



The Kefi Club Newsletter

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"Credit crunch" affects cooking competition

Due to the publishers of Greece magazine being a casualty of the "Credit Crunch" we had to change the judge at the last minute as we had invited Karen Bird the editor of the magazine. Fortunately we were delighted to ask Eleni who is a native of Corinth and is a member of the Anglo-Hellenic club to be the judge who accepted. Our 6th Cooking competition in March went ahead. The format of the evening was slightly different than previous years. Eleni tasted the wonderful assortment of savouries and sweets. Then we had the prize giving, before Eleni announced the winners she gave her verdict on each of the dishes and how in her view they could be



improved to taste more like how Greeks would prepare the same food. As an example, the use of semolina in the sauce of moussaka. So, I am proud to announce that this years winners are; For the savouries it was Sherod with a delightful Kefalonian meat pie. The sweets class was won by our very own chairperson Pat with a very good rice pudding. Congratulations to both of you. Their prize was a very coveted apron with Number one Chef written in Greek, after which we had the chance to sample some truly scrumptious food. This is always the best part and I have to say I was quite full after sampling all of the entries. I would like to thank all of you for the time and effort you took to make the evening as always such a good one. I hope to include the winning recipes in the next addition. That's if we can get the secret one from Sherrard that was given to him from a chef at Fiskardo in Kefalonia. It was also suggested (not for the first time) that the recipes entered into the competitions should be entered into a book. I'm up for



it we just need you to supply the recipes.

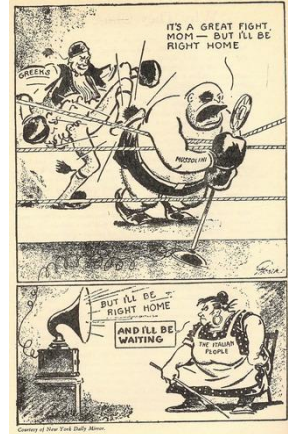
Alteration to programme April/ May 09

Unfortunately our guest speaker Nigel Turner is unable to attend the meeting planned for 17th April. You will remember Nigel gave us a very good insight to the beginnings of classical Greek drama and was to continue with Classical Greek comedy. Therefore the film night will now move forward to fill that gap and is the black and white classic "Stella" with Melina Mercouri. The meeting on 22nd May will now be the A.G.M. followed by Greek dancing. So those of you who wish to take on a roll as part of the committee need to make yourselves known as well as any members who have any thoughts on what they would like to see the club pursue. We will then have another chance to brush up on those all important steps to Greek dances. We welcome back Soula for this who has given us so much fun on the two previous instances. Just in time for the holiday to our favourite destinations in Greece.

“Home Alone” Lindsay saves the day.

We almost had a disaster for the February meeting as the guest speaker went to our old venue at Norton and had no means of contacting us. To keep a long story short, finally because Lindsay (Nick Kontarines’ wife) was at home we were able to direct John Fryer our guest speaker to the meeting albeit an hour and a half later. A few lessons learnt there. Whilst we were waiting the decision was made to have the buffet early. This enabled us to sample some home made food brought in by Nick with Kefthethes, Les Roberts had made some very good Tzatziki, and John Gatfield who had made Ravani a rather large cake. Not forgetting Sherod who added the Halva and Loukoumia. Thanks to all of you. All washed down with some wine and Keo beer from Cyprus.

With John’s arrival we could start the evening proper. Our speaker started by giving us the history of cartoons with some fine examples that he had found. During his research John was unable to find any Italian political cartoons, but did find a picture post card re-printed in Denmark. Then we had a very in depth and faster than normal dialogue due to the time constraints on how Mussolini got to the stage of attacking Greece. You needed a lot of concentration for this bit which eluded some members but it was necessary as to be able to understand the cartoons that followed and was well worth the wait. It must have taken John along time to research and put together his presentation we thank him for sharing it with us. It was a pity it was all a bit rushed. John finished his presentation with some facts and figures that had been put together by Greek students at the University Of Birmingham about the heroism of the Greeks during this time and accolades from many of the main players of the time e.g. Churchill and Stalin. He had also found a comical poem to the tune of 4 and 20 blackbirds. I have found another which is featured below.



The following poem was written in 1941 as a tribute to the heroism of the Greek nation after their defeat by the Germans.

THE GREEK *By John Dennis Mahoney*

Il Duce with his mighty legions
Knocked at Greece’s ancient
gate
He had forty million people
And the Greeks had only eight
With his Fascist banners
gleaming
From the high Albanian Peak,
“I am coming,” cried Il Duce.
“Come ahead” replied the
Greek.

“Forward!” shouted the
commanders
With a good old Roman curse;
And the legions started rolling,
Rolling swiftly – in reverse,
And throughout the startled
nation
The news began to leak
That the Duce had been
walloped
By the sturdy little Greek.

Then that poor, moth-eaten
Caesar,
What a different song he sang!
“This great big bully licked me!

Hey Adolph, get your gang!”
“You’re a dumkopf,” cried the
Fuehrer,
As he pulled his trusty gun;
“You don’t know how to murder
kids;
“I’ll show you how it’s done.”

And then the tanks began to
roll
With clank and roar and groan:
The great planes blacked the
sky and filled
The air with ceaseless drone,
In endless ranks with flame and
bomb
And gray guns long and sleek;
The mighty German war
machine
Moved down upon the Greek.

And still that fellow wouldn’t run

He didn’t quite know how.
“We’ve got some help,” he
said, “and that
just makes it even now.”
“Bring on your millions, Adolph

dear,
We’re neither scared nor meek.
The British, sixty thousand
strong,
Are standing with the Greek!”

