauce  
salt and pepper to taste

Combine all ingredients in glass jar. Cover jar and shake well.

### SALAD BOWL

2 different types of lettuce, romaine, Boston, iceberg, etc.  
1/2 head cabbage cut as for slaw  
1/2 cucumber peeled, seeded and sliced  
1/2 sweet onion, sliced in thin rings  
1 green sweet bell pepper, cored and sliced thin  
1 tomato sliced in wedges  
8 to 10 pitted black Greek olives  
1/4 pound feta cheese, diced  
4 to 8 anchovy fillets  
oregano, whole and crushed by hand to taste

Place the onions, peppers, feta cheese, and olives in a bowl and add enough Greek Salad Dressing along with some oregano to taste, for your entire salad. Let this marinate for 1 hour.

Toss all remaining ingredients together with marinated vegetables and dressing. Taste for salt and pepper and serve.

## OLD GREEK BREAD

2-1/2 cups tepid water (90 F)  
2 packages dry yeast -quick rising  
2 cups barley flour  
1/4 cup rye flour  
Unbleached white flour to make up total flour weight of 2 pounds 3 ounces.  
1 Tablespoon honey  
2 Tablespoons olive oil  
2 teaspoons salt, mixed with 2 teaspoons of water  
Cornmeal for the baking sheet

In a mixing bowl, dissolve the yeast in the tepid water.

Place a paper lunch sack on a scale and put in the barley and rye flours. Add enough additional unbleached flour to make up the 2 pounds 3 ounces.

Put the yeast water in an electric mixer bowl and add 4 cups of the flour mixture. (I simply use my Kitchen Aid for this whole process.) Add the honey and olive oil and mix to form a sponge, or very soft dough. Mix by hand or by machine until the dough begins to pull away from the side of the bowl, about 10 minutes. Mix in the salt mixed with water and finally the remaining flour. If you are using a hand mixer the last of flour will have to be stirred in by hand. If you are using a powerful mixer use the dough hook.

Knead the dough until it is smooth and elastic. Place on a plastic counter and cover with a large bowl. Allow to rise until double in bulk, and then punch down and cover; allow to rise a second time.

Punch down and mold 2 or 3 loaves. Place on a baking sheet that has been sprinkled with a little cornmeal. Dust the loaves with a little flour and allow to rise again until double in size. Bake in a 450 F oven for about 25 to 35 minutes or until the bread is a rich dark brown and the loaf sounds hollow when you thump it on the bottom with your finger. Allow the loaves to cool on cake racks.

## HALVAH CAKE

### Batter:

1 cup sugar  
2 sticks butter (1/2 pound)  
2 cups semolina flour or regular cream of wheat cereal  
1/2 cup almonds, peeled and coarsely chopped  
6 eggs beaten  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1/2 cup pine nuts

### Syrup

2 cups sugar  
3 cups water  
1 whole clove  
2 ounces of brandy  
2 lemons- juice of

Using an electric mixer, cream the butter and sugar. Add the remaining ingredients, except the pine nuts, and blend to form a smooth batter. Spread the batter evenly in a greased 9 x 13 cake pan. Sprinkle the pine nuts on the top of the batter. Bake in a pre-heated 350 F oven for 30 to 35 minutes.

In a small pan heat all of the ingredients for the syrup. Boil the syrup until it begins to thicken a bit, about 6 minutes. Remove from the heat and cool until just very warm to touch. Hold a saucer over the cake and drizzle the warm syrup onto the saucer and thus onto the cake. This will prevent your marring the surface of the cake.

