

Argiro Barbarigou
Greece's most celebrated Chef



Argiro
The real
taste of Greece



About Argiro Barbarigou

Argiro started cooking as a young girl in her mother's kitchen on the island of Paros. Her career has been prolific, and includes several years of professional cooking, studying and managing restaurants, as well as ten consecutive years of TV shows, 10 books - bestselling and twice Gourmand award winning - Woman of the Year Unesco - among many distinctions and awards from international organizations. An award-winning chef and passionate cook, Argiro has won international recognition and fame because of her ability to convert the simplest ingredients into exceptional dishes, and her talent to spread her love of Greek cuisine. Esteemed colleagues from around the world, such as Daniel Bouloud, Charles Carroll, Michael Psilakis, Michele Roux and Cat Cora, applaud the uniqueness of her recipes; global corporations such as City Meals on Wheels, Disney, World Association of Chefs Societies and even the US Congress have invited her to share her skills and celebrate Greek cuisine. As a result, it is of no surprise that Argiro was appointed the Ambassador of South Aegean Mediterranean Cuisine for the 2019 European Region of Gastronomy of the European Commission; also appointed as the Ambassador of Greek Cuisine.





What is the taste of Greece?

Greece – a blessed land. Its fruitful terrain, the sun and the air bestow a unique flavor to its grains; an abundance of fish populate its seas, lakes and rivers; Greek meat is among the most delicious in the world, from the wild goats that roam the island hilltops to the flocks and herds of Epirus.

I grew up in Paros, an island in the heart of the Aegean Sea, I spent many hours in the kitchen with my mother, who combined island simplicity with a creative passion for the oven. It was there that I fell in love with cooking; everyday cooking designed to feed the family; cooking that satisfies everyone's desires, and even their quirks; cooking that taught me to put all my focus into seasonal produce.

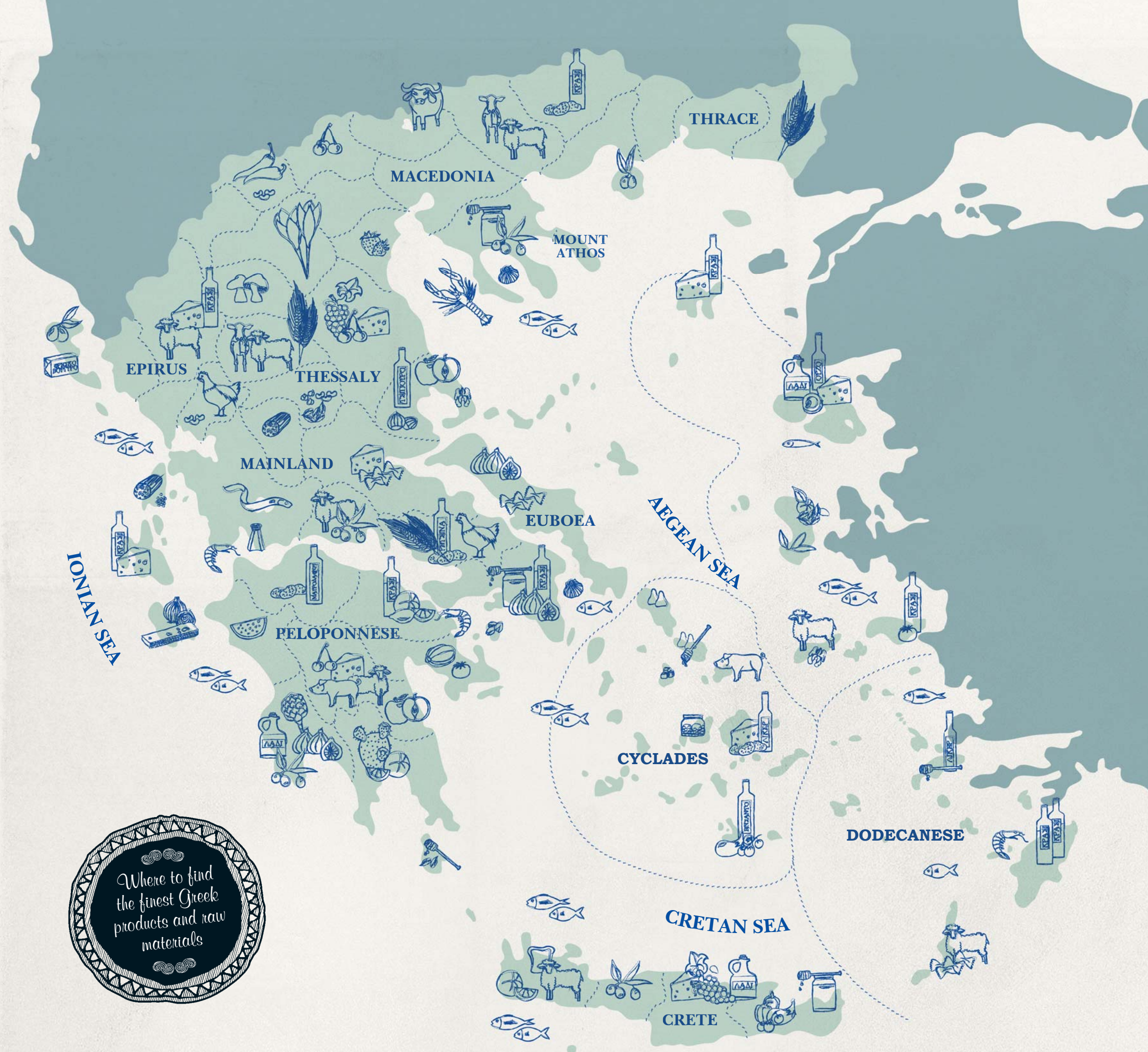
I believe in Nature and its laws. I believe in using seasonal produce because the Greek maxim "all in good time" is more than just words. And this is what I answer to those who ask me about my "cooking philosophy". I use the following thought process in my kitchen: "What's good in summer? Eggplant. That's what we are making. In the winter? Cabbage. That's what we are making." And we are not just making it; we are going to prepare this ingredient in every possible way, exhausting every possible combination. When used at the right time, Greece's natural produce is a gift to both Greeks and international gastronomy. As I sought the grandeur of simplicity and the use of only the best ingredients, I learned more about my multifaceted culinary tradition; and soon, I could visualize its future.

Strangers who sit at our table for the first time usually leave as friends, and they return to us, time and time again. "We taste the Greek summer" many tell me; others claim that "the taste of Paros, and all of Greece, found its way onto my

plate." At first I was shy and talked about the Greek hospitality gene. Today I know that it goes beyond this powerful gene, and extends to my belief that when I cook, it is as if I were cooking for guests at home. It is almost like a game; when I am creating new recipes, tasting different cuisines or enjoying my meals, I ask myself: What would Greece taste like? Or more precisely, what is the taste of Greece?

For me, Greece has a unique and unrivalled flavor. Anyone who tries this Greek tastiness records the experience in their taste buds and will seek it out, again and again. That is why Greek cuisine is recognized for its unique flavors all over the world; a kaleidoscope of delicacies, recipes and traditions that showcase the variety and multifaceted character of this land. Without a doubt, flavors and socio-historical evolution go hand in hand, a continuous brewing. As it is in every country, so it is in Greece that our gastronomic core depends on the climate – and due to various climate changes and complicated geographical parameters, the climate has worked in our favor, bestowing us with one of the richest culinary traditions.

So can we taste history? Of course we can! From the depths of the past to the present day, from the most isolated village to the largest Greek metropolis, our culinary traditions, local flavors, unique products and recipes inevitably follow us as they are passed on from one generation to the next. The secrets of our local cuisines have opened new avenues to explore the different facets of Greek gastronomy, and simultaneously, to discover the history of Greece.



Where to find the finest Greek products and raw materials

Mastic from Chios, vinsanto from Santorini, raisins from Corinth — Greece is bursting with produce whose name is directly linked with its place of origin. The raw materials of Greece are also its greatest treasure, and the single most important factor in the success of my recipes.

Macedonia

- Drama:** wine
- Pella:** Edessa cherries
- Imathia:** peaches
- Pieria:** strawberries, truffles
- Grevena:** mushrooms
- Halkidiki:** crayfish, shellfish, fish
- Florina:** Florina red peppers
- Prespa:** beans
- Kozani:** saffron
- Lake Kerkini:** buffalo

Thessaly

- Magnisia:** chestnuts, apples, walnuts, tsipouro of Tirnavos
- Trikala:** sheep, beef, goats, grains
- Karditsa:** Halva from Farsala, beans, chickpeas, Sykouri almonds

Epirus

- Metsovo:** cheese, wine
- Arta:** chicken, legumes
- Giannina:** sheep and goats, cheese
- Preveza:** fish

Mainland

- Mesologgi:** fish roe, salt
- Phocis:** Amphissa olives, sheep and goats
- Boeotia:** chicken, potatoes, grains, retsina
- Etoliko Sea:** shrimps
- Lake Trichonida:** eels
- Evrytania:** cold cuts
- Parnassos:** feta
- Arahova:** cheese, pasta
- Attica:** figs, honey, wine

Ionian

- Corfu:** butter, kumquat
- Lefkada:** Eglouvi lentils, salami
- Cephalonia:** feta, white wine
- Zakynthos:** mandolato (nougat), pasteli (sesame seed candy) onions

Peloponnese

- Corinth:** raisins, oranges, lemons
- Achaia:** Mavrodaphne wine, potatoes
- Argolida:** Argitika melons, tomatoes
- Arcadia:** cheese, meat, sour cherries,

- Tripoli apples
- Sparta:** oranges, mandarins, prickly pears, tomatoes
- Kalamata:** figs, artichokes
- Messinia:** olives, olive oil
- Ilia:** watermelons
- Kythera:** thyme honey, almonds

Euboea

- Kimi:** figs
- Halkida:** fish, shellfish
- Psahna:** meat, pastry, pasta

Crete

- Irakleio:** wine, cheese
- Lasithi:** honey, olive oil
- Rethymno:** olives, olive oil
- Chania:** rusks, sheep and goats, oranges

Cyclades

- Santorini:** yellow split peas, white eggplant, cherry tomatoes, wine
- Naxos:** potatoes, sheep and goats, cheese, lime liqueur
- Paros:** cheese, wine, capers, honey
- Mykonos:** kopanisti cheese, pork
- Tinos:** amygdalota (almond cookies), cheese, honey
- Andros:** amygdalota (almond cookies)
- Syros:** cheese, loukoumi, halvadopites (nougat sandwiches)
- Kythnos:** cheese

Dodecanese

- Simi:** small shrimps
- Rhodes:** wine
- Astypalia, Leros, Patmos:** fish
- Kalymnos:** natural sponges
- Karpathos:** pasta, sheep and goats
- Kos:** honey, liqueur

East Aegean Islands

- Chios:** mastic, mandarins, almonds
- Thassos:** olives
- Lesbos:** sardines from Kalloni, salted fish, olive oil, ouzo
- Lemnos:** wine, cheese
- Samos:** wine, fresh produce
- Ikaria:** sheep and goats, walnuts



4
servings
10'
preparation

Rocket salad with watermelon and feta

Rinse and strain the rocket leaves. Transfer to a wide platter. Add the sun-dried tomatoes and the onion slices. De-seed the watermelon and cut into slices or cubes. Add to salad. Finely chop the spearmint at the last minute, and sprinkle the salad with feta.

Mix ingredients for the vinaigrette and toss the salad just before serving.

- 2 bunches of rocket leaves (spicy)
- 4 sun-dried tomatoes, chopped
- 1.8 lb watermelon flesh
- ½ small red onion, cut into thin rings
- 1 cup feta, cubed
- 1 tbsp. fresh spearmint, chopped

- VINAIGRETTE
- 6 tbsp. olive oil
 - 3 tbsp. wine vinegar
 - 1 tbsp. grape molasses



★ The secret to perfect salads that soak up all the dressing is to strain the salad leaves very well beforehand. An easy way is to place the washed salad leaves on a clean kitchen towel. Bring the corners of the towel together and with a twirling motion in the air, spin and strain. The water is absorbed by the towel and the salad is now ready for dressing.



Stuffed eggplant rolls

4 eggplants

STUFFING

- 2/3 lb ground beef
- 1 onion, grated
- 2 tbsp. fresh parsley, chopped
- ½ cup fine breadcrumbs
- ½ cup kefalotiri cheese, grated
- 1 egg
- Salt, pepper

TOMATO SAUCE

- 6 tomatoes, ripe and grated
- 1 clove of garlic, crushed
- 1 onion, chopped
- 2 tbsp. fresh parsley, chopped
- ¼ cup olive oil
- 1 pinch of sugar
- Salt, pepper

Chop the eggplant into 0.2-inch slices. Lay slices on two cooking sheets and cook for about 15 minutes at 390°F.

Place all the ingredients for the sauce in a pot and boil for 15 minutes. Place all the ingredients for the stuffing in a bowl and knead for a few minutes. Shape beef mix into oval-shaped patties. Wrap each patty with an eggplant slice. Put all the rolls side by side in a cooking dish, with the joining part face down.

Cover with sauce and bake for 30 minutes. Serve with Greek yogurt.



