

Get acquainted with delicious, healthy Greek cuisine

See related story on Taste front. Recipes from "The Food and Wine of Greece," by Diane Kochilas (St. Martin's Press, N.Y., 1990)

MARZOULOSALATA
Green salad
2 heads crisp romaine lettuce, shredded
5 to 6 scallions, peeled and chopped
1/2 cup finely chopped fresh dill
1/2 cup finely chopped fresh fennel
3 to 4 tablespoons olive oil
1 tablespoon strong red wine vinegar, or more, to taste
Salt to taste
Shred, wash and drain lettuce well. In a large bowl, mix lettuce, scallions, dill and fennel together. Toss with oil and vinegar and season with salt. Serve cold or at room temperature. Serves 4.

SPINACH PIE
One box phyllo dough
oil for greasing pan
1 1/2 pounds fresh spinach
1/4 cup plus 3 tablespoons extra virgin olive oil
1/2 pound scallions (white part as well as 2 to 3 inches of green), finely chopped (about 1 cup)
1 large leek (white part as well as 2 to 3 inches of green), coarsely chopped
2 large bunches fresh dill, chopped, or 1 bunch fresh fennel and 1 bunch dill
1 large bunch parsley,

chopped
1 egg, slightly beaten
3/4 pound feta cheese, crumbled or chopped
2 tablespoons grated kefalotyri or Parmesan cheese
3/4 teaspoon ground nutmeg
1/4 teaspoon ground cumin
Salt and freshly ground pepper
1 egg yolk
2 tablespoons milk

Remove phyllo dough from refrigerator. Preheat oven to 375 degrees F. Lightly oil a 10 1/2-inch pie plate. Wash and chop spinach and squeeze dry thoroughly, then drain very well. Heat 2 tablespoons of the olive oil in a heavy skillet. Sauté scallions and leek for 6 to 7 minutes over medium to low heat, until the green part of the leek is bright and softened and scallions are almost translucent. Add the spinach and stir until wilted, 5 to 7 minutes. The spinach will exude liquid. Remove spinach together with scallions and leeks to colander, and let drain completely. Set aside and cool.

In a large bowl, combine spinach, dill, parsley, scallions and leek. Add egg, 1/4 cup olive oil, feta, kefalotyri (Parmesan cheese), spices, salt and pepper. Mix thoroughly, preferably with a wooden spoon.
Divide phyllo dough in half. On a lightly floured surface, cut each to a circle about 12 inches in diameter. Carefully place in oiled pie plate. Brush with remaining 1/4 tablespoon olive oil. Spread spinach filling evenly over dough.
Cut remaining dough to a 12-inch

circle. Carefully place over filling. Gently press top and bottom pastries together and cut away excess, leaving about 1/2 inch hanging over rim of pie plate.
Roll top and bottom pastries together toward inner edge of rim to form a border crust. Make four small incisions in center of pie with a sharp knife. Lightly beat egg yolk and milk and brush pie crust with the mixture. Bake for about 40 minutes, or until crust is golden brown. Serve warm or cold. Serves 6 to 8.

KALTSOUNIA CRETIS
Sweet cheese pastries from Crete
Dough:
2 to 2 1/2 cups sifted all-purpose flour
1 teaspoon baking powder
2 teaspoons granulated sugar
1/4 teaspoon salt
4 tablespoons butter
1/4 cup vegetable shortening
2 eggs, at room temperature
2 teaspoons orange-blossom water (available at Greek or Middle Eastern markets)
1 to 2 tablespoons milk or water at room temperature
Filling:
2 cups farmer's cheese
1 egg
1/2 cup granulated sugar
2 tablespoons honey
1/4 to 1 teaspoon cinnamon
1/2 teaspoon dried mint
confectioners' sugar

To prepare dough: In a medium-sized bowl, sift together 2 cups flour, baking powder, sugar and salt. Cut in butter and shortening and work them in your fingers until the mixture is mealy. Add eggs and stir with a fork until a dough mass begins to form. Add orange-blossom water, then milk or water, but only enough to make a soft, elastic dough. Knead on a lightly floured surface until smooth and malleable, about 10 minutes, and set aside for 10 minutes or so, while you prepare the filling.

