

Greek Traditional Desserts



by Ivy Liacopoulou



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Introduction

In this e-book you will learn how to make some of the most traditional and delicious Greek desserts, which are bound to please your sweet tooth. Most of the traditional Greek desserts are sweetened with syrup but they are well balanced and not too sweet. These desserts are called “syropiasta”, which means drenched in syrup.

I don't like my desserts overly sweet, so you will see that they are well balanced and not too sweet.

I love making fruit preserves, called “[glyka tou koutaliou](#)”, which I use in many of my recipes. I also use the leftover syrup, which is very aromatic and makes the “syropiasta” desserts even more delicious. I have inserted a recipe for Bergamot fruit preserve, which can be your guide in making many more citrus fruit preserves.

Enjoy!

[T.O.C.](#)



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[I.O.C.](#)

About Me

Hi there!

I am Ivy, a food blogger, recipe developer, cookbook author, culinary instructor and the cook , photographer, food stylist and editor behind [Kopiaste.. To Greek Hospitality](http://Kopiaste..ToGreekHospitality.com).

In this e-book you will learn how to make some of the most traditional and delicious Greek desserts, which are bound to please your sweet tooth.

You can find more Greek desserts on [Kopiaste.. to Greek Hospitality](http://Kopiaste..toGreekHospitality.com).

Hope you enjoy this free e-book!



Kopiaste and Kali Orexi!

Ivy

Honey Baklavas Tart, with Dark Chocolate



Preparation time: 30 minutes Baking time: 15 minutes Serves: 10

Ingredients:

300 grams phyllo dough
150 grams (5.3 oz) toasted walnuts
130 grams (4.5 oz) toasted almonds
2 tbsp dried bread crumbs
1/2 tsp powdered cloves
1 tsp cinnamon
1/2 cup cane sugar
125 grams (4.4 oz) clarified butter
10 toasted walnut halves, for decoration (optional)

Honey Syrup:

1 cup honey
1 cup water
3 cloves
1 small piece cinnamon stick

Chocolate Ganache:

125 grams (4.4 oz) dark chocolate (70% cocoa)
125 ml heavy cream 35%
1 tbsp honey
A pinch of freshly grated black pepper (optional)
A pinch of coarse sea salt

Preheat oven to 180°C / 350° F. While the oven is preheating, toast the walnuts and almonds, for about 15 minutes and set aside to cool. When they cool pulse them in a food processor with a couple of spins to make coarse pieces. Add the bread crumbs, cinnamon, cloves and cane sugar to the nuts, mix and set aside.

While the nuts are toasting, prepare the syrup. Put the honey with water as well as spices in a small pot and mix until honey has dissolved. Bring to a boil and cook for 5 minutes. Remove from the heat and discard the spices.

Prepare the clarified butter. Put the butter in a small frying pan or pot and melt it over medium heat. Remove the froth which rises on top and use the melted butter only. The milk solids should be discarded.

Remove 8 sheets of phyllo and put the tart pan on top. Lightly score the phyllos 2.5 cm (1 inch) away from the tart pan and with a scissors, cut round sheets of phyllo.

Brush a 26 cm tart pan with butter.

Brush two sheets of phyllo and place one on top of the other. Using the brush, arrange them to sit on the tart pan. Sprinkle 1/4 of the nut mixture on top. Place another phyllo, brushed with butter on top and press it with the brush to sit over the nuts. Add the next 1/4 of nuts and another sheet on top, brushed with butter. Continue with two more following the above procedure. Finally add the remaining two sheets, each one brushed with butter.

Using the brush arrange the edges of the phyllo, tucking them inside to form the side of the tart. Brush the top with butter.

Reduce the temperature to 160°C / 320°F and bake for 25 – 30 minutes or until golden on top.

While it is baking prepare the ganache. Place a double boiler (bain mari) on the heat and add the heavy cream. When the water starts boiling add the chocolate, cut into pieces and mix until it starts melting. Add the honey, salt and pepper and continue mixing until it melts.

When the baklavas is ready, remove from the oven and using a spoon wet the surface and sides of the tart with the cold (or lukewarm) syrup. Set aside until the syrup is absorbed.

Add the chocolate ganache on top and if you like you can decorate it with roasted walnut halves.

[T.O.C.](#)

Baklavas is a rich, sweet pastry made of layers of phyllo sheets, filled with chopped nuts and sweetened with syrup made from sugar and/or honey.





Galaktoboureko

Preparation time: 45 minutes Baking time: 45 minutes Serves: 16

Ingredients:

200 grams (4.40 oz – about ½ cup) ewes' and goat milk butter (or clarified cow's milk butter)
6 phyllo sheets
Water to sprinkle on top

Cream filling:

1 litre (about 4 cups) full fat milk (or substitute 1 cup of milk with heavy cream)
4 eggs
¾ cup sugar
1 cup fine semolina
½ tsp vanilla essence or 1 packet (10 grams) lemon scented vanilla sugar
1 tbsp lemon zest
1 tbsp butter (if using heavy cream, skip the butter)

Syrup:

1 ½ cups sugar
1 ¼ cups water
1 stick cinnamon
3- 4 cloves
1 lemon peel
2 tbsp lemon juice

Begin by preparing the syrup first as it has to be cold or at least lukewarm, when pouring it over the galaktoboureko when baked.