5
servings
20'
preparation
30'
cooking



6
servings
10'
preparation

"These appetizers are never missing from my summer dinner table"



8
servings
20'
preparation
5 hours
chilling



Red bell pepper terrine

- 8 large red bell peppers
- 7 gelatin sheets (1/2 oz each)
- 2 1/2 cups anothiro cream (or any other cream cheese)
- 1 cup strained yogurt
- 3.4 fl. oz fresh cream
- 1/2 cup fresh basil and spearmint leaves
- Salt

TO SERVE

Agourelaio (extra virgin olive oil, pressed from the first olives harvested, which are green and not fully ripe) and balsamic vinegar

Line a small loaf tin with plastic wrap, making sure there is overhang with which to cover the top.

Place the red peppers in a preheated oven at 390 °F on the convection setting, and cook until the skins go black and bubbles start to form. Put in a polybag and fasten so that they release their moisture. Remove the skins before the peppers cool down. Carefully remove the seeds and fibers. Slice into 2-3 strips and place on kitchen paper for a few minutes to remove any excess moisture.

Soak the gelatin sheets in a bowl of cold water for 10 minutes. Mix the cream cheese with the yogurt and gradually add the cream, constantly stirring with a spoon or whisk, until the ingredients come together. Add the chopped herbs and season. Squeeze water from the gelatin sheets thoroughly, and dissolve them in 3 tbsp. boiling water, stirring vigorously. Let mixture cool and quickly add the gelatin to the cheese mix, stirring non-stop.

Line the base and sides of the loaf tin with the pepper slices. Empty half of the cheese mix into the tin and add another layer of peppers. Top with the remaining cheese mix and finish with the peppers. Carefully fold the plastic wrap over the top and seal well. Chill the terrine in the refrigerator for at least 5 hours. Once chilled, turn out on a platter. Remove the plastic wrap and cut into slices. Garnish each terrine slice with a few droplets of balsamic vinegar and olive oil.

Serve with toasted bread and a green salad.

Beetroot tzatziki

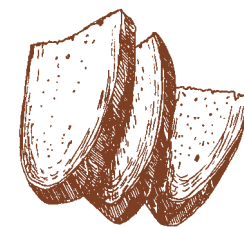
- 1.1 lb beets, boiled
- 2/3 lb strained yogurt
- 2 tbsp. cream cheese (anothiro or xinomizithra)
- 2 cloves of garlic, crushed
- 2 tbsp. wine vinegar
- 1/4 cup olive oil
- 1 tbsp. spearmint, chopped
- Salt
- Toasted bread

Peel and cut the boiled beets into very small cubes.

Place in a bowl, add the crushed garlic and cream cheese together with the yogurt, vinegar, olive oil, spearmint and salt.

Mix the tzatziki very well and chill in the refrigerator.

Serve one spoonful on a slice of freshly toasted bread.



☆ Put plastic wrap in water before lining the loaf tin. This will make it stick to the sides of the tin easier.

1
jar
10'
preparation
35'
cooking



Semi sun-dried tomatoes with herbs

Use these tomatoes to garnish soups and green salads with vinaigrette, or use in omelets or pie fillings. You could even enjoy them plain, with some feta and freshly baked bread.

30 acorn-shaped cherry tomatoes
1 clove garlic, crushed
5 tbsp. olive oil
1 tbsp. flower of salt
Freshly ground pepper
2 sprigs fresh thyme
2 sprigs fresh oregano
2 pinches sugar

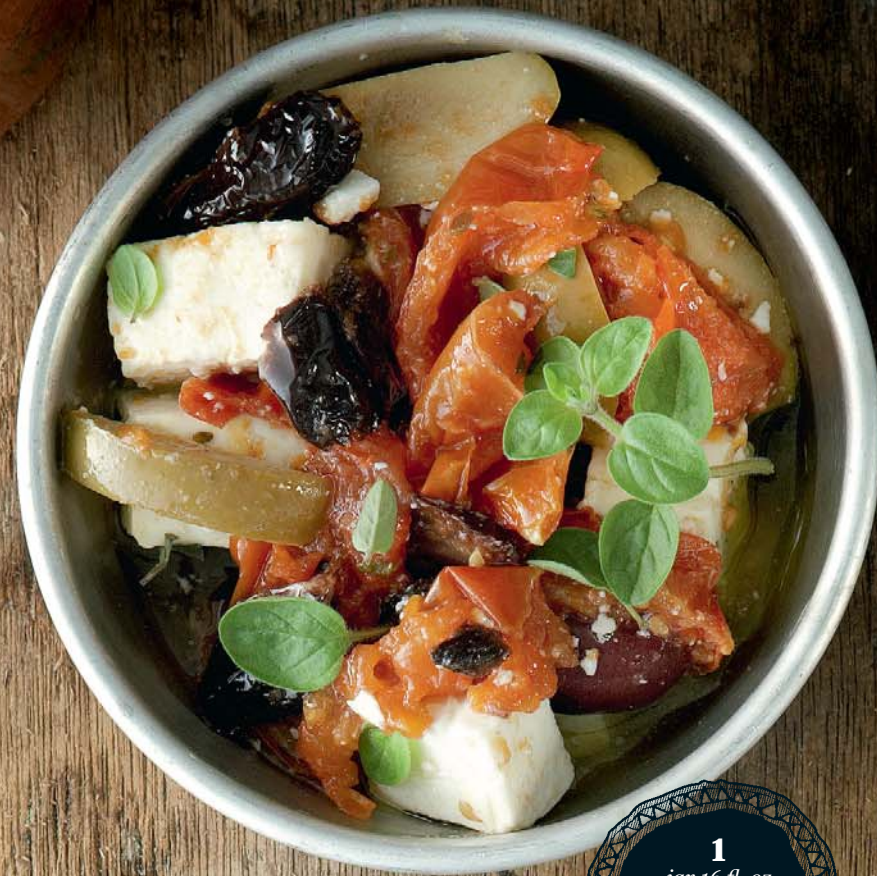


Preheat oven to 340°F. With a brush, lightly oil a baking tray.
Wash cherry tomatoes thoroughly, dry well and halve lengthwise.
Line up on oiled tray, cut side up.

Put garlic and olive oil in a bowl and mix with a fork. Brush the tomatoes with the garlic olive oil mixture. Sprinkle with salt, freshly ground pepper and finely chopped herbs. Finally, dust with a little sugar.

Cook for 35 minutes at 300°F, cool and place in a jar. Fill to the top with olive oil and store jar in a cool, dark place for many months.

1
jar 16 fl. oz
15
preparation



1
jar 16 fl. oz
10
preparation

☆ To Serve: Combine with anthogalo (soured fresh goat cheese), tsalafouti (soft cheese) or xinomizithra (soft goat cheese) for a completely different result



Chilled tomato basil sauce

Served with xinomizithra cheese, this sauce is ideal for pasta. It is perfect with roast meat or fish, while it can also be used as a delicious dip or salad dressing.

6 tomatoes, ripe and firm
1 clove of garlic, minced (without sprout)
½ cup fresh basil leaves
1 tsp. salt (flower of salt)
Freshly ground pepper
1 tbsp. capers, desalted
1 tbsp. dark raisins
2 tbsp. balsamic vinegar
1 cup extra virgin olive oil

Wash tomatoes, lightly cross-cut on bottom and place in boiling water for 30 seconds. Transfer to a bowl with cold water and ice cubes to stop cooking process. Take off the skin and mash into a pulp.

Put tomato pulp in an air-tight glass container.

Add the rest of the ingredients, the garlic, fresh basil leaves, flower of salt, pepper, capers, raisins and balsamic vinegar, and finish with the olive oil. Mix well with a spoon.

Seal the jar and store in the refrigerator for up to 3 months.

Chilled sun-dried tomato, olive and feta cheese sauce

This sauce is delicious served on freshly baked bread or pizza dough, on all types of pasta, even when added to a refreshing green salad.

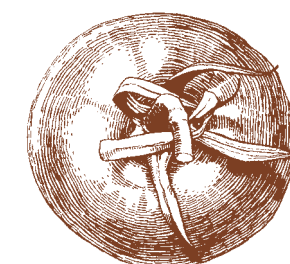
½ cup Kalamata olives, pitted and sliced
½ cup green olives, pitted and sliced
½ cup dry-salted black olives, pitted and sliced
1 cup semi sun-dried tomatoes in their oil (see page 69)
1 cup hard barrel-aged feta, cubed
1 cup manouri cheese (fresh white goat cheese), cubed
1 cup extra virgin olive oil
1 tsp. oregano

Strain the semi sun-dried tomatoes (homemade or store-bought) from their oil and cut in 3-4 slices. Put in a bowl.

Add the olives, feta, manouri, oregano and olive oil.

Mix all ingredients together and carefully transfer to an air-tight glass jar. If necessary, add a splash of olive oil to cover ingredients.

Store the sauce in the refrigerator for up to 2 weeks. To serve, stir lightly because the oil will have frozen on the surface.





5-6
servings
10'
preparation
10'
deep frying

Deep-fried zucchini tempura with tzatziki

PREPARE THE BATTER

Pour the beer in a bowl and gradually add the sifted flour, salt and pepper. Combine with a whisk until the batter is fairly loose, without lumps. Cover and chill for 30 minutes.

Meanwhile, wash the zucchini. If small, cut lengthways. If larger, cut into round slices. Sprinkle with salt and leave for 15 minutes. Pat dry thoroughly with kitchen towel or kitchen paper.

Dip the zucchini into the batter and fry in the olive oil until golden. Put on absorbent kitchen paper to remove excess oil and serve.

TZATZIKI

Put the yogurt, minced garlic, salt, vinegar, dill, olive oil and cucumber in a bowl. Combine well, until all the ingredients are incorporated. Chill in the refrigerator and serve once cool.



ZUCCHINI

6 zucchini, tender and without many seeds

12 oz beer

Flour, as necessary (about 7 oz)

Salt

Freshly ground pepper

Olive oil for frying

TZATZIKI

2 tubs of strained yogurt

4 cloves of garlic

1 pinch of salt

1 tbsp. fresh dill or spearmint, chopped

3 tbsp. vinegar

½ cup olive oil

1 cucumber, grated and water squeezed out, unpeeled

☆ Roughly grate the cucumber, add salt and leave for 10 minutes.
☆ Squeeze the grated cucumber between hands to remove as much water as possible.
☆ Cover the tzatziki and chill to combine the flavors.






Eggplant dip




Spicy cheese dip




Yogurt sauce




Stuffed vine leaves



Eggplant dip with yogurt and walnuts

[MELITZANOSALATA]

Eggplants are one of those ubiquitous summer ingredients that everyone loves; they are used in many different ways in Greek cooking. While there are numerous versions of the well-known eggplant dip (both warm and cold), containing combinations of ingredients that may seem unusual at first, the result is always delicious.

- 4 large eggplants**
- 3 cloves of garlic, crushed**
- 2 tbsp. vinegar**
- 1.2 cups olive oil**
- 1 cup walnuts, chopped**
- 1 tub strained yogurt (7 oz)**
- 2 tbsp. fresh parsley, chopped**
- Salt, freshly ground pepper**
- Toasted bread, to serve**

Roast the eggplants whole, ideally on the grill, until the skin burns and acquires a smoky flavor.

Alternatively, grill in the oven at 390°F for 45 minutes. Let eggplant cool. Holding on to the edge of the stem, carve the eggplant vertically to release juices and remove flesh. Transfer the flesh to a bowl and mash up with a fork.

Season and add the garlic, vinegar, olive oil, parsley, walnuts and, once cooled, finish with a dollop of yogurt. Mix well and chill. Serve with freshly toasted bread.

Spicy cheese dip with sour cream cheese and bell peppers

Best enjoyed as a meze on toasted bread to accompany a chilled glass of ouzo.

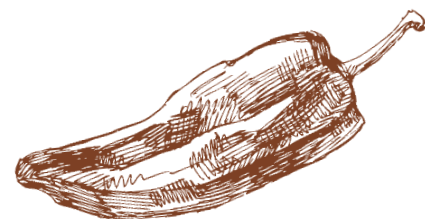
- 1.1 lb soft feta cheese**
- 3.5 oz xinomizithra cheese**
- 3 cloves of garlic**
- 6 red bell peppers, roasted**
- 1 tbsp. cayenne pepper**
- ½ cup olive oil**

Place all the peppers on a baking sheet and roast at 390°F until the skins turn black. While still warm, place the peppers in a polybag, fasten and leave to cool. This makes peeling them easier – just pull off the skins. Halve and remove the stem, seeds and fibers. Chop into pieces. You can store the peppers, soaked in olive oil, in the refrigerator for one month.

Pat the peppers dry. Use feta cheese that is soft and moist.

Place all the ingredients in the food processor and combine.

Chill the spicy cheese dip in the refrigerator.



Stuffed vine leaves

[DOLMADAKIA]

Stuffed vine leaves can be found in many different countries; but it is the use of multiple herbs and the yogurt sauce that make the Greek version all that more delicious. Just like all recipes with stuffing, these stuffed vine leaves taste even better the next day.

