

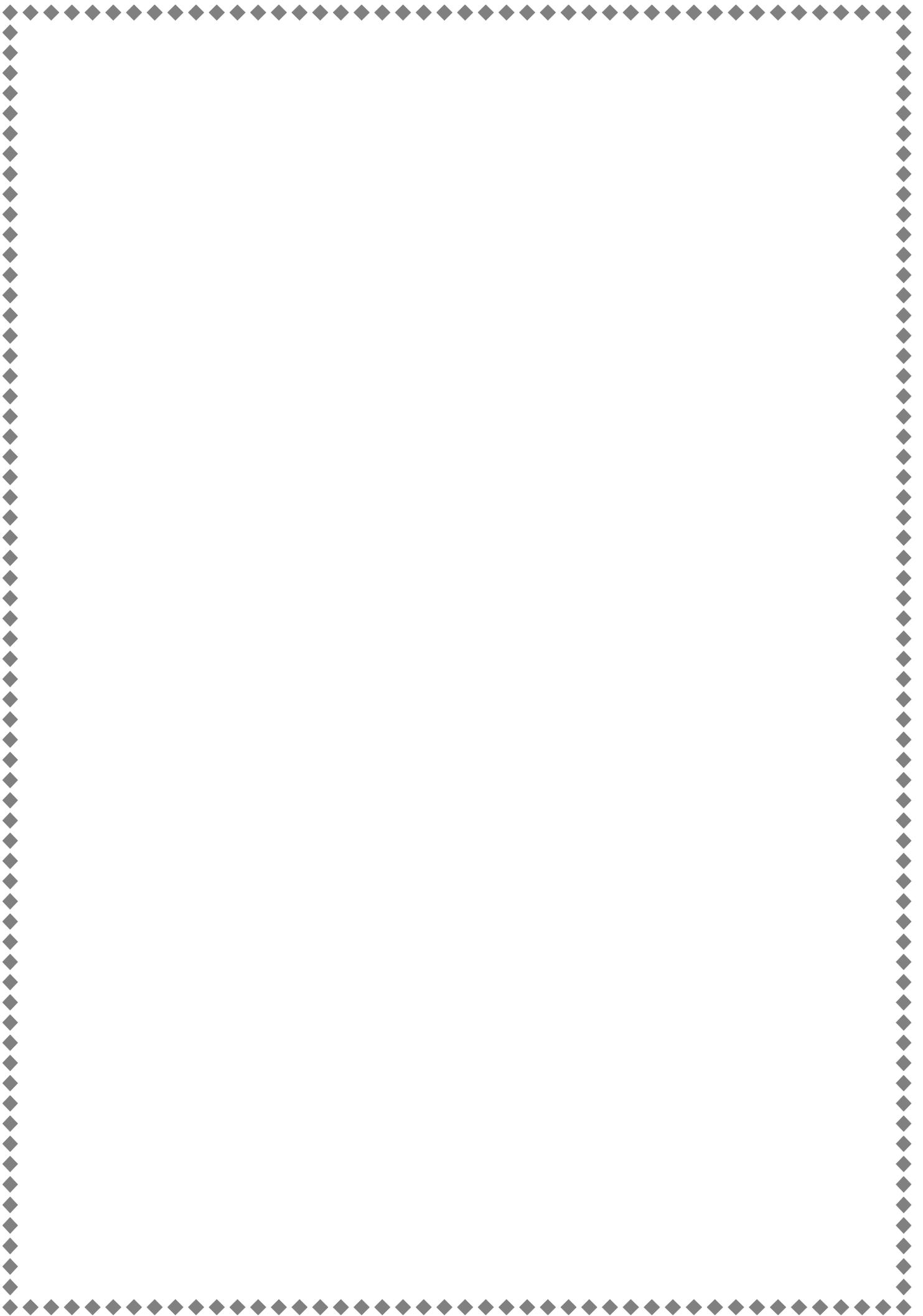


TRADITIONAL RECIPES

from our multicultural students

Athens, Greece

December 2020



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Greek baked giant beans – Gigantes



Gigantes (meaning giants) is a classic butter bean appetiser or meze, found all over Greece.

It's a dish just as enjoyable in winter as in summer and is easy to make as a starter when having friends around, or as a light lunch or supper on its own. In Greece the best butter beans are commonly agreed to be those grown around Lake Prespes in the north of Greece.

