

PRIMARY SCHOOL OF SPILI CRETE

I KNOW WHERE I AM FROM

MEETING IN CROATIA

9-15/12/2018



RECIPES FOR CHRISTMAS

Roasted lamb in the oven with potatoes



Materials:

1-1.5 kg of meat in one piece or two (at most) pieces

1.5 kilos of potatoes

½ cup of olive oil

Salt

Juice of two lemons (about half a cup)

Optionally, 2-3 tablespoons of squash

Implementation

Wash the meat and salt it. With our hands spread the salt to go everywhere. Let the salt catch for at least an hour. Many salt it and put it in the fridge. We light the oven at 200-220 degrees. Put 1-2 tablespoons of oil in our hands and pass all over the surface. Put it in a baking pan of the appropriate size so that space is left for the potatoes. If we use stacubus or other butter butter, we put small pieces of butter in different places. We use half the butter in the meat. Pour half a cup of water into the baking dish and put it in the oven even if it has not reached the desired temperature (on the first grill starting from below).

When we change color on one side we turn it on and on the other. In about an hour, we lower the temperature to 180 degrees and add the potatoes around the meat cut into large slices and salted.

Pour with the remaining oil and 1.5 cups of water. Add the remaining butter to pieces between the potatoes. Let cook for two more hours, depending on the type of meat and the intensity of our oven.

He must drink all of his fluids but do not dry the baking dish. If necessary, we turn the meat twice, and carefully stir the potatoes without dissolving them.

Ten minutes before finishing, pour the lemon juice and turn off the oven.





Pork with celery



Materials

1 kg of pork tenderloin cut into cubes about 4 cm
1 kg thick celery (or 500g coarse and 500g celery root) cut into 5cm pieces.
1 large onion chopped
1-2 cloves of garlic crumbled
1 tsp. soup dill finely chopped
1 tsp. sweet lemon juice (optional)
 $\frac{2}{3}$ cup olive oil
Salt Pepper
For the egg and lemon mix
3-4 eggs
juice of 2 lemons

Procedure

Put the meat in boiling water and let it boil until it foams. Drain and wash it with cold water. Leave it aside.

Add the onion in the oil until it is softened and add the garlic and the meat. Saute until the meat is colored and add $1\frac{1}{2}$ cup of water. Allow to boil for about 20 minutes.

Add celery, dill, lemon juice, salt and pepper. Simmer the food for about 25-30 minutes until the meat and soften the celery. If necessary, add a little water during brewing. There must be about one and a half cup of sauce in the end. Remove as much as you can from the pot and keep it aside.

Prepare the egg and lemon mix: Beat the eggs in the mixer and add the lemon. Slowly add the broth from the saucepan by tapping the mixture continuously. Sprinkle the food and put the pot on a low heat by shaking the saucepan back in order to go everywhere the sauce and soften the sauce. When it starts to boil, extinguish the fire .



Stuffed turkey



Recipe ingredients

1 turkey (about 4 pounds)

2 tbl. olive oil

Salt,pepper

For broth

neck and turkey wings

2 tbl. olive oil

1 small onion cut at 4

1 clown celery

1 clove of parsley

1 leek leaf

1 carrot

1 daffo leaf

For roast sauce

all baking liquids (left in the baking dish)

3 tbl. flour

1 fl. mavrodaphne

1 fl. white dry wine

1 liter broth

1 sprig of rosemary

For stuffing

1/4 fl. olive oil

intestines (liver-liver, etc.)

300 grams of pork mince

once past

300 grams of minced beef

once past

1 large onion finely chopped

1 fl. cognac

15 prunes cut in two

15 chestnuts cooked

cut in two

2 apples cleaned and cut into frames

1/2 fl. walnuts coarse

1/2 fl. pine nut roast

1/2 teaspoons Orange zest

2 fl. cubes of stale bread

salt

freshly ground pepper

Implementation

For stuffed turkey, first clean the membranes from the offal. Wash them and chop them.

Pour the bread rolls with a minimum of olive oil and bake for 6 to 7 at 200 oC to brown.

In a large frying pan, heat the olive oil and roast the minced meat and offal for 6'-7 '. Add the onion and continue saucing for 4-5. Turn off the cognac. Add all other ingredients, plums, chestnuts, bread, apples, nuts, pine nuts, zest, and salted pepper. Mix well and remove it from the fire.

For broth

In olive oil, we slightly brown the neck and wings. Add the remaining ingredients and mix, lubricate. Add 1 liter of water and, after boiling, skim and simmer for 1 hour. Sour the broth. Unleash the throat and pour the meat into the broth. We keep him warm.

For the turkey

We ask the butcher to remove the neck and the edges from the wings (for the broth).

Let the poultry at room temperature (from the refrigerator) for 45 minutes. We remove by hand the more fat we can from the abdomen (from the opening). We pull the skin of the neck and fix it, after turning it up, with a toothpick or sew it to close from above. Salt the pepper and fill with filling by hand or spoon. We pull or tie the turkey so that the legs and wings are glued to the body. On the one hand to keep a nice shape with baking and on the other hand to keep the juices and moisture inside. Remember that we never fill the turkey or other meat unless it is going to go directly into the oven.

Put some olive oil (2 tablespoons) on the palms and smear outdoors. Salt pepper. Place it in a shallow pan with the chest upwards, in a well preheated oven, at 220 °C in resistances, on the last grill, and bake for 40, to brown. (When baking in a strong oven the skin and meat are roasted to form a protective layer and so the meat juices transfer the heat to the inside to finish the baking process properly.) After 45, lower the temperature to 160 ° C. Continue baking for about 3 hours.

