

THE KEFI CLUB NEWSLETTER

ISSUE 2 MAY 2004

Publicity.

Thanks to the endeavours of Nick Kontarines and the rest of the committee the Kefi club has now featured in both the Worcester Evening News and Malvern Gazette. The article in the Malvern Gazette almost took up a whole page. What a great opportunity it gave us to promote the club and our forthcoming events. The outcome of this publicity was two new members who both attended the wine tasting evening, of which I will mention later. Welcome "the Bests"



NEWS FLASH!

Proposed Annual General Meeting

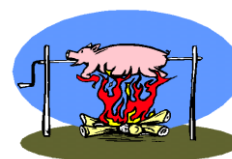
It has been proposed that we hold the Kefi Club Annual General Meeting at the Bradbury Centre Worcester on **Friday 4th June**, commencing at 7:30pm. The Agenda will be:-

1. Finance and accounts
2. Annual subscription
3. Web – site
4. Newsletter: comments, contribution and ideas
5. Next year's calendar
6. Election of officers

DIARY DATES

28 MAY A guest speaker John Hart (Former Classics Master at Malvern College) on 5th Century Athens
Venue: Bradbury Centre Worcester
£2 members
£3 non-members

25 June The Kefi Club Grand BBQ
Venue: Colwall Cricket Club
£2 members
£4 non-members



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NOTE FROM THE EDITOR

As with all things new I have had lots of praise and advice on ways of improving the Newsletter. Please keep them coming! As you will appreciate the newsletter is in its infancy. One suggestion was to add a recipe or two or a short story. Perhaps you may want to add something to it that you feel our readers will also be interested in. An idea was to focus on an island in each addition. This is where you could help by passing on some of your experiences. No novels please, as I, the one fingered typist, have to add them to the newsletter.



Who wanted to fight? The Maniats did.

The meeting held on Friday 26 March 04 was a talk on the Mani given by Shona. Our thanks go to Shona who gave us such an interesting insight into where the Mani Peninsula is located (The southern most area of the Peloponnese), the history of the Mani people, their way of life with constant feuding and some fascinating and remarkable facts on the buildings, towers, churches and villages within the region supported by pictures. At least we know how they went to the toilet in times of siege. How does she know so much? Well her father actually still lives there. What a wealth of archaeology the Peloponnese has to offer. It surely has to go on every ones must visit list.

GREEK WINES - Are they up to much?

The general consensus of the 26 members and guests who attended our Greek wine tasting evening held in association with Malvern Fine Wines on Friday 30 April was a resounding **YES**. We were treated to 10 wines in all, 4 whites, 4 reds and 2 dessert wines along with 3 types of English cheeses to prove that you don't have to drink Greek wine with Greek food. From these 10 wines only one got the thumbs down and that was Karelas Cabernet. Marketed as a Cabernet it was disappointing.

As with all wine tasting we started with white. With the first 2 we were given a cheese called Fynn. I thought this went well with both wines the Karelas Amberlina and the Karelas Muscat Dry the latter being my favourite. We then quickly moved on (too quick for some of our members) to Hatzigakis Santorini - no guesses were this wine originates – and Palivou Rosé. We tried Malvern cheese with these.



A chance to reflect on the wines

Moving onto the reds. As with the whites I mention the types we tried as a reminder for those who may wish to order wine at a later date. We experimented with Shropshire Blue to go with Karelas Orpheas good for summer drinking. Karelas Cabernet I've already mentioned. A 2001 Manolesakis Merlot my personal best, and finally Evharis Estate Red this had a southern French-ness about it.

Whilst we were sampling we were given information on the types of grape and where in Greece the various varieties are grown.



Geoff and Nick

Then onto the dessert wines a Kaelas Muscat of Patras and of course the evening would not be complete without sampling Karela Mavrodaphane of Patras. Apparently it gets better and better the longer you leave it. To me it would be absolute torture, just looking at a bottle and not being able to drink it. With these wines we were treated to some very sweet bottled fruit and nut preserves, a fabulous combination to round off a very enjoyable and informative evening.

Our thanks go to Geoff Morris from Malvern Fine Wines for providing us with a very good mix of wines and cheese.

Mavrodaphne of Patras Karela was made by the founder of Karelas Winery in 1944. Raisins and Plums are words that sprang to mind when tasting this wine. The age is apparent in its colour and the flavour lingers in the mouth long after the wine has been drunk. It is a rarity and few people have ever had the chance to taste a wine over 50 years old.

