



**PANIYIRI**  
GREEK FESTIVAL  
COOKBOOK  
**2017**

# FOREWORD



Honeypuffs, haloumi, fragrant lamb... These are just three of the incredible flavours that make Brisbane's famous Paniyiri Greek Festival such a signature culinary event.

Over four decades Paniyiri has grown to become Queensland's signature celebration of all things Greek - a stunning success story for the little celebration that started in 1976 when a group of passionate Greek Australians wanted to share their cultural traditions with Brisbane.

Due to overwhelming popularity, we're reissuing the 40th Anniversary Paniyiri Cookbook with our **2017 BRANDING** so that Paniyiri lovers can continue to create their favourite Greek recipes at home. As such, there are some notations throughout that reflect our 2016 40th anniversary celebration. This collection of recipes has been lovingly curated with help from some very special people and places - acknowledging The Greek Orthodox Southside Parish Ladies Auxiliary, The Coffee Club, Stokehouse Q, Pony Dining Brisbane, Zeus Street Greek, The Greek Club, Brisbane's first lady of cakes Jocelyn Hancock from Cake & Bake and Brisbane's acclaimed chef Alastair McLeod from Al'FreshCo.

**ENJOY!!**

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# KUNEFE

★★ SWEET CHEESE SLICE ★★

With thanks to the Asia Minor Greek Historical Society Incorporated



## INGREDIENTS

### Filling

4 cups (1kg) ricotta cheese  
½ cup milk  
½ cup heavy cream

### Syrup

3 cups cold water  
3 cups sugar  
2 tbsp lemon juice  
1 piece lemon rind (optional)  
1 cinnamon stick (optional)

### For assembly

1 packet katifi shredded  
filo dough  
¾ cup unsalted clarified  
butter (see notes)  
4 tbsp rose water  
1 cup pistachio nuts,  
finely ground

## METHOD

### Syrup

Combine water, sugar (lemon peel and cinnamon stick if using) in saucepan and bring to the boil. Boil for 5 minutes then lower heat and simmer, uncovered, for about 15 minutes. The syrup is ready when light yellow and when small amount dropped onto wooden surface is tacky when cool. Stir the lemon juice into the syrup and allow the syrup to cool in the saucepan.

### Filling

Place the cheese, milk and heavy cream in a large bowl and mix together well.

### Assembly

Brush the inside of 25x38x5cm (approximately) baking pan all over with a little of the clarified butter. Separate the shredded dough in half by holding up and pulling apart. Spread half the dough evenly in the pan. Dip a wide pastry brush into butter and drizzle half the butter over the dough. Spread the filling over the pastry evenly. Place other half of shredded dough over the cheese filling and gently press down all over. Drizzle remaining butter over the dough. Place Kunefe in the centre of the preheated oven and cook for 35 minutes, or until golden brown. Remove from the oven and immediately pour over the rosewater quickly followed by the cooled syrup. Cover pan and allow the pastry to absorb syrup. Sprinkle with ground pistachio nuts. Serve warm or cool to room temperature.

**Clarified Butter:** To make 1½ cups of clarified butter, melt 500g of butter in a saucepan over low heat until a white foam appears on the surface. Skim and discard the foam. Slowly pour the clarified butter in a bowl, leaving and discarding the milk solids that have collected at the bottom of the pan. It will keep for a few weeks stored in the refrigerator.

**Shredded Filo Dough (Kadaifi):** To use dough, remove from box, and divide the shredded filo dough in half by holding it upright and pulling it apart. Place the dough on a dry surface and cover it with a damp cloth to prevent it from drying out until ready to use.



# BAKLAVA



## INGREDIENTS

2 packets of Filo pastry  
½ kg chopped almonds  
½ cup sugar  
½ cup breadcrumbs  
2 tsp ground cinnamon  
½ tsp ground cloves  
250g unsalted butter

## Syrup

4 ½ cups sugar  
3 cups water  
2 tbsp lemon juice  
Cinnamon stick  
Piece of lemon peel

## METHOD

Butter base and sides of a 23cmx35cm oven dish, and place 8 layers of filo, brushing every second sheet with melted butter.

Mix almonds, sugar, breadcrumbs and spices in a bowl with a wooden spoon. Divide into 3 batches.

Sprinkle first batch over the filo. Top with another 8 layers of pastry, brushing every second layer with butter. Repeat process.

Once all the nut mixture has been placed in the dish, cover with the second packet of filo. No buttering of sheets is required.

Cut baklava into triangles and pour the rest of the butter over the top.

Bake in a moderately slow oven 170°C for 10 minutes then lower the heat to 150°C and bake for 1¼ hours, until golden brown. Allow to cool slightly.

While the baklava is in the oven, the syrup should be made – place sugar and water in a saucepan and stir over medium heat until the sugar dissolves.

Add lemon juice, lemon peel and cinnamon stick and bring to the boil for 10 minutes until slightly thickened.

Leave syrup to cool completely, then pour over the warm baklava, distributing the syrup evenly.



# LOUKOUMATHES WITH YEAST

## HONEY PUFFS

## INGREDIENTS

4 cups self-raising flour  
½ tsp salt  
½ tsp vinegar  
2 ¾ cups warm water  
2 tbsp sugar  
1 packet dry yeast (sachet)  
Oil for frying  
Honey for coating  
Icing sugar and cinnamon  
for dusting

**Note:** To test the oil temperature, drop a little of the batter into the pan. If it rises to the surface immediately, then it is ready for cooking.

## METHOD

Dissolve yeast in warm water, together with the sugar, salt and vinegar.

Gradually add the flour – beating the mixture continuously.

