

What's for Dinner?

by Sue Epstein

Author of **Budget Cooking**, **Elegant Dining** and **Simply Delicious**



My Big Fat Greek Feast

My Big Fat Greek Feast, by George Kyrtatas (Small Potatoes Press - \$15.95) proves that good things come in small packages! Ever since I visited the Greek Islands a few years ago I have been looking for just the right Greek cookbook to recreate some of the wonderful dishes of this glorious Mediterranean country. At last I found it.

The author, Chef Kyrtatas, is the executive chef at Hathaway's Restaurant in Cinnaminson, NJ, and one of the youngest, at the age of 20, to be certified as Chef de Cuisine by the American Culinary Federation.

In addition to the mouthwatering recipes, almost every page of this glossy paperback has a "Big Fat Greek Fact". One of the foods that I most enjoyed in Greece was their yogurt. It had a delicious flavor – very different from American or Israeli yogurt. Kyrtatas' "Big Fat Greek Fact" on yogurt: Greek yogurt, which is thicker and creamier than normal yogurt, is sometimes difficult to locate. If you cannot find authentic Greek yogurt, try draining whole fat yogurt through cheesecloth for a few hours and then add honey and nuts.

Most of the recipes are not complicated and you definitely don't have to be Greek or to have been to Greece to enjoy this book. You'll love the recipes for dishes like Greek Wedding Soup, Feta and Kalamata Olive Salad and Kyrtatas' wife's favorite dessert, Galatoboureko (Greek Custard Dessert). Forget the gyros, this is Mediterranean food at its finest.

Baked Chicken with Oregano (*Yields: 2 to 4 servings*)

"Kotopoulo Oreganata"

This is a very simple dish – you'll see there aren't a lot of ingredients – but the combination adds a great deal of subtle flavor and your kitchen will smell like heaven.

1 roasting chicken, split and cleaned
3 tablespoons margarine, softened
2 tablespoons dried oregano
1 teaspoon each salt and pepper
½ cup white wine
4 tablespoons lemon juice

Preheat oven to 350 degrees. Rub margarine over entire chicken. Sprinkle with oregano and salt and pepper.

Heat an ovenproof frying pan on the stove over medium-high heat until hot. Place chicken, skin side down, in pan and sear. Turn and sear on the other side.

Cover chicken with white wine and lemon juice. Transfer to the oven. Bake for approximately 45 to 60 minutes or until chicken is fully cooked.