



# Baklava

Makes: 11 - 12 pieces

## FOR THE SYRUP:

300g caster sugar  
Juice of ½ lemon @ 2 tbsp.  
300g clear Greek honey

## FOR THE FILLING:

150g caster sugar  
25g ground cinnamon  
500g walnuts, finely chopped

2 pkt. filo pastry @ 550g total  
500g ghee butter, melted  
100g fine semolina  
1 tbsp. whole cloves

Baklava is a very rich, sweet pastry so typical of the Middle East and particularly Greece. Layers of filo pastry filled with chopped nuts, sweetened and held together with syrup or honey, a tiny piece is quite enough! Delicious with a dark strong cup of Greek coffee....

- Make the syrup. Pour 500ml water in a saucepan with the sugar and lemon juice. Bring to a steady boil then add the honey. Simmer for 40-50 minutes. Remove from heat. The syrup is now ready to use. It will store well in a screw top jar in the fridge if made ahead.
- To make the filling, blend the sugar, ground cinnamon and walnuts together in a food processor or using a hand-held blender until mixed, the nuts finely chopped but not sandy.
- Now make the Baklava: grease a shallow oblong baking tray slightly the size or slightly smaller than the filo sheets with some melted ghee. Layer 6-7 sheets of filo pastry into the tin, brushing each layer with the ghee and a fine dusting of semolina.
- Now spread some filling mix over the top pastry sheet to cover then add 3 more filo sheets, buttering and dusting as before, some more nut mix, so repeating with 3 more sheets until all filling mixture is used up then top with the remaining pastry sheets.
- Allow the pastry rest in a cool place for 1 hour before cutting into 24 equal diamond or triangle pieces, piercing each piece with a clove.
- Cook in a preheated oven at 180°C / fan 160°C / gas 4 for 45 minutes or until the filo is golden and crisp.
- Pour the cold syrup over the hot pastry letting it flow evenly between the slices. Leave to soak up for 30 minutes before serving with a drizzle of any remaining syrup.



# Beetroot, Lentil and Feta Salad

Serves 4 - 6

100g sofrito mix  
450g green lentils  
125ml extra virgin olive oil  
3 tbsp. lemon juice  
250g cooked beetroot, cut into  
1/2 cm cubes  
200g feta cheese, cut into 1/2 cm  
cubes  
1 tbsp. ladolemo (see page 00)  
Freshly torn flat leaf parsley,  
to garnish  
Sea salt and freshly ground  
black pepper, to taste

Many supermarkets now sell Sofrito – a packet of colourful chopped onion, carrot, celery, leeks or onion and garlic – so handy for adding to soups and pulses for flavour when cooking. Or you can chop up your own!

Ladolemono (which means oil and lemon) appears in many Greek recipes. With its equal lemon juice to oil ratio it is a lively, fresh sharp lemon dressing often used at the table to splash over grilled meat and fish, salads and beans. Make a handy jar to store in the fridge.

- Using a hand blender, blitz the sofrito with 2 tbsp. of the olive oil to a fine mince.
- Place the lentils and minced sofrito in a saucepan with 700ml lightly salted water. Bring to the boil, cover and simmer until the lentils are just tender. Drain thoroughly and tip into a bowl.
- Stir in the olive oil, lemon juice. Season to taste with salt and pepper. Leave to cool slightly.
- Spread the lentils onto a shallow serving plate then scatter on the beetroot and feta cheese.
- Drizzle with ladolemo and scatter with herbs. Serve at room temperature as part of a meze.



# Dolmades

Serves 4 as Meze or  
Makes 20 Dolmades

250g long grain or pudding rice  
2 onions, finely chopped  
1 Birds Eye chilli, deseeded and  
finely chopped  
250g passata or 400g can  
chopped tomatoes  
4 tbsp. finely chopped flat leaf  
parsley  
4 tbsp. finely chopped dill  
2 tbsp. finely chopped mint leaves  
200ml olive oil  
250g fresh vine leaves, destalked  
(or use leaves in brine, drained)  
Salt & pepper to taste  
2 lemons, cut in wedges

Dolmades are often served as part of the meze at wedding feasts in Greece - a great excuse for village women to meet up beforehand to roll hundreds of dolmades whilst catching up on local gossip!

In Cyprus we call dolmades, 'koubebia' which means little cigars.

- Bring 500ml water to the boil in a large saucepan then add the rice with a good pinch of salt. Part-cover and reduce the heat to simmer for 12 - 15 minutes or until the rice is just starting to soften.
- Preheat the oven to 180°C / fan 160°C / gas 4.
- Drain the rice and leave to cool a little before mixing in the onion, chilli, tomato passata and chopped herbs. Season well.
- Have ready a stack of the prepared vine leaves, vein side facing up, the rice mixture and a shallow preferably circular ovenproof dish ready to put the dolmades in.
- To make a Dolmade place 1 tsp. of the mixture one third up from the centre base of a leaf, fold the leaf over the rice from the base then fold in the left and right side of the leaf. Roll up the leaf to make a mini cigar shape.
- Continue until all the Dolmades are made and tightly packed side by side in the dish. Squeeze over the lemon juice then cover the dolmades with the remaining vine leaves.
- Place a plate, upside down on top of the vine leaves then pour boiling water in around the edge of the dish to come up to just where it touches the plate. Cover with foil and transfer to the oven to cook for 30-40 minutes.
- Serve warm or cold with a drizzle of olive oil or Ladolemo (see page 00) and some lemon wedges.



