

YASSAS – RECEIPE BOOK

Property of Yassas The Greek Way
PNM FOOD PTY LTD MELBOURNE, VIC

Table of Contents

TZATZIKI	2
BEEF STIFADO	3
LAMB KEBAB	4
VEGETARIAN SOUVLAKI	5
STUFFED CALAMARI	6
METHOD	6
LEMON DRESSING	7
SWEET CHILLI MAYO	8
MARINATED OLIVES	9
LEMON PATATES*	10
YEMISTA – STUFFED CAPSICUM & TOMATOES*	11
SAUCE	11
CABBAGE ROLLS	12
VEGAN MOUSAKKA*	13
FOR BECHAMEL SAUCE:-	13
ANCIENT GRAINS SALAD	14
FISH SOUP	15
BIFTEKI	16

TZATZIKI

Servings | Prep Time | Total Time

Ingredients

- 1 Bag of cucumbers (inside scooped and then grated, scoop part not required).
- 30 litre. Strained Greek yoghurt
- 120 gram of Salt (may need to adjust once tasted)
- 50 gram White pepper
- 3 chopped dill
- 100 gm. White vinegar
- 400 gm. Olive oil
- 5 chef spoons of crushed garlic

Method

Mix all the ingredients in a big container. The trick is to mix it with hands (gloves on), from edges to edges. There shouldn't be any lumps remaining.

SERVE

Served with Chef Sample plate

Served in Dips

Served with mains as default dip on souvlaki, dine-in gyro items and meat platter.

IMPORTANT

Yoghurt to be strained night before.

Make sure no lumps remaining.

GF, Veg

NOT SUITABLE FOR

People with dairy allergies and garlic allergies.

BEEF STIFADO

Servings | Prep Time | Total Time

Ingredients

- Beef shoulder cut in chunks – 4 kilo
- 5 large onions cut in 4 pcs. Each
- 1 kilo shallots
- 250 gm. Chopped tomatoes
- 4 chef spoon tomato paste
- ½ bottle red wine
- 150 gram red vinegar
- 4 cinnamon sticks
- 10 pcs. Clove whole
- 2 chef spoon garlic
- 1 tablespoon bahari
- 150 gram vegetable oil
- 1 spoon sugar

Method

Put oil in a pot and keep it on stove on medium to high flames. Once oil is hot, put cinnamon sticks, cloves, garlic and bahari. Wait till the garlic turns brown. Add large cut onions and sugar. Once large cut onions are caramelized, add shallots. Once shallots are mixed with the rest of the spices, add tomatoes. Let tomatoes cook for sometime, add beef and bahari together. Let the mix cook on slow gas for 2-3 hours. While they are on gas for approx. 1 hour, put the wine and vinegar. Keep the pot covered, while cooking.

IMPORTANT

Don't let it overcook.

GF

NOT SUITABLE FOR

People with onion, garlic allergies.

LAMB KEBAB

Servings | Prep Time | Total Time

Ingredients

- 5 kilo lamb mince
- 2 medium onions chopped
- ½ bunch of coriander
- 1 bunch of mint
- 1 tablespoon cinnamon
- 3 tablespoon cumin
- 1 tablespoon cardamom
- 1 tablespon chilly flakes
- 2 tablespoon garlic – fresh
- 200 gram gluten free bread crumbs
- 1 tablespoon smoke paprika
- 1 tablespoon bahari
- Salt & pepper as per taste (approx. 100 grams of salt and around 20 grams of peppers to use first, and if required more, then add it)

Method

Blend all the ingredients and mix together. Once mixed, roll each lamb kebab approx. 90 grams around a wooden skewer.

IMPORTANT

They are served medium rare.

GF

NOT SUITABLE FOR

People with red meat allergies

VEGETARIAN SOUVLAKI

15 portions | 10 minutes | cooking time: 2-3 minutes

Ingredients

- Green capsicum – 3
- Red Capsicum – 3
- Cup Mushroom – 15 pcs. Medium size
- Cherry tomatoes
- Halloumi cheese cubes – approx.
- Mint Yoghurt – refer to mint yoghurt recipe
- vegeta – approx. 1 tablespoon to sprinkle
- Soaked wooden skewers

Method

Mix all the vegetables, halloumi together with mint yoghurt & vegeta.

