# · INDEX ·

## A

Alaska Wild Greens 41 Aleppo pepper, about 13 ALMONDS Apricot-Almond Squares 227 Butter Cookies with Almonds 228 Kourambiedes 228 Lemon-Raisin Yogurt Cake with Crunchy Almond Topping 234 Pasta Flora 227 Roasted Almonds 19 APPETIZERS Almonds, Roasted 19 Beets. Roasted with Greens and Garlic Spread 34 Caponata 26 Cheese, Flaming 22 Cheese Triangles 37 Dolmadakia 33 Dolmas 24 Eggplant Spread 20 Eggplant, Sweet and Sour with Olives and Capers 26 Falafel 30 Feta Cheese and Roasted Pepper Spread 24 Feta Cheese, Baked with Peppers and Tomatoes 25 Feta Cheese Spread, Spicy 23 Garbanzo Bean and Garlic Dip 21 Garbanzo Bean Fritters 30 Garlic Spread 22 Grape Leaves with Meat Stuffing 31 Grape Leaves with Rice Stuffing 33 Greek Meatballs 28 Hummus 21 Keftedakia 28 Ladenia 91 Melitzanosalata 20 Octopus, Roasted 35 Olive-Oil Flatbread with Tomato-Onion Topping 91

Olives, Green, Marinated 18 Olives, Kalamata, Marinated 18 Olives, Kalamata, Roasted 18 Peppers, Roasted Red 24 Saganaki 22 Sarmas 33 Skordalia 22 Smyrna Sausages in Tomato-Wine Sauce 162 Soutzoukakia 162 Spanakopita 36 Spinach Fritters 29 Spinach Triangles 36 Tyropita 37 Tzatziki 20 Yogurt and Cucumber Dip 20 ARTICHOKES Artichoke and Leek Egg-Lemon Soup 75 Artichoke and Rice Pilaf 99 Artichokes with Dill 206 Arugula, Watermelon, Feta, and Arugula Salad 65 AVGOLEMONO Artichoke and Leek Egg-Lemon Soup 75 Avgolemono Soupa 74 Dolmadakia 31 Dolmades Avgolemono 164 Easter Lamb Soup 76 Egg-Lemon Soup 74 Grape Leaves with Meat Stuffing 31 Maveritsa 76 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 164

#### B

Baklava 222 BEANS Baked Eggplant and Garbanzo Beans 195 Black-eyed Peas, Fennel-Scented and Wild Greens 186 Falafel 30 Fava-Style Beans with Dill and Onions 185 Fresh Beans and Potatoes in Grape Leaves 184

Garbanzo Bean and Garlic Dip 21 Garbanzo Bean Fritters 30 Harira 79 Hummus 21 Lamb with Garbanzos and Spinach 154 Moroccan Lamb and Bean Soup 79 Spicy White Bean Soup 71 Three Bean, Greens, and Zucchini Salad with Smoked Salmon 180 Three-Bean, Greens, Zucchini, and Tomato Stew 181 White Bean and Onion Salad 61 BEANS, GREEN Green Beans and Tomato Stew 182 Green Beans, Zucchini, and Potato Stew 183 Three Bean, Greens, and Zucchini Salad with Smoked Salmon 180 Three-Bean, Greens, Zucchini, and Tomato Stew 181 BEEF Armenian Pizza 90 Baked Eggplant and Potatoes with Meat Sauce and Béchamel 196 Baked Eggplant with Meat Sauce and Yogurt Topping 198 Baked Pasta with Meat Sauce 94 Beef and Vegetable Soup with Rhubarb 80 Beef Braised with Tomatoes and Garlic 157 Bifteki 155 Cumin-Lemon Meatballs with Wild Greens 161 Dolmadakia 31 Dolmades Avgolemono 164 Egyptian Pasta with Béchamel 96 Grape Leaves with Meat Stuffing 31 Greek Hamburgers 155 Greek Meatballs 28 Lahmaioon 90 Moussaka 196 Moussaka with Yogurt 198 Pastitsada 157 Pastitsio 94 Rosemary Beef Stew with Pearl Onions 158 Serbian Beef Stew with Onions and Peppers 159 Smyrna Sausages in Tomato-Wine Sauce 162