# Grilled Halloumi

Serves 4

500g halloumi  
100g onion and cabbage garnish  
(see page 00)  
8 tsp ladolemo (see page 00)  
Freshly chopped flat leaf parsley,  
to garnish

Halloumi is a Cypriot semi-hard, unripened brined cheese made from a mixture of goat's and sheep's milk. With its high melting point, it is ideal for frying or grilling –it softens rather than melts and is sometimes known as the squeaky cheese!

- Lightly oil a heavy based frying pan or griddle pan and set over a medium-high heat.
- Cut the halloumi into 1cm slices and place in the hot pan. Cook for 2 minutes on each side or until the cheese has softened with a nice golden brown crust.
- Arrange 3 - 4 slices per person fanned out onto individual plates. Drizzle with a little ladolemo and garnish with freshly chopped parsley.

**Kitchen note:** Our pickled onion and cabbage garnish is easy to make and so good with halloumi and grilled meats. Make at least 24 hours ahead for best flavour and crunch.



## Ladolemo

Makes: 150ml

125ml extra virgin olive oil  
Juice of ¼ lemon – approx. 25ml

A little goes a long way when you drizzle this citrusy dressing over simply cooked foods...a blend of olive oil and lemon, this is a classic accompaniment to grilled fish, chicken and vegetables and is also a great salad dressing.

- Simply add the oil and strained lemon juice into a clean dressing bottle or jar and shake well before using. Store in a cool dark place.

## Lemon Mayonnaise

Makes: approx. 500ml

4 medium egg yolks  
1 tbsp. white wine vinegar  
30g preserved lemons  
2 tsp Dijon mustard  
Sea salt and freshly ground  
white pepper, to taste  
425ml light olive oil

Cover tightly and keep well chilled for up to 1 week. Delicious with grilled chicken and fish....

- Using a food processor or hand-held blender, blitz together the egg yolks, vinegar, preserved lemon and mustard.
- With the machine running on a low speed, gradually drizzle in the oil until the mayonnaise emulsifies and thickens to a smooth consistency. Season with salt and pepper.
- Cover and chill until required but at least for several hours for the flavours to develop.

**Kitchen note:** If you do not have preserved lemons use the finely grated zest of 1 lemon or to taste.



# Oven Mixed Vegetables

Serves 4-6

1kg waxy potatoes, cut into chunks  
1kg aubergines, thickly sliced  
700g courgettes, thickly sliced  
4 green peppers, deseeded and thickly sliced  
4 red peppers, deseeded and thickly sliced  
1tbsp. dried oregano  
250ml Greek Extra virgin olive oil  
400g can chopped tomatoes  
2 large red onions  
3-4 cloves of garlic  
200g feta cheese, crumbled (optional)  
Sea salt and freshly ground black pepper

This recipe comes from the kitchen of Kosta's Mum, our Soho manager, it's a real family favourite.

Greek cuisine is full of wonderful vegan & vegetarian dishes, & this is a great example of that.

- Preheat the oven to 200°C / fan 180°F gas 6. Boil the potatoes for 10 minutes then drain thoroughly and spread into a large baking tray.
- Mix the aubergines, courgettes and peppers in with the potatoes and pour on the olive oil, chopped tomatoes. Season well with sea salt and freshly ground black pepper. Sprinkle in the oregano and pour on 150ml water.
- Use a blender to puree the onions and garlic then pour this over the vegetables. Bake for 35-40 minutes or until the vegetables are tender and well coloured. If the surface is browning too quickly, cover with a sheet of foil.
- If adding the feta, 5 minutes before the end of cooking time, crumble the cheese over the vegetables and return to the oven to soften.



# Tahini Dip

Serves 4 as meze

3 tbsp. tahini paste  
2-4 cloves of garlic, crushed  
Juice of 2 - 3 lemons  
2 tbsp. olive oil  
Salt  
Freshly chopped parsley, paprika  
or chilli powder to garnish

This has to be my favourite dip.

Rich-in-calcium sesame seeds are ground into a puree or paste we call Tahini and its' flavour and adaptability make it an ideal ingredient in sauces for dipping or drizzling over our many vegetable or pulse-based dishes.

- Using an electric blender, whiz all the ingredients together until smooth. Blend in just enough cold water to form a consistency similar to thick pouring cream.
- Cover and chill then serve into a small dipping bowl, drizzle on a little extra virgin olive oil and garnish with parsley and a pinch of chilli powder or paprika.

**Kitchen note:** Stir tahini paste thoroughly in the jar before using as, over time, the sesame oil settles on the top.