To prepare filling: In a medium-sized bowl, combine cheese, egg, sugar, honey, cinnamon, and mint and mix until all ingredients are well blended.

Lightly butter a large baking sheet. Preheat oven to 350 degrees F. Break off a little piece of dough about the size of an unshelled walnut and roll it into a 4-inch circle or square. Fill the center of the dough with a rounded teaspoon of cheese filling. Roll over to form a package, folding each side in toward the center, but leaving the middle exposed. Repeat with remaining dough and filling. Bake for 20 to 25 minutes, until lightly browned. Remove and cool in pan. Sprinkle with confectioners' sugar, if desired. Store, covered in refrigerator. Yield — 2 to 2 1/2 dozen

Here's an Easter bread recipe from Toula Patalis of Kitchen Glamour.

AUTHENTIC GREEK EASTER BREAD

1 cup milk (heated to about 10 degrees F)
1 stick butter (1/2 cup)
2 packages dry active yeast
1/2 cup sugar
3 large eggs, slightly beaten
1 teaspoon vanilla
4 tablespoons orange juice
2 tablespoons grated orange zest
2 1/2 cups all-purpose flour
1 1/2 teaspoons salt
2 cups high gluten flour
1/2 teaspoon Mahetti (available at Greek and Middle Eastern grocery stores, optional)
4 hard-cooked, cooled, red colored eggs
Glaze:
1 egg, beaten
2 tablespoons water
2 tablespoons sugar
1 tablespoon sesame seed

Making the sponge: In a large bowl pour warm milk, 1/4 cup all-purpose flour, sugar and yeast. Mix and allow to stand covered until it begins to bubble, about 20 minutes.

Using a heavy duty mixer, pour sponge into the bowl and start machine. Add three large eggs slowly and mix until well incorporated. Add another cup of all-purpose flour and salt and beat until well mixed. Add orange rind, orange juice and vanilla. Mix until well incorporated.

Begin adding high gluten flour, 1/2 cup at a time, and mix until almost all the flour has been incorporated.

Dough should be firm yet sticky enough to barely stick to your hand. Do not make it too dry or stiff.

Add butter, a little at a time until well mixed. Knead the dough by machine for three to four minutes or by hand for 10 minutes. Add Mahetti, if desired, mix well. Making the bread: Place the dough into a large glass or ceramic bowl that has been oiled or buttered. Lay the dough into the bowl, slide it around, then turn upside down. This will completely grease the top and sides of the dough. Cover the dough with a warm, damp towel and allow it to sit undisturbed for one hour.

Punch the dough down, releasing all the air, and divide into three equal parts. Roll each part into a long rope about 24 inches long. Braid the rope together. Pinch the ends so they are sealed. Lay on a long cookie sheet covered with baking parchment paper, cover and allow to set until doubled in bulk, about 1 hour.

Gently lay the four red eggs in the braided bread, heavy side down, points up. Bake at 375 degrees for 15 minutes. Then brush with glaze.

To make glaze: Mix egg with water and sugar. Mix well. Brush over entire surface of bread and around the sides. Sprinkle with sesame seed. Place bread back in the 375 degree oven for 10 minutes. Place a sheet of foil over bread. Continue baking 15 minutes then remove.

If you plan to bake bread with the colored eggs. Make sure they are cooked, and cooled before inserting them in the bread to be baked.

Easter is a special time in Greek family

Her customers at Grecian Tower Restaurant in Livonia call Sylvia Kaplantzes "the doctor." Whenever they get a cold, she prescribes bowls of lemony chicken soup that soothe and comfort their ailments.

"Ya," grandma. "They love my Easter bread," she said. The braided sweet bread, decorated with a hard-cooked egg dyed red, is a work of art. Sylvia made the bread to illustrate the Greek Easter story our wine columnist Ray and Eleanor Heald wrote. Always the perfectionist when it comes to cooking, Sylvia made an early Easter season trip to Greece town in Detroit to buy the special red dye to color the eggs.

