



REGION OF EASTERN MACEDONIA AND THRACE

REGIONAL UNIT OF EVROS

DEVELOPMENT DIVISION

DEPARTMENT OF COMMERCE AND TOURISM

RECIPES OF EVROS



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SALTY MILK PIE



This pie was usually prepared for Sunday's dinner. It was considered as an easy to make pie, because of its common ingredients and its preparation was a way to exploit the milk that had leftover to the family.

Ingredients:

1 pack handmade dough's sheet
1 liter milk
1 spoonful of yeast for cheese
4 eggs
¾ of a cup olive oil
salt, pepper

Preparation:

Heat some milk and put it into a bowl, add and mix well the yeast for cheese. Cover the bowl with a towel and leave it for 1 hour to coagulate. After that, take a knife and carve cheese into squares. Meanwhile, beat the eggs with oil, salt and pepper. Add the mix of eggs in the bowl of curd.

Grease well a pan with olive oil and lay the first dough's sheet. Try to keep the sheet wavy and not stretched. Pour the stuffing of curd on the sheet, so it will go everywhere. Lay the second sheet in the same way and then sprinkle another dose of stuffing. Repeat until you run out of leaves and stuffing. Brush the last sheet with some oil mixed with water. Hole the pie with a knife in several places to dissipate hot air. At the end, bake the pie at 180 °C for 20 minutes, until browned on top. Then, cover it with parchment paper and bake another 15-20 minutes, so it will cook well and underneath.

GIALANZI STUFFED GRAPE LEAVES



Ingredients:

75 leaves of grape
2 cups of rice
Juice from 2 lemons
2 onions
1 cup of olive oil
parsley, dill, mint
black pepper, oregano, salt

They were cooked in May, which was the best time of year for grape leaves and also, green onion and dill were plenty at the same time. This meal was mostly cooked from the vine growers, as a wish that their crop would be bountiful. In feasts, the same meal was cooked with minced mint, but usually it was meatless, so it called "gialantzi", which means fake.

Preparation:

Cut the stems of the leaves and boil the leaves in a pot of water and one spoonful olive oil for 5 minutes. Drain them. Sauté onions with half a cup of the olive oil and add herbs and rice. Pour 1 ½ cup of water and let it boil until the rice suck. Remove it from the heat and leave it for about 10 minutes. Then, start to wrap the stuffed grape leaves. In the pot put crossed straws skewer and place on them a few leaves, to pave over the stuffed grape leaves. Sprinkle with the remaining oil, 1 ½ cup of warm water and the lemon juice. Finally, cover them with some more leaves and a plate, which is upside down. Boil over at low heat for about 1 hour.

GIUZLEMEDES



Ingredients:

15 spoonfuls of flour
5 eggs
½ kilogram of feta cheese
250 grams cream cheese
olive oil, vinegar, water
salt

Preparation:

Preparing the dough: add the flour in a bowl with a tablespoon vinegar, a tablespoon olive oil, a teaspoon salt and one egg. Knead them while throwing as much water as needed. Divide the dough into 15 balls and roll into thin sheets.

Preparing the stuffing: brake into pieces the feta cheese and the cream cheese in a bowl, add 4 eggs and mix them. Take a sheet of dough, fold the two sides and knit them in the center, so it will create a parallelogram. Place 2 tablespoons of stuffing in the center and fold the sides of the sheet, which leftover, by overlapping one another, like an envelope's shape. At the end, fry "giuzlemeles" in a pan with olive oil, one to one at moderate temperature.

They were made all seasons of the year and especially when people were coming back from harvesting as a quick and nutritious meal.

Additionally, housewives used the leftover dough when they were preparing pies to bake in the oven. Giuzlemeles were fried pies, so they were ready faster than the baked pies in the oven. They were fried in roasting pan or in hot stone, called satsi.

GOLIO



Golio means naked. This pie got its name because it is made without dough sheet. It was considered as an easy to make pie, which ingredients always were existed in every home.