Ingredients

- 500 g giant beans
- salt
- 70 g olive oil
- 1 onion, dry
- 3 sprig(s) celery
- 2 carrots
- 1 red bell pepper
- 2 clove(s) of garlic
- 1 stick(s) cinnamon
- 2 bay leaves
- 1 tablespoon(s) granulated sugar
- 1 tablespoon(s) tomato paste
- 50 g white wine
- 400 g canned tomatoes
- lemon zest, of 1 lemon
- 1 sprig(s) rosemary
- 300 g water
- 1 chicken bouillon cube

- pepper
- 2 spring onions
- 1/2 bunch celery leaves

Instructions

Soak the giant beans in a bowl full of water and some salt for 12-24 hours. When ready, drain and rinse under running water to remove the salt.

Preheat oven to 180* C (350* F) Fan.

Transfer beans to a pot, add water and place over heat.

When the water comes to a boil, simmer for 1 hour until they soften. When ready, drain and set aside.

Place the same pot over heat and add olive oil.

Coarsely chop the onion, celery leaves, carrots, red pepper and garlic. Add to the pot along with cinnamon stick, bay leaves, sugar and tomato paste. Mix.

Add the white wine and wait for the alcohol to evaporate. Add the chopped tomatoes, water, lemon zest, rosemary, bouillon cube, pepper, salt and giant beans. Mix.

Remove pot from heat.

Finely chop the spring onions and celery leaves and add to pot. Transfer contents of pot to a 25x35 cm ovenproof baking dish. Cover with aluminum foil and bake for 1 hour and 15 minutes.

Taste the beans every 15 minutes. When they soften, remove aluminum foil and bake for 15 minutes.

Serve with finely chopped parsley, feta cheese, pepper, olive oil, chili flakes and fresh bread.

Greek tzatziki sauce



Tzatziki is an appetizer of Greek cuisine. Its main ingredient is strained yogurt. It is served as a table appetizer, mainly accompanied by grilled meats. It goes well with french fries or zucchini. It can be served, spread on bread, and as an appetizer for ouzo or tsipouro. Tzatziki is a common ingredient in souvlaki with pie.

Ingredients

- 300 g strained yogurt
- 1 cucumber
- 1/3 clove(s) of garlic
- 3 tablespoon(s) vinegar, of white wine
- 1/4 bunch dill, finely chopped (optional)
- 2 tablespoon(s) olive oil
- 1 pinch salt
- pepper
- To serve
- souvlaki pita breads
- olive oil
- herbs, fresh

Instructions

A very appetizing, savory sauce that is almost always served with kebabs or souvlaki. It can also be served with baked potatoes, any meats and is surprisingly refreshing as a dip for vegetables!!

Peel the cucumber and grate with a cheese grater, using the large blades

Put in a bowl. Add a pinch of salt and 1 tablespoon of white wine vinegar. Toss and set aside to release its liquid.

In the meantime, combine the yogurt, 1/3 of a garlic clove (minced), 2 tablespoons white wine vinegar and 3 tablespoons of olive oil. Mix until combined.

Mix until it is combined and creamy.

Squeeze the cucumber with your hands to release any remaining liquid. Discard the liquid and add the cucumber to the yogurt mixture.

Stir into mixture. Add pepper and adjust salt according to taste.

Add some finely chopped dill and your sauce is ready.

Refrigerate until needed.

Serve it with some carrots, peppers, cucumber and Greek pita bread!

Pepeki (Epirus pie)



This is a traditional Greek pie from the region of Epirus in northwestern Greece. It's really easy to make using everyday ingredients that, more or less, we all have at home.

Ingredients

- 200 gr soft flour
- 1 tps baking powder
- 2 eggs
- 2 cups yogurt (10% fat)
- $\frac{1}{4}$ (we measured with the cup from yogurt) olive oil
- 1 tsp sweet paprika (optional)
- 300 gr feta cheese crumbs

Instructions

Sift the flour with the baking powder.

In a large bowl pour the eggs, yogurt, olive oil and paprika.

Mix them with the wire to join and add the feta.

Little by little add the flour sifted with the baking and continue mixing with the spoon or by hand.

In an oiled and floured pan “number 36”, empty the pepeki and spread it with the spoon. Bake in a preheated oven at 180° C on the last grill for about 45 min, until well browned.

Vasilis Michos

Lemony roast chicken and rice



Mommy's recipe easy and fast! It is a daily meal for the whole family, full of nutritional value!!!

Ingredients

- 1 kilo chicken thighs
- 7-8 g olive oil
- salt
- pepper
- lemon juice, of 2 lemons
- 500 g basmati rice
- lemon peels, of 1 lemon
- 2 bay leaves
- 1 clove(s) of garlic
- 2 sprig(s) rosemary
- 1 teaspoon(s) oregano
- 1 ½ liter stock, chicken

Instructions

Preheat the oven to 180o C (350o F) set to fan.