Taken from the bottle label



Winning recipe



For those of you who were unable to attend our cookery competition or for those who would like a chance of making their own of the winning recipe produced by Diane Otley. The recipe is provided below GOOD LUCK!

GARIDES SAGANAKI (Prawns baked in tomatoes Sauce)

1 Kg large Prawns, 250 gr Feta cheese, 1 cup olive oil, 1 tin peeled tomatoes, 2 medium onions finely chopped, 1 green pepper finely chopped, 1 clove of garlic finely chopped, 1 cup parsley finely chopped, salt and pepper Sprinkling of paprika. Serves 6.

Heat the oil in a pot and sauté the onions, the garlic and the green pepper. Add the tomatoes, salt and pepper. Let the sauce boil for a few minutes.

Put the prawns into an earthenware or glass baking dish and pour the sauce over them. Add the parsley, the feta broken into pieces, and a little paprika. Bake in a hot oven for half an hour.

HAVE YOU TRIED IT YET? - RETSINA

A holiday in Greece would not be the same without a bottle or three of retsina, the famous-some might say notorious- resinated wine that is the speciality of Attica and the neighbouring areas of central Greece. Your first taste of retsina may well leave you wondering whether the waiter has mixed up the wine and paint stripper, but stick with it, it's a taste that's worth acquiring. Soon you will be savouring the delicate pine aroma, and the initial astringency mellows to become very Moreish. Retsina is very refreshing consumed chilled at the end of a hot day.

It goes particularly well with **tzatziki**. Greeks have been resinating wine, both white and rose, for millennia. The ancient Greeks dedicated the pine tree to Dionysos. Also the god of wine, and held that land that grew good pine would also grow good wine. No one seems quite

He had tasted a wine so impregnated with resin that it almost took the skin from his lips.

sure how wine and pine first got together. The consensus is that it was an inevitable accident in a country with so much wine and pine. The theory that resin entered the wine-making process because the wine was stored in pine barrels does not hold water, since the ancients used clay amphora rather than barrel. It's more likely that it was through pine implements and vessels used elsewhere in the process. Producers



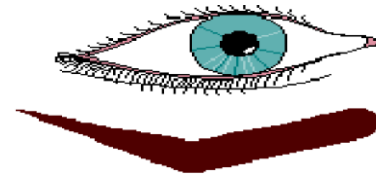
discovered that the wine treated with resin kept for longer and consumers discovered they liked it.

Resination was once a fairly haphazard process, achieved by various methods such as adding crushed pine cones to the brew and coating the insides of storage vessels. The amount of resin also varied enormously. One 19th century traveller wrote that he had tasted a wine so impregnated with resin that it almost took the skin from his lips. His reaction is hardly surprising. He was probably drinking a wine with a resin content as high as 7.5%, common at that time. A more sophisticated product awaits the modern traveller, with a resin content no higher than 1%. That's still enough to give the wine its trademark astringency and pine aroma. The bulk of retsina is made from two grape varieties, the white savatiano and red roditis. These two constitute the vast majority of vine plantings in Attica central Greece and Evia. Not just any old resin will do. The main source is the Aleppo pine (*Pinus halepensis*), which produces a resin known for its delicate fragrance.

Retsina is generally cheap and it's available everywhere. Supermarkets stock retsina in a variety of containers ranging from 500ml bottles to 5L casks and flagons. Kourtaki and Cambas are both very good, but the best (and worst) still flows from the barrel in the traditional tavernas. Ask for heema, which means 'loose.'

Retsina and other quality Greek wines are obtainable from ORCHARD, HIVE & VINE
4 High Street, Leominster HR6 8LZ. Tel.01568 611232 www.orchard-hive-and-vine.co.uk

BEWARE THE EVIL EYE



When travelling through Greece- particularly in rural areas- you may notice that some bus drivers keep a chain bearing one or two blue stones dangling over the dashboard. Or you may spot a small, plastic blue eye attached to a cross hanging around someone's neck. Puzzle no longer. The Greeks are not sporting colours in support of their favourite soccer team or show a particular political leaning. No, they are warding off the evil eye.

