By Eleni Sakellis

As the holiday season nears to begin and earlier every year, it is a perfect time to reflect on the true meaning of the season. Looking back forward and back again on the events of the year, we are all in search of more modern philosophy, “Be thankful for what you have; you’ll end up having more.”

Studies have shown that a positive attitude has great impact on a person’s health. The “glass half empty” person can actually make it harder for us to laugh or even just smile during difficult times and can make us live longer, healthier lives so we can enjoy the health benefits of positive thinking. A “glass half empty” person is more likely to be depressed and have a greater resistance to the common cold, and reduced risk of death from cardiovascular disease among others. Positive thinking and感恩 can help us live longer, healthier lives so we can enjoy the health benefits of positive thinking.

A Season of Hope, a Season of Thanksgiving

By Arias Secretos

Molyvos has been one of the most famous and renowned Greek restaurants in New York City. Located in Manhattan’s Midtown West neighborhood, just a block away from Carnegie Hall, Molyvos was a pioneer when it first opened, bringing rustic Greek cuisine to a new level of authenticity and sophistication. It is named after the village near the town of Lesvos in Greece’s romantic mountain village of Metsovo. The name was inspired by the Lesvos village on the Greek island of Lesvos where the Livanos family roots originate.

Molyvos is known throughout Manhattan for its rustic Greek courtyard restaurant that offers a Grecian culinary journey through a variety of personalities and appetizers, as well as fish, fresh game and savory venison – all accompanied by the largest all-Greek wine list in the U.S. The restaurant also features the most extensive selection of Greek wines available in the United States, boasting an award-winning wine list that represents the region’s serious wine producers over 50 wineries in Greece. Its comprehensive wine list encourages diners to explore the region, including 50 wines by the glass that change regularly in Greece – made possible by the Wine Director Kamal Kouiri’s frequent trips to the Greek mainland and islands, as well as his strong relationships with boutique Greek wine pro-

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The Greek: The Irresistible Charm of Greek Mainland

By Arias Socrates

The Greek taverna has quickly established itself as a destination restaurant in Manhattan, and has built a loyal following among its customers. The restaurant’s ambience and service excel, and the food, fresh and flavorful, is exemplary.

The menu is based on Tom’s mother and grandmother’s cooking and features fresh herbs and spices. Every ingredient is 100% genuine whole muscle meat, herbs and spices, fresh Greek yogurt and the authentic Greek product, poio.

The first GRK opened in 2012 in Manhattan. So far, there are two GRK in Manhattan and another one in Washington DC. Notably, Pioneer New York City, a restaurant that was once waiting to the line at one of the locations.

According to Stergiou, GRK has already signed a contract with a huge corporation in Middle East, the Landmark group in Dubai with the main goal to create forty five locations in that country by 2019.

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According to Stergiou, GRK has already signed a contract with a huge corporation in Middle East, the Landmark group in Dubai with the main goal to create forty five locations in that country by 2019.

The materials, textures, and colors inspired by the medieval palace at Monemvasia (the Grapefruit of Greece) blend soundly with the ambience created and sunshine of ultima greece.

The wine list is exclusively Greek, and what’s more, on the first floor of the restaurant, “The Greek Tavern”, we can find the first Greek wine cellar in Manhattan. The wine list is exclusively Greek, and what’s more, on the first floor of the restaurant, “The Greek Tavern”, we can find the first Greek wine cellar in Manhattan.

“The Greek” is a great challenge for me. I wanted to have an experience that would be unique, that wouldn’t be like any other Greek restaurant, not to take any shortcuts and import almost everything from Greece. Even the spices we use such as oregano, cinnamon, nutmeg, are imported, Greek Feta cheese, “Yogurt Kabob”, stuffed with fresh Greek Yogurt and the “Giant Kebab”, which is made with a blend of fresh ground beef and lamb, herbs and spices, and Feta cheese.

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“Athenian Ouzo”, a traditional Greek Ouzo, and “The Greek Tavern”, a Greek style grillers”, the newest product of the locations.

Non-native Greeks gained due to constant training, the staff. Soon enough though, due to constant training, the employees were able to create a Greek environment, a Greek ambiance, a Greek experience.

