



# DEVOO

**DIMITRI EXTRA VIRGIN OLIVE OIL  
EASY, QUICK, TASTY, WHOLESOME**

## **GREEK RECIPES**





# *Dimitri Extra Virgin Olive Oil*



For over 100 years the Dimitri Giannakos Family has been producing the finest unfiltered extra virgin olive oil at the foothills of Mt. Taygetos . Nestled along the backdrop of idyllic green slopes and steep fir-covered hills, the family's 60 acre farm is located just 20 kilometers south of Sparta and 20 kilometers north of the southern Mediterranean coast. We welcome you all,

guest and visitors to come and enjoy the southern Greek hospitality, take a tour or stay a while with us and take pleasure in an unforgettable experience.





*We are very proud of our farm products.  
In this booklet we offer you some Greek traditional recipes  
to try at home,  
and feel the vibes of the ancient Greek history, myth and land.  
Also learns some about olive oil and try **DEVOO** olive oil in the  
«Did you know?» tips that follow. You will be amazed!  
Enjoy!*



# Butter Vs Olive Oil & Conversion

A big adjustment people find that they have to do is replace their use of butter, since it's not used often in the Mediterranean lifestyle. As I've said before, olive oil is where it's at. Pour out some on a plate and mix with oregano for bread dipping instead of butter. There are many ways to incorporate this wonderful "liquid gold" into your daily eating habits. To make this easier for cooking, follow the handy chart below:

## Butter/Margarine    Olive Oil

1 teaspoon	3/4 teaspoon
1 tablespoon	2 1/4 teaspoons
2 tablespoons	1 1/2 tablespoons
1/4 cup	3 tablespoons
1/3 cup	1/4 cup
1/2 cup	1/4 cup + 2 tablespoons
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 tablespoon
1 cup	3/4 cup



Also, olive oil should replace salad dressings and well. Start replacing salad dressing with a few tablespoons of olive oil and a squeeze of a lemon.



Start by imagining you are one of the gods on Mount Olympus. What would you choose as the "greatest gift to mankind"? That ultimate gift turned out to be the olive tree — lauded for its wood, leaves, fruit and oil that produced food, fuel, and shade for the Greeks. And, because it was known to last hundreds of years, it was cherished as a symbol of peace, wisdom and prosperity. Yes, the olive tree has inspired myths and legends and has enjoyed an unrivaled degree of fame. It was especially revered during the

ancient Greek, Egyptian and Roman eras. In Greece, the history of olive oil is as old as the myths of the gods of Olympus.

# A Whole Cuisine Based on Olive Oil

There is a whole category of dishes in Greece named for olive oil. They are known as «lathera», which means «oiled». Many of these dishes are eaten during periods of fasting, before certain religious holidays, when meat and dairy products are forbidden from the diet., The lathera, however are not limited to that time of the year.



The “lathera,” indeed, include many summer specialties based on fresh produce. Generally they are vegetable and bean stews. In them, olive oil is used both as the cooking medium—to saute, say, onions and vegetables or beans before adding water or broth. At the end, raw olive oil is poured over the dish, too, as additional flavoring.





## Greek Lentil Soup (Fakes)

8 ounces brown lentils	1 pinch crushed dried rosemary
1/4 cup DEVOO olive oil	2 bay leaves
1 tablespoon minced garlic	1 tablespoon tomato paste
1 onion, minced	salt and ground black pepper to taste
1 large carrot, chopped	1 teaspoon olive oil, or to taste
1 quart water	1 teaspoon red wine vinegar, or to taste (optional)
1 pinch dried oregano	

Place lentils in a large saucepan; add enough water to cover by 1 inch. Bring water to a boil and cook until tender, about 10 minutes; drain. Heat DEVOO olive oil in a saucepan over medium heat. Add garlic, onion, and carrot; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in lentils, 1 quart water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes. Stir in tomato paste and season with salt and pepper. Cover and simmer until the lentils have softened, 30 to 40 minutes, stirring occasionally. Add additional water if the soup becomes too thick. Drizzle with 1 teaspoon olive oil and red wine vinegar to taste.



*Olive oil — along with bread, wine and water — is one of the four most important symbols in Christianity. References to olive oil are almost as old as the religion itself, with God telling Moses that olive oil is a holy anointing oil (Exodus, 30:22-33). This tradition of anointing with oil has continued throughout history by leaders of churches and nations.*

## Baked butter beans with garlic, olives and dill from Greece

1lit boiled butter beans  
120g stoned green olives, stuffed with pimienta peppers  
3 tbsp garlic, cut in to thin slices  
125ml DEVOO olive oil  
125 ml dry white wine  
1chilly pepper or cayenne pepper  
375 ml fresh dill, finely chopped  
375 ml water  
Salt to taste



Soak the olives in hot water for about 10 minutes and then rinse them well under running tepid water. Cut then in quarters. In a deep frying pan sauté the garlic with the olive oil for half a minute and add the wine.

Then add the olives and the water. Put the beans in a baking dish, salt them to taste and pour over them the contents of the pan along with 1 cup of dill. Bake the beans in an oven preheated to 200oC for an hour. Turn off the heat and leave the beans in the oven for a further 15 minutes. Serve the beans sprinkled with the rest of the dill.

## Greek Style Peas-Arakas

1 pound peas (fresh or frozen)	2 medium grated tomatoes
1 onion diced	½ cup DEVOO olive oil
2 carrots sliced	2-3 tbsp chopped dill
1 potato cut in bite size pieces	salt/pepper



Heat DEVOO olive oil in a medium sized pot.

