

OUR RECIPE BOOK

51st JUNIOR HIGH SCHOOL OF ATHENS

29/5/2023

STARTERS

Greek Red Pepper (Ktipiti)



Recipe Ingredients:

- ✦ 1/2 cup Greek olive oil
- ✦ 2 roasted red peppers, chopped
- ✦ 1/2 teaspoon ground red pepper
- ✦ 1 pound crumbled Greek feta
- ✦ 1 teaspoon dried Greek oregano
- ✦ 2 tablespoons lemon juice
- ✦ 3 tablespoons Greek yogurt

How to Make Greek Red Pepper Dip:

Add all the ingredients to a food processor.

Pulse all the ingredients until a smooth dip forms.

Store in the refrigerator in an air tight container.

Source: <https://www.greekboston.com/food/red-pepper-dip-recipe/>

MAIN MENU

Greek Chicken Souvlaki Skewers



Recipe Ingredients:

✚ For the chicken souvlaki

- ✚ 4 boneless chicken breasts (approx. 1 kg/35 ounces)
- ✚ 4 tbsps olive oil
- ✚ juice of 1 lemon
- ✚ 1 clove of garlic, minced
- ✚ 2 tbsp dried oregano
- ✚ salt and freshly ground pepper

✚ For the tzatziki sauce

- ✚ 1 cucumber
- ✚ 2 cloves of garlic, minced
- ✚ 1/4 of a cup extra virgin olive oil
- ✚ 500g of strained yogurt (18 ounces)

✚ 1–2 tbsps of red wine vinegar

✚ a pinch of salt

✚ **To serve**

✚ 8 pita breads

✚ olive oil

✚ 1–2 tsps dried oregano

✚ 1 tomato sliced

✚ 1 red onion sliced

✚ fried potatoes (optional)

✚ romaine (cos) lettuce (optional)

✚ salt and freshly ground pepper

✚ 8–9 wooden skewers

Instructions to Prepare Greek Chicken Souvlaki Skewers:

1. To prepare this chicken souvlaki recipe, start by preparing the marinade. Cut the chicken breasts into 2 cm pieces and place them in a large bowl, along with all the marinade ingredients. Use your hands to mix really well, cover with plastic wrap and put in the fridge for 30-60 minutes.
2. In the meantime prepare the tzatziki sauce for the chicken souvlaki. Pour in a blender the olive oil and grated garlic and blend until combined. Remove the skin and the seeds of the cucumber and grate it into a large bowl. Season with salt and pepper and leave aside for 10 minutes. Wrap the grated cucumber in a towel and squeeze, in order to get rid of the excess water. In a bowl, add the cucumber, the blended garlic and oil, the yogurt, 1-2 tbsps of red wine vinegar, a pinch of salt and blend, until the ingredients are combined. Store the tzatziki sauce in the fridge and always serve cold.
3. To assemble the chicken souvlaki (skewers), cut the wooden skewers to fit your griddle pan and soak them in water. (This will prevent them from burning.) Thread the chicken pieces, comfortably, on the skewers.
4. Preheat a grill or griddle pan on a high heat. Cook the chicken souvlaki (skewers) for about 8 to 10 minutes, turning occasionally, until nicely coloured on all sides and cooked through.
5. While your chicken souvlaki is cooking, prepare the pita breads. Preheat the oven to 250C. Use a cooking brush to oil the pita breads on both sides and season with salt and oregano. Place a large oven tray (upside down) at the bottom of the oven and place the pita breads on top of the tray. Bake for 2 minutes. (Alternatively you can use a griddle pan or a grill.)

6. To serve the chicken souvlaki (skewers), slice 2 red onions and place on a platter; top with the chicken souvlaki (skewers), drizzle with some extra virgin olive oil and a good squeeze of lemon juice. Serve while still warm with some pita breads and tzatziki sauce. You can also serve the chicken souvlaki (skewers) wrapped, like a sandwich. Spread some tzatziki sauce on the pita breads and top it with the chicken souvlaki (skewers), sliced onions, tomatoes and fried potatoes and wrap.

Enjoy!

Greek Style Stuffed Vegetables

(Lahanika Yemista)



Recipe Ingredients:

- 3 pounds assorted vegetables to stuff, such as tomatoes, bell peppers, zucchini, etc
- 2 tablespoons Greek olive oil
- 1 medium onion, finely chopped
- 1 1/2 pound ground beef (even leftover)
- 1/2 cup long grain rice (even leftover)
- 1 teaspoon Greek oregano
- 2 tablespoons fresh, chopped parsley
- Salt, to taste
- Pepper, to taste
- Several tablespoons water.

Instructions to Prepare Greek Stuffed Vegetables:

Preheat the oven to 350 degrees Fahrenheit.

Prepare each of the vegetables for stuffing. Slice the tops off the tomatoes and peppers and scoop out the middles. Slice the zucchini and eggplant in the middle and scoop out the flesh. Don't scoop out all the flesh – the vegetables need to stay somewhat firm.

Spray a large baking dish with nonstick cooking spray. Arrange the vegetables in a single layer.

Drizzle the olive oil into a skillet and set the heat on medium. Add the onion and cook until it just begins to soften. This should take about 2-3 minutes. Crumble the ground beef into the pan and saute until cooked all the way through. This should take about ten minutes. Break apart the beef with a wooden spoon as it cooks.

Transfer the beef mixture to a medium bowl and stir in the rice, oregano, parsley, salt, and pepper. Stuff the mixture into each of the vegetables (divide as evenly as you can). Sprinkle the tops of the vegetables with water. Place the pan in the center of the oven and bake until cooked all the way through and the rice is softened. This should take 40-45 minutes.