Place a frying pan over high heat.

Put the chicken thighs into a bowl. Add salt, pepper, and 2-3 tablespoons olive oil. Make sure to cover the whole surface of the chicken and transfer it to the hot frying pan.

Sauté for 2-3 minutes on each side, until golden brown.

Deglaze the pan with the juice of 1 lemon and remove from the heat.

In a 34 cm baking pan add the rice, the lemon peels, the bay leaves, the garlic into pieces, the rosemary, the oregano, salt, pepper, 4-5 tablespoons olive oil, the stock, the juice of the second lemon, and the chicken thighs.

Bake for 50-60 minutes.

If you have a larger baking pan, roast it for 40 minutes covered with aluminum foil, then uncover the pan, and roast for 10-20 more minutes until golden.

Remove and serve.

Tip

If you want your rice to be less sticky and more fluffy, rinse it twice with cold water. Then, when you add it to the baking pan, mix it with the olive oil.

Soufiko



Soufiko is a traditional Greek food, very easy and fast summer food. The household gathered the last vegetables of the summer and because they were few they cooked them all together to make the food of the day.

Ingredients

- Fresh oregano 2 tbsps,
- Garlic 2 cloves,
- Olive oil 1 tbsp + 1 tsp,
- Eggplant 1,
- Yellow onion 1,
- Zucchini 1,
- Tomato 1,
- Dried sage 1 tsp,
- Red pepper 1,
- Red skin potato 2,
- Lemon juice 1 tbsp + 2 tsps

Optional:

- Salt & pepper to taste

Instructions

Produce Prep- Rinse all the produce. Dice the produce. Roughly chop the oregano leaves. Peel and roughly chop the garlic.

Pour half of the olive oil in the bottom of a large pot or Dutch oven. Layer the eggplant, potatoes, onions, garlic, bell peppers, zucchini, and tomatoes. Sprinkle the top with half the oregano, all the sage, and the salt. Pour the remaining olive oil evenly over everything.

Set the pot over medium heat until the vegetables begin to sizzle in the oil. Cover, reduce the heat to low, and cook for 15 minutes. Stir well and continue cooking, covered, until the vegetables are tender, about 15 more minutes.

Sprinkle with the remaining oregano and the lemon juice. Drizzle with a little extra-virgin olive oil as a garnish to serve.

Nassia Zarra

Sheftalia



It is a famous traditional **Cypriot** dish.

It is a type of sausage without skin, that uses caul fat, the membrane that surrounds the stomach of pig or lamb, to wrap the ingredients rather than sausage casing.

Ingredients

- 1 pound boneless lamb shoulder or leg of lamb cut into 1-inch cubes
- 1 pound boneless pork shoulder, cut into 1-inch cubes
- ½ pound pork fatback, cut into 1-inch cubes
- 1 tablespoon kosher salt
- 1 cup finely chopped red onion
- 1/3 cup packed finely chopped fresh parsley
- 2 teaspoons freshly ground black pepper
- ½ pound caul fat
- Greek pocketless pita, warmed, for serving
- 1 lemon, cut in half, for serving

Instructions

Place lamb, pork, and fatback in a large bowl. Add salt and toss to coat evenly. Place in refrigerator until chilled, at least 30 minutes. Place meat grinder parts, including and medium and small dies, in freezer to chill.

Grind meat and fat through meat grinder fitted with medium die. Switch to small die and grind meat mixture once more.

Place ground meat in large mixing bowl. Add onion, parsley, and black pepper to meat mixture. Using a large spoon or hands, mix sausage until all ingredients are thoroughly distributed.

Form a small sausage patty; place rest of sausage mixture in refrigerator. Cook patty in a small frying pan over medium-high heat until cooked through. Taste and adjust seasoning of sausage if necessary.

Lay 1 piece of caul fat on a work surface. Break off about 2 ounces of sausage and form into a cylinder. Place sausage 1-inch from top edge of caul fat. Fold top edge over sausage, followed by both sides. Roll sausage in caul fat until fully encased, then cut off remaining caul fat. Repeat with remaining caul fat and sausage mixture.

Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over entire surface of coal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Grill sausages over medium-high direct heat until they register 160°F on an instant-read thermometer when inserted into center. Let rest for 5 minutes. Serve immediately with warm pita and lemon halves.

