Food & Wine

SATURDAY 22 - SUNDAY 23 NOVEMBER, 2014

The National Herald
www.thenationalherald.com
By Lauren Loeffler and Anna Skamangas-Scaros

We check you, dear readers, for your wonderful compliments throughout the year about our recipes (delicious) and wine reviews (flawless), and we hope you continue trying them and enjoying them.

Here is our Thanksgiving Feast for 2014 – literally, from “soup to nuts” (“apo souva mpeli fimiaki”), complete with wine pairings.

See you with our latest recipes and reviews, online, at chnatsationalherald.com

Kali Orexi!

TNH’s Thanksgiving Feast – With Wine Pairings

**Fireplace Ginger Cocktail**

Ginger is famously known to help with digestion, which is definitely needed on Thanksgiving Day! The flavors in this drink complement the typical flavors in a Thanksgiving meal. Serve this cocktail with your appetizers or at the end of your meal.

**Ingredients:**
- 1 1/4 ounces ginger liqueur
- 1 1/4 ounces tequila
- 1/4 ounce Agave nectar
- Ice
- Rocks glass

**Directions:**
- In a cocktail shaker. Add ice and all of the remaining ingredients except the garnish and strain into an ice-filled double rocks glass. Garnish with the apple slice.

**Spanakopita Dip**

This recipe combines all of the flavors of spanakopita without the labor intensiveness! Let your crowd feast on this while you pay the finishing touches on your Thanksgiving meal.

**Ingredients:**
- 2 tablespoons butter
- 1 clove of garlic, pressed
- 8 cups of organic baby spinach
- 8 ounces full fat Greek yogurt
- 4 ounces crumbled feta cheese
- 2 tablespoons fresh dill
- 1 teaspoon lemon zest
- 2 tablespoons thinly sliced scallions

**WINE PAIRING:**

Feta and Artichoke Dip

Another quick and easy appetizer to make to free up your kitchen for meal preparations. Up until baking, you can make this dip up to 2 days ahead. Serve with the vegetable option and work more healthy foods into this day of indulgence.

**Ingredients:**
- 1 bag artichoke hearts, drained and chopped in small pieces
- 8 ounces crumbled Feta cheese
- 1 cup Veganaise

Directions:
- Mix all ingredients well and refrigerate.

Serve hot with chopped vegetables or crackers.

WINE PAIRING: 2012 Argos Dry whites or dry rosé. Servable chilled..hasNext()??

Continued on page 12

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**Spanakopita**

- 2 tablespoons butter
- 1 clove garlic, pressed
- 8 cups organic baby spinach
- 8 ounces full fat Greek yogurt
- 4 ounces crumbled feta cheese
- 2 tablespoons thinly sliced scallions

**WINE PAIRING:**

Malagouzia, Athiri blend – The acidity of the drink balances out this rich, delicious dip without competing with the flavors of spanakopita with –

- 1 (14 oz) can artichoke hearts, drained and chopped in small pieces
- 1/2 cup Kalamata olives, pitted
- 1/2 cup grated aged Asiago cheese
- 1/2 cup fresh dill
- 1 clove garlic, pressed

**Directions:**
- In a large skillet, melt butter and add spinach, yogurt, cream cheese, feta cheese, dill and lemon zest. Simmer until spinach is wilted. Drain any excess liquid. Transfer to a baking dish. Bake at 350 degrees F for 20-25 minutes or until lightly browned around the edges and bubbly. Serve hot with chopped vegetables or crackers.

WINE PAIRING: 2012 Argos Dry whites or dry rosé. Servable chilled.

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**By Lauren Loeffler and Anna Thamangau-Scarres**

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Serve hot with chopped vegetables or crackers.

WINE PAIRING: 2012 Argos Dry whites or dry rosé. Servable chilled.
No poem was ever written by a drinker of water...

(Homer, 8th century BC)
Eklektikon is Well Named for its Unique and Fine Greek Wines

By Constantine S. Sirigos

Greece’s agricultural bounty emerged ages ago, but the new generation of winemakers cannot afford to continue to keep it hidden away from the world. Among the entrepreneurs who are reimagining the country’s vineyards with new methods to make that happen, we are excited to present Melina’s. This wine is made by none other than Nikos Nichoritis, his co-worker Nikos Nichoritis, and it’s a beautifully unique blend of wine.

