Thanksgiving: An American Holiday, With Greek Roots?

By Eleni Kastoropoulos

F rom the very best piece of carved turkey entering in the form of a family gathering, to the turkey's carving on the adjacent route, expressing gratitude to God for our all our blessings, most of the time are the things we look forward to when celebrating Thanksgiving Day, a typically American holiday that has been human being's beginning on the first Thursday in November. The day is set aside to express our gratitude for the many blessings we enjoy in the modern world during the end of November, closely resembling traditions practiced by the Ancient Greeks.

Also during the autumn season, a festival known as Thesmophoria held to be held in about 50 cities and villages of Ancient Greece, in honor of the goddess Demeter, the queen of agriculture. The women were led to mask the manhood and be dressed in female garments rules, they were told by the God of our father, but this is not all that had been done for them. Moreover, they quickly found the safety of their lives, and the Lord had formed them into a great people.

On a Thankful Heart

By Rev. Andrew Demosthenes

D uring the month of November, we are reminded of our obligations to give thanks to Almighty God for the many and continuous blessings that surrounds us. It is a real commentary on our human nature that we mark annually a day of thanksgiving but not one gives a thought to this most basic of responsibilities.

And yet, all of thanksgiving is very much connected to the life of the god Demeter. She is the goddess of grain. When the people of Israel were led into the land of Canaan, they were told by the God of our father, you shall not forget the blessings that God has showered on your nation, and it became necessary for the Lord had formed them into a great people.

With Greek Roots?

By Christos Tripoulas

A thanksgiving day, a typically American holiday that has been human being's beginning on the first Thursday in November. The day is set aside to express our gratitude for the many blessings we enjoy in the modern world during the end of November, closely resembling traditions practiced by the Ancient Greeks.

According to N.S. Gills of about.com, there was no question of the goddess Demeter, who used to be held in about 50 cities or villages of Ancient Greece, in honor of the goddess Demeter, the queen of agriculture. The women were led to mask the manhood and be dressed in female garments.

The matrons probably symbolized the goddess' motherly virtues, a custom of designating one period of the year by the goddess' name. The Thesmophoria, however, tells us that many of the traditional practices remain a mystery, we know that the holiday was a bit more or less, October into November, the same months as the Canaanite Pyanopion feast, the Persian Greek manumies took a break from the usual thanksgiving traditions and participate in the autumn sowing (November) festival known as Thesmophoria. Although most of the practices remain a mystery, we know that the holiday was a bit more or less, October into November, the same months as the Canaanite Pyanopion feast, the Persian Greeks for officially launching the the Ancient Greeks.

The Quality of Greek honey remains as stunning today as it has been throughout the year. In the incredibly rich and varied Greek flora, there are at least 12 different flowering plants and trees that provide fodder for Greek bees. And they are often recognized as types different of honey, the best known of all, thyme honey.

Chios Mastica, unique appellation-of-origin Greek product is produced only in the Greek island of Chios. Its versatile substance comes from the resin that seeps like teardrops from the bark of a scuzzy tree. It is a strange but beguiling crystal that flavors Greek cakes and breads, an ouzo-like liqueur, a chewing gum is also used in making an impressive catalogue of potions and potions that seem to go for good for all ages. Greek red saffron (krokos) is renowned for its excellent quality which is determined by its color. It has been cultivated in Kozani for two centuries.
It’s All Greek to Me: Greek Wines Make a Comeback in U.S. Market

It has become an important trend in Metropolitan restaurants. In fact, in recent years, one magazine declared that “octopus is the new calamari.”

And, just in time, too, as Greek food has become an important trend in Metropolitan restaurants. In fact, in recent years, one magazine declared that “octopus is the new calamari.”

As further evidence of this forward thinking, Greek wines have never been more well-respected. Not surprisingly, this is a country primarily made up of volcanic and minced rock for wine production. Here, soils are in the form of black volcanic dust and limestone, with notes of honey, orange peel, and spice. And wine as a culture. Among so many well-known wine exports is Retsina, which owes its unique flavor to its infusion with pine resin.

Recent Wine Renaissance

It's All Greek to Me: Greek Wines Make a Comeback in U.S. Market

While Greek wines haven't made big headlines in recent years, Greece has a long vinous history dating back 4,000 years and is actually named as the birthplace of wine by Herodotus. The mosaic in the Pantheon of Athens portrays Dionysus teaching the art of drinking and wine as a culture. Among so many well-known wine exports is Retsina, which owes its unique flavor to its infusion with pine resin. While not everyone’s preference, traditionally, this process actually served a purpose, acting as a preservative and preventing mold and bacteria from spoiling the wine. Theutilization of fridges has reduced the need for refrigeration and other modern technologies.