Soutzoukakia 162 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 164 Stuffed Meat Rolls in Tomato Sauce 160 **BEEF, GROUND** Armenian Pizza 90 Baked Eggplant and Potatoes with Meat Sauce and Béchamel 196 Baked Eggplant with Meat Sauce and Yogurt Topping 198 Baked Pasta with Meat Sauce 94 Bifteki 155 Cumin–Lemon Meatballs with Wild Greens 161 Dolmadakia 31 Dolmades Avgolemono 164 Egyptian Pasta with Béchamel 96 Grape Leaves with Meat Stuffing 31 Greek Hamburgers 155 Greek Meatballs 28 Lahmajoon 90 Moussaka 196 Moussaka with Yogurt 198 Pastitsio 94 Smyrna Sausages in Tomato-Wine Sauce 162 Soutzoukakia 162 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 164 BEETS Beet Greens with Lemon and Garlic 44 Roasted Beets with Greens and Garlic Spread 34 Spinach Salad with Beets and Mint 50 Bifteki 155 Black pepper, about 12 Bougatsa 226 BREAD Greek Easter Bread 92 Greek Village Bread 92 Ladenia 91 Olive-Oil Flatbread with Tomato-Onion Topping 91 Palestinian Bread 89 Pita 89 Tomato and Bread Salad 57 Tsoureki 92

Briami 204 Bulgur, Tomato, Parsley, and Bulgur Salad 58 Butter, clarified, about 13

# C

CABBAGE Cabbage Salad 51 Paprika Pork and Cabbage 166 Salted Cabbage and Carrot Salad 52 CAKE Coconut Cake 237 Karithopita 233 Lemon-Raisin Yogurt Cake with Crunchy Almond Topping 234 Nana's New Year's Cake 238 Ravani 236 Semolina Cake 236 Vasilopita 238 Walnut Cake 233 CAPERS Capers, about 13 Carrot-Radish Salad with Capers 62 Salmon in Grape Leaves with Caper-Lemon Sauce 116 Caponata 26 CARROTS Carrot-Radish Salad with Capers 62 Moroccan Chermoula and Carrot Soup 72 Salted Cabbage and Carrot Salad 52 CAULIFLOWER Cauliflower Stew 218 Spicy Fried Cauliflower 217 Cauliflower Stifado 218 CELERY Pork with Celery and Lemon 167 Tomato Sauce with Celery and Mint 203 Chard, Swiss, see SWISS CHARD CHEESE Baked Feta with Peppers and Tomatoes 25 Baked Garlic Spinach with Cheese 210 **Cheese Triangles 37** Flaming Cheese 22 Roasted Pepper and Feta Spread 24 Saganaki 22 Savory Squash Pie 88

Spicy Feta Cheese Spread 23 Tvrokafteri 23 Tyropita 37 Watermelon, Feta, and Arugula Salad 65 Zucchini Flowers Stuffed with Cheese 192 CHERMOULA Grilled Halibut Chermoula 106 Moroccan Chermoula and Carrot Soup 72 CHICKEN Baked Chicken and Orzo in Tomato Sauce 135 Chicken and Okra 142 Chicken with Onions and Saffron 141 Chicken with Sauerkraut Toursi 144 Chicken with Spiced Tomato Sauce 140 Nahkla's Garlic Chicken 138 Oregano Chicken and Potatoes 136 Over-seasoned Roast Chicken and Potatoes 136 Palestinian Chicken and Onions 134 Palestinian Chicken Soup 78 Stathis' Garlic Chicken 139 Chickpeas, see GARBANZO BEANS Clams with Onions and Dill 131 Clarified butter, about 13 Cook's Notes 11 COOKIES Butter Cookies with Almonds 228 Greek Biscotti 231 Greek Easter Cookies 230 Honey Spice Cookies 232 Koulourakia 230 Kourambiedes 228 Melomakarouna 230 Paximadakia 231 CORNMEAL **Boiled Polenta 101** Mamaliga 101 CUCUMBER Cucumber Salad 54 Greek Village Salad 54 Tzatziki 20 Yogurt and Cucumber Dip 20

## D

DESSERTS Apricot-Almond Squares 227 Baklava 222 Bougatsa 226 Butter Cookies with Almonds 228 Coconut Cake 237 Custard in Filo with Lemon Syrup 124 Galactoboureko 124 Greek Biscotti 231 Greek Easter Bread 92 Greek Easter Cookies 230 Honey Spice Cookies 232 Honey-Nut Pastries 222 Karithopita 233 Koulourakia 230 Kourambiedes 228 Lemon-Raisin Yogurt Cake with Crunchy Almond Topping 234 Melomakarouna 232 Moroccan Pancakes with Honey 239 Nana's New Year's Cake 238 Pasta Flora 227 Paximadakia 231 Ravani 236 Rice Pudding 240 Rizogalo 240 Semolina Cake 236 Sweet Custard in Filo 226 Vasilopita 238 Walnut Cake 233 Dolmadakia 31 Dolmas 33