Soak the rice in a bowl of water for 1 hour. Put in a strainer and rinse under running water to remove the starch. Strain again. Stir in the juice of one lemon.

Heat half of the olive oil and sauté the chopped onions and green onions for 3-4 minutes. Add the rice and combine until the rice is shiny. Add 2 cups of water and simmer for 6-7 minutes, or until the fluids have been absorbed. Season the rice and sprinkle with the herbs. Grate the tomato into the stuffing and add the pine nuts and raisins.

In the meantime, blanch the vine leaves for a few minutes and transfer to a bowl of cold water to stop the boiling. Strain. Remove any thick fibers from the edges.

Take a vine leaf in your palm and, with the fibers facing up, place a spoonful of stuffing in the center. Close the two edges over and wrap the dolma in a roll. Repeat.

Place the stuffed vine leaves side by side in a cooking pot in layers, joining side face down. Pour the rest of the olive oil and cover with a plate, so that the vine leaves do not unwrap while cooking. Cover with water. Simmer until the water evaporates and the stuffed vine leaves are left in their oil – about 40 minutes. Serve cold with the yogurt sauce.

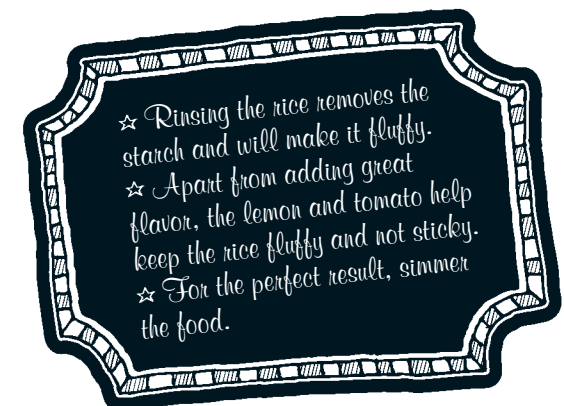
YOGURT SAUCE

Place all ingredients in a bowl and whisk for a few minutes, until fully combined. Pour the loose sauce over the stuffed vine leaves.

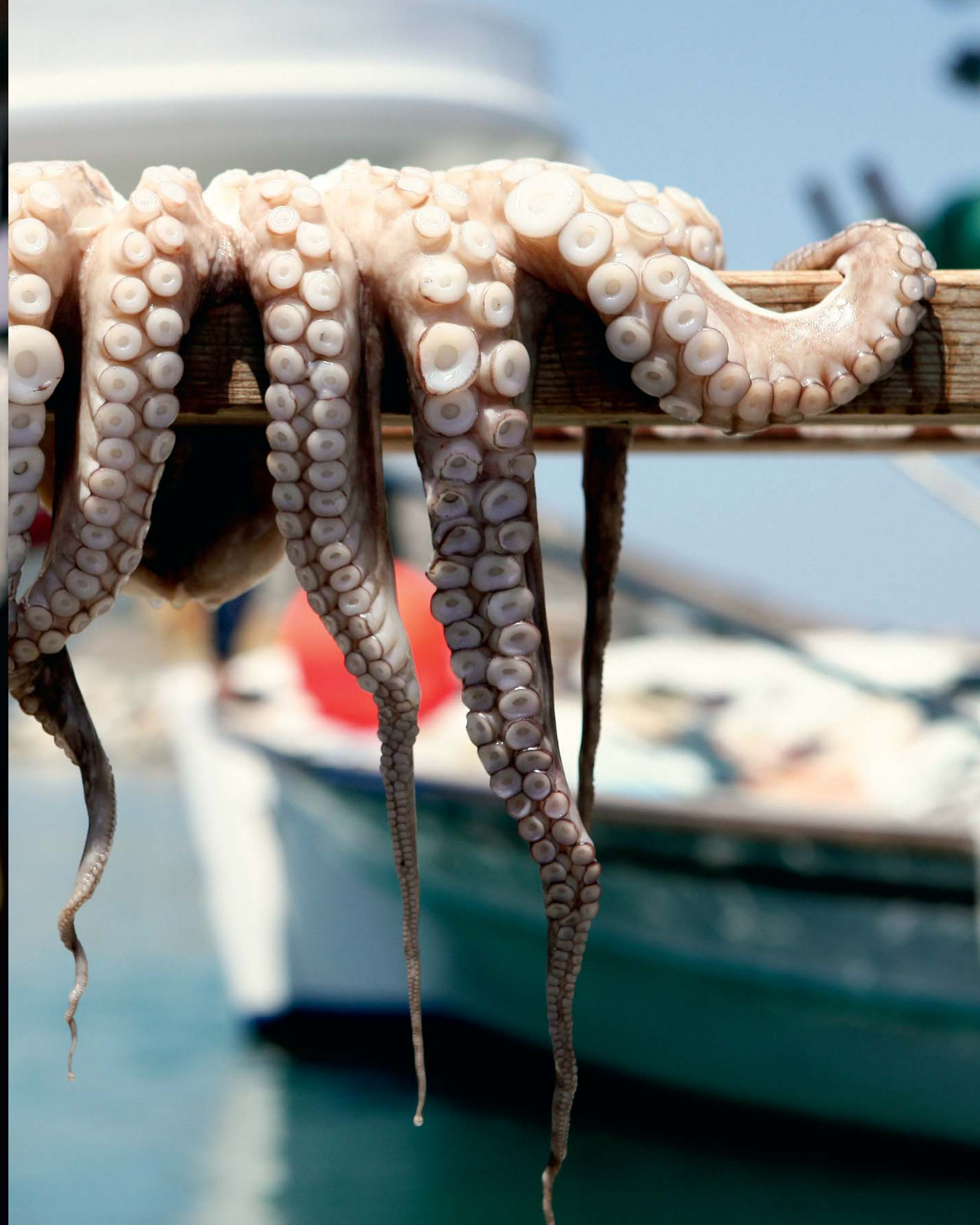
- 60 vine leaves, tender**
- 2 cups Carolina rice**
- 2 onions, chopped**
- 2 bunches of green onions, chopped**
- 1 cup olive oil**
- ½ bunch of fresh parsley, chopped**
- ½ bunch fresh dill, chopped**
- ½ bunch fresh spearmint, chopped**
- 1 lemon**
- 1 tomato, grated**
- 2 tbsp. pine nuts**
- 2 tbsp. raisins**
- Salt, freshly ground pepper**

YOGURT SAUCE

- 0.8 lb strained yogurt**
- Juice of 1 lemon**
- 3 tbsp. olive oil**
- 2 tbsp. cold water**
- 1 tbsp. fresh dill, chopped**
- 1 tbsp. fresh spearmint, chopped**
- Salt**



☆ Rinsing the rice removes the starch and will make it fluffy.
 ☆ Apart from adding great flavor, the lemon and tomato help keep the rice fluffy and not sticky.
 ☆ For the perfect result, simmer the food.





Split pea puree with caramelized onions

[FAVA PANTREMENI]

This humble “married” split pea puree from the Cyclades, was once a “poor man’s meal”, but has now taken the world by a storm and excites gourmet palates everywhere.

- 1.1 lb yellow split peas**
- 2 medium onions, thickly sliced**
- 3 pints water**
- ¼ cup olive oil**
- 1 sprig fresh thyme**
- Salt**

TOPPING

- 2 dry onions**
- 4 tbsp. olive oil**
- 2 tbsp. capers**
- 1 tbsp. vinegar**



Place the split peas in a bowl and soak in water for 30 minutes. Drain. Heat the olive oil in a shallow, wide pot with a thick base (rondeau) and sauté the onions and fresh thyme for 7-8 minutes, until soft and transparent. Stir in the split peas and water, and bring to a boil, stirring constantly. Lower heat once it begins to bubble and remove the thyme. Simmer for about 50 minutes (total time depends on the split peas) and skim off any impurities when necessary. Do not stir the fava as it simmers because it will stick to the pot; just let it bubble away until the peas begin to melt, and season towards the end. Puree using a food processor or a hand-held blender. Pass through fine gauze for an extra velvety texture. Serve plain with olive oil and lemon, or “marry” with the onion.

“MARRIED” FAVA

Heat some olive oil in a deep skillet and add the onions. Sauté on a medium heat for 10 minutes, stirring so that the onions caramelize but do not turn brown, as this will make them bitter. Pour the vinegar and mix in the capers. Either stir the caramelized onions into the fava, or serve the fava puree with the onions on top.

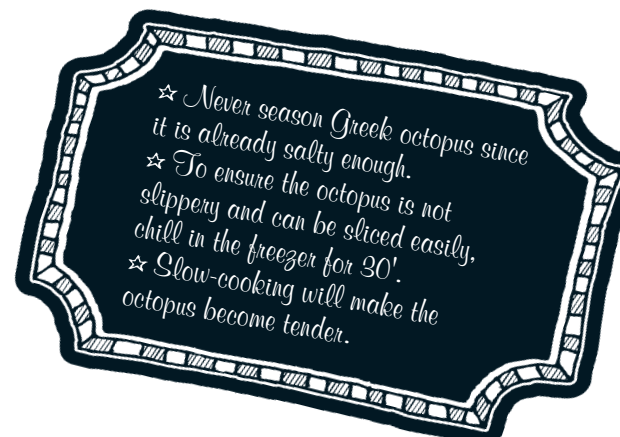


Oven-steamed spicy octopus

This is the perfect accompaniment to the split pea puree, as the octopus provides a wonderful contrast to the puree’s silky sweetness.

- 1 octopus (about 2.2 – 3.3 lb)**
- 4 tbsp. olive oil**
- 2 tbsp. balsamic vinegar**
- 1 bay leaf**
- 1 clove of garlic**
- 1 pinch of oregano**
- 1 spicy red pepper, diced**
- 4-5 whole black peppercorns**
- 2 large sheets of aluminum foil**

Rinse the octopus thoroughly and place in a bowl. Add the olive oil, pepper, peppercorns, balsamic vinegar, garlic and oregano, and combine. Spread the sheets of foil into a cross shape on the counter and place the whole octopus in the middle. Douse with the juices from the bowl and seal the foil edges into a package – not too tightly, to allow space for the air to expand in the oven. Cook the octopus for about 1 hour 15 minutes to 1 hour 30 minutes at 360°F, and serve.



Octopus with macaroni

A beloved homemade and traditional dish served in Greece's coastal areas.

Clean the octopus: turn the hood inside out and remove the viscera. Also, apply pressure and remove the mouth.

Rinse thoroughly and cut the octopus into pieces. Heat the olive oil in a pot and sauté the onion until slightly wilted for a few minutes, but making sure it does not go brown. Add the octopus pieces and sauté for a few more minutes, until it changes color and turns reddish. Sprinkle with the herbs and combine to release flavors. Add the tomato paste, rubbing it into the base of the pot with a wooden spoon. Finish with the wine and deglaze (remove and dissolve browned food residue from the bottom of the pot). Wait for the alcohol to evaporate; mix in the grated tomatoes and enough water to cover the ingredients. Cover and simmer until the octopus becomes tender. Add the macaroni and some more water to cook the pasta (if necessary). Simmer on a low heat for 10-12 minutes, stirring regularly, until the pasta is cooked and the food is somewhat juicy. It should not be completely dry. Season towards the end – if the octopus is fresh, adding salt may not even be necessary as octopus is sometimes salty enough. On the contrary, you may have to add a pinch of sugar to balance out the flavors.

- 1 fresh octopus, almost 3.3 lb**
- 2 onions**
- ½ cup olive oil**
- ½ cup dry white wine**
- 1 pinch of ground cinnamon**
- 1 pinch of ground allspice**
- 1 pinch of ground cloves**
- 1 cup grated tomatoes**
- 1 tbsp. tomato paste**
- 1.1 lb macaroni**
- Salt, freshly ground pepper**



☆ When boiling short pasta (macaroni, pasta shells, orzo pasta etc) in a sauce, there must be enough juice left over when the food is ready so that the pasta does not stick together.

5
servings
10'
preparation
45'
cooking



Spinach rice

[SPANAKORIZO]

A dish representative of the Greek culinary philosophy: simple, healthy and delicious ingredients. That is why, this dish can be found on the weekly menu of every Greek family.

Clean, rinse and drain the spinach thoroughly. Roughly chop. Heat the olive oil in a wide, shallow pot with a thick base (rondeau) and sauté the onions, leek and green onions for 3-4 minutes, until transparent. Add the spinach, diced tomatoes and rice. Stir until lightly wilted and then add 1 ½ cups of water. Season to taste and simmer for 20 minutes.

Sprinkle the chopped dill towards the end, and pour in the lemon juice. Mix well and serve immediately

- 2.2 lb spinach, cleaned**
- ¼ cup olive oil**
- 1 onion, chopped**
- 1 bunch green onions with leaves**
- 1 leek, chopped**
- 1 tomato, diced**
- ¾ tea cup Carolina rice**
- 1 bunch fresh dill**
- Juice of 1 lemon**
- Salt, freshly ground pepper**



4
servings
10'
preparation
25'
cooking



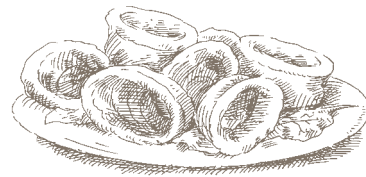
Stuffed calamari from the Aegean Sea

This calamari can be grilled and encloses the delicious flavor of the Greek islands. Alternatively, it can be roasted with fresh tomato sauce.