On each skewer, put the following in the same order, red capsicum, halloumi, mushroom, halloumi, green capsicum, and then cherry tomatoes.

Keep each of the skewer safely in a plastic container.

IMPORTANT

Souvlaki contains halloumi cheese, so make sure not burnt or melt while serving.

GF, VEG

NOT SUITABLE FOR

People with dairy allergies

STUFFED CALAMARI

10 portions | 15 minutes | cooking time: 5-8 minutes

Ingredients

- 15-gram lemon pepper
- 15-gram paprika
- 15-gram vegeta
- 15-gram oregano
- Garlic powder 10 grams
- Ginger powder 10 grams
- White pepper 10 grams
- Vertically cut feta slices approx. grams, 2 pcs. for every calamari.
- 2 red capsicum cut into thin slices
- 2 green capsicum cut into thin slices
- 2-3 red tomatoes sliced thinly
- Wooden skewers

Method

Make the stuffing mix – sauté capsicums in a pan in a bit of vegetable oil. Not overcooked.

Mix all the spices in a small amount of vegetable oil, so that it forms as a paste.

Marinate calamari inside out with the mix prepared. Add two pcs. Of feta, tomatoes and capsicum mix inside the calamari. Approx. 2-3 pcs. Of calamari, 2 strips of tomatoes, and 2 slices of calamari.

Seal calamari on both sides using the wooden skewers.

IMPORTANT

Make sure the calamari is cooked properly from inside.

GF

NOT SUITABLE FOR

People with dairy and seafood allergies

LEMON DRESSING

¾ bucket | 15 minutes | cooking time: 5-8 minutes

Ingredients

- 3 chef spoons of Dijon mustard
- 4 chef spoons of honey
- 200 ml. Of lemon juice
- 250 ml. Of water
- Vegetable oil approx. 60-70ml.
- Salt & pepper as per taste

Method

Mixed everything into a bucket and blend it.

IMPORTANT

Make sure the lemon dressing thickness is right, not too thick and not too watery.

GF, VEG

NOT SUITABLE FOR

VEGAN CONTAINS HONEY

SWEET CHILLI MAYO

¾ bucket | 15 minutes | cooking time: 5-8 minutes

Ingredients

- 3 chef spoons of Dijon mustard
- 4 chef spoons of honey
- 200 ml. Of lemon juice
- 250 ml. Of water
- Vegetable oil approx. 60-70ml.
- Salt & pepper as per taste

Method

Mixed everything into a bucket and blend it.

IMPORTANT

Make sure the dressing thickness is right, not too thick and not too watery.

GF, VEG

NOT SUITABLE FOR

VEGAN CONTAINS HONEY

MARINATED OLIVES

¾ bucket | 15 minutes | cooking time: 5-8 minutes

Ingredients

- 1 Orange skin
- Drained Mixed olives – half tin of green & black olives
- Dried bay leaves – 4 OR 5 Leaves
- 2-3 cinnamon sticks
- 3-4 star anise
- 6 cloves of garlic
- Rosemary -1 stick
- Thyme leaves -1 stick
- Vegetable Oil {enough to soak olives}

Method

Mix everything into a bucket. Need to be kept everything marinated at least for overnight, before using it.

IMPORTANT

GF, VEG, V

NOT SUITABLE FOR

GARLIC ALLERGENS

LEMON PATATES*

¾ bucket | 15 minutes | cooking time: 5-8 minutes

Ingredients

- 800 ml of lemon juice
- Lemon pepper
- A tray of baby / chat potatoes
- Drizzle of oil
- Dry Rosemary
- White pepper
- Vegeta
- Oregano
- Water to cover the base
- Salt to taste

Method

Mix it all together & roast for 40 minutes in combi oven.