Put the sugar, water, lemon peel and the spices in a saucepan. Bring to a boil and simmer for 5 minutes. Mix in lemon juice and remove from the heat.

Prepare the filling:

In a bowl whisk half amount of sugar with eggs and vanilla until creamy.

Heat the milk and heavy cream with the remaining sugar until warm.

Put the milk in a bigger pot, add the lemon zest and the beaten egg mixture and stir until incorporated. Add semolina and mix.

Put on the heat and mix continuously with a balloon whisk, until the cream is thick. Remove from the heat and mix in the butter.

Cover with cling film and set aside to cool.

Prepare the clarified butter:

In a small pot melt the butter. If using cow's milk butter, discard the froth forming on top and use only the melted butter. Milk solids will remain on the bottom of the pot, which should not be used.

Assembling the dessert:

Grease a baking pan (25 x 17.5 cm – 10 x 7 inches) with butter.

Cut 6 of the phyllos in the middle. Brush each phyllo with the butter and place alternating from horizontally to vertically, part of it covering the sides of the baking tin. Brush each new addition of phyllo with butter. After adding half of the phyllos add the cream. Start folding the protruding edges, one layer at a time, adding another phyllo on top and brushing with butter. Continue adding the protruding phyllos, brush with butter, add a phyllo and continue until all have been added.

Brush the last one with butter and score lightly until the knife reaches the level of the cream.

Wet your hands with water and sprinkle a few drops on top. Repeat once more.

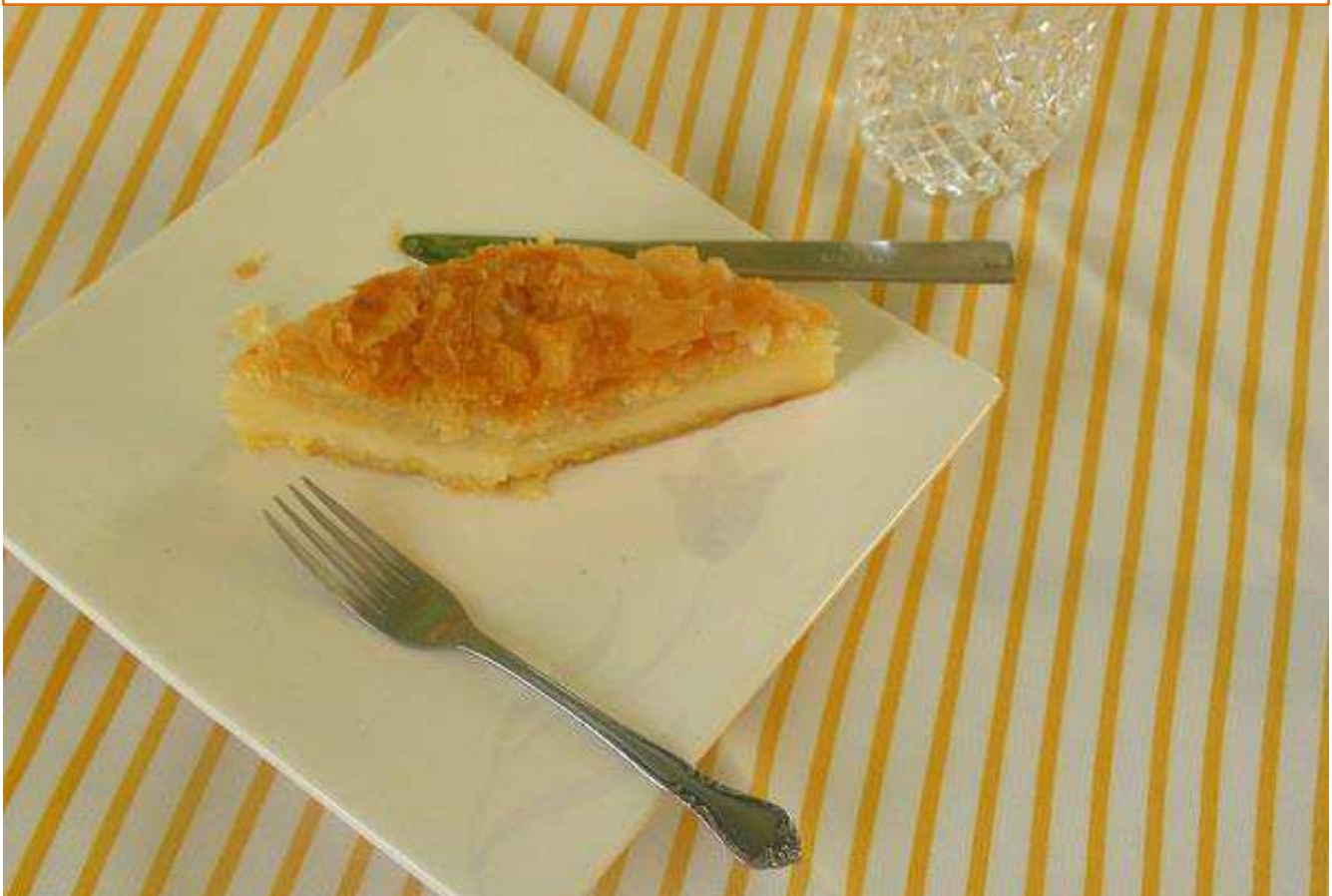
Bake in a preheated oven to 180°C / 350°F for about 45 minutes (If baked in a fan-forced oven bake to 170°C / 338°F for about 35 minutes) or until golden on top.

