

## Baklava

### Ingredients:

#### *For the baklava*

17 ounces walnuts, chopped  
2 teaspoons ground cinnamon  
2 teaspoons ground clove  
10 ounces butter, melted  
25 to 30 sheets of phyllo dough

#### *For the syrup*

20 ounces sugar  
14 ounces water  
2.8 ounces honey  
Zest of 1 lemon or orange  
1 cinnamon stick

Total time: 2 hours, 30 minutes

Servings: 15

### Directions:

Preheat oven to 300°F and prepare ingredients. In a large bowl, mix nuts, cinnamon, and clove. Melt butter in a saucepan over medium-low heat. Trim your sheets of phyllo dough to size of your baking dish if necessary (this recipe calls for a large baking pan approximately 16x12 inches).

Using a cooking brush, butter the bottom and sides of a baking pan. Layer the pan with sheets of phyllo, topping each with melted butter between layers, until half the phyllo is used.

Layer the nut filling over the phyllo base. To create the top of the baklava, repeat the same layering process over the nuts with the rest of the phyllo sheets. Brush the top of the baklava with butter.

Chill the baklava in the fridge for 15 minutes. Using a sharp knife, cut the dessert into pieces in a grid shape. Place the baklava on the lower rack and bake until crisp and golden, about 1 ½ to 2 hours.

While the baklava bakes, prepare syrup. In a small pot, combine syrup ingredients and bring to a boil for 2 minutes, or until sugar is dissolved. Remove syrup from the heat and let cool. When baklava comes out of the oven, drizzle with cold syrup and let fully soak through.

**Pairs well with:**

- Rich Creamy ice creams such as vanilla, pistachio, or caramel
- A variety of fruits such as oranges, pomegranates, or figs

**Tips:**

- Best nuts to use are walnuts, hazelnuts, and pistachios.
- Try adding finely chopped dried figs or use for a nut substitute.

## Moussaka

- **Ingredients:** Total time: 1 hour 40 minutes
- 3 medium (1-pounds) eggplants, sliced into ½ inch thick rounds Servings: 4
- 6 tablespoons extra-olive oil, divided
- 1 ¾ teaspoons kosher salt, divided
- 1 pound ground lamb (or beef)
- 1 (3 inch) cinnamon stick
- 4 medium garlic cloves, minced
- 1 tablespoon tomato paste
- 2 teaspoons dried oregano
- ¼ teaspoon crushed red pepper
- ½ cup (4 ounces) dry red wine
- 1 (14.5 ounces) can crushed tomatoes
- 1 ½ cups whole milk ricotta cheese
- 2 ounces low moisture part skim mozzarella cheese, shredded (about ½ cup)
- 1 large egg
- 2 ounces Parmesan cheese, grated (about ½ cup)

### Directions:

Preheat oven to 475°F. Arrange eggplant rounds evenly on 2 rimmed baking sheets, overlapping rounds slightly. Lightly brush both sides of eggplant rounds evenly with 5 tablespoons oil. Sprinkle evenly with 1 teaspoon salt. Roast in preheated oven until tender, deeply browned, and charred in spots (about 25 minutes), flipping and unstacking eggplant rounds so they are in an even layer halfway through cook time. Remove from oven. Reduce oven Temperature to 400°F.

Heat remaining 1 tablespoon oil in a large saucepan over medium-high heat. Add lamb and cinnamon stick. Cook, stirring occasionally and breaking up lamb until lamb just begins to brown (about 12 minutes). Using a slotted spoon, hold lamb mixture in pan and pour off 1 tablespoon of drippings,

then discard. Add garlic, tomato paste, oregano, and crushed red pepper to pan. Cook, stirring often, until mixture is fragrant, and garlic softens (about 2 minutes). Add wine, cook, stirring constantly, until almost completely reduced (about 30 seconds). Stir in crushed tomatoes and 1 ¼ teaspoons salt. Bring to a vigorous simmer over medium-high heat. Reduce heat to medium and simmer, stirring often, until mixture thickens (about 8 minutes). Remove from heat and discard cinnamon stick.

Stir together ricotta, mozzarella, egg, and remaining ½ teaspoon of salt in a small bowl until combines. Set aside.

Layer half of roasted eggplant in bottom of an 8-inch square baking dish. Spread lamb mixture evenly over eggplant. Top with remaining eggplant. Spread ricotta mixture evenly over eggplant and sprinkle with Parmesan. Bake at 400°F until cheese is browned (about 30 minutes). Let cool 15 minutes.

#### Tips:

- Make a day ahead and reheat in the oven at 300°F for about 15 minutes to allow flavors to become more robust
- Substitute the meat with lentils and dried mushrooms for a great vegetarian option
- Traditional moussaka uses a thick and creamy Béchamel sauce for the cheese layer. See below for recipe:

#### Béchamel Sauce:

- 4 ounces unsalted butter
- 4 ounces plain flour
- 4 cups milk at room temperature
- 1 cup freshly grates Pecorino Romano plus extra to serve
  - Kefalotiri Cheese is traditional, can substitute with Parmesan
- 2 egg yolks
- ½ teaspoon salt or to taste
- ½ small nutmeg or ¼ teaspoon ground nutmeg
- ¼ teaspoon white pepper

#### Directions:

Melt butter in a pot over medium heat. Stir in flour to create a paste, then gradually whisk in milk. Once sauce is thick, stir in salt, white pepper and nutmeg. Take off heat and stir in pecorino until sauce is lump free, then quickly whisk in egg yolks. Take ½ cup of sauce and stir into meat mixture. Top complete moussaka with remaining sauce and sprinkle with pecorino.



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## Tzatziki

### Ingredients:

½ cucumber  
½ teaspoon salt  
2 garlic cloves  
1 tablespoon white vinegar  
2 tablespoons extra-virgin olive oil, plus more  
for serving  
1 ½ cups plain Greek yogurt  
1 tablespoon dill, minced

Total time: 1-3 hours

Servings: 4-5

### Directions:

In a food processor, grate the cucumber. Toss with ½ teaspoon salt, then transfer to a mesh strainer to drain. Spoon cucumber meat onto a cheesecloth or thick napkin and squeeze to dry.

Wipe food processor clean and add in garlic cloves, remaining salt, vinegar, and oil. Once a wet paste forms, spoon contents into a large bowl. Add in the cucumber and yogurt and stir to mix thoroughly. Cover mixture and chill in refrigerator for at least 2 hours. When ready to serve, add fresh dill and drizzle oil on top.

### Serving suggestions:

Sauce for meat

chicken, beef, pork, fish, and lamb

Sauce for falafel

Salad dressing

Grilled veggies

Burgers or sandwiches

Potatoes

Dip for chips or vegetables