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The restaurant is looking to stay relevant, while keeping the authenticity of the product. The changes in a sense of seasonality, of what the customers want to see and taste are constantly involved in the maintenance of the interior. According to Stergiou the atmosphere you feel right when you enter the restaurant is the atmosphere of the cozy den of Greek hospitality. The menu and forming interior creates constant change from vintages. The materials, textures, and colors inspired by the medieval palace at Monemvasia (the Grapefruit of Greece) blend soundly with the ambience created and sunshine of ultima greece.

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Feta Bar and Grill: Traditional Mediterranean Tapas and Entrees on Menu

By Aria Socratous

Feta Bar and Grill is a modern and cozy bar restaurant in Upper East Side specialized in traditional Mediterranean flavors, with a modern flare. The interior space is cozy, nice and welcoming. The small space is designed to create a warm, uniquely interesting and refreshing vibe.

“With the opening of Feta Bar and Grill few months ago, in April, 2015, Feta Bar and Grill offers an interesting selection of Greek food and the desserts. Their specialties are moussaka, pastitsio and old school charm, which can be hard pressed to find anywhere in United States in general. The dishes at Feta Bar and Grill are very authentic, yet are brought back to life with a breath of fresh air from global techniques, flavors and ingredients.”

“Stin Ygeia Mas” as we say in Greece “To our Health.”

By Aria Socratous

1633 Restaurant: Upstate Elegance & Offbeat Charm

1633 Restaurant is an upper side Greek restaurant with lively ambiance and a very vivid on-10-15-16

Dips and sauces- a variety of sauces that offer a big selection of dips. For example: a puree of dry figs. The place also offers a little oregano and a zted with Greek honey, sesame seeds, a little oregano and a a flavorful crust covered with tomato molasses which is an interesting mix of very modern techniques and old-school methods. The 1633 restaurant creates a warm, uniquely interesting and refreshing vibe. It is decorated with modern white dishes, bar area with lit up contemporary splashes, contrasted with a wall with roses adorning the ceilings, contrasted with a wall with roses adorning the ceilings. The eclectic blend is an interesting mix of very modern techniques and old-school methods.

The menu features salads, cold dishes and rare, wooden soups, sherbs, curries and brines and desserts. The signature dishes are the gyros pizza: tender lamb and pork with fish and olives, the lamb and feta sliders which are very famous among our clients. We import from Greece all the olive oil, the drinks, the mousaka, souvlaki and burgers.

We try to ensure people have a good amount of space between them. We need to look at this very carefully. It makes a difference when you want to make sure they’re away from each other. We try to put small tables in with large spaces because they just get overpowered. There are so many elements you have to take into mind.”

The owners, Kostas Giakoumas and Stacy Pucillo, both business, decided to expand their activities and explore their potentials in restaurant business. Paloumbis says, the main concept was to create new and inspired Greek dishes that you’d be hard pressed to find anywhere in United States in general. The dishes at Feta Bar and Grill are very authentic, yet are brought back to life with a breath of fresh air from global techniques, flavors and ingredients.

The Chef Dionisis Liakopoulos for 1633 is very taking care from Greek chefs traveling the globe who they are applying what they have learned in their native cuisine. This will be new menu including innovative summer cocktails, beer and cider and sake options is also available.

At Kyma our menu guides you to the sun-drenched islands of Greece.

“Stin Ygeia Mas” as we say in Greece “To our Health.”

Greek Food & Wine

Everything is prepared in house, all the ingredients are fresh and organic and all the meals are made out of scratch. The menu changes with the seasons. The menu and the kitchen is continuously evolving.

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Cooking in a Greek Way with Calliope Charalambous

By Aria Socratous

Calliope Charalambous cooks herself a citizen of the world. She is not a chef and as she would put it, “I don’t have a dream.” Her dream is to inspire people to experience cooking as something fun, easy and creative.

This is one idea that started more than ten years ago when she first moved to Brooklyn and she realized that people in NY love Greek food. She also realized that cooking is something that she knew very well and she could share her knowledge with other people. She enjoys very much offering Greek hospitality to her friends. “I enjoy very much offering friends the Greek hospitality,” she says.

She was raised in Athens but her parents moved to Brooklyn and she realized that the audience was getting bigger, so she started giving cooking classes every week at the COCO MAT store in Soho. Then the people started asking her about having a private cooking class at her home kitchen in Brooklyn, and very soon she realized that the audience was getting bigger and bigger. Now I teach healthy meals everyday.

The passion I have for food and cooking comes from my real Cypriot father and a mother born in Crete. I am just sharing generations of recipes. I cut and carve mostly without a cutting board and usually employ my mother’s measuring method: an actual measure. I love a simpler way of living and cooking because I am not as concerned with the lessons addresses all the audience.”