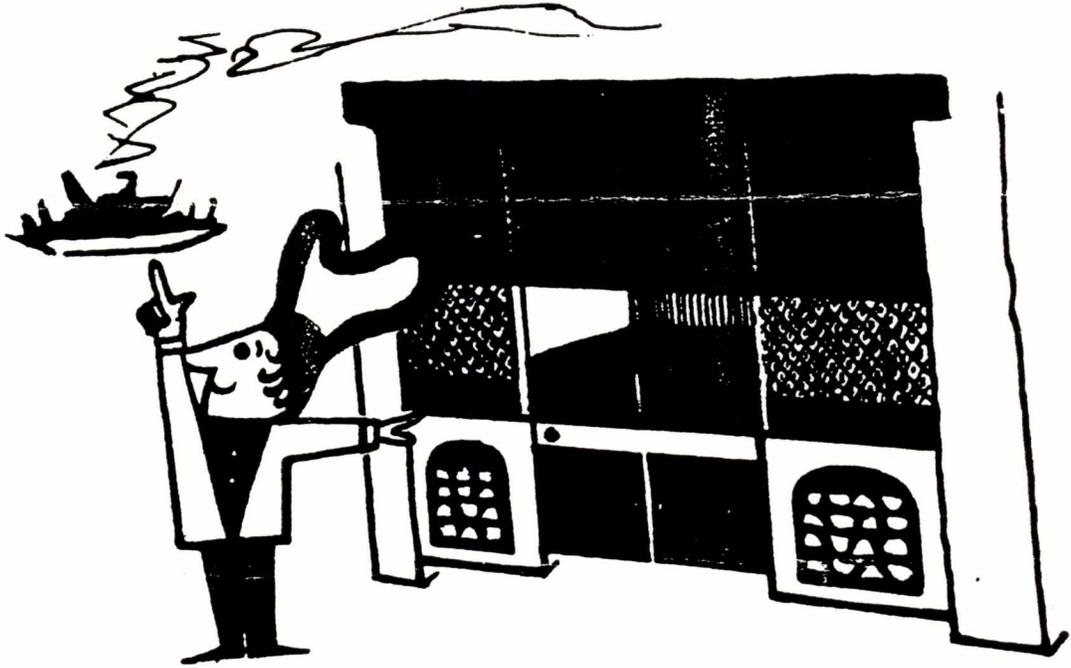
Cover the cake pan with plastic wrap and allow the cake to sit for 2 hours so that the syrup will be absorbed.

## COFFEE FRAPPE

strong brewed coffee or espresso  
whole milk  
whipping cream  
sugar

Make some strong espresso coffee and chill it. Put 1 cup of whole milk, plus 2 tablespoons whipping cream, in a food blender and whip it a bit. Add coffee to taste, along with a bit of sugar, and whip again. Serve in a tall chilled glass.

INTERNATIONAL TASTERS  
Barrington Area Branch  
American Association of University Women  
October 22, 1983



SAGANAKI  
SPANAKOPITA  
MOUSSAKA  
VILLAGE SALAD  
WARM PITA BREAD  
CRUSTY SESAME BREAD  
FRESH FRUIT

SPANAKOPITA  
(Spinach Cheese Pies)

1 package (10 ounce) frozen chopped spinach  
2 tablespoons butter  
1/2 cup chopped onion  
1/4 pound feta cheese (about 3/4 cup)  
1/2 cup minced parsley  
1/2 cup chopped green onion  
1/2 teaspoon dillweed  
2 eggs, lightly beaten  
Salt  
Freshly ground pepper

1 pound unsalted butter  
1 package phyllo leaves

Steam or microcook spinach just until defrosted. Drain and squeeze out all moisture, leaving approximately 3/4 cup spinach. Place in large bowl.

Heat 2 tablespoons butter in small skillet. Add onion and saute until transparent but not brown. Combine with spinach. Add feta, parsley, green onion and dill weed. Mix well. Thoroughly blend in eggs. Add salt and pepper to taste.

Melt 1 pound butter in saucepan. Lightly butter baking sheet. Carefully unroll one sheet of phyllo and place on a large slightly damp kitchen towel. Using pastry brush, quickly coat the sheet with melted butter. Unroll a second sheet, place on top of first sheet and similarly coat it with melted butter. (Cover remaining leaves completely with wax paper, then a damp towel to prevent them from drying out.) With scissors or pizza cutter, carefully cut buttered phyllo leaves into strips approximately 2 to 2 1/2 inches wide.

Place about 1 to 2 teaspoons spinach filling on edge of each strip. Fold each strip over and over, forming a small triangle. Brush finished triangles with melted butter and place on prepared baking sheet. Repeat with additional phyllo strips until all the filling is used.

Preheat oven to 425°. Before placing in oven, brush all triangles again with melted butter. Bake 15 to 20 minutes or until golden. Serve hot. (Makes approximately 2 to 3 dozen)

Recipe from Bon Appetit September 1978

SAGANAKI  
(Fried Kasseri Cheese)

1 egg, slightly beaten  
1/4 cup flour or fine bread crumbs  
1/2 pound Kasseri cheese, sliced about 1/2-inch thick  
1/2 cup cooking oil  
1 ounce brandy, optional  
Lemon halves, optional

In one bowl place egg. In another bowl place flour. Dip cheese slices into egg, then into flour, coating evenly all over. In skillet preheat oil. Fry cheese til golden, about 2 minutes. If desired, place fried cheese on flameproof platter. Heat brandy slightly and pour over cheese; ignite. Squeeze lemon over cheese to extinguish flame. Serve immediately. (Makes 3 to 4 appetizer servings)  
Serving suggestion: With crusty French Bread  
Recipe from JEWEL Menu Planner

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If you are cooking this in your oven, put your meat fat side up toward the heat, brush well with the marinade, and broil 4" from the heat until the fat takes on a golden-brown color, about ten minutes. Then turn, baste, and continue to broil for another 10 minutes until this side is browned. Now set oven control to 450°. Bake for 30-35 minutes, giving a total cooking time of 1 hour. Reverse the meat, putting fat side back up for about 5 minutes at the end of the baking. The meat will be a little pink, quite juicy, and heavenly eating. If you like it more well done, cook it a little longer.

