

# Sauteed spinach



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## **For 3-4 servings:**

1.5 kg fresh spinach (well washed and chopped) / 900 g frozen spinach

1 large onion, finely chopped

3-4 cloves of garlic, finely sliced

1 tablespoon oil

a slice of lemon

salt and pepper, to taste

Stir fry the onion in oil for 1-2 minutes. Add the spinach and very little water. Cover and simmer, stirring occasionally for about 10 minutes. Add the garlic and lemon and simmer for another 2-3 minutes. Add salt and pepper to taste.

It can be served with boiled potatoes.

*Attention!* Do not reheat the spinach! (reheating increase the nitrates)

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# Peas and mushrooms in tomato sauce



Peas and mushrooms in tomato sauce

## For 2-3 servings:

500 g peas (fresh or frozen)

250 g mushrooms, sliced

1 onion, chopped

1 bell pepper, cubed/sliced

5-6 tomatoes, finely chopped (2 tablespoons tomato puree)

parsley / dill, finely cut

1-2 tablespoons oil

salt and pepper, to taste

Stir fry the onion in oil for 2-3 minutes. Add the mushrooms, cover and stir occasionally. After 5-6 minutes, add the tomatoes (or the tomato puree dissolved in a cup of water).

Continue cooking for a few minutes then add the green pepper and the peas.

When vegetables are cooked add salt and pepper to taste. Garnish with parsley or dill.

Serve with salad.

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# Rosemary new potatoes



## For 4 servings:

1.5 kg new potatoes  
a garlic head, finely chopped  
1 tablespoon rosemary (fresh or dried)  
3 tablespoons olive oil  
salt and pepper

Wash and boil the potatoes whole, unpeeled, for 10 minutes.  
Cut in half or quarters.

Put the potatoes in an oven tray, add the garlic, rosemary, olive oil, salt and pepper to taste. Mix well and bake at medium heat until brown and crispy.

Serve as side dish and/or with salad.

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# Koulouria



Koulouria

## **For approx. 10 pieces:**

500 g flour  
3 teaspoons dry yeast  
250 ml warm water  
25 ml sunflower oil  
50 g raw sugar  
1/2 teaspoon salt  
150 g sesame seeds

Mix 2 tablespoons of sugar with the yeast in half of the amount of water. Allow to rest 10 minutes until the yeast begins to ferment.

Mix all ingredients in a bowl, to obtain a dough. Knead the dough at least 5 minutes.

Cover and let rise in a warm spot for at least an hour, until doubled in size.

Knead the dough for another 5 minutes.

Take pieces of dough and make rolls of about. 35 cm long and 2-3 cm thick. Wet the rolls with water and get them through the sesame seeds. Join the ends to form a ring.



Koulouria

Bake in preheated oven at 220 C for approx. 15 minutes.

Serve warm or cold (keep them in a plastic bag otherwise they will become hard).

*Note: Koulouria are traditional Greek sesame bread rings.*

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## Sorbetto al limone (Lemon sorbet)



## Sorbetto al limone

### For 4 servings:

250 g raw sugar

600 ml water

200 ml lemon juice

zest of a lemon, grated (optional)

mint for garnish (optional)

Put the water and sugar in a saucepan and boil for 5-6 minutes (do not stir!!). Allow to cool.

Add the lemon juice and lemon zest and mix well.

Put the mixture into a container with a lid and place it in the freezer. After about an hour remove from the freezer and stir well with a spoon (to prevent crystals formation). Repeat the process 2-3 times.

Before serving garnish with mint leaves.

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## Breaded eggplant



Breaded eggplant

### For 3-4 servings:

3 eggplants, cut it into approx. 1 cm (1/2-inch)-thick slices

1/2 cup flour

1/2 cup soy milk

1 cup bread crumbs

salt and pepper, to taste

oil for frying

Mix the flour with salt and pepper.

Dredge the eggplant slices through flour, shake off the excess, dip into soy milk and finally cover evenly with breadcrumbs.

Fry in hot oil on both sides until golden brown.

Serve hot with salad or garlic sauce.

*Note:* you can also bake the eggplants in the oven for about 20 minutes.

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## Tempeh with polenta



Tempeh with polenta

**For 4 servings:**

300 g tempeh, cubed

7-8 cloves of garlic, mashed

6 tablespoons soy sauce

chilli flakes (optional)

3-4 tablespoons oil, for frying

Mix the garlic with soy sauce and chilli flakes. Pour over the tempeh and mix well. Allow 2-3 hours to marinate.

Heat the oil in a pan and fry until golden-brown.

Serve hot with [polenta](#) and/or pickels.