The National Herald

A weekly publication of THE NATIONAL HERALD, INC. (ΕΘΝΙΚΟΣ ΚΗΡΥΞ), reporting the news and addressing the issues of paramount interest to the Greek American community of the United States of America.

Published by
Antonis H. Diamataris
Assistant to Publisher, Advertising
950 6th Ave, 3rd Floor New York, New York 10017
Tel: (212) 889-2100
 Fax: (212) 889-6969
 e-mail: editor@thenationalherald.com

www.thenationalherald.com

FOOD & WINE

By Eleni Sakellis

Our Best Wishes for the Upcoming Holiday Season

Every year, The National Herald shares our special FOODS & WINE issue with our readers just before Thanksgiving. We arranged selected our top recipes, celebrating. This year, we wish for any occasion.

and enjoy any time and family and friends.

From everyday meals to traditional dishes to enjoy updated versions of classics, and favorites, our top recipes, this year, we wish to see how to make the most of the season.

Gratitude for all the blessings in our lives should not only occur to us as we go around the Thanksgiving table saying what we’re thankful for, but should be part of our daily lives.

Thankfulness, every day, can make a difference in the way we see ourselves and the world around us. It can help us prioritize the time we will invest and make you truly appreciate what you have when you meet people who are not so lucky.

In these difficult times, when extremism threatens innocent lives around the world, we can “think globally and act locally” to engage more with our fellow citizens, take a stand on serious issues, and make a positive impact.

We often take for granted how simple acts of kindness or a friendly word can mean so much to someone struggling in life.

In the spirit of the season, take a moment to say thank you to those who mean the most to you as we say thank you to our readers for their continuing support.

Best wishes for the upcoming holidays!

Our Favorite Recipes of the Year

Food in Greek culture is paramount interest to the Greek American community of the United States of America.

By Eleni Sakellis

In a bowl, whisk together the olive oil, vinegar, crushed garlic, fresh oregano, pepper, and salt. Set aside.

Add the olives and the cheese and stir together.

In a bowl, whisk together the olive oil, vinegar, crushed garlic, fresh oregano, pepper, and salt. Set aside.

In a bowl, whisk together the olive oil, vinegar, crushed garlic, fresh oregano, pepper, and salt. Set aside.

Kalamaria Gemista

(Stuffed Squid)

• 2 medium to large red bell peppers, chopped
• 1 cup chopped fresh tomatoes
• 1/2 cup white wine
• 1 cup Carolina rice
• 1 teaspoon freshly grated pepper
• 1 cup chopped fresh parsley
• 1/2 cup chopped fresh green onions
• 1/2 cup grated onion
• 1/4 cup chopped fresh garlic
• 1/8 teaspoon cayenne
• 1/2 cup chopped fresh tomatoes
• 1/2 cup chopped fresh parsley
• 1/2 cup chopped fresh green onions
• 1/2 cup grated onion
• 1/4 cup chopped fresh garlic
• 1/8 teaspoon cayenne

Prepare the squid. If preferred, you may pit the squid before adding them to the marinade. Simply use each olive on your work surface or cutting board, give it a whack with the flat of a chef’s knife or a meat pounder, and remove the pit.

2 pounds medium squid (10-12)
1 cup chopped fresh tomatoes
1/2 cup white wine
1 cup Carolina rice
1/2 cup chopped fresh parsley
1/2 cup chopped fresh green onions
1/2 cup chopped onion
1/4 cup chopped garlic
1/8 teaspoon cayenne

Continued on page 4

FLATBREAD

MEDITERRANEAN FOODS

• Over 50 Varieties of Flatbreads
• Mediterranean Pastries
• Ethnic Meats & Imported Foods

KONTOS FOODS, Inc.
Tel: 973.278.2800
Fax: 973.278.7943
www.kontos.com

find us on

Happy Thanksgiving
Let us reintroduce you to our newly renovated restaurant that transcends you to the Blue Breezy Aegean.

Come in and celebrate the holiday season and feast on our authentic greek cuisine and a wide variety of daily fresh fish picks accompanied by some of the finest greek wines!

Come in, your friends are already here!

Happy Holiday Season

For reservations: (718) 279-5922
253-17 Northern Boulevard
Little Neck (Queens), NY 11363
From Cross Island one mile East on Northern Boulevard.
From LIE Exit 32N (Little Neck PKWY Exit)
www.georgesegeekislands.com
Our Favorite Recipes of the Year

New York runs on Vassilicos Coffee

The National Herald, November 18, 2017

Greek Food & Wine

Continued from page 2

The souvlaki is the star of this recipe, with the squid being marinated and grilled to perfection. The squid is cut into small pieces and marinated in a mixture of lemon juice, olive oil, dill, salt, pepper, and white wine. The squid is then grilled over an open flame, and the resulting dish is served with a side of lemon sauce.