The evil eye is associated with envy and can be cast (apparently unintentionally) upon someone or something that is praised or admired (even secretly). So the most vulnerable to the evil eye include people, creatures or objects of beauty, rarity and value. Babies are particularly vulnerable and those who admire them will often spit gently on them to repel any ill effects. Adults and older

children who are worried about being afflicted by the evil eye will wear blue. Who then is responsible for casting the evil eye? Well, most culprits are those who are already considered quarrelsome or peculiar in some way by the local community. Folk with blue eyes are regarded with extreme suspicion - no doubt more than partly because being blue-eyed is a trait Greeks associate with Turks. All these quarrelsome, peculiar or blue-eyed folk have to do is be present when someone or something enviable appears on the scene – and then the trouble starts. If during your travels, someone casts the evil eye on you, you'll soon know about it. Symptoms include dizziness, headaches, a feeling of 'weight' on the head or tightening in the chest. Locals will point you in the direction of someone, usually an old woman, who can cure you.

The cure usually involves the curer making the sign of the cross over a glass of water, praying silently and, at the same time, dropping oil into the glass. If the oil disappears from the surface, it proves you have the eye – but also cures it, for the 'blessed' water will be dabbed on your forehead, stomach and two points on your chest (at the points of the crucifix). Apparently, the cure works. But you know the old adage about prevention being better than cure. If you are worried about the evil eye, don't take any chances – **wear blue.**



I'm sure those of you, who like I, enjoy Greek yoghurt will recognise the company logo on the left. Were you also aware that they produce Feta and Halloumi cheese of which I can recommend. But did you also know they have a newsletter called 'Kalimera'. It has some offers on merchandise, and has recipes. In the edition I received they had included some useful summer ones. There was even a chance to win a holiday in Greece. You can get a free copy of the newsletter by addressing any

correspondence to: Kalimera, Total Greek Yoghurt, PO Box 20425, London SW1V 1WG. E-mail: marketing@totalgreekyoghurt.com or you could visit their web site www.totalgreekyoghurt.com. Many thanks to them, for they supplied the Feta cheese and the whole cheese which greatly enhanced our Christmas Party.



Tickets for BBQ on 25th June now available from Committee Members.



TEMPORARY BOOK LOAN

Nick has offered up for temporary loan to members some of his books and videos with a view to expanding this service for any members who may wish to offer any books of their own. Nicks' list is below:-

Classical Literature

Aeschylus:	Prometheus Bound The Suppliants Seven Against Thebes
Aesop:	The Complete Fables
Aristophanes:	Lysistrata Acharians The Clouds
Aristotle:	The Politic
Euripides:	The Bacchae Ion The Women of Troy Helen
Greek Political Oratory	
Herodotus:	The Histories
Homer:	The Odyssey The Iliad
Plato:	The Last Days of Socrates The Republic
Plutarch:	The Age of Alexander The Rise and Fall of Athens
Sophocles Antigone:	Oedipus the King Oedipus at Kolonus
Thucydides:	History of the Peloponnesian War
Xenophon:	A History of my Times

Cookery Books

Theodore Kyriakou:	Real Greek Food
Robin Howe:	Greek Cooking
The Australian Woman's Weekly:	Easy Greek-Style Cookery
Sussie Jacobs:	Recipes from the Greek Islands

About Ancient Greece

G.E.M De Ste. Croix:	The Class Struggle in the Ancient World
J.K. Davies:	Democracy & Geek Philosophy
W.K.C. Guthrie:	A History of Greek Philosophy III. Socrates IV. Plato
C. Emlyn-Jones:	Homer Readings & Images
Malcolm M. Willcock:	A companion to the Iliad
M.I. Finley:	The Legacy of Greece
Terence Irwin:	Classical Thought
Julia Annas:	The Morality of Happiness
Geoffrey Horrocks:	Greek A History of the Language and its Speakers
Kenneth Dover:	The Greeks
Pavel Oliva:	The Birth of Greek Civilization
James Davidson:	Courtesans & Fishcakes The consuming passions of classical Athens
Alexandra Georgakopoulou:	A Reader in Greek Sociolinguistics

Modern Literature

Poems by C.P. Cavafy	
J.K. Campbell:	Honour, Family & Patronage
N. Kazantzakis:	The Fratricides Christ Crucified

Videos

Golden Crossroads of Ancient Greece	
5 th Century Athens Vol 1&2 (O.U.)	
5 th Century Athens (Various programmes from O.U.)	
Homer Vol 1&2 (O.U.)	

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