

## GREEK FESTIVAL FOCUSES ON FOOD, MUSIC, AND CULTURE

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Officially, the Greek-American Festival — a veritable smorgasbord of delicacies on the grounds of Holy Trinity Greek Orthodox Cathedral — kicks off tomorrow and lasts through the weekend. But thanks to a new cookbook sold there featuring more than 500 recipes by local parishioners, it doesn't ever have to end.

The book, *Olives, Feta, Phyllo & More*, is intended to help feed the enthusiasm of many who already come to the festival to enjoy the food or cooking demonstrations. It will sell for \$25.

"People come and they're all excited about learning some new Greek foods," explained Irene Kaufman, part of the steering committee for the book. "We like to just share our culture."

In all, the book includes 520 recipes from about 190 people and covers classic and contemporary Greek and American cuisine.

"We tried to capture all of the old recipes from our mothers, our grandmothers, our aunts who love to cook," she said.

The festival begins at noon tomorrow — with free admission until 3 p.m. — and lasts through 8 p.m. Sunday. As usual, the star of the event will be the food paired with Greek hospitality.

"You can never leave a Greek house without eating something," said George Sarantou, publicity chairman.

### The 38th Annual Greek Festival

**Where:** Holy Trinity Greek Orthodox Cathedral in downtown Toledo. Entrances are at Walnut and Superior streets and at Walnut and Summit Street.

**When:** Noon to midnight tomorrow and Saturday and noon to 8 p.m. Sunday

**Admission:** Free until 3 p.m. tomorrow. Then, \$3 for adults tomorrow and Saturday. Children 12 and under are free with a parent or guardian. Adult admission Sunday is \$1.

**Parking:** Available in the neighborhood and at the Vistula Garage at Superior and Orange Street.

Information: 419-243-9189 or [www.toledogreekfest.com](http://www.toledogreekfest.com)



Nick Chirgott (l), flips pita bread on the grill at the Greek Festival at Holy Trinity Greek Orthodox Church in Toledo last year. (THE BLADE/DAVE ZAPOTOSKY)

Why fight it? The real question is to start with pastries — a custom in traditional Greek homes, Sarantou said — or dive right into the meal.

A gourmet food tent will sell three different dinner platters for \$10 each. The sampler platter will include moussaka (eggplant and seasoned ground beef baked with cream sauce), spanakopita (spinach and feta cheese filling in a square phyllo crust), tiropitas (cheese filling in a crispy triangular phyllo crust), and dolmathes (seasoned ground beef and rice wrapped in grape leaves). Other platters feature chicken oregano and pork souvlaki.

All your other Greek favorites will make an appearance at the three-day festival too: pastichio (macaroni and seasoned ground beef baked with a cream sauce), rice pudding, rice pilaf, gyros, and more. Adult beverages will be available in the "Taverna."

There's just something about Greek food that keeps people coming back in droves. The festival goes through 25,000 pieces of pastry and 6,500 gyros.

"There's going to be similarities in some Greek food with other cultures, but by and large Greek food is fairly unique," Sarantou said.

Inside the community center there will be even more treats. Try some coffee with some of the thousands of pastries. While you're there, check out the boutique with books, costume jewelry, T-shirts, paintings, and imported gifts.

For those interested in making these goodies themselves, the cookbook is just one option. Another is the cooking demonstrations that take place throughout the weekend. Learn to make dolmades at 7 p.m. tomorrow, stuffed peppers at 6 p.m. Saturday, spanakopita at 2:30 p.m. Sunday, followed by galaktoboureko (a custard pastry) at 4 p.m.

It might be tempting to let your tummy be your guide at the festival, but there's plenty for the rest of your body to enjoy too. Get those legs dancing as you listen to the Greek and American music of the Levenes of Detroit tomorrow and Saturday, or the tunes provided by DJ Achilles on Sunday. Or watch performances from the Hellenic Dance Company, whose participants ranging from preschoolers to adults feature imported Greek costumes.

There also will be opportunities to meet husband and wife romance author team Tony and Lori Karayianni, who write under the name Tori Carrington. They will be at the festival tomorrow and Saturday from 6 to 8 p.m.

For those interested in more spiritual stimulation, there will be 20-minute presentations on Orthodoxy in the cathedral at 3 p.m. tomorrow, 2 p.m. Saturday, and 3 p.m. Sunday. Liturgical chanting will be presented tomorrow at 6 p.m., Saturday at 7 p.m., and Sunday at 5 p.m. The cathedral itself will be open for self-guided tours tomorrow and Saturday from noon to 8 p.m. and Sunday from noon to 7 p.m.

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## RECIPIES

*Here are two entries from Olives, Feta, Phyllo & More, a cookbook of more than 500 recipes by the parishioners of Holy Trinity Greek Orthodox Cathedral that will be sold this weekend at the Greek-American Festival.*

### Skewered Souvlakia

½ pound of meat per person (steak, beef, veal, pork, or lamb)  
2 tomatoes, quartered  
1 onion, quartered  
1 green bell pepper, cut into 1-inch strips  
8 mushroom caps  
Salt and pepper to taste  
Oregano  
Juice of one lemon

Cube the meat into 1-inch pieces. Wash and cut the vegetables. Skewer one of each in this order: green pepper, mushroom, onion, meat, tomato, and continue to skewer until the skewer is about ¾ full. Lay the skewer in a shallow pan and sprinkle it with the other ingredients. Broil it for 5 minutes on one side, then turn over and broil for about 3 minutes on the other side. Do not overcook. May be served as an appetizer or as a main course over a bed of rice. Also may be grilled instead of broiled.

— Submitted by Irene Kaufman

### Avgolemono Soup (Egg Lemon Soup)

6 cups of chicken broth or stock  
1 cup white rice  
2 egg whites  
2 egg yolks  
3 tablespoons fresh lemon juice  
2 teaspoons salt

Bring chicken stock to a boil over high heat. Pour in rice. Reduce heat to low and simmer partially covered for 20 to 25 minutes until rice is done. Remove pot from heat. In a separate bowl, beat the egg whites until frothy. Add egg yolks and beat until blended and frothy. Very slowly add the lemon juice to the egg mixture, beating constantly. Take about ¼-cup of chicken stock from the pot and add to the egg mixture very slowly, beating constantly so that the eggs do not curdle. Then slowly pour the egg mixture into the chicken stock stirring constantly and the soup creates a creamy consistency.

— Submitted by Joyce Anagnos

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