

GREEK RECIPES

Recipes for people
affected by cancer



Produced and Published by Centre for Rural Health, University of Tasmania, Launceston Tasmania 7250.

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ISBN: 978-1-922352-43-9

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Acknowledgements

We would like to thank the following people for their contribution to the development of the recipe book and visual displays.

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Project collaborators and supporters

University of Tasmania, Greek Community of Tasmania, Cancer Council Tasmania, Eating with Friends

Funding

This project is funded by the Tasmanian Community Fund

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Introduction and Welcome

Nutrition is important during cancer treatment

Good nutrition plays a vital role in helping the body during cancer treatment and the healing process. During treatment, a person may not feel like eating, and not eating enough can make a person weak and affect their ability to cope with treatment.

The body needs more energy during cancer treatment. Eating well will help boost the immune system, help fight infection, boost energy levels and maintain muscle and body strength, and help speed up recovery and manage side effects. Good nutrition can also help heal wounds and repair damaged tissue.

Culturally relevant food and nutrition

Having nutritious, tasty, food options that are culturally relevant is vital so people with cancer can eat enough to fuel their bodies and enjoy their food. Access to culturally appropriate recipes will help people with cancer and their families cope with the changes that are occurring and increase the information that is available to them.

The recipe project

The aim of the recipe project was to create a nutritional recipe book that is culturally relevant for members of the Greek community undergoing cancer treatment. The project team worked with the local Greek community in Tasmania to develop a recipe book of nutritious, tasty, Greek meals. All recipes in this recipe book were contributed and recommended by the community. The recipes have been adapted by the project team to make them more suitable for people undergoing cancer treatment. This recipe booklet provides people undergoing cancer treatment and their families with meal options to choose from.

Free access to recipe book and visual displays

An electronic version of this recipe book and visual displays are available through the [Cancer Council Tasmania](https://www.cancertas.org.au) website for free at: <https://www.cancertas.org.au>.

Further information

There are several information resources on Cancer Council Australia website which relates to nutrition and cancer treatment. The following link from Cancer Council Australia website provides information on why eating well is important - Nutrition and Cancer A guide for people with cancer, their families and friends First published July 1998 as Food and Cancer. This edition June 2019. © Cancer Council Australia 2019. ISBN 978 1 925651 51 5 Nutrition and Cancer is reviewed approximately every three years. Check the publication date above to ensure this copy is up to date.

[Nutrition and Cancer](https://www.cancercouncil.com.au/wp-content/uploads/2016/07/UC-Nutrition-CAN756-MARCH-19.pdf)

(www.cancercouncil.com.au/wp-content/uploads/2016/07/UC-Nutrition-CAN756-MARCH-19.pdf)

Project evaluation

The project team invites you to provide anonymous feedback and comments about the recipe book and visual displays through a [Connecting Through Food: Traditional Recipes for Cancer Recovery survey](https://surveys2.utas.edu.au/index.php/635647?lang=en) which is available at: <https://surveys2.utas.edu.au/index.php/635647?lang=en>

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Greek Meatballs



Serves 4

PREPARATION TIME: 20 minutes

COOKING TIME: 35 minutes

Ingredients

- 250g Beef or Pork mince
- 1 clove garlic, finely chopped
- 2 tsp American Mustard
- 1 Egg
- 1 tsp garlic powder (optional)
- 2 tsp Onion powder
- 1 tsp All spice powder
- 80ml Light thickened cream
- 50g Breadcrumbs
- 2 tbsp Olive oil, extra virgin
- Salt and pepper to taste

NUTRITION INFORMATION

	Per Serve (120g)	Per 100g
Energy	1345kJ	1118 kJ
Protein	24.5g	20.4g
Fat, total	20g	16.7g
Saturated fat	6.6g	5.5g
Carbohydrates	10.7g	8.9g
Sugar	1.9g	1.6g
Sodium	193mg	161mg
Fibre	1.3g	1g

Allergens

Egg, dairy (cream), gluten (breadcrumbs)

Recipe from Mrs Praxia Kounelis.

Method

STEP 1

Preheat oven to 180°C (fan forced) or 200°C (not fan forced).

STEP 2

Place all ingredients into a bowl and mix together until a smooth, even consistency is achieved.

STEP 3

Roll mixture into 4cm round balls in the palms of your hands then squash slightly.

STEP 4

Cover the bottom of a fry pan with oil and heat over a medium stove element.

STEP 5

Fry the meatballs a few at a time until golden brown all over placing on an oven tray when they are done until all have been cooked.

STEP 6

Place the tray of meatballs in the oven for 15 – 20 minutes or until cooked through.

STEP 7

Remove from oven and serve hot with pita bread and tzatziki (see recipe pg 31)



Scrambled Eggs with Tomato and Green Peppers (Kayana)



Serves 4, cooked one serve at a time

PREPARATION TIME: 15 minutes

COOKING TIME: 15 minutes

Ingredients

- 12 eggs
- 4 ripe tomatoes, finely diced
- 2 green peppers (capsicums), finely diced
- Olive oil
- ½ cup milk
- Salt & pepper to season
- 100g feta cheese

NUTRITION INFORMATION

	Per Serve (367.5g)	Per 100g
Energy	2042kJ	555kJ
Protein	25.6g	7g
Fat, total	38g	10.3g
Saturated fat	8.8g	2.4g
Carbohydrates	9.5g	2.6g
Sugar	9g	2.4g
Sodium	469mg	127mg
Fibre	4.6g	1.3g

Allergens

Eggs, dairy (milk and cheese)

Recipe from Greek Community of Tasmania

Method

STEP 1

In a frying pan, place 3 tablespoons of olive oil along with the tomatoes, green peppers and season with salt and pepper. Cook for about 10 minutes on high heat, stirring occasionally.

STEP 2

Remove from heat and set aside.

STEP 3

Beat 3 eggs in a bowl.

STEP 4

Add 4 tablespoons of the prepared tomato peppers mix, 2 tablespoons of milk, salt and pepper to taste.