Saganaki Bites with Sun-Dried Tomato Topping

1 cup crutons, diced
2 tablespoons Greek extra-virgin olive oil
1 cup Kalamata olives, pitted, coarsely chopped
1 cup pitted Greek olives, finely chopped
1 tablespoon water
1 tablespoon finely chopped fresh mint
2 tablespoons Greek extra-virgin olive oil
3 medium red onions, thinly sliced
1 tablespoon red chile flakes
2 tablespoons sun-dried tomatoes, halved, cut into 1/4-inch cubes
2 tablespoons Greek extra-virgin olive oil

For the topping, place the crutons in a bowl and cover with 1 cup boiling water. Steam until soft for 15 minutes, then drain. Add the tomatoes to the bowl of a food processor with the sun-dried tomatoes, olive oil, the oregano, lemon zest, garlic, salt, and pepper. Puree until smooth, then set aside.

Heat the oil for frying in a deep fryer to 370°F. Dip the squid into the batter and fry until golden brown, about 3 minutes. Drain on paper towels and serve immediately.

4 tablespoons Greek extra-virgin olive oil
3 cups white wine
1 teaspoon salt
1/2 teaspoon ground cumin
1/2 cup sun-dried tomatoes, halved, cut into 1/4-inch cubes
1/2 cup sun-dried tomatoes, halved, cut into 1/4-inch cubes

In a large bowl, stir together flour, 1/4 teaspoon salt, and 1/4 teaspoon ground cumin. Add the sun-dried tomatoes to the bowl of a food processor with 2 tablespoons of olive oil, and process to a fine paste. Add the wine, honey, cinnamon, chile flakes, and tomatoes. Bring to a boil, then reduce the heat and simmer for 10 minutes. Season with salt to taste, then set aside.

In a large bowl, stir together flour, 1/2 teaspoon salt, 1/2 teaspoon ground cumin, 1/2 cup barley flour, 1 1/2 cups flour, plus more as needed, 1/2 cup whole wheat flour, plus more as needed, 1/2 cup Barley flour, plus more as needed, 1/2 cup sun-dried tomatoes, chopped finely, and cover with 1 cup boiling water. Cover the bowl with plastic wrap and set aside until doubled in size, about 1 hour. Add the yeast mixture and cover with a damp tea towel. Allow to rest for 30 minutes. If preferred, you can refrigerate at room temperature for at least 2 hours. Work the dough, placing a piece of parchment paper between each rolled dough, until doubled in size, about 1 hour. Cut into 1-inch slices.

For the topping, place the chopped mint on a plate. For the sauce, place the 1/2 cup crutons in a bowl and cover with 1 cup boiling water. Steam until soft for 15 minutes, then drain. Add the tomatoes to the bowl of a food processor with the sun-dried tomatoes, olive oil, the oregano, lemon zest, garlic, salt, and pepper. Puree until smooth, then set aside.

Heat a 12” cast-iron skillet over medium-high heat. Add the oil and then the onions. Sauté until the onion is translucent, about 10 minutes. Add the chile flakes, and tomatoes. Bring to a boil, then reduce the heat and simmer for 10 minutes. Season with salt to taste, then set aside.

In a large bowl, stir together flour, 3/4 cup whole wheat flour, 1/2 cup barley flour, 1 1/2 cups flour, plus more as needed, 1/2 cup barley flour, plus more as needed, 1/2 cup sun-dried tomatoes, chopped finely, and cover with 1 cup boiling water. Cover the bowl with plastic wrap and set aside until doubled in size, about 1 hour. Add the yeast mixture and cover with a damp tea towel. Allow to rest for 30 minutes. If preferred, you can refrigerate at room temperature for at least 2 hours. Work the dough, placing a piece of parchment paper between each rolled dough, until doubled in size, about 1 hour. Cut into 1-inch slices.

To make the tomato sauce, heat 4 tablespoons of olive oil in a large saucepan over medium-high heat. Add the onion and cook for 2 minutes. Then, add the marinated and sun-dried tomatoes, garlic, and salt and pepper. Cook, stirring occasionally, until the onion is tender, about 4 minutes. Season with salt to taste, then set aside.

Heat 4 tablespoons of olive oil in a 12” skillet over medium-high heat. Add the squid and cook for 2 minutes. Then, add the marinated and sun-dried tomatoes, garlic, and salt and pepper. Cook, stirring occasionally, until the onion is tender, about 4 minutes. Season with salt to taste, then set aside.

For the sauce, place the 1/2 cup crutons in a bowl and cover with 1 cup boiling water. Steam until soft for 15 minutes, then drain. Add the tomatoes to the bowl of a food processor with the sun-dried tomatoes, olive oil, the oregano, lemon zest, garlic, salt, and pepper. Puree until smooth, then set aside.

Heat a 12” cast-iron skillet over medium-high heat. Add the oil and then the onions. Sauté until the onion is translucent, about 10 minutes. Add the chile flakes, and tomatoes. Bring to a boil, then reduce the heat and simmer for 10 minutes. Season with salt to taste, then set aside.