Remove galaktoboureko from the oven and add the syrup gradually with a spoon to wet it. It may seem that the syrup is too much but it will soon be absorbed.

Set aside to cool before serving.

Leftover, must be refrigerated but it is best to make a smaller quantity so as to avoid refrigerating, as the phyllo will become soft.

[T.O.C.](#)



Galaktoboureko is a Greek custard pie with flaky phyllo dough crust. It's best served the day it's made so the crust doesn't get soggy.

Karydopita



Preparation time: 30 minutes

Baking time: 1 hour

Serves: 16

Ingredients:

250 grams butter
1 cup brown cane sugar
400 grams (about 3 cups)
all purpose flour
3 tbsp baking powder
½ tsp salt
1 tbsp of cinnamon
1 tsp of ground cloves
1 tbsp orange zest
4 eggs
1 tbsp lemon juice
50 ml Grand Marnier or
brandy
¾ cup of milk
180 grams (1 ½ cup)
coarsely crushed walnuts

In a bowl mix the flour, baking powder, orange zest, cinnamon and ground cloves.

Beat egg whites with 1 tbsp lemon juice, until stiff.

Beat the butter and sugar until the mixture turns white and fluffy.

Add the egg yolks and gradually add the orange liqueur or brandy and mix for a few more minutes.

Add the milk and mix.

Gradually add the flour alternating with the egg whites folding gently with a spatula until incorporated.

Finally add the crushed walnuts and mix.

Pour the batter into a well greased and floured 25 cm baking tin.

Ingredients for syrup:

1 ½ cups of citrus preserve
syrup
or
2 cups of sugar
1 1/2 cups water
1 cinnamon stick
3 cloves
1 tablespoon of lemon juice
Lemon peel

Additional ingredients:

70 grams walnuts
25 grams butter
1 tbsp icing sugar
1 drop vanilla essence

See also two modern
Karydopitas (pr. ka-ree-do-
pita) I made:

[Karydopita with Chocolate and
Orange](#)
And
[Olive Oil Beetroot and
Chocolate Karydopita](#)

The word "karydi" (καρύδι)
means walnut and "pita" (πίτα)
means pie.



Bake the cake in a preheated oven to 180°C / 350°F for about one hour or until a knife or a toothpick inserted into the centre of the cake comes out clean.

Prepare the syrup. In a saucepan place sugar, water and lemon peel and boil for 5 minutes. Turn off the heat and add the lemon juice.

Remove the cake from the oven and while warm, pour the cold syrup gradually, until it is absorbed.

Mix the butter, icing sugar and vanilla and spread on top of the cake.

Sprinkle with more walnuts on top.

[T.O.C.](#)



Karydopita with Chocolate and Orange



Olive Oil Beetroot and Chocolate Karydopita



Loukoumades

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 10

Ingredients:

Starter

1/2 cube fresh yeast (12 1/2 grams) or 8 grams dried yeast
 1 tsp sugar
 3 tbsp flour
 1/4 cup water

Other ingredients:

210 grams all purpose flour
 1/8 tsp salt
 1 cup lukewarm water

Additional Ingredients:

Mild olive oil or vegetable oil for frying
 Oil to dip the spoon in

Dissolve the yeast with the lukewarm water, add sugar and a couple tablespoons flour and mix. Cover and set aside until it bubbles.

Put the remaining ingredients in a large bowl together with the starter. Add the remaining lukewarm water gradually, mixing with a whisk until you have a thick batter. Cover with cling film and a kitchen towel and set aside, in a warm environment, until it doubles in volume.

Heat the olive oil in a small pot so that the oil is at least about 4 cm (1 1/2 inches).

Place your left hand in the batter and trying to grab the batter with your fist, a small amount of batter will pop up among your thumb and forefinger.

Use a teaspoon dipped in oil to take that amount with and put it in the hot oil.

To serve:

Greek thyme honey
½ tsp cinnamon
100 grams finely crushed walnuts
2 tbsp roasted sesame seeds (optional)

Note:

If you have a thermometer, lukewarm water is around 40o C. If not, try the traditional way by testing the water using you little finger. If you can stand the heat and count up to five, then the water temperature is fine.

