

Χυισινγ Τηε Γρεεκ Ισλεσ (**Cruising the Greek Isles**)



September 18, 2010

**7 p.m.—The Reyes Home (Santorini Isle)—285 Gage Rd.
8:20—The McNally Home (Crete Isle)—136 Scottswood Rd.
9:40—The Briolat Home (Mykonos Isle)—107 Bloomingbank**

**“Cruising the Greek Isles” Menu
Saturday, September 18**

Isle of Santorini 7:00 p.m.
The Reyes Home
285 Gage Rd.

Stuffed Calamari – Hooglander and Swicionis
Eggplant Caviar - Pankros
Dolmades - Falater
Feta and Sundried Tomato Tart - Reyes
Stuffed Dates with Goat Cheese – Briolat

Beverages: Roditis and Beer provided by the host

Isle of Crete 8:20 p.m.
The McNally Home
136 Scottswood

Greek Rice Salad - Gorman
Assorted Olives and Pita - Archer
White Bean Salad - Pankros
Spanakopita - Zia
Greek Inspired Lamb Chops – McNally

Beverages: Wine and Beer provided by the host

Isle of Mykonos 9:40 p.m.
The Briolat Home
107 Bloomingbank Rd.

Fruit Tart – Benson
Baklava – Archer/Williams

Beverages: Coffee, Wine and Ouzo provided by the host

STUFFED GRILLED KALAMARI

Another item on Costa's menu is a variation on the more common grilled squid. "Kalamari" is the Greek word for squid. We add the wonderful flavors of Feta and Kefalotiri cheeses to create this superlative dish.

INGREDIENTS

12 squids, each approximately 7-8 inches long
1 lb. Feta cheese, cut into small pieces
1 lb. Kefalotiri cheese, cut into small pieces
6 sprigs fresh parsley, finely chopped
6 sprigs fresh dill, finely chopped
pinch of red pepper flakes
pinch of oregano
pinch of black pepper
1/2 cup extra virgin olive oil

VINAIGRETTE

DRESSING:

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1/4 tsp. oregano
salt, to taste

Under running water, clean the squid, making sure to not cut the sac. In a large bowl, combine the cheeses, oil, and spices. Stuff the squid with the cheese mixture and then brush with olive oil.

Preheat broiler or grill and oil the rack. Transfer squid to the grill, and turn occasionally for about 10 minutes, or until browned. Dress with the vinaigrette. To serve as an appetizer, cut into bite-sized pieces.

SERVES 6 AS MAIN COURSE; 12 AS APPETIZER

Please make 1 1/2 times the recipe

DATES STUFFED WITH GOAT CHEESE

These stuffed dates, which pair well with a welcoming glass of dry sparkling wine, are surprisingly simple to make. Medjool dates are sweet and rich and have thick, meaty flesh, which makes them particularly suitable for stuffing.

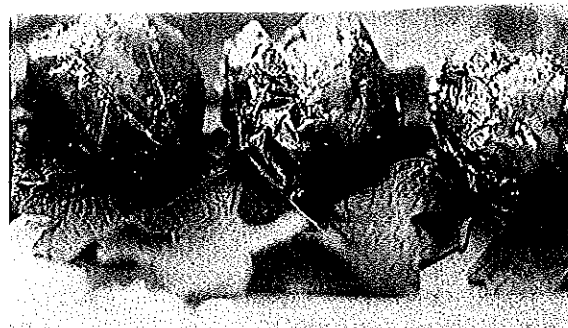
Preheat the oven to 375°F (190°C). Lightly oil a baking dish just large enough to hold the dates in a single layer.

In a small frying pan over medium heat, warm the olive oil. Add the bread crumbs and cook, stirring constantly, until the bread crumbs are evenly golden brown, about 1 1/2 minutes. Remove the pan from the heat, transfer the bread crumbs to a plate, and let cool.

With a small knife, make a small lengthwise incision in each date. Carefully remove the pits. Stuff 1 teaspoon of the goat cheese into the cavity left by each date's pit. Arrange the dates, with goat cheese side facing upward, in the prepared dish. Sprinkle the bread crumbs evenly over the top. (The dates can be prepared up to this point up to 24 hours in advance. Store, tightly covered, in the refrigerator.)

