

# A taste of Greece

NOVEMBER 2020



## THE OLIVE ROUTES



### HARVESTING ....LIFE!

NEW SEASON...for us the new season starts with the Fresh Extra Virgin Olive oil! Early November... a harvesting Land..Cook at home, get inspired and enjoy the Fresh & Spicy Olive Taste!

Join the journey!

### NOVEMBER INSPIRATIONS:

#### RECIPES

- Cook with us 4 Tasty Recipes!
- What's new?
- Greek Stories
- Let's get personal....

# Authentic, Greek & TASTY!!

DIMITRA MATHIOPOULOU  
@THEOLIVEROUTES

This is a taste of Greece ...  
Beloved Recipes from my  
favourite Greek Chef Akis  
Petretzikis  
Enjoy!



## Carrot and cheese bread



# Carrot & cheese bread

By Akis Petrezikis

### Ingredients

- 220 g water
- 10 g yeast
- 500 g hard flour
- 200 g carrots
- 1 tablespoon(s) sage or oregano
- salt
- pepper
- 2-3 tablespoon extra virgin olive oil
- 70 g gruyere cheese, grated
- extra virgin olive oil, for the pan

### Method

- In a mixer's bowl add the water, the yeast, and mix with a hand whisk. Add the flour and, ideally, allow 5-10 minutes for the yeast to be activated.
- Grate the carrots on the large holes of a box grater and add them to the mixer's bowl. Add the sage or oregano finely chopped, salt, pepper, 2 tablespoons extra virgin olive oil, 50 g gruyere cheese, and beat with the hook attachment at high speed, for 6-8 minutes.
- Transfer to a greased 10x35 cm loaf tin and cover with a dish towel. Set aside until it doubles in volume.
- Preheat the oven to 180°C (350°F) set to fan.
- Drizzle with 1 tablespoon olive oil, sprinkle with 20 g gruyere cheese, and bake for 50-60 minutes.
- Let it cool and serve.



the  
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# Black lentil salad

By Akis Petrezikis

## Black lentil salad

### Ingredients

- 200 g black beluga lentils
- 1 bay leaf
- 4 tablespoon(s) extra virgin olive oil
- 1 onion 1 clove(s) of garlic
- 2 zucchinis
- 3 spring onions
- lemon juice, of 1 lemon
- 100 g feta cheese
- 200 g baby spinach
- salt pepper



### Method

In a pot, add the lentils and fill with water so that the lentils are completely covered. Transfer the pot over high heat and boil for 5 minutes. Drain the water.

Fill the pot with clean water again, so that it covers the lentils, and transfer over high heat. Add the bay leaf and let the lentils boil for 30-40 minutes, at high heat, until they soften. At the same time, heat 2 tablespoons olive oil in another pot over medium heat. Finely chop the onion and cut the garlic into 1-2 mm thin slices. Sauté for 1-2 minutes until they slightly soften. Cut the zucchinis into slices and half of the slices into crescents. Add the zucchinis to the pot and sauté along with the onion and the garlic. Transfer the sautéed vegetables to a bowl. Drain the lentils, cool them down by placing them under running water, and add them to the bowl. Finely chop the spring onions and add them to the bowl along with the remaining 2 tablespoons olive oil, the lemon juice, the feta cheese crumbled with your hands, the spinach, salt, pepper, and mix. Check the seasoning and serve.

# Greek meatball soup – Yuvarlakia

By Akis Petrezikis

## For the meatball soup

- 1 onion
- 1 clove(s) of garlic
- 500 ground beef, brisket
- 150 g glutinous rice
- 1/4 bunch dill
- 1 tablespoon(s) mint or oregano
- 15 g salt
- pepper
- 2-3 tablespoon(s) extra virgin olive oil
- 1 1/2 liter water
- lemon peels, of 1 lemon
- 2 bay leaves
- 1 tablespoon(s) vegetable stock pot

## For the egg-lemon sauce

- 2 egg yolks, of medium eggs
- 1 level teaspoon(s) corn starch
- lemon juice, of 2 lemons

## Method

### For the meatball soup

In a blender add the onion, the garlic, and 2 tablespoons water. Beat very well.

Put the mixture in a tea towel and squeeze well so that the whole water is removed.