Sauté onions until soft. Add carrots and potatoes and sauté 3-4 minutes more.

Add peas and heat and mix until all peas are covered in the olive oil. Add the tomato, dill, pepper and a half teaspoon salt. Add enough hot water so that the peas are covered just a bit (about ¼ cup). Mix well and bring to a boil. Then lower heat and simmer for 30 minutes, until peas are soft and water is gone-they should only be left with the olive oil. Serve at room temperature with feta and bread. Add salt as needed.

## **Greek Roasted Okra with Feta, Mint and Cherry Tomatoes - Bamies Sto Fourni**

1 pound small okra	Freshly ground pepper
1 tablespoon red wine vinegar	1/2 teaspoon salt or more for taste
1/2 cup DEVOO olive oil	1 tablespoon dry mint
1 tbsp tomato paste	10 cherry tomatoes, halved
A pinch of sugar	4 ounces feta, crumbled



Wash the okra and then peel the tip while maintaining the cone like shape. Spread okra on a pan and drizzle with some red wine vinegar. Let them sit in the sun for 1-2 hours. Preheat oven to 400 degrees . Heat in a pan 1/2 of the olive oil. Sauté gently the okra for 4-5 minutes. Do not over stir them. Add to the pan the tomato paste. Remove from heat. Add the salt, sugar, freshly ground pepper and chopped mint or dry mint. Place the okra in baking dish. Nestle the cherry tomatoes among the okra and sprinkle the crumbled feta. Drizzle the rest of the olive oil. Add about 1/4 cup warm water. Cover with aluminum and bake for 20 minutes, then lower to 350 degrees and continue roasting for about an hour. Remove and let it cool until at room temperature.



## **Traditional Greek Braised Cauliflower Recipe**

1 L cauliflower head washed & separated in medium florets	
1/2 - 3/4 cup olive oil	1 stick cinnamon
1 potato cut into small pieces	3 clove buds
2 tablespoons tomato paste	salt/pepper
3 allspice berries	



In a large pot heat the olive oil, add the cauliflower, potatoes, and spices, pepper and sauté, browning the cauliflower a bit. Add the tomato paste and 1 teaspoon salt, swirl it around heating it as well. Add some hot water until cauliflower is about half way covered. Stir gently. Lower heat, assemble cauliflower so that that stems face down. Cover pot and let it simmer for about 30-50 minutes. Serve warm or at room temperature, spoon some sauce on top and some feta cheese.



## Spanakorizo

1 cup extra virgin DEVOO olive oil  
½ to 1 kilogram (1.1 to 2.2 pounds) spinach, well cleaned and broken up like lettuce for salad, including chopped stems  
½ cup (more or less) chopped dill  
½ cup (more or less) chopped parsley  
1 large onion, grated or finely chopped  
1 large leek, chopped (optional)

1 large tomato, grated or finely chopped  
1 cup white rice, rinsed\*  
2 cups water\*  
Salt and pepper to taste

Heat all ingredients except the water and rice on high heat, stirring occasionally. When the mixture begins to boil, reduce the heat to medium high. Cook for 10 minutes, stirring occasionally. Add the water and rice and stir. Bring to a boil, then reduce heat to simmer. Stir occasionally, but don't cover. Simmer until rice is cooked to desired tenderness.



## Greek Style Green Beans-Fasolakia Lathera

½ cup DEVOO olive oil  
1 onion chopped  
1 pound green beans  
1 medium potato sliced  
3 medium tomatoes grated

¼ cup chopped parsley  
1 teaspoon sugar  
½ teaspoon salt  
fresh pepper



In a medium pot, heat olive oil at medium to low heat. Sauté onion until soft. Add potatoes and beans and mix until beans and potatoes covered with the olive oil. Heat for 2-3 minutes. Add the tomatoes, parsley, sugar and salt and pepper and mix. Add hot water just enough to half cover the beans. Simmer with the lid on for about 40 minutes (do not boil). The beans are ready once there is no water left and the beans are soft. Enjoy with bread and feta cheese

## Briam

### A Delicious Greek Vegetable Bake

150 ml DEVOO olive oil, & extra if needed  
1 large aubergine  
1 large onion  
3 cloves of garlic  
800 g large potatoes  
6 medium tomatoes  
12 cherry tomatoes  
5 courgettes  
300 g tomato passata  
1 tablespoon dried oregano  
½ a bunch of fresh flat-leaf parsley , (15g)



Preheat the oven to 220°C. Halve the aubergine lengthways and thickly slice. Drizzle some olive oil into a frying pan and cook the aubergine until softened and golden. Transfer to a large bowl. Peel, slice and add the onion and garlic to the empty pan and sauté for 5 minutes, or until softened. Transfer to the bowl with the aubergine. Chop the potatoes into 1cm cubes, thinly slice the medium tomatoes and slice the courgettes. Add the potato, all the tomatoes, the courgette, passata and 200ml water to the bowl. Sprinkle with the oregano, and add the parsley. Season with sea salt and black pepper. Combine well and transfer to a large ovenproof dish. Drizzle with any remaining oil. Bake for 30 minutes, then turn the oven down to 200°C. Bake for another 20 to 30 minutes, or until the top has browned and vegetables are tender. Allow to cool slightly before serving.