To prevent the meat from drying out and grabbing the skin, spread it regularly with a brush during baking with the pan, every 20 minutes. If you start to grab the chest, cover with paper or foil.

To make sure it's ready, we get a spit on the thigh. If the liquid running is pink, it means that it also needs baking. If it's clear, it's ready. If we use a roasting thermometer, it goes into the backyard (away from the bone because it develops a higher temperature than the flesh) and if it shows 82 degrees C it is ready.

Remove it from the oven, cover it with aluminum foil for 20, recover its juices, which with baking come out in the form of bubbles on the surface. Bake the pan and remove as much fat as possible with a spoon. The remains of the pan are very tasty.

For roast sauce

Place the pan in the kitchen's eye in moderate to strong fire and sprinkle with the flour. Let the flour for 3 to 4 be cooked, stirring with wire. Add the wine and continue the shuffle to avoid the dressing of the sauce. Finally add the broth - always cold - stirring with wire. Boil the sauce and add any liquid from the platter that we keep the turkey to enhance the sauce. Flavor with rosemary and salt pepper. Simmer 8-10 until it thickens.

Season the sauce and keep it warm. Serve the turkey whole, with the sauce in a saucepan. We accompany 2-3 different outfits.



Dipples



Recipe ingredients

5 eggs

Two vanilla

soda on the tip of the spoon

1 pinch of salt

3 ½ fl. Dietary flour

olive oil or seed oil for frying

For the tune

500 g of thyme honey

1 fl. water

½ gr. cinnamon

½ gr. Carnation

chopped walnuts

Implementation

We start the folds, dividing the egg yolks from the egg yolks. In the asparagus, pour the salt and beat it until it reaches its peak (medium speed).

In the yolks add the vanilla and beat them for 5 minutes with a hand mixer to whiten well and not smell.

Pour the egg yolks and add the soda. Beat 5 minutes to thoroughly soften the mixture. Pour the 2/3 of the flour to make it a thick squeeze. Grease the hands and add the remaining flour (little by little). Knead until the dough does not stick to the hands. Cover and rest for at least 30 minutes. Open a very thin foil with a rolling pin on a floured surface.

Cut into elongated pieces, about 20 × 15 cm. After we cut all the folds (put them on a towel spread until all of them are prepared), heat the oil in a saucepan. We put the blades one by one.

Once blisters have been formed on the surface, after 30 seconds, with two forks, roll them longitudinally by folding them. Let them brown. We take them off on absorbent paper to drain.

For the tune

Dilute honey with 1 cup. water and pour the blades carefully to get them all down. Sprinkle with walnuts and jellyfish ..Alternatively, we can melt them like melomacaron and sprinkle them with nut (after they cool, the syrup being warm).



Melomakarona



Recipe ingredients

240 g of seed oil

240 grams of olive oil

50 g of cognac

160 grams of fresh orange juice

1 tbsp. baking soda

200 grams of sugar

1 tbsp. Carnation

2 tbsp. cinnamon

zest with 2 oranges

900 grams of wheat flour

2 tbsp. baking powder

For the syrup

400 grams of sugar

400 g of water

400 g of thyme honey

½ lemon (soft)

ground peanut or walnut

Implementation

For classic melomakarona, syrupy, melted and fluffy together, you need simple ingredients that you all have. The recipe is easy so weigh the materials to have them all measured and in front of you. So 5 is enough to make the finest and the finest melomakarona.

Sift the flour and baking powder first into a bowl. Leave them aside.

In another bowl we put the oil, the seed oil, cognac, sugar, cinnamon, carnation, orange zest. With wire, stir well to dissolve and melt the sugar. Dissolve the soda in the juice, mix and pour into the mixture. Stir with the wire. Finally, pour the flour gradually and mix gently to get the mixture. We do not play the mixture for a long time if we want to make the most beautiful melomakarona and go out fluff to suck the syrup properly.

Dough for melomakarona must be fluffy and gentle. If you have time, leave it covered for a 15th bench. The more he rests, the more nicely they are then created.

Let's get together. We take a piece of nut dough and create small melomakarona. We sort them in sheets very thinly between them. Slightly press the fork on their surface and make patterns and holes. This will help to suck the syrup properly after they are cooked.

Once we have made the first two sheets, put the melomakarona in the oven. Bake in a well preheated oven in the air for about 25 to 160 degrees Celsius. They are ready when they brown well and become crisp. Besides, their smell will break your nose. Then you will understand that they are ready. Let them cool down, cool completely.

The roasted melomakarona I keep them in a large airtight box and I string them with a row of labels in between so as not to rub them.

Christmas ship decorated. The Greek custom



As a country of the sea, Greece had the custom of decorating the ship.

The boat symbolizes the new cruise of man in life after the birth of Christ. Custom that fell back in time, in front of this tree, but no one seems to have forgotten it.

The Greek traditional boat is a tradition of the old times of our country, where children with love, joy and creative mind used to make their own games using what they had to do (usually wood and a little paper or rags).



Most children ended up making the traditional boat, inspired by the long trips of their loved ones and nostalgia to see them again. In some regions (mainly on the islands) they continue to adorn "boats", while in recent years a commendable effort has been made by some municipalities in the country, restoring the custom in its original form, decorating boats rather than fir trees in their squares.





