

# Traditional Recipes of Greece

The recipes were found from:

1. <http://www.el.wikipedia.org>
2. <http://www.gourmed.gr/greek/greek-recipes>
3. <http://4.bp.blogspot.com>
4. [http://www.mamakouzina.tv/gr\\_recipy.asp?](http://www.mamakouzina.tv/gr_recipy.asp?)
5. <http://mikrikouzina.blogspot.com>

**CHRISTMAS**

## Pork Frikassè



### **Ingredients:**

45 ml olive oil extra partheno(virgin)

1 onion, finely chopped

1 kg of pork meat cut into 4-6 portions

2 lettuces cut into large pieces

6 fresh onions cut into slices

4 finely chopped dill soup spoons

2 eggs

1 soup spoon corn flour dissolved into 1 / 2 cup of water

lemon juice

salt

Finely chopped dill for trimming

### **Instructions:**

It is a traditional Greek cuisine and is served both in the islands and in Central Greece, from the Ionian to the Aegean.

It is an ideal dinner at home with friends, as you can prepare it earlier. Then you can warm it carefully, but mainly because everyone likes very much the unusual taste of it.

Be careful that the juice to be enough in the casserole, to create with this the amazing egg and lemon sauce. Serving with some fresh bread and enjoy this sauce until the last drop.

Put the olive oil to be warm up a wide and shallow casserole. Add the chopped onion and sauté for 3-5 minutes, until it becomes transparent. Gather the heat, add

the meat and continue cooking, turning the meat frequently, until all the juice finishes. It needs approximately 15 minutes to become so.

Add salt as you want and enough hot water to cover the meat. Cover the pot and boil in gentle fire for about an hour. So that the meat to be soft. Add lettuces, fresh onions and dill. If necessary, add a little more hot water in order to cover all vegetables. Cover the pan again and continue cooking for 15-20 minutes more. Remove the casserole from the heat and allow to cool for 5 minutes, as you prepare the egg and lemon.

Tap the eggs into a bowl, add the corn flour and continue the attack until it becomes a smooth cream. Then put the lemon juice and continue the attack, and slowly add 5-6 soup spoons of hot soup from the juice of the food. Pour the egg over the meat. There must not be shuffled, just a slight wave and a circular pot, to spread throughout the egg and lemon. Put the pot back on very low heat and leave for 2-3 minutes to warm up the sauce. We must not let it be boiled, because the egg will be ruined. Serve on warm plates and garnish with dill, if you like

## Kourambiedes



### Ingredients

0,5 kg of milk - butter

1 cup of coffee fine-sugar

2 egg - yolks

1,5 cup of coffee brandy

2 vanilla

1,5 tea - cup lightly roasted almonds & cut into large pieces

750 Kg of soft flour

### Cooking instructions

Well hit the fine sugar with the butter, then add all other materials and mix until the dough become soft.

We make the dough ellipsoid or round pies (diameter 3-4 cm) and bake in moderate oven. Before they become roast, remove from the oven, sprinkle with the rose water and when they become a little cold add fine sugar everywhere.

## Melomakarona



### Ingredients:

2 cups of tea olive oil

1 cup of tea cognac

1 cup of tea orange juice

225 gr. sugar

scrap of one orange

1 kg of soft flour or 750 gr. flour and 250 gr. Fine semolina

2 soup spoons of baking-powder

1 teaspoon of soda

1 cup tea grated nut crumbs

cinnamon

2 cups of tea honey

2 cups of tea sugar

2 cups of tea water

cinnamon and carnation

**Instructions:**

Mix the oil with cognac, orange juice, sugar, scrap of orange, and hit all the materials very well. Dissolve the flour in baking-powder and soda. Put the mixture of oil in a large bowl and add flour gradually, knead and make melomakarona shaped round or oval. After that press each melomakarono lightly on the surface of the grinding wheel, to be designed. Put melomakarona in the pan, and bake in a pre-warmed oven at 160 ° C, for half an hour. Leave to cool in pan.

Into a small casserole put honey, sugar, 2 cups water and boil for five minutes. Remove the foam, add cinnamon and carnation, and, finally spread hot syrup on melomakarona. Sprinkle with grated nut crumbs and cinnamon.

