

## ΣΤΑΤΙΣΤΙΚΑ ΓΕΥΜΑΤΩΝ

#	Δημοφιλή	Όνομα	Κατηγορία	Περιοχή	Οδηγίες
1	12	Garides Saganaki	Seafood	Greek	<p>Place the prawns in a pot and add enough water to cover. Boil for 5 minutes. Drain, reserving the liquid, and set aside.</p> <p>Heat 2 tablespoons of oil in a saucepan. Add the onion; cook and stir until soft. Mix in the parsley, wine, tomatoes, garlic and remaining olive oil.</p> <p>Simmer, stirring occasionally, for about 30 minutes, or until the sauce is thickened.</p> <p>While the sauce is simmering, the prawns should become cool enough to handle. First remove the legs by pinching them, and then pull off the shells, leaving the head and tail on.</p> <p>When the sauce has thickened, stir in the prawns. Bring to a simmer again if the sauce has cooled with the prawns, and cook for about 5 minutes.</p> <p>Add the feta and remove from the heat. Let stand until the cheese starts to melt. Serve warm with slices of crusty bread.</p> <p>Though completely untraditional, you can add a few tablespoons of stock or passata to this recipe to make a delicious pasta sauce. Toss with pasta</p>

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					after adding the feta, and serve.
2	11	Big Mac	Beef	American	<p>For the Big Mac sauce, combine all the ingredients in a bowl, season with salt and chill until ready to use.</p> <p>2. To make the patties, season the mince with salt and pepper and form into 4 balls using about 1/3 cup mince each. Place each onto a square of baking paper and flatten to form into four x 15cm circles. Heat oil in a large frypan over high heat. In 2 batches, cook beef patties for 1-2 minutes each side until lightly charred and cooked through. Remove from heat and keep warm. Repeat with remaining two patties.</p> <p>3. Carefully slice each burger bun into three acrossways, then lightly toast.</p> <p>4. To assemble the burgers, spread a little Big Mac sauce over the bottom base. Top with some chopped onion, shredded lettuce, slice of cheese, beef patty and some pickle slices. Top with the middle bun layer, and spread with more Big Mac</p>

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					<p>sauce, onion, lettuce, pickles, beef patty and then finish with more sauce. Top with burger lid to serve.</p> <p>5. After waiting half an hour for your food to settle, go for a jog.</p>
3	7	Corba	Side	Turkish	<p>Pick through your lentils for any foreign debris, rinse them 2 or 3 times, drain, and set aside. Fair warning, this will probably turn your lentils into a solid block that you'll have to break up later</p> <p>In a large pot over medium-high heat, sauté the olive oil and the onion with a pinch of salt for about 3 minutes, then add the carrots and cook for another 3 minutes.</p> <p>Add the tomato paste and stir it around for around 1 minute. Now add the cumin, paprika, mint, thyme, black pepper, and red pepper as quickly as you can and stir for 10 seconds to bloom the spices. Congratulate yourself on how amazing your house now smells.</p> <p>Immediately add the lentils, water, broth, and salt.</p>

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					<p>Bring the soup to a (gentle) boil.</p> <p>After it has come to a boil, reduce heat to medium-low, cover the pot halfway, and cook for 15-20 minutes or until the lentils have fallen apart and the carrots are completely cooked.</p> <p>After the soup has cooked and the lentils are tender, blend the soup either in a blender or simply use a hand blender to reach the consistency you desire. Taste for seasoning and add more salt if necessary.</p> <p>Serve with crushed-up crackers, torn up bread, or something else to add some extra thickness. You could also use a traditional thickener (like cornstarch or flour), but I prefer to add crackers for some texture and saltiness. Makes great leftovers, stays good in the fridge for about a week.</p>
4	5	Chicken Fajita Mac and Cheese	Chicken	American	<p>Fry your onion, peppers and garlic in olive oil until nicely translucent. Make a well in your veg and add your chicken. Add your seasoning and salt.</p>

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					<p>Allow to colour slightly.</p> <p>Add your cream, stock and macaroni.</p> <p>Cook on low for 20 minutes. Add your cheeses, stir to combine.</p> <p>Top with roasted peppers and parsley.</p>
5	4	Nasi lemak	Seafood	Malaysian	<p>In a medium saucepan over medium heat, stir together coconut milk, water, ground ginger, ginger root, salt, bay leaf, and rice. Cover, and bring to a boil. Reduce heat, and simmer for 20 to 30 minutes, or until done.</p> <p>Step 2</p> <p>Place eggs in a saucepan, and cover with cold water. Bring water to a boil, and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes. Remove eggs from hot water, cool, peel and slice in half. Slice cucumber.</p> <p>Step 3</p>

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					<p>Meanwhile, in a large skillet or wok, heat 1 cup vegetable oil over medium-high heat. Stir in peanuts and cook briefly, until lightly browned. Remove peanuts with a slotted spoon and place on paper towels to soak up excess grease. Return skillet to stove. Stir in the contents of one package anchovies; cook briefly, turning, until crisp. Remove with a slotted spoon and place on paper towels. Discard oil. Wipe out skillet.</p> <p>Step 4</p> <p>Heat 2 tablespoons oil in the skillet. Stir in the onion, garlic, and shallots; cook until fragrant, about 1 or 2 minutes. Mix in the chile paste, and cook for 10 minutes, stirring occasionally. If the chile paste is too dry, add a small amount of water. Stir in remaining anchovies; cook for 5 minutes. Stir in salt, sugar, and tamarind juice; simmer until sauce is thick, about 5 minutes.</p> <p>Step 5</p>

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					Serve the onion and garlic sauce over the warm rice, and top with peanuts, fried anchovies, cucumbers, and eggs.
6	3	Lamb and Lemon Souvlaki	Lamb	Greek	<p>Pound the garlic with sea salt in a pestle and mortar (or use a small food processor), until the garlic forms a paste. Whisk together the oil, lemon juice, zest, dill and garlic. Mix in the lamb and combine well. Cover and marinate for at least 2 hrs or overnight in the fridge. If you're going to use bamboo skewers, soak them in cold water.</p> <p>If you've prepared the lamb the previous day, take it out of the fridge 30 mins before cooking. Thread the meat onto the soaked or metal skewers. Heat the grill to high or have a hot griddle pan or barbecue ready. Cook the skewers for 2-3 mins on each side, basting with the remaining marinade. Heat the pitta or flatbreads briefly, then stuff with the souvlaki. Add Greek salad (see 'Goes well with', right) and Tzatziki (below), if you</p>

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					like.
7	2	Mediterranean Pasta Salad	Seafood	Italian	<p>Bring a large saucepan of salted water to the boil</p> <p>Add the pasta, stir once and cook for about 10 minutes or as directed on the packet.</p> <p>Meanwhile, wash the tomatoes and cut into quarters. Slice the olives. Wash the basil.</p> <p>Put the tomatoes into a salad bowl and tear the basil leaves over them. Add a tablespoon of olive oil and mix.</p> <p>When the pasta is ready, drain into a colander and run cold water over it to cool it quickly.</p> <p>Toss the pasta into the salad bowl with the tomatoes and basil.</p> <p>Add the sliced olives, drained mozzarella balls, and chunks of tuna. Mix well and let the salad rest for at least half an hour to allow the flavours to mingle.</p> <p>Sprinkle the pasta with a generous grind of black pepper and drizzle with the remaining olive oil just before serving.</p>