They fought a fight like Homer’s
song
They died, as brave men must
Their ranks, “neath dark odds,
Were beaten to the dust.
And then heroic chivalry
Attained its highest peak
As the victors clasped their
bloody hands
Above the fallen Greek.

Someday, beyond this veil of
tears,
We’ll all stand on the spot
To tell the Judge of all the
world
Just who we were – and what.
I wouldn’t be a Fascist then,
Or Nazi grim and bleak;
But I’d be proud to tell my God
That once I was a Greek!

Hands up whose heard of Vefa Alexiadou



I was surprised at the meeting in February that after being quizzed on the cake produced that so many people had not heard of Vefa Alexandiou whose cook book I had used. She is to Greece what our Delia Smith of Nigella Lawson means to us. She is Greece's leading cooking authority today. She is a gifted cook who has modernised Greek cooking using contemporary methods and equipment while retaining authentic flavour. A graduate of the University of Thessaloniki in Chemistry, she also took classes in Nutrition at the University of California at Berkeley. Her love of cooking motivated her to visit many foreign countries and to study culinary arts, food styling, table decorating and the hygiene of food. Her Chemistry background enables her to combine scientific know-how with her culinary talent (a Greek version of Heston Blumenthal then). As a regular on Greece's most popular morning TV show, she has passed on the heritage of Greek cookery to hundreds of thousands of Greek woman. The recipe for the Ravani cake was taken from one of the books she has produced called "Greek Pastries and Desserts" ISBN 960-85018-7-3. I hope that she or her publisher doesn't read our newsletter or I could be in trouble with copyright. Copying is a form of flattery anyway. She has produced other books. One I fancy is Greek cuisine but it's nearly £35 from Amazon. (Too expensive for me)

Ravani Serves 20. Preparation time 45 mins. Baking time 35 mins.

| | | The syrup | |
|------|---------------------------|-----------|---------------------------------------|
| 11/3 | cups fine semolina | 3 | cups sugar |
| 11/3 | cups self raising flour | 21/2 | cups water |
| 11/2 | teaspoons baking powder | 6 | tablespoons butter |
| 8 | eggs | 2 | tablespoons lemon juice |
| 11/3 | cups sugar | 11/2 | teaspoons grated lemon rind |
| 4 | tablespoons lukewarm milk | 20 | blanched almond halves for garnishing |
| 2 | teaspoons vanilla | | |

Mix together the semolina, flour and baking powder in a bowl. Beat the eggs and sugar with an electric mixer at high speed for about 15 minutes, until thick and fluffy. Beating continuously, add the milk, a tablespoon at a time; then add the flavouring. Stop beating. Gently fold in mixed dry ingredients, taking care not to break down the air bubbles beaten into the eggs. The batter should be light and foamy. Pour the mixture, spreading it evenly into a well-greased, 12 inch, round baking pan and bake in a 350°F oven for 30-35 minutes. The cake is ready when the edges begin to shrink from the sides of the pan. Meanwhile, prepare the syrup. Dissolve the sugar in the water over medium heat; then boil for 5 minutes. Add the lemon juice, butter and lemon rind. Remove from the heat, and ladle it over the lukewarm cake, slowly and evenly. When completely cold, cut the ravani into wedges, arrange them on a serving dish, and place one halved almond on each. Keep refrigerated.

As you will appreciate this makes a big cake. I found the beating for 15 minutes a, tiresome & b, my little mixer wasn't up to it. The machine got so hot at first I changed hands and then thought it might catch fire I switched it off and used a hand whisk for a while. But it was worth it because of the comments on how light the cake was. Enjoy.

Have you viewed our website lately? www.kefi-club.org.uk

Forthcoming Events of Clubs in the Local Area

The Greek Club Birmingham



| | |
|--------------------|--|
| May 7 | Acrocorinth - John Fryer: |
| June 4 | A Tuscan Attack on Cyprus Marios Hadjianastasis: |
| July 2 | <i>No meeting</i> |
| August 6 | Summer Social |
| September 3 | Another evening with Homer - The Odyssey - Ralph and Wyn Braunholtz: |
| October 1 | Leros: a little island with a big history - Les Roberts: |
| November 5 | To Istanbul in search of Constantinople - Malcolm Delingpole |
| December 3 | Christmas celebration |

In the Staff Common Room on the first floor Faculty of Arts University of Birmingham 8pm start. Contact: Jennie Marathas on 0121 624 0359 or email: jennie.marathas@blueyonder.co.uk

The Anglo-Hellenic Club

- April 30** **Andhros** – David & Margaret Leggott set off in 2008 in search of old friends and ancestors on a never to be forgotten return to the prosperous, second largest and most northerly of the Cyclades
- May 28** **Symposium Evening** – A wonderful opportunity for members to contribute on Greek themes; a chance to tell a favourite story, recount a great journey or just chat about Greek life and culture.
- June 25** **AGM and Quiz Game** - Following the annual report and accounts, quizmaster Malcolm Delingpole invites us to form small teams and pit our wits in the annual Greek general knowledge brain teaser.

For further information, Contact petersfoxwood@hotmail.com or visit the Club's website www.wahc.org.uk



Titbits from the Editor

I have been considering changing the front page of the newsletter for sometime. This is my first attempt. Comments are welcome. I do feel that it would be good to have a name for the newsletter, any ideas again are welcomed. Don't forget if you are venturing off to Greece would you consider bringing back a bottle of ouzo for our event in 2009/10 season we would like to beat the 13 different varieties accomplished last time. If you have any thoughts on what you would like to be included in next years programme we would love to hear them as the AGM is only a month away.

Useful Contacts

| | | |
|-------------------|--------------------------------|---|
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