Allow the mixture to rest until bubbles form on the surface.

Before frying can commence, the oil must be very hot. With an 'oiled' spoon, spoon the mixture into the hot oil.

Turn when cooked on one side.

Cook until golden.

Pour warmed, diluted honey over the Loukoumathes and toss. Dust with cinnamon and icing sugar.



# MELOMAKARONA

★★ HONEY-DIPPED BISCUITS ★★

## INGREDIENTS

2 cups oil  
125g butter or margarine  
3 eggs  
1 cup sugar  
2 tbsp rum or brandy  
½ cup orange juice  
1kg self-raising flour  
½ tsp cinnamon  
sesame seeds  
or grated walnuts

## METHOD

Cream butter, oil and sugar together.

Add eggs, orange juice, rum and cinnamon, and mix until well combined.

Add flour, a little at a time, to the mixture, mixing well after each addition.

As the dough is formed, work in the rest of the flour by hand. Knead the dough for a couple of minutes until it becomes soft.

Begin to shape biscuits by using approximately one tablespoon of dough per biscuit. To shape, roll by hand into a ball and then elongate.

Place all biscuits on an ungreased baking tray.

Bake in a moderate oven on 180°C for 15-20 minutes or until golden brown.

Allow to cool completely.

## Syrup

2 cups of honey  
½ cup water



# AMIGTHALOTA

★★ GREEK ALMOND BISCUITS ★★

## INGREDIENTS

½ kg almond meal  
1 ¾ cups caster sugar  
1 ½ cups instant mash  
4 tbsp almond essence  
6 egg whites  
2 egg yolks  
1 tbsp sliced almonds

## METHOD

Preheat oven to 170°C.

Combine almond meal, caster sugar, instant mash and almond essence in a large bowl.

Beat egg whites in a separate bowl to form a soft peak.

Add the egg yolk to the egg whites and continue to beat for 2-3 minutes.

Slowly bind the dry and wet ingredients together by pouring the eggs into the dry mixture in sections.

Mix ingredients until a firm paste is formed.

Place the paste into a piping bag.

Pipe biscuits onto a baking tray and garnish with sliced almonds.

Cook for 20 minutes or until lightly browned. Let biscuits cool on tray.





# HALOUMI & OLIVE BREAD

YEAST FREE

## INGREDIENTS

3 ¾ cups self raising flour  
2 ¼ cups water  
3 tsp baking powder  
3 tsp white vinegar  
3 tsp sugar  
3 tsp olive oil  
1 packet 300g Haloumi  
(or two if you like the bread to be cheesier)  
300g pitted Kalamata olives  
(more if you like olives)  
small bunch of chopped mint  
(about a handful)  
olive oil for greasing tin

## METHOD

Mix flour, baking powder and sugar together. Add vinegar, 3 teaspoons of oil and water together than add to dry ingredients, mix well.

Chop haloumi into small squares and roughly chop olives (leave some whole ones too) and then add to batter.

Grease bread tin with little olive oil, add mixture and cook in moderate oven for 20 minutes or till golden brown.

To test if bread is ready, stick a knife in the middle and if it comes out clean with no sticky dough on it, it is ready to take out of the oven.

Take out of tin and cover with clean tea towel for 10 minutes then cut and enjoy. You can leave this bread out of fridge and will last up to 4 days unless you eat it before then!



# FAVVA

SPLIT PEA PUREE



## INGREDIENTS

500g split peas  
1.5 litres water  
1 large onion  
1 clove garlic  
2 potatoes, diced (optional)  
¼ cup olive oil  
salt and pepper

## METHOD

In a large saucepan, place split peas, water, onion (make two incisions lengthwise but do not cut right through), garlic, potatoes (if using), oil, salt and pepper. Bring to the boil.

Whilst boiling, remove the froth from the surface and stir regularly. Take care that the liquid does not boil over.

Lower heat and continue cooking and stirring. (Split peas can stick to the bottom of the saucepan if not stirred regularly.)

When the split peas have softened, remove the saucepan from the heat and puree in a blender or with a hand-held mixer until thick and creamy



# MAVROMATIKA FASOLIA

★★ BLACK-EYED BEANS ★★

## INGREDIENTS

500g black-eyed beans  
1/3 cup olive oil  
1 onion, finely chopped  
2 large, ripe tomatoes, grated  
2 tbsp tomato paste  
salt and pepper

## METHOD

Wash the beans, place in a saucepan with plenty of water and boil for about 30 minutes until just tender. Strain.

In a large frypan, heat the oil, add the onion and sauté until soft.

Add the tomatoes, tomato paste, salt and pepper and cook until sauce is thick.

Add the beans, stir well and cook for about 10 minutes.

### Variation:

*This recipe can be made into a soup by adding water to the tomato sauce and finishing off by adding a little vinegar.*



# YEMISTA

★★ GREEK STUFFED TOMATOES AND PEPPERS ★★

*With thanks to the Paniyiri Cooking Program Committee*



## INGREDIENTS

6-8 ripe tomatoes  
(taking out the flesh)  
4 capsicums  
(with all the seeds removed  
from the inside)  
300g beef mince  
200g pork mince  
1 x 400g tin diced tomatoes  
Half bunch finely chopped  
dill (to taste)  
Olive oil  
1 cup medium grain rice  
Salt and pepper to taste  
3 cloves garlic  
1 diced brown onion

## METHOD

Cut tops off tomatoes and capsicums scoop out the pulp and seeds and drain upside-down.

In a fry pan heat oil sauté onions & garlic until soft add mince tomatoes rice dill until combined.