Bake the dates until warmed through, 10-12 minutes. Transfer to a serving platter and serve warm.

Serves 6



1 tablespoon olive oil
2 tablespoons fine dried bread crumbs
24 large dates, preferably Medjool
1/4 lb (125 g) soft fresh goat cheese

Please double
the recipe

DOLMADES

(STUFFED GRAPE LEAVES)

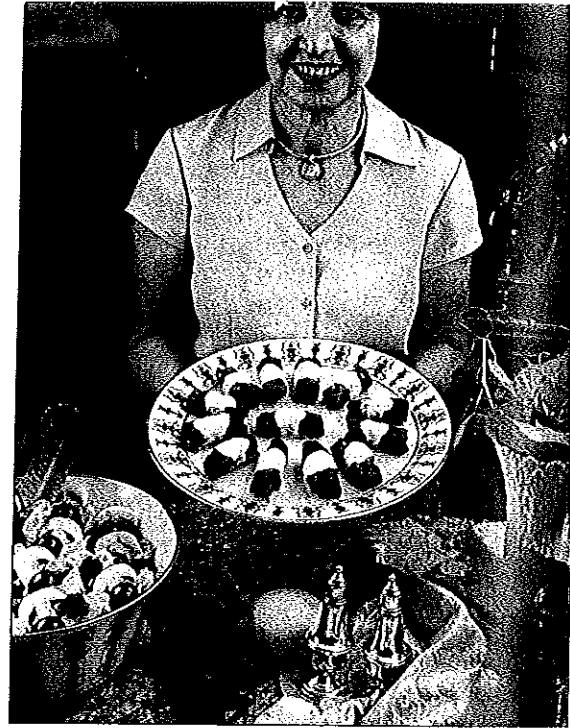
A family favorite, and one that, for many, epitomizes Greek life and Greek cuisine.

INGREDIENTS

1 large jar Orlando California grape leaves (ethnic food stores)
 3 pounds lean ground lamb or beef (I grind my own)
 2 eggs
 1/4 cup rice
 1 large onion (minced and sauté in 6 tbsp. olive oil in separate pan, cool, then add onions and oil to mixture)
 4 tbsp. olive oil
 1 small bunch fresh parsley chopped or 2 tsp. dry
 1 small bunch fresh anise chopped or 2 tsp. dry
 6 - 8 leaves fresh basil chopped or 1 tsp. dry
 6 - 8 leaves fresh mint chopped or 1 tsp. dry
 1 tsp. salt
 1/4 tsp. black pepper
 1/4 tsp. nutmeg

EGG LEMON SAUCE:

5 eggs
 3 lemons (always use fresh lemon juice)
 1 1/2 cups broth from dolmades
 1/2 tsp. salt
 A pinch of white pepper



In a large pot, pour 4 tablespoons olive oil. Heat well, then place aside. In a large bowl, add the ground meat, and the rest of the ingredients. Mix well by hand. Rinse leaves thoroughly and drain in a colander. Take one leaf at a time, and place it on a plate, shiny side down. Put one tablespoon of the meat mixture on the leaf. Bring sides of the leaf over, then roll to create each dolma. Arrange dolmades in the pot over the heated oil, in a circle formation. When finished, add enough water to cover the dol-

mades (about 2 cups). Cover the pot with a dish large enough to cover the surface of the dolmades (to keep them from unfolding, as they cook in the pot). Cook at medium-to-low heat for 1 hour and 15 minutes. If you are using a pressure cooker, cook for 20 minutes. When done, drain the broth from the pot by tilting it and holding the dolmades in the pot with the plate. Reserve the broth. Place the dolmades in a serving dish. Keep them hot until 15 minutes before serving.

Prepare egg lemon sauce as below. Pour over dolmades and serve.

Serves 8-10 as a main course, 20-25 as a side dish.

EGG LEMON SAUCE

Heat the broth from the dolmades in a small pot, then simmer on low heat. Beat 5 eggs in a blender for 1 minute. Add juice from 3 lemons, 1/2 tsp. salt and a pinch of white pepper. Slowly pour the egg lemon mixture into the broth, stirring constantly until it begins to thicken.

