

VIV'S COOKBOOK

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1.

COOKBOOK

DRY KOULOURAKIA 5 Lbs. Flour

Soak 2 dry yeast in 1 cup water (115 F) +1 Tbsp. sugar(I use Rapid Rise yeast)
Put yeast, sugar and water in a container with a lid. It will rise and pop the lid. Open container and then cover to rise again (this way you know the yeast is good, if it doesn't go up within 15 minutes throw out and start yeast again.)

Melt 1 lb. butter + 1/2 lb. Crisco (=1cup) You can use a little margarine instead of all butter.

Heat 2 cups milk with the melted butter mixture.

Beat 6 eggs

ADD

1/2 c. sugar less 1 Tbsp. (you already put that in with the yeast)

1 Tbsp. black seeds. (called black caraway)

2 Tbsp. salt

In a Large Pan pour the egg mixture.

To the egg mixture alternately add flour and hot butter- milk mixture till all used.

I like to use Unbleached Flour. 5 Pounds.

Add yeast.

Mix by hand till all is combined. Be careful that the hot mixture doesn't cook the eggs.

If you are using Daddy's Kitchenaid Mixer you can knead about half of the mixture at a time.

Knead for a minimum of 8 minutes for each batch.

Put into clean large pan. Cover with Plastic Wrap. Place in oven that has been warmed and then TURNED OFF. Let raise 2 -2 1/2 hours till doubled. Punch down and let rise once more about 2 more hours.

SPRAY COOKIE SHEETS WITH PAM.

Take a handful of dough out of pan. Knead it to form a long narrow roll. Cut pieces off this roll.

Roll each little piece to the thickness of your baby finger. Shape to form the Koulourakia.

Put on Cookie sheet. The pieces can touch. They don't get too fat.

USE AN EGG WASH OF 2 EGGS + 4 TBSP. MILK + 1/2 TSP. SUGAR MIXED UP.

Brush with egg then put Sesame seeds on top.

Cook at 400 F for 15-20 minutes. Turn the pan around after about 10 minutes.

ENJOY!! 1 Koulouraki = 50 calories.

2.

YALEKMEK 5 POUNDS

Butter 2 lbs. : 3/4 lb. to be left out to soften and 1 1/4 will go into the dough mixture.
1/2 lb. Crisco (=s 1 cup)
3/4 c. sugar less 1 Tbsp. for the Yeast
4 Tbsp. salt
3 c. milk + 1 Can Evaporated Milk (large)
8 eggs
2 pkg. dry Rapid Rise Yeast - 1 Tbsp. sugar 1 cup water heated to 115 F for yeast
5 lbs. Unbleached Flour 2 heaping Tbsp. Baking Powder

Proof Yeast by adding Yeast and sugar to heated water in a container with a tight lid. The same procedure as in Dry Koulourakia.

Melt 1 1/4 lbs. butter with Crisco, 3/4 c. sugar, and the salt.
Add milk and Evaporated Milk to heat them.

Beat eggs. Put in large pan for mixing all ingredients.
SLOWLY and ALTERNATELY add flour and and mix by hand. If the hot ingredients are too hot they will cook the eggs so you may be better off putting the flour in before the butter mix.
Add Baking Powder and Proofed yeast LAST. Mix all together.

In KitchenAid mixer using the dough hook put 1/3 to 1/2 of the dough. Let it knead for about 10 minutes. Continue until all the dough has been kneaded. This will be a softer dough than the KOULOURAKIA.

Cover and place in a warm place to rise about 2 hours. Then punch dough down and let it rise for another 2 hours (until it has doubled in size).

In making the yalekmeks I find it easiest to break off all the pieces of dough and set them on the table and counters and flatten. Then when you put the butter on you can divide it evenly.

Break off a piece of the dough and flatten it on the table like a PIZZA.
Sprinkle with Cinammon, a small amount of Clove, and BLACK SEEDS.
Put a heaping tablespoon of SOFT Butter in the middle and RUB IT TO THE EDGES EVENLY. Make a hole in the middle of the circle and roll the dough to the edges.
Cut into 3 or four pieces and set aside to rest.
Shape into Yalekmeks, place on pan that has been sprayed with PAM. Four to six pieces fit on a tray. They WILL RISE AND SPREAD.
Brush on egg mixture (2 eggs, 4 Tbsp. Milk, 1 tsp. sugar) and sesame seeds
Bake at 375 F. 40 minutes turning tray after 20 minutes till nicely browned.

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3.
SWEET KOULOURAKIA
MRS. ZARKOS

HAVE ALL INGREDIENTS AT ROOM TEMPERATURE

1/2 pound Butter
1 C. sugar
3 Eggs
1 Tsp. Vanilla
2 Heaping Tsp. Baking Powder. + or - 4 C. KING ARTHUR FLOUR.