## Baklavas



### **Ingredients -Materials:**

1200 gr. Leaves crust

500 gr. Butter (cow)

300 gr. Nuts (lightly ground)

200 gr. Almonds (ground slightly)

cinnamon and two soup -spoons of sugar. The last three mix.

Note can be added to the mixture and chopped pistachios (green)

### **Ingredients for syrup:**

1700 gr. Water

2 kg Sugar

300 gr. Glucose

½ cup of coffee lemon juice

**Preparation:**

Spread two, two sheets of crust in the pan in such a manner so as to adjust the size of the pan. Then the butter. Again repeat this process until we reach the 1 / 3 of the panels we have.

Add the first layer of the mixture with walnuts. Repeat the same procedure with the remaining 1 / 3 of the leaves, throwing the remaining walnuts.

Continue with other cards we have left, buttering good.

Cut the baklava into pieces and size of your preference. Then put in fresh pre-warmed oven and bake at 180 ° C for 50 minutes.

**Preparation of syrup:**

In a saucepan add water, sugar and glucose boiling in low fire. Once you get the syrup boil add the lemon juice into the saucepan and mix. Then boil until well tie.

**Dropping the syrup:**

Once we get the baklava from the oven, add in a warm temperature the syrup. After waiting for about an hour until they mature so that it is ready for serving.

EASTER

## Kokoretsi



### Ingredients: "Materials"

1 big offal of lamb (without the spleen and kidneys)  
2 rope intestines and sweetbreads of lamb and the lamb slips  
salt  
pepper  
oregano little chopped garlic (4 cloves, optional)

### Cooking Instructions:

Wash the offal. Cut into pieces not large nor too small. Turn the inside of the intestines outside and wash well.

Firstly you have shuffled the chopped garlic, pepper and oregano with giblets. The salt is put at the end, the time you spend on skewer the pieces not to slip.

You pass the tracks one by one in the roasting -jack, like this: one liver, one lung, one heart, one spleen, sweetbreads and over again.

When finished, carefully wrap the first in slips (roof) and then to the intestines. It should be cooked thoroughly without drying. We can roast it in the oven or over the hot cinders.

Is preferable to start as soon as cooked ready to not dry.

## Mageiritsa



### Ingredients:

1 lamb offal

salt

Water: 10-12 cups of tea

half cup of tea olive oil

1 chopped onion dry

1 bunch of chopped onion sheets

few leaves of spinach, mangel, kafkalithres, Miron.

2 chopped lettuce

1 bunch of fresh parsley, chopped

1 bunch fresh chopped dill

3 large eggs, at room temperature

juice from 2-3 lemons

freshly ground black pepper

### **Cooking Instructions**

Flush out the offal very well in cold water and cut into small pieces. In a large casserole. Heat the oil and brown the offal and the dry -chopped onion until they get a light brown color.

Boil the meat in the pot with water and some salt in the fire may take up to a boil then lower the heat and boil for 1 hour, removing the foam formed by the cooking.

Then add the vegetables and continue cooking until they soften enough.

In a large metal bowl, hit the egg with the lemon until they soften. Just before serving the soup, make the egg: take a spoonful of the soup-without rice or lettuce, juice-only chynete and slowly mix in the egg and lemon. Repeat with another spoonful of the soup juice. Switch off the eye and add the egg. Mix the soup to the egg and goes everywhere. Throw salt and pepper necessary and serve immediately. You can avoid if you mixing the eggs with lemon and hitting them.

## Leg of lamb in oven with potatoes



3½ - 4 Kg leg of lamb(with bone)

### **For marinada**

1 head garlic

2 teaspoons oregano

2 teaspoons thyme

2 teaspoons dried rosemary

1 cup olive oil

1 cup lemon juice

4 cups dry red wine

salt and pepper

### **Dry coating for the lamb**

Purified 6-8 cloves garlic

2 teaspoons oregano

2 teaspoons rosemary

2 teaspoons thyme

1 teaspoon black pepper grains

salt

**To smear lamb**

2 teaspoons olive oil

**For the potatoes**

3 Kg potatoes, baked, picked, and Rabelaisian

1 cup olive oil

1 cup lemon juice

water

1-2 teaspoons oregano

salt and pepper

**Cooking instructions:**

Remove unnecessary fat from the meat and leave aside.

