



CITY OF PORT PHILLIP  
presents

# Seniors Festival

October 2020

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and enjoy

## IT'S ALL GREEK COOKING TO ME

Explore this delicious collection of recipes we  
have just for you from Greece.

These recipes have been passed down for generations, from mother to daughter, from father to son. Take your taste buds from Zakynthos to Kos and then to Peloponnisos. With little effort you too can cook Greek food.

We thank the Greek residents of Port Phillip for sharing their recipes with us.

Recipes include: Haloumi bread, Cabbage rolls in egg and lemon sauce, Greek souvlaki, Greek pastitsio (Greek lasagna), Galaktoboureko (dessert) and Koulourakia (Greek egg biscuits).

# Haloumi bread

by Cathy Kontonis



## Ingredients

6 eggs  
250g haloumi cheese, grated  
1 cup milk  
1 cup oil  
2 tablespoons chopped mint  
2 1/2 cups self-raising flour

## Method

Preheat oven to 180°C.

Mix all of the ingredients together and place in a bread tin.

Bake at 180°C for 45 minutes.

Once cooked allow to cool before serving.



*Cathy Kontonis, born 1956, Zakynthos, Greece.*

*We thank Cathy Kontonis from Port Melbourne for these recipes.*

*This recipe comes from Zakynthos, Greece, given to Cathy by her father, John, in 1980.*

# Galaktoboureko

by Cathy Kontonis



## Ingredients

1 packet filo pastry  
1 litre milk  
1 cup sugar  
1/2 cup semolina  
2 egg yolks  
1 sachet vanilla powder  
or 3 teaspoons of  
vanilla essence  
100g butter  
Extra butter for filo pastry

## Syrup

1 cup sugar  
2 cups water  
You boil the syrup for  
about 5 minutes and  
pour it on the hot  
dessert.

## Method

Preheat oven to 180°C.

Boil the milk and sugar over a medium heat, while stirring add semolina.

Add egg yolks, vanilla and butter while stirring. Once mixture has thickened remove from the heat.

Coat the baking dish with melted butter and then layer half of the filo pastry packet. Coat each sheet with melted butter as you layer.

Pour the mixture over the filo pastry, use a spatula to smooth it out. Finish layering one sheet at a time and continue buttering each layer.

Bake at 180°C for 40 minutes until golden brown.

Once baked remove from the oven, pour syrup over the hot dessert. Allow to cool before serving.

# Cabbage rolls in egg and lemon sauce

by Connie Sarikizis



## Ingredients

### Cabbage rolls

1 raw cabbage (approx. 3kgs)

1kg lean minced topside

1 medium onion, grated

1 teaspoon parsley, finely chopped

1 teaspoon dill, finely chopped

1 1/2 cups water or enough to cover cabbage rolls

Salt and pepper

### Egg and lemon sauce

Juice of medium lemon

1 egg

## Method

Gently break off leaves from cabbage and remove any thick pieces.

Cook cabbage leaves in boiling water for approximately 10 minutes.

Mix the mince, parsley, dill, salt, pepper and onion.

Place a heaped tablespoon of the mixture on each leaf and roll up.

Place rolls in saucepan and add enough water to cover.

Put plate on top to hold rolls in place and put lid on saucepan.

Bring to a boil and simmer until cooked.

### Sauce

To prepare egg and lemon sauce, beat yolk and white separately.

Add yolk to white and pour in lemon juice.

Slowly beat in about a cup of liquid from the cabbage rolls.

Once the cabbage rolls are cooked, place them in a dish and pour the egg and lemon sauce over the top.



*Connie Sarikizis, born 1942, Peloponissos, Greece.*

*We thank Connie Sarikizis from Port Melbourne for this recipe.*

*This recipe comes from Peloponissos, Greece, given to Connie by her grandmother, Irene.*

# Greek souvlaki

by Anthimos Spanidis



## Ingredients

1kg diced lamb  
Metal skewers  
1/2 cup olive oil  
Juice 2 lemons  
1 tablespoon dried oregano  
4 cloves garlic, finely chopped  
Sea salt  
Freshly ground pepper  
8-10 small pita bread  
1 cup tzatziki – yoghurt dip

## Method

Mix lamb, oil, lemon juice, oregano, garlic, salt and pepper in a large bowl.  
Cover with cling film and marinate for a few hours in refrigerator.  
Thread the meat on skewers.  
Heat a grill or barbecue to a very hot heat.  
Place skewers on the barbecue and keep turning them until cooked.