## E

Easter Lamb Soup 76 Egg-Lemon Soup 74 EGGPLANT Baked Eggplant and Garbanzo Beans 195 Baked Eggplant and Potatoes with Meat Sauce and Béchamel 196 Baked Eggplant with Meat Sauce and Yogurt Topping 198 Baked Eggplant with Tomatoes and Onion 200

Briami 204 Caponata 26 Eggplant Spread 20 Fried Eggplant and Peppers in Tomato Sauce 201 Garlic-Crusted Salmon with Eggplant Sauce 117 Imam Baildi 200 Lamb and Eggplant Kebab 150 Melitzanosalata 20 Moussaka 196 Moussaka with Yogurt 198 Roasted Eggplant and Pepper Salad 59 **Roasted Mixed Vegetables 204** Stuffed Eggplant with Tomato Sauce 193 Sweet and Sour Eggplant with Olives and Capers 206 EGGS Spinach and Eggs 209 Swiss Chard and Eggs 211 Tomatoes and Eggs 202 Egyptian Pasta with Béchamel 96 Egyptian Rice with Dill 99 Egyptian Spicy Baked Fish 103 Endive, Curly Endive Salad 43

## F

Falafel 30 Fattoush 57 Fennel, Fennel-Scented Black-eyed Peas and Wild Greens 186 FESTIVAL RECIPES Apricot-Almond Squares 227 Baked Eggplant and Potatoes with Meat Sauce and Béchamel 196 Baked Pasta with Meat Sauce 94 Baklava 222 Butter Cookies with Almonds 228 **Cheese Triangles 37** Custard in Filo with Lemon Syrup 224 Dolmadakia 31 Dolmas 33 Galactoboureko 224 Grape Leaves with Meat Stuffing 31

Grape Leaves with Rice Stuffing 33 Greek Biscotti 231 Greek Easter Cookies 230 Greek Salad 46 Honey Spice Cookies 230 Honey-Nut Pastries 222 Karithopita 233 Koulourakia 230 Kourambiedes 228 Marinated Kalamata Olives 18 Melomakarouna 230 Moussaka 196 Pasta Flora 227 Pastitsio 94 Paximadakia 231 Ravani 236 Sarmas 33 Semolina Cake 236 Spanakopita 36 Spinach Triangles 36 Tyropita 37 Walnut Cake 233 FISH Cod, Fried with Garlic Sauce 111 Egyptian Spicy Baked Fish 103 Halibut and Potato Stew 110 Halibut, Grilled with Chermoula 106 Halibut, Oregano 108 Halibut Stew, Savory 109 Halibut with Onions, Pine Nuts, and Tahini Sauce 107 Lebanese Spicy Baked Fish 105 Rockfish, Grilled with Lemon Sauce 112 Rockfish in Orange Sauce 113 Rockfish with Rosemary Sauce 114 Salmon, Garlic-Crusted with Eggplant Sauce 117 Salmon, Grilled with Garlic-Lemon Sauce 120 Salmon in Grape Leaves with Caper-Lemon Sauce 116 Salmon Marinated in Lemon and Parsley 121 Salmon Pastitsio Sauce for Pasta 118 Salmon Plaki 115 Salmon, Smoked with Three Beans, Greens and Zucchini Salad 180

### G

Galactoboureko 224 GARBANZO BEANS Baked Eggplant and Garbanzo Beans 195 Falafel 30 Garbanzo Bean and Garlic Dip 21 Garbanzo Bean Fritters 30 Hummus 21 Lamb with Garbanzo Beans and Spinach 154 GARLIC Beets with Greens and Garlic Spread 34 Chicken, Nahkla's Garlic 138 Chicken, Stathis' Garlic 139 Garlic Spread 34 Salmon, Garlic-Crusted with Eggplant Sauce 117 Salmon, Grilled with Garlic-Lemon Sauce 120 Scallops, Fried with Garlic Sauce 127 Skordalia 34 Spinach with Garlic and Cheese, Baked 210 Squid, Fried with Lemon and Garlic 128 GRAPE LEAVES Beans, Fresh and Potatoes in Grape Leaves 184 Dolmadakia 31 Dolmas 33 Grape leaves with Meat Stuffing 31 Grape Leaves with Rice Stuffing 33 Salmon in Grape Leaves with Caper-Lemon Sauce 116 Sarmas 33 Greek Easter Bread 92 Greek Easter Cookies 230 Greek Festival Recipes, see FESTIVAL RECIPES Greek Meatballs 28 Greek Salad 46 Greek Stuffed Zucchini 190 Greek Tomato and Onion Salad 55 Greek Village Bread 92 Greek Village Salad 54 GREENS Alaska Wild Greens 41 Beet Greens with Lemon and Garlic 44 Black-eyed Peas, Fennel-Scented and Wild Greens 186