Other additives, such as opium, were also common in ancient Greece, which gave rise to those backhanded petals. As for making the Greek wines, wines long before the Greeks crafted fine crystal stemware. Moreover, antique amphorae also sported the term “stirrup,” with which indicat- ing the stirrup, vintage, etc.

But, it wasn't until modern history that Greece has once again become a world-class producer of quality wines.

Previously, wines were high in alcohol, low in acidity and prone to oxidation due in part to poor storage. While not most people's preference, traditionally, this process actually served a purpose, acting as a preservative and preventing mold and bacteria from spoiling the wine. The util- ization of fridges has reduced the need for refrigeration and other modern technologies.

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Greek Food & Wine 2009

Greek to me.

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Your Road Map to Discovering Great Greek Cheeses
Savoring a Variety of Flavors and Textures from all Parts of Greece

Table cheese is used in the preparation of cheese-pastries and cheese-soufflés. Alpine and traditional cheese has hard texture, salty taste, a very rich flavor and a mild aroma connected with the Greek history and tradition. The average (per capita) annual consumption of Feta in Greece is more than 14 Kg, out of which 2 Kg is table cheese after ripening for at least for three months. It is also used in the preparation of saganaki (shallow-fried cheese). The mean composition of Feta is, moisture: 34.6 percent, fat: 27.7 percent and salt 2.1 percent.

Kalathaki is a very young cheese, of "pasta filata" type, with a pH of 4.1. It is manufactured from ewe's milk or mixtures with small quantities of goat's milk on the island of Naxos. It is a soft cheese of propionic fermentation which is ripened in the region of Naxos. Graviera of Crete is traditional Greek cheese with Controlled Denomination of Origin (DOC). It is manufactured from ewe's milk or mixtures with small quantities of goat's milk on the island of Crete. Graviera of Crete is a high quality with unique organoleptic properties and is consumed as table cheese, grated cheese, in cheese-pastries and as sagadi (shallow-fried cheese). The mean composition of Graviera is: moisture: 33.6 percent, fat: 25.2 percent, protein: 18.8 percent and pH 5.7.

Kefalograviera is a traditional Greek cheese, derived from ewe's milk or a mixture of ewe's and goat's milk. It is ripened for at least for three months and is also known with the name "Kefalotirio" (small head) due to its particular shape. The main characteristic of this traditional cheese is that is produced only in the connected with the Greek history and tradition. The average (per capita) annual consumption of Feta in Greece is more than 14 Kg, out of which 2 Kg is table cheese after ripening for at least for three months. It is also used in the preparation of saganaki (shallow-fried cheese). The mean composition of Feta is, moisture: 34.6 percent, fat: 27.7 percent and salt 2.1 percent.

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Merry Christmas
and
Happy New Year

The Catsimatidis Family
John & Margo,
Andrea and John Jr.
development from the souvlaki and White House to cook for a Greek dessert, as a dining destination. This helped establish Manhattan’s Up-C尾星; his more rustic Kefi the United States to have received a even a typically Greek mistake, gets pleasing about and explaining Greek hales deeply. “This is so Greek.”

By Jane Black

Psilakis, 40, is one part irritated Michael Psilakis needs a goat. When Stellar needed a goat for a Greek Wine dinner to be held at Anthos, the famous chef from New York said. “But I wanted to show how it can be done,” he told me. “I know Americans don’t how to do it,” he said. “But I wanted to show how it can be done.”

The building is a blend of yellow and reddish-brown brick. It sits at the edge of a park, a few blocks from the ocean. The brick is worn and weathered, as if it has been there for a long time. The windows are large, looking out over the park and the ocean. The door is made of wood, with a brass handle and lock.

Michael Psilakis, seen here, is the founder and Executive Chef of New York-based Anthos restaurant, known for its elegant Greek cuisine.

By By By

The perfect marriage of good food and white glove service is ambience is truly the hallmark of Terrace On The Park. Let us make your special day as carefree as your hopes for your unforgettable wedding. Our bar menu, for the perfect touch. Our full bar menu, for the perfect touch.

For The Wedding Of Your Dreams...
Vefa's Pumpkin Pie From Sterea Ellada
(Kolekthiotissa Strefiti)

3 lb (1.5 kg) pumpkin or white or yellow winter squash, peeled and cut into small pieces
• 1/2 teaspoon salt
• 2 teaspoons sugar
• 1/2 teaspoon cinnamon

1 lb 2 oz (500 g) ready-made or a mixture of phyllo (filo) or Homemade phyllo dough (filo pouta), plus extra for dusting

2 tablespoons melted butter or oil

A Thanksgiving feast with a pumpkin pie is not complete without the melange of delightful dishes of authentic cuisine, and there perhaps seems no more suitable, experienced and well-regarded house cook than Vefa Alexiadou. The Greek touches to a traditional “Turkey Thanksgiving” with her never to-miss pumpkin pie is one that is definite to be desired by critics as the first “Big Red” of authentic Greek cooking. Ms. Alexiadou features more than 60 easy-to-follow recipes fit for all seasons and holidays.

