Cucina Nicolina’s Hearty, Healthy Thanksgiving

By Angelieke Contis

“The holidays bring back so many memories of Thanksgiving,” says Nicolina Contis, special section editor of Greece’s Ygeia magazine. “It’s an opportunity to reflect on all that we are thankful for, but it can also be a time to feel overwhelmed by the amount of food and cooking. My mother and grandmother always prepared the same dishes, and it can be tempting to continue those traditions.”

For Nicolina, cooking for Thanksgiving is a way to reconnect with her Greek heritage. She says, “Greek cuisine is rich in flavors and textures, and the use of fresh ingredients is essential.”

She suggests trying a few new recipes to switch things up. “I love to experiment with new ingredients, and I’m always looking for ways to make traditional dishes healthier.”

For her special section, Nicolina shares her favorite Thanksgiving recipes, along with tips on how to make the perfect side dishes.

Her mom’s Greek fish dish, her mother’s spanakopita, is often on her table. But this year, her parents will be celebrating the heart with her brother in Maine, Spiridakis says. “You can’t make this dish without the love that goes into it.”

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John & Margo
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some recipes like feta saganaki

ing a youthful sequel of sorts to

guest cook, Patricia Moore-

bary/public health expert ex-

her Greek Revival: Cooking for

out much supervision.”

Tennessee Staff Writers

4 THE NATIONAL HERALD, NOVEMBER 19, 2011

Moore-Pastides: A Healthy Mediterranean Mission in S. Carolina

As a guest cook, Moore-

The First Lady of the Univer-

as: “I’m loving it. I’m feeling

need it." Moore-Pastides pro-

her Greek Revival. The new book

American classics on Thanksgiv-

Carolina President Harris

Period. Her recipes, anecdotes

need Greek Revival in its

With Greek Revival in its

The First Lady of the Univer-

third printing, with some 6,200

and towards

3) Follow the

Cucina Nicolina’s Hearty, Healthy Thanksgiving

Continued from page 2

Filling

• 1/2 teaspoon ground ginger

• 1/2 teaspoon ground nutmeg

• 6 cloves whole

3) Follow the

• 1/2 cup brown sugar

• 1/2 cup maple syrup

4) Baking

• 1/4 cup lemon juice

• 1/4 cup orange juice

• 1/4 cup rice flour

• 1/4 cup whole wheat flour

4) Baking

• 1/4 cup flour

• 1/2 teaspoon baking powder

When the squash are

• 1/2 cup cottage cheese

• 1/2 cup ricotta cheese

• 1/2 teaspoon nutmeg

• 1/2 teaspoon nutmeg

• 1/2 teaspoon ground ginger

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A Hellenic Thanksgiving

By Angelike Contis
TNH Staff Writer

When Thanksgiving comes around, many food proto-cols are followed to ensure that the holiday is celebrated in the same way each year. However, some are even more traditional. Take, for example, the cooking of the turkey, stuffing, pumpkin pie, and butter pecan pies, but also the joy of being with family and friends.

Many Americans spend the day cooking over the hot stove, but for some, the most delicious meal of the year will be served at a restaurant. In fact, many Americans prefer to take the day off of cooking and enjoy the fruits of their family’s kitchen. They may order a ready-to-go meal or strike a balance between preparing a meal at home and enjoying it at a restaurant.

Thanksgiving is a very traditional holiday. What better can you do for the family and do they wish? Chef Zapantis, who recently featured in our recent 100 Best Greek Restaurants in the U.S. list, says the holiday’s biggest challenge is the different menus and offerings. He adds, “It’s one of the very few times I reach out for information to my mother.”

When it comes to his contribution of bringing Greek-American cuisine to the forefront of American holiday well for his American-born mother, “My career has been dedicated to bringing Greek-American cuisine to the forefront of American cooking,” says: “My career has been dedicated to creating a new approach to classic Greek-American cuisine.”

The Chef notes that he will feature classic pumpkin and butter pecan pies, along with the idea of vegetables, garnishes, and herbs. He also mentions that he will feature the traditional stuffing and mashed potatoes. “It’s one of the very few times I reach out for information to my mother,” he adds.

