



ASCSA Alumni Cookbook  
2011

*Edited by Kathleen M. Lynch with contributions  
from the ASCSA family*



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Recipes and memories collected in this book reflect the fondness we have of Greece, its generous people, and its food. In honor of the 130th anniversary of the School, alumni and friends of the ASCSA sent recipes, stories, and pictures to Kathleen Lynch, who organized them and designed this book. Additional copies are available at [Blurb.com](http://Blurb.com).

Cover and title page photos ~ Kathleen Lynch (ASCSA 96-99)



Participants in the Athens 2006 Marathon worked up an appetite: r-l: Jake Butera, Hugh Green, Amy Sowder, Lee Ann Riccardi, Angela Ziskowski, Richard Payne, & Meg Sears ~ Bonna Wescoat (Whitehead 06-07)

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# Appetizers & Breads

## Greek Fried Zucchini ~ Mary Frances Williams (ASCSA 87-88)

1 lb (about four small, 4-5") zucchini

Olive oil for frying

1 teaspoon sea salt (or salt substitute)

8 ounces club soda

$\frac{3}{4}$  cup + 1 tablespoon flour

$\frac{1}{2}$  teaspoon sea salt (or salt substitute) for seasoning

Slice zucchini lengthwise into very thin strips ( $\frac{1}{8}$  to  $\frac{3}{16}$ " in width). Cut slices in half. 2-3" long is best.

Put zucchini slices in a bowl and sprinkle with 1 teaspoon of sea salt. Chill at least 20 minutes, until ready to eat.

Pour off liquid from zucchini. Dry with a paper towel.

Prepare batter by seasoning flour with  $\frac{1}{2}$  teaspoon salt and slowly mixing club soda into the seasoned flour.

Heat oil on high heat.

Coat zucchini slices with batter. Use a fork to place in oil. Fry 5-6 minutes in high heat until golden on each side and puffy. Drain on paper towels. Serve hot.

Makes about 45 small pieces: appetizers for 5-6 people or dinner for 2.

The Kolonaki Laiki  
~ Susanne Hofstra  
(ASCSA 96-97)



## Greek Potato Salad ~ Ann Hershey Allison (ASCSA 90-94)

"bowl of potatoes" (1-1 1/2 lb.) in cubes  
onions, sliced  
Italian parsley, minced  
3/4 C. olive oil  
1/3 C. vinegar (tarragon vinegar best)  
c. 1 heaping T. Dijon mustard  
salt  
capers

Boil cubed potatoes in salted water.  
Blend oil, vinegar, salt, and mustard.  
Drain the potatoes and immediately add mix  
above.

In casserole layer potatoes, onions, parsley,  
and capers.

Can serve cold, but before refrigeration.

5 lb. potatoes will serve 12-18 people.



## Sykinos Pasta Salad ~ Jaime Wilson (Agora 94-95, SS 01)

*"This is the chef's house specialty pasta dish from my favorite restaurant in the Plaka, Taverna Sykinos (unfortunately the restaurant is no longer around)."*

Farfalle pasta (bow-ties)  
Fresh basil (do not chop, use whole leaves)  
Olive oil  
Balsamic vinaigrette  
Capers  
Freshly shredded parmesan cheese (or  
Romano if you like sharper cheeses)  
Finely chopped fresh oregano

Cook the pasta to al dente. Drain and place in a  
good size pasta bowl. Drizzle the balsamic over the  
pasta until it coats the pasta (not too heavy on the  
balsamic!). Add a little olive oil for flavor and to  
cut the tanginess of the balsamic (just a bit though).  
Add the capers, oregano, and basil (amount is to  
your liking). Mix the pasta gently and then top  
with the shredded cheese.

*"This dish is so easy to make (and cheap), but it  
is quite good and looks pretty. It's quite the crowd  
pleaser. When serving to friends, I often include a  
Spinach, pear and warm goat cheese salad (another  
crowd favorite!)."*

## Make-Do American Tzatziki ~ Irene Wanner (ASCSA 75-76)

*“I Googled tzatziki and found all sorts of bizarre recipes calling for champagne vinegar, salt, sour cream, and other oddments in addition to yogurt, about which there were thousands of opinions whether it had to be sheep, goat, cow, whole fat or only Greek (imitation), low fat or no fat. In Greece, any yogurt you drain a few hours then add crushed garlic, olive oil, dill, shredded cucumber with most of the moisture squeezed out, a squirt of lemon and/or pepper - if you like that little tartness - is easy tzatziki you can adjust to taste. I use nonfat yogurt and drain it in a Melitta coffee cone/filter overnight; let it get really thick. Forget dirtying a food processor. Forget draining the cuke all day and salting it. Hand grate the cucumber onto a clean cotton towel, wring out the water, and you’re good to go. Forget wasting paper towels. Choose Kalamata olive oil. Combine and stir together gently with a fork. If you prepare it a few hours or a day ahead of time, the flavors will permeate the yogurt. Make adjustments as needed, then get creative beyond dipping veggies and pita into it or using as a meat sauce or salad dressing.”*

## Skordalia ~ Irene Wanner (ASCSA 75-76)

*“A terrific dip, skordalia is simple: boil some potatoes - Yukon golds have a pleasing, mealy texture and beautiful yellow color - mash lots of garlic, then squeeze in lemon juice and olive oil. Some folks like a dash of vinegar. And walnuts. Skip the walnuts. Tavernas often used old bread and/or lima beans/gigantes with or without the potatoes. Find a combination you like or just keep improvising. You can do whatever you want, but be sure the garlic rules. To make it pretty, add capers, chopped Kalamata olives, maybe minced red pepper (raw or roasted). Pour in caper juice, too, then mix with a fork, and taste as you go. Stop when you like it. Lumps are fine. In fact, a chunky dip is nicer than one made smooth in a food processor. You can use it as a veggie dip and on greens as well as chips or meats, but the all-time best is on piping hot kalamarakia.”*



On the ferry to Aegina, I-r: Nolis Arkoulakis, Sarah Herrell, Janet Grossman ~J. Grossman (SS II 89)

## Chtipiti (Feta and Peper Salad) ~ Kenneth Kitchell (ASCSA 72-73)

*“I first encountered this appetizer in a Greek restaurant in Philadelphia and was immediately hooked. This recipe is a blend of online recipes and experimentation. The name comes from a Greek verb that means to beat. Another name for it is tyrokafteri.”*

4 ounces feta (sheep/goat milk feta is best)  
1 tablespoon lemon juice  
1 clove garlic, minced  
1 green onion, cut into discs  
4 sun dried tomatoes packed in oil (drained)  
1 roasted red pepper, peeled and deseeded  
Extra Virgin Olive Oil  
Hot sauce to taste (optional)

Mix all ingredients except for the olive oil in a food processor until it assumes a paste-like consistency. With processor on, gradually add oil until the mixture has the appearance of a thick dip. If heat is desired, add hot sauce at this stage. Serve with heated pita wedges or crackers with Kalamata olives as a garnish.



## Simple American Salad ~ Heather Sharpe (ASCSA 00-02)

*“The first time I ever spent any time in Athens, I remember craving a good American salad – an alternative to the ever present Greek salad. I even had to resort to going to the Wendy’s salad bar down near Syntagma when I was desperate [now occupied by the Hermes Boutique! - KML]. So in honor of some of my early food memories of Athens here is my favorite summer salad recipe.”*

Arugula  
Sliced grapefruit  
Slivered almonds

Dressing:  
4 Tbs olive oil  
1Tbs white wine or white balsamic vinegar  
1 Tbs grapefruit juice  
1-2 tsp Chopped shallots  
2-3 tsp finely chopped basil  
1-2 tsp Dijon mustard  
Pinch of sugar  
(all of the above ingredients can be adjusted to taste)

## Aida's Potato Salad ~ Al Morales (ASCSA 97-98)

*This is Al's Mama's potato salad. He says, "Martina and I served two huge bowls of it at Greek Easter, in the Spring of 1998. We were rewarded with two empty bowls!"*

5 lb. bag of russets  
8 eggs  
2 2.5oz. cans sliced American black olives\*  
jar of hamburger dill pickle chips (you'll use a good portion)  
1 4oz. jar pimentos  
mayonnaise  
mustard  
salt  
paprika

1. skin and dice potatoes; set to boil; hard boil eggs
2. chop olive slices into halves; chop pickle chips (heaping handful, drained) and pimento (about half the jar, drained). \*note: Greek Mediterranean olives may be used as a substitute as we discovered on Greek Easter, when there were no American olives to be found. Quite tasty!
3. drain potatoes; leave potatoes and eggs to cool COMPLETELY (potatoes should be on the firm side so as not to become crumbled or mashed)
4. SALT potatoes and test (a generous amount will be needed; the salt will get 'lost')
5. add chopped olive, pickle, and pimento to potatoes; chop eggs and add (remove a number or all of the yolks if you would like to cut back on cholesterol)
6. add mayo generously, about half the jar; more if you prefer creamier potato salad, less if you like it on the dry side (feel free to substitute light or fat free mayo dressing as desired)



7. add a generous dollop of yellow mustard (about two tablespoons)
8. mix thoroughly; try not to mash potato and eggs. (test for taste—you may have to add more salt at this point)
9. smooth salad in serving bowl and sprinkle generously across the top with paprika; cover and set in fridge to chill for at least a couple of hours, preferably overnight
10. serve and be prepared to receive many 'oohs' and 'ahhs' from your guests, which will rival their reaction to the fireworks on the 4th of July, guaranteed. (also very popular at Greek Easter! who knew?)

