

Gourmet Cooking Volume 4, Show 362

GREEK LAMB KEBABS

Lamb seems to be the preferred meat in Greece and today's menu features lamb in a recipe that reminds one of the Greek sandwich called a 'Hyero.' All the elements of the sandwich-lamb, onion tomato, pita bread and garlic cucumber sauce-are included. However, the lamb is skewered and the other elements are served on the pita bread with the sauce on the side. The sauce-tzatziki-makes the dish and gives it a truly Greek character.

Beets are one of my favorite vegetables, especially freshly boiled; however, I have always thrown the green tops away. This recipe boils the greens as well as the beet roots and combines them with a basic vinaigrette a delightful combination.

Green peas and small onions in a simple sauté round out our meal.

PATZARIA SALATA - BEET SALAD

2 1/2 lbs Fresh beets with tops
6 tbs Vinegar
6 tbs Salt
6 tbs Olive oil

- Separate the beet roots from the stalks.
- Boil the beet roots in salted water about one and one-half hours.
- Wash stalks and leaves. • Boil in salted water about fifteen minutes.
- Strain both roots and leaves and cool to room temperature.
- Peel the roots.
- Cut into wedges.
- Cut leaves and stems into bite size pieces.
- Blend the roots and stems together.
- Blend together the vinegar, salt and olive oil.
- Pour over the beets.

SOUVLAKI ME PITA - LAMB KEBABS WITH PITA

2lbs Lamb, cut into 1 inch cubes
2 tbs Salt and pepper
8 Oregano Pita breads
8 slices Onion
8 slices Tomato
Tzatziki sauce

- Season the lamb cubes with salt, pepper and oregano.
- Thread cubes on bamboo skewers.
- Broil or grill on all sides about fifteen minutes.

- Heat pita breads on grill or in oven.
- Remove each skewer onto one pita.
- Garnish each pita with onion and tomato slices.
- Add Tzatziki sauce on the side.

TZATZI - GARLIC CUCUMBER SAUCE

1 large Cucumber
 1 lb Plain yogurt
 5 cloves Garlic, crushed
 2 tbs Vinegar
 4 tbs Olive oil
 Salt and pepper

- Grate the cucumber.
- Blend together the cucumber, yogurt and garlic.
- Add vinegar and blend well.
- Wisk in the olive oil.
- Salt and pepper to taste.

ARAKAS ME KREMYDAKI - GREEN PEAS WITH SPRING ONIONS

1/2 lbs Small boiling onions
 2 lbs Green peas
 4 Green onions, sliced
 1 tbs Dill weed Olive oil
 1/3 cup Salt and pepper
 1/3 cup Water

- Sautéed onions in the olive oil until tender.
- Add the green peas, green onions, dill, salt, pepper and water.
- Bring to a boil then reduce heat to simmer.
- Cook about fifteen minutes.
- Turn into a serving dish.