Cooked Wild Greens 39 Cumin-Lemon Meatballs with Wild Greens 161 Curly Endive Salad 43 Fresh Wild Greens 40 *Hortopita* 86 Nettles with Eggs and Horseradish Cream Sauce 208 Sautéed Nettles 207 Three Bean, Greens, and Zucchini Salad with Smoked Salmon 180 Three-Bean, Greens, Zucchini and Tomato Stew 181 Watermelon, Feta, and Arugula Salad 65 Wild Greens Pie 86

## Н

HALIBUT Egyptian Spicy Baked Fish 103 Grilled Halibut Chermoula 105 Halibut and Potato Stew 110 Savory Halibut Stew 109 Halibut with Onions, Pine Nuts, and Tahini Sauce 107 Lebanese Spicy Baked Fish 105 Oregano Halibut 108 Harira 79 Horiatiki Salata 54 Hortopita 86 Hummus 21

## I

Imam Baildi 200

#### Κ

Karithopita 233 KEBAB Kebab 149 Lamb and Eggplant Kebab 150 Pork Kebabs with Oregano 173 Souvlaki 173 Kidneys, Serbian Kidney and Onion Stew 176 Kleftiko 156 Koulourakia 230 Kourambiedes 228

## L

Ladenia 91 Lahmajoon 90 LAMB Baked Pasta with Meat Sauce 94 Dolmadakia 31 Dolmades Avgolemono 164 Easter Lamb Soup 76 Eggplant and Potatoes with Meat Sauce and Béchamel, Baked 196 Eggplant with Meat Sauce and Yogurt Topping, Baked 198 Egyptian Pasta with Béchamel 96 Grape Leaves with Meat Stuffing 31 Greek Meatballs 28 Grilled Lamb Sausages 149 Harira 79 Kebab 149 Keftedakia 28 Kleftiko 156 Lamb and Eggplant Kebab 150 Lamb Braised with Lemon and Onion 152 Lamb Packets with Onions, Tomatoes and Feta 156 Lamb Salad 49 Lamb with Garbanzo Beans and Spinach 154 Mayeritsa 76 Moroccan Lamb and Bean Soup 79 Moroccan Lamb and Onion Stew 151 Moussaka 196 Moussaka with Yogurt 198 Orzo with Lamb, Baked 152 Pastitsio 94 Roast Lamb with Tomato Sauce and Potatoes 148 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 164 Yiouvetsi 152 LAMB. GROUND Baked Pasta with Meat Sauce 94 Dolmadakia 31 Dolmades Avgolemono 164 Eggplant and Potatoes with Meat Sauce and Béchamel, Baked 196

Eggplant with Meat Sauce and Yogurt Topping, Baked 198 Egyptian Pasta with Béchamel 96 Grape Leaves with Meat Stuffing 31 Greek Meatballs 28 Grilled Lamb Sausages 149 Kebab 149 Keftedakia 28 Lamb and Eggplant Kebab 150 Moussaka 196 Moussaka with Yogurt 198 Pastitsio 94 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 194 Lebanese Spicy Baked Fish 105 LEMON Artichoke and Leek Egg-Lemon Soup 75 Avgolemono Soupa 74 Beet Greens with Lemon and Garlic 44 Crab, Lemon-Marinated Dungeness 122 Cumin–Lemon Meatballs with Wild Greens 161 Custard in Filo with Lemon Syrup 224 Dolmadakia 31 Dolmades Avgolemono 164 Easter Lamb Soup 76 Egg-Lemon Soup 74 Galactoboureko 224 Grape Leaves with Meat Stuffing 31 Lemon-Raisin Yogurt Cake with Crunchy Almond Topping 234 Mayeritsa 76 Pork with Celery and Lemon 167 Potato Salad with Lemon and Kalamata Olives 60 **Roasted Lemon Potatoes 214** Rockfish, Grilled with Lemon Sauce 112 Salmon, Grilled with Garlic-Lemon Sauce 120 Salmon in Grape Leaves with Caper-Lemon Sauce 116 Salmon Marinated in Lemon and Parsley 121 Squid, Fried with Lemon and Garlic 128 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 164 LENTILS Lentil and Noodle Soup 68

