

PSAROSOUPA (Fish Soup)

Ingredients:

2 tablespoons olive oil
1 large-size onion, sliced
1 large-size clove garlic, crushed
2 tablespoons tomato puree
1½ kg assorted small fish
1 glass dry white wine
1 tablespoon dried parsley
1 tablespoon grated lemon peel
salt & pepper

Method:

Heat the oil in a large saucepan and fry the onion and garlic gently until soft. Add the tomato puree and stir. Add the fish, wine, parsley, lemon, salt and pepper. Add enough water to cover all the ingredients and bring to the boil. Cover the pan and simmer for approximately 30 minutes. Strain the soup and reheat the liquid.

BAKALIAROS PLAKI (Cod salmi)

Ingredients:

600g flat salt cod, cut into portions
1 ½ kg potatoes, peeled and sliced
1 ½ cups tomato juice
3 cloves garlic, finely chopped
1 tsp oregano
1 tsp parsley, finely chopped
salt & pepper
1 cup olive oil

Method:

Leave the cod in water overnight, then rinse well with warm water and remove the skin and bones. Spread half of the potatoes in a baking tin and sprinkle with a little parsley, salt and pepper. Place the cod on top of the potatoes and add the garlic, oregano and more pepper. Spread the rest of the potatoes on top. Sprinkle with the rest of the parsley, salt and pepper. Mix together the oil and tomato juice and pour over the potatoes. Bake in a moderate oven for one hour or until the potatoes are cooked to taste.

GARIDES SAGANAKI (Baked Shrimps with Cheese)

Ingredients:

1 kg medium-size shrimps, peeled
1 large-size onion, finely chopped
1 tin peeled tomatoes
300 gr feta cheese, diced
1 teacup olive oil
1 tablespoon finely chopped parsley
pinch dried oregano
salt & pepper

Method:

Boil the shrimps in a little water for ten minutes. Drain the shrimps, saving the liquid. Saute the onion in the olive oil. Add the tomatoes, reserved shrimp liquid, salt and pepper. Boil until the sauce is thick. Arrange the shrimps in an ovenproof dish. Add the parsley, oregano and feta cheese. Pour the sauce over the top and bake in a hot oven for 20-30 minutes.

PSARI OLOKLIRO STO FORNO (Baked Fish)

Ingredients:

1 whole bream or sea-bass approx. 1 kg (or 2 x 500 g)
salt & pepper
juice of 2 lemons
1 large onion, chopped
1 clove garlic, chopped
1 tablespoon chopped parsley
2 bay leaves
2 glasses dry white wine
1 teacup olive oil
1 tin chopped tomatoes, sieved

Method:

Clean and wash the fish well. Season with salt and pepper and place in a baking pan or large oven-proof dish. Pour the lemon juice over the fish. Mix together the onion, garlic, parsley and bay leaves, and spread out on top of the fish. Mix together the wine, oil and tomatoes and pour over the top. Bake in a moderate oven for approximately half an hour, or until the fish is cooked to your liking.

BAKALIAROS KROKETAKIA (Cod croquettes)

Ingredients:

½ kg cod fillet, flaked with a fork
½ kg mashed potato
½ cup milk
1 tbs butter
3 eggs
1 cup grated cheese
breadcrumbs
salt & pepper
oil for frying

Method:

Put the cod, potato, milk, butter, salt and pepper in a pan, and mix well over a low heat until the mixture thickens. Remove from the heat. Add one whole egg, one egg yolk and the cheese. Mix well then cover and place in the fridge for 2 to 3 hours. Remove from the fridge and form into croquette shapes. Flour each one. In a bowl gently whisk one egg, one egg white and a teaspoon of oil. Dip each croquette into this mixture, then roll in the breadcrumbs. Fry in very hot oil until golden brown.

KAKAVIA (Greek bouillabaisse)

Ingredients:

1 kg various kinds of fish, filleted (rock, cod, bream, perch etc.)
1 cup mixed seafood (mussels, cockles, prawns etc.)
1 large-sized onion, sliced
2 carrots, sliced
3 tomatoes, sliced
1 stick celery, chopped
½ cup olive oil
salt & pepper
lemon juice

Method:

Put the vegetables and the fish in a pan with the oil and brown slightly. Add water to cover the vegetables and fish. Simmer for one hour, adding water if necessary. Strain and reserve the juice. Mash the vegetables and fish. Put back into the juice and add the seafood. Simmer for 20 minutes. Add salt and pepper, and simmer for further 5 minutes. Serve with lemon juice.

