

## Gotowanie greckie z Agnieszka i Yannisem 14.10.2016

Sklepy greckie w Brukseli:

- Atlantide traiteur (<http://atlantideresto.be/>)

- Trilogia traiteur (<http://www.traiteur-trilogia.be/>)

Polecam tez swietne filmiki instruktażowe i przepisy greckiego kucharza po angielsku :)

Akisa Petretzikisa (<http://akispetretzikis.com/>)

### Humus

#### Ingredients

250 g dry chickpeas (400 g ready boiled)  
1,5 liter of water  
1 levelled teaspoon of salt  
100 g tahini  
150 ml olive oil  
1 teaspoon ground cumin  
½ - 1 teaspoon salt  
a generous quantity of freshly ground pepper  
grated zest of 1 lemon  
juice from 1 lemon or two, depending on your tastes  
1 clove of garlic (optional)  
bukovo pepper flakes to serve  
1 teaspoon smoked paprika



#### Preparation

Soak the chickpeas in a bowl full of enough cold water and with a levelled teaspoon of salt, to completely cover them, for at least 6 hours.

Drain, discard water and rinse under running water. Place a pot filled with 1 1/2 liters of salted water over high heat. Add the chickpeas and bring to a boil. Simmer for about 1 hour, until they soften (depends on the peas).

Drain but keep the water they were boiled in. Let them cool in a strainer just for 5 minutes. It is important they are still hot when they are pureed.

Transfer them to a food processor. Add the lemon zest, lemon juice, tahini, garlic, ground cumin, salt, pepper, paprika and olive oil.

Beat until the chickpeas are pureed and all of the ingredients are completely mixed.

Add as much of the reserved water to make the hummus as smooth and creamy as you like. Beat again, until completely mixed and smooth.

Taste and adjust the seasoning and lemon juice according to your preferences.

Sprinkle with chili flakes, ground cumin, drizzle with some extra virgin Greek olive oil and some small cubes of tomato.

### **SPANAKOTYROPITA**

500 gr spinach.

300 gr feta

100 gr emmental grated

100 gr parmigiana flakes

150 gr fresh onions (cibulettes)

10 cl fresh cream

2 eggs

pepper, dill, nutmeg.

400 gr fillo

150 gr ghee



Cut off the stalks of the spinach, wash it, cut it into small pieces, salt it, rub it with the hands, then squeeze the water out. Add the onions finely cut, the cheeses (feta in crumbles), the cream, the eggs (beaten), pepper, dill, nutmeg. Mix well all ingredients.

Pass a thin layer of melted ghee on a pan and lay ten sheets of fillo, well ghee'd. Spread the mixture and cover with another ten sheets of fillo (ghee'd).

One hour at 195 degrees oven.

### **KEFTEDES**

700 gr minced

150 gr parmigiana in flakes

100 gr chapelure

lots of oregano

pepper

small coffee cup of milk

2 eggs beaten

Mix all the materials. Roll small balls. Place on ghee'd pan. 16-19 minutes in 220 degrees oven.