3 large calamari (about 2/3 lb each)

STUFFING

- 1 tomato, firm and mature, skinned and deseeded, diced**
- 1 green bell pepper, diced**
- 1 yellow bell pepper, diced**
- 5 olives, finely chopped**
- 1 tbsp. capers, finely chopped**
- 1 medium onion, finely chopped**
- 2 cloves of garlic, minced**
- 1/2 cup feta, crumbled**
- 2 sprigs fresh oregano**
- Salt, freshly ground pepper**



Clean the calamari and rinse well, inside and out. Leave to strain in a colander. Using a kitchen knife, cut a small hole in the back for the air to escape. This makes stuffing the calamari easier.

Put all the ingredients for the stuffing in a bowl. Mix together with a fork. Fill the calamari until 3/4 full. Seal with a toothpick. Grill for about 5 minutes on each side. Grill the calamari heads at the same time to use as garnish.

Remove the toothpick. Place the stuffed calamari on a bed of rocket leaves. Drizzle with extra virgin olive oil and serve immediately, because calamari becomes tough as it cools.

Oven-baked whole fish

You can select the fish of your choice for this recipe, as long as you use about 3.3 lb so that the vegetables are cooked in time.

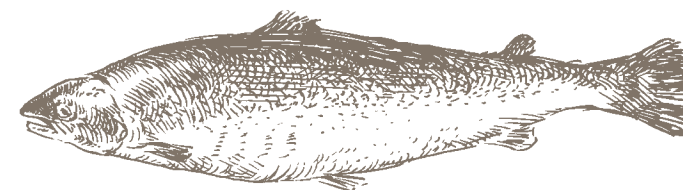
- 1 sea bream (about 3.3 lb)**
- 6 potatoes, in thin 0.2-inch slices**
- 2 cloves of garlic, crushed with skin**
- 3 onions, in rings**
- 1 fennel bulb, sliced**
- 3 tomatoes, sliced**
- 1/2 bunch fresh parsley, chopped**
- 1/2 bunch fennel leaves, chopped**
- 1 cup olive oil**
- 1/4 cup dry white wine**
- Salt, freshly ground pepper**

Gut and scale the fish. Wash very well, inside and out, and season. Lay the potato slices in a deep baking dish, and top with the onion. Add the crushed garlic and sliced fennel bulb. Sprinkle with the herbs.

Place fish on top of the vegetables and season. Finish with the slices of tomato and pour the wine and olive oil.

Cover dish with aluminum foil and cook in a preheat oven for 30 minutes at 360°F. Remove the foil and continue cooking for a further 20 minutes, until the potatoes become soft.

Serve the fish with the vegetables and wonderful sauce while still warm.





Oven-baked flat bread from Kimolos



[LADENIA]

A traditional pie from Kimolos, the Greek version of Italian pizza, that boasts the simplicity and flavors of this small Cycladic island. Despite its simplicity, its flavor is truly remarkable.

Sift flour into a bowl and sprinkle in the dry yeast and sugar. Pour the olive oil and rub mixture between fingers until you have a crumbly consistency. Gradually add the water and salt, and knead until dough is unified and supple, but not sticky. Place dough in a lightly oiled bowl, cover with plastic wrap or a cloth, and set aside for about 45 minutes to 1 hour, until the dough rises and doubles in size.

FILLING

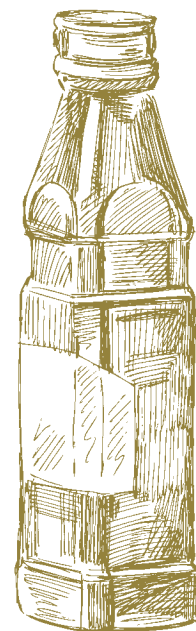
In the meantime, deseed the tomatoes, cut into small chunks (remove tomato skin if desired) and drain on absorbent kitchen paper. Chop onions and bell peppers into even-sized chunks. Once the dough has doubled, brush a 14-inch tart pan or a shallow baking dish with olive oil before placing it inside.

Spread out the dough with your fingers until it covers the entire surface of the pan. Place the chopped vegetables, tomatoes, onions, bell peppers and finely chopped olives on the dough. Sprinkle with oregano and season. Drizzle with olive oil and cook on the lower rack at 390°F for about 35 minutes, or until golden.

6 cups hard flour
4 tbsp. olive oil
1 sachet dry yeast powder
½ tsp. sugar
1 tsp. salt
Lukewarm water, as necessary
(approximately 1 ½ cups)

FILLING

3 tomatoes, ripe and firm
3 onions
2 bell peppers, different colors
¼ cup olive oil
1 tsp. oregano
Some chopped olives
Flower of salt
Freshly ground pepper



Onion pie with tomato and bell peppers

A pie that is both Greek and original. Serve as a starter during a festive meal. You can prepare the filling from the previous day and assemble the pie at the last minute before baking. Serve warm.

Skin the tomatoes, deseed and chop into small pieces. Cut the onions into thin slices. Wash the peppers, deseed and cut into thin strips.

Heat the olive oil on a medium heat and cook onions for about 10 minutes, until they become soft, but not brown.

Add the peppers and sauté for 5 minutes, stirring.

Finish with the chopped tomatoes and simmer for 5-6 minutes, until the juices are absorbed. Remove from heat.

Mix in the pepper flakes, rice, oregano and feta cheese, and season to taste.

Brush the sheets of phyllo pastry with oil. Lay half of them across a shallow greased dish, diagonally, and add the filling.

Turn the edges of the phyllo inwards. Place the remaining sheets of phyllo pastry over the top, pushing the edges down into the sides. Lightly cut the top leaves. Sprinkle with droplets of water to prevent the phyllo from rising when cooked, and douse with the olive oil.

3 ripe tomatoes
5 large red onions
2 red bell peppers
¼ cup olive oil
1/3 cup rice, sticky or Carolina
1 tbsp. hot red pepper flakes
1 tsp. oregano
0.6 lb feta, crumbled
Salt, freshly ground pepper

1 packet (16 oz) of phyllo pastry
¾ cup olive oil for greasing



★ Avoid adding the filling while it is still warm. It is preferable to assemble the pie when the filling has cooled down so that the pastry does not become too soggy.

12
pieces
30'
preparation
1 hour
baking

Spinach pie with Mediterranean greens from Peloponnese

An amazing pie that smells of authentic Greece. You can add any aromatic Mediterranean greens you can get your hands on. Strain the leafy greens so that the leaves are not too moist and the pie remains crispy until the last bite.

2.2 lb spinach, washed and strained
2 large leeks (only the tender part, keep the rest for making stock)
1 bunch green onions with leaves
1 bunch fresh dill, chopped
2 bunches Mediterranean greens
1 bunch fresh spearmint
2/3 lb feta cheese, crumbled
2 tbsp. salt, freshly ground pepper
½ cup olive oil

Traditional crispy pastry
1.6 lb all-purpose flour
½ cup olive oil
2 tbsp. vinegar
1 ½ cups of lukewarm water (approximately)
1 flat tsp. salt

¾ cup olive oil to grease the pastry
Flour for the pastry

Wash and strain the spinach. Chop into a large bowl with the leeks and green onions, and sprinkle with salt. Mix and leave for 15-20 minutes to release juices. Squeeze out as much liquid as possible and transfer to a bowl. The filling will reduce by about half. Add the olive oil, feta cheese, herbs and pepper. Grease a pie dish, place three sheets of pastry in the dish one by one, slightly crumpled, brushing each sheet with olive oil.

Add the filling in a thin layer. Cover with the remaining sheets of crumpled pastry sheets, again greasing each one. Turn the edges in. Trace out the pieces, drizzle with a few drops of water and pour the remaining olive oil. Bake on the bottom rack for 1 hour at 360°F, until golden brown on top.

TRADITIONAL CRISPY PASTRY

Sift the flour into a bowl or a mixer. Mix in the vinegar, salt and olive oil, and begin kneading as you add the water a little at a time. The dough is ready when it is supple and no longer sticky. Cover and leave to stand for at least 30 minutes. Divide the dough into six pieces, and roll out into thin sheets on a flour-dusted surface.



12
pieces
30'
preparation
1 hour
baking



12
servings
40'
preparation
1 hour
baking

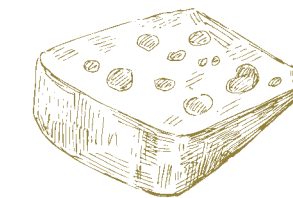


☆ Knead dough well to roll out pastry with ease.
☆ Add vinegar to the dough for a crispier result.
☆ Chill the pastry thoroughly to create many layers.
☆ Add semolina to absorb any liquids.
☆ For optimal results the filling must be added when cold.
☆ Bake the pie using the elements setting for a crispy, crunchy pastry.

35
pieces
40'
preparation
30'
baking



The ultimate cheese pie



Mix the ingredients for the dough very well in the mixer or by hand. The dough should be supple, not sticky. Divide into two equal parts. Dust with flour, and roll out into 20-inch circles. Place an 8-inch plate in the center of the circle. Grease the dough with the soft vegetable fat. Moving from the center of the plate outwards, in a radial motion, cut 8 slits into the pastry. Remove plate. Fold each flap inwards towards the center of the circle. Turn upside down onto a plate, dust with flour and freeze for 30 minutes. Repeat process for the second piece of pastry.

FILLING

On a low flame, sauté the leek, spring onions and pepper in the olive oil for about 10 minutes, until slightly wilted. Remove from heat and let vegetables cool. Dust with semolina. Beat the eggs, add the cheese and herbs, and mix everything together.

Take the chilled pieces of pastry and place one in a shallow 14-inch dish. Add the filling and cover with the other piece. Seal the pie by turning the pastry edges inwards. Trace lines on the pastry to mark out the pieces, and sprinkle with some water.

Bake for 30 minutes at 350 °F only on the bottom elements, and then for an additional 30 minutes using the top and bottom elements.

5 ¾ cups all-purpose flour
¼ cup sunflower oil or olive oil
2 tbsp. wine vinegar
1 tsp. salt
Lukewarm water (about 1 ½ cups)
2 tbsp. soft vegetable cooking fat (at room temperature)
Corn flour or flour to roll out pastry
FILLING
3 tbsp. olive oil
1 bunch spring onions
1 leek, finely chopped
1 red bell pepper, finely chopped
8 oz. barrel-aged feta, crumbled
8 oz. mizithra, crumbled
Freshly ground pepper
1 tbsp. semolina
2 eggs
½ bunch dill or spearmint, finely chopped

Perfect crispy mini cheese pies

Put the margarine, oil, yogurt and salt in a bowl, and mix well with a fork or whisk until uniform. Stir in the cheese. Sift the flour and baking powder into the mixture. Knead until the dough no longer sticks to your fingers. If necessary, dust with flour. Cover the dough and chill for 20 minutes in the refrigerator. Then divide it into 35 dough balls.

FILLING

Mix all ingredients together in a large bowl. Take one dough ball between your hands and push down to flatten it out. Add a little filling in each one and press the edges together with a fork, to seal pastry in a crescent shape. Sprinkle with sesame seeds.

Grease a baking tray with olive oil. Preheat oven to 340°F and cook for 30 minutes on the middle rack on the convection setting, until golden

☆ Use the empty margarine tub as a measuring unit.

1 tub (8 oz) margarine, at room temperature
½ cup sunflower oil
1 tub (7 oz) strained yogurt
1 tsp. salt
1 tbsp. kefalotiri (hard salty yellow cheese) or parmesan
1 sachet baking powder
Soft flour, as much as necessary, about 4 2/3 cups
Sesame seeds for sprinkling
FILLING
1 tub feta, crumbled
1 tub kefalotiri cheese, grated
1 large egg
Freshly ground pepper



Vegetarian stuffed tomatoes

[GEMISTA ORFANA]

Not just for fasting, this dish is a year-round favorite for most Greeks. Legend has it that stuffed vegetables are tastier if eaten the next day; I can assure you that this rumor is true. Also, never eat them – especially the fasting variety – while piping hot.

5 tomatoes, ripe and firm
5 bell peppers
1 zucchini, grated
1 eggplant, grated
2 onions, diced
1 cup Carolina rice
1 ½ cups olive oil
1 bunch fresh parsley, chopped
1 bunch fresh spearmint, chopped
1/3 cup pine nuts
1/3 cup black raisins
Salt, freshly ground pepper
3 tomatoes, grated



Cut a slice off the top of the tomatoes (to use as a lid) and spoon the flesh into a bowl, making sure to leave enough flesh along the sides to prevent the tomato from cracking open in the oven. Put the tomato flesh in a food processor and pulse. Slice off the top end of the peppers and remove the seeds and fibers.

Heat ½ cup olive oil in a deep skillet and sauté the onion over medium heat for a few minutes, until transparent. Stir in the grated zucchini and eggplant. Bubble away for a few minutes until the vegetables begin to soften. Add the rice, tomato flesh and season. Pour 1 cup water and bring to a boil for 5 minutes. The stuffing should be fairly juicy (runny). Finish with the pine nuts, raisins and chopped herbs.

