

## Κίκεον

Kikeon means “to thicken.”

$\frac{3}{4}$  cup semolina flour  
13 oz ricotta cheese  
2 Tablespoons honey  
1 small beaten egg.

1. Soak the semolina for 10-15 minutes in plenty of water (enough to cover the flour)
2. Beat the egg in a separate bowl
3. Strain the semolina in a colander lined with a cloth or wet paper towel.
4. Put the flour in a pot and add the ricotta cheese, the honey and the beaten egg
5. Heat the mixture at a low temperature, stirring constantly until it thickens.

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## Βαρλεψ

1 Tablespoon butter  
1 small onion, chopped  
 $\frac{3}{4}$  cup pearl barley  
2 cups low salt chicken broth  
1 bay leaf

1 medium carrot, peeled, finely chopped  
1 teaspoon grated lemon peel

1. Chop onion
2. Chop carrot, set aside
3. Grate lemon peel
4. Melt butter in medium pot over medium heat.
5. Add onion, sprinkle with salt and pepper
6. Cook onions until they soften (5 minutes)
7. Add barley and stir constantly for 3 minutes.
8. Add chicken broth and bay leaf
9. Bring to boil.
10. Reduce heat to low, stir once and cover.
11. Cook 25 minutes.
12. Add carrot and cook for another 6 minutes.
13. Remove from heat and stir.
14. Cover and let stand 10 minutes

15. Take out bay leaf

16. Add lemon zest.

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## Μελίκοι (Honey Cakes)

1 cup all purpose flour  
1½ teaspoons baking powder  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon ground cinnamon  
1 teaspoon orange zest  
 $\frac{3}{4}$  cup butter  
 $\frac{3}{4}$  cup white sugar  
3 eggs  
 $\frac{1}{4}$  cup milk  
1 cup chopped walnuts

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup honey  
 $\frac{1}{2}$  cup water  
1 teaspoon lemon juice

1. Preheat oven to 350 degrees.
2. Grease and flour a 9 inch square pan
3. Combine flour, baking powder, salt, cinnamon and orange rind in a bowl
4. In mixer bowl, cream together butter and sugar until light and fluffy
5. Beat eggs in one at a time
6. Beat in half of flour mixture, beat in milk, beat in second half of flour mixture.
7. Turn off mixer
8. Stir in walnuts
9. Pour batter into pan.
10. Bake in oven for 40 minutes (check at 30 to see if a toothpick stuck in the middle comes out without crumbs)
11. For syrup: combine honey, sugar, water in pot, bring to a simmer for 5 minutes.
12. Stir in lemon juice, bring to a boil and cook for 2 minutes.

## Πίτα

2 1/2 teaspoons yeast  
1 teaspoon honey  
1/2 cup warm water  
2 cups bread flour  
1 cup whole wheat flour  
4 teaspoons wheat gluten  
3/4 cups warm water  
1/4 cup extra-virgin olive oil  
1 teaspoon salt  
cornmeal

1. Stir together yeast, honey and 1/2 cup warm water in large bowl.
2. Wait 5 minutes
3. Stir flours together in another bowl.
4. Add 1/2 cup flour mixture to yeast
5. Wait 45 minutes
6. Stir in oil, salt, 3/4 cup warm water and the rest of the flour mixture
7. Knead for 8-10 minutes
8. Form dough into ball, put oil in bottom of bowl, coat ball with oil, cover with plastic wrap.
9. Let rise 1 hour
10. Punch dough down and cut into 8 pieces.
11. Form each piece into a ball
12. Flatten a ball and roll out to seven inch round.
13. Transfer to baking sheet or parchment sprinkled with cornmeal.
14. Let stand 30 minutes while oven preheats to 500 degrees.
15. Put 4 pitas, 1 at a time onto oven rack (or pizza stone) in bottom third of oven.
16. Bake 2 minutes, flip with tongs and bake 1 minute more
17. Cool 2 minutes on rack.



## Θε Ηερων Γρεεκ Φεαστ

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Recipes modified from Bon Appetit, All Recipes.com and greek-recipe.com

Some of these recipes use lemons and oranges which were not a part of Ancient Greece cuisine.

## Τζαζικι

3 cups plain Greek yogurt  
1 cucumber  
3 Tablespoons chopped mint  
1 clove garlic

1. Peel and grate cucumber.
2. Squeeze out moisture from cucumber.
3. Chop mint finely
4. Mince garlic
5. Mix all ingredients into yogurt
6. Add salt and pepper to taste.