

# Homemade Greek Recipes

Contributed by Dina Tekka-Efstathiou

## Riganato Kotopoulo (Baked Chicken with Potatoes and Oregano)

Fakes (Lentil Soup)

Horiatiki Salata (Greek Country Salad)

And many more!

Riganato Kotopoulo (Baked Chicken with Potatoes and Oregano) This is a common meal in Greece and smells delicious while it is cooking. 4 boneless, skinless chicken breasts

Juice of two lemons

4 or 5 potatoes, peeled and sliced french-fry style

1/2 cup olive oil

1/2 to 1 cup water

One head garlic, the cloves peeled but whole

Oregano, salt and pepper to taste Place chicken in a shallow baking tray. Arrange potatoes around chicken pieces.

Scatter whole peeled cloves of garlic around chicken and potatoes. Mix together lemon juice and olive oil, and pour evenly over chicken and potatoes. Add water until potatoes are just about covered. Add salt, pepper to taste. Cover chicken and potatoes with generous amounts of oregano. Bake at 350 degrees F, until tops of chicken are reddish brown.

Turn chicken and stir potatoes. If potatoes aren't at least half-covered with liquid, add water. Return to oven for about 15-20 minutes. Chicken is done when both sides are lightly browned and potatoes are soft when touched with a fork. Serve with crusty bread or with pita bread. Serves 4.

## Fakes (Lentil Soup)

1 (30 ounce) can tomatoes

1 1/2 pounds tomatoes, peeled and strained or

1 cup extra virgin olive oil

1 onion, minced

1 sprig rosemary

12 to 15 cups hot water

2 medium carrots, minced

2 stalks celery

3 cups uncooked lentils

4 to 5 cloves garlic

Salt and pepper, to taste

Vinegar (optional)

Soak the lentils overnight in cold water. Rinse and place in a large pot with plenty of water. Bring to a boil. Drain off this water and replace it with the 12 to 15 cups hot water. Add the remaining ingredients except the tomatoes and salt and pepper. Simmer for 45 minutes, then add the tomatoes and cook for about 20 minutes longer (until the lentils are soft). Season

## Horiatiki Salata (Greek Country Salad)

1 onion, thinly sliced  
1 pound tomatoes, diced  
1 small green pepper, pith and seeds removed, thinly sliced  
1/2 cucumber, peeled and sliced  
12 black olives  
4 tablespoons olive oil  
5 ounces feta cheese  
Pinch of oregano  
Salt and pepper, to taste  
Balsamic Vinegar (Optional)

Place tomatoes, cucumber, pepper and onion in a bowl. Dress with olive oil, salt and pepper. Arrange feta cheese and olives on the top and sprinkle on the oregano.

#### Skordalia (Garlic Dip)

1 cup extra virgin olive oil  
1/2 cup chopped walnuts or almonds (optional)  
1/2 cup lemon juice, or to taste  
1/2 cup mashed potatoes  
6 slices whole wheat or white bread, crusts removed  
7 cloves garlic, peeled  
Salt and freshly-ground pepper, to taste

Soak the bread in water, and then squeeze it to remove as much water as possible. Combine it with the potatoes, garlic, and nuts in an electric food processor and process until it becomes a smooth paste. With the processor running, add the olive oil in a thin stream. Add the lemon juice, salt and pepper to taste. Serve with pita bread and/or raw vegetables for dipping.

#### Greek Pizza

It is very important to use really ripe, tasty tomatoes, not hard supermarket tomatoes.

1 (10 ounce) can refrigerated pizza crust  
4 ounces crumbled feta cheese  
2 large red, ripe tomatoes, sliced  
1/4 cup pitted and sliced Kalamata olives  
1 bunch fresh basil, chopped  
Olive oil

Preheat oven to 425 degrees F. Unroll pizza crust from can and press into a 15 x 11-inch cookie sheet. Pre-bake for 7 minutes or until crust just starts to brown. Remove from oven. Cover crust with sliced tomatoes, then sprinkle evenly with

basil and olives, then top with feta cheese. Drizzle lightly with olive oil. Bake for 6 to 10 minutes more or until crust is golden brown.

### Moussaka

1 large eggplant, 2 large potatoes, 1 pound ground beef or lamb  
 Vegetable oil  
 2 medium onions, chopped  
 2 cloves garlic, minced  
 1 teaspoon salt  
 1/2 teaspoon thyme  
 1/2 teaspoon oregano  
 1/2 teaspoon nutmeg  
 2 tablespoons chopped parsley  
 1 1/4 cups canned tomatoes  
 1/2 cup white wine  
 2 egg whites  
 1/2 cup bread crumbs  
 2 tablespoons grated Parmesan cheese

Pare eggplant and cut into 1/2-inch slices. Sprinkle with salt and set aside for 30 minutes. Rinse and dry thoroughly. Brown meat in vegetable oil with onions and garlic. Drain off the fat. Add salt, seasonings, parsley, tomatoes and wine. Cover and cook slowly for 30 minutes. Cool. Mix in unbeaten egg whites and half of the crumbs. Brown the eggplant slices and potatoes in vegetable oil. Sprinkle bottom of a 13 x 9-inch baking dish with remaining crumbs. Cover with one layer eggplant and one with potatoes. Spoon meat mixture over the potatoes. Pour sauce over this mixture. Top with cheese and bake at 350 degrees F for 45 minutes.

