



Melomakarona-Kourabiedes-Vassilopita and more....

Greek Christmas Recipes
1st Model School in Ilion, Greece



MELOMAKARONA

By Ziouli E.

A delicious Greek food which
every Greek love and eat at
Christmas

MATERIALS:

FOR THE SYRUP	FOR THE MELOMKARONA
500g water	400g orange juice
800g sugar	400g seed oil
150g honey	180g olive oil
3 sticks of cinnamon	50g powdered sugar
3 carnations	1,5 teaspoon of carnation
Half an orange	2,5 teaspoons of cinnamon
	3 teaspoons of nutmeg
	1 teaspoon of soda
	Orange zest from 2 oranges
	1kg flour and 200g fine semolina

STEPS

FOR THE SYRUP:

- Put the ingredients for the syrup, except the honey, to boil.
- Note that we must start the syrup 3-4 hours before we start making the melomakarona to prevent it from getting cold when our melomakarona come out of the oven.
- Once the syrup has boiled, remove from the heat and add the honey. Stir and let the syrup cool.

FOR THE MELOMAKARONA

- Preheat the oven to 190o C in air.
- Then put all the ingredients of mixture 1 in a large bowl and mix them with a good wire
- In a second bowl mix the ingredients of mixture 2
- Add the mixture with the liquid ingredients to the mixture with the solids and mix very gently by hand, for a very short time (at most for 10 seconds) so as not to cut the mixture.
- Shape the melomakarona into a uniform shape (3-4 cm in diameter, 30 gr each) and bake for about 20-25 minutes until they become crispy and get a nice color.
- Once they are ready, add the hot melomakarona to the cold syrup and leave for 10-15 seconds. Then strain them and sprinkle with honey and walnuts.



Enjoy your meal!!!!!!

Ingredients for the kourabiedes

550 grams Flour (sifted)
6 grams Baking Powder (sifted)
250 grams Skinless Almonds (slightly
roasted, roast for 5 minutes at 170 degrees)
260 grams Butter Corfu Type
100 grams Sugar
1 pinch Powdered Vanilla
30 grams Liquor Amaretto
add Some Rosewater
1 Kl Confectioners Sugar

Ingredients for the Vassilopita

1 cup Butter (softened)
1 $\frac{3}{4}$ cups White Sugar
5 s Eggs
2 tablespoons Water
2 teaspoons Vanilla Extract
3 cups All-Purpose Flour
1 teaspoon Baking Powder
 $\frac{1}{2}$ cup Almonds (blanched
slivered)
2 tablespoons Sesame Seeds

Kourabiedes are butter almond cookies, similar to a shortbread. After they are baked, they are lightly sprayed with blossom water and then dusted with copious amounts of powdered sugar. LOTS of powdered sugar.

Cream the butter and sugar in a mixer for 15 minutes, until it begins to turn white. Mix in the baking powder, baking soda and salt.

Add the egg yolks, the brandy, vanilla extract, and gradually add the flour, until you have a dough that is neither too soft nor too firm (you may need to add slightly more than the amount I've written); stir in the almonds.

Let the dough stand for an hour at room temperature, covered with a clean dish towel.

Next, with small amounts (about 1 1/2 teaspoons of dough), shape small rounds by gently rolling the dough around between the palms of your hands.

Arrange the round cookies on a buttered pan and flatten ever so slightly on top with your hand.

Bake at 350F for 15-20 minutes.

Immediately upon removing the kourambiedes from the oven, sprinkle them with rose water (or orange water or ouzo. I do this by putting a small amount of the liquid in a bowl, wetting my fingertips, and shaking the droplets over the hot cookies a few times. The scented water or ouzo gives the cookies a very delicate fragrance).

Roll the hot cookies in icing sugar to cover and let cool.

When cool, arrange on a pretty holiday platter, sieving more icing sugar between the cookie layers to give a snowdrift effect.

Vassilopita is a traditional Greek cake or bread served at midnight on New Year's Eve to celebrate the life of Saint Vassilios. After baking the vassilopita cake, a coin is inserted through the base and when cut the person who finds the coin is said to be granted luck for the rest of the year!

Directions

Step 1

Preheat oven to 325 degrees F (165 degrees C).

Step 2

In a large bowl, blend together the butter or margarine and the sugar. Separate 3 of the eggs; add the yolks and the 2 remaining whole eggs to the butter mixture. Stir in the vanilla and water.

Step 3

In another bowl, sift together the baking powder and flour. Add these dry ingredients to the creamed mixture.

Step 4

Whip 3 egg whites until they are foamy. Add 1 tablespoon sugar. Continue to whip the whites until they are stiff, but not dry. Fold whipped whites into batter.

Step 5

Pour the batter into a greased 10 x 4 inch tube pan. Wrap a large coin in foil, and place the coin in the batter. Press the coin down; it should be completely hidden. Sprinkle the nuts and seeds on top of the batter.

Step 6

Bake the cake for about 70 minutes, or until done. Cool on a wire rack.