In a large bowl, stir together flour, 1/2 teaspoon salt, 1/2 teaspoon ground cumin, 1/2 cup barley flour, 1 1/2 cups flour, plus more as needed, 1/2 cup barley flour, plus more as needed, 1/2 cup sun-dried tomatoes, chopped finely, and cover with 1 cup boiling water. Cover the bowl with plastic wrap and set aside until doubled in size, about 1 hour. Add the yeast mixture and cover with a damp tea towel. Allow to rest for 30 minutes. If preferred, you can refrigerate at room temperature for at least 2 hours. Work the dough, placing a piece of parchment paper between each rolled dough, until doubled in size, about 1 hour. Cut into 1-inch slices.

To make the tomato sauce, heat 4 tablespoons of olive oil in a large saucepan over medium-high heat. Add onions and the tomatoes, stirring occasionally, until the onion is translucent, about 4 minutes. Season with salt to taste, then set aside.

Heat 4 tablespoons of olive oil in a 12” skillet over medium-high heat. Add the squid and cook for 2 minutes. Then, add the marinated and sun-dried tomatoes, garlic, and salt and pepper. Cook, stirring occasionally, until the onion is tender, about 4 minutes. Season with salt to taste, then set aside.

For the topping, place the chopped mint on a plate. For the sauce, place the 1/2 cup crutons in a bowl and cover with 1 cup boiling water. Steam until soft for 15 minutes, then drain. Add the tomatoes to the bowl of a food processor with the sun-dried tomatoes, olive oil, the oregano, lemon zest, garlic, salt, and pepper. Puree until smooth, then set aside.

Heat a 12” cast-iron skillet over medium-high heat. Add the oil and then the onions. Sauté until the onion is translucent, about 10 minutes. Add the chile flakes, and tomatoes. Bring to a boil, then reduce the heat and simmer for 10 minutes. Season with salt to taste, then set aside.

In a large bowl, stir together flour, 1/2 teaspoon salt, 1/2 teaspoon ground cumin, 1/2 cup barley flour, 1 1/2 cups flour, plus more as needed, 1/2 cup barley flour, plus more as needed, 1/2 cup sun-dried tomatoes, chopped finely, and cover with 1 cup boiling water. Cover the bowl with plastic wrap and set aside until doubled in size, about 1 hour. Add the yeast mixture and cover with a damp tea towel. Allow to rest for 30 minutes. If preferred, you can refrigerate at room temperature for at least 2 hours. Work the dough, placing a piece of parchment paper between each rolled dough, until doubled in size, about 1 hour. Cut into 1-inch slices.

To make the tomato sauce, heat 4 tablespoons of olive oil in a large saucepan over medium-high heat. Add onions and the tomatoes, stirring occasionally, until the onion is translucent, about 4 minutes. Season with salt to taste, then set aside.

Heat 4 tablespoons of olive oil in a 12” skillet over medium-high heat. Add the squid and cook for 2 minutes. Then, add the marinated and sun-dried tomatoes, garlic, and salt and pepper. Cook, stirring occasionally, until the onion is tender, about 4 minutes. Season with salt to taste, then set aside.

For the topping, place the chopped mint on a plate. For the sauce, place the 1/2 cup crutons in a bowl and cover with 1 cup boiling water. Steam until soft for 15 minutes, then drain. Add the tomatoes to the bowl of a food processor with the sun-dried tomatoes, olive oil, the oregano, lemon zest, garlic, salt, and pepper. Puree until smooth, then set aside.

Heat a 12” cast-iron skillet over medium-high heat. Add the oil and then the onions. Sauté until the onion is translucent, about 10 minutes. Add the chile flakes, and tomatoes. Bring to a boil, then reduce the heat and simmer for 10 minutes. Season with salt to taste, then set aside.

In a large bowl, stir together flour, 1/2 teaspoon salt, 1/2 teaspoon ground cumin, 1/2 cup barley flour, 1 1/2 cups flour, plus more as needed, 1/2 cup barley flour, plus more as needed, 1/2 cup sun-dried tomatoes, chopped finely, and cover with 1 cup boiling water. Cover the bowl with plastic wrap and set aside until doubled in size, about 1 hour. Add the yeast mixture and cover with a damp tea towel. Allow to rest for 30 minutes. If preferred, you can refrigerate at room temperature for at least 2 hours. Work the dough, placing a piece of parchment paper between each rolled dough, until doubled in size, about 1 hour. Cut into 1-inch slices.

To make the tomato sauce, heat 4 tablespoons of olive oil in a large saucepan over medium-high heat. Add onions and the tomatoes, stirring occasionally, until the onion is translucent, about 4 minutes. Season with salt to taste, then set aside.

Heat 4 tablespoons of olive oil in a 12” skillet over medium-high heat. Add the squid and cook for 2 minutes. Then, add the marinated and sun-dried tomatoes, garlic, and salt and pepper. Cook, stirring occasionally, until the onion is tender, about 4 minutes. Season with salt to taste, then set aside.