STEP 5

In another frying pan, heat 2 tablespoons of olive oil on medium heat and pour in egg mixture. Stir from time to time with a spatula to break it apart. Cook until the eggs are done but not too solid.

STEP 6

Repeat this process, until all the ingredients are used.

Serve hot topped with some crumbled feta.

NOTE: 'Kayana' can also be placed on a slice of toasted bread.



Spinach Pie (Spanakopita)



Serves 8

PREPARATION TIME: 40 minutes

COOKING TIME: 45 minutes

Ingredients

- 1kg Frozen Spinach
- 200g Feta cheese, light, chopped into small pieces or crumbled
- 500g Cottage cheese, reduced fat
- 1 Clove garlic, finely chopped (optional)
- 6 Eggs, separated
- ½ Cup mint and/or parsley, finely chopped
- 100g Unsalted butter, melted
- 1 Packet filo pastry
- Salt and pepper to taste

NUTRITION INFORMATION

	Per Serve (85g)	Per 100g
Energy	1180kJ	1391kJ
Protein	15g	17.6g
Fat, total	12.8g	15g
Saturated fat	6.9g	8.2g
Carbohydrates	25.5g	30g
Sugar	2.5g	2.9g
Sodium	514mg	606mg
Fibre	1.5g	1.8g

Allergens

Eggs, dairy (cheese and butter), gluten (filo pastry)

Recipe from Greek Community of Tasmania

Method

STEP 1

Grease a 9 x 13" pan and preheat oven to 175°C fan forced or 180°C not fan forced.

STEP 2

Defrost spinach and squeeze out excess water.

STEP 3

Place the spinach into a large mixing bowl. Add feta cheese, cottage cheese, garlic, herbs, egg yolks and seasoning. Mix thoroughly.

STEP 4

In a separate bowl, beat egg whites until stiff and fold into spinach mixture.

STEP 5

Into the greased pan place six pastry sheets, brushing each with melted butter before the next one is placed down on top.

STEP 6

Spread spinach mixture evenly onto the pastry sheets and cover with six more individually buttered pastry sheets. Brush the top sheet with melted butter also.

STEP 7

Bake in the oven for approximately 45 minutes or until golden brown.

STEP 8

Cut into squares and serve hot or cold and serve with salad or cooked vegetables



Cabbage Rolls



Serves 4

PREPARATION TIME: 20 minutes

COOKING TIME: 60 minutes

Ingredients

- 8 large cabbage leaves
- 500g beef or pork mince (can also use a combination of both)
- 1 brown onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 tablespoon dried mixed herbs
- 1 teaspoon smoked paprika
- ½ cup arborio (short grain) rice
- 2 tablespoons extra virgin olive oil
- 700ml tomato passata (pureed tomato)
- Salt and pepper to taste
- Fresh Basil to serve (optional)

NUTRITION INFORMATION

	Per Serve (325g)	Per 100g
Energy	2151kJ	662kJ
Protein	43g	13.2g
Fat, total	23.8g	7.3g
Saturated fat	7.1g	2.2g
Carbohydrates	29.4g	9g
Sugar	9.8g	3g
Sodium	416mg	128mg
Fibre	6.1g	1.9g

Allergens

Nil

Recipe from Chef Matthew Stevens

Method

STEP 1

With each cabbage leaf, cut most of the thick vein out so the leaf lays flatter.

STEP 2

Over high heat on the stove, bring a large saucepan of water to the boil. Submerge cabbage leaves, one or two at a time, into the boiling water for 2 to 3 minutes or until bright green. Drain and set aside to cool completely.

STEP 3

In a bowl, combine mince, onion, garlic, mixed herbs, paprika, uncooked rice and salt and pepper.

STEP 4

Place 2 heaped tablespoons of mince mixture along the base of each leaf, then roll up the cabbage leaf, folding in sides, to enclose filling tightly.

STEP 5

Using a large deep frying pan, heat oil over medium-high heat. Place all the cabbage rolls into the pan in a single layer and allow to cook until starting to brown on the bottom of each roll.

STEP 6

Combine passata with ½ cup cold water and pour over cabbage rolls in the pan. Bring to a simmer then reduce heat to low. Cover and allow to continue to simmer for 45 minutes or until mince is cooked through and rice is tender.

STEP 7

Lift out rolls and spoon some of the sauce over them to serve. Top with fresh basil leaves for extra flavour if preferred.



Greek Stuffed Eggplant (Melitzanes Papoutsakia)



Serves 8

PREPARATION TIME: 30 minutes

COOKING TIME: 100 minutes

NUTRITION INFORMATION

	Per Serve (435g)	Per 100g
Energy	2010kJ	462kJ
Protein	33g	7.6g
Fat, total	26g	6g
Saturated fat	10.8g	2.5g
Carbohydrates	25.2g	5.8g
Sugar	15.4g	3.5g
Sodium	262mg	60mg
Fibre	7.2g	1.6g

Please note: the above analysis includes the eggplant with bechamel sauce, which provides an additional 500kJ and 5g of protein per serve, in comparison to the eggplant served with mashed potatoes.

Allergens

Dairy (cheese, butter, milk, eggs), gluten (flour)

Recipe from Mrs Eli K Giannopoulos

Ingredients

- 4 eggplants
- 500g lean minced beef
- 1 large onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 glass of red wine
- 1 tin chopped tomatoes or 500ml pureed tomato (passata)
- 1 cinnamon stick
- 1 tsp oregano
- 100g grated kefalotyri or any hard yellow cheese (i.e. parmesan)
- 2–3 tbsps chopped parsley
- Olive oil
- Salt and freshly ground pepper to season

Note: either a bechamel sauce OR mashed potato can be used – you do not need to prepare both.

For the béchamel sauce

- 100g flour
- 100g butter
- 900ml milk – warmed just before using
- 2 egg yolks
- A pinch of nutmeg

For the mashed potatoes

- 4 large potatoes, diced
- 50ml milk
- 1 tbsp butter
- 2 egg yolks

Method

STEP 1

Preheat oven to 200°C (or 180°C fan forced).

