



THE OLIVE AND THE GRAPE

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Recipes for GREEK SEASONINGS

GREEK SALAD DRESSING (Option 1): Mix 2 TB. Greek Seasoning with 2 TB. water, let stand 5 min. Add 1/2 Cup olive oil, 1/3 Cup red wine vinegar plus 1 tsp. sugar, or honey, if desired.

GREEK SALAD DRESSING (Option 2): Mix 2 TB. Greek Seasoning with 2 TB. water, let stand 5 min. Add 1/2 Cup olive oil, 1/3 Cup lemon juice (or 1/4 cup lemon juice and 2 TB. water), plus 1 tsp. sugar, or honey, if desired.

GREEK SALAD: Combine quartered Roma Tomatoes (or grape tomatoes, cut in half), cut up cucumbers, diced red onions (the larger the pieces, the better), Greek olives and Feta Cheese. Top with Greek Salad Dressing (Option 2).

GYROS: Mix 1 TB. Greek Seasoning in 1 TB. water. Let stand 5 min., add 1 TB. olive oil and 1 TB. lemon juice. Combine with 1 lb. cubed lamb (traditional), pork or chicken, refrigerate 2 hours. Broil until browned. Mix 2-3 tsp. Greek Seasoning with 1 Cup yogurt and 2 TB. chopped cucumber for gyro sauce.

MARINADE for Chicken or Fish: Combine ¼ cup olive, ¼ cup lemon juice and 1 T Greek Seasoning in a glass dish. Whisk to combine. Marinate fish or chicken. (Portions may be doubled for larger quantities). Discard marinade after use. (Use this marinade to make GREEK KABOBS.)

GRILLED, BAKED, OR FRIED CHICKEN OR FISH: Use as a rub, 1 t. Greek Seasoning per pound of chicken or fish.

ROASTED RED SKIN POTATOES 6-8 Servings

- 2 pounds small red potatoes, cut in half or quarters
- 1/4 cup olive oil
- 1 Tablespoon Greek seasoning
- salt and pepper, to taste
- 1/2 cup vegetable or chicken broth
- 2 Tablespoons lemon juice

Pre-heat oven to 450F. Place potatoes in roasting pan in single layer. Toss in olive oil and seasonings to coat. Pour broth and lemon juice over potatoes. Roast, stirring occasionally for 30-40 minutes, until potatoes are done. (You may add some Kalamata olives if you like.)

LAMB - Use this specialized, all natural lamb seasoning as a rub on lamb (parts or whole), or use the marinade recipe below.

As a rub: Rub a leg of lamb with *olive oil*, coat it with **Lamb Seasoning** and roast or grill it. Baste with red wine and its own natural juices to a temperature of 160-165 degrees.

Marinade Recipe: 1/4 c. olive oil, 2 T. water, 1/4 c. red wine or lemon juice, 1 –2 T. Lamb Seasoning. Mix ingredients. Add 1 –2 # lamb, marinate in refrigerator for at least 2-4 hours. Discard marinade after use.

PELOPONNESIAN BURGERS – Add 1-2 Tbsp of the Peloponnesian Seasoning to ground meat (beef, lamb, turkey, mixture). Top with Feta Cheese and fresh spinach. Also, try this seasoning on lamb, chicken, shish kebobs, venison and vegetables. Its tart/sweet fusion of herbs and spices lets you be creative!