Melita

Lazaropoulou

Imam Baildi



Imam Baildi is a recipe of Turkish cuisine which is also prepared in Greek, Bulgarian and Albanian cuisine. The name means "Imam fainted" because, according to legend, an imam lost consciousness when he heard about the cost of materials and the olive oil needed to prepare the food.

Ingredients

- 200g white basmati rice,
- 2 aubergines,
- 1 onion,
- 2 garlic cloves,
- a handful of flat leaf parsley,
- 400g chopped tomatoes,
- 1 tsp ground cinnamon,
- 1 tsp caster sugar, sea salt and freshly ground pepper,
- 400ml boiling water,
- 6 tsp olive oil.

Instructions

Heat your oven to 200°C/Fan 180°C/Gas 6. Pop the rice in a bowl and cover with cold water. Whisk (you can use a fork) for 1-2 mins till the water is cloudy (this is the starch). Drain, rinse and tip back into the bowl. Cover with cold water and set aside

Halve the aubergines lengthways. Score a crisscross pattern into the flesh. Put in a roasting tin so they sit snugly. Brush each half with 1 tsp olive oil and season with salt and pepper. Bake for 20 mins till soft.

Peel and finely chop the onion. Peel and grate or crush the garlic. Pick the leaves off the parsley. Finely chop the leaves and stalks, keeping them separate. Warm a deep frying pan or wok for 1 min. Add 2 tsp olive oil and the onion. Season. Stir and fry for 8-10 mins till soft and golden. Add the garlic and chopped parsley stalks. Stir and fry for 1 min.

Stir in the chopped tomatoes. Add 1 tsp each of the cinnamon and sugar. Cover. Bring to a simmer. Turn the heat down and simmer for 10 mins till the sauce has thickened slightly. Stir every so often.

Take the aubergines out of the oven. Scoop out the flesh with a teaspoon, leaving a wall about ½ cm thick around the edge of each aubergine. Roughly chop the scooped aubergine flesh.

Add the chopped aubergine to the tomato sauce. Taste. Add more salt, pepper or sugar if it needs it. Spoon into the aubergine shells. Return them to the oven and bake for 20 more mins till just browned.

While the aubergines bake, drain the rice. Tip it into a small pan. Add 400 ml boiling water and a pinch of salt. Cover. Bring to the boil. Turn the heat down and simmer for 8 mins till all the water is absorbed. Take off the heat and set aside, lid on, for 5 mins to steam

Arrange the aubergines (your Imam Bayildi) on 2 warm plates with the rice. Scatter over the chopped parsley leaves to serve.

Nassia

Zarra

Tres leches cake (Trilece, 3 milk cake) (Albanian cake)



A trilece cake also known as pan tres leches ("three milks bread"), is a sponge cake or butter cake soaked in 3 kinds of milk: condensed milk, evaporated milk and heavy cream. That's how it got its name - trilece cake meaning 3 milks cake.

Ingredients:

Dough:

- 6 eggs
- 300 g sugar
- 1 vanilla
- 300 g flour
- 1 baking powder
- 300 g ready caramel

Milk dressing:

- 1 liter of milk (3.5% fat)
- 750 ml cream (unwhipped hopla)
- 250 ml of coffee milk (10% fat)

Instructions

Beat egg whites with sugar until firm as whipped cream, add egg yolks one at a time and continue to mix to unite mixture.

Add the flour together with baking powder and mix with a large spoon or wire.

Pour the mixture in a pan coated with butter and flour (35x20x6).

Place to bake in preheated oven at 200 C for the first 10 minutes, then reduce temperature to 180 C and bake for 20 minutes.

Allow to cool (but not too much, it should be lukewarm). In a meanwhile mix all types of milk.

Invert lukewarm cake on a towel and put half of mixed milk in the baking tray. Then put the inverted cake in the pan and pour over the remaining milk.

Leave to soak milk around 2 hours. Then cut in cubes, cover with foil and put in the refrigerator for several hours to cool well.

Top with liquid caramel.

Alba

Dukasi

Tavë kosi (Albania)



Tave kosi is a national dish in Albania. It is also popular in other Balkan countries.

Ingredients

- Lamb, mutton or chicken 500gr.
- Butter 2 tablespoons.
- 2 eggs.
- 3 cups of yoghurt.
- Flour 2 tablespoons.
- Rice 1 tablespoon.
- Salt and pepper.

Instructions

First step: We cut the meat into slices, place it in the pan, throw the butter on top and put it in the oven or casserole with electricity. From time to time, a little water is added to prevent it from drying out, and after baking, it is removed from the oven.