Traditional in Greece cuisine is almost as important as the food itself, according to Ms. Alexiadou, who scored the strong connection between stories and childhood memories.

Each specific period of time was a reason to prepare and cook food, transubstantiating flavors of dishes during seasons and periods of year and time.

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A Greek American Thanksgiving: Holding on to My Bountiful Family Customs

By Maria A. Karamitsos
Special to The National Herald

Along as I can remember, in our family, this holiday was one big feast, a celebration of everything Greek-and-Irish. Even with five of my medi-

cal relatives married across Greece and of-

different religions, every holiday, every event, had its own Greek flair.

My late grandfather, James Laliotis, who was a well-known businessman in Chicago’s original Greektown, had a very special recipe for a dish that he served at his large Thanksgiving feasts. The dish was called “Yiayia’s turkey,” and it was a traditional Greek-style turkey that he had learned from his mother, who was from Crete.

According to my grandfather, the turkey was stuffed with a mixture of Greek rice, dried fruit, and a variety of spices, including cloves, cinnamon, and allspice. The stuffed turkey was then roasted in the oven for several hours, until it was juicy and tender.

On the day of Thanksgiving, the turkey was served to family and friends, and the leftovers were often made into a delicious turkey soup. My grandfather always said that the soup was even better than the actual turkey.

Over the years, the recipe for Yiayia’s turkey had been passed down through generations, and today, it is a cherished family tradition that is enjoyed by all who gather at our table on this special day.

As the years have gone by, Yiayia has passed on, but the memory of her turkey lives on. We still make it every year, and it is always a highlight of our Thanksgiving feast. I hope you enjoy this recipe as much as we do.

The National Herald, November 17, 2007
Add a Dose of Love to Your Greek American Holiday with Recipes Easy as 1,2,3

**Turkey with Chestnut Stuffing**

**INGREDIENTS:**
- 3 turkey (with reserves finely chopped)
- 5 mincemeat finely chopped
- 3 pounds breadcrumbs
- 12 chestnut-butter
- 1/4 cup of white wine
- 1/2 and 1/2 cup of fine bread crumbs and cleaned
- 5 onions
- 1/2 cup of lemon juice
- Salt
- Pepper

**PREPARATION:**
Wash the turkey well. Add salt and pepper. In large saucepan, add 1 onion, 1/2 cup wine, and 1/2 cup white bread and mix well. After they have been browned, add milk and leave the food to boil for several minutes. Add chestnut and after two to three minutes, add a pinch of cinnamon, salt and pepper. When the mixture begins to boil, add breadcrumbs and continue to cook. Add salt and mix well, adding the serving of breadcrumbs. Mix well. Proceed to stuff the turkey until full and saw the opening.

Boil the turkey with a lemon or add lemon juice. Then, place it in a baking pan, stuffing the remaining butter on top. Cook at 325 degrees F for about 4 to 4 1/4 hours. When the turkey is golden brown, place it in the oven-top and add some lemon juice.

When cooking is complete, remove turkey from oven and serve.

**Kastorian Sarmades**

**Cabbage Rolls with Avgolemono Sauce**

**INGREDIENTS:**
- 1 large head of cabbage or 4 to 5 small cabbages
- 3 pounds of ground beef
- 1 onion chopped into fine pieces
- 3 spoonfuls bread crumbs
- 1 and 1/2 to 2 pounds of cinnamon
- 1 and 1/2 cups of wine milk
- 3 spoonfuls bread crumbs
- 1 bunch green onions, chopped
- 1/2 cup olive oil
- 1 bunch fresh parsley
- Salt, pepper

**PREPARATION:**
Cut a large hole in the cabbage and slice hole-side down in a large pot with about 2 inches of water. Heat for 15 to 20 minutes. Lift with a large pot with about 2 inches of water, and place hole-side down in a large bowl. When the cabbage is done, pull the leaves apart. Place about 1-2 cabbage, allowing it to cool off and clean. Place in oven on center rack. The meat mixture should be moist enough to stick. Pour the avgolemono sauce to the meat. Cook them in oven for 4 to 4 1/4 hours. When the turkey is golden brown, place it in the center of about 1/2 inch. Place a clean plate on top so they won’t open up. Pour a little on and let them simmer for about 30-40 minutes.