Continue quickly until the pot is full, wetting the spoon in the oil, so that the dough does not stick to the spoon.

(When fried, the dough will double in size, so adjust the amount if you want to make smaller or bigger ones).

Fry until golden on both sides.

Remove to a platter lined with kitchen paper and dry them quickly, to absorb some of the oil.

Transfer them to another platter.

Mix walnuts with cinnamon and roasted sesame seeds.

Drizzle honey on top and sprinkle with some of the walnut mixture.

Serve warm with some ice cream.

[T.O.C.](#)

Loukoumades are a Greek fried-dough pastry similar to doughnuts, drizzled with honey, cinnamon and walnuts.





Revani

Preparation time: 30 minutes Baking time: 45 - 50 minutes Serves: 18

Ingredients:

1 cup extra virgin olive oil
 1 cup (200 grams) sugar
 4 large eggs, separated
 200 ml Greek yoghurt
 1 tbsp lemon juice
 10 drops vanilla essence
 160 grams fine semolina
 100 grams coarse semolina
 195 grams all purpose flour
 1 tbsp baking powder
 1/8 tsp salt
 1 tbsp bergamot (or other citrus) zest
 50 grams almonds, blanched
 1 tbsp lemon juice (for the egg whites)
 1 tbsp olive oil, to grease the baking tin
 1 tbsp flour, for the baking tin

Boil the syrup for five minutes and add the lemon juice. (Or use leftover bergamot or other citrus preserve syrup).

Mix the lemon juice to the yoghurt and set aside for 10 minutes.

Beat the olive oil with sugar until fluffy, for about ten minutes on high speed.

Add the yolks one at a time until incorporated. Add the yoghurt.

Combine both type of semolina and flour, bergamot zest, salt and baking powder.

Whisk egg whites with lemon juice until the meringue is firm. (It is ready when turning the bowl to the side it should not fall from the bowl).

For the syrup:

2 cups leftover bergamot (or other) citrus leftover syrup

Or

2 cups sugar

2 cups water

1 small piece cinnamon stick

3 cloves

Peel of 1 lemon

2 tbsp lemon juice (boil the syrup for five minutes and add the lemon juice at the end)

Lower mixer speed and add the dry ingredients a little at a time, alternating with some of the egg whites.

Pour in a well greased and floured 28 cm baking tin and lightly score the pieces. Add three almonds on each piece.

Preheat oven to 180°C / 350°F and bake for about 1 hour, until golden or until a knife inserted in the centre comes out clean.

As soon as you remove it from the oven, cut the pieces where previously scored and pour the syrup gently on top, using a spoon to wet the cake.

Set aside until it cools and absorb the syrup before serving.

Serve as it is or with ice cream or whipped cream.

[I.O.C.](#)

A moist and delicious semolina cake flavored with a touch of bergamot and sweetened with an aromatic bergamot syrup.





Yiaourtglyko

Preparation time: 15 minutes

Setting time: 2 – 3 hours

Serves: 8

Ingredients:

500 grams Greek yoghurt
 500 ml heavy cream
 1/2 cup syrup from orange (or other) fruit preserve
 1/4 cup water
 2 gelatine leaves
 1 cup orange (or other) fruit preserve cut into small pieces
 1/2 tsp orange essence (or vanilla)
 Cinnamon (optional)
 More Orange (or other) fruit preserve to serve

Put the gelatine in a bowl with tap water and soak it for five minutes.

Put the syrup and water in a small pot and bring to a boil. Add the gelatine and mix to dissolve. Remove from the heat and set aside until it cools.

Whip the heavy cream until soft peaks are formed. Add the yoghurt and orange essence and whip for another second.

Add the syrup and fruit and mix in with a spoon.

Divide the mixture into molds or small bowls.

Serve with cinnamon on top and a slice of fruit preserve.

Depending on how sweet you prefer it, you can add more syrup on top.

[T.O.C.](#)

If you do not like gelatin, try this much simpler recipe for [Yiaourtglyko](#).



Halvas

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves: 12

Ingredients:

1 cup of mild extra virgin olive oil
 2 cups Semolina flour (fine and coarse)
 1 cup of desiccated coconut

For the syrup:

2 cups sugar *
 3 cups water *
 1 cup citrus spoon sweet syrup
 1 tsp orange and lemon zest
 3 -4 whole cloves
 1 cinnamon stick
 1 lemon peel
 1 tbsp lemon juice

Additional ingredients:

Desiccated coconut, cinnamon to sprinkle on top and citrus spoon sweet for decoration

Note:

*If you do not want to use citrus syrup, make a simple sugar syrup with 3 cups sugar and 4 cups water

Prepare the syrup by adding the water, sugar, lemon peels, a few cloves and a cinnamon stick in a pot. Bring to a boil for five minutes and then add the citrus syrup and citrus zest and continue boiling for 1 more minute. Discard lemon peel, cinnamon stick and cloves and set aside.

In another large pot, heat the olive oil and add the semolina and stir constantly to roast as if you are making a roux. Mix continuously for about five minutes on high heat and when it starts browning remove from the heat.