*ps: remember to keep on ice if you are serving salad at a picnic, particularly in warmer climates like Greece or Arizona!*

## Tarama Salata ~ Fred Winter (ASCSA 71)

*“A favorite from Athens, this version is a variant on Craig Claiborne’s in the New York Times Cookbook (1961). Claiborne used white bread, which I guess is more traditional. I prefer the richness in flavor that comes from using wheat.”*

Four tablespoons bottled tarama

Two tablespoons lemon juice

4 slices whole wheat bread

$\frac{3}{4}$  cup olive oil

Mix the tarama and the lemon juice (you can use an electric blender at low speed).

Cut the crusts from the bread, then saturate the bread with water and squeeze out the excess.

Mix the bread and tarama/lemon mixture using a medium speed on the blender, adding the oil slowly to the mix. Continue blending until the mix forms to a consistency of mayonnaise or a thick whipped cream (i.e. with peaks that form and hold in the mix).

Starting Gates at Isthmia, r-l:  
Oscar Broneer, Bill Murray (in  
the pit), Steve Olberhleman  
(back to the viewer) and Victor  
Davis Hansen. ~ Martha Payne  
(ASCSA 78-79)



## Hummus ~ George Harrison (ASCSA 79-80)

*“A long-standing rumour has it that this hummus recipe, which I brought to many faculty parties, was the single strongest factor in my getting tenure.”*

2 garlic cloves  
1 can chick peas  
1/2 cup tahini  
1/2 cup olive oil  
1/3 - 1/2 cup lemon juice  
1/2 teaspoon salt

In a food processor blend everything together except the olive oil. As ingredients blend, drizzle olive oil into food processor. Great right away but better on the second day.



Loring Hall Sunday cooks, 2007: r-l: Amy Sowder, Katie Swinford, Marcie Handler, Seth Pevnick, Jeremy LaBuff, Sara Davis, Helene Coccagna ~ K. Swinford (ASCSA 06-07)

## Ava's Lentil Salad ~ Liz McGowan (SS 78, ASCSA 82-83)

*“Recently a friend at University of Chicago asked for a recipe which I love to bring to summer parties. He referred to it as ‘Liz’s Lentils.’ I had to excavate down to the late 1980’s in my overstuffed manila folder that holds recipes in the form of newspaper clippings, photocopies, hand scrawled notes on napkins. It seemed funny that the recipe had become ‘Liz’s Lentils’ because it’s not my fine recipe at all. I got it from Ava Chitwood who wrote on ancient philosophy for her dissertation at Johns Hopkins. I met Ava in Athens in 1988. We shared an apartment in the basement of the ASCSA for a sultry summer month. I swear she wrote her entire dissertation on a Brother typewriter, while propped up in bed by several pillows, a cigarette always at hand, and a pot of espresso bubbling on the stove. After a certain point in the day the coffee was replaced by a glass of wine. She was from Draper, Virginia, in the Blue Ridge, and had a soft, deep voice, as smooth as silk, and could never sleep on the night of a full moon. When she finally appeared, late in the afternoon, dressed and effortlessly elegant, she was just gorgeous in a way that seemed timeless, both nonchalant and formal, like a movie star from another era, and always served up fabulous recipes if she felt like it was her night to cook.*

*“These days were one to read such a recipe in the Times on-line it would specify ‘extra virgin’ for the olive oil, and ‘Malden Salt’ for the salt. In Athens in 1988 things were simpler. And who knows how long Ava’d had the recipe or from what era it came? In fact, I never knew exactly to what era she herself belonged.*

*“I’ll let you all make the call on the specifics when it comes to the timeless ingredients, but the cloves are essential.”*

1 lb. dried lentils  
5 cups of water  
1 bay leaf  
1 tsp salt  
2 small onions stuck with several cloves  
2/3 cup olive oil  
1/4 tsp dried mustard  
1/4 cup wine vinegar  
1 clove garlic finely chopped  
dash of curry to taste (about 1/4 tsp is mild)  
dashes of Tabasco  
1 cup chopped parsley  
1/2 cup chopped onion (or to taste)

Put the lentils, bay leaf, onions stuck with cloves, salt and water in a saucepan and cook for 30 minutes, until tender but not mushy. While the lentils cook combine the next 8 ingredients for the dressing. Drain the lentils, remove onions and bay leaf, and place the lentils in a bowl. Pour the dressing over the hot lentils. Toss gently and chill overnight, or for at least four hours. Add parsley and chopped onions to chilled lentils. Toss and serve.



## Creative Quick Bread ~ Marianne Wardle (ASCSA 04-05)

*“I perfected this while living in Athens. It perfectly fits into a long, narrow loaf pan I bought at Carrefour, but is fine in 2 regular American loaf pans. This is a method more than a recipe, and it allows infinite variety: banana-chocolate chip, carrot-raisin, apple-walnut, clementine-cranberry, ginger-pineapple, apple-peanut butter chip, chocolate-orange, pumpkin-pecan . . . avoid chocolate-zucchini unless you peel the zucchinis before grating—the flecks of green make it look like you’ve chopped a frog and are trying to disguise it.”*

Dry Ingredients	Options
3 c all-purpose flour	Replace 1/3 – 1/2 c of the flour with cocoa
1 tsp salt	
1 tsp baking soda	
1 tsp baking powder	
1-3 tsp spice	cinnamon, ginger, nutmeg, cloves, allspice—go lighter if using the last 3
Wet Ingredients	
3 eggs	
1/2-3/4 c olive or vegetable oil	Use less if additions are very wet
2 c sugar	Regular or brown, can replace 1/2 c with molasses
1 Tbsp vanilla extract	
2 cups wet additions (with drier ingredients like carrots or zucchini you can go up to 3 cups) If you don't have quite 2 cups worth of stuff, add yogurt to make up the rest.	smashed bananas, pumpkin, sweet potato, grated zucchini, carrots, apple, applesauce, well-drained pineapple, or combination thereof. For lemon, orange or clementine—put 3 lemons, 2 oranges, or 5-6 clementines in a saucepan, cover with water and bring to a boil, simmer 1-2 hours until fruit is very soft, drain and cool. If necessary, remove pits from fruit and then mash and chop finely.
1/2 - 1 cup dry additions	chopped nuts, raisins, dried cranberries or other fruit, chopped crystallized ginger, chocolate or other chips, coconut, etc.

continued ~

Grease and flour baking pan (one long European loaf pan or two 8 x 4 inch American pans).

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

Combine dry ingredients: flour, salt, baking powder, soda, and cinnamon together in a bowl.

Beat eggs, oil, vanilla, and sugar together in a large bowl.

Stir in dry ingredients.

Stir in your additions until combined (be careful not to overmix, just get out the lumps).

Pour batter into prepared pans.

Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 10 minutes. Remove bread from pan, and completely cool on rack.



Octopus Minoan  
Style! Recipe next  
page.



## Minoan Style Octapodi Simmered in Beer ~ Jerolyn Morrison (ASCSA 06-07) and Jad Alyounis

*“This is the perfect seaside dish to cook with an open flame. It has been prepared at many cooking events in Creta, and is a hit at any party! The recipe is inspired from foods that were available during the Neopalatial Period (ca. 1640 – 1425 B.C.). The interpretation of how this dish could have been cooked is our creation. We would like to thank Jennifer Moody, Oliver Rackham, Jeffery Soles, Tom Brogan, Chrysa Sofianou, Kappa Delta Ephoria, and INSTAP Study Center for East Crete for their support.”*

Whole octopus  
Beer  
Onions  
Garlic  
Sea salt  
Olive oil  
Fresh herbs of choice  
4 qt. Ceramic cook-pot  
Wooden spoon  
Open flame

**Step 1.** Cut the octopus and onions into bite-sized pieces. Crush the garlic.

**Step 2.** Rub olive oil into the interior of the cook-pot.

**Step 3.** Put the octopus, the onion, the garlic, and the sea salt into the cook-pot and cover it with beer.

**Step 4.** Place the cook-pot over the fire and bring the ingredients to a boil.

**Step 5.** Allow the pot to continue boiling until the beer becomes a pink color. Add beer if needed.

**Step 6.** Taste. If the texture is to your liking, serve it!

Preparation time: About 1 hour.