Second step: In a saucepan with butter, knead a little flour until it turns yellow (golden in color), but not red, add the juice of roasted meat diluted with water, mix and boil until a thick sauce is created, remove from the heat, cool and then add yoghurt, eggs, salt and make a good mixture, put a little half-boiled rice in the casserole, arrange the meat pieces, put the prepared mass on top, a little butter and bake it in the oven.

Albi

Kokoika

Byrek



Byrek is known as the street food of the Balkans. **Albanian** Byrek fillings are most often savoury with spinach Byrek being the most common.

Ingredients

- Dough
- 1 1/2 cups (177g) All-purpose flour
- 1/8 teaspoon salt
- 1/4 cup + 2 tablespoons (85g) water, warm
- 2 tablespoons (25g) extra-virgin olive oil
- Filling
- 1 large egg
- 1 1/2 cups (227g) crumbled feta cheese
- 1/4 cup (57g) whole milk
- 2 tablespoons (28g) All-purpose flour
- 1 tablespoon (14g) extra-virgin olive oil
- 3 tablespoons (35g) extra-virgin olive oil, to brush on dough before filling

Topping

- 1 large egg, beaten; or 1/4 cup (57g) egg substitute

Instructions

To make the dough: Put the flour, salt, water, and olive oil in a large bowl, and stir until the dough forms. Transfer to a lightly floured work surface and knead until the dough is smooth, elastic, soft, and doesn't stick to your fingers, about 5 minutes. Return the dough to its bowl, cover, and let it rest for 10 minutes.

To make the filling: Crack the egg into a medium bowl and whisk lightly. Whisk in the feta, milk, flour, and 1 tablespoon olive oil.

Preheat the oven to 375°F. Line a baking sheet with parchment paper.

To assemble: Turn the dough out onto a lightly floured work surface. Divide the dough in thirds. Working with one piece at a time (keep the rest covered), use a floured pin to roll the dough into a very thin 12" square. If the dough resists as you're rolling it, let it rest a few minutes before proceeding.

Brush the square with a tablespoon of olive oil. Cut the dough into four even strips, 3" wide. Place a strip vertically, with a short end facing you.

Put 2 tablespoons of the filling at the top of the strip, about 1" down from the top and 1" in from the right edge.

Lift the upper left-hand corner of the strip and fold it down and diagonally over the filling to meet the right edge of the dough, forming a triangle.

Fold the triangle of covered filling down, much like folding a flag, to encase it in another layer of dough.

Fold that triangle over on the diagonal to line up with the left side of the dough strip. Continue with these two motions until you reach the end of the strip.

Place the triangle seam-side down on the prepared baking sheet. Repeat the process with the other three dough strips; then repeat with the remaining two pieces of dough.

To finish and bake: Brush the triangles with the beaten egg. Bake them for 30 to 35 minutes, until they're deep golden brown. Remove them from the oven and cool for at least 15 minutes before serving. Store any leftovers in the refrigerator.

Relda Terpolari, Marianna Tomori

Red Borscht Soup (Ukrania)



Borscht soup is a soup common in Eastern Europe and its name is Slavic. This recipe is the Ukrainian version.

Ingredients

- beef - 300 g
- beet - 300 g
- white cabbage - 400 g
- potatoes - 500 g
- carrots - 100 g
- root parsley
- 2 PCs onions
- 2 heads garlic
- 3 cloves
- clarified butter - 2 tbsp. spoon
- fat - 50 g
- sweet pepper - 1 PC.
- Bay leaf - 1 PC.
- sour cream - 150 g
- parsley and dill ground black pepper,
- salt to taste

Instructions

Boil the meat in 3 liters of water, add salt and pepper. Beets, cabbage and onions cut into strips, potatoes - slices.

Beet fry in butter, add a tablespoon of vinegar (3%), stew until tender in small amount of broth, add sugar (1 tablespoon), tomato paste (2 tablespoons). Strain the broth and continue to cook.

Meat cut into cubes and put in boiling broth, add potatoes, cabbage and cook for 15 minutes. Then add the beets, vegetables and sweet pepper cut in shreds, spices. Cook for another 15 minutes.

Add chopped garlic, pounded with fat and bring to a boil.

Then let stand another 20 minutes.

Sherdits Sveta

Egusi Soup (Nigeria)



Egusi is a West African name for the seeds of plants like melons. When dried and ground become a staple ingredient in many West African dishes. In Nigerian culture, egusi is popular with pounded yam. These seeds are rich in fat and protein, and add these essential nutrients into West African



Nigerian Egusi Soup is a soup thickened with ground melon seeds and contains leafy and other vegetables. It is one of the most popular soups prepared by most tribes in Nigeria and often eaten with dishes like Pounded Yams. Prepare it with goat, beef, fish, or shellfish!

