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Greek Recipes



Cod with aromatic herbs

Description

This is a very fine recipe made with rarely used ingredients.

Ingredients:

- 1 kg salt cod
- 500 gr spinach, finely chopped
- 1 large lettuce, finely chopped
- 1 bunch dill, finely chopped
- 1 bunch parsley, finely chopped
- 2 spoons oregano
- 2 onions
- 1 cup olive oil
- 2 spoons tomato paste



Preparation:

- Soak the cod in water overnight to remove salt.
- Heat olive oil in a saucepan and roast the onions. Add dill, parsley, spinach and lettuce and roast them for a while.
- Dredge oregano over them and add the cod. Dissolve the tomato paste into a glass of water and pour it over the cod.
- Let the cod simmer for 30 minutes. Do not stir during these period.

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Pumpkin soup with ginger

Description

This is a very sweet and hout soup.

Ingredients:

- 1 kg boiled pumpkin (approx. 3 cups)
- 3 cups lukewarm milk
- 1 spoon butter
- 1 spoon flour
- 1 tea spoon ginger powder
- 100 gr ham cut in thin stripes
- Salt
- Pepper



Preparation:

- Drain the boiled pumpkin with a colander.
- Mash it with a fork or a mixer.
- In a saucepan heat the butter and add the flour. Add gradually the milk and mix constantly.
- Add the pumpkin mash and stir the soup, keeping it in low temperature.
- Add the ginger, salt, pepper and the ham. Stir and serve hot.

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Stuffed cabbage leaves with rice

Description

This is a very different recipe. The cabbage leaves adds a different taste to the rice.

Ingredients:

- 1 big cabbage
- 900 gr onions
- 200 gr rice for the stuffing
- 70 gr raisins
- 70 gr pinecones (if available)
- 1-3 tea spoons cinamon
- 1 tea spoon salt
- 150 gr lemon juice
- 100 gr wine
- 150 gr dill
- 450 gr olive oil
- 1 chicken stock cube



Preparation:

- Wash the cabbage and remove the root.
- In a large saucepan boil water and heat the cabbage. Carefully separate each leaf and drain.
- Remove, if possible, the hard stem from each leaf. Be careful not to damage them.
- Chop the onions and the dill finely and roast in the olive oil.

- Add the raisins, pinecones, the rice and stir the mixture. Finish roasting with wine. Add salt and pepper. The stuffing is ready!
- Use a tea spoon to count the appropriate portion of rice for each leaf. Place on each leaf the mixture and then fold to make a little parcel.
- At the bottom of a large saucepan place a few of the outer cabbage leaves and on top of them place the stuffed ones. Pour the chicken stock and cover with a plate in order not to open.
- Pour the lemon juice and boil in low heat for 1 1/2 hour.

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Cinnamon and Honey Fritters

Description:

This recipe is good when eaten immediately after being prepared. Very delicious recipe.

Ingredients:

- 14 gr. fresh yeast, or 6 gr. dried yeast
- 300 ml warm water
- 0.5 teaspoon sugar
- 230 gr. plain flour
- 0.25 teaspoon salt
- 300 ml corn oil, for frying
- 1.5 teaspoons cinnamon



Preparation:

- Dissolve the fresh yeast in half a teacup of the warm water, add the sugar to it, to activate, and let it stand for about 15 minutes in a warm place, until it starts to froth.
- The liquid must not be too hot as it will kill the yeast cells. Sift the flour and salt into a bowl and empty the dissolved yeast or the dried yeast into it, mixing continuously.
- This can be done with an electric mixer. Start adding the warm water, beating all the time. The mixture should be thick but elastic.
- When almost all the water has been added (it may take 2-3 tablespoons less than the 300 ml), beat it for a few minutes until it starts to bubble.
- Cover it with a thick towel and leave in a warm place for about 2 hours, until it rises and almost doubles in size. Have a cup of cold

- water ready into which you can wet a teaspoon and also the fingers of your hand each time.
- Heat the oil until very hot but not smoking. Wet the teaspoon so that the dough will not stick on it, take a teaspoon of the dough, and, using your hand, push it down into the hot oil (take care not to burn yourself!). Within seconds it puffs up and rises to the surface. Repeat this process, wetting the spoon each time, for about 6-7 loukoumades at a time. Turn them over so they become golden all around - it only takes 1 minute. Take them out with a slotted spoon and drain on kitchen paper. Serve 4-5 loukoumades on each plate, pour a tablespoon of honey all over them and sprinkle on a lot of cinnamon.

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Meat and wheat pulp

Description

This is not a recipe of the Greek natives. A very different recipe

Ingredients:

- 1 kg beef
- 1 kg of meat (lamb, goat, sheep)
- 2 medium sized bones
- 4 medium sized onions
- 1/2 kg wheat (with its husk removed)
- salt
- pepper
- olive oil (1tea cup)
- Fresh butter (sheeps butter preferred)



Preparation:

- Slice the meat in medium size pieces.
- Sautee in a large saucepan. Add plenty of water and add the bones the onions, salt and pepper.
- Let the meat melt for at least 4 hours. Remove bones.
- Wash the wheat and add it in the saucepan. Boil the mixture again in low temperature until the meat and the wheat make a pulp and cannot be distinguished.
- Push the mixture into the bottom of the saucepan if necessary in order to melt it easily.
- When the mixture has melt sautee it with fresh sheeps butter and serve.

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