Feta and Sun-Dried Tomato Torta

Mary

Servings: 20

Yield: 4 cups

Layer #1

1/2 pound butter, room temperature

3/4 cup feta cheese or goat cheese, crumbled

8 ounces cream cheese, room temperature

2 cloves garlic (I would probably do 3 cloves, depending on size), mince in processor first

1 shallot

3 tablespoons dry vermouth

Layer #2

1 cup pesto sauce, preferably homemade

Layer #3

1/2 cup pine nuts, toasted

8 ounces sun-dried tomato half, reconstituted and roughly chopped

Layer #1 - Combine all ingredients in food processor.

Oil 4-5 cup terrine - preferably with straight sides. Line mold with plastic wrap. You can use a round bowl or interesting mold, but it must be lined. Experiment!

The first layer, which will eventually be the top when unmolded, is a sprinkling of nuts. Next layer the tomatoes, then cheese, then pesto. Repeat...you will probably get 2-3 complete layers total. If you would like you can use smaller molds depending on the size of your party. Use one and freeze the other(s).

Refrigerate at least two hours, preferably longer. Can certainly be made ahead, even frozen!

Unmold and surround with parsley or a sprinkling of chives. Serve at room temperature with crackers or crostini.

Eggplant Caviar with Garlic Pita Crisps

A tasty alternative to crackers, these crisps can be made a day or so in advance and stored in an airtight container. If you are not a garlic fan, try sprinkling these with your favorite herbs before toasting.

**MAKES ABOUT 1½ CUPS CAVIAR
PLUS 32 CRISPS**

FOR THE CAVIAR:

- 1 large eggplant (about 1½ pounds)**
- 3 tablespoons good-quality olive oil**
- ½ cup finely chopped onion**
- 2 tablespoons tomato paste**
- 2 tablespoons water**
- 2 teaspoons fresh lemon juice**
- 1 teaspoon salt**
- Pepper to taste**

FOR THE CRISPS:

- 2 pieces pita bread**
- 2 tablespoons olive oil**
- Salt to taste**
- 2 medium cloves garlic, peeled**

To make the caviar, bring water to boil in a pot large enough to submerge the entire eggplant. Immerse the eggplant in the boiling water and cook for 30 minutes. Remove and set aside to cool. Once cooled, stem, peel, and coarsely chop. Set aside.

Heat 1 tablespoon of the oil in a skillet over medium heat and sauté the onion for 8 minutes. Reduce heat and add the tomato paste, water, and eggplant. Cook, stirring occasionally, for 15 minutes until most of the liquid evaporates. Add the remaining 2 tablespoons oil and continue cooking, uncovered, until the mixture is quite thick. The total cooking time depends on the size of the eggplant, but it should

take about an hour. Remove from heat, add the lemon juice, salt, and pepper to taste. Chill for 2 to 3 hours or overnight.

To make the crisps, preheat the oven to 350°F. Split each pita in half to make two large pita circles, then slice each half into eight thin wedges or use a cookie cutter to make special shapes. Place the pita pieces on two nonstick baking sheets, brush the tops with the oil, and sprinkle with the salt. Bake for 5 minutes or until lightly toasted. Flip and toast the other side of the wedges for another 3 minutes. Remove from the oven and lightly rub the garlic cloves over one side of each crisp. Serve warm with the eggplant caviar.