Ingredients

- Blended onions
- Fresh pepper
- Egusi melon seeds, grounded
- Palm oil
- Fresh Une Iru, locust beans

- Salt
- Crayfish
- Cooked Meat
- Pumpkin leaves
- Waterleaf cut
- Bitter leaf (washed)

Egusi soup with pounded yam

Egusi can be served in Nigerian marriages celebrations, Nigerian birthdays, Cultural celebrations even ceremonies. It's flavour can simply make you want more of it even when you're fed up. Families that eat egusi together, stay together.

Eleni Wendy Edomadabon

Joll of rice



It is a classic Nigerian dish, much loved in South of the Sahara and along the coast of West Africa.

Ingredients

- 6 Cups Rice Long grain
- 3/4 Cup Olive Oil
- 5 Tbsp Tomato paste
- 4 Cups Chicken stock
- 1 Tbsp Curry Powder
- 1 Tbsp Thyme
- 4 cloves Garlic
- 2 bay leaves
- 1 Tbsp Ginger Grated
- 1 Tsp Salt or to taste
- 1 Onion Medium sized(sliced)
- 1 Tomato sliced (Large size)
- 1 Tbsp seasoning powder or seasoning cubes
- 1 Onion Sliced
- White Pepper or black pepper to taste
- For the sauce, blend together:

- 3 Red Bell Pepper
- 3 Tomatoes Plum
- 2 Scotch bonnet
- 1 Onion Diced

Instructions

In a large pan, preheat the cooking Oil. Once the oil is hot, add the diced onions and fry for about 3 to 5 minutes or till the onions become soft.

Add the Tomato Paste. Fry for about 5 minutes, then add the Garlic, Ginger and bay leaves and let it cook in the tomato paste for about 2 minutes.

Add the blended pepper and allow the pepper to cook until the water is reduced entirely and the oil is seen floating on the fried pepper.

Season with Thyme, Curry powder, salt to taste and seasoning Cubes. Leave to cook for another 2 to 5 minutes.

Stir in the Rice until it is well coated with the sauce. Add the Chicken stock and cover it with a tight-fitting lid then allow it to come to a boil.

Once it starts boiling - about 3 to 5 minutes after placing it on the stove, reduce the heat immediately to medium-low and steam until the rice is done.

Turn off the heat and add the sliced Tomato and Onions, and stir together briefly. Then, cover it up immediately so that the heat remaining in the Rice can steam up the vegetables a little bit.

You can serve with Plantains, Chicken, Vegetables or as desired.

Favour

Ibetolie

Arepa

The arepa is a symbol of Venezuelan gastronomy and one of the most common pre-Hispanic foods still popular in Venezuela. Arepas are delicious cornmeal pockets filled with vegan dishes such as jackfruit carnitas, scrambled tofu, black



beans, guacamole and fried plantains. It's actually a treat that can be served for breakfast, lunch or dinner.

Ingredients

- 2 ½ cups lukewarm water
- Teaspoon salt
- 2 cups white corn meal
- ¼ cup oil of your choice, or as needed

Instructions

Stir water and salt together in a bowl. Gradually stir corn meal into water with your fingers until mixture forms a soft, moist, malleable dough.

Divide dough into 8 golf ball-size balls and pat each one into a patty about 3/8-inch thick.

Heat oil in a skillet over medium heat until shimmering. Working in batches, cook corn patties in hot oil until golden brown, 4 to 5 minutes per side.

Transfer cooked arepas to a paper towel-lined plate to drain until cool enough to handle.

Slice halfway through each cake horizontally with a thin serrated knife to form a pita-like pocket.

Tips

The cornmeal is mixed with water and salt to form a dough then shaped into a circular disc like a pancake. It is cooked on an oiled griddle or skillet until crisp on the outside with a moist center. Actually there is no specific measurement on the amount of ingredients.

You can eat them on their own or cut them in half and fill them with whatever you like. The traditional arepas are filled with chicken and avocado salad.



Helen Lazaridou

Knafeh (kiunafe) of Nablus



Knafeh (kiunafe) of Nablus, is the world famous with this name national Palestinian dessert.