At this stage you will have to add the syrup but special care must be taken as it will bubble and start splashing, so another hand may be useful. However, if you are alone, remove the pot from the heat and start adding the syrup gradually and mixing with your other hand until you add it all. Add the coconut and mix. Put it back on the heat, lower heat and keep mixing until it sets.

Place in a mold and let it cool before refrigerating. Unmold in a platter and sprinkle with more coconut and cinnamon on top.

Decorate with orange or other spoon sweet.

[T.O.C.](#)

Halvas Katsarolas, means pot halvas to distinguish it from the baked one. It is a popular dessert especially during Lent, as it is nistisimos (vegan).



Bergamot

Preparation time: 45 minutes

Cooking time: (see instructions)

Serves: 21

Ingredients:

7 bergamots (1200 grams /
2.65 lbs bergamot peels)
1200 grams (2.65 lbs) sugar*
1 lemon, only the juice
2 cups water
½ cup lemon juice, divided

***Note:**

To make preserves with fruit that do not contain sugar, in this case the peels, the ratio sugar to fruit is 1:1. Weigh peels after grating them and add the same amount of sugar. As the peels will not extract any juices we also add water to make the syrup.

For other fruit the amount of sugar and water is adjusted accordingly.

Wash the bergamots, wipe them and using a fine kitchen grater, grate until the rind becomes bright yellow. Once you have scrubbed all the bergamots, cut a small piece off the top and the bottom and with a sharp knife score the peel into three or four equal sections, depending on the size. Using the tip of the knife, gently remove the skin and remove the fruit. From the skin you must now remove as much white pith from the bergamot peels as possible. Now is when you weigh the fruit and use the same amount of sugar.

Take each peel and roll it as tight as you can. Secure it with a wooden toothpick or you can thread them.

Place them in a big pot and cover them with water. As they will float put a plate on top of them to keep them submerged.

Note: Using the same method you can make orange, lemon, grape fruit or Seville (bitter) orange preserves.

Leftover grated Bergamot zest can be used to flavour cakes but also to make a [Bergamot Liqueur](#). Leftover bergamot fruit can be made into a marmalade.



Bring to boiling point only for 2 – 3 minutes and turn off the heat. Leave them on the stove (ceramic) until they cool.

Next day, empty water and add fresh water.

Boil again for 2 – 3 minutes. Repeat this procedure for three more days. On the last day after the boiling procedure, immediately empty hot water, add fresh cold water and half of the lemon juice.

Put them back again on the heat and boil for 10 minutes. Remove from the heat and leave them in the hot water until it becomes cold. Drain them and remove the thread or toothpicks, carefully.

Put them back into the pot again and add the sugar and the water.

Leave it until the sugar dissolves and bring to a boil. Lower heat to medium and boil for fifteen minutes. Remove from heat and leave it until the following day. The last day place them again on the heat, bring to a boil, then lower to a simmer and cover with the lid slightly ajar. Simmer, stirring and skimming occasionally, for about an hour, or until the syrup is ready.

Finally add the remaining lemon juice, stir and leave it to cool completely.

Store in clean and [sterilized glass jars](#).

[See more fruit preserves.](#)

[T.O.C.](#)

Spoon sweets (called glyka tou koutaliou) are sweet fruit preserves, served in a spoon as a gesture of hospitality.

Greek fruit preserves, the ancestor of fruit comfit, have been made since antiquity, sweetened with honey.

They are still part of Greek culinary tradition, served on a little crystal plate with a teaspoon and a tall glass of cold water.

However, you can see from my recipes that I use them in many of my desserts.

They can be made from almost any fruit, though sour and bitter fruits are especially prized.





Ekmek Kataifi

Preparation time: 30 minutes

Baking time: 25 minutes

Serves: 6 - 8

Ingredients:

Kataifi base:

200 grams kataifi dough
115 grams butter, clarified
100 grams almonds or pistachios, pounded
½ teaspoon cinnamon
2 tablespoons sugar

Pastry cream:

4 cups of whole milk
2 tbsp flour
5 tbsp corn flour (starch)
6 tbsp sugar
1/2 tsp citrus or vanilla essence
3 eggs
1 tbsp citrus liqueur (optional)
1 tbsp lemon zest
1 teaspoon of butter

Preheat oven to 180° C / 350° F.

Prepare the syrup by adding all the ingredients, except the lemon juice, in a small pot and bring to a boil. If honey is used, it will soon bubble and form froth. Reduce heat and keep mixing for 5 minutes and the froth dissolves. Discard lemon rind, cinnamon and cloves and mix in the lemon juice. Set aside until it cools.

Prepare the clarified butter.

Work the kataifi dough with your hands, tearing apart the shreds and gently spreading the strands out a bit if they clump together, in order to get fluffy.

Put half of the kataifi dough in the bottom of a spring form pan and add a few tablespoons clarified butter here and there. Mix the almonds with sugar and cinnamon and sprinkle on top of kataifi. Add the remaining half on top and add the remaining butter. Alternatively, we can add roasted nuts on top.