Thanksgiving will be celebrated with special menus at several restaurants in the region. These special menus, which always include lamb, are served in Long Island, and Kefi, in Manhattan, is serving a three-course prix-fixe menu.

The Chef notes that he will feature the traditional stuffing and mashed potatoes. “It’s one of the very few times I reach out for information to my mother,” he adds. He also mentions that he will feature the traditional stuffing and mashed potatoes. “It’s one of the very few times I reach out for information to my mother,” he adds.
Cape Verdean Chef Cat Cora is taking to heart the idea of giving back this Thanksgiving at her restaurant in San Francisco, Calif. For the second year in a row, her young family and restaurant family are giving back to the community this Thanksgiving. Cora’s restaurants, the Chef said she’ll be working on Thanksgiving Day to ensure all guests get an excellent meal.

Speaking of Thanksgiving, a meal traditionally not spent in restaurants, the Chef said she’ll use this year to have time with her young family and reflect on what they are thankful for. Cora added: “This year I’m going to take a few days off to spend time with my family, and I’m really looking forward to the Thanksgiving menu. It’s going to be delicious!”

“I think it’s wonderful not going to restaurants for Thanksgiving meal at home, especially to those serving food to those less fortunate,” said the Chef. “This year I’m going to spend the whole day preparing food, making sure the dishes are complete and delicious for all the guests. I’ll be serving two main courses, two side dishes, and a dessert.”

Cora emphasized: “The need this year is extra-ordinary. There are so many people who are struggling with the economy, and they need help. I want to do my part and give back to the community.”

The Chef was kind enough to share her recipe for Thanksgiving Pie with Coconut and Rum:

**CARIBBEAN SWEET POTATO PIE WITH COCONUT AND RUM**

**For the crust:**

- 2 cups gingersnap crumbs (break up the gingersnaps into a 1-gallon reusable bag, squeeze out the air, seal the bag, and crush into fine crumbs)
- 1 cup unsalted butter, melted
- 1 cup brown sugar

**For the filling:**

- 5 tbs unsalted butter, melted
- 1 cup heavy cream
- 2 large eggs
- 1 cup vanilla extract
- 1 cup light brown sugar
- 1 tbs amber or dark rum

**For the topping:**

- 1 cup toasted coconut
- 1 cup heavy cream
- 1 tbs vanilla extract

**Gingersnap Crust**

1. Preheat the oven to 350°F. Line a 9-inch springform pan with parchment paper, leaving an extra 2 inches sticking out.
2. In a food processor, process the gingersnap crumbs and butter until the crumbs are just slightly darker and you can smell the gingersnap, about 7 minutes. Leave the crust out. 
3. Press the crumbs firmly against the bottom of the pan, using a rolling pin. Mix the crumbs have the consistency of the pepper.
4. Press the crust mixture evenly in the bottom up the sides of a 9-inch pie pan, leaving a rim along the top edge. Bake until the crust is golden, about 10 minutes. Let cool. Whip the cream until it begins to form soft peaks, 1 to 2 minutes. 
5. To the whipped cream, add the confectioners’ sugar and vanilla and continue whipping until stiff peaks form.
6. Store the pie in airtight container, at room temperature, cut into thin slices. Top each serving with a generous sprinkle of toasted coconut.

**Cape Verdean Sweet Potato Pie with Coconut and Rum**

1. Preheat the oven to 350°F.
2. In a large bowl, whisk together the sweet potatoes (about 2 pounds) until smooth. Let cool.
3. Place the pie crust in the pie pan. Spread the sweet potato mixture into the pie crust. Bake until a fork slides in easily, or 45 to 60 minutes.
4. Meanwhile, for the filling:
   - Cut the gingersnaps in half and process with the butter in a food processor. Add the brown sugar and rum and continue processing until smooth.
5. Pour the filling into the gingersnap crust and bake until the filling is set, about 15 minutes. Let cool.
6. For the topping:
   - Whip the cream until it begins to form soft peaks, 1 to 2 minutes. 
   - Add the confectioners’ sugar and vanilla and continue whipping until stiff peaks form.

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**GREEK FOOD & WINE**

**THE NATIONAL HERALD, NOVEMBER 19, 2011**
The healthy Mediterranean diet...
The Yiayia Stella’s Cookies Story

If you ever crave elegantly-twisted koulourakia or melt-in-your-mouth baklava - the way grandma used to make them - but don’t have the time to sit down and do it yourself, Yiayia Stella’s may be your answer. This new Westchester, New York company created by Sophia O’Connell bakes family recipes and sends them around the country.