STEP 2

Cut eggplants in half lengthways and score them with a knife across the flesh. Sprinkle the flesh liberally with salt and place them in a colander to ‘sweat’ and drain. Leave aside while you prepare the filling.

STEP 3

To prepare the meat sauce, place a large pot on medium heat, add some olive oil and the onions and sauté until softened. Add the garlic and stir in. Turn the heat up and add the minced beef breaking it up with your spoon and cook until starting to brown.

STEP 4

Add the red wine and wait 1-2 minutes for alcohol to evaporate. Stir in the tinned tomatoes or passata, the cinnamon stick and the oregano and season with salt and pepper.

STEP 5

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

STEP 6

When the meat sauce mix is almost done, add the grated cheese and chopped parsley and stir in. Remove from the heat and allow to cool with the lid on.

STEP 7

Cook the bechamel sauce or potato mix while the meat sauce is cooking.

a) For the béchamel sauce

- Melt some butter in a large pot over low-medium heat.
- Add the flour whisking continuously to make a paste.
- Add warmed milk in a steady stream and keep whisking in order to prevent your sauce from getting lumpy.
- Once the milk is smoothly combined with the paste, continue stirring with a wooden spoon until sauce thickens and starts to boil.

- Remove from the heat, whisk in the egg yolks one at a time, whisking quickly to prevent the eggs from scrambling.
- Season with salt, pepper and a pinch of nutmeg, then leave aside to cool.

b) For the mashed potato mix

- Boil the potatoes in hot water for 10–15 minutes until soft.
- Drain and add the milk, butter, egg yolks and freshly ground pepper and mash until combined and smooth.
- Leave aside to cool.

STEP 8

Wash eggplant halves that have been sweating, with plenty of water and dry them with paper towel.

STEP 9

Place the eggplants in a baking dish (skin side down), lined with grease proof paper. Season with salt and pepper and drizzle with olive oil. Bake for 40 minutes, until softened.

STEP 10

Allow to cool slightly and then remove some of the flesh to make room for the filling.

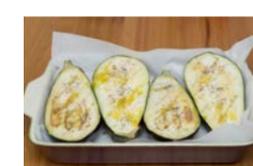
STEP 11

Sprinkle the eggplants with some grated cheese and spoon the meat mixture into each. Top with either the béchamel sauce or mashed potato mix and sprinkle with grated cheese.

STEP 12

Bake at 180°C (170°C fan forced) for 20 minutes, until nicely coloured.

Serve hot as a starter or main dish with a Greek salad and some crusty bread.



Chicken Souvlaki (Skewers)



Serves 6

PREPARATION TIME: 80 minutes
(including marinating time)

COOKING TIME: 20 minutes

NUTRITION INFORMATION

	Per Serve (232g)	Per 100g
Energy	1743kJ	752kJ
Protein	46.5g	20g
Fat, total	17g	7.4g
Saturated fat	4.5g	2g
Carbohydrates	16.4g	7g
Sugar	3g	1.3g
Sodium	210mg	91mg
Fibre	4.8g	2g

Allergens

Gluten (pita bread), Dairy (tzatziki)

Recipe from Mrs Eli K. Giannopoulos

Ingredients

For the chicken souvlaki

- 4 boneless chicken breasts (approx. 1 kg/35 ounces)
- Olive oil
- juice of 1 lemon
- 2 cloves of garlic, minced
- 2 tbsp dried oregano
- salt and freshly ground pepper
- 8–9 wooden skewers

To serve

- 6 pita breads
- 2 tomatoes, sliced
- 1 red onion, sliced
- 1 romaine (cos) lettuce
- Tzatziki - refer to recipe pg 31

Method

To make the chicken souvlaki

STEP 1

Cut the chicken breasts into 2 cm pieces and place them in a large bowl.

STEP 2

Add a drizzle of olive oil, the lemon juice, garlic, oregano and season well with the salt and pepper. Using your hands, mix well through the chicken. Cover with plastic wrap and put in the fridge for 30-60 minutes.

STEP 3

In the meantime, soak the wooden skewers in water so they don't burn when cooking the chicken

STEP 4

Before loading the chicken pieces onto the skewers, cut them from the blunt end so that they will fit into the pan you will cook them in

STEP 5

After marinating, thread the chicken pieces, onto the skewers leaving room to hold them.

STEP 6

Heat a grill or pan on a high heat. Add a drizzle of olive oil and cook the chicken souvlaki (skewers) a few at a time to seal the chicken on all sides. This will ensure the chicken does not dry out. Place on a baking tray until all skewers are done.

STEP 7

Place the tray of skewers into the oven to finish cooking for 10 minutes at 180°C (or 170°C fan forced).

STEP 8

While the chicken skewers are finishing cooking, warm pita bread either in the oven for a few minutes or in a dry pan over medium heat on the stove.

To serve

STEP 9

Serve the chicken souvlaki warm on a platter alongside the heated pita bread, cos lettuce, tomatoes, and red onion. The skewers can be eaten as they are or by adding the salad onto the pita breads with a good spread of tzatziki on the bottom and topping with a skewer of chicken. Wrap the bread around everything in your hand and remove the wooden skewer while holding everything tightly.



Greek Lemon Chicken Recipe with Crispy Potatoes (Kotopoulo Lemonato)



Serves 4

PREPARATION TIME: 15 minutes

COOKING TIME: 70 minutes

Ingredients

- 1 chicken (1.1kg), cut into 8 portions (or 8 pre portioned chicken pieces)
- 2 cloves of garlic
- Juice of 3 medium lemons
- 1 tsp white wine vinegar
- 4-5 tbsp extra virgin olive oil
- 1 tsp peppercorns
- 1 tsp dry oregano
- Freshly ground salt and pepper to taste
- 700g potatoes, cut into wedges
- 100g feta cheese, cut into small cubes

NUTRITION INFORMATION

	Per Serve (320g)	Per 100g
Energy	2887kJ	902kJ
Protein	54.7g	17.1g
Fat, total	42.6g	13.3g
Saturated fat	12.1g	3.8g
Carbohydrates	19.3g	6g
Sugar	3.3g	1g
Sodium	339mg	125mg
Fibre	4.2g	1.3g

Allergens

Dairy (cheese)

Recipe from Mrs Eli K Giannopoulos

Method

STEP 1

Divide the chicken into 8 portions and wash thoroughly.



