



10 Greek recipes with Olive oil and wine





Stuffed peppers and tomatoes



Ingredients



1 / 2 kilo of minced meat (beef)
7 peppers bubbles
5 large tomatoes
1 medium cup of rice Carolina
2 medium onions
1 bunch parsley
1 / 4 teaspoon cinnamon
some sugar, Salt and pepper
5 tbs olive oil
2 pinch of oregano, Tomato sauce,
garlic powder

Preparation:

Wash the tomatoes and peppers and cut the top to act as a lid. Remove the seeds from the peppers and empty the inside of the tomatoes with a spoon of soup. Sprinkle a pinch of sugar in the bottom of each tomato. Sauté over medium heat 4 tablespoons of finely chopped onion. Once it begins to get brown, add the minced meat and stir with a fork. When the meat picks colour, add 1 1/2 cup of water, the tomato sauce and the remaining ingredients except rice. Add the rice into boiling water after you have washed and strained its juices. Boil it for about 5 minutes. Fill the peppers and tomatoes with the mixture, close the "cap" Add salt, pepper and oregano (optional). Sprinkle the entire pan with the remaining olive oil and little water. Bake at 180° C for 30 minutes. **(Main Course)**

Tzatziki



Ingredients



- 2 cups strained yoghurt
- 1 cucumber
- 3 cloves garlic (finely minced)
- 2 tablespoons olive oil**
- 1 tablespoon finely chopped fresh dill
- 1 tablespoon fresh squeezed lemon juice
- Salt and fresh ground white pepper.

Preparation

- ❖ Peel cucumber clean seeds grate and squeeze liquid out.
- ❖ In a bowl mix all ingredients, and put them in the fridge for 2-3 hrs.
- ❖ Red radishes and black olives for garnish
- ❖ Served as a dip with crispy veggies or slices of crusty bread, pita or tortilla chips

(Starter)

🌿 Vine leaves stuffed with rice 🌿

(Dolmadakia)

Ingredients



2-3 tomatoes
2 onions
Parsley
Mint-leaves
1/2 kilo rice
Salt and pepper
1/2 cup olive oil
Juice of a lemon

Preparation

Wash the vine leaves and boil them. Grate the onions and put them in a bowl. Cut the mint and the parsley finely. Put the rice into the bowl, add one cup of olive oil, salt and pepper. Mix well all the ingredients. Wrap the leaves with the filling, and lay them in a saucepan, where we have already put the rest of the olive oil. When we wrap all the dolmadakia, sprinkle with lemon juice and put as much water to cover them a little. Place above them a plate in order to keep them together when they boil, Remove the plate after two-three boils.

Serve hot with yoghurt on the side, which is excellent as a dolmadakia dip. **(Main Course or Starter)**

SPINACH PIE



Ingredients



- 1 kilo spinach
- 300 gr feta cheese
- 3- 4 fresh onions
- 1 cup olive oil**
- 1 bunch dill
- 1 bunch parsley
- 2 scrambled eggs
- Salt, pepper
- 500 gr pastry sheet

Preparation

Clean, wash and cut the spinach. In a saucepan put a cup of olive oil, the onions, the dill and the parsley. Fry them for a little and add the spinach. Cook the mixture for about 10 minutes. Afterwards, add the feta cheese, the scrambled eggs, salt, pepper and mix them. Apply oil on a pan, stretch out a pastry sheet and apply oil on it. Put the mixture, apply oil to another pastry sheet and put it over it. Apply oil on the whole pie and cut it. Bake at 180° C for about an hour.

(Starter)

🌿 CHICKEN WITH OKRAS 🌿



Ingredients



- 1 medium sized chicken
- 1 kilo okras
- 1 onion
- 1 cup of olive oil
- 2 - 3 fresh tomatoes
(grated)
- Salt, pepper
- Juice of 2 lemons
- 1/2 cup of wine

Preparation

Clean the okras, wash and strain them, sprinkle them with lemon juice and leave them. Cut the chicken in portions and wash it. Cut the onion finely and fry it with the 1/3 of the cup of olive oil. Put the chicken, the salt and pour the wine. Add a little water and after a number of boils, add the tomatoes. In a saucepan put the remaining oil and fry the okras a little. When the chicken is almost cooked add the okras (optionally potatoes , too) and the pepper.

