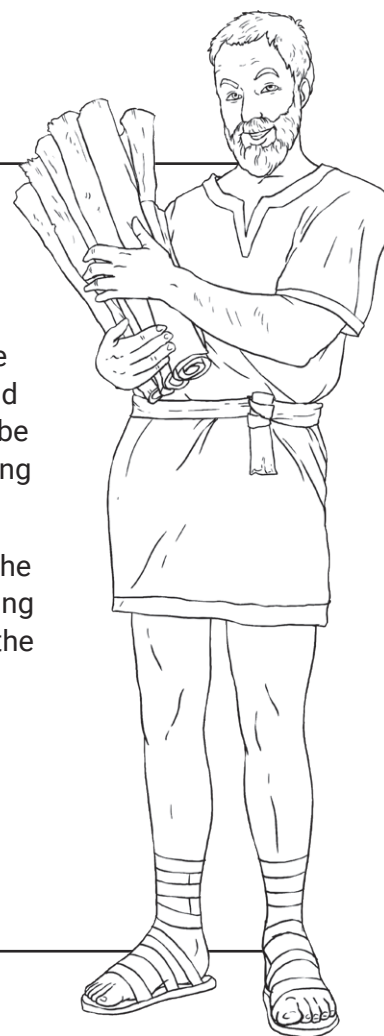


Disclaimer:

These recipes are intended as a general guide only and involve the use of knives, hot water and kitchen appliances that use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability.

It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.





Fassolatha White Bean Soup

Ingredients

475g of dried white beans, such as cannellini beans

2350ml water

125ml olive oil

1 large onion (diced)

2 medium carrots (diced)

2 sticks of celery (diced)

1 bay leaf

1 tin of chopped tomatoes

2 tablespoons tomato puree

Pinch of salt (or to taste)

Pinch of pepper (or to taste)

Garnish: 1/4 cup fresh chopped parsley

Equipment

Weighing scales

Large saucepan with lid

Sharp knife

Chopping board

Measuring cup

Tablespoon

Wooden spoon

Sieve

Method

Quick soaking method for the beans:

1. Wash hands before you begin.
2. Put the beans in a pan and cover with water by 5cm.
3. Add 2 tablespoons of salt and stir.
4. Bring beans to boil.
5. Turn off heat, cover and soak for an hour.
6. Drain and rinse beans under cold water before using.



For the soup:

1. Add the beans, water and olive oil to a large pot and bring to the boil.
2. Reduce heat and simmer covered until beans are tender but not mushy – approximately 1 hour.
3. Add the vegetables, tomatoes, tomato puree and bay leaf to the pot and simmer uncovered for a further 30 to 40 minutes until soup has thickened.
4. Season with salt and pepper to taste.
5. Remove the bay leaf and sprinkle with chopped fresh parsley before serving.



Baklava

Ingredients

450g of chopped walnuts
1 teaspoon ground cinnamon
450g filo pastry
225g of salted butter
200g granulated sugar
250ml water
120ml honey
1 teaspoon vanilla extract
1 teaspoon lemon zest

Equipment

33x23cm (9x13 inch) baking dish
Weighing scales
Measuring jug
Saucepan
Grater
Sharp knife
Teaspoon
Mixing bowl
Pastry brush

Method

1. Wash hands before you begin.
2. Preheat the oven to 175°C.
3. Butter the baking dish.
4. Mix the cinnamon and walnuts in a bowl.
5. Unroll the filo pastry and cut the stack in half to fit the dish.
6. Place two sheets of filo pastry at the bottom of the dish and brush generously with butter.
7. Sprinkle 2-3 tablespoons of nut mixture over pastry.
8. Add two more sheets of filo pastry, brush with butter and sprinkle nut mixture.
9. Repeat this process until all ingredients are used, ending with 6 sheets of filo pastry.
10. Cut baklava into 4 long rows then each row 9 times diagonally to make 36 diamond shapes.
11. Bake for approximately 50 minutes in a preheated oven until golden brown and crisp.

For the syrup

1. While baklava is baking, combine the sugar and water in a small saucepan over medium heat and bring to a boil.
2. Stir in honey, vanilla extract and lemon zest; reduce heat and simmer for 20 minutes.
3. Remove the baklava from the oven and immediately spoon the syrup mixture over it.
4. Cool completely before serving.



Melomakarona

Greek Honey-Spice Cookies

Ingredients

For the biscuits

575g of plain flour

2 teaspoons cinnamon

1 teaspoon ground cloves

1 teaspoon baking soda

2 teaspoons baking powder

450g unsalted butter

150g sugar

3 egg yolks

120ml orange juice

1 teaspoon honey

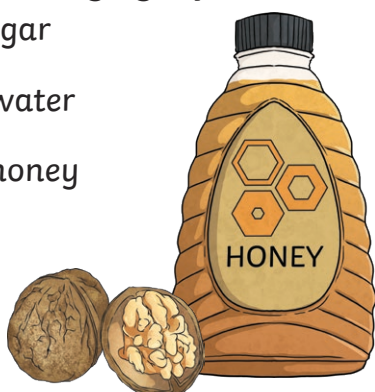
Finely crushed walnuts for
topping

For the honey syrup

200g sugar

250ml water

250ml honey



Method

1. Wash hands before you begin.
2. Whisk the flour, spices, baking soda and baking powder in a large mixing bowl.
3. Beat the butter until it is light and fluffy.
4. Add the sugar and continue mixing for about 5 more minutes.
5. In a separate bowl, beat the egg yolks and orange juice together and add to the butter mixture.
6. Add the dry ingredients in 3 parts, mixing after each addition.
7. Add the teaspoon of honey and mix until a soft dough forms.
8. Chill dough for 30 minutes to 1 hour before shaping.
9. Shape the dough into small ovals and flatten a little on the baking paper. **Note: These cookies do spread a little, so make sure you leave enough room between each one.**
10. Bake at 175°C for approximately 20 minutes or until light golden brown.





Equipment

Whisk

Large mixing bowl

Saucepan

Measuring jug

Weighing scales

Small mixing bowl

Teaspoon

Fridge for chilling dough

Baking parchment

For the honey syrup

1. Heat the sugar, water and honey over a low heat until sugar dissolves. Let the mixture cool.
2. When cookies are cool enough to handle, dip them into the syrup on both sides for 10-15 seconds.
3. Gently press the top side of the freshly-dipped cookies onto the crushed walnuts then place on parchment paper.
4. Let cookies dry before eating.





Ancient Greek Kykeon

Mint Barley Water

Ingredients

200g barley

1400ml water

5 peppermint leaves

$\frac{1}{2}$ tablespoon lemon juice

1 tablespoon maple syrup

Equipment

Measuring jug

Weighing scales

Large saucepan

Sieve

Large bowl

Microwave

Tablespoon

Method

1. Simmer the barley in the water on medium-low heat, uncovered for approximately 20-25 minutes. Once the barley is cooked, the amount of water in the pot will be reduced.
2. Remove from heat and strain the barley through a sieve into a large bowl to collect the water. Set the barley aside.
3. Add peppermint leaves to barley water and microwave for approximately 30 seconds to infuse the mint flavour.
4. Stir in lemon juice and maple syrup.