Serves at least 4 people as a main dish, and many more if you serve it as a meze!



Cooking octapodi Minoan style. ~ Jerolyn Morrison.

## Chick Pea Soup ~ Niamh Michalopoulou (Loring Hall Manager)

*Nick Hudson (Kress Athens/Jerusalem 03-04) wrote, "There is one dish that has always stuck with me as an ASCSA must. The dish is near and dear to me for two reasons. First, it is a chick pea based, clear soup, and I love, love, love chick peas. Whenever it appeared at the table (always as a starter) I would tuck in to several bowls before moving on to a small helping of the main dish. The second reason this dish will forever be with me is that it was my last meal at the School before I collapsed in the middle of the night from a ruptured stomach ulcer to spend the week in the hospital in Athens. Fun stuff! Friends at the School were convinced that the ulcer burst because I had gorged myself with chick pea soup for dinner (I was told later I had at least 6 bowls, though that day is a bit fuzzy for me so I can't vouch for that). Despite the association, I couldn't wait to get back from the hospital for more of the chick pea goodness. I don't have the recipe, but is simple and I bet it could be easily collected from the school's kitchen. I'd certainly love to make it at home!"*

*Thanks to Niamh, I think we have Nick's soup. She adds, "By the way, thick chick pea soup has become popular in Greece lately and is served in the best places with some caramelized onions on top and it is truly delicious!"*



Soak the chick peas in water overnight. Boil the chick peas until a froth appears on top, strain them, add new water and boil for even longer this time.

When they boil the second time, remove any froth which may have accumulated, turn down the temperature and continue boiling at medium heat.

Add olive oil, onions (3 finely chopped) 1 daphni leaf. Continue boiling at medium heat, and when they start to soften add finely chopped carrots, parsley, salt and pepper.

Five minutes before end of cooking add juice of 2 lemons, or this can be done by each person after serving.

If you want a thicker soup, put some chick peas and juice from the boiled chick peas in mixer to become paste-like and add to saucepan and stir.

## Anginares me Anitho (Artichokes with Dill) ~ Kenneth Kitchell (ASCSA 72-73)

*Two vegetarian friendly recipes from Ken and Theresa.*

1 can artichoke hearts  
(If using fresh artichokes, they must be pared and de-choked. 9-12 fresh baby artichokes, halved/ 4 large artichokes, hearts cut into 4)  
2 medium potatoes, cubed  
3 medium carrots, sliced into disks  
2 garlic cloves, minced  
Dill seed (1T)  
Dill weed (fresh if possible) (2T)  
Juice of one lemon  
2 Tbs olive oil  
Water just to cover

Sauté onions and garlic in olive oil until the onions are soft. Add carrots, cubed potatoes, and artichokes, lemon juice, dill seeds, and salt and pepper to taste. Simmer until carrots and artichokes are tender. To thicken, add 1T of flour to 1/2 cup of the cooking liquid, mix and gently add to boiling mixture. Garnish with fresh dill before serving

Serves: 6-8 side servings



## Kounoupidi Kokkinisto (Cauliflower in Tomato Sauce) ~ Kenneth Kitchell (ASCSA 72-73)

Cauliflower flowerets [whole head]  
Cinnamon to taste [approx 2 T]  
3 Tbs olive oil  
1/2 large onion  
1 can fire roasted tomatoes

Sprinkle generous amounts of cinnamon over flowerets. Lightly brown in hot oil. Remove cauliflower and saute onions in cinnamon oil until tender. Return cauliflower to pan and add tomatoes. S/P to taste. Simmer until cauliflower is tender.

Serves: 6-8 side dish servings



Garden Party for the end of Summer Session II 1994. From left to right:  
Mira Seo, Dawn Smith Popielski, Brian Bosworth, Shilpa Prasad, Katrina  
Dickson Lah. ~ Dawn Popielski

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## Main Dishes

## Memories of Mrs. Fidao

Carter Philips (SS 70) wrote, *“In the first summer session of the ASCSA in 1970 (the first year there were two sessions), our favorite dinner recipe was Mrs. Fidao’s fish mayonnaise. When asked what we wanted for our last dinner together, we overwhelmingly chose the fish mayonnaise. Is there any chance that the recipe is in the Loring Hall files?”*

*“I have scoured various cookbooks and searched the internet without success. There are things with the same name but by no means even similar. It was a whole fish poached and then coated with homemade mayonnaise.”*

## John Fischer (ASCSA 70, 77-78) answered the call:

*“I recalled a recipe which I just unearthed in two old Greek cookbooks. In one (Rena Salaman’s Greek Food, Fontana, 1983, p. 223) it is called Athenaiiki Mayondeza; in the other (The Art of Greek Cookery by the Women of St. Paul’s Greek Orthodox Church, Doubleday, 1961 & 1963, p. 74) where it is called Psari Mayoneza. Others have called it Athenians’ fish. I suspect one could not afford it today, but it is essentially a large fish (synagridha or the like) poached, then deboned, and served cold with home-made mayonnaise with peas and carrots and boiled potatoes and sliced lemons as a garnish. You might note that none of the newer books even mention the recipe.”*

*And he added, “I can recall [two of her other dishes]. 1) for the summer a crisp salad (tomatoes, cucumbers, parsley, radishes) in a beef gelatin served ice cold (this I loved and most did not)—it’s a great summer dish. 2) an artichoke heart moussaka (base of potatoes, then artichoke hearts, then the meat mixture, then the bechamel.) Both were in the era when Mrs. Fidao was in charge of Loring Hall.”*

## Spaghetti Carbonara ~ Fred Winter (ASCSA 71)

*"I served this to Charles Williams when I was a student at the School. Even in 1971, all of the components were available in Athens, and the recipe calls for only two burners, which makes it easy to prepare on a traditional multi-burner gas ring. Charles ate it like a trooper even though that early version of the recipe failed and the dish came out with the consistency of glue.*

*The following version, much refined, is no longer a substitute for Elmers' Glue All, although it is still ill advised for anyone worried about cholesterol.*

*The trick to this recipe is getting everything in the final stages added quickly so that each segment cooks onto the individual spaghetti strands without overcooking.*

*Some recipes call for the addition of peas, which would be added at the end either as a final stage in the mix or as a garnish. I tend to skip the vegetables.*

*"It takes a few tries to perfect the mix. When you get it right, invite Charles to dinner and apologize for me."*



1 lb. spaghetti  
Six strips bacon, cut into ¼-½ inch segments  
¼ cup butter, preferable salted  
5 eggs  
Heavy cream  
Parmesan cheese  
Black and red pepper

Cook the spaghetti in the normal way.

Separate the egg yolks from the whites on four of the eggs and into the yolks add the fifth egg whole. Add parmesan cheese to the yolk mix until it is thickened but still somewhat runny.

While the pasta is cooking, begin to heat the bacon in a small pan. The idea is to get the bacon just to the point of crispness, but about half way

though the process, drain off the then-accumulated fat. You want to have some bacon fat in the mix, but not too much.

When the bacon is just crisp, drizzle some of the cream into the pan with the bacon, reducing the heat and stirring so that the mix doesn't burn. The objective is to get a viscous mix. Add freshly ground black pepper and red pepper flakes to taste. Drain the pasta, keeping the pot in which it was cooked warm.

Restore the pasta to the pot immediately after it has been drained, adding the butter and tossing until the butter has melted onto the spaghetti strands. Then add the bacon/cream mix, continuing to toss. Then drizzle the egg yolk/parmesan mix, still tossing. Serve immediately.



Brunch on the Loring Hall balcony, 2004 ~ Amelia Brown (ASCSA 03-04, 06-07)

*“I often stayed at the British School, but using their kitchen equipment forced me into some creative cooking moments. So when trying to cook pasta I was unable to get the ancient gas stove (without a pilot) to light and had to boil the water in the electric tea kettle. Or the day I wanted scrambled eggs and had to make them in the microwave. This works if you put the bowl in for 30 seconds then take it out and stir – it takes four shots of waves and they come out fluffy. I also had an apartment twice and found myself mostly living on frozen french fries and chicken kabobs, with the occasional pasta and Barilla sauce in a jar. Mixing the pesto with the plain tomato and adding a few olives tastes ok. Still there were days I had tuna salad made with Kraft Russian dressing on wonderful German bread.”*

*~ Ariel Loftus*

## Mousaka ~ Elizabeth and Wallace McLeod (ASCSA 57-59, 70-71)

A food processor is invaluable for this.

