

IN GREEK  
LADERA GEMISTA

Tomatoes and peppers stuffed with Rice

SERVES 6 PERSON

- 7 medium tomatoes
- 6 medium green peppers
- 1 ½ cup rice type carolina
- 2 medium onions, finely chopped
- parsley, finely chopped
- 1 ½ cup olive oil
- salt, pepper
- rusk crumbs
- 2 cup tomato juice.
- 1 cup of yogurt.

Wash the tomatoes and peppers. Cut a thin slice off the stem-ends and hollow out the interiors. Keep the tomato pulp and chop it up or puree it in the blender. Mix the rice, onion, parsley, tomato pulp, ½ cup olive oil, salt and pepper. Fill the tomatoes and peppers with the mixture, cover them with the lids you have sliced off and arrange them in a baking pan. Pour the tomato juice and the rest of the oil over them and sprinkle the lids with rusk crumbs. Bake them in a moderate oven for 1-1½ hours.  
Bon appetit!!!!!!!



IN GREEK  
TSATSIKI

Yoghurt, cucumber and garlic Dip

Serves 6 person

- 2 cups strained full-fat yoghurt
- 1 medium cucumber
- 4 gloves of garlic, mashed to a paste
- 2 tablespoons olive oil
- salt
- pinch of pepper
- a little vinegar
- Fresh dillweed, finely chopped
- A few rope olives
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Grate the peeled cucumber on a coarse grater and press as much liquid as possible out of it. Mix the cucumber with the rest of the ingredients. Garnish with the olives.