*Hercules also, one of the most well-known mythological heroes, is related to the olive tree. Even though he was very young Hercules managed to kill the Cithaeron lion which was ravaging the countryside, using only his own hands and a wooden stake from a wild olive tree. This act indentified the olive tree with strength and resistance.*

## Greek Dips and Spreads

### Skordalia - Garlic Spread

7-8 garlic cloves  
1 pound of potatoes  
1 cup DEVOO olive oil  
Red wine vinegar (or lemon juice)  
Salt



Peel the potatoes cut in cubes and boil in water until soft. Once boiled, strain and mix with a hand mixer until smooth. In a food processor process the garlic cloves with a bit of salt until it is a paste. Add ½ of the olive oil in the food processor and continue mixing. Add the garlic paste to the potato and mix with a wooden spoon. Add the rest of the olive oil gradually, 1 tablespoon at a time, mixing until oil is absorbed. Add a bit of red wine vinegar for taste, mix well.

## Traditional Greek Fava (Yellow split pea puree)

1 kilo yellow split pea  
1 large onion  
1 carrot  
1 cup DEVOO olive oil



suggested by



Sparta, Greece

Pore the olive oil in a pot until the bottom is covered. We cut the onion and the carrot in slices and we simmer until golden. We wash the split pea very well and pore it in the pot with enough water to cover 3cm. We stir until no water left. With the food processor we blend until creamy. We add salt and pepper olive oil. We serve with cappers and carammeled onions

## Feta Cheese Dip (Tirokafteri)

suggested by



Sparta, Greece

50 g DEVOO olive oil

Spicy Paprika

½ tsp bucovo

400 g feta cheese

200 g yoghurt

In the blender, add the olive oil, bucovo, paprika and beat to homogenize the ingredients.

In a bowl we place the feta cheese broken into pieces, yoghurt and the blend from the blender. Stir with the spoon.

Serve into a small bowl and accompany with sliced bread.



## Herbed olive oil dip

½ cup extra virgin DEVOO olive oil

¼ teaspoon fresh oregano

¼ teaspoon fresh parsley

Mix all ingredients together and place in a small saucepan. Heat on low for about 1 minute or until oil is warm to the touch.

Pour oil into a small serving bowl. Serve with pieces of bread. Serves 4.



*According to Greek mythology, the creation of the olive tree was the result of a contest between Athena, Goddess of Wisdom, and Poseidon, God of the Sea, as to who would become the protector of a newly built city in Attica (the historical region of Greece). The city would then be named after the god or goddess who gave the citizens the most precious, useful and divine gift. With his trident, Poseidon struck a rock. Water rushed out of the rock, creating a spring of salty water, symbolizing his gift of sea power. Athena*

*followed by striking a rock with her spear and produced the olive tree, an offering signifying fruitfulness and peace. The citizens (wisely) chose the gift of Athena and she forever became the patroness of the city named after her.*

## **Ladlemono Lemon Oil Sauce for Fish or Chicken**

- 1/2 cup DEVOO olive oil
- 1 pinch salt
- 1/4 cup lemon juice
- 1 pinch pepper
- 1 teaspoon dried oregano

In a small jar with a tight-fitting lid, combine the olive oil, lemon juice, oregano, salt and pepper. Seal, and shake until well blended. Use to brush onto chicken or fish when cooking, and set aside some for serving with the meal. Shake or stir before using, as the oil will separate.



## **Black Olive Spread**

- 1/2 cup pitted black olives
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 cup extra virgin DEVOO olive oil

Combine black olives, garlic, and salt in the bowl of a food processor. Pulse 5-6 times until olives are chopped. Slowly drizzle in extra virgin olive oil and pulse to a rough paste. Serve with pita bread or crackers. Serves 4



## **Greek Yogurt Spinach Artichoke Dip**

- 3 garlic cloves, peeled and diced
- 15 oz artichoke hearts, drained & lightly chopped
- 2 cups nonfat Greek yogurt
- 10 oz bag frozen spinach, thawed & very well drained
- 8 oz reduced fat cream cheese
- 1/2 teaspoon red pepper flakes
- 1 1/2 cups parmesan cheese
- 5 tbl spoons DEVOO olive oil

In a pot over medium-heat, add olive oil, garlic cloves and cook until fragrant. Next, add in all remaining ingredients. Cook until all the cheese has melted, stirring often. Once everything is well incorporated and mixed together, let simmer for 2-3 minutes. Remove, pour onto a plate, and serve!



## Meat and fish Greek style

*The most common meats in Greece are pork, lamb, beef, goat, chicken, veal and rabbit. Meat is served twice a week and usually with vegetables, pasta or grains. Many meat dishes are cooked in tomatoes and red wine and others in lemon. Garlic is used heavily as are onions and potatoes in the many stews and oven baked dishes.*

*Fish is an important part of the traditional Greek diet as fish is an easy and accessible source of sustenance. Sit under the shade of a tree in a picturesque Greek restaurant by the sea, grab a glass of wine or ouzo, and taste Greek mussels, shrimp saganaki, lobster pasta, fried squid, fresh sea bass and more.*

### Rooster with Greek egg noodles

- 1 rooster cut into pieces
- 2 yellow onions, chopped
- 2 bayleaves
- 3 garlic cloves, chopped
- 2 teaspoons ground allspice
- 2 cinnamon sticks
- 4 tomatoes without skin
- 1 cup tomato sauce
- 2 cups red wine
- 1/3 cup DEVOO Olive Oil
- salt & pepper
- 1 package Hilopites egg pasta

suggested by



Sparta, Greece



In a large pot, saute the rooster pieces adding salt, pepper and wine. Add onions and garlic and after 2-3 minutes add the rest of the ingredients. Pour 2 glasses of warm water and cook for an hour. Boil the egg pasta separately, add cheese if you desire and serve with sauce and rooster piece.