Fill the tomatoes and capsicums with the mixture.

Cover each vegetable with its top & sprinkle with salt, pepper and parmesan.

Drizzle a little oil over them.

Bake in a hot oven 200°C until rice is cooked and soft.

Serve warm or cold.







# ARNI ME AGINARES STO PILINO

## OVEN BAKED LAMB AND ARTICHOKE

With special thanks to The Greek Club South Brisbane  
[www.thegreekclub.com.au](http://www.thegreekclub.com.au)



### INGREDIENTS

2kg lamb on the bone

10 artichokes

1 bunch of eschallots

1 bunch of dill

1kg Greek Yoghurt

4 eggs

1 litre of vegetable stock

1 cup of olive oil

2 lemons

2 tbsp of plain flour

1 cup of Kefalograviera  
cheese

### METHOD

Season lamb with salt and pepper, to a large pot add half a cup of olive oil, chopped eschallots and fry lamb until brown.

Once lamb has browned add the stock to the pot and leave to simmer until meat is soft and liquid has reduced (approx. 1 hour).

In a bowl mix together the Greek Yoghurt, 4 eggs, flour and half a cup of olive oil and set aside.

Clean artichokes and squeeze the juice of the 2 lemons over them (this will prevent them from turning a dark colour).

Once artichokes are prepared boil them until they are tender.

Once all ingredients are prepared place the artichokes and lamb in a clay pot and pour over yoghurt sauce.

Sprinkle dill and Kefalograviera cheese on top and put into the oven to bake at 180 degrees for 25 minutes or until cheese is golden on top.

Enjoy!



# TZATZIKI

★★ CUCUMBER, GARLIC AND YOGHURT DIP ★★

## INGREDIENTS

1kg yoghurt

2 large cucumbers

salt

2 cloves garlic, crushed

2 tbsp olive oil

1 tbsp lemon juice

## METHOD

Place yoghurt in a bowl.

Peel and grate the cucumbers.

Place these in a small bowl and sprinkle with salt. Leave for half an hour for cucumbers to release juices, then squeeze the juices completely from cucumbers.

Add cucumber and garlic to the yoghurt and mix thoroughly.

Add oil and lemon juice, little by little, mixing (not beating) with a fork till well blended and smooth.

Chill well. Serve with crackers or fresh bread.



# TARAMOSALATA

★★ FISH ROE DIP ★★

## INGREDIENTS

100g tarama

5-6 slices of bread, crusts removed

1 onion

juice of 1 lemon

1 cup of olive oil

## METHOD

In a food processor, process onion until finely chopped.

Add the tarama and process until blended.

Soak bread under running tap and squeeze dry.

Place bread in a processor and blend together.

Add alternately the oil and lemon juice, a little at a time, blending continuously.

Store in an airtight container, in the refrigerator.

Serve as a dip with crusty bread or crackers.







# SAGANAKI SALAD

With special thanks to Zeus Street Greek in South Bank  
[zeusstreetgreek.com.au](http://zeusstreetgreek.com.au)

## INGREDIENTS

### Salad

240g washed Cos lettuce

100g drained chickpeas

40g thin sliced radish

15g Kefalograviera (Greek hard cheese) wafers

25g lemon olive oil dressing

40g tahini dressing

### Tahini Dressing

15g tahini paste

1.5g crush garlic

30g water

## WAFERS

Preheat oven to 180C

Evenly place kefalograviera on a baking tray lined with non-stick baking paper and bake for 10 minutes or until light brown and crispy.

Set aside to cool.

## TAHINI DRESSING

Whisk all ingredients in a bowl.

## METHOD

In a large bowl, toss lettuce with lemon dressing to cover.

Transfer on to a serving bowl adding radish and chickpeas.

Drizzle tahini dressing.

Season with salt and pepper.

Scatter wafers over the lettuce.



# KEFTETHES

★ ★ FRIED MEATBALLS ★ ★



## INGREDIENTS

1 large onion  
2-3 ripe tomatoes  
1kg lean mince  
1tsp ground cumin  
2 eggs  
¾ cup breadcrumbs  
4 cloves garlic, crushed  
Parsley or mint, chopped  
2 tsp salt  
1 tsp pepper  
1 tsp vinegar  
Plain flour for coating  
Vegetable oil for frying

## METHOD

Place onion and tomatoes in blender and mix until smooth.  
Place all other ingredients in a large bowl.  
Add tomato mixture and mix well. Let mixture stand for approximately 30 minutes or more to allow for flavours to blend.  
Form into small round balls and coat lightly with flour. Deep fry in hot oil till brown and cooked through.

# SPANAKORIZO

SPINACH WITH RICE

*With thanks to the Paniyiri Cooking Program Committee*



## INGREDIENTS

1 large bunch of English Spinach (or Silverbeet), coarsely chopped  
1 large onion  
½ cup Olive Oil  
4 ripe tomatoes, grated  
1 cup parsley, chopped  
1 cup of medium rice  
1 cup of water

## METHOD

In a large saucepan, sauté the onion in Olive Oil.  
Add spinach (or silverbeet) and simmer for 10 minutes.  
Add tomatoes and parsley and simmer for further 5 minutes.  
Add rice and water; stir well, cover pan and cook for approximately 15 minutes (adding more water if necessary) until rice is cooked.





# HALOUMI & HORIATIKI SALAD

★★ WITH PITA, EGGPLANT CHIPS & YOGHURT DRESSING ★★

*With thanks to the Paniyiri Cooking Program Committee*

## INGREDIENTS

### Grilled Haloumi

Haloumi

Flour

Lemon & Olive Oil

### Horiatiki Salad

3 ripe tomatoes

2 green capsicums

1 cucumber

1 medium red onion

Green peppers

Salt pepper & oregano

Black olives

180g Feta cheese - cubed

Extra virgin olive oil

## METHOD

Cut Haloumi into ½ centimetre pieces.