STEP 2

Peel the garlic and rub on the chicken.



STEP 3

Place in a large baking dish and season well with salt and pepper.



STEP 4

Cut the potatoes into wedges and place them between the chicken. Pour in enough water to cover a third of the chicken and add the lemon juice, white wine vinegar, olive oil, chopped garlic and peppercorns. Season with salt and pepper and add a good pinch of oregano. (Tip: sprinkle the potatoes with 1 tsp semolina for crispier results).



STEP 5

Cover the dish with aluminium foil and bake for 50 minutes in the oven at 180°C.



STEP 6

Remove the aluminium foil and top the chicken with the feta cheese. Bake for another 20 minutes until the chicken is nicely coloured and crispy on the outside.



Serve with a refreshing Greek salad and sourdough bread to soak up the delicious sauce.

Greek Lemon Beef Stew (Moschari Lemonato)



Serves 6

PREPARATION TIME: 10 minutes

COOKING TIME: 105 minutes

Ingredients

- 1–1.2 kg stewing beef
- Olive oil for cooking
- 2 small red onions, chopped
- 2 cloves of garlic, chopped
- 1/2 a cup dry white wine
- Juice of 3 lemons
- 2 teaspoons dried oregano
- 2 tablespoons fresh thyme
- salt and freshly ground pepper
- 2 tablespoons cornflour

NUTRITION INFORMATION

	Per Serve (207g)	Per 100g
Energy	1169kJ	563kJ
Protein	37g	18g
Fat, total	11.4g	5.5g
Saturated fat	3.5g	1.7g
Carbohydrates	5g	2.4g
Sugar	2.2g	1g
Sodium	97mg	47mg
Fibre	2.4g	1.2g

Allergens

Nil

Recipe from Mrs Eli K Giannopoulos

Method

STEP 1

Cut the beef into chunks.



STEP 2

Drizzle some olive oil into a pan and heat on high. Add the beef, handfuls at a time and cook until sealed (browned) on all sides.



STEP 3

Add the chopped onions and garlic and sauté for 2-3 more minutes.



STEP 4

Pour in the wine and allow to evaporate. Add the lemon juice, oregano, thyme, and enough hot water to cover the meat. Season with salt and pepper and stir.



STEP 5

Turn the heat down and simmer with the lid on for 1 1/2 hours.



STEP 6

Before turning the heat off, mix the cornflour with a little water and pour into the stew.



STEP 7

Stir slowly and allow the stew to cook until it thickens, then remove from the heat.

STEP 8

Serve on a bed of mashed potatoes or basmati rice alongside steamed vegetables.

Pork Yiros



Serves 4

PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes

Ingredients

- 500g pork fillet
- 1 packet pita bread - (wholemeal)
- Olive oil (for cooking & dressing)
- 1 teaspoon balsamic vinegar
- 1 clove of garlic finely chopped
- 2 teaspoons dried oregano
- Small bunch fresh coriander
- Small bunch fresh Italian parsley
- 1 teaspoon smoked paprika
- ½ red onion thinly sliced
- Salt and pepper to taste

*To be served with Tzatziki - see Pg 31

NUTRITION INFORMATION

	Per Serve (178g)	Per 100g
Energy	1479kJ	831kJ
Protein	42g	23.6g
Fat, total	4.3g	2.4g
Saturated fat	1.3g	0.7g
Carbohydrates	32.8g	18.4g
Sugar	3.2g	1.8g
Sodium	372mg	209mg
Fibre	6g	3.4g

Allergens

Gluten (pita bread), Dairy (tzatziki)

Recipe from Chef Matthew Stevens

Method

STEP 1

Preheat oven to 170°C (fan forced) or 180°C (not fan forced).

STEP 2

Heat 2 tablespoons of olive oil in a frying pan (or oven proof pan) on a stove element on high until hot. Cook the pork fillet in the pan for 3 minutes on each side or turning the fillet over until browned (sealed) all over.

STEP 3

Place on a tray (or keep in oven proof pan) and cook in the oven for 30 minutes or until cooked through.

STEP 4

Remove the pork from the oven and leave aside to rest for 10 minutes.

STEP 5

Meanwhile, combine vinegar, garlic, oregano, coriander, parsley,

paprika and red onion in a bowl with a drizzle of olive oil and salt and pepper to taste.

STEP 6

Thinly slice the pork and toss through the mix.

STEP 7

Warm the pita breads either in a warm oven (low temperature) for a couple of minutes or in a non-stick pan with no oil over medium heat on the stove.

STEP 8

Place some of the pork mix into the middle of each pita bread and top with some tzatziki (see Tzatziki recipe pg 31). Fold the pita up to eat or enjoy as is, if using pita pockets.



Pork with Couscous and Chickpeas



Serves 5

PREPARATION TIME: 10 minutes

COOKING TIME: 45 minutes

Ingredients

- 800g Pork loin, cut into bite sized pieces
- ½ Brown onion diced
- 2 Garlic cloves finely diced
- 1 can (400g) Chickpeas
- 1 cup Couscous
- 50g Unsalted butter
- Salt and Pepper to taste
- 1 teaspoon Cinnamon powder

NUTRITION INFORMATION

	Per Serve (197g)	Per 100g
Energy	1737kJ	881kJ
Protein	51.6g	26.2g
Fat, total	15.1g	7.7g
Saturated fat	7.4g	3.8g
Carbohydrates	15.7g	8g
Sugar	1.4g	0.7g
Sodium	421mg	231mg
Fibre	3g	1.3g

Allergens

Gluten (couscous), dairy (butter)

Recipe from Greek Community of Tasmania

Method

STEP 1

Heat a small amount of olive oil in a pan over high heat and add the pork. Cook for a few minutes until sealed all over and starting to brown. Remove from the heat.

