



It's All Greek to Me

Greek Shepherd's Pie

Athenian Green Salad

Easy Baklava

GREEK SHEPHERD'S PIE

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| 1 1/2 cups (375 mL) chopped onions | 1 tsp (5 mL) oregano, crumbled |
| 3 cloves garlic, finely chopped | 3/4 tsp (3 mL) salt |
| 1 tbsp (15 mL) olive oil | 1/2 tsp (2 mL) allspice |
| 2 lb (1 kg) lean ground beef | 1/2 tsp (2 mL) freshly ground pepper |
| 1 can (14 oz/398 mL) diced tomatoes | 1/4 tsp (1 mL) nutmeg |
| 1/4 cup (50 mL) dry red wine or canned beef broth | 1/4 cup (50 mL) freshly grated Parmesan cheese |
| 1 tbsp (15 mL) mint, crumbled | Feta Potato Topping, recipe follows |
| 1 1/2 tsp (7 mL) cinnamon | Paprika |

In a Dutch oven over medium heat, saute onions and garlic in oil for 2 minutes. Add beef and cook, stirring occasionally, for 7 - 10 minutes or until lightly browned. Stir in next 9 ingredients (tomatoes through nutmeg). Bring to a boil; reduce heat and simmer, stirring occasionally, for 10 minutes. Stir in Parmesan cheese. Transfer mixture to a greased shallow 3 quart (3 L) baking dish. Spoon Feta Potato Topping over meat mixture and spread decoratively. Sprinkle with paprika. May be prepared to this point and refrigerated for up to 24 hours. Bake, uncovered, at 400°F (200°C) for 40 - 45 minutes or until topping is lightly browned and filling is bubbly. Serves 8.

Feta Potato Topping: Cook 5 cups (1.25 L) cubed peeled potatoes in boiling salted water until tender; drain. Add 1/4 cup (50 mL) butter, 1/4 cup (50 mL) sour cream and 1/4 tsp (1 mL) each nutmeg, salt and freshly ground pepper. Mash until mixture is smooth. Stir in 1 1/4 cups (300 mL) shredded dry pack feta cheese.

ATHENIAN GREEN SALAD

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| 3/4 cup (175 mL) yogurt | 8 cups (2 L) torn romaine lettuce |
| 1/4 cup (50 mL) buttermilk | 2 cups (500 mL) shredded red cabbage |
| 1 tbsp (15 mL) fresh lemon juice | 1 cup (250 mL) sliced cucumber |
| 1/2 tsp (2 mL) mint, crumbled | 3/4 cup (175 mL) diced red bell pepper |
| 1/2 tsp (2 mL) salt | 1/2 cup (125 mL) sliced green onions |
| 1/4 tsp (1 mL) freshly ground pepper | 1/2 cup (125 mL) freshly grated Parmesan cheese |
| 1/4 tsp (1 mL) dill weed | 1 tomato, cut into thin wedges |
| 1 clove garlic, crushed | |

To prepare dressing, whisk together first 8 ingredients (yogurt through garlic) until blended. Dressing may be refrigerated for up to 24 hours. Combine remaining ingredients (lettuce through tomato) in a bowl. Toss with dressing to coat. Serve immediately. Serves 8 - 10.

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EASY BAKLAVA

2 cups (500 mL) finely chopped California walnuts	2 cups (500 mL) butter, melted
1 cup (250 mL) sugar	1 cup (250 mL) honey
2 tsp (10 mL) cinnamon	1 cup (250 mL) sugar
1/8 tsp (0.5 mL) nutmeg	1 cup (250 mL) water
28 phyllo pastry sheets	1 tbsp (15 mL) fresh lemon juice

Combine first 4 ingredients (walnuts through nutmeg); set aside. Place one pastry sheet on a flat surface; brush with butter. Top with another sheet and brush with butter. Repeat process with 2 more sheets. Leaving a 1 inch (2.5 cm) edge, place 1/3 cup (75 mL) of nut mixture along one short end of pastry. Fold long edges in and over filling. Roll up, jelly-roll fashion, starting at filling end. Brush with butter and place, seam side down, on a jelly-roll pan. Repeat with remaining pastry and nut mixture, forming 6 more rolls. Refrigerate 30 minutes. Baklava may be prepared to this point and frozen for up to 1 month. Thaw in refrigerator before proceeding. Cut each roll diagonally into 5 pieces without cutting through to base. Bake at 350°F (180°C) for 30 - 35 minutes or until golden; cool. Cook honey, sugar, water and lemon juice in a saucepan over low heat until sugar dissolves. Simmer 5 minutes. Cut each roll through base into 5 pieces. Using a slotted spoon, dip each pastry into honey syrup and place on a serving platter. Pastries may be prepared up to 24 hours in advance. Store, covered, at room temperature. Makes 35 pastries.

Shopping Tip: Depending on brand, 2 packages (1 lb/454 g) of phyllo pastry may be required for this recipe.