

The many flavors of Greece

Maria Loi left a successful career in business and international affairs to pursue her passion: Greek food. Now, a popular host of a cooking segment and publisher of a weekly magazine insert in the Greek daily Ethnos, she recently appeared at the Taste of Danforth annual street food festival where she demonstrated her cooking skills. She has also taped a number of specials for Canadian and American television, including Kuzina, which will air on New York's public television channel WLIW.

Loi has helped take Greek cooking a step further, delving beyond regional culinary traditions into the gastronomy of the Greek diaspora in a series of books focusing on the special cuisine of Greeks from the Black Sea, Asia Minor, and Istanbul. **Datlu kabak**

What you'll need
 5-6 zucchini (courgettes)
 1 cup rice
 1 medium onion, finely chopped
 3 Tbs olive oil
 2 tsp. sugar salt pepper
 Wash the zucchini, scrape with a knife, rinse, and pat dry with kitchen paper; chop. Sauti onion in olive oil over medium heat until lightly browned. Add rice and cook for 4-5 minutes stirring continuously. Stir in zucchini, 2 cups water, sugar, salt, and pepper. Simmer for 20-25 minutes or until rice is cooked through. Remove datlu kabak from heat and serve.

Exitme

What you'll need
 3 cups flour
 1 cube raw yeast
 1½ cups warm water
 pinch of salt
 olive oil for frying
 tahini and honey for garnish
 Sift flour and salt. Shape into a mound, then make a well in the center. Dissolve yeast in warm. Pour into mound and slowly knead into flour to form a soft dough. Cover bowl. Let dough rise for about 20-25 minutes. Shape dough into tangerine-sized pieces. Heat olive oil in a frying pan. Fry exitme in batches until golden on all sides. Using a slotted spoon, remove from pan and set on kitchen paper to drain. Serve exitme drizzled with tahini and honey.

Keat

What you'll need
 1 ½ kilos baby lamb
 2 carrots
 2 potatoes
 1 onion
 1 tomato
 1 medium pepper
 8 Tbs margarine
 2-3 Tbs dill, minced
 4 bay leaves
 4 sprigs thyme
 salt, pepper
 minced dill for garnish



2 sheets unwaxed baking paper
 Wash meat, then pat dry with kitchen paper; cut into pieces. Clean vegetables, wash, and drain. Dice carrots, pepper, and tomato; finely chop onion. Preheat oven to 180°C. Cut each sheet of baking paper into quarters to make 8 pieces or portions. Evenly divide vegetables among each serving, arranging in the middle of each small sheet. Place meat over vegetables, season each portion with a bay leaf, thyme, salt, and pepper. Add 1 tablespoon margarine to each serving. Fold over paper into a pouch and tie with baking string. Arrange pouches in a baking pan. Place pan in a large pan with enough water to rise about midway up the sides of the smaller pan. Cook in preheated oven for about 50 minutes. Remove from oven, open pouches, then return to oven and cook for 10 minutes or until lightly browned. Transfer pouches to plates and sprinkle dill over each portion.

Yiartlou patlitzan

What you'll need
 4-5 eggplants
 ½ kilo yogurt - salt
 4-5 tomatoes, pulped
 1 onion, pulped
 2 cloves garlic, crushed
 1 Tbs. tomato paste
 3 Tbs olive oil
 3 Tbs vinegar
 ½ tsp. dried mint, crushed
 minced mint for garnish
 olive oil for frying
 Wash eggplants; remove stem and slice. Place in a colander, sprinkle with salt and let stand for 30 minutes. Rinse eggplants and pat dry with kitchen paper. Fry in olive oil over medium heat until lightly browned on both sides. Remove using a slotted spoon and drain on kitchen paper. Mean-

time prepare the sauce. In a deep frying pan, sauti onions and garlic in olive oil until golden. Add tomatoes, tomato paste diluted in 1 cup water, and salt; simmer until sauce thickens. Stir in mint and vinegar, then remove from heat. In a mixing bowl, beat together yogurt, salt, and 2-3 table-spoons water. Arrange fried eggplant on a serving dish. Spread yogurt over eggplant, then spoon sauce over yogurt. Serve garnished with a little minced mint.