Ingredients:

- 1 kilogram zucchini
- 4 eggs
- 1 ½ cup of milk
- 1 teaspoon of baking powder
- 1 cup of flour
- salt, pepper

Preparation:

Peel the zucchini from the green part, rub and mix them with salt and leave them to drain. At the same time, beat eggs with milk, flour, baking powder, salt and pepper. Then, squeeze the zucchini well and add them to the mixture. Grease a baking dish and sprinkle it with a little flour. Take through the mixture in the baking dish and add a little oil and a little flour. Bake at 180°C for about 45 minutes.

IFKADIA SOUFFLE



Ingredients:

- 1 bag of ifkadia*
- 2 big onions
- 1 green pepper
- 1 tomato
- 1 glass of olive oil
- breadcrumbs
- 350 grams of yellow cheese
- 150 grams of parmesan
- 150 grams of ham

Preparation:

Boil ifkadia for 15 minutes in salted water and wash out them with cold water. Then, cut the onions in thin pieces and sauté them with the grated tomato. In a bowl, grate the yellow cheese, the parmesan and add a green pepper into small pieces. Grease a pan and add little breadcrumbs. Put in the pan the ifkadia, the cheese, the onions, the tomatoes, the ham and the pepper. Put them covered with silver foil, in the oven to bake about 40 minutes at 200°C. At the last 5 minutes, uncover, until golden.

Ifkadia or Gioufkades basically are homemade noodles. It is a traditional recipe of Thrace, that was brought from Thracian immigrants of Eastern Thrace. The name comes from the Turkish word Yufka. It is a type of dough sheet, well known in Turkey. Baked in a large cast-iron pan, which was heated with charcoal from underneath.

* ifkadia: a kind of paste

STUFFED SAMOTHRACE'S LAMB



This recipe came from Samothrace, which is known for its excellent local lamb as an Easter dish. Traditionally, it is oven cooked and it is a variation of the classic meal of the skewered lamb.

Ingredients:

1 little lamb
1 liver
2 cloves of garlic
8 fresh onions
500 grams onion
2 cups of rice
olive oil
fennel, mint, thyme, rosemary
salt, pepper

Preparation:

Preparing the stuffing: stir-fry the liver until browned and then, the chopped onions. Add the rice and stir for about 5 minutes. Add the fennel, the mint, the salt and the pepper, 2 glasses of water and simmer until become dry. Next, preheat the oven at 150°C. Season the inside of the belly of the lamb with garlic and thyme, salt it and fill with stuffing. Sew the belly with a needle or close with straws skewer. Spread well the lamb around with oil and salt. Put the twigs of rosemary in a large pot, leaning over the lamb, pour 1 cup of water, cover tightly and leave to simmer for about 5 hours. The last half hour uncover so the skin will be crispy.

ROOSTER WITH PLIGOURI



Ingredients:

- 1 chopped rooster
- 2 cups of pligouri*
- 1 red pepper
- 1 green pepper
- 2 medium onions
- 4 tomatoes
- cayenne pepper, oregano, salt, black pepper
- olive oil

Preparation:

Boil the rooster for about 20 minutes. Stir-fry in a pan the onions, peppers, grated tomatoes, adding cayenne pepper, oregano, salt and black pepper. Then, add the pligouri and the rooster while stirring. Take 6 cups broth from the rooster and boil all ingredients together. Once the rooster boiled, place it in the oven and bake at 170°C for 45 to 60 minutes.

This meal was cooked on the Saint Demetrios day, at 26th of October, and on the day of the first sowing. Housewives were using a poem as a wish to the farmers who goes out to sow: "as many grains as the groats have, so many storages let the new crop to fill". In order to make the meal, they usually were slaughtering the biggest rooster, of one year's old.

* pligouri: a kind of groats

CHICKEN WITH SAUERKRAUT



Ingredients:

1 chicken
sauerkraut
1 carrot
1 red pepper
olive oil

Preparation:

Chop the sauerkraut, drain the water and stir-fry it in a little olive oil. Add the pepper and the carrot, cut into small cubes and boil them. Add a little water if it is necessary. At the same time, boil the chicken in a separate pan with a little salt (attention to the amount of salt because sauerkraut is enough salty). When both are ready, place them in a baking pan and bake until golden the chicken. During baking stir the cabbage to non-tanning.