STEP 2

In a large pot, sauté the onion and garlic until starting to brown. Add the pork and chickpeas and season with salt and pepper.

STEP 3

Add 4 cups of water and bring to the boil. Cover with a lid and turn down heat to a simmer. Leave to cook for 20 minutes.

STEP 4

Strain the broth into another pot leaving the pork and vegetables aside.

STEP 5

Bring the broth to boiling on medium

heat. Add the couscous and season with salt and pepper. Stir until the liquid is absorbed. Remove from heat.

STEP 6

Heat the butter in a small pot until it is all melted and starting to boil.

STEP 7

Pour almost all of the butter over the couscous (leave about a tablespoon for the pork), stir in and leave covered for 5 minutes to allow it to be absorbed.

STEP 8

Reheat the pork and chickpea mix in a pan over high heat with the rest of the melted butter and sprinkling with the cinnamon.

Serve spoonful of the warm pork and chickpea mix on top of the couscous.



Slow Cooked Lamb Shanks with Parsnip Mash



Serves 6

PREPARATION TIME: 20 minutes

COOKING TIME: Approx. 3 hours

NUTRITION INFORMATION

	Per Serve (488g)	Per 100g
Energy	2252kJ	462kJ
Protein	35.9g	7.3g
Fat, total	30.8g	6.3g
Saturated fat	11.4g	2.3g
Carbohydrates	25.1g	5.1g
Sugar	15.1g	3.1g
Sodium	545mg	112mg
Fibre	9.6g	2g

Allergens

Dairy (Butter, cream)

Recipe from Chef Matthew Stevens

Ingredients

For the lamb shanks

- 6 lamb shanks
- Olive oil
- 3 carrots – roughly chopped
- 1 red capsicum – roughly chopped
- 200g fresh green beans – top and tailed
- 2 brown onions peeled and diced
- 2 cloves of garlic finely chopped or crushed
- 2 teaspoons of paprika
- 3 teaspoons of Italian or mixed dried herbs or small handful of fresh herbs – Oregano, Thyme and Rosemary
- 1 teaspoon fennel seeds
- 400g can diced tomatoes
- 500ml beef stock
- 375ml dry red wine
- 1 cup Kalamata olives

For the mash

- 2 parsnips – peeled and roughly chopped
- 3 large potatoes – peeled and roughly chopped
- 20g butter
- ½ cup light cream

Method

For the lamb shanks

STEP 1

Preheat oven to 140°C (either fan forced or not fan forced).

STEP 2

Heat 2 tablespoons of olive oil in a frying pan or large non-stick pot on medium to high heat on the stove.

STEP 3

Cook the lamb shank, a few at a time so they fit in the pan, turning them over to ensure they are browned (sealed) all over. Place shanks into a deep casserole dish or roasting pan and set aside when done.

STEP 4

Using the same frying pan, cook the onion and garlic stirring occasionally until softened or starting to brown.

STEP 5

Add the paprika, fennel seeds and herbs. If using fresh herbs, it is ok to either strip the leaves from the stems or add the sprigs as they are. The sprigs can then be removed before serving. Cook for one minute while stirring.

STEP 6

Add in the tin of crushed tomatoes, beef stock, red wine and olives and bring to a simmer.

STEP 7

Add the carrots, capsicum and beans to the dish with the lamb shanks and then pour the liquid mix over the top. Cover with casserole dish lid or use aluminium foil.

STEP 8

Place in the oven and cook for 2 ½ - 3 hours or until meat is starting to fall off the bone.

For the mash

STEP 9

To make the mash, bring 2 cups of water to the boil in a pot.

STEP 10

Add the parsnips and potato and cook until soft.

STEP 11

Drain the water off and then add the butter and cream and mash until smooth.

To serve, lift out the lamb shanks and place on top of a bed of the mash with some of the vegetables, then spoon over some of the sauce.



Lamb with Lemon Sauce (Arni Avgolemono)



Serves 6

PREPARATION TIME: 20 minutes

COOKING TIME: 100 minutes

Ingredients

- 800g Stewing lamb, cut into bite sized pieces
- Olive oil
- 2 Brown onion diced
- 2 Garlic cloves finely diced
- 2 Carrots diced
- 2 Celery sticks diced
- 4 Eggs
- 1 Lemon - juiced
- Salt and Pepper to taste

NUTRITION INFORMATION

	Per Serve (208g)	Per 100g
Energy	1874kJ	900kJ
Protein	42.5g	20.4g
Fat, total	27.5g	13.2g
Saturated fat	8.6g	4.1g
Carbohydrates	5.9g	2.8g
Sugar	5.7g	2.7g
Sodium	167mg	80mg
Fibre	3.3g	1.6g

Allergens

Eggs

Recipe from Greek Community of Tasmania

Method

STEP 1

Heat a small amount of olive oil in a large pot over high heat and add the lamb. Cook for a few minutes until sealed all over and starting to brown.



STEP 2

Add onions and garlic and continue to cook until starting to brown. Add the carrots and celery and season with salt and pepper.



STEP 3

Pour in 5 cups of water and bring to the boil. Cover with a lid and turn down heat to a simmer. Leave to cook for 1 1/2 hours checking occasionally to see if more water is required. The end result should have some liquid (about a cup) and the meat should fall apart easily.



Remove from the heat when done.

STEP 4

Separate the eggs – whites from yolk; and beat the whites until they form a peak. Add the yolks and continue beating.



STEP 5

Pour in the lemon juice carefully and continue beating.



STEP 6

Pour the egg and lemon mix over the lamb stew and fold in gently.



Serve warm.

Crispy Garlic and Parmesan Salmon



Serves 5 – 6

PREPARATION TIME: 20 minutes

COOKING TIME: 20 minutes

Ingredients

- 1kg Salmon fillets
- 2/3 cup Breadcrumbs
- 2/3 cup Parmesan grated
- 4 clove garlic, finely chopped
- 1/4 cup chopped parsley
- 40g unsalted butter melted
- Salt and pepper to taste

NUTRITION INFORMATION

	Per Serve (168g)	Per 100g
Energy	2624 kJ	1577 kJ
Protein	46g	27.5g
Fat, total	38g	23g
Saturated fat	10.7g	6.4 g
Carbohydrates	25g	14.8g
Sugar	1.4g	<1g
Sodium	502mg	301mg
Fibre	2g	1.1g

Allergens

Fish, gluten (breadcrumbs), dairy (cheese and butter)

Recipe from Mrs Toula Kokkoris.

