



MAMMA MIA

COCKTAIL: Greek Tiger or Delgado
Greek isle village soup
Mediterranean chicken
8 hour Greek Lamb/ Lamb Pasta
Tzatziki
Some new takes on a Greek salad:
Greek potatoes
Baklava roll ups

TABLE AND CRAFTS: A Greek island sea side style table



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Greek Tiger

1 part ouzo
4 parts orange juice

Combine and serve chilled or shake over ice

Delgado

Splash Delgado over ice and serve with a pineapple garnish

Greek isle village soup (4)

3 tablespoons olive oil
1 chopped onion
2 cups chopped carrots (about 5 medium carrots)
1 cup diced celery
2 tsp crushed garlic
4-8 cups water*
4 tablespoons Ina Paarman chicken stock powder
½ -1 tin organic lentils
Salt and freshly ground black pepper to taste
4 tablespoons tomato paste
2 teaspoons dry oregano
3 tablespoons balsamic or red wine vinegar

1. Heat the olive oil and sauté the onions, carrots, celery, and garlic
2. Add the remaining ingredients except for the vinegar and lentils, and simmer for about 50 minutes or until the vegetables are soft
3. Puree in an electric blender or food processor and return to the pot.
4. Drain and rinse the lentils and add to the soup along with the vinegar
5. Serve with a dollop of Greek yoghurt

Mediterranean chicken (4)

8 chicken pieces, skin on*
2 tablespoons oil
1 onion
4 garlic cloves
½ cup white wine
1 tin chopped tomatoes
½ packet kalamata olives
1 tablespoons red wine vinegar
2 tablespoons tomato paste
1 tablespoon fresh oregano
1 tablespoon fresh basil leaves
1 tablespoon sugar
8 rashers bacon
1 tsp lemon zest
½ cup chopped parsley
3 tablespoons Ina Paarman chicken stock powder/2 tablespoons NomU fond

1. Brown the chicken and then add to a casserole dish, leaving the pan on the heat
2. Add the onion to the pan and fry for a few minutes. Add garlic and wine.
3. Add the tomatoes, olives, vinegar, paste, oregano, basil, stock and sugar
4. Season and cook for about 2 minutes then pour over the chicken
5. Bake for about 45 minutes at 200 °C
6. Pan fry the bacon and sprinkle on top of the cooked chicken with the lemon and parsley

* Use skinless pieces, just place in the casserole dish without browning first.

8 hour Greek Lamb (5-6)

2kg leg of lamb (bone in)
2 onions thickly sliced
10 garlic cloves
2 tablespoons olive oil
1 tablespoon dried oregano
Juice of 3 lemons
1½ cups of water
3 tablespoons Ina Paarman beef stock/ 2 tablespoons NoMu lamb stock
2-3 sprigs of rosemary

1. Place the onions, garlic and rosemary in a casserole dish or roasting pan
2. Rub the lamb with olive oil and oregano and place on top of onions
3. Combine the lemon juice and stock and pour into the dish
4. Cover with foil or a lid and roast at 120° C for 7-8 hours or until falling off the bone (alternatively cook at 140C° for 6 hours)
5. Remove lamb and carve with a spoon and fork, discard the bone
6. Strain the remaining liquid and thicken to make a gravy (if serving with roast potatoes)

Lamb Pasta (10-12)

2x 500g orzo/riso pasta
2 bottles of good quality Tomato sauce (the pasta sauce not All Gold!). Try Woolies or Jamie Oliver
2 tablespoons sugar
Grated parmesan
1x 8 hour lamb
Salt and pepper

1. Drain the remaining sauce from the lamb, discard the onions and try to remove as much fat as possible
2. Add tomato sauce to cooked orzo pasta and the remaining stock
3. Add the flaked lamb
4. Season and serve with a bit of grated parmesan or kefalotiri

* The lamb can be flaked over a salad, added to the vegetable soup or served with pita bread and tzatziki

Tzatziki (makes 750ml)

1 large cucumber, peeled and cut into small cubes
1¼ cup Greek Yoghurt
½ cup crème fraîche
3 garlic cloves crushed
A dash of fresh lemon juice

Combine and refrigerate till needed

Greek potatoes (6-8)

8 large potatoes, peeled and quartered
4 garlic cloves
¼ cup of olive oil
1 cup water and 2 heaped TBS Ina Paarman chicken stock powder
1 TBS dried oregano
½ cup fresh lemon juice

1. Place ingredients in an oven tray on a non stick mat and roast for 40 minutes at 200 °C
2. Turn potatoes over and roast for another 40 minutes

3. If you don't have a non stick mat increase the olive oil to ½ cup and add extra water and stock if it starts to dry out in the first 40 minutes

Some new takes on a Greek salad

Marinated baked Feta

6 plain feta rounds
1/3 cup olive oil
pinch dried chilli
2 teaspoons dried oregano
1 teaspoon lemon zest
2 cloves sliced garlic

For serving:

Salad greens
Balsamic vinegar and olive oil to dress
Roasted cherry tomatoes and Kalamata olives
Cucumber strips

1. Drain the feta and pat dry with a paper towel.
2. Combine marinade ingredients and pour over feta. Leave to marinate at least 5 minutes - but preferably for an hour - turning once or twice.
3. Place on a baking tray and bake at 180° C for 10 minutes. Arrange salad greens, roasted tomatoes, black olives and cucumber on plates or a large platter, dress with balsamic vinegar and olive oil and place feta rounds on top. Pour over pan juices and serve immediately.