# Greek Shrimp Stir Fry

## Marinade

- ¼ cup lemon juice
- ¼ cup DEVOO olive oil
- ½ teaspoon onion powder
- ½ teaspoon garlic powder



## Stir Fry

- 14 ounces of shrimp, cleaned and deveined
- ½ onion, chopped
- 2 zucchinis, quartered, sliced into ½ inch pieces
- ½ bunch asparagus, chopped
- 1 tomato, chopped
- 1 garlic clove, pressed
- ½ tablespoon basil
- ½ teaspoon oregano
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- Dash red pepper flakes
- ½ cup Kalamata olives, pitted
- Crumbled feta for topping



In a bowl, add lemon juice, olive oil, onion and garlic powder. Add shrimp and mix well. Place in refrigerator for 30 minutes to marinate. Once done marinating, empty into a pan and cook shrimp for 3-5 minutes, until done (pink), and set shrimp aside. In same pan, add onion and cook for 3 minutes. Add in zucchini, asparagus, tomato, garlic, basil, oregano, salt and pepper, and red pepper flakes, cook for 2-3 minutes. Add shrimp back in along with the Kalamata olives and mix. Remove Mediterranean shrimp stir fry from heat. Place some of the Mediterranean shrimp stir fry on a plate, top with crumbled feta, and serve!



*Olive oil was used to produce both medicine and cosmetics: Hippocrates called it "the great healer" and Homer "liquid gold" and repeatedly mentioned olive oil in The Iliad and The Odyssey.*

## Roast rabbit with olives and dried fruits from Greece

2 rabbits, cut into portions (8-10 pieces)

6 garlic cloves, finely chopped

1 ½ tbsp oregano

1tbsp coarse salt

1 tbsp Dijon mustard

Freshly ground black pepper

125 ml red wine vinegar

125 ml DEVOO olive oil

220 g stoned dried plums

120g dried figs, cut in half

200 g dried apricots

120 g stoned green olives

160ml cappers

1 bay leaf

1 sprig of rosemary

2-3 tbsp brown sugar

375 ml sweet Samian wine

Springs of fresh oregano

Make a marinade a day in advance by combining garlic, oregano, salt, pepper (as much as you like: the dish should be fairly peppery), vinegar, oil, mustard, dried fruits, olives, capers, rosemary, bay leaf and 125ml of wine. Mix well, roll the rabbit pieces into it and put the whole, well covered, in to the refrigerator. Preheat the oven to 200oC. Arrange the rabbit pieces in a baking dish in one layer, together with the marinade, sprinkle them with the sugar and add the rest of the wine. Bake the dish for 45 minutes to 14 hour, basting often. Taste, add more salt or pepper if necessary and serve, decorating the dish with springs of fresh oregano.



*The beauty aspects of olive oil are exceptional: it contains anti-oxidants, vitamins A, D, K and E that are crucial in anti-ageing process of the skin. It is excellent not only for the skin, but used in creams and body peelings, in treatments for the hair and nails. Cleopatra used to take baths with olive oil that left her skin smooth and shiny like many noble women after her who used olive oil for shiny and healthy looking hair.*

## Turkey fillets with olives from Greece

1.500g turkey fillets  
1 large onion, finely chopped  
250ml dry white wine  
500 ml grated tomatoes  
2 garlic cloves, finely chopped  
50 green olives quartered  
125 ml DEVOO olive oil  
100g hard feta cheese  
½ tsp oregano, Salt & black pepper



In a wide saucepan, heat the olive oil, sauté the onion until tender and brown in it the turkey pieces. Pour in the wine, stir for a couple of minutes and add the tomatoes, the garlic, the olives, the pepper and the oregano. Lower the heat and let it cook until the sauce is greatly reduced. Towards the end, add salt to taste. When the sauce has thickened, turn off the heat and add the cheese crumbles. Shake the saucepan well, so that the cheese is coated with the sauce.

## Sea Bass baked in paper

3 lbs. small sea bass, cleaned and whole  
1 tbsp. DEVOO olive oil for each fish,  
plus extra for oiling the baking dish  
1 tbsp. fresh lemon juice for each fish  
2 medium sized onions, cut into thick rings  
2 medium, firm, ripe tomatoes, cut into thin rings



Salt - Black pepper  
2 garlic cloves,  
Bay leaves,  
½ cup chopped  
fresh parsley

Preheat the oven to 365oF/190oC. Sprinkle the fish with salt. Cut 4, 16-inch (40 cm) square pieces of parchment paper. Brush with olive oil. Place a fish on each paper. Sprinkle with 1 tbsp lemon juice. Evenly distribute the onion, tomatoes, bay leaves and garlic slices on all the fish. Sprinkle with pepper, parsley and 1 tbsp olive oil. Fold and tie with kitchen string to secure closed. Place in the baking pan and sprinkle with water. Bake the fish for 30-35 minutes. Remove , let cool for a few minutes and serve.

