

Bread

Ingredients

500g flour

2tsp salt

7g yeast

3tbsp oil

300ml water



Recipe

Weigh out 500g of flour then add salt, yeast and oil

Measure out 300ml water and add to mixture

Knead the mixture then leave to rise (double in size)

Line baking tray with baking paper, turn oven on to 200°C

Roll dough into small roll sized blobs and place on baking tray

Put rolls into oven for 30 minutes

Baklava

Ingredients

500g chopped mixed nuts

1 teaspoon cinnamon

Filo pastry

250g melted butter

225g caster sugar

250ml water

125ml honey



Recipe

Weigh out 500g of mixed nuts and add cinnamon

Place two sheets of filo in the bottom of a buttered dish and brush filo generously with butter. Sprinkle 2 to 3 tablespoons of the nut mixture on top.

Repeat layers until all ingredients are used, ending with about 6 sheets of filo. Using a sharp knife, cut baklava into bitesize slices.

Heat oven to 180°C and cook in oven for 50 minutes

Combine sugar and water in a small saucepan and bring to the boil. Stir in honey then reduce heat and simmer.

Remove the baklava from the oven and immediately spoon the syrup over it. Let cool completely before serving.

Souvlaki

Meat

Olive oil

Herbs

Onions

Garlic

Lemon juice

Peppers



Recipe

Mix together lemon juice, olive oil, herbs and garlic; add chunked meat, onions, and peppers, and stir to coat.

Thread meat, peppers, and onions onto skewers.

Grill/oven cook for 10 to 15 minutes, turning skewers frequently

Moussaka

Aubergine
500g minced meat
Onion
Garlic clove
1 tin chopped tomatoes
Potatoes
Herbs
Salt and pepper
Butter
Flour
Milk
Cheese



Recipe

Cook potatoes, once cooled chop into slices

Prick the aubergine and microwave for 3 minutes till soft, then chop and fry with onion and garlic until soft then add minced meat

Once meat is cooked add tin of chopped tomatoes, herbs, seasoning

Make a cheese sauce by adding flour, butter and milk to a saucepan and simmering, once cooked add grated cheese

In an oven dish layer potato, cheese sauce and meat, finishing with cheesy potato layer

Return to oven to bake for about 15 minutes.

Gyro (Pita Wrap Sandwich)

Thinly slice pork and place in frying pan with lots of seasoning and vinegar

Brush the pita bread with olive oil and fry (in another pan) for a few minutes

In the center of each pita:

- spread 1 tablespoon of tzatziki
- 2 slices of tomato
- sliced onion to taste or lettuce
- gyro meat
- paprika



Pitta bread pizzas

Cut pitta bread in half

Add tomatoes and crumble feta cheese onto pita bread

Heat oven to 200°C and cook for a few minutes



Tzatziki (Cucumber Yogurt Dip)

Ingredients

3 tbsp. olive oil

1 tbsp. vinegar

2 cloves garlic, minced finely

1/2 tsp. salt

1/4 tsp. white pepper

1 cup Greek yogurt

1 cup sour cream

2 cucumbers, peeled, seeded and diced

1 tsp. chopped fresh dill



Recipe

Mix olive oil, vinegar, garlic, salt and pepper in a bowl.

Using a whisk, blend the yogurt with the sour cream.

Add the olive oil mixture to the yogurt mixture and mix well.

Add the cucumber and chopped fresh dill. Chill before serving.