Greek salad on a stick

1. Skewer olives, Rosa tomatoes, cubed cucumber and cubed feta on a stick
2. Brush the skewers with bottled Greek dressing to glaze and then place on a platter
3. Serve with a bowl of dipping sauce made with 100ml Greek yoghurt, freshly chopped oregano, juice of a lemon and Maldon salt and pepper

Baked Danish Feta

1. Drain a tub of Woolworths Danish feta and turn over into a small bowl
2. Separate the slices and fill with marinated sundried tomatoes
3. Top with fresh Oregano, drizzle with oil and bake at 200 °C for 10-15 minutes
4. Serve with crusty bread or Pita bread

3) Greek Cigar Salad

1. Using a potato peeler, shave thin strips of the cucumber
2. Place the strips on the table, overlapping them
3. Place lettuce on top and roll up like a cigar
4. To assemble: Place a half or whole round of feta on a side plate or dinner plate
5. Place the cigar on top
6. Scatter tomatoes and olives around the plate
7. Drizzle olive oil and vinegar on top or dot with some balsamic reduction

Alternatively slice the cigar up into 3 or 4 pieces and place the medallions on the plate

3) A Greek salad platter (4)

1. Slice a pita bread in half then cut each half into wedges

2. Mix a teaspoon of garlic with 2 tablespoons of olive oil and brush each pita piece with the mixture.
3. Bake at 180°C for about 20 minutes or till golden and crispy
4. To assemble the salad place olives in the middle of a platter, place feta around the olives in a circle. Repeat with the cucumber, pepper and onion finishing off with the tomatoes. Garnish with pita and serve

Baklava roll ups (18)

Syrup

- 1 ½ cups sugar
- 1 ½ cups water
- 1 tablespoon lemon juice
- 2 whole cloves
- 1 stick cinnamon

Combine ingredients in a pot, simmer for 15 minutes until syrupy and cool overnight or in freezer for 40 minutes until cold and thick

- 200 g almonds with skins
- 4 teaspoons sugar
- 1 teaspoon cinnamon
- 6 sheets Phyllo pastry
- Melted butter or spray and cook (not olive oil based)

1. Process almonds, sugar and cinnamon in processor
2. Cut phyllo in 3 pieces (any way but better if horizontal-fatter strips)
3. Sprinkle nut mixture along the length of each strip, fold in the sides and roll up
4. Brush top of each phyllo roll with melted butter, place on a baking tray and bake at 180°C for 15 minutes or until golden
5. Pour the cold syrup over the rolls as they come out the oven
6. Retain some of the syrup to drizzle over ice cream

Alternate methods of presenting baklava include:

Baklava Ice Cream

Sandwich 3 sheets of buttered phyllo together with nuts in-between and roll with a rolling pin. Repeat with further 3 sheets. Cut into rectangles to fit the size of a loaf tin and bake till golden. Place one 'biscuit' at the bottom of loaf tin, spoon over some syrup and press in vanilla ice-cream. Add next layer of 'biscuit' and syrup then more ice-cream. Repeat till you reach the top of tin ending off with biscuit layer and refreeze.

Baklava Coil

Cut phyllo sheets in half. Take a single piece, brush with butter, sprinkle over nuts and roll up. Place roll on outside of edge of springform tin. Continue making coils and placing in tin working towards the inside. Brush coil with butter and sprinkle over chopped nuts then bake in tin. Pour over cold syrup when hot. Slice into cake wedges to serve

*** Using cinnamon sticks (the broken pieces) stains the syrup, turning it into a beautiful amber colour.**

CRAFTS: A Greek island sea side style table. Go to www.cookstudio.co.za look under Craft and Table Styling for some pictures of the table.

Try opt for weathered blues and crisps whites and turn your table into a seaside attraction at a Greek café. Stick to Greek simplicity and decorate with a bowl of fresh lemons, basic white crockery and mosaic features.

Bought

- Fishing net as a table cloth. Scatter with stones and shells
- Lighthouse Mr Price R129.99, lantern R20
- Fish Dinner service Mr Price R15.99 plates, R13.99 side plates
- Baby blue shell plates Mr Price R7.99, sea candles Mr Price R39.99 (6)
- Shell utensil holder Mr Price R19.99
- Fish dish towels Mr Price R15.99
- Tin ashtrays Mr Price R9.99
- Zorba Ouzo R20 Mackro
- Baby blue bucket Mr Price old R39.99, galvanised white bucket R199 Boho
- Small shell and star candle holders Mr Price R9.99 used for salt and pepper instead of a candle
- Wooden fish The Space World Wear
- Bits and Bobs: sisal rope (Lifestyle), basting brush, mineral water, seaside stainless skewers, oven rack, wooden lemon squeezer.
- Blue mineral water bottles Wolworths

Made

- Oil and vinegar bottles: glue gun shells onto old vinegar bottles
- Cocktail bottles: glue gun starfish (Flower spot Woodmead) on to bottles (Consol). Stirrers: extra large skewers with the ends wrapped in sisal string. Fill with a Greek Tiger.
- LONG TIME NO SEA and LIFES A BEACH: mail me for the template and print onto white paper or cardstock and wrap around an old tin can. Fill with cutlery or line with wax paper and fill with bread sticks.
- Make nautical flags with thick red and white ribbon-cut into a V and secured around a toothpick
- Mosaic coasters with Greek key pattern (Mosaic Me Baby), Meryl 0829783510 R55-R65 each
- White mints in glass jars
- Candle in a large vase surrounded by pebbles (Mr Price R19.99) and shells
- Vase with lemons
- Water jug with fish skewer and lemon or lime wedges
- Square glass place mat (COOK R30) with bubble wrap underneath
- Small galvanised bucket painted white