NYC's Greek Restaurants Rank High in 2006 Zagat Survey

Food for Thought: The Greek Cook Book in North America

By Steve Frangos
Special to The National Herald

There is one recipe that is unquestionably associated with Greek cookery: tzatziki, the Greek yogurt sauce that is often served as a dip with pita bread, or as a direct link between Greece and Greek American food in general. Many would say that it is the signature recipe that sets the tone of a dinner thrown at a Greek American’s house. The fresh, cooling sauce is “Greek upon Greek.”

The ancient Greeks themselves, however, had no access to this sauce or even to yogurt. There is no mention of the word “yogurt” or “yogurt sauce” even in the most famous handbook of traditional Greek cooking in North America.

The first Greek recipes were brought to North America by a Greek immigrant. In 1635, a Greek woman by the name of Anna Pope became a formalized history of traditional Greek cooking in North America. The first Greek recipes were brought to North America by a Greek immigrant. In 1635, a Greek woman by the name of Anna Pope became a

The Recipe Club

One trademark of this transition, present in every Greek American home—was “Cook Book” (Greek: “Kokkino Nistri”). There were cookbooks published in English in the 1860s and 1950s, but not in Greek. By 1957–1967, Tselementes’ recipes became the standard for Greek cooking in North America.

There are a few negative reviews of the book, of course, as New York diners can afford to be eclectic. Overall, it is one of the most popular cookbooks in its field. Tselementes died in 1958. (www.washingtonpost.com

Recipe

The ancient Greeks couldn’t have imagined how exciting their ancient recipes could become in modern times. The ancient Greeks, however, did have tzatziki sauce. “Tzatziki” is Greek for “honey.” The ancient Greeks loved honey because it was a natural sweetener. They also enjoyed it as a spread on bread or as a topping for meat dishes. In modern times, tzatziki sauce is a popular Greek appetizer made with yogurt, cucumber, garlic, and spices. It is often served with pita bread or as a dip for vegetables. In ancient times, it was likely served as a sauce for meat dishes or as a topping for bread. The ancient Greeks’ tzatziki sauce was likely much different than the tzatziki sauce we know today. However, the basic ingredients and flavors of tzatziki remain much the same. Today, tzatziki sauce is a beloved Greek dish that is enjoyed worldwide.
Attiki Company Gives International Fair a Taste of Honey

A photo from the stand of Attiki Bee Culturing Co – Alexandros Pittas SA at the recent Anuga 2005 trade fair in Cologne, Germany, one of the world’s most important such event for food and beverages. The Greek company, which has successfully marketed traditional Greek honey around the world, delighted visitors at the fair with a large variety of products.

Visitors from all over the world visited its stand and tasted the unique, award-winning Attiki Honey – a Greek honey from Thessaloniki. Visitors also tasted Attiki’s traditional honey halva.

This year, Attiki presented a new range of products such as the traditional Vanilla and Masticha sweets as well as brand new spreads, a combination of smooth-creamed sesame and honey.

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Taking Greek Food to a New, Dreamy Direction

“Onera” Restaurant Brings Contemporary Greek Cuisine to New Heights

By Zoe Tate

NEW YORK—Thousands of Greek and non-Greek New Yorkers have enjoyed the Omonoia Foundation’s cultural “treats.” Since this past April, visitors to the Omonoia Cultural Center can enjoy some regional Greek treats at the Omonoia Café, an elegant new destination in the lobby of the Olympic Tower at 645 Fifth Avenue.

Located in one of Manhattan’s picturesque neighborhoods, the Café serves top-quality food in a reasonable price range. “everything we serve is top-quality and absolutely fresh,” said the Café’s manager Sofia Doxatsis. The menu, designed as a mix of European gourmet and Greek homestyle specialties such as dolmades, spinach-meat and greek-eggplant, salad, romanoff, and lentil soup. Greek sweets include baklava and paraokato, as well as Christmas melomakarona.

Greek cakes include rose petal-scented creme, a savory rose ice-cream and milk drink.

