

## MOSCHARI KATSAROLAS ME PATATES (Stewed veal with potatoes)

### Ingredients:

1 kg veal, cut into small portions  
1 kg potatoes, peeled and quartered  
1 large-sized onion chopped  
1 cup butter  
 $\frac{1}{2}$  cup tomato juice  
salt & pepper

### Method:

Put the meat in a pan with 1 cup water and the onion, and boil until all the water is absorbed. Add the butter and brown the meat. Add the tomato juice, salt and pepper, and 2 cups water. Simmer for 20 minutes, stirring occasionally. Add the potatoes and 1 cup water. Simmer until potatoes are cooked and a gravy has formed. Add more salt and pepper to taste.

## KEFTEDES YA MEZE (Meatballs as appetizers)

### Ingredients:

4 slices bread, crusts removed  
1 kg minced veal or pork  
2 onions, finely chopped  
3 cloves garlic, finely chopped  
2 eggs, lightly beaten  
3 tbs vinegar  
1 tbs oregano  
salt & pepper  
flour  
oil

### Method:

Soak the bread in water, then squeeze to remove excess. Mix the bread with the minced meat, onion, garlic, eggs, vinegar, oregano, salt, pepper and 1 tablespoon oil. Knead well and leave in the fridge for 2 hours. Shape the meat into balls, roll in the flour and fry in hot oil.

## PASTITSIO PAFITIKO ME PATATES (Baked minced meat with potatoes)

### Ingredients:

1 kg potatoes, boiled in skins and mashed  
1 medium-sized onion, chopped  
500gr minced veal or beef  
3 tbs butter  
salt & pepper  
1 tin chopped tomatoes  
1 cup grated Halloumi cheese  
1 egg, beaten

### Method:

Put the onion, meat, butter, salt and pepper in a large saucepan and sauté until lightly browned. Add the tomato. Simmer gently for 30 minutes. Mix the mashed potato and cheese, with a little salt, in a large bowl. Grease a medium-sized baking pan and spread half of the potato mixture on the bottom. Put all the meat mixture on top, and then the rest of the potato. Brush the beaten egg on top and bake in a moderate oven for approximately 15 minutes until browned.

## BRIZOLES MOSCHARISIES ME MANITARIA KE YAOURTI (Veal chops with mushrooms and yoghurt)

### Ingredients:

4 Veal (or pork) chops  
4 tbs butter  
1 small tin sliced mushrooms  
juice of 1 lemon  
2 tbs mustard  
 $\frac{1}{2}$  tbs cornflour  
1 glass dry white wine  
salt & pepper  
3 tbs plain yoghurt

### Method:

Fry the chops in the butter until cooked to taste. Remove the chops from the pan. Put the mushrooms in the pan and sauté. Add the lemon juice and mustard and stir well. Mix the cornflour with the wine and add to the pan, stirring constantly. Add the salt, pepper and yoghurt. Return the chops to the pan and heat with the sauce.