



Olive Press

Newsletter of the Kefi Club



GREEK COOKING COMPETITION

The Greek cooking competition, a well-established annual event, was held on 20 April and, as has often happened, the standard of the entries was high enough to pose difficult decisions for the judges. All the dishes had an authentic Greek character, which is unsurprising since all the club members are frequent visitors to Greece and know what Greek dishes taste like in their native environment. A hot evening with the sight of nearby sea and the smell of pine trees could not be reproduced, but the cooking went a long way to bringing back memories.

The main courses (kyria piata) included between them the meats, fish, vegetables, herbs and spices the judges expected to find. The winner, by a short head, was vegetable moussaka, made by Yvonne Taylor, which combined the lightness of a vegetable course with the flavours of the traditional Greek dish. It is a tricky combination to get right. The close second was a spetsiifai, made by Sherod Williams, a powerfully flavoured island speciality based on spiced sausages, red peppers and tomatoes cooked in red wine accompanied by home-made olive bread.



The sweet course (glika) part of the competition attracted two entries this year, which is fewer than has been customary in previous years, so the judges had only to choose which was to be first and which second. As with the savoury courses this proved a very difficult decision but the winner was finally pronounced to be a lemon and fig flan make by Yvonne Taylor just ahead of a honey and cheese flan make by Anne Barlow. All in all, a very good evening.

Sally and David Rees (honorary judges).



THE WINNING RECIPES by Yvonne Taylor

Roasted Vegetable Moussaka

Ingredients:

SERVES 4-6

1 aubergine
2 courgettes, onions, peppers, garlic cloves
5 tbsp. olive oil
1 tbsp. chopped fresh thyme
salt & pepper
2 beaten eggs
10 fl oz Greek yogurt
14 oz tin of chopped tomatoes
2 oz feta cheese

Method

1. Chop vegetables fairly thickly and put in a roasting tin with crushed garlic. Drizzle over the oil and toss together. Sprinkle over the thyme and season with salt and pepper. Roast in a pre-heated oven, 220 degrees C/ 425 degrees F for 30 minutes.
2. Beat together the eggs, yogurt, salt and pepper.
3. When the vegetables are cooked, reduce oven temperature to 180C/350F.
4. Put half the vegetables in an ovenproof dish. Spoon over the tinned tomatoes and then add the remaining vegetables. Pour over the yogurt mixture and crumble over the feta cheese.
5. Bake in the oven for 45 minutes to 1 hour until golden brown. Serve hot, warm or cold.

Lemon and Fig Tart

Ingredients

Short crust pastry
1lb ricotta cheese
6 tbsp. runny honey
2 large eggs beaten
1/2 tsp. cinnamon
grated rind and juice of a lemon
4 figs
3 oz. castor sugar

Method

1. Line a 9inch tart tin with short crust pastry and bake in a preheated oven, 200C/400F for 20 mins.
2. Make the filling by adding the honey to the cheese and beating until smooth. Add the eggs, cinnamon, lemon rind and juice, and mix together well.
3. Reduce the oven temperature to 180C/350F. Pour filling into pastry case and bake for 30 mins .
4. Put the figs in a pan with the sugar and water. Poach gently for 10 mins, drain and cool.
5. Cut the figs in half and arrange on the tart, cut-side up. Drizzle with extra honey

Amazing Greek Cave Art Found to be Over 11,000 Years Old

Archaeologists have discovered in a cave in Crete what is probably the earliest Greek art, dating back to the last Ice Age, according to the Journal of Archaeological Science. The artwork found in Asphendou Cave is the earliest known Greek portrayal of extinct animals and is more than 11,000 years old.

Speaking to the journal, Dr Thomas Strasser of Providence College, Rhode Island said: "This is the first Paleolithic art ever found in Greece and it's significant because it deepens the history of art there by many thousands of years, and is like an eyewitness account of Ice Age Crete.



"Archaeological and paleontological information, as well as new technologies unavailable to earlier scholars, offer evidence to confirm a Paleolithic date for the earliest carvings." Located in the mountainous Sphakia region of western Crete, Asphendou Cave has been known for its petroglyphs, described by Strasser as "a confusing jumble of engravings that had eluded dating". The confusion was caused because several layers of engraving were superimposed on one another. Initially it was believed that the animal depictions were feral goats and possibly as late as the Bronze Age.

However, archaeologists exposed the oldest layers, now showing a species of recently identified fossil dwarf deer named *Candiacervus ropalophorus*, which became extinct more than 11,000 years ago. The species has unusually long antlers with short lateral tines, and specimens found not far north of Asphendou in caves on the north coast of Crete date to between 21,500 and 11,000 years ago.

With the use of photogrammetry, the depictions of the quadrupeds were recorded and then extracted. Then they were compared with those made from excavated *Candiacervus* remains. The 37 deer engravings identified are about 5 centimeters long and the engravings shallow. They represent "a Paleolithic animal herd without ground line or background," Strasser said.

(By Philip Chrysopoulos - Apr 11, 2018)

Teaching philosophy in jail

Teaching prisoners Socrates and Plato helps them develop empathy and tolerance. The programme, run by Dr Kirstine Szifris of Manchester Metropolitan University, found that terrorists, murderers and drug dealers became more tolerance and empathetic following a series of sessions on the classical Greek philosophers. The 12-week curriculum included discussion of Plato's ideal society, the stoic philosophy of the Greeks and Romans and the Socratic method of inquiry (The Daily Telegraph, 12/04/2018)

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