Method

STEP 1

Preheat oven to 180°C (fan forced) or 200°C (not fan forced).



STEP 2

Cover a baking tray with aluminium foil and place the salmon fillets skin side down. Set aside.



STEP 3

Place breadcrumbs, parmesan, garlic and parsley into a bowl, season with salt and pepper and mix together.



STEP 4

Pour in the melted butter and using hands, mix all together until the butter has been absorbed.



STEP 5

Generously cover the salmon fillets with the breadcrumb mix, pressing it down to stick to the fish.



STEP 6

Place the tray of fish onto a rack in the middle of the oven. Cook for 15 - 20 minutes or until the crust is golden brown and the fish has cooked through.



STEP 7

Remove from oven and serve hot.

Serve with wedges of lemon and a side of salad or vegetables.

Fish Soup with Egg and Lemon Sauce (Avgolemono)



Serves 6

PREPARATION TIME: 50 minutes

COOKING TIME: 70 minutes

NUTRITION INFORMATION

	Per Serve (346g)	Per 100g
Energy	2275kJ	658kJ
Protein	63g	18.3g
Fat, total	22.9g	6.6g
Saturated fat	3.7g	1g
Carbohydrates	20g	5.5g
Sugar	5g	1.5g
Sodium	455mg	131mg
Fibre	3.2g	1g

Allergens

Fish, eggs

Recipe from Greek Community of Tasmania

Ingredients

For fish soup

- 1 ½ kg white fish fillets (i.e Snapper or Barramundi)
- ½ cup olive oil
- 2-3 tomatoes
- 1 medium onion, diced
- 1 carrot, diced
- 2 celery sticks, diced
- 2 bay leaves
- ½ cup rice, washed and strained

For the egg and lemon sauce - avgolemono

- 2 eggs
- Juice of 2 lemons

Method

To make the fish soup

STEP 1

Clean and wash the fish, then cut into bite sized pieces and season with salt.

STEP 2

In a large pot, bring 7-8 cups of water to the boil.

STEP 3

Add the vegetables, olive oil, bay leaf and salt and pepper to the boiling water. Cook for 30 minutes.

STEP 4

Carefully add the fish and cook for a further 15 minutes.

STEP 5

Remove the fish pieces using a slotted spoon, cover and leave aside on a plate or in a bowl.

STEP 6

Strain the broth and remove any fish bones from the remaining vegetables.

STEP 7

Blend the vegetables with some of the broth in a blender. Alternatively, place the broth and vegetables back in the pot and use a stick blender.

STEP 8

Return soup to the stove and bring to the boil on a high heat.

STEP 9

Add the washed and strained rice and cook for 20 minutes.

STEP 10

Remove from heat.

To make the egg and lemon sauce - avgolemono

STEP 11

Beat the eggs and lemon juice together.

STEP 12

Start adding tables of soup, beating at the same time, until there is more soup than egg mix and it is warm.

STEP 13

Pour the prepared eggs and lemon sauce into the soup stirring slowly all the time.

STEP 14

Once all egg and lemon mix is stirred into the soup, add the fish and serve while it's hot.



Baked Fish with Tomato and Onion Served with Lemon and Spinach Chickpeas



Serves 4

PREPARATION TIME: 20 minutes

COOKING TIME: 45 minutes

NUTRITION INFORMATION

	Per Serve (525g)	Per 100g
Energy	2895kJ	551kJ
Protein	53g	10.2g
Fat, total	26.2g	5g
Saturated fat	4.3g	0.8g
Carbohydrates	48.1g	9.1g
Sugar	12.5g	2.4g
Sodium	1400mg	273mg
Fibre	19.2g	3.7g

Allergens

Fish; Gluten (breadcrumbs)

Recipe from Chef Matthew Stevens

Ingredients

For the fish

- 4 white fish (i.e snapper) fillets (approx. 500g)
- Olive oil
- 2 small red onions, finely chopped
- 1 stalk of celery, finely chopped
- 1 small carrot, finely chopped
- 2 cloves of garlic, finely chopped
- 400g tin chopped or crushed tomatoes
- ½ cup tomato passata (pureed tomato)
- 1 teaspoon dried oregano
- Small bunch flat leaf (Italian) parsley, chopped
- 60g breadcrumbs
- Juice of half a lemon
- Salt and pepper to taste

For the chickpeas

- Olive oil
- 1 large clove garlic
- 200g punnet cherry tomatoes, chopped in half
- 2 tins 400g chickpeas, drained and rinsed
- 100g fresh spinach leaves
- Juice of half a lemon
- Salt and pepper to taste

Method

To cook the fish

STEP 1

Preheat oven to 180°C (fan forced) or 190°C (not fan forced).

STEP 2

Heat 2 tablespoons of olive oil in a frying pan on a stove element on medium heat until hot. Add the onion, celery and carrot and cook until soft.

STEP 3

Add the garlic and cook for a further 2 minutes, then add the tin of tomatoes, passata and oregano and season to taste with salt and pepper.

STEP 4

Simmer, stirring occasionally for approximately 5 minutes.

STEP 5

Stir the parsley and lemon juice into the sauce and turn off the heat.

STEP 6

Place the fish fillets next to one another in a large baking dish.

STEP 7

Pour the tomato sauce mix over the fish and scatter the breadcrumbs over the top. Drizzle some olive oil over as well.

STEP 8

Bake in the oven for 20 minutes or until the fish is just cooked.

To cook the chickpeas

STEP 9

Heat 2 tablespoons of olive oil in a pan over medium heat and cook garlic until it starts to brown.

STEP 10

Add tomatoes and move them around to coat with the oil.

STEP 11

Add the chickpeas. Use the back of the spoon to squash some of them.

