The Good Life





Cuisine and Duglass

Greeks say Spanakopita

The islanders, with their Godlike torsos tarmed to a polished bronze, seem to be pleasant and rather hospitable. You will be introduced to a Greek habit that is very enjoyable, the drinking of retsina.

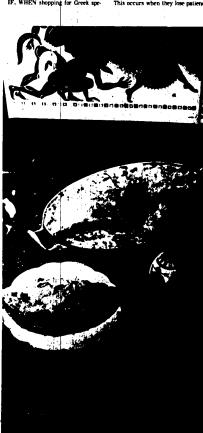
Once you've acquired the taste, it is a very moving experience, especially for an American.

Under the March skies of a typical sun-bleached day, you can see the fish-ermen of Herakiton or Aghios Nich-olas separating the day's catch of Crett's bar bounia (red mullet), as they spread their bountful offering along the cobalt shores.



ciatties like wool woven rugs, olive oil, tobacco, sponges, or any garb that might strike your fancy, you may notice a clicking sound in their mouth as their eyes head upwards, usually in the direction of the Lord, with their neck twisted slightly in dagust.

This occurs when they lose patience



Spinach Pie with Cottage Cheese is a Greek die lakopita. (Photographed by Barbara McClettan)

with Westerners. Have no fear, nothing is meant by it.

Every country has its idiosyncrasy, nd this is part of the charm of the freeks, with their romantic past dat-ng back as far as time could ever be.

From the 8th Century B.C. onwards, until her conquest by the Romans, ancient Greece was the crade of a scientific and literary civilization. The peoples which surrounded her were so far behind in this respect that they were known as barbarians.

THIS WAS the period of her great-est men—Homer. Socrates. Plato. Aristotle. Hippocrates. and Demo-critus. the first man in the world to develop the atom theory.

Under Alexander the Great, the boundaries of the Greek state breached their extent, as far as Inda. The ideal of democracy was perfected under Pericles, and to this day it is the type of annearment which, in one form or of government which, in one form or another, prevails throughout the free land of a civilized world.

Socrates wrote, "Other men live to eat, while I eat to live."

I can't imagine why he would say a thing like that. Perhaps Greek fare like Spanshoptia—with its earthlike flavor of feta cheese, tossed in fresh crisp spinech, golden fondse batter and green scallions with eggs and layers and layers of philo dough baked to the exact likeness of the set-ting sun on the Acropolis—wasn't around when he was philosophing

THIS RECIPE was submitted by two people. J.E. Post, an American girl who spent four years traveling the Greek isles in splendor, and also Nicholas Siagkris of the Intercofifur-You can't get any more Greek than that

Method
Clean and chop spinach and place in large, bowl as you would a salad. dake sure there is no water on the preens. Add the cheese, onions, salt and pepper, and toss.

Add half the butter to the egg yolks d mix well. Pour over spinsch and is. Whip the egg whites until frothy. ser over other ingredients and toss.

Spinach 'n' cheese

Two cuisines, one French and one Greek, thustrete delictous things to do with apinneh and chance, on this page. Foulet Roti au Epinards it Fromage, or Chichen Straffed with Spinach and Cheese, is from the new cooknow. 'Stungle French Food' published by Albeneum Press.

Author Richard Obey is an American Irving in the south of France, Here are the directions no now to stuff and what to stuff with:

Cut the chicken completely down the front, spilling the breast hose. Remove the neck boss. Press with the pain of the hand to 'pop' bones so that chicken will be flast.

USE A SHARP knife and fingers to osen skin on chicken (start from

Dash of pepper 1 egg 1 egg 2 lesspeed salt 2 egg 1 lesspeed salt 2 egg 1 lesspeed salt 2 egg 2 lesspeed salt 2 egg 2 lesspeed salt 2 egg 2



Wings are tucked under chicken and body is brushed with oil and herbs, ready for the oven