## Shrimp Saganaki

3 tablespoons DEVOO olive oil	2 teaspoons pepper flakes
1 pound medium size shrimp (peeled)	3 medium tomatoes pureed
4 cloves garlic minced	3-4 ounces crumbled feta
1/4 cup ouzo	chopped basil
1 large onion chopped	salt/pepper for taste
1 small hot pepper sliced	

Preheat oven at 350 degrees (180 C). Heat 1 tablespoon olive oil on medium-high heat. Add the shrimp and sauté for about 4 minutes, add the garlic and sauté for one more minute. Add the ouzo and sauté for 2-3 minutes, until alcohol has evaporated. Set aside. In another pot add the rest of the olive oil (about 2 tablespoons) and sauté the onion until translucent. Add the pepper flakes and hot pepper and sauté 2-3 more minutes. Add the tomatoes and simmer until sauce thickens. Empty the tomato sauce in the pan with the shrimp and mix gently. Empty the whole mixture in a oven proof casserole or a "saganaki" if you have one. Sprinkle with the feta and bake for 15 minutes. Serve with chopped basil.



suggested by  
**LIQTRIVI**  
Restaurant  
Monemvasia, Greece



*Ancient Greeks used Mediterranean sea salt mixed with olive oil to scrub and exfoliate their dry, sun-exposed bodies. Mix equal parts Epsom salt and olive oil and rub on your elbows and body parts while you soak in the bath. Let the mixture remain in your bath, soak to provide extra detoxifying and soothing skin.*

## Greek roast lamb

1 large leg of lamb, about 3kg/6lb 8oz

6 garlic cloves

1 bunch oregano

zest and juice 1 lemon

6 tbsp DEVOO olive oil

1½ kg new potatoes

400g can chopped tomato

large handful pitted baby kalamata olives



Heat oven to 240C. Pound the garlic, half the oregano, lemon zest and a pinch of salt in a pestle and mortar, then add the lemon juice and a drizzle of olive oil. Stab the lamb all over with a sharp knife, then push as much of the herb paste as you can into the holes. Tip the potatoes into a large roasting tin, then toss in the remaining olive oil and any remaining herb paste. Nestle the lamb amongst the potatoes, roast for 20 mins, then reduce the temperature to 180C. Roast for 1 hr 15 mins for medium-rare, adding another 15 mins if you prefer your lamb medium. Baste the lamb once or twice with the juices and toss the potatoes. When the lamb is done to your liking, remove from the tin and let it rest. Throw the rest of the oregano in with the potatoes, scoop from the tin and keep warm. Serve the lamb with the potatoes and sauce and a simple salad.



# Greek Lemon Chicken and Potatoes

4 pounds skin-on, bone-in chicken thighs	1/2 cup fresh lemon juice
1 tablespoon kosher salt	1/2 cup DEVOO olive oil
1 tablespoon dried oregano	6 cloves garlic, minced
1 teaspoon freshly ground black pepper	3 russet potatoes, peeled and quartered
1 teaspoon dried rosemary	2/3 cup chicken broth
1 pinch cayenne pepper	chopped fresh oregano for garnish

Preheat oven to 425 degrees F (220 degrees C). Lightly oil a large roasting pan. Season chicken with salt, oregano, pepper, rosemary, and cayenne pepper. Add fresh lemon juice, olive oil, and garlic. Stir potatoes together until chicken and potatoes are evenly coated with marinade. Transfer chicken pieces, skin side up, and potatoes to prepared roasting pan, reserving marinade. Drizzle with 2/3 cup chicken broth. Spoon remainder of marinade over chicken and potatoes. Bake for 20 minutes. Toss chicken and potatoes, keeping chicken skin side up; continue baking about 25 minutes more. Transfer chicken and potatoes to serving platter and spoon juices over chicken and potatoes. Top with chopped oregano.



*Choosing olive oil over less healthy fats, such as butter, may benefit your heart and lower your cholesterol level. Olive oil may also contribute to healthy digestion. Once you swallow your food, your body takes over by secreting acids and other compounds that help break down the food and transports the nutrients it contains throughout your body. Olive oil encourages the production of peptides, which support healthy digestion and aid in nutrient absorption. Regular consumption of olive oil will keep your gut working efficiently by taking what it needs for good health and eliminating the rest in your waste.*



## Kreatopita | Greek Phyllo Meat Pie

DEV00 Olive Oil	⅓ cup red wine
2 medium onions, diced	¼ cup chicken broth
1 lb ground beef	½ cup crumbled feta
½ teaspoon oregano	1 egg
½ teaspoon fresh chopped dill	½ cup butter, melted
pepper – salt	1 lb box of phyllo
1 teaspoon tomato paste	



Add olive oil to pan and heat over medium-high heat. Add onions to hot pan and cook until soft and translucent, about 5 minutes. Add ground beef and brown. Add in oregano, dill, pepper, a little salt, and tomato paste, mix. Add wine and reduce. Add chicken broth and reduce. Once all liquid has been reduced, remove from heat. Empty into bowl, add feta and egg – mix everything together. Set meat aside and prepare baking dish. Preheat oven to 350F. Brush a square baking pan with some melted butter\*\* Cut the sheets to match the size of the pan you're using. Brush with some melted butter each sheet and repeat 6 more times (phyllo sheet, butter, phyllo sheet). Pour the meat mixture into the pan, and smooth it out evenly with a spoon. Place 8 more phyllo sheets over the meat mixture, spreading melted butter in between each sheet. Place in oven for 20–30 minutes, or until golden brown. Cut, and serve hot!