Please make 1/2 times the
recipe

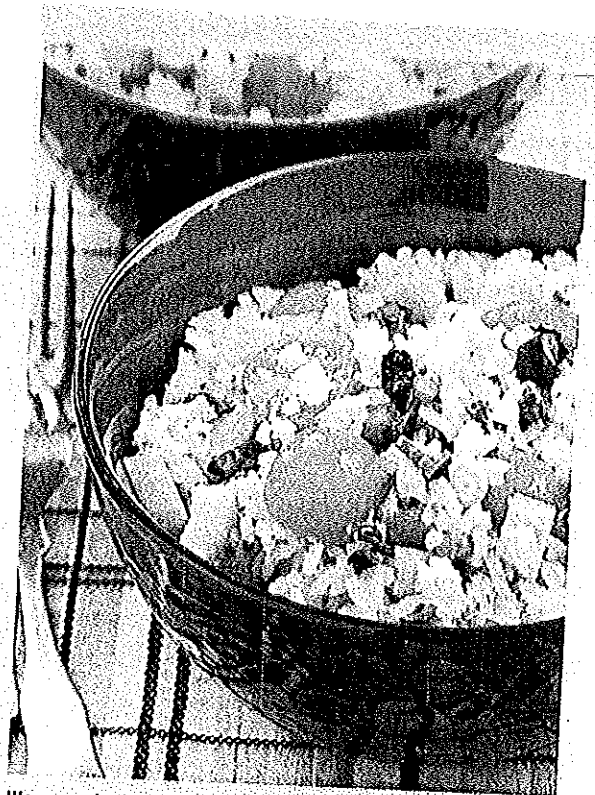
GREEK RICE SALAD Serves 6 to 8

In step 1, do not marinate the vegetables for more than 1 hour or the salad will become soggy. Feta sold already crumbled is prone to drying out.

- 1/2 cup crumbled feta cheese
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 2 teaspoons honey
- 1/2 teaspoon dried oregano
- 1 cucumber, peeled, halved lengthwise, seeded, and chopped
- 1 cup cherry tomatoes, halved (quartered if large)
- 1/4 cup pitted kalamata olives, chopped
- 3 scallions, sliced thin
- 1 1/2 cups long-grain rice
- Salt and pepper

1. MAKE DRESSING Process 1/4 cup feta, oil, vinegar, honey, and oregano in food processor until smooth. Transfer to large bowl and stir in cucumbers, tomatoes, olives, and scallions.

2. BOIL RICE Bring 4 quarts water to boil in large pot. Add rice and 1 tablespoon salt to boiling water and cook until just tender, 12 to 14 minutes. Drain rice, spread on rimmed baking sheet, and cool completely, at least 20 minutes.



We puree half the feta and add a touch of honey to thicken the dressing of this Greek salad.

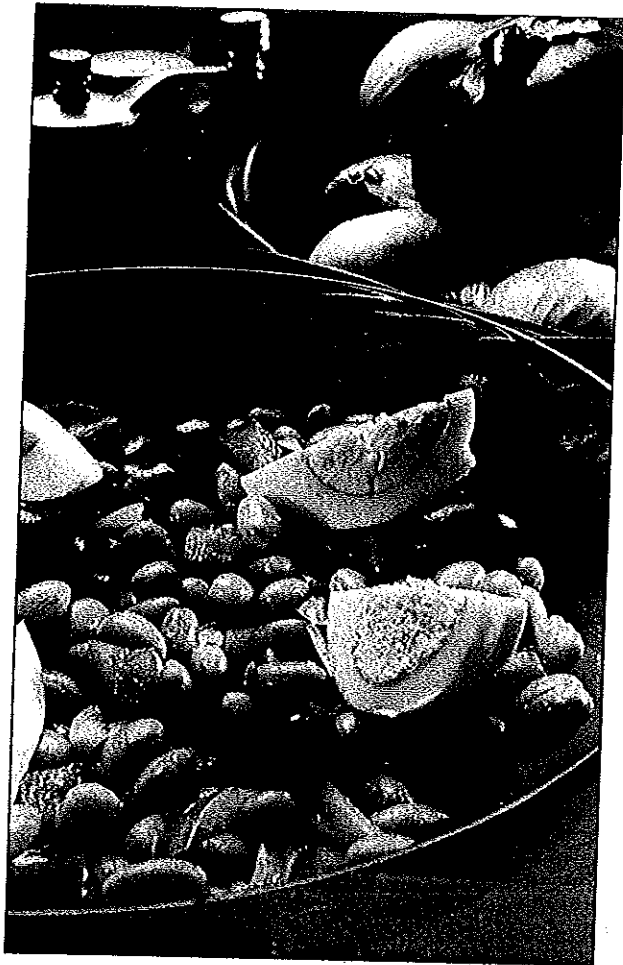
3. COMBINE SALAD Add cooled rice and remaining feta to bowl with vegetable mixture and toss to combine. Season with salt and pepper. Serve. (Salad can be refrigerated for 1 day. Bring to room temperature before serving.)

Please double the
recipe

FASOLOSALATA

(WHITE BEAN SALAD)

During my last visit to Greece, a family I visited served this salad. I liked it so much, I asked the hostess for the recipe. She provided me with a list of ingredients, but she was vague on the exact proportions of each ingredient. When I returned to Chicago, I reconstructed the salad from memory and it came out just as I remembered it.