Bake for about 20 – 25 minutes or until golden.

Kataifi is a special form of shredded phyllo dough, available in Greek or Middle Eastern stores.

Whipped cream:

330 ml heavy cream
3 – 4 tablespoons icing
sugar
3 – 4 drops citrus or vanilla
essence

For the syrup:

Citrus spoon sweet syrup
or
½ cup sugar
½ cup thyme honey (or
instead of both 1 cup
sugar)
1 cup water
1 lemon peel
1 piece cinnamon stick
2 – 3 cloves
1 tablespoon of lemon juice

Take out from the oven and drizzle with the cold syrup.
Set aside to cool.

Meantime, prepare the whipped cream and refrigerate until the pastry cream cools.

Heat the milk reserving 1/4 cup cold milk.

In another pot add the flour, corn flour, eggs, sugar, vanilla, zest and the cold milk and stir well with an egg beater, until the mixture is combined.

Pour the hot milk to mixture stirring constantly, on the heat, until the cream sets.

Remove from the heat, add the butter and stir. Finally mix in the citrus liqueur. Cover with cling film and set aside to cool. (If we are in a hurry and want to speed up cooling procedure, we can put the pot over a water bath with ice and stir until it cools).

When the cream has cooled, mix in 3/4 of the whipped cream and add it over the kataifi.

Decorate with the remaining whipped cream and with slices of orange or other citrus preserve and nuts.

Refrigerate for a few hours before serving. [T.O.C.](#)



Ryzogalo



Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 8

Ingredients:

¼ cup short grain, starchy rice or carolina
2 cups water to boil rice
A pinch of salt
1 can condensed sweetened milk
3 cans water (use the can from the milk) it makes a total of 5 cups of milk
100 grams corn flour (starch)
10 drops vanilla essence
2 egg yolks

Put the rice and water in a pot and bring to a boil. Add a pinch of salt, lower the heat and cook until it absorbs the water (about 15 minutes), stirring frequently.

Add condensed sweetened milk and stir.

In the meantime put the yolks, corn flour, vanilla and water in a bowl and whisk until incorporated. Add to the cooked rice and continue stirring until the cream sets.

Divide into bowls.

Serve lukewarm or cold, sprinkling some cinnamon on top.

[T.O.C.](#)

Ryzogalo (means rice and milk) and is the Greek version of rice pudding.



Kariokes

Preparation time: 1 hour 30 minutes Cooking time: 10 minutes Makes: 20

Ingredients:

170 grams Petit Beurre biscuits, crushed
1 cup cereals
1 cup walnuts (plus extra for decoration)
¼ cup demerara sugar
100 grams butter
1/3 dark cocoa, sieved
½ cup of cherry spoon sweet, without syrup (optional)
3 tbsp Greek honey (or cherry syrup)

For coating:

375 grams dark chocolate
2 tablespoons butter
2 tbsp heavy cream

In a bowl add the crushed biscuits, cereals, walnuts, butter, sugar, cocoa and cherries and using your hand mix them well.

Add the honey (or syrup) and mix until they can hold together. Shape into round balls, about the size of a large walnut and place on parchment paper or on cling film. Press them a little with your fingers to flatten them. Refrigerate until the chocolate is ready.

In a bain Marie (water bath) heat the chocolate until it melts and add the butter and cream. Mix until the chocolate is creamy.

Remove from the heat and dip each ball in the chocolate to cover on all sides. Remove them on parchment paper.

Add half a walnut on top and refrigerate until the chocolate sets

[T.O.C.](#)

Kariokes are no bake, walnut filled chocolate cookies.



Pastelli

Preparation time: 30 minutes Cooking time: 15 minutes Makes: 25

Ingredients:

250 grams salted peanuts,
peeled and coarsely
chopped with a knife
100 grams toasted sesame
seeds
100 grams thyme honey
¼ cup cane sugar
1 tbsp lemon juice
1 tsp mastic sugar
¼ tsp coarse sea salt

Pastelli is one of the healthiest Greek sweets. It dates back to antiquity and it is first mentioned in Homer's Iliad, which is referred to as "nutrition for warriors, to give them strength and endurance".

In a non-stick frying pan add the sesame seeds and toast for 3 – 4 minutes until fragrant.

Empty it in a heat resistant container and mix in the salt and mastic.

Put the sugar, honey and lemon juice in the same frying pan over medium heat and mix for 5 minutes. Add the nuts and sesame seeds and mix well until the syrup is absorbed by the nuts and sesame seeds.

Line a shallow baking tin with parchment paper and empty the mixture. Wet a spoon with olive or vegetable oil and spread the mixture evenly. Place another sheet of parchment on top and using your hands or a small dowel (or a bottle) press the mixture until it becomes about 1.2 cm (½ inch) thick. Remove the parchment and with a spatula shape the edges of the pastelli to give it a rectangular or square shape.

