

Include the gift of Mediterranean health and exquisite taste in all your recipes!

My family and friends wanted to share their favorite recipes using Thessaly Organic Olive Oil. These are just a few ideas, feel free to email us your favorite recipe using Thessaly Organic Olive Oil.

Summer Salad – light and citrusy

1/4 cup olive oil
juice from 1 1/2 lemons
garlic
parmesan cheese
romaine lettuce
cucumbers
little bit of red onion if desired

Fill large salad bowl with lettuce, sliced cucumbers, onion (if desired).
Top with olive oil and lemon juice.
Lightly sprinkle with garlic salt, stir, add more garlic salt.
Top with parmesan cheese (about 1/4 cup parmesan total, but add to taste).

Myra
St. Louis, Missouri

Steak Marinade



Makes enough for 3 ribeyes, or what can fit in a 9x13 pan.
Drizzle about 4 tablespoons olive oil in the bottom of 9x13 pan (so it just covers the bottom).
Drizzle about 1/2 cup soy sauce and congeal with a fork.
Place steaks in pan sprinkle approx 1 tsp garlic powder over each steak.
Wait about 15 minutes, turn steaks over, sprinkle another 1 tsp garlic powder

over each steak.
Wait another 15 minutes then throw on the hot grill!!

Leslie
Deatsville, Alabama

Spinach Rice

olive oil (half a cup)
fresh onions
spinach, 1 kg (about 2 lbs) fresh
carrot (optional)
parsley
rice (150 grams or 2/3 cup)

water (2 cups)
salt/pepper

Fry the fresh onions, chopped, in a bit of olive oil. Once they are golden brown, add the fresh, washed, spinach, together with the parsley. If you like, you can add a chopped carrot as well. Stir everything around, until vegetables set a bit. Then add the rice and water, bring it all to a boil, let it simmer until the rice is done and the water is evaporated. Serve with fresh lemon juice squeezed over it, according to your likings.

It would be advisable to execute this recipe in a pressure cooker pan, like that you save time and vitamins. Enjoy!

Sylvana
Trikala, Greece

Pasta with garlic, olive oil and basil

1 ½ lbs pasta (spaghetti or penne)
1 bunch fresh basil (5 or 6 leaves), finely chopped
5 cloves garlic, chopped
1 large onion, chopped
1/3 cup olive oil
Salt, pepper to taste
Parmesan (optional)

Sauté onions and garlic in olive oil over low heat for 15 minutes. When garlic and onions are almost finished (onions are soft and flavored), add chopped basil. Stir and remove from heat. Mix this sauce with drained pasta and serve hot with salt, pepper and grated parmesan (optional). This is also great served with some warm, crusty bread.

Juliet (from our house)
Trikala, Greece

French Onion Soup

6 large red or yellow onions, peeled and thinly sliced or chopped in blender
Olive oil
¼ tsp. sugar
2 cloves garlic, minced
8 cups beef or chicken stock (I use beef)
1 or 2 bay leaves
Salt and pepper
Mozzarella or cheese of choice

In a large saucepan sauté the onions in olive oil on medium heat until well browned (not burnt!) about 30-40 minutes. Add the sugar about 10 minutes into the process.

Once browned, add the garlic and sauté for 1 or 2 minutes. Add stock and bay leaf then cover and simmer about 30 minutes.

Pour soup into individual bowls, add a slice of bread on top then sprinkle with mozzarella or whatever cheese you prefer. Place in the oven until the cheese is slightly browned. Yummy!

Juliet (from our house)
Trikala, Greece

Green Peas (and Sausage) in Red Sauce

2 lbs or 800 grams frozen peas
3/4 cup olive oil
2 cubes of chicken or vegetable bouillon
1 box or can of tomato juice
oregano to taste or whatever other spices you like (sometimes we vary ours)
salt and pepper

Optional: your favorite sliced sausage

Fill half a large pot with water and boil. Add frozen peas. Continue to boil on for about 20 minutes. Add 1 cube of bouillon, oregano and tomato juice. Add sliced sausage if desired. Mix. Continue to boil for another 40 minutes. Add olive oil and second bouillon cube. Add salt, pepper and more oregano if you wish. Mix again and keep warm for a few minutes, letting the food absorb the additional ingredients. The oil should have given the red sauce a thicker consistency. If the sauce is too watery, add more oil until the mixture reaches desired consistency. Keep the food warm until you're ready to eat.

Serve with feta cheese and brown bread.

Tami
Volos, Greece

Chickpea Soup -- Comfort Food

On one of my trips to visit my Greek family, we spent several weeks touring the countryside. Upon returning to my daughter's home, I was tired of eating restaurant food. Her Mother-in-law had prepared Chickpea Soup, and it was the most heavenly food I had eaten in weeks. If you are looking for comfort food—THIS IS IT!