Source: <https://www.greekboston.com/food/stuffed-vegetables-recipe/>

Lentil Nuggets



This is a very easy recipe to use leftover lentils that were prepared as a soup, to make delicious Lentil Nuggets.

Recipe Ingredients:

We will need:

- ✚ 2 eggs
- ✚ 4 spoons of flour
- ✚ Some mint
- ✚ Salt & pepper
- ✚ Greek Feta cheese (or any other, white, salty cheese)
- ✚ ½ a cup of olive oil



Instructions to Prepare Lentil Nuggets:

1. We strain the lentils from their juice and put them in the grinder



2. We grind them until they are mashed and then put them in a big bowl, along with the eggs, the grinded feta, salt, pepper, and some mint cut in small pieces with a pair of scissors.



3. We beat the mix for a while with a spoon and then add the flour.
4. We beat again, until it gets thick and sticky.



5. We put the olive oil in a large pan and heat it.



6. When it is very hot, we use a spoon to drop spoonfuls of the mix in the pan.



7. We turn the lentils nuggets with a spoon, so that they are cooked all around.



8. We take them out of the frying pan when they are ready, and put them in a plate with a large piece of paper, to absorb the extra oil.



9. We serve the nuggets hot, with yogurt and some mint sprinkled over.



Enjoy!

Vegetarian Soutzoukakia



Recipe Ingredients:

For oriental meatballs

- + 500 g chickpeas (even leftover)
- + 3 tablespoons olive oil
- + 1 tablespoon baking powder
- + 1 teaspoon ground cumin
- + grated zest of 1 lemon
- + juice from ½ lemon
- + 3 onions
- + 1 clove of garlic
- + 1 tablespoon mint
- + 1 tablespoon parsley
- + salt
- + pepper
- + 200 g all-purpose flour

For sauce

- + 2 tablespoons olive oil
- + 1 onion
- + 1 cinnamon stick
- + 3 bay leaves
- + 1 teaspoon dry oregano
- + 1 clove of garlic
- + 1 teaspoon granulated sugar
- + 1 tablespoon tomato paste
- + 3 tomatoes

- ✚ salt
- ✚ pepper

To serve

- ✚ basmati rice, boiled
- ✚ thyme
- ✚ fresh oregano
- ✚ 1 tablespoon olive oil

For vegetarian oriental meatballs

- ✚ Place the chickpeas in a bowl with a generous amount of water and add salt. Soak them for 12 hours or overnight, until they soften.
- ✚ When ready, drain, rinse and dry off. Transfer to a food processor and pulse a little, making sure you don't create a paste.
- ✚ Transfer to a bowl and add olive oil, baking powder, cumin, lemon zest, lemon juice, grated onion, grated garlic, finely chopped mint, salt and pepper. Mix thoroughly.
- ✚ Shape the mixture into oval shaped meatballs, dredge in flour.
- ✚ Place a deep pan over medium to high heat, add the oil and let it get hot. Carefully add the meatballs in batches and fry until they turn golden. Transfer to a baking pan lined with paper towels to drain.

For the sauce

- ✚ In a shallow pot, add the olive oil, finely chopped onion, cinnamon stick, bay leaves, dry oregano, pepper, chili, minced garlic, granulated sugar and tomato paste. Sauté.
- ✚ Add the grated tomato, salt and pepper. Lower heat and add the fried meatballs to the pot. Cover with lid and simmer for 10 minutes.
- ✚ Serve with boiled basmati rice, thyme, fresh oregano and olive oil.

Source: <https://akispetretzikis.com/en/categories/ospria/nhstisima-soytzoykasia>

DESSERTS

Cariokes



Recipe Ingredients:

- ✚ 3/4 of round New Year's Eve Pie (vasilopita)
- ✚ 6 melomakarona
- ✚ 2 small christmas chocolates
- ✚ 3 rugs chocolates for melting (health and / or milk)

Instructions to Make Cariokes:

1. Cut the vasilopita in very small pieces of hands and crumble the melomakarona, melt the 2 christmas chocolates and mix the ingredients. Make a fine trunk wrap and refrigerate (I left it for 24 hours).
2. Remove the trunk and cut the slices. Melt the slices, dip them slice one by one on a non-stick paper until the chocolate is dry and then refrigerate.

Cheese Tart

(Melopita)



Recipe Ingredients:

- ✚ 1 sheet puff pastry or prepared pie crust
- ✚ 1 1/2 cups ricotta cheese that has been strained overnight in a cheesecloth
- ✚ 1/3 cup Greek honey
- ✚ 1/2 teaspoon ground mastic
- ✚ 1/2 teaspoon ground cinnamon
- ✚ 2 large eggs

Instructions to Make Greek Cheese Tart:

Preheat oven to 375 degrees Fahrenheit.

Line a 9-inch spring form pan with the puff pastry or pie crust. Cover with aluminum foil and place the pan in the center of the oven. Bake for about 15 minutes to let the crust or puff pastry set. Remove from the oven, remove the foil, and poke the pastry with a fork several times across the surface. Return to the oven and bake until the crust or puff pastry turns golden brown. Remove from oven and set aside. Let cool completely.

When ready to make the tart, preheat the oven to 350 degrees Fahrenheit.

Add the ricotta, honey, mastic, cinnamon, and eggs to a food processor and pulse until smooth. Pour the filling into the cooled pie crust and bake in the oven for 30 minutes, until the tart is set. Remove from oven and let cool for about an hour before serving.

Source: <https://www.greekboston.com/food/melopita-recipe/>