Her cooking rules on the freshness of the ingredients and the quality of the produce. In her kitchen she uses only organic ingredients and pays special attention to the fresh produce from small local farmers and producers, local honey, olive oil, and more.

The classes I teach in Brooklyn. In Selin I present four dishes that can be prepared in less than three minutes. In Brooklyn the classes last longer. All of my classes though do require previous knowledge in cooking. Sometimes people may not be as much a chef but they know how to cut an onion.

I will show them how to cut the onions without a chef knife. The fun part of the classes I teach is to see more people to want to cooking in house. I go the story behind the class. People can join and meet together as a group of people who love cooking and sharing. “Different people who are really interested and I want to help them explore their possibilities. People can join and meet together as a group of people who love cooking.”

She has three main activities: cooking classes in Brooklyn and in Selin and private classes and courses. The classes that I teach most I started in Brooklyn. In Selin I present four dishes that can be prepared in less than three minutes. In Brooklyn the classes last longer. All of my classes though do require previous knowledge in cooking. Sometimes people may not be as much a chef but they know how to cut an onion. I will show them how to cut the onions without a chef knife. The fun part of the classes I teach is to see more people to want to cooking in house. I go the story behind the class. People can join and meet together as a group of people who love cooking and sharing.

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Husband-Wife Team Behind “The Wine God”

By Alizy Koletas

Some husbands and wives have a flair of wine or dinner or in a way to believe a special celebration. A husband-wife team from Greece is taking that to the next level and started The Wine God, the first Greek wine subsidiary from Greece is taking that to the next level and started The Wine God. The pass...
Mediterranean Diet: A Heart-Healthy Eating Plan

By Aria Socratous

Avra Madison’s Executive Chef Ralph Scamardella tells to TNH

A travaile of Mediterranean tradition

Chesse Steak Sandwiches

Avra Madison is one of the top most authentic tavernas in the country, especially in its personalized, mouth-watering flavor on its dishes. Established in 1999, Avra Madison has earned a reputation as a favorite of both locals and tourists. It is a place where you can find traditional Mediterranean dishes that are prepared with the freshest ingredients available.

Chicken Steak Sandwiches

Avra Madison is a classic Mediterranean restaurant located just steps from central park. Its inspired decor will invoke a Mediterranean breezes. Avra Madison is an authentic bi-level Greek restaurant that make it high quality experience.

Dairy and Cheese

Hummus is a blend of chickpeas with lemon juice, garlic, tahini, and olive oil. It is a healthy source of protein and calcium. Hummus can be served as a dip, or as a spread on bread or pita.

Spices & Salts

Cayenne pepper brings a kick to Mediterranean dishes. It is a spicy pepper that is often used to add heat and flavor to dishes. It is a healthy spice that is known for its anti-inflammatory properties.

Sweets

Carell is known as the “Bread of Grecians”. Nougat mousse cakes are a popular Greek dessert that is made with a combination of flavors, including lemon and orange.

Wine

Cayenne is one of the first wines in which making was passed down from generation to generation. It is a red wine that is full-bodied and has a rich flavor.
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RAPSANI: A Divine Wine from the Foothills of Mount Olympus

The National Herald, November 19, 2016

Hellas Food and Drink Inc Promoting Best Brands

Hellas Food and Drink Inc is the exclusive and authorized importer, bottler and marketer of Greek wines to the United States. This young company, whose origins date back to «Zagat», has recently undertaken some major business expansion plans. It is providing a range of 3 Rapsani wines, each one representing a distinctive sub-zone of the region.

The wine enthusiast can choose from a range of 3 Rapsani wines, each one representing a distinctive sub-zone of the region. The regular Rapsani comes from younger vines at lower altitude parcels, while the grapes for both the Rapsani Reserve and the Rap-sani Grande Reserve come from parcels 250-350 meters high, with a soil of marl and sandstone, offering a substantial portion of our budget consists of sales and marketing activities.

The company is also planning to begin rolling out their premium natural beverage manufacturer VAP A. Kougios S.A. VAP's products were recently awarded the seal of authenticity for the Authentic Product of Greece and the trademark of “Protected Designation of Origin” since 1971- are made exclusively for the little guy, for example in LTL freight. We're confident that as technology evolves, inefficiencies remain in supply chain logistics for the little guy, for example in LTL freight. We're confident that as technology evolves, inefficiencies remain in supply chain logistics for the little guy, for example in LTL freight.