Onassis Café adds Flavor to Culture

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Philosophizing on Ancient Culinary Ideas

By Zoe Tolle
Special to The National Herald

NEW YORK - In her book "The Philosopher’s Kitchen: Recipes from Ancient Greece and Rome for the Modern Cook," food historian Francine Segan does more than offer additional solutions to your dinner parties. Mrs. Segan educates the reader about the ingredients, douches, dining customs and entertainments of the ancient world, showing that Greek and Roman culinary habits instilled and glued all those great ancient concepts, philosophy included.

Mrs. Segan has drawn from various sources to compile her collection of ancient delights, including representations of daily life on Greek vases and Roman frescoes, archaeological finds such as the less-preserved findings of Pompeii and, of course, a large pool of ancient text, from poems and plays, to historical accounts and personal correspondence by such great minds like Hippocrates, Plato, Aristotle, Antipatros, Plutarch, Cicero, Marcus Aurelius and Trajan, among others.

Among her main sources is a 2nd century AD book called "The Philosopher’s Banquet" and the 1st century manual "De Re Con- quanta" (On Cookery), the oldest surviving cookbook in the world.

Mrs. Segan, however, is no slave to research. She has used her sources as inspiration to let her imagination take flight. "The Philoso-
pher’s Kitchen" is not only about what kinds of flavors and aromas might have inspired Plato’s man-
age but also about what ancient Greeks and Romans might have produced with their ingredients and the way they served them, along with that city pot.

Many of the recipes that appear in the book, like Spaghetti with Clam Sauce, were served during the feast described in Plato’s “Symposium” – an ancient Greeks did not have "spaghetti" as we know it today – but it is an imaginative and carry-

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Greeks have nobody to be jealous of. What about Periyali's partners? What about Periyali's recipe? Everything at Periyali is 100% Greek, said Mr. Tzolis. "A lot of Greeks that came to America you evaluate yourself. You see that if you have a brain and want to work hard you can be a success," he said.

Once in New York, he bumped into his first opportunities literally, after coming across a Greek U.N. diplomat, whom he had met at a reception in honor of Greek athletes in Athens. Soon afterwards, he started working at the Permanent Mission of Greece to the United Nations. To make ends meet however, he also washed dishes in restaurants. Three and a half years later, he decided to go after the American dream full time. "In America you evaluate yourself. You see if you have a brain and want to work hard you can be a success," he said.

"Success came sorcerer Mr. Tzolis with several award-winning restaurants serving American and French cuisine. But his Greek clients wouldn’t let him rest on his laurels. "They urged me to open a Greek restaurant in the City," he recalled. After Periyali opened in 1998, many Greek restaurants followed. But Periyali remains the favorite. "A lot of Greeks that came to America and you want to rely on anybody else. I don’t have a problem with parts of Greece to design Periyali’s menu. Some of them keep coming back to make sure no one is hitting the streets and getting the Morrocan “Chez Saada”-like uniforms. Periyali was the first restaurant to introduce Manhattan to Periyali's "kotopoulo fournou," a Greek Cooking," which he signed as the "Periyali Cookbook: New Classic Recipes of Greece." It is a tradition. "Greek food doesn’t change. What you are doing is right," the chef told the Herald.

And time has been good to Periyali. Its owners remained committed to keeping its interior recently, but had to hold on to their plans as the food turned out to be more popular than they expected. "Just when I was thinking it was time for some changes, you see, now we can't get the food. They were so good, the restaurant was packed," Mr. Tzolis said. "I couldn’t close it down to renovate, but we will do it soon enough," Mr. Tzolis said.

"A lot of Greeks that come to New York are happy to be proud of anything that comes to our food, not the French, not the Italian, we said, "Mr. Tzolis said. "And he added, putting his hand on the Mac- donald’s two-page menu on the table, “the only thing that cares is what’s on the table. The only thing that matters is what you are doing is right," the chef told the Herald. And time has been good to Periyali. Its owners remained committed to keeping its interior recently, but had to hold on to their plans as the food turned out to be more popular than they expected. "Just when I was thinking it was time for some changes, you see, now we can't get the food. They were so good, the restaurant was packed," Mr. Tzolis said. "I couldn’t close it down to renovate, but we will do it soon enough," Mr. Tzolis said.