- 2 pounds ground beef.
- 3 - 4 eggplants, unpeeled, cut into 1/3 inch slices.
- butter for frying eggplant.
- 3 large onions, finely chopped.
- 1 tin tomato paste.
- 1/4 cup red wine.
- 1/2 bunch chopped parsley.
- 1/4 teaspoon cinnamon.
- 1 slightly beaten egg.
- 1 cup grated Parmesan cheese.
- 1 - 2 cups bread crumbs.

### White sauce

- 6 tablespoons butter
- 9 tablespoons flour
- Combine butter and flour over heat
- Add 3 cups milk when butter and flour are bubbling.
- Stir over low heat until smooth and thickened.
- Add one beaten egg.
- Brown beef. Add onions and cook for five minutes.
- Add tomato paste, wine, parsley, cinnamon.

Simmer until liquid is absorbed.  
Remove from heat and add egg.

Fry eggplant slices in butter until light brown.

Grease pan (12" x 10" or 15" x 9" or whatever)  
Sprinkle with crumbs. Arrange layer of eggplant.  
Add meat mixture, sprinkle with crumbs and Parmesan cheese.  
Arrange last layer of eggplant.  
Cover with white sauce. Sprinkle with remaining crumbs and Parmesan.

Bake at 350 degrees Fahrenheit for one hour, or until top is golden.

Cut in squares.

This dish freezes well. Try making two smaller pans and freeze one for later!



Martha Payne (ASCSA 78-79) models a reproduction of the Dendra panoply in the BSA garden.



## Biftekia Arnisia (Grilled Lamb Burgers) with Retsina “Cocktail” ~ Gregory Jones (ASCSA 04-05)

*“This taverna staple, with its earthy flavors and burst of oregano, tastes like Greece to me and it takes me back to an evening in Edessa where an unexpected dinner plan turned out to be the highlight of a brief summer excursion to Macedonia. Primped, polished, and ready to eat, I made the mistake of leading my two colleagues down the stepped path along the city’s main waterfall, and back up again, for a quick tour of the site before dinner. Too tired, sweaty, and irritable to stroll around town looking for a nice taverna, we plopped down at the counter of an open-air grill and ordered bifteki. The owner and cook charmed us with friendly conversation throughout the night and introduced us to his homemade concoction of retsina and pepsi, ‘which is good to drink while you are cooking’ (and makes an ‘interesting’ accompaniment to lamb). Spirits lifted and stomachs full we lingered a bit to watch a local football game before heading back to our hotel for bed. The retsina-Pepsi combo was not such a hit back at the School, but I still drink it at home when I make this recipe.”*

Serves 4-6

1 pound of ground lamb  
1 large shallot (minced)  
1 palm-full of dried Greek oregano, or local fresh oregano  
½ palm-full of fresh thyme (or to taste)  
½ palm-full of fresh chopped mint  
1 large pinch of coarse sea salt  
1 healthy dose of fresh ground pepper  
1 lemon, cut into wedges  
¼ cup of olive oil for basting

Mix the ground lamb with the shallot, oregano, thyme, mint, salt, and pepper. Let stand for 10 minutes to allow flavors to mingle. Form the lamb into thick patties and coat generously with olive oil. Cook over a charcoal grill until the outside is nicely charred and crusty and the interior is just slightly pink; alternatively, you may cook the burgers on a stovetop griddle or in a large skillet. Squeeze fresh lemon juice over the burgers and serve immediately with thick slices of tomato, a dollop of tza-ziki, and retsina-Pepsi cocktail, if desired.

**Retsina-Pepsi cocktail:** mix equal parts retsina and Pepsi cola.

## Lamb Chops in Ouzo Marinade ~ Andrew Reinhard (Director, ASCSA Publications)

*Andrew's recipe was featured in the column "Inn the Kitchen: Greek Gusto," in the March 4, 2011 edition of centraljersey.com (<http://www.centraljersey.com/articles/2011/03/04/lifestyle/doc-4d713a4d21476662732062.txt>). The author, Pat Tanner, quotes Andrew as saying, "I'm addicted to grilling." Andrew also recommends serving grilled garlic bread and a side of orzo pasta or rice with the chops.*

4 lamb sirloin chops  
1 cup ouzo  
Coarse Greek sea salt  
Coarsely ground black pepper  
Extra virgin olive oil (I prefer kalamata olive oil)

1. Marinate the chops: Rub both sides of the chops with salt and pepper. Place two sirloin chops into a gallon-size zipper lock bag. The chops should lie flat and not overlap. Cover the front and back sides of the chops with olive oil. Add one-half cup of ouzo and seal the bag. Repeat for the other two chops. Marinate at room temperature for one hour, flipping the bags once.

2. Grilling (direct heat): Heat your grill to medium- high/high. Remove the chops from the bags. Place the chops on the center of the grill and close the lid. Flip after one minute. Flip after the second minute. Reduce the flame to low. Depending on the thickness of the chops, grill 3 to 5 minutes additionally per side, flipping once. Do NOT keep flipping. Keep the lid closed. The chops should be served rare.



Nick Popielski (blue baseball cap) roasting lamb behind Loring, Easter 1996 (I think), ~ Dawn Smith Popielski

Supervising the Easter lamb, 2006. Bob Bridges, Loeta Tyree, Joe Day, and Nigel Kennerly. Note the technical advances since 1996. ~ Kathleen Lynch (ASCSA 96-99)



Super Bowl 2007 Feast: Andy  
Nichols and Jake Butera,  
~ Katie Swinford (ASCSA 06-07)



Cookie break at the Agora  
Excavations, 1994. ~Jaime Wilson  
(Agora 94, 95, SS 01)

## Parori Chicken ~ Steve Glass (ASCSA 59-60)

*“There’s a small – well tiny – village not far from Sparta and Mistra, called Parori. Back in the old School days, we all stopped there for dinner and were served chicken that had been marinated in fresh lemon juice for several hours, brushed with olive oil, sprinkled with salt, grilled simply (Greek food is best when it’s kept simple) over a wood fire, and served with the local kokini. Retsina, of course, is not so much a wine as it is a sui generis beverage, but it does grow on you and goes well with this dish. In any case, the chicken was delicious, but lacked, it seemed to be a certain je suis quoi. I like to think that I have added that quoi over the years, but it’s still simple and I still like to call it Parori Chicken.”*

2 tsp each of dried oregano, thyme, and rosemary  
4 medium-large garlic cloves, crushed  
1 tsp salt

1/2 cup freshly squeezed lemon juice combined with

1/4 cup olive oil (nothing fancy required of the oil; “pure” grade will be fine.

1 frying chicken, ca. 3.5 pounds, cut up into serving pieces, or choose the kinds of pieces you prefer.

In a small bowl, with the back of a fork, mash the herbs, garlic and salt together to form a very rough paste.

Add the paste to a medium bowl with the lemon juice and olive oil, and whisk well.

Place the chicken in a zip-lock plastic bag, give the herbs mixture one more whisk and pour over the chicken.

Zip up the bag, kneading it a few times to make certain the chicken is thoroughly flavored, and place the bag in the refrigerator for several hours or overnight.

When ready to cook, remove the chicken, reserving the leftover marinade in a small bowl.

BBQ the chicken until crispy on the outside, basting with the marinade.



*Simple and delicious and filled with memories.*

Prue Morgan Fitts submitted this newspaper clipping from the early 70s of her mother, Janet Morgan, wife of Charles Morgan, Director of the School (35-38). Look for Janet Morgan's recipes below.



MIXING CHEESE AND EGGS for Tyropitta is Mrs. Charles Morgan of 22 Snell St. The copper cookware in the background is among the Grecian items that ornament the Morgans' home. The dress Mrs. Morgan is wearing is trimmed with Greek embroidery.

### *What's Cooking?*

## Two recipes from Greece

-by MARGARET ANDREWS

Cooking is only one aspect of Grecian life that is familiar to Mrs. Charles Morgan of 22 Snell St., who has spent a total of about five years in Greece. Her husband Charles, who recently retired from the Fine Arts department at Amherst College, is an archaeologist and his work has provided several visits to Greece. Head of the American School of Classical Studies in Greece from 1935-8, he has also done excavating in Corinth, and has published a book on Byzantine pottery. The Morgans plan to return to Greece this Spring.

Mrs. Morgan has learned Greek and

keeps her knowledge of the language alive through reading. She also has a particular interest in Greek embroidery and in addition to her collection, she has accomplished several pieces of the artwork herself.

Her creative talent also includes writing poetry. Several of her poems have been published. Active in community affairs as well, Mrs. Morgan is currently President of LAOS, an ecumenical studies group in Western Massachusetts.

The following are Mrs. Morgan's adaptations of recipes from "Greek Cookery," compiled by Nicholas Tselemente, an authority on the subject.

