



A GREEK DINNER I ENJOYED MAKING FOR MY
FAMILY USING MY COOKBOOK.

A COLLECTION OF GREEK RECIPES



By:
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BREAD

Athenaeus, a Greek orator, grammarian, and author wrote a book called *Deipnosophistae* which had characters that discussed food, and many other subjects. He wrote the book in 200 A.D. or 300 A.D. and it is valued because of the information it provides about the Greeks' lifestyle. In his book, Athenaeus discussed at least seventy types of bread. Hippocrates, a man who had traveled around Greece, also wrote about bread. In his writings, we find that the Greeks ate bread with or without yeast, either for barley bread and wheat flour bread. Most bread used barley and emmer, which is a type of wheat. Because wheat was scarce, the upper classes ate wheat bread and the lower classes ate barley bread.

The bread was also offered as sacrifices to Demeter who is the goddess of the harvest. During the Thesmophoria Festival when the ancient Greeks put large pieces of bread on an altar to offer it to the goddess Demeter.

MAZA (BARLEY BREAD)

Prep Time: 5 mins

Cook Time: 5- 10 mins

Total Time: 15-20 mins

INGREDIENTS

- 1 ¼ cup barley flour
- ½ cup water (extra if needed)
- 2 tbsps olive oil
- Pinch of salt

STEPS

1. Make the *álphita*.¹ Take the barley flour and pour into a skillet on medium heat. Stir the flour till it changes to a darker brown color and smells like it has been toasted.
2. Remove from the stove and add the water, oil, and salt.
3. Stir till it becomes a thick dough. It will not be as kneadable as bread dough.
4. You can roll the dough into balls. You can serve plain or with an olive spread, or a cheese.



¹ *Álphita* is barley flour roasted over a fire or stove top.

MEATS

Sausages were common for all people because it was cheap. The peasants raised an enormous amount of chicken and geese so eggs and meat constituted their diet. The Greeks also hunted pheasant, wild hares, boar, and deer. The wealthier people would have goats, sheep, and pigs.

GRILLED STYLE SPIT

ROASTED PIG

Prep: 15 mins

Cook: 2- 2 ½ hrs

Total: 2-2hr 45mins



INGREDIENTS

- 1 whole pig (10-15 lbs.)
- 2 tablespoon Greek honey

LADOLEMONO INGREDIENTS

- 1 cup olive oil
- 1 cup lemon juice
- 2 teaspoon dried oregano
- 2 pinch salt
- 2 pinch pepper

STEPS

1. Prepare the fire under spit. Spit should be about two feet above fire.
2. Tie the pig on the spit using kitchen twine or butcher's string.
3. Brush pig with honey
4. Make the Ladolemono
5. Brush pig with Ladoemono
6. Roast the pig, rotating it constantly, until it is cooked all the way through. This should take 2 – 2 1/2 hours total.

SALADS

Hippocrates, a respected and admired teacher and physician, announced that eating a salad before that actual meal helps digestion. There was a lot of disagreement because opposing critics said that the taste of the wine would change so they said that salads should be after the main course. Today it is an appetizer, or a main course. In the Horiatiki Salad, tomatoes are included. However, tomatoes did not come to Greece till after the 15th century.

HORIATIKI GREEK SALAD

Prep: 15 mins

Total: 15 mins

Servings: 6

INGREDIENTS

- 1 medium red onion cut in slices
- 1 cucumber sliced in thick half moons
- 1 cup of cherry tomatoes
- 1 green pepper
- 16 black or green olives
- Block of feta cheese (7 oz. or 200g)
- 1 tsp red wine vinegar
- ¼ cup virgin olive oil
- 1 tsp dried oregano
- A dash of salt



STEPS

1. Wash and strain vegetables.
2. Slice the onions into thin rings. Cut cherry tomatoes in half. Cut the cucumber in half vertically then into thick slices horizontally. Put everything into the bowl and add the olives.
3. Add the oil, vinegar, and salt. Be careful not to add too much salt. Feta and olives have salt.
4. Garnish with feta and dried oregano.

GRECIAN BAKLAVA

Prep: 30 mins

Bake: 30 mins

Servings: 15



DOUGH INGREDIENTS

- 4 cups all-purpose flour
- 1 teaspoon salt
- 1/4 cup olive oil
- 1 lemon (juiced)

FILLING INGREDIENTS

- 3 1/2 ounces sesame seeds (toasted and ground; a little over 2/3 cup)
- 2/3 pounds hazelnuts (unsalted, chopped)
- 2/3 pounds almonds (unsalted, chopped)
- 2/3 pounds walnuts (chopped)
- 1/5 pound sesame seeds
- 1/5 pound poppy seeds
- 1 teaspoon black pepper (coarsely ground)
- 3/4 cup honey
- 2 cups sugar
- 1 cup water
- 1/4 cup petimezi (see recipe on pg. X)

STEPS

1. Combine the dough ingredients and knead to form the dough.
2. Roll out into 3 equal-sized sheets about 1/8 inch thick, large enough to cover a medium baking pan. (at least a 9x13 pan)
3. Combine all filling ingredients and preheat the oven to 350 F (180 C).
4. Place one sheet of dough in the bottom of a lightly oiled baking pan. Cover with half the filling, and add the second sheet of dough and the remaining filling.
5. Place the third sheet of dough on top. Cut into squares and then diagonally to form triangles. Sprinkle with a little water and sesame seeds.
6. Bake on the rack just below the middle of the oven at 350 F (180 C) for about 30 minutes.
7. When the pastry is cool, combine all syrup ingredients in a saucepan. Bring to a boil, then reduce heat and simmer for about 10 minutes. Pour the hot syrup over the cooled pastry and let sit until syrup is absorbed (about 3 to 4 hours). Enjoy!