**Oil Pulling:** Put 1–2 tablespoons olive oil (high quality extra virgin, preferably organic) in your mouth and swish for 20 minutes. Be careful not to swallow: that oil is full of the toxins you are trying to expel. When you're done, spit the oil into a trashcan, not the sink or toilet where the oil might solidify and create a blockage. After just two weeks you could see whiter teeth, and you're lightening the load on the immune system. All the rest of the body will come into balance when the immune system is in balance.

# Chicken Bardouniotiko

1 Chicken or cock  
6 onions round cut  
200 gr green olives, without peat  
250 g hard cheese  
1 cup of DEVOO oil  
4 tomatoes peeled  
Salt Pepper

suggested by  
*δυσόμοιος*  
μεζεδομανία  
Gytheio, Greece

Wash the chicken, cut it, remove the skin and drain it. Put in a pot of half the oil and saute the portions until golden brown. Put them on a platter and pour in the pot the onions. Stir them to sauté well, add the grated tomatoes, a cup of water and boil for 10 minutes. Pour the chicken portions, a little salt, pepper, the remaining oil and simmer. When the chicken is softened, add the olives, a little water and continue boiling for 10 minutes. Cut the cheese into small pieces and pour it into the pot to get a boil and melt. Remove the pot from the fire, leave it covered for 5 minutes and serve.

Note: It is a traditional food made only by the old housewives of Laconia. It comes from the village of Bardounias, from which it got its name.

## Burgers - Bifteki

1500gr minced meat  
(1000gr beef - 500gr pork)  
2 eggs  
1 cup of mustard  
1 tomato medium size  
1 dry onion  
1/2 cup parsley finely chopped  
1/2 cup mint finely chopped  
20g of salt  
10g of pepper  
7 g of kimono  
3 grams of oregano  
200g of toast  
400 ml DEVOO olive oil



suggested by



Sparta, Greece

Preheat the oven to 180 degrees.

Use a high speed cutter and beat the toast bread until crumbs, the tomatoes and the onions. In a bowl, put the minced meat and mix. Then add the olive oil, the eggs, and all the other ingredients. We bake all the ingredients together and then make them burgers to the size of your choice.

## Greek Vegeterian Dishes

### Mousaka w/ mushrooms

6-7 large eggplants	1 cinnamon stick
vegetable oil (for frying the eggplants)	salt and freshly ground pepper
For the mushroom sauce	chopped parsley (optional)
600-700g mushrooms, chopped (25 oz.)	For the béchamel sauce
1 medium red onion, finely chopped	875ml milk (3 and 1/2 cups)
1-2 cloves of garlic, chopped	100g butter (3.5 ounces)
1/4 of a cup white wine	100g flour (3.5 ounces)
1/4 of a cup DEVOO olive oil	a pinch of nutmeg
1 tin chopped tomatoes	2 egg yolks
1 tsp sugar	100g Parmigiano-Reggiano or Kefalotyri

Remove the stalks from the eggplants and cut them into slices, approx. 1 cm thick. Season with salt and place in a colander for about half an hour. Rinse the eggplants and squeeze with your hands, to get rid of the excessive water. Pat them dry and fry in plenty of oil. Place the fried eggplants on some paper. Try drizzling the eggplants with some olive oil and bake them for 15 minutes at 200C instead of frying them. Heat a pan to medium-high heat and add the olive oil to prepare a mushroom based sauce. Stir in the chopped mushrooms and sauté. Add the chopped onions and garlic and sauté. Pour in the wine. Add the tomatoes, the sugar, cinnamon and a good pinch of salt and pepper. Bring to the boil, turn the heat down and simmer for about 15 minutes. Lastly prepare the béchamel sauce for the vegetarian moussaka. Use a deep pan to melt the butter over low-medium heat. Add the flour whisking continuously and add warmed milk in a steady stream. Keep whisking in order to prevent your sauce from getting lumpy. If the sauce still needs to thicken, boil over low heat while continuing to stir. Remove the pan from the stove and stir in the egg yolks, salt, pepper, a pinch of nutmeg and the grated cheese. Whisk really quickly and set aside while you assemble the dish. Butter the bottom and sides of the pan and sprinkle with some breadcrumbs. Layer the eggplants. Pour in the mushroom sauce and even out. Add a second layer of eggplants, top with the béchamel sauce and smooth out with a spatula. Sprinkle with grated cheese and bake the vegetarian moussaka in preheated oven at 180-200C for about 25-30 minutes, until crust turns light golden brown.

# Zucchini Burger (Kolokithokeftedes)

- 2 kg grated zucchini (about 4 pounds and 6.5 ounces or 4.4 pounds)
- 1 large peeled, grated onion (could be chopped in a food processor rather than grated)
- 1 large peeled, grated carrot
- 2 peeled, grated potatoes
- ½ kg crumbled feta cheese (about 1 pound and 1.6 ounces or 1.1 pounds)
- 2 tablespoons finely chopped parsley (could be chopped in a food processor)
- 2 tablespoons finely chopped fresh spearmint (could be chopped in a food processor)
- 2 tablespoons DEVOO olive oil
- 2 eggs
- 3 tablespoons dry, uncooked oatmeal
- Salt and pepper to taste, if needed (but remember the feta is salty)
- More DEVOO olive oil for frying
- Flour as needed



After grating the zucchini, onion, carrot, and potatoes, mix them with a bit of salt, if desired. (The onion could be chopped in any food chopper, but the other vegetables should either be grated by hand or processed with a special grating blade, if available, for best results.) Squeeze out the excess vegetable juices, then leave the vegetable mixture in the refrigerator for two hours or more (overnight is fine) to allow the juices to seep out. After the vegetable mixture has drained well, add the remaining ingredients, except for the flour and the olive oil for frying. Mix everything together.

