

Greek

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# PROJECT & FOODIE



mixing things up in the kitchen with GPL



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# Valerie's Recipe

*from HalfBakedHarvest.com*

## Traditional Greek Pita Bread

### What You'll Need...

- 1 cup hot water, but not boiling
- 2 teaspoons active dry or instant yeast
- 2 1/2 - 3 cups all-purpose flour
- 2 teaspoons salt
- 1 tablespoon olive oil



### What You'll Do...

Mix the water and yeast together in the bowl of a stand mixer (a large bowl will also work if you do not have a mixer), and let sit for about five minutes until the yeast is dissolved. Add 2 1/2 cups of the flour (saving the last half cup for kneading), salt, and olive oil. If using a stand mixer attach the dough and knead the dough on medium speed for 8 minutes, adding more flour until you have a smooth dough. If using your hands sprinkle a little of the extra flour onto your clean work surface and turn out the dough. Knead the dough for about 5-7 minutes, until the dough is smooth and elastic. Add more flour as needed to keep the dough from sticking to your hands or the work surface, but try to be sparing. It's better to use too little flour than too much. If you get tired, stop and let the dough rest for a few minutes before finishing kneading.

Clean the bowl you used to mix the dough and run it with a little olive oil. Set the dough in the bowl and turn it until it's coated with oil. Cover with a clean dishcloth or plastic wrap and let the dough rise until it's doubled in bulk, about 1 hour.

At this point, you can refrigerate the pita dough until it is needed. You can also bake one or two pitas at a time, saving the rest of the dough in the fridge. The dough will keep refrigerated for about a week.

Gently deflate the dough and turn it out onto a lightly floured work surface. Divide the dough into 8 equal pieces and gently flatten each piece into a thick disk. Using a floured rolling pin, roll one of the pieces into a circle 8-9 inches wide and about a quarter inch thick. Lift and turn the dough frequently as you roll to make sure the dough isn't sticking to your counter. Sprinkle with a little extra flour if it starting to stick. If the dough starts to spring back, set it aside to rest for a few minutes, then continue rolling. Repeat with the other pieces of dough. (Once you get the hang of it you can be cooking one pita while rolling the next one out.)

Warm a cast iron skillet over medium-high heat (you want a hot pan). Drizzle a little oil in the pan and wipe off the excess. Lay a rolled-out pita on the skillet and bake for 30 seconds, until you see bubbles starting to form. Flip and cook for 1-2 minutes on the other side, until large toasted spots appear on the underside. Flip again and cook another 1-2 minutes to toast the other side. The pita should start to puff up during this time; if it doesn't or if only small pockets form, try pressing the surface of the pita gently with a clean towel. Keep cooked pitas covered with a clean dishtowel while cooking any remaining pitas.

## **Anna's Recipe**

*from FoodNetwork.com*

### **Gyros**



#### **What you'll need...**

- 1 medium onion, finely chopped or shredded
- 2 pounds ground lamb
- 1 tablespoon finely minced garlic
- 1 tablespoon dried marjoram
- 1 tablespoon dried ground rosemary
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

**What You'll Do:**

1. Process the onion in a food processor for 10 to 15 seconds and turn out into the center of a tea towel. Gather up the ends of the towel and squeeze until almost all of the juice is removed. Discard juice.

Return the onion to the food processor and add the lamb, garlic, marjoram, rosemary, salt, and pepper and process until it is a fine paste, approximately 1 minute. Stop the processor as needed to scrape down sides of bowl.

2. Preheat the oven to 325 degrees F.
3. Place the mixture into a loaf pan, making sure to press into the sides of the pan. Place the loaf pan into a water bath and bake for 60 to 75 minutes or until the mixture reaches 165 to 170 degrees F. Remove from the oven and drain off any fat. Place the loaf pan on a cooling rack and place a brick wrapped in aluminum foil directly on the surface of the meat and allow to sit for 15 to 20 minutes, until the internal temperature reaches 175 degrees F. Slice and serve on pita bread with tzatziki sauce, chopped onion, tomatoes and feta cheese.