This meal was usually cooked in the second or third day of Christmas. The same recipe it was possible to be made using of pork, instead of chicken. Furthermore, in some regions it was named "Lachania" (Cabbage) when it was cooked with cabbage and "Lacharnia" when it was cooked with sauerkraut.

CHICKEN WITH TRAHANAS



Ingredients:

1 chicken
3 cups trahanas*
1 chopped onion
3 grated tomatoes
½ cup olive oil
salt, pepper

Preparation:

Boil the chicken for about 1 hour and then distinguish it from the broth. In a pot stir-fry the onion. Add the tomatoes, salt and pepper and boil them. Then, add the broth from chicken and just boil add the trahanas. Let it boil well and after that, pour into a pan with the chicken. Finally, bake at 150°C until golden chicken and trahanas has a rosy crust.

It was usually a winter meal. The chicken could be served with groats or sauerkraut, too. In the old days, trahanas was an economical and easy made dish for the families.

*trahanas: a sort of frumenty

KOURBANI WITH LAMB



Usually, it was cooked on Saint Georgios day or in Easter. It had a religious meaning as a kind of offer to Saint Georgios. They used much bread, so the food would be enough for all family's members. It was served with sour milk.

Ingredients:

- 2 ½ kilograms lamb
- 1 ½ kilogram stale bread
- 3 bunches of green onions
- 1 bunch of mint
- 2 cups of fresh milk
- 200 grams of butter
- paprika, black pepper, salt, cayenne pepper

Preparation:

Wash the meat, smear it with 100 grams butter, the salt and pepper and place in oven at 200 °C for 30 minutes. Next, lower the oven at 150°C, add 1 cup of water and bake for 2 hours. In a large bowl, grate bread adding the green part of the 2 bunches of onions with half mint and stir. Chop the white part of the leftovers onions and the whole third bunch and stir-fry them with the remaining butter. Then, add the remaining mint, the paprika and 2 cups broth from cooked meat. After boil, add the milk and remove from fire. At the end, sprinkle the hot broth slowly into the bowl with bread stirring continuously to make a mixture and pour into a roasting tray. Place the lamb into the roasting tray and sprinkle some red pepper. Bake in the oven for 1 hour at 150°C until golden.

LALAGITES



Lalangites essentially are a kind of traditional crepes. Their name comes from the ancient Greek word "lalangis", which is a sort of puree made from flour and water. Lalangites baked on round stones, which were heated from underneath and they were known as Satsi.

Ingredients:

1 sachet dry yeast
1 cup warm milk
1 cup warm water
flour
sugar, salt

Preparation:

Mix in a bowl 1 teaspoon salt and sugar with the yeast. Pour the milk and water and beat them with mixer. Then slowly add flour until the dough is like pap. The dough will be ready if you put in a spoon and when you removing it all the dough leaves throughout the spoon. Leave the dough for about an hour, in a warm place. When the surface looks like it has pulled foams, is ready for baking. Fill the ladle of soup and pour the dough in the pan, spread it and leave about 1-2 minutes to cook on one side and then we turn and the on the other .

Serving TIPS: Smear with honey, chocolate, fruit and cheese ... or anything else of your choice...

LALAGITES WITH CHICKEN



Ingredients:

1 chicken
50 grams yeast
flour
2 glasses of warm water
1 cup of olive oil
1 cup of tomato paste
1 onion
oregano, pepper, salt

Preparation:

In a bowl add the warm water and melt the yeast. Mixing, while adding 1 teaspoon salt and as flour as is needed so the dough will be like pap. Cover the pan in a warm place for 30 minutes to rise. In a pan pour a spoonful of the dough, spread it and cook on both sides until it stabilized. Continue the same procedure for all the dough and lalagites will be ready.

Meanwhile, in a pot, add the oil and stir-fry the chicken. Add the onion, the tomato paste, herbs and as water is needed to cover the chicken. Let the chicken boil for one hour. When it's ready, take 1 cup warm broth of the chicken and add to it one tablespoon flour, mix well and pour into the pot again. In a deep platter lay lalagites and cut into squares. Pour the hot broth over and add the chicken.

It was cooked on 40 Martyr's day (a regional feast). It is said that, they made 40 lalangites and women said the wish "forty people to eat, forty people to drink, forty gave their soul".