Lentil and Vegetable Soup 69 Lentils and Rice with Caramelized Onions 98 Red Lentil Soup 70 LETTUCE Dolmades Avgolemono 164 Greek Salad 46 Lettuce and Radish Salad with Cheese 48 Lettuce Mixed Salad with Olive Dressing 47 Romaine and Dill Salad 45 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 164 Liver, Alexandrian with Spicy Green Peppers and Onions 175

#### Μ

Mamaliga 101 Mayeritsa 76 MEAT 130–177; see also Beef; Lamb; Pork; Veal MEATBALLS Cumin–Lemon Meatballs with Wild Greens 161 Greek Meatballs 28 Keftedakia 28 Smyrna Sausages in Tomato-Wine Sauce 162 Soutzoukakia 162 Melitzanosalata 20 Melomakarouna 230 Moroccan Chermoula and Carrot Soup 72 Moroccan Lamb and Bean Soup 79 Moroccan Pancakes with Honey 239 Moroccan Tomato and Pepper Salad 56 Moussaka 196 Moussaka with Yogurt 198

### Ν

NETTLES Nettles with Eggs and Horseradish Cream Sauce 208 Sautéed Nettles 207 New Year's Cake, Nana's 238 NUTS Apricot-Almond Squares 227 Baklava 222 Butter Cookies with Almonds 228 Honey-Nut Pastries 222 Kourambiedes 228 Lemon-Raisin Yogurt Cake with Crunchy Almond Topping 234 Pasta Flora 227 Roasted Almonds 19

## 0

**OCTOPUS** Octopus Braised in Red Wine 130 **Roasted Octopus 35 OKRA** Briami 204 Chicken and Okra 142 **Roasted Mixed Vegetables 204** Spicy Fried Okra 205 OLIVES Green olives, marinated 18 Kalamata, marinated 18 Kalamata, roasted 18 Olives, about 13 ORANGES Orange and Onion Salad 63 Orange and Radish Salad 64 ORZO Chicken and Orzo in Tomato Sauce 135 Lentil and Noodle Soup 68 Orzo with Lamb 152 Yiouvetsi 152

#### Ρ

Palestinian Bread 89 Palestinian Chicken and Onions 134 Palestinian Chicken Soup 78 Palestinian Stuffed Zucchini 191 Palestinian Tomato and Onion Salad 55 Pancakes, Moroccan with Honey 239 PASTA Baked Pasta with Meat Sauce 94 Egyptian Pasta with Béchamel 96 Lentil and Noodle Soup 68 Pastitsio 94 Rice and Pasta Pilaf 97 Salmon Pastitsio Sauce for Pasta 118 Tomato Sauce with Celery and Mint 203 Pasta Flora 227 Pastitsada 157

Pastitsio 94 PASTRY Apricot-Almond Squares 227 Baklava 222 Bougatsa 226 Custard in Filo with Lemon Syrup 224 Galactoboureko 224 Honey-Nut Pastries 222 Pasta Flora 227 Sweet Custard in Filo 226 Paximadakia 231 Peas Baked with Tomatoes and Dill 187 PEPPER Aleppo, about 13 Black Pepper, about 2 PEPPERS Alexandrian Liver with Spicy Green Peppers and Onions 175 Baked Feta with Peppers and Tomatoes 25 Cypriot Salad with Cilantro 53 Fried Eggplant and Peppers in Tomato Sauce 201 Moroccan Tomato and Pepper Salad 56 Peppers, roasted, about 14 Roasted Eggplant and Pepper Salad 59 Roasted Pepper and Feta Spread 24 **Roasted Red Peppers 24** Sausage and Pepper Stew 174 Serbian Beef Stew with Onions and Peppers 159 PIES, SAVORY Cheese Pie 37 Hortopita 86 Savory Squash Pie 88 Spanakopita 36 Spinach Pie 36 Tyropita 37 Wild Greens Pie 86 YiaYia's Spanakopita 84 **PILAF** Artichoke and Rice Pilaf 99 **Cinnamon-Scented Rice Pilaf 144** Egyptian Rice with Dill 99 Lentils and Rice with Caramelized Onions 98 Rice and Pasta Pilaf 97