Fill the tomatoes and peppers with the juicy stuffing, about ¾ full. Cover with the lids and transfer to a baking dish, placing one close to the other. Mix the 3 grated tomatoes and remaining olive oil (1 cup) in a bowl. Season and pour over the food. Cover with aluminum foil and bake in a preheated oven at 360°F for 1 hour and 15 minutes. Remove the foil after the first 30 minutes.

If eaten outside fasting periods, enjoy with feta or xinomizithra cheese.



Easy peasy zucchini pie

As its name indicates, we cannot make an easier pie than this. With no phyllo pastry, this mixture is both fluffy and airy; it can also be used as filling for a pie with crispy phyllo. So easy to make, this pie is ideal for feasts because the batter can be prepared in advance and preserved in the refrigerator until the big day. Enjoy warm or cold.

Lightly brush a shallow baking dish with oil and sprinkle with half the breadcrumbs. Rinse the zucchini, remove the stem and roughly grate. Transfer to a colander, add salt and leave for 10 minutes. Squeeze zucchini with your hands to remove any excess fluid and put in a bowl. Add the eggs, cheese, remaining breadcrumbs, chopped dill and spearmint, as well as the green onions. Add plenty of pepper and season to taste – careful, the feta cheese is fairly salty. Empty into a baking dish. Sprinkle with olive oil and bake for 40-45 minutes in a preheated oven at 340°F, until light brown. The thinner the zucchini pie, the tastier it will be. Alternatively, use yellow squash instead of zucchini.

2.6 lb tender zucchini
5 eggs, beaten
2/3 lb feta cheese, crumbled
2/3 lb fresh anothiro cheese
5.5 oz (1 sachet) of toasted breadcrumbs
2 tbsp. fresh dill, chopped
2 tbsp. fresh parsley, chopped
5-6 green onions with leaves, chopped
¼ cup olive oil
Salt, freshly ground pepper

Olive oil for the dish



Country-style egg salad

This wonderful salad is a great meze, ideally served with toasted bread. Add a couple of chopped anchovies for a richer flavor.

8 eggs, hard-boiled and quartered
2 tomatoes, diced
2 tbsp. capers
2 green onions, chopped
¼ cup olive oil
1 spicy red pepper, chopped
3 tbsp. vinegar
1 tbsp. mustard
Salt, freshly ground pepper
2 tbsp. chopped basil or some oregano

Mix all the ingredients together in a big bowl. Do this very carefully so the eggs do not fall apart. Let the salad stand for 10 minutes and then serve.



4
servings
10'
preparation
30'
cooking



Stewed potatoes with onion, sausage and eggs



[PATATES GIACHNI]

Cut the sausages into thick slices.
Peel the potatoes, wash and drain. Chop into large bite-size pieces.
Heat the oil in a pot and brown the sausages with the onion for 4-5 minutes.

Add the potatoes and mix well, until shiny all over. Add the tomato paste, thyme, bay leaf and season. Pour enough water to just cover the vegetables. Put the lid on the pot and cook on a medium heat for 20-25 minutes, until the potatoes are cooked.

Sprinkle with the feta. Make four small crater-like holes between the potatoes and break an egg into each. Cover and remove from the heat; the eggs will cook with the heat from the pot.

- 4 tbsp. olive oil
- 6 medium potatoes, sliced
- 2 onions, chopped in rings
- 2 sausages, in thick slices
- 2 tbsp. tomato paste
- 1 bay leaf
- 1 sprig of thyme
- Salt, freshly ground pepper
- Some feta cheese, crumbled
- 4 eggs

Dutch oven mixed vegetables from Crete

- 2 eggplants
- 2 zucchini
- 1 fistful green beans
- Some okra (optional)
- 2 onions, chopped
- 2 potatoes
- 3 ripe tomatoes, chopped

- 3 cloves of garlic
- 1 cup olive oil
- ½ bunch of fresh parsley, chopped
- Salt, freshly ground pepper



[SOFAGADA]

Add or leave out vegetables, as per your preferences. Clean the green beans. Chop the eggplant, zucchini and potatoes into thick pieces, and transfer to a Dutch oven. Add the onions and then the garlic, whole, crushed with the blade of a knife. Mix in the okra, green beans and chopped tomatoes. Sprinkle with parsley. Season and pour in half the olive oil. Add enough water to cover the base, about 1 cup.

Cover the Dutch oven and cook in a preheated oven at 390°F for about 1 hour – use both the elements and the convection setting. As it cooks, check on the liquids; there should be no water at the end, just oil. Serve with feta or xinomizithra cheese.

☆ Okra: Prepare for cooking by trimming the stem. Lay out on a baking tray, drizzle with vinegar and leave out in the hot sun for 1-2 hours. Rinse and strain.

5
servings
10'
preparation
1 hour
cooking



5
servings
40'
preparation
35'
cooking



5
servings
1 hour
preparation
1 hour
cooking

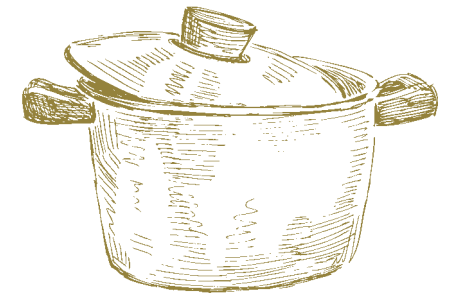
Bean soup

[FASOLADA]

Place beans in a pot and cover with plenty of cold water. Bring to boil on a medium heat for 35-40 minutes, until they start going soft. Strain.

Heat 2-3 tbsp. olive oil in a deep pot and sauté with the onions, carrots and celery. Stir well until shiny and cook for 2-3 minutes on a medium flame. Add the tomato paste and rub into the bottom of the pot. Transfer the half-cooked beans and add enough water to cover by 1 inch. Cover the pot and simmer for about 30-35 minutes. Season well and sprinkle with red pepper flakes (optional).

Pour the remaining olive oil at the end – this preserves the vitamins but also helps the soup thicken properly. Simmer for a few more minutes, until the soup thickens.



1.1 lb dry beans, medium or small
3 carrots, diced
2 onions, chopped
2 celery stalks, chopped with leaves
2 tbsp. tomato paste
1 tsp. hot red pepper flakes (optional)
¾ cup olive oil
Salt, freshly ground pepper

Giant beans with feta cheese and spinach

Soak the beans overnight in plenty of water and 1 tablespoon baking soda. The next day, rinse well and transfer to pot with cold water. Bring to a boil on a medium heat and cook for 40 minutes. Strain.

Wash, strain and roughly chop the spinach. Season and leave for 10 – 15 minutes. Squeeze between hands to release any fluids. Transfer to a bowl with the fresh green onions, leek, garlic, chopped onion, dill and parsley. Combine and put half the spinach mixture in a baking dish. Add the broad beans in a single layer and cover with the remaining spinach mix. Finish with the chopped tomatoes. Season, drizzle with olive oil and sprinkle with the toasted breadcrumbs.

Preheat oven to 340°F on the lowest rack for about 1 hour, until the beans absorb all the juices. About 10 minutes before the end, sprinkle with the crumbled feta cheese and watch it melt into the dish.

1.1 lb giant beans
1 tbsp. baking soda
1.7 lb spinach
1 bunch fresh onions, chopped
1 leek, chopped
3 cloves of garlic, minced
1 onion, chopped
1 cup olive oil
1.8 lb tomatoes, diced
1 bunch fresh parsley, chopped
1 bunch fresh dill, chopped
3 tbsp. toasted breadcrumbs
Salt, freshly ground pepper
0.5 lb feta cheese, crumbled





Mama's pastitsio

A few summers ago, some friends from America were staying at my house in Paros. I made pastitsio and baked it in the wood-fired oven. My guests tried some when they woke up at 11am, asked for seconds for lunch at 4pm, and then, after a day at the sea, they had some with their afternoon coffee at 7pm, instead of something sweet. Specially dedicated to Greg and Brandon.

GROUND BEEF

Heat the olive oil in a wide and shallow cooking pot with a thick base (rondeau) and sauté the ground beef without stirring constantly. Brown well for about 8 minutes. Add the onion and garlic and sauté for a further 2-3 minutes, until transparent. Pour the cognac and wait for the alcohol to evaporate for 1-2 minutes. Add the tomatoes, sugar, salt, pepper, bay leaf and cinnamon stick. Cover the pot, lower the heat and simmer for about 20 minutes, until the flavors combine and there are hardly any juices left. Remove the cinnamon stick after 5 minutes.

EASY BÉCHAMEL SAUCE

Whisk the milk, cornstarch, freshly ground nutmeg, salt and butter into a deep pot with a thick base. Leave for about 10 minutes, stirring. Once the béchamel sauce thickens, remove from heat and add the egg yolks one by one, beating vigorously with the whisk. Wait until each egg yolk is incorporated before adding the next one. Mix in ½ cup of kefalotiri cheese.

In the meantime, cook and drain the pasta as per packet instructions. Transfer half to a greased, deep baking dish and drizzle with a ladleful of béchamel. Gently shake the dish. Add a ladleful of béchamel to the ground meat, mix well and pour meat sauce onto the pasta. Cover with the remaining pasta and finish with the béchamel sauce. Gently shake the dish so the béchamel settles on the surface. Sprinkle with the remaining kefalotiri and bake on the bottom rack in a preheated oven at 360°F, for about 45-50 minutes.



1 packet of Bucatini - thick tubed spaghetti (1.1 lb)

GROUND BEEF

1.5 lb ground beef
1/3 cup olive oil
2 medium onions, chopped
2 cloves of garlic, minced
14 oz canned chopped tomatoes or fresh chopped tomatoes
½ cup cognac
1 tsp. sugar
1 cinnamon stick
1 bay leaf
Salt, freshly ground pepper

EASY BÉCHAMEL SAUCE

50 fl. oz fresh milk
6 tbsp. cornstarch
2 tbsp. butter
3 egg yolks
½ tsp. ground nutmeg
Salt
1 ½ cups kefalotiri cheese, grated



Mousaka with roasted eggplant



This mousaka is my version of the classic and much-loved dish that has traveled the world. Because I simply adore it, and because one piece is never enough, I prefer to roast the eggplant instead of deep-frying it. This makes the mousaka less oily, so I can enjoy more pieces without feeling guilty!

Rinse the eggplant, remove stem and cut in 0.4-inch slices. Spread out on baking sheets, drizzle with olive oil and season. Bake in a preheated oven at 390°F for 10 minutes until half-cooked.

GROUND BEEF

Heat the olive oil in a wide pot and sauté the ground beef without stirring all the time. Brown on all sides, until there are no fluids left. After 7-8 minutes add the chopped onion and whole garlic and sauté for a further 5-6 minutes. Pour the cognac and add the rest of the ingredients: bay leaf, cinnamon, sugar, tomatoes, salt and pepper. Simmer for about 20-25 minutes, until the sauce has absorbed its juices. Remove the cinnamon stick after 5 minutes.

CREAM

Heat the milk in a small pot and add the whole onion spiked with cloves. Do not boil. Melt the butter in a cooking pot and whisk in the flour – stir for about 2 minutes. Pour the milk little by little (remove onion) into the butter and flour mixture, constantly stirring with a whisk. Add the rest of the ingredients: ground nutmeg, salt and pepper (except the eggs). Keep stirring over a medium heat for about 7-8 minutes, until the cream thickens. Remove from heat. Add the eggs one by one, beating vigorously with a whisk. Stir two tablespoons of cream into the ground beef.

ASSEMBLY

Grease a baking dish or tray and sprinkle with toasted breadcrumbs. Put half of the eggplant in one layer and sprinkle with half the cheese. Spread half the ground beef and top with the remaining eggplant, cheese and ground beef, in alternating layers. Finish with the cream. Preheat the oven to 360°F and cook on the lower rack for about 50 minutes, until golden brown. Let it cool (to cut into pieces) and serve.

4.4 lb eggplant
1 cup kefalotiri cheese
½ cup toasted breadcrumbs
Olive oil
Salt

GROUND MEAT

1.7 lb ground beef
¼ cup olive oil
1 onion, chopped
2 cloves of garlic
1.8 lb tomatoes, chopped
1 bay leaf
1 cinnamon stick
1/3 cup cognac
1 pinch of sugar
Salt, freshly ground pepper

CREAM

5.3 oz butter
5.3 oz flour
3.3 lb fresh milk
1 small onion
2 whole cloves
½ tsp. ground nutmeg
2 eggs
Salt, white pepper



8-10
servings
40'
preparation
50'
cooking

6
servings
10'
preparation
1 hour & 30'
cooking



Wild hen in tomato sauce from the Ionian islands

[KOTA KAPAMA]

In homemade cooking lingo, to “kapama” means to sauté and brown very well. So “kapama” a free range hen, follow the recipe to the letter and enjoy homemade Greek cuisine at its most authentic and delicious.

Pat dry the meat with absorbent kitchen paper and season to taste. Melt the butter and heat the olive oil in a wide and shallow cooking pot with a thick base (rondeau), and brown the hen on all sides for about 6-7 minutes. Sprinkle with the herbs so that they release their aromas.