INGREDIENTS

SALAD:

- 1 can (15 oz.) cannellini or
great northern beans*
- 1/4 cup red onion, thinly sliced*
- 1/4 cup green pepper, diced*

DRESSING:

- 2-3 tbsp. extra virgin olive oil*
- 1-2 tbsp. lemon juice*
- salt and pepper to taste*

Drain and rinse beans in cold water. Combine all ingredients. Mix well and adjust dressing to taste. Let stand 1-2 hours to allow flavors to blend. Garnish with whole Kalamata olives and quartered hard-boiled eggs. Serve with crusty bread. Serves approximately 3 lunch-eon-sized servings.

MATA COLOVOS-HANSEN

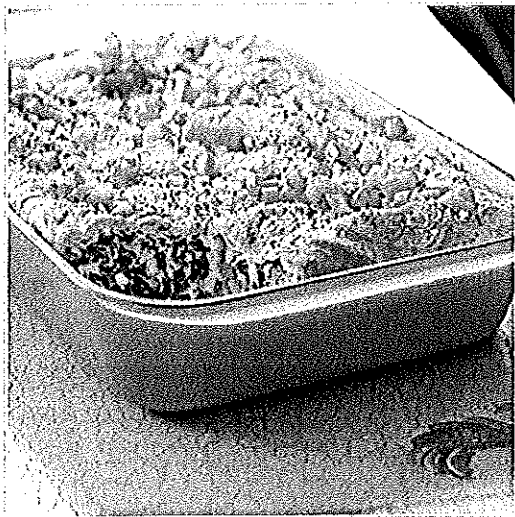
Please double

Mama Voula's Spanakopita

Epicurious | August 2009

by JoAnn Cianciulli

L.A.'s Original Farmers Market Cookbook: Meet Me at 3rd and Fairfax



(photo by: Karl Petzke)

Spanakopita is a Greek spinach pie that has become one of the most beloved dishes on the menu. In addition to being a satisfying vegetarian entree, you can cut the casserole into small squares and serve as a substantial appetizer.

Yield: Serves 12

Please Double

ingredients

3 tablespoons extra-virgin olive oil, preferably Greek, plus more for brushing
6 leeks, white and light green parts, chopped and well rinsed
4 garlic cloves, minced
2 1/2 pounds fresh baby spinach, rinsed and dried
1/2 teaspoon freshly ground black pepper
2 cups crumbled firm feta cheese, preferably Greek
1/2 cup finely chopped fresh dill

1/2 cup finely chopped fresh mint

3 large eggs, lightly beaten

2 frozen country-style filo sheets or puff pastry sheets (see Note), thawed but kept chilled

preparation

Preheat the oven to 350°F.

Place a large skillet over medium-high heat and coat with the 3 tablespoons of oil. When the oil is hazy, add the leeks and garlic; cook and stir until fragrant and very soft, about 4 minutes. Add the spinach in handfuls, folding the leaves under with a spoon as you add each batch. Let the spinach wilt and cook down before adding more. Once all the spinach is in the pan, season with the pepper.

Remove from the heat and transfer the spinach mixture to a colander over the sink. Using the back of a spoon, gently press out all of the excess liquid. Set aside to cool; the filling needs to cool down a bit to prevent the dough from becoming soggy. Once the mixture is cool, add the feta, dill, mint, and eggs. Fold the ingredients together until well combined.

Brush the bottom and sides of a 9-by-13-inch baking dish with oil. Working with 1 sheet at a time, lay the dough on a lightly floured surface and roll it out slightly to fit the pan. Line the bottom of the dish with the first piece of dough, pressing into the corners. Trim off any excess with a paring knife. Spread the spinach filling evenly over the dough. Cover with the second sheet of dough, trimming around the edges of the dish. Brush the top with oil.