Mince the garlic head and put together with other material marinadas. Place the lamb in a large pan and pour over with marinada. Then spin so that the care marinada to go throughout the meat. Cover the pan and put in refrigerator overnight.

Split in a mortar all materials dry until they reach the smearing's ointment. Remove the lamb from the marinada, which dispose. The plotted points in 10-15 with a sharp knife and in each slot to put your mixture in the mortar and crushing with the rest rub the leg. Salt and pepper well and coat the lamb with olive oil (2 tablespoons). Preheated oven at 190 ° C.

Put potatoes in pan and mix with oil, garlic, lemon and oregano. Salt and pepper well and put the lamb with potatoes. To have a well-leg, leave the food to be cooked for about 1 hour and 45 minutes speading regular meat and potatoes with the juice from the pan. If necessary, add a little water at the time of baking to prevent dry food. Then, remove the lamb from the oven and leave for 10 minutes before cutting into slices. Leave the potatoes in the oven until coasting to serve.

## Egg cookies roles



### Ingredients

Milk: 2 water glasses

Butter: 2 water glasses of vegetable butter

Sugar: 2 water glasses

2 sachets of ammonia

10 eggs

So much flour as the dough to be soft take soft dough

### Directions

1. Hit very well the vegetable butter, the sugar, add the eggs one by one.
2. Heat the milk until it is lukewarm.
3. Put ammonia into the milk and mix continuously as the milk is swelling and poured. Throw the milk into the other materials.
4. Kneading add the flour until you have a soft dough that does not stick.
5. Add flour and knead until you have a soft dough that doesn't glue on your hands.
6. Mold the cookies into braids or cycles, spread with the beaten egg and bake into a pre warmed oven at 200° C.

## Easter buns



The Easter Buns are delicious as both a technical need. Most housewives when they want to prepare for Easter starts early in the morning and catch the dark. Buns want the right care, patience and above all warmth. The result, however, compensate!

### **For 4 Buns need:**

For the yeast:

100 gr. Yeast

½ pot. Lukewarm water

250 gr.

Salt

For the dough:

150 gr. Butter

1k. Flour

350 gr. Sugar

Freshly Machlepi

Freshly Kakoulis (Cress)

Scrap of orange

300 gr. Milk

3 Eggs

Minimum Salt

For the surface

4 egg yolk

Sesame

Almonds cut

In a plastic basin sieved flour to get air to rise far Buns. We open a little hole in the middle and add the yeast and lukewarm water. Slowly-slowly dissolve the yeast in water and knead until you make a soft yeast.

Wrap the little bowl in a big blanket to sleep in warm and let the yeast a time to rise.

When yeast is ready we make dough.

Hit the machlepi and Kakoulis in a mortar to be fresh chopped and get all the flavor out. Heat the butter in a little bowl and get out of the fire when it starts to melt.

Add the milk in a bowl and mix with the sugar to melt. In the plastic bowl add the flour, open a hole in the middle and add the yeast. Add salt minimal (in the nose a spoon) too.

Also add the herbs and orange scrap. Add then the melted sugar, milk and 3 eggs. We work well the dough for five minutes, put our hands in melted butter and knead well. In this way, add the butter mixture. We continue to knead well until dough becomes mastic. Wrap the bowl again in a blanket and leave the dough to rise for an hour.

After an hour we press to be deflated and let it rise again. We do this process three times.

Then divide the dough in four installments to make four Buns. Made with each dose three thick macaroni and uniting their noses in order to form an arrow. We start to knit the strand by placing more than one medium macaroni right and left. After you make all the ropes we let them ½ h to be deflated. We coat each strand with an egg yolk and sprinkle with sesame or almond pieces. Bake in oven for 45 minutes at 180 ° C.

***From***  
*different*  
*places*

## Village rooster with noodles



### Ingredients:

- 1 village cock around 2 Kg, cut into portions
- 1 soup spoon grated oregano
- 2 cloves garlic, sliced
- 1 tablespoon tomato customer
- 1 kg fresh ripe tomatoes, finely chopped
- 1 tea cup olive oil
- 2 cups noodles
- Grated cream cheese
- A few cloves, spices, a stick of cinnamon
- Salt - pepper

### Instructions:

Boil the cock with all the materials into water except the tomato, for half an hour on medium heat. Add tomatoes and continue cooking for half an hour too, still to be cooked the cock but to be enough juice in the casserole. Then add the noodles, lower the heat, mix and boil for 5 to 10 minutes. Cover the pot and let the noodles to have drunk the broth.