“I love to cook and learned from my mother and grandmother,” O’Connell explains, referring to her mother, Stella, who hails from Chios and her grandmother, also named Sophia, who was originally from Asia Minor. At her website sweetsbystella.com, 75 years of cooking treats on the age-old science of “a little of this” and “a glass full of that” have gone into the recipes.

The company boasts three items, all of which pass the Yiayia (grandmother) test. First, there are the Greek Cookies (koulourakia), Easter-style twists made with eggs, butter, cream and sugar. Next there are the neat, aromatic squares of Baklava, whose filling blends almonds and walnuts (and O’Connell says, “secret spices”) with ample butter applied to the phyllo dough layers. Baklava-lovers who don’t like too much syrup will appreciate that this recipe doesn’t overdo the sweet stuff. Finally, there are the crunchy Raisin Biscotti (paximadia), which have a hint of white wine and orange juice.

The cookies and baklava disappear particularly quickly because of their bite-sized shape. But this also means that there is less guilt associated with each item, as the sweet tooth can pace himself or herself.

Mother-of-three O’Connell, who previously worked in banking, is applying her finance and marketing savvy to her new baking endeavor. She attributes her new company to her family’s passion for both entertaining and spending quality time in the kitchen. It was inspired in part by the fact that whenever her mother made sweets and O’Connell would bring them to work to share, they would disappear.

Yiayia Stella’s treats are produced by hand at a chocolate store in Westchester. O’Connell says her sweets make a beautiful gift, with their white boxes, Greece-inspired labels and pretty bows. She intentionally linked her product with images of Greek cobblestone island streets, flowers and vases. Her website too, highlights the Grecian motif. “Take a moment to escape to a place of sun-drenched, white sand beaches, warm turquoise water and unforgettable sunsets, a place where past and present are intertwined.”

For now, New York company owner Sophia O’Connell says she aims to develop slowly and expand the brand outside of that market. “I hope in five or ten years it will be something everyone has heard of.”

http://sweetsbystella.com
Sommelier Traces Greek Wine’s Renaissance

Maria Katsouli pioneered the profession of “sommelier” or wine expert in Greece. She also helped pave the way too for women in a male-dominated industry. Katsouli is the first to admit that her profession began as a hobby. Born and raised in Crete, Katsouli fell in love for wine and her “sympathies turned to the grape and the aromas of the Food.” As an economics student at the National University of France in the early 1980s, she started broadening her culinary horizons at Athens restaurants. In experimenting with wines, she discovered “how each food’s flavors can complement one another,” she says. "I’ve read up on wine and before long was taking seminars in France, including a series of seminars, starting in 1995, in France’s wine-making and wine-educating region of Bordeaux.

FROM CRETE TO BORDEAUX

Today Katsouli judges and recommends wines for a living. Her able does share her knowledge by writing on publications like Easy Cook, Oinoxoos and Ampelotopi and serving on international wine-judging panels such as the International Concours Mondial de Bruxelles. She is a Greek wine pioneer in her own right.

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Katsouli is branching out to olive oil as an olive oil taster by the Ministry of Agriculture and the European Union. Part of this education would be to offer her hotel’s fellow King George Palace Hotel’s emphasis on olive oil as a natural complement to wine. In 2010, despite the global economic crisis, Katsouli felt the need to go abroad to boost her career. “In 1998, seeing that the industry wasn’t so broadening her culinary horizons at Athens restaurants. In experimenting with wines, she discovered “how each food’s flavors can complement one another,” she says. "I’ve read up on wine and before long was taking seminars in France, including a series of seminars, starting in 1995, in France’s wine-making and wine-educating region of Bordeaux.

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The owner, who is also the Inter-
ess of the Greek American Daily, will be featuring the Greek American Daily in the NOVEMBER 4 issue of The National Herald, the nation’s largest Greek-American weekly newspaper.

