

Keftedes (Meat balls in tomato sauce)



For Sauce:

1 tablespoon olive oil
1 medium onion, coarsely chopped
2 bay leaves
150 ml water
1 can of chopped canned tomatoes
1 teaspoon granulated sugar

Ingredients (6 servings)

For keftedes:

600 g ground pork and beef
3 slices of bread (from 8 slices pack)
50 ml white wine
50 ml olive oil
1 egg
salt
pepper
1 pack mint leaves (minced)
3 cloves of garlic (minced)
1 teaspoon cinnamon
1 teaspoon ground cumin
100 g flour
50 ml vegetable oil, for frying
herbs for garnishing (parsley, dill, basil)

Method

- 1 To a bowl add the wine, the oil and the egg. Whisk for 30 seconds to combine well.
- 2 Add the pieces of bread, cumin, cinnamon, garlic and finely chopped mint. Mash the mixture together with your hands, until the bread breaks up completely.
- 3 Add the ground beef and pork, salt and pepper. Mix again with your hands until all of the ingredients are completely combined.
- 4 Form the meatballs. They should weigh about 30g each.
- 5 Roll the meatballs in the container filled with flour.
- 6 Heat the vegetable oil in the pan. Shake off excess flour and add the meatballs to the pan. Brown them on both sides for about 5 minutes total.
- 7 Prepare the sauce. Add 1 tbsp of olive oil to the pot. Add the onion and sugar. Stir and sauté until the onion caramelizes nicely.
- 8 Add the can of tomatoes and sauté for 2-3 minutes.
- 9 Add the bay leaves and water. Stir and add the meatballs.
- 10 Lower heat, cover pot and simmer for 10 minutes, until the sauce thickens and the meatballs are ready.

Horiatiki Salad



Ingredients (6 servings)

2 large tomatoes
2 cucumbers, sliced
1 red onion, thinly sliced
12 Kalamata olives
100g feta cheese
Pinch of dried or fresh oregano
Torn fresh parsley, watercress,
baby leaves etc..

For dressing:

6 tablespoon olive oil
3 tablespoon red wine vinegar
Salt and pepper to taste

Method

- 1 Cut each tomato into 6 wedges. Combine the tomatoes, cucumber, onion, olives and feta in a large bowl.
- 2 Put the ingredients for dressing into a screw-top jar, fasten the lid, and shake vigorously until thoroughly blended.
- 3 Sprinkle the salad with oregano and pour the oil-vinegar dressing to taste over it.
- 4 Toss and serve garnished with parsley, watercress or baby leaves.

■ Notes ■

Baklava Rolls



Ingredients (6 servings)

For baklava rolls

25g butter
25g walnuts
25g almonds
1 teaspoon ground cinnamon
1 teaspoon ground cloves
2 pie sheets(150g)

For syrup

125g sugar
75g water
2 cloves, whole
1 cinnamon stick

Method

- 1 In a pot, add the sugar, water, cinnamon stick and cloves. Place pot over medium heat. In about 2-3 minutes, as soon as the sugar melts, remove pot from heat.
- 2 Melt the butter in a saucepan over low heat.
- 3 In a food processor grind the walnuts, almonds, cinnamon and cloves together.
- 4 Preheat the oven to 160°C.
- 5 Roll one sheet of dough doubling it in size. Brush with melted butter. Spread the filling over the entire surface.
- 6 Roll the sheet not too tight and cut into three equal parts.
- 7 Brush a baking pan with butter and add the rolls. Brush with butter and repeat the same process until the baking pan is full of rolls. When the pan is full, drizzle any leftover butter over the rolls. Bake the rolls for 50 minutes until they turn golden brown.
- 8 When ready, remove from oven and immediately pour the cool syrup over the hot rolls. Allow them to soak up the syrup.

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