

MEZEDES

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ΜΕΖΕΔΕΣ

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Mezedes



MOUNT ATHOS MONASTERY LENTIL SOUP

ΦΑΚΕΣ ΣΟΥΠΑ ΑΛΑΔΩΤΕΣ

Fakes soupa aladotes

Rinse the lentils, then put them into a pan, pour in water to cover, and bring to a boil. Cook for 5 minutes, then drain, discarding the cooking liquid. This prevents the lentils from darkening during cooking. Process the tomatoes to a purée in a food processor. Put the onion and garlic in a large pan, add 6 tablespoons water, and cook until the water has evaporated and the onion and garlic have softened. Pour in 4 cups (1 litre / 1¾ pints) water, add the tomatoes, sugar and bay leaves, season with salt and pepper and bring to a boil. Add the lentils, reduce the heat, cover, and simmer for 30–60 minutes, or until the lentils are tender. Stir in the vinegar and oregano and cook for 5 minutes more. Remove the pan from the heat and remove and discard the bay leaves. Sprinkle the soup with freshly ground pepper and extra oregano and vinegar, if you like. Serve the soup hot or at room temperature, accompanied by olives and pickled vegetables.

Serves 4

Preparation time 15 minutes

Cooking time 30–60 minutes

PASTA AND VEGETABLE SOUP

ΑΣΤΡΑΚΙ ΜΕ ΛΑΧΑΝΙΚΑ

Astraki me lahanika

Heat the oil in a large pan. Add the onion and leek and cook over low heat, stirring occasionally, for about 5 minutes, until softened and translucent. Pour in the vegetable stock, add the peas and bell peppers, increase the heat, and bring to a boil. Reduce the heat and simmer for 15 minutes. Add the pasta, paprika, and cayenne and season to taste with salt and pepper. Simmer for about 15 minutes more, until the vegetables and pasta are tender. Remove from the heat, stir in lemon juice to taste, and serve immediately, sprinkled with freshly ground pepper. The soup may also be served at room temperature. Greek cooks omit the olive oil during Lent and the soup is still delicious.

Serves 6

Preparation time 15 minutes

Cooking time 30 minutes

Note: If using garden peas or petit pois rather than Greek field peas, add them 5 minutes before the end of cooking.

- 2¼ cups (500 g / 1 lb 2 oz) green lentils
- 1 lb 2 oz (500 g) canned chopped tomatoes or fresh ripe tomatoes, peeled and chopped
- 1 small onion, grated
- 2 garlic cloves, sliced
- ½ teaspoon sugar
- 2 bay leaves
- salt and pepper
- 1 tablespoon red wine vinegar, plus extra to garnish
- 1 teaspoon dried oregano, plus extra to garnish
- olives and pickled vegetables, to serve

- 5 tablespoons olive oil
- 1 large onion, finely chopped
- 1 small leek, white part only, finely chopped
- 5 cups (1.2 litres / 2 pints) vegetable stock
- ¾ cup (80 g / 3 oz) fresh or frozen peas
- ½ red bell pepper, seeded and finely chopped
- ½ yellow bell pepper, seeded and finely chopped
- scant 1 cup (100 g / 3½ oz) small pasta stars
- 1 teaspoon paprika
- ¼ teaspoon cayenne pepper
- salt and pepper
- freshly squeezed lemon juice, to taste

- 2 tablespoons (25 g / 1 oz) butter
- 4 scallions (spring onions), white part only, finely chopped
- 2 tablespoons finely chopped onion
- 1 tablespoon all-purpose (plain) flour
- 3 cups (750 ml / 1¼ pints) chicken or vegetable stock
- 1½ cups (350 g / 12 oz) puréed pumpkin or yellow winter squash
- ½ cup (120 ml / 4 fl oz) heavy (double) cream (optional)
- pinch of freshly grated nutmeg
- ½ teaspoon salt
- ¼ teaspoon freshly ground white pepper
- ½–¾ cup (120–150 ml / 4–5 fl oz) plain yogurt, to garnish (optional)
- croutons or breadsticks, to serve

- 1 lb 2 oz (500 g) lamb's intestines
- 1 lamb's pluck (liver, heart, and spleen)
- red wine vinegar, for sprinkling
- ½ cup (120 ml / 4 fl oz) olive oil
- 1 cup (80 g / 3 oz) finely chopped scallions (spring onions)
- 1 onion, finely chopped
- 2 cups (450 ml / 16 fl oz) hot water
- ½ cup (25 g / 1 oz) finely chopped fresh parsley
- ½ cup (15 g / ½ oz) finely chopped fresh dill
- 3 tablespoons tomato paste
- salt and pepper

PUMPKIN OR WINTER SQUASH SOUP

ΣΟΥΠΑ ΜΕ ΚΙΤΡΙΝΟ ΚΟΛΟΚΥΘΙ

Soupa me kitrino kolokithi

Melt the butter in a pan. Add the scallions and onion and cook over low heat, stirring occasionally, for about 5 minutes, until softened and translucent. Sprinkle with the flour and cook, stirring constantly, for 1 minute. Gradually stir in the stock, stirring until thickened. Stir in the pumpkin or squash purée and simmer, stirring occasionally, for 10 minutes. Add the cream, if using, the nutmeg, salt, and white pepper and heat through, stirring constantly. If the soup is too thick, stir in a little more stock. Remove the pan from the heat and ladle the soup into bowls. If you did not use cream, add 2 tablespoons yogurt to each bowl. Serve immediately with croutons or breadsticks.

Serves 4

Preparation time 10 minutes

Cooking time 20 minutes

TRADITIONAL EASTER SOUP FROM CORFU

ΤΣΙΛΙΧΟΥΡΔΑ

Tsilihourda

Wash the intestines well. They are easier to clean if you cut them into 1–3 foot (30–60 cm) lengths and then, with the help of a knitting needle or thin skewer, turn the pieces inside out, and rinse them under cold running water. Put them into a bowl, sprinkle with a little vinegar, and set aside for 10 minutes, then rinse, and drain. Blanch them in salted water for 5 minutes, drain well, and chop finely. Blanch the lamb's pluck, drain well, and chop finely. Heat the oil in a large pan. Add the scallions and onion and cook over low heat, stirring occasionally, for about 5 minutes, until softened and translucent. Add all the chopped meat and cook, stirring constantly, for 5 minutes. Pour in the hot water, cover, and simmer for about 30 minutes, until the meat is almost tender. Add the herbs, stir in the tomato paste, season with salt and pepper, and simmer for 20 minutes more, until the meat is cooked and the liquid has thickened. Serve hot.

Serves 6

Preparation time 30 minutes

Cooking time 50 minutes

□ p 165





Baked anchovies, p 294



Gill-head sea bream baked in parcels, p 298