



# THE KEFI CLUB NEWSLETTER

ISSUE 18

Mar 2007



## Cooking Competition – Friday 16<sup>th</sup> March

Yes it is that time again for the annual cooking competition. To be held at our usual venue of Norton Parish Hall, commencing at 7.30pm. Those of you who have attended this event previously will know that the standard set seems to rise on every occasion, with those participating pulling out all the stops and producing some exceptionally high standards of fayre. We will again have two categories to be judged, a mains course and a pudding/sweets course. So you have an option to which you want to enter or you can enter both. The third option is to just come along and enjoy the evening, as this event is always well attended and you will have plenty of time to socialise with other members whilst the judging is taking place prior to the best part sampling what has been produced. The Head of Hospitality, at Worcester College of Technology, will again undertake the judging. As in previous years there will be prizes awarded by the judges.



## Greek Easter: Customs and Feast – Venue Change

For those of you not away celebrating Easter with family and friends in Greece why not come along to the Kefi Clubs evening, on would you believe it Friday 13<sup>th</sup> April. You will be introduced or reminded of the customs Greeks perform over this very special religious time by Nick Kontarines, the Clubs secretary. Why are eggs painted red? Do people still eat KOKORETSI and MAYIRITSA? What are they? Why is it that Greek Easter is not always at the same time as here? Nick will provide the answers. Afterwards we propose a feast of all things Greek. Probably not the two dishes I have mentioned above.

**PLEASE NOTE: The evening will be held at Colwall Cricket Club.** We will publish details of how to get to this picturesque venue nearer the time. Before the proceedings start we will conduct our Annual General Meeting. So please come armed with ideas for the club and/or next years programme.

I found this table of dates of Easter for the Greek Orthodox Church whilst browsing the internet and thought it may be useful for planning purposes in the ensuing years to come.

**Greek Orthodox Church future dates**

2007	Easter Sunday	April 8th (same)
2008	Easter Sunday	April 27th
2009	Easter Sunday	April 19th
2010	Easter Sunday	April 4th (same)
2011	Easter Sunday	April 24th (same)
2012	Easter Sunday	April 15th
2013	Easter Sunday	May 5th
2014	Easter Sunday	April 20th (same)
2015	Easter Sunday	April 12th
2016	Easter Sunday	May 1st
2017	Easter Sunday	April 16th (same)
2018	Easter Sunday	April 8th
2019	Easter Sunday	April 28th
2020	Easter Sunday	April 19th
2021	Easter Sunday	May 2nd
2022	Easter Sunday	April 24th
2023	Easter Sunday	April 16th

## Web site

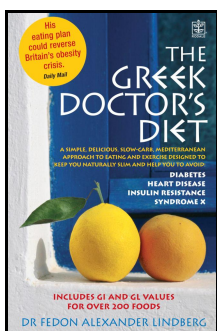
For those new members and friends who have recently attended our meetings, have you checked out the clubs website full of information past and present, details below.

We're on the web. [www.kefi-club.org.uk](http://www.kefi-club.org.uk)

## PREVIOUS EVENTS

### Film Night verdict - “Not Bad”

It was with a certain amount of apprehension that members came to view the club's first attempt to show a Greek film for the January meeting. Due to the change of date, the data projector was unavailable so my son James came to the rescue allowing me to use his TV and surround sound system. The good points about the film were the use of historical film footage of the poignant events that gave credence. It portrayed what life would have been like after the population exchange, through censorship, the German occupation centred round a female rembetika singer from her birth to her early death. It was a lengthy film of just over the 2½ hours in Greek with English sub-titles so it was heavy going.



### Doctor on Greek Doctor's Diet

Once we got the complexities of modern day portable computers and data projectors sorted, it was time to sit back and enjoy a review on the book, the Greek doctor's diet given by Dr. Bernard Mason a club member and first time guest speaker for the February meeting.

In the book Dr Fedon Alexander Lindberg shows you how to change your lifestyle so you can control your weight and your blood sugar and improve your overall health and is split into two parts, Bernard spoke on the first part the more medical part with the second containing diets for people to follow. Bernard explained what the Greek Doctor said of types of food we should eat, the portions of these foods in our daily diet and why

it was important to eat those and of course avoid foods high in sugar and trans fats backed up by some very good diagrams. Thanks Bernard.

## News reports



### History of Greek film on exhibit

*A scene from the 1958 film 'Lake of Desires.'*

Aglaia Mitropoulou, the late founder of the Greek Film Archive, remains a prominent figure for having supported Greek film, documenting its history and projecting the industry abroad. A photography exhibition opening Saturday in northwestern Greece, at the Rizario Exhibition Center in Monodendrio, Epirus, features pictures from a book by Mitropoulou, “Greek Film,” a bible for cinephiles of Greek movies.

Tracing the local industry over the ages, “Greek Film” was recently re-released (Papazisi Publishers) and edited by Mitropoulou's daughter, Maria Komninou. It was presented at the Thessaloniki Film Festival last November.