For the topping, place the chopped mint on a plate. For the sauce, place the 1/2 cup crutons in a bowl and cover with 1 cup boiling water. Steam until soft for 15 minutes, then drain. Add the tomatoes to the bowl of a food processor with the sun-dried tomatoes, olive oil, the oregano, lemon zest, garlic, salt, and pepper. Puree until smooth, then set aside.
Cabbage Salad

• 1 small head green cabbage
• 1 small red onion
• 1 small-medium apple
• 4 ripe tomatoes, or 1 (28 oz.) can of diced tomatoes
• 1/2 pound lamb cubes with salt, pepper, cut into cubes
• 1/2 cup Greek extra virgin olive oil
• 1/4 cup lemon juice
• 1/2 cup fresh dill or oregano
• 1/2 cup garlic cloves, thinly sliced
• 1/4 teaspoon freshly ground black pepper
• Lightly steamed broccoli, pared asparagus, snow peas, carrots, brussel sprouts, zucchini, chopped

Place the 2 1/2 cups of water in a saucepan, add the marinade, just cover the stew. Season generously with sea salt and freshly ground pepper.

Sauté the beef, reserving the marinade, cut slits in the meat about □ inch thick until it shimmers. Dip the egg - lemon mixture into the slits. Rinse the leg of lamb in cold water and pat dry. Season with two tomato slices for each meat cube. Place the 2 1/2 cups of water in a saucepan, add the marinade, just cover the stew. Season generously with sea salt and freshly ground pepper.

For the Walnut Dressing

• 1 cup walnuts
• 1 cup Greek extra virgin olive oil
• 1/4 cup garlic cloves, finely chopped
• 1/4 cup shallots, finely chopped
• 1/4 cup parsley, finely chopped
• 1/4 cup lemon juice
• 1/4 cup dry white wine vinegar
• Salt and freshly ground pepper

In the bowl of a food processor, puree the walnuts, garlic, shallots, parsley with two tablespoons olive oil. Add the remaining ingredients to the food processor with the lemon juice and vinegar and pulse to combine. Add the walnuts, parsley and serve over cooked rice.

Roasted Leg of Lamb

• 1/2 cup olive oil
• 1 garlic clove
• 1/2 teaspoon cinnamon
• 1/4 teaspoon ground coriander
• 1/4 teaspoon ground cumin
• 1/4 teaspoon ground black pepper
• 1/4 teaspoon salt, plus more to taste

Panagiotis Velentzas

The light of Greece, like the Lernaean Hydra, has not prevented the mind from asking the obvious questions. Perhaps, for many, all this sounds romantic and, for others, it is not. But when you spend the summer in Greece, perhaps you start to think of another cause. A cause which, not alternatively, but also cumulatively asks for synthesis and simplicity. More often than not alternatively, but also cumulatively. The answer, like the Lernaean Hydra, has not blink or burn. A light that, in turn, clothed horizons and invites you to search and to explore, to know and to understand. It is a masterpiece of intellect, not necessarily of the senses, but also of the intellect. The same glowing, the same exciting light.

Perhaps, for many, all this sounds romantic and, for others, it is not. But when you spend the summer in Greece, perhaps you start to think of another cause. A cause which, not alternatively, but also cumulatively asks for synthesis and simplicity. More often than not alternatively, but also cumulatively. The answer, like the Lernaean Hydra, has not blink or burn. A light that, in turn, clothed horizons and invites you to search and to explore, to know and to understand. It is a masterpiece of intellect, not necessarily of the senses, but also of the intellect. The same glowing, the same exciting light.

Panagiotis Velentzas

The light of Greece, like the Lernaean Hydra, has not prevented the mind from asking the obvious questions. Perhaps, for many, all this sounds romantic and, for others, it is not. But when you spend the summer in Greece, perhaps you start to think of another cause. A cause which, not alternatively, but also cumulatively asks for synthesis and simplicity. More often than not alternatively, but also cumulatively. The answer, like the Lernaean Hydra, has not blink or burn. A light that, in turn, clothed horizons and invites you to search and to explore, to know and to understand. It is a masterpiece of intellect, not necessarily of the senses, but also of the intellect. The same glowing, the same exciting light.
Our favorite desserts of the year include traditional sweets, seasonal fruits, and updated classics to enjoy any night of the week. Most of the mixes are associated with Christmas, though no one can complain if you serve them at a casual get-together or party any time of year.

Kourambiedes are a traditional favorite. From Thanksgiving through Christmas, New Year’s Eve, and Epiphany, they are plenty of holidays to bake up some special treats for your loved ones. Here is a classic recipe to try.

To be warned, the confectioners’ sugar will get everywhere, but the resulting cookies are worth the effort.

**Dessert Favorites of the Year**

By Eleni Sakellis

---

**Kourambiedes**

A Greek holiday table is not complete without the much-delicited pastries made with recipe passed down through the generations. In the Peloponnese, and especially in the region of Lakonia, a Christmas cookie, the kourambiedes, is a fixture on the dessert table as every Christmastime. Though the following recipe is relatively simple, it may take a few minutes to get the right consistency. The crispy, honey-sweet, and moist pastries will be ready in no time.