Lightly dust with flour.

Pan fry in olive oil until golden.

Cut up all salad ingredients and place on a plate.

Season with salt and pepper and sprinkle with oregano and olive oil.

## INGREDIENTS

### Pita Bread

250g natural yoghurt

250g self-raising flour  
plus extra to dust

1 tsp sea salt

½ tbsp baking powder

### Yoghurt Dressing – Tzatziki

½ kg Greek Yoghurt

1 large cucumber

Salt

1 clove garlic

1 tbsp olive oil & lemon juice

### Eggplant Chips

1 Eggplant

Flour

Salt and pepper

1 egg

Milk

Seasoned breadcrumbs

## METHOD

Place yoghurt in a food processor, and combine all ingredients until dough forms.

Turn onto floured board and knead for 2 minutes until smooth Divide into 6 portions.

Roll each portion onto a floured surface into 15cm round. Set aside.

Grill in a pan or on a barbeque with a little oil.

Place yoghurt in a bowl.

Peel and grate cucumber, sprinkle with salt.

Leave to drain, then squeeze out juices.

Add cucumber and garlic to yoghurt and mix.

Add oil, lemon juice and mix with a fork until smooth and blended. Chill.

Cut eggplant into cubed chips and cover in flour.

Dip into egg and milk wash, and coat in seasoned breadcrumbs.

Freeze until cold and firm.

Deep or pan fry in oil until golden.

*Plate up the greek salad towered, place grilled haloumi & eggplant chips on side of salad serve with tzatziki dip.*

# STUFFED ROAST CHICKEN BREAST

WITH ROCKET, CUCUMBER, AND PICKLED CHILLIES

With special thanks to Matt Wood from Stokehouse Q at South Bank  
[stokehousebrisbane.com.au](http://stokehousebrisbane.com.au)

## INGREDIENTS

### Stuffing

750g butter,  
room temperature

500g shallots, finely chopped

15g flat leaf parsley,  
finely chopped

10g oregano, finely chopped

500g breadcrumbs

40g Dijon mustard

1 ½ tsp salt

Zest of 3 lemons, keep the  
lemons for finishing

## METHOD

Place 50g of the butter in a large sauce pot and melt over a low heat.

Add the finely diced shallot to the pot and gently stir. Cook until the shallot has softened and turned translucent, take care not to let the shallot take on any colour.

Place all remaining ingredients in the bowl of a standard mixer fitted with the paddle attachment.

Scrape the cooked shallot, and the butter it was cooked in, into the mixing bowl with the other ingredients.

Beat the mixture on medium speed for 3-4 minutes until thoroughly combined.

The mixture should stick together but be easily malleable without crumbling. Add more butter or breadcrumbs if necessary to adjust the consistency.

Spoon the stuffing into a piping bag fitted with a large plain round nozzle and set aside for later use.

Starting at the fat end of the first chicken breast, push your finger under the skin and move it from edge to edge and down towards the point of the breast to create a pocket between the skin and the breast.

Insert the nozzle of the piping bag under the skin and fill the pocket with ¼ of the stuffing mixture, gently pat the skin to evenly spread the stuffing from edge to edge. Repeat with the remaining three breasts, then place in the fridge for 15 minutes to firm up.

Meanwhile, use a mandoline slicer to slice the cucumber into 3mm thick strips.

Put the strips of cucumber in a mixing bowl and season well with salt, toss to combine and then set aside to marinate for 15 minutes.



## INGREDIENTS

### Chicken

4 corn fed chicken breasts,  
skin on

2 whole cucumbers

Approx. 3 tsp salt

400ml chicken stock

200g unsalted butter, diced

20g pickled capers

Extra virgin olive oil (at least  
½ cup – more if desired)

1 small jar Piperies Toursi\*\*

Rocket leaves (Approx.  
12-15 leaves to garnish)

*Piperies Toursi are a type of sharp, pickled Greek chilli. They can be purchased from any Greek market or deli. Some supermarkets with a sizable international section may also stock them. These can be replaced with any mild pickled chilli or pepper if desired.*

## METHOD

### To finish

Place the 4 chicken breasts in a deep roasting pan, skin side up, pour in the chicken stock, add the diced butter and place in a preheated 200°C oven for 25 – 30 minutes.

Open the oven every 8-10 minutes and baste the chicken breasts with the liquid from the pan.

The cucumbers will have leaked out a small amount of liquid, drain this off and discard, then taste the cucumber. If you find it too salty simply rinse under cold running water and pat dry with paper towel.

Add the capers to the cucumber, with a generous glug of extra virgin olive oil, and toss to combine.

Check if the chicken breasts are done by inserting a digital probe into the fattest part of the breast. You want it to reach a core temperature of 60°C. Once cooked, remove from the oven, baste again with the roasting juices and set aside to rest for 3 minutes.

Place each breast on individual serving plates of your choosing.

Arrange the salted cucumber and caper salad in a neat pile next to the chicken breast, top the salad with 2 or 3 whole Piperies Toursi and garnish with a couple leaves of rocket.

Cut one of the zested lemons into quarters, squeeze a quarter of lemon juice over each plate. Add another generous glug of olive oil to finish. Serve immediately.