1 pkg. dried chickpeas
1 medium onion, chopped
½ cup olive oil
Salt, pepper to taste

Soak a package of dried chickpeas overnight. Drain the water and cover with fresh water. Bring to a boil and scoop off the foam with a wooden spoon—NOT METAL. Add the onions and olive oil and boil until the peas are tender—season to taste. Delicious with an Italian or French bread to dip. Optional: Squeeze fresh lemon juice in your bowl.

Kay
Batesville, Arkansas

Tomatoes with olive oil

My favorite recipe with good olive oil is to slice tomatoes, arrange them on a plate, top with sea salt and julienned fresh basil, then sprinkle with olive oil. I also like feta cheese crumbled on top. Is

that just an easy-peasy recipe? Does it even need a recipe? Like the way we also eat fresh bread in our house: Pour good olive oil in a small dish, add sea salt and/or balsamic vinegar. Dip bread. Eat. Repeat.

Ravioli Sauce

In a pan over medium-low heat, add a tin of anchovies, with half of the oil drained. Add about 1/2 tablespoon minced garlic, and 1/2 teaspoon crushed red pepper. Drizzle with olive oil and stir/smash all of this until it makes a nice paste. Add either fresh tomatoes or sun-dried tomatoes, julienned fresh basil, and a few handfuls of spinach. Splash with a 1/2 cup or so of white wine. Cover, on low heat for about 5 minutes. Add already-cooked raviolis, stir, then serve. Sprinkle with shredded, salty cheese of your choice.

Melita
Louisville, Colorado

The following recipes are from my Greek mother-in-law, so I'm hoping I've translated the amounts, pan sizes and cooking times correctly. But if you manage them, they are easy and are everyday, staple meals in Greece.

Bean Soup

½ kg (1 pkg or around 2 cups) white beans
1 medium sized onion, coarsely chopped
3 or 4 carrots, chopped
Celery, chopped (she chops only the leafy part in, but you can use whole celery if you'd like)
1 Tbsp. tomato paste
½ cup olive oil
Salt/pepper

Add beans to approx. 2-2 ½ kg (8-9 cups) water in a large saucepan. When the water starts to boil add the olive oil, onions, carrots, celery. Boil until beans are soft, approx. 1 ½ hours. Toward the end add tomato paste and salt/pepper to taste.

Green Beans in Red Sauce

1 kg (2-2 ½ lbs) fresh green beans
1 medium onion
parsley, chopped
1 Tbsp. tomato paste
½ cup olive oil
Salt/pepper

Sauté the onion in the olive oil in a medium saucepan, then add the green beans, a few sprigs of parsley, tomato paste and salt/pepper. Add enough water to cover the beans. Bring to a boil, lower temperature and simmer for approximately one hour or until the sauce thickens. This dish is served as a main meal with fresh bread to scoop up the sauce.

Briam



1 kg (approx. 2 lbs) zucchini (cut round)
1 kg (approx. 2 lbs) potatoes (sliced)
parsley, chopped
1 Tbsp. tomato paste
 $\frac{3}{4}$ kg or approx. 5 onions (sliced)
1 cup Thessaly Organic Olive oil

Salt/pepper

Mix in a bowl – zucchini, potatoes, parsley, salt, pepper. Spread this mixture in a roaster pan. Next, sauté the onions with a little oil. Once sautéed add salt/pepper, tomato paste and a little water (approx. $\frac{1}{2}$ cup).

Spread the onion mixture on top of the potato mixture and pour the cup of olive oil on top of the entire mixture with more salt/pepper to taste. Pour 2-2 $\frac{1}{2}$ cups of water over the top.

Bake at 200° C (400° F) for approximately 1 hour or until the water has soaked with the oil leaving a sauce.

The following recipes are from our Thessaly Organic Olive Oil tasting party!

Americanized Greek Salad



5 cups grape Tomatoes
3 cups Mozzarella Pearls
2 cups diced Cucumber
1 (8oz) jar Pesto or see recipe below
 $\frac{1}{2}$ cup (or to taste) Thessaly Organic Olive Oil

Combine tomatoes, mozzarella and cucumber. Add pesto and olive oil. Mix thoroughly. Allow to marinate approximately 2 hours before serving.

Herbed Parmesan Dipping Oil

$\frac{1}{2}$ teaspoon Italian Herb Seasoning or $\frac{1}{4}$ teaspoon each dried Oregano and Basil

$\frac{1}{4}$ cup Thessaly Organic Olive Oil

Freshly ground Black Pepper to taste

Garlic Salt to taste

2 teaspoons grated Parmesan Cheese

Combine seasoning and olive oil on a plate. Top with Parmesan and serve with crusty baguettes or Italian bread for dipping.

