

Bostani

Farm-to-table

COOKING CLASSES RECIPES



POSEIDONION
Grand Hotel

EST. 1914



Tyrokafteri

The Recipe

Combine the crumbled feta, chopped roasted red peppers, minced garlic, olive oil, lemon juice, dried oregano, and red pepper flakes. Taste and season with salt and pepper according to your preference. Transfer the mixture to a serving bowl and refrigerate for at least an hour before serving to allow the flavors to meld together. Serve with crusty bread, pita chips, or raw vegetables for dipping.

Ingredients

- 200g feta cheese
- 2 roasted red peppers, peeled, seeded, and chopped
- 1-2 cloves garlic, minced
- 2 tablespoon olive oil
- 1 teaspoon lemon juice
- 1/2 teaspoon dried oregano
- 2 chilli pepper (adjust to taste)
- Salt and pepper to taste



Tzatziki

The Recipe

Place the grated cucumber in a fine mesh strainer over a bowl and sprinkle with a pinch of salt. Let it sit for about 10-15 minutes to allow excess moisture to drain out. In a medium bowl, combine the Greek yogurt, minced garlic, olive oil, lemon juice, and chopped fresh dill. Squeeze the excess moisture from the grated cucumber using your hands or a clean kitchen towel, then add it to the yogurt mixture. Stir well to combine all the ingredients. Taste and adjust the seasoning with salt and pepper if needed. Cover and refrigerate the tzatziki for at least 30 minutes before serving to allow the flavors to meld together. Serve chilled as a dip with pita bread, vegetable sticks, or as a sauce for grilled meats or gyros.

Ingredients

- 1 cucumber, peeled, seeded, and grated
- 1 cup Greek yogurt
- 1-2 cloves garlic, minced
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh dill (or mint)
- Salt and pepper to taste



Greek salad

The Recipe

In a large salad bowl, combine the chopped tomatoes, cucumber, red onion, bell pepper, and Kalamata olives. In a small bowl, whisk together the olive oil, red wine vinegar, dried oregano, salt, and pepper to make the dressing. Pour the dressing over the salad and toss gently to coat all the vegetables. Sprinkle the crumbled feta cheese over the top of the salad. Serve immediately as a side dish or as a light main course.

Ingredients

- 4 medium tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 red onion, thinly sliced
- 1 green bell pepper, seeded and chopped
- 1/2 cup Kalamata olives
- 200g feta cheese, crumbled
- 3 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- Salt pepper oregano to taste



Gemista

The Recipe

Preheat your oven to 375°F (190°C). Slice the tops off the tomatoes and peppers and carefully hollow them out using a spoon, removing the seeds and pulp. Reserve the pulp from the tomatoes. In a large bowl, combine the rice, chopped onion, minced garlic, chopped parsley, chopped mint, olive oil, diced tomatoes (with their juices), salt, pepper, and dried oregano. Mix well to combine. Stuff each tomato and pepper with the rice mixture, filling them to the top but not packing too tightly as the rice will expand during cooking. Place the stuffed tomatoes and peppers in a baking dish. Pour the vegetable or chicken broth into the bottom of the dish. Drizzle a little olive oil over the tops of the stuffed vegetables. Place the reserved tomato pulp on top of the stuffed tomatoes. Cover the baking dish with aluminum foil and bake in the preheated oven for about 45-50 minutes. Remove the foil and continue baking for another 15-20 minutes, or until the vegetables are tender and the rice is cooked through. Serve the gemista hot or at room temperature.

Ingredients

- 5 large tomatoes
- 5 bell peppers (any color)
- 1 cup rice (long grain or short grain)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint (or dill)
- 1/4 cup olive oil, plus extra for drizzling
- 1 can (14 oz/400g) diced tomatoes
- Salt and pepper to taste
- 1 teaspoon dried oregano
- 1/2 cup vegetable broth
- 2 kg potatoes



Grilled Chicken in Herb Sauce

The Recipe

Clean and pat dry chicken pieces
Place the chopped herbs, onion, lemon juice, olive oil and garlic clove in a bowl and mix together well. Add chicken pieces and using your hands make sure all they are covered in marinade. Leave in the fridge for 2 hours before cooking. Grill the chicken on the BBQ

Ingredients

- 4 pieces of chicken
- 2 bunches of herbs of your choice chopped (rosemary, rigani, thyme)
- The juice of 1 lemon
- 1 clove of garlic
- 50ml virgin olive oil
- 1/2 onion chopped

Goat Roasted in a Wood Oven

The Recipe

Heat your wood (pizza) oven.
Cut deep slits into the goat and press the garlic into the slits. Make sure they go in deep and rub the rosemary, olive oil, salt and pepper into the meat.

Place the goat tray into the oven for 15 minutes. Then remove. Place the chopped potatoes around the goat and place back into the oven for a further hour or until the goat is cooked to your liking.

Remove the goat from the oven and cover to rest for at least 15 minutes.

Place the potatoes back into the oven for a further 10 minutes.

After 10 minutes remove the potatoes.

Carve and serve – Make sure the goat has rested for 15 minutes after coming out of the oven.

Ingredients

- 2 kg of goat
- 3 cloves of garlic – cut in half
- Rosemary – 2-3 sprigs – remove from the stalk
- A quarter cup of virgin olive oil
- Potatoes – depends on how many people are coming to dinner!
- fresh oregano
- 200 ml water
- Sea salt
- Black pepper



Portokalopita

The Recipe

Preheat your oven to 350°F (175°C). Grease a 9x13 inch baking dish with butter. In a large mixing bowl, beat the sugar and eggs together until pale and creamy. Add the Greek yogurt, dry filo, orange juice, orange zest, vanilla extract, and salt to the egg mixture. Mix until well combined. Brush the bottom of the baking dish with oil. Pour orange-yogurt mixture into the baking dish. Bake in the preheated oven for 45-50 minutes, or until the phyllo is golden brown and crisp. While the portokalopita is baking, prepare the syrup. In a saucepan, combine the water, sugar, glucose. Bring to a boil over medium heat, then reduce the heat and simmer for 5-7 minutes, stirring occasionally, until slightly thickened. Once the portokalopita is done baking, remove it from the oven and immediately pour the hot syrup over the hot pastry. Allow the portokalopita to cool completely in the baking dish before slicing and serving. Serve with vanilla icecream.

Ingredients

- 560 g phyllo dough
- 340 g sugar
- 6 eggs
- 375 g Greek yogurt
- 225 g orange juice
- 375 g sunflower oil
- Zest of 2 oranges
- 30 g baking powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

For the syrup:

- 250 g water
- 500 g sugar
- 200g glucose

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Recipes by our Executive Chef Ilias Kiazoli



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