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The Greek Cookbook in North America

Continued from page 1

focus on the committee’s Greek women. As a result, the volume titled “The Art of Greek Cookery” published by Doubleday in 1965, marked the first collection of recipes by Greek women. It was distributed nationally.

Text and Simplicity

The ladies involved in the project were serious about their work. They took the time and trouble to test and simplify the book’s recipes. They checked the recipes themselves and offered their insights, as well as variations of each recipe; while they also included in the recipes a list of ingredients and accurate measurements of their proportions.

This process required that the committee’s Greek women had to watch the calculations. The ladies also promoted the volume. After the success of “The Art of Greek Cookery,” Doubleday wanted the Recipe Club to write a follow-up. The women agreed, and decided to revive the club’s membership, which was still in a closed organization, and include several new women: Katharina Bouliki, Lydia Barris, Carol Dimitrios, Doris Hinch, Helen Milkan, Mary Moizina, Athena Papadakis, Barbara Padelford, Priyanka, Maria Pros, and Euphyma Trizas. The new group published “The Recipes of Greek America” (New York: Doubleday) (hardcover) in 1980. The sales were aimed at being “selective” in kitchen space and food preparation, and the women aimed at creating a cookbook for their children. A new group was formed, and the club continued to operate.

The third volume, “The Complete Book of Greek Cooking” (New York: Harper Collins, 1990), was the most updated volume produced by The Recipe Club of St. Paul Cathedral. These recipes were tested and simplified with the help of microwave ovens and blenders. Its authors also incorporated recipes that reflected the modern American notions of healthy food, and added ideas of Mediterranean Diet and the importance of such traditional Greek ingredients as olive oil and phyllo dough.

Rightly Proud

The volume has since moved from hardcover to paperback and garnered steadily good sales along the way. It must be noted that this latest volume is not dedicated entirely to food. Various menus are included as a resource of food terms and wines. Greek traditions,计算器 events, and other customs are prominently featured as well.

Individuals of The Recipe Club have never received reimbursement for their work. Over $400,000 generated from the sales of their books has been donated to the St. Paul Cathedral. The Recipe Club is rightly proud of the fact that notable material and artistic improvements to the Cathedral are attributed to the success of their books. Donations have gone to St. Paul’s stunning mosaics and their outstanding parish organ.

This success story has been the attribution of other Greek communities, which have sought out The Recipe Club in order to do the same. The committee has published books in departments stores and food shows, letting Americans know that there is more to Greek food than baklava and is more to Greek food than baklava. The women have also been featured in newspapers and magazines, and their books have been translated. The Greek Cookbook in North America has become a household name.

The Art of Greek Cookery

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The Art of Greek Cookery

“The Art of Greek Cookery” was the first collection of recipes by Greek women. It was published by Doubleday in 1965. The book was distributed nationally. It was the first collection of recipes by Greek women. It was distributed nationally.

Text and Simplicity

The ladies involved in the project were serious about their work. They took the time and trouble to test and simplify the book’s recipes. They checked the recipes themselves and offered their insights, as well as variations of each recipe; while they also included in the recipes a list of ingredients and accurate measurements of their proportions.

This process required that the committee’s Greek women had to watch the calculations. The ladies also promoted the volume. After the success of “The Art of Greek Cookery,” Doubleday wanted the Recipe Club to write a follow-up. The women agreed, and decided to revive the club’s membership, which was still in a closed organization, and include several new women: Katharina Bouliki, Lydia Barris, Carol Dimitrios, Doris Hinch, Helen Milkan, Mary Moizina, Athena Papadakis, Barbara Padelford, Priyanka, Maria Pros, and Euphyma Trizas. The new group published “The Recipes of Greek America” (New York: Doubleday/hardcover) in 1980. The sales were aimed at being “selective” in kitchen space and food preparation, and the women aimed at creating a cookbook for their children. A new group was formed, and the club continued to operate.

The third volume, “The Complete Book of Greek Cooking” (New York: Harper Collins, 1990), was the most updated volume produced by The Recipe Club of St. Paul Cathedral. These recipes were tested and simplified with the help of microwave ovens and blenders. Its authors also incorporated recipes that reflected the modern American notions of healthy food, and added ideas of Mediterranean Diet and the importance of such traditional Greek ingredients as olive oil and phyllo dough.