Add the onion with the garlic and sauté for a few more minutes, until the onion becomes transparent. Put the tomato paste and rub the base of the pot with a wooden spoon. Finish with the cognac. As you wait for the alcohol to evaporate over a high heat, keep rubbing the bottom of the pot with the spoon. Pulse the tomatoes in the food processor and add to the pot. Sprinkle with sugar and pour enough water to cover the ingredients halfway.

Cover the pot and simmer for 1 hour and 30 minutes until the meat is tender and the sauce thickens. Serve with Bucatini (thick tubed spaghetti) and lots of grated cheese.



- 1 free range hen, cut into pieces
- 1 tbsp. butter
- 2 tbsp. olive oil
- 1 pinch of cinnamon
- 1 pinch of ground cloves
- 1 pinch of ground allspice
- 1 onion, chopped
- 1 clove of garlic, chopped
- 1 tbsp. tomato paste
- ½ cup cognac
- 1 can of whole peeled tomatoes (14 oz)
- 1 pinch of sugar
- Salt, freshly ground pepper
- Kefalotiri cheese to serve

☆ As a lighter option, serve with the vegetable mash that follows.

Vegetable mash

Peel the vegetables and chop into thick chunks. Boil for about 20-25 minutes, until tender. Remove with a slotted spoon and mash while still hot. Melt the butter in a pot for 2 minutes, then mix in the nutmeg and milk.

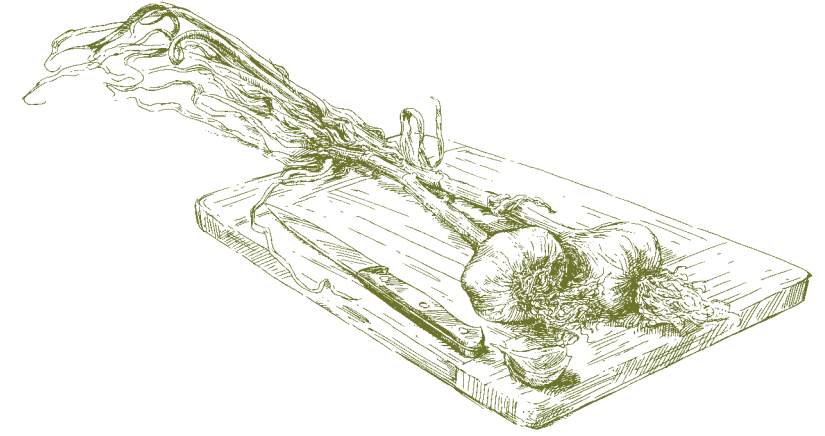
Finally, add the mashed vegetables and combine. Season to taste.



- 6 large potatoes
- 2 large carrots
- 1 onion
- 1 zucchini
- 1 celery stalk
- 1 cup fresh milk
- 1 tbsp. butter
- 1 pinch of ground nutmeg
- Salt, freshly ground pepper



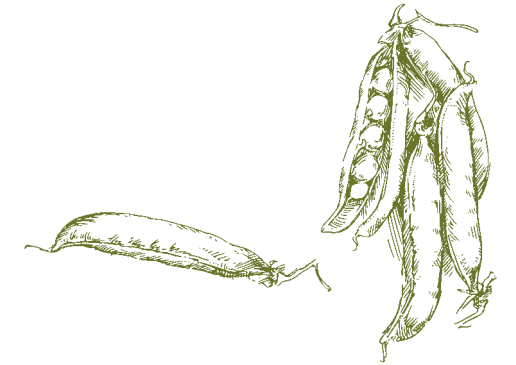
6
servings
15'
preparation
1 hour
cooking



Chicken with vegetables

A summer dish that is prepared in multiple variations in every household, depending on the ingredients at hand.

- 1 chicken, cut into six pieces
(ask your butcher to do this, otherwise
use 6 chicken legs)**
- 4 tbsp. olive oil**
- 1 onion, chopped**
- 1 clove of garlic, whole**
- 1 tbsp. tomato paste**
- 1.1 lb tender green beans,
cleaned and washed**
- 0.5 lb peas**
- 2 carrots, diced**
- 4 tomatoes, ripe and firm, grated**
- 2 tbsp. fresh parsley, chopped**
- ¼ cup olive oil**
- Salt, freshly ground pepper**



Heat the olive oil (4 tbsp.) in a wide and shallow cooking pot with a thick base (rondeau). Brown the chicken until golden on all sides, for about 6-8 minutes. Add the clove of garlic, the carrot cubes and the chopped onion. Cook for a further 5-6 minutes, until the onion becomes transparent. Add the tomato paste and make sure to rub the base of the pot with the spoon well. Mix in the grated tomatoes, lower the heat and cover. Simmer for about 40 minutes so the chicken begins to fall off the bone.

Add the green beans and peas just before the chicken is ready. Season to taste and pour in the remaining olive oil (1/4 cup). Cook for about 20 minutes, until the sauce thickens but the vegetables are still tender.

Served sprinkled with chopped parsley.

Chicken soup in egg-lemon sauce

[KOTOSOUPA AVGOLEMONO]

At some point, everyone has been given a fresh, free range chicken from the village as a surprise gift. The first thought is to make chicken soup, since this hearty dish is traditionally prepared for feasts and weddings to appease the stomach after the lengthy celebrations.

- 1 large free range chicken**
- 1 carrot**
- 1 onion**
- 1 celery stalk**
- Salt, freshly ground pepper**
- 1 cup rice, sticky or Carolina OR 1 cup orzo pasta**

EGG-LEMON SAUCE

- 2 eggs**
- 2 lemons**

Wash the poultry thoroughly. Transfer to pot and add the vegetables. Cover with water and bring to a boil. Skim the surface to remove impurities if necessary. Cover the pot and simmer until meat is tender, about 1 hour and 30 minutes. Drain the stock into a small pot. Add the rice and boil the soup on low heat until the rice is cooked. Season to taste and remove from heat. Pour in the egg-lemon sauce.

For the sauce: Beat the eggs thoroughly and add the lemon juice. Mix in a ladleful of warm soup. Pour into the soup and thicken over a very low heat for a few minutes.

Alternatively, you can whisk the egg whites separately, and then add the egg yolks. The rest of the execution remains the same.



8
servings
1 hour & 45'
boiling

Traditional pasta

[MAKARONIA SIOUFICHTA]

Sioufichta are traditional, homemade pasta from Crete. Shaped like narrow, twisted and rolled tubes, they are delicious served with any kind of sauce. People make traditional pasta in many parts of Greece; they make "goglies" in the Peloponnese, "macarounes" in Karpathos and "mermitzeli" in Paros, while egg noodles and orzo pasta can be found all over the country.

- 1.1 lb sioufihta**
- 3 peasant sausages**
- 2 tbsp. olive oil**
- 1 clove of garlic, whole**
- 2 cups anothiro cream cheese, mixed with feta**
- 2 hot peppers**
- 1 ripe tomato, diced**
- Salt, freshly ground pepper**
- Grated kefalotiri or xinomizithra cheese, to serve**

Remove the sausage casing by making incisions with a knife and dipping it in hot water. Chop the sausage into chickpea-size bites. Heat the olive oil in a deep skillet and sauté the whole garlic, hot peppers and chopped sausage meat for 2 minutes, until lightly golden. Mix in the tomato and cook for a further 2 minutes. Put the grated cheese into a bowl.

Meanwhile, cook the pasta and drain. Reserve 4-5 tablespoons of cooking water and pour over the cheese.

Transfer drained pasta to pot, drizzle with the melted cheese and sausage sauce, and season to taste.

Stir well to loosen the cheese, so it resembles a sauce. For a very loose sauce, add an additional ½ cup of cooking water. Serve immediately. Drizzle with some olive oil, add freshly ground pepper and top with grated kefalotiri cheese (optional).

4
servings
10'
preparation
10'
cooking





Stuffed cabbage leaves

[LAHANODOLMADES]

With so many versions of this dish found all over Greece, stuffed cabbage leaves is the ultimate winter food. In fact, it features on almost all Christmas family dinner tables, and is considered a real delicacy. A dish sometimes served with tomato sauce, other times with egg-lemon sauce, and usually stuffed with meat or fish, or rice and herbs for vegetarians, the possibilities are just endless.

1 cabbage, light and fluffy

STUFFING

1.1 lb mixed ground meat (lamb and pork or beef and pork)

2 onions, grated

2-3 green onions, chopped

2 carrots, grated

½ bunch fresh dill

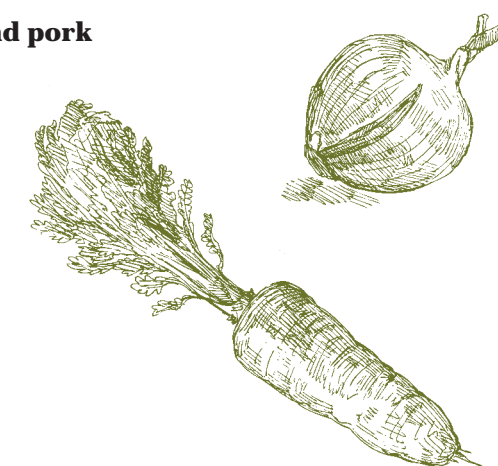
½ bunch fresh parsley

1 cup sticky rice

½ cup olive oil

½ cup water

Salt, freshly ground pepper



EGG-LEMON SAUCE

2 egg yolks

Juice of 2 lemons

1 tbsp. cornstarch (optional)

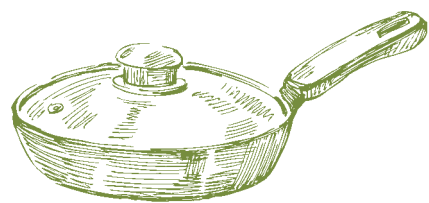
Pierce the cabbage with a knife and remove the cabbage stem. Place in a pot of boiling water with the hole facing down and simmer for 8 minutes, until the cabbage begins to soften.

Combine all the stuffing ingredients and knead until the meat turns white. Separate the cabbage leaves one by one and remove the thick veins. Place a spoonful of stuffing in the middle of each cabbage leaf, and wrap into rolls.

Spread out the blanched cabbage leaves along the base of a wide and shallow cooking pot (rondeau) and top with the onion slices. Transfer the stuffed cabbage rolls to the pot in layers next to one another, and cover with a plate so they do not unwrap while cooking. Pour enough stock or water to cover the cabbage rolls, add 1/3 cup olive oil and season. Fasten the fresh dill and parsley stems with kitchen string and add for flavor. Cover the pot and simmer for 40 minutes. Prepare the egg-lemon sauce.

EGG-LEMON SAUCE

Whisk 2 egg yolks with the juice of 2 lemons and loosen the mixture with a ladleful of stock. Pour into the food and move pot in a circular motion to evenly distribute the sauce. For a thicker sauce add 1 tbsp. cornstarch.



Meatballs with ouzo

1.8 lb ground beef or ground beef mixed with ground pork
3 slices stale bread, soaked and water squeezed out
2 large onions, grated
1 ripe and firm tomato, grated
2 tbsp. wine vinegar
2 tbsp. ouzo
1 egg
Salt, freshly ground pepper

HERB MIX

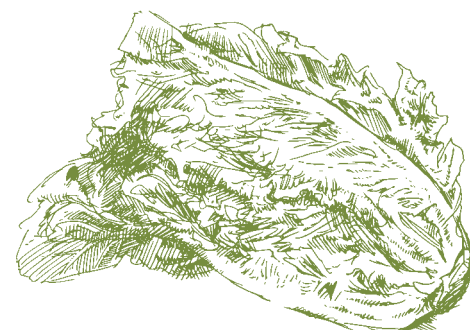
1 tsp. dried oregano
1 tbsp. fresh basil, chopped
2 tbsp. fresh spearmint, chopped
1 tbsp. fresh parsley, chopped

Olive oil for frying
Flour for frying

Put the ground meat in a large basin and drizzle with the vinegar and ouzo. The vinegar and ouzo break down the meat fibers and will make the meatballs airy.

Mix in the rest of the ingredients: bread, onions, tomato, egg, salt, pepper and herb mix.

Knead very well using your hands, until the meat has no lumps and is very fluffy. Cover and chill for at least 30 minutes. Shape into large meatballs (dip hands in ouzo occasionally so the meat is not sticky) and press gently between your palms to flatten slightly. Dust in flour, shake off any excess flour and fry the meatballs in olive oil, about 3 minutes on each side, until golden brown. Place on kitchen paper to remove excess oil and serve with French fries and Paros salad.



Paros salad

1 cup boiled black eyed peas
1 lettuce heart
2 firm, ripe tomatoes
1 cucumber, unpeeled
10 olives
2 tbsp. capers
1 red onion
2 tbsp. xinomizithra (fresh cheese from Paros)
1 bunch purslane

DRESSING

1/3 cup olive oil
2 tbsp. wine vinegar
1 pinch oregano
Salt

Roughly chop the lettuce in a deep salad bowl and mix in the black eyed peas. Chop the tomato into chunks, the cucumber into slices and the onions into rings, and add to the bowl with the olives and capers.