Ingredients

For the simple syrup:

- 4 cups (1 kg) Redpath® Granulated Sugar
- 2 cups (500 ml) water
- 1 tsp (5 ml) lemon juice

For the Knafeh:

- 1/2 kg shredded phyllo dough
- 1 kg mozzarella cheese, grated
- 1 1/2 cup (284 g) butter, melted
- orange food colouring, powdered or liquid (optional)
- 3/4 cup (100 g) crushed pistachios

Instructions

For the simple syrup:

Step 1

Mix the sugar, water, and lemon juice together in a pot. Place over medium-high heat and bring to a boil, stirring occasionally until the sugar dissolves. Remove from the heat and set aside to cool completely.

For the Knafeh:

Step 1

Preheat oven to 375°F (190°C).

Step 2

Make sure to thaw the shredded phyllo dough before using. Transfer it to a large bowl, then using your hands, begin pulling the strands apart, breaking them into smaller and smaller pieces until the dough is completely shredded.

Step 3

Pour the melted butter and food colouring (if using) over the shredded phyllo and mix in with your hands until butter and food colouring are evenly distributed. It is best to use a pair of latex gloves so your hands don't get colouring on them.

Step 4

Spread half the dough in a large round cake pan or a 9x13 baking dish. Press firmly into the pan.

Step 5

Spread the cheese over top of the dough, leaving at least an inch of space around the edges.

Step 6

Cover the cheese with the remaining dough, making sure to cover the edges first to seal the cheese and prevent it from leaking during baking. Press in firmly.

Step 7

Bake in the preheated oven for 15 minutes. Once baked, remove from the oven and carefully flip over onto a serving tray or plate. Gently lift the baking pan away from the knafeh.

Step 8

Spoon the cooled simple syrup over the knafeh, then gently pour the remaining syrup over top. Adjust the amount of simple syrup you use to suit your tastes. Decorate with crushed pistachios and serve warm. Knafeh is best the day it's made, but leftovers will keep well in the fridge for up to 3 days, just warm them up for 10 - 20 seconds in the microwave before serving.

Nassia

Zarra

Moroccan Couscous



Couscous is most favourable in Marocco. It is healthy, light and can be served throughout the year as a main or a complimentary dish.

Ingredients

Couscous

- 2.2 lb. [couscous](#) - (not instant; I prefer medium caliber)
- 1/4 cup olive oil or vegetable oil
- 6 cups water, divided - (can use milk for final steaming)
- 2 to 3 tsp salt - (added after 1st steaming)
- 2 tbsp soft butter - (added after final steaming)

Meat and Broth Seasoning

- 2.2 lb. lamb, beef, or goat meat, large pieces on the bone - (or 1 large whole chicken)
- 1 large onion, coarsely chopped
- 3 fresh tomatoes, peeled and coarsely chopped
- 1/4 cup olive oil or vegetable oil
- 1 1/2 tbsp salt
- 1 tbsp ginger
- 1 tbsp pepper
- 1 tsp turmeric
- 1 handful parsley and cilantro sprigs, - tied into a bouquet

- 2 tsp smen - Moroccan preserved butter - (optional; reserve until end of cooking)

Traditional Veggies

- 1/2 cup dried chickpeas, soaked overnight
- 1 small head of cabbage, cut in half or quartered
- 3 or 4 medium turnips, peeled and cut in half
- 8 to 10 carrots, peeled - (cut in half lengthwise if large)
- 1 or 2 small tomatoes, peeled, seeded and quartered
- 1 or 2 small onions, cut in half - (can use some whole fresh pearl onions instead)
- 1 small acorn squash, quartered - (or wedge of pumpkin)
- 4 or 5 small zucchini, ends trimmed - (or 8-ball round, cut in half)

Instructions

Ahead of Time

1. Soak the dried chickpeas in a large bowl of water overnight. (Or, use a quick soak method: boil the dried chickpeas for 4 or 5 minutes, then turn off the heat and leave them to soak for an hour.)
2. Wash and prep your vegetables. Start making the tfaya (optional; see Recipe Notes).
3. Set up an area to work with the couscous. In Morocco we use a gsaa (very wide, shallow serving and mixing dish), but another very large wide vessel or bowl can work. Have oil, water, salt, and butter out and ready. Lightly oil the steamer basket of a couscoussier.

Begin Making the Broth - See Recipe Notes if Using Chicken or Making Vegetarian Couscous

1. Brown the meat or chicken with the oil, onion, tomatoes and spices in the base of a couscoussier over medium-high heat. Continue cooking, uncovered and stirring frequently, for about 10 to 15 minutes, until a very thick and rich sauce begins to form.

