

Show 3: **GREEK COOKING**

Avgolemono Soup

2 cups milk
2 tablespoons cornstarch
6 egg yolks, beaten
2 quarts Chicken Stock
½ cup long-grain rice
½ stick butter
chopped parsley
1 cup fresh lemon juice
Grated lemon peel to taste
Salt and pepper to taste

Stir milk and cornstarch together and then beat the egg yolks. Set aside. Bring the stock to boil in a 4 quart soup pot and add the rice. Cook, covered, until the rice is puffy and tendered, about 25 minutes. Remove the soup from the heat and add the milk and egg mixture, stirring carefully. Continue to cook for a moment until all thickens. Remove from the heat again and add the butter, chopped parsley, and lemon juice. You may wish to add some grated lemon peel as well. Add salt and pepper to serve. Serves 10 –12.

Stuffed Grape Leaves with Egg-Lemon Sauce

1 16-ounce jar grape leaves.

Filling:

1 cup raw long-grain rice
½ cup olive oil
1 cup chopped yellow onions
¼ cup chopped Italian parsley
1 tablespoon dried dillweed
Juice of 1 lemon
1 pound lean lamb, coarsely ground and chopped
1 teaspoon allspice
2 cloves garlic, crushed
salt and pepper taste

Broth:

2 cups Chicken Stock
Juice of 1 lemon

Mix all the ingredients for the filling. Pick out the smallest leaves in a jar and set aside. Use some of these leaves to place a single layer on the bottom of the pot. Cut the stems off the grape leaves. Spread a leaf on the counter, bottom side up, stem side toward you. Place 1 teaspoon of the filling in the center of the leaf. Fold the stem end over the filling, then fold the side over to secure the filling, then roll form toward the tip of the leaf, forming a small cigar or cylinder. The size should be approximately 2 ½ inches long and ¾ inch wide. Do not wrap these too tightly, as the rice needs room for expansion when it cooks. Using a 2-quart heavy lidded kettle, place the roll leaves on top of the single layer in the bottom. Place the rolls up against each other rather tightly so that they will not come undone while cooking. Covered them with a layer of unrolled leaves and then add another layer of rolled leaves. Continue until all rolled leaves are in the pot. Top with the remaining unrolled leaves. Place a medium plate over the leaves, as a weight. Mix the chicken stock and lemon juice for the broth and pour over the leaves in the pot. Cover and bring to a light simmer. Simmer for 40 minutes. Remove the pan from the heat and allow it too cool. Do not remove the lid or the leaves will darken. Serve warm with egg lemon sauce on top.

Egg-Lemon Sauce Avgolemono

1 cup Chicken Stock
2 tablespoons butter and 2 tablespoons flour cooked to form a roux
2 eggs
juice of one lemon
2 tablespoons of water

Heat the stock and prepare the roux. Thicken the stock with the roux. In a separate bowl whip the eggs, lemon juice and water together until frothy. Add the egg to the thickened stock, stirring constantly. Bring to temperature but do not boil, stirring all the time until thick. Salt and pepper to taste.

Halvah Cake

Batter:

1 cup sugar
2 sticks butter (½ pound)
2 cups semolina flour or regular cream of wheat cereal
½ cup almonds, peeled, coarsely chopped in food processor
6 eggs, beaten

1 teaspoon baking powder
1 teaspoon cinnamon
½ cup whole pine nuts

Syrup:

2 cups sugar
3 cups water
1 whole clove
2 ounces brandy
Juice of 2 lemons

Using an electric mixer, cream the butter and sugar. Add the remaining ingredients, except the pine nuts, and blend to form a smooth batter. Spread the batter evenly in a greased 9x13 inch cake pan. Sprinkle the pine nuts on top of the batter. Bake a preheated 350 degrees over for 30 minutes. In a small pan heat all of the ingredients for the syrup. Boil the syrup until it begins to thicken, about 6 minutes. Remove from the heat and cool until just very war to touch. Hold a saucer over the cake and drizzle the warm syrup onto the saucer and thus onto the cake. This will prevent you marrying the surface of the cake. Cover the cake pan with plastic wrap and allow the cake to sit for 2 hours so that the syrup will be absorbed.