The exhibition's opening, over two days, will include speeches by Komninou, an assistant professor at Athens University, film director Pantelis Voulgaris, journalist and writer Marlena Politopoulou, and Takis Tzimas, the managing editor of the magazine Photographos.

The first day of events will be staged at the Rizario Exhibition Center and will continue on Sunday at the Ioannina Culture Center. The exhibition will run for several months through August. Stretching as far back as the early 1920s, it spans a period that includes Theo Angelopoulos's 1998 Golden Palm winner “Eternity and a Day.”

Besides the pictures from “Greek Film,” the exhibition will also include photographs from the Greek Film Archive and contributions from the personal archives of Angelopoulos, fellow filmmakers Nikos Koundouros, Michael Cacoyannis and Lila Kourkoulakou, as well as the producer-costume designer Denny Vachlioti.

[19/01/07 www.ekathimerini.com]

*Nikolas Giakoumidis/AP*

Swimmers vied to catch a wooden cross during a traditional ceremony to bless the waters in the northern port of Thessaloniki on Saturday. Orthodox priests across the country led similar ceremonies to mark the Epiphany, a national holiday, at riverbanks, seafronts and lakes. In Istanbul, Ecumenical Patriarch Vartholomaios threw a cross into the freezing waters of the Golden Horn and several worshippers jumped in to retrieve it. According to religious tradition, whoever retrieves the cross will enjoy good luck and health for the entire year.

8 Jan. 2007 www.ekathimerini.com



## GENETICS PROVES HERODOTUS RIGHT ABOUT THE ETRUSCANS

One of the roots of the Roman civilisation has been traced by scientists to western Turkey, confirming an account given more than 2,000 years ago.

Genetics has settled a long-running debate on the origin of the Etruscans.....  
The study of DNA confirms an account in the 5<sup>th</sup> century BC by the Greek historian Herodotus that the Etruscan civilisation was founded by seafarers from today's Turkey. "The Eastern origin of Etruscans, first claimed by the classic historians Herodotus and

Thucydides, receives strong independent support," said Prof Torroni.

(By Roger Highfiled The Daily Telegraph 17/02/07, edited)

## KATHARI DEFTERA (Clean Monday)

'Kathari Deftera' is the first day of Lent of the Greek Orthodox and this is what the Greeks do. Whether you have lived in Athens for years or just happen to be in town, you will enjoy the annual three-day outdoor celebration starting Saturday. Try an excursion to Patras on Sunday for the opening of its lively Carnival. On Clean Monday the capital will be deserted as everyone goes to the countryside and the hills to fly kites, if there's enough of a breeze. Otherwise they stay indoors or go to tavernas, where they indulge in a delicious Lenten feast. Monday is the first day of Sarakosti, or Lent, which means 40 days of fasting until Easter. The tables are laden with pulses, lettuce and other types of salads, olives and taramosalata, and the special bread called lagana, which bakers make only on that day. When he was prime minister, the late Constantine Karamanlis supervised the revamping of the area around the Acropolis according to a design by Dimitris Pikionis, and he used to go there every Clean Monday to eat mezes and help children fly their kites. The current prime minister, Costas Karamanlis, has followed his example, and flies a kite with his children Alexandros and Aiki at Rafina. What matters is to keep up the tradition in the family circle. Professor Alexandros Doukatos said that, "the kite is an ancestor of today's rockets, an image of man's great interest in the space beyond the Earth, where he wanted to send something of his own since he could not go there himself."

## Future Events from other Local Greek Clubs

### **The Anglo Hellenic Club**

29 MARCH – Greek Cuisine *Marsia Sfakianou*

26 APRIL – The Braunholtz Letters Part 2 – *Ralph & Wyn Braunholtz*

### **The Birmingham Club**

March 1st Professor Ken Dowden. 'Zeus: What does it take to be Master of the Universe?'

April 5<sup>th</sup> Easter Celebration and Symposio.

# Greek Coffee

There I was just finished cutting and pasting the latest edition of the Newsletter and Nick the club Secretary had e-mailed some additions for it. As you may or may not know it is down to him for most of the news reports in the newsletter. One of these additions was a method of making Greek coffee, slightly different to what I had become accustomed to. So off I went in search of my briki and set about trying this method. Whilst waiting for it to heat up, I thought I would research more into Greek coffee and this is what I have found out.

## History

The origins of coffee date back to 1100 B.C. in the Arabian peninsula, where coffee-plants were first grown. At first, coffee was boiled and toasted by the Arabs, who used to make the "qhawa", a drink directly made from plants. In 1475, the first coffee shop in the world was open by the Greeks soon after the occupation of the former capital of the Byzantine Empire – Constantinople – by the Turks. In Constantinople, as well – several coffee houses were open. In about 1600, coffee came into central Europe, through the port of Venice. But the crucial time in the history of coffee was when it was introduced into the New World. That happened in 1607. Since then and until these days, coffee has been turned into the most popular drink in the world. More than 400 thousand millions cups are consumed every year in the different parts of the world. The most important producer of coffee is Brazil.

