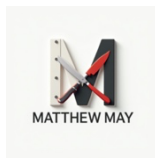


“Taste of Greece”

May 23, 2026



CLASSIC HUMMUS

- 2 garlic cloves, mashed and roughly chopped**
- 2 15-oz cans of chickpeas (garbanzo beans), drained**
- 2/3-cup tahini (roasted, not raw)**
- 1/4-cup freshly squeezed lemon juice**
- 1/2-cup water**
- 1/4-cup olive oil**
- 1/2-tsp. salt**

In a food processor, combine garlic, garbanzo beans, tahini, lemon juice and olive oil. While processor is on, slowly drizzle in water. Process until smooth. Add just enough water to make smooth. Taste. Add salt a little at a time, as you may want to add less. Taste and adjust seasoning if needed. Remove lid from processor, scrape down the side of the bowl with a spatula, and continue to mix until smooth. Once smooth and creamy, transfer to a serving bowl and drizzle with a really good olive oil before serving. May be stored in refrigerator for up to 4 days.

ZUCCHINI FRITTERS WITH MINT YOGURT

- 1 1/2-pounds zucchini, grated**
- 3/4-tsp. salt**
- 1/4-cup flour**
- 1/4-cup grated parmesan cheese**
- 1 large egg, beaten**
- 2 cloves garlic, minced**
- Salt and pepper to taste**
- 2 TBSP. olive oil**

Toss grated zucchini with salt in a colander set inside a bowl and set aside for at least 30 minutes, or over night. The salt will draw out the water in the zucchini. Transfer zucchini to the center of a clean kitchen towel or cheesecloth; wrap cheesecloth around zucchini and squeeze to drain as much water out as possible. In a separate bowl, combine flour, parmesan cheese, garlic, and egg; stir to combine. (Taste a few strands of zucchini to judge the amount of salt you may need to add, if any.) Add zucchini along with salt (if needed) and pepper and stir to evenly combine. Make sure there are no lumps of flour and cheese mixture. Heat oil in a large skillet over medium-high heat. Working in batches, scoop tablespoons full of the zucchini mixture into the hot skillet. Gently press the mixture to slightly flatten them, and fry until golden brown, about 2 minutes per side. Swerve hot and enjoy!

MINT YOGURT

- 1-cup Greek yogurt**
- 1 TBSP. finely chopped fresh mint**
- 1/8-tsp ground black pepper**

Combine all ingredients in a small bowl, Stir to combine, set aside in the refrigerator until ready to serve.

KEFTEDES (GREEK MEATBALLS)

- 1-pound ground beef (85/15 or 8/20 works best with its' fat content)**
- 1/4-cup breadcrumbs**
- 1/4-cup whole milk or heavy cream**
- 1/4-tsp. dry oregano**

¼-tsp. dry cumin
1/8-tsp. salt
1/8-tsp. ground black pepper
1/8-tsp. ground cinnamon
1/8-tsp. ground nutmeg
½-tsp. “Lemon Garlic” Sea Salt (from www.eastcoastsaltcompany.com)
½-tsp. Worcestershire sauce
1-tsp. minced fresh garlic
2-TBSP. minced white or yellow onion
1-tsp. chopped parsley
1-tsp. chopped fresh mint
zest from half a lemon

Preheat oven to 400°F. In a 1-cup measuring cup, combine breadcrumbs, milk, Worcestershire sauce, all dry spices, and salt; stir and set aside for about 5 minutes to allow time for the breadcrumbs to absorb the milk and for the salt to dissolve. In a medium size mixing bowl, add ground beef and remaining ingredients. Stir to combine. Add breadcrumbs and milk mixture (also called ‘panade’). Stir to evenly combine and there are no traces of breadcrumbs. Using a tablespoon or small measuring cup, measure out meatballs to a uniform size, until all the ground beef mixture has been used. Try to create evenly sized meatballs to ensure they will all cook evenly. Place meatballs on a baking sheet tray or rimmed baking dish. **This recipe is traditionally cooked in a skillet on the stovetop that results in ‘browning’ the meatballs. We are going to make an adjustment to the oven that will allow moisture to evaporate quickly, to get better browning on the meatballs. Place a wooden spoon in the door of the oven which will allow the steam from the meatballs to evaporate much more quickly.* Bake for about 20 minutes, then rotate the pan and continue baking another 20 minutes. Insert a stem thermometer into the center of the meatballs that are in the center of the pan. (The meatballs in the center of the pan will cook slower than those around the outside of the pan). You’re looking for an internal temperature of about 160°F. When meatballs reach an internal temperature of 160°F, remove from oven and allow to rest for about 10 minutes. The meatballs will continue to cook and will climb in temperature of about 165°F. (This is called “carry-over-cooking”).

CRÈME CATALANA

4 egg yolks
zest of 1 medium-sized lemon
zest of 1 small orange
1-cup heavy cream
¼-tsp. ground cinnamon
2 TBSP. sugar (divided)
2 6–8-ounce baking cups/ramekins
(Makes two desserts)

Heat oven to 300°F. Zest lemon and orange. You can use a vegetable peeler to remove large ‘ribbons’ of the zest, which will be much easier to remove later. Separate egg yolks from the whites (discard or save the whites for another recipe). In a small saucepan, bring cream, cinnamon, lemon zest, and orange zest to a low simmer over medium-low heat. Stir occasionally and do not let it boil. Once the cream mixture reaches a low simmer, turn off heat and allow the zest to steep in the hot cream for at least 20 minutes. Strain the citrus cream through a strainer or cheese cloth to remove the zest. Slowly pour the hot citrus cream into the egg yolk mixture (a little at a time), while stirring constantly. Pouring too fast will result in scrambled eggs. Place your 2 ramekins into a 9”x9”-inch pan. Divide the custard mixture into the ramekins. Pour the water into the pan until it’s halfway up the side of the ramekins. Be careful not to pour any water into the custard. Bake 40-45 minutes or until centers are just set. A thermometer inserted into the center should read between 170°-175°F. Remove ramekins from hot hater and cool them on the counter to room temperature, then refrigerate for a minimum of three hours. When ready to serve: Sprinkle powdered sugar on top or Bruleè them to make ‘crème Bruleè’.