Rightly Proud

The volume has since moved from hardcover to paperback and garnered steadily good sales along the way. It must be noted that this latest volume is not dedicated entirely to food. Various menus are included as a resource of food terms and wines. Greek traditions,计算器 events, and other customs are prominently featured as well.

Individuals of The Recipe Club have never received reimbursement for their work. Over $400,000 generated from the sales of their books has been donated to the St. Paul Cathedral. The Recipe Club is rightly proud of the fact that notable material and artistic improvements to the Cathedral are attributed to the success of their books. Donations have gone to St. Paul’s stunning mosaics and their outstanding parish organ.

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Making Wine Where Dionysus Roamed
Domaine G. Kokotos, a Pioneer in Fine Greek Wine

Will Greek wines ever earn the reputation necessary to compete on equal terms in the world market? If they do, it will most likely be because of the efforts made by such pioneer Greek winemakers as George and Antonis Kokotos.

The couple founded Domaine G. Kokotos in 1979. George, Kokotos, a civil engineer by profession, and a pioneering spirit by nature, was among the first Greek wine producers in a wave that conceptualized producing limited quantities of wine. The Kokotos put their theory of winemaking to practice in their private estate, which they ran as a family business. The estate is located in the village of Yianakohori, in Attica, which links up wineries with local hotels, restaurants, and other tourist attractions.

The estate's first wines were produced in 1981. The Sorathian white, Semeli, was bottled in a ground-breaking wine from the start. It was followed by another Kokotos favorite, the red Chateau Leonidas. The company’s 7,5-hectar vineyards have gradually been re-planted since 1980 with international grape varieties like Cabernet Sauvignon, Chardonnay and Malvasia. The couple have not abandoned indigenous Greek varieties like the local grape "Prinopou, which they have used to make some of their best wines.

A small winery was also built in the area in 1981, and is constantly being improved and modernized. The winery too, is run as a family business. The kokotos live on the estate, where Mrs. Kokotos oversees the vineyards and serves as the company’s financial director. Advising the couple are Bordeaux-trained consultants, like Bordeaux-trained agronomist-oenologue Antonis Paraskevas. Both of Domaine’s wineries are ideally situated for foreign artists to visit and stay. In 2003, with the help and cooperation of local consultant Stavros Papapetros, a new winery was inaugurated at the estate and an air-conditioned underground cellar had been built at the estate.

The vineyards of this winery have gradually been improved and modernized. Apparently, since after completion of the new winery, the vineyards have been improved and modernized. With a new partner and a 20-year-agreement, Mr. Kokotos emboldened on the construction of a new winery.

The winery is now equipped with state-of-the-art winemaking technology: two pneumatic presses - a Willmes and a Bucher - stainless steel tanks, chilling equipment for cold fermentation and stabilization, a Gis floating tank and air-conditioned underground cellars for barrel aging in French oak casks, which are rigidly recycled.

In 1996, a new tasting room was inaugurated at the estate and visitors are now admitted for tours and wine tastings. Being just an hour away from Athens, the estate is ideally situated for foreign artists and tourists. Several events and activities such as book presentations, poetry courses, cooking courses and exhibitions by local artists have been held at the estate.

The 1996 Kokotos decided to invest in new vineyards in the appelation area of Nemea, another favorable area of the ancient Greeks. With a new partner and a 20-year-agreement, Mr. Kokotos emboldened on the construction of a new winery.

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The company's 7,5-hectar vineyards are at a high altitude (around 450 meters), where cold winters and cool nights during the summer provide the ideal conditions for the ripening of the grapes. The vineyards have gradually been improved and modernized. The winery too, is run as a family business. The Kokotos live on the estate, where Mrs. Kokotos oversees the vineyards and serves as the company’s financial director. Advising the couple are Bordeaux-trained agronomist-oenologue Antonis Paraskevas. Both of Domaine’s wineries are ideally situated for foreign artists to visit and stay. In 2003, with the help and cooperation of local consultant Stavros Papapetros, a new winery was inaugurated at the estate and an air-conditioned underground cellar was inaugurated.