Serve packed with grated cream cheese

## Pumpkin pie



### Ingredients:

- 1 Kg yellow pumpkin
- 1 / 2 Kg gyloto Cheese (Kimolos dry) or Gruyère cheese, grated
- 2 eggs
- 1 / 2 cup grated toast or fine semolina
- 1 / 2 cup milk
- 1 / 4 cup finely chopped fennel
- 1 / 2 cup olive oil
- 1 / 2 kilo of pastry for sheet

### Cooking Instructions:

Cut the pumpkin into little cubes or grind this with onion grater.

Salt the grated pumpkin, left for 1 hour in a colander to drain.

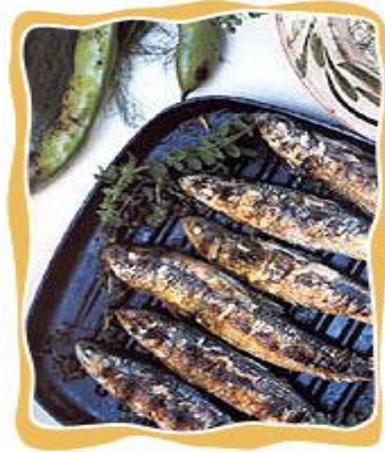
We wring the pumpkin to leave the liquid, add the toasted bread, the cheese, the fennel, hit the eggs and mix all the ingredients.

Oil a pan 30 x 35 cm, make the pastry into sheets spread the mixed ingredients, cover with foil, cut into pieces, lubricate the surface and bake at 200 ° C, until you get color (about 30-35 minutes).

*VARIANT: We can bake the pie without sheet: Oil the pan well and powder with toast.*

*Spread the filling, put on the pie some grated cheese (the same we have put into the pie) and bake as above.*

## Grilled Sardines



### Ingredients:

8 large sardines  
sprigs of fresh oregano

### Instructions:

We have carefully scaled the fishes and have cleaned, but keeping their heads. We coat with olive oil and cook on the grill (2 minutes at most from each side) on a layer of sprigs of fresh oregano. If we roast barbecued or fireplace, is ideal from the cinder vine-twigs.

Otherwise, when used to perfection and sprigs of fresh oregano, use a hot grill Cast Iron or a very hot also tefal. We fear neither his left ashes of oregano - add aroma and flavor to a plain plate.

## Soutzoukakia ( Fagots) Smyrneika



### **Ingredients:**

#### **Materials for the fagot**

700 gr. minced  
2 slices of bread crumb  
1-2 small onions  
3 tablespoons parsley  
half cup hard cheese  
2 egg whites  
2 whole eggs  
garlic, cumin  
just salt, pepper and mint

#### **Ingredients for tomato sauce**

8-9 tablespoons tomato puree  
1 glasse of water  
3-4 tablespoons flour  
1 onion  
2 cups white wine  
1 teaspoon of sugar  
3-4 tablespoons butter  
salt, pepper

**Cooking instructions:**

Prepare minced meat in the same way that we prepare the meat balls, mixing the materials listed above. This makes smyrneika ( of Smyrni) fagot separately cumin is the fragrance that gives them special aroma.

After the meat is ready, the mold fagot in size twice that used to conjure up the balls.

Then, after briefly fried up to take color, put in casserole.

Prepare the dressing us as follows: We have a pan of soup 3-4 tablespoons butter 3-4 tablespoons flour and chopped onion. The constant mix and add two glasses of white wine, a glass of water, 8-9 tablespoons tomato puree, salt, pepper and a spoonful of sugar.

The left to the boil stirring periodically, until the sauce to bind, but to become very thick.

Once the sauce ready to add to the saucepan with the fagot and let all boil together for half an hour.

## Spetsofai



### **Ingredients:**

Sausages village for 4 persons (grams yours)

2 large onions

6-7 peppers what 's

2-3 garlic teeth

4-5 ripe tomatoes

1 k.s. tomato

Salt

Pepper

A hot pepper as desired

### **Preparation:**

Onions in washers, chopped garlic, sausages into pieces.

