



THE KEFI CLUB NEWSLETTER

ISSUE 20

JUL 2007

Rain stopped play – well almost

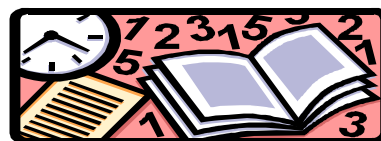
It was inevitable that sooner or later one of the clubs BBQs would be interrupted by rain. This was unfortunately the case with our meeting held on 22nd June. Perhaps the omens were against as it was Glastonbury weekend, as one of our members mentioned. Despite this, the rain didn't put off 40 or so members, friends, family and guests from having a great time. A very special thanks to Bridget and Bernard Mason who once again opened their garden as well as their house this time because of a prolonged shower for the event. Thanks also to Jackie's dad for once again providing the BBQ stand, as it allowed me to cook 122 souvlakia. Thanks also to those who braved the rain and provided me with shelter and well received liquid refreshments.



Editor's Note

The BBQ heralds the last event of this year. A pity it had to rain, but we have been lucky in previous years. We have a bumper edition this time, with some really welcome articles from members, thanks. Hopefully your efforts will inspire others to put pen to paper. The program for next year is also included with some notable speakers and some of our more favourite themes, making for an exciting new year of events to look forward to. As promised we have the two remaining recipes from the cooking competition to tempt you. I am always on the look out for things Greek, which you may find interesting. I have included a couple of advertisements and a feature I saw in the Sunday Mail. Good reading.

KEFI CLUB - EVENTS for 2007/2008



- | | |
|------------------------|--|
| 21 st Sept. | Film Night |
| 19 th Oct. | Greek Dance ** Not confirmed yet [alternative: Quiz Night] |
| 23 rd Nov. | Greek Wine Tasting |
| 14 th Dec. | Christmas Dinner |
| 25 th Jan. | 'My house in Crete' by Chris Lloyd |
| 22 nd Feb. | Classical & Neoclassical Architecture by Bill DeNy |
| 14 th March | 5 th Cooking Competition |
| 18 th April | "Eleftherios Venizelos" by John Gatfield |
| 23 rd May | My Greek Experience |
| 20 th June | B.B.Q |

Winning Recipes

As mentioned in the previous newsletter, below are the recipes from the winning sweet category and the runner-up of the savoury.

Pasta Sokolatina

The book it is from is Culinaria Geece page 33.

The quantities are for a 12 inch cake but I adjusted the quantities for a 9 inch cake. I only had two layers where as the recipe calls for three - I thought mine might collapse! Also the recipe says or all the ingredients to be mixed in together but I creamed the sugar and butter first and then added the eggs more like a traditional sponge.

Here it is:

350g plain flour
1 tsp baking powder
350g sugar
200g margarine (I used butter)
250g cocoa
1.5 tsp bicarbonate of soda
50ml (3 tbsp) milk
6 eggs
0.25 tsp almond extract
seeds of 1 vanilla bean (I used vanilla extract)

For the icing
3 egg yolks
3 tbsp brandy
3 tbsp butter
2 tbsp milk
200g chocolate cake glaze, melted (I used chocolate)
350g icing sugar

Whipped double cream

This recipe asks you to make a thick cake and then cut it into three slices, I ended up cutting it into two slices and wished I had just used ordinary sandwich tins. If you have three slices you fill one with icing, the other with cream and then cover the cake with the rest of the icing. I did two and filled with cream and covered with the icing.

Preheat the oven to 175 C. Mix all the dough ingredients. Put the mixture into a greased and floured cake pan about 12 inc 30cm in diameter. Bake for about 1 hour. Meanwhile melt the chocolate glaze in a bain marie or according to maker's instructions (I did in microwave). Mix the egg yolks, brandy, butter and milk and add to the chocolate. Sift over the icing sugar and work the ingredients into a smooth paste. Remove the cake from the oven, place on a wire rack to cool, then cut horizontally into three rounds of equal thickness (good luck!) Place one on a serving plate and spread on half the chocolate cream. Put on the second round and cover with whipped cream. Put on the third round and spread the rest of the chocolate cream on top and down the sides. Sprinkle with grated chocolate and decorate with leaves (beyond me!)