STEP 12

Stir in the spinach until cook until wilted.

STEP 13

Pour in lemon juice and season with salt and pepper to taste.

STEP 14

Remove from the heat and spoon onto plates.

To serve, lift out a fillet of fish covered with the tomato sauce mix and place on top of the chickpea mix.



Gigantes Plaki (Greek Baked 'Giant' Beans)



Serves 6

PREPARATION TIME: 10 minutes (plus overnight soaking)
 COOKING TIME: 60 - 135 minutes (depending on beans – dry or tinned)

Ingredients

- 800g gigantes beans (Butter/Lima beans), dry or tinned
- 1/2 cup olive oil
- 2 cloves of garlic, finely chopped
- 1 large onion, finely chopped
- 2 sticks celery, finely chopped
- Small bunch parsley, roughly chopped
- 2 tsp dried oregano
- 400g tinned chopped tomatoes
- 1 cup of hot water
- Salt and pepper to season
- 50g feta crumbled (optional)

NUTRITION INFORMATION

	Per Serve (240g)	Per 100g
Energy	1075kJ	450kJ
Protein	6g	2.5g
Fat, total	21.5g	9g
Saturated fat	4.8g	1.8g
Carbohydrates	7.5g	3.1g
Sugar	6.4g	2.7g
Sodium	145mg	61mg
Fibre	5.7g	2.4g

Allergens

Dairy (feta)

Recipe from Mrs Eli K Giannopoulos

Method

STEP 1

Soak dry beans overnight in plenty of water. Drain them into a colander and rinse with plenty of water.



STEP 2

Place the beans in a large pan with enough cold water to cover them, add a pinch of sea salt and bring to the boil.



STEP 3

Turn the heat down and simmer for 45 minutes, until tender but not cooked.



STEP 4

Drain and set aside.

STEP 5

Alternatively, tinned beans can be used, and these first steps can be skipped.

STEP 6

Drizzle the olive oil into a large casserole or baking dish and add the beans along with all the other ingredients including the cup of hot water.



STEP 7

Stir and cover with casserole lid or silver foil.



STEP 8

Bake in the oven at 180°C for approx. 1 hour until the beans soft and sauce has thickened. This may take longer if starting with dry beans.



Serve warm topped with some crumbled feta.

Greek Chickpea Soup (Revithia)



Serves 5

PREPARATION TIME: 30 minutes (plus overnight soaking)
 COOKING TIME: approx. 2 hours

Ingredients

- 500g dry chickpeas (revithia)
- 1 large red onion, finely chopped
- 2 garlic cloves – finely chopped
- 1/2 a cup olive oil
- 1 bay leaf
- 2 tbsp dried oregano (optional)
- salt and freshly ground pepper
- juice of 1–2 lemons
- 2 tbsp flour
- vegetable stock (optional)

NUTRITION INFORMATION

	Per Serve (142g)	Per 100g
Energy	1516kJ	1069kJ
Protein	8.6g	6g
Fat, total	25.3g	17.8g
Saturated fat	3.8g	2.7g
Carbohydrates	20g	14.1g
Sugar	2.8g	2g
Sodium	9mg	6.4mg
Fibre	10.6g	7.5g

Allergens

Gluten (flour)

Recipe from Mrs Eli K Giannopoulos

Method

STEP 1

Wash the chickpeas and let them soak in plenty of cold water overnight (ideally for 18 hours).



STEP 2

When you are ready to cook, drain the chickpeas (revithia) in a colander and rinse them thoroughly with running water using your hands in the colander to rub them well and remove any skins that come loose.



STEP 3

Place the chickpeas in a large pot with enough cold water to cover them (about 4cm over the chickpeas).

Turn the heat up and bring to the boil. Keep removing the froth from the top with a spoon for about 15 minutes.



STEP 4

Drain the chickpeas and then put them back in the pot with enough warm water (or vegetable stock) to cover them



again. Bring to the boil and add the olive oil, chopped onion, garlic, oregano and bay leaf and season well with salt and pepper.

STEP 6

Turn the heat down to a simmer and place the lid on. Allow to cook for approximately 2 hours, until chickpeas are tender. Check on the soup occasionally and add more water if necessary.



STEP 7

If you prefer your soup to be thicker, at the end of the cooking time add the flour and lemon juice into a bowl and gradually pour in 1-2 ladles of the soup and whisk. When combined and smooth, add this mixture slowly into the rest of the soup. Stir gently for 2-3 minutes until the soup thickens.

Serve soup while still warm with lots of Kalamata olives and crusted bread on the side.



Lentil Soup



Serves 4

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

Ingredients

- 1 tin (400g) Brown lentils – washed and drained
- Olive oil
- 1 Brown onion diced
- 2 Garlic cloves finely diced
- 3 Ripe tomatoes
- 2-3 Bay leaves
- ¼ cup Vinegar
- Salt and Pepper to taste

NUTRITION INFORMATION

	Per Serve (203g)	Per 100g
Energy	2167kJ	1067kJ
Protein	20.7g	10.2g
Fat, total	24.5g	12.1g
Saturated fat	3.8g	1.8g
Carbohydrates	45g	22.2g
Sugar	7.1g	3.5g
Sodium	13.2mg	6.5mg
Fibre	12.8g	6.3g

Allergens

Nil

Recipe from Greek Community of Tasmania

Method

STEP 1

Heat a small amount of olive oil (about 3 tablespoons) in a pan over high heat and add the onion and garlic. Sauté until starting to brown.



STEP 2

Add the lentils, tomato and bay leaves and season with salt and pepper.



STEP 3

Add 5 cups of water and bring to the boil. Cover with a lid and turn down heat to a simmer. Leave to cook for 20 minutes.



STEP 4

Add the vinegar one tablespoon at a time, tasting after each one, until it is at a flavour level that suits you.



STEP 5

Replace the lid and cook for a further 10 minutes. Serve warm.



NOTE: Can also be served with olives or grilled herring.