### **Cooking instructions**

Brown onions, garlic, and sausage and then add the peppers.

Tomatoes in Red (grinding wheel), throwing their peel, mix the tomato paste, and put a tea spoon of sugar into the sausage. Add the hot pepper above and half a glass of water, cover the frying pan and boil 30 minutes at low fire, to be the tomato tied.

Eat it with boiled potatoes, or mashed potatoes, or oven potatoes, or fries, but even with the rice and white bread. **From Pelion**

## Takos



### Ingredients

salt

freshly ground black pepper

1 tablespoon lemon juice soup

200 gr. Feta cheese

1 teaspoon oregano

### Cooking Instructions:

Preheated oven at 150 ° C.

Cut the bagketa in half lengthwise and in half again vertically. Put the pieces in a small baking pan and oven, with the cut side up and let for 15 minutes.

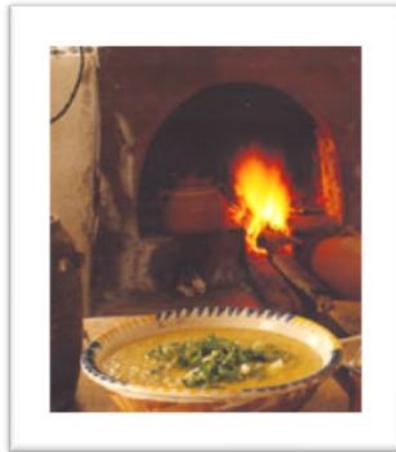
Remove from the oven and let them to become cool. Put each little piece in water and let drain.

Wash and cut tomatoes in half and peel onions. Cut onions and tomatoes in cubes. Place the bread pieces side by side on serving platter and sprayed half the oil.

Spread the chopped tomatoes and onion slices on bread. Drop the salt and pepper, and sprayed with lemon juice and 2 tablespoons oil. Shatter the cheese, put on the top with the oregano and remaining oil. Then serve immediately.

**Recipe from Crete**

## Split peas



### Ingredients

2 / 3 cup of tea extra virgin olive oil  
1 medium onion, fine chopped,  
1 cup split peas and rinse and been strained  
5-7 cups of tea, water  
freshly ground black pepper  
salt  
1 teaspoon dried oregano  
2-3 tablespoon red vinegar

### Instructions

Heat in a large saucepan quantity of oil equal to one third of the cup. Add the split peas and stir so that the oil to go everywhere. Continue mixing for 1-2 minutes adding water as needed to cover the split peas by 5 cm. Put the lid on and let it to get a boil on medium heat, lower the heat, take the lid off and cook on very low heat for 1 1/2-2 hours, stirring periodically to prevent your hang until split peas completely dissolved. While the split peas boil, add water as needed. When split peas becomes as a mashed potatoes, get off the fire and add the salt, pepper, oregano and vinegar you like. Then cover with a cloth and let to "rest" for 1-2 hours.

### **For the caper sauce**

500 gr. capers soaking and rinse

half cup of tea extra virgin olive oil

3 large onions from Naxos, cut in large pieces

2 tablespoon tomato-purée or 2 large ripe tomatoes

salt and freshly ground black pepper

half teaspoon cinnamon (optional)

Soak caper overnight and then flush very well. Heat olive oil in a large skillet brown and onions in medium heat, stirring for about 15 minutes at very low heat or until they become transparent and slightly brown. Add the tomato-purée and stir for 5 minutes so that the mixture to thicken. Alternatively, put the fresh ground tomatoes and boil for 10 minutes. Put on and capers and stir. Throw the salt, pepper and cinnamon and boil for 15 minutes on very low heat adding a little water, if necessary, not to stick the mixture. Remove then from the heat and let to take the temperature of the room. Serving as a garnish of split peas or accompanying, in a separate bowl.

## Bean soup



### Ingredients:

"275 gr Dried beans in moderate size, which you have left in water overnight

1 large sliced onion

fine chopped celery

2-3 carrots cut into slices

400 gr canned tomatoes

1 tablespoon tomatoes - purée

2 / 3 cup of tea extra virgin olive oil

1 teaspoon fresh dried oregano

2 tablespoons chopped parsley

salt & pepper "

### Instructions:

Take out the beans of the water, then put into a colander and flush them.