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Lucy Jane Block

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Pat Jones

## MOUSSAKA

(Baked Eggplant, Lamb and Tomato Casserole with Cream Sauce)

2 1/2 pounds eggplant  
Salt  
Olive oil  
2 pounds ground lamb  
2 medium onions, chopped  
1 clove garlic, minced  
1 can (28 oz) tomatoes, drained and chopped  
1 can (6 oz) tomato paste  
1 teaspoon salt  
1 teaspoon crumbled dried oregano  
1/2 teaspoon paprika  
1/4 teaspoon ground cinnamon  
Freshly ground black pepper  
9 tablespoons freshly grated Parmesan cheese

### Sauce

2 cups milk  
1 tablespoon butter  
3 eggs  
1/4 cup flour  
1/2 teaspoon salt

Cut eggplant crosswise into 1/2-inch slices. Sprinkle with salt and let stand 30 minutes. Rinse with water and pat slices dry. Place eggplant slices in one layer on lightly oiled baking sheet. Brush eggplant with olive oil. Place under broiler and cook about 5 minutes or until brown. Turn over the slices, brush with olive oil and cook second side until brown. Repeat with additional eggplant slices if necessary.

Heat 3 to 4 tablespoons of olive oil in large skillet. Add onions and stirring frequently, cook over moderate heat about 8 to 10 minutes or until soft. With slotted spoon, remove onion and reserve. Add ground lamb to skillet and cook quickly until no traces of pink show. Drain cooking oil and juice. Add to skillet reserved onion, garlic, tomatoes, tomato paste, 1 teaspoon salt, oregano, paprika, cinnamon and black pepper. Set aside.

## MOUSSAKA cont.

To assemble the moussaka, spread half of the eggplant slices in bottom of 9 X 13 - inch baking dish. Sprinkle the slices evenly with 3 tablespoons grated Parmesan cheese. Pour in the lamb and tomato mixture, spreading it to the corners of the dish. Arrange the rest of the eggplant on top and sprinkle with 3 tablespoons cheese. Set aside.

Preheat oven to 325°. Prepare the sauce. Heat 1 1/2 cups of milk and the butter in a small saucepan until bubbles begin to appear around the rim. Set aside off the heat. In heavy 2- to 3- quart saucepan, combine the eggs, 1/2 cup milk, flour and salt; beat together until smooth. Place this saucepan over moderate heat and stirring constantly with a whisk or large spoon, slowly add the milk and melted butter mixture in a thin stream. Still stirring, cook until sauce comes to a boil and thickens heavily.

Pour the sauce evenly over the eggplant / lamb casserole and sprinkle with remaining 3 tablespoons Parmesan cheese. Bake in the middle of the oven for 30 minutes, then increase the oven temperature to 400° and bake 15 minutes longer or until top is golden brown. Remove from the oven and let rest at room temperature for 5 to 10 minutes before serving. To serve 6 to 8.

Adapted from TIME/LIFE Foods of the World Middle Eastern Cooking.

## BAKLAVA

1 lb chopped nuts (4 cups)  
1-- 2 tbs. cinnamon  
 $\frac{1}{2}$  cup sugar  
1 lb pastry leaves (filo, available at Dominicks)  
1 lb. margarine, melted

9 x 13 pan

In a bowl, mix nuts, cinnamon, and sugar  
Open package of filo and with scissors cut sheets in half.  
Can be done all at once, and needs to be done if they wont fit the pan.

Place 6 sheets of filo on baking pan, brushing each one with melted margarine.  
Sprinkle some of nut mixture evenly over this.

Place sheet of filo on top, brush with margarine.

Continue in this manner until all ingredients are used up. End with six sheets of filo, buttering each and top.

Tuck in pastry around the edges. With a sharp knife cut into squares or diamonds. Bake at 325 for 45 minutes to 1 hour, until baklava has light brown color. Will be crusty.

Remove from oven and pour cool syrup (below) over it slowly.

### SYRUP

Boil together until thick (about 20 minutes) 3 cups sugar, 2 cups water,  $\frac{1}{2}$  cup honey, small wedge of an orange, and 1 oz. cognac or brandy. Cool.

Diane Kostick