# MELITZANES PAPOUTSAKIA

★★ STUFFED EGGPLANT ★★

## INGREDIENTS

500g beef mince  
1kg large eggplants  
salt  
2 tablespoons oil  
1 onion, chopped  
2-3 cloves garlic, crushed  
½ cup dry wine  
2 ripe tomatoes, grated  
2 tbsp tomato paste  
½ cup parsley, finely chopped  
1 cinnamon stick  
2-3 bay leaves  
1 tsp cumin  
pinch ground cloves  
salt and pepper, to taste  
½ cup water

## METHOD

Cut eggplants in half lengthwise. Scoop out the flesh. Reserve the flesh for filling. Sprinkle eggplant shells with salt and set aside for approximately 1 hour.

In a saucepan, heat the oil and fry the onion, garlic and mince until brown.

Reduce heat, add wine and cook for 2 minutes.

Add chopped eggplant flesh, tomatoes, tomato paste, parsley, cinnamon stick, bay leaves, cumin, cloves, salt, pepper and water and allow to simmer for approx.. 15 minutes until liquid is absorbed. Remove cinnamon stick and bay leave.

Rinse the eggplant shells, pat dry and lightly fry the outside of eggplant in a little oil.

Fill the eggplant shells with the mince mixture and place them in a casserole.

Melt butter in a saucepan, stir in flour and cook on low heat for 2 minutes.

Increase heat and add milk, stirring constantly, until sauce begins to boil.

Add cheese and boil gently for 1 minute.

Remove from heat and stir in nutmeg, salt and pepper to taste.

Pour sauce over eggplants and sprinkle with grated cheese.

Bake in a moderate oven 180°C for 15-20 minutes.



# MOUSSAKA

★★ EGGPLANT AND MINCE WITH BÉCHAMEL SAUCE ★★

## INGREDIENTS

1½ eggplants, sliced  
600g lean beef mince  
1kg potatoes  
1 onion, grated  
4 cloves garlic, crushed  
¼ cup oil  
½ cup dry wine, red or white  
2 ripe tomatoes, grated or  
1 can tomato puree  
2 tbsp tomato paste  
2 tbsp parsley, chopped  
Pinch cinnamon  
Pinch cumin  
Salt and pepper  
Extra oil

## Béchamel Sauce

100g butter  
3 tbsp plain flour  
2 tbsp cornflour  
1 litre of milk  
4 egg yolks  
½ grated tasty cheese

## METHOD

Slice potatoes and fry lightly in oil.

Drain and arrange half the potato slices in one layer on the base of a baking dish.

Fry onion and garlic in oil until soft. Add mice and brown all over.

Add wine, tomatoes, tomato paste, parsley, cinnamon, cumin, salt and pepper and cook for a further 10 minutes.

While this is cooking, sprinkle the eggplants lightly with salt and brush each slice lightly with oil.

Place eggplant under griller and cook until golden brown (approximately 10 minutes).

Place grilled eggplant slices over the layer of potatoes in the baking dish then add the mince sauce and top with another layer of potatoes.

To make the béchamel sauce, melt butter in a saucepan, remove from heat, add flour and cornflour, then return to low heat, stirring well.

Remove from heat again and stir in milk. Replace on gentle heat and stir until mixture thickens.

Beat egg yolks and add sauce, stirring well.

Remove from heat and stir in grated cheese.

Pour the hot sauce over the top layer of potatoes in the baking dish.

Bake in a moderate oven 180°C for 40-45 minutes, or until golden.







# LEMON CHICKEN YIROS

★★★ WITH TZATZIKI ★★★

With special thanks to The Coffee Club  
[www.coffeeclub.com.au](http://www.coffeeclub.com.au)

## INGREDIENTS

500g chicken breast fillets,  
thinly sliced

20ml olive oil

30ml lemon juice

4 x Yiros wraps

10g fresh dill, chopped

80g mesclun lettuce

150g cherry tomatoes, halved

40g feta, crumbled

4 x lemon wedges

## Tzatziki

200g Greek Yoghurt

75g cucumber, finely diced

10g mint, finely sliced

15ml lemon juice

Pinch salt

## METHOD

In a mixing bowl, place chicken, oil and lemon juice and mix well.

Heat flat grill and cook chicken for approximately 2-3 minutes until chicken is cooked through. Set aside.

Heat Yiros wraps as per packet instructions then top with chicken, fresh dill, lettuce tomato, feta then tzatziki and fold.

Place on serving plate with skewered lemon wedge to hold wrap together.



# SPANAKOPITTAKIA

★ ★ SPINACH TRIANGLES ★ ★



## INGREDIENTS

2 tbsp oil  
½ bunch shallots, chopped  
½ cup parsley, finely chopped  
a few sprigs of fresh fennel  
or dill, finely chopped  
2 bunches spinach, chopped  
½ cup water  
200g feta cheese, grated  
100g romano cheese, grated  
3 eggs, lightly beaten  
ground pepper  
250g unsalted butter  
1 packet filo pastry  
melted butter for brushing

## METHOD

In a frypan, heat the oil and sauté the shallots, parsley and fennel or dill.

Add spinach and water, cover pan and cook gently until spinach has wilted.

Remove pan from heat and drain spinach mixture in colander to remove excess liquid.

Place spinach mixture in a bowl, add both cheeses, beaten eggs and pepper and combine well with a fork.

Melt the butter in a saucepan.

Unroll filo and cut into 3 even sections.

Take one strip of filo, fold in half lengthwise and brush with melted butter.

Place a generous teaspoonful of the spinach mixture towards the bottom edge of the strip and fold end of strip diagonally over filling to form a triangle. Fold up once, then fold diagonally to opposite side. Keep folding in a triangle to the end of the strip.