Cream Butter, sugar together. Add Vanilla and eggs.

Add Flour and Baking Powder.

The dough should not be too sticky when you press it lightly with your finger. If it is add a little more flour. I usually use closer to 5 cups of flour.

Divide into four or five pieces. Wrap with Saran. Refrigerate at least 2-3 hours.

Bring out one package at a time to roll out.

Roll thin as your baby finger. Twist and form a circle.

Brush with Egg Mixture (1 egg-2 Tbsp. Milk - 1/2 tsp. sugar) and Sesame seeds.

Bake at 375 F for 15- 20 minutes till golden brown. Turning tray after 10 minutes.

Makes about 100

35 Calories each.

YUM! ! YUM !!!!

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4.

HALVAH

1 Lb. Clarified butter (to clarify the butter melt it in a glass measuring cup, then put it in the freezer. When it is frozen you can scrape off the salt on top, then slide a knife around the hard butter and slip it out of the cup and discard the milky substance on the bottom.)

1 Quart of milk + 3 cups sugar. Bring to a boil and turn off.

Put butter in frying pan and warm it (not too hot)

Remove from heat and add flour, stirring constantly, to make a roux (a thick mixture)

It takes anywhere from 3-4 cups of flour.

Return to low heat and mix continually until it starts to boil on the back of a WOODEN SPOON. It will make bubbles that pop. It will take about 1/2 hour.

Add boiled milk mixture. Stir and press out ALL the flour spots.

To make a pretty presentation you can press with a spoon small amounts of the Halvah and place on a platter.

Or you can just put it in a bowl and EAT! EAT! EAT!

KADAIF

Syrup for Kadaif- 3 c. sugar +2 c. water + 1/2 lemon. Bring to boil and turn off.

1 lb. Kadaif -2 lbs. sugar

1/2 lb. butter + 1 heaping Tbsp. Crisco

Handling it carefully - pack kadaif anyway you want. Add chopped nuts (about 1/2 lb. or more) with a little cinnamon.

(Yaiya J. always used a demitasse cup to put the Kadaif in, added the nut mixture and put it into a baking pan, lining them up closely.)

Pour HOT melted butter over Kadaif.

Cook at 400 F check at 30 minutes and cook until golden brown.

When done pour COOL syrup over HOT Kadaif.

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5.

ZOE'S BAXIMATHIA

1 lb. butter - softened

6 eggs

2 c. sugar

2 c. chopped walnuts (you can make it without nuts but
add another cup of flour)

5 1/2 c. flour

5 tsp. baking powder.

Beat eggs with sugar and butter

Add nuts

Add flour and baking powder (mixed together)

Pour into greased pan (jelly roll pan - like what we use for bureki)

Cook 25minutes at 375. Test for doneness with toothpick.

Cool 1/2 hour then cut into pieces the size and shape of Zweibacks. Lay on cookie sheet and heat slowly at 200 about 1 hour until very dry.

store in tight container.

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CARMEL DELIGHT ICE CREAM CAKE

Combine:

1 1/2 cups flour
 1 cup oatmeal
 1/2 cup brown sugar
 1 1/2 cup chopped nuts

Stir in: 1 cup melted butter. Mix well

Spread in thin layer on cookie sheet; bake at 350 for 20 minutes or until brown. Cool, then crumble. (This may be done in advance and stored in a plastic bag.

Place half the crumbs in a 13x9" dish or pan. Spoon on some of a 16 oz. jar of CARMEL TOPPING. Slice 1/2 gallon VANILLA ICE CREAM over crumb mixture. Sprinkle with the remaining crumbs. Then more TOPPING. Freeze until firm. Cut into squares to serve.

VASILOPITA

1 lb. butter (melted)	1/2 cup water for yeast	3 PKG. YEAST
2 cups sugar (USE 1/4 C. FOR YEAST)	6 eggs	
2 1/2 cups milk	3 lbs. flour (about 10 cups)	
Little masticha (1/4-1/2 tsp.	sesame seeds	

Put the yeast in a tupperware container in warm water (110) with the sugar. Cover and when it pops the lid, cover again. If it doesn't rise the yeast may not be good and you have to start again.

Heat the milk to lukewarm and add the masticha. Beat EGGS well. Slowly add the flour and the butter alternately. Then add all yeast.

Cover and let rise till double in bulk. About 2 hours.

Grease pans. Pour the dough into pans. This is the time to put a coin into the pan. Wrap it in WAX PAPER not saran (it melts). After it rises again you won't know where it is until it is cooked and CUT. Let it sit about an hour. Then brush with beaten egg and put sesame seeds on top.

Bake at 400 for 10 minutes. Then reduce heat to 350 for 35 minutes. If it is not done you can bake 10 minutes longer. Will make 2 large vasilopita. You can also make 5 small loaves for the ARTOS offering.

