



SWEET CHEESE CREAM DESSERT ANAROCREMA

Ingredients

1. 500g Fresh unsalted Anari Cheese or Ricotta
2. ½ Cup Sugar
3. ¾ Cup Strained Greek Yoghurt
4. 1tbsp Blossom Water
5. ½ tsp Orange Zest
6. 2 Cups Whipping Cream
7. 1 Packet Savoyard Biscuits
8. 1 Cup Milk
9. 1 tbsp Brandy
10. ½ tsp Cinnamon
11. ¼ Cup Chopped Walnuts
12. Fresh sliced Strawberries (optional forest fruit)



Method

1. Whisk the cheese, sugar, blossom water, cinnamon, yoghurt and orange zest together until thoroughly mixed.
2. Put some of the filling to the side and whip the cream with a whisk until it forms soft peaks. Add the filling to the cream and whisk together.
3. Prepare a serving bowl or cocktail glasses ready for the biscuits and in a small bowl, mix the brandy and milk together.
4. Dip the biscuits into the milk and brandy and line the serving bowl or the cocktail glasses with the biscuits carefully.
5. Place the filling on top of the biscuits and add the whisked filling and cream mix.
6. Garnish with the chopped walnuts, strawberries and a sprinkling of cinnamon.
7. Chill for at least 8 hours in the fridge.



Suggestions to make it healthier:

Instead of the whipping cream, double the yogurt content to 1 ½ cups (low fat as strained as possible) (therefore omit step 2 in the preparation process)

Instead of the sugar use 1/3 cup honey but add 2 tablespoons or breadcrumbs to absorb the extra liquid

Chirino me Kolokassi (Pork Stew with Taro)

Ingredients

- 1 kilo (2.20 lbs) pork, from the neck or shoulder, cut in portions
- 2 - 3 medium taros (kolokassi)
- 4 - 6 large stalks of celery, chopped (about 2 cups)
- 1 large onion, finely chopped
- 1 clove garlic, finely chopped (optional)
- 4 ripe tomatoes or 1 can (500 grams – 1.10 lb) of whole tomatoes with juice, blended in food processor with 1 tablespoon tomato paste
- Salt & freshly ground black pepper
- 3 tablespoons olive oil for sautéing
- 1 cup oil
- 2 cup water



Method

1. To prepare the kolokassi, cut the ends and peel the skin. Hold it with a paper towel taking care that you do not soil the rest of kolokassi with your hands. Do not wash but wipe with a paper towel if necessary.
2. With a sharp knife, cut across 1 ½ cm (½ inch) thick halfway then break off. Repeat to the end.
3. Heat the oil in a sautéing pan and sauté the kolokassi. Remove to a platter and sauté the meat as well. Turn the meat over and add the onion and garlic and sauté until translucent. Return taro back to the pan, add the celery, season with salt and pepper and add the tomatoes. Finally, add water and bring to a boil.
4. Cover pan, reduce heat and simmer for about an hour until both meat and kolokassi are tender and sauce is ready and thick.



Suggestions to make it healthier:

Make sure the meat is as lean as possible and reduce the amount.

Use only 3-4 tablespoons of olive oil and saute the meat and the kolokassi in a nonstick pan

Kounoupidi me Patates Kappamas (Braised Cauliflower with Potatoes)

Ingredients

- 2 medium potatoes
- One cup vegetable oil
- 1 ½ kilos cauliflower
- 1 red onion, finely chopped
- 1 clove garlic, finely chopped
- ½ cup dry red wine
- 1 packet tomato passata
- 2 tablespoons tomato paste
- Salt and freshly ground black Pepper
- 1 cinnamon stick
- 1 organic vegetable bouillon
- Water to cover



Method

1. Wash and cut the cauliflower and potatoes in smaller pieces.
2. Heat the oil in a pan.
3. Fry the potatoes on both sides. Remove them in a pot and do the same with the cauliflower.
4. After removing the cauliflower sauté the onion until soft and add garlic. Add the wine and wait a few minutes until the alcohol evaporates. Add the tomatoes, tomato paste, salt, pepper and cinnamon as well as the vegetable bouillon.
5. Mix and when it comes to a boil transfer it into the pot. Add water to cover it and cover the pot with the lid.
6. Lower heat and simmer until the vegetables are tender, about half an hour to 45 minutes.
7. Remove the lid and simmer until sauce thickens without overcooking it.
8. Serve with freshly grated black pepper on top (optional).



Suggestions to make it healthier:

Rub the potatoes and the cauliflower with 2 tablespoons of olive oil and cook them for 30-40 minutes in the oven, then mix all the ingredients together and cook either in a pan on the stove or in a casserole dish in the oven.

Marinated pork in red wine Afelia

Ingredients

- 1 kg pork shoulder or pork neck cut in 5-6cm chunks
- 2 cups red wine
- 2 tsp salt
- 1 cup vegetable oil
- 1 tsp ground coriander
- 1/4 tsp pepper
- 1/3 cup coarsely crushed coriander seeds



Instructions

1. Place the pork in a bowl with the wine and salt, stir it all together and cover before placing it in the fridge overnight or for at least 4 hours.
2. Use a strainer on top of a measuring jug or a bowl to strain the pork from the wine, allow it to strain for about 5min so that less liquid comes in contact with the hot oil when you fry it. You will need to keep one cup of the soaked wine for later.
3. Heat the oil on a medium-high heat and fry the pork on both sides, it usually takes about 20min. My frying pan (30cm) was big enough to do this all at once. If not then fry them in batches.
4. Once the pork is fried on all sides, reduce the heat to medium and add the pepper, ground and crushed coriander. Let them cook for 2-3min or until the coriander becomes aromatic. Add 1 cup of the reserved soaked wine and 1 - 1½ cup of warm water.
5. Reduce the heat to low, cover the pan and let it simmer for a further 30min or until most of the liquid has evaporated. You may choose to add more crushed coriander seeds and parsley before serving.



Suggestions to make it healthier:

Make sure the meat is as lean as possible.

Use only 3-4 tablespoons of olive oil and stir fry the meat in a nonstick pan