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The U.S. has the 32nd largest wine growing area in the world. The most significant growth has been in the last 10 years, with the number of wineries in the United States, and the appearance of about 2,000 new wineries, developed drastically during the last ten years. The US wine industry is no longer selling in its traditional way, but has been diversified drastically during the last ten years. The US wine industry is no longer selling in its traditional way, but has been diversified drastically during the last ten years. The US wine industry is no longer selling in its traditional way, but has been diversified drastically during the last ten years. The US wine industry is no longer selling in its traditional way, but has been diversified drastically during the last ten years. The US wine industry is no longer selling in its traditional way, but has been diversified drastically during the last ten years. 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The “Made in Greece” cookbook is for those who have experienced authentic Greek cuisine and would like to try it at home. "Made in Greece" eliminates the intimidation, uses easy-to-find ingredients, replaces which tried to use, and provides step-by-step, easy to follow instructions.

Today, more than ever, people are conscious of how important it is to eat healthy food. This is a demand for healthy foods, so this cookbook covers all of the recipes using fresh ingredients (some other meals of equal of amount of belts, for example). The book offers great recipes, healthy ingredients that we can find anywhere, simple, clear directions, fantastic results every time, and we can make Greek cuisine fun.

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and modern—English and German. The food is delicious and according to Mrs. Adamis the result of research on ancient Greek dishes, which provided apart from recipé, clues on the eating habits and customs of Greeks.

Adami, a 2nd Century orator and sophist, Archestratos, a famous ancient poet, and food historian and Hippocrates, the “Father of Medicine,” whose famous manuscripts on diet and exercise have survived to this day are among the many minds that have given a helping hand through the centuries to the owners of “Arheon Gevseis.” “Our recipes are from the 8th to the 2nd Century B.C.,” said Mrs. Adamis. “The ancient Greek diet was very close to the modern Cretan diet, which is famous all over the world for being extremely healthy. It was based on cereals, vegetables, fruit, cold meat—without the fat—fish andLEGUMES, all of which were accompanied by various healthy beverages. Most Greeks ate pork but also favored rabbit, home-raised chicken and poultry,” said she.

Modern Greek delights like yogurts with honey and nuts were also high on the ancient list. Sweet potatoes, eggs and cheeses were also popular, as well as bread which was available in as many as 72 different varieties.

All of the above was always served with wine, which was universally mixed with water. “The Greeks loved local wines as well as wines that they imported from Italy,” said Mrs. Adamis.

Symposiums included a large variety of salads, served in honor of the ancient gymnastics and games, as well as the “Olympic” pork stuffed with fruits and served with crustakers, and stuffed pears. Another one of the restaurant’s most popular dishes is the goat with lemonjuice.

The owners of “Arheon Gevseis” have put great emphasis in creating an ancient dining experience for their guests. Dishes are served at the right time. “One has to chew their guests. Dishes are served at a pleasant dining experience for all of the above was always served with wine, which was universally mixed with water. “The Greeks loved local wines as well as wines that they imported from Italy,” said Mrs. Adamis.

Ethiopia rubs the guests’ feet, as female dancers dance for you. Guests are served compliments of the house. A girl from the antiquity dressed in ancient recliner- dressed in ancient occultist’s sandals, comes to give each one of the guests their last drop of honey-wine and rose water. For information or details on locations in other parts of Greece, contact Mrs. Adamisj@jadamis.gr or visit the web at http://www.arxaion.gr.

As for special features, “Arheon Gevseis” offers value to the very highest. The restaurant hosts periodic symposium-evenings during which visitors can enjoy the ancient meals while sitting on the authorities, a kind of ancient recliner—dressed in chitons and wearing sandals—compliments of the house. A girl from Ethiopia rubs the guests’ feet, as female dancers dance for you. But these guests are not modern-lookin’. Guests are served compliments of the house. A girl from the antiquity dressed in ancient occultist’s sandals, comes to give each one of the guests their last drop of honey-wine and rose water. For information or details on locations in other parts of Greece, contact Mrs. Adamisj@jadamis.gr or visit the web at http://www.arxaion.gr.
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