Pita 89 Pizza, Armenian 90 Polenta, boiled 101 PORK Grilled Pork Steak 169 Paprika Pork and Cabbage 166 Pork Kebabs with Oregano 173 Pork with Celery and Lemon 167 Pork with Coriander Seeds 168 Roast Pork with Spinach Stuffing 170 Souvlaki 173 POTATOES Eggplant and Potatoes with Meat Sauce and Béchamel 196 Briami 204 Fresh Beans and Potatoes in Grape Leaves 184 Fried Potatoes 216 Green Beans, Zucchini, and Potato Stew 183 Halibut and Potato Stew 110 Moussaka 196 Oregano Chicken and Potatoes 136 Over-seasoned Roast Chicken and Potatoes 136 Paprika Potatoes 213 Potato Salad with Lemon and Kalamata Olives 60 Roast Lamb with Tomato Sauce and Potatoes 148 Roasted Cracked Potatoes and Herbs 215 **Roasted Lemon Potatoes 214** Roasted Mixed Vegetables 204 Pudding, Rice 240

## R

RADISHES Carrot-Radish Salad with Capers 62 Lettuce and Radish Salad with Cheese 48 Orange and Radish Salad 64 Raisins, Lemon-Raisin Yogurt Cake with Crunchy Almond Topping 234 *Ras al hanout* 151 *Ravani* 236 Rhubarb, Beef and Vegetable Soup with 80 RICE Artichoke and Rice Pilaf 99

Cinnamon-Scented Rice Pilaf 144 Egyptian Rice with Dill 99 Lentils and Rice with Caramelized Onions 98 Rice and Pasta Pilaf 97 Rice Pudding 240 Rizogalo 240 Spanakorizo 100 Spinach and Rice 100 Rizogalo 240 ROCKFISH Egyptian Spicy Baked Fish 103 Fried Cod with Garlic Sauce 111 Grilled Rockfish with Lemon Sauce 112 Lebanese Spicy Baked Fish 105 Rockfish in Orange Sauce 113 Rockfish with Rosemary Sauce 114

#### 5

Saganaki 22 SALAD Alaska Wild Greens 41 Beet Greens with Lemon and Garlic 44 Cabbage Salad 51 Carrot-Radish Salad with Capers 62 Cooked Wild Greens 39 Cucumber Salad 54 Curly Endive Salad 43 Cypriot Salad with Cilantro 53 Fattoush 57 Fresh Wild Greens 40 Greek Salad 46 Greek Tomato and Onion Salad 55 Greek Village Salad 54 Horiatiki Salata 54 Lamb Salad 49 Lettuce and Radish Salad with Cheese 48 Lettuce Mixed Salad with Olive Dressing 47 Moroccan Tomato and Pepper Salad 56 Orange and Onion Salad 63 Orange and Radish Salad 64 Palestinian Tomato and Onion Salad 55 Potato Salad with Lemon and Kalamata Olives 60 Roasted Eggplant and Pepper Salad 59 Romaine and Dill Salad 45

Salted Cabbage and Carrot Salad 52 Spinach Salad 51 Spinach Salad with Beets and Mint 50 Tabbouleh 58 Three Bean, Greens, and Zucchini Salad with Smoked Salmon 180 Tomato and Bread Salad 57 Tomato Salad for Kebab 56 Tomato, Parsley, and Bulgur Salad 58 Watermelon, Feta, and Arugula Salad 65 White Bean and Onion Salad 61 SALMON Garlic-Crusted Salmon with Eggplant Sauce 117 Grilled Salmon with Garlic-Lemon Sauce 120 Salmon in Grape Leaves with Caper-Lemon Sauce 116 Salmon Marinated in Lemon and Parsley 121 Salmon Pastitsio Sauce for Pasta 118 Salmon Plaki 115 Three Bean, Greens, and Zucchini Salad with Smoked Salmon 180 Salt and seasoning, about 12 Sarmas 33 Sausage and Pepper Stew 174 Sauerkraut, Chicken with Sauerkraut Toursi 144 Scallops, Fried with Garlic Sauce 127 SEAFOOD Cod. Fried with Garlic Sauce 111 Clams with Onions and Dill 131 Crab, Lemon-Marinated Dungeness 122 Fish, Egyptian Spicy Baked 103 Fish, Lebanese Spicy Baked 105 Halibut and Potato Stew 110 Halibut, Grilled with Chermoula 106 Halibut, Oregano 108 Halibut Stew, Savory 109 Halibut with Onions, Pine Nuts, and Tahini Sauce 107 Octopus Braised in Red Wine 130 Octopus, Roasted 35 Rockfish, Grilled with Lemon Sauce 112 Rockfish in Orange Sauce 118 Rockfish with Rosemary Sauce 114 Salmon, Garlic-Crusted with Eggplant Sauce 117

