

# Greek traditional snacks.

- Greek salad.
- Meatballs.
- Squids.
- Giant Beans.
- Feta.

# Greek salad



# Greek Salad

- Ingredients
- The Greek salad, known abroad with the name “Greek salad” is made with tomato, cucumber, olive oil, oregano and salt. Optionally it is enriched with feta, olives, onion and green pepper. Sometimes we add capers and vinegar and parsley for decoration.
- Preparation
- Cut tomatoes into pieces symmetrically. Peel the cucumber voluntarily and cut it in slices. Add onion and peppers in rings. Finally, add the feta and olives (usually black), extra virgin oil, salt and dried oregano.

# Meatballs



# Meatballs

- Ingredients

- ½ pound ground meat (2/3 beef 1/3 pork)
- 1 onion
- 1 tbsp chopped parsley
- 2 slices bread (crumbs)
- ½ tsp crushed mint
- 2 tsp lemon juice
- 1 tbsp olive oil
- 1 tsp oregano
- 1 egg
- Baking soda (the nose of one tsp)
- Salt - Pepper
- Olive oil for frying

- Preparation

- Grate the onion, salt lightly and push to pull fluids. Soak the bread and squeeze well. Put the ground beef in a bowl and add the bread, parsley, oregano, egg, onion, mint, olive oil, lemon juice and baking soda, salt and pepper and knead for 4-5 minutes, mix well .
- Put the mixture in the refrigerator and leave at least 1 hour.
- Then take small amounts of the mixture and mold small balls.
- Dredge with flour, shake them to remove the extra flour and fry your meatballs in hot oil until golden brown from all sides.
- Serve them drained.

# Squids



# Squids

- Clean the squids and wash them well.
- Cut into slices.
- Put them in a colander.
- Sprinkle plenty of salt and start with hand to rub them so that the fibers break and become soft.
- Wash well and salt them with the right amount of salt. Leave them until they are slightly soggy. Dredge with flour. Shake off the excess flour.
- Fry them in small amounts in hot oil.
- In this way are very soft.

# Giant Beans



# Giant beans

- Ingredients
  - ½ pound of beans
  - 3 onions, sliced
  - 2 carrots, chopped into slices
  - ½ tsp fresh basil
  - 300 ml olive oil
  - Salt and cayenne pepper
  - 500 gr. Chopped tomatoes
  - 300 ml water
- Preparation
  - 1. Soak the beans overnight, and put them in the kettle to simmer until they are ready.
  - 2. Put the onions in a frying pan with olive oil over low heat and cook until they are slightly fried.
  - 3 Add the carrots and tomatoes, turn off the heat and add the red pepper, basil and salt.
  - 4. Place the beans with the remaining water and the onion mixture in a baking pan and bake for 45 minutes in a preheated oven to 200 C.

# Feta



Serve with traditional Greek drink  
RAKI or TSIPOURO.



Eleni Kourti.  
Stella Evangelopoulou.  
Eleni Kourti.