Form the mixture into flat patties like small hamburgers. Pour some flour onto a plate, then coat each patty with flour, top and bottom, and set aside. Heat some oil for frying on high heat. (Extra virgin olive oil is best and healthiest). Fry the patties until golden brown on one side, then turn them over and fry on the other side. Drain on a plate covered in paper towels. These are best while fresh and hot, but if you wish to save some for later, they can be refrigerated or frozen with baking paper between each layer of zucchini burgers.



## Olive Oil, Tomato, and Basil Pasta

1 (16 ounce) package farfalle pasta  
2 roma (plum) tomatoes, seeded and diced

1/2 cup DEVOO olive oil

2 cloves garlic, minced

1/2 cup fresh basil leaves, cut into thin strips salt and

pepper to taste

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. In a large bowl, gently toss the cooked pasta, tomatoes, olive oil, garlic, and basil. Season with salt and pepper.



## Light and Easy Greek Potato Salad

12 red potatoes

1/4 cup chopped green onion

1/4 cup DEVOO olive oil

1/4 cup red wine vinegar

1 1/2 teaspoons fresh lemon juice

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon coarse salt, or to taste

1/2 teaspoon ground black pepper, or to taste

1/4 teaspoon dried oregano

1/4 teaspoon white sugar

1/4 teaspoon dried rosemary, crumbled

Place red potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 25 minutes. Drain and chill in freezer until cold, about 30 minutes.

Slice potatoes and place into a large salad bowl; toss potatoes with green onion. Whisk olive oil, red wine vinegar, lemon juice, garlic powder, onion powder, salt, black pepper, oregano, sugar, rosemary, and red pepper in a bowl. Pour the dressing over the potatoes and toss. Serve immediately or chill until serving time.



# Greek Pies and Stuffing



## Famous Greek Cheese Puffs

For dough:

550 g of flour for all uses

20 g of baking powder

230gr of goat or sheep yoghurt with skin

DEVOO olive oil (fill the bowl of yoghurt, just below the line)

1 egg

2 pinch of salt

For the stuffing:

150 g of cottage cheese

150 g feta cheese

1 egg

1 tsp. fine chopped mint

1 egg for cover spread

In the mixer bin add the flour, baking powder, yoghurt, olive oil, egg and salt and beat until united. (If we do not have a mixer, by hand). In a deep bowl, combine the feta and the anthotyro, add the egg and the mint grated and stir well. Roll out the dough and cut with a sack (this if we want a uniform result). Alternatively, we take a little bit of dough in our hands, in walnut size, and open it in small leaf. Put a little filling on each piece of dough and close it by creating a half motif. We push the edges with a fork not to open with baking. Cut into a baking dish and smear with the extra egg that is pounded with a little water. Bake in a preheated oven at 180 ° C for 20-25 minutes or until they get a nice golden color.



## Spanakopita

2 (10 ounce) packages frozen chopped spinach, thawed and well drained

1/2 cup crumbled feta cheese

1/2 cup shredded mozzarella cheese

1/2 cup grated Parmesan cheese

1 clove garlic, minced

1/2 teaspoon salt

1 (16 ounce) package whole wheat phyllo dough

1/2 cup DEVOO olive oil



Preheat an oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet. Mix the spinach, feta cheese, mozzarella cheese, Parmesan cheese, garlic, and salt in a bowl.

Arrange one sheet of phyllo dough on a clean work surface and brush with melted butter. Cover the remaining phyllo dough with a damp towel. Place a second sheet of phyllo on top and brush with butter, then place a third sheet on top. Cut the buttered phyllo lengthwise into four strips.

Place about 1 tablespoon of the spinach mixture on the bottom of each strip. Take the bottom right corner and fold the dough over the filling to make a triangle. Fold the bottom left corner up to make another triangle. Continue folding until all the dough is folded.

Arrange the stuffed triangles, seam-side down, on the prepared baking sheet. Lightly brush the triangle with butter. Repeat with the remaining phyllo dough and spinach filling. Bake in the preheated oven until golden brown, about 20 minutes. Cool slightly before serving.

## Bread Stuffing with olive oil and herbs

This is a wonderful stuffing recipe in which I do not miss the butter one bit; good bakery bread and an excellent DEVOO olive oil make it perfect. The herbs do have a strong flavor, so you can use less than called for if you prefer. See the link at the end for my inspiration and enough suggestions for almost endless variations on this theme.



About 10 cups of cubes made from fresh white bakery bread, or a mix of white & whole wheat, toasted in the oven at 135C or 275F (but still white) or left to dry overnight

A total of 6 cups (before cooking) of chopped celery, onions, and leek sautéed in extra virgin olive oil with some salt until slightly softened, but also still slightly crunchy

1/2 cup chopped fresh parsley

1 T or less dried sage (or the contents of 1 sage teabag)

1 T chopped fresh rosemary

1 T or less fresh oregano

2 to 3 cups turkey, chicken, or vegetable broth

less than another teaspoon of salt (or to taste)

1/4 cup DEVOO olive oil (or to taste)



Mix the dried or toasted bread cubes with the sautéed vegetables and the olive oil from the cooking pan. Add the herbs and stir. Mix in the broth. If some of it pools at the bottom of the bowl, you have enough. If not, you may need 1/2 to 1 cup more. Add salt and olive oil to suit your taste and mix well. Bake at 190C or 375F in a lightly greased

9 X 13 Pyrex rectangular glass baking pan or a similar baking pan, tightly covered (with aluminum foil if you don't have a covered pan), for about half an hour. Then bake another 20 to 30 minutes until lightly browned and crisp on top.