Tzatziki



Serves 6

PREPARATION TIME: 10 minutes

COOKING TIME: Nil

Ingredients

- 1 cup/250ml Greek yoghurt
- 1 Lebanese cucumber (1/3 cup grated)
- 1 teaspoon ground Cumin
- Salt and pepper to taste

NUTRITION INFORMATION

	Per Serve (88g)	Per 100g
Energy	1928kJ	218kJ
Protein	3.7g	4.1g
Fat, total	1g	1.2g
Saturated fat	0.5g	0.6g
Carbohydrates	4.2g	4.8g
Sugar	4.1g	4.7g
Sodium	423mg	481mg
Fibre	1.5g	1.7g

Allergens

Dairy (yoghurt)

Recipe from Chef Matthew Stevens and Terri Stevens

Method

STEP 1

Grate the whole cucumber including the skin. This should result in about one third of a cup.



STEP 2

Add the cucumber and ground cumin to the yogurt and mix until evenly combined.

STEP 3

Add salt and pepper to taste and stir in.



Serve as a dipping sauce with your favourite Greek recipe such as Greek meatballs, straight away.



Greek Custard Pie (Galaktobouriko)



Serves 20

PREPARATION TIME: 30 minutes

COOKING TIME: approx. 2 hours

NUTRITION INFORMATION

	Per Serve (288g)	Per 100g
Energy	2641kJ	916.8kJ
Protein	14.2g	4.9g
Fat, total	11.7g	4g
Saturated fat	5g	1.7g
Carbohydrates	120g	41.6g
Sugar	93g	32.2g
Sodium	306.7mg	106.4mg
Fibre	1.5g	<1g

Allergens

Dairy (milk, eggs, butter), gluten (semolina, filo pastry)

Recipe from Mrs Eva Fiotakis.

Ingredients

For the pie

- 7 cups (1750ml) full cream milk
- 2 cups sugar
- 1 cup fine semolina
- 6 eggs
- ½ cup + 2 tbsp butter
- 2 tsp vanilla extract
- 1 packet filo pastry

For Syrup

- 4 cups water
- 2 cups sugar
- Juice of ½ of a lemon

N.B. We have included this recipe here for you and your family to enjoy on a special occasion.

Method

STEP 1

Add milk to a large pot and bring to the boil on medium heat.

STEP 2

Remove from heat, add sugar and vanilla.

STEP 3

Pour in semolina slowly, mixing the whole time with a whisk.

STEP 4

Return to a medium heat, add eggs one at a time whisking well to prevent scrambling.

STEP 5

Continue to stir slowly with a wooden spoon until mixture thickens and then remove from the heat.

STEP 6

Pour mixture into a bowl and cover with cling film ensuring that this is touching the surface of the mixture. Leave aside to cool.

STEP 7

To assemble, melt the ½ cup of butter to a liquid and use it to brush the bottom of a baking dish with.

STEP 8

Lay a sheet of filo pastry so that one half lays over the dish while the other half hangs over the edge. Lay another sheet on the other side so that they slightly overlap down the middle of the dish.

STEP 9

Brush the pastry in the dish with butter and continue to lay sheets of pastry the same way, brushing each layer with the butter until only one sheet of pastry remains.

STEP 10

Stir custard mix to loosen and create a smooth consistency again then pour into the pastry dish evenly.

STEP 11

Now fold each layer of pastry that is overhanging the sides of the dish, one by one back over the mixture to create a top layer, again brushing each sheet with the butter as you fold it over.

STEP 12

Top with the sheet of pastry that was left aside and brush liberally with the butter.

STEP 13

Cook in a moderate oven – 170°C or 160°C fan forced – for approximately 1 ½ hours or until golden brown.

STEP 14

While the pie is cooking, make the syrup by adding all ingredients into a pot and bringing to the boil on the stove. Turn the heat down and simmer until the liquid has reduced by half. This will take approximately 40 minutes. Leave to cool until pie is cooked.

STEP 15

When the pie is cooked and removed from the oven, allow to sit for a few minutes.

STEP 16

Slowly pour the syrup a little at a time all over the pie allowing it to soak into the pie before adding more.

STEP 17

Leave pie to cool completely and preferably finish cooling in the fridge before serving. This will allow the mixture to set completely and make slicing easier. Even better to make the day before and leave in the fridge overnight before cutting.

NOTE: do not cover with cling film as the pastry will go soggy. Baking paper can be used loosely if required.



Greek Rice Pudding (Rizogalo)



Serves 4

PREPARATION TIME: 5 minutes

COOKING TIME: 40 minutes

Ingredients

- 100g Arborio rice
- 1200ml full cream milk
- 60g sugar
- 1 tsp vanilla extract
- Zest of an orange or lemon, optional
- Cinnamon to sprinkle over before serving.

NUTRITION INFORMATION

	Per Serve (285g)	Per 100g
Energy	1324kJ	464kJ
Protein	16.2g	5.7g
Fat, total	4.6g	1.6g
Saturated fat	3.1g	1.1g
Carbohydrates	53.1g	18.6g
Sugar	34g	11.9g
Sodium	143mg	50mg
Fibre	<1g	<1g

Allergens

Dairy (milk)

Recipe from Mrs Eli K. Giannopoulos

Method

STEP 1

Heat the milk and rice in a large heavy bottomed saucepan.



STEP 2

To add some extra flavour, add some lemon or orange zest to the milk and rice.



STEP 3

Simmer over medium heat, stirring constantly, until nearly boiling.



STEP 4

Reduce the heat to medium-low and gently cook, stirring occasionally, for 30-40 minutes until the pudding is thick and the rice is tender. It is very important to simmer at low temperatures and to stir the mixture, so that the milk doesn't burn and the rizogalo doesn't stick on the bottom of the pan.



STEP 5

Remove from the heat and add the sugar and the vanilla extract, stirring, until the sugar dissolves.



STEP 6

Serve warm with a sprinkle of cinnamon.



NOTE: If you don't serve the Greek rice pudding right away, it will form a crust. To avoid this, pour the mixture into a large bowl and place over another bowl filled with ice cubes, then stir the mixture until cold. Spoon the rizogalo into individual bowls, cover and store in the fridge.

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