Repeat with the remaining mixture and filo.

Place finished triangles on baking tray and brush tops lightly with melted butter.

Bake in a moderate oven 180°C for 15-20 minutes until golden brown.

Remove from the oven and serve hot.



# DOLMATHAKIA

STUFFED GRAPE VINE LEAVES



## INGREDIENTS

500g lean beef mince  
¾ cup oil or butter  
2 chopped onions  
500g chopped tomatoes  
or 15 grams tin tomatoes  
2 tbsp mint or dill  
2 desert spoons tomato paste  
¾ cup rice  
salt, pepper  
juice of one large lemon  
50-60 grape vine leaves

## METHOD

Heat ½ the oil in saucepan and sauté onions till soft.

Add the meat and cook till browned.  
Add tomato paste and chopped tomato.  
Add herbs and spices. Stir continuously.  
Add rice and boiling water.

Cool until moisture is absorbed. Set aside to cool.

Place a teaspoon of the mixture into the centre of each vine leaf (rough side up) fold in sides and roll – not too tight.

Cover bottom of saucepan with extra vine leaves

Place rolled Dolmathkia side by side in layers until saucepan is full.

Sprinkle top of Dolmathkia with lemon juice and remainder of oil and water.

Place a plate on top to prevent from unrolling. Cover and cook gently for approx. 45 minutes.



# HALVA AND ESPRESSO CHEESECAKE

*With special thanks to Brisbane's first lady of cakes,  
Jocelyn Hancock from Cake & Bake at West End*

[www.cakeandbake.co](http://www.cakeandbake.co)



## INGREDIENTS

400 g cream cheese, soft  
85 g caster sugar  
½ tsp vanilla extract/paste  
3 whole free range eggs  
350 g halva  
30 ml espresso, cold  
125 gm cream fraiche  
60 gm chopped bittersweet  
chocolate

## METHOD

Grease and paper line the base and sides of a 23cm spring form tin. Wrap firmly in tin foil. Set aside.

Beat the softened cream cheese with the sugar until light in texture and smooth.

Add the vanilla, then eggs gradually, beating well. Add crumbled halva and chocolate crème fraiche and coffee. Combine well and pour into tin.

Place in a water bath with hot water coming a 1/3 of the way up the side of the tin.

Bake for 35 mins, or until just set. Remove from oven and water bath and foil then cool completely before placing in fridge.

Serve as is or with a crisp biscuit or a sprinkle of praline. Cut with a hot dry knife.

Keeps up to 4 days in the refrigerator.

# KARITHOPITA

★★ WALNUT CAKE WITH SYRUP ★★



## INGREDIENTS

6 eggs  
1 cup sugar  
1 ½ cups breadcrumbs  
1 ½ cups walnuts, chopped  
½ tsp cinnamon  
¼ tsp ground cloves  
1 tsp baking powder

## METHOD

Separate egg yolks from whites and beat the egg whites until stiff.

Beat the yolks separately, with sugar until thickened.

Add the breadcrumbs, walnuts, egg and sugar mixture, spices and baking powder into the egg white mixture. Mix until well combined.

Place mixture into a greased rectangular tray.

Bake in a moderate oven at 170°C for about 20 minutes, or until cake is golden brown.

Allow cake to cool.

## Syrup

3 cups water  
2 cups sugar  
1 tbs lemon juice  
piece of lemon peel  
1 cinnamon stick

Combine all ingredients in a saucepan. Bring to the boil and simmer for about 10 minutes.

Remove from heat, and allow to cool slightly.

Using a ladle, cover the cold cake evenly with the warm syrup.

Cut into diamond pieces and serve.

*Note: If the cake has been left to get cold, then the syrup must be hot. Or alternatively, if the syrup is cold, the cake must be hot.*







# COAL ROASTED LAMB RUMP

ALMOND SKORDALIA, FREEKEH, SPICED EGGPLANT, SPINACH

With special thanks to chef Chris Mann from Pony Dining Brisbane at Eagle Street Pier  
[www.ponydiningbrisbane.com](http://www.ponydiningbrisbane.com)

## INGREDIENTS

4 Lamb rumps  
2 bunch English spinach  
Almond Skordalia  
100g Blanched Almonds  
3 large Desiree potatoes  
4 cloves roasted garlic  
Juice of a lemon  
Olive oil  
Salt & black pepper

### Spiced Eggplant

50ml olive oil  
1 brown onion, diced  
2 red chilli, diced, seeds removed  
2 Lebanese eggplant, sliced into rings  
400g tin tomato puree  
1 tsp fennel seed, ground  
1 tsp cumin seed, ground  
1 tsp coriander seed, ground  
1 tsp dried oregano  
Red wine vinegar, to taste  
Salt

### Freekeh

200g Freekeh  
400ml water  
Freshly chopped parsley  
Olive oil  
Salt & pepper

## METHOD

Preheat oven to 190°C

Evenly salt eggplant and set aside for 1 hour to sweat.

Place Freekeh in pot with water, bring to boil, reduce heat to a simmer and cook until light and fluffy about 10 minutes. Keep warm.

Dry roast almonds in hot pan until slightly coloured, add garlic and cook until coloured.

Add to food processor.

Cook the potatoes in plenty of lightly salted, boiling water until tender. Then drain well and mash with the almond mixture. Add the lemon juice with quite a bit of oil, a little at a time, mashing until the mixture forms a puree. Taste for seasoning.

Dry eggplant with paper towel.

In another pot sauté onion with olive oil until softened add eggplant and all other ingredients and cook until eggplant is tender, about 20 minutes.

Season lamb with salt and pepper.