LAHANODOLMADES KAPAMA (STUFFED CABBAGE LEAVES)



Ingredients:

- 1 chicken
- 1 sauerkraut
- 2 cups of olive oil
- 300 grams giblets
- 2 cups of rice
- 1 clove of garlic
- 1 medium onion
- Black pepper, nutmeg, cayenne pepper, oregano

Preparation:

Stir-fry the onion with a cup of oil. Pour the chopped giblets, oregano, pepper, nutmeg and a clove of garlic. Continue to stir-fry, adding the rice and 1½ cups of water. When the rice is ready, remove it from the fire. Take a leaf of sauerkraut and spread on a plate, place a spoonful of rice stuffing and wrap the leaf, to make a lahanontolma. Make the same process except the last 4 leaves. Then, place two leaves down in the pot and the chicken above, after we put inside it 3-4 “lahanontolmades”. Fill the pot with the remaining “lahanontolmades”. In the end, spread over the two last leaves and pour a cup of oil , a cup of sauerkraut juice and a little cayenne pepper. Cover the pot and boil over low heat for 1 to 1,30 hour.

It was cooked on Christmas or Epiphany. The cabbage leaf symbolised little Jesus, who was swaddled. Also, the wrapped dolmades symbolised the New Year, which was coming and bringing more goods and health. It was cooked with the lower jaw of the pork, kept from Christmas. They were using sauerkraut to balance the fat of the pork meat.

LUKUMADES (DONUTS)



Ingredients:

4 glasses of water
50 grams yeast
1 liter olive oil
flour
salt, sugar

Preparation:

In a bowl with warm water, melt the yeast and add 1 teaspoon of sugar and salt and as much flour as necessary to make the dough soft. Cover the bowl in a warm place for 30 minutes to rise. In 1 liter of hot oil pour with wet fingers dough into egg size after forming a ring. Fry until golden and turn it on the other side. When lukumades are ready, catch them with two forks and place them on paper towels to absorb excess oil. Continue the same procedure for all dough.

After the first grind of the new crop, the first flour was made donuts as a way of testing its quality. Also, they were a common treat for the new mother. They served with honey or sugar syrup. In northern Evros they named as "Mikikia."

MATIA – THRAKI'S RAVIOLI



“Matia” means eyes, they are a traditional kind of Thrace’s pasta, such as ravioli. They took their name because of their shape and they are mostly found in northern Evros .

Ingredients:

½ kilogram flour
warm water
1 cup of olive oil
salt
feta cheese
100 grams butter
grated yellow cheese

Preparation:

Put the flour in a bowl, make in the center a small puddle and inside it add the salt, the oil and the water. Next, knead until the dough is smooth and does not stick in hands. Cover and let it at warm place for about 1 hour. Then, divide the dough into three pieces and mold into small balls. Take the first ball of dough and with a rolling pin roll out to become a thin dough sheet. With a knife, carve the sheet and cut into squares. In each square put a piece of cheese and cover over the square to create small triangles, which place on a towel to dry. Once dry, put a large pot of water to boil with a little salt and oil. Once boil, add the ravioli “matia”. They are ready when they rise to the surface. Drain, spread on a wide platter and drizzle with melted butter. They can perfectly accompany meat, sprinkled with grated cheese.

MILINES



Ingredients:

flour
water
1 tablespoon of sugar
olive oil
2 eggs
feta cheese

Preparation:

Heat some water to stir the flour and sugar to make a uniform mass and the dough will tight. Next, make small balls of dough and create dough's sheets.

For the stuffing, grate the cheese and mix in a bowl with the eggs. Take one sheet at time, put some stuffing and cover over into file's shape. When you finish with all dough's sheets, heat the oil and add one to one the pies to fry until golden.

It is a kind of easy made pie that brought in Evros of Saraçatsani and Vlachi, which are other Greek races. These pies became quickly known in local families because of their easy ingredients, used in their preparation.