## **Aubrey's Recipe**

*from afamilyfeast.com*

### **Spanakorizo (Greek Rice)**

#### **What you'll need:**

- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 tablespoon garlic
- Zest from one lemon
- ½ teaspoon ground cumin
- ½ pound baby spinach
- 1 cup basmati rice
- 2 cups vegetable broth
- 4 tablespoons fresh dill, chopped and divided
- ½ teaspoon salt
- A few grinds freshly ground black pepper
- Juice from one lemon

### What you'll do:

1. Heat olive oil in a medium pan with a tightly fitting cover over medium high heat. Sauté onions until translucent (about 5-7 minutes). Add garlic and sauté for another minute.
2. Add the lemon zest, cumin and spinach and cover the pan. Cook until the spinach wilts down (about 3-5 minutes).
3. Stir the rice, vegetable stock, 2 tablespoons of the dill, salt and pepper into the spinach mixture and stir to combine. Bring to a boil.
4. Reduce the heat to a simmer, replacing the lid on the pan, and cook until the rice is tender (about 15 to 20 minutes – follow your rice's package instructions).
5. Stir in the lemon juice and the remaining fresh dill before serving.



## **Anna's Recipe**

*from FoodNetwork.com*

### **Tzatziki**



#### **What you'll need:**

- 1 cup Greek whole milk yogurt
- 1 English cucumber, seeded, finely grated and drained
- 2 cloves garlic, finely minced
- 1 teaspoon lemon zest plus 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh dill
- Kosher salt and freshly cracked black pepper



**What you'll do:**

In a medium bowl, whisk together the yogurt, cucumber, garlic, lemon zest, lemon juice and dill. Season with salt and pepper. Chill.

For some extra flavor, add some olive oil and some coarsely chopped fresh mint. Serve with crudities at your next party. Brush a pita with some olive oil and sprinkle za'atar on top. Bake in the oven until crispy and serve.



Visit the Indianapolis Greek Festival on August 28th-30th

[Indygreekfest.org](http://Indygreekfest.org)

## **Aubrey's Recipe**

*from marthastewart.com*

### **Avoglemono Chicken Soup**

#### **What you'll need:**

- 5 cups homemade or low-sodium store-bought chicken broth
- 8 ounces boneless, skinless chicken breast (1 small whole breast or 1 large half breast), trimmed of fat
- 1/2 cup orzo
- 2 large eggs, lightly beaten
- 1/4 cup fresh lemon juice, (about 2 lemons)
- 1/2 cup fresh dill sprigs
- Freshly ground pepper



**What you'll do:**

1. Bring broth to a simmer in a 4-quart pot over high heat; add chicken.
2. Reduce heat; simmer gently until chicken is cooked through, about 15 minutes.
3. Using a slotted spoon, transfer chicken to a bowl. Reserve broth in pot. Let chicken cool slightly, and then shred with a fork into bite-size pieces.
4. Bring a medium saucepan of water to a boil.
5. Add orzo; cook until al dente.
6. Drain. Add orzo and chicken to reserved broth.
7. Bring broth just to a gentle simmer, and then reduce heat to low.
8. Beat together eggs and lemon juice in a medium bowl until smooth. Ladle 1 cup hot broth into egg-lemon mixture, whisking constantly until mixture is warm to the touch.
9. Stir the egg-broth mixture into the broth in the pot. Stir in the dill, and season with pepper.

# Greek Cook Books in Evergreen

**Food From Many Greek Kitchens** by Tessa Kiros

**The Illustrated Food and Cooking of Greece** by Rena Salaman

**The Complete Book of Greek Cooking** by Rena Salaman

**The Greek Cook Book** by Helen Georges

**The Simple Art of Greek Cooking** by Anna Z. Spanos

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