Sear lamb in a hot pan and roast in oven until desired doneness (I like it nice and pink).

Brush lamb with pan juices and set aside to rest.

When ready to serve, cover the top of the lamb with chopped herbs, and slice.

Sauté spinach in hot pan with small amount of oil and salt.

Assemble all elements on plate and serve immediately.

*pony*

# COCONUT HALVA WITH SYRUP

LITSA STILIANOS

*This Greek recipe was my grandmother's and it has been passed on through generations and it is simply divine. It is now my signature dish.*



## INGREDIENTS

250g butter  
6 eggs  
2 cups of self raising flour  
250g coconut  
1 cup milk  
1 ½ cups sugar  
coconut for decorating

## Syrup

2 ½ cups sugar  
3 cups water  
lemon juice  
cinnamon stick  
Brandy (optional)

## METHOD

Boil sugar, water, lemon juice and cinnamon stick for 15 minutes, add brandy in last 5 minutes. Leave to cool in saucepan.

Beat butter and sugar until creamy and white.

Add eggs one at a time and continue to beat.

Fold in coconut, flour and milk alternately.

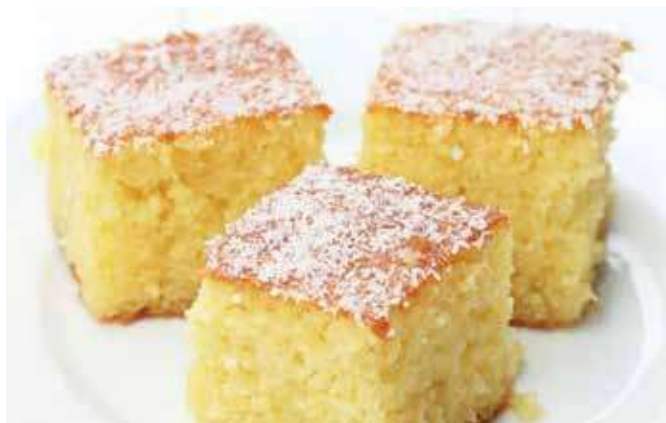
Spread mixture into a greased rectangular heavy baking dish.

Bake in a moderate oven (approximately 45 minutes) until golden brown.

Gently pour cooled syrup over hot cake.

Decorate with coconut and cut into squares or diamonds.

Serve with cream, or halva ice cream (ice cream with almond halva crushed through it).



# HALVA TIS KATSAROLAS

★ ★ BOILED SEMOLINA CAKE ★ ★

*With thanks to the Paniyiri Cooking Program Committee*

## INGREDIENTS

1 cup olive oil or 250g butter  
½ cup chopped almonds  
2 cups coarse semolina  
½ cup honey  
½ tsp cinnamon  
½ tsp cloves

## Syrup

2½ cups sugar  
5 cups water  
1 cinnamon stick

Optional:  
Roasted chopped almonds

## METHOD

Combine the sugar & water over heat. Bring to the boil & then simmer for about 10 minutes until it becomes light syrup.

Leave to cool.

Place oil in a saucepan & heat until very hot.

Add semolina & almonds & stir through until semolina is golden brown & the almonds have roasted.

Take off heat & pour in the syrup & honey

Stir thoroughly until thick.

Pour into a jelly mould or a large flat tray.

Leave to cool and set.

Can be served either warm or cold.

Sprinkle with cinnamon (and almonds optional).

*This is a fasting cake if you use oil / non dairy*



# OREGANO CRUMBED HERVEY BAY SCALLOPS

★★ WITH CAULIFLOWER, ALMONDS AND PEAS ★★

*With special thanks to chef Alastair McLeod from Al'FreshCo*  
[alfreshco.com.au](http://alfreshco.com.au)

## INGREDIENTS

5 tbs extra virgin olive oil

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1 medium brown onion,  
finely diced

---

300ml cream

---

250g cauliflower, trimmed  
into small florets

---

Sea salt and freshly milled  
pepper

---

160g peas

---

50g blanched almonds

---

1 tbs lemon juice

---

20 Hervey Bay scallops in the  
half shell

---

Plain flour for dusting scallops

---

2 eggs, beaten

---

200g breadcrumbs + 1 ½ tbs  
dried oregano

---

Pea tendrils, to garnish

---

## METHOD

Preheat oven to 160°C. Heat 2 tbs of olive oil in a medium  
saucepan, add onion and cook slowly until soft and translucent.

Add cream and cauliflower and simmer over low heat for  
14 minutes and tender.

Keep stirring to ensure the mix doesn't catch. When cooked,  
strain and reserve the cream.

Blend the cauliflower, adding in a little of the cooking liquor  
if required. Season to taste and keep warm. Bring a small  
pot to the boil and blanch peas for 1 minute then drain and  
plunge into iced water then drain again.

Toast almonds for ten minutes in preheated oven then  
coarsely chop.

Make a simple dressing with lemon juice, remaining olive oil  
and season.

To prepare scallops, remove from the shells. Toss in flour  
then shake off excess.

Next pass through beaten egg, removing excess egg then  
toss in breadcrumbs/oregano.

To serve, deep fry scallops in a deep fat fryer preheated  
to 175°C for 3 minutes.

Drain well. Spoon cauliflower puree into each shell  
and place a scallop on each.

Combine peas, almond and dressing and arrange on  
scallops. Finish with pea tendrils.







