

Moussaka

Ingredients:



1/2 kg of minced meat (best mix pork and beef but beef only will do too)
1 kg of potatoes, peeled and finely chopped in cubes
2 tomatoes, finely chopped
parsley, 1/3 cupful, finely chopped
one onion, finely chopped
3 eggs, beaten
1 cup yogurt
2 tbs flour
salt and pepper to taste
oil for cooking
2 tbsp chubritza

Preparation:

Fry the onion and the minced meat in a little oil. The more fatty the meat is, the less oil you need. In about 10 minutes take it off the hob and mix well with the potatoes, tomatoes, and parsley. Add salt and pepper to taste. Bake for about 45 minutes at 190C, or until the potatoes are cooked. Stir the eggs, the yogurt and the flour together and pour it over the dish. Bake for 10 more minutes. It's delicious with cold yogurt on the side. Enjoy!

Courgettes in a yoghurt sauce



Ingredients for 2-3:

2 courgettes (cut in thin slices),
frying oil, 50-80 gr. of plain white flour,
500 gr. natural live or Greek style yoghurt,
2 garlic cloves (crushed),
chopped fresh dill.

Preparation:

This dish is best prepared at least few hours in advance. After cutting the courgettes into slices season with salt and leave aside for 10 minutes, then dip each slice into the flour and fry in a pan. You can also use a deep-fat fryer but the courgettes may become a bit oily. Leave to cool. Mix the crushed garlic and chopped dill with the yoghurt. In a dish arrange layer yoghurt followed by a layer of fried courgettes. Cool in a fridge for few hours or just serve.

Жаренная тыква



Тыкву надо помыть и очистить. Потом нарезать на кусках и положить в противень. Сверху залить теплой водой, с медом, посыпать сахаром, растолченными орехами. Противень положить в духовке. Когда тыква готова, можно залить молоком с яйцами и оставить в духовке еще 15 минут. Жаренная тыква приподносится холодной.