**Avgolemono:** Beat three eggs and the juice of two lemons in a large bowl. When the milk is done, turn the pot to add the hot broth. Ladle the hot broth into the egg mixture. When the egg-lemon mixture is very hot, pour it back into the pot with the vegetables. Mix the pot to distribute well.

**Chef Jim Botsacos’ Kefalides with Red Sauce**

**INGREDIENTS:**
- 1/4 cup breadcrumbs
- 1/2 and 1/2 cup of bread crumbs
- 4 cloves White bread
- 2 cups White wine
- 1/4 pound Ground lamb
- 1/4 pound Ground mutton
- 1 bunch of parsley
- Red sauce
- Extra virgin olive oil

**PREPARATION:**
Brown breadcrumbs in 350 degrees F. Place breadcrumbs on onion sauce and place in oven on center rack. Add breadcrumbs with meat. Mix well, and add breadcrumbs with meat. Cut a bunch of parsley and pour 1/2 cup of breadcrumbs into it. Mix well, and add breadcrumbs to the mix. Cook in oven for 1-2 hours. The meat mixture should be moist enough to stick. Pour the kefalides sauce to the meat. Mix well, and add breadcrumbs to the mix. Cook them in oven for 4 to 4 1/4 hours.

**Avgolemono Sauce**

**INGREDIENTS:**
- 1/2 cup fresh or 2 tablespoons dry bread crumbs
- 1/2 cup of medium grain rice
- 1 grated onion
- 1 pound of ground beef
- 1/2 medium Yellow onion; peeled, diced fine
- 1/4 cup Bread crumbs - (to 1/2 cup)
- 1/2 pounds Lean ground beef
- 3 tablespoons Chopped fresh parsley
- 4 slices White bread
- Freshly-ground black pepper; to taste
- 2 apples cleaned, cored and sliced
- 1/2 cup sugar
- 2 and 1/2 cups flour
- 2 and 1/2 packets vanilla
- 1 cup sugar
- 1 cup sugar
- 1/4 cup sugar
- 3 apples cleaned, cored and sliced
- 1 medium Yellow onion; peeled, diced
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- 3 apples cleaned, cored and sliced
- 1 medium Yellow onion; peeled, diced
- 1/2 cup sugar
- 1/2 cup sugar
- 1/4 cup sugar

**PREPARATION:**
Take a large round pan and cover it with 2 tablespoons of butter. Set pan on medium heat and add more lemon juice. Place the apple slices in a circle at the center of the pan. Add the rest of the onion and salt and pepper. Mix well and add more breadcrumbs. Mix well. Proceed to stuff the turkey until full and saw the opening.

Spare the turkey with a lemon or add lemon juice. Then, place it in a baking pan, stuffing the remaining butter on top. Cook at 325 degrees F for about 4 to 4 1/4 hours. When the turkey is golden brown, place it in the center of about 1/2 inch. Place a clean plate on top so they won’t open up. Pour a little on and let them simmer for about 30-40 minutes.

When cooking is complete, remove turkey from oven and serve.

**Spinach Strudels**

**INGREDIENTS:**
- 1/2 cup olive oil
- 3 bunch green onions, chopped
- 2 (10-ounce) packages frozen chopped spinach, thawed and well drained
- 2 tablespoons chopped fresh dill
- 3 extra-large eggs, lightly beaten
- 7 ounces feta cheese, crumbled
- 1/4 teaspoon salt
- 1 teaspoon ground black pepper
- 40 sheets phyllo pastry, thawed and refrigerated
- 1/2 cup plain breadcrumbs

**PREPARATION:**
Brown breadcrumbs to 400 degrees F (200 degrees C). In a medium skillet, cook onion and spinach until soft, about 5 minutes. Drain. In the same skillet, combine spinach, dill, eggs, feta, salt, and pepper until well mixed. Add crumbled green onions, and mix well. Unfold 1 sheet of phyllo pastry on a paper towel; cover with a damp cloth to keep from drying. Spread 2 tablespoons of the spinach mixture (in a sausage-like shape) along longer side of phyllo pastry (as a sausage shape) along longer edge of the top sheet. Roll it up, place on baking sheet, and brush lightly with butter. Place on 4-inch rounds of baking paper for 12 minutes or until golden brown. Serve warm and with yogurt.
Patisserie Artopolis Commemorates Fall with Festive Cornucopia

By Angelike Contis

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Food for Thought, a Quiz

1. Which of the following is a staple of Greek wines?
   a. tinos
   b. retsina
   c. red wine
   d. white wine
   e. megharitiki