BABOU



Ingredients:

½ kilogram pork intestine
300 grams veal
300 grams pork
300 grams minced meat from veal
300 grams liver from veal
200 grams bulgur
½ leek
1 medium onion
tomato sauce
bayberry, parsley, oregano
black pepper, cayenne pepper, salt
vinegar, lemon juice, olive oil

Preparation:

Wash external the pork intestine and then take a stick and turn it inside out, so it would be possible to be washed from the inside. Put it in water with vinegar for two hours to be decontaminated. Then, wash it again and put in water with lemon. After that, put in a punch to drain. Stir-fry chopped onion, leek and parsley, add the spices and meats, which are already boiled and cut into small cubes. Then, add the bulgur and a little water. After all materials are ready, tie one end from the intestine with a thread and in the other end put a funnel, so with the help of a spoon fill the intestine with the stuffing, which is prepared. Be careful not to fill very much the intestine, because it will break when bulgur absorbs water. Put in a baking dish, ream with a toothpick, pour the tomato sauce, oregano, black pepper, salt and cover up with water. Bake at 180°C for 2 hours or until golden.

It is a Christmas meal of Eastern Thrace. They used the entrails of the slaughtered pork, from Christmas and leeks and groats, which were plentiful at that time of the year. It took its name from the Bamboo (grandmother) who usually was the most experienced midwife and it was associated with the symbolisation of Christ's birth.

BURANI



Ingredients:

3 glasses of warm water
1 sachet of yeast
1 kilogram spinach
1 bunch of green onion
1 bunch of mint
1 bunch of dill
5 eggs
250 ml evaporated milk
750 grams feta cheese
flour
vinegar, olive oil, salt

Preparation:

Preparing the dough: melt the yeast in warm water, add 2 tablespoons vinegar and olive oil, salt. Add flour as kneading until dough not sticky. Leave the dough covered in a warm place for an hour. Split the dough in the middle and mold both parts to the size of the pan.

Preparing the stuffing: stir-fry onion with mint and dill in half cup of oil. Add spinach and leave them until dry. In a bowl, beat four eggs with milk adding the grated feta cheese and the sautéed ingredients. In greased pan put one sheet of dough and add the stuffing. Cover the stuffing with the other dough sheet and cut it into squares. Finally, drizzle with a beaten egg and bake at 200°C for one hour.

This was a meal that was made the whole year. The days that the housewife kneaded bread, because she didn't have enough time to cook, she used some of the bread's dough and kneaded quickly a green's pie for the family. It was served with sour milk.

SARAGLI WITH SESAME



It was a Lenten dessert, which was preferred especially in Tichero's Village festival, on 29th of August, the day of the decapitation of John the Baptist.

Ingredients:

250 grams grated nuts
1 cup of oil
4 cups of sesame seeds
1 little cup of sugar
2 teaspoons of cinnamon
6 dough sheets for pie
(for syrup): 2 cups of water, 1 cup of sugar

Preparation:

Pour and mix sesame seeds, walnuts and sugar, in a bowl. Spread a dough sheet, sprinkle with oil and spread 3 tablespoons of the stuffing. Next, wrap like a roll the dough sheet and place in the center of the pan in round shape. Do the same with the remaining sheets placing them in the pan around the first sheet in a helical shape. Bake at 180°C for 30 minutes. To make the syrup, mix the sugar with hot water. When syrup gets cold, pour it to hot pie (saragli).

CHEESE BREAD PET-PET



Ingredients:

600 grams flour
1 ½ glass of water
50 grams yeast
sugar, salt, vinegar
600 grams feta cheese
250 grams butter
1 egg
olive oil

Preparation:

Preparing the dough: add flour, 2 tablespoons olive oil, ½ teaspoon salt, 1 teaspoon vinegar, 1 teaspoon sugar and 1 ½ glass of warm water to melt yeast, in a bowl. Knead it until the dough becomes soft. Cover and let rise in warm place for 30 minutes.

Preparing the stuffing: grate the feta cheese in a bowl. Roll out the dough on a flat surface in a thick sheet. Melt butter, mix it with 1 little cup olive oil and brush all over the dough sheet. Cover half dough sheet with 2/3 of the grated cheese and fold the dough sheet in half to cover up the cheese. The rest of the cheese put it again in half of the folded dough sheet and re-cover it, in the same way. Place the pie in greased pan and press it until cover the whole surface of the pan. Finally, smear with the beaten egg and put it in the oven for 20 minutes at 50°C and then increase to 180°C for 45 minutes.

