



LENTEN SPECIALS 2012

Dolmades Lahanikon

Grape leaves stuffed with Arborio rice, tomatoes, almonds currants and mint



Seafood Creton Bread Salad

Marinated seafood salad with barley rusk



Lenten Tiganopsomo

Caramelized onion, Kumato tomatoes, black olive caviar, oregano and fennel pollen



Sweet and Sour Eggplant

Almonds, basil, hot pepper and golden raisins



Vegetable Moussaka

Layered Casserole of Eggplant, Potatoes, Zucchini
With Spiced Tomatoes and Peppers, Topped with Skordalia



Garides Skharas

Grilled Wild Prawns, Greek Fava, Spring Onions, Capers & Arugula
Lemon Emulsion



Braised Soupia

Slow Cooked Cuttlefish
Tomato, Onions & Oregano



Octapodi Pita

Crispy Phyllo Filled with Octopus, Zucchini, Rice, Tomato & Herbs



Kakavia “Greek Style Bouillabaisse”

Wild Prawns, Calamari, Sea Scallops & Blue Mussels
Tomato, Saffron Herb Broth

Salata, Me Kalamarakia

Grilled Calamari, Green Cracked Olives, Arugula, Barley Rusk
Lemon & Sitia Extra Virgin Olive Oil



Lathera Style Dishes

In Greek Cuisine there is a word for cooking foods with olive oil. It comes from the Modern Greek word for Olive Oil - Lathi. Traditionally Lathera refers to Vegetable and Legume dishes although there are some seafood dishes as well. These dishes are slowly cooked on the stove top in rich olive oil based sauces. The following are some *Lathera* dishes using Chef Jim Botsacos' New Greek Cuisine Extra Virgin Olive Oil.

Fasola Mavoromathika Lathera

Slow cooked Black-eyed Peas, Red Onions, Tomatoes, wild greens, lemon, dill and extra virgin olive oil



Revithia

Chickpeas, Fennel, Onions & Swiss Chard



Fassolakia

Braised Green Beans, Potatoes, Tomatoes & Herbs



Octapodi

Braised Octopus, Eggplant, Pearl Onions & Potatoes



Soupia

Cuttlefish, Slow Cooked with Spinach
Green Olives, Dill



Desserts

Karidopita Nistisim,

Olive Oil Walnut Cake, Kumquat Spoon Sweets



Lenten Almond Baklava

Rolled Layers of Phyllo, Almonds, Spiced Honey Syrup



Melomakarona

Lenten Honey Cookies