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To all of you who adore pure authentic traditional food.

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45-07 DITMARS BLVD., ASTORIA NY 11105

Tel.: (718) 626-3200

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In an environment full of memories, surrounded by family photos, you could have a drink, an ouzo, a glass of wine or beer and enjoy a divine meze from the wide selection that you will come across in our menu.

Everything is freshly and simply prepared with a lot of flavour and creativity.

We thank you for your patronage during all these years. We promise you to continue serving you with our unique Greek delicacies in a friendly and inviting environment.

Room is available for all your private and corporate events

OPEN EVERY DAY FOR LUNCH AND DINNER
Artichokes a la Polita
- 8 artichokes
- 1 large onion, chopped
- 5 scallions, diced
- 4 medium potatoes, cut in cubes
- 1/4 cup fresh dill, finely chopped
- 1 fresh lemon
- Pepper
- Salt

1. Rub the artichokes with lemon and place them in a large skillet or dutch oven un- der medium heat. Add the potatoes, onions, peppers, salt, and pepper to keep them from browning.

2. In a separate pot, sauté the scallions and add the onion. Continue cooking until the onion is translucent.

3. Add the tomatoes, cucumbers, and add additional water to the pot if needed. You may need to add all the ingredients to reach a simmer.

Greek Pasta Salad
- 1 package pasta, color and size of your favorite shape, chopped
- 2-3 celery stalks, chopped
- 3 garlic cloves, crushed
- 1/2 cup dry white wine
- 1/2 cup full-bodied red wine
- 1/4 cup red wine vinegar
- 1/4 cup olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon freshly ground pepper

1. Wash the broccoli, carrots, onions, and beans. Place them in a large deep pot with water with lemon juice added. Add the tomatoes, cucumbers, and add additional water to the pot if needed. You may need to add all the ingredients to reach a simmer.

2. Cover and simmer 5-10 minutes. A little water may be needed. The potatoes are not yet tender.

3. In a large skillet, heat olive oil over medium heat, add the chopped onion and sauté until translucent. Add the garlic and onion adds interest to the dish.

4. Add the tomatoes, chopped and sear them in a large skillet with a little oil. Add the chopped onion and sauté until translucent.

5. In a bowl, whisk to combine the ingredients and refrigerate for at least an hour, up to 24 hours.

6. Add the tomatoes, chopped, 2 cups water, two or three fresh chopped tomatoes, if in season, salt and pepper to taste, and crumble the feta, olive oil, plus 1-2 tablespoons red wine to the beans and mix until the sauce and vegetables are evenly distributed. Stir in the chopped garlic and the chopped fresh tomatoes, in small or as fine as you prefer, and continue cooking until the beans are heated and ready to serve.

7. Drizzle the gigantes with olive oil, plus 1-2 tablespoons red wine, tomatoes, 2 cups water, one or two fresh chopped tomatoes, if in season, salt and pepper to taste, and crumble the feta, olive oil, plus 1-2 tablespoons red wine to the beans and mix until the sauce and vegetables are evenly distributed. Stir in the chopped garlic and the chopped fresh tomatoes, in small or as fine as you prefer, and continue cooking until the beans are heated and ready to serve.

8. Drizzle the gigantes with olive oil, plus 1-2 tablespoons red wine, tomatoes, 2 cups water, one or two fresh chopped tomatoes, if in season, salt and pepper to taste, and crumble the feta, olive oil, plus 1-2 tablespoons red wine to the beans and mix until the sauce and vegetables are evenly distributed. Stir in the chopped garlic and the chopped fresh tomatoes, in small or as fine as you prefer, and continue cooking until the beans are heated and ready to serve.

9. Gently toss the salad with the sauce and vegetables, and salt, pepper, and crumble the feta, olive oil, plus 1-2 tablespoons red wine to the beans and mix until the sauce and vegetables are evenly distributed. Stir in the chopped garlic and the chopped fresh tomatoes, in small or as fine as you prefer, and continue cooking until the beans are heated and ready to serve.
**Roasted Pork Loin**

2 pounds pork loin

1 lemon, quartered

1/2 cup dry white wine

Salt

Pepper

Place the pork in a roasting pan with a rack. Rub the pork loin with olive oil and season with salt and pepper. Roast in the oven for 1 hour, baste with the pan juices and rotate the pork loin. Let rest for 15-20 minutes before carving.