Hummus

4 (15 oz) cans Garbanzo Beans, drained

$\frac{2}{3}$ teaspoon Salt

2 tablespoons Cumin

3 tablespoons Lemon Juice

Black Pepper to taste

1 cup Thessaly Organic Olive Oil

Combine all ingredients in a food processor or blender to make a thick dip. This is a large recipe and can be halved.

Orange Cake with Olive Oil (Ladi Tourta)

3 large Eggs, beaten

12 oz Thessaly Organic Olive Oil

2 oz Orange Liqueur

3 teaspoons Lemon Zest

2 cups granulated Sugar

10 oz. Milk

2 oz. Orange Juice

1/2 teaspoon Baking Soda

1 teaspoon Kosher Salt

2 cups All-purpose Flour

1/2 teaspoon Baking Powder

4 oz. blanched Almonds, finely chopped

Powdered Sugar for garnish

Preheat oven to 350F. Butter a 10-inch cake pan. In a large bowl, whisk the eggs, sugar, olive oil, milk, liqueur, orange juice and zest. Sift together the flour, soda, baking powder and salt until well-blended. Whisk all together until well blended. Fold in the almonds. Pour into the buttered cake pan. Bake for one hour. Place on a rack to cool. Run a knife around the edges and place it on a serving plate. Sprinkle with powdered sugar and serve.

Pasta Salad



16oz package garden Rotini pasta

1 small can sliced Black Olives, drained (optional)

1 Cucumber, peeled and sliced

Prepare rotini according to package directions, then rinse with cold water. Combine all ingredients and dressing (see recipe below) with rotini in a large bowl and mix thoroughly. Chill overnight before

serving.

Dressing

1 cup sugar

1/2 cup vinegar

1/2 cup red wine vinegar

1/2 cup Thessaly Organic Olive Oil

2 tsp. mustard

1 tsp. salt

1 tsp. garlic powder

1 tsp. pepper

Pesto

1/2 cup fresh Basil

½ cup Parmesan Cheese
 ½ cup Thessaly Organic Olive Oil
 1/3 cup Pine Nuts or toasted Walnuts
 1 Garlic clove, minced

Combine basil and nuts, pulse in processor. Add garlic, pulse again. Slowly add the oil, then cheese until blended. Salt and pepper to taste.

Skordalia or Garlic Potato Dip



5-6 Garlic cloves
 150 grams (about 2 cups) Boiled Potatoes
 ½ cup Thessaly Organic Olive Oil
 1-2 teaspoons White Wine Vinegar
 Salt to taste
 Optional: Add ½ fresh-squeezed lemon

Peel and mash garlic to a paste. Add the potatoes, then mash together. Add vinegar, then dribble in the olive oil, mixing constantly. Salt to taste. Serve garnished with olives.

Spiced Pecans



4 cups Pecan halves
 2 tablespoons Thessaly Organic Olive Oil
 1 teaspoon Kosher Salt
 1½ teaspoons finely chopped, fresh Thyme
 1 teaspoon finely chopped, fresh Rosemary
 ½ teaspoon Black Pepper
 ¼ cup dark Brown Sugar

¼ cup melted Butter

Optional: ½ teaspoon ground, Cayenne Pepper

Preheat oven to 400F. Combine all ingredients in a bowl and toss well. Place pecans in a single layer on a cookie sheet and roast eight minutes.

DESSERTS!

Fig Bread



2 eggs
 1 1/4 cups sugar
 1 cup fresh fig, mashed
 > 1/2 cup Thessaly Organic Olive Oil (a little bit less than 1/2 cup)
 1 1/2 cups flour
 1 tsp. baking soda
 1/2 tsp. salt

1/4 tsp. cinnamin

1/4 cup buttermilk

Beat eggs and sugar. Add fig and oil. In a separate bowl combine flour, baking soda, salt and

cinnamin, then add to fig mixture. Finally, slowly stir in the buttermilk. Pour into a greased bread pan and cook for 1 hour at 350F.

Other uses

Eating olive oil is known to be good for your skin (my mother-in-law looks 20 yrs. younger than her age), but it can also be applied directly as a moisturizer or a bit added to a warm bath. Or use it for a make-up remover or to soften cuticles. (I've also heard a lot of people say they use it to treat eczema, but I don't know first-hand on that.)

It can be used as a shaving lubricant or an after-shave balm.

For dry or damaged hair, work a few tablespoons from root to scalp then wrap in saran wrap or place a shower cap over it for 30 minutes to an hour, then shampoo off. It shampoos off easily if you shampoo twice and does not look greasy. Or after a shower rub a little on the ends of your hair to help detangle and combat frizz.

Mix one part lemon juice with 3 parts olive oil to polish wood furniture. Or place some olive oil directly on a cloth for dusting wood furniture.

Add a little bit to your cat's food to help with hairballs and promote shiny fur.

Not to take away from WD-40, but just about anywhere you would use that for a lubricant you can use the safe, natural source of olive oil....zippers, door hinges, bike wheels.