We're on the web. www.kefi-club.org.uk

STIFADO by Celia Canham

Ingredients

500 g. stewing beef
100 g. red wine
2 tbs red wine vinegar
3 bay leaves
3 cloves of garlic
500 g small onions (shallots)
50 ml olive oil
salt and pepper
1 tbs tomato pure
3 sprigs rosemary
1/2 tbs ground cinnamon
2 tsp sugar
150 ml water
1 onion finely chopped



Cut the beef into pieces, place it in a large bowl. Add red wine, vinegar and bay leaves. Cover and marinate for 6 hours.

Heat half of the oil and cook the meat until browned. Add chopped onion. Add the tomato pure, water, salt, pepper, rosemary and cinnamon. Cook in a preheated oven at 180 C (350 F) for 1 hour.

Heat the remaining olive oil, fry the small onions until browned, sprinkle with sugar and allow to caramelize. Add to the meat and add the water. Put it back in the oven for another hour.

Learning Greek – A different view

Well this is not good enough, I said to myself. Fifteen years of going to the wonderful Greek Islands and nothing more to show for it other than the odd Kalemera, Kalespera and Kalenicta, and plenty of yeia sou {coming and going} to get the locals laughing. It can't be that hard I told myself. I understood French 50 years ago, taught myself Spanish 30 years ago, so why not Greek. The mandatory phrase book came first. What's this!!! the words don't look like anything I know, letters upside down, back to front and semi-colons instead of question marks. This is different I told myself. How right I was. Enrol at the local night school, non starter, not enough people on the course. What's this about LIFE LONG LEARNING? Not where I live. So not to be put off I ask admin for the name of the course teacher and arrange a meeting. A 40 mile round trip, but that is ok as I am retired, it gives me something to do on a Wednesday. It is now 3 years on, lots of books, tapes and tears and I still live in hope of putting more than a few sentences together, but every time I go on holiday it is always the Greeks who want to speak English, and in the interests of good relations, who am I not to help them!!!! One day my brain will click into gear and all the words and sentences that Nick has so patiently taught me will flood into my mind and not get stuck between there and my mouth. The people of Greece are such wonderful, friendly people but I wish they had stuck to maths and physics and then invented English; that way I would be on the right road to easy learning. But life would not be half as much fun as trying to master this Greek tongue, so I will plough on in the vain hope that my dawn will come.

Alpha	A, α	Ny	N, ν
Beta	B, β	Xi	Ξ, ξ
Gamma	Γ, γ	Omnikron	Ο, ο
Delta	Δ, δ	Pi	Π, π
Epsilon	Ε, ε	Rho	Ρ, ρ
Zeta	Ζ, ζ	Sigma	Σ, σ
Eta	Η, η	Tau	Τ, τ
Theta	Θ, θ	Ypsilon	Υ, υ
Jota	Ι, ι	Phi	Φ, φ
Kappa	Κ, κ	Chi	Χ, χ
Lambda	Λ, λ	Psi	Ψ, ψ
My	Μ, μ	Omega	Ω, ω

Yeia sou Colin.

P.S.

Maybe I should invent my own Greek sayings. My teacher and Greek friends await with interest at my additions to their language. When asked, how am I, a soon to be famous reply by me has been: Pole Etsi K'etsi, I will leave you to work that one out for yourselves.

KOS WE LOVE IT

Looking for that place in the sun, our own Greek saga. Part Two

It's almost three years since we started out on our own Greek odyssey, planning to build a retirement home on the Dodecanesia island of Kos. Beset, befuddled and bewildered by the never – ending bureaucracy, we have finally seen some concrete being poured.