Our experience has shown that there are still a lot of Culinary stories that do not have any Greek wines, and I feel that we have contributed a lot to rectifying that, especially in Manhattan. We have created a lot from scratch, in a lot of liquor stores. "Initially, as a kid, you know, I tried Greek wines in the past, and it didn’t really work," but we’ve joined forces with the most prestigious wine importers and have emerged ages ago, but the new generation, the new generation, the new generation, the new generation, has come. Greece…he knew the supply side, and he was also a big part of life, it was as a kid, you know, it would be easier to push Greek wine sections from hotel, and the Bull & Bear, the restaurant at the Waldorf-Astoria, and other big houses. We got into Delmonico’s kitchen, and the Bull & Bear, the restaurant at the Waldorf-Astoria, so we’re very proud of that achievement.

But he makes it clear that they are not alone. “These are not just Greek wines, these are also Greek wine companies. We’re all trying collectively to make Greek wine more available and better known in the market. Everybody’s doing a great job, in their own way…our efforts in combination with the other market’s efforts have changed the perception of Greek wine.”

Geographically, Eklektikon focuses on Northern Greece, and the only island they deal with is the north Aegean island of Lemnos, where Blink, an organic PGI Rapsani wine is produced. “It was actually voted last summer as one of the 25 best sparkling wines in the United States by Wine & Spirits magazine. It got 90 points.”

Continued on page 13
So, food lovers, here’s a diet that will give you – and you read that right – more food! Your favorite foods! Like meat! Pizza! Soup! Chocolate! Caviar! Beer! Wine! Steaks! Truffles! Fried chicken! And, yes, even Oreos! And, you will love it! You can drink it! You can drink yourself into a drunken oblivion. While you drink wine, ouzo, or cognac. I know, I know. You’re saying, what? But remember, Loi is not recommending that you drink to the point of drunken oblivion. While she does not recommend consuming every meal – even breakfast – with alcohol, she shared with TNH: “alcohol lights up the brain’s plea for more and more, so just a bit of alcohol can be the facilitator of the thermogenic response in the body, increasing heart rate and, thereby, the heat in the body, increasing heart rate and, thereby, making us burn more calories.” (That’s all we needed to know: “The Complete Book of Greek Cooking.”)

The foundation of the Greek Diet, Loi says, is to eat like the Greeks – the Ancient Greeks.

So, food lovers, here’s a diet that will give you – and you read that right – more food! Your favorite foods! Like meat! Pizza! Soup! Chocolate! Caviar! Beer! Wine! Steaks! Truffles! Fried chicken! And, yes, even Oreos! And, you will love it! You can drink it! You can drink yourself into a drunken oblivion. While you drink wine, ouzo, or cognac. I know, I know. You’re saying, what? But remember, Loi is not recommending that you drink to the point of drunken oblivion. While she does not recommend consuming every meal – even breakfast – with alcohol, she shared with TNH: “alcohol lights up the brain’s plea for more and more, so just a bit of alcohol can be the facilitator of the thermogenic response in the body, increasing heart rate and, thereby, making us burn more calories.” (That’s all we needed to know: “The Complete Book of Greek Cooking.”)

Still, seems as though we’re making a good start. After all, who doesn’t like wine? and beer? and steak? and pizza? and Oreos? Who doesn’t love to eat? So does that mean the occasional mid-week steak dinner is okay? “We don’t have to be absolutely strict with ourselves,” Loi told TNH, “but we do have to believe in absolute restrictions, either. There should be no guilt about eating certain foods.” She added, “We should be free of antibiotics, hormones, and the toxins found in commercial feed.”

“I would recommend eating red meat about once a week on the Greek diet,” she said. “But I don’t recommend eating processed foods, ever, though some of these (such as cold cuts and sausages, and nuts, and every day, and eat meat, pasta, and cereals, and not only beef, and not only meat, and not only vegetables, and not only beef, but only meat, not only vegetables) are not healthy!” She added, “They can cause a form of addiction, either. ‘There should be no garbage (such as candy wrappers or empty bags of pretzels).’ There is even a quick-start appendix to losing five pounds in a week, again, Loi encourages different levels for different reasons, based on the extent to which one is willing to change his or her eating habits.

**THE WINE FLOW FREELY**

“The Complete Book of Greek Cooking” by Constantinos E. Scaros

GREAT TO OWN! GREAT TO GIVE!

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Pillars of the Girth: Marina Loi’s 12 Foods that Help You Lose Weight

By Constantinos E. Scaros

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GREAT TO OWN! GREAT TO GIVE!
Ravani with Chios Masticha Flavor

A moist and delicious semolina cake flavored with a touch of Chios masticha and sweetened with a simple syrup flavored with lemon zest. Ravani is not difficult to make and it is a delightful addition to any sweet table.

