

Recipes for Ancient Greek Sandals

1. Classic Greek salad

Recipe makes enough for 4-6 people.

Ingredients:

4 large ripe tomatoes
1 cucumber
1 small red onion
1/2 green bell pepper
16-18 olives (we prefer the small black wrinkly variety from Thassos island but any olive or your choice would work. Kalamata olives are also great for this salad)
200 gr. good quality feta cheese
a handful of capers from a jar
1 tsp dry oregano (fresh oregano works well too)
1/4 cup extra virgin olive oil
2 tbsp. red wine vinegar (optional)
salt and pepper to taste

Wash and chop the tomatoes in wedges. Wash and chop the cucumber (peel if your cucumber is not organic), deseed and slice the bell pepper and finally slice the onion in very thin rounds.

In a large bowl combine all the above and mix well adding the olive oil, vinegar, salt and pepper. Let marinade for a while until you chop the feta cheese into small cubes and you take the capers out of the pickling liquid.

Top your salad with the chopped feta cheese, capers, olives and finish off with the oregano. Enjoy with some rustic sourdough bread to mop all the delicious olive oil!

2. Greek aperitivo olives

Recipes make enough for 8-10 people.

Ingredients for the black olives:

3 cups small black wrinkly olives (the Thassos island, sun dried variety works great here)
2 large oranges
1/2 tbsp. dry chilli flakes or 1 small fresh red chilli, deseeded and chopped finely
6 sprigs of fresh minced thyme
2 tbsp thyme honey

Use one orange to grate the zest and then juice it.

Wash and dry the second orange and then slice it in half. Use 1 half of it and cut it in thin slices. You can either use the whole slices or cut small triangles of them with your knife.

In a large bowl combine the olives, orange slices (or triangles) and chilli. Add the orange juice and zest, the fresh thyme and the honey and mix well.

Let marinade for at least half an hour for the flavours to blend before you serve.

You can store the olives in a glass jar with a lid in fridge for about 2 weeks.

Perfect served with red wine for a Greek aperitivo!

Ingredients for the green olives:

3 cups green olives (you can find lots of Greek varieties pitted in a jar)
4 limes (lemons work well too in which case you will use 2)
6 sprigs of fresh oregano
freshly ground black pepper

Use the zest of 1 lime and then juice it as well as the other 2 (you need the juice of total 3 limes). The last lime you want to slice it and then cut small triangles with your knife.

In a large bowl combine the olives, lime juice, zest and triangles. Add the leaves of the fresh oregano and some freshly ground black pepper.
Let marinade for at least half an hour for the flavours to blend before you serve.

You can store the olives in a glass jar with a lid in fridge for about 2 weeks.
These olives are the perfect match to a Greek ouzo aperitivo!

4. Raw marinated zucchini salad

Recipe for 4 people.

Ingredients:

4 large zucchinis
2 tbsp. toasted pine nuts
200 gr. anothiro cheese (this is a soft, fresh goats cheese similar to ricotta which is a good substitute)
juice and zest of 1 lemon
4 tbsp. extra virgin olive oil
1 tbsp. honey (you can also use agave or maple syrup instead)
1/4 tsp. garlic powder
salt and freshly ground pepper to taste
2 spring onions
a small bunch of fresh basil

Make your dressing first: in a small bowl whisk the juice and zest of the lemon together with the olive oil, honey, garlic powder, salt and pepper.

Wash and dry the zucchini. Using vegetable peeler and working from top to bottom of each zucchini, slice zucchini into ribbons. Place them in a bowl. Add the dressing and mix well to coat all the ribbons. Leave to marinade for 5 minutes.

In the meantime finely chop the spring onions and crumble your anothotyro.

Choose a nice shallow platter and lay your zucchini ribbons with dressing. Scatter the spring onions and crumble the anothotyro on top. Finish off with the toasted pine nuts, some basil leaves and a pinch of a good quality sea salt and black pepper.

This is a fresh salad best enjoyed in late spring and summer season when zucchinis are at their best.

5. Tzatziki

Recipe makes enough for 3-4 people.

Ingredients:

300 gr. Greek yoghurt (full fat is best)
1 medium cucumber (skin on)
3 tbsp. olive oil (plus more for drizzling on top)
1 tbsp. white wine vinegar
1 garlic clove mashed
1/4 from a bunch of fresh dill
salt and pepper to taste

Start with the cucumber: wash and dry it. Grate the cucumber and drain through a fine mesh sieve to get all the juices out.

Finely chop the dill.

In a bowl spoon in the yoghurt and add the grated cucumber, the dill, garlic, olive oil and vinegar, salt and pepper and give it a good mix.

Finish off with some drizzled olive oil and some dill fonds on top.

Enjoy!

