

Our January menu is from a delicious dinner first served in January, 1980, at AAUW Gourmet. I could not locate the names of the menu planners, but if you recognize these menus, please step forward as we would like to recognize your good work. The dinner will be Greek, cooking that is simple in its use of native materials such as olive oil, mint, oregano, lemons, lamb, grape leaves, and an abundant use of vegetables. Their country also has a large number of goats for the production of feta cheese which will be part of our salad. Our dinner will start with the traditional dolmades (grape leaves filled with spiced meat) and followed by a soup with an egg lemon base which is the basis for many sauces the Greeks use for several of their foods. Our main course will be Kotopits, although another favorite would be moussaka, a casserole containing layers of eggplant and ground meat separated by a tasty sauce. Of course, no Greek meal would seem complete without Baklava, a flaky pastry drenched in honey.

The best known wine of Greece is retsina, a pungent dry white wine that gets its unique flavor from pine resin that is added during fermentation. It's very strong character makes it a good accompaniment to the rich oil based foods of the country. As an aperitif, ouzo, an anise flavored liqueur is famous. The Greeks also drink strong coffee.

We hope you enjoy this dinner, even if it is not served at the traditional Greek hour of between 9:30 and 11:30 pm. Bon appetite!

The menu planning committee,  
Joanne, Jane and Ann

## MENU

Appetizer: Dolmadakia (stuffed grape leaves)

Avegolemo (chicken soup with egg and lemon)

Greek Salad

Kotopits (chicken in phyllo)

Rice Pilaf

Lemon-basil Carrots

Baklava

### Assignments:

Host Couple: Kotopits and wine

Couple #2: Dolmadakia and Rice Pilaf

Couple #3: Greek salad and Avegolemo

Couple #4: Baklava

## DOLMADAKIA (Stuffed grapes leaves)

1 lb lean ground lamb  
3 Tbsp olive oil  
2 ½ cup finely chopped onions  
½ cup raw rice  
¼ cup currants  
¼ cup toasted pine nuts  
1 8oz. can tomato sauce  
2 Tbsp shredded parsley  
¼ tsp ground cinnamon  
½ tsp ground allspice  
¼ tsp spearmint, crushed  
¼ tsp black pepper  
1 Tbsp salt  
1 jar (1 lb 1 Oz) grape leaves  
water  
3 Tbsp lemon juice

Sauté lamb in a large, heavy skillet until well browned. Remove to a large mixing bowl. Add 1 Tbsp. olive oil to pan juices. Sauté onions until golden. Add to lamb with rice, currants, pine nuts, tomato sauce, parsley, cinnamon, allspice, spearmint, pepper, and salt. Pat grape leaves until dry. Unroll and flatten them. Place about one tablespoon lamb filling in center of each leaf; fold bottom of leaves up over filling and tuck under. Fold sides over center and complete rolling. (Do not roll tightly as rice must expand during cooking.)

Place in an oiled casserole in neat rows. Add water to just cover rolled grape leaves.

Cover casserole, Bake 40 minutes at 350 degrees F. Uncover; sprinkle with remaining 2 Tablespoons of olive oil and lemon juice.

Cool, cover and chill overnight before serving. Makes 8 servings.

## AVEGOLEMOMO (Chicken soup with egg and lemon sauce)

4 14 oz. cans clear chicken soup  
½ cup rice (not instant)  
4 eggs  
1 tbsp lemon juice  
salt.

Boil soup, add rice. Stir once. Cover pan, boil 20 minutes. Remove pot from heat. Cool for a few minutes before adding eggs. Beat 4 eggs. Add lemon juice to the eggs. Gradually add chicken soup and rice to eggs in bowl. Stir till completely mixed. Continue until all soup is added to bowl. Pour back into the pot. Turn heat to low, gently stir until soup thickens. It should look like a heavy cream. Don't let it boil. Add salt to taste.

Notes: Bring soup warm as it does not reheat well.

## GREEK SALAD

### **Ingredients:**

1 heart of romaine lettuce shredded  
1 Boston lettuce, shredded  
1 heart of escarole, shredded  
2 tomatoes, cut in wedges  
1 medium cucumber, peeled and sliced  
1 green pepper, seeded and cut in rings  
sliced onion to taste  
anchovy rings to taste  
black olives  
feta cheese, cut in small cubes

### **Dressing:**

¼ cup olive oil  
3 tbsp lemon juice  
salt and pepper to taste  
1 clove garlic, crushed  
1 tsp oregano  
1 tsp dried mint leaves

Combine oil, lemon juice, salt, pepper, garlic, mint leaves, and oregano; blend well. Arrange all other ingredients on a serving plate or on individual plates, spoon dressing over salad and serve.

