

SWEET GREEK LIFE

MY SHARED TABLE

KATHY TSAPLES

The eagerly awaited follow-up to bestseller *Sweet Greek*.

Sweet Greek Life, the second book by Melbourne's Godmother of Greek cookery, Kathy Tsaples, celebrates life, a cherished past and future promise.

Sweet Greek Life is a book to use, full of recipes that will quickly become a part of your repertoire.

This beautiful book, a collection of 116 traditional dishes updated for contemporary feasting, tells the story of the cuisine Kathy grew up with and her love affair with Greek food and culture. It is food from her heart-simple, high quality and delicious.

Flavours are bold, ingredients are accessible, and sweet and savoury dishes ranging from Feta Loukoumades with Honey to Wood-Fired Goat are stylishly interpreted with Kathy's characteristic modern approach. Classics receive stunning makeovers, Western favourites are given a Hellenic twist and all are easily achieved. Home cooks and chefs alike will be impressed by the photography and styling of this exciting collection.

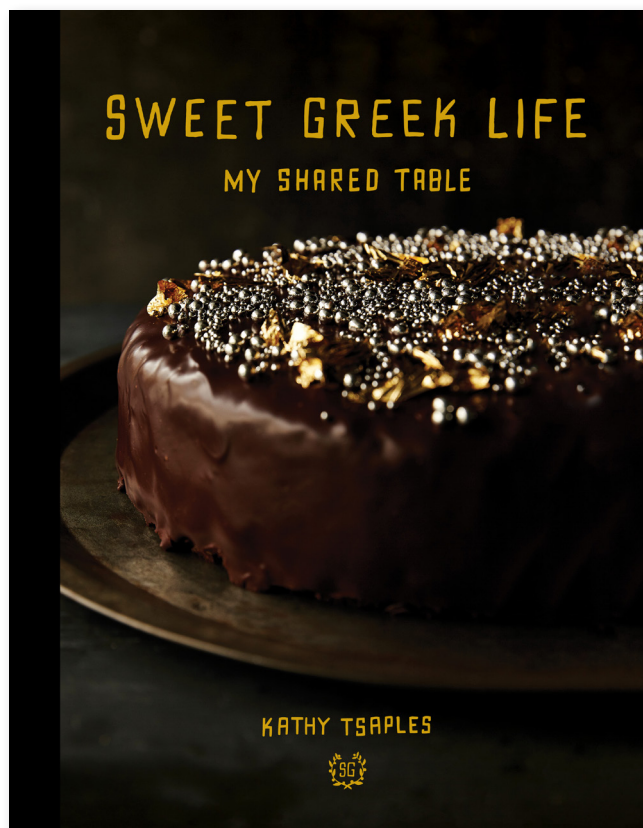
Kali Oresi

There is something magic and wonderful about Kathy Tsaples.

From the first page you can tell *Sweet Greek* was written from the heart, and full of recipes made with love and care ... not just a collection of ingredients but a delicious connection to Greece and family and heritage ... We are blessed to have her as part of our vibrant food scene in Australia, and I look forward to many more tears and hugs with her ... and many more of her books!

Maeve O'Meara

Host and producer of Food Safari, director of Gourmet Safaris



'The recipes I have chosen to include in this book hold a lot of meaning for me. Some are traditional, some simple, some are from my travels in Greece. All of the dishes, apart from being delicious, are simple, pragmatic and achievable in a home kitchen. Join me as we celebrate life by cooking the food we love and sharing the table with our loved ones.'

Kathy Tsaples

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Foreword

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From the first page you can tell *Sweet Greek* was written from the heart, and full of recipes made with love and care... not just a collection of ingredients but a delicious connection to Greece and family and heritage.

Kathy's story of her epiphany and move into food is remarkable. My favourite story is that on finally meeting her, we both burst into tears and had a huge hug in the bustling Frazer Market, laughing and crying at the same moment.

Kathy's food is honest and true and absolutely touches the heart. We are blessed to have her as part of our vibrant Food scene in Australia, and I look forward to many more tears and hugs with her... and many more of her books!

Maeva O'Meara
Host and producer of Food Safari,
director of Gourmet Safaris

Elliniki Patata Salata
Sweet Greek Potato Salad

Prep 30 minutes Cook 30-40 minutes Serves 4-6

10-12 medium
skinned potatoes
250 g manouri cheese
Greek extra virgin
olive oil, for frying
handful of baby
spinach leaves

100 g red grapes
20 sundried olives
2 tsp salt-packed capers
salt
pepper

Dressing

2 tbsp basil pesto
½ cup Greek extra virgin
olive oil
juice of ½ to 1 lemon
2 tbsp extra virgin vinegar
½ tsp salt
½ tsp pepper

Everyone has a favourite potato salad recipe. This is Sweet Greek's potato salad, in which I've incorporated some traditional Greek ingredients to add flavour and colour. Manouri cheese is available from good Greek delis.

Bring the potatoes to the boil in a large saucepan of water and cook until a knife goes through them easily but they are not yet falling apart.

Slice the manouri into 2-centimetre slices. Drush both sides of the cheese with a little olive oil. Fry in a hot frypan until lightly browned on both sides. Drain on paper towel and set aside.

To make the dressing, whisk the pesto with the olive oil, lemon juice, vinegar, salt and pepper, and set aside.

Rinse and drain the spinach leaves, grapes and capers, and set aside. Pit the olives and tear them apart roughly. Once the potatoes are ready, drain them and place in a large bowl or clean sink. Using a tea towel to protect your hands, peel the potatoes while they are still hot. Cut them into large chunks and place this in a large salad bowl.

Toss the potatoes with the dressing while they are still hot. It is important for the potatoes to be hot so they absorb the dressing.

Gently mix the remaining ingredients through the dressed potatoes. Taste and adjust the seasoning if necessary.

Homemade pesto

To make your own pesto, simply pulse the following in a food processor: 2 cups basil leaves, 2 garlic cloves, ½ cup toasted pine nuts, ½ cup grated parmesan cheese and ½ cup Greek extra virgin olive oil. Season with salt and pepper to taste.

Kathy Tsaples

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Erik on Raspberries to Angelbloss
Raspberry Cake with
Rose Petals

Prep 40 minutes Cook 1 hour Serves 8-10

1 fresh or
frozen
raspberries
200
caster sugar
Almond meal,
flour
baking powder
salt

½ tsping sugar
½ lemon juice,
fresh

Decorate
seeds of 1 pomegranate
2 tbsp dried rose petals
1 tbsp ground almonds,
lightly toasted

Preheat the oven to 180°C/360°F fan-forced. Butter a 20-centimetre round cake tin and sprinkle it with almond meal, flour or gluten-free flour if required.

Pulse the raspberries in a food processor until they are a fine purée. In a large bowl, whisk the eggs and sugar together. Add the raspberry pulp and mix thoroughly. Add the almond meal, baking powder and salt, and combine thoroughly.

Leave the batter to rest for 10 minutes, then pour it into the prepared tin and bake for 1 hour, or until a skewer inserted in the middle comes out clean. Remove from the oven and cool on a rack.

Make the icing by mixing the icing sugar with 1 tablespoon of the lemon juice, gradually adding more lemon juice as necessary to achieve a drizzling consistency. When the cake has cooled, pour the icing over the top and let it drip down the sides. Decorate with the pomegranate seeds, rose petals and pistachio slivers.

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Erik on / 100 Things to Eat

