



OUR BIG FAT GREEK LUNCHEON

DOLMA
HUMMUS AND PITA CHIPS
GREEK SALAD
MOUSSAKA
GRILLED SHRIMP SKEWERS
RICE PUDDING
BAKLAVA

MARCH 10, 2010

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DOLMA (STUFFED VINE LEAVES)

Ingredients (makes about 30)

8 oz grape leaves preserved in brine

2/3 Cup arborio or other short grain rice

3/4 Cup Olive Oil

1 Small Onion chopped finely

1 clove of garlic chopped finely

1/3 Cup Pine nuts chopped

1/3 Cup Currants

3 Scallions chopped finely

1 Tbsp chopped fresh mint

1 Tbsp chopped fresh dill

2 Tbsp chopped fresh flat leaf parsley

salt & pepper

juice of 1 lemon

Method:

Place the vine leaves in a bowl, add boiling water, and soak for 20 minutes. Drain, soak in cold water for 20 minutes and drain again.

Prepare rice and cool.

Heat 2 tablespoons of the oil in a skillet and fry the onion and garlic until softened. Add to the rice with the pine nuts, currants, scallions, mint, dill, and parsley. Season with a little salt and plenty of pepper and mix together well.

Place one vine leaf, vein side upward on a work surface. Put a little filling on the base of the leaf and fold up the bottom end and the leaf. Fold in the sides then roll up the leaf around the filling. Squeeze gently to seal. Fill and roll the remaining leaves, then pack the stuffed leaves close together in a large flameproof casserole, seam side down and in a single layer.

Mix the remaining oil and the lemon juice with 2/3 cup water and pour into the casserole. Place a large plate over the vine leaves to keep them in place then cover the casserole with a lid. Bring to simmering point then simmer for 45 minutes. Leave the vine leaves to cool in the liquid.

Serve chilled with lemon garnish.

HUMUS AND PITA CHIPS

Fresh Pita Bread cut into dip size pieces - lightly brush olive oil with garlic, basil, pepper and bake until crisp.

Humus -an easy box mixture where you only add water

GREEK SALAD

Serves 12

Dressing

- 12 tablespoons olive oil
- 3 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 4 garlic cloves, minced
- 2 teaspoons dried oregano (Mediterranean is best)

Salad

- 6 large plum tomatoes, seeded and coarsely chopped
- 2 English cucumbers, peeled and coarsely chopped (the long, thin, almost seedless ones)
- 2 medium red onions, cut into thin rings and soaked for 10 minutes in a small bowl of ice water to make it less sharp
- 2 small green peppers, cut into thin rings
- 1 1/2 cups kalamata olives
- 1 1/2 cups crumbled feta cheese

Directions

Whisk dressing ingredients together until blended.
Season to taste.
Drain onion from ice water and pat dry with paper towels.
Combine all salad ingredients, except cheese, in large bowl.
Toss with dressing.
Sprinkle cheese over and serve.

MARINATED SHRIMP SKEWERS

For each 3 pounds of shrimp:

Drop the shrimp into 4 quarts boiling water with:

one stalk of celery
a bay leaf
1/4 tsp whole peppercorns
1 tablespoon of salt

Cook 3 minutes or until they turn pink.

In a large bowl stir together:

2/3 cup lemon juice
1/2 cup white vinegar
3 tablespoons of pickling spice in a cheesecloth

• 2 tsp sugar
2 sprigs of fresh dill
5 tsp salt

Add shrimp and marinate overnight.

Thread onto skewers.

*This recipe is from Ann Confer, a caterer in Santa Cruz

MOUSAKKA

No one seems to be sure but it's likely that the Greek moussaka is Arabian in its origins and related to the Levantine musakhkhan from which the word moussaka probably was derived. The Greeks believed that moussaka was introduced to their country when the Arabs introduced the eggplant into Greece, although many Arabs think of it as a Greek dish. Moussaka is perhaps the best known of all the Greek dishes, appearing on menus throughout the world. Moussaka is a casserole of baked lamb and eggplant or aubergine covered with a lovely thick layer of béchamel sauce that, when baked, becomes golden and crusty. Other ingredients may be used such as beef or vegetables like courgettes or potatoes.