(Main Course)



LAMB WITH WINE AND GARLIC SAUCE



Ingredients



- 1 whole leg of lamb
- 750 ml **red wine**
- 6 tablespoons of olive oil
- 8 carrots, peeled and cut into 4 chunks
- 8 medium potatoes, peeled and cut into 4 pieces
- 8 medium onions
- 5 garlic cloves
- Fresh rosemary, fresh thyme
- 1 bay leaf , salt and pepper

Preparation

Peel and quarter the onions. Pour the olive oil into a shallow dish and put it in the oven for 5 mins to heat. Add the onions, potatoes, carrots and garlic and stir until all are well covered with the oil. Roast at 250C for half an hour. Apply a few drops of oil to the meat , season well , place it in a deep baking tray and stir it, uncovered, for 30 mins at 250°C. Remove from the oven, drench with the wine and sprinkle with rosemary and thyme. Cover the tray with foil. Reduce the heat to 170C and roast for 1.5 hours. Add the roast vegetables and the rest of the herbs and return to the oven uncovered for another 1.5 hours. Remove the garlic cloves, cover and leave to rest for 15-20 minutes. Drain the liquid through a sieve and squeeze the garlic cloves. Get the soft centres, add them to the pan and boil them stirring with a whisk for 5 mins. Serve the meat with the vegetables and the garlic sauce.

(Main Course)



OCTOPUS STEW WITH ONIONS



Ingredients



- 1/3 tea cup of virgin olive oil
- 1 octopus cut in bite-size pieces
- 6 medium onions
- 1 chopped dried onion
- 1 clove of garlic
- 2 tomatoes, 2 bay leaves, pepper
- Some orange zest
- $\frac{1}{4}$ tea cup of vinegar
- $\frac{1}{2}$ tea cup of **dry white wine**

Preparation

In a casserole-type pan warm the olive oil, put all the onions and stir them for 10 minutes over very low heat. Add the garlic, octopus pieces, tomatoes, bay leaves, and orange zest. Pour over the vinegar and wine and simmer for 1 hour, uncovered. Towards the end of cooking time add the pepper and remove it from the heat. The sauce should be completely thick. Serve with French fries.

(Main Course)



PORK FILLET WITH PRUNES AND WINE



Ingredients



1k pork fillet in medallions
4 tbps extra virgin olive oil
12 prunes, pitted
1 clove of garlic, 1 onion
1/4 teacup of brandy
3/4 teacup of **red wine**
little thyme, 1 bay leaf
3/4 teacup of crème fraîche
Salt and pepper

Preparation

Warm the olive oil in a deep frying pan. Brown each side of the meat for 2 minutes. Add the onion and the garlic and stir them until the onion is translucent. Add the prunes and stir. Pour in the wine and the brandy, wait for the alcohol to evaporate, then add the thyme and the bay leaf. Put the lid on and simmer over low heat for 20 minutes. Add the crème fraîche, season with salt and pepper and boil briskly over high heat for a few minutes. Serve with silky mashed potatoes: place them on the serving plate and top it with the meat and its rich sauce.

(Main Course)



ROOSTER WITH MAVRODAFNI



(Mavrodafni : greek wine with high sugar content)



Ingredients

1 medium sized rooster cut into portions
 $\frac{1}{2}$ cup olive oil
1 onion, 2 cloves garlic
1 cup of **Mavrodafni**
1 can tomato juice
1 carrot, 1 cinnamon stick
1 tbsp sweet spice
a pinch of cloves
1 tbsp tomato paste
Salt ,pepper and flour

Preparation

Mix salt, pepper and flour and apply it to the portions of the rooster. Then heat oil and just brown the meat from all sides. Add the onion and garlic, cook for 2 minutes and then add the Mavrodafni. When alcohol evaporates, add the tomato juice and all the spices and stir gently. In a cup of water dissolve the tomato paste, stir well and add to saucepan. Stir and cook lightly for 1 $\frac{1}{2}$ hours until the sauce becomes thick. Serve the rooster with pasta.

(Main Course)





CRUNCHY WINE MUST COOKIES



Ingredients



500ml **wine must**

500ml extra virgin olive oil

250gr sugar

2 teaspoons baking powder

1 teaspoon bicarbonate of soda

1½ teaspoon cinnamon powder

1½ teaspoon ground cloves

1 espresso cup of brandy

1½ kg plain flour

Preparation

In a large bowl place the must, olive oil, sugar, cinnamon and clove. Dissolve the soda into the brandy and add it in. Whisk everything together until you have a homogenous mixture. Sieve the flour and baking powder together, add them into the mixture and knead until you have a soft dough that does not stick to your hands. Mould the must cookies in any shape you like and put them onto a baking tray lined on greaseproof paper. Bake at 170°C, for 40 minutes, until the cookies rise and turn brown on all sides.

(Sweet served with coffee or tea)