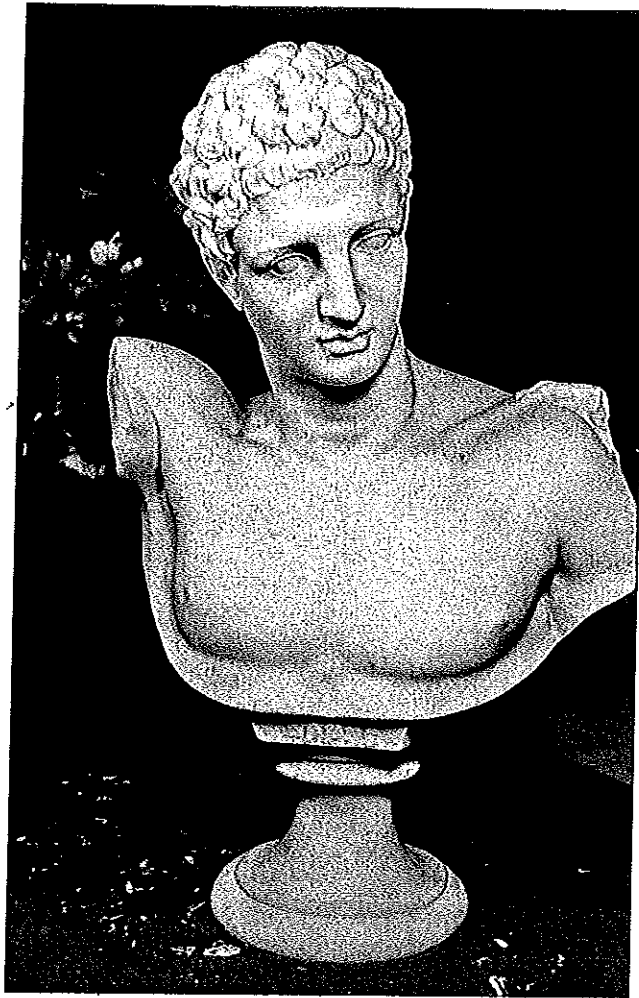
Bake until the top is puffed and golden brown, about 30 to 35 minutes. Let stand for 10 minutes before cutting into squares. Serve warm or at room temperature.

BRAISED LAMB – GREEK STYLE

A traditional dish, braised lamb is often served on special occasions. The Parthenon serves it with oven-browned potatoes, orzo or rice, and recommends a Greek red wine, such as a 1994 Naoussa Boutari.

INGREDIENTS

- 2 lbs. lamb (shoulder, rib or leg, as preferred), cut into 2-3-inch pieces*
- 1 onion, chopped*
- 1 clove garlic, crushed*
- 1/2 to 3/4 cup olive oil, as needed*
- 1/2 cup dry Greek wine (Boutari Santorini or other)*
- 2 bay leaves*
- 1 tsp. salt*
- 1 tsp. pepper*
- 1/2 tsp. nutmeg*
- 2 tomatoes, skinned and finely chopped*
- 1/2 cup tomato paste*
- 2 cups water*



Rinse the lamb and pat it dry. Set aside. Place onions and garlic in a large pot, and sauté in olive oil, over medium heat. When onions and garlic begin to sizzle, add lamb and stir, turning lamb pieces for 15 minutes.

Add wine, bay leaves, salt, pepper, nutmeg, and chopped tomatoes. Stir well, then cover the pot. Cook for 15-20 minutes.

In a small bowl, mix the tomato paste and water, and then add to the lamb mixture. Stir, cover the pot again, and cook on a low flame for 2 hours. The lamb is fully cooked when the meat separates easily from the bone.

SERVES 4-6

Please make 2 tarts, and feel free to use frozen pastry dough

CLASSIC FRESH FRUIT TART

MAKES ONE 9- TO 9½-INCH TART, SERVING 8 TO 10

Note: Chalazae are the cordlike strands of egg yolk that are attached to the yolks. Removing them with your fingers is easy and eliminates the need to strain the pastry cream after cooking. The pastry cream can be made a day or two in advance and refrigerated in an airtight container. The tart can be baked a few hours before serving, but do not fill it until just before serving. Once filled, the tart should be topped with fruit, glazed, and baked within 30 minutes.