Brush a sharp knife with oil and while the mixture is still warm cut the pastelli into squares and each square diagonally to form two triangles. Set aside to cool.

Serve on citrus leaves.

Note: Olive oil is used on spoon and knife so that the pastelli does not stick on them.

[T.O.C.](#)



Moustalevria

Preparation time: 5 minutes Baking time: 15 minutes Makes: 6

Ingredients:

½ litre fresh grape juice
 1 cup concentrated grape juice
 1 cup water
 ½ cup all purpose flour
 2 tbsp corn flour (starch)
 2 - 3 arbaroriza / kioulia
 (fragrant geranium) leaves
 (optional – You can substitute
 with ¼ tsp vanilla)
 3 tbsp citrus blossom water
 ¼ tsp cinnamon powder
 3 tbsp crushed almonds (you
 can roast them if you want)
 3 tbsp crush walnuts
 ½ tsp sugar (optional)

Boil the grape must together with the fragrant geranium leaves for five minutes.

Dilute the flour and corn flour with the water and mix in the concentrated grape juice. Discard the fragrant geranium leaves and add this mixture to the grape juice.

Mix continuously with a balloon whisk until it sets.

Pound the almonds and walnuts and mix in the cinnamon and sugar.

Wet a bowl with the citrus blossom water. Empty it in the next bowl and continue until all are wet. Empty any leftover in the pudding and mix.

Divide the pudding in the bowls and sprinkle with the almonds and walnuts on top.

[T.O.C.](#)

Recipe adapted from my Cypriot recipe “Palouzes”, from my cookbook [“Mint, Cinnamon & Blossom Water, Flavours of Cyprus, Kopiaste!”](#)



Melomakarona

Preparation time: 45 minutes Baking time: 25 - 30 minutes Makes: 60

Ingredients:

**1½ cups (250 grams – 8.8 oz)
good quality mild olive oil (or
1 cup olive oil and ½ cup
vegetable oil)
1 cup (230 grams – 8.1 oz)
raw can sugar
1 cup (250 ml – 8.8 oz) fresh
orange juice
1 tsp baking soda
30 ml orange liqueur (or other
liqueur or brandy)
About 7 cups (1 kilo – 2.2 lbs)
all purpose flour
½ tsp cloves, powdered
½ tsp cinnamon, powdered
1 – 2 tbsp orange zest**

Start by preparing the syrup by adding sugar, honey, water, mandarin juice, cinnamon stick, cloves and mandarin peel in a pot. Mix and bring to a boil. It will soon bubble and form froth. Reduce heat, skim and simmer mixing a couple of time, for 8 – 10 minutes. Turn off the heat and set aside.

Prepare the filling. Put the walnuts in a food processor and pulse a couple of times. Do not powder but coarsely chop them.

Put them in a small pot.

Put the dates in the food processor and add the liquid ingredients (honey, blossom water and orange liqueur) which will help to cut the dates into smaller pieces.

Melomakarona are traditional honey cookies, wonderfully spiced and soaked in a honey syrup.

For the syrup:

400 grams (14.1 oz) sugar,
(almost 2 cups)
500 grams (1.1 lbs) citrus blossom
honey (a few more tablespoons to
drizzle on top)
1 cup water
1 cup orange juice
1 orange peel
1 piece of whole cinnamon

Date and Walnut filling:

Ingredients:

200 grams dates, stoned (weighed
before removing the stone)
1 tbsp citrus blossom water
1 tbsp orange liqueur
100 grams walnuts, coarsely cut
2 tbsp honey
1/4 tbsp ground cloves
1/2 tbsp cinnamon
60 grams (about 1 heaped
tablespoon) butter or margarine

Additional Ingredients:

1/2 cup honey
1 cup crushed walnuts

Add them to the pot and combine with the remaining ingredients

Cook until the butter melts, for 1 – 2 minutes mixing until all the ingredients are combined.

Set aside to cool before using.

Sieve the flour and mix with orange zest, cloves and cinnamon.

Beat the olive oil and sugar well for about 10 minutes on high speed. Mix the baking soda in the orange juice and add to the mixture (be careful as it will bubble). Add the orange liqueur.

Change to the K paddle or to the dough hook and add the flour mixture gradually until the dough does not stick on the hands. (If your mixer does not have the above paddles, use your hands).

Preheat oven to 180° C / 350° F.

Line a baking tin with parchment paper and taking some dough the size of a large walnut, shape each melomakaron round and then slightly flatten it. Add 1 tsp walnut mixture and fold again into a round or oblong shape, to enclose the mixture. Turn the melomakaron over and press it on a box grater, to form a pattern on top.

Place on the baking tin spaced apart and bake for 20 – 25 minutes, depending on your oven, or until they just start to get a light colour.

When they are baked, dip them while still hot in the syrup for about 1 – 2 minutes. Turn them over and remove with a slotted ladle in a colander until they cool.

Place them in a platter, drizzle some raw honey and add lots of walnuts on top .