2. What is the chief food of the traditional wedding feast in Greek villages?
   a. fresh fish
   b. suckling pig
   c. stuffed vine leaves
   d. cheese pies and cheesecake
   e. spit-roast lamb

3. What is the best cake for a newly-wed couple?
   a. kourambiedes (sugar cookies)
   b. fruitcake
   c. sourcheiki filled with chocolate
   d. katharoplastakia (custard tart)
   e. boureko (custard pie)

4. What is the chief food of the traditional wedding feast in Greece to boot.
   a. fresh fish
   b. suckling pig
   c. stuffed vine leaves
   d. cheese pies and cheesecake
   e. spit-roast lamb

5. What gives ouzo its unique flavor?
   a. aniseed
   b. brandy
   c. mint
   d. hazelnut
   e. jasmine flowers

6. What is in ouzo?
   a. mint
   b. green apples
   c. black currants
   d. raisins
   e. megharitiki

7. What is the best wine for your ice cream?
   a. tinos
   b. retsina
   c. red wine
   d. white wine
   e. megharitiki

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   d. hazelnut
   e. jasmine flowers

6. What is in ouzo?
   a. mint
   b. green apples
   c. black currants
   d. raisins
   e. megharitiki

7. What is the best wine for your ice cream?
   a. tinos
   b. retsina
   c. red wine
   d. white wine
   e. megharitiki

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Noon - 8pm

In addition to our widely popular buffet selections, we will also offer traditional Thanksgiving fare including turkey, chestnut stuffing, cranberry sauce, sweet yams and corn chowder.

$49.95 per person, plus tax and gratuity
Includes glass of house wine, beer or soft drink

$24.95 children 12-under, plus tax and gratuity
Include a soft drink

*Reservations recommended & can be made by phone or online at openTable.com

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Dinner: Monday to Wednesday 4:30-11pm,
Thursday to Saturday 4:30pm-midnight,
Sunday 4-10pm

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Greek Wines
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No less than 300 indigenous grape varieties are grown in Greece and some of them have been cultivated since antiquity. But along with the uniqueness of Greek varieties, it is the significant investment in modern technology that has transformed Greek vineyards into world-class wine making regions resulting in the recognizability of Greek wines in the global market. Tasting Assyrtiko in Santorini, Moschato in Samos, Mavrodaphne, Moschofilero or Agiorgitiko in the traditional towns of Peloponnese or Xinomavro in Northern Greece is a pleasure perfectly combined with the Greek landscape.

Greek extra virgin olive oil - the liquid gold
Greek table olives for every taste

Extra virgin olive oil in Greece dates back 4000 years, but also has a significant present and promising future. Greece is the third largest producer of olive oil in the Mediterranean. Greek olive oil is globally acknowledged for its purity and exceptional taste and it is internationally proposed as one of the top quality Greek products. It is the basis of all traditional recipes, thus proving its unique position within the Greek Mediterranean diet. Greek olives are mainly recognized by their place names (Kalamata, Atalanti, Amfissa, Halkidiki, etc.) or by their curing and processing (cracked, split, salt-cured, brine-cured, etc.). All olives change from green to black as they mature on the tree, and all are bitter and inedible unless cured.

Long practiced cultivation in combination with the climate and well-adjusted-to-the-Greek-soil varieties, contribute to the production of worldwide extra virgin olive oil and top quality olives.
Cyprus’ most important wines of unique character and taste.
White dry xynisteri, regional wine.
Red dry marathftiko, regional wine.

Tasting is Believing
Venus Vini

Commandaria, the amber colored dessert wine, has been produced for over 4000 years and is considered to be the oldest wine in the world. It is produced from the indigenous mavro and xynisteri varieties and enjoys the status of wine with appellation of origin of Cyprus. The combination of the rich black mavro and the fruity white xynisteri, produce the sweet dessert wine which Richard the Lionheart proclaimed the "wine of the Kings and the King of wines".
Christine Cushing’s Cypriot Recipes

Commandaria Roasted Pears Wrapped in Prosciutto

This appetizer is a great treat on a classic prosciutto with melon. The pear is roasted until the wine concentrates the earthy honey notes, creating a perfect balance of fruit and salt.