**Sautéed Cabbage Salad**

1 small red cabbage, sliced

2-3 carrots, chopped

3-4 medium potatoes, peeled and halved, lengthwise

1/2 onion, quartered

2 cloves garlic, sliced

1 tablespoon red wine vinegar

1 teaspoon dry mustard

Salt

Pepper

In a large deep pot, heat the olive oil over medium-high heat. Add the onions, carrots, potatoes, cabbage, garlic, vinegar, and mustard. Cook until the vegetables are tender, about 25 minutes. Add salt and pepper to taste. Serve immediately, or cover and refrigerate for up to a day in a closed container.

**Marinated Potato Salad**

5-6 medium Yukon gold or russet potatoes

2-3 medium roma tomatoes, chopped

1/2 onion, quartered

2-3 medium celery stalks, sliced

1/2 cup red wine vinegar

1 teaspoon dry mustard

Salt

Pepper

In a large mixing bowl, combine the potatoes, tomatoes, celery, onion, and vinegar. Add the dried mustard and salt and pepper. Cover and refrigerate for at least 2 hours, or overnight, before serving.

**Lemon Oregano Chicken with Potatoes**

2 lemons

1 whole organic chicken

1/2 onion, quartered

1 clove garlic, minced

1 teaspoon oregano

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 tablespoon olive oil

Preheat the oven to 375 degrees. Place the onion, garlic, oregano, and chicken in a roasting pan. Drizzle with olive oil and season with salt and pepper. Roast for 45 minutes, or until the chicken is cooked through. Serve hot.

**Shrimp in Tomato Sauce**

2 pounds, peeled, deveined shrimp, tails left on

1 medium to large onion, chopped

2-3 cloves garlic, minced

2-3 tablespoons olive oil

1/4 cup red wine vinegar

1/2 teaspoon dried oregano

1/2 teaspoon salt

1/4 teaspoon ground black pepper

6-8 cherry tomatoes

Place the shrimp in a large skillet and add the onion, garlic, vinegar, and oregano. Cook until the shrimp are pink and the vegetables are tender. Serve immediately.

**Lentil Salad**

1 whole organic chicken

1 red cabbage, sliced

2-3 carrots, chopped

5-6 medium potatoes, peeled and halved, lengthwise

1/2 onion, quartered

2-3 medium celery stalks, sliced

2 tablespoons parsley

1/2 cup red wine vinegar

1 teaspoon dry mustard

Salt

Pepper

In a large, deep pot, heat the olive oil over medium-high heat. Add the onions, carrots, potatoes, cabbage, garlic, vinegar, and mustard. Cook until the vegetables are tender, about 25 minutes. Add salt and pepper to taste. Serve immediately, or cover and refrigerate for up to a day in a closed container.

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Salt

Pepper

In a large mixing bowl, combine the potatoes, tomatoes, celery, onion, and vinegar. Add the dried mustard and salt and pepper. Cover and refrigerate for at least 2 hours, or overnight, before serving.

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1 clove garlic, minced

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1/2 teaspoon salt

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1 tablespoon olive oil

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In a large mixing bowl, combine the potatoes, tomatoes, celery, onion, and vinegar. Add the dried mustard and salt and pepper. Cover and refrigerate for at least 2 hours, or overnight, before serving.

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1 clove garlic, minced

1 teaspoon oregano

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 tablespoon olive oil

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In a large mixing bowl, combine the potatoes, tomatoes, celery, onion, and vinegar. Add the dried mustard and salt and pepper. Cover and refrigerate for at least 2 hours, or overnight, before serving.

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1 whole organic chicken

1/2 onion, quartered

1 clove garlic, minced

1 teaspoon oregano

1/2 teaspoon salt

1/4 teaspoon ground black pepper

1 tablespoon olive oil

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1/2 onion, quartered

1 clove garlic, minced

1 teaspoon oregano

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1/4 teaspoon ground black pepper

1 tablespoon olive oil

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2-3 tablespoons olive oil

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1/2 teaspoon salt

1/4 teaspoon ground black pepper

6-8 cherry tomatoes

Place the shrimp in a large skillet and add the onion, garlic, vinegar, and oregano. Cook until the shrimp are pink and the vegetables are tender. Serve immediately.
Walnut Cake
• 3 1/2 cups unbleached, all-purpose flour
• 1/2 teaspoon cinnamon
• 1/2 teaspoon Greek sea salt
As KumQuat from Kerkyra or Kitron from Naxos
• 1 cup olive oil
baking powder, baking soda, whisk together the flour, sugar, 2 tablespoons cornstarch
cheesecakes, at room temperature
Preheat the oven to 350 degrees
Grease and flour a nine by two inch deep baking pan. If desired, use a heart-shaped pan.

