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# **BREADS, SPREADS & DIPS**





## ΚΟΥΛΟΥΡΙ ΘΕΣΣΑΛΟΝΙΚΗΣ KOULOURI THESSALONIKIS

### *Thessaloniki Bread Ring*

Greek refugees from Asia Minor were the first to bring these crisp, sesame seed-encrusted bread rings to Thessaloniki. High nutritional value and a distinctive flavour that encapsulates the wisdom of a very old tradition.

*Prep - Wait time:* 1 hour | *Bake time:* 20 minutes | *Yield:* 10

#### Ingredients

##### For the leaven

100 g strong flour, sifted  
12 g instant yeast  
100 ml lukewarm water  
1 tsp sugar

##### For the dough

320 g strong flour, sifted  
120 ml lukewarm water  
3/4 tsp salt  
30 ml sesame oil

##### For the coating

80 g sugar  
250 ml cold water  
300 g unhulled sesame seeds

#### *Tip!*

The sesame oil gives the bread rings a special aroma. If you don't have any, you can use olive oil instead.

#### Preparation

**Leaven:** Using a wooden spoon, mix all the ingredients together in a bowl until well combined. Cover with a clean kitchen towel and leave in a warm place for 10 minutes.

**Dough:** Place the flour and salt in the mixer bowl, add the leaven, water and sesame oil and mix for 5 minutes using the dough hook attachment. Stop the mixer, cover the bowl with a kitchen towel and leave in a warm place for 20 minutes.

##### Coating

1. Divide the dough into smaller pieces, about 50 g each, roll each piece into a 'rope'. Pinch the two ends of the 'rope' together to form a ring. In a bowl, mix the sugar and water well.
2. Place the sesame seeds on a deep plate, dip each ring into the sugar water and immediately onto the sesame seeds, coating all over. Place the rings on two baking sheets lined with parchment paper. Set aside in a warm place for 20 minutes.
3. Pour a cup of water into an ovenproof dish, place it in the bottom of the oven and preheat to 200°C on fan bake. Place the baking sheet with the rings on the middle oven rack and bake for 20 minutes or until golden brown and crispy. When the first batch is ready, follow the same procedure for the second baking sheet.









## ΑΛΕΙΜΜΑ ΕΛΙΑΣ | ALIMA ELIAS

### *Olive Spread*

Greece emerged in the depths of history with an olive branch, which it deified and moved forward with into the heart of the technological world. The sacred tree could be the perfect complement to a vegan diet on account of the myriad beneficial properties of its fruit, oil and leaves. In this recipe, the precious fruit is used to make a pâté that gives soul to toasted bread and delights the palate!

*Prep time:* 10 minutes | *Serves:* 4

#### Ingredients

200 g Kalamata olives,  
pitted  
2 Tbsp capers, rinsed  
and drained  
2 Tbsp chopped walnut  
kernels  
1/2 tsp dried thyme  
1 Tbsp fresh parsley,  
finely chopped  
1 clove garlic, sliced  
juice and zest of 1/2 lemon  
80 ml extra virgin olive oil  
sea salt  
pepper

#### Preparation

1. Toss all the ingredients into a blender and pulse to a smooth paste.
2. Taste and adjust as desired by adding more salt and lemon juice.
3. Transfer the spread to a sterilised jar and fill to the top with olive oil. Close the lid and keep in the refrigerator.
4. When serving, if the olive oil has solidified, leave the jar outside the refrigerator until the oil reaches room temperature. Serve the pâté in a small bowl.

#### *Tip!*

The world-famous Kalamata olives are ideal for making this pâté. But you can also add a handful of green olives if you are partial to them.









## ΜΑΪΤΑΝΟΣΑΛΑΤΑ | MAINTANOSALATA

### *Parsley Dip*

Salad dips hold a special place in Greek culinary tradition. Dips with a strong flavour and character which are best enjoyed on a slice of tasty bread. But you can also spread them on the bread of a sandwich that will fill your kitchen with the aroma of Greece. On Syros, from where this recipe hails, parsley dip is rich in antioxidants due to the generous amount of garlic. Start with one clove and gradually test your limits!

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*Prep time:* 5 minutes | *Cook time:* 25 minutes | *Serves:* 4

#### Ingredients

100 g potatoes, peeled  
100 g stale bread  
100 g parsley leaves  
30 g capers, rinsed, drained  
1 large clove garlic  
1 spring onion, finely chopped  
2 Tbsp red wine vinegar  
150 ml extra virgin olive oil  
30 ml lemon juice  
salt  
pepper

#### Preparation

1. Place the potatoes in a saucepan of cold water. As soon as the water starts to boil, cook for about 20 minutes or until the potatoes have softened. Drain.
2. Soak the bread in water and squeeze dry.
3. In a blender, mash the parsley, capers, garlic, spring onion, vinegar and 50 ml of the olive oil for 3-4 minutes. Add the bread, the potatoes and gradually the rest of the olive oil, until all the ingredients are well combined.
4. Lastly, add the lemon juice, salt and pepper. Taste the dip and adjust to your liking.
5. Serve cool, drizzled with olive oil and topped with a few more capers.

#### Tip!

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*If the dip is too thick, just add a little more olive oil or water.*



