

Recipe of “flaounes”

Ingredients

For The Dough

- * 675g strong plain flour
- * 1 sachet of easy bake yeast
- * 1 teaspoon of salt
- * 2 teaspoons of sugar
- * 2 tablespoons of olive or vegetable oil

For The Cheese Filling

- * 225g cheddar cheese or 12 oz flaouna cheese
- * 100g halloumi cheese
- * 1 tablespoon of flour
- * 1 teaspoon of baking powder
- * 1 tablespoon crushed dried mint
- * 4 eggs lightly beaten

To Finish

- * 1 egg beaten
- * sesame seeds



To make the flaounes

- * Sift flour into a large bowl and stir in the packet of yeast, the salt and the sugar.
- * Knead this for about 5 minutes until smooth and elastic, then put the dough into a plastic bag and leave in a warm place to rise for approximately 1 hour.

Next...

- * For the filling, coarsely grate your cheese, add the flour and baking power, then gradually stir in the beaten egg and seasoning until a stiff paste emerges. Keep back a little of the beaten egg, just in case the mixture is too runny. You just have to gauge it as you go along.

Then...

- * Divide the dough into egg shaped pieces and roll into 4 inch rounds. Place a good tablespoon of the cheesy filling into the middle of the pastry round.
- * Pull up the dough at 3 points to make a triangle or 4 points to make a square, you still to see the filling in the middle. Press the corners together to seal then leave to rise.

Finally...

- * Brush to pastry with beaten egg and sprinkle on the sesame seeds.
- * Bake in a hot oven, gas mark 8, 450 degrees Celsius for 12-15 minutes until the cheesy filling puffs up and the flaounes are golden in color.

Eat them warm or cold!

Christmas Recipes

<http://www.marycy.org/customscopyprus.html>

Santa's Cake - Vasilopita

6 eggs

1 3/4 - 2 glasses sugar

1 1/2 glasses vegetable shortening, half melted

4 glasses self-raising flour

2 1/2 teaspoons baking powder

some mastic

1 1/2 glasses milk at room temperature or lightly boiled

1 glass almonds, blanched and cut into small pieces
or coarsely ground some almonds, blanched and halved.



Line the base of a 28-30 cm round cake tin with foil.

Grease and flour. Pound the mastic with 1-2 teaspoons of the sugar.

Sift the flour and add the baking powder and pounded mastic.

Whisk the eggs very well. Add the remaining sugar and continue to beat until creamy. Beat in the shortening and alternately the milk and flour. Using a metal spoon, stir in the almonds. Pour the mixture into the prepared tin and create numbers by arranging the blanched halved almonds on its top, to denote the new year, pressing in lightly.

Bake in a preheated, moderate oven (150 oC) for about 1 hour or until a knife inserted into the center comes out clean.

Note: For the sake of tradition, wrap a coin in a piece of foil and press it into the mixture before baking. The one that find's the coin, has good fortune for the year.

Kourabies - Almond Cookies (Festive Cookies)

1 1/2 glasses vegetable shortening
1/2 glass oil
6 tablespoons icing sugar
1/4 glass brandy
1/4 glass rose water

1-2 glasses almonds blanched, roasted and cut into small pieces
4 3/4 - 5 glasses self-raising flour
icing sugar to coat Cream the shortening until light and fluffy.

Beat in the oil, icing sugar, brandy and rose water.
Add by hand half of the flour, the almonds and
then add the remaining flour, or as much as
needed, to make a fluffy dough.

Give the Kourampiedes the shape you prefer.
Place them on an ungreased baking tray and bake
in a preheated, cool oven (140oC) for 30 minutes or
until their bottom side is golden brown.

As soon as they are baked, remove from oven,
and lift off. After 10 - 15 minutes and while they
are still warm, coat them in icing sugar.





Greek Turkey Stuffing with Rice

The gizzard and liver of a turkey
600-650 g minced pork
5 tablespoons oil for the minced pork
1 small onion, finely chopped salt and pepper,
ground cinnamon and nutmeg parsley,
finely chopped 1 1/3 glasses long-grain rice (Uncle Ben's)
4-5 tablespoons oil for the rice
1 chicken stock cube
3 1/3 glasses boiling water
1/2 glass almonds, blanched and cut into
small pieces or pine nuts
1/2 glass raisins

Boil the gizzard and liver, cut into small pieces and place in separate bowls. Put the oil, minced pork, onion, salt, pepper, cinnamon and nutmeg in a pan and place over moderate heat, stirring occasionally. Add the chopped gizzard and continue to cook until all juices evaporate.