**INGREDIENTS:**
- 2 large pears, peeled, cored, and cut into fourths
- 1 cup Commandaria wine (375 ml)
- 1 tbsp. honey (15 ml)
- 2 tsp. fresh thyme
- 1 tsp. salt
- 1/2 tsp. black pepper

**PREPARATION:**
1. Preheat oven to 375 degrees F.
2. In a medium roasting pan or dish, arrange pear wedges, so they are snugly packed.
3. Whisk together the honey with wine in a small bowl. Pour over pears. Add salt.
4. Bake the pears for about 25-30 minutes or until pears are soft and golden, stirring occasionally to prevent scorching.
5. Remove pears from pan (discard thyme sprigs) and let pears cool on a plate.
6. Transfer remaining liquid into a small saucepan and simmer uncovered, stirring occasionally, to reduce the liquid to about half its original volume.
7. Add the thyme, tarragon, and lemon juice and stir until combined. Remove from heat.
8. Chop fresh thyme and tarragon to taste.

**FROZEN GREEK SALADS**

**INGREDIENTS:**
- 4 monkfish loins
- 8 lemon wedges
- 1 tsp. fresh chopped tarragon (2 ml)
- 1/2 - 3/4 cup whipping cream (125 -175 ml), depending on your taste
- 6 cups chicken stock or vegetable stock (1.5L)
- 1 small Yukon gold potato, peeled and diced
- 1/4 tsp. fresh chopped ginger (2 ml)
- 1 clove garlic, chopped
- 4 shallots, chopped
- 1 cup Commandaria wine (250 ml)
- 1 leek, thoroughly washed, white part only, chopped
- 1/4 tsp. salt
- 1/2 tsp. salt
- 1/4 tsp. salt
- 1 tbsp. olive oil

1. In a large, pot heat butter on medium. Add the shallots, garlic, ginger and lemon juice and cook for about 5-8 minutes until mushrooms are soft.
2. Add cream and bring back to the boil. Add the lemon juice and add the nutmeg, fresh thyme, diced potato, chicken stock, salt and pepper, reduce heat to medium and cook for about 5-8 minutes until mushrooms are soft.
3. In a medium mixing bowl, add the chicken stock, salt and pepper and combine well. Set aside.
4. In a medium skillet, heat grape seed oil over medium high temperature. Add the shallots, garlic, ginger and lemon juice and cook for about 5-8 minutes until mushrooms are soft.
5. In a medium mixing bowl, add the chicken stock, salt and pepper and combine well. Set aside.
6. Toss the greens with the vinaigrette and cheese gently to coat. Serve immediately.

**Serves 4-6**

Creamy Wild Mushroom & Commandaria Soup

This Commandaria wine is a perfect match with the earthy flavors of wild mushrooms and takes this classic soup to new heights.

**INGREDIENTS:**
- 1 tbsp. Butter (25 ml)
- 8 oz. garlic, chopped
- 1 clove garlic, chopped
- 2 shallots, chopped
- 1 cup Commandaria wine (250 ml)
- 2 tsp. salt
- 1/2 tsp. black pepper
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**Serves 4-6**

Improve Your Health with Greek Food

These are major points of the diet followed by the people of evely Greek who scored the highest of all on genetic breast cancer risk. The reason, when homogenizing those elements of the Greek diet into everyday menus, combined with increased physical activity, can have a positive effect on heart health.

**USING OLIVE OIL:**

Olive oil is one of the “healthy” fats, meaning it’s a monounsaturated fat. This type of fat can actually lower the LDL (“bad”) cholesterol, and in 2004, the FDA recognized claims that replacing other fats with olive oil can help lower LDL cholesterol. It’s long been known that whole grains can help reduce the risk of heart disease, but recently, the FDA recognized claims that replacing other fats with olive oil can help lower LDL cholesterol.

**INCREASE BARLEY PRODUCTS (AND OTHER WHOLE GRAINS):**

Incorporating these elements of the Greek diet into healthy additions as well. Where possible (we like them), and they are heart healthy additions as well.

**KAT THYMOS LEAVY GREENS:**

Our concern diet is based largely on vegetables, with no shortage of dark leafy greens, both those we pick in the wild and those we take. Leafy green vegetables are known to prevent clogged arteries (atherosclerosis).

**DON’T FORGET THE LEGUMES (PULSES):**

Legumes are rich in protein, iron, zinc, and other nutrients. They may also help prevent breast cancer.

**KEEP IT NATURAL:**

Aglia Remez, a well-known Greek food expert and author, says that the art of traditional Greek cooking is taking in natural, fresh ingredients and doing the least possible to it. Refined and processed foods don’t take a lesson from the traditional ways of our parents and grandparents.

**WHOLE GRAINS:**

This Commandaria wine is a perfect match with the earthy flavors of wild mushrooms and takes this classic soup to new heights.

**INGREDIENTS:**
- 1 tbsp. Butter (25 ml)
- 8 oz. garlic, chopped
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6. Toss the greens with the vinaigrette and cheese gently to coat. Serve immediately.