7.

YOGURT SOUP

Makes 4 quarts

START WITH ALL INGREDIENTS COLD

To 1 cup washed soup rice add the following ingredients:

1 Tbsp. dry mint

2 Tbsp. flour

1 egg

2 tsp. salt

Mix together and add 1 pint of sour cream or a combination of sour cream and yogurt.
(16 oz.)
not on heat

Add COLD chicken broth (about 2 quarts) mixing as you add. *64 oz. (4 small cans + 1/2 c. water)*

Cook over HIGH heat until it starts to boil. Lower immediately to keep it at a low boil.

Cook until the rice is cooked and soup thickens. If it is too thick you can add a little water or broth. *(about 1 hr.)*

CHICKEN PIE

Par Cook chopped in large pieces.

Celery ; carrots; onion in broth or boullion. Quantity depends on how much you make.

Add potatoes after vegetables above are almost cooked. Continue cooking till potatoes are done. Drain saving the liquid. Add chicken (cut up) to vegetables.

Cream Sauce

Make a roux (thick like Halvah) with butter and flour. Use a mixture of 2 flour to 1 butter. Add the broth till you get a THICK SAUCE. Put a dash of Worcestershire Sauce into the sauce. You might have to add a little milk if you don't have enough liquid. Pour sauce over vegetables and chicken. Cover with pie crust (either home made or store bought) Brush a little milk on the crust and bake at 425 till crust is browned about 1/2 to 3/4 hour.

This is a very good dish to prepare and freeze ahead of time.

8.

GRAPE LEAVES

GRAPE Leaves grown wild. They MUST be light GREEN on BOTH sides. The ones that are white on the back are very tough. I found very good ones on West Lake Ave. and at Margo's house.

STORING GRAPE LEAVE

Wrap leaves in foil in packs of 25. Roll the packs so they look like cigars. Place in plastic bag and freeze. They do not have to be washed first.

When ready to use bring a pan of water to a boil. Add one to two packs into the water. When it comes to a boil remove the foil. When it comes to a boil again let cook 5 minutes then remove the leaves and put them into cold water. Drain and separate the leaves.

STUFFED GRAPE LEAVES (Sarmathes)

1 lb. ground beef 1/4 c. rice 1 onion ground Hunt's Tomato Sauce
50 Grape leaves. 1 tsp. salt and pepper to taste

In blender grind the onion with the Tomato sauce. Wash the rice and add the Tomato mix to the rice. and beef. Add enough water to make it soupy.

Put a small amount of meat mixture on each leaf, roll the sides in and roll up. NOT TOO TIGHT. The rice needs room to expand when it cooks.

Put them in a pot in circular fashion . Add a bouillion cube (beef) to the gunk in the meat container and mix with some warm water. Pour this over the Sarmathes in the pan till it just covers them. Cut a lemon into slices and place on top of the Sarmathes. Put a plate on top of them to keep them from falling apart. Bring to boil then lower heat to keep at a low boil till the rice cooks. (1 hour). Remove the plate and the lemon.

Delicious served with sour cream or yogurt.

YALANCHOU SARMATHES (MEATLESS GRAPE LEAVES)

1 c. rice (River or Caroline) 1 lb. onions chopped 1/2 cup olive oil 1 tsp salt
 1 Tbsp. Dry Mint (fresh? use 1 cup chopped) 1 tsp. Dry parsley (fresh? 1/2 c. chopped)

Saute onions in oil with some salt till softened. Add mint, parsley and rice. Saute till rice is coated with oil. Add about 1 cup water. Cook till the water is absorbed and the rice is a little softer but not done (about 7-10 minutes). Let cool.

Fill leaves in same fashion as meat filled. Put some oil in bottom of pan. Place rolled Sarmathes into pan in a circular fashion layering till finished. Add juice of 1/2 lemon and sliced lemons to the top. Add water to cover. Cook 3/4- 1 hour, till the water is absorbed and the rice is cooked.

Best if eaten cold.

SPAGHETTI SAUCE (THEA CATHERINES-MY VERSION)

1 & 1/2 CLOVES GARLIC 2 ONIONS OIL
 Put garlic, onion and oil into blender and blend till fine and white.
 Pour into heavy pan and cook until soft but not brown.

add 2 CANS OF TOMATO PASTE + 2 CANS OF WATER. MIXED

ADD 1 LARGE CAN OF ITALIAN PLUM TOMATOES. Simmer till thickened. You may want to add some water if it is too thick.

Season with SALT, RED PEPPER SEEDS, OREGANO, BAY LEAF 1/2 tsp. sugar

Simmer on low for 4- 5 hours. The longer the better.

10.

VENETIA'S TARAMA SALATA

8-10 oz. jar Tarama 4 Tarama jars of plain bread crumbs (moistened till it holds together softly with water)

2 Tbsp. grated onion with juice

Mix all these together in an electric mixer.