2. Add the soaked, drained chickpeas along with the parsley/cilantro bouquet and about 3 quarts (or liters) of water. Bring to a boil, cover, and cook over medium heat for about 30 minutes

First Steaming of the Couscous

1. Drizzle 1/4 cup of oil over the couscous. Toss and roll the couscous around between your hands for a minute to distribute the oil evenly and break up any balls or clumps.

Add 1 cup of water and work it into the couscous in the same way--tossing and rubbing the couscous until all is well blended and there are no clumps.

2. Transfer the couscous to a lightly oiled steamer basket, taking care not to compress the grains in the process. Place the basket on the couscoussier and steam for 15 to 20 minutes, timing from when the steam first appears over the couscous.

Second Steaming of the Couscous

1. Turn the couscous back into your gsa or bowl. Allow it to cool briefly, then work in 1 cup of water, using the same tossing and turning as you did before. (You may need to use a wooden spoon if the couscous is too hot, but move to using your hands when it has cooled enough.)

2. Add the salt in the same manner, then add in another 1 cup of water. Toss and roll and rub the couscous with your hands for a good minute or two, again making sure there are no balls. Transfer the couscous back to the steamer basket, again taking care not to compress or pack the grains.

3. Add the cabbage, onions, tomatoes (and fava beans, if using) to the couscous pot, then place the couscous basket on the couscoussier. Steam for 15 to 20 minutes, timing from when you first see steam emerge from the couscous.

Third and Final Steaming of the Couscous

1. Turn the steamed couscous out into your gssaa or bowl. Add the turnips and carrots to the pot; cover and allow them to cook for 15 minutes while you work with the couscous.
2. In increments, work 2 to 3 cups of water or milk into the couscous in the same manner as before--tossing and turning and rubbing the grains between your hands and making sure there are no clumps. Use only as much water or milk as needed to make the couscous al dente.
3. Taste the couscous for salt and add a little more if desired. Transfer half of the couscous to the steamer basket, again being careful not to pack the grains.
4. Add the remaining vegetables to the pot--the squash or pumpkin, the zucchini and the sweet potatoes if using. Top with a little water if the level has dropped below the vegetables. Taste and adjust seasoning--it should be well flavored, a bit salty and peppery.
5. Place the couscous basket back on the pot and cook until steam begins to emerge from the couscous. Gently add the remaining couscous to the basket and continue cooking. Once you see steam rise from the couscous, allow it to steam for another 10 to 15 minutes, or until light and fluffy and the latest additions of vegetables have cooked.

Serving the Couscous

1. Turn the couscous out into your bowl and work in the butter. Add the smen (if using) to the broth in the pot and swirl to incorporate.
2. Work about 1 cup of broth into the couscous, tossing as you did before. Arrange the couscous into a large, shallow mound in your gaa or on a deep serving platter. Make a large indentation in the middle to hold the meat.
3. Retrieve the meat from the pot and place in the center of the couscous. Top it with the cabbage and squash or pumpkin. Retrieve the other vegetables from the broth with a slotted spoon and arrange

all around meat (in pyramid fashion, if you like). Garnish with the chickpeas (and/or fava beans), chili peppers and even the bouquet of parsley if you like.

4. Drizzle several cups of broth carefully over the couscous. Offer the remaining broth in bowls on the side.

5. Tfaya is optional and can be used as a garnish or served on the side.

Nassia Zarra

Diples Kalamatas



Diples is a traditional sweet of Kalamata, a city of Peloponnese in south Greece. They always make them for celebrations, engagements, weddings, baptisms.

Ingredients

Dough

- 10 eggs
- 1 kg flour
- Juice of one only lemon
- 1 shot of liqueur
- 1 Kg sugar
- salt 1/2 teaspoon

Syrup

- 1 kg water
- 1 kg sugar
- 1 kg honey
- oil 2 tablespoons
- 250g walnuts

Instructions

Break the eggs in a bowl, beat them, add the drink with the lemon, then the salt and sugar, while beating all this. Sift the flour. Keep some flour aside. Make a puddle and pour in the egg mixture. Knead and if necessary, add flour, until you have a very tight dough. Wrap it with cling film and leave it for 1 hour.

Put plenty of oil in a saucepan to burn. Roll the dough out very thin with a rolling pin on a floured surface. Cut into sticks.

Put the sticks in the saucepan, one by one and when they form small bubbles on their surface, take two forks and roll them along, folding them.

Let them brown and pull them out on paper towels to drain.

Boil some water with sugar to make syrup. Let it cool. Dip the diples in the syrup.

Garnish with honey and walnuts.

Michaela Stasinopoulou