Ingredients - serves 6-8 people

1 kg (2.2 lb.) medium eggplant or aubergine
salt and pepper
1 medium onion, finely chopped
454 g (1 lb.) ground Lamb
250 ml (1 cup) white wine
3 tomatoes, peeled and chopped
750 ml (3 cups) béchamel sauce
Chopped parsley
4 heaped tbsp. breadcrumbs
2 egg whites, lightly beaten + 2 egg yolks
250 ml (1 cup) grated cheese
butter
Olive oil for frying
juice of one lemon

Note from Betsy

I used 1 cup of grated parmesan and 3/4 cup of gruyere, added to the Bechamel sauce. I did not add wine to the turkey mixture. I don't think it needed it. As it was, I needed to drain off excess moisture before layering it on the eggplant. I used Panko Bread crumbs.

Method

Slice the eggplant thinly; sprinkle with salt and pepper; then leave to rest one hour

Cook the onion in butter; add the ground lamb and 4 tbsp. water

Break the meat up with a fork as it cook

Mix in the tomatoes, parsley, lemon juice and wine then season with salt and pepper

Simmer covered for about 45 minutes

Remove from the heat, add half the breadcrumbs and the egg whites and mix well

While the meat is cooking, rinse the eggplant and place on paper towels

Fry lightly in olive oil in a very hot skillet until the eggplant slices are golden on both sides

Grease a 22 x 32 x 5 cm (9" x 13" x 2") baking dish, sprinkle in the remaining bread crumbs and line the bottom with half of the eggplant slices

Cover with the meat and tomato mixture; top with the remaining eggplant slices.

Mix the beaten egg yolks into the béchamel sauce, along with 160 ml (2/3 cup) of the grated cheese

Spread the sauce over the eggplant and sprinkle with the remaining cheese. Bake in a moderate oven for 45 minutes or until golden and bubbly.

Serve with a fresh, crisp salad and warm fresh crusty bread - delicious as a main meal, part of a buffet or a supper dish.

BAKLAVA

1 pound phyllo dough (about 40 sheets)

FOR THE FILLING:

1 pound raw almonds

1/2 cup sugar

1 tsp ground cinnamon

1 tsp ground cardamon

10 oz unsalted butter

FOR THE SYRUP:

1 1/2 cups sugar

1 1/2 tsp orange flower water (optional)

DIRECTIONS:

- Thaw phyllo in refrigerator overnight
- Unfold packs of phyllo sheets. Cover with plastic wrap. Drape a slightly moist towel on top of plastic wrap. It is important to keep the sheets from drying out.
- In food processor, process almonds, sugar, cinnamon & cardamon until finely chopped
- Melt butter in a small saucepan
- Brush the bottom of a 9 x 13 inch pan with butter
- Remove one sheet of the phyllo. Put the sheet on the bottom of the pan and brush it with butter. Repeat until you have layered and buttered 10 sheets
- Sprinkle, evenly over the top, 1/3 of the filling
- Repeat the process two more times. Butter and layer 10 sheets of phyllo and sprinkle with 1/3 of filling. You will end with 10 sheets of phyllo on top
- Cover loosely and put in freezer for 30 minutes
- Remove from freezer and cut the baklava on the diagonal at 1 1/2 inch intervals in a diamond pattern.
- Bake at 350 degrees until golden, about 40 minutes.

GREEK RICE PUDDING

(serves 4)

2/3 Cup short grain rice

1 1/4 Cup water

1 Tbsp corn starch

2 1/2 Cup Whole Milk

1/3 Cup superfine sugar

1 tsp vanilla extract or finely grated rind of 1 large lemon

ground cinnamon for garnish

- Put rice in a pan and add water. Bring to boil then simmer for 12-15 minutes stirring occasionally until water has been absorbed. Meanwhile in a small bowl blend the cornstarch with 2 tablespoons of the milk

Add the remaining milk to the rice, return to a boil, then simmer for 20-25 minutes, stirring frequently, until the rice is very soft and most of the liquid has been absorbed. Stir in the sugar, vanilla or lemon rind, and the cornstarch mixture, return to a boil, then simmer for another 5 minutes, stirring.

Spoon the rice mixture into individual serving dishes and let cool. Serve cold, sprinkled generously with cinnamon.



Top Left: Dolmas

Above: Greek Salad

Left: Moussaka,
Grilled Shrimp Skewers

Rice Pudding & Baklava