I have the papers, I can start work', we were told in an email before our visit. On arriving at our destination we checked in to the accommodation and made a bee-line for the real estate office. Yes, it was true, we had a sheaf of papers waved at us, it was all systems go....

The builder had arranged for the ground breaking whilst we were visiting Kos in May 2006.

'Be there at 10 am, you can watch'. So we dutifully arrived in best Brit style at 09.30 only to find the top of our hill removed. The insomniac bulldozer driver (of whom we were fated to see much more in the future, but that's another story) had already been and scalped the plot in preparation for the footings.

'Tomorrow. The concrete truck will be there at 10 am to pour the first level. The joiner is putting the shuttering in now. You can go and watch it', we were told. So of course we went. We didn't want to miss it, the first concrete step of our new adventure. Not to be outdone, this time we arrived at 09.00 akvivos. Of course, all we found was a half – dry lake of concrete. The concrete truck driver too, it seemed, was an early starter.

No sooner had we driven up to the plot when the heavens opened and the newly laid slab got a liberal watering, just the thing to stop it from cracking in the early season heat, or so we told ourselves.

Nothing else for it, we beat a hasty retreat to the local taverna to practice our Greek. It was – and is – the only hostelry on the entire island where no-one speaks any English, the customer base being, until now, entirely local Greeks. Plenty of opportunity then, to put into practice the fruits of Nick's long-suffering efforts at drumming the language into us.

The build continued apace throughout the rest of the visit. The shuttering went up, the steel truck dropped off several tonnes of re-mesh and re-bar which the fitter quickly built into a matrix for the concrete floor and support pillars. These were poured without incident and for the final hours while we were waiting for the check in to open on the last day, we watched the steel erector laying out the frame for the roof. Sadly we could not be there for the pouring of it.

A couple of weeks later, we received some photos from expat friends, the roof had been poured, the

verandas laid and the septic tank installed. So far, so good.

Then ominously, it all went quiet.

Emails to the builder went unanswered, our pals told us no work was being done. Then we discovered no work was being done anywhere, it seemed all building work on the island had ground to a halt. We received an email from the builder. The workers on the site had all been arrested by the police. Likewise the engineer who just happened to be visiting the job when the cops arrived. He was gaoled overnight.

Eventually the story came out. Someone (not our builder) had started work on a commercial development without permission and one of the competitors had complained to the authorities, who sent the police to investigate. This they did by the very effective method of parking an unmarked police car outside the cement factory and directing officers to follow every cement truck that came out. It seems they arrested about a dozen sets of workers that morning, on every site the trucks went to.

On attempting to bail out his staff, our builder was told that he did not have permission to build either (well, that's his story) and would he please pay several thousand evros to get the engineer out of the pokey. The ground crew were let out without charge.

He now had to re-apply for permission to build, which held the job up another five months until the rubber stamped piece of paper arrived in the post. The job restarted and we now had a beautiful white painted shell, awaiting windows and doors and the photos to prove it, courtesy of our long suffering friends. Things were looking promising. Until the next set of photos arrived.

The building was now full of holes. The pipe work was being installed. After they had laid the floors, rendered and painted the walls, oh, they had forgotten to allow access via the verandas, so the walls there had to be opened up. What's more, the pipe work for the showers was strategically placed to allow the shower heads to be affixed to the windows, whilst the cabling for the telephones, tv outlets and computers had been forgotten also. To remedy these minor inconveniences, they had to start knocking holes seemingly everywhere .

To date, we are assured that all the above have been corrected and now we just have to wait while permission is sought from the water authority to install a supply. When this is granted, which is sometime avrio, apparently, the water services people will need to lay in a pipe from the main

road at which point the plumbers can lay the heating matrix pipes, connect the supply to test and, if all goes well, the final flooring layer will be poured.