Finish with the purslane and xinomizithra cheese. Prepare the dressing and drizzle over the salad. Combine and serve.





Beef pot roast with quince and thyme from Skopelos

A wintery meal served around Christmas time, when quinces are readily available. Grated in the sauce, the quince not only adds a sharp fruity taste, but also gives the sauce a wonderful glaze.

4.4 lb beef (preferably brisket)
5 cloves of garlic
2 sprigs fresh thyme or some dried thyme
2 tbsp. olive oil
2 cups chopped tomatoes (canned)
1 ½ cups beef stock or water
1 tbsp. tomato paste
1 tsp. sugar
¼ cup dry red wine
1 quince, roughly grated
Salt, freshly ground pepper



Leave the beef out of the refrigerator for about 35-40 minutes until it reaches room temperature. Cut the garlic into thick pieces. Pierce the beef with a sharp knife and insert the garlic pieces.

Heat the olive oil in a small pot (the meat should fit snugly). Brown on all sides for about 10 minutes. Add the tomato paste and rub the bottom of the pot with a wooden spoon.

Pour the wine and continue rubbing the bottom of the pot as the alcohol evaporates. Add the rest of the ingredients: the tomatoes, thyme, stock, wine, quince and sugar. Bring to a boil, cover pot with lid and reduce heat. Simmer for about two hours, until the meat becomes very tender. Season towards the end of the cooking process. Transfer tender meat to a platter and cover to keep warm. Boil the sauce on a medium to high heat so that it thickens and becomes shiny. Slice the meat and coat with the sauce.

Serve with mash, rice or potatoes.



Meatballs in egg-lemon sauce



[GIOUVARLAKIA]

A favorite amongst all kids, this dish exudes a flavor that will inevitably haunt us all our life, as it reminds us of our childhood years and mama's cooking. While there are many different versions of this food all over Greece, with tomatoes, vegetables and greens, but this is my favorite.

1.1 lb ground beef

1 egg

1 medium onion, chopped

1 carrot, grated

¼ cup olive oil

¼ cup Carolina rice

2 tbsp. fresh dill, chopped

2 tbsp. fresh parsley, chopped

Salt, freshly ground pepper

Yogurt to serve

SAUCE

3 tbsp. butter

3 tbsp. flour

6 ¼ cups meat or vegetable stock

EGG-LEMON SAUCE

2 eggs

2 lemons

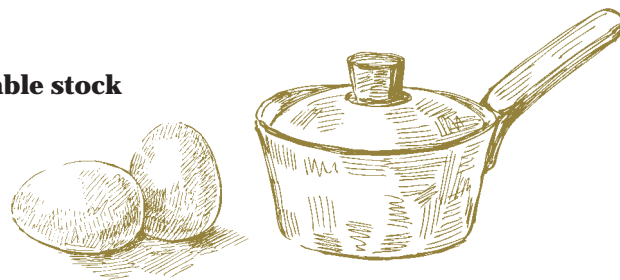
Put all the ingredients for the beef mixture in a bowl and combine well using your hands. Cover and chill for 30 minutes.

PREPARE THE SAUCE

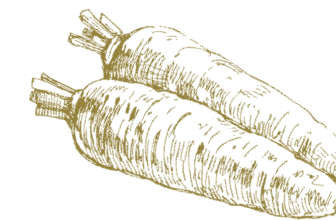
Melt the butter in a pot and add the flour, mixing thoroughly with a whisk over a medium heat, for about 2 minutes. Remove from heat and pour the warm stock, always stirring with the whisk. Return pot and bring to boil on a medium heat. Shape the beef mix into small giouvarlakia (round meatballs), pop into sauce and simmer on a low heat for 20 minutes.

EGG-LEMON SAUCE

Whisk the eggs and lemon juice. Add a ladleful of warm liquid from the pot and then pour the sauce over the giouvarlakia. Remove from heat and serve with yogurt.



6
servings
15'
preparation
1 hour & 30'
cooking



Goat with wild vegetables and egg-lemon sauce

[KATSIKAKI FRICASSEE]

A dish that tastes of spring, the countryside and Greek Easter; usually cooked in spring for a wonderful celebration or Sunday roast. The traditional meal served on Holy Saturday evening is magiritsa soup, but in many parts of Greece they serve fricassee instead.

3.3 lb goat cut into pieces (brisket and leg)

½ cup olive oil

4 potatoes, quartered

10 artichokes, cleaned

0.6 lb peas

5-6 green onions, chopped with leaves

1 onion, chopped

4 carrots, sliced

½ bunch fresh dill, chopped

Salt, freshly ground pepper

EGG-LEMON SAUCE

2 eggs

Juice of 2 lemons



Rinse the meat and place in a cooking pot. Cover with cold water and simmer until there is no liquid left, about 25 minutes. Add the olive oil, green onions and chopped onion, and sauté for 5 minutes. Next add the vegetables: potatoes, artichokes, peas and carrots. Pour enough water to cover the ingredients halfway and simmer for a further 35-40 minutes.

Check the seasoning and sprinkle with the chopped dill. Prepare the egg-lemon sauce and loosen with a ladleful of liquid from the fricassee. Pour over the goat and move the pot around in a circular motion. The sauce must be fairly thick and not very runny.

If the meat has already boiled and the food has a lot of juices, increase the heat, remove the lid and boil vigorously for 5-6 minutes until it boils down. Remove from heat and wait for boiling to stop before adding the sauce.

Oven baked goat with egg pasta

[GIOUVETSI]

A great giouvetsi (oven baked meat dish) for the soul, but cooked in a different way. My way. The preparation may seem confusing and complicated, but it is actually really easy.

- 4 tbsp. olive oil
- 3.3 lb goat (or lamb) cut into pieces
- 2 cloves of garlic, minced
- 1 medium onion, chopped
- 1 tbsp. tomato paste
- 1 can whole peeled pomodori tomatoes
(See recipe for Tomato paste from Santorini, pg 84)
- ½ cup dry white wine
- 1 bay leaf
- 4-5 allspice corns
- Salt, freshly ground pepper
- 1.1 lb egg pasta from the Peloponnese (very small)
- Grated kefalotiri cheese to serve



Heat the olive oil on a high heat and brown the goat all around, for about 7-8 minutes. Mix in the chopped onion and garlic, and stir for about 4 minutes, until transparent. Add the tomato paste and rub the bottom of the pot well so the tomato flavor is released. Finish with the wine. Wait until the alcohol evaporates and add the whole tomatoes. Using the wooden spoon, break the tomatoes into smaller chunks. Add the bay leaf and allspice. Lower heat, cover the pot and simmer for about 1 hour and 30 minutes, until the meat is very tender and the sauce sets.

Preheat oven to 480°F for about 30 minutes. Transfer the meat and sauce to a greased baking dish, and add the egg noodle pasta. Pour enough boiling water to cover the food. Place the dish in the oven, and turn it off. The egg noodle pasta should absorb the sauce in the closed oven. Leave for 30 minutes and do not open the oven door.

Remove from oven – the pasta should be moist and “wobbly”. Serve immediately with plenty of grated kefalotiri cheese, because the giouvetsi will dry out if left in the dish.

☆ Preheat the oven using the elements, not the convection setting, so that the heat is better preserved.

6
servings
15'
preparation
2 hours
cooking







6
servings
10
preparation
extra
freezing time



Greek yogurt ice cream



[PAGOTO GIAOURTI]

Prepared using the most pure and typically Greek products, this dessert is my Greek answer to the processed frozen yogurt trend that has recently taken the world by storm.

- 2 cups fresh milk
- 3 cartons of full fat yogurt (7 oz each)
- ½ cup pistachio nuts, raw and shelled
- ½ cup water
- ½ cup sugar
- 1 cup thyme honey

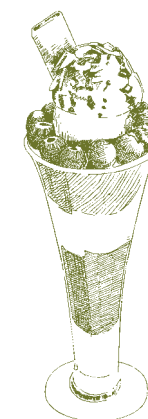


Bring the milk to a boil and let it cool.

Put the sugar and water in a pot, mix well and bring to a boil. Add the honey and remove from heat. Let it cool slightly.

Empty the yogurt into a bowl and add the (now cool) milk bit by bit, incorporating with a whisk. Add the cooled syrup and mix well. Transfer the mixture to an ice cream maker and process according to manufacturer's instructions. Once the ice cream starts to set, add the pistachio nuts and stir until combined.

Garnish with the honey and pistachio nuts.



☆ Making ice cream without an ice cream maker:
Chill the mixture in the freezer and leave until it begins to stiffen up. Beat again with a hand-held mixer until it becomes fluffy and the ice crystals collapse. Re-freeze the mixture and repeat this process 3-4 times, until the mixture becomes very fluffy. The more we repeat this process, the fluffier the ice cream will become in the end.
☆ If your freezer is very strong, leave the ice cream on the kitchen counter for 10 minutes before serving.

Honeyed mini baklava with rosewater

These mini baklavas are an all-season dessert. I make them all year round, and serve with homemade yogurt ice cream. It is no exaggeration to say that there are never any leftovers!

0.9 lb pistachio nuts, raw and shelled
½ tsp. ground cinnamon
1 pinch of ground cloves
1 pinch of ground nutmeg
2 heaped tbsp. warm thyme honey
2 tbsp. rosewater
1 packet of phyllo pastry
1/3 lb butter, melted



SYRUP

1 cup water
1 cup sugar
1 lemon rind
2 tbsp. rosewater



Roughly chop the pistachio nuts into a bowl and add the spices. Heat up the honey until runny, and add the rosewater. This mixture must be warm. Add to the nuts and combine to form a paste. Spread out the phyllo pastry on the worktop and cut each sheet vertically into 3 strips. Brush each pastry strip with the melted butter and put a teaspoon of filling on each one. Roll the pastry into a thin cigar shape. Press lightly together to seal. Place the pastries side by side on a baking sheet, the joining part face down. Brush with the remaining melted butter and bake for 20 minutes at 390°F, until golden.

SYRUP

Combine the water, sugar and lemon rind, and bring to a boil. Boil on a medium heat for 4 minutes. Add the rosewater once you remove the syrup from the heat. Once golden, transfer the mini baklavas to a dish so that there are no gaps between them. Douse the hot baklavas with the hot syrup. Leave to cool in the dish so they absorb all the syrup.

★ *Syrup: Stir the syrup until it begins to boil. Do not stir again after this because the syrup will crystallize.*



Rice pudding with mastic

[RIZOGALO]

Rice pudding with mastic and cinnamon – a truly sensational combination; I have not met a single person who has tried this sweet and not liked it. I serve this as a dessert at the restaurant, as breakfast at the hotel, and I even make it at home for the family when I am asked to whip up a dessert at the last minute. And of course, I always keep what's left in the pot to myself – the part that sticks to the bottom and caramelizes. An old habit of mine. Delightful.

- ¾ cup rice, sticky or Carolina**
- 1 pinch of salt**
- 2 cups water**
- ½ cup sugar**
- 5 cup fresh milk**
- ¼ tsp. ground mastic**
- 2 heaped tbsp. cornstarch**
- Cinnamon to serve**



Put the rice in a pot with the water and the salt, and cook for 10 minutes. Mix in 4 cups of milk with the sugar and mastic.

Once the rice is cooked, dissolve the corn flour in a glass of cold milk and pour into the pot. Simmer until the rice pudding begins to thicken. Still warm, divide between 6 serving bowls or tall Collins glasses.

Let it cool and chill. Sprinkle with cinnamon and serve.





14
pieces
20'
preparation
1 hour
baking

The best galaktoboureko

One piece of galaktoboureko is never enough. It disappears from any table almost immediately, like magic, especially when served warm with its homemade syrup and crispy phyllo pastry. It is also delicious prepared with kataifi pastry.

CREAM

Heat the milk with the sugar. In a bowl, whisk the eggs and egg yolks with the fine semolina, coarse semolina and vanilla powder until combined.

Take some of the warm milk and loosen the egg mixture. Pour into the milk and stir until the cream thickens. Remove from heat and add the butter.

Grease a 13 to 14-inch baking dish. Brush each sheet of phyllo pastry with melted butter and put 9 sheets crossways on the bottom of the dish, making sure there is overhang. Pour the cream into the dish. Fold the pastry inwards over the cream and top with the remaining sheets of pastry. Push the edges of the galaktoboureko underneath with a spatula. Trace out the pieces with a knife and pour the remaining melted butter between each notch. Sprinkle with water and bake at 180°F on the bottom rack for about 1 hour, until golden.

Leave to cool thoroughly, then douse with the warm syrup.

SYRUP

Put all the ingredients into a pot and bring to boil. Do not stir once it begins to bubble. Simmer for about 8 minutes. Remove lemon cups and pour over the baked galaktoboureko.