TARAMOSALATA (Smoked Cod's Roe Pate)

Ingredients:

4 slices dry bread, crusts removed
100g smoked cod's roe (tarama)
1 clove garlic, crushed
pinch of salt
juice of 1 lemon
6 tbs olive oil
4 tbs cold water
pinch of paprika

Method:

Soak the bread in cold water for a few minutes then squeeze dry. Combine the roe, bread, garlic, salt and lemon juice using a food processor or whisk. Add olive oil and water one spoon at a time, alternatively, until the mixture is thick and creamy. Add the paprika if necessary to improve the colour. Serve with hot pitta bread.

XIFIAS SOUVLAKI (Swordfish Kebabs)

Ingredients:

500g swordfish, cubed
2 green peppers, cut in to chunks
2 large-sized onions, cut in to chunks
cherry tomatoes (or large tomatoes, cubed)
olive oil
oregano
salt & pepper

Method:

Mix the oil, oregano, salt and pepper. Roll all the ingredients in the oil mixture and then thread, alternatively, on to small skewers. Grill over charcoal until tender, basting occasionally.

PSARI PLAKI (Baked fish)

Ingredients:

1 kg fish (any sort, eg.seabream or bass)
juice of ½ lemon
½ lemon, sliced thinly
4 tbs olive oil
1 onion, sliced
1 clove garlic, crushed
1 tin chopped tomatoes
1 tbs parsley, chopped
1 tsp coriander seeds
1 cup white wine
salt & pepper

Method:

Clean the fish and place whole in a well-oiled baking dish. Sprinkle with salt, pepper and half of the lemon juice. Heat the olive oil and fry the onion and garlic until soft. Add the tomatoes, parsley, coriander seeds and wine. Simmer gently for 2 minutes. Add salt and pepper. Pour the sauce over the fish. Lay the slices of lemon on top of the fish. Cover with foil and bake in a moderate oven for 1 hour or until cooked to taste.

OCTOPUS KRASSATO (Octopus in Red Wine)

1 kg octopus pieces
2 large-size onions, chopped
1 tin chopped tomatoes
1 tablespoon tomato puree
2 glasses dry red wine
½ glass olive oil
2 tablespoons red wine vinegar
1 stick cinnamon
1 bay leaf
2 cloves
salt & pepper

Method:

Put the octopus in a pan over a medium heat and leave it to cook for about 5 minutes in its own juices. It will turn pink while cooking. (If using a whole octopus, cut in to pieces after cooking as it will be much easier.) Take the octopus out of the pan. Heat the oil and brown the onions. Add the octopus and all the remaining ingredients. Cover and leave to simmer over a low heat for 2 to 3 hours until the octopus is tender.

HTAPODI ME MAKARONAKI KOFTO (Octopus with macaroni)

Ingredients:

1 kg octopus, washed and cut into bite-sized pieces
1 ½ cups oil
1 large onion, finely chopped
1 cup red wine
1 tin chopped tomatoes
½ kg short macaroni
salt & pepper

Method:

Put the octopus into a saucepan and heat gently, then boil until all the moisture has been absorbed. Add the oil and the onion. Cook until the onion softens, stirring occasionally with a wooden spoon (not metal). Add the wine, tomatoes, salt and pepper and a little water and bring to the boil. When the octopus has softened, add the macaroni and a little more water. Simmer gently until the macaroni is cooked to taste.

MIDIA TIGANITA (Fried mussels)

Ingredients:

1 ½ kg mussels
1 egg, beaten
1 small cup milk
1 tbs oil
1 cup flour
salt & pepper
oil for frying

Method:

Wash the mussels and open with a sharp knife. Remove the mussels from the shells, wash again and drain well. Mix the egg, milk, oil, salt and pepper together, then add the flour and beat until smooth. Allow the batter to stand for at least one hour. Put oil into a large frying pan and heat well. Dip the mussels one by one into the batter and drop in the hot oil to fry.

MYDIA ACHNISTA ME KRASI (Steamed mussels with wine)

Ingredients:

1½ cups water

½ kg mussels

½ cup dry white wine

salt & pepper

parsley

Method:

Bring water to the boil in a large saucepan. Add the mussels to the water, cover and boil for 10 minutes, checking occasionally that the mussels do not stick to the bottom of the pan. Add the wine, salt and pepper. Stir and remove from the heat. Serve garnished with parsley.