We then need to get the final fix done, apply for an inspection from the local council to ensure the property is of satisfactory standard for yet another application to be made, this time to DEH for the electricity supply. Their engineers it seems, only

visit the islands twice yearly, so the waiting list is long. A year's delay in getting a supply is not uncommon, so we are not expecting to be in any time soon.

Avrio, methavrio.....

M Cooper 08 May 2007

News reports

GREECE IS BETTER IF YOU WANT TO LOSE WEIGHT ON HOLIDAY

Britons looking for a low-fat holiday destination should head to Greece, according to new research that says a typical meal there contains the least calories out of those at our favourite jet-setting destinations..... Greece comes out on top with its popular selection of national dishes that include fresh salads, grilled lamb kebabs and stuffed vine leaves. A typical Greek meal without alcohol contains about 1,130 calories. Spain and France are ranked second and third respectively.

[The Daily Telegraph 7/06/07]

Ultimate Greek Experience

From time to time I buy a Sunday paper and when I do I always scour it for articles on Greece. I have to admit I have been disappointed until I bought the Mail on Sunday on 03 June. In this edition it featured the thoughts of Mark Ellingham twenty-five years on. You may or may not know he was the author of the series of books The Rough Guide. To Greece was his very first. To celebrate, there are another series of 25 books titled 'Ultimate Experience'. According to the Mail there will be no silver anniversary book on Greece. However, Mark was asked to share his 25 favourite ways to enjoy 'The ultimate Greece'. So for those who did not see the article here is a quick round up.

The Meteora, The Plains of Thessaly,	Monemvasia
The Acropolis, Athens	Skopelos
Santorini	Mount Pelion
Greek Wine	Thassos
A night at the theatre	Kalavryta railway
Nafplio	Open air cinema
Grilled octopus	Paros
The Mani	Eating out in Plaka Athens
Walking Epirus	Delphi
Mycenae	The Samaritan Gorge
A boat trip around Paxi	Methoni
Greek Easter	Patmos
The Byzantine ruins of Mystra	

For inclusion in Next years on going Newsletter perhaps members would like to comment on this or give their ultimate Greece experience or just say something about those places mentioned. Has anyone been on the Kalvryta railway for instance or been to Mystra, Monemvasia or Methoni.

Next edition out
Sep2007

The Worcester Anglo Hellenic Club

I have been asked by Geoff Peters from the above club to remind our members that they are very welcome to attend the WAHC meetings who meet at the Worcester Golf and Country Club, Bransford Road, Worcester. The next meeting of the club is detailed below.

Thursday 27 September Worcester Anglo-Hellenic Club. Film Night. "The Woman In Black".

Advertisements



Some time back at a previous meeting Jean & Colin asked me to include a card from The Greek Natural Products Co. Having seen his advertisement in the latest Greece magazine I thought I would add it for your information. You may wish to treat yourself to the legendary benefits of olive oil.

Spend £35 & receive a FREE bottle of ASTARI organic olive oil rrp. £8.99. (*Offer as advertised in Greek magazine*)

Talking of Greece magazine our very own Club Secretary Nick Kontarines featured offering the magazine readers the chance to buy on line or mail order superb Greek wines he has imported under Anglo Greek Services for his business partner Geoff Morris of Orchard, Hive and Vine.

ORCHARD, HIVE & VINE Tel.01568 613576 E-mail info@orchard-hive-and-vine.co.uk
www.orchard-hive-and-vine.co.uk

My wife Wendy was handed an advert from her Manager featured in her local free newspaper. I had included it in this Newsletter but scanning it made the file too big to send by email. So I felt duty bound to go and have a look. The shop has just opened at 84 New Road, Kidderminster virtually opposite the Aldi market. It is only a small place but is well stocked with herbs from Crete packaged as you would expect to find them in a tourist type shop. Lots of different types of pasta, a well stocked cake cabinet, a small deli counter with olives and cheese. There were other items as you would expect. As this is new I get the feeling there is a certain amount of testing the water on what sells. Worth a visit especially if you live to the North of Worcester.

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