## Persian Eggs over Wild Greens ~ Julie Marshall Boegehold (ASCSA 55-57)

*“The original Persian eggs were a simple, exotic, and politically incorrect combination of eggs and butter, garlic, and mint. A Neochori variation, using the beautiful eggs from Katina with their mulberry-tie-died shells, would quiet some of the cholesterol fascists, maybe. The rest of us would eat well.”*

8 fresh eggs  
1/4 - 1/2 cup olive oil, also from Katina  
2 cloves garlic or elephant garlic, minced  
1 lb.(1/2 kilo) βλῆτα or baby spinach, or in winter other wild greens  
salt and pepper, dried mint (optional)

Steam the βλῆτα until just tender. Drain and keep warm.

In a heavy skillet, heat the oil, add the garlic and sauté gently until garlic smells great but does not brown. Break the eggs into this garlic-oil and sauté very gently until set.

Arrange the greens on 4 warm plates, and place the eggs on top. Drizzle the oil over. Sprinkle with mint and salt and pepper if desired.



SS II 1989, Lunch in Kalavrita: I to r: Tina Salowey, Janet Grossman, Sara Forsdyke, Nolis Arkoulakis, Sarah Graff, Sarah Harrell ~ J. Grossman (SS 89, ASCSA 91-92)

## Laiki Egga - Carol Lawton and Jere Wickens (ASCSA 76-80)

*“Remember those days when ovens were scarce and budgets were low or even lower?”*

Equipment – sauce pan, frying pan with lid (aluminum foil will do), hot plate.

4-6 eggs

1 onion, sliced

1 pepper, red or green, sliced

2 potatoes, parboiled briefly, sliced

1-2 zucchini, sliced

Other vegetables to taste

Curry powder

Feta cheese

Retsina (optional)

Sauté in the potatoes and other vegetables in an oiled frying pan until browned.

Season with salt, pepper, and curry powder to taste. Towards end of sautéing, reduce heat, so that the frying pan is not very hot.

Meanwhile, beat the eggs with a fork or whisk, season them with salt and pepper, add ca. ¼ cup retsina (or other dry white wine or water) and crumbled feta cheese.

Add the egg mixture to vegetables in frying pan, cover and cook over low heat for ca. 30 minutes or until it has risen. Done when inserted knife comes out clean.

Serve with salad, bread and white wine; the cheap stuff will do fine.

*“I don’t have any recipes to share, but have never forgotten many meals, such as Willie Coulson at the trout farm, the first time I went to the chicken cave (was it with Mr. Williams?), Richard Neer lying with open mouth under the wine tap at Poros, or using pliers on the Easter lamb.*

*“I can offer my most memorable restaurant menu, from Kamena Vourla. The offerings included:*

White dread, Rustice twablex, blitt

*‘Rustice twablex’ was khoriatiki for two; never did found out what ‘blitt’ was.”*

*- John W.I.Lee (ASCSA 96-97)*

## Minna's Pasta Sauce ~ Amy Smith (ASCSA 94-95)

*“Minna Lee (ASCSA 93-95) gave this recipe to me in 1994-1995, the year before I went as a visiting scholar to the American Academy in Rome (where it was useful). It was, however, easy enough to find the ingredients in the streets of Athens, too!”*

Put together, in a closed container: 1/3 cup olive oil; a handful of tomatoes; sliced or diced; a handful or two of fresh basil, chopped; a few minced garlic cloves; a wedge of brie cheese, chopped (optional: remove the rind); salt and pepper to taste. Let this marinate for a day or so. Cook pasta, and when the pasta is cooked and drained, add the marinade (contents of the closed container), stir, and serve immediately.



Snow in Athens on Valentine's Day 2004, on the Loring Hall balcony: Georgia Tsouvala, Giovanna, and Amelia Brown. A. Brown (ASCSA 03-04, 06-07)

### MOUSSAKA

1 pound ground beef  
3 small onions, finely chopped  
1 tablespoon finely chopped parsley  
1 cup water  
1 tablespoon tomato paste  
2 teaspoons salt  
1/2 teaspoon pepper  
7 small eggplants  
2 egg whites, stiffly beaten  
1/2 cup soft bread crumbs  
3 cups Medium Cream Sauce  
1 cup grated Parmesan cheese

Brown meat in olive oil in a large skillet. Add onions, parsley, water, tomato paste, salt and pepper. Cook 25 minutes, stirring occasionally. Meanwhile, peel eggplants and cut lengthwise into 1/4-inch slices. Sauté in olive oil. Add egg whites and bread crumbs to meat mixture; mix well. Place egg plant slices and meat mixture in alternate layers in a greased 3-quart baking dish, ending with eggplant layer. Top with Cream Sauce. Sprinkle with cheese. Bake at 350 degrees F. for 30 minutes, or until well-browned. Yield: 6 portions.

### TYROPITTA

10-15 Filo pastry sheets  
1 pound Feta white Greek cheese  
3 to 4 tablespoons melted butter  
8 eggs, beaten  
1/2 cup chopped parsley (optional)

Mix cheese and eggs together. Line buttered baking pan with 1 or 2 sheets of Filo, and brush butter over the sheets. Cover with 2 more layers of Filo, and over these sheets of pastry spread some of the cheese and egg mixture. Repeat the above process, alternating 2 buttered Filo pastry sheets with 2 sheets covered with the cheese-egg mixture, ending with 2 buttered sheets on top. Trim pastry around the pan before adding the last Filo. Fold over the edges. Bake in a moderate oven, 350 degrees F. for about 45 minutes, until golden brown. Cool slightly. Cut into squares or diamonds and serve warm.

In addition to these two recipes, Mrs. Morgan recommends serving broiled fish with an olive oil and lemon juice dressing.

Janet Morgan's recipes as published in a local newspaper. See the clipping a few pages back. She was the wife of Charles Morgan (Director of the School 35-38). Submitted by her daughter, Prue Morgan Fitts

# Traditional Pastitsio ~Jaime Wilson (Agora 94-95, SS 01)

## Part 1: Bechamel Sauce

1 quart of milk  
10 eggs  
1/2 lb. butter  
1 tbsp. cornstarch  
1/4 cup flour

## Part 2: Meat Sauce

2 and 1/4 lbs. ground beef, thawed  
1 onion, chopped  
1 bay leaf  
4 cloves of garlic  
1 tsp. cinnamon  
1/2 tsp. thyme  
1/2 lb. grated Romano cheese  
1 tbsp. basil  
1/4 cup olive oil  
1 oz. tomato paste  
1/2 tsp. nutmeg  
1 tbsp. parsley  
1/2 tsp. coriander  
1/2 lb. grated Asiago cheese  
2 tomatoes, chopped  
1/2 tsp. ground cloves  
1/2 tsp. oregano  
1 box #2 macaroni or 1 box spaghetti noodles (I used ziti)\*  
salt and pepper (Don't be shy with the salt, but don't go overboard!)

\*Pastitsio recipes usually call for #2 macaroni, a long version of a macaroni noodle typically found in Greek food stores. These noodles are hard to find in the States, so feel free to substitute any other type of macaroni or spaghetti available.

Please note: When I made this dish the second time, I doubled the amount of spices, as the amounts called for in this recipe didn't provide enough flavor for me. I enjoy spicy dishes. But, if you don't like a lot of spice, then stick with the recipe.

## Part 1

Heat 3/2 cups of milk and butter almost to a boil. Mix the remaining 1/2 cup of milk with flour and slowly add to hot mixture.

Continue heating until the mixture thickens, stirring constantly. If you don't stir the mixture, the milk and butter will burn to the bottom of the pan. If the mixture doesn't thicken to the consistency of soft pudding in 15-20 minutes, add 1 tbsp. Cornstarch.

Remove Bechamel Sauce from heat and set aside.

Once sauce has cooled slightly, beat in eggs. Make sure that the sauce has cooled or else you will end up with scrambled eggs.

## Part 2

Sauté onions and garlic in oil until they are soft and yellow.

Add meat to the onions and garlic.

Mix all of the spices, the tomato paste, and the tomatoes into the meat. Allow the meat to simmer until browned.

Add extra water if the meat mixture becomes too thick.

In a separate pot, cook the Macaroni according to the directions on the box.

Once the macaroni is cooked, drain out the hot water and fill the pot with cold water. Leave the macaroni sitting in cold water.

### **Part 3: Assembly**

Preheat oven to 400 degrees.

Grease a 9x13x2 baking pan with butter.

Place a layer of macaroni in the bottom of the pan.

Cover the noodles with  $\frac{1}{2}$  of the meat; sprinkle  $\frac{1}{3}$  of the cheese on top of the meat.

Repeat Steps 2 and 3, creating a second layer with the rest of the macaroni and meat and another  $\frac{1}{3}$  of the cheese.