Church in Plymouth Township Kaplantzes and her family celebrate Easter on April 18, a week later than the Western Christian churches, according to the Greek Orthodox rite. Easter is a special time at the Kaplantzes. On Holy Saturday, Easter eve, the family attends midnight Mass. The Book of Acts is read at a simulated grave of Our Lord. Family members eat hard-cooked eggs after mass to break the Lenten fast. Cracking egg shells by hitting your egg against a family member's egg is

part of the fun. "Everytime we crack the eggs we say 'Christ is Risen,'" said Kaplantzes. Sylvia and her husband Steven recently celebrated their 33rd wedding anniversary. They opened Grecian Tower Restaurant, 622-2807, at 31116 Five Mile Road, Livonia, 20 years ago. If you don't have time to bake your own Greek Easter bread, visit the Heald Market and Bakery at 33308 Seven Mile, 476-2080, just east of Farmington Road in Livonia.

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were removed. Trichopoulos said, "I don't think so."

"With this positive intro, let's look at some Greek wines to accompany Kochilas' menu suggestions. Because Southeast Michigan has a significant Greek population and a number of fine Greek restaurants, it also has one of the largest selections of Greek wines.

More than half of Greece's vineyards are in the Peloponnese area producing more than a third of the country's wine. By far, the best wines here are red and from the Nemea region. The principal Nemea producer is a cooperative using the name Hercules.

The Naoussa region (west of Thessaloniki) in northern Greece has the best red wines and those produced by J. Boutari and Son top the list. Boutari is an established producer making wine in modern facilities in several appellations throughout Greece.

See recipes inside. To leave a message on the Healds' voice mail — dial 953-2047, mailbox 1864.

CORK BOARD

April 19, 7 p.m.: A rare opportunity to taste five vintages of Chateau Mouton-Rothschild with dinner at Mon Jin Lou, Maple Road at Stephenson Highway. Mon Jin Lou's owner Marshall Chin is not only talented at preparing Chinese food, but he also possesses an expert wine palate. Inclusive price: \$80. Reservations 689-2332.

Mondays, April 26 — May 24, 7:30-9:30 p.m.: Wine Seminars, Tasting Wines of the World with Eleanor and Ray Heald, Townsend Hotel, Birmingham, \$99. French Country Wines with noted authority Fran Kysela and California's Chateau Souverain winemaker Tom Peterson will speak on two separate evenings. For enrollment or more information, phone the Healds' Voice Mailbox 953-2047 No.1864.

Jewish from page 1B

chairwoman Marilyn Karban. There's a kids chapter, which you hardly ever see in a cookbook, and the history of our synagogue. There are traditional, and modern recipes."

Women, Greater Detroit Section, the hardcover, spiral-bound cookbook is a collection of 400 kitchen-tested, recipes that are sensitive to the kosher cook. "Still Fiddling in the Kitchen," is \$16, plus \$3 postage and handling, and available by mail from NCJW-Greater Detroit Section, 30233 Southfield Road, Southfield 48076. It's also available at Borders Book Shop, Vic's Market, and Kitchen Glamour stores.

For a modern twist on an old favorite, Wagenheim and Portner suggest — Crispy Potato Chicken, one of the recipes in the book, as a main course. It's healthy, and very easy to make.

4th Annual of Congregation Shaarey Zedek
from generation to generation
Kosher cooking: The newly published "From Generation to Generation," by the Sisterhood of Congregation Shaarey Zedek, is a collection of 700 kitchen-tested recipes that includes a section just for kids.

Cottage Inn offers 7-inch matzo pizza

Believe it or not you can observe Passover and have your pizza, too. Cottage Inn Pizza is offering a 7-inch Matzo Pizza at their Farmington Hills and Birmingham locations. Cottage Inn Pizza, Farmington Hills, is at 28845 Orchard Lake Road, 553-2880. Cottage Inn Pizza, Birmingham, is at 1855 S. Woodward, 645-0066. "Our recipe uses a Matzo prod-

uct for the crust," said Sandra Crane, owner of the Farmington Hills location. "We then use our regular line ingredients of our own sauce, our own blend of cheese and our many fresh toppings. We are not kosher but serve the people observing no leavening." The cost is \$2.35 for a one topping pizza and 40 cents for each additional topping. The Matzo Pizza is on the menu all year round.

Alastair the Cook
Hot Juicy Roast Beef
Tender Baked Chicken
Green Beans
Potato Salad
Creamy Cole Slaw
Relish Tray
Fresh Baked Homemade Bread
Butter
Homemade Cookies
Serving Spoons
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