## PILAFF

1 ½ cups rice  
3 tbsp butter or margarine  
3 10 oz cans consommé  
salt, pepper

Sauté' rice in butter until pale gold. Add consommé and salt and pepper to taste. Cover and simmer 15 minutes or until liquid is absorbed and rice is tender. Chopped almonds, Parsley or raisins may be added, tossing lightly to blend. Makes 8 servings

#### LEMON-BASIL CARROTS

1 ½ lb. bag baby carrots cut in 2 ½ in. pieces  
3 Tbsp. butter or margarine  
1 ½ Tbsp. lemon juice  
¾ tsp garlic salt  
¾ tsp dried basil, crushed  
Dash pepper

In a sauce pan, cook carrots in boiling salted water for 20 to 25 minutes or until tender. Drain. In sauce pan, melt butter or margarine. Stir in lemon juice, garlic salt, basil, and pepper. Add carrots; toss. Makes 8 servings.

#### KOTOPITS (Chicken in Phyllo (Filo))

12 ounces frozen phyllo dough (14--16 sheets)  
1 ½ cups chopped celery  
1 1/8 cups chopped onion  
1 ½ tbsp butter or margarine  
3 cups chopped cooked chicken  
3 tbsp chicken broth  
3 tsp dried parsley flakes  
  
¾ t. salt  
¾ t. ground nutmeg  
¼ tsp pepper  
2 beaten eggs  
9 tbsp butter or margarine, melted

Phyllo tips: Thaw well first. Keep it cold and moist -- place a moist towel over filo while working with part of it.

In a covered skillet cook celery and onion in the 1 Tbsp. butter or margarine until vegetables are tender but not brown, stirring occasionally. Add chicken and chicken broth. Cook and stir, uncovered, till all the broth is absorbed. Stir in parsley, salt, nutmeg, and pepper. Remove from heat. Blend in beaten eggs. Set aside.

For each roll, stack one-third of the sheets of phyllo dough, brushing liberally with some of the remaining butter or margarine between each layer. Spoon one-third of the chicken mixture over filo layers to within 1 inch of edges. Turn one short side over filling about 1 inch; fold in long sides. Roll as for jelly roll starting with folded short side. Place seam side down on a lightly greased shallow baking pan. Repeat with remaining phyllo and filling -- making 2 more rolls. Brush each roll with additional melted butter. Score each roll into 3 portions. Bake in 350 degree oven for 40 minutes or until rolls are brown and crisp. Cut rolls where scored. Arrange on platter with hot cooked rice. Spoon some of the Bechamel Sauce over rolls. Pass remaining sauce.

### BECHAMEL SAUCE

3 Tbsp. butter or margarine  
3 Tbsp. all-purpose flour  
½ tsp salt  
1 7/8 cups chicken broth  
3 beaten egg yolks  
6 tsp lemon juice

In a saucepan melt the butter or margarine. Stir in the flour and salt. Add the chicken broth all at once. Cook and stir until mixture is bubbly. Combine egg yolks and lemon juice. Stir about half of the hot mixture into egg yolk mixture. Return to remaining hot mixture in saucepan. Cook and stir 2 minutes more.

### BAKLAVA

Makes 24 2X2" pieces

#### Ingredients:

1 ¾ cups walnuts, chopped  
¼ cup sugar

½ teaspoon ground cinnamon  
¼ teaspoon ground cardamom  
1/8 teaspoon ground cloves  
½ pound phyllo sheets or about 10 sheets, thawed and cut in half to give 9" by 14" finished size. (May need to buy a larger package, but only need 20 9" by 14" sheets)  
¾ cups butter, melted

### **Syrup:**

1 cups, plus 1 Tablespoons sugar  
¾ cups water  
¼ cup honey  
the peel of 1/4 lemon  
1 clove

### **Preparation**

Preheat the oven to 375°F.

Mix together the walnuts, sugar, and spices and set aside.

As you work, keep the sheets of phyllo covered with plastic wrap to keep them from drying out. Place 1 sheet of phyllo on the bottom of a small jelly roll pan (10-inch x 15-inch). Brush the dough lightly with melted butter. Repeat this process until there are 8 sheets of phyllo in the pan.

Sprinkle one-third of the nut mixture onto the phyllo sheets. Place 4 more sheets of phyllo on top of the nuts, brushing melted butter between each sheet. Place another one-third of the nut mixture on the dough. Layer the remaining sheets of phyllo on top of the nuts, brushing melted butter in between each sheet. Brush the top sheet with butter as well.

Trim the edges so that they do not stand above the level of the dough.

Cut the pastry into 2-inch squares, making sure not to slice through the bottom layer of phyllo dough. Leaving the bottom layer uncut will allow the syrup to soak in more efficiently.

Bake at 375°F for 25–30 minutes or until the top layer of the phyllo takes on a light golden brown color.

While the dough bakes prepare the syrup. Combine all of the ingredients and bring to a boil. Remove the clove and lemon peel. Remove the pan from the oven and immediately pour hot syrup over the baklava.

Before serving allow the baklava to stand at room temperature until cooled. Slice through the bottom layer of phyllo dough and serve.