Pour  $\frac{3}{4}$  of the béchamel sauce on top of the pastitsio. Sprinkle with half of the remaining cheese.

Bake for 5 minutes. Remove the pastitsio from the oven and add the remaining béchamel sauce and cheese on top.

Reduce the oven temperature to 325°F Bake for another 45 minutes, until the top of the pastitsio has browned.



Jaime's traditional pastitsio!

## Briam Loring ~Ruth Palmer (ASCSA 83-84)

*"I learned this recipe from Kevin Glowacki in Fall 2002. I can't recall if he added the lemon juice (which is not traditional), but it gives the whole dish a nice tang."*

Preheat oven to 350° F.

2-3 medium chopped or sliced tomatoes (or a 15 oz. can diced tomatoes)

3-4 small onions, cut into eighths (or 2 large onions, chopped coarsely)

4 medium garlic cloves, finely chopped

4 small potatoes, scrubbed and cubed

1 medium zucchini, cut into disks, then quartered

1 medium eggplant, cut into cubes

1 medium pepper, chopped  
basil and oregano

juice of 1 lemon

¼ cup olive oil

salt and pepper to taste

In a 3 quart casserole, layer tomatoes, onions, potatoes, garlic, zucchini, eggplant and pepper in that order. Chop fresh basil and oregano and sprinkle on top. Add lemon juice and olive oil. Place uncovered in a 350° F oven and cook for 1½ hours. About halfway through, take out of the oven and stir, to bring the vegetables on the bottom to the top. The vegetables will produce a lot of juice and shrink. Serve by itself, or with a meat dish.

*This dish can be varied infinitely, depending on your tastes.*

*I always underestimate just how many vegetables will fit into the casserole—it is a good idea to have an extra casserole dish around for the overflow.*



Fish dinner at Loring Hall, 2007. ~ K. Swinford (ASCSA 06-07)

This recipe is from a cookbook produced by the women of St. Barbara's Greek Orthodox Church in Durham, NC. We used it in graduate school and took it to Athens for our year and a half at the School. This is our favorite recipe that we served to Jim Wright and Kathleen Slane not long after we arrived in Athens August 1974, for Sue to continue her study of Greek after an eventful summer doing the same on Poros and Galatas. We were staying in David Hardy's apartment in Pangrati high in an apartment building. It was cool and breezy there, and Athens was empty of tourists following the fall of the Junta (and Richard Nixon). We all remember that great dinner fondly, calm before the storm of the Regular Session. Kathleen suggested we send this in, so here it is, complete with spills. Enjoy.

Bob and Susan Sutton, 1974-75

#### HERB MEATBALLS IN A VEGE/OLE/O NO SAUCE

2 slices white bread  
1 c. chicken broth  
1 lb. lean ground beef  
1 egg, slightly beaten  
1 large onion, finely grated  
1 c. chopped parsley  
2-2 cloves garlic mashed  
(optional)  
1/2 t. dried mint, crushed

1 1/2 t. salt  
3/4 t. crumbled oregano  
1/2 t. ground cumin  
1/2 t. freshly ground pepper  
3 T. butter  
1 c. long grain rice  
Juice of 1 large lemon  
3 egg yolks

Soak bread in 1/2 c. broth; mix together thoroughly with beef, egg, onion, garlic, 1/2 c. parsley, mint, salt, oregano, and pepper. Form into balls about 1 1/2 inches in diameter, flatten slightly.  
(Continued on the following page.)

#### (HERB MEATBALLS Cont.)

In a Dutch oven with a cover brown meatballs on all sides in butter over medium heat. Add 3/4 c. broth; bring to a boil. Gradually add rice. Cover and simmer 20 minutes, or until rice is tender. Taste and add salt if necessary. In a small bowl beat egg yolks until light and fluffy and slowly beat in lemon juice. Gradually beat in about 1/2 c. of hot broth from the meatballs and rice. Gradually stir the egg sauce into meatballs and rice. Remove from heat; cover and let stand 5 minutes. Serve immediately sprinkled with additional parsley. Serves 6.



SS 76 at Orchomenos ~ Katherine Prongos

## Lentils Monastery Style ~Greta Ham (ASCSA 95-97)

1/4 cup olive oil  
2 large onions, chopped  
1 carrot, chopped  
1-2 cloves, crushed or finely chopped  
1/2 tsp thyme  
1/2 tsp marjoram  
3 cups stock or seasoned water  
1 CUP dried lentils  
salt to taste  
1/4 cup chopped parsley  
1 1-lb can of tomatoes  
1/4 cup sherry  
3/4 c grated Swiss cheese

Heat oil and sauté onions, carrot, and garlic for 5 minutes. Add thyme and marjoram and sauté 1 minute more.

Add all but sherry and cook covered until lentils are tender, about 45 minutes.

Add sherry.

Put 2 Tbs of grated cheese in each serving bowl and top with soup.

## Lentils Maniat Style ~Peter Allen, ASCSA 70-72, 79-80, 82-83

*“I was at the School various times in the 1970s, 1980s and 1990s doing anthropological research in Greece. Below is a very simple recipe for lentil soup that I learned in the Maniat village where I did my doctoral fieldwork and later added the hotdogs.”*

3 ½ quarts of water  
1 packet of dried brown lentils, rinsed  
2 or 3 large onions cut into eighths  
20+ cloves of garlic, peeled and halved  
1 cup of good quality virgin olive oil  
4 large bay leaves  
1 ½ pounds of good quality hotdogs cut into small rounds  
Salt to taste

Add all the ingredients to the water in a large pot. Bring to a boil and then simmer for 3-4 hours until lentils are fully soft, but not mushy. Salt to taste (it will take a lot of salt) and serve. Should make 8-10 servings and gets better with age.

## Lentil Soup ~ Martha Payne (ASCSA 78-79)

*"Here is a recipe for lentil soup that I got many years ago from the wife of a Greek student at Michigan State University. Her name was Lisette Konstantinidis."*

4-5 cloves garlic, minced  
1 handful of lentils per person = 1 mugful

Boil lentils covered in water for 10 min.  
Change the water adding just enough water to cover the lentils.

Add: garlic  
1-2 chopped onions  
1 bay leaf  
1 cup olive oil

Boil 1-2 hours  
Taste and add: 1 T or more of tomato paste which has been mixed in 1 cup of hot water.  
Can substitute 1 or 2 fresh tomatoes  
1 t. salt or to taste

If fresh tomatoes are added, continue boiling until they are cooked; add water as needed.

*"On December 31, 1970, we arrived in a small village in the Western Peloponnese, with four children (aged 3 to 9), crammed into a VW van. It was dusk. All were tired and cranky. We found beds -- but alas, on New Year's Eve, no Taverna. We made our way disconsolately down the street, and found a Zacharoplasteion open -- but not quite the solution. Then someone passed some message to someone; a taverna was opened for us alone, fires started up, and the best lamb dinner I've ever consumed was presented. It was accompanied by a Greek salad (in those bygone days consisting of one thing only, tomatoes, no admixture of lettuce and olive and feta), and the best bread to dunk in the olive oil dressing. The friendly proprietor, the warmth, the cheer, the sheer kindness of the whole experience made this meal one of the most memorable occasions of our whole sabbatical."*

*~ Elizabeth McLeod (ASCSA 70-71)*

## Katie's Breakfast Strata ~ Katie Swinford (ASCSA 06-07)

Feel free to use more or less of anything, or substitute your favorite veggies.

1 ½ cups chopped green pepper  
3 cups chopped zucchini  
3 cloves garlic  
1 small onion chopped  
2 cups chopped ham/Canadian bacon  
4 cups cubed baguette  
1 cup cooked potatoes, sliced  
3 cups cheddar  
8 eggs  
3 cups milk

Sauté green pepper, zucchini, garlic and onion until tender. Drain and pat dry.

In a large bowl, beat eggs and milk and a little salt and pepper.

In a 9 x 13 greased casserole dish, layer half of potatoes, bread, cheese, ham. Repeat. Pour eggs in over top.

Refrigerate covered strata for at least 1 hour or up to 24 hours.

Bake at 325° for 65-70 minutes.