IMPORTANT

GF, VEG, V

NOT SUITABLE FOR

YEMISTA – STUFFED CAPSICUM & TOMATOES*

Serves: No. of capsicums/tomatoes

| Prep time: 15 minutes | cooking time: 5-8 minutes

Ingredients

- 2 hand full of arboria rice
- 1 ½ Brown Onion
- 1 Mint leaves dry
- 1 Dill bunches
- 1 spring onion chopped bunch
- 100 grams Pine Nuts
- 100 grams currants
- 1 Grated Zucchini
- 1 Grated carrot

Sauce

- Napoli – 4 chef spoons
- Vegeta – ½ chef spoon
- Salt & Pepper – as per taste
- Sugar – ½ teaspoon
- Use the tomatoes seeded part for the filling

Method

Take a blender, put sauce items and blend them.

Take mixing bowl, take out the blended sauce and all the ingredients.

Fill the sauce inside the red capsicum and tomato.

Keep them in the combi tray and cover it with aluminum foil.

Baked it in combi oven for 20 mins with foil on so that rice can cooked and 7 mins without the foil just to roast the dish.

IMPORTANT

GF, VEG, V

NOT SUITABLE FOR

ALLERGIC WITH NUTS

CABBAGE ROLLS

¾ bucket | 15 minutes | cooking time: 5-8 minutes

Ingredients

- 2 savoy cabbage
- 1 carrot grated
- 1 mint
- 1 dill
- 20 grams salt
- 10 grams pepper
- 1 onion brown
- 1 spring onion
- 50 grams beef booster
- Handful of arborio rice
- Lemon juice
- Vegetable oil to drizzle
- 1.8 kgs of beef mince

Method

WE NEED TO WRITE THE METHOD CLEARLY AND STEP WISE

IMPORTANT

GF

NOT SUITABLE FOR

VEGAN MOUSAKKA*

Portion: | Prep time: 15 minutes | cooking time: 5-8 minutes

Ingredients

- 5 Zucchini (Thinly sliced length wise and fried)
- 5 Potatoes (Thinly sliced length wise and fried)
- 4 Eggplant (defrost it already grilled)
- 1 Roasted Capsicum

For Bechamel Sauce:-

- Rice flour – 400 grams approx
- Soy or almond milk – 1lt
- Salt & pepper
- Nutmeg - 10 grams
- Veg oil – 1 chef spoon

Method

Take one baking tray and spread a layer of potatoes and cover it with thin layer of Napoli sauce, sprinkle vegeta, put another layer of zucchini again spread thin layer of Napoli sauce, sprinkle vegeta, spread a layer of eggplant and cover it with thin layer of Napoli sauce, sprinkle vegeta. Spread evenly Bechamel sauce on top of it. Bake it in the oven for 30mins*

IMPORTANT

GF, VEG, V

NOT SUITABLE FOR

ANCIENT GRAINS SALAD

Portions: | Prep Time: | cooking time: 5-8 minutes

Ingredients

- Half pack of red, black and white quinoa
- 1 pack lentils
- 3 corns
- 1 parsley
- 2 pomegrenade
- Handful currants walnuts / pistachio

Method

How to make it?

IMPORTANT

GF, VEG, V

NOT SUITABLE FOR

FISH SOUP

Portions: ¾ bucket | Prep time: 15 minutes |
cooking time: 5-8 minutes

Ingredients

- Fish bones
- Water – just enough to cover the bones
- Celery
- Carrots
- Onions
- Potatoes
- Barramundi fillet boiled
- Salt & pepper
- Lemon juice – how much?

Method

Boil the fish bones, and mix all the ingredients
with other veggies boiled separately

IMPORTANT

GF, VEG, V

NOT SUITABLE FOR

BIFTEKI

Portion size: 100 grams a piece | Prep size: 5 kilo | prep time: 15 minutes | cooking time: 5-8 minutes

Ingredients

- 3.3 Kilo beef mince
- 1.7 Kilo Lamb mince
- 2 onions (brown)
- 1 parsley
- 50 grams salt
- 10 grams pepper
- 5 eggs
- Olive oil
- GF bread crumbs 300gm approx.(enough to hold the meat)
- Cumin powder
- Beef Booster
- Vegeta sprinkle
- Red wine vinegar
- Lemon pepper

Method

Mix all the ingredients and portion 100 grams each. 5 kilo will bring out approx. 60-64 pcs.