*Anthimos Spanidis, born 1940, Kozani, Greece.*

*We thank Anthimos Spanidis from Port Melbourne for this recipe.*

*This recipe comes from Kozani, Greece, given to Anthimos by his mother, when he was in his twenties.*

The Seniors Festival would like to thank Maria Anes and Denise Tsoukalas for coming up with this idea and for collecting the recipes.

# Greek pastitsio (Greek lasagna)

by Terry Tsoukalas



## Ingredients

### Base Ingredients

400g bucatini pasta,  
or penne  
110g feta cheese  
2 egg whites

### For the meat sauce

900g lean ground beef  
2 medium sized red onions  
(finely chopped)  
2 cloves of garlic (chopped)  
400g canned chopped  
tomatoes  
1 tablespoon tomato puree  
1 teaspoon sugar  
1 bay leaf  
1 cinnamon stick  
1 whole clove  
1/4 cup olive oil  
2 teaspoons sea salt  
Pepper to taste

### For the béchamel sauce

110g flour  
110g butter  
900ml milk  
2 egg yolks  
100g Kefalotyri (cheese) or  
Parmigiano-Reggiano  
A pinch of nutmeg  
Salt to taste

## Method

Preheat oven to 180°C.

### To make the meat sauce

Place a large pan over medium-high heat and add the olive oil, the chopped onions and sauté for 2-3 minutes.

Add the garlic, tomato puree and the beef.

Break up the meat with a wooden spoon and brown for 4-5 minutes.

Add the canned tomatoes, sugar, cinnamon, clove, bay leaf and season.

Bring to the boil, turn the heat down and simmer with the lid on for about 30 minutes, until most of the juices have evaporated.

When the meat is cooked, discard bay leaf, clove and cinnamon stick.

### To make the béchamel sauce

Melt the butter in a large pan over low-medium heat.

Add the flour, whisking continuously to make a paste.

Add warmed milk in small batches, whisking continuously, to prevent your sauce from getting lumpy. If the sauce still needs to thicken, boil over low heat while continuing to stir.

Remove the pan from the stove and add the egg yolks, salt, pepper, a pinch of nutmeg and the grated cheese. Whisk quickly, this will prevent the eggs from turning into an omelette! Season with salt to taste.

Cook the pasta for 2-3 minutes.

Drain the pasta and stir in the egg whites and the feta cheese (smashed with a fork) and mix gently with a spatula.

For this pastitsio recipe you will need a large baking dish, 20 to 30 cm.

Butter the bottom and sides of the pan and begin to assemble the pastitsio.

Layer the pasta, top with the meat sauce and even out.

Top the pastitsio with the béchamel sauce and smooth out with a spatula.

Sprinkle the pastitsio with grated cheese and bake in preheated oven at 180°C for 40 minutes - crust should be light golden brown.

Let the pastitsio cool down for a while before serving.

# Koulourakia (Greek egg biscuits)

by Terry Tsoukalas



## Ingredients

2 cups unsalted butter  
1 cup white sugar  
1 tablespoon vanilla extract  
5 large eggs  
5 1/2 cups all-purpose flour  
1/2 teaspoon salt  
3 tablespoons baking powder  
1/4 cup sesame seeds (optional  
to sprinkle on top of biscuits)  
Zest of 1 orange  
1/4 cup orange juice freshly  
squeezed

## Method

In a large bowl beat butter until light and fluffy.  
Add the orange zest and sugar and beat for 10 minutes on medium speed.  
Add 4 eggs, one by one, and beat well.  
Add vanilla and orange juice.  
Then in a separate bowl add flour, baking powder, and salt.  
Add butter mixture and stir to form a soft dough (add flour if dough is too soft and breaks apart).  
Preheat to 160°C and begin to grease cookie trays (2 to 3 trays will be needed).  
Lightly flour a work surface.  
Cut off 3 centimetres (1 inch) dough and roll on floured surface, any shape can be made.  
Place dough, 3 centimetres (1 inch) apart on sheets.  
Beat remaining egg. Brush onto dough and sprinkle with sesame seeds (optional).  
Bake 20 to 25 minutes until cooked.  
Once cooked, cool biscuits for 10 minutes and remove from trays.



*Terry Tsoukalas, born 1947, Zakynthos, Greece.*

*We thank Terry Tsoukalas from Port Melbourne for these recipes.*

*This recipe comes from Zakynthos, Greece, given to Terry by her mother, Athena.*