Pastry Cream

- 2 cups half-and-half
- ½ cup granulated sugar
- Pinch table salt
- 5 large egg yolks, chalazae removed (see note)
- 3 tablespoons cornstarch
- 4 tablespoons (½ stick) cold unsalted butter, cut into 4 pieces
- ½ teaspoon vanilla extract

Tart Pastry (Pâte Sucrée)

- 1 large egg yolk
- 1 tablespoon heavy cream
- ½ teaspoon vanilla extract
- 1¼ cups (6¼ ounces) unbleached all-purpose flour
- ¾ cup (about 3 ounces) confectioners' sugar
- ¼ teaspoon table salt
- 8 tablespoons (1 stick) very cold unsalted butter, cut into ½-inch cubes

Fruit and Glaze

- Fruit, rinsed and dried
- ½ cup red currant or apple jelly (see "Four Fruit Tart Designs" at right)

1. **FOR THE PASTRY CREAM:** Heat half-and-half, 6 tablespoons sugar, and salt in medium heavy-bottomed saucepan over medium heat until simmering, stirring occasionally to dissolve sugar.

2. Meanwhile, whisk egg yolks in medium bowl until thoroughly combined. Whisk in remaining 2 tablespoons sugar and continue whisking until sugar has begun to dissolve and mixture is creamy, about 15 seconds. Whisk in cornstarch until combined and mixture is pale yellow and thick, about 30 seconds.

3. When half-and-half mixture reaches full simmer, gradually whisk simmering half-and-half into yolk mixture to temper. Return mixture to saucepan, scraping bowl with rubber spatula; return to simmer over medium heat, whisking constantly, until 3 or 4 bubbles burst on surface and mixture is thickened and glossy, about 30 seconds. Off heat, whisk in butter and vanilla. Transfer mixture to medium bowl, press plastic wrap directly on surface, and refrigerate until cold and set, at least 3 hours or up to 48 hours.

4. **FOR THE TART PASTRY:** While pastry cream is chilling, whisk together yolk, cream, and vanilla in small bowl; set aside. Pulse to combine flour, sugar, and salt in bowl of food processor fitted with steel blade. Scatter butter pieces over flour mixture; pulse to cut butter into flour until mixture resembles coarse meal, about fifteen 1-second pulses. With machine running, add egg mixture and process until dough just comes together, about 25 seconds. Turn dough onto sheet of plastic wrap and press into 6-inch disk. Wrap in plastic and refrigerate at least 1 hour or up to 48 hours.

5. Remove dough from refrigerator (if refrigerated longer than 1 hour, let stand at room temperature until malleable). Unwrap and roll out between lightly floured large sheets of parchment paper or plastic wrap to 13-inch round. (If dough becomes soft and sticky, slip onto baking sheet and refrigerate until workable, 20 to 30 minutes.) Transfer dough to tart pan by rolling dough loosely around rolling pin and unrolling over 9- to 9½-inch tart pan with removable bottom. Working around circumference of pan, ease dough into pan corners by gently lifting dough with one hand while pressing dough into corners with other hand. Press dough into fluted sides of pan. (If some edges are too thin, reinforce sides by folding excess dough back on itself.) Run rolling pin over top of tart pan to remove overhanging dough. Set dough-lined tart pan on large plate and freeze 30 minutes (or seal in gallon-size zipper-lock plastic bag and freeze up to 1 month).

6. Meanwhile, adjust oven rack to middle position and heat oven to 375 degrees. Set dough-lined tart pan on baking sheet, press 12-inch square of foil inside frozen tart shell and over edges and fill with metal or ceramic pie weights. Bake until golden brown, about 30 minutes, rotating halfway through baking time. Remove from oven and carefully remove foil and weights by gathering edges of foil and pulling up and out. Return to oven and continue to bake until deep golden brown, 5 to 8 minutes longer. Set baking sheet with tart shell on wire rack to cool to room temperature, about 30 minutes.

7. **TO ASSEMBLE AND GLAZE THE TART:** When tart shell is completely cool, spread cold pastry cream over bottom, using offset spatula or large spoon. (Plastic wrap can be pressed directly on surface of pastry cream and tart can be refrigerated for up to 30 minutes if needed.) Arrange fruit on top of pastry cream, following designs at right if desired.

