

Meze

Meze is to Greek cuisine as dim sum is the Chinese, antipasto to Italians and tapas to Spanish. They are small dishes hot or cold spicy or savory. Complementing the meze are cheeses, olives and pita chips and peasant bread. What follows are two recipes. Tzatziki (tsa-zee-key) that is utilized as a tasty dip, on gyros, and for Roast Lamb.



Tzatziki Dip

1 clove garlic

2 or three walnuts

1 tsp. olive oil

½ English cucumber

1 cup of plain Greek yogurt (i.e. Chobani, Faye brand 0%, 2% or Whole)

Salt and Pepper to Taste

Touch of Dill (Optional)

In food processor mash garlic, cucumber and walnuts with Olive Oil. Place in bowl, season with salt and pepper to taste. Fold the yogurt into the mixture. Sprinkle Dill (Optional) Cover and Chill. Serve with Pita Chips, vegetables, also can be used as sauce for roast lamb.

Taramasalata

This dip is a very popular dip. If you like sushi with fish roe in the center or caviar you will enjoy this dip. When the fish roe is mixed with the ingredients, it does not taste fishy whatsoever. It is smooth and creamy with a nice bite to it.



Ingredients

3.5 oz. tarama* (white, fish roe)

10 oz. white stale bread (crust removed) soaked in water and squeezed

¾ cup olive oil

1 medium red onion, grated

Juice of two lemons

Preparation

1. Soak the bread (crust removed) in water and squeeze well to remove excess water.
2. In a food processor add the bread, grated onion and the tarama. Blend until the ingredients are mashed (like pulp).
3. Add half lemon juice and blend.
4. Pour in the olive oil gradually while blending (mayonnaise consistency). Blend until oil is incorporated and mixture is smooth.
5. Taste and add more lemon juice if necessary.
6. Serve with pita breads and vegetables.

*Tarama can be found in local Mediterranean grocery stores and some major markets.