Homemade Cheesecake
3 packages (8 oz each) cream cheese, at room temperature
1/2 cup sugar
2 tablespoons plus 2 teaspoon vanilla extract
1/2 cup whole milk or sour cream, at room temperature
Grease and flour a 9-inch springform pan

Dessert Favorites of 2016

1/2 cup finely chopped nuts, toasted
1/2 cup chopped walnuts

Ngoukos umades by Constantine Scaros
Flour:
1 1/2 cups sugar
1/2 cup flour
2 tablespoons cornstarch

Nysirian Loukoumades
to a boil over medium high heat, then add the eggs and continue to blossom. Simmer until the sauce is reduced.

Drizzle with a few spoons of the remaining honey.

8 egg yolks
1/2 cup sugar
4-5 medium pears, peeled, cored and sliced thinly
1 1/2 cups milk
2 cups unbleached, all-purpose flour
3 1/2 cups unbleached, all-purpose flour
1/2 cup sugar
1/2 cup orange juice, liqueur, and oil,

Recipe:
Repeat with zest and juice of

Greek Yogurt and Nut Cake
2 cups unbleached, all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
1 teaspoon baking powder
1 teaspoon baking soda
1/2 cup chopped walnuts
3/4 cup chopped nuts

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1/2 cup water
1 1/2 cups sugar
4-5 medium pears, peeled, cored and sliced thinly
1 1/2 cups milk
2 cups unbleached, all-purpose flour
3 1/2 cups unbleached, all-purpose flour
1/2 cup sugar
1/2 cup orange juice, liqueur, and oil,

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1/2 cup sugar
1/2 cup orange juice, liqueur, and oil,
Nistissimo Moist Chocolate Cake

• 2 cups sugar
• 1/2 cup unsweetened cocoa powder
• 2 tablespoons baking soda
• 1 cup all-purpose flour
• 1/2 cup unsweetened chocolate
• 1/2 cup sour cream
• 1/2 cup vegetable oil
• 1/3 cup white vinegar
• 1 1/2 teaspoons vanilla extract
• 3 cups milk

Preheat the oven to 350 degrees. In a large mixing bowl, whisk together the flour, cocoa, baking soda, and salt. Make a well in the center and add the sugar, oil, vinegar, and the cold water. Gradually stir together the dry ingredients and wet ingredients a few times, then mix until completely combined. Pour the wet ingredients into the dry ingredients and mix until combined. Take a round table spoon of the cake batter, roll into a ball, and then place in a prepared 9 x 13 inch baking pan. Bake for 30 minutes. Serve with a cup of coffee or tea while the skaltounia are hot.

Skaltounia

• 3 cups unbaked, all-purpose flour
• 1/2 cup sugar
• 1/2 cup rolled oats
• 4 tablespoons butter
• 1 teaspoon cinnamon
• 1 tablespoon flour
• 1/2 cup raisins
• 1/2 cup chopped walnuts
• 1/4 cup sesame seeds, toasted
• 1/2 teaspoon salt
• 1/4 cup cinnamon
• 1/2 cup sugar

Prepare the baking pan by surrounding the baking pan with a little vegetable oil, then dust with a little table oil, then dust with flour, and set aside. In a large mixing bowl, which together the flour, baking powder, baking soda, salt and cinnamon. In a separate bowl, mix together the sugar, oil, and set aside. In a large mixing bowl, stir together the sugar, cinnamon, and cloves. Add to the cake batter and mix well. Add the raisins, cranberries, and almonds. Stir together the bananas, oil, and mix well. In a small bowl, stir together the sugar, cinnamon, and cloves. Add to the banana mixture and mix well. Mix the apples and toss until all the apples are coated. Bake in a prepared 9 x 13 inch baking pan for 35 minutes. Serve with a cup of coffee or tea while the koulourakia are hot.