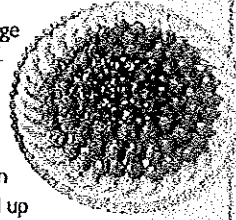
8. Bring jelly to boil in small saucepan over medium-high heat, stirring occasionally to smooth out lumps. When boiling and completely melted, apply by dabbing and flicking onto fruit with pastry brush; if it becomes too thick to drizzle, add 1 teaspoon water and return jelly to boil. (Tart can be refrigerated, uncovered, up to 30 minutes.) Remove outer metal ring of tart pan, slide thin metal spatula between bottom of crust and tart pan bottom to release, and then slip tart onto cardboard round or serving platter; serve.

Four Fruit Tart Designs

KIWI, RASPBERRY, AND BLUEBERRY TART

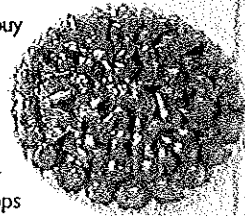
To arrange fruit: Peel 2 large kiwis, halve them lengthwise, and cut the halves into half-moon slices about ¾ inch thick. Arrange them cut side down in an overlapping circle propped up against the inside edge of the pastry.

Sort two ½ pints raspberries by height, discarding any blemished berries, and arrange them in 2 tight rings just inside the kiwi, using the taller berries to form the inner ring. Sort ½ pint blueberries, discarding any stems and blemished berries, and mound them in the center. Use apple jelly to glaze this tart.



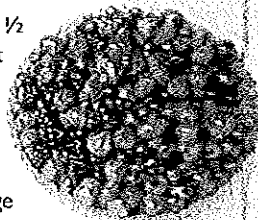
STRAWBERRY TART

To arrange fruit: Try to buy ripe berries of medium, uniform size. With a pastry or mushroom brush, brush off any dirt from about 3 quarts strawberries, then slice off the tops with a paring knife. Sort the berries by height and place the tallest and largest strawberry in the center of the tart, using the nicest and most evenly shaped ones, arrange the berries in tight rings around the center, placing them in descending height to the edge of the pastry. Quarter the remaining berries lengthwise and, beginning at the center, place one quarter beside each whole berry, leaning its tip toward the center, to cover gaps. Use red currant jelly to glaze this tart.



MIXED BERRY TART

To arrange fruit: Sort ½ pint blueberries, ½ pint blackberries, and two ½ pints raspberries, discarding any stems and blemished berries. Using your fingers, arrange the berries so that they cover the entire surface and are evenly distributed. Use red currant jelly to glaze this tart.



RASPBERRY TART

To arrange fruit: Sort 3 pints raspberries, discarding any blemished berries. Using your fingers, arrange the berries so that they cover the entire surface and are evenly distributed (see front cover photo). Use red currant jelly to glaze this tart.

BAKLAVA

A traditional dessert served throughout the Mediterranean, it is a great way to cap off a delicious meal. For an extra special flavor, we have added cloves to our version.

INGREDIENTS

1 cup (8 oz.) melted unsalted butter
1 lb. blanched almonds, finely chopped
1/4 cup sugar
2 tsp. cinnamon
1/4 tsp. ground cloves
1 lb. phyllo pastry sheets

SYRUP:

7 oz. sugar
12 oz. honey
2 cups water
juice of 1 lemon
2 whole cloves
sliver of lemon rind

Preheat oven to 350 degrees. Follow package instructions to thaw phyllo. Brush a 13 x 9 x 2-inch baking pan with melted butter. Place aside.

In a large bowl, combine nuts, sugar, cinnamon, and cloves. Mix well. Place 10 sheets of phyllo dough, one at a time, in the pan, and brush the top of each with butter. Be sure to keep remaining phyllo covered, so it does not dry out. Spoon on some of nut mixture. Add another sheet of phyllo and brush with butter. Repeat. Add some more of the nut mixture. Add two more sheets of phyllo, brushing each with butter. Repeat until you have used all of the nut mixture. Then place 10 sheets of phyllo on top, brushing each sheet with butter. Turn the edges of the phyllo into the pan, and brush the top with the remaining butter. Score the top layer of phyllo with parallel lines. Bake for 1 hour.

To prepare the syrup, combine all ingredients, heat in a saucepan and stir continuously to dissolve sugar. Strain and let cool. Pour half of the syrup over the hot baklava. Let stand for 30 minutes, and then pour on the remainder of the syrup.



YIELDS 30 PIECES