Celebrating Spring Birthdays with cookies, flowers, and friends ~ K. Swinford (ASCSA 06-07)



Tanya McCullough making speculaas cookies in Loring.  
~ Stephanie Pryor (ASCSA 08-09)

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# Desserts

## Speculaas Cookies ~ Lynne Kvapil (ASCSA 05-06, 08-09)

*“In December 2008, a group of associate members (Stephanie Pryor, Tanya McCullough, Lynne Kvapil) whipped together a huge batch of speculaas cookies for Saint Nicholas’ eve. One of the Whitehead professors (Peter van Minnen) had been reminiscing with fondness about Christmas in the Netherlands. He regaled students with stories of Sinterklaas’ annual journey from Spain to deliver gifts to children on the night of December 5. In his family, each package of spicy treats was accompanied by a rhyming poem full of puns and clever jokes.*

*“Knowing this learned professor’s penchant for cookies, we decided to try our hands at recreating this Dutch delicacy in the upstairs kitchen of Loring Hall. Heaps of crispy bells, angels, and trees were left in the dining room for Regulars returning from their last fall trip, and a package of cookies, shaped by hand into the form of Sinterklaas, was deposited on the doorstep of the Queen’s Megaron. A short, somewhat witty, poem (fortunately lost!) completed the arrangement.”*

### Ingredients

1 cup butter, softened  
1 cup granulated sugar  
1/14 cups dark brown sugar  
2 teaspoons vanilla extract  
1 tablespoon fresh ginger, finely grated  
2 large eggs  
3 1/2 cups flour  
2 teaspoons baking soda  
2 teaspoons ground cinnamon  
1 teaspoon sea salt  
1/4 teaspoon ground nutmeg  
1/2 teaspoon ground cloves  
1/16 teaspoon ground cardamom  
1/16 teaspoon ground black pepper

### Preparation

All manner of spices can be obtained from the spice stall by the Central Markets, and fresh ginger occasionally appears at the laiki. A wine bottle is a handy substitute for a rolling pin, and, if you’re lucky, someone will have left cookie cutters in the drawer under the microwave.

Cream softened butter, sugars, vanilla, and ginger until fluffy. Add the eggs, one at a time, and take turns beating the mixture with a wooden spoon until it turns fluffy again.

Toast the cinnamon, nutmeg, cloves, and cardamom in a sauté pan over medium heat until they become fragrant. Mix the dry ingredients in a separate bowl and whisk them together. Fold the dry ingredients into the sugar mixture in thirds until the dough is fully mixed. Refrigerate the dough for at least 2 hours until it is thoroughly chilled.

Preheat the oven to 350F/175C and line a baking sheet with foil. Roll out the chilled dough to 1/4-inch to 1/8-inch thick. Cut or mold into shapes.

Bake the cut or molded cookies for 10 to 12 minutes, until the edges appear set and just begin to brown. Allow the speculaas to cool for 5 minutes on the baking sheet and then transfer them to the kitchen counter or a table in the dining room.

# Classic\* Brownies ~ George Harrison (ASCSA 79-80)

\*pun fully intended

*“These brownies were sometimes brought on the fall trips in 1979-1980 and transported Niall Slater into parallel, but pleasure-filled, universes.”*

## FOR THE BROWNIE:

½ lb. (2 sticks) butter  
6 oz unsweetened chocolate  
2 Cups granulated sugar  
4 eggs  
1 Tablespoon vanilla  
½ cup flour  
½ lb. (2 Cups) shelled walnut pieces

PREHEAT oven to 350°

GREASE 13 x 9 pan with butter and dust with flour

MELT butter and chocolate at lowest temperature possible

COMBINE sugar, eggs, and vanilla in large mixing bowl

MIX chocolate-butter mixture into mixing bowl

ADD flour

ADD walnuts

BAKE for 30 - 35 minutes or until toothpick comes out clean

Do NOT start icing until cake comes out of oven

## FOR THE ICING:

2 Tablespoons butter  
12 ounces semi-sweet chocolate  
1 Tablespoon vanilla  
1 Cup whipping cream

MELT butter, chocolate, and vanilla at lowest possible temperature

ADD whipping cream (with heat still on stove)

BEAT 5 minutes at high setting of electric mixer

SPREAD over top of cake as fast as possible

Let rest at least 30 minutes before cutting. Best kept in refrigerator so icing will remain solid



*“My year was the first year that the Alumni Association bought kitchen equipment for the members to use on weekends. I remember trying to make brownies, not knowing how to set the controls on the oven. We ended with broiler brownies, which were still quite tasty.” ~ Ruth Palmer (ASCSA 83-84)*

## Greek Cake (κεικ) ~ Jaime Wilson ~ (Agora 94-95, SS 01)

*“Similar to a pound cake, this is a simple cake with a touch of orange flavor. It can be embellished with chocolate, nuts, raisins, or other additions to your taste, but this is the basic recipe.”*

4 cups of flour  
2 cups of sugar  
2 tsps of baking powder  
grated peel of 1 orange  
¼ cup of brandy (you may leave out the brandy if you don't have any, the keik will still be quite delicious!)  
½ cup of unsalted butter (1 stick), softened  
1 ½ cup of milk  
4 eggs  
¼ cup of orange juice mixed with ½ tsp baking soda (optional)

Preheat oven to 350 degrees

Whisk together dry ingredients (flour, sugar, baking powder) to combine well.

In a mixing bowl, combining orange peel, brandy, and softened butter. Beat until smooth. Continuing to beat, add milk slowly, and then eggs (and orange juice mixture). Slowly beat in the flour mixture and continue to beat for 3 minutes at medium-high speed until the batter is smooth.

Pour into two lightly buttered loaf pans (or equivalent) and bake at 350 for 1 ½ hours (check cakes after one hour), until knife pulls out clean.

Optional: when done, pull cakes out of oven and lightly cover tops with simple sugar. Then sprinkle cinnamon.

*“Do Kinder Eggs count as a favorite Greek dish? In that case, I am reminded of Ron Stroud’s (Mellon Professor 96-99) haiku.” - John W.I. Lee (ASCSA 96-97)*

Ron’s Kinder warning:  
Children might swallow one piece,  
stuff other up nose.

## Chocolate Zucchini Bread ~ Marcie Handler (ASCSA 06-07)

1/3 cup butter, softened  
1 1/3 cups sugar  
2 eggs  
1 1/2 cups grated zucchini  
1/3 cup water  
1 tsp vanilla extract  
1 2/3 cups all-purpose flour  
1 tsp baking soda  
1/2 tsp salt  
1/4 tsp baking powder  
1 tsp pumpkin pie spice (or just cinnamon)  
1/3 cup chopped walnuts  
6 TB unsweetened cocoa powder  
1/3 cup mini chocolate chips

Preheat oven to 350 degrees. Grease one 9x5 loaf pan.

In a medium bowl, sift/mix together flour, soda, salt, baking powder, spice, walnuts, and cocoa powder.

In a large bowl (preferably a stand mixer), cream butter and sugar, mix in eggs. Add zucchini, water and vanilla. Slowly add dry ingredients to wet ingredients and stir until just mixed. Stir in chocolate chips.

Bake until toothpick inserted in center comes out clean, about 1 hour (although it could be more).



Donald Laing, SS 76 Director,  
with Loring Hall staff ~ Katherine  
Prongos (SS 76)



## Lemon Crisp Cookies ~ Katie Swinford (ASCSA 06-07)

1 ½ cups sifted all purpose flour  
¼ tsp baking powder  
¼ tsp baking soda  
¼ tsp salt  
2 small lemons  
5 T softened butter  
½ cup sugar, plus additional for dusting  
1 large egg, separated  
½ tsp pure vanilla extract

Whisk flour, baking powder, baking soda, and salt in bowl; set aside.

Grate zest from 1 lemon directly over another bowl.

Squeeze 3 T lemon juice into a third bowl; set aside.

Add butter to lemon zest and beat with electric mixer on medium until combined. Add sugar a little at a time; beat 1 minute. Add yolk (cover egg white

and refrigerate until ready to use) and half the flour mixture; beat on low until just combined. Add lemon juice, vanilla, and remaining flour mixture. Beat until just combined.

Form dough into log about 8" long and 2" in diameter. Cover tightly in plastic wrap. Refrigerate at least 3 hours.

Preheat oven to 350 degrees. Line 2 baking sheets with parchment paper. Cut dough into 40 thin rounds and place on baking sheets. Whisk egg white with ¼ tsp water; brush on top of cookies. Dust with a bit of sugar.

Bake 8-10 minutes or until edges are golden. If baking both sheets at same time, alternate positions halfway through. Let cool on baking sheets 5 minutes. Transfer to wire racks to cool completely.



