

Mediterranean Cooking Night – Thursday, June 9th

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Mezethes (Tidbits)

Melitzanosalta (Eggplant Dip)

2 eggplants (1 -1.5 # each)
3 cloves garlic, crushed and chopped
3 fresh or canned tomatoes, peeled and chopped
Salt and pepper
2 T. fresh parsley chopped
1 t. dried oregano
1/2 c. olive oil
6 T. red wine vinegar

Bake eggplants at 375 degrees for 45 minutes. Peel, chop, and crush while hot. Combine with remaining ingredients, alternating vinegar and oil. Can make as smooth and thick in blender, or as chunky mixture. Chill. Serve cold with fish, meat or crisp bread.

Humus

1 c. of canned chick peas, drained and crushed
3 t. tahini
1/3 c. water
Juice of 1 lemon
1/4 c. olive oil
2 cloves garlic, crushed and chopped
1/2 t. ground coriander (optional)
1/2 t. ground cumin (optional)
Salt and pepper
Chopped fresh parsley

Combine tahini and water, whisk until dissolved. Whisk into chick peas a spoonful at a time, alternating with lemon juice and olive oil until smooth. Add remaining ingredients, beat for another minute or in blender. Chill overnight. Serve cold with more parsley on top with pita bread, fresh veggies or crackers.

Elies Me Koliandron (Cyprus style olive relish)

1 jar green pitted Spanish olives, 12 oz.
1/4 c. olive oil
1/4 c. red wine vinegar
2 cloves garlic, crushed
2 t. coriander seeds, crushed or ground

Drain olives and chop. Combine ingredients, cover and refrigerate overnight. Serve on toast.

Salata (Salads)

Anginares me araka (Artichokes and Green Peas)

3 c. fresh green peas
6-8 artichokes
Juice of 2 lemons
2 quarts cold water
1/2 c. olive oil
1 bunch scallions, chopped
1/2 c. canned tomato sauce
1 c. water
1/4 c. chopped fresh parsley
1 t. dried marjoram leaves, crushed
Salt and pepper
1/2 t. sugar

Mix lemon juice and cold water. Then prepare artichokes as follows and then soak in the lemon water while preparing remainder of dish. Pull off the outer leaves of artichokes, peel around base, cut off an inch at the top and cut in half lengthwise. Remove the center purple leaves and with spoon remove the fuzzy center choke. While artichokes are soaking, heat oil and sauté onions, stir in tomato sauce and 1 cup water, add remainder of items. Use casserole dish or 13 X 9 inch pan. Oil pan, place half sauce mixture in pan, add drained and prepared artichokes, then sprinkle peas in pan. Cover with remaining sauce, adding a little water if necessary to almost cover vegetables. Cover.

Bake at 350 degrees for 35 to 40 minutes. Serve warm (preferred) or cold.

Horiatiki salata (Village salad)

4-5 ripe tomatoes, each cut into 8 wedges
1 clove garlic, crushed and chopped
1 large cucumber peeled and sliced
2 green peppers, sliced
3-4 scallions, sliced
16-20 Greek olives
1/2 # feta cheese, crumbled
Juice of 3 lemons
1 c. olive oil
Salt and pepper
Fresh parsley and dried oregano

Combine liquids and spices, set aside. Combine other ingredients, toss with dressing, serve right away.

Saltsa (Sauce)

Saltsa Domata

1 small onion, chopped
2 carrots and 1 celery, chopped optional
2 T. olive oil
2 cloves garlic, minced
2 # fresh tomatoes, peeled and chopped or 1 can plum tomatoes, chopped
1 t. sugar
1/4 c. red wine
1 stick cinnamon
Salt and pepper

2 T. fresh parsley chopped
2 T. fresh basil chopped, or 1/2 t. dry

Sauté onion, carrots, celery in oil. Add all ingredients except fresh herbs. Simmer 30 minutes. Add herbs for additional 10 minutes. Serve hot with meatballs.

Tzatziki

2 c. plain Greek yogurt
1 medium cucumber, peeled, seeded and diced
1 clove garlic, minced
2 T. olive oil
1 T. white vinegar
1 T. fresh dill chopped
1 t. fresh mint, chopped

Combine in a glass dish, chill. Serve as dip, as salad dressing or with meats, fresh or grilled veggies or fish.

Kreata (meats)

Keftedakia marinata (Spiced meatballs)

1 1/2 # ground turkey, beef or pork
1/2 c. bread crumbs or 2 slices bread without crust, moistened, squeezed shredded
1/3 c. parsley chopped
2 T. fresh dill chopped
1 tsp. ground cinnamon
1 small onion crushed and chopped
2 cloves garlic, crushed
Salt and pepper

Combine thoroughly, refrigerate at least 4 hours or overnight. Form into 1 1/2 inch meatballs. Place in greased pan.

Bake at 375 degrees for 15-20 minutes.

Serve with Saltsa Domata or Tzatziki sauce.

Glyka (Sweets)

Baklava

3 1/2 c. sugar
2 1/2 c. water
2 T. honey
Zest of 1 lemon
1 stick cinnamon
3 - 4 whole cloves
1 1/2 # mix of walnuts and almonds, chopped (or use only 1 type of nut or pistachios)
2 t. cinnamon
1/2 t. ground cloves
1 1/2 # filo pastry
1# sweet butter or can of non stick baking spray

Combine 3 c. sugar, water, honey, lemon zest, whole spices in saucepan and bring to boil. Lower heat and simmer for 15 minutes, remove solids, then cool. Combine nuts, 1/2 c. sugar and spices, set aside. Take filo sheets out of box, lay flat, cover with damp towel. Set aside 8 sheets, refrigerate for topping. Spray 11 X 15 X 3 in. baking pan with nonstick spray. Lay filo sheet on bottom, brush with butter or nonstick spray, repeat for 8 sheets, sprinkle with handful of nut-spice mixture. Lay 3 more filo sheets, each buttered or sprayed, alternate with layer of nut-spice mixture and 3 sheets, until gone. Top with refrigerated 8 sheets, individually buttered or sprayed. Score with knife full thickness into diamond shapes. Brush top with remaining butter.

Bake at 300 degrees for 75 minutes until golden brown.

Spoon cooled syrup over hot pastry and cool.

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