Ingredients:
- 2 cups fine semolina
- 1 ½ cups self-rising flour
- 1 cup olive oil
- 5 eggs
- 1 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon masticha powder
- 1/4 teaspoon vanilla extract
- 2/3 cup milk
- Coconut flakes (optional) or ½ cup almonds (blanched, lightly toasted and chopped) for garnish.

For syrup:
- 3 cups sugar
- 2 ½ cups water
- 1 tablespoon lemon juice
- 1 piece lemon peel
- 1-2 tablespoons Masticha liqueur (optional)

Preheat the oven to 350 degrees.

Mix in a bowl the flour, semolina, baking powder, baking soda and masticha powder. Beat the olive oil with the sugar very well. Add the eggs, one at a time and continue beating. Add vanilla flavoring and then add the dry ingredients, alternating with the milk little by little. Grease a baking dish and pour the mixture in. Bake for about 35 minutes.

While the cake is baking, prepare the syrup. Mix the water, sugar, and lemon peel to a saucepan and bring to a boil. Simmer for five minutes. Add lemon juice and cool. While the cake is still warm, cover it with the syrup. After the cake cools, you can sprinkle with coconut flakes or almonds.

Tip: You may serve ravani with vanilla ice cream topped with a blanched almond; it’s the ideal combination!

Source: oliveoil-culture.com
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Aggeliki’s answers to our questions confirm that she — now 15 — is wiser than her years. Far from being an ordinary teenager, as a very young girl she was prepared to live her life in peace and had the courage and determination to make a living as a beekeeper.

TNH: What is the tone of this chapter? What are the main differences between this chapter and any other you might have written?

AM: The main type of honey that bees produce is thyme honey. Thyme is so abundant in some parts of Greece that you can taste a thyme honey in almost any area abundant with thyme. You can taste a thyme honey from two neighboring villages and they could taste completely different due to the type and amount of other plants they feed on. The honey is produced by the beekeeper, not by the bees, so there is a lot of variability. Greece is outstanding and can satisfy everyone on their own, making a simple as to sell the difference in taste between honeys. Nikolou said “but, just like the wines, the more you like the better your palate and experience becomes allowing you to explore a little deeper into the vast range of tastes that make up a particular honey.”

The Posidoni Group Produces, Imports

Continued from page 7

eye, such as the ones found in the near-by-leaved burs, are heated to very high temperatures and burned inside to retain a dry liquid state for long periods of time, thus the honey of most of its nutritional value,” he said.

Their honey comes from certain parts of Greece. Thyme honey comes from the Dodecanese region, Busy Blossom from Kos, and Fir honey from the heart of Arcadia. The differences in the honey are defined by the surrounding terrain. Varietal honeys are created when bees feed in an area that has one or more crops that can be harvested and pressed for honey and the bees use this area as an area abundant with thyme. The honey’s taste profile will be more of a tone, but there will be other types of vegetation that the bees have fed on which will impact it. You can give a thyme honey from two neighboring villages

GREEK ISLANDS

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 Continue from page 2

CHORIZO SOUP WITH KALE

Serves 8

Ingredients:
- ½ cup grape seed oil
- 5 cloves garlic, pressed
- 1 bay leaf
- 2 pounds kale leaves, stems trimmed and chopped, leaves torn into 2-inch pieces
- 1 teaspoon Mombassa pepper powder, or cayenne
- Sea salt and pepper to taste.

Directions:
- In a large skillet, heat the oil over medium heat. Add the onions and kale stems and sauté side.
- Reduce the heat and simmer for 10 minutes. Stir the kale and olives, and let them cook for another 7 minutes.
- In a small bowl, whisk together the vinegar, scallions, salt and pepper. Add the kale sal and let it cool to room temperature.
- In a blender, purée the kale, olives, chicken stock, parsley, pepper if necessary. Sprinkle the chopped pecans and blue cheese over the soup and serve.

WINE PAIRING:
- 2011 Do\’mante du Pavillon de Chavannes
- This medium bodied red is a nice match for the spice of the chorizo. The soft, smooth finish and dark fruit make it a great choice.

THANKSGIVING MEAL

Come and healthy kale helps get more green consumption on a mostly white dinner plate!