Salmon, Grilled with Garlic-Lemon Sauce 120 Salmon in Grape Leaves with Caper-Lemon Sauce 116 Salmon Marinated in Lemon and Parsley 121 Salmon Pastitsio Sauce for Pasta 118 Salmon Plaki 115 Scallops, Fried with Garlic Sauce 127 Shrimp and Spinach, Roasted 124 Shrimp, Broiled 126 Shrimp, Grilled 125 Shrimp in Tomato Sauce with Feta 122 Squid in Garlicky Tomato Sauce 128 Squid, Fried with Lemon and Garlic 128 Seasoning, salt and, about 12 Serbian Beef Stew with Onions and Peppers 159 Serbian Kidney and Onion Stew 176 SHELLFISH Clams with Onions and Dill 131 Crab. Lemon-Marinated Dungeness 122 Scallops, Fried with Garlic Sauce 127 Shrimp and Spinach, Roasted 124 Shrimp, Broiled 126 Shrimp, Grilled 125 Shrimp in Tomato Sauce with Feta 122 SHRIMP **Broiled Shrimp 126** Grilled Shrimp 125 Shrimp and Spinach, Roasted 124 Shrimp in Tomato Sauce with Feta 122 **SKORDALIA** Cod with Garlic Sauce 111 Garlic-Crusted Salmon with Eggplant Sauce 117 Roasted Beets with Greens and Garlic Spread 34 Scallops with Garlic Sauce 127 Skordalia 22 SOUP Artichoke and Leek Egg-Lemon Soup 75 Avgolemono Soupa 74 Beef and Vegetable Soup with Rhubarb 80 Easter Lamb Soup 76 Ega-Lemon Soup 74 Harira 79 Lentil and Noodle Soup 68

Lentil and Vegetable Soup 69 Mayeritsa 76 Moroccan Chermoula and Carrot Soup 72 Moroccan Lamb and Bean Soup 79 Palestinian Chicken Soup 78 Red Lentil Soup 70 Spicy White Bean Soup 71 Vegetable Soup 73 Soutzoukakia 162 Souvlaki 173 Spanakopita 36 Spanakopita, YiaYia's 84 Spanakorizo 100 Spice mix, Ras al hanout 151 SPINACH Garlic Spinach with Cheese, Baked 210 Grandma's Spinach Pie 84 Lamb with Garbanzo Beans and Spinach 154 Roast Pork with Spinach Stuffing 170 Shrimp and Spinach, Roasted 124 Spanakopita 36 Spanakorizo 100 Spinach and Eggs 209 Spinach and Rice 100 Spinach Fritters 29 Spinach Salad 51 Spinach Salad with Beets and Mint 50 Spinach Triangles 36 YiaYia's Spanakopita 84 Squash, Savory Squash Pie 88 SQUID Fried Squid with Lemon and Garlic 128 Squid in Garlicky Tomato Sauce 128 Squid, cleaning 14 STEW Beef Braised with Tomatoes and Garlic 157 Black-eyed Peas, Fennel-Scented and Wild Greens 186 Cauliflower Stew 218 Green Beans and Tomato Stew 182 Green Beans, Zucchini, and Potato Stew 183 Halibut and Potato Stew 110 Lamb Braised with Lemon and Onion 152 Lamb with Garbanzo Beans and Spinach 154 Moroccan Lamb and Onion Stew 151

Pastitsada 157 Pork with Celery and Lemon 167 Rosemary Beef Stew with Pearl Onions 158 Sausage and Pepper Stew 174 Savory Halibut Stew 109 Serbian Beef Stew with Onions and Peppers 159 Serbian Kidney and Onion Stew 176 Three-Bean, Greens, Zucchini, and Tomato Stew 181 **STIFADO** Cauliflower Stew 218 Rosemary Beef Stew with Pearl Onions 158 Savory Halibut Stew 109 Sumac, about 15 SWISS CHARD Dolmades Avgolemono 164 Stuffed Lettuce or Swiss Chard with Egg-Lemon Sauce 164 Swiss Chard and Eggs 211 Swiss Chard and Onions Braised in Olive Oil 212

#### Т

Tabbouleh 58 TOMATOES Baked Eggplant with Tomatoes and Onion 200 Baked Feta with Peppers and Tomatoes 25 Chicken and Orzo in Tomato Sauce 135 Chicken with Spiced Tomato Sauce 140 Cypriot Salad with Cilantro 53 Fried Eggplant and Peppers in Tomato Sauce 201 Greek Tomato and Onion Salad 55 Greek Village Salad 54 Green Beans and Tomato Stew 182 Imam Baildi 200 Kleftiko 156 Ladenia 91 Lamb Packets with Onions, Tomatoes and Feta 152 Moroccan Tomato and Pepper Salad 56 Olive-Oil Flatbread with Tomato-Onion Topping 91 Palestinian Tomato and Onion Salad 55

