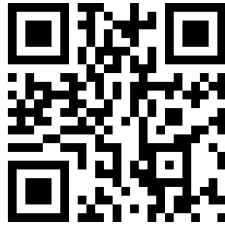




ATHENS WALKS

Athens Walks Cooking Class Recipes

Welcome to Athens Walks Cooking Class! We are delighted to share with you the authentic flavors of Greece. These traditional recipes are crafted with love and passion, so you can recreate a taste of Athens at home.





Tzatziki

A classic Greek dip made with yogurt, cucumber, and garlic, tzatziki has been enjoyed for centuries as a refreshing companion to grilled meats and warm bread.

Ingredients

Cucumber 40g
Yogurt 100g
White vinegar 1/2 tsp
Olive Oil 1 tsp
Garlic 1/2 tsp
Salt 1/4 tsp
Black pepper 1/4 tsp

Execution

Wash cucumber and grate.
Mix with yogurt, vinegar, garlic, salt, pepper, olive oil.
Add dill & olives.
Ready to serve.

Best with souvlaki or pita bread. Try with a chilled Retsina or Assyrtiko white wine.



Aegean Salad

Inspired by the flavors of the islands, this salad combines fresh vegetables, capers, olives, and xynomyzithra cheese for a true taste of the Aegean.

Ingredients

40g carob rusk
30g tomato
25g cucumber
3 olives
1 tsp capers
25g Xynomyzithra
1 tsp balsamic vinegar
1 tbsp olive oil
Salt, pepper, oregano

Execution

Break rusk into pieces.
Cut tomato and cucumber.
Add olives, capers, vinegar, oil, season and mix.
Top with xynomyzithra.

Pairs well with a crisp Moschofilero white wine.



Spinach Pie

A beloved dish in every Greek household, spanakopita is a flaky phyllo pie filled with spinach, herbs, and feta — a symbol of Greek hospitality.

Ingredients

1.5kg spinach
250g feta
3 spring onions
1–2 leeks
50g dill
10g mint
3 tbsp olive oil
1 tbsp salt
1 tbsp black pepper
1kg flour
440ml water
150ml olive oil
20g salt
2 tbsp white vinegar

Execution

Prepare dough and let rest 30 min.
Sauté onions, leeks, spinach.
Mix with herbs, feta, season.
Roll dough thin for phyllo.
Assemble with filling and bake 25–30 min at 180°C.

Best enjoyed with a Roditis white wine.



Moussaka

Perhaps the most famous Greek dish, moussaka layers eggplant, potatoes, spiced meat, and béchamel, reflecting centuries of Mediterranean influences.

Ingredients

4 potatoes
3 eggplants
1kg ground beef
200g onion
100g carrot
50g celery
100ml red wine
500g tomatoes
Cinnamon stick
Bay leaves
Salt, pepper
150g butter
150g flour
1.5l milk
Nutmeg
100g graviera cheese

Execution

Slice & roast potatoes/eggplants.
Cook ground beef with onion, carrot, celery, wine, tomatoes, spices.
Prepare béchamel with butter, flour, milk, nutmeg, cheese.
Layer potatoes, eggplants, meat, béchamel.
Bake 20–25 min.

Pairs beautifully with a robust Agiorgitiko red wine.



Galatopita

This creamy semolina-based dessert, flavored with lemon and vanilla, is a traditional Greek sweet often served during spring festivals.

Ingredients

1.5l milk
260g sugar
100g semolina
45g cornstarch
4 eggs
Vanilla extract
Zest of 2 lemons
Pinch salt
90g butter

Execution

Heat milk & sugar.
Mix semolina, cornstarch, eggs, vanilla, zest, salt.
Combine with milk & cook until thick.
Add butter, spread in pan.
Brush with egg & sugar, bake 20–25 min.
Cool before serving.

Enjoy with Greek coffee or a sweet Vinsanto wine.

Thank you for participating in the Athens Walks Cooking Class!

Greek cuisine is best enjoyed in good company, and it is also a source of health and longevity. We hope you take these recipes home as a piece of Greece, to share and enjoy with your loved ones.



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