IMPORTANT

GF

NOT SUITABLE FOR

COUS COUS SALAD

Portion size: ¾ bucket | prep time: 15 minutes
| cooking time: 5-8 minutes

Ingredients

Roast couscous- how much?

olive oil

Capsicum

Zucchini

Carrots

Salt

Pepper

Dry mint

Vegeta mixed with water

Method

Roast the couscous

Add the warm water and let it soak for
sometime. Enough water to soak all the
couscous

IMPORTANT

VEG, V

NOT SUITABLE FOR

YASSAS MOUSAKKA

Portion size: container | Prep time: 15 minutes
| cooking time: 5-8 minutes

Ingredients

4 potatoes – large sliced and deep fried

4 eggplants – (frozen grilled)

saganaki – grated

Vegeta

Zucchini - large sliced and deep fried

Napoli sauce – recipe given separately

Bolognese – recipe given separately

Bechamel – recipe given separately

Method

Deep fry the potatoes

Deep fry the ZUCCHINI slices

Make a layer of potatoes on oven tray

Next make a layer of eggplants, zucchini
spread saganaki cheese in between the
layers.

After this, pour Bolognese, enough to cover the whole layer. This need to be atleast 15-20
mm. layer.

After this pour the bechamel sauce. Refer to serve instructions on next page.

Serve instructions

IMPORTANT

NOT SUITABLE FOR

V,

TARAMASLATA*

Portions: ¾ bucket | Prep time: 15 minutes |
cooking time: 5-8 minutes

Ingredients

1 ½ brown onions

2.5 litres of veg oil and

lemon juice – 200 ml.

Tarama paste – 4 chef spoons

White Vinegar*

1 bowl (serve size) of chips, boiled and then
blended with onions

Method

Take the blended paste of onions and chips

Add tarama paste, lemon juice, vegetable oil

Blend everything together until it becomes a
paste thickness

Add a bit of sparkling water to make it fluffy.

IMPORTANT

GF

NOT SUITABLE FOR

Pork/lamb Skewers

Servings | Prep Time | Total Time

Ingredients

Pork/lamb Meat

Salt

Pepper

Paprika sweet

Vegeta

Lemon pepper

Rosemary

Thyme

Garlic – 2 chef spoon

Oil

White wine- 200ml

Method

Make a skewer with 110 grams each.

IMPORTANT

GF, Veg

NOT SUITABLE FOR

Halloumi Chips

Servings | Prep Time | Total Time

Ingredients

Cut slices of halloumi and weigh 120 grams in a box (8-10 slices).

Gf Bread crumbs

Egg wash (4 eggs, milk and water)

Rice Flour

Sweet Paprika

Method

Take 3 bowls

One with rice flour, egg wash and Bread crumbs with sweet paprika.

Drop halloumi box in rice flour

Take it out and drop them on egg wash

Take out and drop them on bread crumbs mixed with sweet paprika.

IMPORTANT..

GF, Veg

NOT SUITABLE FOR

Hommus

Servings | Prep Time | Total Time

Ingredients

Chick peas - 1 can

White vinegar – 1 table spoon

Lemon juice 150 gm

Tahini 3 table spoon

Garlic and oil

Cumin powder

Paprika

Salt

3 drop of tabasco

Method

Blend everything altogether, make sure there shouldn't be any lumps

IMPORTANT

Yoghurt to be strained night before.

Make sure no lumps remaining.

GF, Veg

NOT SUITABLE FOR

People with dairy allergies and garlic allergies.

spicy feta

Servings | Prep Time | Total Time

Ingredients

Feta – 500g

Roasted capsicum- 2

Lemon juice -100gm

Tabasco- 2 table spoon

Olive oil- 100 gm

Sweet paprika- ½ table spoon

Greek yogurt- 5 chef spoons

Method

Put half yogurt and half feta in blender, add other ingredients and blend together.