Preheat the oven to 350 F. Prepare two baking sheets for baking. Roll the dough to form a ball and not stick to your fingers, though not more than five cups. Do not overwork the dough or add too much flour, or you’ll end up with tough cookies. Form half-moon shapes and place on cookie sheet. Bake in the oven for 20-25 minutes until golden brown.

Meanwhile, make a glaze or syrup for the cookies, sugar, and water. Combine 1 cup sugar and 1/2 cup of water over a medium flame. Heat until the sugar is dissolved. Remove from heat and add 1/2 teaspoon of cinnamon. Stir well and let cool to room temperature.

Once the cookies are baked, remove them from the oven. Let them cool on the cookie sheet for two minutes. Carefully dip the bottom half of each cookie in the glaze, and place on wax paper. Allow the cookies to rest for fifteen minutes before cooling on a wire rack.

**Kourambiedes**

• 2 cups unsalted butter, softened at room temperature
• 1 cup sugar
• 1/2 cup confectioners’ sugar
• 1 tablespoon vanilla extract
• 1 lemon, chopped, toasted and set aside to cool

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

---

**Kourambiedes**

• 2 cups unsalted butter, softened at room temperature
• 1 cup sugar
• 1 teaspoon vanilla extract
• 1 lemon, chopped, toasted and set aside to cool

Icing the pastries

• 4 cups all-purpose flour
• 1/2 cup confectioners’ sugar
• 1/2 teaspoon baking powder
• 1/2 teaspoon salt
• 1 and 1/2 cups finely chopped walnuts

In a mixing bowl, whisk together the flour, sugar, baking powder, and salt. Make a well in the center of the flour mixture. Add the eggs, the chopped walnuts, and the vanilla extract. Mix well. Add the rest of the ingredients and mix until a dough is formed. Cover the dough and let it rest for about an hour.

Dip the just baked cookies in the glaze. Place on wax paper and cool. Once they are cool, dip them again in the glaze.

**Kourambiedes**

• 2 cups all-purpose flour
• 1/2 cup confectioners’ sugar
• 1/4 cup chopped walnuts
• 1/2 teaspoon baking powder
• 1/2 teaspoon salt
• 1 and 1/2 cups finely chopped walnuts

In a mixing bowl, whisk together the flour, sugar, baking powder, and salt. Make a well in the center of the flour mixture. Add the eggs, the chopped walnuts, and the vanilla extract. Mix well. Add the rest of the ingredients and mix until a dough is formed. Cover the dough and let it rest for about an hour.

Dip the just baked cookies in the glaze. Place on wax paper and cool. Once they are cool, dip them again in the glaze.

**Kourambiedes**

• 2 cups unsalted butter, softened at room temperature
• 1 cup sugar
• 1/2 cup confectioners’ sugar
• 1/2 teaspoon vanilla extract
• 1 lemon, chopped, toasted and set aside to cool

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

---

**Kourambiedes**

• 2 cups unsalted butter, softened at room temperature
• 1 cup sugar
• 1/2 cup confectioners’ sugar
• 1/2 teaspoon vanilla extract
• 1 lemon, chopped, toasted and set aside to cool

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

---

**Kourambiedes**

• 2 cups unsalted butter, softened at room temperature
• 1 cup sugar
• 1/2 cup confectioners’ sugar
• 1/2 teaspoon vanilla extract
• 1 lemon, chopped, toasted and set aside to cool

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

---

**Kourambiedes**

• 2 cups unsalted butter, softened at room temperature
• 1 cup sugar
• 1/2 cup confectioners’ sugar
• 1/2 teaspoon vanilla extract
• 1 lemon, chopped, toasted and set aside to cool

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.

---

**Kourambiedes**

• 2 cups unsalted butter, softened at room temperature
• 1 cup sugar
• 1/2 cup confectioners’ sugar
• 1/2 teaspoon vanilla extract
• 1 lemon, chopped, toasted and set aside to cool

Using about a quarter of the dough at a time, roll it out 1/4 inch thick. Using a 3-inch round-shaped cookie cutter, cut out shapes in the dough. Place on a baking sheet and bake in the oven at 350 F for about 15 minutes.
Apple Cake

- 1 cup chopped walnuts
- 3 cups unbleached all-purpose flour
- 1 1/2 cups sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups sour cream
- 1 teaspoon lemon juice
- 1 teaspoon vanilla
- 2 eggs
- 1/2 cup olive oil

Fold in the chopped apples. Fold in the chopped walnuts inside the cake mixture.

Preheat oven to 350 degrees F (Gas Mark 4). Grease and flour a 10-inch tube pan, set aside. Preheat the oven to 350 degrees. Grease and flour a 10-inch tube pan. Set aside.