[T.O.C.](#)

Melomakarona are honey cookies, made with extra mild olive oil, flour or semolina and are bathed in honey syrup, with walnuts and cinnamon, which traditionally, are made during the holiday season of Christmas and New Year. There are many recipes for this Lenten Greek cookie. You can also try these ones with [Mandarin.](#)



Kourabiedes

Preparation time: 1 hour

Baking time: 25 minutes

Makes: 50

Ingredients:

300 grams ewe's and goat milk butter, at room temperature

100 grams shortening or butter (or 400 grams only ewe's and goat milk butter)

135 grams blanched and roasted almonds

135 grams icing sugar

30 ml brandy

½ tsp salt

680 grams all purpose flour

1 vanilla bean (or 10 drops of vanilla essence)

Blanche and roast the almonds in a preheated oven to 180°C / 350°F for about 20 minutes. Allow to cool and then coarsely chop them in a food processor, adding a few tablespoons flour each time.

Sieve the first amount of icing sugar. Then sieve the flour and mix in the salt.

Finely chop the fruit preserve as well as the chocolate and combine both.

Beat the butter with the icing sugar at high speed until it becomes white and fluffy. Add the brandy and vanilla and mix. Stop the mixer and switch to the dough hook. Add the almonds as well as the flour gradually until the dough is soft but not sticky on the hands.

Kourabiedes are shortbread cookies served on special occasions such as weddings, engagements, etc.

For the filling:

**½ cup citrus fruit preserve, I used orange but you can use mandarin, Seville orange, bergamot, kumquat or other citrus, finely chopped
50 grams dark chocolate (72% cocoa), finely chopped**

For Coating:

**Citrus blossom water
250 grams icing sugar
20 grams cocoa powder**

•Filling is optional.

• The characteristic taste of Greek kourabiedes comes from ewe's and goat butter. However, you can substitute ewe's and goat butter with regular butter. They are also great with buffalo milk butter.

•To make chocolate kourabiedes, substitute 50 grams flour with cocoa powder. Sprinkle some extra on top.

Weigh pieces of dough around 35 (+ 2) grams, which place on a non-stick surface.

Place a piece of cling film on your working surface and flatten the dough about 1 cm. Add a little bit of orange and chocolate mixture in the centre. Take the two opposite sides of the cling film and fold the dough to enclose the filling. Then take it into your hands and shape them into round balls.

Place them in a baking tin lined with parchment paper and bake for about 25 minutes.

Set aside until they cool.

Turn them over and spray with some citrus blossom water. Do the same on the other side.

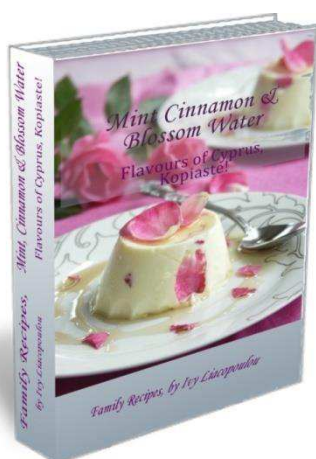
Transfer them in a dry tray and sieve some icing sugar. Turn them over and do the same. Place them in a platter and sieve more icing sugar on top.

Put the used icing sugar back in the sieve and continue the same procedure until all are coated.

[T.O.C.](#)



Other books by Ivy Liacopoulou



The cookbook "**Mint, Cinnamon & Blossom Water, Flavours of Cyprus, Kopiaste**", has been self published through [Createspace](#), which is the publishing engine of global online retailer and publisher of [Amazon](#), so the book is also available on all Amazon Stores. This cookbook, intends to introduce you to Cypriot cuisine through some of its most popular traditional dishes as well as a small sample of my own recipes.

The above book has been revised for the e-book version and about hundred (100) more recipes have been added. This e-book is now available in digital form in two volumes, sold on all Amazon stores.

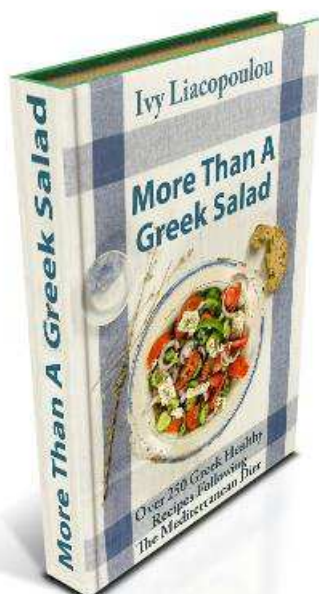
Volume 1, includes Mezedes, Side Dishes, Salads and Main Courses.

Volume 2, includes Breads, Pies, Snacks and Desserts.

You can also buy the [e-book in pdf format](#) directly through any of my websites. (The pdf includes both above volumes).

The first Volume of the e-book has now been translated into Greek under the title "[Kopiaste stin Kouzina mou](#)" and is also available through my blog.

[More Than A Greek Salad](#), is my second cookbook with 250 healthy Greek recipes, based on the Mediterranean Diet. Many of the recipes have not been published on my [blog](#)



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