

A collage of Greek food. The top left shows a golden-brown sesame seed bun. The top right shows a plate of feta cheese with herbs. The bottom left shows a tomato. The background is a dark, textured surface with green leaves.

GREEK

Traditional specialities

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- CRAFTSMANSHIP -

Greek Bifteki ✓

Courses: Greek kitchen

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

8 Portions

- ☐ 300 g Feta cheese
- ☐ 2 day-old Rolls (ca. 50 g each)
- ☐ 400 ml Water, lukewarm
(for soaking)
- ☐ 4 Onions
- ☐ 4 Garlic cloves
- ☐ 6 tsp Oregano, dried
- ☐ 1 bunch of Parsley
- ☐ 1,20 kg Beef ground
- ☐ 2 Eggs (size M) **very fresh**
- ☐ Salt
- ☐ Pepper black, ground
- ☐ 2 tsp Cumin, ground
- ☐ 4 tbsp Olive oil

You'll need: a kitchen knife, a cutting board, a small bowl, a large bowl, baking paper (if needed), a pastry brush, a grill pan or a skillet

Directions

Drain the feta cheese and crumble it. Cut the rolls into cubes and soak them in water in a bowl for about 10 min.

Peel the onions and garlic and dice them finely. Wash the parsley, drain them and chop finely.

Squeeze out the soaked rolls and add them to a large bowl along with the ground meat, egg, herbs, onions & garlic.

Season with salt, pepper, and cumin, and knead vigorously for 3–4 min.

With wet hands, shape the mixture into round patties (approx. 20 cm in diameter) for each serving. **Sprinkle feta cheese** in the center of each patty and fold them over (this works especially well with the help of parchment paper).

Press the edges together to form bifteki and brush with olive oil.

Cook the bifteki in a preheated grill pan or skillet for about 2–3 minutes on each side, then cover and cook for another 3 minutes.

Remove the bifteki from the pan and serve with tzatziki, coleslaw, and tomato rice, if desired.

Enjoy your meal!

- CRAFTSMANSHIP -

Tzatziki, the classical way ✓

Courses: Greek kitchen

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 400 g Cucumbers, fresh
- ☐ 4 cloves of Garlic
- ☐ 700 g Greek yoghurt (10% fat)
- ☐ 2 tbsp Olive oil
- ☐ 4 tbsp Lemon juice
- ☐ Salt
- ☐ Pepper black, freshly ground
- ☐ a dash of Sugar

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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For galley crew sailing on all oceans

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Craftsmanship - a culinary voyage

Directions

Peel the cucumber, cut it in half lengthwise and remove the seeds with a teaspoon.

Then grate it coarsely.

Squeeze the grated cucumber to remove the excess liquid.

Peel the garlic, press it through a garlic press or chop it very finely.

Mix the yoghurt, olive oil and lemon juice.

Add the cucumber & garlic.

Season the tzatziki with salt, pepper & a little sugar.

NOTE

Idea for a protein-rich dinner, light & perfect for those days when you fancy something fresh, healthy & uncomplicated

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<https://www.facebook.com/reel/1352039303374042>

SOURCE Come Vive Viaja

- CRAFTSMANSHIP -

Potato garlic mash - "Skordalia" ✓

Courses: Greek kitchen

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 900 gr Potatoes, peeled & cubed
- ☐ Salt
- ☐ Pepper, black, freshly ground
- ☐ 10 Garlic cloves, peeled
- ☐ 125 ml Lemon juice
- ☐ 375 gr Olive oil

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

After putting the cubed potatoes in a large colander, rinse them under cold water until the water is clear. Place the potatoes in a saucepan with enough water to cover them by at least 5 cm. Make sure the water is sufficiently salted. Bring to a boil over high heat, then lower the heat to medium-low and simmer for 10 to 15 min., or until the potatoes are well cooked (a knife inserted into the potatoes should break them without any resistance). Drain the potatoes in the same colander for 30 sec. Set the potatoes aside for 5 to 7 min. to allow excess moisture to evaporate.

Put the peeled garlic cloves & the lemon juice in a food processor. A generous pinch of salt should be added. Process the mixture until it becomes a paste.

Use a masher to thoroughly mash the potatoes.

Combine the potatoes, garlic purée, and olive oil.

This is where the magic takes place! Using a wooden spoon, mix the potatoes with about half of the olive oil, adding a small amount at a time. Add the garlic purée and gradually add the olive oil (a fluffy potato dip is what you want to achieve). Taste and add salt to your liking. To blend, mix once more.

Garnish with coarsely ground black pepper after drizzling generously with olive oil.

NOTE

Serve cold (if you decided to cool earlier) or at room temperature.