In a large mixing bowl, whisk together the flour, eggs, sour cream, baking soda, salt, and sugar. In a separate bowl, mix the olive oil with the sour cream and let it sit for about 3 minutes or until the cream is completely smooth. Add the wet ingredients to the dry and stir until just combined. In a separate mixing bowl, whisk together the olive, eggs, sugar, oil, orange zest, and vanilla extract until well combined. In a separate bowl, combine the walnuts, semolina, and the baking powder, stir until well combined. Add the mixture to the dry ingredients and add to the egg mixture. Stir until all the ingredients are moistened and the batter is about 1/4 inch thick. Pour the batter into the prepared baking pan. Bake for about 1 hour and 15 minutes or until the cake is golden brown. Cool on a wire rack before removing the cake. Cool on a wire rack for 10-15 minutes and allow it to cool completely before transferring to a cake plate.

Sour Cherry Preserves

- 1 cup sour cream
- 1 cup finely chopped cherries
- 1/2 cup granulated sugar
- 3 tablespoons lemon juice

Whip the cherries and the sour cream in a large bowl, add the sour cream to the cherries and mix carefully to combine. Serve the preserves with your favorite flavor of ice cream.

Pasteli

- 1 lb fresh black or red cherries
- 1/2 cup golden sugar
- 2 tablespoons cinnamon
- 1/4 cup orange juice
- 1/2 cup water
- 1/4 cup semolina
- 1 cup whole wheat flour
- 1/2 cup Greek olive oil
- 1/2 cup sour cream
- 1/2 cup apricot jam
- 1/4 cup lemon juice
- 1/2 cup Greek yogurt, optional

Wash and pit the cherries. Bring the pot to a boil over high heat, then reduce the heat to medium and simmer the cherries for 5-10 minutes or until the cherries are soft. Cut the baked orange slices into squares and allow it to cool completely.

Fruit Salad

- 2 cups unbleached, all-purpose flour
- 1 cup whole wheat flour
- 1/2 cup sugar
- 1/2 cup olive oil
- 2 teaspoons cinnamon
- 1/4 cup orange juice
- 1/4 cup lemon juice

Cut the fruits into bite sized pieces. Place on a parch-ment-lined baking sheet and spread out with a rubber eraser to about 1/4 inch thickness. Allow to cool in room temperature seeds in a small bowl. Stir in the cut orange slice. Sprinkle with the sugar, if using, and mix carefully to combine. Serve the preserves with your favorite flavor of ice cream.

Blackberry Jam

- 1 1/2 cups sugar
- 1/4 cup water
- 1/2 cup apricot jam
- 1/4 cup lemon juice

Serve the blackberry jam over ice cream or Greek yogurt for dessert or a snack.

Greek Cheese & Wine

Greece's rich variety of fruits, vegetables, and dairy products has been a source of inspiration for many chefs. The island of Daktylos, known as the “Island of the Greek,” is one of many, many such places in many cultures, especially those of the Mediterranean. Used either fresh or dried, the lemons impart a subtle but distinctive flavor and fragrance to food. On behalf of Daktylos, we welcome you and wish you Καλή Ορεξη! [Greek for “Bon appetit!”]
When most people think of Greece, cocktails are not necessarily the first thing that comes to mind, in terms of adult beverages. Wine, ouzo, and tsipouro are probably most associated with Greece. As the renaissance of the cocktail continues, however, Greek ingredients and flavors have made their way into the latest mixology. Books by writers of the Greek diaspora that also focused on cocktails this year included The Poptail Manual: Over 90 Delicious Frozen Cocktails by Greek-Australian Kathy Kordalis, offering great ideas for summer entertaining, and Mixed Up: Cocktail Recipes (and Flash Fiction) for the Discerning Drinker (and Reader) compiled by Greek-American Nick Mamatas and Molly Tanzer, a charming collection featuring cocktails and fiction.

The top cocktails of the year that follow include two shared with The National Herald by Michael Alexandrakis, the head bartender at Ling Ling, one of the hottest restaurants in Mykonos. Alexandrakis’ cocktails feature the bright flavors of Mykonos with island-inspired ingredients.

Golden Mare

- 2 teaspoons sugar syrup
- 2 teaspoons fresh lemon juice
- 1 oz. pineapple juice
- 2 teaspoons Ouzo
- ½ oz. Cocchi Americano Vermouth
- 1 oz. Gin Mare

Make the ingredients together and serve immediately.

Greek Watermelon Mojito

- 1 ½ oz. rum
- 4 pieces (1-inch squares) fresh watermelon or 1 oz. fresh watermelon puree
- 1 oz. fresh lime juice
- ¾ oz. simple syrup
- ¾ oz. Greek sparkling water, or Perrier
- 6 mint leaves and one large mint sprig

In a tall mixing glass, muddle a piece of watermelon and the mint leaves with the simple syrup. Add the rum and lime juice, then fill the glass with ice and shake vigorously. Strain over fresh ice into a glass. Top with Greek sparkling water or Perrier, and swirl gently. Garnish with the sprig of mint.

Greek Sangria-Agiorgitiko with Fruit

- 12 oz. fresh squeezed orange juice
- 12 oz. fresh squeezed lemon juice
- 6 oz. mixed fruits, your choice of lemon, lime, oranges, apple, strawberry, figs, peaches, or pineapple

To prepare, mix in a large glass pitcher or punch bowl and serve over ice.