A feast of potato latkes for Hannukah 2006. ~ Katie Swinford



## Christmas Stollen ~ Susanne Hofstra (ASCSA 96-98)

100ml milk  
10g yeast (2 tsp or one packet dry yeast)  
500g white flour  
240g butter, softened  
60g sugar  
1 egg  
5g salt  
Grated rind of one lemon  
Pinch of ground cardamon  
Pinch of ground mace  
Pinch of allspice  
2 tsp vanilla or a packet of vanilla sugar  
350g mixed golden raisins, currants, dried cranberries (soak overnight in enough rum or other spirit to cover, then drain excess liquid)  
110g candied citrus peel  
100g almonds and/or hazelnuts (roughly chopped)  
Optional: 250g marzipan

After baking:  
150g butter  
Sugar and powdered sugar

Warm the milk to body temperature; add the yeast and mix until smooth. Pour into a large mixing bowl. Add one third of the flour and mix to a paste (this is the starter). Place in a warm place and allow to rest until it doubles in volume (approximately 15-45 minutes depending on the type of yeast). In the meantime, place the butter, sugar, egg, salt, lemon rind, spices, vanilla and the rest of the flour in a mixing bowl. When the yeast starter is ready, add to

the bowl and knead thoroughly into a yeast dough. Add the fruit, citrus peel and nuts, then knead them carefully into the dough. Take care not to squash the raisins too much, as the juice will make the dough grey. Cover the bowl with a damp cloth and allow to rise in a warm place for about 20 minutes. Form the dough carefully into a ball, then roll or pat into a 25cm-long oval. If using the marzipan, separate it into two pieces and roll into cylinders of a slightly shorter length than the dough. Place them onto one half of the oval, slightly separated from each other, then fold the other half of the dough over the marzipan and pat to seal, making sure that the marzipan is not exposed (if it is, it will caramelize and burn in the oven). Place the loaf onto a baking sheet, ideally on foil or baking paper. Place in the oven at 350F/180C and bake until golden brown (35-40 minutes), watching for signs of burning after 30 min. Ensure the bottom surface of the stollen is baked and golden brown also.

As soon as the stollen is taken out of the oven, brush generously with 150g butter to seal the surface, then roll the stollen in the sugar. Allow to cool. When cold dust generously with powdered sugar and store in a cool place in an airtight container.

*(Adapted from Falko Burkert in The Guardian newspaper)*



## World's Greatest Baklava ~ Alyssa Mandel (SS 97)

*“Who hasn’t eaten baklava in Greece? I think it’s the law or something – at least you have a ready excuse to indulge, having climbed Acrocorinth or hiked up Likavittou. The best I had while I was there was at a very fancy bakery in Iraklion on Crete, quite near the water. It was ‘saragli’ style, which is the kind that is rolled instead of cut into diamonds. You could do that with this recipe, but goodness, it does add a lot of work, and you want dessert, not a project. Once I got home I experimented with some of my own ideas, and this is the result. I have had marriage proposals from strangers and offers from Greek restaurateurs for the recipe. Feel free to claim it as your own – I’ll never know, will I?”*

You can save yourself some exhaustion by preparing all the components of the baklava in advance – the syrup one day, the filling the next, etc. and then putting it all together the day before you want to serve and eat it. You’ll be much happier to see your guests arrive if you haven’t been working on this since five in the morning the day of your dinner party.

**Step one:** Make this double batch of syrup, because it is so delicious you will want to have extra for tea, coffee, or just to randomly dip your fingers into and lick off:

2 ½ cups granulated white sugar  
2/3 cup best-quality honey (I like Attiki or Monastiraki, but I often use Florida wildflower honey, since it’s local and delicious)  
1 ½ cups water  
2 cinnamon sticks, 6” total  
10 whole cloves  
¼ teaspoon salt  
Shredded zest of one medium organic or unwaxed orange  
1 split vanilla bean

Bring all ingredients to a rolling boil, then turn down to a light simmer. Cook ten to twenty minutes. Carefully fish out the vanilla bean and scrape the black seeds into the syrup. Keep the party going by burying the vanilla bean husk in a pot of sugar for an apple pie or another treat later on. Cool the syrup down, remove the cloves and cinnamon sticks, and put in a glass jar with a lid in the refrigerator.

**Step two:** Clarify a pound of butter. This will again be more than you need for this recipe, but the extra keeps a very long time, and what if someone shows up unexpectedly with a whole lobster? You’ll want to be ready. It’s also

nice for sautéing, since it doesn’t burn as easily as fresh butter.

Place one pound of unsalted butter in a heavy saucepan and turn the heat to medium-low. The butter will melt, then foam, then eventually solids will collect in the bottom. Wait until those solids turn a light gold, and remove the pan from the heat. Skim off the foam with a spoon, then carefully pour the liquid into a glass jar or other container, making sure the solids at the bottom don’t contaminate your hard work.

**Step three:** Make the nut mixture. Brace yourself, because this part can get expensive. If you’re still hoping for a postdoc fellowship, get someone else to buy the nuts in exchange for your labor. If you’re tenured already, a mixture of 6 ounces walnuts and 6 ounces pistachios is even more delicious.

4 ounces whole almonds (unblanched is fine)  
4 ounces walnuts  
4 ounces unsalted pistachios (after shelling)  
½ teaspoon ground cloves  
½ teaspoon freshly ground green cardamom (remove the husks, then grind the black seeds inside)  
1/8 teaspoon salt  
2 tablespoons white granulated sugar  
1 ¼ teaspoon cinnamon

continued ~

Pulverize all this in a food processor or one of those mini-chop machines. No such equipment? Get friendly with someone who owns it, or take a sharp heavy knife and chop the nuts as finely as you can with all those muscles you developed doing fieldwork over the summer, and add in the spices and sugar. Set this aside in a plastic tub until you are ready to assemble your creation.

**Step four:** Put it all together! I recommend doing this sitting down, but if you've seen me you'll notice I probably say that about most things. You will need:

One pound of completely thawed phyllo dough

The nut mixture

$\frac{3}{4}$  cup clarified butter, melted but not hot

12 ounces (or  $\frac{1}{2}$  recipe) honey-sugar syrup

One 9 x 13" pan

One soft pastry brush

A small sharp knife

Some towels and perhaps a cutting board or two

Set your oven to 325 degrees Fahrenheit. Turn off any air conditioning and the ceiling fan to avoid drafts, and open the phyllo dough. Athens brand comes in two half-pound (20 sheets each) packages; other popular brands come in a single one-pound roll and some use double-size sheets that you will have to either cut or fold in half. Whatever you're using, unroll it very, very carefully onto a cutting board or clean towel and flatten gently. Cover with a clean dish towel to keep it from drying out as you work. Brush the pan well with the butter and carefully place one sheet of phyllo in the pan. This takes an assured kind of delicacy, but don't show fear – the dough will know. Butter the first sheet well with the brush, and add a second sheet. Keep adding sheets to the pan, buttering them well, until you have added one-third of your total phyllo to the pan. Do not be tempted to save money or calories by under-buttering – your baklava will be chalky and sad if you do. Butter any naked part of the phyllo like you're putting sunscreen on an Irish girl in a bikini at Vouliagmeni.

With one-third of your phyllo in the pan, spread one-half of the nut mixture over it evenly and pat gently. Now proceed with more phyllo sheets, keeping on with the buttering and layering monotony until another third is added. Spread the rest of the nut mixture over this third, and then add the rest of the phyllo sheets – save the prettiest or least cracked sheet for last if you can. After you have buttered that last sheet, brush it with a tiny bit of water to keep it tacked down correctly and uncracked.

*Trade secret:* you must cut phyllo-based dishes, such as this or spanakopita, while they are still raw. Nobody told you that part, did they? So, take your small sharp knife and cut through all the layers carefully: three cuts along the short side, and six cuts along the long side to make 18 large rectangles. You can leave this as is if you prefer, but some strange people might actually want smaller pieces, so cut each rectangle diagonally to make 36 smaller triangles. Normal folk can just have two, after all. Slide the baklava into the oven, and relax with a frappe or ouzo for at least 45 to 60 minutes. At this point you can cool the pan completely, wrap tightly and put in your freezer for safekeeping, to be thawed later, and then baked very briefly to be recrisped before adding the syrup. Or, while it is still hot you now pour 12 ounces of that liquid gold honey syrup into all the cuts you made with your knife, and let it rest for about 8 hours before serving.

A light dusting of any remaining nut mixture is a nice garnish, or you could get more upmarket and place each piece in a fluted pastel paper cup with a curl of candied orange peel or a whole almond on top. My favorite way to serve it is to simply stack up the pieces on a footed glass cake stand and offer tea or coffee with ouzo or whiskey. If you're ever in Florida, stop by and we can make some together.





May Day 1976 in Old Corinth: l to r: Phaedra (the dog), Charles K. Williams II, Robin Rhodes, Kathleen Slane, Jim Wright, Hal Haskell, Pam Berich, Helena Iwani, Irene Wanner, Nancy Bookidis ~ Irene Wanner (ASCSA 75-76)

The American School of Classical Studies at Athens was founded in 1881 to promote the study of Hellenic culture--ancient and modern. Since then, thousands have participated in its many educational programs or used its premier research facilities in Athens.

The Alumni/ae Association of the ASCSA represents former students, and this cookbook is a celebration of friendships and memories formed in Greece. A portion of the sales of this book will support the Alumni Association, which contributes fellowships and an Alumni gift annually.

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