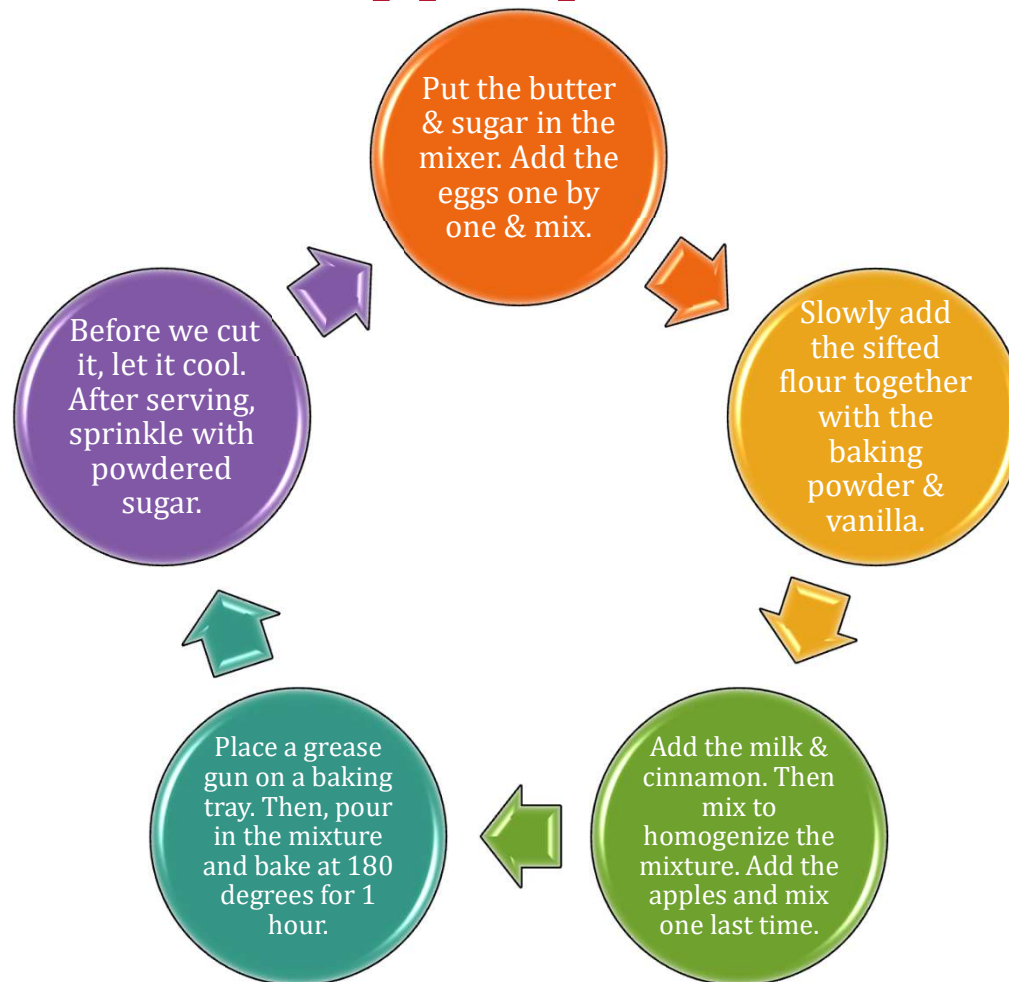


Christmas Apple pie
by Tzortsou A.

What do we need?

2 cups self-raising flour
2 kilos of baking powder
1/2 cup butter
1 cup granulated sugar
2 eggs
3-4 apples, cut into cubes
1/2 cup milk
1 kg cinnamon
1 vanillin

Let's make the apple-pie!





Enjoy the dessert!

The apple-pie is a delicious
dessert for all the members of the
family! What are you waiting for?
Give it a try!

ΠΛΑΤΣΕΝΤΑ

Η πλατσέντα είναι παραδοσιακό γλυκό της Λέσβου, που γίνεται με λάδι, αλεύρι και καρύδι, σιροπιάζεται με ελαφρύ σιρόπι και πασπαλίζεται με κανέλα και χοντροκομμένα καρύδια.

Υλικά

- 700 γρ. αλεύρι
- 250 γρ. κορν φλάουρ
- 375 ml ελαιόλαδο
- 60 ml ούζο
- 30 ml χυμός λεμονιού
- 250 ml χλιαρό νερό
- ½ κ.τ. γλ. αλάτι
- χονδροκομμένα καρύδια και κανέλα για πασπάλισμα

Για το σιρόπι

- 500 γρ. ζάχαρη
- 250 ml μέλι
- 1 λίτρο νερό
- 2 κ.τ.σ. χυμός λεμονιού

- Κοσκινίζουμε το αλεύρι μαζί με το κορν φλάουρ και το αλάτι σε μια μεγάλη γαβάθα. Κάνουμε μια λακούβα στη μέση, ρίχνουμε 125 ml ελαιόλαδο και δουλεύουμε το μείγμα του αλεύρου με τα δάχτυλά μας, μέχρι να γίνει σαν χοντρά ψίχουλα. Προσθέτουμε το ούζο, τον χυμό του λεμονιού και το νερό και ζυμώνουμε καλά, ώσπου να γίνει μια ζύμη σφιχτή. Αν δούμε ότι έχουμε πρόβλημα, προσθέτουμε ακόμα λίγο αλεύρι ή νερό. Ανοίγουμε φύλλα στη μηχανή ή με τον πλάστη, τα οποία πρέπει να είναι πολύ λεπτά. Βάζουμε το υπόλοιπο λάδι μέσα στο ταψί και τοποθετούμε από πάνω τα φύλλα σουρωτά. Με ένα πινέλο παίρνουμε λάδι από τα πλάγια και αλείφουμε τις κορυφές των φύλλων που έχουμε σουρώσει.

- Προθερμαίνουμε τον φούρνο στους 200 βαθμούς Κελσίου και ψήνουμε το γλυκό επί 15 λεπτά. Χαμηλώνουμε τη θερμοκρασία στους 170 βαθμούς και το αφήνουμε να ψηθεί καλά μέχρι να ροδοκοκκινίσει.