Rose Rock

- 1 teaspoon cinnamon syrup
- ½ oz. lime juice
- 2 teaspoons limoncello
- 1 oz. Cocchi Vermouth di Torino
- ¾ oz. Belvedere Vodka
- ¾ oz. passionfruit juice

Shake the ingredients together and serve over ice with a sprig of rosemary to garnish.

Mavrodaphne Cooler

- 2 oz. Mavrodaphne, sweet red wine
- ½ oz. Crème de Cassis
- ½ oz. white rum
- 1 oz. fresh lemon juice
- 2 oz. cranberry juice

To prepare, add all the ingredients to a shaker and shake over ice. Serve in a balloon glass and garnish with a sprig of mint and a twist of lemon.

The National Herald’s Top 5 Cocktails of the Year

By Eleni Sakellis
Greek Wines to Enjoy with Holiday Meals

Among those in attendance at the event, Ioanna Tsilili, who represented Theopetra Estate and Tsilli’s Distillery, pointed out that this was their fourth consecutive year at the event. “Today, Greek wine lovers taste wine from Meteora, White and Red and do not hide their admiration for the efforts made by wine-growers and winemakers in Greece.”

Fotini Kolaki, who represented the Winery of Monemvasia, said that they promoted the wines Kydonitissa, Agiorgitiko, Mavroudi, Malvasia, Debina, Vlachiko, and Bekari.

Zacharias Morphogenis, who represented Fantis Foods, one of the oldest importing companies, spoke to The National Herald, noting that “No matter a lot of us nationals and professionals who were able to taste the fine Greek wines in an excellent place. We are among the first companies to not only promote Greek wines but also have managed to put Greek produce on the shelf and to talk about their quality.”

Leonidas Hatzimichalis, who is assistant manager of Domaine Hatzimichalis, said, “It was a very nice event and many people came from what we expected. This is a world that has learned about wine. They come here and they want to talk about the varieties and the production of each variety. This is a wine that is great and I believe will enable all Greek producers to promote quality Greek wines in America.”

Asked about the newer varieties, he noted that “Domaine Hatzimichalis continues to innovate every year. We have Assyrtico, the white that is in the middle of the month from our experimental vines and the well-known wines.”

Agiorgitiko from Nemea is a full-bodied red wine that goes well with all types of roasted meats. Assyrtiko is a white wine produced all over Greece, but particularly known from Santorini where it originates. It pairs well with olives and stewed vegetable dishes.

Savatiano from Central Greece is another white wine that pairs well with lighter meals like grilled fish and vegetables.

Mavrodaphne, the sweet red wine, is one of the most popular wines of Greece. It pairs well with cheeses, duck, and other hard cheeses. Try it with the classic pies of the season, like apple or pecan, and vanilla ice cream.

Moschofilero from the Peloponnese is a dry, white wine that goes well with a variety of foods from spicy dishes to your typical grilled chicken and Greek salad. Muscat of Samos is a dessert wine to try available in a variety of styles from dry to sweet with the aromatic, floral notes of the Muscat grape. It pairs well, fittingly for Thanksgiving, with pumpkin pie.

Xinomavro from Naoussa is another red wine often compared to the Italian Barolo and pairs well with meat dishes, stews, roasted lamb, sausages, aged cheeses, and traditional Greek favorites like moussaka.
Greek cuisine in New York City is more than a trend, it’s a matter of philosophy. The following Greek restaurants have become the talk of the town in the cosmopolitan area of Manhattan.

**Ousia**

A unique and welcome addition to the NYC dining scene, Ousia restaurant with lively dining atmosphere, exquisite homey décor inspired by Greece’s romantic seaside villages. Its name was inspired by the seaside village on the island of Lesvos where the restaurant’s inspired decor will transport diners to experiment, including the most extensive selection of Greek wines available in the United States, boasting an award-winning wine list composed of more than 500 labels that represent over 50 wineries in Greece. Its comprehensive wine list introduces drivers to new territory, including 50 wines in the glass that change regularly and focus on unique regions in Greece.

**Ousia’s “meze” menu** is a favorite, the perfect companion to any dinner, a Greek-inspired tapas-style menu with flavors of fresh and good quality ingredients, directly imported from Greece. Ousia has added many more meze dishes to the menu, offering a variety of delicious appetizers, including grilled fish. Sometimes people expect crowd-pleaser food and this is the heavy appetizer that we’re offering. For example, “Tzatziki,” which is in a Mediterranean style, grilled fish, light seasoned sea salt and olive oil. It’s something that I really enjoy.

**Molyvos**

Molyvos, 871 7th Ave, has established itself as a destination restaurant in Manhattan, and has built a loyal following among its neighbors. The landmark building and surrounding inspired a connection to the Mediterranean villas of the Peloponnese. The restaurant also features 14 different varieties of Greece’s national aperitif, Ouzo, in addition to the same menu, as well as a wide selection of beers from Greece and around the Mediterranean. Between meeting Ouzos-based cocktails, like the Lesvos Lemonada, and wines only found in Molyvos’ beverage program gives diners an experience that can’t be duplicated anywhere else.