## Bread with yogurt

1/2 cup plain yogurt	1 tablespoon sugar
1 package active dry yeast	1 tablespoon DEVOO olive oil
1 cup warm water (110° to 115°)	1 teaspoon salt
1 cup whole wheat flour	1-2/3 to 2 cups bread flour
1/4 cup toasted wheat germ	



Let yogurt stand at room temperature for 15 minutes. In a large bowl, dissolve yeast in warm water. Add the whole wheat flour, wheat germ, sugar, oil, salt and yogurt. Beat until smooth. Stir in enough bread flour to form a firm dough. Turn onto a lightly floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a bowl coated with cooking spray, turning once to coat the top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Turn onto a lightly floured surface; shape into a loaf. Place in a 9x5-in. loaf pan coated with cooking spray. Cover and let rise until doubled, about 40 minutes. Bake at 375° for 35-40 minutes or until golden brown. Remove from pan to a wire rack to cool.

## Bread with black olives

3/4 teaspoon Dry Yeast	2 teaspoons salt	3 cups bread flour
1 1/2 cups warm water	& DEVOO olive oil	1 cup chopped black olives



In a bowl, combine the yeast and the water. Cover with a kitchen towel and let it proof for 5 minutes. In the bowl of your stand mixer, combine the salt and the bread flour. Mix on low, just to combine. Add the yeast/water mixture and mix until a shaggy dough forms. Cover bowl with plastic and let the dough rise at a warm place for 10 to 24 hours. Preheat oven to 450F. Add oil and press the dough into a flat rectangle. Sprinkle 1/3 of the chopped olives on top and fold the dough once, hiding the olives and pressing down again to form another flat shape. Repeat two more times. Cover the dough loosely with plastic and let rest for at least 30 minutes, until doubled in size. Transfer the dough ball into the oven. Bake for 40 minutes or until golden brown. Remove from oven and transfer to a wire rack to cool completely before slicing.

## Kagiana (tomato feta and eggs)

1 onion	½ teaspoon ground cumin
3 tablespoons DEVOO olive oil	1 teaspoon paprika
500 g tomatoes	1 tablespoon fresh thyme, finely chopped
1 tablespoon granulated sugar	4 eggs, medium
2 tablespoons balsamic vinegar	50 g feta cheese and peper

Place a nonstick pan over high heat and let it get hot. Dice the onion into cubes. Add 3 tbsp of olive oil to the pan and add the onion. Grate the tomatoes with the large blades and discard the skin. Add the sugar and as soon as it melts, add the balsamic vinegar. Add the tomatoes, thyme, cumin and paprika. Cook for 6-8 minutes. Crack the eggs into a bowl and add some pepper and thyme. Whisk with a fork and add them to the pan. As soon as they start to set, remove from heat. Grate the feta, pepper and stir until incorporated.

## Mushrooms in extra virgin olive oil from Greece

1.500g mushrooms  
500ml white vinegar  
500ml white wine  
1 tbsp peppercorns (black green)  
1tbsp dried oregano  
2tbsp salt  
40g dried aromatic herbs (thyme, sweet basil, sage)  
DEVOO olive Oil



Clean and wash the mushrooms. Put them in a saucepan; Add the vinegar, the wine, the peppercorns, the oregano and the salt and bring them to boil. Let them boil for 3 minutes, then strain them and spread them out to dry. Toss them well with aromatic herbs, put them in a glass jar and cover them with the oil.

## Flaming Greek Cheese (Saganaki)

- 1 (4 ounce) package kasseri cheese
- 1 tablespoon water, or as needed
- 1/4 cup all-purpose flour, or as needed
- 1 tablespoon DEVOO olive oil
- 2 tablespoons brandy, at room temperature
- 1/2 lemon, or to taste
- 1 tablespoon freshly chopped Italian parsley



Brush each side of the kasseri cheese with water. Dredge both sides in flour, making sure the surface is completely covered. Preheat a well seasoned cast iron skillet on medium-high heat until smoking. Pour in olive oil. Carefully place the floured cheese in the hot oil. Cook until cheese begins to ooze and a golden brown crust forms, about 2 minutes. Quickly flip cheese over with a spatula. Fry until bottom is golden brown, about 30 seconds more. Remove skillet from heat and transfer onto a napkin-lined plate. Pour brandy over the cheese. Light the brandy using a fireplace lighter. Now you can exclaim "Opa!" and marvel at the fire. Squeeze some lemon juice on top to extinguish the last few flames and garnish with parsley.

## Greek Omellete

- 1tbsp DEVOO Olive Oil
- 6 eggs
- 1/2 teaspoon ground caraway
- 1/2 teaspoon ground cumin
- 1 pinch sweet paprika
- 1 teaspoon tarragon
- Salt and pepper



Beat the eggs. Add the olives, parsley, caraway, and cumin. Season with salt and a pinch of pepper. Mix well. Heat the oil in a frying pan. Pour the omellete mixture and allow to set, making sure it remains moist. Transfer to a dish and sprinkle with a little paprika and tarragon. Serves 4-6



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*Kadn' Opešn  
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