'Politikos' halva

What you'll need
 2 ½ cups coarse semolina
 2 cups milk
 2 cups water
 1 cup sugar
 1 cup margarine
 50 gr. pine nuts
 cinnamon ice cream
 ground cinnamon for garnish
 extra margarine for greasing baking cups
 Melt ½ cup margarine in a deep saucepan; stir in pine nuts and sauti until golden. Add remaining margarine. When it melts, add semolina, stirring continuously until light golden brown. Meantime, in a separate saucepan, over low heat, warm milk and water. Stir in sugar, bring to boil. Slowly pour milk and sugar mixture into semolina, stirring continuously with a wooden spoon. Continue stirring until mixture thickens and no longer sticks to the side of the saucepan. Remove from heat; cover with a kitchen towel and let cool. Spoon semolina into small baking cups, leaving a slight well in the center. Scoop ice cream into center. Turn out on dessert plates and serve sprinkled with a little ground cinnamon.

Article from Odyssey magazine



SPECIAL PRICES!!!

ΓΙΑ ΕΛΛΑΔΑ, ΚΥΠΡΟ & ΕΥΡΩΠΗ

2010 EARLY BIRDS



από \$1,220 + φόροι (*) για low season

ΑΡΙΘΜΟΣ ΘΕΣΕΩΝ ΠΕΡΙΟΡΙΣΜΕΝΟΣ

Επικοινωνήστε με το Γραφείο μας και το φιλικό ελληνόφωνο προσωπικό μας θα σας εξυπηρετήσει, εξηγώντας σας όλες τις δυνατότητες για το ταξίδι που προγραμματίζετε. Επίσης θα σας εξηγήσουμε τις διάφορες τιμές που ισχύουν για high season περιόδους.

* Οι φόροι, στις 21/10/09 είναι \$640 κατά προσέγγιση.



ΤΗΛΕΦΩΝΗΣΤΕ ΤΩΡΑ ΚΑΙ ΖΗΤΗΣΤΕ
 την κ. ΕΛΕΝΗ ΓΕΩΡΓΑ
ΤΗΛ. 9550 6133

13025

Shop 88C, Smidmore St. Marrickville
MARRICKVILLE METRO SHOPPING CENTRE
 Φάξ: 9565 2899
 email: info@metrotravelcentre.com.au

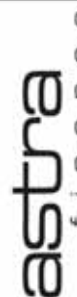
ΔΑΝΕΙΑ LOANS

Δανεία για όλες τις ανάγκες και στα μετρά σας

5.47% 12 MONTH VARIABLE* **COMMERCIAL LOAN**
4.61% 12 MONTH VARIABLE* **HOME LOAN**

* Conditions Apply. Apply within for more information.

INVESTORS save up to \$11,245 on STAMP DUTY*
No BAS Lo-Doc Loans
 Residential & Commercial*



- First Home Buyers
- Home Loans
- Lo-docs
- Commercial loans
- Car & equipment leasing
- Re-finance

- Δανεία χωρίς TAX RETURNS loans
- Δανεία με προβλήματα CRAA or DEFAULT ΙΣΤΟΡΙΚΩ

Tel 02 8507 3000
 Mob 0424 800 600
 Fax 02 9713 9222
 email loans@astrafinance.com.au

Level 2, Suite 203
 118 Great North Road
 Five Dock NSW, 2046

003



RISPER

Stylish Painting Services

Exterior - Interior - Maintenance

ΑΡΙΣΤΗ ΠΟΙΟΤΗΤΑ - ΔΩΡΕΑΝ ΕΚΤΙΜΗΣΕΙΣ

ΤΗΛΕΦΩΝΗΣΤΕ: 0434 284 874

www.risper.com.au

1745