**The Greek Tribune**

The Greek Tribune, 408 Greenwich St, has quickly established itself as a destination restaurant in Manhattan, and has built a loyal following among its neighbors. The landmark building and surroundings inspired a connection to the Mediterranean village of the Peloponnese. Our goal was to create a very warm and casual atmosphere. Greek food is a comfort food, so we wanted to create a very warm and casual environment states Livonas, who is also Ousia’s owner.

**Avra**

In Greek mythology Arva is the Goddess of the stream and thus Avra Madison, 24 East 65th Street, is aptly named. The Greek cuisine and restaurant’s inspired decor will invoke warm Mediterranean nights cooked by Arvans people, some named Arva. We wanted to create an experience, from a rustic salvaged trellis over the tables to commissioned artwork atmosphere and this is what we achieved after all. We consulted on every detail of the restaurant, the way we decorated to the way we did the lighting. Our goal was to create a very cozy and comfortable environment.
The cookbooks mentioned here will also help home cooks, family and friends enjoy the health benefits of the Greek diet. A Taste of Greece: Recipes, Cuisine & Culture by HRH Princess Tatiana and Diana Farr Louis is a book that gives back in more ways than one. Not only does it include wonderful Greek recipes and bold photographs, but the proceeds from the book go to the nonprofit organization Boroume (we can in Greek). The Athens-based Boroume is dedicated to reducing food waste and fighting malnutrition at the same time, by creating networks of food donors and receivers throughout Greece. Over 30 international personalities share their favorite Greek recipes and their memories and love of Greece in this charming cookbook. My Greek Family Table by Maria Benardis, a Gourmand award-winning chef and author, who has been featured in the New York Times and Vogue, and on the Today Show. Her “Cooking with Agapi” classes have been held at prestigious venues including The Natural Gourmet Institute, Brooklyn Kitchen, Sur La Table, and Williams Sonoma. Benardis is also a food and health blogger for The Huffington Post, Thrive Global, and Mind Body Green. My Greek Family Table is her fourth book. Wild Mediterranean: The Age-Old, Science-New Plan for a Healthy Gut, with Food You Can Trust by Stella Metsovas is a new book that offers recipes and a plan for healthy eating that draws on age-old wisdom, supported by scientific research, to help the average person reap the benefits of the Mediterranean diet. An unbalanced gut with all its digestive issues often leads to chronic discomfort and even illness. Metsovas’ book is a practical guide to restoring the microbial balance in the gut and rebooting overall health. It features a simple to follow 6-day, 2-phase detox cleanse and over 50 delicious “Paleo-meets-Mediterranean” recipes. Tasia Malakasis, Greek and Alabaman, has written two wonderful cookbooks. Her first book, Tasia’s Table offers a wonderful collection of recipes and stories from the award-winning cheesemaker at Belle Chèvre. The book demonstrates the Southern and Greek cultural influences that shaped the way Malakasis cooks and sets her table for her friends and family on a daily basis. Among the Greek recipes in the book, kolokithokeftedes- Greek zucchini fritters, moussaka, and Greek meatballs. In Malakasis’ second cookbook, Southern Living Southern Made Fresh: Vibrant Dishes Rooted in Homegrown Flavor, for dessert, readers will detect a Greek influence in the phyllo apple hand pies. Like many Greek-Americans, Mary Platis has a passion for food, and olive oil, in particular. After years as a teacher, children’s bookstore owner, culinary expert, and blogger, she published her first book Cooking Techniques and Recipes with Olive Oil, co-authored and with photographs by Laura Bashar. Among the techniques detailed in the book are some you might not associate with olive oil, such as poaching and braising, along with more well-known methods for using olive oil like marinating, infusing, and baking. Targeted towards home cooks, the book is an excellent guide to everything olive oil with information about purchasing and storage as well as delicious recipes to try. Among those recipes is a mix of updated traditional recipes and new recipes, including Greek-style Vegetable stuffed Tomatoes, Two with Citrus and Avocado Salad, Stuffed Grape Leaves with Brown Rice, Kale and Fresh Herbs, and Olive Oil and Vanilla Ice Cream.
IT’S WHAT’S BEHIND THE TRUCK THAT COUNTS

OUR OWN REFINERY AND MULTIPLE TERMINALS

ONE OF THE LARGEST FLEET OF TRUCKS

WE’RE HERE FOR YOU 24/7/365

HUNDREDS OF EMPLOYEES

And what’s behind the truck?
A supply chain with our own refinery, 3 storage terminals in the metropolitan area, Long Island and Westchester, our own BIO FUEL facility, our own fleet of company-owned trucks, our own 24/7/365 emergency service and a 70-year tradition of customer support second to none.

Count on the fuel oil company other companies count on – United Metro Energy

Call today to learn how we can save you money.

New York’s Largest Family-Owned And Operated Energy Company

888-246-4328 | UnitedMetroEnergy.com
Serving The 5 Boroughs, Nassau, Suffolk & Westchester