IMPORTANT

NOT SUITABLE FOR

Loukoumades

Servings | Prep Time | Total Time

Ingredients

Self Raising Flour- 2Kg

Fresh yeast- 20 gram

Pinch of salt

Sugar -135 grams

Luke Warm water – 700ml

Oil-10ml

Method

Take a mug with luke warm water, mix yeast and oil in it.

Put flour, sugar and salt, put mix liquid and whisk it properly until mix have no lumps.

Cover it with glad wrap and place it for atleast an hour to rise.

IMPORTANT

GF, VEG

NOT SUITABLE FOR

Zucchini Fritters

Servings | Prep Time | Total Time

Ingredients

Zucchini grated- 8 pieces

Feta grated- 1 block

Saganaki grated- 4

Mint Chopped – 2

Dill chopped – 1

Eggs – 5

White Pepper – 10 gm

Baking Powder – 3 table spoons

Rice Flour- 300gm approx

Method

Mix all the ingredients and see if it needs more rice flour, if it's too wet add more rice flour.

Meat Balls*

Servings | Prep Time | Total Time

Ingredients

Beef mince- 2.5Kg

Brown onions diced - 2

Chopped Parsley - ½ bunch

Cumin- 2 tab spoons

Cinnamon – 1 Tab spoon

Garlic- 3 tab spoons

Beef buster- 1 tab spoon

Eggs – 3

Gf Bread Crumbs – 150gm

Salt and pepper @ taste

sauce

Chopped Tomatoes- 1 Tin

Tomatoes Sauce – 2 chef spoons

Chopped Onions – 2

Garlic – 2 Tab spoons

Cinnamon sticks- 3

Olive oil

Salt and pepper @ taste

Red vinegar – 3 tabs

Method

Falafel

Servings | Prep Time | Total Time

Ingredients

25

IMPORTANT

V, VEG

NOT SUITABLE FOR

Soaked Chickpeas- 2 Kg
Coriander – 3 bunches
Chopped Onions – 3
Chopped Parsley - 1 bunch
Mint – 1 bunch
Vegeta – 2 tab spoons
Garlic- 4 tab spoons
Backing powder- 4 tab spoon
Sesame seeds – 100gm
Rice flour – 300gm
Salt and pepper @ taste

Method:

Blend chickpeas and the onions and herbs then add the rest of the ingredients.

IMPORTANT

V, VEG

NOT SUITABLE FOR

Skepasti sauce

Servings | Prep Time | Total Time

Ingredients

Red onion -1

Red capsicum -1

Fresh thyme -1/2 bunch

Oregano -1 tab spoon

Garlic – 1 tb spoon

Veggie Oil-

Vegeta – 1 tb spoon

Method:

Take a pan put oil, sauté onions and garlic, once they are brown add capsicum, oregano, thyme and vegeta. Blend it with the stick blender and mix with mayo (should be half mayo and sauce prepared) .

IMPORTANT

V, VEG

NOT SUITABLE FOR

RICE

Servings | Prep Time | Total Time

Ingredients

RICE- 2 Kg

Chopped Parsley - 1/2 bunch

Spring Onions- 1 bunch

Method:

Take a pan boil the water and put rice on it and check in 10-12 mins if rice is cooked. Drain them and add other ingredients.

IMPORTANT

V, VEG

NOT SUITABLE FOR

Grain Salad

Servings | Prep Time | Total Time

Ingredients

Freekah – 500gm

French lentil- 300gm

Capers- 1 tb spoon

Finely coriander – 1 bunches

Finely chopped Onions – 1/2

Finely chopped Parsley - 1 bunch

Roasted Pine nuts- 150gm

Black currents – 150 gm

Olive oil- 1tb spoon

Lemon juice- 1 tb spoon

Salt- pinch

Pomegranate- 1

Method:

Boil freekeh and lentil separately, let it cool down and then mix everything together.