1 packet phyllo pastry
5.2 oz fresh butter, melted (for the pastry)

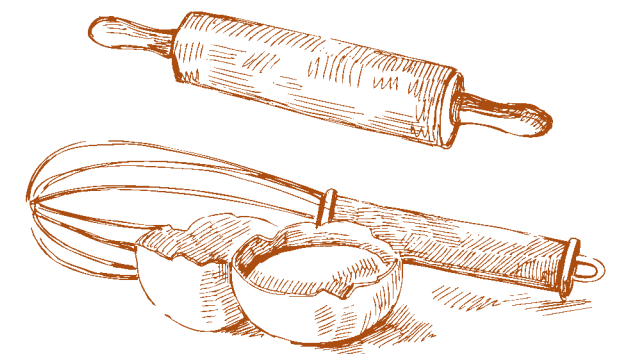
CREAM

1 quart fresh milk
4 eggs
6 egg yolks
3.5 oz fine semolina
3.5 oz coarse semolina
2 tbsp. fresh butter
½ tsp. vanilla powder
7 oz sugar

SYRUP

1.5 lb sugar
½ cup water
1 cinnamon stick
2 lemon cups, squeezed

☆ Whatever type of phyllo pastry you use, make sure to keep 4-5 sheets for the top layer.
☆ Always sprinkle some drops of water on the galaktoboureko before baking, so that the phyllo does not turn upwards.



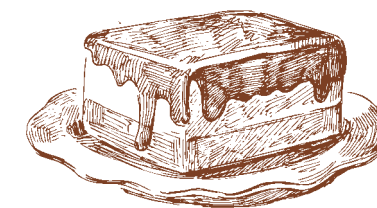


“Cut the cake
into pieces when cool
and always serve
the following day”



☆ Thoroughly beating the eggs in the mixer neutralizes the intense egg smell as the mixture locks in a lot of air.
☆ As with all syrupy desserts, it is best to add the syrup and let the cake stand overnight. This ensures the syrup is absorbed properly.
☆ Do not open the oven door while baking because this will cause the cake to flop.

12
servings
15'
preparation
45'
baking



Walnut cake in syrup

[KARIDOPITA]

6 eggs, separated whites from yolks

1 cup sugar

1 pinch of salt

½ tsp. vanilla powder

1 tsp. ground nutmeg

1 tsp. ground cinnamon

½ tsp. ground cloves

¼ cup cognac

½ cup orange juice

Zest of 1 orange

1 tsp. baking soda

1 tsp. baking powder

1 ½ cup semolina, fine and coarse combined

2 cups walnuts, roughly chopped

SYRUP

3 cups sugar

2 cups water

½ orange (unwaxed)

½ lemon (unwaxed)

1 cinnamon stick

4-5 whole cloves

Preheat the oven to 360°F. Grease a 12-inch round baking pan. Beat the egg yolks with the sugar in a mixer for 7-8 minutes, until they turn into a white, smooth and shiny cream. Add the vanilla, nutmeg, cinnamon, cloves and cognac, and combine with the mixer. In another bowl, whisk the eggs and the salt with a hand-held mixer on medium speed for about 4-5 minutes, until stiff peaks form.

Dissolve the soda in the glass of orange juice, but with care because it bubbles and may spill over. Add to the egg yolk mixture, using the mixer until incorporated. Set the mixer at a lower speed. Put the baking powder in a bowl with the semolina and walnuts. Gradually add the meringue to the egg yolks, and finish with the dry ingredients (semolina and walnut mix). Fold in gently with a spatula and empty the mixture into the greased baking pan. Place on the lowest rack of the oven, or the second to last rack if using the convection setting. Bake for about 45 minutes, until the cake rises and turns golden brown. Check it is ready with a toothpick or the blade of a knife. Prepare the syrup while the cake is baking; the syrup must be lukewarm when poured over the hot walnut cake.

SYRUP

Put the sugar, water and spices into a pot. Squeeze in the orange and lemon juice, and add the lemon cup. Stir the syrup and bring to a boil, but make sure not to stir it after it begins bubbling because the syrup will crystallize. Boil for 6-8 minutes on a medium heat. Stand until lukewarm.

Using a ladle, pour the lukewarm syrup over the cake as soon as you remove it from the oven. Let the cake cool to room temperature. Wrap the baking pan in plastic and turn the cake upside down on the kitchen counter. Leave overnight. This achieves the best possible result and distributes the syrup evenly from top to bottom.

Traditional almond cookies

[AMIGDALOTA]

Amygdalota is the first sweet that comes to mind when thinking of desserts for important celebrations: weddings, baptisms, engagements. This sweet is always accompanied by a glass of souma (drink made from figs). Especially in the Cyclades, no house is without its amygdalota – after all, the almond tree is resilient to drought and wind. Of course, there are many different versions, and the most revered come from Andros, Tinos, Mykonos, Chios, Hydra, Spetses and Galaxidi. No matter which part of Greece they come from, one thing is for sure: they are all Greek as Greek can be.

1 lb ground almonds, no skins

0.6 lb confectioner's sugar

1.4 oz fine semolina

1.7 fl oz rosewater

2 oz butter, melted and cooled

1 pinch of salt

2 egg whites, room temperature

1 egg yolk, room temperature

½ tsp. vanilla powder



COATING

Rosewater

1.1 lb confectioner's sugar, sifted

Preheat oven to 340°F. Cover two shallow baking trays with non-stick paper. Put the ground almonds in a large bowl. Mix in the confectioner's sugar and semolina with your hands. Drizzle with rosewater and melted butter.

Put the eggs whites and salt in another bowl. Beat until fluffy with a whisk or a hand-held mixer on medium speed; about 3-4 minutes should be enough. Add the egg yolk and vanilla powder, and combine. Transfer this mixture to the dry ingredients and knead gently until incorporated. Cover dough with a clean kitchen towel and stand for about 1 hour.

Shape the dough into small pear-shaped cookies. If the dough is sticky, dip hands in rosewater. Put on the baking trays and bake for about 25 minutes, until lightly golden. To remove from non-stick paper, gently dampen the underside of the paper with wet hands.

Leave to cool. Brush with rosewater and roll them across a plate of confectioner's sugar until coated. You can put each one in plastic wrap or offer them to guests in candy wrappers.



☆ If preparing a large batch for a wedding, baptism or engagement celebration, leave the amygdalota on a clean towel overnight after baking and brushing with rosewater. The next day, sprinkle with the confectioner's sugar. Wrap in clear membrane one by one, and store. This will keep them soft for many days.



Sesame cookies with olive oil from Sparta

[LADOKOULOURA]

These traditional cookies are very easy to make and will stay crunchy to the very end. Women all over Greece have different variations, but they are all fairly similar. This recipe comes from Skala, Laconia, and is prepared using the famed products of the region: olive oil and oranges.

Boil 2 cinnamon sticks in a cup of water for about 5 minutes. Set aside about ½ cup of the cinnamon stock and let it cool.

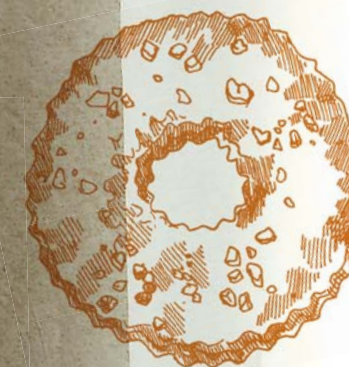
Toast sesame seeds in a dry pan over a low flame for a few minutes, until golden. Set aside and cool.

Sift flour (approximately 10 cups) and baking powder into a bowl. Whisk sugar with oil for 5 minutes in the mixer, until the oil turns white. Dissolve baking soda in orange juice and add to oil, together with the cinnamon stock and the tsipouro. Then add the flour, 8 cups all at once and the rest gradually, until the dough becomes oily and soft (more or less 10 cups in total). Not much kneading is necessary because the cookies will become stiff.

Shape cookies and dip them in the toasted sesame seeds. Spread out on baking trays. Preheat oven to 320°F on the convection setting, and bake for 35 minutes until slightly golden.

- 3 cups olive oil**
- 2 cups sugar**
- ½ cup cinnamon stock**
- ½ cup fresh orange juice**
- Juice of ½ lemon**
- 1 flat tsp. baking soda**
- ¼ cup tsipouro or any other distilled liquor**
- 1 ½ cups sesame seeds**
- 2 flat tsp. baking powder**
- Soft or all-purpose flour, as much as it can take (approximately 10 cups)**

- ☆ Hold the cup over the mixer bowl as you dissolve the baking soda in the fresh juice because it will bubble and may spill over. Add to mixture immediately.
- ☆ Beat the sugar and the olive oil very well to ensure the sugar dissolves completely before placing the cookies in the oven, so that it caramelizes.
- ☆ Toasting the sesame seeds brings out their flavor and aroma.
- ☆ The less we knead the dough, the fluffier our cookies will become.
- ☆ The oilier the dough, the crunchier the cookies.
- ☆ Do not use agouraelaio (extra virgin olive oil, pressed from the first olives harvested, which are green and not fully ripe). The cookies will become very heavy.





The PΑPADAKIS Restaurant Team

Argiro Barbarigou

Argiro started cooking as a young girl in her mother's kitchen on the island of Paros. Her career has been prolific, and includes several years of professional cooking, studying and managing restaurants, as well as ten consecutive years of TV shows, 10 books - bestselling and twice Gourmand award winning - Woman of the Year Unesco - among many distinctions and awards from international organizations. An award-winning chef and passionate cook, Argiro has won international recognition and fame because of her ability to convert the simplest ingredients into exceptional dishes, and her talent to spread her love of Greek cuisine. Esteemed colleagues from around the world, such as Daniel Bouloud, Charles Carroll, Michael Psilakis, Michele Roux and Cat Cora, applaud the uniqueness of her recipes; global corporations such as City Meals on Wheels, Disney, World Association of Chefs Societies and even the US Congress have invited her to share her skills and celebrate Greek cuisine. As a result, it is of no surprise that Argiro was appointed the Ambassador of South Aegean Mediterranean Cuisine for the 2019 European Region of Gastronomy of the European Commission; also appointed as the Ambassador of Greek Cuisine.



Appreciation Award from the Epicurian Chef's Club of Boston.

*In Paradise I've spotted an island.
indistinguishable from you and a
house by the sea. - O.Elytes*





On Argiro Barbarigou

There's no better culinary ambassador of Greece than Argiro. Her simplicity and purity as a person are represented in her love and passion for her work in the kitchen. Argiro is Greek cuisine.

Gregory C. Pappas

President of Pappas Public Relations & Founder of the Greek America Foundation, Chicago

Through her books, Argiro takes us on a journey across Greece, into the heart of its flavors and harmony. A journey to our roots, where it all begins.

Akis Velissaropoulos

Director General of LE MONDE Institute of Hotel & Tourism Studies, Athens

Argiro is a worthy ambassador of the art of traditional Greek cuisine. With unwavering intellectual curiosity and boundless inspiration, she is not only a model of professional development but also of moral values and principles.

Dr. Anastasios Papalazarou

Dietician, Athens

This book is certainly unique, and comes to fill a gap in our bibliography – a book exclusively about traditional Greek cuisine. This book will educate us and give us the opportunity to taste and smell our traditions, journeying us to another era.

George Mastrodimitris

Executive Chef & President of the Hellenic Chefs Association of Northern Greece

Argiro is a person of exceptional sensitivity and humanity, who is always willing to help when we ask for her support. She always stands by our side and embraces our children with her unlimited love and care. Her principles and kindness constantly give us strength.

Giorgos Protopappas

General Manager of the SOS Children's Villages Greece

Her work is very difficult. She is deserving of praise and recognition. Not only she creates delicious recipes with only a few pure ingredients, but also recipes that are economical, healthy and easy to make, with such precise instructions and execution.

Anna Karfzou

Homemaker, Athens



A book about Greece viewed through the eyes of Argiro Barbarigou, the most popular Greek celebrity chef. Argiro shows us how to love Greece through her flavors and reveals her precious secrets and knowledge of traditional cooking, thus inviting us to share her passion for Greek cuisine.

Inspired by traditional products and unique ingredients, Argiro creates her own cooking bible bursting with classic Greek recipes, recipes with inventive twists, useful cooking tips and information about Greek products. But above all, this book is imbued with her love for well-cooked, homemade food.



Her food reflects all the qualities that define her as a person: talent, flavor, generosity, modesty. She is terrific!

*Jean Paul Gaultier
Fashion designer, Paris*

Argiro shows a deep respect for tradition, but she also like to redefine and transform herself. For me, one word can describe this cuisine: joy, bright unadulterated joy. Every dish offers a new surprise, and never anything less than a pleasant surprise. Argiro has a very rare talent: to produce joy.

*Jean Claude & Ann Marie Lacoste
Local truffle producers, Dordogne, Perigord, France*

Chef Argiro Barbarigou prepares truly inspired Greek cuisine and she presents every dish with love. She welcomes you into her kitchen and her joy for creating delicious and creative dishes comes through in every bite.

She is the perfect hostess, chef and Greek ambassador!

*Jim Ames
Food and Wine Festival Producer, California*

Getting to know Argiro has been a special thrill for us. She is a talented chef with an inherent sense of food chemistry. Her love and passion for her work in the kitchen is absolutely unparalleled. Bravo, Argiro!

*Lena Howard and George Howard III
Chairman Assist America, Inc. New York*

www.papadakisrestaurant.com | www.argiro.gr | www.argirobarbarigou.com