# YIAYIA BETTY'S GREEK ALMOND CRESCENTS

With thanks to Chez Nous Corporate  
[www.cheznouscorporate.com.au](http://www.cheznouscorporate.com.au)



## INGREDIENTS

- 1 cup castor sugar
- 375g unsalted butter
- 3 egg yolks
- 1 cup cornflour, sifted
- 1 cup plain flour, sifted
- 3 cups self-raising flour, sifted
- 1 cup of toasted blanched almonds, chopped
- 3 tsp vanilla extract
- 3 tbsp brandy

## METHOD

Beat butter and sugar until well combined. Add egg yolks one at a time, mixing well after each addition and then add vanilla and brandy.

To this, add flour and almonds, a little at a time until the desired consistency is achieved. The dough is ready to use when you can roll a piece by hand without it feeling sticky or crumbly.

Take small amounts of dough and form into crescent shapes or you use a cookie cutter for a more symmetrical result.

Arrange biscuits onto baking trays and bake in moderate oven on 180°C for approximately 20 minutes, until golden brown.

Remove and dust with sifted icing sugar.

# SHAMISHI

## FRIED CUSTARD PASTRIES

*With thanks to the Cypriot Youth of Brisbane,  
a sub-committee of the Cypriot Community Association of Queensland*

### INGREDIENTS

#### Filling

1 cup semolina

1 cup sugar

3 cups water

½ cup canola oil

5 small mastic crystals

2 tbsp sugar

#### Pastry

4 cups plain flour, sifted

½ cup canola oil

300ml warm water

1 tbsp lemon juice

1 tsp salt

Olive oil for brushing

Canola oil for shallow frying

Icing sugar to dust

### METHOD

#### Filling

Using a mortar and pestle, grind mastic crystals and 2 tablespoons of sugar into a powder.

In a large saucepan on medium heat add semolina, sugar, ground mastic, water and oil.

Continue stirring until mixture boils and thickens.

Set aside for 30 minutes to cool.

#### Pastry

Sift flour into electric mixer bowl and add salt.

In a jug mix water, lemon juice and oil, then pour into the flour.

Mix at medium speed until mixture comes together and forms a ball.

Roll into 4 even balls and place pastry in individual plastic bags to rest for 30 minutes.

Roll out each pastry ball with a rolling pin until it is as flat and thin as possible.

Cut pastry into 10 x 10cm squares and brush with olive oil.

#### Assembly

Place 1 full teaspoon of mixture into centre of pastry.

Fold corners into the centre.

To seal the last corner add a small amount of mixture to stick.

Fry shamishi folded side facing down until golden brown, then turn over for a few seconds.

Place onto a paper towel to absorb any excess oil.

Dust with icing sugar to serve.

Makes 35







## BOUYATSA

With thanks to Alice Vazanellis,  
author of *Breaking Bread*



### INGREDIENTS

1 packet puff pastry (6 sheets)  
6 cups full cream milk  
1 cup semolina  
1 cup sugar  
2 egg yolks  
1 tbsp vanilla extract  
Zest of half a lemon  
Melted butter  
Cinnamon  
Icing sugar

**Tip:** Take care when eating these, many people have burnt their mouths with the custard. Let them cool a few minutes before serving.

### METHOD

Take pastry out of freezer while you prepare custard.

Heat a pot with the milk, when warm, add sugar, semolina, vanilla and lemon zest, whisk briskly

Whisk egg yolks with ½ cup of the milk mixture, add to custard, keep whisking custard until it thickens – when bubbles appear, take off stove – let it cool.

Cut each pastry sheet into 4, so you have 4 squares.

Brush with butter, place a heaped tablespoon of custard in the middle and fold opposite corners to form an envelope.

Butter top of Bouyatsa, either freeze, separating each layer with grease proof paper so they don't stick, or cook them right away. I like to make a batch and freeze them, so I always have a dessert ready to go.

Simply preheat oven and take out of freezer.  
Cook as many as you need when oven heats up.

Bake in 180°C oven for 25-30 minutes.

Dust with icing sugar and cinnamon.

**Note:** Brush edges of pastry with water when folding over to stop from opening.

## KTAPOTHI ME SALSA

### ★★ OCTOPUS WITH SAUCE ★★

With thanks to Lisa Peterson and Desi Carlos,  
authors of *Mediterranean Eating*

### INGREDIENTS

500g baby octopus  
1/3 cup extra virgin olive oil  
2 cloves garlic, sliced  
2/3 cup chicken stock, salt reduced  
2 onions, chopped  
½ cup red wine  
400g tinned diced tomatoes,  
no added salt  
Pinch of pepper

### METHOD

Place baby octopus in a saucepan and cook on a low heat until tentacles curl, approximately 1 minute.

Add the oil, stock, garlic and onions. Sauté the mixture for 2 – 3 minutes over a moderate heat.

Pour in the wine and when it has almost evaporated, add the tomatoes and pepper.

Cover and simmer on low heat for about 1 hour.

Remove the lid and continue to cook until sauce thickens, approximately a further 30 minutes.

Serving suggestion – Steamed rice

Serves 4







## COOKING DEMONSTRATION PROGRAM

Famous as much for the flavour as for the fun, the Paniyiri Greek Cooking Demonstrations are held on Level 1 at The Greek Club and are one of the absolute highlights of the festival.

Over two packed days the program presents the ultimate Greek culinary adventure, with demonstrations designed for lovers of food and cooking enthusiasts of all levels. Greek chefs, famous cooks of Brisbane, Channel 7 Celebrities and of course, Greek Yia Yias (grandmothers) all take part and share their secrets. And best of all, the Cooking Demonstration Program is free!

•• **Saturday 20th May** •• **12.30pm – 5.00pm** ••  
•• **Sunday 21st May** •• **11.00am – 5.00pm** ••



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