

Cook-along-at-home with Vikki Moursellas

Nikki's TZATZIKI

Makes 3 cups

Ingredients

3 cloves garlic
2 small Lebanese cucumbers
½ bunch fresh dill, finely chopped
500g plain Greek yoghurt
¼ cup extra-virgin olive oil
Salt and pepper to taste

Method

1 Preheat the oven to 180c, place the garlic on a tray and roast for 15 minutes. Remove and allow to cool.

2 Grate the cucumber into a colander lined with a clean tea towel and squeeze out the excess juice.

3 Place the cucumber, dill, yoghurt, olive oil, salt and pepper in a bowl. Mash the garlic cloves on your chopping board and add to the bowl.

4 Mix the tzatziki with a wooden spoon. Place in the fridge to chill.

TIP: tzatziki can last up to 1 week in the fridge and is a match made in heaven with most Greek meat dishes.

Yiayia's Lamb Kefethes (or beef or pork)

Makes 20

Ingredients

500g either lamb, beef or port mince
¼ bunch fresh parsley, finely chopped
½ red onion finely chopped
1 spring onion, finely chopped
1 tablespoon dried oregano
1 tablespoon salt
1 tablespoon cracked pepper
1 egg, lightly beaten
2 tablespoons breadcrumbs
¼ cup extra-virgin olive oil

Method

1 Place the mince, parsley spring onion and red onion in a bowl. Season with the oregano, salt and pepper, add the egg and breadcrumbs and mix all together..

2 Roll about a tablespoon of the mixture in your hands to make a ball. Repeat until you have used all the mixture.

3 Heat a frying pan over medium heat, add the olive oil and fry the meatballs, turning occasionally, for 10 minutes or until golden brown and crispy.

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Moursellas

OUR FAMOUS YOGHURT BREAD

Makes 12

Ingredients

500g self-raising flour, plus extra, for dusting

500g plain Greek yoghurt

1 tablespoon baking powder

1 tablespoon sea salt

Extra-virgin olive oil spray

Method

1 Place the flour, yoghurt, baking powder and salt in a large bowl and mix with a wooden spoon until a dough forms. Add a little water if the mixture seems too dry, or more flour if the mixture seems too wet.

2 Tip the dough onto a clean work surface and dust it with a little extra flour. Knead the dough for 1 minute then divide into 10 equal portions.

3 Dust a rolling pin with flour and roll the pieces of dough out into small circles (about 14cm in diameter).

4 Place a frying pan over medium heat, spray the pan with extra-virgin olive oil, place the pita in the pan and spray the pita. Repeat this process for every pita bread. Cook each flatbread for a couple of minutes on each side, or until lightly chargrilled, and serve hot.

TIP: The bread always tastes better the next day. Reheat in the oven or fry over medium heat for a couple of minutes.

Prior preparation: Please have this preparations done before we start cooking class

- Grate cucumber into a colander lined with tea towel – squeeze out excess juice
- Peel garlic
- Finely chop dill

- Finely chop red onion
- Finley chop parsley
- Lightly beat egg

Utensils needed

- Oven set to 180c
- Tea towel and colander or bowl
- 3 Bowls to mix Tzatziki, meat and bread
- Fork to mash garlic
- Mixing spoon
- Fridge
- Tablespoon
- Frying pan over heat or electric
- A little water if needed
- Clean surface to lightly knead dough
- Rolling pin or bottle or jar to roll pastry
- If you have an extra frying pan or just wipe out prior with paper towel to cook bread in