

# 8th Annual Culinary Competition

University of Connecticut | Department of Dining Services

## The Greek Teaser Chef Robert Mattia-Slater

### Spanikopita

3 lb frozen chopped spinach  
1 medium onions, chopped  
½ cup scallions, chopped  
½ cup dill, chopped  
1 cup butter  
½ cup parsley, chopped  
salt & pepper to taste  
½ cup evaporated milk  
4-5 eggs  
2 lb feta cheese  
1 pkg phyllo dough

Wash spinach in water, cut into small pieces, and place in a bowl. Salt lightly; evenly.

Take a handful at a time of spinach and squeeze the excess water out, place it in another bowl. Sauté onion and scallions, in ½ the butter, until wilted. Add spinach, stir until all vegetable take on a light color. Stir in dill, parsley, salt & pepper; cover and cook until all the water thrown off by the spinach is absorbed. Remove from heat and pour into a bowl and immediately add the milk (to cool the spinach).

Beat the eggs in another bowl and add the cheese to them; add to the cooled spinach mix well.

Line pan w/8 sheets of phyllo, brushing each sheet with melted butter before topping it with the next sheet. Do not trim overhanging sections. Pour in the spinach mixture, spreading it evenly over the phyllo. Fold the part of the phyllo that extends out of the pan back over the filling. Lay the remaining Phyllo on top, again brushing with sheet with melted butter before adding the next layer. Now trim off the overlap. Brush additional melted butter on top of the pie and score it into diamond shaped pieces. Bake for 30-45 minutes in a preheated 300F oven; let stand for 30 minutes before serving.

### Dolmathes Stuffed Grapevine Leaves

1½-2 cups water  
1½ lbs tender grapevine leaves  
1½ lb onions  
1 cup oil  
1¼ cups raw rice  
½ cup parsley, chopped  
2 tbsp dill, chopped

½ tsp fresh mint leaves, chopped  
Salt and pepper to taste  
1 lemon, juice only  
lemon wedges (optional)  
pine nuts (optional)  
raisins (optional)

Wash grapevine leaves in cold water. Cut the stems if fresh.

Place them into a pot of rapidly boiling water.

Boil for 2 to 3 minutes or until leaves are soft. Remove from water and spread out on platter.

Peel and chop onions. Place into strainer, rinse with cold water and drain.

Sauté in oil until light golden in color, then add rice brown lightly. Add 1½ to 2 cups water, parsley, dill, mint leaves, salt and pepper. Cook 5-7 minutes until rice absorbs the liquid, but is only half cooked. (watch that it does not stick to bottom of pot)

Put shiny side down, place 1 tsp of filling in the center of leaf and fold the sides up over it, covering the mixture, and then continue to roll it up.

Lay the stuffed leaves in a pot (open side down) in even, tight rows.

Keep making layers until you are done. Lay a plate directly on the top layer. Add enough water to half cover the stuffed leaves, add lemon juice. Cover and cook until the liquid has been absorbed and only a slight amount of oil remains (about 45 minutes)

### **Shrimp Croquette**

2 cups 21/25 shrimp  
1 cup thick béchamel sauce  
2 eggs, separated  
1 cup parmesan cheese  
2 tsp parsley, chopped  
1 lb toasted bread crumbs  
Salt & pepper to taste  
Oil for frying

Cut the shrimp into 3 to 4 pieces. Mix with the béchamel sauce, egg yolk, cheese, parsley, salt and pepper; blend well. Shape into ovals.

Beat the egg whites with 2 tbsp of water. Roll into croquettes into the bread crumbs, then dip them in the egg whites; roll again in the bread crumbs.

Fry in hot oil over low heat until golden brown.

Drain and serve hot.

### **Salty Biscuits w/Salami**

3 cups flour  
3 tsp baking powder  
1 tsp coarse salt  
½ cup grated parmesan cheese  
½ cup sweet butter  
1 qt milk  
½ lb sliced salami

Sift flour together with the salt and baking powder into bowl. Add butter & knead lightly with fingertips.

Add milk, cheese and knead to soft dough.

Lightly flour counter top and rolling pin. Roll dough into ¼" to ½" thick. Using floured rim of a glass or cookie cutter, cut the dough into round shapes (about 1½" to 2½" diameter).

On a lightly buttered baking sheet, place one cut out shape on bottom, then salami, add another shape piece to the top. Brush with eggs, sprinkle with cheese.

Bake at 375F for 15 minutes.