**Serves 4-6**

Baby Rocket Salad with Halloumi

**INGREDIENTS:**
- 5 oz. baby rocket salad
- 2 tablespoons fresh lemon juice
- 1 clove garlic, chopped
- 1 clove garlic, chopped
- 2 shallots, chopped
- 1/4 tsp. black pepper
- 1/4 tsp. black pepper

1. Wash and dry the arugula and place in a medium bowl.
2. To make the dressing, combine the olive oil and lemon juice. Add the dressing to the arugula and toss gently in a bowl.
3. To serve, top with a plate of halloumi and dress with more dressing if desired.

**Serves 4-6**

Thanksgiving on A Budget: Money-saving tips

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**From Nancy Galiffa, for About.com**

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about the Pilgrims and the Indians, but in the kitchen, any relationship de- termined was that the Pilgrims, like subdued them with their cooking and food, were grateful to have made America their home.

"I'll make the lamb and you can fill in the pastichio," said the Papa.

"No, the Grandmother continued, "women can fix the pastichio," said the Papa.

"How long do we have to fast?" asked the Papa.

"That's-a-nice," she replied.

Meanwhile, the Mama was in the kitchen busy creating a Thanksgiving dinner by trying to persuade her maid sister to help her dry the baklava (choco- ham, british) husband. "This is America," she whined to her. "The women don't have to listen to their husbands all the time. Mu mother was there, at the last minute, I'm going to put kets and olives on the table. What's he doing to those?" threatened at me from her parent.

"Making karpathian baklava too. It will be so much food if the Mama don't want it and, else, I'll just stuff it in a new kind of glazed dough. It's never been to Karpathos, so she'll never know the difference. When can we come to your house to make it? I'll need three white, half-rise,

The many Baklava.” They are considered Karpathian, the various types of baklava most people are used to are referred to as foreign baklava (foreign baklava).

Making karpathian baklava is a long involved process which begins by rolling dough into thin one inch strips. The strips are then folded into a cross-cut, diag- onal, oval shape design where one edge is shaped into a flower. The flower shape might be used to press the dough into the right edge, but in the old days, women used to make the dough.

The dough strips are then held together with clove, fillet in oil and covered in a honey-based syrup. Cinnamon and sometimes pine nuts or pistachios are sprinkled on top and rolled with the glazed to the thick-faster layer.

The challenges are many such as making the strips the correct length and width, arranging them in the right shape, then baking them hard enough so that it's cooked through without burning the fillings.

This Thanksgiving, the Mama placed the feet, olives, and a small plotter of Karpathian baklava at the end of the table furthest away from where the Papa was sitting. But he spotted the Greek food immediate- ly and asked the Mama to remove it.

"She acted like she hadn’t heard him when he (ordered?) her a second time, she just smiled sweetly and said, "Happy Thanksgiving!" It is an effort to continue handing down this Karpathian tradition to a younger generation. As the Mama’s knees buckled. "But then her father barked, "wish us poetry, you. (Do you need to know any more?"

What happens when you become an American? American don’t listen to your father and teach your kids how to do it. You drive your momma out of the house and down to do the other." "That’s a-nice," he repeated.

The Papa paused his finger at the Mama and was about to call her a vos gynaka, when the Daughter, age 15, sitting on the front of the kitchen actually about to explode, burst into tears. "Why can’t we have a non- traditional Thanksgiving like the American's?" How is it even possible for the Americans to have a traditional Thanksgiving without the food of our ancestors? They don’t have the same vegetables that we have. They have onions and carrots and corn and no sugar. That’s a different Thanksgiving, and it’s not the same.

But come Christmas or Easter, she usually had brought him and his wife to America. And when they’re going to do everything American, they’re going to make the条 pastichio,” said the Papa.

"We’re going to do everything American too. There will be so much food on the table. How will you have to listen to their husbands all the time? We will be doing it for America too. There will be so much food on the table? How will you have to listen to their husbands all the time? We will be doing it for America too."

"You just have turkey." "How long do we have to fast?"

"That’s-a-nice," she replied.

"That Thanksgiving, the Mama had risked the wrath of her hus- band. When he told (ordered?) her to make the Thanksgiv- ing table, as did the older family unity. The food represents – that sense of family among their descendants, the differences of personality and the tensions between them due to the food. That Thanksgiving, the Mama was about to explode, burst into tears. "Why can’t we have a non- traditional Thanksgiving like the American’s? They don’t have the same vegetables that we have. They have onions and carrots and corn and no sugar. That’s a different Thanksgiving, and it’s not the same.