Transfer to a bowl and add the ground beef, the rice, the dill and the mint finely chopped, salt, pepper, olive oil, and mix very well.

Shape 18-20 meatballs and add them into a pot.

Add the water, the lemon peels, the bay leaves, the vegetable stock, and cover with the lid.

Simmer over low heat for 30-40 minutes.

### For the egg-lemon sauce

In a bowl add the yolks, the corn starch, the juice of 2 lemons, the dill, and whisk well.

Very slowly, add to the bowl 2-3 ladlefuls of the stock where the meatballs boiled, by whisking constantly.

Transfer to the pot and stir lightly for 30 seconds, or until it comes to a boil.

Serve with feta cheese, bread, olive oil, oregano, and pepper.

# APPLE PIE – VEGAN WITH EXTRA VIRGIN OLIVE OIL



## Ingredients

- For the dough
- 200 g extra virgin olive oil
- orange zest of 2 oranges
- 120 g orange juice
- 200 g granulated sugar
- 550 g all-purpose flour
- 1 heaping
- tablespoon(s) baking powder

## For the filling

- 5 Granny Smith apples
- 1 tablespoon(s) lemon juice
- 150 g granulated sugar
- 50 g almonds, coarsely chopped
- 50 g walnuts, coarsely chopped
- 1 teaspoon(s) cinnamon
- 1 teaspoon(s) ginger,
- ground, or ground cloves
- 1 teaspoon(s) vanilla extract

## Method

### For the apple filling

Peel the apples and remove the core and seeds. Grate them onto a kitchen towel, using the large blades of the grater. Wrap them in the towel and squeeze to remove most of the juices. Transfer to a bowl and add 1 tablespoon lemon juice. This will prevent the apple gratings to turn brown. Add the sugar, nuts, ginger, vanilla and cinnamon. Mix with a spoon and set aside until needed.

### For the dough

In a bowl, add the extra virgin olive oil, orange juice, orange zest and sugar. Stir with a spoon until the sugar dissolves. Add the flour and baking powder. Mix with a spatula until all of the ingredients are completely combined.

### For the apple pie

Preheat oven to 170\* C (338\*F) Fan.

Grease a 25 cm tart pan with removable bottom with olive oil. Add half of the dough in spoonfuls to the tart pan to create the bottom of the pie crust. Add the apple filling and spread evenly. Top with the remaining dough in pieces. Bake for 40-50 minutes. When ready, remove from oven and allow it to cool for 30 minutes. Remove from tart pan, dust with icing sugar and serve.

## Extra Virgin Olive

## Oil makes your cake a healthy sweet option!



the  
olive  
routes

# WHAT'S NEW?

# NEW SEASON ...NEW CROP!



NOVEMBER 2020

Selection of 3 extra virgin olive oils

SPICY.MEDIUM.DELICATE

GIFT IDEAS  
TO YOUR BELOVED



OUR FAVOURITE SMALLS!  
BLUE BOX OR GREEN BOX



AS FRESH  
AS POSSIBLE!!

# STORIES! GREEK STORIES "GIA-GIA!"

Perhaps you know the Greek World  
"Gia" which means HI! But do you  
know what "GiaGia" is?

Giagia means grandmother and she is  
perhaps even today the center of the  
Greek Families..

Cooking Sunday lunches, taking care of  
grandchildren & children,  
telling stories, always listening &  
advising in all important decisions...

Harvesting  
olives!

These difficult days our hearts are with  
all grandmothers and grandfathers  
of the world!

EYXARISTO GIAGIA  
THANK YOU GRANDMA!



# Let's get personal!

## BRAND NEW!

NOV. 2020

It is a Harvesting life in the olive land and smells like fresh extra virgin olive oil!

In our lives everythings is NEW!

A new reality with alot of restictions that makes our everyday life difficult and

**A NEW OLIVE OIL MILL**

that makes us so proud and happy!

All the mechanical equipmet was replaced with brand new high techology machines in order to provide with the highest quality extra virgin olive oil!

However our PEOPLE are the ones that make us more proud and efficient!

This newsletter still has the same purpose ... to stay close, to stay creative, to share thoughts and smell a little like Greek spirit..

Looking forward to receive stories  
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# A HARVESTING LAND

FEELS PURE & AUTHENTIC