

## Spanakopita

### Ingredients

- 300g spinach
- ½ small onion - finely chopped
- 1 clove garlic - finely chopped
- 100g feta cheese
- 6 - 8 filo pastry sheets (depending on size)
- 3 tbsp olive oil + for brushing on top before baking
- 1 tsp cumin
- salt to taste

### Method

1. Preheat the oven 200°C.
2. Shredded spinach and chop the onion. Chop the garlic clove as well and set aside.
3. In a pan, on medium heat, heat the oil and sauté the onion and garlic till they turn slightly golden-brown (about one minute).
4. Add in the spinach and cumin into the pan. Cook till the water from the spinach evaporates. Keep stirring the spinach so it doesn't burn. This should roughly take about 7 - 8 minutes.
5. Once done, remove from heat and let it cool.
6. Add the feta cheese to this spinach mixture and mix thoroughly.
7. Cut long strips of the filo pastry - about 2 inches wide. Brush one pastry sheet with olive oil and place another sheet on top of it. The oil will make them stick together.
8. Place about 1½ tablespoons of the spinach-feta mixture on one end of the sheet and keep folding it into triangles till the end. Seal the end with olive oil.
9. Repeat steps 7 and 8 till all the mixture is used.
10. Lightly oil a baking tray. Brush olive oil on to each Spanakopita parcel and place on the tray.
11. Bake for about 10 minutes - or until they turn golden brown.
12. Serve with Tzatziki sauce.



## Traditional Hot Chocolate

### Ingredients

- Traditional Cocoa Powder such as Bournville
- Milk
- Sugar
- Spices such as cinnamon, nutmeg and cardamom to taste

### Method

1. 300 ml milk per person in a pan over a low heat.
2. Whisk in two tbsp of cocoa per person.
3. Gently stir in 1-2 tsp of sugar per person.
4. Add some spice such as cinnamon, cardamom or nutmeg to add flavour.



## Short Bread

### Ingredients

- 125g/4oz butter
- 55g/2oz caster sugar, plus extra to finish
- 180g/6oz plain flour

### Method

1. Heat the oven to 190C/375F/Gas 5.
2. Beat the butter and the sugar together until smooth.
3. Stir in the flour to get a smooth paste.
4. Turn on to a work surface and gently roll out until the paste is 1cm/½in thick.
5. Cut into rounds or fingers and place onto a baking tray. Sprinkle with caster sugar and chill in the fridge for 20 minutes.
6. Bake in the oven for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack.

# SALONIKA COOKBOOK

## FOOD AWAY FROM THE WESTERN FRONT



## Fresh Green Chutney

### Ingredients

- 6 tbsp natural yoghurt
- 2 heaped tbsp coarsely chopped mint
- 2 heaped tbsp coarsely chopped green coriander
- 1 tbsp lemon juice
- ½ tsp salt or to taste

### Method

- Put 2 tablespoons of the yoghurt, and the mint, green coriander, lemon juice and salt into the container of an electric blender and blend until smooth, pushing down with a rubber spatula if necessary.
- Put the remaining 4 tablespoons of yoghurt into a bowl and beat lightly.
- Add the paste from the blender. Stir to mix.
- This chutney may be stored, covered, in the refrigerator for 2-3 days.

## Quick Coconut Chutney

### Ingredients

- 1-2 green chillies, seeded and sliced (optional)
- 1 tsp ginger paste
- 25g desiccated coconut
- 4 generous tablespoons low-fat yoghurt, beaten
- 2 tsp vegetable oil
- 1 tsp brown mustard seeds
- 8-10 fresh or dried curry leaves
- 1 tsp each skinned and split black gram (urad dal) and split Bengal gram (channa dal), picked over, washed and soaked overnight
- 2-3 dried red chillies (optional)
- ½ tsp salt or to taste

### Method

- Pound the green chillies (if using) and the ginger paste in a sturdy pestle and mortar.
- Add a quarter of the coconut, alternating with a tablespoon of the yoghurt until they are used up and keep pounding until you have a thick rough paste. You can loosen this a little with water for a thinner consistency. Turn into a bowl.
- Heat the oil to one side of a small non-stick pan and add the mustard seeds, curry leaves, lentils and red chillies (if using). Fry for 30 seconds.
- Stir the pan contents into the coconut mixture, along with the salt, and set aside for at least 30 minutes or until ready to use.

## Spiced Lamb Koftas

### Ingredients

#### For the koftas

- 500g pack lean lamb mince
- 2 small or 1 large preserved lemon, flesh and seeds removed and skin finely chopped
- 10 pitted green olives, finely chopped
- small bunch parsley, chopped
- 1½ tsp ras-el-hanout
- 1 tbsp vegetable oil
- yoghurt, salad and wraps, to serve (optional)

#### For the salad

- 4 large tomatoes, chopped
- ½ red onion, very finely sliced
- small bunch mint, leaves picked
- juice ½ lemon
- good pinch of sugar

### Method

- In a large bowl, combine the lamb mince, preserved lemon, olives, parsley, ras el hanout and some seasoning – don't be too generous with the salt, as the preserved lemon and olives are both quite salty.
- Divide the mixture into 4 and shape each piece around a long skewer. Chill for 30 minutes.
- Combine the ingredients for the salad with some seasoning and set aside.
- Heat the grill to high.
- Rub the oil over the koftas and wrap a little foil around the bottom of each skewer if you're using wooden ones.
- Place on a baking tray and grill for about 7 minutes each side until nicely browned, checking the meat is cooked through to the centre.
- Serve with the tomato salad, a dollop of yoghurt and some couscous or in wraps, if you like.



## Corn (Maize Bread)

### Ingredients

- 375g/13oz plain flour
- 225g/8oz cornmeal
- 1 tsp salt
- 4 tsp baking powder
- 110g/4oz sugar
- 480ml/17fl oz milk
- 2 free-range eggs
- 110g/4oz butter, melted, plus extra for greasing
- Small tin sweetcorn kernels, drained (or use fresh sweetcorn)

### Method

- Preheat the oven to 200C/400F/Gas 6. Grease 23cm/9in square baking pan with melted butter.
- In a large bowl, combine all the ingredients together except for the sweetcorn kernels.
- Mix until you have the consistency of a sponge cake batter, then add the sweetcorn.
- Stir to combine thoroughly, then pour into the prepared baking pan. Bake for about 20 minutes in the top of the oven.
- The cornbread is ready when it has a golden colour and is springy to the touch. Allow to cool slightly before cutting.

## Chapatis

### Ingredients

- 140g wholemeal flour
- 140g plain flour, plus extra for dusting
- 1 tsp salt
- 2 tbsp olive oil, plus extra for greasing
- 180ml hot water or as needed

### Method

- In a large bowl, stir together the flours and salt. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky.
- Knead the dough on a lightly floured surface for 5-10 minutes until it is smooth. Divide into 10 pieces, or less if you want bigger breads. Roll each piece into a ball. Let rest for a few minutes.
- Heat a frying pan over medium heat until hot, and grease lightly. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla.
- When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side. Put on a plate and keep warm while you cook the rest of the chapatis.