Peas Baked with Tomatoes and Dill 187 Salmon Pastitsio Sauce for Pasta 118 Shrimp in Tomato Sauce with Feta 122 Squid in Garlicky Tomato Sauce 128 Smyrna Sausages in Tomato-Wine Sauce 162 Soutzoukakia 162 Stuffed Eggplant with Tomato Sauce 193 Tabbouleh 58 Three-Bean, Greens, Zucchini, and Tomato Stew 181 Tomato and Bread Salad 57 Tomato, Parsley, and Bulgur Salad 58 Tomato Salad for Kebab 56 Tomato Sauce with Celery and Mint 203 Tomatoes, about 15 Tomatoes and Eggs 202 Tsoureki 92 Tyropita 37 Tzatziki 20

#### ۷

Vasilopita 238 Veal, Alexandrian Liver with Spicy Green Peppers and Onions 175 VEGETABLES Artichokes with Dill 206 Beans, Fava-Style with Dill and Onions 185 Beans, Fresh and Potatoes in Grape Leaves 184 Beets, Roasted with Greens and Garlic Spread 34 Black-eyed Peas, Fennel-Scented and Wild Greens 186 Briami 204 Caponata 26 Carrot Soup, Moroccan Chermoula and 72 Cauliflower, Spicy Fried 217 Cauliflower Stew 218 Eggplant and Garbanzo Beans, Baked 195 Eggplant and Peppers in Tomato Sauce, Fried 201 Eggplant and Potatoes with Meat Sauce and Béchamel, Baked 196 **Eggplant Spread 20** Eggplant, Stuffed with Tomato Sauce 193

Eggplant, Sweet and Sour with Olives and Capers 26 Eggplant with Meat Sauce and Yogurt Topping, Baked 198 Eggplant with Tomatoes and Onion, Baked 200 Falafel 30 Garbanzo Bean and Garlic Dip 21 Garbanzo Bean Fritters 30 Green Beans and Tomato Stew 182 Green Beans, Zucchini, and Potato Stew 183 Hummus 21 Imam Baildi 200 Lentil and Vegetable Soup 69 Moussaka 196 Moussaka with Yogurt 198 Nettles, Sautéed 207 Nettles with Eggs and Horseradish Cream Sauce 208 Okra, Spicy Fried 205 Peas Baked with Tomatoes and Dill 187 Peppers, Roasted Red 24 Potatoes, Fried 216 Potatoes, Paprika 213 Potatoes, Roasted Cracked with Herbs 215 Potatoes, Roasted Lemon 214 Roasted Mixed Vegetables 204 Spinach and Eggs 209 Spinach Fritters 29 Spinach with Garlic and Cheese, Baked 210 Swiss Chard and Eggs 211 Swiss Chard and Onions Braised in Olive Oil 212 Three Bean, Greens and Zucchini, Salad with Smoked Salmon 180 Three-Bean, Greens, Zucchini, and Tomato Stew 181 Tomato Sauce with Celery and Mint 203 Tomatoes and Eggs 202 Vegetable Soup 73 Zucchini Flowers Stuffed with Cheese 192 Zucchini, Fried with Feta 188 Zucchini, Greek Stuffed 190 Zucchini, Mint Marinated 189 Zucchini, Palestinian Stuffed 191

### W

WALNUTS Baklava 222 Honey-Nut Pastries 222 Karithopita 233 Walnut Cake 233 Watermelon, Feta, and Arugula Salad 65

## Y

Yiouvetsi 152 YOGURT Eggplant with Meat Sauce and Yogurt Topping, Baked 198 Lemon-Raisin Yogurt Cake with Crunchy Almond Topping 234 *Moussaka* with Yogurt 198 *Tzatziki* 20 Yogurt and Cucumber Dip 20

### Ζ

ZUCCHINI Briami 204 Fried Zucchini with Feta 188 Greek Stuffed Zucchini 190 Green Beans, Zucchini, and Potato Stew 182 Mint Marinated Zucchini 189 Palestinian Stuffed Zucchini 191 Roasted Mixed Vegetables 204 Three Bean, Greens, and Zucchini Salad with Smoked Salmon 180 Three-Bean, Greens, Zucchini, and Tomato Stew 181 Zucchini Flowers Stuffed with Cheese 192