### Sauce

3 tablespoons butter  
 3 tablespoons flour  
 1 1/2 cups milk  
 2 egg yolks  
 1/2 teaspoon salt  
 1/4 teaspoon pepper

Melt butter. Add flour slowly, stirring constantly. Remove from heat. Slowly stir in the milk. Return to heat and stir until the sauce thickens. Beat egg yolks well. Gradually stir yolks, salt and pepper into the sauce. Blend well.

### Spanakoryzo (Spinach with Rice)

1 pound spinach  
 2 medium onions, chopped  
 1 tablespoon parsley, chopped  
 1/4 cup rice  
 1/4 cup olive oil  
 Salt and pepper  
 Mint leaves

Sauté onions in heated oil until golden. Add the spinach which has been thoroughly washed and drained. Add a little water and bring to boil. Sprinkle parsley and add the washed rice. Stir; season to taste; allow to simmer for about 15 minutes, or until done.

### Garides me Tyri Feta (Shrimp with Feta Cheese)

1/2 cup minced onion  
 1 1/2 tablespoons butter  
 1 1/2 tablespoons vegetable oil  
 1/2 cup dry white wine  
 4 ripe medium tomatoes, peeled, seeded and chopped  
 1 small clove garlic, minced  
 1 teaspoon salt  
 1/4 teaspoon freshly-ground black pepper  
 3/4 teaspoon oregano  
 4 ounces feta cheese, crumbled  
 1 pound raw large shrimp, shelled and de-veined

1/4 cup chopped fresh parsley

In a heavy skillet, sauté onion in butter and oil until soft. Add wine, tomatoes, garlic, salt, pepper and oregano. Bring to boil, lower heat to medium, and simmer until sauce is slightly thickened. Stir in cheese and simmer for 10 to 15 minutes. Adjust seasonings. Just before serving, add shrimp to hot sauce and cook for 5 minutes or until shrimp are just tender. Do not overcook. Garnish with parsley and serve immediately in large bowls with crusty French bread.

#### Imam Bayldi (Stuffed Eggplants)

2 medium eggplants  
 4 scallions (including green tops), chopped  
 6 cloves garlic, peeled and minced  
 1 cup chopped celery, including some leaves  
 2 medium tomatoes, chopped  
 1 green bell pepper, seeded and chopped  
 1/2 teaspoon crumbled bay leaves  
 1/2 teaspoon dried oregano  
 1 teaspoon dried mint  
 3 tablespoons diced fresh parsley  
 1/4 cup olive oil, divided  
 1 cup chicken broth (optional)  
 Freshly-ground black pepper  
 Feta cheese (optional)

Peel eggplants lengthwise, leaving 1-inch bands of peel. Halve eggplants lengthwise. Scoop out centers to make boats. Chop scooped-out eggplant pulp; put into a large mixing bowl. Add scallions, garlic, celery, tomatoes, green pepper, bay leaves, oregano, mint and parsley; mix well. Stuff eggplant boats with mixture. Sprinkle with a little olive oil. Place boats in a baking dish. Pour chicken broth or warm water and remaining olive oil into dish, around the boats. Cover and bake in a preheated 325 degree F oven for 45 minutes, or until eggplant is tender.

#### Arnaki Lemonato (Lamb with Lemon Sauce)

2 pounds lamb shoulder  
 1/4 cup butter  
 1 teaspoon dry dill weed or 1 tablespoon fresh dill  
 Salt, to taste  
 Pepper, to taste  
 6 bunches scallions, chopped  
 1 1/2 cups water

Trim excess fat from meat and cut into stew pieces. Place in deep saucepan over high heat. Add butter and seasonings. Brown meat well until juices is absorbed. Add green scallions. Cover and cook over low heat until soft. Add water. Continue cooking slowly for 1 1/2 to 2 hours or until meat is done. Serve with Egg Lemon Sauce.

Egg Lemon Sauce  
 3 eggs, well beaten  
 2 lemons, juiced  
 1 cup hot chicken broth

Beat eggs until light and fluffy. Add lemon juice slowly, beating well. Gradually add hot broth, beating constantly at low speed.

#### Pastitsio (Baked Macaroni with Meat Sauce)

1 pound macaroni  
 1/4 pound butter  
 1 1/2 pounds ground turkey or beef  
 1/2 can tomato paste  
 6 ounces grated Romano or Parmesan cheese  
 1 medium onion, chopped  
 1/2 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 Salt and pepper

#### Sauce

4 cups warm milk

5 eggs

6 tablespoons flour

3/4 cup (1 1/2) sticks butter Cook macaroni (but not well done) in boiling, salted water and drain. Sauté onion in some butter. Add ground meat and stir until brown. Add tomato paste, thinned with a little water. Add salt, pepper, cinnamon and nutmeg. Cook until meat is done. Melt butter; pour over drained macaroni, mixing carefully. Spread half of the macaroni on the bottom of a 13 x 9-inch pan. Sprinkle half of the grated cheese on top. Spread entire meat mixture on top. Cover with remaining macaroni and remaining grated cheese. For the Sauce, boil 3 cups of the milk with 1 1/2 sticks butter. Add flour to remaining 1 cup milk and blend well. Add flour mixture to boiling butter and milk. Thicken and cool. After this has cooled, add 5 beaten eggs, or drop small amounts of the milk mixture into the eggs while stirring constantly. Once the egg mixture gets warm to hot, add the remaining milk. Pour sauce over the macaroni. Shake the pan and insert a knife to penetrate thoroughly. Bake at 350 degrees F for 40 to 45 minutes.