It was made usually in Ascension, as a forty day memorial of Christ's Crucifixion. It took its name from the many layers of dough, which called petouro-petouro (pet-pet). The housewives brought it to church and then shared it for the forgiveness of their dead relative soul.

BEANS WITH SAUERKRAUT



This meal was usually made from as many beans were boiled in water and had remained from bean soup. They cook it in Lenten fasting, because beans have a high nutritional value and were a substitute for meat.

Ingredients:

3 cups of beans
sauerkraut
1 onion
2 carrots
1 tomato
olive oil
mint, parsley
salt, cayenne pepper

Preparation:

Boil beans for about one and half an hour. Next, add onion, carrots, olive oil, salt and mint. When they begin to congeal, add the chopped tomato and after it boils again add the sauerkraut. Boil until congeal well. At the same time, put a little olive oil in a saucepan and pour in cayenne pepper to burn. Finally, add the mixture of pepper in beans and mix well. Embellish with a little chopped parsley.

HALVAH LIUGU - LIUGU



Ingredients:

1 cup of oil
2 cups sugar
2 cups flour
4 cups of water
cinnamon

Preparation:

Burn the oil and add the flour, in a pot. Stir until golden. Boil water with sugar and pour it to the pot slowly, stirring continuously until thickened. Remove from the heat and after 5 minutes take the mixture with a spoon (liugu - liugu) and place on a platter. Optionally, add a little cinnamon on top.

It was made during the winter months as an easy dessert and it was preferable in "nichteria" (night's companionships). Also, it was treating the second day of the wedding.

HASLAMAS



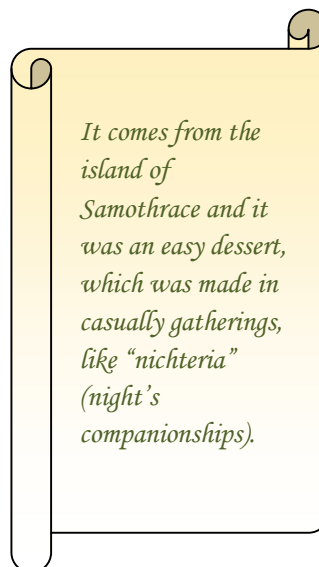
Ingredients:

3 glasses of oil
1 glass of water
½ kilogram flour
1 lemon zest
1 lemon peel
2 cups sugar
cinnamon, cloves

Preparation:

In a saucepan, pour the oil and water and mix well. In a bowl, add 1 cup sugar, lemon zest, cinnamon, cloves and mix with the mixture of oil and water. Gradually, add the flour and stir. Knead well until the dough becomes smooth. Then, spread the dough in a pan with a knife and carve in the shape of rhombus. Bake for about 1 hour at 200°C.

Meanwhile, in a saucepan, boil 2 cups of water with 1 cup sugar and the peel of a lemon. Once the cake is cooked pour the syrup while they are still warm.



It comes from the island of Samothrace and it was an easy dessert, which was made in casually gatherings, like "nichteria" (night's companionships).

HILOPITES WITH KAVOURMAS



Hilopites were a typical pasta of the region of Evros and it is a kind like noodles. It was cooked with kavourmas mainly from farmer's families. Kavourmas was made from boiled mutton and goat meat with their broth.

Ingredients:

500 grams hilopites*
300 grams grated parmesan
400 grams sour cream
300 grams kavourmas**
400 grams tomato juice
1 chopped red pepper
1 chopped big onion
sugar, paprika, basil
salt, pepper

Preparation:

Boil the hilopites for 15 minutes. Meanwhile, stir-fry onion and red pepper. Add tomato juice and water from the pasta and bring to boil. Add salt, pepper, basil, paprika and a little sugar. Stir and boil over low heat for 6-8 minutes. Once sauce get cold, add 150 grams of the sour cream and stir.

Put kavourmas cut into cubes without its fat in a pan and heat for 2-3 minutes. Add kavourmas in sauce. Pour over hilopites with sauce and stir well. Sprinkle with parmesan and pour the remaining sour cream. In the end, put in the oven for 25-30 minutes until golden.

*hilopites: a kind of noodles

**kavourmas: a kind of boiled meat

Bon Appetite!!!