2 oz. (or more) lemon juice. 2 oz. wine vinegar 3-4 cups (or more) Mazola oil
1 TBSP. water

To the tarama mixture in the mixer add in the following order; Keep mixer going.

1/4 c. oil 1 tsp. lemon 1 tsp. vinegar. Mix until the oil is mixed in. Add the water.

Continue in this order until you have used 3 cups of oil.

TASTE IT. IF IT SEEMS

SALTY add more oil. Add up to another cup or a little more oil if necessary tasting after each addition mixes in. Taste and add lemon to your taste. ENJOY

OKRA (BAMYES)

Fresh 1 1/2 lbs. okra 2 lemons (Juiced)

clean tips of okra or trim and put into lemon juice.

Saute 2 chopped onions and 2 cloves garlic chopped in oil.

Add 3-4 tomatoes and parsley. Bring to a boil.

Add okra and the lemon juice.

Cook 20-30 minutes or until the okra is tender.

11.
BUREKI

FILLING 1 lb. cream cheese 2 lb. cottage cheese 2 eggs 1 lb. feta cheese.
Dry the cottage cheese by wrapping it in paper towels, lots of newspaper and weight it down.
It may take 3-5 hours.
I mix these in the machine and set aside before making the dough.

DOUGH In your kitchenaid mixer
2 tsp. salt 1 heaping tsp. sugar 1 egg 1 TBSP. olive oil
Mix together and add 2 cups cold water

Add 3 - 5 cups flour. (check consistency) when you touch the dough it should not stick to your fingers. You might need another cup of flour. Mix well and then using the kneading blade knead for about 10 minutes.

Turn out onto the table with plain flour on it. Separate the dough into 4 sections. Roll each section into a smooth ball with your thumb and hand. Put a cloth on bottom of tray, cover and let rest 10-15 minutes.

Melt 1/2 lb. butter, 1/2 lb. margarine and 2 heaping TBSP. Crisco. Keep HOT.

When rolling out dough use a mixture of 2 cups flour and 1 cup corn starch.

Put a handful of flour/starch mix on table, place 1 ball of dough on top. Add another handful of mix to the top of dough. Roll it out pie shape. (thin)

Put the butter mixture around the edges. Butter the top side. Lay it in a jelly roll pan butter side up. Do the same thing with the next ball and place on top of the first one butter side down.

Follow this procedure with the other two balls of dough.

Take the first set of dough put on table without any flour or flour/cornstarch mix.

Roll it out to fit the jelly roll pan and over lap the edges.

Put the FILLING into the pan. Sprinkle with butter mix. Roll out the other two and cover the filling loosely. DON'T SEAL.

Trim the edges with a sharp knife. Spread butter on top. Cook at 400o check at 35 minutes. Cook till well browned. May take another 15-20 minutes.

Roll the leftovers into kakmeri. They freeze well. (cook 20-25 min. at 400.)

12.

LENTIL SOUP (THEA PENNY)

1 lb. lentils (washed) cover with water add 1 tsp. sugar.
Slice thin 2 onions plus 4-5 cloves garlic 2-3 carrots sliced thin
Add one can Hunts tomato sauce (small)
Sprinkle with red pepper seeds.

Cook slowly till soft. (about 1/2 to 1 hour) Add water if needed .
About 5-10 minutes before its done pour about 1/2 cup olive oil into it mix well.
Cook another 5 minutes.

BEAN SOUP

3+ cups white beans soaked overnight in water with a tsp of baking soda.
Rinse add fresh water. then add
3 stalks celery sliced 5 carrots sliced 2 onions sliced
4 cloves garlic sliced 1 leek (optional) sliced
fresh parsley and cilantro 1 bay leaf basil
One can strained tomatos (or 1 box Parmi tomatos)
Cook all day. add oil and one cut tubeti pasta or other small pastas.

BAKED STUFFED CLAMS

1 large can Clams (48-51 oz.) get whole baby clams not chopped.

1 lb. bacon- cut into small pieces before cooking.

1 1/2 large loaves of bread. If it's a little dry all the better. Make into bread crumbs. OREGANO, GARLIC POWDER, RED PEPPER SEEDS, PARSLEY (DRY OR FRESH), POULTRY SEASONING. Approximately 1/2-1 tsp. of each.

Fry bacon, save grease. drain Clams, save liquid.

Saute Clams in Bacon grease till warm (be careful it will spit from the liquid in the clams and could burn you.) Add all seasonings. This has to be done to TASTE.

Don't overdo you can always add more.

Add freshly made bread crumbs. Add reserved clam juice last. Cook on low heat stirring occasionally till it's well blended. Fill clam shells. They freeze well. Heat at 350 for 20 minutes to 1/2 hour. Enjoy.