Greek Food News: A-Z
What’s happening in Greek culinary news, from Alpha to Omega

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NOVEMBER 19, 2011

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- Souvlaki: Grilled meat skewers with a side of grilled vegetables.
- Gyro: A wrap filled with seasoned meat, lettuce, and tomato.
- Pastitsio: A casserole made with ground beef, bechamel sauce, and béchamel sauce.
- Baklava: A sweet, flaky pastry filled with nuts.
- Tzatziki: A cold cucumber and yogurt sauce.

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 натуральное
CONTINUED ON PAGE 12
Eumelia: Agrotourism’s Natural Roots and Positive Branches

By Angelique Contas

and explore their creativity or rabbits, cats and dogs nudging the visitor is greeted by grazing each other out of the way for simply… relax.

health, educate them on ecology workshops that hone their 2009 – and visitors from Greece are produced at the 50-acre ho-

sound in Ancient Greek, its founder notes.

Managing Director of the sus-

government.

RUSTY HUES on the outside – and cool using geothermal power. There is also a wine cellar/shop at St. Paul, Hempstead, NY.

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NEW YORK TIMES

Healthy Eating is for Life!
Greek News: A-Z

Greek apples in North America’s time to prove them as either a jam or a spout. The an- cient Greeks associated the fruit with Aphrodite. Greek chef Aglaia Kremezi has also a recipe for chicken and fennel stew with quince from Corfu island in her cookbook The Foods of the Greek Islands (2001).

The turning point for these exports was to the U.S., with a 20% hold on oil production, with a 20% hold on the city’s Makrigianni neighbor- hood.

Greek chefs from the Tar- taradze, a bakery with the sweet flavors of a new restaurant in Athens and its ritzy suburb of Ki- stros already has a recipe for these exports was to the U.S., with a 20% hold on oil production, with a 20% hold on the city’s Makrigianni neighbor- hood.

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Boulukos recalls: "When I joined Recipe Club was not so easy, from the earlier books. It simplified them, retested and refined them. The next was, Boulukos explains, "the Regional Cuisines of Greece (Doubleday), which "took the Greek recipes up to a higher level, beyond the typical Airport Inn)." For all these women, the books were a chance to try a new cuisine, a new technique," says Boulukos. The cookbook wanted readers to understand the process. The New York Times ran a full-page story Boulukos recalls, when the cookbook first came out, with much more attention than "Greek food became popular, and I have been contacted to discuss our cuisine, especially with the publicity of the Mediterranean Diet."
The group is proud, she says, "that other communities have been working, creating a center to preserve and record the story of the Greek immigrants in New York, which is different from the story of the Chicago Greeks." A chartered, non-profit 501c3 organization has been founded, with activities including offering lectures, creating archives, recording artifacts, and creating audio recordings, but, "the money is getting lost, as the age and house pass." For more info: "Contact the Greek Museum at TheGreekMuse-um@aol.com."

The Complete Book of Greek Cooking by the Recipe Club of St. Paul's Greek Orthodox Cathedral is available on Amazon.com and at Barnes and Noble bookstores.

Kathy Boulukos and St. Paul's Recipe Club shared Greek food wisdom.

their way over to Greek restaurants in the West- ern U.S., Greek members and Bosnian+Bulgarian shoppers alike, the proceeds from sales have al- ways benefited the Saint Paul's Greek Orthodox Cathedral. The first funds went to "buy the magazines" fund. This story was invented in a long list of church improve- ments, including "two marble chandeliers; three huge mo- nents, a fantastic sounding new church organ, the Virgin, Hagia Sophia mosaic above the church, the restructuring of the entire entrance, patio and church interior, a (at the time) rare splash of the ancient language on the main floor of the church," plus a construction drive. It added up to hundreds of thousands of dollars. Their hor- izon? A long-awaited classic.

THANKSGIVING IDEAS
Recipe Club recommends a menu for the American holiday that can be prepared in ad- vance. Baked spanakopita, in a bread shape, and feta spanakopita, a traditional dish made with feta cheese, are two of the recipes included in "The Complete Book of Greek Cooking by the Recipe Club of Saint Paul's Greek Orthodox Cathedral," the New York-based group behind the book, esti- mates that over 50,000 copies have been sold, which foods can be made ahead. Boulukos adds: "The New York Times ran a full-page story. Bookstores are in aỏa, also, the Greek Museum in New York City." She notes: "Recipes have been running out on novelties, highlighting art- istic achievements, the story of the Greek immigrant museum in New York, which is different from the story of the Chicago Greeks." A char- terned, non-profit 501c3 organization has been founded, with activities including offering lectures, creating archives, rec- serving artifacts, recording the story of the elders on video, and fundraising. Boulukos adds: "Thank you for following this information, because many of the stories of our elders are getting lost, as the age and house pass." For more info: "Contact the Greek Museum at TheGreekMu- seum@aol.com.