After have drained, put them in a large casserole with water as needed to cover and let them to boil for 3 minutes. Pour the water.

Replace the beans in the casserole, put fresh water up to 3 cm above the beans, then add the onion, celery, carrots, tomatoes, the tomato-purée, olive oil and oregano, add few pepper, but not put salt yet, because is difficult to be cooked.

Once they begin to boil, lower the heat and boil them for an hour, until soft.

Put the salt, parsley and serve.

## Greens pie



### **Ingredients:**

750 gr fresh spinach small and soft

1 bunch fresh onion

3 leeks

1 bunch of mangel

1 bunch Miron

1 bunch kafkalythres

Oil: 1 glass of water

### **Instructions:**

Clean the spinach well, the mangel, the Miron and kafkalythres and cut into very small pieces.

Clean and cut into slices the leeks and onions and wilt in a large skillet with 2 tablespoon oil.

Allow the greens to a colander to drainage half a day, add pepper and oil and mix well with the leeks and onions. As more leek as we put, so sweeter becomes the pie. The filling is ready. Last add the salt because it leaves the water.

If we can get 400 gr Feta-cheese chopped, grated cheese and two with three eggs and make the pie ( hortpita). Green pie without cheese is very nice.

We make sheets with the below ingredients and put in a pan under and over the filling. Two sheets for the bottom and two for the top and bake in the oven for an hour:

**Ingredients for the sheets:**

1 / 2 kg flour for all uses

1 / 2 of a glass of wine, light oil

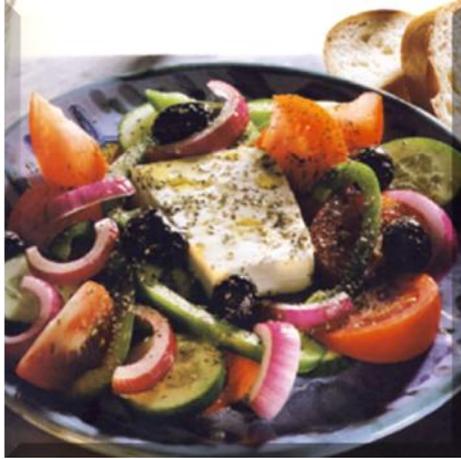
2 tablespoon vinegar

1 teaspoon salt

250 lines. lukewarm water

Oil spreads the light for the leaves "

## Village salad



### **Ingredients:**

400 gr medium-sized tomatoes

1 cucumber

250 gr wide red onions

300 gr medium sweet green peppers

100 gr black vinegary olives

3 tablespoons vinegar

4 tablespoons olive oil

salt

freshly ground black pepper

200 gr Feta cheese

1 / 2 teaspoon oregano

**Instructions:**

Thoroughly wash tomatoes and cucumber. Cut each tomato into eight pieces. Cut and throw away the ends of cucumber and cut it. If you want very small pieces, cut the slices in half.

Peel and cut the onion into thin slices. Wash the peppers and cut in half by removing the stems and seeds. Then cut in thin strips.

Arrange tomatoes, cucumber, onions, sweet peppers and olives in a wide bowl or serving platter. Mix the vinegar, 3 tablespoons oil, soup, salt and drop onto the salad. Scattered and a little pepper.

Cut into slices Feta- cheese, or crushed and put on the salad. Put on oregano and remaining oil and serve the salad immediately.

Variety: If you want add little filets of anchovies, lettuce strips, capers or slices of hard-boiled eggs. If you want, you can replace the vinegar with lemon (juice).

## Halvah with semolina



### Ingredients:

1 cup of tea olive oil (not completely full)

1 of tea cup coarse semolina

1 cup of tea fine semolina

3 of tea cups sugar

4 of tea cups water

cinnamon

some white almonds

### Instructions:

Heat olive oil in saucepan and just burn the meal and put the almonds and stir continually until semolina becomes brown but not much. In another pan boil the sugar with water for ten minutes and pour the syrup in the saucepan with the semolina. Firstly we lower the heat. Pour enough cinnamon and stir continually. We understand that halvah is ready when it unsticks from the walls of the pot. Put it in a shape and just cool, uniform it to the platter. Put the almonds and powder with the cinnamon.

and....

*Bone appetite*