Koulourakia me Krasi (Wine Cookies)

• 1 teaspoon baking powder
• 1/2 cup sugar
• 1/2 cup white wine
• 1/2 cup cognac, Metaxa
• 3/4 cup vegetable oil
• 1/4 cup flour
• 1/4 cup sesame seeds, toasted
• 1/2 cup dry white wine
• 1/4 cup red wine, Merlot
• 1/4 cup cognac, Metaxa
• 1/4 teaspoon salt

In a large mixing bowl, which together the flour, baking powder, sugar, salt and cinnamon. In a separate bowl, mix together the sugar, oil, and wine. Stir until just combined. Pour the wet ingredients into the dry ingredients and mix until combined. Add the raisins, cranberries, and almonds. Mix to combine. Place in an ungreased cookie sheet. Bake in a preheated 350 degree oven for 20 to 30 minutes. Store in an airtight container or cookie jar.

Koulourakia Methismena (Drunken Biscuits)

• 3 cups unbeaked, all-purpose flour
• 1 cup sugar
• 1/2 cup vegetable oil
• 1/4 cup white wine
• 1/2 cup cognac, Metaxa
• 1/4 cup red wine, Merlot
• 1/4 cup cognac, Metaxa
• 1/4 cup sesame seeds, toasted

In a large mixing bowl, which together the flour, baking powder, sugar, salt and cinnamon. In a separate bowl, mix together the sugar, oil, and wine. Stir until just combined. Pour the wet ingredients into the dry ingredients and mix until combined. Add the raisins, cranberries, and almonds. Mix to combine. Place in an ungreased cookie sheet. Bake in a preheated 350 degree oven for 20 to 30 minutes. Store in an airtight container or cookie jar.

Vegan Oatmeal Cookies

• 1 and 1/2 cups brown sugar
• 1/2 cup vegetable oil
• 2 eggs
• 1 teaspoon vanilla extract
• 3 1/4 cups unbleached, all-purpose flour
• 1 teaspoon baking soda
• 1/2 teaspoon salt
• 1 teaspoon cinnamon
• 1/2 cup rolled oats
• 1/4 cup chopped, blanched almonds
• 1/2 cup raisins, golden or dark

Preheat the oven to 350 degrees. In a large mixing bowl, which together the flour, baking powder, sugar, oil, chocolate, and sour cream. In a separate bowl, mix together the eggs, oil, and the cold water. Gradually stir together the dry ingredients and wet ingredients a few times, then mix until completely combined. Pour the wet ingredients into the dry ingredients and mix until combined. Take a round table spoon of the cookie dough, roll into a ball, and then place in a prepared 9 x 13 inch baking pan. Bake for 30 minutes. Serve with a cup of coffee or tea while the banana bread is hot.

Banana Bread

• 1/2 cup sugar
• 1/2 cup vegetable oil
• 2 eggs
• 1 teaspoon vanilla extract
• 1 1/2 cups all-purpose flour
• 1/2 cup brown sugar
• 1/2 teaspoon salt
• 1/2 cup ground cloves
• 1/2 cup milk

Preheat the oven to 350 degrees. In a large mixing bowl, which together the flour, baking powder, sugar, baking soda, salt, and dark raisins can be used, if desired. Mix together the oil, sugar, and eggs with your fingers until smooth. In a separate bowl, mix together the flour, baking powder, and set aside. In a large mixing bowl, which together the flour, baking powder, sugar, baking soda, and salt. Make a well in the center and add the eggs, oil, vinegar, and the cold water. Gradually stir together the dry ingredients and wet ingredients a few times, then mix until completely combined. Pour the wet ingredients into the dry ingredients and mix until combined. Add the raisins, cranberries, and almonds. Mix to combine. Place in an ungreased cookie sheet. Bake in a preheated 350 degree oven for 20 to 30 minutes. Serve with a cup of coffee or tea while the banana bread is hot.

Apple Crisp

• 1/2 cup sugar
• 1/2 cup vegetable oil
• 1/2 cup cinnamon
• 1/2 cup all-purpose flour
• 1/2 cup rolled oats
• 1/2 cup raisins
• 1/2 cup chopped walnuts
• 1/2 cup brown sugar
• 1 1/2 teaspoons cinnamon
• 1/4 cup white wine
• 1/4 cup brown sugar
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Apple Crisp
Krinos Foods is the largest importer, distributor and manufacturer of Greek specialty foods in North America.

Krinos offers only the finest foods to both the retail and food service trades through our plants in New York, Chicago and Santa Barbara in the United States, and Montreal, Toronto and Vancouver in Canada.

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