When the meat mixture is lightly brown, add the chopped parsley and the liver.

After some seconds remove from heat.

In a medium pan heat the oil and fry gently the rice and chicken stock cube simultaneously.

Pour in the boiling water, cover and simmer, stirring occasionally. When the rice is nearly cooked, add the meat mixture and almonds.

When it is cooked, add the raisins, stir and then remove from heat. Leave covered for about 10 minutes. Serve sprinkled with nutmeg.

* Instead of the turkey gizzard and liver, two of each coming from a chicken may be used

Recipe

Orange Peel Preserve (Glyko koutaliou Portokali)

Ingredients

4-5 navel oranges (1kg/ 35 ounces)
2 1/2 cups of water
1 tbsp lemon juice
1/2 cup glucose
1 kg sugar (35 ounces)
1 tsp vanilla extract



Instructions

- To prepare this delicious orange peel preserve recipe, first start by preparing the oranges. Using a vegetable grater, trim them a little bit on the outside then wash them thoroughly and place them in a large pan. Pour in enough water to cover the oranges completely.
- Place the pan on high heat and bring to the boil. Boil for about 7 minutes, after the water starts to bubble, sinking the oranges in the water once in a while and turning them sides. Drain the oranges into a collander and cool them under cold running water. Rinse the pan with some water. Place the oranges back to the pan, and repeat the same procedure. You should repeat the boiling procedure 3 times, until the oranges have softened and most of the bitterness has been removed. Go ahead, the best way to know if your orange peel preserve is sweet enough is by giving it a taste!
- Place the oranges onto a cutting board and cut them into quarters and then cut each quarter into half (8 pieces each orange). Use scissors remove the pips and any leftover flesh from the inside of the orange (the white part).

- The essence of this sweet orange peel preserve recipe is nothing else than the syrup. Add 2 1/2 cups of water and 1kg sugar into a saucepan and boil for 5 minutes. Add the orange peel into the pan and boil for a further 15 minutes. While the oranges boil, some white foam will probably surface on the water. Skim the foam with a spoon each time it develops. Once done, let them rest for at least 8 hours or preferably, overnight.
- The next day, remove the orange pieces from the pan using a skimmer and set aside. Place the pan with the syrup back on the stove on high heat and boil until it thickens. Add the lemon juice, the glucose and the vanilla extract and boil for 1 more minute. Add the orange pieces and continue boiling, until the syrup is very thick and glossy. To check if the syrup for your orange peel preserve is ready, dip a spoon to the syrup and let it drip two drops over the two opposing sides of a plate. If the syrup spreads on the plate you should boil the preserve a little longer; if the drops stand firm the syrup is ready.
- Remove the pan from the stove and let your orange peel preserve cool down. I know it is hard to resist, but this delight is best enjoyed cold! And the last thing you want is a burnt tongue! The preserving process has thoroughly pasteurized the preserve and if stored in the right conditions, it can last for the whole winter. The best way to store your orange peel preserve is by pouring it into sterilized glass jars (boil them in some water for a few minutes) and cover when it has cooled down completely. Store into the fridge for 6 to 8 months.

<http://www.mygreekdish.com/recipe/orange-peel-sweet-preserve-glyko-koutaliou-portokali/>

Olive Pies – Eliotes

By Mrs Sandri Lysandrou



Ingredients:

5 glasses self-raising flour
2 teaspoons baking powder
1 glass oil
1 1/3 – 1 1/2 glasses fresh orange juice or 1/2
glass orange squash diluted in 1 glass
water
For the filling
2 1/2 - 3 glasses black olives, rinsed, stoned
and chopped
1 small onion, coarsely grated
Dried or fresh mint
6 tablespoons olive oil
Sesame seeds (optional)
1 egg white to glaze

Method:

To make the dough, mix the flour with baking powder. Pour in the oil and rub into the flour using your fingertips until the mixture resembles fine bread-crumbs. Knead with as much orange juice as needed to make a fluffy dough. To make the filling, mix the olives with mint, onion and olive oil. Roll out the dough into oval sheets in the size you prefer. Place some filling on each sheet and spread over the whole surface using a spoon. Roll these sheets from their wide side and put on an ungreased baking tray. Brush them with one egg white lightly beaten with 1 tablespoon water and sprinkle with sesame seeds, if desired. Bake in a preheated moderate oven (150°C) for 35-45 minutes or until golden brown.

<http://www.cyprusfoodndrinks.com/cgi-bin/hweb?-A=1667&-V=recipes>