Kathy Boulukos (R) and Anastacia Nicholas.

GREEK FOOD & WINE

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Giving Chic Souvlaki A Look

TNH Staff Writers

Though we all are hearing of shops-closing in Greece, at least one cafe has found itself standing out from the rest. Souvlaki Bar opened in Athens' popular Monastiraki neighborhood in November 2013.

Owners Michalis Economou and Zimo-McDonald's franchises in total, turned their attention away from Greece's most popular, i.e., souvlakia in paina in bread. When it comes to Greek fast food, there are many options, but how about in Greece's popular McDonald's franchises? How about fresh meat and vegetables, accompanied by good extra virgin olive oil and fresh fava?

Hungry yet? There is more. The trademark of Souvlaki Bar is its fresh ingredients, all of which are characterized by greek quality. Fresh lamb, beef and chicken are sliced fresh daily and grilled to perfection, just like the famous traditional Greek souvlakia, giving traditional Greek home-cooking a youthful touch.

Economou and Zimonopoulos have come to the idea due to the current crisis, but let's hope more cafes and restaurants will find ways to serve their customers and stay in business, even during the most difficult times.

Locally owned, the 'Bar' is a sunny, open-air, casual place where people can gather to enjoy fresh and healthy meals, make new friends, and have fun while they enjoy the traditional greek tastes and aromas.

Acquiring A Taste for The Greek Fork

TNH Staff Writers

Who spend your precious time in Greece is “dolche, dolce vita”, “Sweet life”, is “auntpolys” when there are so many great Greek food and wine experiences out there? Those who have spent some time in Greece have experienced our culinary tradition in all its glory, we can assure you.

The Greek Fork was created by this woman with international backgrounds and outlooks, Chef Karutas Mitropoulos, Elena Latsi and Maria Petrini. “I came to Greece after my very first visit; I was in Greece, I set foot there and I fell in love. I was so impressed with the food and the people I met that I decided to keep this experience and the knowledge I gained for a long time,” says Elena Latsi.

She told about their intention to set up a business venture and their thoughts on email.

“One of the things The Greek Fork specializes in is culinary tours. They offer experiences under names like “A Street Tour Named Desire,” a walking tour through Athens food delights and “Odyssey Great Days Up front,” where participants stay in Athens during their tour and enjoy a cooking class with The Greek Fork’s chefs. Participants learn to cook traditional Greek dishes and prepare them back home. Actually, they may be interested in creating a new recipe using new and traditional ingredients. We are there to help move forward their ideas.”

The Greek Fork also offers food and wine seminars, cooking classes. One of their aims is to do everything possible to bring The Greek Fork’s services to more people and bring people closer to their culinary roots.

TO THE GREEK FORK TRIO,

“Thanks for your interest and for more information, please visit our website at www.TheGreekFork.com or call us at 0030 6979042590.”

The Greek Fork creates Chef Karutas Mitropoulos (C), Elena Latsi (T) and Maria Petrini specializes in food experiences.

The Crises Changing Greek Eating Habits?

TNH Staff Writers

We did an informal poll of some colleagues in Athens who have lived or worked here for many years. It seems that some of them have noticed a change in their eating habits.

Diane Shapiro, editor of Odyssey magazin, has been living in Athens for the past four years. She wrote, “Greek are starting to cook less, even for themselves. This is partly because everyone is so busy. People are using the same ingredients, but the results are very different.”

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Krinos Foods, LLC. is the largest importer, distributor and manufacturer of Greek specialty foods in North America.

Krinos offers only the finest frozen, refrigerated and dry Mediterranean foods to both the retail and food service trades through its modern and efficient plants in New York, Chicago, Santa Barbara (USA), Montreal, Toronto and Vancouver (Canada).