



Loosen skin on chicken with knife and fingers (above). Stuff spinach and cheese mixture into pocket formed (right).



Spinach 'n' cheese

Two cuisines, one French and one Greek, illustrate delicious things to do with spinach and cheese, on this page.

Poulet Roti an Espagnole at Fromage, or Chicken Stuffed with Spinach and Cheese, is from the new cookbook "Simple French Foods" published by Atheneum Press.

Author Richard Olney is an American living in the south of France. Here are his directions on how to stuff and what to stuff with:

Cut the chicken completely down the front, splitting the breast bone. Remove the neck bone. Press with the palm of the hand to "pop" bones so that chicken will lie flat.

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

back edge, making sure skin is never torn). Do not loosen skin covering wings or drumstick. Place chicken skin side up in shallow roasting pan. Stuff pocket formed between skin and body of chicken with the spinach and cheese mixture. Tuck wings under body. Brush chicken with oil; sprinkle with herbs, salt and garlic powder.

Roast about one and one-quarter hours until skin is crispy brown and drumstick meat feels very soft when pressed between fingers. Cut chicken lengthwise and then crosswise into fourths to serve.

STUFFING

1/2 pound spinach (remove stem and any brown leaves)
1 cup dry cottage cheese

One-quarter cup fresh grated parmesan cheese
Dash of pepper
1 egg
1 teaspoon salt
One-half teaspoon garlic powder
Place spinach, with just the water that clings to the leaves after washing, into a saucepan. Cover, cook until soft and done, approximately eight minutes. Cool slightly.
Squeeze with hands until dry. Chop finely in blender. Set aside. Sieve cottage cheese. Mix cottage cheese with egg, cheese, salt, pepper and garlic powder. Stir in spinach, herbs—pinch of oregano, thyme and rosemary plus one-half teaspoon salt, two tablespoons salad oil. One broiler, about three pounds.



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

Cuisine and Duglass

Greeks say Spanakopita

Shortly after it had rained, the sun shown brightly on the dampened, sand-sculptured castles of the island of Crete.

The islanders, with their Godlike torsos tanned 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 fishermen of Heraklion or Agios Nicholas separating the day's catch of Cretal bar bounia (red mullet), as they spread their bountiful offering along the cobalt shores.

IF, WHEN shopping for Greek spe-



By
DUGLASS
DUGLASS

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

Every country has its idiosyncrasy, and this is part of the charm of the Greeks, with their romantic past dating 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 cradle of a scientific and literary civilization. The people which surrounded her were so far behind in this respect that they were known as barbarians.

THIS WAS the period of her greatest men—Homer, Socrates, Plato, Aristotle, Hippocrates, and Democritus, the first man in the world to develop the atom theory.

Under Alexander the Great, the boundaries of the Greek state reached their extent, as far as India. The ideal of democracy was perfected under Pericles, and to this day it is the type 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 Spanakopita—with its earthlike flavor of feta cheese, tossed in fresh crisp spinach, golden fondue butter and green scallions with eggs and layers and layers of phlo dough baked to the exact likeness of the setting sun on the Acropolis—wasn't around when he was philosophizing.

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 Siagris of the Interculture. You can't get any more Greek than that.

SPANAKOPTITA

(Spinach Pie with Cottage Cheese)
2 pounds spinach
One-half pound feta cheese crumbled
One-half pound cottage cheese
8 eggs separated
Three-quarters pound butter, melted
Salt and pepper
1 bunch green onions
One-half cup chopped mint and parsley mixed together may be added. I recommend it, but I am not Greek and do not wish to offend a native dish.

Method

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

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

Add mint and parsley at this point. One box phlo dough defrosted in an oval, round, square one-inch baking dish from any country will do nicely. Brush on butter lightly, then place a sheet of dough. Brush it and repeat this process six times.
Then add the spinach, about half, then four sheets of dough with butter in between, more spinach, then cover with the last sheet of dough. Seal the edges.

Bake in the oven in the middle at 350 degrees for about an hour or until it becomes the usual brown of the setting sun on the Acropolis.



Spinach Pie with Cottage Cheese is a Greek dish called Spanakopita. (Photographed by Barbara McChellan)

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