## Methods

Greek coffee is made in a "briki". Briki are small, tall coffee pots with a long handle and a lip. They are generally made of brass, copper or aluminum, but stainless steel is becoming the most popular. They are fashioned after the small coffee pots used to brew coffee on the hot desert sands of the northern Mediterranean.

Greek coffee is generally made in three different ways:  
Sketos - without sugar, strong and bitter  
Metrios - medium, usually with one teaspoonful of sugar  
Glykos - almost honey sweet

Brands of Greek Coffee



This is how you can make Greek coffee.

1. Measure the water into the cup. [do not fill the cup up to the top]
2. Empty the water into the 'briki' and put it on a gas (camping) burner, or any other means of heat.
3. Add the sugar (if you take sugar), stir it gently
4. When the water starts bubbling, add the coffee \*
5. Watch it continuously till the coffee rise to the top of the briki.
6. Pour the coffee into the cup and enjoy your coffee.

'add the coffee': 1 teaspoon if you use a small cup  
(Greek style)  
2 teaspoons if you use a tea cup

GREEK COFFEE (Common Method for 'Metrio')

1. For each cup desired, measure one demi-tasse cup of cold water into a "briki" or narrow-necked coffee pot.
2. Add one teaspoonful of Greek coffee and sugar for each cup being made. Stir well.
3. Bring to a boil over low to medium heat, stir the contents a little, until the coffee is diluted in the water. Hold the "briki" by the handle all the time as it boils so quickly and can make a mess. Watch the "foam" as it starts to rise. Let it rise. Don't panic and remove it from the heat until the coffee reaches the lip of the "briki". Remove immediately from the heat. Let the coffee stand for about 30-60 seconds and pour a little in each cup to distribute the foam or froth into all the cups.
4. Never stir the coffee once it has been made and served. Greek coffee is always served with a tall glass of ice water.

The method that Nick sent is above left. What I have also found out is that once the froth has reached the top of the briki it can be removed from the heat the froth is stirred until it has disappeared. This is either repeated once or twice again depending on preference.

**Trivia** – In the 18<sup>th</sup> century, it was customary for young men, seeking a girl's hand in marriage, to be served a cup of coffee by her family. This was not just simply a symbol of the host's hospitality. If the coffee were sweet, the suitor had every reason to be pleased: if the coffee were bitter, the young man would rise politely, say thank you for the conversation and never be seen again.

Reading Greek Coffee - This method of fortune-telling, known as tasseography, or tasseomancy (*kafemandeia* in Greek),

My research took me onto this art. I have taken an extract from the book *Culinaria Greece*, "Your destiny in the coffee cup". The secret signs in the cup resemble a filigree pattern when the warm coffee sediment is slowly swirled around the inside of the coffee cup. The rest of the grounds are tipped out abruptly the cup is placed upside down on a plate. Then comes the moment every one is waiting for. The, *kafetzou* the woman who can read coffee grounds, turns the cup around, looking deeply into its depths. After carefully studying the signs, she may say; "I see a bird, a road, up on the mountain lurks danger, there's a person in the valley with the name beginning with K. you seem sad but I see two rings in the distance, perhaps for a wedding". You have to believe in the *kafetzou*, otherwise her prophecies will not come true.

### History of Greek Frappé

Frappé dates back to the 1957 International Trade Fair in Thessaloniki. The Nestlé company representative, Yiannis Dritsas, was exhibiting a new product for children, a chocolate beverage produced instantly by mixing it with milk and shaking it in a shaker. Dritsas' employee Dimitrios Vakondios was looking for a way to have his usual instant coffee during his break but he could not find any hot water. So he made the decision to use cold water and a shaker, creating the first frappé. *An extract taken from Wikipedia.*

ΚΑΦΕΔΕΣ COFFEE		
		
ΕΛΛΗΝΤΙΚΟΣ	GREEK COFFEE	1,50 €
ΝΕΣ-ΚΑΦΕ	NESCAFE	2,00 €
ΝΕΣ-ΚΑΦΕ ΦΡΕΖΕ	ICED NESCAFE	2,00 €
ΚΑΠΟΥΤΣΙΝΟ	CAPPUCCINO	2,00 €
ΕΣΠΡΕΣΟ	ESPRESSO	2,00 €
ΤΣΑΙ	TEA	1,50 €
ΙΡΛΑΝΔΙΚΟΣ	IRISH COFFEE	4,00 €

I have to say I prefer mine without milk, especially whilst in Greece. Not a big fan of condensed milk in hot weather. I have also seen ice cream added. In one book I read, was the inclusion of ouzo. On holiday in Lesvos the resorts owner added orange baileys to my wife's frappé.

Not bad from just one e-mail. If anyone else has an idea for an article that you would like more information on and other members may find of interest. You e-mail or give me a call details at bottom of newsletter.

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