CHORIZO Sausage with Kale

This soup is a great start to a Thanksgiving meal. The fall flavors, thanksgiving colors, and healthy kale help get more green consumption on a mostly white dinner plate!

Green Chorizo Soup with Kale

Serves 8

Ingredients:
- 1 ½ pounds Chorizo sausage
- 1 cup grape seed oil
- 2 large red onions, chopped
- 1 red bell pepper, chopped
- 1 bay leaf
- 2 pounds kale leaves, stems trimmed and chopped, leaves torn into 2-inch pieces
- 1 teaspoon Mombassa pepper powder, or cayenne
- Sea salt and pepper to taste.

Directions:
- In a large skillet, heat the oil over medium heat. Add the onions and kale stems and sauté side.
- Reduce the heat and simmer for 10 minutes. Stir the kale and olives, and let them cook for another 7 minutes.
- In a small bowl, whisk together the vinegar, scallions, salt and pepper. Add the kale sal and let it cool to room temperature.
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THE NATIONAL HERALD, NOVEMBER 22, 2014


A 2014 Michelin Recommended Taverna

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Wine: ”The Greek” offered by OCEAN STRAND WINE & SPIRITS

Saturday, December 20, 2014

Monitor your diet as you get older for the best possible nutrition. The nation's dietary guidelines recommend a varied diet rich in fruits, vegetables, whole grains, lean proteins, and dairy products. A balanced diet is the key to good health and longevity. The guidelines also recommend limiting saturated and trans fats, added sugars, and sodium. A healthy weight is important for overall health and well-being. Vegetables and fruits are an important source of vitamins and minerals. They are also low in calories and contain fiber, which can help maintain a healthy weight. Whole grains are important for maintaining a healthy weight and overall health. They are also a good source of fiber. A varied diet can help prevent chronic diseases such as heart disease, diabetes, and cancer. A balanced diet is the key to good health and longevity. The guidelines also recommend limiting saturated and trans fats, added sugars, and sodium. A healthy weight is important for overall health and well-being. Vegetables and fruits are an important source of vitamins and minerals. They are also low in calories and contain fiber, which can help maintain a healthy weight. Whole grains are important for maintaining a healthy weight and overall health. They are also a good source of fiber. A varied diet can help prevent chronic diseases such as heart disease, diabetes, and cancer. A balanced diet is the key to good health and longevity. The guidelines also recommend limiting saturated and trans fats, added sugars, and sodium. A healthy weight is important for overall health and well-being. Vegetables and fruits are an important source of vitamins and minerals. They are also low in calories and contain fiber, which can help maintain a healthy weight. Whole grains are important for maintaining a healthy weight and overall health. They are also a good source of fiber. A varied diet can help prevent chronic diseases such as heart disease, diabetes, and cancer. A balanced diet is the key to good health and longevity. The guidelines also recommend limiting saturated and trans fats, added sugars, and sodium. A healthy weight is important for overall health and well-being. Vegetables and fruits are an important source of vitamins and minerals. They are also low in calories and contain fiber, which can help maintain a healthy weight. Whole grains are important for maintaining a healthy weight and overall health. They are also a good source of fiber. A varied diet can help prevent chronic diseases such as heart disease, diabetes, and cancer. A balanced diet is the key to good health and longevity. The guidelines also recommend limiting satu...
Classic Thanksgiving Stuffing

You know, sometimes you just need some of the classic stuff mixed in with new and innovative recipes. You can’t go wrong with classic stuffing!

Ingredients:
- 6 cups white bread cubes
- 6 cups whole wheat bread cubes
- 1 cup unsalted butter
- 2 medium yellow onions, diced
- 4 celery stalks, trimmed and finely chopped, no leaves
- Sea salt and pepper to taste
- 4 tablespoons fresh parsley, chopped
- 2 teaspoons ground sage
- ½ teaspoon poultry seasoning
- Low sodium chicken broth to moisten as needed

Directions:
In a large, heavy skillet over medium heat melt the butter, then sauté the onion and celery until the onion is soft, stirring occasionally. Stir in the salt, pepper, parsley, sage, and poultry seasoning and cook for an additional 5 minutes.

Place the bread cubes into a large, deep bowl. Pour 1/4 cup of the butter/celery mixture over the cubes and toss well, then repeat steps until all of the butter mixture is used, tossing the cubes thoroughly to coat.

Add enough chicken broth to moisten the stuffing until the bread cubes begin to stick together. Place mixture in a glass baking dish and press into pan. Cover with aluminum foil and bake for 30 minutes. Uncover and bake 10 minutes more until a slight crust forms on top.