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- CRAFTSMANSHIP -

Greek pasta salad ✓

Courses: Greek kitchen

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

- ☐ 8 gr Pepper, black, ground
- ☐ 4 gr Oregano, dried
- ☐ 4 gr Garlic powder
- ☐ 125 gr Onions red, fresh
- ☐ 400 gr Cucumber, fresh
- ☐ 250 gr Tomatoes, fresh
- ☐ 400 gr Fusilli, pasta
- ☐ 60 ml Olive oil
- ☐ 20 ml Red wine vinegar
- ☐ 80 gr Olives, black
- ☐ 240 gr Feta cheese

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

1. In a large pot of salted boiling water, cook pasta Fusilli according to package directions until al dente. Drain and transfer to a large serving bowl.
2. Make dressing:
In a small bowl, whisk together olive oil, red wine vinegar, oregano & garlic powder.
3. To serving bowl. Add chopped cucumbers, diced tomatoes, pitted and chopped olives & thinly chopped onions.
4. Add dressing and toss until evenly coated.
5. Season with salt & pepper and then top with crumbled feta.

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<http://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

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- CRAFTSMANSHIP -

Greek Giouvetsi ✓

Courses: Greek kitchen

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Beef Giouvetsi is a traditional Greek dish of beef and orzo pasta. Cooked in a flavourful tomato sauce that's thick and glazy like risottos'.

- ☐ 1,650 gr Beef chuck,
cut into 3 cm (1.2-inch) cubes
- ☐ 0.75 tsp ground Allspice
- ☐ Salt
- ☐ Pepper
- ☐ a pinch of Nutmeg
- ☐ 6 tbsp Oil
- ☐ 150 gr red Onion minced
- ☐ 6 tsp Tomato paste
- ☐ 120 ml red Wine
- ☐ 540 gr Tomatoes, canned
- ☐ 750 ml Beef or Vegetable stock
- ☐ 3 tsp Paprika sweet
- ☐ 6 dried Bay leaves
- ☐ 600 gr Orzo pasta

ASSESSMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

1.) Add the canned tomatoes to a small food processor or blender and pulse until smooth.

If using fresh tomatoes instead of canned ones simply remove the stems and blend the same way.

2.) Pat dry the meat with paper towels.

Season with salt, pepper, ground allspice, and pinch of nutmeg. Rub the seasonings all around the meat.

3.) Heat the olive oil in a saute pan over medium-high heat. Add the meat and brown on all sides.

4.) Drop the heat to medium and stir in the onions. Cook for a minute stirring with a wooden spoon and scraping the bottom as you go.

5.) Add the tomato paste and cook stirring constantly, for 1-2 min for the paste to caramelize.

6.) Pour in the wine and deglaze the pan. Wait for a minute for the alcohol to evaporate. Then stir in the blended tomatoes.

7.) Pour in the stock along with 2 cups of boiling water. Add also the bay leaves & paprika. Wait until it starts to simmer then put the lid on and turn the heat to low.

8.) Simmer for about 1 hour or until the meat feels tender enough.

9.) Then add 2 extra cups of boiling water, season with salt and

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pepper, and add the orzo. Put the lid back on and continue simmering for 20 min more. Stirring occasionally so the pasta won't stick to the bottom.

10.) If the pasta is still too al dente add an extra splash of water (about ¼ cup) and remove the pan from heat. The orzo will keep absorbing the water while it sits. So give it a minute or two of resting time and ideally serve right away with some grated cheese on top.

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<https://realgreekrecipes.com/beef-giouvetsi/>

- CRAFTSMANSHIP -

Greek Pork & Halloumi Koftes ✓

Courses: Greek kitchen

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

A meal inspired by Greek cuisine and ideal for summer evenings, featuring flatbreads for soaking up all the tasty juices and for dipping into TZATZIKI.

Serves 8

- ☐ 2 Onions
- ☐ 180 gr Breadcrumbs, fresh white
- ☐ 150 ml Milk, whole
- ☐ 2 tbsp Parsley, finely chopped
- ☐ 4 tbsp Dill, finely chopped
- ☐ 800 gr Pork mince
- ☐ 2 tsp Mint, dried
- ☐ 2 tsp Cumin, ground
- ☐ 1 tsp Allspice, ground
- ☐ 400 gr Halloumi
- ☐ Salt & Pepper, black ground

Directions

Making the koftes:

Peel the onion and grate into a large mixing bowl.

Add the breadcrumbs and milk, then give it a really good mix.

Add the parsley and dill to the breadcrumb bowl along with the pork mince, dried mint, ground cumin, allspice and salt & black pepper.

Grate in the halloumi, then give it a really good mix. Set aside.

Heat a grill or barbecue until it is quite hot.

Roll the kofte mixture into 28 small rugby ball shapes, then (if grilling) arrange on a wire rack set over a tray.

Grill for 5–7 min on each side, until they have a good bit of caramelisation on them.

Alternatively, whack them on the barbecue and cook until no traces of pink remain and the koftes are cooked through.