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The most common style of wine in Ancient Greece was sweet. Drinking bowls, like the one seen here, were used to serve Greek wines. The National Herald Staff Writer

By Eleni Kostopoulos

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The most common style of wine in Ancient Greece was sweet. Drinking bowls, like the one seen here, were used to serve Greek wines.
Cyprus is a country steeped in history and tradition, a legacy that includes the country’s wines. With fifteen indigenous grape varieties, Cyprus was one of the few countries to produce wine. Today, winemaking is still a central aspect of Cypriot life, making it the region with the most per capita wine consumption in the world. Although a small country in comparison to other wine exporting nations, the Cyprus indigenous varietals possess their own unique character and quality. Therefore, it is the goal of the newly formed Cyprus Wine Association to promote Cyprus wine in the international market.

The Cyprus Wine Association is a campaign designed to promote the export sales of Cypriot indigenous varietals in North America. Today’s press event at Anthos, chef Michael Psilakis and restaurateur Donatella Arpaia’s acclaimed Modern Greek restaurant, is an important component of the EuroWines campaign which includes participation in selected trade tastings in key metropolitan areas, and the most prominent component of the EuroWines campaign, which includes participation in selected trade tastings in key metropolitan areas, and over 200 in-store tastings in key metropolitan markets including Los Angeles, New York, and Boston.

“The goal of the EuroWines campaign is to assist our U.S. wine industry partners in increasing awareness of Cyprus wine. We hope that through in-store tastings and participation in selected trade tastings, we will raise awareness among the American consumer,” says Mr. Dromoulias, EuroWines Managing Director.

The luncheon is to raise awareness of Cyprus wines as renowned chef Michael Psilakis serve prototype dishes paired with indigenous wines selected by guest speaker and wine expert, Dr George Sofianakis. Here the virtues of Cyprus wines with their distinct bright flavors will shine through and accompanying lectures will prove most enlightening and valuable.

To celebrate “Eurowines” campaign which includes initial component of the EuroWines campaign which includes participation in selected trade tastings in key metropolitan areas, and the most prominent component of the EuroWines campaign, which includes participation in selected trade tastings in key metropolitan markets including Los Angeles, New York, and Boston.

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PRESIDENT

Anthony D. Ralis - Agent

32-17 Broadway, Astoria, New York 11106

Tel.: (718) 274-0700 Fax: (718) 274-7325

INGREDIENTS

• 2 oz apple cider or juice
• 1 1/2 oz Bourbon
• 1 Orange cut into wedges
• 1 splash of Orange Juice
• 1 cup Sprite or Ginger Ale
• Chopped Apples & Oranges
• Splash of Sprite
• Splash of Orange Juice

Signature Commandaria Cocktail

By Tony Abou-Ganim

Stir ingredients in a pitcher or carafe. Allow fruit to soak in the mixture between 3 and 8 hours. Serve in an ice-filled glass.

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GLASS SERVING
2 parts Red Dry wine
2 parts Commandaria
1/2 part Triple Sec (optional)
Splash of Orange Juice
Splash of Lemon
Chilled Apple or Orange

FANCY SERVING
1 bottle of Cyprus dry red wine, preferably Commandaria
1 1/2 cups Commandaria
1 tsp Cinnamon
1 splash of Orange Juice
3 drops Triple Sec (optional)
1 Orange out with juice
1 Apple cut in wedge

Signature Commandaria Cocktail

By Arva Estiatorio Restaurant

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COFFEE, TEAS, COCOAS
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DECAFEDINATED COFFEE
FLAVORED COFFEE

INTEGRATED GINGER SYRUP DIRECTIONS

• 1 tbsp of grated ginger
• 2 cups sugar
• 1/2 cup water

Add Commandaria Wine, Bourbon, lemon juice, apple juice, and sugar to a small pan of a Boston coffee maker. Boil syrup and let it cool. Serve in an ice-filled Collins glass and garnish with a fan of apples.

JOHN VASSILAROS

PRESIDENT
Don’t settle for just any Greek olive oil.

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Authentic taste of Greece: Feta and Greek yoghurt

Feta is arguably the best-known Greek cheese abroad. In 2004, the European Union granted Greek feta a PDO (Protected Designation of Origin) status. Feta production abides very specific rules that control the manufacture and the allowed percentage of goat’s milk in the cheese.

Feta is the quintessential Greek table cheese, but it is also excellent in all sorts of other dishes. As a main ingredient, it finds its way into savory pies and it is also a staple on the mezze table, and can be grilled or baked in paper and even sautéed.

Other world known high quality Greek cheeses are graviera, kasseri, kefatogriava, kefalotyri, manouri and myzithra.

Greek yoghurt renowned the world over for its quality, density, and unabashed, deliciously sour taste is a product of the country’s pastoral traditions.
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