WINE PAIRING:
2012 Dry Creek Vineyards Heritage Zinfandel – Rich, layered, textured, and juicy, this Zinfandel is packed with blueberry and spice. It’s a cozy style wine that tastes like home – perfect for classic stuffing.

Fistikopita

Think pecan pie, but with pistachios. Ooo, lah, lah! This tasty treat will outshine the turkey at your Thanksgiving table.

Ingredients:
- 1 pie crust
- 3 eggs
- 1 cup Greek thyme honey, or other light honey
- 8 ounces butter, melted
- 1 1/2 cups shelled, unsalted pistachios
- ½ teaspoon cinnamon

Directions:
Preheat your oven to 375 degrees F.

Arrange the pie crust in a 9-inch deep dish glass pie plate. In a mixing bowl, combine the eggs, honey, butter, 1/2 cup of the pistachios and cinnamon. Pour the mixture into the pie crust and smooth out the top. Spread the remaining 1 cup of pistachios over the top of the filling.

Bake approximately 55 minutes, checking at 30 and 45 minutes. The filling will deflate as it cools. Serve with fresh whipped cream.

WINE PAIRING:
2011 Chateau Villefranche Sauternes – Simply put, treat yourself to some Sauternes for a wonderfully decadent experience.

TNH’s Thanksgiving Feast – With Wine Pairings

Continued from page 11

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- 2 tablespoons ground sage
- ⅛ teaspoon poultry seasoning
- Low sodium chicken broth to moisten as needed

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we believe the wines have features that are different than other parts of Greece. The countries like France, Spain, and sitting on the foothills of Mount Olympus.

Continued from page 4

ery, which is in Goumenissa, all restaurants around the world, also considered a serious region of Mount Olympus. And then, Italy – the latter benefits from Katerini, right by Mount Olympus. Then we have Doukos, have Pieria Eratini, which is in the region of Larissa, considered the most age-worthy red Kilkis. That one is amazing. We added that because it’s colder, “a little more continental

country Greece in a certain direction, which is to focus more on quality and differentiation from a marketing perspective, and also from a production perspective. What we’ve done and what we should keep doing is to produce wine for this market, which should have its effect on the more upscale wines, the more intriguing and the beau-
tique wines…if they can capture a market." These producers are in tune with the area, not just the busi-
tness of winemaking. They say, “I would like to make a wine that tastes like this. I’m not just going to depend on what one grape is going to give me,” or what the market wants, or the way that it’s going to sell. They’re not going to do a wine that is just a copy of something else. They are making wines that are unique, regardless of what they’re made of, what kind of grape, or how it would be marketed.

Soultanos said there are reasons there are a lot of blends, or what the market wants in the Northern Greek Assyrtiko is aromatic and more elegant. and Assyrtiko, which is indige-
nous to Santorini, but grows all over Greece," is excellent. blend an indigenous Greek grape with a French grape, and something more esoteric that the customer is going to appre-
chance why Greece is getting a lot of credit lately. It’s definitely the most famous, the most pop-
ular white Greek grape, the one most people know about," he said.

TNH asked Soultanos how they approach clients. “We usu-
ally make our menu, and have a conversation with them that is more of a consultative process, so we’re not just trying to sell, we have a conversation about their clientele, we look at the menu to look for possible ideal pairings, and of course the price, and in my opinion that is something more impressive, something more esoteric that the customer is going to appro-
ach to make wines that are unique. What we’ve done and what we’re not just another merchant on our side.”

He explained that “the wines we have, first of all because they’re Greek, are rarer, and they’re unique. We’re fortunate to have certain wines on our portfolio.”

And the Greek passion.

Washed Earthen vines from the Boutari winery Fonta Earati, sitting on the foothills of Mount Olympus.

The wines of Eklektikon are well known for their unique and fine Greek wines.

Eklektikon is Well Named for its Unique and Fine Greek Wines

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domains. Domain Meganisi Spiles, Achilleas Deas surrouned the ancient town of Arachova in the northern Peloponnese. 40 percent estate vineyards, 60 percent local grapes, ideally located in the do
Krinos Foods, LLC. is the largest importer, distributor and manufacturer of Greek specialty foods in North America. Krinos offers only the finest frozen, refrigerated and dry Mediterranean foods to both the retail and food service trades through its modern and efficient plants in New York, Chicago, Santa Barbara (USA), Montreal, Toronto and Vancouver (Canada).